

## Report of Initiatives taken under **Swachh Bharat Abhiyan** January 2020 to March 2020

Submitted by



# Mehr Chand Mahajan DAV College for Women

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

www.mcmdavcw-chd.edu

# Our Guide and Mentor



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



**PRINCIPAL'S MESSAGE** 

The clarion call by our Hon'ble Prime Minister Shri Narendra Modi to make swachhata a nationwide cause has stirred national conscience, thereby making swachhata a 'jan andolan'. The college is also working consistently to contribute to this andolan and is a proud recipient of nation-wide 1<sup>st</sup> rank as the Cleanest College (Residential) in the year 2018 and 3<sup>rd</sup> rank in Indian under Citizen Led Initiatives of Swachh City Awards 2019. Swachhata has evolved into a wider phenomenon encompassing the dimensions of sustainable development, environment conservation, physical and psychological well-being, and the college has made concerted efforts to include all these dimensions in its swachhata endeavours. Since actions speak louder than words, the commitment of the college to the cause of swachhata is well-reflected in its initiatives that include harnessing solar energy, biogas production from waste of hostel messes, rain water harvesting, segregation of waste, vermicomposting, artificial forest, yoga classes for staff and students, psychological wellbeing intervention programmes, sensitization programmes in villages, production of oyster mushrooms from kitchen and agricultural waste and much more. Swachhata Pakhwada 2020 was also observed by the college with full enthusiasm and the level of participation of the staff and students was very encouraging. I take this opportunity to express my sincere gratitude to Dr Punam Suri Ji, Padma Shree Awardee, worthy President, DAV College Managing Committee (DAVCMC), New Delhi, Sh. H.R. Gandhar, Honourable Vice President & Sr. Governing Body Member, DAVCMC, New Delhi and Shri Shiv Raman Gaur, Director Higher Education DAVCMC, New Delhi for their guidance and blessings due to which the institution is making rapid strides in diverse fields. I congratulate the Swachhata Committee of the college and Coordinators of various activities for bringing this programme to life with utmost dedication and precision.

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Dr. Nisha Bhargava [ Principal ]

# Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh (U.T.)

## **Swachhta Committee**

#### Dr Nisha Bhargava **Convener & Principal**

Stream / Department / Cell / Committee	Coordinators & Members	Stream / Department / Cell / Committee	Coordinators & Members
Arts:	1. Ms Suman Mahajan	Sports & NCC:	1. Dr Anju Lata
	2. Ms Anuradha Sehgal		2. Dr Veena Rani
	3. Dr Archana Bakshi		
	4. Dr Bhavna Sood	NSS:	1. Dr Purnima Bhandari
	5. Dr Ritu Khosla		2. Ms Pallvi Rani
			3. Dr Madhuri Tanaji Patil
Science:	1. Ms Poonam Jain		<ol> <li>Dr Kanika Sofat</li> </ol>
	2. Dr Vandana Sharma		5. Dr Nisha Sharma
	3. Dr Neetu		6. Dr Nidhi Tanwar
	4. Dr Sagarika Dev		7. Dr Rishu
			<ol><li>Dr. Ketaki Dwivedi</li></ol>
Commerce:	1. Ms. Raman Ghuman		9. Dr Aanchal Batra
	2. Ms Nidhi Sharma		10. Dr Nisha Dawra
	3. Ms Disha Sharma		
	4. Dr Arshdeep	Steering Committee:	1. Dr Geeta Bhagat
	·	-	2. Ms Shelly Nanda
Languages:	1. Dr Manisha		3. Dr Nitasha Khehra
	Priyamwada		3. Di Milasha Khenra
	2. Dr Komil Tyagi		4. Dr Shefali Dhiman
	3. Dr Jasmine Anand		5. Ms Punam Dawgotra
	4. Dr Seema Kanwar		6. Dr Sarabjeet Kaur
			7. Ms Vandita Kapoor
Computer Science:	1. Dr Indu Arora		8. Dr Pooja Sharma
	2. Ms Deepti Sharda		9. Dr Gunjan Sud
	3. Dr Mandeep Kaur		
	Chawla		10. Dr Purnima Bhandari
	4. Ms Navdeep Kaur		
		Cleanliness:	1. Ms Raman Ghuman
Cultural Activities:	1. Ms Deepa		2. Dr Akanksha Tripathi
	2. Ms Sukhpreet Bhatia		3. Dr Gunjan (Commerce)
	3. Dr Minakshi Rathore		4. Dr Kiran Jindal
	4. Dr Jatinder Kaur		5. Dr Praerna Sharma
			6. Ms Chris Bindra
	1. Ms Baljeet Kaur Tiwana		7. Dr Qudrat Hundal
	2. Ms Jyoti Soi		8. Dr Kanika Sofat
	3. Dr Neha Pandya		9. Dr Sandeep Kaur (MFT)
	3. Dr Mamta Ratti		10. Dr Shafila
	4. Ms Shailey Bhagi		
	5. Dr Mamta Rani	Library:	1. Ms Shashi
		Library.	Prabha Bansal
	6. Ms Sonika Srivastava		2. Ms Ruby Joshi
	7. Ms Sushma Rani		3. Ms Reena Thakur
	8. Ms Veena Bhatnagar		4. Ms Baljit Kaur
	9. Ms Annu		5. Mr Arjun Singh

Stream / Department	Coordinators & Members	Stream / Department /	Coordinators & Members
/ Cell / Committee		Cell / Committee	
	1. Dr Geeta Bhagat	Horticulture &	1. Dr Pooja Sharma
		Landscaping	(Coordinator for
		Committee	Horticulture)
	2, Dr Komil Tyagi		2. Dr Seema Kanwar
			(Coordinator for
			Landscaping)
	3. Dr Vidushi Jaswal		3. Dr Qudrat Hundal
	4. Dr Sunaina Jain		4. Dr Nisha Sharma
	5. Dr Prakriti Renjen		5. Dr Nidhi Tanwar
	6. Dr Purnima Bhandari		6. Dr Rishu
	7. Dr Gurjeet Virk Sidhu		7. Dr Gunjan (Botany)
	8. Dr Ketaki Dwivedi		8. Dr Purnima Bhandari
	9. Dr Nisha Dawra		9. Dr Jasleen Kaur
	10. Dr Preeti Gambhir		10. Ms Payal Bansal
	11. Dr Apara Sharma		11. Ms Aarushi Jain
	12, Mr Ashish Mudgal		12. Sh Ram Pher
			13. Sh Arjun Prasad
Lab Staff:	1. Mr Om Prakash Sharma		14. Sh Hari Kisun
	2. Mr Vinod Singh Bisht		15. Sh Ram Suresh
	3. Mr Balak Ram		16. Sh Ram Kumar
	4. Mr Raj Paul Sharma		17. Sh Charan Singh
	-		18. Sh Mohinder
	1. Mr.Kuldoon Singh		19. Sh Ram Pyare
			-
	2. Mr Pawan Sharma		20. Sh Vijay Kumar
	3. Mr Ashish Mudgal		21. Sh Nathu Ram
	4. Mr Hari Singh		22. Sh Sri Ram Gupta
	5. Mr Sushil Bhandari		23. Sh Ram Jiwan
	6. Mr Surjit Singh		24. Sh Ram Bhuvan
	7. Mr Apurav Kaushik		
	8. Mr Sanjiv Sharma	Repair and maintenance:	1. Mr Desh Raj
	9. Ms Nancy Garg		2. Mr Jitesh Bedi
	10. Ms Namita Sharma		3. Mr Davinder Singh
	11. Ms Nancy Sharma		4. Mr Dinesh Kumar
		Consultant Engineer:	1. Mr Motilal



