



Mehr Chand Mahajan DAV College for Women

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

ACTIVITIES REPORT

April 2020 to June 2020

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

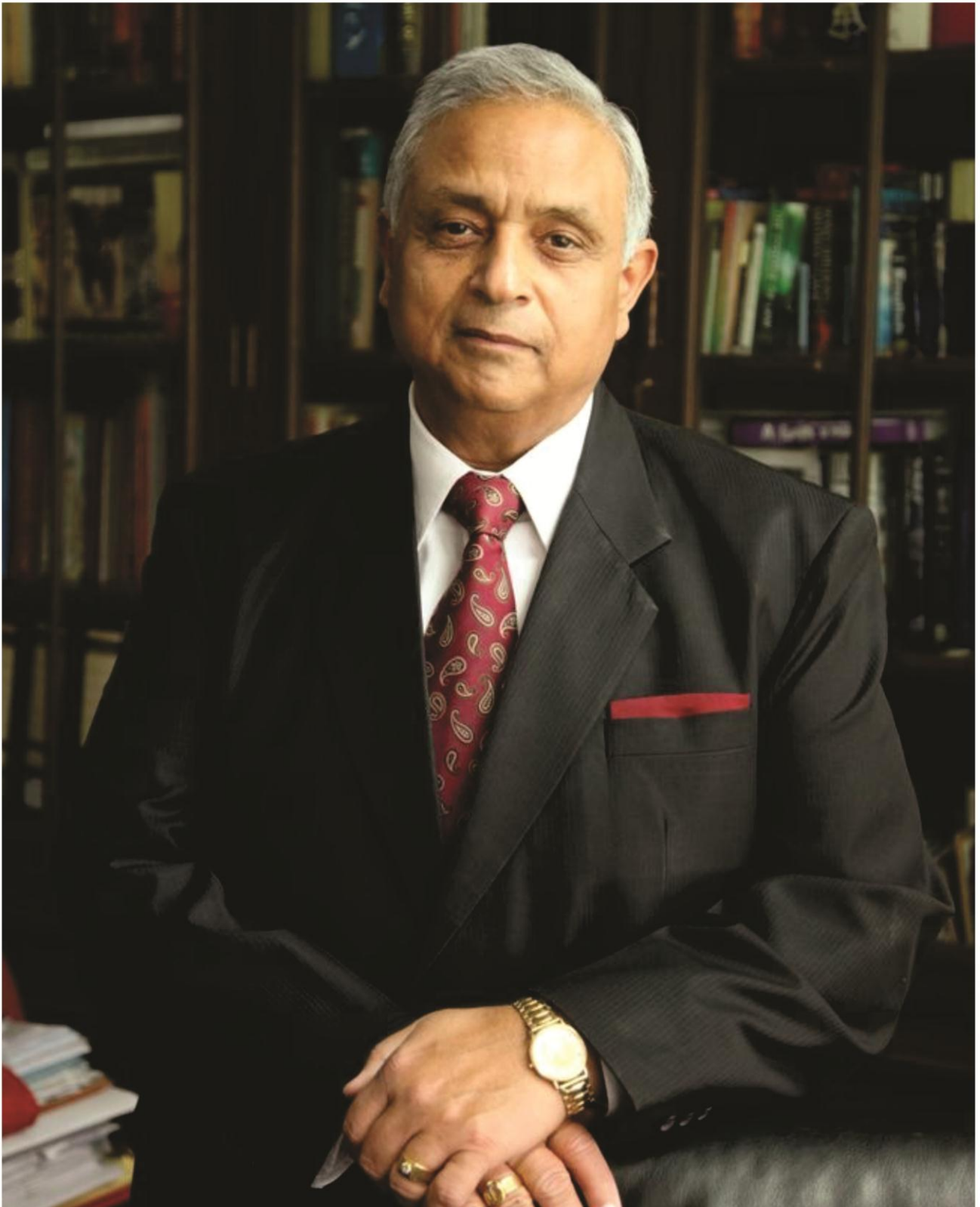
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Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

Our Guide and Mentor



Dr. Punam Suri Ji, Padma Shree Awardee

Hon'ble President

DAV College Managing Committee

New Delhi



From the Principal's Desk

Mehr Chand Mahajan DAV College for Women, Chandigarh has, since its inception, emerged as a premier institution of higher education dedicated to providing quality based holistic education. In its highly eventful and glorious odyssey of 51 years, the institution has not only grown appreciably in all the spheres but also evolved its teaching system to cater to the changing demands of the times. The laurels that team MCM has brought in this quarter are testimony that the positivity and happiness are essential ingredients to success. What makes MCM unique is not only its strong grasp over tradition and culture but also utility based approach toward education. Therefore, keeping overall development of students as the foremost motto, a plethora of skill based online webinars, workshops, awareness programme, special lectures in the diverse field such as Culinary Skills, Organic Farming, Mental Health, Environment Protection are appended with the main curriculum. It gives me immense pleasure to present, through this report, a panoramic view of our journey in the fourth quarter of the current academic session i.e. 2019-20.

N. Bhargava

Dr. Nisha Bhargava
[Principal]

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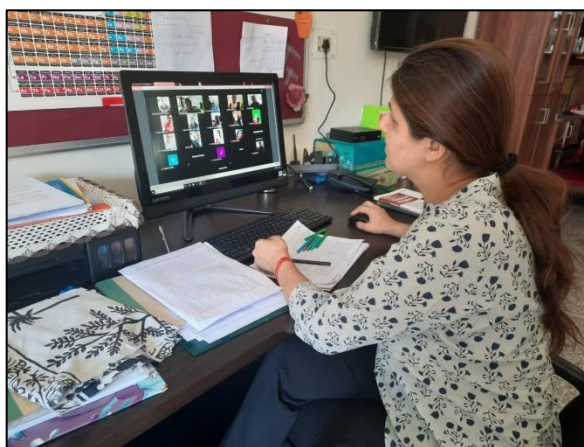
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Teaching-learning at MCM takes the e-route

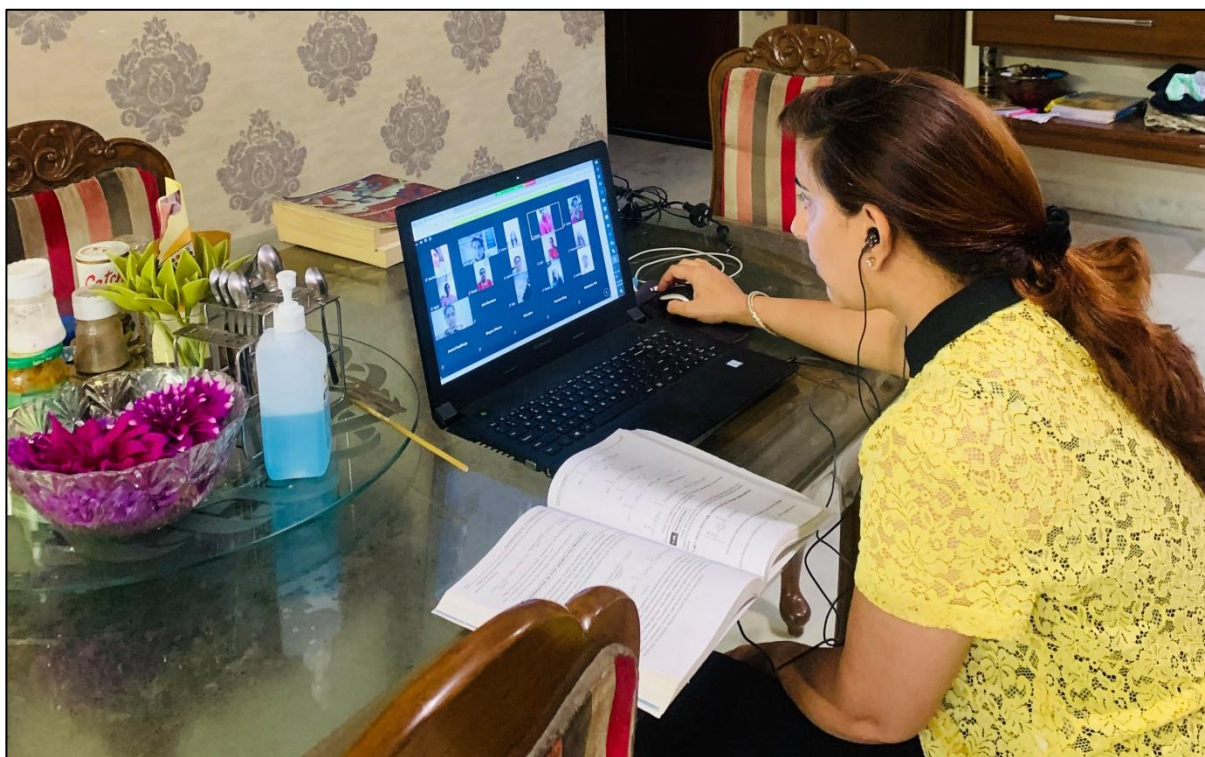


Nelson Mandela famously remarked that education is the most powerful weapon which you can use to change the world. As the world today grapples with COVID-19, everything including education has been jeopardized. With huge academic loss staring in the face due to suspension of classroom teaching, the faculty of Mehr Chand Mahajan DAV College for Women have switched to e-classrooms to compensate for such loss. Reinforcing MCM's position as a frontrunner, the enterprising faculty of the college have risen to the occasion and are harnessing various online apps, tools, platforms and media for sharing study material, holding online discussions, giving assignments, conducting tests and much more. Principal Dr. Nisha Bhargava asserted that in view of the current situation in the wake of COVID-19 outbreak, the college is taking all possible measures to ensure that academic activity does not suffer and the students do not feel directionless. She added that fighting the handicap of social distancing, MCM faculty is proactively in touch with the students and imparting online classes that are benefitting thousands of its students. Audio/ audio-visual lectures conducted through apps like Zoom,

Skype, Hangouts, YouTube, Google Classroom and WhatsApp have found favour with the teachers as well as learners as these enable real-time interaction, thus affording a sense of virtual proximity to the teacher and the taught, and replicating a real classroom to a large extent. Besides sharing self-created study material in the form of PDFs, documents and powerpoint presentations through e-mail, the teachers are also providing the students with links to relevant lessons or courses on digital platforms/ repositories like Swayam NPTEL, e-PG Pathshala, eGyankosh and MOOC.org so that the students are kept productively involved while being confined to their homes. For practical subjects like Chemistry, Physics and Food Science that involve conducting experiments, the videos uploaded by various prestigious science and technology institutes are being used to develop the knowledge base of students. To keep the students busy even after the day's virtual lecture is complete, the teachers give students assignments which they submit through email and WhatsApp groups. Google Assessment forms come in handy for conducting revision tests. The college has the distinction of setting up a research centre in the subject of English and the presentations of scholars enrolled in Ph.D. are being held through webinars. Catering to its students in various states across the country including Punjab, Haryana, Himachal Pradesh, Jammu, Rajasthan, Uttarakhand, Uttaranchal, Uttar Pradesh and Manipur, the college is leaving no stone unturned to reach out to students. The student community is extremely appreciative of the college's endeavours in these trying times and feel that online classes are the only viable option in the present situation. Sharing her take on online classes, Samridhi Bhardwaj (BA II) asserted that these are the next best thing to the real class and also offer the benefit of flexibility and unprecedented possibilities of



widening one's horizons. Feeling motivated by the efforts of her teachers, Sonali Negi (BA II) said that online classes are a victory over the need of the hour i.e. social distancing and guide students towards productive ends when one can be tempted to while away the ample time at hand. Smriti Gulia (BA II) feels that online classes are a convenient mode of instruction as the schedule of the classes is mutually agreed upon, the study material is available 24x7 and clarification of doubts in real time is highly beneficial. Indeed, earnest efforts never go unrecognized and are bound to bear fruits. Further, to keep the students' creative juices flowing the college also organized various e-competitions including slogan writing, e-poster and poem writing wherein the winners were issued e-certificates. These initiatives reflect the excellence that is the hallmark of the college and reaffirms MCM's commitment towards holistic education that prepares its students to face the vagaries of life sensibly.



MCM spreads COVID-19 awareness through videos



Not letting COVID-19 outbreak and the resultant lockdown defeat education's purpose of enlightening and empowering young minds, Mehr Chand Mahajan DAV College for Women has undertaken various initiatives to keep the students productively engaged while spreading awareness about the

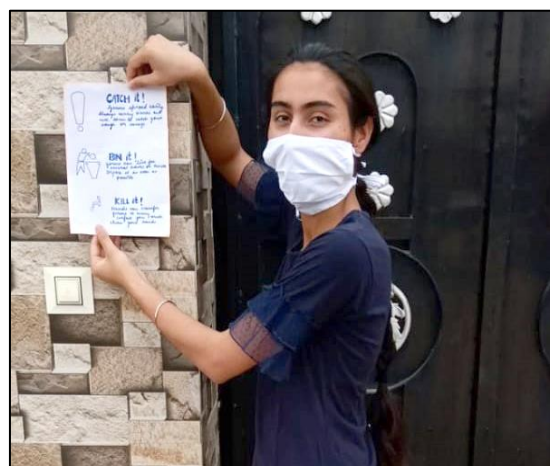
pandemic. In a unique endeavour, the Naval Wing) cadets and Unnat Bharat have made various videos aiming at and its precautionary measures. Shared these educative videos touch upon various important aspects like proper procedure of washing hands, demonstration of making face masks and sanitizers at home and sanitization of fruits and vegetables. Observing the lockdown restrictions, the volunteers also distributed face masks and sanitizers in their

volunteers of NSS, NCC (Army and Abhiyan (UBA) Committee of the college sensitizing citizens about the disease on the college's social media handles,

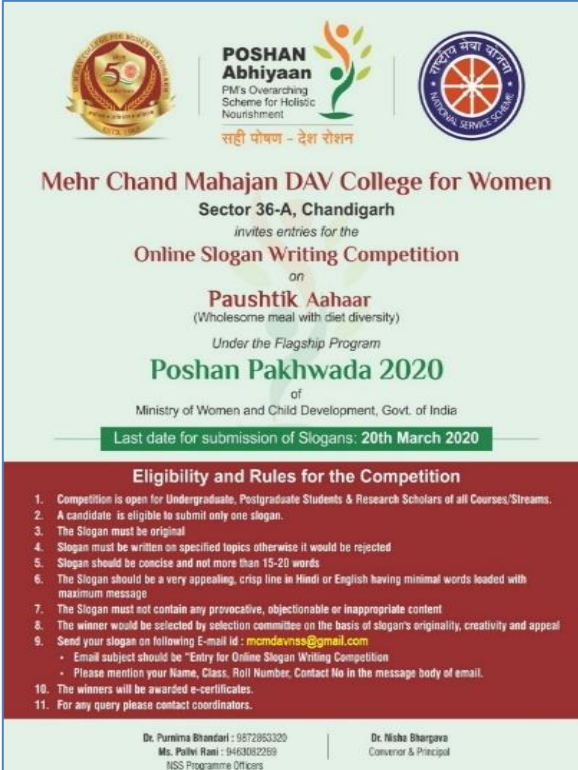





own localities. Awareness posters about social distancing, staying at home and wearing masks were also made by the volunteers and pasted outside their residences for the passers by. Sharing her experience, NSS volunteer Harsirjan Kour said that the volunteers realize their responsibility during this hour of crisis and are trying to serve mankind through their humble efforts like making and distributing masks, generating awareness among the masses about COVID-19 and its precautions.

Principal Dr. Nisha Bhargava said that the college is taking adequate measures to mitigate the unprecedented situation of uncertainty and hopelessness brought about by the outbreak of COVID-19. She added that in the present scenario when social distancing is imperative and thus the volunteers cannot undertake door to door awareness activities, the medium of videos is the best way to sensitize people and help in the fight against the disease.



Online competitions organized by MCM



POSHAN Abhiyaan
 PM's Overarching Scheme for Holistic Nourishment
 सही पोषण - देश रोशन

Mehr Chand Mahajan DAV College for Women
 Sector 36-A, Chandigarh
 invites entries for the
Online Slogan Writing Competition
 on the
Paushtik Aahaar
 (Wholesome meal with diet diversity)
 Under the Flagship Program
Poshan Pakhwada 2020
 of
 Ministry of Women and Child Development, Govt. of India
Last date for submission of Slogans: 20th March 2020

Eligibility and Rules for the Competition

1. Competition is open for Undergraduate, Postgraduate Students & Research Scholars of all Courses/Streams.
2. A candidate is eligible to submit only one slogan.
3. The Slogan must be original.
4. Slogan must be written on specified topics otherwise it would be rejected.
5. Slogan should be concise and not more than 15-20 words.
6. The Slogan should be a very appealing, crisp line in Hindi or English having minimal words loaded with maximum message.
7. The Slogan must not contain any provocative, objectionable or inappropriate content.
8. The winner would be selected by selection committee on the basis of slogan's originality, creativity and appeal.
9. Send your slogan on following E-mail id : mcmdavns@gmail.com
 - Email subject should be "Entry for Online Slogan Writing Competition"
 - Please mention your Name, Class, Roll Number, Contact No in the message body of email.
10. The winners will be awarded e-certificates.
11. For any query please contact coordinators.

Dr. Purnima Bhandari : 9872863320
 Ms. Pallvi Rani : 9463082269
 NSS Programme Officers

Dr. Nisha Bhargava
 Convener & Principal






Mehr Chand Mahajan DAV College for Women
 Sector 36-A, Chandigarh
 invites entries for the
Online Power Point Presentation Competition
 on the
Cultural aspects of Dadra & Nagar Haveli
 Under the aegis of
Ek Bharat Shreshtha Bharat (EBSB)
 An initiative of Ministry of Human Resource Development, Govt. of India
Last date for submission of presentation: 20th March 2020

Eligibility and Rules for the Competition

1. Competition is open for Undergraduate, Postgraduate Students & Research Scholars of all Courses/Streams.
2. A candidate / team (not more than two students) is eligible to submit only one entry.
3. The presentations shall be compatible with Microsoft Office 2010 and may have a maximum of 15 slides.
4. Send your presentation on following E-mail id : mcmehsb@gmail.com
 - Email subject should be "Entry for Online Power Point Presentation Competition on the Cultural aspects of Dadra & Nagar Haveli"
 - Please mention your Name, Class, Roll Number, Contact No in the message body of email.
 - The size of presentation should not be more than 20 MB.
5. Presentation through google drive links will not be entertained.
6. The winners of the competition will be selected on the following criteria:
 - Content (20 marks)
 - Subject Analysis (20 marks)
 - Innovative Ideas, originality and creativity (20 marks)
 - Inclusion of Audio/Video effects, exceptional use of power point (20 marks)
 - Conclusion (20 marks)
7. For any query please contact coordinators.

