

***Mehr Chand Mahajan DAV
College for Women
Sector-36 A, Chandigarh-160036***



***Progress Report
Of
Swachhta Committee
July – September 2019***

Lecture on Hygiene Management

Title of the Practice

'Healthy Living: The Role Of Hygiene Management Techniques'

Activity Report

An Interactive session on 'Healthy Living: The Role Of Hygiene Management Techniques' was organized by the Swachhata committee (commerce) on 8th August 2019. The session was conducted by Dr. Jaspreet Ahluwalia, regional training head (North & East zone), Fortis Health Care Ltd, Mohali.

Objective:

In a reaffirmation of the commitment of Mehr Chand Mahajan DAV College for women to the cause of swachhata, the Swachhata committee of the college organized this event with the aim to raise awareness and enable participants to consider the importance of physical, mental and social health.

The context:

Personal hygiene during a monsoon season is very important for the health of human being. Dr. Jaspreet Ahluwalia, the resource person discussed that many people cut down their water content during the raining season. Dehydration in human body could lead to a drop in the immunity, further making one less energetic. We should keep ourselves hydrated and drink at least eight glasses of water to stay healthy and avoid infections. In addition, she laid emphasis on drinking clean and safe water. Foods like sea food, fried foods, fizzy drinks, etc should be avoided during the monsoon season. She discussed that personal hygiene during raining season is must and one should make use of anti-bacterial solution or soap to clean all the germs.

The Practice:

She demonstrated seven steps of effective hand washing which are enlisted as below:

Step 1: Rub palms together

Step 2: Rub the back of both hands

Step 3: Interface fingers and rub the hands together

Step 4: Interlock fingers and rub the back of fingers of both hands.

Step 5: Rub thumb in a rotating manner followed by the area between index finger and thumb

Step 6: Rub fingertips on Palm for both hands

Step 7: Rub both wrists in a rotating manner rinse and dry thoroughly.

She discussed with the students that good hand washing protects against the spread of many illnesses such as common cold, flu, diarrhea, etc.

Evidence of Success:

The information regarding the lecture on Healthy Living was disseminated in advance because of which many faculty members and students attended this interactive session. Principal Dr .Nisha Bhargava appreciated the endeavours of Swachhata Committee.

Outcome of the activity:

While addressing the students Dr. Jaspreet Ahluwalia laid emphasis that our body is more susceptible to health issues in rainy season because monsoon reduces the immunity power of our body. Our body constantly gets affected with allergies, infections, indigestion problems, so we must keep our body resistant against such diseases. At last, she laid emphasis on the importance of home made food and must avoid oily food, street food, etc else there is a possibility that it upsets one's stomach.





छात्राओं को स्वस्थ जीवन शैली स्वच्छता- प्रबंधन तकनीकों की जानकारी दी

अर्थ प्रकाश संवाददाता

चंडीगढ़, 13 अगस्त। सेक्टर-36 स्थित मेहरचंद महाजन डीएवी कॉलेज फॉर वुमेन की स्वच्छता कमेटी ने स्वस्थ जीवन शैली स्वच्छता-प्रबंधन तकनीकों की भूमिका पर एक बातचीत सत्र आयोजित किया। जिसका संचालन फोर्टिस हेल्थ केयर लिमिटेड, ल मोहाली के रीजनल ट्रेनिंग हेड (नार्थ ईस्ट जोन) डॉ जसप्रीत अहलूवालिया ने किया। शारीरिक, मानसिक और सामाजिक स्वास्थ्य की महत्ता पर प्रकाश खलते हुए उन्होंने व्यक्तिगत स्वच्छता के तरीकों से छात्राओं को अवगत कराया। मानसून के मौसम में स्वच्छता पर विशेष ध्यान देते हुए उन्होंने छात्राओं को निरंतर पानी पीते रहने और घर पर बने भोजन को ही ग्रहण करने की



सलाह दी। हाथ की सफाई और वीस सेकंड तक हाथ धोते रहने के नियम का पालन करने की सलाह दी। इसके अलावा कॉलेज के एनवायरनमेंट कमेटी ने एक अभियान के तहत वृक्षारोपण के द्वारा पर्यावरण संरक्षित करने का संदेश दिया। फैकल्टी सदस्यों एवं छात्राओं को औषधीय गुणों वाले पौधों को वितरित किया गया जैसे स्टीविया, कलमेघ, तुलसी,

अकरकरा, ब्राह्मी, इलायची आदि। कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने स्वच्छता और पर्यावरण संरक्षण के प्रति छात्राओं की सजगता बढ़ाने के इस प्रयास की सराहना करते हुए कहा कि इस व्यापक परिदृश्य में एमसीएम ने बेहतर भविष्य के लिए सस्टेनेबल प्रैक्टिसेज को आगे बढ़ाने के लिए निरंतर प्रयास किया है।

एमसीएम में स्वच्छता प्रबंधन एवं पौधे-वितरण पर सत्र आयोजित

चंडीगढ़, 13 अगस्त (राकेश): मेहरचंद महाजन डीएवी कॉलेज फॉर वूमैन चंडीगढ़ की स्वच्छता कमेटी ने स्वस्थ जीवन शैली, स्वच्छता-प्रबंधन तकनीकों की भूमिका पर एक बातचीत सत्र आयोजित किया। जिसका संचालन फोर्टिस हेल्थ केयर लिमिटेड, मोहाली के रीजनल ट्रेनिंग हेड डा. जसप्रीत आहलूवालिया ने किया। शारीरिक, मानसिक और सामाजिक स्वास्थ्य की महत्ता पर प्रकाश डालते हुए उन्होंने व्यक्तिगत स्वच्छता के तरीकों से छात्राओं को अवगत कराया। मानसून के मौसम में स्वच्छता पर विशेष

ध्यान देते हुए उन्होंने छात्राओं को निरंतर पानी पीते रहने और घर पर बने भोजन को ही ग्रहण करने की सलाह दी। हाथ की सफाई और 20 सेकेंड तक हाथ धोते रहने के नियम का भी कड़ाई से पालन करने की सलाह दी। साथ ही साथ कॉलेज के एनवायरनमेंट कमेटी ने एक अभियान के तहत पौधारोपण के द्वारा पर्यावरण संरक्षित करने का संदेश दिया। फैकल्टी सदस्यों एवं छात्राओं को औषधीय गुणों वाले पौधों को वितरित किया गया जैसे स्टीविया, कलमेघ, तुलसी, अकरकरा, ब्राह्मी, इलायची आदि।

स्वच्छता प्रबंधन पर कार्यक्रम में पर्यावरण बचाने का दिया संदेश



एमसीएम डीएवी-36 में एनवायरमेंट कमेटी ने पौधे वितरित किए।

चंडीगढ़। एमसीएम डीएवी कॉलेज फॉर वुमैन सेक्टर-36 की एनवायरमेंट कमेटी ने मंगलवार को एक अभियान के तहत पौधारोपण कर पर्यावरण संरक्षित करने का संदेश दिया। फैकल्टी सदस्यों एवं छात्राओं को औषधीय गुणों वाले पौधों को लगाया। साथ ही स्टीविया, कलमेघ, तुलसी, अकरकरा, ब्राह्मी, इलायची आदि के पौधे वितरित भी किए गए। चंडीगढ़ की स्वच्छता कमेटी ने 'स्वस्थ जीवन शैली: स्वच्छता प्रबंधन तकनीकों की भूमिका' पर एक बातचीत सत्र आयोजित किया। इसका संचालन फोर्टिस हेल्थ केयर लिमिटेड के रीजनल ट्रेनिंग हेड (नॉर्थ ईस्ट जोन) डॉ. जसप्रीत आहलूवालिया ने किया। शारीरिक, मानसिक और सामाजिक स्वास्थ्य की महत्ता पर प्रकाश डालते हुए उन्होंने व्यक्तिगत स्वच्छता के तरीकों से छात्राओं को अवगत कराया। ब्यूरो

‘Swachhta hi Sewa’

Title of the Practice

Swachhta hi Sewa: Department of Computer Science & Applications (30th August 2019)

Objective of the Practice

This aim of the practice was to clean up the surroundings by making every citizen accountable and to bring awareness among the youth.

The Context

To inculcate social responsibility (Swachh Bharat Mission) among students, the Swachhta activity was carried out in the Department on 30th August 2019. Students were assigned different areas (Departmental labs and lecture rooms) to clean up so that they develop a sense of belongingness and responsibility towards the place they study in.

The Practice

- Students from different classes volunteered for the cause and participated in cleaning all the labs and lecture rooms of the Department.
- They were made aware about e-waste bins placed in the campus and were asked to collect e-waste from their homes for the safe disposal and recycling of the same.
- Awareness about wet waste and dry waste bins was spread among the students and they were given instructions regarding segregation of waste.

Limitations

Some of the students were initially reluctant to participate in the activity but afterwards felt motivated and started contributing towards the same.

Evidence of Success

Students whole-heartedly contributed to this Swachhta drive and pledged not to litter the campus. Lab-1 & Lab-2 were cleaned by students of B. Sc III & B. Sc II respectively, whereas students of B.Sc I cleaned the lecture room C2. Lab-3 & Lab-4 were cleaned by students of

BCA III B, PGDCA & BCA II A respectively and BCA-III A students cleaned lecture room C1.

They also felt motivated to spread this knowledge about segregation of dry/wet waste and e-waste among their family members, friends and neighbours.



'Swachhta Activity' in progress

Problems Encountered and Resources Required

No significant problem was faced as such. Students just needed a small orientation session of the task before engaging themselves. Resources were provided by the institution.



'Poster and Rangoli Competition'

Title of the Practice

Under the **“Swachhta Hi Seva – Plastic Free India Campaign,”** the Swachhta Committee (Arts) organized a Poster Making and Rangoli Competition in the college campus on **24th September 2019**. The theme for the competition was **“Plastic Free Chandigarh”**.

Objective of the Practice

The **objective** was to create something unique which conveyed a strong message. In line with the mission of **'demanding that everything we do leads to a cleaner, safer and healthier environment'**, the focus was to open the floor for creative ideas to replace plastic bags. It is going to take commitments at both macro and micro level to tackle the current plastic pollution crisis, and all of us have a role to play. Every action to reduce single-use plastics sends a message to the industry that it is time to change. We can no longer allow products that are used for a few seconds to pollute our planet for a lifetime. Hence, it becomes critical to curb the usage of plastic bags that are non-biodegradable in and negatively impact the environment. Through this activity, an effort was made to connect the collective intelligence and participation of all to bring about the desired change.

The Practice

In all, 33 students registered for these activities. For Rangoli making students were divided into 6 teams.

