



Mehr Chand Mahajan DAV College for Women

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

ACTIVITIES REPORT

January 2020 to March 2020

Vedic Programs
Workshops
Seminars
Awareness Programs
Extension Lectures
Cultural Programs
Social Outreach Activities
Achievements
and many more.. .

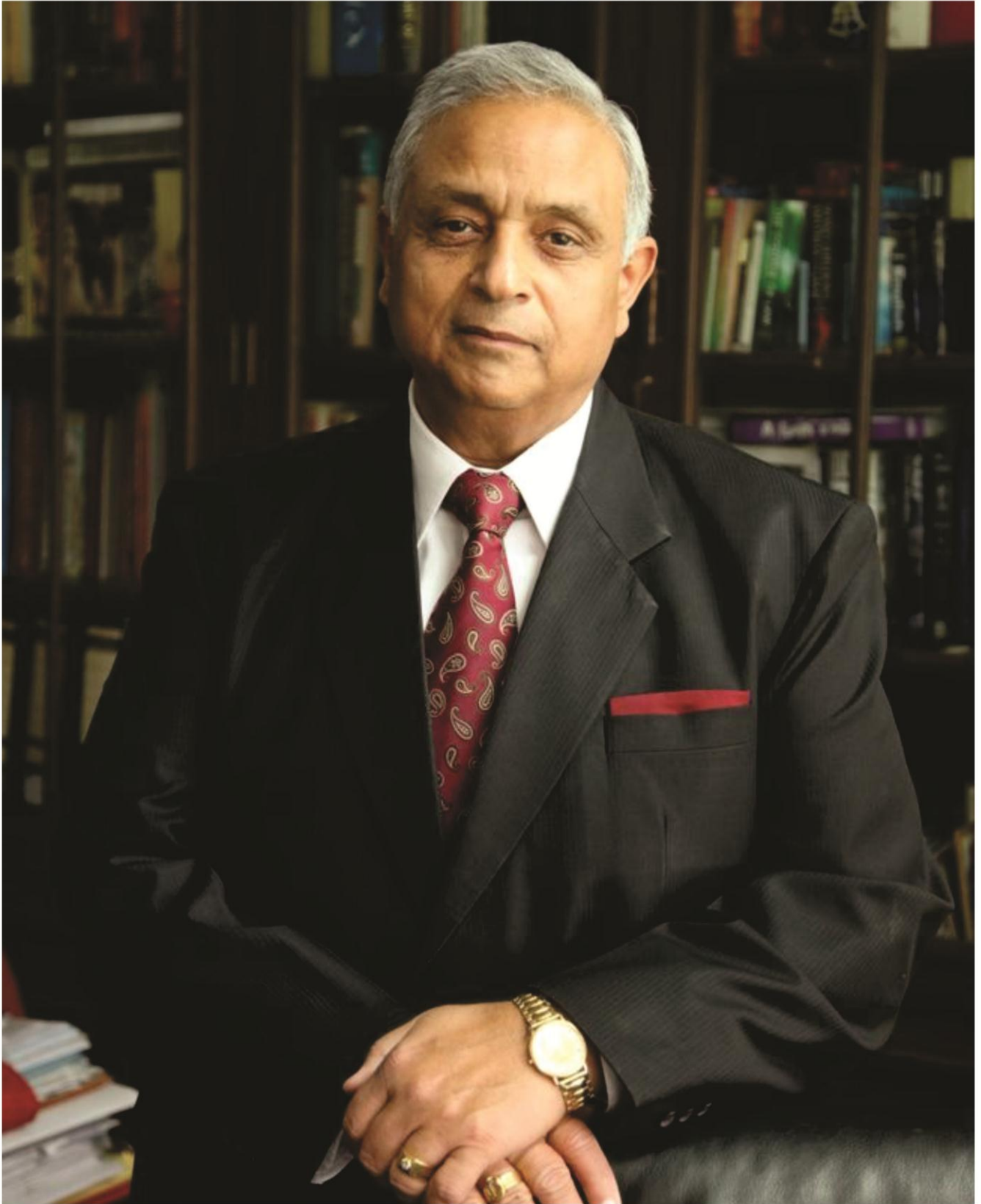
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Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

Our Guide and Mentor



Dr. Punam Suri Ji, Padma Shree Awardee

Hon'ble President

DAV College Managing Committee

New Delhi



From the Principal's Desk

Great institutions are not built overnight, they are the result of concerted, assiduous efforts guided by the vision to excel. Keeping pace with the rapidly evolving teaching-learning scenario, Mehr Chand Mahajan DAV College for Women strives for academic excellence while gearing up the students to meet the challenges of the 21st century through programmes focusing on skill development, promotion of innovation and development of entrepreneurial abilities. Our earnest endeavour to groom global leaders who are conscious of their responsibility towards the society is reflected in our various community outreach programmes like SBSI and UBA.

It gives me immense pleasure to present, through this report, a panoramic view of our journey in the third quarter of the current academic session i.e. 2019-20.

Dr. Nisha Bhargava
Principal

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MCM celebrates Lohri



Festive cheer and warmth of bonfire enlivened the Lohri celebrations at Mehr Chand Mahajan DAV College for Women here today. Adding to the festivities, Sh. H.R. Gandhar, the newly elected Vice President, DAV College Managing Committee, accompanied by Mrs. Suresh Gandhar, graced the function as the Chief Guest.

In his address, Sh. Gandhar emphasized upon the importance of festivals in our lives as these provide humans with a surplus of happiness, love, sharing, wellness and warmth. Motivating the young generation to observe our age-old festivals with fervour, he said that these symbolize the spirit of celebration, collective pleasure, togetherness and harmony. He added that for a better world, the concept of 'vasudhaiv kutumbhakam' should be taken as the guide to learn how to harmonize,

respect differences and honour kinship. Soul-stirring musical performances followed by lighting of the bonfire by the dignitaries completed the celebration.



Principal Dr. Nisha Bhargava wished the staff and students on this blessed occasion. Drawing parallels between the concepts of micro and macro economics, and life, she said that the well-being of an individual and society are interdependent and thus, should go hand-in-hand.

MCM RUSA governing body meeting held



Mehr Chand Mahajan DAV College for Women organized Governing Body Meeting of Rashtriya Uchcharat Shiksha Abhiyan (RUSA). Aimed at deliberating upon ways to revitalise and restructure the college's resources under the aegis of RUSA, the meeting began with a report presentation by college Principal Dr. Nisha Bhargava showcasing the glorious achievements of the institution. This was followed by glimpses of the journey of MCM RUSA so far by MCM RUSA Institutional Coordinator Mrs. Neena Sharma wherein she also provided an overview of the various programmes undertaken to ensure qualitative change in infrastructure and development of human resources.

Members of the governing body from academia, industry and student council shared their valuable perceptive views to further enrich the capacity building initiatives under RUSA.

Special invitee Prof. R. K. Singla, Chairperson, Department of Computer Science and Applications, Panjab University, Chandigarh suggested setting up of SWAYAM and SWAYAM Prabha labs, and implementation of a content management system to make



learning more relevant in this digital era. Stressing upon the importance of promotion of research, skill development, entrepreneurship and student-oriented teaching,

Prof. Suresh K. Chadha of University Business School, Panjab University advocated establishment of incubation centres, initiation of collaborative research and use of case studies, simulations, etc. to enhance student involvement.



To prepare students for the future, Sh. Amarbir Singh, Member, Confederation Of Indian Industries (CII), Northern Regional Council suggested that areas like skill development and enhancement of employability skills need to be focused upon.



Prof. Sanjeev Kumar Sharma, University Institute of Applied Management and Sciences, Panjab University asserted that the academic, co-curricular and social aspects of education have to be integrated for maximum benefit of the society at large.



Prof. Ramakrishna Challa, Head, Department of Computer Science and Engineering, National Institute of Technical Teachers Training & Research (NITTTR), Chandigarh drew attention towards the need to focus on emerging areas like GPU based processing, cyber security, Internet of things, etc.



Speaking about making efforts to enable integration of differently abled students into the mainstream, journalist and documentarian Daljit Ami put forth suggestions to increase the enrolment of such students. Mr. Vivek Atray, ex IAS and Motivational speaker and a member of RUSA Governing body of the college, in a video message congratulated the institution and highlighted the dire need to enhance Research and leadership initiative in higher educational institution. Principal Dr. Nisha Bhargava informed that the college is working consistently towards ensuring holistic development of its stakeholders through various endeavours and RUSA's grants have provided a great impetus to these efforts.

