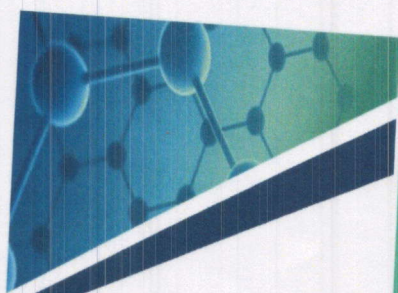


Participation in Workshop on Experimental Techniques

A workshop on Experimental techniques in Physics was organized by DAV College Amritsar on 3-04-2023. 78 students of B.Sc. Sem VI participated in the workshop and gained knowledge on different topics. The workshop was organized with an objective to give 'hands on' training to the students.



PG DEPARTMENT OF PHYSICS

Organises

Workshop on

EXPERIMENTAL TECHNIQUES IN PHYSICS

April 03, 2023



**DAV COLLEGE
AMRITSAR**

Katra Sher Singh, IIS Hathi Gate, Amritsar-143006(Pb.)
Phone: 0183-2563377, 2534971, 8847372088, 8727843444
E-mail: davasr@yahoo.com, website: www.davcollegeasr.org

About the Workshop

This workshop is being organized with an objective of giving 'hands on' training to students to various high end apparatus like RAD-7 radiation detector, Scintillation counter, GM counter, Electronic circuit design etc. The workshop will act as a bridging element for students aspirant of pursuing postgraduation in Sciences.

Target Audience

The workshop has been designed for B.Sc VI Sem (Non-Medical and Computer Science) students.

Program

- 09:30 am Inauguration
- 10:30 am Technical Session-I
(Electronic and Nuclear Science)
- 11:30 am Tea
- 12:00 noon Technical Session-II
(Material Science)
- 01:30 pm Lunch
- 02:20 pm Interaction and Lab visits

Patron

Dr. Amardeep Gupta
Principal

Convenor

Dr. Sameer Kalia

Org. Secretary

Dr. Neeru Gupta

Co-Org. Secretary

Dr. Rajesh Kumar

Coordinator Technical Sessions

Nuclear Lab

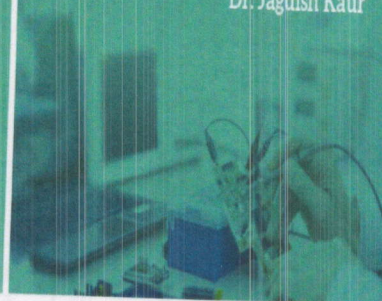
Dr. Ajay Kumar
Dr. Neerja Kalia

Electronics Lab

Dr. Maninder Kaur
Dr. Manpreet Kaur
Dr. Vibha Chopra

Material Science

Dr. Narinder Arora
Dr. Rajeev Arora
Dr. Jagdish Kaur



23/9/23

Principal,
Saroop Rani Government
College For Women
Amritsar.
Mansu

Surinder kaur

Saroop Rani Government College for Women Amritsar
Department of Physics



Surinder kaur

23/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
Kaur

Saroop Rani Government College for Women Amritsar
Department of Physics



DAV COLLEGE AMRITSAR



Workshop
on

Experimental Techniques in Physics

Certificate of Participation

This is to certify that Mr./Ms. Manjot Kaur
Class B.Sc - VI (Non-med) of S.R. Government College Amritsar has
participated in the Workshop on Experimental Techniques in Physics organised by Post Graduate
Department of Physics on April 03, 2023.

Sameer Kalia
Dr. Sameer Kalia
Head & Convener

Dr. Amardeep Gupta
Dr. Amardeep Gupta
Principal



DAV COLLEGE AMRITSAR



Workshop
on

Experimental Techniques in Physics

Certificate of Participation

This is to certify that Mr./Ms. Sakshi
Class B.Sc - VI (Non-med) of S.R. Government College Amritsar has
participated in the Workshop on Experimental Techniques in Physics organised by Post Graduate
Department of Physics on April 03, 2023.

Sameer Kalia
Dr. Sameer Kalia
Head & Convener

Dr. Amardeep Gupta
Dr. Amardeep Gupta
Principal

Number of Participants: 78

Surinder Kaur

23/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc Medical with CND

**Nutrition Clinic on World Tuberculosis Day
24th March 2023**

Number of Participants 100

Clinical Nutrition and Dietetics organized a Nutrition Clinic -Tuberculosis on 24th March 2023 to celebrate the World Tuberculosis day. Surbhi Kapoor, Garima Arora and Amanpreet Kaur the students of B.Sc CND explained the Symptoms, Deficiencies, Precautions and Dietary Treatment. Diet Plans for Tuberculosis were also given to the students. High protein and high energy dishes were also displayed "Sabudana-Khichdi"made by Garima Arora



Surbhi & Aman interacting with students of college



Surbhi explaining the symptoms of Tuberculosis to teacher



Garima giving diets to the students

1. Surbhi
2. Alina

23/9/23

Principal,
Saroop Rani Government
College For Women
Amritsar.

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Saroop Rani Government College for Women, Amritsar
Department of Home Science

FLOWER ARRANGEMENT WORKSHOP

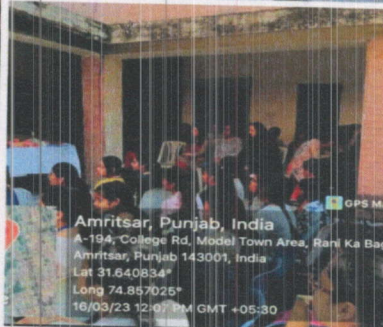
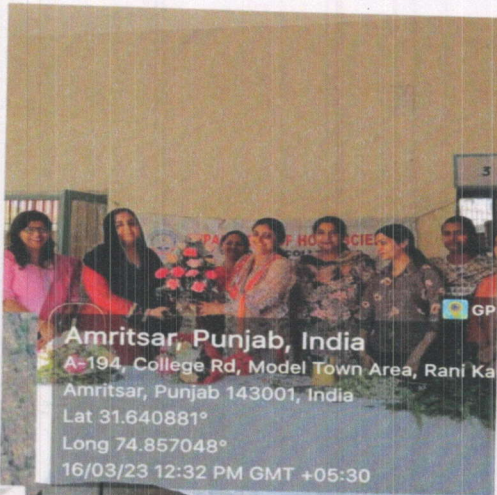
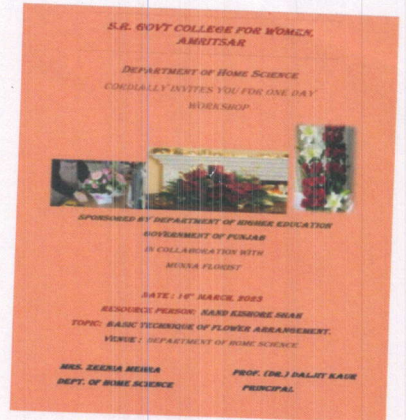
RESOURCE PERSON: MR. MUNNA

Date: 16-3-2023

No. Of Participants: 47

Report

Under the leadership and guidance of Principal Mam Dr. Ms Daljit Kaur a flower arrangement workshop was organized for science faculty students by Home Science Society. In the workshop demonstrator Mr. Munna demonstrated to the students various types of flower arrangement and how best to take care of these flowers. Students participated in the workshop and learnt how to make these flower arrangements by themselves, this training would thus help students to earn while the learn.



Leena

24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
Munna

Saroop Rani Government College for Women, Amritsar

Department of Chemistry

One Day Workshop on Recent Developments of Heterocyclic Compounds their prospects in Organic Chemistry on 15-03-23

Resource Person: - Dr J J Mohindru

Professor, P G Dept. Of Chemistry, DAV College, Amritsar.

Workshop conducted on Recent Development of Heterocyclic Compound and their Future prospect in Organic Chemistry

S.R Government College for women
Amritsar
DEPARTMENT OF CHEMISTRY
Organising
A Seminar on
"Recent developments of heterocyclic compounds and their future prospects in Organic Chemistry"
By Dr. J. J. Mohindru Associate
Professor, PG Dept. of Chemistry, DAV College Amritsar
(Sponsored by Department of Higher education
Govt. of Punjab)
Date: 15-03-2023
Time: 10.30 am
Venue: Multimedia
Surinder Kaur
Department of chemistry
Prof. Dr. Daljit Kaur
Principal
ALL ARE CORDIALLY INVITED

Amritsar, Punjab, India
JRPH+847, Makka Singh Colony, Amritsar, Punjab
143005, India
Lat 31.635869°
Long 74.827775°
15/03/23 11:00 AM GMT +05:30

GPS Map Camera

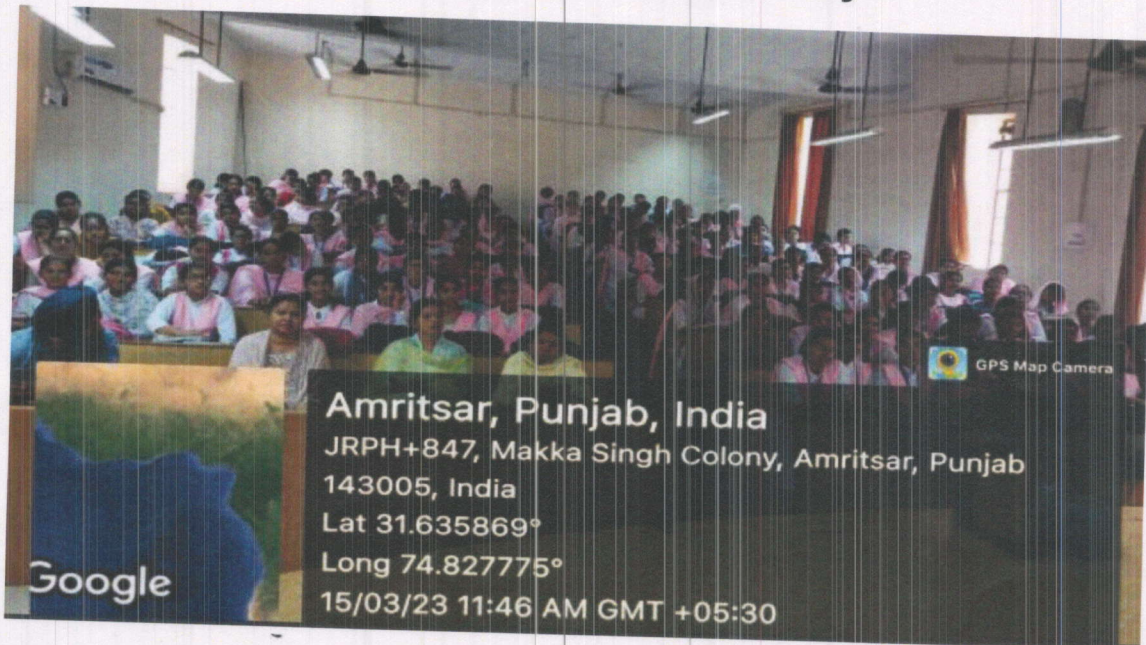
Surinder Kaur

No. of Participants = 150.

Principal,
Saroop Rani Government
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Amritsar.
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Saroop Rani Government College for Women, Amritsar

Department of Chemistry



सरूप रानी महिला महाविद्यालय में वर्कशॉप आयोजित



अमृतसर, पब्लिक दिलासा (ब्यूरो): सरूप रानी राजकीय महिला महाविद्यालय के केमिस्ट्री विभाग की ओर से डीएवी कॉलेज के पीजी विभाग के असोसिएट प्रो. डॉ. जेजे महेंद्रु द्वारा छात्राओं के लिए विषमकोणीय योगिकों के ताजा विकास और ऑर्गेनिक केमिस्ट्री में उनके भविष्य के दृष्टिकोण विषय पर एक वर्क शॉप आयोजित की गई। इस मौके डॉ. महेंद्रु ने बड़े विस्तार से

संबंधित विषय की पूरी जानकारी छात्राओं से साझा की और उनकी जिज्ञासाओं का भी शांत किया। इस मौके प्रिं. प्रो. डॉ. दलजीत कौर ने केमिस्ट्री विभाग के इस प्रयास की प्रशंसा की और छात्राओं को ऐसी वर्क शॉप से पूरा लाभ उठाने को प्रेरित किया। कॉलेज के वाईस् प्रिं. और कौंसिल सदस्य डॉ. सुरिंदर कौर व समस्त केमिस्ट्री विभाग इस अवसर पर उपस्थित रहा।

Surinderk

Principal,
Saroop Rani Government
College For Women
Amritsar.
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MUSIC VOCAL

No. of participants - 40. The department of Music Vocal organised a two day workshop. On the first day of the workshop, 14th March 2023 **Mr Arashpreet Singh Rhythm** gave his views of the concept of Indian classical music and career prospects in the field. On 15th March 2023, resources person **Ms Kamal Rani**, Assistant Professor **Apj College of Fine-Arts Jalandhar** shared practical knowledge of Raga and its technicalities with students.

S.R Govt. College For Women, Amritsar



Mrs. Venus Taneja
Dept. of Music Vocal

PG Department of Music Vocal

Cordially Invites You
For

Two Days Workshop

Sponsored by Department of Higher Education
Government of Punjab

Date: 14 March, 2023

Resource Person: **Dr. Arashpreet Singh Rhythm**
(Assistant Prof. University College Ghanaur, Patiala)

Topic: Concept of Indian Classical Music
and Career Prospects in the field.

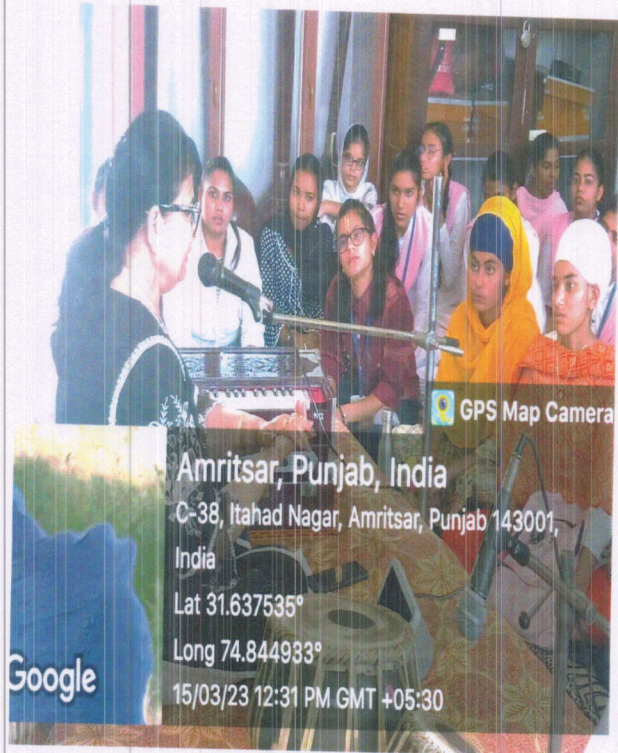
Date: 15 March, 2023

Resource Person: **Ms. Kamal Rani**
(Retd. Associate Prof. APJ College of Fine Arts, Jalandhar)

Topic: Improvisation of Raga and Scope of
Music Vocal in Modern Period.

Venue: Music Vocal Department

Prof. Dr. Daljit Kaur
Principal



Amritsar, Punjab, India

C-38, Itahad Nagar, Amritsar, Punjab 143001,
India

Lat 31.637535°

Long 74.844933°

15/03/23 12:31 PM GMT +05:30



Amritsar, Punjab, India

C-38, Itahad Nagar, Amritsar, Punjab 143001,
India

Lat 31.637535°

Long 74.844933°

14/03/23 12:39 PM GMT +05:30

24/9/23

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Amritsar.
Name

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc Medical with CND

One day workshop at Urban Health Centre in collaboration with IAPEN Amritsar Chapter
Date- 13 March, 2023

Number of Participants -63 Pregnant and non Pregnant women

Held at Princess of Wales Zenana Hospital Urban Community Health Centre, Dhabkhatikan, Amritsar on the Occasion of International Women's Day. Department of Clinical Nutrition and Dietetics in collaboration with the IAPEN (Indian Association of Parenteral and Enteral Nutrition) Amritsar organised **lecture on Anaemia during pregnancy**. A **NukkadNatak** on Kuposhan during Pregnancy was also performed at Urban community health centre Dhab-khatikan, Lohgarh, Amritsar. Dr. Rashmi Vij, Medical Officer SAD Lohgarh was the Chief Guest. She appreciated the students for delivering the lecture and performing the NukkadNatak. Around 70 pregnant and non-pregnant women attended the event. They were made aware about the causes and treatment and foods to be consumed during anaemia. **Diet plans and recipes were also provided to the audience.**



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SAROOP RANI GOVT. COLLEGE FOR WOMEN, AMRITSAR

- Department of Economics in association with National Institute of Securities Market (NISM) organized a two day workshop on 'Financial Education' under Kona Kona Shiksha Project (SEBI) to inculcate financial knowledge among the students to enhance their skill and employability.
Resource persons of the workshop – Mr. Nagesh Kumar (C.S. & Financial market trainer), Ms. Anita Saini and Ms. Jaswinder Kaur
Date: 24th and 25th February, 2023
Number of participants: 64



**S.R. Government College For Women
Amritsar**
Department of Economics
in association with
National Institute of Securities Markets (SEBI)
is organizing
A two day Workshop
Financial Education
Under
Kona Kona Shiksha Project
from
February 24, 2023 to February 25, 2023
Time: 9:00 am - 2:00 pm
in college premises.

