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SETH GYANIRAM BANSIDHAR PODAR COLLEGE

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3.3.1. Extension activities are carried out in the neighborhood community, sensitizing students to social issues, for their holistic development, and impact thereof during the year

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RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu - 333042 Contact No: 8619868884

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Name of Activities	Departments	Faculty members participation	Date	Numbers of Participation
Local Biodiversity Area Assessment and Limnology Aspect	Department of Botany	Dr. Daulal Bohra, Prof. Rama Didwania, Prof. Neha Chaudhary, Prof, Mahima Soni	01/11/2023	40
World Press Day	Department of Botany	Prof. Suman Saini, Prof. Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat	16/11/2023	40
Awareness to Organic Farming	Department of Botany	Prof. Suman Saini, Prof. Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat	21/11/2023	40
National Pollution Control Day	Department of Botany	Prof. Suman Saini, Prof. Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat	02/12/2023	38
World Soil Day	Department of Botany	Prof. Suman Saini, Prof. Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat	05/12/2023	35
Awareness towards Heritage	Department of Botany	Prof. Suman Saini, Prof. Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat	14/12/2023 to 15/12/2023	40
National Youth Day IQAC	Department of Boyany	Prof. Suman Saini, Prof. Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat	12/01/2024	22

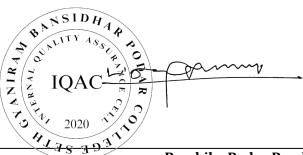
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Department of	Prof. Suman Saini, Prof.	12/01/2024	40
Botany	Shyama Didwania, Prof.	to	
-	Ankit Kumar Jangid, Prof.	13/01/2024	
	Vinod Kumawat		
IQAC	All Faculty Members	05/02/2024	183
		to	
		07/02/2024	
Department of Chemistry	Prof. Chetan Dadheech, Prof. Ambesh Kumar, Prof. Sudarshan, Prof. Reena Jangid, Prof. Vishskaha	04/02/2024	32
Department of	Prof. Suman Saini, Prof.	10/02/2024	25
Botany	Shyama Didwania, Prof.		
	Ankit Kumar Jangid, Prof. Vinod Kumawat		
IQAC	All Faculty Members	12/03/2024	176
Department of	Prof. Suman Saini, Prof.	12/03/2024	40
Botany	Shyama Didwania, Prof.	to	
	Ankit Kumar Jangid, Prof.	13/03/2024	
	Vinod Kumawat		
Department of	Prof. Suman Saini, Prof.	09/04/2024	40
Botany	Shyama Didwania, Prof.	to	
	Ankit Kumar Jangid, Prof. Vinod Kumawat	10/04/2024	
	Botany IQAC Department of Chemistry Department of Botany IQAC Department of Botany Department of Botany	Botany Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat IQAC All Faculty Members Department of Chemistry Prof. Ambesh Kumar, Prof. Sudarshan, Prof. Reena Jangid, Prof. Vishskaha Department of Botany Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat IQAC All Faculty Members Department of Botany Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat Department of Prof. Suman Saini, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat Department of Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Shyama Didwania, Prof. Ankit Kumar Jangid, Prof.	Botany Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat IQAC All Faculty Members Department of Chemistry Chemistry Prof. Chetan Dadheech, Prof. Ambesh Kumar, Prof. Sudarshan, Prof. Reena Jangid, Prof. Vishskaha Department of Prof. Suman Saini, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat IQAC All Faculty Members 12/03/2024 Department of Prof. Suman Saini, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat IQAC All Faculty Members 12/03/2024 Department of Prof. Suman Saini, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat Department of Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat Department of Prof. Suman Saini, Prof. Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. O9/04/2024 Double Company Com



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Extension Activities Are Carried Out in the Neighborhood Community, Sensitizing Students to Social Issues, for their Holistic Development, and Impact during the year

Extension activities organized by academic departments and colleges play a vital role in fostering community engagement and raising awareness on crucial issues. Initiatives like *Plantation for Life* promote environmental conservation and contribute to a greener neighborhood. Similarly, creating awareness about *Organic Farming* and *Organic Waste Management* supports sustainable agricultural practices and eco-friendly lifestyles. Observing days like *National Pollution Control Day* and *World Soil Day* emphasizes the importance of reducing pollution and preserving soil health, while programs like *Greenhouse for Sustainable Agriculture* inspire innovative farming techniques. Awareness campaigns on topics such as the *Silent Killer* (diseases such as Cancer) and *Heritage Conservation* nurture a sense of responsibility among youth for cultural preservation. Educational tours to Jhunjhunu and Pilani enrich students' understanding of regional heritage and development. Observing days like *World Press Day* and *National Youth Day* cultivates leadership, informed citizenship, and the power of change. Such activities empower communities to adopt sustainable and meaningful practices, making them proactive participants in societal growth.

Events: Plantation for Life: This document provides a glimpse into the diverse and engaging events held at Seth Gyaniram Bansidhar Podar College, Nawalgarh during the academic year 2023-2024. These events aimed not only to educate students but also to foster a sense of responsibility and community engagement and for the development of understanding towards the importance of Plants.

Environmental Awareness:

Awareness to Organic Farming: This ongoing initiative encouraged students to understand the inpartance of organic and organic products. This fosters a sense of ownership and responsibility towards the environment by using the eco-friendly products for sustainability.

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- **National Pollution Control Day:** Through this program, students learned about the importance of environment and the ecosystem and ways to protect the environment from the pollutants. This promotes biodiversity and environmental harmony.
- World Soil Day: Combining education with action, students learn about the soil, soil structure and the continuation of good soil, contributing directly to a greener future.
- Green House for Sustainable Agriculture: This campaign raised awareness about the use of Greenhouse which help to move towards the Sustainable agriculture and help the farmers from the loss of environmental sudden happening. This fosters environmental responsibility and community action.
- Organic Waste management: This campaign raised awareness about the use of waste management and how to convert organic waste into useful manure and other products which help to get rid of waste and develop good waste management practices in the society.

Community Engagement:

- World Press Day: This competition allowed students to creatively express their understanding of environmental issues and raise awareness among the community.
- **National Youth Day:** This theatrical performance educated the community about cancer prevention and encouraged early detection. This demonstrates the school's commitment to social responsibility.
- Lead the Changes: This talk was very useful and informative for the faculty members and students. The talk is significant and play an important role in spreading awareness about mental health and encouraging people to talk openly about mental health issues. The counseling sessions during the talk with experts can lead a significant change in the society.

Silent Killer: This Street play was very useful and informative for the faculty members, students as well as the society. The play is significant and play an important role in spreading awareness pour Cancer causes and pre and post effect of cancer with this this play also encouraging people to talk openly about the health issues. The sessions during the play with experts can lead a significant change in the society.

Celebrating Diversity and Equality:

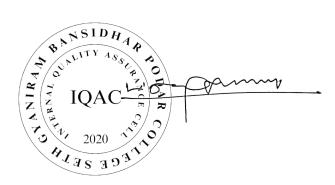
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- Awareness towards Heritage: Immersed in history and culture, students gained valuable insights into the region's diverse heritage.
- Educational Tour for Jhunjhunu & Pilani: This historical experience allowed students to connect with the past, fostering a sense of cultural identity and appreciation for local heritage.

This glimpse into Seth Gyaniram Bansidhar Podar College, Nawalgarh events highlights its commitment to fostering well-rounded individuals equipped with knowledge, environmental awareness, and a sense of responsibility towards the community and the world.





Seth G.B. Podar College Nawalgarh Department of Zoology Educational Tour

For

LOCAL BIODIVERSITY AREA ASSESSMENT AND LIMNOLOGY ASPECT

November 1 2023



ORGANISED BY

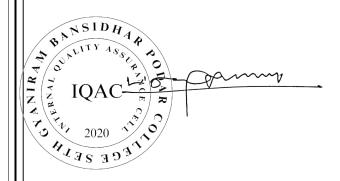
Department of Zoology,

Seth G. B. Podar College, Nawalgarh, Rajasthan

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar)
(Rajasthan)

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Local Biodiversity area Assessment and Limnology Aspect



Time - 7:30 AM - 5:30 PM

Date-1st November, 2023

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Contact No: 8619868884

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SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Podar Educational Campus, Nawalgarh - 333042 (Raj.) DEPARTMENT OF ZOOLOGY



Date: 29/10/2023

To

The Principal

Seth Gyaniram Bansidhar Podar College

Nawalgarh, Rajasthan

Through IQAC

Subject: Seeking permission for One day Education trip for Local Biodiversity area Assessment and Limnology Aspect "on 01 Nov. 2023.

Through: IQAC cell

Sir,

With due regards, I wish to state that Department of Zoology like to organize a One day Education trip for Local Biodiversity area Assessment and Limnology Aspect "on 01 November 2023 (Time: 7.30AM to 5.30PM). As we know local biodiversity play a Important role for our human kind so, our Zoology Department will organize this event for billed student's scientific research aptitude. In this event we go along with Msc Pre (Zoology), Msc Final (Zoology) and Bsc Part I year (Biology). We need to College bus facility for visit Chapoli Wildlife protected area and Mansamata Conservation site.

Enclose List of Students details:

Kindly allow for the same

Thanking you

Yours' Sincerely

Dr. Davi Lal Bohra Department of Zoology

Seth G. B. Podar College, Nawalgarh (Jhunjhunu)

Nawalgarh, Rajasthan

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Ramhilas Podar Road, Nawalgarh Dist: Jhunjhunu – 333042 Phone No: 01594-222030, 225892 Fax No: 01594-223198

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Thanking you

Yours' Sincerely

Dr. Dau Lal Bohra

Department of Zoology

Seth G. B. Podar College, Nawalgarh (Jhunjhunu)

Nawalgarh, Rajasthan

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Seth G.B. Podar College
Nawalgarh - 333042

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Podar Educational Campus, Nawalgarh - 333042 (Raj.)
DEPARTMENT OF ZOOLOGY

Ref/ GBPC/ZOO/2023-24/

Date: 29/10/2023

Notice

All the Students of Msc Pre (Zoology), Msc Final (Zoology) and Bsc Part I year (Biology) Department of Zoology are hereby informed that Department of Zoology is organized One day Education trip for Local Biodiversity area Assessment and Limnology Aspect" on 01 November 2023 (Time: 7.30AM to 5.30PM). Presence of all concern class students is mandatory for join this practical activity of your curriculum.

(Dr. Dau Lal Bohra)

Head

(Dr. Satyendra Singh)

Principal Principal Seth G.B. Podar College Nawalgarh - 333042

IQAC IQAC IZIO

Rambilas Podar Road, Nawalgarh Dist: Jhunjhunu – 333042 Phone No: 01594-222030, 225892 Fax No: 01594-223198

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Report on the Visit to Mansa Mata for Local Biodiversity

From: Seth G.B. Podar College's Zoology Department Time: November 1, 2023

The goal of the field excursion to the Mansa Mata region is to introduce pupils to biodiversity in a hands-on way.

Introduction:

The Zoology Department at Seth G.B. Podar College organized a biodiversity field trip to Mansa Mata Coservation area Udaipurwati for 40 first-semester B.Sc. and M.Sc. zoology students, which is described in this report. Enhancing students' capacity for observation, fostering a reverence for the natural world, and giving them hands-on knowledge of the local biodiversity were the primary objectives.

Team members include Dr. Daulal Bohra, Prof. Mahima Soni, and Prof. Neha Choudhary.

Visit the Mansa Mata region conservation on November 1st at the designated hour.

Field Activities: -

Species Identification:-Students were helped to identify plant and animal species with the aid of field guides and informed supervision.

Data collection:- Students recorded observations, such as species names, abundance, and habitat characteristics, in field notebooks. Students were asked to snap photos of the creatures they observed. In the Mansa Mata region, students observed and analyzed a number of habitats.

Post-visit Conversations:

SANIRAN SANIRAN

Group discussions and presentations were organized to review the collected data, discuss the sign.
SIDHA
SIDHA significance of regional biodiversity, and exchange viewpoints.

taking Engagement: The students expressed significant passion and dedication by taking part in every aspect of field activities.

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Important findings:-

A variety of bird species, including the Indian Cormorant, Graylag Goose, and Bar-headed Goose. special plant adaptations, such the Akesia and proof that animals is impacted by humans. Observations and inquiries from students about things like animal tracks and sounds, tree species diversity, organism adaptation, canopy coverage, and vegetation diversity.

Learning Outcomes:-

Greater understanding of ecological ideas, such as food chains and habitat interactions.

Improved analytical and observational abilities.

Gained an understanding of the significance of protecting biodiversity.

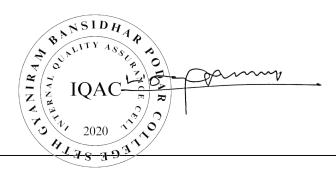
Communication and teamwork.

Suggestions:-

Regular Field Visits:- Arrange regular field trips to different habitats to expose students to a wider range of biodiversity.

