

# Swachhata Action Taken Report

[Quarter – January to March, 2019]



**Mehr Chand Mahajan  
DAV College for Women**

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

[www.mcmdavcw-chd.edu](http://www.mcmdavcw-chd.edu)

## **NATIONAL ENERGY CONSERVATION DAY**

### **Nature**

Awareness Drive in College Campus

### **Objective**

To sensitize the students and teachers of the institution towards efficient energy saving ways

### **Activity**

The campaign of the national energy conservation is the national awareness campaign launched by the Ministry of Power to facilitate the process of energy conservation in India. Using energy efficiently is very necessary to save it for future usage. An Awareness Drive in the college on was organised on 14<sup>th</sup> Dec, 2018.

### **Output**

In this drive, students made posters based on its theme, carrying hard-hitting messages and displayed their creative talents in the form of depictions in words as well as pictures.

Keeping in sync with the Nation's drive towards saving energy, an information board has been displayed in the college campus permanently, highlighting the relevant points which will be used on daily basis by our students, so that they contribute personally towards restoring energy. Maintaining institutional social responsibility, MCM under the able guidance of Principal Dr Nisha Bhargava has undertaken certain initiatives to conserve energy including biogas production, solar energy production, rain water harvesting and vermi-compositing.



## **CLEANLINESS OF THE HOSTELS**

### **Nature of the Activity**

Rigorous cleaning activity was undertaken in certain areas of the hostels.

### **Aims and Objectives**

The cleaning, scrubbing and washing, though undertaken on a regular basis, was timed to coincide with the winter vacation of the students, that is, from **January 1 – 12, 2019** so that ample time was available for the hostels to be cleaned. The timing of the cleaning activity conducted during the winter vacation also ensured

that the students were not disturbed in their stay.

### **Activities Carried Out**

The cleaning comprised of the following activities and areas: The common room durries were cleaned and dried in the sun and all the water coolers were cleaned and dried. Cobwebs were removed and the store - rooms were cleaned. The ground floor windows and the side slits (windows) of all the floors were cleaned thoroughly. The staircase grills and the handles and doors of the entire hostel were cleaned. Furthermore, the mess chairs, exhaust fans, mirrors and tube-lights were cleaned. The enamel painted walls in the corridors as well as the bathroom tiles were scrubbed. All the dustbins of the hostels were washed and dried. The washing and drying of the dustbins is done on rotation and on a regular basis.

### **Outcome of the Activity**

The hostel common rooms, store-rooms, windows, doors, staircase grills, mess chairs, exhaust fans, mirrors and tube lights were cleaned and the cobwebs removed. The enamel painted walls in the corridors as well as the bathroom tiles were scrubbed and all the dustbins of the hostels were washed and dried.



## **NATIONAL YOUTH PARLIAMENT PARTICIPATION AT WALK-IN LEVEL AND DISTRICT LEVEL**

### **Nature**

National Youth Parliament Festival

### **Objective**

National Youth Parliament Festival 2019 was organized on the theme of “Be the Voice of New India” and “Find solutions and contribute to policy”. Youth in the age bracket of 18-25 years were invited to participate in the District Youth Parliaments. The aim of this programme is to hear the voice of the youngsters in this age bracket who are allowed to vote but cannot contest in elections.

### **Activity**

Around 200 youths of the city competed with one another in the first-of-its-kind initiative, Youth Parliament Festival 2019 of the Central Government at the district level. Chandigarh Administration organized the Youth Parliament at district level in the Government College for Commerce and Business, Sector 50 on January 25, 2019. It was organized by the Regional Directorate of NSS and





Chandigarh NSS Cell. 200 youths registered themselves through digital and walk-in process. Many of them uploaded their content through a YouTube video.

### **Outcome**

9 students of MCM DAV participated at walk-in level and 4 students took part through online participation. The participants were evaluated for articulation, clarity of thought, content knowledge and demeanour. Each evaluation criteria carried 25 points and final evaluation was to be made out of 100 points. Satvikaa Singh from MCM DAV College participated at the State Level.