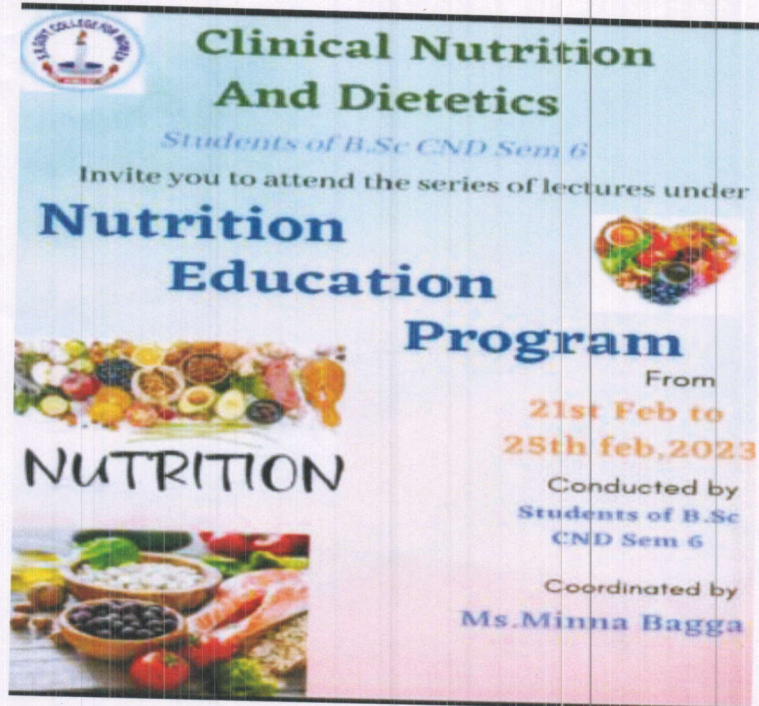
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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc Medical with CND

Interdepartmental Nutrition Education Program cum Workshop From 2Feb to 25 Feb 2023



Clinical Nutrition and Dietetics organized workshops under the "NUTRITION EDUCATION PROGRAMME" from 22nd Feb to 25th Feb 2023. Students of B.Sc. CND successfully and efficiently delivered lectures on the trending topics in the field of nutrition throughout the days. The Workshops took place under the able guidance and efforts of Principal Prof. Dr. Daljit Kaur and Activity coordinator Ms. Minna Bagga. The awareness lectures were given to various Departments.

A series of Workshops:

On 22 Feb 2023 - Lecture on "DIABETES" given by Garima Arora

On 23 Feb 2023 - Lecture on "PCOS" given by Navreen Kaur

On 24 Feb 2023 - Lecture on "ROLE OF NUTRITION IN AN ATHLETE'S LIFE" given by Manpreet Kaur

On 25 Feb 2023 - Lecture on "POWER OF BREAKFAST" given by Surbhi Kapoor

Lecture on "INTERMITTENT FASTING" given by Kajal Kumari

Nukkar Natak on "MALNUTRITION" presented by Bhumika Thapa

Principal Prof. Dr. Daljit Kaur, Dr. Kiranjeet Kaur Bal (Head of the Botany Department), Dr. Amandeep Kaur, Prof. Dr. Sunila Sharma. (Head of the Youth Club) Dr. Harmandeep Singh (Head of the Sports Department) also attended the Workshops. They admired the students for their efforts and also guided them with their insight. The lectures witnessed a spirited audience of more than 70 Students and faculty members.

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23/9/23
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College For Women
Amritsar:
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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc Medical with CND

**Interdepartmental Workshops
on Nutrition Education
from 22nd Feb to 25th Feb, 2023**

Day 1-Lecture Cum cooking demonstration by Garima Arora



Principal Prof Dr Daljit Kaur attending the cooking demo being given to the ladies



Garima explaining the importance of diet in diabetes



Jowar Idli



Fruit Shrikhand

1 Kaur
2 Arora

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23/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
Kaur

Week Long Workshop on Placement Grooming

College organized a week long workshops on Placement Grooming theme for the final year students of UG and PG classes. During this workshop, Dr. Meetu Singh conducted a session on logic and reasoning based module through power pint presentation On 15-02-2023.



Surinder Kaur

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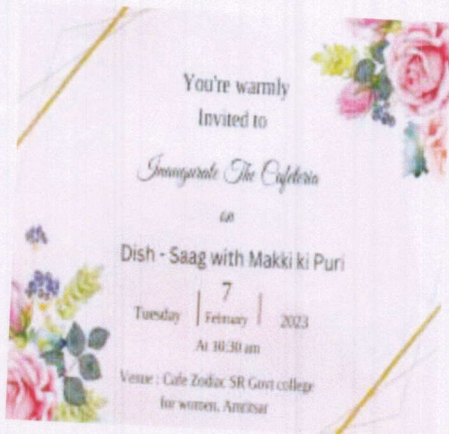
Principal,
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Kaur

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc Medical with CND

Cafeteria 2023

No. Of Participants : 100



The students of B.Sc. with CND run a Cafeteria on campus at subsidized rates. Three cafeterias were run in Feb, 2023 in Cafe Zodiac. These included Sarson Ka Saag and Makai Ki Roti, Cupcakes and Dahi Puri. The cafeteria was inaugurated by honourable Principal Prof. Dr. Daljit Kaur. She along with the other senior teachers tasted the food prepared by the students. She also appreciated the students for their hard work. Staff and students from all the departments visited and bought the food prepared by the students.



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23/9/23
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Amritsar.
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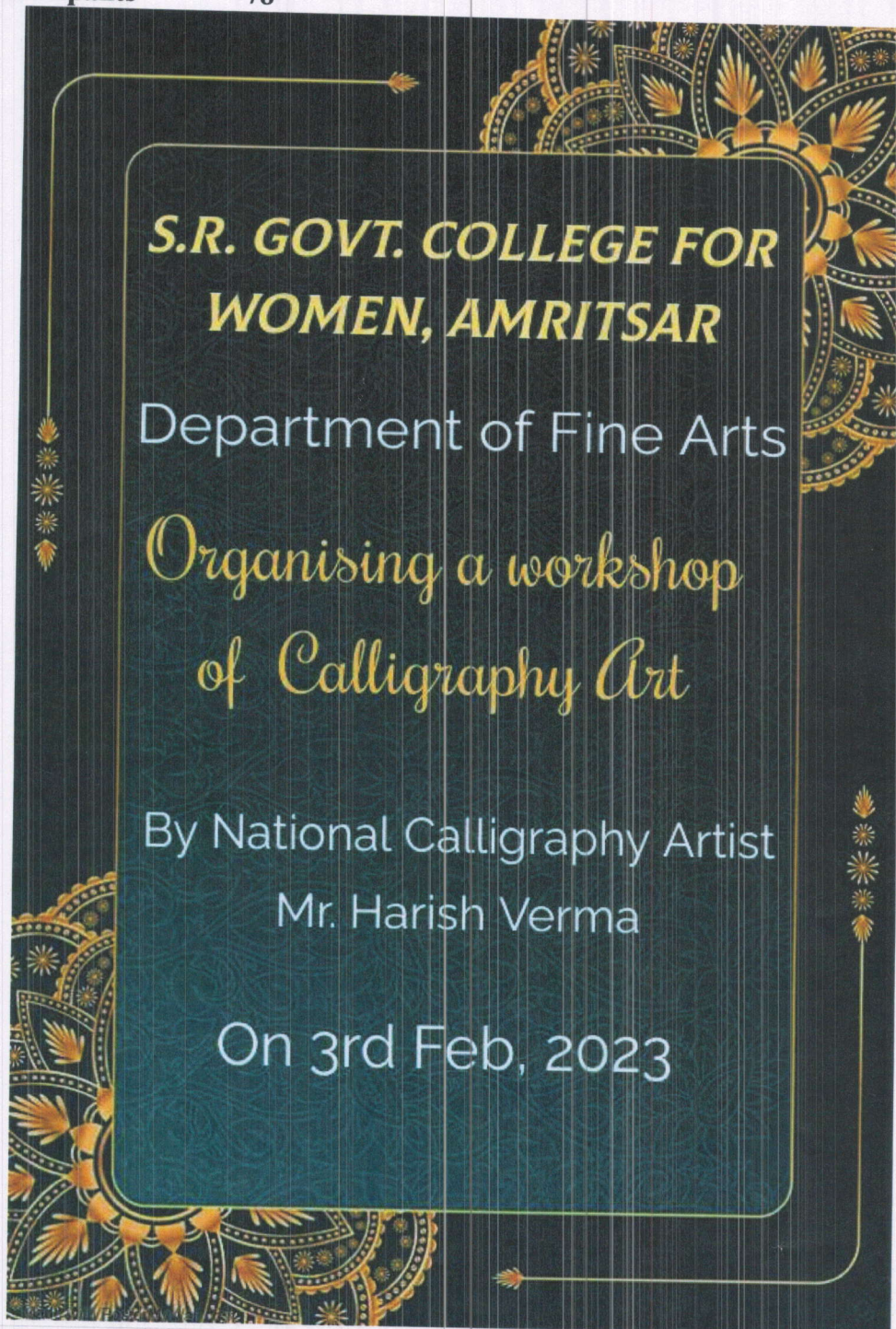
SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts

ACTIVITY 3

WORKSHOP ON CALLIGRAPHY ART

DATE : FEB 03, 2023

No. of Participants 78



Parvinder Kaur

24/9/23
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College For Women
Amritsar.
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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts

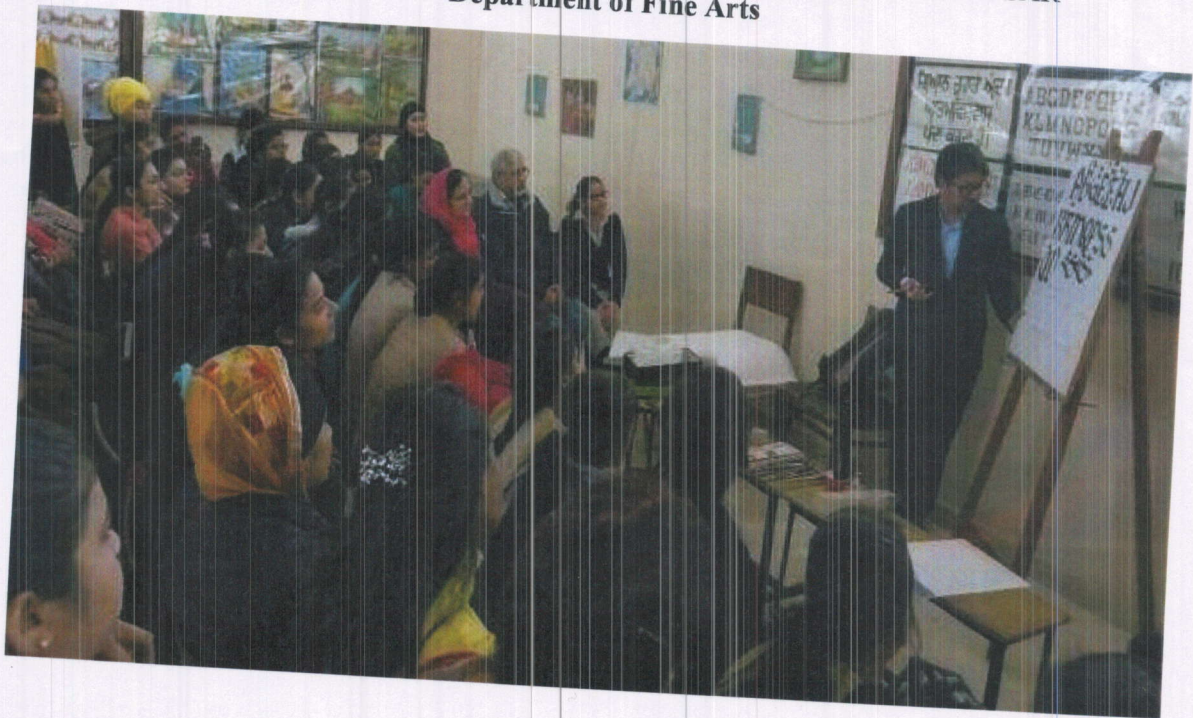
Fine Arts department of S.R. Govt. College for Women, Amritsar organised a workshop of Calligraphy Art on 03.02.2023. Mr. Harish Verma, a renowned National level, multi-talented artist was invited. The workshop was a very enlightening experience. The artist taught unique types of Calligraphy in free-stroke art. He exhorted the students that this Calligraphy is possible on any surface like T-shirts, bags, clay pots, etc. He emphasized that the purpose of teaching this art is not only for learning but they can support themselves financially. Principal Prof. Dr. Daljit Kaur graced the occasion. She appreciated the work of the artist and motivated the students to be accomplished in art form, for their betterment. The council members Dr. Surinder Kaur, Mrs. Kiranjit Bal, and Mr. Sachin Kalra were also present.



Sachin Kalra

20
24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
Name

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts



Pareenaz Khan

24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts



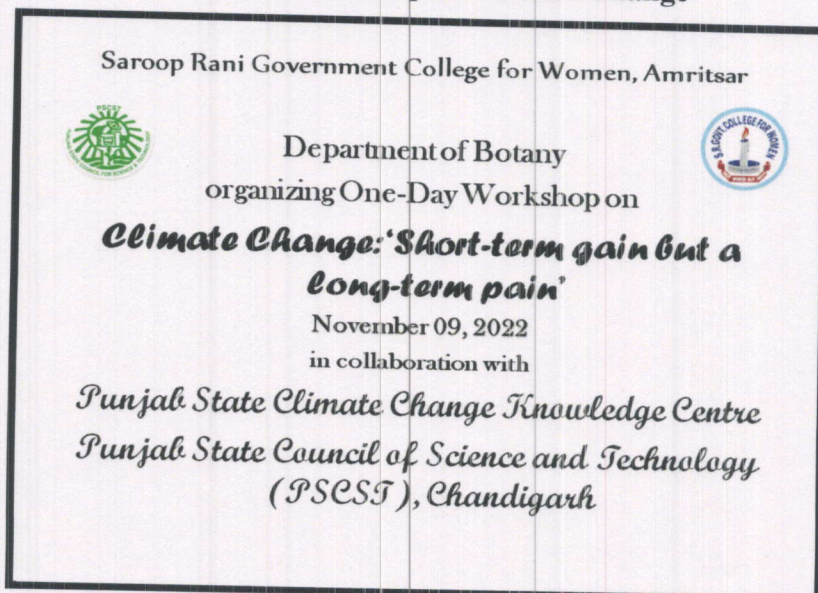
24/9/23

Principal,
Saroop Rani Government
College For Women
Amritsar,
Maru

Saranyit Kaur

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
DEPARTMENT OF BOTANY

One-Day Workshop on Climate Change



No. of Participants: 144

On November 9, 2022, Department of Botany, S.R. Govt. College (W), Amritsar organized One-day Workshop in collaboration with **Punjab State Climate Change Knowledge Centre, Punjab State Council of Science and Technology, Chandigarh** on "Climate Change: Short-term gain but a Long-term pain". During the technical session, S. Jagtar Singh, Deputy Director, Department of Horticulture, Punjab and S. Manjinder Singh, Lecturer, Govt. Polytechnic College, Amritsar shared their valuable views with the students.



23/9/23

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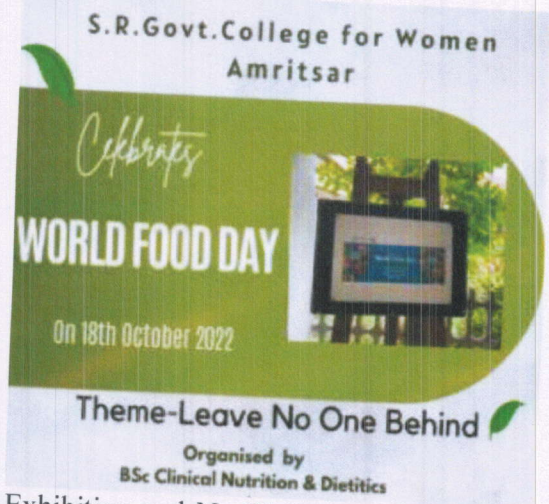
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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc Medical with CND

Workshop and Food Exhibition and No Fire Cooking Competition

Date 18 October 2022



Exhibition and No Fire Cooking Competition inaugurated by Madam Principal Prof. Dr Daljit Kaur which is conducted by the students of Clinical Nutrition and Dietetics on World Food Day. No fire Cooking Competition held by the department where Ms. Minna Bagga, Ms. Zeenia Mehra, Ms. Madhuri judged the 30 dishes made by the students. Prizes were distributed to the students who won in the competition. No of Participants -30



Theme of the day
Better production Better nutrition
Better environment
Better life



Principal Prof. Dr Daljit Kaur
Chief Guest of the day



Participants and the Teachers



1 kaur
2 Alima

20/23/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
Name



S.R. GOVT. COLLEGE FOR WOMEN, AMRITSAR

Department of Fine Arts

Organising a series of workshops on

1. Resin Art

Dated: 11.10.2022

2. Diwali Art & Craft on the occasion of Diwali

Dated: 14.10.2022



bearteam

Principal,
**Saroop Rani Government
College For Women
Amritsar.**

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts

ACTIVITY 1

RESIN ART

DATE : OCT - 2022

No. of Participants 78

Department of Fine Arts of Saroop Rani Government College for Women, Amritsar organized a series of workshops on Resin Art and Diwali Art & Craft on the occasion of Diwali.

