

HUMANS IN CAPTIVITY
NOT THE SOULS!



MEHR JYOTI

COVID RESPONSE EDITION - 2020



MEHR CHAND MAHAJAN
DAV College for Women
Sector 36-A Chandigarh-160036



Our Beacon of Light



MAHARISHI SWAMI DAYANANDA SARASWATI

Our Guide and Mentor



Dr. Punam Suri Ji, Padma Shree Awardee

**Hon'ble President
DAV College Managing Committee
New Delhi**



बस कुछ और पल!

ख़त्म होने को है मुश्किल वक़्त रखना हौसला
रुकने वाला है ग़मों और गर्दिशों का सिलसिला

फिर से मन उपवन में नए फूल खिलखिलाएँगे
ये उदास मौसम दोबारा फिर से मुस्कुरायेंगे ।

पतझड़ में सूखे पात सावन में फिर हरे होंगे
फिर से दिलों में आशा के रंग भरे होंगे ।

बगिया में कोयल फिर कूकने को आयेगी
फिर से बुलबुल खुशी के गीत गायेगी ।

निराशा की लहर लंबी सही कहां तक चल पाएगी
मायूसी की काली रात अब जल्द ही ढल जाएगी ।

मगर ये ध्यान रहे कि तेरे पाँव न रुकने पायें
किसी मुश्किल के आगे तेरा शीष न झुकने पाये ।

सदा कठिन ही होती है परीक्षा की घड़ी
बड़ा परिश्रम करने पर ही मिलती है जीत बड़ी ।

हर कदम विश्वास रख आगे बढ़ा चल
ख़त्म होने को है मुश्किल बस और कुछ पल!

ख़त्म होने को है मुश्किल बस और कुछ पल!

—डॉ निशा भार्गव

One feels a bit decentred and overwhelmed when it comes to jotting down one's thoughts on the preceding year. Mixed thoughts, bewilderment, emotional overload and uncertainties sweep across the mind in one quick flash, yet 'never say die' spirit peeps through the recesses of heart and mind.

COVID-19 pandemic gripped and ripped the whole world in 2020 and it is still creating ripples in our lives, though less intensely than the lockdown days. The global phenomenon that COVID-19 has been is clearly foreseen to cast deep and life-changing effects on the after-world for a long time. But as it is said, 'every dark cloud has a silver lining', this pandemic also has dawned many revelations upon us pertaining to our existence and responsibilities as human beings on this planet. Some seriously required urgencies are pressed upon our collective human consciousness which were thereto been ignored since a long time back. Face masks, social distancing, isolation, online education became conspicuous markers of the 'new normal' in our shared life experience of 2020, where different societies and organisations dealt with it in their individual ways.

We, at MCM, also chalked and organised our response to COVID-19 in some specific ways according to our Vedic philosophy and traditional roots. Logistics had to be changed, strategies had to be reconsidered, the whole organisational working style had to be reorganised, yet utmost care was to be taken to safeguard the interests of our dear students. So here I pen down with immense satisfaction and pride that not only did Team MCM adhere religiously to all the advisories and regulations implemented by Govt of India from time to time but also came up with unique and innovative ideas to deliver best services for our stakeholders in particular and society in general. As per our tradition we were at the fore-front of the Community-Service during these tough times and we wholeheartedly made all efforts to contribute to the country's fight against the pandemic. This issue of Mehr Jyoti, our college's annual magazine, very pertinently named as COVID-RESPONSE EDITION, documents and showcases our response to COVID-19 during the challenging lockdown days.

As a humble give back to our motherland, MCM family contributed its share of gratitude to PM CARES Fund. The college also witnessed an enthusiastic and sincere participation by its faculty members and students in Govt led initiatives and awareness drives from time to time. It is indeed a matter of immense gratification that our college has been certified by GOI as a recognised Social Entrepreneurship, Swachhta & Rural Engagement Cell (SES REC) Institution and also a recognised Swachhta Action Plan Institution. This year College received Letter of Appreciation by NITTTR(Chandigarh) for its remarkable contribution under Unnat Bharat Abhiyan during the session. Apart from being recognised and certified for various community service ventures, College also signed MoU with London School of Management Education (LSME) with the main objective of enriching academic and research ecosystem through international collaborations and has also signed MoU with PGIMER (Chandigarh) to promote innovations in the field of human health and well-being.

Throughout the session our Online Platform was productively and effectively contributing to education and psychological well-being of our stakeholders through International and National Webinars, Talks and Competitions, which are duly showcased in the magazine. I heartily welcome you to read this special edition and be a part of our illustrious journey.

Dr. Nisha Bhargava
PRINCIPAL

From the Chief Editor

*It's your reaction to adversity, not adversity itself
that determines how your life's story will develop*
- Dieter F. Uchtdorf



2020 brought something unprecedented and unknown into our lives with a thud. Our lives suddenly came to standstill. Uncertainty loomed large on our minds with each passing day, and everything seemed to be out of place at one point. Glued to our TVs, mobile phones and laptops, we kept tight surveillance on latest news updates, and the heaping high numbers of pandemic victims multiplied our worries. Undoubtedly, COVID-19 has affected each and every person around the world in one way or the other. However, students were among the worst sufferers. With educational institutes being shut immediately in the month of March, teachers and students were parted from each other for almost one complete session. But perseverance characterises the essence of being human, and adaptation is the key to survival. We all fought the battle and responded to the situation in our own individual ways. This edition of the magazine is dedicated to this relentless human spirit of fighting back with determination and resilience.

The COVID RESPONSE EDITION of *Mehr Jyoti* records MCM's response to the Pandemic. Committed to its tradition of delivering best services to its stakeholders, Mehr Chand Mahajan DAV College for Women, adapted its ways and adopted new methodologies in the field of teaching-learning in the year 2020. Initial pages of magazine showcase 'During Lockdown' i.e., activities from April to December and 'Before Lockdown' i.e., activities from January to March, followed by the regular segments. Team MCM, under the able leadership of madam Principal, Dr Nisha Bhargava, left no stone unturned to adopt innovative methods, and consequently excelled in the field of online teaching-learning too. The magazine showcases all the major national and international webinars, conferences, workshops, bridge courses and FDPs along with community service initiatives which were conducted throughout the year.

The journey of this edition from its inception to completion has been accomplished under the able tutelage of Dr Nisha Bhargava, the Principal. Even tough tasks seem easy under her guidance and support as she is a patron of free-will, innovation and creativity, extending her support at all times. I am indebted and grateful to her. I am also thankful to all the members of the editorial board who have contributed immensely to this endeavour. I am all praise for the student editors for their earnest efforts despite the upending times.

I would also like to appreciate Mohindra Publishers, especially Mr Surjeet, for his cooperation and diligence.

Wishing you health and happiness!

Dr Zeenat Khan
Chief Editor- Mehr Jyoti



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A TRIBUTE ...



MCM organised a havan ceremony to pay rich tributes to Shri R S Sharma, Honourable General Secretary-DAV College Managing Committee (DAV CMC) New Delhi. Shri H R Gandhar, Senior Governing Body Member and Vice President DAV CMC, Dr Nisha Bhargava, Principal of the college and Staff members prayed for the eternal peace of the immaculate soul

PATIENCE, PERSEVERANCE AND FAITH

Celebrating Free Human Spirit in Captive COVID



शरण प्रभु की!

मानव ने अपने जीवन में कष्ट कोई जब पाया
शरण प्रभु की आ जाऊँ यह ध्यान उसे तब आया ।
अज्ञात शत्रु जब वार करे तो सावधान हो जाना
पहले घर के भीतर फिर मन के अंदर हो आना ।
माता पिता प्रत्यक्ष मिलें तो चरणस्पर्श कर लेना ।
परम पिता परमेश्वर का भी धन्यवाद कर देना
जीवन की कमियों को भुलाकर खुशियों को देना सम्मान
खानपान में सावधान हो जाना रखना अपना ध्यान ।
ये समय निकल तो जाएगा पर दे जायेगा सबक कई
ये आशा है कि आयेगी इस रात के बाद एक सुबह नई ।
इसलिए अभी तू भीतर जा और मन के अंदर चलता चल
प्रकृति को जो भी घाव दिए उन्हें पश्चाताप से भरता चल ।
सनातन भारतीय संस्कृति का कुछ चिंतन मनन कर ले
गरीबों को निवाला मिल जाए ऐसा जतन कर ले ।
तू बढ़ता चल इन राहों पर फिर कारवाँ मिलेंगे
इस विश्वरूप उपवन में आशा के फूल खिलेंगे ।
तू जीतेगा क्योंकि हार जाना तेरा आचार नहीं
और शत्रु से डर जाना मेरे भारत तेरा आधार नहीं ।

—डॉ निशा भार्गव (प्रिंसीपल)



Adhering to COVID 19 guidelines, Dr Nisha Bhargava with her team marks the auspicious beginning of new academic session with Havan

DURING LOCKDOWN ACTIVITIES

CARE, COMPASSION AND KINDNESS

MCM Staff in Service of the Community



Principal Dr Nisha Bhargava distributing masks, sanitizers and soaps among the staff members



MCM staff members stitching and distributing masks among the needy

CARE, COMPASSION AND KINDNESS

Community Service by MCM Students



MCM students distributing masks, sanitizers and soaps as part of community service for the needy sections of society and our frontline workers

BETTER HEALTH THROUGH BETTER LIVING

Celebrating International Yoga Day



NSS Volunteers demonstrating Yoga Asanas Online on the occasion of International Yoga Day



Dr Nisha Bhargava, an avid Yoga enthusiast led the MCM family by example during lockdown days



Teaching and Non Teaching Staff members, along with their family members, regularly followed Yoga routine during the Lockdown

ORGANIC FARMING: A Step Toward Sustainability

The more one sows, the greater the harvest.

- Orison Swett Marden



Dr Nisha Bhargava distributing and sharing MCM Campus' Organic Harvest with the staff members



In 2020, Mother Nature blessed MCM with a bountiful harvest of vegetables and fruits grown with organic care and tended with love on the campus

PRESERVE, PERSEVERE AND PROTECT

Save Trees, Plant Trees and Save Earth !

Planting a tree is the easiest way to align yourself with the cosmic rhythm.

— Amit Ray



Dr Nisha Bhargava initiating plantation drive and distributing saplings to the Staff for plantation on the occasion of Vanamahotsava



UBA Cell led Tree Plantation Drive at the college's adopted village Badheri. Black Ficus plants were planted in the park outside Government Senior Secondary School at the village



College students creating awareness through Poster Making on Environmental Conservation



Department of Zoology and Eco Club celebrated World Sparrow Day in collaboration with Chandigarh Bird Club (CBC). Ms. Rima Dhillon, General Secretary, CBC, Member, Punjab Wild Life Board, Executive Member, Avian Habitat and Wetland Society, Chandigarh, was one of the resource persons



The Eco Club of the College organised an online Writing Contest on the theme 'Nature' to create awareness on Environment Conservation. Over 168 students from around the country participated in the contest. College organised such events throughout the session

CLEAN, CONSERVE AND PRESERVE



Representatives from MoHUA, Haryana Government, and Chandigarh Municipal Corporation and 50 participants of the Chandigarh Solid Waste Management (SWM) visited the College campus. The visit aimed to provide practical exposure to the participants by showing them various novel and scientific waste management practices adopted by the college



As part of Swachhata Pakhwada 2020, the NSS units of Mehr Chand Mahajan DAV College for Women organized a cleanliness drive in the campus with active participation of students, faculty and non-faculty members



UBA Committee of the college conducted awareness drive on personal hygiene and cleanliness of the neighborhood in the college's adopted village- Badheri



Skill Development Committee organized a lecture-cum-workshop titled 'Comparison of Organic versus Conventional farming practices' in collaboration with the IISER, Mohali. Mr. Rahul Sharma, an organic farmer and Dr. Mahua Ghara introduced the students to the organic and conventional farming practices



Departments of Food Science and Botany organized a session on 'Development and presentation of innovative technologies for waste recycling, energy conservation



UBA Committee of the college organized a session on Health and Hygiene at adopted village Butleria to mark World Cancer Day at the Anganwadi centre of the village. Around 30 women attended the lecture and found the information provided highly beneficial

ADAPT, ADJUST AND MOVE AHEAD

Welcoming new students to the 'Online' session' 2020



Principal, Dr Nisha Bhargava welcomes the newcomers and enthuSES them to start their journey in MCM with perseverance, hard work, dreams and adherence to our traditions



Youth Ambassador and Motivational speaker from University of Oxford, UK, Ms Pratishtha Deveshwar graced Online Induction Program' 2020 as our Special Guest



The newcomers were inducted into the Institution with open heart and infotainment extravaganza.

ADAPT, ADJUST AND MOVE AHEAD



"In the light of the fact that millions of people died worldwide due to the pandemic, the Indian Government's decision to enforce country wide lockdown at an early stage was an extremely wise step as it helped in averting the danger of community transmission of the disease. From quick disaster management response to the launch of Aarogya Setu App, various government initiatives have paid dividend in effectively controlling the spread of COVID-19."

Shri Shiv Raman Gaur, Hon'ble Director Higher Education, DAV College Managing Committee, New Delhi



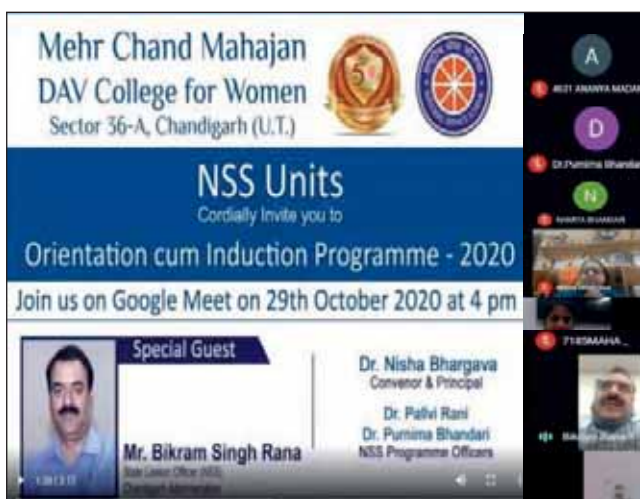
"In this bleak scenario, we Indians are sanguine in the knowledge of our ancient Vedic wisdom that is based on the eternal philosophy of 'tamso ma jyotirgamaya'; our ancient practices like yoga and havan show the world the way to holistic healing and overcoming this multidimensional crisis. The present situation demands that we awaken and enlighten humanity through ancient treasures of knowledge and I hope that our country's demographic dividend will be immensely beneficial in emerging victorious from the pandemic."

Dr. Nisha Bhargava, Principal

Webinar on 'Mobilising State and Citizens against COVID-19: Lessons from India and Lessons for India'



WEBINAR ON NEP: NSS units and UBA Cell organised a webinar on contemporary relevance of National Education Policy 2020. The resource person of the webinar was Ms. Arundhati Nilkanth Kawadkar, an educationist at Sanmitra Sainiki Vidyalaya, Chandrapur, Maharashtra. Dr. Subhash Sharma, Founder Director, CEPR, Prof. Sanjay Kaushik, Dean, College Development Council, PU, Chandigarh, Senior Senate and Syndicate Member of PU Dr. Gurdip Sharma and Mr. Dayanidhi, Organising Secretary, BSM, Chandigarh partook in the event as Special Guests



ONLINE INDUCTION DAY: Mr Bikram Singh Rana, State Liaison Officer(NSS)-Chandigarh Administration enthused the students in the ceremonial function held as a part of Orientation cum Induction programme conducted for new NSS volunteers for the year 2020

ONLINE EVENTS

Online learning is not the next big thing, it is the now big thing

- Donna J. Abernathy



15-day Bridge Course on 'Basics of Income Tax Laws' organised by the Postgraduate Department of Commerce. The resource persons CA Shubham Pandey, CA Keshav Bansal, CA Sahil Gupta, CA Lovejeet Thaur, CA Gaurav Arora, Ms Deepali Garg, Ms Sahiba Sharma & Ms Ritu Rani shared their knowledge and experience about the concepts and latest provisions of Income Tax Act 1961



15- Day Bridge Course for Beginners in Research was conducted under the aegis of Postgraduate Department of Sociology



10-day Bridge Course- 'Advanced Course in English' was conducted by Postgraduate Department of English.



6-Day Online Bridge Course titled "The Human Immune System Explained" was organised by Department of Food Science. The Keynote address was delivered on the inaugural day by the Guest of Honour Dr. Sanjay Chhibber, Senior Professor, Dept. of Microbiology, Panjab University, Chandigarh



9- day National Online Workshop on Financial Econometrics was conducted by Postgraduate Department of Commerce. Prof. Suresh K. Chadha and Prof. Suveera Gill from University Business School, Panjab University, Chandigarh were the Chief Guests. The resource person was Mr. Narain from Faculty of Management Studies, University of Delhi



6-Day Painting Workshop 'Kala Abhiviyakti- Manifesting Inner Artist' was organised by Department of Fine Arts

ONLINE EVENTS

Teaching in the Internet age means we must teach tomorrow's skills today
- Jennifer Fleming



10-Day online International Multi- Dimensional Student Development Programme was conducted successfully by Post Graduate Department of Economics



5-day Series on Data Analysis was organised by Postgraduate Department of Sociology. The 5-day series aimed to provide knowledge about various statistical as well as non-statistical tools to analyze and interpret data



5-Day Faculty Development Program on "e-Content: Designing and Deployment using G Suite" was organised by Department of Computer Science and Applications



Unlocking Mathematics in Lock-down conducted by Post Graduate Department of Mathematics: A 6 day online activity to engage students in a meaningful and interesting activity to beat the stress generated due to the lockdown and COVID-19

ONLINE EVENTS

We need to bring learning to people, instead of people to learning

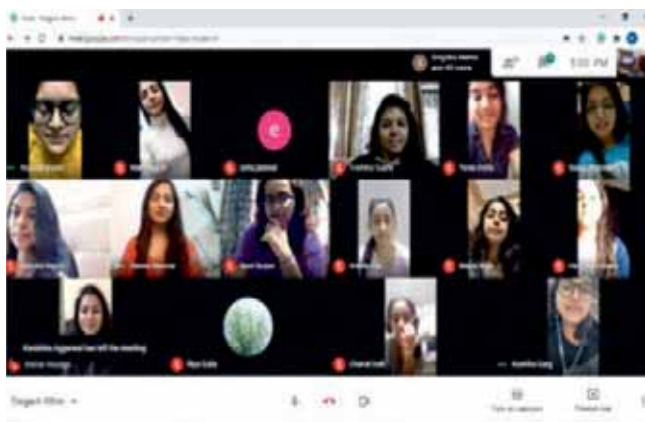
-Elliot Masi



8- Day Training Programme titled "Be a Health Manager II" was organised by Skill Development Committee. Keynote address was given by Principal Dr. Nisha Bhargava



7-day Faculty Development Program on "Building Research Aptitude" for faculty of Maharashtra colleges was organised by Sustainable Practices Committee



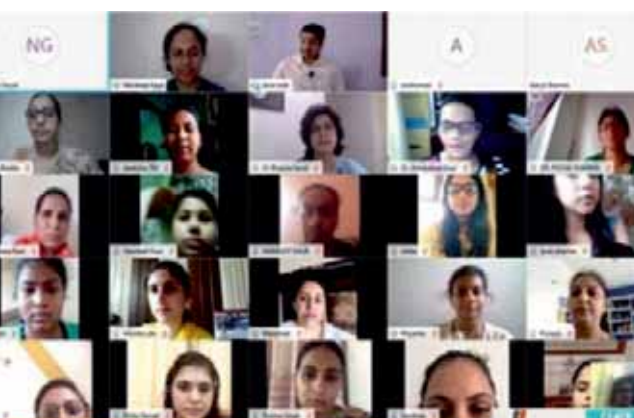
7 day workshop on the basics of Fashion Designing conducted by Skill Development Committee. The resource person- Ms Heena Sharma, Founder, CRIQ- a sustainable clothing brand and Heena Style Studio acquainted the participants with the basic concepts in fashion designing



5-day International Conference on Breaking the Stereotypes: A Paradigm Shift in Gender Studies was conducted by Postgraduate Departments of Sociology and English Prof. Elisabetta Marino, Associate Professor of English and American Literature, University of Rome, was the Key Speaker



Webinar on 'Fostering Mental Well-Being amidst Pandemic (COVID-19)' organised by Post Graduate Department of Psychology



Ethical Hacking & Cyber Security- a national webinar organized by Swachhta Committee and Department of Computer Science and Applications. Sh. Arun Soni, Director CCS & Certified Ethical Hacker, the key speaker for the event apprised the participants of many key concepts related to cyber threats

ONLINE EVENTS

It is good netiquette to use the internet for online education. Learn new things
— David Chiles



In a first of its kind endeavour by a higher educational institution to assimilate the ethos of National Education Policy 2020 (NEP 2020) in its pedagogy while striving for holistic development of students, MCM inaugurated its Charitra Nirman Committee



Department of Physics organised a virtual lab visit to the prestigious ATLAS at CERN, Geneva, Switzerland



7-day workshop was organised on social entrepreneurship. The resource person for the workshop was Mr. Sandeep Mehta, a TISS alumnus and Co-Founder, Bharat Calling



7- day workshop titled "Be a GST Expert" was organised by Skill Development Committee



8-week translation course- 'Beyond Boundaries: Creating a World of Understanding' in collaboration with the National Translation Mission (NTM), Centre for Indian Languages, Ministry of Education, Government of India, was successfully conducted under the aegis of the Skill Development Committee of the college

ONLINE CELEBRATIONS



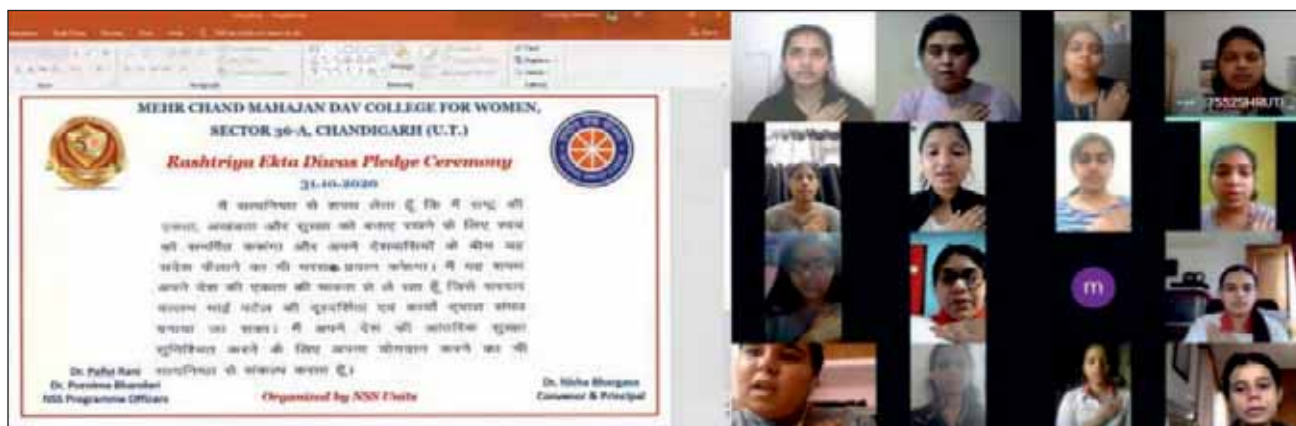
INDEPENDENCE DAY CELEBRATIONS: Ek Bharat Shreshtha Bharat (EBSB) Cell of the college organised a national online Patriotic Poem Writing Competition marking the 74th Independence Day of the country.



WORLD ENVIRONMENT DAY: Celebration was marked by Ek Bharat Shreshtha Bharat Club and Swachhta Committee by organizing 'Environment Responsibility Pledge' activity wherein the staff and students pledged to work for preserving Nature



NSS DAY CELEBRATIONS: NSS Day was celebrated by NSS volunteers of the college by conducting various awareness activities pertaining to Fit India movement, COVID-19 (including dos and don'ts) virtually that included yoga, cycling, distribution of masks and soaps



RASHTRIYA EKTA DIWAS CELEBRATIONS: Ek Bharat Shreshtha Bharat Club and NSS units celebrated Rashtriya Ekta Diwas with great fervour and paid rich tributes to the Iron Man of India. Around 100 volunteers performed various activities under the theme 'Unity in Diversity' including taking Rashtriya Ekta pledge, participation in 'Run for Unity' in their respective areas, poster making and awareness generation in their neighbourhoods on Unity in Diversity

ONLINE CELEBRATIONS



WORLD BOOK DAY: To commemorate the authors on the occasion of World Book Day, a unique activity titled "Letter to your Favourite Author" was conducted by the PG Department of English



GO GREEN DIWALI: NSS UNITS organized several activities to promote the concept of 'Vocal for Local'. More than 100 volunteers participated in these activities which included donation drive Roshni and awareness campaign



GREEN DIWALI FEST: The Charitra Nirman Committee of the college organised 'Go Eco: Green Diwali Fest' with a resolve to spread the message of celebrating eco-friendly celebrations this Diwali



MAHATMA GANDHI JAYANTI CELEBRATIONS: To mark the celebrations in its true spirit a massive cleanliness drive was organised by the NSS Committee of the college on the campus



AN ONLINE QUIZ COMPETITION ON 'GANDHIAN PHILOSOPHY' as part of Swachhta Jagrukta Abhiyan was conducted



DEPARTMENT OF MUSIC paid a rich musical tribute to Mahatma Gandhi through a video of soulful Gandhi bhajans sung by the faculty and students.



CONSTITUTION DAY CELEBRATIONS: The NSS volunteers of the college attended the live telecast wherein Hon'ble President of India Sh. Ram Nath Kovind read out the Preamble of the Constitution of India

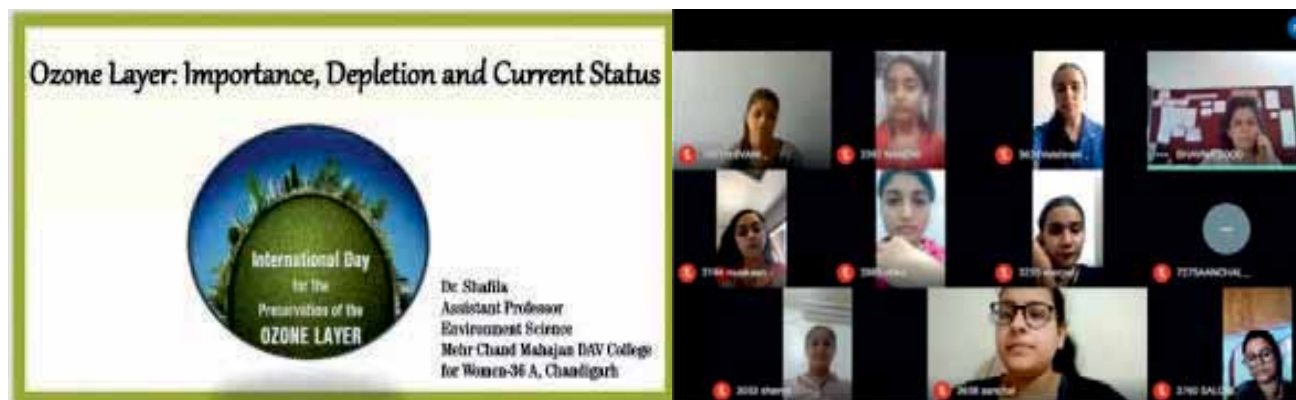
ONLINE CELEBRATIONS



WORLD FOOD DAY CELEBRATIONS: NSS units, Department of Home Science and Department of Food Science organised various activities on Food Safety and Nutrition



WORLD DISABILITY DAY CELEBRATIONS: NSS units organised a RUSA sponsored awareness programme- a discourse on 'Disability and Positivity in Life' by Sh. J. S. Jayara, Principal, Institute for the Blind, Chandigarh



INTERNATIONAL DAY FOR THE PRESERVATION OF OZONE LAYER was celebrated by the Swachhta Committee (Arts) by organising a very pertinent awareness lecture on the depletion of Ozone layer, titled as 'Ozone for Life'

BEFORE LOCKDOWN ACTIVITIES

MERAKI: ANNUAL CULTURAL FEST



Lamp lighting ceremony: Prof. Karamjit Singh, Registrar, Panjab University graced the inaugural as the Chief Guest and Mr. Bikram Rana, State Liaison Officer, Chandigarh Administration partook in the event as Guest of Honour



MCM alumna Ms. Garima Singh, IRS, Special Secretary Finance, Government of Punjab graced the second session of the day as Chief Guest



Mr. Rakesh Popli, PCS, Additional Excise and Taxation Commissioner and Director Tourism, Chandigarh Administration was the Chief Guest for the morning session



Miss Meraki- the coveted title garnered great attention



Singer Prabh Gill won the crowds with his mesmerising performance.



Cultural events enthused the audiences.

40th ANNUAL ATHLETIC MEET

“Never buy gold, simply earn it.” –Mary Kom



Dr Nisha Bhargava, Principal MCM welcoming the Chief Guest for the inaugural Mr Rubinderjeet Singh Brar, Director Higher Education-Chandigarh Administration.



Maj.Gen.I.P.Singh, Director, Mai Bhago Armed Forces Preparatory Institute, Mohali graced the occasion as Guest of Honour.



Students and Staff showed great enthusiasm and spirit of sportsmanship in the meet

AWARDS AND ACCOLADES: Leading by example



Dr. Mamta Ratti, Postgraduate Department of Commerce and Dr. Minakshi Rana, Postgraduate Department of Sociology being felicitated by Dr Nisha Bhargava, Principal, on successful submission of a Chandigarh Police approved research project to investigate the phenomena of cyber harassment among female internet users in Chandigarh and submitted its report to the Cyber Cell- Chandigarh Police.



On International Women's Day Dr Nisha Bhargava being felicitated by Dr R P Gupta, President Indian Dental Association (IDA) Chandigarh State Branch and Chief Guest, MCM Alumna, Prof. Nishtha Jaswal, Vice Chancellor Himachal Pradesh National Law University, Shimla.



Dr Anju Lata, HOD (Sports) received a state level commendation from 1 Chandigarh Naval Unit NCC for her meritorious performance as NCC officer of MCM



Dr Ritu Khosla, Assistant Prof (Dept of Political Science) being felicitated by Chandigarh Deputy Commissioner- Mr Mandeep Singh Brar, for her exemplary contribution in the establishment and success of Electoral Literacy Club.

CELEBRATIONS AND BLESSINGS



Shri H R Gandhar Ji, Hon Vice President giving a talk on the importance of preserving our traditions and culture on the occasion of Lohri Celebrations



Shri H R Gandhar Ji, Hon Vice President celebrating Lohri with MCM Staff and Students with great fervor and enthusiasm on the campus



In an association with Indian Dental Association (IDA), Chandigarh State Branch and International College of Dentists, the NSS units and Medical Committee of the college celebrated International Women's Day. Noted MCM alumna Prof. Nishtha Jaswal, Vice Chancellor, Himachal Pradesh National Law University, Shimla graced occasion as the Chief Guest, Prof. Ashima Goyal, Department of Pedodontics and Preventive Dentistry, PGIMER, Chandigarh was the Guest of Honour and Dr. R.P. Gupta, President, IDA, Chandigarh State Branch was Special Guest.

CASEWORK COLLABORATIONS



London School of Management Education (LSME) and Mehr Chand Mahajan DAV College for Women, Chandigarh, India sign a Memorandum of Understanding (MoU). Dr Ravi Kumar, the Executive Director of LSME and Principal, Dr Nisha Bhargava sign pact to further this International partnership for Innovation and Research



Shri H R Gandhar Ji Senior Governing Member and Hon'ble Vice President DAVCMC New Delhi, Dr Nisha Bhargava, Principal, MCM DAV College for Women and Dr Virender Garg OSD to Union Health Minister & President PGIMER and Principal Investigator, ICMR-CIBioD, PGI at the occasion of signing MoU to promote research for improving health and well-being.

ACADEMIC COLLABORATIONS



Postgraduate Department of Sociology hosted the Executive Committee meeting of North West Indian Sociological Association (NWISA). Dr. Bhup Singh (President NWISA), Dronacharya Govt. College, Gurugram, Haryana, Dr. Mohinder Slariya (Secretary) Govt. College, Chamba, HP, Dr. Manoj Kumar (Treasurer), PGGCG- 11, Chandigarh, Dr. Deepak, Panjabi University, Patiala, Dr. Manoj Teotia, CRRID, Dr Anupam Bahri, UIIS, PU, Mr. Amandeep Singh, PU, and Dr. Amarjeet from Hamirpur, graced the meeting.



Special invitee Prof. R. K. Singla, Chairperson, Department of Computer Science and Applications, PU and the members of the governing body from academia, industry and student council attended Governing Body Meeting of Rashtriya Uchchatar Shiksha Abhiyan (RUSA) hosted by MCM



Inauguration of registered MCM's Skills training centre affiliated to Chandigarh Skill Development Mission (CSDM) under the aegis of National Skill Development Mission, Ministry of Skill Development and Entrepreneurship, Government of India. Prof. Parvinder Singh, Controller of Examinations, Panjab University graced the occasion as Special Guest.



Professor-Scientist Dr. J.S.Wazir from Regional Horticultural Research and Training Station, Mashobra, Shimla delivered a talk in RUSA sponsored workshop cum lecture series on 'Aesthetics of Botany'.



Dr. Vishal Parate, Associate Professor, Liaison Office, IIFPT, Bhatinda gave lecture in an awareness programme on Food Business Opportunities, organised by Dept of Food Science in collaboration with Indian Institute of Food Processing Technology (IIFPT), Bhatinda, Ministry of Food Processing Industry (MOFPI), Government of India.



PG Department of Economics organized its annual inter-college fest Econoverse 2020. Prof. Lakhwinder Singh Gill, Director, Centre for Development Economics and Innovation Studies, Punjabi University, Patiala graced the event as Chief Guest and Prof. Anita Gill, Dean, Faculty of Social Sciences, Punjabi University, Patiala was the Guest of Honour.

ACADEMIC COLLABORATIONS



Dr. Abhed Pandey, Department of Aquaculture, College of Fisheries, GADVASU, Ludhiana delivered an informative talk on freshwater Pearl Culture in RUSA sponsored workshop on Pearl Culture organized by the Department of Zoology



College organized its annual Science Fest sponsored by Department of Science and Technology and Renewable Energy, Chandigarh Administration. The Chief Guest for the valedictory session Prof. Baljinder Singh, Department of Nuclear Medicine, PGIMER, Chandigarh along with the prize winners



Geetanjali Helpline Committee organized a Panel Discussion on the theme 'Psychosocial and Legal Perspectives of Child Abuse. Resource person and guest, Mrs. Madhu P Singh, Advocate, Punjab and Haryana High Court and Empanelled Member of State Legal Services Authority being felicitated by Principal Dr Nisha Bhargava



Dr. Satish Verma, Secretary, Punjab Sahitya Akademi, Punjabi Literature Critics and Poets inspired students in a workshop titled 'Yuva Shairaan de Ang Sang' organized by Dept of Punjabi in collaboration with Punjab Sahitya Akademi.



Postgraduate Department of Mathematics hosted its Inter-College Fest- MathArena. Prof. S. K. Tomar, Director, HRDC, PU graced the fest as the Chief Guest

MCM STALWARTS

Core Committees and Clubs relentlessly involved in carrying out MCM'S Vision and Mission during the COVID-19



ADVISORY COMMITTEE, GOVERNING BODY MEMBERS AND BURSAR : Senior faculty members of the college who have given golden years of their lives to the institution and have contributed immensely in taking it to the pinnacles of glory



ALL THE DEANS OF THE COLLEGE: Deans of the various core committees of the college meticulously looked after smooth functioning of their designated committee work during the lockdown period.



ARYA SAMAJ COMMITTEE: Arya Samaj Committee of the college aims at promoting and upholding Indian Vedic Sanskriti among the youth. It prayed with students in the online mode for peace and prosperity of the world during this session as well.



CHARITRA NIRMAN COMMITTEE (CHARACTER BUILDING COMMITTEE): Charitra Nirman Committee is assiduously contributing to MCM's cause of character building by instilling values and life skills in students through its ingenious endeavours.



ECO CLUB: Eco Club conducted various events during the lockdown period to raise awareness among its stakeholders about the crucial issue of biodiversity, environmental conservation and importance of protecting the Nature for humanity



HORTICULTURE AND LANDSCAPING COMMITTEE: Horticulture and Landscaping Committee has been doing commendable job in maintaining lush green and beautiful MCM Campus along with carrying out plantation drives

MCM STALWARTS

Alone we can do so little, together we can do so much -Helen Keller



HOSTEL COMMITTEE: Along with keeping Hostels clean and sanitised throughout the lockdown period, Hostel Committee conducted various events for the psychological well-being of the students.



INSTITUTION INNOVATION CELL (IIC): The College's Institution Innovation Cell got Four Star rating in HEI's for the IIC in 2019-2020. IIC keeps students encouraged and inspired by supporting new and innovative ideas and initiatives by them.



NAAC-IQAC/ AQAR COMMITTEE: NAAC-IQAC Committee of the college kept brimming with various online activities during 2020 that promoted sustainability, dissemination, adaptation and institutionalization of the best practices. The Committee meticulously plans, evaluates and maintains quality parameters for the over-all enhancement in the performance of the institution



NCC UNIT: NCC Unit of the college is an asset as it brings many laurels to the college. The Cadets kept their peers motivated during the lockdown by conducting various informative online activities on Physical Fitness and Well-being



NSS UNITS: During COVID-19 Pandemic, NSS Units of the college showed exemplary contribution in many flagship programmes including Swachh Bharat Abhiyaan, Poshan Pakhwada and Ek Bharat Shrestha Bharat with aim towards community welfare



PSYCHOSOCIAL SUPPORT SERVICE CELL: Psychological Support Cell filled the need for continuity of care and psychological support to the students in the Pandemic time. It helped students vent out their concerns and apprehensions and tried its best to keep our stakeholders motivated and upbeat during the lockdown period

MCM STALWARTS

Coming together is a beginning. Keeping together is progress.
Working together is success -Henry Ford



SKILL DEVELOPMENT COMMITTEE: Registered and accredited as a Training Centre (TC 111709) under the aegis of Ministry of Skill Development and Entrepreneurship, GOI, College's Skill Development Committee has worked tirelessly to impart skill based training to the students



SUSTAINABLE PRACTICES COMMITTEE: Sustainable Practices Committee has put constant efforts in its mission to sensitise students towards adopting Earth-friendly way of life throughout the Pandemic year.



SWACHHTA COMMITTEE: has undertaken a slew of initiatives inside the campus as well as at the community level including its adopted villages- Badheri, Butrella, Dhanas, Kishangarh, Khajeri-Chanadigarh(UT), Kotlu-(HP), Jitwal Kalan-(PB) and Kanheri Kalan-(HR). The efforts include plantation drives, solar lighting, rain water harvesting, real-time air quality Monitoring System, Biogas Plant, Sewage Treatment Plant, generating awareness about waste segregation, installation of blue and green dustbins both on and off campus



UBA CELL: UBA team members of College along with student volunteers have been putting exemplary efforts tirelessly in the Community Service During Pandemic UBA Cell educated the people regarding various precautions to be undertaken to combat COVID-19



ADMINISTRATIVE UNIT: The Administrative Unit of the college played vital role in running the crucial functions of the college in a smooth way and facilitated each and every initiative related to Sanitisation and Cleanliness of the Campus during the lockdown time



MCM TEAM MEMBERS OF SWACHH BHARAT ABHIYAN (SBA) - 'a clarion call' given by our Hon'ble Prime Minister Shri Narendra Modi. Teaching and Non teaching members have been putting untiring and continuous efforts towards this mass movement both on and off campus

FAREWELL AND BEST WISHES



Mrs Indira Gupta
Associate Professor, Dept of Commerce



Mrs Poonam Jain
Associate Professor, Dept of Physics



Mrs Ruby Joshi
Assistant Librarian



Shri Om Prakash
Junior Lecture Assistant



Shri Vinod Singh Bisht
Junior Lecture Assistant

What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from.

-T.S. Eliot

ACADEMIC ACHIEVERS

Panjab University Examination - 2020

Our results exhibit dedication, commitment and the effort that is put into the grooming of our stakeholders. MCM students rule top charts of the Panjab University results every year. We congratulate our toppers.

