



एक कदम स्वच्छता की ओर

Report of Initiatives taken under  
**Swachh Bharat Abhiyan**  
January 2021 to March 2021



Submitted by



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



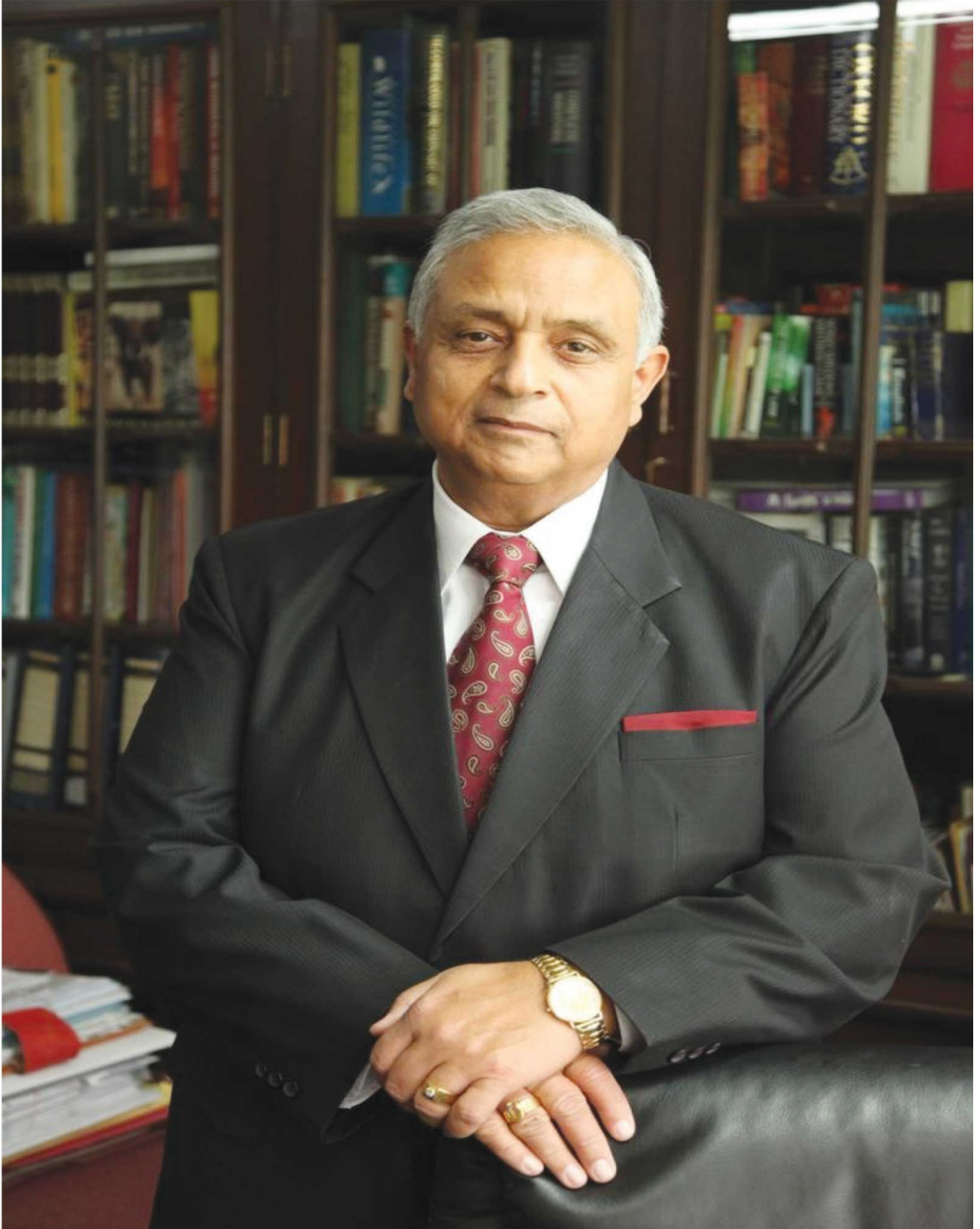
# Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI



## *Our Guide and Mentor*



*Dr. Punam Suri Ji, Padma Shree Awardee  
Hon'ble President  
DAV College Managing Committee  
New Delhi*

## *Message from The Principal*



**S**wachhta is not only a concept but it has become a mission statement at our institution. For the last three years, our Swachhta initiatives have been acknowledged by the Government of India as the institution was conferred with the first rank in the country among residential colleges under Swachh Sarvekshan 2018 conducted by MHRD. In 2019 we got the third rank in India under citizen led initiatives by the MoHUA. In 2020, the college was nominated as an SES REC institution by the Ministry of Education. While we have maintained a culture of cleanliness, good ambience and hygiene at MCM, we have continued to explore new dimensions of Swachhta. Since we consider Swachhta, social work and sustainability to

be synonymous, therefore our institution is constantly striving to adopt new and innovative methods to protect the environment and to make our humble contribution to sustainable development. I take this opportunity to express my deep gratitude to our worthy president, Dr Punam Suri Ji, Padma Shree Awardee for his constant motivation and encouragement for us to do better. My grateful thanks to Shri H R Gandhar, Vice President, DAVCMC and Senior Governing Body member of our college for his earnest interest in the growth and well being of our institution. Further, I express my heartfelt gratitude to Shri Shiv Raman Gaur, Director Higher Education DAVCMC for his guidance and support which is taking the institution to greater heights. I am deeply beholden to our Swachhta team who relentlessly work throughout the year to redefine the culture and ethos of Swachhta at our institution and in the society. Long live MCM!!

**Dr. Nisha Bhargava  
Principal**



# Mehr Chand Mahajan DAV College for Women

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

## Swachhta Committee

**Chairperson:** Dr Nisha Bhargava (Principal)

- Convenors:**
1. Mrs. Suman Mahajan (Arts)
  2. Ms. Raman Ghuman (Commerce)
  3. Dr. Vandana Sharma (Sciences)

Stream/Department/Cell/Committee	Coordinators and Members	Stream/Department/Cell/Committee	Coordinators and Members
<b>Arts:</b>	1. Ms Anuradha Sehgal	<b>Cleanliness:</b>	1. Dr. Praerna Sharma
	2. Ms Archana Bakshi		2. Ms. Chris Bindra
	3. Dr. Bhavna Sood		3. Dr. Qudrat Hundal
	4. Dr. Ritu Khosla		4. Dr. Kanika Sofat
	5. Dr. Manjeet Kaur		5. Dr. Sandeep Kaur (MFT)
	6. Dr. Ramandeep Kaur		6. Dr. Shafila
	7. Dr. Minakshi Rana		
<b>Science:</b>	1. Dr. Neetu	<b>Sanitisation:</b>	1. Mrs. Suman Mahajan
	2. Dr. Shefali		2. Dr. Vandana Sharma
	3. Dr. Sagarika Dev		3. Dr. Sarabjeet Kaur
	4. Dr. Purnima Bhandari		4. Dr. Shefali Dhiman
	5. Dr. Anchal Batra		5. Dr. Qudrat Hundal
	6. Dr. Gunjan Sud		
	7. Mr. Kuldeep Singh		
	8. Mr. Pawan Sharma		
<b>Commerce:</b>	1. Ms. Nidhi Sharma	<b>Swachhta Report and Uploading information:</b>	1. Dr. Komil Tyagi
	2. Ms. Disha Sharma		2. Dr. Vidushi Jaswal
	3. Ms. Vandita Kapoor		3. Dr. Sunaina Jain
	4. Dr. Arshdeep		4. Dr. Prakriti Renjen
	5. Dr. Purnima Bhandari		
<b>Languages:</b>	1. Dr. Manisha Priyamwada		6. Dr. Gurjeet Virk Sidhu
	2. Dr. Komil Tyagi		7. Dr. Ketaki Dwivedi
	3. Dr. Jasmine Anand		8. Dr. Nisha Dawra
	4. Dr. Seema Kanwar		9. Dr. Preeti Gambhir
<b>Computer Science:</b>	1. Dr. Indu Arora		10. Dr. Aparna Sharma
	2. Ms. Deepti Sharda		
	3. Dr. Mandeep Kaur Chawla	11. Mr. Ashish Mudgal	
	4. Ms. Navdeep Kaur		



Stream/Department/Cell/Committee	Coordinators and Members	Stream/Department/Cell/Committee	Coordinators and Members
<b>Mental Wellness (Swachh Mann)</b>	1. Dr. Nitasha Khehra	<b>Horticulture &amp; Landscaping Committee</b>	1. Dr. Pooja Sharma (Coordinator for Horticulture)
	2. Mrs. Vandita Kapoor		2. Dr. Seema Kanwar (Coordinator for Landscaping)
	3. Dr. Qudrat Hundal		
<b>Cultural Activities:</b>	1. Ms. Deepa		4. Dr. Nisha Sharma
	2. Ms. Sukhpreet Bhatia		5. Dr. Nidhi Tanwar
	3. Dr. Minakshi Rathore		6. Dr. Rishu
	4. Dr. Jatinder Kaur		7. Dr. Gunjan (Botany)
			9. Dr. Jasleen Kaur
<b>Hostel:</b>	1. Ms. Baljeet Kaur Tiwana		10. Ms. Payal Bansal
	2. Ms. Jyoti Soi		11. Ms Aarushi Jain
	3. Dr. Neha Pandya		12. Sh Ram Pher
	4. Dr. Mamta Ratii		13. Sh Arjun Prasad
	4. Ms. Shailey Bhagi		14. Sh Hari Kisun
	6. Ms. Sonika Srivastava		15. Sh Ram Suresh
	7. Ms. Sushma Rani		16. Sh Ram Kumar
<b>NSS:</b>	1. Dr. Pallvi Rani	<b>Administration Staff for overall Coordination</b>	1. Mr. Kuldeep Singh
	2. Dr. Purnima Bhandari		2. Mr. Pawan Sharma
	3. Dr. Madhuri Tanaji Patil		3. Mr. Ashish Mudgal
	4. Dr. Kanika Sofat		4. Mr. Hari Singh
	5. Dr. Nisha Sharma		5. Mr. Sushil Bhandari
	6. Dr. Nidhi Tanwar		6. Mr. Surjit Singh
	7. Dr. Rishu		7. Mr. Apurav Kaushik
	8. Dr. Ketaki Dwivedi		8. Mr. Sanjiv Sharma
	9. Dr. Aanchal Batra		9. Ms. Nancy Garg
	10. Dr. Nisha Dawra		10. Ms. Namita Sharma
	11. Ms. Nancy Sharma		
<b>Library:</b>	1. Ms Shashi Prabha Bansal		
	2. Ms. Reena Thakur		
	3. Ms. Baljit Kaur		
	4. Mr. Arjun Singh		



## **1. Title of the activity: WEBINAR ON “SUICIDE PREVENTION AND MENTAL HEALTH CHALLENGES IN YOUTH”**

**Date:** 10<sup>th</sup> October, 2020

**Number of participants:** 126

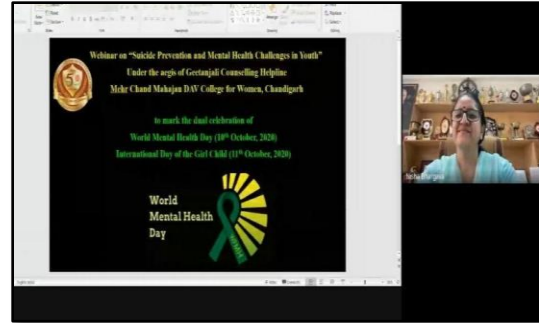
**Objectives:** The Geetanjali Counselling Helpline Committee of the College celebrated the 150<sup>th</sup> Birth Anniversary of Mahatma Gandhi and launched the “Swachh Mann Abhiyan” in November, 2019 with an innovative concept to weave Gandhian philosophy with mental hygiene. The theme for World Mental Health Day 2020 was “Mental Health for All. Greater Investment – Greater Access”. The Geetanjali Counselling Helpline organized a promising webinar on the pertinent theme of “Suicide Prevention and Mental Health Challenges in Youth” on 10<sup>th</sup> October, 2020 to mark the dual celebration of the World Mental Health Day (WHO) and International Day of the Girl Child (UNICEF). The keynote address was delivered by an eminent clinical psychologist Dr Adarsh Kohli, Professor, Department of Psychiatry, PGIMER, Chandigarh.

**The Context:** As we navigate our way through the unprecedented impact of the current global health emergency COVID-19 pandemic, we have a collective responsibility to keep the well-being of youth at the forefront. Suicide is the leading cause of death among India’s youth aged 10-24 years, among the highest globally, and more than one lakh lives are lost every year to suicide in our country. Despite its enormous social burden, mental health remains a taboo subject that is susceptible to age-old stigmas and prejudices. The youth must learn to identify the red-flag signs of their mental health concerns and need to periodically reevaluate their lives.

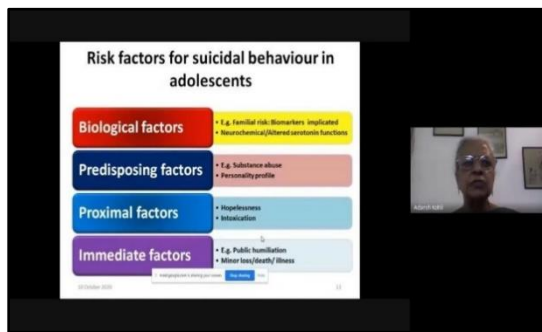
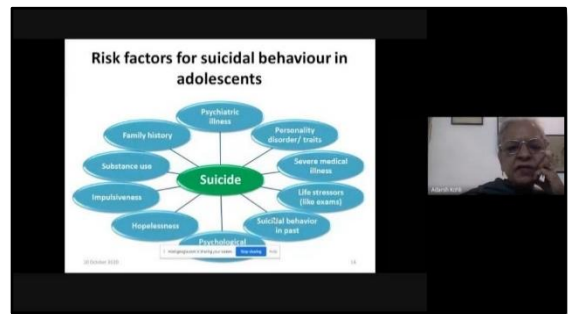
**The Practice:** The webinar was attended by 126 UG and PG students from various streams of the college. Dr Adarsh Kohli, Professor, Department of Psychiatry, PGIMER, Chandigarh reflected on the prevalence of suicide with latest statistics and various mental disorders such as depression, anxiety, substance abuse, PTSD, impulsivity, family



pathology, sexual abuse, etc. which occupy a disturbingly prominent position in the matrix of causation of suicide. She elucidated upon the specific causes, risk factors predisposing adolescents to suicide, protective factors, psychological autopsy, stigmas associated with suicide attempts and recognizing the red flags and early symptoms identification among youth. She elaborated on effective techniques of stress management, constructive coping strategies and self-care practices for young adults.



**The Evidence of Success:** A positive feedback on the enlightening session and insightful learning experience was received from all the participants. The resource person addressed all the mental health queries of our students in the interactive session and



encouraged reaching out to reliable mental health professionals for treatment.



Principal Dr Nisha Bhargava appreciated the work of the Geetanjali Counselling Helpline in creating mental health literacy on such a pertinent topic among the college students encouraging symptom identification in themselves and in peers and fighting the stigma associated with the practice of seeking help in times of need.

## ‘देश में साल में एक लाख लोग करते हैं खुदकुशी’ : डॉ. आदर्श कोहली



**एमसीएम कॉलेज द्वारा मानसिक स्वास्थ्य पर आयोजित वेबिनार में हिस्सा लेने प्रतिभागि।** **अंतर उद्योग माई सिटी रिपोर्ट**

**चंडीगढ़।** सेक्टर-36 स्थित एमसीएम की एसी कॉलेज फॉर वूमन की गीतांजलि काउंसिलिंग हेल्पलाइन ने विश्व मानसिक स्वास्थ्य दिवस और अंतरराष्ट्रीय आत्महत्या दिवस के उपलक्ष्य में आत्महत्या रोकथाम और युवाओं में दिमागी परेशानियों पर वेबिनार का आयोजन किया। पीजीआई के मनोचिकित्सा विभाग की प्रोफेसर स्वर्णिक्ला साइकोलॉजिस्ट डॉ. आदर्श कोहली ने वेबिनार में वक्तव्य दिया। उन्होंने कहा कि कोरोना के कारण आ रही परेशानियों के बीच युवाओं के मानसिक स्वास्थ्य को बनाए रखना हमारी सामूहिक जिम्मेदारी है। भारत में 10-24 वर्ष के आयु वर्ग के युवाओं में मृत्यु का प्रमुख कारण आत्महत्या है। हमारे देश में आत्महत्या के कारण हर साल एक लाख से अधिक लोगों की जान बली जाती है। वेबिनार में 126 विद्यार्थियों ने भाग लिया। डॉ. कोहली ने आत्महत्या के

**एमसीएम कॉलेज में युवाओं में मानसिक स्वास्थ्य की चुनौतियों पर वेबिनार**

प्रमुख कारकों और विभिन्न मानसिक विकार जैसे अवसाद, चिंता, मादक द्रव्यों के सेवन, आवेग, पारिवारिक विस्कृति, यौन शोषण आदि पर चर्चा की। डॉ. कोहली ने युवाओं को आत्महत्या के लिए उकसाने वाले विविध कारणों को प्रारंभिक अनुसंधान के साथ बताया। इसके साथ ही केस स्टडी के माध्यम से आत्महत्या में मनोवैज्ञानिक शब्द परीक्षा, आत्महत्या के प्रयासों से जुड़े मिथक, युवाओं में आत्महत्या के प्रारंभिक लक्षणों पर चर्चा की। डॉ. कोहली ने तनाव प्रबंधन की रणनीतियों, भावनाओं पर नियंत्रण, कोशल विकास आदि पर चर्चा की और साथ ही रचनात्मक गतिविधियों में ध्यान केंद्रित इत्यादि पर बातचीत करते हुए सामूहिक कार्यक्रमों के माध्यम से आत्महत्या को रोकथाम के लिए बहुआयामी दृष्टिकोण पर जोर दिया। विशेषज्ञ ने इंटीग्रेटिव सत्र के दौरान विद्यार्थियों द्वारा पूछे गए सभी मानसिक स्वास्थ्य संबंधी प्रश्नों को संबोधित किया और उत्तर के लिए विश्वसनीय मानसिक स्वास्थ्य पेशेवरों से सलाह लेने के लिए प्रोत्साहित किया। प्रिंसिपल डॉ. निशा भार्गव ने इस तरह के प्रारंभिक विषय पर मानसिक स्वास्थ्य सशक्ता पर चर्चा करते तथा इस कूल की रोकथाम के लिए किये गए प्रयास हेतु गीतांजलि काउंसिलिंग हेल्पलाइन को सराहना की।

## एमसीएम में आत्महत्या की रोकथाम और युवाओं में मानसिक स्वास्थ्य की चुनौतियों पर वेबिनार



चंडीगढ़ (हिमप्रभा न्यूज़)। एमसीएम डीएवी कॉलेज फॉर वूमन, चंडीगढ़ की गीतांजलि काउंसिलिंग हेल्पलाइन ने विश्व मानसिक स्वास्थ्य दिवस और अंतरराष्ट्रीय आत्महत्या दिवस के उपलक्ष्य में -सुसाइडल प्रिवेंशन एंड मेंटल हेल्थ चैलेंजेंस इन यूथ- विषय पर एक वेबिनार का आयोजन किया। प्रख्यात क्लिनिकल साइकोलॉजिस्ट डॉ. आदर्श कोहली, प्रोफेसर, मनोचिकित्सा विभाग, पीजीआईएचआर, चंडीगढ़ ने इस वेबिनार में जीवंत वक्तव्य दिया। कोविड -19 के कारण उत्पन्न वर्तमान वैश्विक स्वास्थ्य आपाकालीन स्थिति में युवाओं के मानसिक स्वास्थ्य को बनाए रखना हमारी सामूहिक जिम्मेदारी है। आत्महत्या भारत में 10-24 वर्ष के आयु वर्ग के युवाओं में मृत्यु का प्रमुख कारण है, हमारे देश में आत्महत्या के कारण हर साल एक लाख से अधिक लोगों की जान बली जाती है। इस वर्ष विश्व मानसिक स्वास्थ्य दिवस की थीम -मेंटल हेल्थ फॉर ऑल, ग्रेटर इनवेस्टमेंट - ग्रेटर एक्सेस - पर आधारित इस वेबिनार में 126 विद्यार्थियों ने उत्साहपूर्वक भाग लिया। एमसीएमकी 2019 की रिपोर्ट के अनुसार सभी आयु वर्गों एवं व्यवसायों में आत्महत्या को रोकथाम पर विचार विमर्श करते हुए डॉ. आदर्श कोहली ने आत्महत्या के प्रमुख कारणों तथा विभिन्न मानसिक विकार जैसे अवसाद, चिंता, मादक द्रव्यों के सेवन, आवेग, पारिवारिक विस्कृति, यौन शोषण, आदि पर चर्चा की। डॉ. कोहली ने युवाओं को आत्महत्या के लिए उकसाने वाले विविध कारणों को प्रारंभिक अनुसंधान के साथ स्पष्ट करते हुए, उन्होंने केस स्टडी के माध्यम से आत्महत्या में मनोवैज्ञानिक शब्द परीक्षा, आत्महत्या के प्रयासों से जुड़े मिथक, युवाओं में आत्महत्या के प्रारंभिक लक्षणों पर भी चर्चा की। डॉ. कोहली ने तनाव प्रबंधन की रणनीतियों, भावनाओं पर नियंत्रण, कोशल विकास एवं रचनात्मक गतिविधियों में ध्यान केंद्रित इत्यादि पर बातचीत करते हुए सामूहिक कार्यक्रमों के माध्यम से आत्महत्या को रोकथाम के लिए बहुआयामी दृष्टिकोण पर जोर दिया। विशेषज्ञ ने इंटीग्रेटिव सत्र के दौरान विद्यार्थियों द्वारा पूछे गए सभी मानसिक स्वास्थ्य संबंधी प्रश्नों को संबोधित किया और उत्तर के लिए विश्वसनीय मानसिक स्वास्थ्य पेशेवरों से सलाह लेने के लिए प्रोत्साहित किया। प्रिंसिपल डॉ. निशा भार्गव ने इस तरह के प्रारंभिक विषय पर मानसिक स्वास्थ्य सशक्ता पर चर्चा करते तथा इस कूल की रोकथाम के लिए किये गए प्रयास हेतु गीतांजलि काउंसिलिंग हेल्पलाइन को सराहना की।

## मानसिक विकार ही युवाओं के आत्महत्या करने का मुख्य कारण : डा. आदर्श कोहली


चंडीगढ़, 13 अक्टूबर (रोकेट)। एमसीएम डीएवी कॉलेज फॉर वूमन, चंडीगढ़ की गीतांजलि काउंसिलिंग हेल्पलाइन ने विश्व मानसिक स्वास्थ्य दिवस और अंतरराष्ट्रीय आत्महत्या दिवस के उपलक्ष्य में 'सुसाइडल प्रिवेंशन एंड मेंटल हेल्थ चैलेंजेंस इन यूथ' विषय पर एक वेबिनार का आयोजन किया। प्रख्यात क्लिनिकल साइकोलॉजिस्ट डॉ. आदर्श कोहली, प्रोफेसर, मनोचिकित्सा विभाग, पीजीआई ने इस वेबिनार में वक्तव्य दिया। कोविड -19 के कारण उत्पन्न वर्तमान वैश्विक स्वास्थ्य आपाकालीन स्थिति में युवाओं के मानसिक स्वास्थ्य को बनाए रखना हमारी सामूहिक जिम्मेदारी है। आत्महत्या भारत में 10-24 वर्ष के आयु वर्ग के युवाओं में मृत्यु का प्रमुख कारण है, हमारे देश में आत्महत्या के कारण हर साल एक लाख से अधिक लोगों की जान बली जाती है। इस वर्ष विश्व मानसिक स्वास्थ्य दिवस की

**एमसीएम में मानसिक स्वास्थ्य चुनौतियों पर वेबिनार आयोजित**

थीम 'मैटल हेल्थ फॉर ऑल, ग्रेटर इनवेस्टमेंट - ग्रेटर एक्सेस' पर आधारित इस वेबिनार में 126 विद्यार्थियों ने उत्साहपूर्वक भाग लिया। एमसीएमकी 2019 की रिपोर्ट के अनुसार सभी आयु वर्गों एवं व्यवसायों में आत्महत्या को रोकथाम पर विचार विमर्श करते हुए डॉ. आदर्श कोहली ने आत्महत्या के प्रमुख कारणों तथा विभिन्न मानसिक विकार जैसे अवसाद, चिंता, मादक द्रव्यों के सेवन, आवेग, पारिवारिक विस्कृति, यौन शोषण, आदि पर चर्चा की। डॉ. कोहली ने युवाओं को आत्महत्या के लिए उकसाने वाले विविध कारणों को प्रारंभिक अनुसंधान के साथ स्पष्ट करते हुए, उन्होंने केस स्टडी के माध्यम से आत्महत्या में मनोवैज्ञानिक शब्द परीक्षा, आत्महत्या के प्रयासों से जुड़े मिथक, युवाओं में आत्महत्या के प्रारंभिक लक्षणों पर भी चर्चा की। डॉ. कोहली ने तनाव प्रबंधन की रणनीतियों, भावनाओं पर नियंत्रण, कोशल विकास एवं रचनात्मक गतिविधियों में ध्यान केंद्रित इत्यादि पर बातचीत करते हुए सामूहिक कार्यक्रमों के माध्यम से आत्महत्या को रोकथाम के लिए बहुआयामी दृष्टिकोण पर जोर दिया। विशेषज्ञ ने इंटीग्रेटिव सत्र के दौरान विद्यार्थियों द्वारा पूछे गए सभी मानसिक स्वास्थ्य संबंधी प्रश्नों को संबोधित किया और उत्तर के लिए विश्वसनीय मानसिक स्वास्थ्य पेशेवरों से सलाह लेने के लिए प्रोत्साहित किया। प्रिंसिपल डॉ. निशा भार्गव ने इस तरह के प्रारंभिक विषय पर मानसिक स्वास्थ्य सशक्ता पर चर्चा करते तथा इस कूल की रोकथाम के लिए किये गए प्रयास हेतु गीतांजलि काउंसिलिंग हेल्पलाइन को सराहना की।

## Webinar on "Suicide Prevention and Mental Health Challenges in Youth"

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



## 2. Title of the activity: 'SOAP DONATION' ACTIVITY TO CELEBRATE 'GLOBAL HANDWASHING DAY' BASED ON THE THEME 'HAND HYGIENE FOR ALL' ORGANIZED BY SWACHHTA COMMITTEE (ARTS)

**Date:** 15<sup>th</sup> October, 2020

**Number of participants:** 6 students, 3 teachers and 25 non-teaching staff members

**Objective:** Handwashing is the most simple and effective way of preventing illness and the spreading of germs. Global Handwashing Day is a day dedicated to raise



awareness of washing hands with soap, as a key factor in disease prevention. The students were asked to distribute soaps to the needy by:

- Demonstrating an understanding of **how** to wash one's hands with soap
- Identifying and explaining the importance of **when** to wash one's hands
- Understanding how washing one's hands with soap helps **prevent** illness and the spreading of germs



**The Context:** Today the entire world is fighting with COVID-19 and this pandemic has reminded us about the importance of hand-washing. It is the simplest method to prevent not only the spread of any virus but also to ensure overall better health outcomes. Keeping in mind the present situation, the *Swachhta Committee (Arts)* organized a “**Soap Donation**” activity to mark the celebration of ‘**Global Handwashing Day**’ on 15<sup>th</sup> October, 2020. It is a global campaign to motivate and mobilize people around the world to improve their handwashing habits. This year, the theme is “**Hand Hygiene for All.**”

**The Practice:** October 15 is (Global Handwashing Day) a Global Advocacy Day dedicated to increasing awareness and understanding about the importance of handwashing with soap as an effective and affordable way to prevent diseases and save lives. The COVID-19 pandemic provides a stark reminder that one of the most effective ways to stop the spread of a virus is also one of the simplest: hand hygiene, especially washing with soaps.

Handwashing with soap contributes to better health, nutrition, education, and equity. This practice can even help achieve many of the Sustainable Development Goals. Handwashing Day is a Global Advocacy Day dedicated to increasing awareness and understanding about the importance of handwashing with soap as an easy, effective, and affordable way to prevent diseases. It is an opportunity to learn, design, test, replicate,

and share creative ways to encourage people to wash their hands with soap at critical times.

**The Evidence of Success:** In the wake of contributing to the *Community Health Education*, the present activity was organized to mobilize the students to initiate a step towards reaching people outside of traditional health care settings, for improving health and wellness, by addressing influences at all levels and in a variety of environments/settings (College, home, markets, schools, etc). Many students showed a keen interest in spreading awareness among people in and around their homes. A student of MA II herself made soaps and distributed them.





### 3. Title of the activity: SHORT MOBILE VIDEO MAKING CONTEST BY SWACHHTA COMMITTEE (ARTS)

**Date:** 14<sup>th</sup> November, 2020

**Objective:** In India, Diwali celebration and burning of firecrackers go hand in hand. But today with covid-19 situation burning fire crackers will only aggravate the problem. This activity was planned to motivate and mobilize the students in celebrating a green Diwali, highlighting the fact that houses, streets, offices and everything can be beautifully illuminated by diyas or dazzling lights.

