



Report on Initiatives taken under  
**SWACHH BHARAT ABHIYAN**

Quarter II: April to June 2021



*Submitted By:*

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

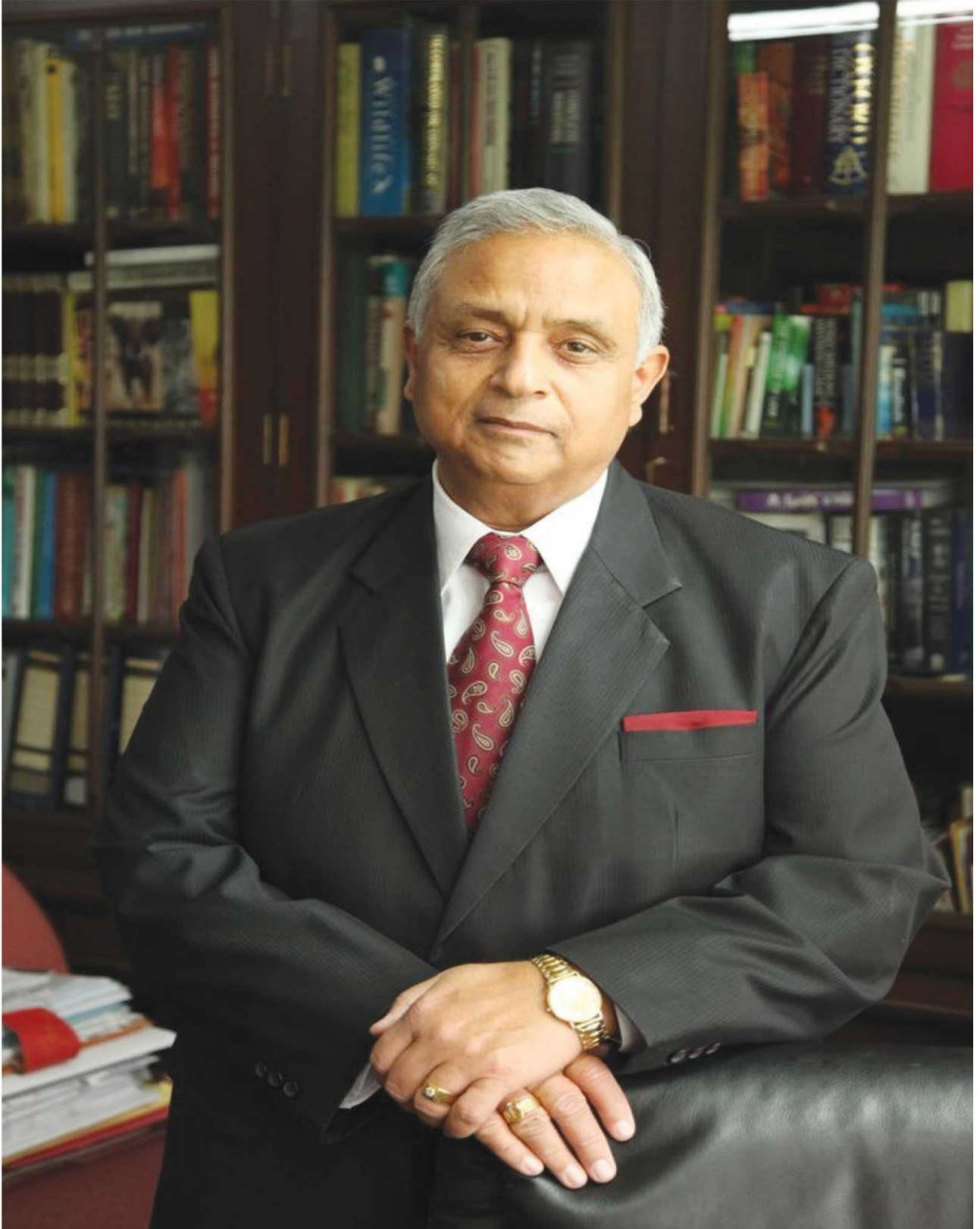


# Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

## *Our Guide and Mentor*



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

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





## *Message from The Principal*

I feel truly blessed to be a part of team MCM where Swachhta has become a hallmark and a way of life. Apart from two national level awards by MHRD and one state level award in Swachhta during recent years, the Mahatma Gandhi National Council of Rural Education Under the aegis of Ministry of Education has nominated our institution as 'An Institution With Swachhta Action Plan' in 2020. With a 390 KWh solar power plant, we are having negative electricity bill for more than one year and we have saved lakhs of rupees in electricity bills. Under RUSA scheme we have installed an impressive Rainwater Harvesting system for our hostels and also a biogas plant where mess food waste is used to generate biogas. We practice waste segregation and vermicomposting for organic manure production. The institution is not only self sufficient in organic manure production but we also give the same to our staff members on a nominal price. Under sustainable urban farming, organic vegetables and fruits are grown and distributed free of cost amongst staff members. We have also installed a Sewage Treatment Plant (STP) where waste water from campus is recycled and is further used for watering of lawns. I take pride in the focused efforts of our Swachhta team members in the direction of making the institution one of the cleanest residential colleges in this part of the country. I express my deepest gratitude to Dr Punam Suri Ji, Padma Shree Awardee, our Hon'ble president DAV College Managing Committee (DAVCMC) for his supreme wisdom and living interest which are instrumental in the phenomenal growth of the institution. I also express my gratitude to Shri H R Gandhar, worthy Vice president DAV CMC for his thoughtful guidance and constant motivation and to Shri Shiv Raman Gaur, our esteemed Director Higher Education DAVCMC, for his unstinting support and encouragement to the institution. The blessings of our forefathers remain our guiding light which keep our path of excellence illuminated. May the institution continue to rise and rise!

*Nisha*

**Dr. Nisha Bhargava  
Principal**





हर रोज़ सुरमई शाम  
ढल जाती  
हर रोज़ यही उजले  
अंधेरे होते।  
जो ये कुदरत हमेशा  
मेहरबाँ होती  
जो ये आसमाँ के रंग  
सब मेरे होते ।

## आसमाँ के रंग

हर रोज़ सुरमई शाम ढल जाती  
हर रोज़ यही उजले अंधेरे होते।  
जो ये कुदरत हमेशा मेहरबाँ होती ।  
जो ये आसमाँ के रंग सब मेरे होते ।

पेड़ों पे चिड़ियाँ इसी तरह चहचहातीं  
पत्तों से ऐसे ही धूप छन कर आती  
जो आसमाँ में धुएँ के बादल न घनेरे होते ।  
जो ये आसमाँ के रंग सब मेरे होते ।

बरखा भी यूँही रिमझिम बरसती होती  
धरा भी बूँद बूँद पानी को न तरसती होती।  
और सदा खूबसूरत रौशन सवेरे होते ।  
जो ये आसमाँ के रंग सब मेरे होते ।

वो घने पेड़ जंगल में सलामत रहते  
पानी के दरिया भी कल-कल बहते  
गर किसी ने दशत में शहर न उकेरे होते ।  
जो ये आसमाँ के रंग सब मेरे होते !

--- **डा. निशा भार्गव**

**प्रिंसिपल**

## 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		
	6. Dr Gurjeet Virk Sidhu		
	7. Dr Ketaki Dwivedi		
	8. Dr Nisha Dawra		
	9. Dr Preeti Gambhir		
	10. Dr Aparna Sharma		
	11. Mr. Ashish Mudgal		
<b>Languages:</b>	1. Dr Manisha Priyamwada		
	2. Dr Komil Tyagi		
	3. Dr Jasmine Anand		
	4. Dr Seema Kanwar		
<b>Computer Science:</b>	1. Dr Indu Arora		
	2. Ms. Deepti Sharda		
	3. Dr Mandeep Kaur Chawla		
	4. Ms. Navdeep Kaur		



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

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 Rati		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>
	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. MOTIVATIONAL TALK BY HONOURABLE PRESIDENT OF DAVCMC, PADMA SHREE AWARDEE DR PUNAM SURI JI ON THE TOPIC “VACCINE FOR MENTAL HEALTH IN TODAY’S SCENARIO”**

**Date:** 28<sup>th</sup> May, 2021

The Rotary Club, Ambala arranged a Motivational Talk on the 28th May, 2021 on the topic ‘Vaccine for Mental Health in Today’s Scenario’ by Padma Shree Awardee, Hon’ble President, DAV College Managing Committee, Dr Punam Suri Ji.

It was attended by a large number of faculty members of Mehr Chand Mahajan DAV College for Women, Chandigarh including the Principal Dr Nisha Bhargava. In his enlightening session, Dr Punam Suri Ji talked about the need to be compassionate in these testing times. He also talked about tools that help to counter stress in today’s world and find happiness within. His talk was inspirational and helped to disperse the dark clouds of gloom and doubt amongst the participants. It was well received by the participants and appreciated for the interactive and simple way in which Dr


**Meeting Platform: ZOOM  
Meeting Id: 9416937330  
Meeting Passcode: ROTARY**



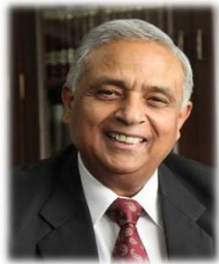
# **ROTARY CLUB OF AMBALA**

invites you for a  
**MOTIVATIONAL TALK**  
ON  
**“VACCINE FOR MENTAL  
HEALTH IN TODAY’S  
SCENARIO**

**28 May, 2021 (FRIDAY) 6:00 PM**



Rotary Opens  
Opportunities



EMINENT SPEAKER

**Padma Shri**  
**Dr. Punam Suri Ji**  
President  
D.A.V. College  
Managing Committee

CA Vijay Gupta  
President

Dr. Vivek Malhotra  
Project Chairman

CA Naresh Dhingra  
Secretary

Punam Suri Ji elucidated the ways to spread happiness in the fast-paced world.



## **2. NATIONAL ONLINE POWER POINT PRESENTATION COMPETITION ON CHEMISTRY OF CLEANING AGENTS ORGANIZED BY SWACHHTA COMMITTEE (SCIENCES) ALONG WITH POST GRADUATE DEPARTMENT OF CHEMISTRY**

**Date:** 30<sup>th</sup> - 31<sup>st</sup> March 2021

**Number of participants:** Registered 40, Participated: 19 (From Chandigarh and Outside)

**Objectives:** The objective of the online power point competition on chemistry of cleaning agents was to focus on studying the effects of cleaning agents used in households and industries. This online activity was conducted to create the knowledge and awareness among students to minimize the use of harsh chemicals such as strong acids and search for some better alternatives for cleaning purposes.

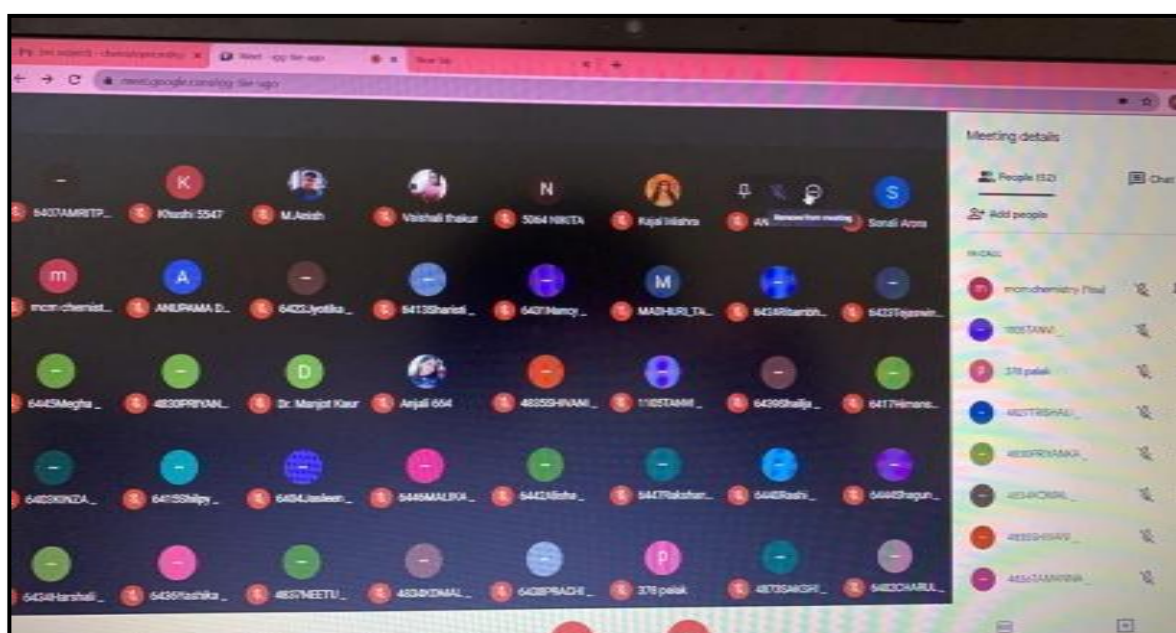
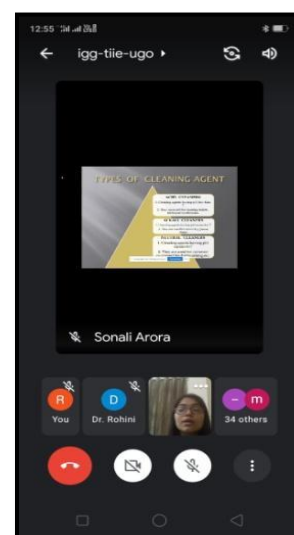
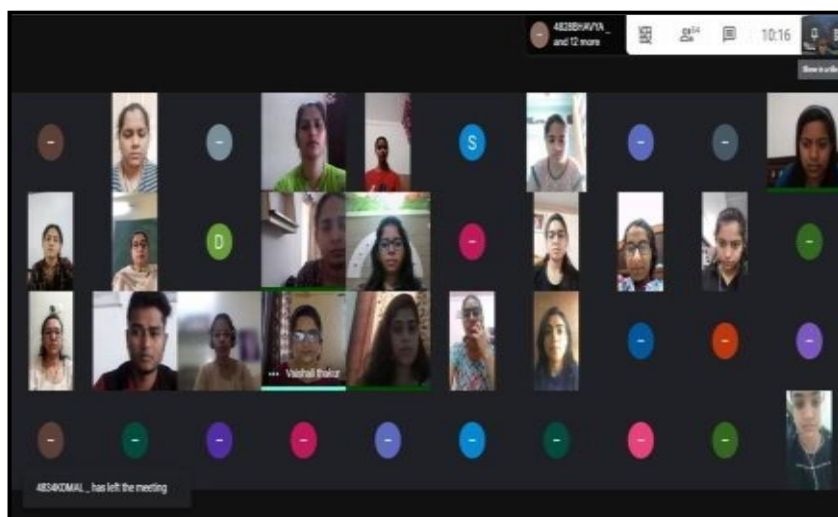
**The Context:** During the days of pandemic, it is very important to sensitize students about hazards of chemicals and to maintain adequate cleanliness in chemistry laboratories. Participants were asked to suggest various approaches to handle waste chemicals in the safest way with least environmental hazards.

**The Practice:** On 20<sup>th</sup> March 2021, a brochure on National Level Online Power Point Presentation Competition on Chemistry of Cleaning Agents was shared among various groups of students and faculties to ensure maximum participation. The last date of registration for participating in online power point competition was 26<sup>th</sup> March 2021. 40 participants from both under graduate and post graduate level had registered through given link provided in brochure. Through their innovative and unique presentations, participants depicted the use of chemistry in cleaning agents. The participants presented online presentations in the presence of Principal, Convener of event, Coordinator and Co-coordinator, the faculty members of Department of Chemistry and approximately 55 people in the Google meet. All the presentations were judged by the selected Faculties of the Post Graduate Department of Chemistry and results were declared on 5<sup>th</sup> April 2021.

## REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)

- **First Prize:** A cash award worth Rs 2000 was bagged by Anish M., MSc II, Dr B. R. Ambedkar National institute of Technology, Jalandhar, Punjab
- **Second Prize:** A cash award worth Rs 1500 was bagged by Khushi, BSc I, Govt. College for Women, Karnal, Haryana.
- **Third Prize:** A cash award worth Rs 1000 was bagged by Malika Kamra, MSc II, Mehr Chand Mahajan DAV College for Women, Chandigarh.

**Evidence of Success:** The event was a huge success. Students from various colleges across India participated in this activity. In nutshell, this activity gave insights to students about the chemistry involved during action of various cleaning agents used for household purposes and in industries. Some pictures of event are given below:





### **3. WEBINAR ON STORAGE OF FOOD IN REFRIGERATOR AT AN IDEAL TEMPERATURE**

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

**Activity coordinator:** Dr Harjot Kaur Mann

**Number of participants:** 92 Students of Undergraduate classes & 5 faculty members.

**Objective:** To sensitize students about storage of food at an ambient temperature in various compartments of Refrigerator to reduce power consumption.

**Resource Person:** Dr Rachana Shrivastava, Woman Scientist-DST, Department of Community Medicine and School of Public Health, PGIMER, Chandigarh.

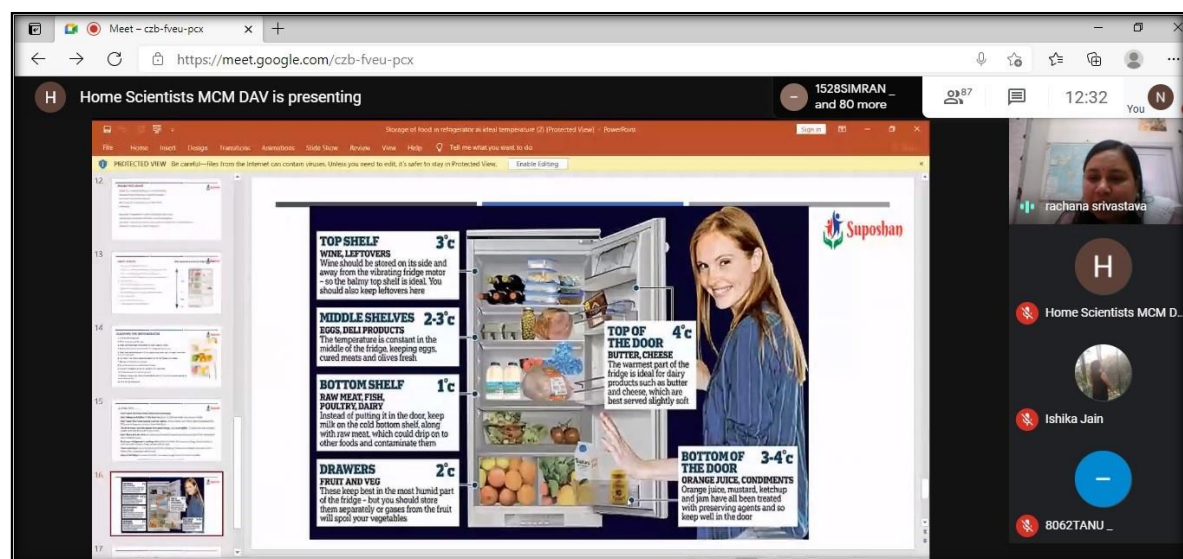
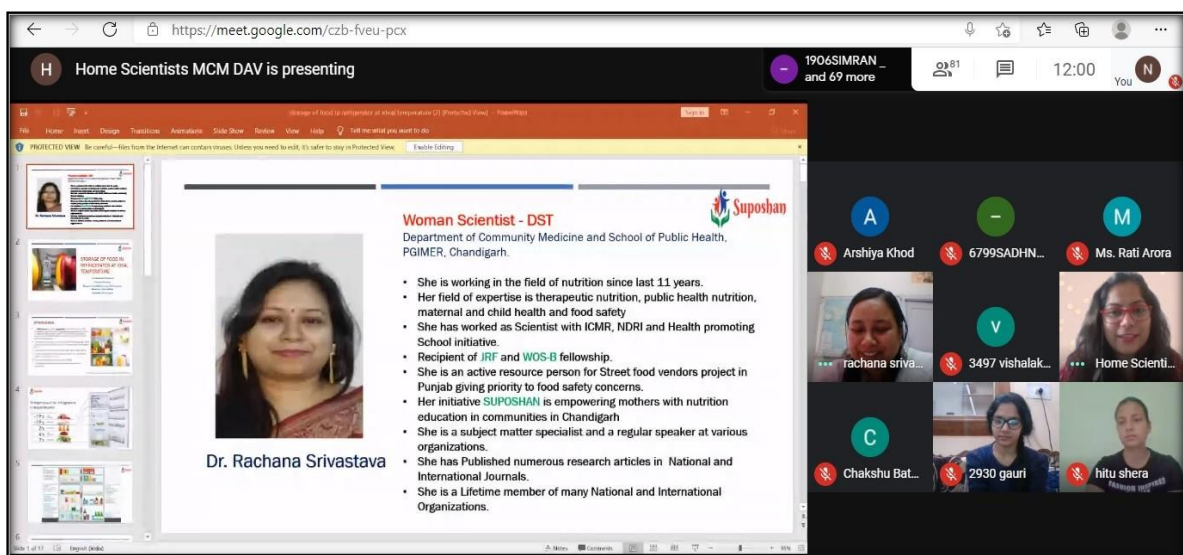
**The Context:** A refrigerator is a home appliance consisting of a thermally insulated compartment and a heat pump (mechanical, electronic or chemical) that transfers heat from its inside to its external environment so that its inside is cooled to a temperature below the room temperature. The different compartments have different regulation of temperature. Thus, care should be taken to increase the shelf life of different food items.

**The Practice:** Department of Home Science in collaboration with MCM Eco-club organized a webinar on “Storage of food in refrigerator at an Ideal temperature”. Over 92 Students of Undergraduate classes along with 5 faculty members attended the same where Dr Rachana, the resource person, explained the working of the refrigerator, emphasizing the importance of each compartment according to the type of food stored depending on its perishability. She also described the refrigerator temperature guide for maximum efficiency. The guidelines to be followed to extend the shelf life of the stored food, were explicated in detail along with cleaning of the Refrigerator. Queries of the students were also solved by the expert. The various aspects of effective food storage were discussed to reduce spoilage of food during storage such as Freezer Burn, Wilting of vegetables etc.

**Evidence of Success:** Students were educated about working and cleaning of the refrigerator and useful tips were also conveyed to the attendees. The students participated enthusiastically and got their doubts cleared especially regarding storage of green leafy vegetables and other highly perishable food items. Students learnt

## REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)

about practice to increase efficiency of the appliance and thus decrease the electricity bill.





**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**



#### **4. COLLAGE MAKING ACTIVITY ON THE THEME “CONSERVE WATER- EVERY DROP COUNTS”**

**Date:** 3<sup>rd</sup> April 2021

**Activity Coordinator:** Dr Sarabjeet Kaur

**Number of participants** - 30 students of B.Sc. II Medical

**Objectives:**

- To sensitize students about the need to preserve fresh water resources which are depleting day by day.
- To understand suitable methods to conserve water in our daily routine activities.

**The Context:** The decline of the water table is an indicator of the continuous depletion of the water resources around us. It is also a warning bell that alerts us about the possible detrimental effects on our health and survival. Water conservation includes all the policies, strategies and activities to sustainably manage the natural resource of fresh water. Conserving water means using our water supply wisely and to be responsible.



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

**The Practice:** The Department of Zoology and MCM Eco-Club organized a collage making activity on 3<sup>rd</sup> April, 2021 for the second-year medical students. Students had to think and click their own photographs depicting the habits which can contribute in conservation of water in daily routine activities. These pictures were creatively presented in the form of collage.

**Evidence of Success:** 30 students of B.Sc. II Medical participated in the activity. The students came to know that a little alertness and even slight change in their habits can actually make a big change towards water conservation.





## **5. POWER POINT PRESENTATION ON THE TOPIC “NEVER LET WATER TANK OVERFLOW AS IT LEADS TO WASTAGE OF WATER”**

**Date:** 3<sup>rd</sup> April, 2021

**Activity coordinator:** Dr Neetu

**Number of participants:** 46 Students of B.Sc. III Medical

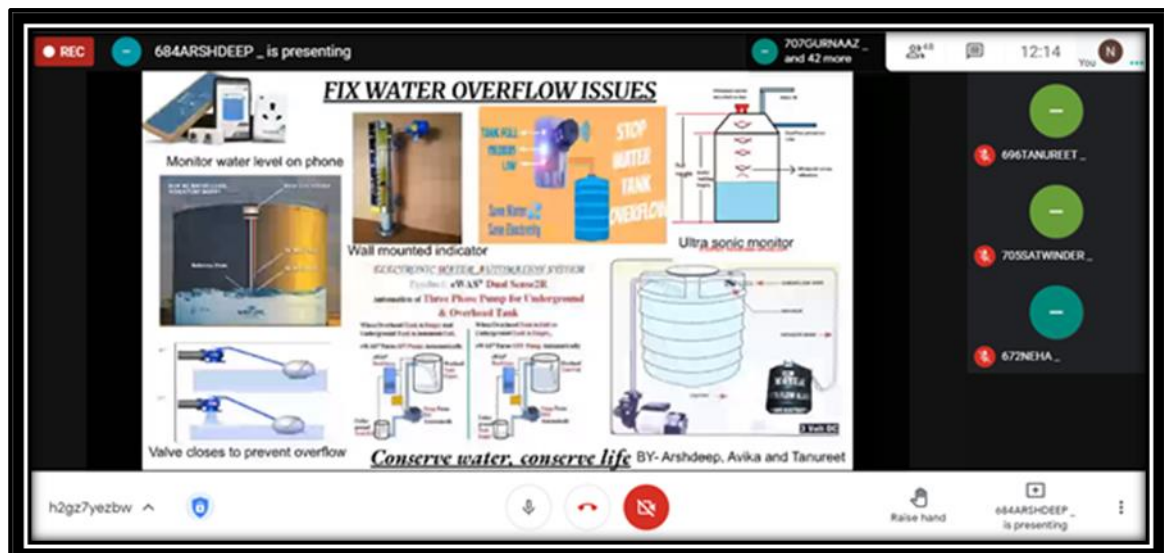
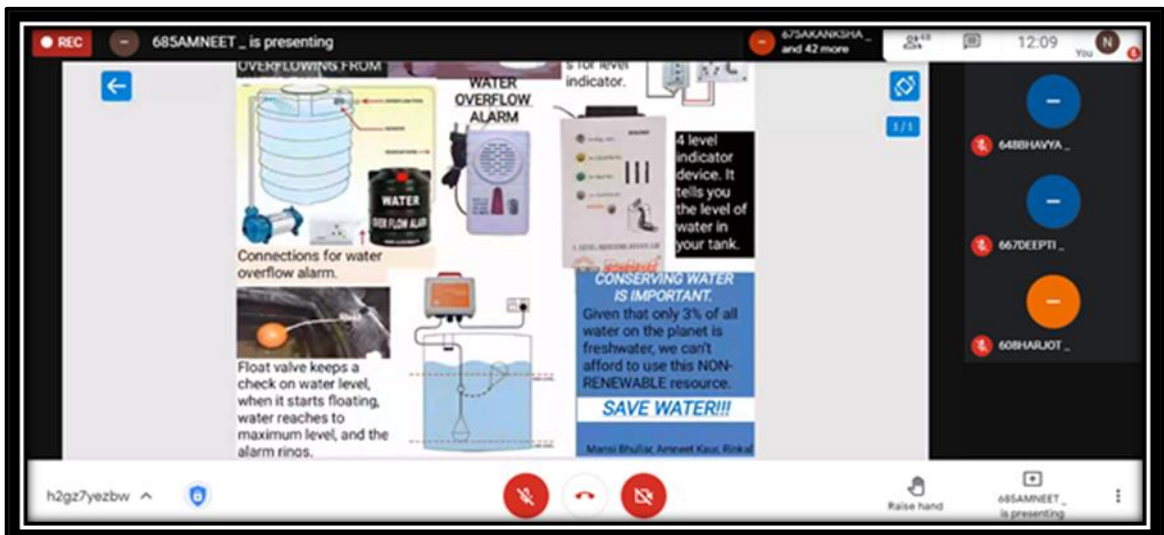
**Objective:** To spread awareness about water conservation measures.

**The Context:** Overflow issue is a common problem in installing water tank especially if there's no overflow control installed. The wastage of water due to overflow of tanks is a major contributor to the water scarcity. In today's busy world, the manual monitoring of water filling in the tanks seems to be difficult due to which the wastage of water occurs. There are a plenty of automated systems based on latest technologies, which can be used to prevent water wastage from overflowing tanks.

**The Practice:** MCM Eco-Club assigned the topic 'Methods to prevent water tank overflow' to B.Sc. III Medical students for preparing power point presentations. Students discussed the methods to prevent water overflow through several mechanisms including automatic sensors, alarms and floats. Floats automatically shut off flow into the tank once the water level reaches the top, while alarms alert us that the tank is full, so that we can turn off the pump. A sensor is an automatic system which switches on the pump when the water level in the tank is low, and switches it off when it is full. Students also discussed smart devices which can be operated with a single click. Tank bolt is one such smart water level controller that is in tune with the market demands and has been designed in a manner that is compatible with even our mobiles. By simply downloading Tankbolt's mobile app, users can operate the device from anywhere. There is an ultrasonic sensor installed in the device, which views the exact water level in the tank even on the mobile app. It is possible to operate the water level controller even from outside homes. More than one person can operate the device using the mobile app.

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

**Evidence of Success:** Students enjoyed the session thoroughly and discussed with each other the methods being followed by them at their homes to fix water overflow issues.





## **6. VIDEO MESSAGE CONTEST ON THE THEME "EFFECTS OF BURNING GARBAGE ON THE ENVIRONMENT"**

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

**Activity coordinator:** Dr Shafila

**Number of participants:** 24

**Objectives:**

- To promote the '3Rs' approach in waste management
- To educate students about the hazards of trash burning and look for alternatives of garbage burning.

**The Context:** Burning Garbage is harmful to the environment as numerous toxic chemicals released from burning pollute our air. Polluted air eventually affects wildlife and human health. Apart from air pollution, the residue from burning contaminates the soil and groundwater and can enter the human food chain through crops and livestock. Smoke and soot can travel long distances and odors can be bothersome to people. Therefore, it is requisite to educate people about the hazards of garbage burning in order to stop this menace and students are the best medium to achieve this aim.

**The Practice:** Department of Environment Science of the college in collaboration with MCM Eco-Club organized a video message contest on the theme "Effects of Burning Garbage on the Environment", where over 24 students of various streams participated and sent their entries. Participants covered all the important aspects like current scenario of garbage disposal in the country, impacts of garbage burning on humans, wildlife and environment, and alternatives to this practice.

**Evidence of Success:** Students enthusiastically shared their views on the effects of garbage burning via their video messages.

RESULT			
PRIZE	NAME OF THE PARTICIPANT	CLASS	VIDEO MESSAGE
FIRST	SANGAM	B.Sc. -I (MFT)	<a href="#">Link</a>
SECOND	MEHAK ABROL	B.A.-I	<a href="#">Link</a>
THIRD	RIA TALWAR	B.Sc.-I (N.M.)	<a href="#">Link</a>
CONSOLATION	BHAVIKA MEHTA	B.Sc.-I (N.M.)	<a href="#">Link</a>
CONSOLATION	ISHTA	B.Sc.-I (N.M.)	<a href="#">Link</a>

## **7. WEBINAR CUM TRAINING SESSION ON “YOGA FOR HEALTH” TO CELEBRATE WORLD HEALTH DAY**

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

**Activity coordinators:** Dr Sarabjeet Kaur and Dr Madhuri Tanaji Patil

**Number of participants:** 50 Students of Undergraduate classes

**Objective:**

- To sensitize students about need of yoga for mental, physical and spiritual wellbeing.
- To make them aware about asanas and their ability to cure routine dysfunctioning of our body without the intake of medicines.

**The Context:** Yoga is an art that connects body, breath and mind. It is practiced all over the world to reduce stress. It is said that we develop a great sense of self-discipline and self-awareness through yoga. Recognizing its need and significance, the theme was taken up to commemorate the World Health Day on 7<sup>th</sup> April, 2021.

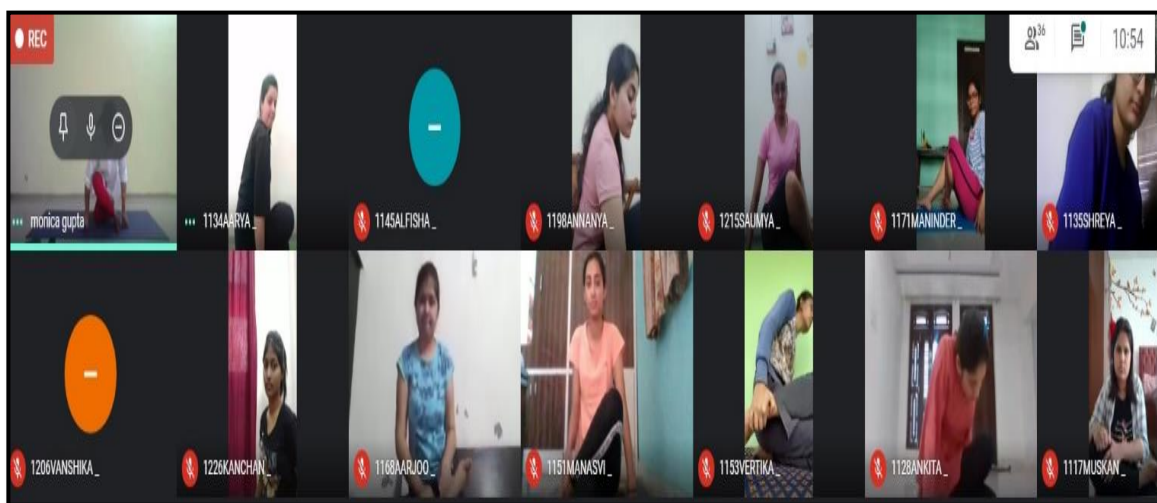
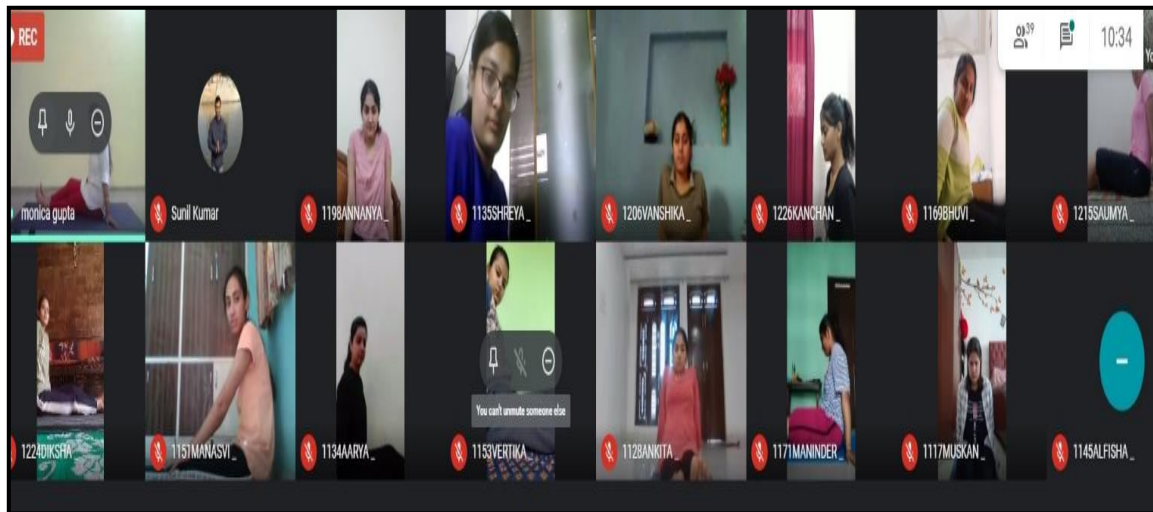
**The Practice:** The Medical Committee of the college in collaboration with MCM Eco-Club organized a webinar cum training session on “Yoga for Health”. Over 50 Students of Undergraduate classes along with 3 faculty members attended the same where Mrs. Monica Gupta, Yoga trainer and member of International Neuropathy Organization, India,



explained and demonstrated the significance of various asanas to cure health issues like diabetes, arthritis, thyroid, PCOS and so on. She also made students aware about the specific asanas to combat problems associated with eye sight, fatigue, sitting postures, irregular menstruation, and lack of concentration which are prevalent among the students these days. She highlighted that various postures being followed/practiced unknowingly can have a damaging impact on our body. They enthusiastically asked the resource person about the tips to solve their health problems through asanas.

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

**Evidence of Success:** The students felt refreshed after performing various asanas during the session and got motivated to adopt yoga as a part of their daily routine.





## **8. ONLINE TRUE STORY TELLING ACTIVITY ON THE THEME “COMPASSIONATE ACTION FOR STREET ANIMALS”**

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

**Activity coordinator:** Dr Neetu

**Number of participants:** 30

**Objective:**

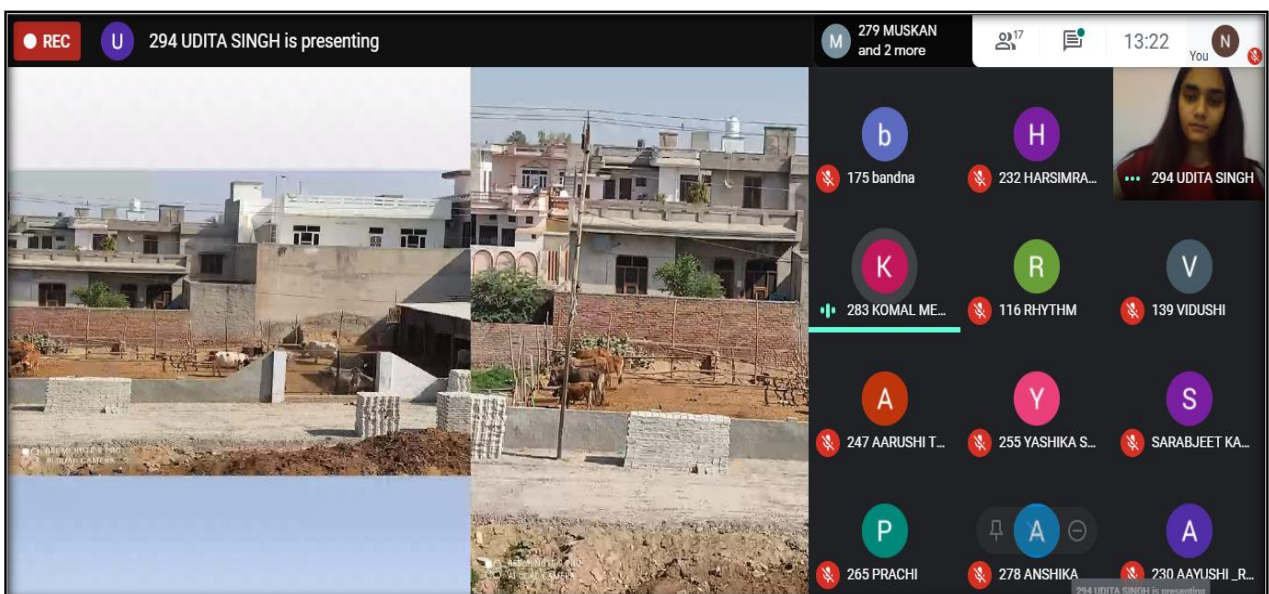
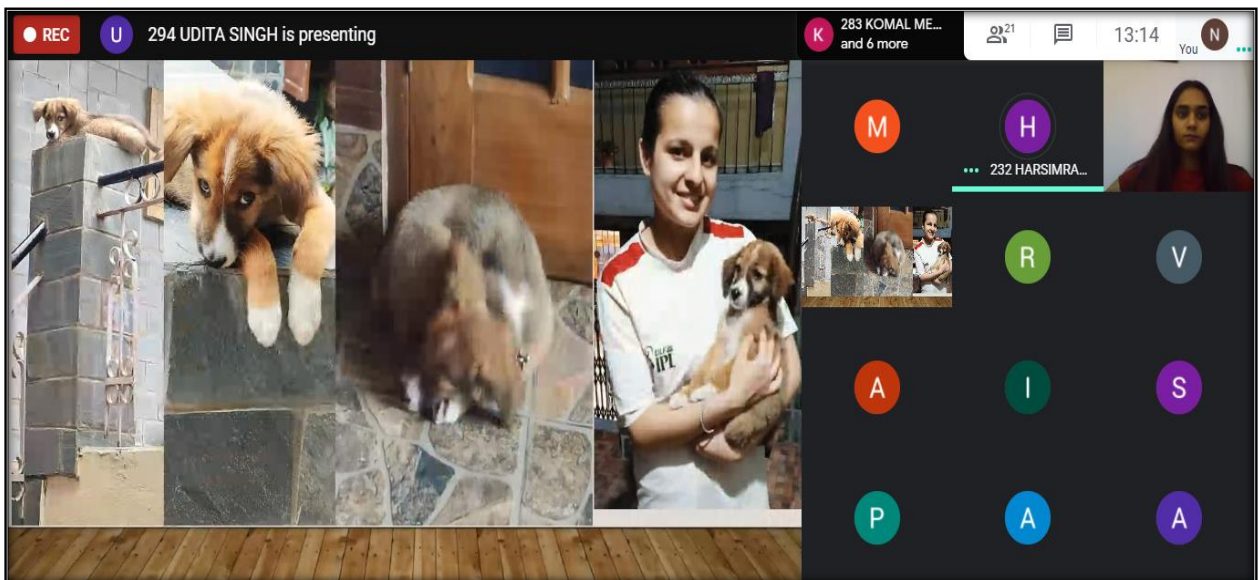
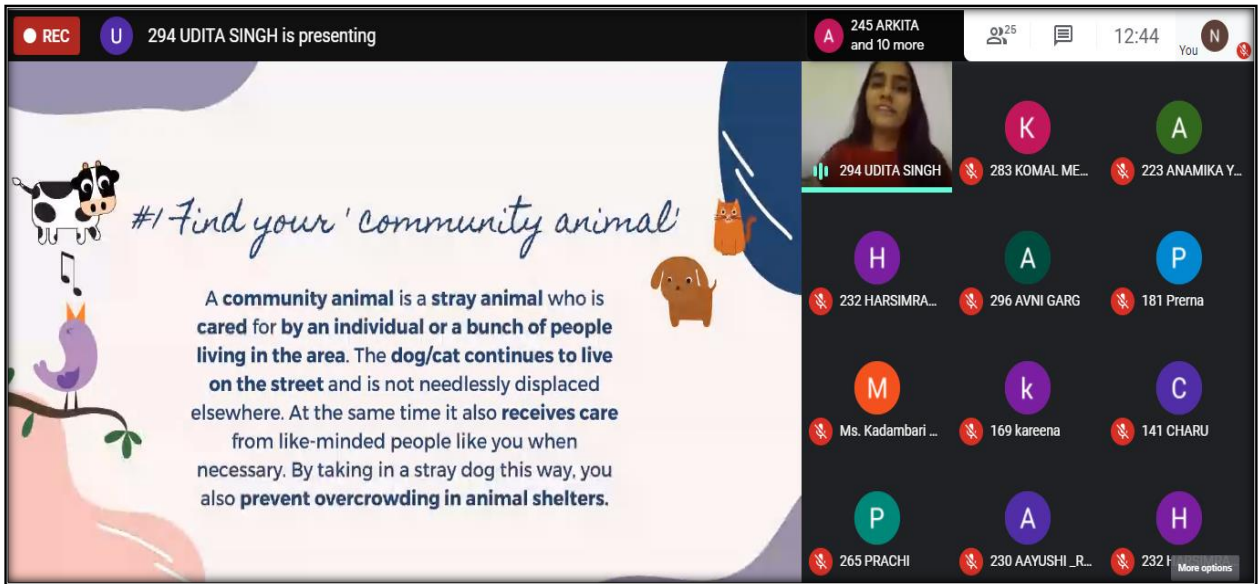
- To make students aware about the sufferings of street animals.
- To teach students to have compassion for all living creatures especially stray animals

**Context:** There are millions of free-roaming animals on Indian streets with no one to care for them when they become sick or injured. It is the fundamental duty of every citizen to have compassion which means concern for sufferings of these living creatures. Not only does this compassion benefit the animals, but it also builds character and helps our students develop into well-rounded human beings who approach the world with a concern and respect for others.

