

# Report of Activities for the session 2018-19

by



**NSS Unit**

of



*Celebrating 50 Golden Years*

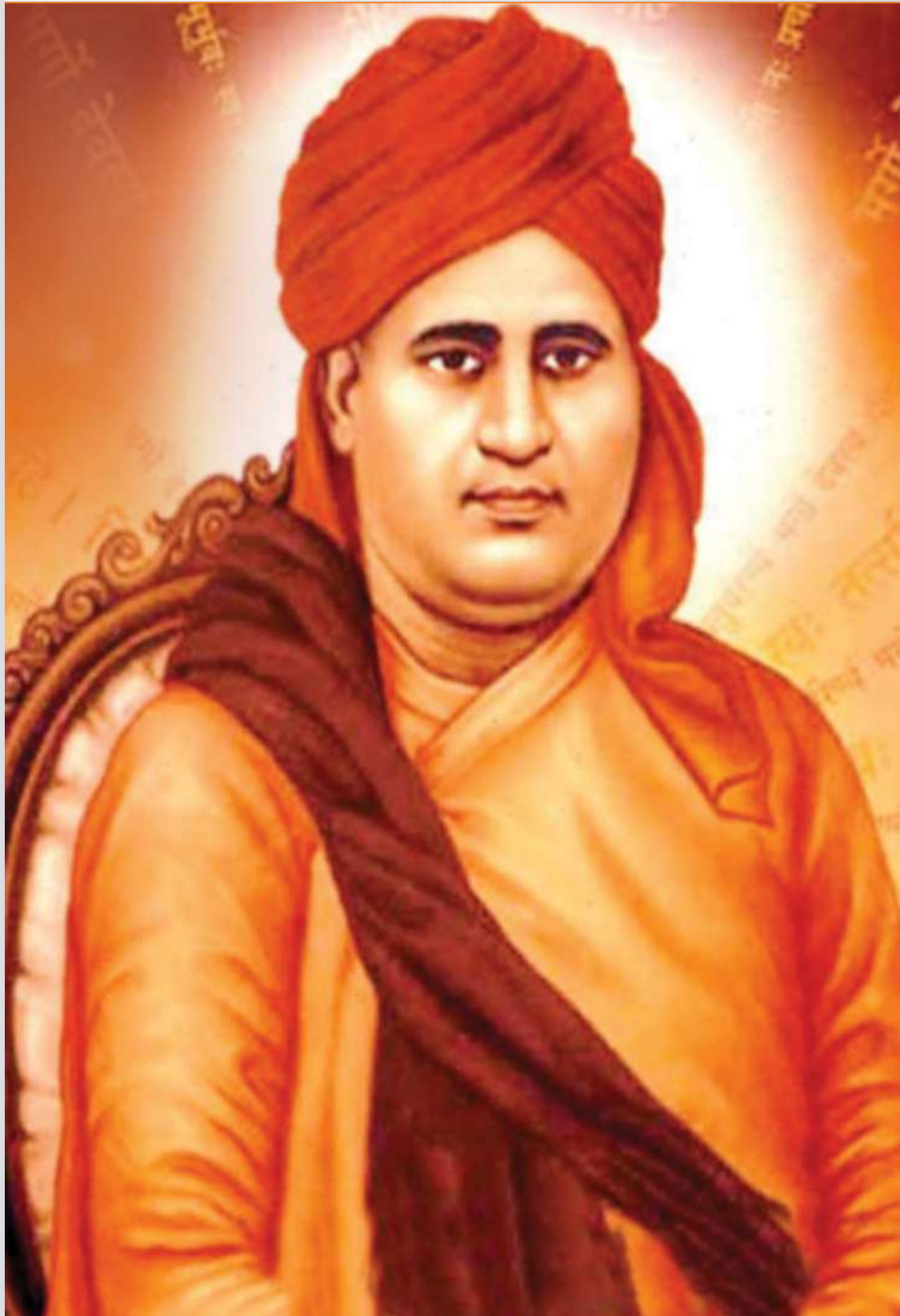


## **Mehr Chand Mahajan DAV College for Women**

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

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

## OUR INSPIRATION



**MAHARISHI SWAMI DAYANANDA SARASWATI**



## *Our Guide and Mentor*



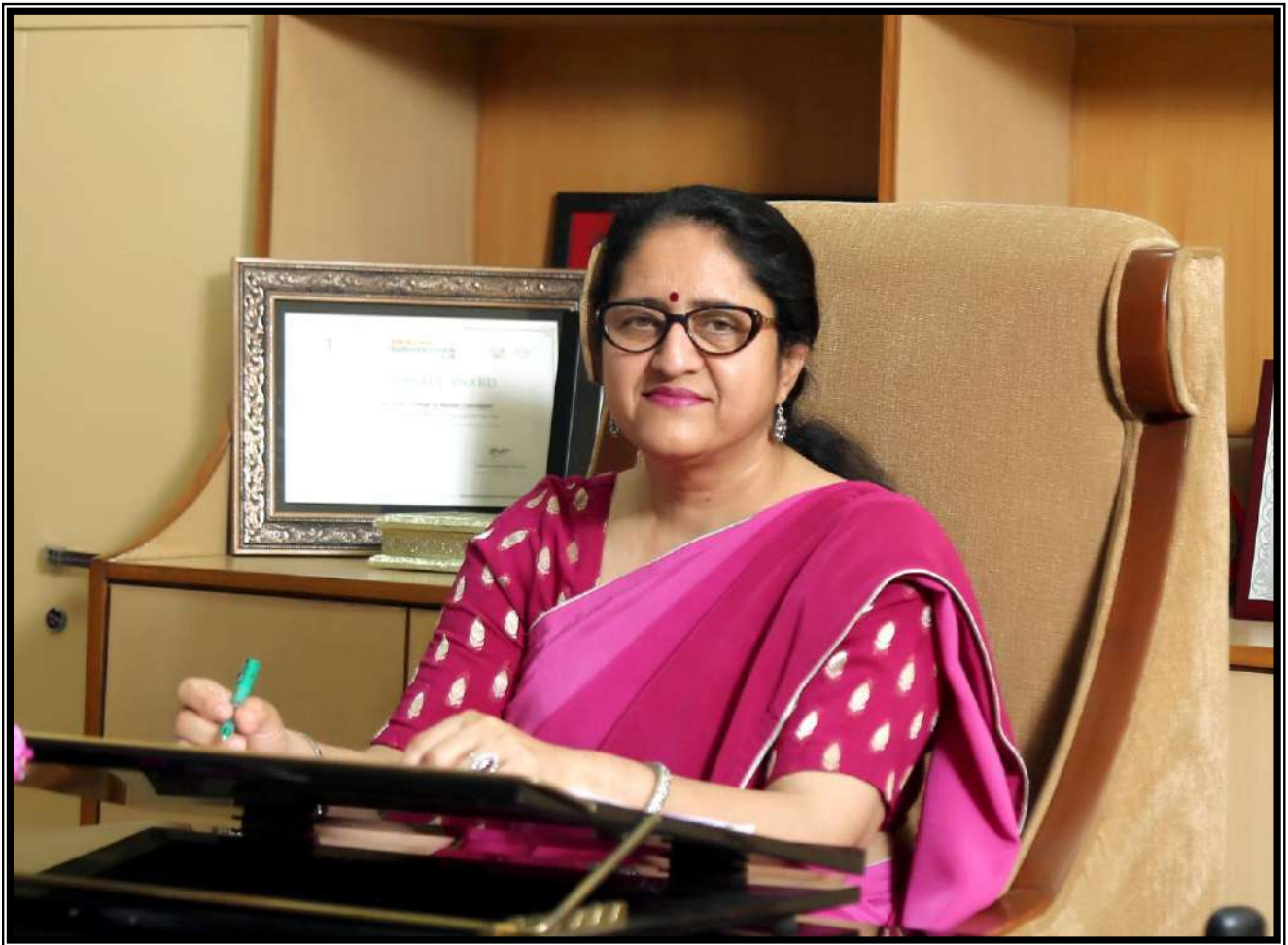
*Dr. Punam Suri Ji, Padma Shree Awardee*

*Hon'ble President*

*DAV College Managing Committee*

*New Delhi*

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### **MESSAGE FROM THE PRINCIPAL**

MCM DAV College has always had a strong vision and commitment toward the service of the society and its weaker sections. With deep sense of gratification, I take pride in the successful completion of session 2018-19 by the NSS volunteers of MCM DAV. Our NSS Units worked in and outside the campus with great enthusiasm and zeal. The main objective of their initiatives and endeavours includes promotion of modern and scientific waste management, generation of awareness among various stakeholders regarding importance of cleanliness and hygiene, and affecting behavioural change regarding sanitation practices. The special initiatives, lectures and activities undertaken in 2018-19 have served as a milestone in fostering social responsibility and nationalism among young NSS volunteers and I am confident that they, under the able guidance of their mentors, will work as torch bearers of change for the others too.

While completing the glorious fifty years of MCM DAV, the session 2018-19 proves to be another landmark in making MCM DAV an institution of exaltation and excellence. The college has been ranked first in the Swachh Educational Institution of India (in the category-College Residential). The

award comes as recognition of MCM's commitment to the cause of 'Swachhata' which is reflected in the slew of initiatives undertaken by it aiming at the acceleration of the pace of realization of objectives of "Swachh Bharat". There are some remarkable social service activities done by the unit. For instance, vermicomposting, plantation drives, blood donation camp, generating awareness about waste segregation, installation of blue and green dustbins, cleaning of campus and surroundings by NSS volunteers, sensitization programs on sanitation, hygiene and cleanliness in adopted village Badheri. Apart from the enthusiastic participation by our volunteers in various programs such as "Swachh Bharat Summer Internship-2018" "Swachhata Pakhwada", "Swachhata hi Seva", "Poshan Maah", and "Project SAARTHI" are some of the endeavours in the direction of nation building. The insemination of these activities, I believe will go a long way in dispersing the seeds of Clean, Healthy and Green surroundings throughout the world through our NSS volunteers.

For this I congratulate the entire NSS Team and NSS programme officers for their honest efforts and wish them all the best in their future endeavours of noble service to the mother land. I appreciate and convey my heartiest wishes to all NSS volunteers and functionaries of MCM DAV for their effort in bringing the youth together in nation building activities. I am confident that their contribution would inspire other students to join NSS and kindle in them the passion towards sustainable development and nation building.

I take this opportunity to express deep gratitude to Dr. Punam Suri ji, Padma Shree Awardee, Hon'ble President, DAV College Managing Committee, New Delhi for his visionary leadership. Under his able guidance, DAV Institution are making rapid strides. I must also express my thanks to Shri H.R. Gandhar, Senior Governing Body member of the college for his valuable guidance and Dr. Satish Sharma, Honourable Director College, DAV CMC for his pragmatic support. I am grateful to NSS Coordinators Dr. Namita Bhandari and Dr. Manjot Josan for their wholehearted involvement in this noble venture for nation building.

Keep shining and working hard!



**Dr. Nisha Bhargava**  
[Principal]



**Dr. Namita Bhandari**  
**NSS Programme Officer**  
**MCM DAV College for Women, Chandigarh**

### **Message**

We at MCM DAV have been trying to follow and nurture the ideology of NSS in a manner that ensures meaningful participation of all stakeholders. The activities carried out in session 2018-19 have served as an eye opener for the young NSS volunteers about the contemporary problems that our country is facing. The door to door visits, the real encounter with situation in the rural areas and fieldwork has given a sense responsibility to each and everyone involved in this project, which surely will stay with us forever. We are pledged to social service and to take this initiative beyond the stipulated time frame.

I take this opportunity to express my gratitude to Dr. Nisha Bhargava, our worthy Principal, for her valuable inputs, guidance and support throughout the year. Her concern for the individuals and commitment to the Institute have been constant source of inspiration to all of us. I congratulate and extend my best wishes to NSS volunteers, my co-program officer and faculty who have made this journey a success due to sincere and sustained efforts and for their keen efforts to accomplish the targets in the planned activities.



**Dr. Manjot Kaur**  
**NSS Programme Officer**  
**MCM DAV College for Women, Chandigarh**

### **Message**

The principles on which NSS as an organization is built, has inherent characters in line with the cause of nation building through service. The activities done by the NSS volunteers in 2018-19 helped them to equip themselves with an insight, sensitivity and close understanding of the problems that are faced at the grass root level. With the field experiences, our volunteers have learnt how to lead a life of dignity with positive mind set and contribute to the growth of Nation by one or the other way. The enthusiasm which our volunteers put their heart into the NSS initiatives, this learning experience is bound to become a movement in itself in the times to come. This learning experience can become way bigger if only we give it a chance to become big.

I am deeply beholden to our Principal, Dr. Nisha Bhargava, who believes in the philosophy of mutuality of individuals, institutions and community's growth, thus reveals what makes MCM the Cleanest College in the nation in 2018. We are highly blessed for her worthy patronage which has provided us all a platform to give a conscious voice to social concerns. I am deeply indebted to the NSS team and our college volunteers who have contributed in this journey made it a success. It has been my great pleasure to mentor the NSS Team which has proved its mettle in shouldering every responsibility with utmost care and diligence.





**NSS Program Officers and Volunteers of MCM DAV College for women were felicitated by Mr. Varun Gandhi Hon'ble Member of Parliament and Sh. B.L. Sharma, IAS Hon'ble Education Secretary, Chandigarh Administration.**



## INTRODUCTION

National Service Scheme, popularly known as NSS, was launched in Mahatma Gandhi's Birth Centenary Year 1969, under the aegis of Ministry of Youth Affairs & Sports, Government of India. The scheme was launched simultaneously in 37 Universities involving 40,000 students with primary focus on the development of personality of students through community service and promotion of National solidarity in India. Well, the idea of involving students in the task of national service dates back to the times of Mahatma Gandhi, the father of the nation. The central theme which he tried to impress upon his students time and again was that they should always keep their social responsibility before them. The first duty of the students should be, not just to treat their period of study as one of the opportunities for indulgence in intellectual luxury, but for preparing themselves for final dedication in the service of those who provided the sinews of the nation with national goods and services, which are essential to the society. Advising them to form a living contact with the community in whose midst their institution is located, he suggested that instead of undertaking academic research about economic and social disability, the students should do "something positive, so that the life of the villagers might be raised to a higher material and moral level".

