



Mehr Chand Mahajan DAV College For Women

Sector-36A, Chandigarh



उर्जा OORJA

A SKILL DEVELOPMENT INITIATIVE

2019 - 20

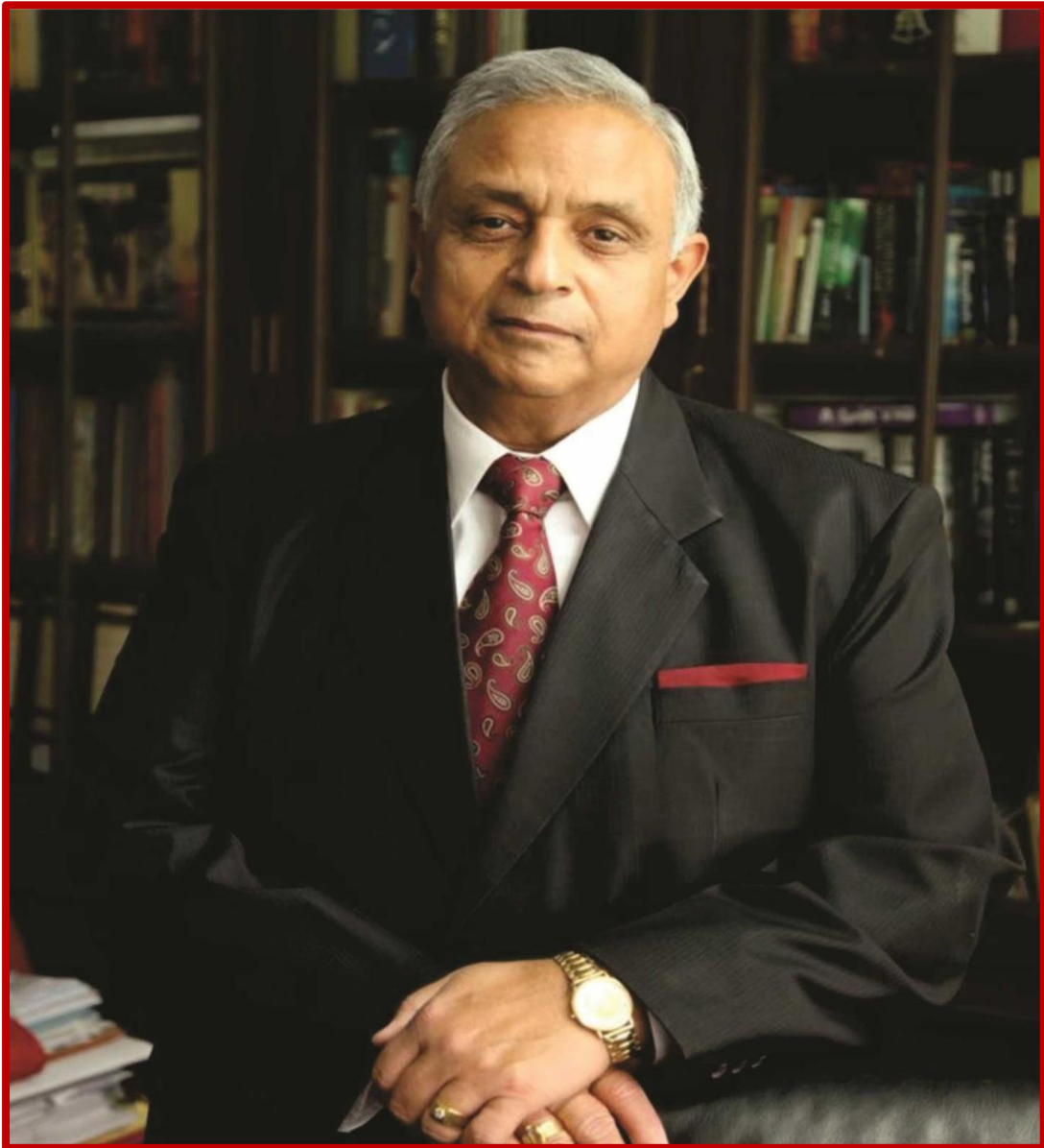


Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

Our Guide and Mentor



Dr. Punam Suri Ji, Padma Shree Awardee

Hon'ble President

DAV College Managing Committee

New Delhi



From Principal's Desk

Mehr Chand Mahajan DAV College for Women endeavours to make systematic and sustained efforts to ensure that the young women who graduate from the College are not only academically disposed, but also ready to enter into professions as per their inclinations and also start entrepreneurial ventures as per their aptitude whatever the case may be. One of the main aims of Skill Development Committee of the college is to offer a wide range of opportunities to expose the students to the various options available that help them to make informed decisions later in life. This also helps to empower and equip them with the requisite skills, knowledge and a basic qualification to pursue a career in a particular field.

Keeping in view the objectives of Skill Development Committee, various events and Workshops were arranged for the students to help them learn in an interesting and stimulating atmosphere. Various workshops were arranged to help the students acquire skills like clay modelling, sculpting eco-friendly Ganesha, decorating the Child Care Centre with vibrant paintings, exposing the students to the creative process of art in 'Kalasrijan' or honing the culinary skills with the Workshop on Bakery and Desserts. Another innovative step in this direction was the 'Sustainability Samvaad' where the participants were not only cautioned about the carbon footprints they leave behind but also taught to find alternative ways to make eco-friendly products. Another activity which helped students explore their creative talent

was 'Best out of Waste' activity. A short course on French language provided a platform to students to not only learn the language but also explore the culture of Europe which is pertinent in a time when world has become a global village. 'Be a Health Manger' amalgamated various objectives of the Committee which focused on creativity, nurturing talent, acquiring new skills, ensuring harmonious development and remaining motivated in the times when the current pandemic time unleashed moments of despair and dejection.

I am thankful to Shri Punam Suri ji, Padma Shree Awardee, Hon'ble President, DAV College Managing Committee, New Delhi for encouraging us to arrange various Workshops and Skill Development Programmes. I express my gratitude to Shri H.R. Gandhar ji, Senior Governing Body member of the College and Vice President DAVCMC for his inputs in various endeavours that we undertake. I am beholden to Shri Shiv Raman Gaur ji, Director Higher Education, DAVCMC who keeps us motivated to strive for such initiatives. My greetings to the convener of the Committee, Dr. Gurvinder Kaur and all the members of the Skill Development Committee, who envisioned and implemented novel ways to enthuse 'Urja' in the students and enlighten their path by equipping them with the right skills!

Principal
Nisha Bhargava

Message

The holistic development of a human being involves, among other things, learning of skills as per one's abilities and tastes. Mehr Chand Mahajan DAV College for Women, Chandigarh, ensures that ample opportunities are provided to students to explore and hone their skills in areas of their interest. Under the able guidance of the Principal Dr. Nisha Bhargava, all the Departments and Committees organise relevant workshops throughout the academic session. The culture of imparting skills in the college not just adds to the personality of the students, it also helps them to deal with difficult situations like the COVID-19 pandemic. The journey of skill initiatives also promotes the teamwork amongst students, faculty, the Office Staff and the non teaching staff as they engage in the process of organising the events. I take this opportunity to express my sincere gratitude to the DAV College Managing Committee for its ever progressive and pragmatic vision, and to respected Principal Madam, Dr. Nisha Bhargava, for her continual motivation and valuable inputs at every step. I express my thanks to the organisers of the events, the student organisers, the Skill Development Report team, the Office Staff and the non teaching staff for their respective contributions.



Dr. Gurvinder Kaur

Convener, Skill Development Committee

SKILL DEVELOPMENT INITIATIVES

2019-2020

College as Training Centre

The College understands the value of skills as an important component of wholesome personality as also for earning livelihood. Apart from creating an ecosystem that instills an interest in acquiring new skills, the College continually endeavors to impart varied skills in a structured manner.

A milestone was achieved by the College in 2019 when the College got registered and accredited as a Training Centre (TC 111709) under the aegis of the Ministry of Skill Development and Entrepreneurship, Government of India.

Affiliated to Chandigarh Skill Development Mission (CSDM), the College has become eligible to impart training by trainers, certified by Government of India, in more than two hundred and fifty job roles. At present the Training Centre is providing training for Goods and Service Tax Accounts Assistant. In line with the vision of Skill India, the College is instrumental in not only making the youth ready for life and for employment but also fulfills its social responsibility of providing a safe and well equipped training Centre for the not so privileged people looking for learning opportunities.

