



एक कदम स्वच्छता की ओर

Report on Initiatives taken under
Swachh Bharat Abhiyan
October 2019 to December 2019



Celebrating 50 Golden Years

Submitted by

Mehr Chand Mahajan
DAV College for Women

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

www.mcmdavcw-chd.edu

Our Guide and Mentor



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

**Inter-College Quiz Competition on the theme of 'Plastic Free Chandigarh'
on 30th September, 2019**



Objectives:

To acquaint students with the need to minimize the use of Plastic and use alternatives in place of Plastic products for ensuring a Greener Earth

The Context:

With a vision to be a part of the on going Swachhta initiatives, the College organized a Quiz Competition to create awareness regarding the use of eco-friendly alternatives instead of using plastic.

Practice:

QUEST- the Quiz Committee of the College organized an Inter-College Quiz Competition on the theme of 'Plastic Free Chandigarh' under the aegis of Director Higher Education, Chandigarh. As many as 11 teams from various technical and non-technical institutions from across the region participated in it. Dr. Dalip Kumar, Additional State Project Director (RUSA), Chandigarh Administration graced the occasion as the Chief Guest. The competition

comprised of 5 rounds including an audio-visual round, with questions focused on environmental issues and plastic pollution. To sensitize students about the problems posed by plastic waste and the need to switch to eco-friendly alternatives, informative videos including the Sarthak model of Bhopal were shown in this event. Principal of the College, Dr. Nisha Bhargava said that conscious of its responsibility to generate awareness about the rising ecological imbalance and to work towards building a sustainable future, MCM College has undertaken concerted efforts. These include waste segregation, solid waste management by production of biogas from mess waste, vermicomposting and banning of plastic cutlery on campus. **The results of the competition were as follows:**

1st Prize: Muskaan Lamba, Priyadarshini and Ashwathi of Mehr Chand Mahajan DAV College for Women, Chandigarh



2nd Prize: Jahanvi Taak, Akshay Kumar and Harsh Sharma of Department of Political Science, Panjab University, Chandigarh



3rd Prize: Digvijay, Giriraj and Deepak of Post Graduate Govt. College Sector 11, Chandigarh



Outcome:

The participants learnt the need to minimize use of plastic in day to day lives and use viable alternatives to ensure sustainable future for one and all.

Pledge on “Plastic Free Chandigarh” on 2nd October, 2019

Objectives:

Paying rich tributes to the Father of the Nation, Swachhta Committee (Arts), in order to commemorate the 150th birth anniversary of Mahatma Gandhi administered the ‘**Plastic Free Chandigarh Pledge**’ to the staff, as well as, the students to make large scale holistic efforts towards eliminating single use plastic in the city.

Context:

Being in sync with the Gandhian philosophy of Swachh Bharat and its relevance in the present times, the college organized a pledge ceremony to sensitize the staff, as well as, the students towards their contribution in avoiding the use of one time plastic.

Practice:

To aid in the realization of Gandhi’s dream of a clean India the staff and students in the college vowed to stop the use of single use plastic which is a source of pollution, adding to landfills and adversely impacting the frail ecological balance.

Outcome:

The Pledge

“I pledge to avoid single use plastic, to reuse or recycle the plastic that I do use, to educate others about plastic waste and to take Citizen Muscle action to make plastic a thing of the past”



Shramdaan for Plastic Waste Collection
Under Swachhata Hi Sewa: Plastic Free India Campaign on 2-10-2019

Objectives:

The aim of this endeavour is to increase understanding of the plastic pollution problem so more sustainable solutions are found, innovations implemented, and more people and organizations are



empowered to take action to stop plastic pollution and live plastic-free. Swachhata Hi Seva (SHS) 2019, a janandolan for Swachhata, is focusing on Plastic Waste Management, given the detrimental effect of uncollected plastic waste on human beings, animals and the environment at large.

Context:

‘Swachhata Hi Sewa Hai’ is a revolution to bring about a behavioural change at the grass-roots level. This initiative undertaken by the Government aims at the ‘Plastic Free India Campaign. Youngsters are social ambassadors and are at the forefront of a positive change in the society. While putting best efforts in social outreach programs, the NSS volunteers of Mehr Chand Mahajan DAV College for Women, Chandigarh, have furthered the message of “Plastic Free India. Various plastic collection drives/ activities were organized under this flagship program “Swachhata Hi Sewa Hai: Massive Plastic Waste Shramdaan-2019”. The volunteers have been working tirelessly to raise awareness and sensitise the people about the hazardous and harmful effects of plastic use.

Practice:

On 2nd October 2019, the NSS volunteers of the college accomplished 'shramdaan' and the drive was conducted in and around the college campus, Sector 36, Chandigarh. The idea of 'shramdaan' is to help the society by donating time and effort instead of money. It is a way of contributing to our community by cleaning up the surroundings. The volunteers first devoted their time cleaning the campus grounds and took a pledge to keep their surroundings clean. Apart from this, a group of volunteers also distributed newspaper bags to the shopkeepers of Sector 36 market and cloth bags to the residents in order to sensitize regarding the single use plastic ban and the alternate means available. The volunteers took to door-to-door interaction to make a greater impact and the activities were conducted with fervour in order to achieve maximum participation from the community. They organized and designed a strategy to optimize their efforts in accomplishing the father of the nation's dream of a clean India. The main objective of the shramdaan was to generate awareness among the community regarding hazards of plastic.