Incorporate Local Knowledge:-Speak with locals to learn about their traditional ecological knowledge and how it pertains to biodiversity preservation.

In summary, the biodiversity field trip to the Mansa Mata conservation area was a fruitful educational experience for the kids. The hands-on activities and intimate interaction with nature provided valuable insights into the complexities of local ecosystems. Because this field trip successfully combined theoretical knowledge with practical experience, students gained a deeper understanding and appreciation of biodiversity.



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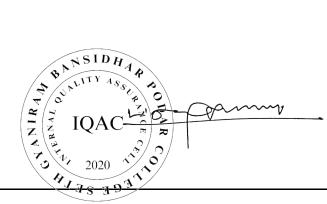
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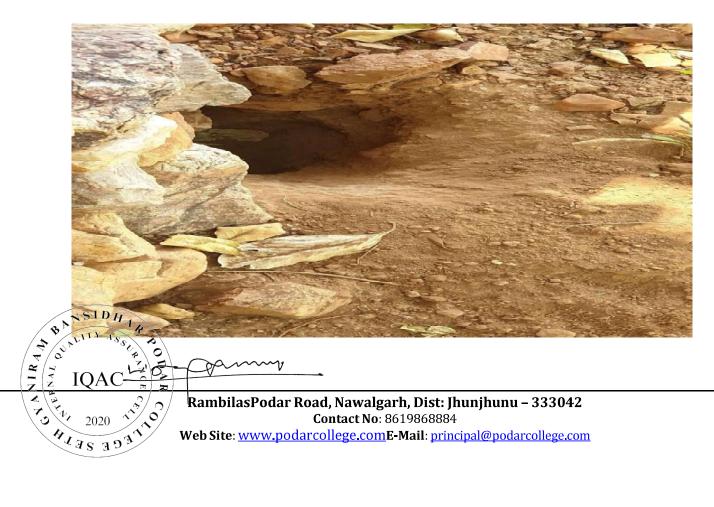
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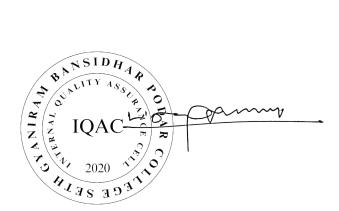
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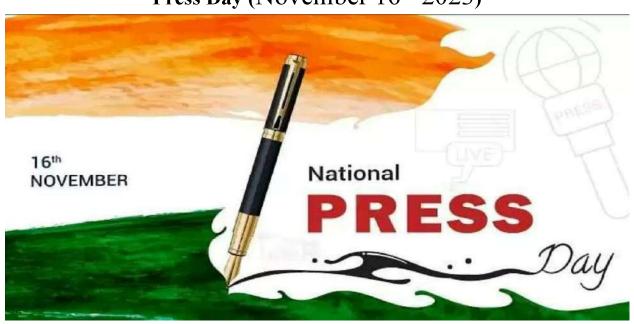
Seth G.B. Podar College Nawalgarh Department of Botany Workshop

On

"Role of Social & Digital Media"

On

Press Day (November 16th 2023)



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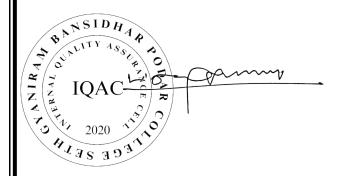
Department of Botany, Seth G. B. Podar College,
Nawalgarh, Rajasthan

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(Rajasthan)

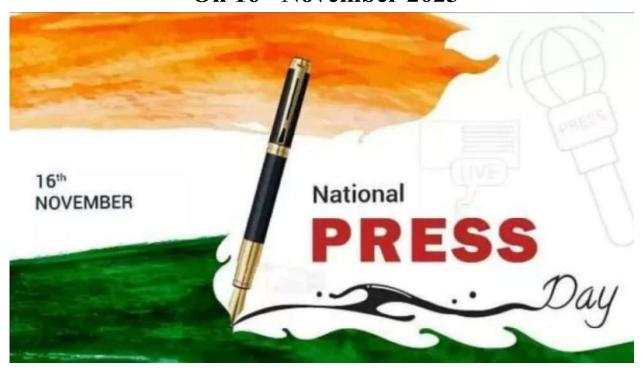
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Seth G.B. Podar College Nawalgarh Department of Botany "National Press Day" On 16th November 2023



November 16th, 2023

ORGANISED BY

Department of Botany, Seth G. B. Podar College, Nawalgarh, Rajasthan

University, Sikar (Rajasthan).

Objectives

- > To develop the knowledge of Press and Media
- > To Aware why on 16th November we celebrated National Press Day
- > To knowledge among students
- ➤ Role of Press and Media
- ➤ How Can take the part of Social Media on News awareness
- ➤ Digital Media and Social Media
- > To Aware why Press and Media is necessary
- ➤ How Press is helpful for the Communication
- > To learn of Press working
- ➤ Learn how Press can help in study

REPORT

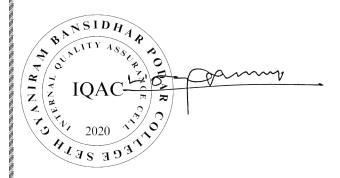


HOACY is proof that media and news holds immense power in setting narratives and reporting the different sides of a single story. On the occasion of National Press Day student of botany department takes discussed that Press Council of India why eelebrate National Press Day on 16 November every year. This day is celebrated to honour the formation of the Press Council of India in 1966. Every

year, the Press Council of India decides a theme on which this special day is observed by people across the nation. The objective behind celebrating the day is to pay tribute to the contributions of the Press Council of India. Everyone should celebrate the day with great enthusiasm.

National Press Day helps to understand the importance of a free and independent press in India. It is important to note that National Press Day 2023 will be celebrated on Thursday, 16 November. This day acts as a tribute to the crucial role played by the press in preserving democracy and freedom of speech. You should know the importance of this day.

In the program total 22 students participated and know about the National Press Day and its important. The program was started with the inaugural speech by Ms. Suman saini, Head of Department, Seth Gyaniram Bansidhar Podar College, in his speech she concluded with the importance of Press and media in Daily life and study. After this Mr. Ankit Kumar Jangid, Assistant Professor, Department of Botany gave his lecture on National Press Day and its importance. Press and Media are part of awareness among peoples. Students learn about how social media use for information and take part or media. Students are advised for misleading information on social media.





SETH GYANIRAM BASIDHAR PODAR COLLEGE, NAWALGARH



DEPARTMENT OF BOTANY

		100 mm
NATIOAL	DRESS DAY	(16-11-2023)

Sr. No.	Name	Fathers Name	Class	Sign
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3	Aditya	Ramswatoop	Misch El Blan	Aditya
4	Pinki-saini	Mangalchand Saini	mr (F) Colony	Prokisnini
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9	Thothe 1	Shishupa Singh	MRC. (F)BOUL	JyoH
10	Anu Sain	prabhiday! Saini	Mac (F) Button	Bru
11	Povja Saini	Suresh Saini	mac (F) Botany	Pogia
12	Tanu Saini	Bhungshwar Saini	MSC P(Botany	Tonusaine
13	Lyoti Saimi	Babublagini	M.S.C PCBolany	Lypti saini
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15	lamily Lanuar	shishupal sigh	mis-cip	urnily
16	Lokesh kumar	Suresh Kumar	M.SC (P)	かんりるれに
17	Latchand yadan	Mangal Chand yadar	Misc. (P)	
18	Kuldeep kumar saini	Rajendra prasad Saihu'	M·sc· (P)	Bibling
19	Sandeep Kumar Boyal	Mahash Kumar	MSC(P)	Sandege
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Seth G.B. Podar College Nawalgarh Department of Botany Extension Activity

On

"Awareness to Organic Farming"

form 19 November 2023 to 21 November 2023



ORGANISED BY

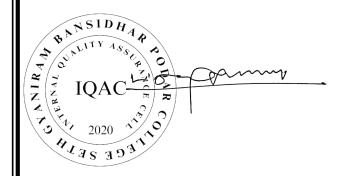
GANIRAN

Nawalgarh, Rajasthan

(Rajasthan)

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DEPARTMENT OF BOTANY

Date: 08 04 2024

To

The Principal

Seth G.B. Podar College

Nawalgarh Rajasthan

Through IQAC

Sub: Permission for Extension

Sir

With due regards I would like to state that Department of Botany Seth G. B. Podar College Nawalgarh, Rajasthan organising an Extension Activity "Organic Waste Management" from 9th April to 10th April 2024.

Kindly allow for the same

Thanking you

Yours" Sincerely

Head, 8 4 5004

Department of Botany

Seth O.B. Ppdar College

Nawalgarh Rajasthan

NIRAW

Permitted All.



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Department of Botany

Date:08/04/2024

Notice

Students of M.Sc. (Botany) and B.Sc. (Bio Group) are hereby informing that Department of Botany is going to Conduct an Extension Activity "Organic Waste Management" from 9th April to 10th April 2024. Where student of BSc & MSc (Previous and Final) take participate.

Presence of all students of PG Classes is mandatory.

(Dr. Vinod Kumar Saini)

IQAC Coordinator

(Dr. Satyendra Singh)

Principal

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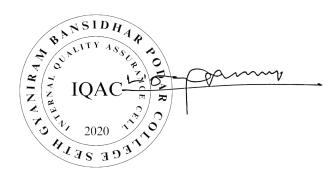
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OBJECTIVE OF THE EXTENSION ACTIVITY

- To seek out the presence of chemical contaminants in conventional vs organically crops.
- Promote a lot of usage of natural pesticides.
- Management pests, diseases and weeds.
- > Cultivate the soil in right time in right manner.
- To push sensible soil structure, texture and fertility.
- To check the market scenario of organic products India.
- To check SWOT analysis of organic products in India.
- To seek out the opportunities and challenges of organic products in India.
- Turn out food with higher organic process / nutritional quality.
- Work with the natural system.
- Maintain and increase soil fertility.
- > Use renewable resources as so much as attainable.
- > Avoid pollution.
- Enable satisfaction to an agricultural producer.
- To integrate completely different farming systems like dairy farms,
- > poultry, livestock, fishery, horticulture, sericulture, apiculture etc. with agricultural crop production.
- > To extend farm resources use potency (land, labor and production/byproducts) thus on increase farm financial gain and profitable employment opportunity.
- To take care of environmental quality and ecological stability



REPORT FOR THE EXTENSION ACTIVITY

Report on the Organic Farming Extension Activity

Organized by: Department of Botany

Location: Villages near Nawalgarh

Duration: 19th November 2023 – 21st November 2023

Extension Activity aims to raise awareness among local farmers about the benefits and practices of organic farming, encouraging sustainable agricultural practices and reducing dependence on chemical fertilizers and pesticides.

Participants:

• **Total Participants:** 40 students

• Faculty Coordinators:

- > Suman Saini
- > Shyama Didwania
- ➤ Ankit Kumar Jangid
- Vinod Kumawat
- > Anil Jangid

Activities Conducted:

1. Day 1 (19th November 2023):

Inauguration Ceremony: Introduction to the principles of organic farming.

Lecture Sessions: Detailed presentations on soil health management, crop rotation, and natural pest control.

Demonstrations: Practical demonstration on composting techniques and preparation of organic fertilizers like vermicompost and bio-manure.

2. Day 2 (20th November 2023):

Field Visits: Visits to local farms practicing organic methods. Farmers shared their process and challenges.

workshops: Hands-on training in preparing organic pesticides using natural ingredients (e.g., neem oil and cow dung-based solutions).

Interactive Session: Q&A with farmers to address doubts and discuss the economic viability of organic practices.

3. Day 3 (21st November 2023):

Group Discussion: Students and farmers shared feedback and future prospects.

Success Stories: Presentation of successful case studies from other regions.

Concluding Session: Emphasis on government schemes and support for organic

farming.

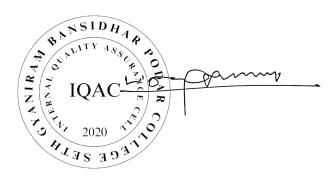
Outcomes:

• **Increased Awareness:** Farmers gained insights into the environmental and health benefits of organic farming.

- **Skill Development:** Practical skills in composting, natural pest control, and soil enrichment.
- **Networking:** Established a network between students, faculty, and local farmers for ongoing support and knowledge exchange.

Future Recommendations:

- Follow-Up Visits: Regular interactions to monitor progress and address challenges.
- Workshops: Advanced training sessions on organic certification and marketing.
- Collaboration: Partnering with agricultural bodies to promote organic produce markets.





Seth G.B. Podar College Nawalgarh Department of Botany Workshop

On

"POLLUTION CONTROL"

On

Pollution Control Day (December 2nd 2023)



ORGANISED BY

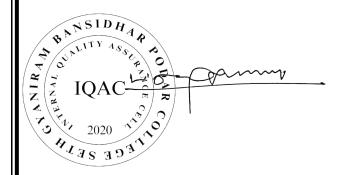
NNIRAW

Nawalgarh, Rajasthan

(Rajasthan)

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To

The principal
Seth Gyaniram Bansidhar Podar College
Nawalgarh, Rajasthan
Through IQAC

Subject: Permission for organize seminar on "National Pollution Control Day" on 2 December.2023.

