

Kanya Maha Vidyalaya, Jalandhar

Department of Botany

List of Content (2022-23)

S. No.	Activities	Month	Date	Title
1	Webinar	November	01.11.2023	Bamboo based entrepreneurship and Livelihood Development

Shukla

The Principal
Kanya Maha Vidyalaya,
Jalandhar.

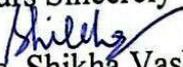
Subject: Permission to organize National Webinar on 1st November 2022.

Respected Ma'am,

With due respect, I want to inform you that P.G. Department of Botany has planned to organize a National Webinar on 1st November 2022, at 11:00 am on the topic "**Bamboo Based Entrepreneurship and Livelihood Development**". The resource person for the talk is **Dr. C. Nirmala, Professor, Department of Botany, Chandigarh and WBO Ambassador from India**. Kindly permit us to organize the same in conference hall.

Thanking you.

Yours Sincerely


Mrs. Shikha Vashisht
Assistant Professor
P.G. Department of Botany





The Heritage Institution
Kanya Maha Vidyalaya (Autonomous)



College with Potential for Excellence by UGC
Re-Accredited 'A' Grade by NAAC-UGC (Cycle II)
Star College status by DBT (Govt. of India)
FIST (Phase II) Supported College by DST
CURIE Grant Awardee by DST



Ranked among top Colleges of India (India Today & Outlook Magazine Rankings)

Prof. (Dr.) Atima Sharma Dwivedi
Principal

Ref. no. KmV/600.
21-10-2022

Dear Madam,

It is a matter of great pleasure to invite your goodself as a resource person for one day workshop on the topic "**Bamboo based entrepreneurship and livelihood development**" organized by P.G. Department of Botany in collaboration in Institution's Innovation Council on Nov. 1, 2022 at 11 : 00 a.m. on zoom (online).

Zoom Meeting ID : 86425430647

Passcode : 664629

Thanking you,

Yours sincerely,

Prof. (Dr.) Atima Sharma Dwivedi
Principal
Kanya Maha Vidyalaya
Jalandhar

Dr. C. Nirmala
Professor (World Bamboo Ambassador, WBO)
Department of Botany,
Panjab University, Chandigarh

Vidyalaya Marg, Jalandhar - 144 004

• Phone : 0181-2296605, 2296606 • Fax : 0181-2291741
• E-mail : kmvjalandhar@yahoo.com • Website : www.kmvjalandhar.ac.in



The Heritage Institution (Established 1886)
KANYA MAHA VIDYALAYA, JALANDHAR (Autonomous)



College with Potential for Excellence by UGC Star College Status by DBT, CURIE grant by DST, Govt. of India

Ranked No. 1 College of Punjab and Top National Rankings (India Today Survey-2022)

PG DEPARTMENT OF BOTANY

(under the aegis of CURIE Grant)
Organises

One-Day Online Workshop

**Bamboo Based Entrepreneurship and Livelihood
Development**

(1st November 2022 at 11:00 AM)

Dr. C. Nirmala

**Professor, Department of Botany
Panjab University, Chandigarh
World Bamboo Ambassador, WBO**

**Zoom Meeting ID: 86425430647
Passcode: 664629**

**Ms. Shikha Vashisht
Head, PG Department of Botany**

**Principa
Prof. (Dr.) Atima Sharma Dwivedi**

Shikha

10/21/22, 3:17 PM

Gmail - INVITATION LETTER RESOURCE PERSON FOR ONE DAY WORKSHOP



Kanya Maha Vidyalaya <kmvoffice1886@gmail.com>

INVITATION LETTER RESOURCE PERSON FOR ONE DAY WORKSHOP

1 message

Kanya Maha Vidyalaya <kmvoffice1886@gmail.com>
To: cnirmala10@gmail.com
Cc: kmv botany <kmvbotany16@yahoo.com>

Fri, Oct 21, 2022 at 2:42 PM

Dear Madam,

Please find enclosed herewith

Principal
Kanya Maha Vidyalaya (Autonomous),
Jalandhar



Dr. C. Nirmala.jpg
575K

Shukla

Topic: BAMBOO BASED ENTREPRENEURSHIP AND LIVELIHOOD DEVELOPMENT

Venue: Zoom meeting (Online)

Resource Person: Dr. Nirmala Chongtham

Date: 1st NOVEMBER, 2022, Tuesday

Time: 11 a.m.

