



Mehr Chand Mahajan
DAV College for Women

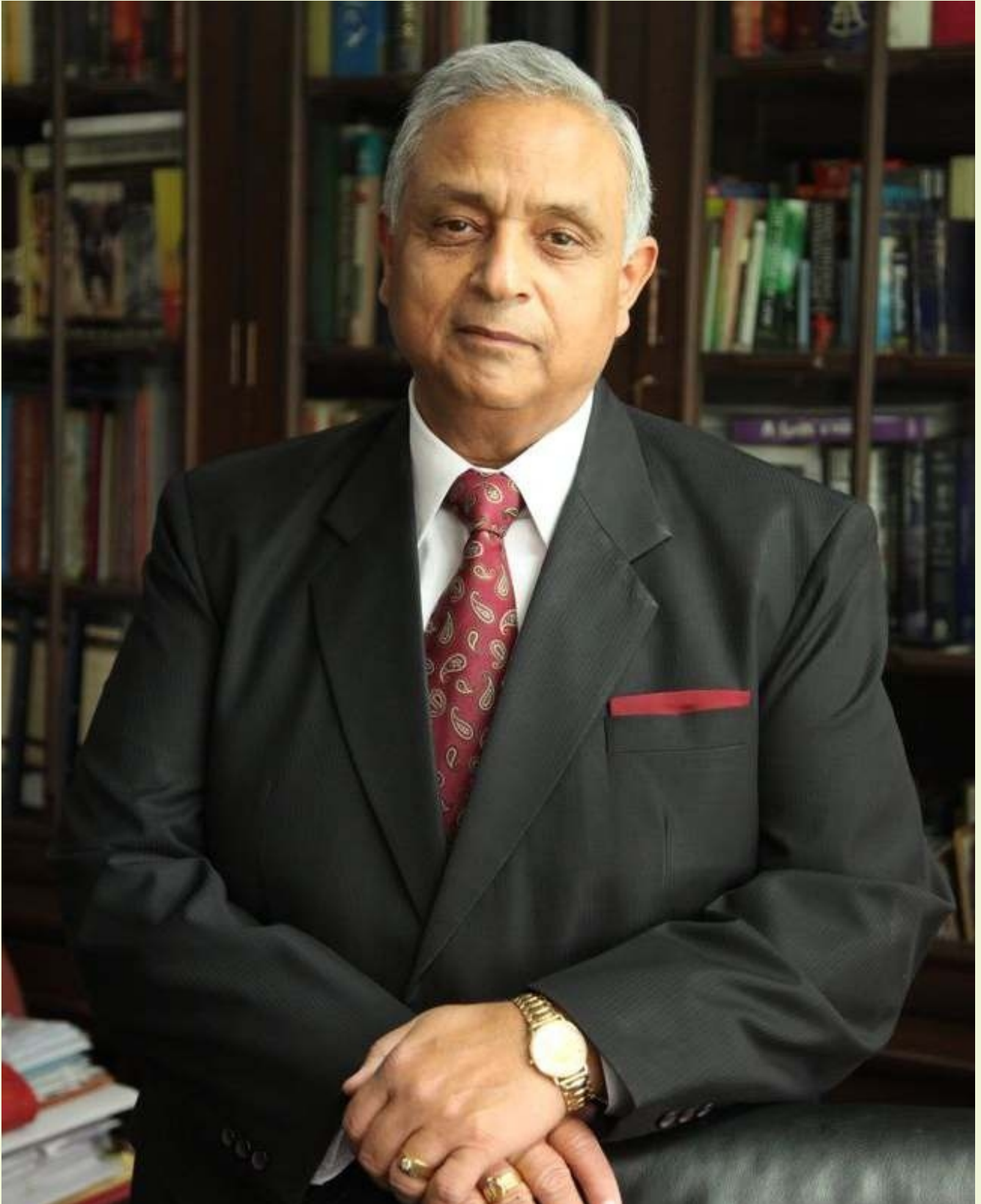
Sector 36-A, Chandigarh

Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

Our Guide and Mentor



Dr. Punam Suri Ji, Padma Shree Awardee
Hon'ble President
DAV College Managing Committee
New Delhi



Principal's M

MCMDAV College for women, the premier institution of north India has completed 50 years of its establishment. The Golden Jubilee Year was truly instrumental as we initiated several endeavors to take our celebrated institution to greater heights. Skill Development was one such undertaking that helped us bridge the gap between industry, entrepreneurship and employment. This programme was designed to enable our stakeholders to be job providers and to empower the youth by providing them with requisite skills to stimulate the growth of the nation.

The National Skill Development Mission was approved by the Union Cabinet and of launched by the Honourable Prime Minister on the occasion of World Youth Skills Day. The Mission was developed to create convergence across sectors and states in terms of skill training activities. To make our contribution to this national mission, we commenced in this direction.

Mahatma Gandhi held the opinion, "The brain must be educated through the hand." Keeping this as our guiding principle, we incorporated skill development into our education system. With the objective to strengthen the supply chain of demand and skilled manpower, our institution held various workshops throughout the year. The Workshops on Organic Farming were one-of-a-kind as we tried to connect our students to certain primary needs of human existence. Our participants learnt the art of agriculture, developed urban kitchen gardens, helped create awareness about it in various sectors and sold their produce at nominal prices as well. This helped them understand the dynamics of free enterprise and also added to the augmentation of national capital. A similar routine was followed with varied workshops on Web Designing, Anchoring, Photography, Content Writing, Food Preservation, World Cuisine, Translation, Life Skills, Safety, and Fabric and Jewellery Designing which were a great success academically and monetarily. Our students gained vocational skills and their innovative ideas helped them get an edge. With the existing vacuum in employment opportunities, skill development provides a ray of hope to all.

This sunshine will spread over to other sections and sectors as well. We will be introducing many more innovative skill development programmes this year, which will be beneficial for our students and the larger society as well. These programmes shall seek to create an end-to-end implementation framework for skill development which shall provide opportunities for life-long learning. This shall include incorporation of Skill based courses in the college curriculum, providing opportunities for quality long and short-term skill training, by providing gainful employment and ensuring career progression that meets the aspirations of trainees.

