



# Mehr Chand Mahajan DAV College for Women

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

## ACTIVITIES REPORT

April 2021 to June 2021

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

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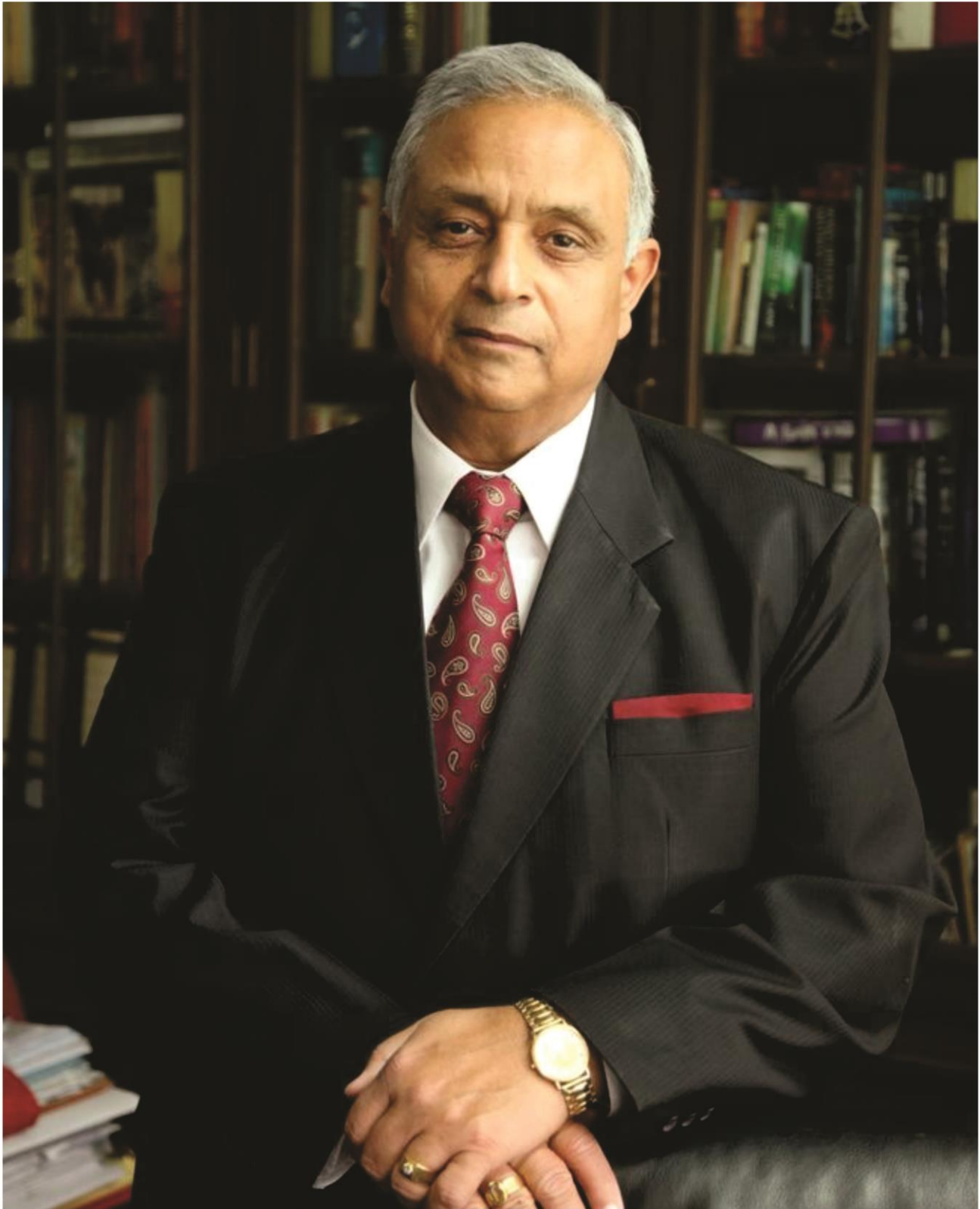
Website: <https://mcmdavcwchd.edu.in/>

# 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*



*A Leading Luminary*

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**Sh. Ajay Suri**

Hon'ble General Secretary  
DAV College Managing Committee  
New Delhi



*A Visionary Educationist*

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**Sh. H.R. Gandhar**

Hon'ble Vice President  
DAV College Managing Committee  
New Delhi



*Our Guiding Light*

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**Sh. Shiv Raman Gaur**

Hon'ble Director Higher Education  
DAV College Managing Committee  
New Delhi

## Principal's Message

In the fast-paced world with razor-sharp competition, paradigms of education have undergone a transformation. Holistic education with skill-enhancement and entrepreneurial acumen is the need of the hour. COVID-19 proved to be a catalyst in the use of new pedagogical tools and empowered the teachers and the students alike, particularly in the institutions which were prepared to meet the unforeseen challenges in terms of infrastructure and networking.

Mehr Chand Mahajan DAV College for Women continued its academic pursuits even in the midst of global crisis. Our dynamic faculty members, support staff and students engaged themselves meaningfully to revitalize the academic ambiance in our quest for excellence. Our young ambassadors worked ceaselessly to spread hope and faith in the community by organizing various programmes for sustainable development and human values.

My deepest gratitude to Dr. Punam Suri Ji, Padma Shree Awardee, worthy President, DAV College Managing Committee (DAV CMC), New Delhi for his visionary leadership and encouragement. I express my thanks to Shri H.R. Gandhar Ji, Hon'ble Vice President, DAV CMC, New Delhi for his valuable guidance at all times. I also express my gratitude to Shri Shiv Raman Gaur Ji, Director Higher Education, DAV CMC, New Delhi for his most willing guidance and blessings that we receive in ample measures. It gives me immense pleasure to present, through this report, a panoramic view of our journey during the months of April to June 2021.



**Dr. Nisha Bhargava**  
[ Principal ]



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## MCM celebrates World Sparrow Day



The Department of Zoology and Eco Club of Mehr Chand Mahajan DAV College for Women celebrated World Sparrow Day in collaboration with Chandigarh Bird Club (CBC). As part of the celebration, a virtual workshop on house sparrows was conducted and installation of bird nest boxes in the

college campus were undertaken.

The aim of the workshop was to sensitize students and faculty about the need to preserve vanishing sparrow species and to motivate them to install artificial nest boxes. Ms. Rima Dhillon, General Secretary, CBC, Member, Punjab Wild Life Board, Executive Member, Avian Habitat and Wetland Society, Chandigarh, CBC Senior Member Ms. Sarbjeet Kaur and CBC Executive Committee Members Ms. Saroj Gulati and Mr. Amandeep Singh Channa were the resource persons for the online workshop on house sparrows. During the workshop, the resource persons highlighted that the decline of the house sparrow is an indicator of the continuous degradation of the environment and is also a warning bell that alerts us about the possible detrimental effects on our health and wellbeing. The resource persons also participated in the installation of bird nest boxes at the college campus.

Principal Dr. Nisha Bhargava lauded this initiative to promote awareness about the alarming decline in the population of house sparrows and the pressing need to ensure an ecosystem that can support these birds. She added that small thoughtful steps like providing for nests, breeding spaces, and a suitable habitat to coexist with humans in the same area, must be undertaken at individual level to protect the birds.

## Caption Contest by MCM to celebrate World Water Day



The Swachhta Committee (Arts) of Mehr Chand Mahajan DAV College for Women organized an online Caption Writing Competition to mark the celebration of World Water Day. Organized on the theme of this year's celebrations i.e. 'Valuing Water', the competition required the participants to submit suitable captions for a given picture.

The competition witnessed participation of 48 students as well as 4 faculty members. The participants submitted thought provoking captions reflecting the environmental, social and cultural value people place on water. The winners were awarded cash prizes and certificates. The results are as follows:

First Prize: Ms. Bhuvi, BSc Medical

Second Prize: Ms. Arpita Vij, MA Psychology

Third Prize: Ms. Kriti Kaur Bhatia, BA I

Principal of the college Dr. Nisha Bhargava lauded this initiative of the Swachhta Committee to raise awareness about the pertinent issue of global water crisis. She added that water has enormous value for food, culture, health, education, economics and environment, and if any of these values is overlooked, we risk mismanaging this finite, irreplaceable resource.

## MCM holds e-Collage Competition on Indian Democracy



The Electoral Literacy Club of Mehr Chand Mahajan DAV College For Women organised an e-Collage Making Competition on the theme 'Colours of Indian Democracy'. Organised with the objective of promoting the ideals of democracy among the youth, the competition witnessed enthusiastic participation

of students from diverse streams. Using their creativity, the participants brought alive aptly the beauty of Indian democracy in their collages.

The results of the competition are:

First Position: Harmandeep Kaur (B Com I)

Second Position: Kajal (BA I) and Tanisha Singla (BA I)

Third position: Diya Mahajan (B Com I)

Principal Dr. Nisha Bhargava lauded the consistent efforts of the Electoral Literacy Club aimed at sensitising the youth about the importance of democracy, the democratic processes and, the rights and responsibilities of citizens in a democratic set-up. She added that aware citizens form the bedrock of democracy, and such efforts are instrumental in creating awareness.

## MCM holds donation drive at Kajheri



The Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women organised a donation drive of stationary kits among students of Government Model School, Kajheri. Over 100 stationary kits which included essential items like notebooks, pens, pencils, erasers, sharpeners, colours, sketch pens, crayons, etc. were distributed among students belonging to poor and underprivileged sections. The drive aimed to develop literacy skills and a habit of learning among students and help in the achievement of goal of quality

education. The UBA Cell members enlightened the school children about the importance of education in their daily lives. School Principal Mrs Diljeet Kaur was also present on this occasion.

Principal Dr. Nisha Bhargava informed that the college undertakes various initiatives under the Government of India's schemes like Unnat Bharat Abhiyan, Swachh Bharat Abhiyan, etc. with the objective of contributing constructively towards national development and raising responsible citizens. She added that this social outreach activity of donation in adopted village Kajheri is another step in this direction.

## MCM holds e-workshop on yoga and meditation



Mehr Chand Mahajan DAV College for Women organised a Rashtriya Uchchar Shiksha Abhiyan (RUSA) sponsored online workshop on yoga and meditation titled 'Food for Mind, Body and Soul'. The resource persons for the workshop were Dr. Gunanidhi Sharma, Government College of Yoga, Education and Health, Chandigarh and Ms. K. Monarita, Yoga Instructor with Gold in Yoga at National and International level. 51 participants actively took part in learning the history of yoga, ashtanga yoga, asanas and meditation techniques. Dr. Gunanidhi emphasised on the concept of yoga, shatkarma, holistic health and wellbeing, Pranayama, Jal neti and Om japa. Ms. Aarti gave practical demonstrations of various asanas of hatha yoga and rubber neti explaining their unmatched benefits including effectiveness in the treatment of sinus alongwith numerous other physical and mental health ailments. Ms. K. Monarita did a practice session with the participants demonstrating the standing asanas like Tadasana, Vrikshasana, Trikonasana and the sitting asanas like the Gomukhasana, Vakrasana and Ustrasana. The workshop concluded with practice of stress reduction and mindfulness techniques for a holistically fruitful life. The resource persons resolved the participant's queries and doubts regarding the issues that they were facing.

Expressing appreciation for this thoughtful endeavour, Principal Dr. Nisha Bhargava, an ardent yoga follower, asserted that yoga is an invaluable gift from our ancient tradition that embodies unity of mind and body, thought and action, and is a way to discover the sense of oneness with one's own self, the world and the nature.

## 7 Day Night NSS Camp concludes at MCM



The 7 Day/Night Special NSS Camp at Mehr Chand Mahajan DAV College for Women culminated with an eventful day wherein the volunteers were educated about Waste Management and the Ek Bharat Shreshtha Bharat Abhiyan of Government of India. With a view to enlighten the volunteers about the importance of waste management, Dr. Vandana Sharma and Dr. Sandeep Kaur, Assistant Professors, Department of Microbial Food Science and Technology at

MCM shed light on various solid waste management techniques. Ms. Neena Sharma, Associate Professor, PG Department of English at MCM delivered an informative talk on 'Ek Bharat Shreshtha Bharat Mission: A Salute to the Multicultural Fabric of India' where volunteers were informed about the history and culture of Dadra and Nagar Haveli including its tribes, musical and art forms, traditional dance, food and language. During the entire duration of the camp, the volunteers experienced exceptional learning opportunities in each of the session that was curated keeping in mind the holistic development of the volunteers. Lecture on 'Blood Donation amidst COVID pandemic' by Dr. Suchet Sachdev, Department of Transfusion Medicine, PGIMER, lecture on 'NSS Lifestyle Scenario with NSS Camp and NSS Award' by Mr. Raj Kumar Verma, Youth Officer, Regional Directorate, Chandigarh, workshop on 'Self-Defense Techniques' by Chandigarh Police's Mr. Sanjay Malik, Ms. Pooja, and members of Swayam team, workshop cum hands-on training session on 'Fire Fighting' by LFS Bhupinder Singh, motivational talk on

Shaheed Bhagat Singh by Dr. Sarita Chauhan, PG Department of Hindi, MCM, workshop on 'Miniature Garden from Best out of Waste' by Dr. Pooja Sharma, Fine Arts Department of MCM and workshop on 'Paper Recycling' by Dr. Shafila, Environment Science Department of MCM were some of the activities that provided vast exposure to the volunteers. Besides these activities, a yoga session by Ms. Keisham Monarita, Gold Medalist in Yoga at National and International level, equipped the volunteers with skills in stress relieving, body and mind strengthening yoga practices. During the camp, the NSS volunteers also undertook cleanliness drives under the Swachh Bharat Abhiyan wherein they cleaned every nook and



corner of the college, learning dignity of labour in the process. As part of the celebration of Azadi ka Amrut Mahotsav, an interactive session was organised wherein NSS volunteers Ms Takshu Jagga, Ms. Yashika, Ms. Simranjeet Kaur and Ms. Dhanu explained the relevance of celebrating Azadi ka Amrut Mahotsav, India@75 years through their virtual presentations. A poster making competition was also organised on the theme of Azadi Ka Amrut Mahotsav. During the entire duration of the camp, all norms of social distancing and COVID appropriate behaviour were strictly followed. During the valedictory session, NSS Programme Officers Dr. Pallvi Rani and Dr. Purnima Bhandari expressed gratitude to all the stakeholders for making the camp a success.

