



# Mehr Chand Mahajan DAV College for Women

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

## ACTIVITIES REPORT

October 2020 to December 2020

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

Email: [principal\\_mcmdavcollege@yahoo.com](mailto:principal_mcmdavcollege@yahoo.com)

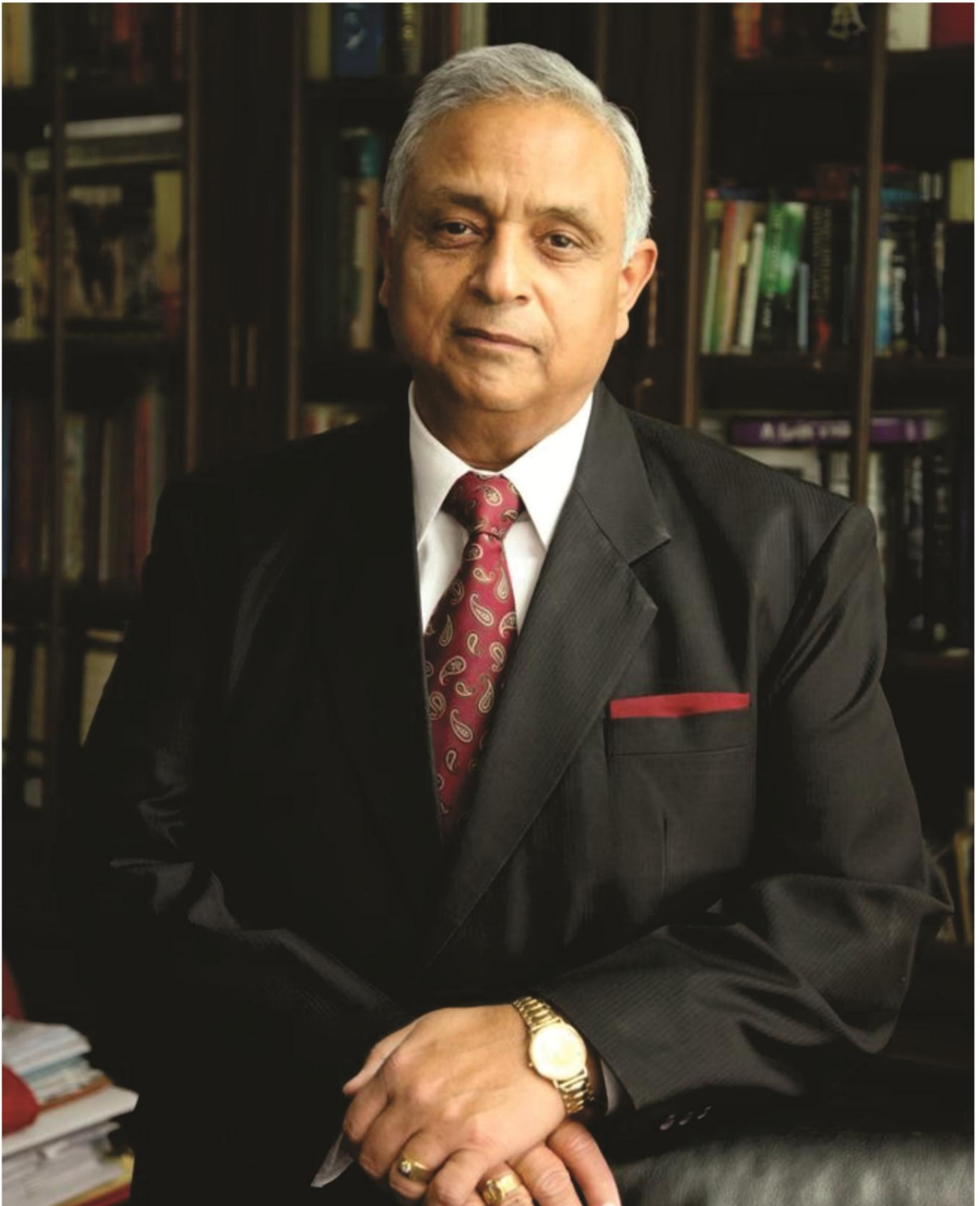
Website: <https://mcmdavcwchd.edu.in/>

# 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

In its early stage, human mind is a coarse grain of sand, a nurturing shell of a spectrum of opportunities and experiences. It, eventually, nourishes pearls of creative ideas, knowledge that ever revolutionized the world. I am extremely pleased to share that Mehr Chand Mahajan DAV College for Women, Chandigarh since its genesis in 1968 has offered itself as a shell for sheltering and fostering human minds in their raw state to be matured into empowered and innovative brand ambassadors. Our Institution in these 52 years has unlocked the store house of creative genius and set buoyant human spirit on an enlightening journey. It has been quite inspiring to witness the potential of our students unfolding at various stages and situations each day. Trying and testing times during the Pandemic COVID-19 have encouraged our students to put forth their best. The management and the staff have been supportive of the various activities that were undertaken by the students and helped them reach the pinnacle of perfection and professionalism, thus strengthening our Journey of achieving excellence. The college activity report exemplifies this voyage transverse and exhibits the skills of our students. The wheel of excellence and continual progress has been steered with values and conventions as its fulcrum, quality education, constant improvement. Therefore, keeping holistic development of students as the foremost motto, a plethora of extra-curricular activities are appended with the main curriculum. My deepest gratitude to Dr. Punam Suri Ji, Padma Shree Awardee, worthy President, DAV College Managing Committee (DAV CMC), New Delhi for his visionary leadership and for encouraging us with his words at all times and especially when we stood face to face with the deadliest outbreak of coronavirus. I express my thanks to Shri H.R. Gandhar Ji, Hon'ble Vice President DAV CMC, New Delhi for his valuable guidance at all times. I also express my gratitude to Shri Shiv Raman Gaur Ji, Director Higher Education, DAV CMC, New Delhi for his most willing guidance and blessings that we receive in ample measures. 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. 2020-21.

  
Dr. Nisha Bhargava  
[ Principal ]

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## MCM holds Poster Making on Chemical Squandering and Management

The Postgraduate Department of Chemistry, under the aegis of the Swacchta Committee of Mehr Chand Mahajan DAV College for Women organised an online National Poster Making Competition on the highly significant topic 'Chemical Squandering and Management'. The competition focused on raising awareness about the need for sound management of toxic chemical waste produced in laboratories. Over 70 entries were received from pan India that highlighted the wastage of chemicals in labs and how to manage it effectively. The winners were awarded cash prizes and all the participants were awarded e-certificates. Principal Dr. Nisha Bhargava expressed appreciation for this initiative of the Chemistry Department to raise awareness about the pertinent issue of chemical squandering.

The results are as follows:

1st: Gurleen Beniwal, PGGC-11, Chandigarh

2nd: Navdeep Kaur, JCDAV College, Dasuya

3rd: Neha Nayal, PGGC-11, Chandigarh



Report of Activities (October 2020 to December 2020)

Mehr Chand Mahajan DAV College for Women, Chandigarh



## MCM celebrates Gandhi Jayanti with Swachhta Jagrukta Abhiyan



In a befitting celebration of the conclusion of 2-year long commemoration period of 150th birth anniversary of Mahatma Gandhi, Mehr Chand Mahajan DAV College for Women observed Swachhta Jagrukta Abhiyan under the Government of India's programme- Swachh Bharat Abhiyan. Various activities and competitions were organised over a period of two days as a tribute to the Father of the Nation. The Department of Music paid a rich musical tribute to Mahatma Gandhi through a video of soulful Gandhi bhajans sung by the faculty and students of the department. The video was released on the official social media accounts of the college. A massive cleanliness drive was organised by the NSS Committee of the college wherein cleanliness related activities were undertaken throughout the campus. Extensive cleaning of campus lawns, parking area, administrative building, library, staff rooms and hostels, segregation of waste into biodegradable and non-biodegradable, and thorough cleaning and sanitisation of washrooms and laboratories were a part of this drive. Swachhta Committee (Arts) of the college organised an online quiz on Gandhian Philosophy that witnessed overwhelming participation of 136 students.

Department of Fine Arts organised a Poster Making Competition on the theme 'Swachhta Hi Seva' that saw enthusiastic participation of over 95 students who made creative posters urging the fellow citizens to work towards the realisation of Mahatma's dream and Government of India's vision of 'Swachh Bharat'. The Department of Sanskrit conducted an online Slogan Writing Competition on 'Gandhi: Swadeshi aur Swachhta' wherein 60 participants eloquently expressed the values of Gandhian philosophy. Swachhta Committee of Post Graduate Department of Commerce has organized National Level Online Essay Writing Competition on the topic "Covid-19: A Booster Shot to Swachh Bharat Mission". The main objective of this competition was to know the participants' views in form of an essay on how the coronavirus pandemic boosted the Swachh Bharat Mission of the country. 65 students across the nation have participated in this competition. The college has declared the results of the competition on the birth anniversary of Mahatma Gandhi. Principal Dr. Nisha Bhargava asserted that the illustrious journey of Mahatma Gandhi from Gandhi to Mahatma is an inspiration and example for everyone to emulate. She added that today his idea of Swachhta has become most relevant as it espouses cleanliness of mind, body and spirit, cleanliness of surroundings, environment conservation, village development and so on.



## MCM holds Online Essay Writing Competition

The Postgraduate Department of Commerce, under the aegis of Swachhta Committee, Mehr Chand Mahajan DAV College for Women organised a national level online Essay Writing Competition on the topic “COVID-19: A Booster Shot to Swachh Bharat Abhiyan”. The competition sought to raise awareness about the importance of cleanliness and encourage deliberations on how the coronavirus pandemic has boosted Swachh Bharat Abhiyan. 65 students across the nation participated in the competition wherein they expressed their thoughts on the profound impact the pandemic has had on the attitude of people towards cleanliness, thereby reinforcing the cause of Clean India Mission. The winners were awarded cash prizes and e-certificates were awarded to all the participants.

Principal Dr. Nisha Bhargava expressed appreciation for the endeavours of the Commerce Department and asserted that the pandemic has brought cleanliness into the spotlight. Adding that cleanliness is next to godliness, she informed that MCM has been contributing to the cause of Swachhta through various initiatives including biogas production from mess waste, harvesting of solar energy, installation of STP, waste segregation at source and so on.

The results are:

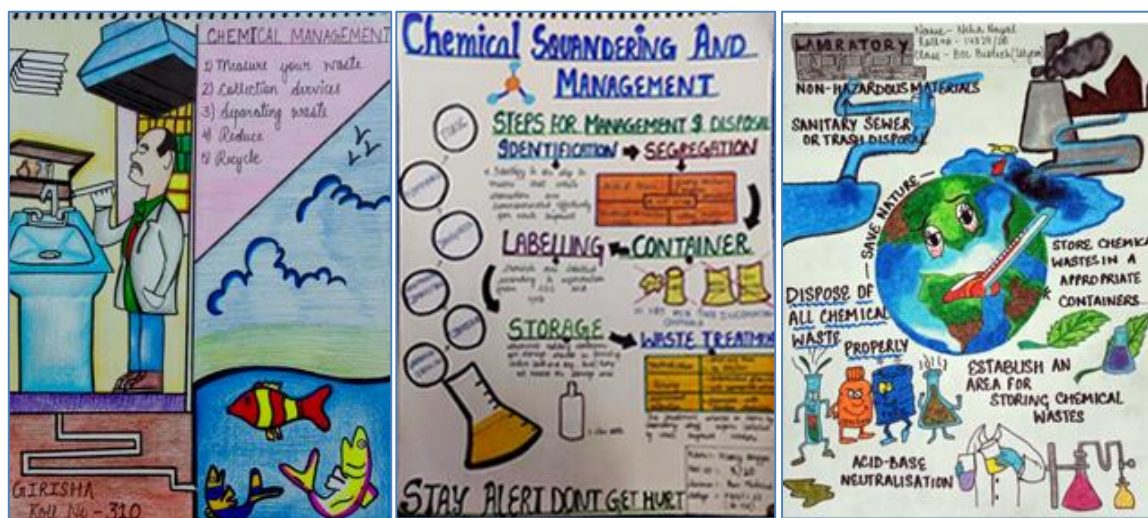
1st: Harnaaz Sikand

2nd: Vanshika

3rd: Ashnoor Khurana

## MCM holds Poster Making on chemical squandering and management

The Postgraduate Department of Chemistry, under the aegis of the Swacchta Committee of Mehr Chand Mahajan DAV College for Women organised an online National Poster Making Competition on the highly significant topic 'Chemical Squandering and Management'. The competition focused on raising awareness about the need for sound management of toxic chemical waste produced in laboratories. Over 70 entries were received from pan India that highlighted the wastage of chemicals in labs and how to manage it effectively. The winners were awarded cash prizes and all the participants were awarded e-certificates. Principal Dr. Nisha Bhargava expressed appreciation for this initiative of the Chemistry Department to raise awareness about the pertinent issue of chemical squandering. The results are as follows: 1st: Gurleen Beniwal, PGGC-11, Chandigarh, 2nd: Navdeep Kaur, JCDAV College, Dasuya, 3rd: Neha Nayal, PGGC-11, Chandigarh, Consolation: Arushi Dhiman, MCM DAV College for Women, Chandigarh.



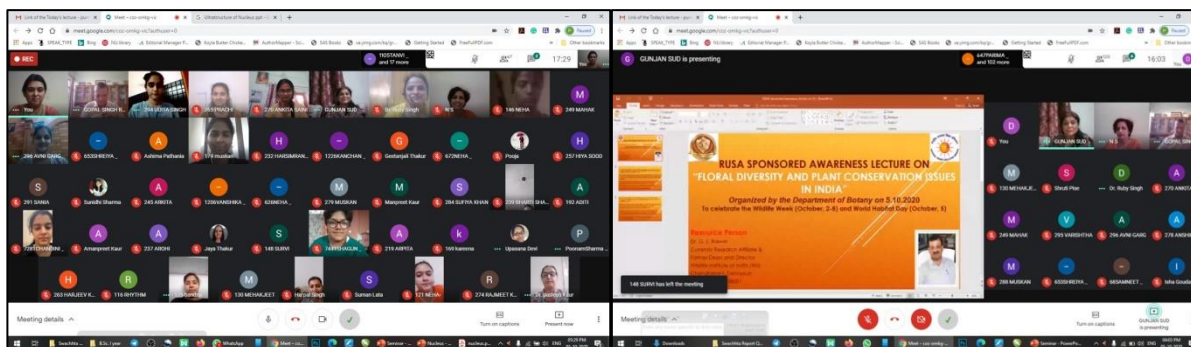
## MCM launches Samavesh 2.0

After the grand success of Samavesh- a unique online test series to facilitate students in preparation for various competitive exams, Mehr Chand Mahajan DAV College for Women launched its second edition- Samavesh 2.0. Launching Samavesh 2.0, Principal Dr. Nisha Bhargava informed that with the belief in the notion that practise and persistence hold the key to success, this series was launched to equip students with knowledge of various disciplines which are usually not the part of curriculum of graduate/postgraduate classes and to instil confidence in them to appear for competitive exams. This month long multiple choice questions based online test series was introduced for the first time during the lockdown period in May 2020 with the aim of keeping the students productively engaged. Around 140 students registered for Samavesh 2.0 that incorporates tests in the subjects of English Grammar, General Science, Logical Reasoning, General Knowledge, International Affairs, Sports, Media and Entertainment as well as Information Technology. One of the highlights of the series is that the students can attempt the test at their convenient time so that their routine classes are not disturbed. Further, the score can be checked instantly.



## MCM holds lecture on Floral Diversity & Plant Conservation

The Department of Botany, Mehr Chand Mahajan DAV College for Women organised a Rashtriya Uchcharat Shiksha Abhiyan (RUSA) sponsored online awareness lecture on 'Floral Diversity and Plant Conservation Strategies in India'. The lecture was organised to mark the dual celebration of International Habitat Day and Wildlife Week. Eminent scientist Dr. Gopal Singh Rawat, Former Dean and Director, Wildlife Institute of India (WII), Chandrabani, Dehradun delivered this highly engrossing lecture. Over 109 participants including students and faculty attended the lecture. Principal Dr. Nisha Bhargava expressed gratitude to RUSA for providing comprehensive support for infrastructure as well as human development. She also appreciated this initiative of Botany Department and asserted that the current pandemic situation has once again brought to the fore the need to conserve nature as it is crucial to save humanity from the onslaught of various challenges. In his insightful lecture, Dr. Rawat gave a preview of the plant wealth of India, the major hotspots, threats related to existence of plants in the natural habitats and the conservation strategies which are being followed and further need to be adopted for protecting the biodiversity. He emphasised on the need for individual contribution towards creating a sustainable environment. He also apprised the students about the career opportunities in the field of conservation. RUSA Coordinator at MCM Mrs. Neena Sharma thanked Dr. Rawat for sensitising students about the pertinent cause of biodiversity conservation for a sustainable future.