Evidence of Success:

While expressing appreciation for the zeal and spirit of selfless service of the NSS volunteers, our worthy Principal Dr Nisha Bhargava said, "Being an environmentally and community conscious



institution, MCM instils in its students a sense of responsibility towards the society through such initiatives. Furthermore, such endeavours reaffirm the commitment of our institution to contribute towards making Swachh Bharat a reality".

Awareness Rally on Plastic Free India at Capitol Complex, Chandigarh on 2nd October, 2019

Objectives:

The aim of this rally was to spread awareness against the use of plastics.

Context:

The Shramdaan of Swachhata was not a mechanical exercise involving just a few allocated hours of service, but an act of inculcating a feeling of service in the youth of the country.



Practice:

More than 30 NSS volunteers attended an awareness rally on 'Swachh India' conducted by Chandigarh Administration. Mr. V. P. Singh Badnore, the hon'ble Governor, Punjab and Administrator U. T. Chandigarh was the chief guest of the event and the oath of Swachh India and Fit India was administered in his presence. He also felicitated the sweepers, manhole operators and sanitation instructors for their selfless services in making Chandigarh clean and hygienic. The American Gandhi, Mr Bernie Meyer and his associates also participated in the awareness rally. The 3km rally started from the Open Hand Monument (Capitol Complex), Sector 1 and concluded at the parade ground, Sector 17.

Evidence of Success:

The volunteers contributed 3 - 4 hours in this practice and announced slogans against usage of 'single use plastic' and promoted Swachhta, with zeal, enthusiasm and responsibility.

**Anti - Cracker Rally– Under the aegis of NCC ARMY Wing
on 23rd October, 2019.**



Objectives:

The main objectives of organizing an awareness campaign under the NCC Army Wing has been to engage students in a creative exercise to promote awareness against the pollution created on burning crackers. It also aimed to make students aware of the advantages of eco-friendly Diwali celebrations. The students were advised to avoid bursting crackers as they cause many health-related problems as well as defile and pollute the planet.

Practice:

An awareness campaign with theme 'Green Diwali' was held between 10 A.M. – 12 P.M. at the College premises. 26 NCC cadets of our college came together and organized an awareness campaign. The cadets interacted with the college students and made them aware about the possible dangers of toxic, chemical discharge from burning crackers. The poisonous, chemical mix discharged from fire crackers adversely affects people with asthma and other respiratory disorders. They further reiterated that it is our responsibility to maintain and uphold a better, healthy and safe environment for ourselves and

the coming generations. The cadets carried posters and raised slogans related to Green Diwali, Clean Diwali. One of the main ideas of this campaign has been to sensitise students about discouraging others including their neighbours and friends from bursting crackers. The students were also encouraged to light up their houses and their schools with candles and diyas. As we know that air pollution is a serious health issue in the country especially in the northern India during the winter season, therefore, the younger generation needs to take it upon themselves to advocate and practice an environment friendly Diwali.

Evidence of Success:

The cadets were successful in creating awareness among the college students about the air pollution caused due to bursting of crackers. 'Green Diwali,' 'No to crackers,' and 'Yes to pollution free environment' have the main agendas of the rally. Further, the cadets emphasized on celebrating Diwali in a noble way which includes an option for diyas (earthen lamps) and candles which also saves electricity. The cadets also sensitized college students to limit the usage of firecrackers that emit enormous smoke and sound. Furthermore, they also appraised the students about the proper disposal of waste after celebrations and to select eco-friendly gifts and decoration items.

Problems Encountered and Resources Required:

The activity went quite smoothly and all the participants participated with full enthusiasm to make it a complete success. However, they also faced difficulty in



convincing some students who believed in the conventional way of spending Diwali by bursting fire crackers.

Award in 'Single Use Plastic Ban Video Awareness Contest' organized by Chandigarh Administration on 24th October, 2019.

Objectives:

To use the medium of video to raise awareness about plastic pollution and motivate people to avoid usage of single use plastic.

Practice:

The students of the Department of Mass Communication, under the guidance of their teacher Dr Preeti Gambhir, produced a short video to aid as an impactful awareness generation tool for crusade against single use plastic. The video effectively depicted the nightmare that single use plastic is for the environment and sought to wake individuals from their slumber of indifference towards the environment. The video was submitted in a Video Awareness Contest organized by Chandigarh Administration.

Evidence of Success:



Chandigarh Administration awarded the college for its video on Single use Plastic Ban in Chandigarh. In an award ceremony, Hon'ble Administrator of Chandigarh Sh. V.P. Singh Badnore felicitated the college.