The positions secured by the students in this competition are as follows:

Poster making

1st Prize – Gurnoor Kaur (BSc I)

2nd Prize – Shruti (BA I)

3rd Prize – Shelja (BA III)

Consolation Prizes - Amanjot Kaur (BA III)
Bhawna Paliwal BSc (Med II)

Rangoli

1st Prize - Aanchal Singla and Perna Guleria (MA II) Sociology

2nd Prize – Nikita Kapil and Vibhuta Arora (BAIII)

3rd Prize – Shanaya Sidhu and Mallika Gupta (BAIII)



College students show way for plastic-free city



DP CORRESPONDENT
Chandigarh

As part of the Plastic Free India Campaign under the "Swachhata Hi Seva" initiative, college students of Mehr Chand Mahajan DAV College for Women, Chandigarh on Tuesday participated in various competitions themed "Plastic free Chandigarh" and depicted inspiring ideas through their creations prompting everyone to act now for realizing the dream of a clean Chandigarh free from plastic waste. The Swachhata Committee (Arts)

of the college had organized Poster Making and Rangoli Competitions. Principal Dr. Nisha Bhargava expressed appreciation for the efforts of Swachhata Committee towards raising awareness among the students about Swachhata related issues.

She added that, from solid waste management through biogas production to harnessing solar energy to waste segregation, the college is committed to doing its bit in realizing Prime Minister Narendra Modi's dream of a Clean India.

रंगोली से प्लास्टिक मुक्त शहर का संदेश

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज फॉर वुमन की स्वच्छता समिति ने स्वच्छ भारत अभियान के तहत पोस्टर मेकिंग और रंगोली प्रतियोगिता करवाई गई। इसमें छात्राओं को प्लास्टिक मुक्त शहर और उसके दुष्प्रभावों के प्रति जागरूक किया गया। प्लास्टिक मुक्त चंडीगढ़ की थीम पर आधारित प्रतियोगिता में 35 छात्राओं ने भाग लिया। पोस्टर मेकिंग में गुरनूर कौर बीएससी-1 ने पहला, श्रुति बीए-1 ने दूसरा और शैलजा बीए-1 ने तीसरा स्थान पाया। रंगोली प्रतियोगिता में आंचल सिंगला व प्रेरणा गुलेरिया एमए सोशियोलॉजी-2 ने पहला, निकिता व विभूति बीए-3 ने दूसरा और शनाया व मल्लिका बीए-3 ने तीसरा स्थान हासिल किया। कॉलेज प्रिंसिपल डॉ. निशा भार्गव ने स्वच्छता समिति की ओर से छात्राओं के बीच जागरूकता बढ़ाने के प्रयास की सराहना की। ब्यूरो



एमसीएम
कॉलेज में
स्टूडेंट्स की
ओर से बनाई
गई रंगोली
देखतीं
प्रिंसिपल व
शिक्षकाएं।

'Clean and Green Hostel'

Title of the Activity

A clean and green Hostel initiative was carried out in the months of July and August whereby efforts towards comprehensive cleaning, sanitization and fumigations were carried out in the hostels.

Aims and Objectives

Thorough cleaning and spray drive was undertaken in all the blocks to make it clean, junk-free and free from mosquitoes.

Activities Carried Out

- Anti-malaria spray was sprayed in the hostel bathrooms, kitchen area, corridors and the lawns of all the six blocks on 22nd July, 8th August, 27th August and 10th September, 2019.
- In July, termite treatment was carried out in all the rooms on the ground floor of all the blocks.
- In August, all the bathrooms tiles were scrubbed and cleaned, the mesh covering the exhaust fans was cleaned and the soap holders were also cleaned. The electrician along with the volunteers cleaned up all switchboards of the hostel. The area around the hostel was cleared up by the hostel gardeners. All the junk waste was removed from the hostel premises and sold off to the junkyard.

Outcome of the Activity

The Hostel campus became clean and hygienic. Fumigations ensured that breeding of mosquitoes and termites was minimised. Students were also encouraged to keep their rooms clean and free from any clutter.



Cleaning activities in progress in the Hostel

'Talk on good hygiene practice'

Title of the Practice

Good Hygiene Practice- an Interactive Talk

Objectives of the practice

To maintain adequate quality of food physiologically as well microbiologically.

The Context

An interactive talk was organized under routine Swachhta activity for the canteen workers to inculcate good and effective hygiene practices at the grass root level and minimize incidence of Food Contamination and Adulteration.

The Practice

Various aspects of hygienic and safe food handling especially workers involved in pre preparation and preparation were discussed. Personal hygiene practices as well as various sources of food contamination were discussed at length.

Various preventive measures as the following were discussed at length:

- Good Personal Hygiene
- No Bare Hand Contact with Food
- Purchase Safe Food
- Store Food Properly
- Prepare and Cook Food Adequately
- Clean and Sanitize

In the end additional activities were also carried out to support the content presented to the participants. Various doubts and questions asked by the participants were also clarified resulting in a successful session.

Evidence of success

The participants actively participated and discussed their queries. Also regular surprise checks were carried out to enquire about the instructions needed to reduce food contamination and encourage hygienic practices.

Problems encountered and resources required

Due to low level literacy among the target audience, use of some technical terms was a challenge.



'Cleaning of Canteen Area'

Title of the Practice

Canteen Swachhta Committee inspected the whole canteen area on 31-07-2019. The members thoroughly inspected all storage, cleaning and cooking area and gave suggestions and instructions to the food handlers.

Objectives of the practice

All canteen personnel were given awareness about preparation methods and disposal of food.

The contractor regularly cleans and disinfects the cooking as well as serving and storage area.

The Context

The Mess committee regularly inspects the mess on various parameters like cleanliness of surroundings, food storage, food preparation, disposal and hygiene of the workers. The Mess contractor regularly cleans and disinfects the cooking as well as serving and storage area.

The Practice

The following points are kept in mind for smooth conduction of mess and canteen during academic sessions:

- Enable a better balanced diet throughout the year by providing a nutritionally adequate food in respective menus.
- Reducing kitchen waste by preserving unused or uneaten food for later use.
- Preserving pantry food, such as spices or dry ingredients like rice and flour, for eventual use in cooking by regular pest control.
- It is also important to maintain proper kitchen hygiene, to reduce risks of bacteria or virus growth and food poisoning.
- For safety, it is important to verify the temperature of the refrigerator. Refrigerators should be set to maintain a temperature of 40 °F or below. And proper freezing temperature is maintained.
- Regular servicing of the water purifiers and coolers is done to monitor any unwanted microbial growth.

Purchase and Storage of Raw material-

Raw material is purchased time to time according to its perishable nature to reduce wastage. Dry ingredients are purchased in standard packing like 25 kg of rice and 30 kg of wheat and opened only and when required to reduce insect infestation. Highly perishable food items like milk and other dairy products are purchased on daily basis to reduce wastage. Perishable food items like green leafy vegetables are purchased every alternative day. The food items to be stored are kept in large storing bins which are tightly covered and opened only as and when

required. The surrounding area is well disinfected with caution to maintain the nature of the stored food for human consumption. The storage area is disinfected by spraying pesticides quaternary to reduce infestation, by taking appropriate precautions.

All the water pipes and outlets are sprayed by pesticides on a large scale once the students are on academic leave i.e. during a new session or winter holidays. Pest control ensures a quality environment. The students imbibe the maximum “Cleanliness is next to Godliness.”

Evidence of success

Regular feedbacks are taken from the hostel residents as well as customers visiting the canteen.

Problems encountered and resources required

Large scale management of inspections and feedback.



Rearrangement of items in cupboards and shelves



Team member discussing the observations with canteen personnel



Cleaning of Cooking Area was done

'SBSI 2019 – Under the aegis of NCC'

Title of the practice: Swachh Bharat Summer Internship Program 2019 under the aegis of NCC (Army Wing)

Objectives of the practice: The main objectives have been to create awareness among masses about sanitation, hygiene and cleanliness and to actively contribute in '*Jan Andolan*' of Swachh Bharat mission under the NCC (Army Wing) for contributing 50 hours in Buterla Village, Chandigarh district, from 26th to 31st July, 2019. The major thrust has been to promote "Green India, Clean India" as a part of Swachhta initiatives and included an interaction with people regarding waste management practices. Other important objective of the program was to create awareness about the prevention of communicable diseases. The internship was also important in terms of promoting nationalism and responsibility towards the nation.

The Practice and the Successes (in terms of sensitization): An overview of the activities performed during the course of internship is as follows:

'Awareness Campaign in School & Anganwadi

Name of the Activity: Visit to School and Anganwadi and, Interaction with general masses

No of People Sensitized: 50-80

The MCM - NCC Army team started the mission by interacting with the students of the Senior Secondary School, Buterla and the members of Anganwadi. An interaction took place with the school staff members, students, sweepers and the caretakers.

Awareness campaign in Senior Secondary School

The team visited the Senior Secondary School of Buterla where the **school students** were addressed on the following issues:

- Cleanliness and hygiene
- Prevention of communicable diseases by maintaining a healthy lifestyle
- Health hazards because of drug abuse and smoking
- Refraining use of plastics
- Use of dustbins
- Plantation of trees

- Issues regarding the malaria dengue spread
- Responsibility towards Nation

The youngsters were asked to contribute towards the society and environment. They undertook an oath for keeping their school and surroundings clean.

Awareness campaign in Aanganwadi and Local Crèche

The caretakers and women of Aanganwadi and crèche were addressed on:

- Personal hygiene, toilet usage and sanitation
- Their responsibilities towards the health of children
- Menstrual/ personal hygiene





Internship in progress

'Rally on Swachh Bharat'

Name of the Activity: Rally on Swachh Bharat

No of People Sensitized: 200 approx.

Objectives:

- To create mass awareness in the society
- To promote Prime Minister's mission of 'Swachh Bharat Abhiyan'

Methodology:

A rally was organized by the cadets in Buterla village which covered all the major areas of village. It went through the market and residential areas. Swachhta related slogans were raised across the village. During the rally, students interacted with the villagers and the passers-by regarding cleanliness issues and their responsibility towards the society for keeping the village clean. They also distributed pamphlets on measures of prevention of Dengue and Malaria. The cadets encouraged the vegetable and fruit vendors and local shopkeepers to use carry bags made up of fiber instead of polybags. The locals were informed about the harmful effects of polythene on the environment. The rally stopped at the common areas where the volunteers talked about cleanliness. The main themes of the rally were:

- Clean India, Green India mission
- No plastic usage
- Toilet usage
- Segregation of wet and dry garbage
- Use of dustbins.





Rally on Swachh Bharat in progress

'Awareness regarding Swachhta in the Market Area'

Name of the Activity: Awareness in the Market area

No of People Sensitized: 200 (approx).

Awareness campaign in Market Area: Cadets created awareness in the market areas of Buterla. The main objectives were to interact with the general public and to create awareness regarding the harmful effects of plastic usage. The cadets encouraged the shopkeepers to keep their surroundings clean. The focus was to create awareness among the shopkeepers/ vendors about:

- General hygiene and cleanliness
- Keeping the surrounding areas clean and refraining from littering
- Use of dustbins for collecting the garbage
- Avoiding the use of plastic bag
- Segregation of dry and wet waste



Cadets interacting with the shopkeepers and vendors

'Home Visits for Creating Awareness regarding Segregation of Waste'

Name of the Activity: Door -to-Door: Home Visits

No. of People Sensitized: 200-250

No. of Houses visited: 100 approx.