Principal Dr. Nisha Bhargava congratulated the NSS units for the successful culmination of the camp. She added that the exposure provided to the volunteers during the camp in these trying times will go a long way in widening their horizons and empowering them to be individuals with a strong value system.

## MCM holds national competition on recycling of old clothes



In a unique initiative to promote the concept of reuse and recycle, the Postgraduate Department of Sociology at Mehr Chand Mahajan DAV College for Women organised 'Andaaz'- an online national level competition to recycle old clothes in an ingenious manner. Organised under the aegis of Swachhta Committee of the college, the competition garnered overwhelming response as more than 60 entries were received from across the country. Awe-inspiring creativity of the participants reflected in their creations wherein they used old clothes to create useful items. The winners were awarded certificates and cash prizes. Principal Dr. Nisha Bhargava expressed appreciation for this novel endeavour and stated that such activities are the need of the hour as these can help in generating awareness about sustainability issues. She added that MCM has been a frontrunner even in sustainable practices and its initiatives like sustainable urban farming, water harvesting, harnessing of solar energy, installation of STP, biogas production from mess waste are a testament of this. The results of the competition are:

1<sup>st</sup> Prize: Sakshi, DKTE Society's Textile and Engineering Institute, Maharashtra

2<sup>nd</sup> Prize: Naman Chopra, Mehr Chand Mahajan College for Women, Chandigarh & Pranjali Gururaj Vaidya, DKTE Society's Textile & Engineering Institute

3<sup>rd</sup> Prize: Preeti, Govt. Home Science College, Chandigarh and Pooja, Govt. Home Science College, Chandigarh

Consolation: Nancy Garg, Mehr Chand Mahajan DAV College for Women, and Swasti, Mehr Chand Mahajan DAV College for Women, Chandigarh



## MCM holds Slogan Writing Competition and workshop on Psychological First Aid



The Geetanjali Counselling Helpline Committee of Mehr Chand Mahajan DAV College for Women organised a national level Slogan Writing Competition to mark the celebration of the International Day of Happiness. In keeping with the theme for this year's celebration 'Keep Calm. Stay Wise. Be Kind', the activity aimed at contributing to the global community by enhancing consciousness and sensitivity about addressing the significance of happiness in the society and to celebrate the achievements of humanity at coping with the COVID pandemic. The competition witnessed an enthusiastic participation from 63 students who tapped their creativity and imagination to showcase their flair for crafting catchy slogans. All the participants were given e-certificates and the winners were awarded cash prizes as well.

In another activity by the Geetanjali Counselling Helpline Committee and the Hostel Committee, Dr. Nitasha Khehra, Assistant Professor, PG Department of Psychology conducted a highly relevant workshop on the theme 'Psychological First Aid for Anxiety and Depression among Youth'. She elucidated that prioritizing the needs of young people in crisis situations or during disasters such as the global pandemic of COVID-19 is imperative as they might experience enduring psychological trauma which can develop into depression, anxiety disorders, despair, fear, loneliness, suicide or substance abuse. She added that apart from denial, stigma stalks the issue making it difficult to access help. The training of participants as mental health first aid providers included significant insights about depression and various types of

anxiety disorders for early symptom identification in themselves and their peer group. Dr. Khehra discussed the physical, behavioural and emotional warning signs which should not be ignored as they might worsen over time. Anxiety disorders and depression stems from varied biopsychosocial causes and Dr. Khehra discussed the impact of different risk factors including physical health or long-term medical conditions, drug or alcohol addiction, bullying or unstable interpersonal relationships, neglect or emotional abuse, environmental stressors, family history, childhood experiences, personality traits, etc. She further enlightened the volunteers about management of dysfunctional beliefs through cognitive reframing, problem focused coping strategies and managing one's psychological well-being through relaxation techniques, mindfulness/ gratitude/ meditation, creative outlets, reflection-exploration strategies and self-care activities. The expert encouraged seeking appropriate professional help and the students found the session immensely beneficial since their mental health concerns were resolved effectively.

Principal Dr. Nisha Bhargava said that in the light of growing incidence of mental health issues among youth, the efforts of the Geetanjali Counselling Helpline for promoting awareness about the importance of psychological well being assume greater significance. She informed that even during the lockdown period, the Committee did exemplary work by providing counselling and psychological support to students through an online forum.

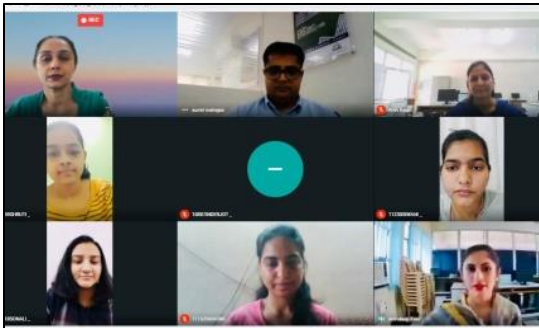
The results of Slogan Writing Competition are:

First: Arpita Vij, Mehr Chand Mahajan DAV College for Women, Chandigarh

Second: Harshita Pokhariya, S.M.J.N PG college, Haridwar, Uttarakhand

Third: Manmeet Kaur, Department of Biochemistry, Panjab University, Chandigarh

## MCM holds session on ESG Investment & Mutual Funds



The PG Dept of Commerce organised an online interactive session on 'Environment, Social and Corporate Governance (ESG) Investing and Mutual Funds'. Organised under the Swachh Bharat Abhiyan, the session had Mr. Sumit Mahajan, Vice President, PGIM India Mutual Fund as the resource person. A total of 52 students and 13 faculty members attended the event. The session was an initiative towards apprising the participants as to how responsible investing can reap better returns in the future. The speaker well explained the relevance of the concept of ESG Investment, also commonly known as responsible investing. Mr. Mahajan shared some very relevant and recent market data during the session which emphasized on the growing importance of sustainability related factors for the investors as well as for the industry. Through recent numbers, the speaker further explained that the ESG-themed mutual funds launched in the past couple of years have outperformed their benchmark indices. As highlighted by the data, the companies which are following the ESG norms are outperforming those which are not following the sustainability measures. The session was well received by the students and was successful in educating them about the need and relevance of responsible investing through which we can make the society a better place to live in. Principal Dr. Nisha Bhargava appreciated the efforts of the PG Department of Commerce and said that the college not only organises such events for inculcating the concept of sustainability in its stakeholders but also undertakes various sustainable initiatives at the organisational level. She expressed hope that the information about the benefits of investing in ESG mutual funds will be instrumental for the students while making their actual investment decisions.

## MCM holds 'Aacharan' and 'Abeer Gulal'



The Charitra Nirman Committee of Mehr Chand Mahajan DAV College for Women organised Aacharan- a workshop cum awareness programme to celebrate happiness at work. The programme sought to inculcate the spirit of happiness at work among the participants and to inspire them

to stay positive while pursuing personal as well as institutional objectives. More than 428 people including faculty, professionals, research scholars participated from all over India and from different parts of the world including Jordan, Philippines, Pakistan, Ghana, Oman, Algeria, Bhutan, Brazil, Morocco, Portugal and Egypt. Dr. Ranvir Singh, Department cum National Centre for Human Genome Studies and Research, Panjab University, Chandigarh was the resource person.



Principal Dr. Nisha Bhargava inaugurated the workshop by shedding light on the fact that at MCM, the primary purpose of education is to nurture good human beings who spread the fragrance of happiness in the world around them. Dr. Bhargava stressed on the relevance of the workshop

by stating that happiness is becoming an elusive concept these days and expressed hope that the day's session will guide the participants in their quest for happiness. Dr. Ranvir Singh mentioned that in the era of cut throat competition, people have missed the essence of life. He explained the significance of the joy of giving and sharing to lead a contented life. Further, he suggested that the teachers should be

empathetic towards students and instil the trust and confidence among students so that they can share their concerns freely. The session was well received by the participants who partook in the programme enthusiastically.

In another activity titled 'Abeer Gulal', the Committee held national level Slogan Writing and Singing Competitions to mark the colourful festival of Holi. The purpose of the activity was to keep students connected to their civilization and culture by making them aware about the importance of Indian festivals. The participants demonstrated their talent through the competitions and the winners were awarded cash prizes and e-certificates.

Results of Abeer Gulal are:-

**1st Prize:** Pooja, PGGCG- 42, Chandigarh

**2nd Prize:** Amandeep Kaur, Mehr Chand Mahajan DAV College for Women

**3rd Prize:** Asha, DAV College of Education, Abohar

**Consolation Prizes:** Aishani Kharbanda, Anna Gupta and Kajal,

Mehr Chand Mahajan DAV College for Women, Chandigarh

## MCM holds E-poster Competition on Indian Scientists



The Faculty of Sciences at Mehr Chand Mahajan DAV College for Women organised a national level E-Poster Making Contest on the theme 'Showcasing the achievements of Indian Scientists' to mark the celebration of Azadi Ka Amrut Mahotsav, India @75 under the aegis of Ministry of Education. The

contest was conducted with a vision to educate students about great Indian scientists, so that they imbibe in themselves the vision, values, wisdom and compassion of our great scientists. A total of 112 entries from different states of India were received. The aesthetically designed digital posters showcased the awe-inspiring accomplishments of great Indian scientists since independence. Three best entries were awarded cash prizes.

Expressing appreciation for this initiative, Principal Dr. Nisha Bhargava said that our country has been the birthplace of many fine and talented scientists who have made many significant contributions to science and society. She added that it is important for the youth to get inspired through stories of such scientists who have unearthed so many discoveries and made breakthroughs in science, making India stand tall in the international community. The results of the contest are:

First: Manreet Kaur, Govt. College for Girls, Ludhiana

Second: Keerthana S. Mount Carmel College, Bangalore

Third: Navya Chhatwani, Mehr Chand Mahajan DAV College for Women, Chandigarh

## MCM holds online EDP



Mehr Chand Mahajan DAV College for Women, in collaboration with Regional Centre for Entrepreneurship Development (RCED), organised a 3-day online Entrepreneurship Development Programme. Held under the aegis of the Food Science

Department of the college, the programme envisioned to inspire young minds to undertake entrepreneurship, especially in the present times when entrepreneurship can be a viable solution for improving global economic health. Over 150 participants registered for the programme.

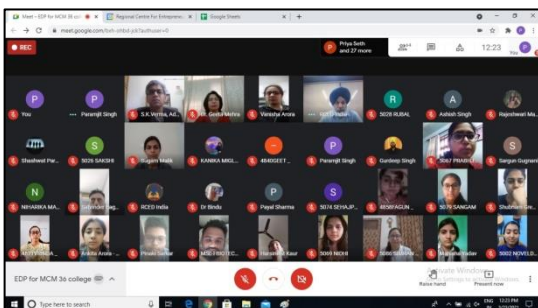
Prof. Sanjiv Puri, Honorary Director, Centre for Industry-Institute Partnership Programme, Panjab University, Chandigarh graced the inaugural as the Chief Guest. Speaking at the inaugural, Principal Dr. Nisha Bhargava said that this endeavour resonates with MCM's vision to empower students by developing their entrepreneurial aptitude and facilitating them in the realisation of their entrepreneurial aspirations through such initiatives. She added that the college has signed MoUs with prestigious organisations like PGIMER and USERN for providing impetus to research and innovation. In his motivational address, Prof. Sanjiv Puri appealed to the participants to channelize their education to solve social problems and impressed upon the importance of entrepreneurial development programmes at college level.



On day 1, Dr. Paramjit Singh, Director, RCED, Chandigarh introduced the programme to the participants, and shed light on the need for entrepreneurship and government initiatives for promotion of MSMEs. Dr. D. K. Bhatt, Estate Officer,

Bundelkhand University, Jhansi educated the participants about strawberry production and processing. Day 2 had enlightening sessions by Sh. Harish Kumar, Honorary Director, Centre for Skill Development and Entrepreneurship, PU, Dr. J. S. Saini, Head, Centre for Physically Challenged Persons, NITTTR, Chandigarh and Dr. Ashish Kumar, Principal Scientist, National Dairy Research Institute, Karnal on Start-up, Opportunity identification for first generation entrepreneurs, and Entrepreneurship opportunities in dairy sector, respectively.

On day 3, Dr. Anil Angrish, Associate Professor, NIPER, Mohali and Mr. Vipan Sarin, CEO, Farmers Shop conducted informative sessions on Seeding and Incubation, and Entrepreneurship development, respectively. The valedictory session was graced by Mr. Jagjit Singh, Director Industries, UT Chandigarh as the Chief Guest.



The participants were enthused at being afforded the opportunity to gain insightful knowledge about entrepreneurship through this programme and shared their queries which were suitably addressed by the experts.