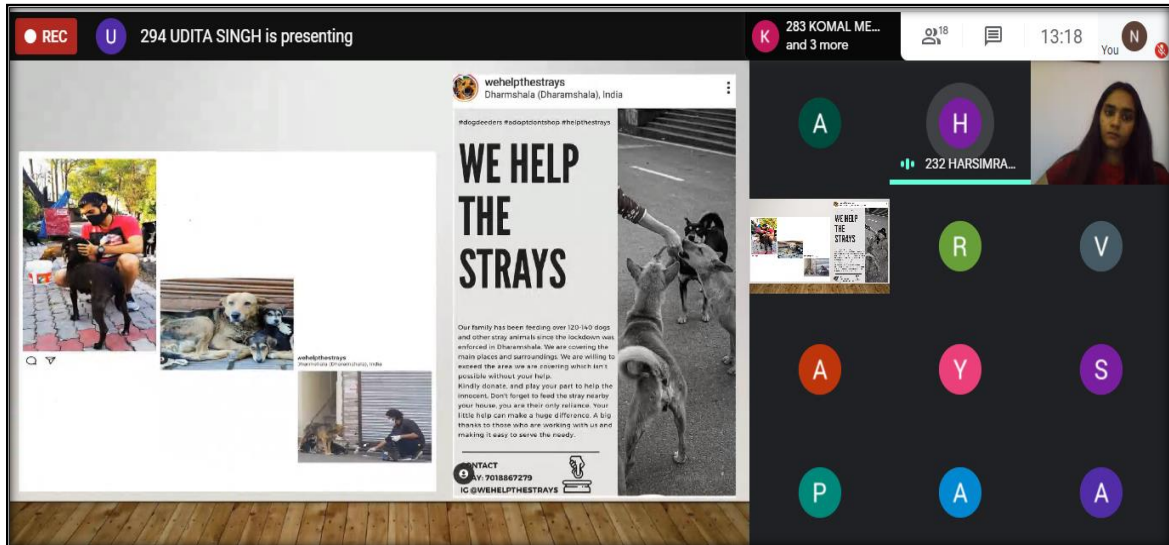
**Practice:** MCM Eco-Club under the aegis of Character-building committee of the college organized an Online True Story telling Activity on the theme “Compassionate Action for Street Animals”. Udita Singh, a student ambassador introduced participants with the fact that stray animal populations have increased drastically over time due to the increase in the human population and poor waste management, creating more exposed garbage available as food for them. She further shed light on the sufferings of stray animals. Further, Harsimran Kaur and Komal Mehta of B.Sc. I Medical shared true stories of their compassionate actions for street dogs and cows respectively. They motivated the participants to lead by example by taking care of food, medicines and vaccination of street animals. They further encouraged them to put as many mud bowls of water at convenient places for stray animals, especially during summers, and to spread grains like rice, bajra, chana, etc. on the rooftops or open balconies for feeding the birds.

**Evidence of Success:** Students got sensitized about the plight of helpless street animals and developed concern for them.

# REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**



**9. WEBINAR ON THE THEME “DON’T PURCHASE PERISHABLE FOOD ITEMS SUCH AS FRUITS, VEGETABLES, EGGS ETC. IN EXCESS TO AVOID SPOILAGE”**

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

**Activity coordinator:** Dr Harjot Kaur Mann

**Number of participants:** 53 Students of Undergraduate classes along with 2 faculty members.

**Objective:** To sensitize students about purchase and storage of perishable food items such as fresh fruits, vegetables etc. to maximize their shelf life and retain organoleptic qualities.

**Resource Person:** Dr Harjot Kaur Mann, Assistant Professor (Food and Nutrition), Department of Home Science, Mehr Chand Mahajan DAV College for Women, Chandigarh.

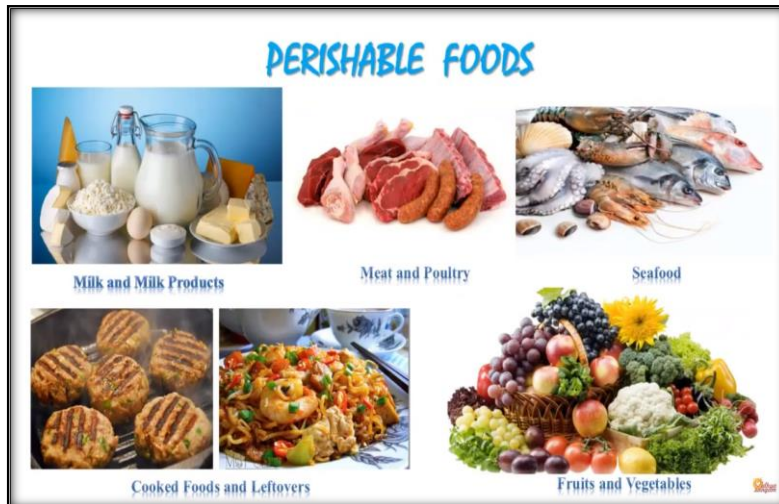
**The Context:** 'Perishable' is a term used in the context of food that goes bad quickly. Perishable foods, such as fruits and vegetables, dairy, fish, and meat products, have a limited shelf life after harvest or production. If not kept at proper temperature, they get spoilt and become unmarketable or inedible after some time.

**The Practice:** Department of Home Science in collaboration with MCM Eco-Club organized a webinar on the theme “Don’t purchase perishable food items such as Fruits, Vegetables, eggs etc. in excess to avoid spoilage”. Over 50 Students of Undergraduate classes along with 2 faculty members attended the same where Dr



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

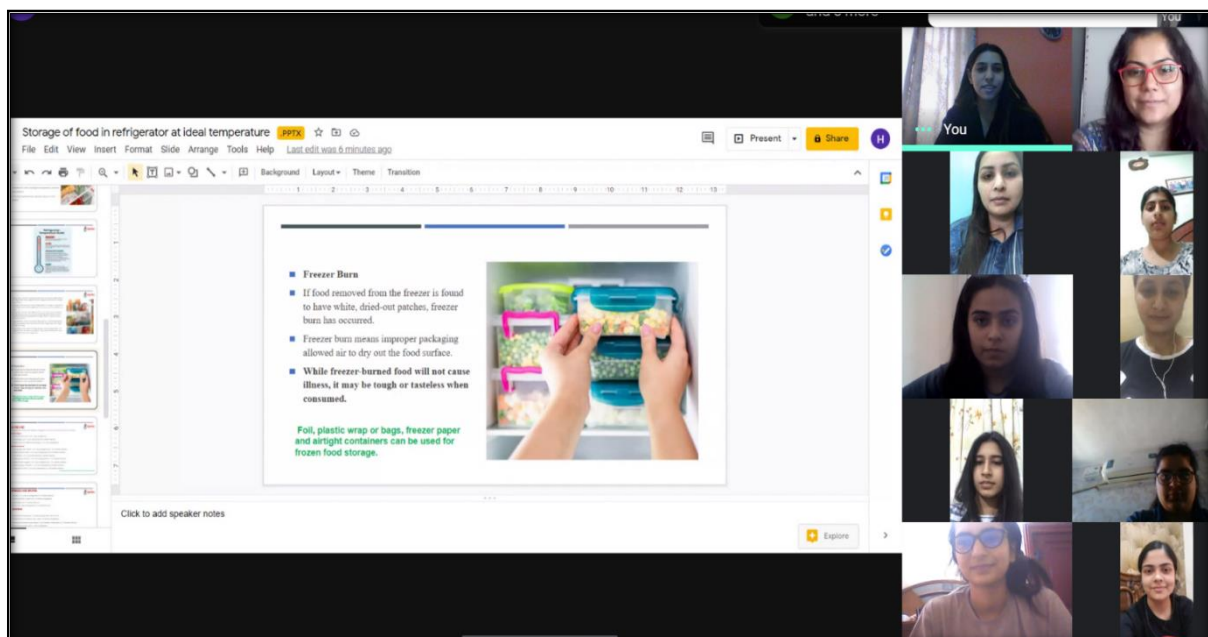
Harjot Kaur Mann, the resource person, explained the perishable foods such as milk and milk products, meat, fish, poultry, fruits, and leafy vegetables. One criterion for selection of perishable foods is that these must be fresh. In practice, this means milk freshly drawn, fish freshly caught from a river or sea, meat soon after slaughter, eggs just laid, vegetables just harvested from the garden and fruits just picked from the tree. Perishable foods cannot be stored for more than one or two days at room temperature, that is, they have a shelf life of one or two days. Milk is a good



example of perishable food. As far as possible, perishable foods should be used fresh or must be kept under refrigeration till further use to maintain their quality. Purchase perishable foods last and take home quickly to refrigerate.

just laid, vegetables just harvested from the garden and fruits just picked from the tree. Perishable foods cannot be stored for more than one or two days at room temperature, that is, they have a shelf life of one or two days. Milk is a good

**Evidence of Success:** Students were educated about the perishable nature of short shelf-life foods such as fruits, vegetables etc. We tend to waste perishable foods because they go bad before we eat them. Food is a large part of a family's budget, so wasted food is wasted money. Also, the main causes and prevention of spoilage were discussed. Various doubts related to the topic were discussed and cleared.



## 10. ESSAY WRITING AND POWER POINT PRESENTATION COMPETITION ON THE TOPIC “PREVENTIVE MEASURES TO REDUCE ENERGY CONSUMPTION”

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

**Activity Coordinator:** Dr Pallavi Gupta

**Number of participants:** 54

**Objectives:**

- To generate awareness among students to achieve and maintain optimum energy procurement and utilization
- To minimize energy costs/wastage without affecting production & quality
- To minimize negative environmental effects

**TOPIC:**  
**Preventive measures  
on saving energy  
power consumption  
in day to day lives**

Submitted by: Natasha (1340)  
Bsc.2 N M A (hon.)

**What is power consumption ?**

In electrical engineering, power consumption refers to the electrical energy per unit time, supplied to operate something, such as a home appliance

- Power consumption is usually measured in units of watts (W) or kilowatts (kW).
- Power is wasted as heat, vibrations and/or electromagnetic radiation.

**Why energy consumption is important?**

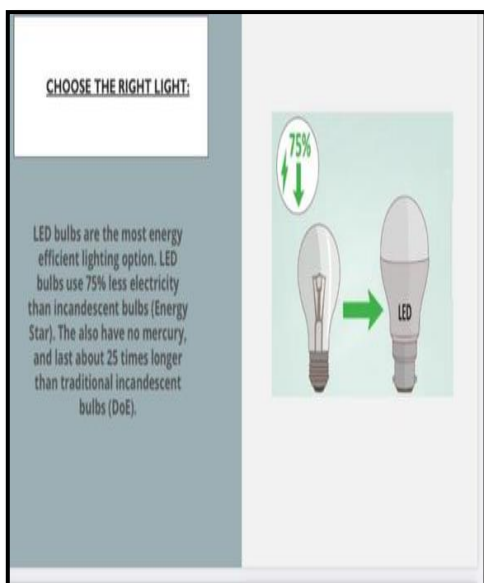
- Save energy, save the environment
- Protect the air and prevent climate change
- Conserve limited natural resources

**The Context:** The clean technologies are replacing non-renewable and polluting energy sources. These are beneficial for human health and for the environment. However, the best results are achieved when clean power is combined with energy conservation, reducing the pressure to invest in new grid infrastructure. Energy conservation is an effort made to reduce the consumption of energy by using less of energy service. This can be achieved either

by using energy more efficiently or by reducing the amount of service used. Energy can be conserved by reducing wastage and losses, improving efficiency through technological upgrades and improved operation and maintenance.

**The Practice:** Department of Physics in collaboration with MCM Eco-Club organized an Essay writing and power point presentation competition for B.Sc. II Non-Medical,

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**



Vocational and Honours students. The students discussed various other ways apart from turning off unnecessary appliances to conserve energy sources. Students pointed that using natural light, opting tasking light method, taking shorter showers, unplugging unused appliances, switching to laptops than desktop computers, running full loaded machines, washing clothes with cold water, using towel instead of dryers, maintaining optimum temperatures of refrigerators, using microwave instead of oven

are some of the measures that one can follow in day to day lives to minimize the consumption of electricity.

**Evidence of Success:** Students participated in this competition and learned many different measures that can help in reducing energy consumption. Pinkey Chaudhary secured first position followed by Mansi and Mehaknoor Kaur who secured second and third positions respectively in essay writing contest. Natasha and Kritika secured first and second positions respectively in power point presentation competition.

Name- Pinkey Chaudhary  
Class-BSC 2 NM-A  
Roll no-1303  
College- MCM DAV COLLEGE FOR WOMEN  
CHANDIGARH

**Essay writing**

Topic- Preventive measures on saving energy power consumption in day to day lives

Mahatma Gandhi rightly said "the earth provides enough to satisfy every man's needs but not every man's greed". Energy conservation refers to the efforts made to reduce the consumption of energy. As many of us know energy on earth is not in unlimited supply. Energy can take plenty of time to regenerate. So, it makes it essential to save energy.

Energy conservation is achievable by two ways either by using energy more efficiently or by reducing the amount of energy usage. Here are some preventive measures that we can take to save energy in our day to day lives:-

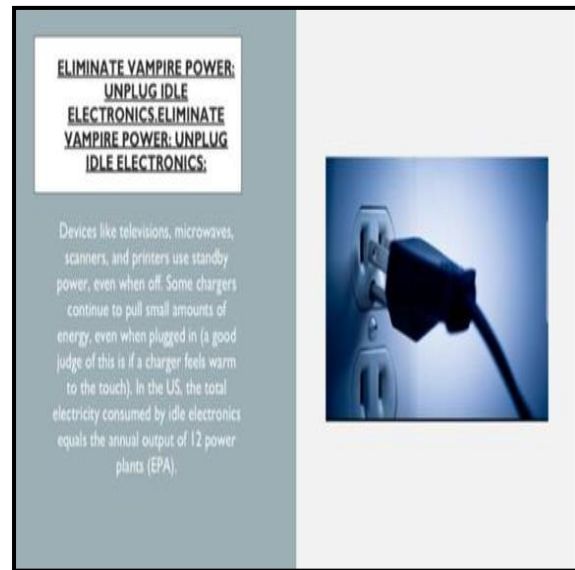
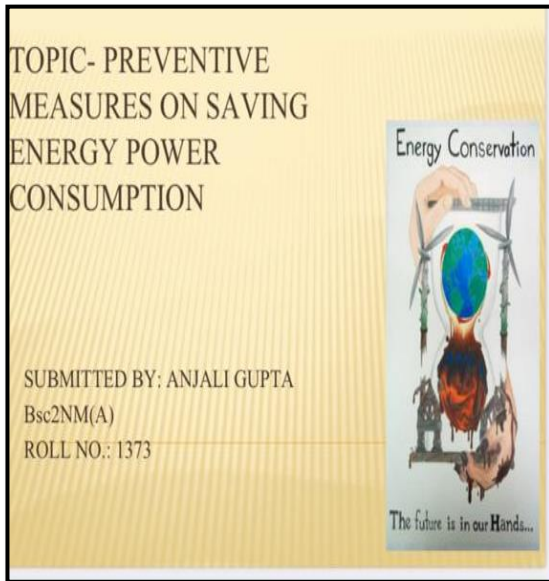
- 1) Using natural light- in day time we all must try to utilize the natural light to do our work.
- 2) Turning off the electronic devices when not in use.
- 3) We can recycle or donate our old TV.
- 4) Switch off light, fans if not required.
- 5) Replace bulbs with LED bulbs or LED tube lights.
- 6) Switch off the main switch of TV a remote does not switch off TV completely.
- 7) Planting shady trees outside home and office.
- 8) In college students ( by rotation) should check that lights and fans are switched off after the college hours.
- 9) Turn off the screen (laptops and computers). Screensavers do not save power.

**PREVENTIVE MEASURES ON SAVING ENERGY POWER CONSUMPTION IN DAY TO DAY LIVES**

Energy is the quantitative property that must be transferred to an object in order to form perform work on, or to heat, the object. Energy is conserved quantity; the law of conservation of energy states that energy can be converted in form, but not created or destroyed.

Energy is the most important aspect of modern lives and convenience. We couldn't perform most of our daily tasks without energy. The energy we use in our daily lives falls into three categories - food that gives energy, energy that makes a house a home, and the fuel we put in our vehicles.





## **11. MENTORSHIP PROGRAMME ON “IMPORTANCE OF PERSONAL HEALTH AND HYGIENE DURING COVID-19 PANDEMIC”**

**Dates:** 19<sup>th</sup> – 20<sup>th</sup> April, 2021

**Activity coordinator:** Dr Neetu

**Number of participants:** 560

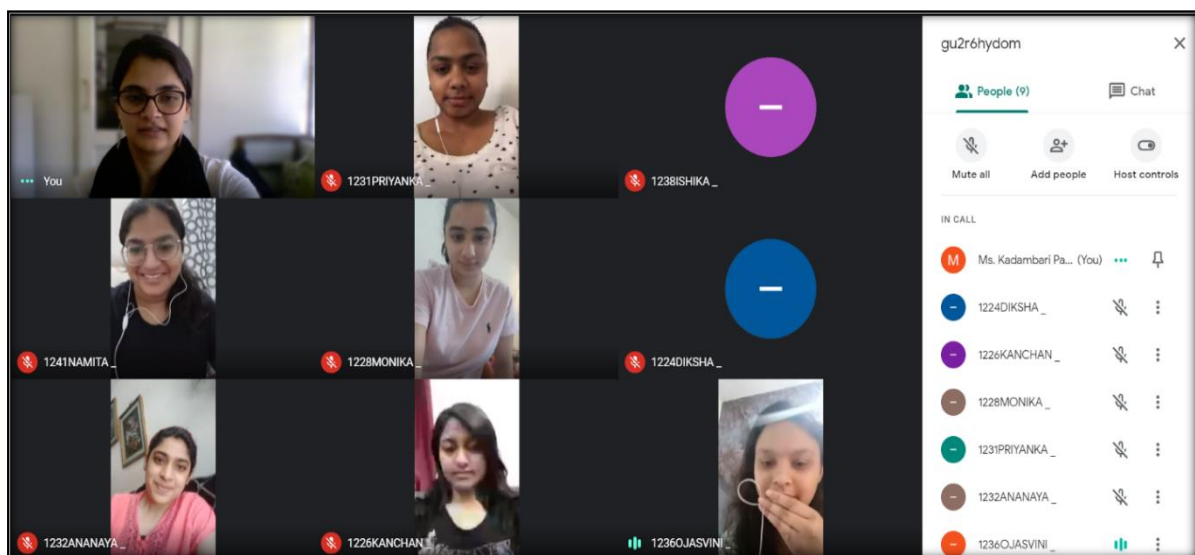
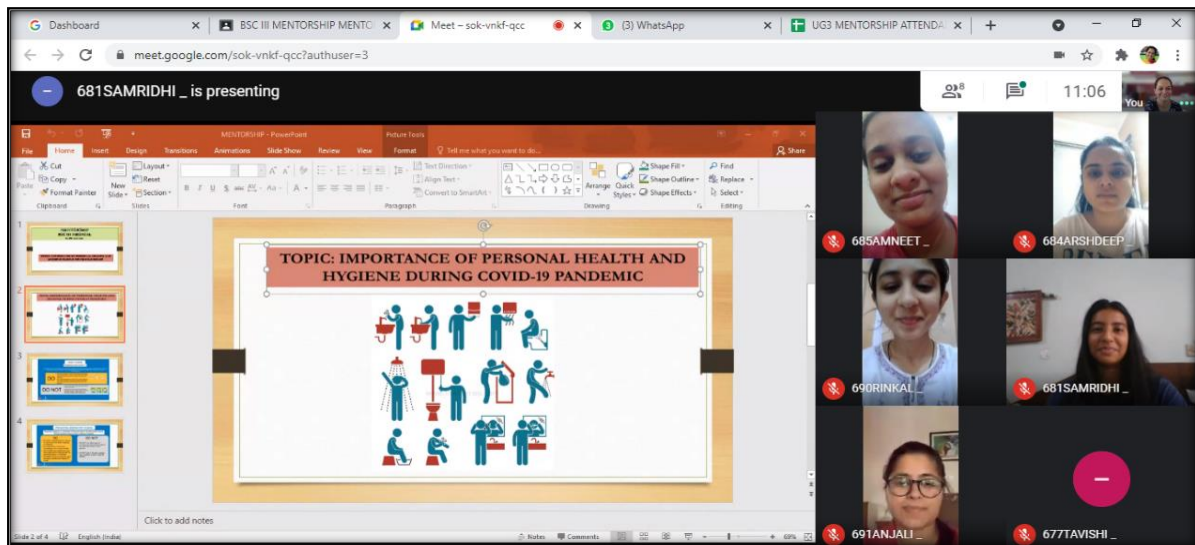
**Objective:** To sensitize students about good hygiene practices to prevent the spread of corona virus disease

**The Context:** The pandemic caused by COVID-19 virus is still being understood. All we know is that the virus is transmitted through direct contact with respiratory droplets of an infected person (through coughing and sneezing), and touching surfaces contaminated with the virus. The virus may survive on surfaces for a few hours up to several days. The disinfection of various surfaces can reduce the chances of transmission. Also, personal immunity is playing a vital role to save us from extreme infection so it has come up as our first priority to maintain personal health and hygiene.

**The Practice:** Online mentorship programmes of one hour each were organized on 19<sup>th</sup> and 20<sup>th</sup> April, 2021 to spread awareness about the importance of personal health and hygiene during COVID-19 pandemic. Undergraduate and post graduate students participated in the discussion with their respective mentees. The students were advised not to neglect the hygiene protocol which includes washing hands or using sanitizers, wearing mask and keeping distance from others. Also, they were counselled to avoid unnecessary outings and stay safe at their homes.

## REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)

**Evidence of Success:** Students attended the virtual session of mentorship and agreed to follow the personal health and hygiene protocols to prevent themselves from COVID-19 infection.



**12. ONLINE NATIONAL LEVEL COMPETITION ON THE TOPIC: "RESPOND RESPONSIBLY: DESIGNING A SUSTAINABLE CORPORATE SOCIAL RESPONSIBILITY PROGRAM" ORGANIZED BY POST GRADUATE DEPARTMENT OF COMMERCE IN COLLABORATION WITH ITS STUDENT RUN SOCIETY, FINNEXUS**

**Date:** 20<sup>th</sup> – 28<sup>th</sup> April, 2021

**Number of participants:** 18 teams

## REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)

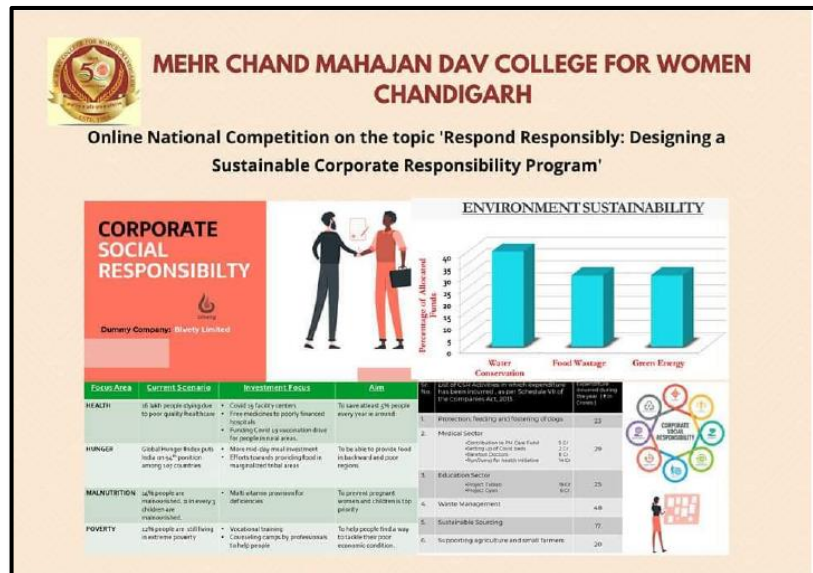
**Objective:** The competition was organized with an aim to sensitize the students and spread awareness about the importance of CSR in promoting sustainability. The students were given an opportunity to showcase their creativity and innovativeness on the theme.

**The Context:** CSR (Corporate Social Responsibility), is a concept of management whereby companies integrate social and environmental concerns in their business operations. Businesses can no longer operate with the sole aim of

making profits at the expense of the environment, society, economy, consumers and employees. Companies need to consider how they can give back to society. Keeping this in view, the Post Graduate Department of Commerce in collaboration with its student run society, FINNEXUS organised this competition to spread awareness among masses about various perspectives of CSR.

**The Practice:** A poster carrying the information related to the activity was prepared and shared with students through various WhatsApp groups. A Google form was created for students to register and upload their Power Point Presentations. The competition got an overwhelming response and a total of 18 teams participated from various colleges of Chandigarh, Punjab and Andhra Pradesh.

**Evidence of Success:** The competition received an overwhelming response from the participants. The participants designed a CSR program for either an existing company or an imaginary company and presented their originality and creativity on the theme in the form of a PowerPoint presentation. The first prize worth Rs 2000/- was won by Anchal Guleria, Gunjan Goel and Alisha Kapil from GGSD College, Sector 32, Chandigarh. The second prize worth Rs 1500/- was won by Latika Malik, Harshita,





Diksha Kapoor from Mehr Chand Mahajan DAV College for Women, Chandigarh. And the third prize worth Rs 1000/- was won by Kirandeep, Vinakshi and Krunika of M. Com from Mehr Chand Mahajan DAV College for Women, Chandigarh. E-certificates were also given to all the participants.

**Outcome:** The activity helped to spread awareness about the importance of CSR in promoting sustainability. It helped the students understand the role of social responsibility and ethical practices in today's competitive world.

### सस्टेनेबल सीएसआर प्रोग्राम डिजाइन पर स्पर्धा

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर वुमन के पोस्ट ग्रेजुएट डिपार्टमेंट ऑफ कॉमर्स ने कॉलेज की स्वच्छ समिति के तत्वावधान में रेस्पॉन्सिबिलिटी डिजाइनिंग ए सस्टेनेबल कॉर्पोरेट सोशल रिस्पॉन्सिबिलिटी प्रोग्राम शीर्षक पर एक राष्ट्रीय स्तर की ऑनलाइन प्रतियोगिता का आयोजन किया। यह प्रतियोगिता कॉलेज के कॉमर्स विभाग की छात्राओं द्वारा संचालित सोसाइटी फिननेक्स के सहयोग से आयोजित की गई। स्थिरता को बढ़ावा देने में सीएसआर की प्रासंगिकता को ध्यान में रखते हुए, प्रतियोगिता का उद्देश्य सीएसआर के लिए नवीन विचारों को उत्पन्न करना था। चंडीगढ़, पंजाब और आंध्र प्रदेश के विभिन्न कॉलेजों के विद्यार्थियों की 18 टीमों ने इस आयोजन में भाग लिया और पावर प्वाइंट प्रेजेंटेशन के माध्यम से अपने प्रस्ताव पेश किए। विजेताओं को नकद पुरस्कार प्रदान किए गए और सभी प्रतिभागियों को ई-प्रमाण पत्र भी दिए गए। प्रतियोगिता में जीजीडीएसडी कॉलेज, चंडीगढ़ की अंचल गुलेरिया, गुंजन गोयल और अलीशा कपिल की टीम को पहला पुरस्कार मिला। दूसरा पुरस्कार मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की लतिका मलिक, हर्षिता, दीक्षा कपूर की टीम को मिला तथा तीसरा पुरस्कार भी इसी कॉलेज की किरणदीप, विनाक्षी और कृतिका की टीम को दिया गया। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने भावी कर्मचारियों के बीच सकारात्मक सामाजिक भूमिका के लिए सीएसआर के महत्व के बारे में जागरूकता बढ़ाने के लिए इस प्रतियोगिता की प्रासंगिकता पर प्रकाश डाला। उन्होंने बताया कि एमसीएम वर्षा जल संचयन, मेस फूड वेस्ट से बायोगैस उत्पादन, सौर ऊर्जा दोहन, आदि के माध्यम से पर्यावरण स्थिरता को बढ़ावा देने सहित विभिन्न गतिविधियों के आयोजन से समाज के प्रति अपनी जिम्मेदारी का निर्वहन करता रहा है।

### आंचल ने जीती प्रतियोगिता

चंडीगढ़। एमसीएम डीएवी कॉलेज के वाणिज्य विभाग ने स्थायी कॉर्पोरेट सामाजिक जिम्मेदारी विषय पर राष्ट्रीय प्रतियोगिता करवाई। इसमें विभिन्न कॉलेजों के विद्यार्थियों की 18 टीमों ने भाग लिया। प्रतियोगिता में जीजीडीएसडी कॉलेज, चंडीगढ़ की आंचल गुलेरिया, गुंजन गोयल और अलीशा कपिल की टीम को पहला पुरस्कार मिला। एमसीएम डीएवी कॉलेज की लतिका मलिक, हर्षिता, दीक्षा कपूर की टीम को दूसरा व इसी कॉलेज की किरणदीप, विनाक्षी और कृतिका की टीम को तीसरा पुरस्कार

### एमसीएम में सस्टेनेबल सीएसआर प्रोग्राम डिजाइन पर प्रतियोगिता

चंडीगढ़ (बिजनेस आख्यार / हिमप्रच)। मेहर चंद महाजन डीएवी कॉलेज फॉर वुमन के पोस्ट ग्रेजुएट डिपार्टमेंट ऑफ कॉमर्स ने कॉलेज की स्वच्छ समिति के तत्वावधान में रेस्पॉन्सिबिलिटी डिजाइनिंग ए सस्टेनेबल कॉर्पोरेट सोशल रिस्पॉन्सिबिलिटी प्रोग्राम शीर्षक पर एक राष्ट्रीय स्तर की ऑनलाइन प्रतियोगिता का आयोजन किया। यह प्रतियोगिता कॉलेज के कॉमर्स विभाग की छात्राओं द्वारा संचालित सोसाइटी फिननेक्स के सहयोग से आयोजित की गई। स्थिरता को बढ़ावा देने में सीएसआर की प्रासंगिकता को ध्यान में रखते हुए, प्रतियोगिता का उद्देश्य सीएसआर के लिए नवीन विचारों को उत्पन्न करना था। चंडीगढ़, पंजाब और आंध्र प्रदेश के विभिन्न कॉलेजों के विद्यार्थियों की 18 टीमों ने इस आयोजन में भाग लिया और पावर प्वाइंट प्रेजेंटेशन के माध्यम से अपने प्रस्ताव पेश किए। विजेताओं को नकद पुरस्कार प्रदान किए गए और सभी प्रतिभागियों को ई-प्रमाण पत्र भी दिए गए। प्रतियोगिता में जीजीडीएसडी कॉलेज, चंडीगढ़ की अंचल गुलेरिया, गुंजन गोयल और अलीशा कपिल की टीम को पहला पुरस्कार मिला। दूसरा पुरस्कार मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की लतिका मलिक, हर्षिता, दीक्षा कपूर की टीम को मिला तथा तीसरा पुरस्कार भी इसी कॉलेज की किरणदीप, विनाक्षी और कृतिका की टीम को दिया गया। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने भावी कर्मचारियों के बीच सकारात्मक सामाजिक भूमिका के लिए सीएसआर के महत्व के बारे में जागरूकता बढ़ाने के लिए इस प्रतियोगिता की प्रासंगिकता पर प्रकाश डाला। उन्होंने बताया कि एमसीएम वर्षा जल संचयन, मेस फूड वेस्ट से बायोगैस उत्पादन, सौर ऊर्जा दोहन, आदि के माध्यम से पर्यावरण स्थिरता को बढ़ावा देने सहित विभिन्न गतिविधियों के आयोजन से समाज के प्रति अपनी जिम्मेदारी का निर्वहन करता रहा है।



इसका उन्होंने बताया कि एमसीएम वर्षा जल संचयन, मेस फूड वेस्ट से बायोगैस उत्पादन, सौर ऊर्जा दोहन, आदि के माध्यम से पर्यावरण स्थिरता को बढ़ावा देने सहित विभिन्न गतिविधियों के आयोजन से समाज के प्रति अपनी जिम्मेदारी का निर्वहन करता रहा है।

### 13. CELEBRATION OF 'EARTH DAY' ON THE THEME 'RESTORE OUR EARTH' BY MCM ECO CLUB AND SWACHHTA COMMITTEE (ARTS)

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

**Activity coordinators:** Mrs. Suman Mahajan & Dr Bhavna Sood

**Number of participants:** 14 students and 5 faculty members

**Objectives:**

- To raise awareness among students about the consequences of climate change and global warming
- To act towards the protection of the environment and focus on the need for conservation.

**The Context:** The first Earth Day was held on April 22, 1970, when San Francisco activist John McConnell and Wisconsin Senator Gaylord Nelson separately asked Americans to join in a grassroots demonstration. Dealing with dangerously serious issues concerning toxic drinking water, air pollution, and the effects of pesticides, an impressive 20 million Americans (10% of the population) ventured outdoors and protested together. President

Richard Nixon led the nation in creating the Environmental Protection Agency, which

followed with successful laws including the Clean Air Act, the Clean Water Act, and the Endangered Species Act. The fight for a clean environment now continues with increasing urgency, as the ravages of climate change become more and more apparent every day.

**The Practice:** As a part of Bharat ka Amrut Mahotsav@75, activities were organized on the theme 'Restore our Earth' to mark the celebration of 51<sup>st</sup> anniversary of the Earth Day. Students participated by sending a picture while:



A carry bag made by recycling old newspapers to eliminate the use of plastic bags permanently



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

- i. Gifting a Herbal Plant
- ii. Recycling a daily use item (replacing plastic)
- iii. Making an effort to overcome COVID-19

**Evidence of Success:** Fourteen students and five faculty members participated enthusiastically in the event. The judges were: Ms. Madhvi Bajaj, Dr Seema Kanwar and Dr Preeti Gambhir. The prize winners received cash prizes as well as e-certificates, the details of which are as follows:



1<sup>st</sup> Prize (Rs. 800/-)      Satwinderjot Kaur, BSc. I Non-medical

2<sup>nd</sup> Prize (Rs. 600 /-)      Amisha, BSc. I Non-medical

3<sup>rd</sup> Prize (Rs. 400 /-)      Kriti Kaur Bhatia, BA-I

Consolation Prizes      Ashish Kaur BA-II and Kirti Jain BA-I

## **14. CELEBRATION OF EARTH DAY – 2021 BY NSS UNITS**

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

**Number of participants:** 70 NSS Volunteers

**Objective:**

- To restore our environment in the best way possible
- To promote environmental awareness
- To motivate volunteers to take care of their surroundings
- To encourage the volunteers to minimize pollution as much as possible.
- To encourage the volunteers to make the best use of waste material





**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

**The Context:** The Earth Day is observed on 22<sup>nd</sup> April across the globe and people actively take part in activities and raise awareness about various critical issues faced by Earth. The theme for this year's Earth Day is 'Restore Our Earth'. It focuses on the natural processes and emerging green technologies that can restore the world's ecosystems. The activities were designed in such a way that it fulfils the theme of this year's Earth Day like plantation, recycling, water conservation, making paper bags, donations etc.

**The Practice:** The NSS Units of the College celebrated the Earth Day on 22<sup>nd</sup> April 2021. More than 70 volunteers participated in the Earth Day celebration by performing activities at their places which focused on the Earth Day Theme of 2021 i.e "Restore our Earth". The volunteers planted saplings at home, donated old book sets, and story books, learnt the ways of organic farming, irrigated plants, recycled daily items using a sustainable approach, made paper bags, made the best use of waste material, donated flower pots to neighbours, and house help. The volunteers made sure that

they followed all the necessary COVID-19 protocols. The activities were done in order to make sure that the environment may be restored in the best way possible



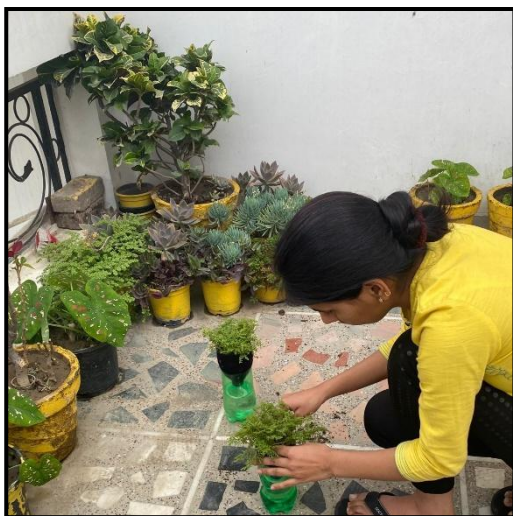
and can be made a better place to live in for nature. Despite the pandemic, the volunteers creatively performed the Earth Day Activity and kept the NSS spirit alive.





**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

**Evidence of Success:** The volunteers performed the activities in a brilliant and creative way. The COVID-19 PANDEMIC has never been an obstacle in fulfilling our NSS duties. Despite the pandemic, the volunteers remembered the NSS motto 'Not Me, But You', and beat all odds in order to achieve their aim.





## पृथ्वी दिवस पर आयोजित प्रतियोगिताओं में 70 स्वयंसेवकों ने लिया हिस्सा

**जगमोहन न्यूज**

**चंडीगढ़।** एमसीएम डीएवी कॉलेज फॉर वीमेन की एनएसएस इकाइयों और स्वच्छ समिति (कला) ने पृथ्वी दिवस को बड़े उत्साह के साथ मनाया। इस वर्ष पृथ्वी दिवस के विषय रिस्टर अवर अर्थ पर केंद्रित इस उत्सव में लगभग 70 एनएसएस स्वयंसेवकों ने विभिन्न गतिविधियों में उत्साहपूर्वक भाग लिया, जिसमें की पुराने कपड़ों से मास्क और कपड़े के थैले बनाना, अपशिष्ट पदार्थों का पुनर्चक्रण, बर्ड फीडर और प्लांटर्स के रूप में उपयोग की हुयी बोतलों का पुन-उपयोग, पुस्तकों का दान, अपने-अपने निवास स्थानों पर पौधे लगाना, स्व-सिंचित प्लांटर्स, स्पिकलर का



उपयोग करके और अपने संबंधित स्थानों पर रसोई कचरे से खाद बनकर जल संसाधनों का संरक्षण। इस प्रकार कॉलेज की स्वच्छता समिति (कला) ने भारत का अमृत महोत्सव, भारत 75 के तत्वावधान, पृथ्वी दिवस के उपलक्ष्य में एक ऑनलाइन सेल्फी चैलेंज का आयोजन किया। इस प्रतियोगिता में छात्राओं को किसी हर्बल पौधे को उपहार में देते हुए या किसी दैनिक उपयोग की वस्तु को

पुनर्चक्रित करते हुए (प्लास्टिक को प्रतिस्थापित करते हुए) अथवा कोविड -19 महामारी की रोकथाम हेतु किये गए प्रयास का चित्र भेजना था। प्रतियोगिता के विजेताओं को नकद पुरस्कार और ई-प्रमाण पत्र से सम्मानित किया गया। कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने एनएसएस इकाइयों और स्वच्छता समिति के प्रयासों की सराहना करते हुए कहा कि समाज को जागरूक करने एवं हमारे अंधाधुंध क्षति के प्रभाव से बचाने के लिए इस प्रकार की गतिविधियां वर्तमान समय में अत्यधिक प्रासंगिक हैं।

## पृथ्वी दिवस : 'रिस्टर अवर अर्थ' पर एम.सी.एम. कॉलेज में उत्सव, 70 वॉलंटियर्स ने लिया हिस्सा 'योग्य जीवन जीने के लिए शुद्ध पर्यावरण जरूरी'

### बेकार वस्तुओं से बनाया उपयोगी सामान

**चंडीगढ़।** डीएवी कॉलेज फॉर वुमन की एनएसएस इकाई और स्वच्छ समिति ने शुक्रवार को पृथ्वी दिवस पर बेकार वस्तुओं का पुनः उपयोग और पौधरोपण कार्यक्रम करवाया। विभिन्न गतिविधियों में लगभग 70 एनएसएस स्वयंसेवकों ने भाग लिया। स्वयंसेवकों ने पुराने कपड़ों से मास्क और कपड़े के थैले, अपशिष्ट पदार्थों का पुनर्चक्रण, बर्ड फीडर और प्लांटर्स के रूप में उपयोग की बोतलों का पुनः उपयोग, पुस्तकों का दान, अपने-अपने निवास स्थानों पर पौधे लगाना, स्व-सिंचित प्लांटर्स, स्पिकलर का उपयोग करके रसोई कचरे से खाद बनाने जैसी गतिविधि आयोजित करके आसपास के पर्यावरण को स्वच्छ और स्वस्थ रखने का संदेश दिया। कॉलेज प्राचार्या डॉ. निशा भार्गव ने एनएसएस इकाइयों और स्वच्छता समिति के प्रयासों की सराहना की। ब्यूरो

## एमसीएम में पृथ्वी दिवस का आयोजन

चंडीगढ़ (हिमप्रभा ब्यूरो)। मेहरचंद महाजन डीएवी कॉलेज फॉर वीमेन की एनएसएस इकाइयों और स्वच्छ समिति (कला) ने पृथ्वी दिवस को बड़े उत्साह के साथ मनाया। इस वर्ष पृथ्वी दिवस के विषय रिस्टर अवर अर्थ पर केंद्रित इस उत्सव में लगभग 70 एनएसएस स्वयंसेवकों ने विभिन्न गतिविधियों में उत्साहपूर्वक भाग लिया, जिसमें की पुराने कपड़ों से मास्क और कपड़े के थैले बनाना, अपशिष्ट पदार्थों का पुनर्चक्रण, बर्ड फीडर और प्लांटर्स के रूप में उपयोग की हुयी बोतलों का पुन-उपयोग, पुस्तकों का दान, अपने-अपने निवास स्थानों पर पौधे लगाना, स्व-सिंचित प्लांटर्स, स्पिकलर का उपयोग करके

और अपने संबंधित स्थानों पर रसोई कचरे से खाद बनाकर जल संसाधनों का संरक्षण। इस प्रकार कॉलेज की स्वच्छता समिति (कला) ने भारत का अमृत महोत्सव, भारत @ 75 के तत्वावधान, पृथ्वी दिवस के उपलक्ष्य में एक ऑनलाइन सेल्फी चैलेंज का आयोजन किया। इस प्रतियोगिता में छात्राओं को किसी हर्बल पौधे को उपहार में देते हुए या किसी दैनिक उपयोग की वस्तु को पुनर्चक्रित करते हुए (प्लास्टिक को प्रतिस्थापित करते हुए) अथवा कोविड -19 महामारी की रोकथाम हेतु किये गए प्रयास का चित्र भेजना था। प्रतियोगिता के विजेताओं को नकद पुरस्कार और ई-प्रमाण पत्र से सम्मानित किया गया। कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने एनएसएस इकाइयों और स्वच्छता समिति के प्रयासों की सराहना करते हुए कहा कि समाज को जागरूक करने, पृथ्वी के संरक्षण तथा हरित पृथ्वी की परिकल्पना को साकार करने एवं हमारे अंधाधुंध क्षति के प्रभाव से बचाने के लिए इस प्रकार की गतिविधियां वर्तमान समय में अत्यधिक प्रासंगिक हैं।

### चंडीगढ़ की मॉडल जेल



## 15. SECOND WORKSHOP IN THE SERIES OF “FOOD FOR MIND, BODY AND SOUL” WORKSHOPS TITLED- “TWO DAY NATIONAL HANDS – ON TRAINING- CUM- WORKSHOP ON YOGA AND MEDITATION” ORGANIZED UNDER THE AEGIS OF FIT INDIA MOVEMENT

**Date:** 22<sup>nd</sup> - 23<sup>rd</sup> of April' 2021

**Number of participants:** 480

**Objectives:** After a successful beginner level workshop, this second one in the series focused on the intermediate level of Yoga and Meditation. Day 1 focused on the correct breathing technique and pattern, breathing exercises, the overall wellness and specific asanas to strengthen the lungs considering the rise in the spread of Coronavirus. The 2<sup>nd</sup> day of the workshop stressed on the practices of Modern Yoga and Artistic Yoga including the widely popular and practiced Surya Namaskar; and various pranayamas and breathing exercises. The overall aim of the workshop was to create awareness among the people about the benefits of Yoga and Meditation and its utility and applicability in the current unprecedented times of the pandemic. The practical demonstrations made it all the more interesting and engaging.

**The Context:** The second workshop in the series of “Food for Mind, Body and Soul”



workshops titled- “Two Day National Hands – on Training- cum- Workshop on Yoga and Meditation” was organized under the aegis of Fit India Movement by Mehr Chand Mahajan DAV College for Women. It was well attended by participants from all over

the world and the resource persons focused on the various pranayamas and correct breathing techniques and asanas to build immunity among the participants.

