



# Mehr Chand Mahajan DAV College for Women

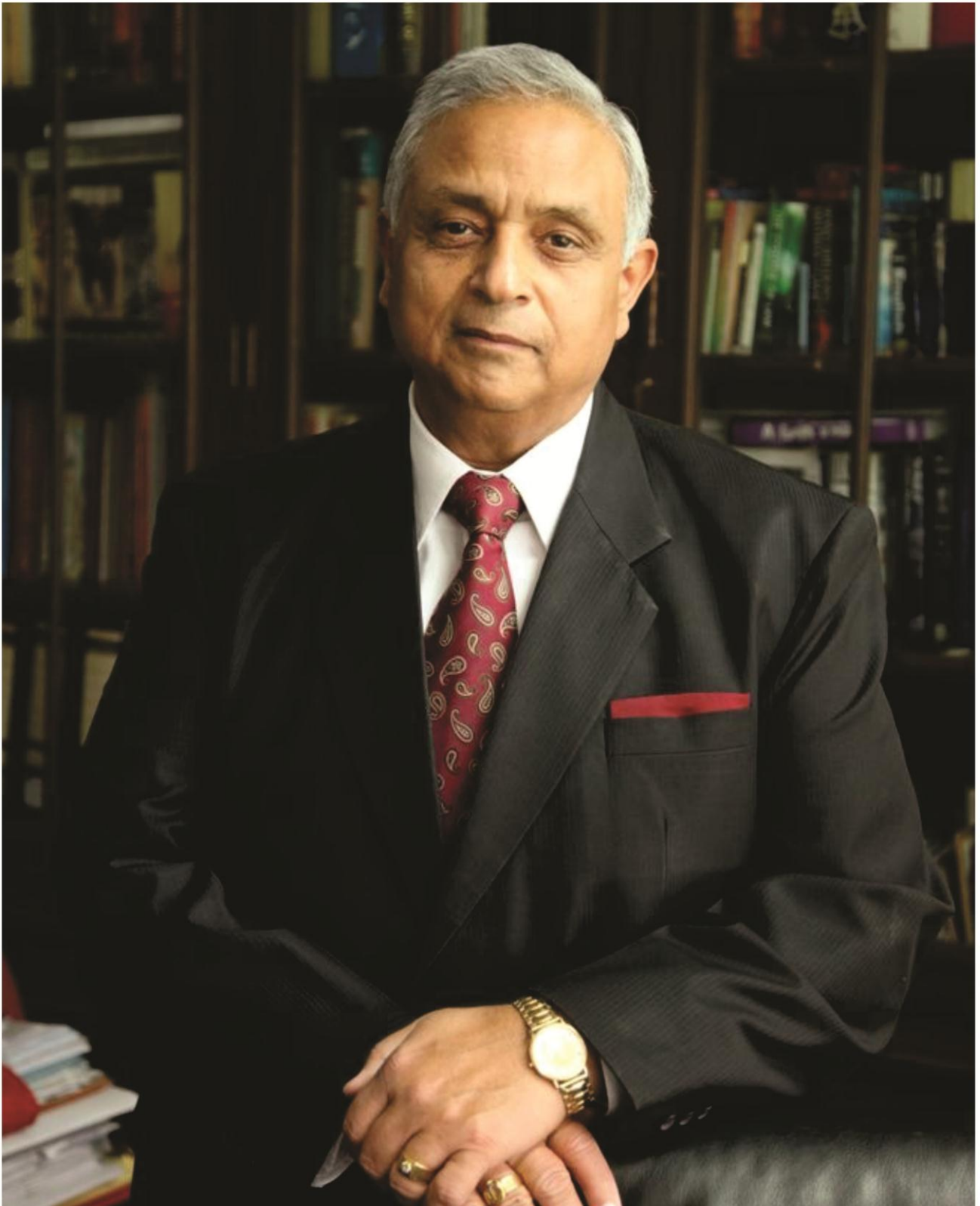
Sector 36-A, Chandigarh (U.T.)

## ACTIVITIES REPORT July to Sept 2019

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

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*Our Guide and Mentor*



*Dr. Punam Suri Ji, Padma Shree Awardee*

*Hon'ble President*

*DAV College Managing Committee*

*New Delhi*



## *From the Principal's Desk*

I am extremely delighted to present this montage of the institutional excellence as MCM continues to redefine and revitalise the academic ambience in the region.

Keeping pace with the fast-changing patterns of teaching-learning, we strive to blend tradition with technology and motivate our students to contribute to the cause of nation-building. Academic excellence, Skill- Development, Innovation and Entrepreneurial initiatives are bound to empower our young students and transform them into leaders of tomorrow.

Our Vedic traditions and our community outreach programme under Government initiatives like Unnat Bharat Abhiyaan and Swachh Bharat Summer Internship (SBSI) continue to sensitise our students and reiterate our commitment to the cause of social upliftment.

This report presents a kalaeidoscopic view of our journey in the first quarter of the current academic session ie 2019-20.

**Dr. Nisha Bhargava**  
Principal

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## Workshop on media writing concludes at MCM

The PG Department of Hindi at Mehr Chand Mahajan DAV College for Women organised a 3-day workshop on 'Writing for Media' on 1<sup>st</sup> July, 2019. A skill development initiative organised by The PG Department of Hindi the workshop was conducted



by experts including Ms. Ritu Sandhu, Programme Executive, All India Radio, Chandigarh, Mr. Mukesh Rajput, TV Analyst, Doordarshan, Chandigarh and Dr. Gurmeet Singh, Chairperson, Department of Hindi, Panjab University. The speakers shed light on how media impacts political strategies, equations in family and minds of consumers, and enlightened the participants about the challenges and boundaries of writing for radio, television and print media keeping in mind the impact of media. Examples from everyday life by the experts made the workshop interesting and the concepts easy to grasp. During the valedictory session, certificates were awarded to the participants.



Principal Dr. Nisha Bhargava stressed upon the importance of Hindi language in the media of mass communication and said that in this age of globalisation, this workshop holds great significance as it imparted skills in communicating effectively to the masses.

## Bridge course in Economics at MCM

The 8-day bridge course for beginners in Economics culminated at Mehr Chand Mahajan DAV College for Women on 2<sup>nd</sup> July, 2019. The course, aiming to introduce beginners to the foundational concepts of the much sought after subject of Economics, had begun with an introductory lecture by the Principal of the college Dr. Nisha Bhargava, an expert in Energy Economics. Organised under the aegis of Skill Development Committee of the college, the course had 14 highly informative sessions conducted by the faculty of the college's Economics department



Mrs. Chris Bindra and Dr. Amandeep Kaur. The sessions provided the participants insights into various concepts of microeconomics and macroeconomics including consumption, production, market structures, distribution, classical and Keynesian schools of thought, national income, investment, money, banking and trade cycles. Lauding this initiative for its relevance and applicability in our daily lives, Principal Dr. Nisha Bhargava informed that MCM is committed to develop skills in students that enhance their employability and as part of this endeavour, the college successfully organised various skill development workshops during summer vacations.

## Kala Srijan commences at MCM



A 6-day painting workshop- Kala Srijan began at Mehr Chand Mahajan DAV College for Women. Organised by the Department of Fine Arts, the workshop aimed to develop skills of participants in different painting styles namely Abstract, Folk and Lippan Painting. On the inaugural day, the participants were introduced to abstract painting and given a demo of the same. Conducted by Ms.Anju Bala, Assistant Professor, Department of Fine Arts, MCM DAV College, the workshop witnessed enthusiastic participation of students as well as faculty.

Principal Dr.Nisha Bhargava lauded this endeavour and stressed upon the fact that MCM seeks to promote skills of students in varied fields through such workshops.



## MCM instructor awarded the prestigious Maharaja Ranjit Singh Award



Mehr Chand Mahajan DAV College for Women- a name synonymous with quality holistic education, has earned an irrefutable reputation of excellence that reflects in the laudable achievements of its students, alumni as well as faculty members. Carrying forward this legacy of excellence, Ms. Jasvir Kaur, Yoga and Gym Instructor at the college bagged the Government of Punjab's Maharaja Ranjit Singh Award at a state function held recently to felicitate outstanding sportspersons. Ms. Kaur was awarded for her achievements in international and senior national weightlifting championships. A prodigious weightlifter, Ms. Kaur has to her credit a silver and a bronze in international championships, and is a 3 time senior national champion.

Principal Dr. Nisha Bhargava congratulated Ms. Kaur on this accomplishment. She further added that based on the philosophy that individuals and institutions grow together, the college offers unprecedented opportunities of growth and exposure to both its students and staff.

## Havan marks beginning of new session at MCM



In keeping with its treasured tradition of seeking divine blessings on the commencement of new session, Mehr Chand Mahajan DAV College for Women organised a havan ceremony here today wherein staff and students prayed together for a fulfilling session ahead. Ved Pracharak Acharya Raju Vyagyanik blessed the newcomers with his presence in the ceremony.

The entire atmosphere soaked in divinity as the ceremony began with bhajan recital followed by havan. Dr.Seema Kanwar, Head, Department of Sanskrit gave a presentation that provided glimpses of the activities of Arya Yuvti Samaj of the college that aim at promoting vedic values among students. Congratulating the students on securing admission in one of the coveted seats of learning in the country, Acharya Raju Vyagyanik Ji impressed upon them to make the most of this opportunity and strive for higher goals in life. In his enlightening address, Vyagyanik

Ji stressed upon the importance of adopting a humanistic approach in life. Giving the students the lesson of maintaining equanimity in good as well as bad times, in victory as well as loss, Vyagyanik Ji reiterated that patience holds the key to stability in life. The faculty members and students whose birthday falls in the month of July were felicitated on this occasion. An overwhelming number of students participated in the blissful ceremony and benefitted from the words of wisdom shared by the dignitaries.

Principal Dr.Nisha Bhargava reiterated that the havan ceremony aimed at seeking holy blessings for a fruitful session ahead as well as at initiating the students into the virtuous value system of the college. While extending a warm welcome to the students, Dr. Bhargava apprised them of the achievements of the Golden Jubilee year and expressed hope that they will be the torchbearers of this great legacy.



## MCM remembers Premchand on his birth anniversary

In a celebration of the creative genius of the great Hindi writer Munshi Premchand, Mehr Chand Mahajan organised an event to pay a rich tributes to him on his birth anniversary. The event aimed to celebrate the life and works of this great literary figure who is considered first Hindi



author to feature realism prominently in his writings. Organised by the Postgraduate Department of Hindi of the college, the event featured a talk by literary scholar Dr.Rajendra Toki who shed light on the different aspects of the literary personality of Premchand. In a highly engrossing talk, Dr.Toki brought to fore various layers of this versatile writer's personality including that of a sensitive author, aware citizen, accomplished editor who effectively voiced the emotions, conditions and problems of the common man. A film based on Premchand's timeless work 'Poos ki raat' was also shown to the audience that left them pondering about the problems ailing our society. A quiz based on the author's life and works was also organised during the event. An exhibition of books in Hindi on this occasion drew a huge number of literature enthusiasts.

Appreciating this endeavour of the Hindi department, Principal Dr.Nisha Bhargava said that the youth needs to know about such great writers who are a flambeau for the society and instrumental in raising public awareness about the ills ailing our society. Paying rich tributes to Premchand, she said that he will always be remembered for using his words to raise awareness about national and social issues.

## IAS toppers share success mantra with MCM students

The Personality Development Committee of Mehr Chand Mahajan DAV College for Women today organised an interactive session for IAS aspirants, in collaboration with Raj Malhotra's IAS Academy, Chandigarh. The aspirants had the opportunity to



interact with and benefit from the experiences of Mr. Himanshu Nagpal, AIR 26- IAS 2018 and Ms. Ranjeeta Sharma, AIR 130- IAS 2018. Stressing upon the need to start preparation for the civil services early while in college, Mr. Nagpal termed right motivation, right direction and hard work as the trinity of civil services exams' preparation. Having cleared his exam in the very first attempt, he summed up his experience to give practical tips to the students regarding the do's and don'ts of the preparation. Ms. Sharma apprised the students about the systematic way to approach the elite exam which included deconstructing the syllabus and making a book-list, preparing concise notes for reference, revision, looking at past papers and continuous evaluation of progress through mock tests. She impressed upon the aspirants to learn from others' mistakes, to be aware of one's weaknesses, to have confidence in one's abilities and to make conscious choices for success in the exam. Principal Dr. Nisha Bhargava highlighted that at MCM, stress is laid on providing students with exposure to diverse fields so that they can make informed career choices and decisions. Adding that civil services being a highly lucrative, satisfying and diverse sector many Indians aspire to join them, Dr. Bhargava said that this session aimed to provide the aspirants an insight into what it takes to crack these exams.