Dr. Purnima Bhandari: 9872863320
 Ms. Pallvi Rani : 9463082269
 Coordinators

Ms. Neena Sharma
 Co-convener

Dr. Nisha Bhargava
 Convener & Principal

Even the handicap of social distancing in the wake of COVID-19 outbreak failed to deter Mehr Chand Mahajan DAV College for Women to propagate its objective of enlightening young minds through education. In a unique endeavour to keep the students constructively engaged at their respective places, the college organized online competitions under the aegis of its NSS units and Ek Bharat Shreshtha Bharat (EBSB) Committee.

As part of Poshan Pakhwada- the flagship program of Ministry of Women and Child Development, Government of India, the NSS units of the college organized an Online Slogan Writing Competition on 'Paushtik Aahaar'. The competition witnessed enthusiastic response wherein students came up with creative slogans seeking to drive home the importance of nutrition.

Under EBSB initiative of MHRD, Government of India, the EBSB Committee conducted an Online PPT Competition on 'The Cultural Aspects of Dadra and Nagar Haveli' with the aim of promoting national harmony and integration. The participants made PPTs aesthetically showcasing the diverse cultural aspects like Gujarati and Marathi cuisine and the vibrant and colourful attires of the paired UT Dadra and Nagar Haveli. The rubrics for judgment included innovativeness, originality, creativity, design and conclusiveness. The winners of both the competitions were issued e-certificates.

Principal Dr. Nisha Bhargava asserted that as the entire nation pauses for a cause, MCM is making every possible effort to keep the students productively engaged and ensuring that learning is not hampered at any cost. She added that online competitions are a great way to keep the students involved while observing social distancing.

The results of the slogan writing competition were:

- 1st: Parul Passi (BA I)
- 2nd: Anusha Bansal (BCom II)
- 3rd: Tanya (B.Sc. II) and sonalika

The results of PPT Competition were:

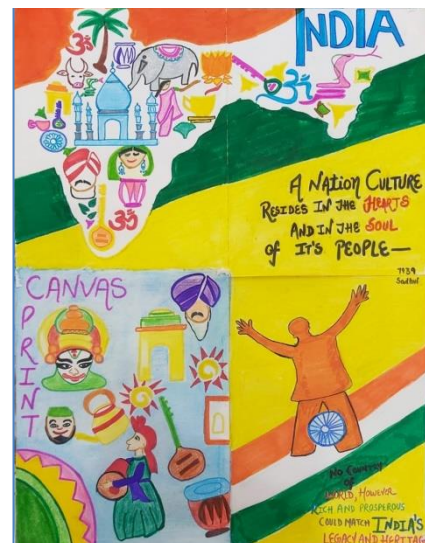
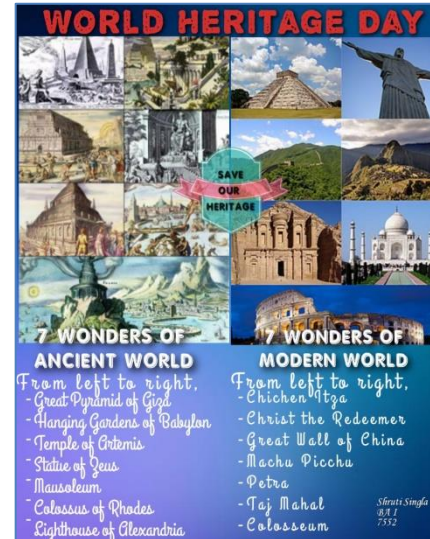
- 1st: Tanbir Kaur (BA III)
- 2nd: Surbhi Singh (BA I)
- 3rd: Anusha Bansal (B.Com II)
& Dakshita Dutta (BCA I)



MCM observes World Heritage Day

Using the power of worldwide web to not let the lockdown dampen the spirit of celebration of diverse cultures and heritage on the occasion of World Heritage Day, the Swachhta Committee (Arts) of Mehr Chand Mahajan DAV College for Women organized an Online Poster/ Collage Making Competition to mark the day. Held on the theme 'Rich Heritage of India', the competition witnessed overwhelming response as 65 students and children of staff members submitted their awe-inspiring entries. Showcasing the participants' ingenious creativity, the entries provided glimpses of the rich heritage of India and appealed to protect our distinct monuments and heritage sites. Evidently such an enthusiastic response even during these trying times is reflective of the value system inculcated in MCM students that inspires them to adopt a positive outlook even in the face of adversity.

Principal Dr. Nisha Bhargava asserted that since heritage is a vital link to our cultural, aesthetic, educational and economic legacies, this competition is MCM's contribution towards concerted efforts to raise awareness about the importance of preserving human heritage. She added that with current worldwide corona virus crisis necessitating observance of social distancing, virtual activities like this online poster making competition can spread awareness about rich cultural heritage.



Awareness video on COVID-19 by MCM uses the power of poetry to spread hope

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

Encourages awareness
on
COVID-19

Under the aegis of
**EK BHARAT
SHRESHTHA BHARAT**

मेहरचंद महाजन डीएवी महिला महाविद्यालय
सेक्टर 36 ए, चंडीगढ़

अज्ञात के भय ने मानव को ग्रसित कर लिया है और सम्पूर्ण विश्व में हाहाकार है। किंतु भयभीत होते हुए भी प्रबल इच्छा शक्ति एवं धैर्य से प्रत्येक विकट परिस्थिति पर विजय पाई जा सकती है। इस संकल्प को धारण करते हुए मेहर चन्द महाजन महिला महाविद्यालय, चंडीगढ़ ने कविता के माध्यम से मानव को अपने अंतर्मन में झांकते हुए सतत जीवन की दिशा में कार्य करने के लिए प्रेरित करने का प्रयत्न किया है। ईश्वर समस्त विश्व का भला करें।
डॉ निशा भार्गव
प्रिंसिपल

तमसो मा ज्योतिर्गमय
From darkness, lead me to light

Compiled, Designed & Developed by
Ashish Mudgal
Member

Ek Bharat Shreshtha Bharat Team
of
Mehr Chand Mahajan
DAV College for Women
Sector 36-A, Chandigarh (U.T.)

As the fear of the unknown and an air of uncertainty gripped the entire world following the outbreak of COVID-19, our normal lives were thrown out of gear. The world came to a standstill and melancholia slowly started spreading its dreadful wings to overshadow human spirit. In these chaotic times, poetry is more of a necessity than a choice in sustaining the human element in us. Resorting to the power of poetry to vindicate the survival instinct in us humans and sow the seeds of hope, faith, gratitude, and compassion in these trying times, Mehr Chand Mahajan DAV College for Women came up with a novel initiative- a video anthology of self-composed poetry by Principal, faculty and students. To help flowers of hope blossom in hearts where fear and hopelessness resides currently, this unique initiative was completed under the aegis of the Ek Bharat Shreshtha Bharat (EBSB)

team of the college. The poetical delight that the video is, comprises of poetry by 6 faculty members and 2 students.



An avid poet, Principal Dr. Nisha Bhargava, through her poetry urges humans to introspect as to how this catastrophe befell upon us and to remember the lessons learnt during and from this crisis. While providing sound pragmatic advice on maintaining a healthy diet, the poem by Dr. Bhargava also speaks of enhancing mental agility during this crisis by turning to spiritualism. Dr. Bhargava's words 'Tu jeetega kyunki haar jaana tera aachaar nahin, aur shatru se darr jaana mere Bharat tera aadhaar nahin' reassures of better times in the offing as in this fight against the unknown enemy, she invokes the resilient India that resides in each of us and motivates to keep up the fighter spirit.



All the soul-stirring poetic creations of the faculty and students hinge upon the value of faith while touching upon various themes including supremacy of nature's rule, reminder of insignificance of human existence jolting the mankind out of a sense of complacency, need to introspect and heal, and appeal to observe social distancing to overcome panic and anxiety.



Mrs. Neena Sharma, EBSB Coordinator and Associate Professor, Postgraduate Department of English feels that poetry, like shared grief and hope, unites us all. Weaving the present situation of uncertainty in an appealing tapestry of words, Mrs. Sharma drives home the importance of social distancing as she says, "Good fences make good neighbours we read, couldn't be more true as in this hour of drudge". Her words 'Let's keep our faith in this hour of need, this too shall pass let us repeat, this too shall pass let us repeat' tug at one's heartstrings and bring hope of a new dawn. While saluting the frontline workers,

Dr. Komil Tyagi, Assistant Professor, Postgraduate Department of English motivates the citizens to grab the opportunity of serving the nation in this hour of need. Calling for self-analysis, she ends on a positive note with the words, "Buss kuchh din aur pratiksha hai, karni humein apni sameeksha hai, aur phir jo jeevan daan mile, samajhna brahmaand ki deeksha hai".





The poem by Dr. Amardeep Kaur, Assistant Professor, Department of Punjabi, deliberates upon whether this pandemic is nature's fury or it's revenge or an attempt to establish its supremacy. Urging mankind to understand the nature of nature, Dr. Kaur says, "apne andar chaati maariyae te sarbat de bhalle di arz guzariyae".

The composition by Dr. Seema Kanwar, Assistant Professor, Department of Sanskrit, titled 'Sambhal jaa ae jan ae insaan' warns humans to stop the indiscriminate exploitation of nature and resources, and to pay attention to what nature is trying to teach us through this pandemic. Her words 'waqt ka hai takazaa ghar ke baahar nahin aana, anyatha bahut mehenga padega mahamaari ka prakop, vishv bhar ki samasya ka samadhaan hai rahe savdhaan savdhaan savdhaan' reinforce the only remedy available to us i.e. to stay indoors.



'Love in times of Corona' by Dr. Sunaina Jain, Assistant Professor, Postgraduate Department of English is a re-imagining of Gabriel Garcia Marquez's timeless novel 'Love in the time of Cholera'. Through her lines "Let 'Love in Selusion' and care be the antidote, Why not override all differences?, We are all sailing in the same boat, No Noah's arc will keep us afloat..", Dr.Jain impresses upon each one of us to respect the lockdown for defeating corona and reigning love. Inspiring mankind to exercise caution and not abandon hope.

Ms. Vishakha Goyal, Assistant Professor, Postgraduate Department of English says, "kucch waqt ki ehtiyaat varna sab barbaad hai, mut bolo ajeeb aaj kal hain acche burre dino se hi bani hai zindagi, yaad hai?".



Taking cue from their inspiring gurus, two students also pitched in for this noble cause with their compositions. An MA Sociology student Ms. Kanika Arora's words 'apne aapko maan ne laga tha bhagwaan, aaj dukh ki ghadi mein kar raha parmatma ka aahwaan, apne gunahon ki bhog raha sazza ab vasundhara le rahi tera mazza' prick human conscience.



Ms. Deergha, a BA II student asserts the importance of following safety precautions while saying, "doori zaroori hai jo nahin samjhega woh jald corona se ro raha hoga". As a reiteration of the fact that COVID-19 can put the entire world on lockdown but it cannot lockdown art, imagination, poetry, compassion, humanitarian spirit, positivity and all that which makes us human, this humble initiative of the college gives to the world what is direly needed today i.e. hope, faith, prayer, compassion, positivity and motivation.



MCM marks World Earth Day with online competitions

The current crisis situation brought about by the global pandemic makes the celebration of World Earth Day even more contextual today. Demonstrating its unflinching support for the cause of environmental conservation, Mehr Chand Mahajan DAV College for Women marked the day with a host of online

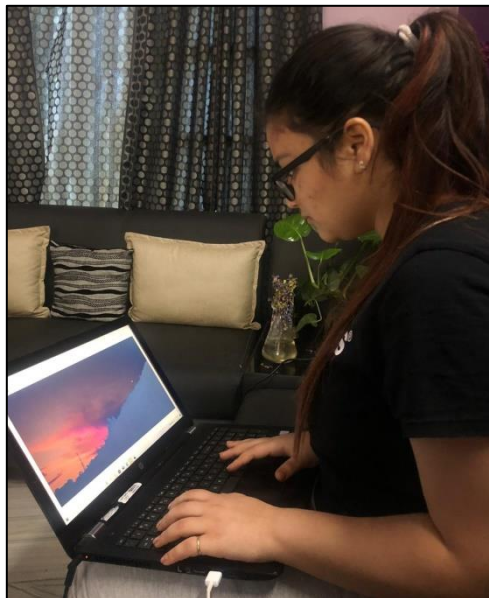


competitions aimed at inspiring the students to be environment warriors who promote peaceful coexistence of all the species.

The Swachhta Committee (Arts) of the college organized an Online Photography/Poetry /Song competition on the themes: "Earth provides enough to satisfy every man's needs, but not every man's greed.", "The earth is enjoyed by heroes"—this is the unfailing truth. Be a hero. Always say, "I have no fear.", and "The earth is what we all have in common.". Leading by example, Principal Dr. Nisha Bhargava made the celebration even more meaningful by contributing a thought-provoking poem and photographs depicting the pristine beauty of nature. The Horticulture and Landscaping Committee of the college conducted an online Landscaping Competition wherein the students submitted pictures of the landscaping done by them at their respective places. The creative entries for all the competitions provided glimpses of the huge pool of talent nurtured at MCM. Both the competitions witnessed enthusiastic participation of students as well as staff who participated in this noble cause of raising awareness about environmental conservation while staying within the confines of their home.

The results of the competitions were:

In Online Photography Competition (Staff Category) Asst. Professor of Department of English Ms. Ruchika got first position while Asst. Professor of Department of Economics Ms. Anchal Mehta got second Position. In same competition student category Arshita Sharma (BA II) and Annanya Mahajan (B.Sc. I) got first position while Monisha Chaudhary (BA III) and Abhilasha Kolash got second and third position respectively.



In Online Song Competition (Students Category) Shreya got first position while Muskan and Divya Bhatt jointly got second position. The third position went to Riya Chauhan. The First Prize in Online Song Competition (Staff Category) Asst Professor of Department of English, Dr. Sunaina Jain got First Position. In Poem Writing Competition (Staff Category), Dr Prason Prasad, Associate Professor, Department of Hindi got First Position. While Vishakha Goyal, Asst. Professor, Department of English got second position and Aanchal Mehta, Asst. Professor of Economics Department got third position.

Asserting that many a times humans have suffered because of the fallout of their own actions detrimental to the peaceful coexistence of life-forms on earth, Principal Dr. Nisha Bhargava appealed to the mankind to resolve to work for sustainable and viable development. She further urged mankind to show compassion and sensitivity towards the existence and well being of flora and fauna and to plant and protect more trees and to save our wildlife.

NSS units and Environment Committee of MCM mark Earth Day



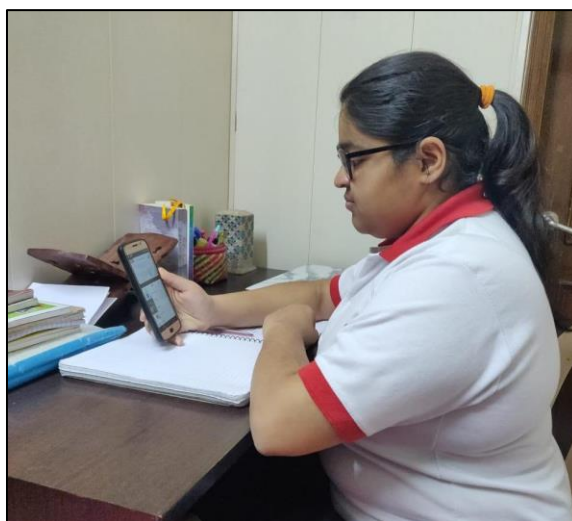
Mehr Chand Mahajan DAV College for Women celebrated Earth Day with various activities that were carried out by the students in the confines of their homes. Under the aegis of NSS units of the college, the NSS volunteers undertook sapling plantation at their respective places, made awareness posters and a video to sensitize general public. Striving to make a difference with their humble efforts, the NSS volunteers, through the video depicted the activities carried out by them on Earth Day and also appealed to humans to adopt an environment-friendly, conscious living. The volunteers also took a pledge to dedicate themselves to protecting the environment and raising awareness about it. The Environment Committee of the college organized an Online Caption and Content Writing Competition that aimed to prompt a serious deliberation on the dangers that the human beings have been posing to the ecosystems and the other species of this planet. The two-day competition entailed watching the award-winning movie *Albatross*, followed by submission of a Write-up including caption. More than 50 undergraduate students enthusiastically participated in this competition. The celebration through the meaningful engagement aimed to bring about a change in the reckless exploitation of mother Earth through the agency of young minds. Principal Dr. Nisha Bhargava asserted that the celebration of Earth Day has become all the more contextual today in the light of the global coronavirus pandemic. She added that the celebration of Earth Day in its true sense should entail a thoughtful contemplation on mending our ways and reassessing our contribution in saving environment and natural resources.

Webinar on child abuse and awareness video on PM CARES Fund by MCM



The nation-wide lockdown seems to be the only viable solution for the time being to contain the spread of COVID-19, but this solution also brings many unprecedented problems in its wake. One such problem can be the escalation in child abuse instances during this period; cognizant of this fact, the NSS units of

Mehr Chand Mahajan DAV College for Women organized a highly contextual webinar titled 'Envisaging a Physically and Emotionally Safe Environment for Children Coupled with Proper Hygiene: A Crucial Step during Lockdown and Beyond'. Organized with the objective of making volunteers aware about the preventive measures to be taken during COVID-19 crisis and to empower the volunteers in becoming proactive preventers of child sexual abuse, the webinar was a part of Rakshin Project in association with Sakshi NGO. Around 60 NSS volunteers along with the NSS programme officers of the college attended the webinar. Mr. Swarnim Sen, Leading Trainer, Rakshin Project apprised the volunteers about the gravity of the rampant child sexual abuse in our society and also enlightened them about the role of Rakshin in curtailing this menace. Drawing attention to the stigma and denial related to the sexual



exploitation of children, the volunteers were informed about possible cases where a child can be abused and the actions that are considered as abuse under the POCSO Act 2012, amended in 2019. The participants were shown relevant videos to elucidate the possible syndromes that children may develop because of the abuse and how to deal with them. The session was quite informative and interactive as the participants shared their queries which were suitably addressed by Mr. Sen.

