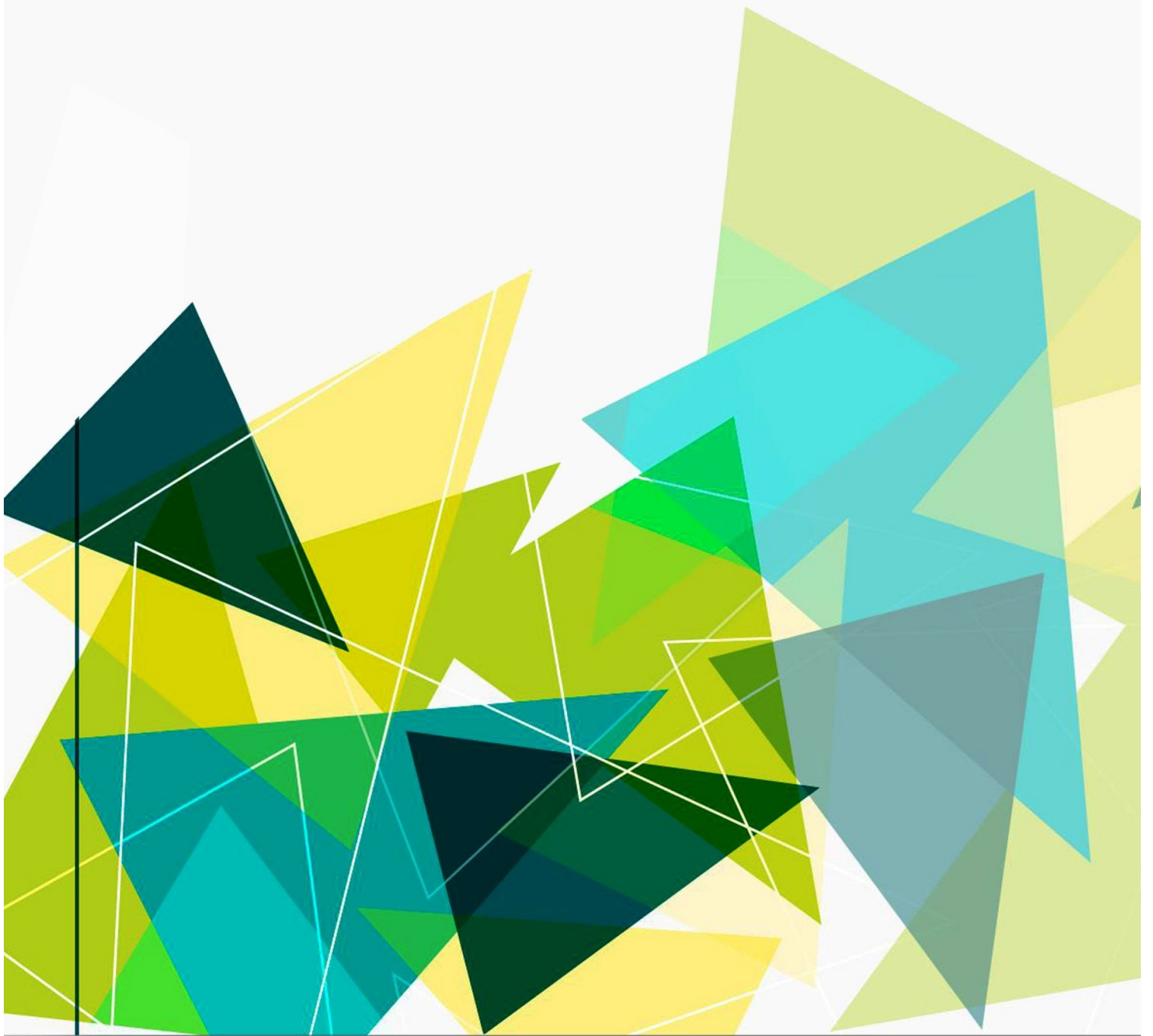




Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh (U.T.)