**The Context:** But amidst this artistic and vibrant way of celebrating Diwali, one thing that is bothersome is the upsurge of burning firecrackers as a means of celebrating the festival. This directly portrays an opposite scenario as compared to the historical and traditional modes of celebrating Diwali. Even during the Mughal rule Diwali was celebrated by lighting lamps, and was restricted to the Gujarat area. After the Mughals, during the British rule as well, the uncompromising Explosives Act put a restriction on the manufacture and sale of materials used to create fireworks. But in 1940, the Explosives Act was amended making the manufacture of a certain class of fireworks legal. And the amendment of the Act created an opportunity for two marketing geniuses - AyyaNadar and ShanmugaNadar - who created the first fireworks factory known as Sivakasi in 1940. Although it was back in 1923, when the Nadars planted the seeds, that later grew to become the phenomenon that is known as Diwali fireworks today.

**The Practice:** This year for Diwali the Ministry of Environment, Forest and Climate Change has launched a campaign “Harit Diwali, Swasth Diwali” to create awareness among various stakeholders and encourage people to participate in combating air pollution. The Swachhta Committee (Arts) organized a “Short Mobile Video Making Contest” on 14th November, 2020 to encourage the students to celebrate an environment friendly and safe Diwali. The theme for the activity was “Green Diwali-Clean Diwali.”

'Diwali' is a festival of lights. However, with modernization and changing trends, people have started shifting to electronic ways to light up their houses during this festival, but the age-old tradition of lighting diyas still hasn't been eliminated from the main scheme of things. Fumes coming out from firecrackers emit gases like copper (causes irritation in the respiratory tract), cadmium (reduces the oxygen-carrying capacity of blood, leading to anemia), lead (lead has a harmful effect on the nervous system), magnesium (magnesium fumes cause a condition known as metal fume fever), zinc (causes metal fume fever and also induces vomiting), sodium (sodium is highly reactive element and combines with moisture to cause burns). In fact, burning of firecrackers can also be quite traumatic for pets as well. Apart from these, issues like water contamination, acid rain, air pollution, noise pollution, etc. are also quite relatable to the activity of burning firecrackers.

**The Evidence of Success:** We succeeded in creating awareness.

#### **4. Title of the activity: AN ONLINE COVID-19 PLEDGE DRIVE AS PART OF GOVERNMENT OF INDIA 'S JAN ANDOLAN**

**Date:** 28<sup>th</sup>- 29<sup>th</sup> December, 2020

**Number of participants:** 60 students and 4 teachers

**Objective:** To extend wholehearted support to the Government of India's (GOI's) efforts directed at fighting the novel corona virus.

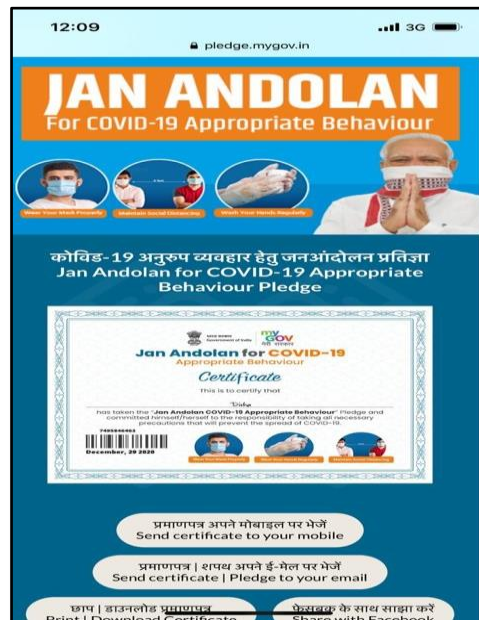
**The Context:** Honorable Prime Minister Shri Narendra Modi launched a campaign on Jan Andolan for COVID-19 Appropriate Behavior in view of the upcoming festivals and winter season, as well as, the opening up of the economic activities. The campaign was launched with the aim to encourage People's Participation (Jan Andolan). It endeavoured to be a Low-Cost-High-Intensity Campaign with the Key Messages of 'wear mask, follow physical distancing and maintain hand hygiene'.

**The Practice:** As part of the pledge, the participants committed themselves towards



strengthening India's fight against COVID-19 by following key covid appropriate behavior and taking all the precautionary measures including maintaining social distance, wearing face mask and washing hands frequently.

**The Evidence of Success:** The pledge was taken by the Principal of the college Dr. Nisha Bhargava, teaching and non-teaching staff members, NSS volunteers and students. Dr. Nisha Bhargava asserted that since the outbreak of COVID-19 in India, the College has undertaken various initiatives to help contain the disease including raising awareness about the disease through educational videos, online competitions, and distributing masks made at home. She added that being a socially responsible institution, Mehr Chand Mahajan DAV College for Women stands firmly with the state in its fight against COVID-19.



## कोरोना के रोकथाम के लिए ली शपथ

**जगरण संवाददाता, चंडीगढ़ :**  
एमसीएम डीएवी कॉलेज फॉर वूमैन सेक्टर-36 में स्वच्छता समिति की तरफ से कोरोना रोकथाम के लिए शपथ समारोह आयोजित किया। कॉलेज प्रिंसिपल डॉ. निशा भार्गव ने कहा कि हम महामारी रोकथाम के लिए पहले भी कार्यक्रम आयोजित करते रहें हैं, जो कि भविष्य में भी जारी

रहेंगे। उन्होंने कहा कि कॉलेज की एनएसएस यूनिट की तरफ से विभिन्न गांवों में जाकर जागरूकता कार्यक्रम चलाए थे इसके साथ ही कुछ गांवों की जरूरतों को भी पूरा किया था ताकि महामारी में उन्हें किसी प्रकार की परेशानी न हो। उन्होंने कहा कि नए साल का स्वागत हम लोगों से कोरोना बचाव का संदेश देते हुए करेंगे।

## कोरोना वायरस की रोकथाम के लिए ली प्रतिज्ञा

चंडीगढ़, 29 दिसंबर। मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन की स्वच्छता समिति ने कोरोना वायरस की रोकथाम के लिए भारत सरकार के प्रयासों के लिए पूरे दिल से समर्थन देने के लिए एक प्रतिज्ञा ली। भारत सरकार के 'जन आंदोलन फॉर कोविड - 19' अभियान में आयोजित गतिविधि में कॉलेज की प्रिंसिपल डॉ. निशा भार्गव, शिक्षण और गैर-शिक्षण स्टाफ सदस्यों, एनएसएस स्वयंसेवकों एवं छात्राओं ने कोरोना वायरस की रोकथाम के लिए एवं इसके प्रति उपयुक्त व्यवहार हेतु प्रतिज्ञा ली गई। प्रतिज्ञा में, प्रतिभागियों ने प्रमुख कोविड - 19 के लिए भारत सरकार द्वारा लागू दिशानिर्देशों का पालन करके और सामाजिक दूरी को बनाए रखने, मास्क पहनने और बार-बार हाथ धोने सहित सभी एहतियाती कदम उठाकर इस महामारी की रोकथाम हेतु स्वयं को प्रतिबद्ध किया। डॉ. निशा भार्गव ने कहा कि भारत में कोविड - 19 के प्रकोप के बाद से, एमसीएम ने इस बीमारी को दूर करने के लिए कई पहल की है, जिसमें शैक्षिक वीडियो, ऑनलाइन प्रतियोगिताओं के माध्यम से बीमारी के बारे में जागरूकता बढ़ाने और घर पर बने मास्क वितरित करना शामिल है। उन्होंने कहा कि एमसीएम अपनी सामाजिक जिम्मेदारी समझते हुए इस महामारी की रोकथाम के लिए हर संभव प्रयास में निरंतर प्रयासरत है।

## MCM staff takes COVID Appropriate Behaviour Pledge

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

## एमसीएम की छात्राओं एवं कर्मचारियों ने कोरोना वायरस की रोकथाम के लिए ली प्रतिज्ञा

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन की स्वच्छता समिति ने कोरोना वायरस की रोकथाम के लिए भारत सरकार के प्रयासों के लिए पूरे दिल से समर्थन देने के लिए एक प्रतिज्ञा ली। भारत सरकार के 'जन आंदोलन फॉर कोविड - 19' अभियान में आयोजित गतिविधि में कॉलेज की प्रिंसिपल डॉ. निशा भार्गव, शिक्षण और गैर-शिक्षण स्टाफ सदस्यों, एनएसएस स्वयंसेवकों एवं छात्राओं ने कोरोना वायरस की रोकथाम के लिए एवं इसके प्रति उपयुक्त व्यवहार हेतु प्रतिज्ञा ली गई। प्रतिज्ञा में, प्रतिभागियों ने प्रमुख कोविड - 19 के लिए भारत सरकार द्वारा लागू दिशा-निर्देशों का पालन करके और सामाजिक दूरी को बनाए रखने, मास्क पहनने और बार-बार हाथ धोने सहित सभी एहतियाती कदम उठाकर इस महामारी की रोकथाम हेतु स्वयं को प्रतिबद्ध किया। डॉ. निशा भार्गव ने कहा कि भारत में कोविड - 19 के प्रकोप के बाद से, एमसीएम ने इस बीमारी को दूर करने के लिए कई पहल की है, जिसमें शैक्षिक वीडियो, ऑनलाइन प्रतियोगिताओं के माध्यम से बीमारी के बारे में जागरूकता बढ़ाने और घर पर बने मास्क वितरित करना शामिल है। उन्होंने कहा कि एमसीएम अपनी सामाजिक जिम्मेदारी समझते हुए इस महामारी की रोकथाम के लिए हर संभव प्रयास में निरंतर प्रयासरत है।

## एमसीएम की छात्राओं एवं कर्मचारियों ने कोरोना वायरस की रोकथाम के लिए ली प्रतिज्ञा

चंडीगढ़ (हिमप्रभा व्यू)। मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन की स्वच्छता समिति ने कोरोना वायरस की रोकथाम के लिए भारत सरकार के प्रयासों के लिए पूरे दिल से समर्थन देने के लिए एक प्रतिज्ञा ली। भारत सरकार के जन आंदोलन फॉर कोविड - 19 अभियान में आयोजित गतिविधि में कॉलेज की प्रिंसिपल डॉ. निशा भार्गव, शिक्षण और गैर-शिक्षण स्टाफ सदस्यों, एनएसएस स्वयंसेवकों एवं छात्राओं ने कोरोना वायरस की रोकथाम के लिए एवं इसके प्रति उपयुक्त व्यवहार हेतु प्रतिज्ञा ली गई। प्रतिज्ञा में, प्रतिभागियों ने प्रमुख कोविड - 19 के लिए भारत सरकार द्वारा लागू दिशानिर्देशों का पालन करके और सामाजिक दूरी को बनाए रखने, मास्क पहनने और बार-बार हाथ धोने सहित सभी एहतियाती कदम उठाकर इस महामारी की रोकथाम हेतु स्वयं को प्रतिबद्ध किया। डॉ. निशा भार्गव ने कहा कि भारत में कोविड - 19 के प्रकोप के बाद से, एमसीएम ने इस बीमारी को दूर करने के लिए कई पहल की है, जिसमें शैक्षिक वीडियो, ऑनलाइन प्रतियोगिताओं के माध्यम से बीमारी के बारे में जागरूकता बढ़ाने और घर पर बने मास्क वितरित करना शामिल है। उन्होंने कहा कि एमसीएम अपनी सामाजिक जिम्मेदारी समझते हुए इस महामारी की रोकथाम के लिए हर संभव प्रयास में निरंतर प्रयासरत है।

## 5. Title of the activity: E-WASTE MODELING CONTEST BY DEPARTMENT OF COMPUTER SCIENCE & APPLICATIONS UNDER THE AEGIS OF SWACHHTA CELL

Date: 6<sup>th</sup> January, 2021

Number of participants: 17

**Objectives:** This practice aimed to sensitize the students about reduce, recycle and reuse of e-waste found in their homes.

**The Context:** To inculcate social responsibility towards Swachhta among students, the “E-Waste Modeling Contest” was carried out online for managing e-waste in a better way to sensitize the students about the need to ‘reduce, recycle and reuse’. A brochure was shared among students for participating in the event through students’



The brochure is for an 'E-Waste Modeling Contest' held on January 6, 2021, at Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh. It is organized by the Swachhta Committee, Department of Computer Science & Applications. The brochure includes a list of rules and regulations, a photograph of a WALL-E robot model, and the names of the organizers: Co-Coordinators Dr. Mandeep Kaur and Ms. Navdeep Kaur; Coordinators Dr. Indu Arora and Ms. Deepti Sharda; and Principal Dr. Nisha Bhargava. A contact email, dcsamcm@gmail.com, is provided for further queries.

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

### E-Waste Modeling Contest

(January 6, 2021)

Organized by  
Swachhta Committee, Department of Computer Science & Applications

**RULES AND REGULATIONS**

1. Only individual participation is allowed using easily available e-waste material. Both working / non-working models are acceptable.
2. Students should click 3 pictures during the making of the model – a) Raw material/components before assembling (b) Intermediate level (c) Final product. These pictures should be sent as final submission through email at [dcsamcm@gmail.com](mailto:dcsamcm@gmail.com) latest by January 6, 2021 till 5:00 pm.
3. Readymade model would not be accepted from participants in the competition.
4. Models will be judged on basis of Creativity, Utility of the Product and Overall Presentation.
5. The decision of the judges will be considered final and abiding.
6. Best three models will be awarded cash prizes of Rs 1500, Rs 1000 and Rs. 500.
7. Registration is mandatory for all the participants before submission at the link: <https://forms.gle/2YbWuUJleJrx25Uo6>

**Co-Coordinators**  
Dr. Mandeep Kaur  
Ms. Navdeep Kaur

**Coordinators**  
Dr. Indu Arora  
Ms. Deepti Sharda

**Principal**  
Dr. Nisha Bhargava

For further queries, you can send email at [dcsamcm@gmail.com](mailto:dcsamcm@gmail.com)

WhatsApp groups. Models were to be submitted through e-mail latest by 6th Jan, 2021.

**The Practice:** E-Waste Modeling Contest was carried out by Department of Computer Science & Applications under the aegis of Swachhta cell under the supervision of

- Dr Indu Arora (Coordinator)
- Mrs. Deepti Sharda (Coordinator)
- Dr. Mandeep K. Chawla (Co-Coordinator)
- Mrs. Navdeep Kaur (Co-Coordinator)

The guidelines for the contest were as follows:

1. Students had to submit three photographs of model making process:
  - a) Raw material/components before assembling



(b) Intermediate level

(c) Final product.

2. Cash prizes of Rs 1500, Rs 1000 and Rs. 500 were also announced for Best three models.

Models were judged by Ms Deepti Sharda, Dr Mandeep Chawla and Ms Navdeep Kaur on the basis of creativity, utility of the product and overall presentation.

**The Evidence of Success:** Around 17 participants showcased the creativity and utility of their products. It was a hands-on experience for the participants which also



helped them to research, create, collaborate and communicate. Participants constructively made use of CPU fans, old batteries, LED bulbs, motors, motherboards, wires, cells CDs, solar mini plates, headphones to make interesting items such as Water Dispenser, working car model, Rubber and power car, Shoes, Houses/Hut, Wall Hanging, Cycle Organizer, Decorative Pieces, Night Lamps, Robot and Starry Night Painting. Hence, several creative ideas to re-use e-waste material came forth from the students thereby fulfilling the primary objective of the competition.

The result of the competition is as following: -

- First position - Navya Chhatwani (B. Com III)
- Second position - Aastha Mittal (BCA II)
- Third position - Piezal Singh (BCA II)



**एमसीएम डीएवी कॉलेज में  
नवाचार पर दो मिनट वीडियो  
एवं ई-वेस्ट मॉडलिंग प्रतियोगिता**

**चंडीगढ़।** एमसीएम डीएवी कॉलेज फॉर वीमेन के डिपार्टमेंट ऑफ कंप्यूटर साइंस एन्ड एप्लीकेशंस ने कोविड - 19 महामारी के दौरान नवाचार विषय पर 2- मिनट वीडियो मेकिंग प्रतियोगिता का आयोजन किया। कुल 19 प्रतिभागियों ने प्रतियोगिता के लिए पंजीकरण करवाया एवं चिकित्सा, स्वच्छता, कृत्रिम बुद्धिमत्ता, और मोबाइल ऐप सहित विभिन्न क्षेत्रों में महामारी के दौरान नवाचारों पर अपनी प्रस्तुति दी। एक अन्य गतिविधि में इसी विभाग ने स्वच्छता समिति के तत्वावधान में ई-वेस्ट मॉडलिंग प्रतियोगिता का आयोजन किया। इस प्रतियोगिता में कुल 17 प्रतिभागियों ने ई-कचरे का उपयोग करके उपयोगी वस्तुएं बना कर अपनी रचनात्मकता को प्रदर्शित किया। नवाचार पर दो मिनट वीडियो प्रतियोगिता में नवदीप कौर ने पहला स्थान प्राप्त किया जबकि किरनदीप और वंशिका गर्ग को क्रमशः दूसरा एवं तीसरा स्थान मिला।

**ई-मॉडलिंग में नव्या, वीडियो  
बनाने में नवदीप रहीं प्रथम**



एमसीएम में ई-वेस्ट मॉडलिंग प्रतियोगिता में छात्राओं की ओर से बनाई गई वस्तुएं।

**माई सिटी रिपोर्टर**

**चंडीगढ़।** एमसीएम डीएवी कॉलेज-36 के कंप्यूटर विभाग ने नवाचार विषय पर ई-मॉडलिंग और वीडियो बनाने की प्रतियोगिता का आयोजन किया। ई-वेस्ट मॉडलिंग में 17 जबकि वीडियो मेकिंग प्रतियोगिता में 19 प्रतिभागियों ने हिस्सा लिया।

इस दौरान विद्यार्थियों ने ई-कचरे का इस्तेमाल कर उनसे उपयोगी वस्तुएं बनाईं। इसमें नव्या

प्रथम, आस्था मित्तल द्वितीय और पैजल तृतीय रहीं। वीडियो मेकिंग प्रतियोगिता में शामिल विद्यार्थियों ने लॉकडाउन के दौरान चिकित्सा, स्वच्छता, मोबाइल ऐप इत्यादि क्षेत्रों में हुए बदलाव व नवाचार पर वीडियो बनाईं। इस प्रतियोगिता में नवदीप कौर ने पहला, किरनदीप और वंशिका गर्ग ने क्रमशः दूसरा व तीसरा स्थान पाया। कॉलेज प्राचार्य डॉ. निशा भार्गव ने कंप्यूटर विभाग और प्रतिभागी विद्यार्थियों के प्रयासों को सराहना की।

**6. Title of the activity: AN ONLINE NATIONAL LEVEL WORKSHOP BY THE SWACHHTA COMMITTEE IN COLLABORATION WITH THE SAMSKRUTI FOUNDATION AND MAHATMA GANDHI NATIONAL COUNCIL OF RURAL EDUCATION**

**Date:** 9<sup>th</sup> January, 2021

**Number of participants:** 18 teachers and 182 students

**Objective:** The theme of the workshop was 'Social Enterprise Business Plan.' India is a young country with 34.33% of its population constituting the youth. They are the future of our country and educational institutions and entrepreneurship play an important role in inculcating in them the values of self-reliance. The concept of social entrepreneurship emerged in the 1980s and is gaining momentum with each passing day. Social entrepreneurs are either non-profits, or they blend for-profit goals with generating a positive "return to society." Social entrepreneurship typically attempts to further broad social, cultural, and environmental goals often associated with the voluntary sector in areas such as poverty alleviation, health care and community development.

**The Context:** Swami Vivekanand is one of India's greatest youth icons who has influenced millions of youths across the world. A successful life is nothing if it is not meaningful. The greatest quest of the youth is for a meaningful life that inspires the heart, liberates the mind and ignites the soul.

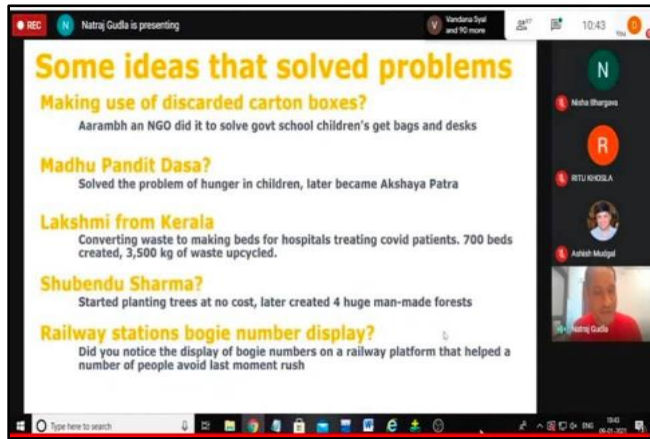


Swami Vivekanand understood this. His ideas can be understood by this fourfold mantra to live a meaningful life - physical, social, intellectual and spiritual quest. By *physical quest* he meant, taking care of the human body and undertaking activities to mitigate physical sufferings. This was aimed at physically preparing the youth to take up any task. The next level is *social quest* which involves undertaking activities to mitigate physical sufferings. Running hospitals, orphanages and old-age homes qualify for this level. The next higher level is of intellectual quest. Running schools, colleges and awareness and empowerment programs fall under this. Raising one's *intellectual* level, gaining knowledge and spreading and sharing it with the society is the objective at this level. For those looking for something deeper, he prescribed the highest level of *spiritual* service - one of dhyana and sadhna. Being in sync with Swami Vivekananda's philosophy of 'We Good-Do Good' and its relevance in the present times, the college organized a workshop on social entrepreneurship. The idea was to sensitize the staff, as well as, the students towards their contribution for the social cause.

**The Practice:** The youth are indeed the most dynamic and vibrant segment of the population in any country. To aid in the realization of Swami Vivekananda's dream of a self-reliant India, youth can be a powerful channel. Social entrepreneurship in modern society offers an altruistic form of entrepreneurship that focuses on social benefits. The main goal of social entrepreneurs is not to make a profit, but rather to invest, develop and implement new solutions to solve social or environmental problems in a given community. Through this workshop we wanted to initiate our efforts from just being problem talkers to



solution seekers. The speaker Mr Natraj Gudla, software professional spoke on the importance of innovation so that we can move from waste to wealth.



**The Evidence of Success:** Skill development and entrepreneurship is the flagship programme to put India on the road of becoming a developed nation. The Government is making all efforts to invest hugely in the youth of the country because it is necessary in the ambitious task of building a modern and prosperous India.

As Swami Vivekananda once exhorted, "Arise! Awake! And stop not till the goal is reached," let us all unite and work for the country with purity, patience, and perseverance as the Swami felt these three to be essentials to success. The workshop was a success and was attended by 18 teachers and 182 students on Google Meet, as well as the YouTube channel of the college.

## विरासत और संस्कृति को पुनर्जीवित करेगी नई शिक्षा नीति : डॉ. भार्गव

**एमसीएम डीएवी कॉलेज फॉर वुमन-36 में सामाजिक उद्यमिता पर कार्यशाला, 200 छात्राओं को दी सामाजिक उद्यमिता की जानकारी**

**माई सिटी रिपोर्टर**

चंडीगढ़। एमसीएम डीएवी कॉलेज फॉर वुमन-36 ने महात्मा गांधी राष्ट्रीय ग्रामीण शिक्षा परिषद हैदराबाद के सहयोग से सामाजिक उद्यमिता पर शनिवार को कार्यशाला आयोजित की। इस अवसर पर प्राचार्य डॉ. निशा भागव ने कहा कि भारत को सभी सभ्यताओं को जन्मी माना जाता है। इंटर झंडा कंपनी और ब्रिटिश शासन के बाद भारत विभिन्न आर्थिक, पर्यावरणीय और सामाजिक रूप से अस्पष्टित क्षेत्रों में परिवर्तित हो गया। नई शिक्षा नीति फिर से हमारी शानदार विरासत और संस्कृति को पुनर्जीवित

सामाजिक उद्यमिता कार्यशाला में हिस्सा लेती एमसीएम की छात्राएं।

प्रकाश डाला। उन्होंने रोजगार और राजस्व के साथ सामाजिक समस्याओं को हल करने के लिए नवाचारों को बढ़ावा देने और आत्मनिर्भर भारत के निर्माण पर जोर दिया। उन्होंने सामाजिक उद्यमों का उदाहरण देते हुए बताया कि अपशिष्ट को भी नवीन रूप देकर पुनः उपयोग के लिए बनाया जा सकता है। गुडला ने प्रतिभागियों को किसी भी वस्तु को उपयोग के उपरांत उसे फेंकने की बजाय उसका पुनः उपयोग करने के लिए प्रेरित किया। कार्यशाला का संचालन नटराज गुडला ने किया जबकि इसमें 200 से ज्यादा छात्राओं ने हिस्सा लिया।

**एनएसएस स्वयंसेवकों को नियमित रूप से कॉलेज आने के निर्देश**

चंडीगढ़। सेक्टर- 42 स्थित पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स ने एनएसएस स्वयंसेवकों को अब नियमित रूप से कॉलेज आने के निर्देश दिए हैं। स्वयंसेवकों को ऑफलाइन गतिविधियों में हिस्सा लेने और सामाजिक कार्य करने के लिए प्रेरित किया गया। कॉलेज को एनएसएस इकाई को तरफ से शनिवार को अभिव्यक्त कार्यक्रम आयोजित करवाया गया। एनएसएस प्रभारी मेहरचंद ने बताया कि शनिवार को लगभग नौ माह बाद एनएसएस टीम के सदस्यों के साथ मुलाकात हुई है। कॉलेज में 8 एनएसएस इकाई कार्यरत हैं। कार्यक्रम के दौरान कॉलेज की तरफ से गैद लिए हुए गांवों के लिए एनएसएस स्वयंसेवकों को रूपरेखा तैयार आगामी दिनों में उन्हें सेवाएं देने के लिए प्रोत्साहित किया गया। प्राचार्य डॉ. निशा अग्रवाल ने स्वयंसेवकों को सभाज के लित के लिए कार्य करने के लिए प्रेरणा दी। व्यूट

## एमसीएम सामाजिक उद्यमिता पर कार्यशाला आयोजित

**ह्यूमन इंडिया/विनोद कुमार चंडीगढ़।** मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, ने महात्मा गांधी राष्ट्रीय ग्रामीण शिक्षा परिषद, हैदराबाद के सीजन से सोशल एंटरप्रेन्योरशिप : बिजनेस प्लान प्रिपैरेशन पर एक राष्ट्रीय स्तर की ऑनलाइन कार्यशाला का आयोजन किया। सम्स्कृति पत्रादेशन के श्री नटराज गुडला ने इस विचारोत्तेजक कार्यशाला का संचालन किया। इस कार्यशाला में 200 से अधिक छात्राओं एवं संकाय सदस्यों ने भाग लिया। अपने उद्घाटन सम्बोधन में कार्यशाला की प्रासंगिकता पर प्रकाश डालते हुए, कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने कहा कि भारत जो सभी समस्याओं को जतनी मानता जाता है, ईस्ट इंडिया कंपनी तथा उसके बाद ब्रिटिश शासन के उपरांत भारत विभिन्न आर्थिक, पर्यावरणीय तथा सामाजिक रूप से असंगठित ढांचे में



उन्होंने रोजगार और राजस्व के साथ साथ सामाजिक समस्याओं को हल करने के लिए नवाचारों को बढ़ावा देने एवं आत्मनिर्भर भारत के निर्माण पर जोर दिया। सामाजिक उद्यमों के प्रासंगिक उदाहरणों के साथ जिसमें को अक्सिड को भी नवीन रूप देकर पुनः उपयोग हेतु बचाया जाता है, श्री गुडला ने प्रतिभागियों को अपनी समृद्ध संस्कृति के प्रति जागरूक करवाया जो उपयोग के उपरांत उसे फेंकने में विश्वास नहीं करती बल्कि उसे पुनः उपयोग के लिए तैयार करती हैं। विशेषज्ञ ने कहा की व्यक्तिगत प्रयास भी इस दिशा में एक बड़ा योगदान दे सकते हैं। श्री गुडला ने प्रतिभागियों को सफल सामाजिक उद्यमों होने का मंत्र पढ़ा - रिंपल आइडिया, रिंपल स्किल्स, सोशल एंगल एंड स्माल स्टैप्स भी साझा किया। सत्र के उपरांत विशेषज्ञ ने प्रतिभागियों के निर्माण प्रश्नों का समाधान भी दिया।

## सामाजिक उद्यमिता पर कार्यशाला

चंडीगढ़ (हिममया न्यू)। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, ने महात्मा गांधी राष्ट्रीय ग्रामीण शिक्षा परिषद, हैदराबाद के सीजन से सोशल एंटरप्रेन्योरशिप : बिजनेस प्लान प्रिपैरेशन पर एक राष्ट्रीय स्तर की ऑनलाइन कार्यशाला का आयोजन किया। सम्स्कृति पत्रादेशन के श्री नटराज गुडला इस विचार उत्तेजक कार्यशाला का संचालन किया। इस कार्यशाला में 200 से अधिक छात्राओं एवं संकाय सदस्यों ने भाग लिया। अपने उद्घाटन सम्बोधन में कार्यशाला की प्रासंगिकता पर प्रकाश डालते हुए, कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने कहा कि भारत जो सभी समस्याओं को जतनी मानता जाता है, ईस्ट इंडिया कंपनी तथा उसके बाद ब्रिटिश शासन के उपरांत भारत विभिन्न आर्थिक, पर्यावरणीय तथा सामाजिक रूप से असंगठित ढांचे में परिणत हो गया। उन्होंने कहा कि नई शिक्षा नीति फिर से हमारी शानदार विरासत और



संस्कृति को पुनर्जीवित करने के लिए प्रयासरत है, और एक आत्मनिर्भर भारत के निर्माण के विचार को ध्यान में रखते हुए, हम अपने युवाओं को समर्थ, अभ्यवस्था, पर्यावरण के प्रति जागरूक करने में निरंतर प्रयासरत हैं। अपने सम्बोधन में, श्री नटराज गुडला ने समाज में रचनात्मक योगदान के संदर्भ में सामाजिक उद्यमिता के महत्व पर प्रकाश डाला। उन्होंने रोजगार और राजस्व के साथ साथ सामाजिक समस्याओं को हल करने के लिए नवाचारों को बढ़ावा देने एवं आत्मनिर्भर भारत के निर्माण पर जोर दिया। सामाजिक उद्यमों के प्रासंगिक उदाहरणों के साथ जिसमें

को अक्सिड को भी नवीन रूप देकर पुनः उपयोग हेतु बचाया जाता है, श्री गुडला ने प्रतिभागियों को अपनी समृद्ध संस्कृति के प्रति जागरूक करवाया जो उपयोग के उपरांत उसे फेंकने में विश्वास नहीं करती बल्कि उसे पुनः उपयोग के लिए तैयार करती हैं। विशेषज्ञ ने कहा की व्यक्तिगत प्रयास भी इस दिशा में एक बड़ा योगदान दे सकते हैं। श्री गुडला ने प्रतिभागियों को सफल सामाजिक उद्यमों होने का मंत्र पढ़ा - रिंपल आइडिया, रिंपल स्किल्स, सोशल एंगल एंड स्माल स्टैप्स भी साझा किया। सत्र के उपरांत विशेषज्ञ ने प्रतिभागियों के निर्माण प्रश्नों का समाधान भी दिया।

### 7. Title of the activity: AN INTERNATIONAL VIRTUAL SEMINAR ON 'EMERGING STRATEGIES IN THE FIGHT AGAINST COVID-19 AND OTHER CONTAGIONS' ORGANIZED BY DEPARTMENT OF FOOD SCIENCE, MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, IN COLLABORATION WITH MICROBIOLOGISTS' SOCIETY, INDIA (MSI)

**Date:** 12<sup>th</sup> January, 2021

**Number of participants:** Participation of over 600 students, faculty, research scholars and industry personnel from different states all over India as well as from abroad (including UK and USA).