 <p>Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh</p> <hr/> <p>An endeavour to generate awareness about donation in</p>  <p>सत्यमेव जयते PM CARES fund by Swachhta Committee (Commerce)</p>	 <p>Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh</p> <hr/> <p>Contributors</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Nidhi Sharma Asst. Professor Department of Commerce</p> </div> <div style="text-align: center;">  <p>Navjot Kaur Bachelor of Commerce 3rd Year</p> </div> <div style="text-align: center;">  <p>Snigdha Mehta Bachelor of Commerce 3rd Year</p> </div> </div>
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In another activity, the Swachhta Committee (Commerce) of the college made an awareness video highlighting the fact that in order to consolidate our country's fight against the current crisis brought about due to COVID-19, we all need to realize our responsibility and contribute towards PM CARES Fund. The video

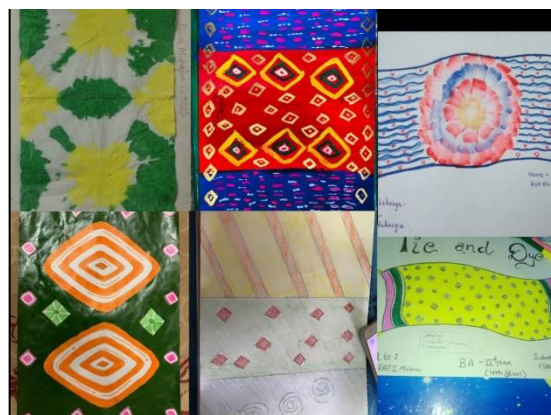
also contains information on claiming deduction under Sec 80G of Income Tax Act for contribution to PM CARES Fund.

Principal Dr. Nisha Bhargava asserted that during these crucial times, all the individuals and institutions have to come up with novel ideas to fight the disease as well as to mitigate its possible fallouts. She added that through such thoughtful endeavours like webinars and awareness generation videos, the college is doing its bit to strengthen the nation's fight against this unknown enemy.

Online Essay Competition & skill development activity by MCM

With the objective of encouraging its budding economists to deliberate upon the socio-economic implications of the corona pandemic and the possible solutions for overcoming the prospective problems, the Department of Economics at Mehr Chand Mahajan DAV College for Women organized an Online Essay Competition on the theme- Challenges of COVID-19. The competition witnessed enthusiastic participation of 50 students. The undergraduate students of the department wrote incisive essays on topics like socio-economic challenges posed by corona virus, looking beyond COVID-19, lockdown and air quality: lessons for India and, India and the World during the pandemic. On the other hand, the students of MA (Economics) shared their perceptive insights through essays on topics like impact of COVID-19 on agriculture, MSMEs and health services, and sustainability of supply chain of essential commodities. In another novel initiative to keep the students productively engaged at their homes, the Home Science Department of the college organized an online activity 'Design a Dupatta'. The objective of the activity was to provide a digital platform to the budding home scientists of the department to depict their creativity and skill in designing dupatta with tie and dye technique. Over 47 students submitted their exceptionally creative entries wherein they drew their creations on paper. Principal Dr. Nisha Bhargava stressed upon the fact that as the entire world is passing through an unprecedented phase due to COVID-19, it is imperative

that the students are equipped with requisite skills and knowledge to aid in the fight against this disease. She added that MCM is organizing various online activities on a regular basis with the aim of empowering students with such skills and knowledge that will stand them in good stead.



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Online video competition on cleanliness and doodle art competition at MCM

The cultural wing of Swachhta Committee of Mehr Chand Mahajan DAV College for Women organized an Online Video Competition on a very contextual theme keeping in mind the current pandemic- 'Dire Necessity of Cleanliness in the Present Distressed Times'. Aimed at raising awareness about the importance of clean surroundings in fighting the corona virus, the competition entailed submission of videos under three categories, namely mono acting, scene enactment and rap music depicting the theme. The participants came up with ingenious ideas weaving the theme aptly into their entries, using their skills in dramatics and music to convey the pertinent message of swachhta.



Report of Activities: 4th Quarter (April 2020 to June 2020)

Mehr Chand Mahajan DAV College for Women, Chandigarh

The results of the competitions are:

- i) Rap Music: 1st- Mehak
 2nd- Kunjalika Tikku and Tanvi
 3rd- Deerga

- ii) Mono acting: 1st- Manavi Arora (MA English II)
 2nd- Komalpreet (BA II)
 Consolation- Garima Dalal (MA II)

- iii) Scene Enactment: 1st- Muskan Rana (BA I)
 2nd- Ishika Gupta (BA III)

With the objective of generating awareness among students regarding the electoral process and significance of electoral franchise, the Electoral Literacy Club of the college organised an Online Doodle Art Competition. 46 students from across diverse streams, through their awe-inspiring art work displaying their exceptional talent and creativity, presented vivid ideas urging fellow citizens to realize the power of vote and highlighting its role in ensuring a nation's development.

- Doodle Art Competition: 1st- Tania Singla (BSc NM I)
 2nd- Mahika Sharma (BA I)
 3rd- Sargun Chug (BA III)
 Consolation- Bandhan Shinde (BA I)

Principal Dr. Nisha Bhargava said that realizing its responsibility of keeping the young minds focused during these testing times, the college is undertaking various online initiatives to prevent the disruption brought about by COVID-19 to hamper academics.

Online session on GST held by MCM

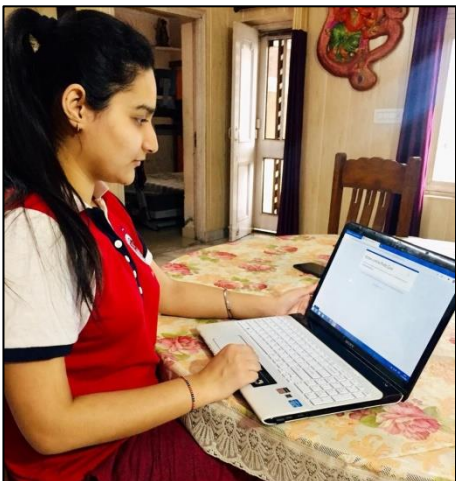


Mehr Chand Mahajan DAV College for Women- the affiliated training center of Chandigarh Skill Development Mission (CSDM) conducted an online session on 'Role of GST and Digital Payments in Entrepreneurship' here today. The session was organized as part of the ongoing Entrepreneurship week which is being observed by CSDM to promote self-employment among trainees of its various courses. The GST trainer at MCM Ms. Bhawna Sharma conducted this highly informative session wherein she enlightened the trainees about the concept, evolution and need of GST in India. Providing the trainees an in-depth knowledge of GST, Ms. Sharma further elaborated on the dual GST model, taxes subsumed in GST, its structure, digital payments and role of GST in entrepreneurship. The persons benefitting from this session included all the trainees doing various courses under CSDM for job roles like beauty therapist, fashion designer,

data entry operator, logistics, etc.

Lauding this initiative, Principal Dr. Nisha Bhargava informed that the primary mandate of the college's training centre is to catalyze the skills landscape by enhancing the skills of the youth. She added that even in these testing times, the college remains steadfast in its mandate.

Online Quiz on immunity boosting plants and e-poster Competition by MCM



Mehr Chand Mahajan DAV College for Women organized various online activities on a regular basis. In one such activity, the Department of Botany organized an Online Visual Quiz on common immunity boosting plants that witnessed enthusiastic participation of 40 students. Besides providing the students an opportunity to utilize their lockdown time in a constructive manner, the aim of this activity was to disseminate knowledge about the plants that have potential immunity boosting properties and can be easily incorporated in daily diet. In another activity by the Department of Computer Science and Applications, an e-collage/e-poster Making Competition was organized. The competition, with its timely themes- 'Abhinandan: A salute to our Covid Warriors' and 'Swachhta se Swasttha ki aur: Fight Covid 19 with Cleanliness and Social distancing', envisioned to not only reinforce the idea of social distancing and cleanliness for keeping the disease at bay but also to demonstrate solidarity with the paramedical staff, police forces and all the Covid warriors. Principal Dr. Nisha Bhargava asserted that in these stressful times, keeping in mind its responsibility of generating awareness and propagating hope of better times, MCM has designed various online activities that endeavour to keep its stakeholders constructively occupied while conveying the imperativeness of following all the advisories and precautions.



Online test series by MCM



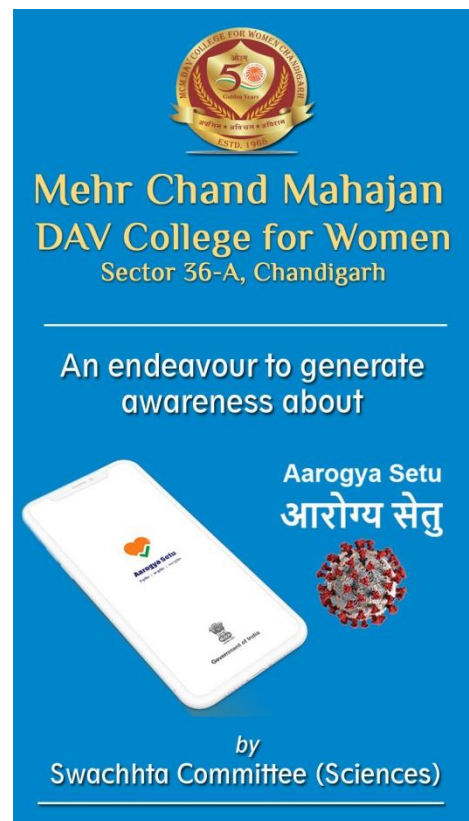
With a vision to maintain the zeal for excellence among students during the COVID-19 crisis, Mehr Chand Mahajan DAV College for Women has started a unique initiative in the form of different online test series which not only keep the students connected with the college but also ensure quality exposure to them. The Samavesh group of the college introduced a one month long practice test series which is relevant for students

of all the streams and classes as the questions are designed keeping in view the various competitive exams that students aspire to appear for after their graduation/post graduation. The areas specifically covered under this test series include general science, English language, logical reasoning, current Affairs, history and culture of India, information technology and sports. In another series, the Postgraduate Department of Mathematics at the college began a six day online activity titled 'Unlocking Mathematics in Lockdown'. Under this activity, the link of a worksheet of interesting and simple questions pertaining to various areas of Mathematics is circulated among students everyday. Both the test series witnessed enthusiastic participation of the students, according to whom such tests are an excellent way of keeping oneself productively occupied while brushing up one's knowledge.

Principal Dr. Nisha Bhargava said that not letting the coronavirus crisis and the resultant lockdown hamper academics, MCM is making all possible efforts to help the students cope during these trying times. She added that a slew of online activities designed by MCM envision to facilitate students in utilizing the lockdown time in a constructive manner.

Awareness video on Aarogya Setu App by MCM

With the objective of strengthening the nation's fight against COVID-19 by raising awareness about Aarogya Setu App, Mehr Chand Mahajan DAV College for Women made an educative video about this mobile application developed by the Govt of India to protect community and empower users with updated information. Created under the aegis of Swachhta Committee (Sciences) of the college, the video provides an in-depth explanation of how the app forms a user data base to create a network of information that can alert citizens and government of potential victims of the corona virus. The video gives a step-by-step guide on how this app that connects essential health services with the people of India



in our combined fight against COVID-19, can be downloaded and used. The video also lists out the benefits of downloading the app which helps to identify potential risks and also shares best practices to combat the coronavirus outbreak. putting to rest people's apprehension about sharing of their information, the video sensitizes people that the data is shared only with the government and the app does not allow one's name and number to be disclosed publicly. Through this video, the MCM fraternity also appeals to fellow citizens to be active partners in the fight against COVID-19 by downloading the app. Principal Dr. Nisha Bhargava asserted that realizing its responsibility to proactively contribute towards consolidating India's battle against this unknown enemy, MCM has undertaken the novel initiative of making awareness videos that deal with various aspects related to the disease.

MCM conducts online cooking competition



The Department of Home Science at Mehr Chand Mahajan DAV College for Women organized an innovative and healthy online cookery competition titled- Lockdown Recipes: Bridging the Gap between Balanced Diet and COVID-19. Around 52 students participated in the competition, the primary aim of which was to sensitize students about the importance of a healthy diet that nourishes the body as well as

brain during the present crisis situation. The competition provided the students a platform to showcase the creative as well as nutritive aspect of food, who prepared innovative recipes to enhance immunity and prevent infections using raw materials easily available at home. From chia pudding to oatmeal cookies, immunity boosting tea, spinach and sprouts dhokla, watermelon detox drink, orange sesame tabbouleh, the enterprising participants came up with many interesting dishes.

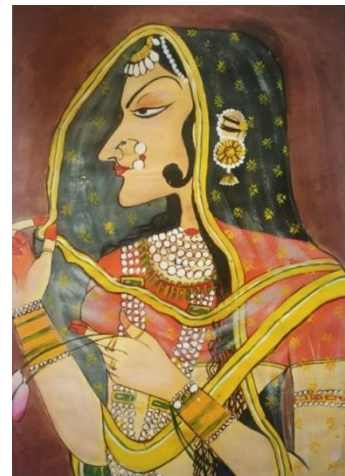
Principal Dr. Nisha Bhargava expressed appreciation for this novel initiative of the Home Science Department to keep the students productively engaged while reinforcing the value of a healthy and balanced diet in our lives. She added that the present situation being an unprecedented one, it is all the more important that we pay more attention to our diet as it not only impacts our physical but mental well-being as well.



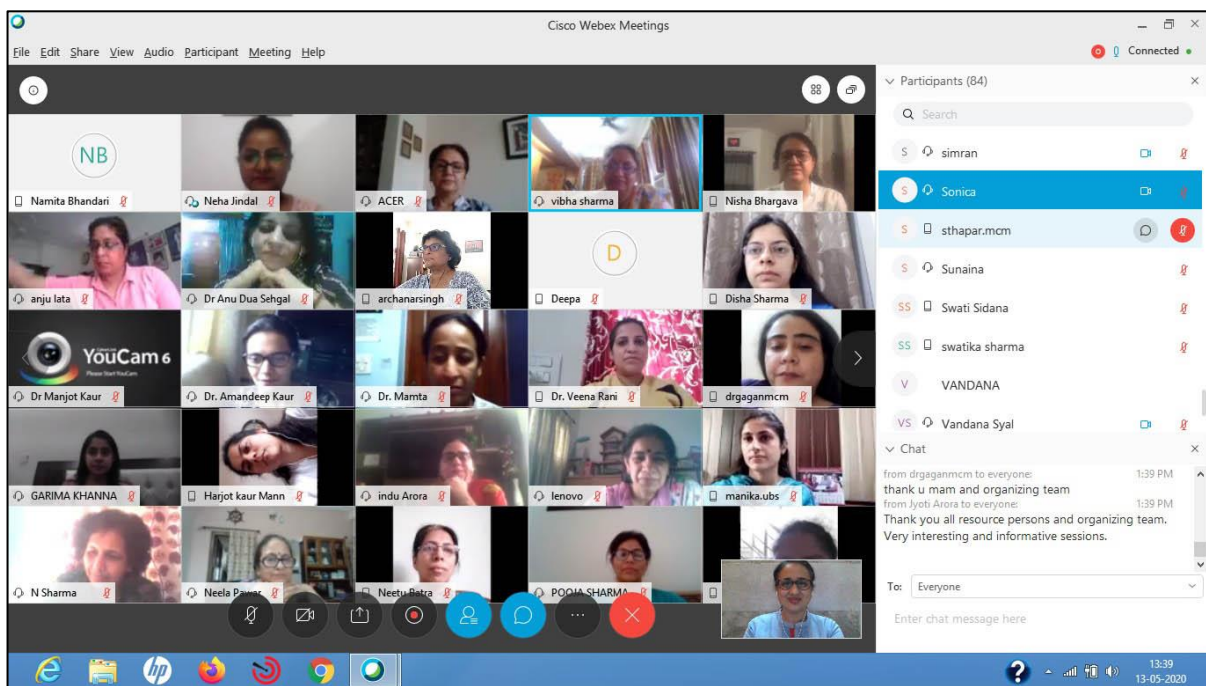
MCM launches counselling forum for its students



Keeping in mind the potential impact of coronavirus outbreak and the resultant lockdown on the students' psychology, the Geetanjali Helpline Committee of Mehr Chand Mahajan DAV College for Women has launched a unique and timely initiative in the form of an interactive WhatsApp forum- 'Mental Health during COVID-19'. The forum envisions, through interaction and timely counselling, to empower students in the light of unprecedented changes brought about by the pandemic in their lives. Catering to over 500 undergraduate students of first year, the forum is an endeavour to create an opportunity for tackling mental health problems, emotional well-being, exploring meaningful social connection and fostering community spirit. Through the forum, the students are encouraged to explore their creativity and talents, share their personal experiences, psychological and emotional concerns, and provided counselling online. The students have found the forum to be an apt platform for expressing their ideas, concerns, issues as well as showcasing their talent in the form of art work, poetry, culinary delights, etc. The fears and apprehensions of students have been aptly addressed by the staff members managing the helpline namely Dr Nitasha Khehra, the in-house clinical psychologist and Asstt. Prof (Psychology), Dr Bindu Dogra Asstt. Prof. (Sociology) and Mrs Vandita Kapoor Asstt. Prof. (commerce). Expressing appreciation for this endeavour, Principal Dr. Nisha Bhargava asserted that the uncertainty shrouding our lives in the wake of COVID-19 outbreak can adversely affect our well-being, physical as well as psychological, and thus, it is imperative that there is a forum to tackle such issues.