Awareness campaign among local residents: The cadets of the College surveyed nearly 50-60 houses in the village. There were few homes where dustbins were not placed and the interns encouraged the people to use the same. They were asked not to litter in open and to keep their surroundings clean. The interns taught them about the importance of dustbins and also created awareness about waste management. Since garbage collection and disposal is a challenging problem, the cadets guided people about the concept of compost pits. The people were also asked to restrict the use of plastics. The main themes were '**Segregation of dry and wet garbage**' and '**Say no to Plastics**'. They were made to understand the fact that the huge amount of green waste, kitchen waste and other organic material going to the landfill can be reduced by promoting a simple and cost free process of composting. This is an initiative to promote "**Green India, Clean India**" theme of Swachhta. It also included an interaction with the people regarding the necessity of washing hands and prevention from diseases like diarrhoea, cholera etc. and the necessity of cleaning coolers and to prevent mosquito breeding.







Cadets visiting homes and interacting with the residents

'Plantation Drive'

Name of the Activity: Plantation Drive

The NCC Army Wing of the college conducted a tree plantation drive in view of 'World Nature Conservation Day' on 27th July 2019. The program aimed to create awareness among the youth about the importance of conserving the environment.



Tree Plantation Drive in Butrela Village

Outcomes of SBSI

The internship conducted under the aegis of NCC Army Wing in Buterla Village, Chandigarh was instrumental in sensitizing the villagers regarding various aspects of waste disposal, proper toilet usage, tree plantation and health hazards. The internship was also effective in inculcating a sense of responsibility towards community welfare and National welfare. The villagers were urged to promote Prime Minister's mission of Swachh Bharat.

All in all, the internship proved to be a learning and an enriching experience for all the stakeholders.

Problems encountered and resources required

The program was basically an awareness drive and not many problems were encountered as such.

'Single Use Plastic Ban Campaign'

Title of the practice: Single Use Plastic Ban Campaign (Under the aegis of NCC ARMY Wing)

Date of activity: 20th September, 2019

Number of participating cadets: 34

Objectives of the practice: The main objective was to create awareness among general masses against single use plastic under the banner of **NCC Army Wing of 1 Chd Girls Bn** in Buterla Village, Chandigarh district, on 20th September 2019. The awareness campaign aimed at taking forward the initiative of the Government towards Plastic-free environment. The residents of the village were made aware about the health and climate-hazards of using plastic and were urged to adopt eco-friendly products in their daily lives. The major theme was to promote ``Green India, Clean India'' mission of Swachta. The Coordinator of the campaign was Dr Nisha Sharma , Assistant Professor, Department of Mathematics, of the College who was assisted by 34 NCC Army wing cadets of the College.

The Practice: An overview of the activities performed during this day is as follows:

- Visit to School
- Rally
- Awareness among shopkeepers and buyers
- Scrap of plastics and distribution of cloth bags

Firstly, the team visited the Primary School of Buterla where the school teachers and students were motivated to scrap plastics from their daily life. The students were told about the pollution created by plastics bags and the problem of their disposal. They were motivated not to litter plastic polybags, water bottles and wrappers of eatables which they were carrying with them. Cloth bags were distributed to discourage the use of single use plastic bags. The school staff was supportive throughout the activity.

Respected Councillor of the village Shri Hardeep Singh Ji who also holds a position of Senior Deputy Mayor in MC, Chandigarh was invited to the School. He addressed the young children, School Staff including the teachers and helpers along with the cadets about the importance of eliminating plastics from day to day life.

As a promotional activity, the cadets handed over cloth bags to the respected Councillor of the village and the school staff. The most important part of the day was rally which was a complete success in terms of connecting with the residents of the village. The rally covered all the major areas of village and went through the market and residential areas. Slogans were raised across the village where the cadets kept on interacting with the shopkeepers, buyers, villagers and the passers-by regarding a ban on single use plastic items. The cadets encouraged the vegetable and fruit vendors and local shopkeepers to use carry bags made up of fibre and clothes instead of polybags. The locals were informed about the harmful effects of polythene on the environment and the disposal problem. They were asked not to litter plastic as it creates an unchecked pollution, creates toxins in the environment. The plastic is very often consumed by animals or birds leading to choking and death in extreme cases. It also makes the land barren and defaces the surroundings. The people were told that the march towards `Clean Indian, Green India mission is incomplete without their contribution and without a complete plastic ban at all levels. The buyers, shopkeepers, vendors and the general public were given cloth

bags which are eco-friendly as compared to plastic bags, Around 50 cloth bags were distributed by the ‘**Unnat Bharat Abhiyan Committee**’ of the College.

Outcomes

The Campaign, which mainly consisted of an **awareness rally and promotion of cloth bags** was conducted at a very opportune time when the concern about protecting and preserving our environment and ecology has attained global dimensions. Since the villages around Chandigarh, like Village Buterla, consist of higher levels of migrant population, the people here are more likely to suffer from lack of education, information and awareness relating to environment conservation and protection. Therefore, this campaign generated the right buzz and the zeal of the volunteers seemingly swept everyone. Even though the weather was hot and humid, everyone carried out her duty with a sense of responsibility, which ultimately ensured the success of the campaign.









Cadets striving towards 'Clean India, Green India'

S.No.	NAMES	REG. NO.
1	Ritika Rana	19/325935
2	Shivani Thakur	19/325930
3	Saumya	19/325925
4	Rehet Bains	19/325931
5	Prabhnoor	19/325941

6	Mrinaal vashisht	19/325940
7	Muskan jha	19/325938
8	Ritu	19/325949
9	Anamika Kumari	19/325926
10	Diksha Viridi	19/325934
11	Umang	19/325937
12	Saumya Khandaria	19/325950
13	Riya	19/325946
14	Devyanshi	18/325966
15	Shikha	18/325931
16	Vartika Sharma	18/325952
17	Dilrose Chahal	18/325947
18	tejal Bhardwaj	18/325971
19	Pushpita	18/325950
20	Priya Thakur	18/325939
21	Radhika Matta	18/325925
22	Nandita	18/325924
23	Srishti Bist	18/325944
24	Palak	18/325932
25	Ashima Yadav	18/325948
26	shivani	18/325974
27	Deepti	17/325933

28	Bharti Pannu	17/326223
29	Bharti Sharma	17/325905
30	Shivani Sharma	17/325916
31	Ruthee	17/325913
32	Pooja	17/325909
33	Shagun	17/325948
34	Saundarya	17/325922



Joint initiatives in progress

‘Sustainability Samwaad’

Nature of the Activity – Talk cum Workshop ‘Sustainability Samwaad’ – Organised by Skill Development Committee on 3rd August 2019

Venue – Session I – Multimedia Hall and Session II – Home Science Lab

Aims and Objectives – Knowledge and Mindset Change and Skill Cultivation

Knowledge and Mindset change (Questions tackled)

- What is waste?
- Is waste a problem?
- Is it really waste?
- What is sustainable and mindful living?
- How many chemicals do I use daily, do they harm me?
- What are the alternative ways of self-care and sustenance?
- Skill Cultivation (Making cleansers using ‘Reetha’ and kitchen waste)
- How to use soapnuts?
- How to make my own anti-microbial and anti-inflammatory cleaning agent for clothes, ornaments, hair, dishwasher etc.?
- Which chemicals to avoid during purchase of soaps, detergents, toothpastes, perfumes, lotions, cosmetics?

Activities carried out

‘Sustainability Samwaad’ (Session I) was organized on 3rd August, 2019 in the Multimedia Hall with 135 participants from undergraduate and postgraduate classes. Mr. Abhishek Taneja, the Resource person started by noting down the expectations of the participants from the workshop. He then delved upon the urgent need to bring about changes in our day to day lives to minimize the carbon footprints. He also mentioned that the offshoot day of the earth had already gone by on 27th July, 2019. With the mindless use of chemicals, the environment of the earth has become non conducive to our survival. He said that the earth has a capacity of regenerating itself but this capacity is limited and earth is a living organism which needs to be nurtured. He then talked about the number of products which we use in homes. They contain harmful chemicals which not only harm the ecosystem but also prove detrimental to our health.

Therefore, it is imperative to find sustainable alternatives to the household products that we use every day. He introduced viable options which included products that are eco-friendly, anti-microbial and anti-inflammatory. Mr. Dinesh, another member of the team talked about the individual responsibility to minimize the pollution that one leaves behind. He then gave a practical demonstration in the Home Science Lab (Session II – Skill Cultivation) wherein he prepared hand wash, face wash, eco enzymes and floor cleaner using soapnuts or ‘reetha’ and vegetable and fruit peels. Since the homemade products have a short shelf life, he also demonstrated how eco-friendly ingredients could be added to ensure that they stay usable for a longer period. The participants were also given sample of the prepared products and also some ‘reetha’ seeds to encourage them to go for such alternative. The representatives of ‘Earthjust’ also gifted the College with three ‘reetha’ trees.

Outcome of the Activity

The participants enthusiastically interacted with the Resource persons. They were keen on knowing how they could do their bit towards conserving the environment. Practical demonstration went a long way in acquainting the students with the simple process of making eco-friendly products. It also emphasized the point that the conservation of environment is everybody’s responsibility.

‘Plantation Drive’

Title of the Practice

Plantation drive

Activity Report

Environment committee in collaboration with the Department of Botany organized a plantation drive on the eve of Van Mahotsav in the college campus on 6th August 2019. Saplings of medicinal plants were planted in the campus and also distributed amongst the faculty members, non-teaching staff and the students.

Objective

The drive was an initiative towards creating awareness about the significance of the plant wealth for a clean, green and healthy environment.

The context

Plants especially trees are the oxygen factories on Earth and thus distribution and plantation of economically viable plants is an important activity which is undertaken under the Swachh Bharat Campaign. Keeping in view the manifold benefits of plants that include environment purification, absorption of harmful gases such as carbon dioxide, carbon monoxide and sulfur dioxide from the air thus lessening the effects of global warming, maintenance of ecological balance, the plantation drive was conducted. Environment committee and Department of Botany were jointly engaged in conducting such plantation drives throughout the year.

The Practice

Plant saplings including Amla, Shatavari, Kalmegh, Stevia, Tulsi were distributed among students and teaching and non-teaching staff to them make aware about their benefits to humans and promote cleanliness in the vicinity.

Evidence of Success

Students and staff enthusiastically participated in the campaign. They pledged to transplant these plant saplings in their respective areas and assured to monitor their growth on timely basis.

Problems encountered and resources required

NIL



'Sapling Distribution Drive in progress

'Ozone Day Celebrations'

Title of the Practice

Ozone day celebrations

Activity Report

The students of B.Sc III (Medical) on 16th September 2019 celebrated ozone day by making posters and interacted with other students of the college to spread awareness about the same. It was a one day activity.

Objective

To create awareness about ozone layer of atmosphere as it major plays a major role in the biosphere. This layer is responsible for protecting the earth and its inhabitants from the harmful effects of ultraviolet radiation of the sun which can lead to skin cancer, damage the biota, etc.

The context

Educating the layman on the importance of a healthy environment requires time, effort and resources which are limited. So before initiating these projects, proper planning needs to be done for the implementation.

The Practice

Students made posters and interacted with other students of the college to spread awareness about the same.

Evidence of Success

Students convinced many people including their family and friends to control the emission of harmful chemicals especially Chlorofluorocarbons that are directly involved in the depletion of the valuable ozone layer.

