



# RUSA

## NEWSLETTER

January 2021- December 2021

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

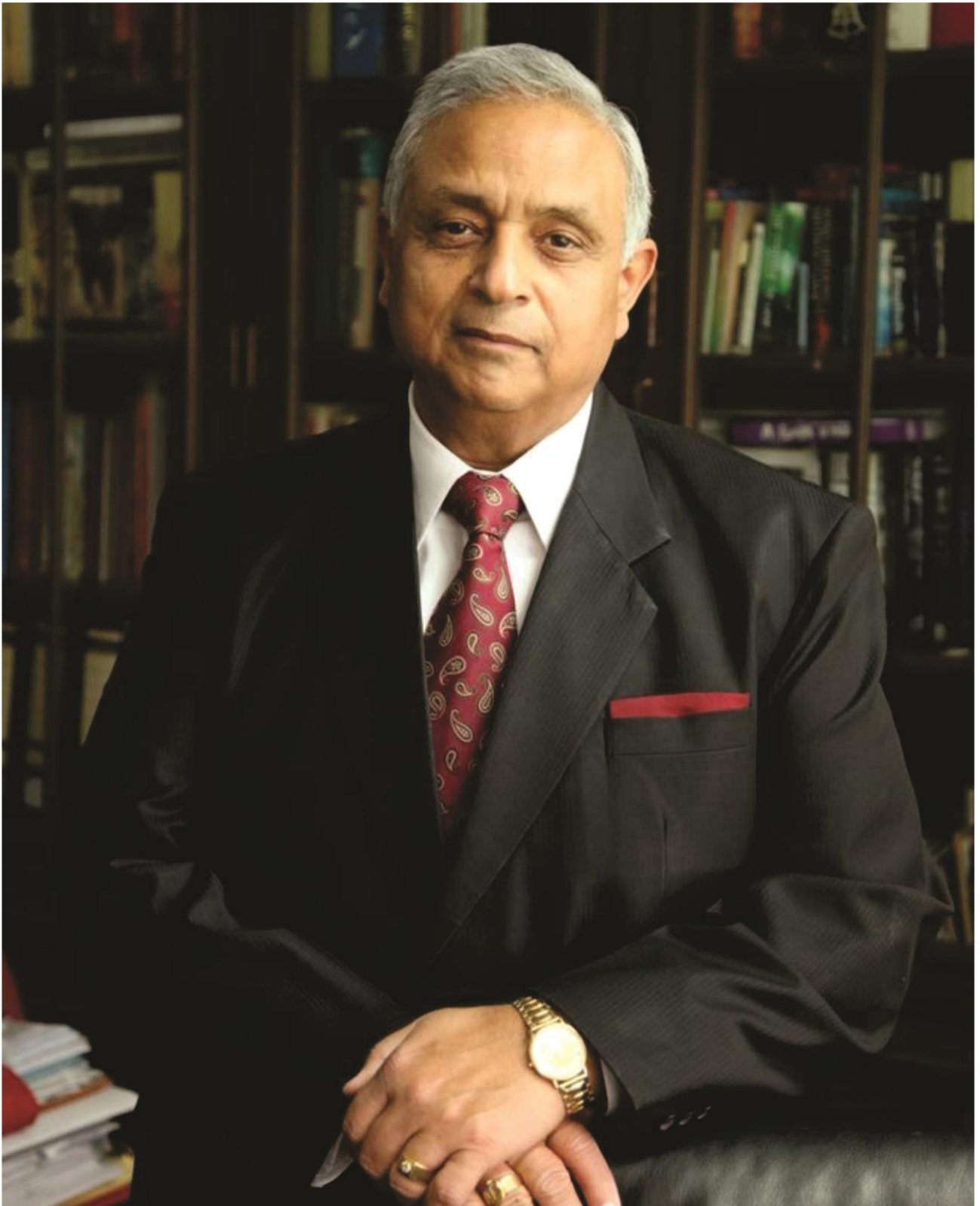
# Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI



*Our Guide and Mentor*



*Dr. Punam Suri Ji, Padma Shree Awardee*

*Hon'ble President*

*DAV College Managing Committee*

*New Delhi*



## From the Principal's Desk

I am pleased to share the RUSA Newsletter for the year 2021 as India stands on the threshold of completing 75 years of India's freedom. Our commitment to the cause of social uplift through women education remains steadfast, thanks to the glorious tradition of the DAV movement. Our academic laurels, Co-curricular accolades and sports achievements throughout our journey spanning more than 50 years have earned our institution great repute as an aspirational destination for students from India and abroad.



It is heartening to note that our academic initiatives continued unabated even though a shadow of gloom and fear loomed large due to the second wave of COVID-19. Keeping in view the redefined paradigm of education envisioned in the New Education Policy, we organised various online Workshops and Awareness Programmes under the aegis of RUSA on ICT-based pedagogical tools, Open Educational Resources, Ethics and Education and Budget 2021, to name a few.

