



Mata Gujri Mahila Mahavidyalaya (Autonomous)

Re-Accredited "A+" by NAAC, with CGPA 3.51/4
Run by : Guru Gobind Singh Educational Society, Jabalpur

Recognised By Govt. of M.P. and Affiliated to R.D.V.V., Jabalpur (M.P.)

ARTS, SCIENCE, COMMERCE & MANAGEMENT AND EDUCATION

SHEशक्ति: Empower & Inspire

In an effort to liberate and empower female students in the socio economic areas. MGMM through its SHEशक्ति: Empower & Inspire, strives to raise awareness among young girls about gender reality. The college believes that proactive scholarly intervention is needed to instil an entrepreneurial mind-set in young females, enabling them to become "Job providers rather than job seekers.

MGMM

JABALPUR



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ARTS, SCIENCE, COMMERCE & MANAGEMENT AND EDUCATION

INITIATIVES UNDER SHE शक्ति

17th April 2019

EXHIBITION AND FAIR

The **Fashion Design Department** hosted an exciting exhibition and fair, showcasing the **creativity and talent** of our students. The event, held at our college premises, aimed to celebrate innovative design concepts, foster industry connections, and provide a platform for students to display their work. Students attended this Programme under the guidance of the faculty members, Mrs. Swati Gupta and Mrs Rajvinder Kaur Bansal.





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16th July 2021

EXHIBITION AND FAIR

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27 JULY 2022 (2days)

INTERDEPARTMENTAL TIE AND DYE WORKSHOP

The department of **Fashion Designing** organised a **collaboration between the Fashion , ED cell and Chemistry Departments** likely enriched the workshop experience, offering participants a deeper understanding of tie and dye techniques while promoting cross-disciplinary collaboration and innovation. The Fashion Department brought design expertise, while the chemistry department contributed knowledge about dyes, pigments, and chemical reactions involved in tie and dye techniques. Participants had the chance to learn from a diverse range of perspectives, bridging the gap between arts and sciences. This interdisciplinary approach fosters creativity, critical thinking, and holistic understanding.





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30TH OCTOBER - 31ST OCTOBER 2023

(2 DAYS EXHIBITION)

'DIWALI EXHIBITION'

The students of fashion designing orchestrated a vibrant and culturally rich Diwali exhibition, infusing the college campus with festive spirit and creative flair. Showcasing their artistic talents and entrepreneurial spirit, the students curated a diverse array of traditional and contemporary designs, ranging from intricately embellished ethnic wear to stylish fusion ensembles. The exhibition provided a platform for the students to showcase their talents, connect with the community, and share the joy of the festival with others, making it a resounding success and a highlight of the college calendar.





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27TH NOVEMBER 2023

'EXHIBITION' AND 'TRADE FAIR' ON THE OCCASION OF 'GURUNANAK JAYANTI'

In celebration of **Gurunanak Jayanti**, the students of **Fashion Designing** orchestrated a captivating **Exhibition** and **Trade Fair** at the college, paying homage to the teachings and legacy of Guru Nanak Dev Ji through the lens of creativity and innovation. The event showcased a diverse range of exhibits, each meticulously crafted to reflect the values of equality, compassion, and community espoused by Guru Nanak. From traditional Sikh attire adorned with intricate embroidery to contemporary interpretations of Sikh motifs and symbolism, the exhibits captivated attendees with their artistry and cultural significance.





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8TH JANUARY – 13TH JANUARY 2024,

(6 DAY WORKSHOP)

‘SELF EMPLOYMENT WORSHOP ON BOUTIQUE AND FASHION DESIGNING’ (WITH ECONOMICS DEPARTMENT)

Workshop organized by **Economics Department and Fashion Design Department** in Mata Gujri Women's College. Under the self-employment scheme in Mata Gujri Mahila Mahavidyalaya, a 6-day workshop on the subject of Boutique and Fashion Design was organized under the joint aegis of the Department of Economics and Fashion Design



Department under the guidance of Director of the College Dr. Kamlesh Tiwari and Principal Dr. Sangeeta Jham. On the first day of the workshop, Dr. Rita Mukherjee, Head of the Economics Department, gave information to the students about the process of getting loan from the bank for self-employment and the method of preparing project report. Head of the Fashion Design Department, Swati Gupta gave information about various types of fashion designs. Professor Rajvinder Bansal of Fashion Design Department gave training in cutting and stitching of various types of dresses. Resource person of the workshop was **‘Harshita Jhangiani’**, owner of Boutique Designer D Fashionista.