1. Resin Art workshop organized by Fine Arts Department on dated 11.10.2022. The resource person was Mrs. Manpreet Kaur, college alumni. The students were taught different techniques of Resin Art. Principal Prof. Dr. Daljit Kaur and staff members attended the workshop.
2. Diwali Art and Craft workshop organized by Fevicryl Pidilite company Art Teachers Mam Kanchan on dated 14/10/2022. New themes on Diwali like traditional Toranas, Diya decorated with Shilpkar with Bird Motifs, and CD Art taught to students. College Principal prof. Dr. Daljit Kaur visited the workshop and appreciated the students' artwork.



Manpreet Kaur

24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts



Parvathy kaur

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24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts



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Principal,
Saroop Rani Government
College For Women
Amritsar.
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Paeangrit ban

छात्राओं को आत्मनिर्भर बनाना मूल उद्देश्य: प्रि. डॉ. दलजीत कौर



अमृतसर, पब्लिक दिलासा (ब्यूरो): सरूप रानी राजकीय महिला महाविद्यालय में कोमल कला विभाग की और से फेविक्रिल् पीडीलाईट कंपनी के कला अध्यापक मैडम कंचन द्वारा दीवाली वर्कशॉप लगवाई गई।

इस वर्कशॉप में प्रि. प्रो. डॉ. दलजीत कौर ने छात्राओं को प्रोत्साहित करते हुए ऐसी गतिविधियों के माध्यम से स्व. निर्भर बनने को

प्रेरित किया। इस वर्कशॉप में छात्राओं ने ओ एच पी शीट पर ग्लास कलर के साथ तोरण बनाना, शिल्पकार सामग्री के साथ दीयों के ऊपर पक्षियों के मोटिफ़स् के डिजाईन बनाने सीखे। इस वर्कशॉप का उद्देश्य छात्राओं को आत्म निर्भर बनाना था। इस वर्कशॉप में कोमल कला विभाग के अध्यक्ष परमजीत कौर, मोनिका सलारिया, ज्योति व भूगोल विभाग के डॉ. सतिंदर कौर उपस्थित रहे।

Pareyrikan

Principal,
Saroop Rani Government
College For Women
Amritsar.
mansi

SAROOP RANI GOVT. COLLEGE FOR WOMEN, AMRITSAR

2022-23

- Department has also undertaken an Outdoor Activity where students were taken to the office of a Chartered Accountant on 30-09-2022. The purpose of the activity was that students should have practical knowledge of "How to file an income tax return". The students were taken to Mr. Bhavesh Mahajan's (C.A.) office, Commerce Mastermind Rani Ka Bagh Amritsar.
Date: 30.09.2022
Participant :15



Handwritten signature

23/9/23

Principal,
Saroop Rani Government
College For Women
Amritsar.
name

→ WORKSHOP ON FOLK DANCE

Saroop Rani
Government College
for Women, Amritsar

**DANCE
DEPARTMENT
WORKSHOP FOR
YOUTH FESTIVAL
TRAINING**

**24/09/2022 TO
27/09/2022**

24.09-2022 to 27.09.2022

No. of PARTICIPANTS = 16

Name of Resource Person : Mr. Gurpreet Singh

Workshop was organized by dance department for youth festival training. In which the Mr. Gurpreet Singh the Bhangra Expert taught about the traditional folk dance (Luddi). The group of students enjoy the workshop and learn a lot about the technics of Luddi.



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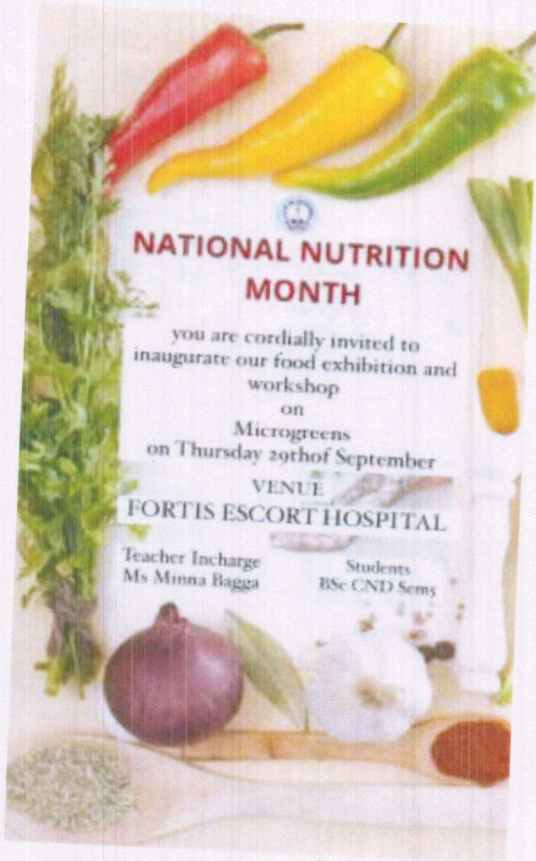
Sahela

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc Medical with CND

Nutrition Exhibition and Workshop on Microgreens At Fortis Escorts Multi-Speciality Hospital Amritsar
29 September 2022

Number of participants 70



Students of Clinical Nutrition and Dietetics in Collaboration with Fortis Escorts Multi Specialty Hospital Amritsar celebrated National Nutrition Month in the Hospital Amritsar. The Director and Dr H. P. Singh were the Chief Guest. They inaugurated the exhibition and workshop conducted by the students. Dean Dr H.P. Singh encouraged the students and appreciated them for their efforts Komalpreet Kaur and Surbhi Kapoor conducted a workshop on Microgreens. The exhibition and workshop was attended by the faculty and the attendants of patients. A recipe book was also published by the students.

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2 Alina

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CEO of Fortis Escort Multispeciality Hospital, Verka
Dr.H.P.Singh visiting to see the Food Exhibition



Doctors interacting with the Students



Doctors learning how to grow Microgreens

Ms.Minna Bagga and Students interacting with Doctors



Surbhi Kapoor of Sem V explaining to the People



Students with Ms. Minna Bagga and Guljeet Kaur Chief Dietitian Fortis hospital



Public Interaction with Students



Doctors visiting to see the Food Exhibition



Garima Arora, Manpreet kaur of Sem V and Harvet Kaur of Sem I explaining to the Public



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Brochure

BENEFITS

CANCER-FIGHTING
Many microgreens, including radish, contain high levels of polyphenols, which support cancer-fighting processes in the body.

MORE NUTRITIOUS
Microgreens contain more nutrients than their full-grown counterparts.

RICH IN VITAMINS
High in vitamins A, B, and C.

ARE MICROGREENS A SUPERFOOD?
Scientists see microgreens as a functional food, which means that they can provide key nutrients in a practical way. Some people call them a superfood. People have long grown mustard and cress on their kitchen window sashes and in classrooms. They are fun to grow, tasty to eat, and healthy.

A healthy Twist in diet'

MICROGREENS
Microgreens are made from sprouts that have been harvested just 7 to 10 days after germination. They are:
• Most smaller than 1.5 inches tall.
• Made from sprouts: alfalfa, radish, and more.
• A highly concentrated nutrient source.
• They can be made from just about any kind of vegetable or herb.

ARE MICROGREENS JUST SPROUTS?
Microgreens, contrary to what you might think, are not the same thing as sprouts. In fact, not only do they taste and look different, but from the way in which they are grown to harvest.

*In the garden of: Dr. Shweta Bhatt
By: Sumit Kaur, M.Sc. CND 2021*

HOW TO GROW MICROGREENS

- Soak seeds 6-8 hours, or according to package directions.
- Soak the growing mat with water, and place in a container or baking dish.
- Spread out the seeds.
- Cover and place near a window until the seeds sprout.
- Remove lid, and let grow until vibrant leaves appear.
- Water daily.

HOW MUCH MICROGREENS SHOULD I EAT A DAY?
Several websites that focus on calculating how much food one should eat suggest a serving size of microgreens is around 20-grams. This is a little more than 5/4 of an ounce. How many microgreens you should eat per day is subjective and depends on what other foods you are including in your diet.

GREEN GRAM MICROGREEN STIR FRY

Ingredients:
• 1 cup green gram (chickpea) flour
• 1/2 cup green gram (chickpea) flour
• 1/2 cup green gram (chickpea) flour
• 1/2 cup green gram (chickpea) flour
• 1/2 cup green gram (chickpea) flour

PLANTS

- Exhibition on Feb 24-25, 2023
1. Amritpal Walkeel
 2. Gaurathi Doshi
 3. Kunalpreet Kaur
 4. Anveleen Kaur
 5. Manmeet Kaur
 6. Kishish Mahajan
 7. Ravneet Kaur
 8. Rupinder Kaur
 9. Kirandeep Kaur
 10. Bhruvika Thapa
 11. Surbhi Kapoor
 12. Geetika Arora
 13. Kajal
 14. Manpreet Kaur
 15. Kavita
 16. Jyoti Kaur
 17. Anandpreet
 18. Jyoti Kaur
 19. Anandpreet
 20. Sukhpreet
 21. Rohanpreet
 22. Navpreet
 23. Anvi
 24. Anvi
 25. Harriet
 26. Harmanpreet
 27. Harpreet
 28. Jyoti
 29. Kirandeep
 30. Kunalpreet
 31. Meharpreet
 32. Mukta Khora
 33. Muskan Khanna
 34. Harshdeep
 35. Mandika Chopra
 36. Anveleen Kaur
 37. Radhika Khanna
 38. Manmeet Kaur
 39. Jyoti Kaur
 40. Sukhmanpreet Kaur
 41. Sukhmanpreet Kaur
 42. Kaitika Malhotra
 43. Gargi Chahal
 44. Meharpreet
 45. Dr. Pooj Singh
 46. Harshdeep Singh
 47. Harman
 48. Geetika Kaur
 49. Geetika Kaur
 50. Kunalpreet Kaur
 51. Gaurathi
 52. Geetika Kaur
 53. Anveleen Kaur
 54. Harshdeep Singh
 55. Anandpreet Singh
 56. Anandpreet Singh
 57. Anandpreet Singh
 58. Anandpreet Singh
 59. Kirandeep Kaur
 60. Anvi Lal Singh
 61. Jyoti Kaur
 62. Anandpreet Singh
 63. Gargi Singh
 64. Aditi
 65. Pooj Kaur
 66. Jyoti Kaur
 67. Sukhmani Devi
 68. Pooj Kaur
 69. Anvi
 70. Jyoti Kaur

1 kua
2 Aluna

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pawar

HOSPITALITY MANAGEMENT TRAINING

Date: 15-9-2022 to 30-9-2022
No. of Participants: 16

Report

Students of the department attended 15 days hospitality management training workshop at Khalsa College, Amritsar under their job training program. In the workshop students learnt all the aspects related to hospitality management.



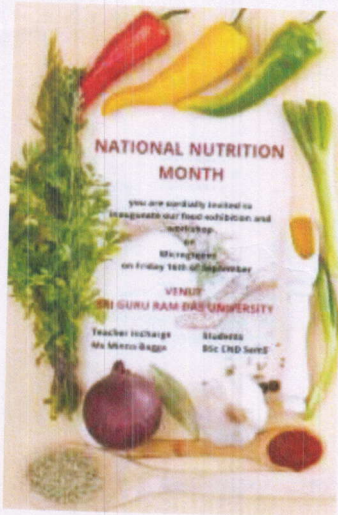
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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc Medical with CND

Nutrition Exhibition and Workshop on Microgreens at SGRD Medical University, Amritsar
16 September 2022 No of Participate -80



Students of Clinical Nutrition and Dietetics in Collaboration with S. G. R.D Medical University Amritsar celebrated National Nutrition Month in the SGRD Medical College Amritsar. The Vice Chancellor Dr. Daljit Singh was the Chief Guest. He inaugurated the exhibition and workshop conducted by the students of Clinical Nutrition and Dietetics. Dean Dr A.P. Singh and Principal Dr M.S.Uppal also encouraged the students and appreciated them for their efforts. Komalpreet Kaur and Surbhi Kapoor conducted a Workshop on Microgreens. Students displayed 90 healthy dishes to combat malnutrition. An expert committee of doctors judged the dishes and declared 5 prizes to the most nutritious recipes.

14 Sept 2022

1. Muskan Kaur	31. Anshika
2. Tejaswini Kaur	32. Anika
3. Neela Yadav	33. Anmol
4. Anshika Kaur	34. Anshika Kaur
5. Anshika Kaur	35. Anshika Kaur
6. Dr. Simran Kaur	36. Anshika Kaur
7. Anshika Kaur	37. Anshika Kaur
8. Anshika Kaur	38. Anshika Kaur
9. Anshika Kaur	39. Anshika Kaur
10. Anshika Kaur	40. Anshika Kaur
11. Anshika Kaur	41. Anshika Kaur
12. Anshika Kaur	42. Anshika Kaur
13. Anshika Kaur	43. Anshika Kaur
14. Anshika Kaur	44. Anshika Kaur
15. Anshika Kaur	45. Anshika Kaur
16. Anshika Kaur	46. Anshika Kaur
17. Anshika Kaur	47. Anshika Kaur
18. Anshika Kaur	48. Anshika Kaur
19. Anshika Kaur	49. Anshika Kaur
20. Anshika Kaur	50. Anshika Kaur
21. Anshika Kaur	51. Anshika Kaur
22. Anshika Kaur	52. Anshika Kaur
23. Anshika Kaur	53. Anshika Kaur
24. Anshika Kaur	54. Anshika Kaur
25. Anshika Kaur	55. Anshika Kaur
26. Anshika Kaur	56. Anshika Kaur
27. Anshika Kaur	57. Anshika Kaur
28. Anshika Kaur	58. Anshika Kaur
29. Anshika Kaur	59. Anshika Kaur
30. Anshika Kaur	60. Anshika Kaur
31. Anshika Kaur	61. Anshika Kaur
32. Anshika Kaur	62. Anshika Kaur

63	Muskandeep Kaur
64	Hanset
65	Sukhmanpreet Kaur
66	Pooja
67	Anjali
68	Dr. Poojika
69	Anshika
70	Srisiddhi
71	Maninder Kaur
72	Sneha
73	Sonia
74	Harpreet Kaur
75	Simran
76	Manika
77	Kirandeep Kaur
78	Radhika
79	Simran
80	Dr. Namita Goyal

1. Anshika
2. Anika

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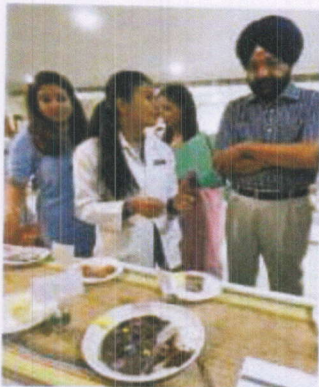
Food Exhibition

SGRD Medical University

16th September 2022



Vice Chancellor Dr. Daljit Singh and Dr. A.P. Singh interacting with Students



Bhumika of CND
Sem V explaining to the Vice Chancellor of SGRD
Medical University Amritsar



Doctors Interaction with
the students

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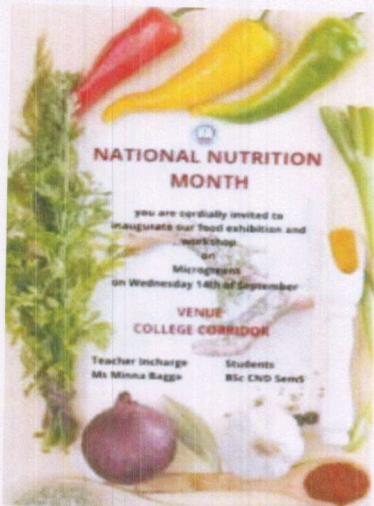
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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc Medical with CND

Nutrition Exhibition and Workshop on Micro-greens in the College Date 14th September 2022

No of Participants -50



National Nutrition Month was celebrated in the college Madam Principal Prof. Dr. Daljit Kaur was the Chief guest. She inaugurated the exhibition and workshop conducted by the students of Clinical Nutrition and Dietetics. Komalpreet Kaur and Surbhi Kapoor conducted a workshop on Microgreen. Students displayed 90 healthy dishes to combat malnutrition. Dietitians of various Hospitals of Amritsar attended the exhibition. Phulkari Women of Amritsar, Gardening Club members also attended the exhibition. A recipe book was also published by the students of CND department.