Total 160 top ten positions bagged by our students in PU Examinations 2019-20. The list of toppers of top 10 positions is as under

TOPPERS DECEMBER 2019

No.	Candidate's Name	Class	Rank			
1.	Aditi	BA - 3RD SEM	1	40.	Manjotpreet Kaur	MFT - 5TH SEM 5
2.	Gauri Singh	BA - 3RD SEM	3	41.	Simrat Kaur	MFT - 5TH SEM 5
3.	Riya Verma	BA - 3RD SEM	8	42.	Manvi Jindal	MFT - 5TH SEM 6
4.	Divyanshi Chauhan	BA - 3RD SEM	9	43.	Anjali Devi	MFT - 5TH SEM 7
5.	Ramanjot Kaur Bhullar	MFT - 1ST SEM	1	44.	Simerpreet Kaur	MFT - 5TH SEM 7
6.	Deeksha	MFT - 1ST SEM	2	45.	Saloni	MFT - 1ST SEM 8
7.	Komal	MFT - 1ST SEM	3	46.	Vanshika Arora	MFT - 1ST SEM 8
8.	Seeya Arora	MFT - 1ST SEM	4	47.	Anju Jeena	MFT - 5TH SEM 9
9.	Gurpreet Kaur	MFT - 1ST SEM	5	48.	Srishty Dewan	MFT - 5TH SEM 10
10.	Shruti Kansal	MFT - 1ST SEM	6	49.	Mahima	MFT - 5TH SEM 10
11.	Aditi Sharma	MFT - 1ST SEM	7	50.	Shourya Sachdeva	BA - 5TH SEM 4
12.	Harleen Kaur	MFT - 1ST SEM	8	51.	Rajita Kaushal	BA - 5TH SEM 10
13.	Shivani Rana	MFT - 1ST SEM	8	52.	Deepti	B.SC - 5TH SEM 6
14.	Vaishnavi Sharma	MFT - 1ST SEM	9	53.	Vijayta Kumari	B.SC - 5TH SEM 10
15.	Aishita Mahajan	MFT - 1ST SEM	10	54.	Rizu	BBA - 3RD SEM 4
16.	Amrteshwar Kaur	BA - 1ST SEM	1	55.	Tanya Singh	BCA - 5TH SEM 1
17.	Ishita Kapoor	BA - 1ST SEM	2	56.	Riya Singh	BCA - 5TH SEM 2
18.	Kanak Sachdeva	BA - 1ST SEM	7	57.	Tanya Bahl	BCA - 5TH SEM 6
19.	Kaveri Satija	BA - 1ST SEM	10	58.	Anjanpreet Kaur	BCA - 5TH SEM 9
20.	Seerat Kaur	MFT - 3RD SEM	1	59.	Abha Goel	B.COM - 3RD SEM 10
21.	Riya Yadav	MFT - 3RD SEM	1	60.	Meenu Deswal	MA - SOC 3RD SEM 1
22.	Vaishali Saini	MFT - 3RD SEM	2	61.	Gargi kanwar	MA - SOC 3RD SEM 3
23.	Urja Narang	MFT - 3RD SEM	3	62.	Kanika Arora	MA - SOC 3RD SEM 5
24.	Takshu Jagga	MFT - 3RD SEM	4	63.	Ramandeep Kaur	MA - SOC 3RD SEM 7
25.	Vijaya Sharma	MFT - 3RD SEM	5	64.	Kajal	MA - SOC 3RD SEM 8
26.	Muskaan	MFT - 3RD SEM	6	65.	Arushi Choudhary	MA - SOC 3RD SEM 9
27.	Asmita Sharma	MFT - 3RD SEM	6	66.	Kajal Gupta	MA - SOC 3RD SEM 10
28.	Ridhima Kakkar	MFT - 3RD SEM	7	67.	Nistha Pattar	MA - ECO 1ST SEM 1
29.	Palak Jindal	MFT - 3RD SEM	7	68.	Neha	MA - SOC 1ST SEM 3
30.	Sargun Gugnanl	MFT - 3RD SEM	8	69.	Nancy Jamwal	MA - SOC 1ST SEM 7
31.	Ishita Goswami	MFT - 3RD SEM	9	70.	Deesha	M.SC - MATH 3RD SEM 1
32.	Anjali Chauhan	MFT - 3RD SEM	9	71.	Shayna Chhabra	M.SC - MATH 3RD SEM 2
33.	Mehakleen Kaur	MFT - 3RD SEM	10	72.	Shivani	M.SC - MATH 1ST SEM 3
34.	Shania Saini	MFT - 5TH SEM	1	73.	Naina	M.SC - MATH 1ST SEM 6
35.	Aditi Bhagat	MFT - 5TH SEM	2	74.	Yukti Wadhwa	MA - ECO 3RD SEM 6
36.	Anureet Kaur	MFT - 5TH SEM	2	75.	Snehdeep kaur	MA - ECO 3RD SEM 7
37.	Binanshu Talwar	MFT - 5TH SEM	3	76.	Apurva Rathee	MA - ECO 3RD SEM 10
38.	Vanshika Sharma	MFT - 5TH SEM	4	77.	Harsirjan kour	PGDMC - 1ST SEM 6
39.	Inderdeep Kaur Dhillon	MFT - 5TH SEM	5	78.	Divya	M.SC CHM - 3RD SEM 3

ACADEMIC ACHIEVERS

Panjab University Examination - 2020

*TOPPERS MAY 2020

No.	Candidate's Name	Class	Rank	No.	Candidate's Name	Class	Rank
1.	Amrteshwar Kaur	BA - 2ND SEM	1	44.	Naina	M.SC - MATH 2ND SEM	5
2.	Ishita Kapoor	BA - 2ND SEM	2	45.	Nistha Pattar	MA - ECO 2ND SEM	1
3.	Kaveri Satija	BA - 2ND SEM	5	46.	Harshita Chandna	MA - ECO 2ND SEM	6
4.	Jasmine Saini	BA - 2ND SEM	8	47.	Surbhi	MA - ECO 2ND SEM	10
5.	Palak Sharma	BA - 2ND SEM	8	48.	Jasreen Kaur Kakar	MA - ENG 2ND SEM	9
6.	Simran Kaur	BA - 2ND SEM	10	49.	Kanika	M.SC CHM - 2ND SEM	5
7.	Riya Verma	BA - 4TH SEM	3	50.	Harnpreet Kaur	MA - PSY 2ND SEM	1
8.	Aditi	BA - 4TH SEM	4	51.	Rashika Sharma	MA - PSY 2ND SEM	2
9.	Shubhangi Bhardwaj	BA - 4TH SEM	10	52.	Panavi chugh	MA - PSY 2ND SEM	4
10.	Inderjot Kaur	B.COM - 2ND SEM	10	53.	Aayushi Negi	MA - PSY 2ND SEM	7
11.	Abha Goel	B.COM - 4TH SEM	4	54.	Jasleen Kaur	MA - PSY 2ND SEM	8
12.	Ramanjot Kaur Bhullar	MFT - 2ND SEM	1	55.	Angel	MA - PSY 2ND SEM	8
13.	Deeksha	MFT - 2ND SEM	2	56.	Guncha Malhotra	MA - PSY 2ND SEM	9
14.	Seeya Arora	MFT - 2ND SEM	3	57.	Janvi Sharma	MA - PSY 2ND SEM	10
15.	Komal	MFT - 2ND SEM	4	58.	Dakshi Nandra	MA - PSY 2ND SEM	10
16.	Ruchika Arora	MFT - 2ND SEM	5	* Promoted May 2020 Toppers			
17.	Vaishnavi Sharma	MFT - 2ND SEM	6	*TOPPERS SEPTEMBER 2020			
18.	Gurpreet Kaur	MFT - 2ND SEM	7	No.	Candidate's Name	Class	Rank
19.	Shivani Rana	MFT - 2ND SEM	8	1	Shania Saini	MFT - 6TH SEM	1
20.	Aishita Mahajan	MFT - 2ND SEM	9	2	Anureet Kaur	MFT - 6TH SEM	2
21.	Nitigya Shridhar	MFT - 2ND SEM	10	3	Aditi Bhagat	MFT - 6TH SEM	3
22.	Takshu Jagga	MFT - 4TH SEM	1	4	Simerpreet Kaur	MFT - 6TH SEM	4
23.	Vaishali Saini	MFT - 4TH SEM	2	5	Anju Jeena	MFT - 6TH SEM	5
24.	Urja Narang	MFT - 4TH SEM	3	6	Vanshika Sharma	MFT - 6TH SEM	6
25.	Vijaya Sharma	MFT - 4TH SEM	4	7	Manjotpreet Kaur	MFT - 6TH SEM	7
26.	Ashpreet Kaur	MFT - 4TH SEM	5	8	Manvi Jindal	MFT - 6TH SEM	8
27.	Ridhima Kakkar	MFT - 4TH SEM	6	9	Binanshu Talwar	MFT - 6TH SEM	9
28.	Asmita Sharma	MFT - 4TH SEM	7	10	Muskaan Sachdeva	MFT - 6TH SEM	10
29.	Palak Jindal	MFT - 4TH SEM	8	11	Tanvi Gulati	B.COM - 6TH SEM	10
30.	Ishika	MFT - 4TH SEM	9	12	Niharika Dadoo	MA-PSY - 4TH SEM	1
31.	Ishita Goswami	MFT - 4TH SEM	10	13	Stuti Munjal	MA-PSY - 4TH SEM	5
32.	Simran Sharma	BCA - 2ND SEM	7	14	Simran Kaur Sandhu	MA-PSY - 4TH SEM	9
33.	Komal Dhiman	BCA - 2ND SEM	8	15	Divya	M.SC - CHM 4TH SEM	4
34.	Khushi Tandon	BCA - 2ND SEM	8	16	Ayushi Katoch	MA - ECO 4TH SEM	6
35.	Parneet Kaur	BCA - 2ND SEM	10	17	Snehdeep Kaur	MA - ECO 4TH SEM	7
36.	Naghma Firdous	BCA - 4TH SEM	1	18	Shruti Rastogi	MA - ECO 4TH SEM	8
37.	Mehak Sharma	BCA - 4TH SEM	1	19	Shayna Chhabra	M.SC MATH 4TH SEM	2
38.	Sonalika Grover	BCA - 4TH SEM	5	20	Deesha	M.SC MATH 4TH SEM	4
39.	Rizu	BBA - 4TH SEM	7	21	Ekta Mandhan	M.SC MATH 4TH SEM	7
40.	Mansi	MA - SOC 2ND SEM	4	22	Meenu Deswal	MA SOC 4TH SEM	8
41.	Nancy Jamwal	MA - SOC 2ND SEM	6	23	Gargi Kanwar	MA SOC 4TH SEM	9
42.	Neha	MA - SOC 2ND SEM	8	24.	Harsirjan Kour	PGDMC	6
43.	Shivani	M.SC - MATH 2ND SEM	3	* Exams held for exit classes only due to Covid-19 Pandemic.			

GLORIOUS GEMS



AARYA SHARMA, Selected for an Attachment Program of ICMR- Center for Innovation & Bio-design (CIBioD), PGIMER, Chandigarh



Aditi Bhagat, First position in the Idea competition and Selected for mentoring under MHRD Innovation cell



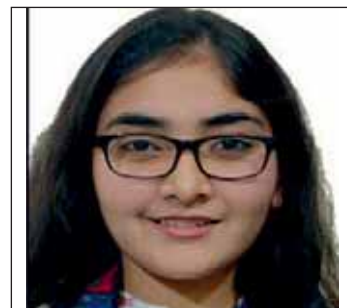
Aditi Dwivedi, Selected for a Business Management course at Lambton College, Mississauga, Ontario, Canada



Amrina Bhullar, UGC-JRF, Psychology, 2020



Anisha Chandok, UGC-NET, Commerce, 2020



Annanya Mahajan, Got her prototype approved for online mentoring by MoE's Innovation Cell in National Innovation Contest



Anshulika, UGC-JRF, English, 2020



Anushka Attri, Second position at the National Level Exam for MPhil in Clinical Psychology (RCI Recognized) from National Forensics Science University, Gujarat



Aysha Mirbacha, Selected for Internship at Embassy of Islamic Republic of Afghanistan, New Delhi



Chahat, Won Gold medal in SAF Swimming Championship, Malaysia



Charul Chandel, Selected as a Summer Research Trainee at CSIR-NEIST, Jorhat.



Deobu Priya, Declared Best Gymnast in Intercollegiate Gymnastics Championship at Panjab University

GLORIOUS GEMS



Divya Malhan,
7th rank in Panjab University
PhD entrance exam, 2020



Harleen Deol,
Participated in T20 Cricket World Cup



Harleen Kaur,
Selected as a Summer-Research Trainee
at CSIR-NEIST, Jhohrat



Janvi,
UGC-NET, Commerce, 2020



Himani Chopra,
Selected for Master of Archaeology and Heritage
Management in Flinders University, Australia



Ishika,
Selected for MSc in Business Finance
at Brunel University, London



Janvi,
UGC-NET, Commerce, 2020



Kinza Mehta,
Selected as a Summer
Research Trainee at CSIR-NEIST, Jhohrat



Kiranbir Kaur,
CSIR-NET, 2020



Komil Ahluwalia,
Selected as Senior Cadet Captain



Lavnima Sharma,
Second prize at the KK Grover Memorial
Annual Declamation Competition at PU



Malika Kamra,
Selected as a Summer Research
Trainee at CSIR-NEIST, Jhohrat

GLORIOUS GEMS



Manisha
Youngest Footballer in Team India for
International 7-Nation Series held at Spain



Mannat Bains,
UGC-NET, Commerce, 2020



MEGHANA GOEL, Selected for an Attachment
Program of ICMR- Center for Innovation & Bio-
design (CIBioD), PGIMER, Chandigarh



Navneet
UGC-NET, Commerce, 2020



Neevia Thalyari
UGC-NET, Commerce, 2020



Neha Verma
UGC-JRF, Commerce, 2020



Nurina Saini
GATE and CSIR-NET, 2020



Pratibha Bhatti
GATE, 2020



Priyanka Goyal
UGC-NET, Commerce, 2020



RASHI JAIN, Selected for an Attachment
Program of ICMR- Center for Innovation &
Bio-design (CIBioD), PGIMER, Chandigarh



Reema Nayar
UGC-NET, Commerce, 2020



Reetika, Selected for MA Politics with
Specialization in International Studies at
Jawaharlal Nehru University, New Delhi

GLORIOUS GEMS



Richa Vashihshta
UGC NET, Political Science, 2020.



Ritika Rani
GATE and CSIR-NET, 2020



Samiksha Sharma
2nd rank in Panjab University
Ph D entrance exam (2020)



Sanya Sehgal
Won 3rd prize in National Debate
Competition at Youth Festival



Shivangi Kohli
Selected for LLB in
Symbiosis University, Pune.



Simran Khosla
Selected as a Summer Research
Trainee at CSIR-NEIST, Jorhat



Suman Bizla,
UGC-NET, Sociology, 2020



Vanshika,
Won Gold Medal in Shooting at Khelo India



Waikhom Chanu Sylvis,
UGC-NET, Sociology, 2020



Chandini Jaiswal, Bagged Second position and a cash prize of Rs.3000
in Intercollege debate competition 'Vitarka' organised
by the Army Institute of Law in February 2020.



Danish, Bagged Second position and a cash prize of Rs.3000
in Intercollege debate competition 'Vitarka' organised
by the Army Institute of Law in February 2020.

STUDENT VENTURES IN RESEARCH

Our students begin early in their journey towards the quest of knowledge. At MCM, we introduce the young geniuses to the wide vistas of research. Each year, students work individually as well as in groups, under the able guidance of their experienced mentors and explore the new fields of research. Here are the initiatives of our students this year and the list continues:

Department of History

- ◆ Himani Chopra of BA-III published a paper titled “The Journey of the Most Infamous Diamond KOH-I-NOOR” in International Journal of History and Research (Transtellar Journal Publications), a UGC Approved journal on June 30, 2020 with Paper ID: IJHRJUN20206.
- ◆ Purujit Kaur of BA-III published a paper titled “Spirituality as a path to sustainable development” in Studies in Indian Place Names (SIPN), a UGC-CARE listed journal with ISSN 2394-3114
- ◆ Reetika of BA-III presented a paper titled “A Crime that Isn't: The Story of Marital Rape in India” at a One Day National Conference on Crimes Against Women: Issues and Remedies (Sponsored by National Commission for Women) held at UILS, Panjab University on 24th January, 2020.

Department of Microbiology and Food Technology

- ◆ 26 students of BSc.(MFT)-III year actively participated in a two-day International Conference on 'Roadmap to Sustainability: Environment and Health' sponsored by ICSSR held on 05th and 06th March, 2020.

Department of Political Science

- ◆ Reetika of BA-III presented a paper titled “A Crime that Isn't: The Story of Marital Rape in India” at a One Day National Conference on Crimes Against Women: Issues and Remedies (Sponsored by National Commission for

Women) held at UILS, Panjab University on 24th January, 2020.

- ◆ Simranjeet Kaur of BA-II presented a paper titled 'Road Map to Sustainability: Health' at ICSSR sponsored International seminar Road Map to Sustainability: Environment and Health held by Sri Guru Gobind Singh College, Chandigarh held on 5-6 March 2020.
- ◆ Daanish Kaur of BA-II published a paper titled 'Gandhian Ahimsa and the Light Triads of Personality' in B.Aadhar, Issue CCXLVIII (248), pgs. 69-73.

Department of Psychology

- ◆ Ishita Bhatia of BA-III published a research paper titled “AgroIndia: The Sustainable Way Forward” in Indian Studies Places, a UGC-CARE listed Journal, March 2020 and presented this paper at ICSSR sponsored Two-Day International Conference “Roadmap to Sustainability: Environment and Health” organised by Post-Graduate Department of Economics, Sri Guru Gobind Singh College, Sector 26, Chandigarh held on 05-06 March, 2020.
- ◆ Yashasvi of BA-III published a research paper titled “A Study on Self-esteem, Social Anxiety and Alcohol Expectance Among College Students” in International Journal Of Research and Analytical Reviews, Vol.7, Issue 4, December 2020 with Impact Factor 5.75.
- ◆ Achint Kaur of BA-II published a research paper titled “A Link Between Colors and Emotions: A

STUDENT VENTURES IN RESEARCH

Study of Undergraduate Females” in International Journal of Engineering Research & Technology (IJERT), Vol 9, Issue 9, September 2020 (Impact Factor 7.87).

Department of Sociology

- ◆ Suman Bizla from M.A. (4th semester) published a paper titled “Towards a Plastic Free Environment: Challenges and Facts to Act On” in Studies in Indian Place Names, a UGC-CARE listed journal with ISSN - 2394-3114, Vol 40, Issue 40.
- ◆ Gargi Kanwar and Meenu Deswal from M.A. (4th semester) published a paper titled “Toxic Repercussions of Construction on Workers” in Studies in Indian Place Names, a UGC-CARE listed journal with ISSN - 2394-3114, Vol 40, Issue 40.
- ◆ Aanchal of M.A. 4th semester presented paper on “Sustainability- Environment and Technology” at ICSSR sponsored two-day International Conference on “Road Map To Sustainability: Environment and Health” on 5th and 6th March, 2020, held at Sri Guru Gobind Singh College, Chandigarh.
- ◆ Shivali Katoch and Suman Bizla of M.A. 4th semester presented paper on “Towards a Plastic Free Environment: Challenges and Facts to Act on” at ICSSR sponsored two-day International Conference on “Road Map To Sustainability: Environment and Health” on 5th and 6th March, 2020, held at Sri Guru Gobind Singh College, Chandigarh.
- ◆ Kanika Arora and Kajal Gupta of M.A. 4th semester presented paper on “Mental and Social Well-Being: Impact of Technology” at ICSSR sponsored two-day International Conference on “Road Map To Sustainability: Environment and Health” on 5th and 6th March, 2020, held at Sri Guru Gobind Singh College, Chandigarh.
- ◆ Jappuneet Sidhu of M.A. 4th semester presented paper on “Sustainability Pillars with Reference to Spiritual Environment” at ICSSR sponsored two-day International Conference on “Road Map To Sustainability: Environment and Health” on 5th and 6th March, 2020, held at Sri Guru Gobind Singh College, Chandigarh.
- ◆ Devika Mittal of M.A. 4th semester presented paper on “Mental Health : "From Invisible Problem to Global Priority"" at ICSSR sponsored two-day International Conference on “Road Map To Sustainability: Environment and Health” on 5th and 6th March, 2020, held at Sri Guru Gobind Singh College, Chandigarh.
- ◆ Purujit of B.A. III presented paper on “Spirituality As a Path To Sustainable Development” at ICSSR sponsored two-day International Conference on “Road Map To Sustainability: Environment and Health” on 5th and 6th March, 2020, held at Sri Guru Gobind Singh College, Chandigarh.
- ◆ Purujit of B.A. III presented paper on “Spirituality As a Path To Sustainable Development” at ICSSR sponsored two-day International Conference on “Road Map To Sustainability: Environment and Health” on 5th and 6th March, 2020, held at Sri Guru Gobind Singh College, Chandigarh.
- ◆ Gargi Kanwar of M.A 4th semester presented a paper titled “New Role of Women: Being a Nurturer to possibly a Suicide Terrorist” at National Conference on “Crimes Against Women: Issues and Remedies” on 24th February, 2020 at Panjab University.

VIGNETTES: INITIATIVES & ENDEAVOURS 2020

ACHIEVEMENTS IN SPORTS

With a great emphasis on the characteristics of discipline and sportsmanship, the Sports department has produced some of the finest players who have brought laurels to the college with their fierce talent and perseverance. The department has exhibited extraordinary skills in shaping the athletic skills of the students. Even during the difficult time of the pandemic, college players continued to participate in various events across the world. International swimmer, Chahat won a Gold medal in the SAF swimming championship held in Malaysia. Our college footballers won the Himachal football league. Manisha, another footballer from the college, was selected in Indian Football team and participated in seven nation-tournaments. Shooter Parinaaz Dhaliwal won a Silver medal in the World Championship. Shooter Vanshika won a Gold medal in the Punjab State Shooting Championship. Judoka Manisha won the Chandigarh State Championship. The sports team continues to carry a tradition of excellence in every domain on account of its steady track record of nurturing talent and discipline among the students.



ANTI-RAGGING COMMITTEE

The Anti-Ragging Committee adopted the online mode to spread awareness about the evil of ragging in the Covid-stricken year, which saw an unprecedented and long absence of students from the college and hostel premises after lockdown. Students of senior classes in all the streams and their parents were sensitized about the menace of ragging through emails. The newcomers were informed about the same during the Online Induction Program.

AIDS AWARENESS COMMITTEE

The Aids Awareness Committee, with the aim of raising awareness and demonstrating solidarity in the fight against AIDS, on the occasion of National AIDS/HIV Awareness Day for Women and Girls (10th March 2020), organized a lecture-cum-discussion on 12th March 2020 in the college. The lecture was delivered by Dr. Surinder Kaur Gambhir, a renowned obstetrician and gynaecologist from Chandigarh

who talked about the taboos associated with AIDS in society including the stigma attached to sexually transmitted diseases. To mark World AIDS Day 2020, a Caption Writing Competition was conducted online on 1st December 2020. Art as a potent medium to create awareness and propagate 'Global Solidarity and Shared Responsibility' was the main theme of this activity conducted under the aegis of the AIDS Awareness Committee. A total of 73 entries were received and e-certificates were given to all the participants.



AMDA - ALUMNI COMMITTEE

AMDA, the alumni committee, in order to foster long-term relationships and implement alumni engagement strategies with the institution organized an interactive session on '**Cyber Privacy and You**' on 30th January 2020 in which Advocate Sandeep Suri from the Punjab and Haryana High Court spoke on various issues related to possible breaches in cyber space, ranging from hacking of passwords to extraction of information by the 'Dark Web'. In April 2020, AMDA took up the responsibility of reaching out to the community in the wake of Covid-19. It took upon itself the task of raising funds for the distressed medical

fraternity and, within a short span of one and a half months, an amount of Rs. 1,00,000 was raised from the alumni of the college. The Principal, Dr. Nisha Bhargava, was gracious enough to lead the endeavour by donating Rs.10,000. In the month of December, the Alumni Committee organized a series of online lecture-cum-interactive sessions for students of various departments. The sessions were delivered by prominent alumni as a way of giving back to their Alma Mater. A session on 'Demystifying the Career in IT' by Ms. Simran Chawla, Software Developer, ARCESIUM India Pvt. Ltd. was held



on 21st December 2020. On 22nd December 2020, Ms. Amanjot Kaur, Director, Innovative Financial Management, Chandigarh, conducted a session on 'Financial Literacy as a Life Skill'. On 23rd December 2020, a session on 'Writing the "I"' by Ms. Pia Bakshi, Founder of PhilARThropy, Writer and Owliver's Post and PhD Scholar at Ashoka University, enthralled the students and encouraged them in the field of creative writing. The sessions on 'Research and Career Opportunities in Sciences' by Ms. Aanchal Bhalla, PGT Chemistry; Ms. Aastha Singla, Research Scholar, TISS, Mumbai; Ms. Abhilasha, Research Scholar, IISER, Bhopal; Ms. Navpreet Kaur, Research Scholar, IIT Ropar; and Ms. Dipika Dhillon, Research Scholar, NIT, Jalandhar, were held on 23rd December 2020.

ARYA SAMAJ COMMITTEE

On 15th January 2020, the Arya Samaj Committee and Arya Yuvti Samaj of Mehr Chand Mahajan DAV College for Women conducted a *Havan* to mark the beginning of the new semester to receive the divine blessings. A declamation competition on the '**Importance of Books**' was also held, highlighting the immensely significant role of books in the development of the cognitive abilities and personality of an individual. Meharpreet bagged the first position, Tavleen was declared second and Kajal was adjudged third in the competition.



In order to enhance the development of moral sensitivity among students, the *Akhil Bhartiya Naitik Shiksha Pratiyogita Pariksha* was conducted by Arya Vidhya Sabha in New Delhi on 28th January 2020. 50 students were given certificates for appearing in the exam. Dr. Nisha Bhargava, the Principal, and all the staff members attended the *Havan* ceremony for the auspicious beginning of the new session 2020-21 on 17th August 2020. *Havan* was conducted keeping in view all Covid-19 related precautions and social distancing. A talk on Vedic culture and the healthy environment was delivered by Principal Dr. Nisha Bhargava. A *Havan* ceremony in remembrance of the General Secretary of the D.A.V. Management Committee, Mr. Radhe Shyam Sharma, was organized on 25th November 2020. Arya Parivar Chandigarh organized a special *Mahila Satsang* (online) on 26th September 2020 which witnessed wholesome participation by the staff and student members of the Arya Samaj Committee.

CAMPUS MENTORING PROGRAM

The Campus Mentoring Program has been functional at the college since 2017. The program intends to create a required space for students where their personalities can blossom and prosper to their full potential. During the year 2020, the mentorship meetings were scheduled once a month for one hour for each class, but the mentors could adjust the frequency based on the needs of the mentees. The mentors also formed WhatsApp groups so that there could be an uninterrupted flow of communication whenever required. At the commencement of the session, mentors were assigned new students in addition to the previous ones. G-suite IDs were created for all the mentees so as to facilitate online Google meets. Google spreadsheets were circulated for online attendance of the mentees. The mentors helped the students in various areas, like Conduct rules, Cyber security, Swachh Bharat Abhiyan, Skill development, NAAC requirements, Innovative thinking, Personality development, and so on. Apart from this, mentors addressed students' problems, traced their progress during mid-semester exams, motivated them to participate in co-curricular and extracurricular activities, and counselled them at all levels.

CAREER COUNSELLING CELL

The Career Counselling Cell of the college, with the vision of guiding the students towards the path of excellence, organized various tests, workshops and webinars. A written test was held on 29th January 2020

by Satyam Centre of Excellence, Chandigarh to select students for the CEO Super 40 Batch for preparation for CAT 2020. 29 students of BCom and BBA undertook the test. On 24th February 2020, the cell organized a Career Alignment Test for the final year students of Commerce, to help them determine the right specializations, courses and career options after graduation. Mr. Sachin Gambhir from the University of Petroleum and Energy Studies, Dehradun, conducted the test to help the students check the suitability of careers based on an individual's qualities, self-awareness and capabilities. On 26th February 2020, the Career Counselling Cell, in association with Edu Velocity, organized an Overseas Education Workshop which included activities such as Mind Map. The session was attended by 65



students from various streams who were given an opportunity to understand the linkage between their thinking, ideas, interests and knowledge through a Mind map activity. The team helped the students to understand the challenges of going and studying abroad through student stories and real-life examples. Mr. Vinu Warriar, Founder and Managing partner, Edu Velocity, explained the whole idea of overseas education and also answered the queries of the participants. On 27th February 2020, The Cell, in association with 'Educorp', organized a workshop on "The Recruiter's Psyche" in which approximately 70 participants were given tips on facing a job interview by the director of Educorp, Mr. Amit Hans. Despite the period of uncertainty caused by the pandemic Covid-19, the career counselling cell made an effort to get internships for students in collaboration with the organization 'Shrishiksha' in the month of June. Fighting all odds, 9 students accepted the offer letters for a secured internship with companies like Hitbullseys, Game App studio, LiveLifeMore and IQ Education Worldwide.

The Career Counselling Cell and Department of Mass Communication, under the aegis of IQAC, organized a webinar on 'Strengthening the Life Skill of Communication for better job prospects', on 11th June 2020. The webinar was attended by final year students of MCom, MA English and PGDMC. The resource person Shri Raj Kumar Jha, Director, RMAI Rural campus, elaborated on the shape and form communication has taken now because of the widespread use of social media and that the onus of making it meaningful lies with everybody using this platform. A webinar on '**Cracking Officer Level Exams and Guidance on Studying Abroad**' by Raj Malhotra IAS Study Group was organized on 27th-28th June 2020. An online session on '**Preparation for IAS & Other Government Exams**' by Mr. Raj Malhotra, was well attended by 323 students from various streams of the college. On 28th June 2020, Mr. Harit Mehta explained the process of choosing the right course to pursue for higher studies, and also told the participants about the countries where it is affordable to study abroad. He emphasized strengthening the foundation by undertaking research paper writing as a tool to gain practical knowledge of the subjects being studied at UG level. This session was attended by 204 students.

CII (CONFEDERATION OF INDIAN INDUSTRY) COMMITTEE

The faculty (as CII members) of Mehr Chand Mahajan DAV College for Women attended various events. Dr. Gurvinder Kaur, Associate Professor, Public Administration, attended the event on 'Chandigarh Education- Higher & Technical and Skill Development Dialogue' on 28th January 2020 and a webinar on Usage of Mycii on 23rd May 2020 at CII, Sector 31, Chandigarh. Ms. Raman Chadha, Associate



Professor, and Ms. Poonam Jain, Associate Professor, from the Department of Physics attended an online talk show by Disease Reversal Expert Mr. Karan Kakkad on immunity boosting foods, holistic wellness, right eating pattern and ten things for maintaining a healthy lifestyle on 26th May 2020 organized by CII. A virtual conference on '**Telemedicine- Achieving New Horizons Beyond Covid-19: Potential, Challenges & Limitations**' on 30th June 2020 was attended by Ms. Poonam Jain, Associate Professor, Physics.

CHARACTER-BUILDING COMMITTEE

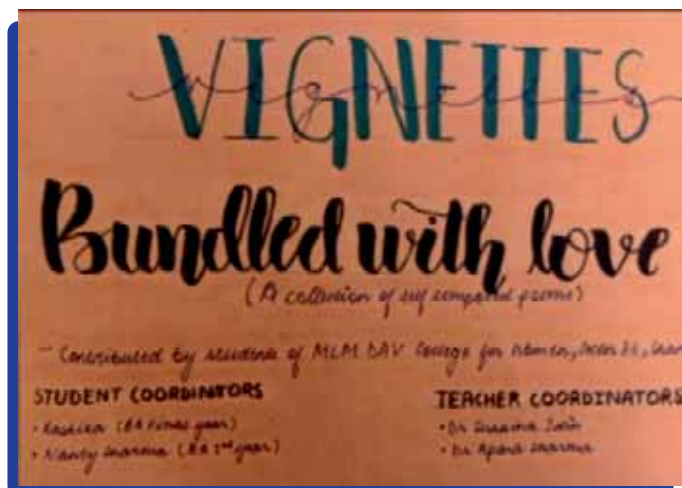
The aim and vision of the Character-Building Committee is to develop unique character traits in students aligned with the dynamic objectives of education rooted in our cultural ethos and to inculcate the qualities of resilience, interpersonal skills, etc. An activity “**Kudrat**” was conducted by Dr. Amardeep from 12th-19th October 2020, and it aimed at enhancing the quality of learning of students. It was an inclusive activity wherein 25 students composed beautiful poems on “Kudrat”, 10 students penned marvellous prose pieces, and 13 students shared paintings. Besides these media, students exhibited their creativity through photography, calligraphy, explaining scriptures, and creating a video. A **Best Out of Waste Competition** was held from 18th-21st October 2020. This brightly coloured event under the able convenorship of Dr. Seema Kanwar, helped the students to show their creativity by making the best out of waste. The handmade items crafted by students from scrap/waste like broken bangles, empty plastic and glass bottles, old *diyas*, newspapers etc., were gifted to the underprivileged. Over a hundred students participated in this activity. **Sadbhavna** literally means 'goodwill' or 'noble intention' and an activity titled the same was conducted from 22nd-25th October 2020. The main aim of this activity was to enable the students to learn and inculcate noble qualities through our mythology and culture. Various Online competitions on the theme '**Go Eco Friendly Green Diwali Fest**' were organized by Dr. Seema Kanwar from 3rd-7th November 2020, which included Poster Making, Short Film-making, Pot Decoration, Rangoli-making and Kandil-making. The participants had to send pictures of the activity and video or a short film. An online Poetry Recitation Event '**Resilience**'



was organized by Dr. Sunaina Jain and Dr. Aparna Sharma from the Department of English on 7th November 2020. The objective was to make students learn something new, boost their confidence, inculcate the spirit of team-work and coordination with one another, share their ideas with their classmates, make them understand the importance of resilience, and learn to take the ups and downs of life in their stride. There were 23 participants who recited their poems, including one by Dr. Sunaina Jain which inspired everyone to rise and shine. Dr. Nisha Bhargava, the Principal, also recited a self-composed poem. She motivated the participants to embrace life in all its hues and remain ever resilient in the face of all the challenges. An activity, PowerPoint Presentation Competition on **मुश्किल घड़ी में मधुर यादें** was conducted under the supervision of Dr. Pallvi Rani from 19th-22nd November 2020, whereby the students showcased their talent in how well they utilized their time during the strenuous times of the lockdown and enriched themselves through various activities through the medium of PPTs. The NCC naval unit of the college, in collaboration with the Character-Building Committee organized '**Aprajita**'- a talk and presentation on the indefatigable spirit of Indian women on 21st November 2020. In this activity, the cadets highlighted the lives, histories and services of those women leaders who have contributed to the character building of the nation. Almost 150 students participated in the event. In order to bring a sense of togetherness among the students by providing them a platform to share their personal experiences and giving them courage to move ahead positively, Dr. Neetu organized an Online Short Story telling activity on the theme "Valuable lessons learned from failures" on 28th November 2020. 45 students from BSc III Medical participated enthusiastically in this event and shared their experiences. The objective was to gain wisdom from past failures, to reduce anxieties about future failures, and to promote lifelong learning. A Poster Making Competition on **International Day of Persons with Disabilities** was organized by the Character-Building Committee from 25th November-1st December 2020. A donation drive for disabled people was also held under the guidance of Dr. Pallvi Rani. The aim was to give a chance to students to showcase their hidden talents, to prove that creativity is equal to intelligence and to uplift the spirits of disabled people in society. In a unique initiative to share the secrets of success with students, Ms. Vandita Kapoor organized a seven-day activity '**Secret of Secret Values Leading to Success**'~ A Channel to Exemplify the Invisible Power from 1st - 7th December 2020, wherein the students using PowerPoint presented a talk on various topics such as gratitude, various attributes to success, law of attraction, etc. The activity inspired the students to remain focused in achieving their goals and making them attainable.

CREATIVE WRITING CLUB

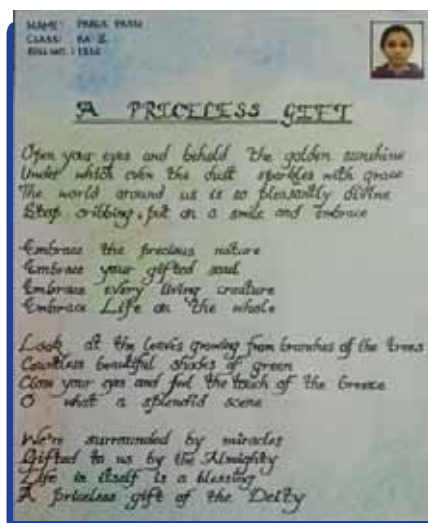
In order to bring out the creative potential of the students by keeping them constructively engaged during the lockdown, Dr. Sunaina Jain and Dr. Aparna Sharma from the Department of English in collaboration with the Creative Writing Club of the College, compiled 21 poems as '**Vignettes-Bundled with Love**' composed by the students of the College. The students presented their poems as handwritten pieces and then shared the recital as well. The



activity was showcased on social media channels of the college on 6th May, 2020. Many students of our college participated in many local as well as national creative writing activities and competitions. Niharika of BA III participated in a national level essay writing contest organized by National Women Entrepreneur Summit (NWES). Our student Anisha Singh of BA III published her poetry in an e-anthology titled *Bahaarein Phir Aayengi*, an endeavour of Social Substance and Arta Studio.

DEBATING SOCIETY

The Debating Society strives to instil confidence and hone the skill of public speaking in students, who go on to win awards and accolades at several prestigious portals. This year, Lavnima Sharma of BA II won the second prize at the K.K. Grover Memorial Annual Declamation Competition organized by the Department of English and Cultural Studies, Panjab University, Chandigarh. The Debating Society organized an Inter-college Online Declamation Competition to commemorate the 400th Birth Anniversary Celebrations of Sri Guru Teg Bahadur ji, sponsored by the Youth Welfare Society and MCM Cultural committee in which several students from colleges affiliated with Panjab University participated, and Shruti Sharma of BA III of the college won the first prize. At the VOW DAV National Debate Competition (Online), organized by VOW DAV and DHE Chandigarh, Sanya Sahgal of BA II qualified the preliminary round (zonal), quarter final (national) and semi-final (national). She won the third prize at the National finals. The competition spanned over 4 rounds covering 17 states and a total of 250 participants.



EK BHARAT SHRESHTHA BHARAT CLUB

The Ek Bharat Shreshtha Bharat Club organized a **Face Painting Competition** to celebrate unity in diversity of India on 23rd January 2020. More than 25 students participated in a colourful display of patriotic fervour and the artistic representation of vibrant hues of the tricolour reflected the diversity which forms the core of our Indian consciousness. As Chandigarh has been paired with Dadra and Nagar Haveli for a mutually enriching cultural exchange under the Ek Bharat Shreshtha Bharat programme of Govt. of India, participants expressed their love and admiration for the paired UT. A scintillating fusion dance performance of *Lavni* and *Garba* by Simran, a student of BA III was held on 27th February 2020 to celebrate the essence of Ek Bharat Shreshth Bharat in the annual **Cultural Fest Meraki 2020**. Mr. Bikram Rana, State Liaison Officer (NSS), UT Chandigarh lauded the enthusiasm of the students and encouraged them to contribute to the well-being of the society by participating in community outreach programmes. The Principal of the college Dr. Nisha Bhargava also lauded the efforts of the students in preserving the rich cultural heritage of our great nation. In a unique endeavour to keep the students constructively engaged at their respective places, The EBSB Club conducted an Online PPT Competition on 'The

Cultural Aspects of Dadra and Nagar Haveli' with the aim of promoting national harmony and integration. The participants made PPTs aesthetically showcasing diverse cultural aspects like Gujarati and Marathi cuisine and the vibrant and colourful attire of the paired UT Dadra and Nagar Haveli. Tanbir Kaur (BA III) secured first position in PPT Competition. Surbhi Singh (BA I) stood second and Anusha Bansal (BCom II) and Dakshita Dutta (BCA I) secured third position jointly. As the fear of the unknown and an air of uncertainty gripped the entire world following the outbreak of Covid-19, our normal lives were thrown out of gear. In these chaotic times, it is natural to turn to the power of poetry to vindicate the survival instinct in humans and sow the seeds of hope, faith, gratitude, and compassion. Under the aegis of the Ek Bharat Shreshtha Bharat (EBSB), a video anthology which consisted of self-composed poetry by the Principal Dr. Nisha Bhargava, six faculty members and two students was completed. An avid poet, Principal Dr. Nisha Bhargava, through her poetry urged humans to introspect as to how this catastrophe befell upon us and to remember the lessons learnt during and from this crisis.

Ms. Neena Sharma, EBSB Coordinator and Associate Professor, Postgraduate Department of English feels that poetry, like shared grief and hope, unites us all. The faculty contributors for this video anthology were— Dr. Komil Tyagi, Dr. Amardeep Kaur, Dr. Seema Kanwar, Dr. Sunaina Jain, and Ms. Vishakha Goyal. Taking cue from their inspiring gurus, two students— Ms. Kanika Arora of MA Sociology and Ms. Deergha of BA II also pitched in for this noble cause with their compositions. A Poster Making activity to mark World Environment Day was organized by EBSB on 5th June 2020. Enthusiastic participants from various streams showcased their artistic acumen as they made eye-catching posters to generate awareness about the need to preserve an ecological balance on the planet. Observing World Environment



Day with great fervour, the Swachhta Committee and Ek Bharat Shreshtha Bharat Team of the college organized an '**Environment Responsibility Pledge**' activity on 5th June 2020 wherein the staff and students pledged to work for preserving nature and also to sensitize others about it. The Club organized '**Sanskriti**' - an online National Quiz on 14th June 2020 to celebrate the imperishable glory of India. The event saw an overwhelming response from 17 states as 786 enthusiastic participants put to test their knowledge of India's rich diversity in this quiz. Marking the 74th Independence Day of our beloved nation, the Club organized a national online Patriotic Poem Writing Competition on 14th - 15th August 2020 in which 41 participants from 8 states contributed their poems. The poems submitted by the participants expressed our indomitable national pride and rich legacy, and also portrayed contemporary challenges in national security and unity. Anshika Yadav of MCM DAV College for Women won the first prize; the second prize was shared by Sreeraj P S from St. Thomas College, Thrissur and Navreet Kaur from Gopichand Arya Mahila College, Abohar; the third prize was awarded to Arshpreet Kaur MCM DAV College for Women and the Consolation prize was given to Dr. Brijpal Singh Gehlot from Shaskiya Mahavidyalaya, Goa. The NSS volunteers under the aegis of Ek Bharat Shreshtha Bharat Club also

showcased the linguistic and sartorial diversity of our multicultural nation. Attired in colourful ensembles of various regions, they displayed placards in different languages, reiterating the unity and diversity of India as part of the MHRD initiative of 'Ek Vaky Ek Din'. A National Article Writing Competition (online)- **Artefact on 'Dadra and Nagar Haveli: A Glimpse of Atulya Bharat'** under the aegis EBSB Club was organized on 5th September 2020. The competition was aimed at generating awareness about the diversity of this multicultural land nestled between Maharashtra and Gujarat. The competition witnessed an enthusiastic response as 74 entries from nearly 15 states celebrated the colourful palette of Atulya Bharat. On the occasion of Rashtriya Ekta Diwas celebrated on 25th October 2020, the Club organized a National Level Online Video Recording Competition titled Bioscope as a tribute to the great visionary Sardar Vallabhbhai Patel on his birth anniversary. An endeavour to relive the rich legacy of the architect of the unified India, the competition required participants to send their recorded video providing glimpses of the life of Sardar Patel and his immense contribution to the unification of India. Over 50 participants from more than 9 states sent their awe-inspiring entries that were judged on the parameters of content, coherence, language and presentation. A competition **'Samanvaya'** was organized on 30th November 2020 which saw a rich palette of colours as 65 enthusiastic participants expressed their creativity in aesthetically appealing posters, glorifying the geographical and cultural diversity of India and celebrating its tradition of unity in diversity.

The Ek Bharat Shreshtha Bharat (EBSB) Club organized a National-Level Online Quiz on **'Atmanirbhar Bharat'** on 31st December 2020 to generate awareness about the various measures being undertaken by the Union Government to revive economy and restructure the policies for making India a resurgent force in the global market. This academic endeavour saw an overwhelming response as 471 enthusiastic participants from 23 states across the nation answered stimulating questions exclusively based on the grand mission 'Atmanirbhar Bharat' which was announced on 12th May 2020.

ELECTORAL LITERACY CLUB

The Electoral Literacy Club with the aim of spreading awareness among voters for promoting informed participation in the electoral process organized various activities. The 10th National Voters' Day was celebrated by the Electoral Literacy Club of the College on the theme **'Electoral Literacy for Stronger Democracy'** on 25th January 2020 as a befitting tribute to the spirit of Indian democracy in India. Open Mic was organized where students raised their concern on the need and significance of vote. A vibrant **'Nukkad Natak'** was also staged by the students to encourage the spectators to cast their votes judiciously. Voter Card enrolment help desk was put up and Form No. 6 was distributed to the newly eligible voters. Students and staff members took an oath to uphold their faith in democracy and vote fearlessly in every election. The event concluded with a Campus Rally. The Club organized the screening



of a documentary titled '**Indian Elections- A Mammoth Democratic Exercise**' on 18th February, 2020 with an objective to make the students aware about the electoral system in India and the significance of vote to make the Indian democracy strong. 64 students participated in the screening. The Club through its voter registration drives achieved 100 percent voter enrolment of eligible Chandigarh based students in February. The Club organized an online '**Doodle Art**' competition on 24th April 2020 with an aim to generate awareness among students regarding the electoral process. 46 students participated in the competition and through their artwork highlighted the themes 'How to Vote?', 'Election Day Reminder', 'Election Campaigning', NOTA, and 'Value of Vote'. First position was bagged by Tania Singla of BSc (NM) I, Mahika Sharma of BA I and Sargun Chug of BA III got Second and Third positions, respectively. The Club organized an online Poem Writing Competition on the theme 'Elections', 'Vote' and 'Electoral Awareness' on 6th June 2020. 20 students participated in the competition and sent their self-composed poems on the above theme. Arshpreet Kaur of BA I bagged First position, Shagun Choudhary of BA I and Kajal of BA III got Second and Third positions respectively. Electoral Literacy Club also conducted an online Poster Making Competition on 18th September 2020 on the theme 'Importance of Vote'. 41 students participated in the competition and through their creativity gave a strong message to use 'Right to Vote' judiciously. Shelja Joshi (BA I), Aditi Joshi (BA I), Tanya (BA II) and Anubha Sharma (BA II) won First, Second, Third and Consolation positions respectively. The Club organized a Caption Writing Contest on 29th October 2020 on the theme '**Celebrating Indian Democracy**'. 212 students from various streams participated in the contest. The contest was judged by Dr. Vibha Sharma, Associate Prof. Public administration and Dr. Bindu Dogra, Assistant Professor, Sociology. Aditi of BSc (Med) I, Prabhjyot kaur of BA II, Aditi of BA III bagged First, second and Third Positions respectively. The Club conducted an online Quiz Competition on 28th September 2020 on the theme '**Elections and Electoral Reforms in India**'. Apoorva of BA III won the first position. Second position was shared by Parneet of BA III and Bhumika of BA I, and Third position was bagged by Shagun of BA II and Isha of BA III. There was an online screening of Documentary 'The Electoral Reforms' on 24th December 2020 with an objective to highlight the electoral challenges faced by the country with special focus on 2019 General elections. 59 students participated in the event.

