

Swachhata Action Taken Report

[Quarter II: October - Dec 2018]



Mehr Chand Mahajan DAV College for Women

Sector 36- A, Chandigarh (U.T.)

www.mcmdavcw-chd.edu

Bonsai Workshop

The Department of Botany organized a hands-on workshop on the popular “**Art of Bonsai making**”, sponsored by DBT (Department of Biotechnology, Government of India) under the Star College Scheme, on **October 12, 2018**.

Bonsai is an ancient art of growing plants which traces its inception to China and was later introduced in Japan where it became quite popular and is now practiced all over the world. The tradition has witnessed various refinements and innovations over the last millennium. Bonsai utilizes horticultural techniques along with artistic applications to cultivate miniature replicas of trees as they are found in nature, thereby enhancing the beauty of the landscape. The art reflects the aesthetic qualities found in nature through the principles of balance, simplicity and harmony.

The resource person for the workshop, Dr Jaspreet Kaur, Assistant Professor, Department of Botany, Panjab

University, Chandigarh demonstrated the complete step by step procedure of Bonsai making, including soil mixing, choice of the plant, pot setting, cultivation of plants, pruning, cutting, twining and watering etc. to the students, faculty, staff and gardeners. Some enthusiastic students themselves made Bonsais under the supervision of the resource person and enjoyed the whole process.



Poster Presentation on Waste Management Practices

A **National Symposium on Waste Management** was organized by the Association of Microbiologists of India (AMI), Chandigarh Unit, at DAV College, Sector-10, Chandigarh on **October 3, 2018**. A total of 17 students of BSc (MFT) III year participated in the symposium. They presented posters on “Waste management Practices” which included: Biogas production unit installed at the College - a Case Study, Mushroom Cultivation in Used Plastic Bottles, Oyster Mushroom Fortification using Kitchen Waste, etc. as detailed in Table-1.

The poster pertaining to MCM’s initiatives of setting up the biogas plant and augmentation process being used for zero waste generation was appreciated and won the third prize. The students’ work aiming at mushroom fortification using spent fruit peels was encouraged as well. A brief description of the work presented by the students has been highlighted in Table 1.



Table-1: Poster Presentation on Waste Management at National Symposium

S. No.	Names of Students	Title of Poster	Topic/s Highlighted
1.	Navneet Kaur and Jasleen Kaur	"Waste Management and Utilization in Food Industry "	The topic highlighted the use of various by-products and waste formed in fruit juice industry, dairy industry, meat industry, fish industry and beet sugar industry and how these can be put to different uses such as production of fuel, energy, biogas, fermentation products, biofuel, manure production etc.
2.	Bahaar Hundal and Vishawjot Kaur	“Optimization and Cultivation of <i>Pleurotus ostreatus</i> from Agro and Domestic kitchen waste in used plastic bottles”	The poster highlighted management of solid waste (agri-kitchen waste) by using it as a potential substrate for growth of highly nutritious and edible mushrooms i.e. oyster mushrooms. <i>Pleurotus ostreatus</i> . The used plastic bottles were used for filling up the substrate and cultivation of the highly nutritious variety.
3.	Vaani Dutta, Himanshi Bansal and Bhavya Arora	“Use of Fruit and Vegetables Peels as substrates for Bio-Fortification of oyster Mushrooms: Step towards Nutrition and Food Security”	The poster highlighted the use of different fruit peels (Banana, pomegranate, apple peels) as potential substrates for production of fortified Oyster mushrooms. This also suggested that small scale mushroom farms can supply nutritionally enhanced mushrooms that can be easily accessible for poor and under-nourished population as well.

4.	Nikita Sharma and Amandeep Kaur	“Waste Management and Bio-fortification through cultivation of mushrooms”	The poster highlighted the production of fortified mushrooms with enhanced lithium levels from agro-kitchen wastes. Such fortified mushroom will serve as therapy food and can be supplied to target populations to prevent attacks of acute mania and depression, as lithium is recommended in psychiatric conditions Besides this, Oyster Mushrooms will additionally serve as a nutritionally enhanced food especially for the target population as well.
5.	Chhavi Dhiman and Gursimran Kaur	“Sustainable Waste Management: A Case Study”	The poster depicted the current practices implemented by MCM DAV College to manage the solid waste generated in the campus. Different approaches to manage solid waste generated in the campus are: a) segregation of waste at the source; b) diverting wet (biodegradable) waste towards composting, vermi-composting and biogas production. It highlighted the useful role of Biogas generation by feeding the digester with food waste of college canteen and mess and utilization of the Biogas for energy generation (as fuel) as an economically beneficial strategy towards zero