Problems encountered and resources required

Team well versed with the concept is required for this activity.



Students creating awareness to save the ozone layer

'Seed Ball Preparation'

Title of the Practice: Seed Ball Preparation

Activity Report

Seed balls were prepared by the B.Sc. Medical I year students on 17th September 2019 in the Botany laboratory. It was a one day activity. It was an innovative initiative for afforestation drives, land reclamation and development of wasteland. In addition, it made the students aware of the plant diversity of any given area.

Objective

Students were made aware of preparation of seed balls so that the seeds could be preserved. This not only increases the shelf life of seeds but also helps to transport them for establishment elsewhere.

The context

The area selected for disposing of these seed balls is an important issue that needs to be addressed and the viability of seeds has to be taken care of.

The Practice

Students made seed balls and dispersed them in different areas.

Evidence of Success

The people who take responsibility of disposing seed balls were well versed with the conditions of growth of plant.

Problems encountered and resources required

The seeds needed to be selected judiciously for the preparation of balls



Preparation of seed balls in progress

Workshop on 'Biofertilizers: Production and Application Technology'

Title of the Practice

RUSA SPONSORED Lecture cum Workshop on “Biofertilizers: Production and application technology”

Activity Report

Dr. Rajesh Kaushal, Principal Scientist (Soil Microbiology), Department of Soil Science and Water Management, Dr. Y.S. Parmar University of Horticulture and Forestry, Nauni, Solan

delivered lecture on “Bio fertilizers: Production and Application Technology” on 26th September 2019. A total of 40 students of B.sc III year and six faculty members attended the lecture cum workshop.

Objective

To introduce soil nutrients and sources of nutrients used in bio fertilizers.

The context

The production of bio fertilizers and preservation of inoculums and instruments requires aseptic conditions at various levels which becomes difficult to manage within a limited space.

The Practice

Students were introduced to different instruments used in bio fertilizer production. They were made aware of methods of isolation, characterization and authentication/identification of microbes and their mass culturing for liquid and carrier based bio fertilizers.

Evidence of Success

The different inoculum was made by students themselves.

Problems encountered and resources required

The instrument, chemicals involved in preparation of medium is a costly affair. So creation of space and resources sometimes is a cumbersome affair.



Dr. Rajesh Kaushal delivering the lecture

'Household Survey of Two Villages under ODF'

Title of Practice: Household survey of two villages under **Open Defecation Free (ODF)**

Swatchta Action Plan 2019.

ODF_SAP MISSION

Villages Adopted for ODF_SAP : Bhadheri and Butrela

Programme Co-ordinators

- Mr. Priyavart Sharma, Senior Faculty, Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Human Resource Development, Government of India
- **Faculty :** Dr. Vandana Sharma and Dr. Sandeep Kaur (MCM DAV College for Women, Chandigarh)
- Team of 30 student Volunteers

Objective

Conducting preliminary survey to assess the status of sanitation and hygiene practices adopted in the villages (Bhadheri and Butrela)

Context

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 - household, community, and governments, understanding the impacts of poor sanitation, contribution of all key stakeholders including communities, implementation of safe sanitation processes is considered crucial.

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) mission, 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 has collaborated in the Swachh Bharat Mission (Gramin) mission [**SBM-G**] for achieving **ODF** status for its two adopted villages – **Bhaderi** and **Butrela** through a pilot level **Swachhta Action Plan (SAP)**.

The Practice

The programme co-ordinator from MHRD addressed the students about the ODF_SAP programme and its significance. He then briefed all the volunteers regarding the survey and provided them a format of questionnaires to be asked during the household survey. The team leader then divided all the volunteers in the groups of six with a target of covering maximum households. The survey was basically based on the type of lavatories that the villagers were using such as a private toilet, community toilet etc. for defecation purposes. The survey also required the volunteers to check the condition of the lavatories and observe as to how the villagers were maintaining their respective lavatories and if they were actually providing accurate data. The first village to be visited was BADHERI followed by BUTRELA.

Challenges faced for Badheri:

- The residents were initially reluctant to talk about defecation systems so the volunteers had to spend a considerable amount of time to make them feel comfortable.
- Few houses complained of sharing the same toilet for even more than ten people making the lavatory area unhygienic and stressing on the need to have more toilets especially for females.
- One major problem encountered was lack of supply of running water and lack of pressure of the water making the need to store water for the entire day.
- There were reportedly three houses that themselves admitted that they defecate in open as they did not have a toilet for the same.
- The roads of the village had potholes which were filled with wet mud and animal faeces could be found everywhere on the road. There were a lot of mosquitoes in the village which were breeding in the potholes of the roads.

Challenges faced for Butrela

- It was observed that the public market of the village had one female washroom and two male washrooms and the nearby Government School had only one washroom for females and one washroom for males.
- Some people did not have proper water supply in their washrooms and some even said they did not have light in their washrooms.
- Many families were observed to be disposing of waste in the toilet which often led to clogging of those toilets.
- Many people belonging to the low income group or those who were illiterate did not maintain the lavatories properly.
- Many households shared the same washroom and no one really took the responsibility of cleaning those washrooms.
- Some families even stated that in case their toilet clogs, they went to petrol pump in sector 41 to discard the waste.

Evidence of Success

- The survey helped to obtain actual field data on use of laboratories and level of hygiene and sanitation adopted by a total of **155** households (**75 households covered in Butrela and 80 households covered in Badheri**) in the two villages.
- Enhanced awareness among the villagers regarding how an ill maintained lavatory could cause harm to them and their children and how they could adopt healthy practices to actually keep themselves away from diseases.

Outcome of Activity

- Student Volunteers themselves got apprised about the **The Swachh Bharat (Gramin)_Open Defecation Free Mission** and actual implementation of the sanitation programme making our society and nation as a whole a better and healthy place to live.
- They interacted with the villagers including women and learned about their daily issues encountered related to sanitation practices. This helped the volunteers in getting a closer

picture into their problems faced and getting an idea of villagers overall behavior towards sanitation and hygiene.

- Villagers were enthusiastic about the various govt. initiatives undertaken to make the population more aware about sanitation practices be adopted for a healthy tomorrow They learned how filthy lavatories could cause diseases and how they could adopt healthy ways of keeping their lavatories clean.



Striving towards Open Defecation Free society





रंगोली से प्लास्टिक मुक्त शहर का संदेश

चंडीगढ़। सेक्टर-36 स्वित एम्प्लॉय डीपॉ कॉलेज की युवम की स्वच्छता समिति ने स्वच्छ भारत अभियान के तहत पोस्टर मेकिंग और रंगोली प्रतियोगिता करावाई गई। इसमें छात्राओं को प्लास्टिक मुक्त शहर और उसके दुष्प्रभावों के प्रति जागरूक किया गया। प्लास्टिक मुक्त चंडीगढ़ को ध्यान में आधुनिक प्रतियोगिता में 35 छात्राओं ने भाग लिया। पोस्टर मेकिंग में गुरन कौर बौरसमी-1 ने प्रथम, कुल बौर-1 ने दूसरा और शोलाक बौर-1 ने तीसरा स्थान प्राप्त किया। रंगोली प्रतियोगिता में आनन सिंगल व डेवणा मुनीया एमए सोलिवेरीजो-2 ने प्रथम, निविता व विभूति बौर-3 ने दूसरा और रुनाक व मल्लिका बौर-3 ने तीसरा स्थान हासिल किया। कॉलेज प्रिंसिपल डॉ. निता भार्गव ने स्वच्छता समिति की ओर से छात्राओं के बीच जागरूकता बढ़ाने के प्रथम की सराहना की। यहां



College students show way for plastic-free city



DP CORRESPONDENT
Chandigarh

As part of the Plastic Free India Campaign under the "Swachhata Hi Seva" initiative, college students of Mehr Chand Mahajan DAV College for Women, Chandigarh on Tuesday participated in various competitions themed "Plastic free Chandigarh" and depicted inspiring ideas through their creations prompting everyone to act now for realizing the dream of a clean Chandigarh free from plastic waste. The Swachhata Committee (Arts)

of the college had organized Poster Making and Rangoli Competitions. Principal Dr. Nisha Bhargava expressed appreciation for the efforts of Swachhata Committee towards raising awareness among the students about Swachhata related issues.

She added that, from solid waste management through biogas production to harnessing solar energy to waste segregation, the college is committed to doing its bit in realizing Prime Minister Narendra Modi's dream of a Clean India.

Swachh Bharat Summer Internship 2.0 - 50 Hours Program of Swachhta-2019 (by NSS)

10th June to 31st July 2019

Villages: Kishangarh, Dhanas, Kajheri and Buterla of U.T. Chandigarh, Bihru and Bhudan of H.P, Jitwal Kalan (Sangrur, Punjab), Kanhari Kalan and Niwarsi of Haryana.

Number of Volunteers Participated: 25 interns

Aim: The Swachh Bharat Abhiyan was launched by the Hon'ble Prime Minister Shri Narendra Modi in 2014 with the objective of achieving a clean, green and open - defecation free India.

Context: With this aim in mind, the Swachh Bharat Summer Internship (SBSI) was launched in 2018 to encourage the involvement of the highly energetic youth in furthering of the aim of a Clean India. The successful termination of this internship last year gave an impetus for the relaunch of the internship as Swachh Bharat Summer Internship 2.0 - 50 Hours of Swachhta for providing an opportunity to young volunteers to develop their skills and orientation for sanitation-related work and become a part of the "Swachh Bharat Jan Andolan". As part of the internship, the activities that participants conducted were compartmentalized into two categories: Information, Education and Communication (IEC), and Solid Waste Management (SWM).



