



स्वच्छता ही सेवा



एक कदम स्वच्छता की ओर



**REPORT ON INITIATIVES
TAKEN UNDER SWACHH
BHARAT ABHIYAN
(QUARTER III: JULY TO
SEPTEMBER 2021)**



Submitted By:

**MEHR CHAND MAHAJAN
DAV COLLEGE FOR WOMEN,
SECTOR 36-A, CHANDIGARH (U.T)**

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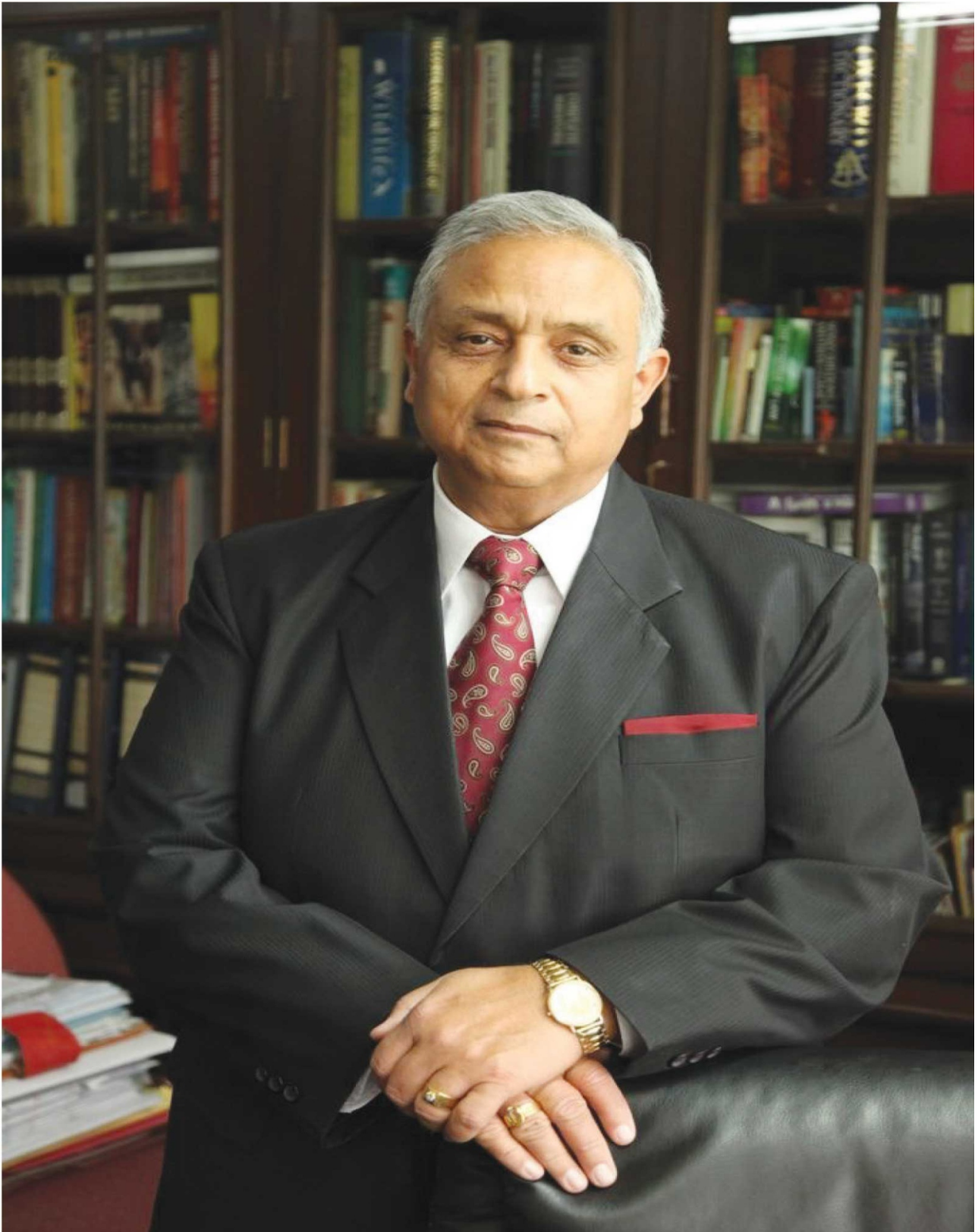
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Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

Our Guide and Mentor



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



Message from The Principal

I feel immense pleasure and pride while writing this message for the Swachhta report of Quarter III. The Swachhta initiatives of our institution include Cleanliness, Sanitisation, Sustainable Urban Farming, Solar Energy Generation, Biogas, Vermicompost, Planting fruit saplings and Air purifying plants and many more. I take this opportunity to appreciate the immense contribution of institutional Swachhta Committee, with wholehearted support from NSS, NCC and UBA teams, Innovative efforts of Character-Building Committee, Horticulture and Landscaping Committee, Skill Development Committee and Sustainable Development Committee. Moreover, various departments have made significant contribution to Swachhta efforts of the institution.

It's a matter of immense pride for us that we are coordinating with Mahatma Gandhi National Council of Rural Education (MGNCRE) for *Each One Reach One COVID Mission* which aimed at raising awareness amongst the rural masses regarding COVID appropriate behaviour and preventive vaccination. I express my deep sense of gratitude to our mentor Dr Punam Suri Ji, Padma Shree Awardee, Hon'ble President Sir DAV College Managing Committee (DAVCMC) for being our guiding light, Shri H R Gandhar, Hon'ble Vice President and Senior Governing Body member for his constant motivation, Shri Shiv Raman Gaur, Hon'ble Director Higher Education for his guidance and support. I am beholden to Swachhta Reporting team for bringing out this beautiful report which highlights the numerous activities undertaken by the institution. May our Swachhta efforts continued to bear fruit for times to come!!

Dr. Nisha Bhargava
Principal

Mehr Chand Mahajan DAV College for Women

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

Swachhta Committee

Chairperson: Dr Nisha Bhargava (Principal)

Convenors: 1. Mrs. Suman Mahajan (Arts)

2. Ms. Raman Ghuman (Commerce)

3. Dr Vandana Sharma (Sciences)

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

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
(QUARTER III: JULY TO SEPTEMBER 2021)**

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

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
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1. Title: VAN MAHOTSAVA CELEBRATION BY NSS UNITS IN COLLABORATION WITH MCM ECO CLUB

Activity coordinators: Dr Pallvi Rani and Dr Purnima Bhandari

Date: 1 July 2021

NSS Volunteers participated: 15

Objectives:

- To engage and inspire students and staff of the college as well as residents of Village Badheri to plant saplings of native fruit varieties, air purifying plants as well as medicinal plants at their houses or at community spaces.

The Context: Van Mahotsav is an annual tree planting festival in India that is celebrated in the first week of July. This festival is organized to encourage the people to support tree plantation. To mark the celebration, NSS Units, under the aegis of MCM EcoClub celebrated Van Mahotsav by planting fruit bearing, medicinal and air purifying plants.

The Practice: The event kick started with the plantation drive that was organized by the NSS Units in collaboration with the Horticulture and Landscaping Committee of the College and State Bank of India. During the event, our worthy Principal Dr Nisha Bhargava along with NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari, Dr Pooja Sharma - Coordinator of Horticulture Committee and Dr



Seema Kanwar – Coordinator of Landscaping Committee along with Ms. Manpreet Kaur – Manager and Ms. Vibha from State Bank of India, Sector 36-A, Chandigarh planted saplings of air purifying plants such as *Ficus*, medicinal plants such as *Ashwagandha* and fruit bearing trees such as lemon in the New Building Area of the College.

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Besides, NSS Volunteers along with NSS Programme Officers Dr Pallvi Rani and Dr Purnima Bhandari planted saplings of fruit bearing trees like lemon, kathal, Anar, Amrud, Jamun, Mausami and air purifying plants such as *Ficus* that were procured from Department of Forest & Wildlife, UT Administration, Chandigarh in the premises of Government Model High School and Anganwadi Multiple Complex, Sector 41-D, Village Badheri, Chandigarh (U.T.). The event was graced by the presence of Mr Hardeep Singh Butrela - Counsellor, Mrs. Sanjogita - Headmistress, Govt. Model High School, and Mrs. Parvinder Kaur,

Area supervisor, Aanganwadi Multiple Complex, Sector 41-D, Village Badheri, Chandigarh.

Evidence of Success: Volunteers discussed and learned about various plants and promised to take care of saplings that were planted.



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Media Clippings:

एमसीएम ने पौधारोपण कर मनाया वन महोत्सव



चंडीगढ़। वन महोत्सव के उत्सव को चिह्नित करने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन की एनएसएस इकाइयों, बागवानी और भूनिर्माण समिति और इको क्लब ने भारतीय स्टेट बैंक के सहयोग से परिसर में वृक्षारोपण अभियान चलाया। इस ड्राइव का मुख्य उद्देश्य छात्रों और कर्मचारियों को अपने घरों या सामुदायिक स्थानों पर देशी फलों की किस्मों, वायु शुद्ध करने वाले पौधों के साथ-साथ औषधीय पौधे लगाकर पर्यावरण संरक्षण में योगदान करने के लिए प्रेरित करना था। प्रिंसिपल डॉ. निशा भार्गव ने स्टाफ, एनएसएस स्वयंसेवकों और भारतीय स्टेट बैंक के कर्मचारी सुश्री मनप्रीत कौर और सुश्री विभा के साथ परिसर में फलदार, औषधीय और वायु शुद्ध करने वाले पौधे लगाए। इस अवसर पर अपने विचार व्यक्त करते हुए, डॉ. निशा भार्गव ने बताया कि भविष्य की पीढ़ियों को एक स्वच्छ और हरा-भरा वातावरण देने के लिए अधिक से अधिक पेड़ लगाने की आवश्यकता के संदेश को फैलाने के लिए, कॉलेज ने यह पहल की है। हरदीप सिंह बुटरेला, पार्षद, श्रीमती संजोगीता, प्रधानाध्यापिका, शासकीय मॉडल हाई स्कूल और आंगनवाड़ी मल्टीपल कॉम्प्लेक्स, बधेरी की श्रीमती परविंदर कौर, एरिया सुपरवाइजर, इस वृक्षारोपण अभियान में उपस्थित रहे।

एमसीएम ने वृक्षारोपण अभियान के साथ वन महोत्सव मनाया

चंडीगढ़ (रोज़ाना ब्यूरो)। वन महोत्सव के उत्सव को चिह्नित करने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन की एनएसएस इकाइयों, बागवानी और भूनिर्माण समिति और इको क्लब ने भारतीय स्टेट बैंक के सहयोग से परिसर में वृक्षारोपण अभियान चलाया। इस ड्राइव का मुख्य उद्देश्य छात्रों और कर्मचारियों को अपने घरों या सामुदायिक स्थानों पर देशी फलों की किस्मों, वायु शुद्ध करने वाले पौधों के साथ-साथ औषधीय पौधे लगाकर पर्यावरण संरक्षण में योगदान करने के लिए प्रेरित करना था।

'पौधारोपण कर मनाया वन महोत्सव'

चंडीगढ़, 2 जुलाई (आशीष) : वन महोत्सव के उत्सव को चिह्नित करने के लिए सैक्टर-36 के मेहर चंद महाजन डी.ए.वी. कॉलेज फॉर वूमैन की एन.एस.एस. इकाइयों, बागवानी और भूनिर्माण समिति और इको क्लब ने भारतीय स्टेट बैंक के सहयोग से परिसर में पौधारोपण अभियान चलाया। इस ड्राइव का मुख्य उद्देश्य छात्रों और कर्मचारियों को अपने घरों या सामुदायिक स्थानों पर देशी फलों की किस्मों, वायु शुद्ध करने वाले पौधों के साथ-साथ औषधीय पौधे लगाकर पर्यावरण संरक्षण में योगदान करने के लिए प्रेरित करना था।

प्रिंसिपल डॉ. निशा भार्गव ने स्टाफ, एन.एस.एस. स्वयंसेवकों और भारतीय स्टेट बैंक के कर्मचारी मनप्रीत कौर और विभा के साथ परिसर में फलदार, औषधीय और वायु शुद्ध करने वाले पौधे लगाए।

एन.एस.एस. के स्वयंसेवकों ने एन.एस.एस. कार्यक्रम अधिकारी डॉ. पल्लवी रानी और डॉ. पूर्णिमा भंडारी के साथ बधेरी गांव का भी दौरा किया। जहां उन्होंने गवर्नमेंट मॉडल हाई स्कूल और आंगनवाड़ी मल्टीपल कॉम्प्लेक्स के परिसर में नींबू, कटहल, अनार, अमरूद, जामुन, मौसमी और वायु शुद्ध करने वाले पौधों जैसे फलदार वृक्षों के पौधे लगाए।

हरदीप सिंह बुटरेला, पार्षद, संजोगीता, प्रधानाध्यापिका, आंगनवाड़ी मल्टीपल कॉम्प्लेक्स बधेरी की परविंदर कौर, एरिया सुपरवाइजर भी इस दौरान मौजूद रहीं।

एमसीएम ने वृक्षारोपण अभियान के साथ वन महोत्सव मनाया

» मदरलैंड संवाददाता

चंडीगढ़। वन महोत्सव के उत्सव को चिह्नित करने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमेन की एनएसएस इकाइयों, बागवानी और भूनिर्माण समिति और इको क्लब ने भारतीय स्टेट बैंक के सहयोग से परिसर में वृक्षारोपण अभियान चलाया। इस ड्राइव का मुख्य उद्देश्य छात्रों और कर्मचारियों को अपने घरों या सामुदायिक स्थानों पर देशी फलों की किस्मों, वायु शुद्ध करने वाले पौधों के साथ-साथ औषधीय पौधे लगाकर पर्यावरण संरक्षण में योगदान करने के लिए प्रेरित करना था।

प्रिंसिपल डॉ. निशा भार्गव ने स्टाफ, एनएसएस स्वयंसेवकों और

भारतीय स्टेट बैंक के कर्मचारी सुश्री मनप्रीत कौर और सुश्री विभा के साथ परिसर में फलदार, औषधीय और वायु शुद्ध करने वाले पौधे लगाए। इस अवसर पर अपने विचार व्यक्त करते हुए, डॉ. निशा भार्गव ने बताया कि भविष्य की पीढ़ियों को एक स्वच्छ और हरा-भरा वातावरण देने के लिए अधिक से अधिक पेड़ लगाने की आवश्यकता के संदेश को फैलाने के लिए, कॉलेज ने यह पहल की है। जलवायु परिवर्तन पर जोर देते हुए, उन्होंने कहा कि अब तक हुए नुकसान को उलटने की जिम्मेदारी हम पर है। उन्होंने कहा कि साधारण लगने वाला यह कार्य बेहद महत्वपूर्ण है और प्रत्येक व्यक्ति पेड़ लगाने जैसे कार्य करके हमारे ग्रह को स्वच्छ और हरा-

भरा बनाने में योगदान दे सकते हैं। एनएसएस के स्वयंसेवकों ने एनएसएस कार्यक्रम अधिकारी डॉ. पल्लवी रानी और डॉ. पूर्णिमा भंडारी के साथ बधेरी गांव का भी दौरा किया, जहां उन्होंने गवर्नमेंट मॉडल हाई स्कूल और आंगनवाड़ी मल्टीपल कॉम्प्लेक्स के परिसर में नींबू, कटहल, अनार, अमरूद, जामुन, मौसमी और वायु शुद्ध करने वाले पौधों जैसे फलदार वृक्षों के पौधे लगाए। श्री हरदीप सिंह बुटरेला, पार्षद, श्रीमती संजोगीता, प्रधानाध्यापिका, शासकीय मॉडल हाई स्कूल और आंगनवाड़ी मल्टीपल कॉम्प्लेक्स, बधेरी की श्रीमती परविंदर कौर, एरिया सुपरवाइजर, इस वृक्षारोपण अभियान में उपस्थित रहे।