## Awareness drive on Swachhata at MCM



In furtherance of its resolve to promote the cause of swachhata, the NCC unit of Mehr Chand Mahajan DAV College for Women organised an awareness drive in the campus today. As part of the drive, NCC cadets displayed posters to spread the message of cleanliness and sustainability. The cadets also distributed eco-friendly cutlery among students and sensitised them about the potential harmful effects of plastic on our environment. In an interactive session, the cadets educated students about the problems of environmental degradation, climate change and urged them to play a proactive role in adopting and promoting sustainable practices. Lauding this initiative of NCC unit, Principal Dr.Nisha Bhargava informed that at MCM, conscious efforts are made to promote sustainability and these include rain water harvesting, harnessing of solar energy, waste segregation, and composting among others.

## Sustainability Samwaad held at MCM



In its constant endeavor to promote sustainability, the Skill Development Committee of Mehr Chand Mahajan DAV College for Women organized a talk cum workshop titled Sustainability Samwaad. Mr. Abhishek Taneja from Earthjust was the resource person for the talk wherein he threw light on the ill effects of the innumerable chemicals used everyday that seep into the drains and pollute the sources of water. Participants raised several issues relating to their role to minimize the carbon footprints that they leave behind. This was followed by a skill development workshop by Mr. Dinesh who gave demonstration on making of chemical free eco-friendly non carcinogenic hand wash, face wash, shampoo and floor cleaner at home. The ensuing interactive session was a reminder for everyone about the current scenario of environmental degradation and the need to preserve it as it is crucial for human survival.

Principal Dr. Nisha Bhargava informed that the college is actively working towards creating a sustainable ecosystem within the campus through collective action and by creating awareness about the urgent need to conserve the environment.

## Orientation for Sociology students held at MCM



The Postgraduate Department of Sociology of Mehr Chand Mahajan DAV College for Women organised an orientation programme for the first semester' students of BA and MA (Sociology). The programme aimed to provide the students of Sociology a broad overview of the discipline and apprise them of the scope of and opportunities in this field. Head of the department Mrs.Kamini Tayal welcomed the newcomers to the vibrant and democratic culture of the college, and shed light on the laudable achievements of the department. The students partook enthusiastically in the programme with the anticipation of an exciting academic journey ahead.

Principal Dr.Nisha Bhargava welcomed the newcomers and expressed hope that they will live up to the rich legacy of the department and the college that is marked with commendable accomplishments. Stressing upon the importance of orientation session, she added that it introduces the newcomers to not only to the subject and its career opportunities but also to the culture of the institution.



## Induction cum Freshers function mesmerizes newcomers at MCM



In a bedazzling Induction cum Freshers event, Mehr Chand Mahajan DAV College for Women warmly welcomed its newcomers and familiarized them with the virtuous value system of the region's leading college in a fun and entertaining way.

Organized by the Cultural Committee of the college, this unique annual feature of the college is an innovative way of making the freshers feel at home. The function began with a presentation highlighting the glorious history and illustrious achievements of the college. The conveners of various clubs and committees of the college were also introduced to the freshers. The rules and regulations of the college were introduced to the students in a novel manner through an entertaining skit with a message. While a presentation on the add-on courses offered by the college effectively drove home the importance of these courses in imparting an edge to

one's career, performances of dances of different states added to the entertainment quotient of the event.

MCM Ms. Fresher Contest was the highlight of the function where confident beauties with brains walked down the ramp for the coveted title. Divya was crowned Ms. Fresher 2019 while Vanshika and Jasleen walked away with 1st Runner up and 2nd Runner up title, respectively. Ceeya grabbed the Ms. Graceful Walk title while Gurmehar won the Ms. Crowning Beauty title and Saumya won Ms. Dazzling Smile title.

Principal Dr.Nisha Bhargava, in her address, congratulated the freshers for making it to a unique seat of learning that transforms aspiring young students into leaders of tomorrow. Reiterating the importance of discipline in our lives, Dr.Bhargava advised the newcomers to adhere to the rules and regulations of the college and maintain the sanctity of the rich legacy of discipline and excellence of MCM. In her unique poetic style, she gave the newcomers the message of environment conservation.



## Session on Hygiene Management and saplings distribution at MCM



In furtherance of its resolve to promote the cause of swachhta, the Swachhta Committee (Commerce) of Mehr Chand Mahajan DAV College for Women organised an interactive session on “Healthy Living: The role of Hygiene Management Techniques”. Dr. Jaspreet Ahluwalia, Regional Training Head, Fortis Health Care Ltd, Mohali conducted this highly informative session. Highlighting the importance of physical, mental as well as social health, she informed the students about the ways to maintain personal hygiene. With special mention of hygiene management during monsoon season, she advised the students to keep themselves hydrated and consume home made food only. She also elaborated upon the importance of hand hygiene and the 20 second rule to wash hands.



In another event aiming to give the message of conserving environment by planting trees, the Environment Committee organized a drive during which saplings of medicinal plants were distributed among faculty members and students. The saplings distributed included kalmegh, stevia, tulsi, akarkara, brahmi, elaichi, etc.

Principal Dr.Nisha Bhargava lauded these endeavours to sensitise the youth about the importance of cleanliness and environmental conservation. She added that keeping the larger picture in view, MCM has made concerted efforts to promote sustainable practices for a better future.

## MCM volunteers participate enthusiastically in Swachh Bharat Summer Internship-2019

Recognising their responsibility towards building a clean and green India, the NSS volunteers of Mehr Chand Mahajan DAV College for Women contributed effectively to the cause of Swachh Bharat Abhiyan by participating in Swachh Bharat



Summer Internship 2019. For the execution of this 50 hours programme, the NSS unit of the college constituted 8 teams in selected villages namely, Kishangarh, Dhanas, Kajheri, Butrela (U.T. Chandigarh), Bihru and Bhudan (H.P.), Jitwal Kalan (Sangrur, Punjab), and Kanhari Kalan and Niwarsi (Kurukshetra, Haryana). During this internship, various activities like lectures, interactive sessions, campaigns, etc. were organised that sought to generate awareness among village residents regarding two particular issues i.e. plastic waste management and organic waste management, and segregation of solid waste into non-biodegradable and biodegradable waste. The interns undertook various cleanliness and tree plantation drives in the selected villages and also organised Swachhta Mela- a unique event comprising of fun-filled informative activities wherein kids from various slums and village schools participated. The initiative to educate the villagers through movie screenings related to personal and menstrual hygiene received enthusiastic response from the villagers. Principal

Dr. Nisha Bhargava informed that during the internship, the teams of NSS worked really hard to make Swachhta a 'Jan Andolan' in the adopted villages of Punjab, Haryana, Himachal and Chandigarh. She added that the main aim of this endeavour was to involve young minds in this community engaged programme so as to develop their skills in community development and inculcate a sense of responsibility towards the society and nation at large.

## Interactive session on safe and nutritious food at MCM



The Department of Food Science at Mehr Chand Mahajan DAV College for Women organised an interactive session on "Safe and Nutritious Food (SNF) Fellowship Program" in collaboration with FSSAI, CII, and GSK. The program's main motive was to spread awareness about SNF Fellows- a prestigious fellowship program initiated by FSSAI to promote social and

behavioural change around food safety, hygiene and healthy diets in schoolchildren, among the students. The guest of honour was Prof. Amarjeet Singh, Department of Public Health, School of Community Medicine, PGIMER, Chandigarh.

An overview of the SNF Fellowship Program was discussed by Ms. Radha Joshi, a counsellor at CII. Mr. Sukhwinder Singh, Designated Officer-Cum-Licensing Authority, Food Safety Administration, Chandigarh informed the students about the guidelines of food safety; he also apprised them about the innovative idea of mobile van initiated by his team. In the second half of the session, Ms. Shivani, Coordinator, Food Fortification Resource Centre, FSSAI, Ministry of Health and Family Welfare, Government of India informed the students about the registration and certification process to be followed by students to become involved with "Eat Right Initiative". Ms. Namrata Khanna, a consultant at FSSAI, held a lively discussion with the students and unravelled the doubts put forth by the students.

Principal Dr. Nisha Bhargava stressed upon the importance of this session in light of the growing awareness around the impact of food on our well-being and the rising concern about diminishing standards of food quality.

## MCM celebrates Akshay Urja Diwas

Observing Akshay Urja Diwas with great enthusiasm, the Renewable Energy Committee of Mehr Chand Mahajan DAV College for Women organised lectures and poster making competition on the theme- 'Impact of Akshay Urja in India'. Mr. Ravinder Singh, Technical Expert, Chandigarh Renewable Energy and Science and Technology (CREST) and Mr. Vikram Hans, MD, Multi Overseas (I) Pvt.Ltd. delivered highly informative lectures that sought to impress upon the students the importance of renewable energy in preserving our environment and remind them of their pertinent role in promoting renewable energy for a brighter future. Speaking on the occasion, Mr. Vikram apprised the students about the types of renewable energy resources and dwelt upon the future prospects of alternative sources of energy. During his engaging lecture, Mr. Ravinder presented a video highlighting the achievements of CREST.

The participants of poster making competition made vivid depictions of how Akshay Urja had changed the face of our country for the better. The winners of the competition were: 1st prize- Gurnoor & Deepanshi, 2nd



prize- Aayushi & Devorah and 3rd prize- Vibhuti & Shreya. Consolation prize was bagged by Jasleen and Namisha. Principal Dr. Nisha Bhargava lauded the appreciable work being done by the college's Renewable Energy Committee in the direction of adopting renewable energy as an effective alternative to the scarce traditional energy resources. She added that the college's vision to promote sustainability and environmental conservation is furthered through adoption of eco-friendly practices including setting up of solar energy panels and solar lights in the campus and hostel, and production of biogas from wet waste of hostel.

## MCM holds session on child abuse at Attawa

The Women Development Cell of Mehr Chand Mahajan DAV College for Women, in collaboration with the college's Unnat Bharat Abhiyan Committee organised an interactive session on 'Identifying and preventing signs of child abuse' at village Attawa. This highly informative session for the unprivileged children was conducted by the faculty of the college- Mrs.Vandana Syal, Convener, Women Development Cell and Mrs.Navdeep Kaur, Village Incharge-Attawa, Unnat Bharat Abhiyan. During the session, the faculty sensitised the children about



what amounts to child abuse, its forms including exploitation, physical, sexual and emotional abuse, and the ways to prevent it. With the help of an educative video, the children were taught about good and bad touch.

Principal Dr.Nisha Bhargava said that this initiative is a laudable one as child maltreatment is becoming a matter of great concern due to rising incidents, the effects of which are serious and long-lasting. She added that conscious of its social responsibility, MCM is working in various areas of social upliftment and awareness generation about issues ailing the society.

## General Knowledge Quiz held at MCM



Quest, the Quiz Committee of Mehr Chand Mahajan DAV College for Women, conducted an intra-college General Knowledge Quiz. Spanning across diverse subjects like History, Geography, Art and Literature, Eco-business, Polity, Science and Environment, the quiz witnessed an enthusiastic response from over 100 participants. Muskan Lamba, Ashwathi and Priyadarshini of BA III secured first three positions, respectively and will represent the institution in the upcoming Zonal Youth Festival.

Principal of the college Dr Nisha Bhargava gave away the prizes to the winners and appreciated the endeavours of Quest for inspiring the students to scale new heights in a fast-paced competitive world.



## Session on social entrepreneurship held at MCM



The Women Development Cell of Mehr Chand Mahajan DAV College for Women organised an interactive session on 'Be a Sociopreneur' with the aim of sensitising young minds about the importance of social entrepreneurship in the present times. Renowned social worker, counsellor and special educator Ms. Aaradhana Mittal conducted this highly invigorating session. Reminding the students about their responsibility towards the society, Ms. Mittal educated them in detail about the process to organise, create and manage social ventures in order to develop, fund and implement solutions to social, cultural and environmental issues. She also informed them about the governmental and non-governmental organisations at national and international levels where the students can volunteer or intern. After the session, the students felt very motivated to bring about positive change in the society.