### **Participants in the Youth Festival**

The process started on January 12, 2019 and continued up to February 24, 2019. The sessions were conducted at three levels. 8 volunteers of MCM DAV qualified and participated for the District Youth Parliament (DYP) which was conducted at the district level on January 25, 2019. Preliminary rounds of screening were conducted to select youth for participation in the DYP. The participants were shortlisted through two screening processes; digital and walk-in. Discussions were held on the topics: Swachhata & Give It Up (LPG), Inspiring attitudinal change, "Ayushman Bharat: Revolutionising the Health Sector, Reducing Poverty through Financial Inclusion Programmes— Jan Dhan & Mudra Yojana and 'Beej Se Bazaar Tak' and 'Lab to land', Doubling farmers income for digital screening. The topics for walk-in screening, DYP, SYP and NYP were announced on the spot. The candidates participated in Hindi, English or the official language of the state government concerned. Satvikaa Singh from our college got selected and participated at state level in Chitkara University on 6<sup>th</sup> March, 2019.

### **NUKKAR NATAK AND SWACHHATA RALLY WITH MC TEAM**

#### **Nature**

Nukkad Natak and Swachhata Rally in collaboration with the Municipal Corporation

#### **Objective**

Reaffirming its commitment towards the furtherance of the objective of Swachh Bharat Mission, MCM DAV College for Women organized an interactive session, in collaboration with the Municipal Corporation, Chandigarh Administration on January 18, 2019. The 'Nukkad Natak' and Swachhata Rally aimed at generating awareness about the mission and bringing about behavioural change towards cleanliness.

#### **Activity**

Organized under the aegis of NSS unit of the college, the session was conducted by the Municipal Corporation officials. Encouraging community participation through Swachhata-MoHUA app, the officials said that the dream of Clean India can only be realized through active citizen participation.

The NSS volunteers of the college also staged a nukkad natak on the theme of 'Swachhata' with the aim of sensitizing the audience about various themes of the mission including sanitation and health, composting, segregation of waste, use of toilets, sanitary napkins and so on. While addressing the NSS volunteers, Principal Dr. Nisha Bhargava reiterated that the college is conscious of its social responsibility of promoting



environmental sustainability and thus, strives to aid in the realization of the goals of Swachh Bharat Abhiyan by bringing about behavioural and attitudinal change in its stakeholders and by garnering their involvement in this noble cause.



**Participants in NukkadNatak along with faculty members**

### **Outcome**

The officials sensitized the students about waste segregation techniques and the importance of making cleanliness a way of life. MCM DAV College staff and students were honoured by the officials of Municipal Corporation Chandigarh for their laudable initiatives in alignment with Swachh Bharat Abhiyan which include segregation of waste at source, biogas production, solar energy production, rainwater harvesting, composting, vermicomposting, plantation drives, cleanliness drives and awareness drives in the adopted village Badheri



## **NIKITA BHARTI PARTICIPATED IN 70<sup>TH</sup> REPUBLIC DAY PARADE-2019**

### **Nature**

Republic Day Parade Camp

### **Objective**

National Service Scheme (NSS) - an Indian Government Sponsored Public Service Program of Ministry of Youth Affairs and Sports, Government of India conducted Republic Day Parade Camp 2019 from 1st to 31st January, 2019. The main aim of the camp was to develop sportsmanship, patriotism, the spirit of adventure, good character, discipline, tolerance, the value of sacrifice, leadership qualities, secular outlook, enhancement of holistic self-esteem among NSS Volunteers, and to provide a wide area of scope for exchange of rich cultural heritage. Such qualities go a long way in furthering the cause of 'Swachhhta' in all walks of life. Emphasis was laid on inculcating these values in the minds of young NSS Volunteers during the camp days.

### **Activity**

The camp imparted training for 31 days, mainly for the parade and also to provide opportunities for NSS Volunteers to shape their physical, intellectual and cultural talents.

### **Outcome**

It is a matter of great pride that NIKITA BHARTI of MCM DAV College for Women, Chandigarh was selected for RD camp-2019. Parade Training by military trainers, academic sessions by renowned speakers and various cultural programmes from the very talented NSS Volunteers were the main activities carried out throughout the camp.