Respected sir,

I wish to state that department of Botany like to organize a seminar on "National Pollution Control Day" on 2 December 2023. Where student of BSc & MSc (Previous and Final) take participate.

Kindly give permission for the same.

Thanking you

Yours' Sincerely

(Prof. Suman Saini)
Department of Botany

Peruitteal

28/11/2023



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Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

Ref.No./GBPC/2023-24/2/3/A

Date: - November 28, 2023

Notice

All UG & PG students, department of Botany are hereby inform that Department of Botany is going to organize a seminar on "National Pollution Control Day" on 2 December 2023. Where student of BSc & MSc (Previous and Final) take participate and know about National Pollution Control Day.

Presence of all students of UG & PG Classes is mandatory.

(Dr. Vinod Kumar Saini) Vice-Principal

(Dr. Satyendra Singh)

Principal

TO TO THE STATE OF THE STATE OF

Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu - 333042 Contact No: 8619868884

Web Site: www.podarcollege.com E-Mail: principal@podarcollege.com

Workshop on Pollution Control

2 December 2023



SETH GYANIRAM BASIDHAR PODAR COLLEGE, NAWALGARH



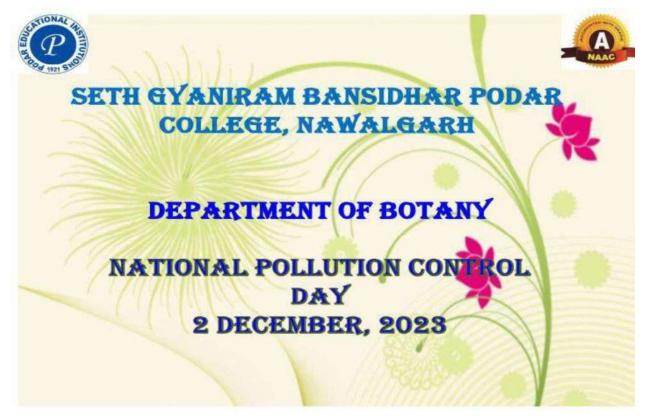
DEPARTMENT OF BOTANY

NATIOAL PRESS DAY (16-11-2023)

ſ		NATIOAL PRESS DAY (16-11-2023)				
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	12	Tanu Saini	Bhungshwar Saini	MSC P(Botan	Tomesaine	
	13	Lyoti Saini	Babublsaini	M.SC PCBolony	Lypti Saimi	
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	16	Lokesh kumar	Suresh Kumar	M.SC CP)	M729371	
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	18	Kuldeep kumar saini		M·Sc. (P)	Fildrep	
NIRA	19	Sandeep Kumar Boyal	- 2	MSC(D)	Smoken	
	20	Preet	Madan (al	MSC(F)	Boot	
	21	Tejashvi	Rampiakash Jarger	MSC(F)	Tejashvi	
	22	Modhu Salve	VinodSaeri	MSC(F)	Madhe	
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Seth G.B. Podar College Nawalgarh Department of Botany "National Pollution Control Day" On 2nd December 2023



ORGANISED BY

Départment of Botany, Seth G. B. Podar College, Nawalgarh, Rajasthan

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar (Rajasthan).

Objectives

- ➤ To develop the knowledge about surrounding pollutants and pollution.
- To Aware why on 2nd December we organize National Pollution Control Day
- > To knowledge among students
- ➤ Role of plants in control of pollution
- ➤ How Can take the part of Social Media for plantation and control pollution
- ➤ Digital Media and Social Media uses
- > To awareness about the problem caused by increasing pollution

REPORT

GANIRAN GASSIE



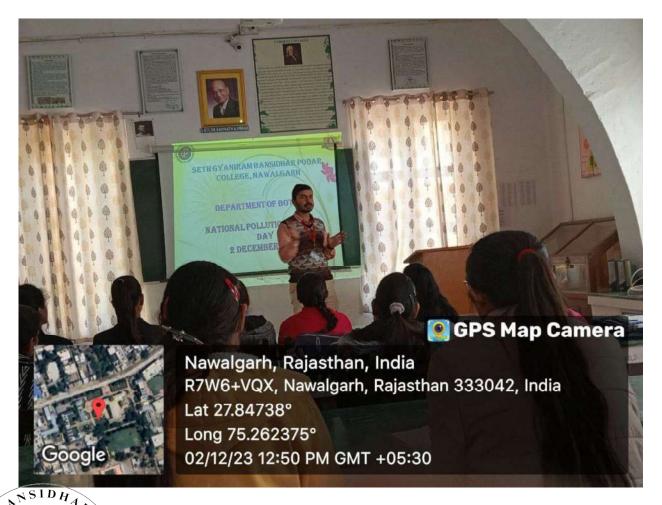
Pepartment (Botany) on National pollution Control Day

It is observed on 2 December to spread awareness about the problem caused by increasing pollution. On the occasion of National Pollution Control Day, Students introduce to its history, significance, the purpose behind celebrating the day.

Department of Botany, Seth Gyaniram Bansidhar College, Nawalgarh observed the National Pollution Control Day with the primary aim of sensitizing the students about the pollution and students were motivated for control our environmental pollution as good citizens of India, thus contributing to the development of the country.



A lecture was delivered by Ms. Suman Saini, Head of Department (Botany), Seth Gyaniram Bansidhar College, Nawalgarh as National Pollution Control Day is observed in memory of those who lost their lives in the Bhopal Gas tragedy on 2nd December 1984. The day aims to bring awareness about the fatalities caused due to polluted water, land, and air. Also, to highlight how to avert industrial disasters like the Bhopal Gas Tragedy. Environmental pollution affects the quality of life and health.



Power point presentation by Mr. Ankit kumar Jangid

NIRAN

Polition Control and good health of our environment is briefed to the students by Mr. Ankit kumar Jangid, Assistant Professor made the resession for environment sustainable development. Pollution is a major problem faced by the world. As per the National Health Portal of India,

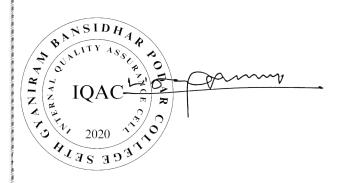
around 7 million people across the world die due to air pollution every year. It is also known as environmental pollution. We can define pollution as the addition of any substance, whether solid, liquid, gas, or any form of energy like heat, sound, etc. to the environment.

Various factors are responsible for causing pollution like the bursting of crackers, carbon emissions, bomb blasts, leakage of gases via industries, etc. Nowadays the problem of pollution is increasing day by day and it is the duty of the respective government and also the people to reduce the level of pollution. We should generate ideas and plans to control pollution.



Question-Answer session after organizing national Pollution Control Day

GANIRAN GANIRAN





Seth G.B. Podar College Nawalgarh Department of Botany Workshop

On

"Soil & Water: A Source of Life"
On

World Soil Day (December 5th 2023)



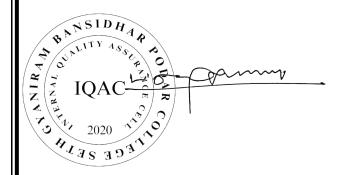
ORGANISED BY

Department of Botany, Seth G. B. Podar College,

(Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar)
(Rajasthan)

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To

The principal Seth Gyaniram Bansidhar Podar College Nawalgarh, Rajasthan Through IOAC

Subject: Permission regarding celebration of "World Soil Day" on 5 Dec.2023.

Respected sir,

I wish to state that department of Botany like to celebrate "World Soil Day" on 5 December 2023. Where student of B.Sc. & M.Sc. (Previous and Final) take participate.

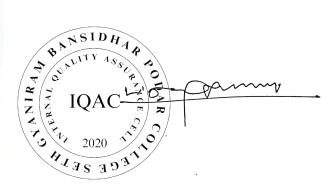
Kindly give permission for the same.

Thanking you

Symon Yours' Sincerely

(Prof. Suman Saini) Department of Botany

Permetted July 2023



SETH GYANIRAM BANSIDHAR PODAR COLLEGE

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Ref.No./GBPC/2023-24/218/A

Date: - December 02, 2023

Notice

All UG & PG students, department of Botany are hereby inform that Department of Botany is going to celebrate "World Soil Day" on 5 December 2023. Where student of BSc & MSc (Previous and Final) take participate and know about the day.

Presence of all students of UG & PG Classes is mandatory.

(Dr. Vindd Kumar Saini)
Vice-Principal

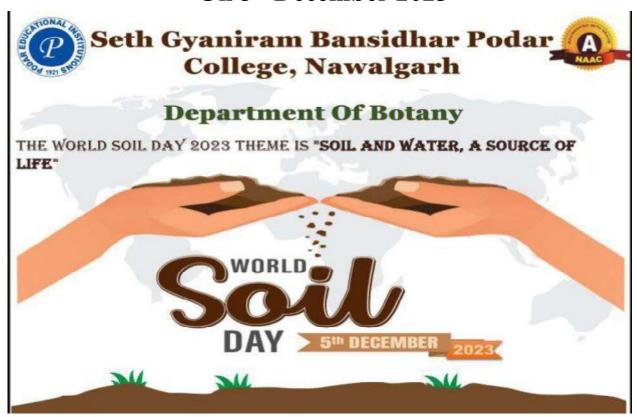
(Dr. Satyendra Singh)

Principal

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Seth G.B. Podar College Nawalgarh Department of Botany "World Soil Day" On 5th December 2023



ORGANISED BY

Department of Botany, Seth G. B. Podar College, Nawalgarh, Rajasthan

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar (Rajasthan).

Objectives

- ➤ To develop the knowledge about soil and soil pollution
- > To knowledge of soil pollution among students
- ➤ Role of agriculture and agricultural tools in field
- ➤ How Can take the part of increasing soil fertility and decreasing soil pollution
- > Social Media uses for awareness
- To Aware why soil is necessary for agriculture

REPORT

GANIRAN GANIRAN



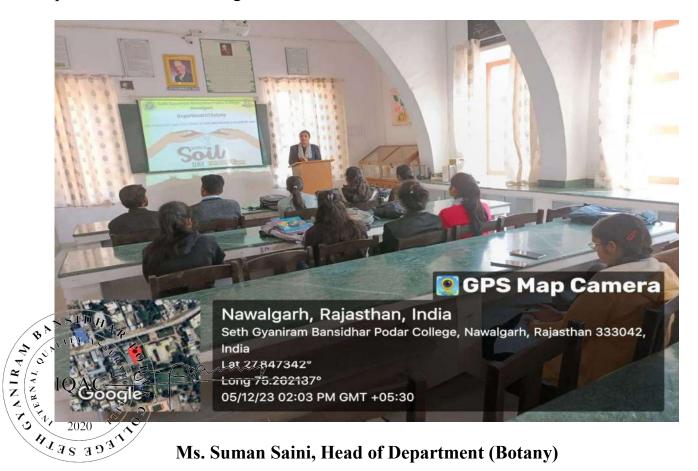
A ppt presentation by Mr. Ankit Kumar Jangid, Assistant Professor, (Botany) on World Soil Day

"Now is the time to protect soil, its biodiversity and water to ensure a sustainable future"

World Soil Day is held annually on 5 December as a means to focus attention on the importance of healthy soil and to advocate for the sustainable management of soil resources. This year's theme is "Soil and Water: A Source of Life".

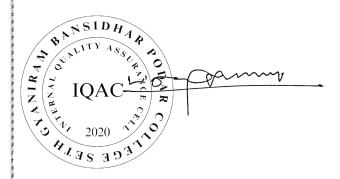
Department of Botany, Seth Gyaniram Bansidhar College, Nawalgarh observed the World Soil Day with the primary aim of sensitizing the students about the pollution and students were motivated for control our environmental pollution.

A key lecture was given by Ms. Suman Saini, Head of Department (Botany), Seth Gyaniram Bansidhar College, Nawalgarh as Soil and Water is our survival factor and we depends on the precious link between soil and water. Soil and water are fundamental for the functioning of all terrestrial ecosystems and over 95 percent of our food originates from these two resources.



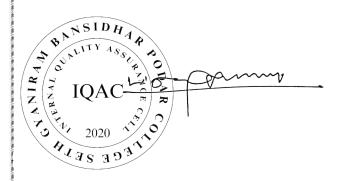
Brief introduction on World soil Day is given by Mr. Ankit Kumar Jangid to all these functions, on which we and all terrestrial life depend, is soil biodiversity. From earthworms and termites, springtails and nematodes, to the vast range of fungi, protozoa and bacteria, as well as the roots of plants and their symbiotic partners, the hidden life of soils is critical to nutrient cycling, controlling pests and diseases and maintaining good soil structure.