MCM holds 2-day webinar on e-learning



Taking cognizance of the significant disruption in the education sector caused by COVID-19 pandemic, the Internal Quality Assurance Cell and Mass Communication Department of Mehr Chand Mahajan DAV College for Women organized a 2-day webinar titled 'Designing and Developing e-learning'. The webinar envisioned to facilitate the faculty in coping with this disruption by exploring the nuances of digital learning. With enthusiastic participation of over 100 faculty members of the college, the information packed webinar had Prof. Archana R. Singh, School of Communication Studies, Panjab University, Dr. Anu Dua Sehgal, Social Media Strategist, Ideator and Content Creator, and Dr. Neha Jindal, Assistant Professor, Symbiosis International (Deemed) University, Pune as the resource persons. The event was visualised and executed by Dr. Preeti Gambhir (Asst. Prof. of Mass Communication). The webinar dealt with significant issues currently facing the teaching community in the wake of the corona virus outbreak, including the model of

e-learning, its components, factors affecting the quality of e-learning and methods of instruction, concept of collaborative learning, structuring of interactive e-lesson, techniques for presenting e-content and the technology aspects of producing and presenting e-content. Prof. Archana R. Singh asserted that for teaching the digital natives i.e. the students, the teachers who are digital immigrants need to reconsider and re-devise their pedagogical methodology as well as their content. Highlighting the fact that digital singularity has led to the dichotomy of legacy content and future content, Prof. Singh asserted that the faculty needs to converge the old with the new and foster an environment of enriching interdisciplinary exchange for the benefit of the learners. In her highly engrossing sessions, Dr. Anu Dua Sehgal shared valuable insights on leveraging technology for creating engaging learner-centric content. Dr. Sehgal dwelt on the expository, application, collaborative and stimulation methods of instruction and elaborated on the nuances of each with appropriate examples. Stressing on making students receptive to e-learning, Dr. Sehgal reiterated that active learning happens when the digital content is interactive and involving. Dr. Neha Jindal apprised the participants about the model of e-learning and discussed in detail the techniques for presenting content online like voice modulation, visual reinforcement of key points, etc. Shedding light on the technological aspect of content production and delivery, Dr. Jindal also conducted walkthroughs of different platforms used for producing e-lessons. The participants found the webinar extremely fruitful.

Expressing appreciation for this timely endeavour, Principal Dr. Nisha Bhargava asserted that education sector being a critical determinant of a country's economic future, has to emerge from this crisis successfully and remote learning seems to be the only viable solution to ensure this. She added that bringing digital education to the centrestage, COVID-19 has prompted experts to rethink the conventional mode of education.

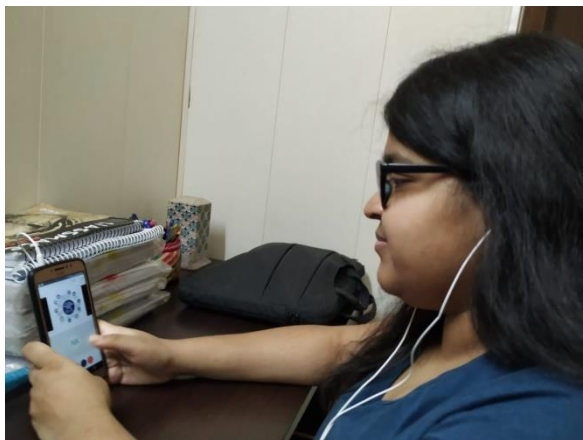
Webinar on Mental health, emotional wellness and mindfulness by MCM



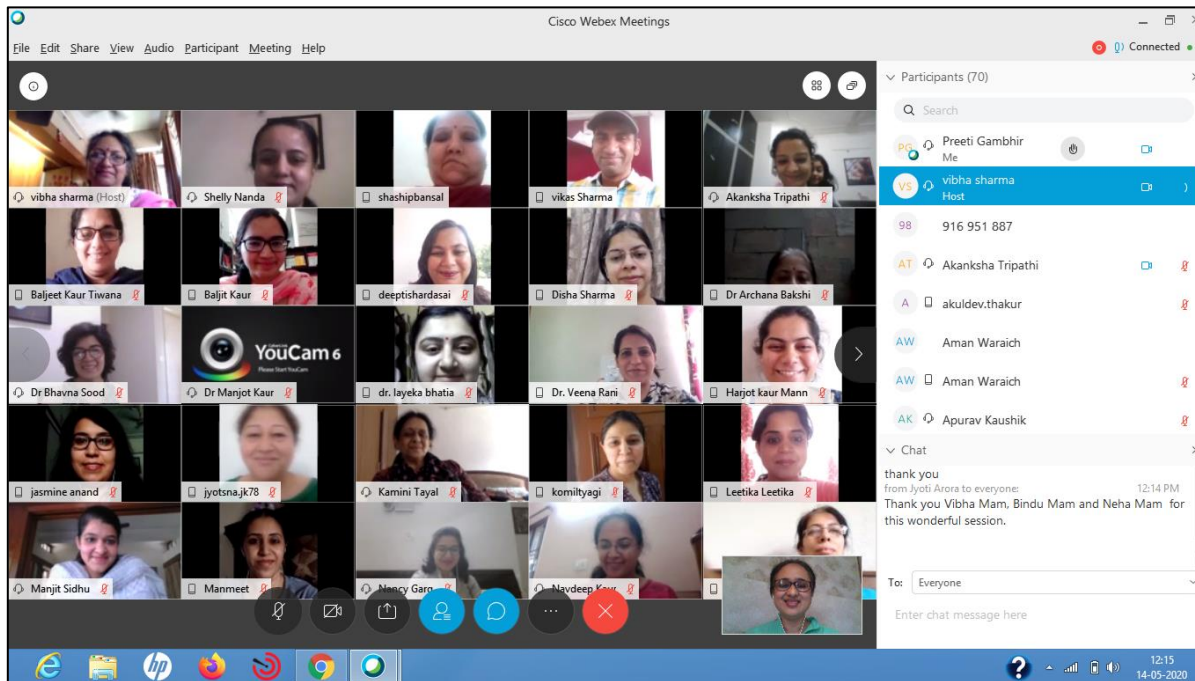
With a view to impart psychoeducation on management of mental health during the pandemic, the NSS units and Geetanjali Counselling Helpline Committee of Mehr Chand Mahajan DAV College for Women organized a highly relevant webinar titled 'Mental Health and Emotional Wellness in the COVID-19 Pandemic: Coping with

Anxiety and Depression'. Dr. Nitasha Khehra, Assistant Professor, Postgraduate Department of Psychology and Convenor, Geetanjali Counselling Helpline Committee, MCM DAV College conducted the webinar that witnessed enthusiastic participation of over 40 NSS volunteers. Aiming to create mental and emotional awareness during the current crisis, Dr. Nitasha Khehra enlightened the volunteers about various critical aspects of managing one's psychological and emotional well-being including the management of negative emotions, effective coping strategies for controlling anxiety and depression, and strategies for maintaining positive mental health and emotional well-being. Discussing the role of meditation in balancing the brain hemispheres, Dr. Khehra also touched upon the importance of good sleep, physical exercise, nutritious food, positive thinking and self-care in keeping oneself afloat during these trying times. The volunteers not only learnt about the measures to be taken to cope with anxiety and depression during the lockdown but were also apprised about constructive techniques of overcoming fear of behaving in a socially

unacceptable manner and having healthy relationship with one's emotions so one exists on the higher end of the spectrum. The volunteers found the webinar immensely beneficial and also shared their concerns and queries with the expert that were handled suitably. In another webinar organized under the aegis of the Department of Psychology, Dr. Akanksha Tripathi, Asst Prof, Department of Psychology, MCM DAV College educated students about 'Mindfulness'. The main objective of the webinar was to familiarize students with the concept and practice of mindfulness with its different types/forms, to explain the interconnection between mind-body and how it affects our well being. Impressing upon the fact that during these trying times of hardships characterised by confusion, restlessness, worry about future, social and physical disconnection, and isolation, Dr. Tripathi informed the students that it is imperative to attune themselves with a tool called mindfulness that is not only handy but a most important one. The participants learnt the techniques of conditioning oneself through different informal techniques of mindfulness with examples like mindfulness walking, eating, drinking and doing chores. The expert also explained about the human energy system and emotions and taught a breathing technique to boost energy system with mindful breathing. In a highly engrossing session, the participants were made to practice formal mindfulness breathing along with a heart coherence mindfulness exercise. Expressing appreciation for both the endeavours, Principal Dr. Nisha Bhargava said that with human life at the crossroad of existential living in the wake of the current pandemic, such webinars are of essence as these facilitate rebooting our systems by providing valuable insights on protecting our mental health during turbulent times like the present one.



Webinar on psychological well-being during the pandemic conducted by MCM

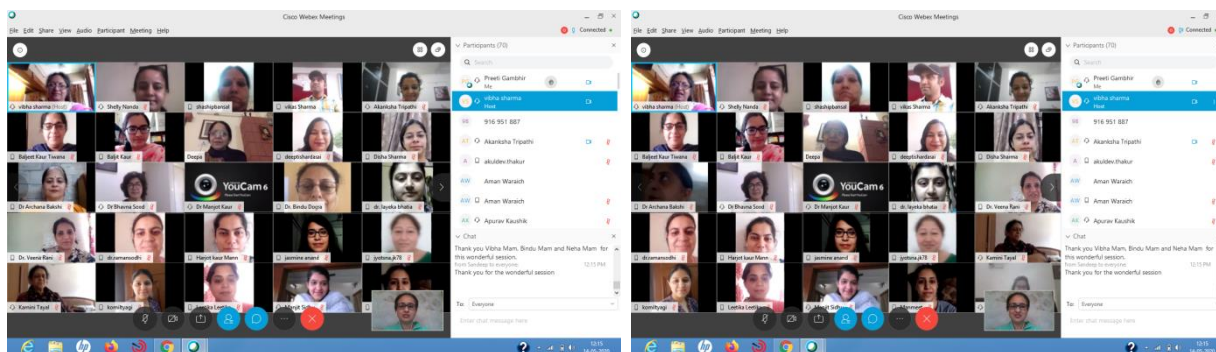


In an endeavour to empower its staff through sensitization about adaptive coping strategies to effectively combat the psychological effects of COVID-19, Mehr Chand Mahajan DAV College for Women organized a webinar titled 'Psychological Well-being during Pandemic COVID-19'. A collaborative initiative of the Internal Quality Assurance Cell (IQAC) and UGC Committee of the college, the webinar witnessed enthusiastic participation of 73 staff members of the college. Dr. Neha Pandeya, Assistant Professor, Postgraduate Department of Psychology, MCM DAV College conducted this highly invigorating webinar wherein she laid stress on paying attention to one's holistic well-being during these turbulent times. Suggesting to consume a daily DOSE (Dopamine, Oxytocin, Serotonin, Endorphin) of happy hormones/ mind nutrients, Dr. Pandeya informed the participants that engagement in

restorative activities leads to increase in happy hormones in the body. With loneliness, emotional exhaustion, stress, apprehension, anger, frustration, depression and many other negative emotions rearing their ugly heads in the current situation, Dr. Pandeya advised to use HALT (Hunger, Anger, Loneliness, Tiredness) method to mindfully check one's basic needs when feeling anxious or impulsive.

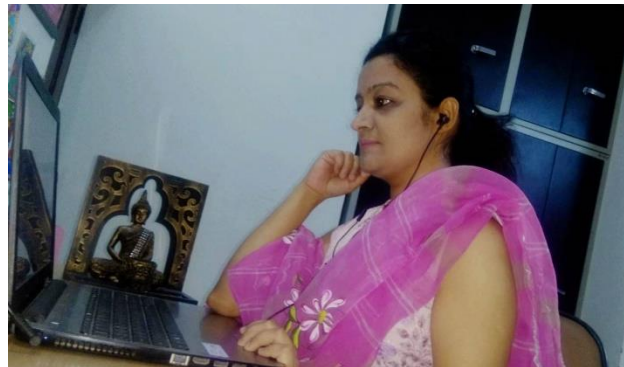
On controlling mental chatter, the expert apprised the participants about the beneficial Cognitive Reappraisal Strategy which entails identification of faulty pattern of thinking and reframing of dysfunctional thoughts into functional thoughts/ beliefs. Advocating mindful consumption of social media, Dr. Pandeya also gave handy tips on maintaining gratitude journal and engaging in positive monologue as well as positive dialogue. A deep breathing exercise to clear mind and relieve stress was also conducted during the webinar.

Principal Dr. Nisha Bhargava expressed appreciation for this timely initiative of IQAC and UGC Committee as it sought to address the pertinent issue of psychological well-being in the present pandemic scenario. She added that the college has organized such webinars for its students as well as staff with the objective of helping them cope with the psychological effects of the pandemic by providing significant insights on protecting mental health.



MCM holds webinar on Mindfulness

With a vision to educate students about the psychological process of mindfulness, the Postgraduate Department of Psychology of Mehr Chand Mahajan DAV College for Women organized a webinar on the same. Dr. Akanksha Tripathi, Asst.



Prof. Department of Psychology conducted this highly engrossing webinar that had over 40 students in attendance. The main objective of the webinar was to familiarize students with the concept and practice of mindfulness with its different types/forms, to explain the interconnection between mind-body and how it affects our well being. Impressing upon the fact that during these trying times of hardships characterised by confusion, restlessness, worry about future, social and physical disconnection, and isolation, Dr. Tripathi informed the students that it is imperative to attune themselves with a tool called mindfulness that is not only handy but a most important one. The participants learnt the techniques of conditioning oneself through different informal techniques of mindfulness with examples like mindfulness walking, eating, drinking and doing chores. The expert also explained about the human energy system and emotions and taught a breathing technique to boost energy system with mindful breathing. In a highly invigorating session, the participants were made to practice formal mindfulness breathing along with a heart coherence mindfulness exercise. Expressing appreciation for this timely endeavour of the Psychology Department, Principal Dr. Nisha Bhargava said that with human life at the crossroad of existential living in the wake of the current pandemic, such webinars are of essence as these facilitate rebooting our systems by providing valuable insights on protecting our mental health during turbulent times like the present one.

Webinar on ornamental plants by MCM

The Department of Botany at Mehr Chand Mahajan DAV College for Women organized a 2-day webinar titled 'Learning the Nuances of Rearing Ornamental and Organic Plants'. The aim of the webinar was to enrich the students with knowledge of the vast, promising potential of the world of plants and to equip them



with skills required to grow ornamental, medicinal and aromatic plants. The two days of the webinar were packed with knowledge as Prof. Y.C. Gupta, Dean, College of Horticulture and Centre of Excellence for Horticulture Research and Extension, Mandi, Dr. Niranjan Singh, Senior Research Fellow, Department of Fruit Science, Dr.YSP University of Horticulture and Forestry, Solan, Dr. Puja Sharma, Assistant Professor cum Scientist, Department of Floriculture and Landscape Architecture, College of Architecture, Dr.YSP University of Horticulture and Forestry, Solan, and Dr. Aruna Mehta, Scientist, College of Horticulture and Centre of Excellence for Horticulture Research and Extension, Mandi shared their expertise in different lectures.

Prof. Y.C. Gupta spoke about 'Business opportunities in Floriculture and Landscaping', giving an insight into the potential opportunities which floriculture and landscaping industry provides. He also delivered another lecture on 'Protected Cultivation of Flowering Plants', besides discussing the role of green houses in cut flower cultivation, their types, construction and cost effectiveness. He talked about

the technology and techniques involved in the protected cultivation of much in demand flowers including roses, liliiums, carnations, gerberas, anthuriums, etc.

Dr. Niranjana Singh, in his lecture on 'Production Technology of Apple Fruit', discussed the relevance of the apple industry. He further updated the participants on the cultivation practices involved in the rearing, storing and marketing of this most important temperate fruit. In his another lecture on 'Propagation Techniques for Fruit Crops', Dr. Niranjana discussed and demonstrated the technological advancements in vegetative and sexual methods for speedy and better multiplication of plants. Dr. Puja Sharma explained the entire concept of creating a 'Miniature Garden' which has great relevance in today's world where people have limited living space. She guided the students about how such creativity can be brought into use for entrepreneurship.

The live demonstration by Dr. Sharma was thoroughly enjoyed by the participants. Dr. Aruna Mehta gave a vivid account of the plants with medicinal and aromatic relevance in her lecture entitled 'Medicinal and Aromatic Plants- Their Importance and Conservation'. In her presentation, Dr. Mehta discussed the various aspects of this category of plants including their characterization, cultivation, utility and conservation strategy. The participants found the webinar extremely beneficial as they got valuable insights into the world of ornamental and organic plants that have high commercial value.

Principal Dr. Nisha Bhargava reiterated that despite the current pandemic situation disrupting the education system, teaching-learning has not taken a backseat at MCM as it has been quick in adapting to the situation. Lauding this initiative, Dr. Bhargava added that this webinar is of immense value in sensitizing students about lucrative entrepreneurial opportunities.

Essay Writing Competition on significance of cleanliness amid COVID-19 and its socio-economic implications



The Department of Economics, in collaboration with Swachhata Committee of Mehr Chand Mahajan DAV College for Women organized an Online Essay Writing Competition on the topic- Importance of Cleanliness amid COVID-19: Suggestions and Socio-Economic Implications. The competition witnessed enthusiastic participation wherein students impressed upon cleanliness as the first line of defence against the virus, discussed at length the unprecedented impact of the pandemic on the economy and society, and proposed suggestions to deal with this impact. Quoting studies suggesting that novel coronavirus lingers on surfaces from few hours to several days, the participants drove home the point that cleaning and disinfecting frequently touched objects and surfaces like door knobs, handles, switches, etc. is a must. The participants shared their observations on how the pandemic has affected every aspect of human life, from being a health crisis to triggering a deep socio-economic crisis globally. With measures to combat the spread of the virus like travel restrictions, lockdown, etc. exposing the global economy to high risk of recession due to adverse effects on financial markets, investment, consumption, investor confidence, commodity prices and international trade, the participants also gave pertinent suggestions to redesign and rebuild a better tomorrow globally. Principal Dr. Nisha Bhargava reiterated that COVID-19 has dealt a severe blow to global economy and to overcome this crisis, we have to assume collective responsibility. She added that even the seemingly insignificant acts at individual level like maintaining clean surroundings, practicing minimalism, adopting sustainable practices, etc. can help in rebuilding our world.