**The Practice:** The resource person on Day 1 was Yogacharya Raman Kumar- National Coach- Indian Yoga Team; Organizing Secretary- Asian Yoga Federation, Yoga Federation of India; and the resource person of Day 2 was Dr Gunanidhi Sharma from the Govt. College of Yoga, Education & Health, Chandigarh. Over 480

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**



participants enthusiastically joined in from all across the globe including countries like Ghana, Philippines, and Pakistan. More than 480 participants enthusiastically joined in learning and practicing the art of Yoga and Meditation. On day 1, Yogacharya Raman Kumar ji emphasized on the correct way and pattern of breathing, the urgency of correcting one's daily routine habits like getting up and sleep cycle to regulate the body clock in the right direction. He stressed on the lifestyle diseases like diabetes, hypertension, PCOD, heart diseases, low back pain, and the lung strengthening exercises, considering the Coronavirus-which was also the highlight of the session. The importance of applying oil in the nostrils to fight numerous diseases and the nabhi balancing garnered a lot of appreciation from the audiences. He patiently took to the numerous curiosities of the participants.

Day 2 of the workshop began with Dr Gunanidhi introducing the practice of modern Yoga types like Iyengar Yoga, Vini Yoga hot yoga with special reference to rhythmic yoga. His very able student Ms. Jyoti, who is a Gold medalist in Senior state Yoga Championship, and a bronze medalist in National Yoga championship demonstrated various Sukshma Vyayamas to warm up different parts of the body. The Sun salutation or Surya Namaskar with



Mantras and Breathing was done for a complete warm up of the body. Certain standing postures like Tadasana, Tiryak Tadasana (3 variations), Trikonasana, Warrior pose, Virbhadrha asana; and seated postures like Janu Shirasan, Paschimottanasana and Chakki Chalan were also demonstrated. The techniques of

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

Pranayam in the forms of Kapalbhathi, Nadi Shodhan and Bhramari were taught and they were actively tried on by the participants too during the session. The day



concluded with a special meditation relating to the sense organs and three dimensions of life i.e; Body, Mind and Soul along with Mantrocharan.

**Evidence of Success:** The two days of the workshop gave the participants a chance to get an overall knowledge of the most

beneficial technique of global well-being and holistic health in the form of “Yoga and Meditation” in a very efficient manner. The participants were engrossed throughout the sessions and actively practiced along with the resource persons and their vigorous partaking encouraged the resource persons to give in their best. The participants had queries related to the correct ways of doing the asanas and regulating harmony in their bodies through various forms of breathing and stretching. The resource persons entertained the questions of the participants in a very efficient manner which made the overall workshop quite fruitful. The participants who had joined the workshop from abroad specifically expressed their gratitude to the organizers for arranging such a workshop.



**Outcome:** The live demonstrations of the yoga asanas, yogic poses, breathing techniques, pranayama, artistic yoga, and rhythmic yoga kept the participants actively engaged. Principal Dr Nisha Bhargava applauded the successful conduct of the workshop under the aegis of Fit India Movement. She congratulated the resource persons for their brilliantly carried out sessions and highlighted the imperativeness of holistic health in today’s times by suggesting practicing the art of Yoga and Meditation

religiously. The co- convener of the workshop Dr Anju Lata also highlighted the



## REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)

importance of inculcating healthy habits in our lifestyle to enhance vitality and ward off illnesses. She thanked the resource persons of the workshop 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.



## 16. INTERACTIVE SESSION ON 'PREVENTION AND CONTROL OF MOSQUITO BORNE DISEASES' TO CELEBRATE WORLD MALARIA DAY ORGANIZED BY HEALTH COMMITTEE AND MCM ECO-CLUB

**Date:** 25 April 2021

**Activity coordinator:** Dr Sarabjeet Kaur

**Number of participants:** 40 Students

**Objective:** To make students aware about breeding and feeding grounds of mosquitoes which can help them take right initiatives to prevent the spread of vector borne diseases in their neighbourhood

**The Context:** World Malaria Day is an international observance commemorated every year on 25 April and recognizes global efforts to control malaria. The day was established to provide "education and understanding of malaria" and spread information on year-long intensified implementation of national malaria-control strategies, including community-based activities for malaria prevention and treatment in endemic areas. Globally, 3.3 billion people in 106 countries are at risk of malaria. Many guidelines to control the spread of mosquitoes and associated diseases have been documented but there is a need to make the public aware about them.



**The Practice:** The Health Committee of the college in collaboration with MCM Eco-



club organized an online interactive session with the students on the topic "Prevention and control of mosquito borne diseases". Over 40 Students of Undergraduate classes along with faculty members attended the session where Ms. Saumya and Ms. Parneet of B.Sc. II Medical explained preventive measures through power point presentation. They discussed the life cycle and characteristics of male and female *Aedes*, *Anopheles* and *Culex* species. This was followed by a fruitful discussion

## REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)

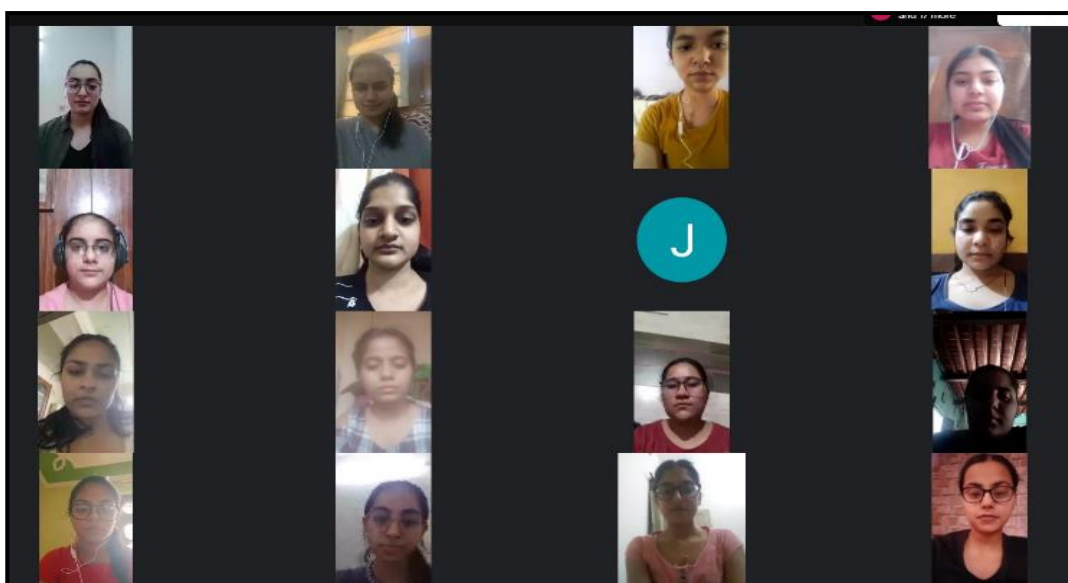
on chemical, biological, and genetic controls undertaken at national level. Students also discussed herbal remedies to prevent mosquitoes along with fumigation, use of insect repellents etc.

2. **PERSONAL PROTECTION** whereby a person can be protected from mosquito bites using repellent, mosquito coil, mat, clothing.

3. **CHEMICAL CONTROL** whereby chemical insecticides are used to kill the mosquitoes, such as by fogging. Chemical insecticides can also be applied directly to mosquito breeding sites or resting sites (indoor and outdoor spray) to kill the larvae and adults respectively;



**Evidence of Success:** Students participated and discussed the ways to prevent the spread of mosquito borne diseases. They also volunteered to take steps for preventing mosquito breeding in and around their homes.





## 17. POWERPOINT PRESENTATION ON 'RAINWATER HARVESTING SYSTEM AND ITS ROLE IN WATER CONSERVATION' BY MCM ECO CLUB

Date: 27<sup>th</sup> April 2021

Activity coordinator: Dr Neetu

Number of participants: 42 students

Objectives:

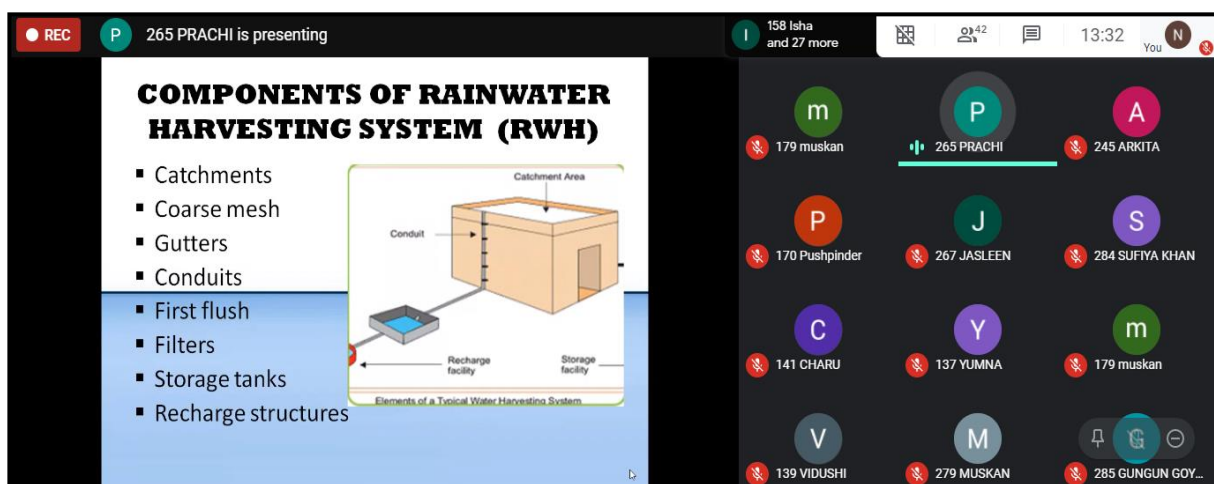
- To sensitize students about water conservation
- To spread awareness about Rainwater Harvesting System

**The Context:** As the rate of water consumption is increasing with a growing population, sustainable use of water would help maintain a balance between its demand and supply. Rainwater harvesting (RWH) is the most traditional and sustainable method, which can be easily used for potable and non-potable purposes both in residential and commercial buildings.

**The Practice:** Two students of B.Sc. I Medical (Prachi & Muskan Narula) gave an online presentation on the theme 'Rain Water Harvesting System and its role in Water conservation'. The following aspects were covered during the presentation:

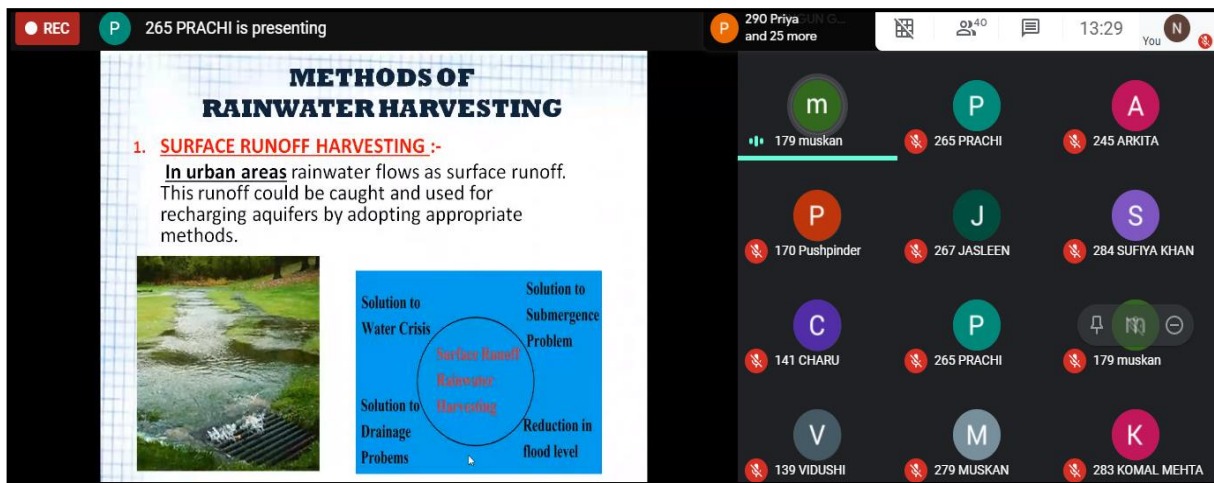
- Introduction to Rainwater Harvesting System (RWH)
- Methods of Rainwater Harvesting
- Components of RWH
- Working of Rainwater Harvesting System
- Advantages, Disadvantages and Future of RWH

**Evidence of Success:** The Presentation aimed to highlight the threat of water scarcity and suggest Rainwater Harvesting as a decentralized water source for the



## REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)

future needs. As many as 42 students participated enthusiastically in the interactive session.



### 18. CLEANING OF HOUSE DAILY FOR BETTER HYGIENE

Date: 30.04.2021

Activity coordinator: Dr Divya Sharma

Number of participants: 50

Objective: To promote the practice of hygiene by daily cleaning of houses

**The Context:** In today's scenario when diseases like COVID-19 are spreading, there is a dire need of including some cleanliness practices in our daily routine for better hygiene. Hygienic conditions at homes help us to stay infection free and bring freshness of thoughts and liveliness.



**The Practice:** Students of B.Sc. I Medical were encouraged to clean and sanitize various areas in their houses like entry gates, doorbells, door knobs, common railings, shelves, window panes etc.as a preventive measure for infectious diseases.

**Evidence of Success:** This activity motivated the students to follow the cleanliness practices. They enthusiastically participated and promised to keep their respective places clean on daily basis.



## **19. ONLINE WORKSHOP ON ECO-FRIENDLY GIFT PACKAGING AND WRAPPING**

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

**Activity coordinator:** Dr Shafila

**Number of participants:** 78

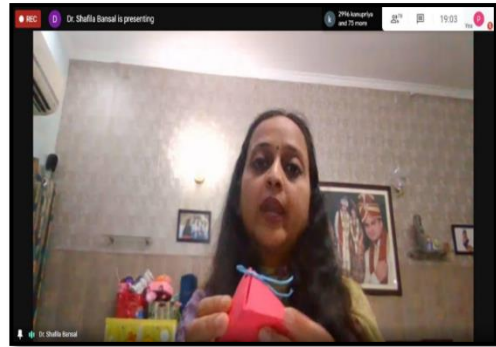
**Objective:** To promote usage of environment friendly material for gift wrapping and packaging to reduce plastic pollution

**The Context:** The most obvious form of pollution associated with plastic packaging is wasted plastic sent to landfills. Plastics are very stable and therefore stay in the environment for a long period after they are discarded. Plastics put a big chemical burden on the environment. Plastic pollution ends up covering the water surface leading to the impermeability of air to the aquatic biomasses. Every year millions of marine animals die because of plastic pollution. Therefore, promotion of eco-friendly alternatives of plastic wrappings and packaging is imperative.



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

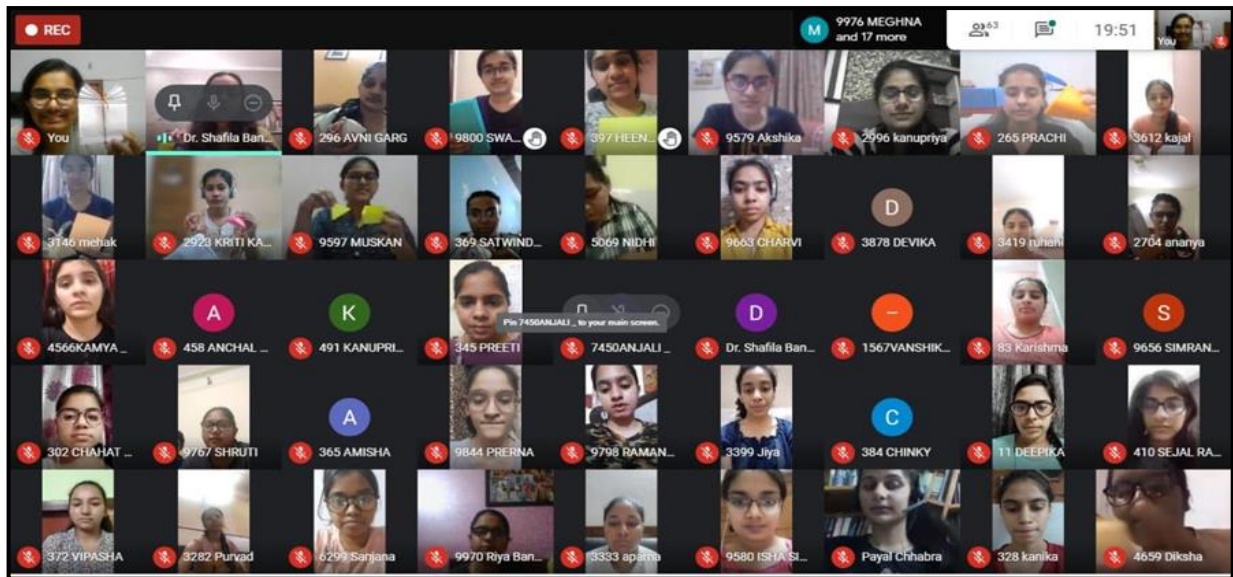
**The Practice:** Keeping in view the environmental impacts of plastic boxes for gift packaging and plastic wrappings, Department of Environment Science of the college in collaboration with MCM Eco-club organized an online workshop on eco-friendly gift packaging and wrapping ideas. Over 78 students from various streams of the college participated enthusiastically. During the workshop, Dr Shafila demonstrated numerous attractive eco-friendly ideas on gift packaging. She promoted the use of handmade papers, recycled papers, newspapers as a substitute for non-biodegradable plastic wrappings. Participants learnt various ways of making paper boxes and paper bags as an alternate of plastic boxes for gifts packaging.



**Evidence of Success:** Students enrolled for the workshop and actively participated in learning the eco-friendly ways of gift wrapping and packaging. Participants showed their creativity and shared the pictures of their handmade products.



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**



## **20. WEBINAR ON ENVIRONMENTAL IMPACTS OF PLASTIC CUTLERY AND ITS ECOFRIENDLY ALTERNATIVES**

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

**Activity coordinator:** Dr Shafila

**Number of participants:** 62

**Objectives:** To promote usage of environment friendly cutlery during parties and weddings as an alternative to plastic cutlery

**The Context:** Plastic cutlery is everywhere, and most of it can be used only once so comes under single use plastic. Plastic cutlery items can't be recycled easily, even when made from good quality recyclable plastic. Like other plastic items such as bags and bottles, cutlery can take centuries to break down naturally, giving the plastic waste ample time to work its way into the environment. Moreover, some of these small plastic cutleries such as spoons and forks can be ingested accidentally by marine life leading to their death. Every year millions of

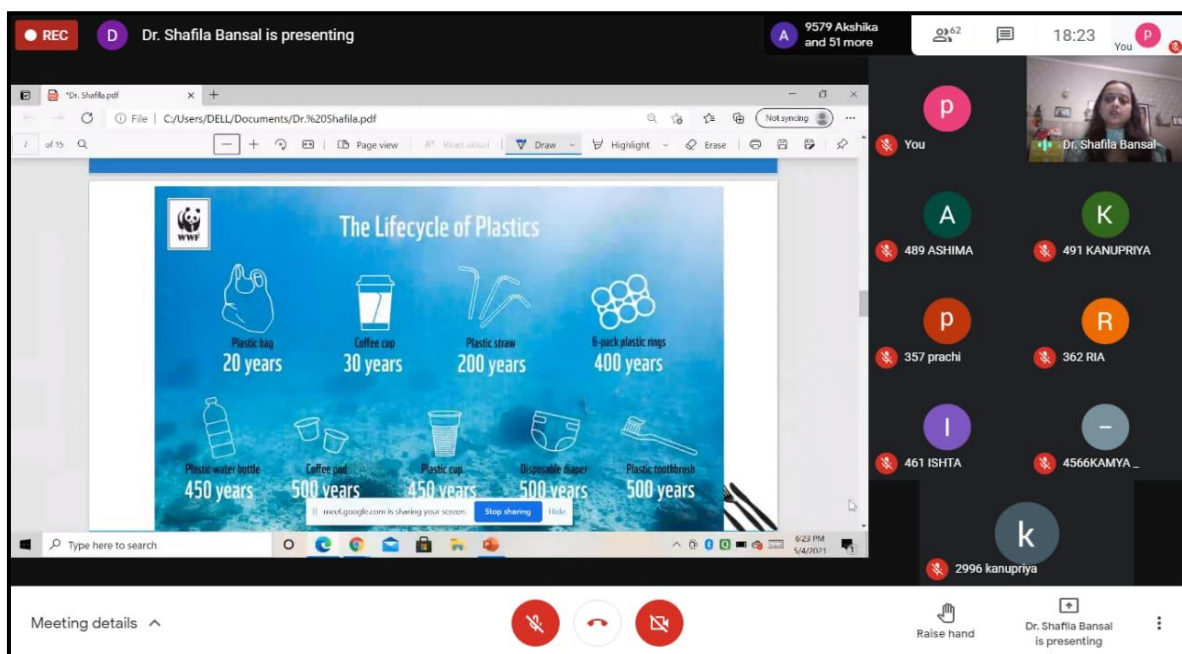


## REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)

marine animals die because of plastic cutlery pollution. Therefore, the promotion of eco-friendly alternatives of plastic cutlery is imperative.

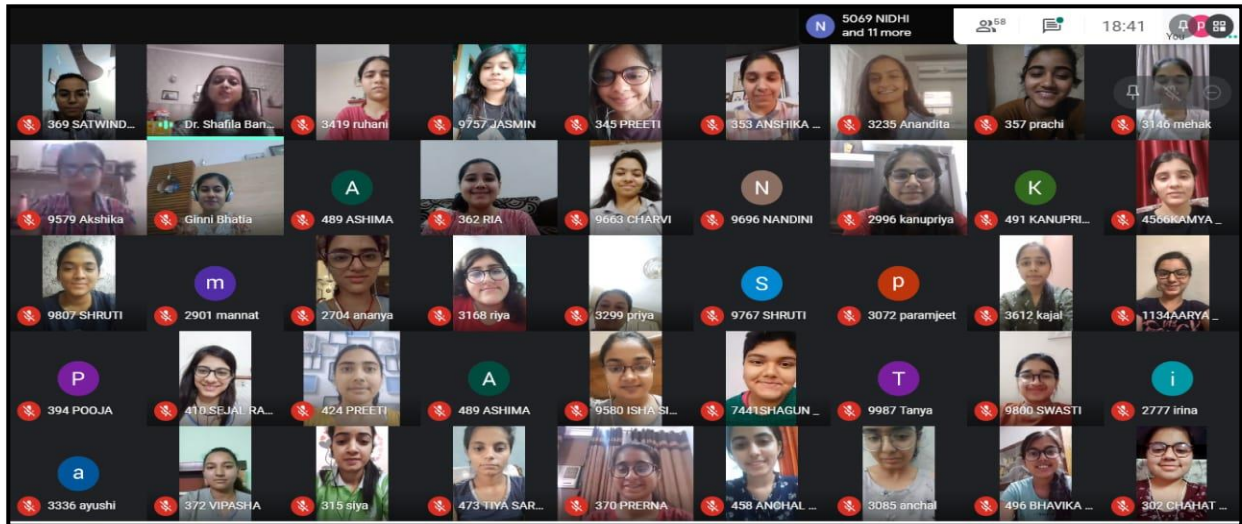
**The Practice:** Keeping in view the environmental impacts of plastic cutlery used in parties and weddings, Department of Environment Science of the college in collaboration with MCM Eco-Club organized a webinar on 'Environmental Impacts of Plastic Cutlery and its Eco-friendly Alternatives'. Over 62 students from various streams of the college participated enthusiastically. During webinar, Dr Shafila highlighted properties of plastic, its types, role and usage of plastic in our daily life, lifecycles of various plastic items and impacts on environment with special emphasis on marine environment. The resource person discussed numerous reasons to refuse single use plastic and various ways to reduce plastic in our workplace. Dr Shafila made students aware about the availability of more eco-friendly and biodegradable cutlery options available in the market. The materials such as wood, rice husk, wheat husk, starch of vegetables and coconut wood etc. are better substitutes for plastic in designing cutlery.

**Evidence of Success:** Students attended the webinar and actively participated in the discussion on the topic. Participants shared their views and alternative methods to reduce the use of plastic cutlery in daily life. They learnt about the new eco-friendly options available in the market.





**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**



**21. AWARENESS ON WASTE SEGREGATION- USAGE OF APPROPRIATE BINS ORGANIZED BY NSS UNITS AND MCM ECO CLUB**

**Date:** 7<sup>th</sup> May – 14<sup>th</sup> May, 2021

**Activity coordinators:** Dr Pallvi Rani & Dr Purnima Bhandari

**Number of participants:** 20 NSS volunteers

**Objectives:**

- To sensitize people about the need of waste segregation through implementation of waste reduction and recycling programs
- To create awareness about the usage of appropriate blue, green and red bins for waste disposal
- To provide information regarding the proper, efficient and economical system of collection, recycling, and disposal services of waste



**The Context:** Segregation of waste is an important step towards cleanliness and sustainability as it makes the process of recycling easier. Effective segregation of waste means that less waste goes to landfill which makes it better for people and the environment. Two types of waste i.e., wet waste and dry waste can be segregated at the source itself which in turn allows effective treatment and disposal. However, there is still

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

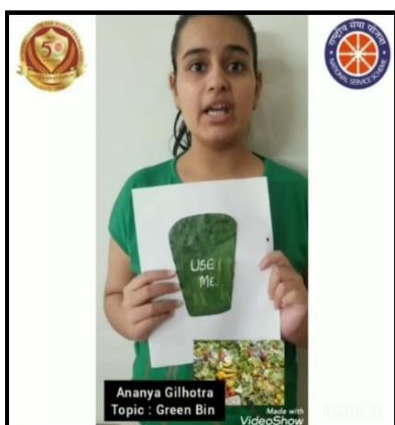
lack of awareness among the people regarding the waste segregation and practice of disposing waste in the appropriate bins.

**The Practice:** Keeping in view the need for sensitizing people about the concept of waste segregation, the NSS Units of the College in collaboration with MCM Eco-Club of the College made an awareness video that highlighted the usage of appropriate bins for effective waste disposal. This initiative has been taken as a part of Green



Good Deeds under the National Green Corps programme. Under the supervision of NSS programme officers Dr Pallvi Rani and Dr Purnima Bhandari, and guidance of Dr Shafila, Assistant Professor, Department of Environment Science, around 20 NSS Volunteers participated enthusiastically in this activity and highlighted the importance of segregation of waste into wet waste and dry waste; use of blue bins for dry waste

(i.e. plastic, paper), green bins for wet waste (i.e. waste generated in our kitchen including organic waste) and red bins for disposal of electronic devices such as batteries, discs etc. In addition, awareness regarding the concept of 3Rs – reduce, reuse and recycle, and production of organic manure from kitchen and garden waste was created by the volunteers.



**Evidence of Success:** The activity was quite informative and insightful as volunteers were able to generate awareness about waste segregation among the students. Following are links of the video uploaded on different social media handles of the institution:

<https://www.facebook.com/MCMDA/CW/videos/212733307104702/>

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

<https://youtu.be/kyjfXovx0Xo>



## **22. AWARENESS ABOUT CAR-POOLING AS AN ENVIRONMENT FRIENDLY HABIT THROUGH INFOGRAPHICS ORGANIZED BY DEPARTMENT OF ZOOLOGY AND MCM ECO CLUB**

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

**Activity coordinator:** Ms. Kadambari Pathania

**Number of participants:** 30 students

**Objectives:** To understand the importance of carpooling and spread awareness about various benefits of carpooling

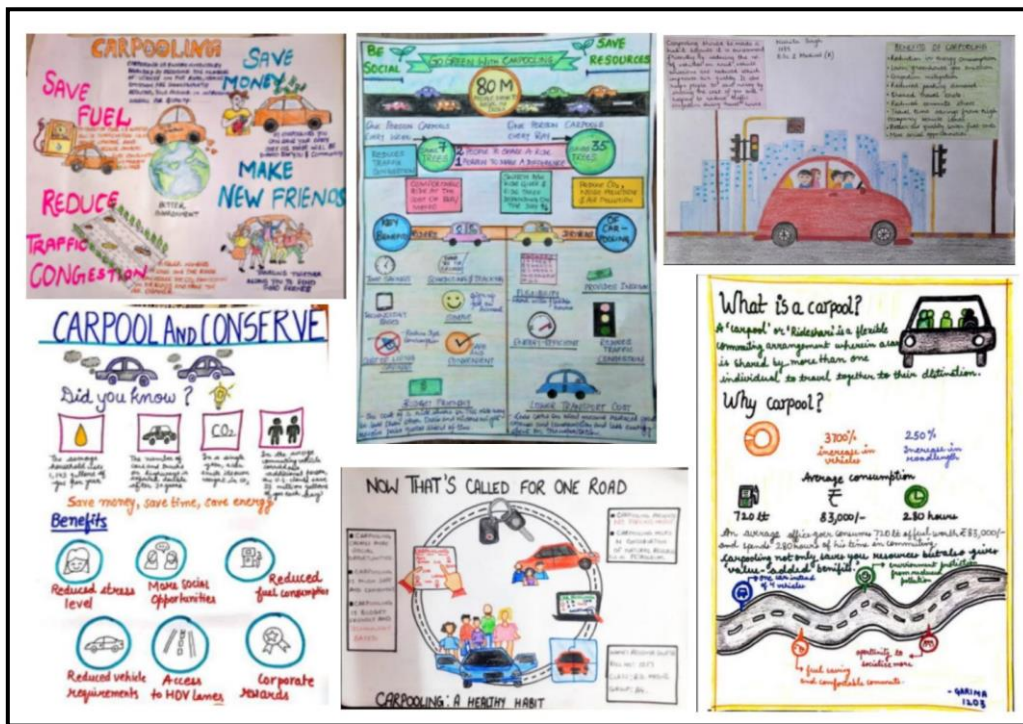
**The Context:** The increasing number of vehicles on our roads has resulted in higher levels of air and noise pollution. Moreover, most individuals prefer to travel alone in cars which further adds to the traffic congestion and carbon emissions. Carpooling, if taken up, can reduce the individual's travelling cost, carbon footprint, stress of commuting, noise pollution and air pollution. Carpooling, can therefore have a positive impact on the health of both the individual and the environment.

**The Practice:** The Department of Zoology and MCM Eco-Club organized an infographic designing event where the participants created charts and posters to present their ideas and understanding of carpooling as an eco-friendly habit. Carpooling is an efficient way of socializing, reducing stress levels of an individual while commuting; saving fuel costs and this habit can result in reduction of the carbon footprint, noise and air pollution. The practice of carpooling was being followed by a few students before the pandemic who travelled by taxis. The students were motivated and encouraged to continue with this practice after the pandemic.



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

**Evidence of Success:** All the participants were students of B.Sc. Medical. The students came to know not only about the significance of carpooling for our environment but also about how carpooling can benefit individuals as well. Inculcating the habit of carpooling can successfully reduce the load on the environment.



**23. POSTER MAKING ACTIVITY ON THE TOPIC "TO CONTROL THE BASS OF MUSIC SYSTEMS BECAUSE IT CAUSES NOISE POLLUTION" ORGANIZED BY DEPARTMENT OF MATHEMATICS AND MCM ECO-CLUB**

**Date:** 13<sup>th</sup> May, 2021

**Activity coordinator:** Dr Swati Sidana

**Number of participants:** 35 Students

**Objective:** To make students aware about the harmful effects of high bass on music systems.

**The Context:** Noise can cause hearing impairment, ear ache and noise-induced hearing loss. High bass of music systems cause noise pollution in the air. More than 115 decibel



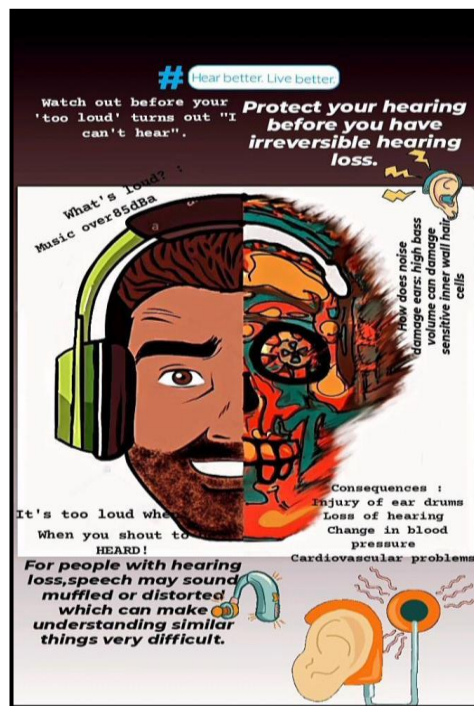
**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

sound is injurious to ears and more than 135 decibels can break eardrums.

**The Practice:** The Department of Mathematics and MCM Eco-Club organized an Online Poster making event on the topic “Control the bass of the music systems because it causes noise pollution. The students of M.Sc. I and M.Sc. II Mathematics participated in the event. With relevance to the theme, participants chose to mention the problems caused by high bass of music systems and its preventive measures. High bass causes health issues, sleeping disorders, heart problems and hearing problems. Children, chronically ill and elderly people are most affected because of high bass. Participants presented their views in the form of posters, which made it convenient to disseminate the information to one and all, in a precise way.



**Evidence of success:** Participants designed their posters (both e-posters and handmade posters) showcasing their creativity to illustrate points of interest, so that readers could get insight into several facts of noise pollution created by high bass music systems.





**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

## CONTROL ON THE BASS OF MUSIC SYSTEM

**Increase bass leads to health issues**

**Factors to control on bass noise**

**High Bass causes noise pollution**

**Use corner Bass traps**

**Set up proper equalizer settings**

**Hearing problem**

**Sleeping disorder**

**Heart Problems**

## CONTROL THE BASS OF MUSIC SYSTEMS

The louder the sound, the quicker it can damage your hearing.

**STOP NOISE POLLUTION**

Televistors, Earphones, Speakers, Concerts, Marriages, Movie Theaters, Religious Places, Election Campaigning.

**Control the bass of music system, since it causes noise pollution!**

## NOISE POLLUTION

**You Cannot Get Real Peace Without Keeping Quiet**

THE LOUDER YOU HONK, FASTER YOUR HEALTH WILL COME NO HONK, PLEASE!

IN US AND SPREAD AWARENESS

CITIZENS, LIKE YOU, MATTER

**Noise Pollution is not the Answer!**

**How hearing loss occurs.**

Decibels (dB)	Source
70	Working machine
80	Traffic near road in a car
90	Leaf blower
100	Shouting crowd
110	Rock concert
120	Ships

85dB is the approximate point at which sustained exposure can cause hearing damage.

## NOISY CONCERNS

LOUD VOLUME AND BASS IS BAD

**IT'S NOT ONLY BAD FOR THE ENVIRONMENT BUT ALSO FOR YOUR BODY.**

LOW CONCENTRATION/ BAD MOOD/ WEAKER IMMUNE SYSTEM/ HEARING LOSS/ INFERTILITY.

KEEP THAT VOLUME AND HYPE LOW. GET CUSTOM EARPHONES MADE AFTER CONSULTING AN AUDIOLOGIST

## DONT LET THE BASS DESTROY THE HYMNS OF MOTHER NATURE

**LISTEN TO THE CRIES OF NATURE INSTEAD OF YOUR HIGH BASS MUSIC**

**HIGH VOLUME TODAY DEAFNESS TOMORROW**

**DONT LET THE BASS DESTROY THE HYMNS OF MOTHER NATURE**

**LISTEN TO THE CRIES OF NATURE INSTEAD OF YOUR HIGH BASS MUSIC**

**HEAR THEM, YOUR EARS WILL THANK YOU!**



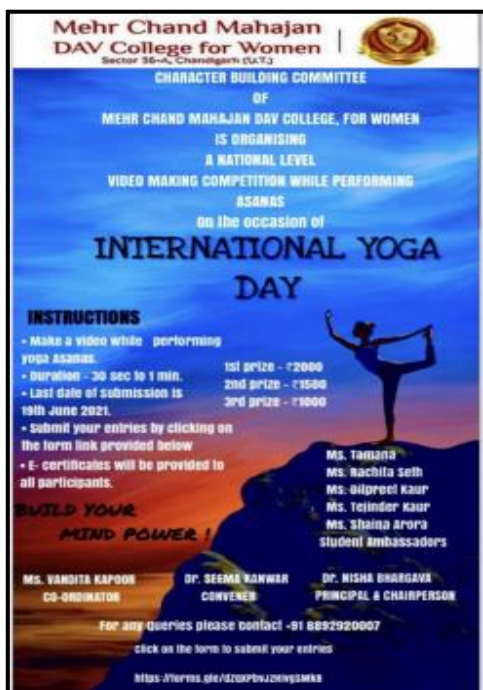
## 24. 'BUILD YOUR MIND POWER', AN ONLINE VIDEO MAKING COMPETITION BY CHARACTER BUILDING COMMITTEE

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

**Activity Co-ordinator:** Ms. Vandita Kapoor

**Number of participants:** 55

**The Objective:** Yoga can be a source of strength in this pandemic. The fear of this virus has kept many of us indoors, this forced confinement has increased the stress on our bodies and minds. So, to relieve stress and strengthen our immune system yoga is the key.



**The Context:** Yoga has been one of the best remedies for our physical and mental illness since ages. On the occasion of International Yoga Day, we thank our body and mind to be with us and relax them away from all the chaos. In today's world, relaxation is a task, but when we think of yoga, it is easy and comforting.

**The Practice:** As per the guidelines of this competition, the students were required to make 30 seconds to 1 minute video of themselves performing yogic asanas. This helped them in enlightening their souls and understanding the importance of yoga in their daily lives.

**Outcome:** The activity witnessed an outstanding response. Many students of different streams, colleges and regions participated.

**Evidence of Success:** Following is the result of the activity:

- **First Prize:** Isha, B.COM
- **Second Prize:** Harshika, BSC MFT I
- **Third Prize:** Aarti, BA PASS FINAL
- **Fourth Prize:** Ganit kumar, BA 3 & Mahaluxmi, BA II
- **Fifth Prize:** Annanya Mahajan, BSC MEDICAL II
- Vibhuti Lamba BA II, PUBLIC ADMINISTRATION



### एमसीएम में अंतर्राष्ट्रीय योग दिवस का मव्य आयोजन

मदरलैंड संवाददाता, चंडीगढ़। 7वें अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन ने बेहद उत्साह के साथ मनाया गया। आयुष मंत्रालय, भारत सरकार द्वारा शुरू किए गए 'बी विद योग, बी एट होम' नामक अभियान के साथ, कॉलेज ने एनएसएस इकाइयों, एनसीसी, साइको सोशल सपोर्ट सेल, चरित्र निर्माण समिति और शारीरिक शिक्षा विभाग द्वारा ऑनलाइन गतिविधियों के साथ दिन मनाया। प्रिंसिपल डॉ. निशा भार्गव ने अपने परिवार के साथ योगाभ्यास कर दिन की शुरुआत की। डॉ. भार्गव ने सभी से शारीरिक और मानसिक स्वास्थ्य की बेहद तरीके लिए योग को अपनाने का आग्रह किया।

### कॉलेज में योग के विभिन्न आसन और वीडिंग एक्सरसाइज की टी जानकारी

7वें अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में एमसीएम डीएवी कॉलेज फॉर विमेन में आयुष मंत्रालय, भारत सरकार द्वारा शुरू किए गए 'बी विद योग, बी एट होम' नामक अभियान के साथ ऑनलाइन गतिविधियों के साथ दिन मनाया। प्रिंसिपल डॉ. निशा भार्गव ने कहा कि यह प्राचीन भारतीय परंपरा का एक अमूल्य उपकरण है जिसने मनी-सामाजिक देखभाल और मादमरी के समय में सामाजिक अलग के प्रभावी से लड़ने में महत्वपूर्ण भूमिका निभाई है। कॉलेज की एनएसएस इकाइयों ने साइको सोशल सपोर्ट सेल के तत्वाधान में योग प्रशिक्षक रोहित द्वारा ऑनलाइन योग सत्र का आयोजन किया। सत्र के लिए 120 से अधिक छात्रा सदस्यों और स्टाफमेम्बरो ने पंजीकरण कराया। सत्र के दौरान, आसनों का प्रदर्शन किया, जिसमें उष्टसन, शालाकसन, धनुरासन, चक्रासन और त्रिकोणसन शामिल है। इनमें वीडिंग एक्सरसाइज करने का सही तरीका भी बताया। एनएसएस के कुछ सदस्यों ने विभिन्न एजेंसियों द्वारा राष्ट्रीय और राज्य स्तर पर आयोजित ऑनलाइन प्रमोतरी प्रतियोगिताओं में भी भाग लिया। पुरस्कार विजेता योग प्रशिक्षक के मोनारिटा द्वारा ऑनलाइन योग प्रदर्शन का भी आयोजन किया। 100 से अधिक कार्यकारी और छात्र सत्र में शामिल हुए, जिसमें मोनारिटा ने विभिन्न आसनों का सजीव प्रदर्शन किया।

## 25. NATIONAL LEVEL ONLINE QUIZ ON BIODIVERSITY ORGANIZED BY DEPARTMENT OF BOTANY IN COLLABORATION WITH MCM ECO-CLUB

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

**Number of participants:** 103

**Activity Coordinators:** Dr Gunjan Sud & Dr Purnima Bhandari

**Objectives:**

- To spread awareness and increase the understanding about the biodiversity issues

**The Context:** The International Day for Biological Diversity is annually observed on 22<sup>nd</sup> May. This year 2021 the theme is “We’re part of the solution”. Biodiversity plays an important role in upholding the balance of the earth. It is the foundation of ecosystem services to which human well-being is intimately

22 MAY 2021  
BIODIVERSITY DAY

To mark the celebration of the  
"INTERNATIONAL DAY OF BIODIVERSITY"  
which falls on 22 May, 2021  
DEPARTMENT OF BOTANY

**MEHR CHAND MAHAJAN DAV COLLEGE  
FOR WOMEN, SECTOR-36 A, CHANDIGARH**

is organizing  
**A NATIONAL LEVEL ONLINE QUIZ ON BIODIVERSITY**

**RULES:**

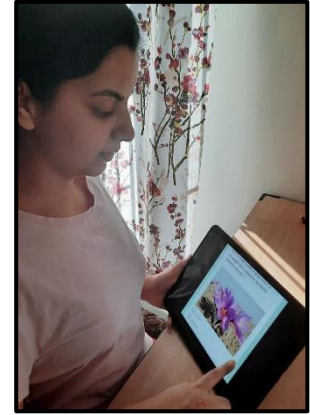
- Participation is open to all Bonafide UG College Students
- All relevant, valid details to be filled in the Registration-cum-Participation form before attempting the Quiz
- Cash Prizes -1st Position - 2000/-  
2nd Position - 1500/-  
3rd Position - 1000/-
- Certificates will be provided to students securing more than 70% marks

Registration-cum-Participation Link:  
<https://forms.gle/bKTKsJrQVcnHLX6>

TIME: 5:00-5:35 P.M  
DATE: MAY 22, 2021

DR. PURNIMA BHANDARI (COORDINATOR) 98728 63320 | DR. GUNJAN SUD (HOD & COORDINATOR) 94173 18386 | DR. NISHA BHARDAVA (PRINCIPAL & CONVENER)

linked with intricate web of different varieties of animals, plants, fungi, and even microorganisms like bacteria that make up our natural world. If one of them gets extinct, then others will start getting endangered too. However, it has been observed that loss of biodiversity affects human health while maintenance of the same protects us from even deadly diseases including Coronavirus.



**The Practice:** Keeping in view the relevance of the day, Department of Botany in collaboration with MCM Eco-Club organized a National level Online Quiz on Biodiversity where around 103 participants from 7 different states and 1 U.T. across the country took part in the event. The quiz was based on several facts based on biodiversity of plants, animals and their intricate relationships.