But soils and soil biodiversity are under threat. Soils are being compacted, eroded, polluted, and sealed. The causes are many including deforestation, agricultural intensification, overgrazing, and urbanization, among others. These threats must be addressed.





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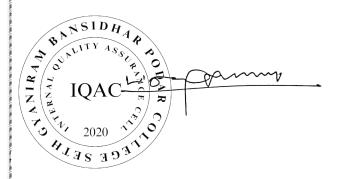


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Question-Answer Session after power point presentation

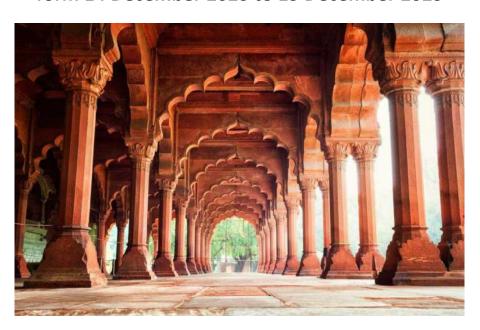




Seth G.B. Podar College Nawalgarh Department of Botany Extension Activity On

"Awareness towards Heritage"

form 14 December 2023 to 15 December 2023



ORGANISED BY

Department of Botany, Seth G. B. Podar College,

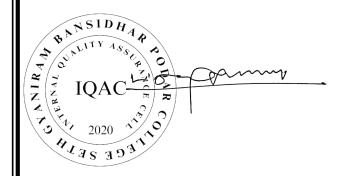
Nawalgarh, Rajasthan

NIRAN

(Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar)
(Rajasthan)

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Seth G.B. Podar College Nawalgarh Department of Botany Extension Activity

on

"PLANTATION FOR LIFE"

form 12 March2024 to 13 March 2024



ORGANISED BY

Department of Botany, Seth G. B. Podar College,

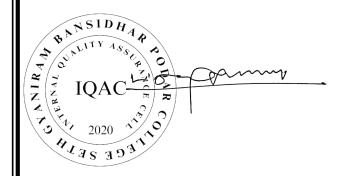
<u>Maw</u>algarh, Rajasthan

GANIRAN GANIRAN

(Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar)
(Rajasthan)

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Seth G.B. Podar College Nawalgarh Department of Botany Extension Activity

on

"Organic Waste Management"

form 9 April 2024 to 10 April 2024



ORGANISED BY

Pepartment of Botany, Seth G. B. Podar College,

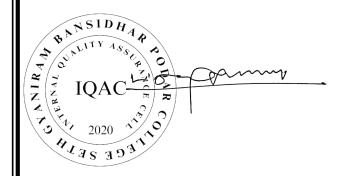
Nawalgarh, Rajasthan

GANIRAN GANIRAN

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar)
(Rajasthan)

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Seth G.B. Podar College Nawalgarh Department of Botany Extension Activity

on

"Greenhouse for Sustainable Agriculture"

form 12 January 2024 to 13 January 2024



ORGANISED BY

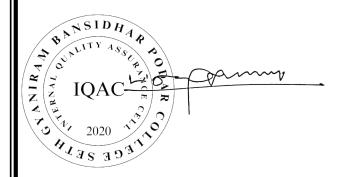
Pepartment of Botany, Seth G. B. Podar College,
Nawalgarh, Rajasthan

GANIRAN GANIRAN

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar)
(Rajasthan)

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DEPARTMENT OF BOTANY

Date: 10/12/2023

To

The Principal

Seth G.B. Podar College

Nawalgarh Rajasthan

Through IQAC

Sub: Permission for Extension

Sir

With due regards I would like to state that Department of Botany Seth G. B. Podar College Nawalgarh, Rajasthan organising an Extension Activity "Awareness towards Heritage" from 14th December to 15th December 2023.

Kindly allow for the same

Thanking you

Yours" Sincerely

Department of Botany Seth G.B. Podar College

Nawalgarh Rajasthan

10/12/2023 Lerwitted

RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu - 333042 Contact No: 8619868884

Web Site: www.podarcollege.comE-Mail: principal@podarcollege.com



SETH GYANIRAM BANSIDHAR PODAR COLLEGE

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Department of Botany

Date: 10/12/2023

Notice

Students of M.Sc. (Botany) and B.Sc. (Bio Group) are hereby informing that Department of Botany is going to Conduct an Extension Activity "Awareness towards Heritage" from 14th December to 15th December 2023. Where student of BSc & MSc (Previous and Final) take participate.

Presence of all students of PG Classes is mandatory.

(Dr. Vinod Kumar Saini)

IQAC Coordinator

(Dr. Satyendra Singh)

Principal

TO THE STORY ASSURED TO THE ST

RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu – 333042 Contact No: 8619868884

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Objective of Heritage Conservation in Nawalgarh

The primary objective of heritage conservation in Nawalgarh is to preserve, protect, and promote the region's rich cultural and architectural heritage, particularly its historic havelis and monuments. This involves:

- 1. **Preservation of Architectural Heritage:** Safeguarding the intricate frescoes, carvings, and traditional Rajasthani architecture found in Nawalgarh's havelis to maintain their historical and artistic significance.
- 2. **Cultural Identity and Awareness:** Enhancing local and global awareness about Nawalgarh's cultural heritage to instill pride among residents and promote cultural tourism.
- 3. **Sustainable Development:** Integrating heritage conservation into sustainable development plans to balance economic growth with cultural preservation, ensuring that tourism and modernization do not compromise historical sites.
- 4. **Community Involvement:** Encouraging active participation from local communities in preservation efforts, fostering a sense of responsibility towards protecting their cultural assets.
- 5. **Educational Outreach:** Conducting educational programs and workshops to teach the younger generation about the importance of heritage conservation and traditional craftsmanship.
- 6. **Economic Opportunities:** Promoting heritage tourism as a means of generating income for the local community while preserving cultural sites. This includes supporting local artisans and traditional practices.
- 7. **Documentation and Research:** Documenting the history, art, and architecture of Nawalgarh's havelis for academic research, ensuring future generations have access to authentic information.

By achieving these above objectives, Nawalgarh can preserve its unique cultural legacy while total satisfactory and community empowerment.

2020

SANIRAN GASSIS

Report on the Heritage and Haveli Awareness Extension Activity

Organized by: Department of Botany

Location: Nawalgarh city includes, Podar Haveli Museum, Morarka Haveli Museum and other Havelis of Nawalgarh

Duration: 14th December 2023 – 15th December 2023

The main aim to spread raise awareness among local people about the cultural and architectural heritage of Nawalgarh, focusing on the significance of its historic havelis. The activity aimed to promote heritage conservation and instill a sense of pride and responsibility towards preserving local history.

Participants:

- **Total Participants:** 40 students
- Faculty Coordinators:
 - > Suman Saini
 - > Shyama Didwania
 - ➤ Ankit Kumar Jangid
 - Vinod Kumawat
 - > Anil Jangid

Activities Conducted:

Day 1 (14th December 2023):

• Inaugural Session:

Overview of Nawalgarh's historical significance and introduction to its rich heritage. Presentation on the architectural features of havelis, their historical value, and their role in Nawalgarh's cultural identity.

• Heritage Walk:

SANIRAN SANIRAN A guided walk through prominent havelis in Nawalgarh, including **Podar Haveli** and **Morarka Haveli**.

Detailed explanations about the frescoes, carvings, and traditional Rajasthani

Interaction with local residents to share stories and historical anecdotes related to these

Day 2 (15th December 2023):

• Interactive Workshop:

Discussion on the importance of heritage conservation and ways to protect and maintain havelis.

Group activities focused on documenting local heritage through photography and sketching.

Awareness session on government policies and schemes supporting heritage preservation.

• Cultural Program:

Students and local artists performed traditional Rajasthani music and dance.

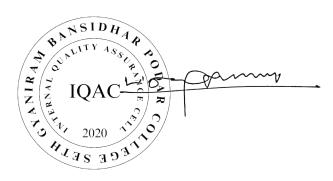
Showcase of student projects highlighting the historical significance of Nawalgarh's heritage.

Outcomes:

- Increased Cultural Awareness: Participants gained a deeper understanding of the historical and architectural value of Nawalgarh's havelis.
- Community Engagement: Stronger community involvement in heritage preservation efforts.
- **Student Involvement:** Enhanced appreciation among students for local culture, fostering a sense of responsibility towards conservation.

Future Recommendations:

- Follow-Up Initiatives: Organize similar events annually to maintain community engagement.
- Educational Programs: Introduce heritage education programs in local schools.
- Collaboration: Partner with heritage conservation bodies to support restoration projects.



Glimpses of the Activity









Seth G.B. Podar College Nawalgarh Department of Botany Workshop

On

"NATIONAL YOUTH AWARENESS"

On

National Youth Day (January 12th 2024)



ORGANISED BY

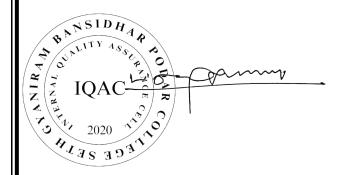
Department of Botany, Seth G. B. Podar College, Nawalgarh, Rajasthan

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WAffiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar) (Rajasthan)

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To

The principal Seth Gyaniram Bansidhar Podar College Nawalgarh, Rajasthan Through IQAC

Subject: Permission regarding celebration of National Youth Day" on 12 January2024.

Respected sir,

I wish to state that department of Botany like to organize activity on "National Pollution Control Day" on 12 january2024. Where student of M.Sc. (Previous and Final) take participate.

Kindly give permission for the same.

Thanking you

Yours' Sincerely

(Prof. Suman Saini) Department of Botany

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Ref.No./GBPC/2023-24/276/A

Date: - January 08, 2024

Notice

All UG & PG students, department of Botany are hereby inform that Department of Botany is going to celebrate "National Youth Day" on 12/1/2024. Where student of MSc (Previous and Final) take participate and know about the day.

Presence of all students of UG & PG Classes is mandatory.

(Dr. Vinod Kumar Saini)

Vice-Principal

(Dr. Satyendra Singh)

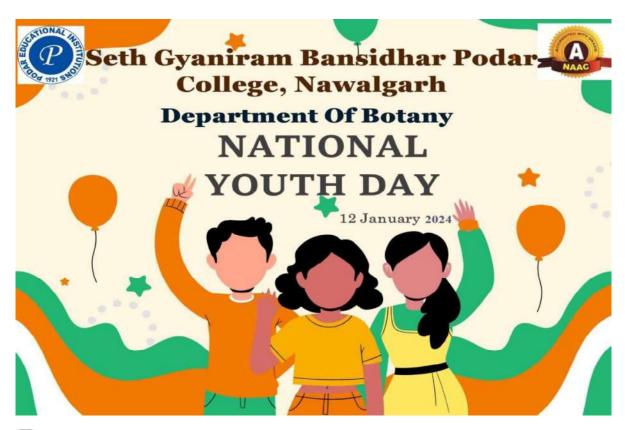
Principal

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Seth G.B. Podar College Nawalgarh Department of Botany "National Youth Day" On 12th January 2024



ORGANISED BY

Nawalgarh, Rajasthan

University, Sikar (Rajasthan).

Objectives

- > To develop the knowledge of Youth Power in Nation Development
- > To Aware why on 12th January we celebrated National Youth Day
- > To knowledge among students
- > Role of youth in social activity and awareness
- ➤ How Can take the part youth in our society positively
- ➤ Digital Media and Social Media platform for youth
- ➤ How youth contributing to the development of the country

REPORT



Momentary introduction giving by Ms. Suamn Saini Head of Department (Botany)

Swami Vivekananda was born as Narendranath Dutta on 12th January 1863. He was a key figure in the introduction of the Indian philosophies of Vedanta and Yoga to the western world and was credited with raising interfaith awareness. He was a chief disciple of 19th century saint Ramakrishna and founder of Ramakrishna Math and Ramakrishna mission.

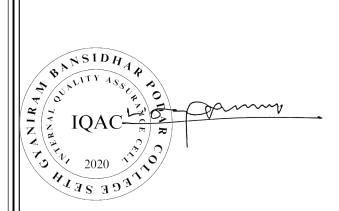
- The 161 Birth Anniversary of Swami Vivekananda is celebrated all over the country giving a message to the youth the way of life and ideals that will make India a better country in future.
- O Department of Botany, Seth Gyaniram Bansidhar College, Nawalgarh observed the National Youth Day with the primary aim of sensitizing the students about the philosophies, principles and ideas of Swami Vivekanada. The students were motivated to be good citizens of India, thus contributing to the development of the country.
- A lecture was delivered by Ms. Suman Saini, Head of Department (Botany),
 Seth Gyaniram Bansidhar College, Nawalgarh on youth capabilities to identify.
- The inspiring stories of Swami Vivekananda's life briefed to the students by Mr. Ankit kumar Jangid, Assistant Professor made the session more interesting and captivating.