MCM hosts Sociological Association meet



The Postgraduate Department of Sociology at Mehr Chand Mahajan DAV College for Women hosted the Executive Committee meeting of North West Indian Sociological Association (NWISA). Dr. Bindu Dogra, Assistant Professor, Sociology, MCM DAV College acted as organising secretary of the meeting. During the meeting, various issues related to the growth and promotion of Sociology as a discipline in the region were discussed and an action plan was chalked out. Further, it was also decided to start a NWISA journal of Sociology in the near future. The meeting was attended by Dr. Bhup Singh (President NWISA), Dronacharya Govt. College, Gurugram, Haryana, Dr. Mohinder Slariya (Secretary) Govt. College, Chamba, HP, Dr. Manoj Kumar (Treasurer), PGGCG- 11, Chandigarh, Dr. Deepak, Panjabi University, Patiala, Dr. Manoj Teotia, CRRID, Dr Anupam Bahri, UILS, PU, Mr. Amandeep Singh, PU, and Dr. Amarjeet from Hamirpur.

Workshop on OpenOffice concludes at MCM



A 6-day workshop on Apache OpenOffice organized by the Department of Computer Science and Applications (DCSA) of the college. Prof. Sanjay Kaushik, Dean, College Development Council, Panjab University, Honorary Director, I.C.S.S.R. and Professor, University Business School, PU graced the valedictory function as the Chief Guest. In his address, Prof. Kaushik expressed appreciation for the college for not only achieving great heights in various arenas but also sustaining that position. Lauding this endeavour of DCSA, Prof. Kaushik reiterated that the workshop holds immense value in inculcating requisite skills in the participants in keeping pace with technology. Conducted by Dr. Geetika Singh, Ms. Priyanka and Ms. Sandeep of DCSA, the workshop witnessed enthusiastic participation of 44 staff members and students. The workshop was designed to introduce the notion of open source softwares and particularly provide the opportunity to learn Apache OpenOffice, one of the leading open source office suites.

Havan and Declamation Competition held at MCM



To usher the new semester with divine blessings, the Arya Samaj Committee and Arya Yuvti Samaj of Mehr Chand Mahajan DAV College for Women organised a havan ceremony. A monthly ritual, the havan aims to inculcate vedic values in the students. The atmosphere soaked in divinity as the staff and students offered prayers to the holy fire amidst chanting of shlokas and mantras. The spiritually elevating ritual of havan was followed by a Declamation Competition on the topic 'Importance of Books'. The contestants eloquently put forth their thoughts and views highlighting the immensely significant role of books in development of an individual's personality and cognitive abilities. The faculty and students whose birthday falls in the month of January received blessings from college Principal Dr. Nisha Bhargava.

Swachhata Pakhwada begins at MCM DAV



Swachhata Pakhwada- a fortnightly initiative focusing on the issues and practices of Swachh Bharat Abhiyan began at Mehr Chand Mahajan DAV College for Women here today. On the inaugural day, Swachhata Committee (Commerce) of the college organized a Swachhata Pledge ceremony. During the ceremony, the staff and students, led by Principal Dr. Nisha Bhargava, took a pledge to work towards the cause of swachhata as envisioned by Mahatma Gandhi and propagate the message of Swachh Bharat Abhiyan. Principal Dr. Nisha Bhargava reiterated that the endeavours under the Swachh Bharat Abhiyan have been instrumental in bringing about behavioural change towards cleanliness- a concept that has evolved into a wider phenomenon encompassing sustainable development and environment conservation.

Acclaimed santoor player Kirpal Singh regales during memorial programme at MCM



Mehr Chand Mahajan DAV College for Women campus reverberated with melody of soulful music as renowned santoor player S. Kirpal Singh and celebrity tabla player Ustad Akram Khan performed during Sh.Jatinder Kumar Memorial Programme here today. Organised under the aegis of Music Department of the college, the performance was a part of a skill development workshop on Indian classical music. Sh. Jatinder Kumar Memorial Programme is the annual melodious tradition of the college since 1990 in the fond memory of Prof.Jatinder Kumar- the founding member

of Music Department at MCM. Lamp lighting and Saraswati Vandana lent an auspicious start to the programme. Ahead of his scintillating performance, S. Kirpal Singh shared enriching information with the audience regarding the history of santoor and the nuances of playing santoor. Accompanied by Ustad Akram Khan, S. Kirpal Singh mesmerized the audience with soul-stirring performance that drew thunderous applause from the audience.



Principal Dr.Nisha Bhargava said that Sh.Jatinder Kumar Memorial Programme is an ode to the musical genius of Sh.Jatinder Kumar ji whose contribution to music continues to inspire the Music Department and the budding musicians of the college. Dr.Bhargava added that a true tribute to him would be to educate the younger generation to carry forward our rich musical heritage.

Saplings planted during Swachhata Pakhwada



The Horticulture Committee of Mehr Chand Mahajan DAV College for Women organized a plantation drive as part of the ongoing Swachhata Pakhwada- a fortnightly initiative focusing on the issues and practices of Swachh Bharat Abhiyan. College Principal Dr. Nisha Bhargava led the drive wherein saplings with high rate of absorption of carbon dioxide were planted. On the inaugural day, the Swachhata Committee (Commerce) of the college had organized a Swachhata Pledge ceremony. Principal Dr. Nisha Bhargava informed that for bringing about behavioural change towards swachhata, the college is working consistently in the area by organizing various sensitization programmes and undertaking initiatives like setting up of solar panels, biogas plant, segregation of waste, vermicomposting, artificial forest and so on.

Interactive session on innovative technologies



On the third day of Swachhata Pakhwada, the Departments of Food Science and Botany of Mehr Chand Mahajan DAV College for Women organized a session on 'Development and presentation of innovative technologies for waste recycling, energy conservation, etc.' With the aim to create awareness and comprehensive knowledge about waste management, the faculty of both the departments demonstrated and discussed various innovative practices adopted by the college to treat solid and liquid waste such as biogas plant, composting units and the recently developed sewage treatment plant. The students were made aware of various benefits associated with these practices and the need to adopt and promote such innovative waste management techniques.

Yoga session under Fit India Campaign held at MCM



As a part of the Fit India Campaign, the NSS unit and Physical Education Department of Mehr Chand Mahajan DAV College for Women organized a yoga awakening session for the students. Around 100 students of the college including NSS volunteers participated in the programme, which aimed to build strength of and harmony between the mind and body. During the programme, Dr. Anju Lata, Head, Department of Physical Education, MCM DAV, Dr. Veena, Assistant Professor, Department of Physical Education, MCM DAV and their team made students aware about the benefits of yoga in daily life. The session started with warm-up exercises which were followed by introduction to different asanas including suryanamaskar, tadasana, trikonasana, gomukhhasana, etc. The students were explained the techniques and benefits of each asana in detail. The session concluded with meditation.

Cleanliness drive marks 5th day of Swachhata Pakhwada



As part of Swachhata Pakhwada 2020, the NSS units of Mehr Chand Mahajan DAV College for Women organized cleanliness drive in the campus with active participation of students, faculty and non-faculty members. The drive was conducted in various areas of the college including departmental rooms, labs, parking areas, Botanical garden, Rishi Vatika, Celebration ground and hostel premises. A demonstration on waste segregation including the usage of green and blue dustbins was also carried out. The staff of the administrative office also undertook a cleanliness drive of the office wherein the old files and records were weeded out or recorded as per procedure. Principal Dr. Nisha Bhargava appreciated the efforts of the staff towards maintenance of clean surroundings. She shared that individual responsibility is of essence in realizing the dream of a clean India and thus, each individual should voluntarily shoulder this responsibility.

Skill development training centre inaugurated at MCM



Mehr Chand Mahajan DAV College for Women today organized a function for the inauguration of its registered training centre affiliated to Chandigarh Skill Development Mission (CSDM) under the aegis of National Skill Development Mission, Ministry of Skill Development and Entrepreneurship, Government of India. With the inauguration of the centre, the college has earned the distinction of being the first college in Punjab and Chandigarh to offer 140 hours course for GST Accounts Assistant under CSDM. Prof. Parvinder Singh, Controller of Examinations, Panjab University graced the occasion as Special Guest. Ms. Deepika Singh, Research Officer, CSDM and GST Accounts Assistant course trainer Ms. Bhawna Sharma were also present during the inaugural. The event began with lamp lighting ceremony followed by a presentation providing glimpses of the multifarious skill development initiatives undertaken by the college.



In his address, Prof. Parvinder Singh said that it is a matter of honour for the participants to initiate the journey of this course as MCM is known for best traditions. Terming the skill development initiatives of the Government of India as a big lead towards adding greater dimensions to higher education, he said that these courses are the need of the hour as these embellish one's profile, thereby enhancing their employability skills. Sharing the message of Mr. Sachin Rana, IAS, Special Secretary, Technical Education-cum-Mission Director, UT, CSDM, Ms. Deepika expressed hope that the participants of the course would make the most of this wonderful opportunity to give an edge to their career. College Principal Dr. Nisha Bhargava informed that the primary mandate of the college's training centre is to catalyze the skills landscape by enhancing the skills of the youth, thereby boosting their employability. She added that the college plans to start more such programmes in collaboration with CSDM in the future.

