



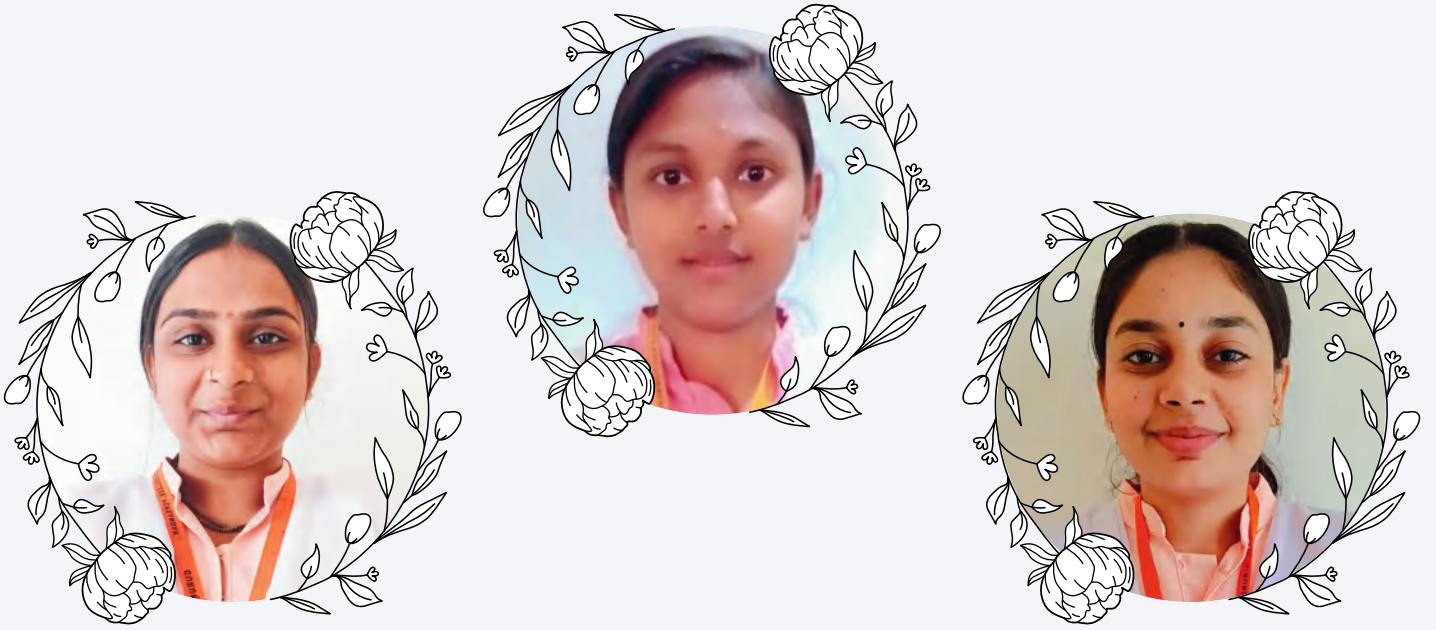
Gurukul Times

A Chronicle of Growth and Excellence

Issue No. 22: May-June 2026

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Home Science Students Bring Glory to Gurukul”



100% Result Achieved by the Home Science Department of Gurukul Mahila Arts and Commerce College

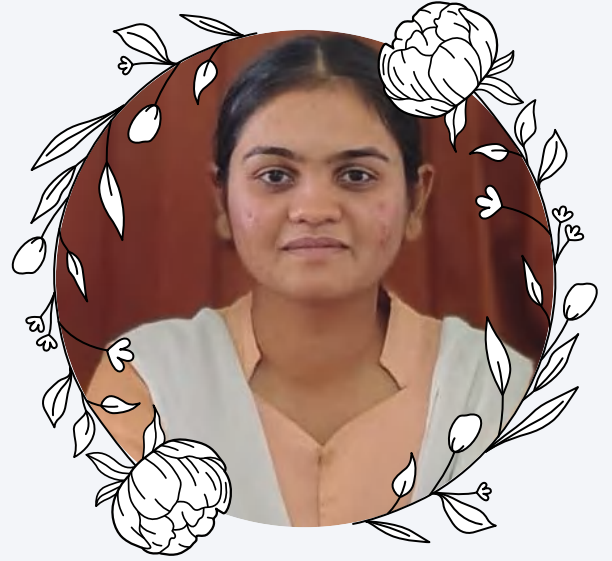
The Home Science Department of Gurukul Mahila Arts and Commerce College achieved an outstanding 100% result in Semester-4 examinations conducted by Bhakta Kavi Narsinh Mehta University. This remarkable achievement has brought pride to the institution, department, and parents alike.

Home Science is a practical and life-oriented subject connected with nutrition, health, family management, textile science, and human development. The subject helps students become self-reliant while developing essential life skills, creativity, planning ability, and awareness towards a healthy lifestyle.