The College accredited as Training Centre affiliated to Chandigarh Skill Development Mission by the National Skill Development Corporation, Ministry of Skill Development and Entrepreneurship, Government of India





एमसीएम डीएवी कॉलेज-36 में कौशल विकास प्रशिक्षण केंद्र के उद्घाटन मौके पर पीयू कंट्रोलर ऑफ एग्जामिनेशन प्रोफेसर परविंदर सिंह को सम्मानित करती कॉलेज प्रिंसिपल डॉ. निशा भार्गव। साथ में कॉलेज स्टाफ के सदस्य ●सौजन्य-पीआर कॉलेज

कौशल विकास प्रशिक्षण केंद्र का उद्घाटन

जासं, चंडीगढ़ : सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज फॉर वुमन में बुधवार को कौशल विकास और उद्यमिता मंत्रालय, भारत सरकार के तत्वावधान में चंडीगढ़ स्किल डेवलपमेंट मिशन (सीएसडीएम) से संबद्ध अपने पंजीकृत प्रशिक्षण केंद्र के उद्घाटन किया गया। पंजाब और हरियाणा में कौशल विकास प्रशिक्षण केंद्र शुरू करने वाला एमसीएम पहला कॉलेज है। उद्घाटन मौके पर पंजाब यूनिवर्सिटी के कंट्रोलर ऑफ एग्जामिनेशन प्रोफेसर परविंदर सिंह मुख्य अतिथि थे। कार्यक्रम में कॉलेज शिक्षिका दीपिका सिंह, रिसर्च ऑफिसर, सीएसडीएम और

जीएसटी अकाउंट्स असिस्टेंट कोर्स ट्रेनर भावना शर्मा भी उपस्थित रही। मुख्य अतिथि प्रो. परविंदर सिंह ने नए पाठ्यक्रम को समय की जरूरत बताया, क्योंकि इन पाठ्यक्रमों से रोजगार कौशल में वृद्धि होती है। तकनीकी शिक्षा के विशेष सचिव सचिन राणा भी इस मौके पर मौजूद थे। प्रिंसिपल डॉ. निशा भार्गव ने कहा कि कॉलेज के प्रशिक्षण केंद्र का प्राथमिक जनादेश युवाओं के कौशल में वृद्धि करना है, जिससे उनकी रोजगार क्षमता में वृद्धि होगी। उन्होंने कहा कि कॉलेज भविष्य में सीएसडीएम के साथ मिलकर ऐसे और कार्यक्रम शुरू करेगा।





**Be a Health Manager-II
(Skill Development Committee)**

You are What you Eat, Don't be Fast, Fake or Free!

Remembering the physical mode of teaching-learning before COVID-19: a glimpse of Be a Health Manager-I, 2019



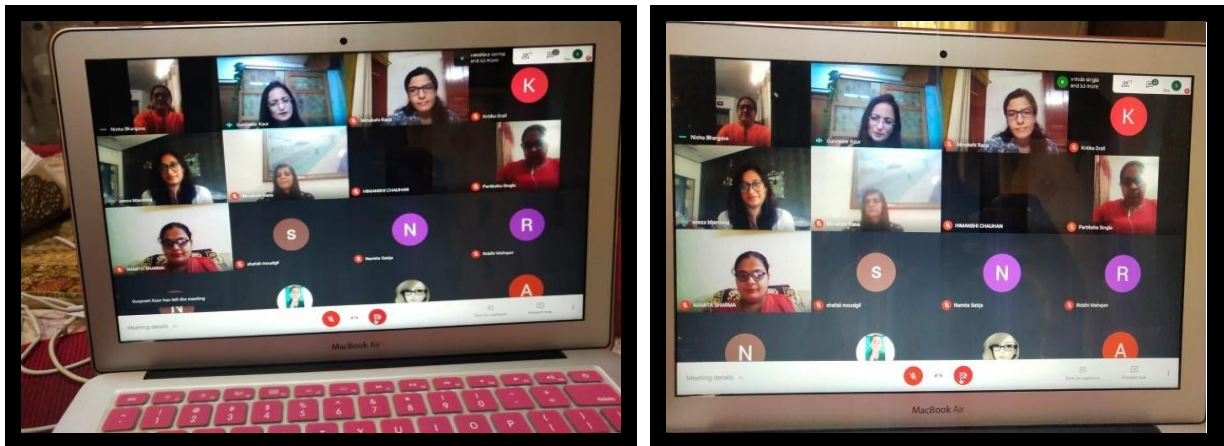


A seven-day workshop cum awareness programme promoting the interconnectedness of all of our body systems towards a holistic growth was organized from May 25, to June 1, 2020 under the able guidance of the convenor Principal Dr. Nisha Bhargava. The objective of this second in series programme was to approach overall wellness with an understanding of the interplay between our emotional, and physical health. The workshop received appreciation and accolades with an overwhelming participation of 138 students during the unprecedented times of the pandemic. This seven-day workshop focused on the development of holistic health which encompasses not only good nutrition, but a balanced way of life which includes a healthy body and an emotionally fit mind.

Day 1: Immunity across age and gender by Ms. Seeza Bhardwaj

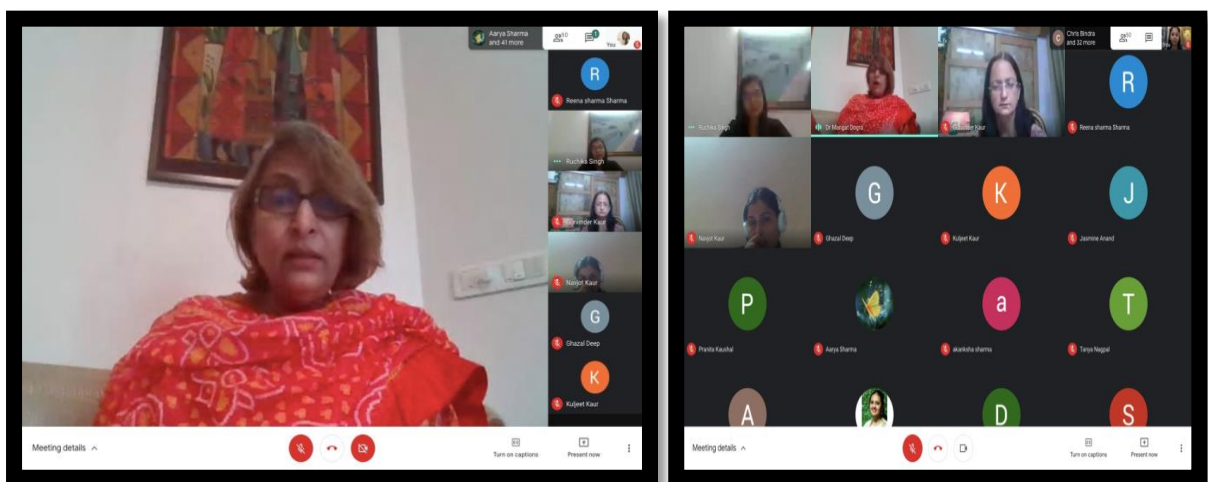
The session commenced with the keynote address by Principal Dr. Nisha Bhargava who pressed upon the inclusion of natural remedies to tackle the problems related to heart, stomach, skin and hair. Further, the resource person Ms. Seeza Bhardwaj apprised the participants of what immunity is and how it is compromised with preservatives, processed white sugar, salt, flour, etc. She acquainted the audience with specific fitness regimes including meditation, yoga, fasting, etc to build immunity and develop resistance. She

addressed natural and organic remedies to increase immunity in people with a history of diabetes, high blood pressure, kidney problems.