Lecture on Composting in Village Badheri, Chandigarh
on 14th November, 2019



Objective:

The aim of the lecture was to make people aware of waste segregation which is cost effective and good for human health and environment. The residents were informed about treating kitchen waste as a way of composting for organic purposes.

Context:

Growing concerns relating to land degradation, threat to eco-systems from excessive and inappropriate use of inorganic fertilizers, atmospheric pollution, soil health, soil biodiversity and sanitation have rekindled global interest in organic recycling practices like composting. The potential of composting to turn on-farm waste materials into a farm resource makes it an attractive proposition. Composting offers several benefits such as enhanced soil fertility and soil health – thereby increased agricultural productivity, improved soil biodiversity, reduced ecological risks and a better environment.

Even though the practice is well known, farmers in many parts of the world especially in developing countries find themselves at a disadvantage by not

making the best use of organic recycling opportunities available to them, due to various constraints which among others include absence of efficient, expeditious technology, long time span, intense labour, land and investment requirements, and economic aspects.

Practice:

A lecture was delivered by Dr Purnima Bhandari, Assistant Professor, Mehr Chand Mahajan DAV College for Women on how daily kitchen waste can be recycled for preparing nutrient-rich manure which can further be used for growing organic produce. A physical demonstration of the process of composting was done for the audience so that they could practice it at home. Dr Bhandari also discussed the advantages of composting and how it would help them get rid of the biodegradable waste in an inexpensive way which would be beneficial for them.

Evidence of Success:

The people of the village were not aware about waste segregation. They were unaware of the benefits of segregated waste and the methods of recycling such as making compost out of kitchen



waste and how they could contribute in the management of waste from the initial level. Thus the lecture was beneficial in creating awareness and encouraging them towards the practice.

Problems Encountered and Resources Required:

With a large influx of people, the major problem faced was managing the crowd that had gathered for the lecture.

Waste Management and Segregation activity in Village Kajheri, Chandigarh on 15th November, 2019

Objective:

The objective of this activity was to make the people of village Kajheri aware of waste management and how and why it should be segregated. It intended to impart awareness about creating effective segregation of waste, thereby, making it cost effective and better for human health and environment. Waste management can further help to recycle and segregate hazardous waste so that it can be disposed effectively.



Context:

Each of us has a right to clean air, water and food. This right can be fulfilled by maintaining a clean and healthy environment. Any material which is not needed by the owner, producer or processor is waste. Generally, waste is defined as the material left at the end of the product life cycle and is disposed of in landfills. In the common man's eye, anything that is unwanted or not useful is garbage or waste. However, scientifically speaking, there is no waste as such in the world. Almost all the components of solid waste have some potential if converted or treated in a scientific manner. We can dispose the waste or reuse the waste and can earn money through its proper management. Indian cities which are fast competing with global economies in their drive for rapid economic development have so far failed to effectively manage the huge quantity of waste generated.

Disposal of waste is becoming a serious and vexing problem for the human habitation all over the world. Disposing of solid waste out of sight does not solve the problem but indirectly increases the same and at a certain point it goes beyond everyone's control. The consequences of this practice such as health hazards, pollution of soil, water, air & food, unpleasant surroundings, loss of precious resources that could be obtained from the solid waste, etc. are well known. That is why it is essential to focus on proper management of waste all over the world. Waste management has become a subject of concern nationally and globally.

Practice:

The filthy areas of the village were identified and with the assistance provided by the Municipal Corporation, cleanliness of the main market place was done. The volunteers distributed pamphlets among masses,



particularly to the owners of the eateries to create awareness about correct, waste disposal. A set of blue and green dustbins were also installed in the market as an attempt to reduce the dumping of waste in the open area.

The people of the village were not aware about what is regarded as “wet” and “dry” waste and which colour dustbin is meant for the respective wastes. They were unaware of the benefits of segregated waste and the



methods of recycling such as making compost out of kitchen waste and how could they contribute in the management of waste from the initial level.

A lecture cum demonstration was given in the Government High School, Kajheri by Dr Purnima Bhandari, Assistant Professor, Mehr Chand Mahajan DAV College for Women in which she explained the functioning of



compost units to the concerned teachers and students. Several doubts including the time period required for compost preparation, climatic conditions, texture of compost prepared etc. were cleared during the session.

Evidence of Success:

The people of the village were made aware about waste segregation through lecture cum demonstration by Dr Purnima Bhandari and the various doubts of the villagers' concerning waste segregation and compost preparation were cleared by the resource person.



Problems Encountered and Resources Required:

No challenges were faced, during the session because of the familiarity with the place, and the people involved in the activity were quite cooperative.