No. of Participants: 60

The PG Department of Botany has organized a workshop on 1st NOVEMBER on the topic "**BAMBOO BASED ENTREPRENEURSHIP AND LIVELIHOOD DEVELOPMENT**". Dr. Sandeep Kaur, Assistant Professor, Botany department gracefully introduced the resource person with her warm words. The resource person, **Dr. Nirmala Chongtham**, Professor in the Department of Botany, Panjab University, Chandigarh, Coordinator, DST- Centre for Policy Research, Panjab University and World Bamboo Ambassador, WBO shared several incredible business ideas based on bamboo entrepreneurship and livelihood development. She opened her lecture with the introduction to importance of bamboo in Rigveda, Ayurveda and traditional system of medicine, and talked about how rishis used to bestow a hundred bamboo clumps to God Indra and this plant is equated to kalpavriksha. She explained how people used bamboo in traditional Asian medicine and therapeutic applications around 500 AD. Ancient Ayurvedic, Indo-Persian and Tibetan system of Medicine recommended bamboo and its products for treatment of various ailments. She discussed bamboo shoots as a nutritious healthy vegetable and called as the "King of Forest Vegetables."

Further she discussed the comparative account of various nutrients (g/100 g) present in fresh bamboo shoots and some common vegetables. She described the enormous nutraceutical value of bamboo shoots as some expensive traditional dishes, fortified food items, beverages, dairy products, jams, pickels, health supplements etc., and bamboo shoot processing. Use of bamboo as sustainable construction material for architecture, building infrastructure and furniture worldwide was also very well explained by her. She also discussed about bamboo based fabric and variety of cosmetic products. She also discussed various medicinal properties of bamboo shoots such as anti-oxidant, anti-inflammatory, anti-diabetic, anti-allergic, antimicrobial and cardio-protective properties.

Shulke

She concluded her lecture by saying that bamboo is a superfood for nutrition, health and medicine and also added that Bamboo sector has immense potential for entrepreneurship, generating income and employment. She also boosts the motivation among the students to choose bamboo based entrepreneurship and livelihood and asked for the queries of the participants. In total 50 participants, including faculty of botany and students attended the workshop. At last, Mrs. Shikha Vashisht, Head of Botany Department, presented a vote of thanks to Dr. Nirmala Chongtham and the students for their presence and contribution to make this workshop a great success. It was a quite exciting and brainstorming experience for everyone.

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PG DEPARTMENT OF BOTANY
 (under the aegis of CURIE Grant)
 Organises
One-Day Online Workshop
 Bamboo Based Entrepreneurship and Livelihood Development
 (1st November 2022 at 11:00 AM)

Dr. C. Nirmala
 Professor, Department of Botany
 Panjab University, Chandigarh
 World Bamboo Ambassador, WBO

Zoom Meeting ID: 86425430547
 Passcode: 664629

Mrs. Shikha Vashisht
 Head, PG Department of Botany

Principal
 Prof. (Dr.) Aruna Sharma (Retd.)



India - Bamboo is equated to

Kalpavriksha
 (Divine Tree)
 Fulfilling all needs

"Rig Veda" (5000 BC) where Rigvid plays to God Indra:
"BESTOW UPON US A HUNDRED BAMBOO CLUMPS"

An illustration showing a bamboo plant on the left and a tree on the right. A small video inset shows a person speaking.

Ayurveda - Traditional system of Indian medicine

Ancient Ayurvedic, Indo-Persian and Tibetan systems of Medicine recommend bamboo and its products for treatment of various ailments

"Bamboo by nature is laxative, mild stomachic, curative, palatable, bladder purifier and full of astringent juice. It spits cough, subsides bile and cures leprosy, flux, wounds and swellings"

Bamboo medicinal applications were first mentioned in India around 10,000 years

"Tibashier" "Bardochoy" "Bamboo mana" has been since ancient times as a cooling tonic and aphrodisiac in asthma, cough and other debilitating diseases.

It is a siliceous secretion found in the culm of bamboo

A screenshot of a presentation slide titled "Ayurveda - Traditional system of Indian medicine". It contains text about the medicinal uses of bamboo in Ayurveda, including references to ancient texts and specific ailments treated.

Shikha

Bamboo Business Ideas You Can Start Today (2022)

1. High end architecture
2. Handbags, furniture, household items
3. Accessories and health care
4. Beverage (tea, beer, wine)
5. Bamboo food products
6. Sports equipment manufacturing
7. Start a bamboo plantation business
8. Bamboo and bamboo paper
9. Start a bamboo manufacturing
10. Start a bamboo flooring installation
11. Advance bamboo charcoal and bamboo
12. Bamboo vinegar
13. Bamboo toilet manufacturing
14. Start a carp and join business

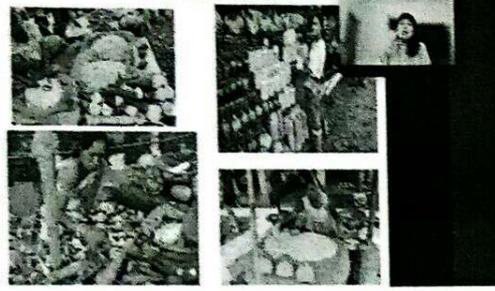


BAMBOO THE MULTI-UTILITY PLANT

- Construction purposes
- Paper industry
- Furniture
- Clothing
- Household items
- Medicine
- Vehicles
- Electronic items
- Beverages
- Tea, Beer and Wine
- Oil
- Textiles
- Cosmetics
- Food
- Boat and Etc