## MCM forms Charitra Nirman Committee



In a first of its kind endeavour by a higher educational institution to assimilate the ethos of National Education Policy 2020 (NEP 2020) in its pedagogy while striving for holistic development of students by adopting a participative and all-inclusive approach, Mehr Chand Mahajan DAV College for Women inaugurated its Charitra Nirman Committee (Character Building Committee) here today.

Heading the inaugural meeting of the committee, Principal Dr. Nisha Bhargava shared the vision behind the conception of this committee and its aim. Dr. Bhargava informed that in sync with the vision of new education system as outlined in NEP 2020, MCM has taken this step in the direction of gearing our custodians of future towards the demands of the 21st century. She informed that the activities under the aegis of this committee will provide a thrust to experiential learning and critical thinking while striving to reinforce moral values and character-building skills as integral part of academics.

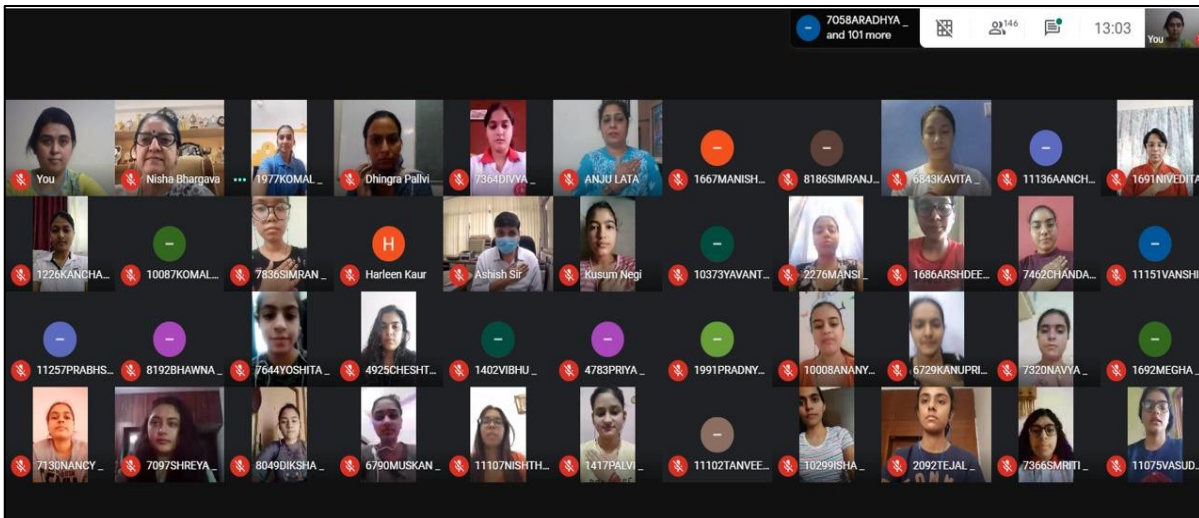
She further added that besides ensuring holistic development of the students, the committee will undertake various programmes to instil in the students a sense of pride in our distinct national identity and to motivate them to carry forward the legacy of our rich cultural heritage, thereby contributing to the cause of nation-building. The members of the committee also shared their valuable inputs pertaining to incorporation of activities that will help in realisation of the objectives of this committee.

The 21 member committee will function under the Chairpersonship of Dr. Nisha Bhargava. The advisory members include Dr. Savita Thapar, Registrar, Ms. Jyotsna, Head, Department of Home Science, Mrs. Suman Mahajan, Dean, Examinations, Mrs. Deepa, Dean, Cultural Committee, Mrs. Vandana Syal, Department of Computer Science and Applications, Mrs. Madhvi Bajaj, Head, Department of Economics, Dr. Archana Bakshi, Department of Economics and Ms. Vandita Kapoor, Department of Commerce. Dr. Seema Kanwar, Head, Sanskrit Department is the Convener and Dr. Amardeep Kaur, Department of Punjabi is Coordinator of the Committee.

Other members are Mrs. Deeksha Gupta, Department of Computer Science and Applications, Dr. Leetika, Department of Mathematics, Dr. Sunaina Jain, Department of English, Dr. Pallvi Rani, Department of Commerce, Dr. Sonica, Department of Mathematics, Mr Ashish Mudgal (IT Management), Dr Preeti Gambhir, Department of Masscom, Dr. Minakshi Rana, Department of Sociology, Ms Sukarma Department of Video Reporting, Dr. Aparna Sharma, Department of English, and Ms. Ruchika Singh, Department of English.



## MCM NSS volunteers and NCC cadets pledge to fight against COVID-19



Determined to further strengthen the fight against COVID-19, the NSS volunteers of Mehr Chand Mahajan DAV College for Women, along with NCC cadets, teaching and non-teaching staff members took a virtual pledge to fight against COVID-19 and spread awareness about it among general public. Over 150 volunteers pledged to follow all the COVID-19 related guidelines issued by the Government of India and to encourage others to follow and adopt the same. Addressing the volunteers on this occasion, Principal of the college Dr. Nisha Bhargava applauded the exemplary efforts of NSS and NCC volunteers of the college in aiding to curb the spread of COVID-19 through their awareness campaigns that they undertook during the last few months. She further motivated them to keep serving the society and nation through their selfless work and also appealed to all the students to realise their responsibility to raise awareness about the importance of following all the COVID-19 prevention protocols for emerging victorious in this fight against the virus.



## MCM DAV concludes eight-week Translation Skill Course with National Translation Mission, GoI

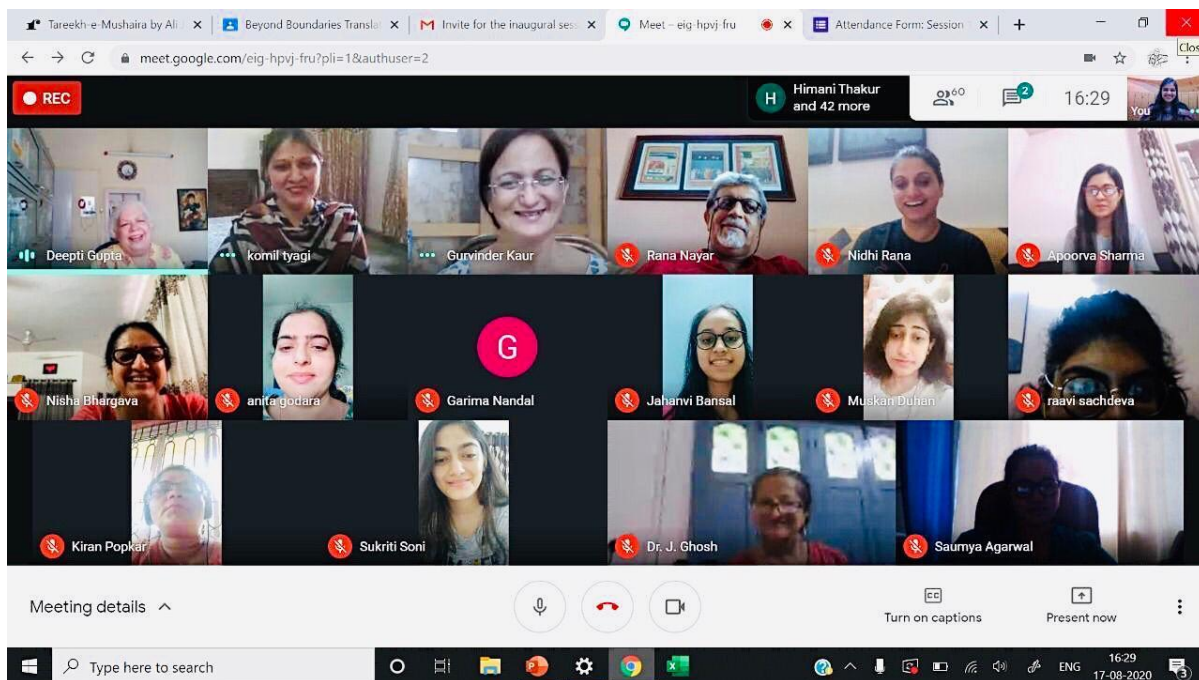


Mehr Chand Mahajan DAV College for Women, a registered training center under Chandigarh Skill Development Mission (CSDM), concluded the 8-week online translation course- 'Beyond Boundaries: Creating a World of Understanding' in collaboration with the National Translation Mission (NTM), Centre for Indian Languages, Ministry of Education, Government of India.

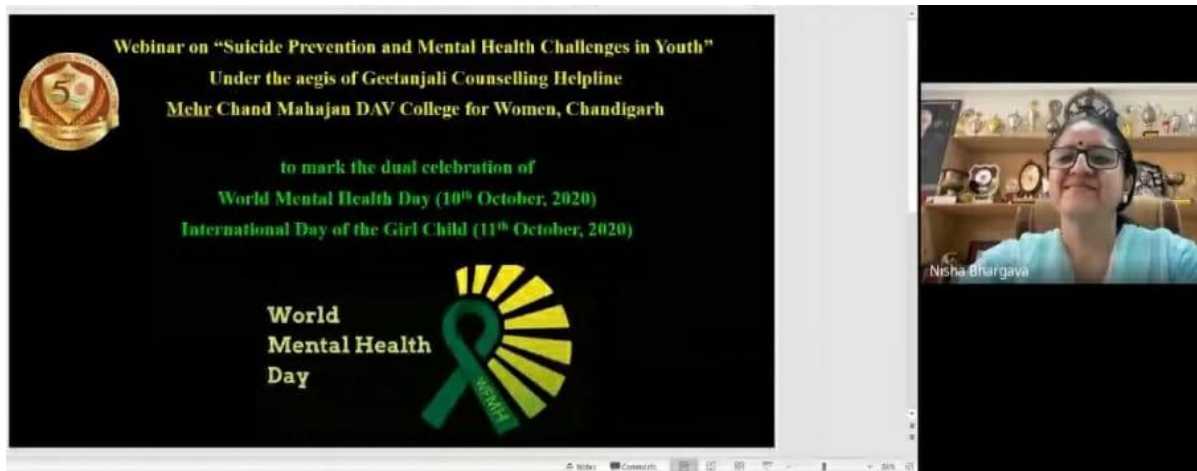
Organized under the aegis of the Skill Development Committee of the college, the course sought to equip the participants with translation skills required in the flourishing multilingual world of literature, cinema, theatre, anchoring, print and social media. The valedictory session of the course was graced by Mr. Tariq Khan, Officer-in-Charge, NTM as Guest of Honour and distinguished translator Prof. Rana Nayar as the resource person.

Speaking at the event, Principal Dr. Nisha Bhargava informed that the programme was designed to stimulate the growth of the nation by empowering the stakeholders with requisite skills so as to enable them to be job providers. She added that the course was in sync with MCM's vision of creating employment avenues through skill development and it also incorporates the ethos of the New Education Policy 2020 that emphasizes teaching and learning of Indian languages to be integrated with school and higher education at every level.

Prof. Tariq Khan underlined the need for such courses and their growing significance in the present scenario. Speaking about the immense potential in the field of translation, Prof. Rana Nayar motivated the participants to make good use of the skills learnt during this course. The course was navigated by eminent resource persons from the practical and theoretical field of translation. 60 participants from across the country, ranging from Jammu to Tamil Nadu and Goa to West Bengal, benefitted from the course. The participants were also awarded certificates.

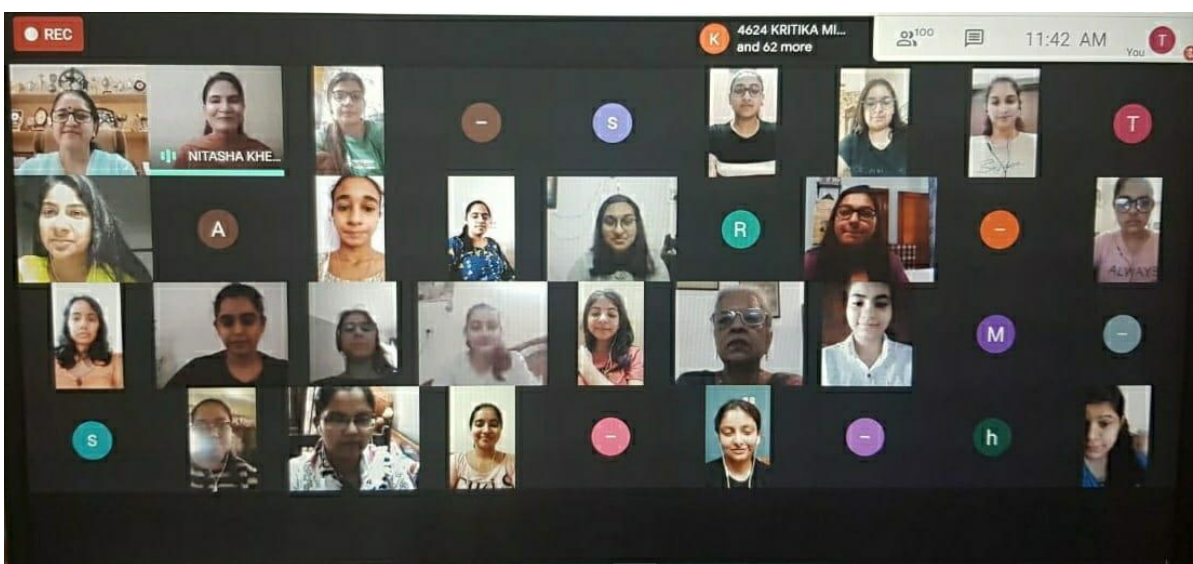


## Webinar on “Suicide Prevention and Mental Health Challenges in Youth”



The Geetanjali Counselling Helpline at MCM DAV College for Women, Chandigarh organized a webinar on the theme “Suicide Prevention and Mental Health Challenges in Youth” to mark the dual celebration of the World Mental Health Day (WHO) and International Day of the Girl Child (UNICEF). The keynote address was delivered by an eminent clinical psychologist Dr Adarsh Kohli, Professor, Department of Psychiatry, PGIMER, Chandigarh. The theme for World Mental Health Day this year is “Mental Health for All. Greater Investment – Greater Access”. The event was enthusiastically attended by 126 UG and PG students. As we navigate our way through the unprecedented impact of the current global health emergency COVID-19 pandemic, we have a collective responsibility to keep the well-being of youth at the forefront. Suicide is the leading cause of death among India’s youth aged 10-24 years, among the highest globally and more than one lakh lives are lost every year to suicide in our country. Dr Adarsh Kohli reflected on the prevalence of suicide across all age groups, education and professions as reported by NCRB 2019 and the various mental disorders such as depression, anxiety,

substance abuse, PTSD, impulsivity, family pathology, sexual abuse, etc which occupy a premier position in the matrix of causation of suicide. She elucidated upon the specific causes, risk factors predisposing adolescents to suicide and protective factors as evidenced with relevant medical research. She discussed the concept of psychological autopsy in suicide through case studies, stigma associated with suicide attempts, recognizing the red flags and early symptom identification among youth. She elaborated on stress management strategies and constructive coping skills encompassing appraisal focused, problem focused and emotion focused strategies among youth. She emphasized a multidimensional approach to suicide prevention through community based programmes. The resource person addressed all the mental health queries of our students in the interactive session later and encouraged reaching out to reliable mental health professionals for treatment. We received brilliant feedback about the enlightening session and the insightful learning experience from all the participants. Principal Dr Nisha Bhargava appreciated the work of the Geetanjali Counselling Helpline Committee in creating mental health literacy on such a pertinent topic among the college students creating symptom identification in themselves, in peers and fighting the stigma associated with help seeking behaviour.



## NCC Naval Wing at MCM holds webinar on NEP



The NCC (Naval Wing) of Mehr Chand Mahajan DAV College for Women organised a webinar on New Education Policy 2020 (NEP 2020) with the aim of providing students comprehensive knowledge about the vision and framework of the policy that seeks to transform the Indian education landscape. Over 35 NCC cadets attended this highly contextual webinar that educated them about India's new education system. The webinar began with a recorded video message of Hon'ble Prime Minister Shri Narendra Modi on NEP 2020, followed by a detailed presentation on the policy by Dr. Anju Lata, NCC Officer at MCM and Head, Department of Physical Education. Addressing the enthusiastic cadets on this occasion, Principal Dr. Nisha Bhargava said that India was a hub of world class education during the ancient times when Takshashila and Nalanda existed, but during the British rule, there was complete overhauling of the Indian education system. Adding that we still continue to follow the British education model, Dr. Bhargava asserted that the NEP 2020 is a welcome step as it envisions to revive our ancient education system while seeking to prepare the students for the globalised world by equipping them with skills for the 21st century.