**Indian Council of Philosophical Research (ICPR) sponsored
National Colloquium - “Manthan: Explorations into Contemporary
Challenges and Gandhian Thought” on 27th November, 2019**



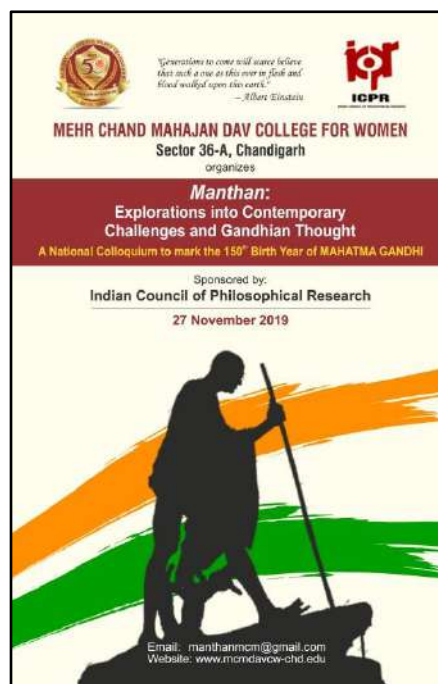
Objectives:

The National Colloquium which was organized to mark the 150th birth anniversary year of the Father of the Nation, Mahatma Gandhi, sought to deliberate upon Gandhian thought and to chart out novel and practical ways of its application relevant to contemporary times. The various speakers present at the colloquium deliberated upon certain pressing questions that confront mankind in current times, including how seriously we, as a nation, have taken Gandhi after his death and an introspection into whether we are worthy of his ideas. Some of the important ideas which were debated and discussed upon in the colloquium included Gandhi's ideas on environment and his critical views on understanding nature-human relationship, which faces an existential threat with advancing modern civilization. Gandhi's ideas on alienation, degradation of resources, violence and decline of moral values were also discussed by the speakers as incisive insights holding relevance for a balanced future of mankind.

Context:

Since humanity faces a pronounced existential threat with respect to its peaceful survival and a dire imbalance in the man-resource ratio, the Colloquium was organized at a very opportune time. Gandhi has always been a pioneer and role model for developing a frame of just values that could help in building an equitable society. The Colloquium was envisioned as a thought forum for brainstorming Gandhi's ability to visualize the challenges ahead of his times, like rapidly depleting natural resources, man-nature conflict, consumerism, the colonial aftermath,

caste and religious conflict and identity politics. The organizing committee planned the colloquium to engender debate and discussion pertaining to the ways in which Gandhian thought and ideology could be incorporated amidst uncertain times.



Practice:

Prof. N Radhakrishnan, Chairman, Gandhi Peace Mission, Kerala graced the occasion as the Chief Guest. Prof. Bindu Puri, Chairperson, Centre for Philosophical School of Social Science, JNU, New Delhi was the keynote speaker.



Prof. N Radhakrishnan



Prof. Bindu Puri



Prof. Pritam Singh



Prof. Ronki Ram

Prof. Pritam Singh, Visiting Scholar, Wolfson College, University of Oxford and Professor Emeritus, Oxford Brookes University, Oxford, UK delivered the distinguished guest lecture while the presidential address was delivered by Prof. Ronki Ram, Dean Social Sciences and Shaheed Bhagat Singh Chair Professor, Department of Political Science, PU.

A host of dignitaries partook in the colloquium including Shri H.R. Gandhar, Senior Governing Body Member, DAV College Managing Committee, New Delhi, Mr. Vijay Kumar, Regional Director, DAV Schools, Prof. Shivani Sharma, Chairperson, Department of Philosophy, PU, and Maj. Gen. I. P. Singh, Director, Mai Bhago Armed Forces Preparatory Institute, Mohali. Principal Dr. Nisha Bhargava said that Mahatma Gandhi had incisive insights into the future of mankind and his universal doctrines concerning the economy, polity, spirituality, etc. hold immense relevance even today. She added that he was a great transformer and his ideas resonate in the modern world, like trusteeship in CSR and Swadeshi in Make in India.



Prof. M. L. Sharma

The valedictory function was presided over by Prof. M.L. Sharma, Department of Gandhian and Peace Studies, PU who gave away the certificates to over 60 paper presenters.

Evidence of Success:

Since India is passing through transitional times in terms of making rapid strides into becoming a developed country, there is a pressing need to address some of the basic lacunae in our systems of education and ideology especially with respect to preserving our natural resources and ecology. The stakeholders of this colloquium sought to provide a platform for the thinkers, scholars and critics of our times to discuss about the same with respect to Gandhian ideology. The colloquium was a tribute to the rich legacy of thought of Mahatma Gandhi on his 150th birth anniversary. The colloquium was received with great respect and fervour and witnessed an enthusiastic participation of widely acclaimed scholars, professors, thinkers and critics cutting across spectrums of inter-disciplinary fields of studies.

Problems Encountered and Resources Required:

Since the organizing committee had to bring together a plethora of thinkers, scholars and critics on the same field, and also had to accommodate around 60 paper presenters all on one platform and within one day, so the committee encountered the usual time and space modalities, which were however tackled with the experience of the committee members and the unflinching support of the Principal of the College, Dr Nisha Bhargava.

The resources required for the colloquium ranged from stationery, conference kits, publicity material like posters, banners, and pamphlets, and the unaccounted hours which the organizing committee members spent in the College to make the colloquium a success.