ECO-CLUB

The Eco-club of the college plays a vital role in creating environmental awareness among the future generation. The club celebrated '**World Wetland Day**' on 2nd February 2020 by organizing various activities like Painting competition, Slogan writing competition, Quiz contest and Declamation contest. A total of 60 students from various streams participated enthusiastically in all the events.

The Club celebrated '**World Environment Day**' on 5th June 2020 keeping in mind the theme for this year, '**Time for Nature**' by organizing Online Inter-college Bookmark making and T-shirt painting competitions during the lockdown period. As many as 80 students from various colleges of Chandigarh,



Punjab and Haryana actively participated and portrayed beautiful messages related to the environment. An Online Terrarium making competition was held on 13th July 2020 to celebrate 'Van Mahotsav', an annual tree planting festival. Students from different colleges of Chandigarh participated in the event. A webinar on '**Green Chemistry**' to mark the celebration of 'Akshay Urja Diwas' was organized on 20th August 2020. Dr. Yogita Bansal, Department of Pharmaceutical Sciences and Drug Research, Punjabi University, Patiala stressed upon the importance of renewable energy in her enlightening discourse. Over 240 participants were made aware about the concept and principles of Green Chemistry. The Club organized an Online Caption Contest on 13th October 2020 by sharing a picture of Mother Nature captured beautifully by Principal Dr. Nisha Bhargava. A total of 168 students from various streams actively participated in the event. An Online workshop on '**Baking at Home**' on 12th - 13th November, 2020 was organized to encourage students to avoid eating out during the festive season. A total of 74 students from various streams showed keen interest in the workshop, tried recipes at their homes and shared their pictures.

EQUAL OPPORTUNITY CELL

The Equal Opportunity Cell aims to aid and advise the students belonging to the marginalized sections of the society. Keeping this in view, the club observed Zero Discrimination Day on 1st March 2020 with the aim of raising awareness about the right of everyone to live a full, productive and dignified life. As part of the celebration, 17 students



participated by making the posters to promote inclusion, equality, compassion, peace and, above all, a movement for change. The posters were displayed to sensitize the students to inculcate a sense of equality, love and respect for all in the society. To mark the International Day for persons with disabilities on 3rd December 2020, the Cell organized an online event on the theme '**Building back better: towards an inclusive, accessible and sustainable post Covid-19 world by and for persons with disabilities**'. In this event various activities were conducted such as Poster Making, Slogan Writing, Covid-19 Response–Share your story (Audio/Video/Written). 17 students enthusiastically participated in different categories of the events and shared their ideas through posters, slogan and storytelling activities.

GEETANJALI COUNSELLING HELPLINE

The aim of the helpline is to provide unconditional and unbiased emotional support to the students. The Geetanjali Helpline organized a webinar on the theme “Suicide Prevention and Mental Health Challenges in Youth” on 10th October, 2020 conducted by eminent clinical psychologist Dr. Adarsh Kohli, Professor, Department of Psychiatry, PGIMER, Chandigarh to mark the dual celebration of the World Mental Health Day (WHO) and International Day of the Girl Child (UNICEF). 312 registrations were received from UG and PG students from various streams. Dr. Adarsh Kohli reflected on the prevalence rates and

various mental disorders which occupy a premier position in the matrix of causation of suicide. A Panel Discussion on the theme 'Psychosocial and Legal Perspectives of Child Abuse' 19th February 2020 was organized by the Geetanjali Helpline and was attended by 183 students. The eminent panelist Dr. Simmi Waraich (Consultant Psychiatrist, FORTIS Mohali), Ms. Supreet Dhiman, (Director [Projects and Research] End Incest Trust), Ms. Madhu P Singh (Advocate Punjab and Haryana High Court, Former President of District Consumer Forum, SAS Nagar, Mohali, Former Member of Child Welfare Committee and Empanelled Member of State Legal Services Authority) were the esteemed panellists who enlightened the participants about the different facets of the issue. To create awareness about the psychological impact of Covid-19 among youth, the Geetanjali Counselling Helpline organized a webinar titled 'Mental Health and Emotional Wellness in the Covid-19 Pandemic: Coping with Anxiety and Depression' in collaboration with the NSS unit on 11th May, 2020. Dr. Nitasha Khehra, Convenor, Geetanjali Counselling Helpline conducted the webinar that witnessed an enthusiastic participation of 40 NSS volunteers. Dr. Khehra provided significant insights on the various risk factors of psychological distress and effects of social isolation during the lockdown. Dr. Nitasha Khehra, Convenor, Geetanjali Counselling Helpline was invited as a Resource person to conduct a workshop on 'Crusade for Mental Hygiene Movement: Psychological Perspective on Swachhta' during the talk show organized by Department of Mass Communication during the Swachhta Pakhwada held at Mehr Chand Mahajan DAV College for Women, Chandigarh on 23rd January 2020. The Geetanjali Counselling Helpline launched an innovative online mental health initiative 'Geetanjali Student Forum' on 30th April 2020 which is functioning till date under the leadership of honorable Principal Dr. Nisha Bhargava and faculty members of Geetanjali Helpline Dr. Nitasha Khehra and Ms. Vandita Kapoor on the theme 'Mental Health during Covid-19' as a part of Student Support Services in accordance with directions issued by University Grants Commission (UGC). This mental health helpline fulfilled the vision to empower more than 500 first year students of the college through regular 24x7 online interaction. The Helpline also provided telephonic individual counselling to students staying within campus/hostel or at home during the Covid-19 outbreak. A series of personality development, psychological tests, self-exploration activities, and gratitude exercises to name a few were regularly conducted. An activity titled 'Creative Art Unlocked During Covid-19 Lockdown' conducted on our 'Geetanjali Student Forum' Forum (30th April 2020 to till date) successfully fulfilled the primary objective to provide an excellent platform for 80 talented college students to showcase more than 200 exceptional artwork creations. In an activity titled "Culinary Therapy and Mindful Cooking" conducted on our "Geetanjali Student Forum" (30th April 2020 till date), 80 college students showcased their culinary skills and rustled up more than 200 home-cooked dishes reviving their inter-generational unique recipes. The Geetanjali Counselling Helpline took this wonderful opportunity to celebrate Mother's Day on 10th May 2020 in a special way by penning down gratitude letters for our dear mothers to honour their roles in shaping our lives. 85 soulful poems, gratitude messages and beautiful pictures from our faculty members and students were received to mark the celebration of the day. The "Happiness



Journal” activity was conducted on “Geetanjali Student Forum” as a part of group counselling. This activity helped our students to notice what matters the most, relive their positive experiences and feel incredibly grateful for their precious memories. We received insightful reflections from 42 participants during this activity. First, Second and Third Positions were secured by Nancy Sharma (BA I), Annanya Mahajan (BSc I) and Isha (BA I) respectively.

HEALTH COMMITTEE

The Medical Committee and NSS committee in collaboration with the Indian Dental Association (IDA) and International College of Dentists (ICD) celebrated the International Women's Day, 2020. Prof. Nishtha Jaswal, Vice Chancellor, Himachal Pradesh National Law University, Shimla graced the occasion as Chief Guest and the Guest of Honour was Prof. Ashima Goel. The occasion was graced by the benign presence of dignitaries like Dr. R.P. Gupta, President of Indian dental association, Chandigarh branch and Mr. Manmohan Singh, retired Engineer-in-Chief, Govt. of Punjab. The event included a quiz, self-defence activity for girls, motivational lectures by guests and award giving ceremony for the senior staff members of the college for their valuable lifetime contribution to the college. The Medical Committee organized an online interactive session on “Know your body for healthy living” on 21st November 2020. The resource person Dr. Harjeet Singh, specialist Herbo-mineral and nutritional medicine, Khanna discussed the nutritional requirement to boost the immunity during the Covid crisis. The Medical Committee organized a recipe making



competition using natural home remedies. The competition entitled 'Gharelu Nuskhe' involved participation of about 40 students which submitted a recipe with suitable title along with medicinal values of food. These were judged by herbal medicine specialist Dr. Harjeet Singh and participants were awarded for the first three positions. In reference to instructions received from Chandigarh Administration dated 29th July 2020, the Committee took preventive measures in the college campus. Taking a serious note of recommendations, and in accordance with the provisions under Epidemic Disease Act, 1897 and Chandigarh Prevention & Control Dengue, Malaria & J.E. 2014, the Committee ensured the safety measures in college premises including regular spraying of insecticides and cleaning of drums/containers/fountains.

HORTICULTURE AND LANDSCAPING COMMITTEE

Horticulture Committee has been actively involved in maintaining the greenery and beautification of the campus (Front lawn, *Rishi Vatika*, Botanical Garden, Arts and Science block, Biogas plant area, Sports ground, Boundary wall, Artificial Forest, A, B, C, D, E & F Hostel Blocks). For maintaining the aesthetic beauty of the campus area, saplings of seasonal plants including *sadabahar*, petunia, zinnia, balsam, roses, hibiscus etc. were planted according to the



season. Throughout the year, weeding was done at regular intervals and lawns were maintained properly. The Landscaping Committee conducted various activities during pandemic times to enhance students' creativity and maintaining their connection with nature through various activities. These activities involved one online landscaping competition held on 22nd April 2020 to celebrate Earth Day in which 30 students participated and another online Landscape Design/Painting competition held on 5th June 2020 in which 15 students participated. The pot making competition was also organized in which the students actively participated. Landscaping was also done in different areas of college such as front of the administration block, Bio-gas area of the college and Hostel AB block using various colourful painted stones.

INSTITUTION INNOVATION CELL

The purpose of IIC is to encourage, inspire and nurture young students by supporting them to work with new ideas and transform them into prototypes of innovation. The IIC got Four Star rating in Annual Performance Rating of IIC in HEIs for the IIC 2.0 calendar year (2019-20). Four faculty members— Dr. Indu Arora, Dr. Neetu, Ms. Disha Sharma and Dr. Purnima Bhandari became Innovation Ambassadors of MIC after attending IIC innovation Ambassador Training series—



Entrepreneur Development Programme, Pre-Incubation and Incubation Management, IPR and technology Transfer, Design Thinking and Innovation respectively. It was organized at LPU, Jalandhar under the aegis of MHRD's innovation Cell on 16th - 17th January 2020. After becoming Innovation Ambassadors, they organized Innovation Ambassadors Lecture Series on 22nd July 2020 for college students and on 23rd and 25th July for external faculty and students. They delivered lectures on EDP,

Incubation, IPR and Ideation. An Internal Smart India Hackathon 2020 was organized on 20th January 2020. The participants presented their software solutions for their problems. Three teams were shortlisted for idea submission for Smart India Hackathon (SIH) 2020. A workshop on 'Business Model Canvas' was organized on 10th February 2020. The resource person for the workshop was Ms. Perna Kalra, Founder, Open Hand Solutions. The session was attended by 82 students and 04 teachers. Then the 'Business Plan Competition' was organized on 12th February 2020. A total of 71 students, organized into 16 groups, participated in the competition. An "Idea Competition" was organized on 6th March 2020 to provide students a platform to use their creativity to develop social and technological innovations, cost-effective and practical solutions for addressing everyday problems. 38 teams participated in the competition and their ideas ranged from the field of waste management, technological innovation, agriculture, sustainable development, healthcare to biomedical devices. The final round of the competition was judged by Dr. Gurmeet Kaur Nanda, Principal Associate (Patents), IIPRD and Khurana & Khurana Advocates and IP Attorneys, and Dr. Yogesh Nagpal, Co-founder and Head of Operations - Winsome IP. The first prize was awarded to Ms. Aditi Bhagat of BSc MFT III for her presentation on 'Mycofoam Packaging- an alternative to Styrofoam Packaging'. Ms. Peeyushi Grewal of BA III bagged second prize for her presentation on "Running Electronically powered Vehicles with Super Capacitors" while third prize was conferred on Ms. Deepakshi Rawal and Manpreet Kaur from BCA I on their innovative method for 'Waste Management'. Awardees of Idea Competition were continually guided and mentored By Dr. Neetu to participate in the next level of competition i.e., Proof of Concept (POC) submission. The submitted POCs were evaluated by an external IPR expert Dr. Gurmeet Kaur Nanda. Two prototypes of Ms. Aditi Bhagat and Ms. Annanya Mahajan were approved and submitted for IIC National Innovation Contest-2020. The Department of Food Science in collaboration with IIC organized a field/industrial visit to Bonn Nutrients Private Limited, S.S. Food Industries, Ludhiana on 12th March 2020. It enabled the students to acquire knowledge about the significance of bakery products, the manufacturing procedures adopted and the latest and best modern technologies used in plants. 3 faculty members and 64 students of B.Sc. Medical and MFT attended an informative discussion session on 'Post-Covid Opportunities for Health Sector Start-ups' by Dr. Nirmaljeet Singh Kalsi, IAS (Retd.), Former additional Chief Secretary, Punjab and Dr. Varinder Garg, MBBS, MD (Radiology), Principal Investigator CIBioD, PGIMER on 6th June 2020. Faculty and student members attended 21 'Leadership talks' organized by MHRD, AICTE and MIC in the month of April, May and June 2020 on the Twitter live platform. Dr. Abhay Jere, Chief Innovation Officer, MHRD Innovation Cell coordinated these talks. Students and faculty members of IIC also attended 17 online sessions on Innovations, entrepreneurship, IPR and start-ups organized online by MHRD's Innovation Council (MIC) from 28th April to May, 2020. College IIC members attended KAPILA (Kalam Program for IP Literacy and Awareness)-National Intellectual Property Literacy week from 15th-23rd October 2020 for creating massive awareness on Intellectual Property and IP Generation from HEIs. College IIC 3.0 was formulated for academic session 2020-21 and its first council meeting was organized on 28th October 2020. The College also registered itself for ARIIA ranking of institutions. A motivational Session 'My Story- Motivational Session by Successful Innovator' was organized on 11th November 2020. Ms. Shivanshi Vashisht, innovator and Senior Scientific Officer at the BioNEST, Panjab University shared her pragmatic journey with the students in an attempt to encourage the keenness and eagerness of learning. 78 participants attended the session. A workshop on 'Entrepreneurship & Innovation as Career Opportunity' was organized on 21st November 2020. Mr. Sidhant Banura, Director at Ashvamegha Solutions highlighted the tenets and values of entrepreneurship with the participants. 70 students and 10 faculty members attended the session. A motivational Session on Successful Entrepreneur's Story was conducted

by Sh. Hriday Madan, President, TiE, Chandigarh Chapter on 24 November 2020. IIC students and faculty members helped in organizing the International Summit on Atmanirbhar Bharat: India as Manufacturing Hub for Global Health (Promoting Innovation and Entrepreneurship in Medical Devices and TeleHealth) on 26th – 27th November, 2020 by CIBioD. An Online PowerPoint Presentation Competition was organized on the topic 'Innovation and Entrepreneurship in Atmanirbhar Bharat' on 18th December 2020. Around 21 students from the college participated in the competition. The first position was bagged by Ms. Sangam of BSc (MFT) I; second position was awarded to Ms. Twinkle Kapoor of MCom I and third position was bagged by Ms. Palak Kapoor of MA II from the Department of Economics. A total of 92 students attended the event along with 9 faculty members. Review meetings are also conducted regularly for monitoring the progress of previous quarters and planning for the next quarter. An Orientation Session was conducted by the Institution's Innovation Council (IIC 3.0) on the topic 'Identifying Intellectual Property at the Early Stage of Innovation' on 24th December 2020. The Resource person for the event was Ms. Disha Sharma, Innovation Ambassador-IPRs and Technology Transfer, IIC 3.0. A total of 95 students and 06 faculty members attended the event through Google Meet.

INTERNAL QUALITY ASSURANCE CELL

IQAC organized various workshops and seminars to equip faculty members with online teaching- learning skills. The series of events included, a one-day 'Workshop on MIS – Output, Reporting and Generation of Reports', was organized on 8th February 2020 and it was attended by 130 members of the Teaching Faculty; a two-day webinar on 'Designing and Developing E-Learning' on 12th -13th May 2020 which was attended by 90 staff members. The workshop imparted online teaching and learning skills to the staff; a one-day webinar on 'Webinar on 'Psychological Wellbeing during Pandemic Covid-19', on 14th May 2020, was



attended by 80 members of the Teaching Faculty and 10 members of the Non-Teaching Staff; a one-day webinar on 'Mobilizing State and Citizens against Covid-19: Lessons from India and Lessons for India', on 26th May 2020, in collaboration with the Department of Political Science which was attended by 27 members of the Teaching Faculty, 6 members of the Non-Teaching Staff and 70 students. A series of seven Capacity Building Workshops for Non-Teaching Staff on Managing Personnel Data, Service Book – Making and Maintenance, Calculations of Yearly Increments, Pay Scales, Types of Leave and Leave Rules, Employee Conduct Rules and Punishment and Appeal was organized from 12th – 13th May 2020. 17 members of the non-teaching staff attended the series. The Cell organized an online Poetry Reading Session in collaboration with the Department of Punjabi, on 10th June 2020. The same was attended by 10 members of the faculty and students. A webinar on 'Strengthening the Life Skill of Communication for Better Job Prospects' in collaboration with the Department of Mass Communication and Career Counselling Cell of the College was organized on 11th June 2020. The webinar was well attended by 5 members of the Teaching Faculty, 3 members of the Non-Teaching Staff and 76 students. A one-day webinar on 'Investors Awareness Programme' on 18th November 2020 for the Teaching Faculty, Non-Teaching Staff and Students.

LIBRARY

The College library is well-stocked and boasts of an eclectic range of thousands of books. Presently, it subscribes to 27 newspapers, 60 reputable journals and 51 magazines. 1035 books were added to the library in the session 2019-20. In 2020, Library was shifted to a new spacious location on the ground floor, which is easily approachable as also being disabled friendly and fully air conditioned. It offers more sitting capacity, separate sitting sections for students and staff. Students have access to a separate reading room where they can carry their own books, and reprographic facilities are offered to students and staff members.



HOSTEL MESS

The Hostel Mess and its functioning are a priority for the college and timely inspections of the same are a regular feature. On 18th January 2020, Dr. Bindu Dogra, Dr. Bhavna Sood and Dr. Harjot Kaur Mann visited the Hostel mess. They observed that the quality of food was up to the mark and cleaning of Mess premises was being carried out. The personnel involved in food pre-preparation and preparation were wearing clean aprons and head covers. On 18th February 2020 Dr. Sagarika and Dr. Seema made a surprise check in the hostel mess of AB and CD block. On 9th March 2020, Dr. Sandeep and Dr. Gurpreet went for a visit to the hostel Mess of Blocks (A-F) during the lunch timing. All the mess workers in all the blocks (A-F) were wearing head gears, masks and aprons. Sanitizers were placed at all the strategic locations in the serving as well as cooking areas. Raw and cut vegetables were properly covered and stored. The food items (spices, rice, flour, *besan* etc.) were from the standard brands. On 14th March 2020, Dr. Bindu and Dr. Bhavna visited the college hostel mess for food tasting during lunch timing. Students' feedback about food was largely satisfactory. However, a few of them complained of the hard texture of koftas. On 10th May 2020, sanitization of the mess was done extensively. The entire kitchen area and dining halls were disinfected. On 31st August 2020, Dr. Bhavna Sood and Dr. Bindu Dogra visited the mess of A and B block for monthly inspection. On 23rd December 2020, Ms. Baljeet, Ms. Shelly, Dr. Mamta and Mr. Gaurav inspected the Mess and the necessary arrangements were made to ensure that social distancing will be ensured and healthy food will be served to the students when they come. Cleaning and painting of all the food containers and stickers for the Mess keeping in mind the Covid-19 situation.



NSS REPORT

Upholding the motto of *Not me but you*, NSS Units of our College have constantly contributed to many flagship programmes including Swachh Bharat Abhiyan, Swachhta Abhiyaan, Poshan Pakhwada, and Ek Shrestha Bharat with intertwined objectives of community welfare. In the month of January 2020, a yoga awakening session was organized under Fit India Campaign where volunteers were apprised about the benefits of Yoga in daily life. With an aim of generating awareness among people about the importance of personal hygiene, a lecture on health and hygiene was organized on 20th January 2020 at Government Model School, Sector 41-D, Village Badheri. A massive Cleanliness Drive was organized under Swachhta Pakhwada (16th January – 31st January 2020) where NSS volunteers cleaned the parking area, Botanical garden, *Rishi Vatika*, Celebration Ground, *Panghat* Area, etc. On 22nd January 2020, Open Defecation Free (ODF) Drive was carried out by the NSS team in Village Badheri and Village Butrela under Swachhta Action Plan. To commemorate the Birth anniversary of Netaji Subhash Chandra Bose under the MHRD initiative 'Ek Bharat Shrestha Bharat' (EBSB), a face painting competition was organized where around 16 volunteers painted faces of their models on the theme 'Unity in Diversity'. In an attempt to promote girl child education, the NSS Units of the College in association with Women Development Cell organized a Poster Making Competition on the theme 'Beti Bachao Beti Padhao' on 24th January 2020. To sensitize students about the disadvantages of using plastic bags and their adverse impact on the environment, an awareness session cum rally was organized on 29th January 2020 at village Badheri. With an objective of inculcating sportsman spirit in all and promoting Fit India initiative, NSS volunteers enthusiastically participated in several sports activities including tug of war and March Past that were organized during Annual Sports Meet. On 14th February 2020, a tree plantation Drive was organized by NSS Units of the College where approximately 40 NSS volunteers along with Principal Dr. Nisha Bhargava planted saplings of air purifying plants in the celebration ground near the biogas plant.



Even during Covid-19 pandemic, NSS volunteers demonstrated the true spirit and raised awareness through virtual mode on (i) *Paushtik Aahaar* through unique slogans and (ii) Covid-19 where they exhibited the correct way of washing hands in the educational video to the masses to keep the disease at bay. In addition, volunteers made an initiative of preparing and distributing homemade cloth masks. On 22nd April 2020, NSS volunteers celebrated Earth Day and planted saplings of trees, watered plants, made posters related to saving mother earth to generate awareness among masses. With an aim to address the stigma associated with sexual exploitation and disseminate inclusion actions of the POCSO Act 2012, a webinar titled 'Envisaging a physically and emotionally safe environment for children coupled with proper hygiene: a crucial step during lockdown and beyond' was organized on 22nd April 2020. On 11th May 2020, a webinar titled 'Mental Health and Emotional Wellness during Covid-19: Coping with Anxiety and Depression' was organized by the NSS Units in collaboration with the Geetanjali Counselling Helpline

Committee of the college for Women, Chandigarh. The NSS Units of the college organized an inter college best of waste competition on 28th May 2020 where the theme was 'Creativity in Confinement'. The competition witnessed an overwhelming response of more than 70 students from institutions of Chandigarh and even outside the city. NSS units celebrated International Day of Yoga with great zeal by organizing several activities via a virtual mode that included a live virtual yoga session, an online inter-college quiz and poster making activity. A webinar on 'Swachh Campus and Jal Shakti' was organized on 3rd July 2020 where NSS Programme Officers Dr. Pallvi Rani and Dr. Purnima Bhandari apprised students about the various sustainable approaches which our college has been adopting from the last several years. To mark the celebration of Van Mahotsava, an awareness campaign was launched where NSS volunteers motivated their friends and family to plant more saplings of trees, immunity booster and air purifier plants like Aloe Vera, *tulsi*, *ajwain*, etc. On the occasion of 74th Independence Day, around 650 participants from different schools and colleges of more than 15 different states of India participated in the National level Online quiz that was organized by the NSS Units of the College. NSS volunteers celebrated Senior Citizen Day (21st August 2020) by visiting their elderly neighbours and grandparents and spent some quality time with them. Some of them distributed food items and masks to their neighbours and elder people. Volunteers also played board games with their grandparents and helped them to stay positive about life. A Webinar on nutrition & immunity during Covid-19 times was organized by NSS Units in collaboration with Fortis Hospital, Mohali on 4th September 2020 where volunteers were informed about the concept of optimum nutrition, a healthy balanced diet and immunity strengthening nutrients and herbs especially under Covid-19. On 10th September 2020, as part of the celebration of POSHAN MAAH-2020, an Inter-College Online Cookery Competition was organized by the NSS units where volunteers prepared nutritious recipes, and reinforced and promoted the use of kitchen gardens and used ingredients in culminating the problem of malnutrition among children. NSS Units in collaboration with Unnat Bharat Abhiyan Cell of the College organized a webinar on National Education Policy on 16th September 2020 for the volunteers of Unnat Bharat Abhiyan/ NSS/ NYKS/ NCC. On the occasion of NSS Day, a virtual meet entitled 'Celebrating the true essence of NSS Day' was organized on 24th September where Ms. Nikita Bharti and Ms. Satvika Singh, two alumni of the College who made a mark as NSS volunteers in the college delivered motivational talk to the young and dynamic student community and shared their personal experiences and their journey. To commemorate the 151st birth anniversary of Mahatma Gandhi Ji, a cleanliness Drive and Plog Run was organized. The main aim of the event was to ensure cleanliness and promote the concept of *Swachh Bharat*, *Swastha Bharat*, and be the part of Fit India Freedom Run. Around 38 NSS volunteers participated in the 2 km plog run and while running and jogging, they picked up litter, swept the nearby areas, and collected the waste in eco-friendly reusable bags. On 16th October 2020, NSS Units celebrated World Food Day by



distributing food, milk, fruit and eatables to needy people. They also prepared posters spreading the message not to waste the food. A virtual NSS Orientation cum Induction programme was organized on 29th October 2020 that was graced by the presence of Mr. Bikram Singh Rana, State Liaison Officer (NSS), Chandigarh Administration, who motivated and apprised the volunteers with various upcoming projects. On 31st October 2020, the National Unity Day was celebrated by the NSS Units of the College where NSS Volunteers under the guidance of Dr. Pallvi Rani and Dr. Purnima Bhandari, took *Rashtriya EKTA pledge*. Two of our NSS volunteers— Cheshta (B.Sc MFT III) and Vanshika (B.Com III) participated in State/University level selection of NSS Volunteers for NSS Pre-Republic Day Camp. With an aim of celebrating Diwali in true NSS spirit, NSS volunteers organized a donation Drive with the theme 'रोशनी - Let's brighten up Every face' where volunteers urged people to donate various items to the underprivileged. On the occasion of World AIDS Day, a National online quiz competition was organized on 1st December 2020 where around 233 people from more than 15 different states across the nation participated. On the occasion of International Day of Persons with Disabilities, the NSS Units of the college organized an online RUSA- sponsored awareness programme - Disability and Positivity in life where the special guest of honour was Sh. J.S. Jayara, Principal, Institute for the Blind, Sector 26 Chandigarh. Besides, a donation Drive was organized where NSS volunteers of the College donated articles to the specially-abled kids of SOREM Institute.

PERSONALITY DEVELOPMENT CLUB

The Personality Development Club of the College organized a workshop on Interpersonal Skills, Decision Making and Problem Solving with an objective to groom students professionally with Mr. Dilbagh Singh and Mr. Sanjiv Gupta on 20th February 2020. With an objective to sensitize the students to the need of preserving cultural institutions, the club also screened a documentary on Preetnagar (a creative and intellectual hub near Jalandhar) on 5th March 2020. Dr. Indu Bala Singh, the director of the documentary conducted a session with the students after the screening. The club also organized a Book exchange among the students of the book and movie club in June 2020. It is a part of a long chain that constitutes book lovers from across the world and involves an exchange of books between parties unknown to each other from the ever-increasing chain. As many as 40 students of our college participated in the exchange that has an ever-growing international base, including members from Canada, Australia, USA etc. The club further organized an Interactive Online Awareness Session on 'Inner Excellence through Holistic Growth' on 15th December 2020. Ms. Preeti Swami, Founder of Energy Transformation Lab and Mind Gym was the speaker for the online session. Ms. Preeti Swami explained how physical and emotional growth is very essential for holistic development.



PLACEMENT CELL

Despite the economic slowdown posing restrictions on recruitments worldwide, the Placement Cell of Mehr Chand Mahajan DAV College for Women made all possible efforts to figure out industries that still carried out recruitments and was successful in organizing placements for online jobs. In its constant endeavour to bridge the gap between prospective employers and suitable candidates, Placement Cell organized a number of placement drives for its students in the academic



year 2020-21. Efforts were made to ensure that candidates with the requisite skills and knowledge were offered the right opportunities in the final year of their respective classes. The companies which were invited included Bank of America, Wipro Limited, Infosys, TCS, The Tribune, Shri Ram General Insurance, Eduvelocity, Tech Mahindra Ltd., Exim Enterprises, Concentrix, HCL Technologies, Algomill IT Solutions, Curadev Pharma, Healthviser Pvt. Ltd., DE Shaw, British Counsel and many other corporates offering different types of job profiles. The Cell ensured that a number of online Drives were arranged to suit the needs of students of various streams in the final year of graduation and post-graduation. Apart from the placement Drives, an orientation session by Nestle India Ltd. was also organized. The Placement Cell of the college remains committed to its responsibility of counselling and guiding the students for their successful career placement which is a crucial interface between the stages of completion of academic program of the students and their entry into suitable employment.

PLASTIC FREE CAMPUS COMMITTEE

Plastic Free Campus Committee conducted series of activities under '*Say no to single use plastic*' and surprise visits of canteen, Hostel Mess and all the food outlets within the campus were conducted by the committee members Dr. Seema, Dr. Poornima, Dr. Gurjeet, Dr. Rishu and Dr. Ketaki, from time to time. It was found that the use of single use plastic had reduced to some extent as compared to the earlier visits. Single use Polythene bags for storing things was not observed. Other disposable objects like plastic straws, stirrer, and cups were not found in the outlets. The mess workers were instructed to remove plastic covers of bread, disposable cups and plates and store them in separate close containers.



QUIZ CLUB-QUEST

During the 48th Chandigarh Rose Festival 2020 organized by the Municipal Corporation Chandigarh from 28th February-1st March 2020, Vidushi Chauhan and Vibhuti Lamba from BA1 secured 3rd position in the Rose Quiz held on 29th February, 2020. An "Environment Conservation Fest" was organized by 'Shristi', Environment Society, Post Graduate Government College for Girls, Sector- 42, Chandigarh on 4th February, 2020. Muskan Lamba and Priyadarshini from BA 3 secured the 1st position while Vidushi Chauhan and Shambhavi from BA 1 got the 3rd prize.

RASHTRIYA UCHCHATAR SHIKSHA ABHIYAN (RUSA)

Mehr Chand Mahajan DAV College for Women organized the Governing Body Meeting of Rashtriya Uchchatar Shiksha Abhiyan (RUSA) on 11th January 2020. The aim of the meeting was to deliberate upon ways to revitalize and restructure the resources of the College under the aegis of RUSA. Dr. Nisha Bhargava apprised the Board of Governors of various accomplishments of the institution at international and national level. This included prizes at 13th South Asian Games held in Kathmandu, International World University Games 2019 held in Italy, first Rank in the country for Cleanest College (Residential), and third Rank for Best Citizen led-initiative, signing of an MoU with London School of Management Education, London and so on. Shedding light on the initiatives aimed at holistic development of all its stakeholders, Dr. Bhargava informed the board

about the various workshops, skill development programmes, faculty development and training programmes, seminars, lectures visits, etc. organized during the year 2019-20. Dr. Bhargava expressed her gratitude to RUSA for the preparatory and infrastructure grants. Ms. Neena Sharma, the Institution Coordinator of RUSA, gave an overview of the various programmes undertaken to ensure qualitative changes in the infrastructure and capacity building measures of



the institution. During the meeting, Prof. R. K. Singla, Chairperson, Department of Computer Science and Applications, Panjab University suggested setting up of SWAYAM and SWAYAM Prabha labs, and implementation of a content management system to make learning more relevant in this digital era and also advised the IQAC of the college to focus on more publications per faculty per year. Stressing upon the importance of entrepreneurship, Prof. Suresh K. Chadha of UBS, PU advocated establishment of incubation centres. He also apprised the members of the bodies of the sources from where funding can be sought for promotion of entrepreneurship like SIDBI. To prepare students as future leaders, Mr. Amarbir Singh, Member, CII Northern Regional Council and Managing Director, Indian Polymer Industries, Mohali, Punjab suggested that areas like skill development and enhancement of employability skills must be strengthened. Prof. Sanjeev Kumar Sharma, University Institute of Applied Management and Sciences, Panjab University, asserted that the academic, co-curricular and social aspects of education have to be integrated for maximum benefit of the society at large. Prof. Ramakrishna Challa, Head, Department of Computer Science and Engineering, National Institute of Technical Teachers' Training and Research (NITTTR), Chandigarh, drew attention towards the need to focus on emerging areas like GPU based processing, cyber security, Internet etc. Speaking about making efforts to enable integration of differently-

abled students into the mainstream, journalist and documentarian Mr. Daljit Ami put forth suggestions to increase the enrolment of such students. Referring to RUSA as a path-breaking programme of the Government of India, Mr. Vivek Atray in a video message said that the funds under RUSA should be used to encourage research and to promote creative thinking and leadership skills among students. A two-Day workshop cum lecture series on 'Aesthetics of Botany' was organized by the Department of Botany (28t-29th January 2020). The workshop witnessed enthusiastic participation of 40 students. On the first day, Dr. Bharati Thakur and Dr. Puja Sharma, Assistant Professors cum Scientists, Dr. Y.S. Parmar University of Horticulture and Forestry (Dr.YSPUHF), Nauni, Solan delivered engaging lectures on lawn establishment and management, terrariums, bonsais, dry flower making, their preservation and use etc. On the second day, Professor cum Scientist Dr. J.S. Wazir from Regional Horticultural Research and Training Station, Mashobra, Shimla, gave practical insight into the concepts of container gardening, plant propagation and house plants and their care during three comprehensive field learning sessions. With the aim of exploring the role of technology in higher education as envisioned in New Education Policy 2020, the College organised a RUSA sponsored national webinar on the topic 'Paradigm Shift in New Education Policy 2020: Role of Technology in Higher Education Sector' on 19th September 2020. The webinar was graced by Prof. K. Srinivas. Head, ICT and Project Management Unit, National Institute of Educational Planning and Administration (NIEPA), New Delhi as the Chief Guest and Dr. Dalip Kumar, Mission Coordinator, RUSA, Chandigarh as the Special Guest. Participants from across the country participated in the webinar. A RUSA sponsored lecture on 'Floral Diversity and Plant Conservation Strategies in India' was organized on 5th October 2020. The lecture was sponsored by RUSA and it was organized to mark the dual celebration of International Habitat Day and Wildlife Week.



Eminent scientist Dr. Gopal Singh Rawat, Former Dean and Director, Wildlife Institute of India (WII), Chandrabani, Dehradun delivered this lecture. Over 109 participants including students and faculty members attended the lecture. In his insightful lecture, Dr. Rawat gave a preview of the plant wealth of India, the major hotspots, threats related to existence of plants in the natural habitats and the conservation strategies which are being followed and further need to be adopted for protecting the biodiversity. In an endeavour to promote entrepreneurial aptitude of students in the flourishing field of floriculture, the Department of Botany organized a one-day RUSA sponsored online workshop on 'Floriculture for Entrepreneurship Development' on 16th October 2020. The aim of the workshop was to generate awareness among students about the bright prospects of this industry and to motivate the students to be employment generators. The resource person for the workshop was Dr. Puja Sharma, Associate Professor cum Scientist, Department of Floriculture and Landscape Architecture, Dr. Y.S. Parmar University of Horticulture and Forestry, Nauni, Solan. 101 participants including students and faculty members took part in the workshop. In a RUSA sponsored awareness programme, the NSS units of the college held a discourse on 'Disability and Positivity in Life' on 3rd December 2020 to mark the International Day of

Persons with Disabilities. In his inspiring address, the resource person Sh. J.S. Jayara Principal, Institute for the Blind, Chandigarh, said that disability is not a curse, but a challenge that can be overcome by adopting a positive attitude. RUSA Infrastructure Grant of Rs 1.5 Cr facilitated the infrastructural growth of the institution and as a step towards Swachh Bharat. A timely release of the RUSA Infrastructure Grant helped us undertake the construction of 27 new washrooms, including three washrooms, exclusively for Divyang users. Two projects were undertaken to meet the requirements of the students and staff. Construction of 15 New Washrooms in Block D (Ground Floor) was completed this year. This block comprised four washrooms for the female faculty and 10 for the students. One washroom was constructed to accommodate Divyang users. Another project i.e. construction of 12 new washrooms in Block D (First and Second Floors) under the aegis of RUSA was completed. As the college has a ramp and a lift to facilitate the unhindered movement of Divyang stakeholders, one washroom on each floor was constructed to enable the differently-abled users. Renovation and refurbishment of the existing resources was aimed at bringing about qualitative changes so as to meet the changing needs of the stakeholders and the society at large. Renovation of the staff-washrooms in College campus (Block D) was completed out of RUSA Infrastructure Grant. In our pursuit for excellence, consistent strides have been taken to update our resources like— large format display was installed in the Conference Room; computers were procured out of RUSA Grant for setting up a Digital Lounge in the hostel; more Computers were procured for smooth functioning of the academic and administrative work; interactive Boards as Pedagogical Aids to facilitate teaching-learning environment.

RENEWABLE ENERGY COMMITTEE

A webinar on 'Green Chemistry' to celebrate Akshay Urja Diwas in collaboration with MCM Eco-Club was organized on 20th August 2020. Dr. Yogita Bansal, Department of Pharmaceutical Sciences and Drug Research, Punjabi University, Patiala was the resource person and the webinar witnessed enthusiastic participation of over 240 students and faculty members. In her enlightening discourse, Dr. Bansal stressed upon the importance of renewable energy by saying that 'Akshay Urja' represents pillars that hold our sustainable future. A two-day Webinar cum hands-on training workshop on 'Light Emitting



Diodes (LEDs): Revolutionizing Illumination Technology' was organized from 11th - 12th November, 2020. The webinar was organized with an aim to promote environmental sustainability by imparting practical knowledge about the basic principles and working of LEDs to the participants. The resource person Dr. Pallavi Gupta from the Department of Physics briefed how eco-friendly LEDs have created a revolution in illumination technology. A total of 61 participants benefited from this event. She facilitated replacement of the majority of the lights in the campus by LEDs. In addition, four lights powered by in-built solar panels were installed in the Science Block. A 5kWp solar Power plant with battery backup system was also installed on the rooftop of Physics lab of the college which adds on to the pre-existing 360kWp capacity solar power plants in the college campus.

ROTARACT CLUB

The Rotaract Club of the college with the objective of giving back to the society and embracing every opportunity to learn organized various events like— a community service project, 'H.O.P.E' Help Other People Eat was organised from 1st –7th July, 2020 in order to celebrate Annapurna day. The aim of the event was to provide help to those who could not sustain themselves due to the pandemic. All the board members of the club participated with a lot of enthusiasm. The project 'Samriti' was organized in collaboration with the Rotaract Club Shivalik Spectrum from 18th – 30th July, 2020 to celebrate the spirit of World Nature Conservation Day and Kargil Vijay Diwas. The Rotaract members associated with the project planted saplings in the name of those brave warriors who gave up their lives for the nation. The project 'Fight Against Racism' was designed in order to show solidarity and support to the worldwide Black Lives Matter protests wherein the participants were welcomed to share their stories of being discriminated against due to their skin colour. It was a community and club service project organised from 19th –26th July 2020. A Plantation Drive was carried out on 24th July,



2020 wherein RAC MCM DAV joined hands with Rotary Club of Chandigarh to plant saplings on the roadside of Sector-38 (grain market) as it helps combat environmental issues like deforestation, global warming and maintain the beauty and balance of the environment. The project 'Baithook' commenced on 30th August, 2020 to bring to notice the plight of the migrant laborers and how they were affected in the lockdown and the social inequalities faced by them. The event was a discussion based one where all the participants had to represent a state and talk about the measures they would take to improve the current situation. The objective of the project 'Liberating Womenism' was to empower women and draw inspiration from the stories of the brave women around us. The project was organized on 26th August 2020 in collaboration with RAC Samaritans and RAC SilverCity to celebrate Women's Equality Day. The webinar was conducted to talk about being brave and taking chances in life. The event 'Ceaseless' was conducted from 10th – 14th September 2020. It was organised in collaboration with eight other clubs and it aimed to break the monotony of daily lives and act as a stress buster so that the participants could take their minds off the trying and testing times. The target audience was the energetic and vibrant members of Rotaract Club who are always willing to take part in such fun events. The project 'Propel Peace' was

organized on 13th September 2020 in collaboration with Rotaract Club of Kovai Knights to celebrate the 40th International Peace Day. The participants made efforts to promote and spread the message of peace and prosperity. An event was organised to celebrate World Mental Health Day on 10th October 2020 to show support to the people across the world who are dealing with mental illnesses. Mental health has become even more significant during the months of lockdown. To show support and empower those who might be going through some mental disorders, this event was conducted so that people dealing with these issues know that they are not alone. The event 'Game of Hunt' was organized on 31st October 2020 in collaboration with Rotaract Club Samaritan. It was a fun game which was to be played live on Instagram. The event was organized to help people get through the tough times as nobody was able to leave their houses. The members of Rotaract Club got together to celebrate 'Diwali Donation' from 10th - 14th November 2020 with the aim of celebrating the auspicious festival of Diwali with the underprivileged kids to show them some love and care. The rotaractors donated masks, *diyas*, candles and juice to the kids of the slum area and helped them celebrate this festival of lights with a lot of joy and gusto. The club organized an interactive session on 'Blood Disorders and Need for Life-Savers' on 24th November 2020 with DKMS BMST Foundation India wherein the resource persons Ms. Namrata Toppo and Ms. Nandini Sarkar gave the attendees an insight on blood disorders and the need for stem cell donors. The Club collaborated with JIMSVasant Kunj to celebrate the week of 'Zero Hunger' from 8th - 14th November, 2020. The project aimed at providing meals to the hunger-stricken people who were unable to feed themselves during the pandemic. The members of the Club had to serve a nutritious meal to the underprivileged and help them during these difficult times. This event 'E-Ryla' was organized from 5th - 6th December, 2020 in collaboration with RAC HSJ Dental to celebrate the spirit of Rotary. Various cultural events were organised under this Rotary Youth Leadership programme wherein all the Rotaractors came together to celebrate their achievements and vision of the Rotary. The project 'Fundraiser' was organized during December 2020 in collaboration with 'doggified', a small group working to rescue stray dogs and to provide homes to them. The club organized this fundraiser to help provide shelter to 10 dogs that were rescued from Panjab University. The members of our club encouraged everyone to come forward for this noble cause and donate as much as they could to help as many stray dogs



as possible. This event 'Winter Drive' was organised from 15th – 31st December 2020 in collaboration with RCCCB in order to reach out to as many poor people as possible and donate warm clothes and blankets to them. The drive was carried out by the members of the club who collected warm clothes and blankets for the needy and poor people on 25th December 2020 on the occasion of Christmas.

SANITIZATION REPORT

Ever since the lockdown started in March, adequate arrangements were put in place to keep the campus clean and preserve the environment. Ensuring that the college and hostel are well maintained increases the likelihood of attracting more students. The college has religiously followed in place a Standard Operating Procedure to implement proper sanitization; regulating entry in the college premises, social distancing norms and ensuring contactless inter department communication. Therefore, a sanitization committee was formed to inspect various parts of the college and hostel from time to time and take necessary measures for ensuring hygiene and cleanliness. During and post lockdown massive cleaning and sanitization was undertaken in the entire college campus including the Hostel premises, under the convenorship of Ms. Suman Mahajan.