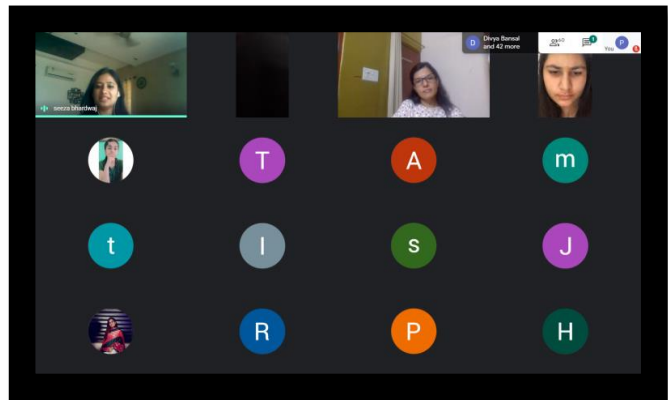
Day 2: Lifestyle Disorders: PCOD, Anaemia, Thyroid, Diabetes and Vision by Dr. Mangla Dogra

Dr. Mangla Dogra, a reputed gynaecologist apprised the audience of the association between hormonal disorder polycystic ovary disorder (PCOD) and auto-immune thyroid disease leading to diabetes. She explained in detail the deficiency in nutrients, symptoms, cure and precaution that must be taken to fight the diseases. She emphasized on maintaining a healthy body weight as per our BMI. She also threw light on the stigma attached to hirsutism, androgen excess, acne, obesity, menstrual irregularity, etc. She demystified the taboos associated with the hygiene of female genitalia, sexual dysfunction, infertility, etc. She addressed the questions of the participants and advised everyone to be wary of the exposure of blue light causing retina damage.



Day 3: Hair and Skin Care by Ms. Seeza Bhardwaj

With increased downtime and COVID-19 restrictions keeping us from the salon, at-home hair care is thriving, emphasised Seeza Bhardwaj. Since the beginning of the pandemic's social restrictions, many turned to self-care as a way to keep busy while shut indoors. Skincare, haircare and other wellness routines have become a source of therapy and experimentation. Staying indoors has provided sufficient time to go back to the 'roots' focus on hair health, with treatments targeted on growth, restoration, and scalp care. She laid emphasis on replacing the chemical-based skin and hair care products with coveting natural and organic products. She addressed the problems of dandruff, hyperpigmentation, acne, vaginal hygiene, etc.



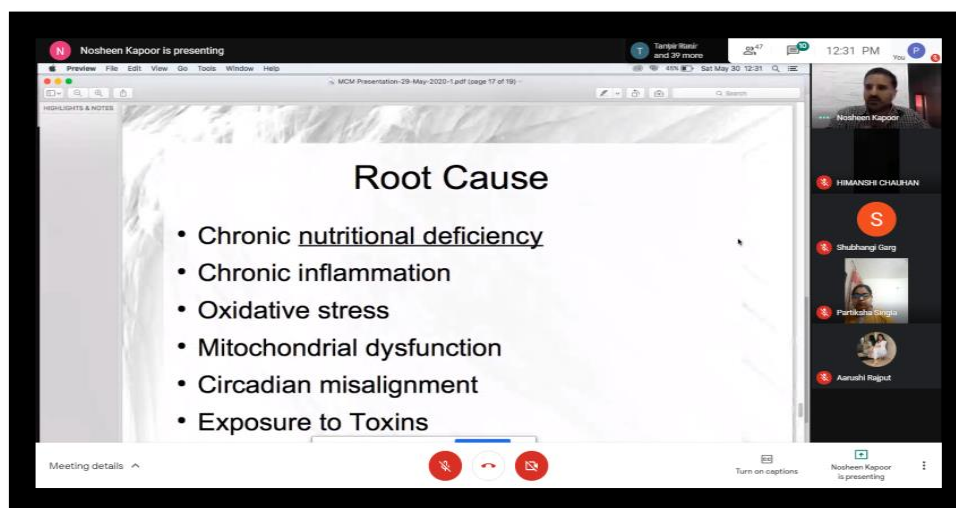
Day 4: Stress Busters and Stamina Boosters by Ms. Seeza Bhardwaj

As we navigate through the strenuous times of the coronavirus, it is imperative to remain calm and centered. In this session, Ms Seeza discussed the various ways to cope with stress and anxiety which included yoga and meditation. The session began with a minute of practice meditation. The students were asked to do various mindfulness activities to reverberate positivity. The session stressed on that the body is a chemical laboratory where hormones and enzymes secrete and react, therefore it's pivotal to calm the hormones with yoga and meditation.



Day 5: Reading Food Labels and Correct Storage of Food by Mr. Pancham Prashar

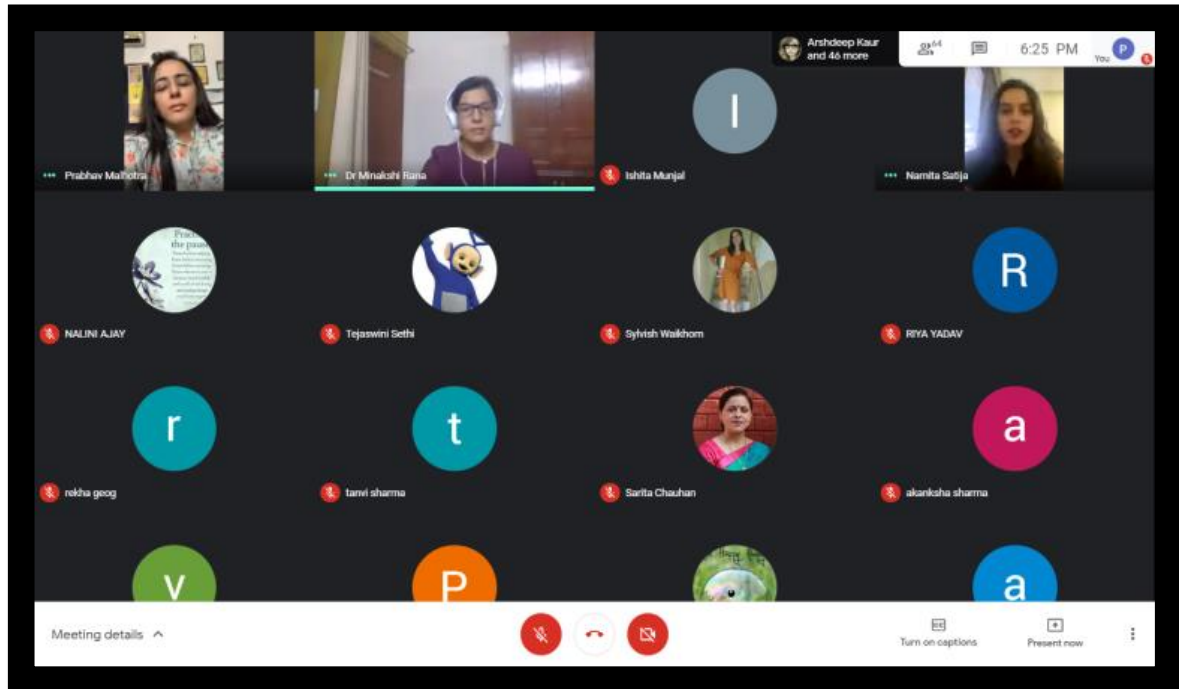
The session was an eye opener as the first question posed by the resource person was “how many times does one read the food labels?”. Reading labels can help make informed food choices. Packaged foods and drinks—the types that come in cans, boxes, bottles, jars, and bags—have a lot of nutrition and food safety information on their labels or packaging. He listed some of the root causes of deteriorating health leading to chronic nutritional deficiency, oxidative stress, circadian misalignment, exposure to toxins, etc. The history of the food labels, preservatives, chemical production, social changes and establishment of food chains transformed the food industry. The consumption of this is still questionable. He advised to prefer local food as it is packaged locally and travels less, therefore carries less preservatives thereby, providing more nutrition. He suggested energy boosting drinks must be replaced with coconut water and white sugar with jaggery, salt with rock salt, etc. He also trained the students to calculate the nutritive value of food using the formula $H = N/C$ where H= health, N= nutrition and C= calorie. He cautioned the audience of the branding and fancy taglines.



Day 6: Weight Management and Detoxification by Dr. Nupur Malhotra

Detox diets are popular dieting strategies that claim to facilitate toxin elimination and weight loss, thereby promoting health and well-being. This session demystified this claim that diets are necessary and the perils of such fad diets were discussed by Dr. Nupur Malhotra. She discussed that most people do not feel good on low-calorie, nutrient-poor diets. The potential side effects of such fad diets include low energy, low blood sugar, muscle aches, fatigue, feeling dizzy or lightheaded, and nausea. She further said that if the idea of detoxing appeals, one might try "clean" eating that focuses on vegetables, fruits, whole grains, and lean protein-

- basically, whole foods without a lot of processing. This kind of a diet is likely to yield results that last, especially if accompanied with exercise. She further discussed PCOD and the high protein diet that one must follow if struggling with the disease.



