



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 *Pandit Deendayal Upadhyaya Shekhawati University, Sikar*

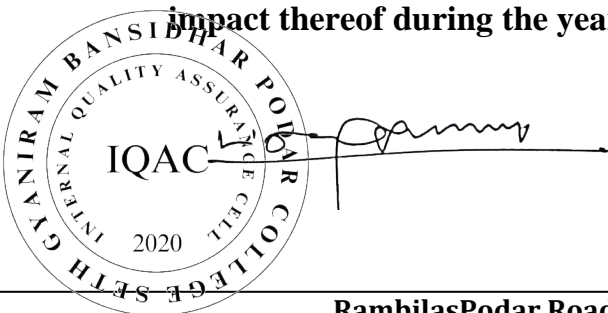


SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC
Recognition of college under Section 2(f)/12(B), UGC Act, 1956
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

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

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



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

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

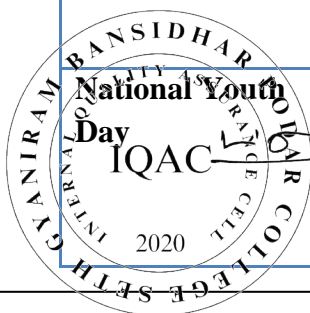


SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with 'A' Grade (3.04 CGPA) by NAAC-UGC
Recognition of college under Section 2(f)/12(B), UGC Act, 1956
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

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

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	Department of Botany	Prof. Suman Saini, Prof. Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat	12/01/2024	22



RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu - 333042

Contact No: 8619868884

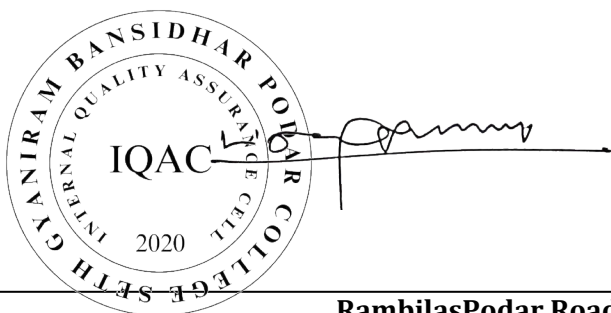
Web Site: www.podarcollege.com E-Mail: principal@podarcollege.com



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 *Pandit Deendayal* Upadhyaya *Shekhawati University*, Sikar

Green House for Sustainable Agriculture	Department of Botany	Prof. Suman Saini, Prof. Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat	12/01/2024 to 13/01/2024	40
Expert Talk on Mental Health (LEAD THE CHANGE)	IQAC	All Faculty Members	05/02/2024 to 07/02/2024	183
Silent Killer	Department of Chemistry	Prof. Chetan Dadheech, Prof. Ambesh Kumar, Prof. Sudarshan, Prof. Reena Jangid, Prof. Vishkaha	04/02/2024	32
Educational Tour for Jhunjhunu & Pilani	Department of Botany	Prof. Suman Saini, Prof. Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat	10/02/2024	25
Lead The Change	IQAC	All Faculty Members	12/03/2024	176
Plantation for Life	Department of Botany	Prof. Suman Saini, Prof. Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat	12/03/2024 to 13/03/2024	40
Organic Waste management	Department of Botany	Prof. Suman Saini, Prof. Shyama Didwania, Prof. Ankit Kumar Jangid, Prof. Vinod Kumawat	09/04/2024 to 10/04/2024	40



RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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



SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

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 Piloni 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 importance of organic and organic products. This fosters a sense of ownership and responsibility towards the environment by using the eco-friendly products for sustainability.





SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

- **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 about 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:



SETH GYANIRAM BANSIDHAR PODAR COLLEGE

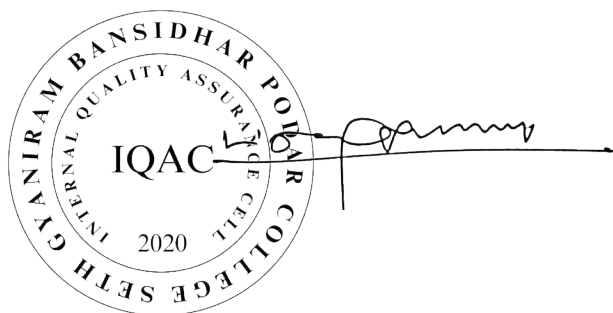
Accredited with Grade 'A' (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

- **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,

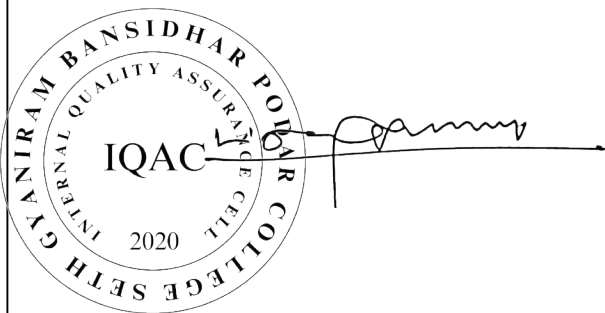

Seth G. B. Podar College, Nawalgarh, Rajasthan

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



Index

1. Flyer
2. Permission
3. Notice
4. Objectives
5. Course Content
6. Report
7. Photos





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

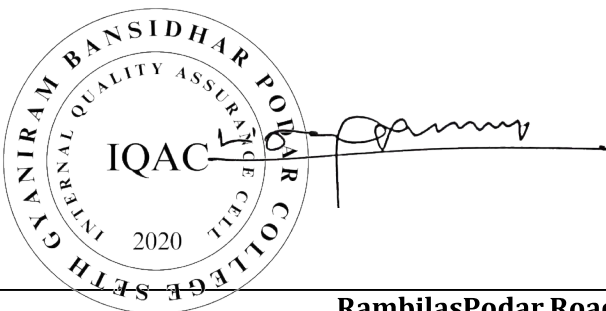
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

Local Biodiversity area Assessment and Limnology Aspect



Time – 7:30 AM – 5:30 PM

Date- 1st November, 2023



RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar



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,

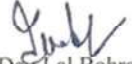
With due regards, I wish to state that Department of Zoology like to organize a One day Education trip for Local Biodiversity area Assessment and Limnology Aspect " on 01 November 2023 (Time: 7.30AM to 5.30PM). As we know local biodiversity play a Important role for our human kind so, our **Zoology Department** 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:

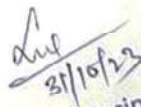
Kindly allow for the same

Thanking you

Yours' Sincerely


Dr. Dar Lal Bohra
Department of Zoology
Seth G. B. Podar College, Nawalgarh (Jhunjhunu)
Nawalgarh, Rajasthan


31/10/23


31/10/23
Principal
Seth G.B. Podar College
Nawalgarh - 333042



Rambilas Podar Road, Nawalgarh Dist: Jhunjhunu - 333042
Phone No: 01594- 222030, 225892 Fax No: 01594-223198
Web Site: www.podarcollege.com E-Mail: principal@podarcollege.com

RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu - 333042

Contact No: 8619868884

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



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 *Pandit Deendayal* Upadhyaya *Shekhawati University*, Sikar



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,

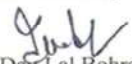
With due regards, I wish to state that Department of Zoology like to organize a One day Education trip for Local Biodiversity area Assessment and Limnology Aspect " on 01 November 2023 (Time: 7.30AM to 5.30PM). As we know local biodiversity play a Important role for our human kind so, our **Zoology Department** 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:

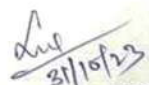
Kindly allow for the same

Thanking you

Yours' Sincerely


Dr. Dau Lal Bohra
Department of Zoology
Seth G. B. Podar College, Nawalgarh (Jhunjhunu)
Nawalgarh, Rajasthan


31/10/23


31/10/23
Principal
Seth G.B. Podar College
Nawalgarh - 333042



Rambilas Podar Road, Nawalgarh Dist: Jhunjhunu - 333042

Phone No: 01594- 222030, 225892 Fax No: 01594-223198

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

RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu - 333042

Contact No: 8619868884

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



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar



SETH GYANIRAM BANSIDHAR PODAR COLLEGE

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



Rambilas Podar Road, Nawalgarh Dist: Jhunjhunu – 333042

Phone No: 01594- 222030, 225892 Fax No: 01594-223198

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



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 *Pandit Deendayal* Upadhyaya *Shekhawati University*, Sikar

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 Conservation 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:

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

Comments:

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



RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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



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 *Pandit Deendayal* Upadhyaya *Shekhawati University*, Sikar

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.

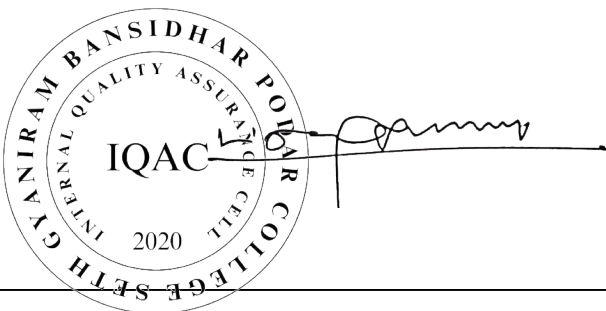
Communication and teamwork.

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.



RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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

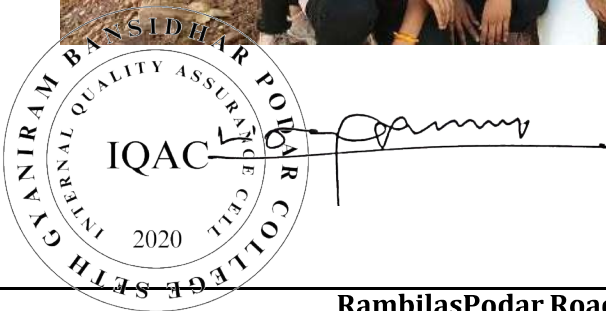


SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with 'A' Grade (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar



RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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

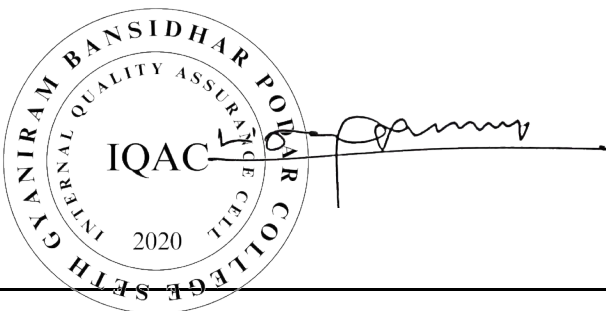


SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with 'A' Grade (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar



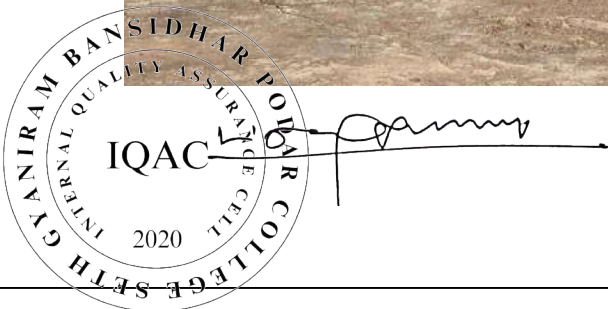


SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with 'A' Grade (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar



RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar



RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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

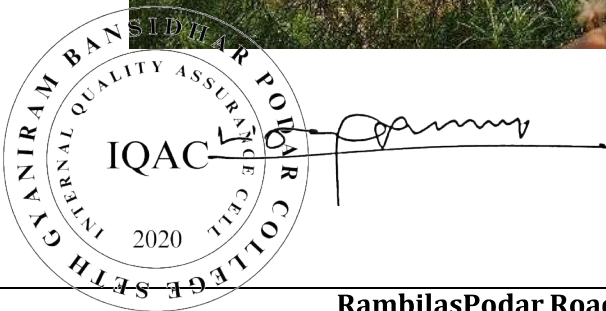


SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with 'A' Grade (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar



RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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

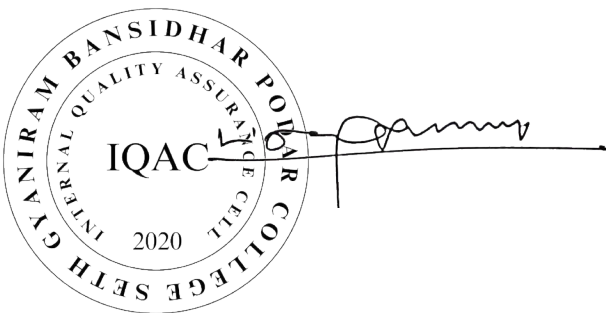


SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with 'A' Grade (3.04 CGPA) by NAAC-UGC

Recognition of college under Section 2(f)/12(B), UGC Act, 1956

Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar





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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

DATE: / /

PAGE NO.:

- | | |
|------------------------|------|
| 1 Vanshika Saini | (21) |
| 2 Kavita Kumawat | (22) |
| 3 Priyanka Saini | (23) |
| 4 Vijayshree Shekhawat | (24) |
| 5 Dharamendra Saini | (25) |
| 6 Pooja | (26) |
| 7 Aniti Saini | (27) |
| 8 Anita Saini | (28) |
| 9 Priyanka Saini | (29) |
| 10 Himanshi Soni | (30) |
| 11 Pooja Saini | (31) |
| 12 Parvina Jangid | (32) |
| 13 Anu | (33) |
| 14 Vastali Saini | (34) |

M.Sc. Pre - Zoology

(35) Neha Doot

(36) Babita

(37) Ravikant

(38) Lovelin

(39) Nehachauka

(40) Mansha

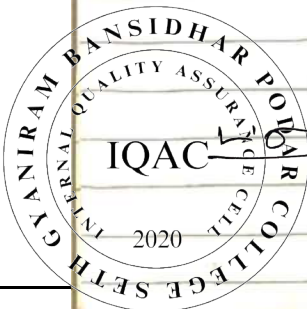
(41) Itiker

LoveLin

Ravikant

Neha

Babita Meel





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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

B.S.I (B/S)

Date.:

- (1) धात्री सिंह
- (2) मोहम्मद कैफ
- (3) दिवेश
- (4) कपिल
- (5) दीपक
- (6) मनीष
- (7) नीतिन ल खिल
- (8) शीर्षराम
- (9) प्रदीप
- (10) आयुष
- (11) पिन्डु कुमावत
- (12) अमित
- (13) शिवानी
- (14) पिच्छा
- (15) हंसिका
- (16) खुशी
- (17) अमन
- (18) सार्विक
- (19) शर्यन
- (20) शिवाजी



RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu - 333042

Contact No: 8619868884

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



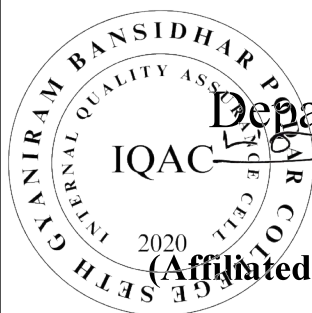
Seth G.B. Podar College Nawalgarh
Department of Botany
Workshop
On
“Role of Social & Digital Media”
On
Press Day (November 16th 2023)



ORGANISED BY

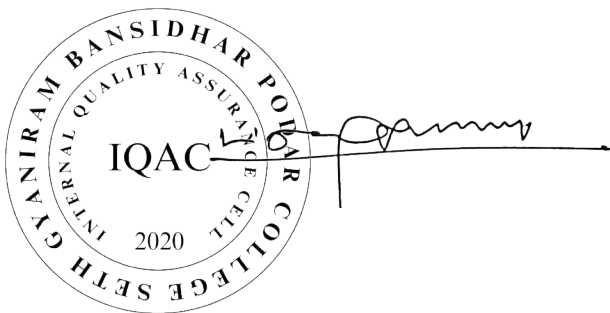
Department of Botany, Seth G. B. Podar College,
Nawalgarh, Rajasthan

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



Index

1. Permission
2. Notice
3. Objectives
4. Course Content
5. Report
6. Photos





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

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



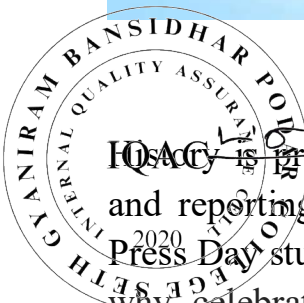
Objectives

- 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



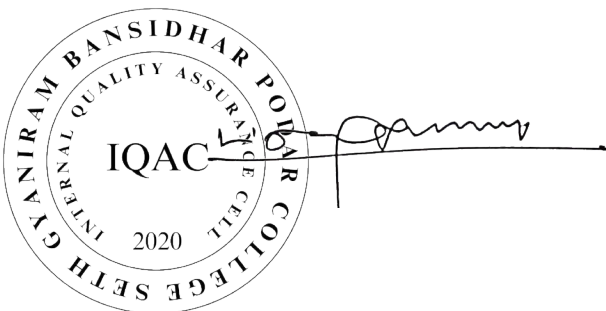
~~Quality is proof that media and news holds immense power in setting narratives and reporting the different sides of a single story. On the occasion of National Press Day student of botany department takes discussed that Press Council of India why celebrate National Press Day on 16 November every year. 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.

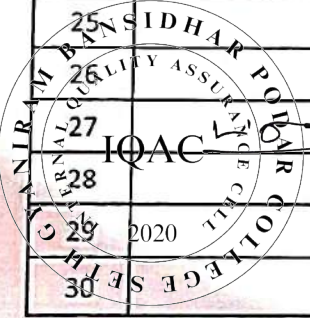
In the program total 22 students participated and know about the National Press Day and its important. The program was started with the inaugural speech by Ms. Suman saini, Head of Department, Seth Gyaniram Bansidhar Podar College, in his speech she concluded with the importance of Press and media in 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.





DEPARTMENT OF BOTANY
NATIOAL PRESS DAY (16-11-2023)

Sr. No.	Name	Fathers Name	Class	Sign
1	Manjta Kumari	Kallash Chandra	M.Sc.(F) Botany	Manjta
2	Payal Saini	Vishwanath Saini	"	Payal Saini
3	Aditya	Ramswaroop	M.Sc.(E) Botany	Aditya
4	Panki Saini	Mangalchand Saini	M.Sc.(F) Botany	Panki Saini
5	Paras Raj	Madan Lal	M.Sc.(F) Bot.	Paras Raj
6	Manisha	Kusibel	M.Sc.(E) Bot.	Manisha
7	Garima Soni	Abhak Kumar Soni	M.Sc.(F) Botany	Garima
8	Manisha	Premchand	M.Sc.(F) Bot.	Manisha
9	Jyoti	Shishupal Singh	M.Sc.(F) Botany	Jyoti
10	Anu Saini	prabhudayal Saini	M.Sc.(F) Botany	Anu
11	Pooja Saini	Suresh Saini	M.Sc.(F) Botany	Pooja
12	Tanu Saini	Bhureshwar Saini	M.Sc. P(Botany)	Tanu Saini
13	Jyoti Saini	Babubhaini	M.Sc. PCBotany	Jyoti Saini
14	Monika	Tara Chand	M.Sc.(P)	Monika
15	Urmila Kanwar	Shishupal Singh	M.Sc.P	Urmila
16	Lokesh Kumar	Suresh Kumar	M.Sc.(P)	Lokesh Kumar
17	Lalchand Yadav	Mangal Chand Yadav	M.Sc.(P)	Lalchand
18	Kuldeep Kumar Saini	Rajendra Prasad Saini	M.Sc.(P)	Kuldeep
19	Sandeep Kumar Bajaj	Mahesh Kumar	M.Sc.(P)	Sandeep
20	Breet		M.Sc.(F)	Breet
21	Tejashvi		M.Sc.(F)	Tejashvi
22	Madhu Saini		M.Sc.(F)	Madhu
23				
24				
25				
26				
27				
28				
29				
30				





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

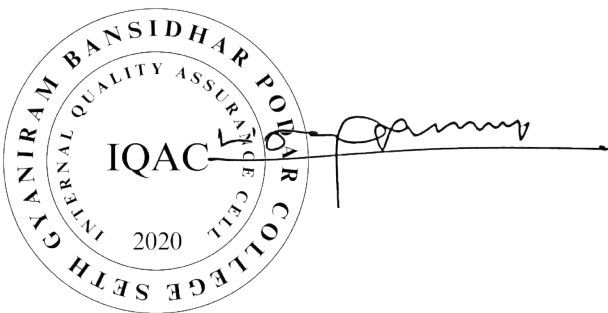
Department of Botany, Seth G. B. Podar College,
Nawalgarh, Rajasthan

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



Index

1. Permission
2. Notice
3. Objectives
4. Course Content
5. Report
6. Photos





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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

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

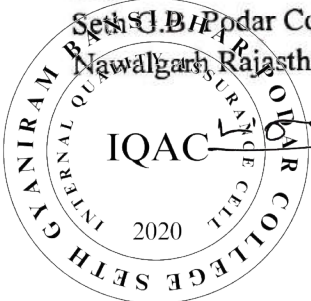
Yours" Sincerely

Symen
Head, 8/4/2024
Department of Botany
Seth G.B. Podar College
Nawalgarh Rajasthan

[Signature]
08/4/24

Permitted

[Signature]
08/04/24



[Signature]



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

Department of Botany

Date: 08/04/2024

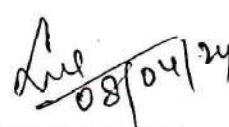
Notice

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




Sumay
8/4/2024

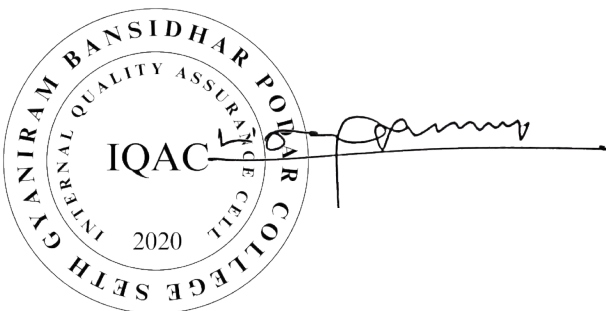
Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu - 333042

Contact No: 8619868884

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

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.

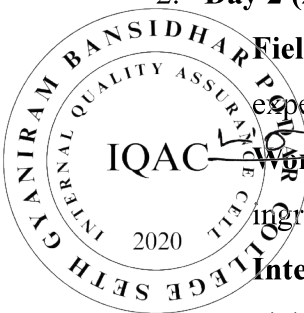
Demonstrations: Practical demonstration on composting techniques and preparation of organic fertilizers like vermicompost and bio-manure.

2. Day 2 (20th November 2023):

Field Visits: Visits to local farms practicing organic methods. Farmers shared their experiences 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.

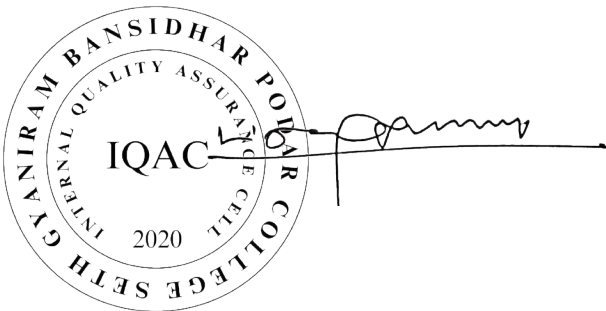
Concluding Session: Emphasis on government schemes and support for organic farming.

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

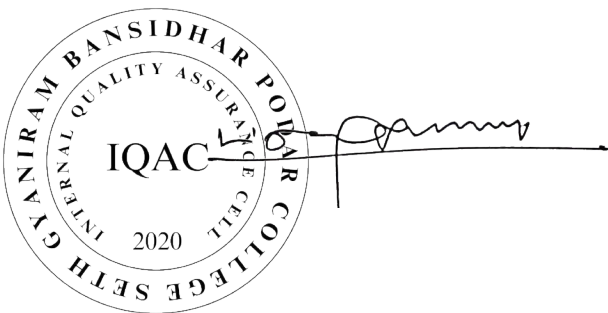
Department of Botany, Seth G. B. Podar College,
Nawalgarh, Rajasthan

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



Index

1. Permission
2. Notice
3. Objectives
4. Course Content
5. Report
6. Photos



Date:- 28/11/2023

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

Suman
Yours' Sincerely

(Prof. Suman Saini)
Department of Botany

Permitted

28/11/2023

46 P. Suman





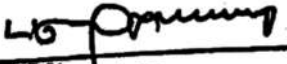
Ref.No./GBPC/2023-24/213/A

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





Workshop on Pollution Control

2 December 2023



SETH GYANIRAM BASIDHAR PODAR COLLEGE, NAWALGARH

DEPARTMENT OF BOTANY
NATIONAL PRESS DAY (16-11-2023)

Sr. No.	Name	Fathers Name	Class	Sign
1	Manita Kumari	Kallash chandra	M.Sc.(F) Botany	Manita
2	Payal Saini	Vishwanath Saini	"	Payal Saini
3	Aditya	Ramswaroop	M.Sc.(F) Botany	Aditya
4	Pinki Saini	Mangalchand Saini	M.Sc.(F) Botany	Pinki Saini
5	Paras Raj	Madan Lal	M.Sc.(F) Bot.	Paras Raj
6	Manisha	Kusibel	M.Sc.(F) Bot.	Manisha
7	Garima soni	Ashok Kumar soni	M.Sc.(F) Botany	Garima
8	Manish	Premchand	M.Sc.(F) Bot.	Manish
9	Jyoti	Shishupal Singh	M.Sc.(F) Botany	Jyoti
10	Anu Saini	prabhudayal Saini	M.Sc.(F) Botany	Anu
11	Pooja Saini	Suresh Saini	M.Sc.(F) Botany	Pooja
12	Tanu Saini	Bhureshwar Saini	M.Sc.P(Botany)	Tanu Saini
13	Jyoti Saini	Babubhai Saini	M.Sc.P(Botany)	Jyoti Saini
14	Monika	Tarachand	M.Sc.(P)	Monika
15	Urmila kumar	shishupal Singh	M.Sc.P	Urmila
16	Lokesh kumar	Suresh kumar	M.Sc.(P)	Lokesh Kumar
17	Lalchand yadav	Mangal Chand yadav	M.Sc.(P)	Lalchand
18	Kuldeep kumar Saini	Rajendra prasad Saini	M.Sc.(P)	Kuldeep
19	Sandeep Kumar Boyal	Mahesh Kumar	M.Sc.(P)	Sandeep
20	Prateek	Madan Lal	M.Sc.(F)	Prateek
21	Tejashvi	Ramprakash Jangir	M.Sc.(F)	Tejashvi
22	Madhu Saini	Vinod Saini	M.Sc.(F)	Madhu
23	Sandeep Kumar	Mahesh Chand	M.Sc.	Sandeep
24	Urmila	Shishupal	M.Sc.	Urmila
25	Rajendra Jangir	Mohan Jangir	B.Sc.	Rajendra
26	Jagan Prasad	Suresh Kumar	B.Sc.	Jagan
27	Shiv Lal	Ram Prakash	B.Sc.	Shiv Lal
28	Aman Saini	Vimal Saini	B.Sc.	Aman
29	Sakshi	Gagan Kumar	B.Sc.	Sakshi
30	Anupam	Shiv Kumar	B.Sc.	Anupam



Seth G.B. Podar College Nawalgarh
Department of Botany
“National Pollution Control Day”
On 2nd December 2023



ORGANISED BY

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

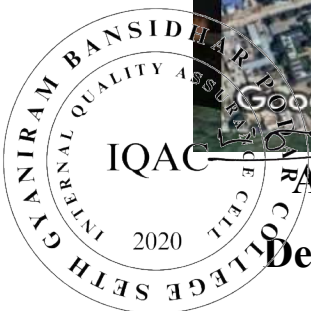


**Affiliated to Pandit Deendayal Upadhyaya Shekhawati
University, Sikar (Rajasthan).**

Objectives

- To develop the knowledge about 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



A lecture was delivered by Ms. Suman Saini, Head of Department (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.



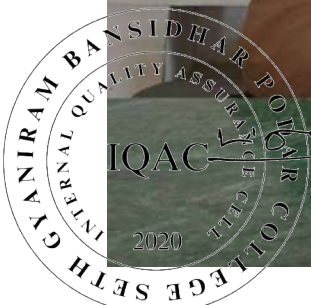
Power point presentation by Mr. Ankit kumar Jangid

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

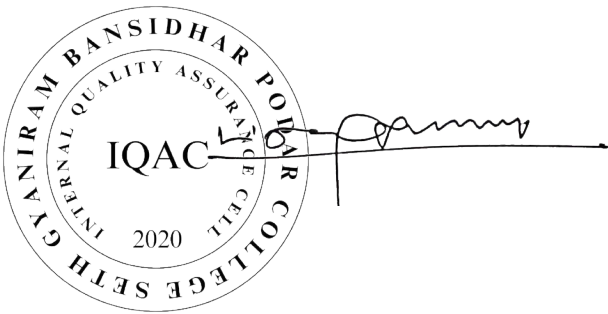


around 7 million people across the world die due to air pollution every year. It is also known as environmental pollution. We can define pollution as the addition of any substance, whether solid, liquid, gas, or any form of energy like heat, sound, etc. to the environment.