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24TH JANUARY – 31ST JANUARY 2024

'FOOD STALL' ON THE OCCASION OF '7 DAYS NATIONAL WORKSHOP'

As part of the **7-day national workshop**, the **Fashion Designing** department orchestrated a dynamic **Food Stall Workshop**, injecting a culinary twist into the creative mix. This unconventional session brought together participants from diverse backgrounds to explore the intersection of gastronomy and design aesthetics. Attendees immersed themselves in the art of culinary presentation, learning how to craft visually stunning food stalls that captivate the senses. The workshop served as a platform for fostering interdisciplinary collaboration, inspiring participants to approach design from a fresh perspective while indulging their culinary passions, attendees discovered the transformative power of merging culinary artistry with design innovation, creating an unforgettable experience for all involved. Students attended this Programme under the guidance of the faculty members, Mrs. Swati Gupta and Mrs Rajvinder Kaur Bansal.





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5TH FEBRUARY – 7TH FEBRUARY 2024

(2 DAYS WORKSHOP)

'PIDILITE ART AND CRAFT' WORKSHOP

The **Fashion Designing** department recently hosted an enriching workshop dedicated to **Pidilite Art and Craft Techniques**. This innovative session aimed to introduce participants to the diverse possibilities offered by Pidilite, a versatile crafting material renowned for its flexibility and ease of use. Renowned expert **Shilpa Jhureley** was invited as a guest speaker to conduct an insightful workshop. With her vast expertise and engaging demeanour, she captivated the audience, sharing invaluable knowledge and practical insights. Through expert guidance and hands-on demonstrations, attendees explored a myriad of creative applications, from fabric embellishments to jewellery making and beyond. Overall, the workshop fostered a vibrant atmosphere of creativity, collaboration, and artistic exploration within the Fashion Design community. Students attended this Programme under the guidance of the faculty members, Mrs. Swati Gupta and Mrs Rajvinder Kaur Bansal.





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5TH – 7TH MARCH 2024

(3 DAYS WORKSHOP)

CLOTH BAG MAKING WORKSHOP (WITH BOTANY DEPARTMENT)

The **Fashion Designing** department recently collaborated with the **Botany Department** to conduct an innovative workshop centered around creating cloth bags. Through hands-on activities and guided instruction, attendees learned various techniques for crafting stylish and functional cloth bags. The workshop fostered creativity, encouraged sustainability-minded design principles, and exemplified the potential for cross-disciplinary collaboration in addressing contemporary issues within the fashion industry.





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Art and Craft Workshop with Pidilite Company (30-31 January 2023):



EDC collaborated with Pidilite Company to organize a two-day art and craft workshop. Students were taught Madhubani and Mural Art, enhancing their creative skills and potentially explorings for entrepreneurship in the art and craft domain.





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28th AUGUST – 29TH AUGUST 2023

‘RAKHI EXHIBITION’

Hosted by the department of Fashion Designing, The Best out of Waste Rakhi Making Workshop was conducted with the aim of promoting sustainability and creativity among students in the Fashion Designing Department. The workshop encouraged students to repurpose materials to create beautiful and unique rakhi designs. The workshop provided participants with an opportunity to craft personalized rakhis, symbolic threads traditionally exchanged during the festival of Raksha Bandhan. Under the guidance of skilled instructors, Mrs Swati Gupta and Mrs Rajvinder Kaur Bansal, attendees enthusiastically immersed themselves in the creative process, experimenting with different colors, patterns, and materials to craft unique and meaningful rakhi





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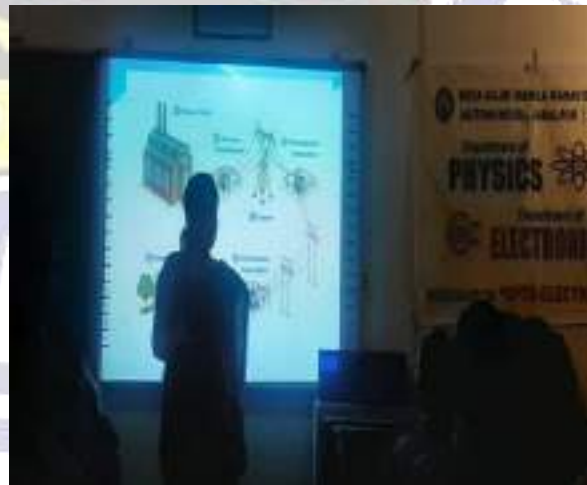
"From Circuits to Lamps: Empowering Through Learn and Earn Workshop"