#### Objectives:

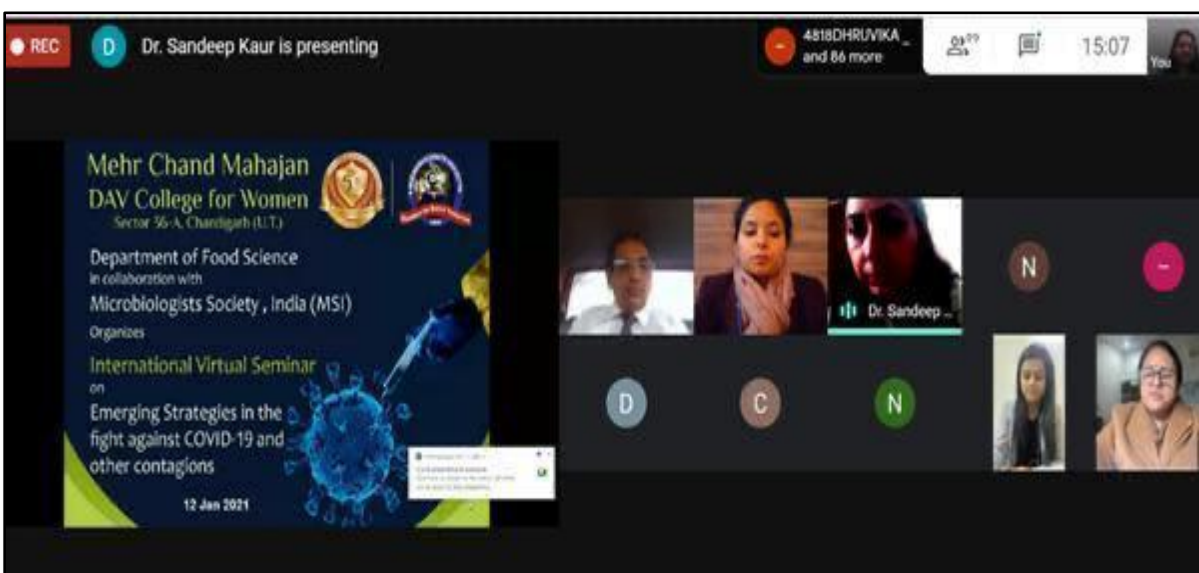
- To provide a unique platform to the young students who are our future scientists and innovators; to interact with experts and leading scientists working in this field and therefore gain knowledge and clarity on topics related to COVID-19.
- To enhance the existing knowledge of the participants and update them on the latest developments and challenges associated with treatment, vaccine, prevention and diagnostic techniques used against COVID-19.

**The Context:** COVID-19 pandemic has proven to be more than just a threat to our health: it has become a disruption of our way of life making the year 2020 as a year to be really

remembered. In this scenario, we all need to be adequately updated, stay informed and healthy emphasizing on the fact that correct knowledge is power coming directly from the expert's mouth.

**The Practice:** With an aim to enhance the existing knowledge of the participants and update them on the latest developments and challenges associated with COVID-19, the Department of Food Science, in collaboration with Microbiologists Society, India (MSI) organized an International virtual seminar on 'Emerging strategies in the fight against COVID-19 and other contagions'. The seminar was thus aimed at giving a unique platform to the young students who are our future scientists and innovators; to interact with experts and leading scientists working in this field and therefore gain knowledge and clarity on topics related to COVID-19.

The seminar focusing on emerging therapeutics and vaccine related innovations and the role of microbiology in the battle against COVID-19 and other leading infectious diseases, witnessed participation of over 600 students, faculty, research scholars and industry personnel from different states all over India as well as from abroad (including UK and USA).



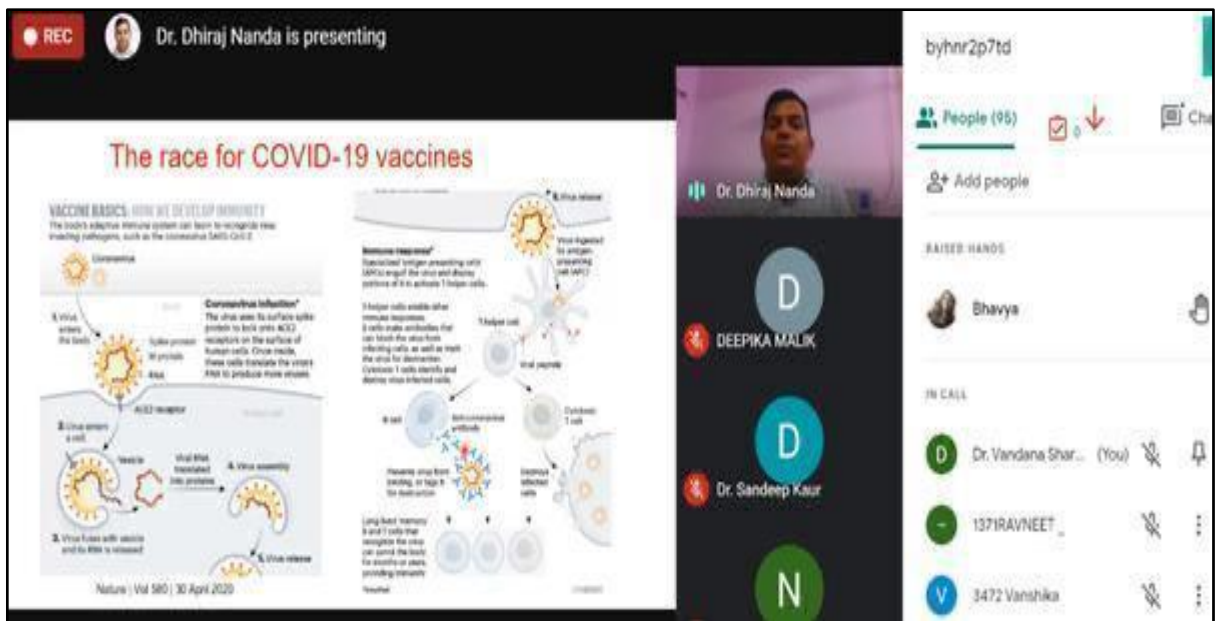
The keynote address was delivered by Dr. Arvind Deshmukh, President of Microbiologists Society, India. He motivated the students highlighting the role of



microbiology as a science and its emerging scope in today's scenario. The first technical session was conducted by Mr Sandeep Pathak, Senior Director Quality Control at Biocon Biologics, on the emerging role of Bio-similar and their importance in healthcare with special focus in the era of COVID-19. Dr. Dhiraj Kumar Nanda is Assistant Professor, School of Biological Sciences, AIPH University. The final session of the seminar was taken by Dr. Ashok Kumar, Associate Professor of Ophthalmology, Microbiology and Immunology, Wayne State, University School of Medicine, USA. The participants actively participated in each session, interacting with the speakers to acquire conceptual clarity on related topics.

**The Evidence of Success:**

- 1) The participants actively participated in each session, interacting with the speakers to acquire conceptual clarity on related topics.
- 2) Students seemed enthusiastic and gave a very positive feedback wishing for more such seminars and conferences to be held on emerging areas of healthcare.



REC Sandeep Pathak is presenting

by/hnr2p7td

People (100)

Add people

IN CALL

Dr. Vandana Shar... (You)

1371RAVNEET

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3472 Varshika

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GURPREET KAUR

DEEPIKA MALIK

Dr. Sandeep Kaur

**DEVELOPMENT OF BIOSIMILARS VS. INNOVATOR BIOLOGIC**

In-Depth structure characterization and assessment of product quality parameters required to establish similarity

BIO SIMILAR DEVELOPMENT  
Prove Biosimilarity & Limited Clinical  
Using \*CMC data for scientific Bridging

ANALYTICAL  
Pre-Clinical  
PK/PD

INNOVATOR DEVELOPMENT  
Prove Clinical Efficacy & Safety

Pre-Clinical  
PK/PD  
Clinical

\*CMC: Chemistry, Manufacturing and Control; PK: Pharmacokinetics; PD: Pharmacodynamics

## मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन सेक्टर 36-ए, चंडीगढ़



**सभी समानता चंडीगढ़ (विक्रान्त शर्मा)** - एमसीएम में अंतर्राष्ट्रीय अथनलाइन वेबिनार विद्यार्थियों को कोविड -19 महामारी को रोकने हेतु किये जा रहे प्रयासों, रणनीतियों एवं चुनौतियों पर जानकारी देने एवं उनके ज्ञान समृद्ध करने के उद्देश्य से, मेहरचंद महाजन डीएवी कश्मेल फ़थर वीमेन के डिपार्टमेंट अक्षय फूड साइंस ने माइक्रोबायोलॉजिस्ट सोसायटी, इंडिया (एम एस आई) के सहयोग से छद्मजिग स्टूडेंट्स इन द फाइव अंग्रेज कोविड - 19 एंड अदर कन्टेजस शीर्षक पर एक अंतर्राष्ट्रीय अथनलाइन वेबिनार का आयोजन किया। कोविड -19 एवं अन्य प्रमुख संक्रामक रोगों की रोकथाम हेतु चिकित्सीय उपलब्धियों, वैक्सीन संबंधी नवाचारों और माइक्रोबायोलॉजिस्टों की भूमिका पर केंद्रित इस संगोष्ठी में पूरे भारत में विभिन्न राज्यों में 600 से अधिक विद्यार्थियों, शिक्षकों, शोधार्थियों एवं उद्यमियों ने इस आयोजन में भाग लिया। अपने उद्घाटन संबोधन में कश्मेल की प्रिंसिपल डब्ल्यू निशा भार्गव कहा की शोध एवं नवाचारों के प्रति विद्यार्थियों एवं शोधार्थियों को अग्रसर करने हेतु उन्हें नवीन

प्रयासों की जानकारी एवं सही ज्ञान उपलब्ध कराना आवश्यक है। फूड साइंस विभाग की इस पहल की सराहना करते हुए डब्ल्यू भार्गव ने कहा कि कोविड - 19 के कारण हमारे जीवन में आये व्यवधान से सफलता पूर्वक निपटने के लिए इस दिशा में किये जा रहे प्रयासों, नवाचारों, रणनीतियों की जानकारी होना अत्यधिक महत्वपूर्ण है। माइक्रोबायोलॉजिस्ट सोसायटी, इंडिया के अध्यक्ष डब्ल्यू अरविंद देशमुख ने अपने बीज वक्तव्य में माइक्रोबायोलॉजिस्टों की भूमिका को एक विज्ञान और वर्तमान परिश्रम में इसके उभरते दायरे पर प्रकाश डालते हुए प्रतिभागियों को प्रेरित किया। इस आयोजन के प्रथम तकनीकी सत्र में बायोफैक्टरी के सीनियर डायरेक्टर क्वालिटी कंट्रोल श्री संदीप पाठक ने कोविड -19 की स्थिति में जैव-सिमिलर्स की उभरती भूमिका एवं स्वास्थ्य सेवाओं में उनके महत्व पर चर्चा की। स्कूल अक्षय बायोलॉजिकल साइंसेज, एआईपीएच यूनिवर्सिटी, भुवनेश्वर में सहायक प्रोफेसर डब्ल्यू धीरज कुमार नंदा ने कोरोनावायरस को नियंत्रित करने पर प्रकाश डालते हुए विभिन्न टीकों, संबंधित नैदानिक और नियामक परीक्षणों के बारे में अंतर्दृष्टि प्रतिभागियों से साझा की। संगोष्ठी के अंतिम सत्र में माइक्रोबायोलॉजिस्टों और इम्यूनोलॉजिस्टों, वेन स्टेट, यूनिवर्सिटी स्कूल अक्षय मेडिसिन, यूएसए में नेत्र विज्ञान के एसोसिएट प्रोफेसर डब्ल्यू अशोक कुमार ने कोविड 19 विकृति पर विस्तृत चर्चा करते हुए इसके टीकों के विकास की प्रक्रिया, संबंधित सुरक्षा और प्रभावकारिता परीक्षण, उपलब्ध नवीनतम नैदानिक परीक्षण और चुनौतियों पर प्रकाश डाला। प्रतिभागियों ने प्रत्येक सत्र में सक्रिय रूप से भाग लिया, संबंधित विषयों पर वैचारिक स्पष्टता प्राप्त करने के लिए वक्तव्यों के साथ बातचीत की।

## एमसीएम में अंतर्राष्ट्रीय ऑनलाइन वेबिनार

चंडीगढ़ (हिमप्रभा ब्यूरो)। विद्यार्थियों को कोविड -19 महामारी को रोकने हेतु किये जा रहे प्रयासों, रणनीतियों एवं चुनौतियों पर जानकारी देने एवं उनके ज्ञान समृद्ध करने के उद्देश्य से, मेहरचंद महाजन डीएवी कॉलेज फॉर वीमेन के डिपार्टमेंट ऑफ फूड साइंस ने माइक्रोबायोलॉजिस्ट सोसायटी, इंडिया (एम एस आई) के सहयोग से छद्मजिग स्टूडेंट्स इन द फाइव अंग्रेज कोविड - 19 एंड अदर कन्टेजस शीर्षक पर एक अंतर्राष्ट्रीय ऑनलाइन वेबिनार का आयोजन किया। कोविड -19 एवं अन्य प्रमुख संक्रामक रोगों की रोकथाम हेतु चिकित्सीय उपलब्धियों, वैक्सीन संबंधी नवाचारों और माइक्रोबायोलॉजिस्टों की भूमिका पर केंद्रित इस संगोष्ठी में पूरे भारत में विभिन्न राज्यों में 600 से अधिक विद्यार्थियों, शिक्षकों, शोधार्थियों एवं



उद्यमियों ने इस आयोजन में भाग लिया। अपने उद्घाटन संबोधन में कॉलेज की प्रिंसिपल डॉ निशा भार्गव कहा की शोध एवं नवाचारों के प्रति विद्यार्थियों एवं शोधार्थियों को अग्रसर करने हेतु उन्हें नवीन प्रयासों की जानकारी एवं सही ज्ञान उपलब्ध कराना आवश्यक है। फूड साइंस विभाग की इस पहल की सराहना करते हुए डॉ भार्गव ने कहा कि

कोविड - 19 के कारण हमारे जीवन में आये व्यवधान से सफलता पूर्वक निपटने के लिए इस दिशा में किये जा रहे प्रयासों, नवाचारों, रणनीतियों की जानकारी होना अत्यधिक महत्वपूर्ण है। माइक्रोबायोलॉजिस्ट सोसायटी, इंडिया के अध्यक्ष डॉ अरविंद देशमुख ने अपने बीज वक्तव्य में माइक्रोबायोलॉजिस्टों की भूमिका को एक विज्ञान और वर्तमान परिदृश्य में इसके उभरते दायरे पर प्रकाश डालते हुए प्रतिभागियों को प्रेरित किया। इस आयोजन के प्रथम तकनीकी सत्र में बायोफैक्टरी के सीनियर डायरेक्टर क्वालिटी कंट्रोल श्री संदीप पाठक ने कोविड -19 की स्थिति में जैव-सिमिलर्स की उभरती भूमिका एवं स्वास्थ्य सेवाओं में उनके महत्व पर चर्चा की। स्कूल ऑफ बायोलॉजिकल साइंसेज, एआईपीएच यूनिवर्सिटी,

भुवनेश्वर में सहायक प्रोफेसर डॉ धीरज कुमार नंदा ने कोरोनावायरस की बुनियादी बातों पर प्रकाश डालते हुए विभिन्न टीकों, संबंधित नैदानिक और नियामक परीक्षणों के बारे में अंतर्दृष्टि प्रतिभागियों से साझा की। संगोष्ठी के अंतिम सत्र में माइक्रोबायोलॉजिस्टों और इम्यूनोलॉजिस्टों, वेन स्टेट, यूनिवर्सिटी स्कूल ऑफ मेडिसिन, यूएसए में नेत्र विज्ञान के एसोसिएट प्रोफेसर डॉ अशोक कुमार ने कोविड 19 विकृति पर विस्तृत चर्चा करते हुए इसके टीकों के विकास की प्रक्रिया, संबंधित सुरक्षा और प्रभावकारिता परीक्षण, उपलब्ध नवीनतम नैदानिक परीक्षण और चुनौतियों पर प्रकाश डाला। प्रतिभागियों ने प्रत्येक सत्र में सक्रिय रूप से भाग लिया, संबंधित विषयों पर वैचारिक स्पष्टता प्राप्त करने के लिए वक्तव्यों के साथ

## **8. Title of the activity: ACTIVITIES ON MY GOV PLATFORM – PLEDGES AND QUIZZES FACILITATED BY SWACHHTA COMMITTEE (ARTS)**

**Date:** 21<sup>st</sup> January, 2021

**Number of participants:** 216 students and 4 teachers

**Objective:** My Gov *platform* is designed, developed and hosted by National Informatics Centre, Ministry of Electronics & Information Technology, **Government of India**. It is a scalable, secure and Multilingual **Pledge Platform** from MyGov for taking **Online Pledges** on any government initiatives. **MyGov** or मेरी सरकार is a citizen engagement platform, founded by the Government of India to promote the active participation of Indian citizens in the country's governance and development. It is aimed at creating a common platform for Indian citizens to “crowdsource governance ideas from citizens.” Its users discuss and contribute to various government projects and plans. It also allows users to upload documents in various formats. The website is hosted and managed by the National Informatics Centre (NIC). According to Prime Minister Narendra Modi, the aim was to reduce the long gap developed between the Electorate and the Executive after being elected.

**The Context:** The **Swachhta Committee (Arts)** facilitated **Online Pledges** (Road safety, Fuel conservation, 2021, Drug-free India and Aatma Nirbhar Bharat-ABC) and **Online Quizzes** (Patriotic, Farmers, Kisan Diwas, gender sensitization, etc), conducted by Ministry of Education, Ministry of Defense and my GOV, Government of India. The students were informed about the schedule of both the activities in the beginning of the month of January, 2021, as each activity had individual end dates. All the rewards will be issued by MyGOV, Government of India to the participants on the completion of the month.

The government's crowdsourcing platform MyGov.in launched its version 2.0, with newer features such as hashtags, polls, interactive discussion forums and social media account integration. The impact assessment of this citizen engagement platform was done by Indian Institute of Public Administration (IIPA), New Delhi.



**The Practice:** There are various pre-defined groups to which users can selectively subscribe. The objective of each group is to bring positive changes to the relevant area with people's participation. In each group, users are provided with two domains, 'Do' and 'Discuss'. The 'Do' section includes both online and on-ground tasks to which contributors may assign themselves. The 'discuss' section may be used for discussing different relevant issues affecting the nation. It may also be used for providing vital information regarding the topic and also suggest and propose new ideas. The users are awarded activity points based upon their individual contributions. Users may also volunteer and submit their own entries. These are reviewed by other members, evaluated by experts and approved subsequently. Approved tasks earn credit points. MyGov also serves as a digital library of topics regarding India.

**The Evidence of Success:** In both these activities **216 students** and **04 teachers** participated.

1. **Pledges:** Pledges on any government initiatives allows citizens to creatively engage with various Government departments.

- Road safety pledge for safer India
- Fuel conservation 2021 pledge
- Pledge for Drug free India
- AatmaNirbhar Bharat -ABC

2. **Quiz:** Through this interactive quiz, participants had the opportunity to assess their knowledge on various concepts and at the same time, win rewards. These quizzes were solely developed for the purpose of creating awareness regarding Indian constitution, road accidents, farmers, gender sensitization, legal awareness and many more important issues, the details of which are as following:

- **Patriotic Quiz on Republic Day 2021**

End Date: 30/1/2021

Rewards: Participation Certificate.

- **Test Your Road Safety Quiz**

End Date: 10/2/2021

Rewards: Cash Prize

- **1971 Bangladesh Liberation War Quiz**  
End Date: 22/01/2021  
Rewards: Cash Prize
- **Farmers First Quiz**  
End Date: 31/01/2021  
Rewards: Cash Prizes up to Rs 2 lakhs.
- **Kisan Diwas Quiz -By MyGov Manipur**  
End Date: 23/01/2021  
Rewards: Top 5 winners will be awarded the Certificate of Merit.
- **Eat Right Quiz-2**  
End Date: 31/01/2021  
Rewards: Top 100 performers will be awarded a cash prize of Rs. 1000 only.
- **Quiz on- Gender Sensitization and Legal Awareness**  
End Date: 31/01/2021  
Rewards: Top 25 winners will receive a commendation certificate from NCW.
- **Dekho Apna Desh Webinar Quiz**  
End Date: 30/06/2021  
Rewards: e- Certificate

**All the rewards will be issued by MyGOV.**

## एमसीएम के स्टाफ के सदस्यों एवं छात्राओं ने ऑनलाइन पोर्टल पर लिया संकल्प



हयूमन इंडिया/विनोद कुमार

**चंडीगढ़।** अपने हितधारकों में समाज के प्रति जिम्मेदारी की भावना को बढ़ावा देने और जिम्मेदार और जागरूक नागरिक बनाने के लिए दिशा में भारत सरकार द्वारा किये जा रहे प्रयासों को अग्रसर करते हुए मेहर चंद महाजन डीएवी कॉलेज की महिलाओं की स्वच्छ समिति ने मायगव, जीओआई ऑनलाइन प्रतिज्ञा प्लेटफॉर्म पर प्रतिज्ञाएँ लीं और शिक्षा मंत्रालय, रक्षा मंत्रालय द्वारा आयोजित ऑनलाइन क्विज़ में भी भाग लिया। कॉलेज के कर्मचारियों और छात्राओं ने भारत सरकार के ऑनलाइन पोर्टल पर सड़क सुरक्षा प्रतिज्ञा, सुरक्षित भारत प्रतिज्ञा, ईंधन संरक्षण 2021 प्रतिज्ञा, नशा मुक्त भारत प्रतिज्ञा तथा आत्मनिर्भर भारत के लिए प्रतिज्ञा ली। कॉलेज की छात्राओं ने देशभक्ति प्रश्नोत्तरी, टेस्ट योर रोड सेफ्टी क्विज़, 1971 बांग्लादेश लिबरेशन वॉर क्विज़, फार्मर्स फर्स्ट क्विज़, ईट राइट क्विज़ और क्विज़ ऑन जेंडर सेंसिटाइजेशन तथा कानूनी जागरूकता जैसे ऑनलाइन क्विज़ में भी भाग लिया। कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने स्टाफ और छात्राओं को हमारे राष्ट्रीय लक्ष्यों के प्रति रचनात्मक योगदान देने के बारे में जागरूक करने के लिए स्वच्छता समिति की इस पहल की सराहना की। उन्होंने कहा कि एमसीएम भारत सरकार की स्वच्छ भारत अभियान, उन्नत भारत अभियान जैसी कई पहलों पर निरंतर प्रयासरत है।

## छात्राओं ने ऑनलाइन पोर्टल पर लिया संकल्प

चंडीगढ़। अपने हितधारकों में समाज के प्रति जिम्मेदारी की भावना को बढ़ावा देने और जागरूक नागरिक बनाने की दिशा में भारत सरकार द्वारा किये जा रहे प्रयासों को अग्रसर करते हुए मेहर चंद महाजन डीएवी कॉलेज की महिलाओं की स्वच्छ समिति ने मायगव, जीओआई ऑनलाइन प्रतिज्ञा प्लेटफॉर्म पर प्रतिज्ञाएँ लीं। इस दौरान उन्होंने शिक्षा मंत्रालय, रक्षा मंत्रालय द्वारा आयोजित ऑनलाइन क्रिज में भी भाग लिया। कॉलेज के कर्मचारियों और छात्राओं ने भारत सरकार के ऑनलाइन पोर्टल पर सड़क सुरक्षा प्रतिज्ञा, सुरक्षित भारत प्रतिज्ञा, ईंधन संरक्षण 2021 प्रतिज्ञा, नशा मुक्त भारत प्रतिज्ञा तथा आत्मनिर्भर भारत के लिए प्रतिज्ञा ली। कॉलेज की छात्राओं ने देशभक्ति प्रश्नोत्तरी, टेस्ट योर रोड सेफ्टी क्रिज, 1971 बांग्लादेश लिबरेशन वॉर क्रिज, ईट राइट क्रिज और क्रिज ऑन जेंडर सेंसिटाइजेशन तथा कानूनी जागरूकता जैसे ऑनलाइन क्रिज में भी भाग लिया।

## 9. Title of the activity: AN INTERACTIVE AWARENESS SESSION ON 'SELF AWARENESS: CATALYSING EMOTIONAL INTELLIGENCE' ORGANIZED BY SWACHHTA COMMITTEE POST GRADUATE DEPARTMENT OF COMMERCE

**Date:** 2<sup>nd</sup> February, 2021

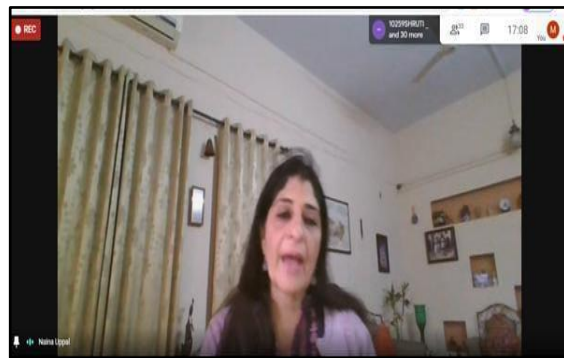
**Number of participants:** 50

**Objective:** To provide an insight into the concept of self-awareness to the participants.

**The Context:** The session aimed to conduct a stress relieving activity for the participants and help them understand that excellence can be achieved through mental and emotional well-being.



**The Practice:** The speaker of the online interactive session was Dr. Naina Sharma, Psychology, Department of Distance Education, Punjabi University, Patiala. More than 50 students and faculty members enthusiastically participated in the event. The session was an initiative towards building the



concept of knowing oneself better so that the challenges of life can be faced with ease. Dr. Sharma very beautifully introduced the concept of knowing one's strengths, weaknesses, opportunities, and threats to the participants. She further explained by citing the example of Oprah Winfrey (American television personality) that despite the odds of life we can all succeed towards our goal by using our mental strength. The session taught how strengths can be harnessed towards overcoming the threats and making the best of the available opportunities. Various activities like construction of the Johari window, SWOT analysis, etc. were conducted to make the participants better aware about their inner-self. Thus, the importance of introspection and self-analysis was highlighted. The session further introduced the participants to their innate capabilities and painful areas through certain breathing techniques. It was a rejuvenating and stress relieving activity which was thoroughly enjoyed by the participants.

**The Evidence of Success:** The online session witnessed an enthusiastic participation of over 50 students and faculty members. The session received an overwhelming response. The students appreciated the tips and techniques given for self-awareness and developing one's emotional quotient. The session equipped the participants with the tact to deal with uncertain situations. This was very crucial to help the participants face the recovery phase of the COVID-19 pandemic. Thus, the concept of knowing oneself better can take us a long way on the path of success.

Principal, Dr. Nisha Bhargava, appreciated the efforts of the Swachhta Committee and said that the college would continue to organize such events for better mental health of the students and teachers.