			waste zone. The slurry from the biogas plant is used to augment composting of green waste generated in the college campus.
6.	Sonal Mishra and Komal Sukhija	“Conventional plastics to Bio-plastics - Clean and Green way”	The topic focused on exploiting the role of bio-plastics as an alternative to plastic use. It depicted that Bio-plastics are growing rapidly because of their clear advantages in providing excellent biodegradability. Durable plant-based bio-plastics can also be recycled as well as their conventional equivalents assisting the growth of a more sustainable world economy.
7.	Ritika Mittal and Medhavi	“Waste Management Practices Adopted At Higher Educational Institutes: A Step Towards Swachh India”	There is an immense possibility for adopting a sustainable waste management system in the college as the institute is under one authority. Such waste management practices once institutionalized at the university level, will definitely trickle down to the society. The poster studied the various waste management practices adopted by various educational institutes to achieve the vision of a ‘Clean India’.
8.	Ujjwal and Simran Kaur	“Integrating Waste Management and Single Cell Oil Production”	Many microorganisms such as yeast, fungi, bacteria, have the ability to accumulate oil under special conditions. Microbial oil

			<p>can be used as feedstock for the production of bio-diesel in the future. The aim of the poster was to describe the main aspects related to the use of different oleaginous microorganisms for lipid production and their performance when using bio-wastes.</p>
--	--	--	--

Setting up of Experimental Aquaponics System

A small scale experimental Aquaponics system was set up in the laboratory by BSc. Medical students in the third week of **October, 2018**. The objective of the experimental system was to design a cost effective aquaponics system that can easily be set up and managed by student groups.



Aquaponics is an extremely effective example of indoor farming which can be used to sustainably raise fresh fish and vegetables. The only input into an aquaponics system is fish food. The fish eat the food and excrete waste, which is converted by beneficial bacteria into nutrients which the plants can use. By consuming these nutrients, the plants help to purify the water. Herbicides, pesticides or other harsh chemicals are not used in an aquaponics system. In this era of climate change, resource depletion, pollution and lack of access to farmland, it is important for the youth to learn about sustainable practices like Aquaponics. The students were sensitized about the importance of this modern and sustainable food production system that combines aquaculture and agricultural techniques.



Two Day Workshop on Power Sector Sustainability

The departments of Physics and Zoology organized a **two-day RUSA sponsored workshop** on '**Power Sector Sustainability**' on **October 22 and 23, 2018**. The main objective of the workshop was to sensitize the participants about the current challenges faced by the power sector and to deliberate upon reforms in the sector so as to chart a sustainable future. On the inaugural day, Dr Tarlochan Kaur, Chairperson, Center for Energy Studies, Punjab Engineering College delivered a talk on Power Sector Sustainability and Mr Sanjeev Verma, Head, (Technical), Multi Overseas India Pvt. Ltd. gave a demonstration of solar panels.

During the first session of day 2, Dr Tarlochan spoke about energy crisis and the importance of renewable sources of energy in her talk titled '**Recent Trends in Renewable Energy for Power Generation**'. She highlighted that despite a huge potential in India for renewable energy production, the integration of this energy into the power sector is comparatively low because of factors like resource availability, technological appropriateness, environmental feasibility, institutional preparedness, socio-cultural acceptability and financial viability. Dr Kaur asserted that technological innovation, mass awareness and skill development programmes are vital in increasing renewable energy acceptance in India.

Session 2 witnessed highly informative talks on '**Demand Response using MATLAB platform**' delivered by Ms Sachpreet Kaur, PEC and on '**Smart Grid Technology**' delivered by Dr Tarlochan Kaur. An interactive session that followed the talks drew enthusiastic response from the participants wherein they shared innovative ideas.

The workshop motivated the students to develop and deploy new and renewable energy sources for supplementing the energy requirements of the country.