Institutional Values and Best Practices





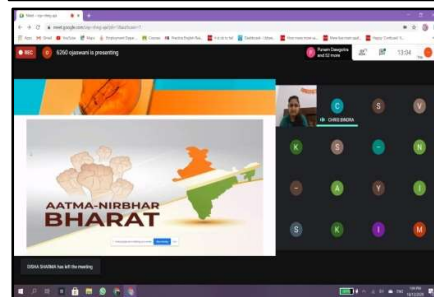
Mehr Chand Mahajan DAV College for Women Sector-36 A, Chandigarh

Institutional Values and Best Practices

I. Skill-Based Learning: The New-Age Mantra

Objectives:

- Keeping in view the emphasis on industry-academia interface in the New Education Policy 2020, a paradigm shift is required to instil a more pragmatic approach towards the goal of higher educational institutions.
- To impart skills for the multidimensional growth and to engage the students in the mission of 'Atamnirbhar Bharat' by honing their entrepreneurial skills.
- Need for pursuing skill initiatives in various fields like Soft Skills, cuisine, art, Financial Management, Research and innovation and to inspire and educate students for diverse careers through Institute Innovation Cell (IIC)
- To connect students with the heritage of India and Sanskrit language.



Context:

Skill generation at the personal as well as professional levels is a significant aspect of education. During 2019-20, Draft of the New Education Policy was released and a paradigm shift in the academic scenario was visualised. New Education Policy 2020 focuses on technological developments, coupled with an emphasis on research and innovation, thus paving the way for a broader vision of education.

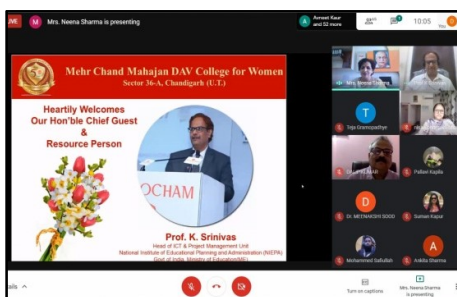
GST has become a pan-India phenomenon and covers most of the commodities sold and services provided and students must be made aware of it.

Technological developments have pushed food production to become more chemical intensive in terms of its growth, storage, distribution and consumption. Therefore, training is required to sensitise students about organic farming, pesticide-free food.

A revision of Indian heritage and linguistic glory is imperative in a world where value-system is changing very fast. At the same time, English language proficiency, too, is needed to connect globally.

Practice:

In keeping with the spirit of NEP-2020, the Skill Development committee works incessantly to impart skills that can be conducive to holistic development of our stakeholders and to enable them ethically, spiritually, physically and professionally for the challenging and competitive world outside.



- Further, to hone the entrepreneurial skills of the stakeholders, the Institute Innovation Cell (IIC) organized a leadership Talk Series- “Innovation for Resurgent India”, an Intellectual Property Rights (IPR) awareness programme, motivational talks and lectures from entrepreneurs, visit to organizations such as Sebiz and Netsmartz, Mohali (in collaboration with Department of Computer Science and Applications), and SS Foods and Industries (in collaboration with Department of Food Science), a workshop series to impart entrepreneurial skills required for start-ups, lectures on social entrepreneurship, business plan making competitions, ideation contents (especially on post-Covid start-up options) and sessions of MHRD’s innovation cell.
- Keeping abreast with changes in the taxation system, a special activity was organized to teach students the GST law. They were taught how to make GST accounts, register for GST and to calculate GST.
- To ensure healthier food habits, especially in urban areas, a sustainable urban farming initiative was launched with our students growing seasonal vegetables, herbs and spices in pots or small spaces and monitoring the progress from soil to seed to plant.



- As a next step in the healthy and nutritious drive, students were given the skill of being health managers at home by being encouraged to make healthier choices for consumption. Recipes of healthy cooking were also shared and taught.
- Courses in training students for Soft Skills like “English for all”, and in collaboration with BKSB, the Indian arm of UK’s leading English development company were organised.
- To impart a cultural edge to our students, in an event titled “Dhvani,” students were taught the nuances of chanting mantras and shlokas so as to enable them to be spiritually and ethically skilled with the cultural values of our glorious nation.



