



Mehr Chand Mahajan DAV College for Women

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

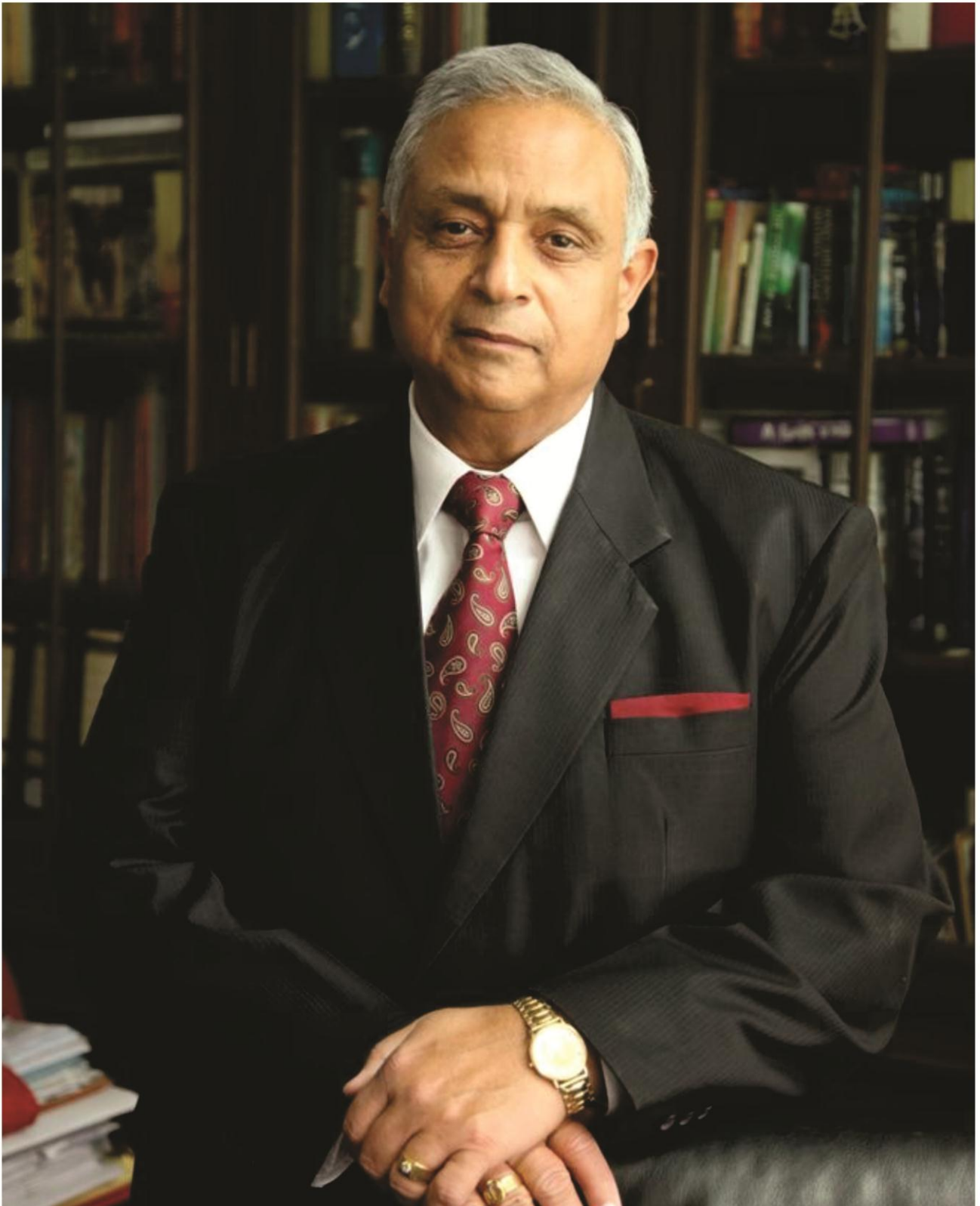
ACTIVITIES REPORT

October 2019 to December 2019

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

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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 second quarter of the current academic session i.e. 2019-20.

Dr. Nisha Bhargava
Principal

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Glimpses of Punjabi heritage at MCM



In an endeavour to preserve the rich handicraft heritage of Punjab and to assert the cause of the rural artisans working to conserve this heritage, the Sustainable Practices Committee of Mehr Chand Mahajan DAV College for Women organized an exhibition of handicrafts and handlooms created by these artisans. The exhibition was put up in collaboration with Trinjan- the women wing of Kheti Virasat Mission. The items on display, including handmade durries, hand-knitted sweaters, wooden containers, etc., caught the fancy of one and all who appreciated these traditional articles reflecting the rustic beauty of the yore. Appreciating this initiative of Sustainable Practices Committee to support the cause of EWS women earning their livelihood with dignity, Principal Dr. Nisha Bhargava stressed that in our traditional practices and objects, lies the perfect solution to environmental degradation and ecological imbalance.

MCM remembers Mahatma Gandhi on his 150th birth anniversary



Paying rich tributes to the Father of the Nation, Mehr Chand Mahajan DAV College for Women organized various events to commemorate 150th birth anniversary of Mahatma Gandhi. The celebrations began with a havan ceremony which is organized on the beginning of every month by the Arya Samaj Committee of the college. Following havan, the committee organized a declamation competition on the topic 'Gandhi on Religion/Gandhi on Philosophy/ Gandhi and Society'. The participants eloquently presented their views on the topic. Somal (BA III) secured the 1st position while Snigdha (B.Com.III) and Umika (B.Sc.III) stood 2nd and 3rd, respectively.



To aid in the realization of Gandhi's dream of a clean India, the Swachhta Committee (Arts) of the college administered the 'Plastic Free Chandigarh' pledge to the staff and students who vowed to make large scale efforts for eliminating single use plastic and educating others about plastic pollution. In another event, the History Association of the college organized a lecture titled 'A Timeless Leadership: Mahatma Gandhi and his Like-minded'. Dr.Ekta Sachdeva, Assistant Professor, History Department of the college shed light on Gandhian philosophy and its relevance in the present times, and how he and his like-minded people changed the course of history.

Principal Dr.Nisha Bhargava said that truth and non-violence are the two timeless virtues given by Mahatma Gandhi that hold relevance even today and should be adopted in one's life. She added that striving for a clean environment and a clean mind would be a befitting tribute to this great man.

Motivational talks on innovation and workshop for street vendors held at MCM



In an endeavour to sow the seeds of aptitude for innovation among the students, the Institution Innovation Council of Mehr Chand Mahajan DAV College for Women organized motivational talks under the series 'My Story- Entrepreneur's Life and Crossroads'.

As part of the series, the Department of Food Science of the college in collaboration with Chandigarh AMI unit held a talk by Dr. Naveen Gupta, Department of Microbiology, PU. Dr. Gupta, who has many patents to his credit, elucidated the qualities of an innovator and inspired the students to explore beyond their domains as innovations can never come to fruition in one's comfort zone.



In another talk organized by the Computer Science and Applications Department of the college, Akashdeep Kaur Sharma and Pankaj Sharma, Directors, Aether Software Solutions Pvt. Ltd. shared the inspiring story of their entrepreneurial journey and the challenges that they faced in this journey.