Talk on swachhata and various competitions mark Swachhata Pakhwada 2020 at MCM



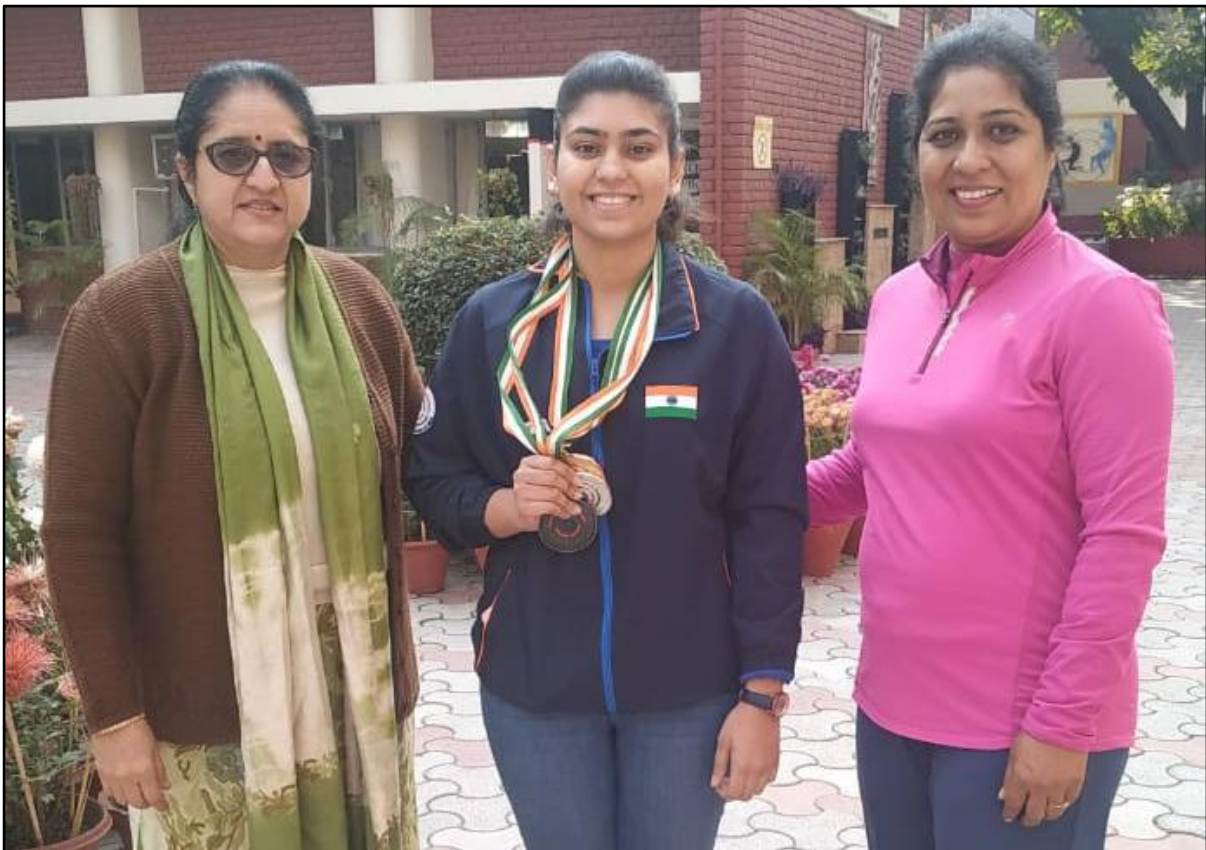
Spearheading the cause of Clean India, Mehr Chand Mahajan DAV College for Women is observing Swachhata Pakhwada 2020 in its true spirit with various events aiming to bring about behavioural change in the society in relation to the concept of swachhata. Carrying forward this mission, the Mass Communication Department of the college organized a talk on swachhata that envisioned to create awareness among students about different aspects of swachhata including physical, psychological, environmental and social. Dr. Vini Arora, Former Associate Professor, Department of Botany, MCM DAV College delved into the environmental aspect of

swachhata, raising concerns about the recent fires in Amazon and Australia, and the concept of sustainability. Dr. Anju Lata, Head, Physical Education Department, MCM DAV College shared her insightful views on the physical aspect of swachhata wherein she not only talked about the importance of meditation and yoga for a healthy body but also sensitized students about menstrual and personal hygiene. Shedding light on the psychological aspect of swachhata, Dr. Nitasha Khehra, Assistant Professor, PG Department of Psychology, MCM DAV College touched upon various pertinent issues like mental health, depression and emotional well-being, and also urged the students to fight the stigma attached to mental illness. Apprising the students of the social dimension of swachhata, Dr. Bindu Dogra, Assistant Professor, PG Department of Sociology, MCM DAV College educated the students about various innovative practices and how the different strata of society need to come together for furthering the cause of national development.

In another event, the Swachhata Committee (Arts) of the college organized a Photography Competition on the theme of water conservation. The participants depicted effectively and aesthetically, through their lens, various concerns pertaining to the elixir of life like depleting water levels, wastage of water and pollution of water bodies.

The Swacchata Committee (Languages) of the college held Declamation and Poetry Recitation competition on the theme 'Swacchata Mission: A National Venture or Public Responsibility and Sustainability' and 'Kartavya, Karma aur Keerti', respectively. The participants presented self composed poems and ideations on the Swacchata Mission, delving into roles, responsibilities, duties and nuances of the Swacchata initiatives held across the nation.

MCM prodigy wins Khelo India Competition



Adding another feather to the cap of Mehr Chand Mahajan DAV College for Women, Vanshika Shahi- a student of Physical Education at the college has won laurels at Khelo India Competition. Fighting tough competition, Vanshika bagged Gold in 50m Rifle Shooting Competition held in Guwahati, Assam in January 2020. An achiever throughout, Vanshika had recently won gold in Senior National Competition held in Bhopal and has the honour of receiving a scholarship worth Rs. 5 lakhs under Khelo India scheme. An elated Vanshika credited her success to her parents, teachers and mentors, and said that the opportunities and encouragement provided to her at MCM have played a significant role in motivating her to excel.

Poster Competition marks National Girl Child Day at MCM, movie screening organized



To mark National Girl Child Day, the Women Development Cell and NSS unit of Mehr Chand Mahajan DAV College for Women organized a Poster making Competition on the theme 'Beti Bachao, Beti Padhao'. The competition saw enthusiastic participation of 35 students who presented thought-provoking ideas befitting the theme. Rajita Kaushal of BA III won first prize whereas Harnoor Kaur Bedi of BA I and Nishtha Berry of BA II won second and third position respectively. Muskan Ubhi, Kritika Arora, Saumya, Bhoomika, Achirabha Singh got consolation prizes

Report of Activities: 3rd Quarter (January 2020 to March 2020)

Mehr Chand Mahajan DAV College for Women, Chandigarh



In another event, the Women Development Cell held the screening of Academy Award winning movie- Erin Brockovich for the students. The screening of the movie- an inspiring tale of a single woman's courage and strength in working for a larger cause, aimed to motivate the students to subvert gender stereotypes and help them realize the power of determination to make a positive change in the society. The movie was followed by an engaging critical discussion.

Expressing appreciation for the praiseworthy endeavours of Women Development Cell and NSS, Principal Dr. Nisha Bhargava said that through such initiatives, the college envisions to inspire the young women to realize their potential and work towards the larger good.

MCM takes lead in the direction of ODF status for its adopted villages; Awareness programme on Swachh Bharat Mission at MCM

Spearheading Swachh Bharat (Gramin) Mission in its adopted villages- Badheri and Butrela, Mehr Chand Mahajan DAV College for Women drew a Swachhata Action Plan for achieving Open defecation Free (ODF) status for these villages. An ODF action team comprising of Mr. Priyavart Sharma, Senior Faculty, Mahatma Gandhi National Council of Rural Education, Ministry of Human Resource Development, Government of India, faculty members of the college and student volunteers conducted three major visits to both the villages. Initially, a survey was undertaken to assess the type of lavatories being used, quality of hygiene and cleanliness in private and community toilet, defecation status, etc. During the second visit, the water quality management and storage system in the two villages were reviewed and the team discussed various issues with the villagers related to availability and quality of water supply, functionality and maintenance of the sewerage system and storage facility available. Finally, an impact study was conducted to follow up the actual implementation of the sanitation programme in these two adopted villages wherein the level of awareness and level of implementation of the hygiene practices were evaluated. In another event, the college in collaboration with Municipal Corporation, Chandigarh organized an awareness session on Swachh Bharat Mission. The officials of Chandigarh MC sensitized the students about the aims and objectives of the mission and urged them to contribute towards this mission with utmost sincerity. The students also filled the Swachh Survekshan 2020 during the session. Principal Dr. Nisha Bhargava said that at MCM, a gradual culture of cleanliness has been built up with consistent efforts to sensitize the students and staff about the importance of cleanliness. She added that the college takes pride in being awarded nation-wide 1st rank as the Cleanest College (Residential) in the year 2018 and strives to maintain that standard.