Inter-College Scientific Model Making Competition

The Department of Chemistry organized an **Inter-college Scientific Model Making Competition** on **October 4, 2018** based on the theme **‘Wonders of Science’** to address the environmental issues of rising concern such as global warming, oil spills, food waste and fresh water conservation. Students presented their innovative ideas on prevention of global warming by capturing excess CO₂ from atmosphere, through a model on **‘Carbon Capture Plant’**. They also designed a model to manage oil waste in oceans which spread through Oil Spills. A simple homemade **‘Food Waste Recycler’** was exhibited through a model. The models on **‘Rain Harvesting and Hydroponics’** were presented as sustainable solutions to prevent water pollution and conserve fresh water. A model on Genetic Engineering was presented to increase the grain production for sustainable development.



Clay Modelling Workshop



The Fine Arts Department organized a “Clay Modelling Workshop” during which students learnt the art of making various articles with natural clay. In order to drive home the message of saving the environment with our conscious efforts, organic clay was used as a substitute for the environment-unfriendly plaster of paris, to make the idols of Lord Ganesha.

67 students participated in this workshop and made eco-friendly Ganesha idols that neither posed a threat to human health nor affected the environment. After preparing the idol, instead of ‘visarjan’ in water, the students gifted the Lord Ganesha idols to their neighbours and also mixed it with clay in the pots which conveyed the messages of saving environment and water. They also made sculptures of various animals and humans in different postures.



Best Out of Waste Competition

Best out of waste is a craft-cum-practice that not only adheres to environment-friendly principles but also creates useful and picturesque objects from waste products. In order to make students aware about the uses of waste materials, and the importance of reducing waste to safeguard our future, the Fine Arts Department organized a



competition on **“Best out of Waste”** on **November 15, 2018**. The students created objects entirely out of waste such as old newspapers, tissue papers, bottles, waste papers, CDs etc. and made creative and beautiful articles from them such as bicycles, wall hangings, flowers, bells, paper bags and many other useful objects. 11 students participated in this competition with great zeal. It



was heartening and informative to learn how scrap could be transformed into such useful and beautiful articles. The results of the competition were as follows:

Riya Kapoor	B.A. 2 nd Year	First Prize
Saumya	B.A. 3 rd Year	Second Prize
Sarita	B.A. 3 rd Year	Third Prize

Cleanest Hostel Room Competition

The Swachhata Committee of the college organised the “**Cleanest Room Competition**” in the hostel. Residents of all the blocks participated in the competition. The competition aimed at inculcating in the students, a sense of responsibility to keep their surroundings clean. Teams of teachers were delegated the responsibility of inspecting each room in the hostel and the cleanest room in each block was awarded.

Display of Chandeliers made from Waste

The college hosted “**Beyond Boundaries**” - an event under the **Cultural Exchange Programme** to welcome students from **Western Sydney University, Australia**. The event aimed at encouraging cross-cultural interaction for which adequate arrangements were made wherein the visiting students were not only familiarized with the rich Indian culture and heritage but were also apprised of the Swachhata initiatives of the college. As part of this endeavour, students of Interior Designing and Decoration showcased their chandeliers, which had been made from waste material, during a workshop conducted earlier in the college.



Lecture on 'Decluttering of Mind'



The Swachhata Committee of MCM DAV College for Women organized a lecture on 'Decluttering the Mind' by **Prof Rajib Sarkar, School of Management, Bennett University, Greater Noida**. The lecture aimed at sensitising students about the ways of decluttering one's mind in this age of information explosion. In his highly engaging and informative lecture, Prof Sarkar eloquently described the decluttering process with the aid of DIKW Pyramid (Data, Information, Knowledge, Wisdom) and said that while data decapitates the mind, wisdom empowers the mind as it leads to the highest level of connectedness and understanding. Laying out the 6 pronged approach to decluttering the mind, Prof Sarkar dwelt upon strategies of self-awareness, elimination, focus, harmonization, detachment and mindfulness. Information overload being a stark reality of our times, the lecture struck a chord with the audience.

On the occasion, Principal Dr Nisha Bhargava shared with the audience that cleanliness is a comprehensive term that encompasses not just environmental cleanliness but also cleanliness of the mind and soul. She also informed the audience that guided by this holistic philosophy of cleanliness, MCM College has added new dimensions to the Swachh Bharat Mission by its endeavours of focussing on empowering young minds with wisdom.