Day 7: Life Health and Technology by Dr. Gurvinder Kaur

The session opened with the discussion about the lifestyle in this era. Dr. Gurvinder Kaur threw light on the highly competitive lives of the individuals with no time for self reflection. Further, it was discussed that the major culprit which is pushing us towards major diseases like diabetes and hypertension is the food that we consume. The role of self-reflection to determine our needs and wants which result in our consumption of food. The focus was laid upon organic farming. The resource person emphasised that the best organic products are the ones that can be found in Organic Mandis or else just grow them at your home. The session then moved towards the excessive use of gadgets and this has become a root cause in making bodies excessively prone to harmful diseases. It was mutually agreed upon that the only way to solve this problem is to reduce the time we spent with these things and rather invest our time in productive activities which will also develop us and curb our urge to check our gadgets every second. The resource person showed everyone some diet charts which mostly dealt with what one should eat.



Media Coverage of Be a Health Manager- II

हंगा नहीं है इम्यून सिस्टम को बेहतर बनना

डॉ. निशा भार्गव, प्रमुख, 'बे अ हेल्थ मैनेजर' कार्यक्रम के लिए कई फैसले पार कर चुके हैं।



डॉ. निशा भार्गव, प्रमुख, 'बे अ हेल्थ मैनेजर' कार्यक्रम के लिए कई फैसले पार कर चुके हैं।

स्वास्थ्य और पोषण प्रबंधन पर ऑनलाइन कार्यशाला

डॉ. निशा भार्गव, प्रमुख, 'बे अ हेल्थ मैनेजर' कार्यक्रम के लिए कई फैसले पार कर चुके हैं।

इम्युनिटी बढ़ाने के लिए टिप

25 मई (आकृति): मेहर चंद महाजन डी.ए.वी. कॉलेज फॉर वुमैन 'बी ए हेल्थ मैनेजर' पर कार्यशाला के दूसरे संस्करण की शुरुआत।

एमसीएम में स्वास्थ्य और पोषण प्रबंधन पर कार्यशाला का आगाज

संवाद न्यूज एजेंसी

चंडीगढ़। स्वास्थ्य और पोषण प्रबंधन के क्षेत्र में छात्राओं को कोशल से समृद्ध करने के उद्देश्य से एमसीएम कॉलेज फॉर वुमैन 'बी ए हेल्थ मैनेजर' कार्यक्रम का आगाज।



ऑनलाइन कार्यशाला में हिस्सा लेते प्रतिभागिनी।

सात दिवसीय ऑनलाइन कार्यशाला आरम्भ

चंडीगढ़। स्वास्थ्य और पोषण प्रबंधन के क्षेत्र में अपेक्षित कोशल से अपनी छात्राओं को समृद्ध करने के उद्देश्य से, मेहर चंद महाजन डी.ए.वी. कॉलेज फॉर वुमैन ने बी ए हेल्थ मैनेजर नामक कार्यशाला के दूसरे संस्करण की शुरुआत की।

वर्कशॉप का समापन

चंडीगढ़, 4 जून (आकृति): एम.सी.एम. डी.ए.वी. कॉलेज फॉर वुमैन सेंटर-36 में वीरवार को 'बी ए हेल्थ मैनेजर' का दूसरा संस्करण सफलतापूर्वक संपन्न हुआ।

एमसीएम में 7 दिवसीय ऑनलाइन कार्यशाला का समापन

चंडीगढ़, 4 जून। प्रतिभागियों के मध्य सर्वाधिक लोकप्रिय स्वास्थ्य और पोषण प्रबंधन कार्यक्रम 'बी ए हेल्थ मैनेजर' के दूसरे संस्करण का आज मेहर चंद महाजन डी.ए.वी. कॉलेज फॉर वुमैन में सफलतापूर्वक समापन हुआ।



एमसीएम में सात दिवसीय ऑनलाइन कार्यशाला संपन्न

चंडीगढ़, 4 जून (जस)।

प्रतिभागियों के बीच सर्वाधिक लोकप्रिय स्वास्थ्य एवं पोषण प्रबंधन कार्यक्रम 'बी ए हेल्थ मैनेजर' का दूसरा संस्करण आज सुबह 9 बजे सेंटर-36 स्थित एमसीएम डी.ए.वी. कॉलेज फॉर वुमैन में संपन्न हो गया।

Sustainable Urban Farming- III (since 2018)

(Skill Development Committee)

Nourish Fields for Greener, Cleaner Yields

Sustainable Urban Farming has been undertaken in the College since January 2018 as a skill development initiative. Through the programme, it is envisioned to impart knowledge and skills to grow chemical-free vegetables, grains, herbs, medicinal plants and fruits, especially in the urban spaces, thus, contributing to reduction in pollution caused by chemicals. The programme is being conducted in collaboration with the Kheti Virasat Mission, a Regional Council (for Decentralised Organic Farming Certification System) under the Participatory Guarantee System of the Ministry of Agriculture and Farmers Welfare, Government of India. Every year, students enrol to learn this sustainability skill. Adding another dimension to the initiative the Committee organized a lecture cum Workshop ‘Comparison of Organic versus Conventional farming practices’ to mark the beginning of a research project in collaboration with the IISER. Mr. Rahul Sharma, an organic farmer and Dr. Mahua Ghara introduced the students to the concept and the research to be undertaken. About 100 students, from the Departments of Zoology, Chemistry and Botany attended the lecture. The research project was aimed to quantify the effect of organic and conventional farming practices on pre-reproductive, reproductive and post-reproductive stages of a combination of crop plants in experimental patches in the college. The research will focus on parameters such as the seed germination percent, seedling growth, biodiversity on seedlings, diversity and behaviour of animals/insects on the crop plants, percent fruit set, fruit drop, fruit retention, nutrients in fruits, and impact on soil and water. The first stage of the project was to be from February 2020 to April 2020. It will be resumed after the restrictions of the pandemic are lifted.

The pandemic, however, has had its positive impact. As nature reclaimed its spaces during lockdown, the organic production of vegetables and fruits in the College grew by leaps and bounds.

A bountiful amount was harvested everyday and distributed amongst the staff. They took home the health encased in Karela, lauki, Tori, bhindi, arbi, mangoes and some other seasonal gifts of nature. A total of 3 quintals and 40 kg of vegetables was distributed amongst about 200 employees of the college during the year.

Principal Dr. Nisha Bhargava with Mr. Upendar Dutt, Executive Director, Kheti Virasat Mission and Mr. Rahul Sharma, Farmer and Resource person at the Inauguration in 2018



Leading by example: Principal Dr. Nisha Bhargava sowing the seeds of a sustainable future

Principal Dr. Nisha Bhargava sharing notes with the experts of Kheti Virasat Mission





Principal Dr. Nisha Bhargava on the field with the resource person, Mr. Rahul Sharma

MCM continues to collaborate with Kheti Virasat Mission



Girls learning to make living soil for a better produce



Non-Teaching Staff partakes in the Sustainable farming initiative



*MCM initiative
appeals
globally*



*Girls laying a
foundation for
a greener
future*



Sharing Nature's Bounty: the abundant produce distributed amongst the staff



**GST Accounts Executive, (PMKVY Scheme, Ministry of Skill Development and Entrepreneurship, Government of India)
(Skill Development Committee)**

Your Key to a Better Return

As the accredited Training Center under the PMKVY Scheme of Government of India, the College started the course GST Accounts Executive in the session 2019-20. As per the target assigned by the Chandigarh Skill Development Mission, 24 trainees registered. The 140 hours course that started in January 2020 was due to finish in March 2020. However, due to nationwide lockdown imposed in March 2020, the course was completed through online mode as per the instructions of the Government of India. The exam was conducted in October 2020 and those who cleared were helped with the placement.

The course prepared the trainees to open GST accounts, identify the goods and services to be taxed, and calculate GST on various items.