SKILL DEVELOPMENT COMMITTEE

The College understands the value of skills as an important component of wholesome personality as also for earning livelihood. A landmark was achieved by the College in January, 2019 when the College got registered and accredited as a Training Centre (TC 111709) under the aegis of Ministry of Skill Development and Entrepreneurship, Government of India. The College is the first one in northern India to acquire this status. Affiliated to Chandigarh Skill Development Mission (CSDM), the College has become eligible to impart training by trainers, certified by Government of India, in more than two hundred and fifty job roles. At present, the Training Centre is providing training for 'Goods and Service Tax Accounts Assistant'. In line with the vision of Skill India, the College is instrumental in not only making the youth ready for life and for employment but also fulfils its social responsibility of providing a safe and well-equipped training centre for the not so privileged people looking for learning opportunities. The online assessment for the first batch was conducted by the NSDC on the college premise on 21st October 2020. The Committee in



collaboration with National Skill Development Corporation, Government of India organized a three-day 'Workshop on Animation' on 27th – 29th May 2020. The workshop focused on imparting knowledge about the scope of 2D animation along with online practical demonstration. The practical sessions for 2D animation on Toon Boom software were conducted by Mr. Stephen O'Keeffe. A total of 85 participants actively participated in the workshop. The college conducted an online workshop titled 'Be a Freelancer' on 15th June 2020. Mr. Vishal Tandon, a certified Google Corporate trainer and technical head, Sebiz Infotech was the resource person. Around 220 participants registered for the workshop. In the session, Mr. Tandon addressed all the participants who wish to be an entrepreneur in the digital world. From 25th May – 1st June 2020, a seven-day online workshop was held on the theme 'Be a Health Manager II' which was attended by 138 participants. Ms. Seeza explained what immunity is and the things that are detrimental to it including preservatives, processed white sugar, salt, flour, etc. Dr. Mangla Dogra focused on creating awareness about diabetes, thyroid, anaemia and PCOD. The following days were engaged in themes ; 'Reading Food Labels and Correct Storage of Food' conducted by Mr. Pancham Prashar; 'Weight Management and Detoxification' by Dr. Nupur Malhotra with discussion about various diseases such as PCOD and anaemia and 'Life, Health and Technology' by Dr. Gurvinder Kaur who discussed about the lifestyle in 21st century and how it is highly competitive. Life is so fast that individuals especially millennials are running blindly without giving a single minute of their daily time towards self-reflection. To enhance the sense of personal styling and awareness regarding taking up a career in the fashion industry, 69 participants attended a workshop on 'Elegant Attire' from 29th June – 11th July, 2020. The resource person, Ms. Heena Sharma, the founder of CRIO, a sustainable clothing brand and founder of Heena Style Studio tried to make the participants informed about the basic concepts in fashion designing. Besides being a fashion designer, the various other avenues like art director, technical assistant, marketing head, product development and merchandise planner can be explored and pursued. The college conducted an eight-week online translation course- 'Beyond Boundaries: Creating a World of Understanding' in collaboration with the National Translation Mission (NTM), Centre for Indian Languages, Ministry of Education, Government of India from the 17th August – 9th October 2020. The course was navigated by eminent resource persons from the practical and theoretical field of translation; Prof. Rana Nayar- Theories and Role of Translation and Practical Sessions, Prof. Sudhir Kumar Mishra- Encoding and Decoding in Translation, Dr. Neeru Chugh -Genres of Translation, Gathering Background Information, Mr. Tariq Khan- Role of Government in Promotion of Translation, Mr. Winston Cruz- Machine Translation: Desktop Editing and Proofreading, Dr. Suman Sharma- History of Translation: India and Abroad and Legal Documents' Translation, Dr. Priya Padhye- Translation in Media and Entertainment, Dr. Pooja Malik- Machine Translation: Application and Challenges, Ms. Akanksha Bansal- Freelancing in Translation, Mr. Biswadip Gogoi- Copyright Issues in Translation, Dr. Manjinder Kaur Wratch- Translating Fiction on Screen, Ms. Pragati Gupta - Copyrights in Translation and Ms. Vishakha Goyal- Translation:



A Liberating Praxis. 60 participants from across the country benefited from the course. The workshop 'Be A GST Expert' organized from 12th -18th September, 2020 focused on the understanding of the process and procedure of Goods and Services Tax filing and registration as an entrepreneur, normal tax payer and GST Consultant with the help of practical demonstration. The Resource person, CMA Bhawna Sharma taught 50 (students, research scholars, faculty and professionals) from all around India including a faculty from Muscat Oman. Taking examples from daily life, the participants were familiarized with the various norms and guidelines of GST. A workshop on 'SOIL' under Sustainable Urban Farming with a view to promote POSHAN ABHIYAAN, the flagship program of NITI Aayog on Holistic Nutrition was organized by the Committees of Skill Development and Sustainable Practices and NSS Units of the College on 11th November 2020. It was attended by 100 students. The workshop aimed to make the participants aware of the significance of healthy soil for growing seasonal vegetables, herbs, medicinal plants in small spaces and their nutritional value. A practical demonstration was given to prepare pots by the resource person, Mr. Rahul Sharma, an IT expert turned farmer.

SOCIAL RESPONSIBILITY COMMITTEE

Under the Social Responsibility Committee, the students and the faculty participate in various outreach programmes where they contribute their knowledge, skills, and technical expertise to the community. The activities have been carried out under the broad areas like education, health, environment, rural development etc. Total financial support of Rs. 4852800/- was given to students in the form of scholarships (Rs. 136100/- to 35 students), Fee waiver to sports students (Rs. 1648400/- to 100 students), Employees' concession to 13 students (Rs. 166040/-), EWS concession (Rs. 477015/-) to 33 students and blessing scheme (Rs. 133790/- to 6 students). The NSS volunteers of the College expressed their creativity and showed their responsibility towards generating

awareness regarding Covid-19 from 13th - 14th April 2019. Amidst the spread of the Covid-19, the NSS volunteers took the initiative of making homemade protective cloth masks at their respective places and distributed the masks to the needy people. In addition, the volunteers distributed sanitizers and advised people to use them. The theme of World Heritage Day 2020 was "Shared Culture", "Shared Heritage" and "Shared Responsibility". Using the power of the worldwide web to not let the lockdown dampen the spirit of celebration of diverse cultures and



heritage, the Swachhta Committee (Arts) organized an Online Poster/ Collage Making Competition to mark the World Heritage Day on 18th April 2020. The celebration was about preserving human heritage, acknowledging the vulnerability of the world's-built monuments and heritage sites and the need to preserve them. To sensitize fellow citizens about contribution towards PM CARES Fund, an educative video on 'Awareness about donation in PM CARES Fund' was prepared by the Swachhta Committee (Commerce) on 20th April 2020. It mentioned the ways through which people could contribute i.e., either

through the bank or through online payment methods in the fund. The NSS volunteers of the College celebrated Earth Day on 22nd April 2020. Volunteers planted saplings of trees, watered plants, and made posters related to saving Mother Earth to generate awareness among masses. To convey a community message on the importance of healthy food, an



online quiz and e-poster competition was organized on 27th April 2020 on immunity boosting plants. On the theme 'Swachhta se Swastha ki aur: Fight Covid-19 with Cleanliness and Social Distancing', an E-Collage/E-poster making competition was organized on 30th April 2020 to instil social responsibility towards the nation and fellow countrymen in the current scenario of Covid-19. This competition aimed to inculcate the sense of Swachhta during the grave pandemic of Covid-19 and achieve 'Swastha'. To engage a large number of students in a constructive activity during the lockdown due to pandemic Covid-19, a PowerPoint Presentation competition by the Swachhta Committee (Science Departments) on the topic 'Science, Technology and Innovation for a Clean, Green and Healthy Nation' was held on 22nd May 2020. To understand the importance of oceans in the present-day scenario and adopt suitable measures for their sustainability and make students aware of the basic technologies to study oceans and oceanographic techniques, PowerPoint Presentation Contest, Report Writing Contest, Video, and Write-up Contest to celebrate World Oceans Day were organized on 8th June 2020. 'Meri Pehchaan' or 'My Identity' was a signature drive program which focused on teaching uneducated individuals to write their names for signatures instead of using their thumb impressions. A drive during monsoon was organized to help the underprivileged of our society by way of charity and donations. Donation boxes were put up in college to encourage people to donate items of clothing, footwear, umbrellas, etc. The items collected were then distributed to underprivileged people of the society. Under this project, the members visit the 38 West slum on Saturdays and Sundays to assist the underprivileged children to expand their horizons through knowledge. The Rotaract Club of the College collaborated with Rotaract club of UIIS and Rotaract club of Chandigarh Midtown in order to help the needy. The project, 'Secret Santa' was organized where the members visited various slums in the tricity and donated blankets and clothes to help the people. Student members of the Rotaract Club of MCM visited slum areas every Saturday to teach the children.

START UP CELL

Under the aegis of MHRD's Innovation Cell, Mehr Chand Mahajan DAV College for Women, Chandigarh organized the first brainstorming session was organized on 14th October 2020 with the selected experts of the committee 'National Innovation and Start-up Policy (NISP)' formed at HEI level. Various experts from different fields including Prof. Suresh K. Chadha, (Professor & Chairman University Business School, Panjab University, Chandigarh), Dr. Amandeep Singh Marwaha (Training-cum-Placement Officer, University Institute of Applied Management Sciences, Panjab University, Chandigarh),

Prof. Deepti Gupta (Chairperson Department of English and Cultural Studies, Panjab University), Mr. Vikram Dhawan (123 Startup Ventures Founder), Dr. Swati Dhawan (123 Startup Ventures Co-founder), Dr. Preeti Vohra (Behavioural Counselor and Motivational Speaker Wellbeing Counselling), and Dr. Amanjot Kaur (Director Innovative Financial Management) shared their valuable insights



with the participants. The quiz saw an enthusiastic participation of 240 students from the Department of Commerce. On the eve of Gandhi Jayanti, the Department organized a Nation Level Online Essay Writing Competition on 'Covid-19: A Booster Shot to Swachh Bharat Abhiyan' in which 65 students across the nation participated and expressed their views on the importance and impact of cleanliness during the pandemic, thereby reinforcing the cause of Clean India Mission. In the month of October, a National level online poster making competition on 'Workplace Cleanliness as a Step Towards Swachhta' was organised by the Swachhta Committee (Commerce) and the Cleanliness Committee. The students were given an opportunity to showcase their creativity and expression on various aspects of workplace cleanliness like greening the office spaces, innovations at the workplace to maintain cleanliness, layout and interiors of a workplace, spreading awareness through display boards in the office premises and many more. The competition got an overwhelming response and a total of 103 entries were received.

SUSTAINABLE PRACTICES COMMITTEE

In August and September 2019, the Sustainable Practices Committee organized four Workshops titled 'Yes to Green Alternatives' to sensitize students to upcycle discarded garments into bags. Around 50 students learnt to cut and stitch cloth bags from Mr. Tulsi Ram, an artist, sculptor and an awardee of Panjab Lalit Kala Academy. The maxim Reduce and Reuse was extended through the slogan 'I Carry my own Spoon, Glass and Bag.' On 23rd September 2019, the Committee brought to the campus, the works of rural artisans of Panjab— handicrafts and handloom. The exhibition, which was organized in collaboration with Trinjan, the women's wing of Kheti Virasat Mission, was a step towards encouraging the livelihood of many rural families and promoting the heritage of the State. Apart from beautiful durries, there was a plethora of



products on display like— sweaters, shawls etc. The Committee, in collaboration with the Department of Psychology, launched 'Saamarthya Khoj', an initiative to help EWS students understand their abilities by taking various tests— numerical, verbal, spatial, clerical, reasoning, computing, aptitude, etc. The committee members shared space with the senior members of our society and spent some memorable moments together through an online interactive session, 'I Listen Because I Care' organized on 27th June 2020. The senior members (aged 60 years or more) participated in the interactive session, sharing their life experiences, anecdotes, feelings, poetry, life incidents, recipes and sang folk songs, bhajans, etc. Since 2018, the college has been engaged in Sustainable Urban Farming as a means of promoting sustainability. Seasonal workshops are conducted to impart hands-on experience in growing chemical-free food. Vegetables, herbs, and spices are cultivated in designated areas across the college and each series of workshops covers information and action on soil, seeds, composting, natural pesticides and insecticides and other measures necessary for healthy plant upkeep. During the year 2019-20, significant amounts of produce (3 quintals) of vegetables were distributed to the staff on various occasions. The Committee organized a 3-series session '*Unsuni: The Unheard Voices*', to interact with three outliers who have broken glass ceilings in their own unique ways. The first session was an interaction organized on 9th July 2020 with Mx. Dhananjay Chauhan, a transgender activist and Mr. Ojaswwee Sharma, filmmaker. The session encapsulated Ms. Chauhan's struggle as a transgender. The focus of the talk was to extend social sustainability with gender, equality, justice and dignity. The session inspired the students in the pressing times of Covid-19 to overcome the difficulties with strength and optimism. The second session, organized on 12th July 2020 was an interaction with Ms. Harbhajan Kaur, fondly known as “Nani ji” who started her entrepreneurial journey at the age of 90, when most people decide to lead a life of comfort and tranquillity. Having “missed on education” she decided to revitalize her life by becoming an earner. Thus began her journey of entrepreneurship that has put the city beautiful on a pedestal with her scrumptious 'Besan ki barfi' and other delicacies like her marmalades, squash, home-made pickles, etc. The third session was organized on 13th July 2020 with Ms. Jahan Geet Singh, the *dhol* girl whose voice and endearing smile will break anyone's face into a smile! Despite performing at various global events, featuring in global magazines and crossing a million views on her videos online, she is the embodiment of humility.

SWACHHTA COMMITTEE (SCIENCES)

The Swachhta Committee (Sciences) organized a Poster making and Slogan writing competitions on the theme of Water conservation on 28th January 2020. Over 30 students presented their innovative ideas



through posters and slogans on the topical issue of water conservation. On 25th April 2020, Science Departments took the initiative to spread awareness about the digital application Aarogya Setu, designed and developed by the Government of India to connect essential health services with Indians in the combined fight against Covid-19. A large number of students were made aware through social media. A creative Essay writing competition on 'Impact of Covid-19 Pandemic on WildLife in India' to promote awareness around biodiversity issues was celebrated on 22nd May 2020 to mark the International Day for Biological Diversity (IDB). Students understood the concept of healthy ecosystems, biological diversity in terms of the wide variety of animals and microorganisms and dependency of our health on biodiversity. A PowerPoint presentation competition on the topic 'Science, Technology and Innovation for a Clean, Green and Healthy Nation' was organized on 22nd May 2020. Around 20 students participated to showcase the strength of technology in different aspects. A Caption contest was organized to celebrate 'International Day for Biological Diversity' on 22nd May 2020. This was an innovative approach to educate the students regarding biodiversity issues. As many as 40 students from different streams participated enthusiastically in the caption contest. A National level online quiz competition was organised on the theme 'Ozone Depletion and Climate Change' to mark international day for the preservation of the ozone layer on 16th September 2020. 560 students participated in the competition. The Department of Botany took the initiative to organize an Inter-college contest on 'Create Your Own Miniature Garden' on 17th September 2020. 30 students participated in this event. This competition provided an opportunity to the young minds to channelize their energy positively and bring out their creative potential. The Post Graduate Department of Chemistry organized a National level online poster making competition on the topic 'Chemical Squandering and Management' from 23rd - 30th September 2020. There were more than 70 entries from students of undergraduate and postgraduate level across India. The Department of Zoology organized an online National level article writing Competition to mark the celebration of Wildlife week on 8th October 2020. The theme of the event was 'Imagine Yourself to be a Wild Animal in Captivity and Express Your Feelings'. 61 participants submitted their thought-provoking entries wherein they brought out the poignant condition of the captive animals through vivid descriptions of how they might be feeling in captivity. The Department of Physics organized Virtual Eureka Physics Fest on 14th October 2020 to mark the celebration of 'International year of plant health' on the theme 'Plant-Environment Physical Interaction'. Approximately 300 students from science streams of the college participated enthusiastically in various events such as Quiz, Collage presentation, PowerPoint Presentation, Click-a-picture and write-a-story, Plantoons, Caption the picture captured through your lens, and article writing based on themes related to plant health. The Department of Physics and Renewable energy committee organized a two-day workshop on 'LEDs: Revolutionizing Illumination Technology' from 10th -11th November 2020. 61



participants learned the technique behind preparation of LED light. On 15th October 2020 a one-day online Institutional Workshop on “SES REC” for Social Entrepreneurship, Swachhta and Rural Engagement Cell under Mahatma Gandhi National Council of Rural Education (MGNRE), Department of Higher Education, Ministry of Education, GOI was organized wherein Dr. G Rajni (MGNRE) apprised the students of the role and importance of social entrepreneurship, the need for running one's own business and serving the needs of society.

SWACHHTA COMMITTEE (ARTS)

Swachhta Committee (Arts) of the college organized a photography competition under Swachhta Pakhwada 2020 on 22nd January 2020 on the theme 'Water Conservation'. 14 students participated in this competition. Harsirjan Kaur of PGDMC bagged First prize, Tanvi Sharma of BA III and Nina Chandel of PGDMC got second and third prize respectively and consolation position was won by Amulya Singh of PGDMC. The committee celebrated Earth Day on 21st April 2020 and conducted online poetry, photography and singing competitions for the members of staff and students. The themes of the competition were “*Earth provides enough to satisfy every man's needs, but not every man's greed*” –

Mahatma Gandhi; “The earth is enjoyed by heroes”- this is the unfailing truth. Be a hero. Always say, “I have no fear”- Swami Vivekananda; “The earth is what we all have in common”- Wendell Berry. In the online poetry competition, 20 students and 4 faculty members exhibited their talent. In the Students Category, Kanika Arora (MA II); Sargun Chug (BA III) and Kulkiran Mittal (BA III) bagged the first, second and third positions respectively. Shruti Sharma (BA III) earned consolation prize. In Staff Category, Dr. Prasoon



Prasad of Post Graduate Department of Hindi; Ms. Vishakha Goyal of Post Graduate Department of English and Ms. Anchal Mehta got the first, second and third positions respectively. In the online photography competition 13 students and 2 faculty members participated. In the student category, Arshita Sharma (BA II) and Annanya Mahajan (B.Sc. I) got the first position; Monisha Chaudhary (BA III) bagged the second position and Abhilasha Kolash got the third position. In the staff category, Ms. Ruchika of the Post Graduate Department of English won the first position; and Ms. Anchal Mehta of the Post Graduate Department from the Department of Economics got the second position. In the online Singing competition 4 students and 1 faculty member participated. In the student category, Shreya won the first position; Muskan and Divya Bhatt bagged the second position and Riya Chauhan got the third position. In the Staff Category, Dr. Sunaina Jain of the Postgraduate Department of English bagged the first position. To mark the celebration of World Heritage Day, Swachhta Committee Arts organized an Online Poster/ Collage making (E posters) competition on 18th April 2020 on the theme 'Rich Heritage of India'. 51 students participated in the competitions. In poster making competition, Deepika (BA II) and Jasmine

Brar (BA I) won the first position; Aastha Nanda (BA I) and Yashaswini Chaudhary (BSc NM II) got the second position, and Aravya Jain bagged the third position. Mahika Sharma (BA I) got the consolation prize. In E posters Gunjan (BCom III), Nikita (BCA I), Prikita Sharma (BA I) and Harleen Kaur (BSc III Med) won the first, second, third and consolation positions respectively. Observing World Environment Day with great fervour on 3rd June 2020, the Swachhta Committee and Ek Bharat Shreshtha



Bharat Team of the college organized an 'Environment Responsibility Pledge' activity wherein the staff and students pledged to work for preserving nature and also to sensitize others about it. In this activity, 21 students from different streams and 20 non-teaching staff members participated. The Swachhta Committee (Arts) organized a talk by Dr. Shafila Bansal on the theme 'Ozone for Life' on 11th September 2020 to mark the celebration of "International Day for the Preservation of Ozone layer". 177 students and 5 faculty members attended the session. The college under Swachh Bharat Mission observed "Swachhta Jagrukta Abhiyan from 1st - 2nd October 2020 to celebrate the conclusion of two year-long commemoration period of 150th birth anniversary of Mahatma Gandhi. On 1st October 2020, the Swachhta Committee (Arts) organized an Online Quiz Competition on 'Gandhian philosophy.' 136 students participated in the competition. First position was won by Harnaaz Sikand (BA I); second position was bagged by Chandini Jaswal (BA II) and Saashi Chauhan (BA I); and third position was shared by Divya Singla (BBA I); Anvi Jindal (BA II); Rubal Sandhu (BA II); and Sonali (BSc II NM). Keeping in mind the Covid- 19 situation the world is facing, Swachhta Committee (Arts) organized a soap donation activity to mark the celebration of 'Global Handwashing Day' on 15th October 2020 on the theme 'Hand Hygiene for All'. The activity aimed to mobilize the students to initiate a step towards reaching people outside of traditional health care settings, for improving health and wellness. Principal Dr. Nisha Bhargava apprised the non-teaching staff of the benefits of washing hands with soaps and distributed soaps to them. Adhering to the campaign launched the Ministry of Environment, Forest and Climate Change 'Harit Diwali, Swasth Diwali', the Swachhta Committee (Arts) organized a "Short Mobile Video Making Contest" on 17th November 2020 to encourage the students to celebrate an environment friendly and safe Diwali. The theme for the activity was 'Green Diwali-Clean Diwali'. To mark the Constitution Day on 26th November 2020 the committee conducted a 'Cleanliness Drive at Home and Neighbourhood', in which a WhatsApp group was created and students were asked to post pictures showing their participation. 18 students participated in this activity. As a part of GOI's 'Jan Andolan for Covid-19 Appropriate Behaviour Pledge', the Swachhta Committee (Arts) organized an online pledge taking drive for Staff members and students from 28th - 29th December 2020 and extended wholehearted support to the efforts of the Government directed at fighting the novel coronavirus.

UNNAT BHARAT ABHIYAN

The UBA Cell of the college executed a wide spectrum of activities in the arenas of health, education and hygiene throughout 2020, in its adopted villages of Attawa, Kajheri, Maloya, Badheri and Buterla, with the concerted and wholehearted efforts of the team members and student volunteers. The activities that commenced in the month of January 2020 entailed programs like community meetings and lectures on Health and Hygiene, educational awareness drives, demonstration of skill related opportunities like stitching, teaching etc. and talks on Aanganwadi Development/Infrastructure. An Awareness Session on maintenance of personal hygiene was conducted in Government Model School, Badheri in January wherein the relevance of a hygiene regimen residents was illustrated by 20 student volunteers of UBA cell, with a view to reinforce the tenets of good health. In the month of January, Gram Sabha was organized in the village premises to commemorate the Republic Day. The village councillors came forward with active participation of school children through the soulful rendition of patriotic songs and speeches narrating the struggle of our freedom fighters. The UBA Cell worked in tandem with the NSS Wing of the college to undertake the 'Plastic Free Campaign' in the villages under the Government of India initiative viz. Swachhta Pakhwada 2020. Awareness rallies

advocating a strong message against the use of plastic were organized and a Nukkad Natak was also staged to reinforce the message of minimizing the use of plastic. The commitment of UBA to environmental conservation was reinforced with a Tree Plantation Drive conducted in Badheri wherein around 25 Black Ficus plants were sown in a park outside Government Senior Secondary School, Sector 41, Chandigarh. The UBA team also rolled out two bags of cow dung in the flower beds of the village park and made a proposal to the village



councillor offering to set up a Biogas plant in the village. The month of March seized the entire world in the clutches of the pandemic Covid-19 which brought all ground activities to a halt because of a nationwide lockdown and various SOPs. The UBA Cell upheld its commitment to the betterment of the villages notwithstanding the adverse conditions created by the dreaded Covid-19. The UBA team members and student volunteers created online audio-video tutorials, clippings, posters and pamphlets sharing information related to causes of virus transmission and combative measures and safeguards to keep the risk of transmission at bay. These were then shared with the residents of the villages through mediums of social media and by maintaining open communication channels with the village councillors. A sequel to this was a survey conducted by the UBA Cell wherein all the village in charges designed a special awareness-related Covid-19 specific questionnaire covering vital aspects like use of hand sanitizers, wearing masks, installation of Aarogya Setu App, role of Municipal Corporation, causes of the spread of the disease etc. Some student volunteers also distributed hand sanitizers and masks in their neighbourhood while observing maximum social distancing and wearing masks. The UBA cell also conducted some

education-centric activities to take up doubts related to recent shifts in the Education sector and to address the rising insecurities of students pertaining to the employment sector as a result of the pandemic. With an objective to deliberate upon the newly introduced National Education Policy, the UBA cell together with the NSS units of the college organized a webinar in September on 'National Education Policy-2020'. The resource person for the webinar was Ms Arundhati Nilkanth Kawadkar, an educationist at Sanmitra Sainiki Vidyalaya, Chandrapur, Maharashtra. A host of other renowned academicians from across the country also graced the webinar. An Online Career Counselling Session was organized for the students of Government Senior Secondary School, Maloya in November. The resource person for the session, Dr Manoj Kumar, Associate Professor, PGGCG, Sector 11, Chandigarh shared information regarding various professional career options available for the students.

UGC COMMITTEE

The UGC Committee kept the teaching faculty informed about the instructions and guidelines of the UGC on examinations, academic calendar and admissions during the Pandemic and subsequent times on a regular basis. It also organized a Webinar on 'Psychological Wellbeing during Pandemic Covid-19' under the aegis of IQAC on 14th May 2020 to sensitize the teaching faculty and non-teaching staff about the effects of Coronavirus on their mental health. In a session attended by 80 members of the teaching faculty and 10 members of the non-teaching staff, the Resource Person, Dr. Neha Pandeya,



Assistant Professor, Post Graduate Department of Psychology, highlighted the various ways of countering and handling the psychological challenges posed by Covid-19 to people of different age groups.

WOMEN DEVELOPMENT CELL

The Women's Development Cell of the College screened the Academy Award winning movie, 'Erin Brockovich' for the students on 22nd January 2020. The movie is a docudrama based on the true-life story of Erin Brockovich, who defeated the multi-billion dollar, California based, Pacific and Gas Electric Company which was responsible for contaminating groundwater of California with the carcinogenic Chromium-6. In an attempt to promote girl child education, Women Development Cell in association with NSS Unit of the college organized a Poster Making Competition on the theme 'Beti Bachao



Beti Padhao' on 24th January 2020. 35 students from different streams participated in this competition. Dr. Pooja Sharma, Assistant Professor, Department of Fine Arts was the judge of the competition. First prize was bagged by Rajita Kaushal of BA III, second prize by Harnoor Kaur Bedi of BA I and third prize by Nishtha Berry of BA II respectively. In addition, five consolation prizes were also given to the students. The Cell organized a drive on 'Pad Collection for Donation' from 25th - 26th February 2020 in the college campus. Employees and students of the college participated enthusiastically and donated pads. The main aim of the drive was to collect sanitary pads and distribute them to the needy women. In all, 10 students and 4 teachers participated in the drive. A drive on 'Sanitary Pads Distribution' was conducted for the class IV women employees of the college to mark International Women's Day Celebrations on 5th March 2020. This activity was in continuation with the drive conducted on "Pad Collection for Donation" held from 25th - 26th February 2020 in the college campus. Sanitary pads collected during this drive were distributed to the class IV women staff members. 20 students and 4 teachers participated in the activity. Students performed a play and interacted with the employees on the theme "Women Hygiene". Both the women employees and the students participated enthusiastically to make this drive a success. A Walkathon to mark International Women's week was organized on 6th March 2020. The theme followed for the walkathon is "Beti Bachao Beti Padhao". This walkathon aimed to generate awareness and improve the efficiency of welfare services intended for girls in India. College dedicated this walkathon towards eradication of female foeticide and aimed at generating awareness regarding educating the girl child. More than 60 girls participated in this event. The Cell in collaboration with the Postgraduate Department of Sociology announced an online Inter-College mask and gloves making competition on 10th May 2020. The main aim was to make masks and gloves to fight against the pandemic. More than 70 students participated in the event. An online session on 'Understanding and Management of PolyCystic Ovary Syndrome' was organized on 7th October 2020. The session aimed at developing an understanding of the meaning, symptoms and facts about PCOS. Further, the session aimed at providing an insight to the students to control the incidence of PCOS with the help of lifestyle modification. The resource person for the event was Dr. Nirja Chawla Chairperson, Digital Education Committee, Indian Menopause Society & Patron Executive PCOS Society of India. 90 students across different streams attended the session. A two-day workshop on 'Diwali Décor' was organised by Department of Fine Arts in collaboration with the Women Development Cell and Ms. Sonali Sen was the Resource Person. It was organized from 9th -10th November 2020 with the objective to teach the fun way of creating Decor Items for Diwali celebrations using waste material. 158 students attended the workshop.



DEPARTMENT OF BOTANY

A two-day RUSA-sponsored workshop and lecture series on 'Aesthetics of Botany' was organized from 24th - 25th January 2020. The workshop was attended by 40 students. On the first day, Dr. Bharati Thakur and Dr. Puja Sharma, Scientists-cum-Assistant Professors from Dr. Yashwant Singh Parmar University of Horticulture and Forestry, Solan, delivered a lecture on the aesthetic aspects of Botany and also offered experiential learning on the same. On the concluding day, Professor-cum-Scientist Dr. J.S. Wazir from Regional Horticultural Research and Training Station, Shimla, YSP UHF gave an insight into container gardening, plant propagation and house plants along with their care. To cultivate scientific temperament and introduce the students to the latest developments in Science, the college organized its Annual Science Day on 17th February 2020. The theme of the festival was 'Emerging Trends in Science and Technology.' On this occasion, the Department of Science and Technology and Renewable Energy, Chandigarh, sponsored an Inter-College Scientific Poster-Making Competition on 'Innovation and Sustainability,' which drew participation from 21 students from the city. Dr. Kawalpreet Kaur, Assistant Professor, S.G.G.S Khalsa College Sector 26, Chandigarh, awarded the first prize to Rashmita (BSc III) of Government Home Science College, Sector 10, the second prize to Harmanpreet Singh (BCom II) of G.G.D.S.D College, and the third prize to Riya Kapoor (BA III) of Mehr Chand Mahajan DAV College for Women. In the month of February, two field visits were organized to reinforce experiential learning. On 18th February 2020, 46 students visited the Botanical Garden in Sarangpur to get familiarized with the various plant groups. On 25th February 2020, 10 students visited Durga nursery on a one-day field trip. The students were introduced to various aspects of nursery establishment. On the occasion of Earth Day, 22nd April 2020, an online 'Content and Caption Writing Competition' was organized based on the screening of an award-winning short film 'Albatross,' filmed by Chris Jordan on the Pacific Ocean's Midway Islands. The coordinators Dr. Zeenat Khan and Dr. Gunjan Sud solicited online submissions from undergraduate students and sent the URL to the film via WhatsApp. 31 Participants after watching the film submitted their 500-word write ups on the film. Chandini Jaswal of BA I was awarded the first prize, Harneet Kaur of BSc (Non-Med.) II bagged the second position and Deeksha Shukla of BCom II was given the third position. An 'Online Photo Quiz' on Immunity Boosting Plants was held on 27th April 2020 with the aim to disseminate knowledge of plants with potential immunity boosting properties. In these unprecedented times, it becomes imperative to relieve stress by maintaining a balanced dietary routine. A two-day Webinar entitled 'Learning the Nuances of Rearing Ornamental and Organic Plants: An online workshop during Lockdown' was organized from 2nd - 3rd May 2020. The resource persons conducted sessions with 39 participants. On the first day, Prof. Y.C. Gupta, Dean, College of Horticulture and Centre of Excellence for Horticulture Research and Extension, Mandi, delivered a lecture on the tremendous opportunities the floriculture and landscaping industry offers. Dr. Niranjana Singh, Fruit Science Department from Dr. Yashwant Singh Parmar University of



Horticulture and Forestry, Solan, informed the students of the agricultural methods involved in the rearing, storing and marketing of Apples. Dr. Puja Sharma, Scientist, Department of Floriculture and Landscape Architecture from YSP UHF explained the concept of 'Miniature Gardens' using PowerPoint and live demonstrations. During the first session on the second day, Prof. Gupta spoke about greenhouse technology and methods involved in the protected cultivation of highly desired flowers like Roses, Liliiums, Carnations, Gerberas, Anthuriums, etc. In the second session, Dr. Niranjana explained the technical advances in vegetative and sexual techniques for fast and improved plant reproduction. Dr. Aruna Mehta, Scientist, Medicinal and Aromatic Plants, College of Horticulture and Centre of Excellence for Horticulture Research and Extension, Mandi, gave a vivid account of plants with medicinal and aromatic relevance including their characterization, cultivation, utility and conservation strategy. A 'Plantation Drive' was organized on 13th July 2020 to mark the celebration of Van Mahotsav, the annual tree planting festival. The drive commenced with planting of a tree sapling by the Principal Dr. Nisha Bhargava. The college staff planted saplings of plants of medicinal significance in several locations of the campus, including the *Rishi Vatika*, Green House and the Artificial Forest. The event was handled following appropriate social distancing and sanitization standards, which are necessary in the current conditions resulting from Covid-19 Pandemic. The college has been a forerunner in being committed to the cause of preserving and saving the environment. Strengthening these claims further an Inter College Competition 'Create your own Miniature Garden' was organized on 17th September 2020. Entries were received from students across different states. Dr. Puja Sharma, Associate Professor and Scientist, Department of Floriculture and Landscape Architecture from YSP UHF, Solan judged the entries. Tanvi of Mehr Chand Mahajan DAV College for Women, Chandigarh got the first prize. The second prize went to Sylvi Goyal of Government Home Science College, Chandigarh and the third prize was bagged by Chetna Aggarwal of P.G.G.C.G 11, Chandigarh. To mark the dual celebration of the International Habitat Day on 5th October 2020 and the Wildlife Week which is celebrated every year from 2nd - 8th October 2020, a RUSA-sponsored online awareness lecture entitled 'Floral Diversity and Plant Conservation Issues in India' was organized on 5th October 2020. The lecture was delivered by eminent scientist Dr. Gopal Singh Rawat, Former Dean and Director, Wildlife Institute of India, Dehradun which was attended by an overwhelming number of 101 participants. A one-day RUSA-sponsored online Start-Up workshop on 'Floriculture for Entrepreneurship Development' was organized on 16th October 2020. Dr. Nisha Bhargava, Principal shared her views on the subject starting with a beautiful self-composed poem encouraging the students to take up the skill development courses offered by the college such as Add-on Course in Floriculture and Landscaping. The resource person Dr. Puja Sharma, Associate Professor-cum- Scientist, Department of Floriculture and Landscape Architecture, Dr. Y.S. Parmar University of Horticulture and Forestry, Solan delivered an enlightening talk on different aspects of entrepreneurial opportunities of Floriculture.



POSTGRADUATE DEPARTMENT OF CHEMISTRY

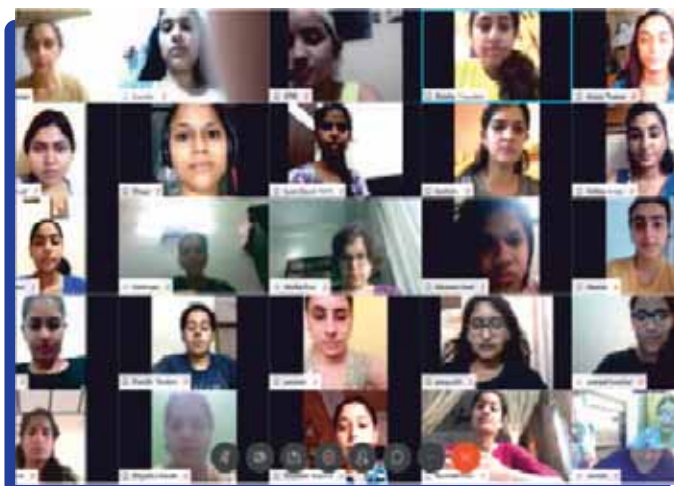
The Postgraduate Department of Chemistry organized a Scientific Rangoli competition, to inculcate the scientific spirit in young minds, as a part of Science fest on 17th February 2020. Dr. Shefali Dhiman, Head of the Department, in collaboration with Swacchta Committee (Sciences) initiated an effort to explain the usage of Aarogya Setu app (a mobile application



developed by Government of India to fight against Covid-19) to create a network of information that can alert the citizens and government of potential victims of the virus. A lecture on 'Transition Metals in Organic Synthesis' was organized by the Department on 23rd May 2020. The resource person, Prof. Roderick Wayland Bates, Associate Professor, School of Physical and Mathematical Sciences, Nanyang Technological University, Singapore, motivated the participants to learn more about transition-metal chemistry. Around 96 participants including students and faculty enthusiastically attended the lecture. A lecture titled 'The third alphabets of Life and Synthetic Vaccines' was organized on 31st July 2020. The talk was delivered by Prof. S.V. Eswaran, Teri Deakin NanoBiotechnology Centre, Gurugram and Adjunct Professor Deakin University, Australia. Approximately, 120 students from BSc III and MSc I and II participated. The lecture aimed at cultivating the interest of students towards pharmaceutical research and the need of synthetic vaccines to combat the deadly Coronavirus. Keeping in view the sustainable development on the sound management of the toxic chemical waste produced in laboratories, a national level online poster making activity on 'Chemical Squandering and Management' was organized on 23rd September 2020 to create awareness among the students. The poster winners were awarded with cash prizes.

DEPARTMENT OF COMMERCE

A Workshop on 'Research Methodology: Concepts and Applications' was organized for the students of MCom and BBA from 6th - 9th July 2020. The faculty members Dr. Gunjan, Dr. Namita, Dr. Japneet and Dr. Manika, were the resource persons who covered different aspects of research such as, review of literature, objective formulation, hypotheses testing, data analysis and report writing. An Online Bridge-course on 'Basics of Income Tax Laws' from 10th - 24th July 2020 was organized which was attended by 70 students. The resource persons C.A. Shubham Pandey, C.A. Keshav Bansal, C.A. Sahil Gupta, C.A. Lovejeet Thaur, C.A. Gaurav Arora, Ms. Deepali Garg, Ms. Sahiba Sharma and Ms. Ritu Rani apprised the students on various topics such as Income from Salaries and House Property, E-filing of Tax Returns and basic framework of GST. A nine-day National Online



Workshop on 'Empirical Financial Econometrics using eviews' from 13th-21st July 2020 was organized under the aegis of IQAC. A total of 131 participants across India and abroad attended the workshop. M.R. Narain from Faculty of Management Studies, University of Delhi, the resource person for the Workshop, gave the participants hands-on experience on eviews, and also discussed the basic regression related to time series data, ARIMA modelling, ARCH/GARCH along with event study methodology. The Postgraduate Department of Commerce under the aegis of the Swachhta Committee conducted various events throughout the year. An Interactive session on 'Importance of Menstrual Hygiene: Myths and Truths' was organized by the department on 6th February 2020. The session was conducted by Dr. Jaspreet Kaur, Gynaecologist and Laparoscopic Surgeon, Bedi Hospital, Chandigarh. During the Lockdown period an Educative video on 'Awareness about donations to PM CARES Fund' was prepared by the students of the department on 20th April 2020. The video aimed to sensitize fellow citizens about the deduction available under the Income Tax Act on contributing to the PM Relief Fund. On 12th - 13th June 2020, an online quiz was organized for the students on the theme 'Covid-19: General and Economic Aspects' with an aim to spread awareness about the pandemic and its economic impact on the Nation. The quiz saw an enthusiastic participation of 240 students from the department of Commerce. On the eve of Gandhi Jayanti, a National-Level Online Essay Writing Competition was organized on 'Covid-19: A Booster Shot to Swachh Bharat Abhiyan' in which 65 students across the nation participated and expressed their views on the importance and impact of cleanliness during the pandemic, thereby reinforcing the cause of Clean India Mission. In the month of October, a National-level online poster making competition on 'Workplace Cleanliness as a Step Towards Swachhta' was organized by the Swachhta Committee (Commerce) in collaboration with the Cleanliness Committee. Through the competition, the students were given an opportunity to showcase their creativity and expression on various aspects of the workplace. The competition got an overwhelming response of a total of 103. Cash prizes and e- certificates were awarded to the winners.

DEPARTMENT OF COMPUTER SCIENCE AND APPLICATIONS

A six-day workshop on Apache OpenOffice was conducted from 3rd - 9th January 2020 by Dr. Geetika Singh, Ms. Priyanka and Ms. Sandeep. Prof. Sanjay Kaushik, Dean, College Development Council, Honorary Director, I.C.S.S.R. and Professor, University Business School, PU graced the valedictory function as the Chief Guest. The workshop witnessed enthusiastic participation of 44 staff members and students. The workshop was designed to introduce the concept of open source software and particularly provide the opportunity to learn Apache OpenOffice, one of the leading open source office suites. Online programming Quiz was organized on 22nd January 2020 on the topic 'Programming Skills' sponsored by Smart Hacks 2020. This competition was organized to make students aware of the latest programming topics. 104 students participated in it. Best out of



Waste Competition (Swachhta Activity) was organized on 27th January 2020. This competition aimed at inculcating the culture of reusing, recycling waste material. 69 students participated. In the Working Model Category, Anam and Nandini of BCA III got the first prize. In the non-working model category, Khushi Mehta of BA I (Fine Arts) got the first prize, Aastha of BCA I won the second prize and Disha and Pragya of BSc (Voc.) III got the third prize. DST sponsored



I.T. Quiz as part of Science Fest on 17th February 2020 was organized under the aegis of Department of Science and Technology and Renewable Energy on the theme 'Emerging Trends in Science and Technology'. It aimed to expand one's knowledge and promote students to think out of the box in the emerging field of IT. There were 17 teams (with two participants in each team) from different colleges. Suraj Mukherjee and Vanshaj Seth of BCA III from DAV College, Sector 10 got the first Prize. Sonalika Grover of BCA II and Anjali of BCA I from Mehr Chand Mahajan DAV College, Sector 36 got second Prize. Dhruv Kaith and Shivansh Mathur of BCA III from PGGC-11 got the third Prize. E-Poster/E-Collage making Competition as Swachhta activity was organized on two themes- 'Abhinandan: A salute to our Covid Warriors' and 'Swachhta se Swasttha ki aur: Fight Covid-19 with Cleanliness and Social distancing' on 30th April 2020. Around 29 students participated. Nikita Jindal of BCA I got the first Prize, Sonali Goyal of BCA II secured the second position, third Prize was bagged by Rupali Mittal of BCA II and the consolation prize was won by Ritika Bhardwaj of class BCA II. A National Webinar on Ethical Hacking and Cyber Security was organized on 9th June 2020. It was attended by 77 participants. The resource person Sh. Arun Soni, Director TCCS, Author, Cyber security trainer, Certified Ethical hacker (CEH) and Limca Book of records Holder apprised the students of the scope and future of ethical hacking. A five-Day Faculty Development Program on 'E-Content: Designing and Deployment using G-Suite' was organized from 20th - 24th July 2020 with the objective to familiarize the faculty with the tools available in G-Suite for designing, developing, managing and delivering online lectures. Around 102 teachers participated in the event. Mrs. Vandana Syal, Mrs. Deepti Sharda, Dr. Ritika Bansal, Mrs. Deeksha Gupta and Mrs. Navdeep Kaur were the resource persons. A National Essay writing competition (online) on 'Computer Cleaning: Ins and outs' was organized in September 2020. The main objective was to create awareness about physical as well logical cleaning of Computers cleaning for pervasive use of computers especially during Covid-19. Deepakshi Rawal of BCA. II got the first prize (Rs. 5000), Vinayaka Sharma of BCom I bagged second prize (Rs. 3000) and Bhumika of BCA I won the third Prize (Rs. 2000). Consolation Prize worth Rs. 1000 was given to Avleen Kaur (BEd, S.B.H.S.M. Khalsa College of Education, HSR). 42 students participated in the event. A Series of Online Career Counselling Sessions were organized for the students of second and third year of BCA and BSc Computer Applications in their respective classes on 28th - 29th November 2020. Ms. Arpana from Infomath delivered a talk on career opportunities and the course details that the students can opt after completing their graduation in the field of Computer Science. Approximately, 150 students attended these sessions.