**Evidence of Success:** The event witnessed an enthusiastic participation of students from across the nation. The results are as follows:

**First Prize:** Aarya Sharma, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh

**Second Prize:** Navneet Kaur, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh

**Third Prize:** Chirag Kundra, Dr Ambedkar Institute of Hotel Management, Sector 42, Chandigarh.

**जैव विविधता के प्रति जागरूक किया**

चंडीगढ़। एमसीएम डीएवी कॉलेज फॉर वुमन के वनस्पति विज्ञान, जीव विज्ञान विभाग और इको क्लब ने अंतरराष्ट्रीय जैव विविधता दिवस मनाया। वनस्पति विज्ञान विभाग ने राष्ट्रीय स्तर पर ऑनलाइन जैव विविधता प्रश्नोत्तरी करवाई। एक अन्य गतिविधि में जीव विज्ञान विभाग और कॉलेज के इको क्लब ने संयुक्त रूप से 'माई बैकयार्ड बायोडायवर्सिटी' विषय पर एक ऑनलाइन गतिविधि करवाई। प्राचार्या डॉ. निशा भार्गव ने इन महत्वपूर्ण मुद्दों के बारे में जागरूकता बढ़ाने के लिए वनस्पति विज्ञान, जीव विज्ञान विभाग व इको क्लब के प्रयासों की सराहना की। व्यूरो

### एमसीएम में अंतरराष्ट्रीय जैव विविधता दिवस मनाया

मदरलैंड संवाददाता, चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर वुमन के वनस्पति विज्ञान और जीव विज्ञान विभाग एवं इको क्लब द्वारा जैव विविधता के मुद्दों पर जागरूकता बढ़ाने के लिए ऑनलाइन गतिविधियों द्वारा अंतरराष्ट्रीय जैव विविधता दिवस मनाया गया। इस अवसर पर वनस्पति विज्ञान विभाग ने राष्ट्रीय स्तर पर ऑनलाइन जैव विविधता प्रश्नोत्तरी का आयोजन किया। प्रश्नोत्तरी का उद्देश्य छात्रों को जैव विविधता से संबंधित विभिन्न अवधारणाओं से परिचित कराना था, जिसमें इसके अर्थ, घटक, कार्यप्रणाली और संरक्षण शामिल हैं। एक अन्य गतिविधि में, जीव विज्ञान विभाग और कॉलेज के इको क्लब ने संयुक्त रूप से 'माई बैकयार्ड बायोडायवर्सिटी' विषय पर एक ऑनलाइन गतिविधि का आयोजन किया, जिसका उद्देश्य छात्रों को एक सप्ताह की अवधि के लिए अपने मूल स्थानों में और उसके आसपास जीवों की विविधता का पता लगाने के लिए प्रेरित करना है। प्रतिभागियों द्वारा उनकी टिप्पणियों को क्रमबद्ध तरीके से दर्ज करने के लिए एक खाका प्रदान किया गया जिसमें उन्होंने जानवरों को उनकी प्रजाति के अनुसार वर्गीकृत करने और प्रत्येक अवलोकन स्थलों के लिए जैव विविधता सूचकांक की गणना करने की आवश्यकता थी। दोनों गतिविधियों को छात्रों से जबरदस्त प्रतिक्रिया मिली। प्रधानाचार्या डॉ. निशा भार्गव ने जैव विविधता संरक्षण के महत्वपूर्ण मुद्दों के बारे में जागरूकता बढ़ाने के लिए वनस्पति विज्ञान और जीव विज्ञान विभाग एवं इको क्लब के प्रयासों की सराहना की। उन्होंने कहा कि एक जीवित ग्रह का अस्तित्व उसकी जैव विविधता के बिना अकल्पनीय है क्योंकि प्रजातियों के बीच जटिल अंतर्संबंध पारिस्थितिक संतुलन की ओर ले जाता है जो सभी जीवन रूपों के अस्तित्व के लिए एक आवश्यक शर्त है।



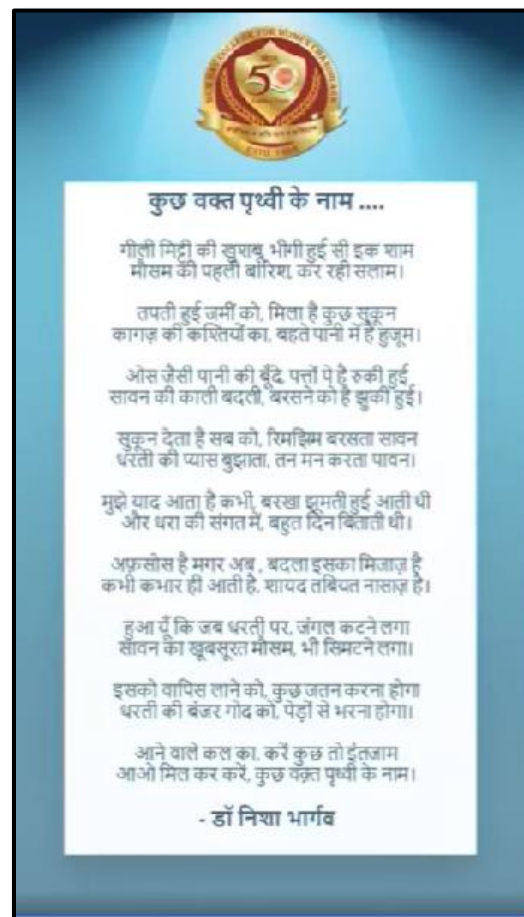
## 26. CELEBRATION OF INTERNATIONAL DAY FOR BIOLOGICAL DIVERSITY

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

**Objectives:** To spread awareness about biodiversity issues and understand the importance of Nature for all living beings

**The Context:** The International Day for Biological Diversity (IBD) is annually observed on 22 May. Theme for the year 2021 is “We’re part of the solution”. Biodiversity plays an important role in upholding the balance of the earth. IDB offers an opportunity for us to re-examine our relationship to the natural world, reflect on the existing challenges, and renew our determination to work together at all levels to build a future in which people live in harmony with nature.

**The Practice:** An awe-inspiring compilation of majestic beauty of Nature at MCM captured through the lens of Principal Dr Nisha Bhargava was exhibited online on the occasion of International Day for Biological Diversity. Link of the video posted on College Facebook page- [https://fb.watch/5\\_LTAXMqlh/](https://fb.watch/5_LTAXMqlh/)



## 27. ONLINE ACTIVITY ON THE THEME “MY BACKYARD BIODIVERSITY”

Date: 22<sup>nd</sup> May, 2021

Activity Coordinators: Dr Neetu & Dr Sarabjeet Kaur

Number of participants: 125 students

**The Practice:** Department of Zoology & MCM Eco-Club organized an online activity on the theme “My Backyard Biodiversity” on the occasion of International Day for Biological Diversity with an aim to motivate the students to explore faunal diversity in and around their native places for a



period of one week. A sample sheet was provided to the students of B.Sc. Medical to help them record their observations in an ordered manner. They were asked to categorize the animals by their phyla and to calculate biodiversity index for each of the observation sites.

**Evidence of Success:** As many as 125 students of B.Sc. Medical participated enthusiastically in the activity by exploring flora and fauna in and around their native places.



## 28. INTER - COLLEGE COMPETITION ON PLANTING A SAPLING AND BEST OUT OF WASTE ON THE OCCASION OF WORLD ENVIRONMENT DAY ORGANIZED BY CHARACTER-BUILDING COMMITTEE AND LANDSCAPING COMMITTEE

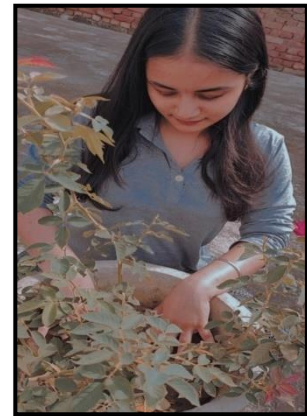
**Date:** 25<sup>th</sup> May – 3<sup>rd</sup> June, 2021

**Number of volunteers:** 52

**Activity Coordinator:** Dr Pallvi Rani

### Objectives:

- To motivate today's generation towards planting a sapling and best out of waste items
- To nurture students as responsible citizens
- To help in preserving mother nature
- To raise awareness among people to protect the environment by examining various problems including environment pollution, drastic climatic changes, greenhouse effect, global warming, black hole effect, etc, among human beings on the planet Earth.



**The Context:** World Environment Day is celebrated on 5th June every year and this year the focus is on biodiversity, calling for nature to be at the heart of all decision-making. The theme for World Environment Day 2021 is 'Ecosystem Restoration. It reminds people about the importance of nature. In the absence of human activities amid the coronavirus-induced lockdown, nature is getting time to clean itself and reclaim its

space. The environment includes the living and non-living things that an organism interacts with or has an effect on it. The United Nations has designated June 5 to be celebrated as World Environment Day to highlight the significance of its protection. World Environment Day has been celebrated since 1974.





**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

**The Practice:** The Character-Building Committee and Landscaping Committee of the College conducted an inter-college competition on World Environment Day. 52 participants participated enthusiastically in this activity under the able guidance of the Respected Principal Ma'am - Dr Nisha Bhargava and Convenor – Dr Seema Kanwar and Coordinator- Dr Pallvi Rani. All the necessary Covid-19 protocols were followed during the conduct of this activity. World Environment Day activities included

- 1) Plant a sapling
- 2) Best out of waste

The participants made full use of the waste materials and showed their creativity and also planted a sapling.

**Outcome:** The activity was very informative and insightful and the students enthusiastically participated in it. This gave them a sense of motivation to achieve more things in their lives and they also learnt that believing in themselves is very crucial to achieve success in life.

**Evidence of Success:**



## **29. WORKSHOP ON “GUIDANCE FOR PSYCHOSOCIAL COUNSELLING AND COVID HELPER SKILLS” IN COLLABORATION WITH MGNCRE, MINISTRY OF EDUCATION, GOVERNMENT OF INDIA**

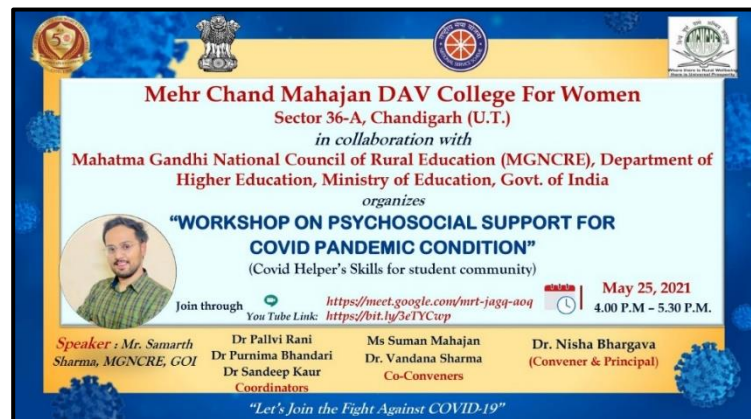
**Date:** 25<sup>th</sup> May 2021

**Number of participants:** Benefitted over 570 students (Through You tube and Google meet)

**Objectives:**

- To focus on providing information and psychosocial support for the COVID-19 affected people.
- To enable the creation of different teams and structured groups with specific roles to achieve outcomes related to COVID help (Hospital and non-hospital), sharing authentic information through networking and other support and awareness.
- To empower the students and faculty to help distressed people in these Pandemic times and impart these skills and train others.

**The Practice:** In collaboration with MGNCRE, Ministry of Education, Government of India, Mehr Chand Mahajan DAV College for Women, Chandigarh, organized a workshop on “Guidance for Psychosocial Counselling and



COVID Helper Skills”. The workshop was envisioned to equip the student’s community with helper skills focusing the COVID-19 affected population and families. This workshop was organized with the primary objective to enhance these behavioural and psychological support skills essential in today’s pandemic times to be imparted in the correct way. Inaugurating the workshop, our worthy Principal Dr Nisha Bhargava also highlighted on the importance and need of strong psychosocial support system during such unprecedented times.

## REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)

The trainer and resource person Mr. Samarth Sharma from MGNCRE conducted the workshop and engaged the students in different activities and giving them different examples and situations, which enabled them to learn how to react in different situations and be empathetic in the grief-stricken situation. He stressed that emotions like anxiety, uncertainty, and stress are adding to people's woes and it is imperative to have dedicated teams working in providing mental health to such people for a better living.

Finally, the trainer made 5-6 structured teams having different roles and responsibilities (including providing authentic information and sharing it related to availability of hospital beds, oxygen supplies, essentials, food supply, medicine etc. and also, teams who are doing on ground help for COVID affected families).

### Learning Outcome:

- 1) The participants actively participated in the workshop and learned the different behavioural skills required to provide apt psychosocial support to COVID affected people through series of interactive activities given by the trainer.
- 2) Different structured teams were made by the trainer and students got enthusiastic and motivated to work under these team and deliver their help in this pandemic era.



### कार्यशाला का आयोजन

**चंडीगढ़ (द्विव्यू) :** मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन ने महत्वा गांधी राष्ट्रीय ग्रामीण शिक्षा परिषद (एमजीएनसीआरई), उच्च शिक्षा विभाग, भारत सरकार के सहयोग से 'कोविड महामारी की स्थिति के दौरान मनोसामाजिक समर्थन' विषय पर कार्यशाला का आयोजन किया। एमजीएनसीआरई के समर्थन शर्मा ने इस कार्यशाला का संवादन किया जिसमें 570 से अधिक छात्र लाभान्वित हुए। कार्यशाला का उद्घाटन करते हुए प्रधानाचार्य डॉ. निशा भार्गव ने ऐसे समय के दौरान एक मजबूत मनोसामाजिक समर्थन प्रणाली के महत्व पर प्रकाश डाला। कॉलेज की गीतजलि काउंसलिंग हेल्पलाइन द्वारा जरूरतमंदों को भोजन और कपड़े, की सख्यता के साथ साथ छात्रों के लिए ऑनलाइन परामर्श सहायता भी लगातार उपलब्ध करवाई जा रही है।

### MCM holds workshop on psychosocial support during pandemic

**CHANDIGARH:** Mehr Chand Mahajan DAV College for Women, in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Department of Higher Education, Ministry of Education, Government of India, organised a workshop titled 'Psychosocial Support during COVID Pandemic Situation'. The highly contextual workshop envisioned to equip the student community with COVID 'Helpers' skills that will be instrumental in channelling their energies towards contributing in the fight against the pandemic. Mr. Samarth Sharma from MGNCRE conducted this workshop that benefitted over 570 students. Inaugurating the workshop, Principal Dr. Nisha Bhargava highlighted the importance of a strong psychosocial support system during such unprecedented times. She informed that conscious of its social responsibility, the college has been proactively involved in providing all possible support in the fight against the pandemic including distribution of masks, donation to PGIMER, Chandigarh, creation of awareness videos by NSS volunteers and NCC cadets, distribution of food and clothes to the needy, online counselling support for students by Geetanjali Counselling Helpline of the college and so on. Mr. Sharma stressed that with the experience of emotions like anxiety, stress, uncertainty and fear adding to the woes of the COVID patients, it is imperative that they get adequate psychological and social support in order to effectively manage their condition.



### **30. AN INTERACTIVE SESSION ON MENSTRUAL HYGIENE AND PREVENTIVE WOMEN HEALTH ON THE OCCASION OF MENSTRUAL HYGIENE DAY**

**Date:** 28<sup>th</sup> May, 2021

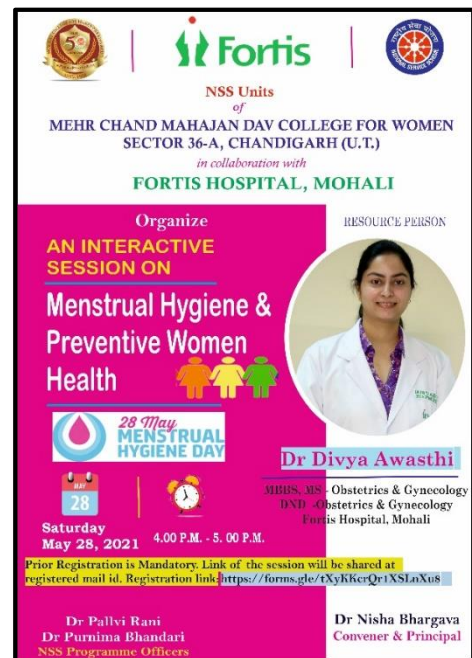
**Number of participants:** 95

**Objectives:**

- To mark the importance of menstrual hygiene and break the stigma around periods
- To sensitize the volunteers about the importance of good menstrual hygiene management

**The Context:** Menstrual Hygiene Day is an annual awareness day on May 28 which is being held so as to highlight the importance of good menstrual hygiene management at a global level. Menstrual Hygiene is crucial to the empowerment and well-being of women and girls worldwide. This year's theme is "Action and Investment in Menstrual Hygiene and Health."

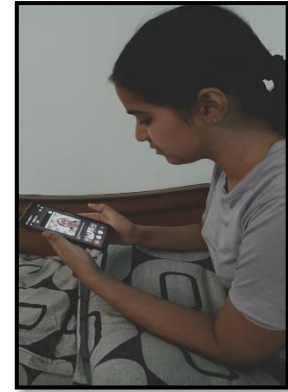
**The Practice:** On the occasion of Menstrual Hygiene Day, NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with Fortis Hospital, Mohali organized an *Interactive session on Menstrual Hygiene and Preventive Women Health* on 28<sup>th</sup> May 2021. The resource person of the session was Dr Divya Awasthi, Obstetrician and Gynecologist, Fortis Hospital, Mohali. During the session, Dr Divya highlighted the importance of menstruation and busted myths and taboos associated with it worldwide. She also highlighted the fact that in the



absence of proper awareness, poor hygiene can cause miserable life during menstrual flow days and increases the risk of genital infections and infertility or chronic vaginal discharge. She urged the volunteers to create awareness about menstrual hygiene among the society. During the session, Dr Divya also shed light upon different

## REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)

women's preventive health measures that need to be adopted for maintaining healthy lifestyle like usage of sanitary pads, menstrual cups etc. At the end of the session, queries related to PCOD, appropriate usage of vaginal washes etc., were taken up by the resource person patiently.

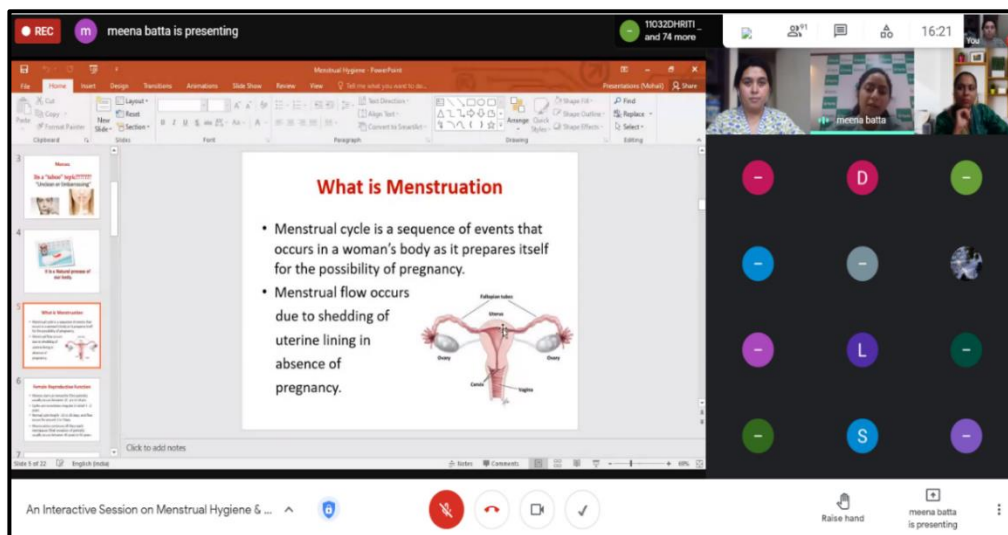


**Evidence of Success:** The session was fruitful as NSS Volunteers participated enthusiastically in the session. Several myths and taboos associated with menstruation were busted and awareness was generated regarding maintaining menstrual hygiene among women. Following are the social media links where activity has been uploaded:

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

<https://www.facebook.com/MCMDAVCW/posts/1130748227391429>

<https://youtu.be/Bsjpeu81PgY>



### माहवारी स्वच्छता पर किया जागरूक

**चंडीगढ़ (दिव्या) :** माहवारी स्वच्छता दिवस के अवसर पर मेहर चंद महाजन डीएवी कॉलेज फॉर वूमेन की एनएसएस यूनिट्स ने 'मासिक धर्म स्वच्छता और निवारक महिला स्वास्थ्य' विषय पर एक ऑनलाइन वार्ता का आयोजन किया। सीनियर कंसल्टेंट, फोर्टिस हॉस्पिटल मोहाली से डॉ. दिव्या अवस्थी ने इस सत्र का संचालन किया। यह साझा करते हुए कि भारत सहित दुनिया के अधिकांश हिस्सों में मासिक धर्म पर चर्चा अभी भी वर्जित है और शायद ही कभी इसके बारे में बात की जाती है। डॉ. दिव्या ने कहा कि जागरूकता की कमी और स्वराब स्वच्छता बाद में जननांग संक्रमण, बांझपन व अन्य समस्याएं पैदा कर सकती हैं। डॉ. दिव्या ने महिलाओं के निवारक स्वास्थ्य पर भी प्रकाश डाला और प्रतिभागियों को स्तन स्व-परीक्षा का पालन करने और नियमित अंतराल पर पैप स्मीयर परीक्षण कराने की सलाह दी, जिससे स्तन कैंसर और गर्भाशय बीजा के कैंसर का जल्द पता लगाने में मदद मिलती है।

## NSS UNITS HOLD ONLINE TALK

**Chandigarh:** On the occasion of Menstrual Hygiene Day, the NSS units of Mehr Chand Mahajan DAV College for Women, Sector 36, organised an online talk on the topic, "Menstrual Hygiene and Preventive Women Health". Dr Divya Awasthi, senior consultant, conducted the session which was attended by more than 95 students. Dr Divya stressed that a lack of awareness and poor hygiene could create problems, including risk of genital infections and infertility. Meanwhile, the NSS units and the medical committee of the college jointly organised a webinar titled "Isolation and Post Covid Care: Know the Facts" by Dr Anita Sharma. TNS

## 'मासिक धर्म स्वच्छता और निवारक महिला स्वास्थ्य पर वैबिनार'

चंडीगढ़, 2 जून (आशीष): स्वच्छता दिवस के अवसर पर सैक्टर-36 के मेहर चंद महाजन डी.ए.वी. कॉलेज फॉर वूमैन की एन.एस.एस. यूनिट्स ने 'मासिक धर्म स्वच्छता और निवारक महिला स्वास्थ्य' विषय पर एक ऑनलाइन वार्ता का आयोजन किया।

डॉ. दिव्या अवस्थी, ने इस सत्र का संचालन किया जिसमें 95 से अधिक छात्रों ने उत्साहपूर्वक भाग लिया। उन्होंने साझा करते हुए कि भारत सहित दुनिया के अधिकांश हिस्सों में, मासिक धर्म अभी भी वर्जित है और शायद ही कभी इसके बारे में बात की जाती है, डॉ. दिव्या ने जोर देकर कहा कि जागरूकता की कमी और खराब स्वच्छता के बाद में जननांग संक्रमण, बांझपन या यौनी स्राव के जोखिम जैसी समस्याएं पैदा कर सकती हैं। डॉ. दिव्या ने मासिक धर्म से जुड़े कुछ मिथकों और वर्जनाओं पर भी

बात की। उन्होंने महिलाओं के निवारक स्वास्थ्य पर भी प्रकाश डाला और प्रतिभागियों को स्तन स्व-परीक्षा का पालन करने और नियमित अंतराल पर पैप स्मीयर परीक्षण कराने की सलाह दी।

वहीं फोर्टिस अस्पताल, मोहाली से डॉ. अनीता शर्मा, के सहयोग से 'आइसोलेशन एंड पोस्ट कोविड केयर 'नो द फैक्ट्स' शीर्षक से एक वैबिनार का आयोजन किया। किसी तरह की चिकित्सकीय देखरेख में हो और उन्हें तापमान और ऑक्सीजन संतृप्ति जैसे अपने महत्वपूर्ण मापदंडों के लिए खुद की निगरानी करने के लिए शिक्षित किया जाए, और किसी भी चेतावनी के संकेत जैसे ऑक्सीजन में गिरावट में, सांस फूलना, खांसी का बढ़ना या तेज बुखार होने पर तुरंत चिकित्सक की सहायता लें और हॉस्पिटल जाएं।

## डीएवी कालेज में मनाया माहवारी स्वच्छता दिवस

चंडीगढ़। एमसीएम द्वारा माहवारी स्वच्छता दिवस मनाया गया और कोविड-19 के बाद आवश्यक देखभाल पर वेबिनार आयोजित किया गया। माहवारी स्वच्छता दिवस पर मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन की एनएसएस यूनिट्स ने मासिक धर्म स्वच्छता और निवारक महिला स्वास्थ्य विषय पर एक ऑनलाइन वार्ता का आयोजन किया। सीनियर कंसल्टेंट, फोर्टिस हॉस्पिटल मोहाली से डॉ. दिव्या अवस्थी ने इस सत्र का संचालन किया, जिसमें 95 से अधिक छात्रों ने उत्साहपूर्वक भाग लिया। एक अन्य कार्यक्रम में कॉलेज की एनएसएस इकाइयों और मेडिकल कमेटी ने लैब मेडिसिन विभाग की प्रमुख, फोर्टिस अस्पताल मोहाली से डॉ. अनीता शर्मा के सहयोग से आइसोलेशन एंड पोस्ट कोविड केयर नो द फैक्ट्स शीर्षक से एक वैबिनार का आयोजन किया। इसमें 95 से अधिक प्रतिभागियों ने भाग लिया। वैबिनार के दौरान डॉ. अनीता ने कहा कि होम आइसोलेशन में रहने के दौरान शारीरिक और मानसिक स्वास्थ्य के साथ-साथ व्यक्तिगत और पर्यावरणीय स्वच्छता पर ध्यान देने की जरूरत है।



## एमसीएम में माहवारी स्वच्छता दिवस मनाया

### ● कोविड के बाद आवश्यक देखभाल पर वेबिनार आयोजित

चंडीगढ़, 2 जून (राकेश): माहवारी स्वच्छता दिवस पर मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन की एनएसएस यूनिट्स ने मासिक धर्म स्वच्छता और निवारक महिला स्वास्थ्य विषय पर एक ऑनलाइन वार्ता का आयोजन किया। सीनियर कंसल्टेंट, फोर्टिस से डॉ. दिव्या अवस्थी ने इस सत्र का संचालन किया जिसमें 95 से अधिक छात्रों ने उत्साहपूर्वक भाग लिया। यह साझा करते हुए कि भारत सहित दुनिया के अधिकांश हिस्सों में मासिक धर्म अभी भी वर्जित है और शायद ही कभी इसके बारे में बात की जाती है। डॉ. दिव्या ने जोर देकर कहा कि जागरूकता की कमी और खराब स्वच्छता बाद में जननांग संक्रमण, बांझपन या योनि स्राव के जोखिम जैसी समस्याएं पैदा कर सकती हैं। मासिक धर्म से जुड़े कुछ मिथकों और वर्जनाओं पर भी बात की। उन्होंने महिलाओं के निवारक स्वास्थ्य पर भी प्रकाश डाला और प्रतिभागियों को स्तन स्व-परीक्षा का पालन करने और नियमित अंतराल पर पैप स्मीयर परीक्षण कराने की सलाह दी, जिससे स्तन कैंसर और गर्भाशय ग्रीवा के कैंसर का जल्द पता लगाने में मदद मिलती है। एक अन्य कार्यक्रम में, कॉलेज की एनएसएस इकाइयों और मैडीकल कमेटी ने लैब

मैडिसिन विभाग की प्रमुख, फोर्टिस अस्पताल, मोहाली से डॉ. अनीता शर्मा के सहयोग से 'आइसोलेशन एंड पोस्ट कोविड केयर नो द फैक्ट्स शीर्षक से एक वेबिनार का आयोजन किया। इसमें 95 से अधिक प्रतिभागियों ने भाग लिया। वेबिनार के दौरान डॉ. अनीता ने इस बात पर जोर दिया कि अधिकांश कोविड रोगी या तो स्पॉन्डिमुख रहते हैं या हल्के रोग से ग्रस्त होते हैं और ऐसे रोगियों को घर पर आसानी से प्रबंधित किया जा सकता है बशर्ते उन्हें अलग-थलग किया जा सके।

उन्होंने कहा कि यह जरूरी है कि होम आइसोलेशन में मरीज किसी तरह की चिकित्सकीय देखरेख में हों और उन्हें तापमान और ऑक्सीजन संतृप्ति जैसे अपने महत्वपूर्ण मापदंडों के लिए खुद की निगरानी करने के लिए शिक्षित किया जाए, और किसी भी चेतावनी के संकेत जैसे ऑक्सीजन में गिरावट में, सांस फूलना, खांसी का बढ़ना या तेज बुखार होने पर तुरंत चिकित्सक की सहायता लें और हॉस्पिटल जाए।

प्रिंसिपल डॉ. निशा भार्गव ने मासिक धर्म स्वच्छता के दो महत्वपूर्ण पहलुओं और कोविड के बाद की देखभाल के बारे में जागरूकता पैदा करने के लिए एनएसएस इकाइयों और चिकित्सा समिति की इन पहलों की सराहना की। उन्होंने कहा कि इस तरह के कार्यक्रम छात्रों के सर्वांगीण विकास के लिए अनिवार्य हैं।

## एमसीएम में 'माहवारी स्वच्छता दिवस' मनाया

चंडीगढ़। माहवारी स्वच्छता दिवस के अवसर पर मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन की एनएसएस यूनिट्स ने 'मासिक धर्म स्वच्छता और निवारक महिला स्वास्थ्य' विषय पर एक ऑनलाइन वार्ता का आयोजन किया। सीनियर कंसल्टेंट, फोर्टिस हॉस्पिटल मोहाली से डॉ. दिव्या अवस्थी, ने इस सत्र का संचालन किया जिसमें 95 से अधिक छात्रों ने उत्साहपूर्वक भाग लिया। यह साझा करते हुए कि भारत सहित दुनिया के अधिकांश हिस्सों में, मासिक धर्म अभी भी वर्जित है और शायद ही कभी इसके बारे में बात की जाती है। डॉ. दिव्या ने कहा कि जागरूकता की कमी और खराब स्वच्छता बाद में जननांग संक्रमण, बांझपन या योनि स्राव के जोखिम जैसी समस्याएं पैदा कर सकती हैं। डॉ. दिव्या ने मासिक धर्म से जुड़े कुछ मिथकों और वर्जनाओं पर भी बात की। उन्होंने महिलाओं के निवारक स्वास्थ्य पर भी प्रकाश डाला और प्रतिभागियों को स्तन स्व-परीक्षा का पालन करने और नियमित अंतराल पर पैप स्मीयर परीक्षण कराने की सलाह दी, जिससे स्तन कैंसर और गर्भाशय ग्रीवा के कैंसर का जल्द पता लगाने में मदद मिलती है। एक अन्य कार्यक्रम में, कॉलेज की एनएसएस इकाइयों और मैडिकल कमेटी ने लैब मैडिसिन विभाग की प्रमुख, फोर्टिस अस्पताल, मोहाली से डॉ. अनीता शर्मा के सहयोग से 'आइसोलेशन एंड पोस्ट कोविड केयर- नो द फैक्ट्स' शीर्षक से एक वेबिनार का आयोजन किया। इसमें 95 से अधिक प्रतिभागियों ने भाग लिया। वेबिनार के दौरान डॉ. अनीता ने इस बात पर जोर दिया कि अधिकांश कोविड रोगी या तो स्पॉन्डिमुख रहते हैं या हल्के रोग से ग्रस्त होते हैं और ऐसे रोगियों को घर पर आसानी से प्रबंधित किया जा सकता है बशर्ते उन्हें अलग-थलग किया जा सके। प्रिंसिपल डॉ. निशा भार्गव ने मासिक धर्म स्वच्छता के दो महत्वपूर्ण पहलुओं और कोविड के बाद की देखभाल के बारे में जागरूकता पैदा करने के लिए एनएसएस इकाइयों और चिकित्सा समिति की इन पहलों की सराहना की। उन्होंने कहा कि इस तरह के कार्यक्रम छात्रों के सर्वांगीण विकास के लिए अनिवार्य हैं।

## 31. WEBINAR ON ISOLATION AND POST COVID-CARE: KNOW THE FACTS

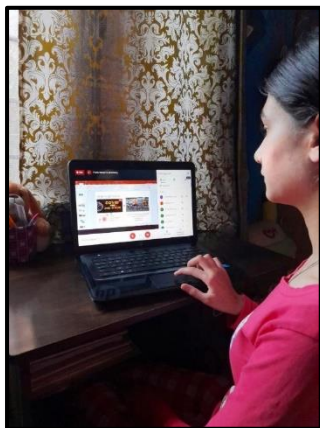
**Date:** 29<sup>th</sup> May 2021

**Number of NSS Volunteers participated:** 95

**Objectives:**

- To create awareness regarding the Isolation protocol, post-COVID care and hygiene among people
- To empathize the ways *via* which post- COVID complications could be dealt effectively
- To be a catalyst of agent for the society required during the pandemic

**The Context:** Since March 2020, World Health Organization (WHO) has declared Coronavirus disease-2019 (COVID-19) as “global pandemic”. Globally, special measures are being adopted to combat the arduous spread of this ongoing outbreak. Under such conditions, people's adherence to preventive measures is greatly affected due to lack of awareness regarding the disease. Currently, during the second wave of COVID-19, majority of people are either on home isolation or are in recovery stage. Family members tend to have many questions regarding post-COVID management of patients, which is both risky for both patients as well as for



care takers. Being responsible NSS volunteers, it is our duty to bust myths and create awareness regarding isolation and post-COVID care management.

**The Practice:** Keeping in view the objectives mentioned, a webinar entitled “**Isolation and Post Covid-Care: Know the Facts**” was organized jointly by the **NSS Units and Medical Committee** of the Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh in

NSS Units and Medical Committee  
of  
MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN,  
SECTOR 36-A, CHANDIGARH (U.T.)  
in collaboration with  
FORTIS HOSPITAL, MOHALI  
are organizing a webinar on  
**Isolation & Post-COVID Care: Know the Facts**

**SPEAKER**  
**Dr Anita Sharma**  
Head, Department of Lab Medicine,  
Fortis Hospital, Mohali

**DATE:**  
Saturday  
May 29, 2021

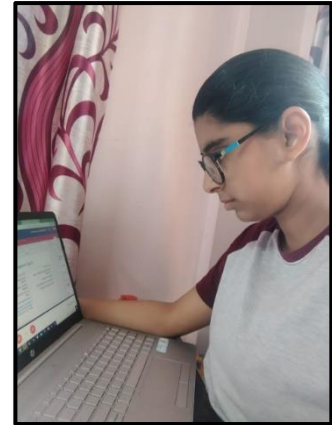
**Timings:**  
4.00 P.M. - 5.00 P.M.

Prior Registration is Mandatory. Link of the webinar will be shared at  
registered mail id.  
Link to register yourself: <https://forms.gle/1gCxiiZdJceEBYDde>

Dr Pallvi Rani      Dr Sarabjeet Kaur      Dr Nisha Bhargava  
Dr Purnima Bhandari      Co-Convenor      Convenor & Principal  
NSS Programme Officers      Medical Committee

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

collaboration with **Fortis Hospital, Mohali** on 29<sup>th</sup> May, 2021, where the speaker of the session was **Dr Anita Sharma, Head**, Department of Lab Medicine, Fortis Hospital, Mohali. The session was organized under the esteemed guidance of Principal Dr Nisha Bhargava, and under the supervision of Dr Sarabjeet Kaur, Co-Convener of Medical Committee of the College and NSS Programme Officers - Dr Pallvi Rani and Dr Purnima Bhandari.



During the session, Dr Anita Sharma highlighted the important facts regarding COVID- 19 protocol and dos and don'ts of this deadly disease. She also discussed about various symptoms of COVID-19 and what all is to be done if one gets affected with it. She informed about the safety measures as well as personal hygiene measures that need to be taken during this second wave of pandemic. Several tips on post-COVID care management including type of food, hygiene practices, exercise, vaccines



and their effects etc. were discussed by her. At the end of the session, doubts and queries of the participants regarding COVID-19 and its management, vaccines and personal hygiene were discussed.

**Evidence of Success:** The volunteers participated with great interest and were interactive as well as well informed about what should be done during this second wave of the pandemic. The doubts regarding COVID-19 and its management were cleared by the speaker of the session.



**Links of the activity shared on social media handles:**

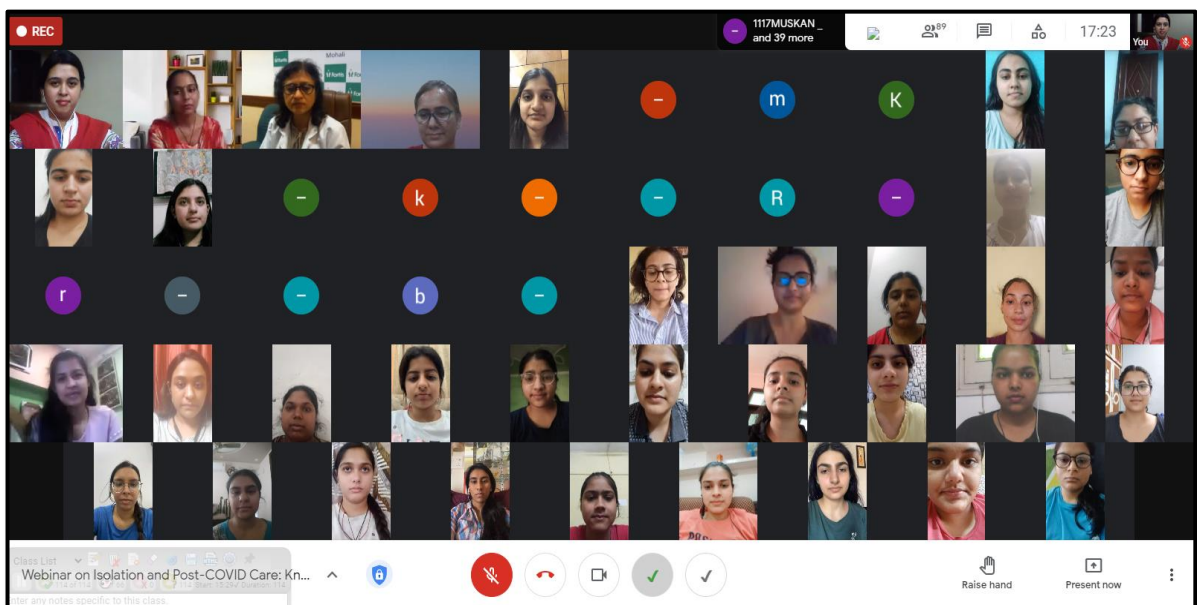
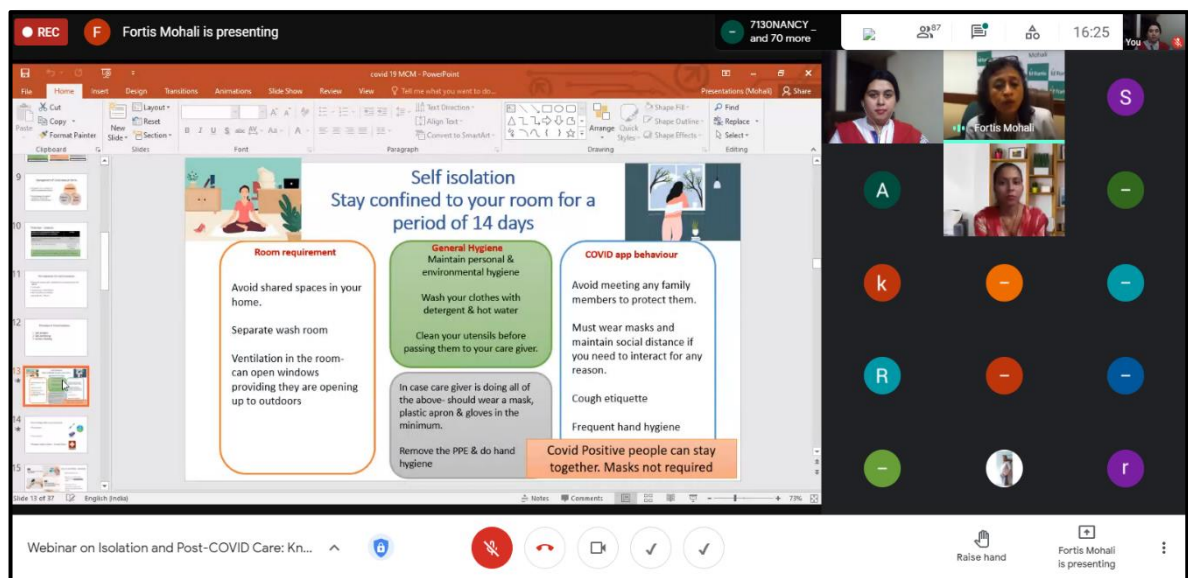
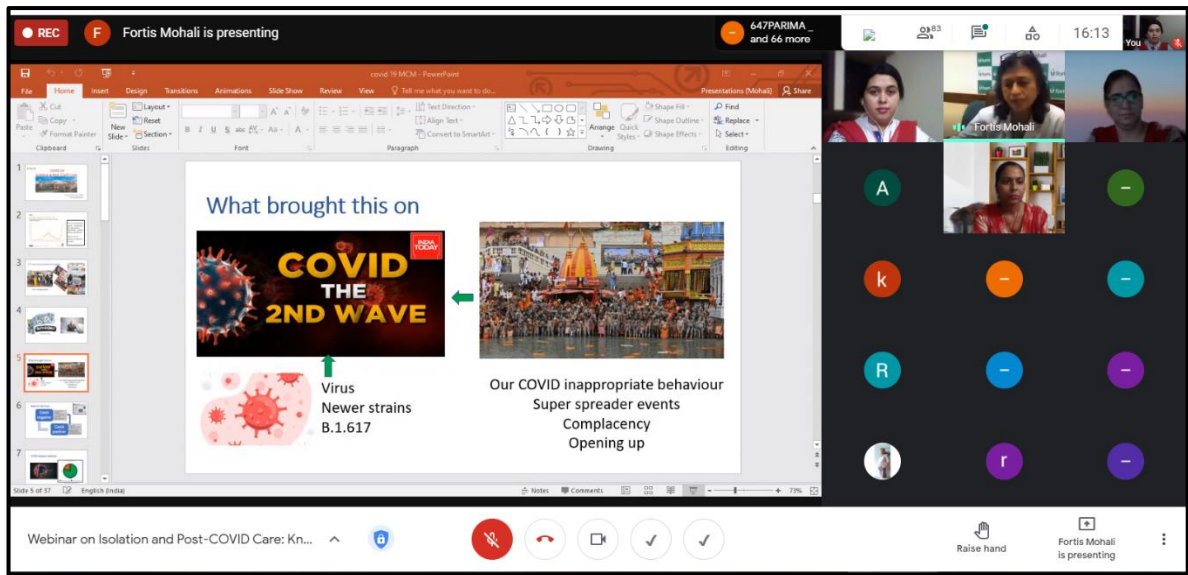
[https://www.instagram.com/p/CPqXddSBrpE/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CPqXddSBrpE/?utm_source=ig_web_copy_link)

<https://www.facebook.com/MCMDAVCW/posts/1130748227391429>

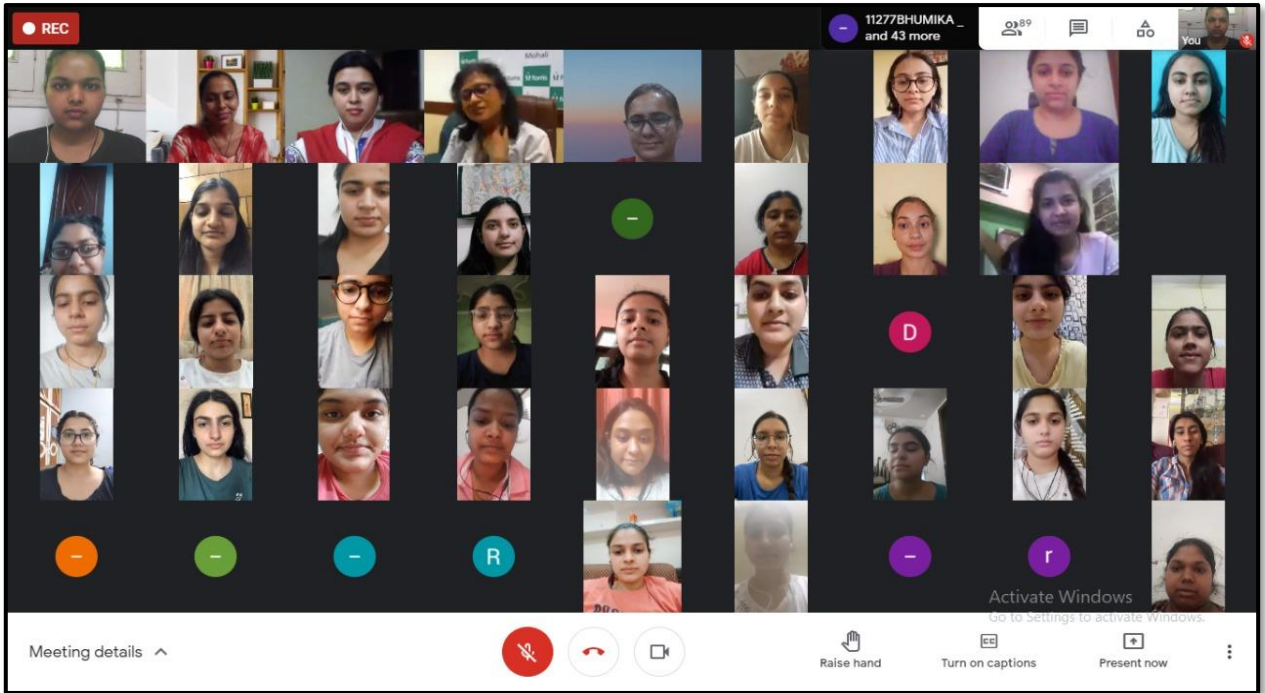
<https://youtu.be/pFAhPVi4WUc>



# REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)



REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)