14 Sept 2022	
1	Mansoor Kaur
2	Shobnam Kaur
3	Sakshi Kaur
4	Aamirah
5	Pranshu Kaur
6	Sudhanshu Kaur
7	Manika Sharma
8	Rita
9	Kiranpreet Kaur
10	Sansiti
11	Kadika
12	Roopam
13	Pranshi
14	Garima
15	Nandini Kaur
16	Muskanpreet Kaur
17	Harit
18	Purnima Kaur
19	Jaspreet Kaur
20	Pooja Sharma
21	Sapna
22	Komal
23	Manita
24	Leena
25	Rajia
26	Simran
27	Manika Kaur
28	Kajal Kaur
29	Simmi
30	Komal
31	Pranshi
32	Sangma Bhagat
33	Mansoor Kaur
34	Madhuri
35	Kadika Sharma
36	Mansoor Kaur
37	Liza Malhotra
38	Harit Kaur
39	Kul Kaur
40	Kiranpreet Kaur
41	Sonia
42	Sansiti Anand
43	Dakshina
44	Kadika
45	Anchal
46	Muskanpreet Kaur
47	Sonika
48	Deekhi Kaur
49	Anshu Kaur
50	Rajni

1 Kurb
2 Minna

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Students with the Principal Prof. Dr. Daljit Kaur and the Staff



Prof. Dr. Daljit Kaur interacting with the students

Recipe Book



Recipe Book released by the Principal Prof. Dr. Daljit Kaur



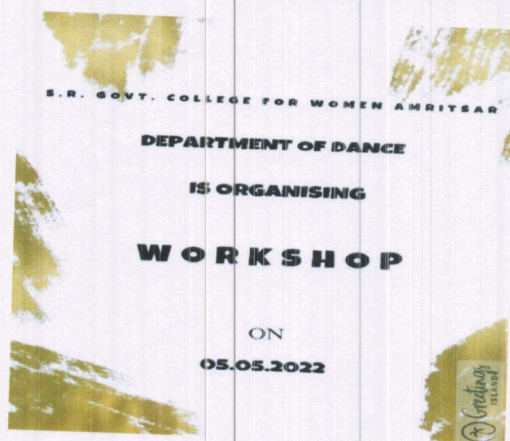
Dishes from the Recipe Book displayed



1 Kaur
2 Kaur

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Kaur

→ WORKSHOP ON HISTORY & NEW TRENDS OF KATHAK DANCE



05.05.2022

No. of PARTICIPANTS = 45

Name of Resource Person : Dr. Rashmi Nanda

Workshop was organized by dance department on the topic of History and new trends of Kathak dance. In this workshop our esteemed Resource person Dr. Rashmi Nanda narrated the old and new versions aspects of dance



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Mansi

Sobha



WORKSHOP

Date :- 5-5-2023

No. of Students :- 45

1	20110033	Aashika
2	20110034	Kaushik
3	20110031	Jyoti
4	20110042	Pragati
5	20110092	Sandhya
6	20110087	Nishita
7	20110076	Lakshya
8	20110181	Chandni
9	20110238	Shubhi
10	20110259	Suman
11	20110282	Kirti
12	20110278	Divya
13	20110258	Palak
14	20110242	Kamdeep
15	20110248	Shweta
16	20110301	Pranshi
17	20110311	Kritika
18	20110343	Sakshi
19	20110340	Siddhi
20	20110347	Vijal
21	20110364	Raviya
22	20110382	Ramandeep

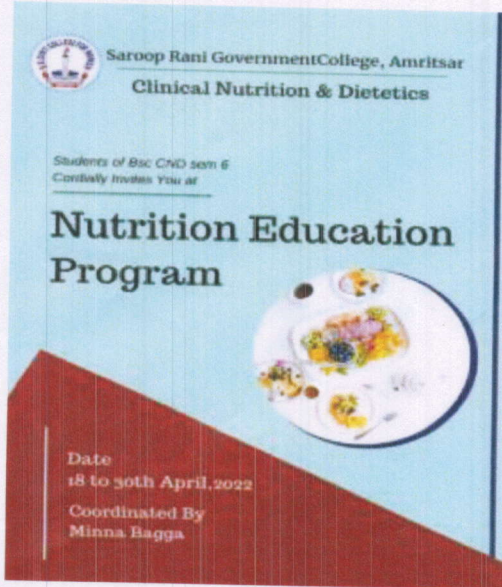
23	20110381	Arundeep
24	20110346	Vijal
25	20110367	Pranshi
26	20110329	Ramandeep
27	20110322	Kamdeep
28	20110334	Kritika
29	20110336	Shweta
30	1211780410487	Palak
31	1211780410487	Arundeep
32	1211780410487	Shweta
33	1211780410487	Kritika
34	1211780410487	Pranshi
35	1211780410487	Kamdeep
36	1211780410487	Shweta
37	1211780410487	Kritika
38	1211780410487	Pranshi
39	1211780410487	Kamdeep
40	1211780410487	Shweta
41	1211780410487	Kritika
42	1211780410487	Pranshi
43	1211780410487	Kamdeep
44	1211780410487	Shweta
45	1211780410487	Kritika

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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with CND

NUTRITION EDUCATION WORKSHOP CONDUCTED BY THE STUDENTS OF CLINICAL NUTRITION AND DIETETICS



A Series Of Lectures Were Held By The Students For Various Departments From 18th To 30th April 2022

Topics Covered

ATHLETES - PHYSICAL EDUCATION DEPARTMENT

BALANCED DIET TO THE SWEEPERS

ANAEMIA TO YOUTH CLUB OF THE COLLEGE

IMPORTANCE OF ANTIOXIDANTS TO HINDI DEPARTMENT

POST-MENOPAUSAL OSTEOPOROSIS FOR THE FACULTY OF THE COLLEGE

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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc Medical with CND

Workshop cum Exhibition in Collaboration with IAPEN(Indian association for Parenteral and Enteral Nutrition) Amritsar chapter on Healthy Nutrition
26 APRIL 2022

Students of BSc Clinical Nutrition and Dietetics organized an exhibition named 'NUTRIBITION' in collaboration with IAPEN India Association for Parenteral and Enteral Nutrition. Under this we covered Five essential nutrients i.e Energy, Protein, Calcium, Vit -A, Iron. In the exhibition, a variety of healthy recipes were displayed and Principal Mrs Jyoti Bala launched a **Healthy Recipe Book** prepared by the students. During the event students of the college were made to play games in return of which they were given some amazing prizes.

Madam **Principal Ms. Jyoti Bala**, **Ms Guljeetkaur** Chief Dietician, **Dr PK Patti** Professor and Dept of Agriculture, GNDU, **Ms. Minna Bagga** Assistant professor of Nutrition and Dietetics department, **Dr. Cheenam Bhatia** Dietitian at SGRD hospital and many more teachers glorified the event.

Cash prizes were given by Dr. Patti to the best recipes at the end of the event. Sukhleen got first prize for Ragi Bread, Garima got second prize for Soya Kulfi, Bhumika got third prize for Oats Bar, Kanika (H.Sc sem 6) got fourth prize for Sprouts Tikki with Chia Seeds, and Udit got fifth prize for Iron Balls. It was an amazing event and everyone appreciated the efforts of students.



1. Sukhleen
2. Garima

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National Nutrition Month - 2021

1. VanSukh Mahajan	35. Bhupinder
2. Jasleen Kaur	36. Parvinder
3. Usha	37. Poojinder
4. Leela Khosla	38. Anshudeep
5. Rajinder Kaur	39. Rajinder
6. Kuldeep Kaur	40. Anshudeep
7. Simranjit Kaur	41. Anjali
8. Sarandeep Kaur	42. Anshudeep
9. Kanchan	43. Anshudeep
10. Smita	44. Anshudeep
11. Sukhleen Kaur	45. Anshudeep
12. Simranjit Kaur	46. Anshudeep
13. Sandeep	47. Anshudeep
14. Diksha	48. Anshudeep
15. Gurleen	49. Anshudeep
16. Lalit	50. Anshudeep
17. Lijah	51. Anshudeep
18. Anshudeep	52. Anshudeep
19. Anshudeep	
20. Anshudeep	
21. Anshudeep	
22. Anshudeep	
23. Anshudeep	
24. Anshudeep	
25. Anshudeep	
26. Anshudeep	
27. Anshudeep	
28. Anshudeep	
29. Anshudeep	
30. Anshudeep	
31. Anshudeep	
32. Anshudeep	

1 Anshu
2 Anshu

26/9/23

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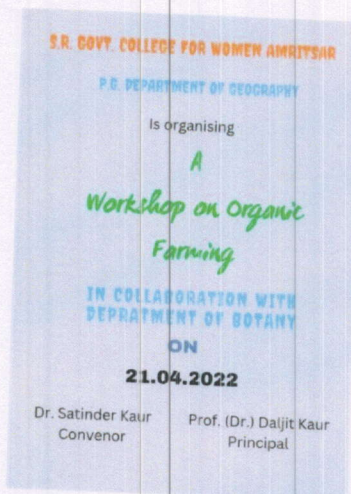
2021-2022

WORKSHOP ON ORGANIC FARMING

Date 21.04.2022.

A workshop on "Organic Farming" was organised in collaboration with Department of Botany. A stall was displayed with organically grown plant. On this occasion saplings were distributed free of cost to staff members and students.

Number of participants: 55



Satinder Kaur

23/9/23

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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with CND

SGRD Institute of Med. Sciences to attend the Workshop and Seminars conducted by the Dietetics Department

21 April 2022,

Number of Participants -- 26

Students of CND got an opportunity to visit Shri Guru Ram Das Institute of Medical Sciences & Research, Amritsar to attend a workshop on "HEPATIC NUTRITION" organized by the Dr. Cheenam Bhatia Saund Chief Dietitian, Dietetics Department, SGRD. The workshop was very informative. Later, another lecture was given on "Palliative care" which was also very informative. Minna Baggawas honored by Dr Anuradha Vice Principal.



19310001	Vaishali Mahajan
2	Harleen Kaur
3	Hija
4	Uditi Sharma
19310005	Balsimlee Kaur
19310010	Kushali Sharma
11	Sharanjit Kaur
12	Sahardeep Kaur
13	Rakhi
14	Suniti
19310016	Sickaleen Kaur
17	Sharanbati Kaur
18	Sandeep Kaur
19	Diksha
20	Surleen Kaur
19310022	Pallavi
19310024	Rimpi
25	Sandhya Sharma
26	Shubhpreet Kaur

1 Kaur
2 Minna

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Mann

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with CND

WORKSHOP TO IMPART NUTRITION EDUCATION AT THE GOVERNMENT SCHOOL CHHEHARTA

5 APRIL 2022

No. Of Participants = 19

On 5 April, 2022 Students of CND accompanied by Teacher Minna Bagga visited Government Girls Sen. Sec School Chheharta Amritsar to impart **Nutrition Education** to the students and also to see the functioning of **Mid-Day Meal Program**.

The CND students had prepared special Lectures for the school students on the topics most prevalent in their age groups such as **Calcium, Iron, Protein, Vitamin-A [Its Sources And Deficiency Etc.]**, **Immunity, Adolescent Health**. The presentation was amazingly understood by the school students.

Later, an interactive session was held with school students and various questions were asked about all these topics. All students received a healthy granola bar for being attentive during the class.

Students also visited the school kitchen. Kitchen staff was very cooperative and explained the working of Mid Day Meal to the students. Kitchen follows 7day Cyclic Menu. Khichdi & kheer was served to the school children.



1 Minna Bagga
2 Alina

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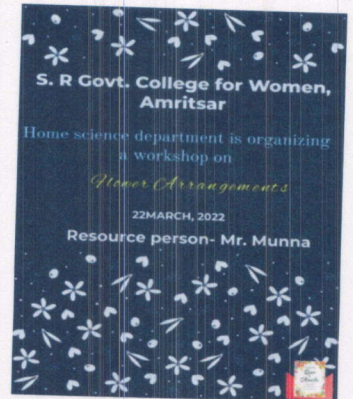
WORKSHOP ON FLOWER ARRANGEMENT

RESOURCE PERSON: MR. MUNNA

Date: 22 March, 2022
No. of Participants: 41

Report

A Flower Arrangement Workshop of fresh flowers for arts faculty students was organized to teach them the art of flower decoration. Trained florist taught students various art forms of flower decoration so that they could easily make bouquets on their own. This endeavor provided hands on training to the students and helps them to learn while they learn.



Zeena

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Munna

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with CND

Workshop cum Exhibition Of The Foods Of Punjab In Punjabi Maah

26 November 2021

Number of participants- 55

Punjabi Maah was celebrated by the Clinical Nutrition and Dietetics. In this exhibition students presented the traditional dishes of Punjab in a very beautiful way. They also shared the nutritional value of these dishes with the audience. The Principal of the college, Mrs. Jyoti Bala told the students about many other Punjabi Cultural Aspects in the event. She was very happy with the hard work, unity and contribution of the students and was also very encouraging. The exhibition was very informative and gave a glimpse of the Punjabi Heritage.



Exhibition Foods Of Punjab
26th November 2021

S. No.	Class	Roll No.	Name	Signature
1	B.Sc. (H) Sem 1	19130001	Vandana	Vandana
2	B.Sc. (H) Sem 1	19130002	Naureen	Naureen
3	B.Sc. (H) Sem 1	19130003	Anga	Anga
4	B.Sc. (H) Sem 1	19130004	Shikha	Shikha
5	B.Sc. (H) Sem 1	19130005	Pranika	Pranika
6	B.Sc. (H) Sem 1	19130006	Harshika	Harshika
7	B.Sc. (H) Sem 1	19130007	Amrita	Amrita
8	B.Sc. (H) Sem 1	19130008	Arshika	Arshika
9	B.Sc. (H) Sem 1	19130009	Rashika	Rashika
10	B.Sc. (H) Sem 1	19130010	Chiranjeev	Chiranjeev
11	B.Sc. (H) Sem 1	19130011	Shobika	Shobika
12	B.Sc. (H) Sem 1	19130012	Shikha	Shikha
13	B.Sc. (H) Sem 1	19130013	Shikha	Shikha
14	B.Sc. (H) Sem 1	19130014	Shikha	Shikha
15	B.Sc. (H) Sem 1	19130015	Shikha	Shikha
16	B.Sc. (H) Sem 1	19130016	Shikha	Shikha
17	B.Sc. (H) Sem 1	19130017	Shikha	Shikha
18	B.Sc. (H) Sem 1	19130018	Shikha	Shikha
19	B.Sc. (H) Sem 1	19130019	Shikha	Shikha
20	B.Sc. (H) Sem 1	19130020	Shikha	Shikha
21	B.Sc. (H) Sem 1	19130021	Shikha	Shikha
22	B.Sc. (H) Sem 1	19130022	Shikha	Shikha
23	B.Sc. (H) Sem 1	19130023	Shikha	Shikha
24	B.Sc. (H) Sem 1	19130024	Shikha	Shikha
25	B.Sc. (H) Sem 1	19130025	Shikha	Shikha

26	B.Sc. (H) Sem 1	19130026	Shikha	Shikha
27	B.Sc. (H) Sem 1	19130027	Shikha	Shikha
28	B.Sc. (H) Sem 1	19130028	Shikha	Shikha
29	B.Sc. (H) Sem 1	19130029	Shikha	Shikha
30	B.Sc. (H) Sem 1	19130030	Shikha	Shikha
31	B.Sc. (H) Sem 1	19130031	Shikha	Shikha
32	B.Sc. (H) Sem 1	19130032	Shikha	Shikha
33	B.Sc. (H) Sem 1	19130033	Shikha	Shikha
34	B.Sc. (H) Sem 1	19130034	Shikha	Shikha
35	B.Sc. (H) Sem 1	19130035	Shikha	Shikha
36	B.Sc. (H) Sem 1	19130036	Shikha	Shikha
37	B.Sc. (H) Sem 1	19130037	Shikha	Shikha
38	B.Sc. (H) Sem 1	19130038	Shikha	Shikha
39	B.Sc. (H) Sem 1	19130039	Shikha	Shikha
40	B.Sc. (H) Sem 1	19130040	Shikha	Shikha
41	B.Sc. (H) Sem 1	19130041	Shikha	Shikha
42	B.Sc. (H) Sem 1	19130042	Shikha	Shikha
43	B.Sc. (H) Sem 1	19130043	Shikha	Shikha
44	B.Sc. (H) Sem 1	19130044	Shikha	Shikha
45	B.Sc. (H) Sem 1	19130045	Shikha	Shikha
46	B.Sc. (H) Sem 1	19130046	Shikha	Shikha
47	B.Sc. (H) Sem 1	19130047	Shikha	Shikha
48	B.Sc. (H) Sem 1	19130048	Shikha	Shikha
49	B.Sc. (H) Sem 1	19130049	Shikha	Shikha
50	B.Sc. (H) Sem 1	19130050	Shikha	Shikha
51	B.Sc. (H) Sem 1	19130051	Shikha	Shikha
52	B.Sc. (H) Sem 1	19130052	Shikha	Shikha
53	B.Sc. (H) Sem 1	19130053	Shikha	Shikha
54	B.Sc. (H) Sem 1	19130054	Shikha	Shikha
55	B.Sc. (H) Sem 1	19130055	Shikha	Shikha

1 Kurb
2 Shikha

Principal,
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College For Women
Amritsar.
namu

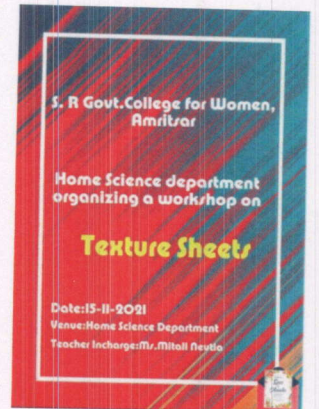
WORKSHOP ON TEXTURED SHEET

Date: 15-11-21

No. Of Participants: 37

Report

Workshop on Textured Sheet Making for gift wrapping, card making and file cover making was organized for Science Faculty students, where they were taught various simple techniques of making designs by B.Sc. Home Science Sem 1 students under guidance of their teacher Ms. Mitali Nevtia.