Practice: Information, Education and Communication (IEC) activities

- Organized awareness campaigns around better Solid & Liquid Waste Management practices, e.g. segregation of waste as biodegradable and non-biodegradable.
- Village and school-level promotion of the 3Rs (Reduce, Reuse, Recycle), compost pits, no-littering through Nukkad Natak /street plays, folk song and dance performances

- Organized Swachhta Melas/Exhibition on local waste management technologies
- Make wall paintings in public places (Panchayat ghar, anganwadis, schools etc.) on the theme of clean village, promotion of compost pits, and proper management of plastic waste
- Organized plastic-free village campaigns and declaring of plastic-free zones



SOLID WASTE MANAGEMENT (SWM) RELATED ACTIVITIES

SWM activities target waste collection, segregation, disposal and a plastic waste-free environment

- Organized waste collection drives for households and common or shared spaces
- Volunteered for segregation of solid waste into non-biodegradable waste
- Supported communities and panchayats to build compost pits, where organic matter decomposes for manure and conducted surveys to illustrate quantum of solid waste generated in the selected villages.
- Organized cleaning of streets, drains and back alleys through awareness drives

- Creation of Infrastructure: compost pits for households, drains for kitchen gardening, soak pits for waste management



Positive outcome: In order to give their contribution in the 50 hours Program of Swachhta, the NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, constituted nine teams who worked with utmost enthusiasm and contributed more than 50 hours of community service in the selected villages with diligence and dedication. The College prepared an action plan on “Swachh Bharat Summer Internship-2.0- 2019” and executed various activities from June-July 2019 and has further planned to organize many more in the forthcoming session 2019-20. A team of 25 interns, who got registered under the summer internship, was formed in the third week of June 2019 to support and compliment 'Swachh Bharat Mission' by the Government of India. Through the said program, the NSS UNIT of the college initiated a campaign to make the public, especially in the adopted rural areas, aware about the mission of Swachhta. During this 50 hour program, the interns were given the opportunity to deal with two particular issues: Plastic Waste Management and Organic Waste management. The interns accomplished the internship in the third week of July 2019 in the selected villages namely: Kishangarh, Dhanas, Kajheri and Buterla of U.T. Chandigarh, Bihru and Bhudan of H.P, Jitwal Kalan (Sangrur, Punjab), Kanhari Kalan and Niwarsi of Haryana. On 31st July 2019, the interns completed their participation in the program of Swachhta and completed the work under the supervision of twelve faculty members and two program officers with unflinching zeal and gusto. The plans and process were initiated under the able guidance of Dr. Nisha Bhargava, Principal, Mehr Chand Mahajan DAV College for Women, and she provided her whole-hearted support to the volunteers and was the guiding force behind the success of this internship. The devotion of interns was unmatched and they carried out their work using novel techniques and exceptional efforts under the supervision of their nodal officers, Dr. Namita Bhandari and Dr. Manjot Kaur. The volunteers were further guided by their respective mentors

from the college namely: Dr. Kanika Malhotra, Dr. Madhuri Patil, Dr. Rishu, Ms. Pallavi, Dr. Ramandeep Kaur, Dr. Sonica, Ms. Navdeep and Dr. Amandeep.



INDUCTION DAY: AIMING AT NEW HORIZONS

7th August 2019

Aim: The main objective of organizing the programme was to orient the new students about the aim, objectives and activities of the NSS and inculcate the spirit of selfless community service in them.

Context: This event provided the students with an opportunity to understand the community; identify its needs and problems as well as their redressal by assuming social and civic responsibilities.

Practice: The NSS unit organized the introduction and informative session in the college campus on August 7, 2019.

Evidence of Success: Students exhibited active participation and posed various questions to increase their incumbent skill-set for serving the society.



SWACHHTA PAKHWADA

1st – 15th August 2019

स्वच्छता पखवाड़ा

Swachhhta Pakhwada



Aim: In accordance with the cleanliness drive started by our hon'ble Prime Minister Mr. Narendra Modi, the role of colleges has been instrumental in realizing the mission of “Swachh Bharat”.

Context: It is said that charity begins at home. A massive cleanliness drive was organized in the campus of MCM DAV College for Women by the NSS unit. Cleanliness is not a linear challenge and MCM is approaching the whole gamut of the problem through a multi-pronged approach carried out with the help and support of talented girls from its NSS unit.

Practice: As the NSS units of colleges play a vital role in spreading the “Swachhhta” awareness across the country, “Swachhhta Pakhwada” was observed from August 1, 2019 to August 15, 2019. Under this drive, each volunteer took a pledge to keep the surroundings clean and participated in the drive for cleaning their surroundings. The cleanliness drive was carried out with utmost fervour by over 50 NSS volunteers who cleaned various areas of the college

including classrooms, laboratories and gardens. Our worthy Principal Dr. Nisha Bhargava expressed appreciation for the tireless spirit of selfless service of the volunteers. Students and faculty members of the college joined the “Swachhta Abhiyan” religiously and carried out the cleanliness drive at the campus under the aegis of the college NSS unit. All the participants shared their perspectives and ideas for making surroundings clean and green by adopting innovative measures. A wide variety of activities, ranging from students wielding the broom and cleaning the campus to identifying the message of cleanliness in the college and home, were organized. During the Pakhwada, lawns, parking, buildings, library, hostels, wastewater drains, guesthouses, workshop and multimedia hall etc. were spruced up.

In addition to cleaning, the unusable items were removed and disposed of. The separate waste bins of green and blue colours were installed for segregation of solid waste into bio-degradable and non-biodegradable respectively. During this initiative, it was noticed that the role of a student as the “agents of change” in the society could be highly useful and centred round the belief that once students imbibe good sanitation and hygiene practices, they could motivate their parents, family and neighbourhood, eventually promoting community participation to adopt good sanitation and hygiene practices. Such community partnership in spreading cleanliness would ultimately lead to the realization of the goal of “Swachh Bharat”.

The NSS unit of the college organized a Tree Plantation Drive under the Swachhta Pakhwada initiative of the Swachh Bharat Abhiyan. Our worthy Principal Dr. Nisha Bhargava inaugurated the drive in which 70 NSS Volunteers participated with zeal and vigour. Trees are a significant source of producing oxygen in the environment. Planting trees has become an integral part of ecological drives in the wake of the continuous environmental degradation triggered by our anthropocentric activities. **Evidence of Success:** With the help of the Department of Botany, various medicinal plant saplings were planted on the campus and students vowed to nurture them and keep the campus green. This not only helps in increasing the green cover, but also increases the fertility of the soil, and provides a cleaner and greener surrounding for learning and growing holistically. The worthy Principal, Dr. Nisha Bhargava maintained that such large scale activities always play an important role in spreading awareness on cleanliness. She further highlighted the need and significance of NSS activities, combined with whole-hearted participation of students and faculty members in the social service programs to build a better society premised on the interconnectedness of all life forms. She appreciated the initiative taken by the NSS volunteers and reiterated that such endeavours were

a reflection of college's commitment towards creating a healthy environment. The student volunteers, with an aim to bring about a positive change in the environment and improve the air quality, planted medical tree saplings in the campus. During the cleanliness work, volunteers also placed bricks as barricades and each student took up the responsibility to nourish and maintain the allocated plant. The unwanted weeds and shrubs around the periphery and in the campus were also removed. The garden waste of the campus is already being converted into compost. The NSS unit pledged to carry forward the unrelenting spirit of selfless service to enhance the beauty and greenery of the college campus.





Plantation drive held under the aegis of NSS unit and Botany Department of the college, as part of Swachhta Pakhwada.

Placing Community before 'Self': Assistance to the Khalsa Aid (Donation Collection Drive for Punjab Flood Victims)

23rd-27th August 2019

Venue: College Campus and Hostel Sacha Dham Gurudwara, 3B2 Mohali

Aim: The primary objective of the drive was to provide necessary help to the people afflicted during the floods.

Context: In the wake of floods that have hit many villages of Punjab due to continuous rain in the month of August, volunteers took the initiative to raise donations for the flood victims and

help the Khalsa Aid Organization. The volunteers also collected sanitary napkins from the hostel premises.

Practice: Collection box was set up in the college premises near NSS room to collect various items like cereals and pulses, sugar, mosquito repellents, soaps, hand sanitizers and biscuits to help the flood victims.

Evidence of Success: The donations poured in magnanimously from different quarters and the collected products were handed over to Khalsa Aid Organization in Sacha Dham Gurudwara, Mohali on 27th August 2019.



Unnat Bharat Abhiyaan: Orientation Lecture by Dr. U.N. Roy

Date: 30th August 2019

Number of Volunteers Participated: 150-170

Aim: The main objective of the lecture was to discuss the ideas related to rural development.

Context: This lecture was organised to get more clarity of UBA model, the level of expectation from them and the manner in which they can help in this mission.

Practice: A lecture was organised by Unnat Bharat Abhiyan (UBA) coordinators of MCM DAV college, Chandigarh on 30th August 2019. In the beginning of the session, one of the college teachers presented the quantum of work done so far under UBA in its adopted villages. The adopted villages of college are **Attawa, Badheri, Buterla, Maloya and Khajeri** in which 164 students along with incharges conducted a sample household survey. The data collected was then uploaded on web portal.

Evidence of success: Apart from household survey, other activities such as tree plantation in Attawa, child abuse workshop in Badheri, and lectures on personal hygiene were organised under Unnat Bharat Abhiyan. At the end of the presentation, the problems faced by UBA teams were presented to Dr. Upendra Nath Roy, Professor and Head of Department of Rural and Development, Sector 26, Chandigarh. Dr. Roy presented the UBA model in his model presentation. He explained the mission and vision of Unnat Bharat Abhiyan that aims at rapid rural development and also focuses on the migratory people as it is rightly said that the soul of India lives in its villages.



Plastic Collection Drive under Plastic Free Village Campaign

4th -17th September 2019

Aim: The objective of the drive was to mitigate the use of plastic.

Context: Plastic being non-decomposable in nature, it has become a moral obligation of the volunteers to take the initiative to reduce/stop the use of single use of plastic in the adopted villages under Unnat Bharat Abhiyaan.

Practice: The volunteers of MCM DAV College for Women, Chandigarh, observed that plastic waste had maximum percentage out of the total waste generated by the household and shops. Hence, it is imperative to sensitize people and work in the direction of reducing the consumption of single-use plastic. **Evidence of Success:** In the month of September, Cloth Bags Making initiative was carried out with the help of NSS units in which the volunteers collected minimum 10 rupees as cash donation from the staff members and students for the purpose of making the cloth bags from the old clothes/cloth pieces.



State Level Poshan Maah Function at Tagore Theatre

Date: 6th September 2019

Aim: To sensitize the public about the necessity of nutrition among children. The focus, this year, is on making Chandigarh anaemia free by following the 3 Ts - Test , Treat, Talk.

Context: Bridging the nutrition gap and reduce stunting among children.

Practice: A function on Poshan Abhiyaan, also called National Nutrition Mission, was conducted on 6th September 2019 at Tagore Theatre, Chandigarh. 20 volunteers from the NSS

unit of Mehr Chand Mahajan DAV College, Chandigarh, participated in the same. Principal Nisha Bhargava and programme officer Dr. Namita Bhandari were also present. The five elements of Poshan are nutritious food, anaemia, diarrhoea, hygiene and sanitation and the first 1,000 days (including the period of pregnancy to two years post birth). During the event, there was a heart-warming performance of Nukkad Natak by girls. Through their play, they educated the audience regarding the benefits of the daily intake of necessary vitamins. .

Evidence of Success: Volunteers from different schools and colleges showcased various cultural performances. A group of kids presented a ‘Vegetable Dance’ and explained the significance of vegetables in a healthy diet. The Chandigarh Poshan Abhiyan received 9 National awards. The Poshan Maah website and toll free number were also announced.



Lecture on Health, Hygiene and Wellness at Kajheri Village

11th September 2019

Aim: To make public aware about the negative impact of junk food.

Context: To spread awareness and knowledge about various health problems.

Practice: A lecture was organised by the NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the Unnat Bharat Abhiyan committee in the Kajheri village on 11th September 2019, comprising 20 volunteers. It was conducted under the guidance of Principal Dr. Nisha Bhargava and programme officers Dr. Manjot Kaur and Ms. Namita Bhandari. The lecture was based on health, hygiene and wellness in which free counselling and consulting session were conducted by Dr. Sunaina Bansal (gynaecologist) and Dr. Nirmal (paediatrician) of Cloud Nine Hospital, Chandigarh.