## माहवारी स्वच्छता दिवस मनाया गया और कोविड के बाद आवश्यक देखभाल पर वेबिनार आयोजित

चंडीगढ़ (जगमार्ग न्यूज़)। माहवारी स्वच्छता दिवस के अवसर पर एमसीएम डीएवी कॉलेज ऑफ़ यूमेन की एनएसएस युनिट्स ने मासिक धर्म स्वच्छता और निवारक महिला स्वास्थ्य विषय पर एक ऑनलाइन वार्ता का आयोजन किया। सीनियर कंसल्टेंट, फोर्टिस हॉस्पिटल मोहाली से डॉ. दिव्या अवस्थी ने इस सत्र का संचालन किया जिसमें 95 से अधिक छात्रों ने उत्साहपूर्वक भाग लिया। यह साझा करते हुए कि भारत सहित दुनिया के अधिकांश हिस्सों में, मासिक धर्म अभी भी वर्जित है और शायद ही कभी इसके बारे में बात की जाती है। डॉ. दिव्या ने जोर देकर कहा कि जागरूकता की कमी और खराब स्वच्छता बाद में जननांग संक्रमण, बाइपसन या योनि खराब के जोखिम जैसी समस्याएं पैदा कर सकती हैं। डॉ. दिव्या ने मासिक धर्म से जुड़े कुछ मिथकों और वर्जनाओं पर भी बात की। उन्होंने महिलाओं के निवारक स्वास्थ्य पर भी प्रकाश डाला और प्रतिभागियों को स्तन स्व-परीक्षा का फालन करने और नियमित अंतराल पर पैप स्मीयर परीक्षण कराने की सलाह दी, जिससे स्तन कैंसर और गर्भाशय ग्रीवा के कैंसर का जल्द पता लगाने में मदद मिलती है। एक अन्य कार्यक्रम में, कॉलेज की एनएसएस इकाइयों और मेडिकल कमेटी ने लैब मेडिसिन विभाग, की प्रमुख, फोर्टिस अस्पताल, मोहाली से डॉ. अनीता शर्मा के सहयोग से 'आइसोलेशन एंड पोस्ट कोविड केयर- नो द फैक्ट्स शीर्षक से एक वेबिनार का आयोजन किया। इसमें 95 से अधिक प्रतिभागियों ने भाग लिया। वेबिनार के दौरान, डॉ. अनीता ने इस बात पर जोर दिया कि अधिकांश कोविड रोगी हल्के रोग से ग्रस्त होते हैं और ऐसे रोगियों को घर पर आसानी से प्रबंधित किया जा सकता है। उन्होंने आगे कहा कि यह जरूरी है कि होम आइसोलेशन में मरीज किसी तरह की चिकित्सकीय देखरेख में हों और उन्हें तापमान और ऑक्सीजन सतृप्ति जैसे अपने महत्वपूर्ण मापदंडों के लिए खुद की निगरानी करने के लिए शिक्षित किया जाए, और किसी भी चेतावनी के संकेत जैसे ऑक्सीजन में गिरावट में, सांस फूलना, खांसी का बढ़ना या रोज़ बुखार होने पर तुरंत चिकित्सक की सहायता ले और हॉस्पिटल जाएं। विशेषज्ञ ने कहा कि होम आइसोलेशन में रहने के दौरान शारीरिक और मानसिक स्वास्थ्य के साथ-साथ व्यक्तिगत और पर्यावरणीय स्वच्छता पर ध्यान देने की जरूरत है।






INC - Education Sector Print f t + 0

### MCM celebrates Menstrual Hygiene Day and organizes webinar on Post COVID care

June 02, 2021 12:55 PM


**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN CHANDIGARH**  
Celebration of Menstrual Hygiene Day & Webinar on 'Isolation and Post COVID Care'

 Dr. Nisha Bhargava  
Principal

Resource Person  
Dr. Divya Awasthi  
Senior Consultant  
Obstetrics & Gynaecology  
Fortis Hospital  
Mohali

Resource Person  
Dr. Anita Sharma  
Head, Department of  
Lab Medicine  
Fortis Hospital  
Mohali

**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN CHANDIGARH**  
Celebration of Menstrual Hygiene Day & Webinar on 'Isolation and Post COVID Care'



In the pictures:  
Resource Persons Dr. Divya Awasthi and Dr. Anita Sharma, Organising Committee Members and participants



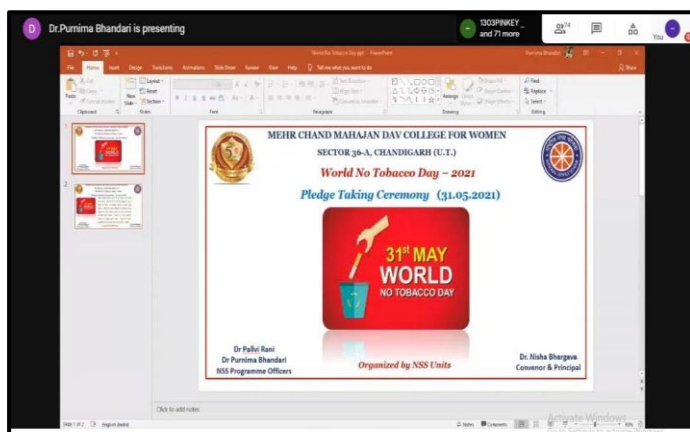
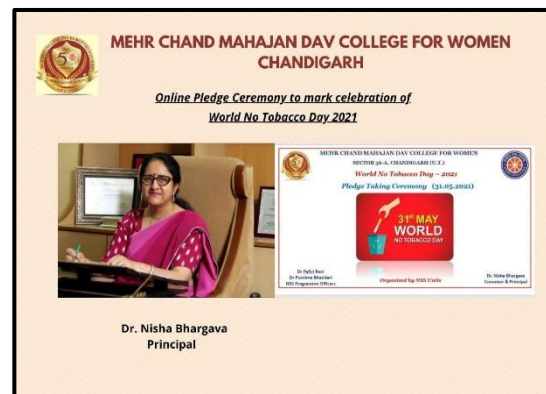
## 32. PLEDGE TAKING CEREMONY ON WORLD NO TOBACCO DAY – 2021 BY NSS UNITS

**Date:** 31<sup>st</sup> May 2021

**Number of NSS Volunteers participated:** 76

**Objectives:** To spread awareness among the youth about the potential risks of using tobacco and motivate smokers to quit the usage of tobacco in the form of cigarettes, bidis and paan masala

**The Context:** The World No Tobacco Day is celebrated around the world every year on May 31. It was created by the Member States of WHO in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. According to the World Health Organisation (WHO), during COVID-19 pandemic, millions of tobacco users intend to quit smoking. To celebrate World No Tobacco Day – 2021, WHO launched a global campaign under the slogan “Commit to Quit”.



**The Practice:** World No Tobacco Day is observed every year to make tobacco users aware of the opportunity to lead a healthier life. This year, the theme of ‘World No Tobacco Day-2021’ is “COMMIT to QUIT”. To create awareness regarding ‘World No Tobacco Day-2021’, and motivate smokers to quit

smoking in any form, a pledge taking ceremony was organized virtually by the NSS Units where under the pledge was administered to the volunteers under the supervision of NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari. The pledge was shared with all the volunteers via screen sharing, while one of the volunteers led the way and all the others repeated the words after her.

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

**Evidence of Success:** Everyone took the pledge to spread awareness on the risks of tobacco consumption & work to reduce tobacco consumption in India. Everyone promised to lay the foundation of a healthier India. They promised to keep their surroundings clean and tobacco-free. Following are the social media handles where activity is uploaded:

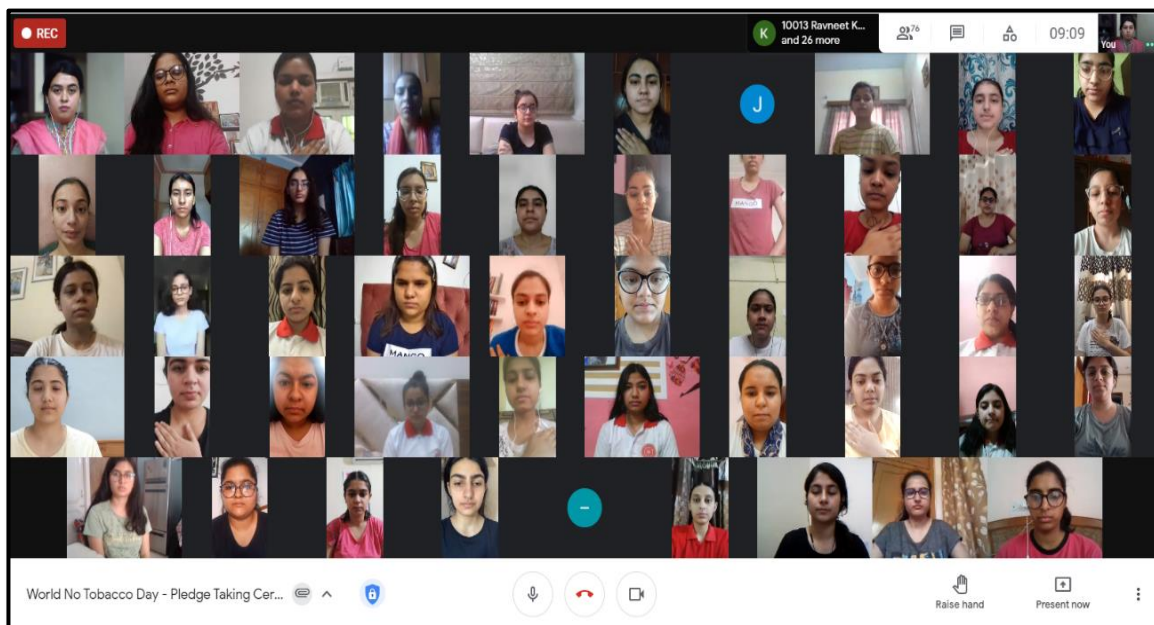
<https://www.facebook.com/MCMDAVCW/posts/1129193534213565>

<https://twitter.com/MCMDAVCW/status/1399649811519787010>

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

<https://twitter.com/MCMDAVCW/status/1399649857753665536>

<https://twitter.com/MCMDAVCW/status/1399649872739852288>





**एमसीएम में विश्व तंबाकू निषेध दिवस मनाया**  
**चंडीगढ़।** एमसीएम डीएवी कॉलेज-36 की एनएसएस इकाइयों ने सोमवार को विश्व तंबाकू निषेध दिवस पर ऑनलाइन शपथ समारोह करवाया। समारोह में कुल 76 एनएसएस स्वयंसेवकों ने हिस्सा लिया। इसका उद्देश्य युवाओं को तंबाकू के दुष्प्रभाव बताकर जागरूक किया। एनएसएस कार्यक्रम अधिकारी डॉ. पल्लवी रानी और डॉ. पूर्णिमा भंडारी ने कार्यक्रम का संचालन किया। प्राचार्या डॉ. निशा भार्गव ने तंबाकू महामारी और इससे होने वाली मौत व बीमारियों की रोकथाम के लिए एनएसएस इकाइयों को इस पहल की सराहना की। ब्यूरो

**एमसीएम में विश्व तंबाकू निषेध दिवस मनाया गया**  
चण्डीगढ़ (ब्रह्म आचार्य / हिमप्रभा)। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन को एनएसएस इकाइयों ने आज एक ऑनलाइन शपथ समारोह आयोजित करके विश्व तंबाकू निषेध दिवस मनाया। समारोह में कुल 76 एनएसएस स्वयंसेवकों ने भाग लिया। इस गतिविधि का उद्देश्य युवाओं में तंबाकू के उपयोग के संभावित जोखिमों के बारे में जागरूकता फैलाना और उन्हें तंबाकू को ना कहकर स्वस्थ जीवन के अधिकार के बारे में शिक्षित करना था। विश्व तंबाकू निषेध दिवस को इस वर्ष की थीम को ध्यान में रखते हुए आयोजित शपथ, छेड़ने के लिए प्रतिबद्ध, स्वयंसेवकों को एनएसएस कार्यक्रम अधिकारी डॉ. डॉ. पल्लवी रानी और डॉ. पूर्णिमा भंडारी की देखरेख में प्रशासित की गयी। प्रधानाचार्य डॉ. निशा भार्गव ने तंबाकू महामारी और इससे होने वाली मौतों और बीमारियों की रोकथाम के लिए ध्यान आकर्षित करने के लिए एनएसएस इकाइयों को इस पहल की सराहना की। उन्होंने कहा कि मौजूदा महामारी की स्थिति यह अत्यंत आवश्यक बना देती है कि तंबाकू बंद करने की जोरदार वकालत की जाए।

**NO-TOBACCO DAY OBSERVED**  
**Chandigarh:** The NSS unit of Mehr Chand Mahajan DAV College for Women observed World No-Tobacco Day on Monday by organising an online pledge ceremony. A total of 76 NSS volunteers participated in the ceremony. The aim of the activity was to spread awareness among the youth about the potential risks of using tobacco and to educate them about their right to healthy living by saying no to tobacco. TNS

**एमसीएम में मनाया विश्व तंबाकू निषेध दिवस**  
**चंडीगढ़ (अप्रस)।** मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन की एनएसएस इकाइयों ने आज एक ऑनलाइन शपथ समारोह आयोजित करके विश्व तंबाकू निषेध दिवस मनाया। समारोह में कुल 76 एनएसएस स्वयंसेवकों ने भाग लिया। इस गतिविधि का उद्देश्य युवाओं में तंबाकू के उपयोग के संभावित जोखिमों के बारे में जागरूकता फैलाना और उन्हें तंबाकू को ना कहकर स्वस्थ जीवन के अधिकार के बारे में शिक्षित करना था। विश्व तंबाकू निषेध दिवस की इस वर्ष की थीम को ध्यान में रखते हुए आयोजित शपथ, छेड़ने के लिए प्रतिबद्ध, स्वयंसेवकों को एनएसएस कार्यक्रम अधिकारी डॉ. डॉ. पल्लवी रानी और डॉ. पूर्णिमा भंडारी की देखरेख में प्रशासित की गयी। प्रधानाचार्य डॉ. निशा भार्गव ने तंबाकू महामारी और इससे होने वाली मौतों और बीमारियों की रोकथाम के लिए ध्यान आकर्षित करने के लिए एनएसएस इकाइयों को इस पहल की सराहना की। उन्होंने कहा कि मौजूदा महामारी की स्थिति यह अत्यंत आवश्यक बना देती है कि तंबाकू बंद करने की जोरदार वकालत की जाए।

**एमसीएम में विश्व तंबाकू निषेध दिवस मनाया गया**

✽ मदरलैंड संवाददाता

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन की एनएसएस इकाइयों ने आज एक ऑनलाइन शपथ समारोह आयोजित करके विश्व तंबाकू निषेध दिवस मनाया। समारोह में कुल 76 एनएसएस स्वयंसेवकों ने भाग लिया। इस गतिविधि का उद्देश्य युवाओं में तंबाकू के उपयोग के संभावित जोखिमों के बारे में जागरूकता फैलाना और उन्हें तंबाकू को ना कहकर स्वस्थ जीवन के अधिकार के बारे में शिक्षित करना था। विश्व तंबाकू निषेध दिवस की इस वर्ष की थीम को ध्यान में रखते हुए आयोजित शपथ, 'छेड़ने के लिए प्रतिबद्ध', स्वयंसेवकों को एनएसएस कार्यक्रम अधिकारी डॉ. पल्लवी रानी और डॉ. पूर्णिमा भंडारी की देखरेख में प्रशासित की गयी। प्रधानाचार्य डॉ. निशा भार्गव ने तंबाकू महामारी और इससे होने वाली मौतों और बीमारियों की रोकथाम के लिए ध्यान आकर्षित करने के लिए एनएसएस इकाइयों को इस पहल की सराहना की। उन्होंने कहा कि मौजूदा महामारी की स्थिति यह अत्यंत आवश्यक बना देती है कि तंबाकू बंद करने की जोरदार वकालत की जाए।





### 33. AWARENESS GENERATION AND ACTION ORIENTED ACTIVITY ON THE THEME AVOID CONCRETE BASES AROUND PLANTS TO ALLOW SEEPAGE OF WATER INTO THE ROOTS

Date: 31<sup>st</sup> May – 7<sup>th</sup> June, 2021

Activity coordinators: Dr Pooja Sharma and Dr Jasleen Kaur

Number of participants: 50

Objective:

- To remove concrete bases or stones around the trees in the college campus

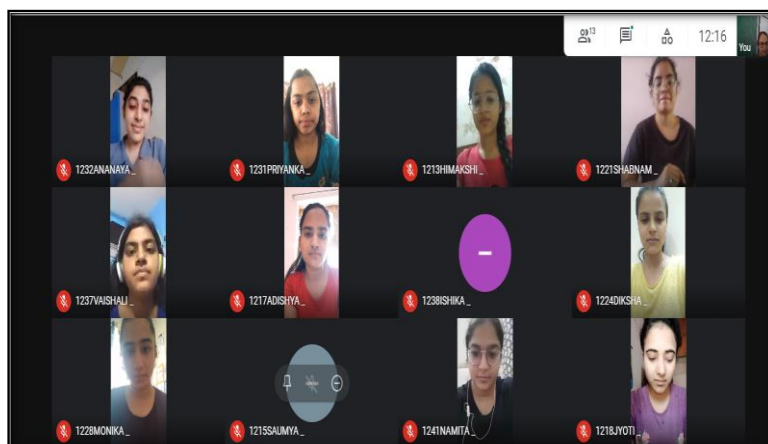
**The Context:** Covering the immediate surroundings of trees with concrete is likely to cause their death by physically damaging the roots and by inhibiting oxygen and water from reaching the roots. Additionally, the roots of the trees have the potential to damage/crack the concrete as they grow trying to reach water and oxygen.



**The Practice:** Members of Horticulture committee under the able guidance of Madam Principal, deputed the gardeners to remove stones around the trees in the Arts Block area, Front Lawn area and the administrative block area to ensure proper seepage of water to the roots as well as proper aeration of the soil. Organic manure was also added around the trees for their proper growth. Students of the college were guided regarding removal of concrete bases around the trees at their native places. They were also encouraged to check for any such trees in their neighbourhood and to do the needful to provide them breathing space.

**Evidence of Success:**

Concrete bases and stones around the trees in the college campus were removed to provide them a breather.



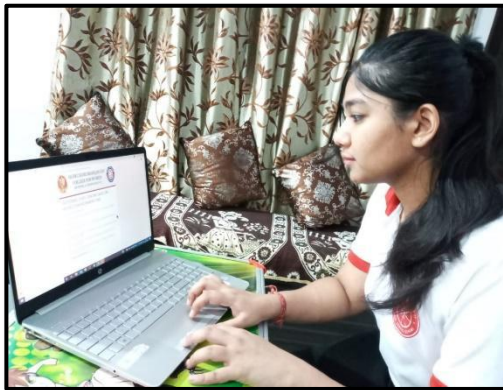
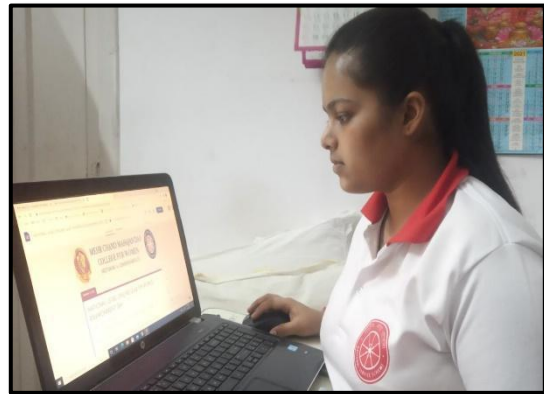
### 34. NATIONAL LEVEL ONLINE QUIZ ON THE OCCASION OF WORLD ENVIRONMENT DAY – 2021 ORGANIZED BY NSS UNITS IN COLLABORATION WITH THE DEPARTMENT OF ENVIRONMENT SCIENCE AND MCM ECO CLUB OF THE COLLEGE

**Date:** 5<sup>th</sup> June, 2021

**Number of participants:** 1054

**Objectives:** To encourage awareness and environmental protection and solve environmental issues so that new schemes can be implemented to make a healthier environment and safer for the future

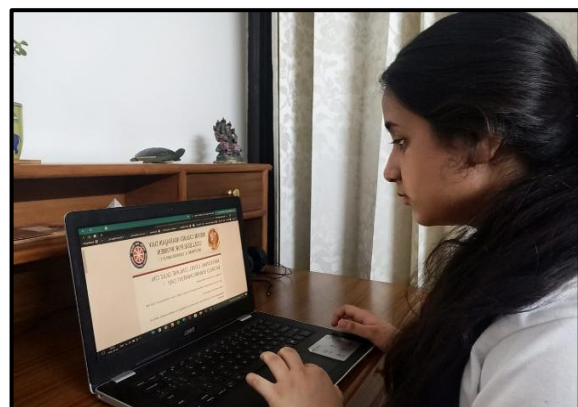
**The Context:** World Environment Day is celebrated worldwide in order to create awareness about how to protect our environment. Since 1974, it has been celebrated annually every 5<sup>th</sup> June which



engages people from different spheres including government officials, business persons, celebrities, and citizens to focus their efforts to combat the serious environmental issues. This year, the theme of World Environment Day 2021 is 'Ecosystem Restoration' that aims at educating the community on the importance of restoring our

environment and how it has become the need of the hour.

**The Practice:** On the occasion of World Environment Day, NSS Units of the College in collaboration with the Department of Environment Science and MCM Eco-Club of the college organized a National Level Online Quiz on 5<sup>th</sup> June, 2021. In this quiz, more than 1000 participants including 24 faculty members



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

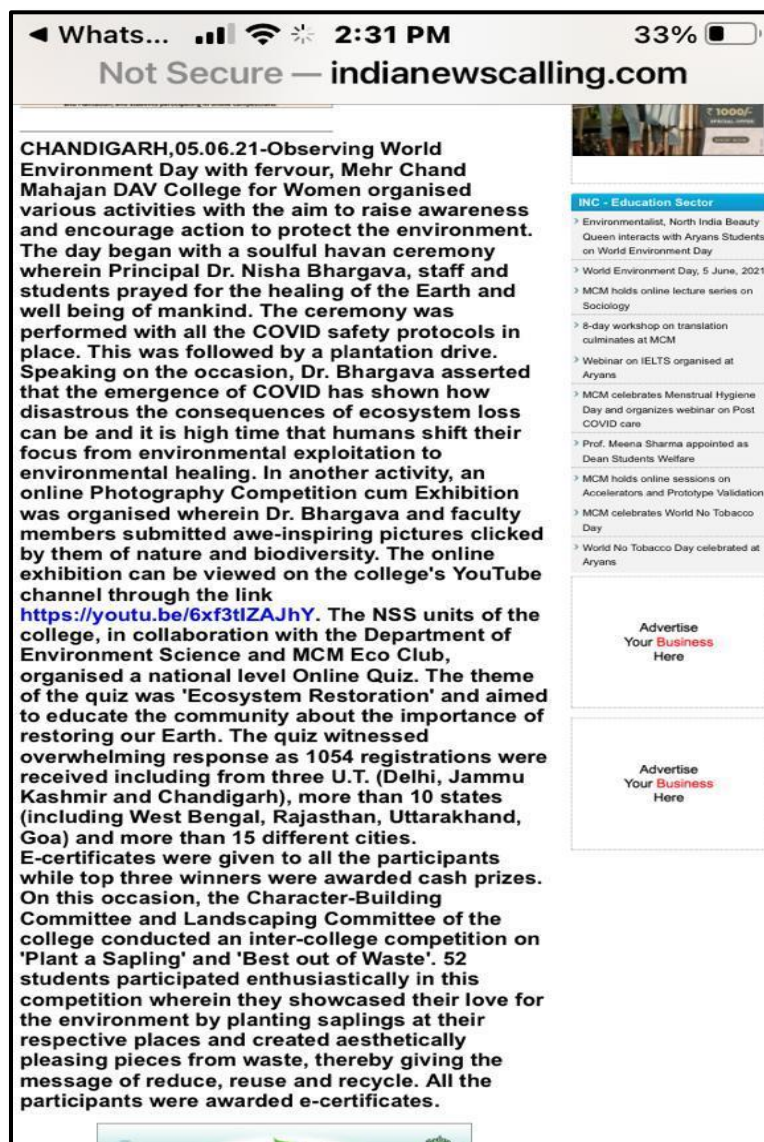
belonging to three Union Territories (Delhi, Jammu Kashmir and Chandigarh), more than 10 states (including West Bengal, Rajasthan, Uttarakhand and Goa) and 15 different cities registered themselves for the event. The quiz was of 45 minutes with 30 questions that were based on the theme. E-certificates were given to all the participants while top three winners were felicitated with the cash prizes.

**Evidence of Success:** The event received an overwhelming participation response from different parts of the country. Results of the quiz are as follows:

**First prize:** Himanshu Gauri, Government Ranbir College, Sangrur, Panjab.

**Second Prize:** Srishti, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh

**Third Prize:** Saniya, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh





## एमसीएम में विश्व पर्यावरण दिवस मनाया

अर्थ प्रकाश संवाददाता

चंडीगढ़, 5 जून। विश्व पर्यावरण दिवस को उत्साह के साथ मनाते हुए, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन ने पर्यावरण की रक्षा के लिए जागरूकता बढ़ाने और प्रोत्साहित करने के उद्देश्य से विभिन्न गतिविधियों का आयोजन किया। दिन की शुरुआत एक भावपूर्ण हवन समारोह के साथ हुई, जिसमें प्रिंसिपल डॉ. निशा भार्गव, स्टाफ और छात्रों ने पृथ्वी के स्वस्थ होने और मानव जाति की भलाई के लिए प्रार्थना की। समारोह कोविड सुरक्षा प्रोटोकॉल को ध्यान में रख कर किया गया। इसके बाद पौधरोपण अभियान चलाया गया। इस अवसर पर अपने विचार साझा करते हुए, डॉ. भार्गव ने जोर देकर कहा कि कोविड के उद्भव ने दिखाया है कि पारिस्थितिकी तंत्र के नुकसान के परिणाम कितने विनाशकारी हो सकते हैं और यह उचित समय है कि मनुष्य अपना ध्यान पर्यावरणीय शोषण से पर्यावरणीय उपचार पर केंद्रित करे। एक अन्य गतिविधि में, एक ऑनलाइन फोटोग्राफी प्रतियोगिता व फोटो प्रदर्शनी का आयोजन किया गया, जिसमें डॉ. भार्गव और संकाय सदस्यों ने प्रकृति और जैव विविधता के उनके द्वारा क्लिक की गई अद्भुत तस्वीरें प्रस्तुत कीं। ऑनलाइन प्रदर्शनी को <https://youtu.be/6xf3tIZAJhY> लिंक के माध्यम से कॉलेज के यूट्यूब चैनल पर देखा जा सकता है। कॉलेज की एनएसएस इकाइयों ने पर्यावरण विज्ञान विभाग और एमसीएम इको क्लब के सहयोग से एक राष्ट्रीय स्तर की ऑनलाइन



प्रश्नोत्तरी का आयोजन किया। प्रश्नोत्तरी का विषय 'पारिस्थितिकी तंत्र की बहाली' था और इसका उद्देश्य समुदाय को हमारी पृथ्वी को बहाल करने के महत्व के बारे में शिक्षित करना था। क्विज में जबरदस्त प्रतिक्रिया देखी गई यू.टी. से 1054 पंजीकरण प्राप्त हुए थे। (दिल्ली, जम्मू कश्मीर और चंडीगढ़), 10 से अधिक राज्य (पश्चिम बंगाल, राजस्थान, उत्तराखंड, गोवा सहित) और 15 से अधिक विभिन्न शहर। सभी प्रतिभागियों को ई-प्रमाण पत्र दिए गए जबकि शीर्ष तीन विजेताओं को नकद पुरस्कार दिए गए। इस अवसर पर महाविद्यालय की चरित्र निर्माण समिति एवं भूनिर्माण समिति ने 'एक पौधा लगाओ' तथा 'बेहतर अपशिष्ट' विषय पर इंटर कॉलेज प्रतियोगिता का आयोजन किया। इस प्रतियोगिता में 52 छात्रों ने उत्साहपूर्वक भाग लिया, जिसमें उन्होंने अपने-अपने स्थानों पर पौधे लगाकर पर्यावरण के प्रति अपने प्रेम का प्रदर्शन किया और अपशिष्ट पदार्थों का प्रयोग करके रचनात्मक वस्तुएं बनाई एवं पुनः उपयोग और रीसायकल का संदेश दिया। सभी प्रतिभागियों को ई-सर्टिफिकेट प्रदान किए गए।

## 35. ONLINE ACTIVITY ON THE THEME “KEEP INDOOR PLANTS IN ROOM TO PURIFY AIR”

Date: 5<sup>th</sup> June 2021

Activity coordinators: Dr Gunjan Sud and Dr Ruby Singh

Number of participants: 20

### Objective

- To spread a message about the importance of indoor plants in boosting mental and physical wellbeing.



**The Context:** Under the prevailing circumstances, there is a dire need to maintain a healthy indoor environment as most of our time is spent inside the houses. Indoor

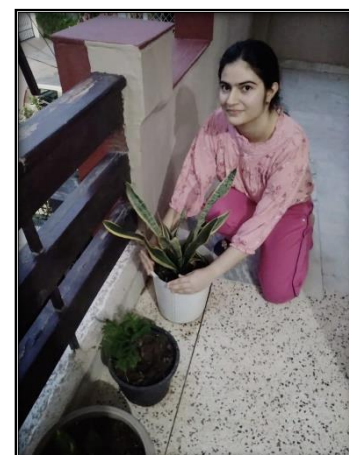


plants not only help in improving our environment but also add an aesthetic value to it. They also increase the productivity by reducing stress.

**The Practice:** The Department of Botany in collaboration with MCM Eco-Club motivated the students of B.Sc. Medical to plant different indoor plants like money plant, snake plant, crotons, ferns, peace lily and spider plant at their places to improve indoor environment for mental and physical wellbeing.



**Evidence of Success:** As many as 20 students enthusiastically planted different indoor plants at their places and took responsibility of nurturing them.





## **36. HAVAN ON THE OCCASION OF “WORLD ENVIRONMENT DAY”**

**Date:** 5<sup>th</sup> June, 2021

**Number of participants:** 30 including 10 students

**Objective:**

- Environment purification and self-exploration.
- To raise the importance of the healthy and green environment in the human lives,
- To solve the issues of the environment by implementing some positive environmental actions.
- To give blessings to the students for their upcoming final examinations.

**The Context:** Observing World Environment Day with fervour, Mehr Chand Mahajan DAV college for Women under the aegis of Arya Samaj Committee organised havan with the aim to raise awareness and encourage action to protect the environment.



**The Practice:** In this soulful havan ceremony, Principal Dr Nisha Bhargava, staff members and students prayed for the healing of the earth and wellbeing of mankind. The ceremony was performed with all the COVID safety protocols in place.

**Evidence of Success:**







## पर्यावरण मुद्दों पर करवाए व्याख्यान और प्रतियोगिताएं

चंडीगढ़। शहर के विभिन्न कॉलेजों ने शनिवार को पर्यावरण दिवस के मौके पर व्याख्यानों और पर्यावरणीय मुद्दों पर प्रतियोगिताओं का आयोजन किया। डीएवी कॉलेज-10 के स्नातकोत्तर जीव विज्ञान विभाग की ओर से पारिस्थितिकी तंत्र बहाली पर वेबिनार करवाया गया। इसमें 500 से अधिक विद्यार्थियों और शिक्षकों ने हिस्सा लिया। मुख्य अतिथि रायत बहारा यूनिवर्सिटी के कुलपति डॉ. परविंदर सिंह रहे।

पोस्ट ग्रैजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स-11 में पर्यावरण दिवस के मौके पर 'प्लास्टिक को न कहे' अभियान शुरू किया गया। कॉलेज ने इस विषय पर पोस्टर, स्लोगन, रैली जैसी विभिन्न गतिविधियों का आयोजन किया। एमसीएम डीएवी कॉलेज ने भी पर्यावरण के प्रति जागरूक करने के लिए पौधरोपण, ऑनलाइन फोटोग्राफी प्रतियोगिता, प्रश्नोत्तरी, एक पौधा लगाओ जैसी

विभिन्न गतिविधियों का आयोजन किया। श्री गुरु गोविंद सिंह कॉलेज-26 को विश्व पर्यावरण दिवस पर नेशनल ग्रीन कॉर्से की ओर से कॉलेज श्रेणी में सर्वश्रेष्ठ पर्यावरण सोसाइटी पुरस्कार से सम्मानित किया गया। प्राचार्या सरबजीत कौर और सह-संचालक, धरत सुहावी पर्यावरण सोसाइटी, डॉ. जसवीर कौर बराड़ ने ट्रॉफी और प्रमाण पत्र प्राप्त किया। कॉलेज प्राचार्या ने इस उपलब्धि के लिए पर्यावरण समाज के सदस्यों डॉ. नवजोत कौर, मीना जिंदल, डॉ. इंद्रपाल पसरीचा और डॉ. सरनजीत कौर के प्रयासों की सराहना की। एसडी कॉलेज-32 ने पर्यावरण दिवस पर विद्यार्थियों को जागरूक करने के लिए नवीनीकरण-पर्यावरण को फिर से जीवित करने की कुंजी विषय पर व्याख्यान करवाया। इसमें मुख्य वक्ता के रूप में बायोमैडिकल रिसर्च केंद्र के निदेशक प्रो. अशोक धवन मुख्य वक्ता रहे। ब्यूरो

## **37. VIRTUAL EVENT TO CELEBRATE WORLD FOOD SAFETY DAY BY DEPARTMENT OF FOOD SCIENCE IN COLLABORATION WITH MGNCRE, MINISTRY OF EDUCATION, GOVERNMENT OF INDIA**

**Date:** 7<sup>th</sup> JUNE 2021

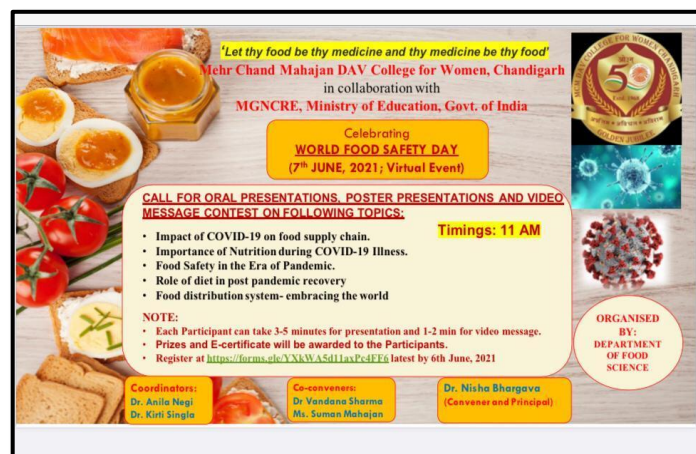
**Number of Students Participated:** 100

**Objectives:**

- To outline the food safety challenges faced during COVID-19 pandemic
- To etch out the role of nutrition during COVID-19 illness.
- To strengthen the communication and presentation skills of the students

**The Context:** The event was organised to delve on the impact of covid 19 on food supply chain, importance of nutrition during covid-19 illness, food safety in the era of pandemic, role of diet in post pandemic recovery and food distribution system-embracing the world.

**The Practice:** Dr Nisha Bhargava, Principal of the college, as the convener, Dr Vandana Sharma and Ms. Suman Mahajan, as the co-conveners, Dr Kirti Singla and Dr Anila Negi were the coordinators of the event. Notable participants were the students from Bachelor of Science in



Microbial and Food Technology (first, second and third year), and Diploma in Microbial Analysis and Food Safety. The Event was attended by more than 100 students including students from other departments and nearly 50 students registered for presentation. The Event was divided into an Oral Presentation Session, Poster Presentation Session and Video Message Session. The Event opened with a recitation of 'Gayatri Mantra', featuring concentration and learning for students. This was followed by opening remarks delivered by Dr Deepika Malik who emphasized on food safety issues along the entire food chain from farm-to-table. Dr Sandeep Kaur

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

highlighted the need for strengthening collaboration and cooperation between all concerned Ministries and national stakeholders from public and private sectors involved in food safety.

It was discussed that lifestyle, age, health status, sex and medications can affect the nutritional status of an individual. Optimal nutrition and dietary nutrient intake impact the immune system through gene expression, cell activation and signalling molecules modification. They noted that nutritional status of individuals is the main strength needed to fight the COVID-19 pandemic. They also mentioned that nutrition is critical for reducing the burden of comorbidities. Students worked to support nutrition and food distribution globally by KHALSA AID, GIVEINDIA, FEEDING INDIA BY ZOMATO, USDA FARMERS TO FAMILIES FOOD BOX and MGARR.

**Evidence of Success:** The volunteers participated with great interest and were interactive as well as well informed about what should be done during this second wave of the pandemic. The doubts regarding COVID-19 and its management were cleared by the speaker of the session. The Event ended with some concluded remarks by the respective faculty members. The speakers concluded that the only sustainable way to survive in the current situation is to strengthen the immune system. They demonstrated that the biggest challenge is the supply of safe and nutritious food to the growing country population was considered as one of the most important issues.

1 of 1

**RESULTS**  
for  
**Online competition**  
Organised by  
**Mehr Chand Mahajan DAV College for Women, Chandigarh**  
*in collaboration with*  
**MGNCRE, Ministry of Education, Govt. of India**

**WORLD FOOD SAFETY DAY**  
7th June, 2021

POSITIONS	ORAL PRESENTATIONS	POSTER PRESENTATIONS	VIDEO MESSAGE CONTEST
1st	Mehakleen (B.Sc. III)	Palak & Kashish (B.Sc. II)	Seeya (B.Sc. II)
2nd	Ramanjyot (B.Sc. II)	Mehakleen (B.Sc. III)	Sangam (B.Sc. I)
3rd	Deeksha (B.Sc. II)	Shruti & Kanika (B.Sc. II)	Anushka (B.Sc. I)

**Judge :**  
Dr. Deepika Malik

**Event Coordinators :**  
Dr. Anila Negi  
Dr. Kirti Singla



# REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)

REC 4846KASHISH\_ is presenting

### IMPACT OF COVID 19 ON FOOD SUPPLY CHAIN

Kashish Agarwal , Palak Sharma  
MCM DAV College for Women, Sector – 36 A, Chandigarh

#### INTRODUCTION

The 'Strategic preparedness and response plan' by WHO includes the health measures that all countries that prepare for and respond to this pandemic. This plan covers what we have learned about the virus so far and aims to transform this information into strategic action that can guide all national and international partners while developing national and regional operational plans. According to this plan, priority steps and actions are outlined in eight main topics:

- \*Coordination, planning, and monitoring at the country level
- \*Risk communication and community participation
- \*Surveillance, quick response teams, and case investigation
- \*Entry points
- \*National laboratories
- \*Prevention and control of infection
- \*Situation management
- \*Operational support and logistics

#### IMPACT

At the beginning of 2020, 135 million people faced acute food insecurity. By the end of 2020, this number could increase to 265 million.

Shortages of labour to produce and process food

Decreased supply of perishable commodities

Transport restriction blocking food deliveries

Increasing struggle of farmers to access markets

#### Four Steps to Tackle Supply Chain Challenges

- \* Conduct an end-to-end supply chain risk assessment and devise a robust strategy
- \* Implement reporting tools and frequently monitor risks
- \* Improve and invest to your supply chain capabilities
- \* Focus on process automation

**THREATS TO FOOD SUPPLY CHAIN**

- Cash crunch
- Low credit for agri

**FOOD SUPPLY CHAIN**

A food supply chain - the business activities and supply of various food products have been suspended due to restriction of demand, closing the food production facilities, financial restrictions. Keeping the food chain strategies vital by supply management schemes is likewise critical to satisfy the customer needs.

#### STRATEGIES FOR FSC

- \* Food preparation workers must wear mask and gloves and change them frequently when cutting, slicing, or packaging of foods
- \* Facilities should consider reducing working hours and rotating employees, to avoid overexposure
- \* Robots can replace humans in food-processing operations to maintain social distancing
- \* Sharing of data & info. Across the FSC can reduce the risk, impact & may strengthen the flexibility in the long run

**CONCLUSION**

During a pandemic, continuing the flow of the supply in agriculture and food sector, which is one of the most important sectors together with health, is vital to prevent the food crisis and reducing the negative impact on the global economy. As a result, each country has to realize the severity of the situation and measures should be taken to loosen the pandemic. The supply chain should be flexible enough to respond to the challenges in the food supply chain.

**BIBLIOGRAPHY**

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- \*Food waste management during the COVID-19 outbreak - A holistic, circular economy and nutritional approach
- \*COVID-19 Impact Resilience Through Global Food Supply (2020)

REC 4801SHRUTI\_ is presenting

### IMPORTANCE OF NUTRITION DURING COVID - 19 ILLNESS

SHRUTI KANSAL & KANIKA MIGLANI (Bsc MFT II year)  
Department of Food Technology, Mehr Chand Mahajan DAV College for women, Chandigarh

#### INTRODUCTION

- Along with all the medicines and multivitamins that you might be taking including a healthy meal in your diet while recovering from COVID-19 is equally crucial.
- A well-balanced and nutritious diet, particularly at the time when you are down with COVID-19 can help in building internal strength and aid in speedy recovery.
- We all know how infectious the virus is and how fast the symptoms can turn severe if not taken care at the right time. To fight the infection and prevent them from spreading in your lungs, your body naturally needs more energy and fluids, hence it is pivotal to fuel oneself with nutrient-rich food.

**EAT LESS SALT**

- Sodium is an essential nutrient necessary for maintenance of plasma volume, acid base balance, transmission of nerve impulses and normal cell function. However excess sodium is linked to adverse health outcomes, including increasing blood pressure.
- Salt intake of less than 5 g per day for adults helps to reduce blood pressure and risk of cardiovascular diseases.

#### VITAMINS AND MINERALS

- Fresh fruits and vegetables are loaded with vitamins and minerals having immune-boosting and antioxidant properties.
- Citrus fruits are packed with Vit C, which is a water-soluble vitamin and has antioxidant and anti-inflammatory effects and helps in the formation of antibodies.
- Antioxidants counteract unstable molecules called free radicals that damage DNA, cell membranes, and other parts of cells.
- They neutralize free radicals by giving up some of their own electrons. In making this sacrifice, they act as a natural "off switch" for the free radicals. This helps break a chain reaction that can affect other molecules in the cell and other cells in the body.
- Amla, rich in Vit C, iron, folate is packed with goodness of antioxidants. Amla can substantially reduce the damage caused due to oxidative stress and improve blood fluidity in the body.
- Zinc helps in building our immune system and metabolic function (eg. antibodies, enzymes, etc.)

#### PROTEIN RICH & LOW CARB DIET

- Proteins are important for cell growth and regeneration.
- While suffering from COVID-19 it is recommended to eat a high protein diet.
- Taking 75-100g of proteins is essential everyday.
- More carbs means more oxygen required to burn them.