For more details on these activities please refer to the links below:

<https://mcmdavcwchd.edu.in/skill-development/>

<https://mcmdavcwchd.edu.in/iic/#1580985862316-a5c87882-ca24>

Evidence of success:

The efforts of the committees involved in skill generation have motivated, enabled and empowered our students and the community around.

- Our urban farming initiatives have made our students receptive to the skills and benefits of the same. Even our workshop on healthy cooking has garnered a lot of appreciation and a demand for an advanced session on the same.
- Our series through IIC have also inspired and enabled our students towards entrepreneurship and start-ups.
- Efforts to impart soft skills and English language skills have made our stakeholders more employable, opened international avenues for them and made them more confident
- Dhvani has fostered a spiritual and culturally empowered spirit in our students. Further, our workshop on GST enabled 24 participants to be assessed by National Skill Development Corporation’s Assessment Agency with our trainees placed or ready to be placed to practice GST.

Problems Encountered and Resources Required

- While we managed to get encouraging results from all our endeavours, we faced an initial hesitation among the students about feasibility of sustainable urban farming or about warming up to the idea of shlokas as their day to day life.
- Our workshops on healthy eating and cooking must be organised more frequently as it is not possible to convert students to healthier life styles in limited time.
- Given the universal lack of available employment opportunities, it was a challenge to get placements for trained GST practitioners.
- Moreover, the global pandemic did bring a dent into the momentum of skill development activities.



II. Youth Engagement in Community Outreach Activities

Objectives:

- To impart leadership, planning and execution skills in students for social work
- To encourage students and young residents to work together in rural areas
- To encourage youth to participate in the process of national development and promote national integration through corporate living and cooperative action
- To educate community members regarding personal hygiene, sanitation, child abuse, plastic use, human parasites, Covid care, menstrual hygiene, women empowerment and mental well-being
- to provide guidance and counselling with respect to equal opportunities for academic, financial, social and other matters and to enhance diversity within the campus

Context:

We suffer from the malaise of lopsided development and rural spaces are often left far behind in terms of basic infrastructure, information and initiative. It is disheartening to see that

villages falling within the boundaries of Chandigarh are found to suffer from problems of sanitation, open area defecation, child abuse, lack of menstrual health facilities etc

In order to ensure holistic growth and development of the nation, strategically planned action is required to ensure community-level development in fundamental areas such as public health, hygiene, eco-friendly living, equality to all irrespective of class, caste, religion, gender and region.

The need for engagement in social outreach has taken a paramount shape in the pandemic situation and has highlighted the need for collective action.

Further, one often faces urban indifference and ignorance regarding the problems of rural India. Therefore, the need for targeted social outreach becomes a matter of utmost necessity and an educational responsibility.

Practice:

Through committees such as NSS, Unnat Bharat Abhiyan, EBSB, Women Development Cell, Equal Opportunities Cell, Geetanjali helpline, Swatchhta Committee, Rotaract Club and many initiatives of teaching departments, the college organized a plethora of activities under its vision of social outreach.

- The Open Area Defecation free community in villages, swatchhta campaigns on campus and in the community outside, tree plantation drives, rallies, lectures, workshops, competitions and nukkadnataks to raise community awareness, yoga awakening session, swatchhtapakhwada, Swatchh Bharat Summer internship, blood donation camp were organised.
- Covid awareness drives, mask making activities, Environment and Energy Conservation, Sanitary pad collection and distribution drive, PCOS awareness campaign, BetiBachaoBetiPadhao initiatives were taken up rigorously. A panel discussion on psychosocial and legal perspectives of child abuse and webinars on emotional wellness during Covid-19 and suicide prevention in youth were also organized.



