



**Mata Sundri College for Women
(University of Delhi)
Mata Sundri Lane, New Delhi-110002**

Ph: 23237291

Ref No. MSC/IQAC/SSR-CR1/1.2.2

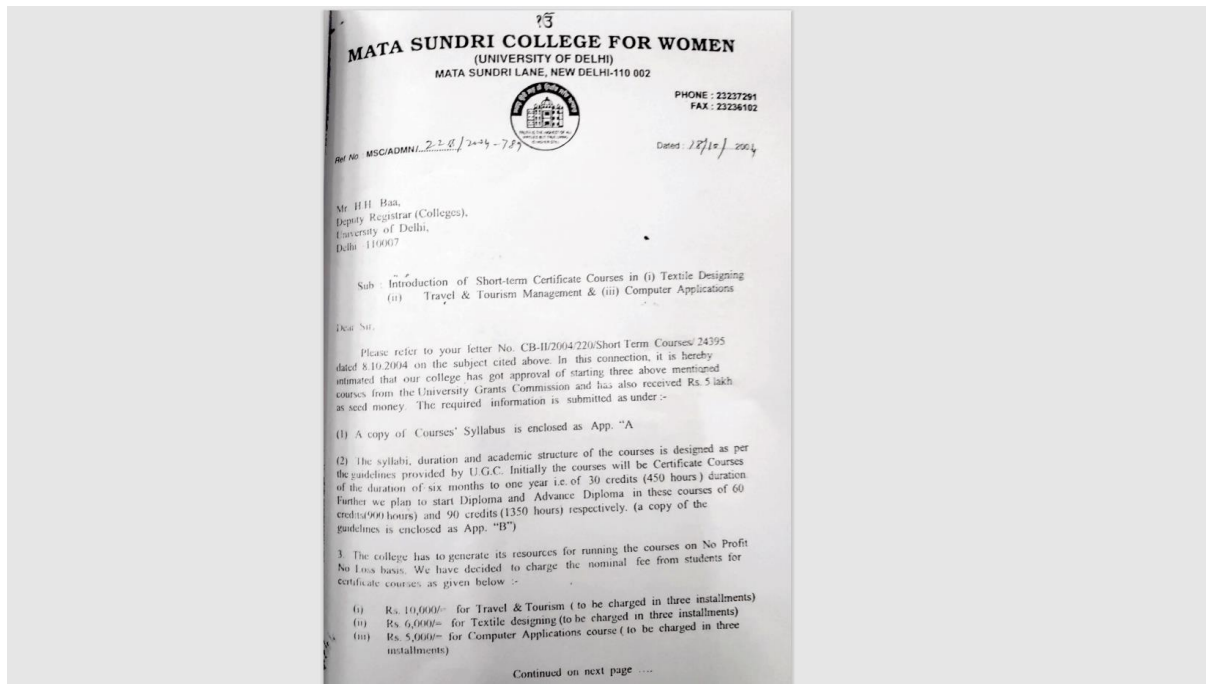
1.2.2 Number of Add on /Certificate programs offered during the last five years

Links to the Supporting Documents

Approval Letters, Brochure on the Add-on Courses

2016-2021

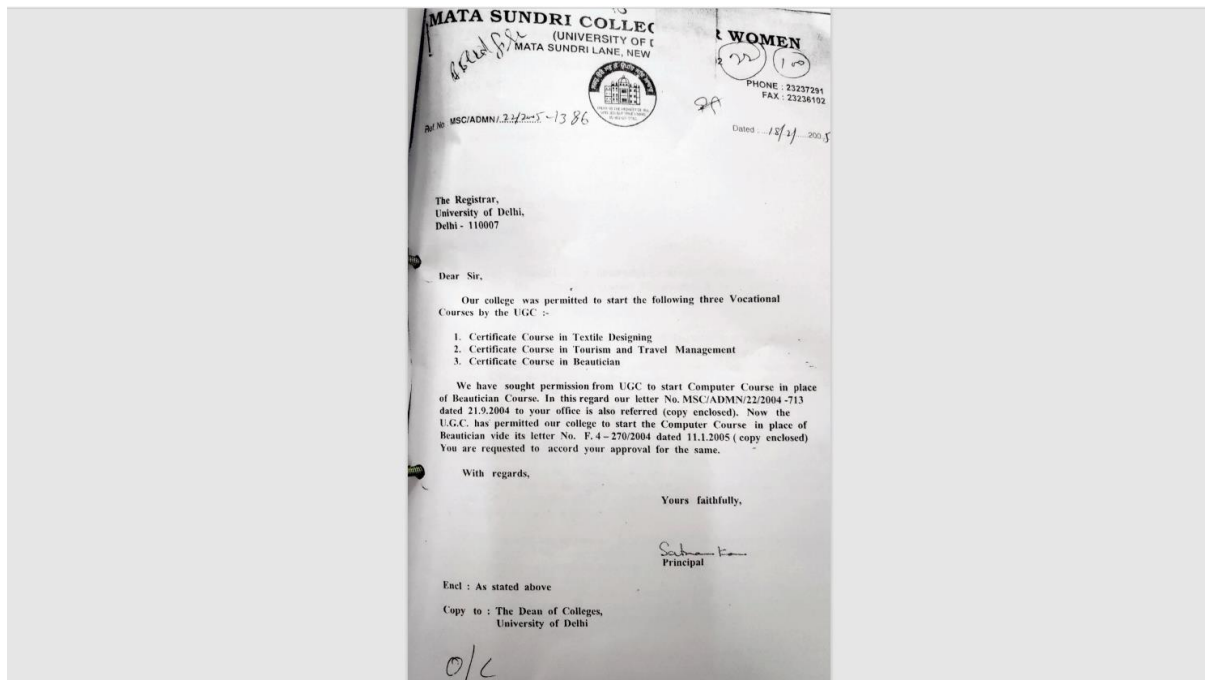
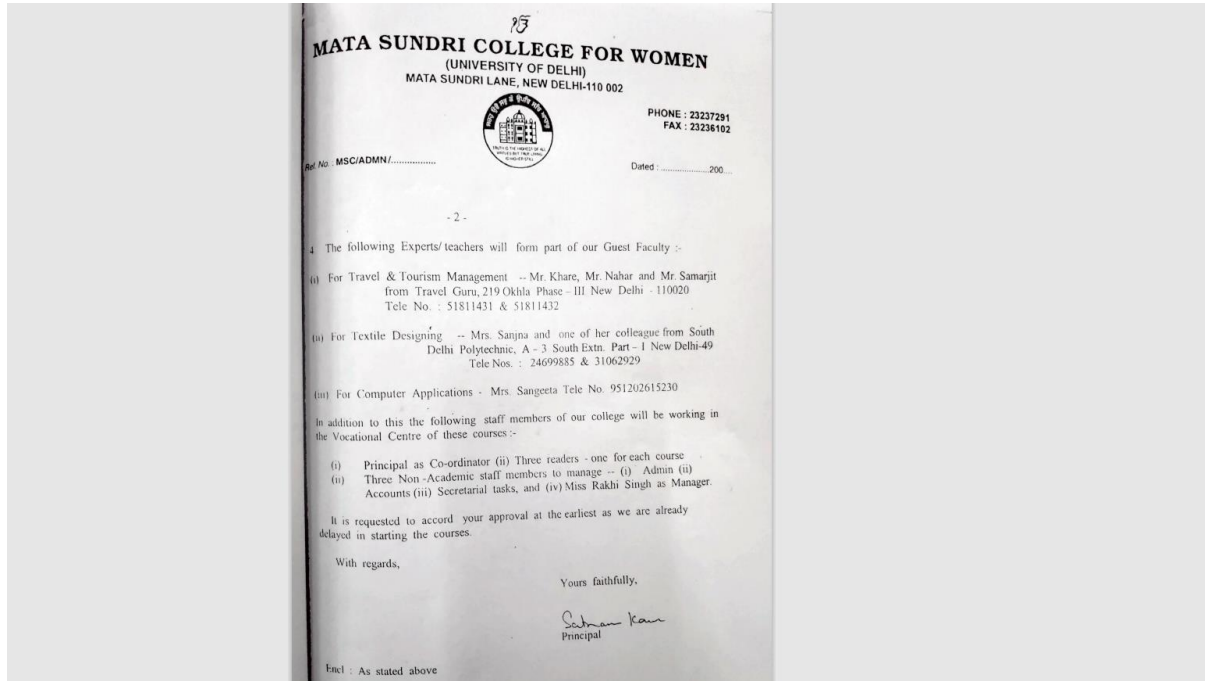
Letters of approval from the concerned authorities