In another event, the Food Science Department of the college in collaboration with Department of Community Medicine & School of Public Health, PGIMER and Municipal Corporation Chandigarh organized a capacity building and training workshop. The workshop was attended by 49 registered street vendors of Chandigarh, 20 food business operators/food handlers and 154 students of MCM.





In her welcome address, MCM Principal Dr.Nisha Bhargava expressed appreciation for the efforts to ensure food safety in the city. The inaugural address was delivered by Dr Amarjeet Singh, Professor, Community Medicine & SPH, PGIMER. The training sessions were imparted by experts aimed to encourage and ensure that operation of Chandigarh street vendors conform to Byelaws of MCC, Food Safety and Standard Regulation 2011, Street Vendors Act 2014, Swacchh Bharat Mission, Women Empowerment & Prevention of their exploitation. Mr. Sukhwinder Singh, Designated Officer, FSSAI, Chandigarh explained the rules and regulations regarding food safety in India. Mr. Vivek Trivedi, SDO, NULM, MCC, discussed the matter related to Bye-laws of street vendors (protection of Livelihood and Regulation of Street Vending). A book on Polycystic Ovary Syndrome authored by Dr Ishwarpreet Kaur, Dr Vanita Suri and Dr Amarjeet Singh (PGIMER, Chandigarh) was also released by the dignitaries during the workshop.



Motivational lecture on character building at MCM



The Equal Opportunity Cell of Mehr Chand Mahajan DAV College for Women organized a motivational lecture on character building titled 'Challenge your limits'. Spiritual teacher and motivational speaker Hita Ambrish conducted this inspiring lecture that witnessed enthusiastic participation of staff and students. Mr.H.R.Gandhar and Mrs.Sudesh Gandhar, Senior Governing Body Members, DAV

College Managing Committee (DAV CMC), Dr.B.C.Josan, OSD to President, DAV CMC, and Dr.Gurdip Sharma, Principal, GGSDS College, Haryana and Senior Syndicate Member, PU graced the occasion as special guests.



Sharing his pearls of wisdom, Hita Ambrish said that challenging one's limits implies to be powerful and power comes from clarity- clarity of thought to face the dilemmas that we come across in our daily lives. Ambrish ji opined that being innocent and receptive makes life an ecstasy as then nature opens the gates of abundance and blessings for the being. Giving the audience the mantra for aligning the life energy with nature through the 3D formula of discipline, dedication and devotion, he motivated the students to empower one's inner self with positive thoughts, daily self-assessment and attitude of gratitude. He also spoke about the rising encroachment of social media on our thoughts that has distorted the focus of the youth and scattered the life energy. Summing up his address, Ambrish ji gave the audience the RULE of respecting life, utilizing energy, loving nature to enlighten life.

Principal Dr.Nisha Bhargava reiterated that the college endeavors to groom holistic individuals who not only achieve worldly success but are also in touch with their inner selves. She added that through such lectures, the college envisions to craft students into individuals whose outer growth and inner growth go hand-in-hand.

Paper reading competition on Mahatma Gandhi's autobiography held at MCM



The Political Science Department of Mehr Chand Mahajan DAV College for Women organized a paper reading competition on Mahatma Gandhi's autobiography 'The Story of My Experiments with Truth' to commemorate 150th Gandhi Jayanti. The competition saw enthusiastic participation of 35 contestants. A documentary showcasing the Gandhian ideology and its relevance to the present times was also shown on this occasion. The participants eloquently presented inspiring quotes and incidents from Gandhi's autobiography, reflecting the philosophy and various aspects of the personality of this great leader and shedding light on the lessons embedded in them for the mankind. The winners of the competition were: 1st: Reetika (BA-III), 2nd: Ashwathi (BA-III), 3rd: Chandni (BA-I), Consolation: Shreya (BA-I).

Workshop on Biofertilizers held at MCM



The Botany Department of Mehr Chand Mahajan DAV College for Women organized a Rashtriya Uchchatar Shiksha Abhiyan (RUSA) sponsored lecture-cum-workshop on 'Biofertilizers: Production and Application Technology'. Dr.Rajesh Kaushal, Principal Scientist (Soil Microbiology), Department of Soil Science and Water Management, Dr.Y.S.Parmar University of Horticulture and Forestry, Himachal Pradesh conducted this highly informative programme. The programme was well-attended by over 46 students and faculty members. In his comprehensive lecture, Dr.Kaushal covered various aspects including introduction to biofertilizers and their types, soil nutrients, sources of nutrients, availability of biofertilizers, their production and methods of their application in the field. The participants were also introduced to different instruments used in biofertilizer production, method of isolation, characterization and authentication /identification of microbes and their mass culturing for liquid and carrier based biofertilizers. The participants found the programme highly engrossing and useful as they garnered practical knowledge about the eco-friendly alternatives to synthetic fertilizers.

Painting competition on Plastic Free India at MCM



The Fine Arts Department of Mehr Chand Mahajan DAV College organized an Inter-college Painting Competition on the theme of 'Plastic Free India'. Organized under the Swachhta hi Seva initiative, the competition drew enthusiastic response from students of various institutions across the tricity. The participants, through their awe-inspiring paintings, depicted aptly the message of cleanliness and environmental conservation by adopting a plastic-free lifestyle. Mr. H.R.Gandhar Senior Governing Body Member, DAV College Managing Committee, Dr. B. C. Josan, Member of Senate, Panjab University and Dr.Gurdip Sharma, Principal, GGSDS College, Haryana and Senior Fellow and Syndic, Panjab University gave away the prizes to the winners of painting competition.

Lecture on revised NAAC assessment and accreditation framework at MCM DAV



Mehr Chand Mahajan DAV College for Women organized a lecture titled 'Revised Assessment and Accreditation Framework (RAF)- An Assessor's Perspective' with the aim of apprising the staff of the recent changes in the accreditation process by National Assessment and Accreditation Council (NAAC) and giving them a clearer perspective of the revised procedure for the same. Dr.Nisha Bhargava, Principal, Mehr Chand Mahajan DAV College for Women and a NAAC Assessor conducted this highly informative lecture that was attended by all the teaching as well as non-teaching staff members.

Stressing upon the fact that the pursuit of excellence is a continuous journey towards perfection, Dr.Bhargava said that with a view to produce globally



competitive graduates, MCM is already working on the basis of the new parameters of NAAC accreditation. She said that the lack of objectivity in the previous methodology of assessment necessitated a re-look into it and now the process has been made comprehensive, simpler, more transparent with greater emphasis on ICT, quantitative parameters and self-evaluation, enhanced participation of all stakeholders, reduced timelines and reduced role of peer team. Dr. Bhargava discussed in detail the 7 criteria, key indicators, metrics, 3 stages of accreditation, process of applying for accreditation, filling and submission of SSR and data requirements for SSR. Ending on a motivational note, Dr. Bhargava reiterated the importance of setting higher benchmarks and called for rejuvenating the higher education system through measures like effective curriculum delivery by use of ICT, flipped classrooms, experiential learning, promotion of undergraduate research and development of innovation ecosystem. During the interactive session that ensued the lecture, the staff put forth their queries that were suitably addressed by Dr. Bhargava.