POSTGRADUATE DEPARTMENT OF ECONOMICS

An expert lecture on 'Indo-Nepal Trend, Structure and Hopes' was organized on 6th March 2020 wherein Dr. Ram Prasad Gyanwaly from Central Department of Economics, Tribhuvan University, Nepal elaborated on the volume and composition of trade between India and Nepal. His lecture focused on the trends in export and import statistics between the two countries and highlighted the importance of India as a trade partner in terms of manufacturing goods. The Department with the aim to keep the students creatively engaged, organized the Economics Quiz 'Econoverse'



2020 on 12th February 2020. The Fest consisted of a string of events like-Poster Making, Speak-A-Thon, Treasure Hunt, and Quiz-E-Bizz. Poster making recorded maximum entries and its theme was 'Digital India' in which participants painted their ideas and creativity. The event was judged by Dr. Kanwaljeet Kaur, Associate Professor, S.G.G.S College Chandigarh, and Dr. Kamal D Grewal, Asst. Prof, S.G.G.S College Chandigarh. Prof. Lakhwinder Singh Gill, Director, Culture for Development Economics and Innovation Studies was the Chief Guest and Prof. Anita Gill, Dean Faculty of Social Sciences, Punjabi University, Patiala was the Guest of Honour. Dr. Nisha Bhargava, the principal of the college encouraged the participants with her positive words and blessings. Ms. Madhvi Bajaj, the Head of the Department of Economics congratulated the winners and concluded the fest with a vote of thanks. An online essay writing competition titled 'Challenges posed by Covid-19' on April 10th 2020 was organized with the aim to provide a cathartic outlet to the students struggling with the challenges posed by the pandemic. An online special lecture on 'Impact of Covid-19 on Indian Economy' was organized on 2nd June 2020. Mrs. Rama Kashyap, Former Head and Associate Professor, Postgraduate Department of Economics, Mehr Chand Mahajan DAV College for Women, Chandigarh graced the event as the chief guest. The objective of the webinar was to discuss the hardships and changes introduced in different sectors and economic growth of the Economy due to Covid-19 outbreak. Delving systematically into the ways Indian economy has suffered a setback due to the lockdown, Mrs. Kashyap apprised the participants of the meaning of lockdown and its impact on global economy. An online ten-day 'International Multi-Dimensional Student Development Programme' was organized from 20th - 30th June 2020. Prof. Swaran Singh, Chairman CIPOD,



Jawaharlal Nehru University, New Delhi was the Guest of Honour with the vision to widen the horizons of students by exposing them to a wide spectrum of topics. A webinar on 'Indian Economy Challenges Ahead' was organized on 15th September 2020. Prof. J.S. Bedi, IDC, Chandigarh was the resource person who enlightened the students with the economic challenges posed by the pandemic. An online seven-day workshop 'Jazba' was organized on social entrepreneurship in collaboration with the Department of Sociology from 23rd -29th November 2020. Mr. Sandeep Mehta, TISS Mumbai Alumnus, National Awardee, Co-founder Bharat Calling was the resource person.

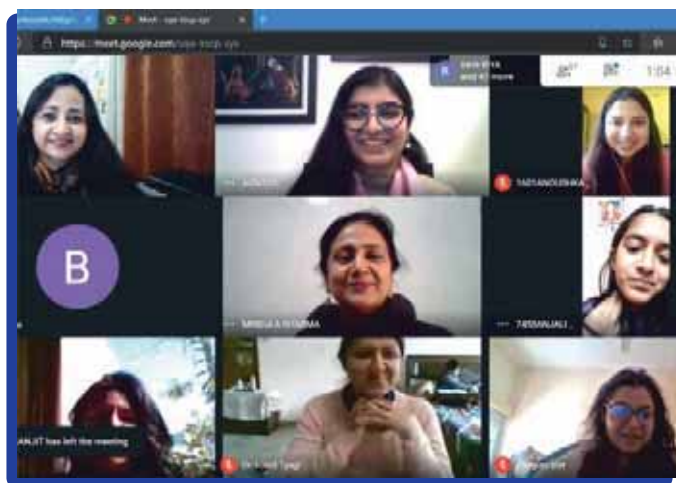
POSTGRADUATE DEPARTMENT OF ENGLISH

A lecture on '**How to Communicate your Way into Journalism**' was organized in March 2020 primarily for the students of Functional English, Honours and Communicative English (Add-on course). The resource person for the lecture was Ms. Gitanjali Mangal, Assistant Editor, *Krunch Today*. The speaker spoke about how communication is an indispensable tool in climbing the ladder of success in the field of journalism. Two more lectures pertaining to Inter and Intra departmental Office Communication and Business Communication were organized in March, 2020. The resource persons for the lectures were Dr. Jasmine Anand and Dr. Aparna Sharma. In order to bring to fore the creative potential of the students by keeping them constructively engaged during the lockdown, Dr. Sunaina Jain and Dr. Aparna Sharma compiled 21 poems composed by the students of the College in the month of May. The students presented their poems as handwritten pieces followed by a recitation of the same. The poems were compiled as, '**Vignettes-Bundled with Love**'. The activity provided the students with an outlet to release their mixed emotions that they experienced in the challenging times of Covid-19. A seven-day bridge course on '**Learn**



Basics of English' was organized in July, to keep the students and various other participants constructively engaged. The course not only highlighted phonetics but also went over in detail over the basic concepts of grammar thus, bestowing upon the students the ability to use English language in their day-to-day lives. The course was conducted by Dr. Aparna Sharma and Ms. Ruchika Singh, Assistant Professors in the Department of English of the College. Furthermore, this course was extended to the month of August where a ten-day '**Advanced Course in English**' was arranged by the aforementioned resource persons. The course covered topics like rules for transformation of sentences, narration, writing applications, writing Resume, facing interviews and other related skills. Towards the end of August, an online lecture on '**Women, Reason and Masculinity in the era of the French Revolution**' was conducted by Ms. Deeksha Bhardwaj, a renowned journalist from The Hindustan Times, was the resource person for the session. She explored the relationship between women and the masculine discourse of reason that shadowed the Enlightenment era leading up to and after the French Revolution. During the

month of November, a five-Day Online International Workshop on **'Breaking the Stereotypes: A Paradigm Shift in Gender Studies'** was jointly organized by the Post Graduate Departments of English and Sociology. Professor Elisabetta Marino, Associate Professor of English Literature at the University of Rome, Italy and Professor Aparna Rayaprol, Former HOD and Associate Professor of Sociology at the University of Hyderabad, India were the resource persons. The Book and Movies club of the College also held a discussion on the Cinema



of Wong- KarWai during the second last week of November. Before the discussion, participants of the club were advised to watch Wong-KarWai movies. During the ensuing discussion, participants also shared comments on their best-read books. The month of November concluded with a discussion on **'Don't Stress: Digress'**, organized by the MCM Club Mavericks. The discussion focused on stress management and how art, cinema and literature could help alleviate it. December gave way to an Online Training Workshop on the theme of **'Information Disorder and Media Literacy: Fighting or Fake Fighting'**, organized in collaboration with Data Leads and Google News Initiative under Factshala India Media Literacy Initiative Program. The Resource Person for the Workshop was Dr. Pragya Kaushik, Factshala Trainer and Media Educator under Factshala India Media Literacy Initiative Program. The workshop was followed by an online talk and interaction on creative writing which was organized by Ms. Pia Bakshi, author, founder, PhilARThropy and writer at Owiliver's Post. The Mavericks Club organized an interesting meeting on Vishal Bharadwaj's trilogy- film adaptations based on William Shakespeare's tragedies. Dr. Komil Tyagi, along with the participants, shared similarities between the two creators and their depictions.

DEPARTMENT OF FINE ARTS

A seminar on Arena Animation was organized on 5th March 2020 in the college. In this seminar, 76 students participated who were counseled by the resource persons, Mr. Rupnarayan Bhushal, Senior 3-D Trainer and Mr. Vivek K Sinha, Manager, about the career in Animation and VFX technology used in entertainment industries. A skill development workshop was organized on **'Kala Abhivyakti- Manifesting Inner Artist'** on fabric and bottle painting art from 20th - 25th July 2020 by



Resource Person Robina Singh in which 25 students participated. A two-day online workshop was organized on **Mask, Stone and Mix Media Painting**, a skill development workshop in collaboration with Fevicryl from 13-14th August 2020 with Resource Person Santosh Verma from Fevicryl via online platform where 108 people participated with enthusiasm and also submitted their artwork which they made during the workshop. A two-day workshop on **Diwali Decor** was organized on 9 - 10th November 2020 in collaboration with Women Development Cell, where Mrs. Sonali Sen was the Resource Person. A total of 158 persons participated and also submitted the artworks they learned making in the workshop. The Department of Fine Arts and in collaboration with the Computers Department organized a '**Best out of waste competition and Exhibition**' under Swachhta Pakhwada on 27th January 2020 where 36 teams of 72 Students participated with great zeal and make models and different articles like pen holder, Art Diary, Containers, flowers and decorative article, etc. and Khushi of BA I was awarded the first prize. In collaboration with the Women Development Cell and NSS unit, the department organized a Poster making competition on the theme '**Beti Bachao Beti Padhao**' on 24th January 2020 to celebrate National Girl Child Day wherein Rajita got the first prize, Harnoor was awarded the second prize, Nishtha received the third prize and Muskan, Kritika, Saumya, Bhoomika and Achirabha were given consolation prizes. Rajita Kaushal received the first Prize in Face painting in Environment Conservation Fest organized by 'Srishti' PGGCG College for Girls, sector 42, Chandigarh. In the Rose Festival, organized by Panjab University on 8th - 9th February, 2020, students from our college won several prizes. In the Painting Competition, Khavaish of BA I stood first, Shravya of BA II bagged the second prize, Nishtha of BA II received a consolation prize. In the College-making competition, Sehar of BA I won the second prize; Nitti of BA III received the third prize. In Face Painting, Nishtha of BA II bagged the third prize. On-the-spot Painting competition was organized by the Department of Art History and Visual Arts and the Department of Indian Theatre, Panjab University, Chandigarh on 15th February 2020 where Rajita of BA III won the third prize and Lingthoi received a consolation prize. In an inter-college Poster Making competition organized by Dev Samaj College of Education on 28th February 2020, Riya of BA III received the second prize. In an inter-college Poster-Making competition organized by P.G.G.C.G, Sector 11, Chandigarh in Philosophy Fest on 13th March 2020, Riya Kapoor of BA III received the first prize and Shravya of BA II stood third. An inter-college online painting competition was organized by our college in collaboration with the Department of Youth Welfare, Panjab University, Chandigarh on Sri Guru Teg Bahadur ji to commemorate his 400th Birth Anniversary Celebrations in which Linthoingambi of B.A.III bagged third prize and Rs 1000/- cash. A Poster-making competition was conducted to observe '**Swachhta Jagrukta Abhiyan**' and to celebrate the conclusion of two-year long commemoration period of 150th Birth Anniversary of Mahatma Gandhi on 1st October 2020 via online platform where Muskan of BA III and Aastha of BA II bagged the first prize, Sehar of BA II and



Vanshikha of BA III won the second prize, Aakriti of BA III, Ashmita and Tanya of BA II won the third prize, Anubha of BA III, Anshika and Jyotima of BA III bagged consolation prizes.

DEPARTMENT OF FOOD SCIENCE

The 19th National level Online Microbiology Olympiad-2020 was hosted in collaboration with Microbiologists Society, India where a total of 41 students of BSc (MFT) of all three years enthusiastically participated and successfully gave the online test on 25th January 2020. This national test was aimed at enhancing the competitive alertness and scientific skills among life science students in the field of Microbiology. With the objective of enhancing

the scientific skills of students and to promote awareness on Environment sustainability, a total of 26 students of BSc (MFT) III participated in a two-day international conference on **'Roadmap to Sustainability: Environment and Health'** sponsored by ICSSR held on 5th - 6th March 2020 in which all the students presented their undergraduate research work. An industrial visit to Bonn Nutrients Private Limited, S.S. Food Industries, Ludhiana was organized on 12th March 2020 in which a total of



55 students of BSc II participated. The students were given hands-on experience on processing, packaging, good manufacturing practices (GMP), quality control, practical challenges faced, troubleshooting, significance of bakery products, and modern technologies used in the plant. In an endeavour to inculcate innovative thinking among the young minds so as to gain deeper understanding of scientific facts in the field of environmental sustainability and health, two students— Aditi Bhagat and Jhanvi Khara participated in **'Idea Competition'** organized by Institutional Innovation Council (IIC) under the MHRD Innovation Contest 2020' held on 6th March 2020. Aditi Bhagat secured first position on her idea titled 'Mycofoam Packaging- An alternative to Styrofoam' which was later nominated for next level mentoring under MHRD Innovation cell. To hone the skills and build a knowledge bank of young minds in the dynamic field of Intellectual Property Rights (IPR) with special reference to patents and their significant role in promoting science, technology and innovative thinking, a total of 50 students of BSc (MFT) III were engaged in an online Distance-learning course of 55 hours titled **'General Course on Intellectual Property DL-101'** certified by World Intellectual Property Organization (WIPO), Geneva. Out of these, 19 students were able to successfully complete it and secure more



than 80% marks in the final exam thus receiving digital certificates from WIPO. To promote the scientific learning activity of students, an Inter-College Online Poster Making Contest was organized on 20th May 2020 which showed enthusiastic participation of 48 students from our as well as nearby colleges. To apprise the students of fundamentals of human immune system and its related advancements and techniques used with special reference to the current scenario of Covid-19, a five-day online bridge course titled '**The Human Immune System Explained**' was organized from 21st - 26th July 2020. A total of 80 students from all over India registered for the course. Under the aegis of college Swachhta Committee (Science) an Inter-Departmental Essay writing competition was organized on the '**Impact of Covid-19 pandemic on wildlife in India**' with 22 students of different UG streams showing active participation and display of their skill sets. The Department in collaboration with the Home Science Department organized 'National level online competition from 13th -18th October 2020 to mark the celebration of World Food Day in which a huge participation of 193 candidates from the tricity was witnessed. Participants expressed their novel ideas in form of posters, article write-ups, rangoli and recipe making under different themes pertaining to food safety and preservation. A one-day online Institutional Workshop on '**SES REC**' for Social Entrepreneurship, Swachhta and Rural Engagement Cell under Mahatma Gandhi National Council of Rural Education (MGNRE), Department of Higher Education, Ministry of Education, GOI was organized wherein Dr. G. Rajni (MGNRE) apprised the students of the role and importance of social entrepreneurship.

DEPARTMENT OF HINDI

A six-day workshop was organized from 10-15th February 2020 with an objective to encourage creative writing skills among students. 30 students participated in the workshop. Professor Bajinath Prasad, HOD, Hindi Department, P.U., Dr. Chander Trikha, Director, Haryana Sahitya Academy, Mr. Mohit Dwivedi, storyteller and Mr. Kamal Arora, Theatre Expert were invited as resource persons for essay writing, poetry writing, storytelling and theatre nuances. An online webinar was conducted on 31st July 2020 as a tribute to

the great Hindi legend **Munshi Premchand**. It aimed to encourage the students to read and acquaint themselves with the valuable contribution of Munshi Premchand to the world of Hindi literature. On this occasion a National level Essay competition was held, in which 50 entries were selected. Mohan Kumar from Banaras Hindu University, Varanasi stood first, Dr. Afsar Unnisa Begum from



Hyderabad stood second and Amandeep from Mehr Chand Mahajan DAV College for Women stood third. **Hindi Diwas** was organized on 14th September 2020. Dr. Nisha Bhargava, Principal graced the occasion and recited a self-composed poem in Hindi. Many budding poets from the college faculty as well as students shared their creative contributions in Hindi.

DEPARTMENT OF HISTORY

An interactive walk was conducted at the Government Museum and Art Gallery, Sector 10 Chandigarh, on 25th February 2020 wherein the students of BA I enthusiastically participated. The walk was led by the third year (History Honours) students Himani Chopra and Kajal Sharma. A wide range of sculptures were covered ranging from Ancient to Modern times, discussing their style, era, material and their relevance in History. An Online Inter-College Power point competition was organized on 29th May 2020 on various topics related to history



and pandemics. 16 teams from various colleges participated in the competition. E-certificates were awarded to the winners and the top seven entries. On the occasion of Gandhi Jayanti, on 2nd October 2020, an essay writing competition was organized on '**Gandhian Ideology and its relevance among Today's Youth**'. 40 students participated in the competition. Avantika Sharma BA I secured the first position, Chandni Jaswal BA II second and Arshpreet BA II stood third.

DEPARTMENT OF HOME SCIENCE

A field trip was organized on 5th March 2020 wherein 10 students along with two faculty members Ms. Rati Arora and Ms. Payal Bansal visited Usha Yarn Ltd. Village Rampur Sainian, Dera Bassi. The purpose of the visit was to create awareness among students about yarn spinning from recycled fabric waste. During the Lockdown, with the aim of channelizing the energy of students positively, numerous activities were organized. An activity on '**Low-cost Nutritious Recipes**' was organized from 22nd March-7th April 2020. The students of BA III,



Sonali Seth, Prerna Sarao and Rashika demonstrated low cost nutritious food that acted as immunity boosters. An activity '**Design a Dupatta**' was organized from 13-14th April 2020 in which 47 students participated. This activity provided a digital platform to the budding home scientists to depict their creativity and skill in designing *dupatta* using tie and dye technique. Students submitted their exceptionally creative entries wherein they drew their creations on paper. An Online Plating Chef Contest was organized on 20th April 2020 by the Department of Home Science, KRM DAV College, Nakodar in which 9 students participated. Out of these two students won prizes, Riddhi Mahajan got the second prize and Tanvi Sharma (Consolation Prize). '**Lockdown recipes: Bridging the gap between Balanced diet and Covid -19**' was organized on 28th April 2020 which received an overwhelming participation of

52 students led to the success of the activity. The students were provided with a platform to showcase creative as well as nutritive aspects of food. The competition was judged by a panel of experts namely, Ms. Deepa, Dr. Neetu and Dr. Sunaina Jain. All the prize winners were given e- certificates for their enthusiastic participation. With the aim of keeping the students constructively engaged during the current pandemic situation and spreading awareness about the use of masks and gloves, an inter-college Mask making competition was organized by the Women Development Cell on 15th May 2020. All the participants and winners were awarded e-certificates. A State-level online cookery competition was organized on 22nd May 2020 on the theme '**Nutritious recipes to fight against Covid-19**' was organized by C.M.K. National P.G. Girls College, Sirsa. Five students participated and Bhavya of B.A. III got the second prize. With the objective of testing and updating knowledge on the novel coronavirus, the students participated in various quizzes such as– a National-level quiz on 'Nutrition and Lifestyle diet management and wellness' organized by BBMU, Lucknow; Hindu Girls College, Jagadri on the topic '**Nutrition and Immunity**'; a quiz Competition organized by the State NSS cell, RUSA and Panjab University, Chandigarh; National-level online quiz competition on '**Nutrition and COVID**' conducted by SD (P.G.) college, Panipat. The Heritage Institution KMV Jalandhar, held a webinar on 5th June 2020 on the theme Sustainable Fashion- A prerequisite during Covid-19. 3 students namely Kareena, Harshita and Panvi Mahajan participated and got e- Certificates. A National level online workshop on Nutrition and Lifestyle, diet Management and health wellness was organized on 5th June 2020 by Government College for Girls, Parwal (Kurukshetra) in which Ishita Munjal of BA III got e- Certificate. 'Ek Bharat Shreshta Bharat' Committee of Mehr Chand Mahajan DAV College organized Creativity in Confinement on the occasion of World Environment Day, 7th June 2020. An overwhelming number of creative entries were received showcasing ingenuity of the participants in the usage of waste material to make useful articles. Sonali Seth of BA III got third prize. G.G.S Khalsa College for Women, Jhar Sahib in collaboration with the Department of Youth Welfare, Panjab University, Chandigarh organized a competition in embroidery on 13th June 2020. Kirti of BA II and Sehaj Bassi of BA III participated and got e- Certificates. An Online national-level competition of designing was organized on 15th June 2020 by Government Home Science College, Chandigarh. Shavya of BA II year participated in designing of Cushion Cover with old fabric in Doodle art, Harshita in sketching of Designer Ethnic Wear for adolescent girls and Sonali Seth for designing of Cushion cover with Doodle Art. Shavya also participated in creating a utility bag with eco-friendly material. An activity '**Make your own Mask- True Designer**' was organized on 20th June 2020. Seth of BA III participated in an online contest organized on Mask Making by IIFA. With the outbreak of Covid-19, the demand for face masks increased manifolds, so much so that the supply fell short of the demand and the price of masks also went up. Ms. Rati Arora, Assistant Professor, Department of Home Science, in a video, demonstrated making face masks with cloth available at home. The video was made accessible for public view, through various social media platforms.



POSTGRADUATE DEPARTMENT OF MATHEMATICS

Math fest '**MATHARENA-2020**' was held on 18th February 2020. It was sponsored by the Department of Science and Technology and Renewable Energy, Chandigarh Administration. It aimed to provide exposure and improve the skills of the participants. Prof. S.K. Tomar, Professor, Department of Mathematics, Panjab University, Chandigarh graced the occasion as the chief guest. Dr. Baljeet Singh, Associate professor, Department of Mathematics, Post Graduate Government College, Sector-11, Chandigarh and Dr. Harvinder Kaur, Associate professor, Department of Mathematics, Government College, Sector-14, Panchkula were the judges of the event. In this fest,



Mathematical quiz (for UG students), PowerPoint presentation (for PG students), poster presentation (for both UG and PG students), fun games etc. were organized. More than 80 students from more than 15 colleges of tricity and nearby stations registered for the event. 23 teams (2 students/team) for quiz, 27 teams (1 student/team) for poster presentation and 6 teams (1 student/team) for PowerPoint presentation registered for the event. Vagisha from Mehr Chand Mahajan DAV College for Women bagged the first position in PowerPoint presentation followed by Simran Kaur and Vishal Verma from DAV College, Sector-10 securing second and third position respectively. In the poster presentation, Deepali from PG Govt. College, sector-11 bagged the first position, Kiran Maurya from PG Govt. College, Sector -11 and Anujeet from DAV College, Sector- 10 bagged the second and third positions respectively. Khushi Munjal and Nivedita as a team from Mehr Chand Mahajan DAV College for Women stood first in the quiz. Samiksha and Rajan from DAV College, Sector-10 stood second and Gaurav and Rishabh from PG Govt. College, sector- 46 stood third in the quiz.

DEPARTMENT OF MUSIC

Sh. Jatinder Memorial workshop (a skill development initiative) was organized on 17th January 2020. S. Kiranpal Singh, an eminent Santoor Player and Ustad Mohammad Akram Khan, a renowned Tabla Player enthralled the audience with a mesmerizing performance. Basant Panchmi was celebrated with full fervor and zeal on 29th January 2020. The function started with Saraswati Vandana rendered by students of Music Department. Shlok Uccharan and Saraswati Vandana Competition was also



organized during the function. The students of the Music department participated in singing competition organized during Panjab University Rose Festival in which Divya Bhatt, Shreya Sharma and Aamrapali won the first, second and third prizes respectively. In an Inter College Group song



Competition held at PGGCG-11, Chandigarh on 13th March 2020, the students from the department won first prize in “Group Song” category. The music department of our college under the able guidance of Principal, Dr. Nisha Bhargava organized an Inter college singing competition. The online entries were invited from both vocal and instrumental categories on the theme of devotional, motivational and patriotic songs. A large number of students participated from different colleges of Punjab, Chandigarh and Haryana. To motivate and encourage the students, an online talent hunt was organised by the Music Department of Mehr Chand Mahajan DAV College for women sector 36, Chandigarh on 7th October 2020. This talent hunt was beautifully organised wherein as many as 40 students participated in vocal and instrumental category. The event started with the soulful rendition of Saraswati Vandana.

DEPARTMENT OF OFFICE MANAGEMENT & SECRETARIAL PRACTICE

A Workshop on '**Writing Skills- special reference to Business and Office Communication**' was conducted on 7th March 2020 in the College for the students of Office Management and Secretarial Practice by Dr. Jasmine Anand and Dr. Aparna Sharma. The workshop received an overwhelming response. Dr. Jasmine Anand talked about Office Correspondence with the students and Dr. Aparna Sharma delivered a lecture on Business Correspondence. The students thoroughly enjoyed the enriching sessions. They enthusiastically participated in the activities



conducted during the sessions. An online session on '**Changing Face of Job Opportunities in the time of Covid-19**' was conducted by Shivani, student of B.A. II. She informed the students of the various online job and internship opportunities that they could avail when the offices and colleges are still not fully operational. She emphasized the importance of an online medium of work keeping in view the volatility of the job market. She laid stress on the fact that one should make oneself skilled enough to obtain and sustain in any situation so that there is no dearth of job opportunities.

DEPARTMENT OF PHILOSOPHY

ICPR sponsored Lecture on **The Philosophy of Bhagavadgita – 'A Non-religious and Non-theistic Approach'** was organized on 28th January 2020. Swami Narasimhananda of Advaita Ashrama (a branch of Ramakrishna Math) delivered the lecture that captured the attention of young minds. Decoding the ideals of Gita beyond its conventional understanding as a religious text, Swamiji asserted that Gita is a profound manual for leading a holistic life. In a



manner easily comprehensible for the students and with contextual examples from the present times, Swamiji shed light on the two forms of disciplines that do not require belief in God, namely *Karmayoga* and *Rajayoga*. Stressing upon the praxis aspect of Gita to be as important as the theoretical one, he said that following *Karmayoga* and *Rajayoga* aligns us with our true self and thus, reduces suffering. Elucidating the relevance of wisdom of Gita in our lives, he delved into the lessons in Gita for mind management, overcoming underperformance, attainment of a state of non-attachment and practice of dispassion. With the aim of apprising the young generation of the importance of ethical values and Vedic cultural traditions, The Department of Philosophy and Sanskrit jointly organized ICPR-sponsored **lectures on Vedic values** and Havan in the college premises in the month of March in 'Rishi Vatika' of the college. The distinguishing feature of the havan was that it was performed by the students of the college who recited the Vedic mantras following all the Vedic *vidhis* of performing the *havan*. The lectures on the topics '**Vedon evam Upanishadon mae Naitik Mulya**' and '**Ved Gyaan Ki Prasangikta Ke Shashvat Pratimaan**' were delivered by Dr. Seema Kanwar, Assistant Professor, Department of Sanskrit. Reflecting and looking at the various aspects of the pandemic from ethical and existential points of view, the students were engaged in a critical analysis of the basic principle of **Right to life and Right to freedom in the context of Covid-19** and the lockdown put in place to tackle it. The lockdown is necessary for controlling infection spread, yet it infringes upon people's right to go out, earn their livelihoods etc. In fact, various societies are now protesting the lockdown. The deliberations also examined the interplay of the principles of life and freedom in this situation. Another issue that was discussed was about the frontline workers who are risking their health and their families by working in hospitals. These people do not have the privilege to stay home and protect themselves. The conflict between egoism and altruism in this context was discussed. '**Rethinking Preyas And Shreyas: What We Seek and What We Ought to Seek**'



Students participated in an Online Quiz for Basic Jainism Awareness conducted by K.J. Somaiya Centre for Studies in Jainism and were awarded e- Certificates for the same. The MCMSOPHIES Club organized a storytelling event on the topic '**Forgiveness**' as a part of character building on 24th October 2020. The students shared real life incidents or a story regarding the significance of forgiveness in our life. The activity was organized to inculcate the moral value of forgiveness in the students and let them introspect and share their perspective as to why to forgive others. The student organizers who were involved in this event were Drishti, Mehar, Chanpreet Kaur and Simran Kaur. '**World Philosophy Day**' an International day proclaimed by UNESCO was celebrated by the department on 19th November 2020 by organizing various activities including Essay Writing (Topic- LIFE'S PURPOSE), Poster Making (Topic- Philosophy) and Slogan/ Quotes Writing (Activity-Write any quotes by Great Philosophers). Students also shared their views about the significance of Philosophy. Students were awarded e- Certificates. The students participated in an inter-college Philosophy Festival Juvenescere organized by P.G.G.C.G 11 from 13th-14th March. Students of the college participated in various activities like Inter-College Debate, Quiz, Group Song, Photography and Poster Making Competition. They won positions in all the events and were felicitated with trophies. Students participated in an Online Quiz on Yoga conducted by Department of Philosophy, Navyug Kanya Mahavidyalaya, Lucknow and were awarded e-Certificates for the same. Students participated excitedly in these activities and showcased their talent during the respective events. It was a fruitful endeavour as it helped the students acquire great exposure and helped them in inculcating innovative ideas. The enthusiasm and dedication shown by the students even during the pandemic was inevitably awe-inspiring. It gave them a sense of responsibility and commitment towards a better future.

DEPARTMENT OF PHYSICS

Under the aegis of Chandigarh Renewable Energy and Science & Technology Promotion Society (CREST), Chandigarh Administration (UT), the Renewable Energy Committee of Mehr Chand Mahajan DAV College for Women celebrated National Women Day-2020 with great enthusiasm by organizing popular lectures and essay writing competition on the theme- 'Women in Science' on 6th March 2020. To create awareness on challenges and issues related to pandemic outbreaks of covid-19, Swachhta Committee (Sciences) in collaboration with



Physics Department organized a creative learning essay writing competition on the topic 'Impact of Covid-19 Pandemic on Wild Life in India' for the students of science and arts streams. Swachhta Committee (Sciences) in collaboration with Physics Department organized Power Point Presentation on Science, Technology and Innovation for a Clean, Green and Healthy Nation on 22nd May, 2020.

An International Webinar on “Applications of Multi-Duality Imaging in Nuclear Medicine” was organized on 10th June 2020. Dr. Nand K. Relan, Clinical Director of Nuclear Medicine and Physics

Associate Professor of Clinical Radiology at Health Sciences & Bio-medical Engineering of New York, USA was invited to discuss the importance of Nuclear medicine in diagnosing and treating many diseases like cancer. A Virtual Lab Visit to ATLAS experiment at CERN was conducted under the supervision of Dr. Muhammad Alhroob on 31st August, 2020. A Virtual Eureka Physics Fest was celebrated to mark the celebration of “International Year of Plant Health” on the theme 'Plant-Environment Physical Interaction' on 14th October, 2020.



Department organized a fest themed “Emerging Trends in Science and Technology” sponsored by Department of Science and Technology and Renewable Energy, Chandigarh Administration. Another interactive talk on Nanoscience and Nanotechnology was delivered by invited speaker Prof. H.N. Ghosh, Director Institute of Nanoscience and Technology, Mohali. A two-day workshop on LEDs titled as “Revolutionizing Illumination Technology” on 10th-11th November 2020 embracing two sections including webinar on “Light Emitting Diode: Revolutionizing Illumination Technology” and hands-on training to assemble LED parts.

DEPARTMENT OF POLITICAL SCIENCE

The students of the Department participated in the Inter-college Quiz competition on the topic, **'National and Regional Political Parties in India'** held at DAV College Sector 10

Chandigarh on 24th February 2020. Team comprising Apoorva of B.A. II and Kajal of B.A. III bagged Third position in the Quiz. The Department organized a one-day Webinar on the theme **'Mobilising State and Citizens against Covid-19: Lessons from India and Lessons for India'** under the aegis of IQAC on 26th May 2020. Sh. Shiv Raman Gaur, Honourable Director Higher Education, DAV College Managing Committee, New Delhi presided as Chief Guest. To commemorate the 75 years of the United Nations, the Department



organized an Online Quiz Competition on **'United Nations'** on 30th October 2020. The quiz comprised questions from United Nations Organization- structure, organs and agencies. 112 students from different streams participated in the competition. First position was shared by Tanisha Adlakha (BA I), Ritul Thakur (BA III), and Apoorva Thakur (BA III). Second position was shared by Arju (BA I), Ishita (BA III), Maanvi (BCom I), Chandini Jaswal (BA II), Anvi (BA II), Rubal Sandhu (BA II), Swati (BA II), Harshita Rathee (BA

I), Geetika (BA II), Rakshita (BA III), and Pallavi Tomar (BA III). To mark the celebration of Constitution Day and to create awareness on the importance of the Indian Constitution, the Department conducted an Online Quiz Competition on 26th November 2020 on the theme 'Indian Constitution'. 75 students participated in the competition. First position was bagged by Eshika (BA II) and Yashsavi (BA II). Second position was won by Parinita Sareen (B.A. II), Ramneet Kaur (B.A. II), and Arushi Thakur (BA II). Third position was shared by Apoorva Thakur (BA III), Niharika Dhiman (BA III), Divyanshi Chauhan (BA III), Mehak Mahajan (BA III), Esha (BA III), Tarandeep Kaur (BA II), and Ananya Passi (BA I). Reetika of B.A. III Political Science Honours presented paper titled 'Crime that Isn't: Story of Marital Rape in India' in National Conference on *Crime Against Women: Issues and remedies* held at University Institute of Legal Studies, Panjab University on 24th February 2020. Simranjeet Kaur of BA II Political Science Honours presented a paper titled 'Road Map to Sustainability: Health' at ICSSR sponsored International seminar Road Map to Sustainability: Environment and Health held by Sri Guru Gobind Singh College Sector 26, Chandigarh on 5th - 6th March 2020.

POSTGRADUATE DEPARTMENT OF PSYCHOLOGY

The Postgraduate Department of Psychology conducted a one-day hands-on workshop on the familiarization and application of Rorschach Inkblot Psychodiagnostic Test explicated by Dr. B L Dubey, President, Somatic Inkblot Society and Adjunct Faculty, University of Alaska, Anchorage, USA on 27th February 2020 with the aim to familiarize students with fundamentals of this technique and its applicability which is internationally used to assess personality facilitate diagnostic assessment and therapeutic intervention. An activity titled '**Psychology Through a Lens**' was conducted with an effort



to bring focus to the positive themes aiming at nurturing optimism and fostering introspection during the Covid-19 Pandemic. The activity received 172 entries from faculty and students exploring positive psychological themes from the lockdown period, i.e. theme-based photographs clicked on or after the 24th March 2020 on the seven themes/categories including Happiness, Transformation, Compassion, Humour, Coping, Nostalgia, and Gratitude. Dr. Akanksha Tripathi facilitated a webinar titled '**Wellness through Mindfulness during Pandemic**' on the 9th May 2020 which aimed at familiarizing students with the concept and practice of mindfulness with its different types/forms, the interconnection between mind-body, human energy system and its relation to emotions through breathing techniques and self-awareness exercises. Dr. Neha Pandeya conducted a webinar titled '**Fostering Mental Well-Being Amidst Pandemic (Covid-19)**' on 11th June 2020 with an aim to inculcate the importance of self-care among students, to understand the importance and relevance of mindfulness, to cultivate the art of gratitude practicing mindfulness and cognitive reappraisal strategies. A three-day workshop on '**Research and Data Analysis using SPSS**' was conducted by Dr. Amit Lal, ex-faculty in Management, National Institute of Technology, Jalandhar from 16th -18th December 2020 for keen researchers in psychology who wish to acquire the skills and knowledge on getting started with SPSS. The students won laurels for the

college at the Annual Intercollege Psychofest '**Zeitgeist**' held at PGGCG, Sector 11, Chandigarh on 26th February 2020 and secured second prize in debate, second prize in poster making and third prize in quiz competitions respectively. 18 students pursued internships at various prestigious institutions including Department of Mental Health and Behavioural Sciences, Fortis Healthcare and Sukoon Health, State Institute of Rehabilitation, Training and Research, Rohtak, Youth for Mental Health, PsyCare Neuropsychiatry and Allied Science, The Psych School, Delhi, Mental Health Ambassador Program with ZIFCARE (Mental Health and Wellness App), Muskurahat Foundation (Mumbai), Aashman Foundation, Shri Guru Harkrishan Hospital, Mohali, Steer For Change Foundations, Counsel India Pvt Ltd, New Delhi, to name a few.

DEPARTMENT OF PUNJABI

An Online Inter-College Calligraphy and Poetry writing Competition in collaboration of Youth Welfare Department, Panjab University, Chandigarh, on the Theme '**Sri Guru Teg Bahadur Ji Di Manavta Nu Den**' was conducted on 25th July 2020. Amneet Kaur was awarded the third prize in poetry writing and Gurman Kaur won the second prize in calligraphy. An online lecture was delivered on 15th January 2020 by Dr. Devinder Singh, Professor, Panjabi Department, Desh Bhagat University, Mandi Gobindgarh, on Dr. Gurdial Singh Phul's play '**Jin Sachh Palle hoye**'. An



online lecture was delivered by Dr. Surjit Singh, Professor and Chairperson, Panjabi Department, Panjabi University, Patiala, on 18th January 2020 on the topic '**Bhasa, Maat Bhasa Ate Gian Da Parsaa**'

DEPARTMENT OF SANSKRIT

The students of Sanskrit Department and members of Arya Yuvti Samaj performed havan, a monthly ritual on 15th January 2020. In the havan ceremony, the students offered prayers to the holy fire amidst chanting of shlokas and mantras. This was followed by a plantation. The students and Arya Yuvti Samaj under the aegis of Swachhta Pakhwada planted saplings on 15th January 2020, they further pledged to keep their surroundings clean. The students of BA III, Sunaina, Manju, Yashasvi in the capacity of members of Arya Yuvti Samaj performed havan on 2nd March 2020. On the occasion of Earth day, the Horticulture and Landscaping Committee under Swachhta group conducted a pot-making competition with Best out of waste. Ritika of BA II, Mehak of BA III bagged the first and second prize respectively. An



POSTGRADUATE DEPARTMENT OF SOCIOLOGY

The screenshot shows a Zoom meeting in progress. The title bar at the top reads "Bridging Course in Res...". The main area displays a grid of 12 participant windows. The participants are arranged in a 4x3 grid. The first row includes participants with initials N, a woman, a woman, a woman, and a woman. The second row includes participants with initials K, a woman, a man, a man, and a woman. The third row includes participants with initials S, a woman, a man, a man, and a woman. The fourth row includes participants with initials S, a woman, a man, a man, and a woman. The bottom toolbar contains icons for mute, video, chat, and other functions.



DEPARTMENT OF ZOOLOGY

A speech contest was organized on the theme '**Forest conservation**' on 24th January 2020 to celebrate Swachhta Pakhwada 2020. 12 students from different streams participated in the event with great enthusiasm and stressed upon the need for Forest conservation. A hands-on training Workshop on '**Pearl Culture**' under the aegis of Rashtriya Uchchatar Shiksha Abhiyan (RUSA) on 8th February 2020. Dr. Abhed Pandey, Department of Aquaculture, College of Fisheries, GADVASU, Ludhiana delivered an informative talk on freshwater Pearl Culture. As many as 35 participants were sensitized about a new avenue which can be explored as an entrepreneurial opportunity. A one-day educational trip to **Harike Pattan Wetland and Wildlife sanctuary** was organized on 15th February 2020. Twenty-nine students of BSc I (Medical) were accompanied by three staff members for the field visit. The students and faculty enjoyed the experience of capturing images of rich faunal diversity of the wetland. An Inter-college PowerPoint Presentation Competition on the theme '**Wildlife Tourism**' sponsored by the Department of Science and Technology & Renewable Energy, Chandigarh Administration to celebrate the Science Fest on 17th February 2020. 35 students from different colleges of Chandigarh participated enthusiastically in the event. Dr. Indu Mehta, Head, Department of Zoology, G.G.D.S.D College, Sector-32, Chandigarh was invited as judge for the event. All the participants gave exemplary presentations elaborating upon the theme. A departmental trip to **Keoladeo Ghana National Park, Bharatpur, Rajasthan** was organized on 22nd February 2020. Two teaching and one non-teaching staff members accompanied forty-five students of B.Sc. Medical. The excursion was organized to provide an opportunity for the students to witness rich flora and fauna in the natural environment of the national park. Students carried binoculars and cameras to spot varieties of Indian birds and migratory birds on the trees and in the water bodies. The students with the help of guides spotted avian fauna like painted storks, snakebirds, cormorants, purple herons, cranes, spotted billed ducks, white spoonbills, bar headed geese along with deer, snakes, frogs and boars. The nature walk was an enriching experience for the faculty as well as the students. Fifty students of B.Sc. Medical attended a lecture cum Workshop on '**Comparison of Organic versus Conventional farming practices**' organized by the Skill Development Committee on 28th February 2020 to mark the beginning of a research project in collaboration with the Indian Institute of Scientific Education and Research (IISER), Mohali. Mr. Rahul Sharma, an organic farmer and Dr. Mahua Ghara, Post-doctoral



Fellow, IISER, Mohali, introduced the students to the concept and the research to be undertaken. The research project aimed to quantify the effect of organic and conventional farming practices on pre-reproductive, reproductive and post-reproductive stages of a combination of crop plants in experimental patches in the college. An Online Caption contest was organized to celebrate International day for Biological diversity on 22nd May 2020. 40 students from different streams participated enthusiastically in the caption contest. They captured the beauty of flora and fauna in their backyards and gave suitable captions to them. Eye-catching photographs with inspirational captions were posted by the students. An Online discussion on '**Post-Covid Opportunities for Health Sector Start-ups**' by Dr. Nirmaljeet Singh Kalsi, IAS (Retd.), Former Additional Chief Secretary, Punjab and Dr. Varinder Garg, MBBS, MD (Radiology), Principal Investigator CIBioD, PGIMER was organized on 6th June 2020. It was attended by 54 students of BSc Medical. The resource persons motivated the students to explore new opportunities for innovation and entrepreneurship during and after the coronavirus crisis. A National-level Online Quiz was organized on the theme '**Ozone depletion and Climate change**' to celebrate International Day for the Preservation of the Ozone Layer on 16th September 2020. It witnessed enthusiastic participation of 561 students from different states and Union Territories of the country including Punjab, Haryana, Himachal Pradesh, Delhi, Uttar Pradesh, Rajasthan, Madhya Pradesh, Karnataka, Kerala, Kolkata, Assam and Chandigarh. A National-level Online Article writing competition to mark the celebration of Wildlife week (2nd - 8th October 2020) on the theme '**Imagine yourself to be a Wild animal in captivity and express your feelings**'. A total of 61 participants submitted their thought-provoking entries wherein they brought out the poignant condition of the captive animals through vivid description of how they might be feeling in captivity. An Online Short Story telling activity on the theme '**Valuable lessons learned from failures**' was organized under the aegis of Character-Building Committee on November 28th 2020. This event encouraged 45 students of BSc III (Medical) to share their failures or disappointments with others which helped not only boost their self-confidence but also provided them the courage to move ahead positively.

DEPARTMENT OF COSMETOLOGY

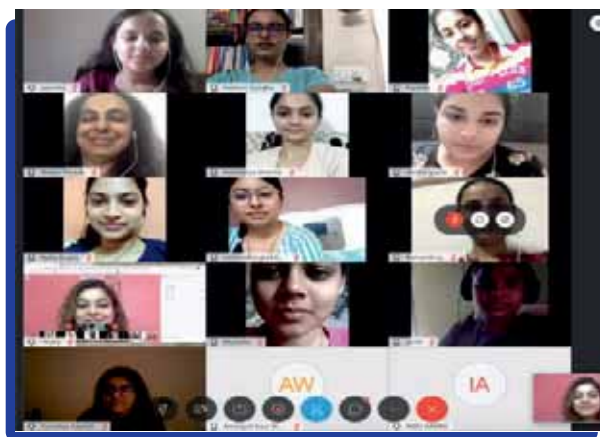
The Department was actively involved in events like the Induction ceremony, Youth festival and Farewell for all the make-up of the participants. A 'Skin and Hair Analysis' session in collaboration with Aroma Magic by Blossom Kochhar was organized on 17th February 2020. In this session, Venus the skin expert extrapolated the skin and hair problems associated with weather. She further suggested chemical-free products should be incorporated for a healthy skin.