## MCM holds national online music competition



The Music Department of Mehr Chand Mahajan DAV College for Women organised an online national level music competition titled 'Ras Rang- Hori ke Sang'. The competition witnessed enthusiastic participation of over 39 contestants from

across the country. Held with the aim to provide a platform for showcasing musical talent while promoting festive spirit in these gloomy times, the competition had two categories namely, Vocal Music and Instrumental Music. The participants sent in the videos of their performances centred around the theme of Holi festival. The enthralling entries thus received provided glimpses of the participants' awe-inspiring talent and left the judges spell bound. The winners were awarded cash prizes and e-certificates. Principal Dr. Nisha Bhargava lauded this initiative of the Music Department, saying that such activities are important for motivating talent by providing them platform for creative expression. The following are the results of the National Level Music Competition:

Category: Vocal Music

1st Prize: Mukul Gill, Department of Music, Panjab University, Chandigarh

2nd Prize: Harsimran Singh, PGGC 11, Chandigarh

3rd Prize: Snehal Patil, JSM College, Alibagh, Maharashtra and

Garima Singla, Mehr Chand Mahajan DAV College

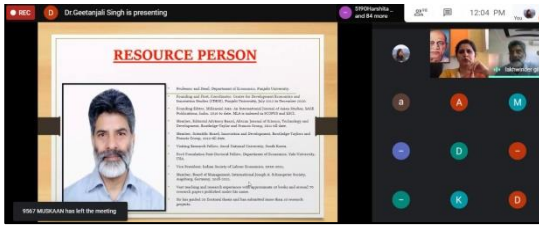
Judges' Special Prize: Shreya Sharma, Mehr Chand Mahajan DAV College

Category: Instrumental Music

1st Prize: Swadha Bansal, PGGCG 11, Chandigarh

2nd Prize Hitesh Dadwal, GGSDS College, Chandigarh

## MCM holds National Symposium on Punjab Economy



The Postgraduate Department of Economics at Mehr Chand Mahajan DAV College for Women organised an online national symposium on the topic 'A Glimpse into the Punjab Economy: The Bread Basket of India'.

Prof. Lakhwinder Singh Gill, Head, Department of Economics, Punjabi University, Patiala was the resource person.

The session was inaugurated by inspiring words of Principal Dr. Nisha Bhargava who highlighted the gigantic and profound potential of Punjab economy amid such pandemic situation. She also shared insights into Punjab economy, particularly the production and productivity of its agriculture, its identity crisis followed by the pandemic challenges and shocks faced by the state.

Prof. Lakhwinder Singh Gill initiated on a positive note articulating the position of Punjab amongst progressive national income states. He explicitly remarked on the most influential issues of Punjab economy on the basis of social and economic indicators.

Prof. Gill further said that income in agriculture sector can be forked into two sources: Income from crops and Income from livestock, and added that though Punjab has fallen in the category of lower middle-income trap owing to higher dependence on agriculture sector, the budget could be a ray of hope for future performances. Observing that agriculture sector is not prosperous and sustainable in the state, he suggested that there is an imperative necessity to advance industrial and service sectors in order to intensify the per capita income for the state substantially.



The expert also shared his informative views on the recent Budget guidelines which would lead health and education institutions straight to path of advancement. Prof. Gill enumerated the challenges, opportunities confronted by the Punjab economy reckoning the macro economic scenario of the economy. He concluded on a positive note that Punjab should try to adapt the recent budget policies in providing the basic resources to its massive population obligatory to ascend meticulous levels of productivity and development.

The enlightening symposium provided the over 540 participants with insights into the present, past and future functioning of Punjab economy. The programme successfully concluded with a formal vote of thanks by Ms. Madhvi Bajaj, Head PG Department of Economics.

## MCM celebrates Earth Day



The NSS units and Swachhta Committee (Arts) of Mehr Chand Mahajan DAV College for Women celebrated Earth Day with great fervour. The celebrations centred around this year's theme of Earth Day i.e. 'Restore Our Earth'. Around 70 NSS volunteers participated enthusiastically in various activities that included recycling of waste material such as old clothes to make masks and cloth bags, reusing of bottles in the form

of bird feeders and planters, donation of books, plantation of saplings at their respective places, conservation of water resources by using self-irrigating planters, sprinklers, and making compost from kitchen waste at their respective places. The Swachhta Committee (Arts) under the aegis of Bharat ka Amrut Mahotsav India @ 75 organised an Online Selfie Challenge to mark the celebration of Earth Day. Students participated in the challenge by sending a picture while gifting a herbal plant, recycling a daily use item (replacing plastic) and making effort to overcome COVID-19. The winners of the challenge were awarded cash prizes and e-certificates.

Principal Dr. Nisha Bhargava lauded the efforts of NSS units and Swachhta Committee to help students internalise the value of respect for Mother Earth through such contextual activities that drive home the message of the need to save our planet from the implications of the indiscriminate damage being done by humans.

## Caption Contest by MCM to celebrate World Water Day



The Department of Computer Science and Applications, and Eco-Club, under the aegis of Swachhta Committee of Mehr Chand Mahajan DAV College for Women organised a Flyer Design Contest on the theme 'Hibernate Mode: A Move towards Power Saving'. The contest was designed as an awareness campaign to celebrate Bharat Ka Amrut Mahotsav (the Green Good Deed of the Week). The participants were required to design flyers on power saving techniques.

With relevance to the theme, participants chose to mention know-how, tips and tricks, related problems and troubleshooting, configuration settings and other related points in their flyers.

Principal Dr. Nisha Bhargava expressed appreciation for this novel initiative with the underlying objective to raise awareness about energy conservation. She added that educating the youth about sustainable practices is immensely significant for a sustainable future.

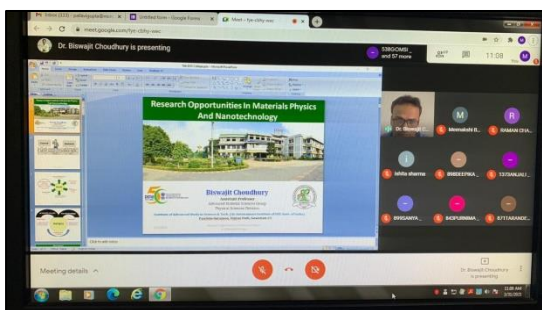
Following are the results:

1st position: Shreya Gupta, BCA II

2nd position: Navya Chhatwani, B.Com III

3rd position: Anjali, BCA II

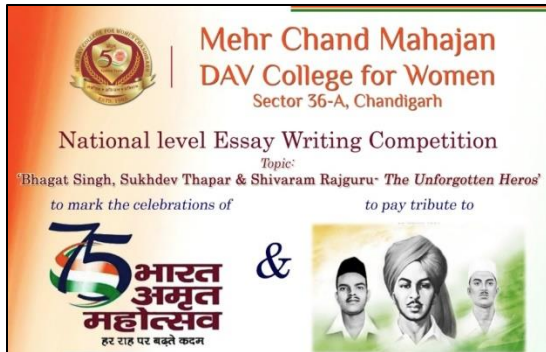
## Webinar on material physics & nanotechnology at MCM



The Department of Physics, organised a webinar on 'Research Opportunities in Material Physics and Nanotechnology'. The resource person for the webinar was Dr. Biswajit Choudhury, Assistant Professor-II, Institute of Advanced Study in Science and Technology, Guwahati, Assam. The webinar aimed to provide the students an overview of the synthesis, properties and applications of nanoparticles existing in different forms and to motivate them to opt research in nanotechnology. Over 73 students and faculty members attended the webinar. Dr. Biswajit Choudhury, in his talk, showed the results of band gap enlargement providing a higher energy band gap value in the confined materials as compared to the band gap in bulk material. This change in band gap results in drastic variations in the physical, optical, electrical, magnetic properties of nanoparticles. He shared insights into the light-matter interaction at the nanoscale confinement region between a plasmonic metal and a semiconductor, particularly in gold, silver nanoparticles. The speaker also motivated the students to carry out research in material sciences by acknowledging the future plans of IASST and apprised them of the fact that, presently, the researchers in IASST are finding photoelectrochemical ways for water splitting as an alternative method for future fuel resources. The participants found the webinar enlightening.

Principal Dr. Nisha Bhargava lauded this endeavour of the Physics Department to educate the students about the field of nanotechnology that has immense potential. She added that nanoparticles bear great possibilities for innovative technological applications and thus students need to be sensitized about research opportunities in this field.

## MCM holds national Essay Writing Competition on Bhagat Singh, Rajguru and Sukhdev



The Department of Political Science at Mehr Chand Mahajan DAV College for Women organised a national level online Essay Writing Competition to mark the celebration of 'Azaadi Ka Amrut Mahotsav, India@75' and to pay tribute to the legendary martyrs Bhagat Singh, Sukhdev

and Rajguru. The topic of the competition was 'Bhagat Singh, Sukhdev Thapar and Shivaram Rajguru- The Unforgotten Heros'. The competition recorded enthusiastic participation of over 74 students from across the country. The participants wrote inspiring essays eulogizing the supreme sacrifices of these martyrs and their selfless love for their motherland. The winners were awarded cash prizes and e-certificates.

Principal Dr. Nisha Bhargava lauded this endeavour of the Political Science Department to reinforce feelings of patriotism and respect for our martyrs among the youth. She added that such activities are immensely significant in reminding the youth of the rich legacy of our great nation and their responsibility to carry it forward.

The results of the competition are as follows:

First Prize: Mili Tari, Government College of Arts and Science Khandola Marcela, Goa.

Second Prize: Shubhanshi Gaur, MCM DAV College For Women, Chandigarh.

Third Prize: Nikhita, PGGCG-11 Chandigarh.

## MCM's Charitra Nirman Committee holds various competitions



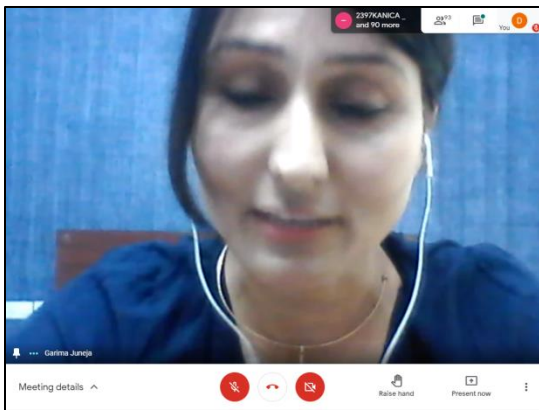
The Charitra Nirman Committee of Mehr Chand Mahajan DAV College for Women organised 'Abhivyakti'- an inter-college online Essay and Story Writing Competition. With the aim to bring out the latent talent of students in creative writing by providing them a platform to showcase their writing skills with a special focus on our national language Hindi, the competition required the participants to submit their entries on

any of the three topics- Honesty, Satyamev Jayate and Swachh Mann. Each and every entry received was unique and creative in its own way. In another event, the Charitra Nirman Committee celebrated the spirit of Baisakhi festival through different competitions. The online competitions included Dressing up in Punjabi Attire, Cooking Punjabi Dishes and Singing Punjabi Song. An overwhelming 154 entries were received from different colleges. The participants demonstrated their creativity and talent, making the competitions a huge success.

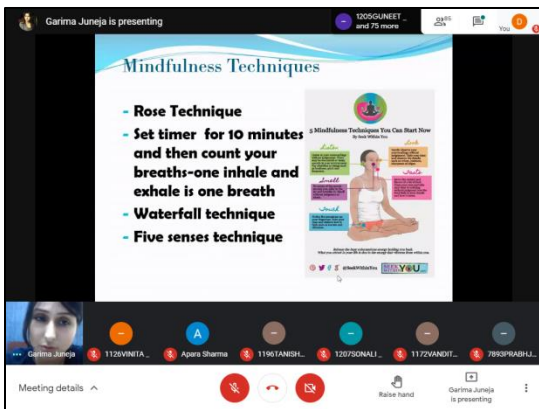
Principal Dr. Nisha Bhargava expressed appreciation for the endeavours of the Charitra Nirman Committee that are in line with the ethos of NEP2020 and directed at shaping the students into versatile individuals with a strong value system. She informed that through such novel initiatives themed on character traits like honesty, caring, sharing, positivity, etc., the Committee envisions to instil these values in students.



## MCM holds session on Resilience



The Postgraduate Department of English at Mehr Chand Mahajan DAV College for Women organised an interactive online session titled 'Remaining Resilient and Competitive in the Face of Challenges'. The resource person was Ms. Garima Juneja, Therapist and Founder of Lightroom Therapy.

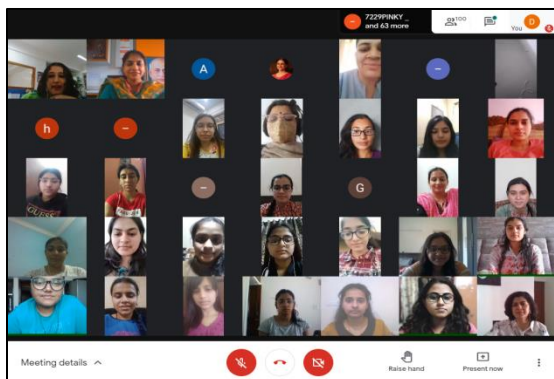


The online session envisioned to help students stay resilient, focused, competitive and confident in the changing times. Ms. Juneja spoke at length about various techniques that can be used to stay calm in these unpredictable times. With focus on the current pandemic times, she also gave some tips to the students to retain their confidence

despite the lack of social interaction. Encouraging the students to not to procrastinate, the expert also motivated them to block negative people and negative thoughts from their minds. The event was well attended by over 350 students.

Principal Dr. Nisha Bhargava lauded this initiative of the English Department to equip students with important life skills of resilience and competitiveness, especially in such troubled times. She added that such programmes are an integral part of MCM's vision of imparting holistic education.