Workshop on MOOCs begins at MCM



A 2-day workshop on 'Planning, Preparation and Execution of a Massive Open Online Course (MOOC)' organized at Mehr Chand Mahajan DAV College for Women here today. The college's Internal Quality Assurance Cell (IQAC) and MOOCs Committee of Mehr Chand Mahajan DAV College for Women jointly organized A 2-day workshop on 'Planning, Preparation and Execution of a Massive Open Online Course (MOOC)' aimed to sensitize faculty about MOOCs as a teaching-learning resource and provide them hands-on training in creating e-content for teaching. Dr.Pawan Sharma, Principal, DAV College-10, Chandigarh graced the occasion as the Chief Guest and Dr.Nisha Bhargava, Principal, MCM DAV College for Women was the Guest of Honour. The workshop witnessed participation of 30 faculty members.

Referring to the flux in the landscape of education brought about by ICT, Dr.Pawan Sharma stressed on the importance of adopting an innovative outlook for remaining relevant in today's information age. While reiterating that nothing can replace the humane touch in teaching, Dr.Sharma called for reimagining the role of a teacher as a mentor who innovates while retaining the value system and incorporates technology in pedagogy to promote student-centric learning. In her address, Dr.Nisha Bhargava said that keeping in mind the increasing ICT presence and use in the present times, it is imperative to incorporate technology in pedagogy in order to produce globally competitive and competent students. She lauded this timely initiative as MOOCs is gaining immense importance as a platform that has revolutionized the teaching-learning process.



The workshop began with an introduction of its theme by IQAC Chief Coordinator Dr.Vibha Sharma. During the first session of the workshop, Dr.Kulpinder Sharma, Producer, Educational Multimedia Research

Centre (EMRC), Punjabi University, Patiala introduced the concept of MOOCs with special reference to its history, importance, features, utilization and relevance in modern times. The second and third session of the day were dedicated to enlightening the participants about the process of preparing a MOOC proposal wherein Dr.Sharma and Mr.Tejjinder Singh, Producer, EMRC, Punjabi University, Patiala gave in-depth knowledge about designing MOOC proposal especially for Swayam portal. The technical sessions were followed by interactive sessions wherein the queries of participants were addressed by the experts.

Workshops on healing through creative writing and happiness training held at MCM



The Geetanjali Counseling Helpline of the College led by Dr. Nitasha Khehra took an initiative in mental health hygiene movement and organized a workshop titled “Psychological Healing with Creative Writing” by Dr.Suditi Jindal, Founder and CEO of Philyra Training and Consultancy. The workshop emphasized the process of healing through creative writing as a constructive exercise to enhance communication skills and channelize emotions into a productive exercise leading to a tangible outcome like a book, story, or novel. In a highly enlightening session, Dr.Jindal elucidated on the various components of creative writing and the process of expressive therapy which can be an extremely helpful adjunctive therapy, a dynamic tool for personal growth and healing from emotional trauma.



In another event, a 40-hour Happiness Training Programme was conducted during evening hours for equipping students with adequate coping resources and vital life skills to enable them to live a fulfilling life. The programme was coordinated by Dr.Akanksha Tripathi, Assistant Professor, Department of Psychology, MCM DAV College. Dr.Tripathi trained the participants on different techniques borrowed from the field of Positive Psychology. Spread over 16 sessions, the workshop covered 3 key domains, namely, enhancement of general positive effect in daily life, creating personal vision for future (goals constructing), and resources building. It involved group activities, assignments, working in pairs, worksheets and experiential activities based on gratitude, savouring, building resilience, self-esteem, self-efficacy, identifying and optimizing one's strengths, self-compassion, mindfulness, optimism, Emotional Freedom Technique, goal-setting, converting limiting beliefs into empowering ones, and forgiveness. Every session concluded with a meditation exercise/creative visualisation exercise. During the concluding session, participants were encouraged to create daily anchors for themselves from these tools. Participants were enthralled by the overall experience and felt inspired to use these tools/techniques in their daily living.

Innovation and Skill related activities at MCM



To mark the birth anniversary of a great visionary and dreamer of innovative India- Dr A.P.J. Abdul Kalam, the Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women organized a Poster Presentation on 'Grassroot Level Innovations'. Students from various streams participated enthusiastically in the event and presented their posters to the audience. The best posters were displayed in the campus to motivate other students to adopt innovative thinking.





In another event, the Placement Cell of the college organized an interactive session on “How to enhance Group Discussion and Interview Skills”. Dr. Arpita Pandey, Professor and Area Co-ordinator PGDM Marketing, ITM Business School, Kharghar conducted the session that aimed to provide students a platform to gain useful insights into various techniques required for cracking job interviews successfully. 118 students enthusiastically participated in this session. The participants were enlightened about various aspects of facing interviews and GDs including preparation, body language and etiquette during group discussion and personal interview. Dr.Pandey also shed light on enhancing communication skills, confidence and analytical skills for success in interviews and GDs. Principal Dr.Nisha Bhargava appreciated the efforts of IIC and Placement Cell in moulding young minds to be global citizens who bring about positive change in this world with their innovative ideas, and to be self-sufficient in facing challenges in their journey towards success.

Tibetan students visit MCM



As part of its student-diversity initiative 'Beyond Boundaries', Mehr Chand Mahajan DAV College for Women hosted students from Sambhota Tibetan School, Paonta Sahib. 28 students along with 3 mentors visited the campus to study the various academic avenues open to them for pursuing after their intermediate school. They were taken for a guided tour of the institution and were shown the Science Laboratory facilities, Language Lab, Interior Designing Studio, Sports Complex, Biogas Plant, Rishi Vatika, Botanical Garden, vermicomposting unit and Science museum. Thereafter, a comprehensive Power Point presentation was also given to apprise them about the courses, facilities and achievements of the institution. Visiting students and their mentors were impressed with the calm and serene environs of the college as they were introduced to the large number of plants with



ethno botanical and medicinal properties. As the visiting team was given seed-balls made by the college's Botany Department, they appreciated the innovative, sustainable initiative which is a first of its kind among all academic institutions, to develop a green cover over dry wastelands. The Student Council of the college organized a Cultural Fiesta and the visitors were regaled with traditional dances and Orchestra performance by students of Music Department. Principal Dr. Nisha Bhargava lauded the efforts of the organizing team and motivated the young visitors to contribute to the sustainability of the planet Earth and wished them success in all their endeavours.



Book exhibition on Mahatma Gandhi at MCM



Continuing the 150th birth anniversary celebrations of Mahatma Gandhi, the Library Committee of Mehr Chand Mahajan DAV College for Women organized an exhibition of books on Gandhiji. The book lovers were in for literary treat as over 200 books in three languages i.e. English, Hindi and Punjabi, depicting various facets of the life of Gandhiji, his philosophy and ideology, and contribution in nation building, were exhibited on this occasion. The exhibition witnessed enthusiastic response from staff and students alike. Principal Dr.Nisha Bhargava lauded this endeavour of the Library Committee to inspire minds to learn from the life of the great leader Mahatma Gandhi. She added that Gandhiji's philosophy impressed people worldwide and continues to hold relevance in the present world that is grappling with issues like hatred, injustice, violence and climate change.