NSS works on the premise that it is possible to awaken the villagers and slum dwellers to their responsibilities and develop confidence in them to tackle their common problems with energy, enthusiasm and in a co-operative spirit, based on mutual aid and self-reliance. The role of students is multifarious, they are activists, enablers, catalytic agents with wider communities and as programme aids.

## AIMS AND OBJECTIVES

- Personality Development of students through community service.
- Understand the community in which they work
- Understand themselves in relation to their community.
- Identify the needs and problems of the community and involve them in the problem solving process.
- Develop among themselves a sense of social and civic responsibility;
- Utilize their knowledge in finding practical solution to individual and community problems.
- Develop competence required for group-living and sharing of responsibilities.
- Gain skills in mobilizing community participation.

- Acquire leadership qualities and democratic attitude.
- Develop capacity to meet emergencies and natural disaster and practice national integration and social harmony.

## **MOTTO**

The motto of NSS is 'NOT ME BUT YOU'. This expresses the essence of democratic living, upholds the need for selfless service and appreciation of the other man's point of view and underlines that the welfare of the individual is ultimately dependent on the welfare of society as a whole. Therefore, it should be the aim of the NSS to demonstrate this motto in its day-to-day programmes.

## **AIMS OF NSS PROGRAMMES/ACTIVITIES**

The operational aim of NSS is to integrate the three basic components of the programme. NSS programme should provide a variety of learning experiences which must develop a sense of participation, service and achievement among the volunteers. The activities should aim at the following:-

- (i) Making education more relevant to the present situation to meet the felt needs of the community and supplement the education of the university/college students by bringing them face to face with the rural situation;
- (ii) Providing opportunities to the students to play their role in planning and executing development projects which would not only help in creating durable community assets in rural areas and urban slums but also results in the improvement of quality of life of the economically weaker sections of the community;
- (iii) Encouraging students and non – students to work together along with the adults in rural areas;
- (iv) Developing qualities of leadership by discovering the latent potential among the campers, both students as well as local youth (Rural and Urban), with a view to involving them more intimately in the development programme and also ensuring proper maintenance of the assets created during the camps;
- (v) Emphasizing dignity of labour and self – help and the need for combining physical work with intellectual pursuits;

(vi) Encouraging youth to participate enthusiastically in the process of national development and promote national integration through corporate living and cooperative action.

(vii) While undertaking these activities, each NSS unit should envisage its programmes/activities aimed at instilling discipline, building character, promotion of physical fitness and development of culture.

## **ACHIEVEMENTS OF NSS UNITS OF MCM DAV**

The glorious 50 year sojourn of MCM DAV College for Women in the field of quality education has been dotted with remarkable achievements that have earned it recognition as an institution par excellence. Adding to its string of accomplishments, MCM has been awarded as the Cleanest Campus in the country by the Ministry of Human Resource Development, Government of India. Bringing recognition to the City Beautiful, MCM is the only institution from Chandigarh to have figured in the Swachh Campus Ranking 2018 of MHRD, Government of India. The award comes as recognition of MCM's commitment to the cause of "Swachhata" which is reflected in the slew of initiatives undertaken by it aiming at the acceleration of the pace of realization of objectives of the "Swachh Bharat Abhiyan", Biogas Plant, vermicomposting, composting, plantation drives, solar power generation, real-time air quality monitoring system, generating awareness about waste segregation, installation of blue and green dustbins within the campus, the active participation of NSS volunteers in "Swachhata Pakhwada", "Swachhata hi Seva", "Poshan Maah" and most importantly "Swachh Bharat Summer Internship 2018" are some of its endeavours in this direction. Apart from this, our volunteers have been participating in various awareness and sensitization programs on sanitation, hygiene and Swachhata in the adopted village, Badheri and conducted various Malaria Awareness Drives with the help of UT Health Department not only in the adopted village but in nearby sectors of the college as well.

Additionally, 110 NSS volunteers have been deployed in Saarthi Project which is a joint initiative by the Chandigarh Red Cross Society and NSS Cell, Chandigarh. The volunteer support and offer all kinds of help, guidance and support to the needy patients and their attendants visiting the new OPD Block of the PGI.

The session began with SBSI 2018 and 27 student volunteers from MCM DAV completed their summer internship in June 2018 in the selected villages namely: Kishangarh, Dhanas and Kaimbwala of Chandigarh (U.T.), Balongi of Mohali, Seenk of Haryana, Haripura of Rajasthan,



Athan Bagh of Uttarakhand, and Ghaneiewala of Punjab. It is a matter of pride that our student Satvikaa Singh and Vaishali got First position at the State level and got Rs. 51, 000 cash award, awarded by MHRD.

MCM DAV bagged the all-India third rank in the 'Best Citizen-Led Innovations' category during the Swachh City Awards was received in New Delhi. The award by the Ministry of Housing and Urban Affairs was recognition for MCM's unique solid-waste management initiative for cultivating oyster mushrooms from agricultural and kitchen waste in used plastic bottles. The Unit organized numerous awareness lectures in collaboration with Swachhata Committee of the college. Under this initiative, Dr. Vandana Sharma and Sandeep Kaur of the Food Science Department, delivered lectures on Solid Waste Management, Personal Hygiene and Oyster Mushroom Cultivation at the adopted village Badheri. Their sessions promoted the sustainable approach with the objective of utilising organic waste residues while enabling community empowerment through generation of high nutritional value food for all. The oyster mushroom cultivation in used plastic bottles has a high impact as it offers multiple solutions including generation of a relatively cheap source of high-quality food protein and skill training to the target population, especially women, for setting their own small business units.

### **SPECIAL LECTURES ORGANIZED ON/OFF CAMPUS**

- On 1st August 2018, an informative lecture "Swachhata and Sustainable Development" was delivered by Dr. Suman Mor, from Department of Environmental Studies and Coordinator, Centre for Public Health, Panjab University, Chandigarh.
- Lecture on 'Solutions for Social Problems' by social entrepreneur Mr. Varun Kashyap, Co-founder, Lets Endorse on 11 August 2018.
- Organised a special lecture on Health and Nutrition at Badheri by the NSS UNITS of MCM in collaboration with Fortis Hospital, Mohali. The session was conducted by Dr. Sonia Gandhi from Fortis Hospital, Mohali.
- Organized a demonstration on eye screening procedure wherein Dr. Sujata Dwivedi, Ophthalmologist, Indira Holiday Home along with NGO Saksham trained volunteers in the said process on 21 October 2018. The 150 trained volunteers visited Government schools of the villages in Chandigarh and conducted the eye screening there.
- 12 NSS volunteers attended a lecture on Organ Donation organised by Government Medical College, Sector-32, Chandigarh on 11 October 2018.

- Walkathon: NDTV-FORTIS “More To Give” campaign: MCM DAV supports organ donation and more than 30 NSS volunteers of MCM came forward to support the cause of organ donation by participating in the Walkathon on 25 November 2018.

## **HIGHLIGHTS OF 2018-19**

Apart from this following activities have been done by NSS UNITS of MCM DAV in the four quarters of 2018-19:

- 27 student volunteers from MCM DAV got registered and completed the 100 hour program of Swachh Bharat Summer Internship-2018 summer internship in the first week of June 2018 in the selected villages namely: Kishangarh, Dhanas and Kaimbwala of Chandigarh (U.T.), Balongi of Mohali, Seenk of Haryana, Haripura of Rajasthan, Athan Bagh of Uttarakhand, and Ghaneiwala of Punjab. Satvikaa Singh and Vaishali Bansal received first prize at State level for Swachh Bharat Summer Internship-2018 organised by the Ministry of Water and Sanitation in association with the Ministry of Human Resources Development, Government of India.
- Prachi Gupta and Tamanna participated in State level Adventure Camp held at Atal Bihari Mountaneering Institute, Manali in June, 2018
- Swachta Pakhwara (1-15 August 2018): While observing this endeavour of Swachhata Pakhwada, the NSS volunteers took part in plantation drives, rallies, painting competitions, interactive lectures on composting to make Swachh Bharat a mass movement. They worked in the local villages around Chandigarh to raise awareness regarding Swachhata.
- Satvikaa Singh and Nikita Bharti participated in State Level Water Adventure Camp in September held at Pong Dam, Dharamshala (H.P) (12-21 SEPTEMBER 2018)
- Priya Dhiman and Nandini participated in State level Adventure camp held at Dharamshala in October 2018 (28 October – 6 November 2018)
- While observing “Swachhata Hi Sewa” (22 & 30 September & 2 October-2018), Our volunteers painted a college wall which reflects the theme of cleanliness and its importance towards nation building by 10 NSS volunteers along with the 5 students of Fine Arts Department of MCM DAV College under the supervision of Dr. Pooja Sharma, Head of the Department of Fine Arts The painting has been placed in one of the corridor walls of the academic block of the college. As directed by the State Liaison office, the cleanliness drive was conducted in the dispensary and aanganwadi of our adopted village Badheri.

- Poshan Maah (September 2018): To provide information to women regarding the importance of nutrition for good health and a better living, 50 NSS Volunteers along with two faculty members visited the adopted village Badheri on 1st September, 2018. In the month of September, under the Poshan Abhiyan, two flash mobs were organized in Sector 17 to raise awareness about the malnutrition challenges and sensitize our countrymen regarding the importance of holistic nutrition. As per the directions from NSS State Office, September 2018 was to be observed as 'Poshan Maah' i.e. 'Nutrition Month' and from 22nd September to 1st October, 'Swachhata Hi Sewa' activities were undertaken. Sensing the interlinkage of both nutrition and cleanliness, MCM NSS volunteers undertook various activities throughout the month. Two flash mobs were organized by the NSS Unit of the College to promote the ongoing Theme of 'Poshan Maah' on 27th September 2018 where 50 NSS Volunteers participated and another one was held on 30th September 2018 where 70 NSS Volunteers performed at the Sector 17 Plaza. 25 NSS volunteers and 2 Faculty members attended a State-level workshop on 'Poshan Abhiyan' which was organized by the Department of Social Welfare in convergence with the Line Departments as part of the 'Rashtriya Poshan Maah' celebration at PGI, Chandigarh on 28th September 2018.
- More than 80 volunteers participated in Malaria Awareness Drives from 15 to 24 September 2018 with UT Health Department. Malaria and dengue awareness drive was organized in association with the Malaria wing of the Health Department of Chandigarh for four days, i.e. September 17, 2018, September 19, 2018, September 22, 2018 and October 9, 2018. This drive was conducted to raise awareness against the vector-borne diseases amongst the citizens of sectors-37 and 41, Chandigarh. More than 100 volunteers participated in this cause under the supervision of their programme officers Dr. Namrita Bhandari and Dr. Manjot Kaur and with the help of Malaria Wing officials of the Health Department.
- "Rural Manifesto", a session by Mr. Varun Gandhi: 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, the College hosted the 'Unveiling and Dedication Ceremony'. Lok Sabha MP Feroze Varun Gandhi graced the ceremony as the Chief Guest, who felicitated the NSS volunteer Satvikaa Singh who won State Award for Best Intern during Swachh Bharat Summer Internship 2018. The special "Award of Appreciation" was given away to Dr. Namita Bhandari and Dr. Manjot Kaur, both the Nodal officers of SBSI 2018 for their contribution in SBSI-2018. The Sarpanches of different villages where MCM NSS volunteers undertook Swachh Bharat Summer Internship 2018 were also felicitated during the ceremony.



- Nikita Bharti got selected and participated in 70th Republic Day Prade- 2019 at New Delhi.
- 110 NSS volunteers got registered for Saarthi Project which is a joint initiative by the Chandigarh Red Cross Society and NSS Cell, Chandigarh. Since July 2018, 110 Saarthi volunteers, under the supervision of Dr. Manjot Kaur, the Program officer, have been participating in this noble cause by offering all kinds of help, guidance and support to the needy patients and their attendants visiting the new OPD Block of the PGI.
- Organized Seven Day/Night NSS Camp in December 2018: A 7 Day/Night NSS camp on the theme of Swachhata was organized. More than 100 volunteers and 10 staff members/non students participated in this camp
- 20 NSS volunteers of MCM DAV participated in One day Orientation Program to conduct audit in order to make Chandigarh a better place for the differently-abled, held at the GMCH in Chandigarh's Sector 32, on 20th February. The audit was carried out from February 22 to 26 by 20 NSS volunteers under the guidance of Dr. Namita Bhandhari and the final reports were submitted on February 28.
- Dr. Namita Bhandhari and Dr. Manjot Kaur, both the Program officers, got trained through the Seven Day Training Orientation Course held at E.T.I/IDC, Chandigarh
- The NSS unit of the college, in collaboration with PGIMER, Chandigarh and Lions Club, Chandigarh. The zealous and devoted blood donors of MCM contributed a laudable total of 215 units of blood.
- The NSS Units in collaboration with RED RIBBON CLUB (RRC) of MCM DAV organized a special Lecture on HIV/AIDS, conducted Slogan Writing and Poster Making competitions and piloted door to door visits and awareness rally regarding HIV/AIDS.