Principal Dr.Nisha Bhargava said that MCM is dedicated to transforming young girls with dreams into the ones with vision, and undertakes various awareness programmes to generate awareness among them about various social issues and motivate them to play a constructive role in the society.

## MCM organises lecture on UBA plan of action



An expert lecture titled, 'Plan of Action under Unnat Bharat Abhiyan', was organized under the aegis of the Unnat Bharat Abhiyan Committee of Mehr Chand Mahajan DAV College for Women. Prof. Upendra Nath

Roy, Head, Department of Rural Development, NITTR, Chandigarh delivered this insightful lecture that aimed at addressing the key problems and challenges faced by the college in conducting household and village surveys, community lectures, extension activities and various drives under UBA. Prof. Roy opined that an innovative approach is of essence in the field of rural development while citing examples of the various social outreach experiments of NITTR like constructing soak pits, low-cost toilets without using bricks, low-cost rooftops using ferro-cement technology, smokeless chulhas in villages, and making zero-waste a reality. The speaker underscored that the villages in and around Chandigarh had a completely different character and set of problems as compared to the rural villages in Punjab or Haryana as these are basically urban slums with a high percentage of migrant population. He added that the Chandigarh villages therefore required a multi-pronged approach in addressing the grievances of their residents.

Principal Dr. Nisha Bhargava informed that keeping in view the immensely important role of institutions in nation building, the college has been actively partaking in various government initiatives, be it Unnat Bharat Abhiyan, Swachh Bharat Abhiyan or Swachh Bharat Summer Internship.

## Workshop cum exhibition on eco-friendly Ganesha at MCM



With the aim of strengthening the Swachhta Abhiyan and raising awareness about the importance of switching to eco-friendly Ganesha during Ganesh Chaturthi celebrations, the Fine Arts Department of Mehr Chand Mahajan DAV College for Women organised a Clay Modelling Workshop cum Exhibition. Held under the slogan- 'Say no to P.O.P. Ganesha', the workshop was conducted by Dr. Pooja Sharma, Head, Department of Fine Arts and sought to reinforce the message of environmental conservation through thoughtful opting for alternatives to things that harm the environment. Students enthusiastically participated in the workshop and the exhibition put up thereafter drew heartening response.

Principal Dr.Nisha Bhargava reiterated that, conscious of its institutional responsibility, the college is dedicated to promoting the cause of Clean and Green India and thus, carries out various activities from time to time to generate awareness about promote the cause.

## MCM organises lecture on feminism



The Postgraduate Department of English at Mehr Chand Mahajan DAV College for Women organised an extension lecture titled 'Subtle Nuances of Feminism- A Perspective'. Dr. Rana Nayar, Former Professor, Department of English and Cultural Studies, Panjab University was the resource person for the same. In his thought-provoking lecture, Dr. Nayar put things into perspective by delving into the phases of feminism and the development of thought over a period of time. He deliberated upon how feminism is a part of every woman being a social and cultural construct and also talked about the idea of feminism emanating from the subject position. The lecture was not only well structured but the ideas were also put across in an interesting way quoting examples from life situations.

Principal Dr. Nisha Bhargava felicitated the resource person and averred that these types of academic lectures were not only important academically but were important for overall exposure of girls.

## MCM gives message of environmental conservation

Mehr Chand Mahajan DAV College for Women organized a 3-day workshop series titled 'Yes to Green Alternatives'. Organized under the aegis of Sustainable Practices Committee of the college, the series aimed at sensitizing the students about



the 'reuse' channel of saving the environment. Award winning sculptor Mr. Tulsi Ram conducted the workshop series that witnessed enthusiastic participation of 103 students. Mr. Ram taught participants the making of handmade paper, bags and paper mache from used papers and newspapers. The workshop proved to be extremely successful as the participants resolved to find environment-friendly alternatives to single-use plastic.

In another event, the Skill Development Committee of the college organized an orientation session for its workshop series on Sustainable Urban Farming. The session acquainted the students with the problems of chemical-induced agriculture and also made them aware of how organic farming can contribute to lessening of water, soil and air pollution. Organized in collaboration with Kheti Virasat Mission, the workshop will focus on farming in urban spaces.

Principal Dr.Nisha Bhargava stressed upon the fact that sustainability has gained immense value over the past few years in view of the depleting resources and environmental degradation. She added that MCM is doing its bit in promoting sustainability and preserving the environment through steps like rain water harvesting, harnessing solar energy, biogas production from mess waste, awareness sessions on conservation and many more.

## Workshop on research basics at MCM



The Postgraduate Department of Economics at Mehr Chand Mahajan DAV College for Women organized a Rashtriya Uchhatar Shiksha Abhiyan (RUSA) sponsored workshop on 'Basics of Research'. Dr. Rakesh Thakur of PGGC-11, Chandigarh conducted the workshop that aimed at enhancing the knowledge and research aptitude of undergraduate students. Over 50 students participated and benefitted from the workshop. Spread over 3 intensive sessions, the workshop provided the students a thorough understanding of the basics of conducting research, including practical skills in research design, theoretical framework, questionnaire designing and data collection and analysis.

Principal Dr. Nisha Bhargava while stressing upon the importance of research in social development said that the college envisions to promote effective research and has set aside seed money to promote research at undergraduate as well as postgraduate level.

## Chhavi elected President of Student Council at MCM



Mehr Chand Mahajan DAV College for Women witnessed enthusiastic participation of students in the election for Student Council which was conducted smoothly. 1306 students exercised their franchise to choose their representatives.

President elect Chhavi and Vice President elect Sarika Setia were on cloud nine as they thanked the teachers and fellow students for their support and vowed to work constructively along with the college authorities for taking the college to greater heights while giving a voice to various concerns of the students. Mehak Mahajan made it to the post of Secretary while T.H.Malamnganbi was elected Joint Secretary. College Principal Dr.Nisha Bhargava said that every year, the Student Council Elections are held at MCM in fair and transparent manner and are seen as the stepping stone in preparing the students to be effective future leaders of the nation. While congratulating the winners Dr. Bhargava exhorted them to work jointly with college authorities to promote leadership and entrepreneurial spirit in its students.

## Tommy Hilfiger recruits MCM students



Under the aegis of the Placement Cell of MCM DAV College for Women, Tommy Hilfiger and Calvin Klein during a recruitment drive at the campus. The premium designer lifestyle group conducted the drive to select suitable candidates for the positions of Customer Relationship Officer. A total of 152 students registered for the drive and after a rigorous selection procedure involving written test and interview, 4 students finally got selected for full time positions and 6 got internship. The selected students were elated at their selection and thanked the Placement Cell for affording them the opportunity to explore their potential and gain an understanding of the industry expectations from prospective employees.

Principal Dr.Nisha Bhargava congratulated the selected students and added that the Placement Cell of the college plays a proactive role as a bridge between the industry and students, the efforts of which have been crucial in getting students placed in reputed companies like E&Y, Tommy Hilfiger, Wipro, ICICI Bank, Tech Mahindra, GoAir Airlines, Convergys, TCS and Genpact.



## Workshop on mantras and shlokas at MCM

In a one-of-its kind initiative aiming to reconnect the youth to our vedic roots and familiarize them with the ability of shlokas and mantras to transform our lives, the Skill Development Committee and Sanskrit Department of Mehr Chand Mahajan DAV College for Women organized a workshop titled 'Dhvani-Chanting of Mantras and Shlokas'. Dr. Shankarji Jha, Dean University Instructions, PU graced the workshop as the Chief Guest and Mrs. Sudesh Gandhar, Senior Member, DAV College Managing Committee was the Special Guest on this occasion. The workshop witnessed enthusiastic participation of over 250 faculty members and students from various institutions from across the tricity.



The students of Sanskrit Department also put up an exhibition on 'Sanskrit vocabulary' during the event.

In his enlightening address during the inaugural session, Dr.Jha deliberated upon the value of Sanskrit mantras and Indian vedic culture in today's world. Stressing upon the fact that our ancestors were the ones who gave the message of 'vasudhaiva kutumbakam', Dr.Jha underlined that the Anglo-vedic culture is a unique one that combines the merits of both vedic and western values and thus, shows the true way of living life virtuously. The keynote speaker Prof.Vikram Kumar Viveki, Former Chairman, Dayanand Chair for Vedic Studies, PU spoke at length about the linguistic features of vedic mantras and shlokas, and their healing effect on the mind, soul and body of an individual. Reflecting upon the importance of mantras in stimulating our energy chakras and aligning vibrations to create awareness about aspects of self and the infinite, Prof. Viveki advised the students to aim for clear diction while chanting mantras, and keep the 'shabd jyoti' aflame.

In session II, Dr. Vijaypal Shastri, Department of Sanskrit, Government Senior Secondary School, Mallah taught the participants the correct pronunciation of vowels, consonants, Gayatri mantra and Mahamrityunjay mantra. Prof. Virender Kumar Alankar, Chairman, Department of Sanskrit, PU was the Guest of Honour for the 3rd session of the day. In his address, Prof.Alankar highlighted the importance of teaching our future generations Sanskrit language- the language of Gods, as it is a philosophical language and mother of many languages that owe their roots to Sanskrit. Dr.Devi Singh, Department of Sanskrit, GGSDS College-32 conducted a stimulating session on special chanting of shlokas in chhand.

Hailing this endeavour as an attempt to preserve our rich cultural heritage, Principal Dr.Nisha Bhargava said that such a revisit of our ancient spiritual practice of chanting mantras and shlokas is of great importance in today's era as it is a way of experiencing divine love and light which the world is in dire need of.

## Program on IPR awareness at MCM



The Institution Innovation Cell (IIC) of Mehr Chand Mahajan DAV College for Women hosted ICC-IPO 'IPR Awareness Program for Women Institutes' here today. The program aimed to sensitize faculty and students about Intellectual Property Rights. MCM Principal Dr.Nisha Bhargava graced the program as the Chief Guest. Dr.Bhargava apprised the audience of the commendable accomplishments of the college through a presentation that also brought to fore the work being done by the college in the direction of promoting research, innovation and entrepreneurship. On the importance of industry-academia collaboration in the area of research and IP, Dr.Bhargava stated that it is of essence in promoting the culture of innovation. She further added that the college is committed to inspiring and igniting young minds by

exposing them to innovative ideas and practices, and that the college's IIC is working in furthering this vision.

Mr. Inderdeep Singh, Chairman, ICC Northern Region Council remarked that intellectual property (IP) is what fuels the engine of prosperity and thus, generating awareness about it at mass level is imperative for its benefits to percolate to the grassroots level in the society. Highlighting the role of institutions in promoting an ecosystem of innovation, Mr. Singh added that being the cradles of knowledge, educational institutions can actively promote IP activities and innovation. In his special address, Mr. Manoj Kumar Singh, Examiner of Patents and Designs, IPO, Ministry of Commerce and Industry, Govt of India apprised the participants of the legal requirements and filing procedures for patent protection in India. During technical session I, Ms. Isha Gandhi, Advocate, R K Dewan & Co. spoke about various forms of IP, current IP regime in India, IP identification and creation, and the role and importance of IP for women. Ms. Gurmeet Kaur Nanda, Principal Associate-Patents, Khurana & Khurana Advocates & IP Attorneys shed light on IP protection, documentation and registration procedure for IP during technical session II. Technical session III was dedicated to presenting an overview of IP laws in India, wherein Ms. Twinky Rampal of Anand & Anand educated the participants about Trademark and Copyright law with the help of suitable case studies. In technical session IV on leveraging IPR in academia, Ms. Gurmeet Nanda spoke about the use of existing research and licensing to the industry. Delivering the vote of thanks, Mr. Debmalya Banerjee, Regional Director, ICC Northern Region reiterated that start-ups and innovation are imperative for progress, and necessitate a robust IP culture that promotes the brand value of the country and gives a fillip to the economy through foreign investment.