**‘आत्म-जागरुकता की अवधारणा पर की चर्चा’**  
 चंडीगढ़, 25 फरवरी (आशीष) : डी.ए.वी. कॉलेज फॉर वूमैन सेक्टर-36 के स्नातकोत्तर वाणिज्य विभाग ने स्वच्छता समिति के तत्वावधान में सैल्फ अवेयरनेस-कैटेलाइजिंग इमोशनल इंटैलिजेंस शीर्षक पर एक ऑनलाइन इंटरैक्टिव सत्र आयोजित किया। सत्र का संचालन डॉ. नैना शर्मा, डिपार्टमेंट ऑफ डिस्टेंस एजुकेशन, पंजाबी विश्वविद्यालय पटियाला ने किया। सत्र के दौरान आत्म-जागरुकता की अवधारणा पर चर्चा की गई। प्रतिभागियों को अपने भीतर के बारे में बेहतर तरीके से जागरुक करने के लिए विभिन्न गतिविधियां जैसे जोहरी सिडो, स्कोट विश्लेषण आदि के बारे में बताया गया।। सत्र में प्रतिभागियों सही प्रकार से सांस लेने की प्रक्रिया तथा इसके

**10. Title of the activity: VIRTUAL WORKSHOP ON “UNDERSTANDING THE MYSTERY OF BIRD MIGRATION” ORGANIZED BY SWACHHTA COMMITTEE (SCIENCES)**

**Date:** 4<sup>th</sup> February, 2021

**Number of participants:** More than 70

**Objectives:**

- To help raise awareness about the ecological importance of migratory birds
- To understand the threats faced by migratory birds and the need for international cooperation to conserve them

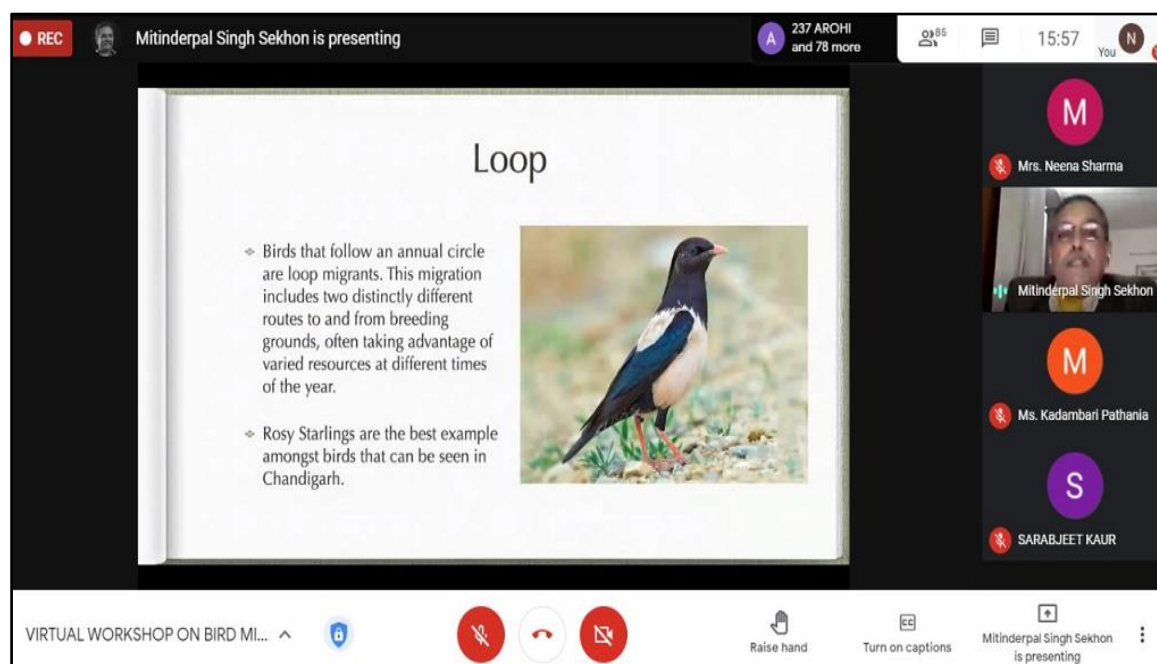
**The Context:** Bird migration is a natural process, whereby different birds fly over distances of hundreds and thousands of kilometers in order to find the best ecological conditions and habitats for feeding, breeding and raising their young ones. When the conditions at breeding sites become unfavorable due to low temperatures, migratory birds fly to regions where conditions are better. However, migration is a perilous journey and involves a wide range of threats. The loss of habitats due to pollution or exploitation caused by encroachment for settlement, agriculture, grazing etc. are the main

threat migrating birds face. Also, high-voltage power lines and wind turbines have a dramatic impact on birds, which are in danger of being killed by electrocution or collision.

**The Practice:** The Department of Zoology organized a Virtual Workshop on “Understanding the Mystery of Bird Migration” under the aegis of Rashtriya Uchchar Shiksha Abhiyan. Sh. M.S. Sekhon, Head, Department of Geography, DAV College, Chandigarh & President, Chandigarh Bird Club, was invited as a Resource person to elaborate upon the types of bird migration, patterns followed and threats faced by birds during migration.

**The Evidence of Success:** Teaching and non-teaching staff of Zoology & Botany departments and 68 students of B.Sc. Medical attended the Workshop.

Through this workshop, students got an opportunity to learn about different species of winged visitors to the city of Chandigarh and its surrounding areas.



The screenshot shows a virtual meeting interface. At the top, it says "Mitinderpal Singh Sekhon is presenting" and "237 ARCHI and 78 more" are present. The time is 15:57. The main content is a slide titled "Loop" with the following text:

- ↳ Birds that follow an annual circle are loop migrants. This migration includes two distinctly different routes to and from breeding grounds, often taking advantage of varied resources at different times of the year.
- ↳ Rosy Starlings are the best example amongst birds that can be seen in Chandigarh.

A photograph of a Rosy Starling is shown on the right side of the slide. The meeting controls at the bottom include "Raise hand", "Turn on captions", and "Mitinderpal Singh Sekhon is presenting". The participant list on the right includes Mrs. Neena Sharma, Mitinderpal Singh Sekhon, Ms. Kadambari Pathania, and SARABJEET KAUR.





VIRTUAL WORKSHOP ON BIRD MIGRATION (2021-02-04 at 02:02 GMT-8)

Press Esc to exit full screen

## Nomadic

- This movement is less predictable and can be erratic depending on available food and water resources.
- Nomadic birds tend to stay within the same general range but may be completely absent from parts of that range when resources are scarce.
- They will return, however, when the habitat becomes more suitable, such as after rainfall, when prey is more abundant, or when crops ripen.
- Yellow-footed Green Pigeons are one of the nomadic migrants of Chandigarh region.






Activate Windows  
Subtitles/closed captions (c) AWS

VIRTUAL WORKSHOP ON BIRD MIGRATION (2021-02-04 at 02:02 GMT-8)


## Longitudinal

- Similar to latitudinal migration, this type of movement is a change between different longitudes from east to west or west to east.
- Migration of Spot winged Starlings is the best example of such birds which can be seen just north of Chandigarh.
- You see them in lower Himalayas in summers and they fly east in winters, as it is less cold in the north-east India.

Activate Windows

REC 626NEHA\_ and 35 more 2973 16:23 You



VIRTUAL WORKSHOP ON BIRD MI... Raise hand Turn on captions Present now

## 11. Title of the activity: WEBINAR ON ENVIRONMENTAL AWARENESS – GREEN AUDIT AND ITS RELEVANCE ORGANIZED BY INTERNAL QUALITY ASSURANCE CELL

**Date:** 6<sup>th</sup> February, 2021

**Number of participants:** 115 (Students – 46, Teaching Faculty – 66 & Non-Teaching Staff – 3)

**Objective:** To make the Teaching Faculty, Non-Teaching Staff and Students aware about the relevance of Green Audit; and to prepare the College for Green Audit.

**The Context:** Development without taking into consideration the measures of safeguarding the environment leads to its degradation. The need today is to achieve sustainable growth along with safeguarding the environment. Green Audit is a tool to safeguard the environment as it helps in identifying sustainable practices, improving waste management, enhancing the environment, controlling pollution and enabling the institution towards their green endeavors.



**The Practice:** Mr Gaurav Raja Prakash, National Consultant, United Nations Development Programme and Consulting Partner, M/s The Ridge Environment Consultants, Shimla was the resource person for the webinar that sought to raise awareness about green audit and its

relevance. Principal, Dr Nisha Bhargava, in the inaugural address, highlighted the fact that the indiscriminate environment damaging activities of humans make green audit a very relevant topic for discussion. Dr Bhargava added that conscious of its responsibility towards the environment, the College undertakes various regenerative green measures



including rainwater harvesting, harnessing of solar energy, production of biogas from mess food waste, vermicomposting, installation of sewage treatment plant and frequent tree plantation drives.

Stressing on the fact that the link between humans and nature needs to be revisited and refurbished, Mr Gaurav said that green audit at the individual as well as the organizational level is a pressing need of the present times. Defining green audit in simple terms, Mr Gaurav went on to elaborate upon its tangible and intangible benefits and shed light on the multi-level cost-effective strategies that ensure development while maintaining the existing natural system. Teaching (66) and non-teaching staff members (3), and students (46) benefitted from this webinar and resolved to work together for securing a better future for the generations to come.

**The Evidence of Success:**

Feedback	Suggestions for Improvement
It was very informative and knowledgeable.	It was perfect
It was very well organized and highly informative!!	-
	Webinar was great. Lucky to be a part of that webinar. Thank you for conducting such a webinar.



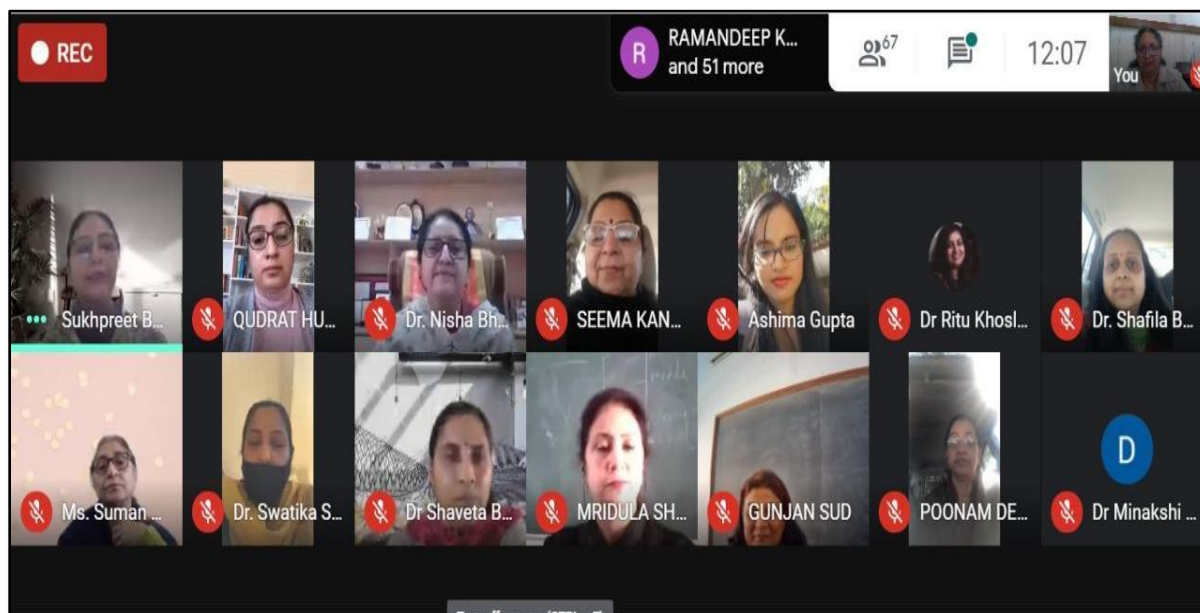
Feedback	Suggestions for Improvement
	Not needed
	such webinars should be conducted in future too
It is a field that every human should be concerned with. The Resource Person gave us comprehensive knowledge and suggested valuable strategies for the conservation of nature.	Have more such Webinars.
This webinar was wonderful and providing me with lots of knowledge of new things which I don't know.	No
	It was a well-planned event.
It was full of various aspects of the low-cost development of the environment. How we can find the problems and simultaneously solutions to improve the environment, how we can create rain forests and keep them full of native species	I think it was very knowledgeable. No suggestion from my side
very knowledgeable	no
It was a very informative talk. The speaker was highly knowledgeable and gave innovative ideas to conserve water and manage waste.	It was a well-managed webinar
Good initiative	It can be elaborated more on its practical portion
Excellent webinar	Nothing
The webinar was focused on a required area for environment protection and therefore, relevant.	A follow up detailed discussion could be planned
Very well organized and very informative session.	Must have more such sessions so that more awareness is generated to conserve our resources.

<b>Feedback</b>	<b>Suggestions for Improvement</b>
	No
Very relevant, interactive	Such webinars should be organized more frequently
Well organized and well presented	A webinar for students on Social Cost-Benefit Analysis
It was a well-structured presentation giving practical tips for sustainable development.	We must get a green audit done.
This webinar was really helpful. Thank you for organizing this	None
It was very informative	No
It was a very informative and knowledgeable session	There was less time for questions answers round
It was an informative and enriching webinar.	More such webinars should be conducted periodically.
Informative	No
	Great work done. Keep it up.
	No
	Webinar on innovative environmental practices should be conducted in future also.
Very knowledgeable	Thank you for providing us with a very informative lecture
more seminars should be conducted	more seminars should be conducted
	The webinar was well planned and knowledgeable. Look forward to more such webinars.

<b>Feedback</b>	<b>Suggestions for Improvement</b>
It was a brilliant experience	Everything was quite perfect
Great session	Nil
	It was indeed a well-planned session and the topic is very relevant in today's time. Look forward to more such sessions. Thanks!!
A well planned and executed webinar that provided valuable insight into a very relevant theme.	More such sessions in the future would be beneficial to learn about new and emerging issues.
	More such webinars should be conducted which apprise and sensitize us on the environment.
It was informative and interesting	Well planned
	The webinar was very well conducted. It was an informative session. The choice of topic was apt and as per the need of the current scenario
	Well organized webinar.
	The session was good and the expert had good knowledge on the topic of the green audit.
Informative	Everything fine
	NA
It was good	Well planned



Feedback	Suggestions for Improvement
Webinar was very informative. It was very interactive.	Expecting such a webinar in future.
	No Suggestion
	More such webinars can be conducted in the future



## एमसीएम ग्रीन ऑडिट पर वेबिनार

चण्डीगढ़ (हिमप्रभा ब्यूरो)। मेहर चंद महाजन डीएवी कॉलेज फॉर वुमेन के इंटरनल क्वालिटी अश्योरेंस सेल (आईक्यूएसी) ने एनवायरनमेंट अवेयरनेस = ग्रीन ऑडिट एंड इट्स रिलेवेंस पर एक वेबिनार का आयोजन किया। ग्रीन ऑडिट के प्रति जागरूकता बढ़ाने के उद्देश्य से आयोजित इस वेबिनार में नेशनल कंसल्टेंट, यूनाइटेड नेशंस डेवलपमेंट प्रोग्राम तथा कंसल्टिंग पार्टनर, मैसर्स द रिज एनवायरनमेंट कंसल्टेंट्स, शिमला के श्री गौरव राजा प्रकाश बतौर विशेषज्ञ उपस्थित थे। इस आयोजन के उद्घाटन सम्बोधन में कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने कहा कि मानव द्वारा अंधाधुंध पर्यावरणीय हानिकारक गतिविधियों के



कारण ग्रीन ऑडिट पर चर्चा बहुत ही प्रासंगिक विषय है। डॉ भार्गव ने कहा कि पर्यावरण के लिए अपनी जिम्मेदारी के प्रति जागरूक एमसीएम डीएवी कॉलेज ने वर्षा जल संचयन, सौर ऊर्जा का उपयोग, अपशिष्ट से बायोगैस का उत्पादन, वर्मीकम्पोस्टिंग, सीवर ट्रीटमेंट प्लांट की स्थापना और लगातार वृक्षारोपण अभियान सहित विभिन्न पुनर्गोत्री उपाय किये हैं। इस तथ्य पर जोर देते हुए कि मानव और प्रकृति के बीच की कड़ी को

पुनर्जीवित और नवीनीकृत करने की आवश्यकता है, श्री गौरव राजा प्रकाश ने कहा कि व्यक्तिगत और साथ ही संगठनात्मक स्तर पर ग्रीन ऑडिट वर्तमान समय की आवश्यकता है। ग्रीन ऑडिट को सरल शब्दों में परिभाषित करते हुए, श्री गौरव ने इसके विभिन्न लाभों के बारे में विस्तार से बताया और मौजूदा प्राकृतिक प्रणाली को बनाए रखते हुए विकास सुनिश्चित करने वाली बहु-स्तरीय लागत प्रभावी रणनीतियों पर प्रकाश डाला। शिक्षण और गैर-शिक्षण स्टाफ सदस्यों एवं छात्राओं ने इस वेबिनार में भाग लिया और आने वाली पीढ़ियों के लिए बेहतर भविष्य हासिल करने के लिए मिलकर काम करने का संकल्प लिया।

## 'ग्रीन ऑडिट पर वेबिनार करवाया'

चण्डीगढ़, 5 मार्च (आशीष) : डी.ए.वी. कॉलेज फॉर वूमैन सेक्टर-36 के इंटरनल क्वालिटी अश्योरेंस सेल ने एनवायरनमेंट अवेयरनेस ग्रीन ऑडिट एंड इट्स रिलेवेंस पर एक वेबिनार का आयोजन किया। इस वेबिनार में नेशनल कंसल्टेंट, यूनाइटेड नेशंस डेवलपमेंट प्रोग्राम तथा कंसल्टिंग पार्टनर, मैसर्स द रिज एनवायरनमेंट कंसल्टेंट्स, शिमला के गौरव राजा प्रकाश बतौर विशेषज्ञ उपस्थित थे। प्रिंसिपल डॉ. निशा भार्गव ने कहा कि मानव द्वारा अंधाधुंध पर्यावरणीय हानिकारक गतिविधियों के कारण ग्रीन ऑडिट पर चर्चा बहुत ही प्रासंगिक विषय है। पर्यावरण के लिए एम.सी.एम. डी.ए.वी. कॉलेज ने वर्षा जल संचयन, सौर ऊर्जा का उपयोग, अपशिष्ट से बायोगैस का उत्पादन, वर्मीकम्पोस्टिंग, सीवर ट्रीटमेंट प्लांट की स्थापना और लगातार पौधरोपण अभियान सहित विभिन्न पुनर्गोत्री उपाय किए हैं।

## एमसीएम ग्रीन ऑडिट पर वेबिनार

**चंडीगढ़।** मेहर चंद महाजन डीएवी कॉलेज फॉर वुमेन के इंटरनल क्वालिटी एश्योरेंस सेल (आईक्यूएसी) ने एनवायरनमेंट अवेयरनेस ग्रीन ऑडिट एन्ड इट्स रेलेवेंस पर एक वेबिनार का आयोजन किया। ग्रीन ऑडिट के प्रति जागरूकता बढ़ाने के उद्देश्य से आयोजित इस वेबिनार में नेशनल कंसल्टेंट, यूनाइटेड नेशंस डेवलपमेंट प्रोग्राम तथा कंसल्टिंग पार्टनर, मैसर्स द रिज एनवायरनमेंट कंसल्टेंट्स, शिमला के श्री गौरव राजा प्रकाश बतौर विशेषज्ञ उपस्थित थे। इस आयोजन के उद्घाटन संबोधन में कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने कहा कि मानव द्वारा अंधाधुंध पर्यावरणीय हानिकारक गतिविधियों के कारण ग्रीन ऑडिट पर चर्चा बहुत ही प्रासंगिक विषय है। डॉ भार्गव ने कहा कि पर्यावरण के लिए अपनी जिम्मेदारी के प्रति जागरूक एमसीएम डीएवी कॉलेज ने वर्षा जल संचयन, सौर ऊर्जा का उपयोग, अपशिष्ट से बायोगैस का उत्पादन, वर्मीकम्पोस्टिंग, सीवर ट्रीटमेंट प्लांट की स्थापना और लगातार वृक्षारोपण अभियान सहित विभिन्न पुनर्योजी उपाय किये हैं।

## एमसीएम ग्रीन ऑडिट पर वेबिनार

चंडीगढ़, 5 मार्च (द्विज्यू)

मेहर चंद महाजन डीएवी कॉलेज फॉर वुमेन के इंटरनल क्वालिटी एश्योरेंस सेल (आईक्यूएसी) ने 'एनवायरनमेंट अवेयरनेस : ग्रीन ऑडिट एन्ड इट्स रेलेवेंस' पर एक वेबिनार का आयोजन किया। ग्रीन ऑडिट के प्रति जागरूकता बढ़ाने के उद्देश्य से आयोजित इस वेबिनार में नेशनल कंसल्टेंट, यूनाइटेड नेशंस डेवलपमेंट प्रोग्राम तथा कंसल्टिंग पार्टनर, मैसर्स द रिज एनवायरनमेंट कंसल्टेंट्स, शिमला के श्री गौरव राजा प्रकाश बतौर विशेषज्ञ उपस्थित थे। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने कहा कि मानव द्वारा अंधाधुंध पर्यावरणीय हानिकारक गतिविधियों के कारण ग्रीन ऑडिट पर चर्चा बहुत ही प्रासंगिक विषय है। ग्रीन ऑडिट को सरल शब्दों में परिभाषित करते हुए, श्री गौरव ने इसके विभिन्न लाभों के बारे में विस्तार से बताया और मौजूदा प्राकृतिक प्रणाली को बनाए रखते हुए विकास सुनिश्चित करने वाली बहु-स्तरीय लागत प्रभावी रणनीतियों पर प्रकाश डाला।

## 12. Title of the activity: AN INTERACTIVE SESSION ON 'BIOENERGY FROM FOOD WASTE' CONDUCTED BY DEPARTMENT OF BOTANY UNDER THE AEGIS OF SWACHHTA COMMITTEE OF SCIENCES

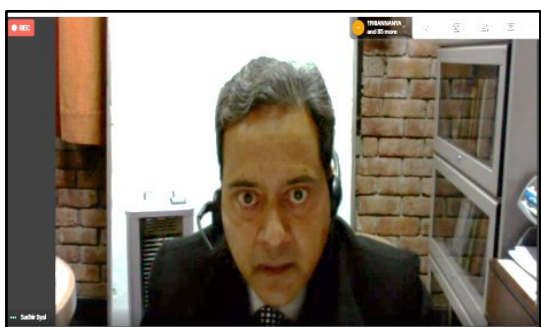
**Date:** 6<sup>th</sup> February, 2021

**Number of participants:** 95

**Objectives:**

- To manage food waste effectively
- To create awareness about how bioenergy could be created from food waste
- To discuss the need for such sustainable approach

**The Context:** The exponential growth in food waste is imposing serious threats to our society including environmental pollution, health risk, and scarcity of dumping land. In order to reduce accumulation of food waste, there is an urgent need to take appropriate measures by adopting sustainable management practices. Various kinds of approaches have been identified and adopted in waste food processing and management for sustainable living.



**The Practice:** On 6<sup>th</sup> February, 2021, Department of Botany under the aegis of Swachhta Committee of Sciences organized an interactive session on “Bioenergy from Food Waste” where the resource person of the session was Dr Sudhir Kumar, Professor and Head, Department of Biotechnology and Bioinformatics, Jay Pee University, Wahnaghat, Solan Himachal Pradesh. The webinar witnessed the enthusiastic participation of around 95 participants. In her inaugural address, worthy Principal of the college Dr. Nisha Bhargava dwelt upon the need of harnessing renewable sources of energy including solar energy and biogas and enlightened the audience about the sustainable approaches undertaken by our College under Swachhta practices/Swachh Bharat scheme.

During the session, Dr. Sudhir gave insights about the different waste management practices including the production of biofuels in the form of Biogas. He further discussed the concept, fabrication as well as the utility of biogas plants. Several parameters including cost, maintenance, parameters that influence the production and functioning of biogas plants were also discussed. He further apprised the students about other innovative approaches used through his several videos. At the end of session, several queries were put up students which were addressed patiently by the resource person.





## एमसीएम में बायोएनर्जी और सेल्फ अवेयरनेस पर सत्र

**चंडीगढ़ (ट्रिब्यून) :** मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन की स्वच्छता समिति के तत्वावधान में कनस्पति विज्ञान विभाग ने फूड वेस्ट से बायोएनर्जी पर एक ऑनलाइन इंटरैक्टिव सत्र का आयोजन किया गया। सत्र का संचालन जैव प्रौद्योगिकी और जैव सूचना विज्ञान विभाग, जेपी विश्वविद्यालय, वाकनाघाट (सोलन) के प्रोफेसर सुधीर कुमार ने किया। उद्घाटन संबोधन में प्रिंसिपल डॉ. निशा भार्गव ने सौर ऊर्जा और बायोगैस सहित ऊर्जा के नवीकरणीय स्रोतों के दोहन की आवश्यकता पर जोर दिया तथा कॉलेज द्वारा सस्टेनबल प्रेक्टिसेस के लिए गए प्रयासों के बारे में दर्शकों को बताया। सत्र के दौरान डॉ. सुधीर ने बायोगैस के रूप में जैव ईंधन के उत्पादन सहित विभिन्न अपशिष्ट प्रबंधन प्रथाओं के बारे में जानकारी दी। उन्होंने बायोगैस प्लांट की अवधारणा, निर्माण और उपयोगिता के बारे में चर्चा की। सत्र का संचालन डॉ. नैना शर्मा पंजाबी विश्वविद्यालय, पटियाला ने किया। प्रतिभागियों को अपने भीतर के बारे में बेहतर तरीके से जागरूक करने के लिए विभिन्न गतिविधियां जैसे जोहरी विंडो, स्कोट विश्लेषण आदि के बारे में बताया। सत्र में प्रतिभागियों को सही प्रकार से सांस लेने की प्रक्रिया तथा इसके प्रभावों के बारे में भी बताया गया।

## एमसीएम में फूड वेस्ट के उपयोग पर हुआ वेबिनार

**चंडीगढ़ |** मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन में फूड वेस्ट से बायोएनर्जी पर ऑनलाइन सत्र आयोजित किया गया। सत्र का संचालन प्रो. सुधीर कुमार, जैव प्रौद्योगिकी और जैव सूचना विज्ञान विभाग, जेपी यूनिवर्सिटी, वाकनाघाट, सोलन ने किया। वेबिनार में 95 से अधिक पार्टिसिपेंट्स थे। प्रिंसिपल डॉ. निशा भार्गव ने सौर ऊर्जा और बायोगैस सहित ऊर्जा के नवीकरणीय स्रोतों के दोहन की आवश्यकता पर जोर दिया और कॉलेज की ओर से सस्टेनबल प्रेक्टिसेस के लिए किए गए प्रयासों के बारे में दर्शकों को बताया। डॉ. सुधीर ने बायोगैस के रूप में जैव ईंधन के उत्पादन के बारे में बताया।

### 13. Title of the activity: A NATIONAL LEVEL COMPETITION TITLED “ANDAAZ: LET’S RECYCLE TODAY FOR TOMORROW” BY SWACHHTA COMMITTEE ARTS IN COLLABORATION WITH PG DEPARTMENT OF SOCIOLOGY ORGANIZED

**Date:** 7<sup>th</sup> - 14<sup>th</sup> March, 2021

**Number of participants:** 62 students and 10 teachers

**Objective:** Nowadays, the apparel industry is affected by fast changing trends and growth of mass production. Fast Fashion is one of the key textile waste generation industries. This activity was planned to promote the recycling of old clothes and with the aim of motivating the students to think in this direction.

**The Context:** Processes like recycling and recovery textile, have considerable capacities to reuse a variety of discarded clothes. The trend of benefitting from recycling garments is increasing in the textile industry. All these changes and new businesses in the fashion

industry have had inevitable environmental impacts. In order to reduce environmental problems, fast fashion industries are under pressure to address these issues.

**The Practice:** In order to promote recycling of old clothes, a national level competition was held which witnessed participation of students from all corners of the country. The participants used their creativity beautifully and transformed the old shirts, kurtis, denims and bed sheets to amazing articles like cushion cover, party dress, door mats, bags, soft toys, etc.

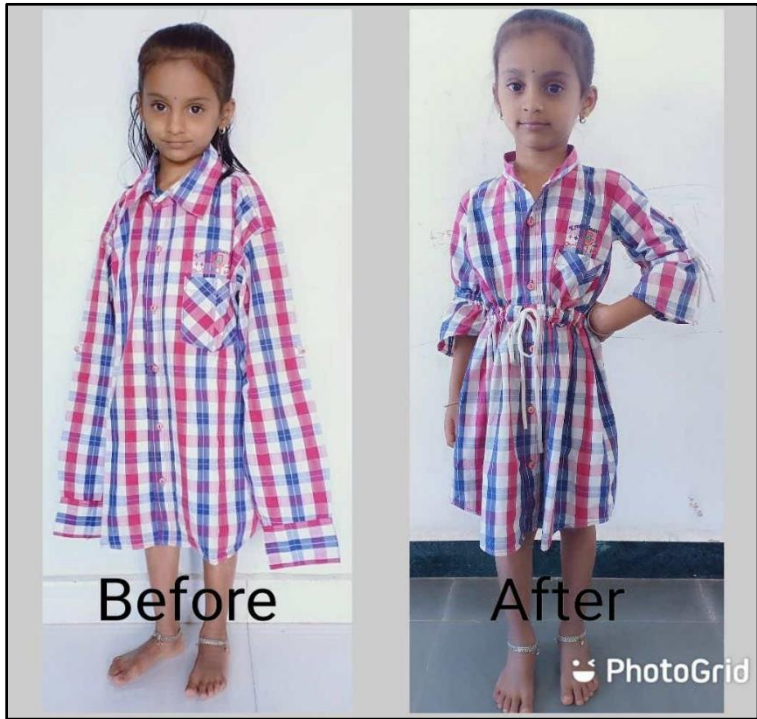
**The Evidence of Success:** This activity witnessed the participation of 62 students and 10 teachers were involved in this activity. The Judges for the competition were: Ms. Jyotsna, Dr. Bhavna Sood and Dr. Harjot Mann. The winners were given cash prizes. The details of the result are as follows.