A workshop was organized with the aim of empowering individuals through hands-on learning of LED circuitry, inspiring them to create LED lamps using recycled materials. Participants were given detailed instructions and guidance on assembling the circuits, sparking their creativity to repurpose scrap materials into functional and aesthetic lamps.



Participants were given detailed instructions and guidance on assembling the circuits, sparking their creativity to repurpose scrap materials into functional and aesthetic lamps. This initiative wasn't just about learning; it was about creating employment opportunities by equipping individuals with valuable skills. An exhibition was arranged, providing a platform for students to showcase and sell their creations. This fusion of learning and earning not only encouraged entrepreneurship but also fostered a sense of pride and accomplishment among the

participants, reinforcing the idea that knowledge can indeed be a pathway to economic empowerment.





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LAMPS MADE BY STUDENTS USING SCRAP MATERIALS





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EXHIBITION



9
श्री 3
अटल + प्रगति

फिजिक्स एवं इलेक्ट्रॉनिक्स विभाग द्वारा कार्यशाला एवं प्रदर्शनी



• आर एम सिंह (डी.डी.डी.)
MATA GUJRI

आर एम सिंह जी ने बताया कि आज की दुनिया में विज्ञान का विकास बहुत तेजी से चल रहा है। इसीलिए हमें अपने बच्चे को विज्ञान से जोड़ना जरूरी है। हमारे विभाग में हमने एक कार्यशाला आयोजित की है, जिसमें बच्चों को विज्ञान के बारे में जानकारी दी जा रही है। हमारे विभाग में हमने एक प्रदर्शनी भी आयोजित की है, जिसमें बच्चों को विज्ञान के बारे में जानकारी दी जा रही है। हमारे विभाग में हमने एक प्रदर्शनी भी आयोजित की है, जिसमें बच्चों को विज्ञान के बारे में जानकारी दी जा रही है।

एवसीएलटी वायोरेसर्व सॉल्यूशंस प्राइवेट लिमिटेड के सहयोग से



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सी टाइम्स

संस्कारधानी 3
जबलपुर | मंगल, 07 मंगल 2023

माता गुजरी महिला महाविद्यालय में

फिजिक्स एवं इलेक्ट्रॉनिक्स विभाग द्वारा कार्यशाला एवं प्रदर्शनी



सी टाइम्स, जबलपुर

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अज्ञात कोशिकाओं पर प्रतिक्रिया कार्यशाला

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State Level Workshop on Soap and Liquid Detergent Preparation

Deptt. Of Biochemistry organized a State Level Workshop on Soap and Liquid Detergent Preparation from 20th Nov-25th Nov -2023 in hybrid mode. In the above workshop 46 students participated out of which 16 participants were from various colleges of MP state. The workshop was organized under the head "Skill Development and Earn while you learn"





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Cloth Bag Making Workshop

Date – 07/01/24



Mata Gujri Mahila Mahavidyalaya Autonomous Jabalpur Hosts Cloth Bag Making Workshop to Promote Sustainable Living.

This workshop aims to educate participants about the importance of reducing plastic usage and provide hands-on experience in creating reusable cloth bags. By choosing reusable cloth bags over plastic, each participant can make a visible difference in reducing waste and protecting our planet."



Mata Gujri Mahila Mahavidyalaya Autonomous Jabalpur Distributes Free Cloth Bags to Combat Plastic Pollution



Under this initiative, Students will be stationed at key locations across the city to distribute free cloth bags to public. Each bag is made from durable, reusable fabric and is designed to withstand multiple uses, offering a practical solution to the problem of plastic bag proliferation.