Face Painting Competition under Ek Bharat Shreshtha Bharat held at MCM, National Voters' Day observed



The Ek Bharat Shreshtha Bharat Club of Mehr Chand Mahajan DAV College for Women organized a Face Painting Competition to celebrate the unity in diversity of India. More than 25 students participated in a colourful display of patriotic fervour and the artistic representation of vibrant hues of the tricolour reflected the diversity which forms the core of our Indian consciousness. As Chandigarh has been paired with Dadra and Nagar Haveli for a mutually enriching cultural exchange under the Ek Bharat Shreshtha Bharat programme of Govt. of India, participants expressed their love and admiration for the paired UT. The symbolic representation of the cultural heritage of both the UT's in a rich palette was a visual delight.



In another event, National Voters' Day was celebrated by the Electoral Literacy Club of the college as a befitting tribute to the spirit of Indian democracy in India. As part of the celebration, Open Mic on the theme 'Electoral Literacy for Stronger Democracy' was organized wherein students voiced their views on the need and importance of using one's right to vote. A vibrant nukkad natak was also staged to encourage the spectators to cast their votes judiciously. On this occasion, voter card enrolment helpdesk was put up and form no 6 were distributed to the newly eligible voters. Students and staff members took an oath to uphold their faith in democracy and vote fearlessly in every election. The event concluded with a campus rally. Principal Dr. Nisha Bhargava asserted that MCM firmly believes in the vibrancy of Indian democracy and as a responsible constituent of this democracy, MCM has always worked towards adoption and implementation of government's programmes, like Ek Bharat Shreshtha Bharat, Swachh Bharat Mission, Unnat Bharat Abhiyan, etc., in true letter and spirit. She also exhorted the students to take pride in the multicultural traditions of our nation.

Swachhata Pakhwara activities at MCM



In pursuance of its vision to contribute effectively towards the realization of the objectives of Swachh Bharat Mission, Mehr Chand Mahajan DAV College for Women conducted a plethora of activities under the aegis of Swachhata Pakhwara 2020. The NSS unit and Unnat Bharat Abhiyan (UBA) Committee of the college organized awareness activities about the menace of single-use plastic in the two adopted villages- Badheri and Buterla. At Badheri, a demonstration for making paper bags and cloth bags from used newspapers and old clothes was carried out, while at Buterla, the volunteers took out a rally and performed nukkad natak to raise awareness about the harmful effects of single-use plastic.



Swachhata Committee (Sciences) of the college organized Poster making and Slogan writing competitions on the theme of water conservation. Over 30 participants presented their vivid ideas on the topical issue of water conservation. In another activity, the Construction Committee of the college conducted a special drive to check water leakage from taps, pipes and water coolers at various spots of the college.



The departments of Fine Arts and Computer Science and Applications organized Best out of Waste Competition with the aim of promoting innovative solutions to the problem of waste management. The competition witnessed enthusiastic participation of 38 teams. The Hostel Committee of the college carried out extensive cleaning of rooms in all the six blocks of the hostel. The rooms of hostellers were inspected by their respective hostel superintendents and by the members of the Hostel Committee. On the basis of various parameters, cleanest room in each block was adjudged. Principal Dr. Nisha Bhargava reiterated that committed to the cause of swachhata, MCM has carried out various activities under Swachhata Pakhwara 2020 in true letter and spirit.

ICPR sponsored lecture on Bhagavadgita at MCM



The Department of Philosophy at Mehr Chand Mahajan DAV College for Women organized an Indian Council of Philosophical Research (ICPR) sponsored periodical lecture on the topic 'The Philosophy of Bhagavadgita: A Non-religious and Non-theistic

Approach'. Swami Narasimhananda of Advaita Ashrama- a branch of Ramakrishna Math delivered this highly enlightening lecture that captured the attention of young minds. Decoding the ideals of Gita beyond its conventional understanding as a religious text, Swamiji asserted that Gita is a profound manual for leading a holistic life. In a manner easily comprehensible for the students and with highly contextual examples from the present times, Swamiji shed light on the two forms of disciplines that do not require belief in God, namely karmayoga and rajayoga. Stressing upon the praxis aspect of Gita to be as important as the theoretical one, he said that following karmayoga and rajayoga aligns us with our true self and thus, reduces suffering. Elucidating the relevance of wisdom of Gita in our lives, he delved into the lessons in Gita for mind management, overcoming underperformance, attainment of a state of non-attachment and practice of dispassion. Principal Dr. Nisha Bhargava advised the students to do selfless work and exercise control over mind for becoming better human beings. She added that such enlightening lectures are a part of MCM's vision to shape the personalities of students into holistic ones.

Swachhata Pakhwada concludes at MCM with a Prize distribution function



In a befitting finale of Swachhata Pakhwada 2020- a fortnightly programme envisioning to bring about behavioural change in the society with respect to swachhata and its varied aspects, the Swachhata Committee (Cultural) of Mehr Chand Mahajan DAV College for Women organized a prize distribution for the winners of various competitions held during the pakhwada. During the event, the audience was apprised of the multifarious activities conducted under the aegis of the programme including competitions on the theme of water conservation, forest conservation and best out waste, cleanliness drives, rally and nukkad natak in adopted villages on single-use plastic, plantation drive, talk on varied dimensions of swachhata, special drive on water conservation, review of facilities for Divyang students and many more. The top 10 entries of poster making, slogan writing and best out of waste competition were also displayed during the function. It was a

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



Principal Dr. Nisha Bhargava said that the clarion call by our Hon'ble Prime Minister Shri Narendra Modi to make swachhata a nation-wide cause has stirred national conscience, thereby making swachhata a 'jan andolan'. She added that the college is also working consistently in this direction to contribute to this andolan and is a proud recipient of nation-wide 1st rank as the Cleanest College (Residential) in the year 2018. She also apprised the students of the fact that swachhata is a wider concept that includes, besides cleanliness, the dimensions of environmental protection, physical and psychological well-being, sustainable development, and much more.

2-day workshop on 'Aesthetics of Botany'



A two day Rashtriya Uchchar Shiksha Abhiyan (RUSA) sponsored workshop cum lecture series on 'Aesthetics of Botany' culminated at Mehr Chand Mahajan DAV College for Women here today. Organized by the Botany Department of the college, the workshop aimed at creating awareness amongst the students about the skills in the field of Botany which can pave way for entrepreneurship besides inculcating aesthetic sense. 40 students of B.Sc. Medical and add on course in Floriculture and Landscaping participated enthusiastically in the workshop.

On the first day of the event, Dr. Bharati Thakur and Dr. Puja Sharma, Assistant Professors cum Scientists from Dr. Y.S. Parmar University of Horticulture and Forestry (Dr.YSPUHF), Nauri, Solan, delivered engaging lectures on aesthetic

aspects of Botany and also imparted hands on training on the same. The various aspects covered by the experts included lawn establishment and management, terrariums, bonsais, dry flower making, their preservation and uses, adding colour to landscapes and identification of landscape plants. On the second day, Professor cum Scientist Dr. J.S.Wazir from Regional Horticultural Research and Training Station, Mashobra, Shimla, gave a practical insight into the concepts of container gardening, plant propagation and house plants and their care during three comprehensive field learning sessions. Principal Dr. Nisha Bhargava lauded this initiative of the Botany Department to educate students about the praxis aspect of the discipline and equip them with requisite skills to outdo competition. She added that the pedagogy followed at MCM is a pragmatic amalgam of theoretical and practical aspects of holistic education.



MCM holds Microbiology Olympiad, expert discussed food business opportunities



The Department of Food Science of Mehr Chand Mahajan DAV College for Women conducted an online test under 19th National Microbiology Olympiad organized by Microbiology Society of India. The test, in which 115 colleges from across the country participated, witnessed enthusiastic participation of 41 students of B.Sc.(MFT). The national test aimed at enhancing the competitive alertness and scientific skills among life science students in the field of Microbiology.