Evidence of Success: The local people were apprised of the negative impact of junk food on their bodies and the diseases caused by the same. The children were sensitized on how to prevent being the victim of the self-destructive habits like drugs and alcohol consumption. Other problems like dengue, kinds of flu, etc. were also highlighted in the lecture. A separate lecture for girls and women of the village on menstrual health was also delivered followed by doctor's consultation.





Community Address on Plastic Free Village

Date: 13th September, 2019

Aim: The objective of the drive was to reduce the use of plastic.

Context: In an attempt to make people aware about the use of alternative materials, NSS unit with UBA committee organized an awareness drive in Attawa village with the aim to curb the use of plastics.

Practice: UBA Committee collaborated with NSS Units of the College to conduct a Community address in Attawa, Chandigarh. This village is densely populated with more than 10 members living in a single room. It is, therefore, hard to be managed in terms of waste disposal, specifically plastic.

Major observations:

- Villagers bring fruits and vegetables in polythene bags which when thrown away, block the road-side drains of the village.
- The polythene bags are swallowed by the stray animals like dogs and cows which pose serious problems for them, even death in critical cases.
- The plastic bottles are not decomposed and create garbage heaps here and there in the village.
- Storing food items in plastic bags or utensils produce toxins in the food and may make them carcinogenic.

Therefore, the awareness drive on the harmful use of plastic was conducted for the villagers where the volunteers went door to door alarming people about the deleterious effect of using plastic. Some remedial measures may include the following:

- The polythene bags for buying fruits and vegetables must be substituted by cloth or jute bags.
- The plastic bottles must be collected and given to the garbage collector instead of throwing away haphazardly in the village.
- The polythene bags, if used, must not be thrown on the roads, for they clog the drains and harm the animals which could swallow them.
- One must not store the food items in polythenes or plastic bags.

Evidence of Success: Volunteers also assembled a few ladies and housewives of the village and made them aware about the toxic chemicals that plastic may induce in their food. They must take a cloth bag along with them when shopping for groceries and kitchen products. They also explained the detrimental effect of plastic to children as they are the future torchbearers of the village and must be aware of the damaging ecological impact of the plastic. Also, the impressionistic minds of young children tend to absorb things more easily and they better understand the need to protect the environment for posterity.

Notes: On our visit to the village, the students observed plastic disposal as a major issue in most of the houses.





Awareness Rally on 'Plastic Free India' at Khajeri Village

Date - 17th September 2019

Aim: The objective of the drive was to reduce the use of plastic.

Context: In an attempt to make people aware about the use of alternative materials, NSS unit organized an awareness drive in Khajeri village with the aim to reduce the use of plastics.

Practice: On 17th September, the NSS volunteers took out an awareness rally in the Khajeri village to spread awareness among people on plastic ban and work for a plastic-free village. Plastics have potentially harmful effects on animals, plants, human species, and on the environment. It could promote severe health disruption in humans. To sensitize people about the harmful effects of plastic, the NSS volunteers personally invited the fellow villagers to the local Government school. The villagers and the school students gathered in large numbers. They were made aware about the alternative to plastic bags, that is, paper bags as they are the most feasible, cheapest and easiest to be made. Two school boys prepared paper bags in front of the audience and acquainted them with the procedure. The guest of honour was Mr. Shukla. He addressed the students of the school and the local people and made them cognizant of the threat posed by the use of plastic. He urged students not to use plastic and made them take a vow to raise awareness among their parents and neighbours not to use plastic bags in their homes.

Evidence of success: The rally was taken throughout the village, much to the enthusiasm of villagers who were sensitized about the plastic-ban made possible by the consistent efforts of the volunteers.

Notes: The slogan “*Ek hee sanqalp humara, plastic hataana lakshya humara*” reverberated around the village. The volunteers displayed banners and placards emphasising on the need for a collective endeavour to eradicate the plastic bags usage in the locality.



Awareness Rally on ‘Plastic Free India’ at Badheri Village

Date- 17th September 2019

Aim: The objective of the drive was to reduce the use of plastic.

Context: In an attempt to make people aware about the use of alternative materials, NSS unit organized an awareness drive in Badheri village with the aim to reduce the use of plastics.

Practice: NSS volunteers went to Badheri village on 17th September in which 20 volunteers conducted rally on Plastic Free Village. People were informed about the harmful effects of using plastic by clamouring slogans. All the volunteers raised various slogans such as “*Plastic*

bag ko naa kahe, bhavishya ko haan kahe"; "Plastic ki nahi koi shaan, mita do iska naamo nishaan".

Evidence of Success: People were made aware about the noxious effects of using plastic during their interaction with the volunteers. Innovative schemes for promotion of plastic alternatives were introduced to provide the user with cheap, durable and alternative options.

Notes: The inadvertent use of plastic is posing a serious environment hazard. Polythene bags are polluting, land, water, and air because they are non- biodegradable. A plastic bag if buried in soil will remain there intact even after hundreds of years. Plastic is impermeable to water and air.



Awareness Rally on 'Plastic Free India' at Buterla Village

Date- 18th September 2019

Aim: The objective of the drive was to reduce the use of plastic.

Context: In an attempt to make people aware about the use of alternative materials, NSS unit organized an awareness drive in Buterla village with the aim to reduce the use of plastics.

Practice: NSS volunteers visited Buterla village on 18th September in which 20 volunteers conducted rally on Plastic Free Village. As the world's population continues to grow, so does the amount of garbage that people produce. On-the-go lifestyle requires easily disposable products, such as soda cans or bottles of water, but the accumulation of these products has led to increasing amount of plastic waste around the world.

Evidence of success: As plastic is composed of major toxic pollutants, it has the potential to cause significant harm to the environment in the form of air, water, and land pollution. By making people aware about the hazards of plastic, the volunteers succeeded in persuading them to switch to the alternatives, thus, discarding the plastics.

Notes: Plastic pollution occurs when plastic gathers in an area and begins to negatively impact the natural environment and creates threats for plants, wildlife, and even human population. It often includes killing plant life and posing dangers to local animals. Plastic is an incredibly useful material, but it is also made from toxic compounds known to cause illness, and because it is meant for durability, it is not biodegradable.

Poshan Abhiyan- Movie screening and awareness lecture at Buterla village

Date- 18th September 2019

Aim: The programme aims at achieving improvement in nutritional status of children up to six years of age, adolescent girls, pregnant women and lactating mothers.



Context: Prime Minister's overarching Scheme for holistic nourishment - Poshan Abhiyaan is a multi-ministerial convergence mission with the vision to redress malnutrition with a targeted approach by 2022.

Awareness lecture to teach children about various types of healthy foods and their nutritional values.

Practice: The NSS volunteers successfully conducted an awareness lecture and movie screening at Govt. Primary School, Buterla Chandigarh on 18th September, 2019. The volunteers grasped the attention of primary class students by showing them various clips and short films on Poshan Abhiyan. They covered various topics such as 5 elements of Poshan: First 1000 days, Breast feeding, Anaemia, Diarrhoea, Health and nutrition. They narrated stories and gave real-life examples to make the lecture interesting so as to sustain the attention of the kids. The movie clips and short films highlighted the importance of having a balanced diet, prevention from diseases caused by consumption of contaminated foods, and proper diet for all age groups from a new born to an adolescent. The session concluded by a slogan raised by our volunteers and kids: “***Sahi Poshan Desh Roshan***”.

Notes: The purpose of celebrating the Poshan month is to take the message of nutrition to every nook and corner of the country and to focus on complementary food, treatment and prevention from infections in children.





Plastic Collection Drive at Butrela Village

Date- 20th September 2019

Aim: To encourage people to not to use plastics

Context: Plastics are durable and flexible, but they are made from heated carbon and other materials that are not good for the environment. They are non-biodegradable and cannot be recycled as well.

Practice: The NSS volunteers conducted a plastic collection drive at Butrela Village on 20th September. The volunteers went from home to home to collect plastic bottles and bags and alongside conducted an awareness drive in which they told the villagers about the ill-effects of plastics and how to properly dispose them.

Evidence of Success: The villagers gave away the plastic from their homes and promised that they would reduce the usage of plastic in their daily lives.



Notes: In reality, plastic is not a problem. The problem is irresponsible human behaviour in disposing of plastic. If disposed off sensibly, it may not lead to environment hazard. If it is recycled, plastic can be made to form recycled polyester, which in turn, is used to manufacture a number of things like shoes, T-shirts, bags, etc, thereby causing less strain on natural resources.



Nukkad Naatak and plastic collection drive at Badheri Village

Date- 20th September 2019

Aim: To reduce the use of Plastic in Badheri village.

Context: Awareness regarding plastic use could be seen already among masses of the village. However, resistance in discontinuing the use of plastics among masses could also be felt. Therefore, the motto of the drive was to make people cognizant of healthier and cheaper alternative choices.

Practice: On 20th September 2019, the NSS volunteers conducted a drive regarding 'Plastic Free Zone' and discontinuation of one-time plastic use in the Badheri village. People were given lectures on the noxious effects of using plastic. The volunteers also presented a Nukkad

Natak on *swachhta* and plastic-free environment. It was performed in front of the school premises and in the streets to spread awareness among larger number of people.

Evidence of Success: The villagers seemed convinced when they were given knowledge about the release of toxic chemicals from plastic which may be found in the blood and tissues of nearly all of us and that the exposure to them may result in different types of cancers, birth defects, impaired immunity, endocrine disruption and other ailments. They analysed the cons of using plastic and pledged to reduce its usage.

Notes: The awareness drive involved collection of single use plastic from the villagers and advising them to use paper and jute bags instead.



Plastic collection drive in Attawa Village

Date: 23rd September 2019

Aim: To collect plastic waste and spread awareness about using alternatives.

Context: Although the use of plastics is unavoidable in our daily lives and we cannot imagine living without it, yet there are environment-friendly alternatives that can be used to lessen its negative impact on Mother Earth.

Practice: This visit to Attawa village, Chandigarh was aimed at collection of plastic waste from the villagers. NSS Volunteers pleasantly observed during the drive that the villagers were well-informed about the deleterious effects of plastic and were willing to give up the use of plastic. The villagers actively participated and various groups collected 5-6 bags full of used plastic bottles, plates, broken tubs and plastic containers.

Evidence of Success: It was observed by the volunteers that the villagers felt enthused by the fact that they would be acknowledged for giving the plastic waste and would be gifted cloth bags tailored by the college teachers themselves. The children of the village Attawa were highly enthusiastic and worked along with many volunteers in collection of plastic. The women coordinated well amongst themselves and with the volunteers to rid their village of maximum plastic that usually accumulates and leads to blockage of drains. Apart from the villagers, the shopkeepers also showed interest in collecting waste plastic.

Notes: All the volunteers worked with great zeal and maximum plastic waste was collected from the village.





Distribution of cloth bags in Buterla Village

Date- 24th September 2019

Aim: To encourage people not to use plastics

Context: Plastics are non-biodegradable and cannot be recycled. Therefore, it is imperative to adopt the use of alternative eco-friendly materials.