## Swachhta Pakhwada begins at MCM DAV 16<sup>th</sup> January 2020



Swachhata Pakhwada- a fortnightly initiative focusing on the issues and practices of Swachh Bharat Abhiyan began at Mehr Chand Mahajan DAV College for Women. On the inaugural day, Swachhata Committee (Commerce) of the college organized a Swachhta Pledge ceremony. During the ceremony, the staff and students, led by Principal Dr. Nisha Bhargava, took a pledge to work towards the cause of Swachh Bharat Abhiyan.

Principal Dr.Nisha Bhargava 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 environment conservation. She further informed about the Swachhta initiatives undertaken by the college including setting up of solar panels, biogas plant, segregation of waste, vermicomposting, artificial forest and much more.

#### Saplings planted during Swachhta Pakhwada 17<sup>th</sup> January 2020





The Horticulture Committee of Mehr Chand Mahajan DAV College for Women organized a plantation drive as part of the on-going Swachhta Pakhwada. College Principal Dr. Nisha Bhargava led the drive wherein saplings with high rate of

absorption of carbon dioxide were planted. Dr. Bhargava emphasized on sensitizing society about saving environment and plantation of medicinal plants that are useful in treating common ailments. The drive was also aimed at generating awareness about medicinal values of various plants among teachers and students. Around 50 students participated in plantation drive. The students also displayed their love and care for environment through posters and slogans.

### Awareness Session on Innovative Technologies for Waste Recycling and Energy Conservation. 18<sup>th</sup> January 2020



On the third day of Swachhta Pakhwada, the Departments of Food Science and Botany of Mehr Chand Mahajan DAV College for Women organized a session on 'Development and presentation of innovative technologies for waste recycling, energy conservation, etc.'

With the aim to create awareness and comprehensive knowledge about waste management, the faculty of both the departments demonstrated and discussed various innovative practices adopted by the college to treat solid and liquid waste such as biogas plant, composting units and the recently developed sewage treatment plant.

The students were made aware of various benefits associated with these practices and the need to adopt and promote such innovative waste management techniques.

Principal Dr. Nisha Bhargava informed that the college has made concerted efforts in the field of energy conservation and waste management by installing solar panels, rain water harvesting, composting, and biogas production.

## Cleanliness Drive during Swachhta Pakhwada 20<sup>th</sup> January 2020

As part of Swachhata Pakhwada 2020, the NSS units of Mehr Chand Mahajan DAV College for Women organized cleanliness drive in the campus with active participation of students, faculty and non-faculty members. The drive was conducted in various areas of the college including departmental rooms, labs, parking areas, Botanical garden, Rishi Vatika, Celebration ground and hostel premises. A demonstration on waste segregation including the usage of green and blue dustbins was also carried out.



The staff of the administrative office also undertook a cleanliness drive of the office wherein the old files and records were weeded out or recorded as per procedure. Principal Dr. Nisha Bhargava appreciated the efforts of the staff towards maintenance of clean surroundings. She shared that individual responsibility is of essence in realizing the dream of a clean India and thus, each individual should voluntarily shoulder this responsibility.



#### Photography Competition 21<sup>st</sup> January 2020



Carrying forward the cause of swachhata, Mehr Chand Mahajan DAV College for Women organized a Photography Competition under Swachhata Pakhwada 2020. Held under the aegis of Swachhata Committee (Arts), the theme of the competition was water conservation. The competition drew good response with participants depicting effectively and aesthetically various concerns pertaining to the elixir of life like depleting water levels, wastage of water and pollution of water bodies. Principal Dr. Nisha Bhargava said that the clarion call by our Hon'ble Prime Minister Shri Narendra Modi to make swachhata a nation-wide cause has stirred national conscience, thereby making swachhata a 'janandolan'. She added that the college is also working competition Harsirjan Kaur of PGDMC secured first position while Tanvi Sharma BA III and Nina Chandel of PGDMC bagged second and third position respectively. Anuly Singh of PGDMC was given consolation prize

## Talk on Swachhta marks 7<sup>th</sup>day of Swachhata Pakhwada 22<sup>st</sup> January 2020

Spearheading the cause of Clean India, Mehr Chand Mahajan DAV College for Women observed Swachhata Pakhwada 2020 in its true spirit with various events aiming to bringabout behavioural change in the society in relation to the concept of swachhata. Carrying forward this mission, the Mass Communication Department of the college organized a talk on swachhata that envisioned to create awareness among students about different aspects of swachhata including physical, psychological, environmental and social.



Dr. Anju Lata, Head, Physical Education Department, MCM DAV College shared her insightful views on the physical aspect of swachhata wherein she not only talked about the importance of meditation and yoga for a healthy body but also

sensitized students about menstrual and personal hygiene.





Shedding light on the psychological aspect of swachhata, Dr. Nitasha Khehra, Assistant Professor, Post Graduate Department of Psychology, Mehr Chand Mahajan DAV College for Women touched upon various pertinent issues like

mental health, depression and emotional well-being, and also urged the students to fight the stigma attached to mental illness, apprising the students of the social dimension of swachhata.



Dr. Bindu Dogra, Asst Professor, Post Graduate Department of Sociology, Mehr Chand Mahajan DAV College for Women educated the students about various innovative practices and how the different strata of society need to

come together forfurthering the cause of national development.



Dr. Vini Arora, Former Associate Professor, Department of Botany, MCM DAV College delved into the environmental aspect of swachhata, raising concerns about the recent fires in Amazon

and Australia, and the concept of sustainability.