कॉलेज ने वृक्षारोपण अभियान के साथ वन महोत्सव मनाया

चंडीगढ़ (जगमार्ग न्यूज)। वन महोत्सव के उत्सव को चिह्नित करने के लिए, एमसीएम डीएवी कॉलेज फॉर वूमेन की एनएसएस इकाइयों, बागवानी और भूनिर्माण समिति और इको क्लब ने भारतीय स्टेट बैंक के सहयोग से परिसर में वृक्षारोपण अभियान चलाया। इस ड्राइव का मुख्य उद्देश्य छात्रों और कर्मचारियों को अपने घरों या सामुदायिक स्थानों पर देशी फलों की किस्मों, वायु शुद्ध करने वाले पौधों के साथ-साथ औषधीय पौधे लगाकर पर्यावरण संरक्षण में योगदान करने के लिए प्रेरित करना था। प्रिंसिपल डॉ. निशा भार्गव ने स्टाफ, एनएसएस स्वयंसेवकों और भारतीय स्टेट बैंक के कर्मचारी मनप्रीत कौर और विभा के साथ परिसर में फलदार, औषधीय और वायु शुद्ध करने वाले पौधे लगाए। इस अवसर पर अपने विचार व्यक्त करते हुए, डॉ. निशा भार्गव ने बताया कि भविष्य की पीढ़ियों को एक स्वच्छ और हरा-भरा वातावरण देने के लिए अधिक से अधिक पेड़ लगाने की आवश्यकता के संदेश को फैलाने के लिए, कॉलेज ने यह पहल की है। एनएसएस के स्वयंसेवकों ने एनएसएस कार्यक्रम अधिकारी डॉ. पल्लवी रानी और डॉ. पूर्णिमा भंडारी के साथ बधेरी गांव का भी दौरा किया, जहां उन्होंने गवर्नमेंट मॉडल हाई स्कूल और आंगनवाड़ी मल्टीपल कॉम्प्लेक्स के परिसर में फलदार पौधे लगाए। हरदीप सिंह बुटरेला, पार्षद, संजोगीता, प्रधानाध्यापिका, शासकीय मॉडल हाई स्कूल और आंगनवाड़ी मल्टीपल कॉम्प्लेक्स, बधेरी की परविंदर कौर, एरिया सुपरवाइजर, इस वृक्षारोपण अभियान में उपस्थित रहे।

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(QUARTER III: JULY TO SEPTEMBER 2021)**

**2. Title: CLEANING OF ROOFTOP SOLAR PANELS FOR THEIR BETTER EFFICIENCY
ORGANIZED BY MCM ECO-CLUB AND RENEWABLE ENERGY COMMITTEE**

Activity coordinators: Dr Neetu & Dr Sarabjeet Kaur

Date: 12 July 2021

Number of participants: 05

Objective:

- To increase the efficiency of rooftop solar panels.

The Context: The solar panels are often exposed to dust and bird droppings. Building up of dirt and grime on the surface of the panel reduces the performance of the photovoltaic system, which works best when there are no obstructions between the UV rays and the glass panel.



The Practice: Regular cleaning is an important part of solar panel maintenance in the college campus. MCM Eco-Club in collaboration with the Renewable Energy Committee supervises the task of cleaning rooftop solar panels on a regular basis so as to maintain their efficiency. Cleaning is preferably done in early morning hours. It starts by brushing off any loose material, like leaves, that may have collected on the surface of PV solar

installation. The grime is taken off using a garden hose, avoiding the use of high-pressure water sprayer, as the force can cause damage to PV solar panels. A long-handled wiper wrapped with a soft cloth is used for the hard-to-reach corners of solar units.

Evidence of Success: Regular cleaning ensures that the solar unit runs at maximum efficiency and gives best performance.



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3. Title: COVID-19 VACCINE AWARENESS: “COV-VIJAY” DOOR-TO-DOOR CAMPAIGNING ON GENERATING VACCINE AWARENESS AND INCULCATING COVID APPROPRIATE BEHAVIOR (Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with MGNCRE, GOI, launched a campaign on COVID-19 Vaccine awareness (15 June 2021) called "**COV-Vijay**" under which the team visited nearby village for door-door campaigning on generating vaccine awareness.)

Date: 28 June 2021 & 17 July 2021

Number of participants:

Participation of 15 students and two faculty members (Dr Vandana Sharma and Dr Sandeep Kaur) along with Mr. Samarth Sharma (MGNCRE official).



Objectives:

- To study the general behavioral, attitude and level of awareness level of the villagers towards COVID-19 and the precautions
- To apprise the villagers and make them aware on the benefits of vaccination against COVID-19 disease
- To clear the myths and fears related to vaccination prevalent among villagers by providing them authentic information on the same.



Duration (hours/days) : Two days (9.30 pm to 3.00 pm) [28 June 2021 & 17 July 2021]

Brief Report: Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with MGNCRE, GOI,

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launched a campaign on COVID-19 Vaccine awareness (15 June 2021) called "COV-विजय". Under this initiative, a team of 15 students two faculty members, Dr Vandana Sharma and Dr Sandeep Kaur along with MGNCRE official visited Butrela and Bhadheri village on 28 June and did door-door campaigning covering 210 houses.

The students divided themselves into teams and areas accordingly. They then started their door-to door campaigning. They first got information about the number of individuals who were not vaccinated and the reasons behind the delay. Later, they made the household members aware of what are the benefits of getting vaccination and what are the possible risks associated if one is not vaccinated and acquires the COVID -19 disease and the serious threats. Also, these volunteers (in plain simple language) made them understand about the ongoing second wave and the new variants of virus which can affect even the young people that are arising in India.

There were many associated myths and fears regarding the vaccination and students noted them all. They also observed that people were reluctant in putting masks and did not follow social distancing at many public places. They convinced the villagers, ladies, small toddlers, nearby shopkeepers to maintain social distancing and wear mask properly. They also put in all efforts to clear the myths and fears through different hand-made and digital posters, handouts etc.

Learning Outcome:

- 1) The participants actively participated in the campaign and put in their best efforts to make the villagers



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aware on the need and importance of vaccination in the fight against COVID-19.

- 2) A lot of authentic data was also collected during the survey and campaign on different aspects such as number of individuals unvaccinated and the possible reasons for the same.



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4. Title: AN ONLINE HANDS-ON WORKSHOP ON “PAPER RECYCLING, PAPER PENCIL MAKING AND SEED BALLS MAKING” TO MARK THE CELEBRATION OF ANNUAL FESTIVAL VAN MAHOTSAV BY MCM ECO-CLUB AND DEPARTMENT OF ENVIRONMENT SCIENCE UNDER THE AEGIS OF INTERNAL QUALITY ASSURANCE CELL (IQAC)

Activity coordinators: Dr Vibha Sharma & Dr Bindu Sharma - Department of Environment Science under the aegis of Internal Quality Assurance Cell (IQAC)

Date: 17 July 2021

Number of participants: 23

Objectives:

- To promote increased paper recovery and reuse by raising awareness about the importance of recycling
- To create awareness about the significance of plantation for a clean, green and healthy environment.

The Context: Recycled paper produces 73% less air pollution than

if it was made from raw materials. Recycling 1ton of paper saves 17 fully grown trees, 60 pounds of air pollutants, 7000 gallons of water. So, paper recycling is important for environment conservation. It is not difficult to recycle paper, and the positive effects of recycling on the environment far outweigh the small effort needed to implement it. Also, the concept of seed balls is quite popular these days, especially for those areas which are not easily accessible.

The Practice: The Department of Environment Science under the aegis of Internal Quality Assurance Cell (IQAC) organized an online workshop on “Paper recycling, paper



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pencil making and seed balls making". The workshop was open for learners of all age groups. As many as 23 participants (aged 5 to 57 years) benefited from the workshop. Dr Shafila demonstrated step-wise procedure of handmade paper making from waste papers, which could be used for various purposes like as a canvas for painting, making bookmarks, decorative envelopes etc. She also explained the steps for making paper pencils using the material normally available at home. Additionally, the concept of seeds ball making was introduced among the participants. Throughout the workshop, she highlighted the importance of '3 Rs' for environment conservation.

Evidence of Success:

Participants enthusiastically learnt the process of paper recycling, paper pencil making and seed balls making and shared the pictures of items made by them.

एमसीएम में पेपर रीसाइवलिंग पर ऑनलाइन कार्यशाला



चंडीगढ़ (अप्रैल)। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन में पर्यावरण विज्ञान विभाग ने आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ के तत्वावधान में वार्षिक वन महोत्सव के उपलक्ष्य में 'पेपर रीसाइवलिंग, पेपर पेंसिल मेकिंग एंड सीड बॉल्स मेकिंग' पर एक ऑनलाइन व्यावहारिक कार्यशाला का आयोजन किया। कार्यशाला का उद्देश्य रीसाइवलिंग के महत्व के बारे में जागरूकता बढ़ाना और हरे-भरे स्वस्थ वातावरण के लिए वृक्षारोपण के महत्व के बारे में जागरूकता पैदा करते हुए कागज के पुनः उपयोग में वृद्धि को बढ़ावा देना था। कार्यशाला का संचालन पर्यावरण विज्ञान विभाग से डॉ. शफीला ने किया। डॉ. शफीला ने बेकार कागजों से हस्तनिर्मित कागज बनाने की चरण-वार प्रक्रिया का प्रदर्शन किया, जिसका उपयोग विभिन्न उद्देश्यों जैसे पेंटिंग के लिए कैनवास, बुकमार्क बनाने, सजावटी लिफाफे आदि के लिए किया जा सकता है। उन्होंने घर पर सामान्य रूप से उपलब्ध सामग्री का उपयोग करके पेपर पेंसिल बनाने के चरणों के बारे में भी बताया। इसके अतिरिक्त, प्रतिभागियों को सीड बॉल बनाने की अवधारणा से परिचित कराया गया। पूरी कार्यशाला के दौरान, डॉ. शफीला ने पर्यावरण संरक्षण के लिए '3 आर' यानी रिड्यूस, रीयूज और रीसाइकिल के महत्व पर प्रकाश डाला। प्रतिभागियों ने उत्साहपूर्वक कागज के पुनर्चक्रण की प्रक्रिया को सीखा और पर्यावरण संरक्षण के लिए ऐसे उपायों को अपनाने का संकल्प लिया।

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5. Title: PLANTATION CUM PLANT DISTRIBUTION DRIVE AS CELEBRATION OF WORLD NATURE CONSERVATION DAY BY MCM ECO-CLUB AND DEPARTMENT OF BOTANY

Activity Coordinator: Dr Gunjan Sud

Date: 28 July 2021

Number of participants: 10

Objective:

- To spread message about judicious use of natural resources for sustainability and maintaining the ecological balance of the mother Earth.



The Context: Conserving nature for our future generations is the need of the hour. Natural resources are the greatest gift of nature to mankind. Creating awareness about saving this grant with unparalleled utility is a challenging task and requires constant efforts. This plantation cum plant distribution drive was a small attempt in this direction.

The Practice: Committed to the cause of “Greener and Sustainable Earth”, the Department of Botany undertook dual celebration of annual tree plantation festival of Van



Mahotsav and World Nature Conservation Day on 28th July, 2021. A tree plantation cum plant distribution drive was organized to mark the occasion. The drive commenced with the plantation of a sapling by Principal Dr Nisha Bhargava. Following this, saplings of plants having medicinal and ornamental importance were distributed among the

teaching and non-teaching staff members.

Evidence of Success: Tree saplings were planted in different areas of the college by the faculty and non-teaching staff of the Department. Plants of economic and ornamental relevance including Brahmi, Akarkara, Stevia, Tulsi, Ajwain, Har Shingar were distributed amongst the teaching and non-teaching staff of the college.

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World Nature Conservation Day and Vanmahotsav celebrated at MCM

The Aman Sandesh Times Network

Chandigarh: Committed to the cause of greener and sustainable Earth, the Department of Botany and Add on Course in Floriculture and Landscaping at Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated the annual tree plantation festival of Van Mahotsav and World Nature Conservation Day with great enthusiasm.

A plantation cum plant distribution drive was organised to mark the occasion, with an aim to spread the message of dire need for environmental conservation by practicing judicious use of the available



natural resources and planting more and more trees so as to build a healthier tomorrow for the future generations.

The drive commenced with plantation of a tree sapling by the Principal Dr. Nisha Bhargava.

Plants including ajwain, akarkara, brahmi, stevia, harshringar, tulsi, aloe vera and neem were also distributed amongst the staff members.

Following this, saplings of medicinal and ornamental relevance provided by the Department of Forests and Wildlife, Chandigarh Administration were planted in different areas of the college.

Dr. Nisha Bhargava said that these endeavours envision to spread the message of the need to plant more trees for gifting the future generations a cleaner and greener environment. Asserting that global warming, climate change, extinction of species, etc. are the result of indiscriminate exploitation of natural resources by humans, she said that the onus of reversing the damage done so far is on us.

6. Title: CELEBRATION OF INTERNATIONAL TIGER DAY ORGANIZED BY MCM ECO-CLUB IN COLLABORATION WITH THE DEPARTMENT OF ZOOLOGY

Activity coordinators: Dr Neetu & Dr Sarabjeet Kaur

Co-coordinators: Dr Divya Sharma & Ms. Kadambari Pathania

Date: 29 July 2021

Number of participants: 38 students, 4 faculty members

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(QUARTER III: JULY TO SEPTEMBER 2021)**

Objective: To discuss history of tiger conservation and to spread awareness about the need of tiger conservation in India.

The Context: The International Tiger Day is celebrated on 29th July annually to spread awareness about the conservation of tigers in India. Being one of the dominant predators, tigers keep the population of wild herbivores in control,



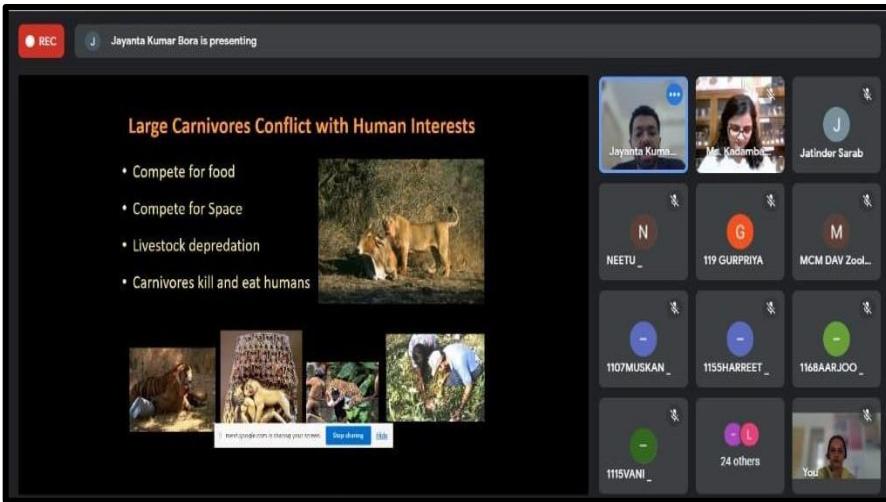
ensuring balance between herbivores and the plants they feed on. But due to poaching and deforestation leading to habitat loss, the tiger population in the wild takes a heavy toll. A decline in the tiger population would lead to an increase in the number of herbivores which could be a precursor of the fall of an entire ecosystem.



The Practice: The MCM Eco-Club in collaboration with the Department of Zoology organized a webinar on 'Conservation status of Tigers in India' on 29th July, 2021 on the

occasion of the International Tiger Day. Mr. Jayanta Bora, Senior Research Fellow from Wildlife Institute of India, Dehradun was invited to share his knowledge and experience in the field of tiger conservation. Through the webinar, students were informed about the history of tiger conservation in India and how modern techniques such as- camera trapping, pug mark, scat and hide pattern analysis, genetic barcoding contribute to

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conservation of the national animal of India. The importance of why tiger conservation is essential was also emphasized to encourage students to opt for the field of conservation ecology.

The session ended with our alumna Ms. Shagun Thakur, who is a project associate at Wildlife Institute of India, Dehradun, giving career advice to the students and motivating them to pursue Wildlife Conservation as a career option.

Evidence of Success: Wildlife conservation is part of the curriculum of BSc Medical course and after the presentation, several students showed interest and asked several questions regarding tiger conservation efforts in India and about wildlife conservation as a profession. The feedback received from the students indicated that students were satisfied and showed an interest in this avenue of wildlife conservation as a career option.