**First Position (Cash Prize of 3000/-):** Sakshi, Student, DKTE Society's Textile & Engineering Institute, Ichalkaranji, Maharashtra





**Second Position (Cash Prize of 2000/-)**  
**Naman Chopra**, Student  
 Mehr Chand Mahajan college for Women, Chandigarh



**Second Position (Cash Prize of 2000/-)**  
**Gururaj Vaidya**  
 Dkte' society textile and engineering institute, Maharashtra



**Third Position (Cash Prize of 1000/-)**  
**Preeti, Student**  
 Govt. Home Science College, Sec 10  
 Chandigarh



**Third Position (Cash Prize of 1000/-)**  
**Pooja, Student**  
 Govt. Home Science College, Sec 10  
 Chandigarh



**Consolation Prize (Cash Prize of 1000/-)**  
**Nancy Garg, Student**  
 Mehr Chand Mahajan college for  
 Women, Chandigarh



**Consolation Prize (Cash Prize of 1000/-)**  
**Swasti, Student**  
 Mehr Chand Mahajan college for  
 Women, Chandigarh



## एमसीएम पुराने कपड़ों की रीसाइक्लिंग पर राष्ट्रीय प्रतियोगिता का आयोजन

चंडीगढ़। पुनः उपयोग और रीसायकल की अवधारणा को बढ़ावा देने की एक अनूठी पहल में, मेहर चंद महाजन डीएवी कॉलेज फॉर वुमेन के स्नातकोत्तर समाजशास्त्र विभाग ने अंदाज शीर्षक पर पुराने कपड़ों को रीसायकल कर पुनःउपयोग हेतु बनाने के लिए एक राष्ट्रीय स्तर की ऑनलाइन प्रतियोगिता का आयोजन किया। महाविद्यालय की स्वच्छता समिति के तत्वावधान में आयोजित इस प्रतियोगिता में देश भर से 60 से अधिक प्रविष्टियां प्राप्त हुईं। प्रतिभागियों की विस्मयकारी रचनात्मकता उनकी रचनाओं में परिलक्षित हुई जिसमें उन्होंने उपयोगी वस्तुओं को बनाने के लिए पुराने कपड़ों का उपयोग किया।



विजेताओं को प्रमाण पत्र और नकद पुरस्कार से सम्मानित किया गया। प्रतियोगिता में डीकेटीई सोसाइटी टेक्सटाइल एंड इंजीनियरिंग इंस्टीट्यूट, महाराष्ट्र की साक्षी को पहला पुरस्कार मिला। मेहर चंद महाजन कॉलेज फॉर विमेन, चंडीगढ़ की नमन चोपड़ा तथा डीकेटीई सोसाइटी टेक्सटाइल एंड इंजीनियरिंग इंस्टीट्यूट, महाराष्ट्र की प्रांजली गुरुराज वैद्य को संयुक्त रूप से दूसरा पुरस्कार दिया गया। गवर्मेंट होम

साइंस कॉलेज, चंडीगढ़ की पूजा एवं इसी कॉलेज की प्रीती को तीसरा पुरस्कार दिया गया। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की नैसी गर्ग तथा स्वस्ति को सांत्वना पुरस्कार दिया गया। प्रिंसिपल डॉ. निशा भार्गव ने इस प्रयास के लिए सराहना व्यक्त करते हुए कहा कि इस तरह की गतिविधियां समय की आवश्यकता है क्योंकि ये सस्टेनेबलिटि के मुद्दों के बारे में जागरूकता पैदा करने में मदद कर सकती हैं। उन्होंने कहा कि स्थायी प्रथाओं में भी एमसीएम सबसे आगे है और कॉलेज परिसर में सस्टेनेबल अर्बन फार्मिंग, जल संचयन, सौर ऊर्जा का उपयोग, एसटीपी की स्थापना, मेस कचरे से बायोगैस उत्पादन जैसे प्रयास इसका प्रमाण हैं।

## पुराने कपड़ों की रीसाइक्लिंग पर राष्ट्रीय प्रतियोगिता का आयोजन

चंडीगढ़ (जम्मर्न्यूज़)। पुनः उपयोग और रीसायकल की अवधारणा को बढ़ावा देने की एक अनूठी पहल में, एमसीएम डीएवी कॉलेज फॉर वुमेन के स्नातकोत्तर समाजशास्त्र विभाग ने अंदाज शीर्षक पर पुराने कपड़ों को



रीसायकल कर पुनः उपयोग हेतु बनाने के लिए एक राष्ट्रीय स्तर की ऑनलाइन प्रतियोगिता का आयोजन किया। महाविद्यालय की स्वच्छता समिति के तत्वावधान में आयोजित इस प्रतियोगिता में देश भर से 60 से अधिक प्रविष्टियां प्राप्त हुईं। प्रतिभागियों की विस्मयकारी रचनात्मकता उनकी रचनाओं में परिलक्षित हुई जिसमें उन्होंने उपयोगी वस्तुओं को बनाने के लिए पुराने कपड़ों का उपयोग किया। विजेताओं को प्रमाण पत्र और नकद पुरस्कार से सम्मानित किया गया। प्रतियोगिता में डीकेटीई सोसाइटी टेक्सटाइल एंड इंजीनियरिंग इंस्टीट्यूट, महाराष्ट्र की साक्षी को पहला पुरस्कार मिला। मेहर चंद महाजन कॉलेज फॉर विमेन, चंडीगढ़ की नमन चोपड़ा तथा डीकेटीई सोसाइटी टेक्सटाइल एंड इंजीनियरिंग इंस्टीट्यूट, महाराष्ट्र की प्रांजली गुरुराज वैद्य को संयुक्त रूप से दूसरा पुरस्कार दिया गया। गवर्मेंट होम साइंस कॉलेज, चंडीगढ़ की पूजा एवं इसी कॉलेज की प्रीती को तीसरा पुरस्कार दिया गया। एमसीएम डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की नैसी गर्ग तथा स्वस्ति तो सांत्वना पुरस्कार दिया गया। प्रिंसिपल डॉ. निशा भार्गव ने इस प्रयास के लिए सराहना व्यक्त करते हुए कहा कि इस तरह की गतिविधियां समय की आवश्यकता है क्योंकि ये सस्टेनेबलिटि के मुद्दों के बारे में जागरूकता पैदा करने में मदद कर सकती हैं। उन्होंने कहा कि स्थायी प्रथाओं में भी एमसीएम सबसे आगे है और कॉलेज परिसर में सस्टेनेबल अर्बन फार्मिंग, जल संचयन, सौर ऊर्जा का उपयोग, एसटीपी की स्थापना, मेस कचरे से बायोगैस उत्पादन जैसे प्रयास इसका प्रमाण हैं।

## एमसीएम पुराने कपड़ों की रीसाइक्लिंग पर राष्ट्रीय प्रतियोगिता का आयोजन

चण्डीगढ़ (ऋद्धम आचार्य / हिमप्रभा)। पुनःउपयोग और रीसायकल की अवधारणा को बढ़ावा देने की एक अनूठी पहल में, मेहर चंद महाजन डीएवी कॉलेज फॉर वुमेन के स्नातकोत्तर समाजशास्त्र विभाग ने अंदाज शीर्षक पर पुराने कपड़ों को रीसायकल कर पुनःउपयोग हेतु बनाने के लिए एक राष्ट्रीय स्तर की ऑनलाइन प्रतियोगिता का आयोजन किया। महाविद्यालय की स्वच्छता समिति के तत्वावधान में आयोजित इस प्रतियोगिता में देश भर से 60 से अधिक प्रविष्टियां प्राप्त हुईं। प्रतिभागियों की विस्मयकारी रचनात्मकता उनकी रचनाओं में परिलक्षित हुई जिसमें उन्होंने उपयोगी वस्तुओं को बनाने के लिए पुराने कपड़ों का उपयोग किया। विजेताओं को प्रमाण पत्र और नकद पुरस्कार से सम्मानित किया गया।

प्रतियोगिता में डीकेटीई सोसाइटी टेक्सटाइल एंड इंजीनियरिंग इंस्टीट्यूट, महाराष्ट्र की साक्षी को पहला पुरस्कार मिला। मेहर चंद



महाजन कॉलेज फॉर विमेन, चंडीगढ़ की नमन चोपड़ा तथा डीकेटीई सोसाइटी टेक्सटाइल एंड इंजीनियरिंग इंस्टीट्यूट, महाराष्ट्र की प्रांजली गुरुराज वैद्य को संयुक्त रूप से दूसरा पुरस्कार दिया गया। गवर्मेंट होम साइंस कॉलेज, चंडीगढ़ की पूजा एवं इसी कॉलेज की प्रीती को तीसरा पुरस्कार दिया गया। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की नैसी गर्ग तथा स्वस्ति तो सांत्वना पुरस्कार दिया गया।

प्रिंसिपल डॉ. निशा भार्गव ने इस

प्रयास के लिए सराहना व्यक्त करते हुए कहा कि इस तरह की गतिविधियां समय की आवश्यकता है क्योंकि ये सस्टेनेबलिटि के मुद्दों के बारे में जागरूकता पैदा करने में मदद कर सकती हैं।

उन्होंने कहा कि स्थायी प्रथाओं में भी एमसीएम सबसे आगे है और कॉलेज परिसर में सस्टेनेबल अर्बन फार्मिंग, जल संचयन, सौर ऊर्जा का उपयोग, एसटीपी की स्थापना, मेस कचरे से बायोगैस उत्पादन जैसे प्रयास इसका प्रमाण हैं।



## एमसीएम में पुराने कपड़ों की रिसाइलिंग पर प्रतियोगिता



चंडीगढ़। पुनः उपयोग और रीसायकल की अवधारणा को बढ़ावा देने की एक अनूठी पहल में, मेहर चंद महाजन डीएवी कॉलेज फॉर वुमेन के स्नातकोत्तर समाजशास्त्र विभाग ने अंदाज़ शीर्षक पर पुराने कपड़ों को रीसायकल कर पुनःउपयोग हेतु बनाने के लिए एक राष्ट्रीय स्तर की ऑनलाइन

प्रतियोगिता का आयोजन किया। महाविद्यालय की स्वच्छता समिति के तत्वावधान में आयोजित इस प्रतियोगिता में देश भर से 60 से अधिक प्रविष्टियां प्राप्त हुईं। प्रतिभागियों की विस्मयकारी रचनात्मकता उनकी रचनाओं में परिलक्षित हुई जिसमें उन्होंने उपयोगी वस्तुओं को बनाने के लिए पुराने कपड़ों का उपयोग किया। विजेताओं को प्रमाण पत्र और नकद पुरस्कार से सम्मानित किया गया। प्रिंसिपल डॉ निशा भार्गव ने इस प्रयास की सराहना करते हुए कहा कि इस तरह की गतिविधियां समय की आवश्यकता है क्योंकि ये सस्टनेबिलिटी के मुद्दों के बारे में जागरूकता पैदा करने में मदद कर सकती है।

### कपड़ों के पुनः उपयोग प्रतियोगिता में महाराष्ट्र की साक्षी विजेता

चंडीगढ़। एमसीएम डीएवी कॉलेज- 36 के समाज शास्त्र विभाग ने कपड़ों के पुनः उपयोग पर वीरवार को राष्ट्रीय प्रतियोगिता 'अंदाज़' का आयोजन करवाया। इसमें देशभर से 60 से अधिक प्रविष्टियां प्राप्त हुईं। विद्यार्थियों ने पुराने कपड़ों से उपयोगी वस्तुएं बनाईं। प्रतियोगिता में प्रथम स्थान पर डीकेटीई सोसाइटी टेक्सटाइल एंड इंजीनियरिंग इंस्टीट्यूट महाराष्ट्र की साक्षी रही। इनके अलावा एमसीएम की नमन चोपड़ा और डीकेटीई सोसाइटी टेक्सटाइल एंड इंजीनियरिंग महाराष्ट्र की प्रांजली गुरुराज वैद्य संयुक्त रूप से दूसरे स्थान हासिल किया। गवर्नमेंट होम साइंस कॉलेज चंडीगढ़ की पूजा व इसी कॉलेज की प्रीती को संयुक्त रूप से तीसरा स्थान मिला। एमसीएम की नैसी गर्ग और स्वस्ति को सांत्वना पुरस्कार से नवाजा गया। विजेताओं को प्रमाण पत्र के साथ नकद पुरस्कार से सम्मानित किया गया। प्राचार्या डॉ. निशा भार्गव ने विजेता प्रतिभागियों की सराहना की। ब्यूरो

### MCM holds National Competition on Recycling of Old Clothes

In a unique initiative to promote the concept of reuse and recycle, the Postgraduate Department of Sociology at Mehr Chand Mahajan DAV College for Women organised 'Andaaz'- an online national level competition to recycle old clothes in an ingenious manner. Organised under the aegis of Swachhta Committee of the college, the competition garnered overwhelming response as more than 60 entries were received from across the country. Awe-inspiring creativity of the participants reflected in their creations wherein they used old clothes to create useful items. The winners were awarded certificates and cash prizes. Principal Dr. Nisha Bhargava expressed appreciation for this novel endeavour and stated that such activities are the need of the hour as these can help in generating awareness about sustainability issues.

## 14. Title of the activity: SWACHH MANN DIWAS

**Date:** 8<sup>th</sup> March, 2021

**Objective:** To improve our work efficiency by cleansing our mind from all toxic and negative thoughts.

**The Context:** There is a famous quote by Mahatma Gandhi: "The weak can never forgive. Forgiveness is the attribute of the strong." The celebration of Swachh Mann Diwas was conceived of by honorable Principal, Dr. Nisha Bhargava so that we keep at bay the



thoughts that trouble us and minimize our work efficiency, and imbibe the value of forgiveness.

**The Practice:** In order to understand the importance of cleansing our mind of all toxic and negative thoughts, and cultivate thoughts and dreams that take us to the pinnacle of success and excellence, Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated 'Swachh Mann Day' on 8<sup>th</sup> March, 2021. The activity included giving up and dropping in our grudges on a piece

of paper - anonymous or addressed to a colleague in the forgiveness box placed at the reception.

**The Evidence of success:** There was a heartwarming participation of the staff members which clearly reflected their spirit to let go off negative emotions.



## 15. Title of the activity: ABHIVYAKTI - SLOGAN WRITING COMPETITION

**Date:** 8<sup>th</sup>- 18<sup>th</sup> March 2021

**Number of participants:** 20

**Chairperson and Principal:** Dr. Nisha Bhargava

**Convener:** Dr. Seema Kanwar

**Student Ambassadors:** Bhawana Rani, Aditi Joshi and Serena

**Objective:** "You can't be a good writer without being a good thinker", was famously uttered by American television writer Andy Rooney. The greatness of a person lies in his/her ideas and perceptions. A reader comes to know about the writer's thought process

through his writings. For this competition the students were required to write an essay in our national language Hindi; emphasizing on its importance in our life, describing their respective views.

**The Context:** 'अभिव्यक्ति' competition was organized by the Character-Building Committee of Mehr Chand Mahajan DAV College for Women to bring out the latent talent of the budding poets and essayists of the college and in order to provide them with a platform to showcase their writing skills even during the challenging times of COVID with a special focus on our national language Hindi.

**The Practice:** The participants were supposed to write an essay in Hindi on the given topics, and elucidate their keen and deep imagination and experiences in life regarding the same. The core objective of this competition was to depict the beauty of the language Hindi and the students' talent to use it to illustrate their point of view.

**The Evidence of Success:** A total of 20 students participated in this competition. As expected, the event was a huge success. Each and every entry was unique and creative in its own way. It showed how different people write so distinctly about the same topics which shows diversity in the way a person as an individual receives certain values.

**Prizes:**

**First prize:** Shiksha, B.A1. (Roll no- 3496)

**Second prize:** Ritika, B.A1 (Roll no.- 2773) & Swastika Giri, BCom 1 (Roll no.- 9800)

**Third prize:** Harshita Srivastava, B. Com 2 (Roll no.- 10284) & Poonam PG 2 (Roll no.- 6508)

**Consolation prize:** Shreya Gupta, BCA 2 (Roll no.- 6101)





जहां सत्य के श्रेष्ठ भण्डार-रूप परमात्मा का निवास है। इस वाक्य " सत्यमेव जयते" को जब भारत के महान सम्राट अशोक ने अपनाया तो उनके मन में जो लालसा जनित क्रूरता थी वो चली गई और उन्होंने शांति का रास्ता अनुसरित किया। भारत के इतिहास में एक समय फिर आया जब लम्बे संघर्ष और अनगिनत बलिदानों के फलस्वरूप हमें आजादी मिली, आजादी के समय के जो भारतीय विचारक थे उन्होंने इस वाक्य " सत्यमेव जयते" को एक ऐसे मार्गदर्शक के रूप में देखा जिससे सदियों से प्रताड़ित भारतीय जनों को सुख और शांति मिल सके, इस वाक्य "सत्यमेव जयते" को राष्ट्रीय आदर्श वाक्य बनाया गया और इसके पीछे मंशा ये थी कि भारत के नागरिक सत् मार्ग पर चलेंगे और सुखी रहेंगे, इससे भी बढ़कर देश के शासक वर्ग को ये वाक्य स्मरण रहेगा कि उनके दायित्व क्या है, " सत्यमेव जयते" के वृहद् विश्लेषण पर मैं नहीं जाना चाहूँगा परन्तु ये अवश्य कहूँगा इस वाक्य में संपूर्ण मानवता का ज्ञान और मानव का कल्याण का आधार निहित है, किसी भी देश के संविधान का आधार भी यही वाक्य होता है, इसमें थोड़ा और प्रकाश डालूँ तो "सत्यम शिवम् सुन्दरम्" जैसे दूसरे वाक्य को देखना चाहिए जिसका अर्थ है "सत्य ही कल्याणकारी है, या शुभ है, और सत्य ही प्रिय है, या सुन्दर है, और किसी भी राष्ट्र का संविधान उस राष्ट्र के लोगों को सुख, शांति प्रदान करने के लिए होता है, अतः ये स्पष्ट है की संविधान का आधार इसी वाक्य में निहित है।

## 16. Title of the activity: SWACHHTA INITIATIVES AND PRIZE DISTRIBUTION FUNCTION ORGANIZED BY SWACHHTA COMMITTEE

**Date:** 10<sup>th</sup> March, 2021

**Number of participants:** 60

**Objectives:**

- To encourage and felicitate the teaching and non-teaching staff members who engaged in Swachhta related activities throughout the previous year
- To encourage and felicitate the teaching and non-teaching staff members who contributed in various Government programmes throughout the previous year
- To conduct regular inspection of the various rooms, labs and other areas of the College

**The Context:** With a view to felicitate the Staff members who worked tirelessly throughout the year in Swachhta initiatives and various Government Programmes, a Swachhta Prize Distribution Function was organized. The prizes were given out on the basis of inspection that takes place every year to select the best maintained lawn/area/lab or Departmental Room.

**The Practice:** With an aim to encourage the members of teaching and non-teaching staff for their contribution in various activities of the College including the Swachhta initiatives of the College, a prize distribution function was organized. Winners of various competitions and initiatives and the Committees working under various Government programmes were honored. The function started with a token of gratitude to the judges and the winners. Principal Dr. Nisha Bhargava gave away the tokens of appreciation in the ceremony which was conducted in the celebration ground of the College. In her address to the winners, she applauded their efforts in the respective fields and also looked forward to the next year with more initiatives being taken by the College towards achieving the goal of Swachhta. Social distancing norms were duly followed during the event.

Following members of the teaching and non-teaching staff conducted the inspections for various areas including Laboratories, Department Rooms, Office Cabins, Corridors, Library and Lawns.

#### **Swachhta Inspection of the green areas on 8<sup>th</sup> March, 2021**

- Ms Jyotsna
- Dr Bindu Sharma
- Dr Sukhpreet Bhatia

**Areas to be inspected:** Fountain lawn, front lawn - Arts block, open stage lawn, sci block lawn, Rishi Vatika and front area of admin block.

#### **Swachhta Inspection in the Library on 8<sup>th</sup> March 2021 to judge the best area of library:**

- Ms Neena Sharma
- Ms Madhvi Bajaj
- Dr Mridula Sharma

**Areas to be inspected:** Main Library, Reading room (Room No. 7) and Hostel Library.

**Swachhta Inspection in all the corridors on 8<sup>th</sup> March 2021**

- Dr Vandana Sharma
- Ms Baljeet Tiwana
- Mr Hari Singh

**Areas to be inspected:** Corridors -Arts block, Science block, Computer Science and entry to canteen.

**Swachhta Inspection in all Departmental laboratories on 8<sup>th</sup> March 2021**

- Dr Vibha Sharma
- Dr Minakshi Rathore
- Mr Pawan Sharma

**Labs to be inspected:** Botany, Chemistry, Computer Science, Cosmetology, English, Interior Decoration, Fine Arts, Home Science, Mass Communication, MFT, Music Instrumental, Music Vocal, Office Management, Physics, Psychology and Zoology.

**Swachhta Inspection in the office on 8<sup>th</sup> March 2021**

- Ms. Poonam Davesher
- Dr. Harpreet Gill
- Ms. Meenakshi Vashisht

**Areas to be inspected:** Reception, Administration, Accounts, Examination and Store

The following staff members were given tokens of appreciation during the felicitation ceremony for Swachhta and other Government programmes that had been carrying on for some time.

1. **EBSB and RUSA** – Ms Neena Sharma, Dr Swati Sidana, Dr Gagandeep Kaur
2. **Geetanjali Helpline and Mental Wellness-** Dr Nitasha Khehra, Ms Vandita Kapoor



3. **NSS** - Dr Pallvi Rani, Dr Purnima Bhandari
4. **NCC and Sports** - Dr Anju Lata, Dr Veena
5. **Quarterly Swachhta Report** - Dr Komil Tyagi, Dr Vidushi Jaswal
6. **Electoral Literacy** - Dr Ritu Khosla
7. **Character Building** - Dr Seema Kanwar, Dr Aparna Sharma
8. **Eco Club, IIC and Renewable Energy** - Dr Neetu
9. **IIC**- Dr Indu Arora, Ms. Poonam Dawgotra, Dr. Sarabjeet Kaur
10. **UBA**- Dr Gunjan, Dr Namita Bhandari
11. **Skill Development**- Dr Gurvinder Kaur, Dr Minakshi Rana
12. **Placement Cell**: Dr Mamta Ratti
13. **Press Report, Technical assistance & Social Media Coverage –**
  - Dr Preeti Gambhir
  - Mr Ashish Mudgal
  - Ms Nancy Sharma
14. **Swachhta overall**:
  - Ms Suman Mahajan
  - Dr Vandana Sharma
  - Dr Sandeep Kaur

**Results:** Following members of teaching and non-teaching staff were adjudged winners by the judges who inspected the respective areas/labs/department rooms.

<b>Departmental Laboratories:</b>			<b>Judges</b>
<b>1st prize:</b>	Home Science Lab-	Mr Satnam Singh	Dr Vibha Sharma
		Mr Rohan Malra	Dr Minakshi Rathore
	Cosmetology Lab-	Ms Sarvjit Kaur	Mr Pawan Sharma
		Ms Priyanka	
<b>2nd Prize:</b>	Music Vocal Lab-	Mr Avtar Singh	

<b>Departmental Laboratories:</b>			<b>Judges</b>
	Computer Sci Lab-	Mr Kishor Kumar	
<b>3rd Prize:</b>	Music Instrumental	Mr Naveen Sandhu	
<b>Departmental Room:</b>			
<b>1st Prize:</b>	Deptt of Sanskrit-	Dr Seema Kanwar	Dr Manisha Priyamwada
<b>2nd Prize:</b>	Deptt of Political Sci-	Dr Savita Thapar	Mr Kuldeep Singh
			Ms Shailey Bhagi
<b>Office:</b>			
<b>1st Prize:</b>	Reception	Ms Namita Sharma	Ms Poonam Daveskar
<b>2nd Prize:</b>	Workstations	Mr Kamal Guleria	Dr Harpreet Gill
		Mr Navpreet	Ms Meenakshi Vashisht
<b>3rd Prize:</b>	Supdt Accts Cabin-	Mr Pawan Sharma	
<b>Corridor:</b>			
<b>1st Prize:</b>	Ground Floor Sci Block-	Ms Sumitra	Dr Vandana Sharma
<b>2nd Prize:</b>	Computer Sci Deptt-	MsRenu	Ms Baljeet Tiwana
			Mr Hari Singh
<b>Library:</b>			
<b>1st Prize:</b>	Admn Area	Mr Illam Chand	Ms Neena Sharma
		Mr Karnail Singh	Ms Madhvi Bajaj

Departmental Laboratories:			Judges
			Dr Mridula Sharma
Best Maintained Lawn:			
1st Prize:	Area Admn Block-	Mr Arjun Prasad	Ms Jyotsna
2nd Prize:	Open Stage Lawn-	Mr Arjun Prasad	Dr Bindu Sharma
3rd Prize:	Front Lawn-	Mr Ram Suresh	Dr Sukhpreet Bhatia

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## एमसीएम में सम्मान समारोह आयोजित



मदरलैंड संवाददाता, चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन ने स्वच्छता के लिए किये गए प्रयासों, स्वच्छता पर आधारित विभिन्न प्रतियोगिताओं के विजेताओं तथा विभिन्न सरकारी कार्यक्रमों के तहत काम करने वाली कॉलेज की समितियों को सम्मानित करने हेतु एक सम्मान समारोह आयोजित किया। समारोह के दौरान, स्वच्छ समिति के तत्वावधान में आयोजित प्रतियोगिताओं के विजेताओं को सम्मानित किया गया, जिसमें सर्वश्रेष्ठ प्रयोगशाला, विभाग कक्ष, कार्यालय केबिन, गलियारा, पुस्तकालय और कॉलेज परिसर में सर्वश्रेष्ठ बगीचे के रखरखाव पर प्रतियोगिताएं शामिल थीं। भारत सरकार की फ्लैगशिप योजनाओं के तहत सराहनीय कार्य करने के लिए सम्मानित की गई समितियों में एक भारत श्रेष्ठ भारत क्लब, राष्ट्रीय उच्चतर शिक्षा अभियान समिति, गीतांजलि हेल्पलाइन एवं मानसिक कल्याण, एनएसएस, एनसीसी, स्वच्छता समिति, स्वच्छता रिपोर्ट समिति, इलेक्टोरल लिट्रेसी क्लब, उन्नत भारत अभियान समिति, इको क्लब, इंस्टीट्यूशन इनोवेशन कौंसिल, रिन्यूएबल एनर्जी समिति, कौशल विकास समिति, प्लेसमेंट सेल तथा चरित्र निर्माण समिति शामिल हैं।

## एमसीएम में सम्मान समारोह



चण्डीगढ़ (ऋद्धम आचार्य / हिमप्रभा)। मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन ने स्वच्छता के लिए किये गए प्रयासों, स्वच्छता पर आधारित विभिन्न प्रतियोगिताओं के विजेताओं तथा विभिन्न सरकारी कार्यक्रमों के तहत काम करने वाली कॉलेज की समितियों को सम्मानित करने हेतु एक सम्मान समारोह आयोजित किया। समारोह के दौरान, स्वच्छ समिति के तत्वावधान में आयोजित प्रतियोगिताओं के विजेताओं को सम्मानित किया गया, जिसमें सर्वश्रेष्ठ प्रयोगशाला, विभाग कक्ष, कार्यालय केबिन, गलियारा, पुस्तकालय और कॉलेज परिसर में सर्वश्रेष्ठ बगीचे के रखरखाव पर प्रतियोगिताएं शामिल थीं। भारत सरकार की फ्लैगशिप योजनाओं के तहत सराहनीय कार्य करने के लिए सम्मानित की गई समितियों में एक भारत श्रेष्ठ भारत क्लब, राष्ट्रीय उच्चतर शिक्षा अभियान समिति, गीतांजलि हेल्पलाइन एवं मानसिक कल्याण, एनएसएस, एनसीसी, स्वच्छता समिति, स्वच्छता रिपोर्ट समिति, इलेक्टोरल लिट्रेसी क्लब, उन्नत भारत अभियान समिति, इको क्लब, इंस्टीट्यूशन इनोवेशन कौंसिल, रिन्यूएबल एनर्जी समिति, कौशल विकास समिति, प्लेसमेंट सेल तथा चरित्र निर्माण समिति शामिल हैं। एक कार्यक्रम में, कॉलेज ने स्वच्छ मन दिवस आयोजित किया जिसका उद्देश्य व्यक्ति के भीतर के परस्पर विरोधी विचारों और भावनाओं को त्याग कर सकारात्मक सोच को बढ़ावा देना था। इस गतिविधि में कागज के एक टुकड़े पर किसी के प्रति भी मन में आये नकारात्मक विचारों को लिखकर उसे फॉरगिवनेस बॉक्स में डालना था। स्टाफ के सदस्यों ने उत्साहपूर्वक इस गतिविधि में भाग लिया और कहा कि यह एक अत्यंत रचनात्मक गतिविधि थी, जिसमें कि उन्होंने अपने जीवन में नकारात्मकता को खत्म किया। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने कहा कि वर्ष 2018 में देश के सबसे स्वच्छ कॉलेज होने का गौरव प्राप्त करने के बाद, एमसीएम स्वच्छता और सस्टेनेबल प्रेक्टिस के लिए प्रतिबद्ध है। स्वच्छ मन पहल की सराहना करते हुए डॉ. भार्गव ने कहा कि हमें उन विचारों और सपनों को साधने का प्रयास करना चाहिए जो हमें सफलता और उत्कृष्टता तक ले जाते हैं, बजाय इसके कि हम नकारात्मक विचारों के साथ रहें जो हमें परेशान करते हैं और हमारी कार्य कुशलता को कम करते हैं।

### 17. Title of the activity: FOOD FOR MIND, BODY AND SOUL, AN ONLINE TRAINING CUM WORKSHOP SPONSORED BY RUSA

**Date:** 17<sup>th</sup> March, 2021

**Date of participants:** 51

**Objectives:** In view of the pandemic, rising anxieties and stress levels in today's unprecedented times, the workshop aimed at working around the participant's stress levels and mental wellbeing strategies. The participants were assisted through the



Sanskrit shlokas and chants with mindful breathing exercises and yogic asanas so as to give them a holistic wellness experience. The workshop focused on the discussion and demonstration of holistic healing practices in the most simplified yet interesting ways possible.



