



**जल शक्ति  
अभियान**  
संचय जल, बेहतर कल



*Under the theme*  
**Swachh Bharat Abhiyan  
and Jal Shakti Abhiyan**

Report of  
Seven Day and Night  
**NSS Special Camp (2020-21)**  
18th to 24th March 2021

Submitted to:  
**National Service Scheme**  
**Ministry of Youth Affairs & Sports, Govt of India**

by:  
**NSS Units**  
**Mehr Chand Mahajan DAV College For Women**  
**Sector 36-A, Chandigarh (U.T.)**

## ***Foreword***

The NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh have always been a forerunner in contributing to the cause of community service along with the overall development of students by organizing various societal activities. With a deep sense of gratification, we take pride in the successful completion of the Seven Day and Night NSS Special Camp (2020-21) of the College. With the theme of ***Swachh Bharat Abhiyan and Jal Shakti Abhiyan***, several activities were organized under the dynamic leadership of **Principal Dr Nisha Bhargava**. Volunteers not only participated in the activities with enthusiasm but also contributed to the several social campaigns including *Green Environment-healthier environment, Fit India Movement, World Water Day, Azadi Ka Amrit Mahotsav, Ek Bharat Shrestha Bharat, POSHAN Abhiyaan, Awareness lectures on HIV/AIDS, Blood Donation, Waste Segregation etc.*

Special hands-on training workshops on Self-Defence Training and Firefighting Techniques were also organized in order to equip the volunteers with the sense of protection and responsibility. Despite the challenges posed by COVID-19 pandemic, volunteers visited their adopted Village Badheri, Chandigarh (U.T.) where they sensitized residents about the importance of wearing masks and observing social distancing norms. Besides, they distributed masks, sanitizers, soaps to the needy persons, thus contributing to the cause of community welfare and National Development. The activities were carried out while following the guidelines of social distancing and sanitization.

This camp would not have been possible without the unflinching support and guidance of our worthy Principal Dr Nisha Bhargava under whose able leadership, NSS Units have achieved several milestones during the last few years. We also express our heartfelt gratitude to all the stakeholders, teaching and non-teaching staff and our beloved NSS Volunteers for their sincere and praiseworthy efforts in making this camp a successful one. We believe that the knowledge gained by the NSS volunteers through this Camp will definitely lead to the creation of a *Cleaner, Greener and Healthier Biome!*

***--- NSS Units***

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

## **INTRODUCTION**

Special Camping forms an integral part of the National Service Scheme programme. It provides unique opportunities to the students for group living, collective experience sharing and constant interaction with community. They are organized generally on concerns of national importance such as 'Youth Against Famine', 'Youth for National Integration & Social Harmony', Youth for Sustainable Development.

Some of the objectives of the Special Camping programme include:

- Making education more relevant to the present situation to meet the felt needs of the communities and supplement the education of university/college/school students by bringing them face to face with the community situation.
- To provide opportunities to NSS Volunteers to play their due roles in the implementation of various development "programmes by planning and executing development projects, which not only help in creating durable community assets in rural areas and slums but also result in improvement of the condition of weaker sections of the communities".
- Encouraging the youth to work along with the adults in rural areas, thereby developing their character, social consciousness and commitment, discipline and healthy and helpful attitudes towards the community.
- Building up potential youth leaders by exploring the latent potential among the campers, both students as well as local youth (rural and urban), with a view to involve them more intimately in development projects for longer periods. The local leadership generated during the camps would also be useful in ensuring proper maintenance of the assets created as a result of the camps.
- Emphasizing the dignity of labor and self-help and the need for combining physical work with intellectual pursuits, and
- Encouraging youth to participate enthusiastically in the process of national development, and promote national integration through democratic living and cooperative action.

Keeping in view the objectives, a Seven Day and Night NSS Special Camp (2020-21) was organized from 18<sup>th</sup> March to 24<sup>th</sup> March, 2021 where all COVID-19 related norms were followed. The theme of the Camp was *Swachh Bharat Abhiyan and Jal Shakti Abhiyan* where 81 volunteers registered for the camp.

During the camp a number of interactive sessions, workshops, lectures related to the theme were organized under the guidance of Dr Nisha Bhargava, Principal and supervision of NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari. Activities were planned in such a manner to apprise the volunteers of the societal issues related to national importance such as waste segregation and management, water conservation, green practices, sessions on importance of blood donation, HIV/AIDS, NSS awards, workshops on COVID-19, self defence, firefighting techniques, Azaadi ka Amrit Mahotsav, Ek Bharat Shreshtha Bharat so that they contribute to the welfare of the society.



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

*Welcome you to*

**SEVEN DAY AND NIGHT NSS SPECIAL CAMP (2020-21)**  
**18<sup>TH</sup> – 24<sup>TH</sup> MARCH 2021**  
*Under the theme*

**“SWACHH BHARAT ABHIYAN AND JAL SHAKTI ABHIYAN”**





स्वच्छ भारत  
एक कदम स्वच्छता की ओर



जल शक्ति  
अभियान  
संभालें जल, बनायें बेहतर कल

**Dr. Pallvi Rani**  
**Dr. Purnima Bhandari**  
NSS Programme Officers

**Not Me, But You**

**Dr. Nisha Bhargava**  
Principal



**INDEX OF THE ACTIVITIES CONDUCTED UNDER  
SEVEN DAY AND NIGHT NSS SPECIAL CAMP (2020-21)**

**Theme: *Swachh Bharat Abhiyan and Jal Shakti Abhiyan***

**Date: 18<sup>th</sup> March – 24<sup>th</sup> March, 2021**

<b>Sr. No</b>	<b>Day: Date</b>	<b>Name of The Activities</b>	<b>Resource Person</b>	<b>Pg. No</b>
1	<b>DAY 1: 18.03.2021</b>	Plantation Drive	Dr Nisha Bhargava - Principal, Mehr Chand Mahajan DAV College for Women, Chandigarh.	2
2		Inaugural cum Orientation Session and COVID-19 Pledge	Dr Nisha Bhargava - Principal, Mehr Chand Mahajan DAV College for Women, Chandigarh.	4
3		Workshop on Mask Making	Ms Rati Arora, Assistant Professor, Department of Home Science, Mehr Chand Mahajan DAV College for Women, Chandigarh.	8
4		Orientation Cum Ice-Breaking Session	Dr Pallvi Rani & Dr Purnima Bhandari - NSS Programme Officers	10
5	<b>DAY 2: 19.03.2021</b>	Awareness Lecture On "Blood Donation Amidst Covid Pandemic"	Dr Suchet Sachdev, Associate Professor, Department of Transfusion Medicine, PGIMER, Chandigarh	13
6		Awareness Lecture On "HIV/AIDS and Blood Donation"	Mr Sunil Kumar, Assistant Director (Youth Affairs) & Programme Officer (Blood Safety), Chandigarh State Aids Control Society	15
7		Awareness Session On "Re-Understanding the Notion of Freedom" Under POCSO Act	Dr Minakshi Rana, Assistant Professor, PG Department of Sociology, Mehr Chand Mahajan DAV College for Women, Chandigarh.	17
8		Cleanliness Drive	Dr Pallvi Rani & Dr Purnima Bhandari - NSS Programme Officers	18
9	<b>DAY 3: 20.03.2021</b>	An Awareness Session Cum Workshop on Light Emitting Diode (LED) – A Solution to Sustainable Energy Lighting	Dr Pallavi Gupta, Assistant Professor, Department of Physics, Mehr Chand Mahajan DAV College for Women, Chandigarh.	26

**Report of SEVEN DAY AND NIGHT NSS SPECIAL CAMP (18<sup>th</sup>– 24<sup>th</sup> MARCH 2021)**

<b>Sr. No</b>	<b>Day: Date</b>	<b>Name of The Activities</b>	<b>Resource Person</b>	<b>Pg. No</b>
10	<b>DAY 3: 20.03.2021</b>	Lecture On “NSS Lifestyle Scenario with NSS Camp and NSS Award”	Mr Rajkumar Verma, Youth Officer, Regional Directorate, Chandigarh	28
11		Workshop on Miniature Garden from Best Out of Waste	Dr Pooja Sharma, Assistant Professor and Hod, Department of Fine Arts, Mehr Chand Mahajan DAV College for Women, Chandigarh	30
12		Workshop on Paper Recycling	Dr Shafila, Assistant Professor, Department of Environment Science, Mehr Chand Mahajan DAV College for Women, Chandigarh.	32
13		Yoga Cum Meditation Session	Ms Keisham Monarita, A Gold Medalist in Yoga at National and International Level	35
14	<b>DAY 4: 21.03.2021</b>	Workshop on Self-Defence Techniques	Mr Sanjay Malik, Head Constable and Ms. Pooja, Lady Constable, Members from Swayam Team of Child & Women Safety Cell of The Chandigarh Police Department	37
15		Workshop Cum Hands-On Training Session on Fire Fighting	LFM Bhupinder Singh And LFM Paramjit Singh, Fire Station, Sector 38, Chandigarh.	39
16		Interactive Game Session	Dr Pallvi Rani & Dr Purnima Bhandari - NSS Programme Officers	41
17	<b>DAY 5: 22.03.2021</b>	Awareness Lecture on Water Conservation on The Occasion of World Water Day	Mr Sushil Dogra, Scientist B, Chandigarh Pollution Control Committee, Paryavaran Bhawan, Chandigarh	43
18		Awareness Lecture – “Nutrition N You, Of You, By You, For You: Need of The Hour” Under POSHAN Abhiyaan	Dr Harjot Kaur Mann, Assistant Professor (Food and Nutrition), Department of Home Science, Mehr Chand Mahajan DAV College for Women, Chandigarh	46
19		Awareness Rally on Jal Shakti Abhiyan On the Occasion of World Water Day	Dr Pallvi Rani & Dr Purnima Bhandari - NSS Programme Officers	48
20		Workshop on Growing Organic Food	Dr Gurvinder Kaur, Associate Professor, Department of	51

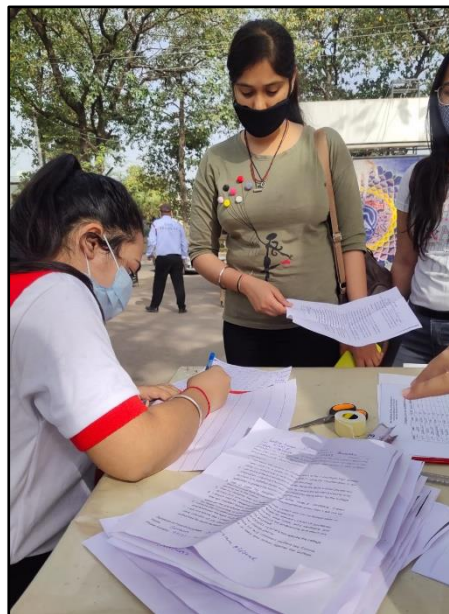
**Report of SEVEN DAY AND NIGHT NSS SPECIAL CAMP (18<sup>th</sup>– 24<sup>th</sup> MARCH 2021)**

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<b>Sr. No</b>	<b>Day: Date</b>	<b>Name of The Activities</b>	<b>Resource Person</b>	<b>Pg. No</b>
			Public Administration, Mehr Chand Mahajan DAV College for Women, Chandigarh	
21		Talent Hunt Event	Dr Pallvi Rani & Dr Purnima Bhandari - NSS Programme Officers	53
22	<b>DAY 6: 23.03.2021</b>	Interactive Session on Azaadi Ka Amrut Mahotsav, India@75 Years	Dr Pallvi Rani & Dr Purnima Bhandari - NSS Programme Officers	55
23		Motivational Lecture and Poster Making Competition on Shaheed Bhagat Singh Ji on the Occasion of Shaeedi Diwas	Dr Sarita Chauhan, Associate Professor, PG Department of Hindi, Mehr Chand Mahajan DAV College for Women	56
24		Interactive Session on Swachh Bharat Abhiyan And Jal Shakti Abhiyan	Dr Pallvi Rani & Dr Purnima Bhandari - NSS Programme Officers	59
25	<b>DAY 7: 24.03.2021</b>	Lecture on Waste Management	Dr Vandana Sharma & Dr Sandeep Kaur, Assistant Professor, Department of Microbial Food Science and Technology, Mehr Chand Mahajan DAV College for Women, Chandigarh.	61
26		Talk on "Ek Bharat Shreshtha Bharat Mission: A Salute to The Multicultural Fabric of India"	Ms Neena Sharma, Associate Professor, PG Department of English, Mehr Chand Mahajan DAV College for Women	63
27		Gratitude Session	Dr Pallvi Rani & Dr Purnima Bhandari - NSS Programme Officers	66

## DAY 1: 18.03.2021 – Inaugural Day

Adhering to all the COVID-19 protocols and SOPs issued by Government of India, the NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh (U.T) kick started the Seven Day and Night NSS Special Camp (2020-21) from 18<sup>th</sup> March to 24<sup>th</sup> March 2021. The theme of the camp was **Swachh Bharat Abhiyan and Jal Shakti Abhiyan**. During the camp, under the dynamic leadership of our worthy Principal Dr Nisha Bhargava, a plethora of activities related to the theme were organized which not only enlightened the NSS Volunteers about the social



issues but also motivated and enhanced their student-community interface. The entire schedule of the camp was planned in such manner to make it expansive and with an aim to develop overall well-being and character of the participants.

On Day 1 of the camp, registration process began at the College entrance where around 81 NSS volunteers registered for the camp. During the registration process, thermal checking of all the registered NSS volunteers was done as a part of the COVID-19 precautionary measure. In addition, the consent forms assuring the physical wellbeing of the volunteers, duly signed by their parents/guardians were collected.



## **TITLE OF THE ACTIVITY: PLANTATION DRIVE**

**Date:** 18<sup>th</sup> March 2021

**Number of NSS Volunteers:** 81

### **Objectives:**

- To propagate the importance of tree plantation in preserving the environment.
- To maintain a green environment as well as floral beauty of the college campus

**The Context:** *The key to a greener planet is in our hands.* With the increasing pollution levels in our environment, there is an immediate need for directing our actions towards protecting nature. Plants cleanses the climate by absorbing carbon dioxide from the environment and releasing oxygen. With this view, a plantation drive was organized on Day 1 in collaboration with the Horticulture and Landscaping Committee of the College.

**The Practice:** The registration process was followed by a plantation drive that was conducted in the Green lawns of the College under green initiative deeds. During this drive, NSS volunteers under the able guidance of the respected Principal



Dr. Nisha Bhargava along with their NSS Programme Officers – Dr. Pallvi Rani and Dr. Purnima Bhandari and Convenors of Horticulture and Landscaping Committee – Dr. Pooja Sharma and Dr. Seema Kanwar planted saplings of roses and other air purifying plants. The students were made aware of the need of planting air purifying saplings so as to make environment greener and safer one. All the volunteers vowed to take care of saplings planted by them and organized such kind of green initiatives drives in future in the Village Badheri, adopted under NSS.



**Evidence of Success:** The plantation drive was conducted following the social distancing norms. The volunteers were highly enthusiastic and promised to inculcate the environmental do's and don'ts in their daily lives.



### एमसीएम में 7 दिवसीय एनएसएस शिविर का शुभारंभ

चंडीगढ़, 19 मार्च (राजदीप सिंह) : मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन में सात दिवसीय एनएसएस शिविर का शुभारंभ हुआ। स्वच्छ भारत अभियान और जल शक्ति अभियान थीम के तहत आयोजित इस शिविर का उद्घाटन कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने किया। दीप प्रज्वलन और सरस्वती वंदना के पश्चात् अपने प्रेक्षक स्वयंसेवकों को एमसीएम एनएसएस इकाइयों की गतिविधियों और उपलब्धियों से अवगत कराया। उन्होंने बताया कि कॉलेज को पंजाब युनिवर्सिटी, चंडीगढ़ द्वारा वर्ष 2018 में बेस्ट एनएसएस यूनिट से सम्मानित किया गया था। डॉ. भार्गव ने परिसर और मानवीय मूल्यों की गरिमा सहित मूल्यवान जीवन पढ़ाई को आत्मसात करने में एनएसएस के महत्व पर प्रकाश डालते हुए कहा कि वर्तमान महापरीक्षा के समय भी, एनएसएस के एनएसएस स्वयंसेवकों ने समाज सेवा हेतु प्रारंभिक कार्य किया। शिविर के दिवस की प्रारंभिकता पर बात करते हुए डॉ. भार्गव ने पर्यावरण पर एक स्व-रचित कविता भी सुनाई और



एमसीएम कॉलेज में एनएसएस कैंप की शुरुआत मीके प्रिंसिपल डॉ. निशा भार्गव पौधा लगाते हुए। (छाया : जुरिबंदर सिंह)

स्वयंसेवकों से पर्यावरण और प्राकृतिक संसाधनों के संरक्षण के बारे में जागरूकता पैदा करने हेतु कार्य करने का आग्रह किया। इस अवसर पर कुशारेण अभियान भी चलया गया। इस आयोजन में एनएसएस कार्यक्रम अधिकारी डॉ. परल्लो रानी ने स्वयंसेवकों को एनएसएस के उद्देश्यों और नियमों से परिचित कराया और कॉलेज की एनएसएस गतिविधियों पर प्रकाश डाला। इस कार्यक्रम का आयोजन कोविड-19 के सभी सुरक्षा उपायों को ध्यान में रखकर किया गया तथा स्वयंसेवकों ने सभी आवश्यक प्रोटोकॉल का पालन करने का संकल्प लिया। उद्घाटन दिवस का समापन एमसीएम के गृह विभाग विभाग की सहायक प्रोफेसर रति अरोड़ा द्वारा सर पर मास्क बनाने के व्यावहारिक प्रदर्शन के साथ हुआ।

### एमसीएम में एनएसएस शिविर का शुभारंभ पौधारोपण से किया

चंडीगढ़, 19 मार्च (राजदीप सिंह) : मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन में सात दिवसीय एनएसएस शिविर का शुभारंभ हुआ। स्वच्छ भारत अभियान और जल शक्ति अभियान थीम के तहत आयोजित इस शिविर का उद्घाटन कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने किया। दीप प्रज्वलन और सरस्वती वंदना के पश्चात् अपने प्रेक्षक स्वयंसेवकों को एमसीएम एनएसएस इकाइयों की गतिविधियों और उपलब्धियों से अवगत कराया। उन्होंने बताया कि कॉलेज को पंजाब युनिवर्सिटी, चंडीगढ़ द्वारा वर्ष 2018 में बेस्ट एनएसएस यूनिट से सम्मानित किया गया था। डॉ. भार्गव ने परिसर और मानवीय मूल्यों की गरिमा सहित मूल्यवान जीवन पढ़ाई को आत्मसात करने में एनएसएस के महत्व पर प्रकाश डालते हुए कहा कि वर्तमान महापरीक्षा के समय भी, एमसीएम के



सात दिवसीय एनएसएस शिविर का शुभारंभ पर पौधारोपण करती खलेन प्रिंसिपल डॉ. निशा। एनएसएस स्वयंसेवकों ने समाज सेवा हेतु प्रारंभिक कार्य किया। एनएसएस कार्यक्रम अधिकारी डॉ. परल्लो रानी ने स्वयंसेवकों को एनएसएस के उद्देश्यों और नियमों से परिचित कराया और कॉलेज की एनएसएस गतिविधियों पर प्रकाश डाला। उद्घाटन दिवस का समापन एमसीएम के गृह विभाग विभाग की सहायक प्रोफेसर रति अरोड़ा द्वारा सर पर मास्क बनाने के व्यावहारिक प्रदर्शन के साथ हुआ।



एमसीएम डीएवी कॉलेज फॉर वूमैन सेक्टर-36 में शुक्रवार को एनएसएस कैंप की शुरुआत करती प्रिंसिपल डॉ. निशा भार्गव और कॉलेज स्टाफ सदस्य

### एमसीएम में एनएसएस शिविर का आगाज

जार्ज, चंडीगढ़ : एमसीएम डीएवी कॉलेज सेक्टर-36 में सात दिवसीय एनएसएस कैंप का शुक्रवार को आरंभ हुआ। वर्ष 2021 एनएसएस कैंप का थीम स्वच्छ भारत अभियान और जल शक्ति है। कॉलेज प्रिंसिपल डॉ. निशा भार्गव ने कहा कि वर्ष 2020 में लगाए गए एनएसएस कैंप में शामिल वालंटियर्स ने समाज के लिए बेहतरीन काम किया था। कैंप

को कराने का मुख्य उद्देश्य छात्राओं को समाज से जोड़ना है। कॉलेज वालंटियर्स ने हमेशा बेहतरीन काम किया है और कॉलेज का नाम ऊंचा उठाया है। इस मौके पर कैंप लगाने वाले टीचर्स को संबोधित करते हुए डॉ. निशा ने कहा कि हर वालंटियर्स की टीचर्स पर सबसे अहम जिम्मेदारी होती है, जिससे पूरा करना टीचर्स का परम धर्म है।

Link of the event uploaded on various social media handle:

[https://www.instagram.com/p/CMof7dZBcO9/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CMof7dZBcO9/?utm_source=ig_web_copy_link)

<https://www.facebook.com/MCMDA/CW/posts/1082771645522421>



**TITLE OF THE ACTIVITY: INAUGURAL CUM ORIENTATION SESSION AND COVID-19 PLEDGE**

**Date:** 18<sup>th</sup> March 2021

**Number of NSS Volunteers:** 81

**Objectives:**

- To acquaint the volunteers with the aims and objectives of NSS Camp
- To motivate and recognize the efforts of the volunteers and instil the idea of personality and character development through social work
- To promote the idea of selfless service towards community work
- To administer COVID-19 pledge to prevent the spread of COVID-19 Virus

**The Context:** A Seven Day and Night NSS Special Camp was organized from 18<sup>th</sup> March – 24<sup>th</sup> March, 2021 with the theme Swachh Bharat Abhiyan and Jal Shakti Abhiyan. To mark the NSS Volunteers' formal introduction and entry to the special camp, and apprise them with the theme and activities of the camp, an inaugural session was organized. The chief guest of the session was Dr. Nisha Bhargava, Principal, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh.