With our glorious years of excellence as our history, and many more to come, we surge ahead to accomplish newer goals and achievements. Nurturing our students as individuals who are cognizant of their social responsibilities and challenges in the new world has always been our mission and shall be for all times to come. I wish that our future programmes of skill development create more employable professionals that spread the glory of our institution worldwide. All the best!



Dr Nisha Bhargava
Principal

Foreword



Knowledge is a potential energy whose power is well harnessed when given a direction and destination. Transformed thus into a skill, it results in constructive and concrete results. Not always is a skill an application of knowledge, for, it may be a chance discovery that paves way for a new theoretical arena. The discovery of fire or the sprouting of a randomly lying seed, many such skills have contributed to the solving of issues or progress of human society.

Throughout the history of human civilisation, the complementary role of knowledge and skills has contributed to its evolution. Recognising this well-established fact is but natural for an institution of higher education to weave it in its system of teaching and learning.

The Skill Development Initiative at the MCM DAV College aims to channelize the energies of its students in a manner that they turn out to be strong individuals and team workers who can contribute to the society and nation as per their respective abilities. The College envisions developing skills in the broadest sense possible. The scope is limited not just to skills being an accelerating factor in the job market, but also extends to catering to the entrepreneurial inclinations of the young women. Preparing them to be not just 'job seekers' but 'job providers' as well, the ambit of activities is such that they can think beyond the nation's boundaries as well, to explore their potential in foreign lands.

As the society evolves and the kaleidoscope of needs and challenges changes, the Government too alters the paradigm of skill development. MCM endeavours to keep itself in sync with these changes to be able to contribute to the task of nation building.

Besides, the college endeavours to lead by setting a precedent for others to follow. It has thus been envisioned to take skills beyond its 'earning potential'. With the underlying belief that inner strength is a sine qua non for outer achievements, emphasis is laid on imparting skills that develop personality and character as well. Programs like 'Meditation as a skill' are testimony to this belief.

The higher values like generosity, creativity, and aesthetics are woven in the tapestry of the usual skill programs with specific outputs. The emphasis on interdisciplinary inputs in each program ensures that technical, creative and human aspects form the solid foundation for development of wholistic individuals.

The contemporary world with its own national and international socio-economic challenges requires individuals who can look beyond the immediate and the local. The Skill Development Initiative at MCM aspires to fulfil this need by imparting skills that enable young women to create an identity for themselves and be a pillar of strength to others as well.

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Under the able guidance of Principal Dr Nisha Bhargava , each and every department/ committee of the College takes forward the mission of integrating the powers of knowledge and skills to produce women who epitomise an amalgam of strength and grace.

Dr Gurvinder Kaur
Convenor, Skill Development Committee
MCM DAV College for Women, Chandigarh



Members of Skill Development Committee

Dr. Gurvinder Kaur

Dr. Vandana Sharma

Dr. Komil Tyagi

Ms. Shelly Nanda

Dr. Bindu Dogra

Dr. Kiran Jindal

Dr. Zeenat Khan

Ms. Jasmine Anand

Ms. Chris Bindra

Dr. Neha Pandeya

Ms. Deeksha Gupta

Ms. Navdeep Kaur

Dr. Amardeep Kaur

Dr. Harjot Kaur Mann

Dr. Renu Bala

Dr. Qudrat Hundal

Dr. Madhuri Tanaji Patil

Ms. Manjot Kaur

Ms. Meenakshi

Dr. Purnima Bhandari

Dr. Sha

Dr. Sandeep Kaur

Dr. Aparna Sharma

Ms. Ruchika

Ms. Meenakshi

Mr. Ashish Mudgal

Mr. Sushil Bhandari

Mr. Pushkaran Singh



Sustain and be able!

A self-financed Workshop Series on Sustainable Urban Farming apprised the students with one of the most ancient skills known to mankind - Agriculture. They were imparted knowledge and skill regarding non chemical methods of growing vegetables in small areas and in pots, and also made aware of the need for shift to chemical free farming at the macro level. These workshops were held to initiate a meaningful dialogue and action-orientation with regard to food in the broader context of Sustainable Development. The course content included; Mechanized agriculture and food, Soil and water management especially at small urban spaces, Seeds and their preservation, Organic manure, Plant diseases and their care, Pests and insects, Health and Nutrition and Economics of organic farming. The duration was from February to April 2018. Each workshop of at least two hours and total 8 workshops apart from farm visit and taking care of plants were held.

The programme started on an august afternoon in August with Mr. Rahul Sharma as the resource person. Apart from theory on what and why of organic farming, the 21 enrolled students learnt to make soil beds, and sowed seeds of spinach, kale, garlic, radish, broccoli, carrots and onions. Ms Ashreen, a young farmer devoted one lecture on challenges she faced since her decision to

become a farmer. Grants to the tune of Rs. 23,000 have been availed under Rashtriya Uchchar Shiksha Abhiyan (RUSA) for the programme.





Spellbind the Spectator!

A self financed Workshop was held on 'Anchoring in Panjabi' that aimed at promoting Panjabi language through the world of entertainment and event management, by equipping the girls with skills that can be exercised in the media and on the stage. The series started with words of encouragement from Satinder Sartaj, noted Panjab singer and actor. The resource persons included — Prof Satish Verma (Panjabi Theatre), Dr. Archana (Deptt of Mass Communication, PU), Dr. Komil Tyagi (MCM DAV College for Women), Mr. Jasbir Kapoor (Web Designer and Event Manager) and Ms Sheetal. Six workshops were conducted to facilitate creation of anchors who can entertain, inform and engage audience with passion and grace. Course Contents were;

Anchoring as a career, Nuances of Anchoring in Panjabi especially its role in promotion of the language and the culture, Content for anchoring especially the role of literature and general awareness, Script writing, Voice modulation, Body language and Ethics in anchoring.



Pick a Click!



An interactive session was held on 'Photography as a medium for Communication and Story Telling'. Mr. Samar Viridi, a budding photographer and film maker apprised about 100 students of the theoretical, philosophical and technical perspectives of photography. He demonstrated how to use it as a skill in communication; as a student and a professional. The students were apprised of the subtle nuances of giving meaning to the photographs captured spontaneously as per the subject matter of presentation and developing an eye for looking at everything as a frame. The participants learnt that given a theme, they could discover a good photograph in the everyday life.