एमसीएम ने अंतरराष्ट्रीय बाघ दिवस मनाया

हरियाणा मेल ब्यूरो » चंडीगढ़

मेहर चंद महाजन डीएचवी कॉलेज फॉर विमेन, के जीव विज्ञान- विभाग ने एमसीएम इको क्लब के सहयोग से %भारत में बाघों की संरक्षण स्थिति% शीर्षक से एक वेबिनार के साथ अंतरराष्ट्रीय बाघ दिवस के उत्सव को चिह्नित किया। वेबिनार का उद्देश्य छात्रों को भारत में बाघ संरक्षण के इतिहास के बारे में बताना और बाघ संरक्षण की आवश्यकता के बारे में जागरूकता फैलाना था।

भारतीय वन्यजीव संस्थान, देहरादून के सीनियर रिसर्च फेलो श्री जयंत बोरा इस वेबिनार में प्रमुख वक्ता के रूप में शामिल हुए। वेबिनार ने 42 से अधिक प्रतिभागियों को भारत में बाघ संरक्षण के इतिहास के बारे में शिक्षित किया और किस प्रकार कैमरा ट्रैपिंग, पा

**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN
CHANDIGARH**

Webinar on 'Conservation Status of Tigers in India'



Dr. Nisha Bhargava
Principal



Mr. Jayanta Bora
Senior Research Fellow
Wildlife Institute of India
Dehradun



मार्क, स्कैट और हाइड पैटर्न विश्लेषण, जेनेटिक बारकोडिंग जैसी अत्याधुनिक तकनीकें भारत के राष्ट्रीय पशु के संरक्षण में योगदान करती हैं इस पर भी विस्तार से चर्चा की। बाघ संरक्षण के महत्व पर जोर देते हुए, श्री बोरा ने कहा कि बाघों की आबादी में गिरावट से शाकाहारी जीवों की संख्या में वृद्धि होगी जो पूरे पारिस्थितिकी तंत्र के पतन का अग्रदूत हो सकता है। विशेषज्ञ ने

संरक्षण पारिस्थितिकी में अपना करियर चुनकर छात्रों को वन्यजीव संरक्षण में योगदान देने के लिए प्रेरित किया। सत्र का समापन भारतीय वन्यजीव संस्थान, देहरादून में परियोजना सहयोगी सुश्री शगुन ठाकुर ने छात्रों को करियर सलाह देने और उन्हें वन्यजीव संरक्षण को करियर विकल्प के रूप में अपनाने के लिए प्रेरित करने के साथ किया।

प्रधानाचार्या डॉ. निशा भार्गव ने हमारे देश के राष्ट्रीय पशु के संरक्षण के महत्वपूर्ण पहलू के बारे में जागरूकता बढ़ाने के लिए जीव विज्ञान विभाग के प्रयासों की सराहना की। उन्होंने कहा कि चूंकि बाघ पारिस्थितिकी तंत्र के संतुलन को बनाए रखने में महत्वपूर्ण भूमिका निभाते हैं, इसलिए बाघों की बिगड़ती स्थिति और उनके संरक्षण की आवश्यकता के बारे में सभी को जागरूक करना बेहद जरूरी है।

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7. Title: SWACHHTA PAKHWADA – 2021 by NSS Units

Date: 1 – 15 August 2021

Number of volunteers participated: 35

Objective:

- To motivate the volunteers regarding the importance of cleanliness in their daily life
- To carry out various cleanliness-related activities in and around our surroundings

The Context: Swachhta Pakhwada, is a fortnight-long program, launched by Government of India, that is observed to ensure mass participation of citizens in Swachhta activities and truly transform Swachh Bharat into a citizen's movement. This year, Swachhta Pakhwada - 2021 was observed from 1st August to 15th August 2021 by NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh with zeal and vigour, where volunteers plunged themselves full-throttle into this initiative and contributed towards the Swachh Bharat Abhiyan.



The Practice: Under the dynamic leadership of Principal *Dr Nisha Bhargava* and supervision of NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari, NSS



Units of Mehr Chand Mahajan DAV College organized several Swachhta related activities that included plantation drives, cleaning of parks, roads in and around their vicinity. However, due to COVID -19, activities were organized at individual level. During this fortnight programme, every volunteer took a pledge to keep their surroundings clean. During the plantation drive, volunteers planted saplings of the green purifying plants in their native places and

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segregated waste as dry and wet waste. The unusable items lying at their places were identified, removed and disposed by them. In order to prevent the spread of Malaria and dengue, volunteers discarded disposable cups, containers from their respective places, that contained stagnant water and acted as breeding grounds for mosquitoes.



Besides, they motivated their neighbors to contribute towards the cause of Swachhta by organizing mass cleanliness drives in their respective places. They discarded plastic wrappers and removed weeds from their surrounding parks and discarded in appropriate bins. In addition, in order to curb the spread of COVID-19, volunteers created awareness regarding the correct way of washing hands. All these activities were organized by following the appropriate

COVID-19 behavior.

Evidence of Success: Volunteers became aware about the importance of cleanliness and participated enthusiastically in cleaning the areas surrounding their vicinity.



REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
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**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
(QUARTER III: JULY TO SEPTEMBER 2021)**

8. Title: ONLINE SESSION ON “INTRODUCTION TO BIRDING” BY DEPARTMENT OF ZOOLOGY AND MCM ECO-CLUB

Activity coordinator: Ms. Kadambari Pathania

Date: 05 August 2021

Number of participants: 50 students & 02 teachers

Objectives:

- To introduce birding as a hobby
- To help students observe and identify birds in the college campus

The Context: Birding or bird-watching involves the observation and identification of wild birds in their natural habitat. Birding is a low-cost hobby that requires only three things to get started- bird guide, binoculars and positive attitude. A number of websites and mobile apps also help with bird information, and may offer assistance in species identification.

The Practice:

The team of the Department of Zoology has been involved in recording different birds in the college premises for the last 8 months and has identified



mrc-hrue-qpv (2021-08-27 at 23:26 GMT-7)

WHY BIRDING?

Birding provides us with a wonderful excuse to observe and reacquaint ourselves with the natural world around us. It brings us closer to nature and allows us to forget the routine and chaos of urban life, even if for a little while.

The more you observe birds, the more interesting they become. It can be a great hobby and might lead to employment opportunities if pursued with passion.

Birding may lead you to:

- discover and acknowledge relationships within nature,
- to understand patterns, seasons, changes in the environment
- it may also help you in answering questions regarding climate change, migration routes, and so on.

Ms. Kadambari Pathania

1:20 / 39:34

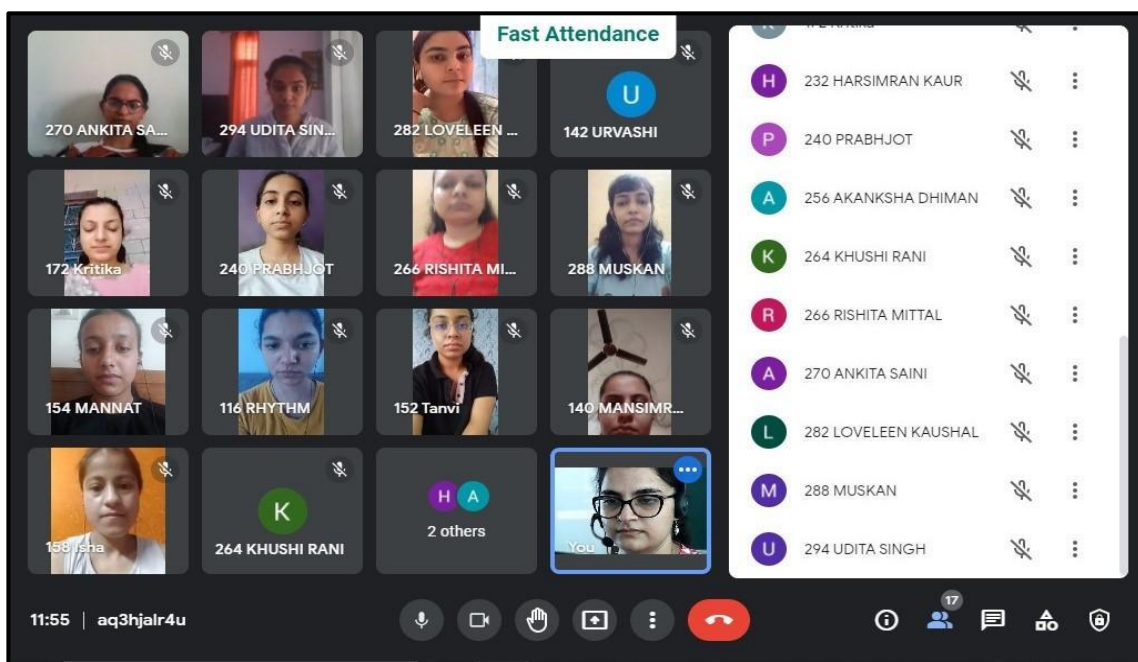
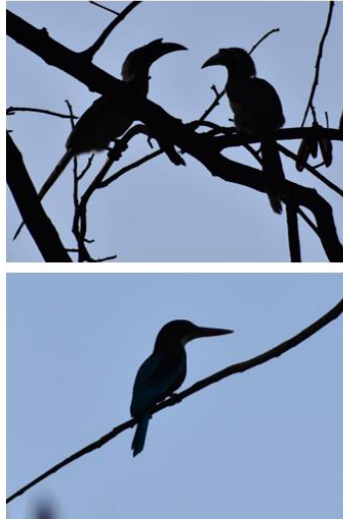
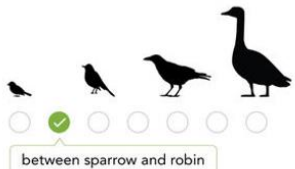
around 45 bird species. Ms. Kadambari Pathania gave a presentation on the topic of 'Birding' and motivated the students to participate in recording the on-campus avian fauna. Students were told about the various ways in which they can identify birds using visual and audio cues and were advised to inculcate the skill of being patient when observing birds in their natural habitat.

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Evidence of Success: 50 students of B.Sc. II Medical participated in this activity. A few students started photographing and observing the birds in the campus and at their homes, and showed interest in learning ways for identifying birds around them. The department is planning to organize a bird walk for the students to extend the knowledge given through this session.

a. Shape, Structure, and Size:
By looking at the shape and structure of the bird and its parts, you can narrow it down to a limited number of species. Check how the bird is shaped overall – is it long? Is it very round? Does it have a short conical beak? Does it have a long and curved beak? Is the tail quite long or short? Is there a crest?

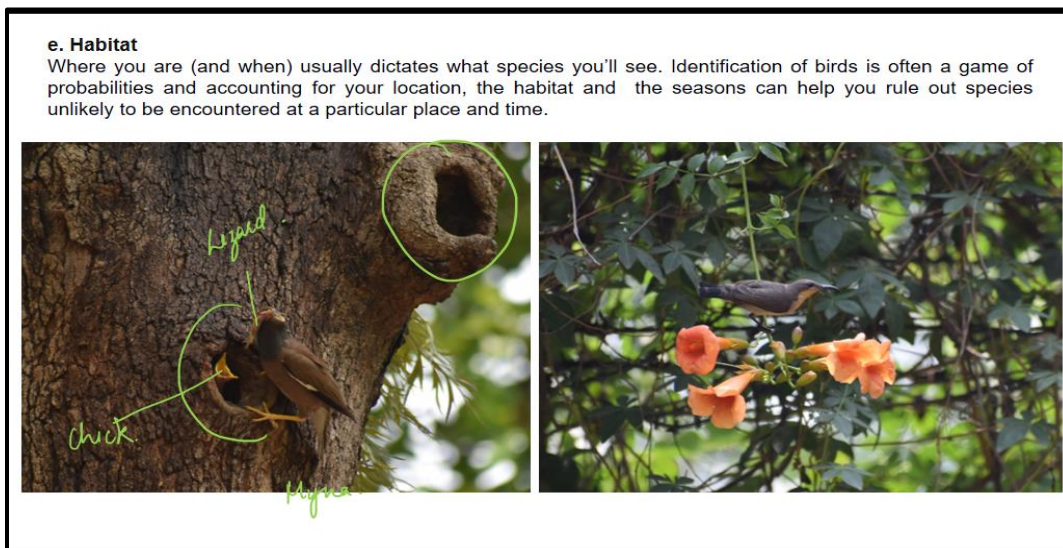
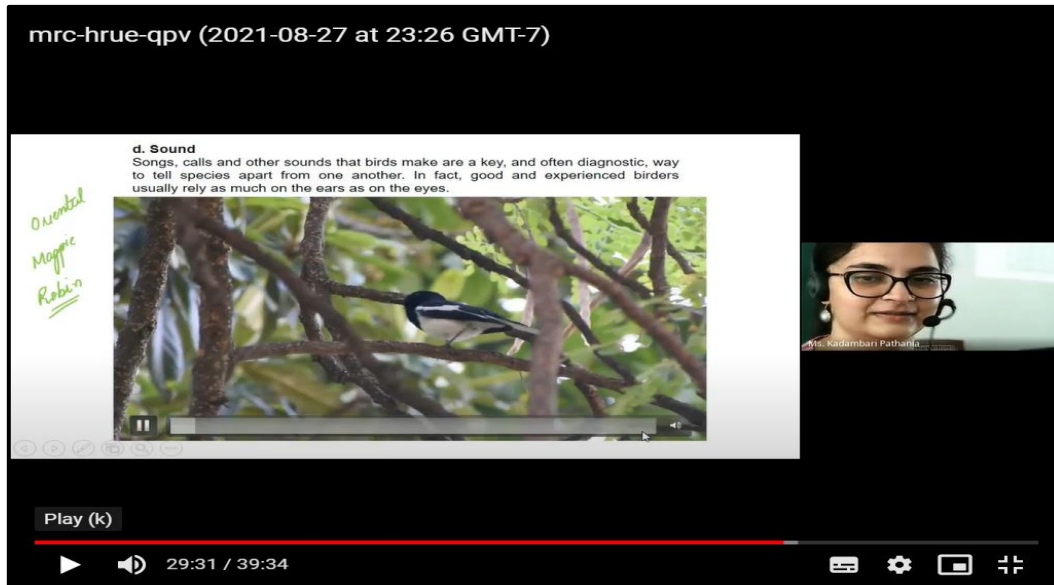
What size was the bird? ▾



ID	Name
270	ANKITA SA...
294	UDITA SIN...
282	LOVELEEN ...
142	URVASHI
172	Kritika
240	PRABHJOT
266	RISHITA MI...
288	MUSKAN
154	MANNAT
116	RHYTHM
152	Tanvi
140	MANSIMR...
158	Jsha
264	KHUSHI RANI
	2 others

ID	Name
232	HARSIMRAN KAUR
240	PRABHJOT
256	AKANKSHA DHIMAN
264	KHUSHI RANI
266	RISHITA MITTAL
270	ANKITA SAINI
282	LOVELEEN KAUSHAL
288	MUSKAN
294	UDITA SINGH

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9. Title: POWERPOINT PRESENTATION ON THE THEME “USE OF BIODIESEL VERSUS DIESEL” BY DEPARTMENT OF ZOOLOGY AND MCM ECO-CLUB