**The Practice:** The inaugural session of Seven Day and Night NSS Special Camp (2020-21) was held at 10 a.m. in the Multimedia Hall. The inaugural session began on an auspicious note with the lamp lightening ceremony, followed by chanting of Gayatri Mantra and Saraswati Vandana by the NSS Volunteers – Ms. Shruti Singla and Ms. Kunjalika. In her inaugural address, Madam Principal praised the volunteers for their enthusiastic participation in spite of ongoing global pandemic and lauded their efforts and services which they rendered during the lockdown period. She also apprised the volunteers about the importance of social service in one's life and how one should contribute towards the cause of others. She urged the audience to follow all necessary COVID-19 protocols and eat balanced and healthy diet. She also recited a self-composed poem during the session which was based on the theme of environment. Later on, NSS Programme officer Dr. Pallvi Rani presented a brief report of the work done by NSS Units during and after the lockdown period, and achievements of NSS Units. At the end of session, a green planter was presented to Principal Madam by Dr. Pallvi Rani and Dr. Purnima Bhandari as a token of

gratitude. Later on, COVID-19 pledge was administered to the staff and NSS volunteers.

**Evidence of Success:** The campers displayed great enthusiasm and determined to participate in the camp whole-heartedly. The lighting of the lamp inspired the volunteers to be the torch bearers and motivated them to work efficiently and selflessly to serve the community in the best way possible.

गीली मिट्टी की खुशबू

भीगी हुई सी एक शाम

मौसम की पहली बारिश

कर रही है सलाम

तपती हुई ज़मीं को

मिला है कुछ सुकून

कागज़ की कश्तियों का

बहते पानी में है हुजूम ।

ओस जैसी पानी की बूँदे

पत्तों पे हैं रूकी हुई

सावन की काली बदली

बरसने को है झुकी हुई ।

तस्कीन देगा सबको

रिमझिम बरसता सावन

धरती की प्यास कुछ तो

करता ही होगा कम ।

एक वक़्त था कि बरखा

झूमती हुई आती थी

धरती की संगत में

बहुत दिन बिताती थी ।

अफ़सोस है मगर अब

बदला इसका मिज़ाज है

कभी कभार ही आती है

शायद तबीयत नासाज़ है ।

हुआ यूँ कि जब धरती पर

जंगल कटने लगा

सावन का ख़ूबसूरत मौसम

भी सिमटने लगा ।

इसको वापिस लाने को

कुछ जतन करना होगा ।

धरती की बंजर गोद को

पेड़ों से भरना होगा ।

आने वाले कल का कुछ तो हो इंतज़ाम

आओ मिलकर करें कुछ वक़्त कुदरत के नाम ।

- डॉ निशा भार्गव, प्रिंसिपल

**Report of SEVEN DAY AND NIGHT NSS SPECIAL CAMP (18<sup>th</sup>- 24<sup>th</sup> MARCH 2021)**





## एमसीएम में सात दिवसीय एनएसएस शिविर का शुभारंभ

चण्डीगढ़ (ऋद्धम आचार्य / हिमप्रभा)। मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन में सात दिवसीय एनएसएस शिविर का शुभारंभ हुआ। स्वच्छ भारत अभियान और जल शक्ति अभियान थीम के तहत आयोजित इस शिविर का उद्घाटन कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने किया। दीप प्रज्वलन और सरस्वती वंदना के पश्चात अपने प्रेरक संबोधन में डॉ. भार्गव ने स्वयंसेवकों को एमसीएम एनएसएस इकाइयों की गतिविधियों और उपलब्धियों से अवगत कराया। उन्होंने बताया कि कॉलेज को पंजाब यूनिवर्सिटी, चण्डीगढ़ द्वारा वर्ष 2018 में बेस्ट एनएसएस यूनिट से



सम्मानित किया गया था। डॉ. भार्गव ने परिश्रम और मानवीय मूल्यों की गरिमा सहित मूल्यवान जीवन पाठों को आत्मसात करने में एनएसएस के महत्व पर प्रकाश डालते हुए कहा कि वर्तमान महामारी के समय भी, एमसीएम के एनएसएस स्वयंसेवकों

ने समाज सेवा हेतु प्रशंसनीय कार्य किया।

शिविर के विषय की प्रासंगिकता पर बात करते हुए डॉ. भार्गव ने पर्यावरण पर एक स्व-रचित कविता भी सुनाई और स्वयंसेवकों से पर्यावरण और प्राकृतिक संसाधनों के

संरक्षण के बारे में जागरूकता पैदा करने हेतु कार्य करने का आग्रह किया। इस अवसर पर वृक्षारोपण अभियान भी चलाया गया। इस आयोजन में एनएसएस कार्यक्रम अधिकारी डॉ. पल्लवी रानी ने स्वयंसेवकों को एनएसएस के उद्देश्यों और नियमों से परिचित कराया और कॉलेज की एनएसएस गतिविधियों पर प्रकाश डाला। इस कार्यक्रम का आयोजन कोविड - 19 के सभी सुरक्षा उपायों को ध्यान में रखकर किया गया तथा स्वयंसेवकों ने सभी आवश्यक प्रोटोकॉल का पालन करने का संकल्प लिया। उद्घाटन दिवस का समापन एमसीएम के गृह विज्ञान विभाग की सहायक प्रोफेसर श्रीमती

## एमसीएम में सात दिवसीय एनएसएस शिविर का शुभारंभ

चण्डीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन में सात दिवसीय एनएसएस शिविर का शुभारंभ हुआ। स्वच्छ भारत अभियान और जल शक्ति अभियान थीम के तहत आयोजित इस शिविर का उद्घाटन कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने किया। दीप प्रज्वलन और सरस्वती वंदना के पश्चात अपने प्रेरक संबोधन में डॉ. भार्गव ने स्वयंसेवकों को एमसीएम एनएसएस इकाइयों की गतिविधियों और उपलब्धियों से अवगत कराया। उन्होंने बताया कि कॉलेज को पंजाब यूनिवर्सिटी, चण्डीगढ़ द्वारा वर्ष 2018 में बेस्ट एनएसएस यूनिट से सम्मानित किया गया था। डॉ. भार्गव ने परिश्रम और मानवीय मूल्यों की गरिमा सहित मूल्यवान जीवन पाठों को आत्मसात करने में एनएसएस के महत्व पर प्रकाश डालते हुए कहा कि वर्तमान महामारी के समय भी, एमसीएम के एनएसएस स्वयंसेवकों ने समाज सेवा हेतु प्रशंसनीय कार्य किया। शिविर के विषय की प्रासंगिकता पर बात करते हुए डॉ. भार्गव ने पर्यावरण पर एक स्व-रचित कविता भी सुनाई और स्वयंसेवकों से पर्यावरण और प्राकृतिक संसाधनों के संरक्षण के बारे में जागरूकता पैदा करने हेतु कार्य करने का आग्रह किया। इस अवसर पर वृक्षारोपण अभियान भी चलाया गया। इस आयोजन में एनएसएस कार्यक्रम अधिकारी डॉ. पल्लवी रानी ने स्वयंसेवकों को एनएसएस के उद्देश्यों और नियमों से परिचित कराया और कॉलेज की एनएसएस गतिविधियों पर प्रकाश डाला।

### एमसीएम में एनएसएस शिविर का शुभारंभ

चण्डीगढ़। सेक्टर- 36 स्थित एमसीएम डीएवी कॉलेज में शुक्रवार को सात दिवसीय एनएसएस शिविर का शुभारंभ किया। शिविर का विषय स्वच्छ भारत अभियान और जल शक्ति अभियान है।

कॉलेज प्राचार्या डॉ. निशा भार्गव ने शिविर का उद्घाटन किया। उन्होंने स्वयंसेवकों से पर्यावरण और प्राकृतिक संसाधनों के संरक्षण के बारे में समाज में जागरूकता पैदा करने के लिए आग्रह किया। इस दौरान वृक्षारोपण अभियान चलाया गया। एनएसएस कार्यक्रम अधिकारी डॉ. पल्लवी रानी ने स्वयंसेवकों को एनएसएस के उद्देश्यों और नियमों से परिचित करवाया। ब्यूरो

Link of the event uploaded on social media handle:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1082770828855836/>

**TITLE OF THE ACTIVITY: WORKSHOP ON MASK MAKING**

**Date:** 18<sup>th</sup> March 2021

**Number of NSS Volunteers:** 81

**Objectives:**

- To reinforce the idea and practice of handmade masks
- To demonstrate to the volunteers the technique regarding the procedure of making cloth masks from used cloths
- To instil the concept of skill development amongst volunteers

**The Context:** In order to prevent the spread of COVID-19, the Government of India has urged the citizens to wear face mask and follow COVID-19 norms during this pandemic. However, due to insufficient supply of expensive medical-grade masks, it has been advised to wear home-made face masks. With an aim to make cloth masks especially for needy persons, a mask making workshop using the concept of recycle and reuse was organized in the second session of Day 1 of Seven Day and Night NSS Special Camp (2020-21). The session was organized to teach the volunteers about the recycling and reuse concept where they learnt to make face masks from the used cloth fabrics.

**The Practice:** In the second session, Ms. Rati Arora, Assistant Professor, Department of Home Science conducted a workshop on mask making where she demonstrated the procedure of making masks from recycled cloths. NSS Volunteers enthusiastically observed the demonstrations and displayed keen interest. As per the guidance of Ms. Rati, volunteers prepared the masks from the scratch and designed them as per available material.

**Evidence of Success:** The session encouraged volunteers to acquire a skill in making handmade face masks. They made colourful cloth masks from recycled cloths for which were later given away the needy. The volunteers were happy to participate in the activity as well as helped one other out in the practice of making masks. The volunteers were extremely motivated and determined to continue the practice of producing masks at home.



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The session was followed by the lunch at Hostel mess where volunteers enjoyed their meal while following all COVID-19 related protocols. After the lunch, volunteers returned to Multimedia Hall for third session.





**TITLE OF THE ACTIVITY: ORIENTATION CUM ICE-BREAKING SESSION**

**Date:** 18<sup>th</sup> March 2021

**Number of NSS Volunteers:** 81

**Objectives:**

- To apprise the volunteers about the theme of the camp and activities to be undertaken in the NSS camp
- To create a common sense of purpose and acquaint them with the volunteers in charge
- To help the volunteers to bond as team and work for a common sustainable goal

**The Context:** With an aim of equipping the volunteers with the theme as well as activities planned for the Seven day and Night NSS Special Camp (2020-21), an orientation cum icebreaking session was organized in the third session of Day 1.

**The Practice:** During the session, the NSS Programme Officers – Dr. Pallvi Rani and Dr. Purnima Bhandari familiarized the volunteers with the theme of camp i.e., Swachh Bharat Abhiyan and Jal Shakti Abhiyan. They were encouraged to introduce themselves. They were also apprised with the schedule and activities that were planned in this camp including cleanliness drives, awareness sessions on HIV/AIDS, Poshan Abiyaan, etc. During the session, NSS Group leaders introduced themselves and briefed the volunteers about the functioning of NSS, the motto and need to work as team for achieving sustainable goal. Later on, volunteers were divided into various groups such as Discipline committee, Hospitality committee, Documentation committee, Photography committee, Stage management and Cultural committee. For each day volunteers were given responsibilities. The main aim of this activity was to enhance their skills, impart confidence among them and equip them with social responsibility. NSS Programme Officers motivated the volunteers to work hard and contribute to the society while following proper COVID 19 norms.

**Evidence of Success:** Due to the Coronavirus outbreak, the session of 2020-2021 was online and hence it was crucial to familiarize the volunteers with the theme, rules and activities pertaining to NSS Camp. At the end of the session, the

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volunteers were motivated and were determined to take part in all the activities. Volunteers left the session with a sense of belongingness and responsibility.



After the session, volunteers left for their respective places. In the evening, interactive sessions were organized that aimed at improving communication skills and bonding among the NSS volunteers. They shared their first day's experience that helped them to grow in one way or the other. Later on, volunteers geared for next day's activities.

## DAY 2: 19.03.2021

Day 2 of Seven day and Night NSS Special Camp started early with 'Prabhat Pheri' in the college campus that was conducted under Fit India movement advocating the message "फिटनेस का डोज़ – आधा घंटा रोज़." It was conducted in the College Sports ground where volunteers were acquainted with the importance of fitness in daily lives. The event was conducted while following all the precautionary COVID protocols.



It was followed by the morning prayer and *Lakshye Geet* of NSS, where NSS Programme Officers along with volunteers started the second day with the blessings of Almighty. After that, a review session was organized where one of the volunteers – Ms. Nancy Sharma reviewed and summarized the previous day activities.





**TITLE OF THE ACTIVITY: AWARENESS LECTURE ON “BLOOD DONATION AMIDST COVID PANDEMIC”**

**Date:** 19<sup>th</sup> March 2021

**Number of NSS Volunteers:** 81

**Objectives:**

- To make the volunteers aware of blood donation and its importance
- To apprise the NSS Volunteers with the eligibility conditions and procedure of blood donation and transfusion
- To motivate the volunteers to come forward and donate blood for the noble cause

**The Context:** Donating blood and its products is considered essential for community welfare. However, since the lockdown was announced in the country from 25<sup>th</sup> March 2020 onwards, movements of citizens was curtailed and blood donation related events came to a grinding halt, and the population of eligible blood donors started shrinking. Due to the ongoing pandemic, suitable donors are either afraid or are unaware of the ways to donate their blood. With this objective, an insightful lecture on “Blood Donation amidst COVID pandemic” was organized by the NSS Units where the resource person was Dr. Suchet Sachdev, Associate Professor, Department of Transfusion Medicine, PGIMER, Chandigarh (U.T.).

**The Practice:** During his enlightening talk, Dr. Suchet Sachdev enlightened the volunteers about blood donation procedure, which is a simple and safe if donated while following a proper protocol. He mentioned that blood donation drives are essential component of the society for treating people who require regular blood transfusion on account of being afflicted with blood disorders such as Thalassemia, Sickle Cell Anaemia, Haemophilia, etc. As per the statistics discussed by him, India faces a blood shortage of 3 million units. 12 million units of blood are needed every year, but only 9 million units are donated. In the session, he discussed the various norms related to the process of Blood Donation such as criteria for blood donation, need and procedure of the same. He also emphasized the need for blood donation and transfusion especially during the current pandemic and motivated the young

brigade to work for the cause. He further made them aware about the rich healthy diet that one should include before and/or after blood donation.

**Evidence of Success:** At the end of the session, all the volunteers were extremely motivated and determined to donate blood. Their queries related to blood transfusion were handled by the resource person. They expressed their gratitude to Dr. Suchet Sachdev for making them aware about the blood donation procedure especially during current pandemic.



Link of the event uploaded on social media handle:

<https://www.facebook.com/MCMDAVC/W/photos/a.239819746484286/1084559978676921/>



**TITLE OF THE ACTIVITY: AWARENESS LECTURE ON “HIV/AIDS AND BLOOD DONATION”**

**Date:** 19<sup>th</sup> March 2021

**Number of NSS Volunteers:** 81

**Objectives:**

- To disseminate knowledge regarding HIV/AIDS and Blood donation
- To spread awareness of safe practices to prevent HIV infection
- To highlight the role of Youth in controlling and preventing HIV/AIDS

**The Context:** Human Immunodeficiency Virus (HIV) is a virus that attacks the body's immune system and can lead to Acquired Immunodeficiency Syndrome (AIDS) if not treated properly. Currently, there is no effective cure. However, with proper awareness, HIV can be prevented. With an aim of sensitizing volunteers about HIV/AIDS, an awareness session on “**HIV/AIDS and Blood Donation**” was organized where Mr. Sunil Kumar, Assistant Director (Youth Affairs) & Programme Officer (Blood Safety), Chandigarh State AIDS Control Society was the resource person.

**The Practice:** During the interactive session, Mr. Sunil Kumar informed the volunteers about the difference between HIV and AIDS and how one can lead a normal life even if contracted with HIV. Several myths regarding the disease were busted during the session. He enlightened the volunteers about the precautions, safe practices and measures such as usage of condoms, safe blood transfusion, avoiding use of used blades/ needles that one should take in order to prevent the spread of HIV/AIDS. The session ended with a question-answer hour where many queries of the volunteers were taken up by the resource person. The volunteers were informed about the helpline services and initiatives that the Government of India has taken in preventing its spread.

**Evidence of Success:** The session provided a lot of insight about HIV/AIDS and made the volunteers conscious and aware of their role in sensitizing the people about the safe practices they should adopt to prevent this disease.



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**TITLE OF THE ACTIVITY: AWARENESS SESSION ON “RE-UNDERSTANDING THE NOTION OF FREEDOM” UNDER POCSO ACT**

**Date:** 19<sup>th</sup> March 2021

**Number of NSS Volunteers:** 81

**Objectives:**

- To sensitize the volunteers about the legalities under POCSO Act
- To make the volunteers aware about their rights to freedom



**The Context:** To deal with child sexual abuse cases, the Government has brought in a special law, namely, The Protection of Children from Sexual Offences (POCSO) Act, 2012. An awareness session was organized on Day 2 of Seven Day and Night NSS Special Camp (2020-21) where the resource person Dr. Minakshi Rana, Assistant Professor, PG Department of Sociology gave brief insights about POCSO Act and different aspects of freedom to a woman in a true sense.