## MCM holds brainstorming session on National Innovation and Start Up Policy



Mehr Chand Mahajan DAV College for Women organised a brainstorming session on National Innovation and Start Up Policy (NISP) under the aegis of its Start Up Cell. The session envisioned to list policy level issues and to undertake a SWOT analysis of the innovation and entrepreneurship ecosystem at the higher education institutions' level. The panel of experts who shared their valuable insights about promoting entrepreneurship culture and practices, and overcoming bottlenecks in this field included Prof. Suresh K. Chadha, (Professor & Chairman University Business School, Panjab University, Chandigarh), Dr. Amandeep Singh Marwaha (Training-cum- Placement Officer, University Institute of Applied Management Sciences, Panjab University, Chandigarh), Prof. Deepti Gupta (Chairperson, Department of English and Cultural Studies, Panjab University), Mr. Dinesh Dua (CEO, Nectar Lifesciences Ltd.), Mr. Sidhant Banura (Director, Ashvamegha Solutions), Mr. Pawan Kamra (MD, Nutraceutex), Mr. Balvir Kumar (Director, Simer Biotech), Ms. Deepti Goyal (Clinical Dietician, Tricity Diet and Wellness Clinique), Ms. Shivanshi Vashisht (BIRAC Innovation Fellow, Cluster Innovation Centre in Biotechnology), Mr. Vikram Dhawan (123 Startup Ventures Founder), Dr. Swati



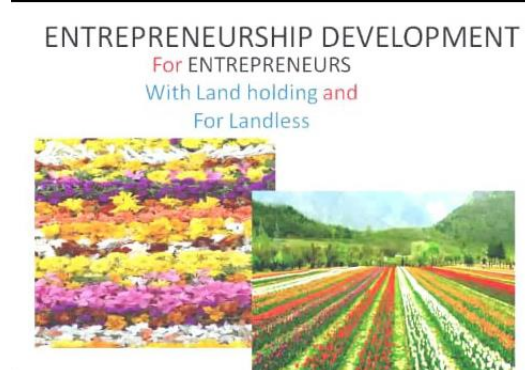
Dhawan (123 Startup Ventures Co-founder), Dr. Preeti Vohra (Behavioral Counselor and Motivational Speaker, Wellbeing Counselling), and Amanjot Kaur (Director, Innovative Financial Management) gave their valuable insights. Welcoming the experts, Principal Dr. Nisha Bhargava asserted that their meaningful observations, ideas and plans will be instrumental in drafting policies regarding the promotion of innovation and start-ups at the institution. Highlighting the fact that the job market has shrunk during the pandemic, Dr. Bhargava said that entrepreneurship has direct and positive impact on economic development of a country and thus, the college has undertaken this initiative to promote the culture of innovation and entrepreneurship. Prof. Suresh K. Chadha impressed upon the instrumental role of parental support and exposure at the college level in promoting entrepreneurial aptitude among students. Dr. Amandeep Singh Marwaha contributed to the discussion by endorsing the role of mentorship so that students receive proper guidance and timeline within which to work so as to enable them to execute their plan of action effectively. Prof. Deepti Gupta highlighted the role of awareness generation sessions among students regarding start-ups, including sharing of success stories of entrepreneurs. Mr. Sidhant Banura emphasized on the need of polishing soft skills of the students apart from strengthening their domain expertise. Dr. Swati Dhawan highlighted the role of capstone projects, counselling and promoting industry readiness in students. Mr. Vikram Dhawan pointed out that besides the perspective of students, it is imperative to understand the psychology of parents, and point of view of entrepreneurs and start-ups. He also enunciated the lack of industry readiness of the students which should be taken up seriously by the stakeholders. Ms. Amanjot Kaur added another dimension to the discussion when she mentioned that students who are idea-generators and willing to execute the same should be given extra credits in academics to motivate them. Ms. Shivanshi Vashisht emphasized that students need to be patient while going for startup as success in first instance is not guaranteed. The session ended on a promising note of encouraging students to be innovative and develop a spirit of entrepreneurship in them.

# MCM holds workshop on Floriculture for Entrepreneurship Development

In an endeavour to promote entrepreneurial aptitude of students in the flourishing field of floriculture, the Department of Botany, Mehr Chand Mahajan DAV College for Women organised a one-day Rashtriya Uchcharat Shiksha Abhiyan (RUSA) sponsored online workshop on 'Floriculture for Entrepreneurship Development'. The aim of the workshop was to generate awareness among students about the bright prospects this promising industry possesses and to motivate them to be employment generators. The resource person for the workshop was Dr. Puja Sharma, Associate Professor cum Scientist, Department of Floriculture and Landscape Architecture, Dr. Y.S. Parmar University of Horticulture and Forestry, Nauni, Solan. 101 participants including students and faculty members took part in the workshop.

Dr. Nisha Bhargava, Principal of the college appreciated this initiative to sow the seeds of entrepreneurial spirit and encouraged the students to take up skill development courses such as add-on course in Floriculture and Landscaping which is being run by the college. Stressing upon the relevance of such workshops in furthering the idea of 'Atmanirbhar Bharat', Dr. Bhargava said that floriculture is a fast developing industry that holds immense potential to provide employment to millions of people, both skilled and unskilled.



## Opportunities for creative youth



Report of Activities (October 2020 to December 2020)


Mehr Chand Mahajan DAV College for Women, Chandigarh

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

Dept of Botany and Add on Course in Floriculture and Landscaping  
invites you all to participate in  
RUSA sponsored start up workshop on  
**Floriculture for Entrepreneurship Development**

Time: 11:00-12:30 AM      Date: 16 October 2020



Dear Students,  
Since the dawn of civilization flowers and ornamentals have been an integral part of our culture. Be it the aesthetics, expression of mood and emotions, ceremonies or elsewhere in industries like food, perfumery and medicine flowers and other plants have an important role to play. To meet their increasing demand in the market special importance has been given to this sector which has generated huge profits and employment.

Students are to register from their G Suite IDs through the link <https://forms.gle/9zrzq9AhZf5SjuDv6>

- The link will be open till 7:00 AM on 16.10.2020. • A link for the meet will be sent only to the registered candidates. •All participants will be provided E-Certificates. • Students attending the workshop will be given attendance for their lectures during that duration. • Attendance will be provided to the participants only after the feedback form for the webinar is filled by them.
- All participants are to log in at 10:50 AM. •Compulsory for BSc (Medical) 1st year students.

Resource Person  
**Dr. Puja Sharma**  
Associate Professor cum Scientist,  
Dept of Floriculture & Landscape Architecture, College of Horticulture  
Dr. YSP University of Horticulture & Forestry, Nauni, Solan (H.P.)


Dr. Gunjan Sud      Mrs. Neena Sharma      Dr. Nisha Bhargava  
Coordinator      RUSA Institutional Coordinator      Convener & Principal

Dr. Puja Sharma gave an enlightening talk on different aspects of floriculture. She explained how both landless people and the ones with large land holdings can avail the different opportunities provided by this field. Besides providing an insight into the cut flower cultivation industry,

Dr. Sharma also discussed about the other related fields like seed production, loose flower industry, setting up of green houses, propagation of greens, decoration and garland industry, dry flower industry, pot and basket making industry.

### 5. Nursery Production

India has a sizeable nursery industry with major hubs located in:



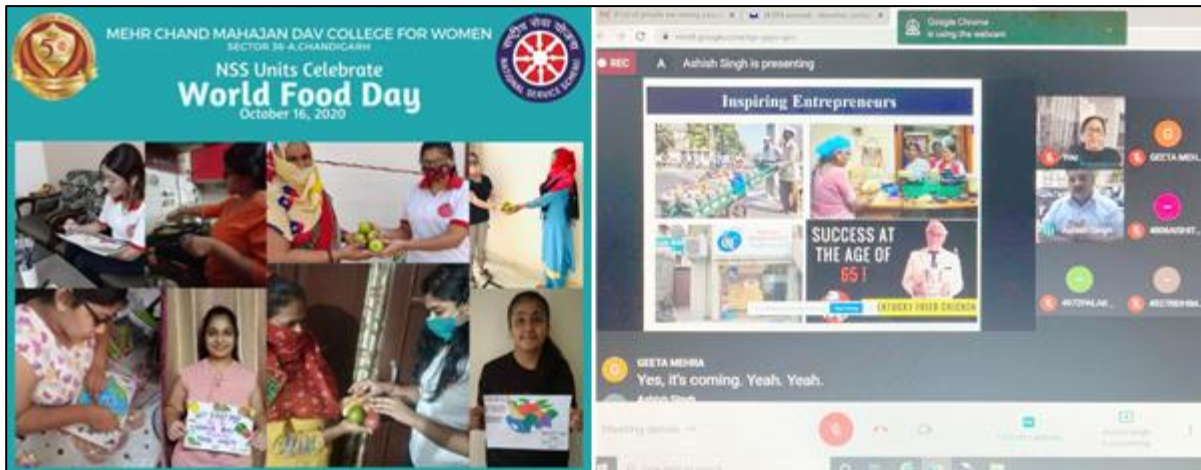
Kadiyam (Andhra Pradesh)      Green View Farms & Nursery, Gejrola, (U.P.)      Krishnendra, Bangalore (Karnataka)

IARI Nursery

Dr. Puja also provided interesting information on certain by-products such as the xanthophyll extract from the marigold flower which is being fed to the chicks for developing colour of the yolk. RUSA Institutional Coordinator at MCM Mrs. Neena Sharma expressed gratitude to the expert for enlightening the students

about the opportunities in this sunrise industry.

## MCM celebrates World Food Day



The NSS units of Mehr Chand Mahajan DAV College for Women celebrated World Food Day with great enthusiasm. Seeking to spread awareness about food security and to express solidarity with the vulnerable, the NSS volunteers made posters depicting the need to promote healthy food and sustainable food habits. The volunteers also distributed food items to the needy in their respective neighbourhoods. In another online activity, the Department of Food Science organised 'Food Businesses: Modeling the Role Models'. Dr. Ashish Kumar Singh, Principal Scientist, Food Science and Technology, and ICC Business Planning and Development Unit, Dairy Technology Division, ICAR- NDRI, Karnal graced the event as the Chief Guest. The underlying objective of the activity was to give students an opportunity to thoroughly research, learn and understand the course of action of food businesses over a period of time in order to attain a deeper insight of the industry and hone their execution skills. A total of 30 students gave presentations wherein they depicted themselves as the owner of the food business of their choice and shared information regarding how they started it, challenges faced, ups and downs, current course of action, future planning, etc. Principal Dr. Nisha Bhargava asserted that the pandemic has drawn attention to the issue of access to safe and nutritious food, and thus this year's World Food Day becomes all the more contextual.

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Report of Activities (October 2020 to December 2020)

**Mehr Chand Mahajan DAV College for Women, Chandigarh**

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## MCM completes study on cyber harassment among women in Chandigarh



In a first-ever initiative by a higher education institution in Chandigarh, Mehr Chand Mahajan DAV College for Women undertook a Chandigarh Police approved research project to investigate the phenomena of cyber harassment among female internet users in Chandigarh and submitted its report to the Cyber Cell, Chandigarh Police here today. Titled 'Making Virtual Space Safer: An Analytical Study on Cyber Harassment Among Women in Chandigarh', the project was successfully completed by Dr. Mamta Ratti, Postgraduate Department of Commerce and Dr. Minakshi Rana, Postgraduate Department of Sociology. Principal Dr. Nisha Bhargava informed that in view of the rising incidence of cases of cyber harassment targeting women like cyberstalking, cyber defamation, cyber bullying, etc., MCM had proposed to the Cyber Cell, Chandigarh Police to undertake this project which met with huge appreciation as a step to facilitate administration in making cyber space safer for women. She added that fulfilling its civic responsibility, the college submitted the report to the Cyber Cell Chandigarh Police with insightful recommendations, hoping that it would be considered and implemented soon to make the virtual space a safer place for women.

## MCM marks Wildlife Week with National Article Writing Competition

The Department of Zoology organised an online National level Article Writing Competition to mark the celebration of Wildlife Week. The competition required the participants to imagine themselves to be a wild animal in captivity and express their feelings through the article. A total of 61 participants submitted their thought-provoking entries wherein they brought out the poignant condition of the captive animals through vivid description of how they might be feeling in captivity. Principal Dr. Nisha Bhargava expressed appreciation for this unique endeavour of the Zoology Department that sought to prompt students to rethink human-animal relationship as equally important components of the ecosystem. She added that efforts like these are of immense value in raising awareness about the importance of conservation of biodiversity. The results are: First: Natasha Passi, Second: Aratrika Bondopadhyay, Third: Jesica Garg, Consolation: Shagun Choudhary, Ritika



Report of Activities (October 2020 to December 2020)

**Mehr Chand Mahajan DAV College for Women, Chandigarh**

## Best Out of Waste Competition by MCM raises environmental consciousness

The Charitra Nirman Committee of Mehr Chand Mahajan DAV College for Women organised a Best Out of Waste Competition. With the overarching goal of developing unique character traits in students aligned with the dynamic objectives of education, the Committee organised this competition with the aim of instilling sensitivity towards environmental issues among students. Open to students of all streams, the competition witnessed overwhelming response. Over 100 entries were received wherein the participants purposefully used their imagination and creativity to make innovative things from waste material like broken bangles, empty plastic and glass bottles, old diyas, newspapers mirror, etc. The criteria for judgement included presentation, use of material, innovation and overall effect. Furthering the objective of the Committee to imbibe in students the qualities of compassion, empathy and giving, these aesthetically appealing items were given to poor and needy people. Expressing appreciation for this laudable initiative of the Charitra Nirman Committee, Principal Dr. Nisha Bhargava informed that this activity aptly reflects the vision of the Committee, which is to groom students to apply educational values in their day to day lives by equipping them with right life skills and inculcating in them the qualities that build one's character.

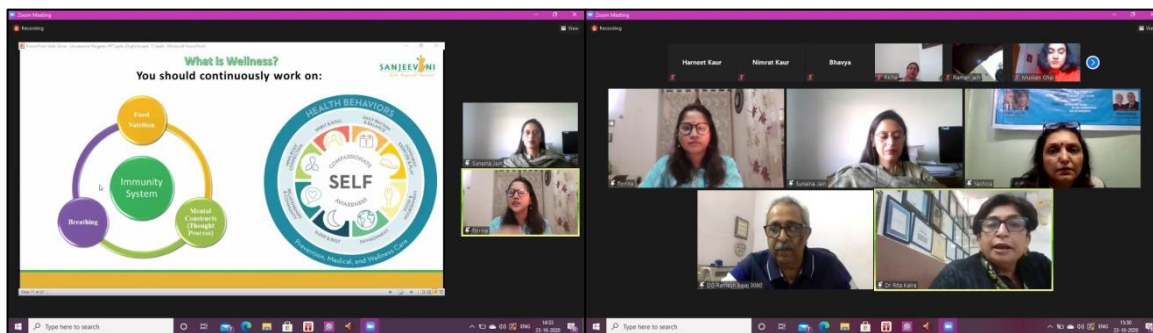


Report of Activities (October 2020 to December 2020)

**Mehr Chand Mahajan DAV College for Women, Chandigarh**

## Webinar on Cancer awareness by MCM

Mehr Chand Mahajan DAV College for Women, in collaboration with the Rotary Club Chandigarh Uptown and the team of Sanjeevani- Life Beyond Cancer, held an insightful live session on 'Healthy Lifestyle and Cancer Prevention'. Organized on the occasion of Durga Puja, the session was dedicated to the celebration of the power, strength and resilience of women. Mr. Ramesh Bajaj, DG. RTN was the esteemed Chief Guest for the programme. Ms. Florina Singh, Counsellor at AIIMS, Delhi and Senior Programme Executive at Sanjeevani- Life Beyond Cancer was the main speaker for the event. Over 100 participants partook in the session. Ms. Florina Singh successfully got her points across about focusing on the small things and making sure to inculcate good habits for one's physical and mental well-being. Ms. Singh also answered prime questions such as, recognising symptoms of cancer before it begins causing serious illness in the body and the known risk factors for cancer. The event involved discussions on wellness and students were given very useful tips on building up their immune systems. The webinar concluded with a lively and resourceful questions and answers session where all the doubts of students and guests were cleared. Principal Dr. Nisha Bhargava lauded this initiative, saying that since a healthy lifestyle holds the key to a happy, fulfilling life and to keep diseases at bay, this session assumes importance from the point of view of raising awareness. She further added that cancer awareness is also important as it can lead to people making healthier lifestyle choices.



Report of Activities (October 2020 to December 2020)

**Mehr Chand Mahajan DAV College for Women, Chandigarh**



## MCM holds Online Essay Writing Competition

The History Department of Mehr Chand Mahajan DAV College for Women organised an online Essay Writing Competition on the theme 'Gandhi's ideology and its relevance among today's youth'.

The competition was organised to mark the celebration of the conclusion of 2-year long commemoration period of 150th birth anniversary of Mahatma Gandhi. Over 45 participants from across diverse streams participated in the competition, eloquently presenting their impressive views on the importance of Gandhian philosophy for the youth of today.