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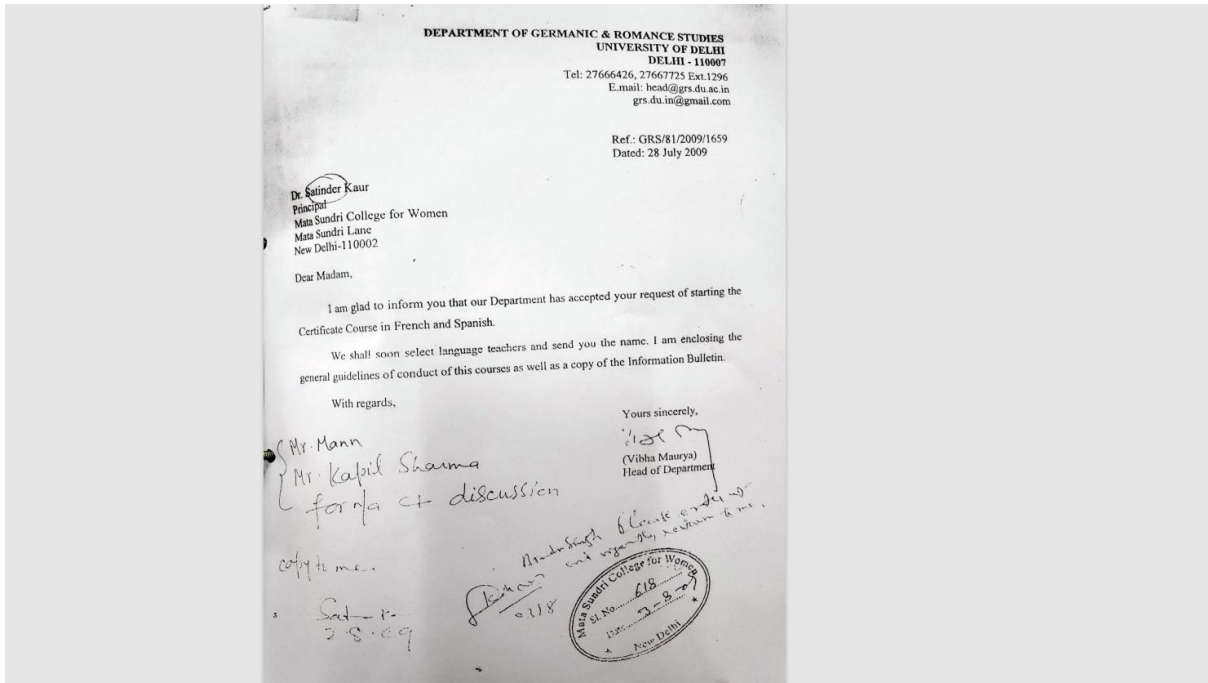
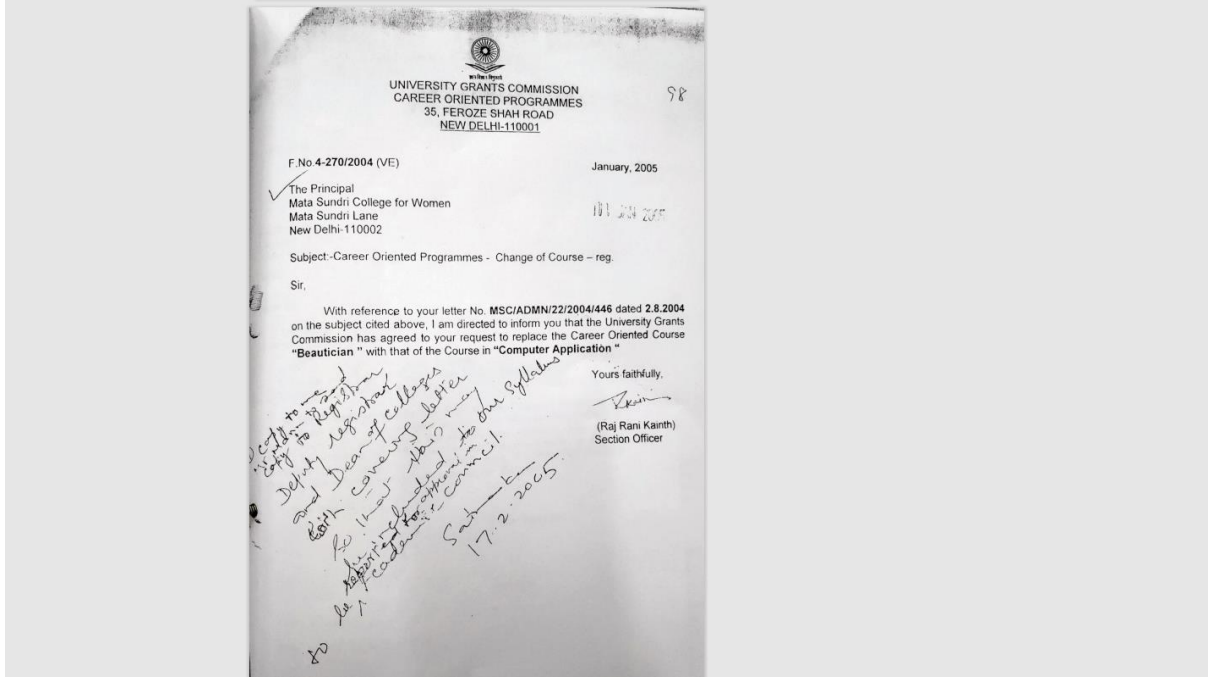
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MATA SUNDRI COLLEGE
(UNIVERSITY OF DELHI)
MATA SUNDRI LANE, NEW DELHI-110 002

WOMEN

PHONE : 23237291
FAX : 23236102

Ref No: MSC/ADMN. 22/2009/612 Dated: 29-07-2009

NOTICE

It is notified with great pleasure that our college will be starting Certificate Course in Foreign languages viz. French, Spanish & Persian. These will be of one year duration and the certificates will be awarded by the University of Delhi. The course will commence on 25th August, 2009. The classes will be held thrice a week from 2.30 P.M. to 4.30 P.M. There are 25 seats in each course. All the students who want to take admission in these courses are required to submit their names to Dr. Indu Mazaldan, Reader English department up to 10th August, 2009. As the seats are limited, these will be allotted on first come first serve basis. Fee for each course will be Rs.5,000/= (one time payment).

Smt. Anurupa
Principal

MATA SUNDRI COLLEGE
(UNIVERSITY OF DELHI)
MATA SUNDRI LANE, NEW DELHI-110 002

JR WOMEN

PHONE : 011-23237291
FAX : 011-23236102

Ref No: MSC/ADMN. 22/2009/762 Dated: 29-07-2009

Prof. Vibha Maurya,
Head,
Deptt. of Germanic & Romance Studies,
University of Delhi,
Delhi - 110007

Dear Madam,

Accept my heartfelt thanks for allowing our college to start Certificate Course in French and Spanish languages from this academic session. We have found that there is a great demand for German Language in our college. Please permit our college to start Certificate course in German language from this academic session. I promise you that we will be able to fulfill the requisite teaching hours.

Hoping to hear from you soon.

Thanking you and with best regards,

Yours faithfully
Smt. Anurupa
Principal


Copy to : The Dean of Colleges
University of Delhi



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Brochure

Information Bulletin 2020-2021  **Mata Sundri College for Women**
University of Delhi

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 **Mata Sundri College for Women**
University of Delhi **Information Bulletin 2019-2020**

AN INTRODUCTION

Education, in the true sense, has never been and will never be limited to the mere acquisition of a degree. Apart from facilitating students to enrich their knowledge and skills in a chosen discipline, an educational institution is duty bound to guide its students at every step of the way till the objective is achieved. The objective being to successfully steer their lives in the direction of their chosen career path. Then and only then is an educators' obligation complete.

Mata Sundri College strives for all round development of personality of its students who are capable of shouldering diverse responsibilities and executing them with diligence and vigor. This is aptly met by the involvement of students in various extracurricular activities. We aspire to meet the educational needs of the modern society, upholding the traditional values at the same time.

We are trying to open up new avenues for the better future of students. We, at Mata Sundri College, are dedicated to prove in action our sincere commitment to the above affirmed ideology and have thus introduced vocational courses in addition to our highly reputed degree courses.

At present, three short term UGC sponsored vocational courses have been introduced namely:

- ✓ Computer Applications
- ✓ Tour and Travel Management
- ✓ Textile Designing

Mata Sundri College also offers short term (basic level) courses in various foreign languages. All the courses are conducted as per the International Standards to equip our students with proficiency in the following major foreign languages – French, German and Spanish. They are conducted in collaboration with the Department of Germanic and Romance Studies, University of Delhi.

What is exceptional about the introduction of the short term vocational courses at Mata Sundri College is that they are being offered as add - on courses i.e. students can enroll themselves in the short term vocational course along with degree courses . To facilitate this, the timings for vocational courses have been kept from 2.30 p.m. to 4.30 p.m.

The college possesses modern infrastructure including spacious classrooms, computer laboratory, well equipped library, conference room and a Central Plaza.

Mata Sundri College is situated in the heart of the city. It is surrounded by famous Delhi landmarks like Bal Bhavan and Maulana Azad Medical College on one side and Gurudwara Mata Sundri Ji and Kotla road on the other, all these being a stone's throw from ITO.

Our Vocational Centre is very well equipped and we have the best faculty to teach and guide our students .

In order to give due regard to the competence and potential of its budding talents, we also have a placement cell to facilitate on campus recruitments. Our aim is to provide our students

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Mata Sundri College for Women
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not only with best guidance but also with excellent job opportunities in their chosen career path.

AIMS

- To strive towards regenerating and upgrading the educational system making it more meaningful and relevant to the newly emerging scenario in the country and to create a highly skilled manpower resource base in the country.
- To impart basic and advance level training to young undergraduate aspirants in the fields of Information Technology, Textile Designing and Travel and Tour Management.
- To establish an academy of international repute and to enable its students to excel in their endeavors worldwide.

ADMISSION

- The interested students are to register themselves by filling admission form in June-July, 2020.
- The admitted students will have to submit 1st instalment of fee at the time of admission. Admission will be confirmed after paying the fee.
- The classes will commence from **August, 2020**. Late admission is only permitted on getting the permission of the Principal.

Eligibility for Certificate Courses

Minimum Qualification	10+2
Duration of Course	August – April
Selection criteria	Merit in various categories



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Poster, Brochure, Brief Report on the Short-Term Courses

2018-2019

Mastering the Stock Market in collaboration with Bombay Stock Exchange

BSE
INSTITUTE LIMITED

Module 1 (10 hours)
Basic Overview

- Equity Market
- Debt Market
- Money Market
- Primary Market : Book Building & IPOs, Listing
- Secondary Market: Trading, Clearing and Settlement, Rolling Settlement, BOLT
- Mutual Funds,
- Dematerialisation of Shares,
- Sensex and Other Indices

Module 2 (15 hours)
Fundamentals Analysis

- Economic Analysis & Industry Analysis
- Company Analysis
- Interpretation of Financial Statements
- Ratio Analysis
- Book Value and its impact on stock's price
- Cash Flow Analysis & Valuation of Equity

Module 3 (10 Hours)
Technical Analysis

- Introduction to Technical Analysis
- Patterns
- Moving Averages
- Oscillators
- Introduction to Candlesticks

Module 4 (15 hours)

- Demo & Mock Trading
- Live trading

This was a certified course of Bombay Stock Exchange Limited with a duration of 50 hours, along with 15 hours of Live Trading session. The students were provided with certificate by BSE on successful completion of the course. The course would help students in understanding the complexity of the stock market.



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2020-2021

Short-Term Skill Development Certificate Course on Python for Machine Learning and Data Science

DEPARTMENT OF MATHEMATICS
&
INTERNAL QUALITY ASSURANCE CELL (IQAC)
MATA SUNDRI COLLEGE FOR WOMEN
IN COLLABORATION WITH
9LEDGEPRO- MICROSOFT PARTNER NETWORK
PRESENTS
SHORT TERM SKILL DEVELOPMENT CERTIFICATE COURSE
ON
PYTHON FOR MACHINE LEARNING AND DATA SCIENCE

Patron:
Prof. Harpreet Kaur
(Principal)
Mata Sundri College for Women

Course Duration:
30Hrs.

* Live Sessions will commence from 31st October 2020.