**The Context:** Mehr Chand Mahajan DAV College for Women, Chandigarh organized a Rashtriya Uchchar Shiksha Abhiyan (RUSA) sponsored a hands-on training-cum-workshop on "YOGA AND MEDITATION" titled as FOOD FOR MIND, BODY AND SOUL. The resource persons for the event were Dr. Gunanidhi Sharma from the Govt. College of Yoga, Education and Health, Chandigarh and Ms. K. Monarita, Yoga instructor and International player of Yoga.

**The Practice:** 51 participants actively took part in learning the history of yoga, ashtanga yoga, asanas and meditation techniques. Dr. Gunanidhi emphasized on the concept of yoga, Shatkarma, holistic health and wellbeing, Pranayama, Jalneti and OM japa. His very able student, Ms. Aarti gave practical demonstrations of various asanas of hatha yoga and rubber neti explaining its unmatched benefits including its effectiveness in the treatment of sinusitis along with numerous other physical and mental health ailments. Ms. K. Monarita did a practice session with the participants demonstrating the Standing asanas like the Tadasana,

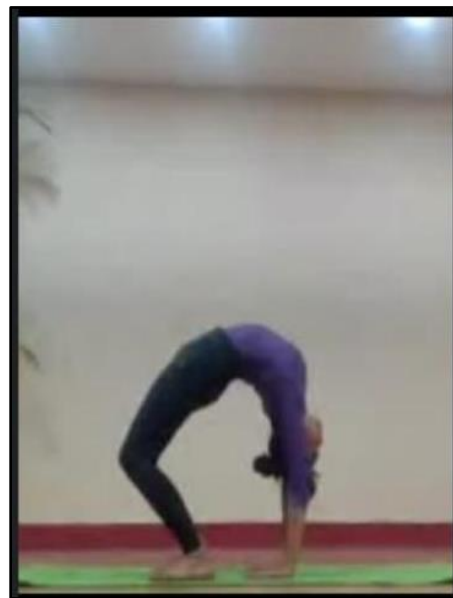




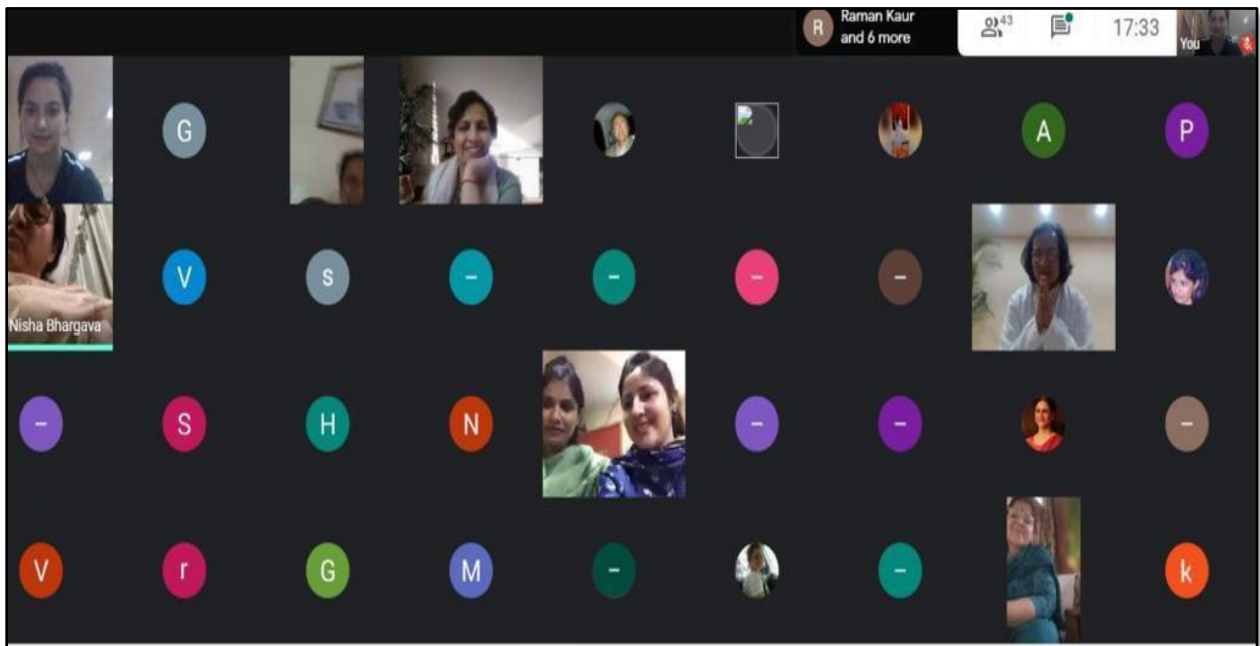
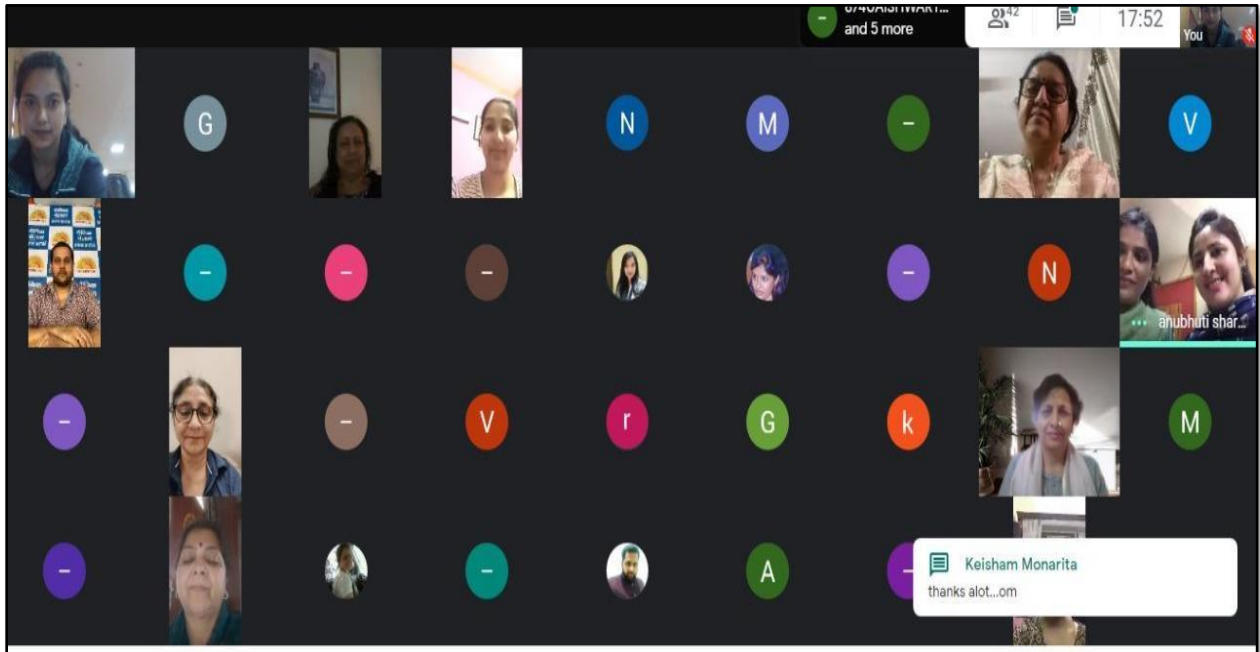
Vrikshasana, Trikonasana and the Sitting asanas like the Gomukhasana, Vakrasana and Ustrasana.

**The Evidence of Success:** The engaging hands- on- training cum workshop concluded with practice of stress reduction and mindfulness techniques like meditation and deep breathing for a holistically fruitful life. The resource persons resolved the participant's queries and doubts regarding the issues that they were facing. While the students came up with queries regarding lack of concentration and panic attacks, the older participants were curious to know about the correct ways of breathing and postures. The participants also wished to be invited for more such similar workshops in the future so that they could benefit from the age-old, long-forgotten practices of overall well-being which should now become a part of one's daily routine.

**Outcomes:** The live demonstrations of the asanas, JalNeti, Ashtanga yoga, breathing exercises, Pranayama and body stretches were very well received by the participants. Madam Principal, Dr. Nisha Bhargava spoke about the importance of yoga in today's time and thanked the resource persons for their excellent and impactful display of the art and practice of yoga and dhyana. The institutional Convener of RUSA, Ms. Neena Sharma also highlighted the need for overall wellness in our lives and thanked the resource persons for a brilliantly carried out training-



cum-workshop. She also congratulated the co-coordinators - Dr. Anubhuti Sharma and Ms. Sunita Kumari for organizing a successful and well appreciated event.



## 18. Title of the activity: SEVEN DAY AND NIGHT NSS SPECIAL CAMP

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

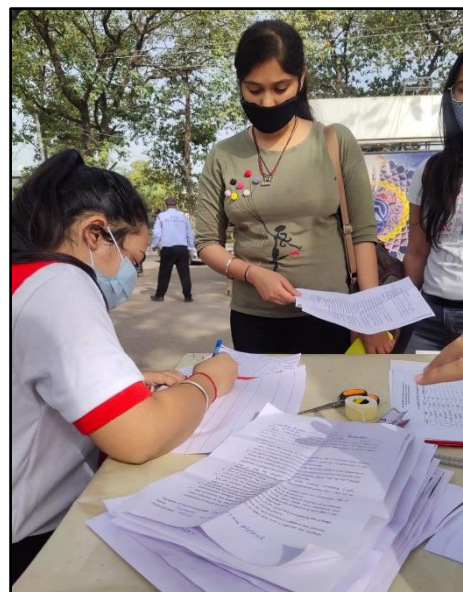
**Number of NSS Volunteers:** 81

### **Objectives:**

- To sensitize volunteers about various environmental issues of national importance
- To engage and motivate students for community work

**The Context:** The National Service Scheme (NSS) is a Central Sector Scheme of Government of India, Ministry of Youth Affairs & Sports which provides opportunity to the students to take part in various government led initiatives pertaining to community service activities & programmes.

**The Practice:** 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, a plethora of activities related to theme were organized under the dynamic leadership of our worthy Principal Dr Nisha Bhargava which not only enlightened the NSS



Volunteers about social issues but also motivated and enhanced their student-community interface.

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.



**19. Title of the activity: GREEN GOOD DEEDS (12-19 MARCH, 2021)  
ORGANIZED BY MCM ECO-CLUB TO CELEBRATE 'BHARAT KA  
AMRUT MAHOTSAV' THE 75<sup>TH</sup> ANNIVERSARY OF INDIA'S  
INDEPENDENCE**

**Convener & Principal:** Dr. Nisha Bhargava,

**Coordinators:** Dr. Neetu & Dr. Sarabjeet Kaur

**i. USE OF SPRINKLERS FOR WATERING PLANTS TO SAVE WATER**

**Activity coordinators-** Dr. Pooja Sharma and Dr. Jasleen Kaur

**Number of participants:** 10 Mali & 15 students

**Objective:** To reduce water loss and to prevent overwatering of plants

**The Context:** In today's scenario when water resources are being depleted, it becomes even more essential to save water and use it judiciously. Hence, efforts are needed to minimize the wastage of water. It is in this context that water sprinklers are being used in our college campus to maintain optimum level of soil moisture. Students of our college have also been guided about the use of water sprinklers and have been encouraged to use them in their home lawns and gardens under this activity.

**The Practice:** Conservation and sustainability is a regular practice in our campus. The Horticulture committee ensures that latest practices are followed in the college campus. Working on these lines, the committee has been using water sprinkler system to help save water. Different areas of the college like the Front Lawn, the Arts block, the Sports block, the Science block as well as the Rishi Vatika area have lawns where water sprinkler system is being used on a regular basis. The campus has been divided into different zones and different time intervals have been allotted for watering. Water is sprinkled for 20-30 minutes thrice a week which ensures proper coverage of the area and reduces wastage.



**The Evidence of Success:** This regular practice of using sprinklers has helped in reducing water wastage in the college campus.









## ii. WORKSHOP ON PAPER RECYCLING

**Activity coordinator:** Dr. Shafila

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

**Number of participants:** 81 NSS volunteers

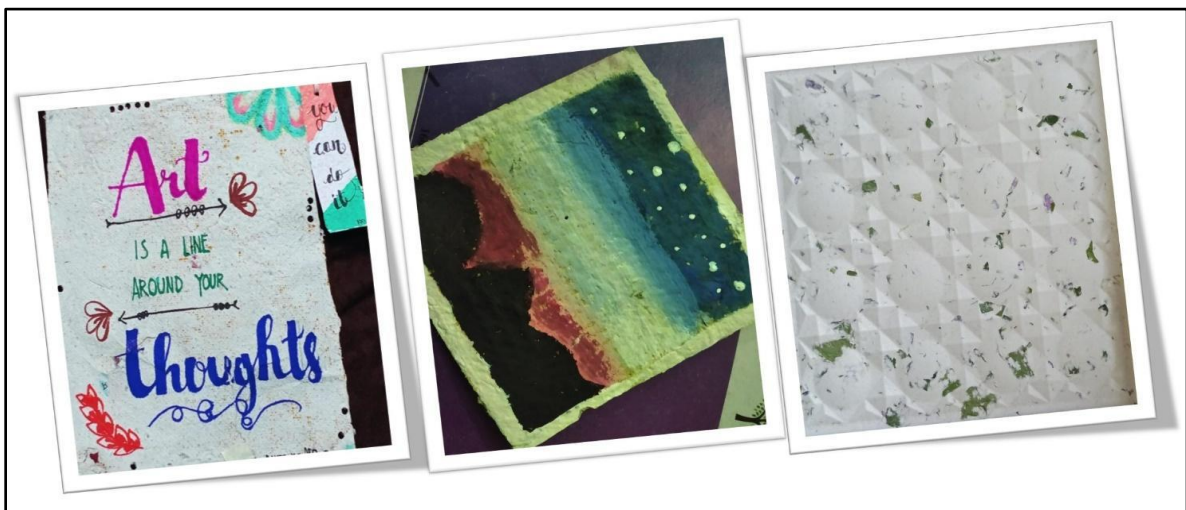
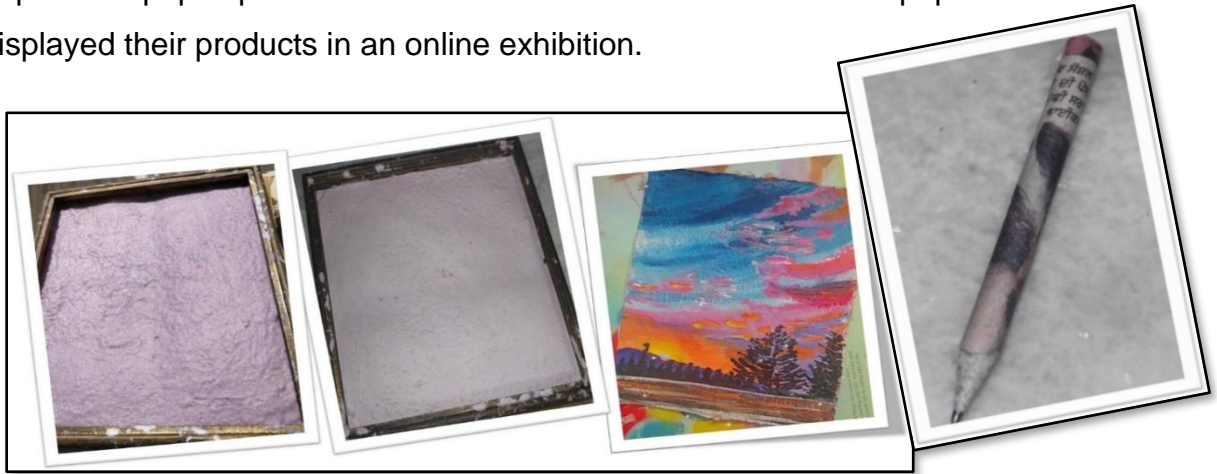
**Objective:** To promote increased paper recovery by raising awareness about the importance of recycling

**The Context:** *Recycled paper produces 73% less air pollution than that made from raw materials. In order to make 1 ton of newspaper, it takes around 24 trees. So, paper recycling is important for environment conservation. The positive effect of recycling on the environment far outweighs the small effort needed to implement paper recycling.*



**The Practice:** Department of Environment Science in collaboration with MCM Eco-club organized a workshop on paper recycling during seven day and night NSS Special camp. Over 81 students of NSS unit attended the same where Dr. Shafila, the resource person, demonstrated step wise procedure of recycling of waste papers, the products of which could be used for various purposes like painting, making bookmarks, decorative envelopes etc. Additionally, she explained the steps for making paper pencils. Throughout the workshop, she highlighted the importance of 3 Rs of environment conservation. She encouraged students to reuse the paper cardboards to store various things at home by a little makeover.

**The Evidence of Success:** Students learnt the process of manufacturing handmade paper and paper pencils. Few of them used these handmade papers as canvas and displayed their products in an online exhibition.



### iii. USE OF NATURAL LIGHT IN OFFICES

**Activity coordinator:** Dr. Neetu

**Number of participants:** 26 members of Administrative block including Principal Dr. Nisha Bhargava

**Objective:** To promote the use of natural light in work place

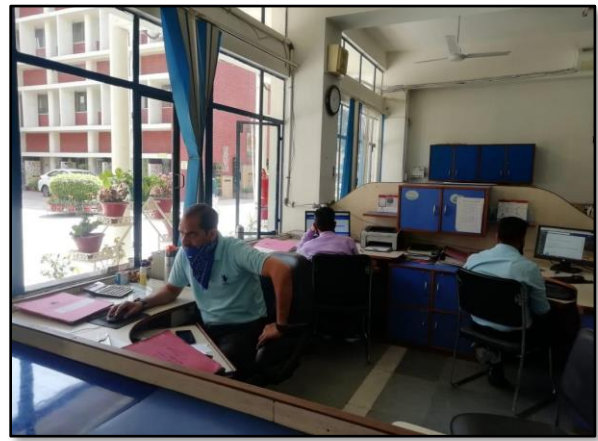
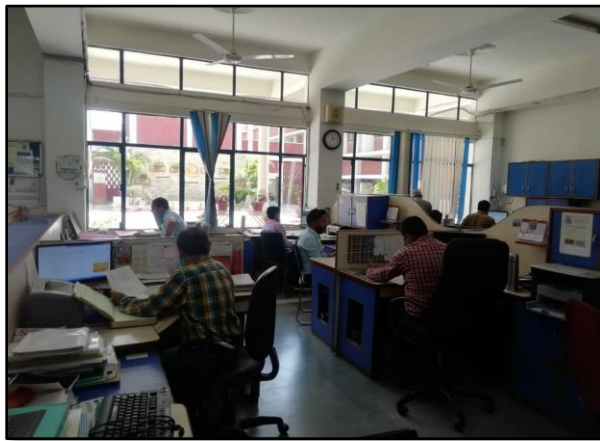
**The Context:** The use of natural light in working areas like offices helps to conserve electricity. Also, the natural light maintains the circadian rhythm of the body which improves the health of the individuals and reduces the stress levels. Good health and healthy environment always lead to increased productivity in offices.

**The Practice:** Principal Dr. Nisha Bhargava and the members MCM Eco-club encouraged the office staff to use natural light during working hours of the office as much as possible. They were suggested to open curtains of the glass windows so as to optimally use the natural light and to reduce the consumption of electricity in lighting the bulbs and tubes. The benefits of natural light such as decreased stress and maintained circadian rhythms added to their health awareness knowledge too.



**The Evidence of Success:** The office staff realized the difference between working in artificially lit environment and in natural light. They appreciated the benefits of using natural light in the office.





## 20. Title of the activity: PLANTATION DRIVE

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

**Number of NSS Volunteers:** 81

**Objectives:**

- To propagate the importance of 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 strengthening our actions in protecting our Nature.

Plantation not only cleanse the climate by absorbing carbon dioxide from the environment and releasing oxygen but also sensitize the participants about the importance of plantation. With this view, a plantation drive was organized by NSS Units 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 their Village Badheri, adopted under NSS.

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

**Various Social media Links:**

[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/MCMDAVCW/posts/1082771645522421>

## एमसीएम में एनएसएस शिविर का शुभारंभ पौधारोपण से किया

चंडीगढ़, 19 मार्च (राकेश) : 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 डा. निशा भार्गव ने किया। दीप प्रज्वलन और सरस्वती वंदना के पश्चात अपने प्रेरक संबोधन में डा. भार्गव ने स्वयंसेवकों को एमसीएम एनएसएस इकाइयों की गतिविधियों और उपलब्धियों से अवगत कराया। उन्होंने बताया कि कॉलेज को पंजाब यूनिवर्सिटी, चंडीगढ़ द्वारा वर्ष 2018 में बेस्ट एनएसएस यूनिट से सम्मानित किया गया था। डा. भार्गव ने परिश्रम और मानवीय मूल्यों की गरिमा सहित मूल्यवान जीवन पथों को आत्मसात करने में एनएसएस के महत्व पर प्रकाश डालते हुए कहा कि वर्तमान महामारी के समय भी, एमसीएम के



सात दिवसीय एनएसएस शिविर का शुभारंभ पर पौधारोपण करती छात्रेण द्वितीय वी. निशा।

एनएसएस स्वयंसेवकों ने समाज सेवा हेतु प्रशासनीय कार्य किया। एनएसएस कार्यक्रम अधिकारी डा. पल्लवी 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 विज्ञान विभाग की सहायक प्रोफेसर रति अरोड़ा द्वारा घर पर मास्क बनाने के व्यावहारिक प्रदर्शन के साथ हुआ।



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

## एमसीएम में एनएसएस शिविर का आगाज

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

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 कैम्प लगाने वाले टीचर्स को संबोधित करते हुए डॉ. निशा ने कहा कि हर वालंटियर्स की टीचर्स पर सबसे अहम जिम्मेदारी होती है, जिसे पूरा करना टीचर्स का परम धर्म है।

## 21. 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 instill 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, and made face masks from the used cloth fabrics.



**The Practice:** In the subsequent (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 scratch and designed them as per available material.

**The Evidence of Success:** The session encouraged volunteers to acquire a skill in making handmade face masks. They made colorful cloth masks from recycled cloths for distribution purpose for needy persons. The volunteers were happy to partake in the activity as well as help each other out in the



practice of making masks. The volunteers were extremely motivated and determined to continue the practice of producing masks at home.

## 22. Title of the activity: WORKSHOP ON “PSYCHOLOGICAL FIRST AID FOR ANXIETY AND DEPRESSION AMONG YOUTH”

**Date of conduct of Activity:** 19<sup>th</sup> March, 2021

**Number of participants:** 20 Hostel Students

**Objective:** Prioritizing the needs of young people in crisis or during disasters such as the global pandemic of COVID-19 is imperative. Since they might experience psychological trauma which can develop into depression, anxiety disorders, loneliness, suicide or substance abuse which needs to be urgently addressed. Apart from denial, stigma stalks the issue making it difficult to access help. Psychological First Aid techniques will be provided to help our college students to build resilience and lend support to others following the COVID-19 outbreak.

**The Context:** The World Health Organization defines mental health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Mental health is being recognized as one of the priority areas in health policies around the world and has been included in the



Sustainable Development Goals. The growing incidence of mental health issues among college students should be a societal priority, given that symptoms of anxiety and depression can be debilitating and long-lasting. The prevalence rates have risen rapidly in the last 10 years with 75% cases are reported by those under 25 years who need active and early intervention (AIIMS, New Delhi).

**The Practice:** Dr. Nitasha Khehra, Assistant Professor, PG Department of Psychology conducted a highly relevant Workshop on the theme of “Psychological First Aid for Anxiety and Depression among Youth” on 19<sup>th</sup> March, 2021 under the aegis of Geetanjali Counselling Helpline and Hostel Committee for the hostellers presently residing in the



campus. Coordinators for the event were Dr. Nitasha Khehra and Ms. Baljeet Tiwana. The training of participants as mental health first aiders included significant insights about depression and various types of anxiety disorders for early symptom identification in themselves and their peer group. She

discussed the physical, behavioural and emotional warning signs which should not be ignored as they might worsen over time. Anxiety disorders and depression stems from varied biopsychosocial causes and Dr Nitasha Khehra discussed the impact of different risk factors including physical health or medical conditions, drug or alcohol addiction, bullying or unstable interpersonal relationships, neglect or emotional abuse, environmental stressors, family history, childhood experiences, personality traits, etc. Psychological First Aid techniques were provided to help our college students to build

resilience and lend support to others following the COVID-19 outbreak. Dr. Khehra enlightened the volunteers about management of dysfunctional beliefs through cognitive reframing, problem focused coping strategies and managing one's psychological well-being through relaxation techniques, mindfulness/ gratitude / meditation, creative outlets, reflection-exploration strategies and self-care activities.



**The Evidence of Success:** The workshop witnessed an enthusiastic participation from 20 hostellers residing in the campus presently. The resource person provided in-depth psychoeducation about depression and anxiety disorders and encouraged seeking appropriate professional help. The students found the session immensely beneficial to acquire mental health aid training and their psychological concerns were resolved effectively by the expert.



### 23. 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 instill 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 Honorable 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, several cleanliness related programmes including cleanliness drives have been 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 PO's - 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 care that included College Celebration Ground, Green lawns, Gate entrance, Hostel Areas and Mess Areas. The volunteers were segregated 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 behavior were followed. This activity was conducted under Swachh Bharat Abhiyan under 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 were done as per available protocols.

**The Evidence of Success:** The volunteers participated enthusiastically with satisfaction and 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”.



**The link of Social Media Handle:**

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





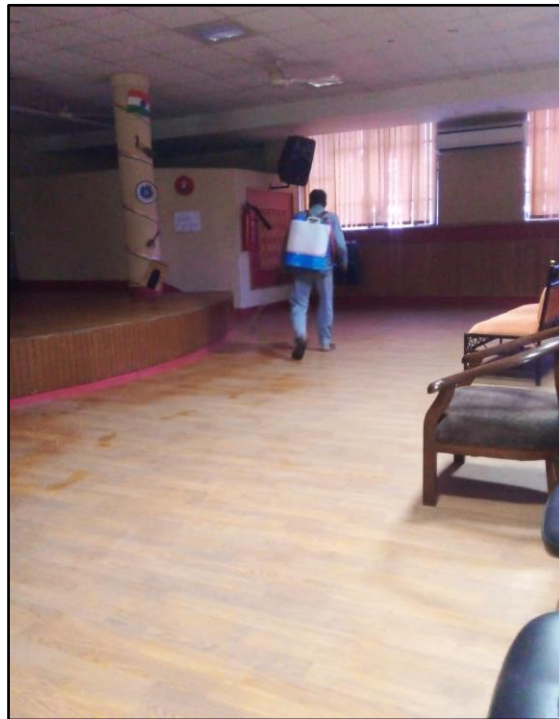












**THROUGH OUT THE CAMP, CLEANLINESS AND SANITIZATION OF MULTIMEDIA HALL, CELEBRATION GROUND WAS ENSURED BY FOLLOWING ALL COVID-19 SAFETY NORMS.**




## 24. Title of the activity: NATIONAL LEVEL SLOGAN WRITING COMPETITION TO MARK THE CELEBRATION OF THE UNITED NATIONS INTERNATIONAL DAY OF HAPPINESS 2021

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

**Number of participants:** 63 UG/PG Students

**Objective:** The Geetanjali Counselling Helpline Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a National Level Slogan Writing Competition to mark the celebration of the United Nations International Day of Happiness on 20th March, 2021. The coordinator was Dr. Nitasha Khehra. The theme of International Day of Happiness for this year was “Keep Calm, Stay Wise, Be Kind”. The activity aimed at contributing to the global community by enhancing consciousness and sensitivity about addressing the significance of happiness among college students and to celebrate the achievements of humanity at coping with the COVID pandemic.

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


**Geetanjali Counselling Helpline**  
organizes

**National Level Slogan Writing Competition**  
on  
20th March 2021  
Theme: "Keep Calm, Stay Wise, Be Kind"  
On the occasion of : **United Nations International Day of Happiness**

The theme for this year's United Nations International Day of Happiness is 'Keep Calm. Stay Wise. Be Kind' and is, of course, in response to the COVID Pandemic. As we face an ongoing global crisis together, this year's International Day of Happiness is a chance to find uplifting and positive ways to look after ourselves – and one another. Exploring theme further the Geetanjali Counselling Helpline is organizing a Slogan Writing Contest on the theme 'Keep Calm. Stay Wise. Be Kind' on 20th March 2021


**Eligibility and Rules for the Competition:**

- Competition is open for Undergraduate and Postgraduate Students of all Courses/Streams.
- A candidate is eligible to submit only one slogan. •The Slogan must be original. •Slogan must be written on the specified topic. •Slogan should be concise and not more than 20 words in Hindi or English. •The Slogan must not contain any provocative, objectionable or inappropriate content. • Winner would be selected by selection committee on the basis of slogan's originality, creativity and appeal. • All the participants will be awarded e-certificates. • Cash prizes for First, Second and Third Positions are Rs. 1200/-, Rs. 1000/- and Rs. 800/- respectively. • Last date for Slogan submission is 21st March 2021.

