



Certificate Course : Jewellery Making



Certificate Course : Fashion Design



Certificate Course : Women Empowerment



Certificate Course : Dance



Certificate Course : Psychology Department





Certificate Course : History Department




Certificate Course : Disaster Management NSS Department




Certificate Course : Dance Department


Govt. Auto. Girls P.G. College of Excellence, Sagar (M.P.)



Reaccredited "A" By NAAC with CGPA 3.02/4.00
30 Hours Certificate Course
"Under the aegis of IQAC"
 in
BEAUTY CARE
01.03.2021 to 19-03-2021




Dr. B. D. Ahirwar



Prof. Naveen Gideon



Dr. Anjana Nema



Dr. Bhavna Yadav

Dr. Bhavna Yadav
Course Co Coordinator

Dr. Anjana Nema
IQAC Coordinator/
Course Co-ordinator

Prof. Naveen Gideon
NAAC Coordinator

Dr. B. D. Ahirwar
Patron/Principal



Certificate Course Beauty Care IQAC



Certificate Course Beauty Care IQAC



Certificate Course Tally Commerce Department



Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)



On Line 30 Hrs. Certificate Course

Date : 21.01.2021 to 05.02.2021

SUBJECT - PHYSICAL EDUCATION

Organized by - Department of Sports
Govt. Autonomous Girls P.G. College of
Excellence, Sagar (M.P.)

(UGC Recommended Value Added Course
for all Faculty Members and Students)



Shri Shailendra Jain
MLA, SAGAR
Special Guest of honour



Professor T. R. Thapak
Vice Chancellor
Maharaja Chhatrapal Bundelkhand
Vishwavidyalaya, Chhatrapur



Dr. Rajendra Singh
Ex Director
Physical Education
Jiwaji University Gwalior



Dr. B.D. Ahirwar
Principal
Govt. Autonomous Girls P.G.
College of Excellence, Sagar



Dr. Monika Hardicar
Course Coordinator
Govt. Autonomous Girls P.G.
College of Excellence, Sagar



Dr. Anjana Nema
IQAC Coordinator
Govt. Autonomous Girls P.G.
College of Excellence, Sagar



FACULTY OF THE COURSE



Dr. Renu Bala Sharma
Professor/Faculty
Dean of Home Science
Govt. Girls College Bina, Sagar



Dr. V.S. Rai
Senior Sports Officer
Institute for Excellence in
Higher Education Bhopal



Dr. Subhash Hardikar
Senior Sports officer
Govt. Arts & Commerce
College, Sagar.



Dr. Sunil Datt Lakhra
Senior Sports officer
Govt. O.F. Kharia College
Jabalpur.



Dr. Jyoti Jungare
Senior Sports Officer
Govt. Home Science Noida
College Meerut/Allahabad.



Dr. Satish Kumar
Senior Sports officer
Govt. Shyama Prasad Mukherjee
Science & Commerce Bhopal



Mr. Pradeep Awasthi
Sports Officer
Govt. P.G. College
Niwari M.P.



Siddhartha Srinet
Sports Officer
Govt. Degree College
Pithampur



Dr. Nitian Korpai
Yoga Instructor
Dr. H.S. Gour Central
University Sagar

Platform - Zoom App
Link for Registration :

Follow this link to join my WhatsApp group :

Technical Advisor - Mr. Shitanshu Rajoriya
Mr. Puspendra Pandey



Certificate Course Physical Education Department

Faculty of the Course

- Dr. Renubala Sharma (Bina)
- Dr. Subhash Hardikar (Sagar)
- Dr. Vijay Shankar Rai (Bhopal)
- Dr. Sunil Datt Lakhera (Jabalpur)
- Dr. Satish Kumar (Bhopal)
- Dr. Jyoti Jungare (Hoshangabad)
- Mr. Pradeep Awasthi (Niwadi)
- Mr. Siddhartha Srinet (Prithvipur)
- Dr. Nitin Korpai (Sagar)

Physical Education (Syllabus)

- Foundation of Physical Education -Meaning, Definition, Aims, Objectives, Importance and History of Physical Education.
- Sports sciences-Need & Impotence of Sports Sciences in Physical Education.
- Need & Importance of Yoga in Promoting Positive Health & Wellness.
- Meaning of Health & its Dimension, Balance Diet and Sports Nutrition.
- Methods of Develop Fitness.
- Training & Coaching - Meaning, Definition, Importance and Training Components, Difference between Coaching and Training.
- Career and Job in Physical Education & Sports.