MCM holds webinar on Transition Metals in Organic Synthesis

Webinar On
"Transition Metals In Organic Synthesis"
May 14, 2020 from 11:30 am to 1:30 pm (IST)
Organized by
P. G. Department of Chemistry
MCM DAV College For Women, Chandigarh

Patron
Dr. Purnima Sauri
Padma Shree Awardee
Hon'ble President, DAV College
Managing Committee, New Delhi

Convener
Dr. Nisha Bhargava, Principal
MCM DAV College for Women

Co-ordinators
Dr. Shefali Dhiman, HOD
Dr. Sagatika, Dr. Daudar, Dr. Madhubari,
Dr. Riha, Dr. Nisha

Speaker
Prof. Roderick Wayland Bates
School of Physical & Mathematical
Sciences, Nanyang Technological
University, Singapore

Webinar is open for the Master students and Faculty of
Department of Chemistry, MCM DAV College, Chandigarh
Link: <https://mcmcollege.zoom.us/j/92000000000>

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Rod Bates
Nisha Bhargava
Dr Shefali Dhiman

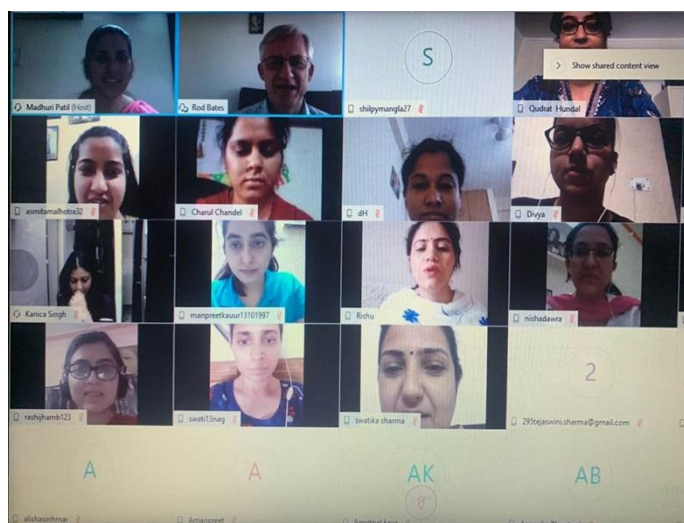
The Postgraduate Department of Chemistry of Mehr Chand Mahajan DAV College for Women conducted a webinar titled 'Transition Metals in Organic Synthesis'. Prof. Roderick Wayland Bates, Associate Professor, School of Physical and Mathematical Sciences, Nanyang Technological University, Singapore was the resource person for this highly informative webinar. The webinar received an overwhelming response from the students as well as faculty with a total of 96 participants including those from other colleges.

During the webinar, Prof. Bates highlighted the use of transition metals in several chemical industrial processes used for the production of millions of tons of chemicals per year like acetic acid. He also mentioned about synthesis of drug molecules like Valsartan (hypertension), Ledipasvir (hepatitis C) and Boscalid (fungicide used to

control a range of plant pathogens) using Palladium chemistry. He explained the importance of why and how transition metal overturn the reactivity of low reactive functional groups like ethylene, acetylene, carbon monoxide and aromatic halides. Further, structural types which can be obtained by combination of organic group with transition metals depending on hapticity were mentioned by the expert. Prof. Bates also shed light on the use of transition metal compounds in various basic organic reactions such as coupling, carbonylation, hydroformylation and cyclotrimerisation.

At the end of the webinar, Prof. Bates mentioned the ongoing research in his lab at Singapore and explained to the students as to how with a basic knowledge of synthetic chemistry, appropriate synthetic plan, careful observations and simple modifications, they achieved synthesis of desired compound via cyclotrimerization approach using transition metal chemistry. The participants found the webinar highly beneficial and were motivated to learn more about transition metal chemistry.

Principal Dr. Nisha Bhargava lauded this initiative of the Chemistry Department and asserted that the college has been organizing such webinars with the primary objective of mitigating the impact of the disruption in the education system caused by coronavirus. She added that MCM- a pioneer in quality education, has once again proved its supremacy by actively switching to the e-teaching mode during these trying times.



Webinar on averting industrial sickness held by MCM

The Department of Public Administration of Mehr Chand Mahajan DAV College for Women organized a webinar titled 'Averting Industrial Sickness: Role of Finance and Organisational Measures - A Case Study of Devi



Graphics'. During the webinar, Ms. Janvi Satija, an alumna of the college and co-proprietor of Devi Graphics interacted with Public Administration Honours students of BA-II and BA-III, and M.Com-I students. Speaking on the problem of industrial sickness, its causes and the remedies to prevent it, Ms. Satija apprised the participants about her business and shared her experience of bringing back her unit on its feet as it started facing multiple problems. She spoke about various financial, technological and human management steps that were taken to ensure that the business could face the challenges of changing times. She also implored the students to join their family businesses and be a part of the 'Aatmnirbhar Bharat'. Speaking from the vantage point of her experience, Ms. Satija asserted that the will to learn every aspect of a job and sincere teamwork are assets that can turnaround any organisation. The participants found the webinar extremely enriching as they learnt the nuances of managing industrial sickness from a person who has first hand experience in dealing with the same. Principal Dr. Nisha Bhargava expressed appreciation for this endeavour of the Public Administration Department that will go a long way in preparing budding entrepreneurs face the vagaries of business world. She added that the webinar's topicality makes it highly relevant.

'Happiness Journal' based activity by MCM

Mehr Chand Mahajan DAV College for Women organized an activity on the theme of "Happiness Journal". Organized under the aegis of Geetanjali Student Forum, an online mental health initiative taken during the COVID-19 pandemic by the Geetanjali Counselling Helpline Committee of the college, the



We all have so many happy moments in our lives. I would mention the moment where I became more confident & proud of myself. I won first prize in e-waste model making INTER COLLEGE iTech- Fiesta and I received the trophy from our Principal Ma'am. It was the proudest moment of my life since we had worked so hard work. The date was 2nd April, 2019.

ADITI

B Sc Computer Applications



When I became the Head Girl of my school and my parents were invited as the chief guests for the investiture ceremony. They had tears of happiness on their faces. Seeing their precious smile, became the best moment of my life.

MEGHNA MANGLA

BA-I

Roll No. 7603

activity sought to introduce and aid the students in harnessing the benefits of journaling as a tool of healthy expression and managing mental health. Insightful reflections and wonderful memories were shared by 42 participants during this activity. This activity was conducted to ensure students maintain their emotional wellness, psychological well-being and are meaningfully engaged during the lockdown. As part of the activity, the students had to write about their most happiest moments yet. While recollecting and journaling about their best moments, the focus of the activity was on celebrating these little moments and feeling joyful. This project helped the students to notice what matters the most, relive their positive experiences and feel incredibly grateful. All the prize winners will be provided with certificates. Lauding this novel initiative, Principal Dr. Nisha Bhargava asserted that indeed journaling is an interesting aspect of maintaining a healthy lifestyle for better management of stress, anxiety, and mental health conditions. She further informed that the college's Geetanjali Counselling Helpline Committee had been doing exceptional work during these trying times by providing students a platform for expression, sharing of concerns and getting counselling in the form of Geetanjali Student Forum.

Report of Activities: 4th Quarter (April 2020 to June 2020)

Mehr Chand Mahajan DAV College for Women, Chandigarh

MCM conducts Inter-College Mask and Gloves Making Competition



With the aim of keeping the students constructively engaged during the current pandemic situation and spreading awareness about the use of masks and gloves to keep the disease at bay, Mehr Chand Mahajan DAV College for Women organized an Inter-college Online Mask and Gloves Making Competition. Held under the aegis of the college's Women Development Cell and Postgraduate Department of Sociology, the competition witnessed enthusiastic participation as over 70 students from across the region sent their creative entries. Making their own trendy and stylish editions of masks and gloves, the participants not only showcased their creativity and resourcefulness by making masks and gloves from stuff available at home but also aided in the fight against the pandemic by being a corona warrior advocating the use of protective gear. All the participants and winners were awarded e-certificates. Principal Dr. Nisha Bhargava was all praises for the exceptional talent demonstrated by the participants of the competition. She added that with the primary objective of generating awareness and sensitizing people about the pandemic and its precautionary measures, the college has organized various online competitions and activities.

7 day online workshop on health management begins at MCM



Aiming to equip students with requisite skills in the field of health and nutrition management, Mehr Chand Mahajan DAV College for Women began with the second edition of its much sought after workshop- 'Be A Health Manager' here today. The 7-day online workshop series for diet care and lifestyle management is being organized under the aegis of Skill Development Committee of the college in collaboration with its skill partner- Plapp.

In the keynote address, Principal Dr. Nisha Bhargava congratulated the organizers for the immensely successful first edition of the workshop and informed that the second edition also received such encouraging response that two sessions per day had to be planned for accommodating the huge number of enthusiastic participants.

Speaking from the vantage point of her own experience, Dr. Bhargava shared the mantras of a healthy life including positive thinking, yoga, meditation, exercise, sleep and inner peace. She also stressed upon the healing powers of food and asserted that the key to good health lies in moderate consumption of everything.

This was followed by a session on 'Immunity Across Age and Gender' by Ms. Seaza Bhardwaj, Founder, The Green Loom. In an enlightening session, Ms. Seaza explained in detail the factors that affect our immunity including sleep, food, weight, and happiness hormones, and shed light on how to take care of each factor for boosting immunity. Dispelling the common perception that superfoods are fancy, expensive foods, Ms. Seaza apprised the participants of the vast storehouse of Indian superfoods including amla, curry leaves, black pepper, coriander, etc.

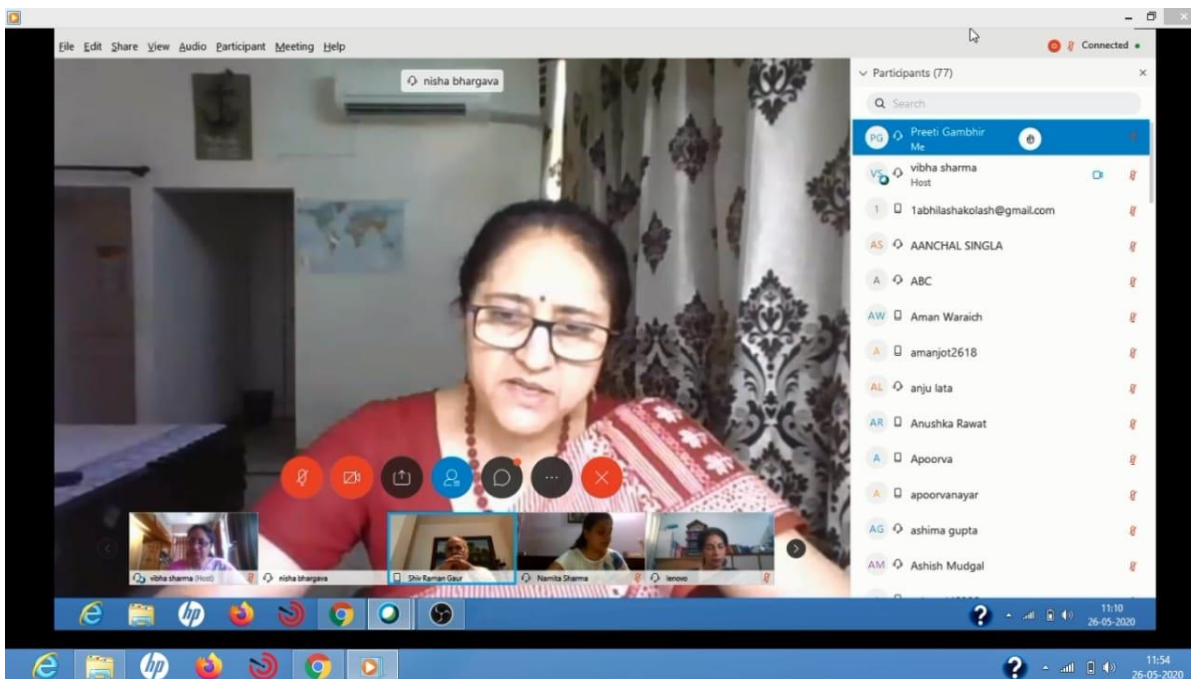
The expert advised switching to traditional knowledge of our ancestors for a wholesome life and said that we need to replace certain immunity killers like white sugar and maida with healthier options like jaggery powder and whole-wheat flour. She also warned the participants against the excessive use of sanitizers as such use can kill even the good bacteria, thereby lowering the immunity. The session was well received and the participants put forth their queries that were suitably answered by the expert.

MCM hosts webinar on India's fight against corona virus



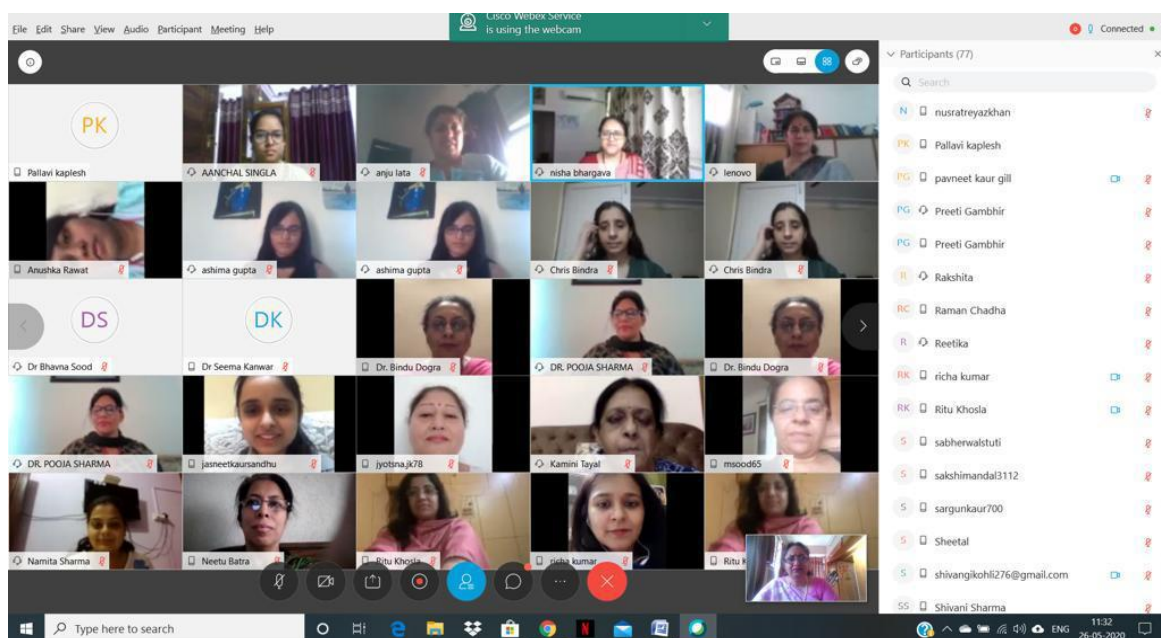
With a view to reflect upon India's fight against corona virus and the unprecedented crisis brought about in its wake, Mehr Chand Mahajan DAV College for Women organised a webinar titled 'Mobilising State and Citizens against COVID-19: Lessons from India and Lessons for India'. The highly invigorating webinar was organised by the college's Political Science Department under the aegis of Internal Quality Assurance Cell (IQAC) of the college.

Sh. Shiv Raman Gaur, Director Higher Education, DAV College Managing Committee, New Delhi graced the webinar as the Chief Guest. In his highly enlightening address, Sh. Gaur said that in the light of the fact that millions of people died worldwide due to the pandemic, the Indian Government's decision to enforce



country wide lockdown at an early stage was an extremely wise step as it helped in averting the danger of community transmission of the disease. From quick disaster management response to the launch of Aarogya Setu App, Sh. Gaur outlined various government initiatives that paid dividend in effectively controlling the spread of COVID-19. Speaking on the crucial lessons that India has to offer to the world in terms of fighting COVID-19, Sh. Gaur asserted that besides the important lesson in disaster management that response time is of essence, Indian culture has many unique lessons for the world. Sh. Gaur added that Indian gestures like 'namaste' provide lessons in being respectful of others while maintaining social distance, practice of yogasnas provide important lesson in building immunity, joint family system of India shows the world on how to maintain a strong support system and so on. He further added that while the identification of clusters where the disease was spreading quickly, close tracing and testing were crucial in containing the disease, the community response in terms of selfless service to the society provided the


much needed humane touch in these testing times. For the way forward, Sh. Gaur made incisive suggestions including further strengthening of public health system, more testing, sensitization at grassroots level about social distancing, consolidation of our efforts as a community and more efforts on the community response front. The participants found the webinar extremely enriching and resolved to inculcate the suggestions of Sh. Gaur at individual level. Principal Dr. Nisha Bhargava expressed gratitude to Sh. Shiv Raman Gaur for enlightening the staff and students with his insights. Adding that in this bleak scenario, we Indians are sanguine in the knowledge of our ancient Vedic wisdom that is based on the eternal philosophy of 'tamso ma jyotirgamaya', Dr. Bhargava said that our ancients practices like yoga and havan show the world the way to holistic healing and overcoming this multidimensional crisis. She further asserted that the present situation demands that we awaken and enlighten humanity through ancient treasures of knowledge and expressed hope that our country's demographic dividend will be immensely beneficial in emerging victorious from the pandemic.



MCM holds 'Psychology through a Lens' Competition

Compassion: 1st Prize
'Concern and Affection Towards Elderly'
Ms. Kavya Malhotra, BA III, Roll Number 9145

I feel bad that my grandmother and pet, Bruno are unable to go out for their walk during these times. They sit in the lobby and gaze at the empty streets all day. Also it's high time to be responsible towards the elderly and make sure they are safe and sound.



Envisioning to motivate students to explore the deep relationship between the physical world and the psychological world through the creative medium of photography, the Postgraduate Department of Psychology of Mehr Chand Mahajan DAV College for Women organized an online competition- 'Psychology Through A Lens'. The competition- a unique photography activity conducted to explore positive psychological themes from the lockdown period, received a total of 172 entries. The entries for the contest were solicited from the staff and students across seven positive psychological themes namely Happiness, Transformation, Compassion, Humour, Coping, Nostalgia and Gratitude. Condensing their numerous ideas,


thoughts and emotions in a photograph, the participants used the power of visual image to express a concept and sent in their entries of photographs clicked during the lockdown period alongwith a short title and a supporting statement which explained how the image relates to the category under which it had been submitted. 3 best pictures in each category were awarded e-certificates.