My deepest gratitude to Dr Punam Suri Ji, Padma Shree Awardee, worthy President, DAV College Managing Committee, New Delhi, for his visionary leadership. His constant encouragement and guidance inspires us to scale new heights. I express my sincere thanks to Shri H.R. Gandhar Ji, Hon'ble Vice-President, DAV CMC, New Delhi, for his valuable insights in all our endeavours. I express my heart-felt gratitude to Shri Shiv Raman Gaur Ji, Director Higher Education, DAV CMC, New Delhi for his consistent support and blessings which we receive in ample measure.

I take this opportunity to express my gratitude to Ms. Neena Sharma, RUSA Institutional Coordinator for her focussed efforts in utilizing the RUSA Grant.

I congratulate Team RUSA for undertaking consistent academic initiatives inspite of challenging circumstances. I wish all the stakeholders a very bright future ahead.



**Dr. Nisha Bhargava**  
**[ Principal ]**

## Mission RUSA-Shaping India as a Knowledge Economy



Rashtriya Ucchttar Shiksha Abhiyan (RUSA), a flagship initiative of the Ministry of Human Resource Development (MHRD), has proved to be a catalyst in restructuring the higher education edifice. Preparatory grant has played a significant role in reskilling faculty, support staff and students whereas Infrastructure grant has been pivotal in qualitative transformation of the institutional resources.

New Education Policy 2020 aims at giving an impetus to research and innovation which will establish India as a knowledge economy at a global arena. Strategic planning and immaculate implementation must go hand in hand to refurbish the education sector in India. Keeping this in mind, various programmes in the online mode were undertaken in 2021. Workshops and Awareness Programmes pertaining to diverse academic fields were organised by the institution under the aegis of RUSA. As COVID-19 blurred the boundaries of distance, all our programmes garnered huge response from different states and countries. It was truly a very humbling experience for our team.

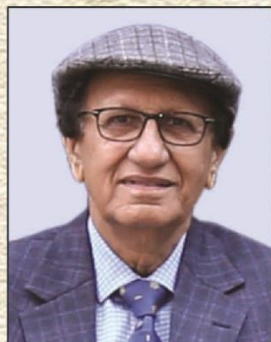
I express my sincere thanks to our Principal, Dr Nisha Bhargava, who led by example and kept us motivated even in the most dismal situations. I acknowledge the contribution of all my team members for their committed endeavours in organising the programmes.

Let's all work together to enrich lives through education. Amen!

**Neena Sharma**  
Associate Professor &  
Institutional Coordinator (RUSA)



# RUSA BOARD OF GOVERNORS & SPECIAL INVITEE



**Sh. H.R. Gandhar**  
Hon'ble Vice President  
DAV College Managing Committee  
Chitra Gupta Road, New Delhi



**Dr. Nisha Bhargava**  
Fellow, Panjab University, Chandigarh  
&  
Principal, MCM DAV College for Women  
Sector 36-A, Chandigarh (U.T.)



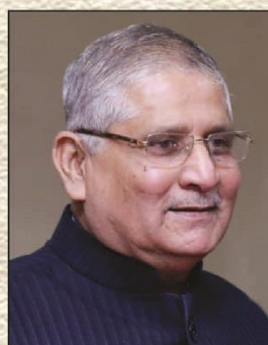
**Dr. Dalip Kumar**  
Additional State Project Director  
(RUSA)  
Chandigarh Administration



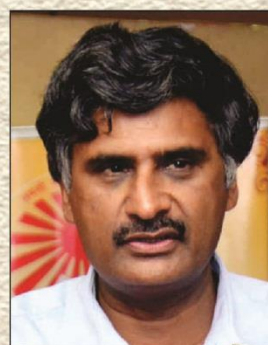
**Mr. Vivek Atray *ex IAS***  
Author and Motivational Speaker  
Panchkula (Hr.)



**Prof. Ravinder Kumar Singla**  
Chairperson  
Department of Computer Science  
& Applications  
Panjab University, Chandigarh (U.T.)



**Prof. Suresh Kumar Chadha**  
University Business School  
Panjab University, Chandigarh (U.T.)



**Prof. Sanjeev Kumar Sharma**  
University Institute of  
Applied Management Sciences  
Panjab University, Chandigarh (U.T.)



**Prof. Rama Krishna Challa**  
Head, Dept. of Computer Sc. & Engg.  
National Institute of  
Technical Teachers Training & Research  
Chandigarh (U.T.)



# RUSA BOARD OF GOVERNORS



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Filmmaker, Writer & Journalist  
Chandigarh (U.T.)



**Dr. Namita Gupta**  
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Department of Physics  
MCM DAV College for Women  
Sector 36-A, Chandigarh (U.T.)



**Dr. Vibha Sharma**  
Head and Associate Professor  
Department of Public Administration  
MCM DAV College for Women  
IQAC Chief Coordinator  
Sector 36-A, Chandigarh (U.T.)