A Workshop on Photography was conducted by Mr. Rajnish Katyal, a renowned Professional Photographer. He familiarized the participants with the nuances of photography including types of cameras, lenses, exposure, photography



techniques and picture composition. He explained various technicalities related to photography with the help of photographs to elucidate upon the concepts of exposure and composition which helped the participants in gaining a better understanding of the art and science of photography.

The Department of Mass Communication produced a Short-film on 'What can I do to make India Clean?' under the able guidance of Ms. Preeti Gambhir, in order to use the medium of film for promoting the cause of Swachh Bharat Abhiyan. The 6-day activity honed the skills of the students of the department in the art of film-making and editing while promoting the message of Swachhata. A total of 10 students of the department, conceptualized the idea of the short film, did the scripting, shooting and editing of the film. Besides providing the students of the department practical training in the field of short-film shooting including ideation, scripting, acting and editing, the short-film also proved to be a potent medium to spread the message of Swachhata as the film was uploaded on the Facebook page and YouTube channel of the college.

The department of Mass Communication in collaboration with Department of Zoology organised a Biodiversity photo shoot to nurture the photography skills of the members of Photography Club and capture the biodiversity present on the



campus. An interdisciplinary activity, the photo shoot had two-fold purpose of serving as a hands-on training session for the Photography Club members and as a practical session for the students of Zoology. The students of Zoology under the guidance of Dr. Neetu and Ms. Preeti Gambhir, put to use their theoretical knowledge by identifying the abundant flora and fauna in the campus and maintained a record of the bio-diversity present on the campus, while the members of Photography Club got the opportunity to hone their photography skills by capturing the bio-diversity.

To team or to team!



Ms Margaret Solomon from La Sierra University had an interaction with students on 'Leadership Skills in the face of Challenges of Higher Education in the 21st Century'. Enlisting Leadership as one of the basic life and professional skills, she emphasized its relevance in the contemporary times more than ever. Her emphasis was on both the teacher and the taught developing leadership qualities in their respective roles. She opined that the qualitative purposes of higher education could be achieved in terms of education broadening mental horizons and being relevant to solving the issues of its time.

Earn to Learn!



Our Alumni, Ms. Pia Bakshi and Ms. Spriha held a workshop on 'Scholarships to Study English Literature in Indian and Foreign Universities' and the right methodology of applying for them. According to them searching for the right courses and right scholarships was in itself a skill in the present times where there is are plethora of sources of voluminous information that can be overwhelming to the he untrained mind.

Career Graph!

A Workshop series on "Graphics Designing using Photoshop and CorelDraw" was conducted with an objective to inculcate essential graphics and visual communication skills within students. The workshop focused on coverage of the minute concepts of advertising and graphic designing such as logos, company identities, brochures and catalogues with fine skills and depth of creativity. The Resource Person for these workshops was Ms. Jasleen Kaur from Winsoft Computers, Mohali. The Course Content included; CorelDraw, Logo and Shape designing, Visiting cards Designing, Invitation/ greeting cards Designing, Brochure Designing, Advertisement and pamphlets Designing, Flex board Designing, Photoshop, Photo editing, Retouching and Color correction, Collage Making,



Photo Masking, Typography. It was a programme of 30 hours spanned over 15 sessions. More than 40 participants benefitted from the programme. The Methodology (Theory and practical) comprised of installation of software on computers and laptops, frontal activities to introduce the core concepts, hands on practice to implement the various tools, micro groups' formation for completion & submission of the assignments after every session. The Career scope of the workshop is that the students can be placed as a graphic designer in most of the reputed companies and opt for freelancing.

Look before you leap!



A two day Road Safety workshop titled 'Mission

Salaamati' was held for college students. The speaker on the first day was Ms. Amol Kaur, Project Coordinator (District SAS Nagar and Chandigarh) Sambhav Foundation, along with the support of Azko Nobel. In the session of 1 hour and 15 minutes she deliberated upon basic awareness on Road Safety. On Day 2 Dr. Rakesh Khullar, First Aid/Responders Training apprised the students regarding First Aid. The programme aimed to address pertinent questions related to road safety. Our target population was the youth in the age bracket of 15-29 as they at the greatest risk of either being a victim or perpetrator of most accidents that happen on the roads. This endeavour helped in bringing awareness and behavioural changes regarding road safety in today's youth.

Market the Contents!

Workshop series on "Web Copywriting & Content Marketing" was held with Dr Nosheen Kapoor as the Resource Person. The prospect of the programme was employment opportunities in IT Companies, Digital Marketing Agencies, Opportunities for Self Employment and more. 11 sessions were held with an objective of gaining a professional / Profitable Skill Set for the Digital & the Web Industry. 60 participants learnt introduction to Copywriting & Content Marketing,

SEO, Blogging, PPC Ads Article along with exercises, Social Media, Content Marketing and Newsletter Contents.

The skill of Copywriting is distinct from branding or advertising and that was delivered to the participants. It entails the use of good vocabulary, flawless grammar, well-structured content and of course a stunning story. Content writing skill needs to be acquired while being mindful of various nuances like the target group, the objective and the various factors affecting visibility and conversion. It taught the learners to create a site where users could easily navigate and also choose a domain name that makes a difference. Various business ideas were discussed and each participant prepared her website name and its conversion.

Also, students were given tips to choose a suitable website name appropriate to the objective. Both title tag and description tag and the choice of words were discussed at length. Participants were required to prepare their website name, content and design of the homepage, title tag and description tag. An interactive discussion was held about the EU data privacy law. The role of emotions being a key driver of the consumers' action was elaborated upon. The participants were acquainted with the relevance of content with respect to context followed by a practical example of 'pop-ups' and 'call to actions'. The resource person also engaged the participants in a discussion about GDPR (General Data Protection Regulation).

The Anchor holds!

In November 2018, two workshops were conducted on Anchoring, one each by Ms Bano Pandita, Senior Anchor, All India Radio, Chandigarh and Mr. Vijay Kapoor, a renowned poet, stage actor and director. While Ms Bano focused on the ethics of anchoring, Mr. Kapoor explained the nuances of anchoring with special reference to stage anchoring.

Environment Friendly Plastic: Make it to believe it!