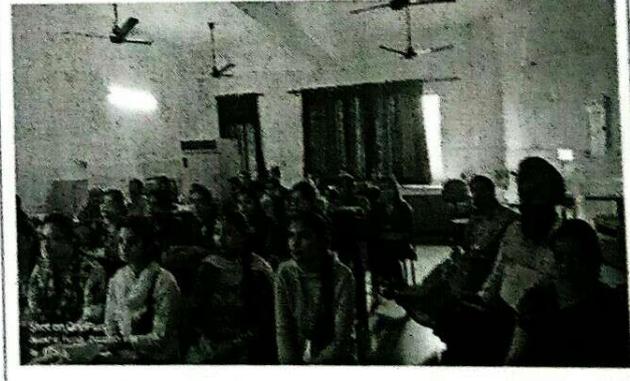
Environmental, social improvement with bamboo products



Approved Products



- Department of Biotech
- IPITA, Government
- Approved Products:
 - Bamboo charcoal
 - Bamboo vinegar
 - Bamboo paper
 - Bamboo flooring
 - Bamboo furniture
 - Bamboo clothing
 - Bamboo food products
 - Bamboo medicine
 - Bamboo bicycle
 - Bamboo boat
 - Bamboo charcoal
 - Bamboo vinegar
 - Bamboo paper
 - Bamboo flooring
 - Bamboo furniture
 - Bamboo clothing
 - Bamboo food products
 - Bamboo medicine
 - Bamboo bicycle
 - Bamboo boat



Shukla

Attendance Sheet
(Workshop on "Bamboo Based Entrepreneurship and Livelihood
Development")
On 1st November 2022

S.No.	Name of student	Class	Roll No.	Signature
1.	Lovepreet Kaur	+2 Medical	22715	Lovepreet Kaur
2.	Rajdeep Kaur	+2 Medical	22709	Rajdeepkaur
3.	Sushma	Msc Botany Sem I	224904	Sushma
4.	Mandeep Kaur	Msc Botany Sem I	224907	Mandeep Kaur
5.	Yeeta	Msc Botany Sem I	224906	Yeeta
6.	Kalpna Devi	Msc Botany Sem I	224905	Kalpna Devi
7.	Gurpreet Kaur	Msc Botany Sem I	224909	Gurpreet Kaur
8.	Palak	H.Sc Botany (I)	224908	Palak
9.	Nusrat Khatoon	M.Sc Botany sem I	224903	Nusrat Khatoon
10.	Pratiksha	Msc Botany sem I	224901	Pratiksha
11.	Namrata	"	224902	Namrata
12.	Shaziya Bano	B.Sc Medical	224601	Shaziya
13.	Shikha Shiman	BSc Medical sem-3	224603	Shikha
14.	Janisha Kumari	Bsc med sem 3	224612	Janisha
15.	Sheha Sharma	Bsc med sem 3	224614	Sheha Sharma
16.	Akshiti	Bsc med sem-3	224606	Akshiti
17.	Tabish Wansia	Bsc Med sem-3	224602	Tabish
18.	Komal Sharma	BSc (med) sem III	224609	Komal Sharma
19.	Lovepreet Kaur	BSc (med) sem III	224613	Lovepreet
20.	Babarpreet Kaur	Bsc (Med) sem-3	224608	Babarpreet Kaur
21.	Surbhi Gautam	BSc (Med) sem III	224611	Surbhi Gautam

Shubhi

S.No.	Name of Student	Class	Roll No.	Signature
1.	Ritika Bangar	+2 Med.	22705	<u>Ritika</u>
2.	Manroop Kaur	+2 Med.	22701	<u>Manroop</u>
3.	Anu Bala	+2 Med	22702	<u>Anu Bala</u>
4.	Komal heer	+2 Medical	22708	<u>Komalheer</u>
5.	Jasmeen Kaur	+2 Med.	22712	<u>Jasmeen</u>
6.	Manmeet Kaur	+2 Med	22713	<u>Manmeet</u>
7.	Sarleen Kaur	+2 Med	22706	<u>Sarleen</u>
	Muskan	+2 Med	22716	<u>Muskan</u>
9.	Shivali	+2 Med	22703	<u>Shivali</u>

Shivali

'डिवैल्पमेंट' विषय पर वर्कशाप करवाई

जालंधर, 5 नवंबर
(विनीत): कन्या
महाविद्यालय के पोस्ट
ग्रेजुएट डिपार्टमेंट ऑफ
बाॅटनी की ओर से
इंस्टीच्यूशन्स इनोवेशन
काउंसिल