### **QUARTER I (APRIL-JUNE 2018)**

Swachh Bharat Summer Internship 2018 (100 hours Program for Swachhata)

<b>Sr. No</b>	<b>Name of the Activity</b>	<b>Date</b>	<b>No. of Volunteers Participated</b>	<b>No. of Hours Contributed</b>	<b>No. of Villages selected</b>
1.	Swachh Bharat Summer Internship	01 -6- 2018 to 30-6-2018	27	100 ( each volunteer)	8

### QUARTER II (JULY-SEPTEMBER 2018)

Sr. No.	Name of the Activity	Date	No. of Volunteers Participated
1.	Inaugural Day	1 August	250
2.	Swachhata Pakhwada Induction Day Tree Plantation Drive Awareness Cleanliness Drives Awareness Lecture	1-15 August 4 August 4 August 4-9 August 11 August	200 275 70 50-60 250
3.	NSS State Level Adventure Camp Participation	12-21 September	2
4.	Swachhata Hi Seva Wall Painting Hospital Cleanliness	22 September 30 September and 1 October	25 15
5.	Malaria Awareness Drive	15 to 30 September	80-100
6.	Poshan Maah (1) 2 FLASH MOBS (2) Lecture at Badheri (3) State Level Workshop on Poshan Maah at PGI	27 & 30 September 1 September 28 September	(i) 60 (ii) 50 (iii) 25
7	Open Eye Foundation Canopy at College	26 and 27 September	50
8.	Saarthi Project	Annual Project	110

### QUARTER III (OCTOBER-DECEMBER 2018)

Sr. No.	Name of the Activity	Date	No. of Volunteers Participated
1.	Eye Testing Lecture	21 October	150
2.	NSS State Level Adventure Camp at Dharmshala (H.P)	28 October to 6 November	2
3	Lecture on Organ Donation	11 October	20
4.	Walkathon Campaign on Organ Donation at Fortis Hospital, Mohali (Pb.)	25 November	30
5.	Saarthi Project	Annual Project	110
6	Special Lecture by Varun Gandhi	1 December 2018	200
7	Pre-republic day camp 2018 , Sikar, Rajasthan	12-21 October 2018	1

8	Training Orientation for NSS Programme Officer (Dr. Namita Bhandari)	11-17 December 2018	1
9	7 Day/Night Special Camp 2018	24-30 December 2018	100 (Volunteers) 10 (Non-Students)

### QUARTER IV (JANUARY-MARCH 2019)

Sr. No.	Name of the Activity	Date	No. of Volunteers Participated
1.	National Youth Parliament Participation at Walk-in Level	18 January 2019	9(walk-in) 4 (online)
2	Nukkar Natak and Swachhata Rally with MC Team, Chandigarh	18 January 2019	150
3	National Youth Parliament (participation at district level)	25 January:	8
4	Nikita Bharti participated in Republic Day parade	26 January	1
5	Unveiling of Swachhata Report and SBSI Report 2018	30 January	
6	Job Fest at GCG-11	31 January	25
7	Helmet Drive	6 February	120
8	Green Marathon	10 February	66
9	Orientation Program for NSS volunteers by Dr. Meenakshi Gupta from PGI	16 February	25
10	Drill for Chandigarh Urban Carnival	17 February	20
11	“Drug Free India” Campaign at Chandigarh University, Mohali, Punjab	18 February	25
12	Orientation Program of Audit of Public Places for disabled Friendliness	20 February	21
13	Participation in Audit of Public Places for disabled Friendliness	22-26 February	21
14	Blood Donation Camp	22 February	220
15	Saarthi project	13-20 February	110
16	Training Orientation Course for NSS Programme Officer (Dr. Manjot Kaur)	20-26 February	1
17	Poster Making & Slogan Writing Competition	29 <sup>th</sup> March	50
18.	Aids Awareness Rally	30 <sup>th</sup> March	80
19.	National Integration Camp 2019	24th- 30th March	02
20.	Participation in One Day Programme to Commemorate ‘Jallianwala Bagh Centenary’	13 <sup>th</sup> April	20



## **QUARTER I (APRIL-JUNE 2018)**

### **SWACHH BHARAT SUMMER INTERNSHIP 2018**

Swachh Bharat Summer Internship 2018, the 100-hour program of Swachhata, has been organised by the Ministry of Water and Sanitation in association with the Ministry of Human Resources Development, Government of India. The objectives of this internship program were to engage the youth across the country in Swachh Bharat Mission and to develop their skill and orientation for sanitation related work, amplifying mass awareness on cleanliness and cement the people's movement (Jan Andolan) aspect of Swachh Bharat Mission. This is in line with the Prime Minister Narendra Modi's call on October 2, 2014 for each individual to devote 100 hours to Swachhata throughout the year. The program was expected to not only provide a great learning experience for students, but hopes to also further the existing measures undertaken by the government in ensuring a clean and healthy India. The main endeavour of the program was to integrate students in the community service in rural areas. The college prepared an action plan on "Swachh Bharat Summer Internship 2018" and organised various activities during summer vacation and has planned to organise many more in the forthcoming session 2018-19.

27 student volunteers from the college got registered under the Swachh Bharat Summer Internship and contributed 100 hours (per intern) in the month of June 2018 to support and complement Swachh Bharat Mission of the Government of India. Through this program, MCM DAV College for Women, Chandigarh initiated a campaign to make the public, especially in rural areas, aware about the mission of Swachhata. During this 100-hour program, the interns were given the opportunity to perform cleanliness related activities. The registered students of MCM DAV College for Women, Chandigarh, began their summer internship in the first week of June 2018 in the selected villages namely: Kishangarh, Dhanas and Kaimbwala of Chandigarh (U.T.), Balongi of Mohali, Seenk of Haryana, Haripura of Rajasthan, Athan Bagh of Uttarakhand, and Ghaneiewala of Punjab.

As a part of the internship, the awareness that interns raised was divided into two segments: (i) Information, Education and Communication (IEC) and (ii) Solid Waste Management (SWM) related activities that targeted generation of awareness around waste collection, segregation, disposal and waste free environment. IEC activities are oriented towards increasing awareness among people about sanitation related issues and trigger a change in sanitation related behaviour. Under this category, our interns carried out following activities during SBSI program:

1. Awareness campaigns around better sanitation practices like using a toilet, hand washing, health and hygiene awareness, etc.
2. Swachhata Mela and dance performances.
3. Door-to-door meetings to bring about behaviour change with respect to sanitation practices.
4. Awareness rallies at school and village level to generate awareness about sanitation.
5. Wall painting in public places on the theme of Swachhata.
6. Movie screenings on the theme of Swachhata in public places. Community screening of these films was organised in Panchayat Ghars in the villages to help spread the message of Swachhata.

The second category, Solid Waste Management (SWM) related activities, targeted generation of awareness around waste collection, segregation, disposal and waste free environment. Following activities were organised under this category:

1. Waste collection drives in households and shared spaces.
2. Lectures on solid waste management.
3. Community engagement in building compost pits (where organic matter is decomposed to form organic manure).
4. Awareness drives and Cleanliness drives of streets, drains and back alleys.

The internship program was conducted successfully under the able guidance of Dr. Nisha Bhargava, Principal, MCM DAV College for Women, Chandigarh. She provided her support to the volunteers and was the main guiding force behind the success of this program. The volunteers participated enthusiastically in the internship under the supervision of their nodal officers, Dr. Namita Bhandari and Dr. Manjot Kaur. The volunteers were further guided by their respective faculty in charges from MCM DAV College namely: Dr. Kanika Malhotra, Dr. Nidhi Tanwar, Dr. Madhuri Patil, Dr. Rishu, Ms. Pallavi, Dr. Nisha Sharma, Dr. Ramandeep Kaur and Dr. Sonica. 27 student volunteers turned up and willingly participated in the internship with full cooperation, zeal and enthusiasm. Through their sincere and innovative efforts, the registered students made this endeavour successful and effective. The highlight of this event was to inculcate a sense of social service in students and also motivate them to indulge in the development of highly skilled co-curricular tasks.

## SBSI MCM DAV Team 2017- 18

### Nodal Officers:

1. Dr. Namita Bhandari
2. Dr. Manjot Kaur

### MCM NSS Team:

1. Dr. Kanika Malhotra
2. Dr. Nidhi Tanwar
3. Dr. Madhuri Patil
4. Dr. Rishu
5. Ms. Pallavi
6. Dr. Nisha Sharma
7. Dr. Ramandeep Kaur
8. Dr. Sonica

### Selected Villages:

1. Kishangarh (Chandigarh)
2. Dhanas (Chandigarh)
3. Kaimbwala (Chandigarh)
4. Balongi (Punjab)
5. Seenk (Haryana)
6. Haripura (Rajasthan)
7. Athan Bagh (Uttarakhand)
8. Ghaneiewala (Punjab)

**Duration :** 01 June 2018 to 30 June 2018

**Hours Spent :** 100 (per village, per team)

**No of Faculty members participated :** 12

**No of Nodal officers :** 2

**No of SBSI Interns Participated :** 27

Apart from this, the following activities were conducted by our volunteers under SBSI 2018:

- Awareness drives and programs on sanitation.
- Special lecture and demonstrations on eco-enzymes.
- World Environment Day celebration by conducting Swachhata awareness programs and rallies on “Say No to Plastic”.
- Awareness Campaigns/Programs/lectures on the underground drainage system.

- Special lectures on composting.
- Yoga sessions.
- Fogging and anti-malaria spray drive.
- Streets, drains and back-alleys cleaning drives.

### Outcome of SBSI 2018

The 100-hour Swachh Bharat Summer Internship program by Government of India was a laudable initiative that sought to expose the youth to various aspects of community service, instilling in them a sense of responsibility to be the torchbearers of change. The internship was a great opportunity for the youth helped to understand how to engage the community in such social outreach programs. The



volunteers from MCM DAV College for Women spent the initial week on field work in rural areas and interacted with the village sarpanches to get a bird's eye view of the problems ailing the

selected villages. During the field work in the villages of Chandigarh as well as outside, the interns learnt about the cleanliness related practices of villagers and chalked out strategies to enhance awareness in the rural areas. This internship developed a sense of social responsibility among the interns as they got exposure towards the grass rot level issues of rural India and further made



them realize the importance of dignity of labour. Interactive sessions and demonstrations instead of monotonous lectures, helped the interns to transform the mindsets of villagers and prompted them to act for the cleanliness of their surroundings.

During the internship period, students were given a crucial responsibility of changing, particularly the perception of women and the illiterate class of the society who were unable to break the shackles of orthodox/traditional mind-sets and superstitions.





By this endeavour, our students have learnt the important aspects of cleanliness, hygiene as well as sustainable practices. The students took the onus of being the agents of change and worked hard towards achieving their goal of a Clean and Green India. They strategised and planned the internship catering to the individual differences of each residential village, using innovative ideas to optimise the participation of the local villagers. The volunteers initially faced some difficulties but they overcame those shortcomings and transformed the mindsets of the villagers towards cleanliness and hygiene. The students had to overcome shortcomings such as tackling the regressive mindset of the villagers, especially towards women.



The women too were arrested in time and were made aware of the basic health and sanitation facilities. The students, through their interactive sessions and door-to-door activities, created awareness towards a Swachh Bharat. They organised counselling sessions, demonstrations and interactive talks for the local village residents to remove the darkness of orthodoxy towards womens' health especially, menstruation. Overall, the SBSI 2018 turned out as a great success to make people aware of healing practices through counselling and discussions. With the initiative of SBSI, the students of MCM DAV College for Women came forward and contributed towards the welfare of the society.



## QUARTER II (JULY-SEPTEMBER 2018)

### INAUGURAL DAY



The NSS activities of session 2018-19 commenced with the Inaugural Day of Swachhata Pakhwada, a fortnightly long activities organized on August 1, 2018 which promoted the programme of Swachh Bharat Abhiyan. On the inaugural day, the NSS unit of the college organized a highly informative lecture on ‘Swachhata and Sustainable Development’ which was delivered by Dr. Suman Mor, from Department of Environmental Studies and Coordinator, Centre for Public Health, Panjab University. Appraising the students about the various Swachh Bharat initiatives and their importance in conserving environment and promoting sustainability, Dr. Mor motivated the students to not only adopt a proactive approach towards environmental conservation themselves but also to sensitize others to make cleanliness a habit. Dr. Mor also made the students aware of different techniques to reduce waste generation like optimum utilization of water and paper, recycling and replacement of plastic bags with jute bags.





Speaking at the occasion, the Principal of the MCM College, Dr. Nisha Bhargava exhorted students to make cleanliness a part of the life and also asked the students to make their family members, friends, neighbours part of the mission. Regarding the importance of segregation of waste at source she said, “Appropriate segregation of waste at source is essential for making India– Swachh Bharat. Let’s take the pledge to segregate every waste in two dustbins- wet waste in Green and dry waste in Blue.” She added that the college is planning to implement waste segregation under Swachh Bharat in all hostels, cafeteria and other areas.” She reiterated that the endeavours under the Swachh Bharat Abhiyan have been instrumental in bringing

about behavioural change towards cleanliness– a concept that has evolved into a wider phenomenon encompassing sustainable development and environmental conservation.



From August 1, 2018 to August 15, 2018, reaffirming its commitment towards the furtherance of the objective of Swachh Bharat Abhiyan, the NSS unit of the college organized a Cleanliness Drive as part of Swachhata Pakhwada- a fortnight of activities revolving around the Abhiyan. The drive conducted in the college aimed at generating awareness about the mission and bringing about

behavioural change towards cleanliness. The event witnessed enthusiastic response of students who pledged to make Swachhata a part of their lives. Swachh Bharat pledge was administered to more than 250 students and faculty members. Students pledged towards devoting atleast 100 hours per year of voluntary work for cleanliness. Focusing on the issues and practices of Swachh Bharat Abhiyan, the NSS unit of MCM DAV College for Women organised numerous under the aegis of Swachhata Pakhwada towards the cause of Clean India. The NSS volunteers carried out cleaning of different areas of the campus, including classrooms, laboratories and gardens.