**The Practice:** During her enlightening session, she highlighted the need of awareness among girls regarding their rights and urged them to be confident in their approach towards their life. Besides, she conducted many activities that boosted the confidence among the volunteers.

The session was really an eye-opening session as she shared several case studies of children who were sexually harassed in their lives.

**Evidence of Success:** The volunteers enthusiastically interacted as well as connected to the real-life examples that were discussed. The session was quite interactive as she encouraged the volunteers to share their opinions and their experiences on the issue.

## TITLE OF THE ACTIVITY: CLEANLINESS DRIVE

**Date:** 19<sup>th</sup> March 2021

**Number of NSS Volunteers:** 81

### **Objectives:**

- To promote the concept of Swachh Bharat Mission
- To improve the levels of cleanliness in the College campus through Solid-Waste Management activities
- To instil a sense of responsibility and belongingness among volunteers
- To encourage and promote good hygiene practices amongst volunteers

**The Context:** Under the able leadership of our Honourable Prime minister Sh. Narendra Modi, Swachh Bharat Abhiyan was launched to solve the problems of sanitation and waste management in India by ensuring hygiene across the country. Under this, cleanliness related programmes including cleanliness drives were launched to make the area free from waste and disease. To accelerate the efforts and achieve universal sanitation coverage, a cleanliness drive was conducted on Day 2 of Seven Day and Night NSS Special Camp (2020-21) by NSS volunteers.

**The Practice:** In the last session, under the supervision of NSS Programme Officers - Dr. Pallvi Rani and Dr. Purnima Bhandari, a massive cleanliness drive was conducted within and outside the College campus where NSS volunteers cleaned every nook and corner of the college area with dedication and the areas included College Celebration Ground, Green lawns, Gate entrance, Hostel Areas and Mess Areas. The volunteers were divided into groups and were asked to clean particular assigned areas of the College premises. During the drive, all norms of social distancing and COVID appropriate behaviour were followed. This activity was conducted under Swachh Bharat Abhiyan as a part of which values of **Swachh Bharat, Swastha Bharat** were inculcated among the volunteers. During the drive, dry and wet waste were segregated and put in correct dustbins. Dry leaf litter were collected and put in compost pits. Damaged items were discarded properly. Some of volunteers also cleaned their mess area. Sanitization of rooms was also done.



**Evidence of Success:** The volunteers participated enthusiastically and the Drive promoted team spirit in them. Awareness regarding cleanliness and knowledge about its methods and need was imparted. Their participation in the activity reflected their willingness and interest to keep the surroundings clean and make India a better place to live. Thus, NSS Volunteers took one step forward towards “Cleanliness”.

**Link of the event uploaded on social media handle:**

<https://www.facebook.com/MCMDAVCW/posts/1084560235343562>





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**Throughout the camp, Cleanliness and Sanitization of Multimedia Hall, Celebration Ground was ensured by following COVID-19 safety norms.**

### DAY 3: 20.03.2021

Day 3 of Seven Day and Night NSS Camp (2020-21) started with usual prayer that was followed by a review session where one of the NSS volunteers reviewed the activities that were conducted during Day 2.

#### **TITLE OF THE ACTIVITY: AN AWARENESS SESSION CUM WORKSHOP ON LIGHT EMITTING DIODE (LED) – A SOLUTION TO SUSTAINABLE ENERGY LIGHTING**

**Date:** 20<sup>th</sup> March 2021

**Number of NSS Volunteers:** 81

#### **Objectives:**

- To promote and encourage the use of LEDs for energy conservation and efficiency
- To sensitize the volunteers about the significance and relevance of using LEDs
- To reinforce the use of sustainable and eco-friendly alternatives

**The Context:** A Light Emitting Diode (LED) is one of the latest inventions and is extensively used in several devices ranging from our cell phones to the large advertising display boards. When compared to traditional incandescent bulbs, LED bulbs consume between 85 % and 90 % less electricity, thus reducing the bill cost. Additionally, they produce virtually zero heat, which also lowers the cooling costs. Therefore, focusing on the wide usage and long-lasting benefits in terms of energy efficacy of *this Green technology*, the NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh organized an informative session cum Workshop on “**Light Emitting Diode (LED) – A Solution to Sustainable Energy Lighting**” on Day 3 of the Seven Day and Night NSS Camp (2020-21). The session was conducted under the theme “**Green Initiative**” where the main objective was to promote the concept of Swachhta using sustainable approaches.

**The Practice:** On 20<sup>th</sup> March 2020, an awareness session cum workshop on Light Emitting Diode – Solution to Sustainable Energy Lightening was organized by the NSS Units in collaboration with the Renewable Energy Committee. The resource person of the session was Dr. Pallavi Gupta, Assistant



Professor, Department of Physics where she highlighted the basics and importance of LED and how they are emerging as a sustainable approach in today's world. An informative presentation covering all these points was shown during the workshop that made the workshop more interesting. The volunteers were provided valuable information on how to maximize the use of LEDs and minimize the use of Incandescent Lighting. In addition, volunteers also learnt about the assembly of LED and how one can save the electricity bill by adopting to this environmental-friendly green approach. At the end of the session, a doubt clearing session was also organized wherein several queries of the volunteers were answered by the resource person.

**Evidence of Success:** NSS Volunteers were fully informed and aware of the relevance and significance of using LED. They attended the workshop very enthusiastically and took active participation in the discussion round.

**Link of the event uploaded on social media handle:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1088902788242640/>





**TITLE OF THE ACTIVITY: LECTURE ON “NSS LIFESTYLE SCENARIO WITH NSS CAMP AND NSS AWARD”**

**Date:** 20<sup>th</sup> March 2021

**Number of NSS Volunteers:** 81

**Objectives:**

- To apprise the NSS volunteers about the motto and functioning of National Service Scheme (NSS), camp and awards
- To motivate the students to actively participate in community work
- To develop among volunteers a sense of social and civic responsibility

**The Context:** The National Service Scheme (NSS) is an Indian government-sponsored public service program conducted by the Department of Youth Affairs and Sports of the Government of India. Popularly known as NSS, the scheme aimed at developing student's personalities through community service. With this motive, a lecture on “**NSS Lifestyle Scenario with NSS Camp and NSS Award**” was organized under the *Rashtriya Seva Yojna* by the NSS Units of Mehr Chand Mahajan College for Women, Chandigarh where Mr. Rajkumar Verma, Youth officer, Regional Directorate, Chandigarh graced the occasion as a resource person.

**The Practice:** In the beginning of the session, Principal Dr. Nisha Bhargava along with NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari accorded a green welcome to Mr. Raj Kumar Verma. During his



talk on “*एनएसएस शिविर एवं एनएसएस पुरस्कार के साथ एनएसएस की जीवन शैली का परिदृश्य*” Mr Raj Kumar enlightened the volunteers about his experiences as NSS camper in various National level camps and urged them to serve the society to the best of their abilities. The volunteers got familiar with the meaning of NSS motto -

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“NOT ME BUT YOU”, NSS clap and NSS Lakshaye Geet. The main aim of the session was to motivate the volunteers to actively participate and give their best in every activity. Volunteers were informed of the relevance of undertaking community work, participating in Republic Day as well as National Integration Camps where they not only acquire leadership qualities but also develop a democratic attitude while maintaining social harmony. The poems related to NSS, recited by Mr. Verma during the session instilled a sense of responsibility among the NSS volunteers. At the end of the session, one of the volunteers Ms. Vanshika presented a handmade portrait of Mr. RajKumar Verma as a token of gratitude to him.

**Evidence of Success:** This session motivated the volunteers to make a social mark in the society by engaging in different community work without bias. It instilled the values of social service among them. **Link of the event uploaded on social media handle:** <https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/108890263157589/>.





**TITLE OF THE ACTIVITY: WORKSHOP ON MINIATURE GARDEN FROM BEST OUT OF WASTE**

**Date:** 20<sup>th</sup> March 2021

**Number of NSS Volunteers:** 81

**Objectives:**

- To enhance the creativity of the volunteers using recycle and re-use concept
- To make decorative items including miniature garden from eco-friendly sustainable materials

**The Context:** We are all aware of the fact that for conserving the environment, the “Best out of waste” activity helps to recycle and reuse waste material in making different eco-friendly sustainable items. A miniature garden is not only a piece of art and creativity, but also enhances the aesthetic ambience of any indoor space, thus promoting an eco-friendly environment. It not only purifies the indoor air but also helps us in reducing anxiety and stress levels. Being the forerunner in adopting sustainable practices and preserving the environment, the NSS Units of Mehr Chand Mahajan DAV College for Women organized an eco-friendly **Workshop on Miniature Garden from Best Out of Waste** in collaboration with Horticulture Committee during the third session of Day 3 of Seven Day and Night NSS Special



## Report of SEVEN DAY AND NIGHT NSS SPECIAL CAMP (18<sup>th</sup>– 24<sup>th</sup> MARCH 2021)

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Camp (2020-21) where the resource person was Dr. Pooja Sharma, Assistant Professor and HOD, Department of Fine Arts.

**The Practice:** During the workshop, Dr. Pooja Sharma emphasized on the concept of recycling and reuse. She demonstrated how one can make a miniature garden from the waste such as broken containers, beads using eco-friendly material such as plants, clay, thus highlighting the concept of best out of waste. The main aim of this workshop was to make the volunteers aware of the various ways of using waste and unwanted material and nurture their creativity.

**Evidence of Success:** The session was very interesting and helped the volunteers to create a beautiful miniature garden out of waste materials. This activity instilled a sense of responsibility among them and encouraged them to conserve the environment using recycle-reuse concept.



Link of the event uploaded on social media handle:

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## **TITLE OF THE ACTIVITY: WORKSHOP ON PAPER RECYCLING**

**Date:** 20<sup>th</sup> March 2021

**Number of NSS Volunteers:** 81

### **Objectives:**

- To sensitize the volunteers about 3R's of environment i.e., Reduce, Reuse, Recycle
- To propagate the concept of paper recovery by creating awareness regarding paper recycling

**The Context:** Recycling of paper is considered necessary as it conserves natural resources, reduces greenhouse gas emissions, and keeps landfill space free for other types of trash that cannot be recycled. Every ton of recycled paper saves about 17 trees. Recycled paper not only serves as an environmentally friendly resource for paper manufacturers but also save costs and energy. Thus, efforts are needed to protect the environment by adopting approaches such as recycling of paper that are important for environment conservation and protection.

**The Practice:** In the subsequent session of Day 3 of Seven Day and Night NSS Special camp (2020-21), an interactive **Workshop on Paper Recycling** was organized by the NSS Units in collaboration with MCM Eco-Club where Dr. Shafila, Assistant Professor, Department of



Environment Science was the resource person. During the session, Dr. Shafila highlighted the need of recycling and reusing waste products especially paper and briefly explained how cardboard boxes can be recycled efficiently as storage baskets at homes. She also gave examples of different products such as biodegradable recyclable pencils, boxes that one could prepare from discarded waste. In addition, she demonstrated different steps involved in making paper, paper-pencils from



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waste newspapers to the NSS volunteers. Volunteers were also given brief insights about disposal of electronic waste like chargers, mobiles, etc.

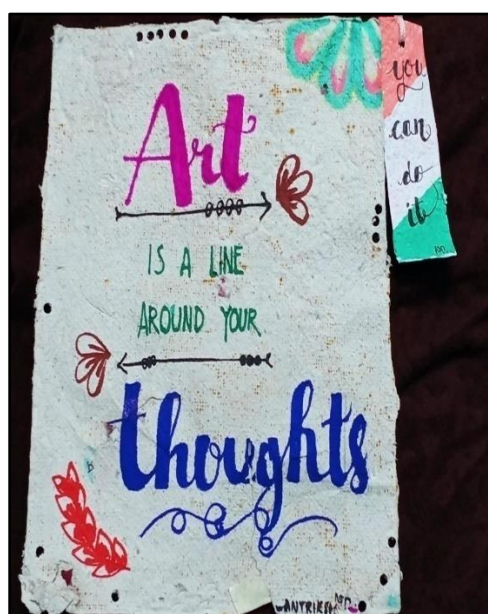
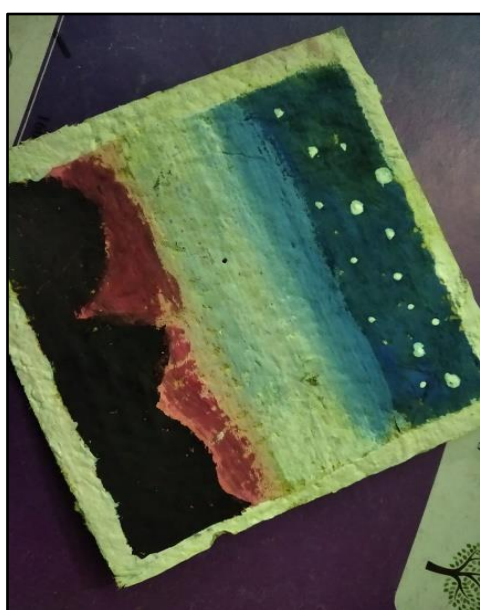
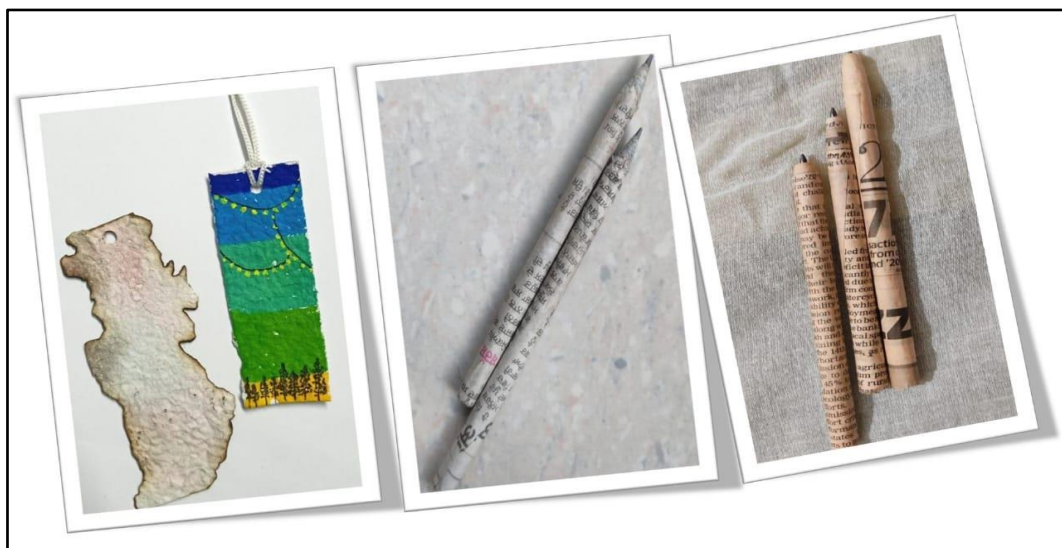
**Evidence of Success:** The workshop was quite interesting as volunteers learnt different ways manage waste efficiently. The workshop filled the volunteers with enthusiasm as they enjoyed making paper-pencils, handmade paper from waste newspapers. Later on, some of the volunteers used handmade paper as canvas for making portraits, book marks etc.

Link of the event uploaded on social media handle:

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## TITLE OF THE ACTIVITY: YOGA CUM MEDITATION SESSION

**Date:** 20<sup>th</sup> March 2021

**Number of NSS Volunteers:** 81

### **Objectives:**

- To promote Fit India campaign and encourage people to remain healthy and fit by including physical activities and sports in their daily lives
- To increase mobility and body balance, build harmony between mind and body
- To reduce levels of stress and inflammation in the volunteers

**The Context:** To ensure the mental wellbeing of people especially children amid lockdown, the Government of India has launched Fit India Movement where several physical activities including Yoga have been organized. Yoga not only enhances the physiological as well as psychological well-being, but also relieves stress and anxiety thereby improving strength and harmony between mind and body. With this aim, a **yoga cum meditation session** was organized in the evening session of Day 3 of Seven Day and Night Camp (2020-21).

**The Practice:** During the yoga session, Ms. Keisham Monarita, a Gold medalist in yoga at National and International level demonstrated different stress relieving practices as well as asanas including *Pranayam, Kapalbharti, Vakrasna, Salabhasana, Sukhasana, Virabhadrasana* etc. to the NSS volunteers. Besides, she also enlightened the volunteers about different stretching exercises that strengthen body, reduce stress, anxiety, fatigue and help in building stamina. During the session, Ms. K. Monarita explained the correct way of doing breathing exercises like *KapalBhati, Anulom-Vilom* and highlighted the significance of practicing yoga asanas particularly in current Covid-19 pandemic situation. Volunteers participated enthusiastically in the session. The session ended with peaceful mediation practice.

**Evidence of Success:** The session concluded with an interactive session between the instructor and the volunteers in which several queries of the volunteers were addressed by the instructor. The session was very refreshing, reviving, and relaxing, enabled the participants to rejuvenate themselves and foster harmony between mind and the body. **Link of the event uploaded on social media handle:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1088902834909302/>







## DAY 4: 21.03.2021

Day 4 of Seven Day and Night NSS Camp (2020-21) began on the spiritual note that was followed by a review session where one of the NSS volunteers reviewed the activities that were conducted during Day 3.

### TITLE OF THE ACTIVITY: WORKSHOP ON SELF-DEFENCE TECHNIQUES

**Date:** 21<sup>st</sup> March 2021

**Number of NSS Volunteers:** 81

#### Objectives:

- To reinforce women's capacity to defend themselves against potential attacks
- To build self-confidence so that they can contribute meaningfully to their development

**The Context:** Self-defence training for students have become integral part of their curriculum which not only improves their physical conditions but also boosts their confidence. Self-defence lets a person take charge and defuse, de-escalate, or defend oneself and those around in the surroundings.

**The Practice:** In the first session of Day 5 of Seven Day and Night NSS Special Camp (2020-21), a **Workshop on Self-Defence Techniques** was organized where Mr. Sanjay Malik, Head Constable and Ms. Pooja, Lady Constable, members from SWAYAM team of Child & Women Safety Cell of the Chandigarh Police Department demonstrated and imparted the volunteers with tactical and defensive moves and measures one should take to protect oneself and fight back. The main aim of organizing this session was to educate volunteers about their rights which are very important in today's world considering the fact that many of them might be going through some untoward incident at any point of their lives. During the session, trainers discussed the crimes that are prevalent in the society especially against women and how one can safeguard herself by using such techniques. They



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were encouraged to raise their voices and channelize their frustrations into empowering grip while practicing self-defence moves. Trainers also highlighted the importance of healthy food and lifestyle one should adopt especially during younger stage.

**Evidence of Success:** NSS Volunteers joined the workshop with the excitement and enthusiastically learnt the techniques to defend themselves in the times of danger and asked several questions pertaining to it. At the end of the session, volunteers were determined to empower themselves as well as the community at large to adopt the Self Defence Practices. Link of the event uploaded on social media handle:

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## TITLE OF THE ACTIVITY: **WORKSHOP CUM HANDS-ON TRAINING SESSION ON FIRE FIGHTING**

**Date:** 21<sup>st</sup> March 2021

**Number of NSS Volunteers:** 81

### **Objectives:**

- To sensitize the volunteers about the necessary steps to take during fire outbreak
- To demonstrate and give hands-on exposure on handling of different types of fire extinguishers

**The Context:** Fires destroy property, cause injuries, and cost lives. With proper training in basic fire-fighting techniques, one can eliminate fire hazards and respond quickly and efficiently thus help in preventing to prevent small fires from becoming big emergencies. As NSS volunteers are committed to the cause of community welfare, they must know what to and how to do in case of fire hazard. Keeping this in mind, a **Workshop cum Hands-on Training Session on Fire Fighting** was organized under the supervision of NSS Programme Officers – Dr. Pallvi Rani and Dr. Purnima Bhandari on the Day 4 of Seven Day and Night NSS Camp (2020-21).