Participants shall submit their entries in a Google Form available on the following link:  
**CLICK** 

**Dr. Nitasha Khehra**  
Coordinator

**Dr. Nisha Bhargava**  
Convenor & Principal



**The Context:** The United Nations started to celebrate the International Day of Happiness in 2013 but a resolution for the same was passed on July 12, 2012. This resolution was first initiated by Bhutan since the early 1970s, thereby adopting the Gross National Happiness over Gross National Product. The theme for International Day of Happiness

2021 seeks to unite the great human family in common purpose, to enhance and advance the happiness of individuals, organizations, communities, and society in harmony with nature. The theme for this year was 'Keep Calm, Stay Wise, Be Kind' in response to the COVID pandemic. As we face an ongoing global crisis together, this year's theme was a chance to find uplifting and positive ways to look after ourselves and support each other. As we all turn the page to a Post-Pandemic Era, with lasting lessons from our shared experiences and suffering, let us begin anew the quest for a happiness as called for in the United Nations Resolution.

**The Practice:** The National Level Slogan Writing Competition conducted on 20<sup>th</sup> March 2021 was open to undergraduate & postgraduate students of all courses and streams across the country. This activity witnessed an enthusiastic participation from 63 students who showed their flair to craft slogans to tap into their creativity and imagination. Students were provided with the guidelines at a prior date. A candidate was eligible for only one entry. The slogan was to be written on the specified topic and should be concise in about 20 words (English or Hindi).

**The Evidence of Success:** The winner was selected by the selection committee on the basis of slogan's originality, creativity and appeal. All the participants were given a certificate of appreciation. The prize winners were awarded cash prizes as mentioned below:

- First Prize (Rs. 1200) Arpita Vij from Mehr Chand Mahajan DAV College for Women, Chandigarh
- Second Prize (Rs. 1000) Harshita Pokhariya from S.M.J.N PG college, Haridwar, HNB Gharwal University, Uttarakhand
- Third Prize (Rs. 800) Manmeet Kaur from Department of Biochemistry, Panjab University, Chandigarh

## 25. 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:** As we all are aware of conserving the environment for a future generation, 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 help us in reducing the anxiety and stress levels. Being the forerunner in adopting sustainable practices and preserving the environment, 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 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 enhance their thinking in a creative manner.

**The 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 of saving environment using recycle-reuse concept among them.



**The link of social media handle is as follows:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/10889026549093>

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## 26. 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 keep up 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 from 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.

**The 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 patently by the instructor. The session was very refreshing, reviving, and relaxing, enabled them to rejuvenate and foster harmony between mind and the body. The link of social media handle is as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/10889028349093>

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**27. Title of the activity: AN ONLINE INTERACTIVE SESSION ON ‘ENVIRONMENT, SOCIAL AND CORPORATE GOVERNANCE (ESG) INVESTING AND MUTUAL FUNDS’ ORGANIZED BY THE PG DEPARTMENT OF COMMERCE (UNDER THE AEGIS OF SWACHH BHARAT ABHIYAN)**

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

**Number of participants:** 64 students, 14 faculty members

**Objective:** The objective of the session was to provide an insight into the concept of responsible investing to the participants.

**The Context:** An Online Interactive Session on ‘ENVIRONMENT, SOCIAL and CORPORATE GOVERNANCE (ESG) INVESTING and MUTUAL FUNDS’ was organized by the **PG Department of Commerce** (under the aegis of Swachh Bharat Abhiyan) to create awareness amongst the participants regarding responsible investing

**The Practice:** The speaker of the online interactive session was Mr. Sumit Mahajan, Vice President, PGIM India Mutual Fund. The session was an initiative towards apprising the participants that how responsible investing can reap better returns in the future. The speaker explained well that the topic



ESG (Environment, Social, and Governance) investing or what is also commonly known as responsible investing holds immense significance in today’s time. The fact that there is a change in the traditional investment philosophy to sustainable investing was stressed in the session. Since last year, from the onset of the pandemic, the importance of these factors while taking an investment decision has become all the more important. Mr. Mahajan shared some very relevant and recent market data during the session which emphasized on the growing importance of sustainability related factors for the investors

as well as for the industry. Through recent numbers, the speaker further explained that the ESG-themed mutual funds launched in the past couple of years have outperformed their benchmark indices. As highlighted by the data, the companies which are following the environment, social, and governance norms are outperforming those which are not



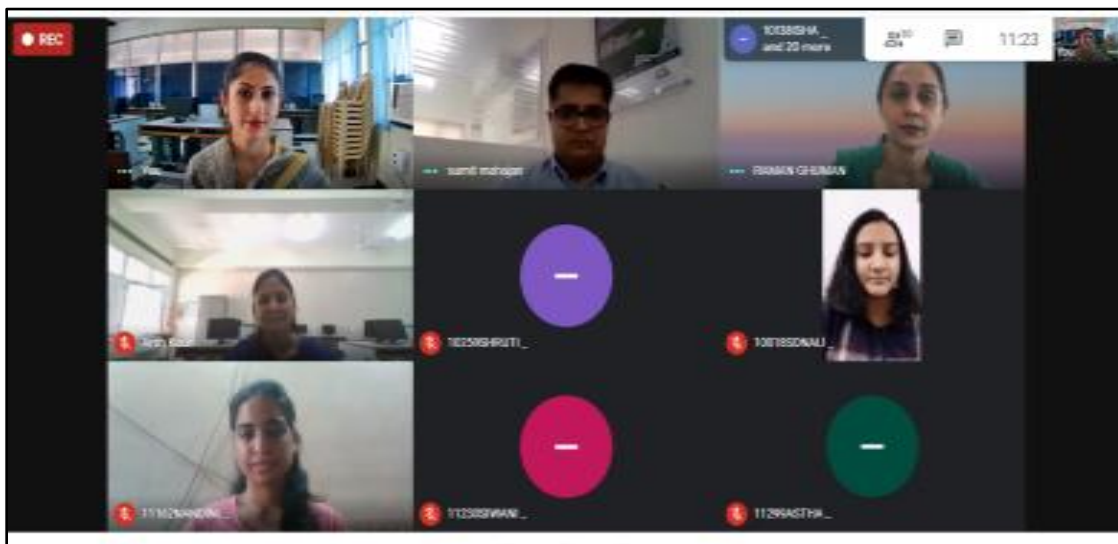
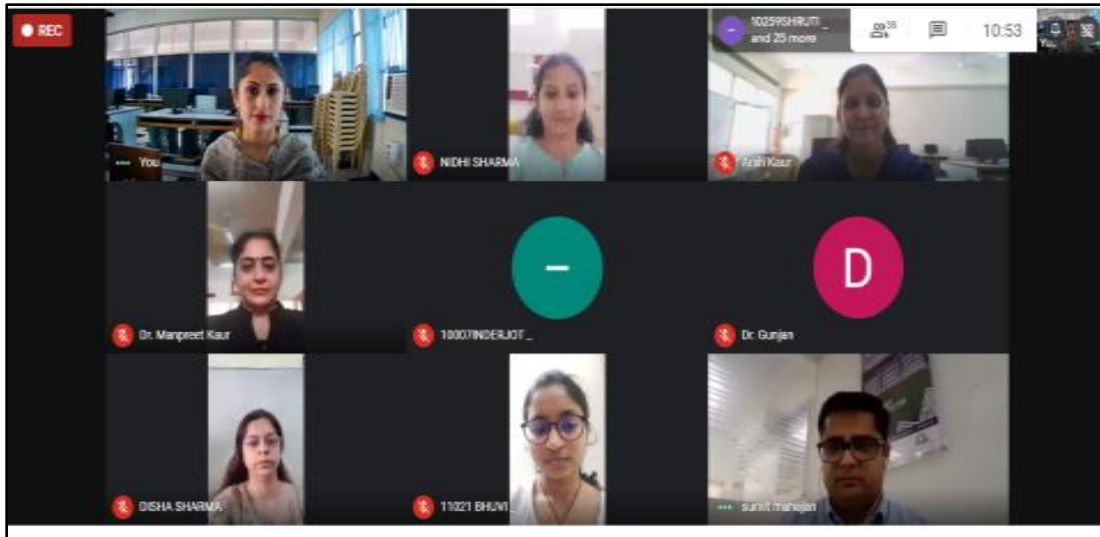
following the sustainability measures. The presentation by the speaker was followed by a question-answer session by the participants. Overall, this online session was a great learning experience for the participants.

**The Evidence of Success:** The online session witnessed enthusiastic participation of students and faculty members. The session received an overwhelming response. The session was an effort towards educating our students on the need and relevance of

Mutual Fund Scheme	Launch Date	AUM (As on 28 <sup>th</sup> Feb 2021)
Aditya Birla Sun Life ESG Fund	24 <sup>th</sup> Dec, 2020	₹ 919 Cr
Axis ESG Equity Fund	12 <sup>th</sup> Feb 2020	₹ 1907 Cr
Kotak ESG Opportunities Fund	11 <sup>th</sup> Dec 2020	₹ 1535 Cr
Mirae Asset ESG Sector Leaders ETF	17 <sup>th</sup> Nov 2020	₹ 120 Cr
ICICI Prudential ESG Fund	9 <sup>th</sup> Oct 2020	₹ 1614 Cr
Quantum India ESG Equity Fund	12 <sup>th</sup> July 2019	₹ 35 Cr
quant ESG Equity Fund	6 <sup>th</sup> Nov 2020	₹ 13 Cr
SBI Magnum Equity ESG Fund	16 <sup>th</sup> May 2018	₹ 3428 Cr

responsible investing through which we can make society a better place to live in. Principal, Dr. Nisha Bhargava, appreciated the efforts of the Post Graduate Department of Commerce and said that the college would continue to organize such events for building the concept of sustainability among the students and teachers.

The session well-equipped the participants with the know-how on various ESG related mutual funds. The information about various funds and the benefits of investing in ESG mutual funds will be instrumental for the students while making their actual investment decisions.



**28. Title of the activity: GREEN GOOD DEEDS (20 TO 27 MARCH, 2021) ORGANIZED BY MCM ECO-CLUB TO CELEBRATE 'BHARAT KA AMRUT MAHOTSAV' THE 75<sup>TH</sup> ANNIVERSARY OF INDIA'S INDEPENDENCE**

**Convener & Principal:** Dr. Nisha Bhargava

**Coordinators:** Dr. Neetu & Dr. Sarabjeet Kaur



## **i. VIRTUAL WORKSHOP ON 'HOUSE SPARROWS' & INSTALLATION OF BIRD NEST BOXES IN THE COLLEGE CAMPUS TO CELEBRATE WORLD SPARROW DAY**

**Activity Coordinators:** Dr. Neetu & Dr. Divya Sharma

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

**Number of participants:** 04 Teachers, 03 Lab attendants, 02 Mali & 45 students

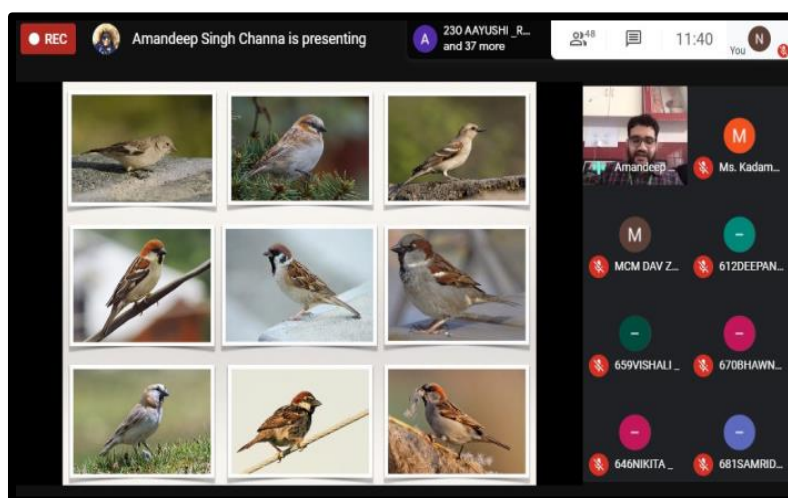
**Objectives:**

- To sensitize students and faculty about the need to preserve birds.
- To understand suitable methods to install nest boxes for the preservation of sparrows.

**The Context:** The decline of the house sparrow is an indicator of the continuous degradation of the environment around us. It is also a warning bell that alerts us about the possible detrimental effects on our health and wellbeing.

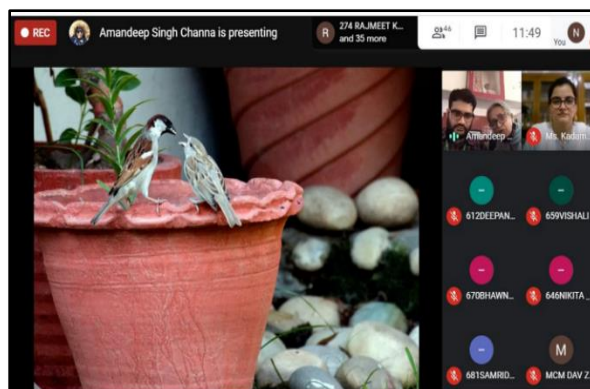
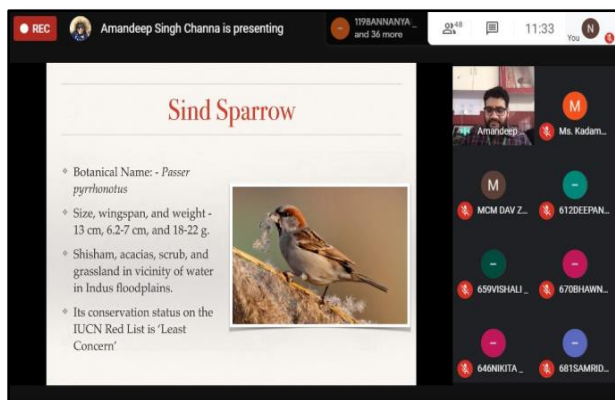
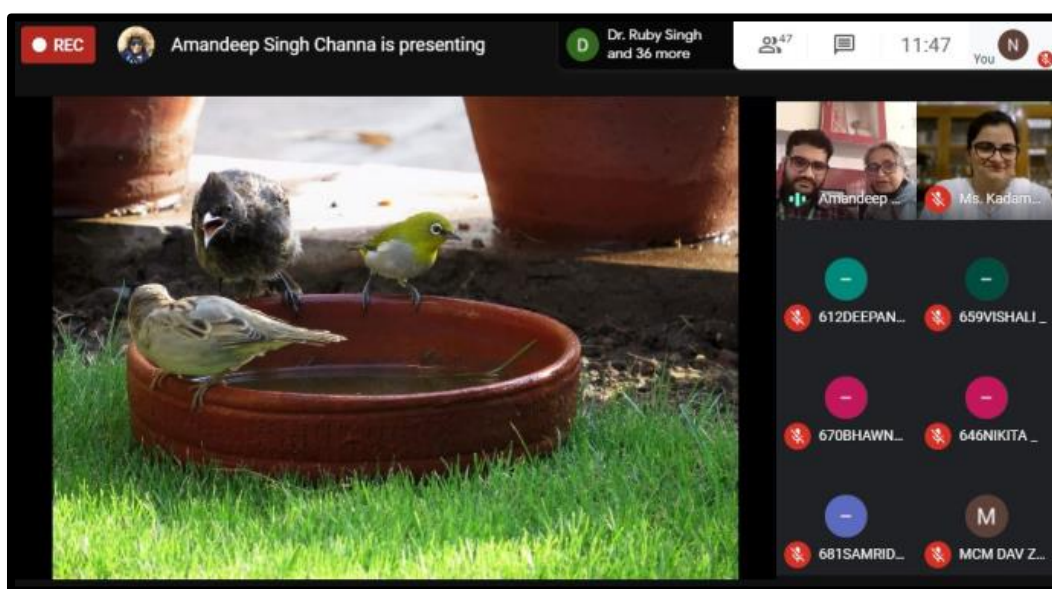


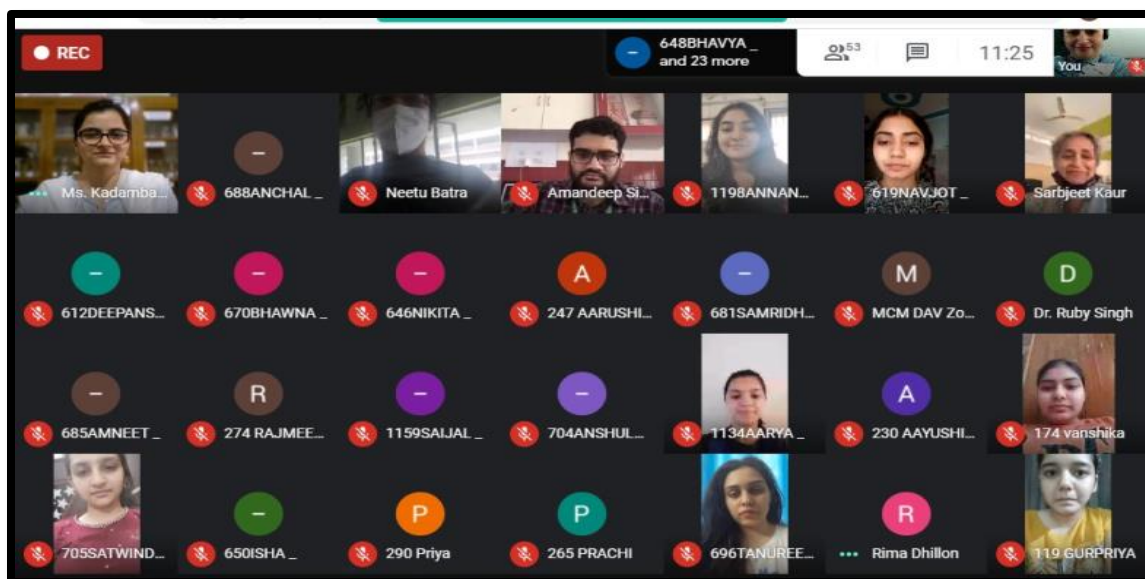
**The Practice:** The Department of Zoology and MCM Eco-Club organized a Virtual Workshop on 'House Sparrows' in collaboration with Chandigarh Bird Club on the occasion of World Sparrow Day on 20 March, 2021. Madam Rima Dhillon, General Secretary, Chandigarh Bird Club; Member, Punjab Wild Life Board; Executive Member, Avian Habitat & Wetland Society, Chandigarh, accompanied by Madam



Sarbjeet Kaur, Senior member, Madam Saroj Gulati & Mr. Amandeep Singh Channa, Members of Executive committee of the Chandigarh Bird Club visited the college campus as resource persons for a Virtual Workshop on House sparrows and for the installation of bird nest boxes.

**The Evidence of Success:** Teaching and non-teaching staff of Zoology department and 45 students of B.Sc. Medical attended the virtual workshop. The students came to know about different species of sparrows and their population distribution in India through the workshop.





## ii. AWARENESS PROGRAMME ON LEDs: AN EMERGING ENERGY EFFICIENT TECHNOLOGY

**Activity coordinators:** Dr. Sarabjeet Kaur and Dr. Pallavi Gupta

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

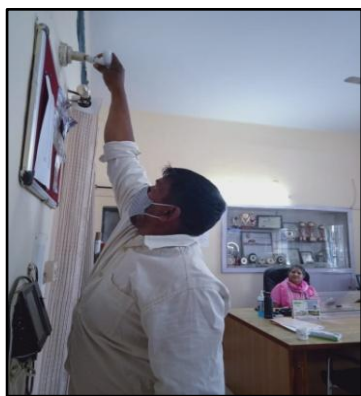
**Number of participants:** 35 students and 05 staff members of the school

**Objectives:**

- To impart deep practical knowledge about the basic principles of working of LED and the importance of using LED bulbs
- To motivate students to start entrepreneurship in sustainable energy products



**The Context:** In the history of lighting devices, invention of LED was a turning point. LED stands for Light Emitting Diode. LED is a highly energy efficient lighting technology, and has the potential to fundamentally change the future of lighting. With the increasing demand for green earth, LED will play significant role in reducing environmental strain on energy resources.



**The Practice:** The Renewable Energy Committee, MCM Eco-Club and UBA (Maloya team) organized an awareness session cum workshop in Government Senior Secondary School, Maloya (village adopted under UBA scheme). The session comprised of two events: awareness lecture on 'Light Emitting Diode: An Emerging Energy Efficient Technology 'and Hands on training on 'Assembling LED parts'. In the lecture session, the Resource person, Dr.

Pallavi Gupta briefed how LEDs have created a revolution in illumination technology. In the presentation, it was emphasized that LED lights are more eco-friendly, and are up to 80% more efficient than fluorescent and incandescent lights. During the hands-on training session by Dr. Sarabjeet Kaur, Dr. Pallavi Gupta and Mr. Jai Prakash the participants successfully assembled LED bulbs. A total of 35 school students along with five staff members participated in this workshop. Some LED lights assembled in the college campus were also donated to the school by the principal, Dr. Nisha Bhargava on this occasion.



**The Evidence of Success:** Participants successfully made LED bulbs and tested them successfully. The students were motivated to start their own career as entrepreneur in LED assembly process.



**छात्रों को बिजली की बचत की दी जानकारी**

मलेया के एनएसएस शिविर में डा. परमजीत कौर छात्रों को एलईडी के प्रयोग के फायदों के बारे में जानकारी देती हुई।

चंडीगढ़, 23 मार्च (राकेश) : मलेया के जीएमएसएसएस में एनएसएस शिविर के दौरान एमसीएम डीएवी कालेज की टीम ने छात्रों को एलईडी लाइट के प्रयोग से प्रयोग से घर में बिजली की बचत के बारे में जानकारी दी। उक्त तकनीक का प्रयोग कर लोग घरों, कार्यालयों में बिजली की बचत कर देश को उन्नत भारत अभियान के तहत सशक्त कर सकते हैं। इस कार्यशाला में स्कूल की प्रिन्सीपल कमलेश ने एनएसएस प्रोग्राम अधिकारी डा. परमजीत कौर के साथ 30 वालंटियर्स ने हिस्सा लिया।

Wed, 24 March 2021  
**दैनिक सवेरा** epaper.dainiksaveratimes.org/c/

### iii. PLANTATION DRIVE TO CELEBRATE WORLD FOREST DAY

**Activity coordinators-** Dr. Gunjan Sud and Dr. Ruby Singh

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

**Number of participants:** 02 Teachers, 01 Lab attendant, 02 Mali & 05 locals

**Objective:** To spread the message of conserving our forests and planting more trees for creating sustainable environment for the generations to come.



**The Context:** World Forest Day is celebrated every year to create awareness amongst the common masses for the conservation of forests and plantation of new trees. Both of these are essential for maintaining the ecological balance of the Mother Earth. Planting trees is one of the effective ways



to reduce pollution on the Earth. Constant efforts are required to save this gift of nature with unparalleled utility.



**The Practice:** Committed to the theme of the green good deed of the week, the Department of Botany in collaboration with MCM Eco-Club celebrated the World Forest day. A tree plantation drive was organized on 22.03.2021 to mark the occasion in Village Buterla, Sector-41 Chandigarh in coordination with

Deputy Mayor Hardeep Singh Buterla. The tree saplings were planted in different areas of the village by the faculty of the college along with the local residents.

**The Evidence of Success:** Saplings were planted in different areas of the Village Buterla located near Sector-41, Chandigarh. The entire team participated with a lot of enthusiasm and the effort was a success.





#### iv. CELEBRATION OF WORLD WATER DAY

**Activity Coordinators:** Dr. Pallvi Rani and Dr. Purnima Bhandari

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

##### a. AWARENESS LECTURE ON “WATER CONSERVATION”

**Number of participants:** 81 NSS volunteers

**Objective:** To spread awareness among the students about the need to conserve water for sustainable environment

**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. 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.



**The Practice:** 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. Mr. Sushil Dogra apprised the volunteers about the need to conserve and preserve water. Using statistics related to wastage of water, he emphasized

upon the need of saving water as natural resource. 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 reuse water for gardening and 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.

**The 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 wastewater management strategies in their daily lives.

**Link of social media handle:**

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



## **b. AWARENESS RALLY ON JAL SHAKTI ABHIYAN TO CELEBRATE WORLD WATER DAY**

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

**Number of participants:** 62 NSS volunteers

**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 in a survey method

**The Context:** The Jal Shakti Abhiyan (JSA) is a water conservation campaign initiated by our Honorable Prime Minister of India Sh. Narendra Modi. On 22 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 a participatory approach.

**The Practice:** In lieu of the world water day, the NSS Units in collaboration with MCM Eco-Club of the College organized an awareness rally on 22.03.2021 on Jal Shakti Abhiyan in their adopted Village Badheri, Chandigarh as part of Seven Day and Night NSS Special Camp (2020-21). Following



all the necessary COVID-19 protocols, the NSS volunteers of the College visited Badheri where they organized an awareness rally that aimed at creating awareness among the local communities regarding water conservation. 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!***



To understand the ground realities and assess the 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 enquired

about the different waste management techniques adopted by them, sources of ground and fresh water, availability of clean drinking water, hygiene-related habits of bathing and washing hands before meals, and different rain water harvesting schemes that they have adopted in order to conserve water. The main aim of the survey was to ascertain the needs and problem faced by them in context to cleanliness and water management.



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

**जल संरक्षण पर जागरूकता व्याख्यान के जरिये पानी का महत्व समझाया**



**जल संरक्षण पर जागरूकता व्याख्यान के जरिये पानी का महत्व समझाया**

**जल संरक्षण पर जागरूकता व्याख्यान के जरिये पानी का महत्व समझाया**

इसके अलावा इको क्लब के सहयोग से विभिन्न सरकारी पहलुओं जैसे स्वच्छ भारत अभियान, जल शक्ति अभियान और एचआईवी / एड्स पर जागरूक करने के लिए रैली निकाली गई। स्वयंसेवकों ने जरूरतमंद व्यक्तियों को साबुन, सैनिटाइजर, मास्क भी वितरित किए और भारत सरकार द्वारा निर्धारित सभी दिशानिर्देशों का पालन करने का आग्रह किया।

अभियान के तहत पोषण पर एक वार्ता हुई। कलेज 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 खार बनाना भी सिखाया गया। इसके साथ साथ सभी आवश्यक कोविड -19 दिशानिर्देशों का पालन करते हुए, एनएसएस स्वयंसेवकों ने अपने अर्द्ध-घंटे गांव बढेरी का दौरा किया जहां उन्होंने स्वच्छ भारत अभियान और जल शक्ति अभियान के आधार पर एक सर्वेक्षण किया।

**जल संरक्षण के प्रति किया जागरूक**

चंडीगढ़। एमसीएम डीएवी कॉलेज-36 में एनएसएस शिविर के दौरान जल संरक्षण और पोषण पर वार्ता का आयोजन करवाया गया। कॉलेज के इको क्लब के सदस्यों ने स्वयंसेवकों को जागरूक करने के लिए जल संरक्षण पर व्याख्यान दिया। इस दौरान इस वर्ष के विश्व जल दिवस के विषय 'ताजे पानी के महत्व, स्वच्छ व हरित गृह' के बारे में भी बताया गया। चंडीगढ़ प्रदूषण नियंत्रण बोर्ड के वैज्ञानिक सुशील डोगरा ने जल संरक्षण के लिए विभिन्न तरीकों जैसे वर्षा जल संचयन, जल गुणवत्ता निगरानी योजना इत्यादि पर चर्चा की।

कलेज के गृह विज्ञान विभाग की सहायक प्रोफेसर डॉ. हरजोत कौर मान ने स्वयंसेवकों को दैनिक जीवन में पोषण के महत्व से अवगत कराया। साथ ही कोविड-19 के दिशानिर्देशों का पालन करते हुए एनएसएस स्वयंसेवकों ने गोद लिए गांव बढेरी का दौरा किया और स्वच्छ भारत अभियान व जल शक्ति अभियान के आधार पर एक सर्वेक्षण किया। इसके अलावा विभिन्न सरकारी पहलों जैसे स्वच्छ भारत अभियान, जल शक्ति अभियान और एचआईवी एड्स पर गांववासियों को जागरूक करने के लिए रैली निकाली गई। स्वयंसेवकों ने जरूरतमंद व्यक्तियों को साबुन, सैनिटाइजर व मास्क भी वितरित किए। प्राचार्य डॉ. निशा भागव ने शिविर के सफल संचालन के लिए बधाई दी। व्यूरो

## v. FLYER DESIGN CONTEST ON "HIBERNATE MODE: A MOVE TOWARDS POWER SAVING"

**Activity coordinators-** Dr. Mandeep Kaur, Ms. Navdeep Kaur

**Date:** 26<sup>th</sup> March, 2021

**Number of participants:** 11 Students

**Objective:** To sensitize computer users to switch PC/Laptops to hibernate mode (when not in use) for energy saving and battery optimization.

**The Context:**

Hibernation mode in computers is meant for saving power without turning the machine on or off again and again. This involves no extra effort but is an excellent method to contribute for energy conservation.

**The Practice:** The event was organized by the Swachhta committee, Department of Computer Science & Applications in collaboration with MCM Eco-Club to celebrate Bharat

Ka Amrut Mahotsav (The Green Good Deed of the week). With relevance to the theme, participants chose to mention know-how, tips & tricks, related problems and troubleshooting, configuration settings and other related points. Participants presented their highlighting points in the form of flyer, which made it convenient to disseminate the information to one and all, in precise way.