Anti-Malaria Spray

Title:

All the **hostel blocks** were duly disinfected by getting **Anti-Malaria spray** sprayed in the **washrooms, kitchens and corridors/lawns** on the following dates: **20.10.19, 21.10.19, 15.11.19, 16.11.19, 16.12.19, 17.12.19**

Objectives:

The College hostels disinfected their key areas of washrooms, kitchens and corridors/lawns by getting them treated with **Anti-Malaria spray**. The activity minimized the chances of mosquito breeding in the hostels.

Practice:

The spraying drives were carried out in the hostels, in the months of October, November and December.

Evidence of Success:

Anti-Malaria spray drives were aimed at eradicating any chances of mosquito breeding in the hostel campus. As a result of the activity, the hostels became mosquito-free. Some of the photographs of the spraying drives have been given below.



Sustainable Practices Sensitization Programme



Objectives:

As part of Energy Conservation Day celebrations, the Swachhta Committee (Arts) of the college organized a sensitization programme on sustainability that aimed to raise awareness among the administrative staff about the sustainability promoting measures which can help in ensuring a sustainable future. Through generation of awareness about sustainability practices, the activity envisioned to promote environmental conservation and contribute towards a greener planet.

Practice:

During the sensitization programme, the members of the Swachhta Committee (Arts) educated the administrative staff about various sustainability practices that can be followed while in office. They were given tips on efficient, energy management and were motivated to recycle paper, opt for car pooling and public transportation. College Principal Dr Nisha Bhargava lauded this initiative of the Swachhta Committee (Arts) and said that such programmes are a part of the vision of the college to promote environmental conservation and sustainability. She added that the college is undertaking a slew of initiatives as part of this vision including rain water harvesting, solar energy production, biogas production from mess waste and so on.

Seven Day / Night NSS Special Camp at MCM DAV



Special Camping forms an integral part of National Service Scheme. It has a special appeal for the youth as it provides unique opportunities to the students for group living, collective experience sharing and constant interaction with the community. The primary objectives of the special camping programme are:

- Making education more relevant to the present situation, to meet the needs of the communities and supplement the education of university/college/school students by bringing them face to face with the challenges faced by community, to provide opportunities for students to participate in the implementation of various development programmes initiated by the Government.
- Encouraging the students to work along with the adults in rural areas, thereby developing their character, social consciousness and commitment, discipline and healthy and helpful attitudes towards the community.
- Emphasizing the dignity of labour and self-help and the need for combining physical work with intellectual pursuits, and encouraging youth to participate enthusiastically in the process of national development, and initiatives of Government like Swachh Bharat Abhiyan and promote national integration through democratic living and cooperative action.

NSS Camp 2019 (25-31 December 2019)
NSS Units of MCM DAV College for Women, Chandigarh

The Seven Day/Night NSS Camp was held at the College for Women from 24-30 December 2019. More than 100 volunteers registered for this camp with and participated enthusiastically in the camp with Dr. Namita Bhandari and Dr. Manjot Kaur as the programme coordinators of NSS under the able guidance of Dr. Nisha Bhargava, Principal of the College. The objective of the camp was to groom the volunteers as agents of social change. Its thrust was on activities and lectures that encouraged the volunteers to work for the community focusing on twin objectives of 'Swachh Bharat Abhiyan' and 'Jal Shakti Abhiyan'.



Swachh Bharat Abhiyan

Advocating the idea of Clean India, Prime Minister Modi said, "The pursuit of cleanliness can be an economic activity, contributing to GDP growth, reduction in healthcare costs, and a source of employment." There are various objectives of Swachh Bharat Mission; elimination the open defecation, conversion of unsanitary toilets to pour flush toilets, 100 percent collection and scientific processing/ disposal reuse/ recycle of Municipal Solid Waste,

separate toilets for girls and boys in all Government schools, and providing toilet facility to all Aanganwadis. This mission aims to bring about a behavioural change in the people regarding healthy sanitation practices and generate awareness among the citizens about sanitation and its linkages with public health.



Jal Shakti Abhiyan

The 'Jal Shakti Abhiyan' focuses on five aspects -- water conservation and rainwater harvesting, renovation of traditional and other water bodies, reuse of water and recharging of structures, watershed development, and intensive afforestation. The conservation efforts will be supplemented by initiatives like developing block and district water conservation plans and 'Krishi Vigyan Kendra Melas' to promote efficient water use for irrigation and better crop choices. In urban areas, plans with time-bound targets will be developed for waste water reuse for industrial and agricultural purposes.

DAY 1 - 25 December 2019
Inauguration Ceremony



The seven day and night NSS camp was inaugurated by principal of the college, Dr. Nisha Bhargava. A short presentation was given by the volunteers of all the activities conducted in 2019. The college backed the first position among residential colleges all over India in Swachhta ranking and Dr. Nisha Bhargava, the principal of the College applauded everyone for his efforts and put emphasis on continuing the same efforts in future. She also encouraged the volunteers for water conservation, gave several tips to conserve water and spread awareness regarding JAL SHAKTI ABHIYAAN and SWACH BHARAT ABHIYAAN.



First session: Workshop by Pidilite

Second session: Informal session with the volunteers and division of committees.