Practice: The NSS volunteers conducted a “**Plastic Free Campaign**” on 24th September in the Buterla village creating awareness amongst the residents of the area about the ill effects of plastic on human health and environment. The programme was coordinated by Dr. Gunjan Sud, Assistant Professor, Department of Botany, Mehr Chand Mahajan DAV College for Women, Chandigarh wherein 15 students participated in door to door campaign. Plastic waste was collected by the students from the residents who were informed about the hazardous effects of plastic. Under this programme, cloth bags provided by the college were also distributed to the residents. The campaign was initiated in the compound of the Government Primary School, Buterla Village, and Chandigarh where students and staff members participated in equal measure.

Evidence of Success: The collected waste was handed over for proper disposal to the Honourable Deputy Mayor cum Councillor of the area Mr. Hardeep Singh Buterla who graced the occasion. Mr. Buterla requested the people to discontinue the use of plastic as it harms human health and degrades our environment to an irreparable extent. He also distributed cloth

bags to the residents and told them how cloth bags and paper bags can serve as a better substitute for plastic bags.

Notes: All the volunteers worked whole-heartedly during the campaign.



Workshop Cum Seminar On 'Plastic Free-Village' and 'Poshan Maah' at Badheri Village

Date- 24th September 2019

Aim: To raise awareness about the importance of healthier lifestyle.

Context: Under Poshan Abhiyaan, September was celebrated as the Rashtriya Poshan Maah across the country to address the malnutrition challenges and sensitize our countrymen regarding the importance of holistic nutrition. Poshan Maah aimed at making people mindful of the importance of nutrition & giving individual access to government services to support

supplement nutrition for their children & pregnant women /lactating mothers. Plastic comes in many forms but there is general consensus that while it being a useful material, there are serious concerns about destructive effects of plastic on human health.

Practice: To increase responsiveness among school students about the importance of eating a balanced diet and to provide them knowledge about balanced diet that could ultimately lead to a healthy lifestyle, the NSS volunteers conducted a seminar in Badheri village Government School on 24th September 2019. They made the school students aware about the hazards of junk foods on their bodies. They also guided them about how to adopt a healthy life-style. The importance of healthy body which ultimately leads to a healthy mind was focused upon. It is well said that “A sound mind dwells in the sound body”. This is a Greek proverb which insists that the mind, as well as body should be healthy and sound. A healthy person can think normally and can act smartly in every situation. A sound body refers to a healthy body which is free from diseases and is free from obesity. On the other hand, a sound mind refers to the mind that is capable of good, positive, controlled and free thinking. To spread this message, an enlightening lecture was given by the resource person Dr. Harjot Kaur, Assistant Professor, MCM DAV College For Women on Poshan Maah. The Students showed alacrity in making the necessary changes in their diet and lifestyle.

To inculcate a sense of responsibility among school students about disadvantages of using ‘plastic’ in day-to-day life, the NSS volunteers conducted a workshop cum seminar on ‘Plastic Free Village’. It was conducted on 24th September at Badheri village. The students were encouraged to follow the 3Rs- Reduce, Reuse and Recycle and use substitute of plastics such as paper bag, cloth bag, etc. A demonstration on how to make paper bags was given to students so that they can minimize the use of ‘plastic’ in daily life. Plastic collection drive was also conducted in which the volunteers visited houses and shops to collect maximum plastic. It aimed at door to door collection of ‘plastic’ bottles, containers, polythene etc. The main objective of ‘plastic’ collection drive was to raise a sense of responsibility in the villagers for the environment by sensitizing them about the toxic effects plastic has on the environment as well as living beings. The villagers showed keenness in minimizing the use of ‘plastic’ in their lives.

Evidence of Success: People listened intently and clarified their queries concerning balanced diet.

Notes: After attending an interactive session, the villagers were willing to make the necessary changes in their lifestyles.



Awareness Campaign on Plastic Free India in Kajheri Village

DATE: 24th September 2019

Aim: To dissuade people from using plastics

Context: The millions of tons of plastic swirling around the world's oceans have garnered a lot of media attention recently. However, plastic pollution arguably poses a bigger threat to the plants and animals – including humans –residing on land. Very little of the plastic we discard every day is recycled or incinerated in waste-to-energy facilities. Much of it ends up in landfills, where it may take up to 1,000 years to decompose, leaching potentially toxic substances into the soil and water.

Practice: To spread awareness about the negative consequences of using plastic, an awareness campaign on “Plastic free India” was held in Kajheri by the NSS Units of Mehr Chand

Mahajan DAV College, Chandigarh on 24th September 2019. An awareness lecture regarding plastic ban was conducted among school children in the school premises as well as the school canteen. In addition, plastic bags were collected from shopkeepers and in return, they were given newspaper bags. An interaction was conducted with shopkeepers and local residents to avoid usage of plastic bags. Four cloth bags were distributed to each resident. In addition, a drive was conducted by our college students to collect plastic bags from shops. The campaign concluded with a visit to the local Anganwadi to create awareness on the hazards of plastic.

Evidence of success: Healthy and positive interaction with shopkeepers and local residents was conducted to avoid usage of plastic bags.



Cloth Bag Distribution in – Badheri Village

DATE: 26th September 2019

Aim: To create awareness to reduce the use of plastic packaging and replace it with eco-friendly options.

Context: As cloth bags are larger than plastic bags, they are capable of holding larger items. Plastic grocery bags can also be reused; however, punctures or overloading can render a thin plastic bag unusable. Cloth bags are also more durable than paper bags, which tear easily and disintegrate if they become wet.

Practice: All the volunteers of NSS and UBA collectively conducted the activity and went door to door to collect single use plastic waste from people and gave them cloth bags made of waste clothes. These cloth bags were distributed to them free of cost. Volunteers created awareness among the people living there by acknowledging them about the disadvantages of single use plastic waste.

Evidence of success: People participated with full vigour and voluntarily supported the changed policy adopted by the government in the interest of preserving our environment.



ODF Survey in Badheri and Buterla

DATE: 26th September 2019

Aim: The objective of the survey was to make India defecation free.

Context: India was reported to be the country with the highest number of people practicing open defecation and to much embarrassment, the number tantamounted to 524 million people or 40% of the total population. Since then, these numbers have reduced significantly due to the efforts of the Indian government's Clean India Mission.

Practice: Under the survey initiated by the Ministry of Human Resource and Development, NSS volunteers of MCM DAV College for Women conducted a survey in Badheri And Buterla villages, Chandigarh. Volunteers were divided in the groups of 6 and the format of the survey was explained by the resource person from the MHRD. The volunteers started with the survey after being informed about the format of the survey.

Evidence of Success: To cover as many households as possible, each team was given a target of conducting a household survey in 26 houses, and the survey was based on the type of lavatories that the villagers were using such as private toilet and community toilet for defecation purposes.

Notes: The survey contained 9 questions which also required the volunteers to check the condition of the lavatories and observe as to how the villagers were maintaining their respective lavatories and if they were actually providing accurate data.



Awareness campaign on 'Plastic Free India' at Kajheri

DATE: 27th September 2019

Aim: The campaign aimed to reduce the use of plastic products, with many enterprises joining the industry and many more varieties of plastics being made.

Context: Firms consider plastics easier and cheaper to manufacture as compared to other materials -- such as metals and stones -- because they are produced from by-products of crude oil and can be recycled. Consumers also consider plastics lighter, compared to other packaging materials. However, the wide use of plastic products has shortfalls which include its harmful nature and its effect on environment.

Practice: To sensitize people about discarding plastic, an awareness campaign on “plastic free India” was held in Kajheri by the NSS Units of Mehr Chand Mahajan DAV College, Chandigarh on 27th September, 2019. The volunteers covered the local government school and village households. The campaign involved collection of plastic items such as PET bottles, broken toys, buckets, bags etc. from households. After collection of plastic from households, it was weighed and the approximate weight was 1.46 kg. The money collected by selling off the plastic waste was handed over to Municipal Corporation for the betterment of the village.

Evidence of Success: The volunteers spread awareness about ban on plastic and harmful effects of plastic on our environment. They also distributed cloth bags to the people of Kajheri.

The volunteers and residents of village collectively took pledge to act against the usage of plastic.

Notes: The activity was held under the guidance of Municipal Corporation inspectors and workers.



Cloth bag distribution in Attawa Village

Date: 30th September, 2019

Aim: To encourage use of cloth bag for everyday shopping

Context: On numerous visits to the village Attawa, the volunteers observed plastic disposal as a major issue in most of the houses. They decided to resolve this problem by distributing handmade bags made by the Department of Home science.



Practice: On 30th September, NSS volunteers visited Attawa village to distribute cloth bags to the villagers. They invited ladies in an Anganwadi to collect their bags from the volunteers and advised them not to use polythene bags anymore.

Evidence of Success: Villagers pledged to use handmade bags for bringing fruits and vegetables from the market.





Poshan Maah Awareness in Attawa Village

Date: 30th September, 2019

Aim: To spread awareness about healthy lifestyle.

Context: Interactive session with people of Attawa village for raising awareness about health and hygiene.

Practice: The visit to village Attawa on 30th September was focused on awareness regarding Poshan Maah. The volunteers went to the Anganwadi Centre of the village and interacted with the villagers and children present there. Along with sharing knowledge with them, an interactive session was also conducted. The children along with the villagers were shown animated videos related to Poshan Maah.

Evidence of Success: It was observed that the kids were highly interested in watching the videos and had fun in imitating them. The message was conveyed to them in an interesting and

entertaining manner through the videos and it was more likely that they would retain the message and its meaning for long.

Notes: The volunteers observed that the workers present were already aware about the duties and were performing the same in an orderly manner.



Unveiling of Swachhta Report 2019 and SBSI 2.0 Report 2019

Date: 30th September 2019

Aim: To launch the 'Swachhta Pakhwada' and 'Swachh Bharat Summer Internship 2.0' reports.

Context: The reports summarized the work done under Swachhta Pakhwada and Swachh Bharat Summer Internship 2.0 in 2019.

Practice: On 30th September 2019, the 'Swachhta Pakwada' and 'Swachh Bharat Summer Internship 2.0' reports were unveiled in the presence of Dr. Dalip Kumar Bator, Additional State Project Director of RUSA, Dr. Nisha Bhargava, Principal Mehr Chand Mahajan DAV College for Women and NSS programme officers, Dr. Namita Bhandari and Dr. Manjot Kaur.

Evidence of Success: The students of college worked in 8 villages during the internship and their efforts were appreciated by Dr. Dilip Kumar during the unveiling.