Poster Making and Rangoli Competition on ‘Swachh Bharat - Swasth Bharat’

The Swachhata Committee (Arts) organized a **Poster making and Rangoli Competition** in the college on November 16, 2018. The purpose of the competition was to look at art with a noble cause. The topics for both the activities were **Swachh Bharat - Swasth Bharat** and **Save Environment** (Rain water harvesting, Solar power and Waste management). There was an enthusiastic participation for both the activities. 25 students registered for these activities while for the Rangoli competition, the students were divided into 6 teams. The following students secured the respective positions in this competition:



Poster making

- 1st Prize - Vrinda (BA I)
- 2nd Prize - Simran (BA II)
- 3rd Prize - Jahanvi (BA III)

Consolation Prizes

- Sonika Rana (BSc II)
- Neha Thakur (BSc III)



Rangoli

- First Prize Team E - Sonali Seth and Bhawna (BSc MFT II)
- Second Prize Team C – Simrat Kaur and Prerna Vaish (BSc MFT II)

Sugandh – Musical Parody on Sustainability and Stall

At MCM, we believe in cleanliness in all its dimensions. Filling the mind with a positive and holistic vision is an essential endeavor of MCM Swachhata. At the **Alumni Meet, 2018**, held on November 17, 2018 two events were organized which directed at conveying the message of a sustainable lifestyle.



‘**Sugandh**’, a musical parody was enacted by

the students to portray the real-life stories of ordinary men, women and groups who have been working towards protecting the environment and culture or facilitating a social and / or economically sustainable way of life.



A stall was also set up on the same day, to showcase and sell the work of underprivileged women by ‘**PhilARThropy**’, a non-profit collective endeavour to add to the income of the local women by teaching them art, digitizing their work and then putting it on merchandise. The exhibit ‘**Org-art-ic**’ was an attempt to help PhilARThropy, by bearing the cost of the merchandise manufacturer.

Awareness Session on e-waste Management

Under the aegis of the Swachhata Committee of the college, the Department of Computer Science and Applications organized an **awareness session on e-waste Management** on November 19, 2018. Around 170 students of BCA, BSc (Computer applications) and PGDCA attended the lecture. **Sh. Vivek Shrivastava, Associate General Manager in**



Godrej & Boyce Mfg. Co. Ltd., delivered the talk and sensitized the students and faculty members about e-waste Management as one of the environmental policies and programmes of the government. It is mandatory for the industries to draft and follow a formal green policy as a commitment to sustainability and environmental management by its employees and customers. Un-sustainability occurs if an area's ecological footprints exceed its bio-capacity. He emphasized on six options ranging from the most preferred to the least preferred as **Avoid, Reduce, Reuse, Recycle, Create (energy) and Disposal**. It is a mandate for the industries, before they start manufacturing, to follow guidelines of the government to decelerate the growing scarcity of natural resources. He also explained the significance of "crossed out wheelie bin" symbol that is placed on the packaging of all electrical and electronics products, which indicates that end users should segregate the product from other waste at its end-of-life. By partnering with the recyclers with valid authorization from Pollution Control Board, industries also promote their take back policies facilitating the customers to dispose of e-waste products after their end-of-life in an environmentally conscious manner. He apprised and encouraged the students to drop the obsolete electronic and electrical material in separate e-waste bins. He also appreciated the fact that MCM DAV has already provided this facility in the campus.



Lab Cleanliness

The Department of Chemistry, MCM DAV College for Women, Chandigarh conducted a thorough 'Cleanliness Drive' of all the Chemistry labs as a part of Swachhata Abhiyan during the month of **November 2018**. The activity involved sequential arrangement of all the chemicals in cupboards and shelves, cleaning of working benches, sinks, glass doors and windows. Acid bath and base baths were made to neutralize the basic and acidic wastes respectively, generated after regular laboratory sessions. In order to discard the left over chemical waste, big storage containers were set up. The broken glassware was collected in a separate glass waste bin set up in every lab so that broken glassware can be safely handled and can be sent for recycling later. Separate dustbins were placed in every lab to collect dry and wet waste. All these activities were planned and executed to maintain clean and healthy environment inside the labs and in the surroundings of college as well.