Biopolymer is spread over a thin sheet to form its Dried bioplastic

face

Our students learnt a major lesson; the earth is what we all have in common. Humans have destroyed the environment for their benefit and now are working to reverse it. Replacement of hazardous plastic with a friendly one is an idea to begin with. A two day workshop was conducted by Dr. Shefali Dhiman and Dr. Danya from the Department of Chemistry, MCM DAV College for Women on "An innovative route for the preparation of environmentally benign bio-plastic films". It was organized with an objective to prepare bio-plastic films which are easily biodegradable compared to normal plastics. This is not only environmentally benign but economically viable also. The participants learnt to make plastic using starch which is a cheap biopolymer. They also checked the durability of films and biodegradability under various chemical environments. Apart from teaching a new physical skill to the participants, it comes handy when the students face the world which is constantly facing the challenge of dealing with plastic which poses a major environment threat.

Survival of the Fittest!

As yet another step forward towards holistic well being, a workshop on "Holistic Wellness" was



Breathe in life, breathe out stress!

Our rich civilization considers meditation a way of life and it is gaining significance across the world. A session on “Meditation - The Most Important Life Skill” was conducted by Swami Krishnananda Giri for about 400 students and members of the staff. Swami ji emphasised on the superiority of mind over body. The session was quite relevant as it is an important life skill which helps the person to calm his mind and focus on what is positive. The participants learnt the nuances of meditation which cuts across the barriers of age to benefit everyone alike

organized by the Department of Philosophy, which was attended by over 150 participants. Mr. Suneet Joshi, the resource person conducted a one day session in which he delved into the philosophical and practical approach towards wellness. It envisioned acquainting the participants with the complete philosophy and way of life for achieving all round success. The areas dealt with included philosophy of health, importance of breath, customizing exercises and relaxation techniques. The participants appreciated the program and understood the significance of employing a holistic approach to health and wellbeing. The life skill thus taught is a lifelong lesson.



Be the Change you Want to See!



In a dynamic democracy like ours, it is crucial that the citizens and especially the young voters are acquainted with the legislative procedures. The skill development workshop titled “Legislative Procedures and Practices” was a noteworthy step in this direction which introduced the participants to the role of people’s representatives and also provided them with skills to be part of a legislative support team and introduce them to real life legislative work. The three day Workshop organized by the department of Political Science covered three broad topics covered included Powers and functions of people’s representatives at different tiers of governance, Role of committees in reviewing government finances; Reading the Budget Document and Supporting the Legislative Process and legislative Committees conducted by Ms. Ashima Gupta, Ms. Jagjit Kaur and Dr. Ritu Khosla respectively. It was attended by 50 participants who enthusiastically learnt the complexities of the procedures involved and also participated in the parliamentary debates after each session. The issues discussed ranged from judicial activism and interference vis-à-vis legislative process.

Dab Dab Trick, What a Fabric!



Hastkala, a seven day Training Programme was organized with an objective to develop the skill in Fabric Ornamentation. The three techniques taught included Tie and Dye, Block Printing and Fabric Painting. Ms. Rati Arora was the Resource person who gave hands on training to the participants. They prepared vibrant and aesthetically designed kurtas, dupattas, tops, pillow covers, table covers and jute bags. The participants were pleased with the output and felt that they could use it for both personal and professional use. It opened newer avenues of employment too.

In order to inculcate the art of painting and Khaddi Printing, a two day Workshop on Fabric painting and Khaddi printing was conducted by the department of Home Science. The resource person, Ms. Deepali, Freelance Artist, Deepakriti Institute of Creative Arts trained 30 students how to paint fabric in various unique ways. The participants prepared dupattas, scarves and kurtis by using fabric painting and khaddi printing techniques.

In consonance with the objective of Skill Development Programmes which aim to make the

trainees self reliant and hone their entrepreneurial skills, a Workshop cum exhibition on articles made by students which included Tie and Dye, Best of waste and Food stall was organized by the department of Home Science. The Art articles and food stuffs were prepared and sold by the students and they were appreciated by the guests, judges, principal and faculty members who visited and also purchased the items.

World Master-chef!



The world has become a global village and it becomes all the more important that students are exposed to the multi-national cuisine to enable them to cater to the world which is shrinking day by day. The Workshop on New World cuisine conducted by the department of Home Science envisioned the same and catered to the need of the students to learn new methods of cooking and presentation of food. Chef Jaswinder Singh, Faculty, UIHMT, PU was the Resource person. The layout of complete course meal of cuisine was also taught.

All celebrations begin with a cake. Keeping that in mind, a one day workshop on “Chocolate Making and Cake Icing” was conducted by the department of Home Science to impart entrepreneurial skills to the participants. It was conducted by Ms. Sanyogita, a Culinary expert and Coach,

NIESBUD. About 34 students participated and were pleased with the exposure. With an objective to give exposure to various arts and crafts, another Workshop on Glass Painting, Bottle Decoration and Jewellery Making was organized. It was a two day workshop conducted by the department of Home Science. Ms. Santosh from Pidlite Industries was the Resource person. 32 students participated in the workshop and prepared attractive articles like painted bottles, glass painting and jewellery making. It met the dual objective of exposing the students to various arts along with crafts.

Protect the platter!

In today's fast paced world, it is important to learn the proper method of food preservation to ensure that the food remains nutritious for consumption. The Workshop on Food Preservation was conducted by the department of Home Science. The workshop focused on the need and skill of food preservation and aimed to create awareness regarding its scope and employment opportunities. It was attended by 30 students and Mr. Harpal Singh from Community Food and Nutrition and Extension Unit, Chandigarh was the Demonstrating Officer. The food items prepared included Lemon Syrup, Mango Squash, Tomato Sauce, Tomato Chutney, Mix Fruit Jam, Fruit/ Vegetable Murabba, Mix Vegetable Pickle,



Gingeraile, Poha/Dalia and Poshtik Panjeer to name a few. The participants thoroughly enjoyed the sessions and looked forward to more such initiatives.

First Aid First



In order to familiarize the students with the First Aid Techniques to prepare them for accidental emergencies, a one day Workshop on First Aid Techniques was organized by the department of Home Science in which 52 students participated. The Resource person Dr. Santosh Kumar from Punjab State Red Cross Society acquainted the participants with the techniques of dealing with emergencies and accidents.