Principal Dr. Nisha Bhargava lauded this initiative of the History Department to help students establish a connect with the unparalleled Gandhian philosophy. She added that today's youth have a lot to learn from Gandhian way of life including truth, sacrifice, persistence, commitment to the nation, compassion and much more.

The results of the competition are:

First: Avantika of Ba I

Second: Chandini of Ba li

Third: Arshpreet of Ba li

Consolation: Nandini of Ba lii

And Sukhmani of Ba I



## MCM holds National Level Online Poster Making Competition on Workplace Cleanliness

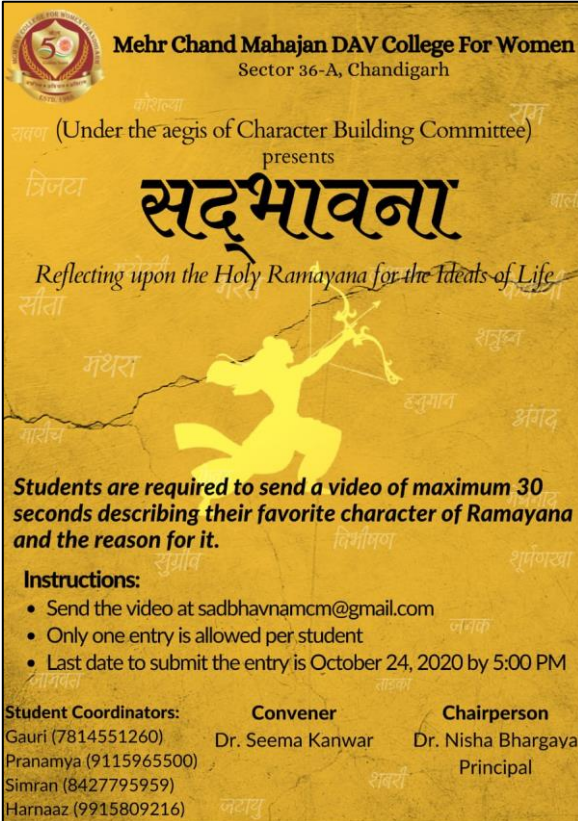
The Swachhta Committee (Commerce) and Cleanliness Committee of Mehr Chand Mahajan DAV College for Women organised a National Level Online Poster Making Competition on the theme “Workplace Cleanliness as a Step Towards Swachhta”. The competition got an overwhelming response and a total of 103 entries were received from participants from Chandigarh, Punjab, and Uttar Pradesh. Showcasing their laudable creativity, the participants, through their posters, drew attention to various facets of workplace cleanliness including greening the office spaces, innovations to maintain cleanliness at workplace, layout and interiors of a workplace, ways of spreading awareness regarding importance of cleanliness at workplace and so on. The winners were awarded cash prizes and all the participants were given e-certificates. Principal Dr. Nisha Bhargava appreciated this endeavour of Swachhta Committee and Cleanliness Committee to draw attention towards the often overlooked issue of workplace cleanliness. She added that being the Cleanest College in the country (Residential category, 2018), MCM has adopted cleanliness as a way of life and undertakes various sustainable practices like segregation of waste, biogas production from mess waste, sewage treatment plant, compost making, vermicomposting, rain water harvesting, solar energy harnessing, etc. for a clean and green environment.



Report of Activities (October 2020 to December 2020)

Mehr Chand Mahajan DAV College for Women, Chandigarh

## MCM holds video competition on Ramayana characters



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

(Under the aegis of Character Building Committee)  
presents

# सद्भावना

Reflecting upon the Holy Ramayana for the Ideals of Life

**Students are required to send a video of maximum 30 seconds describing their favorite character of Ramayana and the reason for it.**

**Instructions:**

- Send the video at [sadbhavnamcm@gmail.com](mailto:sadbhavnamcm@gmail.com)
- Only one entry is allowed per student
- Last date to submit the entry is October 24, 2020 by 5:00 PM

**Student Coordinators:** Gauri (7814551260), Pranamya (9115965500), Simran (8427795959), Harnaaz (9915809216)

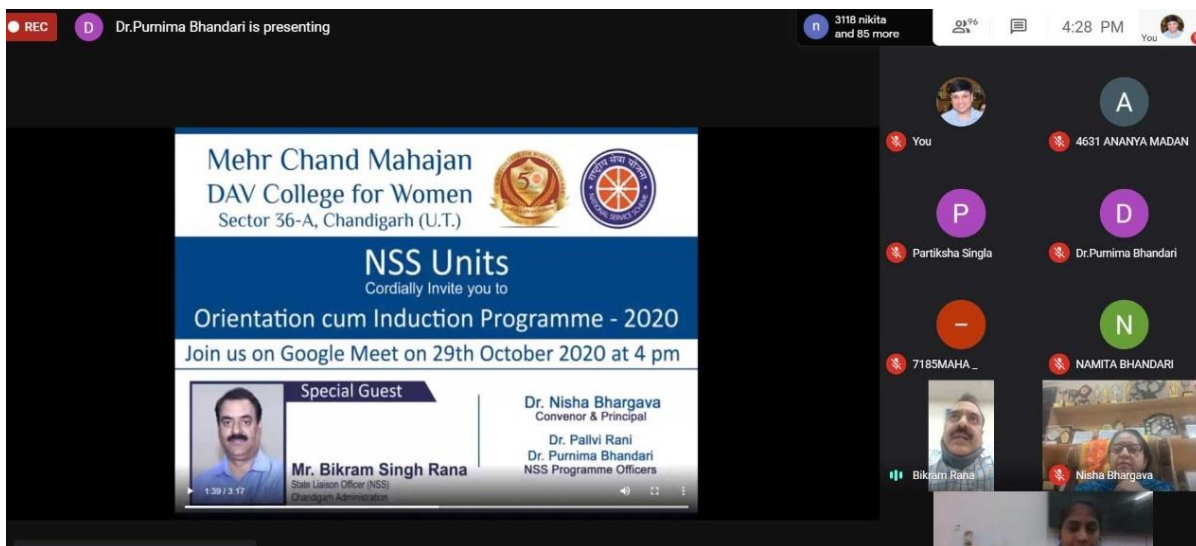
**Convener:** Dr. Seema Kanwar

**Chairperson:** Dr. Nisha Bhargava  
Principal

With the objective of inculcating in students noble qualities by reconnecting them to our mythology and rich culture, the Charitra Nirman Committee of Mehr Chand Mahajan DAV College for Women held a unique competition titled 'Sadbhavna'. Prompting the participants to reflect upon the holy Ramayana for the ideals of life, the competition required them to make a short video describing their favorite character from the holy Ramayana. More than 100 students from diverse streams participated enthusiastically in the competition. The participants made descriptive videos

elaborating on their favorite character from Ramayana, the cardinal traits of that character, and why do they admire him/her in specific. From the entries, the most popular characters among students emerged to be Lord Rama, Sita, Vibhishan, Bharat and Lord Hanuman, whom they idolised for various qualities including ardent devotion, loyalty, pragmatism, courage, selflessness and so on. Expressing appreciation for this novel initiative, Principal Dr. Nisha Bhargava asserted that this task helped in the rejuvenation of cultural spirits and highlighted the importance of traditional values that can be drawn from our ancient epics like the Ramayana. She added that the ideals, morals, ethics and principles of our traditions upheld by legendary characters like Rama, Sita or Hanuman remain relevant and popular in the present times as well.

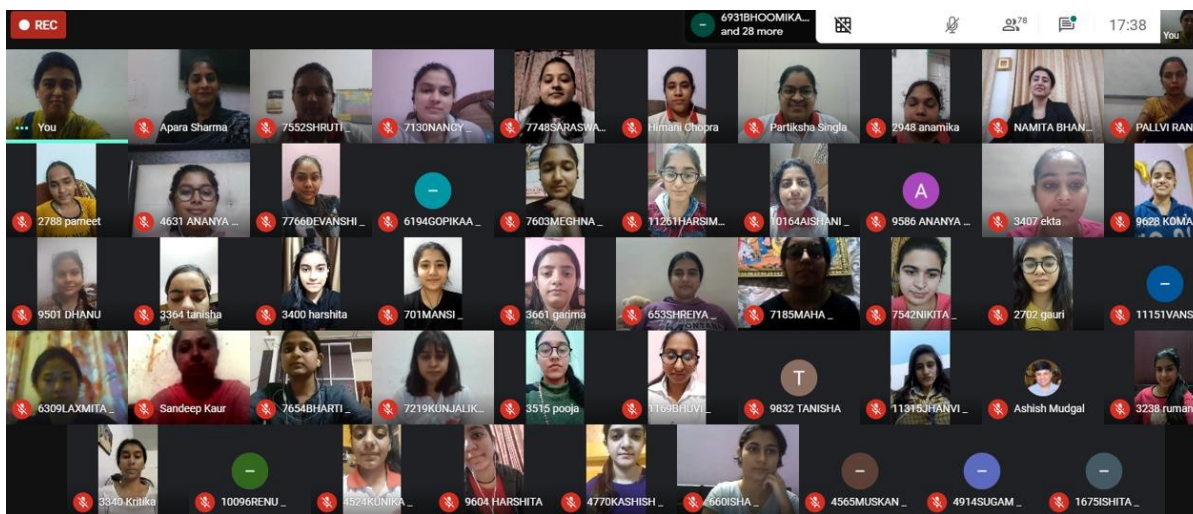
## MCM holds online induction of NSS volunteers



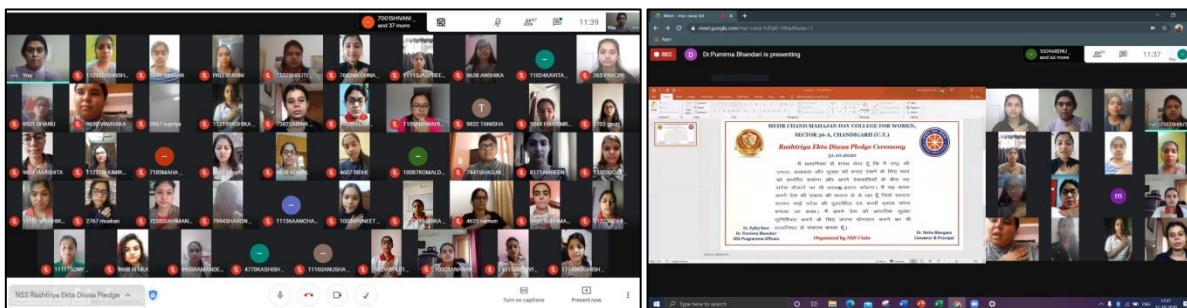
The NSS units of Mehr Chand Mahajan DAV College for Women organised an Orientation cum Induction programme for the newly inducted volunteers for the session 2020-2021. The ceremony was graced by Mr. Bikram Singh Rana, State Liaison Officer (NSS), Chandigarh Administration as the Guest of Honour. Conducted to mark the volunteers' formal induction to NSS and to familiarise them with the objectives, functioning and activities of the NSS units of the college, the programme began with inaugural address by Principal Dr. Nisha Bhargava. Apprising the volunteers about the exemplary initiatives spearheaded by the NSS team while following the ideals of NSS with right intent and focused actions, Dr. Bhargava informed that the team worked extensively in various areas including government flagship programmes such as Swachh Bharat Abhiyan, Swachhta Pakhwada, Poshan Maah, Swachh Bharat Summer Internship and so on. She added that living up to the NSS motto 'Not Me But You', the volunteers engaged in numerous acts of selfless service in the form of community engagement and community welfare through outreach programmes, and did so even in the trying times of COVID-19 through creation of online awareness content.

Mr. Bikram Singh Rana motivated the volunteers and exhorted everyone to work towards community outreach programmes, especially during this crisis brought about by COVID-19. Mr. Rana said that it is high time that India makes focused and concerted efforts to join the league of developed nations and impressed upon the pertinent role of youth in making this happen. He also suggested that the NSS units should appoint cops from amongst themselves to focus on specific groups like senior citizens and persons with disabilities for bringing about equity in our society.

During the event, the newly inducted volunteers were enlightened about the importance of NSS and the duties of NSS volunteers. The special camps, competitions and events that take place under the aegis of NSS, the achievements of the NSS units and the activities conducted during the lockdown were showcased through a presentation. Existing volunteers who had played an important role in various NSS activities spoke about their experiences and motivated others to work efficiently and selflessly to give back to the society and help in all the ways they can.



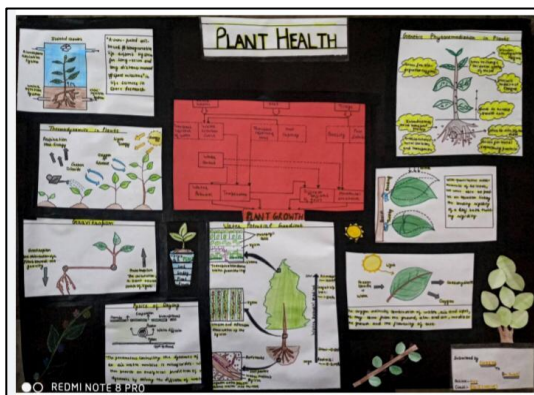
## MCM celebrates Rashtriya Ekta Diwas



On the occasion of Rashtriya Ekta Diwas, Mehr Chand Mahajan DAV College for Women held various activities as a tribute to the great visionary Sardar Vallabhbhai Patel on his birth anniversary. The Ek Bharat Shreshtha Bharat Club of the college organised a National Level Online Video Recording Competition titled BIO-SCOPE. An endeavour to relive the rich legacy of the architect of the unified India, the competition required participants to send their recorded video providing glimpses of the life of Sardar Patel and his immense contribution to the unification of India. Over 50 participants from more than 9 states sent their awe-inspiring entries that were judged on the parameters of content, coherence, language and presentation. Cash prizes were awarded to the top-four achievers and e-certificates were given to all the participants. The NSS units of the college also celebrated this day with great fervour and paid rich tributes to the Iron Man of India. Around 100 volunteers performed various activities under the theme 'Unity in Diversity' including taking Rashtriya Ekta pledge, participation in 'Run for Unity' in their respective areas, poster making and awareness generation in their neighborhoods regarding Unity in Diversity. Some volunteers also participated in national level online quiz conducted by the Government of India to mark the day. Principal Dr. Nisha Bhargava wished fellow countrymen on the birth anniversary of the great leader Sardar Vallabhbhai Patel and expressed hope that we Indians will continue to live by his ideals. Dr. Bhargava also exhorted to reaffirm our commitment to strengthening the democratic fervour of our great nation.

## MCM organises Eureka to celebrate International Year of Plant Health

The Department of Physics at Mehr Chand Mahajan DAV College for Women held its annual Eureka Fest as 'Virtual Eureka Physics 2020' where a humongous number of students (approximately 300) from science streams of the college participated enthusiastically. Organised to mark the celebration of International Year of Plant Health, the theme of the fest was 'Plant-Environment Physical Interaction'. The fest, through various competitions, sought to raise awareness about plant health as the key to achieve the goal of sustainable development, and how protecting plant health can help end hunger, reduce poverty, protect the environment and boost economic development. Various online events such as Quiz, Collage Presentation, Power Point Presentation, Click a Picture and Write a Story, Plantoons, Caption the picture captured through your lens, and article writing based on themes related to Plant Health were conducted during the fest. Through the fest, the students got an opportunity to know the importance of protection of plant health and its relation with physics. Expressing appreciation for this unique endeavour, Principal Dr. Nisha Bhargava said that it is an ingenious way of prompting students to borrow ideas, methods and quantitative approaches from physics for addressing the questions related to plant biology. She further added that climate change and human activities have caused degradation of ecosystems and posed a threat to biodiversity, and thus it is imperative that awareness is generated about plant health.



Report of Activities (October 2020 to December 2020)

Mehr Chand Mahajan DAV College for Women, Chandigarh

## MCM celebrates UN Day with online quiz

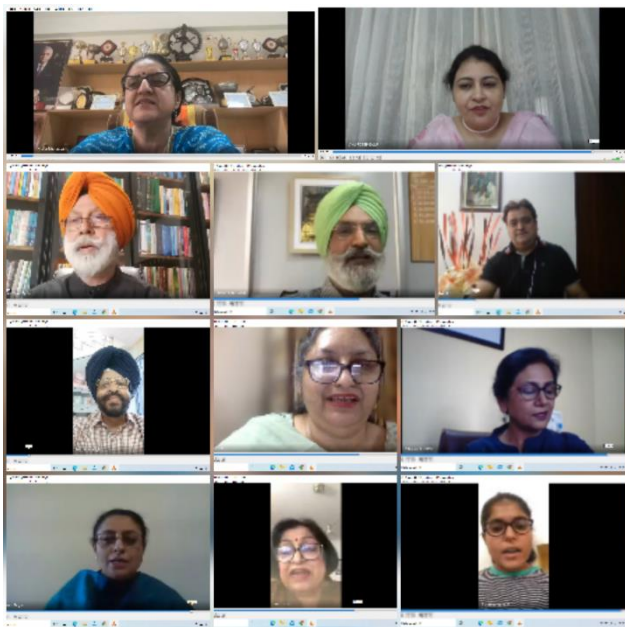
To commemorate 75 years of the United Nations, Department of Political Science at Mehr Chand Mahajan DAV College for Women organized an online Quiz Competition on 'United Nations'. The quiz, aiming to educate students about the United Nations and its significance, comprised questions pertaining to the international organization- its structure, organs and agencies. More than 112 students from different streams participated enthusiastically in the quiz, making it a huge success.