In another event, the department organized an awareness programme on Food Business Opportunities, in collaboration with Indian Institute of Food Processing Technology (IIFPT), Bhatinda, Ministry of Food Processing Industry (MOFPI), Government of India. Dr. Vishal Parate, Associate Professor, Liaison Office, IIFPT, Bhatinda discussed about the huge gap between food production and processing, leading to inadequate food supply, thus posing challenge of food security. Dr.Parate asserted that the way ahead is through farm to fork approach by utilizing modern technology for food processing, preservation, distribution and storage and minimizing food wastage. Principal Dr. Nisha Bhargava lauded the Department of Food Science for going beyond the curriculum, enriching students and making them future ready. She added that such events help to sharpen and promote scientific attitude and temperament while enhancing problem solving and analytic reasoning abilities among students.

MCM launches certified Urdu course



Bringing the finesse of the language of 'tehzeeb' to the City Beautiful, Mehr Chand Mahajan DAV College for Women launched a 6-month course in 'Urdu for Beginners'. Organized in collaboration with Haryana Urdu Akademi, the certified course is being conducted by renowned Urdu teacher Dr. H.K. Lall. The course witnessed enthusiastic response as 70 participants registered for it. Divided into 2 three-months' sessions, the course is a unique opportunity for language enthusiasts of all age groups from all walks of life to learn the nuances of the nawabi language. Lauding this endeavour, Principal Dr. Nisha Bhargava asserted that language is the pretext of bonds with people, their thoughts and emotions; a doorway to experience; a key to civilizations; the touchstone of culture and thus, learning a new language is a significant opportunity.

Workshop on cyber security at MCM



The Alumni Committee of Mehr Chand Mahajan DAV College for Women organized an interactive workshop on 'Cyber Privacy and You'. Mr. Sandeep Suri, Advocate, Punjab and Haryana High Court, and Chevening scholar under the British Council of Law was the resource person for the same. Nearly 80 participants attended this highly informative workshop. During his enlightening session, Mr. Suri sensitised the students about various breaches in cyber privacy that are possible in today's times. He covered a range of cyber privacy issues from hacking of passwords to the ways in which the 'Dark Web' works. Responding to the queries of the participants regarding protection of privacy, he gave various suggestions to deal with privacy issues. The students found the session very relevant in the context of their day to day usage of cyber space, both for personal and professional activities. Principal Dr. Nisha Bhargava lauded this initiative of the Alumni Committee to raise awareness among the youth about the topical issue of cyber security. She added that such workshops are a part of pedagogy followed at MCM for promoting holistic development of the students.

MCM observes World Cancer Day at Buterla; lecture on menstrual hygiene held at MCM



The Unnat Bharat Abhiyan (UBA) Committee of Mehr Chand Mahajan DAV College for Women organized a session on Health and Hygiene at adopted village Buterla to mark World Cancer Day. Through an informative lecture at the Aanganwari centre of the village, Dr. Gunjan Sud, Assistant Professor, Botany Department, MCM DAV College sensitized the women of the village about hygiene, balanced diet and cancer and its preventive measures. Around 30 women attended the lecture and found the information provided highly beneficial. On this occasion, sanitary pads were also distributed to the women present.



In another event, the Swachhata Committee (Commerce) of the college organized a lecture on Menstrual Hygiene by Dr. Jaspreet Kaur, Gynaecologist and Laproscopic Surgeon, Bedi Hospital, Chandigarh. Dr. Kaur sensitized the students about the importance of menstrual hygiene and also shed light on the myths associated with menstruation. She also apprised the students of the various diseases like cervical cancer and ovarian cancer that can result from poor menstrual hygiene. The queries of the students were suitably answered by the expert. Lauding these endeavours to create awareness about pertinent issues of cancer and menstrual hygiene, Principal Dr. Nisha shared that such extension activities are a regular feature at MCM as these are great tools for enriching the learning process and ensuring holistic development of the students.

MCM inks pact with PGI



In a breakthrough aiming to create a conducive ecosystem for promoting innovation in medical devices and instruments, Mehr Chand Mahajan DAV College for Women signed a Memorandum of Understanding (MoU) with ICMR centre for Innovation and Bio-design (CIBioD), PGIMER, Chandigarh. During the MoU signing ceremony, Sh. H.R. Gandhar, Vice President, DAV College Managing Committee and Principal Dr. Nisha Bhargava represented the college and Dr. Varinder Garg, OSD to Union Health Minister & President, PGIMER, and Principal Investigator, ICMR-CIBioD, PGIMER was PGI's representative. The MoU envisions to promote innovation with involvement of multiple institutions for achieving various goals like innovation centre for devising indigenous technologies, instruments and devices for affordable health care, manpower training for researchers, clinicians and faculty working in areas of medical sciences. The focus will be on ideation and developing the ideas for improving human health and well being.

MCM students get placements in Infosys & Frontizo



Infosys- the global leader in technology services and consulting, selected 14 students of Mehr Chand Mahajan DAV College for Women for the role of Operations Executive/Testing Executive. The selected students, who are pursuing B.Sc. (Non-Medical/Computer Applications) and BCA at the college, made it through after a rigorous recruitment procedure including online test and personal interview rounds. In another drive, Frontizo- a business services company visited the campus for recruitment to the posts of Customer Service Associates and recruited 12 students. The drive was conducted in two rounds wherein the first round included pre-placement talk by the company officials followed by typing test. Out of the total 25 registered students, 16 cleared the first round and 12 made through the second and final round i.e. personal interview.

MCM 40th Annual Athletic Meet- a unique and colourful celebration of sportsmanship spirit



In an exemplary display of the fine blend of grit, determination, sporting acumen and spirit of sportsmanship coupled with fun and frolic, Mehr Chand Mahajan DAV College for Women held its 40th Annual Athletic Meet here today. Mr. Rubinderjeet Singh Brar, Director Higher Education, Chandigarh Administration motivated the staff and students with his presence as the Chief Guest for the inaugural while Ms. Shashi Prabha Dwivedi, IPS, ADGP, Lokpal, Punjab graced the afternoon session as the Chief Guest. Maj.Gen.I.P.Singh, Director, Mai Bhago Armed Forces Preparatory Institute, Mohali graced the occasion as Guest of Honour.

Edifying the students with his inspiring words on the paramount importance of sports in life, Mr. Rubinderjeet Singh Brar exhorted the young girls to be the ambassadors of women empowerment while striving to keep humane values intact. Principal Dr. Nisha Bhargava presented the Sports Report wherein she apprised the audience of the outstanding achievements of the college in sports including accolades in various sports events at international, national, inter-zonal, zonal, university and inter-college levels. Dr. Bhargava said that sports impart valuable lessons in spirit of life and camaraderie to students. She also congratulated the Physical Education Department of the college for keeping alive the MCM tradition of excellence.



Asserting that a healthy mind resides in a healthy body, Ms. Shashi Prabha exhorted the students to adopt a healthy lifestyle. Maj. Gen. I.P. Singh drew parallels between the sports ground and life to motivate the students to adopt in their lives the lessons

learnt on the field. The dignitaries present on the occasion released tricolor balloons to spread the message of sovereignty, peace and harmony.

Zealous contingents marched diligently during the March past ceremony demonstrating the glory and zenith of the institution. Oath taking ceremony followed by ceremonial torch-lighting marked the beginning of the meet that was declared open by the Chief Guest. The college sports ground resonated with energetic vibes of sportsmanship and teamwork as students and staff competed in various events including 100m, 200m, long jump, shot put, 3 legged race, tug-of-war and much more. An enthralling bhangra performance added to the entertainment quotient of the day while giving the message of staying away from drugs.



Inter-College Economics fest at MCM



The Postgraduate Department of Economics at Mehr Chand Mahajan DAV College for Women organized its annual inter-college fest Econoverse 2020. Prof. Lakhwinder Singh Gill, Director, Centre for Development Economics and Innovation Studies, Punjabi University, Patiala graced the event as Chief Guest and Prof. Anita Gill, Dean, Faculty of Social Sciences, Punjabi University, Patiala was the Guest of Honour. As many as 58 teams from different institutions across Punjab, Haryana and Chandigarh participated enthusiastically in the fest.

In his highly insightful address, Prof. Lakhwinder Singh Gill delved deep into the disruptive challenges posed by the developing economy including the challenge of

inequity, environmental degradation, problem of redundancy brought about by epochal innovations, disappearance of local distinctive identities, etc. and asserted that people's participation, especially of youth, is of essence in overcoming these. Highlighting the changes brought about in our lives and structure of economy by capitalist transformation and the widening gap between the haves and have-nots, Prof. Gill stressed upon the importance of devising new policies that benefit the society at large and provide a level-playing field to different strata of the society. Calling for making the most of the demographic dividend that India has, he advocated for institutional arrangements that prioritize education and skills sets of the future.