## स्वच्छता शपथ

महात्मा गांधी ने जिस भारत का सपना देखा था उसमें सिर्फ राजनैतिक आजादी ही नहीं थी, बल्कि एक स्वच्छ एवं विकसित देश की कल्पना भी थी। महात्मा गांधी ने गुलामी की जंजीरों को तोड़कर माँ भारती को आजाद कराया। अब हमारा कर्तव्य है कि गंदगी को दूर करके भारत माता की सेवा करें।

मैं शपथ लेता हूँ कि मैं स्वयं स्वच्छता के प्रति सजग रहूँगा और उसके लिए समय दूँगा।

हर वर्ष 100 घंटे यानी हर सप्ताह 2 घंटे श्रमदान करके स्वच्छता के इस संकल्प को चरितार्थ करूँगा।

मैं न गंदगी करूँगा न किसी और को करने दूँगा।

सबसे पहले मैं स्वयं से, मेरे परिवार से, मेरे मुहल्ले से, मेरे गाँव से एवं मेरे कार्यस्थल से शुरुआत करूँगा।

मैं यह मानता हूँ कि दुनिया के जो भी देश स्वच्छ दिखते हैं उसका कारण यह है कि वहाँ की नागरिक गंदगी नहीं करते और न ही होने देते हैं। इस विचार के साथ मैं गाँव-गाँव और गली-गली स्वच्छ भारत मिशन का प्रचार करूँगा।

मैं आज जो शपथ ले रहा हूँ, वह अन्य 100 व्यक्तियों से भी करवाऊँगा। वे भी मेरी तरह स्वच्छता के लिए 100 घंटे दें, इसके लिए प्रयास करूँगा।

मुझे मालूम है कि स्वच्छता की तरफ बढ़ाया गया मेरा एक कदम पूरे भारत देश को स्वच्छ बनाने में मदद करेगा।





## SWACHHATA PAKHWADA



Swachhata Pakhwada is an environmental awareness programme under the aegis of Swachh Bharat Mission. Swachhata Pakhwada is a fortnight initiative to

carry on the agenda of Swachh Bharat Mission, aimed at promoting cleanliness. This initiative was organized to accelerate the accomplishment of the goal of universal sanitation coverage and focus on access to safe sanitation. It aims to make India an open-defecation free nation and a Swachh Bharat by October 2, 2019, commemorating to the 150<sup>th</sup> anniversary of Mahatma Gandhi. Permanent modification of behaviour is the key focus and the fundamental tool towards the achievement of the goal of total sanitation leading to having a toilet in every household in India by the targeted deadline. The objective of the campaign is to spread awareness and evoke sensitivity to the virtues of sanitation and cleanliness, and help the Government in successfully achieving the initiative of Swachh Bharat Abhiyan.



Cleanliness is very important in our lives from all the aspects. Cleanliness of the body is essential for good health. It is said that dirt and disease always go together. Awareness of the cleanliness and personal hygiene is the need of the hour in our country where the diseases like dengue, swine flu, malaria, chicken pox and jaundice are rampant. People should realize the



importance of cleanliness and personal hygiene to prevent themselves from these diseases. The student volunteers of MCM DAV College believe that if proper hygiene and sanitation will not become a practice in our country, then no one will be able to save the country from the health hazards that will loom large over the Indian populace in the near future.

While observing this endeavour of Swachhata Pakhwada, the NSS volunteers took part in plantation drives, rallies, painting competitions, interactive lectures on composting to make Swachh Bharat a mass movement. They worked in the local villages around Chandigarh to raise awareness so that the dream of our father of the nation comes true. The initiative- aimed at bringing about behavioral change in citizens with regard to cleanliness, witnessed a plethora of activities seeking to sensitize

students and the general public about the importance of maintenance of clean surroundings and to conserve the environment for the future generations. The following days witnessed cleaning of classrooms, laboratories and gardens. On 4th August, a Plantation Drive was held at the campus wherein over 50 saplings of medicinal and aesthetic value were planted in Rishi Vatika. Worthy Principal Dr. Nisha Bhargava said that these efforts are a reaffirmation of MCM's commitment to contribute in making Swachh Bharat a reality.

## INDUCTION DAY

The third event organized on August 4, 2018 was the Induction Day in which 275 students participated. The NSS unit organized the Orientation and Enrolment programme in the campus on August 4, 2018. The main objective of organizing the programme was to orient the new students about the aim and objectives and activities of the NSS and instill the spirit of selfless community service in



them. This event provided the students an opportunity to understand the community; identify its needs and problems as well as the solutions in which they can be involved by assuming social and civic responsibilities. Dr. Namita Bhandari, the programme Officer, announced the objectives of the National Service Scheme to arouse the students' conscience and to provide students with the opportunity to apply their education in finding practical solutions to the problems being faced by the individuals and the community at large.





## TREE PLANTATION DRIVES

The NSS unit of the college organized a Tree Plantation Drive under the “Swachhata Pakhwada” initiative of “Swachh Bharat Abhiyan”. Trees are a significant source for producing the oxygen in the environment, they in cleaning the environment. Planting trees has become one of the most important aspects today in the wake of the continuous environmental degradation done by our anthropocentric activities. The worthy Principal of MCM DAV College, Dr. Nisha Bhargava inaugurated the drive in which 70 NSS Volunteers participated with zeal and vigour. With the help of the Department of Botany various medicinal plant saplings were planted on the campus and students vowed to nurture them and keep the campus green. This not only helps in increasing the green cover, but also increases the fertility of the soil, and provides a cleaner and greener surrounding for learning and growing. Principal, Dr. Nisha Bhargava said that such large scale activities



always play an important role in spreading awareness on cleanliness. She further highlighted the need and significance of NSS activities, combined with participation of student and faculty in social service to build a better society where they understand themselves in relation to their community. She appreciated the initiative taken by the NSS volunteers and said that such endeavours were a reflection of college’s commitment towards creating a healthy environment.

The student volunteers with an aim to bring about a positive change in the environment and improve the air quality, planted medical tree saplings in the campus. During the cleanliness work, volunteers also placed bricks as barricades and each student took the responsibility to nourish and maintain the allocated plant. The unwanted weeds and shrubs around the periphery and in the campus were also removed. The garden waste of the campus is already being converted into compost. The NSS unit decided to proceed with the same inspiration, enthusiasm and zeal to enhance the beauty and greenery of the college campus.

## CLEANLINESS DRIVES (under Swachhata Pakhwada)

In accordance with the cleanliness drive started by our honorable Prime Minister, Mr. Narendra Modi, the role of colleges has been instrumental in realizing the mission of “Swachh Bharat”. As the NSS units of colleges play a vital role in spreading the “Swachhata” awareness across the country, “Swachhata Pakhwada” was observed from August 4, 2018 to August 9, 2018. Under this, every volunteer took a pledge to keep the surroundings clean and participated in the drive for cleaning their surroundings.



It is said that charity begins at home. A massive cleanliness drive was organized in the campus of MCM DAV College for Women by the NSS unit. Cleanliness is not a linear challenge and MCM is approaching this multidimensional problem through a multipronged approach by supporting talents from its NSS unit. Committed to the cause of Swachh Bharat, MCM DAV College for



Women organised a Cleanliness Drive on the campus under the Swachhata Pakhwada. The drive was carried out enthusiastically by over 40 NSS volunteers who cleaned various areas of the college including classrooms, laboratories and gardens. Worthy Principal Dr. Nisha Bhargava expressed appreciation for the zeal and spirit of selfless service of the volunteers. Students and faculty members of the college enthusiastically joined the “Swachhata Abhiyan” and carried out the cleaning drive at the campus under the aegis of the college NSS unit. All the participants shared their perspective for making surroundings and buildings clean and green by adopting innovative measures. A wide variety of activities ranging from students wielding the broom and cleaning the campus, identifying the message of cleanliness in the college and home were organized. This cleanliness drive was extended to the surrounding areas of our campus such as the neighbouring market and so on.



During the Pakhwada, lawns, roads, parking, laboratories, buildings, library, hostels, wastewater drains, guesthouses, workshop and canteen etc. were cleaned. In addition to cleaning, the unusable items were removed and disposed. The separate waste bins of green and blue colours were installed for segregation of solid waste into bio-degradable and non-biodegradable respectively. During this initiative, it was noticed that the role of a student as “change agents” in the society can be highly useful and is centered around the belief that once students imbibe good sanitation and hygiene practices, they could motivate their parents, family and others in the neighbourhood ultimately promoting community participation to adopt good sanitation and hygiene practices, which would ultimately lead to the “Swachh Bharat”.



## SPECIAL LECTURE CUM WORKSHOP: OFFERING INNOVATIVE SOLUTIONS TO SOCIAL ISSUES

In furtherance of its efforts, the unit organized an informative lecture on 'Solutions for Social Problems' by social entrepreneur Mr. Varun Kashyap, Co-founder, Lets Endorse. Later in the day, the NSS volunteers also held a door-to-door campaign in the adopted village Badheri with the aim of generating awareness about vector borne diseases like chickengunia and malaria, and



hygiene maintenance. Deliberating innovative ideas and practices, Mr. Kashyap encouraged the volunteers to come up with innovative solutions for various issues like water sanitation, improvement of the condition of 'aanganwadis', etc. More than 250 students and NSS volunteers attended the session. He encouraged the volunteers to come up with innovative solutions for various social issues, like water sanitation or improvement of the condition of 'aanganwadis'.

## NATIONAL WATER SPORTS ADVENTURE CAMP, PONG DAM, KANGRA (12-21 SEPTEMBER 2018)

Ministry Of Youth Affairs and Sports, Govt. of India, organized an Adventure camp of ten days at ABVIMAS Regional Water Sports Centre Pong Dam, Kangra, Himachal Pradesh. ABVIMAS is the largest adventure water sports training centre in the country. Spread over 20 acres of forested land on the banks of river Beas.



Satvika Singh and Nikita Bharti, two volunteers from our college got selected in this camp. It was a golden opportunity given to the NSS volunteers of the college for enhancing their skill. The volunteers indulged in various water sports activities and learnt how to coordinate with different teams and volunteers.





## MALARIA AWARENESS DRIVES

With an aim to spread the awareness about cleanliness, the NSS unit of the college visited the adopted village Badheri on 11 August 2018. A survey was conducted by the volunteers with the help of village Sarpanch and Chandigarh Health Department. Women, children and senior citizens were made aware about the importance of cleanliness in the surroundings. Interactions were conducted with the youth of the village, as they have been found to be the opinion makers in the family. Key points included awareness about prevention of vector borne diseases.



## POSHAN MAAH

Under the Poshan Abhiyan, the month of September was celebrated as the Rashtriya Poshan Maah (Nutrition Month) across the country to address the malnutrition challenges and sensitize our countrymen regarding the importance of holistic nutrition. Poshan Maah aimed at making people aware



about the importance of nutrition and the government services that offer supplement nutrition for the children and pregnant women /lactating mothers. Poshan Maah was observed with an aim to reach to every household with the message of nutrition— ‘har ghar poshan tyohar’ (every house a celebration of nutrition). The month-long intensive campaign aimed at promoting antenatal care, breastfeeding, fight anaemia, and improving nourishment for kids, pregnant women, and lactating mothers. Its vision is to build a malnutrition-free nation by 2022.

The NSS volunteers of MCM DAV College for Women took the onus to convey the message to the residents of the adjoining villages of Chandigarh about the importance of nutrition for girls and the right age for marriage, besides ways of maintaining good hygiene and sanitation. The entire range of nutrition themes was exhibited and showcased in the form of melas, rallies, interactive campaigns, etc. The youth are the change agents of the society and it is pivotal that the message of nutrition percolates through them in every strata of society.

## NUTRITION LECTURE AT BADHERI

To provide information to women regarding the importance of nutrition for good health and a better living, 50 NSS Volunteers along with two faculty members visited the adopted village Badheri on 1<sup>st</sup> September, 2018. While observing ‘Nutrition month’ 2018, a special lecture and awareness programme on “Health and Nutrition Awareness” was organized by the NSS Unit along with the Women Development





Cell of MCM DAV College. Their basic objective was to spread awareness among women about their nutritional diet. A lecture-cum-demonstration on dishing out low cost healthy nutritious recipes was organized for rural women, Aanganwadi workers and helpers. The lecture was delivered by dietician Sonia Gandhi from Fortis Hospital, Mohali. It was an interactive and informative lecture where the women learnt on how their families will suffer if a healthy diet regime is not followed. They were taught to make healthy dishes like salads, sprouts etc. Total number of beneficiaries were around 100.



### FLASH MOBS

In the month of September, under the Poshan Abhiyan, two flash mobs were organized in Sector 17 to raise awareness about the malnutrition challenges and sensitize our countrymen regarding the importance of holistic nutrition. As per the directions from NSS State Office, September 2018 was to be observed as 'Poshan Maah' i.e. 'Nutrition Month' and from 22<sup>nd</sup> September to 1<sup>st</sup> October, "Swachhata Hi Sewa"



activities were to be undertaken. Sensing the interlinkage of both nutrition and cleanliness, MCM NSS volunteers undertook various activities throughout the month. Two flash mobs were organized by the NSS Unit of the College to promote the ongoing Theme of 'Poshan Maah' on 27<sup>th</sup> September 2018 where 50 NSS Volunteers participated and another one was held on 30<sup>th</sup> September 2018 where 70 NSS Volunteers performed at the Sector 17 Plaza. The main aim of the flash mobs was to generate awareness about the importance of nutrition and pamphlets related to benefits of nutrition were distributed.



## WORKSHOP ON POSHAN ABHIYAN

A state-level workshop on 'Poshan Abhiyan' was organized by the Department of Social Welfare in convergence with the Line Departments as part of the 'Rashtriya Poshan Maah' celebration at PGI, Chandigarh on 28<sup>th</sup> September 2018. 25 NSS Volunteers along with Dr. Manjot and Dr. Rishu participated in this workshop. Hon'ble Governor of Punjab and Administrator U.T. Chandigarh, Sh.



V.P.Singh Badnore, graced the event as the Chief Guest and Sh. Parimal Rai, IAS, Adviser to the Administrator, UT Chandigarh was the Guest Of honor. During this event, a video themed, 'The Glimpse of Poshan Journey' was shown, followed by taking a Poshan pledge and the book named 'Suposhan' – a handbook on Nutrition and Low Cost Healthy Food Recipes, compiled by the Director, Social Welfare, Chandigarh Administration and Govt. Home Science College, Chandigarh was released.