Course Fees:
2420/-

* Recommended PC/Laptop with internet connection for course.

IQAC Coordinator:
Dr. Lokesh Kumar Gupta

Teacher-In-Charge:
Ms. Mandeep Walia

Course Coordinator:
Ms. Sonia Aneja

Instructor:
Mr. Parth Shukla
Microsoft Certified Trainer

Registration and Payment Link:
<https://forms.gle/jesvtEt1wu2VBeOK7>

Contact Details:
Dr. Karuna Mamtani (9953313083)
Dr. Ramita Sahni (9999707491)

ABOUT THE COURSE:

Python is a clear choice as a first “real” programming language for all young coders owing to its versatility, portability, simplicity and beginner friendly nature. The biggest strength of Python is the extensive collection of libraries which can be used for numerical and symbolic computation, 2D/3D plotting, machine learning and image processing as well as developing websites and web applications. Learning python can help in developing a versatile data science skillset and can thus help you grab numerous job opportunities coming your way. This course provides comprehensive Python training and hands on experience from domain experts for those who prefer to build as well as come up to speed on their Python capabilities.

COURSE CONTENTS/ MODULES:

- Introduction to Python
- Python Data Structures
- Python Programming Fundamentals
- Working with Data in Python
- Working with NumPy, Pandas and Matplotlib
- Introduction to Machine Learning
- Implementing Advanced Machine Learning Models
- Introduction to Unsupervised Machine Learning
- Projects on Mine Social Media Sentiment
- Project on Sorting of Specific Tweets on Twitter

COURSE OUTCOMES:

- Joint Certification from Mata Sundri College for Women and 9ledgePro to successful candidates.
- Microsoft Certification Voucher (Microsoft Technology Associate).
- Capstone Project Completion Certificate on successful completion of project by 9ledgePro.
- Internship opportunities to selected candidates.



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The duration of the course was 30 hours with 12 live sessions, out of which 6 sessions of 3 hours each were held on weekends and 6 sessions of 2 hours each were held on the weekdays. Live sessions were conducted on Microsoft Teams and was attended by 53 students. The objective of the course was specifically to introduce various concepts of Python programming which would enable the participants to gain basic understanding of the tools and techniques involving in Data Sciences, while also providing exposure to different applications of Python through projects such as sentiment analysis, detection of fake news, so on. Several useful topics like Python Data Structures, Python Programming Fundamentals, NumPy, Pandas and Matplotlib, Introduction to Machine Learning (ML) were covered. Students created python scripts and worked on the data-sets to apply ML. The instructor interacted with the students on one-to-one basis and took their doubts in each session. 6 assessments and a final test were taken during the course to strengthen their knowledge of the Python language.



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लघु अवधि अनुवाद प्रमाणपत्र पाठ्यक्रम

हिन्दी विभाग
और
आंतरिक गुणवत्ता प्रमाणन प्रकोष्ठ
माता सुन्दरी महिला महाविद्यालय
तथा
भारतीय अनुवाद परिषद
के संयुक्त तत्वाधान में
आयोजित

संयोजक
प्रो. हरप्रीत कौर
प्राचार्या

डॉ. लोकेश कुमार गुप्ता
संयोजक
आंतरिक गुणवत्ता प्रमाणन प्रकोष्ठ

डॉ. ललिता मीणा
प्रभारी
हिन्दी विभाग

डॉ. इन्दू कुमारी
कार्यक्रम संयोजक
हिन्दी साहित्य परिषद

प्रो. पूरनचंद टंडन
पाठ्यक्रम निदेशक एवं सचिव
भारतीय अनुवाद परिषद

Limited Seats Available
Registration : First Come First
Course Duration : 30 Hours
Registration Fees : 500/-
(Non-Refundable)

लघु अवधि अनुवाद प्रमाणपत्र पाठ्यक्रम
में पंजीकरण के लिए स्वागत है।

पंजीकरण लिंक एवं पेमेंट लिंक : <https://forms.gle/czMkpJQEU1KjGbwu5>
संपर्क सूत्र -9873405194 Mail ID: hindi@ms.du.ac.in

रिपोर्ट-

डॉ. इन्दू कुमारी
हिंदी विभाग,
माता सुंदरी कॉलेज,
दिल्ली विश्वविद्यालय

आज दिनांक 03.01.2021 को अनुवाद के लघु अवधि पाठ्यक्रम प्रमाण-पत्र में व्याख्यान का आयोजन किया गया। वक्ता प्रो. पूरन चंद टंडन थे। वे भारतीय अनुवाद परिषद के निदेशक हैं। उन्होंने अनुवाद के स्वरूप, क्षेत्र, प्रकार और उसकी चुनौतियों से संबंधित विषयों पर बातचीत की। उन्होंने बताया कि अनुवाद का कार्य श्रोत भाषा के कथ्य को लक्ष्य भाषा तक समुचित पहुँचाना होता है। यानी यथा संभव मूल के निकट पहुँचने की प्रक्रिया अनुवाद में होती है। अनुवाद स्वातः सुखाय के साथ-साथ सर्वातः सुखाय भी होता है। इसे विडंबनाओं की विधा भी कहते हैं। दरअसल अनुवाद के सामने सामाजिक, सांस्कृतिक, राजनीतिक व आर्थिक शब्दावलिओं को रूपांतरित करना भी चुनौतियों भरा कार्य होता है, क्योंकि ये शब्दावलिवाँ प्रतीकार्थ में निहित होती हैं और प्रतीकार्थ हमेशा सार्थक होना चाहिए। यानी अनुवाद संस्कृति, देश, समाज, भाषा आदि के लिए एक पुल की तरह होता है। इस रूप में अनुवाद करने वाले अनुवादक की भूमिका अत्यंत ही महत्वपूर्ण हो जाती है। वह (अनुवादक) पूरी दुनिया को जोड़ने का कार्य करता है। पहले अनुवाद को लेकर नकारात्मक धारणा बनी हुई थी। अनुवाद को कभी प्रवंचना कहा जाता था, तो कभी दोषम दर्जे का कार्य, किन्तु अब यह धारणा बदल रही है। आज अनुवाद का महत्त्व काफी बढ़ रहा है। उसे साधना साध्य अनुशासन भी माना जाने लगा है। यह कठिन व दुष्कर कार्य है। लेकिन आज यह सशक्त लोक स्वीकृत विधा बन चुका है। कुल मिलाकर कहे तो अनुवाद जहाँ एक ओर कला है, वहीं दूसरी ओर विज्ञान का तर्क भी उसमें समाहित है। वह शिल्प भी है और शास्त्र भी।



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Sanskrit Sambhaashan Karyashala

**संस्कृत विभाग
माता सुंदरी महाविद्यालय
तथा
संस्कृत भारती दिल्ली
के संयुक्त तत्वावधान में
पंद्रहदिवसीय आनलाइन
संस्कृत संभाषण कार्यशाला
नवम्बर 17, 2020 से दिसंबर 1, 2020
अपराह्न 4:00-5:30**

जुड़ने हेतु लिंक शीघ्र दिया जाएगा।

संयोजिका
डा० आशा रानी

संरक्षिका
प्रो० हरप्रीत कौर

माता सुंदरी महाविद्यालय एवं संस्कृत विभाग की ज्ञानवर्धिनी सभा तथा संस्कृत भारती के संयुक्त तत्वावधान में 15 दिवसीय संस्कृत संभाषण कार्यशाला का आयोजन किया गया। महाविद्यालय की प्रधानाचार्या प्रो. हरप्रीत कौर की सतत प्रेरणा एवं मार्गदर्शन के फलस्वरूप यह कार्यक्रम सफलतापूर्वक संपन्न हुआ। 15 दिवसीय संस्कृत संभाषण कार्यशाला 17 नवंबर 2020 से प्रारंभ होकर 3 दिसंबर 2020 को संपन्न हुई। इस कार्यशाला में बी ए प्रथम, द्वितीय एवं तृतीय तीनों वर्षों की छात्राओं ने भाग लिया और पूरे उत्साह व लगन के साथ 15 दिनों तक ध्यान पूर्वक विषय को समझा। इस दौरान छात्राओं ने कक्षा कार्य के साथ-साथ गृह कार्य में भी अपनी दक्षता दिखाई। इस कार्यशाला के दौरान छात्राओं ने अपनी बोलचाल का माध्यम संस्कृत बनाया तथा आपस में भी उन्होंने संस्कृत में ही वार्तालाप करना प्रारंभ किया। कार्यशाला का छात्राओं पर अत्यधिक सकारात्मक प्रभाव दिखाई दिया उन्होंने न केवल संस्कृत के नवीन शब्दों को जाना बल्कि संस्कृत में वार्तालाप के भी ज्ञान से अवगत हुए। इस कार्यशाला की मुख्य वक्ता कृति कृष्णा थी जिन्होंने विषय को कठिन न बनाते हुए अत्यंत सरलता एवं मनोरंजक ढंग से विषय को छात्राओं के समक्ष प्रस्तुत किया जिसके कारण छात्राओं में विषय के प्रति और अधिक जानने की उत्सुकता बढ़ी। कार्यशाला के दौरान संस्कृत भारती के अनेक गणमान्य सदस्यों ने भी समय समय पर उपस्थित होकर सभी का उत्साहवर्धन किया। विशिष्ट अतिथि के रूप में संस्कृत भारती की श्री सुशील कुमार जी ने संस्कृत के महत्व पर प्रकाश डालते हुए संस्कृत भारती संस्था और संस्कृत के योगदान पर अपना महत्वपूर्ण व्याख्यान दिया। इस अवसर पर संस्कृत विभाग की सभी शिक्षकों ने प्रतिदिन उपस्थित होकर न केवल कार्यशाला की गतिविधियों से अवगत हुए वरन इस कार्यशाला से छात्राओं में होने वाली प्रगति का भी उन्होंने आकलन किया।



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Short-Term Online Certificate Course on Gender Studies

**Department of Political Science
&
Internal Quality Assurance Cell
(IQAC)
Mata Sundri College for Women
(University of Delhi)
in Collaboration with
Forum for Democracy**

Organizes

**A Short-Term Online Certificate Course
for Undergraduate Students on Gender Studies**

Starting from
1st November, 2020
on
Zoom Platform

Limited Seats Available.
Registration on first come, first serve basis.
Course Duration: 30 hours | Course fees: 300/- (Non-Refundable)

Registration Link: <https://tinyurl.com/polscience-mscw-register>
Payment Link: <https://tinyurl.com/polscience-mscw-pay>

This 30 hour online short-term course encompassed an interdisciplinary framework to enable the learner seek answers to critical questions pertaining to gender and its associated fraternities. The key purpose of this certificate course was to acquaint the participants with crucial aspects, interrogations, inquiries and debates intertwining the subject. The aim was to empower the learner with the ability to examine socio-economic, political, psychological as well as cultural conundrum about gender. This course applied a method of integrative learning that was facilitated through trainings and lectures imparted by academicians, practitioners, common voices, representatives of different sectors as well as advanced level of student participation. The goal was also to enhance awareness of current as well as lived experiences around gender, and of the numerous intersectional attributes of gender with other social identities and political standpoints.