Cultivation of Oyster Mushroom from Solid Wastes

With an aim to empower the students with the entrepreneurial skills and impart hands on/experimental training about cultivation of Oyster mushroom from solid wastes and to strengthen and promote the concept of effective solid waste management practice of agricultural waste and domestic kitchen waste by using them for cultivation of highly nutritious variety of mushrooms (Food from waste) under the

Swatchta Abhiyaan movement, a Course on Cultivation of Oyster Mushroom (*Pleurotus* spp.) in bags and plastic bottles using Agri-Kitchen waste was organized in the College. The main objectives of this initiative included optimizing different wet solid wastes and their combinations in different ratios, use of plastic bottles to manage plastic waste, generation of in house spawn of *Pleurotus ostreatus* variety of Oyster mushrooms, optimizing conditions of temperature and humidity crucial for spawn run and pinning stages of mushroom growth and optimizing the technique of plastic bottle filling, spawn layering, spawn run, pinning and final harvest. Nutritional analysis of cultivated Oyster Mushrooms was also done at the



last stage of the workshop. Dr. Vandana Sharma and Dr. Sandeep Kaur conducted the course in two sessions. Session I included in house Spawn generation spread over 20 days and Session II included Cultivation of Oyster mushroom spread over 35 days. The students after receiving the training gained both domain knowledge and technical skills regarding Mushroom Cultivation.

Bend it like Beckham!

The Department of Physical Education organised a one-day free of cost training programme on advanced soccer skills with the aim to provide and



nurture professional soccer skills, to enhance team spirit and capacity building. The three-hour each theory and practical programme was conducted by Tommy Taylor, international player and coach of South Hall Club, Canada who trained twenty women soccer players from various institutions of Chandigarh in the college premises. The students were taught the strategies and skills of American Soccer which led them to secure the third position in the Panjab University Inter College competition. Further, the South Club has provided the college with the opportunity to start its own soccer club and the college football team was officially chosen to be professionally trained by the international coach Tommy Taylor.



Interior Designing Software

The Department of Interior Designing and Decoration organised a 7-day workshop to impart knowledge of an Interior Designing Software. The workshop was held in the college premises wherein 11 students participated. The students gained the knowledge to design 3-dimensional images to create visual concepts, using computer software, to communicate ideas that inspire, inform, and captivate consumers.

Ace of Grace

The Department of Cosmetology organized a hands-on training workshop to enhance the practical knowledge of the skill and craft of cosmetology. The workshop was divided into four training sessions of various skills conducted by different resource persons. The first training session was conducted on Mehndi application. A total of 15 students participated in this two-hour session which was apprised by Ms. Supreet and Ms. Sarvjeet from the Department of Cosmetology. The second session included a talk on PCOD and unwanted hair given by the renowned skin specialist Dr. Mehak. This two-hour session was attended was 35 students. The third session was organised on the Himalaya skin treatments by the associate staff of Himalaya wherein 50 students had



participated. The last session included one hour personal grooming classes for the non-cosmetology students. These classes were conducted by the faculty members Ms. Supreet and Ms. Sarvjeet. The main objective of this session was to emphasize the importance of personal hygiene and identification of good grooming habits.

Aquaponics

The Department of Zoology organized the training workshop to disseminate knowledge of the Aquaponics system. Aquaponics combines conventional aquaculture with hydroponics in a symbiotic environment and contributes to reduce



the strain on natural resources. The only input into an aquaponics system is fish food. The fish eat the food and excrete waste, which is converted by beneficial bacteria to nutrients that the plants can use. By consuming these nutrients, the plants help to cleanse the water which can be reused by fish. Herbicides, pesticides or other harsh chemicals are not used in this system. This workshop was conducted by Mr. Himank Kakkar, an entrepreneur, to acquaint the youth with the idea of sustainable practices. The workshop was attended by 12 students and 7 faculty members in which Mr. Kakkar gave a comprehensive introduction to the technique by stating that Aquaponics is a great example of indoor farming and can be used to sustainably raise fresh fish and vegetables. He further informed that the unique feature of this first of its kind venture in Chandigarh is the use of harvested rain water for the said purpose and the use of mosquito eating fish, *Gambusia* for cleaning stored water in the tank.

Nemo's Niche

The Department of Zoology organized a hands-on training workshop on "Aquarium designing" for a better understanding of aquarium setting and maintenance and to develop entrepreneurial potential amongst the students in the field of



ornamental fish farming. The workshop was organised on March 10, 2018 for a nominal fee of 2000 rupees. The resource person was Dr. Yogesh Kumar Rawal, Associate Professor and expert in the field of Aquaculture. He emphasized on the techniques of construction of glass aquarium and its maintenance. He talked about breeding and rearing of various aquarium fishes, preparation of fish feed, health related problems with ornamental fish and propagation of aquatic plants.

Language Liaison



The Department of Hindi organized a two-day workshop on translation. The workshop was organised on Anuvad: Sambhavnayen evam Samasyaen. The objective of the workshop was to familiarise the students with translation techniques and employability in the field of translation. The resource persons for the workshop were Prof. Pankaj Malviya, Department of Russian Studies, Panjab University, Ms. Neena Behal, Assistant Director, Aakashwani, Chandigarh and Mr. Mahender Singh, Hindi translator, Office of the Accountant General, Punjab and UT Chandigarh. A total of 40 students participated in the workshop.

Be the Breadwinner

A Lecture-cum-Interactive session on 'Entrepreneurship: Opportunities and Challenges. Recognize the Entrepreneur in You' was organised in collaboration with Placement Cell to contribute to the country's economic development and aid in employment generation by motivating the students to explore their potential in the field of entrepreneurship. The two-hour session was organised where Mr. Maninder Sethi, Director, Excelsior Public Relations, Brand Wedding Asia and Editor-in-Chief, La Polo, sensitised students about the opportunities and challenges in the area of entrepreneurship

Math-e- Matrix

A Two-day RUSA sponsored Skill Enhancement Computational Mathematics Workshop on MATLAB was conducted. The aim of workshop was to sensitize the students on the use of the mathematical programming language MATLAB. The resource person Dr. Anuj Sharma, Assistant Professor, Department of Computer Science and Applications, Panjab University apprised 74 students and provided hands-on computations through lab sessions. He created awareness among the students about the dependency of science and technology on the software and to make them familiar with the usages of modern mathematical/computational research using the programming language.