**Mrs. Shashi P. Bansal**  
Librarian  
MCM DAV College for Women  
Sector 36-A, Chandigarh (U.T.)



**Mrs. Neena Sharma**  
Institutional Coordinator (RUSA)  
&  
Associate Professor  
Department of English  
MCM DAV College for Women  
Sector 36-A, Chandigarh (U.T.)



**Mrs. Vandana Syal**  
Associate Professor  
Dept. of Computer Sc. & Applications  
MCM DAV College for Women  
Sector 36-A, Chandigarh (U.T.)



**Ms. Chavi**  
President, Students' Council  
MCM DAV College for Women  
Sector 36-A, Chandigarh (U.T.)



# INSTITUTIONAL RUSA COMMITTEE



**RUSA Institutional Co-ordinator**

Ms. Neena Sharma

**Nodal Officers:**

**Civil works & Environment Management**

Dr. Mini Grewal

Dr. Sarabjeet Kaur

**Procurement**

Dr. Swati Sidana

Dr. Purnima Bhandari

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Ms. Madhvi Bajaj

Dr. Nidhi Tanwar

**Equity Assistance &  
Plan implementation**

Dr. Gagandeep Kaur

Dr. Gurjeet Virk Sidhu

**Academic activities**

Dr. Komil Tyagi

Dr. Kanika Sofat

**RUSA Newsletter**

Dr. Mamta Ratti

Dr. Ketaki Dwivedi

Dr. Preeti Gambhir

Mr. Ashish Mudgal

**Technical Assistance & Correspondence**

Mr. Ashish Mudgal

**Maintaining data for  
SHEC and AISHE portal**

Mr. Surjit Singh

**Accounts and Record Keeping**

Mr. Pawan Sharma

Mr. Pawan Kumar (Accounts)



**Workshop on workshop on Ethics & Plagiarism**  
**Conducted by the Department of English**  
**7<sup>th</sup> January, 2021**

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

RASHTRIYA UCHCHATAR SHIKSHA ABHIYAN (RUSA)  
*sponsored*  
ONLINE WORKSHOP-CUM-AWARENESS PROGRAMME  
*on*  
**ETHICS AND PLAGIARISM**  
*organized by*  
DEPARTMENT OF ENGLISH

**RESOURCE PERSON**  
**PROF. DEEPTI GUPTA**  
CHAIRPERSON  
DEPT. OF ENGLISH & CULTURAL STUDIES  
PANJAB UNIVERSITY, CHANDIGARH (U.T.)  
&  
HONORARY COORDINATOR  
CENTRE FOR SKILL DEVELOPMENT &  
ENTREPRENEURSHIP, PANJAB UNIVERSITY,  
CHANDIGARH (U.T.)

Click below to register for 7 January 2021 at 11:00 am  
<https://forms.gle/yu9pfZtnzNCXKv2Q6>

Ms. Neena Sharma  
Institutional Coordinator (RUSA)

Ms. Anuradha Kohli  
Head, Dept. of English

Dr. Nisha Bhargava  
Convener & Principal

The Postgraduate Department of English of Mehr Chand Mahajan DAV College for Women organised a Rashtriya Uchhatar Shiksha Abhiyan (RUSA) sponsored workshop-cum-awareness programme on 'Ethics and Plagiarism'. Prof. Deepti Gupta, Chairperson, Department of English and Cultural Studies, Panjab University, Chandigarh was the resource person for the programme that witnessed an overwhelming response of more than 1619 participants from 11 countries and 28 Indian states and UTs. In an informative session, Prof. Gupta highlighted the significance of maintaining high ethical standards while writing research papers and theses. Drawing from her vast experience as a research

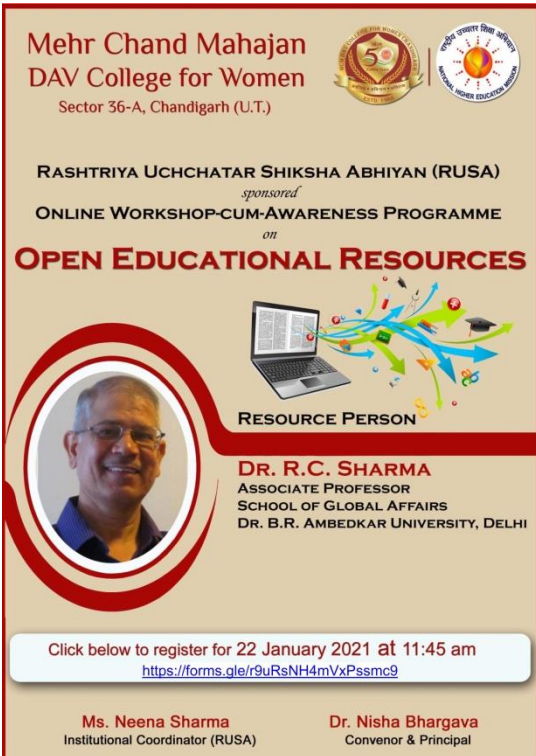
supervisor, she narrated incidents of gross plagiarism which marred the career of researchers. She apprised the participants about various types of plagiarism in practice including cyber plagiarism and self-plagiarism. Prof. Gupta gave a hands-on exercise to the participants to demonstrate the art of acknowledging other writers' ideas.