**Mata Sundri College for Women
(University of Delhi)
Mata Sundri Lane, New Delhi-110002**

Ph: 23237291

An Online Certificate Course on Conservation and Heritage Studies: Dynamics of Heritology

MATA SUNDRI COLLEGE FOR WOMEN
UNIVERSITY OF DELHI

RECOGNIZE A VAIL, TRANSFORM HERITAGE

DHAROHAR
DEPARTMENT OF HISTORY

Presents
DYNAMICS OF HERITOLGY
An online certificate course on Conservation and Heritage Studies

From: 08th - 23rd February, 2021
30 hrs course
(evening classes)

PROF. (DR.) HARPREET KAUR
PRINCIPAL

DR. LOKESH KUMAR GUPTA
(IQAC), Coordinator

DR. DALJIT KAUR
PROGRAM COORDINATOR,
TEACHER-IN-CHARGE

DR. NAVENDU SHEKHAR
(ORGANISING SECRETARY)
8826248346

MR. GAURAV KUMAR PAL
SECRETARY, RATH NGO
967328991

MS. AARUSHI MEHRA
(RATH COORDINATOR)

"E-Certificates will be provided to the students after the completion of the course."

Registration Fee : 300/-
Non-Refundable
[Click here to Register](#)

www.rathindia.org
rathngo.india@gmail.com

The 30 hours course was organised by RATH NGO, in collaboration with DHAROHAR, the Heritage Society of Mata Sundri College for Women. Sessions on cultural heritage of India, Indian paintings, evolution of sculptures in India, iconography and interpretation of society through motifs and sculpture, Indian architecture, archaeology and process of excavations, museum works and its functions, relationship between heritage and tourism, urban heritage and landscape, concepts of conservation, career in heritage studies were taken up by eminent speakers.



**Mata Sundri College for Women
(University of Delhi)
Mata Sundri Lane, New Delhi-110002**

Ph: 23237291

Online Short-Term Certificate Course on Graphics Designing & Front-End Web Development

MATA SUNDRI COLLEGE FOR WOMEN
(UNIVERSITY OF DELHI)

DEPARTMENT OF COMPUTER SCIENCE and INTERNAL QUALITY ASSURANCE CELL
in association with GirlScript Foundation

Organize an Online Short Term Certificate Course on
Graphics Designing & Front-End Web Development
(2nd Jan 2021 - 5th Feb 2021)

PATRON: PROF. (DR.) HARPREET KAUR
Teacher in Charge: Dr. Kiranjeet Sethi

IQAC Coordinator: Dr. Lokesh Kumar Gupta
Programme Coordinator: Ms. Ashema Hasti

Organizing Team: Department of Computer Science
Student Coordinators: Jyoti Balodhi (6398383584, 9871979597) and Darshpreet Kaur (8287684314)

ABOUT MATA SUNDRI COLLEGE FOR WOMEN

Mata Sundri College for Women is an institution where we strive to achieve excellence not only in higher education but also women empowerment. A constituent college of the University of Delhi, the college, was founded on 17th July, 1967 by the Gurudwara Prabhndak Committee, Delhi State. We are proud of a robust student strength of more than four thousand vibrant young women in the college and a strength of 175 distinguished faculty members and 64 members of the non-teaching staff. With its extremely well qualified teaching faculty and an efficient support staff backing them, the college provides an ideal learning environment for young women, giving shape to their most cherished dreams and wings to their creative pursuits. We are a college offering Humanities, Commerce and Science courses to students who come from an eclectic background. Our college is one of the eight colleges of University of Delhi which offers the Bachelor of Elementary Education (B.El.Ed.) course which is an integrated professional degree program. In addition, with a view to encourage skill based education, we offer many skill development programs like Basic and Advanced Courses in Computers, Travel and Tourism, Textile Designing and Foreign Languages. Our mission is to provide quality education to students that not only nurtures individual talents but also fosters a spirit of camaraderie and teamwork.

ABOUT GIRLSRIPT FOUNDATION PVT LTD

GirlScript Foundation is an Indian origin Technical Community of people working in 65 cities of India that aims to empower people, by educating them on technology and related necessary skills. It's a non-profit organization that has international chapters in Ireland, Nepal, Nigeria as well. GirlScript Foundation is working to create local opportunity, growth and impact via tech education in every country around the world and to bring diversity in tech domain. GirlScript is NOT a women only organization but it has equal opportunities for everyone and offers 50% reservation for women in tech. It has conducted more than 3000 events and is recognized on international platforms like FORBES ASIA, BOOKING.COM and ELASTIC. Its sister company GirlScript Technologies Pvt Ltd which started this year has already taught 1,000 students in last 3 months. Its product YAY!- Celebrating Education is successfully running subscription-based model for learners throughout the month with live, affordable and rewards based sessions.



**Mata Sundri College for Women
(University of Delhi)
Mata Sundri Lane, New Delhi-110002**

Ph: 23237291

OBJECTIVE OF THE COURSE

This short course will provide the participants an opportunity to learn high-demand skills of designing attractive web pages and using Graphics tools in creating and enhancing visualization effects. Inclusion of Rigorous, authentic assignments and live project in the course will add value to the CV and provide employers a proof that the learners have mastered relevant skills. The highlight of the course will be hands-on training to participants by Subject Matter Experts from the industry in the area.

WHO CAN APPLY?

The course is designed for a student of any discipline, who is inquisitive to learn and explore the world of Graphics Designing & Front-End Web Development.

HOW TO APPLY?

Please fill up the Registration Form on the below mentioned Registration and Payment link:

Payment Link: <https://www.payumoney.com/payhypayumoney/#/DCA66608140AE1DD50BDA9184ECC8C44>

Registration Link: <https://forms.gle/32dHwSPnubhK4DOo7>

Course Fees: Rs.1800/- per participant (Non-Refundable)

Participants are requested to join the below mentioned Whatsapp Group upon successful registration and payment: <https://chat.whatsapp.com/HoyuOK7N1jB974HsnAVh49>

- Limited Seats Available
- Registration on first come, first serve basis
- Course Start Date: 2nd January, 2021

PARTICIPANTS MAY NOTE THE FOLLOWING:

- The course shall be conducted entirely in online mode, after college hours and on weekends, using Online Platform of CISCO WEBEX.
- Course will commence from 2nd January, 2021 and will be a 30-hour course of live, invigorating, hands-on sessions.
- Course will include assignments and Project -based assessment.
- Upon Successful completion of the course, participants will be provided with E-certificates and assistance in internship/placement in the area of Graphics Designing & Web Designing.
- The course material will be provided in the electronic format along with the Session Recordings.

COURSE WILL INCLUDE HANDS-ON SESSIONS ON FOLLOWING TOOLS:

Graphics Designing + UI/UX using Adobe Photoshop & Adobe XD

Front End Web Development: HTML, CSS, GIT, ReactJS

Deadline for registration & payment: 16th December 2020

For any queries, whatsapp/call :

Student Coordinators: Jyoti Balodhi (6398383584, 9871979597) and Darshpreet Kaur (8287684314)

Contact Details

Mata Sundri College for Women
Mata Sundri Lane, New Delhi- 110002
Tel: 011-23221449,011-23237291
Fax: 23236102
Website: <https://www.mscw.ac.in/>

The aim of this 30 hours course was to provide students an opportunity to learn high-demand skills of designing attractive web pages and using Graphics tools in creating and enhancing



**Mata Sundri College for Women
(University of Delhi)
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Ph: 23237291

visualization effects. Inclusion of Rigorous, authentic assignments and live project in the course added value to their skill set. The highlight of the course was hands-on training to participants by Subject Matter Experts from the industry in the area. The workshop was divided into ten technical sessions of three hours each, followed by online assessment of the students. There were five sessions each on graphics designing and Front-End Web development. The course was conducted entirely in online mode, after college hours and on weekends, using Online Platform of CISCO WEBEX. The course material was provided in the electronic format along with the Session Recordings.

Students had the opportunity to put together their skills in the projects designed and created by them which provided an opportunity to them to ideate the concepts, implement the same and carry it to completion. The course saw an enrolment of 50 participants from various colleges of University of Delhi, including Keshav Mahavidyalaya, Deshbandhu College, IP College for Women, St Stephens College, SPM College for Women, Ram Lal Anand and Mata Sundri College for Women. The speaker interacted with the students on one-to-one basis and provided them with valuable tips. The students found the sessions beneficial and interesting as the instructors shared their immense knowledge and expertise on the topic in an elaborate yet simple manner. Students were provided E-Certificates at the end of the course, based on their completed projects and online assessment, conducted on 2nd February, 2021.