Principal Dr. Nisha Bhargava said that the college is also working consistently in this direction to contribute to this andolan through various programmes at the organisational level as well as by sensitizing its various stakeholders about the importance of individual responsibility in realizing the dream of clean and green India.

## Competitions on Forest Conservation 23<sup>rd</sup> January 2020



Observing Swachhata Pakhwada 2020 in letter and spirit, the College conducted various competitions on the 8<sup>th</sup>day of Pakhwada. The day witnessed plethora of activities as Swachhata Committee (Sciences) of the

college organized Speech, Poster making and Slogan writing competitions on the theme of Forest Conservation. Held with the aim of sensitizing the students about the need to conserve our forests in the wake of the recent wild fires in Amazon and Australia, the competitions drew enthusiastic response from students. Principal Dr. Nisha Bhargava asserted that realizing its responsibility in ensuring a sustainable future, the institution is making concerted efforts to contribute to varied dimensions of swachhata including environmental conservation, waste management, energy conservation and much more. The winners of the competitions were:

#### **Speech Competition:**

1st: Ruhi Pathania (B.Sc. I Non Medical)
2nd: Anushree Sharma (B.Sc. I Non Medical)
3rd: Deepti Siwach (B.Sc. II Medical)
Poster Making Competition:
1st: Vidushi Joshi (BA II)
2nd: Gurnoor Kaur (B.Sc. I Computer Applications)
3rd: Deepanshi (B.Sc. II Medical)
Slogan Writing Competition:
1st: Isha Kundu (B.Sc. II Medical)
2nd: Priyanka Garg (B.Com. II)
3rd: Parima Jaswal (B.Sc. II Medical)

#### Cleanliness Drive in Hostel and Mess conducted on day 9 of Swachhata Pakhwada 25<sup>th</sup> January 2020

On day 9 of Swachhata Pakhwada 2020, the Hostel Committee of Mehr Chand Mahajan DAV College for Women carried out extensive cleaning of rooms in all the six blocks of the hostel.



The rooms of hostellers were inspected by their respective hostel superintendents and by the members of the Hostel Committee. On the basis of various parameters, the Hostel Committee members adjudged the cleanest room in each block. Nearly 980 students participated in this extensive cleanliness drive. The Mess and dining area for the students was also cleaned up as part of this drive by the mess workers. Principal Dr. Nisha Bhargava said that at MCM, a gradual culture of cleanliness has been built up with consistent efforts to sensitize the students and staff about the importance of cleanliness. She added that the college takes pride in being awarded nation-wide 1st rank as the Cleanest College (Residential) in the year 2018 and strives to maintain that standard.

### Best out of Waste Competition 27<sup>th</sup> January 2020



On day 10 of Swachhata Pakhwada 2020, Mehr Chand Mahajan DAV College for Women conducted Best out of Waste Competition with the aim of promoting innovative solutions to the problem of waste management and sensitizing the students about it. A joint endeavour of Departments of Fine Arts and Computer Science and Applications, the competition drew a heartening response as a total of 38 teams participated in it. Ingenious ideas that took the shape of creative objects created from waste were appreciated by the judges who had a tough time judging the winners. Principal Dr. Nisha Bhargava appreciated the remarkable talent on display and asserted that for realizing the dream of a clean and green India, such out of the box ideas are imperative.The winners of the competition were:

#### Non-Working model category:

1st prize - Khushi Mehta of BA-1 (Fine Arts)

2nd Prize - Aastha of BCA-1

3rd prize - Disha and Pragya of BSc-3

Consolation prize - Manpreet and Shatakahi of BCA-1

#### Working model category:

1st prize in – Anam Fatema and Nandini Rana of BCA

#### Competitions on water conservation 28<sup>th</sup> January 2020



Swachhata Observing Pakhwada 2020. the Swachhata Committee (Sciences) of Mehr Chand Mahajan DAV for College Women organized Poster making and Slogan writing competitions on the

theme of water conservation. Over 30 participants presented their vivid ideas through posters and slogans on the topical issue of water conservation. In another activity, the Construction Committee of the college conducted a special drive to check water leakage from taps, pipes and water coolers at various spots of the college. Wherever found, the leakage was fixed in order to prevent wastage of water. Principal Dr. Nisha Bhargava reiterated that committed to the cause of swachhata, MCM carried out various activities under Swachhata Pakhwada 2020 in true letter and spirit. She also appealed to the students and staff to make conscious efforts to conserve the elixir of life as life won't be possible without water. The results of the competitions were:

#### Poster making

- 1<sup>st</sup> Deepanshi Garg (B.Sc. II Medical)
- 2<sup>nd</sup> Yotasha (BA III)
- 3<sup>rd</sup> Amneet Kaur Badwal (B.Sc. II Medical)

#### **Slogan Writing**

- 1<sup>st</sup> Kritika (B.Sc. I Medical)
- 2<sup>nd</sup> Isha Tanwar (B.Sc. II Medical)
- 3<sup>rd</sup> Harreet (B.Sc. I Medical)

#### Awareness activities in villages 29<sup>th</sup> January 2020



In pursuance of its vision to contribute effectively towards awareness generation about singleuse plastic, Mehr Chand Mahajan DAV College for Women conducted a plethora of activities on day 12 of Swachhata Pakhwara

2020. The NSS unit and Unnat Bharat Abhiyan (UBA) Committee of the college organized awareness activities about the menace of single-use plastic in the two adopted villages- Badheri and Buterla.

At Badheri, a demonstration for making paper bags and cloth bags from used newspapers and old clothes was given by Ms. Rati Arora, Assistant Professor, Department of Home Science, MCM DAV College for Women.

At Buterla, the volunteers took out a rally and performed Nukkad Natak to raise awareness about the harmful effects of single-use plastic. The activities were well-received by the villagers who expressed their resolve to do their bit in the fight against plastic pollution.

Principal of the College, Dr. Nisha Bhargava asserted the college's allegiance to the mission of Swachh Bharat and informed that the college has undertaken various initiatives, at the institutional level to promote the cause of swachhata and sustainability, like waste segregation, waste management through biogas production, rain water harvesting, composting and harnessing of solar energy.

## Report Presentation on village visits 30<sup>th</sup> January 2020



On the 13th day of the on-going Swachhata Pakhwada 2020 at Mehr Chand Mahajan DAV College for Women, the NSS unit and UBA Committee of the college organized a report presentation on village visits conducted under Swachhata Pakhwada. The report provided glimpses of the activities conducted during the recent visits to the adopted villages Badheri and Buterla which included demonstration of paper bags and cloth bags making from old newspapers and clothes, rally and Nukkad Natak on the menace of single-use plastic and gram sabha.