एमसीएम में जीएसटी पर 7-दिवसीय ऑनलाइन कार्यशाला का शुभारम्भ

एमसीएम डीएवी कॉलेज में जीएसटी पर ऑनलाइन कार्यशाला शुरू
चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन की कौशल विकास समिति ने बीए जीएसटी एक्सपर्ट शीर्षक पर

एमसीएम में जीएसटी पर ऑनलाइन कार्यशाला
चंडीगढ़ (दिन्यु) : मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन की कौशल विकास समिति ने 'बीए जीएसटी एक्सपर्ट' शीर्षक पर सात-दिवसीय कार्यशाला का शुभारम्भ किया। कार्यशाला का उद्देश्य जीएसटी के पंजीकरण और रिटर्न से संबंधित प्रक्रियाओं का व्यावहारिक ज्ञान और अनुभव प्रतिभागियों को प्रदान करना है। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने कार्यशाला का उद्घाटन किया। डॉ. भार्गव ने कहा कि जीएसटी के क्षेत्र में प्रशिक्षित पेशेवरों की कमी, युवा उद्यमियों, लघु उद्योगों और अन्य करदाताओं के बीच जीएसटी अनुपालन में उपयुक्त कौशल प्रदान करने, जीएसटी रिटर्न के पंजीकरण इत्यादि में प्रतिभागियों को कौशल प्रदान करने हेतु कॉलेज ने इस कार्यशाला का आयोजन किया है।

एमसीएम डीएवी द्वारा जीएसटी पर आधा सा वकशॉप में हिस्सा लेते स्टूडेंट्स
जीएसटी पर हुई सात दिवसीय वर्कशॉप
जस, चंडीगढ़ : एमसीएम अनुपालन में उपयुक्त कौशल प्रदान शीएवी-36 में कौशल विकास करने, जीएसटी रिटर्न के पंजीकरण



Kala Srijan - Express Yourself (Department of Fine Arts)

Blast of Art: ‘Kala Srijan - Express Yourself’ organized by Department of Fine Arts

With the objectives to facilitate an experience of the creative process of art making and to guide the participants and enrich their explorations of the fine arts through different sessions of Abstract Art, Folk Art and Lippan Art, an online event ‘Kala Srijan’ was organized from 15- 20 July, 2019. The Resource person was Ms. Anju Bala Assistant Professor, Department of Fine Arts. 16 participants participated in the event including 14 students from the college and 2 participants from outside the College. The participants were all in the age group of 18- 35 years. The participants were encouraged to explore their ideas and designs and develop them into paintings. They were also taught to use and combine different mediums and materials in all the three sessions of the workshop. Participants prepared paintings on canvases, sheets and boards in different mediums on the particular themes of the workshop.

Kala Srijan: Hands on Abstract Art, Folk Art and Lippan Art





Kala Srijan commences at MCM

ISHA UPADHYAY
CHANDIGARH, JULY 16

A 6-day painting workshop-Kala Srijan began at Mehr Chand Mahajan DAV College for Women. Organised by the Department of Fine Arts, the workshop aimed to develop skills of participants in different painting styles namely Abstract, Folk and Lippan Painting.

On the inaugural day, the participants were introduced to abstract painting and given a demo of the same. Conducted by Ms. Anju Bala, As-

stant Professor, Department of Fine Arts, MCM DAV College, the workshop witnessed enthusiastic participation of students as well as faculty. Principal Dr. Nisha Bhargava lauded this endeavour and stressed upon the fact that MCM seeks to promote skills of students in varied fields through such workshops.

एमसीएम में 'कला सृजन' का आगाज

चंडीगढ़। सेक्टर-36ए स्थित एमसीएम डीएवी कॉलेज फॉर वुमैन के फाइन आर्ट्स डिपार्टमेंट में मंगलवार को 6 दिवसीय पेंटिंग वर्कशॉप 'कला सृजन' का शुभारंभ हुआ। इस कार्यशाला का उद्देश्य विभिन्न पेंटिंग शैलियों जैसे कि एब्सट्रेक्ट, फोक और लिपपन पेंटिंग में प्रतिभागियों के कौशल को विकसित करना है। उद्घाटन दिवस पर प्रतिभागियों को एब्सट्रेक्ट पेंटिंग से परिचित कराया गया और उसका डेमो भी दिया गया। कॉलेज के फाइन आर्ट्स विभाग की असिस्टेंट प्रोफेसर अंजू बाला ने इस कार्यशाला को संचालित किया। इसमें छात्राओं के साथ साथ कॉलेज के स्टाफ मेंबर्स ने भी भाग लिया। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने फाइन आर्ट्स विभाग के इस प्रयास की सराहना की।

एमसीएम में 6 दिवसीय पेंटिंग वर्कशॉप 'कला सृजन' की शुरुआत के दौरान छात्राओं के साथ प्रिंसिपल डॉ. निशा भार्गव।

Wall Painting Workshop on Child Art (Department of Fine Arts)

My Wall, My Canvas : Wall Painting Workshop on Child Art

With an aim to teach students how to work professionally on walls, a three days workshop from 1-3 August, 2019 was organized in the college by the Department of Fine Arts. The walls of the Child Care Centre of the College were made vibrant with colourful paintings. The Resource persons for the Workshop were Dr Pooja Sharma and Dr Anju Bala, Assistant Professors from the Department of Fine Arts. The theme for the wall painting was Child Art in which 35 students participated and made different objects and animals to make the wall more attractive. By the end of the Workshop, the entrance of the Child Care Centre had a flight of colorful fishes and green grass. In order to make empty walls interesting for the little kids, a hut, giraffe, lion, panda, a running train with butterflies, a huge tree with an

owl and a squirrel sitting on it along with smiling flowers were made in the room meant for day time nap for kids.



Sustainability Samvaad (Skill Development Committee)

Green Discourse

A Talk cum Workshop ‘Sustainability Samwaad’ was organized by the Skill Development Committee on 3 August, 2019 with the objective to encourage mindset change regarding the carbon footprints that we leave behind in our day to day activities and skill cultivation to minimize the same. It was conducted in two sessions with the first session in the Multimedia Hall and the second Session in the Home Science Lab of the College. The first session was organized in the Multimedia Hall with 135 participants. Mr. Abhishake Taneja, the Resource

person started by noting down the expectations of the participants from the workshop. He then delved upon the urgent need to bring about changes in our day to day lives to minimize the carbon footprints. He introduced viable options which included products that are eco friendly, antimicrobial and anti inflammatory. Mr. Dinesh, another member of the team, talked about the individual responsibility to minimize the pollution that one leaves behind. He then gave a practical demonstration in the Home Science Lab (Session II – Skill Cultivation) wherein he prepared hand wash, face wash, eco enzymes and floor cleaner using soap nuts or ‘reetha’ and vegetable and fruit peels. Since the homemade products have a short shelf life, he also demonstrated how eco-friendly ingredients could be added to ensure that they stay usable for a longer period. The participants enthusiastically interacted with the Resource persons. Practical demonstration went a long way in acquainting the students with the simple process of making eco friendly products. It also emphasized the point that the environment is everybody’s responsibility.



Clay Modelling Workshop cum Exhibition on Eco-Friendly Ganesha (Department of Fine Arts)

Ganesha: My Muse: Clay Modelling Workshop cum Exhibition on Eco-Friendly Ganesha

With an objective to convey a message of ‘Save the Environment, a Clay Modelling Workshop cum Exhibition on Eco-Friendly Ganesha was organized from 29-31 August, 2019. In this Workshop, students made Ganesha with natural clay. The Resource person for the Workshop was Dr Pooja Sharma, Assistant Professor, Department of Fine Arts and 17 participants attended the Workshop. With a message for the society to save the environment, students also paid reverence to Lord Ganesha by using clay to model him in different forms. They sculpted Ganesha not only in traditional but in modern style and also from realistic to abstract style. After preparing the idols, the participants gifted the Lord to their neighbours and also mixed its clay in the pots which conveyed a message of ‘Save Environment and Do not Pollute Water.’ An exhibition cum sale was organized on 31 August, 2019 where the faculty members and students purchased the idols of eco- friendly Ganesha for the occasion of Ganesha Chaturthi.