## Hindi Diwas celebrated at MCM

The Postgraduate Department of Hindi at Mehr Chand Mahajan DAV College for Women organised 'Dharohar'- a programme to mark Hindi Diwas here today. Principal of the college Dr.Nisha Bhargava graced the celebration as the Chief Guest and spell-bound the audience with her thought-provoking self-composed poetry. Sharing her thoughts on the importance of Hindi language for a nation's progress, Dr.Bhargava asserted that India has an exemplary legacy of rich language and literature which the world has borrowed from immensely, and reminded the students of their duty to preserve it.



Faculty members and students also recited their poetry on this occasion. A cultural presentation including group song, dance performance and skit added colour to the celebration. The event ended with a prize distribution ceremony wherein the winners of creative writing, debate and poetry competitions were awarded by Principal Dr.Nisha Bhargava.

## Youth Welfare Committee of MCM organizes trip to Sultanpur Lodhi and Workshop on Calligraphy in Gurmukhi to mark 550<sup>th</sup> Birth Anniversary of Guru Nanak

To mark the 550<sup>th</sup> Birth Anniversary of Sri Guru Nanak Dev Ji under instructions from the Panjab Government and Youth Welfare Department Panjab University, the Youth Welfare Committee of Mehr Chand Mahajan for Women, Chandigarh organized a trip for its students to the sacred town Sultanpur Lodhi where the founder of Sikhism had his communion with God and uttered the holy mool-mantra on the bank of Kali Bein river. The students



paid obeisance at the Gurudwara Ber Sahib where the tree under which Guru Nanak meditated is preserved along with the Bhora Sahib. The surrounding Gurudwaras such as Guru Ka Bagh, Hat Sahib, Sehra Sahib and many others also gave the students glimpses of Guru ji's life and places marked by His Divinity. The trip was certainly an informative and transformative experience.



Earlier in the week, the Youth Welfare Committee and the Skill Development Committee of the college came together for an innovative venture of teaching calligraphy in Gurmukhi script to the students of the college. Sardar Mehtab Singh, the resource person and expert invited at the workshop is actively involved in preparation and rewriting of ancient religious and historical Sikh sacred texts at Harimandar Sahib, Amritsar. He was accompanied by many representatives of his organization *Kalam Dwaat* , who in a very encouraging and inspiring manner, taught the nuances of writing the Gurmukhi script with wooden Kalams using earthen inkpots. The history of the written script and the advent of writing with various ingredients was also elaborated through a detailed presentation.

Dr. Nisha Bhargav expressed her appreciation for the unique endeavor and reiterated that the trip and the workshop were organized to commemorate the 550<sup>th</sup> birth anniversary of Sri Guru Nanak Dev ji and will go a long way in keeping today's generation connected to its roots and values.

## Inter-college debate on feminism and awareness lectures on mental health, cyber safety and eye donation at MCM

Tarikh- the History Society of Mehr Chand Mahajan DAV College for Women organised an Inter-college Debate Competition on the topic 'Feminism Reloaded: No more a fight for mere equality?'. Prof. Deepti Gupta, Chairperson, Department of



English and Cultural Studies, PU graced the event as the Chief Guest. Eight teams from colleges across the tricity presented invigorating views on the much debated topic. Calling for an equitable society, Prof.Gupta opined that every wave of feminism has its own context of situation, and thus a multidimensional perspective considering the historical, cultural, personal, and social dimensions should be considered for a holistic and clear view of the phenomena.

The Postgraduate Departments of Sociology and Psychology in collaboration with the Women Development Cell of the college organised a lecture on “Combating Depression” by Dr.Nitin Gupta, Professor, Department of Psychiatry, GMCH 32, Chandigarh. Stressing upon the fact that college years represent a period of





increased vulnerability for the development of a wide range of mental health challenges, Dr. Gupta said that the biopsychosocial causes of most of these psychological concerns are anxiety, academic stressors, emotional turmoil, adjustment difficulties, family/financial issues, hormonal changes, low self-esteem and technological addiction. Sh. Mahavir Singh, Member Secretary, State Legal Services Authority (SLSA), Chandigarh, Sh. Rajeshwar Singh, Law Officer, SLSA, Chandigarh and Ms. Arzoo Gupta, Assistant Professor, Department of Psychiatry, GMCH 32 were also present on this occasion.



The Postgraduate Department of Sociology organised a cyber safety awareness programme in collaboration with Chandigarh Police. Keeping in mind the fact that women are most vulnerable to online crimes like cyber stalking, financial frauds, identity theft, etc., the aim of the programme was to



sensitise the students about the prevalence of cyber crimes and how to ensure one's safety in cyberspace. The officials of Chandigarh Police educated the students about various types of cyber crimes and cautioned them against sharing OTPs, passwords and pins with third party. The participants found the session highly informative and insightful.



In another event, the Medical Committee of the college organised an Eye-donation awareness lecture by Dr.S.Arya, Head, Department of Ophthalmology, GMCH-32. Dr. Arya motivated the students to volunteer for the noble cause and also busted the commonly held beliefs and myths related to eye donation. The committee, in collaboration with Sohana Multispecialty Charitable Hospital, also organised a health check-up camp for the over 40 food handlers working in the college canteen and mess. The committee also organised a Gynae OPD for its faculty and students twice a month in collaboration with Paras Hospital, Panchkula.

Principal Dr.Nisha Bharagava said that the college is working towards the holistic development of its stakeholders which is reflected in its varied endeavours like these. She added that striving towards academic excellence while promoting awareness about the prevalent issues, grooming thinkers and doers is what sets MCM apart.

## 'English for All' launched at MCM



Mehr Chand Mahajan DAV College for Women in collaboration with Skills Anytime organised an orientation session for the launch of first of its kind online English language programme 'English for All'. Skills Anytime is an Indian arm of UK's no. 1 Online English Development Company. It is an award winning UK based language development and resource provider bksb.

The objective of the session was to educate students about the programme that endeavours to improve English language skillset in a self paced and interactive

manner. Ms. Ritesh Vashisht, Director Education and Training, Skills Anytime and Ms.Pooja Chauhan, Business Development Manager, Skills Anytime conducted this session. Informing the students about the popularity of this programme, Ms.Vashisht and Ms.Chauhan said that this 20 year old module is being used by various institutions across UK, Australia, Libya, Nigeria and South Africa, and has also been used for staff development and apprenticeships by corporates like Mercedes Benz, TATA, McDonalds, Virgin Media and Mazda. In North India it is opted by Panjab University, Regional Institute of English, Maharaja Ranjit Singh Punjab Technical University, State Council of Education Research and Training, and few other professional colleges of Punjab.

They further informed that the course would focus on imparting functional and practical skills in English including listening, speaking, reading, writing skills, resume writing and interview preparation as well as practice sessions on IELTS which is customized individually as per learners' needs. It is a 100 hours online certificate program with weekly contact sessions with domain experts spread over 6 months. To begin with the course, College also offered Language Assessment Test apart from the said course whose level is mapped with IELTS, Common European Framework, and Cambridge Main Suite.

Around 200 students attended the orientation course. Principal Dr. Nisha Bhargava said that for success in today's globalised world, it is pertinent that the students are adept in and equipped with requisite skills in a language that is used worldwide and this is what this course precisely aims to do. She added that such programmes are part of the vision of the college to impart skills to students that make them employable. It is the first MOOCS that college is launching on the digital platform in association with Skills Anytime.

## DBT-CTEP Biotechnology Popularization Programme held at MCM



In an endeavour to generate awareness about basic concepts, recent advances and potential of modern Biology and Biotechnology, Mehr Chand Mahajan DAV College for Women organized a DBT-CTEP Biotechnology Popularization Programme. Organized under the aegis of Department of Biotechnology, Ministry of Science and Technology, Government of India, the programme witnessed enthusiastic participation of over 1000 students and faculty from various schools, colleges and universities across the region. Prof. Prince Sharma, Department of Microbiology, PU graced the inaugural session as the Guest of Honour. In his address, Prof. Sharma

gave a comprehensive view of Biotechnology and its applications for the benefit of mankind by shedding light on the recent innovations and ideas in the field of molecular genomics that have helped to solve long-standing problems. Dr.K.C.Bansal, Senior Fellow and Area Convener, Nano Biotechnology Centre, TERI, Gurugram conducted the first technical session wherein he spoke on 'Science for Society: Emerging Role of Plant Genomics and Genome Editing'. The 2nd technical session was conducted by Prof.Pratyoosh Shukla, Head, Department of Microbiology, MDU, Haryana who dwelt upon Systems Biology and Computational Approaches for Environment Bioremediation. Dr.Vandana Sharma, Assistant Professor, Department of Food Science, MCM DAV College for Women spoke on the topic 'Venturing into hues of Biotechnology: Innovations to Applications' during technical session 3. Besides these lectures by experts, a poster presentation competition on the theme 'Innovations and Challenges in Biotechnology' was also organized. The valedictory session was graced by Prof.Sanjay Chhibber, Department of Microbiology, PU as the Guest of Honour, who gave away certificates to the participants. Speaking on this occasion, Prof.Chhibber motivated the students to adopt an out of box approach as it is the key to the development of newer technologies for upliftment of the society and developing. He also emphasised that more of such popularization programmes should be organised for widening the horizons of students.

Principal Dr.Nisha Bhargava lauded this initiative to popularize Biotechnology activities. She added that this programme, through awareness generation, endeavours to enhance efficiency, productivity and cost effectiveness of agriculture, molecular medicine and environmentally sustainable technology.

The winners of poster presentation competition were:

1st: Manjot Kaur and Ishita Pabbi of MCM DAV College for Women

2nd: Shania Saini and Simarpreet Kaur of MCM DAV College for Women

3rd: Paramvir Singh of PGGC, Sector-11, Chandigarh

## Poster making competition on ragging at MCM



The Anti-Ragging Committee of Mehr Chand Mahajan DAV College for Women, under the aegis of IQAC of the college, organized a poster making competition on the theme 'The Menace of Ragging'. The aim of the competition was to act as a platform to initiate discussion among students about the perils of ragging and to educate them to refrain from indulging in it in any form. The competition witnessed enthusiastic response as 74 students participated in it. The posters made during the competition vividly reflected both the thoughtful and creative aspects of the participants. The winners of the competition were: 1st- Riya Kapoor (B.A.III) , 2nd- Aastha

Nanda (B.A.I) and Somil (B.A.II), 3rd- Ankita Kumari (B.A.I) and Pragya Kaushik (B.Sc.II), Consolation- Sannah Narwal, Somal Ranjan, Harnoor K.Bedi.

Principal Dr.Nisha Bhargava lauded this initiative and said that the college is proud to be a ragging free zone wherein emphasis is laid on grooming the students to be responsible citizens who respect the individuality and rights of others.

## Placement drive and orientation session held at MCM



The Placement Cell of Mehr Chand Mahajan DAV College for Women organized a campus placement drive wherein Life Leisure Trip selected 6 students for the position of General Manager- Sales. The students were selected after rigorous rounds including group discussion and personal interview.

In another event, the Placement Cell conducted an orientation programme for the students with the aim of mentoring them on planning their career, and enlightening them about the opportunities available. The programme witnessed enthusiastic participation of over 350 undergraduate and postgraduate students of various streams.

During the programme, speakers from industry as well as academia, and the alumni placed in prestigious organisations shared their views and experiences for the benefit of the students. Speaking about the challenging and versatile nature of a



career in aviation industry, Mr.Rohit Beri, Founder, The Training Academy, Chandigarh inspired the students to be a part of the profession that gives wings to one's dreams. On the mantra of success in one's chosen profession, Mr. Avdhesh Mahajan, VP, School Pad Technologies advised the students to complement their degrees with requisite skill sets that make them employable.

Dr. Namita Bhandari, Assistant Professor, MCM DAV College motivated the students to align their theoretical knowledge with the practical aspects and the market trends, and then make a wise decision about their career. MCM alumna and Hindustan Times Correspondent Ms.Ribha urged the students to identify their area of interest and strengths, and then work on achieving perfection in that field. Another alumna of MCM Ms. Shivali Gautam, Fashion Consultant, Tommy Hilfiger shared the inspiring story of her journey from an MCM graduate to an employee at Tommy Hilfiger, how she juggled work and studies and how that has help her gain confidence and exposure.