In the program total 22 students participated and know about the National Youth Day and its important. On this day students of M.Sc. Botany were present power point presentation on National Youth Day.



Students of M.Sc. Botany were present power point presentation





Seth G.B. Podar College Nawalgarh Department of Botany Extension Activity

on

"Greenhouse for Sustainable Agriculture"

form 12 January 2024 to 13 January 2024



ORGANISED BY

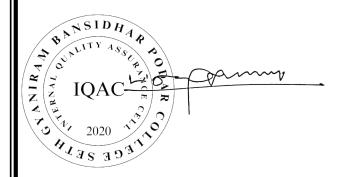
Pepartment of Botany, Seth G. B. Podar College,
Nawalgarh, Rajasthan

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DEPARTMENT OF BOTANY

Date: 09/01/2024

To

The Principal

Seth G.B. Podar College

Nawalgarh Rajasthan

Through IQAC

Sub: Permission for Extension

Sir

With due regards I would like to state that Department of Botany Seth G. B. Podar College Nawalgarh, Rajasthan organising an Extension Activity "Greenhouse for Sustainable Agriculture" from 12th January to 13th January 2024.

Kindly allow for the same

Thanking you

Yours" Sincerely

Department of Botany

Seth GOB, Podar College

Nawalgarh Rajasthan

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Permitteer alle 09/01/24



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Department of Botany

Date:09/01/2024

Notice

Students of M.Sc. (Botany) and B.Sc. (Bio Group) are hereby informing that Department of Botany is going to Conduct an Extension Activity "Greenhouse for Sustainable Agriculture" from 12th January to 13th January 2024. Where student of BSc & MSc (Previous and Final) take participate.

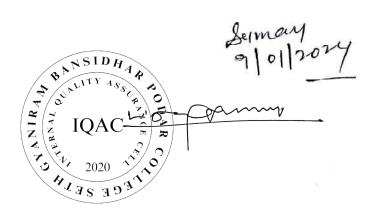
Presence of all students of PG Classes is mandatory.

(Dr. Vinod Kumar Saini)

IQAC Coordinator

(Dr. Satyendra Singh)

Principal



Objective of "Greenhouse for Sustainable Agriculture" Extension Activity

The primary objective of the "Greenhouse for Sustainable Agriculture" initiative in Nawalgarh is to promote modern and efficient farming practices through greenhouse technology. The specific goals include:

- 1. **Enhancing Agricultural Productivity:** Introduce farmers to greenhouse technology to ensure year-round cultivation, protect crops from adverse weather, and increase yields of high-value crops.
- 2. **Climate Resilience:** Equip farmers with tools to mitigate the impact of climate change by providing a controlled environment that protects crops from temperature fluctuations, droughts, and pests.
- 3. **Resource Optimization:** Promote efficient use of water, fertilizers, and land through greenhouse systems, reducing waste and improving overall resource management.
- 4. **Encouraging Sustainable Practices:** Foster sustainable agriculture by demonstrating how greenhouse farming reduces the need for chemical pesticides and enhances soil conservation.
- 5. **Diversification of Crops:** Educate farmers about cultivating high-value and off-season crops such as exotic vegetables, flowers, and herbs, increasing their income potential.
- 6. **Reducing Environmental Impact:** Show how greenhouse farming minimizes the ecological footprint of agriculture by reducing land use, controlling water runoff, and lowering the need for chemical inputs.
- 7. **Promoting Modern Technology Adoption:** Familiarize farmers with greenhouse structures, including polyhouses and shade nets, encouraging the adoption of advanced agricultural technologies.
- 8. Community Capacity Building: Train local farmers and students in greenhouse construction, maintenance, and management, developing practical skills and creating employment opportunities.
 - 9. Government Scheme Awareness: Inform farmers about government subsidies and QAC support programs for greenhouse and polyhouse installation to facilitate access to these technologies.

Lacreasing Food Security: Ensure a steady supply of fresh produce throughout the year, contributing to regional food security and reducing dependence on external markets.

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Report on the "Greenhouse for Sustainable Agriculture" Extension Activity

Organized by: Department of Botany

Location: Villages near Nawalgarh

Duration: 12th January 2024 – 13th January 2024

This extension activity is aim to raise awareness among farmers and local people about greenhouse and polyhouse technologies, emphasizing their role in sustainable agriculture. The activity aimed to educate farmers on adopting greenhouse methods to increase productivity, reduce environmental impact, and ensure year-round cultivation.

Participants:

• **Total Participants:** 40 students

• Faculty Coordinators:

- > Suman Saini
- > Shyama Didwania
- ➤ Ankit Kumar Jangid
- Vinod Kumawat
- > Anil Jangid

Activities Conducted:

Day 1 (12th January 2024):

• Inaugural Session:

Overview of sustainable agriculture and the importance of greenhouse technology.

Presentation on different types of greenhouses (polyhouse, glasshouse) and their applications.

Technical Demonstration:

Practical demonstration of greenhouse construction basics.

Introduction to climate control mechanisms, including temperature, humidity, and pirrigation systems.

• Farmer Interaction:

AC <u>Discussion on challenges faced</u> in traditional farming and how greenhouses can address like climate variability and pest control.

Day 2 (13th January 2024):

• Workshop on Crop Management:

Training on crop selection, planting techniques, and nutrient management in a greenhouse environment.

Emphasis on high-value crops like tomatoes, capsicum, and exotic vegetables suitable for greenhouse cultivation.

• Field Visit:

Visit to a functioning polyhouse in the region.

Live demonstration of irrigation systems and pest management practices within the greenhouse.

• Awareness Campaign:

Distribution of informational booklets on greenhouse farming benefits and maintenance practices.

Discussion on government subsidies and support programs for greenhouse installation.

• Closing Session:

Feedback collection from participants and commitment from farmers to explore greenhouse technology.

Certificates of participation awarded to students and farmers.

Outcomes:

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- **Increased Knowledge:** Farmers learned the principles and benefits of greenhouse technology for sustainable farming.
- **Practical Skills:** Participants gained hands-on experience in greenhouse operations and maintenance.
- **Future Adoption:** Several farmers expressed interest in adopting greenhouse techniques to improve their agricultural productivity.

Future Recommendations:

• Follow-Up Workshops: Conduct advanced sessions on greenhouse management and SIDH automation.

• Pilot Projects: Collaborate with interested farmers to set up small-scale greenhouses as IQAC demonstration units.

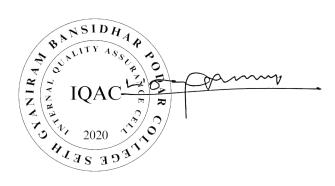
• Support Networks: Establish a farmer network for ongoing training and knowledge v_{J 3 S} as change on sustainable greenhouse practices.

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Report on the Expert Talk on Mental Health

(LEAD THE CHANGE)

February 5 & 7, 2024

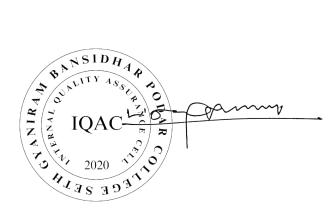


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GBPC/IQAC/2024/01/04

Date: Jan31,2024

To.

Ms. Vedica Bai Ji Podar, Mental Health Advocate & Founder, Kangaroo Minds

Subject: Request to conduct online lectures and training sessions during Children's Mental Health Week

Respected Madam,

This letter is to inform you that IQAC of Seth Gyaniram Bansidhar Podar College, Nawalgarh, Rajasthan is organizing various programs and activities for students, teachers and parents to raise mental health awareness from 5th February, 2024 to 9th February, 2024 on the occasion of Child Mental Health Week. In this regard, we request you to conduct separate online lectures and training

sessions for the following audience groups during the week.

S.No.	Audience	Date	Time
1.	Students of G.P.S	February 5th, 2024	11:30 AM to 12:30 PM
2.	Faculty members of Podar Educational Institutions	February 7th,2024	3:30 PM to 4:30 PM
3.	Postgraduate Students of Seth Gianiram Banshidhar Podar College	February 8th, 2024	11:30 AM to 12:30 PM
4,	Students of Panbai Ramnath Podar Senior Secondary School	February 9th, 2024	11:30 AM to 12:30 PM

We believe that your experience and expertise will significantly help our diverse audiences gain a better understanding of mental health for them. Your past practice of tailoring solutions based on audience needs through Google Forms, as demonstrated with faculty members and NCC cadets, was highly commendable. We firmly believe that repeating this approach with the groups mentioned above would be immensely beneficial for all participants.

. We would be highly grateful for your consent and participation.

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Dr. Vinod Kumar Saini 31 01

Vice Principal & Coordinator IQAC

Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu - 333042

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Report on Online Seminar on Mental Health Care

Date: February 5, 2024

Venue: Seth Gyaniram Bansidhar Podar College, Nawalgarh

Topic: Mental Health Care

Speaker: Ms. Vedika Ji Podar, Founder- kangaroo minds, Trustee, The Anandilal Podar Trust

Audience: Students of Class 9 to 12, GPS

Overview:

Seth Gyaniram Bansidhar Podar College, Nawalgarh organized an online seminar on mental health care as part of Children's Mental Health Week from February 5 to 11, 2024. The main speaker of the seminar was Ms. Vedika Ji Podar, Trustee, The Anandilal Podar Trust.

Key Points:

The importance of mental health and how it is as important as physical health.

The role of psychiatrists, doctors, and counselors in maintaining mental health.

The causes of suicide and increasing suicide rates.

Ways to deal with and overcome stress.

The importance of parents understanding their children's mental health.

Ouestions and Answers:

Students asked questions about the relationship between migraine and mental health, which Ms. Vedika Podar answered.

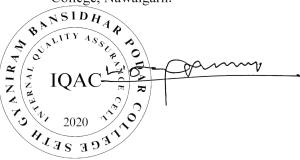
She also suggested that these sessions should be organized for parents as well.

Outcome:

The seminar was very informative for the students and helped them understand mental health and how to maintain it. The program will continue till February 9, 2024, for students of Podar Hindi Medium School, Podar College, and employees of all educational institutions run by Podar Trust under the guidance of Hon'ble Trustee Ms. Vedika Ji Podar.

Appreciation:

The Hon'ble Chairman of The Anandilal Podar Trust, Mr. Rajiv Ji Podar, Executive Director Mr. M.D. Shanbhag, and COO Dr. Rajendra Kumar expressed their happiness on the program organized by Podar College, Nawalgarh.



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Glimpses of Seminar







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SETH GYANIRAM BANSIDHAR PODAR COLLEGE Accredited with 'A' Grade (3.04 CGPA) by NAAC-UGC Recognition of college under Section 2(f)/12(B), UGC Act, 1956 Affiliated to PanditDeendayal Upadhyaya Shekhawati University, Sikar Attendance Sheets for the Online Session on Mental Health for the Students of G.P.S S.No. Name **Father Name** Signature DIVUO 14h Axts Kas Kumay Divua Tahina Singh Mahima Harshita Choudharii M. Vijay Marshite Rishita JOHUERY 80 Rahu con 21 Gradees 2 Kundan 4.4 Kuman 85 Ankit Jangid Mr Subhash Chandra 86 AKhil Kuman Sunil 7 Hemana Choudhauy Me Jitenden Singh 0 Pau th My Jagduh 13 Mayouk Soil Shubban Saini Razendra Prosad 11 and Ny Vimal Kumpy Verema ma 11 Tanuj Mr. Naxundra Kumar Saen 11 Ayan Akhtas Khatri. 93 Andul Mansoor Khatre 94 Hameeo Survan Ms. Babulal Sonal Harichang 11 Diya Swush Kumar 11 Haushita Kamalkanta 11 Harrieta MUN GOUN Misanjay 17 quingen Mauryous Nagem 11 Tanisha My. Rakesh Al (om forms lig 101 Populary 102 Poonan eketa 103 11 vilci ta 11 100 cutika 100 · Ramotar Murarke 11 11 I Della 11 8 Reader Shay no gricula' 1 augid \ 0 11 Sushil Kumar Sain XIM Com. Yearsh sain Langer Comm RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu - 333042

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Report on the Expert Talk on Mental Health (LEAD THE CHANGE) for the faculty members

Date: February 7, 2024

Venue: Seth Gyaniram Bansidhar Podar College, Nawalgarh

Chief Speaker: Ms. Vedica ji Podar, Mental Health Advocate, Founder of Kangaroo Minds, and Hon'ble

Trustee of The Anandilal Podar Trust

Audience: Faculty Members of Podar Educational Institutions

Topic: Mental Health: "LEAD THE CHANGE"

Description:

€SrlcRusion:

NIRAW

An expert talk on mental health was delivered by Ms. Vedica ji Podar for the faculty members of all educational institutions run by The Anandilal Podar Trust, Nawalgarh at Dr.Ramnath Podar Auditorium of Seth Gyaniram BansidharPodar College, Nawalgarh. Ms. Vedica ji Podar is a renowned mental health advocate and founder of Kangaroo Minds, which works to spread awareness about mental health issues and provide support to people.