Leena

2
24/9/23
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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts

ACTIVITY 2

FEVICRYL WORKSHOP

DATE : 27.10.2021
No. of Participants : 20



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Amritsar.

Pooja Kaur

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts

Fevicryl Art Workshop was organized in Fine Arts department by Mrs. Kanchan from Fevicryl company. Students learned different techniques and skills in fabric painting with unique ideas. Principal Madam, Mrs. Jyoti Bala encouraged the students to develop the skills which will help them to grow economically in life.



37, Mcleod Road, Rani Ka
Bagh, Amritsar Cantonment, Amritsar, Punjab 143001, 25.0 °C

2/29/23

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Amritsar,
waw

Parvinder Kaur

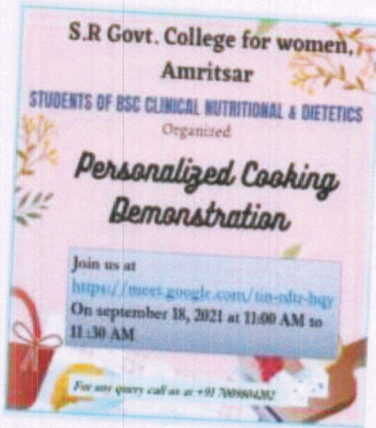
SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with CND

PERSONALIZED COOKING DEMONSTRATION ---COOKING WITH MILLETS (ONLINE)

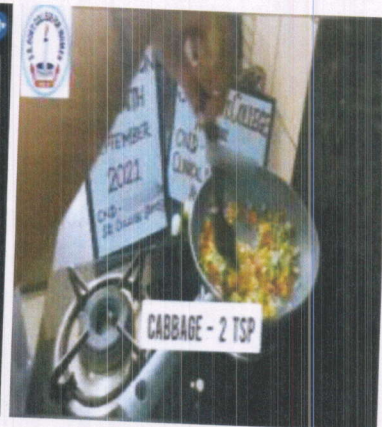
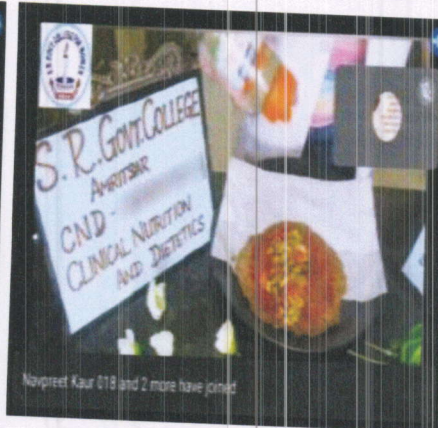
Date: 18 September 2021

Number of participants 72



Tavleen kaur and Sukhleen kaur of CND prepared the dishes online and taught the viewers how to make use of millets in our daily life. Tavleen kaur made Oats Smoothie and Bajra Veggie Wrap. Sukhleen made millet garlic bread and pineapple upside down cake

Madam principal Mrs. JyotiBala was the chief guest of the day. The viewers appreciated the recipes. The webinar is posted on our YouTube channel the link is shared here https://youtu.be/GNjEY_DpeYk



1 kaur
2 kaur

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kaur

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B.Sc. Medical with CND



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Handwritten signature and date: 26/9/23

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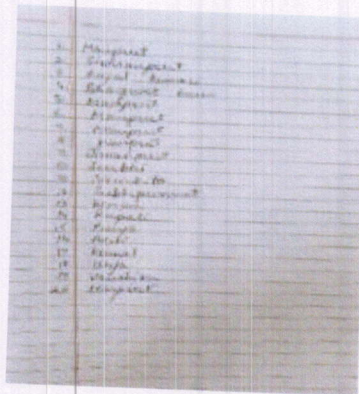
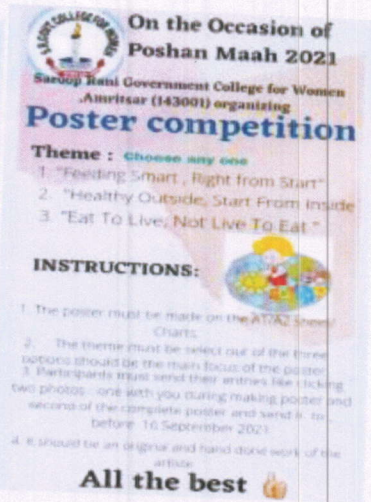
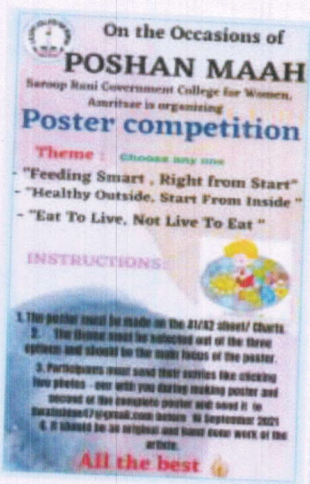
SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with CND

PoshanMaah (National Nutrition Month) 2021

Under the flagship program of Prime Minister Narendra Modi , PoshanMaah was celebrated in the college by the students of CND. Various online programs were conducted by the students to spread awareness amongst the public. Madam Principal JyotiBala also participated in the events.

Slogan writing/ poster making competition: 16th September 2021
Number of Participants - 20



Feeding smart right from start
Healthy outside, start from inside
Eat to live not live to eat

Prizes

- 1st Manpreet Kaur Bscsem 3 CND
- 2nd Simranpreet Kaur Bscsem 3 CND
- 3rd KajalKumariBscsem 3 CND
- Consolation prize
- SanchitaBscsem 5 CND

1 *Manpreet*
2 *Simranpreet*

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namu

Saroop Rani Government College for Women
PG Department of Commerce & Management

Online Workshop on GST- FILING

Date – 01/06/2021

No. of Participants – 100

An online workshop on GST Filing was organised by Department of Commerce & Management under the able guidance of HOD Prof. Dr. Daljit Kaur in 2 sessions for students of B.com Sem 4 & 6 to guide them about various methods of filing GST Return and familiarise them with different softwares for filing GST. The Resource person for the workshop was Ms. Danisha Mahajan who is self employed as a GST practitioner.

S. R. Government College for Women, Amritsar
Department of Commerce & Management

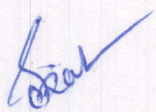

Online Workshop on E-Filing of GST Return

Date: 1st June, 2021
Time: 1:00 PM (IST)

Resource person
Mrs. Danisha Mahajan
Office Manager
Financial, Legal &
Secretarial Compliances

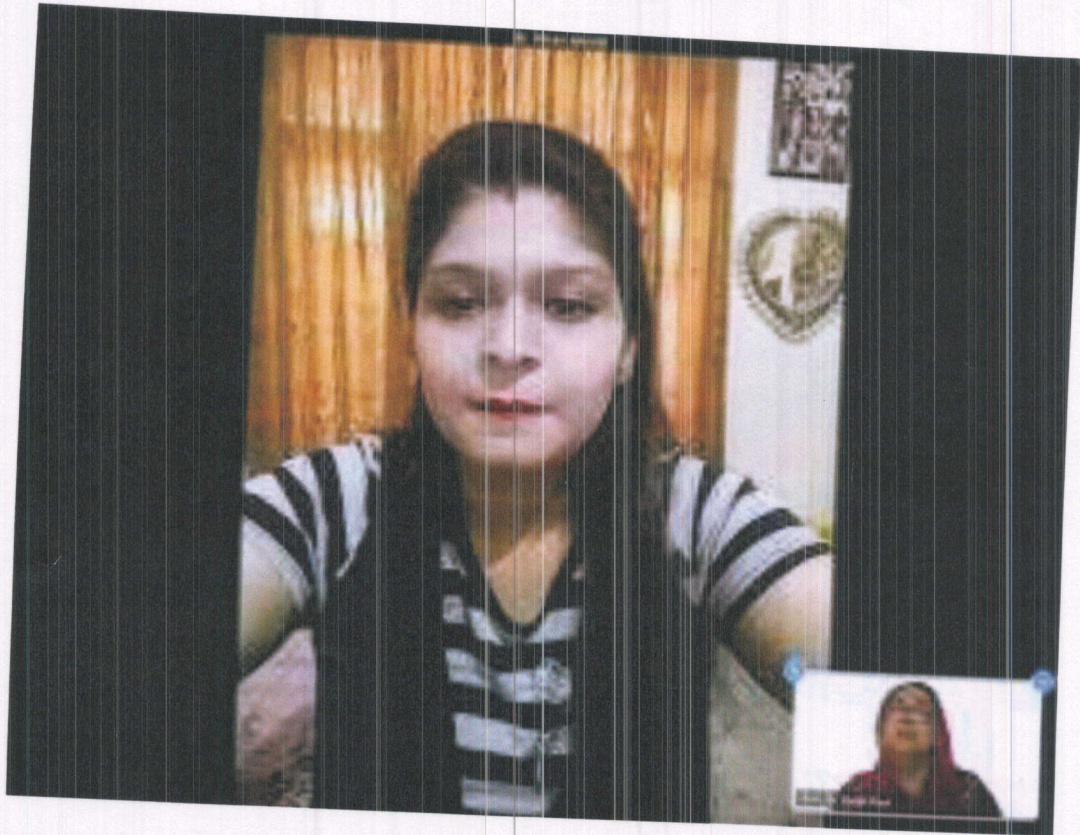
Join Zoom meeting
Meeting ID: 710 2432 0761
Passcode: DCM1234

Prof. Dr. Daljit Kaur
Head of Department

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2/23/9/23
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College For Women
Amritsar.
Kaur

Saroop Rani Government College for Women
 PG Department of Commerce & Management



1:29 PM Tue 1 Jun

End Zoom

Mute Stop Video Share Content Participants More

Form No.	Details in form
GST INT-1	Electronic tax liability Reg
GST INT-2	Electronic Credit ledger of
GST INT-3	Order for Re-credit of the ledger
GST INT-4	Electronic cash ledger of
GST INT-5	Challan for deposit of GS
GST INT-6	Payment register of tem
GST INT-7	Application of Credit of Missing Pay (CIM) generated)

Participants (100)

Q Search

Waiting Room (1) v

18120075 Gurleen kaur B.com Joining...

In the Meeting (99) v

PD Prof. Dr. Daljit Kaur (Host, me)

DV Danisha mahajan

(18120044) Chahat B.com VI

18120002 Garima B.Com(Semester...

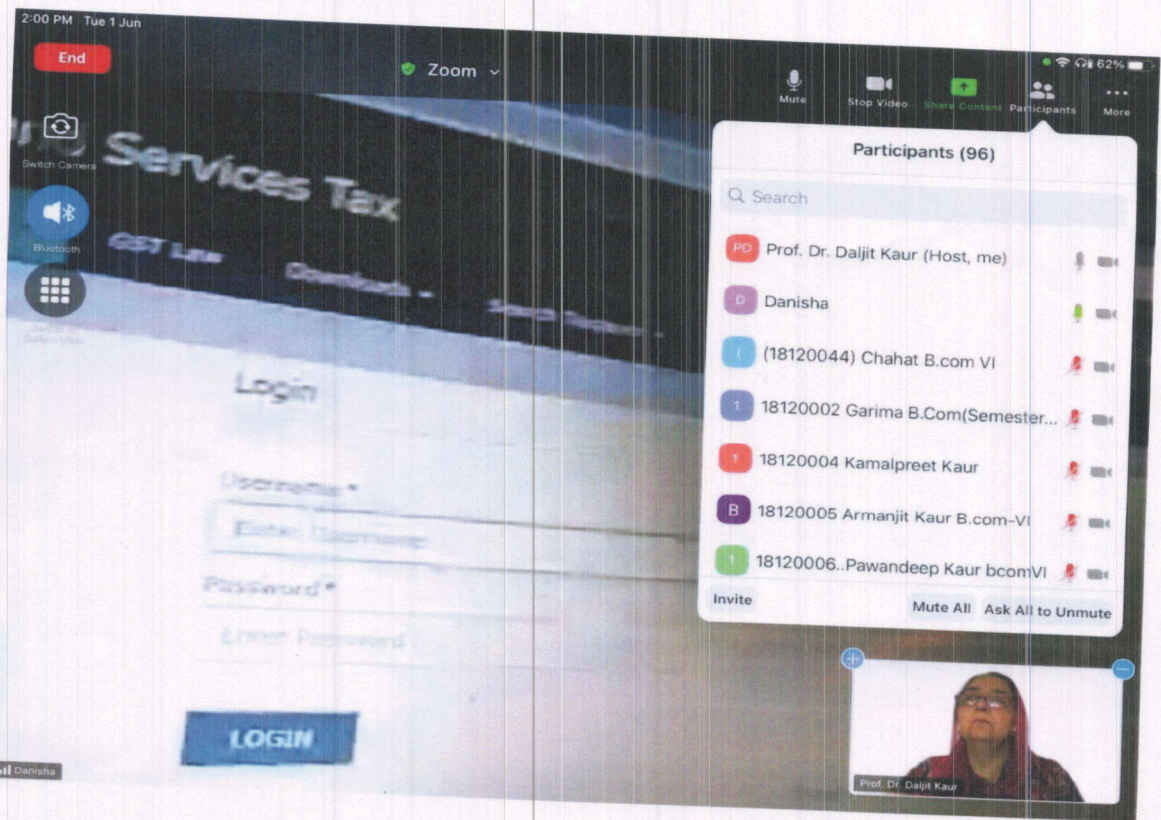
18120004 Kamalnreet Kaur

Invite Mute All Ask All to Unmute

Prof. Dr. Daljit Kaur

- 1.
- 2.

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 23/9/23



1. *Sarab*
 2. *Bu...*

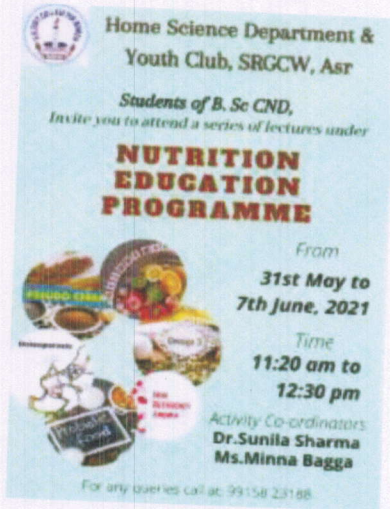
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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with CND

Nutrition Education Program Workshop (ONLINE)

Date: 31st May to 7 June 2021



Series of Webinars under "Nutrition Education Program held by .Students of B.Sc. Clinical Nutrition and Dietetics from 31st May to 6th June,2021. Students of B.Sc. Clinical Nutrition & Dietetics (CND) successfully and efficiently delivered lectures on the trending topics in the field of nutrition throughout the week. The webinars took place under the able guidance and efforts of Ms. JyotiBala, Principal SRGCW, and activity coordinators, Ms.Minna Bagga.

Amisha Gulati, GuneetBedi, Mannat Duggal, Muskan Khanna, Sukhpreet Kaur, Himangi Sharma, Kirandeep Kaur and Kiratdeep Kaur gave interesting and knowledgeable lectures throughout the series. Dr. Mridula Mahajan, Retired Head Department of Biochemistry, Govt. Medical College, Amritsar also gave insights about the topics covered.Dt. Guljit Dang, Senior Dietitian, Fortis Hospital and Dt. Swati Gupta, Senior Dietitian, Smt. Parvati Devi Hospital moderated the program. They admired the students for their efforts and also guided them with their insight. They congratulated the college for a fruitful series. The whole series witnessed a spirited audience of more than 100 people. This included staff, various faculty members and students from far off colleges too.