Safety should be Priority

The Post Graduate Department of Sociology initiated a Pro-active safety programme in collaboration with Chandigarh Police. The aim of the programme was to 'empower the girls we love' with self-defence skills that enable them to respond effectively to potential safety threatening situations. The inaugural of the programme was graced by Chandigarh S.S.P Nilambari Jagadale and D.S.P Anjitha, women and child support unit Chandigarh. The SWAYAM self-defense team demonstrated the self-defense techniques and conducted training sessions for the students in 15 batches, each batch comprising 100 students was imparted six days' training. The programme empowered 1500 girls with self-defence techniques.

The Grand Finale of this programme was held which was graced by the presence of Honorable

Punjab Governor and Chandigarh administrator Mr. V. P. Singh Badnore. The other dignitaries present on this occasion included Chandigarh D.G.P Sanjay Beniwal, Chandigarh S.S.P Nilambari Jagadale, D.S.P Anjitha and S.S.P Traffic Shashank Anand. A demonstration of self-defence tactics learnt during the programme was presented by 500 students, which drew a thunderous applaud from the audience.



Spin a Story!



The Postgraduate Department of English organized a One-day workshop on “Literature and Trends in Contemporary Indian Writings”. The resource person for the workshop was Ms Suparna Puri, a prominent writer associated with the Print Media like The Tribune, Hindustan Times and Daily Post. The speaker conducted workshops on storytelling, and creative writing. She also held discussions on Contemporary Indian Writing trends in the works of select eminent authors. The workshop witnessed an enthusiastic participation of 110 students from Graduate (Honours) and Postgraduate students.

Trans-the-Form

The Department of English conducted a very informative and enlightening Inter-college RUSA-sponsored workshop on Translation:



Technicalities and Challenges. Prof Rana Nayar, Dept of English and Cultural Studies, PU, and an avid translator of Punjabi literature into English, deliberated on the challenging process of translation. He gave a few exercises to the participants in order to elucidate the vast possibilities of meanings available to a translator. Prof. Nayar reinforced the fact that a translator's role is crucial to the understanding of subtle nuances in a piece of literature.

Out of the Box!

A Workshop on Problem Solving by Design Thinking was designed to introduce students to the



upcoming concept of Design Thinking and to prepare them for a job market. The focus was significance of designing products and ideas according to the changing needs of the people and introduced the students to the concept of Human Centered Designing. The Resource Person was Prof. Vijay Ghei, School of Inspired Thinking, Gurgaon. 150 trainees learnt the art of out of the box thinking and its practical application in business design and entrepreneurial endeavours. Students interacted with the resource person and were introduced to lateral modes of thinking.

De-clutter the Mind!

The Swachhata Committee organized a workshop on 'Decluttering the Mind' by Prof. Rajib Sarkar, School of Management, Bennett University,



Greater Noida. The workshop aimed at sensitising students about the ways of decluttering one's mind in this age of information explosion. In his highly engaging and informative address, Prof. Sarkar eloquently described the decluttering process with the aid of DIKW Pyramid (Data, Information, Knowledge, Wisdom). Laying out the 6 pronged approach to de-cluttering mind, Prof. Sarkar dwelt upon strategies of self-awareness, elimination, focus, harmonization, detachment and mindfulness.

Hands on Training

To bridge gap between theoretical knowledge and practical learning the department of Microbial Food and Technology undertook an Industrial Visit to Mrs. Bector's Cremica Food Specialities Limited, Ludhiana. It empowered the students with hands in experience on manufacturing, food processing, packaging, good manufacturing practices (GMP), quality control and various



regulations followed and executed in an Industrial real-life environment. It also focused on practical and technical skills essential as per Industry norms and strengthening the concept of Food Entrepreneurship among students. It gave the students an exposure to manufacturing and processing and Quality control section. An interactive introductory lecture was delivered by Ms. Tappasya Sharma HR Head. She introduced about the modern and highly efficient technology used in the plant. The students visited various sections to learn different modalities of a product from manufacturing to packaging. Mr. Somjeet Singh, Head- Quality control answered the queries of participants. The students gained live exposure of how a production unit actually functions and how quality is assured during the manufacturing process.

Bio Molecules from Pro Biotic Bacteria



A One day Workshop on “Production of functional Bio-molecules from Probiotic bacteria” in association with Dairy Microbiology Department, National Dairy Research Institute (NDRI), Karnal was conducted by the department of MFT. It provided the students with practical and theoretical knowledge on probiotics, its functional bio-molecules, through interactive session with experts, relevant techniques and methodology used in dairy microbiology. It provided the students

with hands on training and experience about condensing and drying section of the unit with exposure to instruments such as vacuum pan, roller drier, spray Drier and steam kettle and various other technologies used in the dairy plant. The Interactive lecture was by Dr. Sudhir Kumar Tomar, Principal Scientist, Dairy Microbiology Division, NDRI, Karnal on “Production of functional Bio-molecules from Probiotic bacteria and their applications”.

Waste Water Treatment



A visit to Effluent Treatment and Waste Water Treatment Plant at Sec-31, 3BRD, Chandigarh was conducted to familiarize the students with the actual procedure involved in municipal waste water treatment and re-use. To enable the students



to correlate theoretical knowledge with practical training for gaining a better concept clarity and value added learning. It was conducted with Objectives to provide first- hand experience of various stages and treatment protocols, plant layout and sludge treatment methods adopted in a sewage treatment facility and enable them to learn different monitoring parameters for treated waster (BOD, COD, TSS, pH etc.). There was an introductory session of students where the Plant Engineer cum Supervisor Mr.Ravi explained the importance of waste water treatment process and the overall plan layout along with the various stages and steps involved in treatment of sewage water with the help of animated videos and presentations. Students gained a clear insight and practical knowledge about the various stages involved in waste water treatment along with the quality parameters that are regularly monitored to evaluate the effectiveness of the overall process at each step. They also collected the raw sewage and the treated sewage and sludge samples for their lab scale research experiments.