An online Mehndi Competition was organized on 8th June 2020 in which the students showed their talent with beautiful designs of henna. Around 40 students participated from different colleges under Punjab University. A seven-day Virtual Beauty and Aesthetics Workshop was organized on 22nd - 26th June 2020. In this workshop, the students put to practice the skills they acquired during the session. Ankita Kumari student of BA I won the first prize in mehndi designing competition at the Rose festival, Panjab University held on 9th February 2020.



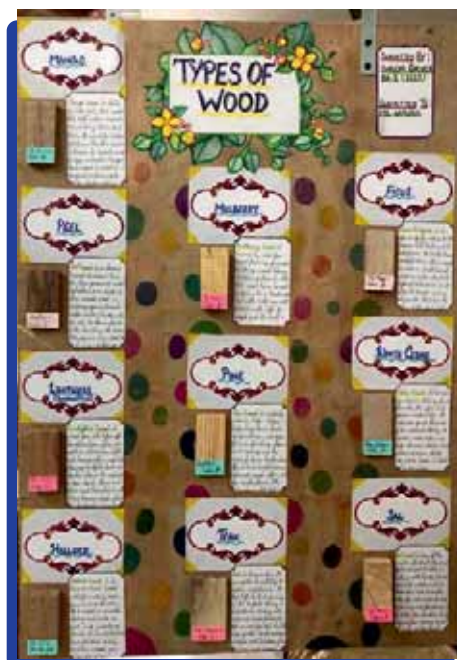
FRENCH

A two-day 'French Phonetics Workshop' was organized from 14th - 15th June 2020 in which 18 students participated. The resource person, Shikha Singh focussed on recognising and distinguishing sounds to improve pronunciation and gradually obtain more natural expression. An eight-day 'French Speaking Workshop' from 20-27th June 2020 was organized with the objective to introduce the students to the basics of the French Language. The course was attended by 25 students.



INTERIOR DESIGNING AND DECORATION

The department organised diverse range of activities to inculcate creativity amongst the students throughout the session. A String Art workshop was organized within the Department. 40 students participated in it. The department conducted a survey on building material such as glass, wood and metal was done by the students of Interior Designing and Decoration and the projects were made using these materials. A one-day skill enhancement workshop on mirror designing was conducted wherein 32 participants were taught various ways to beautify a basic mirror. The motive behind it was to inculcate the participants with the knowledge of designing and make simple things aesthetically beautiful. A seven-day virtual workshop on Google Sketch-Up was conducted wherein more than 300 people registered. An activity was conducted where the students used random stones and painted them beautifully and placing them in corners to increase the aesthetic value. The department participated in the Chandigarh Urban Festival.



MASS COMMUNICATION AND VIDEO REPORTING

As part of the Swachhta Pakhwada 2020, the Mass Communication Department of the college organized a talk on 20th January 2020 on swachhta that envisioned creating awareness among students about different aspects of swachhta including physical, psychological, environmental and social. Dr. Vini Arora, Retired Associate Professor, Department of Botany, delved into the environmental aspect of swachhta, raising concerns about the recent fires in Amazon and Australia, and the concept of sustainability. Dr. Anju Lata, Head, Physical Education Department shared her insightful views on the physical aspect of swachhta wherein she not only talked about the importance of meditation and yoga for a healthy body but also sensitized students about menstrual and personal hygiene. Shedding light on the psychological aspect of swachhta, Dr. Nitasha Khehra, Assistant Professor touched upon various pertinent issues like mental health, depression and emotional well-being, and also urged the students to fight the stigma attached to mental illness. Apprising the students of the social dimension of swachhta, Dr. Bindu Dogra, Assistant Professor, Postgraduate Department of Sociology educated the students about various innovative practices and how the different strata of society need to come together for furthering the cause of national development.

Taking cognizance of the significant disruption in the education sector caused by Covid-19 pandemic, the Internal Quality Assurance Cell and Mass Communication Department of Mehr Chand Mahajan DAV College for Women organized a two-day webinar on 12th-13th May 2020 titled '**Designing and Developing e-learning**'. The webinar was envisioned to facilitate the faculty in coping with this disruption by exploring the nuances of digital learning. With enthusiastic participation of over 100 faculty members of the college, the information packed webinar had Prof. Archana



R. Singh, School of Communication Studies, Panjab University, Dr. Anu Dua Sehgal, Social Media Strategist, Ideator and Content Creator, and Dr. Neha Jindal, Assistant Professor, Symbiosis International (Deemed) University, Pune as the resource persons. The Skill Development Committee and Mass Communication Department of Mehr Chand Mahajan DAV College for Women organized an online workshop on 9th June 2020 titled '**Fact Checking for Fake News**'. In view of the deluge of information becoming a prominent feature of the present times and the potential consequences of misinformation, the

workshop envisioned to empower students by equipping them with requisite skills in distinguishing facts from fake news. Dr. Archana Kumari, Assistant Professor, Department of Mass Communication and New Media, Central University of Jammu was the resource person for the workshop. Tracing the change in the information landscape in India, Dr. Archana Kumari asserted that fact checking, news literacy, transparency and formulation of regulatory framework particularly for online



content figure as major challenges in this changing landscape. With the aim to guide students on how to strengthen the life skill of communication for better job prospects, the Career Counselling Cell and Mass Communication Department of Mehr Chand Mahajan DAV College for Women, under the aegis of Internal Quality Assurance Cell (IQAC) of the college, organized a one-day webinar on 11th June 2020. The participants of the webinar got the valuable opportunity to learn the nuances of enhancing one's communication skills from an expert communicator- Mr. Rajkumar Jha, Consultant Creative Director, Ogilvy and Mather and Head, National Advisory Board, Rural Marketing Association of India.

Faculty Achievements 2020

“Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.”

– Albert Einstein

We have been witnessing unprecedented crisis in the form of Covid-19 which upended our lives drastically since last year. In these distressing times, it has been a real challenge to preserve one's sanity; show courage, patience and fortitude; and still continue working with the same zeal and spirit as before. We, as academicians, shoulder dual responsibility of not only uplifting our own spirits and conserving work ethics, but also of being torch bearers for our students so that they can cope up with the grim situation. Rather than allowing them to descend into darkness, we need to be the beacons of light for our students, and encourage them to stimulate their academic and critical skills even during difficult times. We believe strongly in the axiom that there will be light at the end of the tunnel.

Holding the torch of hope and waiting for better times for the entire humanity, teachers have been instrumental in spreading positivity and cheer around. The Pandemic has unleashed havoc but it has not deterred us from expanding the horizons of our knowledge and fulfilling our academic pursuits. The faculty members, at Mehr Chand Mahajan DAV College for Women, despite facing collective and personal struggles, have continued to set new benchmarks in the field of research and academic excellence. Under the tutelage of renowned academician and writer, Dr. Nisha Bhargava, our faculty members have contributed to the overall academic growth of the institution by undertaking research projects, and also mentoring students to take up minor research projects. Students are nurtured and polished regularly by their mentors so that they are equipped to deal with academic challenges once they step outside the portals of college. Many faculty members have bagged numerous awards and accolades, and shown exceptional acumen in the field of academia and high-quality research. Many teachers have published books and chapters in books by reputed publishers, and research papers in leading academic journals. Through regular participation in UGC-sponsored and other workshops, conferences, seminars, and availing minor/major research projects, our faculty members constantly endeavour to upgrade their existing knowledge base. In the pursuit of maintaining and promoting ethical and quality research standards, we publish an annual, multi-disciplinary research journal New Horizons which publishes original research papers of scholars and academicians from across the globe. The following quote by Aristotle encapsulates the purpose and context of our focus on education and developing critical faculties:

“It is the mark of an educated mind to be able to entertain a thought without accepting it.”

Dr. Nisha Bhargava

Memberships of organizations

- Member of Panjab University Senate for 2016–2020, Panjab University
- NAAC Assessor at NAAC Bangalore
- Member, State level Quality Assurance Cell RUSA
- Member, Panjab University Sports Council
- Member, Panjab University College Development Council
- Member, State Legal Services Authority, Chandigarh Administration
- Chairperson Panjab University Fencing (Men & Women) Club 2019–20
- Member of Revising Committee of Panjab University

- Member of Research Advisory Committee, Department of Economics, Panjab University
- Member of Committee to decide about implementation of CBCS in PU Affiliated Colleges
- Member of Executive Committee of Panjab University Sports Council
- Member PG Board of Studies in MSc Environment Sciences and Solid Waste Management
- Member, UG Board of Studies in Economics
- Member of Committee to discharge the functions of Board of Studies in NSS.
- Member, Board of Studies in Environmental Education
- Member, Governing Body Hansraj College, Delhi
- Member, Governing Body of DAV College Sector 10, Chandigarh
- Member, LMC Dayanand College, Ajmer
- Manager, LMC DAV School Lahore, Sector 8-C, Chandigarh
- Manager, MRA DAV Public School, Solan
- Member, LMC KB DAV Senior Secondary Public School, Sector 7-B, Chandigarh
- Member LMC DAV Public School Sector 39-D Chandigarh
- Member, LMC DAV Senior Secondary Model School, Sector 8 Panchkula
- Member, Arya Mahila Shiksha Sansthan, Sector-16, Chandigarh
- Member, Arya Samaj Sector-16, Chandigarh
- Member, Committee to finalize online admission process, Chandigarh Administration
- Member, Committee for Online Examination, Panjab University Chandigarh
- Member, Executive Committee of Association of Indian College Principals
- Member, Executive Committee of PUSC Panjab University Chandigarh (2020-21)

Research Endeavours:

I. Paper Publication in Journals

- A research paper titled “**Reviewing Resilience: An analytical study on the effect of academic achievement on adversity quotient and self-esteem in the times of COVID-19 among college going girls in Northern India**” accepted for publication in *New Horizons: A Multidisciplinary Journal* for December 2021, ISSN No:2277-5218.

II. Paper Publication in Edited Book

- Published a research paper titled “**Digitalisation: A Paradigm Shift in Education in India During Covid-19- Research Studies in Contemporary Education**” in a Book *Relevance of Online Teaching Learning Process*, Twenty First Century Publication, Patiala, ISBN: 978- 93- 90154-043-3, in December 2020.

III. Paper Presented in Conferences

- Presented a paper titled “**Reviewing effectiveness of online teaching among undergraduate girl students in the era of pandemic of COVID-19**” in *Association of Indian College Principal Conference National Conference AICP, 2021* on 8th-9th April, 2021.
- Presented a paper titled “**Restoring indigenous values in young minds through Higher Education- A contemplation of Issues and Practices**” in *Association of Indian College Principal Conference* held at Nagpur, Maharashtra from 6th-8th February, 2020.

IV. Research Projects

- Submitted a Project report titled “**Play Based Learning: Play Based Learning: A Comparative Study on Role of Traditional Toys and Smart Toys in Metacognition Learning and Language Development in Children**” to Higher Education, Delhi; DAV Managing

Committee, Delhi; and Chandigarh Child Protection Commission. Project Team: Dr. Nisha Bhargava, Dr. Mamta Ratti and Dr. Minakshi Rana. Project Submission date: 19th March, 2021. Received Appreciation letter from C.C.P.C.R. & the college donated traditional toys kits worth Rs. 10,000/- for primary school students through C.C.P.C.R.

- Submitted a Project report titled **“Reinforcing Workplace Wellbeing: An Analytical Study on Happiness at Workplace, Sleep Quality and Prevalence of Dry Eye among Personnel of Chandigarh Police”** to DGP Office Chandigarh. Project Team: Dr. Nisha Bhargava, DSP Rashmi Yadav, Dr. Mamta Ratti and Dr. Minakshi Rana. Project report submission date: 9th December, 2020.

V. Workshops/Webinars organized and Participated

- Organized a workshop cum awareness programme titled **“Character Building through Education with Special Reference to National Policy 2020”** in association with Vidarbha College of Arts, Commerce & Science, Chandrapur, Maharashtra held on 25th February, 2021 and was a Resource person for the same.
- Participated as a Resource Person in a webinar titled **“Role of Education in Character Building with special reference to NEP 2020”** organized by IQAC, Gobindgarh Public College, Khanna, Punjab held on 12th March, 2021.
- Organized an annual seven-day workshop title **“Hints for Holistic Well- being”** held on 14th March, 2021 and was a resource person for the same.
- Keynote Speaker at a webinar titled **“Whether a child under 12 be exposed to High Level of Technology & Coding or He should be given moral values”** organized by C L Aggarwal DAV Model School, Sector 7-B, Chandigarh on 6th November, 2020.
- Participated in a panel Discussion in a one-day workshop on **“Women Rights and Gender Equality Challenges”** organized by Institute of Correctional Administration, Chandigarh and HP National Law University Shimla on 2nd March, 2020.
- Contributed as one of the patrons to the organisation of a virtual National Science Series – Igniting Young Minds under the aegis of DBT Star College Scheme, organized by Bhaskaracharya College of Applied Sciences, University of Delhi from 4th -7th August, 2020.
- Received Certificate of Appreciation from CCPCR for conducting Immunity Ambassador Programme on 4th June 2021.

Ms. Deepa

- Member Board of Studies, Music, PU Chandigarh
- Convenor of Construction Committee
- Convener of Purchase Committee
- Convenor of Sports Committee
- Convenor of Meraki Committee
- Dean & Coordinator Cultural Committee
- Coordinator of BA I Admission Committee
- Coordinator (Music Items) of Youth Welfare Committee
- Member of College Advisory Committee
- Presented a paper in an online International Conference on **“Challenges for music in current socio economic and cultural value”** organized by Music Faculty, Dr. B.R.A. Govt. Girls PG College, Fatehpur, UP on 11th-12th June, 2020.
- Organized Jatinder Ji Memorial Seminar in January 2020.

- Organized an Online Inter college music competition on Motivational/ Patriotic/ Devotional songs in May 2020.
- Organized an online Inter-college music competition “Gaavo Sachi Bani” of Geet,
- Shabad, Kavishree and Poem Singing in August 2020.
- Organized an online Talent Hunt in September 2020.
- Attended an online workshop on Raag structure of Thumris in Hindi film music organized by Department of Music, Mata Gujri Mahila Mahavidyalaya, Jabalpur in collaboration with Sur Dham Sangeet Kalyan Samiti, Jabalpur from 28th May-3rd June 2020.
- Attended an online Workshop on Swar Sanskaar Riyaaz in Indian Music organized by Department of Indian Classical Music Vocal, Faculty of Performing Arts, The Maharaja Sayajirao, University of Baroda Gujarat from 25th-27th May, 2020.
- Attended an online workshop on Research Methodology organized by Department of Music, and Dramatics Lalit Narayan Mithila University Darbhanga from 13th-15th June, 2020.
- Attended an online Workshop on “Sangeet ke Vividh Aayam” organized by Department of Music and Dramatics, Lalit Narayan Mithila University Darbhanga from 16th-21st June, 2020.
- Attended an online Workshop on “Indian classical music : Traditional and recent teaching patterns, practice, genre multiformaty, aesthetics, Technology and Psychology” organized by Kanohar Lal P.G Girls College, Meerut from June 7-13, 2020.
- Attended an online Workshop on Sur Samvad-2020 On Various Aspects of Indian classical Music Vocal organized by Shri Pankaj

Kapadia Sarvjanik College of Performing Arts, Surat from 21st-28th May, 2020.

- Attended an online FDP UGC- STRIDE IQAC Research methodology and use of software tools organized by K.L.E's Societies, S. Nijalingappa College, Rajajinagar Bangaluru from 21st-23rd July, 2020.
- Attended an online FDP on “E-Content: Designing & Deployment using G-Suite” organized by Mehr Chand Mahajan DAV College for Women, Sector 36, Chandigarh from July 20-24, 2020.

Ms. Suman Mahajan

- Membership of Board of Studies
- Member Under Graduate Board of Studies in Philosophy, Panjab University
- Member Post Graduate Board of Studies in Philosophy, Panjab University
- Member Board of Studies in Philosophy, Kanya Maha Vidyalaya (Autonomous), Jalandhar
- Participated and completed the 'Office Etiquette Quiz' on 23rd May, 2020 organized by IQAC and Department of English, DCT's Dhempe College of Arts and Science, Goa.
- Participated in a five-day Faculty Development Program “E-Content Designing and Deployment Using G Suite” organized by Dept. of Computer Science and applications, Mehr Chand Mahajan DAV College for Women, Chandigarh from July 20-24, 2020.

Ms. Neena Sharma

- Elected as Member, Governing Body of our institution, under the aegis of DAV College Managing Committee, New Delhi.
- Institutional Coordinator of Ek Bharat Shreshtha Bharat Club, a flagship program of the Govt. of India.
- Coordinated RUSA-Sponsored Workshops and Awareness Programmes on Online

Assessment Tools, Plagiarism in Research, Open Educational Resources and Communication Skills for the faculty, support staff and students.

- Coordinated a National-level Awareness Programme on “Paradigm Shift in New Education Policy-2020: Role of Technology in Higher Education Sector with Prof. K Srinivas, Head, ICT & Project Management Unit, NIEPA, and Mission Coordinator, RUSA, Dr. Dalip Kumar as Resource Persons on 19th September, 2020.
- Co-Convened an online International Conference on "Breaking the Stereotypes: A Paradigm Shift in Gender Studies" in association with the Department of Sociology from 2nd-6th November, 2020.
- Received the Best Paper Award for the Research Paper on “Blogs and Podcasts - Emerging Sub- Genres in the 21st Century Literature in the RUSA-Sponsored Online Conference on “The Future of Language and Literature in the Virtual Era” organized by the Mithibai College of Arts Chauhan Institute of Science and Amrutben Jivanlal College of Commerce and Economics, University of Mumbai on 16th May 2020.
- Presented a Research paper on “Inclusive Education-Need for a Paradigm Shift in the Higher Education Sector” in a NAAC-sponsored National Seminar on Quality Enhancement in Higher Education organized by the Home Science College, Chandigarh on 14th February 2020.
- Presented a Research paper on “Social Media and the Changing Narrative of Indian Polity and Governance” at the International Conference on “Contemporary Issues and Challenges to Polity & Governance in India: Emerging Paradigm Shifts and Future Agenda” organized by HEIS Govt. Mohindra College Patiala from 16th-17th February, 2020.
- Subject Expert in a workshop at NITTTR to design the curriculum of NSQF compliant Diploma level programmes in Modern Office Practice at the behest of AICTE on 1st October, 2020.
- Conducted a session in FDP at the National Institute of Technical Teachers Training and Research (NITTTR), Chandigarh recognised on “Communicating with Others - Importance of Listening Skill on 12th February 2020.
- Conducted a session on “Truth Beyond Words--Relevance of Non-verbal Communication” in the online mode during Short Term Course for the technical faculty at National Institute of Technical Teachers Training and Research (NITTTR), Chandigarh on 5th October, 2020.
- Adjudged Essay Writing Competition, Expressions@RGNUL, online International Inter-University Competition, organized by Rajiv Gandhi National University of Law, Punjab from 29th-31st August 2020.
- Discussant in the Online Panel Discussion “All for the Love of Literature” organized by Belletristic: Shoolini Loves Literature Society of Shoolini University on 6th November 2020.
- Participated in a week-long UGC-HRDC-Sponsored Faculty Development Programme on “MOOCs, Online Courses & Open Educational Resources” on the theme “ICT Tools for Online Teaching” organized by CPDHE Delhi University from 23rd-29th May, 2020.
- Participated in a two-week Faculty Development Programme on “Advanced Concepts for Developing MOOCs” organized by the Teaching Learning Centre (under PMMMNMTT), Ramanujan College, Delhi University from 2nd-17th July 2020.

- Participated in an AICTE-Sponsored one-week Faculty Development Programme on “Harmony in the Workplace: Effective Interpersonal & Communication Skills” in Online Mode from 26th-31st October 2020.
- Participated in the JNU WETOM “Empowering Teaching through Online Mode III & IV in June and July 2020.

Dr. Bindu Sharma

- Invited as Resource person in a seven-day online Workshop on “Research in the Times of Pandemic” organized by Department of English and Cultural Studies, Panjab University, Chandigarh from April 21-27, 2020.
- Organized and attended Webinar on Designing and Developing E-Learning organized by the IQAC and Department of Mass Communication on May 12-13, 2020.
- Completed a three-week MOOC on 'Academic Information Seeking' from COURSERA offered by the University of Copenhagen, Denmark in May, 2020.
- Attended an international FDP (Online) “Let's Relearn: New Tools for Higher Education Teachers” organized by Govt. PG College, Sector 1, Panchkula; Grand Academic Portal (GAP) in association with Global Academic Assessment Consortium (GAAC) from 8th-14th June, 2020.
- Attended an FDP on “Managing Virtual Classrooms and Open Educational Resources” organized by Centre for Academic Leadership and Educational Management (CALEM), Department of Education, PU, Chandigarh under the aegis of PMMMNTT, MHRD in collaboration with SWAYAM Cell, and UBS, Panjab University, Chandigarh from 24th-29th June, 2020.
- Completed a five-week MOOC on 'Learning to Teach Online' from COURSERA offered

by The University of New South Wales, Sydney, Australia on 9 July 2020.

- Published a chapter titled “War, Violence and Trauma in Ted Hughes' Poetry” in *War and Literature: A Global Perspective*, published by Yking, Jaipur, pgs. 110-125, ISBN 9789 3879 45944 in 2020.

Dr. Indu Arora

- Member, BOS in MBACIT Computer Science and Application (PG), Panjab University, Chandigarh (Academic session 2019-21).
- Coordinated a six-day workshop on Apache Open Office from 3rd-9th January, 2020 organized by DCSA, MCM DAV College for Women, Chandigarh.
- Successfully completed training on “Entrepreneurship Development Program” conducted as part of IIC Innovation Ambassador Training Series organized by Institution Innovation Council of MHRD's Innovation Cell at Lovely Professional University, Jalandhar, Punjab on 16th -17th January, 2020.
- Attended Training for “Moodle- An Open Source Learning Management System”- Webinar Series organized by Miranda House, University of Delhi from 22nd- 23rd April 2020.
- Attended a five-day online course on Block Chain Essentials organized by NIELIT, Ropar from 25th-29th May, 2020. Attended 17 IIC on line sessions conducted by IIC of MHRD's Innovation Cell, New Delhi to promote Innovation, IPR, Entrepreneurship and start-ups among HEIs from 28th April- 22nd May, 2020.
- Attended Leadership Talk Series MHRD Innovation Council (MIC), conducted by Dr. Abhey Jere from 6th April - 6th June 2020.
- Coordinated and attended National Webinar

titled “Ethical Hacking and Cyber Security” organized by DCSA, MCM DAV College, Chandigarh held on 9th June, 2020.

- Attended an eight-day online Workshop on French Speaking Course organized by MCM DAV College for Women, Chandigarh from 20th-27th June, 2020.
- Attended National Workshop (Faculty Development Programme) on Technology and Instructional Reforms with reference to Online Teaching, Learning and Evaluation (Through Online Mode) organized by Centre for Academic Leadership and Education Management (CALEM), Panjab University, Chandigarh under the aegis of PMMMNMTT, MHRD, Govt. of India in collaboration with SWAYAM Cell Institute of Educational Technology and Vocational Education, Panjab University, Chandigarh from July 15-20, 2020.
- Delivered a talk on “Entrepreneurship Development” as an Innovation Ambassador during an online lecture series organized by Institution's Innovation Council @MCM under the aegis of MoE's Innovation Cell from 22nd-25th July, 2020.

Dr. Anju Lata

- Completed course on personal care and prevention during Covid 19 specially organized for NCC Cadets and Officers through MHRD Memberships.
- Member of National Council of Physical Education for the year 2020.
- Elected as Executive Member of Chandigarh Hockey Federation.
- Completed one-week Course in Development of MOOC by Using Moodle through MHRD.
- Published a Research paper titled “Women –Sports: An Analysis Of Inter College Achievements in Women Category. Panjab

University Chandigarh From 1993-2019”, in a peer reviewed and refereed journal *New Horizons*, ISSN-2277-5218.

- Got Appreciation Award from NCC Unit for Outstanding Performance in NCC.
- Organized Seminar and was Resource Person for National Education Policy through NCC Unit.
- Completed a five-day workshop on Research Methodology organized by Panjab University, Chandigarh.
- Participated in International Seminar on Olympism organized by NCPE in collaboration with Directorate of Sports, Panjab University.
- Participated in a five-day Series on Data Analysis Organized by Department of Sociology, Mehr Chand Mahajan DAV College for Women, Chandigarh.
- Head Examiner in C-Certificate NCC Paper organized by Chandigarh Group Head Quarters.
- Paper Setter of Post Graduate Diploma in Yoga Therapy.

Dr. Archana Bakshi

- Received PhD degree in Economics from Panjab University, Chandigarh.
- Member of PG Board of Studies in Department of Economics, Panjab University, Chandigarh.
- Paper Setter and Evaluator of Industrial Economics at KMV Jalandhar.
- Invited as co-chairperson for two sessions in an ICSSR Sponsored International Conference on 'Roadmap to Sustainability: Environment and Health' organized by S.G.G.S. College, Sector 26, Chandigarh on 5th-6th March, 2020.
- Published a paper titled “Sustainable Healthcare in India: Issues and Strategies” in *Studies in Indian Place Names* (UGC Care

Journal), Vol. 40, Issue 40, ISSN: 2394-3114 in March 2020.

- Published a research paper titled “Voluntary Health Insurance in India: Trend Analysis of Public and Private Insurance Companies” in *MUDRA: Journal of Finance and Accounting*, Vol. 7 (1), pp. 68-83, Jan – Jun 2020.
- Co-authored a paper titled “Dragon versus Elephant: A Comparison of Pattern of Agriculture in Two Asian Economies – China and India” in *PRAGATI: Journal of Indian Economy*, Vol. 7 (1), pgs. 48-60, in Jan.-Jun. 2020.
- Published a paper titled “Telemedicine: A Way Forward for Healthcare Sector” in *Research Journey*, Special Issue 256, Impact factor-6.625, E-ISSN-2348-7143, in November 2020.
- Published a paper titled “An Exploratory Study of Motives and Barriers in the Purchase of Health Insurance” in *Shodh Sanchar Bulletin* (UGC Approved, CARE Listed Journal), Vol 10, Issue 40, ISSN-2229-3620 in Oct.-Dec. 2020.
- Published a paper titled “An Exploratory Study of Coping Strategies during Covid-19” in SCOPUS indexed journal *Psychology and Education*, anchal Vol. 57, Issue 8, pp. 1262-1273, ISSN: 00333077.
- Presented paper titled “Child Labour: An Annihilation of Child Rights” at National Seminar on “Child Rights: Socio Economic and Cultural Dimensions” organized by UIILS, PU, Chandigarh on 15th February, 2020.
- Presented a paper titled “Impending role of E-health initiatives in Combatting Covid 19 in India” at an online International Seminar on 'Covid-19 in India: Systematic Response to Societal Changes' conducted by Panjab University on 14th April, 2020.
- Coordinator of a webinar on “Indian Economy: Challenges Ahead” held at Mehr Chand Mahajan College for Women on 15th September, 2020.

- Completed one-week National E-Workshop on “Emerging Dimensions of Qualitative Research” organized by University Institute of Applied Management Sciences, PU, Chandigarh held on 8th-13th June, 2020.

Dr. Vandana Sharma

- Acted as Nodal officer for Open Defecation Free (ODF) drive for two villages [Butrella and Bhadheri] ; Swatchhta Action Plan-2019 under the aegis of MHRD, Government of India in association with Mehr Chand Mahajan DAV College for Women, Chandigarh (Jan 2020).
- Presented idea titled “Development of easy to use, low cost and efficient salt- recrystallization based method to decontaminate PPEs to allow for their reuse during covid-19 pandemic” under “Call for IDEAS: Fighting COVID-19 Online IDEathon Competition by ICMR- Centre for Innovation and Bio- Design (CIBioD).
- Attended a 30-hour workshop on “Apache Open office” in Mehr Chand Mahajan DAV College for Women, Chandigarh from 3rd-9th January 2020.
- Presented a paper titled “A Sustainable Approach for Microenterprise” in 3rd International Conference on “Developments through Skill and Innovations” organized by GGNIMT, Ludhiana on 15th February, 2020.
- Attended Short Term Course on “Developing Massive Open Online Courses” organized by UGC-Human Resource Development Centre, P.U. Chandigarh from 27th December 2019- 2nd January 2020.
- Presented a paper in an ICSSR sponsored two-day International Conference on “Roadmap to Sustainability: Environment and Health” organized by SGGS College, Chandigarh on 5th-6th March, 2020.

- Invited as Resource Person in National Seminar on 'Sustainable Rural Livelihood-Opportunities and Challenges sponsored by Indian Council of Social Science Research (ICSSR), New Delhi organized by GGDSD College, Haryana on 7 March 2020.
- Presented a paper on 'Mapping of Sustainability Initiatives in National Seminar on “Sustainable Rural Livelihood-Opportunities and Challenges” sponsored by Indian Council of Social Science Research (ICSSR), New Delhi organized by GGDSD College, Haryana on 7 March 2020.
- Presented an Oral paper on “Effect of Pre-treatment on the Solid State Anaerobic Digestion of Willow Dust” at ICSSR sponsored two-day International Conference on 'Roadmap to Sustainability: Environment and Health' held at Khalsa College, Chandigarh on 5th-6th March 2020.
- Attended a National webinar on “Revised NAAC Assessment and Accreditation: Nurturing Quality Culture” organized by IQAC Cluster India in association with Yogeshwari Mahavidyalaya, Ambajogai from 8.5.2020-11.5.2020.
- Attended 17 online sessions conducted by Institution's Innovation Council (IIC) of MHRD's Innovation Cell, New Delhi to promote Innovation, IPR Entrepreneurship and Start up among HEI's from 28th April-22nd May, 2020.
- Awarded Record of achievement by WHO on completing Standard Precautions: Environmental Cleaning and Disinfection short course on 9 June 2020 and Standard Precautions: Waste Management on 15th May, 2020.
- Participated in a six-day FDP on “Managing Virtual Classrooms and Open Educational Resources” organized by Centre for Academic Leadership and Education Management (CALEM), Panjab University, Chandigarh under the aegis of PMMMNMTT, MHRD, Govt. of India in collaboration with SWAYAM Cell, Panjab University, Chandigarh from June 24-29, 2020.
- Published a chapter titled “Prophylactic and Therapeutic Role of Human Breast Milk Proteins and Bioactive Peptides against Neonatal Bacterial Infections” published (May 13, 2020; DOI:10.5772/intechopen.91865) in book *Breastfeeding and Formula Feeding Infants* (Web of Science citation indexed).
- Published a paper titled “Effect of Pre-treatment on the Solid State Anaerobic Digestion of Willow Dust” in peer reviewed, UGC approved Journal-*Studies in Indian Place Name*, Vol. 40, pp. 234-246 in 2020.
- Published a paper titled “Solid State Anaerobic Acidogenesis of Willow Dust: Development of a Kinetic Model” in peer reviewed, UGC approved Journal *Studies in Indian Place Name*, Vol. 40, Issue 3, pp 6803-6814 in 2020.
- Published a paper titled “The effect of probiotic intervention in ameliorating the altered central nervous system functions in neurological disorders: a Review” in The Open Microbiology Journal (Peer reviewed and Scopus indexed), Vol. 14, pp. 18-29. Doi: 10.2174/1874285802014010018.
- Contributed a book chapter titled “A Sustainable Approach for Microenterprise” in *Emerging Business Ideas- An Insight into Skills and Innovations* published by GGNIMT, pp. 278-281, ISBN No. 978-81-944303-2-2 in 2020.
- Completed a six-day FDP on “Technology and Instructional Reforms with reference to Online Teaching, Learning and Evaluation” organized by Centre for Academic Leadership and Education Management (CALEM), Panjab University, Chandigarh under the aegis of PMMMNMTT, MHRD, Govt. of India in

collaboration with SWAYAM Cell, Panjab University, Chandigarh from July 15–20, 2020.

- Submitted a Research project titled “Pilot Study to Restore and protect Nagar van habitat using Mycoremediation and Microfiltration Practice” funded by DST (Department of Science and Technology and Renewable Energy, Chandigarh Administration), July 2020 onwards.
- Attended 111th Online Short Term Course on E- Content Development organized by UGC- Human Resource Development Centre, Gujarat University, Ahmedabad from 23rd–29th July, 2020.
- Participated as a Resource person in the six-day online Bridge Course on “The Human Immune system Explained” organized by Department of Food Science from 21st–27th July 2020.
- Presented an Oral Paper presented “Anti-biofilm Potential of nano-encapsulated Phages” at the 7th International Conference on Challenges and opportunities in Medical, Environmental and Biotechnological research GenoPro2020 organized by Invertis University and Microbiologist Society of India on 10th–11th December, 2020.

Ms. Nidhi Sharma

- Published a research paper titled “The Effects of Ecological Marketing on Branding Strategies” in UGC Care Journal *Studies in Indian Place Names*, Vol. 40, Issue 03, in February 2020.
- Co-authored a research paper titled “Study of Sustainability Branding through Green Marketing” in UGC Care Journal *Studies in Indian Place Names*, Vol. 40, Issue 40, in March 2020.
- Co-authored a research paper titled “MOOCs: When Knowledge Meets Network” in *PIMT Journal of Research*, Vol. 12, Issue 03, April–June 2020.

- Published a chapter titled “Impact of E-branding Strategies on Consumer Behaviour” in a book titled *Recent Developments in Social Science and Business Management*, by Bharti Publication, ISBN: 978-93-89657-90-6 in 2020.
- Presented a research paper titled “Investigating Association between Color and Semiotics: A case of Google Logo” in an *International Research Conference on Reimagining Business-Focus on Customer*, held at Boston, October 31, 2020.
- Completed a 14-day National Faculty Development Programme on *Data Analysis for Research in Social Sciences* conducted by MHRD, Teaching Learning Centre, Ramanujan College (University of Delhi) and Indian Accounting Association, NCR Chapter from 17th–30th June, 2020.
- Completed a four-week online course through mookit.co titled “*Cooperative Learning Pedagogy*” conducted by GHG Khalsa College of Education, Gurusar Sadhar, Punjab (India) developed under the UNESCO's OE4BW online mentoring Program-2019 from 22nd May–18th June, 2020.

Dr. Nitasha Khehra

- Published a paper titled “Prioritizing Mental Health and its Inclusion in the Sustainable Development Goals” in *Studies in Indian Place Names*, Volume 40, Issue 40 (ISSN: 2394–3114) (Impact Factor 6.3), in March 2020.
- Presented a paper titled “Psychosocial Correlates of Drug Abuse” at the International Conference on “A Conversation for Change: Human Rights, Youth and Drugs” organized by Centre for Human Rights and Duties, Panjab University, Chandigarh, in collaboration with National Institute of Social Defence, Ministry of Social Justice and Empowerment, Government of India, New Delhi on 5th–6th February, 2020.

- Presented a paper titled “Psychiatric Comorbidities of Drug Abuse” at International Conference on “A Conversation for Change: Human Rights, Youth and Drugs” organized by Centre for Human Rights and Duties, Panjab University, Chandigarh, in collaboration with National Institute of Social Defence, Ministry of Social Justice and Empowerment, Government of India, New Delhi, on 5th–6th February, 2020.
- Presented a paper titled “Prioritizing Mental Health and Its Inclusion in the Sustainable Development Goals” at the ICSSR Sponsored a two-day International Conference “Roadmap to Sustainability: Environment and Health” organized by Post-Graduate Department of Economics, Sri Guru Gobind Singh College, Sector 26, Chandigarh, on March 5–6, 2020.
- Member of Postgraduate Board of Studies, Department of Psychology, Panjab University, Chandigarh (academic session 2019–21).
- Invited as Resource person by the Department of Mass Communication, Mehr Chand Mahajan DAV College for Women, Chandigarh to conduct a Workshop on “Crusade for Mental Hygiene Movement: Psychological Perspective on Swachhta” during the talk show at the Swachhta Pakhwada on 23rd January, 2020.
- Invited as Resource person by the NSS Unit, Mehr Chand Mahajan DAV College for Women, Chandigarh to conduct a webinar on the theme “Mental Health and Emotional Wellness in the COVID-19 Pandemic: Coping with Anxiety and Depression” for NSS Volunteers on May 11, 2020.
- Appointed as Paper Setter for Panjab University Semester Examinations (April/May, 2020) for BA III Semester VI (Psychology).
- Attended a seven-day National Workshop (Faculty Development Programme) on the “Technology and Instructional Reforms with reference to Online Teaching, Learning and Evaluation” organized by Centre for Academic Leadership & Education Management (CALEM) Panjab University, Chandigarh under the aegis of PMMMNMTT Scheme of MHRD, Government of India in collaboration with SWAYAM Cell and Institute of Educational Technology and Vocational Education, Panjab University, Chandigarh from July 15–20, 2020.
- Attended a five-day Faculty Development Program on “E-Content: Designing and Deployment Using G Suite” organized by Department of Computer Science and Applications, Mehr Chand Mahajan DAV College for Women, Chandigarh from July 20–24, 2020.

Dr. Bhavna Sood

- Member of Board of Studies (for Undergraduate classes March 2019–March 2021)
- Lifetime Membership of NWISA – North West Indian Sociological Association (LM-334)
- Co-Published a paper titled “Towards a plastic Free Environment: Challenges and Facts to Act On” in UGC CARE listed Journal *Studies in Indian Place Names* (SIPN) ISSN – 2394-3114, Vol 40, Issue 40, pgs. 1926–1931, in March 2020.
- Presented a paper titled “New Role of Women: Being a Nurturer to Possibly a Suicide Terrorist” at National Conference on Crimes Against Women: Issues and Remedies organized by Legal Aid Society, University of Legal Studies, Panjab University in association with National Commission for Women on 24th January, 2020.

- Presented a paper titled “Susceptibility of Youth in the Use and Misuse of Drugs” at a two-day International Conference on “A Conversation for Change: Human Rights, Youth and Drugs” organized by Centre for Human Rights and Duties, Panjab University, Chandigarh in collaboration with National Institute of Social Defence, Ministry of Social Justice and Empowerment, Government of India, New Delhi on 5th-6th February, 2020.
- Presented a paper titled “Society and Language: The Need to Redefine the Verbal Culture Code” at a two-day World Summit on Social Sciences and Humanities 2020 (SOSH-2020) organized by Eudoxia Research Centre, India on 6th-7th June, 2020.
- Presented a paper titled “Adolescents Need to Learn to Cope with Covid19 and then Adapt to: The New Normal” at the two-day International e-Conference on Coping with Covid-19: Sustainable Living in the Era of Pandemic, e-CoExist 2020 organized by Belda College West Bengal and Bangladesh Open University, Bangladesh on 15th-16th June, 2020.
- Invited as Resource person at the National Webinar titled “Gender Equity Matters in the time of Pandemic Crisis: An Overview” and spoke on “Crisis within Crisis: Domestic Violence” on 4th September, 2020 organized by the Post Graduate Department of Sociology, Mehr Chand Mahajan DAV College for Women, Chandigarh.
- Invited as Resource person to commemorate Teacher's Day on 5th September, 2020 and delivered a talk on “Teachers: Leading in Crisis, Rebuilding the Future” organized by the Centre for Social Change, Delhi.
- Invited as Resource person to commemorate the celebration of “International Day for Elimination of Violence against Women” on 25th November, 2020 organized by the Centre for Social Change, Delhi.
- Attended a one-month hands-on International Training Program on Application of SPSS for Data Analysis (TOSDA-2020) conducted by Eudoxia Research Centre, India from 11th June-10th July, 2020.
- Successfully completed the online Course on “Certificate in Counselling Skills” in July-August, 2020 with Grade A, organized by the Centre for Social Change, Delhi.
- Attended a fifteen-day International Training on Research Paper Writing and Application of Software for free Scopus Publication (TOR-2020) conducted by Eudoxia Research Centre, India from 3rd-18th December, 2020.
- Enrolled for one Year IIP program (International Researcher Program, course ID NO: ERC/IIP/400) conducted by Eudoxia Research Centre, India- 2020-2021.
- Attended a three-day online National Workshop – FDP on “Upscaling Pedagogy with Moodle” organized by Don Bosco College, Yelagiri Hills, Tamil Nadu in collaboration with Bosco Soft Technologies Pvt.Ltd from 13th-15th July, 2020.
- Attended a five-day online Faculty Development Program on “E-Content: Designing and Deployment Using G Suite” organized by the Department of Computer Science and Applications of Mehr Chand Mahajan DAV College for Women, Chandigarh from 20th-24th July, 2020.
- Attended a five-day Online Workshop on “Free Tools and Flipped Classrooms for Effective Teaching and Learning” organized by Chitkara University, Punjab from 27th- 31st July, 2020.
- Successfully completed one week FDP on “Developing Multimedia enriched Powerful Presentations” organized by GAD TLC, 11th-16th August, 2020.

- Attended a five-day Online Workshop on “An Introduction to Digital Content Development and Secure Certification Methods to Create and Publish Online Courses” organized by Department of Applied Science, Chitkara University, Punjab on 17th-21st August, 2020.
- Successfully completed a one-week FDP on “Development of Teacher's e-kit and MOOCs in Four Quadrant Format of e-content” organized by GAD TLC, 12th- 20th September, 2020.
- Successfully completed a one-week FDP on “Learning Management System MOODLE for online Teaching-Learning” organized by GAD TLC, 11th- 17th October, 2020.
- Attended one week FDP on “Towards Quality Higher Education through NEP-2020” organized by GAD TLC, 27th Oct – 2nd November, 2020.
- Successfully completed National level Online Workshop on “Microsoft Office Viz, Publisher, Access, Onenote, Whiteboard, Word, Forms, Powerpoint” from 18th – 25th October, 2020, organized by ESSGEE Digiskills-A way to excellence and Building.

Dr. Gunjan

- Received Certificate of Appreciation from NITTTR, Chandigarh for acting as Coordinator of UBA (Unnat Bharat Abhiyan), a flagship program of GOI.
- Participated in a webinar “Leadership in times of Crisis” organized by Amity Global Business School held on 5th May, 2020.
- Organized a four-day online workshop on “Research Methodology: Concepts and Applications” from July 6-9, 2020 held at Mehr Chand Mahajan DAV College for Women, Sec 36-A, Chandigarh.
- Delivered sessions as Resource person in online Workshop on “Research Methodology:

Concepts and Applications” from 6th-9th July, 2020 held at Mehr Chand Mahajan DAV College for Women, Sec.36-A, Chandigarh.

Dr. Bindu Dogra

- Presented a paper titled “A Cross-Cultural Study of Religion and its Intersection with Environmental Conservation” at ICSSR sponsored two-day International Conference on “Roadmap to Sustainability: Environment and Health” held at Sri Guru Gobind Singh College, Sector 26 Chandigarh, on 5th-6th March, 2020.
- Presented a paper titled “Coronavirus Lockdown and its Impact on Household work Distribution” at International e-conference organized by Social Science and Humanities Association (SSHA) on 'Futuristic Society after COVID in India and Abroad: Challenges and Possibilities' on 27th -28th June, 2020.
- Presented a paper titled “COVID-19 Pandemic and Changing Dimensions of Household Work Distribution: A Gender Dimension” at International conference on 'Relevance of Sociology in Post Covid 19 World' organized by Sociological Society Himachal Pradesh on 25th-26th September, 2020.
- Published a poem titled “Ye Vasundhara” in an E-anthology titled *Bahaarein Phir Aayengi* published by Social Substance and Arta Studio in May 2020.
- Became life member of Social Science and Humanities Association (SSHA) registered under (Rajasthan Societies Act 1958).
- Invited as a Resource person at “Swachhta Pakhwada 2020” held at Mehr Chand Mahajan College for Women, Chandigarh to deliver a talk on 'Social Dimension of Swachhta' on 26th January, 2020.
- Invited as a Resource person at 'National Webinar titled “Gender Equity Matters in the

ime of Pandemic Crisis: An overview” organized by Post Graduate Department of Sociology held at Mehr Chand Mahajan College for Women to deliver a talk on 'Identifying Faceless Indian Migrant Women during COVID-19' on 4th September, 2020.