In the results, Arya Arvind Donga secured first rank with 83.81%, followed by Bhumisha Dinesh Baniya with 82.72%, Rekha Vinjabhai Kuchhadiya with 82%, Nita Bharat Karavdara with 80%, and Mansi Arvind Rawal with 79.09%. Bhavika Gopal Tanna achieved distinction with 78.72%, while Khushali Ashok Girnari and Diya Suresh Gohel also passed successfully.

Principal Dr. Anupam Nagar, Vice-Principal & Head of the Home Science Department Prof. Rohiniba Jadeja, along with Prof. Shobhana Vala, Dr. Namrata Samani, Lab Assistant Krishna Ghodadara, and all faculty members congratulated the students and conveyed their best wishes for a bright future.

Excellence Redefined: Gurukul Students Excel in University Exams



Gurukul Mahila Arts and Commerce College, managed by Arya Kanya Gurukul Vidyalaya Trust of Porbandar, which has been imparting disciplined education for the past six decades, has once again achieved a remarkable academic milestone. The Semester 6 students of the B.A. English Department have secured outstanding results in the Faculty of Arts examination conducted by Bhakta Kavi Narsinh Mehta University under the National Education Policy - 2020.

The third-year students of the English Department have delivered an excellent performance. Bhagwati Sutreja secured the first rank with 90.00%, Payal Goswami stood second with 82.72%, while Mittal Jadav and Kiran Odedra jointly secured the third rank with 82.36%.

On this remarkable success in the university examination, Principal Dr. Anupam Nagar, Head of the English Department Dr. Ketki Pandya, Dr. Nayan Tank, Dr. Arfat Saiyad, along with lecturers Ms. Aditi Dave and Ms. Parul Shukla, conveyed their congratulations and blessings to all the successful students.



College Praveshotsav Marks the Beginning of a Transformative Journey



College Praveshotsav Organised for First-Year Students at Gurukul Mahila College

Gurukul Mahila Arts and Commerce College organised an Orientation Programme for students admitted to the First Year (F.Y.) at the commencement of the new academic year. The primary objective of the Programme was to familiarise the new students with the college's academic environment, various activities and the Gurukul family.

The Programme was organised under the guidance of Principal Dr. Anupam Nagar, Vice Principal Prof. Rohiniba Jadeja, and Head of the Department of Music, Dance and Performing Arts, Dr. Shanti Modhwadia.

The Programme commenced with the ceremonial lighting of the lamp by first-year students representing nine departments—Sanskrit, English, Hindi, Gujarati, Home Science, Economics, Commerce (Gujarati Medium), Commerce (English Medium) and Computer Science. This was followed by a traditional welcome ceremony in which third-year students warmly welcomed the newcomers by applying kumkum tilak and offering sweets. This traditional gesture created an atmosphere of warmth, affection and togetherness.

During the Programme, the new students were introduced to the college's various departments, academic curricula, rules and regulations, cultural and sports activities and the numerous opportunities available for personality development. They were also guided about the values, discipline and responsibilities expected of them throughout their college life.

The Programme was conducted effectively by Vice Principal Prof. Rohiniba Jadeja. In her address, she warmly welcomed the new students and emphasised that college life extends beyond academic excellence, serving as an important platform for holistic development. She encouraged the students to actively participate in co-curricular and extracurricular activities alongside their academic pursuits.



Six Days of Yoga, A Lifetime of Wellness





Gurukul Mahila Arts and Commerce College Successfully Organises Six-Day Yoga Camp

As part of the celebration of International Yoga Day, Gurukul Mahila Arts and Commerce College, Porbandar, successfully organised a six-day Yoga Camp. The camp commenced with the ceremonial lighting of the lamp.

The camp featured Yoga trainers Anjali Gandhrokiya and Dhvani Salet from Xtrim Gym, who served as resource persons throughout the Programme. They guided the students through various yoga postures, pranayama, meditation, and the importance of yoga in maintaining a healthy lifestyle. The students enthusiastically participated and actively practised different yoga techniques.

The inaugural session was graced by Ketan Kotiya, Proprietor of Xtrim Fitness and Shehnaz Vaja, Gold Medallist at an International Yoga Competition. They delivered inspiring addresses on the significance of yoga and also presented demonstrations of various yogic practices.

On the concluding day of the camp, Anjali Gandhrokiya and Dhvani Salet were felicitated in recognition of their selfless and dedicated services. In addition, on 21 June, the college students and staff enthusiastically participated in the district-level International Yoga Day celebration held at Chowpatty, joining the observance through collective yoga practice.

The entire Yoga Camp was conducted under the continuous guidance and encouragement of Principal Dr. Anupam Nagar, whose support from the first day to the final session played a vital role in the successful completion of the Programme. The guidance and motivation of Vice Principal Prof. Rohiniba Jadeja also contributed significantly to the success of the camp. All faculty members regularly participated in the daily yoga sessions, inspiring the students through their active involvement.