**Mata Sundri College for Women
(University of Delhi)
Mata Sundri Lane, New Delhi-110002**

Ph: 23237291

A Short-term Certificate Course on Gender Sensitization, D&I and POSH

Internal Complaints Committee & Internal Quality Assurance Cell (IQAC)
Mata Sundri College for Women
(University of Delhi)

In collaboration with
WhiteSwan Consulting Group

Organizes
A Short Term Certificate Course on

GENDER SENSITISATION D&I AND POSH

COURSE INSTRUCTOR	PATRON
Dr. Anjali Nigam CEO & Founder Director WhiteSwan Consulting Group	Professor Harpreet Kaur (Principal, MSCW)

COURSE START DATE: 30 JANUARY 2021	PATRON
COURSE DURATION : 30 HOURS COURSE FEES : 200/- (NON-REFUNDABLE) E-Certificate will be provided after completion of the course* Additional Certificate : 10 Hr Practical Project (Optional)	ORGANIZING COMMITTEE Dr. Kamlesh Kaur (Convener) Mrs. Poonam Sharma (Co-Convener) Dr. Lokesh Kumar Gupta (Coordinator, IQAC) Dr. Uzma Nadeem (Programme Coordinator) Mr. Manjit Singh (Member, ICC)

Contact Details:
Mata Sundri College For Women
Address: Mata Sundri Lane, New Delhi-110002, India
Tel: 23221469, 23237291
Fax: 23236102
Write to us at: matasundricollege.du@gmail.com
Website: https://mscw.ac.in/

WhiteSwan Consulting Group
The Executive Centre, One Horizon Centre
DLF Phase V, Golf Course Road, Sector-43
Gurgaon - 122002, India
Ph: +91 9818264111, 9873369074, 0124677788
Write to us at: dr.anjalnigam@wsgindia.org
Website: www.wsgindia.org



TECHNICAL SUPPORT

Ms. Sangeeta Pathak

CLICK THE LINK & REGISTER
<https://tinyurl.com/yv1qhrbt>

ABOUT WHITESWAN CONSULTING GROUP (WCG) :

WhiteSwan Consulting Group (WCG) is an 'Organizational Effectiveness' Company having special focus on 'Improving Quality of Working Life'. WCG was given IFDGO global HRD award 2013 by the President of India and also HRD award in 2017. Our faculty has vast experience & in-depth knowledge in the area. They facilitate programs with highly interactive and innovative pedagogy. WCG has been working tirelessly in the Gender Equality, D&I, & POSH for the last 8 years. They have trained more than 43,000 mandays in 120+ organisations including. WhiteSwan Consulting Group has been awarded 'Special Mention in Gender Equality' by UN Women Awards 2020, IFDGO by President of India & 'Best HRD Practice Award 2017' in 30 countries at Oman.

<p>COURSE OBJECTIVES :</p> <ul style="list-style-type: none"> <input type="checkbox"/> Developing Gender Sensitive workplaces. <input type="checkbox"/> Respect of other Gender. <input type="checkbox"/> Understanding Recent POSH law and Rules. <input type="checkbox"/> Preventive steps to avoid complaints. 	<p>METHODOLOGY :</p> <ul style="list-style-type: none"> <input type="checkbox"/> Highly interactive, participative and action oriented. <input type="checkbox"/> Live case studies while maintaining confidentiality. <input type="checkbox"/> Group Work & presentations . <input type="checkbox"/> Videos and films. <input type="checkbox"/> Practical Action planning.
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COURSE COVERAGE :

- Gender Sensitization: Gender Biases, Stereotypes & Subconscious level of Gender prejudices and their impact.
- Re-generating Values & Company specific Value Framework.
- POSH Act and Rules, 2013- Role of ICC, HR and Procedure.
- Preventive role of organization, How to reduce complaints & create mutual trust and respect.
- Role of Managers, Employees and Organizations in creating harmonious & gender Sensitive workplaces.

ABOUT INSTRUCTOR :
Dr. Anjali Nigam
CEO & Founder Director, WhiteSwan Consulting Group (WCG)

Awards & Recognitions

- Honoured by PowerToFly Globally with 2021 Women Leadership Advocate of the Year Award for D&I,
- Leadership Award 2019 by IWLF.
- Best HRD Practice Award 2017, IFDGO Global HRD Awards 2017.
- International Woman Leadership & Innovation Award 2017, for Leadership in Training & Development.
- IFDGO Global HRD Award 2013 for 'Improved Quality of Working Life', by President of India.
- Award of Honour, 2013 for Outstanding Contribution by Indian Society for Training & Development.
- 'Quality Initiative Mission Award 2013', by Knowledge Resource & Welfare Group, IIT Alumni Org.





**Mata Sundri College for Women
(University of Delhi)
Mata Sundri Lane, New Delhi-110002**

Ph: 23237291


REGISTRATION DETAILS:

- Candidates have to register using the Registration link in the brochure to enroll in the course.
- Candidates have to register online on or before 28 January, 2021.
- Registered Candidates of any University/College can participate.

POINTS TO BE NOTED:

- The course shall be conducted entirely in online mode and there will be no physical classes.
- This course will include assignments and review test.
- Certificate will be provided only to those candidate who will appear in the test and assignment.
- Classes will be held after college hours and on weekends and weekdays.

CONTACT PERSON
Dr. Kamlesh Kaur : +91-9868754363



The course was aimed to develop Gender Sensitive workplaces and respect of other gender, understand recent POSH law and rules. It included topics such as Gender Sensitization: Gender Biases, Stereotypes & Subconscious level of Gender prejudices and their impact; Regenerating Values & Company specific Value Framework; POSH Act and Rules, 2013- Role of ICC, HR and Procedure; Preventive role of organization, how to reduce complaints & create mutual trust and respect; Role of Managers, Employees and Organizations in creating harmonious & gender Sensitive workplace. Tools like Videos and films and Practical Action planning were also the part of methodology adopted during the course so as to make the session fun and productive. The course included assignments & presentations (10 marks), Quiz (30 marks) and a written examination (60 marks) at the end of the course for the proper evaluation of the students. Group Work & presentations was the key feature of the course in which students were divided into 16 small groups. Each of the groups was required to prepare and give presentations on various different topics allocated to them beforehand. It enhanced the learning among students in a more effective manner. A 10-hour optional practical project was also discussed in the course which was the Neem school project under the guidance of the resource person for which interested students could apply.



**Mata Sundri College for Women
(University of Delhi)
Mata Sundri Lane, New Delhi-110002**

Ph: 23237291

Online Short R=Term Certificate Course on Building a Positive Self-Image for Success



**ONLINE
SHORT TERM
CERTIFICATE COURSE
ON
BUILDING
A POSITIVE SELF
IMAGE FOR SUCCESS**

Organised by:
**Department of Philosophy
&
Internal Quality Assurance
Cell (IQAC)**
Mata Sundri College for Women
(University of Delhi)

In collaboration with
Inner Happiness Index

Patron
Prof. Harpreet Kaur
Principal

Dr. Lokesh Kumar Gupta
IQAC, Coordinator

Dr. Hemlata Krishnani
Program Coordinator,
Teacher-in-charge

Dr. Jolly Singh
Organizing Secretary

Ms. Shalini Vikrant
Course Instructor

Fee Structure: **₹300 (non-refundable)** Eligibility: Undergraduate students
[Payment & Registration Link](#)
Course Duration: **30 Hours (online)**



About the course

This course will teach students how to create and restore a positive self-image for a happy and a successful life. This course aims to familiarize the students with tools and methods to embark on the journey of personal growth. A positive self-image is one of the key elements for a successful life. Thinking positive and staying happy is a conscious effort, it is a life skill which needs to be learned and practiced every day for a better life. This course will take the students through the process of self-discovery and it will reinforce the belief that they have the power to create the life which they want. The course will be highly interactive and will focus on experience rather than theory. The students will learn how to build a positive self-image through activities, experience sharing and real-life stories. The course is designed in various modules which will focus on the power of choosing the right words, of loving oneself, forgiveness (others and self), kindness, gratitude, compassion, leadership and mindfulness. Students will be assessed at the end of each module by means of a quiz and/or a written test. They will be required to record their interpretation of the course learnings in their daily life in a journal. They will also be expected to collate the experiences and present in a form of a group presentation or an essay.

About the Department of Philosophy, Mata Sundri College for Women

Department of Philosophy, Mata Sundri College was established in 1969. It offers Honours program and inter disciplinary courses in Philosophy for undergraduate students. The faculty comprises of hardworking and exemplary teachers who motivate young minds constantly. The department

takes pride in having illustrious current and former faculty members, among whom Dr. Satnam Kaur has been the former principal of the college.

About the college

Mata Sundri College For Women is an institution where we strive to achieve excellence not only in higher education but also women empowerment. A constituent college of the University of Delhi, the college, was founded on 17th July, 1967 by the Gurudwara Prabhandak Committee, Delhi State. We are proud of a robust student strength of more than four thousand vibrant young women in the college and a strength of 175 distinguished faculty members and 64 members of the non-teaching staff. With its extremely well qualified teaching faculty and an efficient support staff backing them, the college provides an ideal learning environment for young women, giving shape to their most cherished dreams and wings to their creative pursuit. We are a college offering Humanities, Commerce and Science courses to students who come from an eclectic background. Our college is one of the eight colleges of University of Delhi which offers the Bachelor of Elementary Education (B.El.Ed.) course which is an integrated professional degree program. In addition, with a view to encourage skill based education, we offer many skill development programs like Basic and Advanced Courses in Computers, Travel and Tourism, Textile Designing and Foreign Languages. Our mission is to provide quality education to students that not only nurtures individual talents but also fosters a spirit of camaraderie and teamwork. This is blended with sound values and ideals. Besides our commitment to academic excellence, we also pursue extra-curricular activities with equal enthusiasm.



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Students' Benefits

By the end of the course the students will gain clarity and confidence in their own abilities and strengths. They will learn:

- The value of a positive self-image
- How to face challenging situations which create a sense of despair within them.
- How to create, assimilate, restore and further strengthen their positive self-image and how it could be an effective leadership tool.
- They will also assess and understand their own strengths, how to maximize their core strengths to lead a happy and successful life.
- working as a team is important in every environment. The course is designed in a way to guide students to work cohesively as a unit.

After the successful completion of the course, the students will receive an E-certificate of completion. Students who volunteer to coordinate the activities in the class will receive a special mention as a coordinator in their certificate.

About Inner Happiness Index

Inner Happiness Index is a sole proprietorship firm owned by Ms. Shalini Vikrant.

It produces, arranges & conducts classes (providing certificates where needed) conferences, colloquiums, seminars, workshops, spiritual talks, motivational speeches, conventions, courses for all age groups, in educational institutions and private/public forum/groups and companies, corporates) in the field of happiness, gratitude, mindfulness, compassion, joy, leadership, team building, working together, forgiveness, everything

which comes under overall wellbeing and managing relationships and inculcating good work ethics, spiritual camps, meditation, teacher trainings, cultural activities, education, relaxation, all kinds of meditation, training and providing tools for wellbeing & stress management. The firm creates content, written/audio visuals/podcasts/videos/ quotes & short stories related to the above.

Course Instructor



Ms. Shalini Vikrant is the founder and owner of the sole proprietorship firm: 'Inner Happiness Index'. She is a motivational speaker, writer and a mentor for guided meditations. On creating a successful program on joy, she is now fondly referred to as the 'Ambassador of Joy'. She believes that words can heal. She connects with people through her workshops, talks, courses, poems, prose, short quotes and captivating audiovisuals. She reiterates that holding on to one's faith can lift depression and spread happiness. Her words have innate vibrations and positive energy that have turned the lives of people around. She has created website content and blogs for companies in both India and UK, but her heart always goes for soulful inspirational writing.