- Invited as Resource person for an online poetry reading session titled ਸੋਚ ਤੇ ਕਲਮ Soch Te Kalam held at Mehr Chand Mahajan College for Women, Chandigarh on 29th October, 2020.
- Successfully completed with distinction a four-week online course developed under the UNESCO OE4BW online mentoring Program on 'Cooperative Learning Pedagogy' offered by GHG Khalsa College of Education, Gurusar Sadhar, Punjab (India) from May 22-June 18, 2020 through mookit.co.
- Successfully completed with distinction a 14-day National Faculty Development Programme on “Data Analysis for Research in Social Sciences” organized by Ramanujan College, Teaching learning Centre, University of Delhi under the aegis of Ministry of Human Resource Development from 17th-30th June, 2020.

Dr. Neetu

- Successfully completed training on “Pre-incubation and Incubation Management” conducted as part of IIC Innovation Ambassador Training Series organized by Institution's Innovation Council of MHRD's Innovation Cell at Lovely Professional University, Jalandhar, Punjab on January 16-17, 2020.
- Attended 14 IIC Online sessions conducted by Institution's Innovation Council of MHRD's Innovation Cell, New Delhi to promote Innovation, IPR, Entrepreneurship, and Start-ups among HEIs from 28th April-22nd May, 2020 during COVID-19 nationwide lockdown.

- Attended Science Academies' Science Leadership Workshop organized by the Central University of Punjab, Bathinda from 22nd-28th June, 2020.

- Attended a five-day Faculty Development Programme on “E-Content: Designing and Deployment using G Suite” organized by Department of Computer Science and Applications, Mehr Chand Mahajan DAV College for Women, Sector 36 A, Chandigarh from 20th-24th July, 2020.

- Delivered a talk on “Pre-incubation and Incubation Management” as an Innovation Ambassador during an online lecture series organized by Institution's Innovation Council under the aegis of MoE Innovation Cell on 22nd & 24th July, 2020.

- Invited as a Resource person by Swami Premanand Mahavidyalaya, Mukerian to deliver an expert talk on “Pre-incubation & Incubation Management” during a National webinar on “Scientific Achievements, Current Challenges, Problems and Scientific & Technical Terminology” organized in association with Commission for Scientific and Technical Terminology, Ministry of Education, Govt. of India on 29th August, 2020.

- Completed and submitted a Research project entitled “Survey on the prevalence of Polycystic Ovarian Syndrome (PCOS) and its associated risk factors among the girl students of Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh” sponsored by Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh (Amount sanctioned- Rs.14,400/-).

Dr. Shefali Dhiman

- Published a paper in titled “A Novel Method for the Preparation of Eco-enzymes” in a peer reviewed International journal *Journal of Catalyst & Catalysis*, Vol. 7, No. 1, ISSN: 2349-4344 in 2020.

- Co-ordinator for the webinar “Transition Metals In Organic Synthesis” by Prof. Roderick Wayland Bates, School of Physical & Mathematical Sciences, Nanyang Technological University, Singapore on 14th May, 2020.
- Co-ordinator for a video making activity for students on advantages of using Aarogya Setu App on 15th May, 2020.
- Co-ordinator for the webinar “The Third Alphabets of Life and Synthetic Vaccines” by Prof. S. Eswaran, Visiting Professor, Regional Centre for Biotechnology, Fairdabad, organized by Mehr Chand Mahajan DAV College for Women, Sector-36 Chandigarh on 31st July, 2020.
- Attended a five-day online FDP Faculty Development Program “e-Content: Designing and deployment using G Suite” organized by the Department of Computer Science and Applications, Mehr Chand Mahajan DAV College for Women, Chandigarh from July 20–24, 2020.
- **Co-ordinator** for the **National** Level Online Poster Making Competition on Chemical Squandering and Management on 23rd September, 2020.

Dr. Sarabjeet Kaur

- Completed one-week Faculty Development Program on “Managing Virtual Classrooms and Open Educational Resources” from 24th–29th June, 2020 organized by Centre for Academic Leadership and Education Management (CALEM), Panjab University Chandigarh under the aegis of Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) of MHRD in collaboration with SWAYAM Cell, Institute of Educational Technology and Vocational Education & University Business School, Panjab University, Chandigarh.

- Invited as a Resource person by Arya College, Ludhiana for an online lecture on “Pearl Culture” on 21st December, 2020.

Dr. Jasmine Anand

- Awarded first prize in National level CEC EDU-WRITE 2019 Competition organized by Consortium for Educational Communication, New Delhi, 2020.
- Facilitated and guided students for 'Writing Therapy' during COVID Lockdown 2020. Letters of appreciation to the frontliners written by students were sent to the Police Force and Doctors.
- Published “Black November– The Blankness and Blackness of 1984 Sikh Massacre,” Review of *Black November: Writings on the Sikh Massacres of 1984 and the Aftermath* edited by Ishmeet Kaur Chaudhry in *Daath Voyage*, vol. 5, no. 3, pp. 145–149, in September 2020.
- Published “Food (Chai Pani, Dhaba, Khichdi / Khichda / Dal Chawal, Tiffin/Dabba).” *Keywords for India: A Conceptual Lexicon for the 21st Century* edited by Rukmini Bhaya Nair and Peter Ronald DeSouza, Bloomsbury UK, 2020, pp. 197–200.
- Presented paper “Laws and Outlaws: Punjabi Community and Diasporic Experience in Southall.” at the 2nd International Conference on 'Asian Diasporic Literature: Past, Present and Future' held online by School of Humanities, Universiti Sains Malaysia on 29–30 July 2020.
- Prepared self-instructional material for Masters in English, World Literature paper for USOL, Panjab University, Chandigarh in 2020.
- Invited as a resource person to lecture on 'Inter and Intra Departmental Office Communication' to Office Management Students of Mehr Chand Mahajan DAV College for Women, Chandigarh on 7th March, 2020.

- Reviewed book *Black November* at 'Bandanvaar,' a cultural event organized by Punjab Sahitya Akademi at Chandigarh on 29th February 2020.
- Attended online Faculty Development Program- “Impact of Literature on Youth in Current Situation” organized by UGC-HRDC, Savitribai Phule Pune University and Pratibha College of Commerce and Computer Studies, Chinchwad, Pune, 24th July-30th July 2020.
- Attended online Faculty Development Program- “Building Research Aptitude” organized by Mehr Chand Mahajan DAV College for Women, Chandigarh, 14th July-20th July 2020.
- Attended Short Term Course/FDP- Writing and Assessment organized by UGC-Human Resource Development Centre, Panjab University, Chandigarh, 4th Feb.-10th Feb. 2020.
- Completed a Research Project on “Public Art in Chandigarh: A Brief Study of Murals” in collaboration with Rajita Kaushal and Amy of BA III sponsored by Research Committee, Mehr Chand Mahajan DAV College for Women in June 2020.
- Judged Face Painting competition organized by RUSA & NSS, MCM DAV College for Women, Chandigarh on 23rd January, 2020.
- Judged an Inter-college online Poster Making and Collage Making competition organized by Swachhta Committee (Arts), MCM DAV College for Women, Chandigarh held on April 18, 2020.
- Judged an Inter-college online 'Best out of Waste' competition organized by NSS Unit, MCM DAV College for Women, Chandigarh held on 1st June, 2020.
- Organized and judged a Landscaping Competition on 'Earth Day' organized by Horticulture & Landscaping Committee under Swachhta Group, MCM DAV College for Women, Chandigarh on May 1, 2020.
- Organized and judged a Pot Making Competition on 'World Bird Day' organized by the Department of Fine Arts and Horticulture & Landscaping Committee under Swachhta Group, MCM DAV College for Women, Chandigarh on 9th May 2020.
- Organized Best out of waste competition and Exhibition under Swachhata Pakhwada on January 27, 2020.
- Organized Workshop on 'Harappa Style Tiles' on March 13-14, 2020.
- Organized Arena Animation Seminar on March 5, 2020.
- Organized a Poster making competition on the theme 'Beti Bachao Beti Pado' on January 24, 2020 to celebrate National Girl Child Day.

Dr. Pooja Sharma

- Participated in Art Workshop and Exhibition organized by Chandigarh Lalit Kala Academy at the recently opened Underpass, Sec. 17 to Rose Garden from 20th-30th January 2020.
- Attended a seven-day Faculty development Programme on “Open Source tools For Research” at Teaching Learning Centre, Ramanujan College, University of Delhi sponsored by MHRD from June 8-14, 2020.
- Participated and got Appreciation certificate in Chandigarh Urban Festival' 2020 organized by the Department of Cultural Affairs and Chandigarh Administration from 9th-16th February, 2020.
- Presented and participated in an online two-day International Art camp 'Act, Connect & Reflect-III' on the theme 'Impact of Corona on Nature & Human Being' organized by Eastern Foundation of Art & Culture held on 5th-6th April, 2020.

Dr. Ritu Khosla

- Co-authored a paper titled “Environment Sustainability: Lessons from History and State Action Plan” in *Studies in Indian Place Names*, Vol. 40, Issue 40, pgs. 27–32, March 2020.
- Published a paper titled “Remapping India: Issues, Challenges and Suggestions” in *Shodh Sarita*, Vol. 7, Issue 26(II), pgs. 286–290, April–June 2020.
- Published a paper titled “Voices from The Hills: Demand for Gorkhaland” in *New Horizons*, Vol. XVII, pgs. 185–198 in 2020
- Presented a paper titled “Domestic Violence Against Women: Historical Background and Role of State in Curbing the Menace” at National Conference on “Crimes Against Women: Issues and Remedies” organized by Legal Aid Society, University Institute of RituLegal on 24th January, 2020.
- Presented a paper titled “Environment Sustainability: Lessons from History and State Action Plan” at ICSSR sponsored International Seminar on “Road Map to Sustainability: Environment and Health” organized by Sri Guru Gobind Singh College, Sector 26 Chandigarh on 5th–6th March, 2020.
- Attended a six-day FDP on 'Managing Virtual Classrooms and Open Educational Resources' organized by CALEM, PU Chandigarh under the aegis of PMMMNTT from 24th–29th June, 2020.
- Attended an online Refresher Course on 'Research Methodology: Tools and Techniques' held from 7th– 20th, July 2020 organized by HRDC, Mizoram University.

Dr. Neha Pandeya

- Invited as a Resource person by the University School of Open Learning, Panjab University, Chandigarh to deliver Personal Contact Programme Classes for BA I, BA II and BA III.

- Viva Voce conducted of Ph.D student, Ms. Priyanka Shilpkar titled “Psychosocial Correlates of Emotional Intelligence among Nurses”.
- Viva Voce conducted of Ph.D student Ms. Tripti Jaiswal titled “Predictors of Hope among Cancer Patients”.
- Member of PG Board of Studies, Dept. of Psychology, Panjab University.

Dr. Mamta Ratti

- Submitted Applied project on ' Play based learning: A comparative study on 'Role of Traditional Toys and Smart Toys in Meta-cognition Learning and Language Development in Children' to Higher Education, Delhi, DAV Managing Committee, Delhi and Chandigarh Child Protection Commission in December 2020 & in Feb 2021 respectively. Received Appreciation letter from C.C.P.C.R. & traditional toys kits worth Rs. 10,000/- were donated by the college to the primary school students.
- Submitted Societal project for Chandigarh Cyber Cell on the topic of “Making Virtual Space Safer: An Analytical Study on Cyber Harassment among Women” for a duration of three months from July 2020.
- Received Rs. 25,000/- grant for conducting Student Research project for three months on the topic “Traffic Congestion created and faced by daily commuters- A case study of Mehr Chand Mahajan DAV College for Women, Chandigarh” in collaboration with Dr. Kiran Jindal, Zeenia, B.com III and Sanya, B.Com III from January 2020. Received Appreciation certificate from the Chandigarh Traffic Police in Feb. 2021 for the survey conducted in the year 2020.
- Appointed as member of the Post Graduate Board of Studies in the subject of Business Management & Commerce by Faculty of

Business Management & Commerce, Panjab University for the term April 1, 2019 to March 31, 2021 vide letter no. 5511/GM dated 10th April, 2019.

- Co-Authoring a second edition of Book *Banking and Insurance Services* for the M.Com. Fourth Semester of Punjabi University, Kalyani Publishers, ISBN 978-93-89765-93-9 in 2020 (fourth revised edition).
- Presented a paper on “Cyber World as an Emerging Threat: Ensuring Safe Online Experience of Female Internet User Through analysis of Digital Behavior and Response” on 4th Dec, 2020 at the 12th Annual International Conference on Safety and Security of Women in the Contemporary World: Issues and Challenges organized by Women's Studies Centre, Punjabi University, Patiala.
- Attended a nine-day National Online Workshop on “Empirical Financial Econometrics using E.Views” organized by PG Department of Commerce under the aegis of IQAC from 13th July-21st July 2020.
- Attended a one-week online Faculty Development Program on “Time Series and Financial Econometrics using EVIEWS” organized by the Delhi Institute of Advanced Studies from 15th-20th June 2020.
- Attended a five-day Online Workshop on Advanced Time Series Analysis from 1st-5th July, 2020 conducted by VSSR Global.
- Attended a 12-week online training program on Data Analytics with SPSS from December-March 2020 organized by Skillics Learning Solutions.
- Attended a nine-day National Online Workshop on “Empirical Financial Econometrics using E. Views” organized by PG Department of Commerce under the aegis of IQAC from 13th-21st July 2020.

Dr. Mandeep K. Chawla

- Member of the Editorial board of *New Horizons- A Multidisciplinary Research Journal*, ISSN 2277-5218.

Ms. Deeksha Gupta

- Presented a paper titled “Attentive Convolution Network Based Video Summarization” at ICAAAIML-2020: International Conference on 'Advances and Applications of Artificial Intelligence and Machine Learning' held at Sharda University, Uttar Pradesh, Greater Noida on October 29-30, 2020.
- Presented a paper titled “Static Video Summarization: A Comparative Study of Clustering Based Techniques” at ICAAAIML-2020: International Conference on 'Advances and Applications of Artificial Intelligence and Machine Learning' held at Sharda University, Uttar Pradesh, Greater Noida on 29th-30th October, 2020.

Dr. Ritika Bansal

- Attended a RUSA sponsored seven-day Short Term Course on “Social Transformation in India” from Feb. 20-26, 2020 organized by HRDC, Panjab University, Chandigarh.
- Attended the “3rd Online Short-Term Course on E-Content Development” from May 14-20, 2020, organized by UGC – Human Resource Development Centre, GUJARAT UNIVERSITY, Ahmedabad.
- Attended an FDP on “Technology and Instructional Reforms with reference to Online Teaching, Learning & Evaluation” during July 15-20, 2020 organized by Centre for Academic Leadership and Education Management (CALEM), Panjab University, Chandigarh under the Aegis of PMMMNMTT, MHRD, Govt. of India in collaboration with SWAYAM Cell & Institute of Educational Technology and Vocational Education, Panjab University, Chandigarh.

- Resource person for the session on “Google Classroom” on 20th July, 2020 during Faculty Development Program on e-Content: Designing and Deployment Using G Suite organized by the Department of Computer Science and Applications, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh.

Dr. Amardeep Kaur

- Elected member of Academic Council of Panjab University Chandigarh from 2020-2022.
- Co-authored a paper titled “Guru Teg Bahadur Ji Di Bani Vich Mann Di Peshkari” in a National Journal Studies in *Sikhish and Comparative Religion: Special issue on Sri Guru Teg Bahadur Ji*, Volume-XLIV, Number-2, pgs 102-110, in July-December 2020.
- Invited as Resource person in a National webinar on Shri Guru Teg Bahadur Ji organized by Punjab Arts Council Chandigarh on 14th September, 2020.
- Invited as Resource person in a National webinar on Guru Teg Bahadur Ji and Religious Co-Existence organized by Guru Gobind Singh Department of Religious Studies, Punjabi University Patiala on 20th Oct., 2020.
- Attended an online workshop on the topic “Be A Health Manager II” from May 25-June, 2020 organized by Skill Development Committee of Mehr Chand Mahajan DAV College for Women, Sector 36, Chandigarh.
- Attended an online Faculty Development Program on the topic Managing Virtual Classroom and Open Educational Resources organized by Centre for Academic Leadership and Education Management [CALEM], Panjab University Chandigarh from 24th-29th June, 2020.

- Attended an online Faculty Development Program from 15th-20th July, 2020 on the topic Technology And Instructional Reforms With Reference To Online Teaching, Learning And Evaluation organized by Center for Academic Leadership And Education Management [CALEM], Panjab University, Chandigarh.
- Attended a five-day Faculty Development Program on “E-Content designing and deployment using G suite” organized by Department of Computer Science and Applications of Mehr Chand Mahajan DAV College For Women, Sector 36 Chandigarh from 20th-24th July, 2020.

Dr. Harjot Kaur Mann

- Presented Research paper “The Impact of Dietary on the risk of obesity among adolescents of private and government schools of Chandigarh” in an International Conference organized by Department of Home Science, Indian Institute of Food Science and Technology, Aurangabad, Mumbai on 9th-10th December, 2020.
- Published a Research paper titled “The Impact of Dietary on the risk of obesity among adolescents of private and government schools of Chandigarh” in a UGC approved International Multidisciplinary Quarterly Research Journal *Ajanta*, Vol.9 Issue 4, ISSN No.2277-5730, in Dec. 2020.
- Completed an online credit course “Food as medicine” from Monash University. It was a three week, four hours per day programme, certified by U.K. Association of Dieticians. Certificate of Achievement was awarded for the same.
- Participated as Judge for online Webinar Series on Addressing Nutritional Issues through Integrated Solutions on the occasion of “Poshan Maah” dated 1st Sep. -30 Sep. 2020 organized by IAMBSS in Association

Department of Community Medicine and School of Public Health, PGIMER, Chandigarh.

- participated in online Faculty Development Programme “Managing Virtual classroom And Open education resources.” Organized by CALEM, Deptt. of Education in collaboration with Swayam Cell, IETVE and UBS Panjab University under the aegis of PMMMNMTT Scheme MHRD, GOI.

Ms. Sidaq

- Attended one-week FDP on 'Capacity building in drafting proposals for funded research' organized by Guru Angad Dev Teaching Learning Centre, SGTB Khalsa college Delhi from 5th-11th Oct, 2020.
- Attended a five-day FDP on 'E-content: designing and development using G suite' organized by Mehr Chand Mahajan DAV College for Women, Chandigarh from 20th-24th July, 2020.

Dr. Qudrat Hundal

- Successfully completed the ARPIT Course for Career Advancement Scheme (CAS) promotion 'Online Refresher Course in Chemistry for Higher Education' with a “A” grade in the proctored examination held on Feb. 16, 2020.
- Attended five-day Faculty Development Program 'e-Content: Designing and Deployment using G-Suite' organized by Department of Computer Science and Applications, Mehr Chand Mahajan DAV College for Women, Chandigarh from July 20 – July 24, 2020.
- Successfully completed Faculty Development Programme (through Online Mode) on “Managing Virtual Classrooms and Open Educational Resources” organized by Centre for Academic Leadership and Education Management (CALEM), Panjab University,

Chandigarh under the aegis of PMMMNMTT, MHRD, Govt. of India in collaboration with SWAYAM Cell, Institute of Education Technology and Vocational Education & University Business School, Panjab University, Chandigarh from June 24-29, 2020.

Dr. Seema Kanwar

- Published a paper on the topic “Yajna evam Paryavaran” in double-blind, peer Reviewed UGC CARE Listed journal *New Horizons: A multidisciplinary Research Journal*, ISSN 2277-5218.
- Attended a 30-hour workshop on “Apache open office” conducted by Department of Computer Science and Application from Jan. 3-9, 2020 at Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh.
- Delivered Pravachan through Video recording based on Mahatma Anand Swami Ji' Book 'Shankar aur Dayanand' in Mahatma Aanand Samarak Vyakhyanmala organized by Arya Pradeshik Pratinidhi Sabha, New Delhi on Oct. 23, 2020
- Delivered lecture on topic “Vedic Vichardhara ke Paripreksheya mein Vartamaan sthiti as VISHISHT VAKTA on Vyakhyanam organized by Maharishi Valmiki Sanskrit Vidyalaya Kaithal on 25th July 2020.
- Published various poems on topics “Prakriti Vandan”, “Raunanken phir lautengi”, “Satyam Vad Dharamam Char”, “Hindi Bhasha”, “Naari”, “Sharadh aur Tarpan”, “Anmol Jeevan”, “Insaan bano”, “Paristhitiyan”, “Krishana ka Arjun ko Updesh” in newspapers named *Chandi Bhumi*, *Idam Times*, *Fast Media*.

Dr. Ramandeep Kaur

- Presented a paper “Mental and Social well Being: Impact of Technology” at an International conference on 'Roadmap to

Sustainability: Environment and Health” organized by Sri Guru Gobind Singh College, Sector 26 Chandigarh, on March 5-6, 2020.

- Published a chapter “Social Deviance: Theoretical perspective “in an edited book *Police Administration: Emerging Issues and Concerns* by Selective and Scientific Books, New Delhi, ISBN :818912895-7, in 2020.
- Attended a five-day online FDP on “E-content: Designing and Deployment using G Suite” organized by Mehr Chand Mahajan DAV college for Women, Chandigarh from July 20-24, 2020.
- Attended a 4-week Orientation Course from June 4 to July 1, 2020.
- Member of NWISA a Sociological Association

Dr. Sunaina Jain

- Published a book review of *Coconut: How the Shy Fruit Shaped Our World* by Robin Laurance in a literary journal *Muse India* in Issue 92 (Jul-Aug 2020).
- Published a paper titled “Negotiating History and Literature in Orhan Pamuk's *A Strangeness in My Mind*” in a UGC-CARE listed, bi-annual, peer reviewed literary journal *Dialog*, Issue 34 (Spring/autumn 2019).
- Published a paper titled “Swayam Shikshan Prayog: From Ecofeminist Theory to Praxis” in a double-blind, peer reviewed UGC Care listed Journal *New Horizons*, ISSN no. 2277-5218 in 2020.
- Published a story 'A Doctor's Diary' in an international anthology titled *Covid's Metamorphosis* edited by Prof. Manju Jaidka and Dr. Nilak Dutta in June 2020.
- Received letter of appreciation from RGNUL for judging an international Inter-university online Essay writing competition 'Expressions@RGNUL' held from Aug 29-31, 2020.

- Published a poem “The Green Bangles” in an anthology titled *Bahaarein Phir Aayengi*, in June 2020.
- Participated in 15 online IIC online sessions organized by IIC, MHRD's Innovation Cell from April 28, 2020-May 22, 2020 to promote Innovation, IPR, Entrepreneurship, and Start-ups among HEIs and received certification for the same.
- Attended a five-day online FDP on “Econtent: Designing and Deployment using G Suite” organized by Mehr Chand Mahajan DAV college for Women, Chandigarh from July 20-24, 2020.
- Attended digital Faculty Development Program conducted from 20th-22nd May, 2020 (Online Training) organized by G.N. Khalsa College (Autonomous), Mumbai with Knowledge Partner Digital Connect.

Dr. Madhuri Tanaji Patil

- Attended a 4-week Induction/Orientation Programme for Faculty in Universities/ colleges/institutes of Higher Education” from June 26-July 24, 2020 organized by Teaching Learning Centre, Ramanujan College, University of Delhi under the aegis of Minister of Human Resource Development, Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching.
- Attended a five-day online Faculty Development Program on “E-content: Designing and Deployment using G-Suite”, organized by the Department of Computer Science and Application, Mehr Chand Mahajan DAV College for Women, Chandigarh from 20th-24th July, 2020.
- Co-authored a paper titled, “BBIQ, a pure TLR7 agonist, is an effective influenza vaccine adjuvant” in *Human Vaccines & Immunotherapeutics*, Impact Factor 2.85, in April 2020.

- Co-authored a paper titled “Post-Pictet-Spengler Cyclization (PPSC): A Strategy to Synthesize Polycyclic –Carboline-Derived Natural Products and Biologically Active N-Heterocycles” in *Advance Synthesis & Catalysis*, Impact Factor 5.851, in August 2020.

Dr. Rishu

- Attended “125th Orientation Programme” held from Dec. 26, 2020 – Jan. 15, 2021 organized by HRDC Panjab University, Chandigarh.
- Attended an online FDP on “Managing Virtual Classrooms and Open Educational Resources” organized by Centre for Academic Leadership and Education Management (CALEM), Department of Education, PU under the aegis of PMMMNTT, MHRD and SWAYAM Cell, Institute of Educational Technology & Vocational Education and UBS, PU, Chandigarh from 24th–29th June, 2020.
- Attended an online FDP on “E-Content Design and Deployment using G Suite” organized by Department of Computer Science, Mehr Chand Mahajan DAV College for Women, Chandigarh from 20th–24th July, 2020.

Dr. Pallvi Rani

- Presented a paper titled “E-Commerce: Challenges, Opportunities with New Government Policies” at 3rd International Conference on Development through Skills and Innovation held at Gujranwala Guru Nanak Institute of Management and Technology, Ludhiana on 15th February, 2020.
- Published a paper titled “E-Commerce: Challenges, Opportunities with New Government Policies” in an edited book titled *Emerging Business Ideas-An Insights into Skills & Innovations*, ISBN No: 978-81-944303-2-2.
- Attended a “Training Orientation Course for NSS Programme Officers” organized by

Ministry of Youth Affairs & Sports, Government of India from 17th–23rd January, 2020.

- Attended a Faculty Development Programme on “Mentoring and Facilitation Skills for Institutional Mentors” Organized by Mahatma Gandhi National Council of Rural Education Under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, Government of India from 27th–31st May, 2020
- Attended a four-week Induction/Orientation Programme for “Faculty in Universities/Colleges/Institutes of Higher Education” organized by Ramanujan College, the University of Delhi under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, Government of India from 4th June–1st July, 2020.
- Attended one-day workshop on “Swachhta Action Plan” organized by Mahatma Gandhi National Council of Rural Education, Department of Higher Education in collaboration with Ministry of Human Resource Development, Government of India on 22nd June, 2020.
- Attended a Faculty Development Programme on “Technology and Instructional Reforms with reference to Online Teaching, Learning & Evaluation” organized by the Centre for Academic Leadership and Education Management (CALEM), Panjab University, Chandigarh under the Aegis of PMMMNMTT, MHRD, Govt. of India in collaboration with SWAYAM Cell & Institute of Educational Technology and Vocational Education, Panjab University, Chandigarh from 15th–20th July, 2020.
- Attended a two-week Faculty Development Programme on “Managing Online Classes and Co-Creating Moocs 3.0” Organized by Ramanujan College, University of Delhi

under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, Government of India on 25 July-10 August 2020.

Dr. Gunjan Sud

- Coordinator of RUSA sponsored two-day Workshop cum Lecture series entitled “Aesthetics of Botany” organized by the Department of Botany and Add-on course in Floriculture and Landscaping on January 24-25, 2020.
- Coordinator of an Inter-college Poster Making Competition held by the Department of Botany, sponsored by Department of Science and Technology and Renewable Energy, Chandigarh on the eve of Science Day celebrated on 17th February, 2020.
- Coordinator of the one-day trip organized by the Department of Botany and Add-on Course in Floriculture and Landscaping, to the Botanical Garden Sarangpur on 18th February, 2020.
- Coordinator of a one-day field trip to the Durga nursery organized by the Department of Botany and Add-on Course in Floriculture and Landscaping, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh on 25th February, 2020.
- Co-coordinator of the “Online Content and Caption Writing Competition” on the Earth Day on 22nd April, 2020.
- Coordinator of the Online Photo Quiz” on Immunity Boosting Plants organized by the Department of Botany on 27th April, 2020.
- Coordinator of the two-day webinar entitled “Learning the Nuances of Rearing Ornamental and Organic Plants: An online workshop during Lockdown” on May 2-3, 2020 organized by the Department of Botany and Add-on course in Floriculture and Landscaping.
- Coordinator of the Tree Plantation drive organized by the Department of Botany to mark the celebration of Van Mahotsav on 13th July, 2020.
- Coordinator of the Inter college contest on “Create Your Own Miniature Garden” organized by the Department of Botany and Add-on course in Floriculture and Landscaping on 17th September, 2020.
- Coordinator of a one-day RUSA sponsored online Start-up Workshop on “Floriculture for Entrepreneurship Development” held by the Department of Botany and Add-on Floriculture on 16th October, 2020.
- Coordinator of the RUSA sponsored online awareness lecture entitled “Floral Diversity and Plant Conservation Issues in India” on 5th October, 2020.
- Invited as Resource Person for the lecture on “Personal Hygiene” in Government Model Senior Secondary School, Badheri, under the aegis of UBA on 20th January, 2020.
- Invited as Resource Person for the lecture on “Cancer and Personal Health” on the eve of World Cancer Day under the aegis of UBA, in Anganwari, Butrela on 2nd April, 2020.
- Principal investigator for a Short-term Research Project entitled “Comparative evaluation of Rutaceae leaf extracts and synthetic herbicide on common food crops” sanctioned and funded by the Mehr Chand Mahajan DAV college for Women, Sector 36A, Chandigarh in July, 2019-20. Total Amount 24800/-

Dr. Purnima Bhandari

- Presented research work in the form of Oral Presentation entitled “Regulation of Plant Defense Response by Exogenous Application of Glucose In *Cicer Arietinum* L. Genotypes under Salinity Stress” in National Online Conference' (e-Conference digital lectures |

e-Competitions) on “Environment, Human Health and Sustainable Development Goals” and World Environment Day Celebration organized by Environment and Social Development Association (ESDA) Delhi on 5th-6th June 2020. Received third prize for the same.

- Contributed a chapter titled 'Silicon Nutrition and Arbuscular Mycorrhizal Fungi: Promising Strategies for Abiotic Stress Management in Crop Plants' in an international Springer book titled *Metalloids in Plants: Advances and Future Prospects*, (eds.) Deshmukh, R., Tripathi D.K., Guerriero G. Pp.315-354 published by John Wiley & Sons Ltd, Online ISBN: (9781119487210); Print ISBN: (9781119487197).
- Delivered two lectures cum talks as Resource person on “Design Thinking and Innovations” as an Innovation Ambassador during online lecture series organized by Institution's Innovation Council under the aegis of MoE Innovation Cell (MIC) on 22nd July 2020 and 24th July 2020.
- Participated in a two-week Faculty Development Programme on Research Methodology: A Learning journey from Bivariate techniques to Multivariate Techniques organized by Teaching Learning Centre, Ramanujan College, University of Delhi under the aegis of Ministry of Human Resource Development, Pandit Madan Mohan Malviya National Mission on Teachers and Teaching from 10th-23rd December, 2020.
- Attended 11 IIC Online Sessions conducted by Institution Innovation Council (IIC) of MHRD Innovation Cell, New Delhi to promote Innovation, IPR, Entrepreneurship, and Start-ups among HEIs from 28th April-22nd May 2020.
- Participated in a five-day faculty development Program on “e-content: Designing and deployment Using G-suite” organized by the Department of Computer Science and Applications, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh from July 20-24, 2020.
- Participated in a two-week Faculty Development Programme on Managing Online Classes and Co-creating Moocs 3.0 organized by Teaching Learning Centre, Ramanujan College, University of Delhi, under the aegis of Ministry of Human Resource Development, Pandit Madan Mohan Malviya National Mission on Teachers and Teaching from July 25-August 10, 2020.
- Participated in a four-Week Induction/ Orientation Programme for Faculty in Universities/Colleges/Institutes of Higher Education organized by Teaching Learning Centre, Ramanujan College, University of Delhi, under the aegis of Ministry of Human Resource Development, Pandit Madan Mohan Malviya National Mission on Teachers and Teaching from June 26-July 24, 2020.
- Participated in a six-day workshop on “Statistics Made Easy: Virtual SPSS Workshop on Basics and Beyond” organized by Integrated Association of Medical, basic and Social Scientist (IAMBSS) in association with Galgotia's University, Chandigarh University and National Institute of Nursing Education, PGIMER from 26th-31st October, 2020.
- Conducted a one-day Swachhta Action Plan Online Workshop for Chandigarh organized by Mahatma Gandhi National Council of Rural Education (by MGNCRE) in collaboration with National Service Scheme on 19th June, 2020. Completed a seven-day NSS Orientation Training Programme at Institute for Development and Communication (IDC), Conference Hall, Sector 38-A, Chandigarh from 21st-27th February, 2020.

- Successfully Completed a two-day IIC Innovation ambassador training series –Session – Design thinking and Innovations organized by Institution's Innovation Council, MHRD's Innovation Cell at Lovely Professional University, Punjab on 16th-17th January, 2020.

Dr. Layeka Bhatia

- Published a paper on the topic “Gayan Shaily mein Shrimad Bhagwad ka Vaishishtya “in a peer- reviewed International Referred Research journal *Vidyawarta* Issue 36, Vol-17, Impact Factor 7.041, in 2020.
- Presented a paper in an online International Conference on “Challenges for music in current socio-economic and cultural value” organized by Music faculty Dr B.R.A. Govt. Girls PG College, Fatehpur, UP on 11th-12th June, 2020.
- Organized an online Inter-college music competition on Motivational/ Patriotic/ Devotional songs in May 2020.
- Organized an online Inter-college music competition “Gaavo Sachi Bani” of Geet, Shabad, and Kavishree Poem Singing in August 2020.
- Organized an Online Talent Hunt in September 2020.
- Attended an online Orientation program from 26th June-24th July 2020 organized by Teaching Learning Centre, Ramanujan College, University of Delhi under the aegis of Ministry of HRD and obtained Grade A+.
- Attended an online Workshop on Raag structure of Thumris in Hindi film music organized by Department of Music, Mata Gujri Mahila Mahavidyalaya, Jabalpur in collaboration with Sur Dham Sangeet Kalyan Samiti, Jabalpur from 28th May -3rd June, 2020.
- Attended an online Workshop on Swar Sanskaar Riyaaz in Indian Music organized by Department of Indian Classical Music Vocal,

Faculty of performing arts, The Maharaja

- Sayajirao, University of Baroda Gujarat from May 25-27, 2020.
- Attended an online Workshop on Research Methodology organized by Department of Music, and Dramatics Lalit Narayan Mithila University Darbhanga from 13th-15th June, 2020.
- Attended an Online Workshop on Sangeet ke vividh Aayam organized by Department of Music, and Dramatics Lalit Narayan Mithila University Darbhanga from 16th June-21st June, 2020.
- Attended an online Workshop on Indian classical music :Traditional and recent teaching patterns, practice, genre multiformaty, aesthetics, Technology and Psychology organized by Kanohar Lal P.G Girls College, Meerut from June 7-13, 2020.
- Bindu attended an online Workshop on 'Sur Samvad-2020” on various aspects of Indian classical Music Vocal organized by Shri Pankaj Kapadia Sarvjanik College Of Performing Arts, Surat from 21st-28th May, 2020.
- Attended an online FDP UGC- STRIDE IQAC Research methodology and use of software tools organized by K.L.E's Societies, S.Nijalingappa College, Rajajinagar Bangaluru from 21st-23rd July, 2020.
- Attended an online FDP on “E-Content : Designing & Deployment using G-Suite” organized by Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh from July 20-24, 2020.

Dr. Anchal Batra

- Attended a four-week Induction/ Orientation Programme for Faculty in Universities /colleges/institutes of Higher Education” from June 26-July 24, 2020 organized by Teaching Learning Centre, Ramanujan College, University of Delhi under the aegis of Ministry

of Human Resource Development, Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching.

- Co-authored a paper titled 'Recent Developments in Transition Metal-Free Cross-Dehydrogenative Coupling Reactions for C–C Bond Formation' in *European Journal of Organic Chemistry*, Vol. 2020, Issue 43, pgs. 6676–6703, November 2020.
- Attended a five-day online Faculty Development Program on “E-content: Designing and Deployment using G-Suite”, organized by the Department of Computer Science and Application, Mehr Chand Mahajan DAV College for Women, Chandigarh from 20th–24th July, 2020.

Dr. Nisha Dawra

- Published a paper titled 'Synthesis of chlorinated, heteroatom-rich and differently fused tricyclic -lactams by Cu(I)-catalysed halogen atom transfer radical cyclization' in *Chemistry Select*, Vol-5, Issue 20, pgs. 6204–6215, in May 2020.
- Attended a five-day Faculty Development Program 'e-Content: Designing and Deployment using G-Suite' organized by Department of Computer Science and Applications, Mehr Chand Mahajan DAV College for Women, Chandigarh from July 20 –July 24, 2020.
- Member of the Organizing Committee for a webinar on 'The Third Alphabets of Life & Synthetic Vaccines' organized by the P.G. Department of Chemistry, Mehr Chand Mahajan DAV College for Women, Chandigarh on July 31, 2020.
- Attended a 4-week Induction/Orientation Programme for Faculty in Universities/ colleges/institutes of Higher Education” organized by Teaching Learning Centre, Ramanujan College, University of Delhi under the aegis of Minister of Human

Resource Development, Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching from June 26–July 24, 2020.

Dr. Geetanjali

- Co-authored a paper titled 'Economic Efficiency Measurement of Power Sector Reforms in Haryana using DEA' in *Indian Economic Journal*, pgs. 1–31, Impact Factor 10.1, in December 2020.
- Published a paper titled “Innovation and technology for Green Growth: With Special Reference to Developing Economies” in *Studies in Indian Place Name*, Vol.–40, Issue–40, pgs. 143–148, Impact Factor 1.04, in March 2020.
- Presented a paper titled “Innovation and technology for Green Growth: With Special Reference to Developing Economies” at an International Conference on Roadmap to Sustainability: Environment and Health organized by SGGSC, Sector-26, Chandigarh on 5th June, 2020.
- Presented a paper titled “Digitalisation and Its Impact on Energy Security” at National Conference on Digital Transformation in Organisational Services: A step Towards Development and Sustainability organized by the Department of Commerce, Govt. College for Girls Palwal, Kurukshetra on January 25, 2020.
- Organized a seven-day online Workshop on Social Entrepreneurship under the aegis of PG Department of Economics, Mehr Chand Mahajan DAV College for Women from November 23– 29, 2020.
- Organized a ten-day International Multi-dimensional Student Development Programme under the aegis of PG Department of Economics, Mehr Chand Mahajan DAV College for Women from 20th–30th July, 2020.

- Attended a seven-day International Faculty Development Programme on Contemporary issues, Assessment, Collaboration, Research and Publication from 15th-21st June, 2020.
- Attended a one-week E-workshop on Practical Approach to Data Analysis organized by Indra Gandhi University, Meerpur, Rewari from June 8-14, 2020.
- Published an article “Women in the Pandemic: Focusing on Female Leadership and Healthcare” in *The Impressive Times*, May 9, 2020.
- Published an article “The Impending Global Leadership Vacuum: Time for Collective Leadership not Dominance” in *The Hawk* on April 18, 2020.

Ms. Richa

- Attended a 30-hour Workshop on 'Apache Office' organized by the Department of Computer Science and Application, Mehr Chand Mahajan DAV College for Women Chandigarh from January 3-9, 2020.
- Attended a five-day Faculty Development Programme on 'E Content: Designing and Development Using G Suite' organized by Mehr Chand Mahajan DAV College from July 20-24, 2020.
- Attended a two-week FDP on 'Managing Online Classes and Co creating MOOCS 3.0' organized by Ramanujan College, University of Delhi under the Aegis of Ministry of Human Resources Development Pandit Madan Mohan Malaviya National Mission of Teachers and Teaching from 25th July-10th August, 2020.

Dr. Divya Sharma

- Attended a three-day Webinar on “Shift in Paradigm: Online Education” organized by Zakir Husain Delhi College, University of Delhi in collaboration with Mahatma Hansraj Faculty Development Centre, Hansraj

College, University of Delhi from 9th-11th June, 2020.

- Attended one-week Faculty Development Program on “Development and Management of MOOCs and Online Course using LMS-Moodle” organized by Guru Angad Dev Teaching Learning Centre, SGTB Khalsa College, University of Delhi under the aegis of Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) of MHRD from 30 June- 4 July, 2020.
- Attended a five-Day Faculty Development Program on “e-Content: Designing and deployment Using G Suite” organized by Department of Computer Science and Applications, Mehr Chand Mahajan College for Women, Sector-36, Chandigarh from 20th-24th July 2020.
- Published a research paper titled 'Acaralogical Studies on Mites Associated with Mushrooms from Himachal Pradesh' in *International Journal of Research and Analytical Reviews*, Vol. 7, Issue 4, pgs. 429-433, in November 2020.

Ms. Kadambari Pathania

- Attended a 30-hour workshop on “Apache Open Office” organized by Department of Computer Science and Applications, Mehr Chand Mahajan DAV College for Women, Sector 36 A, Chandigarh from January 3-9, 2020.

Dr. Sandeep Kaur

- Presented a paper on “Mushroom Cultivation: A Sustainable Approach for Microenterprise” at Third International Multi-Stream Conference on Future Developments through Skill and Innovations on 19th January, 2020 at Gujranwala College, Ludhiana.
- Organized and coordinator of 19th National level Microbiology Olympiad-2020 online test in collaboration with Microbiology

Society, India to enhance the competitive alertness and scientific skills among life science students in the field of Microbiology on 25th January, 2020.

- Presented paper on “Effect of Pre-treatment on the Solid State Anaerobic Digestion of Willow Dust” at ICSSR sponsored two Day International Conference on 'Roadmap to Sustainability: Environment and Health' held at Khalsa College, Chandigarh on 05th March and 6th March, 2020.
- Published a paper in a Scopus indexed titled “Effect of Probiotic Intervention in
- Ameliorating the Altered Central Nervous System Functions in Neurological Disorders: A Review” in *The Open Microbiology Journal*, Vol. 14, Issue 1, pgs.18-29, January 2020. DOI:10.2174/1874285802014010018.
- Published a research paper on “Effect of Pre-treatment on the Solid State Anaerobic Digestion of Willow Dust” in UGC-approved Journal *Studies in Indian Place Name*, in 2020.
- News alert for review article titled “Probiotic intervention in ameliorating the altered CNS functions in neurological disorders” published in leading US based news magazine i.e *EurekAlert* (15 April 2020) which is a nonprofit news-release. Distribution platform operated by the American Association for the Advancement of Science (AAAS).
- Published an international book chapter titled “Prophylactic and Therapeutic Role of Human Breast Milk Proteins and Bioactive Peptides against Neonatal Bacterial Infections” in *Breastfeeding and Formula Feeding Infants*, (May 13, 2020; DOI:10.5772/intechopen.91865).
- Published a book chapter titled “A Sustainable Approach for Microenterprise” published in *Emerging Business Ideas- An Insight into Skills and Innovations* published by GGNIMT, pp-278-281, ISBN No. 978-81-944303-2-2 in 2020.
- Delivered a lecture on “IPR and Patents: Bridging gap between basic science and applied science” in one-day National Webinar on “Intellectual Property Rights in Life Sciences” on 28th January, 2020 organized by Microbiologists Society, India in Collaboration with Yashwantrao Chawhan Arts, Commerce, Science College, Lakhandur and Arts and Science College, Pulgaon.
- Acted as one of the faculty coordinators with active participation for achieving Open defecation Free (ODF) status for its two adopted villages – Bhaderi and Butrella
- through a pilot level Swachhata Action Plan (SAP) in January 2020.
- Presented paper on “Mapping Sustainability Initiatives : Step towards Green Campus” at a one-day National Seminar on Sustainable Rural Livelihood Opportunities and Challenges organized by Department of Agriculture, GGDSD College, Haryana, Punjab on 7th March, 2020.
- Coordinator of 3 placement drives by Healthviser Pvt. Ltd for BSc.(MFT) and BSc.(medical) students for position of Female healthcare consultant and coordinated the orientation session by Healthviser pvt. Ltd for BSc.(MFT) and BSc.(medical) students in March 2020.
- Supervised and mentored five MFT students to present ideas under “Call for IDEAS: Fighting COVID-19 Online IDEathon Competition by ICMR-Centre for Innovation and Bio-Design (CIBioD) – March 2020.
- Presented idea titled “COVID-19 Community Monitoring and Tracking through Sewage Surveillance” under “Call for IDEAS: Fighting COVID-19 Online IDEathon Competition by ICMR-Centre for Innovation and Bio-Design (CIBioD).