## SWACHHATA HI SEVA



'Swachhata Hi Seva', is a nationwide movement, which is an off-shoot of the Swachh Bharat or Clean India campaign, which began four years ago. The 'Swachhata Hi Seva' movement aims to ensure a high standard of cleanliness across

the country, fulfilling Mahatma Gandhi's dream for a cleaner and greener nation. The cleanliness of any nation stems from the health of its people, which becomes the foundation of a strong nation, health is paramount for cleanliness. This historic mass-movement encompassed various activities such as tree plantation drives, twin pit emptying, mass-cleanliness drives, waste management activities, toilet construction and retrofitting activities. 'Swachhata Hi Seva' is a revolution to bring about a behaviour change at the grass-root level. This initiative undertaken by the government aims at 'waste-to-wealth'. The primary goal of this movement is to address the issue of open-defecation and make India defecation-free.

The youngsters are the social ambassadors. The youth are at the forefront of a positive change in the society. The NSS volunteers have furthered the message of cleanliness in a very commendable. The students of MCM DAV College for Women tirelessly worked towards bringing a change. They

organized various interactive sessions to raise awareness and sensitise the people about health and sanitation. The students took to door-to-door interaction to make a greater impact. Various activities such as organising cleanliness drives or Swachhata rallies, making compost pits, wall painting, movie screenings, etc were conducted with fervour in order to achieve maximum participation from the local residents of the villages. The students organized and designed a strategy to optimize their efforts in accomplishing the father of the nation's dream of a clean India.

'Swachhata Hi Seva', a 15-day cleanliness drive leading to October 2, 2018 marked the beginning of the 150th year of Mahatma Gandhi's birth. Under this programme, a wall painting was made reflecting the theme of cleanliness and its importance towards nation building by 10 NSS volunteers along with the five students of Fine Arts Department of MCM DAV College under the supervision of Head of the Department, Fine Arts, Dr. Pooja Sharma. Various cleanliness drives were organized in the adopted village Badheri under 'Swachhata Hi Seva'. The main objective of the cleanliness drive was to generate awareness among the villagers regarding hygiene. The drive was conducted in the dispensary and the 'anganwadi' of Badheri, U.T. Chandigarh.

### **WALL PAINTING (UNDER 'SWACHHATA HI SEVA')**



A painting was made to reflect the theme of cleanliness and its importance towards nation building by 10 NSS volunteers along with the 5 students of Fine Arts Department

of MCM DAV College under the supervision of Dr. Pooja Sharma, Head of the Department of Fine Arts. The painting has been placed in one of the corridor walls of the academic block of the college. The wall painting is attracting lot of attention of students and staff members crossing the corridor. The painting aims to reiterate the significance of Swachhata in the mind of the onlookers.





## **CLEANLINESS OF DISPENSARY (UNDER 'SWACHHATA HI SEVA')**

The main objective of the drive was to generate awareness among the villagers regarding hygiene. As directed by the State Liaison office, the drive was conducted, under “Swachhata hi Seva” program, in the dispensary and aanganwadi. Fourteen NSS volunteers took part in the activity along with Dr Sarabjeet Kaur and Dr. Pallavi Dhingra. Medicines were checked for their expiry date. Total numbers of beneficiaries were between 60-70. The following objectives were included under this drive:



- Cleanliness of the campus and storeroom
- Filling of ditches with mud
- Preventive measures against malaria and dengue
- Workers and Helpers were made aware about general hygiene

## **MALARIA AWARENESS DRIVES**

Malaria and dengue awareness drive was organized in association with the Malaria wing of the Health Department of Chandigarh for four days, i.e. September 17, 2018, September 19, 2018, September 22, 2018 and October 9, 2018. The drive was conducted to raise awareness against the vector-borne diseases amongst the citizens of sectors-37 and 41, Chandigarh. More than 100 volunteers participated in this cause under the able guidance of their programme officers Dr. Namrita Bhandari and Dr. Manjot Kaur and with the help of



Malaria Wing officials of the Health Department. The volunteers interacted and conducted door-to-door surveys in 900 households during this drive to create awareness under the supervision of Mr. Virender Malik, the Malaria Inspector of that area. The students checked the coolers, flowerpots and other vulnerable places susceptible for stagnant water to prevent vector-borne diseases like malaria and dengue. The learning outcomes were tremendous as the sincere efforts of the NSS team of MCM DAV and the Malaria Inspector of that area bore substantial results in generating



awareness. They saw the live larvae and learnt about the breeding process of the vectors. The volunteers faced various challenges while conducting this awareness drive as the residents were hesitant and showed no cooperation in letting the students inspect the vulnerable areas in their homes.

## **OPEN EYE FOUNDATION CAMP**

Open Eye Foundation, a city-based based grass root level NGO is involved in Charity work for the poor and needy students of government schools, in collaboration with the college's NSS units, they put up their canopy in the college campus on 26<sup>th</sup> and 27<sup>th</sup> September 2018. The NGO a registered body was formed with a few members but now its number has swelled to



142. These members collected books from students and also received some financial help. The books were distributed among the needy and the parents of wards whose children have passed the exam returned the books to the NGO. Through this venture, they encouraged the students of MCM to contribute their old books, stationery and clothes to the needy.

## **SAARTHI PROJECT**

SAARTHI, which literally means someone who guides, is a joint initiative by the Chandigarh Red Cross Society and Chandigarh NSS Cell, which aims to provide service to the patients and their attendants at PGIMER. From MCM DAV College for Women, 7 NSS volunteers took part in Saarthi project under the supervision of Dr. Manjot Kaur, NSS Program Officer. Under this project, more than 300 volunteers from various educational institutes of Chandigarh took up the initiative to help the ailing patients and their families at the Out Patient Department's Help Desk in hospitals. Those on duty were required to assist the staff and guide patients so that they reach appropriate departments for treatment. The volunteer support group formed for the purpose would offer all kinds of help, guidance and support to the needy patients and their attendants visiting the new OPD Block of the PGI. From helping, guiding and supporting them to reach the right department for treatment, they would also provide physical help by lifting patients, moving their trolleys/wheelchairs in the case of need. Amongst various challenges of hospitals, helping and assisting patients and their attendants remains a key challenge. Saarthi not only represents the social face of Chandigarh Administration but also it is an endeavour to feel the pulse of patients in the hospitals.

**QUARTER-III**  
**NSS ACTIVITIES (JULY-SEPTEMBER 2018)**

	<b>Name of the Activity</b>	<b>Date</b>	<b>No. of Volunteers Participated</b>
1.	Eye Testing Lecture	21 October	150
2.	NSS State Level Adventure Camp at Dharmshala (H.P)	28 October to 6 <sup>th</sup> November	2
3	Lecture on Organ Donation	11 <sup>th</sup> October	20
4.	Walkathon Campaign on Organ Donation at Fortis Hospital, Mohali (Pb.)	25 <sup>th</sup> November	30
5.	Saarthi Project	Annual Project	110
6	Special Lecture by Varun Gandhi	1 <sup>st</sup> December, 2018	200
7	Pre-republic day camp 2018 , Sikar, Rajasthan	12 <sup>th</sup> to 21 <sup>st</sup> October 2018	1
8	Training Orientation for NSS Programme Officers	11 <sup>th</sup> to 17 <sup>th</sup> December, 2018	1
9	7 Day/Night Special NSS Camp 2018	24 <sup>th</sup> to 30 <sup>th</sup> December, 2018	100 (NSS Volunteers) 10 (Non-Students)

## EYE TESTING LECTURE



Taking forward the cause of Swachh Bharat Mission, the NSS units of MCM DAV College for Women undertook a slew of activities seeking to involve youth in spearheading the mission. Seeking to promote philanthropic values in students, the NSS unit also organized a demonstration on eye screening procedure wherein Dr. Sujata, Ophthalmologist, Indira Holiday Home

along with NGO Saksham trained volunteers in the said process. The trained volunteers visited Government schools of the villages in Chandigarh and conducted the eye screening there. The NSS volunteers adorned a wall of the college with a painting reiterating the message of cleanliness. In another activity, taking cleanliness to community the volunteers undertook a cleanliness drive of the dispensary at the adopted village Badheri. Principal Dr. Nisha Bhargava said that being an environmentally and community conscious institution, MCM instills in its students a sense of responsibility towards the society through such initiatives.

## LECTURE ON ORGAN DONATION



NSS volunteers attended lecture on Organ Donation organised by Government Medical College, Sector-32, Chandigarh



## PRE-REPUBLIC DAY CAMP 2018 AND REPUBLIC DAY CAMP 2019



Nikita Bharti, NSS volunteer of MCM DAV, got selected and participated in pre Republic Day Camp, held in Sikar, Rajasthan from 12-21 October, 2018. It is a matter of great pride for the college that she has also been

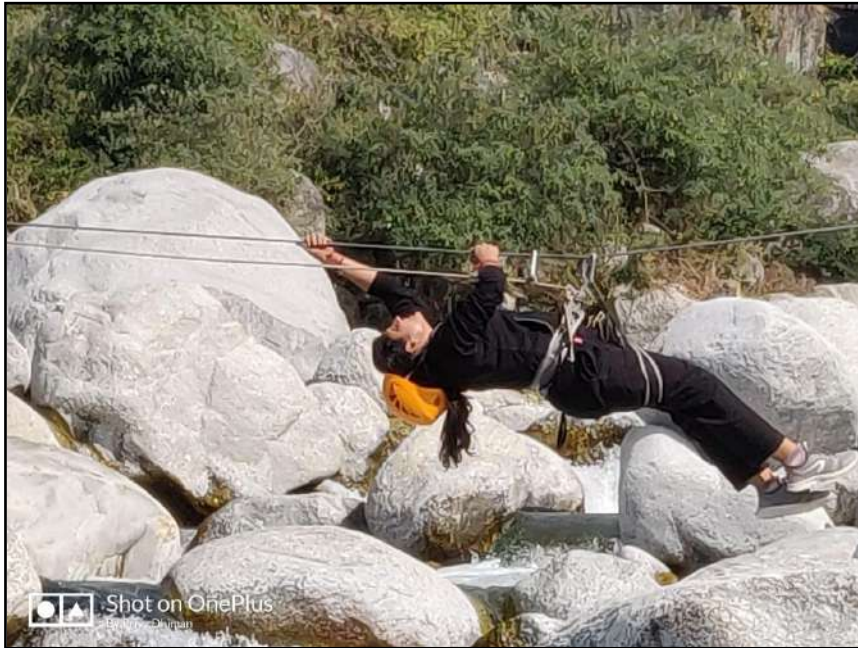
selected for the Republic Day from the Chandigarh division which was held in January at Rajpath, New Delhi.

## NSS STATE LEVEL ADVENTURE CAMP (28 OCTOBER – 6 NOVEMBER 2018) AT MCLEOD GANJ

Two NSS volunteer from MCM DAV, Priya Dhiman and Nandini Agarwal were selected for NSS State Level Adventure Camp held at Mcleod Ganj (H.P). The NSS National Adventure camps are held every year which are attended by approximately 1500 NSS volunteers with at least 50% of the volunteers being girl students. These camps are conducted in Himalayan Region in the North and Arunachal Pradesh in North East region. The adventure activities undertaken in these camps include trekking of mountains, water rafting, Para-sailing and basic skiing. The camp was attended by 49 NSS students from Chandigarh, Jharkhand, and Andhra Pradesh, along with respective programme officers.









## WALKATHON: NDTV-FORTIS MORE TO GIVE: MCM SUPPORTS ORGAN DONATION

On 25 November 2018, Mohali saw as many as 300 people who came together to walk for the cause of organ donations. The participants were joined by the Arjuna



Award winner and Former Indian National Hockey team captain, Rajpal Singh and singer-songwriter Satinder Sartaj. More than 30 volunteers of MCM came forward to support the cause of organ donation by participating in the Walkathon.



**NSS Students of MCM DAV walking for the cause of organ donation, lead by Satinder Sartaj and Rajpal Singh.**

## THE 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'. Lok Sabha MP 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. Beginning on an auspicious note with Saraswati Vandana and lamp lighting, the ceremony had 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. The Unveiling and Dedication Ceremony held at MCM DAV College for Women witnessed coming together of intellectual minds to deliberate upon the problems ailing the rural economy and feasible solutions to those problems.





Our worthy Principal Dr. Nisha Bhargava took this opportunity to apprise the audience of the endeavours of MCM in the direction of sensitising its stakeholders about the problems at the grassroots level so that they work towards alleviating them. She informed that besides working consistently for rural upliftment, MCM's NSS volunteers undertook appreciable work in different villages during SBSI 2018. Hon'ble Chief Guest Mr.Feroze Varun Gandhi felicitated the NSS volunteer Satvikaa Singh who won State Award for Best Intern during Swachh Bharat Summer Internship 2018. The Sarpanches of different villages where MCM NSS volunteers undertook Swachh Bharat Summer Internship 2018 were also felicitated during the ceremony. **Hon'ble Chief Guest Mr. Feroze Varun Gandhi, MP felicitating NSS volunteers of MCM, who did commendable work in villages during Swachh Bharat Summer Internship 2018.**

## MCM NSS VOLUNTEER WINS STATE AWARD IN SWACHH BHARAT SUMMER INTERNSHIP 2018



MCM DAV College for Women envisions to contribute in nation building by grooming students to be constructive forces in building and improving the community. In pursuance of this vision, MCM undertakes various social outreach and philanthropic activities in which students participate enthusiastically seeking to make a

positive change in the society. In June 2018, our students seized the opportunity of making Clean India a reality by participating in Swachh Bharat Summer Internship by Ministry of Human Resource Development, Government of India. NSS volunteers of MCM undertook appreciable work like awareness drives on waste segregation, menstrual hygiene; cleanliness drives, lectures on making compost, eco-enzyme and sanitary napkins at home; door to door campaigns on vector borne diseases, etc. in different villages of Chandigarh as well as of outside states. Satvikaa and her team chose Kishangarh village for the internship and their work has earned them 1st position at the State level, which has been awarded by MHRD.