Evening session: Poster making on AIDS (Best out of Waste)

Objectives:

The main objective of the workshop was to teach volunteers easy methods to create useful things from waste materials like inside roll of foil paper, stones, used bottles etc. The workshop was organised to make volunteers well versed with the techniques which they could use to make various showpieces. It also helped the volunteers to work and think differently in an innovative manner and also gave them opportunity to showcase their talent.

Context:

First session: Mrs. Santosh taught volunteers about various art and craft like glass painting, single stroke painting, fabric painting, stencil painting etc. She gave demonstrations to students about these paintings. She concluded the



workshop by giving information regarding best out of waste and also gave demonstration to make paper weights by painting stones. She also taught the volunteers to make decorative pieces using glass bottles.

Evidence of Success:

- The volunteers participated enthusiastically.
- The Resource person gave step wise demonstrations about the different techniques of paintings.
- Volunteers got a chance to showcase their talent.
- Innovative skills were encouraged to use innovative ideas.

DAY 4 – 28th December 2019

Activities conducted:

1. First session: **Lecture on Swachhta**
2. Second session: **Quiz on Environment**
3. Evening session : **Poster making on water conservation**

Objectives:

The second session of Day 4 Camp intended to generate awareness among the volunteers about environment, water conservation etc.

Evening session:

The objective was to make the volunteers aware about the importance of water and how an individual can make a difference to avoid its misuse

Context:

Second session:

The fourth day of the seven day and night NSS camp under the theme 'Swachh Bharat Abhiyan and Jal Shakti' began on a spiritual note. The volunteers recited an English prayer wherein everyone asked God to give them strength to be strong in every situation.

A lecture and presentation on 'Swachhta' was given by Dr. Gurwinder Kaur, Associate professor, Department of Public administration and head of Skill Development Committee of MCM DAV College for Women. In her words, Swachhta literally means "Swachh ka Bhav, Swachh ki Avastha".



She focussed on keywords like cleanliness, serenity, sincerity and transparency. Her purpose was to sensitize the students and encourage them to think because knowledge is unlimited. The students were acquainted with the importance of balance (physical, mental, emotional and spiritual) so that they could lead a life of harmony.



This was followed by a quiz competition. There were 5 teams in all and there were 2 components- the preliminary and the final round. For the preliminary component, a set of 10 questions was provided to each team and they had to finish it within 10 minutes. 4 teams were short listed based on their scores.

The final component comprised of 6 rounds. The questions revolved around various themes including Environment, water conservation, women empowerment and plastic pollution. By the end of the last round, there was a tie between two teams and a tie breaker question helped in deciding the winning team, Sarojini Naidu.

All participants participated enthusiastically, and it was a great learning experience for the participants as well as the audience.

Evening session:

35-40 volunteers engaged themselves in a discussion and poster making activity on water conservation. Teams comprised of 2 students per group. 5 teams participated and 4 qualified to the final component. There were total 6 wherein volunteers shared their views on how water could be saved and why it was essential. The discussions that ensued brought home some crucial points. With growing population rates and shrinking percentage of water on Earth fit for consumption, it only makes sense that we must conserve this precious resource. Personal views on why and how to save water were put forward by the volunteers. Water conservation requires forethought and effort, and every little effort counts. The trick is making water conservation a way of life—not just something we think about once in a while.

Evidence of Success:

All participants participated enthusiastically in all the activities and it was a great learning experience for the participants as well as the audience.



DAY 5 - 29TH December 2019

Title:

1. First session: Awareness Rally on Swachhta and Nukkad Natak on Swachhta
2. Second session: Pre-Cultural Program Preparations
3. Evening session: Recreational Activity

Objectives:

First session

The aim of day 5 of the NSS camp was to create awareness among village people about the depletion of natural resources, their sustainability, importance and various techniques to protect them. The session intended to instil in minds of people of the village the facts about cleanliness and water conservation. Moreover, the goal was to dissolve all the myths about AIDS. Finally, it encouraged the cleanliness of both mind and surroundings.



Context:

First Session

Despite being resident of such a well-planned city, Chandigarh, the village people were still not aware about the basic issues of our environment and water conservation. The roads were under developed and plastic usage was high. People were unaware of sexually transmitted disease such as AIDS,

which has become prevalent in modern times. Water has been in shortage there and techniques about water conservation were required. Hence this rally created a path for awareness among folks about such social issues.

Second Session



Practical and visual demonstration is required to grasp every concept being taught. Hence being a part of cultural activity such as folk dance and nukkad natak teaches us better about our motto which in this case was Ek Bharat Shreshtha Bharat, Swachh Bharat Abhiyan, Jal Shakti Abhiyaan and women empowerment.

Practice:

First session

Rallies with an aim to create awareness on water conservation, environment protection and AIDS were organized by the volunteers to sensitize people in Badheri under the Jal Shakti Abhiyan and Swachh Bharat Mission. During the first rally for water conservation, the volunteers led by the teachers carried placards displaying messages illustrating water conservation techniques and also by reciting slogans like; “Jal to sona hai, Ise kabhi nahi khona hai”; “Paani ki raksha ,deshki Suraksha”; “Desh ko agar ho bachana, Paani hoga apko bachana” etc.