**The Practice:** Considering the need of the hour to deal with fire hazards, the second session was a **workshop cum hands-on training session on Fire Fighting** where a team from Fire



Station, Sector 38, Chandigarh comprising of LFM Bhupinder Singh and LFM Paramjit Singh demonstrated the techniques of using fire extinguishers during emergency situations. During the training session LFS Bhupinder Singh informed the volunteers about the do's and don'ts of the fire safety norms, types of fire hazards and ways to control fire outbreak. He further briefed the volunteers about the different types of fires extinguishers used to extinguish fires. They also demonstrated and allowed the volunteers and NSS Programme Officers to have hands on



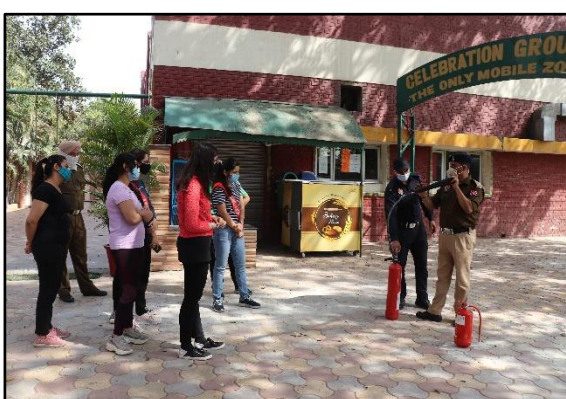
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experience of using extinguishers. A green planter as a token of gratitude was presented to the Fire and Rescue Team by the NSS Programme Officers and volunteers.

**Evidence of Success:** It was an interactive and informative training session. The volunteers were apprised with the safety measures that need to be taken in case of a fire emergency.

Link of the event uploaded on social media handle:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1088906404908945/>



## TITLE OF THE ACTIVITY: INTERACTIVE GAME SESSION

**Date:** 21<sup>st</sup> March 2021

**Number of NSS Volunteers:** 81

### Objectives:

- To promote Fit India campaign and engage the volunteers physically in traditional games
- To stimulate a sense of belongingness and team spirit amongst the volunteers

**The Context:** Playing games, outdoor or indoor, have a huge impact on a holistic development of an individual. Games offer an effective but indirect means of exercise for students and youth in general. It not only strengthens the body, but also improves body's defensive system against disease.

**The Practice:** In the evening of Day 4, a **game session was organized under the Fit India movement** where traditional games including Kho-Kho were organized. The main objective of this session was to enhance the coordination and flexibility, stamina and inculcate the spirit of team work. The session was a relaxing one which refreshed and rejuvenated the spirit of NSS volunteers. The volunteers were energized and infused with the spirit of NSS to perform each activity in the days to come with enthusiasm.

**Evidence of Success:** Volunteers learned the essence of team spirit and in this session. They were enthusiastic to perform all the NSS activities and were filled with zeal to engage selflessly in constructive activities.





Later in the evening, volunteers who were interested in taking part in cultural dances and events to be performed in the valedictory session started their preparations. Performances were planned on theme of the cultural diversity of our country i.e., *Ek Bharat Shrestha Bharat* that included fusion of state dances, Nukkad Natak on the theme Swachh Bharat Abhiyan and Jal Shakti Abhiyan. Volunteers began their practices with full zeal and enthusiasm.





## DAY 5: 22.03.2021

Day 5 of Seven Day and Night NSS Camp (2020-21) began with the prayer session which was followed by a review session where one of the NSS volunteers reviewed the activities that were conducted during Day 4.

### **TITLE OF THE ACTIVITY: AWARENESS LECTURE ON WATER CONSERVATION ON THE OCCASION OF WORLD WATER DAY**

**Date:** 22<sup>nd</sup> March 2021

**Number of NSS Volunteers:** 81

#### **Objectives:**

- To spread awareness among volunteers regarding the global water crisis
- To make the volunteers apprise the importance and need of conserving water for living organisms as well as for sustainable environment
- To commemorate World Water Day 2021 with the theme of 'Valuing Water' and educate the volunteers about the importance of fresh water and its significance in fostering the cause of a cleaner and greener planet.

**The Context:** Every year, March 22 is celebrated as the “**World Water Day**” that focusses on the importance of freshwater and presses for the sustainable management of freshwater resources. It is about what water means to the masses, its true value and how one can better protect this vital resource. Water is used by all living organisms on the Earth for their metabolic processes. However, only 3% of Earth’s water is fresh, out of which 2.5% of the earth's fresh water is unavailable: locked up in glaciers, polar ice caps, atmosphere, and soil; highly polluted; or lies too far under the earth's surface to be extracted at an affordable cost while 0.5% of the earth's water is available fresh water. Moreover, with the increase in global population coupled with change in climatic conditions, water availability has come under extreme threat. This year, the theme for World Water Day 2021 was “Valuing Water” which means *to value water more than its price*. To commemorate the World Water Day - 2021, **an awareness lecture on Water Conservation** was organized

on 22.03.2021 by the NSS Units in collaboration with MCM Eco-Club of the College as a part of Seven Day and Night NSS Special Camp (2020-21). The resource person was **Mr. Sushil Dogra, Scientist B, Chandigarh Pollution Control Committee, Paryavaran Bhawan, Sector 19-B, Chandigarh.**

**The Practice:** Under the able guidance of the Principal, Dr. Nisha Bhargava and supervision of NSS Programme Officers - Dr. Pallvi Rani and Dr. Purnima Bhandari, an awareness lecture was organized in the multimedia hall where the resource person of the day – Mr. Sushil Dogra apprised the volunteers or the need to conserve and preserve water. Using statistics related to



wastage of water, he emphasized the need of saving water as a natural resource and how it is going to benefit the future generation if saved and used judiciously. Besides, he discussed the reasons for water depletion especially in Sukhna Lake and how one can contribute to the improvement of quality as well as quantity of water. The volunteers were informed about the various ways to re-use impure water for gardening, cleaning purposes. He also discussed about different water conserving plans such as rain water harvesting, water supply and water quality monitoring schemes such as smart water meters that have been adopted by the Chandigarh Administration in the last few years. In the end, he also discussed water saving tips with the volunteers.

**Evidence of Success:** The volunteers were appreciative of the information that was shared and found it beneficial. They were determined to conserve water and adopt sustainable waste water management strategies in their daily lives.

**Link of the event uploaded on social media handle:**

<https://www.facebook.com/MCMDAVCW/posts/1088924228240496>



### **NSS Camp at MCM promotes Jal Shakti, Poshan and Swachh Bharat Abhiyan**



On day 5 of the 7 Day/Night Special NSS Camp at Mehr Chand Mahajan DAV College for Women, an awareness lecture on Water Conservation was organised in collaboration with MCM Eco Club. The objective of organizing the lecture was to educate the volunteers about the theme of this year's World Water Day i.e. Valuing Water, about the importance of fresh water and its significance in fostering a cleaner and greener planet. The resource person Mr. Sushil Dogra, Scientist B, Chandigarh Pollution Control Committee, Chandigarh, discussed different ways for conserving water such as rainwater harvesting, water quality monitoring scheme, etc. This was followed by a talk on 'Nutrition' under the Poshan Abhiyan of Ministry of Women and Child Development, Government of India. Dr. Harjot Kaur Mann, Assistant Professor, Department of Home Science of the college delivered this talk wherein she apprised the volunteers about the importance of nutrition in day-to-day life.



**TITLE OF THE ACTIVITY: AWARENESS LECTURE – “NUTRITION N YOU, OF YOU, BY YOU, FOR YOU: NEED OF THE HOUR” UNDER POSHAN ABHIYAAN**

**Date:** 22<sup>nd</sup> March 2021

**Number of NSS Volunteers:** 81

**Objectives:**

- To emphasize and encourage the volunteers to eat a balanced nutritious diet
- To explain the importance of exercise and staying active
- To provide sufficient knowledge about the diet plans that can be followed by girls

**The Context:** Amongst India’s most serious developmental challenges is malnutrition that contributes substantially to the country’s disease burden. With the launch of Government of India flagship programme - POSHAN Abhiyaan (National Nutrition Mission) several



awareness programmes have been proposed that aim to sensitize and improve nutrition amongst children, pregnant women, and lactating mothers. Keeping in mind the ongoing Poshan Pakhwada, an awareness talk was organized by the NSS Units where students were acquainted with the importance of Nutrition in day-to-day life.

**The Practice:** In the second session, Dr. Harjot Kaur Mann, Assistant Professor (Food and Nutrition), Department of Home Science of the Mehr Chand Mahajan DAV College for Women, Chandigarh delivered an interesting talk entitle “**NUTRITION N YOU, OF YOU, BY YOU, FOR YOU: Need of the hour**”. In her enlightening session, Dr. Harjot apprised the volunteers of eating nutritious food that comprises of nutrients in an appropriate amount and elaborated the relationship between ‘W’ (wake, walk, water, worry, weight) and ‘M’ that one should adopt in their daily life. She also emphasized on the need of eating food rich in Vit B12, D that could help

them in tackling micronutrient deficiencies such as anemia even under pandemic conditions.

The session was aimed to engage young minds of the volunteers in promoting positive nutrition behavior and practice. Also, with the aim of Nourish to Flourish, students were imbued with skill of making energy and protein bars as powerhouse of essential nutrients. At the end, being NSS students, they were motivated to not only practice but also preach and extend their knowledge to eradicate the issue of malnutrition at the grass root level from a less privileged section of society.

**Evidence of Success:** The session was thoroughly enjoyed by all the volunteers as their doubts related to eating habits were cleared by the resource person. They learned a lot of new facts about basic nutrition that they were unaware of earlier. They were appreciative of the workshop and were delighted to learn new facts about their health and well-being.



**जल संरक्षण पर जागरूकता व्याख्यान**  
**चंडीगढ़ (दृश्य):** मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन में नाइट स्पेशल एनएसएस कैम्प के 5 वें दिन कॉलेज के इको क्लब के सहयोग से जल संरक्षण पर जागरूकता व्याख्यान का आयोजन किया गया। व्याख्यान के आयोजन का उद्देश्य स्वयंसेवकों को इस वर्ष के विश्व जल दिवस की थीम पानी, ताजे पानी के महत्व तथा स्वच्छ एवं छरित गृह के बारे में जागरूक करना था। इस अवसर पर चंडीगढ़ पॉल्स्यूशन कंट्रोल बोर्ड के साइंटिस्ट बी सुशील डोगरा ने जल संरक्षण के लिए विभिन्न तरीकों पर चर्चा की जैसे वर्षा जल संवर्धन, जल गुणवत्ता निगरानी योजना इत्यादि। इसके बाद महिला और बाल विकास मंत्रालय, भारत सरकार के पोषण अभियान के तहत 'पोषण' पर एक बार्ता हुई। कॉलेज के गृह विज्ञान विभाग की सहायक प्रोफेसर डॉ हरजोत कौर मान ने स्वयंसेवकों को दैनिक जीवन में पोषण के महत्व से अवगत कराया। कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने कोविड-19 सुरक्षा निर्देशों का कड़ाई से पालन करते हुए एमसीएम के एनएसएस कार्यक्रम अधिकारियों को शिकर के सफल संचालन के लिए बधाई दी।

**एमसीएम में एनएसएस शिविर के दौरान जल शक्ति, पोषण एवं स्वच्छ भारत अभियान को बढ़ावा**

**मदरलैड संवाददाता**

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन में 7 डे / नाइट स्पेशल एनएसएस कैम्प के 5 वें दिन कॉलेज के इको क्लब के सहयोग से जल संरक्षण पर जागरूकता व्याख्यान का आयोजन किया गया। व्याख्यान का उद्देश्य स्वयंसेवकों को इस वर्ष के विश्व जल दिवस की थीम पानी, ताजे पानी के महत्व तथा स्वच्छ एवं छरित गृह के बारे में जागरूक करना था। इस अवसर पर चंडीगढ़ पॉल्स्यूशन कंट्रोल बोर्ड के साइंटिस्ट बी सुशील डोगरा ने जल संरक्षण के लिए विभिन्न तरीकों पर चर्चा की जैसे वर्षा जल संवर्धन, जल गुणवत्ता निगरानी योजना इत्यादि। इसके बाद महिला और बाल विकास मंत्रालय, भारत सरकार के पोषण अभियान के तहत 'पोषण' पर एक बार्ता हुई। कॉलेज के गृह विज्ञान विभाग की सहायक प्रोफेसर डॉ हरजोत कौर मान ने स्वयंसेवकों को दैनिक जीवन में पोषण के महत्व से अवगत कराया। स्वयंसेवकों को ऊर्जा और प्रोटीन बार बनाना भी सिखाया गया। इसके साथ साथ सभी आवश्यक कोविड -19 दिशानिर्देशों का पालन करते हुए, एनएसएस स्वयंसेवकों ने अपने अडोप्टेड गाँव बढेरी का दौरा किया और जल शक्ति अभियान के आधार पर एक सर्वेक्षण किया। इसके अलावा एमसीएम इको क्लब के सहयोग से विभिन्न सरकारी पहलों जैसे स्वच्छ भारत अभियान, जल शक्ति अभियान और एचआईवी / एड्स पर गाँव के निवासियों को जागरूक करने के लिए रेलीनिकाली गैंग (स्वयंसेवकों ने जरूरतमंद व्यक्तियों को साबुन, सैनिटाइजर, मास्क भी वितरित किए) और भारत सरकार द्वारा निर्धारित सभी आवश्यक कोविड दिशानिर्देशों का पालन करने का आग्रह किया। दिव के तीसरे सत्र में, पोषण अभियान के तहत 'सस्टेनेबल अर्बन फार्मिंग' पर एक व्याख्यान का आयोजन किया गया। व्याख्यान के दौरान, कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने कोविड-19 सुरक्षा निर्देशों के सफल संचालन के लिए बधाई दी। उन्होंने बताया कि कॉलेज की एनएसएस इकाइयों स्वच्छ भारत अभियान, पोषण अभियान, जल शक्ति अभियान और इसी तरह की विभिन्न राष्ट्रीय योजनाओं में महत्वपूर्ण योगदान देने के साथ साथ इस तरह के प्रयासों के माध्यम से छात्रों के चरित्र निर्माण की दिशा में प्रशंसनीय कार्य कर रही हैं।

**TITLE OF THE ACTIVITY: AWARENESS RALLY ON JAL SHAKTI ABHIYAN ON THE OCCASION OF WORLD WATER DAY**

**Date:** 22<sup>nd</sup> March 2021

**Number of NSS Volunteers:** 81

**Objectives:**

- To sensitize the residents regarding the need for water conservation
- To identify the problems related to water quality and quantity faced by the villagers and collect data using a survey method

**The Context:** The Jal Shakti Abhiyan (JSA) is a time-bound, mission-mode water conservation campaign that has been initiated by our Honourable Prime Minister of India Sh. Narendra Modi. On 22<sup>nd</sup> March, 2021, i.e., World Water day, PM Modi virtually launched the campaign - 'Jal Shakti Abhiyan: Catch the Rain' where he urged the citizens of the country to conserve water through participatory approach. Taking another step forward in this direction, the NSS Units in collaboration with MCM Eco-Club of the College organized an **awareness rally on Jal Shakti Abhiyan** in their adopted Village Badheri, Chandigarh as part of Seven Day and Night NSS Special Camp (2020-21).

**The Practice:** Following all the necessary COVID-19 protocols, the NSS volunteers of the College visited their adopted Village Badheri where they organized an awareness rally that aimed at creating awareness regarding conserving water among the local communities. Volunteers carried different placards and raised slogans such as *जल है तो जीवन है, पानी है जीवन की आस, पानी को बचाने का करो प्रयास* that aided in conveying the message that **Water conservation is the need of the hour!** In addition, awareness regarding HIV/AIDS was also disseminated by the NSS volunteers among the residents.

To understand the ground realities and assess awareness towards cleanliness and water management, a comprehensive survey of more than 50 dwelling units was conducted in a hybrid mode in Village Badheri. During the survey, residents were asked about the different waste management techniques adopted by them, sources of ground and fresh water, availability of clean drinking water,



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hygiene-related habits of bathing and washing hands before meals, and different rain water harvesting schemes that they adopted in order to conserve water. The main aim of the survey was to ascertain the needs and problem faced by them in relation to cleanliness and water management. In addition, volunteers distributed sanitizers, soaps and handmade face masks that they have prepared on Day 1 of Seven Day and Night NSS Camp (2020-21) among the residents of Village Badheri, Chandigarh.

**Evidence of Success:** All the volunteers were highly enthusiastic and energetic and even during the pandemic they worked together as a team to come forward to spread awareness about *Swachh Bharat* and *Jal Shakti Abhiyan*.

Link of the event uploaded on social media handle:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1088924114907174/>







## TITLE OF THE ACTIVITY: WORKSHOP ON GROWING ORGANIC FOOD

**Date:** 22<sup>nd</sup> March 2021

**Number of NSS Volunteers:** 81

### Objectives:

- To promote POSHAN ABHIYAAN, the flagship program of NITI Aayog on Holistic Nutrition along with the concept of Swachhta
- To sensitize the students about the importance of growing chemical free food from seeds for healthy living
- To motivate the volunteers to work towards saving the environment.

**The Context:** With the rapid increase in population coupled with urbanization, there is scarcity of food and nutrition that needs to be tackled using sustainable approaches. Moreover, due to industrialization, soil is being contaminated with different toxic ions including arsenic, cadmium that need to be reclaimed for farming purpose. With this objective, **a workshop on growing organic food** was organized as an awareness session to apprise the participants about the benefits and technique of growing chemical free nutritious food. This workshop was organized under the POSHAN Abhiyaan that also highlighted the concept of growing *Swachh* – chemical free food for individuals.

**The Practice:** The workshop was conducted by Dr. Gurvinder Kaur, Associate professor, Department of Public Administration, Mehr Chand Mahajan DAV College for Women, Chandigarh who highlighted the importance of growing chemical free food in the current times. She



highlighted the importance of consuming protein rich food such as lentils, green leafy vegetables that are rich source of proteins and iron. She also briefed the volunteers about the impact of using pesticides as fertilizers on human food chain as well on environment. Further, the volunteers were made aware of the concept of industrialization and the commercialization of agriculture and its impact on food



nutrition. She promoted the idea of organic farming (i.e., growing chemical free food) and encouraged the volunteers to grow their own food in their respective places and protect themselves from the harmful effects of unhealthy food.

At the end of the session, volunteers were shown patches of land where our College has been growing nutritious food organically even under lockdown conditions.