## MCM NO.1 CLEAN CAMPUS IN THE COUNTRY

Bringing recognition to the City Beautiful, MCM is the only institution from Chandigarh to have figured in the Swachh Campus Ranking 2018 of MHRD, Government of India. MCM DAV has been ranked No.1 in the country in the Swachh Campus Ranking 2018 of Higher Educational Institutions by Ministry of Human Resource Development, Government of India. In an award presentation ceremony held at New Delhi, Sh. Prakash Javdekar, Union Minister of Human Resource Development and Dr. Satya Pal Singh, Minister of State for Human Resource Development felicitated the top ranking institutions. MCM Principal Dr. Nisha Bhargava received the award on behalf of the college.



The college has been ranked No.1 in the category-College (Residential). Overall, 6029 Institutions participated and 4792 were eligible for screening. The award comes as a recognition of MCM's commitment to the cause of 'Swachhata' which is reflected in the slew of initiatives undertaken by it aiming at the acceleration of the pace of realization of objectives of the Swachh Bharat Abhiyan. Biogas Plant, vermicomposting, composting, plantation drives, solar power generation, real-time air quality monitoring system, generating awareness about waste segregation, installation of blue and green dustbins within the campus, cleaning of campus and surroundings by NSS volunteers, sensitization programs on sanitation, hygiene and cleanliness in adopted village Badheri,



participation in Swachhata Pakhwada and Swachh Bharat Summer Internship are some of its endeavours in this direction. The Swachhata objectives of MCM, which are in sync with the objectives of the Swachh Bharat Mission, include promotion of modern and scientific waste management, generation of awareness among various stakeholders regarding importance of cleanliness and hygiene, and affecting behavioural change regarding sanitation practices.

## **TRAINING ORIENTATION FOR NSS PROGRAMME OFFICER**



Dr. Namita Bhandari, NSS Programme officer of the college attended the seven day Training Orientation for NSS Programme Officers from 11-17 December 2018 at E.T.I./I.D.C, Chandigarh. With a view to provide training/orientation and too develop right thinking, approach and understanding about the philosophy of NSS, the training is organized with a view to develop right thinking and approach, leadership, commitment, and understanding of the philosophy of National Service Scheme. The training has helped our program officers to under develop and provide consultancy services to the colleges in different areas of programme, planning, training, supervision, evaluation etc. the information was provided through group discussions, seminars, preparation and supply of subject papers, personal discussions on specific points and issues.





## NSS DAY/NIGHT SPECIAL NSS CAMP 2018 (24-30 December)



The NSS unit of MCM DAV College For Women, Chandigarh ended its 7-day/night camp on 30<sup>th</sup> December 2018. The camp aimed at enhancing the professional and social skills of the NSS volunteers through various activities, lectures and demonstration. A 7-day and night NSS camp on the theme of Swachhata began at MCM DAV College for Women and 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 the state level award for Swachh Bharat Summer Intership 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 the channelling of energy in a positive manner. With the aim of helping the participants realize 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 Kumar Sharma, Director Colleges, DAV College Managing Committee graced the valedictory session of the inaugural day of the camp and motivated the participants contributing 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 Prabh 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 College for Women. 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 Dr. Namita Bhandari and Dr. Manjot Kaur 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 Jannee fertility centre and Gynecologist, IMA. She laid 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. Later, A water conservation rally and a tree plantation drive was conducted in which the volunteers participated actively. These drives are frequently conducted in MCM DAV, as part of our NSS activities. Tree plantation is followed to the core in MCM DAV, otherwise also.





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 Baheri at Community centre by the NSS volunteers of MCM DAV College for Women.



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 sensitize about Swachhata mission.



On 30<sup>th</sup> December, during the valedictory, Mr. Bikram Singh 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.



The 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. State Liaison Officer Bikram Rana, who was the chief guest for the day, encouraged the volunteers to work towards the cause and spread the message of cleanliness. Satvikaa Singh was declared 'Best NSS volunteer' and Muskan 'Best camper'- 2018. The cardinal principle of the NSS programme is that it is organised by the students themselves, and both students and teachers through their combined participation in community service, get a sense of involvement in the tasks of nation building.

## QUARTER-IV

### NSS ACTIVITIES-JANUARY-MARCH 2019

	Name of the Activity	Date	No. of Volunteers Participated
1.	National Youth Parliament Participation at Walk-in Level	18 January 2019	9 (walk-in) 4 (online)
2	Nukkar Natak and Swachhata Rally with MC Team, Chandigarh	18 January 2019	150
3	National Youth Parliament (participation at district level)	25 January:	8
4	Nikita Bharti participated in Republic Day parade	26 January	1
5	Unveiling of Swachhata Report and SBSI Report 2018	30 January	
6	Job Fest at GCG-11	31 January	25
7	Helmet Drive	6 February	120
8	Green Marathon	10 February	66
9	Orientation Program for NSS volunteers by Dr. Meenakshi Gupta from PGI	16 February	25
10	Drill for Chandigarh Urban Carnival	17 February	20
11	“Drug Free India” Campaign at Chandigarh University, Mohali, Punjab	18 February	25
12	Orientation Program of Audit of Public Places for disabled Friendliness	20 February	21
13	Participation in Audit of Public Places for disabled Friendliness	22-26 February	21
14	Blood Donation Camp	22 February	220
15	Saarathi project	9-15 January 13-20 February	110 110
16	Training Orientation Course for Programme Officer	20-26 February	1
17	Poster Making & Slogan Writing Competition	29 <sup>th</sup> March	50
18.	Aids Awareness Rally	30 <sup>th</sup> March	80
19.	National Integration Camp 2019	24th- 30th March	02
20.	Participation in a Programme to Commemorate ‘Jallianwala Bagh Centenary’	13 <sup>th</sup> April	20



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

Around 200 youths of the city locked horns with each in the first-of-its-kind initiative, Youth Parliament Festival 2019 of the central government at the district level. The Chandigarh administration organized the Youth Parliament at district level in the Government College for Commerce and Business, Sector 50, Chandigarh on



January 25. It was organized by the Regional Directorate of NSS and Chandigarh NSS Cell. 200 youths registered themselves through digital and walk-in process. Some uploaded their content through a YouTube video. 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 demeanor. 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 are 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. The process initiated with effect from January 12, 2019 and continued up to February 24.

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. 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 Baazar Tak’ and ‘Lab to land’: Doubling farmers income for digital screening. The topics for walk-in screening, DYP, SYP and NYP were intimated on the spot. The candidates participated in Hindi, English or the official language of the state government concerned. Satvikaa Singh from MCM DAV got selected for the State level and participated in Chitkara University on 6th March 2019.

## NUKKAR NATAK AND SWACHHATA RALLY WITH MC TEAM

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. The session aimed at generating awareness about the mission and bringing about behavioural change towards cleanliness. 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 officials also 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 MC Chandigarh officials for their laudable initiatives in the direction of 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 villages around Chandigarh.



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 and sanitary napkins and so on. While addressing the NSS volunteers, worthy Principal Dr. Nisha Bhargava informed 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.



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

National Service Scheme (NSS) - an Indian Government Sponsored Public Service Program of Ministry of Youth Affairs and Sports, Government of India conducted its Republic Day Parade Camp 2019 from 1st to 31st January, 2019. It is a matter of great pride that NIKITA BHARTI of MCM DAV College for Women, Chandigarh got selected

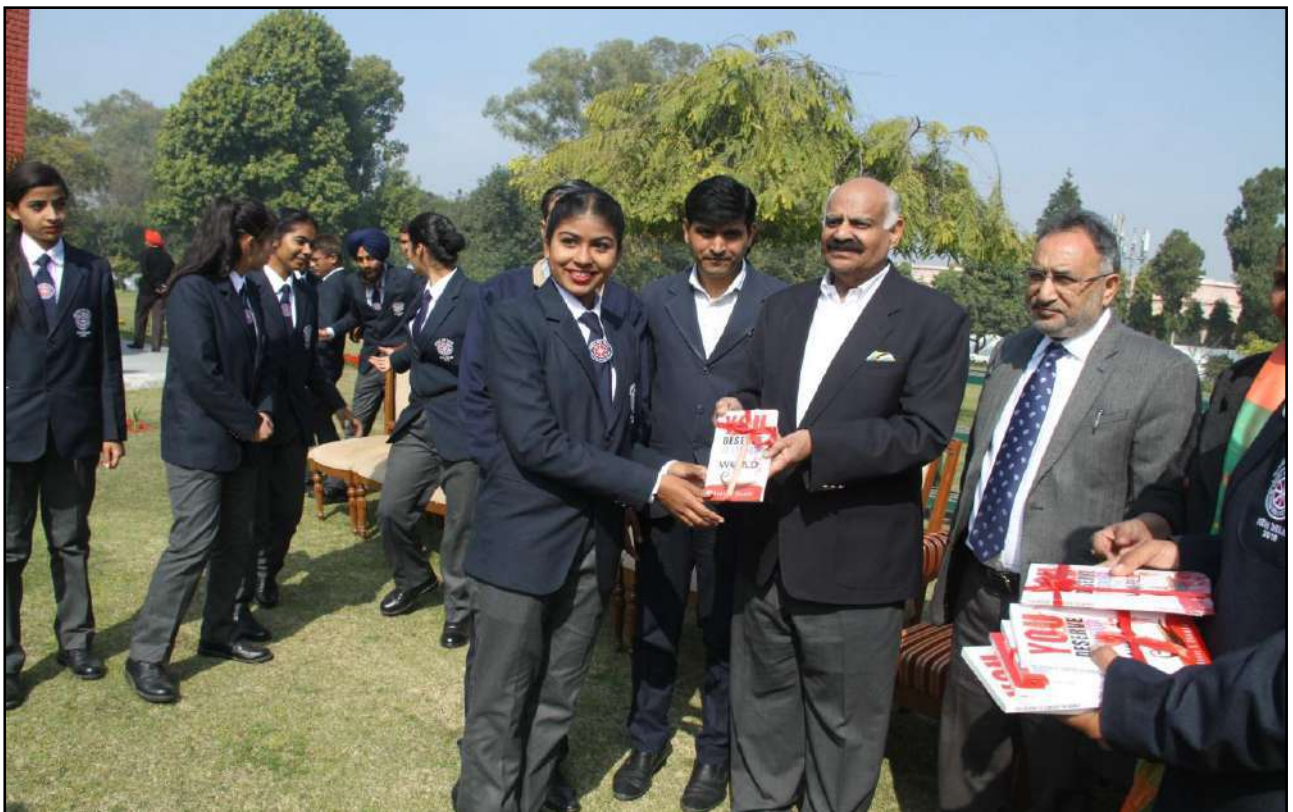


for RD camp-2019. The main aim of the camp was to develop sportsmanship, patriotism, the spirit of adventure, good character, discipline, tolerance, the value of sacrifice, leadership qualities, secular outlook, enhancement of holistic self-esteem among NSS Volunteers, and to provide a wide area of scope for exchange of rich cultural heritage. Emphasis was laid on inculcating these values in the minds of young NSS Volunteers during the camp days. The purpose of the camp is to impart training for 31 days, mainly for the parade and also to provide opportunities for NSS Volunteers to shape their physical, intellectual and cultural talents. 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.





MCM's NSS Volunteer Nikita Bharti at Rashtrapati Bhawan



Nikita Bharti felicitated by the Hon'ble Governor of Punjab and Administrator of UT, Chandigarh Sh. VP Singh Badnore on 4<sup>th</sup> February 2019 at Raj Bhavan, Chandigarh.

## UNVEILING OF SWACHHATA REPORT AND SBSI REPORT 2018



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

In a bid to further strengthen MCM's efforts in the direction of sustainability, the college has installed water boosting system and rainwater harvesting system in its hostels. These projects were made possible through grants from Rashtriya Uchhatar Shiksha Abhiyan (RUSA) and were inaugurated by Sh. B.L.Sharma, IAS Hon'ble Education Secretary, Chandigarh Administration and Dr. Dalip Kumar, Additional State Project Director (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. The dignitaries also 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 units of the college were also honoured on this occasion. Principal Dr. Nisha Bhargava 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 messes. She also thanked RUSA for grants that provide an impetus to MCM's endeavours in the direction of promoting sustainability.



## JOB FEST AT PGGCG-11

On 31st January 2019, the NSS volunteers of MCM DAV College went to participate in the education fair in Post-Graduate Government College, Sector 11. In this job fair, 25 volunteers were involved. They learned a lot about vocation and career since the attendees and dignitaries came from different educational and professional institutes/organizations for career counseling.



## HELMET DRIVE

The NSS unit of MCM DAV College for Women in collaboration with Chandigarh Traffic Police organized an awareness programme and Helmet Rally as a part of the ongoing 30th National Road Safety Week. Chandigarh's Swachh Bharat ambassador Mrs. Savita Bhatti graced the event as the Chief Guest and Chandigarh SSP (Security and Traffic) Mr. Shashank Anand was the Special Guest. A highly impactful nukkad natak by Samvaad Theatre Group on the theme of road safety sought to impress upon the audience the consequences of neglecting traffic rules. During the rally, over 300 students of the college proudly sported their helmets as they plied the city roads on their two-wheelers spreading the valuable message of "Helmet Pehnao, Beti Bachao", thereby emphasizing the importance of women wearing helmets for ensuring their safety on roads.







**Worthy Chandigarh SSP (Security & Traffic) felicitated worthy Principal Dr. Nisha Bhargava**

Addressing the audience on the occasion, worthy Principal Dr. Nisha Bhargava said that not wearing helmets is a major cause of loss of precious lives on road, it is imperative that not just drivers but pillion riders must also wear helmets. She stressed that the use of protective head gear and following other road safety rules is in the best interest of commuters and thus, should be



observed religiously. Hon'ble Chief Guest Mrs.Savita Bhatti pointed out that it is ironical that the highly aware and tech savvy generation of today is negligent when it comes to their own safety on roads, adding that true empowerment comes from taking responsibility of one's own safety as well as that of others. Worthy guest Mr. Shashank Anand appreciated the initiative extending support by MCM in spreading awareness about the road

safety and said that the rally aims to send across a strong message about being masters of one's own

destiny. A powerful satirical act by Samvaad Theatre Group on the theme of road safety was performed to impress upon the audience the importance of following traffic rules. The dignitaries felicitated the members of Pink Brigade NGO that distributed free helmets to the students.