The fest included Quiz-E-Biz- the quiz competition based on current affairs, Economics and business, treasure hunt competition 'Clue-Metrics', extempore competition Speak-a-Thon and poster making competition Paint an Idea. The wholehearted participation of all the teams made the event a highly successful one.

Workshop on pearl culture at MCM



Mehr Chand Mahajan DAV College for Women organized a Rashtriya Uchchatar Shiksha Abhiyan (RUSA) sponsored workshop on Pearl Culture. Organized under the aegis of Zoology Department of the college, the workshop drew enthusiastic response as 35 students participated in it. Dr. Abhed Pandey, Department of Aquaculture, College of Fisheries, GADVASU, Ludhiana delivered an informative talk on freshwater Pearl Culture. Providing hands-on training to the participants, Dr. Pandey demonstrated the techniques involved in pearl oyster farming including implantation methods, pre-operative conditioning, surgical methods, post-operative care, food and feeding, and pearl harvest. The participants found the workshop immensely beneficial as it sensitized them about a new avenue which can be explored as an entrepreneurial opportunity.

Countdown to Meraki at MCM begins with climate change awareness marathon



In a run-up to the most happening annual cultural extravaganza of the tricity- Meraki 2020, Mehr Chand Mahajan DAV College for Women organized a pre-event- a marathon. The 'Our World, Our Climate Marathon' was held at Sukhna Lake and was a huge success as over 300 people partook in it. Not only did the people run for a cause dear to humanity, but also enjoyed their hearts out and basked in the rising Sun, making the pre-event as fun and memorable as it could have been. Principal Dr. Nisha Bhargava lauded this initiative of the Meraki Organizing Committee to sensitize people about a problem that threatens the existence of mankind. She asserted that the college is promoting sustainable green practices at the institutional as well as individual level for a greener and cleaner planet.

6-day Workshop on Creative Writing concludes at MCM



A 6-day workshop on Creative Writing culminated at Mehr Chand Mahajan DAV College for Women. Organized under the aegis of the Postgraduate Department of Hindi of the college, the workshop aimed to enhance the skills of students in the art of creative writing in Hindi language. Principal Dr. Nisha Bhargava presided over the valedictory function as the Chief Guest.

The 6 days of the workshop were dedicated to sessions providing intensive training in creative writing by renowned storywriter Mr. Mohit Dwivedi, Chandigarh Sangeet Natak Akademi Chairperson Mr. Kamal Arora, Urdu Sahitya Akademi, Panchkula Chairperson Mr. Chandra Trikha and Dr. Baijnath of Hindi Department, PU. During the course of the workshop, the 30 participants got insightful knowledge of various aspects of creative writing including nuances of writing stories, drama, poetry and essays. The participants also got practical tips on effectively tackling the issue of writer's block. Practical exercises at the end of every session provided the students an opportunity to chisel their writing.

Science Fest 2020 at MCM



With the aim of introducing young minds to the wonders of science and promoting scientific temper, Mehr Chand Mahajan DAV College for Women organized its annual Science Fest. Sponsored by Department of Science and Technology and Renewable Energy, Chandigarh Administration, the fest had 'Emerging Trends in Science and Technology' as its theme this year. As many as 240 students from various institutions from across the region participated in the fest. The inaugural of the fest was graced by Prof. H.N. Ghosh, Director, Institute of Nano Science and Technology, Mohali as the Chief Guest and the Chief Guest for the valedictory session was Prof. Baljinder Singh, Department of Nuclear Medicine, PGIMER, Chandigarh. Dr. Upendrajeet Singh Gill, Assistant Director- Malaria, NVBDCP and State Surveillance Officer, IDSP, Chandigarh was the Guest of Honour.

In his highly insightful lecture titled 'Nano Science and Nano Technology: An Overview', Prof. H.N. Ghosh enlightened the budding scientists of the college about research in Nano Science and its novel technological applications including the ones in the areas of bioimaging, electronics, textiles, medicine, etc. Raising awareness about the new emerging threat i.e. Novel Coronavirus, Dr. Upendrajeet Singh Gill educated the audience about its outbreak in China and outlined the clinical syndromes of the deadly disease and its precautionary measures. Prof. Baljinder Singh lauded the varied initiatives of MCM aimed at widening the horizons of the students. Government Home Science College, Sector 10 bagged the Overall Trophy.

An Inter-College Fest, the event was an interesting amalgam of exciting competitions like Scientific Rangoli, Scientific Poster on Innovation and Sustainability), PPT on Wildlife Tourism, Scientific Model Making, Scientific Videography, IT Quiz and Green Fashion Show Competition on sustainable lifestyle clothing.



Principal Dr. Nisha Bhargava said that Science Fest is an endeavour to celebrate the illustrious contributions of great scientists and provide a platform to budding scientists to showcase their ideas and talent.

Meraki's pre-event Ehsaas held at MCM



In the run-up to its annual cultural extravaganza- Meraki 2020, the Meraki Organizing Committee of Mehr Chand Mahajan DAV College for Women organized a pre-event- Ehsaas. A mental health awareness initiative, Ehsaas envisioned, through sharing of inspirational stories of triumph over mental health issues, to sensitize students about the importance of mental health and to initiate discussion on this crucial aspect of our lives. Chief Guest for the event Mrs. Sharmita Bhinder, a Social activist motivated the students by sharing her life story and how she emerged stronger

through every pain, loss and sorrow in her life. Mr. Ramnik Bansal, a senior faculty in The Art Of Living shared his views and opinions on the importance of yoga, breathing, and letting go of toxicities in our life. Mrs. G. K. Aurum, Motivational and Spiritual Blogger bestowed the audience with gemstones of philosophies and life lessons, sharing mantras to get one's life back on track after suffering mental health

problems. Mr. Iqbal Aurum, Life Coach and Motivational Speaker expressed his opinions on choosing the path that one's heart resonates with, especially in the present scenario characterized by cut-throat competition and stressful living. Ms. Shivani Bajaj, the founder of Your Therapist, spoke about the importance of sharing one's emotions and shedding the taboo associated with mental illnesses.

Ms. Stuti Munjal from Two Hazy Circles shared some interactive exercises with the audience to help them introspect upon their own personalities. Mr. Rhythm Malhotra- a young fitness expert shed light on the importance of being fit and happy in one's own body.



Principal Dr. Nisha Bhargava lauded this praiseworthy initiative of the Meraki Organizing Committee since the issue of mental health has garnered global concern and the need to sensitize people to treat mental illnesses at par with physical illnesses.

Panel discussion on child abuse held at MCM



The Geetanjali Helpline Committee of Mehr Chand Mahajan DAV College for Women organized a Panel Discussion on the theme 'Psychosocial and Legal Perspectives of Child Abuse'. The main objective of the panel discussion was to sensitize and empower college students by creating awareness regarding sexual assault within families and its prevention. The event was attended by a humongous strength of 183 students. The panelists included Dr. Simmi Waraich, Consultant Psychiatrist, Fortis Hospital, Mohali, Ms. Supreet Dhiman, Director (Projects and Research), End Incest Trust and Mrs. Madhu P Singh, Advocate, Punjab and Haryana High Court and Empanelled Member of State Legal Services Authority. Dr. Waraich elucidated that young victims of incest are more likely to suffer disabling

psychiatric problems in the long term such as anxiety, depression, substance abuse, PTSD, etc. She discussed the commonly encountered physical, cognitive and behavioral symptoms associated with these mental health conditions and psychotherapeutic strategies to handle incest victims. Ms. Supreet Dhiman mentioned prevalence of incest using research evidence from her project on the 'Incidence, Occurrence, Impact and Awareness of Incest' in India and heart breaking personal stories of trauma shared by the incest victims from an individual and social perspective. Mrs Madhu P Singh discussed that the social attitudes that put family honour above the damage caused to children keep incest from being properly addressed in India. She also shed light on the legal system's specific provisions against incest in India including Protection of Children from Sexual Offences (POCSO) Act, etc.



Principal Dr. Nisha Bhargava appreciated this excellent initiative and laudable efforts of the Geetanjali Helpline Committee to sensitize students about incest and empower them. She stated that we need to take the responsibility of educating everyone and take active steps to stop the physical, psychological and social pain that gets inflicted upon innocent lives.