Activity Coordinators: Dr Divya Sharma & Ms. Kadambari Pathania

Date: 10 August 2021

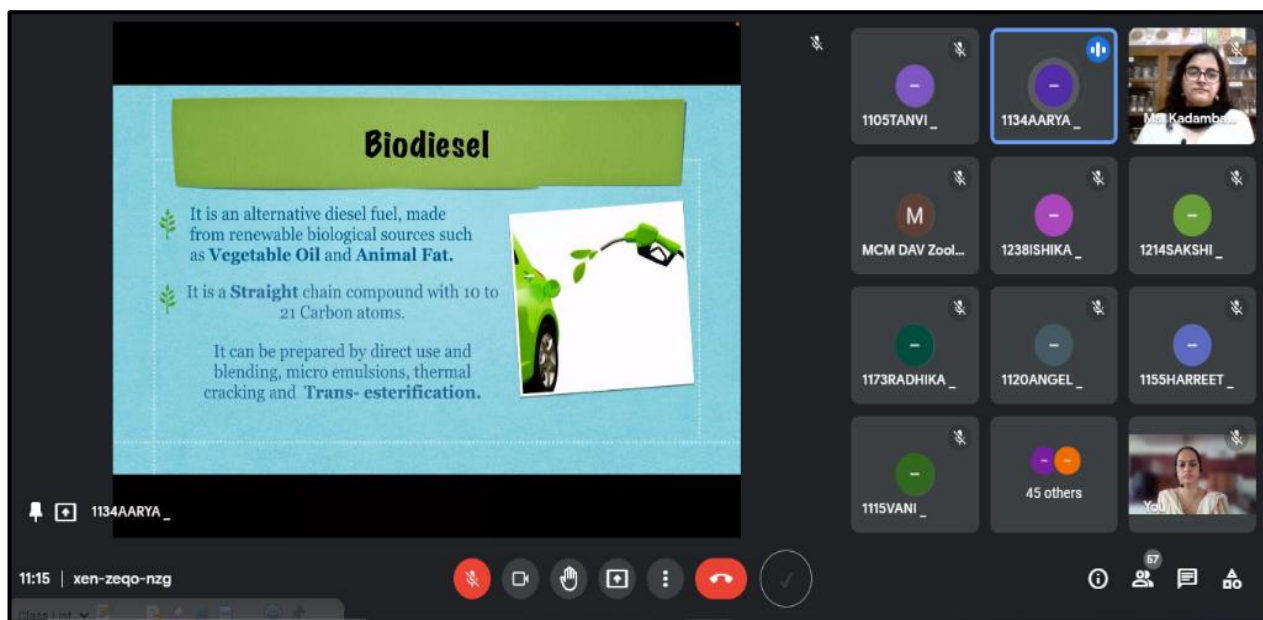
Number of participants: 56 students & 03 teachers

Objective: To understand the economic and environmental importance of Biodiesel

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(QUARTER III: JULY TO SEPTEMBER 2021)**

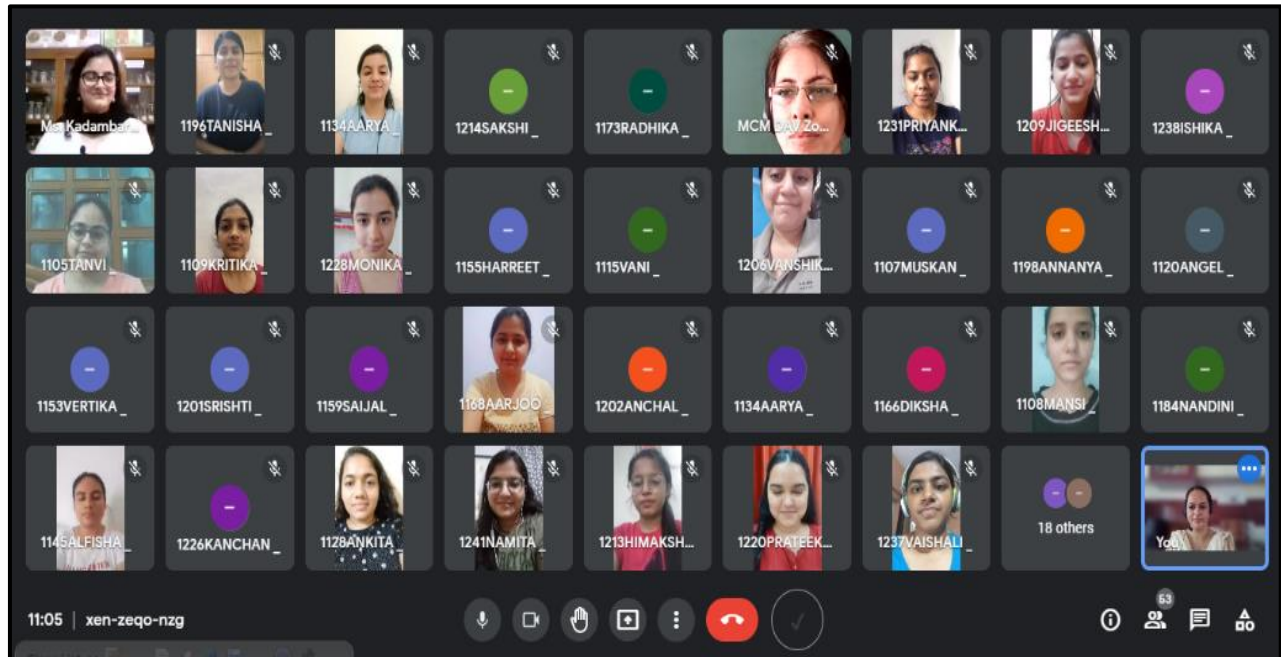
The Context: Being green is more than just buying “eco”. It is an unwavering commitment to a sustainable lifestyle. Every year 10th August is celebrated as ‘International Biodiesel Day’ to create awareness about unconventional and eco-friendly fuel sources that can serve as an alternative to fossil fuels. The theme for 2021 is ‘Promotion of Biofuels for a better environment.’

The Practice: The Department of Zoology organized a PowerPoint presentation on the theme “Biodiesel versus Diesel” by Ms. Tanvi Shekhawat and Ms. Aarya Sharma of B.Sc. III Medical. The practice of using renewable sources plays a vital role in sustainable development. Biodiesel is an eco-friendly, clean burning and stable fuel. The preparation, properties and usage of biodiesel and diesel were discussed in an elaborate and comparative manner.



Evidence of Success: All the participants were students of B.Sc. III Medical. The students came to know about the importance of biodiesel in reducing greenhouse gas emissions thus decreasing global warming. The students were encouraged to spread awareness about the practice of using biodiesel among others.

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10. Title: VISION FOR NATION (BE THE FIRST TO WORK FOR YOUR COUNTRY) - A NATIONAL LEVEL COMPETITION TO MARK THE 75TH INDEPENDENCE DAY CELEBRATIONS, ORGANIZED BY CHARACTER BUILDING COMMITTEE

Date: 11 – 14 August 2021

Chairperson: Dr Nisha Bhargava

Convener: Dr Seema Kanwar

Activity Coordinator: Dr Minakshi Rana

Student Coordinators: Tanya, Shrishti, Pranamyia

Entries received: 245 pan-India

Objectives:

- To mark the celebration of 75th Independence Day.
- To give the young minds an opportunity to showcase their thoughts and ideas for New India

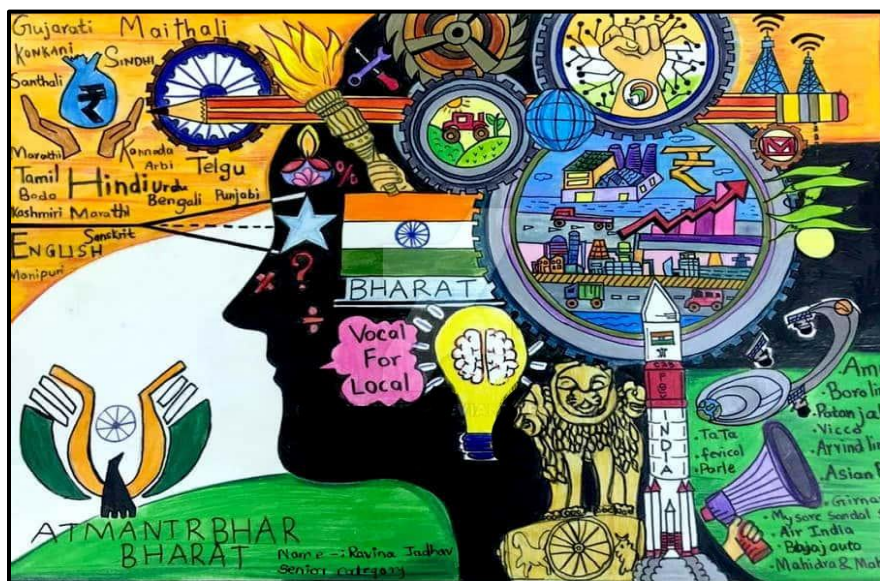
**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
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The Practice: The vision of our country lies in the hands of our youth. They are filled with dreams and aspirations. Students are the real treasure of a country. The youth should be “active drivers” and not merely the “passive recipients” of development. To bring on the diverse thoughts and ideas of the young students for their country, Character Building Committee of the College organized a national level competition ‘Vision for Nation’ for students on the occasion of the 75th Independence Day. The competition witnessed huge participation across the country. The participants showed remarkable enthusiasm and expressed their ideas on canvass beautifully. A happy confluence of technological advancement and love for nature and humanity was reflected in most of the entries. Sensitivity towards the issues of gap between the rich and the poor, digital divide and awareness regarding sustainable development among the youth was laudable.

Dr Nisha Bhargava, principal appreciated the activity for providing the young minds an opportunity to showcase their vision for nation in such an innovative manner. Our ancestors gave us the gift of freedom after a long intense battle so we should cherish their blessings with utmost care and should always be the first to work for the nation.

Evidence of Success: There was huge participation in the competition as **245 entries were received from** across the country. Participants expressed their wonderful thoughts and ideas by way of this competition.

Results:



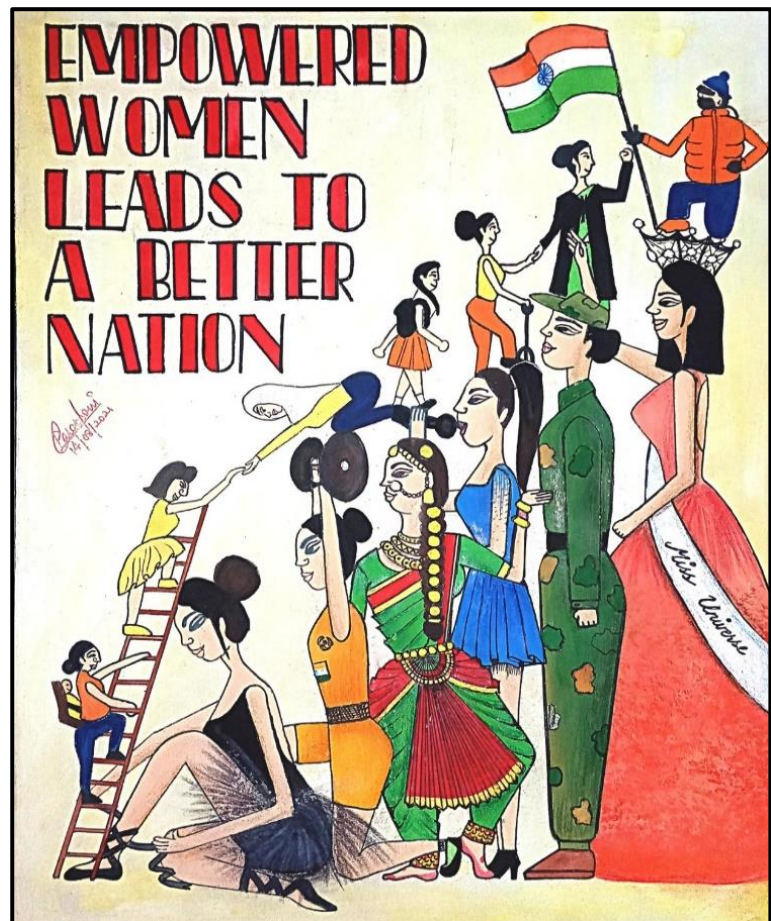
First Prize: Ravina
Rajendra Jadhav,
Rajarambapu College

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Second Prize:
Upama Roy
Berhampore College,
West Bengal

THIRD PRIZE: Palak Soni,
MCM DAV College for Women,
Chandigarh



Press Coverage:

CHANDIGARH, 16.08.21-Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated 75th Independence Day with great enthusiasm and zeal. The NSS units and Character Building Committee of the college organised a national level Digital Poster Making Competition on 'Azadi Ka Amrit Mahotsav' and a national level Poster Making Competition on 'Vision for Nation', respectively. Over 65 students from different schools and colleges of more than 9 different states and UTs of India including Maharashtra, Rajasthan, Punjab, Haryana, Chandigarh participated in the competition organised by NSS units. Through their entries, the participants expressed their views and thoughts about great Indian leaders, their role in Indian freedom struggle and the recent role of frontier warriors amidst COVID-19. The winners were awarded cash prizes and e-certificates were provided to all the participants. The NSS volunteers also participated in the "Singing of the Rashtra Gaan" activity by uploading their videos of singing National Anthem of India on rashtragaan.in portal. The competition organised by Character Building Committee witnessed huge participation from across the country as 245 students sent in their entries. The entries showcased participants' inspiring ideas for the nation coupled with remarkable creativity. The prominent themes that reflected in the entries included technological advancements, sensitivity towards the issues of rich-poor gap, sustainable development and so on. The winners were awarded cash prizes.

Principal Dr Nisha Bhargava appreciated the activity for providing the young minds an opportunity to showcase their vision for the nation in such an innovative manner. She added that our ancestors have given us the gift of freedom after a long intense battle and thus, we should consciously work to safeguard it at all times. Reminding the youth of their responsibility as active drivers of country's development, Dr. Bhargava urged them to work with highest commitment to take the country to greater heights.

MCM celebrates Independence Day

CHANDIGARH: Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated 75th Independence Day with great enthusiasm and zeal. The NSS units and Character Building Committee of the college organised a national level Digital Poster Making Competition on 'Azadi Ka Amrit Mahotsav' and a national level Poster Making Competition on 'Vision for Nation', respectively. Over 65 students from different schools and colleges of more than 9 different states and UTs of India including Maharashtra, Rajasthan, Punjab, Haryana, Chandigarh participated in the competition organised by NSS units. Through their entries, the participants expressed their views and thoughts about great Indian leaders, their role in Indian freedom struggle and the recent role of frontier warriors amidst COVID-19. The winners were awarded cash prizes and e-certificates were provided to all the participants. The NSS volunteers also participated in the "Singing of the Rashtra Gaan" activity by uploading their videos of singing National Anthem of India on rashtragaan.in portal. The competition organised by Character Building Committee witnessed huge participation from across the country as 245 students sent in their entries.