She conducts guided Meditation sessions (both in India and in US) to help people tap into their inner

core soul strength and for them to be able to achieve anything they set out their minds for.

She holds a master's degree in English from Sri Venkateshwar college, Delhi University and PGD in Marketing Management.

She began her career as a copywriter in an advertising agency and has worked with 'The Times of India' among other corporates.

She has been actively involved in Community well-being events since she has been living in the US. She continues to be a part of such events in India too.

She believes that there are different shades of happiness which we all have to unravel. Our myopic outlook often hinders our acceptance of happiness. She envisions a world where everyone can transform their lives by accessing their inner positive being.

Note

Minimum attendance should be more than 80% (24 hours) & minimum mark should be 60% (in aggregate) for successful completion of this course. Readings and other study materials will be provided to the students through the registered email.

Contact Details

- ♦ **Mata Sundri College for Women**, Mata Sundri Lane, New Delhi- 110002
Website: <https://www.mscw.ac.in/>
- ♦ **Inner Happiness Index**,
Registered Address: F-102, Tower F,
Chirviks Paradise, Sector 309, Gurgaon,
Communication Address: 1601, tower 3,
The close North, Nirvana country, sec 50,
Gurgaon Tel: +91-9711040902
Email: contact.ihl.vv@gmail.com
Social media:
<https://www.facebook.com/conversationwithmyselfshalini/>
<https://www.instagram.com/shaliniconversationswithmyself/>

<https://www.instagram.com/shaliniconversationswithmyself/>

The department of philosophy introduced an interdisciplinary short-term course of 30 hours as per the details mentioned below:

The Name of the Course: Building a Positive Self-Image for Success



**Mata Sundri College for Women
(University of Delhi)
Mata Sundri Lane, New Delhi-110002**

Ph: 23237291

Course designed by: Inner Happiness Index

Course Instructor: Ms. Shalini Vikrant

Program Coordinator: Dr. Hemlata Krishnani

Organizing secretary: Dr. Jolly Singh

No of students enrolled: 48

Total No of Modules: 5

Total no of Assessments: 4

Total No of hours: 30

Total Module teaching hours: 25 hours

Total assessment hours: 5 hours

Mode of instruction: Zoom

Date of Commencement: 30-Jan-2021

Date of Completion: 28-Mar-2021

Methodology · Power Point presentations from the instructor · Student group presentation (not power-point) · Interactive discussions · You- tube videos · Sharing relevant research and findings · Role plays · Break-out rooms on zoom · For the benefit of the students, the course instructor created audio visuals (in her own voice) related to the course and shared the link with the students. · Maintaining and recording in a journal. · Games · Home activities



Modules · Module 1: Choose the right words · Module 2: Gratitude and Mindfulness · Module 3: Kindness and Forgiveness · Module 4: Mindset · Module 5: Leadership and teamwork



**Mata Sundri College for Women
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Mata Sundri Lane, New Delhi-110002**

Ph: 23237291

Online Certificate Course on Entrepreneurial Idea Development and Skill Enhancement



INTERNAL QUALITY ASSURANCE CELL
UDDHAM, THE ENTREPRENEURSHIP CELL,
And
THE DEPARTMENT OF COMMERCE,
MATA SUNDRI COLLEGE FOR WOMEN
(University of Delhi)

In collaboration with
UGC NSRF - Skill development, KIRORIMAL COLLEGE,
UNIVERSITY OF DELHI

Invites students:
To Apply for a 30 Hours Online Certificate Course on
**"Entrepreneurial Idea Development and Skill
Enhancement"**
[Click here to register](#)

Date: 5 February 2021 – 15 February 2021

ABOUT THE COLLEGE

Mata Sundri College for Women is an institution where we strive to achieve excellence not only in higher education but also women empowerment. A constituent college of the University of Delhi, the college, was founded on 17th July, 1967 by the Gurdwara Prabhndak Committee, Delhi State. We are proud of a robust student strength of more than four thousand vibrant young women in the college and a strength of 175 distinguished faculty members and 64 members of the Non-Teaching Staff. With its extremely well-qualified teaching faculty and an efficient support staff backing them, the college provides an ideal learning environment for young women, giving shape to their most cherished dreams and wings to their creative pursuits. We are a college offering Humanities, Commerce and Science courses to students who come from diverse backgrounds. Our college is one of the eight colleges of University of Delhi which offers the Bachelor of Elementary Education (B.El.Ed.) course which is an integrated professional degree programme. In addition, with a view to encourage skill based education, we offer many skill development programmes like Basic and Advanced Courses in Computers, Travel and Tourism, Textile Designing and Foreign Languages. Our mission is to provide quality education to students blending it with sound values and ideals that not only nurtures individual talents but also fosters a spirit of camaraderie and teamwork.

College Website: <https://mscw.ac.in>

ABOUT THE DEPARTMENT OF COMMERCE

The department of Commerce was established in 1977. This department is the largest department of the College. It places high value on providing its students with academic excellence, professional knowledge and practical skills globally suited for industry, business and service sector. The Commerce department organizes several extra-curricular activities including inter-college and inter-department events. The Department provides a stimulating environment for the holistic development of its students and envisions students to become leading



**Mata Sundri College for Women
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Ph: 23237291

professionals by continuously grooming them in corporate etiquette, campus to corporate transition, communication skills and interview skills by special lectures and talks by eminent personalities.

ABOUT UDDHAM: THE ENTREPRENEURSHIP CELL

With the ongoing vogue of Start-up India, Mata Sundri College for Women has come up with the platform for uncovering the latent entrepreneur among the students, and continuing with it, established an entrepreneurial cell for the students to learn, develop and enhance entrepreneurial skills to establish and run a successful startup, thereby making them financially independent as well as job providers. It intends to provide a platform for students to get excellent professional mentorship from experienced, varied and distinguished mentor pool, and to showcase their ideas in front of Venture Capitalists, Angel Investors and Industry Leaders, from time to time in industry interactions.

ABOUT THE KIRORIMAL COLLEGE

Kirori Mal College is an institution of academic excellence, established in 1954, the college has always strived to, and successfully maintained its place as one of the finest within the University of Delhi. The college encourages a quest for knowledge that is rooted in an ethical understanding of the world. Over the years, the college has built up an impressive array of academic facilities such as a fully computerized library, a state of the art computer center and an active placement cell. The college has also initiated six months' certificate on Entrepreneurship and Start-up under UGC - National Skill Qualification Framework (NSQF) to inculcate skills among young students to start their own venture.

ABOUT THE CERTIFICATE COURSE – “Entrepreneurial Idea Development and Skill Enhancement”

Skill and knowledge are the driving forces of economic growth and social development for any country. Presently, the country faces a demand – supply mismatch, as the economy needs more ‘skilled’ workforce than that is available. In the higher education sphere, knowledge and skills are required for diverse forms of employment in the sector of education, health care manufacturing and other services. Keeping this in mind, we are pleased to announce that Mata

Sundri College for Women has signed an MOU with UGC Community College, Kirorimal College for skill development in entrepreneurship and education aimed at enhancing self-employment opportunities. The course will be spread over 30 hours and offers 2 credits as per CBCS.

Course Content

- Introduction to Entrepreneurship and start-up
- Idea Identification and Assessment
- Building a legal foundation
- Understanding financial basics
- Introduction to business planning
- Fund raising and business promotion activity
- Soft, ICT and Communication skills
- Motivation, Leadership and Communication skills
- Business Research and Management practices.

Registration Process:

Eligibility: Undergraduate Students from all the courses are eligible to apply for this course. Seats will be reserved on first come first serve basis.

Course Fees: Rs. 500 only.

Payment Mode: **Online**

[Click here to pay](#)

Note:

The duration of the program is 30 hours from 5th February 2021 onwards. The sessions will be held post classes on weekdays and on weekends. Students need to have a PC/laptop/mobile phone with internet connection for the hands-on sessions.

The last date for registration is 3rd February 2021.



**Mata Sundri College for Women
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Mata Sundri Lane, New Delhi-110002**

Ph: 23237291

Patron	
Prof. (Dr.) Harpreet Kaur (Principal, MSC)	
Coordinator - IQAC	Deputy Coordinator - IQAC
Dr. Lokesh Kumar Gupta	Dr. Manisha Mathur
Course Coordinators	
Dr. Harleen Kaur	Dr. Sapna Dhaliwal
Coordinator- Uddham, Entrepreneurship cell	
Ms. Prabhsharan Kaur	
Teacher-In-Charge- Department of Commerce	
Ms. Jaspal Kaur Sahni	
Course Advisors	
Dr. Pushpender Kumar (Kirorimal College)	Ms. Kanwaljit Kaur (MSC)
Organising Team	
Ms. Manjot Kaur, Dr. Ishpreet Kaur, Ms. Manpreet Kaur, Ms. Kamna Virmani, Ms. Gurpreet Kaur	
For Further Information, Contact:	
Mata Sundri College for Women, Mata Sundri Lane, New Delhi-110002	
E-mail: commerce@ms.du.ac.in	
Ashima Mohan, President, Entrepreneurship Cell	+91-8929215100
Deeksha Arora, Vice President, Entrepreneurship Cell	+91-9650266911
Anshita Kochar, President, Invictus	Avleen Kaur, Vice President, Invictus
Alisha Manku, President, Student Union	Bhavneet Kaur, V.P., Student Union
Shreya Singh, Secretary, Student Union	Sahida Khatoon, J. Sec, Student Union

This 30 hours course had many speakers who discussed on varied topics such as various schemes offered by the MSME to promote start-ups in India; innovative and creative way of elucidating the concepts of invention, innovation and skill, through story lines, case studies and PowerPoint presentations; entrepreneurial support system and its ecosystem; the many hindrances that may come in the way while an individual plan to start his own business inclusive of risk bearing, peer pressure, ground working and much more; orientation to MSME grants that help young and budding entrepreneurs by giving a head start and being their helping hand in financial as well as emotional aspects; encouraging participants with real life examples to experience innovation and creativity; introduction to fundamental principal of entrepreneurship that an idea without a solution to the problems is not an entrepreneurial idea; familiarizing with the whole process of Registration and Licensing step by step; apprising the participants with many schemes like Aspire, Pradhan Mantri Kaushal Yojna and WEP, i. e., Women Entrepreneurs' Platform which is established specially for women, and inviting real entrepreneurs to share their success stories motivating students further. Participants were given a task to present a business plan on the innovation, creativity, viability of the generation of funds, approach to target markets and team coordination.