Principal Dr Nisha Bhargava appreciated the efforts of RUSA and the Department of English for undertaking this academic initiative and highlighted the fact that ethical practices must be followed in order to maintain the sanctity of research in this age of information and technology.



## Workshop on Open Educational Resources 22<sup>nd</sup> January, 2021



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

RASHTRIYA UCHCHATAR SHIKSHA ABHIYAN (RUSA)  
sponsored  
ONLINE WORKSHOP-CUM-AWARENESS PROGRAMME  
on  
**OPEN EDUCATIONAL RESOURCES**

RESOURCE PERSON

**DR. R.C. SHARMA**  
ASSOCIATE PROFESSOR  
SCHOOL OF GLOBAL AFFAIRS  
DR. B.R. AMBEDKAR UNIVERSITY, DELHI

Click below to register for 22 January 2021 at 11:45 am  
<https://forms.gle/r9uRsNH4mVxPsmc9>

Ms. Neena Sharma  
Institutional Coordinator (RUSA)

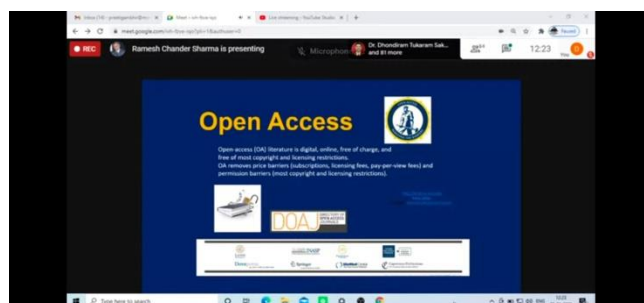
Dr. Nisha Bhargava  
Convenor & Principal

Mehr Chand Mahajan DAV College for Women organised a Rashtriya Uchchatar Shiksha Abhiyan (RUSA) sponsored online workshop cum awareness programme on Open Educational Resources (OER). Dr. Ramesh C. Sharma, Associate Professor, School of Global Affairs, Dr. B. R. Ambedkar University, Delhi was the resource person for this informative workshop. Participants from India as well as abroad benefitted from the workshop. Beginning the workshop with an introduction to Intellectual Property, Dr. Sharma went on to elaborate upon the meaning of OER and its potential for revolutionising the learning outcomes, what qualifies as OER, open access literature and

software, and the OER evaluation criteria. With an exhaustive list of examples of OER, Dr. Sharma gave the participants a panoramic view of the open access resources available for curating content. The queries of the participants were suitably addressed by the expert.



Principal Dr. Nisha Bhargava highlighted the relevance of this workshop by stating that OER have become an important part of educational delivery as there are hundreds of OER repositories that allow teachers and students to use and adopt content.





**Awareness Programme on Budget 2021**  
**Conducted by the PG Department of Economics**  
**10<sup>th</sup> February, 2021**

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

Union Budget  
2021

Online Awareness Programme  
on  
BUDGET 2021  
being organized by  
PG Dept of Economics  
Under the aegis of  
Rashtriya Uchcharat Shiksha Abhiyan (RUSA)  
on  
10th February 2021 at 11:00 am

Resource Person  
**Mrs. Rama Kashyap**  
Former Head & Associate Professor  
Department of Economics  
Mehr Chand Mahajan DAV College for Women  
Sector 36-A, Chandigarh

Click below on the scheduled date and time to join us :  
<https://meet.google.com/kwz-xwoj-zrf>

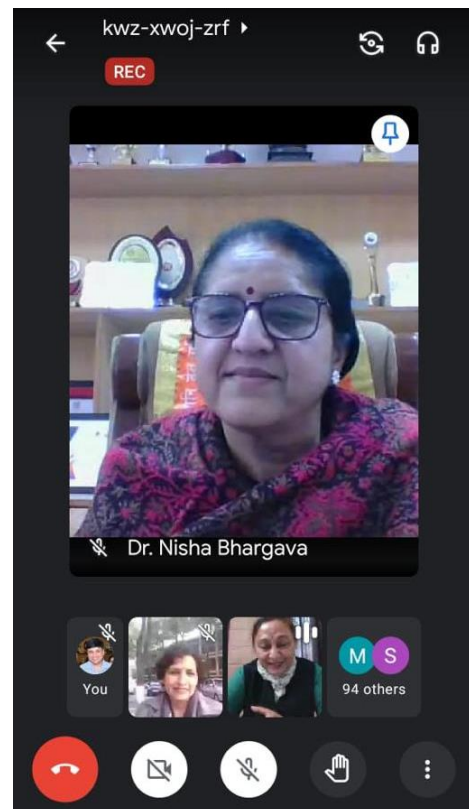
Ms. Madhvi Bajaj  
Head & Associate Professor  
PG Dept. of Economics