एमसीएम में जोश और उत्साह के साथ स्वतंत्रता दिवस मनाया गया



ह्यूमन इंडिया/विनोद कुमार

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने 75वां स्वतंत्रता दिवस बड़े उत्साह और जोश के साथ मनाया। कॉलेज की एनएसएस इकाइयों और चरित्र निर्माण समिति ने क्रमशः आजादी का अमृत महोत्सव पर एक राष्ट्रीय स्तर की डिजिटल पोस्टर मेकिंग प्रतियोगिता और राष्ट्र के लिए दृष्टि पर एक राष्ट्रीय स्तर की पोस्टर मेकिंग प्रतियोगिता का आयोजन किया। एनएसएस इकाइयों द्वारा आयोजित प्रतियोगिता में महाराष्ट्र, राजस्थान, पंजाब, हरियाणा, चंडीगढ़ सहित भारत के 9 से अधिक राज्यों और केंद्र शासित प्रदेशों के विभिन्न स्कूलों और कॉलेजों के 65 से अधिक छात्रों ने भाग लिया। अपनी प्रविष्टियों के माध्यम से, प्रतिभागियों ने महान भारतीय नेताओं की स्वतंत्रता संग्राम में भूमिका और कोविड-19 के बीच सीमावर्ती योद्धाओं की भूमिका के बारे में अपने विचार व्यक्त किए। विजेताओं को नकद पुरस्कार से सम्मानित किया गया और सभी प्रतिभागियों को ई-प्रमाण पत्र प्रदान किए गए।

प्रिंसिपल डॉ निशा भार्गव ने इस तरह के अभिनव तरीके से युवाओं को राष्ट्र के लिए अपनी दृष्टि प्रदर्शित करने का अवसर प्रदान करने के लिए गतिविधि की सराहना की।

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**11. Title: ONLINE LECTURE ON IMPORTANCE OF YOGA AS PART OF FIT INDIA
RUN-AMRIT MAHOTSAV@75**

Date: 14 August 2021

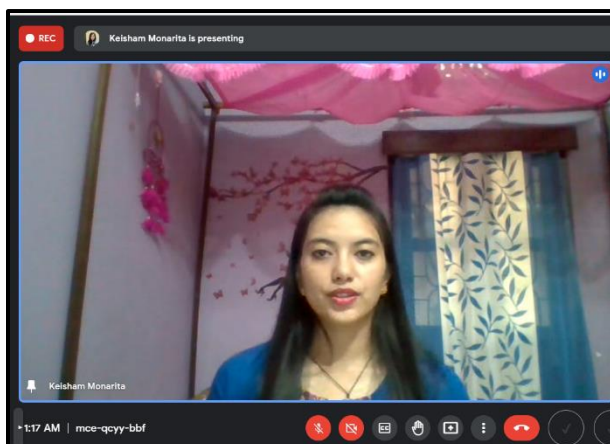
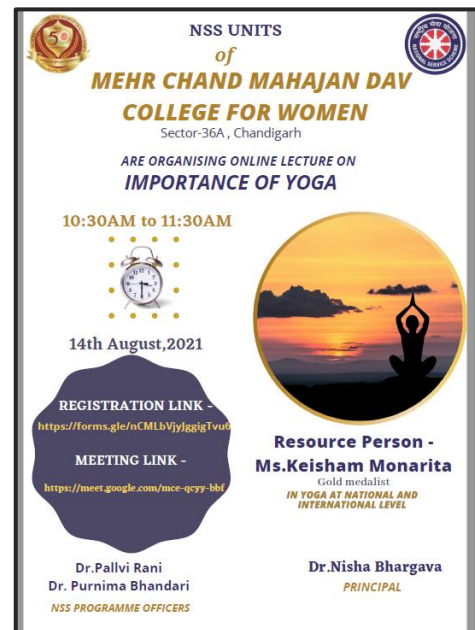
Number of Volunteers: 76

Objectives:

1. To apprise the volunteers about the benefits of Yoga
2. To make students learn that how Yoga helps to keep the internal organs in the body functioning properly by increasing the oxygen and blood flow.

The Context: FIT INDIA Movement was launched by Honourable Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. The concept is to celebrate 4 to 6 days of a week towards health and fitness by engaging into any kind of physical activities and/or events including yoga day celebration. Yoga plays a pivotal role in rejuvenating our mind and the body, leading to a healthier lifestyle.

The Practice: On 14th August, 2021, NSS Units of Mehr Chand Mahajan DAV College for Women, organized an **ONLINE LECTURE ON IMPORTANCE OF YOGA**. It was organized as part of FIT INDIA Run-Amrit

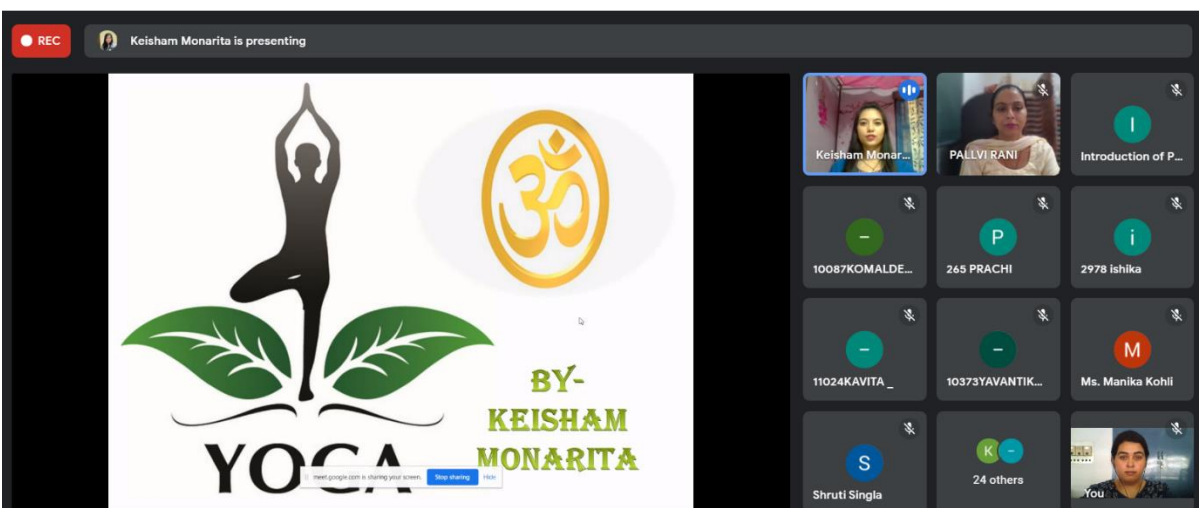
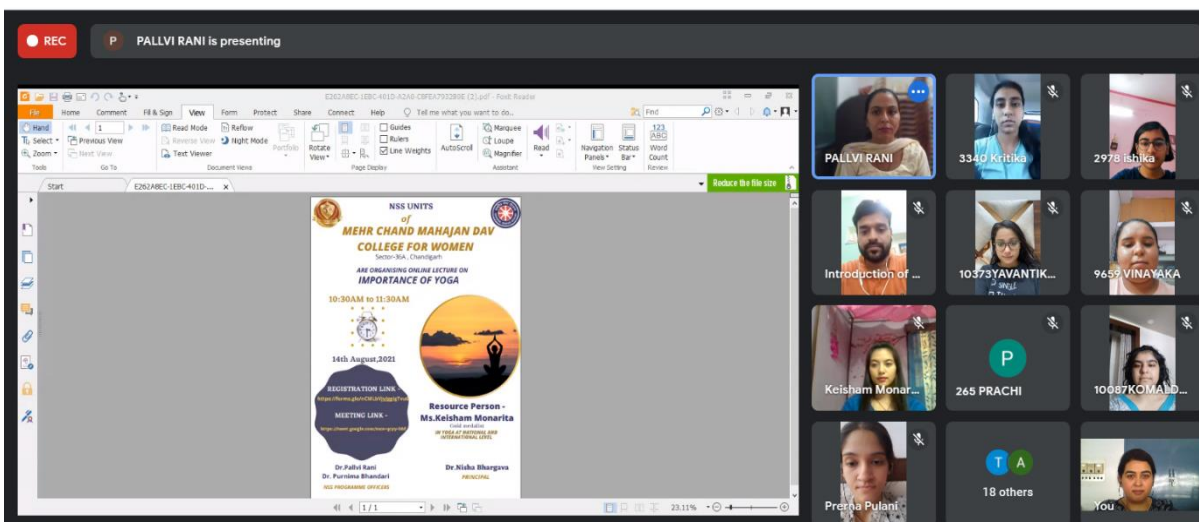


Mahotsav@75. The resource person of the event was Ms. Keisham Monarita, Gold Medalist in Yoga at National and International Level. The session was organized under the guidance of principal Dr Nisha Bhargava and supervision of NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari.

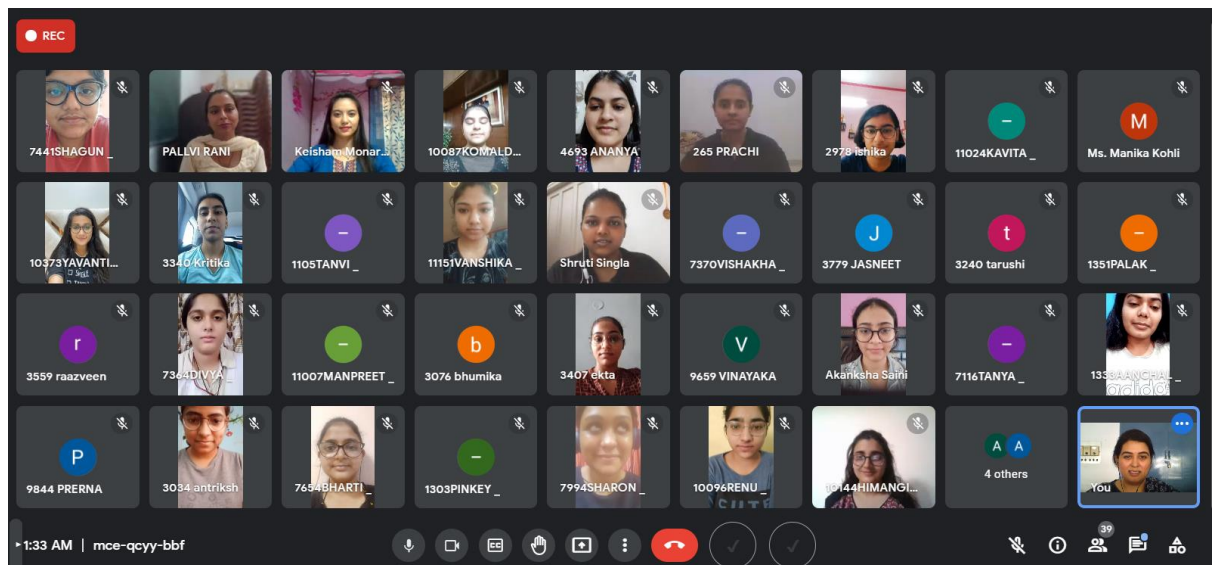
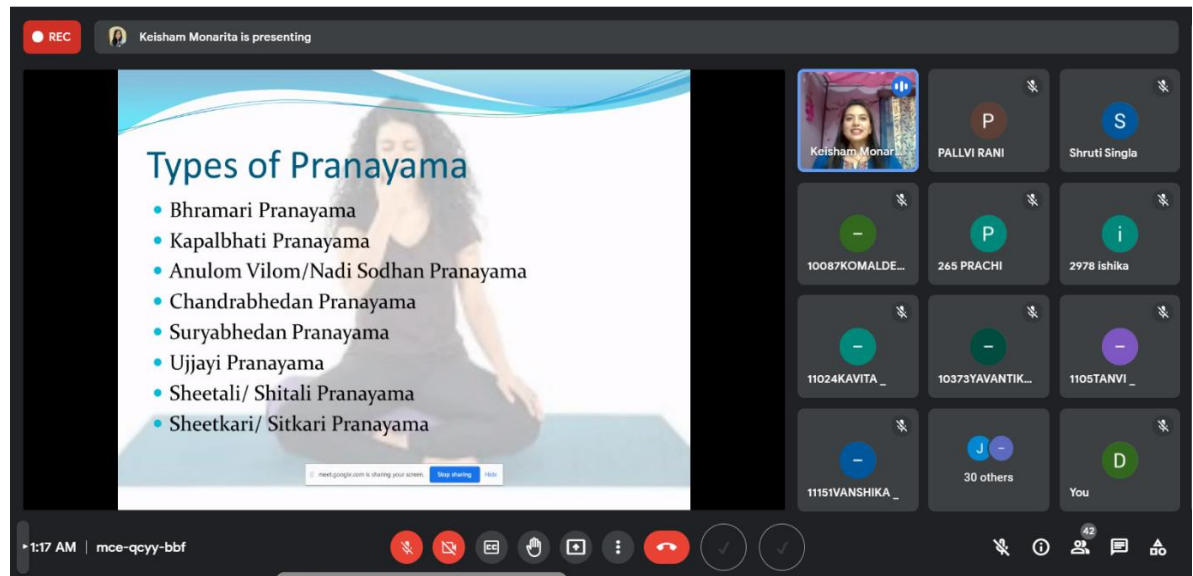
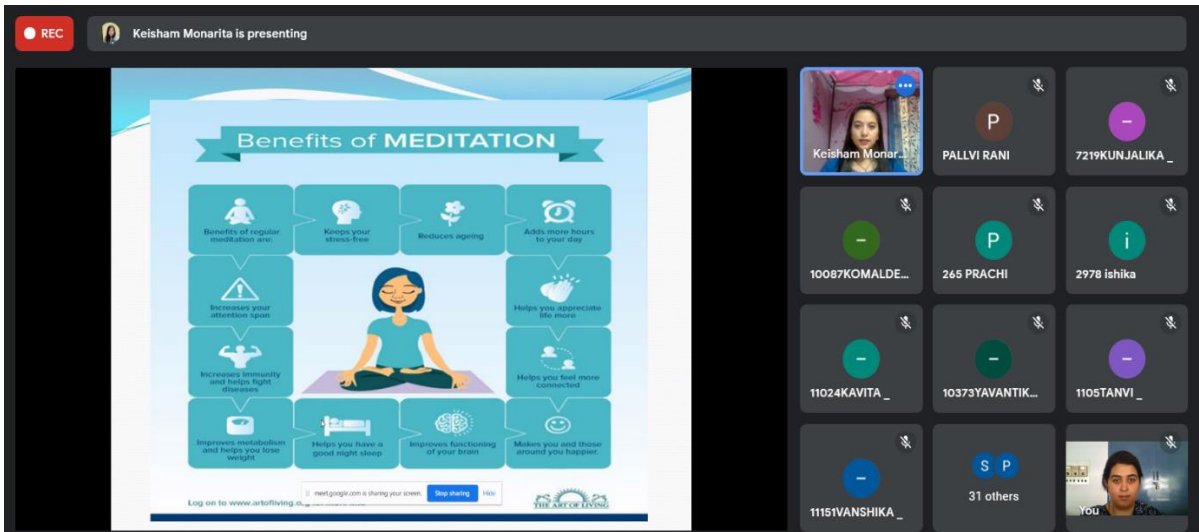
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The session started with 3 times OM chanting to make the students active for the upcoming session. During the session, meaning and the origins of yoga were explained. It was followed by the discussion about the different types of yoga i.e. Karma Yoga (Yoga through action), Jnana Yoga (yoga through knowledge), Hatha yoga, Raja yoga (king/ supreme yoga) and Bhakti yoga (yoga through devotion), Astang yoga. Further, benefits and correct technique of doing Pranayama were explained along with practical demonstration of the different types of pranayama. The session concluded with the brief explanation about the benefits of practicing Yoga daily.

Evidence of Success: 76 Volunteers along with NSS POs participated enthusiastically in the session and understood the importance of yoga and its beneficial effects on mental as well as psycho-social wellbeing.



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and encouraged the college to extend the ongoing projects on renewable energy usage in the college.

An online inter-college poetry writing competition sponsored by CREST was also organized on the theme 'Impact of Akshay Urja in India'. As many as 20 students from different colleges of Chandigarh, participated in the event.


Evidence of Success: The participants learned about the significance of adopting renewable energy as an effective alternative to the scarce traditional energy resources.