Principal Dr. Nisha Bhargava said that this year's UN Day comes in a time of great disruption caused by an unprecedented global health crisis due to the COVID-19 pandemic, and is a reminder that times of struggle can become an opportunity for positive change and transformation. She asserted that these times have once again brought to fore the importance of collective commitment to cooperation, multilateralism and global solidarity.





## MCM holds Online Poetry Reading session



Mehr Chand Mahajan DAV College for Women organised an Online Poetry Reading session under the aegis of 'Soch te Kalam Club'- a club formed during the lockdown with the objective of developing and honing creative expression skills of students. With Dr. Amardeep Kaur, Department of Punjabi of the college as the Coordinator, the Soch te Kalam Club comprises faculty and students of MCM as well as those of various

universities and colleges. The guests of honour for this 8th meeting of the club were Dr. Harcharan Singh, Former Professor, GGSD College, Hoshiarpur, Shri Darshan Buttar, President, Kendri Punjabi Lekhak Sabha, Shri Tarlochan Lochi, Irrigation Department, Government of Punjab and Shri Jaswant Zafar, Deputy Chief Engineer, Grid Power Corporation, Punjab Power Corporation. The session began with the address of Principal Dr. Nisha Bhargava, who apprised the audience of the objectives of the club which is an incredible platform for young, insightful poetic minds, and mesmerised them with her two poetic creations, namely 'Khud aur Khuda' and 'Subah ki Kiran'. Lauding the creative pursuits of students during these trying times, Dr. Bhargava added that at MCM, the holistic approach to education amalgamating quality education and value system has been instrumental in helping students adopt a positive attitude in the present situation. The session was a poetic delight wherein the guests of honour, faculty as well as students presented their self-composed poetry on various topics in English, Hindi and Punjabi.

## MCM holds caption contest on nature

With the aim of inculcating in students a sense of appreciation for mother nature and to reinforce the idea of preserving nature for a sustainable world, the Eco Club of Mehr Chand Mahajan DAV College for Women organised an online Caption Writing Contest on the theme 'Nature'. Over 168 students from diverse streams participated enthusiastically in the contest. The participants were required to give a suitable caption to a given picture of nature. Creative captions submitted by the participants included a magical tapestry of words singing praises of nature, raising awareness about the importance of conservation of nature and so on.

Lauding this initiative, Principal Dr. Nisha Bhargava said that the divine sights of nature makes one's soul rejoice like a child and thus, this contest sought to re-establish the students' connect with nature. She added that conscious of its responsibility, MCM has been doing its bit for conservation of nature.

The results of the contest are:

First: Aratrika Bondopadhyay (BA-I)

Second: Shagun Choudhary (BA-II)

Third: Gauri (BA-I)

Consolation: Tejal Bhardwaj (BA-III),

Guneet Kaur (B.Com-II), Anvi Jain

(BA-I), Komal Kakkar (B.Sc.-I Home

Science), Archita Chhibber (BA-I),

Riya Nagpal (BA-I)



## 5-day online International workshop on Gender Studies by MCM



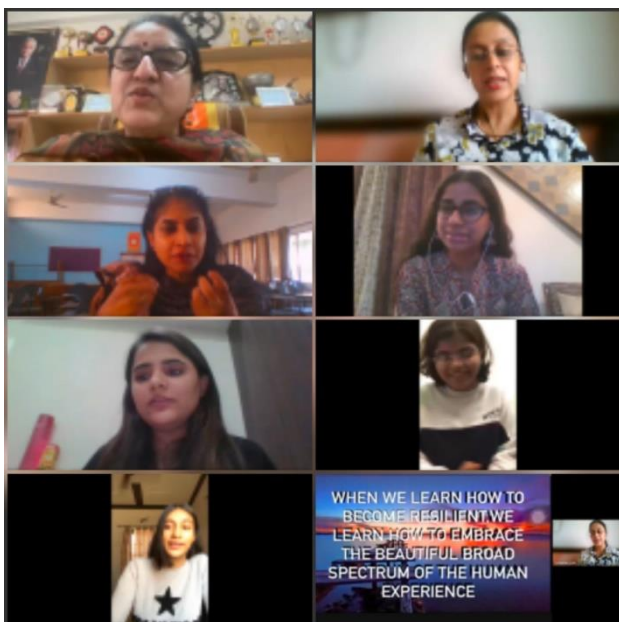
In a thoughtful endeavour to deliberate upon critical issues in the area of gender studies and to understand the complex intersection of gender with race, sexuality, colour and nationality, the Postgraduate Departments of Sociology and English at Mehr Chand Mahajan DAV College for Women organised a 5-day International Conference on Breaking the Stereotypes: A Paradigm Shift in Gender Studies. The workshop entailed enlightening discussions on the issues in the area of gender studies by renowned academicians from India and abroad including Prof. Elisabetta Marino, Associate Professor of English and American Literature, University of Rome, Rome, Prof. Aparna Rayaprol, Professor of Sociology, University of Hyderabad,

Hyderabad, Prof. Pushpesh Kumar, Professor of Sociology, University of Hyderabad, Hyderabad, Dr. Basudhara Roy, Assistant Professor of English, Karim City College, Jamshedpur and Shabeena Backer, Assistant Professor of English, SES College, Kerala. Over 73 participants partook in the workshop.

On the inaugural day of the workshop, Prof. Elisabetta Marino spoke on the topic 'The Woman Question at the end of the Nineteenth Century: The British and the American Context' wherein she used intertextual references to examine the intersection of gender relations with sexuality, race, class, religion and culture. On day two, Prof. Aparna Rayaprol spoke on 'Understanding Migration and Gender in Contemporary Times', discussing the gender inequality, wage discrimination, pay inequities and the intricacies of how the peculiar eclipsing of women labor create gender biases within communities. Day 3 of the workshop saw Prof. Pushpesh Kumar deliver an informative discourse on 'Emerging Transgender Mobilization in India', wherein he gave a detailed overview of the pre-existing laws, bills and articles for the transgender community in India. Prof. Basudhara Roy was the expert for day 4, whose discussion on 'Situating Feminism: History, Society and Politics' centred around the ever changing connotation and perception with respect to the word feminism over centuries. On the concluding day, Ms. Shabeena Backer held an invigorating discussion on 'Debunking the Gender Roles'. The entire duration of the workshop witnessed overwhelming participation of the participants who also put forth their queries and observations.

Dr. Nisha Bhargava, Principal expressed appreciation for this laudable initiative and encouraged the participants to develop critical awareness of the subject beyond the academic realm. Dr. Bhargava thanked the experts for pushing the participants to think beyond the gender-specific academic barriers through their intriguing discussions.

## Unique online poetry recitation on Resilience by MCM



In line with the vision of Mehr Chand Mahajan DAV College for Women to instill values in students that lay foundation for a sound character, the Charitra Nirman Committee of the college organized a novel online poetry recitation event on the topic 'Resilience'. The theme of the event aimed to make students imbibe and understand the life skill of the ability to bounce back each time one is faced with a challenge. It was well attended

by over a hundred students and 23 participants recited their creative, thought-provoking, inspirational poems on the theme. Leading by example, Principal Dr. Nisha Bhargava also recited a self composed poem that summarised beautifully the essence of resilience. Her words 'jis raaste se guzra gulzar kar gaya wo, kaaton se jisne aashiyān apna bana liya' motivated the participants to embrace life in all its hues and remain ever resilient in the face of all the hardships and challenges. Lauding the exceptional initiatives of the Charitra Nirman Committee that is assiduously contributing to MCM's cause of character building, Dr. Bhargava asserted that instilling values and life skills in students through such ingenious endeavours will go a long way in nation building. Besides being a platform for creative expression and celebration of the value of resilience, the event was unique as the participants were encouraged to recite their poems without feeling the pressure of being judged. The poems recited by the students were in one or the other way a celebration of life and taking its challenges in one's stride.

## Caption Contest on Indian Democracy by MCM

With the objective of reinforcing the tenets of democracy and celebrating the spirit of Indian democracy, the Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women organized an online Caption Contest on the theme 'Celebrating Indian Democracy'. Around 212 students from various disciplines participated enthusiastically in the contest. Creatively depicting, through their captions, democracy as a set of values and principles that should be followed for greater participation, equality, security and human development, the participants expressed their admiration for the ideals of Indian democracy.

Principal Dr. Nisha Bhargava lauded this initiative, saying that democracy provides an environment that respects human rights and fundamental freedoms, and the students must be made aware of their duties towards making the democratic process successful through such endeavours.

The results of the contest are:

First: Aditi (B.Sc. I Medical)

Second: Prabhjyot Kaur (BA II)

Third: Aditi (BA III)

Consolation: Yashica (BA I), Rubal Sandhu (BA II), Vineet Kaur (B.Com I)

## Online workshop on Diwali Decor by MCM



The Fine Arts Department and Women Development Cell of Mehr Chand Mahajan DAV College for Women organised a 2-day online workshop on Diwali Decor. With festive spirit being undermined by the pandemic situation, the workshop aimed to equip participants with skills in beautifying their homes this Diwali with decorative items made at home.

Ms. Sonali Sen, Artist, Pidilite Industries was the resource person for this workshop that had an overwhelming 158 registrations. During the creativity filled two days of the workshop, participants were taught the art of decorating diyas and giving them different shapes of animals by using mouldit and colours, and that of decorating glass candle holders and torans with embroidery liners and glass colours.

Principal Dr. Nisha Bhargava congratulated the Fine Arts Department and Women Development Cell on undertaking a thoughtful initiative that sought to enliven the festive spirit during such testing times. She added that such workshops that impart skills are crucial aspect of holistic education and are a regular feature at MCM.

## MCM holds webinar cum workshop on LEDs



The Physics Department and Renewable Energy Committee of Mehr Chand Mahajan DAV College for Women organised a webinar cum workshop titled 'Light Emitting Diodes: Revolutionizing Illumination Technology'. A total of 61 participants benefitted from this event that sought to equip them with skills in assembling LED bulbs at home. The resource person for the event was Dr. Pallavi Gupta, Assistant Professor, Physics Department at MCM. During the webinar, Dr. Gupta discussed the role of LEDs in revolutionizing illumination technology, emphasizing that LED lights are much more eco-friendly, and are up to 80% more efficient than fluorescent and incandescent lights. In the hands on training workshop, the participants were taught to assemble and test LED bulbs. Lauding this initiative for equipping the students with skills to enable them to illuminate their homes this Diwali with self-assembled LEDs, Principal Dr. Nisha Bhargava said that in the history of lighting devices, invention of LED was a turning point as these have the potential to fundamentally change the future of lighting and can make a notable contribution to energy conservation.



## MCM celebrates Diwali the eco-friendly way

To rekindle the spirit of celebration and dispel the darkness of dependency brought about by the pandemic, the Charitra Nirman Committee of Mehr Chand Mahajan DAV College For Women organised 'Go Eco: Green Diwali Fest'. With a resolve to spread the message of turning to eco-friendly celebrations this Diwali and illuminate the world by doing something for the mankind, the committee conducted various competitions as part of the fest. Overwhelming and enthusiastic participation of students was witnessed in Poster Making on 'Say No to Crackers', Short Film on 'Ways to Promote Indian Diyas', Pot Decoration on 'Go Green', Rangoli Making with eco products and Kandil Making. The entries not only reflected the participants' exemplary creativity but also showcased their thoughtfulness for and sensitivity towards the cause of environmental conservation. The best winning entries were awarded e-certificates.

Principal Dr. Nisha Bhargava expressed appreciation for this unique initiative of the Charitra Nirman Committee that will be helpful in grooming conscious citizens with a strong character. She added that through this endeavour, the students learnt that even during the most trying times, we must celebrate and keep our spirits high for all that is still good and worth celebrating in this world.



Report of Activities (October 2020 to December 2020)

Mehr Chand Mahajan DAV College for Women, Chandigarh

## MCM NSS units celebrate Diwali with activities promoting 'Not Me but You'

Adding a unique dimension to Diwali celebrations in the times of pandemic, the NSS Units of Mehr Chand Mahajan DAV College for Women organized several activities to promote the concept of 'Not me but You'. More than 100 volunteers participated in these activities that included donation drive- Roshni, awareness campaign- Vocal for Local and Go Green Diwali. Under the activity Roshni, the volunteers endeavoured to lighten up the Diwali of underprivileged people by donating masks, soaps, blankets, woollens, books, notebooks, toys, stationary, homemade healthy eatables, fruits and footwear. As part of the Vocal for Local campaign that sought to encourage and empower local artisans and craftsmen, the volunteers motivated their family and friends and bought diyas, decorative items from local artisans and street vendors. Under the Go Green Diwali initiative, the volunteers made awareness posters promoting the concept of eco-friendly Diwali. Some of the volunteers decorated diyas at home and presented these as token of gratitude to the corona warriors for their selfless service rendered by them. Post Diwali, with an aim to contribute to Swachhta Abhiyaan, a cleanliness drive was organized by volunteers at their respective places, where volunteers cleaned their homes and surrounding areas and inspired others while following precautionary COVID-19 norms. The flowers, leaves that were used during the preparation of eco-friendly rangoli were used to make organic compost. Lauding such thoughtful initiatives undertaken by the NSS volunteers, Principal Dr. Nisha Bhargava said that these activities reflect the selfless attitude of volunteers to make the world a better place with their considerate acts of kindness and compassion. She expressed hope that these initiatives would have definitely spread the light of happiness in the lives of the needy people.



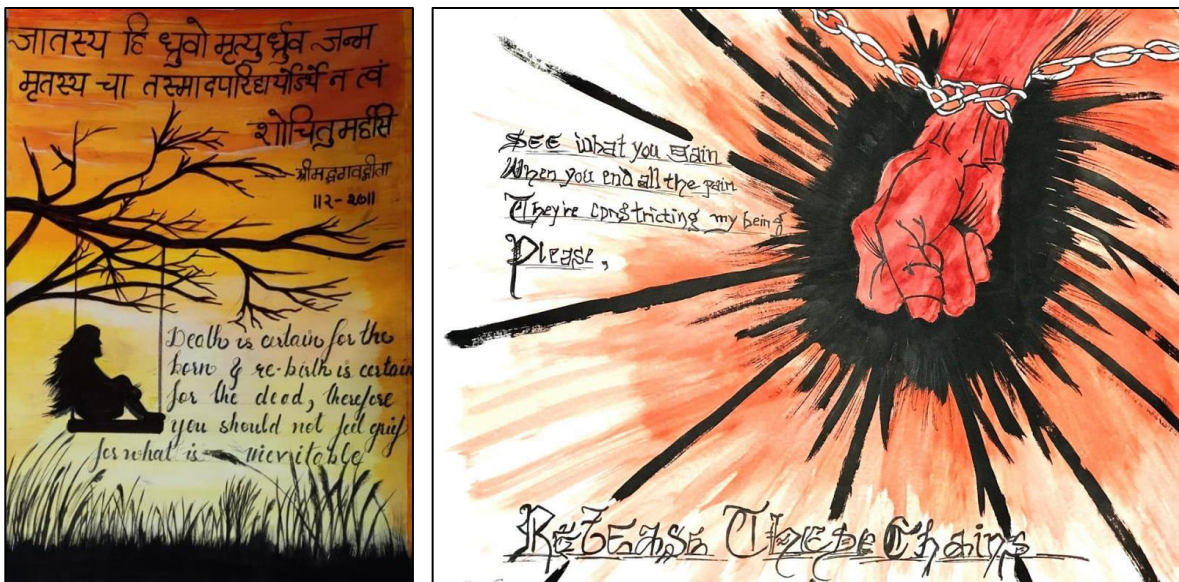
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Report of Activities (October 2020 to December 2020)

**Mehr Chand Mahajan DAV College for Women, Chandigarh**

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## MCM observes World Philosophy Day



The Department of Philosophy at MCM DAV College for Women celebrated World Philosophy Day with various online competitions. The celebration aimed at deliberating upon the discipline of Philosophy as an integral part of our lives. The competitions that were part of the celebrations included Philosophy Quiz, Poster Making on 'Your Views on Philosophy', Essay Writing on 'Life's Purpose' and Slogan writing. A total of 64 students of various disciplines participated enthusiastically in the competitions.