Workshop on Punjabi poetry at MCM



With the aim of providing a platform to young budding poets and motivating them to carry forward the rich legacy of Punjabi language, the Punjabi Department of Mehr Chand Mahajan DAV College for Women conducted a workshop titled 'Yuva Shairaan de Ang Sang'. Organized in collaboration with Punjab Sahitya Akademi, this unique endeavour was graced by the presence of a galaxy of eminent personalities including Dr. Satish Verma, Secretary, Punjab Sahitya Akademi, Punjabi writer couple Mr. Manmohan Daon and Mrs. Daljeet Kaur Daon, Punjabi

Companies recruit MCM students



Carrying forward its endeavours focused on facilitating employment of its students in prestigious organizations, the Placement Cell of Mehr Chand Mahajan conducted two different placement drives in which a total of 19 students got selected. During a drive by IDS Infotech Ltd., 11 students were selected for the posts of Medical Scribes after a rigorous procedure involving psychometric test, written test and online test rounds. E-clerx Services Ltd. visited the campus to recruit for the position of Analyst in Chat and Voice Process. The recruitment process comprised of a pre-placement talk followed by HR Round and Paragraph Test and



finally Interviews and Typing Test rounds. Out of the 33 registered students, 8 made through all the rounds and were finally selected by the company. Principal Dr. Nisha Bhargava congratulated the selected students and said that the college's Placement Cell is working assiduously for affording students the opportunities to realize their dream of self-reliance. She added that it is a matter of great pride that reputed companies handpick MCM students for various roles.

MathArena held at MCM



The Postgraduate Department of Mathematics at Mehr Chand Mahajan DAV College for Women hosted its Inter-College Fest- MathArena that witnessed overwhelming participation of 56 teams from 15 colleges. Prof. S. K. Tomar, Director, HRDC, PU graced the fest as the Chief Guest. Appreciating this endeavour of the college to promote talent in Mathematics, Prof. Tomar stressed upon the importance of the subject in sharpening one's brain and providing the mental strength to grasp other subjects as well. Prof. Tomar motivated the students to aspire to be future Ramanujans and urged them to cultivate a creative and constructive thinking process. The fest comprised of exciting competitions including Mathematical Quiz, PPT and Poster Making wherein the participants gave their best to outdo competition and emerge victorious.

MCM's annual cultural fest Meraki kick starts on a vibrant note



The Mehr Chand Mahajan DAV College for Women campus transformed into a wonderland reverberating with verve, cheer and festivity as its annual cultural fest Meraki began with a bang here today. A two day affair, the most happening fest of the tricity embarked on its 4th edition this year with 'Millennials' as its theme that reflected befittingly in the mesmerizing decor of the event. Prof. Karamjit Singh, Registrar, Panjab University graced the inaugural as the Chief Guest and Mr. Bikram Rana, State Liaison Officer, Chandigarh Administration partook in the event as Guest of Honour. Lamp lighting lent an auspicious beginning to the mega event that

had an unprecedented number of visitors making a beeline to witness this infusion of soul and creativity into the fest. In his address, Prof. Karamjit Singh stressed upon the importance of such fests by saying that these not only bring out the hidden talent but also teach a lot about life. Prof. Singh enlightened the students about the qualities that make a good student including consistency, concentration, alertness and a forward-looking approach. Motivating the students to groom themselves to be better human beings, he said that life offers many choices and our judicious decisions can open vistas for excelling in life. In his thought-provoking address, Mr. Bikram Rana reminded the youth of their responsibility in shaping the future of the world and called for campus-community compatibility that will inculcate social sensitivity and interest in developmental issues among the youth.





The highlight of the inaugural was a fusion performance of Garba and Lavni dance forms under the Ek Bharat Shreshta Bharat. A host of exciting events lined up for the day comprised of Raqs-e-Shaukeen (dance competition), Prime Suspect, Millennial Mania (Quiz), Face Painting Competition, Open Mic, Hog It All and Inter-College Fashion Show. The VJs of Balle Balle channel entertained the audience during the Open Mic event. The fest reached its crescendo with an electrifying Music Concert that had everyone swaying to the rhythmic beats as singer Prabh Gill performed to the delight of the audience.

Principal Dr. Nisha Bhargava congratulated the Meraki Organizing Committee for a splendid show and acknowledged the heart and soul put in by the students in organizing the fest that has prepared them to face the vagaries of life. She added that this fest is a manifestation of various arts and a fine amalgamation of talent, creativity, intellect and entertainment.

Meraki weaves its magic on Day 2, ends on a musical note



Pulsating with youthful vibrancy and energy, the second day of the annual cultural fiesta Meraki 2020 at Mehr Chand Mahajan DAV College For Women was as electrifying and fun filled as the inaugural day. Mr. Rakesh Popli, PCS, Additional Excise and Taxation Commissioner and Director Tourism, Chandigarh



Administration was the Chief Guest for the morning session of the day and a distinguished MCM alumna Ms. Garima Singh, IRS, Special Secretary Finance, Government of Punjab graced the second session of the day as Chief Guest. Prof. Neera Grover, Former Professor, Department of Music, PU graced the event as Special Guest.



Keeping up the tempo of day one, a plethora of events kept the competitive spirit of participants ticking and the audience mesmerized on day two as well. The day's events kicked off with an interactive session Zariya during which 6 new-age entrepreneurs shared their inspiring stories of struggle and success enlightening the audience about self-education.

Adding a touch of glamour to the event, Miss Meraki saw confident beauties walking down the ramp with aplomb and grace competing for the coveted title. The audience swayed to the melodious song performances by bands of different colleges at the event- Battle of Bands, with the sounds of guitars and drums soaking the entire atmosphere in melody. The other events of the day included nukkad natak and Ad Mad. The second day witnessed a befitting end with an enthralling EDM Concert featuring Progressive Brothers winning the evening with eclectic music.

Principal Dr. Nisha Bhargava gave away prizes to the winners of various competitions held on the two days. She was all praises for the organisers of the fest for having put up a splendid show and congratulated the winners of various events and motivated all the students to emulate the qualities of leadership and excellence displayed during the fest.

Workshops on Business Modelling and Interpersonal Skills at MCM



The Institution Innovation Council of Mehr Chand Mahajan DAV College for Women held a workshop on 'Business Model Canvas' with the objective of promoting the culture of entrepreneurship among students. The resource person for the workshop was Ms. Perna Kalra, Founder, Open Hand Solutions. The workshop witnessed enthusiastic participation of over 82 students. Ms. Kalra educated the students about preparation of business proposal and concluded the session with an activity involving the workshop participants. A 'Business Plan Competition' was also organized by the Council wherein 71 students participated. The best business proposals were awarded prizes.



In another event, the Personality Development Club of the college organized a workshop on Interpersonal Skills, Decision Making and Problem Solving. Mr. Dilbagh Singh, Director, Brainpower Services Pvt. Ltd. and Mr. Sanjiv Gupta, Corporate Trainer conducted two highly engaging sessions. In the first session, Mr. Dilbagh Singh enlightened the participants about the greatest asset that humans have i.e. interpersonal skills and discussed in detail the art of enhancing these skills for success in life. Shedding light on the art of decision making and problem solving, Mr. Sanjiv Gupta laid out the step by step process of effective decision making and discussed in detail the mechanics of problem solving. Appreciating these endeavours, Principal Dr. Nisha Bhargava said that such workshops provide the students the benefit of learning from the expertise of industry experts, thereby gaining an insightful perspective of the practical world. She added that such exposure enables the students to acquire skills necessary to withstand competition.

Session on Fundamental Duties, workshop on organic farming held at MCM



The Legal Literacy Cell and Postgraduate Department of Sociology at Mehr Chand Mahajan DAV College for Women organized a session on 'Fundamental Duties in Indian Constitution'. Mr. Mahavir Singh, Member Secretary, State Legal Services Authority (SLSA), Chandigarh, Dr. Neha Awasthi, Counsel, Chandigarh Administration and Mr. Rajeshwar Singh, Law Officer, SLSA, Chandigarh interacted with the students to raise awareness about fundamental duties of Indian citizens as enshrined in the Constitution. Introducing the concept of fundamental duties, Mr. Mahavir Singh apprised the audience of the need to have them. Dr. Neha Awasthi enlightened the audience about the relationship between fundamental rights, Directive Principles of State Policy and fundamental duties through relevant

examples. Shedding light on the nature of fundamental duties and their significance as a reminder to citizens of their duties towards their country as well as fellow countrymen, Dr. Awasthi motivated the students to actively participate in the realization of national goals.



In another activity, the Skill Development Committee organized a lecture-cum-workshop titled 'Comparison of Organic versus Conventional farming practices'. The workshop marked the beginning of a research project in collaboration with the IISER, Mohali. Mr. Rahul Sharma , an organic farmer and Dr. Mahua Ghara introduced the students to the concept and the research project that aims to quantify the effect of organic and conventional farming practices on pre-reproductive, reproductive and post-reproductive stages of a combination of crop plants in an experimental patch in the college. About 100 students attended the workshop. Focusing on parameters such as the seed germination percent, seedling growth, biodiversity of seedlings, diversity and behaviour of animals/insects on the crop plants , percent fruit set, fruit drop, fruit retention, nutrients in fruits, impact on soil and water, the duration of the first stage of the project will be February 2020 to April 2020.