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





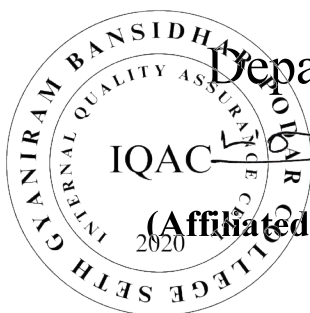
Seth G.B. Podar College Nawalgarh
Department of Botany
Workshop
On
“Soil & Water: A Source of Life”
On
World Soil Day (December 5th 2023)



ORGANISED BY

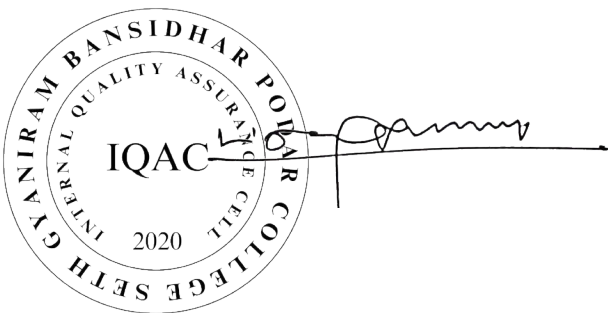
Department of Botany, Seth G. B. Podar College,
Nawalgarh, Rajasthan

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



Index

1. Permission
2. Notice
3. Objectives
4. Course Content
5. Report
6. Photos



Date:- 2/12/2023

To

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

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.

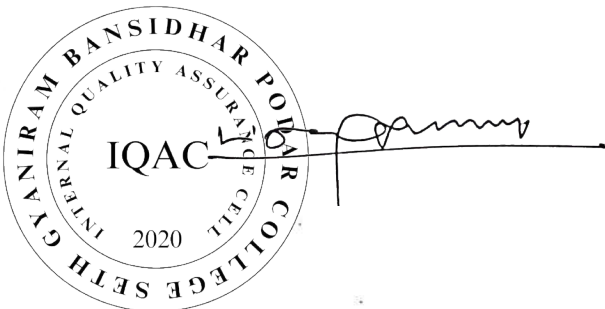
Thanking you

Suman
Yours' Sincerely

(Prof. Suman Saini)
Department of Botany

Permitted

aw
02/12/2023





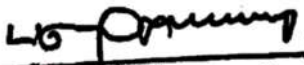
Ref.No./GBPC/2023-24/212/A

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. Vinod Kumar Saini)
Vice-Principal

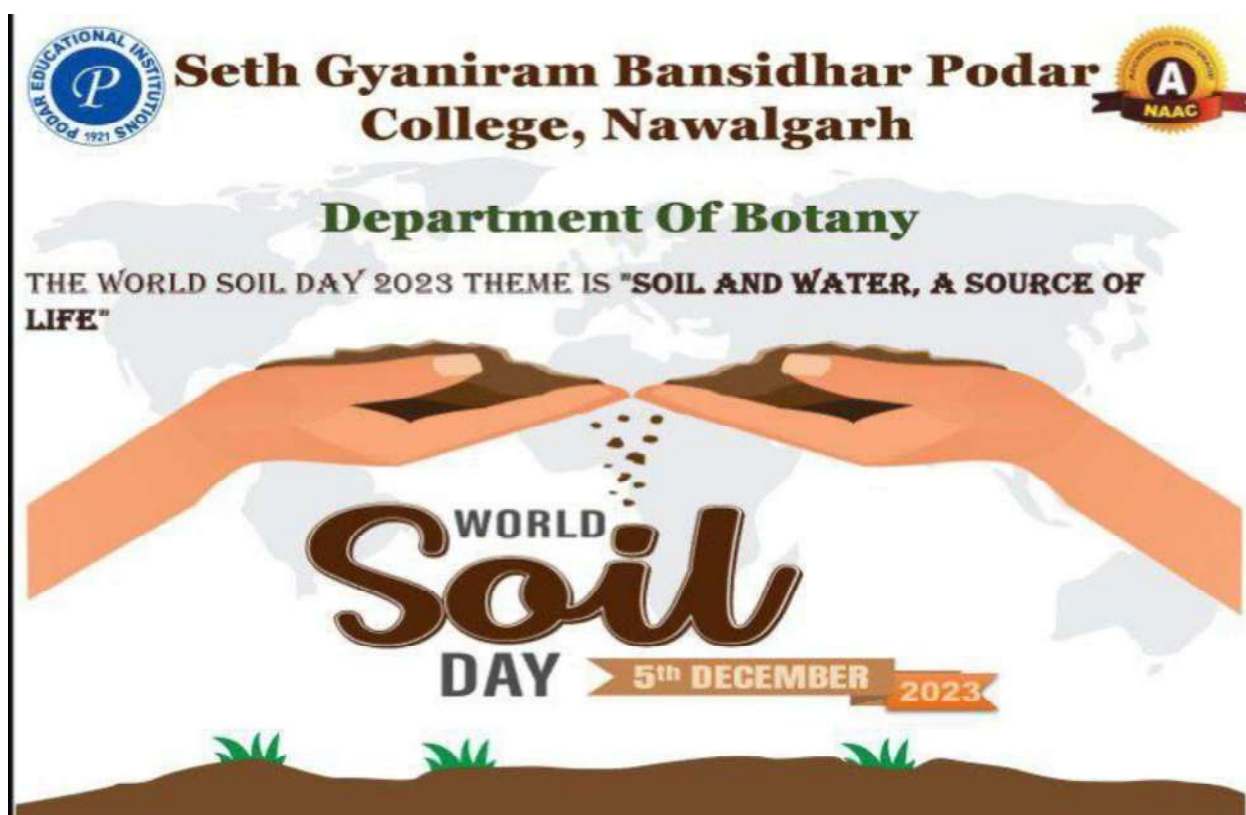

(Dr. Satyendra Singh)
Principal





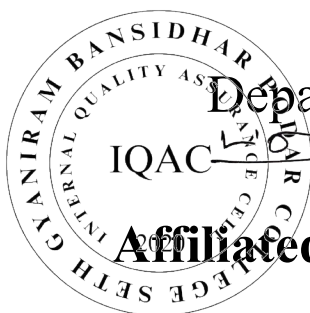


Seth G.B. Podar College Nawalgarh
Department of Botany
“World Soil Day”
On 5th December 2023



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



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.

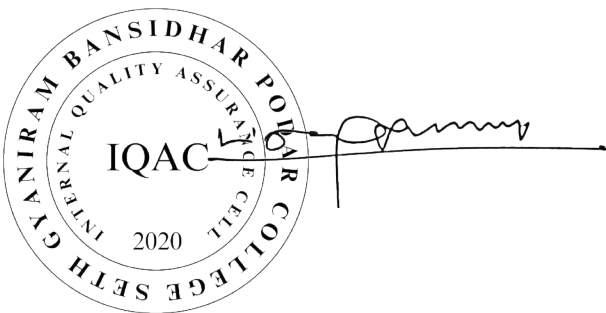
A key lecture was given by Ms. Suman Saini, Head of Department (Botany), Seth Gyaniram Bansidhar College, Nawalgarh as Soil and Water is our survival factor and we depends on the precious link between soil and water. Soil and water are fundamental for the functioning of all terrestrial ecosystems and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



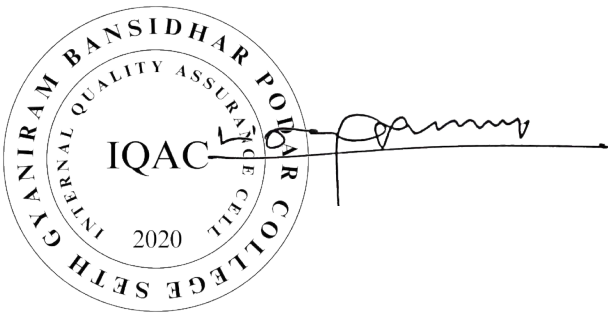
Ms. Suman Saini, Head of Department (Botany)

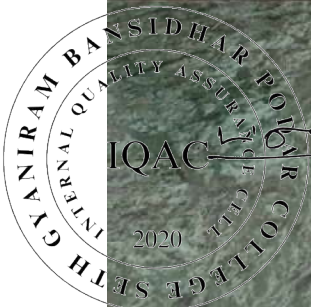
Brief introduction on World soil Day is given by Mr. Ankit Kumar Jangid to all these functions, on which we and all terrestrial life depend, is soil biodiversity. From earthworms and termites, springtails and nematodes, to the vast range of fungi, protozoa and bacteria, as well as the roots of plants 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.





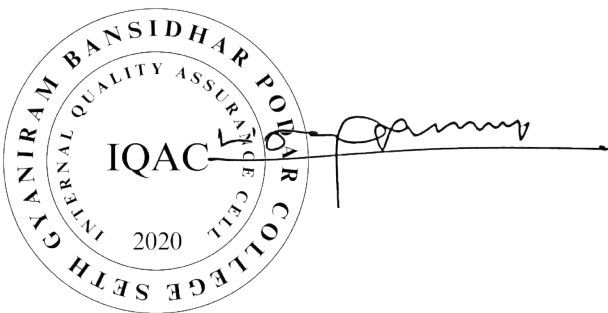








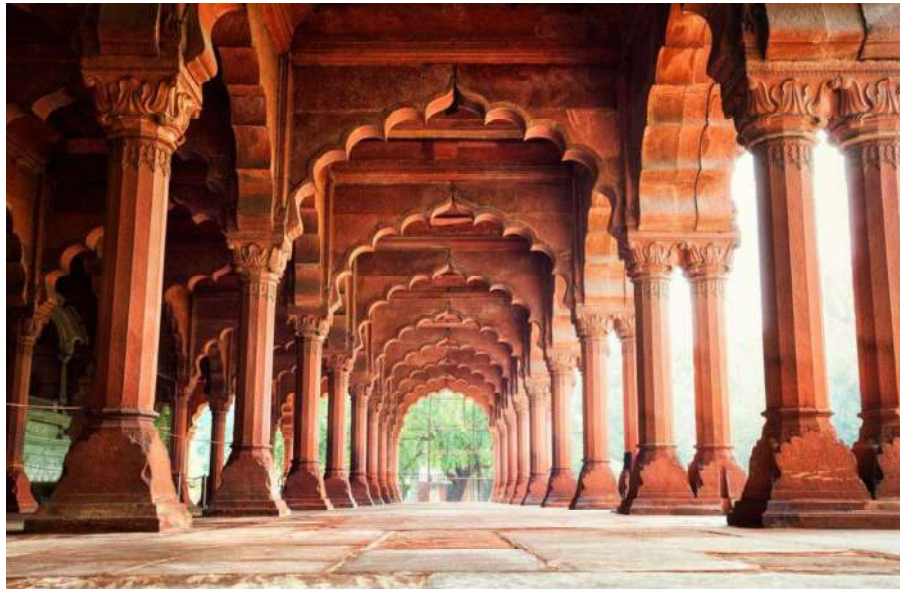
Question-Answer Session after power point presentation





Seth G.B. Podar College Nawalgarh
Department of Botany
Extension Activity
On
“Awareness towards Heritage”

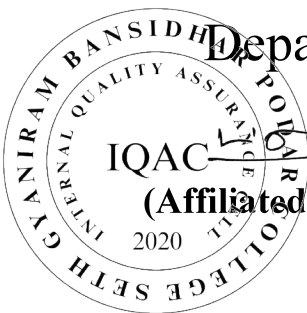
form 14 December 2023 to 15 December 2023



ORGANISED BY

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

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



Index

1. Permission
2. Notice
3. Objectives
4. Course Content
5. Report
6. Photos





Seth G.B. Podar College Nawalgarh
Department of Botany
Extension Activity
on
“PLANTATION FOR LIFE”

form 12 March 2024 to 13 March 2024



ORGANISED BY

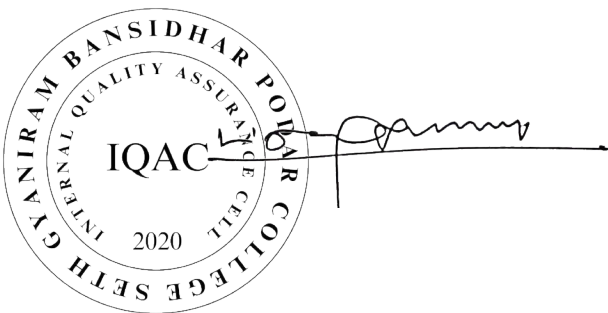
Department of Botany, Seth G. B. Podar College,
Nawalgarh, Rajasthan

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



Index

1. Permission
2. Notice
3. Objectives
4. Course Content
5. Report
6. Photos





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

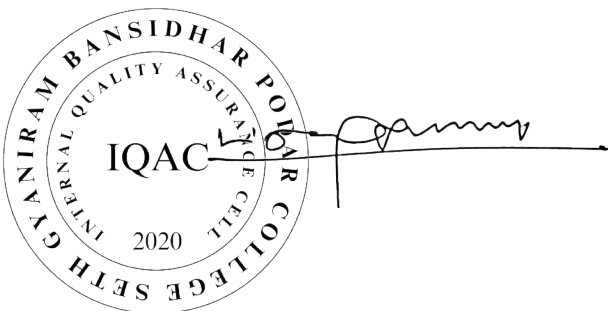
Department of Botany, Seth G. B. Podar College,
Nawalgarh, Rajasthan

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



Index

1. Permission
2. Notice
3. Objectives
4. Course Content
5. Report
6. Photos





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

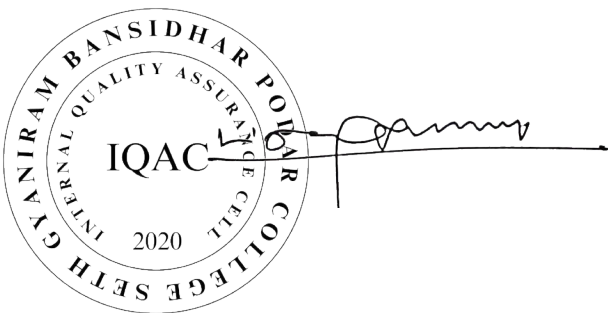
Department of Botany, Seth G. B. Podar College,
Nawalgarh, Rajasthan

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



Index

1. Permission
2. Notice
3. Objectives
4. Course Content
5. Report
6. Photos



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.

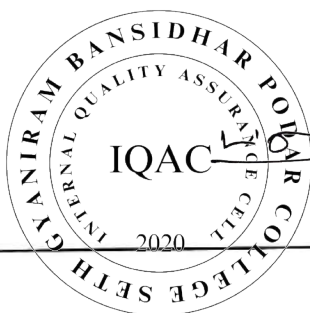
Kindly allow for the same

Thanking you

Yours" Sincerely

Suman
Head, 10/12/23
Department of Botany
Seth G.B. Podar College
Nawalgarh Rajasthan

L/O Suman Permitted
10/12/2023
add
10/12/23



RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu - 333042
Contact No: 8619868884
Web Site: www.podarcollege.com E-Mail: principal@podarcollege.com



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar


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.