The results of the poetry contest are as follows:

PRIZE	NAME OF THE PARTICIPANT	CLASS	INSTITUTION
FIRST (Rs. 1500/-)	NAMRATA JAIN	B.Sc. III (Non-Medical)	PG Govt. College for Girls, Sector-11, Chandigarh
SECOND (Rs. 1000/-)	MUSKAAN SACHDEVA	B.A. II	Mehr Chand Mahajan DAV College for Women, Sector 36- A, Chandigarh
THIRD (Rs. 500/-)	MEGHA	B.Sc. II (Non-Medical)	PG Govt. College for Girls, Sector-42, Chandigarh



Mehr Chand Mahajan DAV College for Women, Chandigarh
organizes
POPULAR AKSHAY URJA LECTURE
sponsored by
Chandigarh Renewal Energy and Science & Technology Promotion Society (CREST)
to celebrate
AKSHAY URJA DIWAS
(20.08.2021)



Resource person
DR. VIKRANT SHARMA
*Deputy Director (Technical) and Head Skill Development
Division National Institute of Solar Energy (NISE), Gurugram
(An autonomous Institute of Ministry of New & Renewable Energy)*

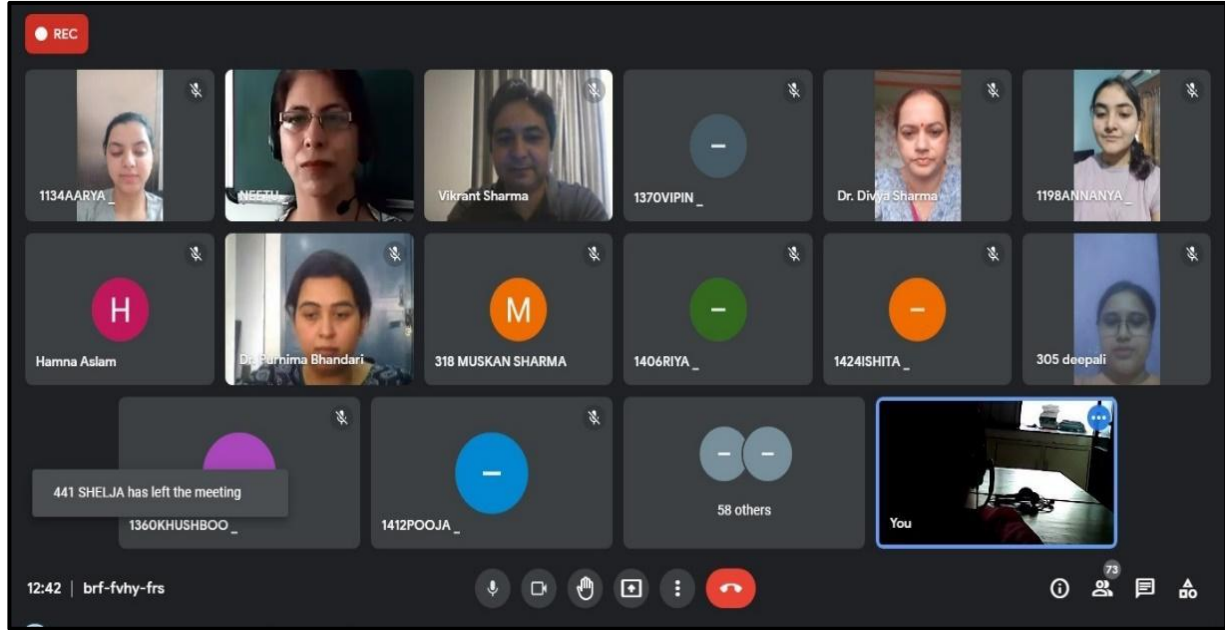
REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER III: JULY TO SEPTEMBER 2021)

The screenshot shows a Zoom meeting interface. The main window displays a PowerPoint slide with the NISE logo and the title "Skilled Manpower Requirement in Renewable Energy (RE) Sector & Conducting Suryamitra Program". The slide features a circular image of a solar panel installation and a graphic with the words "TRAINING", "SKILL", and "DEVELOP". Below the image, it identifies Dr. Vikrant Sharma as Deputy Director/ Head Skill Development at the National Institute of Solar Energy. The Zoom interface includes a "REC" button, a "Turn on microphone (CTRL + D)" button, and a participant list on the right showing "You" and "54 others".

The screenshot shows a Zoom meeting interface. The main window displays a PowerPoint slide titled "Renewable Energy Targets by 2022 : (175 GW)". The slide features a 3D pie chart with the following segments: Solar (100GW), Wind (60GW), Bio-Energy (10GW), and Small Hydro (5GW). The Zoom interface includes a participant list on the right showing "Vikrant Sharma".

The screenshot shows a Zoom meeting interface. The main window displays a PowerPoint slide titled "Overview of Solar Energy Technologies". The slide features the NISE logo, a blue background with images of solar panels, and the text "National Institute of Solar Energy Gurugram". It identifies Dr. Vikrant Sharma as Deputy Director. The Zoom interface includes a "REC" button, a "Turn on microphone (CTRL + D)" button, and a participant list on the right showing "You" and "70 others".

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
(QUARTER III: JULY TO SEPTEMBER 2021)**



Media Clippings:

एमसीएम ने अक्षय ऊर्जा दिवस मनाया

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH
Celebration of Akshay Urja Diwas

ह्यूमन इंडिया/ब्यूरो

चण्डीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने अक्षय ऊर्जा दिवस मनाया। राष्ट्रीय सौर ऊर्जा संस्थान, गुरुग्राम के कौशल विकास प्रभाग से उपनिदेशक (तकनीकी) और प्रमुख, डॉ. विक्रान्त शर्मा, व्याख्यान के लिए प्रमुख वक्ता थे। डॉ. विक्रान्त ने सौर ऊर्जा प्रौद्योगिकियों के उपयोग और वर्ष 2022 के लिए सरकार द्वारा निर्धारित अक्षय ऊर्जा लक्ष्यों पर विस्तार से चर्चा की और पूरी प्रक्रिया को समझाया। डॉ. शर्मा ने कुशल व्यक्ति की आवश्यकता के महत्व पर प्रकाश डाला। रोजगार सृजन, पर्यावरण के अनुकूल ऊर्जा उत्पादन, लंबी अवधि के लिए अन्य ऊर्जा संसाधनों की स्थिरता, आदि व्याख्यान में डॉ. विक्रान्त शर्मा द्वारा विस्तार से बताया गए कुछ महत्वपूर्ण पहलू हैं। उन्होंने छात्रों को सौर ऊर्जा के उपयोग से परिचित होने के लिए प्रयोगों और परियोजनाओं को अपनाने के लिए प्रेरित किया और कॉलेज को भी अक्षय ऊर्जा के उपयोग पर चल रही परियोजनाओं का विस्तार करने के लिए प्रोत्साहित किया। भारत में अक्षय ऊर्जा का प्रभाव विषय पर क्रेस्ट द्वारा प्रायोजित एक ऑनलाइन इंटर कॉलेज कविता लेखन प्रतियोगिता भी आयोजित की गई थी। प्रधानाचार्या डॉ. निशा भार्गव ने स्थायी भविष्य के लिए अक्षय ऊर्जा संसाधनों के महत्व के बारे में जागरूकता बढ़ाने वाली इस पहल की सराहना की। उन्होंने यह भी बताया कि पर्यावरण के प्रति अपने दायित्व को निभाते हुए एमसीएम कॉलेज अक्षय ऊर्जा के उपयोग जैसे सौर ऊर्जा के उपयोग और मेस फूड वेस्ट से बायोगैस के उत्पादन को अपनाने में अग्रणी संस्था रही है।

MCM celebrates Akshay Urja Diwas

CHANDIGARH, AUG 23

Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated Akshay Urja Diwas by organizing an online Popular Akshay Urja Lecture sponsored by Chandigarh Renewable Energy and Science and Technology Promotion Society (CREST). Dr. Vikrant Sharma, Deputy Director (Technical) and Head, Skill Development Division, National Institute of Solar Energy, Gurugram was the resource person for the lecture. Dr. Vikrant gave an overview on the use of solar energy technologies and the renewable energy targets set by the government for the year 2022. Dr. Sharma pointed out the importance of the need of skilled manpower. Employment generation, eco-friendly energy generation, sustainability of other energy resources for a longer period of time, are some of the significant advantages elucidated by Dr. Vikrant Sharma in the lecture. He motivated the students to take up experiments and projects to get familiar with the use of solar energy and encouraged the college to extend the ongoing projects on renewable energy usage in the college. An online inter-college poetry writing competition sponsored by CREST was also organized on the theme 'Impact of Akshay Urja in India'. Principal Dr. Nisha Bhargava lauded this initiative to spread awareness about the importance of renewable energy resources for a sustainable future. She added that conscious of its responsibility towards the environment, MCM has been a frontrunner institution in adopting the use of renewable energy like harnessing of solar energy and production of biogas from mess food waste.

13. Title: SHOWCASING A DOCUMENTARY TITLED “THE DARK SECRET BEHIND YOUR SHINY MAKEUP” BY DEPARTMENT OF ENVIRONMENT SCIENCE AND MCM ECO-CLUB

Activity Coordinator: Dr Shafila

Date: 26 August 2021

No. of participants: 36 students (12- offline, 24- online)

Objectives:

- To make students aware about the impact of mining on human health and environment
- To acquaint them with the role of shiny makeup as indoor pollutant

The Context: Mining is an invasive process that damages the environment to a great extent. Mining process, specifically mining of Mica, not only causes serious health hazards among the workers but also leads to massive environmental devastation like deforestation, loss of wildlife, contamination of surface water, groundwater and soil. This sparkle, Mica, is added to eyeshadow, nail polish and lipstick by numerous global cosmetic industries at a tremendous human and environmental cost. The shimmery and colorful material in cosmetics is associated with major health risks on long term inhalation. Therefore, it is requisite to educate young girls about the hazards of shiny material found in almost all the cosmetics.



The Practice:
Department of Environment Science of the college showcased a documentary titled “The Dark Secret Behind Your

REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN (QUARTER III: JULY TO SEPTEMBER 2021)

Shiny Makeup” to the young girls of M.Sc.- II (Chemistry) in order to make them aware about the environmental impacts as well as the health hazards of the mining process. They were also informed that the use of shiny material, Mica, in cosmetics may pose serious health issues if one is exposed to the same more often.



Evidence of Success: Over 36 students watched the documentary and acquired knowledge on the issue. Many of the attendees have stopped using shimmery makeup on a regular basis.



14. Title: POWERPOINT PRESENTATIONS ON NUTRITIONAL PLANTS TO CELEBRATE POSHAN MAAH UNDER THE RASHTRIYA POSHAN ABHIYAAN BY DEPARTMENT OF BOTANY

Activity Coordinators: Dr Gunjan Sud, Dr Jasleen Kaur and Dr Ruby Singh

Date: 1-7 September 2021

Activity report: The first week of September is being celebrated as Poshan Maah under the aegis of the Rashtriya Poshan Abhiyaan, a programme by the Government of India. During this activity the students were made aware about the nutritional and medicinal values of the plants growing around us in our neighbourhood. 79 students of BSc. III (Med.) participated in this activity.

Objective: An awareness activity was conducted by the Department of Botany to sensitize the students about the nutritional components of plants and their benefits to mankind. The students prepared and presented the Power Point Presentations related to the dietary benefits of the plants. This will spread a message amongst the people, in general, about the usefulness of the commonly occurring plants.

The Context: Plants are the core of our existence. These provide us with valuable resources. Since time immemorial, they have been fulfilling our nutritional needs and playing a major role in helping us maintain a healthy body and mind. In today's scenario when we all are moving away from nature, this activity will bring us closer to nature and our surroundings.

The Practice: The students of BSc. III Med. had been divided into different groups and were assigned power point presentations on a variety of useful plants. The students enthusiastically participated in this activity and made beautiful slides on the useful plant species. They also gave presentations and discussed the innumerable nutritional benefits of plants.

Evidence of Success: There was active participation and the students were made aware regarding this and a good response was observed.

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15. Title: NATIONAL LEVEL WALLPAPER DESIGNING AND INVENTING A SLOGAN COMPETITIONS TO CELEBRATE 'INTERNATIONAL DAY FOR THE PRESERVATION OF THE OZONE LAYER' BY DEPARTMENT OF ENVIRONMENT SCIENCESPONSORED BY: CHANDIGARH POLLUTION CONTROL COMMITTEE (CPCC)

Coordinator: Dr Shafila

Date: 16th September, 2021

Number of participants: 97

Objectives:

- To sensitize the students about the importance of ozone layer
- To create awareness about its depletion in order to pursuit for possible solution for its preservation

The Context: The ozone layer present in stratosphere protects us from the harmful UV-B radiations. In 1994, the UN's General Assembly announced 16th September as the International Day for the Preservation of the Ozone Layer, commemorating the date of signing of the Montreal Protocol (in 1987) on substances that deplete the Ozone Layer. The phaseout of controlled uses of ozone depleting substances because of implementation of Montreal Protocol has not only helped to protect the ozone layer for the present and future generations, but has also contributed significantly to global efforts to address climate change. Furthermore, it has protected human, animals and entire ecosystems by limiting the harmful ultraviolet radiation from reaching the Earth. Therefore, it is requisite to educate young generation about the importance of this fragile shield of gas.

The Practice: Department of Environment Science organized a National Level Wallpaper designing and Inventing a Slogan competitions to celebrate **'International Day for the Preservation of the Ozone Layer'** on 16th September, 2021. An overwhelming response from various part of the country was received. Over 97students sent their entries in the form of wallpaper and slogans depicting the importance of ozone layer covering aspects like its depletion and current scenario. 4 cash prizes (Rs. 2000/- First, Rs. 1500/- Second, Rs. 1000/- Third and Rs. 500/- Consolation) in each category were awarded to the winners.

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
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Evidence of Success: Participation of over 97 enthusiastic students shows the great success of this event.

RESULT OF WALLPAPER DESIGNING:

FIRST PRIZE



Divya
(BCA-II) PGGCG-11,
Chandigarh

SECOND PRIZE




Dhriti Ummat
(B.Com-II), Mehr Chand Mahajan DAV College
for women, Sec-36 A, Chandigarh

Third Prize



Bhanu
(B.A.-II), Mehr Chand Mahajan DAV College
for women, Sec-36 A, Chandigarh

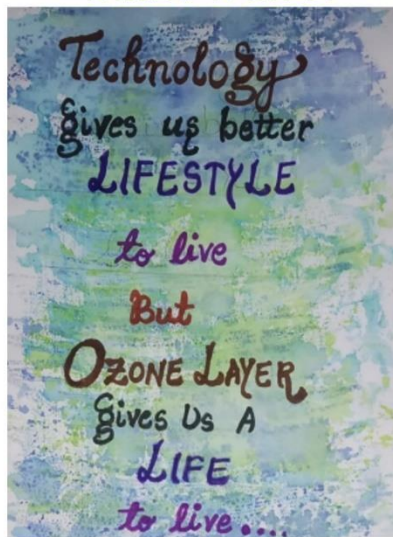
CONSOLATION PRIZE



Rajkumari Stellina
(B.Sc.-I), Govt. Home Science College
Chandigarh

RESULT OF INVENTING A SLOGAN:

FIRST PRIZE



Laxmi Kohli

(B.Com.-II), GGSCW -26
Chandigarh

SECOND PRIZE

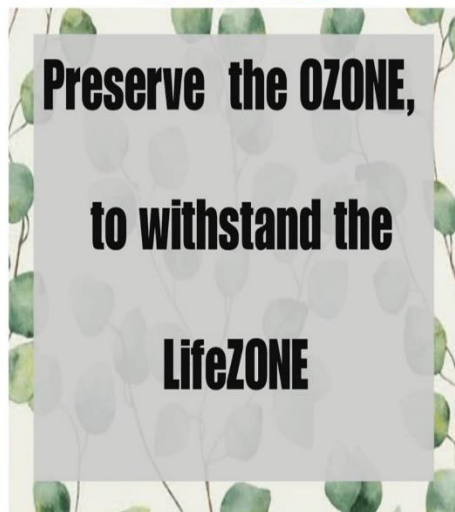
When it depletes it hurts you back ,
when it would disfuse it will kill you
man . Stay cautious



Jasnoor Kaur

12th Humanities, St. Joseph Convent Senior Secondary
school, Bathinda

THIRD PRIZE



Ira Garg

BA.-1, Mehr Chand Mahajan DAV College
for women, Sec-36 A, Chandigarh

CONSOLATION PRIZE

Single O is Poison
Double O is life
Triple O is guard which protect our lives

Muskan Mehra

(B.Sc. MFT-I), Mehr Chand Mahajan DAV
College for women, Sec-36 A, Chandigarh

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
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Media Clippings:

INTERNATIONAL DAY FOR THE PRESERVATION OF THE OZONE LAYER



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अंतरराष्ट्रीय ओजोन परत संरक्षण दिवस मनाया

चंडीगढ़, 17 सितंबर (जनसत्ता)।

अंतरराष्ट्रीय ओजोन परत संरक्षण दिवस के उपलक्ष्य में मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन, चंडीगढ़ ने विभिन्न प्रतियोगिताओं का आयोजन किया। इस दौरान कॉलेज के इको क्लब ने पर्यावरण विभाग, चंडीगढ़ प्रशासन के सहयोग से ऑनलाइन निबंध लेखन प्रतियोगिता का आयोजन किया। प्रतियोगिता का विषय इस वर्ष के ओजोन दिवस की थीम 'मॉनट्रियल प्रोटोकॉल- हमें, हमारे भोजन और टीकों को ठंडा रखना' (किपिंग अस, ऑर फूड एंड वैकसिनस कूल) पर आधारित था। एक अन्य कार्यक्रम में कॉलेज के पर्यावरण विज्ञान विभाग ने 'वॉलपेपर डिजाइनिंग एंड इन्वेटिंग ए स्लोगन' पर राष्ट्रीय स्तर की प्रतियोगिता का आयोजन किया जिसे चंडीगढ़ प्रदूषण नियंत्रण समिति द्वारा प्रायोजित किया गया। दोनों प्रतियोगिताओं में प्रतिभागियों ने ओजोन परत की रक्षा की आवश्यकता का संदेश देने के लिए अपनी रचनात्मकता और सरल विचारों को प्रसारित किया। प्राचार्या डॉ. निशा भार्गव ने ओजोन परत के क्षरण की समस्या की बावत जागरूकता बढ़ाने के लिए इको क्लब और पर्यावरण विज्ञान विभाग के प्रयासों की सराहना की।