Basic Techniques in Molecular Biology

A Workshop on “Basic Techniques in Molecular Biology” was organised by Make-Intern and B.Con





in collaboration with IIT, Delhi at CGC, Landran to strengthen the students with practical training skills in Molecular Biology Techniques and promote scientific communication skills among students through group discussions, scientific debates, quiz etc. Two students (Chhavi Dhiman and Gursimran Kaur) were selected for final round that was conducted at IIT, Kharagpur. The students attended the final round and secured third position at “National Level Championship [Make Intern and Ecell ; IIT Kharagpur Event]”.

Edible Cutlery

The Department of Food Science organized one day workshop on “Hands on Training on Edible Cutlery” by Mr. Shantanu Gupta, consultant and FSSAI certified Trainer from New Delhi. A hands on training was given to B.Sc MFT students for making edible cutlery from different food ingredients promoting the use of such eco-friendly and sustainable technology.

The Department also organized four day workshop on “Startup/stand up for potential young entrepreneurs, organized in collaboration with Rajiv Gandhi National Institute of Youth Development (RGNIYD), Regional centre, Chandigarh. B.Sc MFT students and faculty participated in the workshop which was aimed to equip and empower the participants with enhanced understanding of starting a venture more adequately to meet the needs of the

beneficiaries.

The Department of Food Science organized a one-day Workshop on 'Awareness Generation and Dissemination of Knowledge and Skills about Recent Advances in Nutrition and Food Safety', in collaboration with Department of Community Medicine, School of Public Health, PGIMER, Chandigarh, on November 23, 2017. The workshop provided an interactive platform to young students to listen, learn, share, interact and discuss directly with eminent academicians, scientists, industry food technologists, government food officials on major aspects in the field of food safety. The Department also organized a series of workshops under the project titled “Fun with Science@ Foldscope” that was initiated since August, 2018. The workshops aim at promoting innovation by motivating students to tinker new ideas, concepts and experimental through frugal science. The students were given hands on training by experts to assemble the Foldscope microscope and use it to view different food, plant and animal tissue samples.



Feedback of Pa

The main objective to join Urban Farming workshop is to know more about nature. As I am down to earth by nature and I am passionate towards gardening and that's why I have joined this workshop to learn more about plantation and how to grow plants in different circumstances and to care them in a healthier way. This workshop will help in future.

Jasbir Kaur, MA-II Sociology

I have joined this course because I wanted to connect with the nature and learn various tasks and grasp knowledge. I really enjoyed being the part of this course and learnt a lot. Hope that this knowledge will help me in future to grow organic food. I am thankful to our college teachers and specially Rahul sir for guiding us with lots of interaction and love.

Japneet Kaur, MA-II Sociology

I am so glad that I attended Graphics Designing workshop which was a very nice experience .I just want to thank the Skill Development Committee of our college for organizing such an informative workshop. It was all together a great experience to learn something new and creative .

Guneet Bhamra, BCA II

Photoshop class was amazing. She was really helpful and told the class speci what were we going to learn. She was able to really clearly explain how thing worked and gave great tips and tricks to make us more ef She laid out the objective very clearly at the start of class and we really stuck close to the outline. We had the class at our college with live practical sessions.

Mehak Luthra, BCA II

The copywriting workshop was a really nice experience. We got to learn many new things and the most important thing, we learnt to apply theoretical knowledge practically.

Also I gained some con got to know new people and all in all, in a nutshell it was a nice learning experience got me interested in this kind of work!

Aditi, BA 1

The copywriting workshop has proved very much bene in terms of learning online marketing tactics. It helped us to know more about generating effective blogs and websites. Eventually it has made us learn to write an effective and empathetic content in any

Isha Sharma, BA II

The session by Ms Nosheen on content writing was very interesting. She taught us many interesting things during the session. The tasks during the session were very engrossing. Well, Ms Nosheen has the power to cast spell on her listeners. She has something which enhances your power of imagination and new ideas come in your mind automatically. "A good teacher can inspire hope and ignite the imagination". I am lucky to have to a chance to learn from her.

Aditi Sharma, B.A. III

एम.सी.एम. में स्टिकल डिवैलपमेंट कमेटी के तहत 'एंकरिंग इन पंजाबी' पर हुई कार्यशाला सतिंद्र सरताज ने दर्शकों का जीता दिल

चंडीगढ़, 3 फरवरी (रविम गौहिल) : एम.सी.एम. के स्वर्ण जयंती उत्सव की श्रृंखला में स्टिकल डिवैलपमेंट कमेटी के तहत 'एंकरिंग इन पंजाबी' पर एक कार्यशाला हुई। इसका उद्घाटन मुख्य अतिथि पंजाबी युनिवर्सिटी परिषद के अध्यक्ष पंजाबी एंकर, लेखक व निर्देशक प्रो. सतींद्र कर्मा ने किया।

एंकरिंग कार्यशाला के दौरान छात्रों को कालेज की संविधान और, लायब्ररी के छात्रों को कालेज की गुरुजी और, पंजाबी युनिवर्सिटी परिषद के वरिष्ठ सचिव कैलाश चरणपाल एवं गुरजान ने अपने विचार रखे। कार्यशाला के दूसरे सत्र में पंजाबी सूची गायक, गीतकार एवं एक्टर डा. सतिंद्र सरताज ने अपनी मोहक आवाज से दर्शकों का दिल जीत लिया। इस अवसर पर गुरुनाथ सिंह स्टाडींग पंजाब युनिवर्सिटी की चैयरपर्सन प्रो. जसपाल कौर कंग तथा पंजाबी विभाग, पंजाब युनिवर्सिटी के चैयरपर्सन प्रो. योगराज अंगरीसा ने पंजाबी भाषा की दक्षता पर अपने



विचार रखे। कालेज की प्रिंसिपल डा. निशा भागव, स्टिकल डिवैलपमेंट कमेटी की कन्वोनर डा. गुरविंदर कौर तथा वर्कशॉप की कोऑर्डिटर डा. अमरदीप कौर मौजूद रही।



(छात्री : कालेज)



एम.सी.एम. में यूएन. सस्टेनेबल डिवैलपमेंट गोल्स के लिए दायित्वपूर्ण नेतृत्व पर कार्यशाला