**Nikita Bharti felicitated by the honourable Governor of Punjab and administration Chandigarh Sh.VP Singh Badnore on 4th February 2019 at Raj Bhavan, Chandigarh**



## **INAUGURATION OF RUSA SPONSORED PROJECTS AND HONOURING OF SBSI TEAM BY THE EDUCATION SECRETARY**

### **Nature**

Installation of Water Boosting System and Rainwater Harvesting System

### **Objective**

In a bid to further strengthen MCM's efforts in the direction of sustainability and to ensure quality education in quality ambience, the college has installed water boosting system and rainwater harvesting system in its hostels.

### **Activity**

These projects relating to water boosting system and rainwater harvesting system were made possible through grants from Rashtriya Uchhatar Shiksha Abhiyan (RUSA) and were inaugurated by Sh.B.L.Sharma, the Hon'ble Education Secretary, Chandigarh and Dr.DalipKumar, ASPD, RUSA. As the college celebrates 50 years of its glorious existence, such endeavours prove to be a reiteration of the fact that the vision of the great Justice Mehr Chand Mahajan continues to be our guiding force.

### **Outcome**

The dignitaries unveiled the reports of Swachhata initiatives and Swachh Bharat Summer Internship that document the appreciable contribution of the college to the Swachh Bharat Mission. The Programme Officers and members of the NSS unit of the college were honoured on this occasion. Principal Dr.NishaBhargava said that committed to environmental and social sustainability, MCM has undertaken a slew of initiatives, including being the first educational institution in the region to set up a biogas plant that utilizes food waste from hostel mess. She also thanked RUSA for grants that provide an impetus to the endeavours of the college in the direction of promoting sustainability.







**Hon'ble Chief Guest Sh.B. L.Sharma, IAS, the Education Secretary, Chandigarh Administration, Worthy Special Guest Dr.Dalip Kumar, Additional State Project Director, RUSA, Worthy Principal Dr.NishaBhargava and other dignitaries unveiling the Swachhata Report and Swachh Bharat Summer Internship Report 2018.**

## **GREEN MARATHON**

### **Nature**

Green Marathon

### **Objective**

The main objective of this marathon was to create awareness about the serious imbalance between the nature and human life. Officials of State Bank of India in collaboration with Radio Mirchi organized an SBI Green Marathon on February, 2019.

### **Activity**

All the runners were given organic T-shirts to promote a clean and green city and their bibs consisted of seeds for tree plantation post-Marathon.SBI General Insurance is the health partner for SBI Green Marathon, whereas SBI Life, SBI Mutual Funds and SBI Card also significantly contribute to this zero-waste event.



**Volunteers of Green Marathon**

### **Outcome**

66 NSS volunteers and 2 Programme officers of the unit participated in Green Marathon 2019. Senior officials of the bank also contributed to the 'Run for Green' theme and ran the marathon along with other participants.

## Dustbin Making Competition

### **Nature**

Dustbin Making

### **Objective**

The “**Dustbin Making Competition**” was held with the aim of making students aware of the clean surroundings and ensure the use of dustbins.

### **Activity**

The Swachhta Committee (Arts) organised this activity on **30<sup>th</sup> Jan, 2019**, in the college campus. Students explored their imagination and showcased their creative skills by using simple material to give form to their excellent ideas.

### **Outcome**

Overall 16 students participated in this activity which included 3 foreign students. Their enthusiasm was reflected in the wonderful creations.

The following students secured the respective positions in this competition:-

1<sup>st</sup> Prize - **Riya** BA II

2<sup>nd</sup> Prize – **Yashaswini** BSc II

3<sup>rd</sup> Prize – **Arshdeep** BA III

Consolation Prize – **Simran** BA III



**Dustbin Making Competition**

## Detoxification of Brain through Stress Management Techniques

### **Nature of the activity:**

An Interactive session on '**Detoxification of Brain through Stress Management Techniques**' was organized by the Swachhata Committee (commerce) on **31<sup>st</sup> January 2019**. The session was conducted by well-known motivational and transformational speaker **Mr. Anurag Rishi**.