**FLUIDS**

- Water is essential for life as it carries nutrients in blood, regulates body temperature, and flush out toxins from the body.
- Consumption of herbal concoction, coconut water, milk and fresh juice, avoid packed juice, caffeine and fizzy drinks during COVID-19.

**CONSUMPTION OF FIBRE**

- Fibre contributes to a healthy digestive system and offers a prolonged feeling of fullness, which helps prevent overeating.
- In order to ensure an adequate fibre intake, vegetables, fruits, pulses and wholegrain foods should be included in all meals.

#### EAT MODERATE AMOUNT OF FAT

- According to WHO, limit total fat intake to less than 30% of total energy intake, of which no more than 10% should come from saturated fat.
- Fat consumption has other dire consequences.
- Our body needs healthy fats for example, saturated fats from ghee, but, cholesterol which increases your risk for heart disease and stroke.
- Avoid industrially produced trans fat (like fast food, fried, etc) as it lowers our good cholesterol.

**OXYGEN PROVIDING FOODS.**

- Nitrates are the compounds that relax blood vessels and can increase oxygen supply throughout your body. Green leafy vegetables, beetroot, garlic, pomegranate, etc.
- These food help the body with circulation of blood throughout the vascular system.
- Our body also needs foods rich in folic acid and B12 to form haem area, which is the oxygen carrying part of blood.

## एमसीएम ने विश्व खाद्य सुरक्षा दिवस मनाया

मदरलैंड संवाददाता, चण्डीगढ़ । मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन में खाद्य विज्ञान विभाग ने एमजीएनसीआरई, शिक्षा मंत्रालय, भारत सरकार के सहयोग से विश्व खाद्य सुरक्षा दिवस मनाया । इसका उद्देश्य कोविड -19 के दौरान खाद्य सुरक्षा में सामना की जाने वाली चुनौतियों की रूपरेखा तैयार करना था । इस कार्यक्रम के माध्यम से कोविड-19 महामारी और संक्रमण के दौरान पोषण की भूमिका, और छात्रों को सामुदायिक स्तर पर इसके बारे में जागरूकता बढ़ाने के लिए प्रेरित किया गया । इस उत्सव में ऑनलाइन मौखिक प्रस्तुति सत्र, पोस्टर प्रस्तुति सत्र और वीडियो संदेश सत्र शामिल थे, जिसमें 150 से अधिक छात्रों ने उत्साहपूर्वक भाग लिया । प्रतिभागियों ने खाद्य आपूर्ति श्रृंखला पर कोविड के प्रभाव, कोविड के दौरान पोषण का महत्व, महामारी के युग में खाद्य सुरक्षा, कोविड के बाद आहार की भूमिका और खाद्य वितरण प्रणाली सहित कई विषयों पर अपने विचार साझा किए ।

इस पहल की सराहना करते हुए, प्रिंसिपल डॉ निशा भार्गव ने जीवन को बनाए रखने और अच्छे स्वास्थ्य को बढ़ावा देने की कुंजी के रूप में खाद्य सुरक्षा के बारे में जागरूकता बढ़ाने के तरीके के रूप में इस दिन के पालन के महत्व पर प्रकाश डाला ।

## एमसीएम ने विश्व खाद्य सुरक्षा दिवस मनाया

चण्डीगढ़ (ऋद्धम आचार्य / हिमप्रभा)। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन में खाद्य विज्ञान विभाग ने एमजीएनसीआरई, शिक्षा मंत्रालय, भारत सरकार के सहयोग से विश्व खाद्य सुरक्षा दिवस मनाया। इसका उद्देश्य कोविड -19 के दौरान खाद्य सुरक्षा में सामना की जाने वाली चुनौतियों की रूपरेखा तैयार करना था। इस कार्यक्रम के माध्यम से कोविड-19 महामारी और संक्रमण के दौरान पोषण की भूमिका, और छात्रों को सामुदायिक स्तर पर इसके बारे में जागरूकता बढ़ाने के लिए प्रेरित किया गया। इस उत्सव में ऑनलाइन मौखिक प्रस्तुति सत्र, पोस्टर प्रस्तुति सत्र और वीडियो सदेश सत्र शामिल थे, जिसमें 150 से अधिक छात्रों ने उत्साहपूर्वक भाग लिया। प्रतिभागियों ने खाद्य आपूर्ति श्रृंखला पर कोविड के प्रभाव, कोविड के दौरान पोषण का महत्व, महामारी के युग में खाद्य सुरक्षा, कोविड के बाद आहार की भूमिका और खाद्य वितरण प्रणाली सहित कई विषयों पर अपने विचार साझा किए। अच्छी तरह से शोध की गई प्रस्तुतियों के माध्यम से, प्रतिभागियों ने खेत से लेकर टेबल तक पूरी खाद्य श्रृंखला के साथ खाद्य सुरक्षा के मुद्दों पर जोर दिया और खाद्य सुरक्षा में शामिल सार्वजनिक और निजी क्षेत्रों के सभी संबंधित मंत्रालयों और राष्ट्रीय हितधारकों के बीच सहयोग और सहयोग को मजबूत करने की आवश्यकता पर भी प्रकाश डाला। इस पहल की सराहना करते हुए, प्रिंसिपल डॉ. निशा भागवत ने जीवन को बनाए रखने और अच्छे स्वास्थ्य को बढ़ावा देने की कुंजी के रूप में खाद्य सुरक्षा के बारे में जागरूकता बढ़ाने के तरीके के रूप में इस दिन के पालन के महत्व पर प्रकाश डाला। उन्होंने आशा व्यक्त की कि यह प्रयास खाद्य जनित जोखिमों को रोकने, पता लगाने और प्रबंधन में मदद करने के लिए कार्रवाई को प्रेरित करेगा, जिससे खाद्य सुरक्षा, मानव स्वास्थ्य, आर्थिक समृद्धि और कृषि में योगदान होगा।



### 38. AWARENESS GENERATION PROGRAMME ON THE THEME “SAVE FUEL FROM EVAPORATION: ENSURE THAT FUEL CAP IS CLOSED TIGHTLY”

**Date:** 7<sup>th</sup> June, 2021

**Activity coordinator:** Dr Sagarika Dev

**Number of participants:** 40 students

**Objective:**

- To understand the importance of saving fuel from evaporation by ensuring that fuel cap is closed tightly

**The Context:** Petroleum fuel is a non-renewable source of energy. The more we waste, the more would be the demand for the fuel. It would lead to fuel crunch and



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

high pricing. This waste of fuel will create artificial shortage of petroleum fuel. The main reason for the fuel wastage is evaporation. Hence, a small step by tightening the cap will ensure less evaporation.

**The Practice:** The Department of Chemistry and MCM Eco-Club organized an awareness generation programme by organizing power-point presentation by postgraduate students on 7<sup>th</sup> June, 2021. Students were introduced to several reasons for wastage of fuel and were made aware about the necessity of tightening the fuel cap and filling up the fuel in milder temperature. The students were motivated to spread this awareness among others.

**Evidence of Success:** All the participants were encouraged to follow a few steps to stop unnecessary fuel evaporation.

The screenshot shows a Zoom meeting interface. The main window displays a presentation slide with the following content:

- Logo:** MCM DAV COLLEGE FOR WOMEN, CHANDIGARH. ESTD. 1983.
- Text:** TOPIC: Save Fuel from Evaporation, ensure that fuel cap is closed tightly.
- Presenter:** Presented by: Tanishi Bajaj, MSc Chemistry(I), Roll No: 6463.
- Image:** A close-up photograph of a fuel nozzle being inserted into a car's fuel tank.

The Zoom meeting grid on the right shows several participants, including 6463 Tanishi, 6900 SHIVANGI, 6455 AYUSHI, 6476 PRINCY, 6477 BHAVYA, 6498 MANU, 6491 ANSHUL, 6492 KOMAL, 6487 MEHAK, 6476 PRINCY, 6493 PRERNA, 6456 PARUL, 6454 Ishika, 6471 LOVELEEN, 6472 BHAVYA, 6481 SEERAT, 20 others, and You.

The screenshot shows a Zoom meeting interface. The main window displays a slide with the following content:

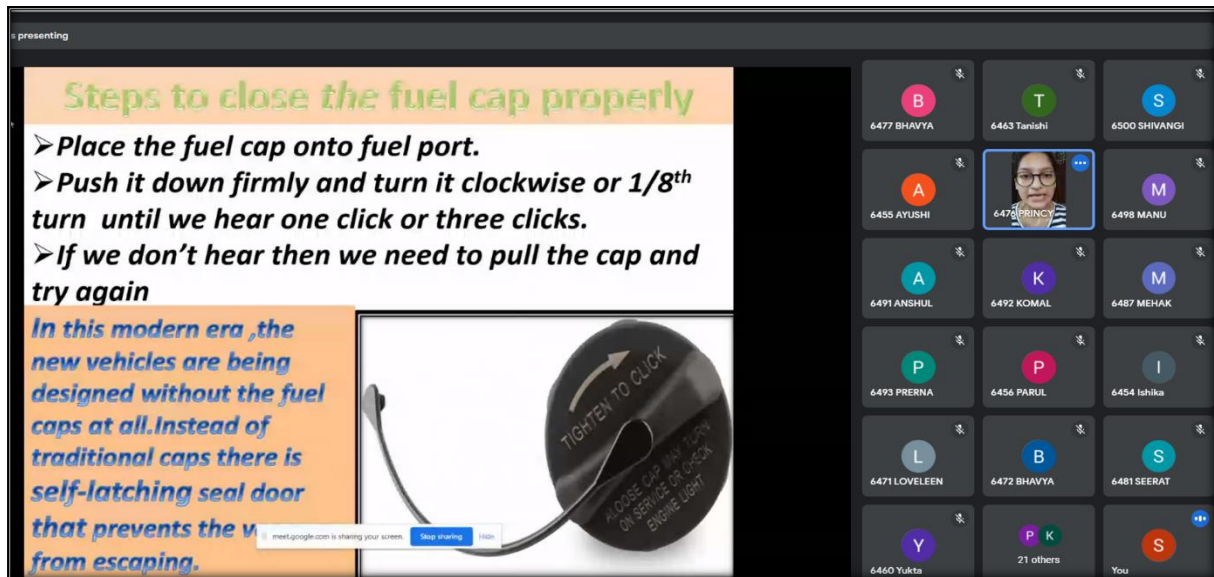
**Evaporation** is the process by which an element or compound transition from its liquid state to its gaseous state below the temperature at which it boils.

**Evaporative emissions of fuel occur in several ways:**

- **DIURNAL:** Fuel evaporation increases as the temperature rises during the day, heating the fuel tank and venting gasoline vapours.
- **RUNNING LOSSES:** The hot engine and exhaust system can vaporize fuel when the car is running.
- **HOT SOAK:** The engine remains hot for a period of time after the car is turned off, and fuel evaporation continues when the car is parked.
- **REFUELING:** Fuel vapours are always present in fuel tanks. These vapours are forced out when the tank is filled with liquid fuel.

The Zoom meeting grid on the right shows several participants, including 6477 BHAVYA, 6463 Tanishi, 6500 SHIVANGI, 6455 AYUSHI, 6476 PRINCY, 6498 MANU, 6491 ANSHUL, 6492 KOMAL, 6487 MEHAK, 6493 PRERNA, 6456 PARUL, 6454 Ishika, 6471 LOVELEEN, 6472 BHAVYA, 6481 SEERAT, 21 others, and You.





### 39. WEBINAR ON THE THEME “COOK WITH FUEL EFFICIENT KITCHEN APPLIANCES, USE ISI MARKED LPG STOVE FOR HIGHER EFFICIENCY” ORGANIZED BY DEPARTMENT OF HOME SCIENCE AND MCM ECO CLUB

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

**Activity coordinator:** Dr Harjot Kaur Mann

**Number of participants:** 76 Undergraduate Students from Department of Home Science

**Objective:** To sensitize students about various ways to save energy in the kitchen through use of more efficient kitchen appliances like dishwasher, refrigerator, freezer, and other commonly used appliances. To educate students about the importance of ISI marked LPG stove to get maximum fuel efficiency.

**The Context:** Use of Fuel-efficient appliances in the kitchen is of utmost importance. It not only saves non-renewable sources of energy but also saves money and time. ISI marked appliances and LPG stoves minimize energy wastage and maximize efficiency.

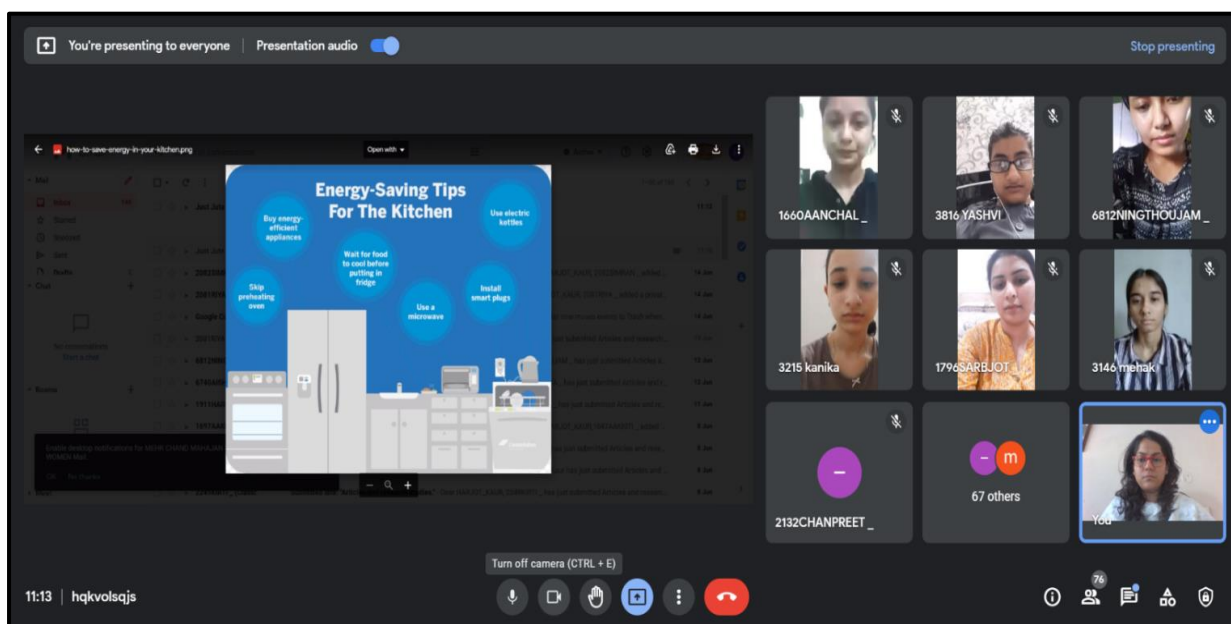
**The Practice:** Department of Home Science in collaboration with MCM Eco-club organized a webinar on the theme “Cook with fuel efficient kitchen appliances, use ISI marked LPG stove for higher efficiency”. Over 76 Students of Undergraduate classes

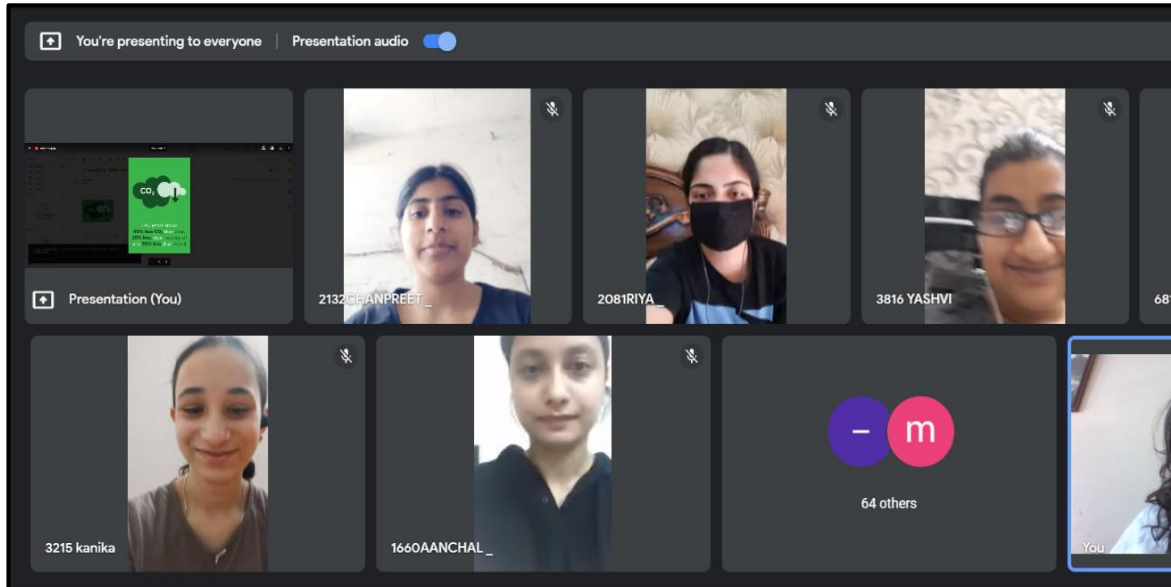
## REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)

attended the same where the resource person - Dr Harjot Kaur Mann, Assistant Professor (Food and Nutrition), Department of Home Science, Mehr Chand Mahajan DAV College for Women, Chandigarh, explained the benefits of the natural gas oven or range with an automatic, electric ignition system which helps save gas. She also discussed the importance of colour of flames, Energy STAR label and cleaning of the range top burners. She suggested using a covered kettle or pan or electric kettle to boil water; as it's faster and uses less energy. Furthermore, matching the size of the pan to the heating element was discussed along with use of small electric pans, toaster ovens, or convection ovens for small meals.

Also, the importance of ISI marked kitchen appliances and LPG Cylinders was discussed to minimize the energy wastage and derive maximum efficiency. The ISI mark certifies that a product conforms to an Indian standard (IS) developed by the Bureau of Indian Standards (BIS), the national standards body of India. It is important to check the certification of brands or gas stoves and follow the safety standards to protect the users from dangerous threats.

**Evidence of Success:** The students were educated about the various energy efficient kitchen appliances and their appropriate selection and usage. The importance of ISI marked LPG cylinders was discussed along with safety measures to be followed while using LPG cylinders at domestic level.





#### **40. AYUSHMAN BHAVA: A WORKSHOP CUM AWARENESS PROGRAM ON RELEVANCE OF AYURVEDA IN MODERN LIFE WITH SPECIAL REFERENCE TO LIFE STYLE DISORDERS**

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

**Number of participants:** More than 350

**Department:** Character Building Committee

**Objectives:**

- To make people aware about the rich cultural heritage of India i.e., Ayurveda.
- The share ayurvedic remedies for various lifestyle disorders

**Teacher Coordinator for the activity:** Dr Minakshi Rana

**Student Coordinators:** Neeruj, Saashi, Kriti, Anshika

**Entries received-** A total number of 565 people including faculty, professionals, research scholars registered for the workshop from all over India and from different parts of world like Jordan, Philippines, Pakistan, Ghana, Bangladesh, Afghanistan, Muscat Oman, Egypt, Nigeria to name a few countries.

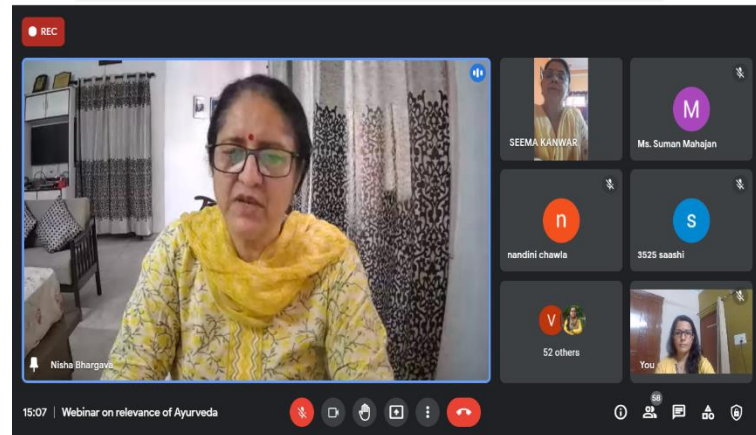
**The Practice:** Health is the most precious gifts one should strive for in this challenging time of COVID19. The rich Indian cultural heritage of Ayurveda can help people immensely to maintain holistic wellbeing. The resource person for the day Dr N S Bhardwaj, Joint Director, Directorate of Ayush, U. T. Chandigarh mentioned the importance of disciplined life style to maintain healthy mind as well as body. He



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

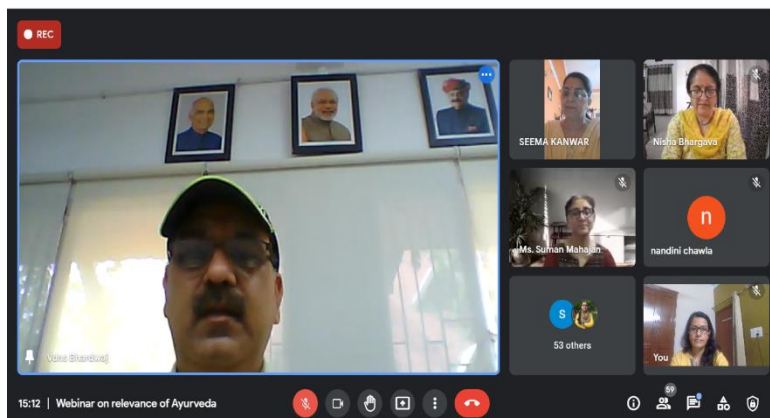
insisted on the practice of yoga to release stress related to work, health and studies. He further enlightened the audience on the significance of consumption of freshly cooked food and fruits in daily routine. He suggested to consume triphala powder, ashwagandha powder and giloy tablet for strong immunity. As nowadays screen exposure is increased among people, so he suggested to consume to powder of dry almonds, black pepper, rock candy and cardamom. The daily intake of any Ayurveda powder should not be more than 1 to 3 grams.

Dr Nisha Bhargava, principal said that the Ministry of Ayush, Government of India is doing tremendous work in helping people to fight against the pandemic of COVID19. She urged the audience to download the Sanjeevani



Mobile App that is launched by the Ministry of Ayush, Government of India in the pandemic of COVID19 to help people in adopting ayush recommendations for treating the various infections and ailments. She appreciated the initiative Character building Committee. She further mentioned that the college is continuously working for the betterment of the society. Towards the end, Dr Seema Kanwar, Convener, Character Building Committee offered formal vote of thanks with a thought-provoking poem on practice of ensuring balance of Allopathic medicine and Ayurveda to the honourable principal ma'am, resource person N S Bhardwaj, participants and the organizing team wholeheartedly.

**Evidence of Success:** More than 350 participants thanked the organizers for



arranging such an informative and relevant session with the help of feedback form. Further, many participants expressed their gratitude through comments in the YouTube chat box and Google meet Chat Box.

**41. ONE DAY ONLINE WORKSHOP ENTITLED “INSIGHT INTO A HERBARIUM AND HERBARIUM METHODOLOGY” BY THE DEPARTMENT OF BOTANY AND ADD ON COURSE IN FLORICULTURE AND LANDSCAPING.**

**Date:** 11<sup>th</sup> June, 2021

**Number of participants:** 94

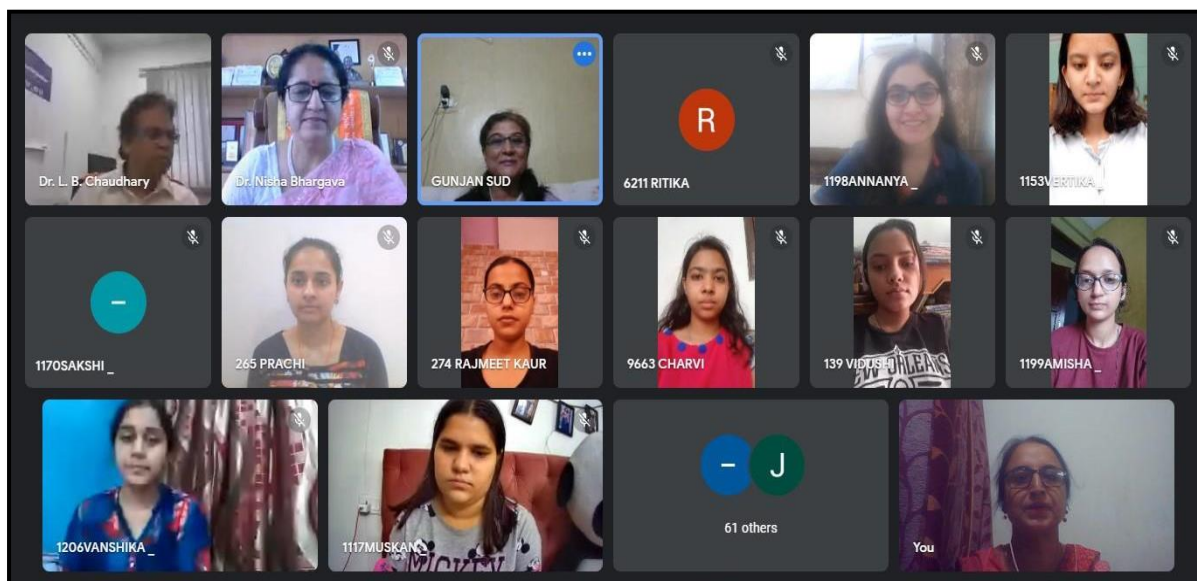
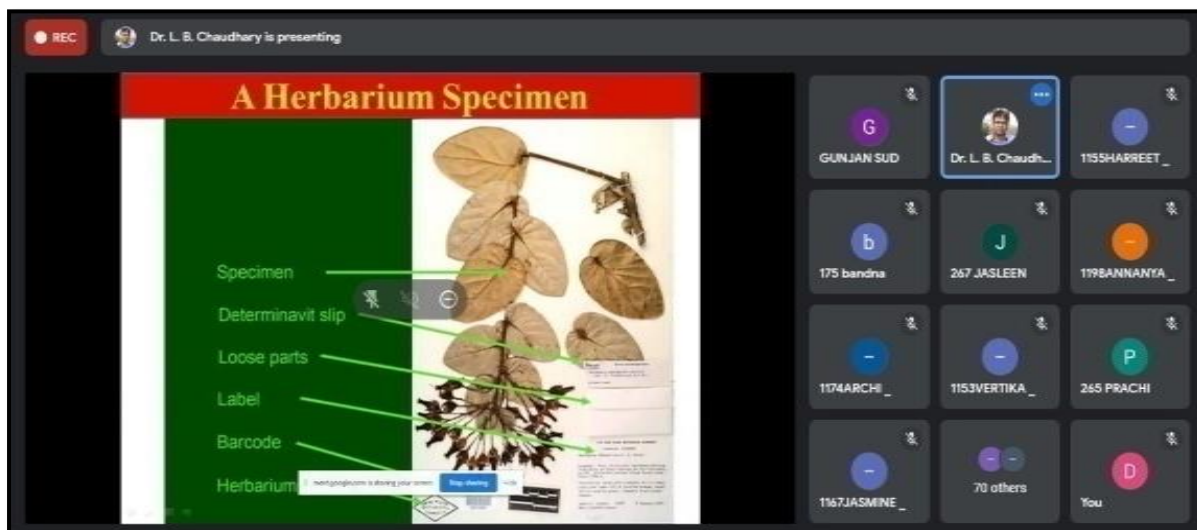
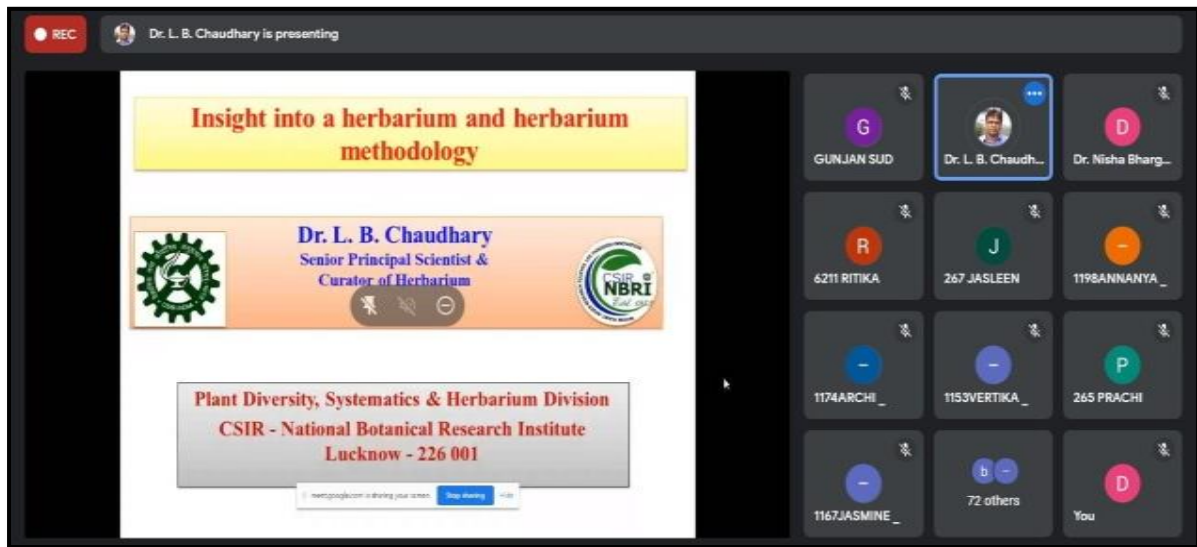
**Objective:** Since herbarium is a key part of the curriculum of BSc. II (Medical) students, the main objective of the workshop was to provide information to the young minds about the technicalities involved in the preparation of herbarium and the important things to be kept in mind while doing so.

**The Context:** Angiosperms form the most dominating group of plants on earth today. Because of the increasing anthropogenic pressure and climate change a large number of plant species are becoming extinct at a very fast pace and many more are yet to be discovered. Herbarium specimens serve as a data record of the existing species in any area and have a major role to play in monitoring the change in the biodiversity of the earth in relation to existence and extinction. This calls for more field visits and plant excursion activities by students, researchers and scientists. Keeping this in mind, it became even more imperative to educate the students about the collection, preservation, drying and pasting techniques of the plant specimens on the herbarium sheets. Vast experience of Dr Lal Babu Chaudhary, an eminent expert in the field was needed to educate the students in this regard.

**The Practice:** The Department of Botany and Add on Course in Floriculture and Landscaping organized a one-day online Workshop entitled “**Insight into an Herbarium and Herbarium Methodology**” on 11<sup>th</sup> June 2021. The resource person Dr Lal Babu Chaudhary, Senior Principal Scientist & Curator of Herbarium and Professor in CSIR, Plant Diversity, Systematics & Herbarium Division, CSIR-National Botanical Research Institute (Ministry of Science and Technology, Govt. of India), Lucknow gave a comprehensive talk on different aspects of Herbarium Methodology. Dr Lal Babu Chaudhary explained the need of herbarium preparation and dealt with the various aspects related to the methodology involved. He gave an exhaustive account on how to prepare the specimens, the field notes and the detailed studies required. He also shed light on the ethics of plant collection.

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

**Evidence of Success:** The workshop was a huge success as 94 students participated and many even asked numerous questions.





**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

**WORKSHOP ON HERBARIUM**

Chandigarh: The department of botany and add-on course in floriculture and landscaping of Mehr Chand Mahajan DAV College for Women, Sector 36, organised an online workshop on 'Insight into a Herbarium and Herbarium Methodology'. The resource person for the workshop was Dr Lal Babu Chaudhary, Senior Principal Scientist and Curator of Herbarium and Professor at AcSIR Plant Diversity, Systematics & Herbarium Division, CSIR-National Botanical Research Institute, Lucknow. Chaudhary gave a comprehensive account of herbarium and the techniques involved in its preparation. TNS

## MCM holds workshop on Herbarium, plantation activity

The Department of Botany and add-on Course in Floriculture and Landscaping at Mehr Chand Mahajan DAV College for Women organised an online workshop on CSIR-National Botanical Research Institute (Ministry of Science and Technology, Govt. of India) Lucknow. In his informative talk, Dr Chaudhary gave a comprehensive account of herbarium and the techniques involved in its preparation. The students were given important tips on how to prepare a Herbarium and the problems encountered during collection of the plant specimens and their preservation techniques were also discussed at length. 94 students participated enthusiastically in the workshop, making it a huge success. In another activity, the Department of Botany and MCM Eco Club undertook the initiative of Plantation of Air Purifying Plants' under the aegis of Amrit Mahotsav.

**Dr. Nisha Bhargava**  
Principal

**Resource Person: Dr. Lal Babu Chaudhary, Senior Principal Scientist and Curator of Herbarium and Professor in AcSIR Plant Diversity, Systematics & Herbarium Division, CSIR National Botanical Research Institute (Ministry of Science and Technology, Govt. of India) Lucknow**

### एमसीएम में पौधारोपण पर कार्यशाला

चंडीगढ़ (अप्रस)। मेहर चंद महाजन डीएवी कॉलेज फॉर वूमेन में वनस्पति विज्ञान विभाग और एड-ऑन कोर्स फ्लोरिकल्चर और लैंडस्केपिंग में 'इनसाइट इन ए हर्बेरियम एंड हर्बेरियम मेथडोलॉजी' पर एक ऑनलाइन कार्यशाला का आयोजन किया। कार्यशाला के लिए प्रमुख वक्ता डॉ. लाल बाबू चौधरी, वरिष्ठ प्रधान वैज्ञानिक और हर्बेरियम के वयूरेटर और एसीएसआईआर प्लांट डायवर्सिटी, सिस्टमेटिक्स एंड हर्बेरियम डिवीजन, सीएसआईआर-राष्ट्रीय वनस्पति अनुसंधान संस्थान (विज्ञान और प्रौद्योगिकी मंत्रालय, भारत सरकार) लखनऊ में प्रोफेसर हैं। डॉ. चौधरी ने अपने ज्ञानवर्धक व्याख्यान में हर्बेरियम और इसकी तैयारी में शामिल तकनीकों का विस्तृत विवरण दिया। छात्रों को हर्बेरियम (वनस्पति संग्रहालय) तैयार करने के बारे में महत्वपूर्ण सुझाव दिए गए और पौधों के नमूनों के संग्रह के दौरान आने वाली समस्याओं और उनकी संरक्षण तकनीकों पर भी विस्तार से चर्चा की गई। कार्यशाला में 94 छात्रों ने उत्साहपूर्वक भाग लिया और इस आयोजन को सफल बनाया। एक अन्य गतिविधि में, बॉटनी विभाग और एमसीएम इको क्लब ने अमृत महोत्सव के तत्वावधान में 'वायु शुद्ध करने वाले पौधों का वृक्षारोपण' की पहल की। यह गतिविधि हमारे आस-पास की हवा को शुद्ध करने में पौधों के महत्व के संदेश को फैलाने के लिए आयोजित की गई थी। विद्यार्थियों ने अपने-अपने स्थानों पर वायु शोधक पौधे लगाए और इस गतिविधि को सफल बनाया। हर्बेरियम पर कार्यशाला की सराहना करते हुए, प्रिंसिपल डॉ. निशा भार्गव ने युवाओं में टैक्सोनॉमी के इस महत्वपूर्ण पहलू के बारे में जागरूकता पैदा करने की आवश्यकता पर प्रकाश डाला। पौधारोपण गतिविधि की सराहना करते हुए, डॉ. भार्गव ने कहा कि इस तरह की गतिविधियों को करने से न केवल हमारे पर्यावरण की गुणवत्ता में सुधार होता है, बल्कि इसमें एक सौंदर्य मूल्य भी जुड़ा है जो बदले में हमें प्रकृति के साथ निकटता स्थापित करने में मदद करता है।

## 42. AN ONLINE INTERACTIVE SESSION BASED ON THE THEME “INSTALLATION OF SOLAR WATER HEATERS TO SAVE ENERGY” ORGANIZED BY DEPARTMENT OF PHYSICS, RENEWABLE ENERGY COMMITTEE AND MCM ECO CLUB

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

**Activity coordinator:** Ms. Meenakshi

**Number of participants:** 93 students and 05 faculty members

**Objective:** To create better understanding among students about the importance of saving energy by using Solar Water Heaters.

**The Context:** The major motives of saving energy are to save on utility bills and to protect the environment. Solar Water Heaters also called domestic hot water systems have become a cost-effective way for saving energy. A typical solar water heating system can save up to 1500 units of electricity every year for every 100 litres per day of solar water heating capacity.

**The Practice:** Department of Physics in collaboration with Renewable Energy committee and MCM Eco-Club organized an interactive session on June 12, 2021. In this session, students shared their views through online PowerPoint presentations about the benefits of solar water heaters which are becoming quite popular these days. Through a lot of government support, marketing and subsidies, these products have come long way. They have been very affordable now and many people have started adopting solar water heaters for their domestic and commercial needs. Through this session, students were encouraged to adopt the idea of energy saving by using the appliances like solar water heaters.

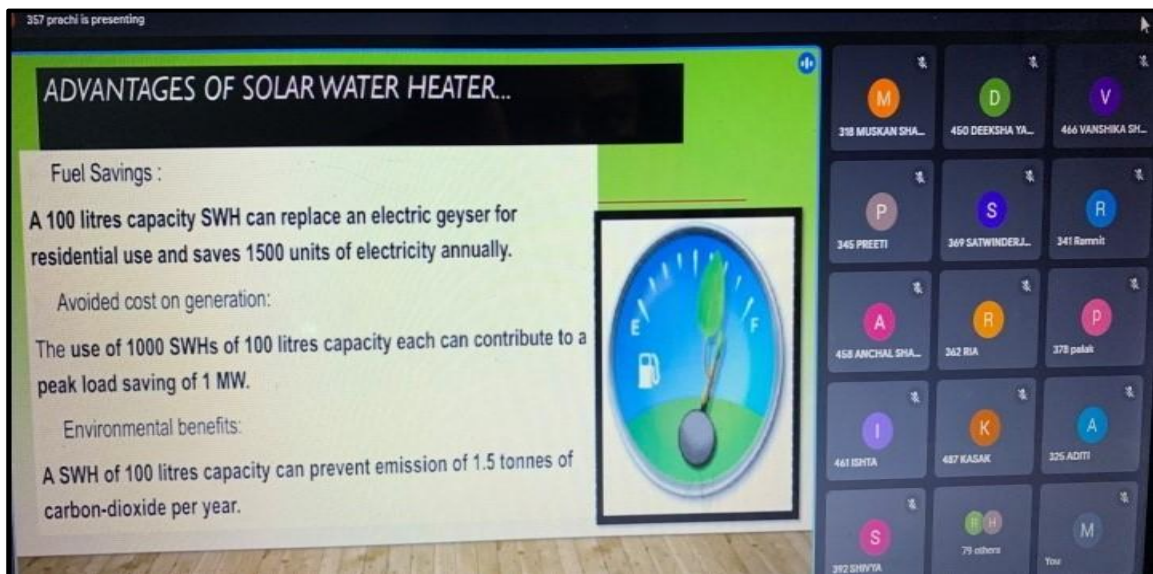
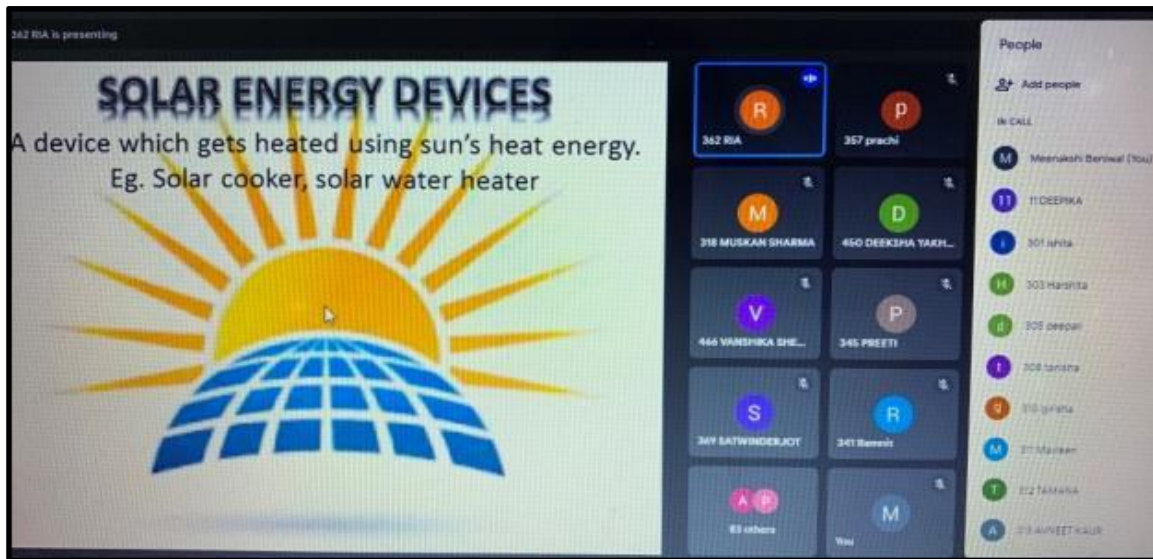


**Evidence of Success:** Around 93 students of B.Sc. I (Non-Medical & Vocational) and 5 teaching staff members participated in this session. Students used power point presentations to express their thoughts on the solar water heaters and their benefits for saving energy. This session created a

better understanding about the basics of solar water heaters among the students.



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**





### **43. WORKSHOP CUM AWARENESS PROGRAM ON QUALITY OF SLEEP 'QUALITY OF SLEEP MATTERS' ORGANIZED BY PSYCHO SOCIAL SUPPORT CELL**

**Date-** 12<sup>th</sup> June, 2021

**Event Coordinator:** Dr Minakshi Rana

**Number of participants-** More than 600 people including faculty, professionals, and research scholars participated from all over India and from different parts of the world like Estonia, Jordan, Philippines, Pakistan, Ghana, and Bangladesh to name a few countries.

**Objectives:** To enlighten the audience on the significance of sound sleep for holistic wellbeing and to develop the understanding of the practice of sleep hygiene.

**The Context:** The workshop 'Quality of Sleep Matters' was organized in order to emphasize the need and importance of quality sleep which also aimed at mental wellness and 'Mansik Swachhta'. The session also offered many ways to ensure a sound sleep.