During the presentation, the volunteers also sensitized students about the aims and objectives of Swachh Bharat Mission. In another activity, the Equal Opportunity Cell of the college conducted a review of barrier free access to drinking water and toilet facilities for Divyang students in the college.

Principal Dr. Nisha Bhargava said that MCM carries out various activities throughout the year that focus on impressing upon its various stakeholders the significance of swachhata and its varied dimensions.

#### Swachhta Pakhwada concludes 31<sup>st</sup> January 2020



In a befitting finale of Swachhata Pakhwada 2020- a fortnightly programme envisioning to bring about behavioural change in the society with respect to swachhata and its varied aspects, the Swachhata Committee (Cultural) of Mehr Chand Mahajan DAV College for Women organized a prize distribution function for the winners of various competitions held during the Pakhwada.

During the event, the audience was apprised of the multifarious activities conducted under the aegis of the programme including competitions on the theme of water conservation, forest conservation and best out waste, cleanliness drives, rally and Nukkad Natak in adopted villages on single-use plastic, plantation drive, talk on varied dimensions of swachhata, special drive on water conservation, review of facilities for Divyang students and many more.

The top 10 entries of poster making, slogan writing and best out of waste competition were also displayed during the function. It was a euphoric

moment for the winners and participants of various competitions as they were felicitated by Principal Dr. Nisha Bhargava, along with the Swachhata Coordinators of various activities.











Principal Dr. Nisha Bhargava said that the clarion call given by our Hon'ble Prime Minister Shri Narendra Modi to make swachhata a nation-wide cause has stirred the national conscience, thereby making swachhata a 'janandolan'. She added that the

college is also working consistently in this direction to contribute to this andolan and is a proud recipient of nation-wide 1st rank as the Cleanest College (Residential) in the year 2018. She also apprised the students of the fact that swachhata is a wider concept that includes, besides cleanliness, the dimensions of environmental protection, physical and psychological wellbeing, sustainable development, and much more.





वंडीमद्र स्थित एमसीएम डीएवी कालेज में बृहरपतिवार को स्टाफ व खात्राओं को उत्तत्ववता की शावश दिलाती पिंजिप्रज तिशा भार्मत । नैतिक लिखन

चंडीगढ़ (ट्रिम्यू) : मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन में आज स्वच्छता प्रखवाड़े का शुमारम्म हुआ। स्वच्छ मारत अमियान के अंतर्गत इस 15 दिवसीय स्वच्छता पखवाडे का उद्देश्य विक्रिन मतिविधियों के माध्यम से छात्राओं को स्वच्छता के प्रति जागरूक करना है। आज उद्यघाटन वियस पर कॉलेज की स्वच्छता समिति ने स्वच्छता शपथ समारोह का आयोजन किया। कॉलेज प्रिसिपल डॉ. निशा मार्मव के नेतत्व में स्टाफ सबस्यों एवं छात्राओं ने महात्मा गांधी द्वारा परिकल्पित स्वच्छता के लिए काम करने एवं स्वच्छ भारत अभियान के संदेश के प्रवार-प्रसार का संकल्प लिया। पिसिपल डॉ. निशा सार्मव ने कॉलेज दारा सौर पैनल शयोगैस संयंत्र, कवरा प्रथक्करण, वर्मी कम्पोस्टिंग, कृत्रिम वन इत्यादि र कॉलेज ब्रारा की गई स्वच्छता पहल के बारे में जानकारी दी।

#### दो गांवों के लोगों को सिंगल युज प्लास्टिक के नुक्सान के बारे में किया जागरूक



बैस्ट ऑफ वेस्ट प्रतियोगिता में छात्रों की ओर से तैवार पेटिंग को देखही प्रिंसीपल।

बुटरेला में स्वयंसेवकों ने एक रैली निकाली और एकल-उपयोग • एमसीएम में स्वतन्त्रता पखवाड़े के तत्वावधान में प्लास्टिक के हानिकारक प्रभावों के विभिन्न कार्यक्रम आयोजित

रागस्टक क एवनकारक उनावा क बारे में जागरूकता बढ़ाने के लिए नुकड़ नाटक किना। कॉलेज की स्वच्छता समिति ने पंछेपड़, 29 जनस्वरी (फेस्ट) जुकड़ तटक किना। स्वच्छ भारत मिरान के दोर्श्यों की कोर्तेल की स्वच्छता समिति ने प्रसिन्न में प्रभावी योगदन देने के लिए, जल संरक्षण के विषध पर प्रेस्ट मेहर चंद महाजन डीएवी कॉलेज मेकिंग और स्त्रोगन राइटिंग स्वरं प्रकृतन अर्थना अर्थन सालन जालर स्वार्ग्स स्वार्ग्स स्वार्ग्स स्वार्ग्स फर्मर वृमैन में स्वच्छता प्रदावाड़ा प्रतिवोगिताओं का आयोजन किया 2020 के तत्वावपान में विभिन्न विसर्म 30 से अधिक प्रतिपादियों ने बत्तिविधियों का आयोजन किया थया। जल् संरक्षण के साम्विक मुद्दे पर सराज की एनएसए खुनिरस एवं अपने ज्वलं से खण के सामवेक पूरे पर कार्लज की एनएसए खुनिरस एवं अपने ज्वलंत विश्वारों को प्रस्तुत उन्दर्भ भारत अभिषाज संगिर्ध ने किसा कोन्तेज की प्रिंमिश्त छ कार्लज कार्लेज कार्रेस खुरोरना में लिए प्रजिबद्ध एमसीएम रे स्वच्छता फुल्ल उत्थान वाले प्लारिटक फुप्लाबा, के तहत विभिन्न रातर के बारे में जागरूकता गर्वविधिष्ठों को सच्ची प्रधना के गर्विवधिर्ध के बारे में जागरूकता गर्वविधिष्ठों को सच्ची प्रधना के गर्विवधिर्ध के आरोजन किया। सम अलग दिख ही उन्दोने जन्म बहाहे ही में इस्तेमाल किया जन्म राजायांच्या का संस्था पावना क साथ अंजाम दिया है। उन्होंने कहा कि स्वच्छ और हरित भारत के सपने को साकार करने के लिए अभिनव गोतवापरंग को आवाजन किएगा बहहेडी में इस्तेमाल किए गए अखबारों और पुराने कपड़ों से पेपर बैंग और कपड़े के लैंग बनाने के बैंग और कपड़े के लैंग बनाने के विचार और लिए प्रशिशण दिवा गया, जबकि आवश्यक है।