## **GREEN MARATHON**



66 NSS volunteers and 2 Programme officers of MCM DAV participated in Green Marathon 2019 which was organized by State Bank of India in collaboration with Radio Mirchi. The main objective of this marathon is to create awareness about the serious imbalance between the nature and human life. Senior officials of the bank also contributed to the 'Run for Green' theme

and ran the marathon along with other participants. 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.

## **ORIENTATION PROGRAMME FOR NSS VOLUNTEERS ON DRUG FREE INDIA CAMPAIGN**



Orientation Programme for NSS volunteers by Dr. Meenakshi Gupta from PGI , who motivated volunteers towards channelizing their energy and contributing positively to the society.



## DRILL FOR CHANDIGARH URBAN CARNIVAL



25 volunteers of MCM DAV College participated in cultural activities which were supposed to be conducted at the First Chandigarh Urban Festival-2019. On 17<sup>th</sup> February, our volunteers turned up for the drill at Sukhna Lake. The main endeavour of the carnival was to promote pride for the city, joy and belongingness among people, to bring together the entire cross section of citizens of Chandigarh in a never-before celebration and to celebrate the spirit of the Open Hand– Open to give, Open to receive.



## DRUG FREE INDIA CAMPAIGN AT CHANDIGARH UNIVERSITY

On 18 February, 25 NSS volunteers of MCM Unit actively participated in Drug Free India, a nationwide campaign, launched at Chandigarh University. The campaign, an initiative of The Art of Living, focuses on combating the drug menace, launched in the presence of Sri Sri Ravi Shankar, and popular actor Sanjay Dutt was also the part of it. Other Bollywood celebrities including Varun Dhawan, Sonakshi Sinha, Parineeti Chopra, Kapil Sharma, and Badshah have also extended their support to Drug Free India. Nearly 60,000 students attended the event, and colleges across the country joined via live broadcast to take a pledge against drug abuse. The campaign started under the light of Shri Shri Ravi Shankar Ji, a renowned activist, was held at Chandigarh University on 18 February. This campaign was attended by 25 NSS volunteers from MCM DAV College For Women, with support of our respected principal Dr. Nisha Bhargava. The campaign focused to eliminate the abuse of drugs among the youth. So there was a large-scale involvement of youngsters from various colleges and universities. The crowd was made to sworn the "Na karunga, Na



Karneduga" (Neither I will do drugs, nor will I let anyone else do it) oath. The chief attractions of the event were Shri Shri Ravi Shankar, Sanjay Dutt, Badshah, Gurdas maan, and Kapil Sharma.

## **ORIENTATION PROGRAM ON “MAKING CHANDIGARH DISABLED FRIENDLY”**

In a bid to make Chandigarh disabled-friendly, around 700 NSS volunteers from 25 different colleges along with their program officers will conduct an audit across the city. 20 NSS volunteers of MCM DAV participated in one day orientation program to conduct audit, make Chandigarh a better place for the differently-abled. NSS volunteers attended an orientation programme held at the GMCH in Chandigarh’s Sector 32, on 20<sup>th</sup> February. Prof B S Chavan, Director-Principal of the Government Medical College and Hospital, Sector 32, addressed the volunteers during the orientation program for the NSS volunteers and informed that Chandigarh is going to be the first city in the world to carry out such an audit. The audit would carry out in four phases the first one was on February 14 when places were identified; the phase was the orientation of volunteers. During the orientation, the volunteers were briefed about five cities in the world: Berlin, Barcelona, Ljubljana, Sydney and San Diego which are rated the best in terms of accessibility for differently-abled. Chavan highlighted the measures taken in those cities to achieve it. He added that Chandigarh has a potential to become the first disabled-friendly city in India. Without active participation of common man of the city, this audit will not be effective He urged people of the city to share their views on this to ensure accessibility. The volunteers would themselves use the wheelchairs and prepare a first-hand account of facilities available for differently-abled people at various places.

### **PARTICIPATION IN “ACCESSIBILITY AUDIT OF CHANDIGARH”**

Accessibility has been one of the most neglected issues in the disability sector. The disabled in India remain confined to their homes as attempts to travel, entering buildings, parks or shops can be unsafe and humiliating. Environmental access is a legal entitlement for people with disabilities and should be vigorously enforced. Attitudinal changes have to be brought about among



policy makers in the government and private sector, design professionals, architects, manufacturers.

In an attempt to make public buildings and places easily accessible to the physically challenged, the Chandigarh administration has decided to conduct an accessibility audit of all important buildings and locations in the city. The Persons with Disability Act, 1995 have mandated barrier free access for the differently-abled people. The UT audit was carried out in phases under supervision of a committee comprising experts and officials of the administration. As per the 2011 census, there are 14,796 residents with different abilities in the city. 700 volunteers from 25 colleges of the city were part of this audit. 21 NSS volunteers of MCM DAV along with the team of students/volunteers of Government Rehabilitation Institute for Intellectual Disability (GRIID) participated in this activity and checked the existing disabled friendly initiatives, where it falls short. The audit was carried out from February 22 to 26 and the final reports were submitted on February 28. The volunteers would themselves use the wheelchairs and prepare a first-hand account of facilities available for differently-abled people at various places.

They accessed public places in wheelchairs to have a first hand account of the difficulties faced by the disabled. The audit included schools, colleges, hospitals, entertainment, government houses, public transport and religious places of sector, 35 A, B, Sector-36 and 34. The parameters were set adhering to the Person with Disability act.

Adhering to the Chandigarh Administration's decision of making UT the first disabled-friendly city, NSS volunteers from MCM DAV launched their access audit survey on 22 February 2019. The team under the supervision of Dr Namita Bhandhari, Programme Officer, NSS, had done the survey which had run for five days in areas allocated to the MCM DAV NSS volunteers, wherein they audited public infrastructure in Sector 34, 35 and 36. The audit was done for offices, public facilities, schools, religious places, markets, banks, health facilities, transport, Sampark Centres, public toilets, community centres, playgrounds, sports ground and parks. The audit report was to the Government Rehabilitation Institute for Intellectual Disability (GRIID) which will further submit a report to the Administration.





## BLOOD DONATION CAMP

In line with the endless endeavours of NSS Units of MCM DAV towards inculcating spirit of selfless service in its students and enrichment of society, the college organised a massive blood donation camp. The NSS unit of the college, in collaboration with PGIMER, Chandigarh and Lions Club, Chandigarh, organized the camp that witnessed an overwhelming response from the staff and students. The



zealous and devoted blood donors of MCM contributed a laudable total of 215 units of blood. The team from PGI was headed by Dr. Lakhwinder Singh Motivating the donors with his presence, Mr. Bikram Rana, State Liaison Officer, NSS applauded the value based education system at MCM for enthusing such sense of responsibility into the students. Principal Dr. Nisha Bhargava commended the spirited participation of the donors and emphasised on the need to recognise and work towards such humanitarian causes which help in shaping the students into responsible and empathetic citizens. Lions Club honoured our worthy Principal Dr. Nisha Bhargava, Dr. Namita Bhandhari and the NSS team for their contribution in this noble cause.

While the camp had begun and was in full swing, our respected principal Dr. Nisha Bhargava and other dignitaries made the environment even more enthusiastic and colourful by their presence, while they visited every blood donor and interacted with some of the donors. After the successful blood donation, all the donors received the appreciation certificates for their humanity. There was an overwhelming response from students and other donors a total of 215 units were collected in the camp. Some of the donors who could not donate this time were assured for donation in the next camp. A Certificate of appreciation, donation card, refreshment was given to each donor as a token of gratitude.



## PARTICIPATION IN SAARTHI PROJECT

The NSS volunteers deployed at the new OPD have been provided a booklet to guide the visitors in locating various departments. The Saarthi volunteers of MCM DAV have been the monthly roster of the assigned duties. As per their roster, batch of volunteers reach the PGI OPD for the service of humanity. Impressed by the success of the project at PGI, authorities of these hospitals have also sought services of NSS volunteers in their hospitals too. Project 'Saarthi' is being extended to these hospitals and soon NSS volunteers will be at the services of patients at these hospitals. Such an

initiative seems to be a win-win strategy for both the patients-hospitals and the NSS volunteers. The patients and their attendants who lost in hospitals tend to get help and on the other it has brought greater relevance to NSS activities and will enlighten their pathways in future too. Under this project, 110 NSS volunteers of MCM DAV have been participating in this project under the supervision of Dr. Manjot Kaur, NSS Program officer.

The duties were assigned to each volunteer after a gap of 20 days and they were required to work for at least 4 hours. There were two shifts for the same, i.e., 8 a.m. to 12 p.m. and then from 12 p.m. to 4 p.m. Before the commencement of duties, a brief induction was organized to familiarize them with various departments at PGI. PGI is a vast institute and initially, the volunteers faced difficulty due to lack of proper training and time gap between shifts, but with time and guidance from the staff, they were able to perform better. Being a part of Saarthi brought a sense of responsibility and enhanced the communication skills of students. Volunteers learned the importance of being considerate, reliable, tolerant and also developed commiseration and a spirit of fraternity, which further helps in understanding the society in a better way and becoming a good human being. The volunteers have been given badges and I-cards. While some volunteers are assisting people at the reception counter, others have been deployed at the registration and inquiry counter.

### College, PU students to help patients at PGI

Under first-of-its-kind project 'Saarthi', 360 NSS volunteers will work in two 4-hour shifts from today

**TRIBUNE News Service**

CHANDIGARH, APRIL 28  
From Thursday onwards, don't be surprised if you see college students offering help to poor and helpless patients visiting the PGI here. For a group of 360 National Service Scheme (NSS) volunteers from 30 city colleges and Punjab University (PU) will work in two shifts from 8 am to 12 noon and 12 noon to 4 pm at the new OPD Block in the PGI under the project 'Saarthi'.

A branch of UT Deputy Commissioner, Aji, Balaji Joshi, this another first-of-its-kind initiative is supported by the State NSS Cell, the UT Department of Education, the Indian Red Cross Society, the PU and the PGI.

"The volunteer support group formed for the purpose would offer all kinds of help, guidance and support to needy patients and their attendants visiting the new OPD Block of the PGI. From helping, guiding and supporting them to reach the right department for treatment, they would also provide physical help in lifting patients, moving their bed/wheelchair in the case of need.

"In this way, we will be engaging youth in community work to make them committed to-oriented human beings," said Joshi, who also heads the UT Red Cross Society.

A day before the formal launch of the project, an orientation programme was held for the volunteers at the Dev Sansi College of Education, Sector 38 on Wednesday. All 360 NSS volunteers from 30 city colleges and the PU, selected for the project, were imparted orientation training in first aid, patient-lifting and emergency situation handling. They were given guidance sheets, badges and I-cards.



NSS volunteers show their attendance, diaries and identity cards after the final orientation session in Chandigarh on Wednesday. (TRIBUNE PHOTO)

There is no doubt that the PGI has its own help desk and welfare department to look after patients and their attendants. However, the needs are much more. Most patients are unaware of even help desks available in the institute. They roam from one corner to another causing delay in their treatment. To mitigate their sufferings and hardships, we have come up with this initiative.



AJI BALAJI JOSHI, Deputy Commissioner

**The team**  
As many as 360 NSS volunteers from the Dev Sansi College of Education, Sector 38, the PGGC 11, the MCM DAV College 36, the DAV College-31, the PGCEA-42, the NRI-26-06, the GGS Indraprastha College-32, the SSSS College-28, the CCEI-26, the GOCBA-56 and the PU campus comprise the volunteer support group. The group would be supported by Bireen Khan, State In-charge officer, NSS; Nandini Sharma, NSS coordinator, PU; Mira Arora, medical officer, UT Red Cross Society; Ranu Sharma, assistant professor, PU; Madhu, assistant programme advisor, NSS Regional Directorate; and Sachin Malik from the UT Red Cross Society.

#### NEED FOR THE PROJECT

The PGI is a tertiary care hospital that caters to patients from almost all states of North India and other far-flung areas. People from different socio-economic status and literacy levels visit the institution for treatment. They are generally lost within the hospital, not knowing where to go and which department to visit for their problems. At times, patients are bedridden and have only one or even no caregiver accompanying them in the hospital for treatment. Such caregivers face lot of difficulties in transporting their patient from one department to another.

**HOW IT WILL WORK:** A patient help desk under the 'Saarthi' project has been set up at the new OPD Block, which will start working from Thursday. NSS volunteers will work in two shifts from 8 am to 12 noon and 12 noon to 4 pm.

#### WHAT IT AIMS AT

- To help poor patients and their families at the OPD Block, PGI
- To guide and support patients to reach the appropriate department for treatment
- To provide physical help by lifting patients, even moving trolleys/wheelchairs in case there is a need
- To engage the youth population in community work to make them community-oriented human beings





**NSS Saarthi Team of MCM DAV with our worthy Principal, Dr. Nisha Bhargava and NSS Programme Officers**





## TRAINING ORIENTATION FOR NSS PROGRAMME OFFICER

Dr. Manjot Kaur, NSS Programme officer of the college, attended the Seven Day Training Orientation for NSS Programme Officers from 20-26 February 2019 at E.T.I.I.D.C, Chandigarh. With a view to provide training/orientation and to develop right thinking, approach and



understanding about the philosophy of NSS, the training is organized with a view to develop right thinking and approach, leadership, commitment, and understanding of the philosophy of National Service Scheme. The training has helped our program officers to develop and provide consultancy services to the colleges in different areas of programme, planning, training, supervision, evaluation etc. the information was provided through group discussions, seminars, preparation and supply of subject papers, personal discussions on specific points and issues.