Ms. Neena Sharma  
Institutional Coordinator (RUSA)

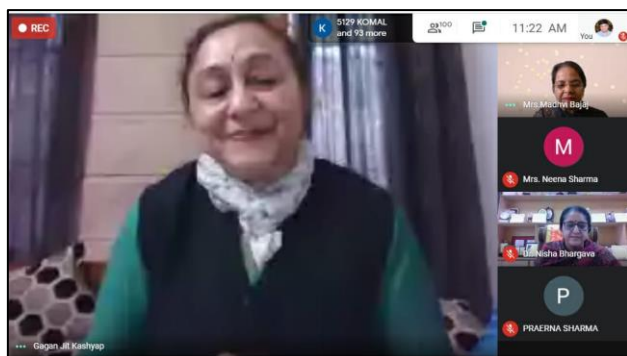
Dr. Nisha Bhargava  
Convener & Principal

The Post Graduate Department of Economics at Mehr Chand Mahajan DAV College for Women, under the aegis of Rashtriya Uchcharat Shiksha Abhiyan (RUSA) organized an online lecture on Budget 2021 with a view to enlighten students about the highlights of the current Union Budget. Mrs Rama Kashyap, Former Head of the Department and Associate Professor, PG Department of Economics of the college was the speaker for this informative lecture. The session commenced with appreciative and inspiring words of Principal Dr. Nisha Bhargava who complimented the organizers for initiating discussion on such an important issue. Dr. Bhargava highlighted the importance of

considerate understanding of Budget in a precise manner. Mrs. Rama Kashyap highlighted the plenty elasticity and resilience potential of the Budget 2021. She also emphasized on every nitty-gritty of the annual financial statement followed by an elaborative explanation from the perspective of Indian economy. The expert eloquently quantified the past challenges being faced by the Indian economy due to COVID-19 and the current Budget's importance in overcoming the lockdown losses. Remarking that all sense in economics goes in capital formation, pushing the economy out of debt-trap, Mrs. Kashyap said that some severe and deep-rooted glitches will prove to be enormous challenge for the Indian Economy to overcome in the future course of time.



She concluded on an optimistic message that innovative development works are to be readily required to generate industrious employment opportunities and added that Budget is not a magic wand, unless and until all the money and intentions are put in action, it cannot work intendedly.



The talk acquainted the students with the performance of different sectors of the Indian Economy and the policy framework governing them. The lecture provided the faculty and students with profound insights into the Budget 2021. This educational session recorded the

presence of over 100 participants from across various courses.

The programme successfully concluded with a formal vote of thanks by Ms Madhvi Bajaj, Head of the PG Department of Economics. The session enhanced the knowledge quotient of the participants on various challenges cum opportunities of Budget 2021 concerning economic perspectives of the Indian Economy.



**Awareness Programme on  
Literary Movements and Periodization: Negotiating Challenges**  
12<sup>th</sup> February, 2021



The poster is for an awareness programme organized by Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh (U.T.). It is sponsored by the Rashtriya Uchchar Shiksha Abhiyan (RUSA). The programme is titled 'Literary Movements and Periodization: Negotiating Challenges' and is scheduled for 12th February 2021, from 11:30 am to 1:00 pm. The resource person is Prof. Praveen Sharda, University School of Open Learning, Panjab University Chandigarh. A Google Meet link is provided for joining the session. E-certificates will be given to participants who fill a feedback form at the end of the session. The poster also mentions Ms. Neena Sharma as the Institutional Coordinator (RUSA) and Dr. Nisha Bhargava as the Convenor & Principal.

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

Rashtriya Uchchar Shiksha Abhiyan (RUSA) - Sponsored  
Online Awareness Programme

on  
**Literary Movements and Periodization:  
Negotiating Challenges**

Date: 12th February 2021  
Time: 11:30 am to 1:00 pm

Resource Person  
**Prof. Praveen Sharda**  
University School of Open Learning  
Panjab University Chandigarh

Click below on the scheduled date and time to join us :  
<https://meet.google.com/epm-fgnb-xgc?hs=224>  
E-certificates will be given to the participants who  
fill the Feedback Form at the end of the session.

Ms. Neena Sharma  
Institutional Coordinator (RUSA)

Dr. Nisha Bhargava  
Convenor & Principal

Mehr Chand Mahajan DAV College for Women, Chandigarh, organised RUSA-Sponsored Online Awareness Programme on Literary Movements and Periodization: Negotiating Challenges. Prof Praveen Sharda, Coordinator, English Department, University School of Open Learning (USOL), Panjab University, Chandigarh, was the Resource Person. Prof Sharda dwelt upon the complexities of dividing literature into different periods as texts written during the same period may have no resemblance, and thus cannot be historically defended. She gave examples of Olsen, O'Hara and Allen Ginsberg to illustrate her perspective. In an enriching session, Prof Sharda

answered the queries of the participants by citing various examples. Principal Dr Nisha Bhargava appreciated the pivotal role of RUSA in quality enhancement initiatives.