Link for the lectures on our You-tube channel NUTRITION WORLD

No. of participants : 100

1 Anna

2 Anna

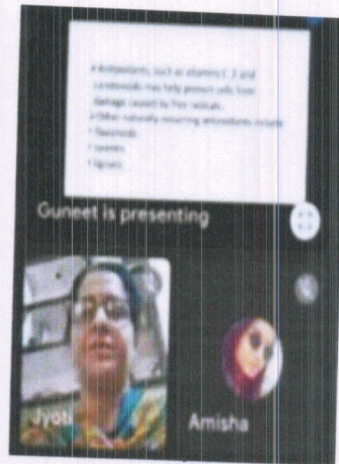
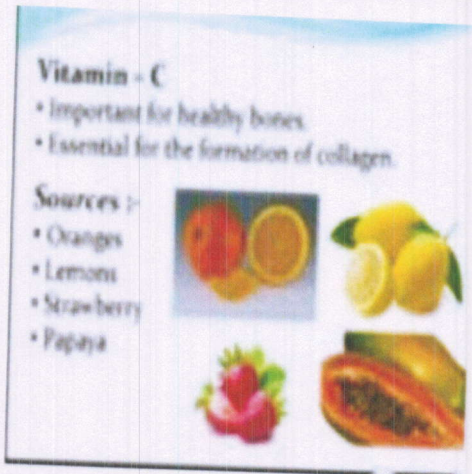
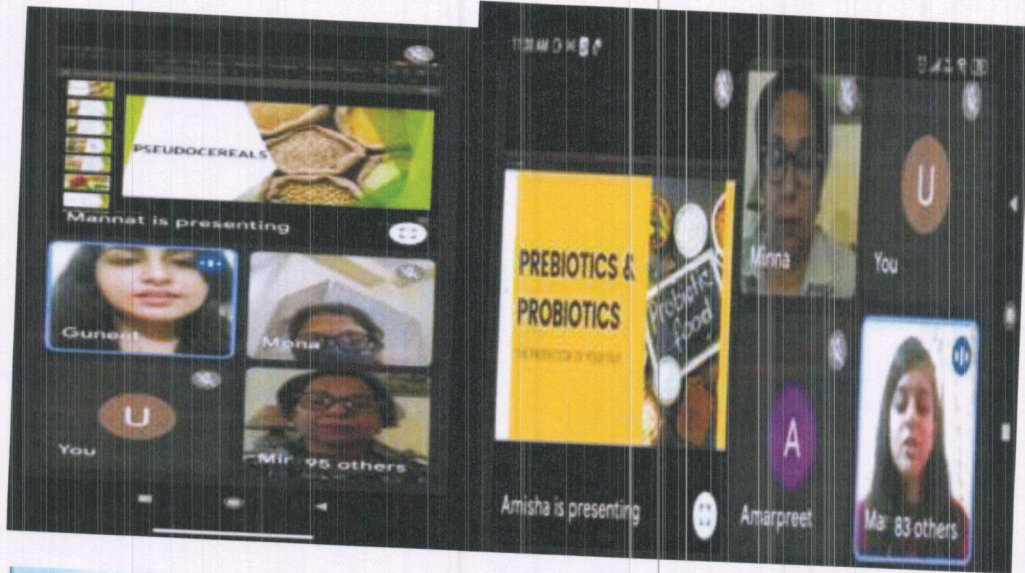
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Anna

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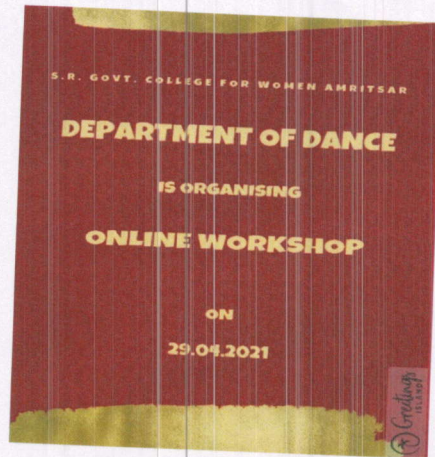
B.Sc. Medical with CND



1. kush
2. dilu

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narsi

→ WORKSHOP ON WORLD DANCE DAY



29.04.2021

No. of PARTICIPANTS = 37

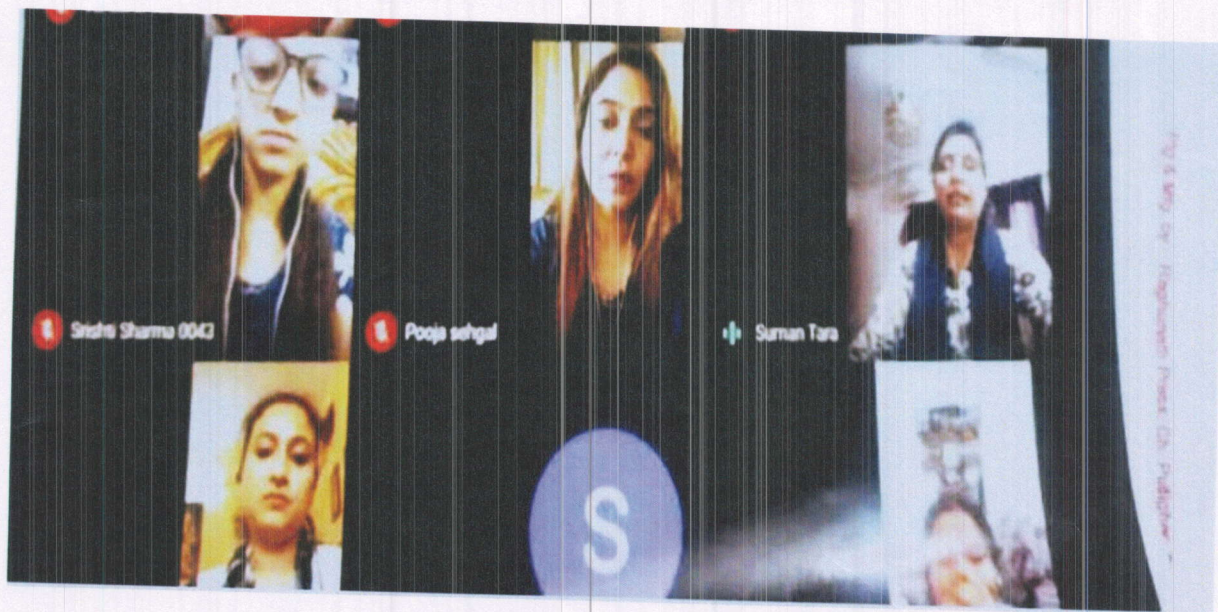
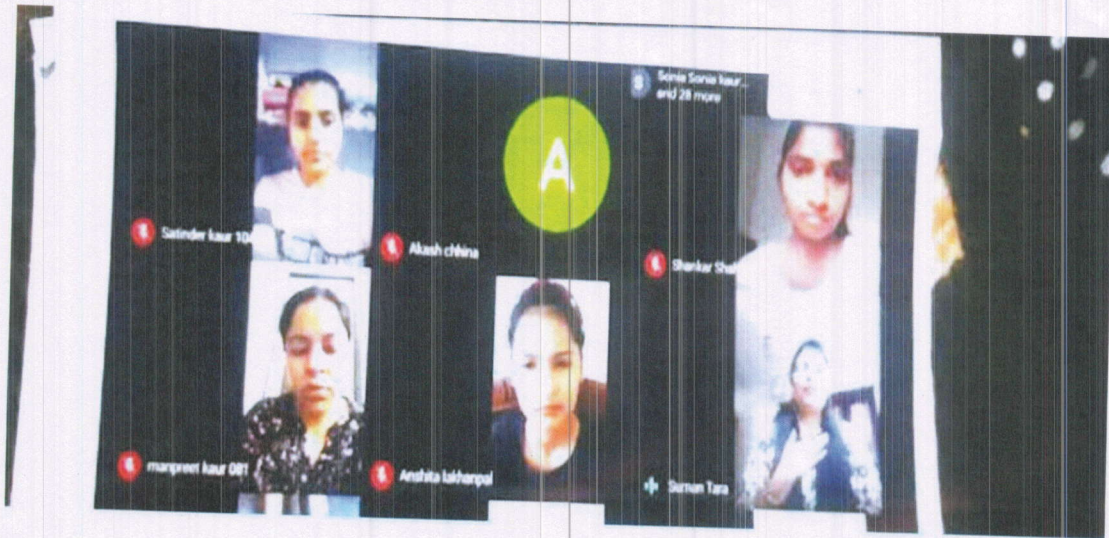
Name of Resource Person : Mrs. Kanika Sharma

To celebrate the world dance day, dance department organized online workshop, In which lecture was delivered by Mrs. Kanika Sharma , HOD Dance Department DAV Public School. She explained the different forms of world dances. The lecture was really very informative for the students.



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College For Women
Amritsar.
Manu

Sabhi



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Name

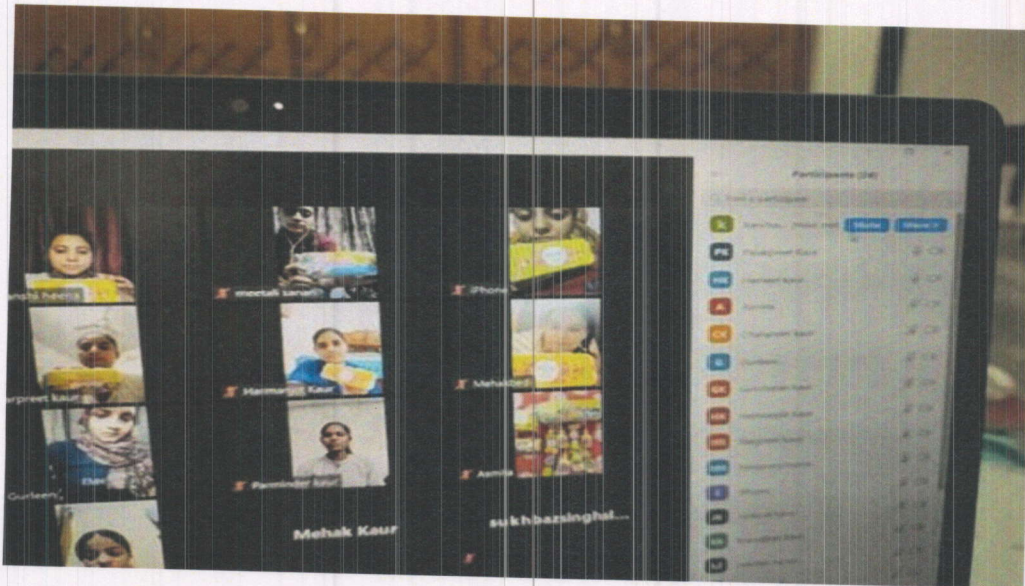
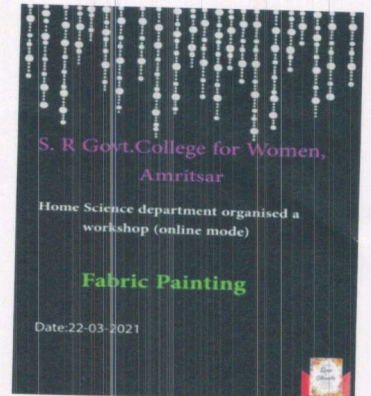
Sahni

ONLINE WORKSHOP ON FABRIC PAINTING

Date: 22/03/2021
No. Of Participants: 32

Report

One day online workshop on Fabric Painting and fabric decoration was conducted for sociology department students. During the workshop Students were taught how to paint fabric while staying home, using material available at home like making blocks with potatoes, ladyfinger, free hand painting, spray painting etc. This workshop was conducted by students of B.Sc. Home Science Sem IV along with their teacher Ms. Kamaldeep Kaur.



Zeena

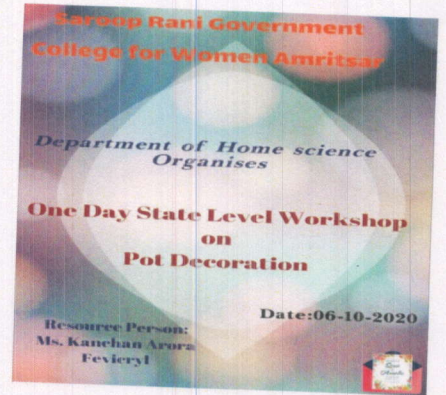
24/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
Mani

Saroop Rani Government College for Women, Amritsar
Department of Home Science

STATE LEVEL WORKSHOP
ON POT DECORATION

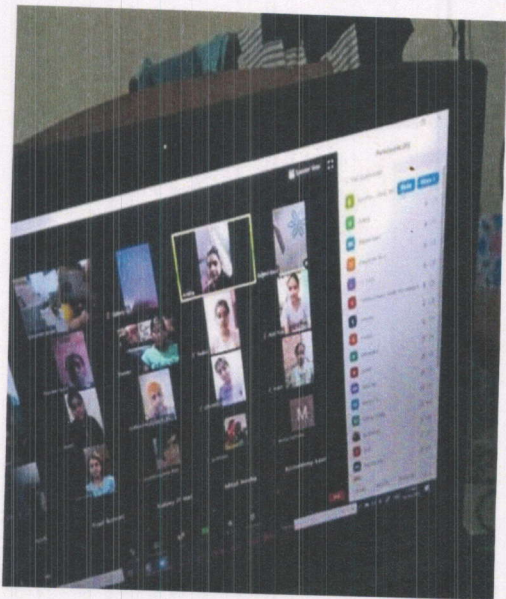
RESOURCE PERSON: MS. KANCHAN ARORA

Date: 6/10/2020
No. of Participants: 90



Report

State level Online Workshop on Pot Decoration for students of Arts Faculty was organized to evolve Students in creative work. Students were given demonstrations on how they could decorate a pot while sitting home and various methods to decorate old mirrors, glass crockery and used glass bottles by Fevicryl expert Ms. Kanchan Arora. It was a great learning experience for the participants.



Leena

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manu

Saroop Rani Government College for Women, Amritsar
Department of Hindi

- Name of Activity:- A Workshop on News paper designing
- Date:- 6th Mar. 2020



Resource Person: Dr. Geeta Sharma, Associate Prof.,
In Hindi Department,
Saroop Rani Govt. College, Amritsar.

- Number of Students Participated:-50 Students

Report:-

A workshop on Newspaper designing was organized by Hindi Department where the students were taught how to design news paper. Resource person gave the information of the latest technique of Newspaper designing.

Picture of the Event



Sunila Sharma

23/9/23
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Amritsar.
manu

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with CND

Nutrition education program by the students in the Government School Rampura 20 February 2020

On 20th February 2020, students accompanied by Teacher Minna Bagga held a workshop at the Government Elementary and Middle School, Rampura located in New Amritsar. They imparted Nutrition Education to the students and also saw the functioning of mid-day meal programme. Special lectures for the school students on the topics most prevalent in their age groups were imparted. The presentation was good and amazingly understood by the school students. After all these topics, students were also given a lecture on how to properly wash hands stepwise and told the Importance of Breakfast.

Later, an interactive session was held with students and various questions were asked about their daily life eating habits and they were given many healthy tips. Nutritious ladoos prepared by the students were distributed. A skit on the Importance of Breakfast was also performed.

The CND students also visited the school kitchens both for Elementary school and other for Middle school. Later the mid-day meal serving was observed by students at 12 o'clock. The school children were served Rice with Kadhi which was the menu for the day. This visit improved our insight on community nutrition.

Number of participants – 59



Government School Rampura 20/2/2020

1. Poon	41. Teal
2. Harpreet	42. Pranshu
3. Pranshu	43. Kamal
4. Pranshu	44. Anshika
5. Pranshu	45. Anshika
6. Pranshu	46. Anshika
7. Pranshu	47. Anshika
8. Pranshu	48. Anshika
9. Pranshu	49. Anshika
10. Pranshu	50. Anshika
11. Pranshu	51. Anshika
12. Pranshu	52. Anshika
13. Pranshu	53. Anshika
14. Pranshu	54. Anshika
15. Pranshu	55. Anshika
16. Pranshu	56. Anshika
17. Pranshu	57. Anshika
18. Pranshu	58. Anshika
19. Pranshu	59. Anshika
20. Pranshu	60. Anshika

1. Anshika
2. Minna

23/9/23
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College For Women
Amritsar.
Minna

Saroop Rani Government College for Women Amritsar
Department of Physics

Hands On Workshop

***S.R. Govt. College for Women, Amritsar
Department of Physics***



***Organizes a
Hands On Workshop
on "Electronics and Optics"
for the Students of B.Sc. (NM/ CSc)***

Date: Jan. 28th, 2020

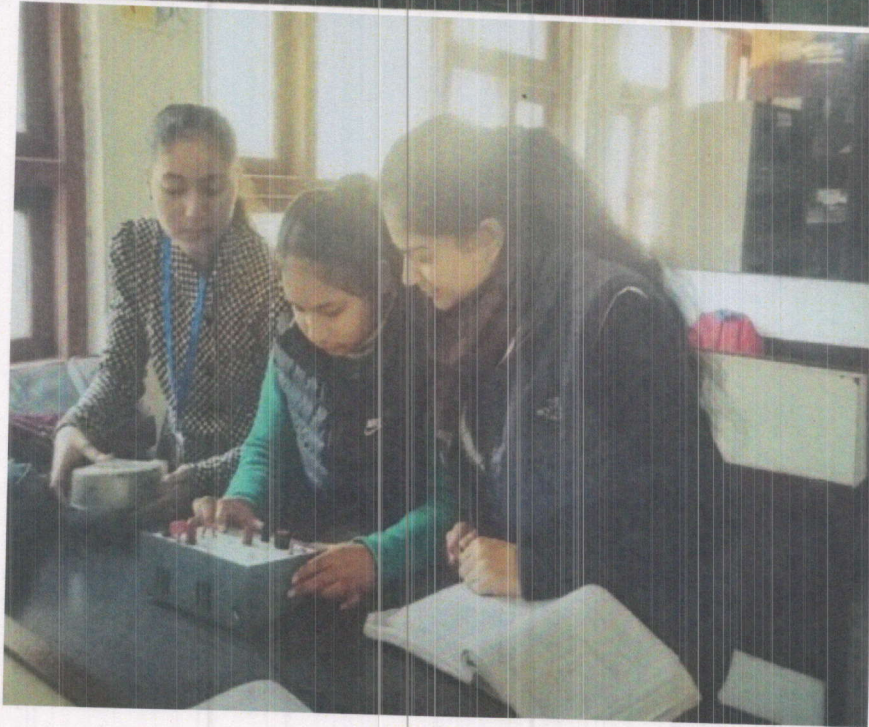
**** Interested Students can join at 1 pm.***

A workshop based on "Electronics and Optics" was conducted on Jan 28th, 2020, to inculcate the knowledge of usage various equipments including tangent galvanometer, voltmeter, ammeter, vernier calliper, spherometer, optical bench, spectrometer etc. which are helpful in carrying out different practicals. There were 16 participants from B.Sc Sem II class.