## Objective

In a reaffirmation of the commitment of MCM DAV College for women to the cause of swachhata, the Swachhata Committee of the college organized this event with the aim to raise awareness and enable participants to consider the management of stress at an individual and organizational level, leading to the implementation of effective strategies to prevent and manage stress.

The students were sensitized on the issues like how stress works, developing sustainable behaviour, to identify the cause of unwanted and negative stress, to develop a balanced life style and action plan for stress management.

## Activity

Pointing out the power exerted by one's cognitive abilities over one's course of life, the expert said that over thinking creates an inescapable loop that triggers stress. He spoke at length about the power of positive words and body language in handling stress effectively. As he explained the students about the stress management, he said that the students should always share their problems with others instead of keeping any knots in their minds. He also suggested them to be interactive during the session so that they could learn the art of handling stress and tension.

## Outcome

While addressing the students, Mr. Anurag Rishi laid emphasis that a small concern about a problem, turns into worry, but we give it the name of stress and anxiety and it is very important to develop the skill to overcome it. Youngsters most of the time find it difficult to cope up with the changing and challenging environment. Hence, this leads to stress, anxiety and tension. Mr. Rishi advised the participants to practice Law of Gratitude, Time Management and to follow one's passion as it fuels a positive emotion which ultimately leads to stress reduction. Principal Dr. Nisha Bhargava appreciated the endeavours of Swachhata Committee. She added that such initiatives prove to be effective catalysts in widening the horizons of students, thereby leading to their holistic development.







**Mr. Anurag Rishi addressing the students and Dr. Nisha Bhargava Principal of the College facilitating Mr. Anurag Rishi**



मोटिवेशनल स्पीकर अनुराग ऋषि का अभिवादन करते डॉ. निशा भार्गवा। (छाया : गुरिन्दर सिंह)

## समय प्रबंधन व जुनून के साथ लक्ष्य प्राप्ति की लगन से होता है तनाव कम

चंडीगढ़, 31 जनवरी (पटानिया): स्वच्छता के प्रति जागरूकता लाने के लिए विभिन्न गतिविधियाँ एमसीएम डीएवी कॉलेज फॉर वूमैन में आयोजित करवाई गई। इसके तहत आज एक प्रख्यात मोटिवेशनल व ट्रांसफॉर्मेशनल स्पीकर अनुराग रishi ने तनाव प्रबंधन तकनीकों पर सेशन किया। जिसमें अनुराग ऋषि ने व्यक्ति के जीवनावधि में उसकी संज्ञानात्मक योग्यताओं की शक्ति को रेखांकित किया।

अनुराग के अनुसार बहुत ज्यादा सोचते रहने से एक ऐसा मानसिक दायरा बनता चला जाता है जिससे

**प्रतियोगिता में 16 प्रतिभागियों ने दिखाई अपनी प्रतिभा**

तनाव एकाएक बढ़ जाता है। तनाव को प्रभावी ढंग से झेलने में सकारात्मक शब्दों और अंग संचालन की भूमिका पर विस्तृत चर्चा की गई। उन्होंने छात्राओं को कृतज्ञता ज्ञापन के नियम, समय प्रबंधन, एवं अपने जुनून को पाने की लगन सभी को तनाव में कमी लाने के लिए हथियार के रूप में इस्तेमाल करने को

कहा। इसके अलावा स्वच्छता समिति ने एक कूड़ादान निर्माण प्रतियोगिता आयोजित की जिसमें 16 प्रतिभागियों ने अपनी रचनात्मकता प्रतिभा दिखाई। कॉलेज के स्नातकोत्तर हिंदी विभाग ने महाकवि जयशंकर प्रसाद की जन्मशती के उपलक्ष्य में एक बातचीत सत्र आयोजित किया जिसमें छात्राओं को प्रसाद के साहित्यिक जीवन पर आधारित एक डायलॉगमैट्री दिखाई गई। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने स्वच्छता समिति और हिंदी विभाग के प्रयासों की सराहना की।

## Vertical garden: A green Initiative

### **Nature of Activity:**

Reusing our plastic – Vertical garden: A green Initiative

### **Objectives**

The aim of the activity was to recycle and reuse discarded plastic bottles by converting them into planters that can be used to grow plants.