National symposium on confluence of languages at MCM



Language lovers were witness to a unique event, at Mehr Chand Mahajan DAV College for Women, celebrating the rich linguistic heritage of India- 'Zabaan-O-Adab: Celebrating Confluence of Languages' wherein language connoisseurs, litterateurs and poets from pan-India came together to discourse upon the varied paradigms in which languages converge in a multilingual society. The national symposium was organized in collaboration with Haryana Urdu Akademi and Punjab Arts Council. Mr. Shiv Raman Gaur, Director Higher Education, DAV College Managing Committee, New Delhi graced the event as the Chief Guest. Prof. Shankarji Jha, Dean University

Instructions, PU, Dr. Gurdip Sharma, Principal, GGSDS College, Haryana and Senior Senate and Syndicate Member, PU and a galaxy of dignitaries partook in the event.



Hailing the symposium as a thought-provoking platform to explore the importance of languages and their interlinkages, Mr. Shiv Raman Gaur highlighted the crucial role of language in the development of civilization and culture. He stressed upon the power of words and reiterated that the tendency to compartmentalize languages should be avoided as the beauty of language lies in the fact that it is a dynamic concept that assimilates in itself various influences over time.



In his enriching address, keynote speaker Prof. Shelley Walia, Senior Fellow and Professor Emeritus, Department of English and Cultural Studies, PU while exerting that language is a paramount medium of expression that helps us to rejoice, survive and coexist, said that the present times call for adopting a cosmopolitan approach wherein we endeavour to uphold our heritage of linguistic richness and knock down fences for prosperity. In context of the current scenario wherein internet slang is usurping the beauty of language, Prof. Walia drew analogy between a predator and technological disruption, and opined that misused language brings about degraded political thought. Prof. Shankarji Jha impressed upon the vitality of language by saying that our values and communication system rests on language. Speaking about the power of language, he added that it gives emotive power, lends spirit to poetry, gives life to literary discourse and is central to aesthetic experience.

An anthology of poems by Principal Dr. Nisha Bhargava 'Safar Hai Zindagi' was also released by the dignitaries on this occasion. A panel discussion by eminent panelists was another highlight of the event in which Prof. Gurmeet Singh, Chairperson, Department of Hindi, PU, Prof. Rizwan Khan, Chairperson, Department of English, Aligarh Muslim University, Aligarh, Prof. Joga Singh Virk, Department of Punjabi Linguistics, Punjabi University, Patiala and Prof. Naseer Ahmed Khan, Retd. Professor of Urdu, JNU, New Delhi participated. The riveting panel discussion provided insightful perspectives on various aspects including the intersection of languages, the distinct flavour of various languages, impact of social media on languages and deliberated upon the creation of an equitable society where the uniqueness of every language is respected while celebrating the dialogue between

different languages. On this occasion, the audience was treated to soulful poetic creations depicting the beauty of words during a mushaira by eminent poets. The event reached a crescendo with musical evening wherein Sufi Sisters and Tipu Sultan regaled the audience with their soul stirring renditions. Principal Dr. Nisha Bhargava informed that through this symposium, the college aims to celebrate the confluence of Indian languages by delving deep into the aesthetics of our rich linguistic heritage, exploring languages as powerful means of cultural expression and spreading the message of universal brotherhood and solidarity. She added that such forums are imperative for introducing our young generation to the bouquet of Indian languages and to help them in appreciating the multifaceted visage of linguistic expression.



Lecture on Guru Nanak at MCM



In keeping with the spirit of the 550th birth anniversary celebrations of Guru Nanak Dev Ji worldwide, the Punjabi Department of Mehr Chand Mahajan DAV College for Women organized a lecture on the life and philosophy of the founder of Sikhism. Dr. Gurinder Singh Mann of Global Institute of Sikh Studies, New York delivered this enlightening lecture, drawing a vivid imagery of Guru Nanak Ji in Sikh visual and literary imagination. Calling for revisiting our knowledge pertaining to Guru Nanak, Dr. Mann asserted that for a clearer understanding of his life it is imperative that we look through the lens of his mission and execution of that mission. Dr. Mann also dwelt upon the golden rules of Nanak, approaches disapproved by him and reiterated that Guru Nanak's philosophy- a source of peace as well as social harmony, continues to be relevant even today.

MCM celebrates green Diwali



In a reaffirmation of its commitment towards promoting a cleaner and greener planet, Mehr Chand Mahajan DAV College for Women ushered in the Diwali festivities with Diwali Mela that sought to propagate eco-friendly celebrations and sensitise people about environmental conservation. Based on the theme- 'Green Diwali', the mela was organised by the Student Council of the college. Stalls aimed at promoting environment friendly products like earthen diyas, candles, and eco-friendly rangoli colours, ethnic wear, jewellery and cosmetics were set up during the fest. Various competitions including face painting, rangoli, mehndi, open mic, tambola and Ms.Ethnic Wear added to the festivities. A cultural programme lent vibrant feel to the celebrations. The winners of Ms.Ethnic Wear were: Ms. Ethnic Wear: Shruti, 1st Runner-up: Avneet and 2nd Runner-up: Ambika.

MCM awarded for awareness video on single-use plastic ban



Recognising Mehr Chand Mahajan DAV College for Women's commitment towards promoting environmental conservation and specifically its crusade against single use plastic, Chandigarh Administration awarded the college for a video on Single use Plastic Ban in Chandigarh. In an award ceremony organized for Video Awareness

Contest, UT Administrator, Chandigarh and Punjab Governor Sh. V.P. Singh Badnore felicitated the college. On behalf of the college, Principal Dr. Nisha Bhargava received the award. The award winning video was the result of the creative efforts of the Mass Communication students of the college who effectively depicted through their video the nightmare that single use plastic is for the environment and sought to wake individuals from their slumber of indifference towards the environment.



Principal Dr. Nisha Bhargava lauded this achievement and informed that the college is committed to promote the cause of a clean and green India through concerted sustainability efforts at the institutional level as well as awareness generation at grassroots level.

MCM holds Eureka 2019



The Physics Department of Mehr Chand Mahajan DAV College for Women organized a fest - Eureka 2019. The fest witnessed enthusiastic participation as the young physicists of the department showcased their talent in various competitions including collage making, scientific photography, poster making, power point presentation and research paper presentation. On this occasion, invited speaker Dr. Manjit Kaur, Physics Department, Panjab University delivered a motivational lecture on "Novel dreams of mysteries of universe". Dr. J.K Goswamy, Professor, UIET, Panjab University delivered a talk to introduce the students to the era of nanotechnology.

Rangoli competition depicting celebratory spirit of festivals at MCM



The Home Science Department of Mehr Chand Mahajan DAV College for Women organized a Rangoli Competition in association with State Bank of India. Over 20 participants made beautiful rangolis on the theme 'Festivals' depicting the kaleidoscope of festivals celebrated throughout the country. Meghna (BA I) bagged the 1st position, Anshika (BA I) won the 2nd prize while Prerna and Sehaj (BA III) shared the 3rd prize. Sonali and Bhawna (BA III) won the consolation prize.