Another Rally saw the participants holding placards that carried messages on the need for maintenance of a clean environment, while reciting slogans like “Swacch Bharat, Swasth Bharat”; “Jahan hai safaai, Wahin hai padhai”; “ek do teen chaar, Swachh rahe ye sansar”. The rally concluded with a NukkadNatak through which the volunteers made people aware about the harmful effects of using plastic. It presented the facts and figures to enlighten the audience and encourage everyone to do his bit to solve an ever pressing problem of plastic disposal. After the play ended the onlookers were made to take a pledge to stop the usage of one-time-plastic products.

Evidence of Success:



DAY 6 - 30TH December 2019
Lecture on Mental Illness



In the first session of Day 6 of the camp, a special Lecture was conducted by Dr. Nitasha Khehra on the importance of psychological well-being and resilience. She explained that the leading cause of depression is perfectionism and also at times parenting. Also one major cause of increasing suicides in the education system. The lecture was made even more interactive with discussions of case studies. She explained the volunteers through many life examples the importance of a healthy diet in controlling mood swings. She emphasized that the use of drugs to deal with depression is not a solution; rather it leads to psychological addiction. She concluded the session by stressing on the importance of reading and self-introspection. The resource person motivated the volunteers by guiding them towards their future endeavours and also how to tackle any problem and not to feel low. The aim of the session was to promote 'Swachh Mann Abhiyan'.

DAY 7- 31ST December 2019

Valedictory Session

Objective:

The aim of valedictory was to show the glimpses of the 7 day and night camp based on the theme Swachh Bharat Abhiyan and Jal Shakti Abhiyan and to promote the theme of 'Ek Bharat Sreshtha Bharat', and to acknowledge our well-deserved volunteers with Award of Appreciation.



Context:

As it was the last day of the camp, the NSS organized a Cultural Event which included various cultural performances and a full overview of the camp was also given.

Practice:

The event was graced by Mr. Bikram Rana, State Liaison Officer (NSS) Chandigarh Administration. Saraswati Vandana was recited by the NSS volunteers to seek the blessings of Goddess of Knowledge. A full report about the activities



conducted in the camp was given by NSS volunteer Kirandeep Kaur followed by a PPT on the same. The folk dance of Himachal Pradesh known as Natti was performed by the volunteers.



A speech was delivered by Mr. Rana to make the students aware about the true meaning of being a NSS volunteer. He asked the volunteers to always strive for selfless help.



Afterwards, a Nukkar Natak was performed by the volunteers based on the theme 'Environment' and 'Women Empowerment'. Awards of Appreciation were also given to student volunteers of the NSS.



The event concluded with a vote of thanks given by the program officers, Dr. Namita Bhandari and Dr. Manjot Kaur. Overall, the event was a huge success, and the volunteers participated with full zeal and enthusiasm.

The cardinal principle of the NSS programme is that it is organised by the students themselves, and both students and teachers through their combined participation in community service, get a sense of involvement in the tasks of nation building.



On 30th December, during the valedictory, College principal Dr. Nisha Bhargava congratulated the participants for successful completion of the camp and motivated them to continue working for the Swachh Bharat Abhiyan. State Liaison Officer Bikram Rana, who was the chief guest for the day, encouraged the volunteers to work towards the cause and spread the message of cleanliness. Himani Singh was declared the 'Best Camper' and Simran Kaur was declared the 'Best Social Worker'- 2019.

Later Nukkad Natak was performed and it encouraged everyone to participate in the clean India campaign. It was followed by an exuberant performance, Bhangra, the folk dance of Punjab and later



the valediction speech that lead to the official closing of the ceremony and of the camp.

It was followed by the prize distribution ceremony. The following volunteers were felicitated during the valedictory function.



Such efforts contribute in developing the skills of the students and help them to evolve as an individual in the various spheres, like management, creativity, speaking, and so on. Principal Dr. Nisha Bhargava said that guided by the philosophy that cleanliness is a comprehensive term that encompasses not just environmental cleanliness but also cleanliness of mind and soul, MCM has added new dimensions to the Swachh Bharat Mission through its endeavours focusing on empowering young minds with wisdom.

CHANDIGARH Tribune



PU hostel security
Panjab University committee discusses strengthening of security at hostels. **INSIDE**



2 disco owners held
Police arrest two owners of a discotheque for running activities after midnight in Mohali. **INSIDE**



Honour for MCM DAV
MCM DAV College for Women, Sector 36, tops the Swachh Campus Rankings-2018. **INSIDE**

MCM DAV best among residential colleges

Swachh Campus Rankings PU fails to find a place this year

TRIBUNE NEWS SERVICE

CHANDIGARH, OCTOBER 1
MCM DAV College for Women, Sector 36, has topped the Swachh Campus Rankings-2018 (Higher Educational Institutions) in the category of residential colleges. The rankings were released on Monday. This year, it is the only institution from Chandigarh that has figured in the rankings.