Expressing appreciation for this novel initiative of the Psychology Dept, Principal Dr. Nisha Bhargava asserted that the college takes pride in following a pedagogical methodology that incorporates teaching of practical applicability of concepts alongwith imparting of sound theoretical knowledge, and this methodology is now being used online through such competitions to keep the education relevant and the students constructively engaged despite the disruption caused by COVID-19

Humour: 1st Prize
'Corona Fight in my Kitchen'
 Ms. Anchal Mehta, Assistant Professor, Department of Economics

A thug tomato (corona) in my platter (world) scares the innocent grapes, onion & lemon (people), dedicated ladyfingers (Police) & dutiful Eggs & garlic (Doctors) safeguard's people and sick patients (coffee beans) from harmful tomato.

Everything on platter was so relatable and frightening that I made soup out of all and after having it, I am feeling like cosmos!!
Dar ke Aage Jeet hai!




Gratitude: 1st Prize
'God's Art'
 Ms. Shazia Pratap Brar, BA II, Roll Number 1794

During times like these we realise how much mother earth has given to us but all we have done is extorted its resources. It is now, that I feel more connected than ever to mother earth, my family and my dog.

My dog brings me ultimate joy. From waking me up in the morning to sleeping at my bed side, he is my best buddy.

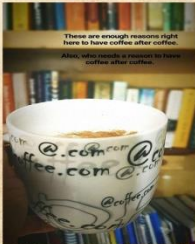
For all this I am grateful.

The Earth doesn't belong to man, the man belongs to the Earth and we should respect it, cherish it and save it. It is our duty!



Coping: 1st Prize
'Coping Through these Hard Times with Coffee and Books!'
 Ms. Vishakha Goyal, Assistant Professor, Department of English


The picture is taken in my room and projects my 'Coping' mechanism.



Happiness: 1st Prize
'My Happy Place'
 Ms. Mrinalini Singh, BA II, Roll Number 1565

How do you feel to be born and lived in one of the most beautiful place on this earth? Being one of the babies of Himalayas, I feel special ! I feel blessed, the choosen one.

I am sharing this shot of having perfect balcony view with the plate full of hot masala noodles with green Red veggies cooked and served by my younger brother with the ketchup of gossips. Living this cozy life. What else, can I ask for HAPPINESS?



MCM holds workshop for non-teaching staff



With the aim of facilitating the non-teaching staff in further enhancing their knowledge and expertise in handling various service matters effectively, a series of capacity building workshops began at Mehr Chand Mahajan DAV College for Women here today. Organized under the aegis of Internal Quality

Assurance Cell (IQAC) of the college, the workshop was conducted by Mr. Ravi Kalia, a Service Matters Expert. During the inaugural session of the series, Mr. Kalia shed light on 'Service Book and Leave Rules'. Sharing insights about service book, Mr. Kalia apprised the participants about the definition of service book and its contents i.e. the incidents related to an employee that qualify to be recorded in the service book. He stressed on maintenance of a proper record of various incidents pertaining to an employee alongwith date and relevant authentication/orders. Mr. Kalia also educated the staff about different types of leaves that employees are entitled to like maternity leave, paternity leave, extraordinary leave, etc. and the rules governing these leaves. At the end of the session, the queries of the participants were suitably addressed by the expert.

Principal Dr. Nisha Bhargava stated that office is one of the basic pillars on which the magnificent edifice of an institution is built and at MCM, the vision to facilitate each stakeholder realize his/her full potential is actualized through consistent endeavours like this workshop that help the participants gain useful insights in their concerned areas.

MCM organized an Inter College Music Competition



Department of Music of Mehr Chand Mahajan DAV College for women Chandigarh, organised an Inter College Music Competition. The online entries were invited from the participants in vocal and instrumental music category on the theme of devotional, motivational and patriotic songs. A large number of students, both boys and girls from different colleges located in UT, Punjab and Haryana participated in this competition. The host college did not compete for the prizes but only participated. In Music Vocal (Girls) category Amritjot Kaur of Govt College, Hoshiarpur won the 1st prize while Yogita Charan of Gopichand Arya Mahila College, Abohar and Roshni Sharma of Govt College for Education, Chandigarh bagged 2nd prize. The 3rd prize went to Kami Pala of Ramgarhia College for Girls, Ludhiana and Sonalika of PGGCG-11, Chandigarh. Deeti Kaushik of PGGCG-11, Chandigarh was awarded consolation prize. In Music Vocal (Boys) category Mukul Gill of Panjab University won the 1st Prize. The 2nd prize went to Amritpal Singh of Guru Nanak National College, Doraha and Mohit Jarora of Govt College for Education, Chandigarh. Shubham Bhatia of VN Bhatkhande Music College, Ghaziabad bagged 3rd Prize. In Music Instrumental (Girls) category Swadha Bansal of PGGCG-11, Chandigarh was awarded 1st Prize. The 2nd Prize went to Ekta Kashyap and Oly of Panjab University and 3rd Prize was awarded to Darsift Kaur of Guru Gobind Singh College for Women, Sector 26, Chandigarh. In Music Instrumental (Boys) category Shubham Bhatia of VN Bhatkhande Music College, Ghaziabad won the 1st Prize. The Principal Dr Nisha Bhargava appreciated this initiative stating that the divine powers of music can play a key role in healing humanity during this prevailing pandemic.

MCM holds online scientific poster making competition



With the primary objective of engaging the students in a scientific learning activity while honing their scientific communication and writing skills, an Inter-College Online Scientific Poster Competition was organized by the Department of Food Science, Mehr Chand Mahajan DAV College for Women. The participants had to submit their entries under any one of the four themes namely, Food Borne Zoonosis, Immune system Boosting, Pandemic Outbreaks and Prophylactic Biomedical Techniques. The themes of the competition were relevant to

the current situation of the spread of COVID-19 pandemic worldwide. The activity stimulated scientific communication in the form of poster while enhancing the innovative thinking of young minds, thus improving their sensitization towards the problem. The competition garnered enthusiastic participation of students from institutions across the region. The posters submitted were judged on the basis of their relevance to the theme, description, scientific integrity and visual appeal.

Lauding this initiative, Principal Dr. Nisha Bhargava asserted that even during these trying times, MCM has not let the pandemic disrupt the basic purpose of education i.e. enlightening minds. She added that through various online activities and competitions, the college is ensuring that the students are kept productively engaged while gaining new knowledge everyday.

2-day webinar on Entrepreneurship Development begins at MCM

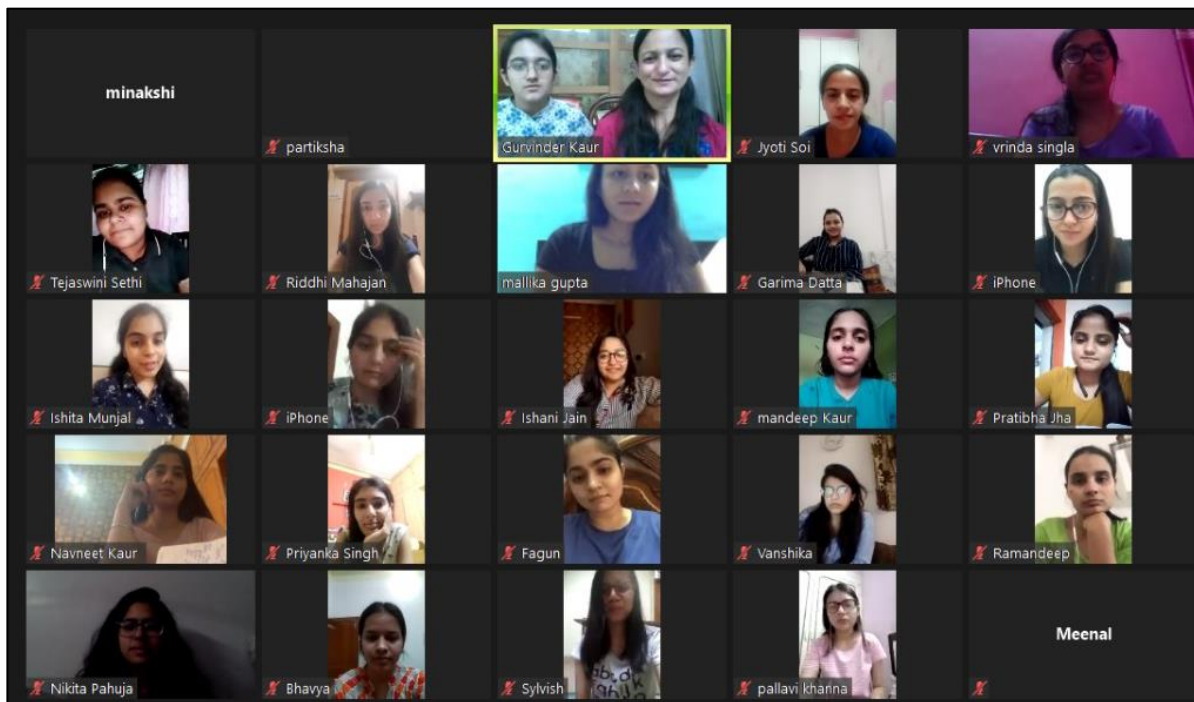
A 2-day National Webinar on Entrepreneurship Development began at Mehr Chand Mahajan DAV College for Women here today. Held under the aegis of the Food Science Department of the college, the webinar is being organized in collaboration with Entrepreneurship Development Cell, Regional Centre for Entrepreneurship Development (RCED), Chandigarh and Tech Mahindra Foundation. Taking cognizance of the fact that the pandemic has impacted global economy severely, the webinar envisioned to inspire young minds to undertake entrepreneurship, especially in the present times when entrepreneurship can be a viable solution for improving global economic health.



Prof. Sanjiv Puri, Honorary Director, Centre for Industry-Institute Partnership Programme, Panjab University, Chandigarh graced the webinar as the Chief Guest. Dr. Paramjit Singh, Director, RCED, Chandigarh, Dr. Anil Angrish, Associate Professor, NIPER, Mohali and Mr. Vipin Sarin, CEO, Farmers Shop conducted informative sessions on the inaugural day of the webinar that witnessed participation of over 105 faculty and students from across the country. In his motivational keynote address, Prof. Sanjiv Puri appealed to the participants to realize the mandate of Government of India vis-a-vis 'Aatmanirbhar Bharat' and resolve to be job providers than to be job seekers. Urging the students to channelize their

education to solve social problems and accept and bring about change in the society, Prof. Puri impressed upon the importance of entrepreneurial development programmes at college level. Sharing that the webinar sought to realize the dream of 'Make in India', Dr. Paramjit Singh motivated the participants to convert the challenge of COVID-19 into entrepreneurial opportunities. He explained the meaning of entrepreneurship in detail and went on to bust the myth that entrepreneurs are born by saying that entrepreneurial skills can be developed through systematic training and planning. Dr. Anil Kumar Angrish shed light on the concept and importance of Intrapreneurship. Introducing Intrapreneurship as a corporate necessity because of the decline in the average company lifespan on S & P's 500 Index over the years, Dr. Angrish shared the nuances for creating an internal venture and the model for making Intrapreneurship successful through principles of direction, space, boundaries and support. In an interesting session, he also familiarized the participants with the terms depicting clandestine innovation activities i.e. bootlegging, moonlighting and skunk works, and also shared success stories of Intrapreneurship like Post It Notes of 3M, Mac of Apple, PlayStation of Sony, e-choupal of ITC, etc. Mr. Vipin Sarin shared the inspiring story of his agri start up-Farmers Shop to demonstrate to the participants that vision, innovation and passion make the necessary ingredients for a successful entrepreneurial venture. The participants were enthused at being afforded the opportunity to gain insightful knowledge about entrepreneurship through this webinar and shared their queries which were suitably addressed by the experts. Principal Dr. Nisha Bhargava expressed appreciation for this endeavour of the Food Science Department and added that it resonates with MCM's vision to empower students by developing their entrepreneurial aptitude and facilitating them in the realization their entrepreneurial aspirations through such initiatives. She added that the college has signed MoUs with prestigious organizations like PGIMER and USERN for providing impetus to research and innovation.

7-day online workshop on health and nutrition concludes at MCM



The second edition of the most sought after workshop series- Be a Health Manager by Mehr Chand Mahajan DAV College for Women culminated successfully. Organized under the aegis of the Skill Development Committee of the college, the seven day online workshop on health, nutrition and lifestyle management had informative sessions, replete with immensely beneficial knowledge on various aspects of management of health, by experts including renowned Gynaecologist Dr. Mangla Dogra, Dietitian Dr. Nupur Malhotra, Mr. Pancham Parashar, Plant Based Nutrition and Human Optimization Enthusiastic and Ms. Seeza Bhardwaj, Founder, The Green Loom.

Focusing on going back to nature and promoting local produce, the workshop culminated with a session titled 'Life, Health and Technology' by Dr. Gurvinder Kaur,

Associate Professor, Department of Public Administration, MCM DAV College wherein the participants were apprised about the infiltration of technology into our lives, its impact on our health and how to mitigate that impact. Lamenting that technology has taken us away from the natural way of life, Dr. Gurvinder asserted that we humans need to start deliberating on how much and which technology do we need. She further added that with emotional and mental health taking a backseat in our lives and outer physical health gaining precedence, it is important to revive creativity, physical action, connection with nature and compassion for holistic health.

From session on 'Immunity across Age and Gender' to sessions on 'Lifestyle Disorders: PCOD, Anaemia, Thyroid, Diabetes and Vision', 'Hair and Skin Care', 'Stress Busters and Immunity Boosters', 'Food Labels, Wrong Food Combinations, Correct Food Storage', 'Weight Management and Detoxification', and 'Life and Technology', the workshop provided the participants rich insights about various crucial aspects of maintaining a healthy lifestyle. The participants found all the sessions extremely insightful as they learnt about ways to improve immunity, symptoms, cure and precautions regarding PCOD, menstruation, thyroid and vision, caring for various skin types, organic and home-made recipes for skin and hair care, stress busting techniques, chronic nutritional deficiencies, oxidative stress, history of food labels and preservatives, management of weight through exercise and detoxification.

Principal Dr.Nisha Bhargava lauded this initiative of the Skill Development Committee and informed that through this endeavour, MCM seeks to build knowledge that helps the students to not only manage their health and that of their loved ones but also to explore entrepreneurial opportunities in the field of health and nutrition management.

MCM celebrates World Environment Day



Observing World Environment Day with great fervour, Mehr Chand Mahajan DAV College for Women organized various activities that sought to promote awareness about and encourage action for the cause of environmental conservation. To drive home the point that individual efforts can make a big difference in safeguarding our environment, the Swachhta Committee and Ek Bharat Shreshtha Bharat Team of the college organized an 'Environment Responsibility Pledge' activity wherein the staff and students pledged to work for preserving nature and also to sensitize others about it.

Principal Dr. Nisha Bhargava and Mrs. Suman Mahajan, Head, Department of Philosophy and Coordinator, Swachhata Committee penned a poem dedicated to nature to mark the occasion. Conveying their appreciation for nature in a musical way, Principal and faculty members sung songs dedicated to nature in their melodious voices, the anthology of which was released in the form of a video.

The Eco Club of the college organized an online Inter-College Bookmark Making and T-shirt Painting Competition on this occasion. The competition witnessed an overwhelming response as 80 entries were received for it. The participants created exquisite bookmarks and t-shirts that carried the message of environmental protection in a creative way.

Principal Dr. Nisha Bhargava asserted that each one of us has a role to play in preserving nature for human well being and conscious efforts at individual level can have a significant impact on environment. She added that the college takes pride in being the ambassador of environmental conservation through its endeavours like biogas production from mess waste, rain water harvesting, solar energy harnessing, installation of STP, compost making from garden waste, vermicomposting, and many more.



Online Test Series culminates at MCM



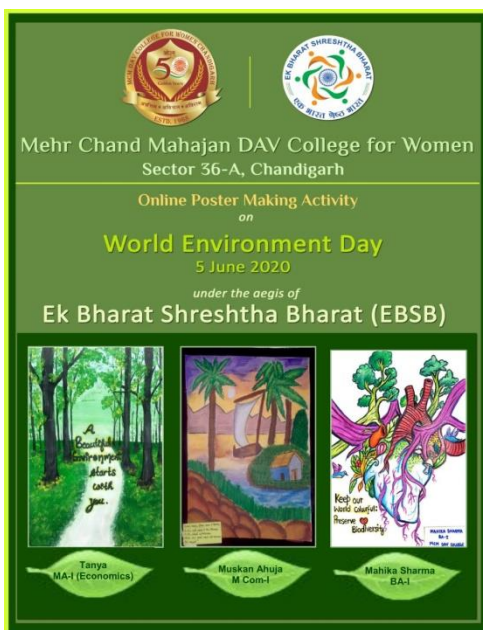
The one-month long online practice test series organized by the Samavesh group of Mehr Chand Mahajan DAV College for Women culminated here today. Organized with a vision to maintain the zeal

for excellence among students during the COVID-19 crisis, the college started this unique initiative that sought to hone students' analytical, reasoning and languages skills, and update their knowledge of other important topics like History, Current Affairs, General Science and Information Technology, and also to help them prepare for various competitive exams. The series witnessed enthusiastic participation of 500 students who got the opportunity to gain quality exposure while staying at home. On the basis of merit, 21 students were declared star performers of the series and will be awarded certificates. The test series was designed in a way to be relevant for students of all the streams and classes as the questions were framed keeping in view the various competitive exams that students aspire to appear for after their graduation/ post graduation. The initiative was led by Dr. Minakshi Rana (Asst. Prof. of Sociology) and team of motivated staff members.

Principal Dr. Nisha Bhargava asserted that not letting the coronavirus crisis hamper academics, MCM is making all possible efforts to help the students cope and remain productively occupied during these trying times. She added that a slew of online

activities designed by MCM envision to facilitate students in utilizing the lockdown time in a constructive manner.