10/12/2023
(Dr. Vinod Kumar Saini)

IQAC Coordinator


10/12/23
(Dr. Satyendra Singh)

Principal



RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu - 333042

Contact No: 8619868884

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

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 fostering sustainable growth and community empowerment.



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:**

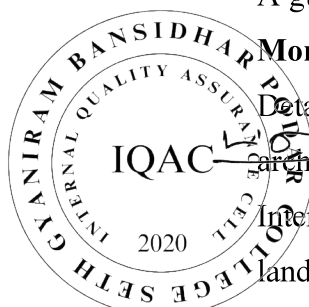
A guided walk through prominent havelis in Nawalgarh, including **Podar Haveli** and

Morarka Haveli.

Detailed explanations about the frescoes, carvings, and traditional Rajasthani architecture.

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

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.

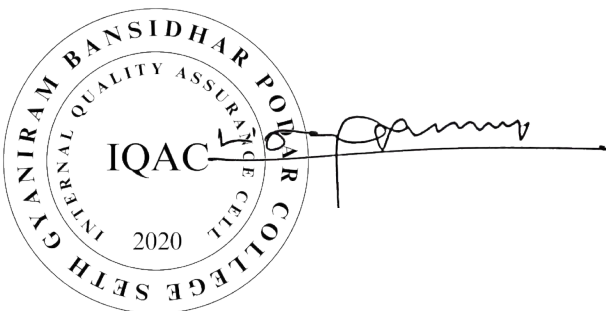
Showcase of student projects highlighting the historical significance of Nawalgarh's heritage.

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





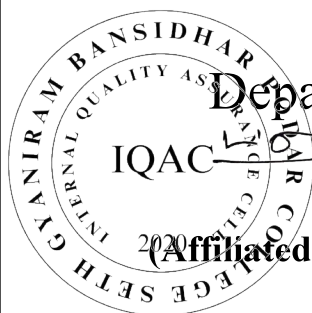
Seth G.B. Podar College Nawalgarh
Department of Botany
Workshop
On
“NATIONAL YOUTH AWARENESS”
On
National Youth Day (January 12th 2024)



ORGANISED BY

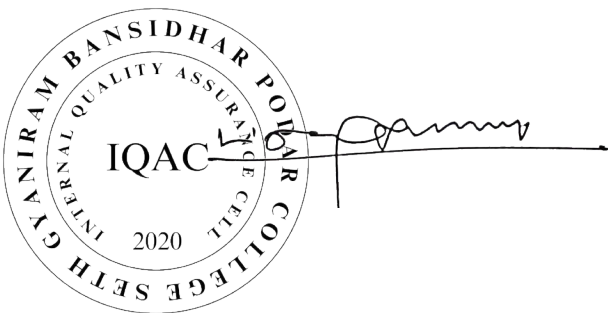
Department of Botany, Seth G. B. Podar College,
Nawalgarh, Rajasthan

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



Index

1. Permission
2. Notice
3. Objectives
4. Course Content
5. Report
6. Photos



Date:- 08/1/2024

To

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

Subject: Permission regarding celebration of "National Youth Day" on 12 January 2024.

Respected sir,

I wish to state that department of Botany like to organize activity on "National Pollution Control Day" on 12 January 2024. Where student of M.Sc. (Previous and Final) take participate.

Kindly give permission for the same.

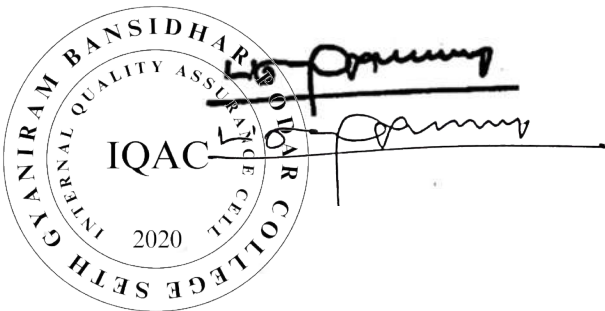
Thanking you

Suman
Yours Sincerely

(Prof. Suman Saini)
Department of Botany

Permitted

dis
08/01/2024





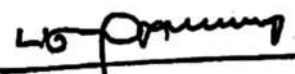
Ref.No./GBPC/2023-24/276/A

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





Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu - 333042

Contact No: 8619868884

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



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



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 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.

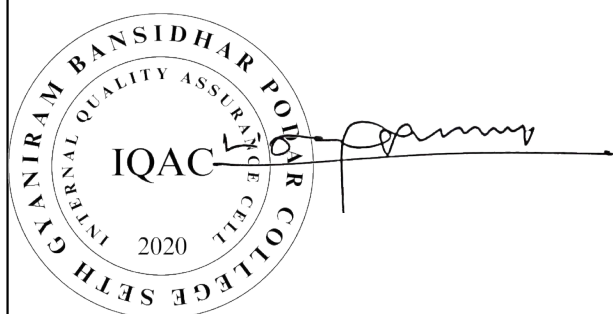
- The 161 Birth Anniversary of Swami Vivekananda is celebrated all over the country giving a message to the youth the way of life and ideals that will make India a better country in future.
- Department of Botany, Seth Gyaniram Bansidhar College, Nawalgarh observed the National Youth Day with the primary 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

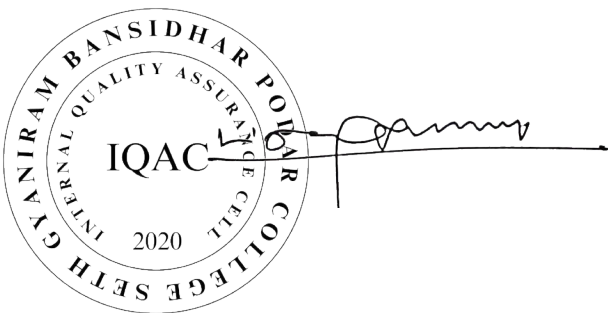
Department of Botany, Seth G. B. Podar College,
Nawalgarh, Rajasthan

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



Index

1. Permission
2. Notice
3. Objectives
4. Course Content
5. Report
6. Photos





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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

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

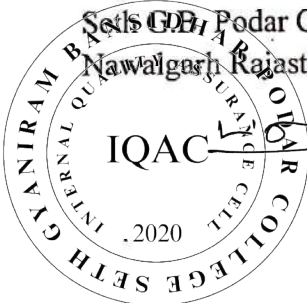
Thanking you

Yours" Sincerely

Suman
9/01/2024
Head,
Department of Botany
Seth G.B. Podar College
Nawalgarh Rajasthan

Lio Prunip
09/01/24

Permitted
ans
09/01/24



Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu - 333042

Contact No: 8619868884

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



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar


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



RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu - 333042

Contact No: 8619868884

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

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 support programs for greenhouse and polyhouse installation to facilitate access to these technologies.
10. **Increasing Food Security:** Ensure a steady supply of fresh produce throughout the year, contributing to regional food security and reducing dependence on external markets.



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.

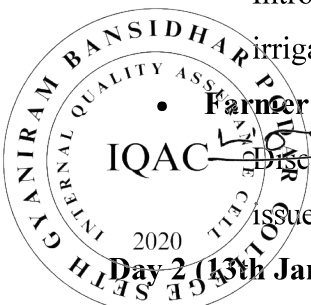
Introduction to climate control mechanisms, including temperature, humidity, and irrigation systems.

- **Farmer Interaction:**

Discussion on challenges faced in traditional farming and how greenhouses can address issues 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:

- **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 automation.

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

- **Support Networks:** Establish a farmer network for ongoing training and knowledge exchange on sustainable greenhouse practices.



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

Report on the Expert Talk on Mental Health

(LEAD THE CHANGE)

February 5 & 7, 2024



Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

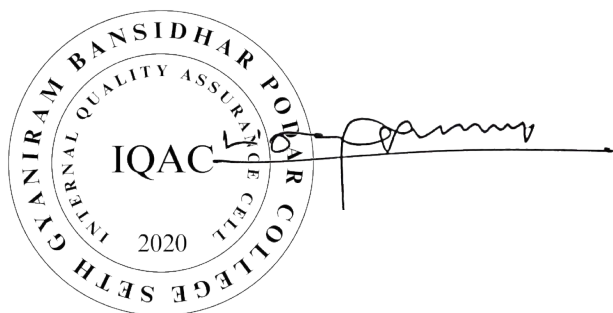
Web Site: www.podarcollege.com E-Mail: principal@podarcollege.com

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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

INDEX

S.No.	DOCUMENT	PAGE
1.	Request Letter	3
2.	Acceptance Letter	4
3.	Report (GPS)	5
4.	Glimpses	6
5.	Attendance	7-11
6.	News	12
7.	Report (Faculty)	13
8.	Glimpses	14
9.	News	15



Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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

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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

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

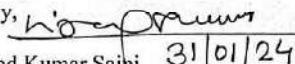
Respected Madam,

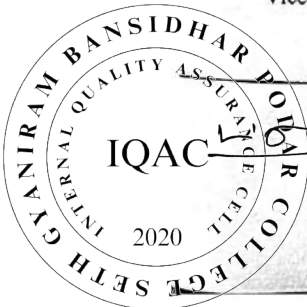
This letter is to inform you that IQAC of Seth Gyaniram Bansidhar Podar College, Nawalgarh, Rajasthan is organizing various programs and activities for students, teachers and parents to raise mental health awareness from 5th February, 2024 to 9th February, 2024 on the occasion of Child Mental Health 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.

Sincerely, 
Dr. Vinod Kumar Saini 31/01/24
Vice Principal & Coordinator IQAC



Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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

Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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

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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar



Kangaroo Minds

4th February, 2024

To,
Dr. Vinod Saini
Vice Principal & Coordinator, IQAC
Seth Gyaniram Bansidar Podar College,
Nawalgarh, Rajasthan.

Subject: Invitation to conduct Mental Health talks during Children's Mental Health Week

Dear Dr. Saini,

I hope this letter finds you well.

I am in receipt of your letter dated 31st January & it is wonderful to know that you and your team are looking to host a series of talks around the theme of Mental Health and Wellbeing for the students, faculty and parents at the various institutions as part of Children's Mental Health week commencing 5th February, 2024.

Thank you for your kind words of feedback on the past sessions we have conducted and it has indeed been an enriching experience for me as well to interact with the bright students and dedicated faculty at the institutions. It will be my privilege and pleasure to accept your very kind invitation to be a Guest Speaker for this year's Children's Mental Health Awareness Week & I look forward to interacting with the students, parents, and your fellow faculty members in the near future.

Should any other assistance be required from our end, please do let us know. Thank you once again for your invitation & your commitment to the cause of Mental Health.

With sincere regards,

Vedica Podar

Faculty, Kangaroo Minds

IQAC

2020

Awareness | Support | Knowledge

www.KangarooMinds.com

Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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

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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

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.

Questions and Answers:

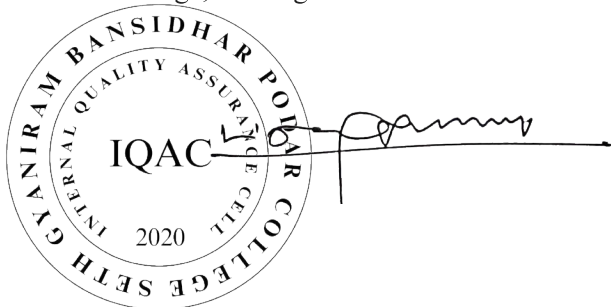
Students asked questions about the relationship between migraine and mental health, which Ms. Vedika Podar answered.
She also suggested that these sessions should be organized for parents as well.

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.



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

Glimpses of Seminar




Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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

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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar



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 Pandit Deendayal 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	Class	Signature
01	Vipul Saini	Vishwanath Saini	12 th Comm	[Signature]
02	Ujvek Kataria	Dinesh Kataria	12 th Com	[Signature]
03	Dhruv Saini	Rishiraj Verma	12 th Com.	[Signature]
04	Haram Sharma	Vinod Sharma	12 th Comm	[Signature]
05	Rohit Saini	Rishon Saini	12 th Comm	[Signature]
06	Mohit Agarwal	Sunil Agarwal	12 th Comm	[Signature]
07	Rahul Gubjar	Ramgopal Gubjar	12 th Com.	[Signature]
08	Ansh Choudhary	Mahipal Singh	12 th Com.	[Signature]
09	Sahib Badgajari	Gulab Nabi	12 th Com.	[Signature]
10	Nitin Swami	Dalip Swami	12 th Com.	[Signature]
11	Mohammad Sajid	Zahid Khatri	12 th Com.	[Signature]
12	Gaurav Leeda	Yogesh Kumar	12 th Com.	[Signature]
13	Devesh Sharma	Sanjay Sharma	12 th Com	[Signature]
14	Pulkit Soni	Pradeep Soni	12 th Com	[Signature]
15	Pratik Sharma	Pradeep Sharma	12 th Com	[Signature]
16	Manasvi Kaushal	Raghunandan Kaushal	12 th Arts	[Signature]
17	Manisha Saini	Raj Kumar Saini	12 th Arts	[Signature]
18	Dixita Saini	Vinod Saini	12 th Arts	[Signature]
19	Roshni Saini	Rajendra Prasad Saini	12 th Arts	[Signature]
20	Anish Dhaka	Mahesh Dhaka	12 th Arts	[Signature]
21	Kalpansha Chaurasia	Mr. Subhash Chaurasia	12 th Com.	[Signature]
22	Ritika Verma	Mr. Sanjay Verma	12 th Com.	[Signature]
23	Dimple Saini	Mr. Subhash Saini	12 th Com.	[Signature]
24	Yashita Saini	Mr. Sunil Saini	12 th Com	[Signature]
25	Gurpreet Saini	Mr. Suresh Kumar Saini	12 th Com	[Signature]
26	Anshu Mishra	Mr. Anil Kumar Mishra	12 th Com.	[Signature]
27	Seemya Saini	Mr. Gyanendra Saini	12 th Com.	[Signature]
28	Pratiksha	Mr. Anil Kumar Saini	10 th Lotus	[Signature]
29	Kemal Kumawat	Mr. Surendra Kumawat	10 th Lotus	[Signature]
30	Samiksha Soni	Mr. Deepak Soni	10 th Lotus	[Signature]
31	Khushi Saini	Mr. Ginish Kumar Saini	10 th Lotus	[Signature]
32	Tanika Chaule	Mr. Ashish Chaule	10 th Lotus	[Signature]
33	Nikita Choudhary	Mr. Rajeev Kumar Razi	10 th Lotus	[Signature]
34	Mohammed Sameer Khatri	Aslam Khatri	10 th Lotus	[Signature]
35	Keetika Didwania	Mr. Krishan Kant Didwania	10 th Lotus	[Signature]
36	Rudra Saini	Mr. Tejprakash Saini	10 th Lotus	[Signature]
37	Arjun Kumar	Mr. Ramesh Kumar	10 th Lotus	[Signature]

Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu - 333042
 Contact No: 8619868884
 Web Site: www.podarcollege.com E-Mail: principal@podarcollege.com