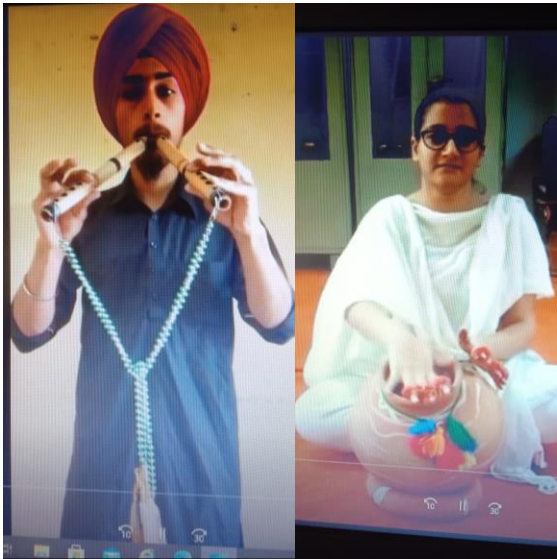
## MCM holds awareness programme on gender identity and sexual orientation



The Equal Opportunity Cell and HIV/AIDS Awareness Committee at Mehr Chand Mahajan DAV College for Women organised an online awareness programme on 'Gender Identity and Sexual Orientation', as per the instructions of Department of Higher Education, Chandigarh. Over 700 students and faculty members participated in the programme, making it a huge success. The resource person for the programme was Ms. Amrita Sarkar, Advisor (Transgender Wellbeing and Advocacy), India HIV/AIDS Alliance. Ms. Sarkar talked about the need to not only generate awareness in the society regarding gender identity but also create a society which accepts and embraces diversity. Recollecting her own life experiences as a transgender, Ms. Sarkar apprised the participants about the discrimination faced by people with alternative gender identities. She applauded the steps of the Government of India in the direction of ensuring equal rights for all types of gender identities and also reiterated that much needs to be done yet. She expressed hope that people would become more aware of the related issues and work together towards a truly inclusive society where people will not judge one another on the basis of his or her sexual orientation. At the end of the session, students came up with various questions and the resource person answered the questions to the satisfaction of everyone.

Principal Dr. Nisha Bhargava lauded this endeavour to educate the students about the concept of gender identity and to motivate them to work towards a more inclusive society with acceptance for all irrespective of sexual orientation.

## MCM holds national competitions on Harvest Festivals



In a unique initiative to spread positivity during the present troubled times through activities aimed at bringing to fore the spirit of perseverance and celebration, Mehr Chand Mahajan DAV College for Women organised various national competitions on the theme of 'Harvest Festivals'. The Department of Music held Harvest of Harmony- an online national level Music Competition and the Charitra Nirman Committee organised national competition

titled 'Harvest Festivals: A Time to Celebrate Mother India'. Both the competitions recorded overwhelming response as entries poured in from all over the country, with 31 entries for Harvest of Harmony and 81 entries for Harvest Festivals competitions. The competitions by Charitra Nirman Committee included Self Composed Poetry Writing, Poster Making and PowerPoint Presentation covering the Indian harvest festivals like Baisakhi, Bihu, Holi, Onam, Naukhai and Ladakh Harvest Festivals. The creativity and talent of the participants in each category was praiseworthy and made the competitions successful in realising the objective of spreading the message of positivity amidst crisis.

Principal Dr. Nisha Bhargava lauded these endeavours aimed at igniting ray of hope in these bleak times by reiterating the lessons offered by harvest festivals in faith and patience. She added that in this age of instant gratification, such activities can help students imbibe the virtues of faith and patience that help humans withstand adversities.

## MCM holds competitions on environmental issues



In an endeavour to raise awareness about environmental issues, the Environment Science Department of the College organised different competitions. The competitions included a national level online E-poster Making Competition on the theme 'COVID-19: A boon or bane to the Environment' and a Video

Message Contest on the theme 'Effects of Burning Garbage on the Environment'. A total of 121 students participated in the E-poster Making Competition and 24 students sent entries for the Video Message Contest. The entries thus received creatively reflected the respective themes, sending out a loud and clear message about the need to conserve the environment. While the entries for E-poster analysed the positive and negative impact of COVID-19 on the environment, the entries for Video Message highlighted the environment-damaging effects of burning garbage. Principal Dr. Nisha Bhargava lauded this initiative of the Environment Science Department to draw attention to the environmental issues of great concern. She added that awareness initiatives like these complemented by concerted efforts hold the key for a sustainable future.

Results of E-poster Making Competition:

First: Parima Jaswal B.Sc.-III (M), Mehr Chand Mahajan DAV College for Women

Second: Dhriti Ummat B.Com.-I, Mehr Chand Mahajan DAV College for Women

Third: Mamta, B.A.-II, Post Graduate Government College-46, Chandigarh

Consolation: Charvi Gupta, B.Com.-I, and Aastha Mehra, B.Com.-I Mehr Chand Mahajan DAV College for Women

## MCM holds 2-day workshop on yoga and meditation

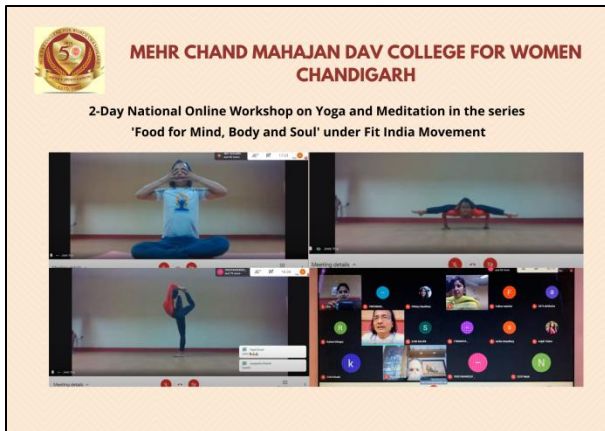


In an endeavour to create awareness among people about the benefits of yoga and meditation especially in the current unprecedented times of the pandemic, Mehr Chand Mahajan DAV College for Women organised a 2-day national online workshop titled 'Hands-on Training-cum-Workshop on Yoga and

Meditation'. Second in the series of 'Food for Mind, Body and Soul' workshops, the 2-day workshop was organised under the aegis of Fit India Movement.

The resource person for the inaugural day was Yogacharya Raman Kumar, National Coach, Indian Yoga Team and Organizing Secretary, Asian Yoga Federation, Yoga Federation of India, and the resource person for day 2 was Dr. Gunanidhi Sharma, Government College of Yoga, Education and Health, Chandigarh. Over 480 participants enthusiastically joined in from all across the globe including countries like Ghana, Philippines and Pakistan.

While day 1 focused on correct breathing technique and pattern, breathing exercises, the overall wellness and specific asanas to strengthen the lungs considering the spread of corona virus was the highlight of the day. Yogacharya Raman Kumar emphasized on the urgency of correcting one's routine habits for a fulfilling life. Besides shedding light on yoga for lifestyle diseases, Yogacharya demonstrated lung strengthening exercises, considering the impact of coronavirus on lungs.



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. Dr. Gunanidhi introduced the practice of modern yoga types like Iyengar Yoga, Vini Yoga, Modern Yoga

with special reference to Rhythmic Yoga. The live demonstrations of various yogasanas including Surya Namaskar, Tadasana, Tiryak Tadasana, Trikonasana, Warrior pose, Virbhadra asana, Janu Shirasan, Paschimottanasana and Chakki Chalan by Ms. Jyoti, Gold medalist in Senior State Yoga Championship and Bronze medalist in National Yoga Championship made the workshop all the more interesting and engaging.

The techniques of Pranayam in the forms of Kapalbhati, Nadi Shodhan and Bhramari were taught and they were actively tried by the participants during the session. The day concluded with a special meditation relating to our sense organs and three dimensions of life i.e. Body, Mind and Soul along with Mantrocharan.

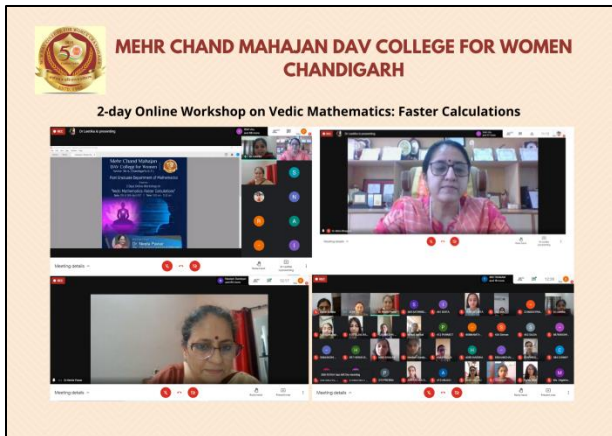
Principal Dr. Nisha Bhargava, an ardent yoga follower herself, lauded this immensely significant initiative to share the knowledge of the most beneficial technique of global well-being and holistic health i.e. Yoga and Meditation. She highlighted the imperativeness of achieving holistic well-being in today's times by practicing the art of yoga and meditation religiously.

## MCM IIC holds sessions on Start-ups, and Marketing and Funding for Entrepreneurship



The Institution Innovation Council (IIC) of the college conducted an online workshop on the topic 'Marketing Strategies and Funding Options for Entrepreneurs'. The resource persons for the event were MCM IIC Innovation Ambassadors Dr. Arshdeep Kaur and Dr. Namita Bhandari. The workshop witnessed enthusiastic participation of 254 students and faculty members. Marketing strategies for entrepreneurs were well elaborated upon by Dr. Namita Bhandari as she shed light on the differences between marketing and selling concept through relevant examples. Further, she elucidated the concept of STP i.e. segmenting, targeting, and positioning. Dr. Arshdeep Kaur deliberated upon funding options for entrepreneurs including equity and debt financing, bootstrapping, angel investors and venture capital. Additionally, some prominent angel investors and venture capital firms in India were also discussed by the speaker. In another event, the IIC, in collaboration with the Start-up Cell of the college, organised an online awareness session titled 'Start-up and its Challenges'. The resource person for the session was Mr. Paramdeep Singh Anand, CEO, Field Assist. A total of 260 students and faculty members attended the session that was an endeavor to acquaint the participants with various challenges associated with start-ups. Principal Dr. Nisha Bhargava lauded the consistent efforts of IIC for systematically promoting the culture of innovation and entrepreneurship among students. She added that for realising the dream of 'Atmanirbhar Bharat', such focused endeavours hold immense relevance.

## MCM holds Vedic Mathematics workshop



The Post Graduate Department of Mathematics organized a 2-day online workshop on 'Vedic Mathematics: Faster Calculations' to enlighten students about the techniques to solve mathematical arithmetics in an easier and faster way. Dr Neela Pawar, Head, PG Department of Mathematics was the resource person for the workshop. Around 231 students, research scholars and faculty members from various institutions of Chandigarh and other states attended the workshop, including a participant from Phillipines.

On day 1, Dr Pawar made the audience aware of the concept of Vedic Mathematics and its importance. She described methods of multiplication using sutras of Vedic Mathematics as well as finding the square and cube of any number. Dr Pawar also illustrated finding the square root and the cube root of various numbers using Vedic Maths techniques and Sutras. On day 2, Dr Pawar explained various techniques of division in a very simple and impressive way. She also gave methods to solve simultaneous linear equations in a much-needed faster way. The participants learnt a lot of new techniques to be used in the calculations and simplification of various mathematical problems.

Principal Dr. Nisha Bhargava lauded this initiative of the Mathematics Department to help students explore the world of indigenous mathematical knowledge. She expressed hope that the techniques learnt during the workshop will be highly beneficial for the participants.



## MCM celebrates Mother's Day



Marking the celebration of the spirit of motherhood, Mehr Chand Mahajan DAV College for Women organised various online competitions on the occasion of International Mother's Day as an acknowledgement of the tireless contributions of a mother in one's life. The underlying objective of the

competitions was to reiterate our Indian tradition which proclaims 'Maatri devo bhav'. The Personality Development Club of the college organised a Greeting Card and Handmade Gift Making Competition that entailed the participants to use their ingenuity and creativity to express gratitude towards their mothers through their artistic talent. Over 50 heartwarming entries were received for the competition that reflected the heartfelt emotions of the participants for their mothers. The Charitra Nirman Committee of the college celebrated the day with an Inter-College Contest wherein the participants had to send pictures of themselves with their mothers in twinning costumes and submit a video showcasing how they made Mother's Day special for their mothers. In another activity, the Charitra Nirman Committee, in collaboration with the Sanskrit Department, organised Intra-College Calligraphy, Shlokas writing, Slogan writing, Poster making and Poem writing Competitions. The competitions witnessed enthusiastic response in the form of 81 entries. Principal Dr. Nisha Bhargava also shared a self-composed poem 'Meri Maa' on this occasion, eulogizing the matchless role of mother in one's life. Dr. Bhargava appreciated the efforts of the Personality Development Club, Charitra Nirman Committee and Sanskrit Department to instil in students a deep sense of appreciation for the unparalleled role of mothers as beacons of unconditional love and support.

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Report of Activities (April 2021 to June 2021)

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

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## MCM holds webinar on provisions for women in criminal justice system



The Post Graduate Department of Sociology, Mehr Chand Mahajan DAV College for Women organized a webinar titled 'Significant Provisions for Women in the Criminal Justice System'. The resource person was Prof. Priya Sepaha, Founder and Director of start-up- Law Colloquy. Prof. Sepaha began

her enlightening discourse by providing a broad overview of the rights and special laws in the Indian legal system that envision to protect women. Taking the example of Nirbhaya case of 2013, Prof. Sepaha shed light on various amendments made post the case in the Indian legal system and India Penal code for women. The expert defined and explained the significant provisions for women specifically in criminal law pertaining to stalking, voyeurism, word, gesture or act intended to insult the modesty of a women, acid attacks, sexual harassment of women at workplace, etc. Prof. Sepaha also elaborated offline and online category of offences and provided valuable information regarding the punishments, penalties or fines relevant in the respective provisions. Motivating the participants to educate themselves about various legal provisions concerning their rights, Prof. Sepaha concluded by suggesting that it is the need of the hour to be aware about these special provisions made to protect women in India against crimes and injustice.

Principal Dr. Nisha Bhargava expressed appreciation for this laudable initiative of the Sociology Department to empower women by equipping them with knowledge about the legal provisions that protect them. She added that such awareness sessions are imperative for grooming conscious citizens who are aware about their rights.