The Cell also held a Career Counseling and Placement Seminar on aviation industry for UG and PG students. On this occasion, the executives of Aviation Indeed conducted pre-placement process for SpiceJet, during which 10 students were shortlisted for the interview for cabin crew to be held later.

Principal Dr.Nisha Bhargava said that the Placement Cell of the college is doing commendable work by acting as a productive link between the employer and the prospective employees. She motivated the students to participate in the drives organized by the cell throughout the year in order to gain an understanding of the employers' expectations and to chisel their talent accordingly.

## Road safety awareness programme at MCM



The Postgraduate Department of Commerce at Mehr Chand Mahajan DAV College for Women, in collaboration with Chandigarh Traffic Police, today organized a sensitization programme aimed at creating road safety awareness. Chandigarh SSP (Security and Traffic) Mr. Shashank Anand was the Chief Guest for the programme. Quoting the saying- prevention is better than cure, Mr.Anand impressed upon the students that it is advisable to follow traffic rules than to suffer the unsavoury consequences of non-adherence of the rules. He added that one should value the gift of life and enjoy the liberty of driving while shouldering the responsibility of safeguarding own and others' lives.



Wg Cdr C.S.Grewal (Retd.) delivered a talk on road safety. Informing the audience that India is No.1 in the world in road fatalities, Wg Cdr Grewal emphasized that our sheer negligence, disregard of traffic rules and lack of patience on road have led to this scenario. He shared valuable information with the audience including tips for pedestrian safety, guidelines for number plates, road signs, priority of vehicles, and other rules and regulations. While stressing upon the use of only genuine ISI marked helmets, Mr.Jaswinder Singh, DSP (Traffic), Chandigarh gave a demo on the right way of wearing a helmet. As highly impactful skit- Paigam by Traffic Marshals on the theme of road safety sought to impress upon the audience to choose life by getting rid of negative impulses like signal violation, overspeeding, rash driving, drunken driving, driving without helmet, using cellphone while driving and violation of traffic rules. A quiz on traffic rules was also conducted on this occasion, the winners of which were awarded by the Chief Guest and Principal Dr.Nisha Bhargava. Principal Dr.Nisha Bhargava was highly supportive of the endeavours made by the authorities for safety of people on roads. Pointing to the fact that despite stringent rules, people habitually break them, Dr. Bhargava stressed that following the road safety rules is in the best interest of commuters and thus, should be strictly complied with.

## MCM shows the way for Plastic free city beautiful

As part of the Plastic Free India Campaign under the 'Swachhata Hi Seva' initiative- a jan andolan for accelerating the vision of Swachh Bharat, the Swachhata Committee (Arts) organized Poster Making and Rangoli Competitions here today. The competitions, themed 'Plastic free Chandigarh', witnessed overwhelming



participation as 35 students registered for them. The participants through their creations, depicted inspiring ideas prompting everyone to act now for realizing the dream of a clean Chandigarh free from plastic waste. Principal Dr.Nisha Bhargava expressed appreciation for the efforts of Swachhata Committee towards raising awareness among the students about Swachhata related issues. She added that, from solid waste management through biogas production to harnessing solar energy to waste segregation, the college is committed to doing its bit in realizing worthy Prime Minister Sh.Narendra Modi ji's dream of a Clean India.

The winners of the Poster Making Competition were:

1<sup>st</sup> : Gurnoor Kaur, BSc-I

2<sup>nd</sup> :Shruti, BA-I

3<sup>rd</sup> :Shelja BA-I

The winners of Rangoli Competition were:

1<sup>st</sup> : Anchal Singla and Purna Guleria  
of MA-II (Sociology)

2<sup>nd</sup> : Nikita and Vibhuti BA-III

3<sup>rd</sup> : Shanaya Sand Mallika BA-III



## MCM students learn the nuances of entrepreneurship



The Start-up Cell of Mehr Chand Mahajan College for Women organized an interactive session on 'Entrepreneurship' here today with the aim of educating young girls about the opportunities and challenges in the field of entrepreneurship and motivating them to explore their potential in it. As

many as 100 students partook in this highly motivating and interactive session. Aakanksha Dhawan, an MCM alumna and proud owner of Super Donuts, Elante Mall, Chandigarh conducted the session, during which she shared the story of her entrepreneurial journey from being an academician to a successful entrepreneur. Shedding light on the pre-requisites to becoming a successful entrepreneur, she emphasized on the need of good communication skills, understanding the importance of financial independence, desire to bring about a change, and role of good leadership qualities. She also dwelt upon the advantage of business-based academic qualification, knowledge of operating social media handles to boost business, hands-on experience of the business market through internships, business ethics and positive reinforcement. The member students of the Start-up Cell felt enthused to imbibe entrepreneurial skills as and when they venture into the outside business world. Principal Dr. Nisha Bhargava, appreciated the efforts of the Start-up Cell of introducing the students to the need and benefits of entrepreneurship. She added that the cell is working to realize the college's vision to contribute to the country's economic development and aid in employment generation by promoting entrepreneurship and entrepreneurial skills among the youth.

## Talk on skin care at MCM



The Cosmetology and Beauty Care Department of Mehr Chand Mahajan DAV College for Women organized a talk on skin care titled 'Take Control of your Skin', here today. Dr.Tishya Singh, Dermatologist and Cosmetologist, Cosmo Hospital, Mohali delivered this talk that sought to address the skin related problems of young girls and to educate them about proper care of skin. In her informative talk, Dr.Singh shed light on the daily skin care routine that should be adopted in order to protect the skin against pollution and the resultant wear and tear. Principal Dr.Nisha Bhargava said that the holistic development of the students occupies centre stage in all the initiatives of MCM and thus, various activities related to multifarious fields are organized in order to widen the horizons of the students.

## Economics also about Shreyas and Preyas: Dr. Nisha Bhargava



MCM SOPHIES- the students club of Philosophy Department of Mehr Chand Mahajan DAV College for Women organized an Indian Council of Philosophical Research (ICPR) sponsored lecture cum orientation session on 'Shreyas Preyas: Learning to make right decisions- Some lessons from Indian tradition'. The lecture aimed to help students move towards a higher plane of existence by motivating them to strengthen their moral restraint. Sudhir Baweja, Coordinator, Department of Philosophy and Vivekananda Studies, University School of Open Learning,

Panjab University conducted this thought-provoking lecture. Introducing the concept of the lecture, Mr.Baweja apprised the students that the twin concepts of Shreyas and Preyas point towards the choices we make between 'Preferable' (Shreyas) and 'Pleasurable' (Preyas). He informed the students that pursuing desires and falling prey to pleasurable pursuits delivers instant but short-lived joys and shreyas on the contrary ensures eternal gains and perfect contentment. On the conflicts faced in day to day life, he said that life is nothing less than a battleground marked by dilemmas and choices between two opposing alternatives- good or bad, right or wrong and punya (virtues) or paapa (vice). Talking about the wisdom endowed upon us by our rich traditions and literature, Mr.Baweja highlighted that the Upanishads impart many valuable moral and spiritual lessons on issues like living a righteous life and attaining self-realization.

Principal Dr.Nisha Bhargava connected the concept of Shreyas Preyas to



Economics and said that in it, choosing a system that benefits a few people is Preyas and a system that considers the masses' upliftment is Shreyas. She added that even in Economics we are faced with various options in terms of

what, how much and for whom to produce, and said that the right choice in this case is the one that is beneficial for the majority of the population.



## PPT competition on agriculture and environment sustainability at MCM

The Postgraduate Department of Economics of Mehr Chand Mahajan DAV College for Women organized a PPT Competition on 'Agriculture and Environmental Sustainability'. The competition witnessed participation of 14 teams which used the medium of PowerPoint presentation to effectively put forth sensible ideas of striking the



right balance between ensuring farmers' prosperity and preserving environment. Highlighting the fact that the modern agricultural practices have wreaked havoc with the environment, the participants suggested novel solutions in the form of aquaponics, vertical farming, organic farming, vermicomposting, land management techniques, zero till drills, drip irrigation, and field mapping and soil sampling using GPS technology. Principal Dr.Nisha Bhargava, who conceptualized the theme of the competition, said that it aimed to sensitize students about the problems posed by present agricultural methods and its impact on sustainable development so as to prompt them to bring about change. She informed that the college is doing appreciable work in the area of sustainable development like producing biogas from mess waste, workshops on organic farming, vermicomposting, rain water harvesting and much more. The winners of the competition were:

1st: Shaina Bajaj

2nd: Kashish Rawat and Divyanshi Chauhan

3rd: Shuchi Jain and Kriti Walia

Best Orator: Deepika

## Quiz on Plastic Free Chandigarh at MCM



QUEST- the quiz committee of Mehr Chand Mahajan DAV College for Women organized an Inter-College Quiz Competition on the theme of 'Plastic Free Chandigarh' under the aegis of Director Higher Education, Chandigarh. As many as 11 teams from various technical and non-technical institutions from across the region participated in it. Dr. Dalip Kumar, Additional State Project Director (RUSA), Chandigarh Administration graced the occasion as the Chief Guest. The competition comprised of 5 rounds including an audio-visual round, with questions focused on environmental issues and plastic pollution. To sensitize students about the problems

posed by plastic waste and the need to switch to eco-friendly alternatives, informative videos including one on Bhopal's Sarthak model were shown on this occasion.

Principal Dr.Nisha Bhargava said that conscious of its responsibility to generate awareness about the rising ecological imbalance and to work towards building a sustainable future, MCM has undertaken concerted efforts like waste segregation, solid waste management by production of biogas from mess waste, vermicomposting, and no use of plastic cutlery on campus.

The results of the competition were:

1<sup>st</sup> Prize : Muskaan Lamba, Priyadarshini and Ashwathi of Mehr Chand Mahajan DAV College for Women, Chandigarh

2<sup>nd</sup> Prize : Jahanvi Taak, Akshay Kumar and Harsh Sharma of Department of Political Science, Panjab University, Chandigarh

3<sup>rd</sup> Prize : Digvijay, Giriraj and Deepak of Post Graduate Govt. College Sector 11, Chandigarh

# Academic Achievements

## TOP TEN Positions in Panjab University End Semester Examinations for session 2018-19

Results of December – 2018 Examinations			Results of May – 2019 Examinations		
Candidate's Name	Class	Rank	Candidate's Name	Class	Rank
Anamika	BCA –V Sem	5	Komal Agrahari	BBA – VI Sem	1
Sonalika Grover	BCA – I Sem	3	Ruchi Singh	BBA - VI Sem	10
Naghma Firdous	BCA - I Sem	6	Navneet Kaur	B.SC - VI Sem	8
Mehak Sharma	BCA - I Sem	8	Himanshi Bansal	MFT - VI Sem	1
Anjanpreet Kaur	BCA - III Sem	8	Nisha Chaudhary	MFT - VI Sem	2
Tanya Singh	BCA - III Sem	13	Bahaar Hundal	MFT - VI Sem	3
Komal Agrahari	BBA - V Sem	7	Purva Aggarwal	MFT - VI Sem	4
Rizu	BBA - I Sem	10	Kanika	MFT - VI Sem	5
Nishtha Garg	BBA - I Sem	12	Tanvi	MFT - VI Sem	6
Tanvi Gulati	B.COM - III Sem	11	Ujjwal	MFT - VI Sem	7
Abha Goel	B.COM - I Sem	11	Ramanpreet Kaur	MFT - VI Sem	8
Gurpreet Kaur	B.SC - V Sem	8	Aditi Vashisht	MFT - VI Sem	9
Naina Bhatia	BA - V Sem	2	Kangan K	MFT - VI Sem	10
Arnavi Sagar	BA - V Sem	4	Mehar Kaur	BA - VI Sem	2
Tamanna Puri	BA - V Sem	5	Khyati Talwar	BA - VI Sem	8
Jhanvi Singla	B.SC - III Sem	4	Bhavya	BA - VI Sem	10
Vijayta Kumari	B.SC - III Sem	7	Naghma Firdous	BCA - II Sem	4
Nisha Chaudhary	MFT - V Sem	1	Muskan Sabharwal	BCA - II Sem	11
Kanika	MFT - V Sem	2	Rizu	BBA - II Sem	6
Kangan K	MFT - V Sem	3	Nishtha Garg	BBA - II Sem	12
Tanvi	MFT - V Sem	4	Shania Saini	MFT - IV Sem	1
Sonal Mishra	MFT - V Sem	5	Anureet Kaur	MFT - IV Sem	2
Purva Aggarwal	MFT - V Sem	6	Simerpreet Kaur	MFT - IV Sem	3
Aditi Vashisht	MFT - V Sem	7	Aditi Bhagat	MFT - IV Sem	4
Himanshi Bansal	MFT - V Sem	8	Manvi Jindal	MFT - IV Sem	5
Ananaya Talwar	MFT - V Sem	9	Manjotpreet Kaur	MFT - IV Sem	6
Amandeep Kaur	MFT - V Sem	10	Anju Jeena	MFT - IV Sem	7
Ramanpreet Kaur	MFT - V Sem	11	Priya Khurana	MFT - IV Sem	8
Ramneet Kaur	MFT - V Sem	12	Parul Joshi	MFT - IV Sem	9
Bahaar Hundal	MFT - V Sem	13	Vanshika Sharma	MFT - IV Sem	10
Ujjwal	MFT - V Sem	14	Binanshu Talwar	MFT - IV Sem	11
Kulveer Kaur	MFT - V Sem	15	Ishika Gupta	BA - IV Sem	7