Sarinder kaur

23/1/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
kaur

Saroop Rani Government College for Women Amritsar
Department of Physics



List of Participants

Sueinder kaur

23/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
neeru

→ DANCE WORKSHOP ON GHARANAS OF KATHAK



20.01.2020

No. of PARTICIPANTS = 27

Name of Resource Person : Dr. Rashmi Nanda

Dance Department organized a workshop in which 4 Gharanas of Kathak dance is explained by Dr. Rashmi Nanda a reputed personality in the field of dance. She explain the aspects of Jaipur Gharana and Lucknow Gharana. Students of the department were enlightened this workshop.



22/29/9/23
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Amritsar.
New



WORKSHOP

Date :- 20-01-2020

No of Students :- 27

1.	18110033	Ridhima
2.	18110043	Srishti
3.	18110052	Jaanvi
4.	18110063	Panvika
5.	18110072	Girany
6.	18110141	Kiranjit
7.	18110184	Tanya
8.	18110208	Mamta
9.	18110214	Lucky
10.	18110273	Jasmin
11.	18110302	Amal
12.	18110330	Manpreet
13.	18110392	Mehpreet
14.	18110402	Chirpreet
15.	18110417	Kuljeet
16.	18110436	Sonia Bala
17.	18110441	Poonam
18.	18110446	Vansuli
19.	18110455	Kawaljit
20.	18110459	Tamara
21.	19110010	Prakhyat
22.	19110104	Satinder
23.	19110134	Jaspreet
24.	19110187	Nanpreet
25.	19110205	Vedika
26.	19110232	Hansikat
27.	19110371	Anshita

Sabli

24/9/23

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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
DEPARTMENT OF BOTANY

Workshop on Setting up of Vertical Garden

SAROOPRANI GOVERNMENT COLLEGE FOR
WOMEN, AMRITSAR

Department of Botany

organizing

One Day Workshop

on

Vertical Garden

OCTOBER 03, 2019

No. of Participants: 54

A workshop was conducted by **Ms. Parminder Kaur** (Botany Department) on setting up of **Vertical Garden**. Students were motivated to use their empty plastic bottles and create greenery with them. This could help in reuse of plastic waste and increase green cover.

23/9/23

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Amritsar.

Kaur

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
DEPARTMENT OF BOTANY



23/9/23

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Amritsar.

23/9/23

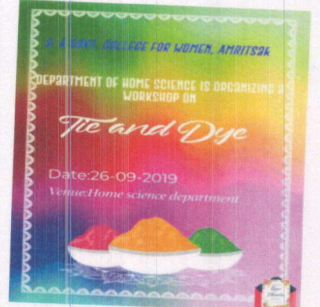
Principal

Saroop Rani Government College for Women, Amritsar
Department of Home Science

WORKSHOP ON TIE & DYE

Date: 26-09-2019
No. of Participants: 19

Report



One-day Workshop on Tie and Dye was organized for students of Fine Arts Department by students of B.Sc. Home Science Sem V under guidance of their textile teacher Ms. Kamaldeep Kaur. In the workshop students were introduced with techniques of home dyeing method of tie & dye.



Leena

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Department of Home Science

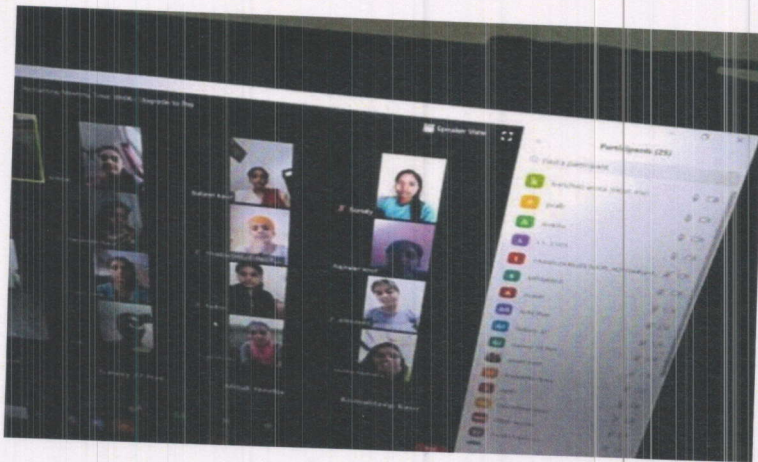
ONLINE WORKSHOP ON FABRIC DECORATION

DATE: 22-09-2020
No. Of Participants: 37

Report

Due to COVID year as no regular classes were being held so a large number of online classes on craftwork and fabric painting were organized for Arts Faculty.

One day online Workshop on Fabric Decoration was organized for students of Arts Faculty by students of B.Sc. Home Science Sem V along with their teacher Ms. Kamaldeep Kaur where they were taught how to make stencil at home using Norway sheets, spray painting and using other embellishments to decorate fabric



Leena

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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

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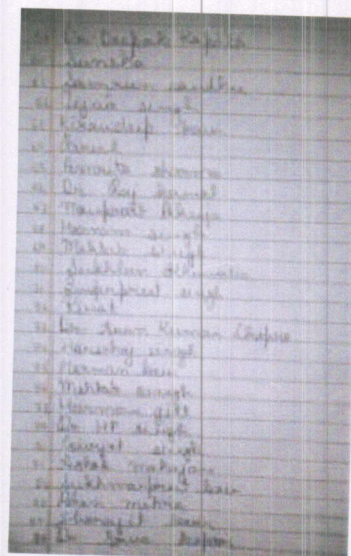
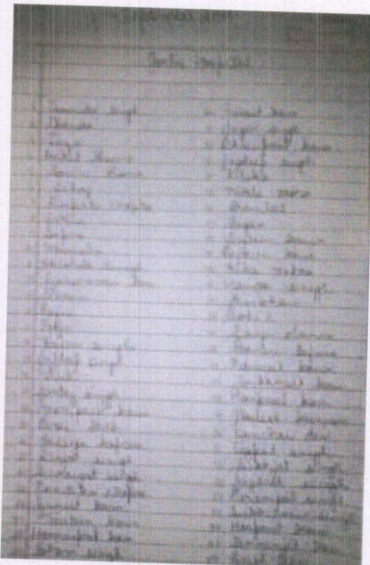
Workshop cum Food Exhibition at Fortis Escorts Hospital

19 September 2019

Number of participants - 85

Food Exhibition was held at Fortis Escorts Hospital to educate the common Public

The main objective of this exhibition was to make the public aware of the various foods that could be used in the diet and how a lot of healthy dishes can be made with those foods in a very innovative way. A lot of people visited the exhibition. The recipes were also distributed to the people for them to carry for home and try. The doctors and staff of the hospital also appreciated the work of the students.



1 Kush
2 Shina

23/9/23
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manu

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with CND

Workshop cum Food Exhibition

17 September 2019

Number of participants 66

The main objective of this workshop was to make the public aware of the various foods that could be used in the diet and how a wide range of healthy dishes can be made out of these in an innovative style. The recipes were also distributed to the people to carry for home. The staff and the students appreciated the work of the students.



17 September 2019

1. Sundarp Kham	33. Bhajipurat Kham
2. Sundarp Kham	34. Khama Kham
3. Sundarp	35. Sundarp Kham
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34. Sundarp	66. Sundarp Kham

1. Kaur

2. Kaur

23/9/23

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Amritsar.
manu

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts

ACTIVITY 3

ART & CRAFT WORKSHOP

DATE : SEP 13, 2019

No. of Participants : 30

S.R. Govt College for women,
Amritsar

Department Of Fine Arts

Organising

Art & Craft
Workshop

September | 13th & | 2019
14th



24/9/23

Principal,
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College For Women
Amritsar.
Name

Poojit kaur

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts

Fine Arts Department Organised an Art & Craft workshop to explore their creative skills and potential.



Principals beam

24/9/23

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man

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts



Pracanjit bans

20
24/9/23

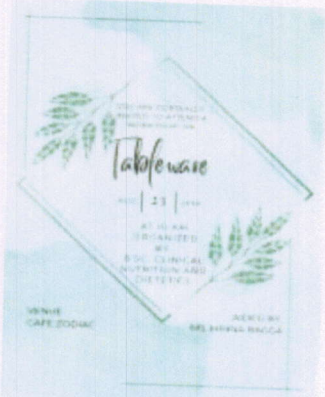
Principal,
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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with CND

Workshop on Tableware

Date : 23 August 2019



On 23 August 2019, a workshop on tableware was conducted by the students of CND for the staff and the students of all streams. They were taught how to do arrange the table and identify the various cutlery, crockery and glassware used in the hospitality industry. The objective of the workshop was to teach the students of various other streams to learn how to set a table, fold napkins, identify the various objects used in the kitchen and dining area of a hotel. Number of participants = 55



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1. Ansh
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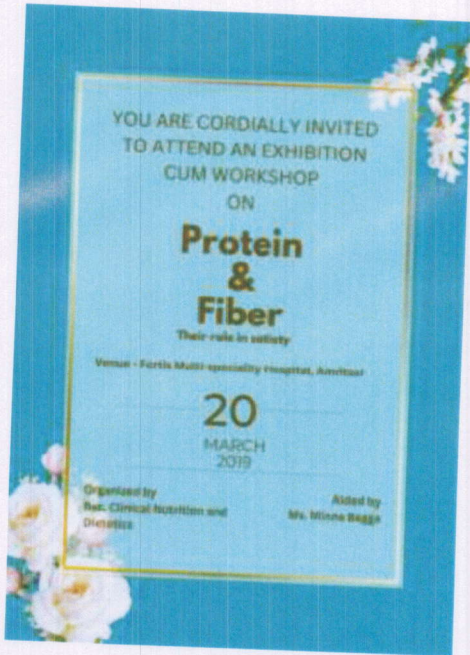
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Amritsar.
Anshu

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with CND

Workshop and Food Exhibition at the Fortis Multi-Specialty Hospital Amritsar
Protein And Fiber--- Their Role In Satiety

20 March 2019



The Exhibition was put up in the foyer of the hospital for the patients and general public. The CEO of the hospital appreciated the students. A number of people visited the exhibition. Printed recipes were also distributed amongst the people.



1. *[Handwritten signature]*
2. *[Handwritten signature]*

[Handwritten signature]
23/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar,
[Handwritten signature]

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with CND



The dishes made by the students were judged by the doctors of Fortis Escorts. Puneet Sharma won First Prize and the other students who won the prizes were Jyoti Sharma, Arshdeep Kaur, Damanpreet Kaur and Navdeep Kaur.

Number of participant- 40 students and 64 patients

1. Aika Panna	31. Mr. Rajat Sharma
2. Mandeep Kaur	32. Gulshan Kaur
3. Anurag Singh	33. Anurag Singh
4. Akshay Kaur	34. Anurag Singh
5. Anurag Singh	35. Anurag Singh
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1 kaur
2 Singh

Principal,
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Amritsar.
Mann

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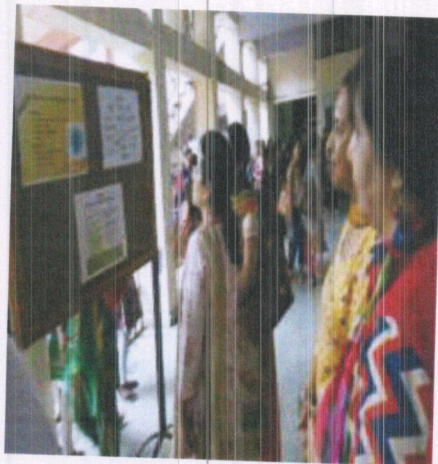
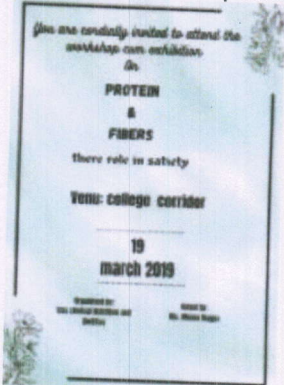
B.Sc. Medical with CND

Workshop cum exhibition on Protein and Fiber – Their Role in Satiety

19 March 2019

Dishes were prepared by the students

Number of participants-65



1. Anjali	16. Anjali
2. Anjali	17. Anjali
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1 Anjali
2 Anjali

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Mansi

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with CND

ONE DAY WORKSHOP TO IMPART NUTRITION EDUCATION PROGRAM AT A RURAL SCHOOL-GOVERNMENT ELEMENTARY AND MIDDLE SCHOOL, RAMPURA

25 February 2019

On 25 February 2019, students accompanied by Teacher Minna Bagga visited the Government Elementary and Middle School, Rampura located in New Amritsar to impart Nutrition Education to the students and also to see the functioning of mid-day meal programme.

The CND students had prepared special lectures for the school students on the topics most prevalent in their age groups such as **Anemia and its prevention, Protein and Calcium [its sources and deficiency disorders etc]**. The presentation was good and amazingly understood by the school students. After all these topics, students were also given a lecture on how to properly wash hands stepwise and told the Importance of Breakfast.

Later, an interactive session was held with students and various questions were asked about their daily life eating habits and they were given many healthy tips. Each student received a little gift in the form of nutritious ladoos prepared by the students for being attentive in the class.

A skit on the Importance of Breakfast was also performed. It attracted a great deal of attention from students. As their attention was grasped, the tips of eating healthy breakfast and bad effects of not eating it were made understood to them.

The CND students also visited the school kitchens both for Elementary school and other for Middle school. Later the mid-day meal serving was observed by students at 12 o'clock. The school children were served Rice with Kadhi which was the menu for the day. A great deal of cooperation was seen amongst school students during mid-day meal. This visit improved our insight on community nutrition.

No. Of Participants = 26



1. Anemia
2. Protein
3. Calcium
4. Iron
5. Vitamin
6. Hygiene
7. Hand wash
8. Breakfast
9. Skit
10. Ladoo
11. Yoghurt
12. Milk
13. Fruit
14. Bread
15. Rice
16. Dal
17. Ghee
18. Oil
19. Sugar
20. Salt
21. Tea
22. Coffee
23. Milkshake
24. Smoothie
25. Juice
26. Salad

1. Anemia
2. Protein

23/9/23

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Department of Home Science

WORKSHOP ON DECORATING JUTE BAGS AND POTS

Date: 14-2-2019

No. Of Participants: 27

Report

One day Work shop was organized for students of science department under the guidance of Ms. Mitali Nevtia with the concept of "learning by doing" were they learnt how to decorate Jute bags and Earthen Pots. Students organized an exhibition of their articles on the last day.



Zeena

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name

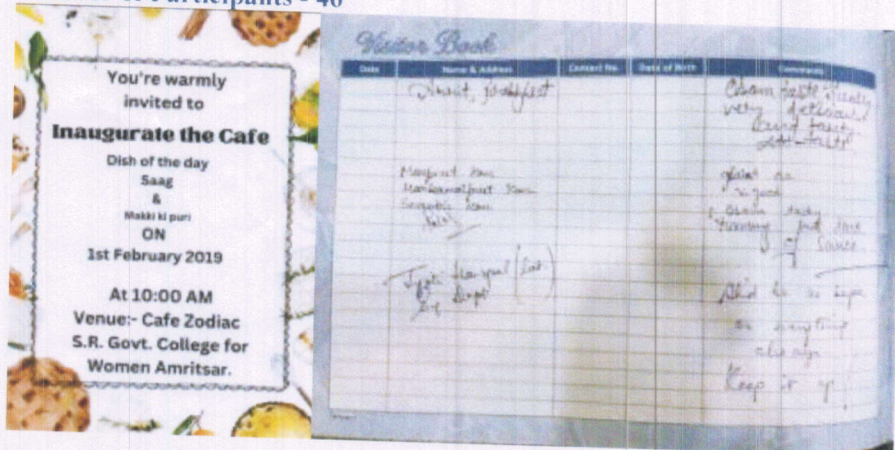
SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with CND

Cafeteria- Earn while Learn

1 February 2019

Number of Participants - 46



Four cafeterias were held on 1st, 7th, 14th and 22nd February, 2019 in Cafe Zodiac from 10:00 AM to 1:00 PM which gave an opportunity to students to put their learnt knowledge into practice. Students cooked dishes including Makki Ki Puri and Sarsonka Saag, Pav Bhaji, Cupcakes and Dahi Puri. The Principal, staff and students visited the cafeteria and gave their feedback regarding their arrangements and food. Cafeterias not only give a boost to the morale of the students but also inculcate patience and entrepreneurship skills within them. They are trained to prepare food in bulk both hygienically and excellent to taste and to cater to all kinds of tastes. Students learn many things such as budget management and accounting, buying of food products, cost calculation, organization skills, team spirit and time management. It helps them in learning how to set up a food joint of their own.