In this talk, Ms. Vedica ji Podar addressed the questions compiled by the faculty members beforehand. She divided the questions into three categories:

General Questions: These included topics such as identifying the level of mental health, treatment for improvement, and the relationship of physical health with mental health.

Specific Questions: These included topics such as identification and treatment of depression, identification and treatment of non-cooperation, and child abuse,

Student Related Questions: These included topics such as identifying mental health issues in students, ways to deal with them, and the role of teachers.Ms. Vedica ji Podar gave a detailed and informative answer to each question. She also dispelled many myths about mental health and encouraged people to talk openly about mental health issues.

The faculty members actively participated in this talk and asked many questions to Ms. Vedica ji Podar. At the end of the talk, the faculty members benefited greatly from Ms. Vedica ji Podar's knowledge and experience and were able to improve their understanding of mental health.

This talk was very useful and informative for the faculty members. Ms. Vedica ji Podar's talk played a significant or role in spreading awareness about mental health and encouraging people to talk openly about mental health issues.

Such talks should be prganized regularly to create awareness about mental health among the staff and students.

The college should provide counseling services to the students and staff members who are facing mental health issues.

issues. The callege should create a supportive environment where people feel comfortable talking about mental health issues

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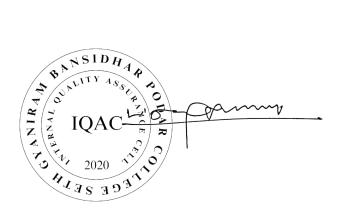
Glimpses of Seminar





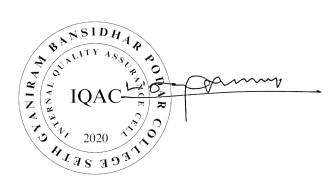






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REPORT

To sensitized and educate the people on the dreadful killer disease Cancer, the students of Chemistry Department of Seth Gyaniram Bansidhar Podar College, Nawalgarh organized a street play on cancer 'The Silent Killer' Near ABHA MATERNITY HOSPITAL, NAWALGARH on February 04,2023. The students presented a creative street play vividly depicting how Cancer can kill the human race silently. An introduction on awareness and prevention of Cancer was given by student Lokesh Saini and his team of students. Rajasthan is not free from modern diseases. Amongst these, Cancer is one of the most prevailing diseases and is spreading at a very high rate due to modern lifestyle. Due to this dreadful killer many precious lives have been lost in Rajasthan"Seth GB Podar college stated in a report on the event. "The disease is one of the most confusing, commonly misdiagnosed, and poorly understood entities because of the location of the involved area and their lifestyle," the report added while informing that the top 3 cancers in Rajasthan among men are Throat, Prostate & Lungs and among females they are Cervix, Stomach, "Incidence rate of Cancer Throat among males in Rajasthan is very high (21 per lakh population) and is only next to the highest incidence in the world," the SSP also added. The information on Cancer was provided by the students to all the people present at nearby localities. The speech was given in both English and the local language so that the message could be conveyed the last person present, The Head Doctor, Dr. Hemant Gupta of the Abha ernity Hospital complimented and expressed his gratitude to the college ad Mority for organizing educational street play by the students — making them rededicate their lives and fight for the cause of Cancer elimination in the

society.

GLIMPSES OF STREET PLAY

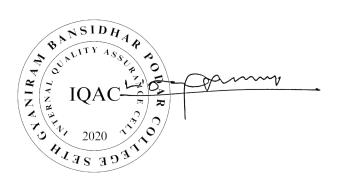












जीबी पोदार कॉलेज में हुआ आयोजन

नुक्कड़ नाटक से दिया कैंसर जागरूकता का संदेश

न्यूज सर्विस/नवज्योति, नवलगढ। कस्बे के दी आनन्दीलाल पोदार ट्रस्ट द्वारा संचालित सेठ जी.बी. पोदार कॉलेज में रसायन विज्ञान विभाग के विद्यार्थियों द्वारा नुक्कड़ नाटक का मंचन किया गया। नुकड़ नाटक एवं कैंसर जागरूकता कार्यक्रम में पोदार कॉलेज प्राचार्य डॉ. सत्येन्द्र सिंह, उप प्राचार्य डॉ. विनोद कुमार सैनी मुख्य अतिथि एवं विशिष्ट अतिथि रहे। रसायन विज्ञान विभाग के विद्यार्थियों द्वारा आभा हॉस्पिटल के समीप नुकड़ नाटक द्वारा कैंसर रोग के कारणों को बताया।विद्यार्थियों ने नुकड़ नाटक के माध्यम से वैश्विक स्तर पर कैंसर के खतरों के प्रति आगाह किया। रसायन विज्ञान विभाग के विभागाध्यक्ष प्रो. चेतन दाधीच ने छात्रों को सम्बोधित करते हुए बताया कि कैंसर एक संचारी रोग है। इसकी सक्याम (शोध पहचान एवं उपचार के बार में अपूरल्कता होनी चाहिए।

ECE SETA

नक्कड नाटकों



के माध्यम से सामाजिक जागरूकता फैला सकते हैं तथा कैंसर जैसे घातक रोगों के प्रभाव को कम कर सकते हैं।प्राचार्य डॉ. सत्येन्द्र सिंह ने बताया कि कैंसर दिवस मनाने का उद्देश्य इस जानलेवा रोग के प्रति लोगों को जागरूक करना है। आभा हॉस्पिटल के निदेशक डॉ. हेमन्त गुप्ता ने नुक्कड़ नाटक द्वारा कैंसर जागरूकता कार्यक्रम फ्की सराहना की। इस अवसर पर प्रो. राकेश महला, डॉ. विद्याधर शर्मा,

प्रो. अम्बेश कुमार, प्रो. मुकेश सैनी, प्रो. शान्तिलाल जोशी, प्रो. भानू, प्रो. विशाखा व प्रो. सुदर्शन शर्मा सहित अनेक विभागाध्यक्ष एवं व्याख्याताओं सहित अनेक लोग उपस्थित रहे। दी आनन्दीलाल पोदार ट्रस्ट के चेयरमेन राजीव के. पोदार, ट्रस्टी सुश्री वेदिका पोदार, अधिशासी निदेशक एम.डी. शानभाग व सी.ओ.ओ. प्रतीक प्राशर ने नुकड़ नाटक के आयोजन की सराहना की।



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Seth G.B. Podar College Nawalgarh

Department of Botany

"EDUCATIONAL TOUR"

For Jhunjhunu and Pilani

March 10 february 2024



ORGANISED BY

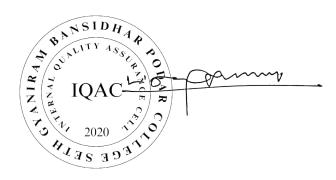
nent of Botany, Seth G. B. Podar College, Nawalgarh, Rajasthan



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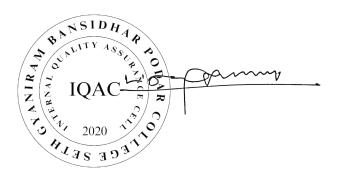
श्रुवाम्, नायार्थ महोदम सेंठ ज्ञानीराम् वंशीधर पोडार् कॉ लीज ot 9012126 / विध्य - एक दिवसीमं अंशितिक समा पर जाने हेता। महादम साइर निवेदम है कि अहाविधालम के वनस्पति Parisi & MSC(P) तथा MSC(F) Botany के Wils-धाताकां का एक दिनसीय विद्यालिक समाग 10/02/2014 की करवाना चाहते हैं। अतः इस वावत आप हर्ने स्वीकृति भदान करने की क्या करें। 21-4915 class msu(P) & msc(F) Botany. 8:00 AM. To 211-19 21 per 146 5:30PM January Stag (214.) 10/02/2024 11 138 30 1 = 21 1 Goumes to 012-11, Seth G.B. Podar College शिक्षात्रे अमाठा पर जाने वार्ट्स नकारिस्थार्टिंग्सेर 9/10/2024 भाग्य हैरिजा का मिनार्यकपूर्क के तथा ब्रमण्य आर् गाले अन्य व्यास्कामाको हे नाम विस्त व्यक्तिलाम (विमागार्थ्य) मन् हे साम समिन्त से कि वर्ष में बना रिस्की हर्दि वन स्पति विभाग



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Object:-

- It helps in understanding the correlation between human, plants and environment.
- To develop knowledge of different vegetation
- It helps in understanding the various geographical concept and process through direct personal experience.
- To learn the role of wetland in ecosystem
- To learn about environment
- How to present themselves for any presentation.





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Report: -

An educational tour was conducted by the students of Botany Department of Seth G.B. Podar College, Nawalgarh, the botany department students took part in this educational journey. The excursion team was flagged off by the COO of Podar Trust, Dr. Rajendra Kumar, and Deputy Principal Dr. Vinod Kumar Saini, with a green flag.

Educational tour places the students in different socio-cultural environments where they encounter new people and witness regional practices. These interactions teach them to accept diversity. Thus, enhancing their communication skills, sense of teamwork, and building a community among students. Educational trips, also known as field trips, are an essential part of the learning process. They are educational excursions that take students outside the classroom to explore new places, cultures, and experiences. Educational trips serve many purposes, including enhancing classroom learning, promoting social and emotional development, and exposing students to real-life situations. In this article, we will discuss the purpose of educational trips in more detail. Educational trips are not just about academic learning; they also promote social and emotional development. They provide an opportunity for students to develop social skills, such as communication, teamwork, and leadership. On an educational trip, students must interact with their peers and teachers in a different setting, which can help them build stronger relationships and develop new friendships. Furthermore, educational trips can help students develop emotional intelligence by exposing them to new experiences and challenges. They can learn how to adapt to unfamiliar situations, manage their emotions, and develop resilience.

The educational Tour team comprised 25 students pursuing M.Sc. in Botany. The team visited the Panchdev Temple in Jhunjhunu, and explored the reserved forest area Beed Conservation Reserve of Jhunjhunu district. The students gained knowledge about the slower biodiversity, and ecology of the area. Following this, they visited the Panchvati, Birla Museum, and Rani Sati Temple in Pilani. On this occasion, department heads Prof. Suman Saini, Prof. Ankit Jangid, and Prof. Vinod Kumavat and Anil Jangir provided

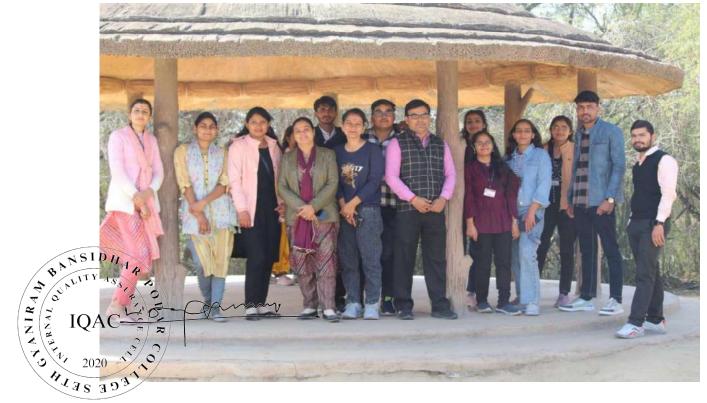
Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042 Contact No: 8619868884



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SETH GYANIRAM BANSIDHAR PODAR COLLEGE

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पोदार कॉलेज के विद्यार्थियों ने किया शैक्षिक भ्रमण

न्यूज सर्विस/नवज्योति, नवलगढ़।कस्बे के दी आनन्दीलाल पोदार ट्रस्ट, नवलगढ़ द्वारा संचालित सेठजी. बी. पोदार कॉलेज के वनस्पति

आरक्षित वन क्षेत्र का अवलोकन किया।विद्यार्थियों ने वहाँ की वनस्पति, जैवसंसाधन, पारिस्थिकी के बारे में जानकारी प्राप्त की। इसके पश्चात्



पिलानी में पंचवटी, बिड़ला म्यूजियम, राणी सती मन्दिर का भ्रमणिकया।इस अवसर पर विद्यार्थियों के

शास्त्रविभाग के विद्यार्थियों द्वारा शैक्षिक भ्रमण किया गया। भ्रमण दल को पोदार ट्रस्ट के सी.ओ.ओ. डॉ. राजेन्द्र कुमार, उप-प्राचार्य डॉ. विनोद कुमार सेनी ने हरी झण्डी दिखाकर रवाना किया।भ्रमण दल ने एम.एस.सी. पूर्वार्ड एवं उन्नरार्ड्ड वनस्पति शास्त्र के 25 शिक्षार्थी रामिल रहे। भ्रमण दल ने झुंझुनूं के अंचदेव मंदिर, झुंझुनूं बीड़ विभागाध्यक्ष प्रो. सुमन सैनी, प्रो. अंकित जांगिड़, प्रो. विनोद कुमावत ने मार्गदर्शन दिया। पोदार ट्रस्ट के चेयरमेन राजीव के. पोदार, ट्रस्टी सुश्री वेदिका पोदार, अधिशाषी निदेशक एम. डी. शानभाग एवं प्राचार्य डॉ. सत्येन्द्र सिंह ने वनस्पति विभाग के विद्यार्थियों द्वारा शैक्षिक भ्रमण करने पर प्रसन्नता व्यक्त की।

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GBPC/IOAC/2024/01/04

Date: Jan31,2024

To,

Ms. Vedica Bai Ji Podar, Mental Health Advocate & Founder, Kangaroo Minds

Subject: Request to conduct online lectures and training sessions during Children's Mental Health Week

Respected Madam,

This letter is to inform you that IQAC of Seth Gyaniram Bansidhar Podar College, Nawalgarh, Rajasthan is organizing various programs and activities for students, teachers and parents to raise mental health awareness from 5th February, 2024 to 9th February, 2024 on the occasion of Child Mental Health Week. In this regard, we request you to conduct separate online lectures and training sessions for the following audience groups during the week.