- Ek Bharat Shreshtha Bharat Club of our institution organised programmes like Video on Poetry Rendition to generate awareness about COVID-19, celebration of Environment Day, Patriotic Poem Writing Competition, Quiz on I-Day and Atamnirbhar Bharat, Ekta-Diwas, in which participants from all across the country and from other countries too participated, thanks to the Online Mode of reaching out in the post-pandemic world.
- Activities to help combating child abuse and depression, sessions to inspire entrepreneurship in women, promotion of personal hygiene and sanitation at community level, campaign against single use plastic, solid waste management, awareness drive on human parasites, grant of scholarships and emotional support to disadvantaged groups, gender sensitization and creation of inclusive culture on campus for a diverse student body are examples of the kind of initiatives taken at the college.
- Various Information, Education and Communication (IEC) activities, SwachhataMelas and Exhibitions on local waste management technologies were organized and wall paintings were made in the public places (PanchayatGhar, Anganwadis, schools etc.) on the theme of a clean village, promotion of compost pits, and proper management of plastic waste. Further, segregation of solid waste and development of Compost pits for households, drains for kitchen gardening, soak pits for waste management were encouraged in field events.
- Under SBSI 2.0, a 50-hours' programme was organized to put forth two issues: Plastic Waste Management and Organic Waste management. in selected villages: Kishangarh, Dhanas, Kajheri and Buterla of U.T. Chandigarh, Bihru and Bhudan of H.P, JitwalKalan (Sangrur, Punjab), KanhariKalan and Niwarsi of Haryana.
- The college also organized donation and collection drives for Khalsa Aid (support for flood victims in Punjab) and PM-CARES. The Alumni Committee also organized fund collection drive for the procurement of protective gear for Covid warriors at PGIMER, Chandigarh.



- A motivational lecture on character building titled “Challenge your limits,” “Disability Awareness Program” in association with PGIMER and SAKSHAM and barrier-free access to drinking water and toilet facility for Divyang Students under swachhtapakhwada were undertaken. For additional information, please visit:

<https://mcmdavcwchd.edu.in/social-outreach/>

https://drive.google.com/file/d/1GCsABRkzHhMtL6Y_9DhJyIyUTkJYgXjn/view?usp=drive_web.

Evidence of success:

Sanitation drives on and off campus were extremely successful.

- Hygiene and healthy lifestyle drives at neighbouring villages and aanganwadi schools brought awareness and willingness to hundreds of residents towards personal hygiene and health care to larger community.
- Initiatives to fight child abuse brought information of what constitutes as abuse and means to fight it among young children.
- Handmade paper and cloth bags were distributed at villages to promote campaign against plastic use.
- The college received generous support in its fund collection drives for Khalsa Aid, PM CARES and funds for protective gear for PGIMER corona warriors and these were forwarded to concerned authorities.
- The college has created special facilities such as ramps, special toilets, signboards outside the toilets doors and lift area to suit the special needs of differently-abled persons and for the convenient access.
- Activities organized in collaboration with PGIMER and SAKSHAM, EQC of College gave a platform to differently abled people to showcase their capabilities.
- Activities organized by Geetanjali helpline gave psychological support to more than 200 participants.
- Nearly 150 students participated in various initiatives of women development cell including drives to collect and distribute sanitary pads and to generate awareness about PCOS.



Problems Encountered and Resources Required:

For village based events and activities, co-ordination with administrative bodies becomes challenging.

- Balancing demands of academic session with these events often becomes a tight-rope walk.
- Our anti-plastic campaign faced a genuine argument from shopkeepers who said that most branded products come packaged in plastic making plastic use a necessity. Major changes in the manufacturing sector are therefore required to fully implement the campaign. Moreover, with the lack of state action against plastic use, our campaigns are not received very enthusiastically by community members who feel that such a change is unnecessary.
- The Covid lockdown necessitated the online mode for our activities and the problems encountered while disseminating information through video tutorials or conducting online awareness drives, or gathering information through Google forms, were mainly felt.



III. Sustainable Development: Our Mission

Objectives:

- To promote use of renewable energy, bio-fuels, solar power and systems of water conservation
- To enhance biodiversity of the college and work towards bettering the air quality index of surrounding areas
- To promote the ethics of reuse, recycle and recreate and to discourage use of single use plastic
- To promote modern and scientific waste management like segregation of wet and dry waste and use of separate dustbins for the two
- To generate awareness among stakeholders regarding the importance of cleanliness and promote healthy practices among them

- To effect behavioural change regarding healthy sanitation practices among the residents of adopted villages

Context:

Materialism has led to overconsumption of resources. There is both a need to reduce consumption and to move towards mindful consumption. Global pandemic has further reinforced the belief that nature must be allowed to heal or our survival will be threatened.