### **Activity**

Worldwide, it is estimated that humans consume a million plastic bottles every minute. They are made from polyethylene terephthalate (PET) which take approximately 400 years to decompose in the ecosystem, thus choking the planet. In order to control this plastic menace, innovative solutions are required that would do away with plastic pollution permanently. With the aim of curbing this plastic menace, around 15 students of B.Sc (I) Medical, under the supervision of Dr. Purnima Bhandari started the initiative of re-using the discarded plastic bottles in the formation of vertical garden in the premises of college botanical garden from 21.02.2019-23.02.2019. This **plastic bottle vertical garden** was made by stringing the bottles horizontally in a grid along a wall, which then filled up by substrate and plants such as syngonium, pansy, genda. It is a great way to reuse old plastic bottles and to introduce some greenery to a small urban space. Moreover, with such initiative, the cost of buying new planters could be eliminated.

### **Outcome**

Discarded plastic bottles were recycled and reused in the form of beautiful vertical garden

### **Steps taken during the formation of Vertical Garden**



### **Students painting Old Plastic bottle**



### **Students planting plants in plastic bottles**





## **Final outcome –**

Vertical garde

### **Creative Writing Contest**

The Swachhta Committee (Science) organized “**Creative writing contest**” on **25.2.2019**

### **Nature of Activity**

'Essay and Poetry writing competition on 'Sustainable Sanitation'.

### **Aims and Objectives**

The aim of the competition was to educate and sensitize students/ youth regarding importance of sanitation and its sustainability to accomplish the vision of a clean and healthy Bharat.

### **Activity**

The Swachh Bharat Abhiyan is leaving no stones unturned in providing as well as improving cleanliness and sanitation facilities in the country. India's Prime Minister Mr. Narendra Modi has asserted to construct 111 million toilets as a part of “Swachh Bharat Abhiyan” to end open defecation by October 2019. However, constructing a toilet is not going to solve the sanitation crisis. Sustainability should be a guiding force behind implementation of sanitation programs and policies by the government. A sustainable framework of sanitation must be economically viable, socially acceptable, easily maintainable, and should be environmentally friendly. To achieve this objective of Swachh Bharat Abhiyan, Swachhata Committee of MCMDAV College, Chandigarh organised a creative Writing Competition on the topic 'Sustainable Sanitation' for the students of Science and Arts streams on 25.02.2019. 36 Undergraduate students of the college participated in the Essay and poetry Competition with great enthusiasm and interest. During the event, the importance of health, hygiene and cleanliness was also discussed.

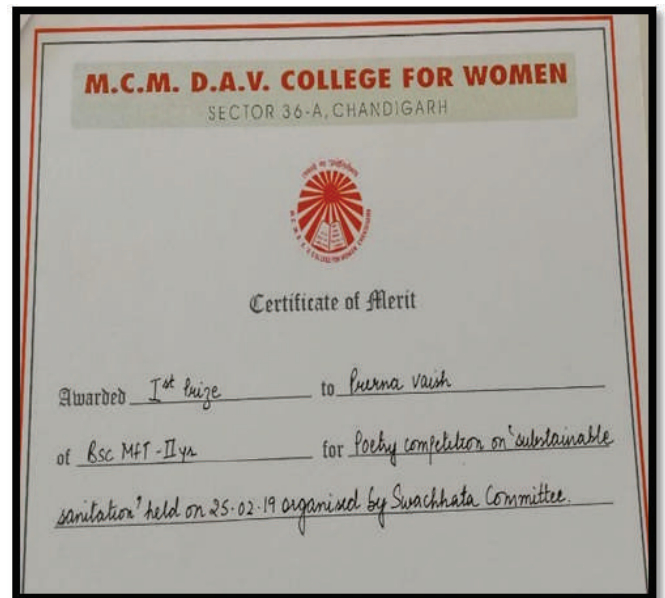
All the participants were awarded with the certificates. MuskaanLamba of BA-II Economics Hons.AndParul Joshi of B.Sc II MFT bagged first and second positions in Essay competition. PrernaVaish and PriyaKhurana of B.Sc II MFT bagged first and second positions in Poetry competition.