## National webinar on NEP 2020 at MCM



The Foreign Students Cell of Mehr Chand Mahajan DAV College for Women, under the aegis of the college's IQAC, organised a national webinar titled 'National Education Policy 2020: Addressing National and International Aspirations for Education in India'. Prof. Nishi Pandey,

Department of English and Modern European Languages, Director UGC Human Resource Development Center, University of Lucknow was the resource person. Over 400 participants benefitted from this highly informative webinar. Prof. Pandey enlightened the participants about the significant highlights of NEP 2020 including equitable and inclusive education, holistic multidisciplinary education with multiple entry/exit options, new curricular and pedagogical structure (5+3+3+4), emphasis on promoting multilingualism and Indian languages, focus of skill enhancement, emphasis on experiential learning and assessment reforms. Stressing upon developing research aptitude of students, Prof. Pandey said that creation of virtual labs for practical subjects will be required in order to reduce the gap between research and education. She opined that the NEP will help in making education system more inclusive and responsive. Reminding the participants of India's glorious status as 'vishva guru' during the Nalanda-Taxila times, Principal Dr. Nisha Bhargava lauded this endeavour of the Foreign Students Cell to enlighten the stakeholders about the pertinent topic of NEP 2020. She highlighted the importance of NEP 2020, especially in context of strengthening the ramparts of higher education in India and opening up of new portals and avenues of opportunities for the youth of the country.

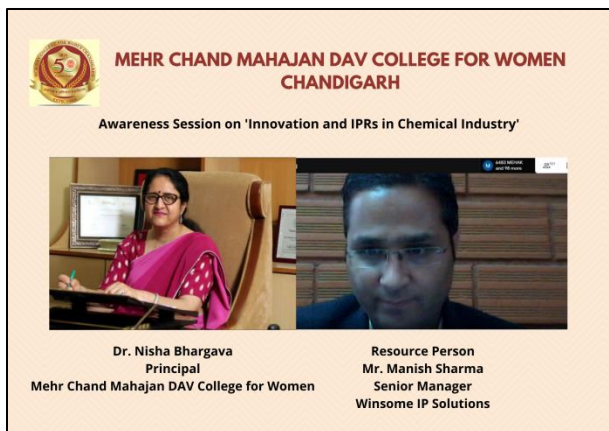
## MCM holds awareness session on Critical Citizenship



The PG Department of Sociology and Charitra Nirman Committee of the college organised an online workshop cum awareness programme titled 'Critical Citizenship- Earning and Learning Sensibly'. The programme endeavoured to enlighten the audience about global perspectives on the

emerging fields in an environment where earning, learning and better living can be pursued with due respect to nature. More than 400 educators, professionals, research scholars and students from all over India and from different countries including Jordan, Philippines, Pakistan, Ghana, Bangladesh and Srilanka registered for the programme. The resource person for this highly enlightening programme was Prof. Vinod Chaudhary, Dept. of Sociology, Panjab University. Inaugurating the programme, Principal Dr. Nisha Bhargava highlighted its significance by saying that the theme of critical citizenship has profound contemporary relevance as the present lifestyles have bypassed sustainable development wherein there is mindless plunder of natural resources without bothering about their conservation and rejuvenation. She expressed hope that this contextual initiative will definitely aid in sensitising human beings about living responsibly. Prof. Vinod stressed on the importance of critical citizenship in critically assessing social, political and economic structures to seek out and address areas of injustice, and implored the citizens to act to solve the root causes. The expert encouraged the participants to develop an amalgam of civic sense and scientific aptitude. Prof. Vinod further enlightened the audience about the cultivation of eco-friendly plants like bamboos, hemp and vetiver grass that help not only in restoring the ecological balance but also offer lucrative earning opportunities.

## MCM IIC holds awareness session on IPRs in chemical industry



Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women organised an online awareness session on 'Innovation and IPRs in Chemical Industry'. The resource person for this enlightening session was Mr. Manish Sharma, Senior Manager, Winsome IP Solutions. Over 190

students and faculty members attended the event that was an endeavour to acquaint the participants with various challenges associated with intellectual property rights and information regarding patents.

Mr. Sharma highlighted the importance of patents for the industry, with special reference to chemical industry. He also educated the participants about the process of filing a patent, FTF system, possible challenges and means of protecting a patent. The participants found the session very interesting and informative.

Principal Dr. Nisha Bhargava lauded the initiatives of the college's IIC that endeavour to promote a systematic culture of innovation and entrepreneurship among students. She added that such awareness sessions are imperative for cultivating aptitude for innovation and entrepreneurship among students, thereby aiding in the realisation of the dream of 'Atmanirbhar Bharat'.

## MCM holds 7-day workshop-‘Be a Health Manager 2021’

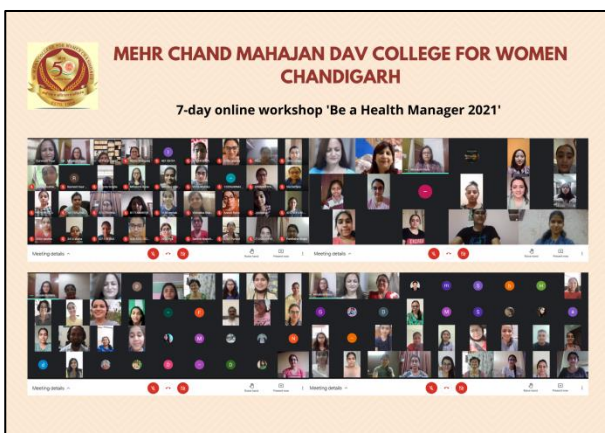


In a unique endeavour to educate people about the significance of holistic well-being for a healthy life, the Skill Development Committee of Mehr Chand Mahajan DAV College for Women organised the annual 7-day workshop 'Be a Health Manager 2021'.

Third in the series of the much sought after workshop, this online edition witnessed an overwhelming response as 1836 people from different walks of life from across India and countries like USA, Australia, Estonia, Switzerland, Sri Lanka, Bangladesh, Nigeria, Pakistan, Philippines, Jordan, Ghana, Iraq and Oman registered for it. MCM Principal Dr. Nisha Bhargava, Dr. Nirja Chawla, Chairperson, Digital Education Committee, Indian Menopause Society and Patron Executive, PCOS Society of India, PGIMER Chandigarh doctors Dr. Ashima Goyal, Professor, Pediatric Dentistry, Oral Health Sciences Center, Dr. Raihan Ashraf, Senior Resident, Department of Dermatology, Venerology and Leprology, Dr. Parul Chawla Gupta, Assistant Professor, Advanced Eye Center and Dr. Nancy Sahni, Senior Dietician, and Dr. Gurvinder Kaur, Associate Professor at MCM conducted enlightening sessions on various aspects of health and wellness.

Inaugurating the workshop Dr. Nisha Bhargava apprised the participants of the stupendous success of the previous editions of the workshop and informed that it is an earnest endeavour in the direction of gifting good health and happiness to the society. Dr. Bhargava also conducted an informative session titled 'Hints for Holistic Well-being' wherein she shared her valuable experiences for leading a healthy life.

Drawing a comparison between well-being during the old times and the present times, Dr. Bhargava asserted that the people in the old times were naturally healthy and happy due to their sustainable lifestyle, proximity to nature and following of age-old practices of healing and wellness while in the present times, people have to make conscious efforts to remain healthy and happy mainly because they have drifted away from nature. Decoding holistic well-being as a combination of health and overall happiness, Dr. Bhargava said that mental, physical, emotional, spiritual and social well-being are the mutually inter-related components of well-being that should be in harmony. Various aspects of a wholesome and fulfilling life including nutritious food, regular exercise, positive outlook, balanced attitude, self-introspection, self-esteem, confidence, flexible personality, creativity, etc. were dealt in detail during the session. Dr. Bhargava made the session highly engrossing and impactful by demonstrating her points through self-composed poetry like flexibility through poem 'Andaaz', gratitude through 'Acchi Baatein' and happiness through the poem 'O Happiness!'. The session was greatly admired by the participants who felt inspired by Dr. Bhargava's versatile personality.



Day 1 of the workshop was dedicated to 'Preventive Eye Care' session by Dr. Parul Chawla Gupta. With our current routines including excessive screen exposure, Dr. Parul drew attention to the fact that 60% of the people suffer from digital eye strain the symptoms of which include eye fatigue, headaches, itchy and dry eyes, blurring of vision. She suggested the 20-20-20 rule which implies that while working on a screen, one should take a 20 seconds break, look at something 20 feet away, every 20 minutes. On day 2, Dr. Nirja Chawla conducted session on

'Understanding PCOS: Symptoms and Treatment'. Dr. Nirja shed light on Poly Cystic Ovary Syndrome's symptoms and signs such as delayed or irregular menstruation, obesity, androgen excess and infertility, and also delved into the reasons for delayed ovulation including excessive eating, excessive fasting, excessive exercising, not exercising, weight gain or weight loss, stress and hormonal imbalance. Session on 'Hair and Skin Care' was conducted on day 3 by Dr. Raihan Ashraf wherein she talked about maintain good skin and hair. Starting off with some general skin and hair care tips, she suggested a balanced diet with lots of fluid intake coupled with regular exercise. Dr. Raihan advised the participants against indiscriminate and excessive use of chemicals on one's skin and hair, and suggested choosing skin and hair care products wisely. On Day 4, Dr. Nancy Sahni conducted a session on 'Balanced Diet to Maintain Right Weight'. She educated the participants about different groups of foods, metabolism, maintaining healthy gut and a cut on the calories. Dr. Nancy also shared an example of a diet routine one can follow to maintain health. Oral Health Care was dealt on day 5 by Dr. Ashima Goyal. Besides talking about healthy habits for ensuring oral health, Dr. Ashima also threw light on various diseases like gingivitis, caries, mouth cancer, etc. and how to prevent these. On day 6, Dr. Gurvinder Kaur delivered a talk on 'Understanding Food Through Growing It: Towards Holistic Health' wherein she educated the participants about sustainable urban farming. Sharing knowledge on how different factors such as soil, sun, wind, water, etc. are involved in the growth of plants, she explained each and every factor in detail. Dr. Gurvinder motivated the participants to grow their own food as it ensures holistic health by offering many benefits in the form of availability of nutritious organic food, maintaining a healthy heart, building confidence, and reducing stress, anger, fatigue, depression and even anxiety. All the sessions were well-received by the participants who felt motivated to embrace healthy lifestyle by adopting the suggestions made during the workshop.



## MCM celebrates International Day of Biodiversity



Mehr Chand Mahajan DAV College for Women observed the International Day of Biodiversity with online activities, by the Departments of Botany and Zoology and Eco Club, envisioning to raise awareness and understanding of the biodiversity issues. To mark the occasion, the Department of Botany

organised a national level online Biodiversity Quiz. The aim of the quiz was to familiarise the students with various concepts related to biodiversity including its meaning, components, functioning and conservation. In another activity, the Department of Zoology and MCM Eco Club jointly organised an online activity on the theme 'My Backyard Biodiversity' 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 participants to record their observations in an ordered manner. The participants were then required to categorise the animals by their phyla and to calculate biodiversity index for each of the observation sites. Both the activities garnered overwhelming response from the students.

Principal Dr. Nisha Bhargava lauded the efforts of the Botany and Zoology Departments and Eco Club to raise awareness about the crucial issue of biodiversity conservation. She added that the existence of a living planet is unimaginable without its biodiversity as the complex interrelationship amongst the species leads to the ecological balance which is a prerequisite for the survival of all life forms.

## MCM holds workshop on psychosocial support during pandemic



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 channelising 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. Elucidating the difference between sympathy and empathy, he demonstrated how the COVID helpers should show empathy towards COVID patients and counsel them for improving their psychological well-being.

## MCM holds YCC Induction programme



Mehr Chand Mahajan DAV College for Women organised online Induction Programme of its Young Communicators Club (YCC) that has been formed in collaboration with Public Relations Council of India (PRCI). The aim of the programme was to introduce the students to the

objectives, scope and functioning of YCC.

The event was graced by Ms. Chinnmayee Praveen, PRCI Head YCC, North Council and Mr. Vivek Atray, Ex IAS, Author, Motivational Speaker and Chairman, PRCI, Chandigarh Chapter as Special Guests. The programme was also attended by Ms. Renuka B. Salwan, Director, Public Relations, Panjab University and North Zone Head, PRCI, and Mr. Sudeep Rawat, Secretary, PRCI, Chandigarh Chapter.

Principal Dr. Nisha Bhargava inaugurated the programme with her enlightening words on the importance of communication as a life skill that needs extensive training and practice in order to master it. She informed that with the holistic development of the students at the heart of every activity at MCM, YCC also seeks to enable students to be good communicators who are not only adept in personal communication but are also conscious communicators who eloquently voice social, economic, political and sustainability concerns.

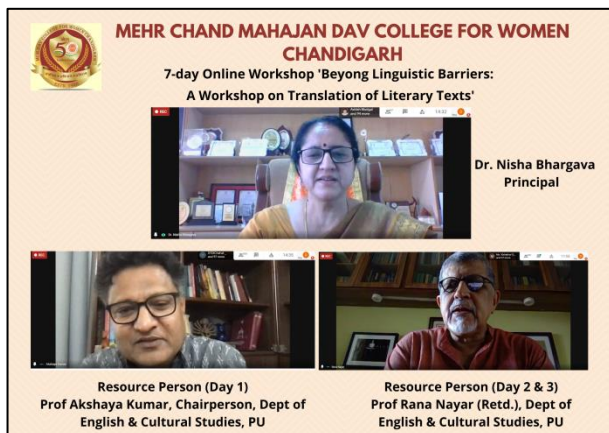


Both the special guests delivered lively talks on the topic 'What to say and How to say?', wherein they motivated the youth to become better communicators and inspired them to be a part of YCC. Stressing on the need to start working on one's communication skills early in life, Mr. Vivek Atray said that poise, clarity of thought, calmness, empathy and aptness of communication to the situation hold the key to effective communication.

As one's inner make-up is reflected in one's communication, Mr. Atray highlighted the need to be a thoughtful communicator who communicates in a simple, effective and cheerful manner.