SETH GYANIRAM BANSIDHAR
 INTERNAL QUALITY ASSURANCE
 COLLEGE
 2020


Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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


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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar



SETH GYANIRAM BANSIDHAR PODAR COLLEGE

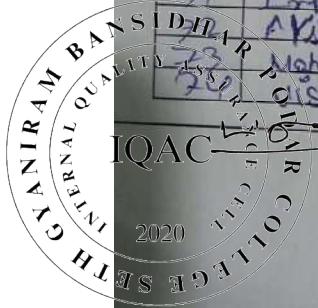
Accredited with 'A' Grade (3.04 CGPA) by NAAC-UGC
 Recognition of college under Section 2(f)/12(B), UGC Act, 1956
 Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar



Attendance Sheets for the Online Session on Mental Health for the Students of G.P.S

S.No.	Name	Father Name	Class	Signature
38	Nitin Saini	Mr. Mukesh Kumar Saini	8th Jasmine	Nitin
39	Bhawani	Mrs. Bharat Sharma	9th Jasmine	Bhawani
40	Yash Kumar	Mr. Chander Kumar	9th Jasmine	Yash
41	Devank Saini	Mr. Tara Chand	9th Jasmine	Devank
42	Prashant Meel	Rakesh Meel	9th Jasmine	Prashant
43	Bhupendra	Praveen	9th Jasmine	Bhupendra
44	Devsraj Verma	Dr. Anand Verma	9th Jasmine	Devsraj
45	ANAND AGARWAL	ANAND AGARWAL	9th Jasmine	Anand
46	Mohammed Junaid	Gulam Nabi	9th Jasmine	Junaid
47	Ayush Mishra	Anil Mishra	9th Jasmine	Ayush
48	Sahil Shakti Shukla	Bareekh Sh	9th Jasmine	Sahil
49	Bhumi	Ranjit Lal	9th Jasmine	Bhumi
50	Himanshu Shekhar	Mamendra Singh	9th Jasmine	Himanshu
51	Shreshth	Mr. Rakesh Joshi	9th Jasmine	Shreshth
52	Jammy	Mr. Manoj Soni	9th Jasmine	Jammy
53	Kabir Kundra	Mr. Suresh Kumar	9th Jasmine	Kabir
54	Maya Moond	Mr. Bhagrat Singh	9th Jasmine	Maya
55	Shrisha	Said	9th Jasmine	Shrisha
56	Shikha	Hemant Runkhla	9th Jasmine	Shikha
57	Aliya Khatni	Mr. Akram Khatni	9th Jasmine	Aliya
58	Rajveer	Harmeet	9th Jasmine	Rajveer
59	Yaman Saini	Suresh Kumar Saini	9th Jasmine	Yaman
60	Hareshit Saini	Suresh Saini	9th Jasmine	Hareshit
61	Mr. Hanif Khatni	Nishad	9th Jasmine	Hanif
62	Nishad	Mr. Hanif Khatni	9th Jasmine	Nishad
63	Mr. Adnan	Mr. Jubayr	9th Jasmine	Adnan
64	Suhan	Mr. Sitarand	9th Jasmine	Suhan
65	Nitesh	Mr. Ramprasad Singh	10th lotus	Nitesh
66	Aayush Saini	Mr. Rakesh Kumar	10th lotus	Aayush
67	Abhishek Kumar	Mr. Dinesh Kumar	10th lotus	Abhishek
68	Jammy Sharma	Mr. Sandeep Sharma	10th lotus	Jammy
69	Karan Bhargava	Mr. Ranjeet Bhargava	10th lotus	Karan
70	Raheem Solanki	Mr. Saurav Solanki	10th lotus	Raheem
71	Tarun Khokhar	Mr. Anand Khokhar	10th lotus	Tarun
72	Akshay Jangra	Mr. Pradeep	10th lotus	Akshay
73	Nobit Chahar	Ranjeet Kumar	10th lotus	Nobit
74	Shishu Bhatt	Surbendra Bhatt	10th lotus	Shishu

Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu - 333042
 Contact No: 8619868884
 Web Site: www.podarcollege.com E-Mail: principal@podarcollege.com



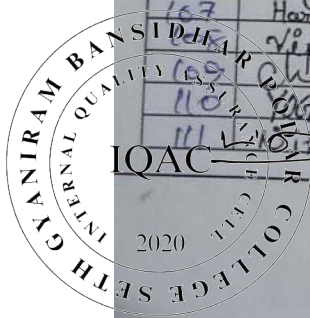
SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with 'A' Grade (3.04 CGPA) by NAAC-UGC
 Recognition of college under Section 2(f)/12(B), UGC Act, 1956
 Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

S.No.	Name	Father Name	Class	Signature
75	Divya Rao	Vijay Kumar Rao	XI th Arts	Divya
76	Mahima Singh	Mr. Mohipal Singh	"	Mahima
77	Harshita Choudhary	Mr. Vijay Singh	"	Harshita
78	Rishita	Mr. U.S. Mehad	"	Rishita
79	Jasveer	" Gurmmeet Ar Singh	"	Jasveer
80	Rahul	" Pawan Kumar	"	Rahul
81	Pradeep	" Rakesh Kumar	"	Pradeep
82	Vivek	" Suresh Kumar	"	Vivek
83	Kundan	" Harish Faran	"	Kundan
84	Hemant	Mr. Sarwottam Kumar	"	Hemant
85	Ankit Jangid	Mr. Subhash Chandra Jangid	XI th Sci	Ankit Jangid
86	Akhil Kumar	Mr. Sunil Kumar	"	Akhil Kumar
87	Hemang Choudhary	Mr. Jitendra Singh	"	Hemang
88	Paarth	Mr. Jagdish Prasad	"	Paarth
89	Mayank Saini	Mr. Rajendra Prasad	"	Mayank Saini
90	Shubham	Mr. Vinod Kumar Verma	"	Shubham
91	Tanuj	Mr. Navendra Kumar Saini	"	Tanuj
92	Ayan	Akhtas Khatri	"	Ayan
93	Abdul	Mansoor Khatri	"	Abdul
94	Swivam	Mr. Babulal Jangir	"	Swivam
95	Sonal	Mr. Harichand	"	Sonal
96	Diya	Mr. Suresh Kumar	"	Diya
97	Harshita	Mr. Kamal Kant	"	Harshita
98	Crungon	Mr. Sanjay Joshi	"	Crungon
99	Maniyans	Mr. Naorem	"	Maniyans
100	Tanisha	Mr. Rakesh Kumar	XI Com.	Tanisha
101	Pooanam	Mr. Vinendra Singh	"	Pooanam
102	Nekita	Mr. Pawan Kumar Saini	"	Nekita
103	Harshita	Mr. Rakesh Sharma	"	Harshita
104	Nishita	Mr. Pradeep Sharma	"	Nishita
105	Krutika	Mr. Ranjitar Murarka	"	Krutika
106	Piyush Jangir	Mr. Ojraj Jangir	"	Piyush
107	Harshita	Mr. Lalchand Saini	"	Harshita
108	Vipul Jangir	Mr. Pradeep Sharma	"	Vipul
109	Chetan Jangid	Mr. Gauraj Jangid	"	Chetan
110	ANISH SAINI	Mr. Sushil Kumar Saini	XI th Com.	Anish Saini
111	Shyam Lal Jangir	Shyam Lal Jangir	XI th Common	Shyam Lal


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

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




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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar



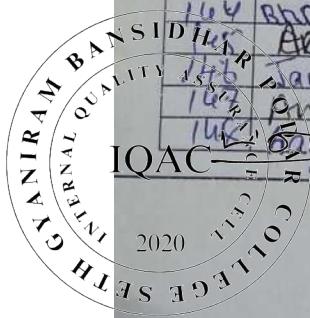
SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with 'A' Grade (3.04 CGPA) by NAAC-UGC
 Recognition of college under Section 2(f)/12(B), UGC Act, 1956
 Affiliated to Pandit Deendayal 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	Class	Signature
112	ANUJ	PINTU	9th	Anuj
113	CHETANYA	SUNIL K.	9th	Chetanya
114	DEEPESH	VINOD SAINI	9th	Deepesh
115	DEVYAM BAGREE	SANJAY KUMAR SAINI	9th	Devya
116	HARSHIT MEEL	TEJPAL MEEL	9th	Harshit
117	KANTSHKA MURARKA	RAMOTHAR MURARKA	9th	Kantshka
118	KOMAL SAINI	RAKESH SAINI	9th	Komal
119	KRISH SHARMA	BANWARI SHARMA	9th	Krish
120	LAKSHIT GAUR	ARUN GAUR	9th	Lakshit
121	LAVYA RINTHALA	Manoj RINTHALA	9th	Lavya
122	Laxmi Saini	Rajendra Kumar Saini	9th	Laxmi
123	MAYUR Jangir	Kishor Kumar Jangir	9th	Mayur
124	Maya	Mustafa	9th	Maya
125	Narleen Saini	Narlesh Saini	9th	Narleen
126	Parvej Khan	Bilal Khan	9th	Parvej
127	PEACHE KHARMA	Ravi Kharmal	9th	Peache
128	Sanvi	Rameshwar	9th	Sanvi
129	Sarthak Saini	Ghanshyam Saini	9th	Sarthak
130	Suresh yadav	matibai yadav	9th	Suresh
131	Shivam Mehrotra	Munawil Shrivastava	9th	Shivam
132	Sourabh Mahala	Rajesh	9th	Sourabh
133	Srishti Singh	Anuj Kumar Singh	9th	Srishti
134	Srujana Aneshi	Tarun Aneshi	9th	Srujana
135	Dakshina choudhary	Subhash Chandra	9th	Dakshina
136	PUSHPA Meena	Mr. Omprakash Meena	10th	Puspha
137	Raghav Sharma	Mr. Anil Kumar Sharma	10th	Raghav
138	Tanisha Agrawal	Mr. Mangesh Kumar Agrawal	10th	Tanisha
139	Divyanshi Kumawat	Mr. Vinodra	10th	Divyanshi
140	Kunikum changal	Mr. Anil Kumar	10th	Kunikum
141	Priya Saini	Mr. Mahesh Kumar Saini	10th	Priya
142	Chobab Kaushal	Mr. Dharmendra Kaushal	10th	Chobab
143	Bhavik Singh Shekhawat	Mr. Bhupaj Singh Shekhawat	10th	Bhavik
144	Bhavishya Anandika	Mr. Mahesh Kumar Saini	10th	Bhavishya
145	Jaya Shah	Mr. Pankaj Kumar Shah	10th	Jaya
146	Anamika	Mr. Pyandel Saini	10th	Anamika
147	Gayatri	Mr. Jagmohan Singh	10th	Gayatri



RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu - 333042
 Contact No: 8619868884
 Web Site: www.podarcollege.com E-Mail: principal@podarcollege.com


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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar



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 Pandit Deendayal 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	Class	Signature
149	Abhay Sharma	Suadesh Soni	XII Com	[Signature]
150	JARMAW	NASIR Ali	X B	[Signature]
151	Aditi Patelkar	Hiralal Patelkar	XI com.	[Signature]
152	Gurjan Saini	Anil Kumar Saini	"	[Signature]
153	Kumkum	Rakesh Kumar	X th Commerce	KUMKUM
154	Tanavi	Mr. Anil Kumar	"	Tanavi
155	Sannikeshu Bispatiya	Mr. Rajendra Kumar	II nd Com	[Signature]
156	Ritika Churiwall	Late. Alok Churiwall	"	Ritika..
157	Mahan Murarka	Mr. Pawan Murarka	II com.	[Signature]
158	Mahi Sharma	M.H. Sandeep Sharma	"	[Signature]
159	Megha Sharma	Mr. Mukesh Korpaska	"	[Signature]
160	Kartik Saini	Ram Lal Saini	"	[Signature]
161	Prerna Khatri	Mr. Gurdam Bhattani	11 th Com.	[Signature]
162	Kundanesh	Mr. Amit Sharma	"	[Signature]
163	Ushant	Mr. Suresh Kumar	"	[Signature]
164	Meen	Mr. Sudhir Sahal	"	[Signature]
165	Meen	Mr. Amit Joshi	"	[Signature]
166	Ritika Yadav	Mr. Mahipal Yadav	X Jasmine	[Signature]
167	Priyanshu	Mr. Vinod Kumar	X Jasmine	[Signature]
168	Manish Santhania	Mr. Deepak Santhania	X Jasmine	[Signature]
169	Garul	Mr. Gajanan	X Jasmine	[Signature]
170	Tamanna	Mohammed Shakeel	X Jasmine	[Signature]
171	SONAKSHI	Mr. Harikishan Tongia	X Jasmine	[Signature]
172	Yogya	Mr. Praveen Kumar Sharma	X Jasmine	[Signature]
173	Vashishti Murarka	Rakesh Murarka	X Jasmine	[Signature]
174	SHALJA	Mr. Yogesh Kumar Singodia	X Jasmine	[Signature]
175	Prem Kumar Saini	Rakesh Saini	X Jasmine	[Signature]
176	Saumya Vivek Tiwari	Vivek Sadashiv Tiwari	X Jasmine	[Signature]
177	Prateek Tongia	Mr. Manoharlal Tongia	X Jasmine	[Signature]
178	Ashita Chandal	Mr. Sunil Kumar	X Jasmine	[Signature]
179	Harshika Vashishtha	Mr. Anil Sharma	X Jasmine	[Signature]
180	Rajat	Ramdwajap Bhaskar	X Jasmine	[Signature]
181	Nishika	Kamal Kumar Saini	X Jasmine	[Signature]
182	Twinkle Meena	Mahendar Kumar	X Jasmine	[Signature]
183	Vanshika Baradia	Mr. Mukesh Baradia	X Jasmine	[Signature]
184				
185				

Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu - 333042
 Contact No: 8619868884
 Web Site: www.podarcollege.com E-Mail: principal@podarcollege.com

SETH GYANIRAM BANSIDHAR PODAR COLLEGE
 INTERNAL QUALITY ASSURANCE CELL
 2020

सीमा सन्देश

जयपुर, मंगलवार 06 फरवरी 2024



‘अपने मानसिक स्वास्थ्य का ध्यान रखना उतना ही महत्वपूर्ण है, जितना की शारीरिक स्वास्थ्य का’

- ◆ पोदार कॉलेज में मानसिक स्वास्थ्य देखभाल को लेकर ऑनलाइन सेमिनार का आयोजन

नवलगढ़ (सीमा सन्देश से)। सेठ ज्ञानीराम बंशीधर पोदार कॉलेज, नवलगढ़ द्वारा बच्चों के मानसिक स्वास्थ्य सप्ताह के तहत बच्चों के मानसिक स्वास्थ्य, मानसिक विकार, उपचार तथा रोकथाम के लिए ऑनलाइन सेमिनार का आयोजन किया गया। जिसके मुख्य वक्ता दी आनंदीलाल पोदार ट्रस्ट के ट्रस्टी सुश्री वेदिका पोदार रही।