S.No.	Audience	Date	Time
1.	Students of G.P.S	February 5th, 2024	11:30 AM to 12:30 PM
2.	Faculty members of Podar Educational Institutions	February 7th,2024	3:30 PM to 4:30 PM
3.	Postgraduate Students of Seth Gianiram Banshidhar Podar College	February 8th, 2024	11:30 AM to 12:30 PM
4.	Students of Panbai Ramnath Podar Senior Secondary School	February 9th, 2024	11:30 AM to 12:30 PM

We believe that your experience and expertise will significantly help our diverse audiences gain a better understanding of mental health for them. Your past practice of tailoring solutions based on audience needs through Google Forms, as demonstrated with faculty members and NCC cadets, was highly commendable. We firmly believe that repeating this approach with the groups mentioned above would be immensely beneficial for all participants.

. We would be highly grateful for your consent and participation.

Sincerely,

CANNIRAL AVENAL DOLLAR Dr. Vinod Kumar Saini

31/01/24

Vice Principal & Coordinator IQAC

Rambillas Podar Road, Nawalgarh, Dist: Jhunjhunu - 333042 Contact No: 8619868884

Web Site: www.podarcollege.com E-Mail: principal@podarcollege.com

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Mental Health Seminar at Seth Gyaniram Bansidhar Podar College, Nawalgarh

Date: March 12, 2024

Venue: Seth Gyaniram Bansidhar Podar College, Nawalgarh

Topic: Lead The Change

Speaker: Ms. Vedika Ji Podar, Founder-Kangaroo Minds, Trustee, The Anandilal Podar Trust

Audience: Postgraduate Students of Seth Gyaniram Bansidhar Podar College, Nawalgarh

Emphasize on

- **Importance of mental health:** Ms. Podar stressed the equal importance of mental health to physical health and its impact on overall well-being.
- Role of professionals: She highlighted the role of psychiatrists, doctors, and counselors in maintaining mental health.
- Suicide and stress: Ms. Podar discussed the increasing rates of suicide and the factors contributing to stress.
- Coping strategies: She provided practical tips for dealing with and overcoming stress.
- **Parental involvement:** Ms. Podar emphasized the importance of parents understanding their children's mental health.

Questions and Answers

- **Migraines and mental health:** Ms. Podar addressed questions about the connection between migraines and mental health.
- **Seminar for parents:** She suggested organizing similar seminars for parents to promote awareness and support.

Conclusion

GANIRAN GARNAL

- Value of the seminar: Faculty members found the seminar informative and valuable.
- Raising awareness: Ms. Podar talk played a significant role in spreading awareness about mental health.
- Support from The Anandilal Podar Trust: The event received support from the Trust.

Overall, the seminar was a success in promoting mental health awareness and providing saluable information to the audience.

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News

संयमित जीवन बेहतर मानसिक स्वास्थ्य का आधारः वेदिका पोदार

सेठ जीबी पोदार कॉलेज में मानसिक स्वास्थ्य कार्यशाला का आयोजन

न्युज सर्विस/नवज्योति, नवलगढ। कस्बे के दी आनन्दीलाल पोदार ट्रस्ट, नवलगढ द्वारा संचालित सेठ जी. बी. पोदार कॉलेज में मानसिक स्वास्थ्य कार्यशाला का आयोजन हुआ। कार्यशाला में मुख्य अतिथि एवं वक्ता पाँदार ट्रस्ट की ट्रस्टी सुन्नी वेदिका पोदार रही। कार्यशाला का शुभारम्भ मुख्य अतिथि एवं मानसिक स्वास्थ्य विशेषज्ञ सुश्री वेदिका पोदार ने मां सरस्वती की प्रतिमा पर माल्यार्पण एवं दीप प्रज्वलन के साथ हुआ। कार्यक्रम संयोजक एवं उप प्राचार्य डॉ. विनोद कुमार सैनी ने सुश्री वेदिका पोदार का पुष्प गुच्छ भेंट कर स्वागत किया तथा मानसिक स्वास्थ्य जागरूकता के लिये सुश्री वेदिका पोदार द्वारा किये जा रहे कार्यों का परिचय विद्यार्थियों को करवाया। इस अवसर पर सश्री वेदिका पोदार ने पोदार कॉलेज के स्नातकोतर के विद्यार्थियों के साथ संवाद किया। उन्होंने कहा कि उदासी,



दबाव, तनाव से दूर रहना चाहिए। विद्यार्थी जीवन में सोशल मीडिया से दूर रहकर भी मानसिक तनाव से दूर रहा जा सकता है। सुश्री वेदिका पोदार ने कहा कि व्यक्ति अपने आसपास के पर्यावरण और समाज के बीच जब सन्तलन नहीं बना पाता है, तो वह अवसाद में चला जाता है, अतः हमें आपकी आपसी सोह्यई और सद्भाव को बढ़ावा देना चाहिए, जिससे मानसिक स्वास्थ्य को बेहतर बनाया जा सके।

वेदिका पोदार ने कहा कि मानसिक स्वास्थ्य इस बात पर निर्भर करता है कि लोग कैसे सोचते हैं, महसूस करते हैं और व्यवहार करते

हैं। उन्होंने कहा कि मानसिक स्वास्थ्य विशेषज अवसाद, चिंता, विकार, लत, नशाखोरी से पिडित लोगों की मदद करते हैं। अतः यदि इस प्रकार की कोई समस्या हो तो विशेषज्ञों की मदद लोनी चाहिए। इस अवसर पर प्रश्न-उत्तर सेशन का भी आयोजन हुआ, जिसमें विद्यार्थियों के प्रश्नों के जबाब वेदिका पोदार ने दिए। कार्यशाला में प्रो. चेतन दाधीच, डॉ. विद्याधर शर्मा, प्रो. प्रमोद कुमार सैनी, प्रो. संदीप कुमार जॉगिड, प्रो. विशाखा पुखिया. प्रो. ऑकत जॉगिड़, प्रो. विनोद कुमावत सहित अनेक संकाय सदस्य एवं स्नातकोत्तर के सभी विद्यार्थी उपस्थित रहे। संचालन प्रो. शान्तिलाल जोशी ने किया। दी आनन्दीलाल पोदार ट्रस्ट के चेयरमैन राजीव के, पोदार, अधिशासी निदेशक एम.डी. शानभाग.सी.ओ.ओ. डॉ. राजेन्द्र कमार. प्राचार्य डॉ. सत्येन्द्र सिंह ने वर्कशॉप के आयोजन पर प्रसन्तता व्यक्त की।

संयमित जीवन बेहतर मानसिक रथ्य का आधारः वेदिका पोद

नवलगढ़ (सीमा सन्देश सं)। दी आनन्दीलाल पोदार ट्रस्ट, नवलगढ की ओर से कस्बे में संचालित सेठ जी. बी. पोदार कॉलेज में मानसिक स्वास्थ्य कार्यशाला का आयोजन हुआ।

कार्यशाला में मुख्य अतिथि एवं वक्ता पोदार ट्रस्ट की ट्रस्टी सुन्नी वेदिका पोदार रही। कार्यशाला का शुधारंभ मुख्य अतिथि एवं मानसिक स्वास्थ्य विशेषज्ञ सुबी वेदिका पोदार ने माँ सरस्वती की भ SI क्रिसिक्याः कार्यक्रम संयोजक एव

QUALITY वीर्देश वारा के प्रथा के नेट कर स्वामत क्या की मानी स्वास्त्र जार की की मानी स्वास्त्र IQAC कर है। र्द्ध नाय विद्याधियों को करवा था। का परिचय

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इस अवसर पर मुझी वेदिका पोदार सद्भाव को बढ़ावा देना चाहिए, जिससे आयोजन हुआ। इसमें विद्यार्थियों के 2020 पोदार करने के स्नातकोत्तर के मानसिक स्वास्थ्य को बेहतर बनाया जा प्रश्नों के जवाब सुझी वेदिका पोदार ने



अवसाद में चला जाता है।

बिद्यार्थियों फे ख़्रांव संवाद किया। उन्होंने सके। सबी वेटिका पोदार ने कहा कि दिए। कार्यशाला में हो, चेतन दाधीय, सिंह ने वर्कशीप के आयोजन पर

से दूर रहा जा सकता है। सुबी वेदिका कहा कि मानसिक स्वास्थ्य विशेषज्ञ पोदार ने कहा कि व्यक्ति अपने आस- अवसाद, चिंता, विकार, लत, नशाखोरी सदस्य एवं स्नातकोत्तर के सभी विद्यार्थी पास के पर्यावरण और समाज के बीच से पीड़ित लोगों की सदद करते हैं। अतः उपस्थित रहे। संचालन प्रो. शांतिलाल जब सन्तर्शन नहीं बना पाता है तो वह वदि इस प्रकार की कोई समस्या हो तो जोशों ने किया। विशेषलों की मदद लेनी चाहिए। इस अतः हमें आपसी सोहाई और अवसर पर प्रश्न-उत्तर सेशन का भी भि । विद्यार्थिके संवद् किया। उन्होंने सके। सुत्रा चोदका पादार न कहा कि १६८१ कानराइट है। विद्यार्थर समें प्रो. प्रमोद कुमार प्रसन्नता व्यक्त की। ये प्राप्त किया है। विद्यार्थर समें, प्रो. प्रमोद कुमार प्रसन्नता व्यक्त की।

प्रो. विनोद कुमावत सहित अनेक संकाय

दी आनन्दीलाल पोदार ट्रस्ट के चेवरमैन राजीव के, पोदार, अधिशापी निदेशक एमडी शानभाग, सी.ओ.ओ. डॉ. राजेन्द्र कुमार, प्राचार्य डॉ. सत्येन्द्र

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मानसिक स्वास्थ्य पर पोदार कॉलेज में कार्यशाला का आयोजन



नवलगढ @ पित्रका. संयमित जीवन ही बेहतर मानीसक स्वास्थ्य का आधार है। यह बात पोदार कॉलेज में आयोजित मानिसक स्वास्थ्य कार्यशाला को संबोधित करते हुए मुख्य वक्ता पोदार ट्रस्टी वेदिका पोदार ने कही। मां सरस्वती की प्रतिमा के समक्ष मुख्य अतिथि वेदिका पोदार ने दीप प्रज्वलित कर कार्यशाला का आरंभ करवाया। संयोजक व कॉलेज के उप प्राचार्य विनोद कुमार सैनी ने वेदिका पोदार का स्वागत किया व उनके द्वारा मानिसक स्वास्थ्य जागरूकता के लिए किए जा रहे कार्यों के बारे में ब्रह्माया। वेदिका पोदार ने कॉलेज के हिलाकों के प्राथ पंजाब में करा

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कि उदासी, दबाब, तनाव से हमेशा दूर रहना चाहिए। सोशल मीडिया से दूर रहकर भी मानसिक तनाव कम किया जा सकता है। साथ ही कहा कि अपने आसपास के पर्यावरण व समाज के बीच संतुलन नहीं बना पाने के कारण व्यक्त अवसाद में चला जाता है। इस दौरान प्रश्न-उत्तर सत्र का भी आयोजन हुआ जिसमें बेदिका पीदार ने विद्यार्थियों के प्रश्नों के उत्तर दिए। कार्यशाला में प्रो. चेतन दाधीच, क्रियाखर शर्मा, प्रो. प्रमोद कुमार सैनी, प्रो. संदीप कुमार जॉगड़, प्रो. विशाखा पृंखिया, प्रो. अंकित जॉगड़, प्रो. विनोद कुमावत सहित विद्यार्थी मौजूद रहे। संचालन प्रो. शान्तिलाल जोशी ने किया।

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Contact No: 8619868884



Seth G.B. Podar College Nawalgarh Department of Botany Extension Activity

on

"PLANTATION FOR LIFE"

form 12 March2024 to 13 March 2024



ORGANISED BY

Department of Botany, Seth G. B. Podar College,

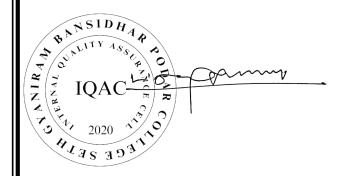
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(Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar)
(Rajasthan)

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- 2. Notice
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DEPARTMENT OF BOTANY

Date: 10 03 20 24

To

The Principal

Seth G.B. Podar College

Nawalgarh Rajasthan

Through IQAC

Sub: Permission for Extension

Sir

With due regards I would like to state that Department of Botany Seth G. B. Podar College Nawalgarh, Rajasthan organising an Extension Activity "PLANTATION FOR LIFE" from 12th March to 13th March 2024.