‘Best out of Waste’ Practices (Department of Fine Arts)

Reinventing the Old: Activities on ‘Best out of Waste’

With an objective to create awareness about minimizing the use of plastic and use of waste products in a creative way, the Department of Fine Arts actively engaged in the restoration of the statues as per the schedule from 30 August-1 September, 2019 . Dr. Pooja Sharma, Assistant Professor, Department of Fine Arts was the Resource person. The statues included the ones which were placed in Rishi Vatika and needed a paint job. In order to teach students about recycling and develop creativity, the Department of Fine Arts organized activities on the theme ‘Best out of Waste.’ In this Workshop, plastic bottles were used with the purpose of recycling. Old and used plastic bottles of appropriate size and light in weight were used as they make ideal planters for the garden. The students were shown a few demonstrations on making pots from glass bottles by decorating them with paints. After painting and decorating, these pots were filled with manure soil and plants placed in the Science Block lawn for making the compound more lively. In addition to this, an old and discarded wooden cabinet was converted into a beautiful plant holder by the participants. Firstly, the cabinet was repainted with brown colour and decorated with geometrical patterns to make it more

attractive. Then, it was filled with soil and semi prepared manure and then the planters were placed in the cabinet. The Mushrooms in the front lawn of the College were repainted in an attractive way. Articles prepared as a part of the Best out of waste activity were displayed in the campus. Articles made by students were displayed in the Multimedia Hall during the function organized during the Swacchhta Ranking Team Visit.



Dhvani- Chanting of Mantras and Shlokas (Skill Development Committee)

Asto Ma Sadgamaya

In a one-of-its kind initiative aiming to reconnect the youth to our Vedic roots, the Skill Development Committee and Sanskrit Department organized a workshop titled 'Dhvani- Chanting of Mantras and Shlokas' on 12 September, 2019. Late Dr. Shankarji Jha, Dean University Instructions, Panjab University graced the workshop as the Chief Guest and Mrs.Sudesh Gandhar, Senior Governing Body Member, DAV College Managing Committee was the Special Guest on this occasion. The workshop witnessed enthusiastic participation of over 250 faculty members and students from various institutions from across the tricity. In session II, Dr. Vijaypal Shastri, Department of Sanskrit, Government Senior Secondary School, Mallah taught the participants the correct pronunciation of vowels, consonants, Gayatri mantra and Mahamrityunjay mantra. Prof. Virender Kumar Alankar, Chairman, Department of Sanskrit, PU was the Guest of Honour for the 3rd session of the day. In his address, Prof. Alankar highlighted the importance of teaching our future generations Sanskrit language- the language of Gods, as it is a philosophical language and mother of many languages that owe their roots to Sanskrit. Dr.Devi Singh, Department of Sanskrit, GGSDS College-32 conducted a stimulating session on special chanting of shlokas in chhand.





Visit to Punjab Engineering College (Department of Physics and Skill Development Committee)

Let's Go Solar!

The B.Sc. III students visited Punjab Engineering College on a field visit on October 13, 2019. The visit aimed at making students understand the technology of solar panels under the theme Save Energy Save Planet. The objective was to gain knowledge through this field visit on the working of solar cells and to use this knowledge to study the solar panels installed in the college. The students got acquainted with the various ways of using solar energy, in particular, learned in detail about the working of solar cells. Prof. Tarlochan Kaur, Head of Electrical engineering department, PEC, taught the students to study the efficiency of solar cells by plotting the V-I characteristics.



Entrepreneurship and Start-ups: The Journey **(Skill Development Committee and Start-Up Cell)**

Start-up to Start Now!

In order to facilitate and mobilize students towards planning their own start-ups and to enhance their entrepreneurial skills, the Start-up Cell organized a comprehensive workshop spanning from 5-14 November, 2019. Mr. Iqbal Singh, Managing Director, IFM, discussed different aspects and types of entrepreneurship and enlightened the students about the Ideation process, the importance of team work and checking the viability of their business ideas. In continuation with the theme of the workshop, Mr. Kulwinder made the participants cognizant of market segmentation and behavioural segmentation. Various learned resource persons including Mr. Maninder, Mr. Aman Maan and Geeta Gulati Maan talked about the various dimensions, aspects and strategies of entrepreneurship. They enlightened the students about myriad aspects of digital marketing; personality and behavioural traits; and different types of intellectual property rights like trademark and copyright.





Data Analytics (Skill Development Committee)

Dissect Datum

A seven-day workshop on Data-Analytics from 4-10 November, 2019 was organized under the aegis of Skill Development Committee. The workshop was organized with an objective to enhance the skills required for data-analysis which is significant for research work, quality publication and lucrative job opportunities. Dr. Amit Kumar Lal, an eminent data scientist was the resource person for all the sessions. Dr. Amit conducted the sessions on the know-how of data-analytics, research designs, data sampling, data coding, data visualization, usage of various softwares, and development of graphs, questionnaire, hypothesis and its testing. The participants were provided with the software for data-analysis. They were also given hands-on training to use those softwares. This initiative enriched both quantitative and qualitative research aptitude of the participants. Around 72 students and teachers participated in the workshop from Chandigarh and Punjab. On the concluding day, in the valedictory function participants were given away the certificates of participation.



Workshop on Bakery and Desserts (Department of Home Science)

Sweet and Savoury: Two day Workshop on Bakery and Desserts

A two day Workshop on Bakery and Desserts was organized from 6-7 November, 2019 by the Department of Home Science in order to train the students in culinary skills and empowering them to opt it as an entrepreneurial career. The participants learnt Masala Breads, focassia, choco-chip cookies, peas rabri, layered mousse, instant oreo-biscuit cake. The Resource person was Ms. Sanyogita Gajendra, Culinary Expert and Coach, (NIESBUD), Ministry of Skill Development and Entrepreneurship. The participants prepared certain bakery items at domestic level while others also innovatively executed their acquired baking skills at their respective ventures.



General Course on Intellectual Property DL-101 (Department of Food and Microbial Technology)

Keep it Yours for Keepsake

An online Distance learning course titled “General Course on Intellectual Property DL-101” certified by World Intellectual Property Organization (WIPO), Geneva was organized by Department of Food Science over the period of 55 days spanning from 10 February to 5 April, 2020 to hone the skills and build knowledge bank of young minds in the dynamic field of Intellectual Property (IP) and IPR with special reference to patents and their significant role

in promoting science, technology and innovative thinking as well as in-depth view of specific areas of IP law from specially designed WIPO certified courses.

The course which consisted of 13 modules gauged the student's respective levels of knowledge and progress, as well as their ability to apply the concepts and facts presented within the course. The course helped the students to understand each area of Intellectual property through videos and modules thus giving detailed knowledge of each part of the IPR. A total of 50 students of B.Sc. (MFT)-III year registered onto this course by 10th Feb 2020 and it was a 55 days learning course. Out of these, 19 students were able to secure more than 80% of marks in the final assessment exam. They thus received a digital certificate from WIPO academy.



Nutritious recipes to fight against COVID-19

(Department of Home Science)

To Eat is a Necessity, to Eat Nutritious is an Art!

There is little doubt that the Coronavirus pandemic is affecting every aspect of our lives— from virtual classrooms to telecommuting to early restaurant closing times to outright lockdowns. Nutritional status of individuals has been used as resilience towards destabilization during this COVID-19 pandemic. Eating optimal dietary nutrition and staying active during the coronavirus outbreak is important for our physical and mental wellbeing. The Department of Home Science under the aegis of the Skill Development Committee

displayed that healthy eating is especially important for keeping your immune system strong. Our daily routines have been altered and our eating habits may have changed but making a plan and being prepared can help. The extra time spent at home is a good chance to try new foods and recipes or get other family members involved in preparing and cooking meals. The department conducted a competition to prepare nutritious meals with high nutritious value. It was an engaging and enriching way for the students to pass the time, try something new and, for some, learn a new skill.



Design a Dupatta (Department of Home Science)

Dyeing with Flying Colours

The Department of Home Science under the aegis of the Skill Development Committee conducted an activity called Design a Dupatta on April 13-14 April, 2020. The objective was to depict the creativity and skill of designing with Tie and Dye techniques on paper. Tie and Dye is a sought after technique to bring whatever you can dream of to life. Forty seven participated to combine their creative skill with technical knowledge, to learn step-by-step how to create some of the most innovative Tie and Dye looks imaginable. The activity involved a pragmatic approach to teach the students with artistic sensibility and deep knowledge of textile chemistry.