**Evidence of Success:** The volunteers were extremely motivated to grow their food and protect themselves from the harmful effects of unhealthy food. Link of the event uploaded on social media handle:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1088923824907203/>



एमसीएम कॉलेज में जल संरक्षण पर जागरूकता व्याख्यान में भाग लेते विद्यार्थी व टैली कर लोगों को जागरूक करते हुए। (छाया : गुरिंद्र सिंह)

## एमसीएम में एनएसएस शिविर दौरान जल शक्ति, पोषण एवं स्वच्छ भारत अभियान को प्रोत्साहन

चंडीगढ़, 31 मार्च (रणजीत सिंह): मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन में 7 डेनाइट स्पेशल एनएसएस कैम्प के 5वें दिन कॉलेज के इको क्लब के सहयोग से जल संरक्षण पर जागरूकता व्याख्यान का आयोजन किया गया। व्याख्यान का आयोजन का उद्देश्य स्वयंसेवकों को इस वर्ष के विश्व जल दिवस की थीम पानी, ताजे पानी के महत्व तथा स्वच्छ एवं हरित गृह के बारे में जागरूक करना था। इस अवसर पर चंडीगढ़ पॉलिटेक्निक कंट्रील बोर्ड के सॉल्यूटिव डी. सुशील खोगरा ने जल संरक्षण के लिए विभिन्न तरीकों पर चर्चा की जैसे वर्षा जल संचयन, जल गुणवत्ता निगरानी योजना इत्यादि। इसके बाद महिला और बाल विकास

मंत्रालय, भारत सरकार के पोषण अभियान के तहत 'पोषण' पर एक वार्ता हुई। कॉलेज के गृह विज्ञान विभाग की सहायक प्रोफेसर डॉ. हजोत कौर मान ने स्वयंसेवकों को दैनिक जीवन में पोषण के महत्व से अवगत कराया। स्वयंसेवकों को ऊर्जा और प्रोटीन बार बनाना भी सिखाया गया। इसके साथ-साथ सभी आवश्यक कोविड-19 दिशानिर्देशों का पालन करते हुए, एनएसएस स्वयंसेवकों ने अपने अर्द्ध-डेड गांव बंदी का दौरा किया जहाँ उन्होंने स्वच्छ भारत अभियान और जल शक्ति अभियान के आधार पर एक सर्वेक्षण किया। इसके अलावा एमसीएम इको क्लब के सहयोग से विभिन्न सरकारी पहालों जैसे स्वच्छ भारत अभियान,

जल शक्ति अभियान और एचआईवी/एड्स पर गांव के निवासियों को जागरूक करने के लिए रैली निकाली गई। स्वयंसेवकों ने जरूरतमंद व्यक्तियों को साबुन, सैनेटाइजर, मास्क भी वितरित किए और भारत सरकार द्वारा निर्धारित सभी आवश्यक कोविड दिशानिर्देशों का पालन करने का आग्रह किया। दिन के तीसरे सत्र में, पोषण अभियान के तहत 'सस्टेनेबल अर्बन फार्मिंग' पर एक व्याख्यान का आयोजन किया गया। व्याख्यान के दौरान, कॉलेज की लोक प्रशासन विभाग की एसोसिएट प्रोफेसर डॉ. गुरविंदर कौर ने वर्तमान समय में बीजों के महत्व और रसायनिक-मुक्त भोजन पर प्रकाश डाला। दिन का समापन एक प्रतिभा

खोज सत्र के साथ हुआ, जिसमें स्वयंसेवकों ने नृत्य, गीत, कविता आदि के रूप में अपनी प्रतिभा प्रदर्शित की। कॉलेज की प्रिंसिपल डॉ. निशा भागव ने कोविड-19 सुरक्षा निर्देशों का कड़ाई से पालन करते हुए एमसीएम के एनएसएस कार्यक्रम अधिकारियों को शिविर के सफल संचालन के लिए बधाई दी। उन्होंने बताया कि कॉलेज की एनएसएस इकाया स्वच्छ भारत अभियान, पोषण अभियान, जल शक्ति अभियान और इसी तरह की विभिन्न राष्ट्रीय योजनाओं में महत्वपूर्ण योगदान देने के साथ-साथ इस तरह के प्रयासों के माध्यम से छात्राओं के चरित्र निर्माण की दिशा में प्रसंस्नीय कार्य कर रही है।

## TITLE OF THE ACTIVITY: TALENT HUNT EVENT

**Date:** 22<sup>nd</sup> March 2021

**Number of NSS Volunteers:** 81

### Objectives:

- To provide a platform to the volunteers to showcase their talent
- To boost the confidence of the volunteers and enhance their interactive skills

**The Context:** ‘Talent hits a target no one else can hit.’ Talent is not a word that can be easily defined, it has multiple horizons, ranging from dancing, poetry, acting, painting, singing, the list is never-ending. To unveil the talents of our NSS volunteers, a **talent hunt event** was organized in the last session of Day 5 of Seven Day and Night NSS Special Camp (2020-21).

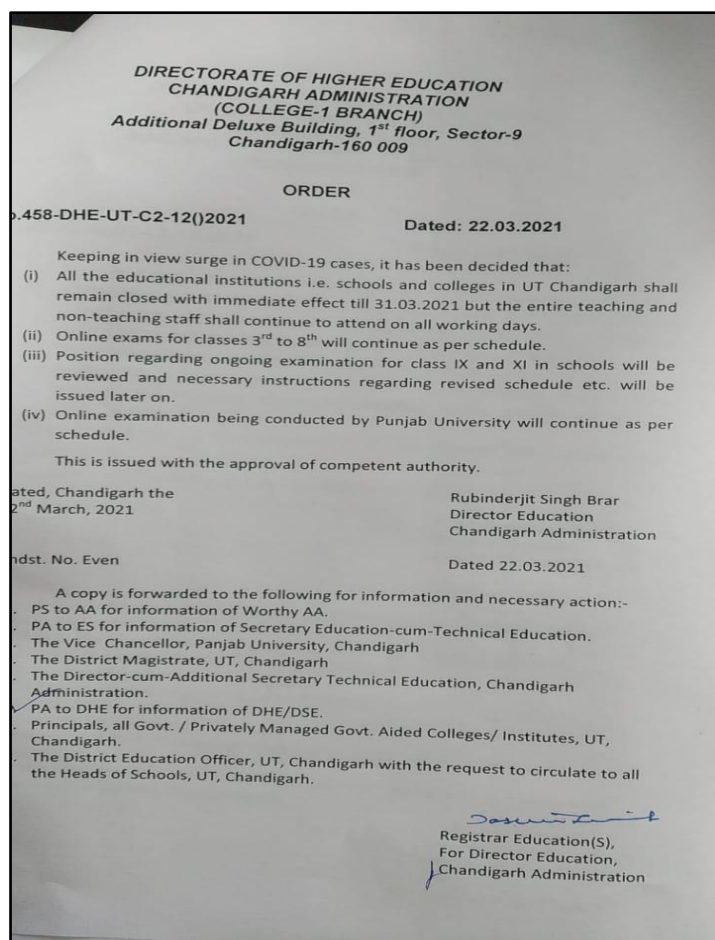
**The Practice:** During the session, volunteers came prepared with their mesmerizing performances showcasing their talent. A beautiful traditional Rajasthani dance was performed by one of the volunteers under **Ek Bharat Shreshtha Bharat programme**. Another volunteer gave a spell-bounding Kathak performance that left all the viewers in awe. Many volunteers recited their self-composed poems on different social issues such as *Beti Bachao, Beti Padho* which was the need of the hour. Visually appealing posters were made by the volunteers on the social issues.

**Evidence of Success:** The event was a success as the volunteers enthusiastically participated in the talent hunt. The performers were appreciated by the programme officers and encouraged to sharpen their skills.



In the evening, volunteers got back to their practice session where they rehearsed for the cultural dance performances which included Garba from Gujarat, Natti from Himachal Pradesh and Tarpa dance from Dadra and Nagar Haveli that were prepared under the 'Ek Bharat Shreshtha Bharat' scheme where the objective was to promote the cultures of all Indian states. In addition, volunteers rehearsed for the *Nukkad Nata* which was based on the theme of Swachh Bharat Abhiyan and Jal Shakti Abhiyan. All the spectators were enjoying the acting of the participants and giving healthy inputs and constructive feedback. These activities not only enhanced the unity among the volunteers, but also filled them with a sense of pride and respect for the richness of our culture and heritage.

Due to increase in the number of COVID-19 cases, Directorate of Higher Education, Chandigarh Administration issued an order stating the closure of educational institutes for students as a precautionary measure. Keeping this in view, the Seven Day and Night NSS Special Camp (2020-21) was *shifted from offline mode to online mode*.





## DAY 6: 23.03.2021

Day 6 of Seven Day and Night NSS Camp (2020-21) was conducted in an online mode where the first session began with the auspicious chanting of Gayatri mantras which was followed by a review session of Day 5 activities by NSS Volunteers.

**TITLE OF THE ACTIVITY: INTERACTIVE SESSION ON AZAADI KA AMRUT MAHOTSAV, INDIA@75 YEARS**

**Date:** 23<sup>rd</sup> March 2021

**Number of NSS Volunteers:** 81

**Objectives:**

- To generate awareness among the volunteers about the objective of celebrating AZAADI KA AMRUT MAHOTSAV, INDIA@75 YEARS

**The Context:** The Azadi Amrit Mahotsav means elixir of energy of independence; i.e., is a festival of awakening of the nation. The programme was launched by Honourable prime Minister of India Sh. Narendra Modi on 12<sup>th</sup> March, 2021. The main objective of this programme is to actively involve students and apprise them with the contributions laid by prominent freedom fighters such as Subash Chander Bose, Sardar Patel, Shaheed Bhagat Singh.

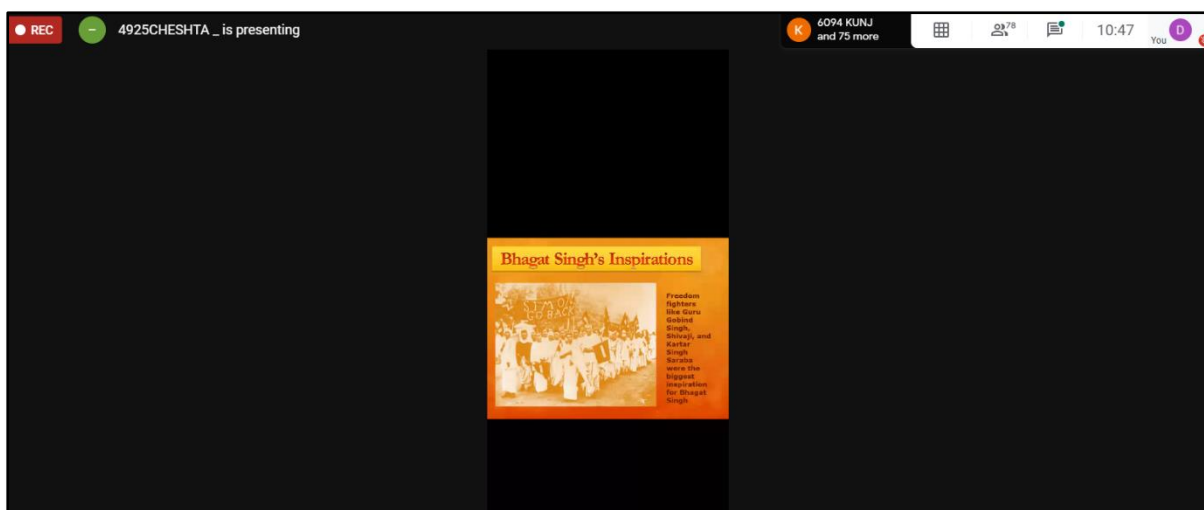
**The Practice:** As part of **celebration of Azaadi ka Amrut Mahotsav, an interactive session** was organized on Day 6 of Seven Day and Night NSS Special Camp (2020-21). During this session, NSS Volunteers – Ms. Takshu Jagga,



Ms. Yashika, Ms. Simranjeet Kaur and Ms. Dhanu explained the relevance of celebrating ***Azaadi ka Amrut Mahotsav, India@75 years*** through their virtual presentations.



**Evidence of Success:** NSS Volunteers were acquainted with the contributions made by our freedom fighters in the India's struggle for freedom.



**TITLE OF THE ACTIVITY: MOTIVATIONAL LECTURE AND POSTER MAKING COMPETITION ON SHAHEED BHAGAT SINGH JI ON THE OCCASION OF SHAEEDI DIWAS**

**Date:** 23<sup>rd</sup> March 2021

**Number of NSS Volunteers:** 81

**Objectives:**

- To apprise the volunteers about the prominent role played by Shaheed Bhagat Singh ji in the India's Freedom for struggle

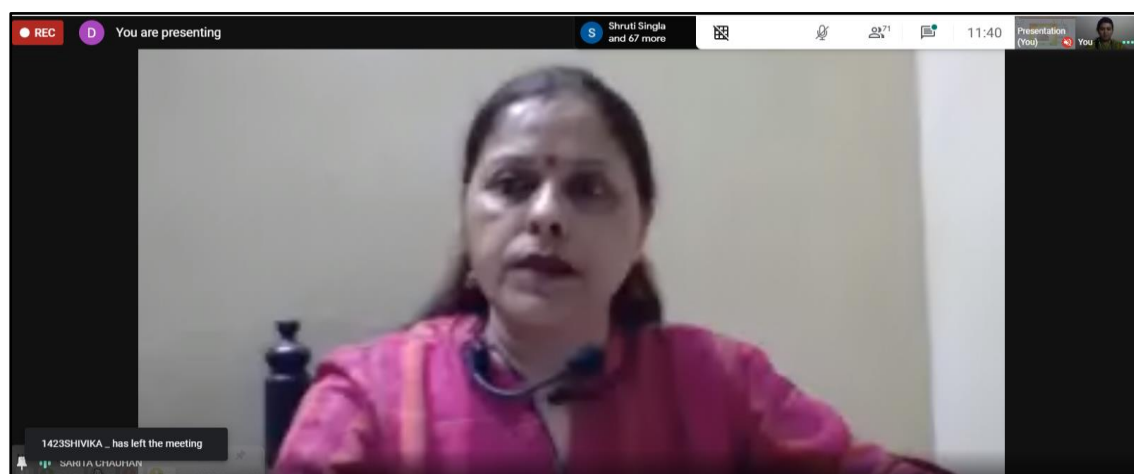
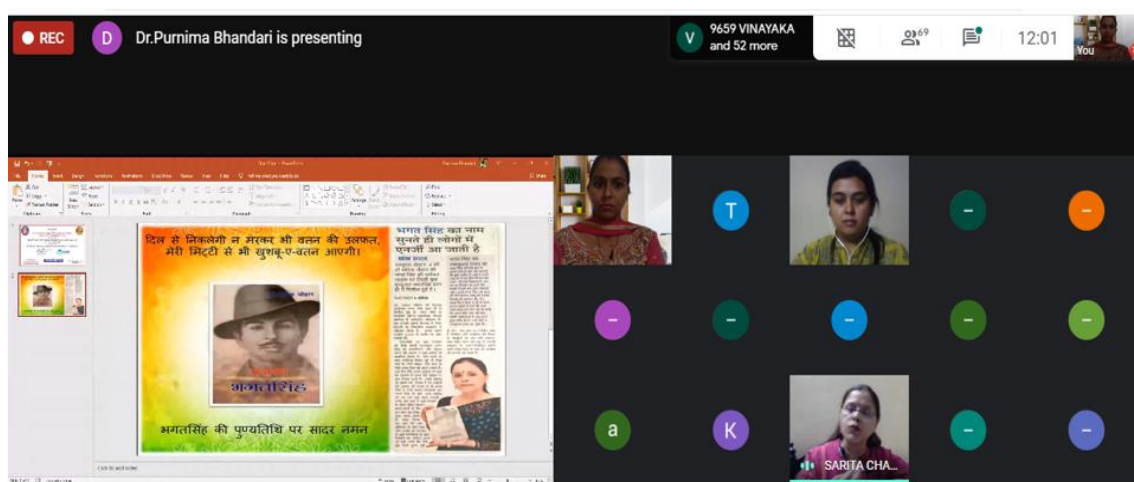
**The Context:** Every year 23<sup>rd</sup> March is celebrated as Martyr's Day to pay tribute to three extraordinary revolutionaries of India - Bhagat Singh, Shivaram Rajguru, and Sukhdev Thapar who were hanged to death by the British namely. With the aim of apprising volunteers of the contribution given by Shaheed Bhagat Singh ji in the

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India's freedom to struggle, a motivational lecture was organized under Amrut Mahotsav, India@75 years.

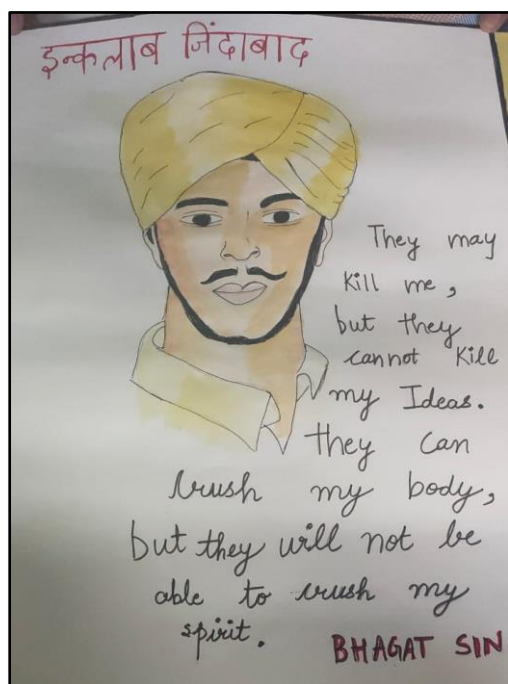
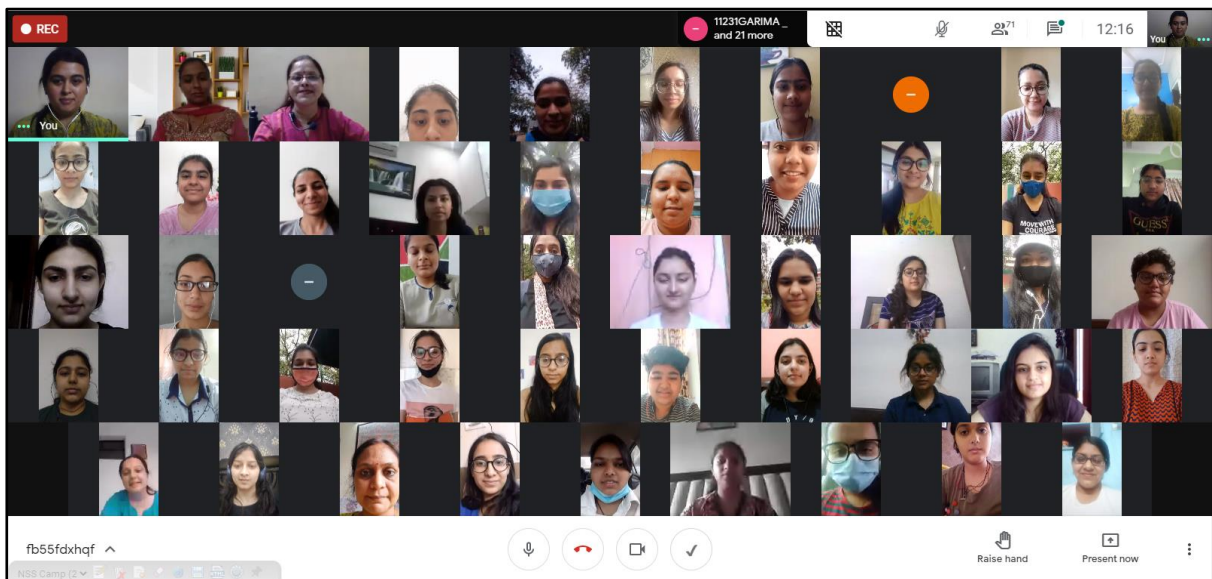
**The Practice:** During the session, a motivational session talk was delivered by **Dr. Sarita Chauhan**, Associate Professor, PG Department of Hindi, Mehr Chand Mahajan DAV College for Women, author of a book entitled 'मृत्युंजय भगत सिंह' where she apprised the volunteers about the life of Bhagat Singh ji – a socialist revolutionary, his struggle for freedom, the importance of Shaheedi Diwas. She also motivated the volunteers to inculcate the values of Bhagat Singh ji in their lives. At the end of the session, a poster-making competition was organized where volunteers prepared their posters with the theme Azaadi Ka Amrit Mahotsav

**Evidence of Success:** The students were inspired by the motivational talk and were filled with feelings of patriotism, inspiration, and motivation after the session. They were inspired with a sense of responsibility and duty towards our country.