Composition of Swachhata Song : The Department of Hindi composed a song on the theme of *Swachhata*

स्वच्छ रहो तुम, स्वस्थ बनो तुम,
राज्य साफ हो, नगर साफ हो।
हवा साफ,जल थल भी साफ,
यह करके दिखलाना है ।

स्वच्छ रहो तुम, स्वस्थ बनो तुम,
राज्य साफ हो, नगर साफ हो।
गगन कभी भी करे ना माफ,
आज हमें समझाना है ।

स्वच्छता की इस लहर को,
जन-जन तक पहुंचाना है ।

रोते पर्वत, धरा सिसकती,
वन उपवन यह करे पुकार।
पेड़ पौधे और पंछी कहते,
जहरीली सी पड़ी है मार ।

आओ हम सब मिलकर प्रण लें,
देश को स्वर्ग बनाना है ।
यह संकल्प उठाना है ।
यह करके दिखलाना है ।

Sparkle: Cleanest Lab Competition

To strengthen the momentum of the Swachh Bharat Abhiyaan, all the science departments of the College namely, Physics, Zoology, Botany, Chemistry, Food Science and Computer Science, actively participated in the “**Cleanest Lab Competition**”. In an effort to provide a safe and clean environment in laboratories, along with the routine cleaning, a special “**Lab Cleanliness Drive**” was organized by the Swachhata committee.

Nature of Activity: Sparkle: Lab Excellence Award’18

The primary aim of the drive was to sensitize and ensure good hygiene and health by creating awareness on the cleanliness of laboratories. The drive witnessed an enthusiastic participation from the students.



On November 29, 2018, all the science labs were assessed by two senior-most teachers of the college on the basis of the following parameters:

1. Segregation of waste
2. Cleanliness of shelves, floors, walls, ceiling fans etc.
3. Cleaning and maintenance of lab instruments
4. Labelling of all cupboards and shelves for keeping glassware/chemicals/other relevant material
5. Instructions for lab safety and availability of first aid measures
6. Informative posters about the subject



The prize distribution ceremony was held in the Principal's office. The Department of Physics bagged the first prize while Zoology and Computer Science departments got the second and third prizes respectively. A neat and clean laboratory is of utmost importance in terms of improving the safety and working efficiency of the students and teachers. The



activity thus served as a motivational initiative to disseminate awareness on the concept of safety and the importance of clean surroundings among students and faculty to ensure a healthy environment.



Cleanest Desk Competition

With the aim of inculcating the habit of cleanliness and encouraging the maintenance of a clean work space, the “**Cleanest Desk Competition**” was held for the administrative office staff. The workspace of each staff member was judged on the basis of cleanliness, use of sustainable practices and aesthetic appeal of the work space. Results of the competition were as follows: Mr Pawan Sharma (Clean desk/Cabin), Mr Ashish Mudgal (Clean & Sustainable Practices), Ms Namita Sharma (Aesthetically maintained)



Unveiling and Dedication Ceremony



With the aim of encouraging discussion on the problems ailing the rural economy, deliberating upon the solutions to those problems and dedicating allegiance to the cause of rural development, MCM DAV College for Women hosted '**Unveiling and Dedication Ceremony**' in December, 2018.



Lok Sabha MP, Sh. Feroze Varun Gandhi graced the ceremony as the Chief Guest, while MCM alumna Prof. Nishtha Jaswal, VC, Himachal Pradesh National Law University, Shimla, Prof Sucha Singh Gill, Research Coordinator and Senior Professor, Centre for Research in Rural and Industrial Development (CRRID), Dr R.S. Ghuman, Professor-Economics, CRRID and Mr Davesh Moudgil, Chandigarh Mayor partook in the ceremony as Guests of Honour. The ceremony witnessed a galaxy of dignitaries in attendance including Prof Shankarji Jha,

DUI, PU, Prof Parvinder Singh, Controller of Examinations, PU, Prof Emanuel Nahar, DSW, PU, Justice Amarjit Chaudhary, Vice President, DAV College Managing Committee, Mr Vijay Sharma, Regional Director DAV Schools, Prof Jagat Bhushan, Director, Dr Harvansh Singh Judge Institute of Dental Sciences, PU, PU Senators Dr Ravinder Nath Sharma, Dr Gurdip Sharma, and Dr Jagdish Chander Mehta, Chairpersons of various PU departments and Principals of various schools and colleges.



On this momentous occasion, Hon'ble Chief Guest **Sh. Feroze Varun Gandhi** unveiled his book, *A Rural Manifesto: Realizing India's Future through Her Villages*. In his thought-provoking and meaningful address, Hon'ble Chief Guest Sh. Feroze Varun Gandhi hinged his perceptive views on adopting alternative approaches in favour of traditional and theoretical models of rural development, including promotion of unconventional skill and learning based education system, providing impetus to hitherto-neglected indigenous industry like textile and leather rather than hankering after mercenary gains benefitting only the top-notch industrialists and business houses, encouraging active and responsible participation of citizens, working towards much-needed political reforms, and creating an environment conducive for equality and justice along with skill-enhancement.