चंडीगढ़ १६ जनवरी (आकृति) : एम.सी.एम. डी.ए.वी. कॉलेज फॉर वुमेन वीरवार को स्वच्छता पखवाड़े की शुरुआत हुई। इस अभियान के अंतगर्त कई गतिविधियों के माध्यम से छात्राओं को स्वच्छता के प्रति जागरूक करना है। इस दौरान कॉलेज की स्वछताँ समिति ने स्वच्छता के प्रति शफ्य ली। प्रिसीपल डॉ. निशा भार्गव के नेतृत्व में स्टाफ के सदस्यों एवं छात्राओं ने महात्मा गांधी द्वारा परिकल्पित स्वछता

#### जल सरक्षण पर पस्टिर मेकिंग प्रतियोगिता

#### संवाद न्यूज एजेंसी

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज में स्वच्छ भारत मिशन के तहत विभिन्न गतिविधियों का आयोजन गया।

किया गांवों में नक्कड नाटक कॉलेज की व रैली के माध्यम से एनएसएस प्लास्टिक के खतरे के युनिट बारे में किया जागरूक उन्नत भारत

और

अभियान समिति ने गोद लिए हुए दो गांवों बढेरी व बटरेला के लोगों को प्लास्टिक के खतरे के बारे में जागरूक किया। वहीं लोगों को अखबारों और पुराने कपडों से बैग बनाने का प्रशिक्षण दिया। बुटरेला में एनएसएस स्वयंसेवकों ने रैली और नुक्कड नाटक के माध्यम से प्लास्टिक के हानिकारक प्रभावों के बारे में बताया।

कॉलेज की स्वच्छता समिति ने छात्राओं के बीच जल संरक्षण के विषय पर पोस्टर मेकिंग और स्लोगन राइटिंग

रंडिंगई। एमसीएम कॉलेज फॉर वुमन सेक्टर-36 में स्वच्छता पखवाड़े के तहत विभिन्न

गतिविधियों का आयोजन किया गया। कॉलेज

की एनएसएस यनिटस एवं उन्नत भारत अभियान

सामति ने कॉलेज कॉलेज की ओर से गोद लिए गए दो गॉवों बढेरी और बुटरेला में एकल उपयोग बाले प्लास्टिक के खतरे के बारे में जगररूकता

गतिविधियों का आयोजन किया। बढेरी में इस्तेमाल



बेस्ट आउट ऑफ वेस्ट के तहत छात्राओं द्वारा बनाई गई वस्तओं को देखतीं प्रिंसिपल।

30 से अधिक प्रतिभागियों ने जल संरक्षण ने अपशिष्ट प्रबंधन की समस्या के के मुदुदे पर विचार पेश किए। कॉलेज की समाधान के उदुदेश्य से बेस्ट ऑफ वेस्ट कंस्ट्रक्शन समिति ने कॉलेज के विभिन्न प्रतियोगिता का स्थानों पर नल, पाइप और वाटर कूलर से पानी के रिसाव की जांच के लिए एक विशेष अभियान चलाया। फाइन आर्ट्स प्रतियोगिताओं का आयोजन किया। इसमें डिपार्टमेंट और कंप्यूटर साइंस डिपार्टमेंट ओर से किए गए प्रयास की सराहना की।

हानिकारक प्रभावों के बारे में जागरूकता बढ़ाने के

गिर नुक्कड़ नाटक किया। कॉलेज की स्वछता समिति ने जल संरक्षण के विषय पर पोस्टर मेकिंग और स्लोगन राइटिंग

प्रतियोगिताओं का आयोजन किया। इसमें 30 से

अधिक प्रतिभागियों ने जल संरक्षण के सामयिक

लिए नक्कड नाटक किया।

आयोजन किया। प्रतियोगिता में छात्राओं की 38 टीमों ने भाग लिया। कॉलेज प्रिंसिपल डॉ. निशा भार्गव ने स्वच्छता के लिए छात्राओं की

लोगों को दी प्लास्टिक का इस्तेमाल न करने की सलाह दिया गया, जबकि बुटरेला में स्वयं मेककों ने एक समिति ने कॉलेज के विभिन्न स्थानों पर नल, पहुप रेली निकाली और एकल-उपयोग प्लास्टिक के और वॉटर कूलर में पानी के रिसाव की जांच के लिए एक विशेष अभियान चलाया। फाइन आरम डिपार्टमेंट और कंप्यटर माइंस डिपार्टमेंट ने अपशिष्ट प्रबंधन की समस्या के अभिनव समाधान के उद्देश्य से बेस्ट ऑफ वेस्ट प्रतियोगिता का आयोजन किया। प्रतियोगिता में 38 टीमों की उत्पाइपर्वक भाग लिया। इस्टिल के कमरों का निरीक्षण उनके संबंधित हॉस्टल वार्डन्स और न गया।

एमसीएम कॉलेज में स्वच्छता अभियान पखवाडा एमसाएम में स्वच्छता अभियान

किया गया था। प्रशासनिक कार्यालय हीगढ़, 21 जनवरी (जनसता)। के कर्मचारियों ने भी अपने कार्यालय क कमचारण ने भा अपन कांशालय को में सफाई अधियान चलाया, जिसमें को ठलोने प्रशासनिक कार्यालय की विभिन्न इकाइयों (अकाउंट्स, स्टोर इलाइटि ) को सफाई को।

सरकों को। कलिन को प्रिंसिपल ठों निशा **पंचलना अभियान चलाषा। बियमें कालेन को** प्रांगंब ने स्वच्छा परिक्षेत्र के झाओं के साथ-साथ झिक्षकों व गैर झिखण रखरणाव के लिए कर्मचारियों के **मेंचारियों ने भाग लिया। इस अधियान का** को निधाना चारिए।

or the second second AL SUL मेहर चंद महाजन डीएवी ालेज फॉर वीमेन की एनएसएस रवा ने स्वच्छता परववाड़ा के त्याधान में कालेज परिसर में



ने भी अपने कार्यालय में सफाई अभियान चलाया। इस उपलक्ष्य पर कालेज को असिपल डा. निशा भागव ने स्वच्छ परिवेश के रखरखाव के लिए कर्मचारियों के प्रवासों की सराहना की उन्होंने कहा कि स्यच्छ भारत के सपने को साकार करने के लिए व्यक्तिगत जिम्मेदारी अपनाना आवरपक है और प्रत्वेक व्यक्ति को

ठोस प्रयास

किए गए अखबारों और पुराने कपड़ों से पेपर मुद्दे पर अपने ज्वलंत विचारों को प्रस्तुत किया। किए गए अखबारों और पुराने कपड़ों से पेपर