Workshop on Entrepreneurship and Start-Ups



A workshop series on Entrepreneurship and Start-Ups began in a joint endeavour of Skill Development Committee and Start-up Cell of the college, in collaboration with Innovative Financial Management (IFM), Chandigarh, the series envisions to empower students with requisite skills to foray into the world of entrepreneurship and thereby contribute in the development of country's economy. 45 students registered for the workshop series. The first day of the series was conducted by Mr. Iqbal Singh, Managing Director, IFM. Dwelling upon the process of genesis of a successful entrepreneur, Mr. Singh apprised the participants of the traits of an entrepreneur. He further explained the ideation process by researching the gaps in the marketplace, and guided the participants about identification of markets and customers. A self-assessment exercise on the traits of an entrepreneur provided the participants insights into their entrepreneurial acumen. The series would have a number of experts including Amanjot Kaur, Director, IFM, Kanwaljit Singh, Head-Training, IFM, and Maninder Singh Tuli, Senior Manager- IT, IFM.

MCM holds workshop to mark 150 years of periodic table



To celebrate the 150th year of periodic table, the Postgraduate Department of Chemistry of Mehr Chand Mahajan DAV College for Women organized a one day Rashtriya Uchchatar Shiksha Abhiyan (RUSA) Sponsored workshop with hands on training on identification of various elements, their periodic properties and various chemical reactions. Dr. Vimal K. Bhardwaj, Assistant Professor, Department of Chemistry, Dr. B. R. Ambedkar NIT, Jalandhar delivered an inspiring lecture followed by experimental demonstration. UG and PG students participated with enthusiasm in various competitions like power-point presentation, quiz and poster presentation on the topic of periodic table.

Data analytics workshop at MCM



A 7-day workshop on Data Analytics at MCM DAV College for Women is being organized under the aegis of Skill Development Committee of the college. The workshop is being conducted with the objective of enhancing the skills of students in the highly lucrative field of data analytics. Eminent data analyst Dr. Amit Kumar Lal is the resource person for all the sessions of the workshop. 72 participants from Chandigarh and Punjab registered for the workshop. Providing an exhaustive, in-depth knowledge into data analytics, the workshop comprises informative sessions on know-how of data analytics, research designs, data coding, data visualization, hypothesis formulation and testing, sampling techniques, development of questionnaire, usage of various softwares, predictive analytics and inferential statistics. Principal Dr. Nisha Bhargava complimented the Skill Development Committee for this initiative that will enrich both quantitative and qualitative research. She added that this workshop is of immense value as knowledge of data analytics opens up plethora of job avenues in research as well as corporate sector.

Havan and Declamation Competition held at MCM



The Arya Samaj Committee and Arya Yuvti Samaj of Mehr Chand Mahajan DAV College for Women organised a havan ceremony- a monthly ritual that aims to inculcate vedic values in the students. Amidst chanting of shlokas and mantras, the staff and students offered prayers to the holy fire. The spiritually elevating ritual of havan was followed by a Declamation Competition on 'Role of Women in Family and Nation Building'. The contestants eloquently put forth their thoughts and views highlighting the immensely significant contributions of women in nation building. Leaving behind tough competition, Shruti (BA III) won the 1st position while Harleen and Meharpreet (both of BA I) shared the 2nd spot.

Workshop on Entrepreneurship, Innovation and Macro Economic Variables at MCM



The Postgraduate Department of Economics of Mehr Chand Mahajan DAV College for Women organized a one-day workshop titled 'Entrepreneurship, Innovation and Macro Economic Variables' here today. The Rashtriya Uchcharat Shiksha Abhiyan (RUSA) sponsored workshop witnessed enthusiastic participation of 50 students. Spread over 3 invigorating sessions, the workshop had Ms. Ritu Singal, MD, Raglan Infrastructure Pvt. Ltd. and Winner Nippon Leatherette Pvt. Ltd., Mr. Vivek Atray, Former IAS, author and motivational speaker, and Prof. Suman Makkar, Prof. of Economics, Department of Evening Studies, PU as the resource persons.

Interwoven with examples from her own inspiring entrepreneurial journey, Ms. Singal's lecture motivated the participants to adopt an out of box approach and promote ideas that can resolve the problems of the masses. Right from product development, finance to marketing the product, Ms. Singal touched upon the practical problems that an entrepreneur faces and suggested solutions for the same. Speaking on attributes of an entrepreneur, Mr. Atray reiterated that creativity, risk taking ability, resilience, determination, self-belief, interpersonal skills and right attitude are the ingredients for success. In a lively lecture tempered with anecdotes, he stressed on the importance of innovation in entrepreneurship and urged the participants to develop their entrepreneurial acumen through an innovative approach to the problems of the society. Prof. Makkar discussed Schumpeter's theory on innovations, highlighting the crucial role of innovations and that of an entrepreneur in the development of an economy. The views were supported by the mathematical presentation of the model depicting the role of the various economic indicators such as saving, investment amongst others to achieve development. Principal Dr. Nisha Bhargava complimented the Department of Economics for igniting the young minds to contribute towards nation building. She added that such workshops are of essence for nation's economic growth as these educate the youth to acquire new knowledge and skills as well as sensitise and guide them about ways of tackling the existing problems faced by the economy.



Students learn to ace baking at MCM



The Home Science Department of Mehr Chand Mahajan DAV College for Women organized a 2-day workshop on baking. Sponsored by Rashtriya Uchchatar Shiksha Abhiyan (RUSA), the workshop aimed to equip the participants with culinary skills in baking and to empower them by sensitising them about entrepreneurial opportunities in baking. Culinary expert Ms. Sanyogita Gajendra, Coach (NIESBUD) under Ministry of Skill Development and Entrepreneurship, Government of India conducted the workshop that witnessed enthusiastic participation of over 35 students. Over the course of the two days, the participants received intensive training in baking cakes-with egg as well as eggless, breads, croissants, cookies and biscuits.

Principal Dr. Nisha Bhargava expressed appreciation for the efforts of the Home Science Department to provide the budding home scientists an opportunity to learn the nuances of baking and promoting entrepreneurial acumen in them. She added that at MCM, the right kind of exposure coupled with strong theoretical foundation ensures holistic development of the students.



US Professor delivers lecture on nuances of scientific communication at MCM



The Postgraduate Department of Chemistry organized a lecture titled 'Rethinking Scientific Presentations: The Assertion- Evidence Structure' here today. Prof. Michael Alley, College of Engineering, Pennsylvania State University, USA was the resource person for this highly invigorating lecture. With focus on enlightening the students on the art of effective scientific communication, Prof. Alley asserted that for the good of the society, it is imperative that scientific research is communicated effectively. Talking about the common errors that scientists make during their presentations, Prof. Alley said that errors like too much text in presentation, small font size and clutter overwhelms the audience and hampers comprehensibility. He elaborated the assertion-evidence model of presentation with relevant examples and advised the budding researchers of the department to build their talk on messages and support those messages with visual evidence. The lecture was well received by the students and staff alike.