**The Evidence of Success:** Participants designed flyers showcasing their creativity to illustrate points of interest, so that readers could get insight into several facets of Hibernation at one sight. The results are as under-

- **1<sup>st</sup> position:** Shreya Gupta, BCA II, Roll No. 6101
- **2<sup>nd</sup> position:** Navya Chhatwani, B.Com. III, Roll No. 11165
- **3<sup>rd</sup> position:** Anjali, BCA II, Roll No. 6184



## vi. AWARENESS PROGRAM ABOUT PRE-SOAKING OF DISHES FOR EFFICIENT WASHING AND WATER CONSERVATION

**Activity coordinators:** Dr. Neetu and Dr. Sarabjeet Kaur

**Number of participants:** 06 Mess workers

**Objective:** To use water judiciously while washing utensils in college mess and canteen.

**The Context:** The water table is depleting due to over exhaustion of the fresh water resources. The awareness towards water conservation is the need of the hour. The routine activities like washing utensils, washing clothes if done efficiently with an aim to reuse and recycle water, can decrease water wastage and help in water conservation which will be beneficial for the generations to come.

**The Practice:** The members of MCM Eco-Club motivated the workers of canteen and mess to soak the utensils before washing. Soaking utensils helps to dislodge the greasy stains, takes less time to clean them and also involves less consumption of water. This is a practice followed in the mess and canteen by the workers to conserve water. The soaking is done for 1-2 hours for bigger utensils while some smaller utensils are cleaned efficiently after half an hour. The students were also motivated to follow the same at their homes.

**The Evidence of Success:** It has been found that a regular practice to soak the utensils in water for 1-2 hours before cleaning decreases the labor of the mess workers, saves their time and above all helps to conserve water.







**29. Title of the activity: AN ONLINE CAPTION WRITING COMPETITION TO MARK THE CELEBRATION OF WORLD WATER DAY ON THE THEME “VALUING WATER” BY SWACHHTA COMMITTEE (ARTS)**

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

**Number of Participants:** 48 students, 4 teachers

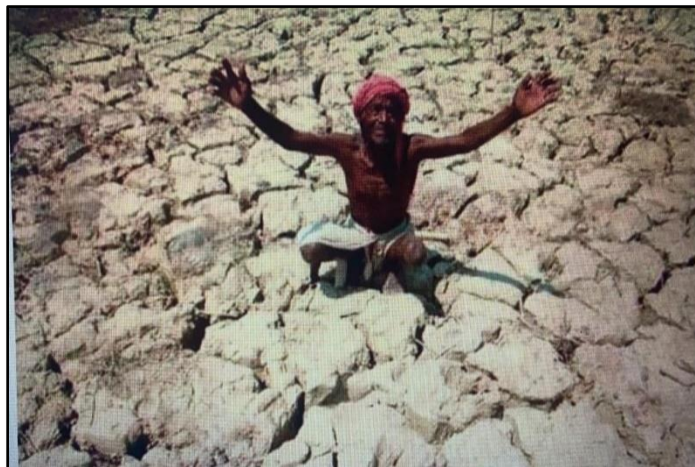
**Objective:** World Water Day became a UN observance day in 1993. It seeks to focus attention on the global water crisis. On 22 March every year, people and organizations mark World Water Day by taking action to tackle the water crisis.

**The Context:** World Water Day celebrates water and raises awareness of the 2.2 billion people living without access to safe water. It is about taking action to tackle the global water crisis and achieving Sustainable Development **Goal 6: “Water and Sanitation for All by 2030”**. A caption writing competition was organized to create awareness regarding the need to save water.

**The Practice:** *“When the well is dry, we learn the worth of water”*. -**Benjamin Franklin**. The theme of World Water Day 2021 is valuing water. Beyond the issues of pricing, this topic includes the environmental, social and cultural value people place on water. Water is one of the necessities for every living being on this planet. Water is a natural resource and the main constituent of Earth. It is widely used for both domestic and industrial uses

such as drinking, washing, cooking, etc. Earth is also known as a blue planet because of the vastness of water presence. There are various sources of water such as wells, rivers, lakes, oceans, big dams, and streams but only 1-2 % water is suitable for human use.

**“World Water Day – Digital Campaign: #Water2me”** is taking place on social media, from now until the end of December, a digital campaign aims to generate conversations – to gather opinions and comments from people around the world about water and what it means to them. The aim is to



understand how people value water – whether it is economically, socially, culturally or in other ways – how it plays a role in their lives. The competition was arranged to create awareness regarding the need to conserve water. Students of the college participated enthusiastically in the caption writing contest.

**The Evidence of Success:** 48 students and 4 teachers participated in the activity. The judges for this activity were -Dr. Amandeep Kaur, Dr. Sunaina and Ms. Sunita. The winners received cash prizes, as well as, certificates, the details of which are as follows:

**First Prize (Cash Prize – Rs. 800/-):** Bhuvi, B.Sc Medical –

*बादलों से जब भी, गिरता नहीं है पानी,*

*बादलों से जब भी, गिरता नहीं है पानी,*

*आंखो की बारिशों से, हमें खेत सींचते हैं.....*

**Second Prize (Cash prize: Rs. 600/-):** Arpita Vij, MA -I Psychology

*Let's 'Save Water' to fill in these cracks before our existence CRACKS-DOWN!*

**Third Prize (Cash prize: Rs. 400/-):** Kriti Kaur Bhatia, BA I

*All barren and all dry, No traces of the water from the sky except that from a farmer's eye!*

**30. 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 marginally addressed 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 aims 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 Mahjan 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 about eating nutritious food that comprise 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 practise but also preach and extend their knowledge to eradicate the issue of malnutrition at the grass root level from less the privileged section of society.



**The 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.

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

चण्डीगढ़ (अरुण आचार्य / हिमप्रभा)। मेहर चंद महाजन डीएवी कॉलेज फॉर वीमैन 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 के 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 चण्डीगढ़ पॉल्यूशन कंट्रोल बोर्ड के सहायक निदेशक श्री सुशील डोगरा 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 सहयक 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 अर्डीटेड गैब बट्टेरी 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 पहलों जैसे स्वच्छ भारत अभियान, जल शक्ति अभियान और एचआईवी / एड्स पर गाल के निवारणों को जागरूक करने के लिए रैली निकाली गई। स्वयंसेवकों ने जहरतमंद व्यक्तियों को साबुन, सैनिटाइज़र, मास्क भी वितरित किए और भारत सरकार द्वारा निर्धारित सभी आवश्यक कोविड दिशानिर्देशों का पालन करने का अग्रह किया। दिन के तीसरे सत्र में, पोषण अभियान के तहत सरदेनबल 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 रासायनिक-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 डिस्पलट डॉ. निशा भागवत ने कोविड-19 सुरक्षा दिशानिर्देशों 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 इकाइयाँ 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 को दिशा में प्रशंसनीय कार्य कर रही है।

### 31. 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, soils are 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. Gurbinder 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.

**The Evidence of Success:** The volunteers were extremely motivated to grow their food and protect themselves from the harmful effects of unhealthy food. Link for social media handle is as follows:

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/10889238249072>

[03/](#)



एमसीएम कॉलेज में जल संरक्षण पर जागरूकता व्याख्यान में भाग लेते विद्यार्थी व रैली कर लोगों को जागरूक करते हुए। (छाया : गुरिंदर 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 वुमैन 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 के आयोजन का उद्देश्य स्वयंसेवकों को इस वर्ष के विश्व जल दिवस की थीम पानी, ताजे पानी के महत्व तथा स्वच्छ एवं स्वस्थ जल के बारे में जागरूक करना था। इस अवसर पर चंडीगढ़ पॉलिटेक्निक कॉलेज बोर्ड के सार्जेंट्रिट श्री. सुशील खेरवा 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-टैड 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 पार्कों 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. गुरिंदर कौर ने वर्तमान समय में बीजों के महत्व और रासायनिक-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 भागवत 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 इकाइयों स्वच्छ भारत अभियान, पोषण अभियान, जल शक्ति अभियान और इसे तरह की विभिन्न राष्ट्रीय योजनाओं में महत्वपूर्ण योगदान देने के साथ-साथ इस तरह के प्रयासों के माध्यम से छात्राओं के चरित्र निर्माण को दिशा में प्रशंसनीय कार्य कर रही है।



## **32. Title of the activity: AWARENESS 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 about various Swachhta practices adopted in the College campus

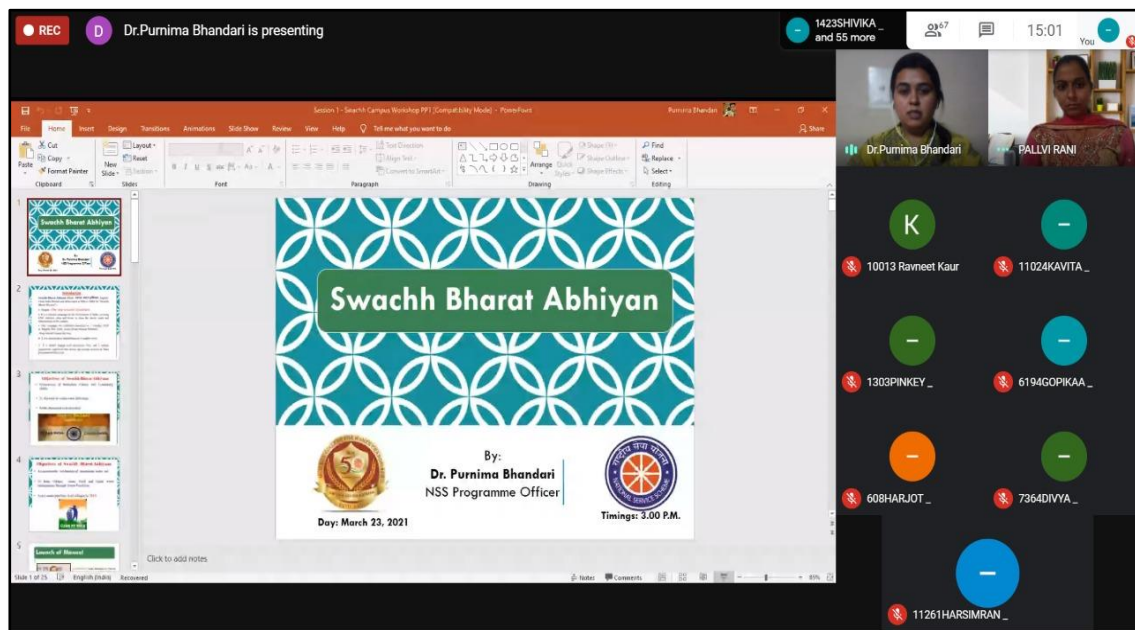
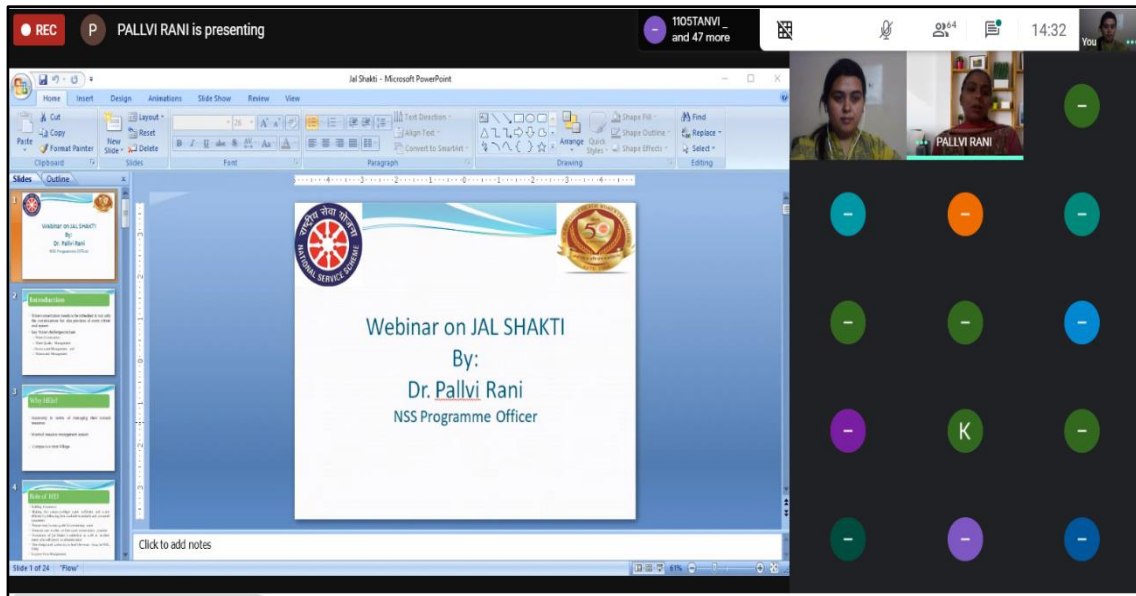
**The Context:** Swachh Bharat Abhiyan, or Swachh Bharat Mission, is a nation-wide campaign initiated by the Government of India in the year 2014 with an aim to eliminate open defecation and improve solid waste management practices. On the similar lines, Jal Shakti Abhiyan was launched by the Ministry of Jal Shakti in 2019 for conservation of water resources and water security. As an NSS volunteers, 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-friendly practices adopted by our College under Swachhta, NSS PO's 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 Swachhta Bharat Abhiyan launched by the Government of India and sensitize them about the need to propagate these campaigns.

**The 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 Social Media handle is as follows:

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



### 33. 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 industrialization 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 Sevan Day and Night NSS Special Camp (2020-21).

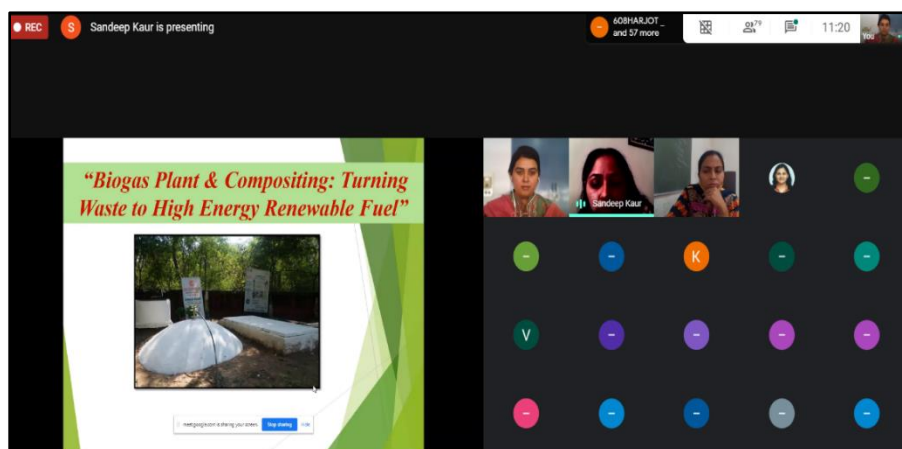
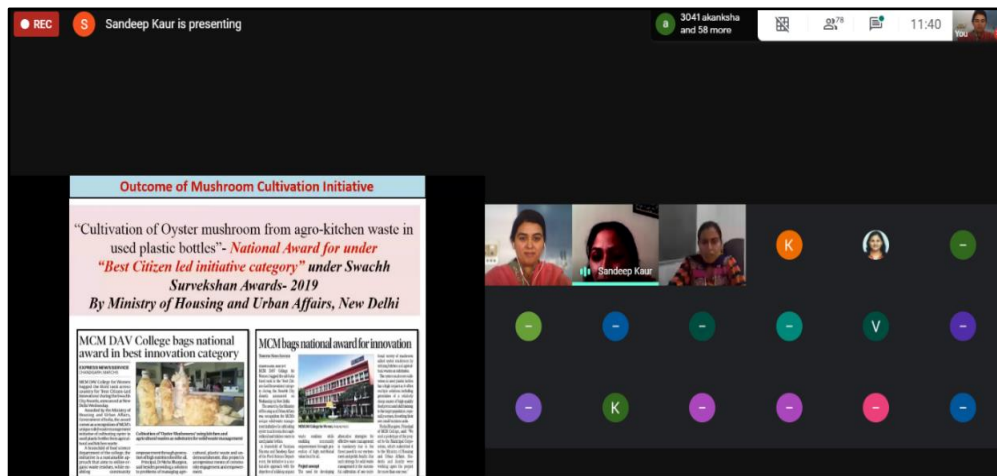
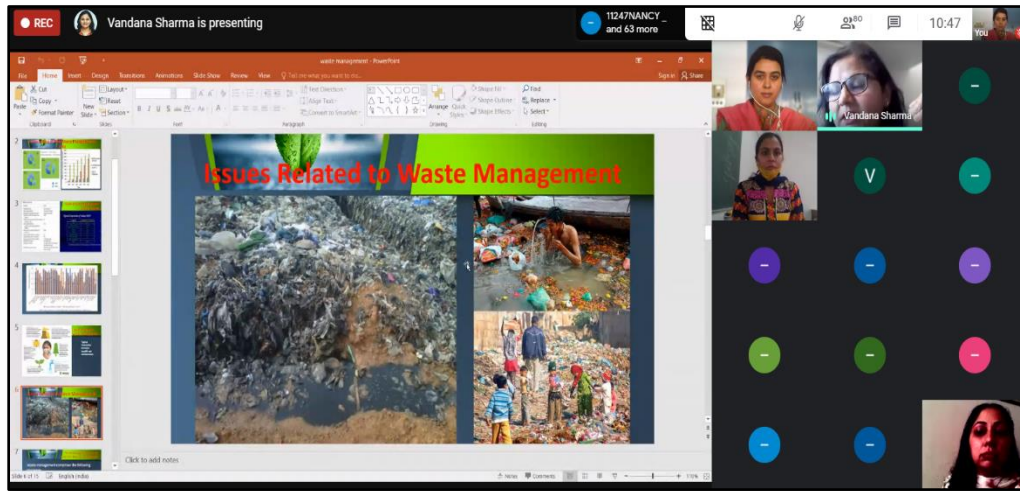
**The Practice:** The first session started with an informative lecture by Dr. Vandana Sharma and Dr. Sandeep Kaur, Assistant professor, Department of Microbial Food science and Technology on Solid Waste Management Techniques.

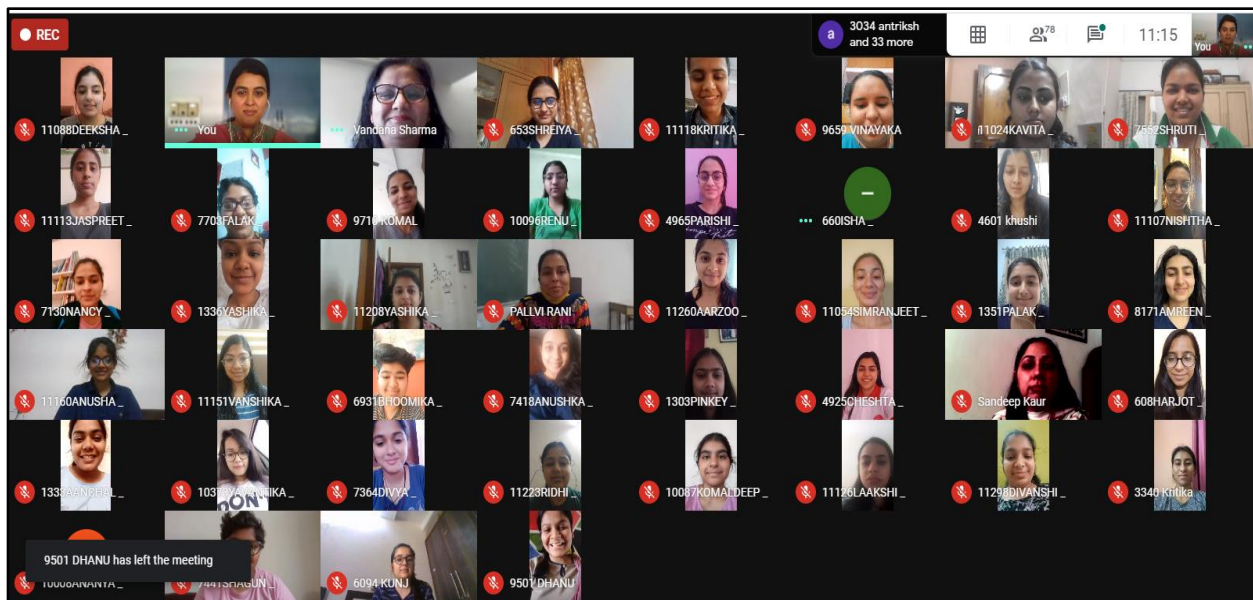
Volunteers were acquainted and informed of the various practices of solid waste management and their significance. Reviewing the statistical and factual data on the situation, Dr. Vandana Sharma apprised the students about the different methods used for waste management which includes Sanitary Landfills, Incineration, Recycling, Composting, and many more.

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



**The 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.





**34. Title of the activity: NATIONAL LEVEL COMPETITION “JUST JUTE” ORGANIZED BY HOME SCIENCE UNDER THE AEGIS OF SWACHHTA COMMITTEE OF THE COLLEGE**

**Date:** 25<sup>th</sup> March 2021

**Number of NSS Volunteers:** 83 students from all over the nation

**Objectives:**

- To nurture creativity in sustainability

**The Context:** Jute is the second most important vegetable fiber which is used chiefly to make cloth for wrapping bales of raw cotton, and to make sacks and coarse cloth. In addition, the fibers are also woven into curtains, chair coverings, carpets, area rugs, hessian cloth, and backing for linoleum.

**The Practice:** Department of Home Science, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh in collaboration with Swachhta Committee organized a NATIONAL LEVEL COMPETITION JUST JUTE to nurture creativity in Sustainability. The participants showcased their creativity with Jute by making a variety of decorative and utility articles like Jute wall clocks, Jewelry organizers, Jute bottles and lamps etc. The Competition witnessed an enthusiastic participation from 83 students from all over the country.

The judges for this activity were Dr Deepa Chhibber, Dr. Vandana Syal from Mehr Chand Mahajan DAV College for Women Chandigarh and Dr. Anu H Gupta, Chairperson, UIFT Panjab University, Chandigarh.



**The Evidence of Success:** The prize winners were awarded cash prizes and E- certificates.

**FIRST PRIZE**

**Prateek Kaur Sullar  
(Govt. Home Science College,  
Sector-10 Chandigarh)**



**SECOND PRIZE**

**Harmeet Kaur  
(Govt College for Girls,  
Ludhiana )**



**SECOND PRIZE**

**Kumari Anjali  
(Govt. College for Girls-42,  
Chandigarh)**





**THIRD PRIZE**  
**Muskan Garg**  
**(Govt. Home Science College,  
 Narwana )**



**THIRD PRIZE**  
**Manpreet Kaur**  
**(UIFT, P.U, Chandigarh)**



**CONSOLATION PRIZE**  
**Daljeet Kaur**  
**(S.D.A.M. College, Dinanagar,  
 Hoshiarpur)**



**CONSOLATION PRIZE**  
**Mehak Abrol**  
**(MCMDAV College,  
 Chandigarh)**

**35. Title of the activity: MESS INSPECTION FOR FOOD SAFETY AND HYGIENE STANDARDS**



**Date:** Monthly basis (January – March, 2021)

**Objective:** To maintain the food quality and food safety in the hostels, the mess committee makes visits to inspect the level of cleanliness and the quality of food being served to the hostel residents.

**The Context:** It is very difficult to handle and prepare food for bulk consumption in a safe manner. The wrong food preparation and poor hygiene practices could contaminate the food which could affect a large number of hostel inmates. To maintain the

quality, the feedback of the hostel inmates plays a very important role. The mess committee makes effort in taking regular feedback, maintaining and communicating the suggestions made by students to the contractors so that they execute accordingly.

**The Practice:** Mess inspection is done regularly to ensure the adherence to proper hygiene and following are the details of the visits conducted by the mess committee members.

**The Evidence of Success:** The mess was well maintained. The washing of the utensils was being carried out in a very clean and hygienic manner. All the eatables were properly covered. Eatables were covered with clean cloth. Students of CD block were satisfied with the food, but in the AB block there were mixed responses about the taste of the food.

The following points were highlighted during the visit:



- All the mess workers in all the blocks (A-F) were wearing head gears, masks and aprons.
- Sanitizers were placed at all the strategic locations in the serving as well as cooking areas.



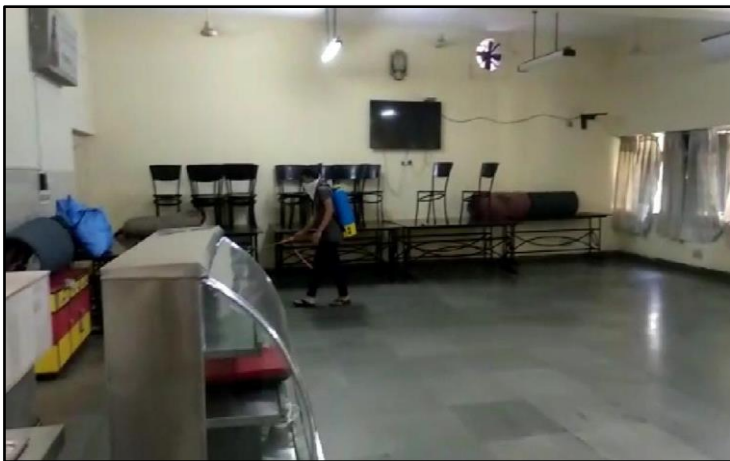
- Raw and cut vegetables were properly covered and stored.
- The food items (spices, rice, flour, besan etc.) were from the standard brands. The ice-cream and milk (from Mother Dairy, Verka) were checked for their expiry and storage. All were well within the expiry date with clean storage.
- Separate water sources /taps are being used for washing and cooking purposes (RO Filtered water).
- The overall cleaning of utensils, shelves and containers were up to the mark.



**Suggestions:** It was suggested that all outlet pipes be covered with mesh. - Many of the workers wore Head covers in the preparation area except for a few who were instructed for the same.







**36. Title of the activity: SANITIZATION AND DISINFECTION DRIVES  
IN HOSTEL PREMISES**

**Date:**

- **Anti-Malaria Spray Drive:** 19.01.2021; 02.02.2021; 15.03.2021
- **Sanitization:** 07.01.2021, 20.02.2021; 31.03.2021
- **Cleanest Room Competition:** 10.03.2021
- **Poster Making Competition:** 17.03.2021

**Number of Participants:** 41 students, 4 hostel superintendents and the cleaning staff of the hostel, 3 teachers.

**Objective:** The College hostels disinfected their key areas of washrooms, common rooms, rooms, kitchens and corridors/lawns by getting them treated with **Anti-Malaria spray**. The activity minimized the chances of mosquito breeding. Sanitization of all the blocks was carried out. To sensitize the students regarding the various aspects of cleanliness, the cleanest room competition and poster making competition were organized in the hostel.



**The Context:** Anti-Malaria spray drives aimed at eradicating any chances of mosquito breeding in the hostel campus. As a result of the activity, the hostels became mosquito-free. Sanitization further ensured our efforts to keep the hostel campus clean. Various competitions like the cleanest room competition and poster making competition on the theme “*Swachh Bharat Swasth Bharat*” were conducted to sensitize the students.



**The Practice:** Anti –malaria spray, sanitization and competitions to sensitize the students were some of the activities undertaken under this Drive by the Hostel Committee.

All the hostel blocks were duly disinfected by spraying the **Anti-Malaria spray** - in the **washrooms, rooms, common rooms, kitchens and corridors**. Sanitization was carried out in the hostel premises. Cleaning of all the blocks and surrounding areas was carried out on a timely basis.



### **SANITIZATION AND ANTI-MALARIA DRIVE DONE ON REGULAR BASIS IN THE HOSTEL PREMISES**

The Cleanest Room Competition was held in which 34 students of Block A and B participated. The cleanest rooms were judged by the hostel committee members on various parameters.

**The Evidence of Success:** The Drives ensured that the Hostel premises was sanitized and disinfected.



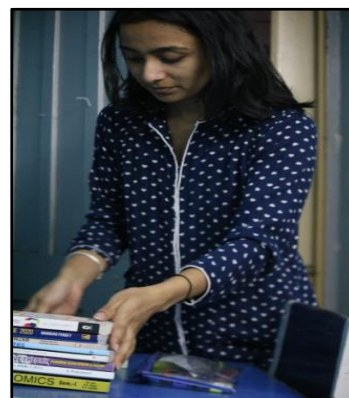
### Result of The Cleanest Room Competition:

- **1<sup>st</sup> position:** Ms. Akanksha Saini, Roll no 3041 BAI (Block B)
- **2<sup>nd</sup> position:** Ms. Mansi Thakur, Roll no 2742 BAI (Block B)
- **3<sup>rd</sup> position-**Ms. Eva Khachi, Roll no 1962 BAIII (Block A)
- **Consolation prize:** Ms. Komal Kaur, Roll no 1568 BAIII (Block A)

A poster making competition was organized on the theme “Swachh Bharat Swasth Bharat” on 17.03.2021. 7 students of the hostel participated in the competition.

### Result of poster making competition:

- 1<sup>st</sup> position: Ms. Prachi BAI (Block B)
- 2<sup>nd</sup> position: Ms. Khushboo BAI (Block B)
- 3<sup>rd</sup> position: Ms. Antriksh BAI (Block B)
- Consolation prize: Ms. Akanksha BAI (Block B)



### 37. Title of the activity: **SANITIZATION AND DISINFECTION DRIVES IN COLLEGE CAMPUS**

**Date:** Monthly basis (from January – March, 2021)

**The Context:** Sanitization of college has been a regular feature. It has been a consistent endeavor of our college to keep the campus clean, and germ and bacteria-free. Throughout lockdown and afterwards too, periodic sanitation drives have helped in maintaining quality hygienic standards. A team of experts is regularly called to the campus to sanitize the nooks and corners of the entire college.



#### **SANITATION DONE ON REGULAR BASIS**

The institution is completely dedicated to the cause of Swachhta and each event brings us a step closer to the National Mission of achieving cleanliness in all spheres. With each quarter, especially the last four ones, the zeal to serve the nation during these challenging times has increased manifold and we promise to deliver more in future.





*Brimming with colours of Joy :*

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

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