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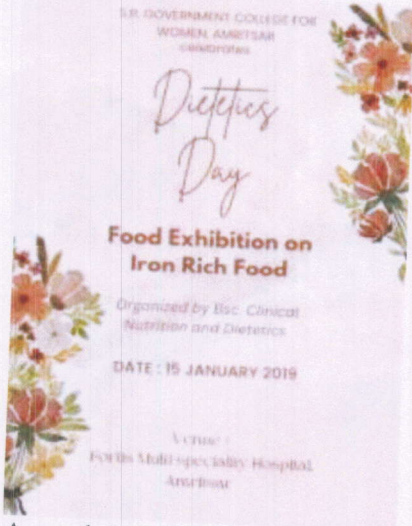
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Nani

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with **CND**

Workshop Cum Food Exhibition on Iron Rich Foods at Fortis Escorts Hospital.
15 January 2019

No of Patients = 64



A workshop cum Exhibition of Iron Rich Foods was put up by the students at the Fortis Escorts Hospital to celebrate the Dietetics Day. Around 20 students of CND set up stalls and explained the importance of iron rich food. A lot of people including doctors, patients and their attendants visited the stall.



1. Dr. Pooja	11. Dr. Rajat
2. Dr. Anshu	12. Dr. Anshu
3. Dr. Anshu	13. Dr. Anshu
4. Dr. Anshu	14. Dr. Anshu
5. Dr. Anshu	15. Dr. Anshu
6. Dr. Anshu	16. Dr. Anshu
7. Dr. Anshu	17. Dr. Anshu
8. Dr. Anshu	18. Dr. Anshu
9. Dr. Anshu	19. Dr. Anshu
10. Dr. Anshu	20. Dr. Anshu
21. Dr. Anshu	31. Dr. Anshu
22. Dr. Anshu	32. Dr. Anshu
23. Dr. Anshu	33. Dr. Anshu
24. Dr. Anshu	34. Dr. Anshu
25. Dr. Anshu	35. Dr. Anshu
26. Dr. Anshu	36. Dr. Anshu
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28. Dr. Anshu	38. Dr. Anshu
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49. Dr. Anshu	59. Dr. Anshu
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1. Anshu
2. Anshu

23/9/20

Principal,
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Amritsar:
Anshu

Saroop Rani Government College for Women, Amritsar
Department of Home Science

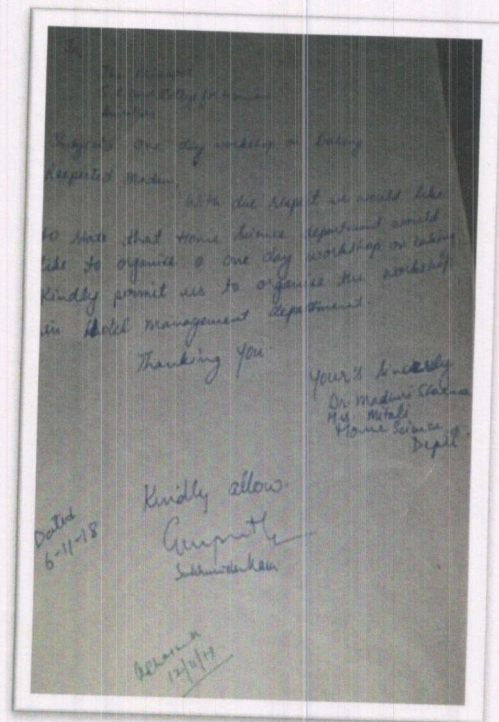
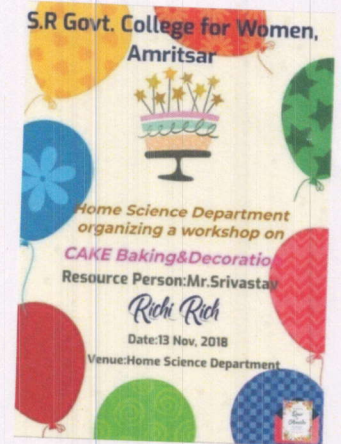
CAKE BAKING DEMONSTRATION WORKSHOP

Date: 13-11-18
No. of Participants: 53

Report

A one-day demonstration on cake baking and cake decoration was organized for all students of Home Science Department by Home Science Society in collaboration with Richie Rich.

Their baking Chef Mr .Srivastav and their manager Mr. Palwinder Singh were present on the occasion. The chef taught students basic techniques of baking cake at home and various cake decorations.



Leena

24/9/23
Principal,
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Mansi

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts

ACTIVITY 5

DIWALI WORKSHOP AND EXHIBITION

DATE : 01.11.2018

No. of Participants : 25



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24/9/23

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name

Saroop Rani

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts

Students of Fine Arts department organized a Diwali exhibition. Students made handmade things like decoration materials and Candles and earn money.



24/9/23

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Amritsar.
Manu

Parvati Kaur

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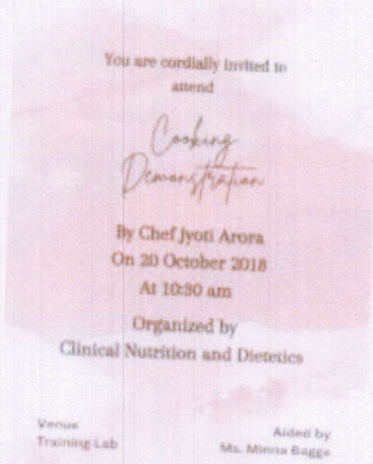
B.Sc. Medical with **CND**

WORKSHOP cum COOKING DEMONSTRATION

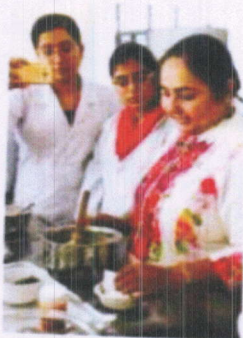
Date: 20 October 2018

RESOURCE PERSON - CHEF JYOTI ARORA

Number of Participants 19



Master Chef Participant Jyoti Arora, an alumna of our college taught the students various dishes in a one day cooking workshop conducted in the in the Cafe Zodiac



Master Chef Participant Jyoti Arora, an Alumna of the college taught the students various dishes in a one day cooking workshop conducted in the department



She demonstrated 3 non vegetarian, 2 vegetarian dishes and a dessert. Students learnt different food techniques from the chef

1. Arvdeep
2. Manpreet
3. Manpreet
4. Patya
5. Manpreet
6. Manpreet
7. Manpreet
8. Manpreet
9. Manpreet
10. Manpreet
11. Kirandeep
12. Kirandeep
13. Kirandeep
14. Daljeet
15. Arshi
16. Anvita
17. Manvi
18. Sarul
19. Pooandeeep

1. Anu
2. Anu

23/9/23

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Amritsar.
Narsi

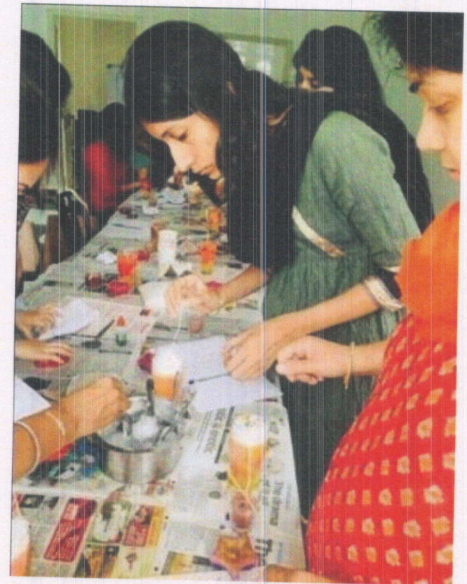
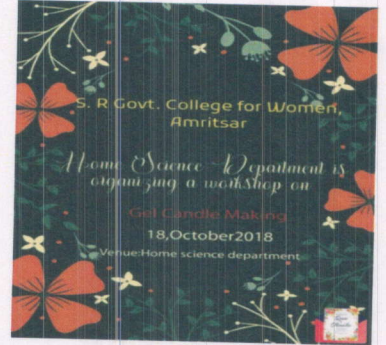
Saroop Rani Government College for Women, Amritsar
Department of Home Science

WORKSHOP ON GEL CANDLE MAKING

Date : 18-10-2018
No. Of Participants: 21

Report

A Gel Candle Making Workshop was organized by Home Science Society where the students were taught various concepts of making gel candles in different moulds under the guidance of Ms. Zeenia Mehra.



Zeena

24/10/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
Ms. M

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts

ACTIVITY 3

CANDLE MAKING WORKSHOP

DATE : 06.10.2018

No. of Participants : 60



Poojith kaur

24/9/23
Principal,
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Amritsar.
manu

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts

Fine Arts department organized a candle making workshop in which students learned candle-making. Harpreet, an old student of Fine Arts department gave a free of cost demo to students of making candles. This was very informative workshop.



24/9/23

Principal,
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Amritsar.
Name

Praveenjit Kaur

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts

ACTIVITY 2

FEVICRYL WORKSHOP

DATE : 03.10.2018

No. of Participants : 50



Parajit Kaur

24/9/23
Principal,
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SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR
Department of Fine Arts

Fine Arts department organized the Fevicryl workshop. Mrs. Kanchan gave us the demo on Fabric, on shoes and purse etc. Students also made things for their earning or to be independent in the future.



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24/9/23

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manu

Palangst kaur

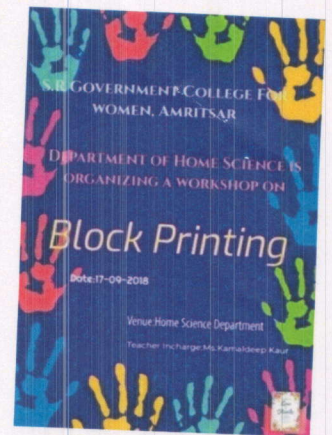
Saroop Rani Government College for Women, Amritsar
Department of Home Science

WORKSHOP ON BLOCK PRINTING

Date: 17-9-2018
No. Of Participants: 26

Report

One day Workshop of Block Printing was organized for students of Fine Arts department. Here they were familiarized with techniques of block printing under the guidance of Ms.Kamaldeep Kaur.



Leena

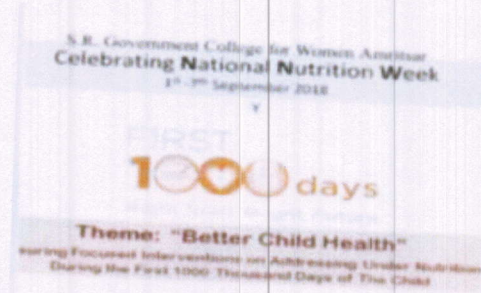
24/9/23
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Amritsar.
Leena

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B.Sc. Medical with CND

NATIONAL NUTRITION WEEK

1/09/2018 - 7/09/2018



Workshop and Cooking Demonstration to prepare Nutritious Meals in College 1 September 2018

Hands-On cooking demonstrations were conducted to teach students how to prepare nutritious meals. The dishes prepared by the students using different kinds of flours were put for exhibition with the theme, "BETTER CHILD HEALTH". The Principal Mrs. Nutan Sharma was the chief guest. Dt. Guljeet Kaur, Chief Dietitian, Fortis Escorts Hospital was the judge. Prizes were given to the students for the best prepared dishes. This event aimed to promote awareness on the importance of healthy eating habits and showcase a variety of nutritious food options.
No. Of Participants =55



1 *Kund*

2 *Alina*

23/9/23

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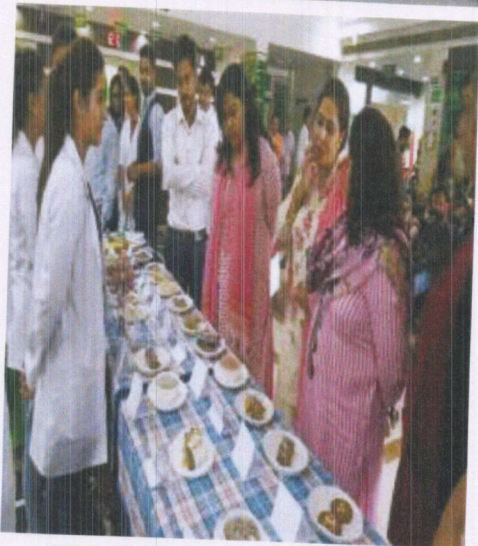
SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with CND

Workshop cum Food Exhibition at Fortis Escorts Hospital Amritsar
5 September 2018

number of participants 57

20 students put an Exhibition at Fortis Escorts Hospital named "FOVEROS CEREALS" meaning lost cereals. Dishes were prepared by the students and presented in the lobby of the hospital. Charts showing the various grains i.e. Amaranth, Quinoa, Kodo, etc. The objective of the exhibition was to spread awareness amongst the public about the range of grains available besides wheat and rice. The students also conducted a workshop at the venue for the kin of the patients.



1. Amaranth	11. Kodo
2. Quinoa	12. Sorghum
3. Buckwheat	13. Millet
4. Pearl Millet	14. Finger Millet
5. Sorghum	15. Ragi
6. Bajra	16. Jowar
7. Ragi	17. Amaranth
8. Quinoa	18. Kodo
9. Amaranth	19. Sorghum
10. Kodo	20. Millet
21. Amaranth	31. Kodo
22. Quinoa	32. Sorghum
23. Buckwheat	33. Millet
24. Pearl Millet	34. Finger Millet
25. Sorghum	35. Ragi
26. Bajra	36. Jowar
27. Ragi	37. Amaranth
28. Quinoa	38. Kodo
29. Amaranth	39. Sorghum
30. Kodo	40. Millet

1. Amaranth
2. Quinoa

Principal,
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Date

Saroop Rani Government College for Women, Amritsar
Department of Home Science

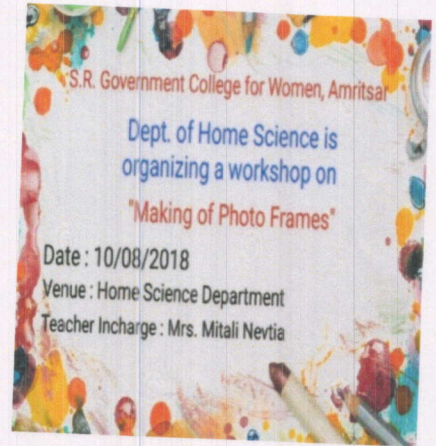
WORKSHOP OF "PHOTO FRAME "

Date: 10-8-2018

No. Of Participants: 26

Report

A Workshop was organized for students of Arts faculty, where they were taught various Techniques of making Photo Frames under the guidance of Mrs. Mitali Nevtia. An exhibition of the same was later on organized by the students in the department.



Leena

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24/9/23

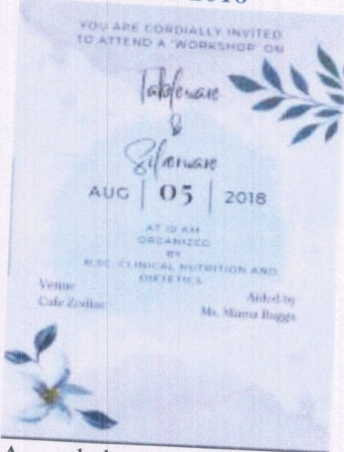
Principal,
Saroop Rani Government
College For Women
Amritsar.
Mann

SAROOP RANI GOVERNMENT COLLEGE FOR WOMEN, AMRITSAR

B.Sc. Medical with CND

Workshop on Tableware and Silverware

05 AUGUST 2018



A workshop on TABLEWARE and SILVERWARE was held on 5th August 2018 at Café Zodiac from 10 a.m. to 1 p.m. It was organized by the students of CND. The workshop was inaugurated by Principal Mrs. Nutan Sharma. Around 60 students from different streams attended the workshop.



5th August 2018
Workshop

1. Anupriya	21	Shikha Sharma
2. Anshu	22	Komal
3. Anshu	23	Sang
4. Anshu	24	Shikha
5. Anshu	25	Shikha
6. Anshu	26	Kuldeep
7. Anshu	27	Kuldeep
8. Anshu	28	Kuldeep
9. Anshu	29	Kuldeep
10. Anshu	30	Kuldeep
11. Anshu	31	Kuldeep
12. Anshu	32	Kuldeep
13. Anshu	33	Kuldeep
14. Anshu	34	Kuldeep
15. Anshu	35	Kuldeep
16. Anshu	36	Kuldeep
17. Anshu	37	Kuldeep
18. Anshu	38	Kuldeep
19. Anshu	39	Kuldeep
20. Anshu	40	Kuldeep
21. Anshu	41	Kuldeep
22. Anshu	42	Kuldeep
23. Anshu	43	Kuldeep
24. Anshu	44	Kuldeep
25. Anshu	45	Kuldeep
26. Anshu	46	Kuldeep
27. Anshu	47	Kuldeep
28. Anshu	48	Kuldeep
29. Anshu	49	Kuldeep
30. Anshu	50	Kuldeep
31. Anshu	51	Kuldeep
32. Anshu	52	Kuldeep
33. Anshu	53	Kuldeep
34. Anshu	54	Kuldeep
35. Anshu	55	Kuldeep
36. Anshu	56	Kuldeep
37. Anshu	57	Kuldeep
38. Anshu	58	Kuldeep
39. Anshu	59	Kuldeep
40. Anshu	60	Kuldeep

1. Kuman
2. Anshu

23/9/23
Principal,
Saroop Rani Government
College For Women
Amritsar.
Manu