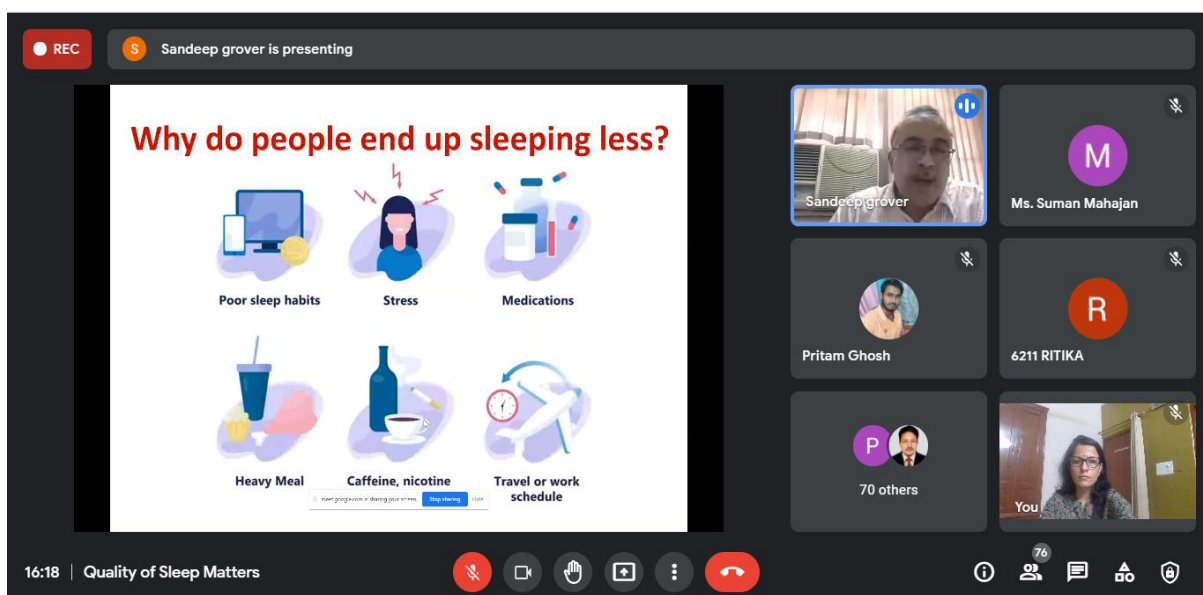
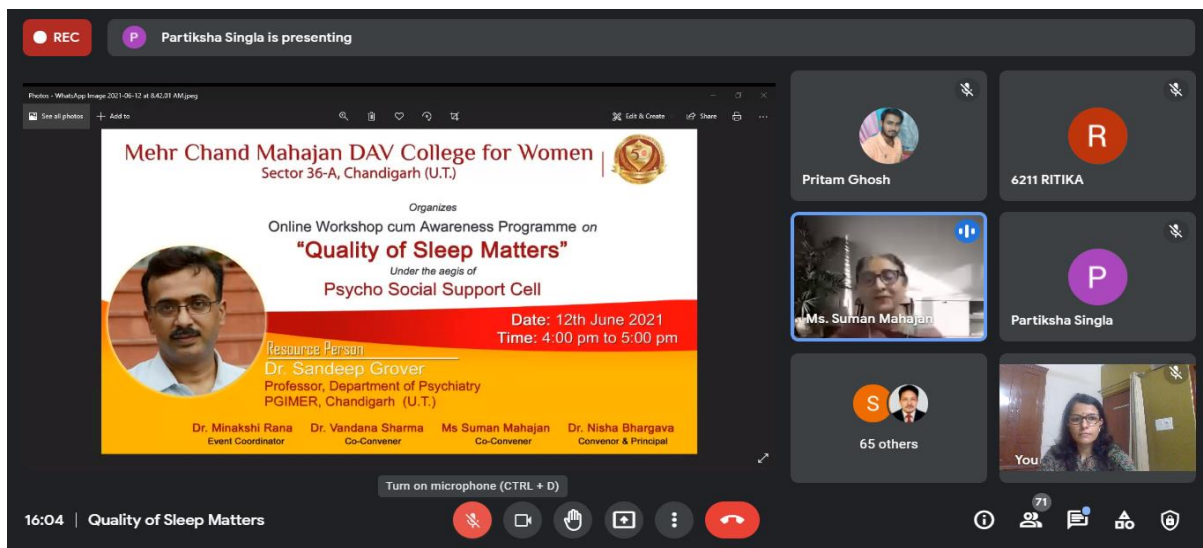
**The Practice:** Getting enough sleep is essential for helping a person maintain optimal health and well-being. When it comes to their health, sleep is as vital as regular exercise and eating a balanced diet. The resource person of the webinar Dr Sandeep Grover, Professor, Department of Psychiatry, PGIMER, Chandigarh mentioned that during the pandemic of COVID19 sleep disorders have increased many times among the people especially the young adults. Poor sleep quality may result in cardiovascular diseases, obesity, stress and anxiety, daytime sleepiness and metabolic syndrome. Prolonged exposure to screens, especially during the night can seriously affect sleep. Further, intake of high calories food in evening or dinner time may also impact quality of sleep. Frequent intake of medications for sleep is not recommended at all and any kind of stress or anxiety may also result in poor sleep. People should avoid long daytime naps and adjust their work schedules to have a relatively fixed sleeping pattern. For problems like insomnia, snoring, frequent hallucinations and movements during sleep, people should consult a psychiatrist immediately.

Principal Dr Nisha Bhargava said that the college has established the Psycho Social Support Cell as per the directions of Mahatma Gandhi National Council of Rural

## REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)

Education, Ministry of Human Resource Development, Government of India to promote holistic wellbeing in the community. She mentioned that sleep hygiene is essential for better immune system and sound sleep is an integral part of physical as well as mental wellbeing of human beings. Ms Suman Mahajan, co-convener of the Psycho Social Support Cell mentioned that sleep is a vital but often neglected aspect of human life. People should not hesitate to take expert advice in case they are experiencing any issues with their sleep.


**Evidence of Success:** More than 400 participants thanked the organizers for arranging such an informative and relevant session with the help of feedback form. Further, many participants expressed their gratitude through comments in the YouTube chat box and Google meet Chat Box.








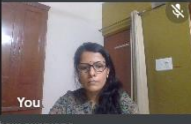
**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

REC Sandeep grover is presenting

### What not to do, to get good sleep ?




- Avoid long daytime naps







16:33 | Quality of Sleep Matters

REC Sandeep grover is presenting

### When to sleep ?




**Circadian Rhythm**  
How Circadian Rhythm Affects Your Body

16:23 | Quality of Sleep Matters

REC Partiksha Singla is presenting





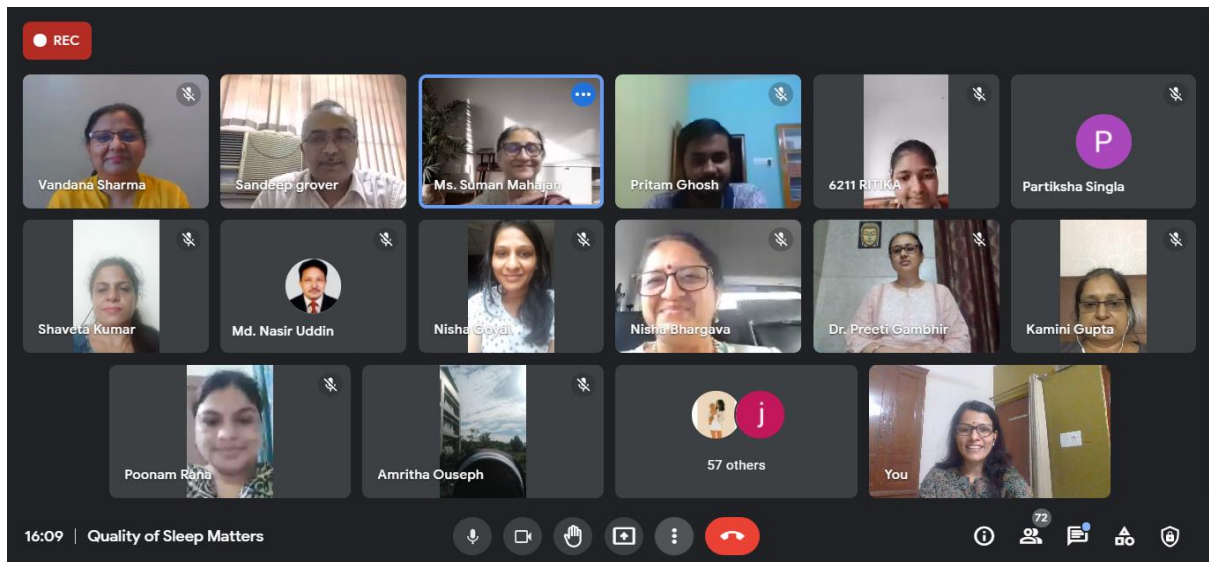





16:04 | Quality of Sleep Matters



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**



#### **44. AWARENESS SESSION ON “PREVENTION OF MOSQUITO BREEDING IN THE COLLEGE CAMPUS” ORGANIZED BY MCM ECO CLUB**

**Date:** 15 June, 2021

**Activity coordinator:** Dr Sarabjeet Kaur

**Number of participants:** 20 non-teaching staff members

**Objectives:**

- To sensitize staff about the need of identifying and eliminating mosquito breeding grounds in the college campus.
- To make them aware about eco-friendly measures which can save us from deadly mosquito borne diseases.

**The Context:** Vector-borne diseases account for more than 17% of all infectious diseases, causing more than 700000 deaths annually. Malaria is a parasitic infection transmitted by *Anopheles* mosquitoes. Dengue is another prevalent viral infection transmitted by *Aedes* mosquitoes. Other viral diseases transmitted by mosquito vectors include chikungunya fever, Zika virus fever, yellow fever, West Nile fever, Japanese encephalitis etc. Many of the vector-borne diseases are preventable through awareness, preventive measures, and community mobilization.



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

**The Practice:** MCM Eco-Club organized an awareness session with twenty non-teaching staff members of the college. Mr. Balak Ram, Junior Lecture Assistant, Department of Zoology discussed about the hot spots for mosquito breeding in the college and suggested eco-friendly measures to prevent the spread of vector borne diseases.

The following steps have been taken to prevent mosquito breeding in the college campus:

1. The drums/containers/fountains have been properly cleaned to ensure that no breeding grounds for mosquito larvae are available.
2. Inoculation of larvivorous fish has been done in the biodiversity pond and the ponds for aquatic plants in the botanical garden.
3. The accumulated water in the construction area is regularly cleaned.
4. Regular spraying of insecticides is done in hostels.
5. Regular monitoring is done in the college premises to avoid accumulation of rain water in low lying areas.



**Evidence of Success:** The participants felt motivated and committed to adopt suggested measures of preventing mosquito breeding in the college campus.



## **45. WEBINAR ON 'BUILDING RESILIENCE THROUGH EMOTIONAL STRENGTH AND MIND POWER' ORGANIZED BY THE PERSONALITY DEVELOPMENT CLUB IN COLLABORATION WITH FOREIGN STUDENT CELL**

**Date:** 15<sup>th</sup> June, 2021

**Number of participants:** 600 participants

**Objective:** The objective of the session was to underscore the importance of connecting with nature, to spread positivity in building a strong, agile and resilient mind. The webinar was conducted on G-meet along with live streamed via YouTube and exuded an overwhelming response from the participants that comprised around 600 participants from the college and faculty members from the states of Punjab, Haryana, Himachal Pradesh, Assam, Jammu and Kashmir and Rajasthan.

**The Context:** Mr. Anurag Rishi, a Transformational and Motivational speaker, Human Potential Trainer and a Life Coach, was the Resource Person for the session. The session focused on the present times stormed by a cataclysm of the power of the human mind. Mr. Anurag explained the human body as a chemical composition with spiritual experience. He narrated real life examples and instances from inspirational books of Deepak Chopra, Nicola Tesla, Norman Cousins etc. to exhibit the phenomenal impact of deep breathing in reducing stress and pushing up the happiness index. A perennial sense of gratitude releases an immensely high vibration of healing. He also stressed on developing a kind hearted and helpful attitude towards all in one's environment in consonance with the law of reaping and sowing. Crowning all, Mr. Anurag underscored the importance of connecting with nature to have a gush of positive forces coming to one's aid in building a strong, agile and resilient mind and made the participants practice breathing and visualization exercises of relaxation with his instructions. In the end he attended to the queries and doubts of the students with his emphatic and motivational responses and asked the participants to have a strict adherence to the 'mind-power' techniques with abhorrence to self-pity and a tendency to seek sympathy.



**The Practice:** The interactive session lasted around two and a half hours which helped the students to explore their inner peace and push up their happiness index. The session helped the students to be familiar with the emerging trends of Personality development in modern context and they learned to overcome their fear and stress by implementing the useful techniques mentioned in the webinar. The team communicated a heartfelt desire of the students to have a continued association with the Resource Person.

**Evidence of Success:** The webinar concluded on an extremely rejuvenating note with students expressing their appreciation and gratitude to the motivational skills of Mr. Anurag Rishi. The coordinators of the webinar expressed their gratitude towards the principal of the college, Dr Nisha Bhargava, for all her guidance and support in giving a platform to organize the session. The Interactive session pressed on the need to develop a kind hearted and helpful attitude towards all in one's environment in consonance with the law of reaping and sowing. It made them understand the importance of connecting with nature to have a gush of positive forces coming to one's aid in building a strong, agile and resilient mind.

#### **46. WORKSHOP ON THE TOPIC 'HOW FOOD RESIDUE CAN BE TURNED TO COMPOST' ORGANIZED BY SWACHHTA COMMITTEE (ARTS) IN COLLABORATION WITH MCM ECO-CLUB**

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

**Number of participants:** 11 teachers and 50 students

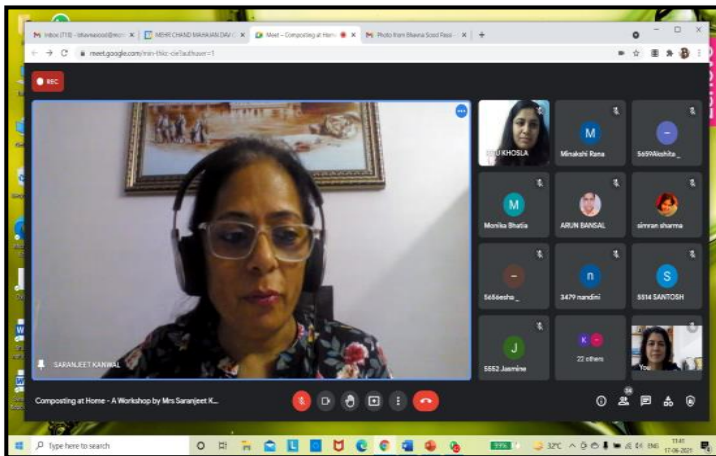
**Objective:** Interactive learning sparks the imagination and unlocks creativity. When environment education is integrated into the curriculum, students become more enthusiastic and engage in learning and this improves student achievement in core academic areas. It enables students to make connections and apply their learning in the real world as they are able to see the interconnectedness of social, ecological, economic, cultural, and political issues.

**The Context:** Environmental education connects us to the world around us, teaching us about both natural and manmade environments. It creates awareness relating to issues impacting the environment and actions that we can take for its improvement. Whether we bring nature into the classroom or take students outside to learn or find

## REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)

impromptu teachable moments on a nature walk with our families, education regarding the environment has many benefits for youth, educators, schools, and communities.

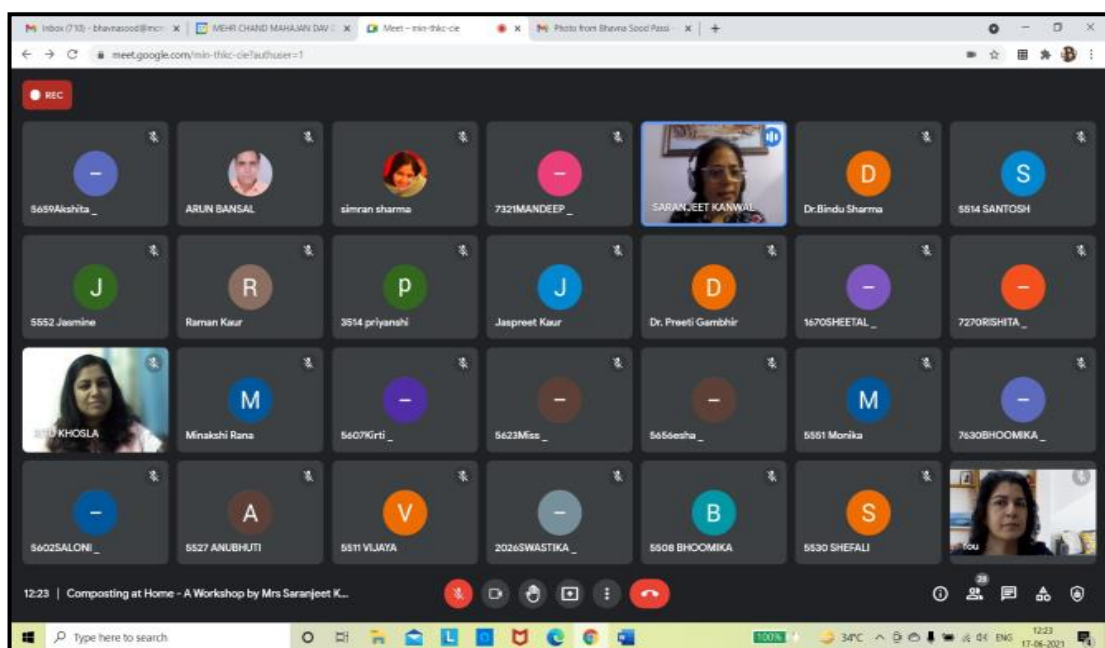
**The Practice:** As a part of 75-Week long Celebration of Bharat Ka Amrut Mahotsav, the *Swachhta Committee (Arts)* in collaboration with *MCM Eco-Club* organized a



**Workshop** on the Topic 'How Food Residue can be turned to Compost' by Mrs. Saranjeet Kaur. Composting is the natural process of recycling organic matter, such as leaves and food scraps, into a valuable fertilizer that can enrich soil and plants

in gardens, landscaping, horticulture, urban agriculture, and organic farming. The benefits of compost include providing nutrients to crops as fertilizer, acting as a soil conditioner, increasing the humus contents of the soil. This workshop was planned for students so that they can contribute to enriching their home environment.

**Outcome:** By incorporating such workshops into the curriculum, teachers tried to integrate science, environment, emotions, and satisfaction into this activity to give a direction to a life's lesson. It was attended by 11 teachers and 50 students and it was also viewed widely on the college's YouTube channel.



## **47. AN INTERACTIVE SESSION BASED ON THE THEME “DON'T OVERFILL FUEL TANK, IT IS HARMFUL TO THE ENVIRONMENT AND TO THE CAR ENGINE”**

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

**Activity coordinator:** Dr Pallavi Gupta

**Number of participants:** 75 students and 04 teachers

**Objective:**

- To create awareness among students regarding harmful effects of overfilled fuel tanks on the vehicles and the environment

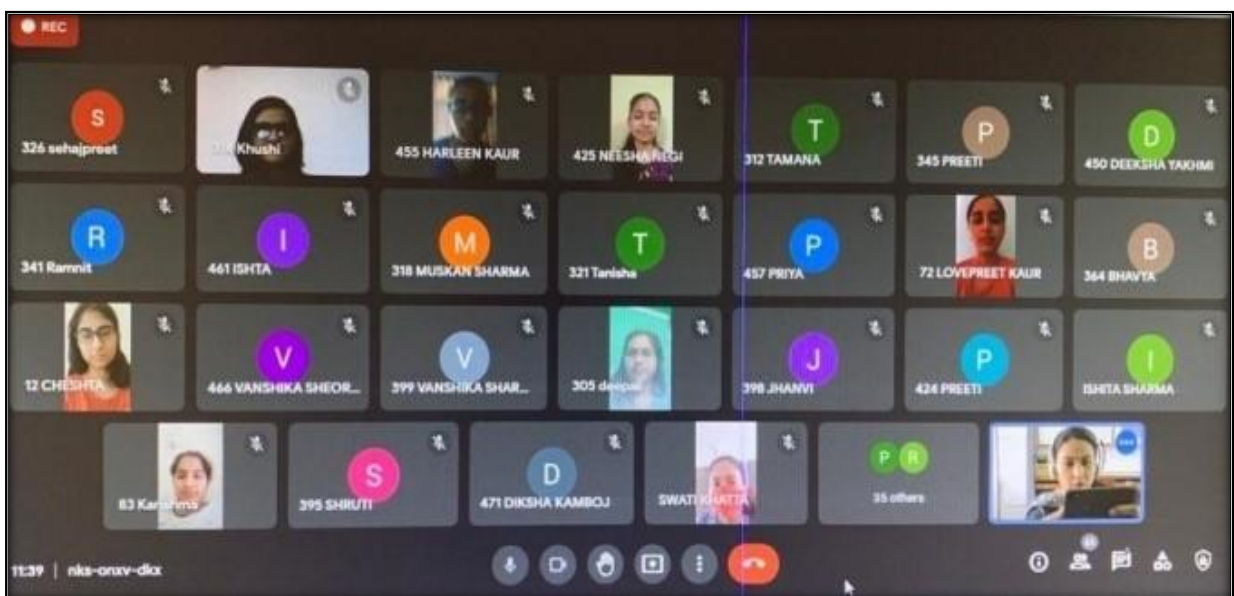
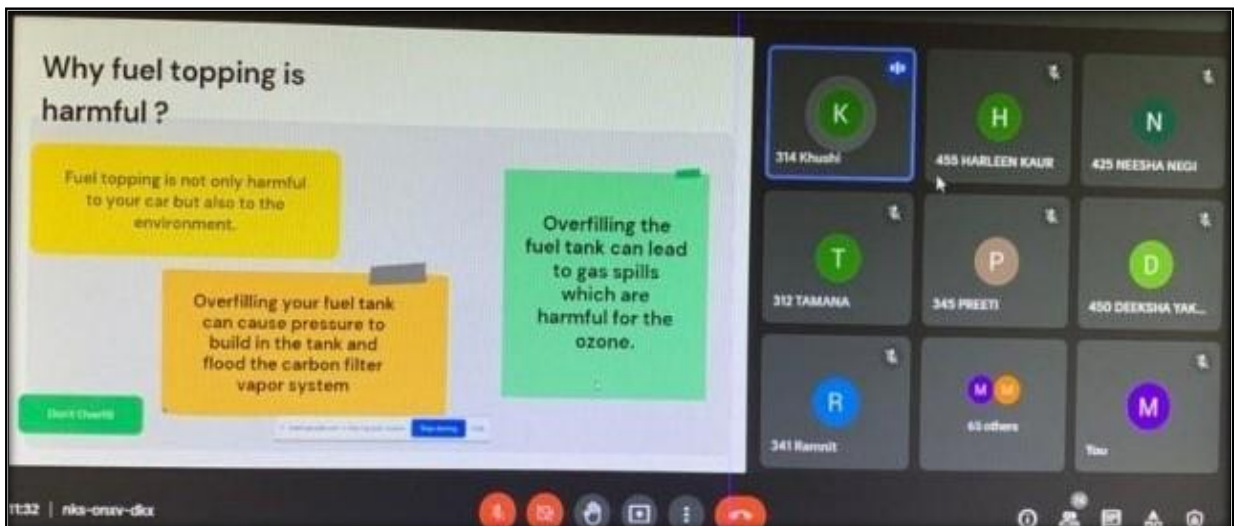
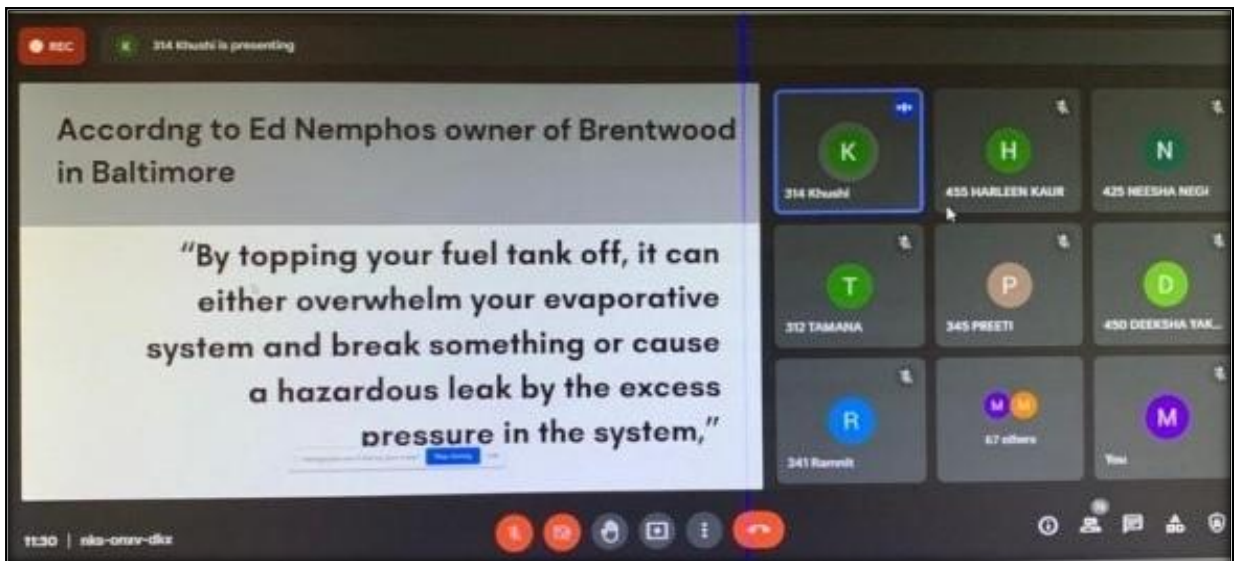
**The Context:** Overfilling petrol tank is not only bad for the vehicle and the pocket, but for the environment as well. Just like filling stations, the vehicles also have a vapour-recovery system. This evaporative-emissions system is designed to capture and collect fuel vapours from the tank, store them in a canister and then, upon start-up, introduce them into the induction system through an evap valve. This includes a small separate tank-within-a-tank in many vehicles, plus a charcoal canister and its plumbing. Overfilling can damage this system and lead to the vehicle malfunctioning. Also, the fuel expands as it warms up. If we overfill the tank, this fuel can find its way into the vapour-collection system of the car which can cause the system to malfunction and affect the vehicle's efficiency.

**The Practice:** To mark the celebration of “Bharat ka Amrut Mahotsav, 75<sup>th</sup> Anniversary of India's Independence, the Department of Physics in collaboration with Renewable Energy committee and MCM Eco-Club organized an interactive session on June 19, 2021. In this session, students discussed detrimental effects of overfilling the fuel tanks. Ms. Khushi and Ms. Tamanna, students of B.Sc. I Non-Medical presented their views through power-point presentation. They informed that modern fuel tanks include an air space to allow for expansion of the fuel as temperatures change. If the air gap is filled with fuel, the fuel may have no room to expand as it heats up during the day. This may result in leaking of fuel out of the vehicle. Fuel leaks are a fire risk. Fuel leaking into the environment can also contaminate soil and ground water.

**Evidence of Success:** As many as 72 students and 4 teaching staff members participated in this session. The participants got encouraged not to get their fuel tanks overfilled so as to stop damage to the car engine and the environment.



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**



## **48. ONLINE POWERPOINT PRESENTATION ON THE THEME “REUSE THE WASTE WATER OF REVERSE OSMOSIS WATER PURIFYING SYSTEMS FOR GARDENING PURPOSE”**

**Date:** 20 June, 2021

**Name of the Coordinator:** Dr Deepika Malik

**Number of participants:** 40 students

**Objectives:**

- To understand the importance of reusing waste water
- To spread awareness of reusing wastewater generated from Reverse Osmosis water purifying systems for gardening purpose

**Context:** Most Indian homes use reverse osmosis (RO) water purifiers. These RO systems are necessary for purifying water, but reverse osmosis systems waste a lot of water. The rejected water by RO has high TDS (Total Dissolved Solids) levels which make this water undrinkable and unsafe not only for humans but for animals as well. Therefore, instead of wasting, the waste RO water can be used for watering plants.

**Practice:** The Department of Food Science and MCM Eco-Club organized an Online Power point presentation on the topic “Reuse the wastewater of Reverse Osmosis water purifying systems for gardening purpose” on 20<sup>th</sup> June, 2021. The students of B.Sc. I MFT participated in the event. With relevance to the theme, participants presented their ideas and understanding on reusing waste water generated by the use of RO water purifiers, for gardening purposes. Since this waste water is usually high in TDS, it is better to dilute it with some normal tap water and then use it in the garden. This is because high TDS water can reduce the fertility of soil in the long term.

**Evidence of Success:** Participants made PowerPoint presentations to illustrate their ideas. The activity was quite informative as volunteers were able to generate awareness about the reuse of wastewater of Reverse Osmosis water purifying systems for gardening purpose.



# REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)

**Reuse the wastewater of Reverse osmosis water purifying systems for gardening purpose.**

*By: Noveldeep and Arushi (BSc MFT 1)*

If you are someone who loves gardening or have planted some plants in pots, the waste water can be used for watering your plants to keep indoor or terrace garden green. This tip is particularly useful for people living in urban areas .There are many ways for this:

1. You can fill your watering cans and sprayers with this waste water.
2. You can install an automated plant watering system if you have a small garden in the backyard.(you just need a small motor and a sprinkler for this)
3. You can install a hydroponic gardening system in your kitchen. This is a very effective and advance method to grow plants.



## 49. INAUGURAL CEREMONY OF MISSION TRIVENI

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

**Number of participants:** 15

**Objectives:**

- To purify and save the environment, and conserve nature
- To control soil erosion and improve soil health.
- To reduce greenhouse gasses and improve oxygen level

**The Context:** Triveni means neem tree (*Azadirachta indica*), peepal (*Ficus religiosa*), and barghad (*Ficus benghalensis*) are planted together in a pit. This trio produces a large amount of oxygen and purifies the environment. Triveni is thus planted for the purification of the environment. It also controls soil erosion, improves soil health and structure, induces rains, and has medicinal benefits too.



**The Practice:** Keeping in view the benefits of trio plants, Psychosocial Support Cell under मानसिक स्वच्छता in collaboration with Swachhta Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, and Pranjai Genus Pvt. Ltd., carried out the inauguration of the '**Mission-one Lakh Triveni**' on

June 21, 2021, at 11:30 am in the college premises. Psychosocial Support Cell of the College has been constituted with an aim of promoting psychosocial well-being of the people especially in the time of crisis.



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

With the objective of improving atmospheric oxygen and maintenance of greenery, the trio set of 'Triveni' saplings comprising Bargad, Neem, and Peepal were planted by the worthy Principal Dr Nisha Bhargava and honourable guest Ms. Ekta Bansal, Founder & CEO, Parnjai Genus Pvt. Ltd. in the bio-gas plant area of the College. The eco-efficient event was attended by members of the staff from different committees including NSS Units, UBA Cell, Horticulture committee and Artificial Forest. The mission would be taken forward by the NSS Units and UBA cell of the college in their adopted villages.



Besides, 'Triveni' saplings were gifted to the staff members for plantation at their respective places.

**Evidence of Success:**







## एक लाख त्रिवेणी रोपण अभियान की शुरुआत

चंडीगढ़। एमसीएम डीएवी कॉलेज-36 की स्वच्छता समिति ने परिजाई जीनस प्राइवेट लिमिटेड के साथ मिलकर एक लाख त्रिवेणी अभियान का उद्घाटन किया। इसके तहत वीरवार को कॉलेज परिसर में त्रिवेणी लगाकर इसकी शुरुआत की गई। प्राचार्या डॉ. निशा भार्गव ने बताया कि पारिस्थितिक महत्व के अलावा त्रिवेणी का आध्यात्मिक महत्व भी है, क्योंकि बरगद, नीम और पीपल को क्रमशः भगवान ब्रह्मा, विष्णु और महेश का निवास माना जाता है। इस दौरान स्टाफ सदस्यों के साथ एनएसएस स्वयंसेवक मौजूद रहे। ब्यूरो

## एमसीएम ने एक लाख त्रिवेणी रोपण अभियान का नेतृत्व किया

चंडीगढ़। 'एक लाख त्रिवेणी' अभियान का उद्घाटन करते हुए मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की स्वच्छता समिति ने परिजाई जीनस प्राइवेट लिमिटेड के सहयोग से कॉलेज परिसर में त्रिवेणी का पौधारोपण किया। प्रिंसिपल डॉ. निशा भार्गव, परिजाई जीनस प्राइवेट लिमिटेड के अधिकारियों और स्वच्छता समिति, उन्नत भारत अभियान (यूबीए) सेल, एनएसएस इकाइयों, कृत्रिम वन और बागवानी समिति के समन्वयकों के साथ त्रिवेणी-तीन पौधों की तिकड़ी लगाई जिसमें नीम का पेड़ (अजादिराखता इंडिका), पीपल (फिकस रिंजिजिओसा) और बरगद (फाइकस बेंगालेंसिस), एक साथ एक गड्डे में लगाए। इस अवसर पर अपने विचार व्यक्त करते हुए डॉ. भार्गव ने कहा कि पारिस्थितिक महत्व के अलावा, त्रिवेणी का आध्यात्मिक महत्व भी है क्योंकि बरगद, नीम और पीपल को क्रमशः भगवान ब्रह्मा, विष्णु और महेश का निवास माना जाता है। उन्होंने कहा कि यह खुशी की बात है कि महाविद्यालय की विभिन्न समितियां त्रिवेणी का पौधारोपण कर पुण्य का कार्य कर रही हैं। इस अभियान को यूबीए सेल और एनएसएस इकाइयों द्वारा अपने अपनाए गए गांवों और ट्राइसिटी के विभिन्न क्षेत्रों में त्रिवेणी लगाकर आगे बढ़ाया गया था। यूबीए सेल ने खरड़ में त्रिवेणी के 3 सेट लगाए, पंजाब यूनिवर्सिटी कैम्पस, सेक्टर 13, चंडीगढ़ में 1 सेट और फेज 4 और मोहाली के सोहाना गांव में लगाए गए। एनएसएस इकाइयों ने ग्राम बधेरी के राजकीय मॉडल स्कूल एवं आंगनवाड़ी मल्टीपल कॉम्प्लेक्स परिसर में त्रिवेणी का एक सेट तथा सेक्टर 41 के कृष्णा मार्केट क्षेत्र में एक अन्य सेट लगाकर मिशन त्रिवेणी में योगदान दिया।



## कॉलेज ने एक लाख त्रिवेणी रोपण अभियान का नेतृत्व किया

चंडीगढ़, 15 जुलाई (आशीष): एक लाख त्रिवेणी अभियान का शुभारंभ करते हुए सैक्टर -36 स्थित मेहर चंद महाजन डी.ए.वी. कॉलेज फॉर वूमैन की स्वच्छता समिति ने परिजाई जीनस प्राइवेट लिमिटेड के सहयोग से कॉलेज परिसर में त्रिवेणी का पौधारोपण किया।

प्रिंसिपल डॉ. निशा भार्गव, परिजाई जीनस प्राइवेट लिमिटेड के अधिकारियों और स्वच्छता समिति, उन्नत भारत अभियान सैल, एन.एस.एस. इकाइयों, कृत्रिम वन और बागवानी समिति के समन्वयकों के साथ त्रिवेणी- तीन पौधों की तिकड़ी लगाई जिसमें नीम का पेड़, पीपल और बरगद एक साथ लगाए। डॉ. भार्गव ने कहा कि पारिस्थितिक महत्व के अलावा, त्रिवेणी का आध्यात्मिक महत्व भी है क्योंकि बरगद, नीम और पीपल को क्रमशः भगवान ब्रह्मा, विष्णु और महेश का निवास माना जाता है।

## MCM spearheads Mission 1 Lakh Triveni



**CHANDIGARH:** Inaugurating 'Mission 1 Lakh Triveni', the Swachhta Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh carried out plantation of Triveni in the college campus, in collaboration with Parijal Genus Pvt. Ltd. Principal Dr. Nisha Bhargava, along with the officials of Parijal Genus Pvt. Ltd. and Coordinators of Swachhta Committee, Unnat Bharat Abhiyan (UBA) Cell, NSS units, Artificial Forest and Horticulture Committee, planted Triveni- the trio of three plants viz. neem tree (Azadirachta indica), peepal (Ficus religiosa) and banyan (Ficus benghalensis), planted together in one pit. Speaking on this occasion, Dr. Bhargava said that besides having ecological importance, triveni also holds spiritual significance as banyan, neem and peepal are regarded as the abode of Lord Brahma, Vishnu and Mahesh, respectively.

# एमसीएम ने एक लाख त्रिवेणी रोपण अभियान का नेतृत्व किया

चंडीगढ़ ■ विनोद कुमार

'एक लाख त्रिवेणी' अभियान का उद्घाटन करते हुए मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की स्वच्छता समिति ने परिजाई जीनस प्राइवेट लिमिटेड के सहयोग से कॉलेज परिसर में त्रिवेणी का पौधारोपण किया। प्रिंसिपल डॉ. निशा भार्गव, परिजाई जीनस प्राइवेट लिमिटेड के अधिकारियों और स्वच्छता समिति, उन्नत भारत अभियान (यूबीए) सेल, एनएसएस इकाइयों, कृत्रिम वन और बागवानी समिति के समन्वयकों के साथ त्रिवेणी-तीन पौधों की तिकड़ी लगाई जिसमें नीम का पेड़ (अजादिराछता इंडिका), पीपल (फिकस रिलिजिओसा) और बरगद (फाइकस बेंघालेंसिस), एक साथ एक गड्ढे में लगाए। इस अवसर पर अपने विचार व्यक्त करते हुए डॉ. भार्गव ने कहा कि पारिस्थितिक महत्व के अलावा, त्रिवेणी का आध्यात्मिक महत्व भी है क्योंकि बरगद, नीम और पीपल को क्रमशः भगवान ब्रह्मा, विष्णु

और महेश का निवास माना जाता है। उन्होंने कहा कि यह खुशी की बात है कि महाविद्यालय की विभिन्न समितियां त्रिवेणी का पौधारोपण कर पुण्य का कार्य कर रही हैं।

इस अभियान को यूबीए सेल और एनएसएस इकाइयों द्वारा अपने अपनाए गए गांवों और ट्राइसिटी के विभिन्न क्षेत्रों में त्रिवेणी लगाकर



आगे बढ़ाया गया था। यूबीए सेल ने खरड़ में त्रिवेणी के 3 सेट लगाए, पंजाब यूनिवर्सिटी कैंपस, सेक्टर 13, चंडीगढ़ में 1 सेट और फेज 4 और मोहाली के सोहाना गांव में लगाए गए।

एनएसएस इकाइयों ने ग्राम बधेरी के राजकीय मॉडल स्कूल एवं आंगनवाडी मल्टीपल कॉम्प्लेक्स परिसर में त्रिवेणी का एक सेट तथा सेक्टर 41 के कृष्णा मार्केट क्षेत्र में एक अन्य सेट लगाकर मिशन त्रिवेणी में योगदान दिया।



## 50. CELEBRATION OF 7<sup>TH</sup> INTERNATIONAL DAY OF YOGA - 2021)

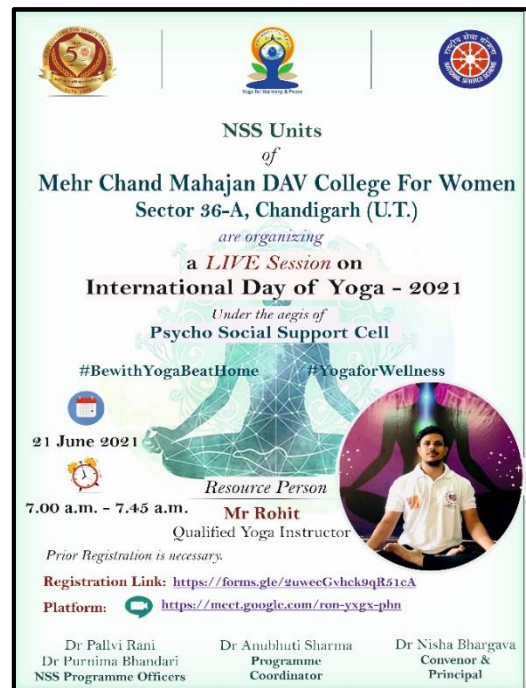
**Date:** 21<sup>st</sup> June 2021

**Number of Volunteers:** 76

**Objectives:**

1. To promote emotional as well as psychological wellness of the students during the stressful times
2. To apprise the volunteers about the benefits of Yoga during COVID-19 pandemic especially post-COVID recovery.
3. To make students learn that how Yoga helps to keep the internal organs in the body functioning properly by increasing the oxygen and blood flow.

**The Context:** Globally, International Yoga Day 2021 is being observed on June 21 with an aim to highlight the importance of Yoga and the pivotal role it plays in rejuvenating our mind and the body, leading to a healthier lifestyle. This year, the theme of the event is **“Yoga For Wellness, Yoga at Home and Yoga with Family”** that emphasizes on practising Yoga for physical and mental well-being harmonized with global concerns around the COVID-19 pandemic, but within constraints of social distancing. Currently, the resurgence of COVID-19 pandemic has added stress and



anxiety among the people, where the prevalence of disease and isolation are not only affecting a patient's physical health, but also taking a toll on the psychological or emotional well-being including his family members.

**The Practice:** Keeping in view the objectives, NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a live yoga session on 7<sup>th</sup> International Day of Yoga i.e., 21<sup>st</sup> June, 2021 under the aegis of Psycho Social Support Cell. The session was organized virtually in the early morning hours - 7.00 a.m. to 7.45 a.m. where the resource person was a qualified Yoga Instructor Mr. Rohit who has been to his credit many National and International awards. The session was



organized under the able guidance of our worthy Principal – **Dr Nisha Bhargava** and supervision of NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari, with Dr Anubhuti Sharma being the Programme Coordinator. More than 120 participants including faculty members as well as students got themselves registered for the event.

The session started with Dr Anubhuti Sharma introducing the resource person which was followed by a brief introduction about the relevance of Yoga Day celebration by Dr Pallvi Rani. In her inaugural address, Principal Dr Nisha Bhargava who herself is an ardent follower of Yoga, inspired students and the faculty members to follow the yoga protocols in their daily lives for holistic well-being. She emphasized on the practice of doing *Pranayam* and other yoga asanas along with the family members and urged them to make yoga as part of their life style.

During the session, Mr. Rohit discussed about the importance of yoga and its aspects especially in this prevailing COVID-19 pandemic and demonstrated asanas as mentioned in common yoga day protocol (Government of India) including *Ustrasana*, *Shashankasana*, *Bhujangasana*, *Dhanurasana*, *Makarasana*, *Trikonāsana*. During the session, Mr Rohit explained the correct way of doing breathing exercises including *KapalBhati*, *Anulom-Vilom* and highlighted the implication of practicing yoga asanas particularly in post COVID-19 recovery period. The session concluded with vote of thanks proposed by NSS Programme Officer Dr Purnima Bhandari.

Besides, some of the volunteers participated in various quiz competitions which were organized at state as well as National level by different agencies.