While motivating the youth to change the world with their actions and build a better society, Ms. Chinnmaye Praveen asserted that the youth should speak constructively and confidently by embracing the strengths within themselves. She added that YCC will contribute effectively in teaching the youth to stand out in the crowd, unleash creativity within oneself, connect with oneself and the outer world, and elevate to face the challenges the world throws at them. More than 400 participants enthusiastically partook in the event and benefitted from the insights of the speakers.

## MCM holds 8-day workshop on translation of literary works



The ongoing 8-day online workshop 'Beyond Linguistic Diversities: A Workshop on Translation of Literary Texts' at Mehr Chand Mahajan DAV College for Women entered its third day today. Organised under the aegis of the Postgraduate Department of English, the workshop was inaugurated by

Principal of the college Dr. Nisha Bhargava. In her inaugural address, Dr. Bhargava lauded this relevant initiative to equip students with skills in the highly promising field of translation. She highlighted the importance of translation as a gateway to the world of rich literature without the barriers of language and culture. On day 1, Prof Akshaya Kumar, Chairperson, Department of English and Cultural Studies, Panjab University spoke on 'An Introduction to the Theories of Translation', elaborately explaining the need of fluidity, passion and joy in the act of translation. By emphasizing on the Indian theories of translation, he highlighted the need to approach translation as a creative activity as opposed to transferring the information objectively. Citing a variety of Indian translators like R. Parthasarathy, Dilip Chitre, A.K. Ramanujan, Agha Shahid Ali, he emphasized, "Translation involves joyful irreverence". He encouraged learning translation as a group activity since it can foster creativity and collaboration among students. Using a variety of anecdotes, he made it easy for the participants to understand the significant theories and perspectives on translation. The second day of the workshop witnessed an unfolding of theoretical approaches of Translation Studies in a nuanced manner.



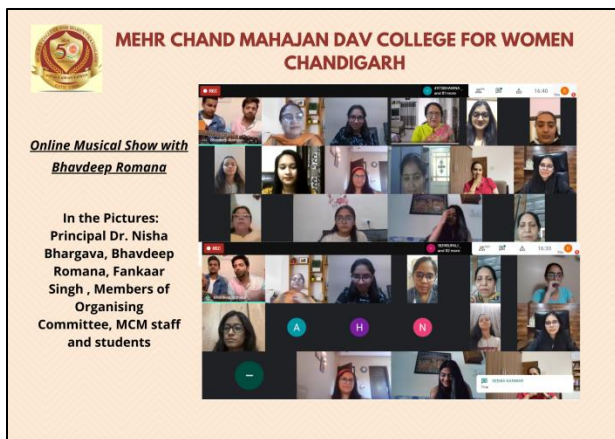
Prof Rana Nayar (Retd.), Department of English and Cultural Studies, Panjab University was the resource person for day 2 and spoke on 'Translations as Social Documents' deeply reflecting on the debate of syntactic and static equivalence in translation. He delved into the deeper layers of meanings to

make participants aware about the various intricate problems encountered in the process of translation. Prof. Nayar effectively made the participants ponder over the significance of culture and context in the Translation Studies.

On the third day of the workshop, Prof Nayar explained the nuanced commandments of translation. A pioneer in the area of Punjabi translation himself, Prof Nayar shared his personal insights and experiences that played a vital role during his experience of translating Punjabi authors like Gurdial Singh, Raghubir Dhand, Mohan Bhandari and Beeba Balwant. His lecture reflected on the process of translation and how aspiring translators need to confront a variety of issues that intervene in this process.

The participants practised translating a piece of poetry and prose first-hand to experience the complexities involved in the Translation Studies. The workshop was attended by faculty members, researchers and students from across the country.

## MCM's Online Music Show enthral students



In a novel initiative to rejuvenate the students and rekindle the spirit of hope during the COVID induced lockdown, Mehr Chand Mahajan DAV College for Women organised an online musical event. This virtual Musical Show was graced by Bhavdeep Romana, Actor, Anchor and Singer as the Guest of Honour who, alongwith artist Fankaar Singh, performed live to uplift the spirits of the viewers. Over 1900 students viewed the show online. The show was inaugurated by Principal Dr. Nisha Bhargava who said that this event was organised to infuse a sense of positivity among the students in such troubled times. Dr. Bhargava motivated the

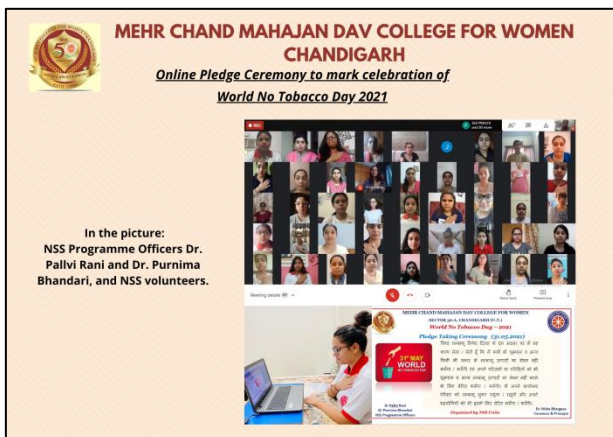
students to stay hopeful during these tough times by bearing in mind that every dark night has to give way to a bright morning. A Ludhiana based stand up comedian Simar Singh performed a short act to enliven the event. Bhavdeep's melodious rendition of various hit songs left the audience spell bound who kept asking for more. Foot tapping Hindi and Punjabi numbers sung by the artist had the audience swaying to his tunes, making the show a huge success. The virtual platform was flooded with words of appreciation as the overwhelmed students thoroughly enjoyed the show and felt rejuvenated.

## MCM celebrates World No Tobacco Day



The NSS units of Mehr Chand Mahajan DAV College for Women observed World No Tobacco Day today 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. The pledge, organised in keeping with this year's theme of World No Tobacco Day i.e. "Commit to Quit", was administered to the volunteers under the supervision of NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari.



Principal Dr. Nisha Bhargava lauded this initiative of the NSS units to draw attention to the tobacco epidemic and the preventable death and diseases it causes. She added that the prevailing pandemic situation makes it all the more necessary that tobacco cessation is advocated vigorously.



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

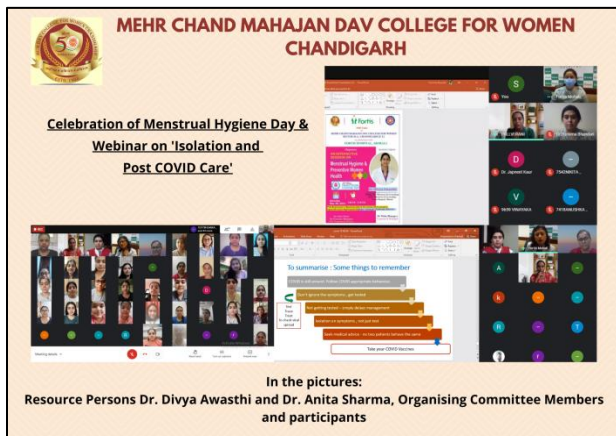


On the occasion of Menstrual Hygiene Day, the NSS Units of Mehr Chand Mahajan DAV College for Women organised an online talk on the topic 'Menstrual Hygiene and Preventive Women Health'. Dr. Divya Awasthi, Senior Consultant, Fortis Hospital Mohali conducted this session that

witnessed enthusiastic participation of over 95 students.

Sharing that in most parts of the world including India, menstruation still remains taboo and rarely talked about, Dr. Divya stressed that lack of awareness and poor hygiene can create problems including risk of genital infections, infertility or chronic vaginal discharge later on. Dr. Divya also busted certain myths and taboos associated with menstruation. She also shed light on preventive women health and advised the participants to follow breast self-examination and undergo Pap Smear test at regular intervals, which helps in early detection of breast cancer and cervical cancer.

In another event, the NSS units and Medical Committee of the college organised a webinar titled 'Isolation and Post Covid Care: Know the Facts' by Dr. Anita Sharma, Head, Department of Lab Medicine, Fortis Hospital, Mohali. It was attended by more than 95 participants. During the webinar, Dr Anita emphasised that majority of the COVID patients either remain asymptomatic or have mild disease and such patients can be easily managed at home provided they can be isolated.



She further added that it is imperative that patients in home isolation are under some kind of medical supervision and are educated to monitor themselves for their vital parameters like temperature and oxygen saturation, and raise an alarm in case of any warning signs like fall in

oxygen saturation, breathlessness, worsening of cough or high grade fever.

The expert said that whilst in home isolation, one needs to focus on physical and mental wellbeing as well as personal and environmental hygiene. Both the sessions were well received by students who felt enlightened by the knowledge shared by the experts.

Principal Dr. Nisha Bhargava lauded these initiatives of the NSS units and Medical Committee to generate awareness about the two crucial aspects of menstrual hygiene and post COVID care. She added that such programmes are imperative for the holistic development of students.

## 8-day workshop on translation culminates at MCM



The 8-day online workshop titled 'Beyond Linguistic Barriers: Workshop on Translation of Literary Texts' organised by the Postgraduate Department of English, Mehr Chand Mahajan DAV College for Women culminated successfully. The workshop witnessed intellectually invigorating

deliberations on the art and craft of translation by Prof Akshaya Kumar, Chairperson, Department of English and Cultural Studies, PU, Prof. Deepthi Gupta, Department of English and Cultural Studies, PU, Prof Rana Nayar (Retd.), Department of English and Cultural Studies, PU, Dr. Chander Trikha, Director, Haryana Sahitya Akademi and Haryana Urdu Akademi, Panchkula, Dr. Ritu Bhanot, Department of Hindi, Dev Samaj College for Women and Mr. Daljit Ami, Documentary Filmmaker and journalist.

The workshop began with a session on 'An Introduction to the Theories of Translation' by Prof Akshaya Kumar wherein he emphasised on the Indian theories of translation and highlighted the need to approach translation as a creative activity as opposed to transferring the information objectively. Using a variety of anecdotes, Prof Akshaya made it easy for the participants to understand the significant theories and perspectives on translation.

The sessions on the second and third day of the workshop were conducted by Prof Rana Nayar on the topic 'Translations as Social Documents'. Reflecting on the debate of syntactic and static equivalence in translation and the significance of

culture and context in the Translation Studies, Prof Nayar shed light on the process of translation and how the aspiring translators need to confront a variety of issues during this process.

On day 4 of the workshop, speaking on 'Challenges and Opportunities in Translation', Dr. Ritu Bhanot established the need of translations to bind together various human emotions and also deliberated upon the need to research and revise one's translations. Dr. Bhanot explained the process, opportunities and challenges of translation clearer with anecdotes from journeys of translation undertaken by literary stalwarts like Rabindra Nath Tagore and eminent figures like Mahatma Gandhi.

Sharing his thoughts on 'Translating the Untranslatable: Reliving the grandeur of Urdu Poetry' on day 5, Dr. Chander Trikha traced the advent of translation found in the annals of Mughal history initiated by Dara Shikoh who got several Upanishads and religious texts translated from Sanskrit to Persian. He emphasised on the need of translations and encouraged the participants to look at the process and product of translation as the one of 'giving' rather than 'taking' from the original.

Speaking on 'Inhabiting the confluence of Languages: An Endless Interaction with Fluidity' on day 6, Mr. Daljit Ami explained the responsibilities and the freedom that a translator has to comply with and enjoy too. He brought out the perspective of translation being a fluid process and how it tends to de-territorialize the language in a way.

On day 7, Mr Ami deliberated upon the ideas of the translator's role in subverting the discourses of gender. He also highlighted how translation is an act of liberation in everyday life in more senses than one. On the concluding day, Prof. Deepti Gupta



delivered a session titled 'Translation or Pipe Dream?'. Prof. Deepti discussed the various evolutionary stages of language like structuralism, behaviouralism, language being an expression of culture, having functionality, and as a cognitive and mental activity, which added to the complexities of translation. Citing

Noam Chomsky, she dwelt upon the concept of 'Language Acquisition Device' which involves active translation when we move between languages. She defined translation as the act of finding equivalent structures while moving from one language to another where equivalence is grounded in the socio-cultural structures of the language and in the cognitive processes of the language user.

Principal Dr. Nisha Bhargava expressed appreciation for this significant endeavour of the English Department to enlighten students about the nuances of the highly promising field of translation. She asserted that by equipping students with requisite skills in translation, this initiative will be of immense value in enriching the literary world.

## MCM holds online lecture series on Sociology



The Postgraduate Department of Sociology at Mehr Chand Mahajan DAV College for Women organised a 2-day online lecture series titled 'Emergence and Development of Sociology and Sociology for India'. The resource person for the lecture series was eminent sociologist Prof B K

Nagla. During the informative series, the major discussions that emerged were the historical evolution of discourse of Sociology, the prevalence of Western impact on Indian Sociology and the need to make the curriculum contextual and updated.

Prof Nagla highlighted the contributions of many Indian sociologists like Iravati Karve, Srinivas, Ghurye, etc. Sharing that women's contribution to sociology has been immense but is less talked about, Prof Nagla said that we need to encourage women and support them to bring big changes in society. The event saw enthusiastic participation of students as well as faculty members from the northern parts of the country.

Principal Dr. Nisha Bhargava lauded this initiative of the Sociology Department and said that interaction with experts in their fields helps widen the horizons of students. Speaking on the importance of the chosen topic, Dr. Bhargava said that it is a highly contextual one as Sociology has bearing upon many of the problems of the present world and thus its study has assumed such great significance.