Dr. Nisha Bhargava, MCM DAV Principal said that by celebrating World Philosophy Day, the college endeavours to underline the enduring value of philosophy for the development of human thought and culture. Asserting the relevance of Philosophy in different domains of human life, Dr. Bhargava stressed upon the need to further this discipline.

## MCM holds online workshops on homemade sweets



The Department of Environment Science of Mehr Chand Mahajan DAV College for Women organized a two-day online workshop on Diwali sweets making. The resource person for the workshop was Dr. Shafila Bansal of the Environment Science Department. The aim of the workshop was to encourage students to prefer homemade sweets during festive season and avoid going out during the pandemic. Dr. Bansal demonstrated making of Indian sweets and cakes with ingredients easily available at home. A total of 74 students benefitted from this workshop. In another similar event, the Department of Home Science organized an online session by Culinary Consultant Ms. Deepanjali Singh from Nestle. The expert demonstrated two savory and one mithai recipe.

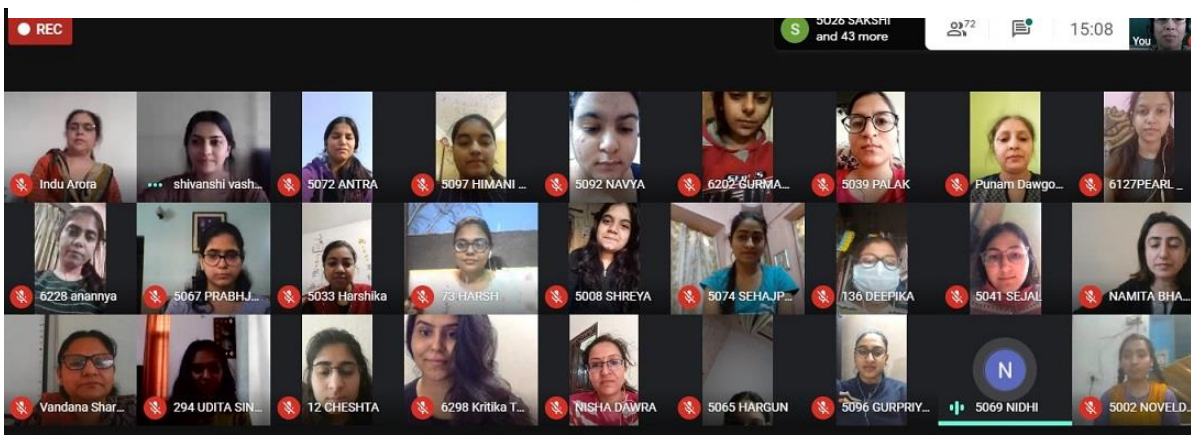
Principal Dr. Nisha Bhargava lauded these initiatives for promoting the festive spirit during these trying times and showing the students how the celebrations can be made meaningful while staying at home only.

## Successful innovator inspires MCM students

With the aim of sowing the seeds of aptitude for innovation among students, the Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College organised 'My Story'- a motivational session by a successful innovator. Ms. Shivanshi Vashisht, Innovator and Senior Scientific Officer, BioNEST, Panjab University was the speaker for the online session that saw enthusiastic participation of over 78 students.

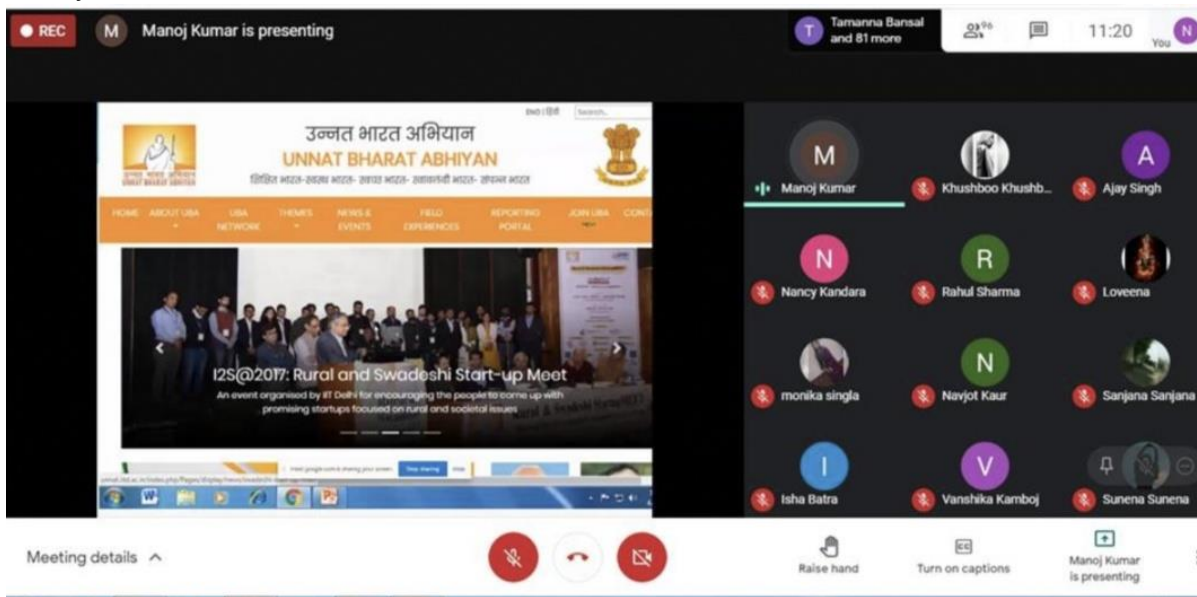
With 7 patents to her name, a demonstrated history of working in the biotechnology industry and various academic fellowships and accolades to her name, Ms. Vashisht shared her pragmatic journey with the students in an attempt to encourage the keenness and eagerness of learning. She elaborated the various struggles and hardships faced by the researchers in the field of Science, emphasising a great deal on the significance of perseverance in the face of failure. Drawing numerous instances from her personal experience, she encouraged the students to innovate the solutions for real-time problems around them.

Principal Dr. Nisha Bhargava expressed appreciation for this endeavour that furthers the aim of the college's IIC to foster the culture of innovation among students. She added that for making it to league of developed nations, we need to make concerted efforts to promote innovation aptitude among the youth.



## MCM holds Career Counselling session for Maloya Students

The Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women organised an online Career Counselling session for the students of Government Senior Secondary School, Maloya. Organised with the objective of making the students aware about various career opportunities and how to plan one's career, the session had Dr. Manoj Kumar, Associate Professor, Department of Sociology, PGGCG, Sector 11, Chandigarh as the resource person. As part of this informative session, the students were made aware about job values, skills and talents, as well as advantages and disadvantages of government sector jobs and private sector jobs. The session saw an overwhelming participation of 80 students from Maloya and 20 students from the college itself. The students found the session highly beneficial from the perspective of making informed career choices and raised many queries that were suitably addressed by the resource person. Principal Dr. Nisha Bhargava lauded this social responsibility initiative of the college's UBA Cell and added that such sessions are highly relevant for educating the indecisive students about various career opportunities available to them, so that they are future ready.



Report of Activities (October 2020 to December 2020)

**Mehr Chand Mahajan DAV College for Women, Chandigarh**

## MCM holds havan to pay tributes to DAV CMC General Secretary



Mehr Chand Mahajan DAV College for Women organised a havan ceremony to pay rich tributes to Shri R S Sharma, General Secretary, DAV College Managing Committee (DAV CMC), New Delhi, who merged into four elements recently. Shri H R Gandhar, Vice President, DAV CMC and Smt. Sudesh Gandhar, Senior Governing Body Member, DAV CMC partook in the ceremony wherein the MCM family prayed for the peace of the departed soul. The havan was followed by Shanti Paath as a mark of reverence for Shri Sharma. Speaking at the occasion, Shri Gandhar said, "It is one of the saddest and the most anguished moments for all of us when we have tragically lost one of our stalwarts and torch bearers, our Reverend Gen Secretary R S Sharma, to the icy hands of death. As a true gentleman, a learned scholar, a grounded being with resplendent grace, Sh R S Sharma

embodied all the virtues and values of a true Arya Samaji. His relentless pursuit for the growth and glory of DAV has been immense. His association with the organisation in various capacities over the last 70 years has seen DAV grow into a big banyan tree giving shade and shelter to the lakhs and lakhs of Indians with its rich culture of holistic learning. We all feel shattered at this sudden shock and unfathomable loss. His karmic cycle deserves a proud place in the other World. May God grant eternal peace to his immaculate soul. May God grant strength to the family and friends to beat this irreparable loss. DAV fraternity expresses its heartfelt condolences to the departed soul." Paying deep respects to Shri Sharma, Principal Dr. Nisha Bhargava highlighted his immense contribution to the cause of DAV and asserted that his loss has left a big void. Sharing anecdotes from her interaction with Shri Sharma, Dr. Bhargava shed light on the virtues of the departed soul and pray for his peace.





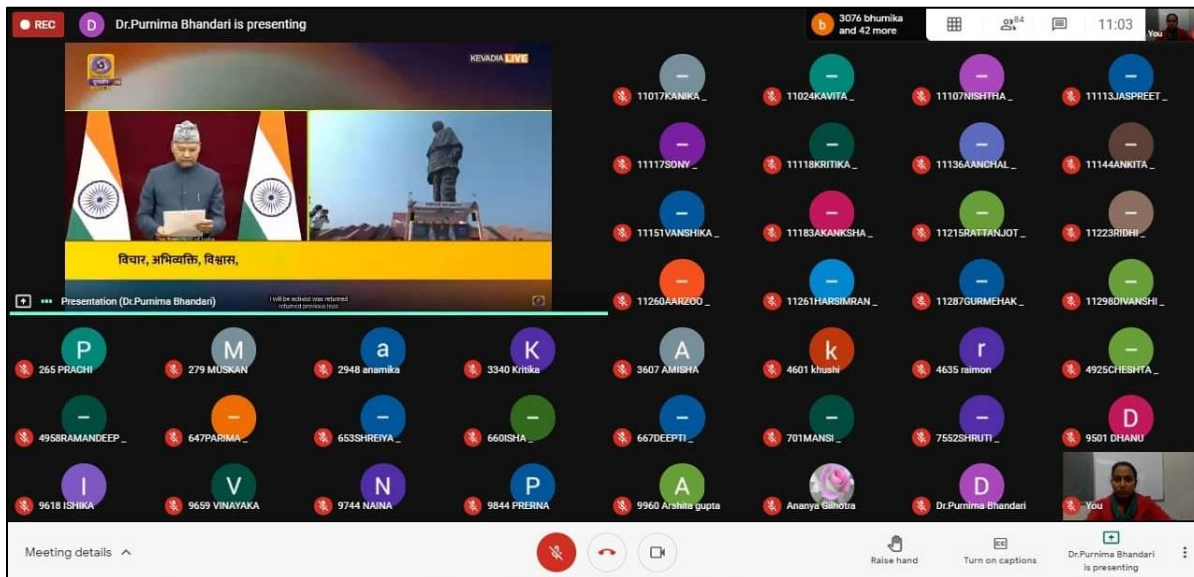
## MCM holds havan for its departed member



Mehr Chand Mahajan DAV College for Women conducted a havan ceremony to pay tributes to Shri Satdev Sharma, a senior member of MCM family, who passed away recently. Shri H R Gandhar, Vice President, DAV CMC and Smt. Sudesh Gandhar, Senior Governing Body Member, DAV CMC alongwith MCM Principal Dr. Nisha Bhargava and staff members offered prayers in the memory of Shri Sharma. Praying for peace of the departed soul, the havan ceremony was followed by Shanti Paath.

Offering his heartfelt condolences, Shri Gandhar said that Shri Satdev was an integral part of MCM and his long association with the college offers inspiring lessons in loyalty, affinity and selflessness. Fondly remembering Shri Sharma as a person of gentle and cheerful demeanor, Principal Dr. Nisha Bhargava prayed for eternal peace to his soul. Dr. Bhargava highlighted his role in the journey of this illustrious institution and asserted that his loss has left a big void.

# MCM celebrates Constitution Day



On the occasion of Constitution Day, Mehr Chand Mahajan DAV College For Women organised various activities with a view to promote constitutional values among the students. The NSS volunteers of the college attended the live telecast wherein Hon'ble President of India Sh. Ram Nath Kovind read out the Preamble of the Constitution of India. More than 85 volunteers attended this live telecast and felt motivated to uphold the values enshrined in our Constitution. The Cleanliness Committee of the college organised extensive cleanliness drives on the campus as well as the hostels. Keeping in mind the pandemic situation, sanitisation of the campus was also carried out. The students also carried out cleanliness activities at their respective places and neighborhood. In another activity, the NCC cadets (Naval Wing) of the college made posters to commemorate the adoption of the Constitution of India and paid tributes to the Father of the Indian Constitution- Dr. B.R. Ambedkar. Principal Dr. Nisha Bhargava appreciated the efforts of the students to celebrate this day with great fervour. She asserted that this is a day to express gratitude to the makers of our Constitution and urged the youth to commit themselves to building the India of our dreams.

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Report of Activities (October 2020 to December 2020)

**Mehr Chand Mahajan DAV College for Women, Chandigarh**

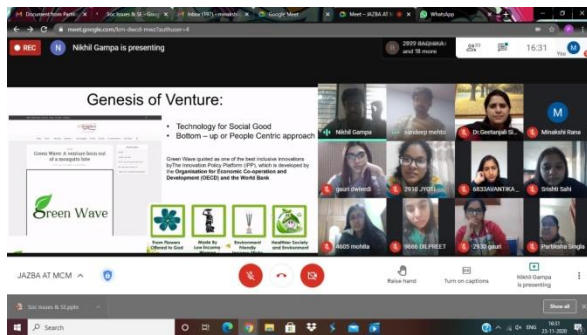
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## MCM IIC holds workshop on Entrepreneurship & Innovation and session on Successful Entrepreneur's Story



The Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College organised an online workshop on 'Entrepreneurship & Innovation as Career Opportunity'. Mr. Sidhant Banura, Director, Ashvamegha Solutions was the speaker for the workshop. In his engrossing discourse, Mr. Banura highlighted the tenets and values of entrepreneurship, sharing his personal insights and experiences with the participants. Emphasizing on the imperativeness of risk-taking in the field of entrepreneurship, Mr. Banura laid focus on self-introspection, discipline and meditation as key factors for dealing with the tumultuous journey of being an entrepreneur. In another event, the IIC organised a motivational session under its series 'My Story' wherein a successful entrepreneur shares his/her inspirational success story with the students. Mr. Hridesh Madan, President, TiE (Chandigarh Chapter) was the speaker for this inspirational session that saw participation of 99 students and faculty. Mr. Madan shared his pragmatic journey with the students in an attempt to encourage the keenness and eagerness of learning. He elaborated the imperativeness of hard work, courage and perseverance in determining success and encouraged the students to always be ready for new challenges to broaden their skill-set. Principal Dr. Nisha Bhargava expressed appreciation for the assiduous efforts of the college IIC aimed at systematically promoting the culture of entrepreneurship and innovation among students. She added that such endeavours are of paramount importance for aiding in national development.

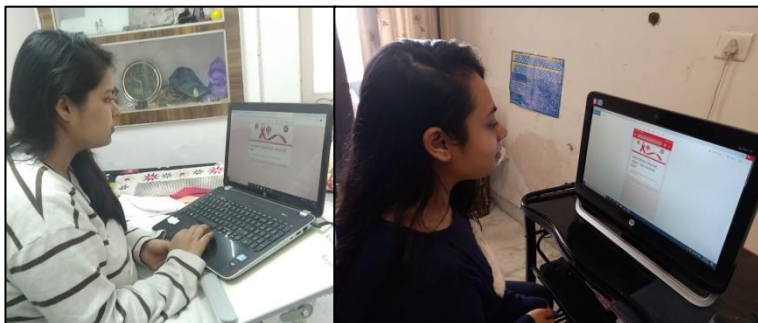
## MCM holds 7-day social entrepreneurship workshop



In a novel initiative to introduce the students to social entrepreneurship, Mehr Chand Mahajan DAV College for Women organized Jazba- a 7-day online workshop on the topic. The workshop aimed at guiding the young minds to transform a socially sensitive idea into a sustainable business model. The resource person for the workshop was Mr. Sandeep Mehto, a TISS alumnus and Co-Founder, Bharat Calling, a venture to provide quality education to the underprivileged children in Madhya Pradesh. The enlightening sessions covered various significant aspects of social entrepreneurship like idea incubation with vision, developing objectives and plan of action, marketing, promotion and financial plan to generate revenue. Making the sessions all the more meaningful, a guest entrepreneur joined each session including Nikhil Gampa Founder of Green wave, Sanya Acharya, Founder of Sanya ka Radio, Sawnya Jain, Founder of Eco Cradle, Ayush Bansal, Founder of idreamcareer and Tanvi Sharma, Founder of Loveknots. On the concluding day, all the participants shared live pitch of their ideas with great enthusiasm and the audience was fascinated with vision and creativity of the presenters. The workshop was made special with the presence of participants' parents during the valedictory session, who expressed their gratitude to the institution for organizing such a wonderful workshop that has made their girls open up to innovative and socially sensitive business ideas. Principal Dr. Nisha Bhargava informed that this workshop was part of MCM's relentless efforts in the direction of promotion of culture of entrepreneurship among the youth. She added that through such endeavours, the institution is translating its vision of creating successful women with deep sense of social responsibility into reality.