Over use of non-biodegradable plastic has further exacerbated the situation. The current scenario demands that we create lifestyles and systems of operating that take into account the urgent need of sustainable and clean alternatives. The world is at the brink of a resource crisis and this underscores the critical need of strategies that can ensure optimal utilization of resources and promise a future that is healthier, greener and sustainable. This need of sustainability goes hand in hand with our national mission of swachhhta. Mehr Chand Mahajan DAV College for Women, Chandigarh has always been at the front lines for campaigns that can give us a future of sustainable prosperity. For this, an action plan that is more lifestyle oriented is imperative to motivate individual awareness and execution.

The Practice:

To bring about a lifestyle that is congruent with ethics of sustainability, the college organized a drive to shift over to green alternatives that included :

- stitching of cloth bags from old clothes and making of paper bags and other products from old office stationery and newspapers. In another activity, stakeholders were encouraged to carry their own spoon, water bottle and cloth bag so as to minimize use of plasticware.



- With the mission to raise awareness about cleanliness and to contribute towards creating a cleaner and greener environment around us, the college organized various Information, Education and Communication (IEC) activities like nukkadnataks, lectures, quiz, essay writing competitions, rangoli and poster making competitions etc. on campus.



- Teaching departments of the college and committees and clubs such as Swachhhta Committee, Sustainable practices committee, NSS, UBA (Unnat Bharat Abhiyan),

NCC, Skill Development committee, AryaSamaj Committee etc. collaborated in these events to promote the ethics of swachhta at the physical, mental, emotional and spiritual levels and to encourage sustainable means of water conservation and forest conservation.

- The college organized sanitization drives, open defecation free drive (ODF) in Butrela and Badheri villages, Swachhta Fortnight, Swachh Bharat Summer Internship programme (SBSI), interactions, awareness programmes, rallies and community service (at Anganwadi schools and at adopted villages like Badheri, Kajheri, Butrela, Attawa etc. and other areas such as Kishangarh and Dhanas of U.T. Chandigarh, Bihru and Bhudan of H.P, JitwalKalan of Sangrur, Punjab, and KanhariKalan and Niwarsi of Haryana), domestic waste segregation awareness drives, market area cleanliness drives, single use plastic ban campaign, tree plantation drives, seed ball preparation workshop,
- RUSA SPONSORED Lecture cum Workshop on “Biofertilizers: Production and application technology”, Quiz on Plastic Free Chandigarh, Solid Waste Management- related activities, swachhtapakhwada, Assistance to the Khalsa Aid (Donation Collection Drive for Punjab Flood Victims), poshanmaah to encourage nutritious intake among children, anti-cracker rally, Indian Council of Philosophical Research (ICPR) sponsored National Colloquium - “Manthan: Explorations into Contemporary Challenges and Gandhian Thought”, and Awareness Programmes about menstrual hygiene, awareness drives regarding Covid-19, significance of washing hands, wearing masks and social distancing, fund collection for PM-CARES, online competitions, webinars and installation of a sewage treatment plan.



For detailed information on these and many other activities please visit the following links:

<https://mcmdavcwchd.edu.in/sustainable-practices/>

<https://mcmdavcwchd.edu.in/swacchta/#1560775413492-95f54c02-d33d>

Evidence of Success

- The college received an Award in '**Single Use Plastic Ban Video Awareness Contest**' organized by Chandigarh Administration on 24th October, 2019 and was also lauded for the '**Best citizen led initiative** at SwatchhSarvekshan award programme' at Delhi in 2019 for its unique solid waste management initiative for cultivating oyster mushrooms from agricultural and kitchen waste in used plastic bottles.
- The practice evoked huge response and we were able to generate awareness among people regarding the need to act efficiently towards ensuring a sustainable and cleaner tomorrow.
- A large number of saplings were planted this year too under various drives. And the efforts of the institution bore fruit in tangible forms in the adopted villages with several programmes undertaken for the community.