He highlighted the existing inefficiencies of the agricultural sector which included inadequate storage and transportation. He called for instrumental academic approach in order to redress the problems and grievances of the rural economy and gave the audience a shocking insight into the plight of the farmers using valid statistical data. Citing various inspirational real-life stories, Mr Gandhi suggested the audience, especially the youth, not to imitate foreign models but to innovate and create something new and original. He also pressed upon the need to increase the scope of MNREGA for a sustainable future. To encapsulate, the fulcrum of his address was the need of proper policy formulation and implementation which would in turn lead to sustainable and viable economic models.



Prof Sucha Singh Gill started by expressing his delight to be a part of the event unveiling the book by Shri Feroze Varun Gandhi. He voiced his concerns about the fact that despite about 68% of Indians living in rural areas, the fruits of development are yet to reach them. The farmers and the agricultural labourers

form the backbone of the country but they are forced to look for alternate means of earning a living and in extreme cases are forced to commit suicide. He quoted a recent data by Niti Aayog which concluded that about three crore farmers gave up agriculture in the decade ending 2014-15. Adding that these people end up in urban slums after migrating to cities, he asserted that this rural ‘avalanche’ migration to urban areas should be stopped. He appreciated the ideas put forth by Shri Gandhi in his book to counter this challenge. Prof Gill further added that the share of corporate sector in the Gross Domestic Product of the country has grown to 36% (FY 2015-16) while the contribution of agricultural sector shows dismal growth. About 60% of the Indian households have less than Rs.2000/- monthly income which results in low standard of living for all these people who can barely make their ends meet. He focused on an urgent need to implement policies in letter and in spirit to make sure that the process of development is back on track and reaches out to a wider range of population. He then talked about the role of bureaucrats and policymakers for the lopsided development which favours the industrialists. He ended his speech by requesting Shri Varun Gandhi to implement his innovative ideas if he is voted to power, in order to ensure the development of all.

Prof R.S. Ghuman, Professor of Economics, The Centre for Research in Rural and Industrial Development (CRRID), Chandigarh, offered accolades for Sh. Feroze Varun Gandhi's book, *A Rural Manifesto: Realizing India's Future through Her Villages* as a well-documented and comprehensive work on



rural economy. Deliberating upon the dismal percentage of rural students of Punjab who attained a university education, as discussed in his own book, *Rural Students in the Universities of Punjab*, Professor Ghuman pressed on the need to study rural economy in its heterogeneity and totality. Commending Sh. Varun Gandhi for his academic bent of mind, he also emphasized the need for a correlative and mutual relationship between politics and academia in order to address pertinent social issues. Lastly, Professor Ghuman congratulated the Principal of MCM DAV College for Women, Dr Nisha Bhargava and the College Management for organizing the book unveiling event.

Mr Davesh Moudgil, Hon'ble Mayor, MC, Chandigarh congratulated Sh. Feroze Varun Gandhi for his book, stating that it would catalyze the Government for addressing the pressing issues ailing rural Indian economy. Affirming his belief in the voice of the people, Mr Moudgil stated that commitment



towards the people of the country must be exemplified in action and conduct. Calling for social commitment in politics, he urged the people to ensure their active participation in the decision making processes by the casting their vote. Furthermore, Mr Moudgil also discussed the rise in moral degradation with increase in technological dependence and called for optimal use of social media. He concluded his speech by celebrating women as the source of all power.



Prof Nishtha Jaswal, Vice-Chancellor, Himachal Pradesh National Law University, Shimla, and also an alumna of MCM DAV College for Women, Chandigarh congratulated Sh. Feroze Varun Gandhi on his book. Citing the differences between a political democracy and a transformational democracy, she talked about the need to bring about change through active implementation. Dwelling on the indispensability of academia in addressing the concerns plaguing rural Indian economy, Prof Jaswal stressed that the approaches given by academicians were potential theories to be followed by the forthcoming generations. Weaving her speech with poetic couplets, she expressed her gratitude to Sh. Varun Gandhi and congratulated the Principal, Dr Nisha Bhargava, for organizing the book unveiling event. She also expressed deep gratitude to all the present dignitaries, members of the teaching fraternity and her alma mater.