## POSTER MAKING AND SLOGAN WRITING COMPETITION 29<sup>TH</sup> MARCH 2019

To spread the knowledge about AIDS and blood donation among students of MCM DAV College for Women, the Red Ribbon club of the college organized a Poster Making and Slogan Writing Competition on 29<sup>th</sup> March 2019 on the theme of AIDS and Blood Donation. More than 50 students participated in this competition organized in the campus. The students expressed their creativity and awareness about the issue. The judge of the competition was Dr. Pooja Sharma, Head of the Department of Fine Arts. The decision regarding the winners was made on the basis of following criteria: The following students bagged the First, second and third position in the poster making competition.

1. Rattanajot Kaur
2. Hanspreet and Ashmeet (B.Com-I)
3. Prachi Gupta (B.Sc III Year)



## AWARENESS RALLY ON HIV/AIDS AND BLOOD DONATION 30<sup>TH</sup> MARCH 2019

The Red Ribbon Club of MCM DAV College for Women in collaboration with NSS Units of MCM DAV organized an awareness rally in Chandigarh on the topic of AIDS and blood donation. The students carried self made posters and banners and voiced slogans on prevention of AIDS and encouraging for Blood donation in the village streets. They also interacted with the residents and shopkeepers to generate awareness on this issue of social importance. Around 100 students participated to sensitize the residents about the problems related to AIDS and Blood Donation. Faculty members of the Societies and about 100 students participated in the awareness rally in the outer lanes of sector-36 to generate awareness about HIV.



## NATIONAL INTEGRATION CAMP 2019 24th- 30th March

National Integration Camps are conducted annually, at different places all over the country by National Service Scheme to foster the feeling of national integration. The aim of this camp is to unite the volunteers from different cultures on a single platform, giving them various opportunities to showcase their talent, enhance their skills, and enlighten themselves with abundance of knowledge and experience. Keeping in mind, the

objective, National Integration Camp was held in Chandigarh, under the administration of Regional Director Dr. Madhu Bala. It was held on 24th- 30th March, 2019 at Shivalik Public School, Phase-



6, Mohali, Punjab/Chandigarh. It was organised by National Service Scheme, under Ministry of Youth Affairs and Sports, Government of India.

Such camps inculcate a feeling of brotherhood and develop qualities like unity, co-ordination, sportsmanship, creativity, interaction, confidence and all such virtues that help in the personality development of an individual.

Two students of our students Nikita Bharti of B.Sc- III and Satvikaa Singh of BA-III got the opportunity to be a part of this camp. During the camp, volunteers participated in multifarious activities, like Poster Making, Declamation, Singing Competiton ( Solo and Group), Dancing Competition (Solo and Group), Rangoli Making Competition, Yoga, Exercises, NSS Games and Awareness Rallies. Apart from the schedule, volunteers were part of committees like Food, Discipline and Documentation and participated in various other committees like Stage Management, Decoration and Cleanliness. In this camp twelve different states participated namely, Assam, Bihar, Chattisgarh, Chandigarh, Delhi, Haryana, Himachal Pradesh, Karnataka, Maharashtra, Orissa, Punjab, Uttar Pradesh and Uttarakhand.



## COMMEMORATING ‘JALLIANWALA BAGH CENTENARY’

13<sup>th</sup> APRIL

On 13<sup>th</sup> April, Panjab University Chandigarh organized a programme to commemorate “Jallianwala Bagh Centenary”, which commenced with taking a pledge by NSS, NCC units and youth clubs of the University. Mr Abhay Singh, nephew of S. Bhagat Singh was honoured during the programme by Prof Raj Kumar, Vice Chancellor in the presence of Prof. Harjinder Singh Bedi, Chancellor, Central University, HP, Sh Kamal Arora, Chairman, Chandigarh Sangeet Natak Academy, Sh Subhash Sharma, PU fellow, Prof Shankarji Jha, DUI, Prof Navdeep Goyal, PU Fellow, Prof Karamjit Singh, Registrar, PU, Prof Emanuel Nahar, DSW and Prof Devinder Singh, SVC, PU. 20 volunteers from MCM DAV enthusiastically participated in this program.





The worthy Vice Chancellor in his address informed that the event of Jallianwala massacre which happened 100 years ago, still creates anguish in the hearts of Indians. He urged the youth to become aware of the history to disseminate the information further to others may be in form of music, dance, theatre etc. Prof Harmohinder Singh Bedi while delivering a lecture on “Jalianwala Bagh Massacre”, said that the incident was one of the darkest chapters of India's freedom struggle against the British occupation. It is one of the darkest chapters of India's freedom struggle against the British occupation. He elaborated the detailed account of the suffering caused by this horrific massacre and said that day of sacrifice can never be forgotten by India. He also stressed on the contribution of Punjabis. A cultural tribute dedicated to the martyrs through the musical, dance, theatrical items were presented by the students of Panjab University affiliated Colleges under the coordination of Director Youth Welfare Dr. Nirmal Jaura in the collaboration with the Chandigarh Sangeet Natak Academy Chandigarh. Earlier the diary of Sardar Bhagat Singh was presented by his nephew Mr Sandhu to PU VC in the presence of all dignitaries.



**NOT ME BUT YOU!**



# देश का सबसे स्वच्छ कालेज बना चंडीगढ़ का एमसीएम डीएवी

स्वच्छ कैंपस रैंकिंग 2018 में पहले स्थान पर चुना गया, मानव संसाधन विकास मंत्रालय ने दिया स्वच्छ शैक्षिक संस्थानों में सर्वोच्च अवार्ड

अमर उजाला ब्यूरो

चंडीगढ़। देश के उच्च शैक्षणिक संस्थानों की स्वच्छ परिसर रैंकिंग में चंडीगढ़ के एमसीएम डीएवी कालेज सेक्टर-36 ने नंबर वन पर आकर सिटी ब्यूटीफुल का नाम रोशन किया।

इस खिताब के साथ एमसीएम डीएवी कालेज देश का स्वच्छ कालेज बन गया है। नई दिल्ली में सोमवार को आयोजित अवार्ड समारोह में कालेज को यह खिताब मानव संसाधन विकास मंत्रालय के केंद्रीय

कालेज ने बुनियादी तौर से स्वच्छता पर दिया है खास ध्यान, लेकिन 2014 से योजनाओं को किया गया पुख्ता

कालेज प्रिंसिपल ने बताया कि कालेज की बुनियादी तौर से ही यहाँ स्वच्छता को प्राथमिकता दी गई। लेकिन 2014 से स्वच्छता को लेकर और योजनाओं को पुख्ता किया गया। कालेज के प्रयासों में स्वच्छ भारत अभियान के तहत बायो गैस प्लांट लगाना, वर्मीकॉम्पोस्टिंग, पौधरोपण अभियान, मोर ऊर्जा निर्माण, रन वाटर हावीस्टिंग, रियल टाइम एयर क्वालिटी मॉनिटरिंग सिस्टम, वेस्ट सेपरेशन, नीले और हरे कूड़ेदान कैम्पस में रखने, परिसर को सफाई, एनएसएस की ओर से परिसर और आसपास के परिवेश की सफाई,



भविष्य में अधिक गांव लेंगे गेद

कालेज प्रिंसिपल डॉ. भार्गव ने कहा कि यह अवार्ड स्वच्छता के प्रति अपने सरोकार और दायित्व को रखने के लिए मिला है। इस पर कालेज प्रबंधन और छात्रों को गर्व है। उन्होंने बताया कि स्वच्छ भारत मिशन के उद्देश्यों के साथ-साथ ही एमसीएम ने स्वच्छता संबंधी अपने लक्ष्य का सामंजस्य बनाए रखा है। वेस्ट मैनेजमेंट के आधुनिक और वैज्ञानिक तरीकों को प्रोत्साहित करना, सफाई एवं स्वच्छता के महत्व के प्रति जागरूकता बनाना, सफाई रखने के व्यवहारिक बदलाव को प्रभावी बनाना - ये सभी उद्देश्य केंद्रीय स्वच्छ भारत मिशन के सर्वथा अनुरूप हैं। इस सिद्धांत से मार्गदर्शन लेकर एमसीएम सस्टेनेबल डेवलपमेंट तथा समाज के सभी स्तरों के विकास के लिए

## एमसीएम में 7-दिवसीय एनएसएस शिविर का शुभारंभ

अर्थ प्रकाश संवाददाता/चंडीगढ़

सेक्टर-36 स्थित एमसीएम डीएवी कालेज फॉर वुमेन में सामेवार को स्वच्छता विषय पर 7-दिवसीय एनएसएस शिविर का शुभारंभ हुआ। एनएसएस अधिकारी डॉ. नमिता भंडारी और मनजोत कौर के मार्गदर्शन में नेतृत्व में आयोजित इस शिविर में 100 से अधिक स्वयंसेवकों और 10 स्टाफ सदस्यों ने



## SWACHH CAMPUS RANKING 2018 MCM DAV is the cleanest residential college in India

HT Correspondent

CHANDIGARH: The Mehr Chand Mahajan Dayansand Anglo Vedic College for Women, situated in Sector-36 and called MCM DAV in short, has bagged the first rank in the National Swachh Campus Ranking 2018 among colleges in the residential category.

Principal Nisha Bhargava received the award on behalf of the college from Union minister Prakash Javadekar in New Delhi on Monday.



## एमसीएम कॉलेज में 'स्वच्छता ही सेवा' शिविर संपन्न



चंडीगढ़। एमसीएम, डीएवी कॉलेज में 'स्वच्छता ही सेवा' विषय पर आठ दिवसीय एनएसएस शिविर का समापन हो गया। इसमें लगभग 100 विद्यार्थी 10 कॉलेज अध्यापिकाओं ने हिस्सा लिया। कॉलेज की एनएसएस कमेटी की प्रमुख नमिता भंडारी एवं डॉ. मनजोत द्वारा शिविर का आयोजन किया गया। इस मौके पर कॉलेज प्रिंसिपल डॉ. निशा

पर स्वच्छ भारत अभियान के तहत बायो गैस प्लांट लगाना, वर्मीकॉम्पोस्टिंग, पौधरोपण अभियान, मोर ऊर्जा निर्माण, रन वाटर हावीस्टिंग, रियल टाइम एयर क्वालिटी मॉनिटरिंग सिस्टम, वेस्ट सेपरेशन, नीले और हरे कूड़ेदान कैम्पस में रखने, परिसर को सफाई, एनएसएस की ओर से परिसर और आसपास के परिवेश की सफाई,

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## NSS CAMP CONCLUDES AT MCM DAV COLLEGE

CHANDIGARH: The National Service Scheme (NSS) unit of MCM DAV College for Women, Chandigarh, concluded its seven-day/night camp which aimed at enhancing the professional and social skills of the volunteers through various activities, lectures and demonstrations. More than 100 volunteers and 10 staff members had registered for the camp on the theme of 'Swachhta'. Principal Nisha Bhargava had inaugurated the camp and gave a presentation highlighting the achievements of the college in 50 years. HT

एमसीएम डीएवी कॉलेज सेक्टर-36 में आयोजित एनएसएस शिविर में 'स्वच्छता ही सेवा' विषय पर आयोजित शिविर का समापन हो गया। इसमें लगभग 100 विद्यार्थी 10 कॉलेज अध्यापिकाओं ने हिस्सा लिया। कॉलेज की एनएसएस कमेटी की प्रमुख नमिता भंडारी एवं डॉ. मनजोत द्वारा शिविर का आयोजन किया गया। इस मौके पर कॉलेज प्रिंसिपल डॉ. निशा भार्गव ने शिविर का शुभारंभ किया और प्रस्तुत किए। समापन समारोह में विक्रम, स्टेट

# 'स्वच्छता ही सेवा' पर लगाया एनएसएस शिविर सम्मन्न

## शिविर में 100 विद्यार्थियों व 10 कॉलेज अध्यापिकाओं ने लिया हिस्सा

चंडीगढ़, 1 जनवरी (पटानिया): 'स्वच्छता ही सेवा' विषय पर लगाए गए एनएसएस शिविर में लगभग 100 विद्यार्थियों व 10 कॉलेज अध्यापिकाओं ने हिस्सा लिया। एमसीएम, डीएवी कॉलेज में कॉलेज की एन.एस.एस कमेटी की प्रमुख डॉ. नमिता भंडारी एवं डॉ. मनजोत द्वारा शिविर का आयोजन किया गया। इस मौके पर कॉलेज प्रिंसिपल डॉ. निशा



'स्वच्छता ही सेवा' विषय पर लगाए शिविर के समापन मौके विक्रम

प्रेरित किया। स्वयंसेवक विद्यार्थियों ने अंगीकृत गांव बधेरी में कई रैलियों का आयोजन किया, जिनमें स्वच्छता, जल संरक्षण तथा मासिक धर्म स्वच्छता प्रमुख रहे।

शिविर के समापन समारोह में पुरस्कार वितरण के साथ-साथ स्वयंसेवक विद्यार्थियों द्वारा कई सांस्कृतिक कार्यक्रम प्रस्तुत किए। समापन समारोह में विक्रम, स्टेट





# Mehr Chand Mahajan DAV College for Women

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

- Awarded First Rank in Swachh Campus Rankings 2018 (Higher Educational Institutions) by Ministry of Human Resource Development Govt. of India in the category of residential colleges in India.
- Awarded Third Rank in India under Citizens Led Indicatives by Ministry of Home and Urban Affairs in 2019, Govt. of India.

## Celebrating Golden Jubilee



## Glimpses of Golden Jubilee Celebrations



## HIGHLIGHTS

- ★ A Grade by NAAC
- ★ STAR STATUS conferred by Department of Biotechnology, Ministry of Science and Technology, Govt. of India
- ★ Ranked among TOP 30 Institutions nationally by India Today
- ★ Ranked among TOP 50 Institutions at national level by The Week magazine
- ★ Rated TOPMOST Women's College of the region by The Tribune
- ★ Highest student strength among all affiliated women's colleges of Panjab University, Chandigarh
- ★ First Research Centre in English affiliated to the Department of English and Cultural Studies, Panjab University, Chandigarh

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