Mata Sundri College for Women (University of Delhi) Mata Sundri Lane, New Delhi-110002

Ph: 23237291

A Short-term Online Certificate Course on Holistic Fitness and Wellness Learning



**A Short term Online Certification Course
on
HOLISTIC FITNESS AND WELLNESS LEARNING**
organized by
IQAC & Department of Physical Education
of
Sri Guru Nanak Dev Khalsa College
(University of Delhi)
and
Mata Sundri College For Women
(University of Delhi)

ABOUT MATA SUNDRI COLLEGE FOR WOMEN

Mata Sundri College for Women is an institution where we strive to achieve excellence in higher education and women empowerment. A constituent college of the University of Delhi, the college was founded in 1973 after the Department of Public Health, Committee, Delhi State. We are proud to have strength of 4000 vibrant young women in the college. They are led by experienced faculty members and are mentored by their teaching staff. We provide liberal education. Humanities, Commerce as well as Courses. Our college is one of the eight colleges of University of Delhi which offer the B.A. LL.B. course that is an integrated professional degree programme.

Our mission is to provide quality education to students that not only nurtures individual talents but also fosters a sense of camaraderie and teamwork. This is achieved with sound value and socially innovative teaching methods including experiential activities, project work and field work are an inherent aspect of the teaching-learning process. Backed by thorough preparation on an individual level by teachers, students are favoured for entry with a strong conceptual foundation but also manage to gain skills and competencies to succeed in a competitive world. We make all endeavours to infuse a spirit of meaningful, healthy and dynamic in our recipient that is a niche for any Institution of Higher Learning. Besides, we are committed to academic excellence, we also pursue various co-curricular activities with equal enthusiasm. Located in the heart of Delhi, with easy accessibility to metro stations of I.T.D. Road, Connaught Place and Mandi House, the college is a local destination for those who choose to chart out their own path in a profession.

ABOUT SRI GURU NANAK DEV KHALSA COLLEGE

Initially named after Sri Guru Tegh Bahadur, ninth Guru of the Sikhs, this institution started out as Sri Guru Tegh Bahadur Khalsa (Bhadrang) College in 1973. In 1988, it was called Sri Guru Tegh Bahadur Khalsa Post Graduate (Bhadrang) College. In 2003, the college was converted into a full-fledged day college and renamed Sri Guru Nanak Dev Khalsa College after the first Sikh Guru. A constituent college of the University of Delhi, the college is now registered under Section 2F and 12B of the UGC Act, 1956, and is managed by the Delhi State Government Management Committee - the parent body, that takes pride in managing quality educational institutions. The institution has completed more than 40 years of exemplary service in the field of education. The college has about 2000 students on its rolls in the various courses that are offered.

Since its inception the College has been constantly striving to achieve academic excellence coupled with all-round development of its students. Inspired by the teachings of Guru Nanak Dev Ji, the college has also endeavoured to inculcate a spirit of service, tempering along with the values of spirituality and multitudes. It aims to build the character of its students by fostering the tenets of 'Ananya, Mangana, arbandh, bhakti' and 'naam japa, gurbani, satsang, charcha, etc.' being one's duty, remembering God and sharing the fruits of one's labour with less fortunate.

The vision is to see S.G.N.D. Khalsa College as a torchbearer by inculcating basic moral values, community development, and providing fair access to the poor and socially disadvantaged groups in the light of changing economic, social and cultural development.

Our mission is to instill specific zeal and develop varied human resource to meet contemporary challenges and to facilitate learners with opportunities to hone their leadership potential along with sensitising them towards inclusive social concerns, human rights, gender and environmental issues.

OBJECTIVES OF THE PROGRAMME

As life becomes more stressful and our health is under attack daily from long hours of work, poor nutrition, and environmental toxins around us, it is becoming more important that we take our health into our own hands.

Traditional exercise focus more on outward appearance ignoring the physical condition of our inner body and our emotional state. That's why to keep healthy inside and out we need "Holistic Fitness and Wellness Learning".

Holistic Fitness and Wellness Learning addresses more than just muscle strength and endurance. It is a health protocol that seeks to:

- Enhance the fitness of the complete physical, body and emotional health.
- Combine methods of stress reduction, diet, traditional exercise, and sleep habits.
- Embraces the concept of balance between a fit looking exterior and a healthy thriving interior.
- Bends physical and the mental by addressing every aspect of a healthy lifestyle including mental health.
- Redefines fitness and health in making the main goal to consistently improve one's overall well-being.

A holistic approach will assist in weight loss, toning, detoxification, increased bone density, reduced cortisol (stress hormone), increased human growth hormone, reduced aches and pains, and so much more. When you develop a more balanced lifestyle, you may be better able to make health and fitness a priority. It's time to take advantage of this growing trend for greater health and minimized medical conditions through holistic health and fitness.

OBJECTIVES OF THE PROGRAMME



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EMINENT SPEAKERS




DR. SHEELA K.S. (M.Sc., M.Phil., Ph.D.)
DEPT. OF PHYSICAL EDUCATION AND SPORTS SCIENCE
UNIVERSITY OF DELHI




DR. SEEMA KAUR (M.P.Ed., Ph.D.)
DEPT. OF PHYSICAL EDUCATION AND SPORTS SCIENCE
UNIVERSITY OF DELHI




DR. MONIKA DEWAN
(M.P.Ed., Gold Medalist, M.Ed., Ph.D.)
INTERNATIONAL EDUCATION AND INSTRUCTIONAL MATERIALS
DEPARTMENT, GURU NANAK DEV COLLEGE FOR WOMEN



DR. BENU GUPTA (M.P.Ed., Ph.D.)
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCE
UNIVERSITY OF DELHI



DR. NAVDEEP JOSHI (Ph.D.)
YOGA AND NATUROPATHY COLLEGE



**MS. NITIKA SHARMA (Ph.D.),
CERTIFIED YOGA MASTER TRAINER**
YOGA CONSULTANT | FREELANCE TRAINER



**Mata Sundri College for Women
(University of Delhi)
Mata Sundri Lane, New Delhi-110002**

Ph: 23237291

ORGANISING TEAM

SRI GURU NANAK DEV KHALSA COLLEGE

(PATRON) (Co-convenor)
 Dr. Gurmohinder Singh Dr. Rajwant Singh
 Principal TIC Phy. Edu. & Sports Sciences

(Convenor) (Coordinator)
 Dr. I.P. Singh Dr. Neeta Dhingra
 Sports Committee Coordinator- IQAC

MATA SUNDRI COLLEGE FOR WOMEN

(PATRON) (CONVENOR) (COORDINATOR)
 Prof. Hargreet Kaur Ms. Charanjeet Kaur Dr. Lokesh Kumar Gupta
 Principal TIC Phy.Edu. & Sport Science Coordinator- IQAC

(ORGANISING COMMITTEE)
 • Mr. Manjeet Singh
 • Dr. Gursharan Kaur

S. No.	Topic	Duration	Mode	Faculty
1	Introduction to Yoga	15 mins	Online	Dr. Gursharan Kaur
2	Asanas	15 mins	Online	Dr. Gursharan Kaur
3	Pranayama	15 mins	Online	Dr. Gursharan Kaur
4	Meditation	15 mins	Online	Dr. Gursharan Kaur
5	Yoga and Health	15 mins	Online	Dr. Gursharan Kaur
6	Yoga and Spirituality	15 mins	Online	Dr. Gursharan Kaur
7	Yoga and Environment	15 mins	Online	Dr. Gursharan Kaur
8	Yoga and Society	15 mins	Online	Dr. Gursharan Kaur
9	Yoga and Culture	15 mins	Online	Dr. Gursharan Kaur
10	Yoga and Education	15 mins	Online	Dr. Gursharan Kaur
11	Yoga and Politics	15 mins	Online	Dr. Gursharan Kaur
12	Yoga and Economics	15 mins	Online	Dr. Gursharan Kaur
13	Yoga and Law	15 mins	Online	Dr. Gursharan Kaur
14	Yoga and History	15 mins	Online	Dr. Gursharan Kaur
15	Yoga and Geography	15 mins	Online	Dr. Gursharan Kaur
16	Yoga and Science	15 mins	Online	Dr. Gursharan Kaur
17	Yoga and Technology	15 mins	Online	Dr. Gursharan Kaur
18	Yoga and Art	15 mins	Online	Dr. Gursharan Kaur
19	Yoga and Music	15 mins	Online	Dr. Gursharan Kaur
20	Yoga and Literature	15 mins	Online	Dr. Gursharan Kaur
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22	Yoga and Religion	15 mins	Online	Dr. Gursharan Kaur
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25	Yoga and Sociology	15 mins	Online	Dr. Gursharan Kaur
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27	Yoga and Linguistics	15 mins	Online	Dr. Gursharan Kaur
28	Yoga and Mathematics	15 mins	Online	Dr. Gursharan Kaur
29	Yoga and Physics	15 mins	Online	Dr. Gursharan Kaur
30	Yoga and Chemistry	15 mins	Online	Dr. Gursharan Kaur
31	Yoga and Biology	15 mins	Online	Dr. Gursharan Kaur
32	Yoga and Environmental Science	15 mins	Online	Dr. Gursharan Kaur
33	Yoga and Health Science	15 mins	Online	Dr. Gursharan Kaur
34	Yoga and Sports Science	15 mins	Online	Dr. Gursharan Kaur
35	Yoga and Nutrition	15 mins	Online	Dr. Gursharan Kaur
36	Yoga and Food Science	15 mins	Online	Dr. Gursharan Kaur
37	Yoga and Food Safety	15 mins	Online	Dr. Gursharan Kaur
38	Yoga and Food Quality	15 mins	Online	Dr. Gursharan Kaur
39	Yoga and Food Security	15 mins	Online	Dr. Gursharan Kaur
40	Yoga and Food Sovereignty	15 mins	Online	Dr. Gursharan Kaur
41	Yoga and Food Systems	15 mins	Online	Dr. Gursharan Kaur
42	Yoga and Food Policy	15 mins	Online	Dr. Gursharan Kaur
43	Yoga and Food Law	15 mins	Online	Dr. Gursharan Kaur
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99	Yoga and Food Food Food Law	15 mins	Online	Dr. Gursharan Kaur
100	Yoga and Food Food Food History	15 mins	Online	Dr. Gursharan Kaur

CONTACT US
 +91 9911186499
 +91 9643465763

COURSE DURATION:-
 30 Hours

FEES:-
 INR 300/-

COURSE COMMENCEMENT:
 01 March 2021

REGISTRATION LINK
<https://prms.gle/CsfidY4i5jlg44WR17>

PAY AT
<https://www.payuoney.com/paybypayumoney/#40F06d648975D1EA0D55F4FE317F30C>

The course was conducted with the objective of developing a more balanced lifestyle among the participants: Enhancing the fitness of the complete physical body and emotional health; Combining methods of stress reduction, diet, traditional exercise, and sleep habits; Embracing



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the concept of balance between a fit looking exterior and a healthy thriving interior; Blending physical and the mental by addressing every aspect of a healthy lifestyle, including mental health; Redefining fitness and health in making the main goal to consistently improve one's overall well-being for greater health and minimized medical conditions. The course was 20 day long with total duration of 30 hours involving 13 eminent speakers and 97 active participants. The content of the course included: science of exercise; introduction to active life: fitness; introduction to active life: wellness; nutrition; diet; dietary gimmicks and myths; weight management & gym operations; behaviour modification; stress management; social development through personality development; social development through communicative skill development; spiritual development through yoga; lifestyle diseases; substance use disorder; posture and corrective exercises; first –aid; screening and health evaluation & a-z tips for health and wellness. The sessions were conducted on zoom platform on every Monday, Wednesday and Thursday for 1.5 hrs each; commencing from 01-03-2021 till 15-04-2021.