Kindly allow for the same

Thanking you

Yours" Sincerely

Department of Botany

Seth G.B. Podar College

Nawalgarh Rajasthan

Vermatted No

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Contact No: 8619868884



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Department of Botany

Date: 10/03/2024

Notice

Students of M.Sc. (Botany) and B.Sc. (Bio Group) are hereby informing that Department of Botany is going to Conduct an Extension Activity "PLANTATION FOR LIFE" from 12th March to 13th March 2024. Where student of BSc & MSc (Previous and Final) take participate.

Presence of all students of PG Classes is mandatory.

(Dr. Vinod Kumar Sairi)

IQAC Coordinator

(Dr. Satyendra Singh)

Principal

10 /03) 2024

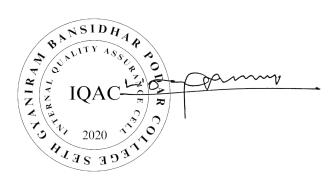
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Objective of "Plantation for Life" in Nawalgarh

The primary objective of the "Plantation for Life" initiative in Nawalgarh is to promote environmental sustainability through tree plantation, aiming to benefit both the ecosystem and the local community. The specific goals include:

- 1. **Environmental Restoration:** Replenishing green cover to combat desertification, reduce soil erosion, and restore the natural ecosystem, particularly in semi-arid regions like Nawalgarh.
- 2. **Climate Change Mitigation:** Increasing tree cover to absorb carbon dioxide, reduce greenhouse gases, and contribute to global efforts against climate change.
- 3. **Biodiversity Conservation:** Enhancing habitat for native flora and fauna by planting indigenous species, thus promoting biodiversity.
- 4. **Improving Agricultural Sustainability:** Encouraging farmers to adopt agroforestry practices, which can improve soil fertility, enhance crop yields, and provide additional income sources.
- 5. **Water Resource Management:** Promoting tree plantation to improve groundwater recharge, prevent water runoff, and maintain the hydrological balance.
- 6. **Community Awareness and Involvement:** Educating local residents, especially farmers, about the importance of trees and sustainable environmental practices. Engaging the community ensures long-term care and protection of the planted trees.
- 7. **Reducing Air Pollution:** Planting trees to filter pollutants from the air, improving air quality for better public health.
- 8. **Creating Green Spaces:** Developing green belts and forested areas to provide shade, reduce temperatures, and create healthier living environments for future generations.
- 9. **Socio-Economic Benefits:** Supporting local economies by promoting tree-based enterprises, such as fruit and timber production, and providing livelihood opportunities.



Report on the "Plantation for Life" Extension Activity

Organized by: Department of Botany **Location:** Villages near Nawalgarh

Duration: 12th March 2024 – 13th March 2024

The main aim of extension activity to raise awareness among farmers and local people about the importance of tree plantation for environmental sustainability, soil conservation, and combating climate change. The activity aimed to promote a greener future and enhance the community's involvement in environmental conservation.

Participants:

• **Total Participants:** 40 students

• Faculty Coordinators:

- > Suman Saini
- > Shyama Didwania
- Ankit Kumar Jangid
- Vinod Kumawat
- > Anil Jangid

Activities Conducted:

Day 1 (12th March 2024):

• Inaugural Session:

Introduction to the significance of tree plantation for biodiversity conservation and combating desertification in Rajasthan.

A detailed lecture on the role of native trees in maintaining ecological balance.

• Plantation Drive:

Distribution and plantation of 200 saplings of native species such as Neem, Peepal, and Banyan.

Hands-on demonstration on proper planting techniques and maintenance.

Farmers were encouraged to adopt agroforestry practices.

Day 29 13th March 2024):

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Community Interaction:

Discussion on the long-term benefits of plantation for improving soil fertility, preventing erosion, and enhancing rainfall.

Success stories of reforestation projects shared by experts.

• Workshop:

Training session on nursery development and sustainable forestry.

Techniques for composting and organic soil management to support healthy plantations.

• Pledge and Closing Ceremony:

Participants and locals took a pledge to protect and nurture the saplings planted.

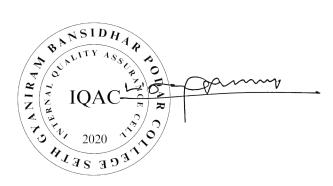
Certificates of appreciation were distributed to participants and farmers who committed to ongoing care of the trees.

Outcomes:

- **Environmental Awareness:** Increased understanding of the importance of plantation for life and sustainability.
- **Community Involvement:** Local farmers and residents actively participated and committed to maintaining the plantations.
- **Practical Knowledge:** Farmers gained valuable skills in agroforestry and sustainable land management.

Future Recommendations:

- **Follow-Up Visits:** Conduct periodic visits to monitor sapling growth and provide ongoing support.
- **Scaling Up:** Expand the initiative to include more villages and larger-scale plantation projects.
- **Educational Campaigns:** Integrate environmental education into local schools to promote a culture of sustainability





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DEPARTMENT OF BOTANY

"Extension Activity: Plantation for Life"

form 12 March 2024 to 13 March 2024

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"Extension Activity: Plantation for Life"

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"Extension Activity: Plantation for Life"

form 12 March 2024 to 13 March 2024

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kshop Coordinator)



Name:

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DEPARTMENT OF BOTANY

"Extension Activity: Plantation for Life"

form 12 March 2024 to 13 March 2024

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	Teaching Pattern of the Speakers	Ms. Shyama Didwania			X	,		-
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RambilasPodar Road, Nawalgarh, Dist: JhunJhunu - 333042 Contact No: 8619868884

Web Site: www.podarcollege.comE-Mall: principal@podarcollege.com

kshop Coordinator)



GANIRAN

SETH GYANIRAM BANSIDHAR PODAR COLLEGE

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DEPARTMENT OF BOTANY

"Extension Activity: Plantation for Life"

form 12 March2024 to 13 March 2024

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17.	Manishg	Botany	Manisha	Manisha
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25.	Sarjeet Khichaa	B.Sc. math		Goat

RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu - 333042 Contact No: 8619868884



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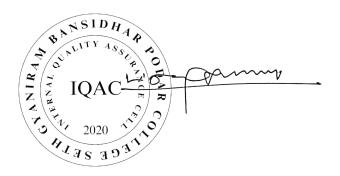
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Seth G.B. Podar College Nawalgarh Department of Botany Extension Activity

on

"Organic Waste Management"

form 9 April 2024 to 10 April 2024



ORGANISED BY

Pepartment of Botany, Seth G. B. Podar College,

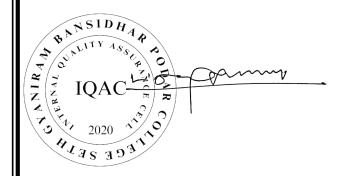
Nawalgarh, Rajasthan

GANIRAN GANIRAN

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar)
(Rajasthan)

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DEPARTMENT OF BOTANY

Date: 08 04 2024

To

The Principal

Seth G.B. Podar College

Nawalgarh Rajasthan

Through IQAC

Sub: Permission for Extension

Sir

With due regards I would like to state that Department of Botany Seth G. B. Podar College Nawalgarh, Rajasthan organising an Extension Activity "Organic Waste Management" from 9th April to 10th April 2024.

Kindly allow for the same

Thanking you

Yours" Sincerely

Head, 8 4 5004

Department of Botany

Seth O.B. Ppdar College

Nawalgarh Rajasthan

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Permitted All.



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Department of Botany

Date:08/04/2024

Notice

Students of M.Sc. (Botany) and B.Sc. (Bio Group) are hereby informing that Department of Botany is going to Conduct an Extension Activity "Organic Waste Management" from 9th April to 10th April 2024. Where student of BSc & MSc (Previous and Final) take participate.

Presence of all students of PG Classes is mandatory.

(Dr. Vinod Kumar Saini)

IQAC Coordinator

(Dr. Satyendra Singh)

Principal

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Objective of Organic Waste Management and Its Beneficial Uses in Nawalgarh

The key objectives of the "Organic Waste Management and Its Beneficial Uses" initiative in Nawalgarh are to promote sustainable waste practices, improve agricultural productivity, and create environmental and socio-economic benefits. The specific goals include:

- 1. **Reducing Environmental Pollution:** Minimize the impact of organic waste on the environment by promoting proper waste disposal and preventing landfill overflows, air pollution, and groundwater contamination.
- 2. **Promoting Composting and Vermicomposting:** Encourage farmers and local residents to convert organic waste into nutrient-rich compost or vermicompost, reducing dependence on chemical fertilizers and improving soil fertility.
- 3. **Enhancing Agricultural Sustainability:** Support organic farming practices by demonstrating how organic waste can be transformed into biofertilizers and organic soil amendments, enhancing crop yields and soil health.
- 4. **Resource Recovery and Circular Economy:** Transform waste into valuable products like compost, biogas, and organic pesticides, fostering a circular economy where waste is viewed as a resource rather than a burden.
- 5. **Mitigating Climate Change:** Reduce greenhouse gas emissions by diverting organic waste from landfills, where it would decompose anaerobically and produce methane.
- 6. **Community Education and Participation:** Raise awareness among local communities and farmers about the importance of organic waste management, involving them in sustainable practices through training and workshops.
- 7. **Creating Economic Opportunities:** Support the development of small-scale enterprises around compost production and biogas generation, providing alternative income sources for local communities.
- 8. **Waste Segregation Promotion:** Educate residents on the importance of segregating organic waste at the source to facilitate recycling and reduce the burden on waste management systems.

Improving Public Health: Reduce health hazards associated with improper waste disposal promoting hygienic and sustainable waste management practices.

By achieving the above-mentioned objectives, the initiative aims to transform Nawalgarh into a model of sustainable waste management, enhancing environmental quality and agricultural productivity while empowering the local community.

Report on the "Organic Waste Management and Its Beneficial Uses" Extension Activity

Organized by: Department of Botany

Location: Villages near Nawalgarh

Duration: 9th April 2024 – 10th April 2024

The aim is to create awareness among farmers and local residents about organic waste management, focusing on techniques to mitigate waste and convert it into valuable resources like compost, bio-fertilizers, and biogas.

Participants:

• **Total Participants:** 40 students

• Faculty Coordinators:

- > Suman Saini
- > Shyama Didwania
- Ankit Kumar Jangid
- Vinod Kumawat
- > Anil Jangid

Activities Conducted:

Day 1 (9th April 2024):

• Inaugural Session:

Introduction to the problem of organic waste accumulation and its environmental impacts.

Presentation on the benefits of organic waste management for sustainable agriculture and pollution reduction.

• Hands-On Demonstration:

Techniques for composting using kitchen and agricultural waste.

Preparation of vermicompost and its application as a natural fertilizer.

IQACInteractive Discussions:

2020 Collaboratively.

Day 2 (10th April 2024):

Practical Training:

Demonstration of biogas production using organic waste like cow dung.

Preparation of liquid bio-fertilizers and organic pesticides using waste materials.

Field Visits:

Visit to a local farm implementing organic waste management practices.

Observation of vermiculture pits and bio-digesters in action.

Awareness Drive:

Distribution of informational pamphlets on waste segregation and recycling methods.

Discussion on government support schemes for organic waste management.

Closing Ceremony:

Feedback session with farmers and local participants.

Certificates distributed to students and farmers actively participating in the initiative.

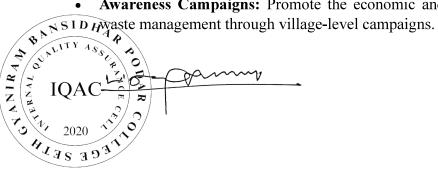
Outcomes:

- Knowledge Transfer: Farmers and locals learned sustainable methods to manage and recycle organic waste.
- Practical Skills: Hands-on experience in creating compost, vermicompost, and biofertilizers.
- Community Engagement: Strengthened collaboration between students, faculty, and the local community.

Future Recommendations:

- Periodic Workshops: Conduct follow-up training on advanced waste management techniques.
- **Community Composting Units:** Establish central composting hubs in villages.

Awareness Campaigns: Promote the economic and environmental benefits of organic



Glimpses of the Extension Activity