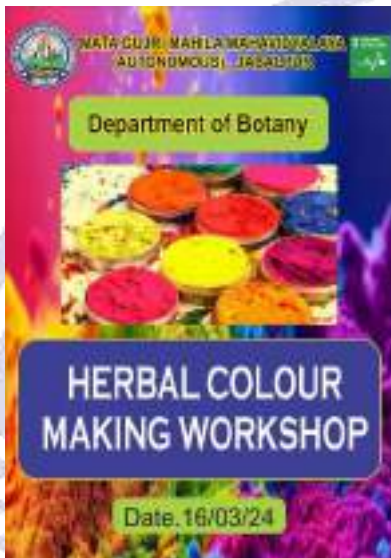
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HERBAL COLOUR MAKING WORKSHOP



A herbal colour preparation workshop was organized on 16th march 2024 initiated by Dr. Monika Dhagat Associate Professor in Botany Department. Dr. Monika Dhagat & Dr. Ranu Singh explained about the specialty of herbal colours made from natural sources like gram flour, turmeric, beetroot, tesu flowers, Aparajita.



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FOOD PRESERVATION AND PROCESSING



In this course the students learned the various Preservation and pickling techniques involving several fruits and vegetables. An industrial visit was also provided to enhance the entrepreneur skills of our students. Sdp was also organised for the same.



Jabalpur, Madhya Pradesh, India
Priyadarshini Super Store, Awadhpur, Mahatal, Jabalpur,
Madhya Pradesh 482002, India
Lat 23.568268°
Long 79.932822°
08/02/22 11:58 AM



Jabalpur, Madhya Pradesh, India
mata gujri college, mahatal, Awadhpur, Mahatal, Jabalpur,
Madhya Pradesh 482002, India
Lat 23.568268°
Long 79.932822°
08/02/22 11:54 AM



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MUSHROOM CULTIVATION WORKSHOP

On October 13, 2022, the Mushroom Cultivation Workshop organized by the Department of Botany for Undergraduate (UG) and Postgraduate (PG) students was successfully conducted. The workshop provided participants with valuable insights into mushroom biology, cultivation techniques, and their diverse applications. Hands-on activities and discussions enriched the learning experience, contributing to a better understanding of fungal biology.



14/10/2022

पत्रिका तिलीज आसपास 02 पत्रिका patrika.com

मशरूम उत्पादन पर कार्यशाला

जबलपुर, माता गुजरी महिला कॉलेज के वनस्पतिशास्त्र विभाग के द्वारा बीएससी और एमएससी की छात्राओं के सर्वांगीण विकास के लिए मशरूम उत्पादन स्वरोजगार प्रशिक्षण के लिए एक दिवसीय कार्यशाला का आयोजन गुरुवार को किया गया। इसमें छात्राओं को मशरूम उत्पादन की तकनीक एवं अधिक उत्पादन कम लागत में करने के बारे में प्रशिक्षण दिया गया। यह प्रशिक्षण अभिजीत गर्ग के द्वारा प्रैक्टिकली डिमोस्ट्रेशन करके दिया गया। इस कार्यशाला का मस्य



उद्देश्य छात्राओं में स्वरोजगार के लिए उत्साह बढ़ाना एवं अपने लिए रोजगार स्थापित करना है। इस कार्यशाला में वनस्पतिशास्त्र विभाग की छात्राओं ने अधिक से अधिक संख्या में उपस्थित होकर अपना उत्साह प्रदर्शन किया एवं अधिक रुचि दिखाई।



JABALPUR



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ARTS, SCIENCE, COMMERCE & MANAGEMENT AND EDUCATION

Mata Gujri Mahila Mahavidyalaya Autonomous College Jabalpur



P.G Dept. Of Zoology

Is Organizing

"WORKSHOP ON CULINARY ARTS"

**UPGRADE YOUR SKILLS ON RECIPES
OF HEALTHY AND DELICIOUS
FOOD!!**

**From:-
15th October 2022 to 21st
October 2022**



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ARTS, SCIENCE, COMMERCE & MANAGEMENT AND EDUCATION

PG Department of Zoology Date of Event : 15th October 2022 to 21st
October 2022

SYLLABUS OF CULINARY ARTS

Culinary Arts deal with the preparation of food, art of cooking and presentation of food. Culinary Arts trains the students to prepare, cook and present food/ meals in an effective and attractive manner. These courses are beneficial to candidates who want to make a career in the field of kitchen management, food and beverage management as well as other hospitality and food-related job profiles. The duration of Culinary Arts Courses is 30 (Thirty) Hours.