Picture Perfect (Skill Development Committee)

Every Picture Has its Own Story

Photography is a medium which can evoke numerous emotions without using words. The idea behind this activity was to inspire people to talk more about the art form that has a rich history. This year, as the world continues to reel under the pandemic and the subsequent lockdowns owing to the coronavirus pandemic, the Skill Development Committee organized an activity called “Picture Perfect” and invited entries from teaching faculty and students sharing their favourite photograph that defines the current situation for them, and why. This contest where the participants captured a moment that gave them emotional, mental and physical respite during the pressing times of the pandemic.

All round well being is what we directly or indirectly strive for, especially in strenuous times such as these. As we wade through the uncertainty and anxiety caused by COVID-19, each one of us is trying to maintain his/ her well-being in a unique way. The Committee is thankful to esteemed Dr. Nisha Bhargava, the Principal, for encouraging the idea and to our dear senior colleagues who graciously accepted to be the judges of the event.


MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN
 Sector 36-A Chandigarh
 presents
PICTURE PERFECT
 Under the aegis of Skill Development Committee



(Spread a smile, inspire life)
 The participants are required to capture a moment at home that contributes towards their mental, emotional and physical health being in lockdown.
 Give a suitable and innovative title to the picture.
 Please don't go out of home to take pictures.
 E-certificates will be given to top 3 and 10 more selected entries.

Send entries to: piclockdown2020@gmail.com
 Latest by 4 May 2020

For any queries contact:
 Dr. Gurvinder Kaur (9417993859)
 Dr. Minakshi Rana (8699771744)

STAY HOME, STAY SAFE

Principal:
 Dr. Nisha Bhargava

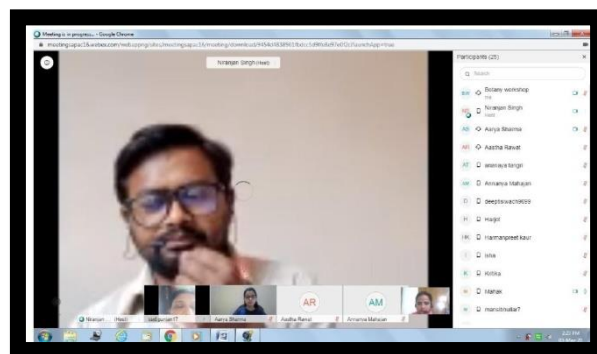


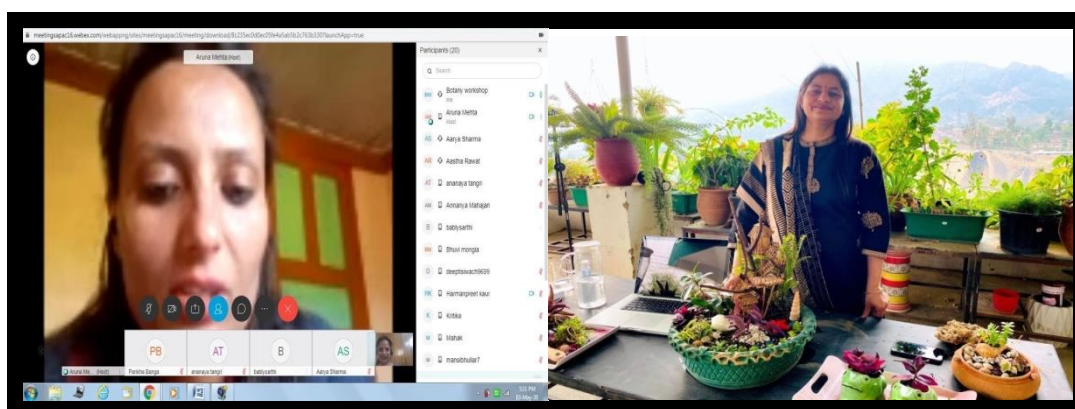
Learning the Nuances of Rearing Ornamental and Organic Plants (Department of Botany)

Beauty that is Nature!

A Webinar titled “Learning the Nuances of Rearing Ornamental and Organic Plants: An online workshop during Lockdown” was organized by the Department of Botany on 2,3 May, 2020 with the twin aim of enriching the students with the vast promising potential the world of plants holds and helping them utilize their time in a constructive manner. The complete workshop was divided into six sessions of one hour each, attended by 39 students of B.Sc. (Medical) and Add on Course in Floriculture and Landscaping and 2 faculty members of the Department. The experts made use of the PPTS and gave live demonstrations to the participants to provide them a deep insight into the topics which kept the students completely engrossed. Each session was followed by a short discussion where the students took up their queries with the experts who went over to satisfy the inquisitive minds. The students were given a practical insight into the various aspects involved in the cultivation, protection and marketing of ornamental, fruit, aromatic and medicinal plants. They were also educated on the potential business opportunities in the field of floriculture, horticulture, landscaping, aromatic and medicinal industry.

Illustrious resource persons like Prof. Y.C. Gupta, Dean, College of Horticulture and Centre of Excellence For Horticulture Research and Extension, Thunag, Distt. Mandi, H.P, Dr. Niranjn Singh, Department of Fruit Science, Dr. YSPUHF, Nauni, Solan, Dr. Aruna Mehta, Scientist, Medicinal and Aromatic Plants, College of Horticulture and Centre of Excellence For Horticulture Research and Extension, Thunag, Distt. Mandi, H.P and Dr. Puja Sharma, Scientist, Department of Floriculture and Landscape Architecture, Dr. YSPUHF, Nauni, Solan, made the sessions interactive and informative.





Animation (Skill Development Committee)

Animate the Inanimate

The Skill Development Committee in collaboration with National Skill Development Corporation, Government of India organized a three-day “Workshop on Animation” from May 27-29, 2020. A total of 85 candidates participated in the workshop. The workshop was focused on imparting knowledge of the tenets and scope of 2D animation along with online practical demonstration. The aim of the workshop was to provide the students with a basic knowledge of 2D animation which could help them express their own creative ideas using user-friendly animation software. The practical sessions for 2D animation were conducted using ToomBoom software by Mr. Stephen O’Keeffe. He stated that it is inspiring to see a rough drawing transform into a living, breathing character. He shared with the students the powerful experience of hands-on feeling of crafting motion, emotion, and believability from just a few drawings. Once students were familiarized with the required tools, they were shown how to create a simple animation using software.



Vidyaadaan
An Initiative of Media and Entertainment Skills Council

**Exclusive Chat Show on
Future of
2D Animation
in India**

May 27th, 2020 | 11:30AM

Register Now
<https://bit.ly/2LWzqGp>

INDUSTRY EXPERTS

Mr. P. Jayakumar
CEO, Toonz Media Group

Mr. Rahul Bakshi
Founder Director & CEO, Phoenix Creations Media Pvt. Ltd.

Mr. Anish Patel
Creative Director and Business Head of Roamotion Animation

Mr. Vikas Kumar
CEO, DigiToonz Media & Entertainment Pvt. Ltd.

COVID-19

TECHNOLOGY & INNOVATION

27TH MAY, 2020
IMAGINATION WORKOUT THEME 1

@INDIASKILLSCHD

Description:
My idea is to design a **Chat Bot** for people as they will be tensed if they are cured or not and they will be asking the doctor again and again. This Chat Bot will

- help people to take self-assessment test
- monitor their condition
- give them updates
- give them positive reassurances

Chat Bot will reduce burden of staff in hospitals.