जी.पी.एस के कक्षा 9 से 12 तक के विद्यार्थियों के लिए आयोजित मानसिक स्वास्थ्य पर इस सत्र को सम्बोधित करते हुए उन्होंने बताया कि, हमारा चेतन और अवचेतन मन किस प्रकार हमारे मानसिक स्वास्थ्य में काम करता है। उन्होंने मानसिक स्वास्थ्य को बनाए रखने में मनोचिकित्सक, धर्मिक और परामर्शदाता की भूमिका और बच्चों की उन्होंने आत्महत्या करने और बढ़ती आत्महत्याओं के कारणों के बारे में भी बताया। उन्होंने तनाव से निपटने और

उससे उबरने के तरीके भी सुझाए। विद्यार्थियों ने माइग्रेन और मानसिक स्वास्थ्य के संबंध के बारे में कुछ प्रश्न पूछे जिसका निदान कर सुश्री वेदिका पोदार ने विद्यार्थियों की जिज्ञासा को शांत किया। उन्होंने यह भी सुझाव दिया कि ये सत्र उनके अभिभावकों के लिए भी आयोजित किए जाने चाहिए, क्योंकि अभिभावक अपने बच्चों के बारे में अधिक जानते हैं, यदि अभिभावक अपने बच्चों के व्यवहार को लेकर चिंतित हैं तो अपने बच्चों के मानसिक स्वास्थ्य को लेकर पेशेवर से बात करें। डॉ. विनोद सैनी उपप्राचार्य ने बताया कि यह सत्र विद्यार्थियों के लिए मानसिक स्वास्थ्य को समझने और इसे बनाए रखने के तरीके के बारे में बहुत उपयोगी रहा तथा माननीय ट्रस्टी सुश्री वेदिका पोदार के मार्गदर्शन में पोदार हिंदी मीडियम स्कूल, पोदार कॉलेज के विद्यार्थियों तथा पोदार ट्रस्ट द्वारा संचालित सभी शिक्षण संस्थान के कर्मचारियों के लिए मानसिक स्वास्थ्य पर कार्यक्रम 09 फरवरी तक चलेगा। पोदार कॉलेज नवलगढ़ द्वारा संचालित इस कार्यक्रम पर दी आनंदीलाल पोदार ट्रस्ट के चेयरमैन राजीव पोदार, अधिशाषी निदेशक एम. डी. शानभाग, सी.ओ.ओ. डॉ. राजेन्द्र कुमार ने प्रसन्नता व्यक्त की।



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

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:

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 Bansidhar Podar 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.

Conclusion:

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

Recommendations:

Such talks should be organized 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. The college should create a supportive environment where people feel comfortable talking about mental health issues.

Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

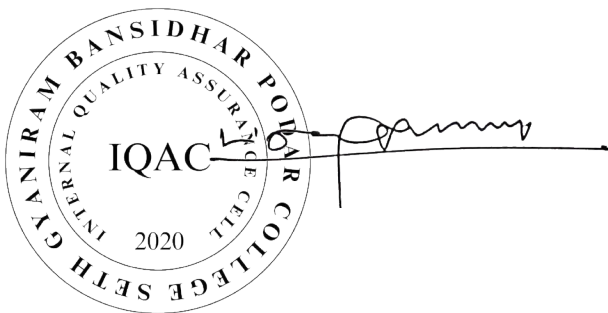
Contact No: 8619868884

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

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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

Glimpses of Seminar



Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

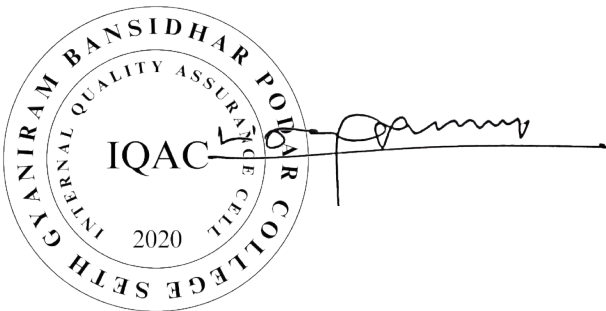
Web Site: www.podarcollege.com E-Mail: principal@podarcollege.com

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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar



Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

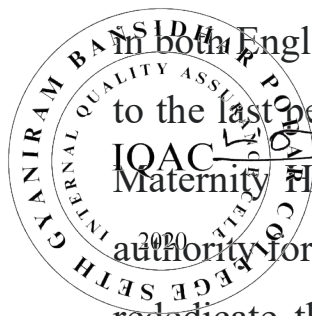
Contact No: 8619868884

15

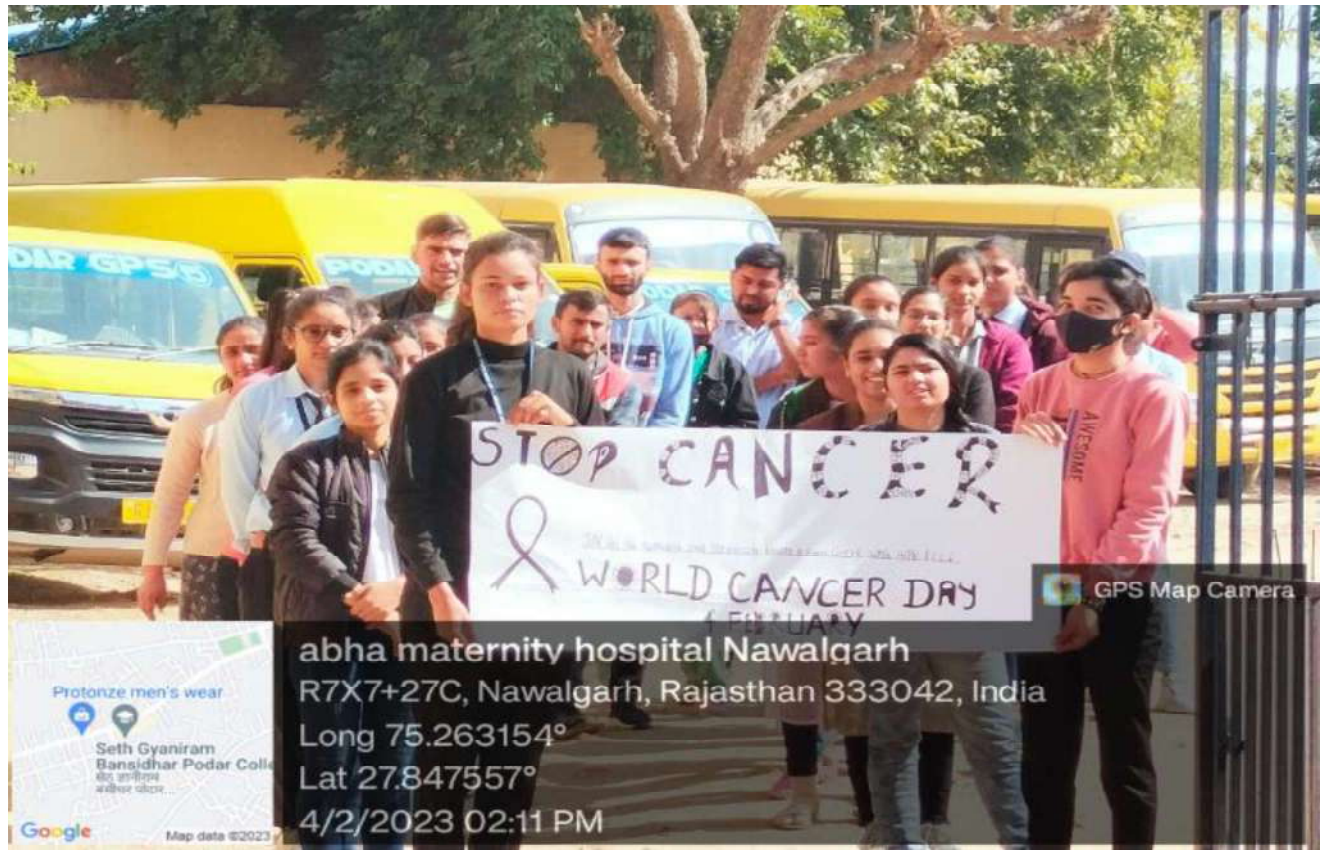
Web Site: www.podarcollge.com E-Mail: principal@podarcollge.com

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, and Breast. “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 to the last person present. The Head Doctor, Dr. Hemant Gupta of the Abha Maternity Hospital complimented and expressed his gratitude to the college authority 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





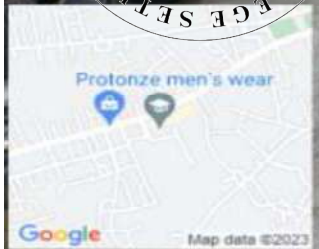
GPS Map Camera

Abha maternity hospital Nawalgarh
R7X7+27C, Nawalgarh, Rajasthan 333042, India
Long 75.263154°
Lat 27.847557°
4/2/2023 02:09 PM



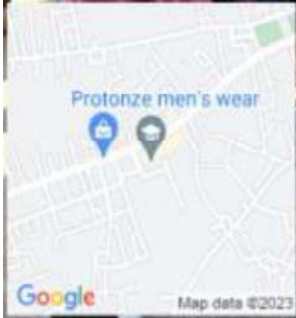
GPS Map Camera

Abha maternity hospital Nawalgarh
Goomchakr Road, near Podar College, Nawalgarh, Rajasthan
Long 75.262597°
Lat 27.847440°
4/2/2023 02:07 PM

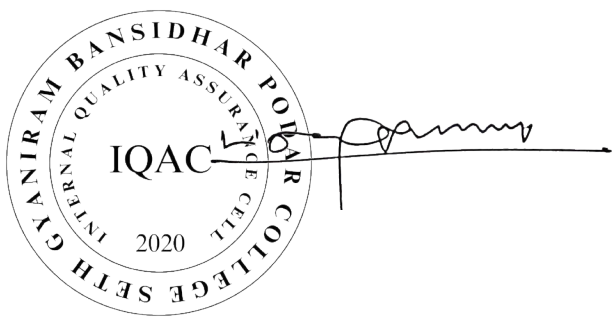




GPS Map Camera



Abha maternity hospital Nawalgarh
Goomchakr Road, near Podar College, Nawalgarh, Rajasthan
Long 75.262597°
Lat 27.847440°
4/2/2023 02:20 PM



जीबी पोदार कॉलेज में हुआ आयोजन

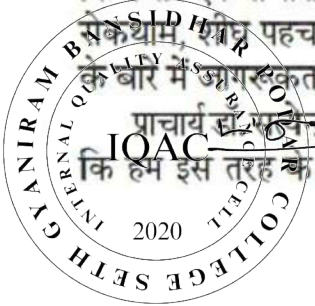
नुक्कड़ नाटक से दिया कैंसर जागरूकता का संदेश

न्यूज सर्विस/नवज्योति, नवलगढ़। 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। नुक्कड़ 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 नुक्कड़ नाटक द्वारा कैंसर रोग के कारणों को बताया। विद्यार्थियों ने नुक्कड़ 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 सचेत पहचान एवं उपचार के बारे में जागरूकता होनी चाहिए। प्राचार्य डॉ. सत्येन्द्र सिंह ने बताया कि हम इस तरह के नुक्कड़ 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 की 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 नुक्कड़ नाटक के आयोजन की सराहना की।





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 *Pandit Deendayal Upadhyaya Shekhawati University*, Sikar



Seth G.B. Podar College Nawalgarh

Department of Botany

“EDUCATIONAL TOUR”

For Jhunjhunu and Pilani

March 10 february2024



ORGANISED BY

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

Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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

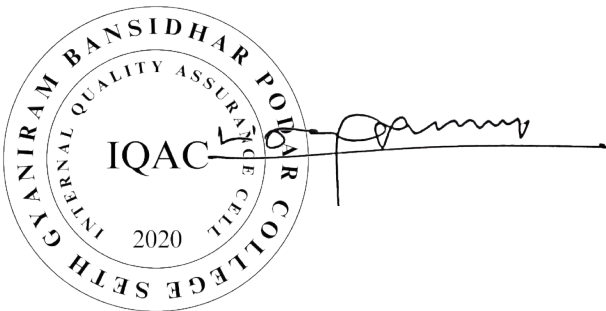


SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Accredited with 'A' Grade (3.04 CGPA) by NAAC-UGC
Recognition of *college* under Section 2(f)/12(B), UGC Act, 1956
Affiliated to *Pandit Deendayal* Upadhyaya *Shekhawati University*, Sikar

Index

1. Permission
2. Notice
3. Objective
4. Report
5. Attendance Sheet
6. Photos



Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

सैवामें,

प्राचार्य महोदय,
सेठ ज्ञानीराम बंशीधर पौडार कॉलेज
नवलगढ़ ।

विषय - एक दिवसीय शैक्षणिक सत्रण पर जाने हेतु ।
महोदय,

सादर निवेदन है कि महाविद्यालय के वनस्पति विभाग के MSc(P) तथा MSc(F) Botany के छात्र-छात्राओं का एक दिवसीय शैक्षणिक सत्रण 10/02/2024 को करवाना चाहते हैं । अतः इस वक़्त आप हमें स्वीकृति प्रदान करने की कृपा करें ।

धन्यवाद ।

class MSc(P) & MSc(F) Botany.

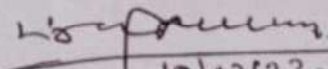
प्रस्थान : 8:00 AM.

सत्रण
वापसी : 5:30 PM

To, माननीय अध्यक्ष
नवलगढ़,
स्वीकृति हेतु

स्वा. विद्वान्, सुकुनु (राज.)

दिनांक - 10/02/2024


10/02/24
Principal

Seth G.B. Podar College
Nawalgarh-333042

9/10/2024

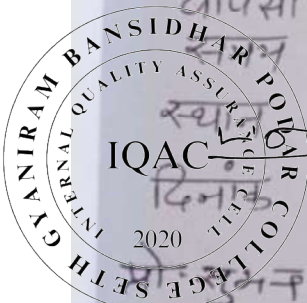
सत्रण सेना, विभाग 22 एवं अरुनी,

शैक्षणिक सत्रण पर जाने वाले सभी स्वीकृति हेतु

भण्डार हेतु शैक्षणिक पर्यटन तथा भ्रमण पर जाने

गले अथवा व्याख्याताको के नाम / वसु ब्रह्मचर्याम (विभागाध्यक्ष)

अथवा इससे संबंधित स्वीकृति हेतु स्वीकृति हेतु वनस्पति विभाग





SETH GYANIRAM BANSIDHAR PODAR COLLEGE

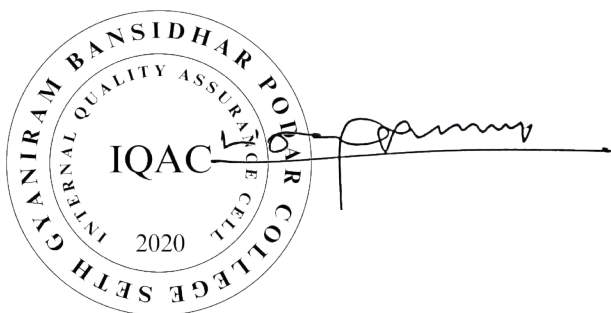
Accredited with 'A' Grade (3.04 CGPA) by NAAC-UGC

Recognition of *college* under Section 2(f)/12(B), UGC Act, 1956

Affiliated to *Pandit Deendayal* Upadhyaya *Shekhawati University*, Sikar

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.



Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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



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

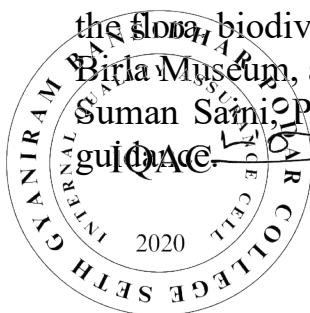
Affiliated to *Pandit Deendayal* Upadhyaya *Shekhawati University*, Sikar

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 flora, 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

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



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 *Pandit Deendayal Upadhyaya Shekhawati University*, Sikar





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 *Pandit Deendayal Upadhyaya Shekhawati University*, Sikar



Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

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
भ्रमण किया। इस
अवसर पर
विद्यार्थियों के

शास्त्र विभाग के विद्यार्थियों द्वारा शैक्षिक
भ्रमण किया गया। भ्रमण दल को
पोदार ट्रस्ट के सी.ओ.ओ. डॉ. राजेन्द्र
कुमार, उप-प्राचार्य डॉ. विनोद कुमार
सैनी ने हरी झण्डी दिखाकर रवाना
किया। भ्रमण दल ने एम.एस.सी. पूर्वाह्न
एवं उपराह्न वनस्पति शास्त्र के 25
विद्यार्थी शामिल रहे। भ्रमण दल ने
झुंझुनू के पंचदेव मंदिर, झुंझुनू बीड़

विभागाध्यक्ष प्रो. सुमन सैनी, प्रो. अंकित
जागिड़, 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।



Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu - 333042

Contact No: 8619868884

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

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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar



SETH GYANIRAM BANSIDHAR PODAR COLLEGE

RUN BY THE ANANDILAL PODAR TRUST, NAWALGARH

LEAD THE CHANGE

Let's talk about Mental Health & Wellbeing



12 March
2024



Podar Educational Institutions, Nawalgarh



LET'S END THE STIGMA!



www.KangarooMinds.com

VEDICA PODAR

Founder - Kangaroo Minds &
Trustee - The Anandilal Podar Trust



Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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

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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

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

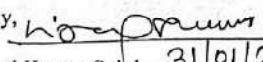
Respected Madam,

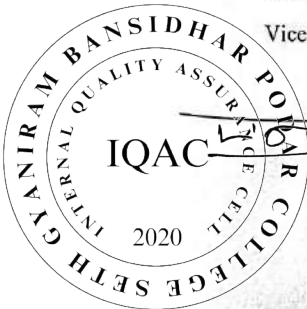
This letter is to inform you that IQAC of Seth Gyaniram Bansidhar Podar College, Nawalgarh, Rajasthan is organizing various programs and activities for students, teachers and parents to raise mental health awareness from 5th February, 2024 to 9th February, 2024 on the occasion of Child Mental Health 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.

Sincerely, 
Dr. Vinod Kumar Saini 31/01/24
Vice Principal & Coordinator IQAC



Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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

Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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

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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar



Kangaroo Minds

4th February, 2024

To,
Dr. Vinod Saini
Vice Principal & Coordinator, IQAC
Seth Gyaniram Bansidar Podar College,
Nawalgarh, Rajasthan.

Subject: Invitation to conduct Mental Health talks during Children's Mental Health Week

Dear Dr. Saini,

I hope this letter finds you well.

I am in receipt of your letter dated 31st January & it is wonderful to know that you and your team at are looking to host a series of talks around the theme of Mental Health and Wellbeing for the students, faculty and parents at the various institutions as part of Children's Mental Health week commencing 5th February, 2024.

Thank you for your kind words of feedback on the past sessions we have conducted and it has indeed been an enriching experience for me as well to interact with the bright students and dedicated faculty at the institutions. It will be my privilege and pleasure to accept your very kind invitation to be a Guest Speaker for this year's Children's Mental Health Awareness Week & I look forward to interacting with the students, parents, and your fellow faculty members in the near future.

Should any other assistance be required from our end, please do let us know. Thank you once again for your invitation & your commitment to the cause of Mental Health.

With sincere regards,

Vedica Podar

Founder, Kangaroo Minds

IQAC

2020

Awareness | Support | Knowledge

www.KangarooMinds.com

Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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

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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

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.

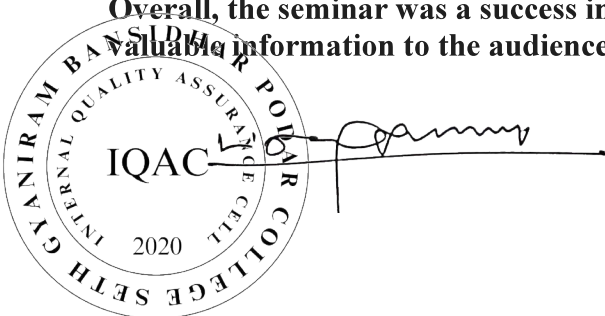
Questions and Answers

- **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

- **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 valuable information to the audience.



Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu – 333042

Contact No: 8619868884

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

News

संयमित जीवन बेहतर मानसिक स्वास्थ्य का आधार: वेदिका पोदार

सेठ जीबी पोदार कॉलेज में मानसिक स्वास्थ्य कार्यशाला का आयोजन

न्यूज सर्विस/नवज्योति, नवलगढ़। कस्ये के दी आनन्दीलाल पोदार ट्रस्ट, नवलगढ़ द्वारा संचालित सेठ जी. बी. पोदार कॉलेज में मानसिक स्वास्थ्य कार्यशाला का आयोजन हुआ। कार्यशाला में मुख्य अतिथि एवं वक्ता पोदार ट्रस्ट की ट्रस्टी सुश्री वेदिका पोदार रही। कार्यशाला का शुभारंभ 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 जगुरुकता के लिये सुश्री वेदिका पोदार द्वारा किये जा रहे कार्यों का परिचय विद्यार्थियों को कराया। इस अवसर पर सुश्री वेदिका पोदार ने पोदार कॉलेज के स्नातकोत्तर के विद्यार्थियों के साथ संवाद किया। उन्होंने कहा कि उदासी,



दबाव, तनाव से दूर रहना चाहिए। विद्यार्थी जीवन में शोशल मीडिया से दूर रहकर भी मानसिक तनाव से दूर रखा जा सकता है। सुश्री वेदिका पोदार ने कहा कि व्यक्ति अपने आसपास के परिवार और समाज के बीच जब सन्तुलन नहीं बना पाता है, तो वह अवसाद में चला

जाता है, अतः हमें आपसी सौहार्द 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 विशेषज्ञ अवसाद, चिंता, विकार, लत, नशाखोरी से पीड़ित लोगों की मदद करते हैं। अतः यदि इस प्रकार की कोई समस्या हो तो विशेषज्ञों की मदद लेनी चाहिए। इस अवसर पर प्रश्न-उत्तर सेशन का भी आयोजन हुआ, जिसमें विद्यार्थियों के प्रश्नों के जवाब वेदिका पोदार ने दिए। कार्यशाला में प्रो. चेतन दाधीच, डॉ. विद्याधर शर्मा, प्रो. प्रमोद कुमार सैनी, प्रो. संदीप कुमार जांगिड़, प्रो. विशाखा पृथिव्या, प्रो. अंकित जांगिड़, 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 कुमार, प्राचार्य डॉ. सत्येन्द्र सिंह ने वर्कशॉप के आयोजन पर प्रशंसा व्यक्त की।

संयमित जीवन बेहतर मानसिक स्वास्थ्य का आधार: वेदिका पोदार

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

कार्यशाला में मुख्य अतिथि एवं वक्ता पोदार ट्रस्ट की ट्रस्टी सुश्री वेदिका पोदार रही। कार्यशाला का शुभारंभ 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 पुष्पगुच्छ भेंट कर स्वागत किया। उन्होंने मानसिक स्वास्थ्य जगुरुकता के लिये सुश्री वेदिका पोदार द्वारा किये जा रहे कार्यों का परिचय विद्यार्थियों को कराया।

इस अवसर पर सुश्री वेदिका पोदार ने पोदार कॉलेज के स्नातकोत्तर के विद्यार्थियों के साथ संवाद किया। उन्होंने कहा कि उदासी, दबाव, तनाव से दूर



रहना चाहिए। विद्यार्थी जीवन में शोशल मीडिया से दूर रहकर भी मानसिक तनाव से दूर रखा जा सकता है। सुश्री वेदिका पोदार ने कहा कि व्यक्ति अपने आसपास के परिवार और समाज के बीच जब सन्तुलन नहीं बना पाता है तो वह अवसाद में चला जाता है।

अतः हमें आपसी सौहार्द और सद्भाव को बढ़ावा देना चाहिए, जिससे मानसिक स्वास्थ्य को बेहतर बनाया जा सके। सुश्री 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 विशेषज्ञ अवसाद, चिंता, विकार, लत, नशाखोरी से पीड़ित लोगों की मदद करते हैं। अतः यदि इस प्रकार की कोई समस्या हो तो विशेषज्ञों की मदद लेनी चाहिए। इस अवसर पर प्रश्न-उत्तर सेशन का भी आयोजन हुआ। इसमें विद्यार्थियों के प्रश्नों के जवाब सुश्री वेदिका पोदार ने दिए। कार्यशाला में प्रो. चेतन दाधीच, डॉ. विद्याधर शर्मा, प्रो. प्रमोद कुमार

सैनी, प्रो. संदीप कुमार जांगिड़, प्रो. विशाखा पृथिव्या, प्रो. अंकित जांगिड़, 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 कुमार, प्राचार्य डॉ. सत्येन्द्र सिंह ने वर्कशॉप के आयोजन पर प्रशंसा व्यक्त की।

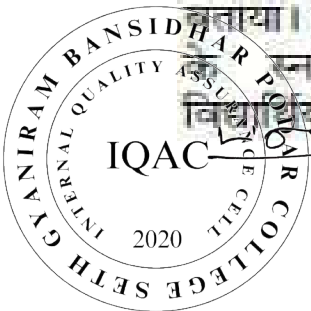


मानसिक स्वास्थ्य पर पोदार कॉलेज में कार्यशाला का आयोजन



नवलगढ़ @ पत्रिका संयमित जीवन ही बेहतर मानसिक स्वास्थ्य का आधार है। यह बात पोदार कॉलेज में आयोजित मानसिक 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 मानसिक स्वास्थ्य जागरूकता के लिए किए जा रहे कार्यों के बारे में बताया। वेदिका पोदार ने कॉलेज के पढातकोत्तर कक्षाओं के विद्यार्थियों के साथ संवाद में कहा

कि उदासी, दबाव, 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 व्यक्ति अवसाद में चला जाता है। इस दौरान प्रश्न-उत्तर सत्र का भी आयोजन हुआ जिसमें वेदिका पोदार ने विद्यार्थियों के प्रश्नों के उत्तर दिए। कार्यशाला में प्रो. चेतन दाधीच, विद्याधर शर्मा, प्रो. प्रमोद कुमार सैनी, प्रो. संदीप कुमार जांगिड़, प्रो. विशाखा मुखिया, प्रो. अंकित जांगिड़, प्रो. विनोद कुमावत सहित विद्यार्थी मौजूद रहे। संचालन प्रो. शान्तिलाल जोशी ने किया।





Seth G.B. Podar College Nawalgarh
Department of Botany
Extension Activity
on
“PLANTATION FOR LIFE”

form 12 March 2024 to 13 March 2024



ORGANISED BY

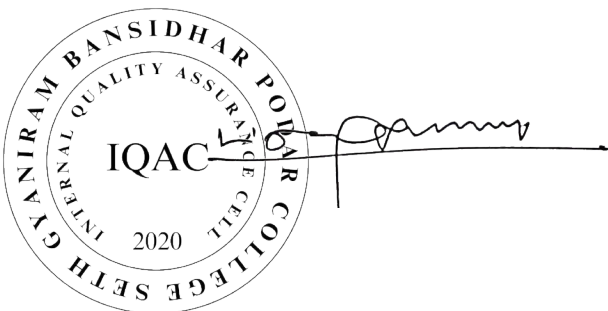
Department of Botany, Seth G. B. Podar College,
Nawalgarh, Rajasthan

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



Index

1. Permission
2. Notice
3. Objectives
4. Course Content
5. Report
6. Photos





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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

DEPARTMENT OF BOTANY

Date: 10/03/2024

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 "PLANTATION FOR LIFE" from 12th March to 13th March 2024.

Kindly allow for the same

Thanking you

Yours" Sincerely

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

Permitted
10/3/24

Permitted
10/3/24



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

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



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar


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.

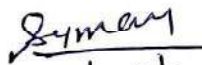
Presence of all students of PG Classes is mandatory.

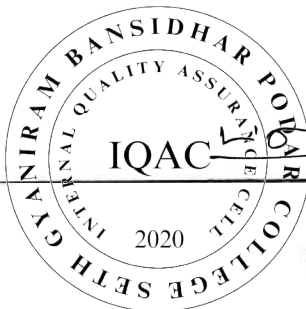

(Dr. Vinod Kumar Sairfi)

IQAC Coordinator


(Dr. Satyendra Singh)

Principal


10/03/2024

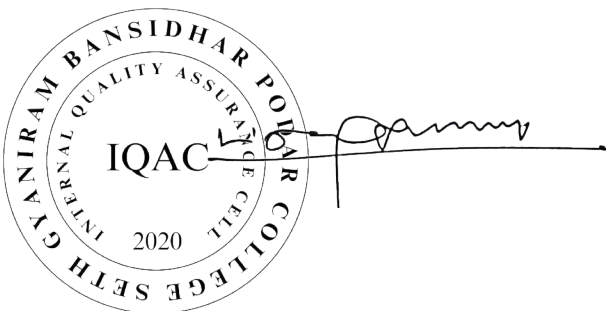


RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu - 333042
Contact No: 8619868884
Web Site: www.podarcollege.com E-Mail: principal@podarcollege.com

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 2 (13th March 2024):

- **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.