After the course was completed, the participants were assessed on the basis of a test of 50 Multiple choice questions based on the content of the course taught. According to their performance respective grades were awarded in their respective certificates. 87% participants performed outstandingly and secured highest grades. Overall, the course received good feedback and the programme was all in all a great success.



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Short-Term Interdisciplinary Certificate Course on Environment and Sustainability

MATA SUNDRI COLLEGE FOR WOMEN
(University of Delhi)
Department of Environmental Studies & Internal Quality Assurance Cell (IQAC)
Organizes
A SHORT TERM INTERDISCIPLINARY CERTIFICATE COURSE ON 'ENVIRONMENT AND SUSTAINABILITY'
Supported by
PCRA Eco Roots Foundation
ABOUT THE COURSE
The program highlights all the themes relating to environment and sustainability. This course curriculum encourages ideas and questions on sustainability and make us realize the grave situation that we are currently in. With the fast depleting flora and fauna, we are facing a threat to our existence. Integrated learning is only possible when learning has many voices and is polyphonic. Each voice counts, as students, academicians and scholars devise their own ways to reach sustainability.
Starting from April 8, 2021
REGISTER HERE
COURSE FEES- 750/- (NON- REFUNDABLE)
LIMITED SEATS • TOTAL DURATION- 30 HOURS
E-Certificate will be provided after completion of the course*

ABOUT MATA SUNDRI COLLEGE FOR WOMEN
Mata Sundri College For Women, named after Mata Sundri Ji, the consort of the tenth Guru, GURU GOBIND SINGH Ji, was established to propagate the cherished ideals of service, leadership, social responsibility and academic pursuits among young women with the motto, "Truth is the highest of all virtues but true living is higher still." Mata Sundri College for Women is an institution where we strive to achieve excellence in higher education and women's empowerment. A constituent college of the University of Delhi, the college was founded on 17th July, 1967 by the Gurudwara Prabhandak Committee, Delhi State.

PROGRAM FEATURES

- Guided Experience in Environment and Sustainability related issues.
- Innovative Learning focusing On 'How to Protect Our Environment'.
- Be an environment ambassador and understand Sustainable Development.
- Interactive sessions under the guidance of experts.
- Take the first step to become Environmentally Aware Global Citizens.
- This course will include assignments and review test.
- Certificate will be provided only to those candidates who will appear in the test and assignment.

ELIGIBILITY: All UG/PG Students/ Ph.D. Research Scholars / Faculty

REGISTRATION DETAILS

- Candidates have to register using the Registration link in the brochure to enroll in the course.
- Registered candidates of any University/College can participate.

POINTS TO BE NOTED

- The course shall be conducted entirely in online mode and there will be no physical classes.
- Classes will be held after college hours on weekends and weekdays.

PATRON
PROF. HARPREET KAUR
(Principal, MSCW)

ORGANIZING COMMITTEE
DR. KAMLESH KAUR
(Organizing Secretary)
DR. LOKESH KUMAR GUPTA
(IQAC Co-ordinator)
DR. UZMA NADEEM
(Convener)

Address: Mata Sundri Lane, New Delhi, 110002 Tel: 23221449, 23237291 Fax: 23236102
Email: environmental_science@ms.du.ac.in Website: https://mscw.ac.in/
Dr. Uzma Nadeem-9205230524 Dr. Lokesh Kumar Gupta-9968480834 Dr. Kamlesh Kaur- 9866754363

The objective of this 30 hours online course was to raise awareness among students and teachers about the importance of sustainability and protecting the environment. It put light



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on the grave situation that we are currently in and with the fast-depleting flora and fauna; we are facing a threat to our existence, which forces each one of us to take a step towards the environment. The course was highly interactive, participative, and action-oriented under the guidance of experts. Practical knowledge was imparted with the help of videos, graphs, and diagrams for a better understanding of the students. Four one-hour weekly tests were conducted and the mode of the test was Google Quiz wherein the students had to answer objective-based questions to test their understanding of the lectures. The final written exam was conducted via Google Classroom in which the students had to provide an explanatory and elaborate answer.



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Short-Term Online Skill Development Program on Microsoft 365 Suite

MATA SUNDRI COLLEGE FOR WOMEN
IN COLLABORATION WITH
9LEDGEPRO PRESENTS
**SHORT TERM ONLINE SKILL DEVELOPMENT PROGRAM ON
MICROSOFT 365 SUITE**

PATRON
PROF. HARPREET KAUR
PRINCIPAL (MCSFW)

TEACHER-IN-CHARGE
MS. JASPAL KAUR SAHNI

COURSE COORDINATOR
DR. S. KALPANA DEVI

ADVISOR
MS. KANWALJIT KAUR

COURSE DURATION : 30 HOURS

COURSE DATE : 23 JAN 2021 ONWARDS

INSTRUCTOR
MR. PARTH SHUKLA
MICROSOFT CERTIFIED TRAINER

UNDERSTANDING MICROSOFT OFFICE 365 SUITE

OBJECTIVE

- Learn the essential and advanced Microsoft Office skills in Excel, Word, PowerPoint, Outlook, Teams and Access
- Learn practical methods to backup and recover your Excel spreadsheets and never lose data
- Effectively use autofill and flash fill so you are more productive in Microsoft Excel
- Discover the essentials of using formulas and functions in Excel
- Discover how to create stunning charts and graphs in Excel
- Learn practical methods to sort and filter your data in Excel
- Discover new features in PowerPoint 2019 including icons and 3D Models
- Learn how to insert shapes, graphics and pictures to add some "zing" to your PowerPoint
- Add charts, graphs and tables to your PowerPoint presentation information in a new-text format
- Wow your audience by adding animations, audio and video to PowerPoint
- Discover practical tips to present your PowerPoint presentation to your audience- learn time saving techniques including how to copy slides, and exporting your presentation
- Master the most common uses of Microsoft Word
- Learn Word tools including using columns, indents, footers, borders and watermarks.
- How to create a mail merge in Microsoft Word
- Learn how to remedy first envelopes and labels in Word
- Learn to protect your Word document from changes
- Insert professional pictures and graphics in your Word document
- Make your Word documents look amazing by inserting and setting tables
- Sorting information and running queries in Access
- How to get set up in Outlook
- All about sending and receiving emails
- How to customize your mailbox and view
- How to organize and manage your mail including ignoring, flagging and conditional formatting
- How to organize and manage your mail including ignoring, flagging and conditional formatting
 - Creating and managing tasks and reminders
 - How to use signatures and voting buttons
- Adding, managing and searching contacts in the address book
- Working with the Outlook Calendar, including creating meetings and appointments
- How to create Notes and link Outlook to OneNote

COURSE

COURSE CONTENTS

- Getting started with PowerPoint Creating a Presentation
- Wrapping Up a Presentation Getting Started with Excel
- Formatting in Excel If Function
- Creating Charts Performing Lookups
- Pivot Table What-If Analysis
- Introduction to MS-Word Formatting Documents
- Sharing Word Documents Footnotes
- Citation & Bibliography Inserting Captions
- Working with SharePoint & One-Note Working with Outlook Calendar & MS-Teams

ABOUT THE COURSE INSTRUCTOR

Parth Shukla

Co-Founder, 9ledgepro - Microsoft Partner Network and Google Cloud Reseller
Subject Matter Expert (Application Development and Data Analytics)

Guest Faculty in various reputed institutions across India (AKTU, GOSPIU, SSPU, Mumbai and Delhi University).

Conducted 2 day Workshop at National Academy of Customs, Indirect Taxes & Narcotics (NICIN), Central Board of Indirect Taxes and Customs (CBIC), Dept of Revenue, Govt of India (Apex training academy in the indirect Tax administration).

MCA- Software Engineering and into Python Application development Training and consulting.

His key domain is Development and Information Security Management.

His Technical Skills include -
✓ Microsoft Certified Trainer (MCT), Microsoft Certified Professional (MCP)
✓ Machine learning with R and Python
✓ Business Analytics using Advance Excel/R, Office-365 Apps
✓ OWASP Framework, .NET Windows/Web Application Development
✓ Cloud Application Development using Azure.

He is associated with Microsoft Imagine Academy for promoting skill development programs since January 2014

This 30-hour course would help students in standing out of the crowd, to build their CV and to highlight themselves while appearing for placement. Hands-on sessions on Microsoft 365



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GSuite, Excel, Word, PowerPoint and One Note were introduced to the students. Students were taught to recover unsaved changes done on the document over a period of time and Proofing tool, change the font of the text, edit paragraph, margin and ruler. Apart from this, introduction to apply bookmark, watermark and the customization of watermark was explained with examples. Animation effects, customizing animation effects using custom path, sound to the animation, duration to animation, animation to master slide and a lot more about animation was explained and students too working simultaneously on them. In brief, the ways of creating games and make interesting presentations for children using PowerPoint was discussed. Usage of various Excel templates (Gantt project chart, timesheet, appointment calendar) were introduced and explained. The backbone of Excel i. e., Data tool, analysis of data was explained to them. In Pivot chart, concepts like slicer, drilling on, drilling up, drilling out and lot more were explained. Next the use of formatting, alignment, numbers and conditional formatting tools, giving the same colour theme to all the workbook was done with examples, which helped them to understand more on the topic.



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