### **Outcome**

The students expressed their views and thoughts about the given topic through their writing skills. This activity served as a motivational initiative to embark the concept of hygiene and sanitation among students to ensure a clean and healthy environment.







## Slogan Writing Competition

### **Objective**

The 'Slogan Writing Competition' and 'Open Mic' was organised to make students aware of how language has become corrupt with the use of abusive words. The idea of open mic was to help in sweeping the squalor or pejorative language and present words in more appropriate manner.

### **Activity**

The Swachhta Committee (Arts) organized these activities on the theme “**SwachhBhashaSwachh Bharat**” on **26<sup>th</sup> Feb., 2019** in the college campus.

It was an attempt to help the young generation communicate in a culturally civilized manner and create a better world.

### **Outcome**

The following students secured the respective positions in the slogan writing competition:-

- 1<sup>st</sup> Prize - **Arshdeep** BA III
- 2<sup>nd</sup> Prize – **Simran Uberoi** BA III
- 3<sup>rd</sup> Prize – **Muskan Malhan** BA I







**Students participating in 'Slogan Writing Competition' and 'Open Mic'**





## World Water Day Celebration

### **Nature**

A three day Awareness Drive on World Water Day

### **Objective**

The World Water Day Celebration was organised with the vision to advocate for sustainable management of water resources and sensitise the students about the need for water conservation.

### **Activity**

The Swachhta Committee (Arts) of MCM DAV College for Women began a 3-day awareness drive. With special emphasis on saving water during Holi celebrations, the drive began with briefing the students about ways to save water.

### **Outcome**

On the inaugural day of the drive, poetry recitation on the theme was organised wherein Principal Dr.Nisha Bhargava also presented a self-composed poem, voicing the gravity of the issue and pressing upon the need to act now. Posters carrying impactful messages about water conservation were also displayed during the drive. Motivating staff and students to take charge for a sustainable environment, Principal Dr.Nisha Bhargava informed that the college is contributing proactively to the cause of water conservation through adoption of the sustainable practices of rain water harvesting and water boosting.

#### **जल से जीवन**

बहुत दिनों की बात है  
मुझे अब तक याद है  
नदियों में पानी बहता था  
और कुओं में भी रहता था ।

हैंड पम्प का वक़्त फिर आया  
वक़्त बचा और मन हर्षाया  
घर के बच्चे पानी भरते  
हँसी खुशी व्यायाम करते ।

फिर नल में पानी आने लगा  
इक नया भय सताने लगा  
कुछ घंटे को ही आता था  
मैं दुर्लभ हूँ बतलाता था ।  
हरित क्रांति का युग फिर आया

#### **अन्न से घर भंडार भरे**

प्रकृति प्रदूषण शुरू हुआ  
पर उसकी चिंता कौन करे ।  
वायु जल भूमि सब हैं दुखी  
ये मूक हैं और इंसान बधिर  
बोतल में अब जल बिकता है  
आगे की कोई नहीं फ़िकर ।

आओ मिल कर संकल्प ये लें  
एक बूँद भी व्यर्थ न होने दें  
जल जीवन है जल से जीवन  
संदेश ये सबको पहुँचा दें ।

वर्षा जल को संरक्षित कर  
वापिस पृथ्वी में लाना है  
जल संरक्षण की लहर को  
हर घर तक पहुँचाना है ।



## Poem by Dr. Nisha Bhargava



**Dr. Nisha Bhargava, Principal of the College, along with faculty members and the participants**  
**Poster Making on Swachhata: A National Duty**

### Nature

Poster Making Activity

### Objective

The poster making activity aimed to sensitise and create awareness regarding 'Swachhata' which is a national duty of each citizen.

### Activity

The Swachhata committee (languages) organized a poster making activity on the theme 'Swachhata: A national duty' in the month of February.