**Awareness Programme on the art of official communication**  
**Conducted by the Young Communicators Club (YCC)**  
**18<sup>th</sup> February, 2021**

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

**RUSA**  
(Rashtriya Uchcharat Shiksha Abhiyan)  
*Sponsored*  
Online Workshop-cum-Awareness Programme  
on  
**The Art of Official Communication:  
How **NOT** to Communicate**

*organized by*  
Young Communicators Club of  
Mehr Chand Mahajan DAV College for Women, Chandigarh  
Mark your calendar for **18 Feb 2021 at 12 Noon**

Resource Person  
**Mr. Vivek Atray ex IAS**  
Author, Motivational Speaker &  
Chairman, Public Relation Council of India  
Chandigarh Chapter

Click below to  
register yourself  
<https://forms.gle/2byCEHJ6Ts7CqGKP9>

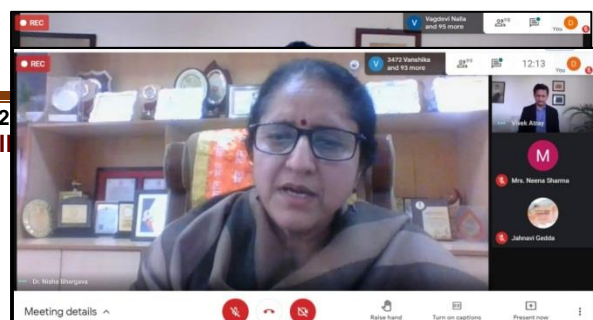
**Dr. Nisha Bhargava**  
Convener & Principal

**Ms. Neena Sharma**  
Institutional Coordinator (RUSA)

**Dr. Manjot Kaur**  
Institutional Counsellor (YCC)

**Dr. Preeti Gambhir**  
Institutional Coordinator (YCC)

The Young Communicators Club (YCC) of Mehr Chand Mahajan DAV College for Women, in association with Public Relations Council of India (PRCI), organised a Rashtriya Uchhatar Shiksha Abhiyan (RUSA) sponsored online Workshop-cum-Awareness Programme on 'The Art of Official Communication: How NOT to Communicate'. President, Chandigarh Chapter of PRCI, Ex-IAS, author and motivational





speaker, Mr Vivek Atray was the resource person for this engrossing programme. The programme saw an overwhelming response as more than 1300 participants registered for it from across India and 19 countries such as USA, Costa Rica, Oman, Philippines, Nigeria, UAE, Malaysia, Ghana, Bangladesh, Pakistan and Sri Lanka. Inaugurating the workshop, Principal Dr. Nisha Bhargava appreciated this initiative to promote communication as an asset for ushering positive changes in the society. Dr. Bhargava highlighted the immensely significant role of communication in various aspects of one's life, official aspect being one of them, and urged the youth to hone their communication skills for success in life. Mr. Atray drew on his vast experience as a bureaucrat to highlight the common communication blunders which can result in the loss of position, reputation and relationships. He urged the participants to foster healthy environment at workplace by being respectful towards colleagues, irrespective of their position or gender. He dwelt at length on maintaining e-mail etiquettes as, in a fast-paced world, organizational reputation depends primarily on the subtleties of desirable communication.

### **3 Day Lecture series on Development Conducted by PG Department of Sociology 23<sup>rd</sup> February, 2021**

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

Rashtriya Uchchatar Shiksha Abhiyan (RUSA) sponsored 3 Day Online Lecture Series on  
**Issues Related to Development**  
organized by PG Department of Sociology  
Date: 23-2-2021 to 25-2-2021 Time : 11:00 am to 12:30 pm

Day 1 (23 February 2021). Rethinking Development Post Pandemic  
Day 2 (24 February 2021). Gender and Development  
Day 3 (25 February 2021). Contemporary Theories of Development

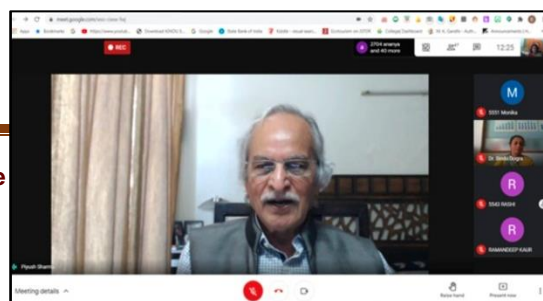
*Resource Person*  
**Prof. S.L. Sharma**  
Eminent Sociologist  
& Director (Research)  
IDC, Chandigarh

Dr. Nisha Bhargava  
Convener & Principal  
Ms. Neena Sharma  
Institutional Coordinator (RUSA)  
Dr. Bhavna Sood  
Co-Convener  
Dr. Bindu Dogra  
Dr. Ramandeep Kaur  
Dr. Preeti Gambhir  
Coordinators

The PG Department of Sociology organised a RUSA sponsored 3-day Lecture Series on 'Issues related to Development' by eminent sociologist Prof. S L Sharma, Director-Research, IDC, Chandigarh. Speaking on this occasion, Principal Dr. Nisha Bhargava highlighted the relevance of this series by drawing attention to the prolonged debate on issues pertaining to growth

and development, and unequal benefits of development for women. Stressing on the need for inclusive development, Dr. Bhargava asserted that assuring uniform human rights irrespective of gender, status, etc. are the basis of building human capabilities that ultimately lead to equitable development. The 3 days witnessed intellectually invigorating sessions on Rethinking Development Post Pandemic, Gender and Development, and Contemporary Theories of Development, respectively.