MCM celebrates International Day for Preservation of Ozone Layer
September 17, 2021 04:54 PM

CHANDIGARH, 17.09.21-To mark the celebration of International Day for Preservation of Ozone Layer, Mehr Chand Mahajan DAV College for Women, Chandigarh organised various competitions. The

अंतरराष्ट्रीय ओजोन परत संरक्षण दिवस के उपलक्ष्य में मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन, चंडीगढ़ ने विभिन्न प्रतियोगिताओं का आयोजन किया। इस दौरान कॉलेज के इको क्लब ने पर्यावरण विभाग, चंडीगढ़ प्रशासन के सहयोग से ऑनलाइन निबंध लेखन प्रतियोगिता का आयोजन किया। प्रतियोगिता का विषय इस वर्ष के ओजोन दिवस की थीम 'मॉनट्रियल प्रोटोकॉल- हमें, हमारे भोजन और टीकों को ठंडा रखना' (किपिंग अस, ऑर फूड एंड वैकसिनस कूल) पर आधारित था। एक अन्य कार्यक्रम में कॉलेज के पर्यावरण विज्ञान विभाग ने 'वॉलपेपर डिजाइनिंग एंड इन्वेटिंग ए स्लोगन' विषय पर राष्ट्रीय स्तर की प्रतियोगिता का आयोजन किया। प्रतियोगिता को चंडीगढ़ प्रदूषण नियंत्रण समिति द्वारा प्रायोजित किया गया। दोनों

एमसीएम में 'अंतरराष्ट्रीय ओजोन परत संरक्षण' दिवस मनाया

चंडीगढ़, अमृतस्य। अंतरराष्ट्रीय ओजोन परत संरक्षण दिवस के उपलक्ष्य में मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन, चंडीगढ़ ने विभिन्न प्रतियोगिताओं का आयोजन किया। इस दौरान कॉलेज के इको क्लब ने पर्यावरण विभाग, चंडीगढ़ प्रशासन के सहयोग से ऑनलाइन निबंध लेखन प्रतियोगिता का आयोजन किया। प्रतियोगिता का विषय इस वर्ष के ओजोन दिवस की थीम 'मॉनट्रियल प्रोटोकॉल- हमें, हमारे भोजन और टीकों को ठंडा रखना' (किपिंग अस, ऑर फूड एंड वैकसिनस कूल) पर आधारित था। एक अन्य कार्यक्रम में कॉलेज के पर्यावरण विज्ञान विभाग ने 'वॉलपेपर डिजाइनिंग एंड इन्वेटिंग ए स्लोगन' विषय पर राष्ट्रीय स्तर की प्रतियोगिता का आयोजन किया। प्रतियोगिता को चंडीगढ़ प्रदूषण नियंत्रण समिति द्वारा प्रायोजित किया गया। दोनों

MCM celebrates International Day for Preservation of Ozone Layer

CHANDIGARH, SEPT 17

To mark the celebration of International Day for Preservation of Ozone Layer, Mehr Chand Mahajan DAV College for Women, Chandigarh organised various competitions. The Eco Club of the college, in collaboration with Department of Environment, Chandigarh Administration, organised an Online Essay Writing Competition. The theme for the competition was based on this year's Ozone Day theme i.e. 'Montreal Protocol- Keeping us, our food and vaccines cool'. In another event, the Department of Environment Science of the college organised a National Level Competition on 'Wallpaper Designing and In-

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एमसीएम में अंतरराष्ट्रीय ओजोन परत संरक्षण दिवस मनाया

» विनोद कुमार, मद्रलैंड संवाददाता

चंडीगढ़। अंतरराष्ट्रीय ओजोन परत संरक्षण दिवस के उपलक्ष्य में मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन, चंडीगढ़ ने विभिन्न प्रतियोगिताओं का आयोजन किया। इस दौरान कॉलेज के इको क्लब ने पर्यावरण विभाग, चंडीगढ़ प्रशासन के सहयोग से ऑनलाइन निबंध लेखन प्रतियोगिता का आयोजन किया। प्रतियोगिता का विषय इस वर्ष के ओजोन दिवस की थीम 'मॉनट्रियल प्रोटोकॉल- हमें, हमारे भोजन और टीकों को ठंडा रखना' (किपिंग अस, ऑर फूड एंड वैकसिनस कूल) पर आधारित था। एक अन्य कार्यक्रम में कॉलेज के पर्यावरण विज्ञान विभाग ने 'वॉलपेपर डिजाइनिंग एंड इन्वेटिंग ए स्लोगन' विषय पर राष्ट्रीय स्तर की प्रतियोगिता का आयोजन किया। प्रतियोगिता को चंडीगढ़ प्रदूषण नियंत्रण समिति द्वारा प्रायोजित किया गया। दोनों



लिए अपनी रचनात्मकता और सरल विचारों को प्रसारित किया। प्राचार्या डॉ. निशा भार्गव ने ओजोन परत की क्षरण की समस्या के बारे में जागरूकता बढ़ाने के लिए इको क्लब और पर्यावरण विज्ञान विभाग के

प्रयासों की सराहना की। उन्होंने आगे कहा कि मानव गतिविधि ने पृथ्वी की रक्षक ओजोन परत को नुकसान पहुंचाया है और यह हमारी जिम्मेदारी है कि हम ओजोन को हानि पहुंचाने वाले पदार्थों को चरणबद्ध तरीके से हटाकर इसे ठीक करें।

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH (U.T.) 45 | Page

16. Title: 'AZADI KA AMRIT MAHOTSAV'- WORLD BAMBOO DAY

Date: 18 September

Chairperson & Convenor: Dr Nisha Bhargava

Coordinator: Ms. Neena Sharma, Dr Gunjan, Dr Pallvi Rani, Dr Purnima Bhandari and Dr Minakshi Rana

Objectives:

- To motivate the youth to explore the potential of Bamboo Industry.
- To educate people about the immense environmental and economic benefits of bamboo trees.
- To uphold the plantation of bamboo saplings via fruitful discussions with the village councilors in different villages.

The Context: Commemorating the Government of India's momentous initiative 'Azadi ka Amrit Mahotsav", UBA Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, celebrated World Bamboo Day that was organized in tandem with the involvement of Ek Bharat Shreshtha Bharat Club and NSS Units of the college.

The Practice: The celebration was held in collaboration with the Artison Agro India, Jaipur. Mr. Debendra Dalai, IFS, Chief Conservator of Forests and Director, Department of Forests and Wildlife, Chandigarh graced the event as the Chief Guest and Dr Nisha Bhargava, Principal of College was the Guest of Honor.



The special guests on the occasion were Mr. R.P. Joshi, Founder Director, Artison Agro India and Dr Vinod Kumar, Department of Sociology, Panjab University. Mr. Dalai motivated the youth to explore the potential of Bamboo Industry and educate people

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about the immense environmental and economic benefits of bamboo. The college felicitated the Municipal Councillors, Principals and teachers of the government schools, and also the Anganwari workers of the five villages falling in the UBA bracket viz. Attawa, Badheri, Buteria, Kajheri and Maloya. Mr. Debendra Dalai along with Dr Nisha Bhargava planted bamboo saplings in the college campus. An exhibition of bamboo products was also put up on the occasion.

Evidence of Success: The stakeholders of all the villages i.e., Attawa, Maloya, Kajheri, Badheri and Buterla rendered wholehearted participation to promote environmental conservation and sustainable practices.



Media

Clippings:

MCM celebrates World Bamboo Day under Azadi ka Amrit Mahotsav

CHANDIGARH, SEPT 19

Commemorating the Government of India's momentous initiative 'Azadi ka Amrit Mahotsav', Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated World Bamboo Day. Organised under the aegis of Ek Bharat Shreshtha Bharat Club, NSS units and UBA Cell of the college, the celebration was held in collaboration with Artison Agro India, Jaipur. Mr. Debendra Dalai, IFS, Chief Conservator of Forests and Director, Department of Forests and Wildlife, Chandigarh and Dr. Nisha Bhargava, Princi-



pal, Mehr Chand Mahajan DAV College for Women graced the event as the Chief Guest and Guest of Honour, respectively.

The special guests on this occasion were Mr. R.P. Joshi, Founder Director, Artison Agro India and Dr. Vinod Kumar, Department of Sociology, Panjab University.

एमसीएम में आयोजन **बांस है ग्रीन गोल्ड : विनोद कुमार**

आजादी के अमृत महोत्सव के तहत विश्व बांस दिवस मनाया

स्टेट समाचार/चंडीगढ़/विनोद कुमार

भारत सरकार की महत्वपूर्ण पहल आजादी का अमृत महोत्सव को चिह्नित करते हुए मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने विश्व बांस दिवस मनाया। एक भारत श्रेष्ठ भारत क्लब, एनएसएस इकाइयों और कॉलेज के यूवीए सेल के संयुक्त तत्वावधान में आयोजित यह समारोह 'आर्टिसन एगो इंडिया' जयपुर के सहयोग से आयोजित किया गया था। वन और वन्यजीव विभाग, चंडीगढ़ से मुख्य वन संरक्षक और निदेशक, देवेन्द्र दलाई, आईएफएस और मेहर चंद महाजन डीएवी कॉलेज फॉर वुमन, की प्राचार्या, डॉ. निशा भागव, ने इस कार्यक्रम में मुख्य अतिथि और सम्माननीय अतिथि के रूप में शिरकत की। इस अवसर पर आर्टिसन एगो इंडिया के संस्थापक निदेशक, आर पी जोशी, और समाजशास्त्र विभाग, पंजाब विश्वविद्यालय से डॉ विनोद कुमार, विशिष्ट अतिथि थे।

देवेन्द्र दलाई ने कॉलेज द्वारा लोगों को बांस के अपार पर्यावरणीय और आर्थिक लाभों के बारे में शिक्षित व जागरूक करने के इस प्रयास की सराहना की। इस अवसर पर प्रिंसिपल डॉ निशा भागव ने प्राकृतिक संसाधनों और पर्यावरण की रक्षा के लिए बांस की

असीम क्षमता के बारे में लोगों को शिक्षित करने में बांस दिवस समारोह के महत्व पर प्रकाश डाला। आर पी जोशी ने बांस दिवस के इतिहास, राष्ट्रीय बांस मिशन, बांस रोपण के लाभदायक व्यवसाय, व्यावसायिक उपयोग के लिए बांस की किस्मों और बांस के अंतहीन लाभों पर एक अत्यधिक जानकारीपूर्ण प्रस्तुति दी। डॉ विनोद कुमार ने कहा कि बांस, जिसे ग्रीन गोल्ड भी कहा जाता

है, किसानों के साथ-साथ हम सभी के लिए एक संपूर्ण पैकेज है क्योंकि यह न केवल रोजगार और अच्छे रिटर्न प्रदान करता है बल्कि जलवायु परिवर्तन, ग्लोबल वार्मिंग और बीमारियों से लड़ने में भी मदद करता है।

इस अवसर पर बांस उत्पादों की प्रदर्शनी भी लगाई गई। पर्यावरण संरक्षण के लिए एमसीएम की प्रतिबद्धता को चिह्नित करते हुए वृक्षारोपण अभियान भी चलाया गया जिसमें देवेन्द्र दलाई ने डॉ. निशा भागव के साथ परिसर में बांस लगाया। कॉलेज ने अट्टवा, बधेरी, बूटेरला, कजेहड़ी और मलोया के गांवों के नगर पार्षदों, सरकारी स्कूलों के प्रधानाचार्यों और शिक्षकों, आंगनवाड़ी कार्यकर्ताओं को भी सम्मानित किया, जो पर्यावरण संरक्षण को बढ़ावा देने के लिए कॉलेज की एनएसएस इकाइयों और यूवीए सेल के साथ मिलकर काम करते हैं।



फोटो : सटवन

17. Title: NATIONAL LEVEL LOGO DESIGNING COMPETITION TO CELEBRATE 'WORLD CAR FREE DAY'

Date: 22 September 2021

Department: Department of Environment Science

Sponsored by: Chandigarh Pollution Control Committee (CPCC)

Coordinator: Dr Shafila

Number of participants: 70

Objective: To encourage students to look for car-pooling and use of cycles as sustainable alternatives of personal cars at least once a week to reduce air pollution.

The Context: World Car Free Day is celebrated on September 22 every year in various parts of the world in different ways with the same goal of reducing the number of cars on the streets and to encourage motorists to give up their cars for a day. The first world car-free day was held in February 2000. The benefit to greater society is reflected in the form of a day with less traffic congestion, greener environment and reduced gasoline demand.

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The pollutants including hydrocarbons, oxides of nitrogen, oxides of sulphur, carbon dioxide, carbon monoxide releasing from cars are responsible for immediate and long-term impacts on human health as well as on environment. Therefore, it is mandatory to educate young generation about the harmful impacts of vehicular pollution in order to motivate them to promote the alternatives of cars.

The Practice: The Department of Environment Science, Mehr Chand Mahajan DAV College for women, Sector 36-A, Chandigarh, organized a National Level Logo designing competition to celebrate 'World Car Free Day' on 22nd September, 2021. Over 70 students of various educational institutions from different part of the country designed intellectual as well as beautiful logos justifying the theme of the event. All the received entries were worth acknowledging, but the format of the competition was to declare 4 best creations. For the selected logos by the esteemed judges, the college awarded 4 cash prizes to the winners (Rs. 2000/- First, Rs. 1500/- Second, Rs. 1000/- Third and Rs. 500/- Consolation).

Evidence of Success: Participation of over 70 enthusiastic students shows the great success of this event.

RESULT OF LOGO DESIGNING:



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
(QUARTER III: JULY TO SEPTEMBER 2021)**



Media Coverage

World CAR FREE DAY

एमसीएम डीएवी कॉलेज में लोगो डिजाइन प्रतियोगिता कारमुक्त का दिया संदेश

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज में पर्यावरण विज्ञान विभाग ने विश्व कारमुक्त दिवस के अवसर पर लोगो डिजाइनिंग प्रतियोगिता कराई। चंडीगढ़ प्रदूषण नियंत्रण समिति के सहयोग से आयोजित प्रतियोगिता में 70 से अधिक प्रतिभागियों ने प्रविष्टियां भेजकर पर्यावरण बचाने का संदेश दिया।

लोगो के जरिए प्रतिभागियों ने पर्यावरण को बचाने के लिए कारमुक्त सड़कों के महत्व के बारे में जागरूक करने के साथ स्थायी जीवन शैली को बढ़ावा देने का महत्व बताया। विजेताओं को नकद पुरस्कार देकर सम्मानित किया गया। प्राचार्य डॉ. निशा भार्गव ने वातावरण पर वाहन उत्सर्जन के प्रभाव और टिकाऊ परिवहन को अपनाने की आवश्यकता के बारे में बताया। ब्यूरो

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MCM celebrates World Car Free Day
September 23, 2021 02:55 PM

MHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH
Celebration of World Car Free Day: National Logo Designing Competition

CHANDIGARH: 23.09.21-On the occasion of World Car Free Day, the Department of Environment Science at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a national level Logo Designing Competition. Held in collaboration with Chandigarh Pollution Control Committee, the competition witnessed enthusiastic response as over 70 participants from various parts of the country sent in their creative entries. Held with the aim to sensitise people about the importance of car free roads for the environment and to promote sustainable lifestyle, the competition required the participants to design a suitable logo for World Car Free Day. The winners were awarded cash prizes.