Organizing Committee-

- ✚ Dr. Naveen Gideon, NAAC Coordinator
- ✚ Dr. Anjana Nema, IQAC Coordinator
- ✚ Dr. Monika Hardikar, Course Coordinator

Day 3- Saturday , Date 23.01.2021 IST- 02:00 PM to 04 PM

**Topic- I Psychological Principles of Physical Education.
II Biological Principles of Physical Education.**

Google Meet ID-
<https://meet.google.com/uub-qawa-uem>

ON LINE 30 HRS. CERTIFICATE COURSE
ON
PHYSICAL EDUCATION
Organized by
Department of Sports
Govt. Autonomous Girls P.G. College of Excellence,
Sagar (M.P.) 470001
(UGC Recommended Value Added Course)
(21st January, 2021 to 05th February, 2021)
(Under the aegis of IQAC)

Day 3- Saturday, Date 23.01.2021 IST- 02:00 PM to 04 PM



Prof. Rekha Bakshi
Chair Person



Dr. Monika Hardikar
Course Coordinator



Dr. B.D. Ahirwar
Principal



Dr. Satish Kumar
Sports Office (Faculty)
Govt. S P M Coolege Bhopal




Dr. Jyoti Jungre
Sports Office (Faculty)
Govt. Nodal College Hoshangabad

Govt. Auto. Girls P.G. College of Excellence, Sagar (M.P.)


Reaccredited "A" By NAAC with CGPA 3.02/4.00

30 Hours Certificate Course
"Under the aegis of IQAC"
on
PHYSICAL EDUCATION

Organized by the Department of Sports
Date : 21.01.2021 to 05.02.2021



Dr. Monika Hardikar



Dr. B. D. Ahirwar

Dr. Monika Hardikar
Course Co-ordinator

Dr. Anjana Nema
IQAC Co-ordinator

Prof. Naveen Gideon
NAAC Co-ordinator

Dr. B. D. Ahirwar
Patron/Principal

Certificate Course Physical Education Department



Certificate Course Chemistry Department



**Certificate Course Therapeutic Aspects of Medicinal
Plants Botany Department**



Special Lecture



Special Lecture Commerce Department



Special Lecture Health Awareness Dr. Manish Jain MD



Special Lecture on Rojgar Ke Avashar Home Science Department





Fit India Movement



Education Tour Van Vihar



Yoga Workshop



Govt. Auto. Girls P.G. College of Excellence, Sagar (M.P.)


Reaccredited "A" By NAAC with CGPA 3.02/4.00


One Week National Workshop on Research Methodology

Date : 01-02-2021 to 07-02-2021
 Time : 2 PM to 5 PM


"Under the aegis of IQAC"




Dr. Naveen Gideon
Convener




Dr. Anjana Nema
Co-ordinator



Dr. Sanjay Khare
Technical Secretary



Dr. Bhawana Yadav
Organizing Secretary



Dr. B. D. Ahirwar
Patron/Principal



Workshop Research Methodology

**Govt (Auto) Girls P.G. college of
Excellence sagar (M.P)**

NAAC Accredited Grade "A"

One Day Educational Tour

To

Sigrampur (Distt.Jabalpur)

Date 10/03/2021



Organized by

Department of botany

**Govt. (Auto) Girls P.G. Collage of Excellence
Sagar M.P.**

Convener

Head

Principal

Education Tour Botany Department



प्रतिवेदन

शैक्षणिक भ्रमण – वनस्पति शास्त्र 10/03/2021

शासकीय स्वशासी स्नातकोत्तर कन्या महाविद्यालय में प्राचार्य की अनुमति वनस्पति शास्त्र विभाग द्वारा शैक्षणिक भ्रमण दिनांक 10/3/21 को आयोजित किया गया। इसमें विभाग द्वारा एम.एस.सी की छात्राओं को भ्रमण की जानकारी तथा उनके अभिभावकों की अनुमति ली गई। छात्राओं को भ्रमण के पहले निर्देश व आवश्यक सामग्री तथा प्रायोगिक कार्य भी रूप रेखा बताई गई। दिनांक 10/3/21 को वनस्पति –शास्त्र विभाग का शैक्षणिक 50 छात्राओं को लेकर बस द्वारा सिंगमपुर, अभ्यारण्य जबेरा जिला जबलपुर के लिये सुबह 6 बजे रवाना हुआ। इसमें विभागाध्यक्ष डॉ. इला तिवारी, प्राध्यापक डॉ. प्रतिमा खरे, अतिथि विद्वान अमिता विश्वकर्मा, भूपेन्द्र अहिरवार व दरयाव सिंह ठाकुर व नीलेश सोनी का मार्गदर्शन व सहयोग रहा। रास्ते में साइड में लगे वृक्षों की जानकारी दी गई जंगल में डॉ. प्रतिमा खरे द्वारा छात्राओं से 10 क्वाड्रेट डलवाकर Tree Shrub Herbs Seed lings sapling की जानकारी दी गई। साथ ही हरवेरियम हेतु प्लांट का collection भी किया गया। छात्राओं को forest products के बारे में भी जानकारी दी गई। सायं 7 बजे सभी छात्रायें बस द्वारा वापिस यह सफल भ्रमण में महाविद्यालय के प्राचार्य वी.डी. अहिरवार के संरक्षण तथा डॉ. इला तिवारी व डॉ. प्रतिमा खरे के निर्देशन में आयोजित हुआ। विभाग प्राचार्य के प्रति बहुत-बहुत आभारी है। भ्रमण के दौरान छात्राओं को निम्न वनस्पति की जानकारी दी गई।

Education Tour Botany Department



Education Tour Zoology Department