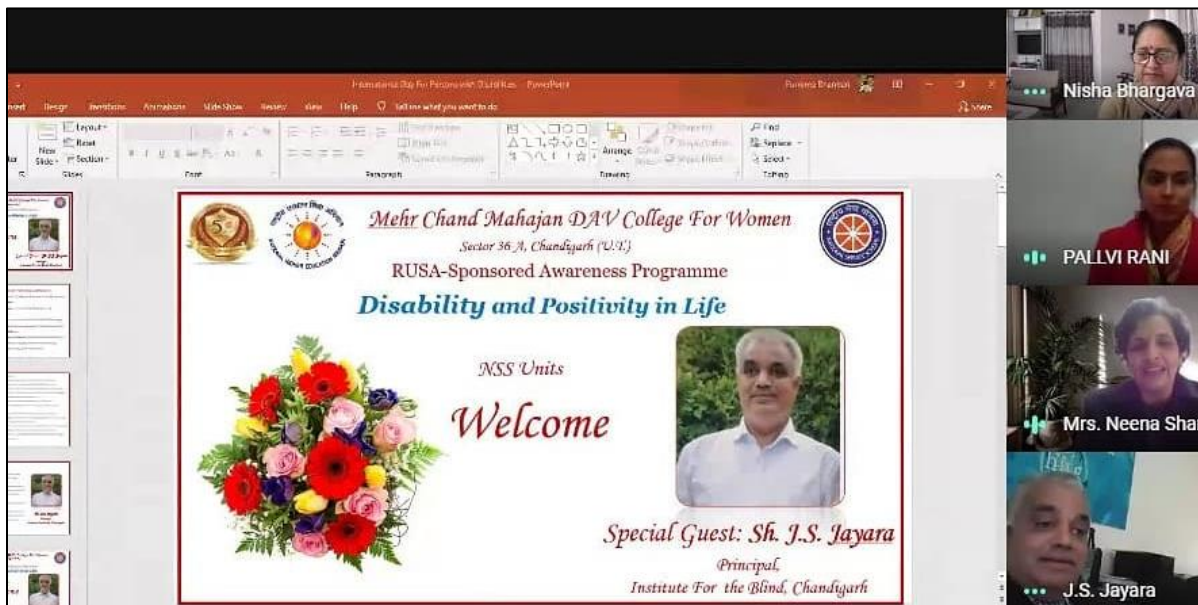
## MCM observes World AIDS Day

Marking World AIDS Day celebrations, the AIDS Awareness Committee and NSS units of Mehr Chand Mahajan DAV College for Women organised various activities with a resolve to prompt united action against the deadly disease. The NSS units of the college organised a National Level Online Quiz on the occasion with an aim to raise awareness about the Acquired Immuno Deficiency Syndrome (AIDS) disease. Keeping in mind this year's theme of the day- 'Ending the HIV/AIDS Epidemic: Resilience and Impact', through the quiz, the NSS units urged the youth to make a joint effort to deliver high-quality services for treatment and prevention of HIV to the ones who are in need. Around 233 people from more than 15 different states across the nation participated in the quiz that was based on the facts regarding HIV/AIDS including symptoms, preventive measures and initiatives taken up by Government of India to curb this deadly disease. In addition, an educational video that highlighted the myths about HIV/AIDS was made by the NSS volunteers where they made people aware about the myths and the stigma attached to the disease that needs to be eradicated from the society. Resorting to creativity for activism, the AIDS Awareness Committee organised a Caption Writing Competition on the theme 'Global Solidarity, Shared Responsibility'. The competition, open to students as well as faculty members, witnessed overwhelming response as 73 creative entries were received. E-certificates were given to all the participants. Expressing appreciation for these thoughtful endeavours, Principal Dr. Nisha Bhargava said that it is imperative



that the youth, particularly the NSS volunteers, realise their role in propagating the cause of prevention of AIDS through various sensitisation programmes.

## MCM observes International Day of Persons with Disabilities



To mark the International Day of Persons with Disabilities, Mehr Chand Mahajan DAV College for Women organised various activities under the aegis of its NSS units, Equal Opportunity Cell and Charitra Nirman Committee. In a Rashtriya Uchcharat Shiksha Abhiyan (RUSA) sponsored awareness programme, the NSS units of the college held a discourse on 'Disability and Positivity in Life' by Sh. J. S. Jayara, Principal, Institute for the Blind, Chandigarh. In his inspiring address, Sh. Jayara impressed that disability is not a curse, but a challenge that can be overcome by adopting a positive attitude. Stressing upon the need for sensitisation programmes to bring about attitudinal change towards disabilities, Sh. Jayara said that in order to bring PWDs into the mainstream, it is important to make quality education accessible to them for a conducive environment that enables enhancement of their capabilities and capacity building. The NSS units also donated items including paints, colours, physiotherapy bands, chocolate moulds, etc. to the students of SOREM Institute. The Equal Opportunity Cell of the college celebrated the day with activities including Poster Making, Slogan Writing and Your Story of

COVID-19 Response under the theme 'Building back better: towards an inclusive, accessible and sustainable post COVID-19 world by, for and with persons with disabilities'. The activities witnessed enthusiastic participation of students who sent creative entries seeking to raise awareness about the issues and concerns of PWDs. The Charitra Nirman Committee of the college organised Poster Making and Donation Drive as part of the observance of the day. Participants made posters, writing thoughtful, motivational messages for disabled persons. Gifting the warmth of love, students also donated winter clothes to the underprivileged PWDs. E-certificates were awarded to the participants of all the activities. Principal Dr. Nisha Bhargava asserted that the purpose of celebrating this day is to raise awareness about disability related issues and to sensitise our stakeholders to provide support and facilitate the mobility, dignity and well being of specially abled persons. Citing the example of Ms. Pratishtha Devasher, Motivational Speaker from Oxford University, who defied all odds and became the first specially abled Indian to reach Oxford University, Dr. Bhargava said that her success story emphasises the fact that disabilities can't prevent a person from succeeding if he/she has a strong will and makes focused efforts to achieve his/her goal. Dr. Bhargava motivated the students to pledge to awaken their mind power and to make this world a better place to live for everyone including the specially abled people.



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**Mehr Chand Mahajan DAV College for Women, Chandigarh**

## Aparajita : A celebration of the spirit of womanhood at MCM



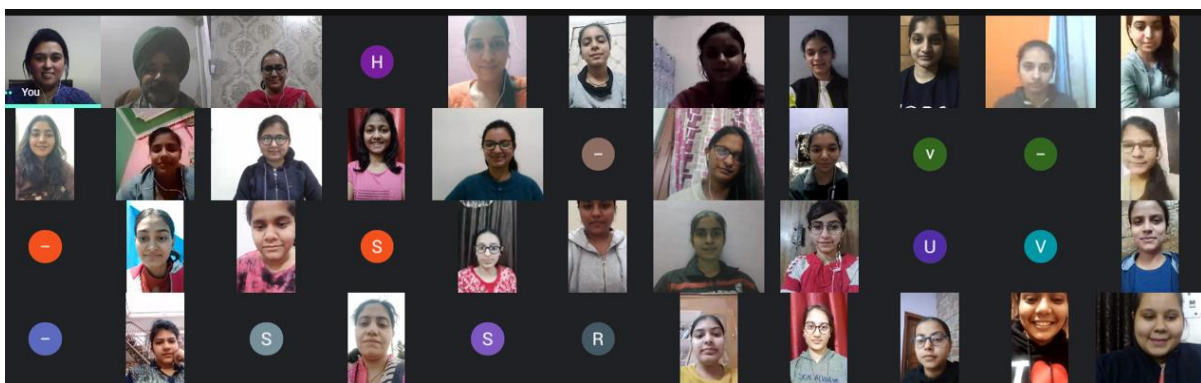
The NCC (Naval Wing) of Mehr Chand Mahajan DAV College for Women, under the aegis of Charitra Nirman Committee organised an online event- Aparajita as a celebration of the spirit of womanhood. The event was dedicated to the inspiring women of India who selflessly dedicated their lives to the cause of social upliftment and nation building. More than 100 students along with all the cadets of NCC (Naval Wing) participated in the event. The cadets gave impressive presentations on the inspirational lives of Rani Laxmibai, Kalpana Chawla, Saalumurada Thimmakka, Harita Deol, Arunima Sinha and Mother Teresa. The presentations were well received by the students who felt motivated to emulate the qualities of these illustrious women.

Principal Dr. Nisha Bhargava informed that keeping in mind the ethos of New Education Policy, the Charitra Nirman Committee of the college has been organising such events that aim to instil a strong value system in the students. She added that through this activity, the endeavour was to inspire students to learn from the incredible women who not only carved a niche for themselves but also contributed to national development.



## Sessions on blood disorders and healthy living at MCM

The Rotaract Club of Mehr Chand Mahajan DAV College for Women organised an online interactive awareness session on 'Blood Disorders and Need for Life-savers'. Organised in collaboration with DKMS-BMST Foundation India, the resource persons for the session were Ms. Namrata Toppo and Ms. Nandini Sarkar, both Senior Associates at DKMS-BMST. The main objective of the event was to raise awareness among students about the life saving blood stem cell transplant and donation. The experts gave the attendees an insight on blood disorders and the need for stem cell donors as they highlighted the battles patients suffering from blood disorders fight each day and the need for a matching tissue from the stem cell donor for a second chance at life. The participants were made familiar about the myths and facts related to donating blood. In another event, the Medical Committee of the college organised a session on 'Know Your Body for Healthy Living' by Dr. Harjit Singh, Specialist Herbo Mineral and Nutritional Medicine. Over 70 students participated in the event wherein the expert discussed the nutritional requirements to boost immunity particularly during this time of crisis. Dr. Singh emphasised on physical, mental, social and spiritual growth for holistic well being. Principal Dr. Nisha Bhargava expressed appreciation for these endeavours that sought to sensitise students about blood disorders and the important aspect of healthy living. She added that such initiatives are crucial for holistic development of the students.



## MCM's UBA Cell holds plantation drive at Badheri



The Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women held a Tree Plantation Drive at the college's adopted village Badheri. About 25 Black Ficus plants were planted in the park outside Government Senior Secondary School at the village. The councillor of the village Mr. Hardeep Singh and senior citizens were present on the occasion. Being the pioneer institution in setting up a biogas plant at its campus to produce biogas from mess food waste, the college's UBA team also offered a proposal of setting up a biogas plant to the village councillor. The village councillor expressed his gratitude towards the college and presented herbal plants to the UBA team. Principal Dr. Nisha Bhargava informed that being an institution with a strong sense of social responsibility, the college has been actively engaged in work under the aegis of various government flagship programmes like Unnat Bharat Abhiyan, Swachh Bharat Abhiyan, Ek Bharat Shreshtha Bharat and so on.

## MCM holds online quiz on Elections and Electoral Reforms

The Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women conducted an Online Quiz on the theme 'Elections and Electoral Reforms in India'. The objective of the quiz was to highlight the significance of elections in Indian democracy and to create awareness among the students regarding the electoral process in India. Over 25 students from various disciplines participated in the quiz. The top three position holders were awarded e-certificates. Ms. Apoorva of BA-III bagged first prize. The second and third prize went to Parneet of BA-III and Bhumika of BA-I. Ms. Shagun of BA-II and ISHA of BA-III were awarded third prize.

Principal Dr. Nisha Bhargava lauded this initiative and asserted that for a vibrant democracy, it is vital that the youth are educated about the electoral process of India so that they can make informed decisions and help democracy thrive.



## Smanvaya at MCM celebrates Unity in Diversity

The Ek Bharat Shreshtha Bharat (EBSB) Club of Mehr Chand DAV College for Women paid a rich tribute to the eternal spirit of Unity in Diversity which weaves the core of our multicultural nation through Smanvaya'- a Poster Making Competition. The competition saw a rich palette of colours as 65 enthusiastic participants expressed their creativity in aesthetically appealing posters, glorifying the geographical and cultural diversity of India and celebrating its tradition of unity in diversity.

Principal Dr. Nisha Bhargava appreciated the initiatives of college's EBSB Club and exhorted the participants to contribute whole-heartedly to the cause of nation-building. She added that such endeavours are highly relevant for educating the youth about India's rich legacy of harmonious coexistence.



## MCM's footballer selected for National Camp

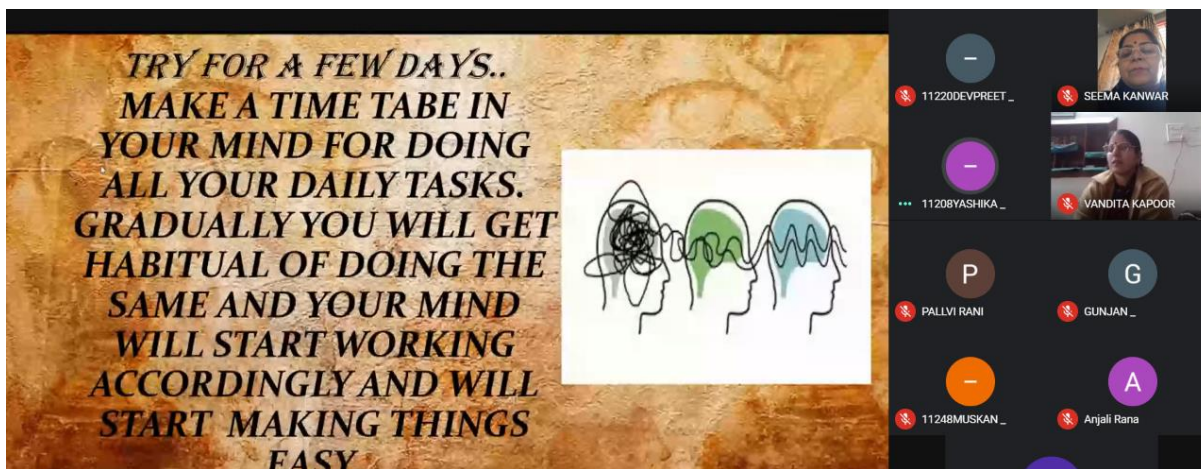


Bringing laurels to the college and adding to its long list of laudable accomplishments in sports, footballer Ms. Manisha of Mehr Chand Mahajan DAV College for Women has been selected in National Coaching Camp for the forthcoming AFC Women's Asia Cup 2022. The one and a half month long camp is being held at Goa's Assole Ground. Figuring in the list of 30 footballers in Senior Women's Football Team, Manisha has participated in various International and National Level Football games including Turkish Cup 2019, Spain Cottif Cup 2019, Nepal South Asian Games, Hero Gold Cup 2019, SAFF Cup Championship 2019, BRICS Cup South Africa 2018 and many more. With 3 golds and a bronze, Manisha is a promising player and is excited to be representing India in this prestigious tournament. Principal Dr. Nisha Bhargava congratulated Manisha on her selection and expressed hope that she will contribute to the best of her ability in making the country proud. Dr. Bhargava informed that the college's Physical Education Department has brought many laurels to the college including winning the Panjab University Women's General Efficiency Sports Shield 39 times in the college's existence of 52 years and grooming sportspersons of repute including Team India cricketers Taniya, Harleen and Riddhima.

## Programme on secrets of success held by MCM

In a unique initiative to share the secrets of success with students, the Charitra Nirman Committee of Mehr Chand Mahajan DAV College for Women organised a week-long online activity titled 'Secret of Secret Values Leading to Success: A Channel to Exemplify the Invisible Power'. Over 62 students participated in 7 enlightening sessions that focused on introducing them to the character traits that lead to success. From discussion on gratitude to deliberations on the belief in the power of dreams, law of attraction, art of visualisation, happiness as a state of mind and programming mind for success, the sessions covered various aspects of the secret of manifesting success in one's life.

Principal Dr. Nisha Bhargava informed that keeping in mind the ethos of New Education Policy, the Charitra Nirman Committee of the college is dedicated to the cause of instilling a strong value system in students that not only make them good human beings but also responsible and valuable citizens.