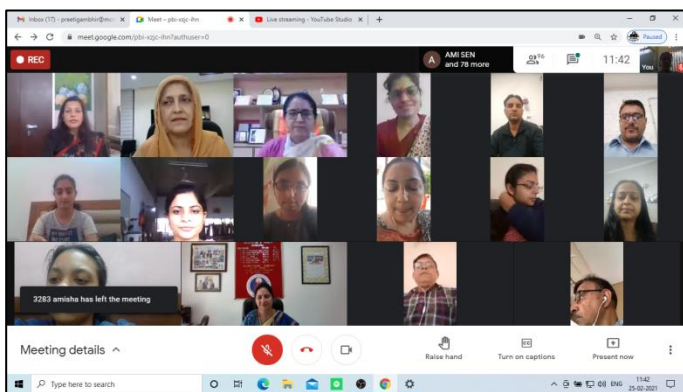
On the first day, shedding light on the four main conceptions of development i.e. economic



growth, ecological sustainability, human development and structural transformation, Prof. Sharma impressed upon the need for a composite, holistic, integrated notion of development. He said that it is imperative to discover areas of interconnectedness between different paradigms of development for a wholesome concept of development. Speaking on the second day, Prof. Sharma reiterated the pertinence of understanding developmental impacts on women and feminists' critique and suggested that patriarchal, capitalist models of development have been detrimental to gender development. On day 3, the expert dwelled on the contemporary theories of development- Neo liberalist and Statist. He observed that both the theories suffer from lacuna and emphasise on developmental model that neglected human development and added that the development model that has been followed has led to social degradation and value decadence.

**Workshop-cum-Awareness Programme on  
Character Building through Education with special reference to  
National Education Policy - 2020**

**25<sup>th</sup> February, 2021**



Mehr Chand Mahajan DAV College for Women organised a RUSA sponsored online workshop cum awareness programme on 'Character Building through Education with special reference to National Education Policy 2020'. Besides envisioning to discuss the role of

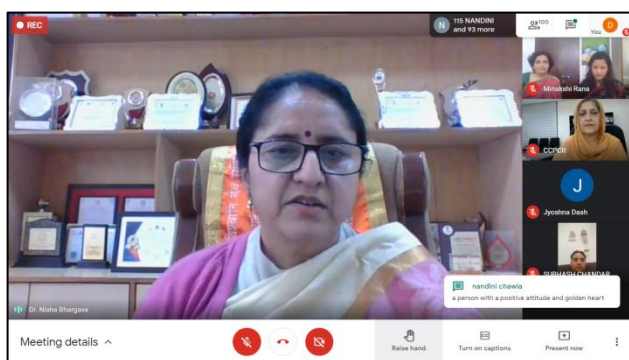
education in character building, the programme sought to deliberate upon policy implications for character building and the rich Indian History and Culture as a crucial element for character building.

Organised in collaboration with Vidarbha College of Arts, Commerce & Science, Jiwati, Chandrapur, Maharashtra, the workshop recorded 1100 registrations from countries including Sri Lanka, Ghana, Philippines, Pakistan, Malaysia, Libya, Bangladesh, Afghanistan, Nigeria and Iraq, and different states of India including Punjab, Haryana, Jharkhand, Chattisgarh, Maharashtra, Andhra Pradesh, Tamil Nadu, Karnataka, Kerala,



Gujarat, Rajasthan, Uttar Pradesh, Madhya Pradesh, Himachal Pradesh, Assam, Meghalaya, West Bengal, Jammu Kashmir, Delhi and Uttarakhand.

The Chief Guest for the programme was Ms. Harjinder Kaur (Chairperson, Chandigarh Commission for Protection of Child Rights, Chandigarh) and the resource persons were Dr. Nisha Bhargava (Principal, Mehr Chand Mahajan DAV College for Women, Chandigarh), Dr. Sapna Nanda (Principal, Government College of Yoga Education and Health, Chandigarh) and Dr. Sudhi Mandloi (Assistant Professor, Department of History, Visva Bharati University, Santiniketan, West Bengal).



The inaugural address was delivered by Dr. Nisha Bhargava who explained eloquently the interrelationship between character formation and education, and how education leads to holistic development of students. Reiterating the need to have a vision in life, Dr. Bhargava shed light on the endeavours undertaken by MCM in the direction of character building under the aegis of its Charitra Nirman Committee. She ended her session with a self composed poem which gave the message to live in harmony with nature and remain hopeful in these testing times.