## MCM celebrates World Environment Day



Observing World Environment Day with fervour, Mehr Chand Mahajan DAV College for Women organised various activities with the aim to raise awareness and encourage action to protect the environment. The day began with a soulful havan ceremony wherein Principal Dr. Nisha Bhargava, staff and students prayed for the healing of the Earth and well being of mankind. This was followed by a plantation drive. Speaking on the occasion, Dr. Bhargava asserted that the emergence of COVID has shown how disastrous the consequences of ecosystem loss can be and it is high time that humans shift their focus from environmental exploitation to environmental healing. In another activity, an online Photography Competition cum Exhibition was organised wherein Dr. Bhargava and faculty members submitted awe-inspiring pictures clicked by them of nature and biodiversity. The online exhibition can be viewed on the college's YouTube channel through the link <https://youtu.be/6xf3tlZAJhY>. The NSS units of the college, in collaboration with the Department of Environment Science and MCM Eco Club, organised a national level Online Quiz. The theme of the quiz was 'Ecosystem Restoration' and aimed to educate the community about the importance of restoring our Earth. On this occasion, the Character-Building Committee and Landscaping Committee of the college conducted an inter-college competition on 'Plant a Sapling' and 'Best out of Waste'. 52 students participated enthusiastically in this competition wherein they showcased their love for the environment by planting saplings at their respective places and created aesthetically pleasing pieces from waste, thereby giving the message of reduce, reuse and recycle.

## MCM's Rendezvous & Reminiscences connects alumni virtually



Keeping the flame of connectivity alive during the current unprecedented times, Mehr Chand Mahajan DAV College for Women, in a unique showcase of spirit of resilience and positivity, organised its annual alumni meet virtually. Encompassing the motto of Association of MCM DAV Alumni

(AMDA) 'To Care, To Share', Rendezvous and Reminiscences 2021 witnessed overwhelming participation of alumni from UK, Canada and from across the country. MCM alumna Prof. Nishtha Jaswal, Vice Chancellor, Himachal Pradesh National Law University graced the virtual meet as the Chief Guest. Sh. H. R. Gandhar, Vice President, DAV College Managing Committee (DAV CMC), Mrs. Sudesh Gandhar, Senior Member, DAV CMC and MCM Alumna Dr. Bharti Uppal, Associate Medical Superintendent and Professor (Biochemistry), Christian Medical College, Ludhiana were Guests of Honour on this occasion.

Principal Dr. Nisha Bhargava inaugurated the meet by welcoming the alumni to a nostalgic trip down the memory lane that would enliven their spirits. Sharing that the reunion envisions to foster meaningful connectivity between MCM and its' alumni, Dr. Bhargava asserted that it is not just an opportunity to reminisce, to network and to reconnect but also to deliberate on ideas as to how the alumni can contribute in the growth of their alma mater. Reminding the alumni of their responsibility as the brand ambassadors of MCM, Dr. Bhargava stressed upon their role in the society as harbingers of positive change. Adding poetic touch to the nostalgic moments,





Dr. Bhargava recited her poem titled “aaj hum laut ke fir aaye hain”. Speaking on this occasion, Prof Nishtha Jaswal fondly recalled her days at MCM and said that whatever she is today, she owes to her alma mater. She shared that remaining calm and composed while dealing with

daily challenges has been her biggest learning at MCM and said that the values taught in the college remained her greatest support system in difficult times. Prof. Jaswal also recited a self composed poem depicting the defining role of her alma mater in her life and how it prepared her for vagaries of life. Sh. H. R. Gandhar implored the alumni to give back to their alma mater by sharing new ideas and engaging in activities of mutual interest which will be beneficial for all the students. He motivated the alumni to continue to expand and explore new horizons. Dr. Bharti Uppal credited the college for her success and added that outwardly an institution may appear to be made of concrete but in reality, it is made from heart, soul and efforts of all the stakeholders.

During the event, the illustrious alumni of the college were honoured virtually. Another highlight of the meet was inauguration of Agastya and Liaquat- e-repositories showcasing memories and exceptional talent of the alumni. Enthusiastic alumni shared many nostalgic moments and a sense of indebtedness towards the institution echoed in the words of each and every alumni.

The video of the meet can be viewed on the college's YouTube channel at

<https://youtu.be/LYIXdpP7ygc>

## MCM celebrates World Food Safety Day

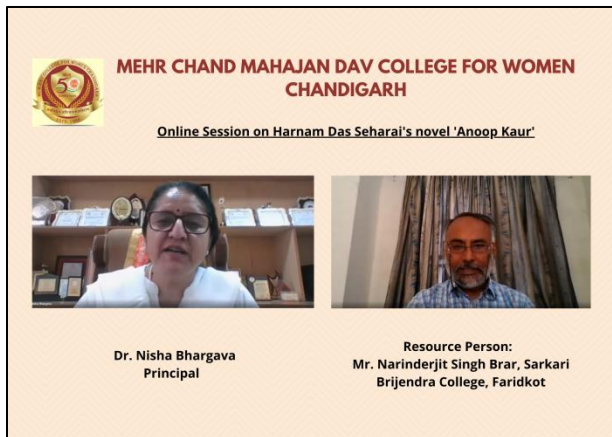


The Department of Food Science at Mehr Chand Mahajan DAV College for Women, in collaboration with MGNCRE, Ministry of Education, Government of India, celebrated World Food Safety Day virtually. The purpose of the celebration was to outline the food safety challenges faced during

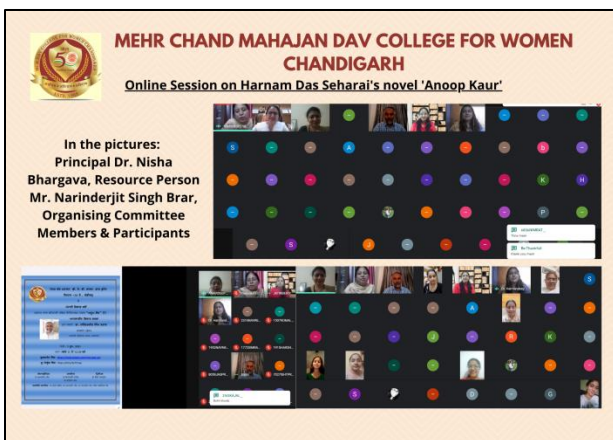
COVID-19 pandemic and the role of nutrition during COVID illness, and also to motivate students to raise awareness about the same at community level. The celebration included online Oral Presentation Session, Poster Presentation Session and Video Message Session wherein over 150 students participated enthusiastically. The participants shared their views on a wide range of topics including impact of COVID on food supply chain, importance of nutrition during COVID illness, food safety in the era of pandemic, role of diet in post COVID recovery and food distribution system. Through their well researched presentations, the participants emphasised on food safety issues along the entire food chain from farm-to-table and also highlighted the need for strengthening collaboration and cooperation between all concerned Ministries and national stakeholders from public and private sectors involved in food safety.

Lauding this initiative, Principal Dr. Nisha Bhargava highlighted the importance of observance of this day as a way to raise awareness about food safety as the key to sustaining life and promoting good health. She expressed hope that this endeavour would inspire action to help prevent, detect and manage food borne risks, thereby contributing to food security, human health, economic prosperity and agriculture.

## MCM holds session on Sehara's novel 'Anoop Kaur'

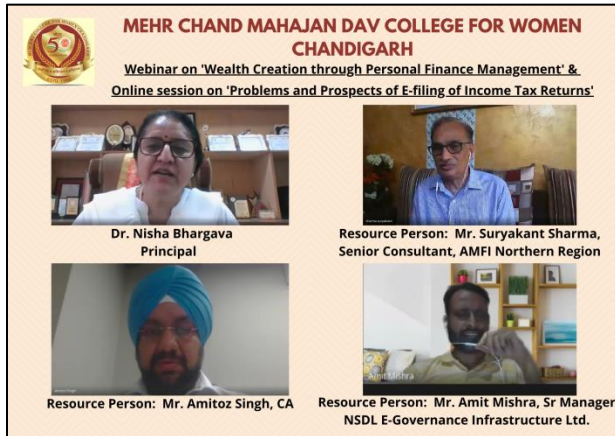


The Department of Punjabi at Mehr Chand Mahajan DAV College for Women organised an online session on the novel 'Anoop Kaur'. Mr. Narinderjit Singh Brar, Sarkari Brijendra College, Faridkot was the resource person for this session that aimed to discuss Harnam Das Sehara's novel 'Anoop Kaur', enlightening students about the theme, storyline and characters of the novel. The discussion revolved around various relevant aspects of the novel including its historical perspective, the setting, plot, characters and language. Mr. Brar also shed light on the writer's profound knowledge of literature and language, and his interest in the teachings and lives of Sikh gurus. The enthusiastic participants shared their queries regarding various aspects of the novel and the writer, which were suitably addressed by the expert.



Principal Dr. Nisha Bhargava lauded this initiative of the Punjabi Department and said that such sessions are crucial for widening horizons of the students. She motivated the students to read extensively and enrich their lives by seeking knowledge and wisdom from the rich reservoir of literature.

## MCM holds online sessions on Wealth Creation and ITR



The Post Graduate Department of Commerce at Mehr Chand Mahajan DAV College for Women organised a webinar on the topic 'Wealth Creation through Personal Finance Management'. Mr. Suryakant Sharma, Senior Consultant, AMFI Northern Region, Ex-DGM, SEBI and Mr. Amit

Mishra, Senior Manager, NSDL E-Governance Infrastructure Limited were the eminent speakers on this occasion.

Mr. Suryakant Sharma elucidated the modalities of personal finance management and differentiated between wealth accumulation and wealth creation. He highlighted the key factors such as inflation, tax aspects of an income, etc. to be considered while making investment decision. Focusing on the importance of term insurance,

Mr. Sharma advised the participants to opt for a suitable and appropriate investment alternate by explaining about several products such as SIP, SIT and SWP for the salaried people as well as for other young earners. He further explained thoroughly the process of investing in the Mutual Funds by giving practical examples.

Mr. Amit Mishra explained about various hues of National Pension Scheme to plan a financially secure retirement. Over 113 participants registered for the event and benefitted from the expertise of the resource persons.



In another event, the Commerce Department organised an online session on 'Problems and Prospects of E-filing of Income Tax Returns' by Mr. Amitoz Singh, CA, Ex-Chairman of Chandigarh Branch of NIRC of ICAI. In his talk, Mr. Singh dwelt upon the Alternative Tax Regime for Individuals

and HUF's under section 115BAC and highlighted the key points of difference between old and new tax regime.

He also explained the exemptions and deductions available under the Income Tax Act and the essential guidelines and process of E-filing. Mr. Singh introduced the participants to various income tax return forms like ITR 1, ITR 2, Form 16 A, Form 26AS etc. available for individuals and Hindu Undivided Family under different categories. The session witnessed an overwhelming participation of over 101 participants.

Principal Dr. Nisha Bhargava expressed appreciation for the endeavours of the Commerce Department to equip students with skills in the crucial fields of Personal Finance Management and ITR. She added that such initiatives hold immense significance for overall development of the students.

## MCM helms 'Be an Immunity Ambassador'



The PG Dept. of Sociology of the college in collaboration with Chandigarh Commission for Protection of Child Rights (CCPCR), undertook a two-month long initiative titled 'Be an Immunity Ambassador'. Under this novel initiative, the student volunteers of the college conducted various

awareness generation activities pertaining to immunity building in their locality under the guidance of the expert team of CCPCR. The volunteers successfully executed the awareness tasks in their native areas. The major areas being catered to under this programme were the role of quality sleep in well-being, the impact of screen exposure on health, the relevance of menstrual health and hygiene, yoga as a practice for mindfulness, effects of daily caffeine intake, positive thoughts as food for mind, emerging lifestyle disorders, the practice of intermittent fasting and impact of various nutritional deficiencies. The college submitted a report of 334 pages to the commission. The programme received huge appreciation and recognition from the administration. CCPCR honoured college Principal Dr. Nisha Bhargava alongwith Dr Bhavna Sood, Head, PG Dept of Sociology, Dr. Minakshi Rana, PG Dept of Sociology and student volunteers for executing the programme to perfection. In a ceremony organised by CCPCR, Chief Conservator, Chandigarh Sh Debendra Dalai gave away certificates to the student volunteers. Dr. Nisha Bhargava lauded the efforts of the students towards the noble cause of spreading the word for better mental and physical well-being in such troubled times and added that considering the enthusiasm and positivity of the young immunity ambassadors for the community welfare, it can be very well estimated that the future of the nation is in safe hands.

## MCM holds 4-day Creative Writing workshop



In an endeavour to hone the creative writing skills of students, the Creative Writing Club of Mehr Chand Mahajan DAV College for Women organised a 4-day online creative writing workshop titled 'Expanding the Creative Horizons'. Various writers and poets engaged in the craft and pursuit of creative writing, including Dr. Usha

Bande (a renowned critic and writer), Ms Sakoon Singh (author of the novel In the Land of the Lovers), Dr. Ankit Narwal (Award winning Critic and Hindi writer), Ms. Basudhara Roy (an acclaimed poet and author of Stitching a Home) and Dr. Baljinder Nasralli (Punjabi novelist and short story writer), were the resource persons. With over 500 participants registering for the workshop, enthusiasts from all over the country joined in making the workshop a success. Principal Dr. Nisha Bhargava inaugurated the workshop whereby she motivated the participants to enrich their writing skills by dipping into the vast ocean of literature as reading extensively is imperative for understanding the nuances and techniques of creative writing. Demonstrating that creative writing skills involve creativity, emotion, imagination and innovation, Dr. Bhargava recited a few of her self composed poems which were expressions of her profound thoughts on various topics.

The resource person for day 1 and 2 was Dr. Usha Bande who conducted sessions on 'Stories are Everywhere, Write and Enjoy'. Acquainting the participants with the process of story writing, Dr. Bande encouraged the participants to be sensitive to the world around and explore their imagination to weave tales around them. On the

second day, Dr. Bande took the participants on a step-by-step journey to explore the process of story writing. She talked in detail about the types of stories and the things that are to be kept in mind by a writer.