Objective of program / program Outcome:-

- a) To provide adequate knowledge, skills & exposure in the field of Culinary Arts that commensurate with the requirements of the Industry.
- b) To prepare students to exploit newly created opportunities in the Culinary Profession both, at the domestic & international level.
- c) To create an additional avenue of self-employment.
- d) To promote Indian cuisine globally to international students.
- e) To gain leadership skills and imbibe a customer focused orientation through an understanding of the role of a team leader / supervisor.

Eligibility:-

- a) A candidate for being eligible for admission to the Certificate Course on Culinary Arts shall have passed standard XII / 10 + 2 examination (any stream) from any recognized education board or its equivalent from India or abroad.
 - b) Candidates who has passed Std X and successfully completed a diploma in any stream of minimum two years duration from any recognized education board/university from India or abroad.
- Skills Required for Culinary Arts Courses**



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Syllabus of Culinary Arts Courses

- Nutrition & Food Science
- Menu Development and Function Catering
- Food Styling & Presentation
- Indian snacks
- Kitchen Facilities Planning and Environmental Consciousness
- Indian confectionary
- Food & Beverage Studies

Subject	Lecture/Week (in hrs)	Practical/Week (in hrs)	Tutorial/Week (in hrs)	Total	Credit
Nutrition & Food Science	2		2	4	
Menu Development and Function Catering	2	4		6	
Food Styling & Presentation -	2	4		6	
Indian snacks		3	1	4	



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Kitchen Facilities		2	2	4	
Planning and Environmental Consciousness					
Indian confectionary		4	2	4	
Food & Beverage Studies		2		2	

A culinary education **gives students the advantage of learning from culinary professionals**. Students are also introduced to a variety of cooking styles, a multitude of recipes, new ingredients and different flavoring profiles, making them more well-rounded chefs.



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REPORT

DAY/DATE	RECIPE	INGREDIENTS	NUTRITION AND FOOD SAFETY
MONDAY/ 15 TH OCT. 2022	OREO CHOCLATE PUDDING	<ul style="list-style-type: none">· Oreo Biscuit· Brown Bread· Dairy Milk· Milk Powder	Percentage of Carbohydrates is greater than protein and fats.
TUESDAY/ 16 TH OCT. 2022	CORN CHAAT	<ul style="list-style-type: none">· Steamed Sweet Corn· Tomato· Cucumber· Onion· Chilli· Coriander Leaves· Lemon Juice	



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WEDNESDAY/ 17TH OCT. 2022	INSTANT RASMALAI	<ul style="list-style-type: none">· Bread· Cream· Milk Rabdi· Pista For Decoration
THURSDAY/ 18TH OCT. 2022	CHHOLE CHAAT	<ul style="list-style-type: none">· Boiled Chhole· Tomato· Cucumber· Onion· Chilli· Coriander Leaves· Lemon Juice



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FRIDAY/ 19TH OCT. 2022	SPINACH SALAD	<ul style="list-style-type: none">· Chopped Spinach· Groundnut Powder· Salt· Lemon Juice	
SATURDAY/ 20TH OCT. 2022	SANDESH	<ul style="list-style-type: none">· Fresh Paneer Grated· Petha Grated· Milk· Kesar· Pista For Decoration	
SUNDAY/ 21ST OCT. 2022	DESIGNER BESAN PAPDI DIWALI SPECIAL	<ul style="list-style-type: none">· Maida· Besan· Ajwain· Cumin Seeds	



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		Salt to Taste	
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Culinary interventions (cooking classes) have been used to improve the quality of dietary intake and change behavior. The aim of this systematic review is to investigate the effects of culinary interventions on dietary intake and behavioral outcome. The main motive of this workshop was to provide knowledge and ideas about cooking. Our Department conducted this workshop on cooking by providing many ideas and methods to make cooking easy. The students were taught how to switch on the stove, cut, slice vegetables, etc. They were also taught regarding the safety measures of cooking. The students were trained about how to hold the knife while cutting vegetables, knead the flour, how much quantities needed for a preparing particular food etc. The things were not only explained but she also trained the students to participate. The students were excited to cook. They were fully involved in workshop as well as enjoyed. The event was very useful for the students as they learned rudimentary things about cooking. It built confidence in them to cook. They were provided with many hints and precautionary measures while cooking in the kitchen.