Online Poster Making on Environment and Best out of Waste Competition held by MCM

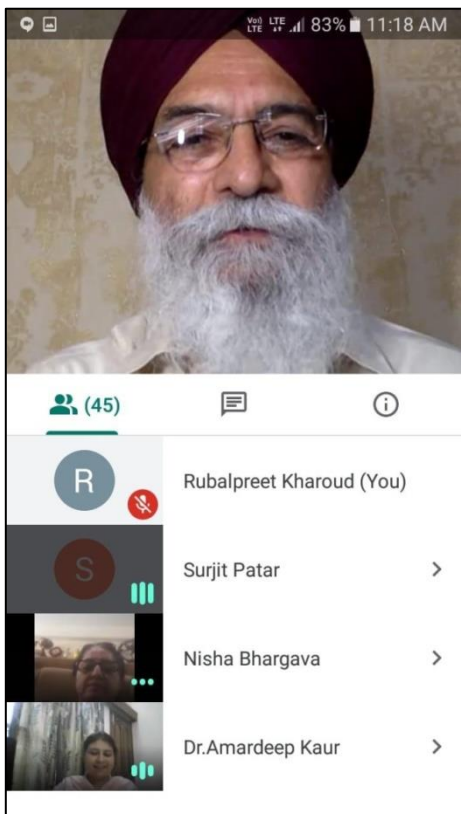


The Ek Bharat Shreshtha Bharat Cell of Mehr Chand Mahajan DAV College for Women organised a Poster Making activity to mark World Environment Day. Enthusiastic participants from various streams showcased their artistic acumen as they made eye-catching posters to generate awareness about the need to preserve an ecological balance on the planet. A wide range of environmental issues, including climate change and the consequent global warming, our fast-disappearing distinct flora and fauna and soil erosion due to deforestation, were raised by

creative young Earth Warriors through a rich palette of colours. Cry of the mother earth as it is choked due to plastic waste and industrial emissions was also highlighted. In another activity, the NSS units of the college organised an Inter-College Best out of Waste Competition on the theme: Creativity in Confinement on the occasion of World Environment Day. 70 creative entries, showcasing ingenuity of the participants in the usage of waste material to make useful articles, from 11 different colleges were received for the competition. From making bird's nest from waste to environment friendly newspaper lamp, recycled plastic lamps, wall piece and decorative pots from waste, the environmental consciousness and creativity of the participants was well reflected in their creations. Principal Dr Nisha Bhargava applauded the creative endeavours of the participants and said that the rich

spectrum of students' creativity as a message, loud and clear, reflected that preserving our environment is the only way we can ensure our survival on earth.

MCM holds Online Poetry Reading session



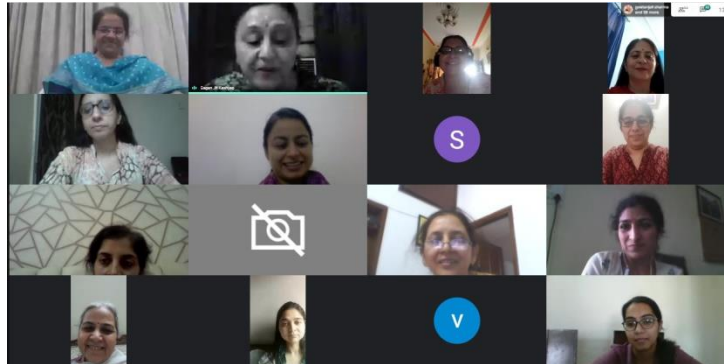
The Internal Quality Assurance Cell (IQAC) of Mehr Chand Mahajan DAV College for Women organised an Online Poetry Reading session under the aegis of 'Soch te Kalam Club'- a club formed by Dr. Amardeep Kaur (Asst. Prof. of Punjabi) during the lockdown with the objective of developing and honing creative expression skills of students. The Chief Guest for the session was renowned Punjabi author Dr. Surjit Patar. Enlightening the participants about the art of poetry writing, Dr. Surjit Patar asserted that deep poetry is one which gives voice to one's inner silence while retaining simplicity of expression. Dr. Patar also expressed appreciation for the contemporary and deep poetic creations of

students, and the newness of expression in them. A treat for the participants, Dr. Surjit Patar enlivened the session with his heart-touching poetic creations. The session was a poetic delight wherein faculty as well as students presented their self-composed poetry on various topics in English, Hindi and Punjabi.

Principal Dr. Nisha Bhargava lauded the creative pursuits of students during these trying times and 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.

MCM holds webinar on impact of lockdown on economy

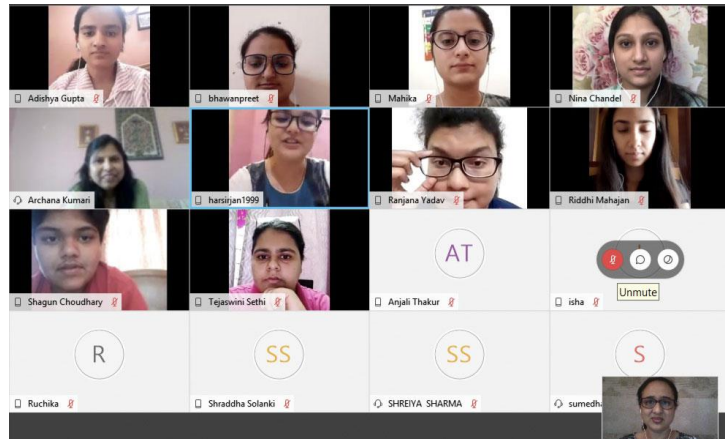
The Department of Economics of Mehr Chand Mahajan DAV College for Women organised a webinar that sought to deliberate upon the impact of nation wide lockdown on Indian economy. Mrs. Rama Kashyap,



Former Head of the department was the speaker for the webinar. Delving systematically into the ways Indian economy has suffered a setback due to the lockdown, Mrs. Kashyap began by apprising the participants about the meaning of lockdown and giving an overview of its impact on global economy. Mrs. Kashyap outlined the 4 phases of lockdown and categorisation of the nation into different zones, and discussed how these two factors determined the nature of economic activity. From shedding light on the impact of lockdown on one of the major indicators of a country's economic health i.e. GDP to discussing the impact on employment, poverty, migrant crisis and government finances, the expert also elaborated on the impact on various sectors including supply side disruptions and demand side constraints. Ending on a positive note that though this situation may have brought about many challenges before the nation, there are opportunities in it for realising the dream of 'Aatmanirbhar Bharat', Mrs. Kashyap motivated the participants to be vocal for local for bringing the economy back to its feet. Principal Dr. Nisha Bhargava asserted that the webinar has great contemporary relevance as the countries worldwide continue to grapple with the pandemic and its impact on their economies. She added that India's proactive response to the situation reassured that we will overcome the problems caused by the pandemic.

MCM holds online workshop on fact checking

The Skill Development Committee and Mass Communication Deptment of Mehr Chand Mahajan DAV College for Women organised an online workshop titled 'Fact Checking for Fake News' here today. In view of the deluge of



information becoming a prominent feature of the present times and the potential consequences of misinformation, the workshop envisioned to empower students by equipping them with requisite skills in distinguishing facts from fake news. Dr. Archana Kumari, Assistant Professor, Central University of Jammu was the resource person for the workshop. Tracing the change in the information landscape in India, Dr. Archana Kumari asserted that fact checking, news literacy, transparency and formulation of regulatory framework particularly for online content figure as major challenges in this changing landscape. Dr. Kumari delved into the reasons for widespread of fake news and its consequences, and enlightened the participants about various tools for verification of photos and videos on websites and social media.

Principal Dr. Nisha Bhargava hailed the workshop as a highly relevant one in the present times when technology has enabled content outreach to billions of people in the blink of an eye, thus making misinformation capable of having far greater detrimental consequences. She added that being responsible citizens, it is incumbent upon us to be aware and to sensitize others also about unauthentic information.

MCM observes World Oceans Day

On the occasion of World Oceans Day, the Department of Physics and Eco Club of Mehr Chand Mahajan DAV College for Women organized various online competitions. Marking the importance of conservation of oceans across the world, the competitions included Video and Write-up on the topic- Satellite Oceanography, Powerpoint Presentation on the topic- Innovation for a Sustainable Ocean, Report writing on the topic- Basic Technologies to Study the Oceans. As many as 103 students from different colleges of Chandigarh participated in the event. The participants presented ingenious

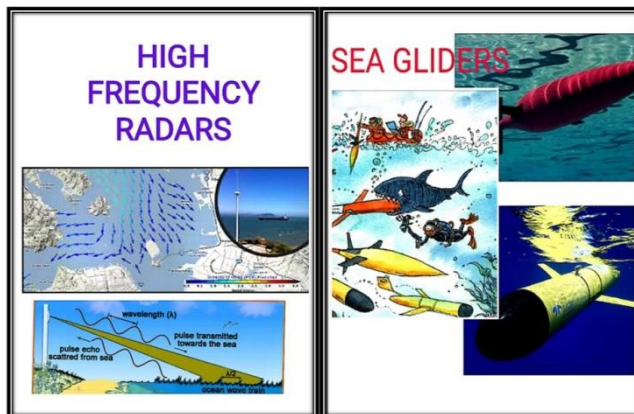


Image Collected/Report Written by Harmeet Kaur, B.Sc. I (NM), MCM DAV College for Women, Chandigarh

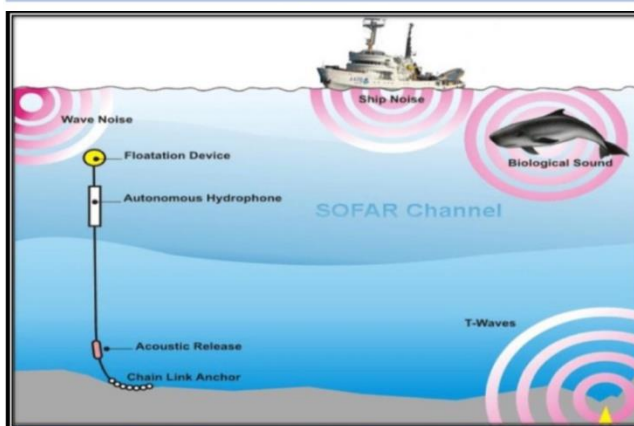


Image Collected/Report Written by Shivika Jain, BSc- I (NM), MCM DAV College for Women, Chandigarh

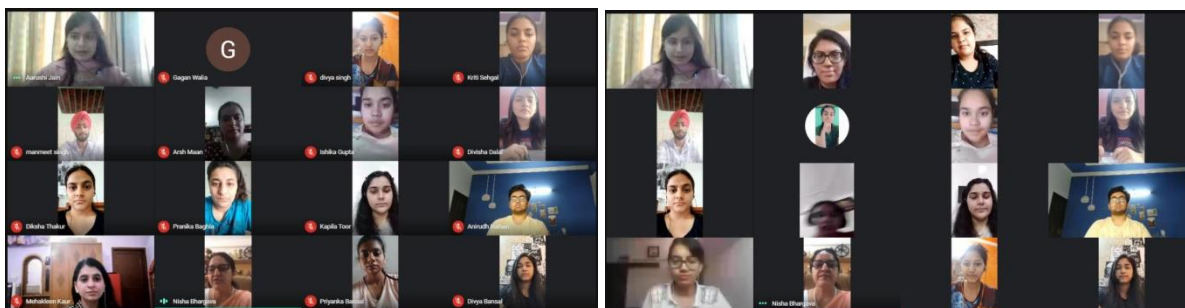
ideas in the competitions, with celebration of the role of the oceans in our everyday life, inspiring action to protect the ocean and sustainably use marine resources remained the prominent themes.

Principal Dr. Nisha Bhargava expressed appreciation for this endeavour of Physics Department and Eco Club of the college to raise awareness about conservation of oceans as these are integral to life and form part of the carbon cycle, as well as influence climate and weather patterns.

7-day virtual workshop on Google Sketch Up concludes at MCM

The Interior Designing and Decoration Department (IDD) of Mehr Chand Mahajan DAV College for Women organised a seven day virtual workshop on Google Sketch-Up that culminated here today. The workshop was organised with the aim of developing skills of participants in designing 3D models by learning Google Sketch-Up software and also to keep them productively occupied in these stressful times. Ms. Arushi Jain, Assistant Professor, IDD Department of MCM conducted this workshop. A total of 281 people of varied age groups from all across the region registered for the workshop. The workshop emphasised on the basics of modelling a 3D object, rendering it, creating scenes and finally making a video using one of the most familiar and popular 3D modeling programmes i.e. Google Sketch-Up. The participants found the workshop extremely beneficial and insightful.

Speaking on the valedictory of the workshop, Principal Dr. Nisha Bhargava congratulated the participants on their successful completion of the workshop. She also motivated the students to use their time more judiciously and in the right direction by enhancing their skills through various such workshops organised by the college.



MCM holds national webinar on ethical hacking and cyber security



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

Department of Computer Science & Applications

Organizes
National Webinar
On
Ethical Hacking & Cyber Security

Date and Time
Tuesday,
9th June 2020
At
10:30 AM - 12:30 PM

Resource Person

Sh. Arun Soni, Director TCCS
Author, Cyber Security Trainer, Certified
Ethical Hacker (CEH) and
Limca book of Records holder

Registration
Registration is open at the link:
<https://forms.gle/m9G77FWkMQFdqRT68>

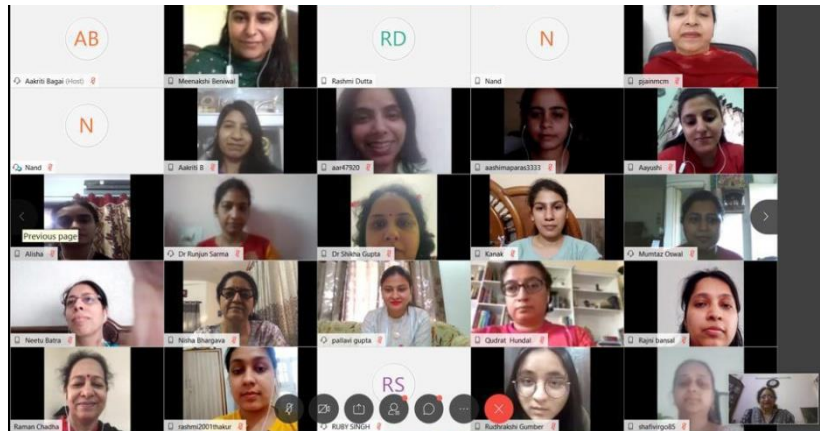
The Department of Computer Science and Applications of Mehr Chand Mahajan DAV College for Women organised a National Webinar on Ethical Hacking and Cyber Security. Mr. Arun Soni, Director, TCCS, Certified Ethical Hacker and Cybersecurity Trainer conducted

this highly informative webinar that sought to empower participants by imparting knowledge about the crucial aspect of cyber security in this information age. In his enlightening discourse, Mr. Arun Soni elaborated on key concepts related to hacking and cyber security including integration of cyber security and ethical hacking, difference between hackers and crackers, types of cyber crime like hacking, stacking, identity theft and phishing. Discussing recent cases of cyber crime throughout the globe, Mr. Soni also demonstrated phishing pages of renowned financial institutions and how to identify them. The expert gave useful tips on securing of one's website, internet connection, email accounts and social media accounts, and shed light on methods adopted by hackers to harm others, cyber laws, watermarking to safeguard pictures/videos, tracking missing gadgets, scam alerts related to UPI apps and misuse of QR codes by hackers.

Principal Dr. Nisha Bhargava appreciated the endeavor of the department to organise this webinar in the times when everybody is exposed to the threat of hacking due to immense use of Internet through multiple gadgets.

Webinar on the topic 'Applications of Multimodality Imaging in Nuclear Medicine'

The Physics Department of Mehr Chand Mahajan DAV College for Women organised an international webinar on the topic 'Applications of Multimodality Imaging in Nuclear Medicine'. Dr.

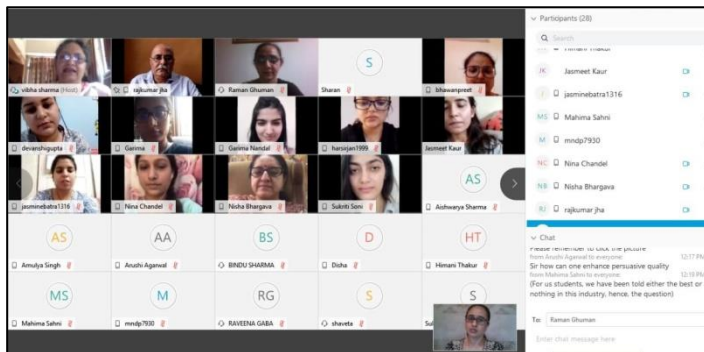


Nand K Relan, Department Of Radiology, Stony Brook University Medical Centre, Stony Brook, New York was the resource person for this immensely insightful webinar. The webinar witnessed enthusiastic participation of faculty and students from institutions abroad as well as across the country. Dr. Nand K Relan, in a very simplified manner, enlightened all the participants about multimodality imaging, the advantages of preferring PET scanning over CT scanning to detect any tumour, cancer or any other type of disease. He very precisely highlighted the concepts of Physics to describe the detection and showed various images of PET scans and CT scans for a perfect comparison between the two. The expert also apprised the participants about the scope of Nuclear Medicine in India and the institutes which provide a platform to carry out research work in Nuclear Medicine.

Principal Dr. Nisha Bhargava lauded this initiative of the Physics Department and impressed upon the importance of the webinar by saying that nuclear medicine is an upcoming and booming field in science globally.

MCM holds webinar on communication skills for better job prospects

With the aim to guide students on how to strengthen the life skill of communication for better job prospects, the Career Counselling Cell and Mass Communication Department of Mehr Chand Mahajan DAV



College for Women, under the aegis of Internal Quality Assurance Cell (IQAC) of the college, organised a one-day webinar. The participants of the webinar got the valuable opportunity to learn the nuances of enhancing one's communication skills from an expert communicator- Mr. Rajkumar Jha, Consultant Creative Director, Ogilvy and Mather and Head, National Advisory Board, Rural Marketing Association of India. Stressing upon the fact that effective communication is that which is capable of building imagination, Mr. Jha asserted that the selection of right language and words is of essence in creating vivid imagery in the mind of communicatee, thus making communication effectual. On designing effective communication for a successful career, Mr. Jha shared insightful information and useful tips on writing one's CV in a manner that is appealing to the employer. From advising not to make an overkill in communication to shedding light on the role of punctuations in communication and the role of communication environment in the choice of words, Mr. Jha touched upon various aspects of impactful communication. Principal Dr. Nisha Bhargava said that this initiative gains even greater importance in the light of the present tricky situation when the job market has contracted due to the pandemic. She added that the ability to effectively communicate is indeed a stepping stone to success and this will be all the more prominent in the present scenario.