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Link of the event uploaded on social media handle:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1089034014896184/>

**TITLE OF THE ACTIVITY: INTERACTIVE SESSION ON SWACHH BHARAT ABHIYAN AND JAL SHAKTI ABHIYAN**

**Date:** 23<sup>rd</sup> March 2021

**Number of NSS Volunteers:** 81

**Objectives:**

- To enlighten the NSS volunteers about the theme “Swachh Bharat Abhiyan and Jal Shakti Abhiyan
- To apprise the volunteers of various Swachhta practices adopted in the College campus

**The Context:** *Swachh Bharat Abhiyan*, or *Swachh Bharat Mission*, is a nation-wide campaign initiated by the Government of India in the year 2014 with an aim to eliminate open defecation and improve solid waste management practices. On the similar lines, *Jal Shakti Abhiyan* was launched by the Ministry of Jal Shakti in 2019 for conservation of water resources and water security. As an NSS volunteer, it is imperative for them to be the part of such campaigns so that they can serve to community welfare in best possible way. With this motive, **an awareness session on Swachh Bharat Abhiyan and Jal Shakti Abhiyan** was organized in the third session of Day 6 of Seven Day and Night NSS Special Camp (2020-21).

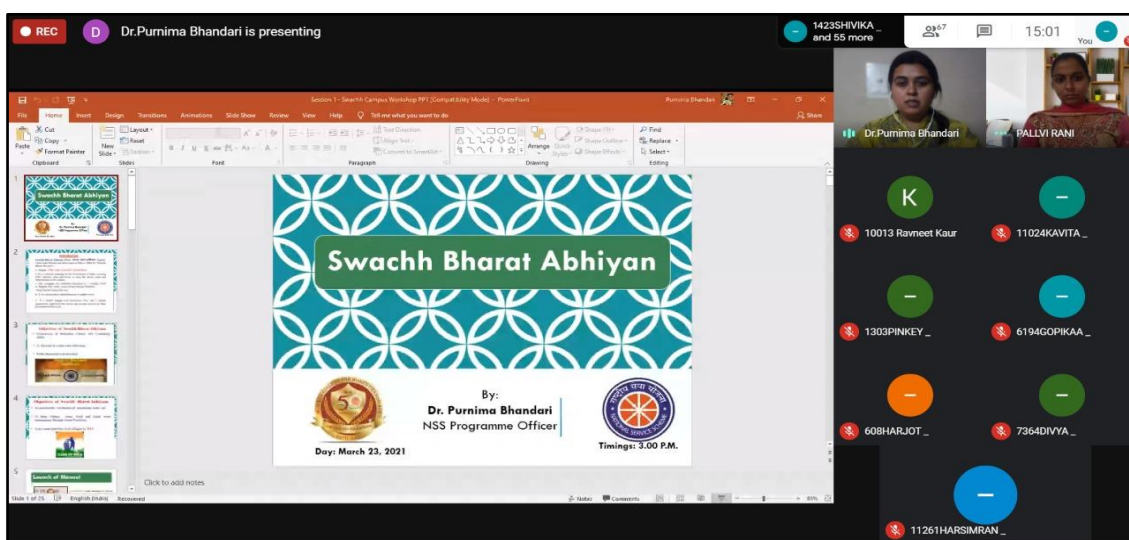
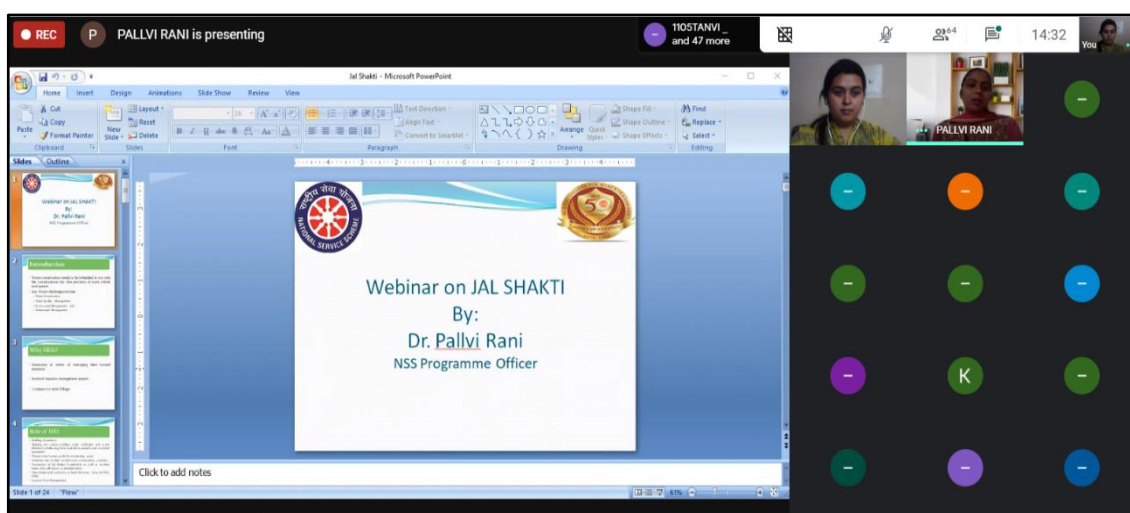
**The Practice:** During the session, NSS Programme Officers – Dr. Pallvi Rani and Dr. Purnima Bhandari informed the volunteers about the importance of campaigns - *Jal Shakti Abhiyan* and *Swachh Bharat Abhiyan* respectively. By discussing the eco-



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friendly practices adopted by our College under Swachhta, NSS Programme Officers motivated students to contribute to the society as a NSS Volunteer by generating awareness and adopting such sustainable practices among the community. The main objective of the session was to make the volunteers understand the significance of Jal Shakti Abhiyan and Swachh Bharat Abhiyan launched by the Government of India and sensitize them about the need to propagate these campaigns.

**Evidence of Success:** Volunteers attended the session very enthusiastically and took active participation in the group discussion. They were appreciative of the workshop and were delighted to learn new things.



Link of the event uploaded on social media handle:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1089033974896188/>



## **DAY 7: 24.03.2021**

Day 7 of Seven Day and Night NSS Camp (2020-21) was conducted in an online mode where the first session commenced with a prayer chanted harmoniously by a volunteer. It was followed by a review session of Day 6 activities.

### **TITLE OF THE ACTIVITY: LECTURE ON WASTE MANAGEMENT**

**Date:** 24<sup>th</sup> March 2021

**Number of NSS Volunteers:** 81

#### **Objectives:**

- To generate awareness regarding the need of waste management
- To spread awareness regarding 7R's of Solid Waste Management that includes Refuse, Reduce, Repurpose, Reuse, Recycle, Rot and Rethink

**The Context:** Waste Management is all about how waste can be changed and used as a valuable resource. Due to rapid industrialisation and urbanization, there is an increase in the generation of municipal waste that needs to be addressed as improper disposal of waste has an undesirable impact on health and environment. With this motive, a **lecture on waste management** was organized by the NSS Units in the first session of Seven Day and Night NSS Special Camp (2020-21).

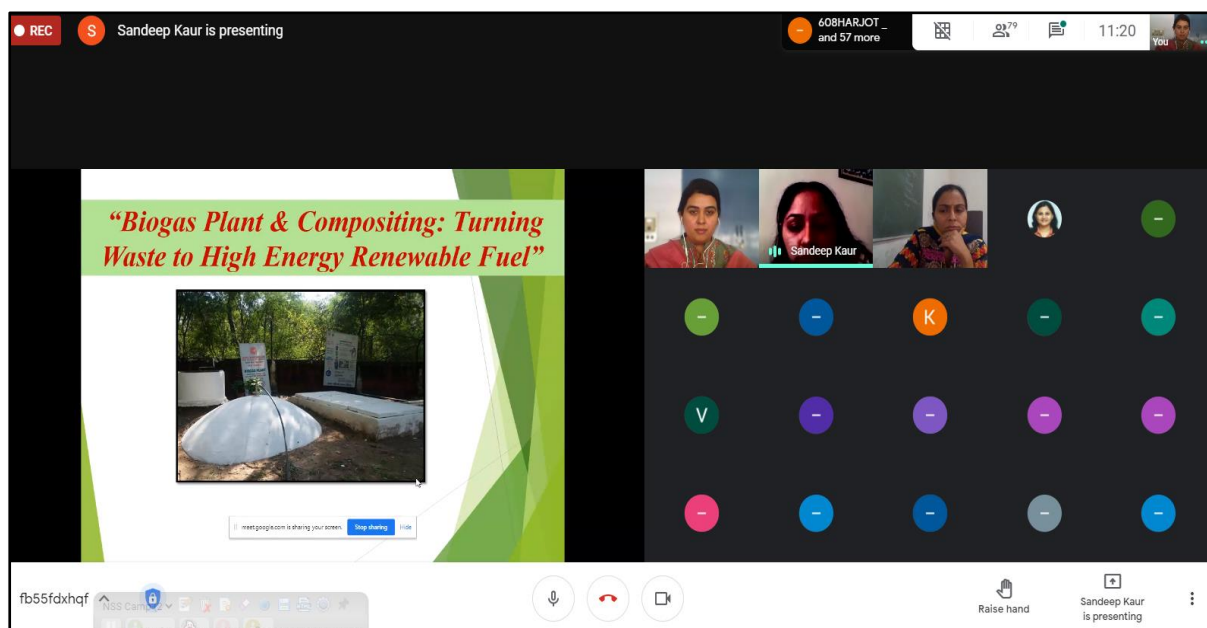
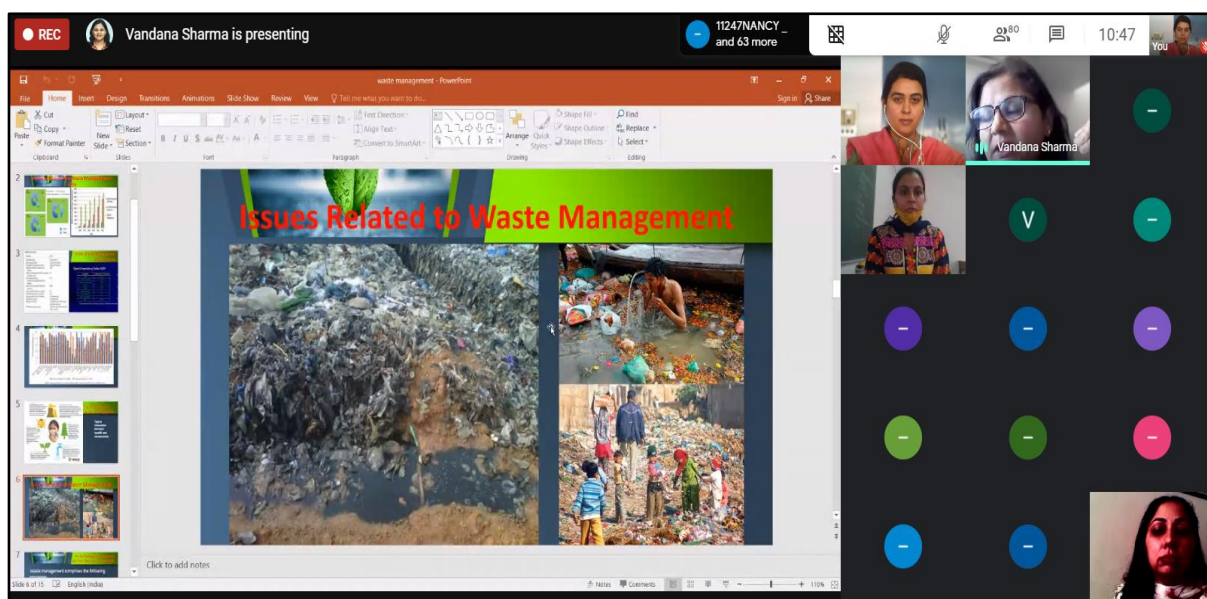
**The Practice:** The first session started with an informative lecture by Dr. Vandana Sharma and Dr. Sandeep Kaur, Assistant professor, Department of Microbial Food science and Technology on Solid Waste Management Techniques. Volunteers were acquainted and informed of the various practices of solid waste management and their significance. Reviewing the statistical and factual data on the situation, Dr. Vandana Sharma apprised the students of the different methods used for waste management which includes Sanitary Landfills, Incineration, Recycling, Composting, and many more.

In addition, Dr. Sandeep Kaur enlightened the volunteers with the several awards that our College has received in the last years for being the pioneer in handling the waste material efficiently such as production of mushroom from waste

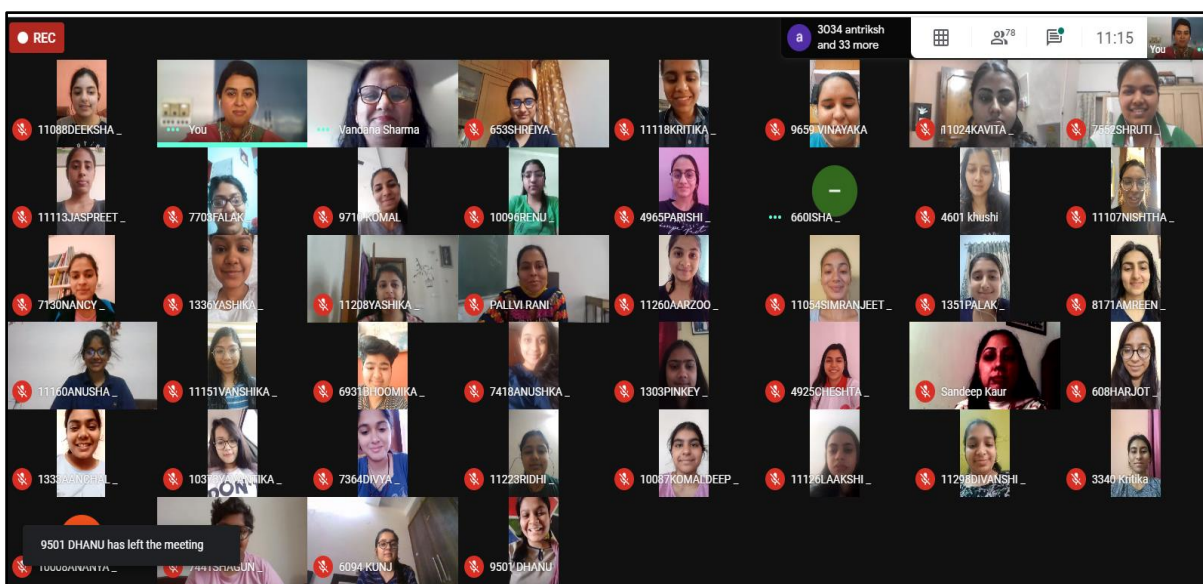
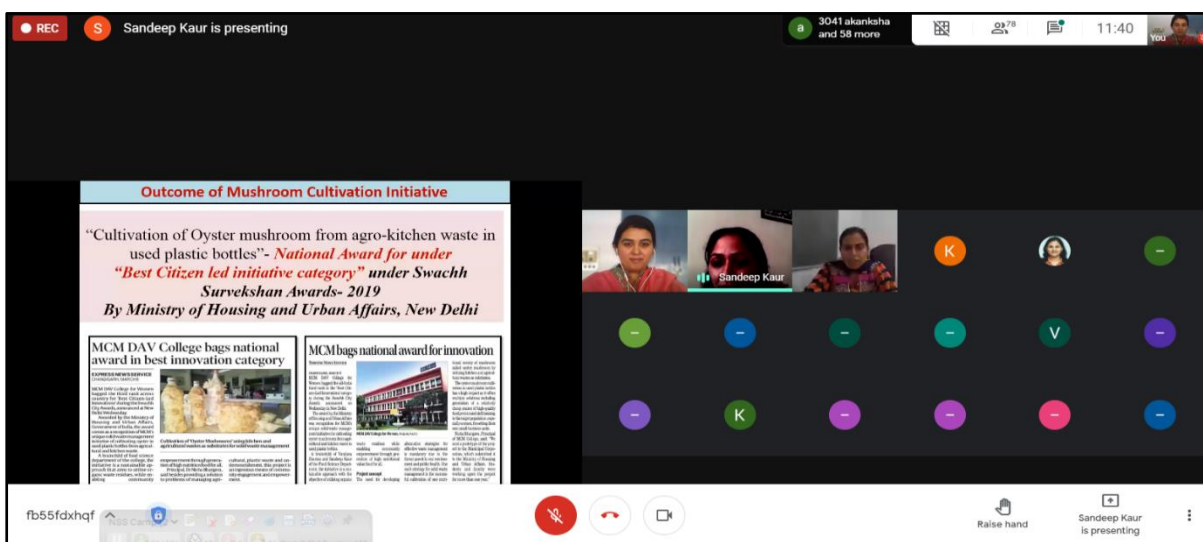
## Report of SEVEN DAY AND NIGHT NSS SPECIAL CAMP (18<sup>th</sup>– 24<sup>th</sup> MARCH 2021)

in plastic bottles etc. Volunteers were also briefed about the various ongoing projects and achievements of the College in the field of Swachhta that included construction of Biogas plant, Compost and Vermicompost Units, Sewage Treatment plant.

**Evidence of Success:** At the end of the session, volunteers were aware of the need of adopting different waste management practices and were determined to adopt the practices in their Village Badheri, adopted under NSS.