## MCM holds Short story telling on lessons learnt from failures

The Charitra Nirman Committee of Mehr Chand Mahajan DAV College for Women organised an online Short Story Telling activity on the theme “Valuable lessons learned from failures”. As many as 45 students participated enthusiastically in the event and shared their experiences. The activity served as a meaningful platform for students to gain wisdom from past failures and to prepare them for handling possible future failures. Providing a sense of hope and positivity by sharing lessons learnt from their own past setbacks, the students inspired each other not to give up or let failures affect their lives negatively. The participants found the activity highly engrossing as they learnt valuable lessons from each others' stories.

Principal Dr. Nisha Bhargava asserted that we all face setbacks at some point in our lives and sharing our failures or disappointments with others helps to not only boost self-confidence but also provides the courage to move ahead with a positive attitude. She added that through this novel initiative, the Charitra Nirman Committee has accomplished another laudable task towards its goal of building sound character of students by instilling in them the virtue of positivity.



## MCM holds online session on inner excellence

The Personality Development Club of Mehr Chand Mahajan DAV College for Women organized an online interactive session on 'Inner Excellence Through Holistic Growth'. Ms. Preeti Swami, Founder of Energy Transformation Lab and Mind Gym was the speaker for the session that saw an enthusiastic participation of over 100 students. The objective of the session was to educate students about harnessing the benefits of physical, mental, social, emotional and spiritual awareness for one's inner development. Ms. Swami explained how physical and emotional growth is very essential for the holistic development of an individual. Adding that every query and its solution lies in the force of energy that we are born with, she beautifully explained how our journey of progress rapidly moves from our thoughts, feelings, attitude, personality to destiny. The students appreciated the tips and techniques given for holistic growth and development.

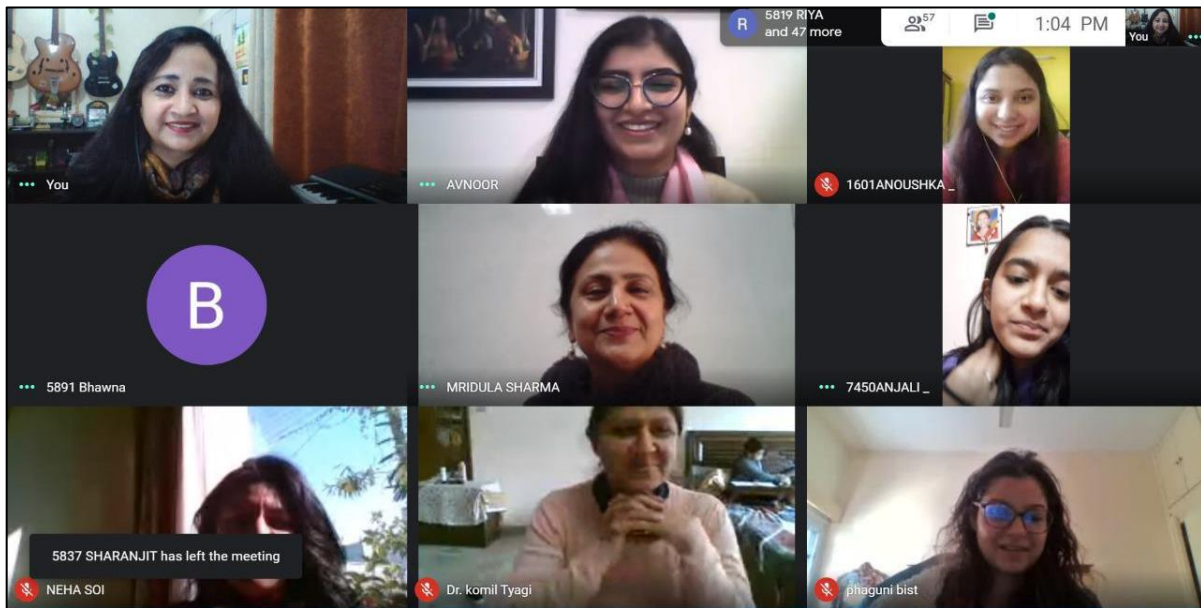
Principal Dr. Nisha Bhargava expressed appreciation for this endeavour and said that such initiatives are crucial for holistic development of the students. She added that for a fulfilling life, it is extremely important for students to understand the meaning of inner excellence that occurs through physical, mental, social, emotional and spiritual development.





## Workshop on Media Literacy

The Research Center P G Department of English, Mehr Chand Mahajan DAV College for Women, organized an Online Training Workshop on “Information Disorder & Media Literacy: Fighting Fake or Fake Fighting”. The resource person for the workshop was Dr Pragya Kaushik, Factshala Trainer and Media Educator under Factshala India Media Literacy Initiative Program in collaboration with Data Leads and Google News Initiative. The students were made aware of several social media practices as well as corporate media house gimmicks which engage in misinformation and cautioned them against falling prey to it. Students were guided about how they can be instrumental in curbing spread of fake news and help in dissemination of verified facts. Nearly a hundred participants, that included students and faculty members from the college, participated and benefitted from it. Principal Dr Nisha Bhargava lauded the effort of making the young students, who are among the largest users of online media, aware of rampant fakeness in the field. She stressed that the techniques suggested in the course of the workshop to identify fake reports would go a long way in making students responsible citizens.



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**Mehr Chand Mahajan DAV College for Women, Chandigarh**

## MCM holds 2-day international workshop on Global Avenues



In a unique endeavor to empower women to explore global avenues and expand their horizons academically as well as professionally, Mehr Chand Mahajan DAV College for Women, Chandigarh and Maryam Ajmal Women's College of Science and Technology, Hojai, Assam jointly organized 'Arise: Expanding Horizons Across the Globe'- a two day online international workshop. More than 900 participants including research scholars, faculty members and professionals from all over the world including countries like Philippines, Myanmar, Sri Lanka, England, Pakistan, Jordan, Saudi Arabia, Sweden, Portugal and Iraq registered for the event. The event was also shown live on the YouTube channel of the college and was viewed by over 1000 people. The keynote speaker on the inaugural day was Ms. Harleen Deol, Team India Cricketer and an alumna of Mehr Chand Mahajan DAV College for Women, who inspired the audience by sharing the inspiring story of her journey from being a student to an accomplished cricketer. Ms. Deol motivated the participants to never be bogged down by criticism and failures, and to work towards one's goal with focused determination. The resource persons for this two day intensive workshop were experts in their respective fields, who created awareness regarding various

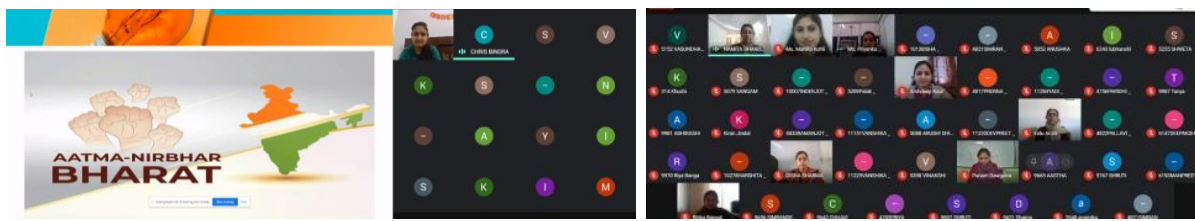
national and international platforms and opportunities that widened their knowledge about exploring opportunities across the globe.

The list of distinguished resource persons included Prof. Tarashankar Pal (University of Johannesburg, South Africa), Prof. Ratna Ghosh (James McGill Professor & W.C. Macdonald Professor of Education, McGill University, Canada), Dr. Sujit Kumar Ghosh (Department of Chemistry, Assam University, India), Prof. Vinod Chaudhary (Department of Sociology, Panjab University, India), Dr. Tanimia Bhattacharya (Faculty, Novel Global Community Education Foundation, Sydney, Australia), Prof. Ibadur Rahman (King Khalid University, Saudi Arabia), Dr. Preeti Gambhir (Department of Mass Communication, MCM DAV College for Women, India), and Mr. Suman Bhattacharya (Manager, Bangiya Gramin Bikash Bank, West Bengal, India). From pursuing research with international organizations, availing scholarship from prestigious international institutions, applying for visa, recent career trends and entrepreneurship opportunities, to marketing of an idea globally using social media and digital payments to support the activities across the world were covered through the technical sessions of the workshop. The event was a huge success and received appreciation from people not only in India but from scholars and professionals all around the world.

Principal Dr. Nisha Bhargava asserted that the workshop was indeed a beautiful amalgamation of premier higher educational institutions of northern and eastern region of India, where they came together to provide a common platform and fill the knowledge gaps for students, especially women. She said that the pool of knowledgeable resource persons brought informed guidance and exposure among the aspirants for the opportunities available abroad in the field of career and studies.

## MCM IIC holds PPT Competition on Atmanirbhar Bharat and Idea Competition

The Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women organised an online Power Point Presentation Competition on the topic 'Innovation and Entrepreneurship in Atmanirbhar Bharat'. Besides promoting the spirit of innovation and entrepreneurship among the students, the competition also sought to raise awareness about the drive started by Hon'ble Prime Minister of India, Sh. Narendra Modi for making India a bigger and more important part of the global economy, by pursuing economic policies that are efficient, competitive and resilient. 21 participants presented their views on the topic as over 100 students and faculty members attended the event. In their well-researched presentations, the participants offered various viewpoints on how self-reliant India aims at making India a stronger participant in the global value chain by exploring the hidden potential of our country and by igniting the spirit of entrepreneurship. In another activity, the IIC organised an Idea Competition wherein 31 entries were received. The participants presented their innovative ideas in the areas of IoT based technologies, food processing, waste management, healthcare, agriculture, renewable energy and rural development, wherein they introduced the concept of their idea, presented market analysis and feasibility study of the same. The winners of both the competitions were awarded cash prizes. Principal Dr. Nisha Bhargava expressed appreciation for the endeavours of IIC that seek to promote a systematic culture of innovation and entrepreneurship among students. She added these activities assume great importance in the light of the fact that a strong entrepreneurial and innovation ecosystem holds the key to a robust and thriving economy, especially in today's time of COVID-19 when unemployment is increasing.



Report of Activities (October 2020 to December 2020)

**Mehr Chand Mahajan DAV College for Women, Chandigarh**

## 'Gyan Shrankhala' kickstarts MCM's annual alumni meet

In view of the exceptional times of COVID-19 posing restrictions on organising the annual alumni meet- Rendezvous and Reminiscences in the offline mode, Mehr Chand Mahajan DAV College for Women came up with the novel initiative of 'Gyan Shrankhala' as a way to keep the flame of connectivity, resilience and hope alive. Under this unique endeavour, the Association of MCM DAV Alumni (AMDA) organized a series of online interactive sessions wherein the alumni of the college interacted with the undergraduate and postgraduate students. Giving back to their alma mater by sharing their valuable experiences and knowledge with the students, the alumni who interacted with the students included Simran Chawla, Software Developer, Arcesium India Private Limited, Amanjot Kaur, Director, Innovative Financial Management, Pia Bakshi, Founder, PhilARTropy, Writer, Owliver's Post and Research Scholar, Ashoka University, Aastha Singh, Research Scholar, Tata Institute of Fundamental Research, Mumbai, Abhilasha, Research Scholar, IISER, Bhopal, Navpreet Kaur, Research Scholar, IIT Ropar, Dipika Dhillon, NIT, Jalandhar and Aanchal Bhalla, PGT Chemistry, Shivalik Public School, Mohali. With their rich and vast experience in varied fields, the alumni shed light on a wide array of topics including career in IT, financial literacy as a life skill, the art of creative writing, opportunities in research and career vistas in the present times. All the sessions witnessed overwhelming participation of students who showed eagerness to widen their horizons by learning from the wisdom of the alumni. It was also a nostalgic moment for the alumni who got the opportunity to reflect upon their fulfilling journey at MCM that was instrumental in shaping their lives.

Principal Dr. Nisha Bhargava appreciated the endeavours of the Alumni Committee to bring the students and alumni on a common platform for sharing of experiences and inspiring the future generations. She added that by organising the annual alumni meet in this unique manner during such testing times, MCM has set up an example in resilience and positivity by showing how not to be bogged down by adversity and challenges.

## MCM holds 3-day workshop on 'Research and Data Analysis Using SPSS'



The Postgraduate Department of Psychology, Mehr Chand Mahajan DAV College for Women organised a 3-day online workshop on 'Research and Data Analysis Using SPSS'. Over 40 students benefitted from this workshop that sought to equip

them with requisite skills in conducting research and doing data analysis using the statistical software SPSS. The resource person for the workshop was Dr. Amit Lal, Founder, Skills Learning Solutions. During the workshop, the expert trained the participants in determining the statistical method appropriate in a given situation, using SPSS to analyse datasets and to interpret output, descriptive and inferential analysis, and to draw appropriate conclusions following the analysis. The problems of the participants were also taken up by Dr. Lal during the course of the workshop, wherein he provided insightful solutions and suggestions to make their research effective.

Principal Dr. Nisha Bhargava expressed appreciation for this initiative of the Psychology Department and asserted that in the present times marked by advances in research design and computing, substantial knowledge of statistics and understanding of statistical software is imperative for effective research.

## **MCM staff takes COVID Appropriate Behaviour Pledge**

Extending wholehearted support to the Government of India's efforts directed at fighting the novel coronavirus, the Swachhta Committee (Arts) of Mehr Chand Mahajan DAV College for Women organised a pledge activity. Organised as part of Gol's 'Jan Andolan for COVID-19 Appropriate Behaviour Pledge', the pledge was taken by Principal of the college Dr. Nisha Bhargava, teaching and non-teaching staff members, NSS volunteers and students. As part of the pledge, the participants committed themselves towards strengthening India's fight against COVID-19 by following key COVID appropriate behaviours and taking all the precautionary measures including maintaining social distance, wearing face mask and washing hands frequently. Dr. Nisha Bhargava asserted that since the outbreak of COVID-19 in India, MCM has undertaken various initiatives to help contain the disease including raising awareness about the disease through educational videos, online competitions, and distributing masks made at home. She added that being a socially responsible institution, MCM stands firmly with the state in its fight against COVID-19.

## MCM holds competitions to celebrate beauty of languages

The Charitra Nirman Committee of Mehr Chand Mahajan DAV College for Women organized Smanvaya- an event that aimed to spread the message of "unity through languages". As part of this activity, various competitions were organized including Calligraphy writing, Poetry writing and Book Review wherein students sent their entries in Sanskrit, Hindi, Punjabi and English. The competitions witnessed enthusiastic participation of over 100 students of varied streams who used their creativity to aptly depict the spirit of oneness that weaves different beautiful languages together to produce a unique identity marked by unity in diversity. Applauding this initiative of the Charitra Nirman Committee, Principal Dr. Nisha Bhargava said that the activity envisioned to develop appreciation for different languages among the students by demonstrating that despite having a distinct flavour, each language ultimately strives to establish connection between humans.

### Results of Calligraphy Competition:-

First Prize - Navisha BCom 1  
Second Prize - Sevani BA3 & Ritika BA3  
Third Prize - Gracy Singh BA1

### Results of Poetry writing Competition in Hindi:-

First Prize - Parinita Sareen BA3  
Second Prize - Tanvi Chaudhary BA1  
Third Prize - Kajal BA3

### Results of Poetry writing Competition in Punjabi:-

First Prize - Gurkamal Kaur Bassi BA3  
Second Prize - Kajal BA3  
Third Prize - Sumanpreet Kaur BA1

### Results of Poetry writing Competition in English:-

First Prize - Muskan Sachdeva BA1  
Second Prize - Shubhanshi Gaur BA3  
Third Prize - Parinita Sareen BA3





## MCM holds orientation session on IP

Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women organised an orientation session on 'Identifying Intellectual Property at the Early Stage of Innovation'. The resource person for the session was Ms. Disha Sharma, Innovation Ambassador- IPRs and Technology Transfer, IIC, MCM. More than 150 students and faculty members attended the event that was live streamed on YouTube as well. In an engrossing session, Ms. Sharma apprised the students on the benefits of using Intellectual Property Rights (IPRs) namely copyrights, trade secrets, patents, trademarks, and industrial designs, at an early stage of innovation. Some interesting examples of well established companies like Coca-Cola, McDonald's, Puma, etc. were discussed to acquaint the students with the difference between various forms of IPRs. Live polling was also conducted during the session to know the views of the participants. Overall, it was a very insightful session and familiarised the students with the know-how of intellectual property. The students found the session very interesting and informative. Principal Dr. Nisha Bhargava lauded this initiative of IIC and said that besides promoting the culture of innovation, such endeavours are highly relevant for providing the youth guidance about various related aspects. She added that this session assumes greater importance in the light of the fact that innovation holds the key to nation's development.





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

Phone: 0172-2603355, Fax: 0172-2613047

Email: principal\_mcmdavcollege@yahoo.com Website: <https://mcmdavcwchd.edu.in/>

*Narrative by*

**Dr. Preeti Gambhir**

Asst. Professor

Department of Mass Communication

*Compiled, designed and edited by*

**Ashish Mudgal**

Manager IT