के सहयोग से 'बैंबू
बेस्ड एंटरप्रीन्योरशिप
एंड लाईव लीहुड

वर्कशाप में संबोधित करतीं डा.
आतिमा शर्मा एवं डा. निर्मला।

'डिवैल्पमेंट' विषय पर वर्कशाप करवाई गई, जिसमें डा.
निर्मला चोंगथम (कोआर्डिनेटर, डी.एस.टी. सेंटर फॉर
पॉलिसी रिसर्च, पंजाब यूनिवर्सिटी, चंडीगढ़) ने बतौर
मुख्यवक्ता शामिल होकर अपने विचार रखे।

वर्ल्ड बैंबू एम्बेस्डर डा. निर्मला ने बांस की उद्यमिता एवं
रोजगार के विकास पर आधारित अपने विचार रखे तथा ऋग्वेद,
आयुर्वेद एवं चिकित्सा प्रणाली में बांस के महत्व को दर्शाते हुए
उन्होंने प्राचीन आयुर्वेदिक, इंडो-फारसी एवं तिब्बती दवा प्रणाली
के अनुसार विभिन्न बीमारियों के इलाज एवं बांस के उपयोग
के बारे में बताया। उन्होंने कहा कि परम्परागत पकवानों,
फोर्टिफाइड फूड आइटम्स, पीने वाले पदार्थों, डेयरी उत्पादों,
जैम, आचार आदि में बांस का प्रयोग होता है।

डा. निर्मला ने इस दौरान इसके एंटी ऑक्सीडेंट, एंटी

Shukla

Department of Botany
Feedback form

Name of activity: National Webinar: Bamboo Based
Entrepreneurship and Livelihood Development
Date: 01-11-2022
Name of Student: Babanpruthkaur
Class: Bsc (Medical) sem - 3

Experience	1	2	3	4
very good	Average	Good	Very good	Excellent
Any other remarks			The Webinar is very knowledgeable for me. Thank you for organising it.	

Signature: *Babanpruthkaur*

Department of Botany
Feedback form

Name of activity: National Webinar: Bamboo Based
Entrepreneurship and Livelihood Development
Date: 01-11-2022
Name of Student:
Class:

Experience	1	2	3	4
	Average	Good	Very good	Excellent
Any other remarks				

Signature:

Hudley

Department of Botany
Feedback form

Department of Botany
Feedback form

Handwritten signature

Name of activity: National Webinar: Bamboo Based

Entrepreneurship and Livelihood Development

Date: 01-11-2022

Name of Student: *Tabish Warsia*

Class: *Bsc Medical Sem III*

Name of activity: National Webinar: Bamboo Based

Entrepreneurship and Livelihood Development

Date: 01-11-2022

Name of Student: *Komal Sharma*

Class: *BSc (med) sem III*

Experience	1	2	3	4
<i>very good.</i>	Average	Good	Very good	Excellent

Experience	1	2	3	4
<i>very good</i>	Average	Good	Very good	Excellent

Any other remarks	<i>Excellent. And very Useful.</i>
-------------------	------------------------------------

Any other remarks	<i>valuable</i>
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Signature: *Tabish*

Signature: *Komal Sharma*

Department of Botany
Feedback form

Name of activity: National Webinar: Bamboo Based
Entrepreneurship and Livelihood Development
Date: 01-11-2022
Name of Student: Janisha Kumari
Class: Bsc med sem III

Experience	1	2	3	4
Excellent	Average	Good	Very good	Excellent
Any other remarks			It was very knowledgable experience for us & we very thankful for this.	

Signature:

[Signature]

Department of Botany
Feedback form

[Handwritten mark]

Name of activity: National Webinar: Bamboo Based
Entrepreneurship and Livelihood Development
Date: 01-11-2022
Name of Student: Sneha Sharma
Class: Bsc med sem III

Experience	1	2	3	4
Excellent	Average	Good	Very good	Excellent
Any other remarks			We enjoy that webinar so much & gain many knowledge about bamboo we very thankful for that	

Signature:

[Signature]

Department of Botany
Feedback form

Name of activity: National Webinar: Bamboo Based
Entrepreneurship and Livelihood Development
Date: 01-11-2022
Name of Student: Nusrat Khatun
Class: M.Sc Botany Sem II

Experience	1	2	3	4
	Average	Good	Very good	Excellent
Any other remarks	Very informative lecture.			

Signature: Nusrat Khatun.

Department of Botany
Feedback form

Name of activity: National Webinar: Bamboo Based
Entrepreneurship and Livelihood Development
Date: 01-11-2022
Name of Student: Palak
Class: M.Sc Botany Sem II

Experience	1	2	3	4
	Average	Good	Very good	Excellent
Any other remarks	Very informative lecture.			

Signature: Palak

Handwritten mark