Problems Encountered and Resources Required

With a dedicated faculty and a strong and enthusiastic student-base, the college was able to successfully execute these activities with a focussed and goal-oriented plan. However, activities of such large scale often come with working problems, especially with regard to outdoor activities or village programmes.

- Arranging meetings with the Village Councillor was challenging at some times.
- Further, village residents expect and need continuity and follow-up activities, which are not often possible because of academic schedules.
- It is often difficult to find the appropriate time for active involvement of students with an examination oriented semester system in place.
- Especially because of the global onslaught of the pandemic this year, several activities had to be done on the online mode, which can never measure up with the results of real efforts in the society.

Practice IV: Holistic Development of the Learners through Vedic Values

Goals:

- Deeply rooted in Vedic values, our institution lays emphasis on an all round development of the students.
- In the present times, students need to connect with their inner self in order to reconcile the challenges of a highly competitive world. Self-discipline, poise and high self-esteem are the virtues inculcated through Havan, Shaloka Recital, Meditation and Self-expression.
- Deep sensitivity towards fellow-beings and one's surroundings aims at enriching the perspective of our stakeholders so that they grow up to be more responsible and conscientious citizens of the society.



Context:

- NEP 2020 underscores the need for reinforcing values which earned India a position of sacred land, and will position India as a global leader in the wake of new challenges due to technological advancements.
- Technology-driven world brings numerous challenges for the youth today. Distractions, insecurities and peer-pressure are the natural corollary of a fastpaced competitive society.

- Diminishing filial bonds, crumbling social structures and intermittent bouts of self-doubt affect the mental well-being of students who desperately need an anchor to cling to. Retreat to the perennial human values reaffirms their faith in themselves and they emerge stronger and more resilient. Institutional support proves to be immensely valuable to them in such a scenario.

Practice:

- Havan and the chanting of hymns make an auspicious beginning of the session. This practice has been followed ever since the inception of the institution and gives a glimpse of the rich Vedic legacy which continues to



guide us.

- This practice connects the students to their surroundings and instils in them a deep sensitivity towards all creations.
- Every month Havan is performed and a burning issue is taken up for discussion by way of spiritual discourse.
- With a mission to generate awareness about nurturing human values, saving Water and reducing the use of plastic, for example, various speakers share their views with the audience.
- This practice is a distinct feature of the institution and a group of students have been inducted into AryaYuvtiSamaj and a host of programmes are conducted to generate awareness and inculcate moral values among students.
- Rishi Vatika, a serene and calm ambience, has been created to make the students feel that silence has a music of its own and soul's symphonies are the sweetest in the universe.
- Inspired by the great visionaries of AryaSamaj, our students undertake activities like teaching the underprivileged sections of society.
- A Sewing and Stitching Centre is being run by the institution at the sector – 16 AryaSamaj.



Evidence of Success:

This practice has initiated our students into Vedic philosophy and their moral vision is very inspiring for their fellow students.

- Their commitment to the cause of social reform through education exhorts other students to join the cause of transforming our social spectrum.

Problems Encountered and Resources Required

- Moral and ethical aspects of education need to be incorporated in the system itself so that the institutions can implement this vision smoothly.
- Constraint of time is very challenging during the semester as the academic schedule is designed by the university and adhering to those guidelines leaves very little scope for undertaking these activities at a more comprehensive plane.
- Resource Crunch : As the practice is purely philanthropic in nature, resource crunch is acute, particularly because students aspire to contribute to the well-being of the society in a more organised way. Institutional resources need to be supplemented by the govt grant so that more such activities can be planned.

WEBLINKS 1 <http://mcmdavwchd.edu.in/nss/>

2 <http://mcmdavwchd.edu.in/unnat-bharat/#1566298490198-285abb01-f32a>

3 <http://mcmdavwchd.edu.in/swachta/>

4 <http://mcmdavwchd.edu.in/women-development-cell/>

5 <http://mcmdavwchd.edu.in/rotaract-club/>



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