चंडीगढ़, 10 अप्रैल (राकेस) : एम.सी.एम. में एजुकेशन फॉर रैस्पॉन्सिबल लीडरशिप इन द कॉन्टेस्ट ऑफ यू एन सस्टेनेबल डिवैलपमेंट गोल्स पर यूनाइटेड नेशंस प्रिंसिपल्स फॉर रैस्पॉन्सिबल मैनेजमेंट के तहत लंदन स्कूल ऑफ मैनेजमेंट एजुकेशन के सहयोग से एक कार्यशाला आयोजित हुई। इसका उद्देश्य शैक्षणिक नीतियों, कार्यक्रम एवं संगठनात्मक व्यवहारों में शैक्षणिक सामाजिक दायित्वों के मूल्यों को अंतर्निहित करने पर विचार विमर्श को प्रोत्साहित करना था। इस अवसर पर उचित गणमान्य अतिथियों में डी.ए.वी. कालेज मैनेजिंग कमेटी के अध्यक्ष के सलाहकार एच.आर. गांधार, सचिव प्रो. सुश्री शर्मा एवं प्रो. सुश्री शर्मा तथा पंजाब युनिवर्सिटी के सेनल प्रेसिडेंट

नेतृत्व के लिए प्रभावी ज्ञान के लिए उन्हें सक्षम करने, आपसी सहयोग निर्माण करने, सस्टेनेबल वैश्विक, सामाजिक, पर्यावरणीय एवं आर्थिक दायित्वों के लिए शोध हेतु प्रोत्साहित करने पर ही पुनर्वलतपूर्ण शिक्षा को केंद्रित होना चाहिए। डॉ. रवि कुमार ने प्राध्यापिकाओं को छात्रों को समर्पित करने, उन्हें प्रोत्साहित करने व उन्हें स्वतंत्र रखने के द्वारा उनके व्यवहार सुधार हेतु मार्गदर्शन दिया। श्री गांधार ने श्रोताओं को नो लॉज ऑफ लिमिटेड थिंग्स से अवगत कराया तथा उन्हें नवोन्मेष के लिए अलग दंग से सोचने व समाज के प्रति दायित्वपूर्ण सरोकार रखने हेतु प्रोत्साहित किया अपने प्रभावी गांधार, सचिव प्रो. सुश्री शर्मा एवं प्रो. सुश्री शर्मा ने सस्टेनेबल लक्ष्यों को प्राप्त करने के लिए प्रभावी अध्ययन के महत्व पर प्रकाश डाला। प्रो. सुश्री शर्मा ने सकारात्मक शोध द्वारा सही संतुलन बनाने रखने को सफलता का सूत्र माना। प्रो. चक्र ने राष्ट्र निर्माण में शिक्षा, इंफ्रस्ट्रक्चर, शोध, उद्यम एवं कौशल विकास की महत्वपूर्ण भूमिका पर बल दिया। कालेज की प्रिंसिपल डा. निशा भागव ने इस प्रयास की सराहना करते हुए कालेज में

MCM holds workshop for incorporation of social values in educational curriculum

CHANDIGARH, APRIL 10. MCM DAV College for Women organised an interactive workshop on 'Educating for Responsible Leadership in the context of UN Sustainable Development Goals', in collaboration with London School of Management Education (LSME) under the United Nations Principles for Responsible Management Education (PRME). The objective of the workshop was to encourage discussion on incorporation of values of global social responsibility into academic activities, curricula and organizational practices. The dignitaries present on the occasion included Sh.H.R.Gandhar, Advisor to President, DAV College Managing Committee, Dr.Peter Gray,



Board Member, LSME, Dr.Ravi Kumar, Executive Director, LSME, Dr.SaritaParhi, Principal, LSME, Prof.Suresh Sharma, Department of Statistics and Coordinator, Centre for Systems Biology and Bioinformatics, PU and Prof. S.K.Chaddha, University Business School and principles of UN-PRME and reiterated that quality education should focus on enhancing students' capabilities, enabling effective learning for responsible leadership, building collaborations, encouraging research for sustainable global, social, environmental and economic

Sh.H.R.Gandhar an audience with the c no laws of li thinking differe innovation and a responsibility tov society. In her an address, Dr.S reiterated the imp effective student le achievement of s goals in academia the mantra for succ Prof.Suresh Sharma it is the result o balance complem positive exp Emphasizing on l education, infra research, entrepr and skill develop nation Prof.S.K.Chaddha youth- India's resource, shou positively engagec ousness. Prof

एमसीएम में यूएस से आये विशेषज्ञ ने इच्छीसवीं सदी की शैक्षणिक चुनौतियों पर चर्चा की



एम.सी.एम. में रंगरेज प्रदर्शनी: उकेरे रचनात्मकता के रंग

चंडीगढ़, 13 अप्रैल (रविम हंस) : एम.सी.एम. डी.ए.वी. कालेज फॉर वूमन ऑफ होम साइंस विभाग ने एक अनूठी प्रदर्शनी रंगरेज लगाई। प्रदर्शनी में होम साइंस विभाग की स्टूडेंट्स ने अपने असाधारण कौशल एवं प्रतिभा का प्रदर्शन किया। इस रचनात्मक प्रदर्शनी का उद्देश्य विभाग की स्टूडेंट्स को एक मंच प्रदान कर उनकी प्रतिभा को दर्शकों के समक्ष प्रदर्शित करना था। प्रदर्शनी में चाँदनी दुपट्टा, टाई और डाई तकनीकों से निर्मित फोल्डर्स, मोबाइल पाउच, पोटेरी आदि के साथ-साथ डाई चॉकलेट व अन्य सामानों की प्रदर्शनी लगाई गई, जिन्हें स्टूडेंट्स ने स्वयं बनाया था। कालेज की प्रिंसिपल डा. निशा भागव ने होम साइंस विभाग की इस पहल की सराहना की।



एमसीएम में रचनात्मकता के जीवंत रंग



प्रदर्शनी में परंपरागत चाँदनी दुपट्टा, टाई और डाई तकनीकों से निर्मित फोल्डर्स, मोबाइल पाउच, पोटेरी आदि के साथ-साथ डाई चॉकलेट व अन्य सामानों को भी प्रदर्शित किया गया जो कि विभाग के छात्रों ने स्वयं निर्मित किया था। 'अपेक्षित से मन' (केच आउट ऑफवेस्ट) की अवधारणा को बखूब देने के उद्देश्य में कई कस्तुरी प्रकृतिक और अपेक्षित वस्तुओं जैसे टहनियाँ, रत्न और कोरे



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