Report of Activities: 1<sup>st</sup> Quarter (July 2019 to September 2019)

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

Riya	MFT - V Sem	16	Srishti	BA - IV Sem	10
Shania Saini	MFT - III Sem	1	Riya Verma	BA - II Sem	3
Anureet Kaur	MFT - III Sem	2	Aditi	BA - II Sem	6
Manvi Jindal	MFT - III Sem	3	Shubhangi Bhardwaj	BA - II Sem	9
Anju Jeena	MFT - III Sem	4	Vaishali Saini	MFT - II Sem	1
Vanshika Sharma	MFT - III Sem	5	Takshu Jagga	MFT - II Sem	2
Vanshika Arora	MFT - III Sem	6	Anjali Chauhan	MFT - II Sem	3
Srishty Dewan	MFT - III Sem	7	Ridhima Kakkar	MFT - II Sem	4
Manjot Kaur	MFT - III Sem	8	Suhana	MFT - II Sem	5
Priya Khurana	MFT - III Sem	9	Ishika	MFT - II Sem	6
Manjotpreet Kaur	MFT - III Sem	10	Niharika	MFT - II Sem	7
Simerpreet Kaur	MFT - III Sem	11	Bhawna	MFT - II Sem	8
Binanshu Talwar	MFT - III Sem	12	Asmita Sharma	MFT - II Sem	9
Aditi Bhagat	MFT - III Sem	13	Ashpreet Kaur	MFT - II Sem	10
Saloni	MFT - III Sem	14	Loveleen	MFT - II Sem	11
Parul Joshi	MFT - III Sem	15	Mehakleen Kaur	MFT - II Sem	12
Takshu Jagga	MFT - I Sem	1	Gur Kamal Kaur	M.SC Chm IV Sem	10
Vijaya Sharma	MFT - I Sem	2	Sakshi Awasthy	MA Eco IV Sem	1
Ishita Goswami	MFT - I Sem	3	Aarushi Mahajan	MA E Eco IV Sem	6
Diksha Sharma	MFT - I Sem	4	Samriti Garg	MA Eco IV Sem	8
Vaishali Saini	MFT - I Sem	5	Swati Garg	MA Eco IV Sem	9
Ashpreet Kaur	MFT - I Sem	6	Ekta Mandhan	M.SC Math II Sem	2
Riya Yadav	MFT - I Sem	7	Deesha	M.SC Math II Sem	3
Loveleen	MFT - I Sem	8	Shayna Chhabra	M.SC Math II Sem	5
Muskaan	MFT - I Sem	9	Chandni Garg	M.SC Math II Sem	9
Palak Jindal	MFT - I Sem	10	Divya	M.SC Chm II Sem	4
Shikha Dhillon	B.SC -I Sem	9	Shruti Rastogi	MA Eco II Sem	4
Gur Kamal Kaur	M.SC Chm III Sem	8	Ayushi Katoch	MA Eco II Sem	6
Arushi Choudhary	MA Soc I Sem	9	Snehdeep Kaur	MA Eco II Sem	7
Gargi Kanwar	MA – Soc I Sem	12	Apurva Rathee	MA Eco II Sem	8
Waikhom Chanu	MA – Soc I Sem	15	Revika Ghai	MA Eco II Sem	9
Sakshi Awasthy	MA - Eco III Sem	1	Shreya Awasthy	MA Eco II Sem	13
Aarushi Mahajan	MA - Eco III Sem	2	Vibhu	MA – Psy IV Sem	2
Mimansa Dahuja	MA - Eco III Sem	6	Amanat Dhiman	MA – Psy IV Sem	3
Priya Jindal	MA - Eco III Sem	7	Aditi Kaushish	MA – Psy IV Sem	4
Vithika Mohapatra	MA - Eco III Sem	8	Ravtesh Kaur	MA – Psy IV Sem	5
Swati Garg	MA - Eco III Sem	9	Karuna Yadav	MA – Psy IV Sem	7
Samriti Garg	MA Eco III Sem	11	Anjali Gulati	MA – Psy IV Sem	9

Report of Activities: 1<sup>st</sup> Quarter (July 2019 to September 2019)

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

Annu Sethi	MA Eco III Sem	12	Ravneet Matharu	MA – Psy IV Sem	12
Jaagatjot Kaur	MA Eco III Sem	16	Arushi Choudhary	MA – Soc II Sem	4
Sandeep	MA Eng III Sem	16	Meenu Deswal	MA – Soc II Sem	5
Kanika	MA Soc III Sem	2	Gargi Kanwar	MA – Soc II Sem	8
Simratpal Kaur	MA Soc III Sem	6	Kanika	MA – Soc IV Sem	2
Jasmeen Kaur	MA Soc III Sem	11	Noordeep Kaur	MA – Soc IV Sem	6
Shilpa Sharma	M.SC Math III Sem	10	Simratpal Kaur	MA – Soc IV Sem	8
Shayna Chhabra	M.SC Math I Sem	8	Arshpreet Batth	MA – Soc IV Sem	9
Divya	M.SC Chm I Sem	11	Jasmeen Kaur	MA – Soc IV Sem	12
Stuti munjal	MA Psy I Sem	5	Pragati Thakur	PGDMC II Sem	1
Niharika dadoo	MA Psy I Sem	6	Pooja Singla	PGDMC II Sem	5
Aditi kaushish	MA Psy III Sem	3	Priya Dhiman	PGDMC II Sem	6
Neelima raina	MA Psy III Sem	5	Guldaman Kaur	PGDMC II Sem	9
Amanat dhiman	MA Psy III Sem	6	Sakshi Jhamb	PGDMC II Sem	11
Harsimran kaur	MA Psy III Sem	7	Tanvi	M.COM - II Sem	8
Anjali gulati	MA Psy III Sem	12	Niharika Dadoo	MA – Psy II Sem	6
Pragati thakur	PGDMC	1	Simran Kaur	MA – Psy II Sem	8
Pooja singla	PGDMC	2			
Priya dhiman	PGDMC	7			
Guldaman kaur	PGDMC	12			

Toppers of Dec.-2018 Examinations: 90 | Toppers of May-2019 Examinations : 87

**Total Academic Achievers: 177**

Note : Results of a few classes of Panjab University End Semester Examinations May 2019 are still awaited.

# Panjab University Zonal Youth and Heritage Festival September-2019

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## जीसीजी-42 में जोनल यूथ एंड हेरीटेज फेस्टिवल की धूम : पहले दिन एमसीएम की बादशाहत

आठ प्रतियोगिताओं में प्रथम स्थान हासिल किया एमसीएम ने, चंडीगढ़ और पंजाब के 1700 स्टूडेंट्स ने लिया भाग

चंडीगढ़। सेक्टर-42 स्थित पोस्टर ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स में मंगलवार को जोनल यूथ एंड हेरीटेज फेस्टिवल की शुरुआत की गई। पहले दिन के मुकाबलों में एमसीएम डीएवी सेक्टर-36 ने 8 प्रतियोगिताओं में प्रथम स्थान हासिल किया। मुख्यातिथि शिक्षा सचिव बीएल रामा ने दीप प्रचलन के साथ प्रार्थना गीत से कार्यक्रम का शुभारंभ किया। कार्यक्रम में नौ युग्म कॉलेजों से 1700 के करीब स्टूडेंट्स हिस्सा ले रहे हैं। इसमें तीन कॉलेज लूथियाना के शामिल हैं। इस सांस्कृतिक महोत्सव का आयोजन कॉलेज ने पंजाब यूनिवर्सिटी के युवा कल्याण विभाग के साथ मिलकर किया है। इस दौरान पूरे कॉलेज को आतिथिक से सजया गया है। इसके लिए स्टूडेंट्स ने वेस्ट मैट्रिक्स, परंपरागत पंखियों, रंगोली इत्यादि का इस्तेमाल किया। कैम्पस में लड़कियां विभिन्न कलाकृतियों के साथ सेल्फ़े लेतीं नजर आईं।



जीसीजी-42 में यूथ फेस्ट के दौरान गुबानी कंपनीशन में भाग लेती स्टूडेंट्स। अमर उमराज



फेस्ट के दौरान पहुंचे शास्त्रीय गायक पं. रक्षापाल और अन्य गण्यमान्य लोग। अमर उमराज



बले मॉडलिंग प्रतियोगिता में भाग लेती एक छात्रा।

### ये कॉलेज रहे विजेता

**शब्द गायन :** पीजीजीसीजी-42 प्रथम, एमसीएम डीएवी कॉलेज फॉर वुमन सेक्टर-36 द्वितीय और गुरु गोबिंद सिंह कॉलेज फॉर वुमन झाड़ साहिब तृतीय।  
**भजन गायन :** पीजीजीसीजी-11 प्रथम, देव समाज कॉलेज फॉर वुमन-45 द्वितीय और गवर्नमेंट होम साइंस कॉलेज-10 तृतीय।  
**इंस्ट्रुमेंट गायन :** एमसीएम डीएवी कॉलेज फॉर वुमन सेक्टर-36 प्रथम, पीजीजीसीजी-42 द्वितीय और तपीजीसीजी-11 तृतीय।  
**रंगोली :** गवर्नमेंट होम साइंस कॉलेज-10 प्रथम, एमसीएम डीएवी कॉलेज फॉर वुमन सेक्टर-36 द्वितीय, पीजीजीसीजी-42 तृतीय।  
**पोस्टर मेकिंग :** गवर्नमेंट होम साइंस कॉलेज-10 प्रथम, एमसीएम डीएवी कॉलेज फॉर वुमन सेक्टर-36 द्वितीय, पीजीजीसीजी-42 तृतीय।

**गजल गायन :** पीजीजीसीजी-11 प्रथम, देव समाज कॉलेज फॉर वुमन सेक्टर-45 द्वितीय, गुरु गोबिंद सिंह कॉलेज फॉर वुमन झाड़ साहिब तृतीय।  
**क्विज :** पीजीजीसीजी-42 प्रथम, पीजीजीसीजी-11 द्वितीय, एमसीएम डीएवी कॉलेज-36 तृतीय।  
**गीत गायन :** एमसीएम डीएवी कॉलेज-36 प्रथम, पीजीजीसीजी-42 द्वितीय, होम साइंस कॉलेज सेक्टर-10 तृतीय।  
**क्लासिकल वोकल :** एमसीएम डीएवी-36 प्रथम, पीजीजीसीजी-42 द्वितीय, पीजीजीसीजी-11 तृतीय।  
**ऑन द स्पॉट पेंटिंग :** एमसीएम डीएवी कॉलेज फॉर वुमन सेक्टर-36 प्रथम, पीजीजीसीजी-11 द्वितीय, पीजीजीसीजी-42 तृतीय।  
**फोटोग्राफी :** पीजीजीसीजी-11 प्रथम, पीजीजीसीजी-42 द्वितीय, एमसीएम