MCM holds webinar on mental health during the pandemic

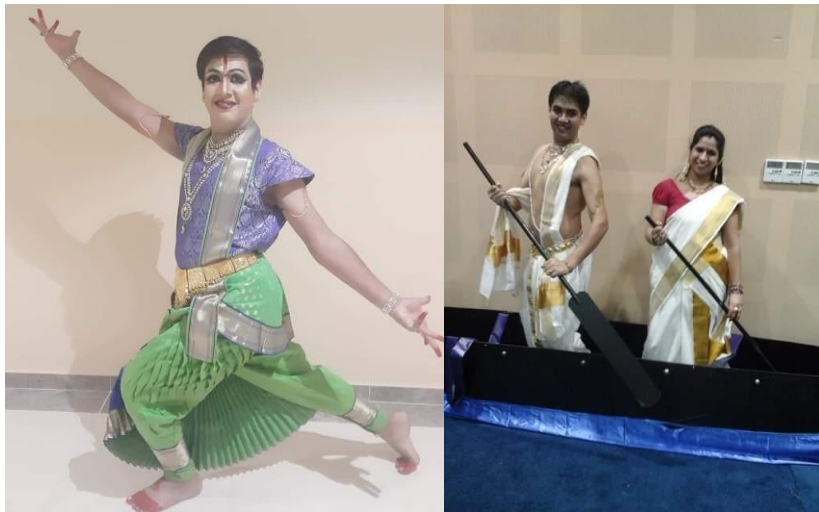
In order to aid students in curbing the emotional and mental impact of negative feelings triggered due to the uncertainty caused by the pandemic and help them in replacing these negative feelings with positivity, the Postgraduate Department of Psychology of Mehr Chand Mahajan DAV College for Women organised a webinar titled 'Fostering Mental Well-being Amidst the Pandemic'. The highly engrossing and motivating webinar was conducted by Dr. Neha Pandeya, Assistant Professor of Psychology at MCM. Dr. Pandeya familiarised the participants with the grounding and centering techniques that enable to stay connected to oneself and here and now, and are of immense value in fostering mental health. Advising the participants to focus on holistic well being in terms of physical, social, emotional, mental and psychological health, Dr. Pandeya suggested to them to cultivate the art of gratitude and self compassion. Sharing very relevant and insightful examples, she also elaborated on how to address the irrational catastrophic thoughts, painful emotions and limiting core beliefs.

Dr. Pandeya dwelt upon the importance of self care by engaging in restorative activities which rejuvenate mind, body and soul, and reduce the level of stress hormone cortisol in the mind and body. The queries of the eager participants were suitably addressed by the expert towards the end of the webinar.

Expressing appreciation for this timely endeavour, Principal Dr. Nisha Bhargava asserted that the feelings of anxiety or stress are completely normal because of the unprecedented circumstances we are in, and it is important to address them suitably by equipping ourselves with effective coping techniques, which this webinar precisely sought to accomplish.

Online Bharatnatyam workshop for students by MCM

Besides being a beautiful medium of expression, dance is also widely used for its therapeutic benefits. In these testing times when uncertainty and stress are shrouding the minds of students, Mehr Chand Mahajan DAV



College for Women undertook an initiative to help students dance away the blues. The college, in collaboration with the renowned dance institute of the city beautiful-Kalalayam, organized a 6-day online workshop on Bharatnatyam.

The workshop was conducted by international performer and choreographer Mr. Rahul Gupta and his wife Mrs. Nandini Gupta. 180 students participated and benefitted from this unique workshop and were awarded e-certificates on successful completion of the workshop. The participants showed great enthusiasm during the workshop and said that they found immense gratification in connecting with their rich culture while learning a great dance form of India and also learnt how to tap the benefits of movement for fighting stress and anxiety.

Principal Dr. Nisha Bhargava congratulated the students on utilising their time in a constructive manner by learning about the ancient and graceful dance form of India and grooming their dance skills.

MCM holds Online National Quiz celebrating India's glory

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

संस्कृति
EBSB
(Ek Bharat Shreshtha Bharat)
Online National Quiz
14 June 2020
4 pm to 4.30 pm

Sanskriti
Let's celebrate a confluence of myriad cultures and creeds that India is..... United, strong and unshakable. A kaleidoscope of rich historical milestones, vast geographical diversity, a resolute nation soaring high on the wings of science and technology.....come, let's bask in the imperishable glory of Ek Bharat Shreshtha Bharat.Jai Hind!

Instructions
● Quiz link for participation will be opened on 14 June between 4 pm to 4.30 pm.
● Response will be recorded only once.
● E-certificates for participation will be issued to every participant after filling the feedback form and e- Certificate of Merit will be sent to the participants who secure first three positions.

Click the following link to participate:
https://docs.google.com/forms/d/e/1FAIpQLScMaime80qafP9HIAN7fDNtRvFctHQbGOH47r_hTUfNZKz/viewform

Ms. Neena Sharma
Institutional Coordinator (EBSB)

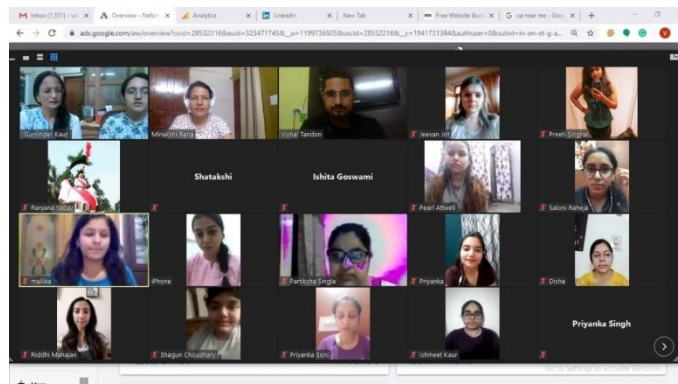
Dr. Nisha Bhargava
Convener & Principal

The Ek Bharat Shreshtha Bharat Cell of Mehr Chand Mahajan DAV College for Women led by Ms. Neena Sharma, Associate Professor, Department of English, organised 'Sanskriti' an online National Quiz to celebrate the imperishable glory of India. The event saw an overwhelming response from 17 states as 786 enthusiastic participants put to test their knowledge of India's rich diversity in this quiz which was open to the respondents only for 30 minutes. An exciting round of questions witnessed pan-India participation as quick response from not only all the Northern Indian States and Union territories but also from Assam, Maharashtra, Karnatka, Odisha, Bihar. Answering a wide array of questions spanning over art and literature, history and polity, science and technology and environmental issues in India was a stimulating experience for the participants.

Principal Dr. Nisha Bhargava applauded the EBSB Cell for striving to strengthen the multi-cultural fabric of our great nation. She congratulated the participants as such activities encourage them to explore various aspects and facets of India.

Online workshop on freelancing held by MCM

Mehr Chand Mahajan DAV College for Women- an affiliated training center of Chandigarh Skill Development Mission (CSDM) conducted an online workshop titled 'Be a Freelancer' with the objective of sensitizing the



participants about the plethora of entrepreneurial opportunities that the digital world offers. Mr. Vishal Tandon, Google Certified Corporate Trainer and Technical Head, Sebiz Infotech was the resource person for this informative workshop that had over 220 participants. Stressing upon the fact that the internet has provided ample opportunities to work and grow, Mr. Vishal Tandon added that the virtual world also provides the convenience to work from home at one's own pace. He apprised the participants about how a freelancer can project himself in the virtual space with the help of many digital marketing and branding platforms. From suggesting portals for creation of one's own website to sharing knowledge about branding with the help of Google Business Cards and Google ads, and use of trusted websites like Upworks, Freelance, Guru and LinkedIn for uploading one's profiles to seek work from organisations around the world, the expert shared enlightening information with the participants. Different business models like contracts, agreements, bids, commission, etc. suiting the freelancer's profile and nature of services one wishes to provide were also dealt in detail by the resource person. Principal Dr. Nisha Bhargava praised this endeavour to widen the horizons of students by exposing them to an alternative to being a job seeker and having an independent career instead. She reiterated that keeping in view the condition of the job market right now, starting a freelance business can be considered a lucrative option.

MCM celebrates International Day of Yoga



In keeping with the spirit of International Day of Yoga, the NSS units and NCC (Naval Wing) of Mehr Chand Mahajan DAV College for Women organized various online activities to celebrate the importance of the Indian tradition of yoga for a healthy life. Keeping in mind this year's theme of 'Yoga at Home and Yoga with Family', staff, students, NSS volunteers, NCC cadets alongwith their family members observed the day at their respective places, participating in virtual activities organised by the college.

The NCC (Naval Wing) of the college, in collaboration with staff and cadets of 1 Chandigarh Naval Unit, held a live online yoga session wherein the participants practised yogasanas. A live virtual yoga session was also organized by the NSS units for which Ms. Keisham Monarita, a Gold medalist in yoga at National and International level was the resource person.

With over 108 participants, the session started with the address of Principal of the college Dr. Nisha Bhargava who motivated the participants to follow the yoga protocols in their daily lives for holistic well-being. An ardent follower of yoga herself, Dr. Bhargava asserted that yoga is an invaluable gift from our ancient tradition that

embodies unity of mind and body, thought and action, and is a way to discover the sense of oneness with one's own self, the world and the nature. During the



enlightening session, Ms. Keisham Monarita discussed the importance of yoga and demonstrated 15 asanas as mentioned in common yoga day protocol by the Government of India. The participants got the opportunity to learn the techniques of various asanas including Tadasana, Vrikshasana, Trikonasana, Bhadrāsana, Vakrasna, Salabhasana, etc. Ms.Monarita also explained the correct way of doing breathing exercises like Kapal Bhati,

Anulom Vilom and highlighted the significance of practising these particularly in the current pandemic situation.

The units also organized an online Inter-College Quiz on Yoga and its aspects which witnessed an overwhelming participation of around 400 students from various colleges. As part of poster making activity, the volunteers made posters on the importance of yoga and pasted them on the walls of their houses to spread awareness in their neighborhoods. The volunteers also made an e-poster which illustrated a set of 12 powerful asanas of Suryanamaskaar that strengthen the core of the body and improve cardiovascular function. Awareness videos were made to shatter the myths with regards to vegan food wherein the volunteers tried to clear the misconceptions relating to the topic. An audio on how to recite and pronounce shlokas properly was also compiled by the volunteers.

MCM holds online French language workshop

Mehr Chand Mahajan DAV COLLEGE FOR WOMEN
SECTOR-36A, CHANDIGARH. Ph.: 0172-2603355

FRENCH PHONETICS WORKSHOP
Learn From The Comfort Of Your Home And Master Your French sounds During COVID-19 Lockdown

Let's Perfect The French Accent!

- 14th June to 15th June, 2020 (2 Day Workshop)
- Timings - 5:00 Pm to 7:00 Pm
- Online Classes Through Skype
- Only for college students of French language course.

For Registration & More Information Contact – Asst. Prof. Ms Shikha Singh 9780021672
No registration/Course Fees

Dr. Nisha Bhargava
Principal

Mehr Chand Mahajan DAV College for Women organized a 2-day online French Phonetics Workshop with the objective of teaching students the basics of French language including recognition of and distinguishing sounds, proper pronunciation and

obtaining more natural expression in a language that is one of the most spoken worldwide. Ms. Shikha, Assistant Professor of French at MCM enlightened the participants about the correct pronunciation in French, the understanding of French native speakers and thus helped them acquire a perfect accent.

The first day of the workshop was dedicated to understanding of the various accents of French language and the phonetic signs and sounds and their usage. On the second day, the participants were taught and made practice a couple of tricks like facial exercises and producing particular sounds to hone their French accent followed by remaining set of french phonetics.

Principal Dr. Nisha Bhargava applauded this endeavour to introduce students to the nuances of a new language as multilingualism adds more weightage to one's curriculum vitae and helps one gain advantage over competition in the job market.

Online Mehndi Competition by MCM



In an endeavour to provide a platform to students to showcase their skill in the ancient art of henna designing, the Cosmetology Department of Mehr Chand Mahajan DAV College for Women organized an online Inter-College Mehndi Competition. An overwhelming number of creative entries totalling to

40 were received from students of institutions from across the region. With tradition as the theme of the competition, the intricate designs created by the participants used scenes from Indian weddings and festivals, sacred symbols, cultural artefacts, etc. to depict our rich cultural heritage. The awe-inspiring creations were judged on the basis of creativity, intricacy of pattern and skill in application of henna and e-certificates were awarded to all the participants.

Principal Dr. Nisha Bhargava applauded this endeavour of the Cosmetology department to promote an ancient art form that is not only symbolic of celebration but is also a time honoured tradition across cultures worldwide that inculcates the virtues of patience and deftness.

MCM holds online quiz on COVID-19

The Swachhta Committee (Commerce) and Cleanliness Committee of Mehr Chand Mahajan DAV College for Women organized an online Quiz Competition titled 'COVID-19: General and Economic Aspects' as part of the initiative to increase awareness about the disease. The motive of the quiz was to encourage the students to realize their responsibility in helping the nation in controlling the spread of COVID-19 and thus, strengthen the government's fight against the pandemic. With questions pertaining to the disease, its spread, ways to control it and maintenance of physical and mental health, the quiz evaluated the level of awareness of the students about the general as well as economic impact of the pandemic. Initially, basic level quiz was conducted, the top performers of which qualified for the advanced level quiz.

Principal Dr. Nisha Bhargava appreciated the efforts of the Swachhta Committee and the Cleanliness Committee to raise awareness about the disease. She added that at MCM, besides grooming students for success in their chosen fields, the endeavour is to raise responsible and socially conscious citizens.

The results of the quiz were:

1st Position:

Anupriya (BCOM III)
Jasmine Kaur (BCOM III)
Yashika Sood (BCOM II)
Ranjana Yadav (BCOM I)

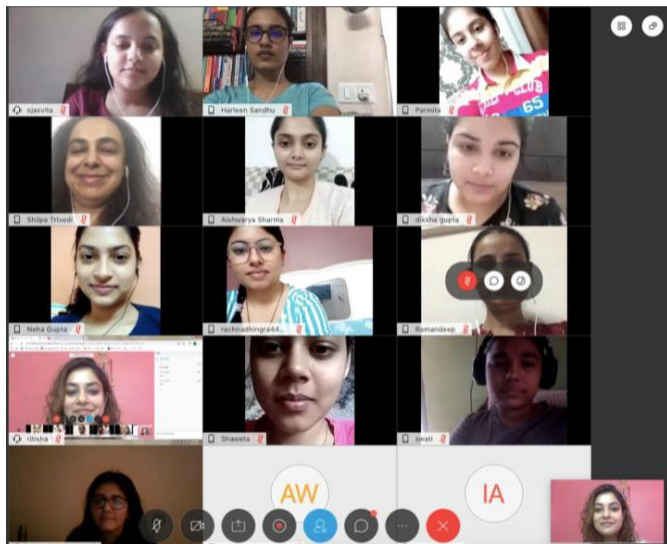
2nd Position:

Raveena (MCOM II)

3rd Position:

Shivani (MCOM I)
Anjali Mahajan (BCOM III)
Ishita (BCOM II)
Tamanna (BCOM II)
Ishita (BCOM II)

8-day online workshop on French language at MCM



An 8-day French Speaking Online Workshop began at Mehr Chand Mahajan DAV College for Women under the aegis of its French Department. Designed for beginners, the intensive workshop aims at enabling the participants to communicate in French language. The resource person for the workshop is Ms. Shikha Singh. The workshop

began with the participants learning how to present themselves in the language and the salutations with a small introduction about the French language. From learning french figures, weekdays and months to gaining knowledge about french phonetics, formation of french conjugations and sentences, the participants will learn the nuances of French language besides getting acquainted with french culture as the resource person will familiarise them with french cities, gastronomy, festivals, etc. With a view to reinforce the concepts learnt during the workshop, the participants will be assigned the task of presenting a piece of writing in french and the workshop will wrap-up with the highlighting of vocabulary and viva-voce to test the proficiency attained by the attendees.

Principal Dr. Nisha Bhargava lauded this endeavour of the French department to expose students to one of the most spoken language world over. She impressed upon the importance of the workshop by asserting that one's linguistic skills is a big differentiator in carving a successful global career.

MCM holds online workshop on Photography and Video Editing

A 3-day online workshop on Photography and Video Editing organized by the Video Reporting unit led by Ms. Sukarma Verma, Asst. Professor of Mass Communication Dept. of Mehr Chand Mahajan DAV College



The poster features a background image of a camera lens with text: 'DHG Lens Mount', 'EF 85mm', and 'ULTRASONIC'. It includes the college logo in the top right, contact information for Sukarma Verma, the workshop title, the organizer's name and credentials, the dates and time, and the principal's name.

Mehr Chand Mahajan
DAV College for Women
*Video Reporting Unit of Dept. of
Mass Communication*
Organises 3 days Online
Workshop on
Photography and Video Editing
by **Jeesu Jaskanwar Singh**
Assistant Professor, Education, USOL, PU
Ex Photojournalist Indian Express, The
Hindustan Times, Financial Express.

Contact : Sukarma Verma,
9915337451.
Platform: Webex, link will
be shared

23 June to 25 June 2020
11:30 AM to 12:30 PM

Dr Nisha Bhargava
(Principal)

for Women. Mr. Jeesu Jaskanwar Singh, Assistant Professor, USOL, Panjab University was the resource for the workshop. On the first day of the workshop, Mr. Singh while giving the participants an overview of photography asserted that to be a good photographer one needs to be a keen observer of one's surroundings, read a lot, travel and develop patience. Day 2 of the workshop dealt with technical nuances of photography wherein the participants were familiarised with different parts of a camera, aperture, depth of field, shutter speed, different types of lenses, composition, rule of thirds, etc. The last day of the workshop was dedicated to video editing wherein the expert educated the participants about the journey from linear editing to non-linear editing using various softwares and explained the video editing software Movie Maker 10 in detail. The participants found the workshop highly informative.

Principal Dr. Nisha Bhargava said that at MCM, skill development is given prime importance as skills are of essence in shaping successful careers. She added that this workshop envisioned to equip students with skills in the highly rewarding field of photography and editing.



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

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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