अर्थ एकाण संवाददाता

ानसम् का कालन का खुमाउन सा खुमाउन सा बांडीगढ, 21 जनवरी। मेहर पर साथ रिश्वको एप नोन टीरीम स्टाफ महाजन देहिएवी करिन पर बीमेन ने भी माफिव रूप से भाग लिया। की एगएसस चुनिंदर में रस्वाकाम खार स्वरखका अभिमान कॉलिज के पर्यवादा के तरवाधान कालिज विभिन्न केले में आयोजित किया गया

परिसर में स्वच्छता अभियान चलाया जिसमें की कॉलेज की घात्राओं माथ

था, जिसमें की डियार्टमेंटल रूल्स, लेबोरेटरी, प्रक्रिंग एरिया, कोर्टनिकल गर्दन सेलिब्रेसन उग्राउने, य थि बाटिका इत्यदि शामिल हैं । हरे और चीले डारटबिन के डायोग सहित आर्थरिष्ठ अलगाव पर एक प्रदर्शन भी

रातराताल का लिए करपारिया का भेषार्थना न भेगा लिगा हुन आभयने का प्रयास के सारहन को उन्होंने करते कि स्वच्छ भारत के सभने को सकतर था। इस दौरान हो और नौले कुड़ेदान के करने के लिए व्योगिश जिम्मेवरी प्रथान सर्वित अपतिष्ट अलगाव पर एक प्रदर्शन अपनाना आवश्यक है और प्रशेस कि का माया। व्यक्ति को स्वेच्छा से इस जिम्मेवरी उद्यर, प्रशासनिक कार्यलव के कर्मवारियो



### **Lecture on Personal Hygiene**

20th January, 2020

The UBA Cell of the College organized the activity titled "Lecture on Personal Hygiene" on 20th January, 2020 in Badheri village.

#### Objective

The objective of the activity was to disseminate knowledge and create awareness among the residents about the importance of personal hygiene. The emphasis was on teaching the participants simple and easy ways to take care of their hands, feet and other body parts. The relevance of using cloth in personal hygiene was also highlighted upon.

#### The context

The motive of the activity was to encourage the participants to take personal responsibility of their health and cleanliness to create an environment that is conducive to holistic well-being.

#### The Practice



An awareness session on maintenance of personal hygiene was conducted in Government Model School, Sector 41-D, Badheri. The importance of a

hygiene regimen intertwined in the daily chores of the residents was illustrated comprehensively so as to reinforce the tenets of good health. The misconceptions and taboos relating to personal hygiene were addressed and resolved.

The session covered various parameters of personal hygiene, i.e. combing hair, brushing teeth, washing mouth after eating, washing hands before eating, washing hands after visiting toilet, trimming nails, taking a bath daily, wearing shoes and changing clothes daily etc. To enhance the effectiveness of the lecture, a power point presentation with myriad illustrations was made. This elicited enthusiastic response from the audience.

#### **Evidence of Success**



#### Problems encountered and resources required

The main problems encountered in conducting the activity were-

- Arranging meetings with the Village Councillor.
- Difficulty in choosing the appropriate time for active involvement of students.
- Villagers expect continuity in follow-up activities which is not feasible.

## Open Defecation Free (ODF) Drive 22<sup>nd</sup> January 2020

The activity held under Swachhta Action Plan (SAP) - Ministry of Human Resource Development (MHRD) along with Mehr Chand Mahajan College DAV College for Women, Chandigarh.



# Date: 22.01.2020Venue: Village Badheri and Village ButerlaProgramme Co-Coordinators

- Mr. Priyavart Sharma, Senior Faculty, Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Human Resource Development, Government of India
- Dr. Vandana Sharma, Assistant Professor, Department of Microbial and Food Technology, Mehr Chand Mahajan DAV College for Women, Chandigarh
- Dr. Sandeep Kaur, Assistant Professor, Department of Microbial and Food Technology, Mehr Chand Mahajan DAV College for Women, Chandigarh

Student Team Leader: Ms. Simran Kaur (B.Com final year) and NSS team involved of 30 student Volunteers.

Safe sanitation means promotion of safe disposal of human excreta, right use of toilet and avoiding open defecation as well as management of solid and liquid waste. Poor sanitation is a primary cause for many deadly diseases, deaths among children under age five, contamination of ground water sources, loss of family income on account of increased health costs, and compromised human dignity. In managing safe sanitation at each level understanding impacts of poor sanitation and implementation of safe sanitation processes is considered crucial. This requires active contribution of all the key stakeholders. To accelerate the efforts to achieve universal sanitation coverage and to put focus on safe sanitation, the Prime Minister of India launched the Swachh Bharat Mission on 2nd October, 2014. The Swachh Bharat Mission (Gramin) aims towards improving the levels of cleanliness in rural areas through Solid and Liquid Waste Management activities and making the rural areas- Open Defecation Free (ODF), clean and sanitized.

With this aim, MHRD along with Mehr Chand Mahajan College DAV College for Women, Chandigarh have collaborated to promote Swachh Bharat Mission (Gramin) mission [SBM-G] for achieving ODF status for its two adopted villages – Badheri and Butrela through a pilot level Swachhta Action Plan (SAP).



Swachhta Abhiyan - Quarterly Action Taken Report: January 2020 to March 2020 Mehr Chand Mahajan DAV College for Women, Chandigarh Page No.: 20

#### **Objectives of the Practice**

The Swachhta Bharat Abhiyan works with the idea that physical and mental cleanliness are very important for a longer and healthy life.

- To examine the previous conditions of the village.
- To look at the progress made in last four months after the visit.
- To encourage volunteers to keep themselves and their surroundings clean every day.
- To encourage volunteers to make the people aware regarding cleanliness.

#### **ODF\_SAP** Mission Execution Study



Ministry of Human Resource Development (MHRD) along with Mehr Chand Mahajan College DAV College for Women, Chandigarh launched the Swachh Bharat (Gramin) Mission [SBM-G]

for achieving Open defecation Free (ODF) status for its two adopted villages – Badheri and Buterla through a pilot level Swachhta Action Plan (SAP) coordinated by Mr. Priyavart Sharma from, MHRD, Government of India along with faculty members of the college (Dr. Vandana Sharma and Dr. Sandeep Kaur) and NSS student volunteers.



#### The Practice

Under this programme, three major visits were conducted by the ODF action team. The first visit done in Sept, 2019 focused on conducting a complete survey of the two villages by teams of student volunteers. This survey was basically based on the type of lavatories being used, quality of hygiene and cleanliness in private and community toilet, defecation status etc. The survey also aimed to awareness about the create importance of keeping lavatories clean and the ill effects associated



with disease outbreaks. The second visit was done in the month of November 2019 where the coordinator assessed the water quality management and storage system in the two villages. He reviewed and discussed the various issues with the villagers related to availability and quality of water supply, functionality and maintenance of the sewerage system and storage facility available in the adopted villages.