Last year, the Post Graduate Government College for Girls, Sector 11, and Panjab University (PU) had figured at the sixth and seventh spot, respectively, in the category of government institutions. This year, they did not find



Dr Nisha Bhargava, Principal, MCM DAV College for Women, receives an award from HRD Minister Prakash Javadekar in New Delhi. TRIBUNE PHOTO

Over 6,000 institutes participated

More than 6,000 institutions participated this year. They were adjudged on rainwater harvesting, solar power generation, quality of hostel kitchen apparatus, water supply system, maintenance method and sophistication. Higher educational institutions were also required to spread the message of cleanliness in villages and their neighbouring areas. Village activity was given 10 per cent weightage. Any institution that wants to be considered for the rankings has to adopt at least a village and carry out activities to maintain hygiene there.

“This is to clarify that no audit has been conducted for the PU. So, how could we emerge in the rankings.”

RENUKA SALWAN, DPR, Panjab University

स्वच्छता से राष्ट्रीय विकास दिवस शुरू
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सुप्रभात

शक 1940 आरंभित कृष्ण पक्ष, अष्टमी, विक्रम संवत् 2075

अमर उजाला

mycity

मंगलवार • 02-10-2018

चंडीगढ़

नौकरी छोड़ी, साबरमती में तीन महीने उठाया मैला'

02

देश का सबसे स्वच्छ कालेज बना चंडीगढ़ का एमसीएम डीएवी

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

अमर उजाला ख्यूर

चंडीगढ़। देश के उच्च शैक्षिक संस्थानों को स्वच्छ परिसर रैंकिंग में चंडीगढ़ के एमसीएम डीएवी कालेज सेक्टर-36 ने नंबर वन पर आकर टिप्पणी ब्यूटीफुल का नाम हासिल किया।

इस वितापन के साथ एमसीएम डीएवी कालेज देश का स्वच्छ कालेज बन गया है। नई दिल्ली में सोमवार को आयोजित अवार्ड समारोह में कालेज को यह वितापन मानव संसाधन विकास मंत्रालय के केंद्रीय मंत्री प्रकाश जावड़ेकर के हाथों दिया गया। अवार्ड को कालेज प्रिंसिपल डॉ. निशा भारगव ने हासिल किया।

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

कालेज प्रिंसिपल ने बताया कि कालेज को बुनियादी तौर से ही यहाँ स्वच्छता को प्राथमिकता दी गई। लेकिन 2014 में स्वच्छता को लेकर और योजनाओं को पुर्खा किया गया। कालेज के प्रयासों से स्वच्छ भारत अभियान के अंतर्गत नौकरी छोड़कर, साबरमती में तीन महीने उठाया मैला' और अन्य शैक्षिक संस्थानों में सर्वोच्च अवार्ड हासिल करने में मदद मिली। एमसीएम डीएवी कालेज ने स्वच्छता पर दृष्टि रखी है। मानव संसाधन विकास मंत्रालय पर दृष्टि रखी है। मानव संसाधन विकास मंत्रालय पर दृष्टि रखी है। मानव संसाधन विकास मंत्रालय पर दृष्टि रखी है।



नई दिल्ली में आयोजित कार्यक्रम में एचआरडी मिनिस्टर प्रकाश जावड़ेकर और डॉ. रूपयान सिंह एमसीएम डीएवी कालेज चंडीगढ़ को सबसे स्वच्छ कालेज का खिताब देते हुए। अमर उजाला

भविष्य में अधिक गांव लेंगे गोद

कालेज प्रिंसिपल डॉ. भारगव ने कहा कि यह अवार्ड स्वच्छता के प्रति अपने सरोकार और दायित्व को रखने के लिए मिला है। इस पर कालेज प्रबंधन और छात्रों को गर्व है। उन्होंने बताया कि स्वच्छ भारत मिशन के उद्देश्यों के साथ-साथ ही एमसीएम ने स्वच्छता संबंधी अपने लक्ष्य का समर्थन बनाए रखा है। वेस्ट मैनेजमेंट के आधुनिक और वैज्ञानिक तरीकों को प्रोत्साहित करना, स्वच्छ एवं स्वच्छता के माध्यम से प्रति जगह स्वच्छता बनाना, स्वच्छता के व्यापारिक बदलाव को प्रकृति बनाए - ये सभी उद्देश्यों के साथ स्वच्छ भारत मिशन के सर्वोच्च अनुसूच हैं। इन सिद्धांतों से मार्गदर्शन लेकर एमसीएम स्वच्छता के अंशकालिक तथा समग्र के सभी स्तरों के विकास के लिए सर्वोच्च प्रयत्नशील रहता है। ये भविष्य में भी अधिक गांव लेंगे धनान, कजहंडी और किसानपूरा गांव को 'गैट लेकर स्वच्छता अभियान जारी रखेंगे।



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

Phone: 0172-2603355, Fax: 0172-2613047

E-mail: principal_mcmdavcollege@yahoo.com, Website: www.mcmdavcw-chd.edu