NSS CAMP 2018(24 December -30 December)



A 7 day and night NSS camp on the theme of Swachhata organized by NSS unit of MCM DAV College for Women. More than 100 volunteers and 10 staff members registered for this camp. Principal of the college Dr. Nisha Bhargava inaugurated the camp and gave a presentation highlighting the glorious achievements of the college in its existence of 50 years. Satvikaa Singh- the winner of state level award for Swachh Bharat Summer Internship 2018 apprised the participants of the activities and achievements of MCM NSS unit during the year. To elicit wholehearted participation of the youth in making Clean India a reality, Swachhata Oath was administered on this occasion. Dr.Geeta Bhagat, Head, PG Department of Psychology, MCM DAV College delivered a motivational lecture on channelising of energy in a positive manner. With the aim of helping the participants realise their full potential, Dr.Geeta's lecture included engrossing exercises like deep breathing, relaxation through guided imagery, self-compassion and strengths wheel exercise.



Dr.Satish Sharma, Director Colleges, DAV College Managing Committee graced the valedictory session of the inaugural day of the camp and motivated the participants to contribute constructively in nation building. Each day began with a physical exercise session, followed by various interactive sessions, guest lectures as well as field work. There was also a poster making competition on “Water Conservation” and cleanliness campaign to promote PM Modi’s Swachh Bharat Abhiyaan.



Day 2 of the 7 day and night camp at MCM DAV College for Women was high on Yuletide spirit as the NSS volunteers spread Christmas cheer during their visit to Prabh Aasra, Kurali. Celebrating the festival of gifting, the volunteers gifted smiles to the inmates and destitute of Prabha Aasra.



Seeking to develop the inner strength of the volunteers, Day 3 of the camp began with a spiritually elevating yoga session by Dr. Neha Sharma, Assistant Professor, Department of History, MCM DAV. The session was followed by hands on workshop on Best Out of Waste by Dr.Pooja Sharma, Head, Department of Fine Arts, MCM DAV. The main objective of the workshop was to cultivate a thought in the volunteer’s mind on how to reuse and recycle waste products in a creative as well as constructive work. The volunteers also made a wall painting depicting the camp's theme of Swachhata. Cleanliness Rally at the adopted village Badheri had the volunteers sensitising the residents of the village about the importance of cleanliness. In the evening session the Programme officers interacted with the volunteers to encourage and enlighten them with their words and how to contribute to society and have a different outlook. The volunteers also made posters on various themes such as "Swachhata" and "Water Conservation”.



The fourth day, a lecture was delivered by Dr. Bhasin Nirmal, Director Janjee fertility centre and Gynecologist, IMA. She led emphasis on intimate hygiene and gave information regarding sexually transmitted infections, sex education and other vaginal infections and told the volunteers how to improve one's lifestyle and personal hygiene. The session was followed by another resource person Dr. Jatinder Dhaiya from NACO, who imparted knowledge about AIDS, HIV and STD's. He also informed the volunteers about various body fluids, its mode of transmission and prevention.



The 5th day witnessed a lecture on Solid waste management by Dr. Vandana Sharma and another lecture by Dr. Sandeep about Mushroom cultivation at Badheri village. Later Dr. Gaurav Gaur addressed the volunteers through interactive session regarding menstrual hygiene. The next day same content and issues were delivered to the women of Badheri at Community centre by NSS volunteers of MCM.



On day 6 volunteers also organized a nukkad natak about Personal hygiene and cleanliness at adopted village Badheri, which presented a very informative, awakening and thought-provoking drama and inspired them to play their part in Clean India campaign.



The day also witnessed a remarkable lecture cum workshop on issues related to violence against women by Prof. Pam Rajput, a crusader of women empowerment, from Panjab University. Apart from this various awareness rallies were conducted to make people aware and sensitise about Swachchata mission.





On 30th December, during the valedictory, Mr. Bikram Rana, State liaison officer, the chief Guest of the day, inspired the volunteers by his motivational words and highlighted the importance of the NSS as a platform for maintaining overall harmony and providing necessary social services to society. College principal Dr. Nisha Bhargava congratulated the participants for successful completion of the camp and motivated them to continue working for the Swachh Bharat Abhiyan. Satvikaa Singh was declared 'Best Nss volunteer' and Muskan 'Best camper' - 2018.