The final visit (on 22 Jan 2020) was the impact study to follow up the actual implementation of the sanitation programme in these two adopted villages (Households, Anganwadi, Schools, Shops, Community areas etc.).Student volunteers interacted with the villagers to evaluate the level of awareness and level of implementation of the hygiene practices in their houses and surroundings. A short video portraying the outcome of the entire ODF drive in both the villages was finally compiled. The outcome of the ODF Action plan showed enthusiastic and positive response with active participation of villagers at various levels in maintaining sanitation and cleanliness as a daily practice.

#### Learning Outcomes

 An insight into the actual picture of sanitation, sanitation management and its related issues was obtained through the survey carried by the team while



direct interaction with the villagers, school children, Anganwadi caretakers, housekeeping staff etc. This also helped in getting an idea of villagers' overall behaviour and attitude towards sanitation and hygiene.

- The ODF mission helped to educate and increase the awareness among villagers regarding the importance of adopting hygienic practices and the subsequent ill-effects of open defection and lack of clean sanitary habits on their health.
- Student volunteers themselves got apprised about the The Swachh Bharat Mission (Gramin) Open Defecation Free and actual implementation of the sanitation programme making our society and nation as a whole a better and healthy place to live.
- Villagers were enthusiastic about the various Government initiatives undertaken to make the population more aware about sanitation practices being adopted for a healthy tomorrow.
- A short video portraying the final outcome of the entire ODF drive in both the villages was finally compiled.

#### **Evidence of Success**



#### Awareness programme on Swachh Bharat Mission (Lecture on Swachhta App) 27th January 2020

Timings: 11.00 am – 12.30 pmVenue: College AuditoriumDepartment involved: NSS unitNumber of participants: 200 students including 9 NSS volunteers.

#### **Objectives**

- 1. To sensitize students about Swachh Bharat Mission
- 2. To urge students to fill Swachhta Survekshan 2020.

#### Context

In another event, the NSS unit of the college in collaboration with Municipal Corporation, Chandigarh organized an awareness session on Swachh Bharat



Mission. The officials of Chandigarh MC sensitized the students about the aims and objectives of the mission and urged them to contribute towards this mission with utmost sincerity. NSS programme officers Ms. Pallavi and Dr. Purnima Bhandari were also present in the event. The students also filled the Swachh Survekshan 2020 during the session.

#### **Evidence of success**



Swachhta Abhiyan - Quarterly Action Taken Report: January 2020 to March 2020Mehr Chand Mahajan DAV College for Women, ChandigarhPage No.: 24

## Lecture on Personal Health and Hygiene 4th February, 2020

The UBA Cell of MCM DAV College for Women, organized the activity titled "Lecture on Personal Hygiene" on 4th February, 2020 in Buterla village.

#### Objective

The objective of the activity was to disseminate knowledge and create awareness among the residents about the importance of personal hygiene, balanced diet and symptoms of cancer and its precautions .The emphasis was on teaching the participants, especially women of the village, and the importance of observing personal hygiene.

#### The context

During household survey of the village, it was noticed that there was a lack of knowledge among the residents with regard to health and hygiene. So, it was considered appropriate to deliver a composite lecture comprising various issues of health in order to increase the awareness of the residents.

#### The Practice



The activity took place at Anganwadi, Buterla, Chandigarh with the participation of 13 people comprising 12 student volunteers and а Resource person, Dr. Gunjan Sud, Deptt. of MCM DAV Botany,

College. The lecture was divided into three sessions. In the first session, the participants were told about the necessity and significance of hygiene with special reference to the menstrual cycle. At the end of this session sanitary pads were distributed amongst the participants, so as to encourage them to

discontinue the use of cloth which is extremely unhygienic and causes many health hazards. The second session was dedicated to disseminating information regarding prevalence of different types of cancers, their detection, treatment and prevention. During this lecture, information was also disseminated on common food ingredients of plant origin which have anticancerous properties. The third session was conducted to impart knowledge about the significance of a balanced diet. In this session, Dr Gunjan Sud told the gathering about the essential dietary components, their sources and how they could be incorporated into a healthy diet. The lecture ended with round of an applause by everyone present there.

#### Problems encountered and resources required

The main problems encountered in conducting the activity were-

- Lack of knowledge among the residents of the village about the rules of basic hygiene.
- Arranging meetings with the Village Councillor.
- Difficulty in choosing the appropriate time and active involvement of students for conducting the activity.
- Villagers expect continuity in follow-up activities which is not feasible.



#### **Evidence of Success**

## 'Importance of Menstrual Hygiene: Myths and Truths' 6th February 2020

An Interactive session on 'Importance of Menstrual Hygiene: Myths and Truths' was organized by the Swachhta Committee (Commerce) on 6th Feb, 2020. The session was conducted by Dr. Jaspreet Kaur, Gynaecologist and Laparoscopic Surgeon, Bedi Hospital, Chandigarh.



#### Objective

The event was organized with the aim to spread awareness about maintaining menstrual hygiene and to understand its importance for a healthy living. Also, the event aimed at throwing light on the myths and truths related to menstruation.

#### The Context

Dr Jaspreet explained to the participants the scientific reasoning behind the process of menstruation and the different phases of the menstrual cycle.

She began the session by telling that talking about menstruation is still seen as a taboo in the Indian society and this is a thinking that needs to be changed. The significance of maintaining menstrual hygiene was stressed upon as it not only leads to a healthy living, but also ensures full participation of women and girls in work, and other activities.

The myths related to irregular periods were talked about. The pros and cons, of various options available, including sanitary pads, tampons and menstrual cups etc. were also discussed.

She also talked about the infections and diseases that can occur if proper care is not taken with regard to menstrual hygiene. The precautions to be taken to prevent the occurrence of sexually transmitted diseases and cervix cancer were also highlighted.

#### **Evidence of Success**

The information regarding the lecture on Menstrual Hygiene was disseminated in advance, as a result of which many faculty members and students attended this interactive session. Principal Dr. Nisha



Bhargava appreciated the endeavour of the Swachhta Committee.

#### Outcome of the activity

The information imparted through the session helped the students to come out of the inhibitions to talk and discuss about issues related to menstruation. As a result, they were able to interact with Dr. Jaspreet and got the answers to all queries related to the issue to their utmost satisfaction.

#### SWACHH CAMPUS RANKING 2018

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#### HT Correspondent

CHANDIGARH .: The Mehr Chand Mahajan Dayanand 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.