The third day of the workshop had 2 sessions, first by Ms Sakoon Singh and second by Dr. Ankit Narwal. Engaged in a discussion on her novel *In the Land of the Lovers*, Ms. Sakoon took the participants on a spiritual and cultural journey as she talked about her novel. As he discussed his award winning

book '*Ani Pakhi*', Dr. Ankit talked about the various aspects of writing non-fiction and also delved on the need to gauge the pulse of the target readers with whom one wishes to share his or her creative expression. The concluding day of the workshop was divided into two sessions wherein first session was graced by Ms. Basudhara Roy and the second session was conducted by Dr. Baljinder Nasrali. Ms. Basudhara delivered an engaging lecture on "The Poise of Poetry: Navigation and Arrival". She substantiated her lecture with a number of poems as she talked about poetry being a creative process which must be polished for the edification of the readers. In the session 'Kalam Da Safar', Dr. Baljinder delivered an extremely interesting lecture by narrating anecdotes and weaving them into the fabric of his topic. He talked about the rich and diverse culture that adds many hues to poetry composed in our country and also shared insights into his book '*Ambar Pariyan*'. The workshop was well-received by the participants who felt enriched by the ideas of the resource persons.



## MCM holds workshop on Herbarium and 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 '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 in AcSIR Plant Diversity, Systematics & Herbarium Division, 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. This activity was organised to spread the message of the importance of plants in purifying the air around us. Students planted air purifying plants at their respective places and made the activity a huge success. Lauding the workshop on Herbarium, Principal Dr Nisha Bhargava highlighted the need for creating awareness about this vital aspect of taxonomy among the young minds. Expressing appreciation for the plantation activity, Dr. Bhargava said that taking up such activities not only helps in improving the quality of our environment but also adds an aesthetic value to it which in turn helps us in establishing closeness with mother nature.

## MCM holds webinar on importance of profession ready training



Taking cognizance of the current industry expectations from fresh graduates regarding technical and non-technical skills, the Department of Botany, Mehr Chand Mahajan DAV College for Women organised a webinar on 'Importance of Profession Ready Training in Clinical Research, Pharmacovigilance, Data Management

and other domains'. The webinar was organised in association with Clini India, a certified clinical research training institute. The resource person Mr. Vishal Chaudhari, Head of Operations, Clini India explained the expectations of the industry from the freshers and how they can prepare themselves to create a path of success in this era of cut throat competition. He shed light on the skills that stand the job aspirants in good stead with special reference to the fields of clinical research, pharmacovigilance and data management. This session helped the students to understand the skills that would help them in taking a step ahead in their career. Over 97 participants including faculty and students took part in this much appreciated webinar.

Principal Dr. Nisha Bhargava lauded this highly contextual initiative of the Botany Department. Adding that industrial readiness of students is highly crucial for shaping their careers, Dr. Bhargava said that MCM, through organisation of regular interactions with industry experts, endeavours to bridge the industry-academia gap and equip students with requisite skills that enhance their employability.

## Webinar on Lean Startup and MPV, Session on Innovation held at MCM



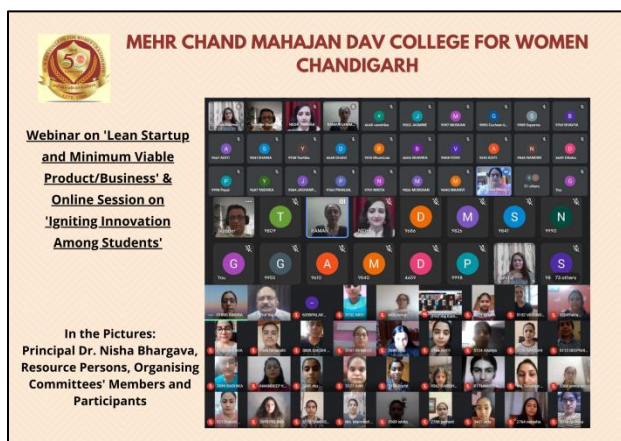
The Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women organised a webinar on the topic 'Lean Startup and Minimum Viable Product/Business'. The resource person for the lecture was Prof Raj Kumar Singh, Dean (R&D), Head, Department of Commerce and

Chairperson (Centre for Entrepreneurship, Innovation and Skill development), School of Management Sciences, Varanasi. Over 141 students and faculty members attended the webinar. Highlighting the need for more startups in a developing country like India where the percentage of successful startups is just 10 percent, Prof Singh asserted that startups act as economic growth drivers, employment generators, skill and service development measures, for increasing exports, balanced regional development, etc. He also shed light on the causes for startup failures including lack of innovations, feasibility analysis, poor succession planning, etc. Adding that the right way to do Minimum Viable Product or Business (MVP) is to add value to the products, Prof Singh said that the correct way to plan MVP is through identification and understanding of the problem.

The speaker also emphasised on design thinking for innovation for lean startups. The session was very informative and the students actively participated by raising various questions. In another event, the Postgraduate Department of Commerce organised an online session on 'Igniting Innovation among Students' with the

objective of generating awareness among students about the concept of innovation and the process of design thinking.

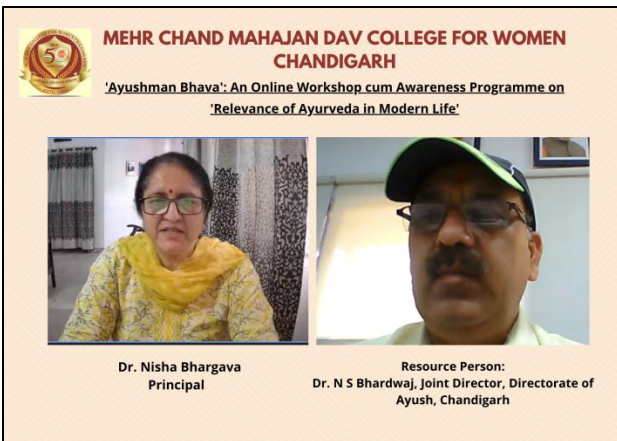
Prof Tejinder Sharma, Chairperson, Department of Commerce, Kurukshetra University, Kurukshetra was the speaker for the online session that saw enthusiastic participation of over 100 students. Prof Sharma explained design thinking as an iterative process that helps to understand the user, challenge assumptions, and redefine problems in an attempt to identify alternative strategies and solutions that might not be instantly apparent.



Principal Dr Nisha Bhargava motivated the students to be the agents of change and continuously contribute towards the society through new and innovative ideas. She emphasised that the college is committed to empower students by equipping them with innovative skills to face the challenges

of the real world and find solutions for problems faced by mankind.

## MCM holds awareness programme on Ayurveda



The Charitra Nirman Committee of Mehr Chand Mahajan DAV College for Women organised an online workshop cum awareness programme titled 'Ayushman Bhava: Relevance of Ayurveda in Modern Life with special reference to Lifestyle Disorders'. The programme envisioned to make people aware about the rich tradition of natural

system of medicine i.e. Ayurveda and enlighten them about ayurvedic remedies for various lifestyle disorders. Over 565 people including faculty, professionals, research scholars registered for the workshop from all over India and from different parts of world including Jordan, Philippines, Pakistan, Ghana, Bangladesh, Afghanistan, Muscat Oman, Egypt and Nigeria. The resource person for the event Dr N S Bhardwaj, Joint Director, Directorate of Ayush, U. T. Chandigarh talked about the importance of a disciplined lifestyle for maintaining health of mind as well as body. He insisted on the practice of yoga to release stress related to work, health and studies. Dr. Bhardwaj further enlightened the audience about the significance of consumption of freshly cooked food and fruits in daily routine. He suggested to consume triphala powder, ashwaganda powder and giloy tablet for strong immunity. Principal Dr Nisha Bhargava informed that the Ministry of Ayush, Government of India is doing tremendous work in helping people to fight against COVID19 and urged the audience to download the Sanjeevani Mobile App that is launched by the Ministry. She added that the rich Indian tradition of Ayurveda can help people immensely in maintaining holistic wellbeing.

## MCM celebrates International Day of Yoga



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. Over 120 faculty members and volunteers registered for the session.



During the session, Mr. Rohit discussed the importance of yoga and demonstrated asanas as mentioned in common yoga day protocol including Ustrasana, Shashankasana, Bhujangasana, Dhanurasana, Makarasana and Trikonasana. He also explained the correct way of doing breathing exercises. Some of

the NSS volunteers also participated in online quiz competitions organized at National as well as State level by different agencies.

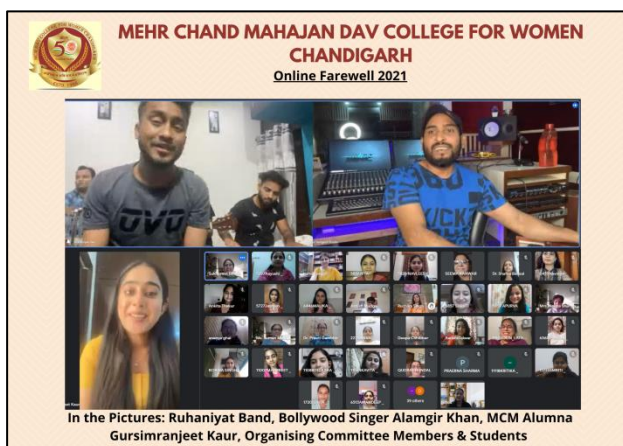
The Physical Education Department and NCC also organised online Yoga demonstration by Ms. K Monarita, an award winning Yoga Instructor. Over 100 staff and students joined the session wherein Ms. Monarita demonstrated live various asanas. Ms. Monarita highlighted the importance of practicing yoga particularly in the post COVID recovery period.

The NCC cadets of the college also performed yogasanas at 1 Chd Girls Bn, NCC Group, Chandigarh. The Charitra Nirman Committee organised an Inter College Video Making Competition on this occasion, wherein the participants sent in their videos while performing yogasanas. The winners were awarded cash prizes.

## MCM hosts online Farewell 2021

The outgoing students of Mehr Chand Mahajan DAV College for Women received a virtual bouquet of memories as the college organised an online Farewell to bid adieu to them.

Organised under the aegis of Youth Welfare Committee and Cultural Committee, the farewell was a fun filled virtual event to reminisce over the cherished years of college life with music, games and dance performances.



Live performances by Bollywood singer Alamgir Khan and Ruhaniyat band added to the entertainment quotient of the event. The highlight of this unique farewell was Pride of MCM Contest wherein 5 of the outgoing students were awarded for Best Social Outreach Activities. Noor Gupta, Aarushi Talwar, Deepika, Sanya

Sehgal and Devanshi Agarwal received the title of Pride of MCM and were awarded cash prizes for their exemplary social outreach work during the pandemic.

Gursimranjeet Kaur, an alumna who secured 6th rank in the Punjab State Civil Services Combined Competitive Examination 2020 also joined the event and advised the students to trust the process and their own capabilities while following their dreams. She also expressed gratitude to her teachers at MCM for guiding her and nurturing her abilities throughout her years at MCM.



Adding to the emotional quotient of the event, some of the outgoing students shared their experiences and fondest memories at MCM. Games, songs and dance performances made the evening all the more exciting and engrossing as the outgoing students bid adieu to their alma mater on a nostalgic note.



Principal Dr. Nisha Bhargava wished the outgoing students success and glory in life and prodded them to observe the revered value system inculcated in them during their college years. Highlighting the significant role of alumni in making an institution great, she urged the

outgoing students to stay connected to their roots and be the ambassadors of the college. She also motivated them to work towards higher goals in life as well as work for fellow beings, society and environment.

## MCM holds webinar on Fiscal Self Reliance in India



The Postgraduate Department of Economics organised a webinar titled 'Fiscal Self Reliance in India: Issues and Challenges'. Dr Smita Sharma, Assistant Professor, Department of Economics, Panjab University was the resource person. The webinar witnessed enthusiastic participation of

students, research scholars and faculty members from various institutions.

In her informative talk, Dr. Sharma elaborated upon the existence of twin deficits in India –Current Account deficit and Budget deficit that had led to acute crisis of confidence reflected by credit rating agencies. She explained the Fiscal Responsibility Strategy in terms of requirements of Fiscal Responsibility and Budget Management Act along with amendments. Dr. Sharma stressed upon the need for India to derive lessons on Fiscal Self Reliance from international experiences of European Union, Greece, Japan and U.S.A. At the end of the webinar, the expert took up the queries of the audience.

Principal Dr. Nisha Bhargava pointed out that the COVID pandemic has adversely affected Indian economy and pushed it into a recession. She highlighted that in order to achieve the objectives of Fiscal policy, there is a need for increasing public investment in education, human capital formation and infrastructure development. She quoted the famous economist J.M. Keynes on the significance of increasing public expenditure for increasing aggregate demand.

## MCM holds programme on Quality of Sleep



The Psycho Social Support Cell of Mehr Chand Mahajan DAV College for Women organised a workshop cum awareness programme titled 'Quality of Sleep Matters' with the objective to enlighten the audience about the significance of sound sleep for holistic wellbeing and the concept of sleep

hygiene. The resource person for the programme was Dr. Sandeep Grover, Professor, Department of Psychiatry, PGIMER, Chandigarh. Over 600 people including faculty, professionals, research scholars and students participated from all over India and from different parts of the world like Estonia, Jordan, Philippines, Pakistan, Ghana and Bangladesh. In his highly informative talk, Dr. Grover highlighted that during the COVID-19 pandemic, sleep disorders have increased many times among the people especially the young adults. Shedding light on the harmful effects of poor sleep quality, Dr. Grover said that it may result in cardiovascular diseases, obesity, stress, anxiety, daytime sleepiness and metabolic syndrome. He added that among other factors, prolonged exposure to screens, especially during the night and intake of high calorie food in the evening or at dinner time can seriously impact sleep. 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 Education, Ministry of Human Resource Development, Government of India to promote holistic wellbeing in the community. Highlighting the significance of this initiative, Dr. Bhargava said that sleep hygiene is essential for a better immune system and sound sleep is an integral part of physical as well as mental wellbeing of human beings.



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