### Outcome

Participants from various disciplines displayed their commitment to their cause by making posters and raising awareness.

### A drive for Insect and Pest free Hostels

#### Nature of the Activity

Spraying of insecticide spray in the hostels

#### Aims and Objectives

The objective of the activity was to make the hostels insect and pest free.

#### Activities Carried Out

On March 6, 2019, insecticide spray was sprayed in the bathrooms, corridors, lawns and outer walls of all the six hostels.

## Outcome of the Activity

The hostels were finally made insect and pest free.

## E-waste Model Making Competition

### Objective

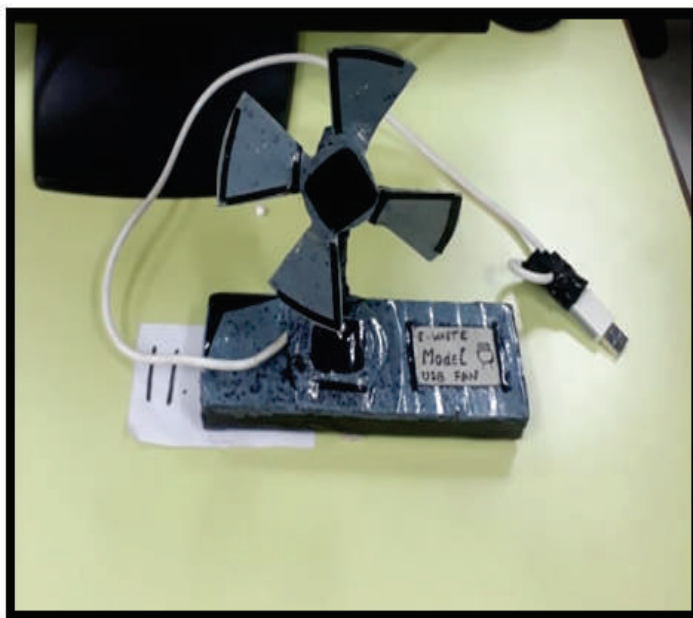
The main objective of organizing this event was to foster scientific curiosity, creativity related to E-waste management among the students and also to provide a platform to exhibit and share their knowledge and passion for understanding and simulating the E-waste in an environmentally sound manner.

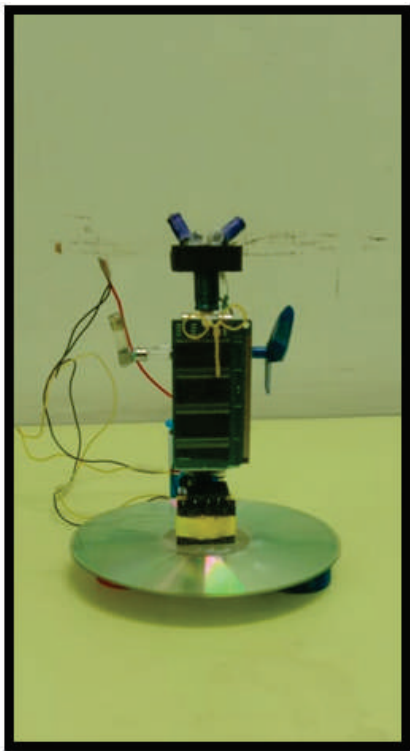
### Activity

Department of Computer Science and Applications organized Intra College E-Waste Model Making Competition as Swacchta initiative on 6th March 2019(Wednesday). Twelve teams (20 students) participated in this competition. The participants were instructed to adhere to the theme of e-waste raw material usage only. Dr.Yogita, Assistant Professor, Physics Department and Ms. PunamDawgotra, assistant Professor, DCSA were the judges for this competition. The competition was held in the Computer Lab3. Robot with fan arm, air cooler, water fountains, USB fan, toy car, decorative lamps, village view etc. captivated the attention of onlookers and judges. The students elucidated the judges about their working









It was hands-on experience for them which also helped them to research, create, collaborate and communicate. Such opportunities accelerate their confidence level. It was a delightful sight to see many students having a scientific bent of mind.