MCM organizes sessions on composting and parasites under Unnat Bharat Abhiyan



Carrying forward the mission of Unnat Bharat Abhiyan (UBA) - a flagship programme of MHRD, Government of India, the UBA Committee of Mehr Chand Mahajan DAV College for Women organized a lecture cum demonstration on compost making at the adopted village Badheri. Dr. Poornima Bhandari, Assistant Professor, Botany Department of the college educated the villagers on how daily kitchen waste can be recycled for preparing nutrient rich manure for organic farming. A demonstration of the process of compost making provided hands on training to the village residents of the process. In another event, the committee organized an interactive session with the students of Government Senior Secondary School, Maloya on 'Human Parasites'. Dr. Sarabjeet, Assistant Professor, Zoology Department of the college discussed various helminthic, Protozoan and arthropod parasites infecting humans as well as their preventive measures. After the session, Albendazole was provided to food handlers in the village including females in houses and food vendors.

UK Prof speaks on Economy Nature interrelationship



With a view to deliberate upon the sustainability implications of Economy-Nature relationship, Mehr Chand Mahajan DAV College for Women organized an international discourse by Prof. Pritam Singh, Visiting Scholar, Wolfson College, University of Oxford and Professor Emeritus, Oxford Brookes University, Oxford, UK. A joint endeavour of the Postgraduate Department of Economics and Department of Philosophy, the discourse was well-attended by faculty and students.

At the outset, Prof. Pritam Singh expressed hearty appreciation for the efforts of the college in the direction of sustainability and women empowerment. In his enlightening discourse, Prof. Singh asserted that in order to understand and handle

the environmental crisis effectively, it is essential to first comprehend the economy-environment relationship. Through an incisive comparative analysis of the traditional two-sector model and thermodynamic model of economy, Prof. Singh explained how the second model can truly capture the economy- environment relationship. With economic activity essentially implying movement from low entropy to high entropy, Prof. Singh advocated for a strategic shift towards new economic activities that are informed by environmental conservation and development of infrastructure to support such environment friendly activities.



On resolving the trade-off between environmental protection and economic growth, he reiterated that the future economic system should be a sustainable one wherein environmental consciousness is brought about through incorporation of environment education in the curriculum.

Principal Dr. Nisha Bhargava complimented the organisers for initiating discussion on such a topical issue. She added that the modern practices, rapid industrialization and abuse of natural resources have had a profound impact on the environment and resulted in an inverse relationship between economic growth and environment. She said that this can be corrected through concerted efforts of each and every individual who realizes his/ her ethical and moral responsibility towards the future generations.

Indian classical music concert at MCM



The Music Department of Mehr Chand Mahajan DAV College for Women organized a concert of Indian classical music to expose students to the nuances of rich Indian classical music tradition. Legendary sarod maestro Pt. Joydeep Ghosh accompanied by tabla maestro Sh. Siddhartha Chatterjee regaled the audience with their soulful renditions. A perfect jugalbandi was created by Sh. Chatterjee, Tabla Maestro in the stellar Saroj recital by Pt. Ghosh. Principal Dr. Nisha Bhargava lauded this initiative of the Music Department to inspire the budding musicians of the college through performances of such acclaimed artists. She asserted that MCM provides an enabling environment for the holistic development of its stakeholders through organisation of such events.

MCM organizes media visit for mass communication students



The Department of Mass Communication of the College organized an educational visit to a TV channel. The visit aimed to familiarize the budding media professionals of the department with the process of television production and provide insights into the working of a TV channel. Through a guided tour of the studio and interaction with the production team, the students got first hand experience of the technicalities and skills involved in production of TV programmes. Principal Dr. Nisha Bhargava expressed appreciation for this initiative of the Mass Communication department to expose students to the nuances of the highly specialized field of broadcasting.

Poster making competition on mental health awareness at MCM



In an innovative endeavour to interweave Gandhian philosophy with mental hygiene movement, the Geetanjali Counselling Helpline of Mehr Chand Mahajan DAV College for Women launched its mental health awareness initiative under the theme “Swachh Mann Abhiyan”. Marking the 150th birth anniversary of Mahatma Gandhi, the theme strived to underpin the significance of educating, understanding and supporting mental health. As part of this Abhiyan, the committee organized a Poster Making Competition on the topic “Promoting Mental Health Awareness and Fighting Stigma Against Mental Illness”. 45 students from varied streams enthusiastically participated in the competition and showcased their creativity through myriad ideas

resonating issues like self compassion, acceptance of one's mental condition, symptom identification, self-care practices, prevention strategies and seeking professional help as a potential strategy.



Principal Dr. Nisha Bhargava appreciated the laudable efforts of the Geetanjali Counselling Helpline for this innovative concept and its endeavours to empower students by creating a conducive environment for them to hone their self worth and improve their coping mechanisms in dealing with psychological concerns. She further emphasized that mental health is an integral part of physical health and we must encourage open dialogue in this regard.

The winners of the competition were: 1st: Radhika Verma (BA II), 2nd: Tanveer Kaur (MA II), 3rd: Rajita Kaushal (BA III) and consolation prize: Shivangi Kohli (BA III), Aarohi Mathur (B Com I) and Vanshika Sethi (B Com I)

Competitions to promote corruption free India and educate about importance of voting



The Vigilance Cell of Mehr Chand Mahajan DAV College for Women organized Slogan writing and Poster making competitions on 'Corruption Free India' with the aim of sensitizing students about the evil of corruption and motivating them to stand against this malpractice. Students enthusiastically participated in the competitions and made thoughtful slogans and posters that denounced corruption and exhorted others to take lead in fighting this evil for building a progressive India. Integrity Pledge was also administered to the staff and students on this occasion. The

winner of slogan writing competition were- 1st: Sonali (M.Com.I), 2nd: Saumya (B.A.I) and 3rd: Diksha Azad (B.Sc.I). The winners of poster making competition were- 1st: Yukta Suri (B.Com.I) and 2nd: Shruti Singla (B.Com.I). Sehaj (B.Com.I) , Vanshita Singla (B.Com.I) and Vanshika Manchanda (B.Com.I) bagged the consolation prize.



In another event, the Electoral Literacy Club of the college organized a Slogan writing competition on the significance of casting votes. Devanshi (BA I) bagged the 1st prize while Sehajpreet (BA II) and Shivangi (BA III) won the 2nd and 3rd prize, respectively.

Disaster Management workshop and Mock Drill



In a first of its kind endeavour, the RUSA team of Mehr Chand Mahajan DAV College for Women, in association with the Disaster Management Committee of the college, organized a Workshop and Mock Drill to generate awareness about the techniques and strategies required for disaster management. A team from the National Disaster Response Force 7th Battalion, Bathinda, Punjab apprised the students, faculty and the support staff of various measures which can minimize the catastrophic effects of any disaster.

Through examples of various disasters which our country has witnessed in the recent past like tsunami, cloudbursts, fire, earthquakes and cyclones, Inspector Nukul underlined the fact that loss of human lives and property could have been much less if there was more aware of



the ways of handling these crises. He also discussed the multi-layered role of the Disaster Response Team. A team of 21 members demonstrated handling of the situation in case of an earthquake, fire, flood and accident like operation of safety equipments and evacuation in these cases. CPR, in case of a stroke, was also well-illustrated by the team. The demonstration of rescuing people from high-rise building with the help of ropes was also undertaken by the team.