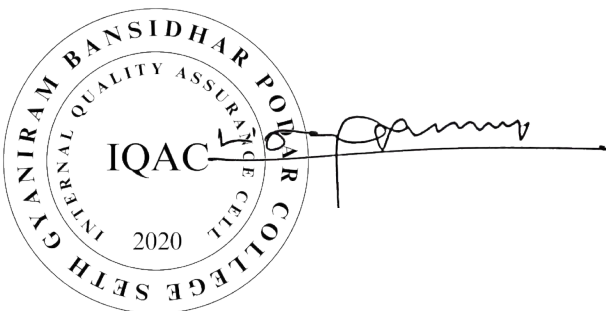
Certificates of appreciation were distributed to participants and farmers who committed to ongoing care of the trees.

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





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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

DEPARTMENT OF BOTANY

"Extension Activity: Plantation for Life"

form 12 March 2024 to 13 March 2024

FEEDBACK FORM

Name: SAKSHAM GUPTA
Father's Name: ANIL GUPTA
Class: M.Sc. (Previous) Botany

FEEDBACK FORM

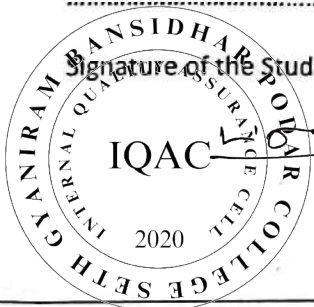
Please give rating on the 1-5 scale (1 being the least and 5 being highest)

SL.N o.	Session taken by Faculty	Speaker Name	Rating				
			1	2	3	4	5
1.	Topic of the Workshop						✓
2.	Teaching Pattern of the Speakers	Ms. Suman Saini				✓	
3.	Teaching Pattern of the Speakers	Ms. Shyama Didwania					✓
4.	Teaching Pattern of the Speakers	Mr. Ankit Kumar Jangid				✓	
5.	Teaching Pattern of the Speakers	Mr. Vinod Kumawat					✓
6.	Hands of Training session						
7.	Facilities in the Computer Lab						

8.	Overall Grading	A				
	Training Methodology		B			
	Content Developing			A		
	Training Objectives				B	

Suggestions if any:

Good



Signature of the Student: Saksham

[Signature]

[Signature]
(Workshop Coordinator)

RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu - 333042

Contact No: 8619868884

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



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

DEPARTMENT OF BOTANY

"Extension Activity: Plantation for Life"

form 12 March 2024 to 13 March 2024

FEEDBACK FORM

Name: Lokesh Saini kumar
Father's Name: Sudesh kumar
Class: M.Sc. (Previous) Botany

FEEDBACK FORM

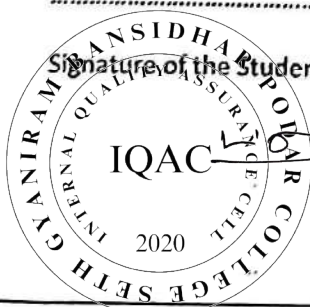
Please give rating on the 1-5 scale (1 being the least and 5 being highest)

SL.N o.	Session taken by Faculty	Speaker Name	Rating					
			1	2	3	4	5	
1.	Topic of the Workshop							
2.	Teaching Pattern of the Speakers	Ms. Suman Saini						✓
3.	Teaching Pattern of the Speakers	Ms. Shyama Didwania			✓			
4.	Teaching Pattern of the Speakers	Mr. Ankit Kumar Jangid						✓
5.	Teaching Pattern of the Speakers	Mr. Vinod Kumawat			✓			
6.	Hands of Training session							
7.	Facilities in the Computer Lab							

8.	Overall Grading		A			
	Training Methodology			B		
	Content Developing				A	
	Training Objectives					B

Suggestions if any:

Good



Signature of the Student: Lokesh

[Signature]

[Signature]
(Workshop Coordinator)

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

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



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

DEPARTMENT OF BOTANY

"Extension Activity: Plantation for Life"

form 12 March 2024 to 13 March 2024

FEEDBACK FORM

Name: Anisha Kumari
Father's Name: Tara Choud
Class: M.Sc. (Previous)

FEEDBACK FORM

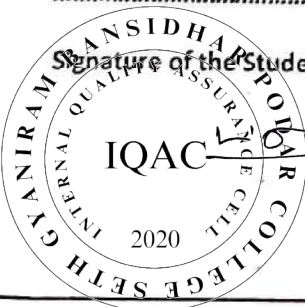
Please give rating on the 1-5 scale (1 being the least and 5 being highest)

SL.N o.	Session taken by Faculty	Speaker Name	Rating				
			1	2	3	4	5
1.	Topic of the Workshop						
2.	Teaching Pattern of the Spcakers	Ms. Suman Saini					✓
3.	Teaching Pattern of the Speakers	Ms. Shyama Didwania				✓	
4.	Teaching Pattern of the Speakers	Mr. Ankit Kumar Jangid					✓
5.	Teaching Pattern of the Speakers	Mr. Vinod Kumawat				✓	
6.	Hands of Training session						
7.	Facilities in the Computer Lab						

8.	Overall Grading	A				
	Training Methodology		B			
	Content Developing			A		
	Training Objectives				B	

Suggestions if any:

Good



Signature of the Student: Anisha

[Signature]

[Signature]
(Workshop Coordinator)

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

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



DEPARTMENT OF BOTANY

“Extension Activity: Plantation for Life”

form 12 March 2024 to 13 March 2024

FEEDBACK FORM

Name: Anisha Kumari
Father's Name: Tara Chandel
Class: M.Sc. (previous)

FEEDBACK FORM

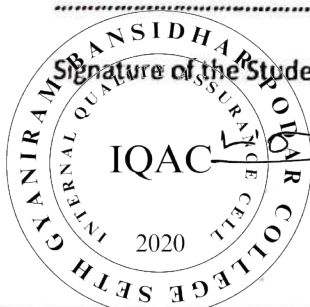
Please give rating on the 1-5 scale (1 being the least and 5 being highest)

SL.N o.	Session taken by Faculty	Speaker Name	Rating				
			1	2	3	4	5
1.	Topic of the Workshop						
2.	Teaching Pattern of the Speakers	Ms. Suman Saini					✓
3.	Teaching Pattern of the Speakers	Ms. Shyama Didwania				✓	
4.	Teaching Pattern of the Speakers	Mr. Ankit Kurhar Jangid					✓
5.	Teaching Pattern of the Speakers	Mr. Vinod Kumawat				✓	
6.	Hands of Training session						
7.	Facilities in the Computer Lab						

8.	Overall Grading	A				
	Training Methodology		B			
	Content Developing			A		
	Training Objectives				B	

Suggestions if any:

Good



Signature of the Student:

[Handwritten signature]

[Handwritten signature]
(Workshop Coordinator)



DEPARTMENT OF BOTANY

“Extension Activity: Plantation for Life”

form 12 March 2024 to 13 March 2024

FEEDBACK FORM

Name: Monika
Father's Name: Tarachand
Class: M.S.C. (Pre.)

FEEDBACK FORM

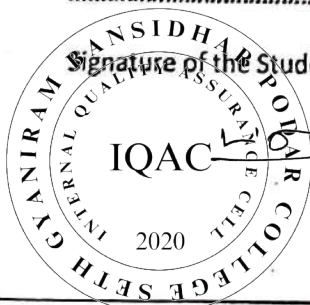
Please give rating on the 1-5 scale (1 being the least and 5 being highest)

SL.N o.	Session taken by Faculty	Speaker Name	Rating				
			1	2	3	4	5
1.	Topic of the Workshop						✓
2.	Teaching Pattern of the Speakers	Ms. Suman Saini	✓				✓
3.	Teaching Pattern of the Speakers	Ms. Shyama Didwania		✓			✓
4.	Teaching Pattern of the Speakers	Mr. Ankit Kumar Jangid			✓		✓
5.	Teaching Pattern of the Speakers	Mr. Vinod Kumawat				✓	✓
6.	Hands of Training session						
7.	Facilities in the Computer Lab						

8.	Overall Grading	A				
	Training Methodology		B			
	Content Developing			A		
	Training Objectives				A	

Suggestions if any:

Good



Signature of the Student: Monika

.....

.....
(Workshop Coordinator)



SETH GYANIRAM BANSIDHAR PODAR COLLEGE

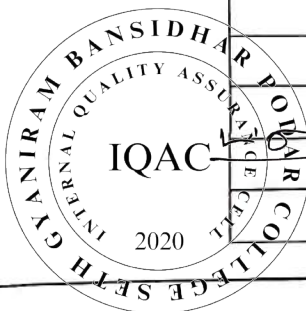
Accredited with 'A' Grade (3.04 CGPA) by NAAC-UGC
Recognition of college under Section 2(f)/12(B), UGC Act, 1956
Affiliated to Pandit Deendayal Upadhyaya Shekhawati University, Sikar

DEPARTMENT OF BOTANY

"Extension Activity: Plantation for Life"

form 12 March 2024 to 13 March 2024

Sr. No.	Name	Department	Day-1	Day-2
1.	Gyaring Sani	Botany	Gyaring	Gyaring
2.	Tejvi Jangid	Botany	Tejvi	Tejvi
3.	Monika	Botany	Monika	Monika
4.	Jyoti	Botany	Jyoti	Jyoti
5.	Amisha Kumari	Botany	Amisha	Amisha
6.	Lokesh Kumar	Botany	Lokesh	Lokesh
7.	Kuldeep Saini	Botany	Kuldeep	Kuldeep
8.	Saksham Gupta	Botany	Saksham	Saksham
9.	Jyoti Saini	Botany	Jyoti	Jyoti
10.	Aditya	Botany	Aditya	Aditya
11.	Urmila Kamran	Botany	Urmila	Urmila
12.	Payal Saini	Botany	Payal	Payal
13.	Manita Kumari	Botany	Manita	Manita
14.	Sanyu	Botany	Sanyu	Sanyu
15.	Sakshi	Bo	Sakshi	Sakshi
16.	Tanu	Botany	Tanu	Tanu
17.	Manisha	Botany	Manisha	Manisha
18.	Maathu	Botany	Maathu	Maathu
19.	Neha	Botany	Neha	Neha
20.	Anu Saini	Botany	Anu	Anu
21.	Sandeep Poyal	Botany	Sandeep	Sandeep
22.	Jyoti Saini	Botany	Jyoti	Jyoti
23.	Amrita Jangid	Botany	Amrita	Amrita
24.	LALCHANDYADAV	Botany	Lalchand	Lalchand
25.	Sarjeet Khichra	B.Sc. math	Sarjeet	Sarjeet



Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu - 333042

Contact No: 8619868884

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



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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

26.	रामचंद्र	B.A. 1st.	रामचंद्र	रामचंद्र
27.	राहुल शर्मा	B.Sc III rd	राहुल	राहुल
28.	Nitesh	B.Sc-III rd	Nitesh	Nitesh
29.	Karan Sahi	B.Sc III rd		
30.	Prince Kumar	B.Sc III rd		
31.	Radhika	B.A II nd	Radhika	Radhika
32.	Pooja Kanwar	B.A II nd	Pooja	Pooja
33.	Vandana Kumari	M.Sc(Final)	Vandana	Vandana
34.	Sidharth	BCA		
35.	Tarun Kumar	BCA	Tarun	Tarun
36.	Disha	B.A I st	Disha Soni	Disha Soni
37.	Muskan	B.A I st	Muskan	Muskan
38.	YOGESH	(B.A I st)	Yogesh	Yogesh
39.	Sangeeta Sahi	B.Sc. I	Sangeeta	Sangeeta
40.	Sono Saini	M.Sc(P) Mathu-Soni	Soni	Soni

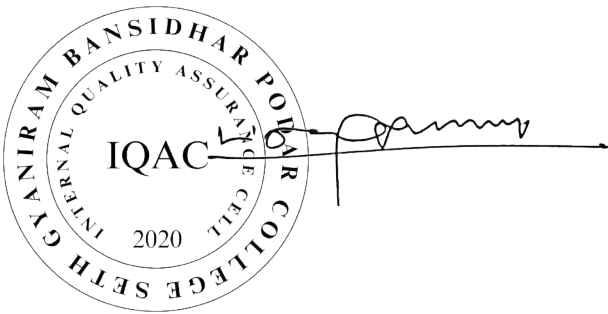
Soni



RambilasPodar Road, Nawalgarh, Dist: Jhunjhunu - 333042

Contact No: 8619868884

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





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

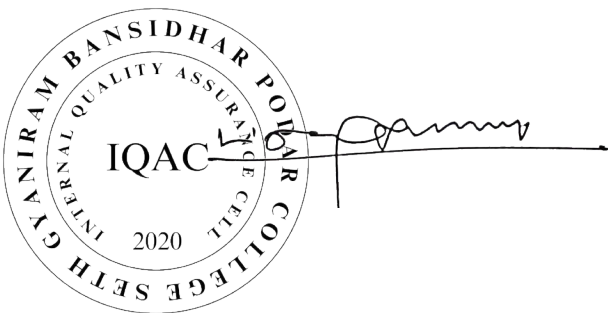
Department of Botany, Seth G. B. Podar College,
Nawalgarh, Rajasthan

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



Index

1. Permission
2. Notice
3. Objectives
4. Course Content
5. Report
6. Photos





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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

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

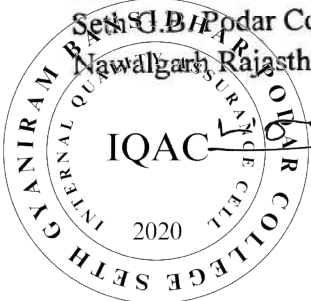
Yours" Sincerely

Symen
Head, 8/4/2024
Department of Botany
Seth G.B. Podar College
Nawalgarh Rajasthan

[Signature]
08/4/24

Permitted

[Signature]
08/04/24





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 Pandit Deendayal Upadhyaya Shekhawati University, Sikar

Department of Botany

Date: 08/04/2024

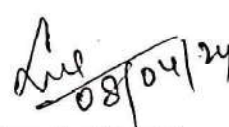
Notice

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




Sumay
8/4/2024

Rambilas Podar Road, Nawalgarh, Dist: Jhunjhunu - 333042

Contact No: 8619868884

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

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 by 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.

- **Interactive Discussions:**

Farmers shared their challenges with waste disposal, and solutions were discussed 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.

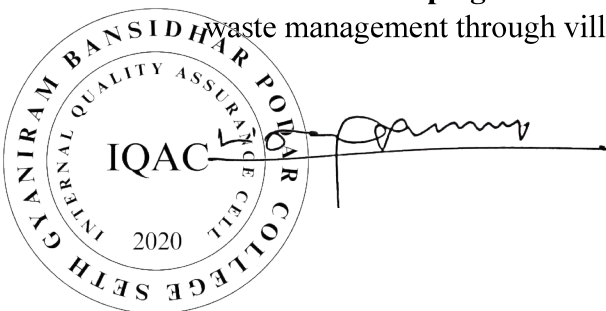
Certificates distributed to students and farmers actively participating in the initiative.

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 bio-fertilizers.
- **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 waste management through village-level campaigns.



Glimpses of the Extension Activity