The successful organisation and management of the camp were made possible through the dedicated efforts of CDC Coordinator Dr. Nayan Tank, Yoga, Physical Education and Sports Coordinator Prof. Shobhna Vala, NSS Programme Officer Dr. Namrata Samani, and Dr. Rajendra Chaudhary. Student representatives also extended wholehearted support and played an important role in making the Programme a grand success.

The six-day Yoga Camp concluded successfully and memorably through the collective efforts, cooperation, and dedication of all those involved.



Induction Programme Concludes Successfully at Gurukul Mahila Arts and Commerce College

Gurukul Mahila Arts and Commerce College, a premier institution that has been serving the cause of women's education for over five decades, successfully organised a week-long College Induction Programme under the guidance and inspiration of Principal Dr. Anupam Nagar.

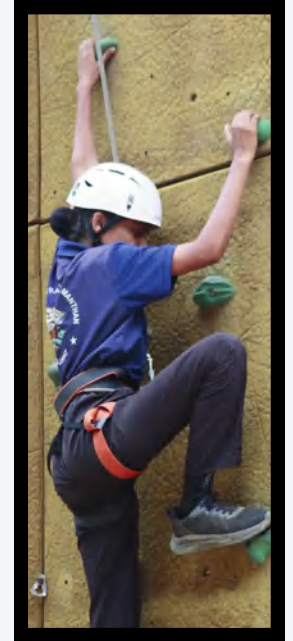
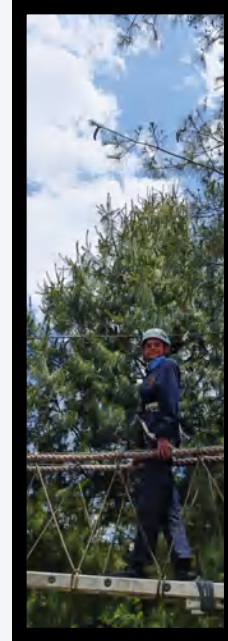
The primary objective of the Programme was to help newly admitted students make a smooth, comfortable and stress-free transition from the school environment to the world of higher education. It also aimed to familiarise them with the institution's academic environment, values, traditions and ethical principles while enabling them to build meaningful relationships with their peers and faculty members, thereby fostering their holistic personality development.

As part of the Programme, faculty members from all major departments—Sanskrit, English, Gujarati, Hindi, Home Science, Economics and Commerce—introduced students to the scope and significance of their respective subjects. They also provided detailed information about departmental study circles, academic activities, and Short-Term Courses offered by the college.

The students were further introduced to the college's Saptdhara activities, NSS and NCC programmes and were encouraged to actively participate in these co-curricular and extracurricular initiatives for their overall personality and career development. Senior students were also encouraged to become more proactive and serve as role models for the newly admitted students.

The week-long Programme was coordinated by CDC Coordinator Dr. Nayan Tank. Vice Principal Prof. Rohiniba Jadeja and all faculty members extended their wholehearted support and efforts in ensuring the successful organisation of the Programme.

Scaling New Heights: NCC Cadet Jagruti Khandar Makes Gurukul Proud



Gurukul Mahila College NCC Cadet Jagruti Khandar Excels at Special Adventure Course in Arunachal Pradesh

Jagruti Khandar, an NCC cadet of Gurukul Mahila Arts and Commerce College, Porbandar, has successfully completed the ten-day Special Adventure Course organised by the National Institute of Mountaineering and Adventure Sports (NIMAS) in Arunachal Pradesh.

During the course, Jagruti enthusiastically participated in a wide range of adventure activities, including mountain trekking, river crossing using ropes, zip-lining, rope knot techniques and artificial wall climbing, displaying remarkable confidence and determination throughout the training.

A highlight of her performance was the 22-metre artificial wall climbing event, in which she climbed to the highest point among all Gujarat Army and Navy NCC cadets, earning special recognition for her outstanding achievement.

Participation in this adventure course helped her develop valuable life skills such as leadership, time management, teamwork, mental resilience, physical fitness and self-reliance, all of which will contribute significantly to her holistic development.

Principal Dr. Anupam Nagar congratulated Jagruti on her remarkable achievement and reiterated the college's commitment to encouraging students to develop confidence, discipline, leadership and a spirit of national service through NCC activities.

Dr. Sharmistha Patel, Associate NCC Officer (ANO), along with the college staff, also congratulated Cadet Jagruti Khandar and conveyed their best wishes for her continued success and a bright future.



Raj-Ratna Shresthi Shri Nanjibhai Kalidas Mehta
Arya Kanya Vidyalaya Trust Managed

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SANSKRIT

EN

ENGLISH

हिंदी

HINDI



GUJARATI



ECONOMICS



HOME-SCIENCE



M.A. - ENGLISH

M.A. - GUJARATI (Proposed)

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M.COM. WITH
ACCOUNTING



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