SUDHANSHU SHARMA
CSE
CCET (DIPLOMA WING), SECTOR-26

French Phonetics Workshop

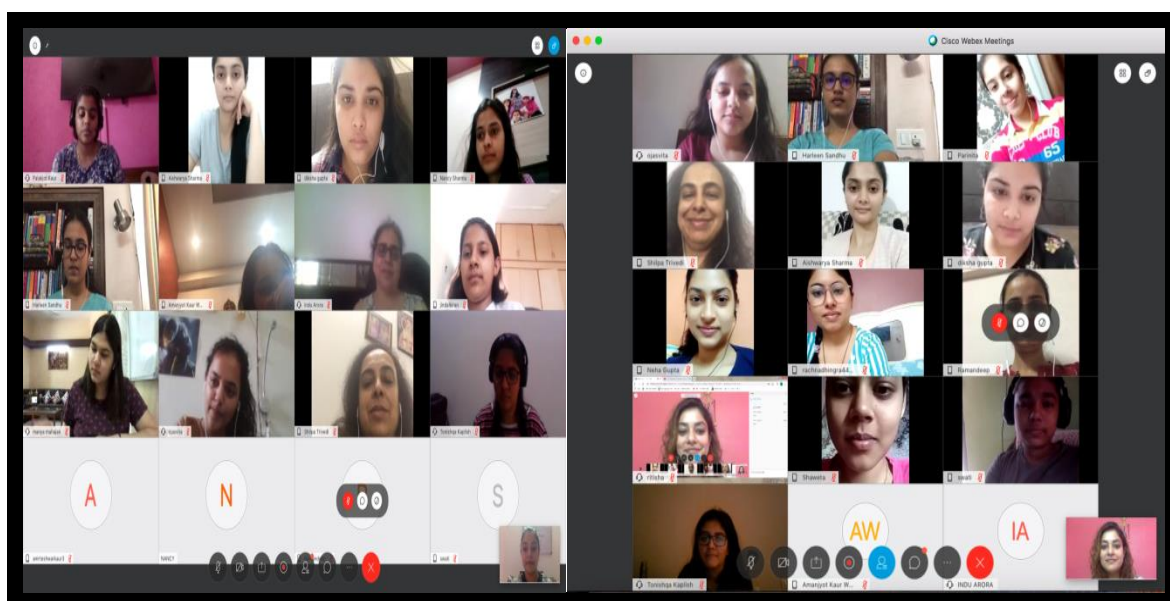
A-E-I Bonjour: French Phonetics Workshop

With an objective to help students learn how to recognise and distinguish sounds, improve pronunciation and gradually acquire natural expression, the “French Phonetics Workshop” was organized from 14-15 June, 2020. 18 participants attended the Workshop. The workshop was organized for the students of the French Language Certificate Course of the college. It aimed at teaching the pronunciation, understanding of French native speakers and to gradually acquire a perfect accent. The first day aimed at acquainting the participants with various accents of French language and the phonetic signs and sounds. On the second day, the participants were taught and made to practice a couple of things like facial exercises and producing particular sounds to hone their French accent followed by teaching them the

remaining set of French phonetics. Ms. Shikha Singh, Assistant Professor from the Department of French was the Resource person.

Parler Parley: French Speaking Workshop

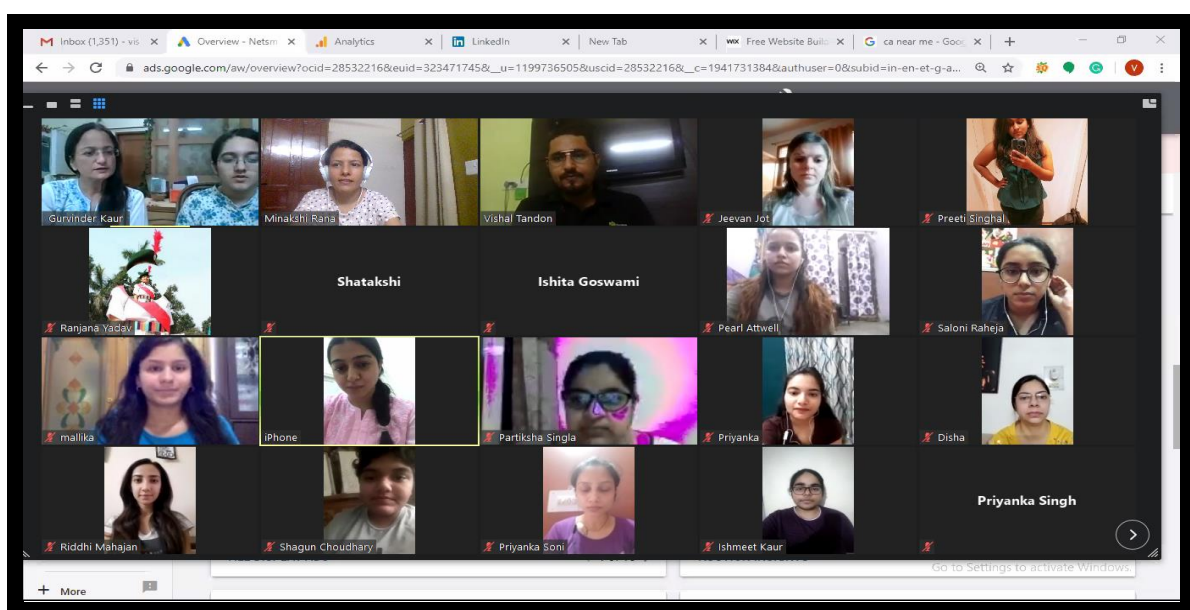
An eight day “French Speaking Workshop” was organized from 20-27 June, 2020 with an objective to introduce participants to the basics of the French Language. It focused on conversational French and the everyday use of the language. 86 participants registered for the workshop and Ms. Shikha Singh, Assistant Professor, Department of French was the Resource person. The intensive course cum Workshop was designed for the beginners aiming at enabling the candidates to communicate in a variety of everyday situations, working on their grammar and vocabulary. The workshop began with the participants learning how to introduce themselves in French and the salutations followed by a brief introduction to the French language. The second day comprised learning French figures, weekdays and months along with the knowledge of French phonetics. On the third day, the participants were taught how to form French conjugations which was followed by teaching the formation of sentences on the fourth and fifth day. Apart from the knowledge about the language, the participants got a chance to become familiar with the French culture by learning about French cities, gastronomy, festivals etc. On the sixth day the participants were able to present a piece of writing in French. The workshop wrapped-up with the emphasis on revising the vocabulary learnt and viva voce.



Be a Freelancer (Skill Development Committee)

101 Work from Home: A Freelancer's Guide

The college as an affiliated training center (TC111709) of Chandigarh Skill Development Mission conducted an online workshop titled as Be a Freelancer on June 15, 2020. Mr. Vishal Tandon, a certified Google Corporate trainer and technical head, SebizInfotech was the resource person. The workshop received an overwhelming response with 220 participants registrations. The session was well received by the participants. In the session, the focus laid on the growth opportunities that the internet has provided us. He further stated that a freelancer projects himself in the virtual space with the help of many digital marketing and branding platforms. He addressed all the participants who wished to be an entrepreneur in the digital world. The virtual world provides the convenience to work from home at our convenience and pace. He suggested that the aspirants can make their own website with the help of some portals and do branding with the help of Google business cards and Google ads. He suggested using some trusted websites like Upworks, Freelance, Guru and LinkedIn, etc where the aspirants can upload their profiles to seek work from organisations around the world. He further apprised the aspirants to adopt different business models like contracts, agreements, bids, commission etc suiting to their profile and nature of services they wish to provide. Among all the social media platforms, he rated Facebook as the topmost to reach maximum and versatile consumer population.



Accreditation of the college as training centre



The certificate is framed in gold and features a background of various skill-related icons. At the top left, it displays the Skill India logo with the motto 'वीरम सदा - कुशलं सर्वदा' and the Government of India logo with the text 'GOVERNMENT OF INDIA, MINISTRY OF SKILL DEVELOPMENT AND ENTREPRENEURSHIP'. To the right are the N.S.D.C. logo ('National Skill Development Corporation, Transforming the skill landscape') and the SMART logo ('Skill Management & Accreditation of Training Centres').

Accreditation Certificate

This is to certify that
The Mehr Chand Mahajan (MCM) DAV College for Women of Mehr Chand Mahajan (MCM) DAV College for Women at CHANDIGARH,
CHANDIGARH
having SMART TC ID TC111709
is accorded as Accredited for
Goods & Services Tax (GST) Accounts Assistant (BSC/Q0910)


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BFSI
BANK FINANCIAL SERVICES INITIATIVE
An Initiative of NSDC

Date of Accreditation: 9th December 2019
Valid upto: 8th December 2020
Certification Number:
BSC/Q0910/091219/TC111709


Manish Kumar
MD & CEO
National Skill Development Corporation

Subject to the process compliances as per the Guidelines for Accreditation, Affiliation and Continuous Monitoring of Training Centres for the Skill Ecosystem.

Editor in Chief



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