As many as 6,029 higher edu-cational institutes had partici-pated in the all-India ranking and 4,792 were found eligible, according to a release. Finally, 51 were ranked under eight categories, covering technical institutes, universities and colleges with hostels (residential) and without hostels.

"We have received the award under the residential college category. It means both the campus and hostel infrastructure has been adjudged the best," said Bhargava. A college spokesperson said:

Under the Swachh Bharat Abhiyan, the college has installed a biogas plant, vermin composting plant and a real-time air quality monitoring system in its campus. The college has orgagı nised many plantation drives and awareness drives on solar

 Nisha Bhargava, principal of MCM DAV College, Sector 36, receiving the Swacchta award from Union minister Prakash Javadekar during a function in New Delhi on Monday. HTPHOTO power generation, rainwater harvesting and waste segrega tion." The college has also adopted Badheri village in Sector 41, where sensitisation proeson sanitation, hygiene anliness are regularly held by students.

# MCM DAV is the cleanest एमसीएम कॉलेज-36 को स्वच्छ residential college in India सर्वेक्षण में मिला राष्ट्रीय पुरस्व

जागरण संवादादात, चंडीगढ़ : सिटी ब्यूटीफुल को पहचान दिलाने और अपनी उल्लेखनीय उपलब्धियों की श्रेणी में एक नाम जुड़ गवा है। एमसीएम डीएवी कॉलेज फॉर वमेन-36 ने परे देश में ' बेस्ट सिटीजन लेड इनोवेशंस' कैटेगरी में तीसरा स्थान प्राप्त किया। इसकी घोषणा स्वच्छ सर्वेक्षण 2019 के तहत दिल्ली में आयोजित स्वच्छ सिदी अवाडर्स के दौरान हई।

भारत सरकार के मिनिस्ट्री ऑफ हाउसिंग एंड अर्बन अफेयर्स के द्वारा पुरस्कृत यह अवार्ड प्रयोग की गई प्लास्टिक की बोतलों में कृषि एवं रसोई में व्यर्थ जाने वाली वस्तओं से मशरूम उत्पादन की पहल जैसे प्रबंधन के एमसीएम के अनुठे उपक्रमों की पहचान के रूप में प्रदान किया है। कॉलेज के फड साइंस विभाग के अथक प्रयासों से



स्वेटर-३८ एमसीएम कॉलेज फॉर वुमेन की प्रिंसिपल खें .निज्ञा भार्गव दिल्ली में अप्रोजित साच्छ सर्वेश्वण अवार्ड- २०१९ में केंद्रीय मंत्री हरदीप सिंह से पुरस्कार लेते हुए⊕ जीDPU

उद्देश्व व्यर्थ के रूप में अवशिष्ट जैविक वस्तुओं का सही उपयोग करना है। इससे सभी के लिए उच्च स्तर के पौष्टिकता वक्त आहार को उत्पादित कर समाज को संशक्त बनाया जा सकता है। एमसीएम

कॉलेज को यह सम्मान मिला है। इसका के फ़ुड साइंस विभाग के इस प्रवास की सराहना करते हुए प्रिंसिपल डॉ. निशा भागंव ने कहा कि स्वच्छता अभियान में अहम योगदान के लिए पहले भी एमसीएम कॉलेज को नेशनल लेवल पर सम्मान मिल चका है।

## MCM bags national award for innovation

#### TRIBUNE NEWS SERVICE

#### CHANDIGARH, MARCH 6

MCM DAV College for Women bagged the all-India third rank in the 'Best Citizen-Led Innovations' category during the Swachh City Awards announced on Wednesday 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.

A brainchild of Vandana Sharma and Sandeep Kaur of the Food Science Department, the initiative is a sustainable approach with the objective of utilising organic



MCM DAV College for Women. TRIBUNE PHOTO

residues while waste enabling community empowerment through generation of high nutritional value food for all.

#### Project concept

The need for developing

alternative strategies for effective waste management is mandatory due to the threat posed to our environment and public health. One such strategy for solid waste management is the successful cultivation of one nutritional variety of mushroom called oyster mushroom by utilising kitchen and agricultural wastes as substrates.

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.

Nisha Bhargava, Principal of MCM College, said: "We sent a prototype of the project to the Municipal Corporation, which submitted it to the Ministry of Housing and Urban Affairs. Students and faculty were working upon the project for more than one year."

## देश का सबसे स्वच्छ कालेज बना चंडीगढ का एमसीएम डीएवी

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

#### अमर उजाला ब्यूरो

चंडीगढ़। देश के उच्च शैक्षणिक संस्थानों की स्वच्छ परिसर रैकिंग में चंडीगढ़ के एमसीएम डीएवी कालेज सेक्टर-36 ने नंबर बन 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 संस्थान विकास मंत्रालय के केंदीव मंत्री प्रकाश जावदेकर के हाधों दिया गया। अवार्ड को कालेज प्रिंसिपल डॉ. निशा भागव ने ग्रहण किया गया।

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

कालेज ग्रिसिफल ने बताया कि कालेज की बुनियादी तौर से ही यहां स्वच्छता को प्राथमिकता दी गई। लेकिन 2014 से स्वच्छता को लेकर और योजनाओं को पुख्ता किया गया। कॉलेज के प्रयासों में स्वच्छ भारत अभियान के तहत बायो गैस प्लांट लगाना, बर्मीक पोस्टिंग, पौधरोपण अभियान, सीर ऊर्जा निर्माण, रेन वाटर हावेस्टिंग, रियल टाइम क्वालिटी मॉनिटरिंग सिस्टम, वेस्ट सेनिग्रेशन, नीले और हरे कुड़ेदान कैंपस में रखने, परिसर की सफाई, एनएसएस की ओर से परिसर और आसपास के परिवेश की सफाई, सफाई स्वच्छता एवं सेनिटेशन पर दत्तक गांव बढेरी में जागरूकता अभियान चलाना. स्वच्छता परायाडा एवं स्वच्छ भारत समर इंटर्नीशप शामिल है।



नई दिल्ली में आयोजित कार्यक्रम में एचआरडी मिनिस्टर प्रकारा जायडेकर और डा. सत्यपाल सिंह एमसीएम डीएवी कालेज चंडीगढ़ को सबसे स्वच्छ कालेज का खिताब देते हुए। अन जान

भविष्य में अधिक गांव लेंगे गोद कालेज पिंसिपल हों आगंव 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 उददेश्यों 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 सस्टेनेक डेक्लपमेंट तथा समाज के सभी स्तरों के विकास के लिए सदैव प्रयत्नशील रहता है। वे भविष्य में भी अधिक गांव जैसे धनास, कनहेड़ी और किशनपुरा गांव को गोद लेकर स्वच्छता अभियान जारी रखेंगे।





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