Speaking on the Policy Implications for Character Building through Education, Ms. Harjinder Kaur started her session with a short movie on how a teacher can influence the personality of students. She talked about the need to follow a comprehensive and proactive approach in education and delved on the rich legacy of education system of our country and focused on the key elements in NEP 2020 which resounded these values.

In her session on Practice of Yoga for Mindfulness, Dr. Sapna Nanda spoke about how the practice of yoga helps in leading fulfilling lives. She also talked about elements like Vairagya and Karuna which help to create self awareness.

Reflecting upon rich Indian History and Culture for Character Building, Dr. Sudhi Mandloi spoke about how our rich tradition guides us to remain focused on the sublime values that our 'Dharma' teaches us. She said that composite culture is the hallmark of our culture and we should continue to live up to these ideals.

## **e-Workshop on Yoga and Meditation** 17<sup>th</sup> March, 2021

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

**Food For Mind, Body and Soul**  
A Hands-on Training-cum-workshop on  
**Yoga and Meditation**  
Organized under the aegis of  
Rashtriya Uchcharat Shiksha Abhiyan (RUSA)

**Resource Persons:**

<p><b>Dr. Gunanidhi Sharma</b> Govt. College of Yoga Education &amp; Health Chandigarh (U.T.)</p>	<p><b>Ms. K. Monarita</b> Yoga Instructor &amp; International Player of Yoga</p>
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The word "yoga" means "to unite" and refers to the fusion of body, mind and soul through meditation, breathing and physical postures. The postures, also called asanas, belong to a branch of yoga called hatha yoga. Although yoga has been around for centuries, reaping its rewards doesn't take long at all: Just a few minutes of practice at the end of a long day can help stretch and relax sore muscles. Practiced regularly, yoga can be a powerful way to relieve anxiety and cope with everyday stress. Mehr Chand Mahajan DAV College for Women invites you to participate in Rashtriya Uchcharat Shiksha Abhiyan (RUSA) – Sponsored A Hands-on Training-cum-workshop on Yoga and Meditation on 17 March 2021 at 4:00 pm. e-Certificates will be awarded to those who fill up the feedback form. The link of the feedback form will be shared during the session.

Join us on 17th March 2021 at 4:00 pm by clicking the following link  
<https://meet.google.com/lookup/gsn7ccmoio>

<p><b>Dr. Anubhuti Sharma</b> Ms. Sunita Kumari Programme Coordinators</p>	<p><b>Ms. Neena Sharma</b> Institutional Coordinator(RUSA)</p>	<p><b>Dr. Nisha Bhargava</b> Convener &amp; Principal</p>
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Mehr Chand Mahajan DAV College for Women organised a Rashtriya Uchcharat 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.

## **Workshop on Online Assessment Tools** 22<sup>nd</sup> March, 2021

The poster features a dark blue background with a large red and white graphic element. At the top left, it identifies the host as Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh (U.T.), and includes the college's 50th anniversary logo and the RUSA logo. The central text reads: 'Rashtriya Uchchatar Shiksha Abhiyan Sponsored Online Workshop on Online Assessment Tools: A step forward...'. Below this, a circular inset shows a laptop and an open book. The date and time are listed as 'Date: 22 March 2021' and 'Time: 11:30 am to 1:00 pm'. A circular portrait of Dr. K. Thiyagu is shown next to his name and title: 'Resource Person, Dr. K. Thiyagu, Department of Education, Central University of Kerala (Kerala) India'. A registration note states: 'Prior registration is mandatory. Click below to register yourself: <https://forms.gle/unAppzjiMolunRUZ7>'. At the bottom, it lists 'Ms. Neena Sharma, Institutional Coordinator (RUSA)' and 'Dr. Nisha Bhargava, Convener & Principal'.

Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a RUSA-Sponsored Faculty Development Workshop on '**Online Assessment Tools: A Step Forward**' to apprise the teaching fraternity about various Assessment tools which can make a qualitative addition to the Online Assessment in view of COVID 19. Dr K Thiyagu, Instructional Design Expert from the Central University of Kerala deliberated on the challenges involved in Online Assessment and dwelt on the relevance of various testing tools. This academic endeavour saw an overwhelming response as more than 2300 enthusiastic participants from all the Indian states and from 29 countries registered for

this workshop.

Dr Thiyagu reinforced the need for teachers to develop DQ, that is, Digital Quotient as the pandemic has altered the academic spectrum all across the globe. He emphasised that teachers can add quiz and polls and use tools like Slido, Testzmov, Meeting Pulse and

Kahoot etc in order to make teaching more interactive. By giving hands on practice, he involved all the participants and demonstrated the way camera can be used for keeping a check on the unethical practices during the process of online assessment. He addressed the queries of the participants at the end of the session.

Principal Dr Nisha Bhargava appreciated the efforts of RUSA Team for undertaking this academic endeavour and exhorted the participants to hone their skills in a fast-paced technology- driven world.





## Mehr Chand Mahajan DAV College for Women

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