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### TITLE OF THE ACTIVITY: TALK ON " EK BHARAT SHRESHTHA BHARAT MISSION: A SALUTE TO THE MULTICULTURAL FABRIC OF INDIA "

**Date:** 24<sup>th</sup> March 2021

**Number of NSS Volunteers:** 81

#### **Objectives:**

- To inculcate the values inherent in Ek Bharat Shrestha Bharat (EBSB), a nationwide movement in India to promote unity and integrity among the residents of India
- To make volunteers aware about the inhabitants, culture, dance and festivities of Dadra and Nagar Haveli, paired under EBSB



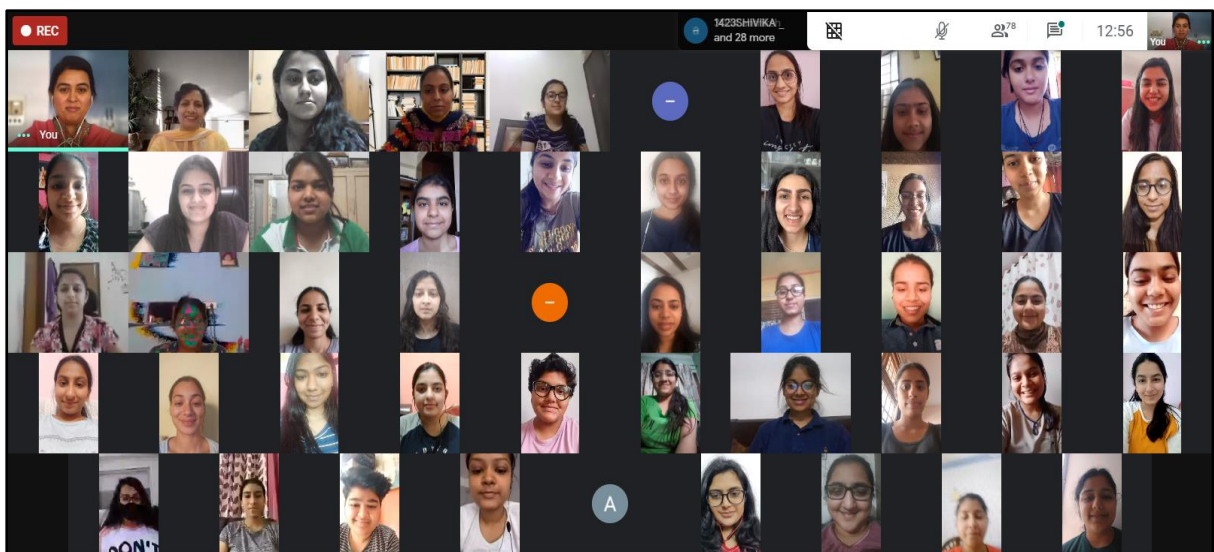
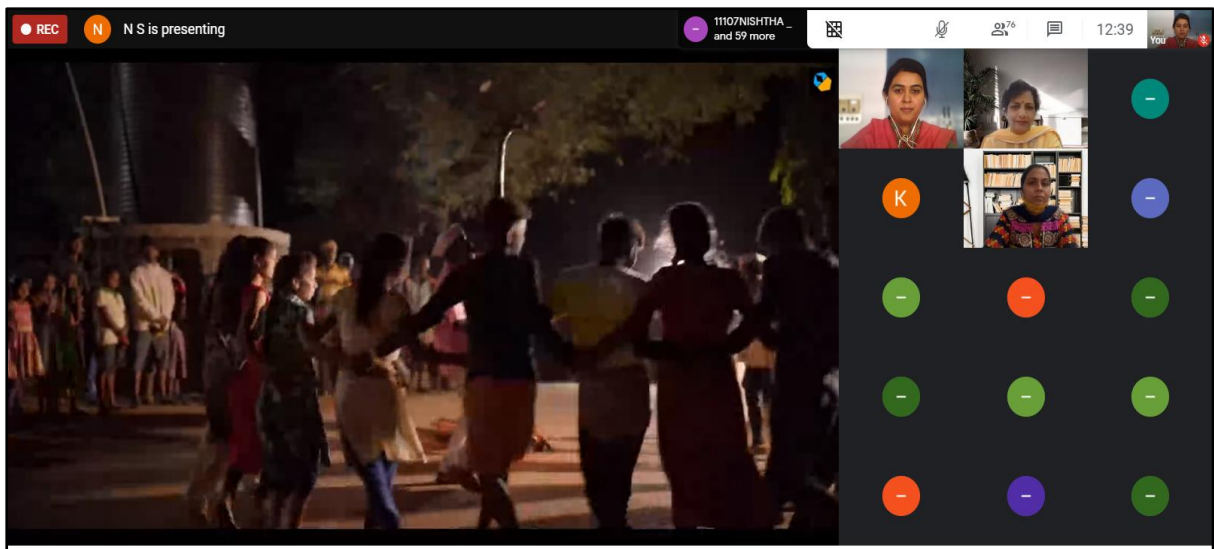
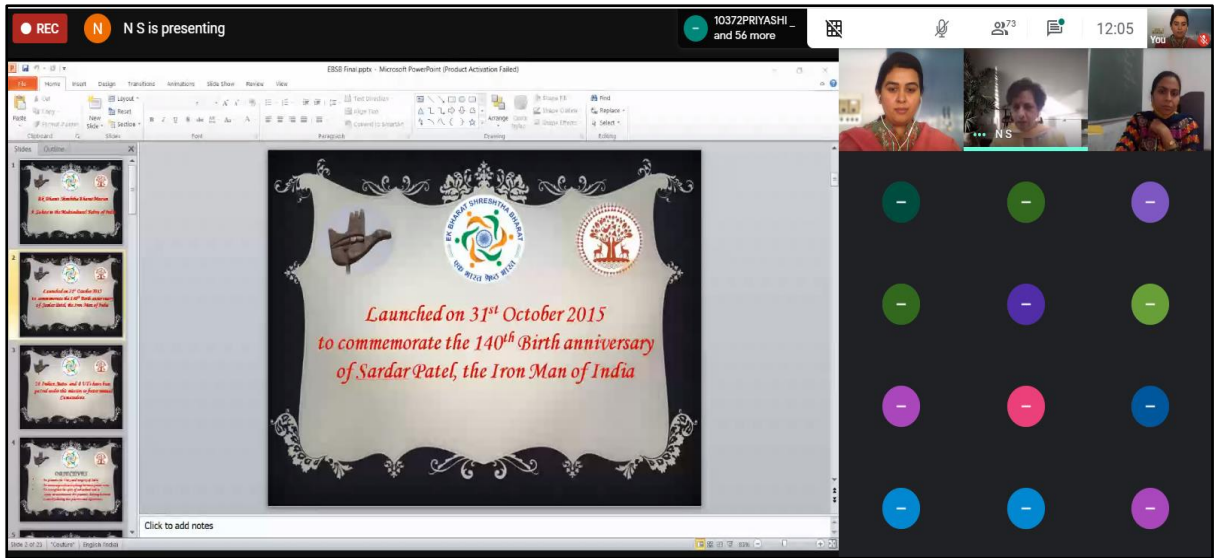
**The Context:** To commemorate the birth anniversary of Sardar Vallabh Bhai Patel, Ek Bharat Shreshtha Baharat scheme was launched on 31<sup>st</sup> October, 2015 under which our city beautiful Chandigarh has been paired with Dadra and Nagar Haveli. Nestled cosily amidst the states of Maharashtra and Gujarat, Dadra and Nagar Haveli are located in the western nook of India and is a perfect example of amalgamation of different cultures. In order to know more about this recently paired Union Territory, **an informative lecture on “Ek Bharat Shreshtha Bharat Mission: A Salute to The Multicultural Fabric of India”** was organized in the second session of Day 7 of Seven Day and Night NSS Special Camp (2020-21).

**The Practice:** In the subsequent session, Ms. Neena Sharma, Associate Professor, PG Department of English, Mehr Chand Mahajan DAV College for Women, Chandigarh gave an informative and enlightening talk on "Ek Bharat Shreshtha Bharat Mission: A Salute to the Multicultural Fabric of India" where volunteers were informed about the history and culture of Dadra and Nagar Haveli that consisted of tribes, musical and art forms, traditional dance – Tarpa, food and language amongst others. The main aim of the session was to acquaint the volunteers with the knowledge as well as a cultural connection of different parts of India which would in turn help in strengthening the unity and integrity of India.

**Evidence of Success:** Volunteers were excited to learn new things about the culture and heritage of Dadra and Nagar Haveli.



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**TITLE OF THE ACTIVITY: GRATITUDE SESSION**

**Date:** 24<sup>th</sup> March 2021

**Number of NSS Volunteers:** 81

**Objectives:**

- To pay gratitude to every volunteer for their efforts for making this camp a successful one
- To praise and motivate the volunteers to keep up the good work

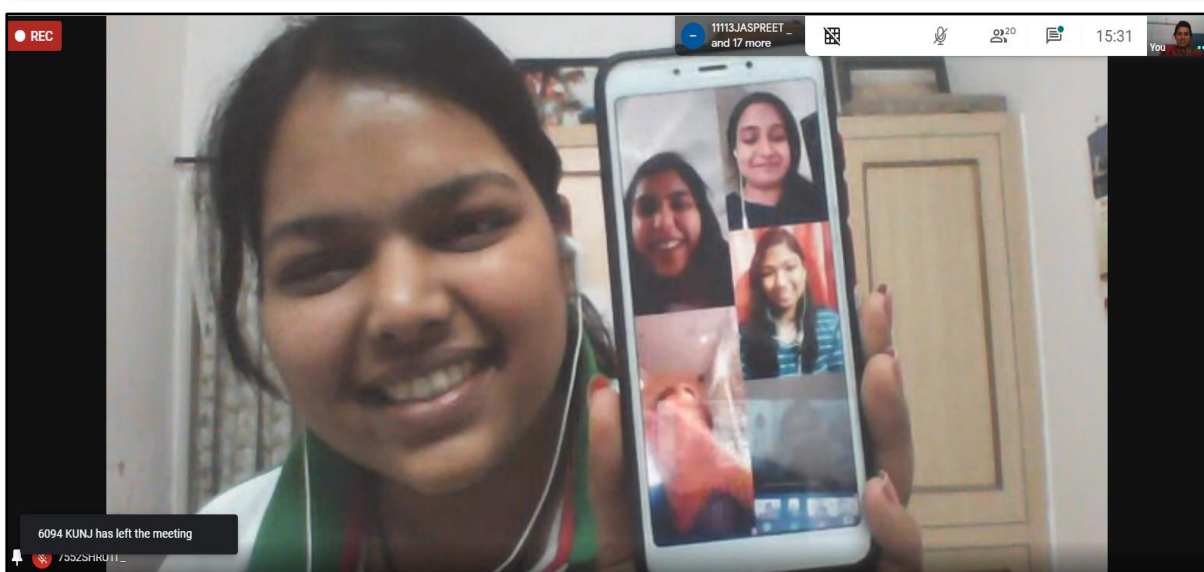
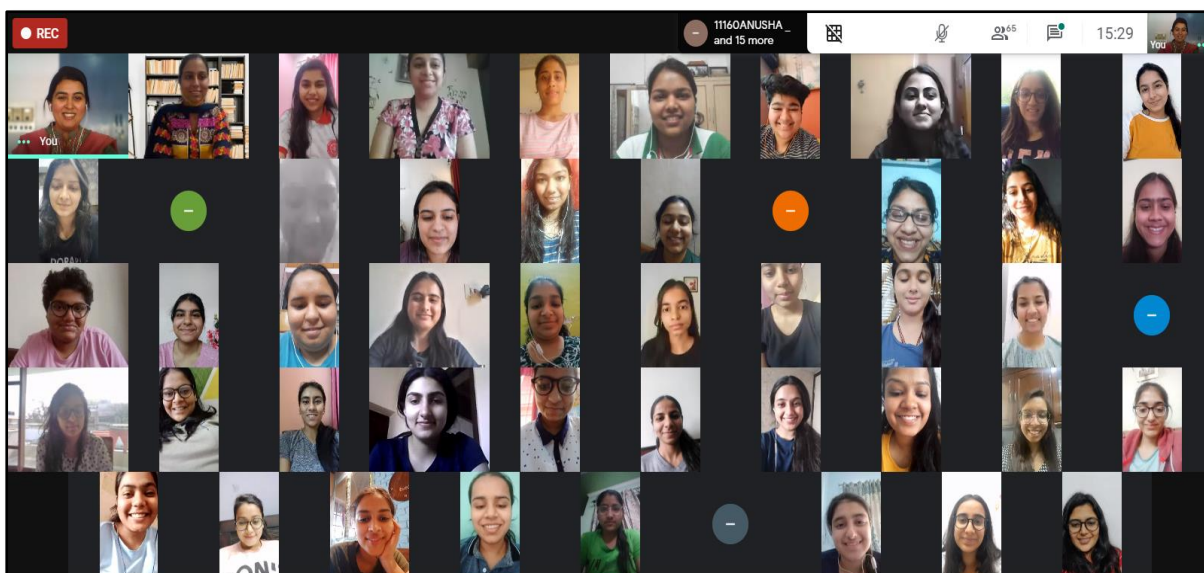
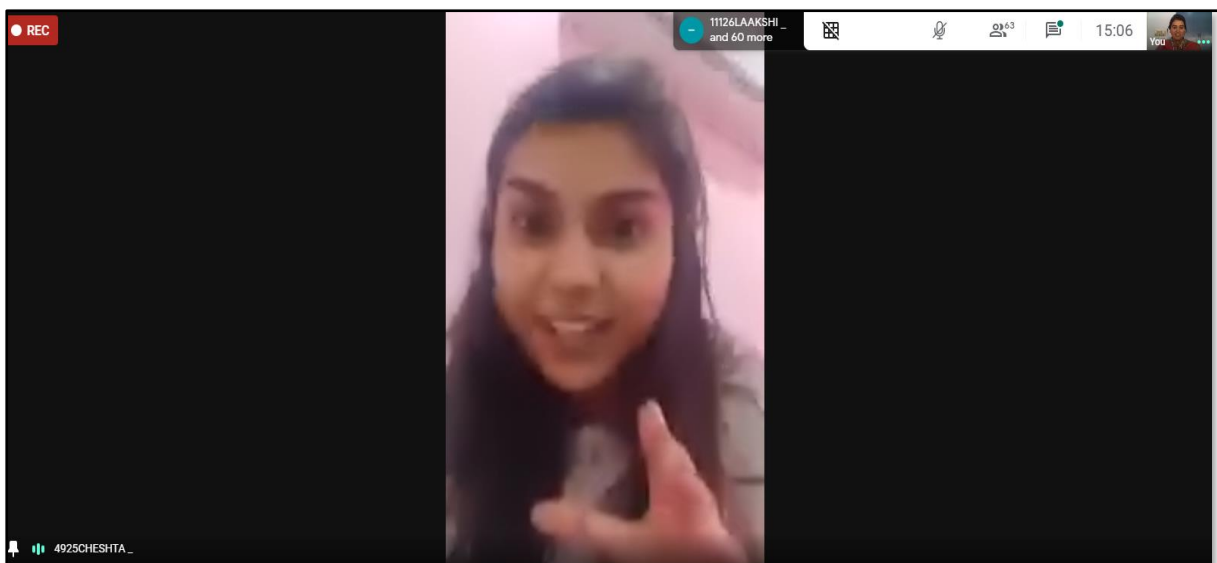
**The Context:** Seven Day and Night Special NSS Camp (2020-21) of Mehr Chand Mahajan DAV College for Women, Chandigarh was organized from 18<sup>th</sup> – 24<sup>th</sup> March 2021. It was organized taking all the precautionary COVID-19 measures. During the camp, NSS Volunteers participated enthusiastically and displayed their best in the activities that were conducted from community welfare. In order to appreciate their praise worthy work and motivate them for future community engagement, a **gratitude session** was organized during the last session of Day 7.

**The Practice:** In the last session, NSS Programme Officers Dr. Pallvi Rani and Dr. Purnima Bhandari expressed gratitude and a heartfelt thanks to all the volunteers as well as group leaders who participated in making the Seven Day and Night Camp a success. The Programme Officers lauded and appreciated the efforts of the volunteers in every field including discipline, hospitality, organizing, documentation etc. After that, the volunteers one by one expressed their views about their stay in camp, shared their learnings, amazing experience they had, and thanked the Programme officers and all the group leaders. In the end, group photographs were clicked.

**Evidence of Success:** Overall, it was a very interactive session where everyone expressed their gratitude to each other and praised one other. Through this seven-day journey, volunteers were infused with the motto of NSS – *Not Me, But You!* With this, the camp ended on a positive as well as an emotional note.



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MEDIA COVERAGE

## 7 दिवसीय एनएसएस शिविर अपशिष्ट प्रबंधन तकनीकों की दी जानकारी

### जगमार्ग न्यूज

चंडीगढ़। एमसीएम डीएवी कॉलेज में सात दिवसीय विशेष एनएसएस शिविर का सफलतापूर्वक समापन हुआ। समापन समारोह में स्वयंसेवकों को भारत सरकार के अपशिष्ट प्रबंधन और एक भारत श्रेष्ठ भारत अभियान के बारे में जागरूक किया गया। अपशिष्ट प्रबंधन के महत्व के बारे में स्वयंसेवकों को जागरूक करने हेतु कॉलेज के खाद्य विज्ञान विभाग के सहायक प्रोफेसर डॉ वंदना शर्मा और डॉ संदीप कौर ने कॉलेज परिसर स्थापित में विभिन्न अपशिष्ट प्रबंधन तकनीकों पर प्रकाश डाला। कॉलेज के स्नातकोत्तर अंग्रेजी विभाग की एसोसिएट प्रोफेसर श्रीमती नीना शर्मा ने एक भारत श्रेष्ठ भारत मिशन- एक सल्यूट टू मल्टीकल्चरल फैब्रिक ऑफ इंडिया शीर्षक पर व्याख्यान दिया जिसमें स्वयंसेवकों को दादरा और नगर हवेली के इतिहास और संस्कृति,

भारत सरकार के अपशिष्ट प्रबंधन और एक भारत श्रेष्ठ भारत अभियान के बारे में जागरूक किया



जनजातियों, संगीत और कला रूपों, पारंपरिक नृत्य, भोजन और भाषा के बारे में बताया गया। शिविर की पूरी अवधि के दौरान, स्वयंसेवकों ने प्रत्येक सत्र में असाधारण सीखने के अवसरों का अनुभव किया जो स्वयंसेवकों के समग्र विकास को ध्यान में रखते हुए तैयार किये गए थे। शिविर के दौरान ट्रांसफ्यूजन मेडिसिन विभाग, पीजीआईएमईआर, चंडीगढ़ के डॉ सुचेत सचदेव द्वारा रक्तदान पर व्याख्यान, राज कुमार वर्मा, युवा अधिकारी, क्षेत्रीय निदेशालय, चंडीगढ़ द्वारा 'एनएसएस लाइफस्टाइल परिदृश्य के साथ एनएसएस कैम्प और एनएसएस अवार्ड' पर व्याख्यान। चंडीगढ़

पुलिस के संजय मलिक, पूजा, और स्वयं टीम के सदस्यों द्वारा 'सेल्फ डिफेंस तकनीक' पर कार्यशाला, एलएफएस भूपिंदर सिंह द्वारा 'फायर फाइटिंग' पर कार्यशाला एवं हैंड-ऑन प्रशिक्षण सत्र, कॉलेज के हिंदी विभाग की एसोसिएट प्रोफेसर डॉ सरिता चौहान द्वारा शहीद भगत सिंह द्वारा प्रेरक वार्ता, कॉलेज के फाइन आर्ट्स विभाग की डॉ पूजा शर्मा द्वारा 'मिनिएचर गार्डन फॉर्म आउट ऑफ वेस्ट' पर कार्यशाला, और कॉलेज के पर्यावरण विभाग के सहायक प्रोफेसर डॉ शफ़ीला द्वारा 'पेपर रीसाइक्लिंग' पर कार्यशाला आयोजित की गई।

## एमसीएम में एनएसएस शिविर संपन्न



एमसीएम डीएवी कॉलेज फॉर वूमन सेक्टर-36 में आयोजित एनएसएस कैम्प के दौरान वालंटियर्स सफाई अभियान को लेकर जागरूकता कार्यक्रम चलाते हुए ●स्त्रा:



## एमसीएम में 7 दिवसीय एनएसएस शिविर संपन्न



चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज में सात दिवसीय विशेष एनएसएस शिविर का सफलतापूर्वक समापन हुआ। समापन समारोह में स्वयंसेवकों को भारत सरकार के अपशिष्ट प्रबंधन और एक भारत श्रेष्ठ भारत अभियान के बारे में जागरूक किया गया। अपशिष्ट प्रबंधन के महत्व के बारे में स्वयंसेवकों को जागरूक करने हेतु कॉलेज के खाद्य विज्ञान विभाग के सहायक प्रोफेसर डॉ. वंदना शर्मा और डॉ. संदीप कौर ने कॉलेज परिसर स्थापित में विभिन्न अपशिष्ट प्रबंधन तकनीकों पर प्रकाश डाला। कॉलेज के स्नातकोत्तर अंग्रेजी विभाग की एसोसिएट प्रोफेसर श्रीमती नीना शर्मा ने एक भारत श्रेष्ठ भारत मिशन : एक सल्यूट टू मल्टीकल्चरल फैब्रिक ऑफ इंडिया शीर्षक पर व्याख्यान दिया जिसमें स्वयंसेवकों को दादरा और नगर हवेली के इतिहास और संस्कृति, जनजातियों, संगीत और कला रूपों, पारंपरिक नृत्य, भोजन और भाषा के बारे में बताया गया। शिविर की पूरी अवधि के दौरान, स्वयंसेवकों ने प्रत्येक सत्र में असाधारण सीखने के अवसरों का अनुभव किया जो स्वयंसेवकों के समग्र विकास को ध्यान में रखते हुए तैयार किये गए थे। कॉलेज की प्रिंसिपल प्राचार्य डॉ निशा भार्गव ने शिविर के सफल समापन के लिए एनएसएस इकाइयों को बधाई दी। उन्होंने कहा कि वर्तमान महामारी के समय में शिविर के दौरान स्वयंसेवकों को जो कौशल एवं ज्ञान से समृद्ध किया गया है वह उनके लिए एक मजबूत जीवन मूल्य प्रणाली देकर राष्ट्र का एक जिम्मेदार नागरिक बनने का मार्ग प्रशस्त करेगा।

## एमसीएम में एनएसएस शिविर संपन्न

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज में सात दिवसीय विशेष एनएसएस शिविर का सफलतापूर्वक समापन हुआ। समापन समारोह में स्वयंसेवकों को भारत सरकार के अपशिष्ट प्रबंधन और एक भारत श्रेष्ठ भारत अभियान के बारे में जागरूक किया गया। अपशिष्ट प्रबंधन के महत्व के बारे में स्वयंसेवकों को जागरूक करने हेतु कॉलेज के खाद्य विज्ञान विभाग के सहायक प्रोफेसर डा. वंदना शर्मा और डा. संदीप कौर ने कॉलेज परिसर स्थापित में विभिन्न अपशिष्ट प्रबंधन तकनीकों पर प्रकाश डाला। कॉलेज के स्नातकोत्तर अंग्रेजी विभाग की एसोसिएट प्रोफेसर श्रीमती नीना शर्मा ने एक भारत श्रेष्ठ भारत मिशन एक सल्यूट टू मल्टीकल्चरल फैब्रिक ऑफ इंडिया शीर्षक पर व्याख्यान दिया, जिसमें स्वयंसेवकों को दादरा और नगर हवेली के इतिहास और संस्कृति, जनजातियों, संगीत और कला रूपों, पारंपरिक नृत्य, भोजन और भाषा के बारे में बताया गया। शिविर की पूरी अवधि के दौरान स्वयंसेवकों ने प्रत्येक सत्र में असाधारण सीखने के अवसरों का अनुभव किया जो स्वयंसेवकों के समग्र विकास को ध्यान में रखते हुए तैयार किये गए थे।



# एमसीएम में 7 दिवसीय एनएसएस शिविर संपन्न

चण्डीगढ़ (ऋद्धम आचार्य / हिमप्रभा)। मेहर चंद महाजन डीएवी कॉलेज में सात दिवसीय विशेष एनएसएस शिविर का सफलतापूर्वक समापन हुआ। समापन समारोह में स्वयंसेवकों को भारत सरकार के अपशिष्ट प्रबंधन और एक भारत श्रेष्ठ भारत अभियान के बारे में जागरूक किया गया। अपशिष्ट प्रबंधन के महत्व के बारे में स्वयंसेवकों को जागरूक करने हेतु कॉलेज के खाद्य विज्ञान विभाग के सहायक प्रोफेसर डॉ वंदना शर्मा और डॉ संदीप कौर ने कॉलेज परिसर स्थापित में विभिन्न अपशिष्ट प्रबंधन तकनीकों पर प्रकाश डाला। कॉलेज के स्नातकोत्तर अग्रेजी विभाग की एसोसिएट प्रोफेसर श्रीमती नीना शर्मा ने एक भारत श्रेष्ठ भारत मिशन- एक सल्यूट टू मल्टीकल्चरल फैब्रिक ऑफ इंडिया शीर्षक पर व्याख्यान दिया जिसमें स्वयंसेवकों को दादरा और नगर हवेली के इतिहास और संस्कृति, जनजातियों, संगीत और कला रूपों, पारंपरिक नृत्य, भोजन और भाषा के बारे में बताया गया। शिविर की पूरी अवधि के दौरान, स्वयंसेवकों ने प्रत्येक सत्र में असाधारण सीखने के अवसरों का

अनुभव किया जो स्वयंसेवकों के समग्र विकास को ध्यान में रखते हुए तैयार किये गए थे। शिविर के दौरान ट्रांसम्यूजिंग मेडिसिन विभाग, पीजीआईएमईआर, चंडीगढ़ के डॉ सुचेत सचदेव द्वारा रक्तदान पर व्याख्यान, श्री राज कुमार वर्मा, युवा अधिकारी, क्षेत्रीय निदेशालय, चंडीगढ़ द्वारा एनएसएस लाइफस्टाइल परिदृश्य के साथ एनएसएस कैम्प और एनएसएस अवार्ड पर व्याख्यान। चंडीगढ़ पुलिस के श्री संजय मलिक, सुश्री पूजा, और स्वयं टीम के सदस्यों द्वारा सेल्फ डिफेंस तकनीक पर कार्यशाला, एलएफएस भूपिंदर सिंह द्वारा फायर फाइटिंग पर कार्यशाला एवं हैंड-ऑन प्रशिक्षण सत्र, कॉलेज के हिंदी विभाग की एसोसिएट प्रोफेसर डॉ सरिता चौहान द्वारा शहीद भगत सिंह द्वारा प्रेरक वार्ता, कॉलेज के फाइन आर्ट्स विभाग की डॉ पूजा शर्मा द्वारा मिनिचर गार्डन फॉम आउट ऑफ वेस्ट पर कार्यशाला, और कॉलेज के पर्यावरण विभाग के सहायक प्रो. डॉ शफीला द्वारा पेपर रीसाइक्लिंग पर कार्यशाला आयोजित की गई। इन गतिविधियों के अलावा, राष्ट्रीय और अंतर्राष्ट्रीय स्तर पर योग में स्वर्ण पदक विजेता तथा योग

इंस्ट्रक्टर सुश्री के मोनारिटा द्वारा एक योग सत्र भी संचालित किया गया जिसका उद्देश्य स्वयंसेवकों को तनाव से राहत देने, शरीर और मन को योग प्रथाओं के माध्यम से एकाग्र एवं सक्षम करने के कौशल से भी समृद्ध किया गया। शिविर के दौरान, एनएसएस स्वयंसेवकों ने स्वच्छ भारत अभियान के तहत स्वच्छता अभियान भी चलाया, जिसमें उन्होंने कॉलेज परिसर में सफाई की एवं इस प्रक्रिया में श्रम की गरिमा सीखी। भारत सरकार के फ्लैगशिप कार्यक्रम आजादी के अमृत महोत्सव के तत्वाधान एक इंटरएक्टिव सत्र आयोजित किया गया था जिसमें एनएसएस स्वयंसेवकों सुश्री तक्षु जग्गा, सुश्री याशिका, सुश्री सिमरनजीत कौर और सुश्री धनु ने आजादी का अमृत महोत्सव, भारत 75 वर्ष को मनाने की प्रासंगिकता के बारे में बताया एवं इसकी ऑनलाइन प्रस्तुतियाँ भी दी। आजादी का अमृत महोत्सव की थीम पर पोस्टर मेकिंग प्रतियोगिता भी आयोजित की गई। शिविर की पूरी



अवधि के दौरान सरकार द्वारा कोविड -19 की रोकथाम हेतु जारी मानदंडों का कड़ाई से पालन किया गया। वेलोडिक्टरी सत्र के दौरान, एनएसएस कार्यक्रम अधिकारी डॉ पल्लवी रानी और डॉ पूर्णिमा भंडारी ने शिविर को सफल बनाने के लिए सभी हितधारकों का आभार व्यक्त किया। कॉलेज की प्रिंसिपल प्राचार्य डॉ निशा भार्गव ने शिविर के सफल समापन के लिए एनएसएस इकाइयों को बधाई दी। उन्होंने कहा कि वर्तमान महामारी के समय में शिविर के दौरान स्वयंसेवकों को जो कौशल एवं ज्ञान से समृद्ध किया गया है वह उनके लिए एक मजबूत जीवन मूल्य प्रणाली देकर राष्ट्र का एक जिम्मेदार नागरिक बनने का मार्ग प्रशस्त करेगा।

## एमसीएम में 7 दिवसीय एनएसएस शिविर संपन्न

# एक भारत श्रेष्ठ भारत अभियान के बारे जागरूक किया

**आज समाज नेटवर्क**

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज में सात दिवसीय विशेष एनएसएस शिविर का सफलतापूर्वक समापन हुआ। समापन समारोह में स्वयंसेवकों को भारत सरकार के अपशिष्ट प्रबंधन और एक भारत श्रेष्ठ भारत अभियान के बारे में जागरूक किया गया। अपशिष्ट प्रबंधन के महत्व के बारे में स्वयंसेवकों को जागरूक करने हेतु कॉलेज के खाद्य विज्ञान विभाग के सहायक प्रोफेसर डॉ. वंदना शर्मा और डॉ. संदीप कौर ने कॉलेज परिसर स्थापित में विभिन्न अपशिष्ट प्रबंधन तकनीकों पर प्रकाश डाला। कॉलेज के स्नातकोत्तर अग्रेजी विभाग की एसोसिएट प्रोफेसर नीना शर्मा ने

शिविर के दौरान ट्रांसम्यूजिंग मेडिसिन विभाग, पीजीआईएमईआर, चंडीगढ़ के डॉ. सुचेत सचदेव द्वारा रक्तदान पर व्याख्यान, राज कुमार वर्मा, युवा अधिकारी, क्षेत्रीय निदेशालय, चंडीगढ़ द्वारा 'एनएसएस लाइफस्टाइल परिदृश्य के साथ एनएसएस कैम्प और एनएसएस अवार्ड' पर व्याख्यान।

कॉलेज की प्रिंसिपल प्राचार्य डॉ. निशा भार्गव ने शिविर के सफल समापन के लिए एनएसएस इकाइयों को बधाई दी। उन्होंने कहा कि वर्तमान महामारी के समय में शिविर के दौरान स्वयंसेवकों को जो कौशल एवं ज्ञान से समृद्ध किया गया है वह उनके लिए एक मजबूत जीवन मूल्य प्रणाली देकर राष्ट्र का एक जिम्मेदार नागरिक बनने का मार्ग प्रशस्त करेगा।

मेहर चंद महाजन डीएवी कॉलेज में सात दिवसीय विशेष एनएसएस शिविर के दौरान मौजूद प्रतिभागी। आज समाज एक भारत श्रेष्ठ भारत मिशन: एक के इतिहास और संस्कृति, जनजातियों, संगीत और कला रूपों, पारंपरिक नृत्य, भोजन और भाषा के बारे में बताया गया। शिविर की पूरी अवधि के दौरान, स्वयंसेवकों ने प्रत्येक सत्र में असाधारण सीखने के अवसरों का अनुभव किया जो स्वयंसेवकों के समग्र विकास को ध्यान में रखते हुए तैयार किये गए थे।



# 7 Day night NSS camp concludes at MCM

CHANDIGARH, APR 7

The 7 Day/Night Special NSS Camp at Mehr Chand Mahajan DAV College for Women culminated with an eventful day wherein the volunteers were educated about Waste Management and the Ek Bharat Shreshtha Bharat Abhiyan of Government of India. With a view to enlighten the volunteers about the importance of waste management, Dr. Vandana Sharma and Dr. Sandeep Kaur, Assistant Professors, Department of Microbial Food Science and Technology at MCM shed light on various solid waste management techniques. Ms. Neena Sharma, Associate Professor, PG Department of English at MCM delivered an informative talk on 'Ek Bharat Shreshtha Bharat Mission: A Salute to the Multicultural Fabric of India' where volunteers were informed about the history and culture of Dadra and Nagar Haveli including its tribes, musical and art forms, traditional dance, food and language. During the entire duration of the camp, the volunteers experienced exceptional learning opportunities in each of the session that was



curated keeping in mind the holistic development of the volunteers. Lecture on 'Blood Donation amidst COVID pandemic' by Dr. Suchet Sachdev, Department of Transfusion Medicine, PGIMER, lecture on 'NSS Lifestyle Scenario with NSS Camp and NSS Award' by Mr. Raj Kumar Verma, Youth Officer, Regional Directorate, Chandigarh, workshop on 'Self-Defense Techniques' by Chandigarh Police's Mr. Sanjay Malik, Ms. Pooja, and members of Swayam team, workshop cum hands-on training session on 'Fire Fighting' by LFS Bhopinder Singh, motivational talk on Shaheed Bhagat Singh by Dr. Sarita Chauhan.

## एमसीएम में 7 दिवसीय एनएसएस शिविर संपन्न

चंडीगढ़, 7 अप्रैल (राकेश): मेहरचंद महाजन डीएवी कॉलेज में सात दिवसीय विशेष एनएसएस शिविर का सफलतापूर्वक समापन हुआ। समापन समारोह में स्वयंसेवकों को भारत सरकार के अपशिष्ट प्रबंधन और एक भारत श्रेष्ठ भारत अभियान के बारे में जागरूक किया गया। अपशिष्ट प्रबंधन के महत्व के बारे में स्वयंसेवकों को जागरूक करने हेतु कॉलेज के खाद्य विज्ञान विभाग के सहायक प्रो. डा. वंदना शर्मा और डा. संदीप कौर ने कॉलेज परिसर में विभिन्न अपशिष्ट प्रबंधन तकनीकों पर प्रकाश डाला।

कॉलेज के स्नातकोत्तर अंग्रेजी विभाग की एसोसिएट प्रो. नीना शर्मा ने एक भारत श्रेष्ठ भारत मिशन: एक सेल्यूट टू मल्टीकल्चरल फैब्रिक ऑफ इंडिया शीर्षक पर व्याख्यान दिया, जिसमें स्वयंसेवकों को दादरा और नगर हवेली के इतिहास और संस्कृति, जनजातियों, संगीत और कला रूपों, पारंपरिक नृत्य, भोजन और भाषा के बारे में बताया गया। शिविर की पूरी अवधि के दौरान, स्वयंसेवकों ने प्रत्येक सत्र में



एनएसएस शिविर में छात्राएं योग से स्वस्थ रहने के गुर लेती हुई।

असाधारण सीखने के अवसरों का अनुभव किया जो स्वयंसेवकों के समग्र विकास को ध्यान में रखते हुए तैयार किये गए थे।

शिविर के दौरान ट्रांसफ्यूजन मेडिसिन विभाग, पीजीआई के डा. सुचेत सचदेव द्वारा रक्तदान पर व्याख्यान, राज कुमार वर्मा, युवा अधिकारी, क्षेत्रीय निदेशालय, चंडीगढ़

द्वारा एनएसएस लाइफस्टाइल परिदृश्य के साथ एनएसएस कैम्प और एनएसएस अवार्ड पर व्याख्यान। चंडीगढ़ पुलिस के संजय मलिक, पूजा, और स्वयं टीम के सदस्यों द्वारा सेल्फ डिफेंस तकनीक पर कार्यशाला, एलएफएस भूपेंद्र सिंह द्वारा फायर फाइटिंग पर कार्यशाला एवं हैंड-ऑन प्रशिक्षण सत्र, कॉलेज के हिंदी विभाग

की एसोसिएट प्रोफेसर डा. सरिता चौहान द्वारा शाहीद भगत सिंह द्वारा प्रेरक वार्ता, कॉलेज के फाइन आर्ट्स विभाग की डा. पूजा शर्मा द्वारा मिनिस्टर गार्डन फ्रॉम आऊट ऑफ वेस्ट पर कार्यशाला, और कॉलेज के पर्यावरण विभाग के सहायक प्रो. डा. शफीला द्वारा पेपर रीसाइक्लिंग पर कार्यशाला आयोजित की गई।



# एमसीएम में 7 दिवसीय एनएसएस शिविर संपन्न

» विनोद कुमार

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज में सात दिवसीय विशेष एनएसएस शिविर का सफलतापूर्वक समापन हुआ। समापन समारोह में स्वयंसेवकों को भारत सरकार के अपशिष्ट प्रबंधन और एक भारत श्रेष्ठ भारत अभियान के बारे में जागरूक किया गया।

अपशिष्ट प्रबंधन के महत्व के बारे में स्वयंसेवकों को जागरूक करने हेतु कॉलेज के खाद्य विज्ञान विभाग के सहायक प्रोफेसर डॉ वंदना शर्मा और डॉ संदीप कौर ने कॉलेज परिसर स्थापित में विभिन्न अपशिष्ट प्रबंधन तकनीकों पर प्रकाश डाला।

कॉलेज के स्नातकोत्तर अंग्रेजी विभाग की एसोसिएट प्रोफेसर श्रीमती नीना शर्मा ने एक भारत श्रेष्ठ भारत मिशन: एक सल्यूट टू मल्टीकल्चरल फैब्रिक ऑफ इंडिया शीर्षक पर व्याख्यान दिया जिसमें स्वयंसेवकों को दादरा और नगर हवेली के इतिहास और संस्कृति, जनजातियों, संगीत और कला रूपों, पारंपरिक नृत्य, भोजन और भाषा के बारे में बताया गया।

शिविर के दौरान ट्रांसफ्यूजन मेडिसिन विभाग, पीजीआईएमईआर, चंडीगढ़ के डॉ सुचेत सचदेव द्वारा रक्तदान पर व्याख्यान, श्री राज कुमार वर्मा, युवा अधिकारी, क्षेत्रीय निदेशालय, चंडीगढ़ द्वारा 'एनएसएस लाइफस्टाइल परिदृश्य के साथ एनएसएस कैंप और एनएसएस अवार्ड' पर व्याख्यान। चंडीगढ़ पुलिस के श्री संजय मलिक, सुश्री पूजा, और स्वयं टीम के सदस्यों द्वारा 'सेल्फ डिफेंस तकनीक' पर कार्यशाला, एलएफएस भूपिंदर सिंह द्वारा 'फायर फाइटिंग'



पर कार्यशाला एवं हैंड-ऑन प्रशिक्षण सत्र, कॉलेज के हिंदी विभाग की एसोसिएट प्रोफेसर डॉ सरिता चौहान द्वारा शहीद भगत सिंह द्वारा प्रेरक वार्ता, कॉलेज के फाइन आर्ट्स विभाग की डॉ पूजा शर्मा द्वारा 'मिनिएचर गार्डन फ्रॉम आउट ऑफ वेस्ट' पर कार्यशाला, और कॉलेज के पर्यावरण विभाग के सहायक प्रोफेसर डॉ शफीला द्वारा 'पेपर रीसाइक्लिंग' पर कार्यशाला आयोजित की गई। कॉलेज की प्रिंसिपल प्राचार्य डॉ निशा भार्गव ने शिविर के सफल समापन के लिए एनएसएस इकाइयों को बधाई दी। उन्होंने कहा कि वर्तमान महामारी के समय में शिविर के दौरान स्वयंसेवकों को जो कौशल एवं ज्ञान से समृद्ध किया गया है वह उनके लिए एक मजबूत जीवन मूल्य प्रणाली देकर राष्ट्र का एक जिम्मेदार नागरिक बनने का मार्ग प्रशस्त करेगा।

**NOT ME, BUT YOU!**





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