Solid Waste Management Exposure workshop participants and MoHUA officials study MCM's sustainable practices



As part of the Solid Waste Management (SWM) Exposure Workshops facilitated by the Ministry of Housing and Urban Affairs (MoHUA), Government of India at various locations across the country under the aegis of National Institute of Urban Affairs (NIUA), representatives from MoHUA, Haryana Government, and Chandigarh Municipal Corporation and the 50 participants of the Chandigarh workshop visited Mehr Chand Mahajan DAV College for Women campus. The visit aimed to provide practical exposure to the participants by showing them various novel and scientific waste management practices adopted by the college. The members of Swachhata Committee of the college took the participants around the campus, showing them various sustainable waste management practices undertaken by the college including biogas production from messes' waste, vermicomposting, compost making from garden waste, oyster mushroom cultivation from agricultural and kitchen waste, and eco-enzyme production from kitchen waste. The participants of the workshop found the visit extremely fruitful and expressed appreciation for the MCM model of environment-friendly waste management practices.

Tech giant Amazon and IT solutions company Algomill hire MCM students



Amazon India- one of the big four tech companies, conducted an off-campus recruitment drive wherein 19 students of Mehr Chand Mahajan DAV College for Women were selected for the posts of Customer Service Associates. A total of 54 students attended the drive and after a rigorous procedure involving HR round, online test and voice versant test, 19 aspirants were finally selected.

In another drive, Algomill IT Solutions- one of India's leading Fintech companies, visited the campus to hire for the posts of Business Associates. The drive witnessed enthusiastic response as 64 students attended the drive, out of whom 12 were selected and given offer letters. The selected students expressed their elation at being able to secure jobs in prestigious companies even before the completion of their final year and added that it has given them a sense of accomplishment and an opportunity to pursue their dream of self-reliance. Principal Dr. Nisha Bhargava expressed appreciation for the efforts of the college's Placement Cell in shaping the careers of students and helping them realize the dream of financial independence. She added that it is a matter of immense pride and satisfaction that many renowned brands handpick MCM students which reflects the quality of talent groomed at MCM.

Havan and declamation on morality held at MCM



The Arya Samaj Committee and Arya Yuvti Samaj of Mehr Chand Mahajan DAV College for Women organized a havan ceremony here today. Organized with the objective of inculcating vedic values in the students, havan is a monthly ritual at MCM wherein the staff and students offer prayers to the holy fire amidst chanting of shlokas and mantras. The spiritually elevating ritual of havan was followed by a Declamation Competition on the topic 'Morality: A Way of Life' that witnessed contestants putting forth highly impressive viewpoints on the role of moral values in shaping of an ideal society. Snigdha (B.Com. III) stood first in the competition while Gunjan (B.Com. III) and Ishita (BA III) grabbed the second and third position, respectively.

International Women's Day celebrated at MCM



In an event to mark International Women's Day, the NSS units and Medical Committee of Mehr Chand Mahajan DAV College for Women celebrated the indomitable spirit of womanhood. Organized in an association with Indian Dental Association (IDA), Chandigarh State Branch and International College of Dentists, the event was graced by noted MCM alumna Prof. Nishtha Jaswal, Vice Chancellor, Himachal Pradesh National Law University, Shimla as the Chief Guest, Prof. Ashima Goyal, Department of Pedodontics and Preventive Dentistry, PGIMER, Chandigarh as the Guest of Honour and Dr. R.P. Gupta, President, IDA, Chandigarh State Branch as Special Guest.

In her motivational address, Prof. Nishtha Jaswal asserted that women are born empowered, it is the mindset pertaining to the status of women in the society that is the real culprit behind prevalence of gender discrimination and injustice. Prof. Jaswal

said that it is heartening to witness more and more women venturing out in the fields once considered the sole premise of men, but added that we still have a long way to go as far as ensuring an equitable society is concerned. Speaking on this occasion, Prof. Ashima Goyal reiterated that while education is the foremost way of empowering individuals, educating women can change the world. Dr. R. P. Gupta while introducing the day's event to the audience, saluted the power of women who have endured massive gender disparity and called to strive for a world where equality is the norm.



A play on self-defense by Swayam Team of Chandigarh Police effectively demonstrated self protection techniques in various situations. An interesting quiz based on women witnessed enthusiastic participation of the audience. In recognition of their efforts in empowering students, the senior most faculty members of the college who have given golden years of their lives to the institution taking it to pinnacles of glory were honoured on this occasion. Principal Dr. Nisha Bhargava stressed upon the importance of educating women by stating the fact that when a woman is educated, we educate an entire family. She added that at MCM, the faculty members are spearheading the cause of women empowerment by empowering young girls to be women of substance.

Popular Science Lectures held at MCM



In recognition of the significant contribution of women in the field of science and to inspire students to contribute to the promotion of science for the benefit of mankind, Mehr Chand Mahajan DAV College for Women organized Popular Science Lectures on the theme 'Women in Science'. Sponsored by Chandigarh Renewable Energy and Science and Technology Promotion Society, Chandigarh Administration, the lectures were delivered by Prof. Prince Sharma, Department of Microbiology, PU and Ms. Garima Saini, Assistant Professor, Department of Electronics and Computer Engineering, NITTTR, Chandigarh. Citing the examples of great women scientists like Missile Lady Tessy Thomas, Rocket Woman of India Ritu Karidhal, neuroscientist Shubha Tole, astronaut Kalpana Chawla, etc., both the experts

motivated the students to take up science for the greater good of the society. Prof. Prince Sharma, while asserting that women only make 28% of research personnel in the world, enlightened the students about the special programmes and schemes pioneered by Government of India to promote women scientists like Mobility Scheme, WOS-A, WOS-B, WOS-C, etc. Asserting that the world needs science and science needs women, Ms. Garima Saini also shed light on various initiatives and special awards initiated by the government that focus on helping women utilize their scientific knowledge and temperament for the society's benefit.



Principal Dr. Nisha Bhargava stressed upon the role of women as strong pillars of the society and their contribution in national development. She added that at MCM, consistent efforts are being made to empower girls so that they realize their full potential and also help in social upliftment.

Lecture on Indo-Nepal trade at MCM



The Postgraduate Department of Economics at Mehr Chand Mahajan DAV College for Women organized a highly informative lecture titled 'Indo-Nepal Trade: Trend, Structure and Hopes'. Dr. Ram Prasad Gyanwaly, Central Department of Economics, Tribhuvan University, Nepal was the resource person for the same. Sharing his expertise with the budding economists of the department, Dr. Gyanwaly elaborated the volume and composition of trade between India and Nepal. He shed light on the trends in Indo-Nepal exports and imports, and the statistics of trade between the two through insightful graphics. Highlighting the importance of India for Nepal as a trade partner in terms of manufactured goods, Dr. Gyanwaly asserted that the trade relations between the two countries look promising in the coming future as well.

Medical Camp held at MCM



The Medical Committee of Mehr Chand Mahajan DAV College for Women organized a Medical Camp in collaboration with Fortis Hospital, Mohali. More than 500 members of staff and students participated in the camp that offered comprehensive health check-up. Specialists of various medical branches including Gynaecology, Orthopedics, Dermatology, Ophthalmology, General Medicine and Dietetics were available for consultation during the camp. Tests like ECG, Hb, BP, Sugar and Bone Mineral Density were also conducted on the occasion. Principal Dr. Nisha Bhargava congratulated Medical Committee on the successful organization of the camp and said that the philosophy of a healthy mind in healthy body is what guides this endeavour.

Report of Activities: 3rd Quarter (January 2020 to March 2020)

Mehr Chand Mahajan DAV College for Women, Chandigarh

Ingenious ideas showcased during Idea Competition at MCM



With the aim of promoting aptitude for innovation among students and providing them a platform to showcase their innovative ideas, the Institution's Innovation Council of Mehr Chand Mahajan DAV College for Women held Idea Competition. After pre-screening of 38 entries, 10

teams were shortlisted to compete in the final round. The teams made comprehensive presentations of their remarkable ideas like innovative solutions of different social problems, sustainable practices, etc., wherein they presented the concept, its relevance, cost-benefit analysis, feasibility study and market analysis. After the presentation, the judges also quizzed the contestants regarding various aspects of their ideas.

Principal Dr. Nisha Bhargava lauded the innovation acumen demonstrated by the students during the competition. She added that through such endeavours, the college envisions to systemically promote a culture of innovation for the larger good of the society.

The results of the competition were:

1st Prize- Aditi Bhagat, BSc MFT III, Fungal Mycelium- An alternative

2nd Prize- Peeyushi Grewal, BA III, Running Electronic Vehicles with Superior Capacitors

3rd Prize- Deepakshi Rawal and Manpreet Kaur, BCA I, Waste Management.



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