Principal Dr. Nisha Bhargava lauded this initiative of the Environment Science Department for drawing attention to the impact of vehicle emissions on our atmosphere and the need for adopting sustainable transport. She also stressed on promotion of walking and cycling for a safer environment.

एमसीएम डीएवी कॉलेज ने विश्व कार मुक्त दिवस मनाया

» विनोद कुमार, मद्रलैंड संवाददाता

चंडीगढ़। विश्व कार मुक्त दिवस के अवसर पर चंडीगढ़ स्थित मेहर चंद महाजन डीएवी कॉलेज में पर्यावरण विज्ञान विभाग द्वारा राष्ट्रीय स्तर पर लोगो डिजाइनिंग प्रतियोगिता का आयोजन किया गया। चंडीगढ़ प्रदूषण नियंत्रण समिति के सहयोग से आयोजित इस प्रतियोगिता में उत्साहजनक प्रतिक्रिया देखी गई। देश के विभिन्न हिस्सों से 70 से अधिक प्रतिभागियों ने अपनी रचनात्मक प्रविष्टियां भेजीं। पर्यावरण के लिए कार मुक्त सड़कों के महत्व के बारे में लोगों को जागरूक करने और स्थायी जीवन शैली को बढ़ावा देने के उद्देश्य से आयोजित प्रतियोगिता में प्रतिभागियों को विश्व कार मुक्त दिवस के लिए एक उपयुक्त लोगो डिजाइन करने की आवश्यकता थी। विजेताओं को नकद पुरस्कार देकर सम्मानित किया गया। प्राचार्या डॉ. निशा भार्गव ने हमारे वातावरण पर वाहन उत्सर्जन के प्रभाव और टिकाऊ परिवहन को अपनाने की आवश्यकता पर ध्यान आकर्षित

MCM celebrates World Car Free Day

CHANDIGARH: On the occasion of World Car Free Day, the Department of Environment Science at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a national level Logo Designing Competition. Held in collaboration with Chandigarh Pollution Control Committee, the competition witnessed enthusiastic response as over 70 participants from various parts of the country sent in their creative entries. Held with the aim to sensitise people about the importance of car free roads for the environment and to promote sustainable lifestyle, the competition required the participants to design a suitable logo for World Car Free Day. The winners were awarded cash prizes. Principal Dr. Nisha Bhargava lauded this initiative of the Environment Science Department for drawing attention to the impact of vehicle emissions on our atmosphere and the need for adopting sustainable transport.

World Car Free Day		
<p>एमसीएम डीएवी कॉलेज ने विश्व कार मुक्त दिवस मनाया</p> <p>फास्ट मोडिया, अमृतवा, चंडीगढ़ विश्व कार मुक्त दिवस के अवसर पर चंडीगढ़ स्थित मेहर चंद महाजन डीएवी कॉलेज में पर्यावरण विज्ञान विभाग द्वारा राष्ट्रीय स्तर पर लॉगो डिजाइनिंग प्रतियोगिता का आयोजन किया गया। चंडीगढ़ प्रदूषण नियंत्रण समिति के सहयोग से आयोजित इस प्रतियोगिता में उत्साहजनक प्रतिक्रिया देखी गई। देश के विभिन्न हिस्सों से 70 से अधिक प्रतिभागियों ने अपनी रचनात्मक प्रविष्टियाँ भेजी। पर्यावरण के लिए कार मुक्त सड़कों के महत्व के बारे में लोगों को जागरूक करने और स्थायी जीवन शैली को बढ़ावा देने के उद्देश्य से आयोजित प्रतियोगिता में प्रतिभागियों को विश्व कार मुक्त दिवस के लिए एक उपयुक्त लॉगो डिजाइन करने की आवश्यकता थी।</p>  <p>विजेताओं को नकद पुरस्कार देकर सम्मानित किया गया। प्राचार्य डॉ. निशा भार्गव ने हमारे वातावरण पर वाहन उत्सर्जन के प्रभाव और टिकाऊ परिवहन को अपनाने की आवश्यकता पर ध्यान आकर्षित करने के लिए पर्यावरण विज्ञान विभाग की इस पहल की सराहना की। उन्होंने सुरक्षित वातावरण के लिए पैदल चलने और साइकिल चलाने को बढ़ावा देने पर भी जोर दिया।</p>	<p>एमसीएम ने विश्व कार मुक्त दिवस मनाया</p> <p>स्टेट समाचार/चंडीगढ़। विश्व कार मुक्त दिवस के अवसर पर चंडीगढ़ स्थित मेहर चंद महाजन डीएवी कॉलेज में पर्यावरण विज्ञान विभाग द्वारा राष्ट्रीय स्तर पर लॉगो डिजाइनिंग प्रतियोगिता का आयोजन किया गया। चंडीगढ़ प्रदूषण नियंत्रण समिति के सहयोग से आयोजित इस प्रतियोगिता में देश भर से 70 से अधिक प्रतिभागियों ने अपनी रचनात्मक प्रविष्टियाँ भेजी। विजेताओं को नकद पुरस्कार देकर सम्मानित किया गया। प्राचार्य डॉ. निशा भार्गव ने हमारे वातावरण पर वाहन उत्सर्जन के प्रभाव और टिकाऊ परिवहन को अपनाने की आवश्यकता पर ध्यान आकर्षित करने के लिए पर्यावरण विज्ञान विभाग की इस पहल की सराहना की। उन्होंने सुरक्षित वातावरण के लिए पैदल चलने और साइकिल चलाने को बढ़ावा देने पर भी जोर दिया।</p> 	<p>एमसीएम ने विश्व कार मुक्त दिवस मनाया</p> <p>चंडीगढ़ (अप्रस)। विश्व कार मुक्त दिवस के अवसर पर चंडीगढ़ स्थित मेहर चंद महाजन डीएवी कॉलेज में पर्यावरण विज्ञान विभाग द्वारा राष्ट्रीय स्तर पर लॉगो डिजाइनिंग प्रतियोगिता का आयोजन किया गया। चंडीगढ़ प्रदूषण नियंत्रण समिति के सहयोग से आयोजित इस प्रतियोगिता में उत्साहजनक प्रतिक्रिया देखी गई। देश के विभिन्न हिस्सों से 70 से अधिक प्रतिभागियों ने अपनी रचनात्मक प्रविष्टियाँ भेजी। पर्यावरण के लिए कार मुक्त सड़कों के महत्व के बारे में लोगों को जागरूक करने और स्थायी जीवन शैली को बढ़ावा देने के उद्देश्य से आयोजित प्रतियोगिता में प्रतिभागियों को विश्व कार मुक्त दिवस के लिए एक उपयुक्त लॉगो डिजाइन करने की आवश्यकता थी। विजेताओं को नकद पुरस्कार देकर सम्मानित किया गया। प्राचार्य डॉ. निशा भार्गव ने हमारे वातावरण पर वाहन उत्सर्जन के प्रभाव और टिकाऊ परिवहन को अपनाने की आवश्यकता पर ध्यान आकर्षित करने के लिए पर्यावरण विज्ञान विभाग की इस पहल की सराहना की। उन्होंने सुरक्षित वातावरण के लिए पैदल चलने और साइकिल चलाने को बढ़ावा देने पर भी जोर दिया।</p> 
<p>More than 70 participated in Logo Designing Competition at MCM on World Car Free Day</p> <p>The Aman Sandesh Times Network</p> <p>Chandigarh: On the occasion of World Car Free Day, the Department of Environment Science at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a National level Logo Designing Competition, held in collaboration with Chandigarh Pollution Control Committee, the competition witnessed enthusiastic response as over 70 participants from various parts of the country sent in their creative entries.</p> <p>Held with the aim to sensitise people about the importance of car free roads for the environment and to promote sustainable lifestyle, the competition required the participants to design a suitable logo for World Car Free Day. The winners were awarded cash prizes.</p> <p>Principal Dr. Nisha Bhargava lauded this initiative of the Environment Science Department for drawing attention to the impact of vehicle emissions on our atmosphere and the need for adopting sustainable transport and also stressed on promotion of walking and cycling for a safer environment.</p> 	<p>एमसीएम ने विश्व कार मुक्त दिवस मनाया</p> <p>चंडीगढ़ (अप्रस)। विश्व कार मुक्त दिवस के अवसर पर चंडीगढ़ स्थित मेहर चंद महाजन डीएवी कॉलेज में पर्यावरण विज्ञान विभाग द्वारा राष्ट्रीय स्तर पर लॉगो डिजाइनिंग प्रतियोगिता का आयोजन किया गया। चंडीगढ़ प्रदूषण नियंत्रण समिति के सहयोग से आयोजित इस प्रतियोगिता में उत्साहजनक प्रतिक्रिया देखी गई। देश के विभिन्न हिस्सों से 70 से अधिक प्रतिभागियों ने अपनी रचनात्मक प्रविष्टियाँ भेजी। पर्यावरण के लिए कार मुक्त सड़कों के महत्व के बारे में लोगों को जागरूक करने और स्थायी जीवन शैली को बढ़ावा देने के उद्देश्य से आयोजित प्रतियोगिता में प्रतिभागियों को विश्व कार मुक्त दिवस के लिए एक उपयुक्त लॉगो डिजाइन करने की आवश्यकता थी। विजेताओं को नकद पुरस्कार देकर सम्मानित किया गया। प्राचार्य डॉ. निशा भार्गव ने हमारे वातावरण पर वाहन उत्सर्जन के प्रभाव और टिकाऊ परिवहन को अपनाने की आवश्यकता पर ध्यान आकर्षित करने के लिए पर्यावरण विज्ञान विभाग की इस पहल की सराहना की। उन्होंने सुरक्षित वातावरण के लिए पैदल चलने और साइकिल चलाने को बढ़ावा देने पर भी जोर दिया।</p>	

18. Title: ANTI MALARIA DRIVES AND SANITIZATION DRIVES IN HOSTEL DURING THE PERIOD JULY - SEPTEMBER, 2021

Anti-Malaria spray: 13 July, 26 July, 13 August, 23 August, 20 September 2021

Sanitization: 13 August 2021

Cleaning of the roof area: 12 August 2021

Cleaning of Water coolers: 13 August 2021

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

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
(QUARTER III: JULY TO SEPTEMBER 2021)**

Objective:

- The key areas of washrooms, common rooms, rooms, kitchens and corridors/lawns were disinfected by treating with **Anti-Malaria spray**.
- The activity minimized the chances of mosquito breeding. Sanitization of all the blocks was carried out.
- Water coolers were cleaned to ensure the supply of clean water.

The Practice: Anti-Malaria spray drives were aimed at eradicating any chances of mosquito breeding in the hostel campus. As a result of the activity, the hostels became mosquito-free. Sanitization further ensured our efforts to keep the hostel campus clean. Drinking water coolers were cleaned to ensure the supply of clean water. The roof -top was also cleaned. Here are the date wise details of the activities undertaken.

Anti-Malaria spray: All the hostel blocks were duly disinfected with the Anti-Malaria spray - in the washrooms, rooms, common rooms, kitchens and corridors on -13/7/2021, 26/7/2021, 13/8/2021, 23/8/2021, and 20/09/2021.

Sanitization was carried out on 13 August 2021 in the hostel premises. Cleaning of all the blocks and surrounding areas was carried out on a timely basis.

Cleaning of the roof area, water coolers was carried out-12/08/2021and 13/08/2021

Outcome/Evidence of Success: Under the supervision of 4 hostel superintendents, the cleaning staff of the hostel carried out the cleaning work. The hostel was sanitized and clean drinking water supply was ensured for the inmates.

Anti-Malaria spray



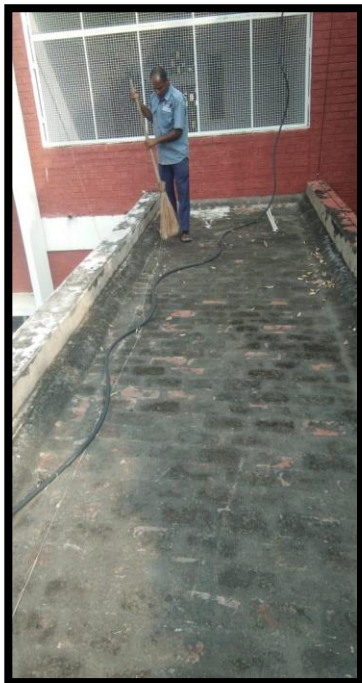
**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
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Anti-Malaria spray



Sanitization of the hostel premises

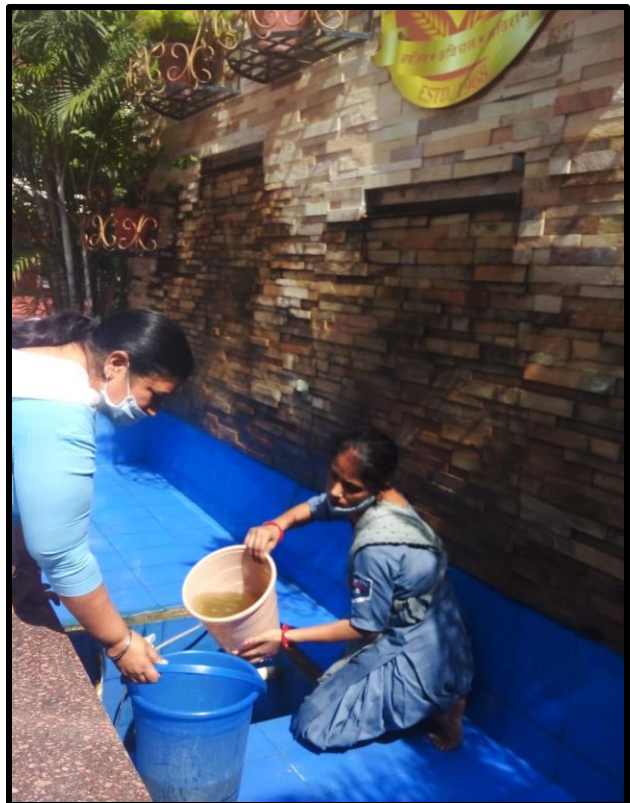
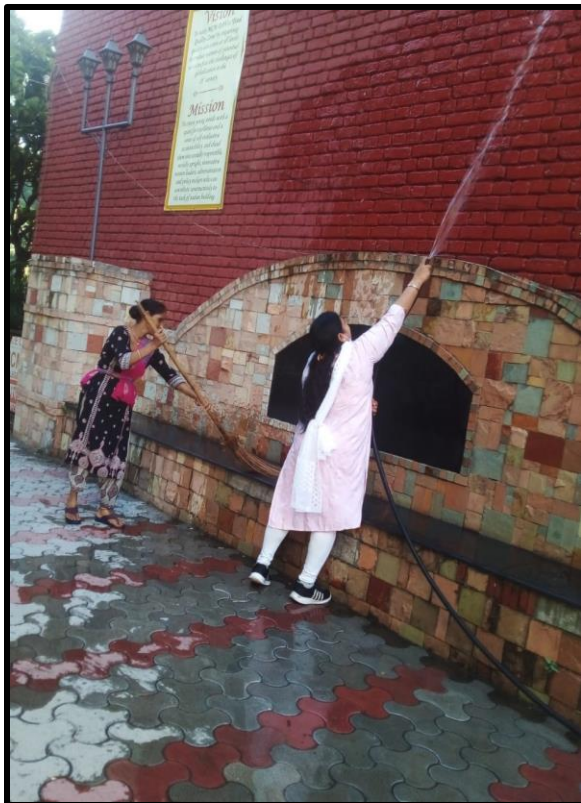


Cleaning of the roof area and water coolers

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
(QUARTER III: JULY TO SEPTEMBER 2021)**



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
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After the clarion call by our worthy Prime Minister, the college has always dedicated itself to the cause of Swachhta; in all its physical and intangible forms. Each event is planned with utmost attention to the National Mission of achieving cleanliness in all spheres. The cleansing of environmental and personal spaces and the awareness for the same has been our primary goal and every activity executed is a testimony to the same. The institution, that has always upheld the principles of Swachhta, promises to deliver more to the vision in times to come.



Prepared By:

Swachhta Report Team

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