An exhibition of equipment used for disaster management like boats and diving suits used during flood or cyclones, Aska Lights for rescue operations, Victim Location Device and Seismic and Acoustic signal devices along with tools used for detecting radiation was a huge draw. The team described in detail the functioning of all these devices.

Principal Dr Nisha Bhargava applauded the dedicated team for playing an indispensable role in rescue operations. She congratulated the RUSA Team and Disaster Management Committee for arranging this enlightening workshop for generating awareness on this highly relevant issue.

Alumni Meet at MCM



Euphoria and nostalgia were writ large on the beaming faces of alumni of Mehr Chand Mahajan DAV College for Women who had converged at the campus from different corners of the globe to be a part of the Annual Alumni Meet 'Rendezvous and Reminiscences 2019'. Alumna Prof. Nishtha Jaswal, Vice Chancellor, Himachal Pradesh National Law University, Shimla and Prof. P S Jaswal, Vice Chancellor, Rajiv Gandhi National Law University, Patiala graced the occasion as Guests of Honour. The meet- a glittering celebration of the alma mater-alumni bond, was made all the more special with the presence of illustrious alumni including Ms. Garima Singh, IRS, Special Secretary, Finance, Government of Punjab, Prof. Yojna Rawat,

Chairperson, USOL, PU, Ms. Dolly Malkiat, renowned folk singer, dancer and event manager, Captain Ruchi Sharma, 1st Woman Paratrooper, Indian Army, Ms. Gagandeep, Author, and alumni from USA, Australia and Dubai. Ms. Gayatri, President, AMDA, Ms. Surbhi, Vice President, AMDA and Ms. Simrat, Secretary, AMDA were also honoured on this occasion.

In her unique poetical way of expressing her feelings, alumna Prof. Nishtha Jaswal fondly remembered her formative years at MCM that paved way for a bright future. She also expressed heartfelt gratitude to her teachers at the college who made her realize her potential and chiseled her personality. Speaking on this occasion, Ms. Garima Singh said that the values and discipline inculcated in the students at MCM have been instrumental in shaping them into achievers and persons of eminence. She also underlined the imperative role of teachers in shaping the personality of students and laying the foundation of a progressive nation. The alumni along with their spouses and children had a gala time as scintillating dance performances, soulful song recital and a host of fun games added to the fun element of the meet. A highlight of the event- Alumna of the Year Contest drew an enthusiastic response with alumni of different batches gracefully walking down the ramp to grab the title. Aarti Trikha of 1994 batch grabbed the title while Zinnia Grewal of 2002 batch and Dolly Malkiat of 1994 batch won the 1st Runner up and 2nd Runner up title, respectively.

In her address, Principal Dr. Nisha Bhargava apprised the alumni that MCM has made rapid strides in various fields including academic, co-curricular, sports and cultural. She urged the alumni to stay connected with their alma mater and implored them to contribute in whichever way possible for the progress of their institution.

Discover the Gandhi within you : Prof. Radhakrishnan during Manthan at MCM



To mark the 150th birth anniversary year of the Father of the Nation, Mehr Chand Mahajan DAV College for Women organized a national colloquium titled Manthan: Explorations into Contemporary Challenges and Gandhian Thought. Sponsored by Indian Council of Philosophical Research, the colloquium sought to deliberate upon Gandhian thought and to chart out novel and practical ways of its application apposite to the present era. Prof. N Radhakrishnan, Chairman, Gandhi Peace Mission, Kerela graced the occasion as the Chief Guest. Prof. Bindu Puri,

Chairperson, Centre for Philosophical School of Social Science, JNU, New Delhi was the keynote speaker and Prof. Pritam Singh, Visiting Scholar, Wolfson College, University of Oxford and Professor Emeritus, Oxford Brookes University, Oxford, UK delivered the distinguished guest lecture and the presidential address was delivered by Prof. Ronki Ram, Dean Social Sciences and Shaheed Bhagat Singh Chair Professor, Department of Political Science, PU. A host of dignitaries partook in the colloquium including Shri H.R. Gandhar, Senior Governing Body Member, DAV College Managing Committee, New Delhi, Mr. Vijay Kumar, Regional Director, DAV Schools, Prof. Shivani Sharma, Chairperson, Department of Philosophy, PU, and Maj.Gen. I.P.Singh, Director, Mai Bhago Armed Forces Preparatory Institute, Mohali.

In his address Prof. Radhakrishnan put forth various pertinent questions that confront the mankind on the 150th birth anniversary of Mahatma including how seriously we, as a nation, have taken Gandhi after his death and an introspection into whether we are worthy of his ideas. Eulogizing Gandhian thinking and philosophy, he said that in today's world marred by hypocrisy, idiosyncrasy, consumerism, fear and violence, Gandhi provides operational tactics of translating love into action. Prof. Radhakrishnan urged the audience to discover the Gandhi within and expressed hope that the society that Gandhiji envisioned will become a reality one day due to the our sustained efforts.



Delivering the keynote address, Prof. Bindu Puri termed pluralism and the resultant conflict as the biggest challenge of the contemporary times. She asserted that to meet this challenge, 'ahimsa' is of great relevance and further unpacked the complicated Gandhian idea of non-violence

that evolved from the racial, religious and colonial differences faced by him. While expressing admiration for Gandhi's ideas on environment and calling him a pioneer amongst his contemporaries in understanding nature-human relationship, Prof. Pritam Singh opined that there are several layers of mystification around Gandhi that need to be critically evaluated.



Delivering the presidential address, Prof. Ronki Ram expressed admiration for Gandhi's ability to visualize the challenges of the times ahead including alienation, degradation of resources, violence and decline of moral values. He also credited Gandhi for developing a frame of values that could help in building an equitable society. In his concluding remarks, Shri H.R. Gandhar asserted that since Gandhiji practiced what he preached and reconciled opposing ideologies, he can be a true role model for all mankind in the present times characterized by uncertainty, violence, volatility, ambiguity and fear.

Principal Dr. Nisha Bhargava said that Mahatma Gandhi had incisive insights into the future of mankind and his universal doctrines concerning the economy, polity, spirituality, etc. hold immense relevance even today. She added that he was a great transformer and his ideas resonate in the modern world, like trusteeship in CSR and Swadeshi in Make in India.

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

MCM celebrates World Philosophy Day



MCM SOPHIES Club, Department of Philosophy of Mehr Chand Mahajan DAV College for Women organized an open house discussion to mark World Philosophy Day. The discussion witnessed nuanced exchange of thoughts highlighting the importance of Philosophy in different regional contexts, aiming at obtaining regional contributions to global debates on contemporary challenges. In light of the challenges confronting humanity today, the discussion revolved around the importance of Philosophy and its critical use in the choices arising in day to day life.