डीएवी कॉलेज फॉर वुमन सेक्टर-36 तृतीय।  
**कोलाज मेकिंग :** एमसीएम डीएवी कॉलेज फॉर वुमन सेक्टर-36 प्रथम और द्वितीय, पीजीजीसीजी-42 तृतीय।  
**बले मॉडलिंग :** एमसीएम डीएवी कॉलेज फॉर वुमन सेक्टर-36 प्रथम और द्वितीय, पीजीजीसीजी-42 तृतीय।  
**समूह गायन :** एमसीएम डीएवी कॉलेज फॉर वुमन सेक्टर-36 प्रथम, पीजीजीसीजी-42 द्वितीय, होम साइंस कॉलेज सेक्टर-10 तृतीय।  
**कार्टूनिंग :** एमसीएम डीएवी कॉलेज फॉर वुमन सेक्टर-36 प्रथम और तृतीय, पीजीजीसीजी-11 द्वितीय।  
**फिटल लाइफ ड्राइंग :** पीजीजीसीजी-42 प्रथम, एमसीएम डीएवी कॉलेज फॉर वुमन सेक्टर-36 द्वितीय, पीजीजीसीजी-11 तृतीय।

### एक-दूसरे को अपनी संस्कृति से जोड़ते हैं सांस्कृतिक महोत्सव : प्रो. बीजू

मेजबान सेक्टर-42 के कॉलेज प्रिंसिपल प्रो. बीजू डोगरा ने अतिथियों का स्वागत करते हुए कहा कि इस सांस्कृतिक महोत्सव का उद्देश्य एक-दूसरे को अपनी संस्कृति से जुड़ने का है। इसलिए इसकी थीम 'अपने मूल को जाने' रखी गई है। इस मौके पर उच्च शिक्षा निदेशक रमेश पोपली बतौर सम्मानित अतिथि के तौर पर पहुंचे। इनके अलावा निदेशक युवा कल्याण निर्मल जोड़ा, पंजाब विश्वविद्यालय के परीक्षा निर्वहक प्रो. परबिंदर सिंह और अन्य कॉलेजों के प्रिंसिपल शामिल हुए।

### पहले दिन हुए ये मुकाबले

म्यूजिक वोकल में शब्द-भजन, क्लासिकल वोकल में गीत-गजल, समूह गान, लोकगीत आदि के साथ प्रश्नोत्तरी, चित्रकला, कार्टूनिंग, पोस्टर मेकिंग, रंगोली, बले मॉडलिंग, कोलाज मेकिंग आदि प्रतियोगिताएं कैम्पस में अलग अलग स्थानों पर आयोजित की गईं।

### आज होंगी ये प्रतियोगिताएं

वाद्य यंत्र प्रतियोगिताएं, बाद-विवाद, कविता पाठ, मुहावरे दा वार्तालाप, गुड्डियां पटोले मेकिंग, चिक्कू मेकिंग, परांदा मेकिंग, नाझा मेकिंग, टोकरी मेकिंग, मिट्टी दे शिडोने, खिड़डो मेकिंग, पिरही मेकिंग, रस्स मेकिंग, डनु मेकिंग, कविता लेखन, कहानी लेखन, निबंध लेखन, हैडड्राइंग प्रतियोगिता।

Report of Activities: 1<sup>st</sup> Quarter (July 2019 to September 2019)

Mehr Chand Mahajan DAV College for Women, Chandigarh

पोर्ट-ट्रेडफेस्ट गवर्नमेंट गर्ल्स कॉलेज रोड-42 में शुरू हुआ यूथ फेस्ट, पहले दिन हुई कई प्रतिस्पर्धायें  
**ऑन द स्पोर्ट पेंटिंग और क्ले मॉडलिंग में एम.सी.एम.-36 की गर्ल्स का रहा जलवा**



आयोजित एकदिवसीय कला प्रदर्शनकार्य सैक्टर-42 युवा युवा फेस्ट में विभिन्न स्पर्धाओं में भाग लेती छात्राएं।

चौथे दिन, 24 विद्यार्थी (विद्यार्थी) सैक्टर-42 के आयोजित एकदिवसीय कला प्रदर्शनकार्य में भाग लेती छात्राएं।  
 कला प्रदर्शनकार्य में भाग लेती छात्राएं।  
 कला प्रदर्शनकार्य में भाग लेती छात्राएं।  
 कला प्रदर्शनकार्य में भाग लेती छात्राएं।  
 कला प्रदर्शनकार्य में भाग लेती छात्राएं।

कला प्रदर्शनकार्य में भाग लेती छात्राएं।  
 कला प्रदर्शनकार्य में भाग लेती छात्राएं।  
 कला प्रदर्शनकार्य में भाग लेती छात्राएं।  
 कला प्रदर्शनकार्य में भाग लेती छात्राएं।  
 कला प्रदर्शनकार्य में भाग लेती छात्राएं।

जौसीजी-42 में युवा महोत्सव का दूसरा दिन छात्राओं ने पारंदा, टोकरी भेकिंग के साथ निबंध और कविता लेखन में लिखा भाग  
**एमसीएम की फिर धूम, 8 स्पर्धाओं में टॉप पर**



पारंदा के दौरान एक छात्रा द्वारा प्रस्तुत किया गया पारंदा।



युवा महोत्सव में भाग लेती छात्राएं।  
 युवा महोत्सव में भाग लेती छात्राएं।  
 युवा महोत्सव में भाग लेती छात्राएं।  
 युवा महोत्सव में भाग लेती छात्राएं।  
 युवा महोत्सव में भाग लेती छात्राएं।

युवा महोत्सव में भाग लेती छात्राएं।  
 युवा महोत्सव में भाग लेती छात्राएं।  
 युवा महोत्सव में भाग लेती छात्राएं।  
 युवा महोत्सव में भाग लेती छात्राएं।  
 युवा महोत्सव में भाग लेती छात्राएं।

# List of Achievers

Panjab University Zonal Youth and Heritage Festival September-2019

S.no	Name	Class	Participated in	Position
<b>Winners of First Prize</b>				
1	Bhawna	BA III	Khiddo Making	First
2	Sehaj	BA III	Paranda Making	First
3	Ruchi Garg	BAIII	Peerhi Making	First
4	Jashandeep Kaur	BA II	Muhavredar Vartalap	First
5	Gurinder Kaur	BA II	Muhavredar Vartalap	First
6	Komalpreet Kaur	BA II	Muhavredar Vartalap	first
7	Lavnima Sharma	BA II	Debate	First
8	Bharti Yumnam	BA III	English Handwriting	First
9	Salam Rajlaxmi	BA III	Clay Modelling	First
10	Rajita Kaushal	BA III	Cartooning	First
11	Somil sharma	BA II	Collage Making	First
12	Simran	BA II	On spot Painting	First
13	Prabhnoor	BA III	Mitti de Khidone	First
14	Amy Sidhu	BA III	Intallation	First
15	Arzoo Shyam	BA III	Intallation	First
16	Dipneet	BA I	Intallation	First
17	Amanat	BA I	Intallation	First
18	Shreya Sharma	BA II	Group Shabad Individual	First
19	Shreya Sharma	BA II	Group Song Individual	First

Report of Activities: 1<sup>st</sup> Quarter (July 2019 to September 2019)

Mehr Chand Mahajan DAV College for Women, Chandigarh



20	Shreya Sharma	BA II	Folk Song	First
21	Divya Bhatt	BA III	Geet	First
22	Alisha Kaushik	BA III	Bhand	First
23	Kiranjeet	BA III	Bhand	First
24	Divya Bhatt	BA III	Group Song	First
25	Jaspreet Kaur	BA III	Group Song	First
26	Shreya Sharma	BA II	Group Song	First
27	Urvashi Sharma	BA II	Group Song	First
28	Aamrapali Mahajan	BA I	Group Song	First
29	Tanvi	BA II	Group Song	First

**Total First Prizes : 29**

**Winners of Second Prize**

30	Prabhjot Kaur	BA II	Rangoli Making	Second
31	Gauri	BAII	Photography	Second
32	Gurman Kaur	BAIII	Creative Writing(Punjabi Poem)	Second
33	Urvashi	BA III	Hindi Handwriting	Second
34	Shravya Mishra	BA II	Still Life	Second
35	Bhoomika	BA II	Clay Modelling	Second
36	Sehar	BA I	Collage Making	Second
37	Riya Kapoor	BA III	Poster Making	Second
38	Chelsi	BA I	Indian Orchestra Individual	Second
39	Amulya Singh	PGDMC	Non Percussion Violin	Second
40	Riya Chauhan	BA III	Folk Instrument Ghada	Second
41	Shivani Sharma	BA III	Luddi	Second
42	Muskan Jain	BA II	Luddi	Second
43	Gurleen Kaur	BA III	Luddi	Second
44	Simran Sharma	MA I	Luddi	Second
45	Jaspreet Kaur	BA II	Luddi	Second
46	Manpreet Kaur	Bsc I	Luddi	Second
47	Tanvir Kaur	Bcom II	Luddi	Second
48	Dalli	Bcom III	Luddi	Second
49	Mannat Aggarwal	BA II	Luddi	Second
50	Dilmani	BA I	Luddi	Second
51	Jaspreet Kaur	BA III	Luddi	Second
52	Nikita Thakur	BA I	Group Shabad	Second
53	Tanvi	BA II	Group Shabad	Second
54	Sanya Sehgal	BA II	Group Shabad	Second

Report of Activities: 1<sup>st</sup> Quarter (July 2019 to September 2019)

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

55	Urvashi Sharma	BA II	Group Shabad	Second
56	Aamrapali Mahajan	BA I	Group Shabad	Second
57	Jaspreet Kaur	BA III	Group Shabad	Second
58	Shreya Sharma	BA II	Group Shabad,	Second
59	Riya Chauhan	BA III	Indian Orchestra	Second
60	Swati Sharma	PGDMC	Indian Orchestra	Second
61	Chelsi	BA I	Indian Orchestra	Second
62	Tanvi Sharma	BA II	Indian Orchestra	Second
63	Amrteshwar Kaur	BA I	Indian Orchestra	Second
64	Disha Dham	BA I	Indian Orchestra	Second
65	Garima	BA II	Indian Orchestra	Second
<b>Total Second Prizes : 36</b>				
<b>Winners of Third Prize</b>				
66	Sonali Seth	BA III	Chhikko Making	Third
67	Samiksha Dang	BA II	Classical Dance Kathak	Third
68	Shruti Sharma	BA III	Elocution	Third
69	Yashika Jain	BA II	Hindi Handwriting	Third
70	Rhythm Sharma	BA III	Cartooning	Third
71	Divya Bhatt	BA III	Classical Vocal	Third
72	Jasmine Kaur	MA II	Gidhha	Third
73	Harnpreet Kaur	MA I	Gidhha	Third
74	Gurjot Kaur	BA II	Gidhha	Third
75	Tejinder Kaur	PGDCA	Gidhha	Third
76	Harshdeep Kaur	BA II	Gidhha	Third
77	Gurleen Kaur	BA III	Gidhha	Third
78	Bhavnour Gill	BA I	Gidhha	Third
79	Harmanjot Kaur	Bcom II	Gidhha	Third
80	Avneet Kaur	BA I	Gidhha	Third
81	Gurleen Kaur	BA I	Gidhha	Third
82	Mantash Jakhar	BA I	Gidhha	Third
<b>Total Third Prizes : 17</b>				
<b>Total Prize Winners : 82</b>				

# वेस्ट इंडीज दौरे के लिए तान्या, हरलीन चुनीं

सिटी महिला क्रिकेटर का जलवा : एमसीएम डीएवी कॉलेज की छात्राएं हैं दोनों खिलाड़ी



माई सिटी रिपोर्टर

**चंडीगढ़।** सिटी की महिला क्रिकेटर तान्या भाटिया और हरलीन देओल का चयन वेस्ट इंडीज के खिलाफ भारतीय महिला क्रिकेट टीम में हुआ है। वेस्ट इंडीज दौरे पर भारतीय महिला टीम को तीन वनडे और पांच टी-20 मैचों की सीरीज खेलनी है। भारतीय टीम 1 से 20 नवंबर तक वेस्ट इंडीज के दौरे पर रहेगी। शुक्रवार को सूरत में बीसीसीआई में मीटिंग में दोनों के नाम का चयन किया गया। एमसीएम डीएवी कॉलेज 36 की छात्रा और विकेट कीपर तान्या भाटिया वनडे और टी-20 सीरीज दोनों में खेलेंगी। वहीं लैंग स्पिनर हरलीन देओल का चयन टी-20 टीम के लिए हुआ है। हरलीन देओल तीसरी बार