ਕਿੱਥੇ ਮੈਂ ਮੁਸਕਾਨ ਲਾਮਬਾ ਪ੍ਰਥਮ



ਦਸਵੀਂ ਸਾਲ ਦੀਆਂ ਕਾਲਜੀਆਂ ਨੇ ਸਵਾਥ਼ ਭਾਰਤ ਸਵਾਥ਼ ਭਾਰਤ 2019 ਦੇ ਲਾਗੂ ਮੈਂ ਸਵਾਥ਼ ਭਾਰਤ ਵਿੱਚੋਂ ਚੋਣੀ ਕਰਦੀ ਹਨ। ਡਾਕਟਰ ਦੁੱਸਰ, ਪ੍ਰਿੰਸੀਪਲ ਕਿਲਾ ਸ਼ਾਹੀਬ ਵ 3999।

ਚੰਡੀਗੜ੍ਹ, 30 ਕਿੰਨਰ (ਟਿੱਕਾ)

ਮੇਹਰਚੰਦ ਮਹਾਜਨ ਡੀਐਚੀ ਕਾਲੇਜ ਫੌਰ ਡੀਮੇਨ ਚੰਡੀਗੜ੍ਹ ਕੀ ਕਿੱਥੇ ਕਮੇਟੀ ਕਮੇਟ ਨੇ ਪਲਾਸਟਿਕ ਮੁਕਤ ਚੰਡੀਗੜ੍ਹ ਵਿੱਚ ਪਰ ਆਧਾਰਿਤ ਏਕ ਫੰਟਰ ਕੌਲੇਜ ਕਿੱਥੇ ਪ੍ਰਤਿਯੋਗਿਤਾ, ਡਾਕਟਰ ਡਾਕਟਰ ਏਕੁਕੇਸ਼ਨ, ਚੰਡੀਗੜ੍ਹ ਪ੍ਰਸ਼ਾਸਨ ਕੇ ਕਮੇਟ ਨੇ ਆਧਾਰਿਤ ਕੀ ਕਿੱਥੇ ਚਿੰਨ-ਚਿੰਨ ਤਕਨੀਕੀ ਔਰ ਗੈਰ ਤਕਨੀਕੀ ਸੰਸਥਾਨੋ ਕੀ 11 ਟੀਮੋ ਨੇ ਖਾਸ ਲਿਖ। ਚੰਡੀਗੜ੍ਹ ਪ੍ਰਸ਼ਾਸਨ ਕੇ ਊਡਿਸ਼ਨਲ ਸਟੇਟ ਪ੍ਰੋਜੈਕਟ ਡਾਕਟਰ (ਕੁਸ਼) ਡੀ. ਦਲੀਪ ਕੁਮਾਰ ਕੀ ਮੁਲਕ ਅਠਿਥਿ ਇਸ ਅਠਸਰ ਪਰ ਤਪਸਿਕਤ ਥੇ। ਪ੍ਰਤਿਯੋਗਿਤਾ ਮੈਂ ਪਰਕਾਰਨ ਮੁਕੋ ਏਕ ਪਲਾਸਟਿਕ ਪ੍ਰਦੂਸ਼ਣ ਪਰ ਕੇਰਿਤ ਪ੍ਰਠਨੋ ਵ ਅਠਿਥੇ

ਕਿੱਥੇ ਰਾਡੋਸ ਕੀ ਸੰਘਾ ਖੌਚ ਕੀ। ਕਿੱਥੇ ਪ੍ਰਤਿਯੋਗਿਤਾ ਮੈਂ ਮੇਹਰਚੰਦ ਮਹਾਜਨ ਡੀਐਚੀ ਕਾਲੇਜ ਕੀ ਮੁਸਕਾਨ ਲਾਮਬਾ, ਡਿਪਟਿੰਗਿੰ ਏਕ ਅਠਸਰ ਕੀ ਟੀਮ ਪ੍ਰਥਮ ਸਥਾਨ ਪੁਰਸਕਾਰ ਲਿਖ। ਪੰਜਾਬ ਯੂਨਿਵਰਸਿਟੀ ਕੇ ਪੌਲਿਟਿਕਲ ਸਾਇੰਸ ਵਿਭਾਗ ਕੀ ਡਾਕਟਰ ਡਾਕਟਰ ਅਠਸਰ ਕੁਮਾਰ ਏਕ ਡਾਕਟਰ ਕੀ ਟੀਮ ਨੇ ਦੂਸਰਾ ਤਥੇ ਚੋਸਟ ਪ੍ਰੋਜੈਕਟ ਸਰਕੇਟ ਕਾਲੇਜ ਸੇਕਟਰ 11 ਕੇ ਡਿਪਟਿੰਗਿੰ, ਸਿਰਿਰਾਜ ਏਕ ਡੀਐਕ ਕੀ ਟੀਮ ਕੀ ਸੀਸਰਾ ਪੁਰਸਕਾਰ ਲਿਖ। ਪ੍ਰਿੰਸੀਪਲ ਡੀ ਨਿਰਭ ਖਾਸਿੰ ਨੇ ਕਹਾ ਕਿ ਪਰਕਾਰਨੋ ਚ ਅਸੰਤੁਲਨ ਕੇ ਪ੍ਰਤਿ ਸਾਜਨ ਡੋਕਰ ਏਕ ਸਰਕੇਟ ਖਿੱਥੇ ਨਿਰਮਾਣ ਕੇ ਪ੍ਰਤਿ ਆਪਨੇ ਦਰਿੰਥ ਕੇ ਖਾਨੇ-ਸਮਝਨੇ ਕੀ ਆਠਸਰਕਤਾ ਏ।

ਕਾਲਜ ਵਿੱਚ ਕੁਇਜ਼ ਕਰਵਾਇਆ



ਕਾਲਜ ਦਾ ਕਿੱਥੇ ਸਾਰੀ ਕਰਦੇ ਹੋਏ ਪ੍ਰਕਾਰ ਤੇ ਮੇਹਰਚੰਦ।

ਚੰਡੀਗੜ੍ਹ: ਇੱਥੇ ਡੀ ਐਮਸੀਐਮ ਡੀਐਚੀ ਕਾਲਜ ਡਾਕਟਰ ਵਿਮੋਨ ਸੇਕਟਰ-36 ਵਿੱਚ ਪਲਾਸਟਿਕ ਫਰੀ ਚੰਡੀਗੜ੍ਹ ਦੇ ਥੀਮ 'ਤੇ ਕੁਇਜ਼ ਕਰਵਾਇਆ ਗਿਆ ਜਿਸ ਵਿੱਚ ਮੁੱਖ ਮਹਿਮਾਨ ਵਜੋਂ ਵਧੀਕ ਸਟੇਟ ਪ੍ਰੋਜੈਕਟ ਡਾਕਟਰ ਗੁਸਾ ਦਲੀਪ ਕੁਮਾਰ ਨੇ ਸ਼ਿਰਕਤ ਕੀਤੀ। ਇਸ ਮੌਕੇ ਉੱਤਰੀ ਖੇਤਰ ਦੀਆਂ 11 ਟੀਮਾਂ ਨੇ ਮੁਕਾਬਲੇ ਵਿੱਚ ਹਿੱਸਾ ਲਿਆ। ਬੁਲਾਰਿਆਂ ਨੇ ਸ਼ਹਿਰ ਨੂੰ ਪਲਾਸਟਿਕ ਮੁਕਤ ਕਰਨ ਲਈ ਯੋਗਦਾਨ ਪਾਉਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ। ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਨਿਰਭ ਡਾਕਟਰ ਨੇ ਕਿਹਾ ਕਿ ਵਾਤਾਵਰਨ ਦੀ ਸੰਭਾਲ ਕਰਨੀ ਸਾਰਿਆਂ ਦੀ ਜ਼ਿੰਮੇਵਾਰੀ ਬਣਦੀ ਹੈ, ਇਸ ਕਰਕੇ ਆਪਣੇ ਆਲੇ-ਦੁਆਲੇ ਤੇ ਹੋਰਾਂ ਨੂੰ ਪਲਾਸਟਿਕ ਦੀ ਵਰਤੋਂ ਨਾ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ ਜਾਵੇ। ਕੁਇਜ਼ ਵਿੱਚ ਪਹਿਲਾ ਇਨਾਮ ਐਮਸੀਐਮ ਡੀਐਚੀ ਦੀ ਮੁਸਕਾਨ ਲਾਮਬਾ, ਦੂਜਾ ਪੰਜਾਬ ਯੂਨਿਵਰਸਿਟੀ ਦੀ ਜਾਹਨਵੀ ਤੇ ਤੀਜਾ ਇਨਾਮ ਸਰਕਾਰੀ ਕਾਲਜ ਸੈਕਟਰ-11 ਦੇ ਦਿਗਵਿਜੇ, ਗਿਰੀਰਾਜ ਤੇ ਦੀਪਕ ਨੂੰ ਦਿੱਤਾ ਗਿਆ।

-ਟ.ਐਸ.

[Swachh Bharat Swasth Bharat](#)

Title of Practice: The Department of Sanskrit organized a Talent Hunt competition on the theme 'Swachh Bharat Swasth Bharat' on 20th August, 2019.

Objectives: To inculcate the habits of cleanliness and and water conservation in the students, in order to help them become responsible citizens.

Context: The context was to motivate the students towards environment conservation. Such endeavours are important in bringing awareness among students and sensitizing the younger generation on the green house effect and its bad effects, resulting into poor quality of life. Such events are helpful in making the students, the 'green ambassadors' of the coming generation.

The Practice: different competitions relating to Slogan writing, Posters making, Bookmark making and Model making competition were organized to bring awareness about the issues relate to environment conservation.

Evidence of Success: Almost 50 students of Sanskrit department enthusiastically participated in the different competitions viz., Slogan writing, Posters making, Bookmark making and Model making The students conveyed the message of water conservation and cleanliness by creative methods and innovative ideas. Students also showed keen interest in planning related events in future.



Plastic Waste Management

Title of the practice: Painting Competition (Under the aegis of NCC ARMY Wing)

Date of activity: 30-9-2019

Number of participating students: 33

Objectives of the practice: The main objectives of organizing a painting competition under the NCC Army Wing has been to engage students in a creative exercise to promote awareness against plastic pollution and management. All the students participated in this painting competition with great enthusiasm and presented their concern for environment by illustrating different concepts and practices based on Refuse, Reduce, Reuse, Remake, and Recycle.

The Practice and the Success: The painting competition with theme 'Pollution – Plastic Waste Management' was held between 10A.M. – 12 P.M. at the Gymnasium Hall of the College. 33 students of our college came together to make this event a really beautiful artistic experience. It was mesmerizing to look at the drawings/ posters which have translated and expressed complicated terms like pollution, plastic disaster, recycling, urbanization, waste management and many other words, both creatively and calmly. Also, these paintings created by the students warned of the dangers of pollution depicting images ranging from marine pollution to air.

The posters were adjudged by Dr Puja, Head, Department of Fine Arts. The first three prize winners were selected and each of them received a Memento along with a certificate. Further, to encourage the participation, two consolation prizes were also selected.

All the posters created by the participants were sent to NCC ARMY UNIT (1 CHD GIRLS BN.)– SECTOR 31, Chandigarh.





Tree Plantation Drive

Title of the Practice: The NCC Army Wing of MCM DAV College for Women, Sector 36- A, Chandigarh conducted a tree plantation drive in view of ‘**World Nature Conservation Day**’ inside the College campus on 27th July, 2019.

No. of Participants: Around 20-30 cadets participated in this program and 40 plants of various species were made available by the 1Chd, Girls Bn NCC, Sector 31, Chandigarh.

Context & Practice: In order to encourage the students towards environmental conservation, tree plantation was done in the Front Lawn Area, Hostel Garden and Child Care Centre of the college.

Evidence of Success: Principal, Dr. Nisha Bhargava and Dr. Puja, Convenor of the Horticulture committee along with other staff members also enthusiastically participated in the activity to motivate the cadets.