**Evidence of Success:** 76 Volunteers along with faculty members participated enthusiastically in the session and performed various yoga moves along with their family members and friends, and understood the importance of yoga and its effect on mental as well as psycho-social well-being. Links of the event uploaded at various social handles:

[https://youtu.be/7XkErnMG\\_7I](https://youtu.be/7XkErnMG_7I)

<https://www.facebook.com/MCMDAVCW/posts/1141503469649238>

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

<https://twitter.com/MCMDAVCW/status/1406815000996372483>

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**



**Principal Dr Nisha Bhargava –  
ardent follower of Yoga,  
practising Yoga with her  
family.**

***#BewithYogaBeathome,  
#YogaforWellness***



**Principal Dr Nisha Bhargava  
– ardent follower of Yoga,  
practising Yoga on 7<sup>th</sup>  
International Day of Yoga –  
2021.**

***#BewithYogaBeathome,  
#YogaforWellness***





**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

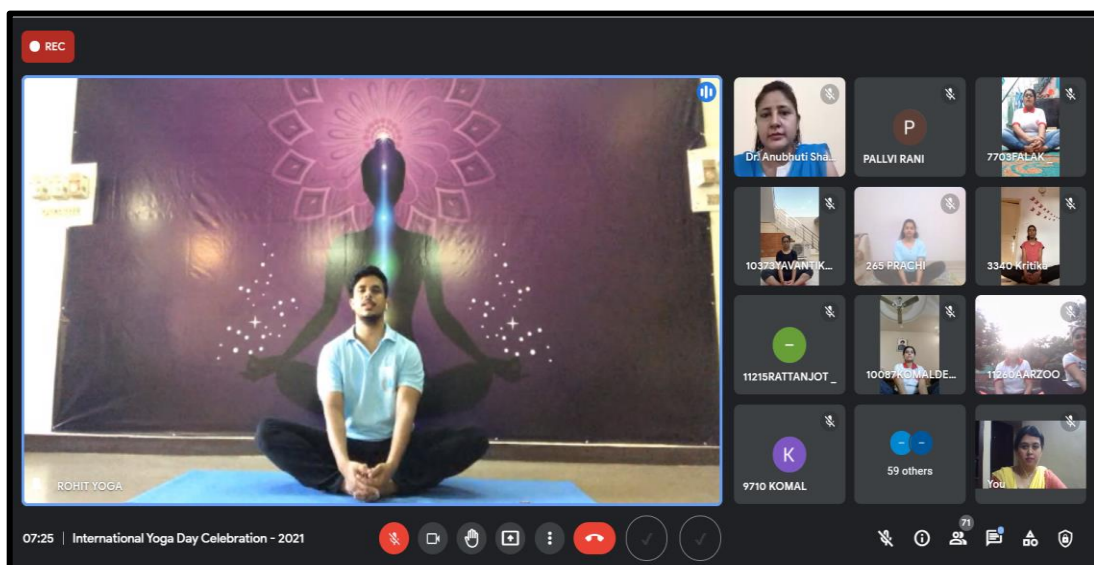
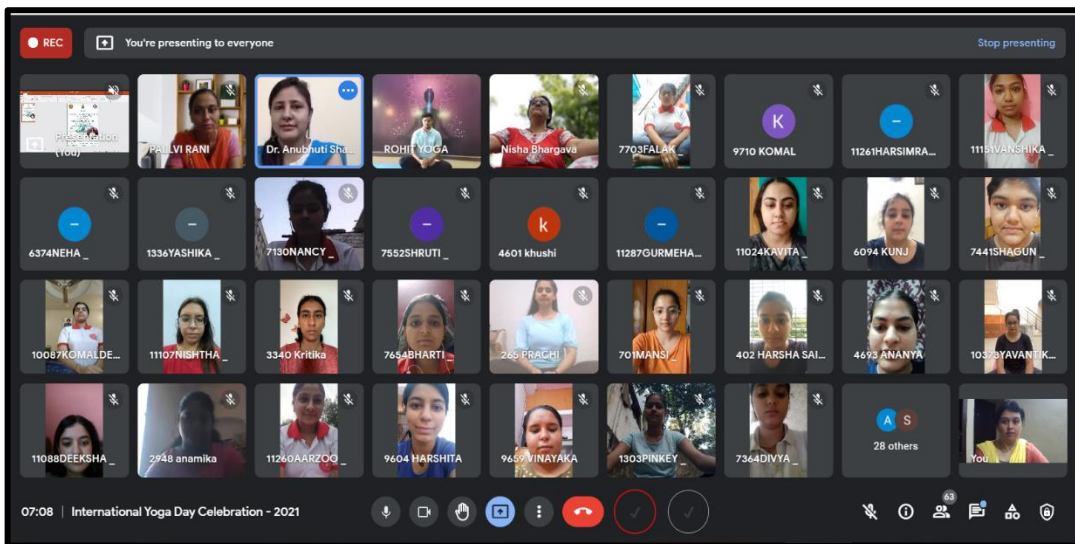
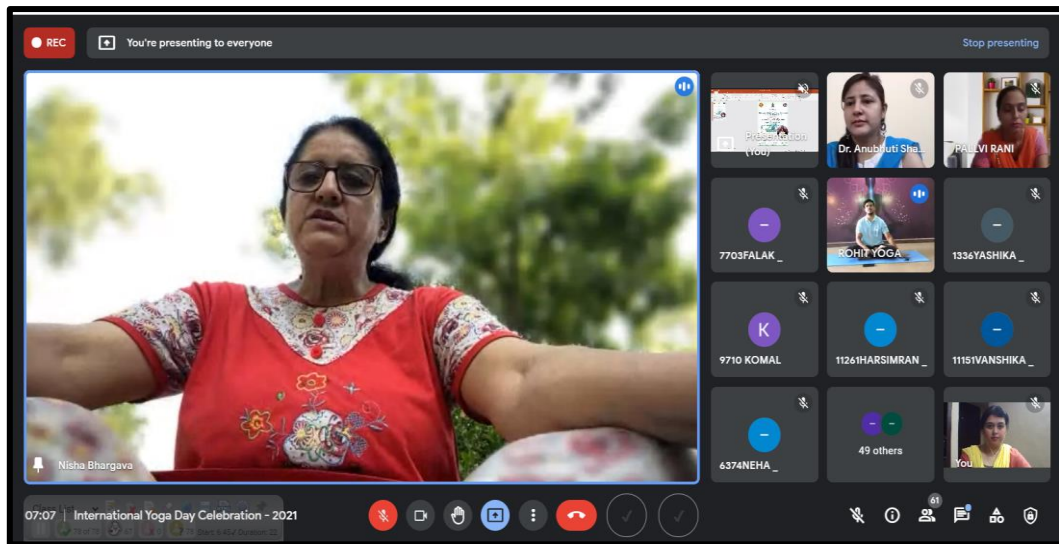


***#BewithYogaBeathome, #YogaforWellness***

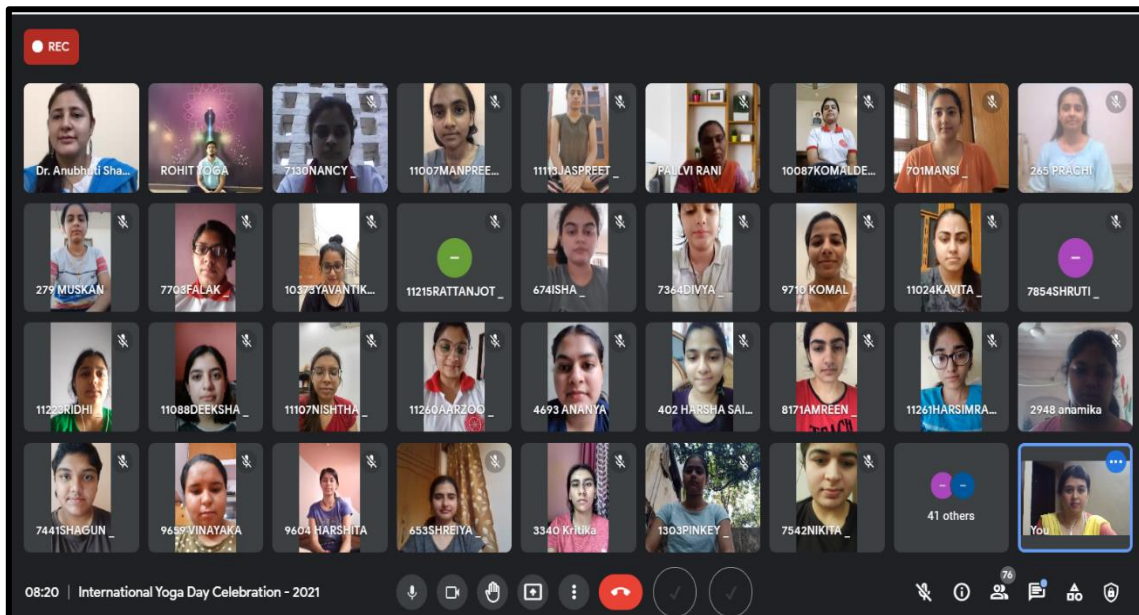
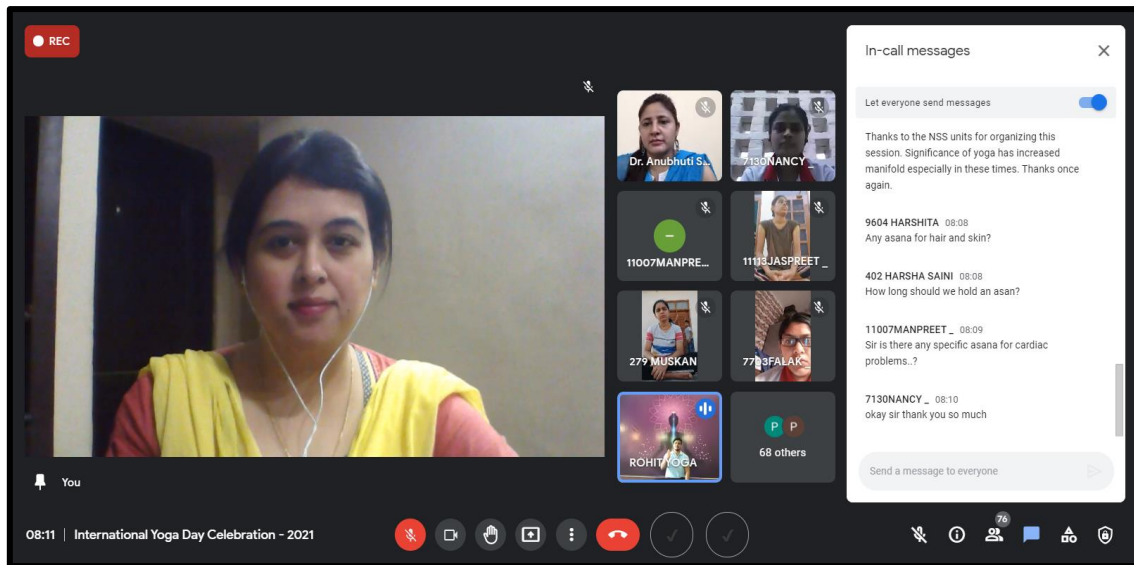
***Mehr Chand Mahajan DAV College for Women, Chandigarh.***



# REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)



# REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER II: APRIL TO JUNE 2021)





7वें अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में कई जगह समारोह

## ‘मन की शांति, स्वस्थ रहने के लिये योग जरूरी’

पंचकुला, 21 जून (दिन्य)

विधानसभा अध्यक्ष ज्ञानचंद्र गुप्त ने आज यहां सेक्टर-1 स्थित रेड विंग्स में 7वें अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में आयोजित मुख्य कार्यक्रम को संबोधित करते हुए लोगों से मन और तन को शुद्ध एवं मन को संतुलित बनाने के लिये योग करने को अर्चन की। इस अवसर पर उनके साथ केंद्रीय नल शक्ति, सामाजिक व न्याय अधिकारिता मंत्री रतन लाल कटारिया व मेयर कुलभूषण गोपाल भी मौजूद रहे। इसके अलावा आज जिला में 49 अन्य स्थानों पर योग कार्यक्रम आयोजित किये गये हैं, जिसमें पतंजलि के महान गुरु प्रेम आहुजा के मार्गदर्शन में पतंजलि योग समिति के योग शिक्षकों द्वारा योगाभ्यास कराया गया। सेक्टर-4 के फार्क में भी योगदिवस के उपलक्ष्य में लोगों ने योगाभ्यास किया।

‘योग जीवन का हिस्सा’  
खेल राज्य मंत्री सरदार संदीप सिंह ने कहा कि युवाओं को शारीरिक, मानसिक व वैचारिक रूप से स्वस्थ रहना जरूरी है। इसीलिये भागदौड़ को रोजगारी में योग का महत्व और अधिक बढ़ गया है। वे आज 7वें अंतर्राष्ट्रीय योग दिवस के अवसर पर ताऊ देवोलास खेल परिसर के मटेरीयल हॉल में आयोजित कार्यक्रम में खिलाड़ियों को संबोधित कर रहे थे। संदीप सिंह ने बताया कि योग करने से मांसपेशियों को मजबूती और शरीर को अंदरूनी ताकत और ज्यादा मजबूत होती है और शरीर निरोग रहता है।



पंचकुला में सोमवार को 7वें अंतर्राष्ट्रीय योग दिवस के उपलक्ष्य में योग करते लोग। - रुवि कुमार

### योग को जीवन का अंग बनाने का आह्वान

चंडीगढ़ (दिन्य) : पंजाब विश्वविद्यालय के खेल विदेशालय ने एक कॉलेज योग पीठोकार्तल के तहत योग का ऑनलाइन प्रदर्शन किया। कुलपति पी. राजकुमार ने पत्नी कुसुम समेत ऑनलाइन योग में शिरकात की। पी. कुमार ने योग का जीवन का अंग बनाने का आह्वान किया।

### ‘मानसिक स्वास्थ्य के लिये अपनाये योग’

चंडीगढ़ (दिन्य) : एमसीएम डीएवी ने उत्साह के साथ योग दिवस मनाया। प्रिंसिपल डॉ. निशा भार्गव ने अपने परिवार के साथ योगाभ्यास कर दिन की शुरुआत की। डॉ. भार्गव ने सभी से शारीरिक और मानसिक स्वास्थ्य की बेहतरी के लिए योग को अपनाने का आह्वान किया। कॉलेज की एनएसएस इकाइयों ने ऑनलाइन योग सत्र का आयोजन किया।

‘वैदिक स्तर बढ़ता है योग’  
पीजीसीजी-42 चंडीगढ़ कॉलेज के एनएसएस विभाग के द्वारा प्रिंसिपल प्रो. निशा अग्रवाल के नेतृत्व में योग दिवस मनाया गया। एनएसएस अधिकारियों और कॉलेजियों ने अपने

घर पर ही योगाभ्यास किया। एनएसएस प्रभारी मेहरचंद ने योग की महत्ता बताते हुए कहा कि योग न केवल मानसिक स्तर बल्कि वैदिक स्तर को भी बढ़ाता है।

टीडीआई स्मार्ट सिटी में योग  
टीडीआई इस्टेट के ‘योग अवर मोमेंट’ सत्र में 50 लोगों ने भाग लिया। अंतर्राष्ट्रीय योग दिवस पर टीडीआई इस्टेट ने सेक्टर 119 स्थित टीडीआई स्मार्ट सिटी में अल्पवयी योग प्रशिक्षक नैसी रावपुत द्वारा ‘योग - अवर मोमेंट’ सत्र की मेजबानी की। इस अवसर पर टीडीआई इस्टेट के एमडी अध्यक्ष वनेज ने कहा कि हम महामारी के बीच तनावपूर्ण समय में जी रहे हैं और सामाजिक और व्यावसायिक जीवन के बीच संतुलन विगड़ने के साथ, हमारे शरीर और

### योग देता है तनाव से राहत

भारतीय स्टेट बैंक ने अपने चंडीगढ़ स्थित प्रमुख कार्यालय में वरुंड अल पनेटर्जोनी पर अंतर्राष्ट्रीय योग दिवस मनाया। भारतीय स्टेट बैंक के चंडीगढ़ महल के मुख्य महाप्रबंधक अनुकुल मटवालकर ने सहभागियों को ऑनलाइन संबोधित करते हुए समारोह की शुरुआत की। उन्होंने कहा कि योग अभ्यास से तनाव से राहत मिलती है। वे अभ्यास के पश्चात श्री अटलजीर से कहा कि देश में तनावग्रस्त महामारी के दौर में अंतर्राष्ट्रीय योग दिवस मनाया जा केवल योग-परिरोधक क्षमता बढ़ाने और नैतिक शक्ति के लिए भी उत्साह के अनुकूल है। इस अवसर पर एमडीआई लीडिंग क्लब, चंडीगढ़ की उपध्यक्ष अशा मिश्रा ने खेल की अन्य स्पर्धायों के साथ एक अलग कार्यक्रम में योग अभ्यास किया।

### दैनिक जीवन में पाण्ड्याम अपनाने

राजीव स्मारक भवन सेक्टर-46 चंडीगढ़ में 7वें अंतर्राष्ट्रीय योग दिवस मनाया गया। तीन दिवसीय कार्यक्रम में जेदरा बैंक ऑफ इंडिया के फील्ड महाप्रबंधक वीवी नटराजन ने मुख्य उद्दिष्ट के तौर पर भाग लिया। इस अवसर पर डॉ. देवराज रावों ने बताया कि योग का शैक्षिक अर्थ जेडज है अर्थात् आत्म को संतुलित परमाणु से जोड़ने के साधन के रूप में योग को परिभाषित किया जा सकता है। प्राकृतिक चिकित्सा समिति के अध्यक्ष डॉ. पन्नी डेवरासे ने बताया कि स्वस्थ रहने के लिए दैनिक जीवन में योग और पाण्ड्याम को अपनाना चाहिए।

दिमाग को स्वास्थ्य के लिए उचित समय मिलना चाहिए।

### मौतिया में आसनों के साथ

दिन की शुरुआत  
मौतिया ग्रुप ने अंतर्राष्ट्रीय योग दिवस के अवसर पर प्रभात योग प्रशिक्षक दीक्षा शर्मा के मार्गदर्शन में कायाकल्प योग सत्र शुरू किया। योग सत्र सुक जैकपूर में सेक्टर 20 के पास मौतिया हार्मोनी ग्रीन्स में हुआ। प्रभातयोग के शारीरिक और मानसिक कल्याण के उद्देश्य से योग दिवस सत्र में 110 लोगों ने भाग लिया और विभिन्न प्रकार के आसनों के साथ अपने दिन की शुरुआत की। ग्रुप के डायरेक्टर एलसी मित्तल ने कहा कि योग स्वयं को, स्वयं के मध्यम

से, स्वयं को बना है।

### पीजीआई में ‘योग हाथ, बीपी बाव’ का समापन

चंडीगढ़ (नस) : डिपार्टमेंट ऑफ कम्युनिटी मेंडिसिन एंड स्कूल ऑफ फिजिक हेल्थ, पीजीआई चंडीगढ़ और सोनीआरवाइएन सेक्टर फॉर माइंड-बॉडी मेंडिसिन बाय योग इंटरवेंशन के सहयोग से आज सोशल मीडिया अभियान ‘योग हाथ, बीपी बाव’ समाप्त हो गया। अभियान की शुरुआत 14 जून को पीजीआई के निदेशक प्रो. जगत राम द्वारा की गई थी। उन्होंने सभी से गैर-संचारी रोगों जैसे उच्च रक्तचाप, मधुमेह आदि को रोकथाम के लिए प्रतिदिन योग का अभ्यास करने का आह्वान किया।

## MCM celebrates International Day of Yoga

CHANDIGARH, JUNE 21

Marking the celebration of 7th International Day of Yoga, Mehr Chand Mahajan DAV College for Women celebrated the day virtually with great fervour.

In sync with the campaign titled ‘Be With Yoga, Be At Home’ launched by the Ministry of Ayush, Government of India, the college celebrated the day with online activities by NSS units, NCC, Psycho Social Support Cell, Charitra Nirman Committee and Physical Education Department. Leading by example, Principal Dr. Nisha Bhargava began the day by practicing yoga with her family. Dr. Bhargava implored everyone to embrace Yoga for betterment of physical as well as mental health.



Highlighting the importance of yoga for holistic well-being, she said that it is an invaluable gift of ancient Indian tradition that has played a significant role in psycho-social care and fighting the effects of social isolation during the pandemic ridden times. The NSS units of the college, under the aegis of Psycho Social Support Cell, organised an online Yoga session by Yoga Instructor Mr. Rohit.

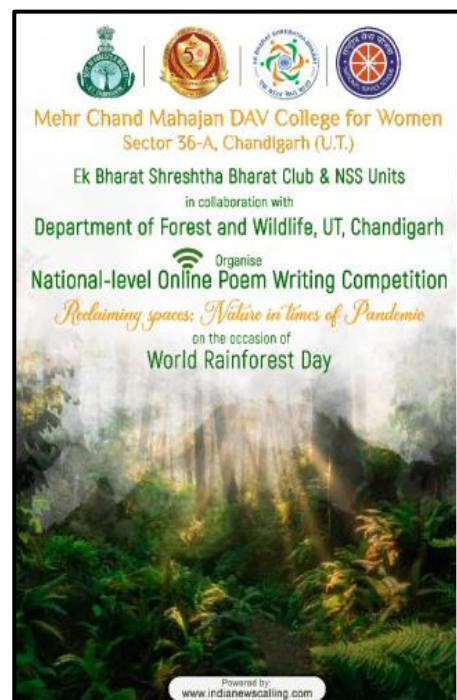


**51. MCM EK BHARAT SHRESHTHA BHARAT CLUB AND NSS IN COLLABORATION WITH THE DEPARTMENT OF FOREST AND WILDLIFE, UT ADMINISTRATION, CHANDIGARH, ORGANIZED A NATIONAL-LEVEL ONLINE POEM WRITING COMPETITION TO MARK THE CELEBRATION OF WORLD RAINFOREST DAY**

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

**Number of participants:** 235 entries were received.

**Objective:** With the growing wildfires in the Amazon basin and in the Southeast Asian regions, Rainforests are facing gradual depletion, leading to alarming climate change, endangered wildlife and unprecedented ecological imbalance. The objective of this activity was to generate mass awareness about the ripple effects of this crisis, especially among youth, as they can be the catalyst of change and steer the society towards more sustainable development.



The competition was open to all as saving the environment is a collective responsibility. Participants from nearly all the states and from 4 countries participated by sending poems on the given theme.

**The Context:** Rainforests, being vital to our survival on Earth, must be preserved and mass awareness about this natural resource was formally initiated when the first World Rainforest Day was launched on June 22<sup>nd</sup>, 2017 by Rainforest Partnership as a collaborative effort to raise awareness and encourage action to protect the world's rainforests. Rainforests not only provide us with the freshwater we drink, but they

absorb carbon dioxide, stabilize climate patterns, and provide a home to half the world's plant and animal species. And yet, over the last 40 years, deforestation has stripped an area equivalent to the size of Europe, or 1 billion hectares, from tropical rainforests. Unrestrained human encroachment in the world of nature has played havoc but during COVID-19, we witnessed a rare spectacle of nature, healing itself. As the world struggled with the idea of lockdowns, snow-capped peaks, glistening waters of the rivers, added a dash of hope in an otherwise abysmal despair. And, this led to some poetic reflections as a part of this activity.

**The Practice:** The theme for this competition was 'Reclaiming Spaces: Nature in Times of Pandemic'. With Earth warriors like Greta Thunberg giving a clarion call to the global leaders for ensuring safe planet for all, it is imperative for us to strive relentlessly for sustainable development. This activity was taken up with the Department of Forest and Wildlife, UT, Chandigarh.

**Outcome:** The competition saw an overwhelming response from nearly all the states in India and from 4 countries. Out of 235 entries received, 186 entries were shortlisted on the basis of thematic relevance. The panel of Judges for this activity the judges was as follows:

- ✓ Dr Komil Tyagi
- ✓ Dr Sunita
- ✓ Ms Vishakha Goyal

**Prize winners will be awarded cash prizes, as well as e-certificates, the details of which are as follows:**

<b>1<sup>st</sup> Prize (1500-)</b>	Ms Taniya Moudgil
<b>2<sup>nd</sup> Prize (1200 /-)</b>	Ms Shivani Vashist
<b>3<sup>rd</sup> Prize (1000 /-)</b>	Ms Ratna Das

**Commendation Certificate:** Dr Sunaina Jain

## **52. PLANTATION DRIVE TO CELEBRATE WORLD FOREST DAY**

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

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

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

**Objective:** To spread the message of conserving our forests and planting more trees for creating a 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.



**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.



### 53. E-POSTER MAKING ACTIVITY ON THE TOPIC "PARK YOUR VEHICLE IN THE SHADE. VEHICLES PARKED IN THE SHADE STAY COOL, AND REDUCE FUEL CONSUMPTION BY MINIMIZING USE OF ACS" BY MCM ECO CLUB

Date: 28<sup>th</sup> June, 2021

Activity coordinator: Dr Swati Sidana

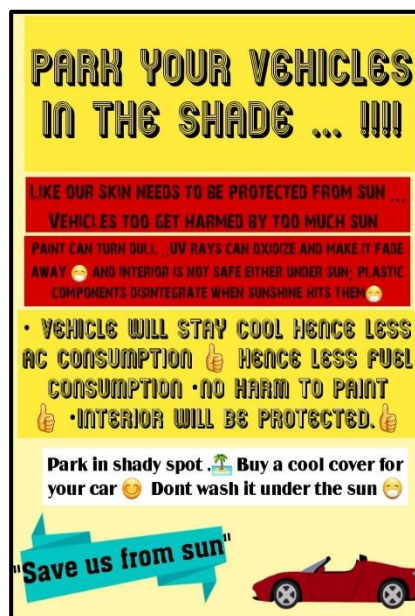
Number of participants: 21 Students

Objective:

- To spread awareness about the benefits of parking vehicles in the shade.

**The Context:** Parking vehicles in the shade is the best method to keep them cool in the summer days. Volatile part of the fuel tends to evaporate quickly if the vehicle is parked directly under the sun. Parking under the shade maintains a cooler temperature inside the car so that you don't immediately need AC in your car as soon as you settle in.

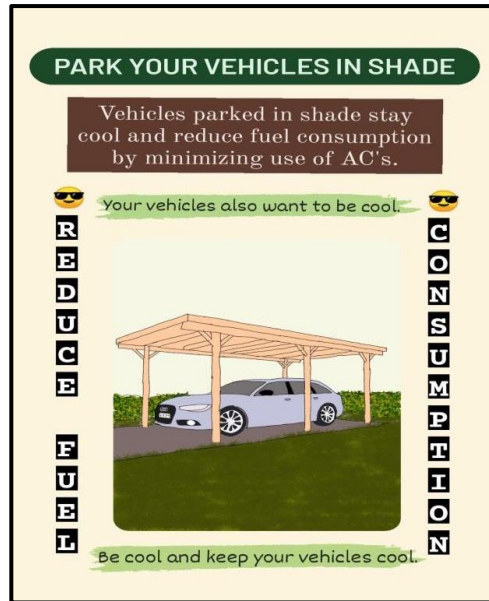
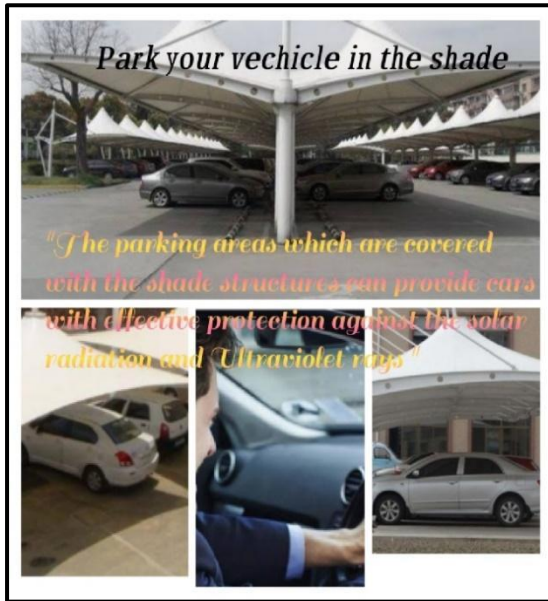
**The Practice:** The MCM Eco-Club organized an Online E-Poster making event on the theme of parking vehicles in the shade. Participants designed e-posters showcasing their creativity to illustrate



points of interest, so that readers could get insight into several facts of reducing fuel consumption and minimizing use of ACs by just parking their vehicles in the shade.

**Evidence of Success:** As many as 21 students of MSc I Mathematics participated in the event. With relevance to the theme, participants chose to highlight the advantages of parking vehicles in the shade.

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**



Your vehicle will need less cooling from the a/c at start-up if it's parked in the shade. If you can't find a shaded area, use window shades to reduce the heat when your vehicle is parked. Also, don't use the a/c when you first start your vehicle. Instead, open the windows for the first few minutes and allow the hot air to escape.

**Name. Muskan aggarwal  
Roll no. 6097**

### Park in a shade

This is the best method to keep your car cool in the summer days. If you park your car in the shade, you will never have to worry about the sun heating your car up while you are away! If the sunlight heats your car up, you will have to wait till it cools down before you get in or start driving. This will eventually waste your time and fuel! Parking in the shade gives you an added advantage with your car's paint protection. The sunrays have bad long term effects on your car's paint and you can avoid them all by simply parking your car in the shade.

### Reduce Fuel Consumption:-

It is not easy running away from the sun, But while you can sit in Air conditioning, your car Will Have to stay outside. Hence, whenever parking look for some shade if possible. Build a garage or a shade at your house insider to protect your car. If you're going to park the car for more than a day, ensure to cover it with full-Body cover.

**Name:- Harsha Aggarwal  
Roll No:-6085**





#### 54. ONLINE AWARENESS QUIZ ON THE THEME “USING WASHING MACHINES EFFICIENTLY TO REDUCE WATER USAGE AND DRY CLOTHES IN THE SUN” BY MCM ECO CLUB AND THE DEPARTMENT OF ZOOLOGY

Date: 29<sup>th</sup> June, 2021

Activity coordinators: Dr Neetu & Ms. Kadambari Pathania

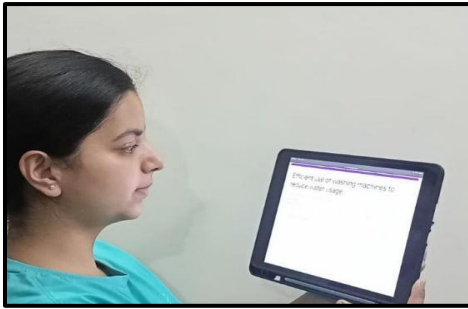
Number of participants: 72 students

Objectives:

- To sensitize students about the need to reduce water consumption while doing laundry
- To understand suitable methods to lessen water wastage and thereby reduce water consumption cost in the household

**The Context:** Around 13 per cent of household water use happens in the laundry, and with the right washing machine and the right methods it could be much less. Reduction in water consumption per household will reduce the water costs. A questionnaire was prepared to gauge the awareness of students on how to reduce the water wastage at home and methods were suggested to practice while doing laundry for reducing the usage of water.

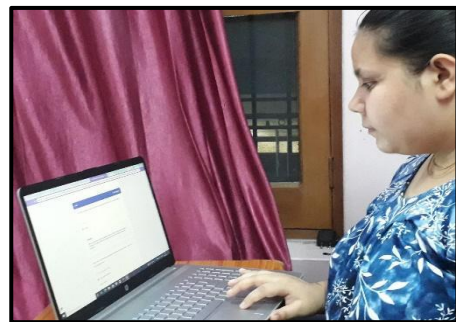




**The Practice:** An awareness quiz on the theme 'Efficient use of washing machines to reduce water usage' was organized on 29 June, 2021. The questions were put up in a way to help students recognize how and where the water wastage occurs during washing clothes. At the end of the

quiz, alternate methods and solutions were offered pertaining to lessen the water consumption of the household and reusing the grey water. Other suggestions given were- doing the laundry when enough wash load has accumulated, re-wearing some clothes like jeans, maintaining the equipment and checking for leaks and fixing them immediately, replacing older washing machine models with newer ones which are water and energy efficient and drying the clothes in sun rather than in the washing machine.

**Evidence of Success:** 72 students of B.Sc. Medical participated in this activity. The quiz aimed to raise the awareness levels of the students. The results of the quiz showed that most of the students were unaware of the water wastage levels that occur while washing the clothes and did not know about



alternate methods of reducing water consumption at their homes. At the end of the quiz, students were able to understand how they can put the suggested methods into action for reducing their household water consumption while doing laundry.

## **55. TITLE OF THE ACTIVITY: ANTI-MALARIA SPRAY & CLEANING OF THE ROOF TOP TANKS, SANITIZATION AND CLEANING OF UNDERGROUND WATER TANKS ROOF AREA AND WATER COOLERS UNDERTAKEN FROM APRIL-JUNE, 2021 BY HOSTEL COMMITTEE**

**Dates of the Activity:** Anti-Malaria spray -7/4/2021, 12/4/2021, 29/4/2021, 26/5/2021, Sanitization-8/5/2021, Cleaning of the roof top tanks, underground water tanks roof area and water coolers- 8/5/2021,21/5/2021, 16/6/2021 ,26/6/2021,28/6/2021 and 29/6/2021.

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**

**Number of Participants:** 4 hostel superintendents supervised and the cleaning staff of the hostel.

**Objective:**

- To disinfect the key areas of washrooms, common rooms, rooms, kitchens and corridors/lawns by getting them treated with **Anti-Malaria spray**
- To minimize the chances of mosquito breeding
- To sanitize all the hostel blocks
- To clean Roof –top water tanks and water coolers to ensure supply of clean water.

**The Context:** Anti-Malaria spray drives were aimed at eradicating any chances of mosquito breeding in the hostel campus. Sanitization of the hostel campus and cleaning of the water tanks and water coolers was done to keep the hostel safe and clean.

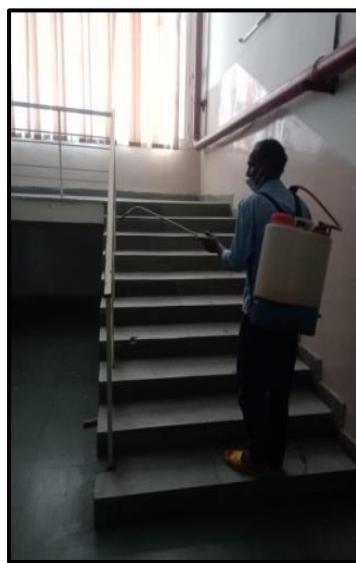
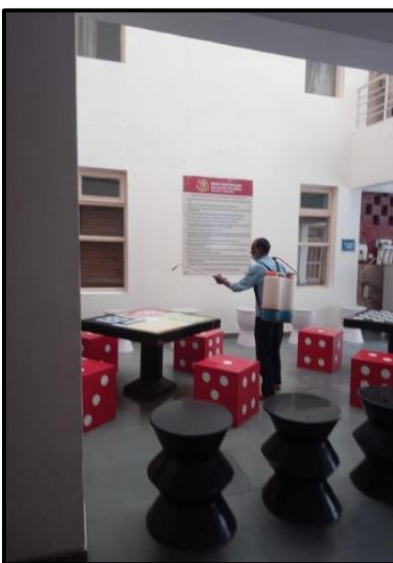
**The Practice:** Anti –malaria spray, sanitization and cleaning of roof –top water tanks, underground water tanks and water coolers was done. The roof -top was also cleaned.

**Outcome:** As a result of the activity, the hostels became mosquito-free. Sanitization further ensured our efforts to keep the hostel campus clean. The rooftop water tanks, drinking water coolers were cleaned to ensure the supply of clean water. The roof -top was also cleaned.



**Anti-Malaria Spray Drive**

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**



**Sanitization Drive in the hostel premises**



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL TO JUNE 2021)**



**Cleaning of the roof top tanks, underground water tanks, roof area and water coolers**

## 56. AN ONLINE AWARENESS CAMPAIGN ON JUDICIOUS USE OF AIR CONDITIONERS ORGANIZED BY DEPARTMENT OF ENVIRONMENT SCIENCE OF THE COLLEGE UNDER THE AEGIS OF MCM ECO-CLUB

**Date:** 30 June, 2021

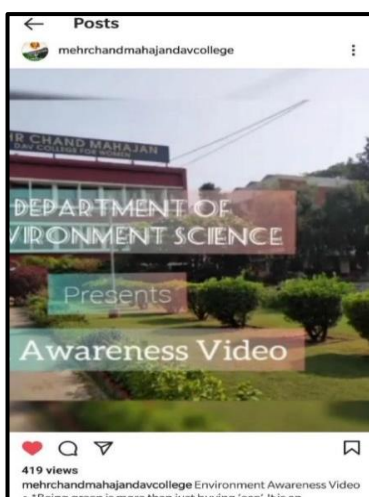
**Activity coordinator:** Dr Shafila

**Number of student volunteers:** 24

**Objectives:**

- To create awareness about the judicious use of Air Conditioners (ACs).
- To acquaint everyone with knowledge of regular cleaning of filter in order to enhance air conditioner's efficiency.

**The Context:** Demand for air conditioning increases with rising temperatures during summers. Air conditioners consume a lot of electricity and energy, and their improper maintenance results in higher operational costs. Also, they have a negative impact on the environment as they release greenhouse gases that trap heat and lead to depletion of the ozone layer. Wise use of air conditioners is necessary to reduce power consumption and to prevent harmful effects on the environment.



**The Practice:** Keeping in view the environmental impacts of inappropriate use of Air Conditioners, Department of Environment Science of the college under the aegis of MCM Eco-club created a video to spread awareness about judicious use of Air Conditioners. Over 24 student volunteers participated and contributed in generation of this video. They shared tips and tricks that might help reduce air conditioning costs. They elaborated upon the factors like star rating, size of the room, number

of people in the room, position of the AC, that influence the energy expenditure of an air conditioner.

**Evidence of Success:** The video was shared on multiple official WhatsApp groups and social media handles of the college like Facebook and Instagram in order to spread the message to the maximum. Online Links for the video on Facebook and Instagram are given below:

<https://fb.watch/6tyNzwHXu>

[https://www.instagram.com/tv/CQuj5P9g3GM/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/tv/CQuj5P9g3GM/?utm_source=ig_web_copy_link)

## **57. SELF COMPOSED POEMS BY LANGUAGE COORDINATOR, SWACHHTA COMMITTEE - DR SEEMA KANWAR**

**The Context:** In order to motivate everyone to strive for Swachhta in all walks of life, poems were composed by the language coordinator of Swachhta Committee.

**The Objectives:** In order to spread the message of Swachhta and to create awareness regarding the need to live in harmony with nature.

**The Practice:** The motivational poems were composed by the language Coordinator of Swachhta committee, Dr Seema Kanwar (Department of Sanskrit) to spread the message of the need to love and care for nature. To live in harmony with nature is the key to solve many challenges that we face today.

**Outcome:** The poems were published in various newspapers.

**कविता**

### पौधे , प्राकृतिक सौंदर्य


पौधों से प्रकृति की सुन्दरता  
धरा पर बीज अंकुरित होना  
कोमल पत्तियों का निकलना  
हर पल मनोहर एवं लुभावना

कली आने की प्रतीक्षा करना  
रंग - बिरंगे फूलों का खिलना  
अम्ल- मधुर फलों का भरना  
प्रत्येक स्तर आह्लादित करता

चित्रकार की अद्भुत चित्रकारी  
फूलों पर उड़ती तितली प्यारी  
पराग का लुत्फ लेती मधुमक्खी  
बहुत आकर्षक बहुत सुहानी

ऐसे पौधों से भरी जीवन रूपी क्यारी  
सिद्धि असिद्धि युक्त बहुत ही न्यारी  
फूल के संग दुःख रूपी कांटों -भरी  
जीवन दाता की देन ,है बहुत ही प्यारी

प्रकृति का करें आदर सम्मान  
शुद्धता निर्मलता का हो ध्यान  
यथार्थता का दो सर्वत्र ज्ञान  
मत भूलो जीवन है वरदान



**डा० सीमा कंवर**  
अध्यक्षा संस्कृत  
विभाग  
मेहर चन्द महाजन  
डी ए वी कालेज  
फॉर वूमेन सेक्टर  
36ए चण्डीगढ़।

**इदम प्रमात, दैनिक समाचार पत्र**



## जग का सार

उगता सूरज, खिले फूल  
प्रकृति का प्यारा स्वरूप  
बहुत ही लुभावना  
बहुत ही सुलवना  
पथियों का विचरण  
मधुर सा कलरव  
कोयल का कूजना  
चिड़ियों का घघहलना  
पास ही घने पेड़ों के  
इस झुरमुट से बने  
इस नन्हें से जंगल में  
मोरों का है वास  
वाह के के की  
बहुत मधुर ध्वनि  
सुरों से सराबोर करता  
मनमोहक वातावरण  
दिलाता नयी उर्जा  
विधाता की सर्वोत्तम देन  
ये जीवन चार दिन  
बीते प्रकृति के नियमानुसार  
निस्वार्थ भाव से  
बिना द्वेष के कर्म करते  
हसते, खेलते, मुस्कुराते  
अबाध गति से चले  
वो सूरज, चांद का निकलना  
नयी ऊर्जा और शीतलता देना  
बहुत कुछ सिखाता है  
ए मानव मत बन नादान  
करता जा आदान-प्रदान  
निर्मल मन से जी ले  
खाली हाथ आए थे  
साथ में पुण्य ही जाएंगे  
नदियों का निरन्तर बहना  
झरनों का झर-झर झरना  
पर्वतों का स्थिर रहना  
नदियों का सागर में मिलना  
देता अद्भुत है ज्ञान  
तो वयो बना अनजान  
छेड़कर वैर विरोध को  
कर जा ऐसे काम  
हो जाएगा अमर नाम  
पद-सत्ता की खातिर  
कुछ भी करने को न हो तैयार  
ऋषि मुनियों की शिक्षा दिल में उतार  
ओ३म् नाम के पावन जीवन को  
पुरुषार्थ करने योग्य बनाओ  
ओ३म् ही जग का सार है  
ओ३म् ही पालनहार है



-डॉ. सीमा कंवर  
अध्यक्षा संस्कृत  
विभाग  
मेहर चन्द महाजन  
डीएवी कालेज फॉर  
वूमेन सेक्टर 36ए  
चण्डीगढ़

## स्वरचित कविता

### आराधना

सर्वत्र सन्नाटा ही सन्नाटा है  
सभी को सकून की आस है  
पर अज्ञात आपदा ने घेरा है  
पहाड़ सी मुसीबतों का डेरा है  
कहा हुई चूक मानव जाति से  
कैसी परीक्षा कैसा इम्तिहान  
कहां है वो उन्नत विज्ञान  
अभी तो दिखता है अज्ञान

ए मानव सम्भल जा  
धैर्य संतोष को ला  
सद्प्रवृत्तियां अपना  
वैर विरोध का भाव हटा  
प्रकृति का हो सम्मान  
तो है आन बान शान  
पूर्वज हैं इसका प्रमाण  
संस्कृति का कर ध्यान

मजबूत इच्छा शक्ति से  
अनुशासन में रहने से  
स्नेहपूर्ण व्यवहार से  
अवश्य इंसान जीतेगा  
सागर में आया तूफान चला जाएगा  
छाए घनघोर बादल भी छट जाएंगे  
सोच रखेंगे अगर हम पोजिटिव  
तो अज्ञात आपदा होगी नेगेटिव

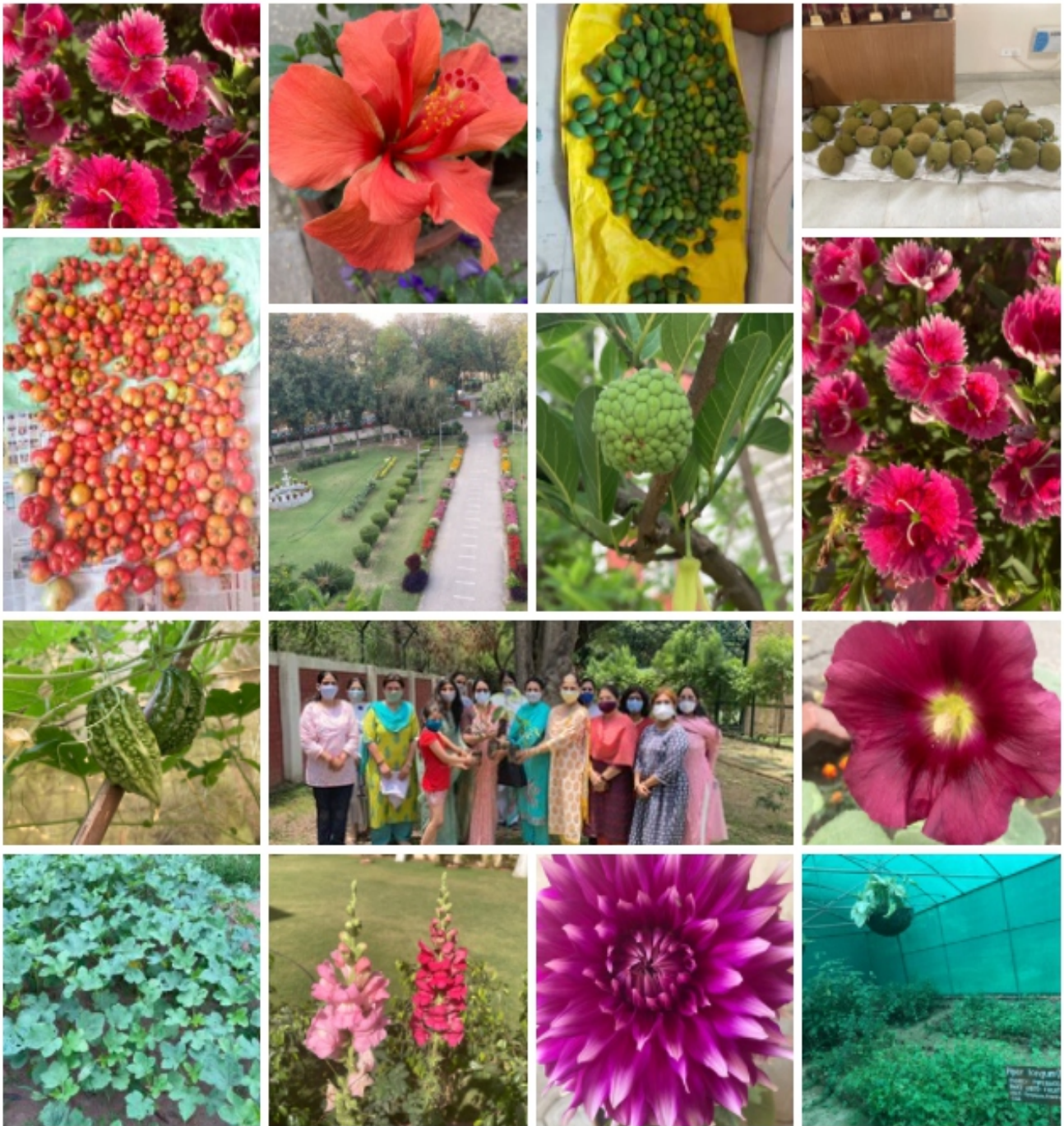
करते हैं झुक कर ईश वंदना  
प्रभु भक्ति में है सम्पूर्ण शक्ति  
खत्म हो परीक्षा की ये घड़ी  
दूर हो अज्ञानता दो सद्बुद्धि  
हे परम पिता परमात्मा  
सर्वत्र है फैली आपदा  
है बालक त्रस्त आई विपदा  
कृपया करो क्षमा रखो दया

हे मां प्रकृति ! दया करो  
नादान इन्सान को माफ करो  
सर्वत्र करते शान्ति की कामना  
सुकून की करते हैं आराधना



-डॉ. सीमा कंवर  
अध्यक्षा संस्कृत  
विभाग  
मेहर चन्द महाजन  
डी ए वी कालेज  
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