RUSA sponsored workshop on translation



The Department of Punjabi of the MCM DAV College for Women organized a one-day workshop titled "Translation: Methodology and Practice" under the aegis of RUSA. Mr. Daljit Ami, Documentary Filmmaker, Author and Journalist, and Dr. Jatinder Kaur, Assistant Prof, Punjabi Dept of the college were the resource persons for this workshop. The workshop aimed to equip the participants with requisite skills in the specialized field of translation. The experts apprised the participants of the fact that translation is not an easy task as it requires one to be an expert in many languages, and thus motivated them to hone their skills in translation by reading more and more. The resource persons shared the methodology of translation by focusing on the roots of different words. They further gave hands-on training in translation by involving the students in exercises pertaining to distinction between the script and language.

MCM students awarded during Saksham Seva Samman



In an award ceremony- Saksham Seva Samman 2019 held at PGIMER, Chandigarh, the students of Mehr Chand Mahajan DAV College for Women were felicitated for securing prizes in various competitions held earlier to mark International Day for Persons with Disabilities. The competitions, organized by Equal Opportunity Cell of the college in collaboration with PGIMER and Saksham, included essay writing, speech and painting competitions. Chief Guest for the ceremony Sh. Varinder Kanwar, Rural Development and Panchayati Raj Minister, Himachal Pradesh gave away the prizes to the students. Principal Dr. Nisha Bhargava congratulated the prize winners and asserted that at MCM, stress is laid on inculcating humanistic values in students while providing them world-class education so as to groom them into well-rounded individuals who have a sense of responsibility towards the society.

MCM holds Parent Teacher Association Meet



The Parent Teacher Association of Mehr Chand Mahajan DAV College for Women held its annual meeting with the objective of forging constructive collaboration between the institution and the parents for ensuring students' success in every sphere of life. Maj. Gen. I.P. Singh (Retd.), Director, Mai Bhago Armed Forces Preparatory Institute, Mohali graced the occasion with his presence as the Chief Guest. Maj. Gen. Singh hailed MCM as being one of the finest examples of an

institution providing wholesome education. He reminded the parents of their crucial role in the development and success of their children, and appealed to them to harness the unlimited capabilities of their wards while inculcating values and spirituality in them.

The meeting was well attended by parents of students from diverse disciplines. An annual feature of the college, the PTA Meeting is a unique platform to deliberate on



issues of common concern and formulate policies inculcating the feedback of the most valuable stakeholders i.e. the parents. A presentation highlighting the illustrious academic and co-curricular achievements and extension activities of the college was also shown during the meet. Musical renditions by the students of

Department of Music mesmerised the audience. During interactive session, parents were all praises for the college's efforts to ensure overall development of the students as they shared their experiences and views.

Principal Dr.Nisha Bhargava welcomed parents' feedback and while highlighting the importance of reciprocal cooperation said that the participation of parents is imperative for progress of the college and assurance of quality education.

Fundraiser for thalassemia patients



The Rotaract Club of Mehr Chand Mahajan DAV College for Women organized Rotaract Princess- a fundraising event for thalassemia patients. The Chief Guest on this occasion was Dr. Nisha Bhargava, Principal, MCM DAV College for Women and the Guests of Honour included Rotarian Surinder Kaur and Rotarian Baldev Aggarwal. The electrifying performances by renowned singer Navv Inder and the legendary band Klymaxx Kyuriosity held the audience captive. With powerpacked dance and song performances by students and a fierce Rotaract Princess Competition, the event was a huge success replete with entertainment and thrill quotient. Navneet was crowned Ms. Rotract Princess while Avneet and Riddhi walked away with 1st Runner up and 2nd Runner up title.

Lecture on importance of active lifestyle



The Physical Education Department of Mehr Chand Mahajan DAV College for Women organized a special lecture on the importance of physical fitness and an active lifestyle to sensitize students about a very vital aspect of one's life i.e. physical fitness and its relevance in the modern times. The resource person for the lecture was Dr. Jagtar Singh Gill, Former Professor, Department of Physical Education, PEC, Chandigarh. Over 200 students attended the lecture and benefitted from the informative insights of Dr. Gill. Referring to sedentary lifestyle and stressful living as the grim reality of the present times, Dr. Gill discussed the impact of these on our physical and mental health. He further impressed upon the students the importance of maintaining an active lifestyle and also gave pertinent tips for the same including time management and the exercises to do while at work.

MCM commemorates Constitution Day



To mark the 70th anniversary of Constitution Day and to raise awareness about the fundamental rights as vital elements enshrined in the Indian Constitution, the NSS Unit of Mehr Chand Mahajan DAV College for Women organized various activities. In an awareness rally, the NSS volunteers made people aware about their constitutional rights. After the rally, the NSS unit organized the screening of live telecast of the Central Hall of Parliament where the address was delivered by honourable Prime Minister Shri Narendra Modi underlining the idea that Constitution highlights the rights and duties of citizens. The Preamble of Indian Constitution was read out to the audience to emphasize upon the key components of the same and describing each component in detail so as to add to the pool of knowledge of the students. The volunteers were also shown a video on Constitution of India. The unit also conducted a series of competitions including slogan writing/poster making and essay writing to commemorate Constitution Day.

Lecture on social entrepreneurship at MCM



The Post Graduate Department of Sociology in collaboration with the Institution Innovation Council (IIC) of the college organized a lecture on Social Entrepreneurship. Prof. Rajesh Gill, Department of Sociology, Panjab University delivered this lecture which was attended by over 140 faculty members and students. Beginning with the basics of entrepreneurship, Prof. Gill went on to discuss in detail the nuances of entrepreneurship. She impressed upon the audience the need to take up social entrepreneurship for societal development. The expert made the session highly enriching with real life examples based on her research in rural areas.

Sustainability awareness for staff at MCM



To mark Energy Conservation Day, the Swachhta Committee (Arts) of Mehr Chand Mahajan DAV College for Women organized a sensitization programme on sustainability for the administrative office staff. The programme aimed to raise awareness among the staff about the sustainability promoting measures that can help in ensuring a sustainable future. The staff were given sustainability tips including energy saving tips, recycling of paper, opting for car pooling and public transportation and so on. Principal Dr. Nisha Bhargava lauded this initiative of the Swachhta Committee (Arts) and said that such programmes are a part of the college's vision to promote environmental conservation and sustainability. She added that the college is undertaking a slew of initiatives as part of this vision including rain water harvesting, solar energy production, biogas production from mess waste and so on.

Book by MCM faculty unveiled



Adding to the long list of inspiring accomplishments of the faculty at Mehr Chand Mahajan DAV College for Women, a faculty member of the Postgraduate Department of Commerce launched her book here today. College Principal Dr. Nisha Bhargava, along with Prof. Suveera Gill, University Business School, Panjab University, unveiled the book authored by Dr. Manika Kohli, Assistant Professor. Titled 'Pay-Performance Conundrum: Linking Theory with Evidence', Dr. Kohli's book is an endeavour to connect theoretical knowledge on 'pay-for-performance' with empirical evidence in the Indian context. Principal Dr. Nisha Bhargava congratulated Dr. Kohli for her book that will be extremely useful for policy-makers, industry practitioners, management consultants, academicians and researchers. She added that the college provides an enabling environment to its faculty to realize their full potential which shows in their academic and research acumen.



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