**तान्या टी-20 और वनडे सीरीज में भारतीय महिला टीम से खेलेंगी**

हरलीन देओल तीसरी बार

## मां-पिता का सपना साकार करने में जुटी

तान्या भाटिया की मां सपना भाटिया ने बताया कि मौजूदा समय में उनकी बेटी साउथ अफ्रीका के खिलाफ सूरत में वनडे और टी-20 सीरीज खेल रही हैं। बेटी ने उन्हें फोन पर वेस्ट इंडीज दौरे पर चले जाने की बात बताई है और दौरे के लिए अपना पासपोर्ट भी मंगवाया है। सपना भाटिया ने कहा कि तान्या शुरू से ही क्रिकेट को लेकर गंभीर रही हैं। रोज अभ्यास करना कभी नहीं छोड़ती। परिवार का सपना था कि तान्या एक दिन भारतीय टीम में अपनी जगह बनाए। इस पर वह पूरी तरह से खरी उतर रही हैं। सपना भाटिया ने बताया कि तान्या पढ़ाई में भी अग्र्य रहती हैं।

भारतीय महिला टीम में चुनी गई हैं। इस खिलाड़ी ने इसी साल इंग्लैंड के खिलाफ अपना डेब्यू मैच खेला था।



## बेहतर करके दिखाना है : हरलीन

अपने चयन पर खुशी जताते हुए हरलीन देओल ने कहा कि टीम में ओपनर खेलती हैं। इसके साथ ही वह लैंग स्पिनर गेंदबाजी भी करती हैं। हरलीन ने कहा कि उन्हें इस सीरीज में बेहतर करके दिखाना है, तब आगे चलकर भारतीय महिला टीम का लगातार हिस्सा बन सके। हरलीन देओल चंडीगढ़ एमसीएम डीएवी कॉलेज की छात्रा हैं। वहीं, तान्या भाटिया इस सीरीज में वतीर विकेट कीपर अपने आप को सिद्ध करना चाहती हैं कि वह देना की सबसे बेहतर महिला क्रिकेटर्स में से एक हैं।

## पिता से ली विकेट कीपर बनने की प्रेरणा

तान्या भाटिया के पिता संजय भाटिया कॉलेज और स्कूल टीम से क्रिकेट से खेलते हुए विकेट कीपिंग किया करते थे। पिता ने अपनी बेटी को भी विकेट कीपर बनाने की टान ली। तान्या ने विकेट कीपर बनने की शुरूआत अपने पिता से ली। इसके साथ ही बल्लेबाजी में भी बेहतर करने लगी। सात साल की उम्र में क्रिकेट खेलना शुरू कर दिया। डीएवी स्कूल-8 में युवराज सिंह के पिता योगेश्वर और कोच सुखविंदर बाबा से पांच साल क्रिकेट के गुर सीखे। मौजूदा समय में सेक्टर 36 स्थित जीएनपीएस अकादमी में कोच आरपी सिंह और जसवंत राय से कोचिंग ले रही हैं।

# एम.सी.एम. की दो छात्राओं का चयन इंडिया क्रिकेट टीम में

**विकेट कीपर बल्लेबाज तानिया का टी-20 व वनडे सीरीज के लिए और हरलीन कौर का टी-20 के लिए हुआ चयन**

चंडीगढ़, 5 सितम्बर (लल्लन यादव) : शहर की दो वर्मैन क्रिकेटर का चयन साऊथ अफ्रीका के साथ 24 सितम्बर से शुरू होने वाली वनडे व टी-20 सीरीज के लिए टीम इंडिया में हुआ है। एम.सी.एम. डी.ए.वी.-36 की बी.ए. थर्ड ईयर की छात्रा तानिया भाटिया व हरलीन कौर टीम इंडिया का हिस्सा होंगी। विकेटकीपर बल्लेबाज तानिया भाटिया का चयन जहां 5 टी-20 मुकाबलों व तीन

वनडे के लिए टीम में किया गया है। वहीं लैंग स्पिनर व ओपनर बल्लेबाज हरलीन कौर का चयन 5 टी-20 मुकाबलों के लिए भारतीय टीम में हुआ है। कॉलेज की प्रिंसिपल डॉ. निशा भागवत व खेल विभाग की इंचारज अंजु ने कहा कि यह हमारे कॉलेज के लिए गर्व की बात है। यह खिलाड़ियों व कोच की मेहनत और माता-पिता के संयोग का नतीजा है कि यह खिलाड़ी आज इंडिया टीम में जगह बनाने में सफल रहे। तानिया ने बताया कि मुझे बी.सी.सी.आई. से कॉल आया था, जबकि हरलीन कौर ने कहा कि बी.सी.सी.आई. को नैबसाइट से पता चला। दोनों ने कहा कि हमारा उद्देश्य सीरीज में बेहतर करने का है।



## तानिया ने पांच साल सीखे क्रिकेट के गुर

तानिया विकेट कीपिंग के साथ-साथ बैटिंग शानदार बल्लेबाज हैं। तानिया ने 7 साल की उम्र में क्रिकेट खेलना शुरू किया था। डी.ए.वी. स्कूल-8 में तानिया ने युवराज सिंह के पिता योगेश्वर और सुखविंदर बाबा से पांच साल क्रिकेट के गुर सीखे। इसके बाद तानिया ने जी.एन.पी.एस.-36 में क्रिकेट खेलना शुरू किया। इस दौरान तानिया ने कई टूर्नामेंट में शानदार खेल का प्रदर्शन करते हुए खुद को साबित किया। फिनाल तानिया आर.पी. सिंह और जसवंत राय के पास क्रिकेट की कोचिंग ले रही हैं।

## चापा रहे हैं रणजी खेवर

हरियाणा राजकी टीम के प्लेयर रह चुके तानिया के पिता संजय ने बताया कि उन्हें क्रिकेट खेलने का खास शौक था। अब मेरे क्रिकेट के जुनून को तानिया ने अपना जुनून बना लिया।

## हरलीन का दूसरी बार हुआ टीम में चयन

हरलीन कौर का दूसरी बार इंडिया वर्मैन टीम में चयन हुआ है। उन्होंने इंग्लैंड के खिलाफ अपना डेब्यू मैच डी.ए.वी. स्कूल का और इसके साथ ही उन्होंने टी-20 में भी इंग्लैंड के साथ ही खेलना था। उन्होंने बताया कि वह टीम में ओपनर की जगह खेलती हैं। इसके साथ ही वह लैंग स्पिनर गेंदबाजी भी करती हैं। वह वर्मैन क्रिकेट स्ट्रॉन्ग में अभ्यास करती हैं। 3-4 घंटे अभ्यास के साथ साथ वह क्रिकेट्स पर भी फोकस करती हैं।



जे.पी. अत्रे टूर्नामेंट : बारिश के कारण दो मैच रद्द

# Achievements in Sports

- International sports star of our college Taniya Bhatia and Harleen Kaur represented Team India for West Indies tour.
- Our students Chahat Arora won silver medal in Asian Age group swimming completion (24 to 26th September 2019) held at Bangluru.
- Ishpreet Won One Gold, One Silver and One Bronze in Panjab University Inter College Swimming Championship.

- Our college bagged second position in Panjab University Inter College Soft Tennis Championship.
- In All India Inter University Soft Tennis Championship our students Aditi and Prirey won Gold Medal.
- Our College bagged Second Position in Panjab University Inter College Squash Championship
- Our college Football team bagged third position in Senior State Chandigarh Football Championship.
- Our college bagged third position in Senior and Junior Chandigarh State Hockey Championship.
- Our college students Sukhveer and Lakhveer won First Position in Senior National Rugby Championship.

**उपलब्धि** सेमीफाइनल में लगातार 20 साल से चैंपियन लुधियाना के गुरुसर सधार की टीम को हराया

## एमसीएम डीएवी-36 की महिला टीम ने इंटर कालेज फुटबाल टूर्नामेंट जीत रचा इतिहास

**माई सिटी रिपोर्टर**

**चंडीगढ़।** सिटी की महिला फुटबाल खिलाड़ियों ने सोमवार को इतिहास रच डाला। पंजाब यूनिवर्सिटी वुमन फुटबाल इंटर कालेज टूर्नामेंट में पिछले 20 वर्षों से लगातार चैंपियन लुधियाना के गुरुसर सधार की टीम को कोर्टे की टक्कर के बाद एमसीएम डीएवी कॉलेज सेक्टर-36 की महिला फुटबाल टीम ने 1-0 से हराकर बाहर का रास्ता दिखा दिया। एमसीएम डीएवी की खिलाड़ी पूनम ने मैच के आखिरी मिनट में विजयी गोल दागा।

वहीं फाइनल में एमसीएम डीएवी कॉलेज की महिला टीम ने पंजाब के छब्बेवाल कॉलेज की टीम को 9-0 से हराकर विजेता ट्राफी अपने नाम कर लिया। विजेता बनी एमसीएम डीएवी कॉलेज की टीम में पूनम, पूनम देवी, पूनम, सोनिया, यशमीत कौर, अंजली, संदीप, अंजली, सुखवीर कौर, लवप्रीत कौर, मनदीप कौर, पूजा, आंचल, नवप्रीत कौर, कर्मजीत कौर, राजवीर कौर, किरण बाला, अनीषा शामिल हैं। टीम के कोच भरत भूषण और मैनेजर वीना और जस्सी सिद्धू रहे।

**फाइनल मुकाबले में पंजाब के छब्बेवाल कॉलेज को 9-0 से धोया**



**कोच बोलें-पिछले दो साल की कड़ी मेहनत का मिला फल**  
विजेता बनी एमसीएम डीएवी कॉलेज की टीम के कोच भरत भूषण ने बताया कि वह इस टीम को पिछले दो साल से तैयार कर रहे थे, विजेता बनने में पूरी टीम का सहयोग रहा। दो साल की कड़ी मेहनत का नतीजा है कि आज हमारी टीम चैंपियन बनी है।

Report of Activities: 1<sup>st</sup> Quarter (July 2019 to September 2019)

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

## Achievements of Faculty Members and Students



H.E. Sh. V.P. Singh Badnore, Hon'ble Governor of Punjab and Administrator of U.T., Chandigarh honoured Dr. Komil Tyagi, Assistant Professor, Department of English of our college for her contribution in social work on 15<sup>th</sup> Aug. 2019.





Assistant Professor in the Department of Physical Education of our college, Sub. Lt. Dr Anju Lata, has been selected as contingent lady incharge of the Punjab, Haryana, Chandigarh and Himachal Pradesh. **This is for the first time in navy NCC from Punjab directorate that a lady was selected as incharge of the the contingent.**



Mehr Chand Mahajan DAV College for Women has been selected for establishing Institution Innovation Council (IIC) as per the norms and directions of Innovation Cell, Ministry of Human Resource Development, Govt. of India. The Innovation cell established by MHRD also know as MIC to systematically foster the culture of innovation among higher education institution. The primary mandate of MIC is to encourage inspire and nurture by supporting them with new ideas. Two faculty members and two students of our college received appreciation certificate for their contribution to MHRD's Institution Innovation Council.



Appreciation received for  
Ms. Kamini Tayal, Associate Professor and Head, Department of Sociology



Appreciation received for  
Dr. Indu Arora, Associate Professor and Head, Department of Computer Science  
and Application



Two students Ms Sonalika Grover and Ms Muskaan Sabharwal also received  
Appreciation from MHRD's Institution Innovation Cell.



## Other Activities



### Visit of MKA Trophy at MCM

Prof. Parminder Singh, Director Sports, Panjab University along with other faculty members of PU visited the College with MKA Trophy to appreciate the contribution of our college in achieving this grand victory. MCM DAV College contributed maximum points among all womens college of Panjab University for MKA Trophy.



NSS and UBA Volunteers of college conducted **Plastic Free India Campaign** in five villages of Chandigarh (Attawa, Badheri, Buterla, Kajheri and Maloya). Under this activity our student volunteers collected donations and old clothes from the college. The cloth bags were made with

the help of an NGO which were distributed among the villagers and awareness was generated among them to stop using Plastic bags.



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

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