- Organizing coordinator of Online Bridge Course titled “the Human Immune System Explained” from 21st July 2020–26th July 2020 organized by Department of Food Science, Mehr Chand Mahajan DAV College for Women, Sec. 36 Chandigarh.
- Oral presentation on Phage Therapy against Orthopedic Implant Infections: Non-Antibiotic Intervention worth Exploring at the 2nd Webinar on Healthcare Health Economics and Policy held during August 31, 2020 | London, UK.
- Organising member of World Food Day celebrated by Department of Food Science, Mehr Chand Mahajan DAV College for Women on 16th Oct 2020.
- Organized and participated in a one-day Online Institutional Workshop on “ (SES REC)' for Social Entrepreneurship, Swachhtha and Rural Engagement Cell under aegis of MGNCRE, GOI on 15th October, 2020.
- Selected as Academic Editor and Editorial Board member of Scopus indexed, Web of Science indexed *BMC-Musculoskeletal Disorders*, in October 2020.
- Selected as Academic Editor and Editorial Board member of Scopus Indexed The Open Microbiology Journal- *Bentham Open* from 2019–2021.
- Selected as Guest Editor of journal *Frontiers Cellular and Infection Microbiology* [Scopus indexed, Web of Science indexed] for Research Topic titled “Current and Future Interventions in Management of Orthopaedic Device Related Infections” in October 2020.

Dr. Shafila

- Co-authored a paper titled 'Probing molecular interactions between Choline Acetate Ionic Liquid and Alcohols: A comparable thermophysical study of Choline Acetate Ionic Liquid with change in solvent polarities' in *Journal of Molecular Liquids*, Vol. 298, pgs. 112061–112073, in January 2020.
- Co-authored a paper titled 'Room temperature ionic liquid based extraction and recovery of Rifampicin from water and its mechanistic study' in *Indian Journal of Chemistry*, Vol. 59A, pgs. 563–568, in April 2020.
- Co-authored a paper titled 'Electronic waste awareness–A survey in Chandigarh Tricity, India' in *New Horizons*, Vol. XVII, pgs. 154–166, in August 2020.
- Invited as Resource person by the Swachhtha Committee (Arts) of MCM DAV College for Women, Sec-36 A, Chandigarh to deliver a talk on “Ozone layer: importance depletion and current status” held on 11th September, 2020.
- Attended a five-day Faculty Development Program on “e-Content: Designing and Deployment using G-Suite” held at MCM DAV College for women, Sec-36 A, Chandigarh from 20th–24th July, 2020.

Dr. Aparna Sharma

- Published a research paper titled “Contemporary Criticism : Amalgam or Conjecture (A Quest for the Appropriate Prism)” in *The Criterion – An International Journal in English* (Bi-Monthly Refereed and Peer Reviewed), Vol. 11, Issue-1, (ISSN 0976-8165), in February 2020.
- Contributed a book chapter titled “A Study on Guru Nanak Devji's vision for the world–a Ray of Hope in the Dark Tunnel of Cynicism” published by Unistar Books Pvt. Ltd, ISBN : 978-93-5204-454-2.
- Conducted session as Resource person on the topic 'Writing Skills' as a part of ICT based STC programme (10–14 February, 2020) at National Institute of Technical Teachers Training & Research, Sector 26, Chandigarh on 12th February, 2020.

- Conducted session as resource person on the topic 'Business Communication' for the students of Office Management of MCM DAV College for Women, Sector 36, Chandigarh on 7th March, 2020.
- Invited as Resource person for three sessions during a seven-day Bridge Course (18th-24th July, 2020) on 'Learn Basics of English' organized by Post Graduate Department of English.
- Invited as Resource person for five sessions during a ten-day Bridge Course (26th July-4th August, 2020) on 'Advanced Course in English' conducted by Post Graduate Department of English.

Ms. Urvi Sharma

- Published a research paper titled “Gender Religion and Class: Tracing Intersectionality from Arundhati Roy's *The God of Small Things* to *The Ministry of Utmost Happiness*” in UGC-CARE journal, *New Horizons*, Volume XVII, August 2020.
- Co-authored a chapter titled “A New Crisis Post COVID-19: Rise of Domestic Violence amidst Social Isolation” in *Contemporary Issues and Challenges in the Society*, ISBN: 9788129002266
- Organized a five-day International Workshop on “Breaking the Stereotypes: A Paradigm Shift in Gender Studies” as a Coordinator at MCM-DAV College for Women, Chandigarh from 2nd-6th November, 2020 as a Coordinator.
- Invited as a Resource Person to conduct a lecture on “What is Communicative English: Functions and Significance” organized by S.E.S. College, Kannur, Kerala in association with ASAP Forum on 24th June, 2020.
- Organized a workshop titled “In-Depth: An International 5-Day E-learning Workshop” as a Coordinator at the Department of English

and Cultural Studies, Panjab University, Chandigarh from 6th- 0th June, 2020.

- Invited as a Resource Person to conduct a lecture on “Waiting for the Kettle to Boil: An Introduction to Cultural Studies” in an E-learning Workshop on Language, Literature and Theory titled “Spring Up” organized by Dept. of English and Cultural Studies, Panjab University from May 15-21, 2020.
- Invited as a Resource Person to conduct a lecture on “Useful Softwares for Researchers” in an E- learning Workshop titled “Research in the Time of a Pandemic” organized by Dept. of English and Cultural Studies, Panjab University from April 20-26, 2020.
- Published an article titled “Antidote to COVID-19: Empathy and Compassion” in *Daily Excelsior* on 29th March 2020.
- Conducted a five-day Employability Skills Training Workshop by MHRD and World Bank at Rajiv Gandhi Govt. Engineering College, Kangra as a Resource Person under the NPIU guidelines.

Ms. Vishakha Goyal

- Published a research paper titled 'Our Language Problem': As Seen and Solved by Gandhi' in *Think India Journal*, Vol. 22, Issue 14, Impact Factor 6.5, December 2019.
- Presented a research paper titled 'Contemporary Urdu *Mushaa'ira*: A Cultural Trope for Revitalizing Orature, Aesthetics and Lineage' organized by Department of English and Cultural Studies, Panjab University, Chandigarh on 20th February, 2020.
- Delivered a lecture on 'Translation: A Liberating Praxis' on 5th October 2020, in an eight-week National-level Workshop 'Beyond Boundaries' on Translation organized under the aegis of National Translation Mission by Central Institute of Indian Languages under Ministry of Education, Government of India.

- Received copyrights to publish the Transliteration and Translation in English of the book titled *Tariikh-e-Mushaira* in Urdu by Padma Shree Ali Jawad Zaidi. Copyrights signed off by his grand-daughter and playwright Annie Zaidi in September 2020.
- Published a blog on the international portal of Rekhta foundation on 'Revisiting the Royal Recitals: *Shahi Mushaa'iron ki ek tasveer*' on 11th September 2020.
- Published a research article on the history of Mushaa'irahs titled "Mushaira: A History of thunderous and traditional Waah-Waahs" in the *Rekhta E-Newsletter*, November 2020 edition by the Rekhta Foundation.

Ms. Anchal Mehta

- Published a research paper titled "Nutrition decade for India: Conundrum or Cakewalk" in *Studies in Indian Place Names*, Vol. 40, Issue 40, ISSN:2394-3114, Impactfactor1.04, in March 2020.
- Presented a paper titled "Nutrition decade for India: Conundrum or Cakewalk" at ICSSR sponsored 2-day International Conference on 'Roadmap to Sustainability: Environment and Health' held at Shri Guru Gobind Singh College, Sector 26, Chandigarh, in March 2020 and received Best Paper award for the same.
- Presented a paper titled 'A Comparative Analysis on Student's Learning Preferences at Shri Guru Granth Sahib World University, Fatehgarh Sahib in collaboration with Indian Science Congress Association, Patiala Chapter on 'Current Trends and Challenges in Interdisciplinary Research on 14th February, 2020 and received Second Best Paper Award.
- Participated in one week (online) Faculty Development Programme on "Pedagogical Methods suitable for pandemic situation: A webinar Series" from 27th May-2nd June 2020.

- Attended a three-day online Faculty development Programme entitled, "E-Learning tools for online Teaching" organized by Rattan Singh Girls college of Education, Seekri, Faridabad from 17th -19th May, 2020.
- Attended a three-day National Conference on "Financial Implication and Covid 19 on India with special reference to Punjab" organized by Community College and PG Department of Commerce, Gujranwala Guru Nanak Khalsa College, Ludhiana, Punjab from 3rd – 5th June, 2020.
- Attended a five-day FDP "e-Content: Designing and Deployment using G suite: organized by the Department of Computer Science and Applications, MCM DAV College for Women on 20th-24th July 2020.

Dr. Jyoti Arora

- Life Membership of New Public Administration Society of India (NEPASI), Warangal, 2015 till present.
- Post-graduated in Political Science with distinction 77% in September 2020.
- Participated in an online Poetry Competition organized by Swachhta Committee, Mehr Chand DAV College to celebrate Earth Day on April 22, 2020.
- Attended a webinar on 'Psychological Wellbeing during COVID 19' organized by
- Attended a five-day Faculty Development Programme on 'E-Content: Designing and Development Using G Suite' organized by Mehr Chand Mahajan DAV College for Women, Chandigarh from 20th-24th July, 2020.
- **Ms. Pallavi Kapila**
- Life Member, North Western Indian Sociological Association (NWISA)
- Member, Manvey Sewa Evam Samajik Sarachna Samiti, Non-Governmental Organization, Panipat, Haryana, India

- Got Certificate of Appreciation for securing 90% marks in “National Level E-Quiz on Sociology” organized by Bishop Cotton Women's Christian College on September 10, 2020.
- Contributed a chapter titled “Crimes Against Women: An Overview of Indian Scenario” in a book *Gender Equality in Contemporary India: Issues and Challenges*, ISBN 978-81-290-0231-0, published by New Era International Imprint, Chandigarh, Edition 2020.
- Contributed a chapter titled “Cyber Crimes and Cyber Laws in India: An Overview” in *Contemporary Issues and Challenges in the Society*, ISBN 978-81-290-0226-6, published by New Era International Imprint, Chandigarh, India, Edition 2020 (Page 36-48).
- Co-authored a chapter titled “A New Crisis Post Covid-19: Rise of Domestic Violence amidst Social Isolation” in *Contemporary Issues and Challenges in the Society*, ISBN 978-81-290-0226-6, published by New Era International Imprint, Chandigarh, Edition 2020 (Page 104-116).
- Presented a paper on “The Social Impact of Covid-19 on Education in India: An Interventionist Approach” at a two-day online International Conference on Geopolitics in Post-COVID Era: Emerging Dimensions and Dynamics conducted by UGC-HRDC-Osmania University and Hyderabad Institute of Social Sciences (HISS) on September 11-12, 2020.
- Invited as Resource Person for a ten-day Online Orientation Course titled “Sociology and its Fundamentals” organized by Mehr Chand Mahajan DAV College for Women, Sector 36, Chandigarh from July 23-August 1, 2020.
- Invited as Resource Person for 15-day Online Bridge Course titled “Beginners in Research” organized by Mehr Chand Mahajan DAV College for Women, Sector 36, Chandigarh from 4th-18th August, 2020.
- Conducted a five-day International Workshop titled “Breaking the Stereotypes: A Paradigm Shift in Gender Studies” organized by PG Department of Sociology and English, Mehr Chand Mahajan DAV College for Women, Sector 36, Chandigarh from November 2-6, 2020.
- Conducted a one-day National Webinar titled “Gender Equity Matters in the Time of Pandemic Crisis: An Overview” organized by PG Department of Sociology, Mehr Chand Mahajan DAV College for Women, Sector 36, Chandigarh on September 4, 2020.
- Conducted a 15-day Online Bridge Course in Sociology titled “Beginners in Research” organized by Mehr Chand Mahajan DAV College for Women, Sector 36, Chandigarh from August 4-18, 2020.
- Conducted a ten-day Online Orientation Course titled “Sociology and its Fundamentals” organized by Mehr Chand Mahajan DAV College for Women, Sector 36, Chandigarh from July 23-August 1, 2020.
- Participated in three-day Online Training Programme on “Child Centric Disaster Risk Reduction for Northern States” organized by Mahatma Gandhi State Institute of Public Administration, Punjab in collaboration with National Institute of Disaster Management, Ministry of Home Affairs, Government of India from October 7-9, 2020.
- Participated in three-day online Training Programme on Community Based Disaster Risk Management (CBDRM) for Northern States (Part I) organized by Mahatma Gandhi State Institute of Public Administration, Punjab in collaboration with National Institute of Disaster Management, Ministry of Home Affairs, Government of India from September 29-October 1, 2020.

- Participated in a seven-day online Faculty Development Programme on E-Content: Design, Development and Delivery organized by DAV College, Sector 10, Chandigarh from July 21-25, 2020.
- Participated in a seven-day online Faculty Development Programme on Building Research Aptitude organized by Mehr Chand Mahajan DAV College for Women, Sector 36, Chandigarh from July 14-20, 2020.
- Participated in a seven-day online International Training Workshop on Revised Assessment and Accreditation Framework of NAAC for Colleges organized by Guru Nanak Girls College, Kurukshetra University from May 13-19, 2020.
- Participated in a 30-hour workshop on Apache Open Office organized by Mehr Chand Mahajan DAV College for Women, Sector 36, Chandigarh from January 3-9, 2020.
- Attended an Online Lecture Series for the promotion of idea generation, IPR, startups and entrepreneurship organized by the Institution's Innovation Council (under the aegis of MHRD, Government of India) from July 24-25, 2020.
- Provided Technical Assistance in National Essay Writing Competition on 'Covid-19 A Booster Shot to Swachh Bharat Mission' held on Oct. 2, 2020 conducted by Mehr Chand Mahajan DAV College for Women.
- Successfully completed a 9-day Kalam Program for IP Literacy and Awareness organized by the Ministry of Education's Innovation Cell, Government of India from October 15-23, 2020.
- Member of the Committee to prepare the modalities for starting B.Voc and diploma course under UGC-NSQF in October, 2020.
- Organized three Orientation Sessions on IP, Start-ups, and Design Thinking on Dec 24, 2020, Jan 5, and Jan 15, 2021 under the Institution's Innovation Council.

Dr. Manika Kohli

- Participated in 14 Online Sessions conducted by Institution Innovation Council (IIC) of MHRD Innovation Cell, New Delhi to promote Innovation, IPR, Entrepreneurship, and Start-ups among HEIs from April 28-May 22, 2020.
- Attended 5 Leadership Talk sessions conducted by MHRD's Innovation Cell from May 16-June 13, 2020.
- Contributed as a 'Resource Person' in a webinar on 'Research Methodology: Concepts and Applications' organized by Mehr Chand Mahajan DAV College for Women from July 6th-9th, 2020.
- Attended five-day Faculty Development Program on 'e-Content: Designing and Deployment using G-suite' conducted by Mehr Chand Mahajan DAV College for Women from July 20-24, 2020.

Dr. Ruby Singh

- Attended a 30-hour workshop on "Apache open office" organized by DCSA, MCM DAV College for Women, Sector-36, Chandigarh, from January 3-9, 2020.
- Organizing member of a two-day RUSA sponsored Workshop cum lecture series on Aesthetics of Botany held in the Department of Botany, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh on January 24-25, 2020.
- Organizing member of an Online Photo Quiz on Immunity Boosting Plants amidst the COVID Lockdown on April 27, 2020.
- Organizing member of a webinar entitled "Learning the Nuances of Rearing Ornamental and Organic Plants: An online workshop during Lockdown" by the

Department of Botany on May 2nd-3rd May, 2020.

- Organizing member of a RUSA sponsored online awareness lecture entitled “Floral Diversity and Plant conservation Issues in India” held in the Department of Botany, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh on 5th October, 2020.
- Organizing member of a one-day RUSA sponsored online Start-up Workshop on “Floriculture for Entrepreneurship Development” on 16th October, 2020.

Dr. Jasleen Kaur

- Attended a 30-hour workshop on “Apache open office” organized by DCSA, MCM DAV College for Women, Sector-36, Chandigarh, from January 3-9, 2020.
- Organizing member of a two-day RUSA sponsored Workshop cum lecture series on Aesthetics of Botany held in the Department of Botany, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh on 24th-25th January, 2020.
- Organizing member of a RUSA sponsored online awareness lecture entitled “Floral Diversity and Plant conservation Issues in India” held in the Department of Botany, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh on 16th October, 2020.

Ms. Rati Arora

- Presented a research paper titled “Skill based workshops: A way towards entrepreneurship” in National Seminar organized by Govt. Home Science College, Chandigarh on 20th February, 2020.
- Co-authored a research paper titled “Skill based workshops: A way towards entrepreneurship” in a book titled *Home Science: Nurturing Innovations and Skill*

Development published by Govt. Home Science College, Chandigarh in February, 2020 (ISBN-978-81-93991-68-8, Page no-195-199).

- Invited as Resource person for a Workshop on Cloth Bag making held at Govt. Model School, Badheri under the aegis of Unnat Bharat Abhiyan organized by Mehr Chand Mahajan DAV College for Women, Chandigarh on 29th January, 2020.
- Invited as a Resource person to conduct a Workshop on Trendy Jewellery making in Govt. Model School, Kajheri organized by the NSS Unit, Mehr Chand Mahajan DAV College for Women, Chandigarh under the aegis of Unnat Bharat Abhiyan on 18th February, 2020.
- Co-authored a research paper titled “Waste to Wealth: Recycling paper for adornment” in a multidisciplinary double-blind peer reviewed UGC CARE Listed Journal *New Horizons*, Volume XVII, ISSN 2277-5218, in August, 2020.
- Completed a 30-hour workshop on Apache Open Office conducted by Department of Computer Science, MCM DAV College, Sector-36, Chandigarh from January 3-9, 2020.
- Demonstrated step by step process of making cloth face mask through video and PPT on 4th April, 2020.
- Completed a five-day Workshop on 'Write time: E-Learning series' conducted by Department of English and Cultural studies, PU Chandigarh from 8th -12th May, 2020.

Ms. Jaspreet Kaur Jassal

- Published a paper on the topic “Role of Women Singers from the Era 1930-1960” in a peer-reviewed International Referred Research journal *Vidyavarta*, Issue 36, Vol 1, Impact Factor : 7.041, October-December 2020.

- Presented a paper in an online International Conference on “Challenges for music in current socio economic and cultural value” organized by Music faculty, Dr. B.R.A. Govt. Girls PG College, Fatehpur, UP on 11-12 June, 2020.
- Organized an online Inter-college music competition Motivational/ Patriotic/ Devotional songs in May 2020.
- Organized an online Inter college music competition “Gaavo Sachi Bani” of Geet, Shabad, Kavarcghanaishree and Poem Singing in August 2020.
- Organized an online Talent Hunt in September 2020.
- Attended an online workshop on Research Methodology organized by Department of Music, and Dramatics Lalit Narayan Mithila University Darbhanga from 13th June-15th June, 2020.
- Attended an online Workshop on Indian classical music : Traditional and recent teaching patterns, practice, genre multiformaty, aesthetics, Technology and Psychology organized by Kanohar Lal P.G Girls College, Meerut from June 7-13, 2020.
- Attended an online Workshop on Sur Samvad-2020 On Various Aspects of Indian classical Music Vocal organized by Shri Pankaj Kapadia Sarvjanik College of Performing Arts, Surat from 21st May-28th May 2020.
- Attended an Online FDP UGC- STRIDE IQAC Research methodology and use of software tools rganized by K.L.E's societies, S. Nijalingappa college, Rajajinagar Bangaluru from July 21-23, b2020.
- Attended a five-day Faculty Development Program on 'e-Content: Designing and Deployment Using G Suite” organized by Department of Computer Science and

Applications, Mehr Chand Mahajan DAV College for Women, Sector 36 A, Chandigarh, 20th-24th July, 2020.

- Performed Patriotic Songs on Independence Day 2020 which got telecasted from National Doordarshan.
- Performed several Bhajans online for Arya Samaj Programs.

Dr. Runjun Sarma

- Published a paper entitled “An Outlook on Nanocarriers to Improve Drug Efficacy of Chloroquine against SARS-CoV-2” J. Nanosci. Tech. (2020) 6(2) 897 ISSN 2455-0191.
- Attended a five-day Faculty Development Program on 'e-Content: Designing and Deployment Using G Suite” organized by Department of Computer Science and Applications, Mehr Chand Mahajan DAV College for Women, Sector 36 A, Chandigarh, 20th-24th July, 2020.
- Editorial board member (section editor) of a) *International Journal of Nanomaterials and Nanostructures* b) *International Journals of Nanobiotechnology* since July 2018 to present.

Ms. Divya Dang

- Published a research paper titled 'Sustainable Agricultural Development in India: Issues and Challenges' in Studies in Indian Place Names, Vol-40, Issue-1-January-2020, ISSN: 2394 - 3114, Impact factor 1.04, January 2020
- Presented a paper titled 'Hike in food prices in India: Possible reasons' at one-day Online National Seminar on Food Security In India: Issues And Challenges, held on June 20, 2020.
- Presented a paper titled 'Sustainable Agricultural Development in India: Issues and Challenges' at ICSSR sponsored 2-day International Conference on 'Roadmap to Sustainability: Environment and Health' held at Shri Guru Gobind Singh College, Sector 26,

Chandigarh, on March 2020 and received Best Paper Award for the same.

- Presented a paper titled 'A Comparative Analysis on Student's Learning Preferences' at Shri Guru Granth Sahib World University, Fatehgarh Sahib in collaboration with Indian Science Congress Association, Patiala Chapter on 'Current Trends and Challenges in Interdisciplinary Research' on 14th February, 2020.
- Participated in one week (online) Faculty Development Programme on Time series and Financial Econometrics using EVIEWS from 15th-20th June, 2020.
- Participated in a seven-day Online Workshop on Basic Research Methodology from 12th-18th May, 2020
- Participated in a 30-hour workshop on Apache Open office organized by Department of Computer Applications, Mehr Chand Mahajan DAV College for Women, Chandigarh, January 2020.

Expressions...

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individual happiness and good health as being derivatives of a cosmic network of compassion, empathy and kindness towards nature and the cosmos. The virus has reminded us that individual harmony and health can never survive in isolation. It will depend upon the health of the environment and living beings around the individual.

Today, we are a distraught species torn apart by the urge to race ahead and the need to live in harmony and sustainability with each other and our environment. Evidently enough, we would have to re-calibrate our lives with our environment in ways that are sustainable for our climate, natural resources and other human beings. We would have to start living our lives in integration with nature so that we avoid crossing over into the territories of other species and organisms. Our lives would have to become organic, self-sustaining and harmonious with nature. We would have to reduce our generated waste, find ways to minimize air, water and soil effluents and treat animals with the respect and privacy they deserve.

The pandemic is the result of humanity's carelessness and callousness towards the environment for which millions have to undergo a penance. We must use this time of social distancing and quietude to reflect upon our future and re-write our story with kindness and compassion towards our planet. We will together need to heal our planet with love, care and consideration to undo the wrongs of the past. That is the only collective atonement which we all can offer.

At Mehr Chand Mahajan DAV College for Women, Chandigarh, we understand the importance of living sustainably and in harmony with our environment. The College has an ecologically balanced and sustainable ecosystem which runs on the core principles of recycle, re-use and minimize wastage. The College has an ecologically-sensitive infrastructure like solar panels, bio-gas plant, medicinal forest, vermi-composting and rain-water harvesting system. The Unnat Bharat Abhiyan along with the NSS wings of the College work zealously to spread awareness regarding environmental issues like 'Plastic-Free Campaign', 'Cloth and Jute Bag Distribution', 'Open-Defecation-Free Drives' and many other environmental campaigns in their adopted villages.

Understandably enough, the theme for Mehr Jyoti – 2021 is Covid-19 and as Staff Editor of the English section of Mehr Jyoti, I feel privileged to announce this very poignant collection of articles, essays and poems woven around Covid-19. This edition of Mehr Jyoti is a small tribute to the loss, pain and suffering that millions of people all across the world experienced because of the pandemic. This year's collection of articles is a reflection of a spectrum of intense emotions which the young writers of MCM DAV College feel about the Covid-19 virus and the havoc it has unleashed in all our lives. The rage and helplessness which the young writers have experienced in the last one year has been channelled brilliantly through the power of writing. I am grateful to each one of them for having probed their deepest anxieties, fears and anger related to the virus and unleashed them creatively. I am grateful to my student editor, Mehak Abrol who diligently worked alongside me and made this compendium even better with her valuable inputs.

I cannot sign off without expressing my humble gratitude to our worthy Principal, Dr Nisha Bhargava, who leads by example of her ethical leadership, humane ideals and passion for sustainable living, inspiring us all to keep striving for the right. I am also deeply grateful to the Editor-in-Chief Dr Zeenat Khan, whose love and respect for nature makes the two of us align on a deeper level. I hope that this edition of Mehr Jyoti proves to be cathartic for all of us in more ways than one.

Thank you.

Staff Editor, Dr Prakriti Renjen

STUDENT EDITORIAL

The Coronavirus pandemic has significantly changed everyday life for people across the globe. The menacing shadow of this deadly virus has eclipsed the whole world. With the sudden declaration of new normals of lockdown, quarantine and social distancing a year ago, in a time span of merely a week, we all were made aloof inside our own cocoons where our new friends were born in the form of new interests.

From whipping up new recipes, to getting in touch with ourselves and our families after ages, we created our own world at home. There's no doubt that everyone was undergoing their own hardships, but time was the greatest gift of this devastating crisis. It was utilized well in discovering, learning and creating things long forgotten.

However, it was a dramatic shake-up for us, the students. Since Covid-19 first appeared, the students were directly affected by closure of all educational institutions. However, in these challenging times, the Internet and digital education became our guardian angels. These closures and lockdowns have pushed the world towards a modernized, digital style of teaching. Regardless of its advantages, digital education came up with its own set of unique problems such as erratic internet connections, an absence of physical and social interactions among tutor and students, increased screen time and many more. Moreover, all entrance exams were postponed and all admission processes were delayed which affected the students' mental health and magnified their anxiety levels. It seemed as if nature was putting off everything to an uncertain future.

Despite all these barriers this time was enough, to realize that we were going to carry bits of this experience with us for the rest of our lives.

Here you have in your hands Mehr Jyoti - 2021, the annual magazine of MCM DAV College for Women, Chandigarh, and I am privileged to introduce you to the English section. As you flip through these pages, you will perceive that it is a compilation of remarkable efforts put forward by the students expressing their eventful journey of the Covid-19 pandemonium in their own innovative ways through these creative articles. Hope you will cherish reading and recapitulating your memories!

Student Editor
Mehak Abrol, BA I

CHRIST SAVES ME

Sister Anne was so peaceful. Observing her calmed me. Her habit used to drape neatly and gracefully about her, as if she was born to be a nun. I bet if one looked closely one could even see a halo above her head. Even though I was just the help who ran errands for the abbey, I was fascinated by the warmth of it all. My house wasn't as mellow and safe as the abbey. I had watched my mother die painfully of the pandemic which had hit us this year, and I was the only one supporting my family of three young sisters and an abusive, crippled father with drinking problems. "Christ saves me", she used to say. I wondered if there was someone saving me.

I remember bringing chicken and wine that day, a luxury for people like me who were rationing on limited food supplies because of the pandemic. A priest from the Vatican was to visit the abbey to offer blessings that night and naturally the dinner had to be grand. I offered to skin the chicken for Sister Anne. After all, I didn't want to see blood on her hands. I snapped the neck. But when I looked down, it felt like the air thickened with humidity. Twilight had blended into a bleak night and mournful clouds shrouded the sky. It wasn't the chicken's neck in my hands, it was hers. Sister Anne was so peaceful. Observing her, calmed me.

Tonishqa Kaplish, BA II

THE CHAOS AND THE CALM

I have been a quitter in life so far. I have run away from confrontations, people, responsibilities and relations and have always sought the shelter of writing. Writing has been my medium to vent out untamed emotions, the unfathomable depths of my sorrow and my compassion towards life. I was always running away to new places, new philosophies, new diaries, till I got nowhere to go. Covid-19 came like a jolt and woke me up from my slumber. Like a newborn, I saw the world. People like me, came home to themselves, trapped in their homes, slaves to their minds. We became helpless, clinging to our phones all day long to continue running, scrolling, looking for something, anything, to escape the reality of our lives. However, it was futile as the whispers in our heads widened their claws and we stopped running.

Humans sat with themselves for the first time and heard the whispers of their reflections. The whispers were bitter and sad because they had been neglected since childhood so we yelled, we cried and nearly died. The deafening silence was sickening, wasn't it? The whispers then became a piece of old, tattered blanket and we covered our scars with it.

The human jar blackened with suppressed desires gradually started to melt and what began as a tragedy became a thing of joy. From baking chocolate cakes with love and connecting with families to starting our own small businesses, we opened the iron gates of our hearts and fled to a world of possibilities.

I had always seen the world through rose-tinted glasses but something that I learned during the Covid-19 period was that, one can't always get a whiff of flowers and ignore the thorns. Sometimes you have got to let life prickle you. Self care is not only about a healthy lifestyle, but also about cleaning the mess we have made on the floor. It is walking on the same path over and over again till you unveil the truth. It is walking towards the ocean by embracing the chaos and the calm.

Vaishali Sharma, MA English II

TINY REVELATION

In moments of perfect presence, life made a tiny revelation to me. Disintegration of the customary non-verbal gestures due to the 'new normal' led me to discover the intimacy we share with our bodies. Life's immense love for entropy made me conscious of the fact that it is so imperative to observe the activities of our hands and bodies because moments of occurrence could be lost in a blink of an eye.

There's something hauntingly beautiful about touch. When my fingers tugged at the nylon strings of my ukulele, I became mindful of the fact that my fingers and my touch induced life into a box carved out of wood. When I nestled with harrowing loneliness and emptiness, I crept into a corner in a sad manner, only to have my arms wrapped around myself as they held me together. The comfort of my arms sparked off turbulence in the graveyard of my emotions. I was solemnly grateful for these moments because I would choose these tiny moments of distinct pleasure over heart breaking moments where with the same hands and body, I would have to let go of somebody's hands I need to walk away from, shake somebody's hand for one last time, embrace the person that I love for the last time before they yield to mortality.

So the next time you engage in an activity, become conscious of what you're doing in that moment. Even if you break down in distress, be mindful of how it feels to have a practice that gives you the courage to fall apart. Be cognizant of how incredibly empowering your body and your touch is. Don't disassociate. Praise your hands and your body. And in that moment, who knows what life will reveal to you!

Ishita Kapoor, BA II

21ST CENTURY PANDEMIC HUES

It is a pain to wonder why anything that exists, does. The human tendency to ask questions and to try soaring above and beyond through efforts on top of efforts to expand the boundaries of comprehension is both exasperating and ambitious. We chase the 'why' of things too ardently and gasp for reasons as if they were oxygen. We cannot fathom a world without them. This consummately unprecedented world that I have been waking into since the past one year, feels the same. Days have been melting into one another with mornings disguised as evenings and evenings as nights, but that is not because one day, we decided that we had woken up in another dimension. That is solely because the collective human conscience has been morphing and transmogrifying while it quivers and mourns the loss of 'normalcy'.

Something that the unparalleled shadow of Covid-19 illuminated and forced into my head like a bullet was the fact that we are not invincible. The supremacy that we assume as a species and as a race is a smokescreen. The day we get forced inside our burrows of labyrinths and automobiles are made to be kept off the roads, the smoke dies too. The second thing that I learnt was that we are mightier than fear until fear becomes omnipotent. There is nothing that manoeuvres us like fear does. Even for those who believe that they have nothing to lose, they fear losing this sweet and wretched defencelessness.

Another something that I learnt was that one emotion can weave us all together in a hopelessly, incredibly authentic oneness. No matter how superficial this statement might sound to some, I want to believe in it because if not this, then nothing will mollify this cryptic abyss of uncertainty. However abject it is to keep looking for patterns, to keep assuming constellations in the darkness, it is innate and deeply ingrained in us to look for that one common thread. Maybe that is how we have been able to survive all the meteors from the past.

I deduced that no matter how individualistically driven the world has become, we will always depend upon one another. If it were not for a collection of people belonging to certain categories, those who have been religiously performing their duties and those who are doing something as rudimentary as harmoniously coexisting with us, it would not have taken much time for us to crumple. The impending void that reality has become is nothing less than an episode of Black Mirror and still, we are fighting. Even if you start off with swinging swords at the air with a blindfold on, it counts for something. This had made me understand better, the resilient nature of humanity. When the stratosphere of hedonism withers away, what keeps us alive is the soot comprising of human connection.

It feels somehow selfish to assume that optimism slays all demons, when we have given nothing to this planet more than we have furnished pain. All we have done since the conception of time is evolve so that we could torture the planet in advanced ways and tamper with its resources. To pretend that we, the biotic elements deserve redemption, we need to accept the fragile condition of the abiotic elements.

We need to step up. It is almost as if the planet is showing us a mirror. I cannot help but reflect upon the reasons we deserve to continue living the way we used to. Something needs to change, radically. I learnt that in order to receive emancipation and salvation, we need to be able to give some of that. We must take control because even though free-floating towards a black-hole might feel like an inevitable mandate, it still means annihilation. If we call ourselves an evolved and intelligent species, we must be able to believe in our proficiencies to change the course of a disaster.

The skies had never been bluer in the first few months of the lockdown and the breeze never that stirring. Amidst all the uncertainty and chaos, strolling on the terrace and listening to a playlist of ambient rock, I looked around and realized how people I had never seen before, felt the same need to be closer to the sky. If nothing else, this pandemic has been an eye opener. It has made me receptive to gratitude. Trapped in the initial stage, I felt grateful for the small privileges. Admittance is essential.

The most important lesson that I have had the privilege to learn is that no matter how diverse and heterogeneous the world is, it is possible to empathize with it. In all its dementedness and ugliness, in its absolute frivolity, I still have the courage to respect mankind. I believe it can do better. Other days, I devour life under a rock as I block out all noise.

Tejal Bhardwaj, BA II

LESSONS LEARNT FROM THE PANDEMIC

We persist amidst an ongoing pandemic, the widespread disease of Covid-19, a respiratory ailment caused by SAR-CoV-2. Since its onset in late December 2019, we have seen the world capsize. With numerous causalities and changes made for the better, the humanity rests at a standstill.

This contagious virus spread rapidly through worldwide commute and travel. This proved to be a major drawback of globalization, as mankind braced for multiple consecutive lockdowns. We saw medical infrastructures crumble under its weight and economic statuses dwindle. Businessmen and worker class tapered to a new low as myriad jobs were lost, with the have-nots receiving the toughest blow. The education sector was entirely shifted to the virtual mode, with physical participation having been decimated to new lows. All outdoor activities were restricted, combined with weeks of quarantining for travellers. The monuments stood bare and lonely sans the visitors, so did the entertainment industry which lost its glimmer over time. Tourism saw its all time lowest. Athletes and sports enthusiasts were bound to their home-based exercises. International markets fell drastically with a looming recession on the cards. Parliamentary debates and gatherings were subjected to constant rescheduling. Moreover, a prolonged seclusion took the forms of deteriorating equanimity and mental health. The world fought a yearlong unarmed battle.

However, this dark cloud too had a silver lining, with revamped abodes, healthier relationships and flourishing dexterities, as one stayed back home throughout. Resilience was the virtue in disguise as the entire time period became a rollercoaster ride. We saw small businessmen and entrepreneurs kick-start a new trend to gain monetary funding and making both ends meet. The government too made necessary exemptions to ease fluidity. There was a revival of handmade indigenous goods and skills. Hobbies such as reading, baking, cooking, painting and many more basked in the new-found importance of their much-deserved glory. Education although distant, provided a wholesome experience and made each student competently tech-savvy. Exercising and home-workouts attained popularity within weeks as people became more conscious and aware about health and sanitization. Though the solace was blissful to many, yet it also turned out to be vexing for others. Nevertheless, humanity imbibed the priceless lesson of the inclusivity of existence over time.

Anubha, BA I

MASK ON THE FACE

The quietude of the Sunday morning in Tihar Jail, New Delhi, was perturbed by the loud wailing of the sirens. A rumour had been passing around within the prison for the past few days that a criminal belonging to a Royal family was caught and to be brought there for life imprisonment. At around 7:30 in the morning, the convict was picked up by the City Police and was brought in, handcuffed and blindfolded, to ponder upon his fate. The rumour was confirmed when the inmates saw the gilded crown the newcomer wore on his head. He was a well built young man with devilish green eyes. He wore a maroon coat with a heavy emerald chain around his neck. Although a little too fancy for jail, the warden tolerated it as he was a crown prince, moreover, his individuality was to be stripped away in just a matter of minutes.

As he was directed to his cell, the senior inmates besieged him and eyed him suspiciously. It was an accustomed experience for every newcomer to face ragging from the old timers. After closely scrutinizing him, a croaky voice was heard from among the crowd, "I'm from China", he introduced himself. "People call me Black Death as I've killed over 50 million people, more than half the total population of Europe." He seemed to be a self-proclaimed hero as he appeared in front of the new guy and was obviously very confident.

Another man, rather young, approached him and continued, "And I am from Congo, born in 1981. I've killed more than 33 million people from all over the world. I came to visit India, where I was arrested for the first time in 1986, Madras. But till now, nobody has had the power to kill me."

"I am the immortal!" he shouted.

"33 million? That's pathetic!" a nondescript, old man from the crowd exclaimed with a sardonic laughter.

"I've killed around 500 million people during five reigning Monarchs in the 18th Century. I've even made one third of the survivors blind. Although I've been completely eradicated, unfortunately", he sighed.

Confused and excited at the same time, the newcomer asked the warden, "Who are these people?"

In a dreadful voice, the warden replied, "The first one is Yersinia Pestis, responsible for Plague. The second is HIV and the third one is Variola virus, the infectious agent of Smallpox."

Hearing this, the newcomer was quite pleased to learn that he would be staying with some of the most popular and widely recognized celebrities of all time.

"Wow! I'm quite privileged to meet all of you. You guys have always been my inspiration!" he exclaimed in joy. "But I'm not any less than you people. My name is Corona virus and I'm from Yuhan City, China. I was born in the late 2019 but despite my youth, I have infected more than 100 million people and have killed more than 2 million. In such a short time, I've spread my empire in all directions".

The warden, who was already fed up of all their claims asked them furiously, "And why do you kill them? What do you possibly gain from killing those innocent lives?"

The newcomer was quick to answer back, "Because they are too bossy! The humans think that they are on top of the food chain and that they are supreme. They do not care about the other animals and hunt them down mercilessly. They need to be given a taste of their own medicine, that way, they'll learn to respect other living creatures."

But Corona was not done boasting about his abilities yet. He scolded the warden for disturbing him while he was not done talking. “Don't you want to know how I trouble those petty humans? Well, here's how. I enter into their respiratory tract and cause fever, headache, sore throat, cough and sometimes even difficulty breathing. The old and the weak ones are my major target and also those who have no personal hygiene”, he continued.

“You know what's the best part? It's when they finally die of respiratory failure!” he exclaimed with exhilaration.

Suddenly, an officer who was doing his rounds heard all the commotion and rushed in with a vaccine and immediately injected it in his deltoid. At once, the virus weakened and collapsed on the floor and the fuss was settled down.

“This is the best part of my prison duties”, the officer exclaimed and laughed.

Likewise, all the pandemonium started to precede gradually. After some days, the girls in MCM DAV College start to bloom back to life again, but this time with a mask on their faces.

Cicilia Thaodem, BA II

MY SOLITARY FLIGHT

Except for a cool, balmy wind blowing across my face, there is utter silence all around me. I am posing in front of the grand Eiffel Tower and taking in the sweet fragrance of the flowers and musings of love. It had been my long cherished dream of taking a solo, adventurous trip to Paris and here I am, living it to my constant disbelief.

All of a sudden, everything gets blurred. I feel the fresh scent slip away replaced by a musty smell of my old books and my all too familiar room. I wake up with a sudden pat on my back by my mother. I have gotten late for my virtual lecture of Literature as my mother tells me.

With dewy eyes I behold the harsh real of the pandemic dawn around me as fantasy slips away into oblivion. I feel disoriented and jet lagged after having travelled so far, yet refreshed enough to keep the monotony of the days at bay. Cherished dreams take on a distant hue, but I take on ground zero with a hope that someday...!

Chinar, BA II

SOLITUDE

Is it just me,
Or is there someone around?
To cater to my forsaken identity;
To which I am helplessly bound.

The scene ended with a soliloquy,
In the midst of a plot very sinister.
Am I still the protagonist?
Or just another supporting character?

Maybe this is a selfish solitude,
A fruitless yearning.
Did these four walls just give a call?
Or am I still trapped in my Interior Monologue?

Anubha, BA I

THE END OF THE BEGINNING

OR THE BEGINNING OF THE END?

The past year, Death decided to call on us as an uninvited guest, almost as if it wished to live with all of us. It did not appear clad in a black robe touching us with its ice cold, prickly fingers so that we would bleed. Taking on the guise of an almost invisible entity, it took the fastest mode of conveyance just like humans – air. The only difference being it did not distinguish between any of us based on our social status, color, caste, gender, sexuality or any such binaries. Was Death trying to teach us something? Something that not even years of reformatations and revolutions could teach us?

According to Hinduism, we are living in the Kali Yuga waiting for the last avatar of Lord Vishnu, Kalki to cleanse the Earth and humankind of all their vices thereby marking the beginning of the Satya Yuga again. Is Covid-19 the fifth horseman of the apocalypse? Each one of us must have mulled over these rhetorical questions while being confined to the four walls of our houses. The eschatology of various religions predicts the end of the world or a doomsday, however, it wasn't until the pandemic that the uncertainty of life hit us with full force. Not a single day went by without hearing the news about the rising number of deaths due to Covid-19. Despite being consumed by the fear of dying, we did not stop living. Life used to go on, life goes on and life will go on.

Wearing masks, getting our temperature checked wherever we go, social distancing, keeping sanitizers with us like they are our most prized possession became the new normal. We even managed to learn how to empathize with animals kept in captivity away from their homes. The pandemic turned out to be a time of self-introspection. We had endless conversations about life, our choices, regrets and decisions with ourselves and with the people around us whom we end up taking for granted – family. We rediscovered the true meaning of the word, 'family' and could even relate to the pangs of separation felt by people during partition. We were able to compensate for the time we haven't been able to spend with our families for some inconsequential reason or the other. At the same time, it also dawned on us that no matter how much time we spend with someone, we might not be able to fully understand them and accept all their shortcomings which make them human, make all of us human.

Technology was a knight in shining armor during the times of corona while we humans became the damsels in distress. It has been a matter of conflict between parents and children, the older and younger generation for the longest time yet it is what brought them closer too. In trying to adapt to the contemporary way of living through virtual platforms, the old and the new found a middle ground and developed a deeper level of understanding for one another. Technology also played an important role in safeguarding the livelihoods of people all over the world regardless of their profession. We were gradually able to strike a balance between screen time and family time which apparently was such a hard task in the pre-corona days.

Amidst the clouds of loss, despair, doom and gloom in the pandemic there was a silver lining too. It was almost like an epiphany about how it is the littlest of things which bring much more contentment in life than grandeur. The pandemic re-instilled a feeling of appreciation in us for the most mundane of activities, the most significant of them being the ability to breathe without a mask on.

Once we realize that being alive is the greatest gift of all, only then we can work towards making a world,

'Where the mind is without fear and the head is held high;

Where knowledge is free;

Where the world has not been broken up into fragments by narrow domestic walls;

Where words come out from the depth of truth;

Where tireless striving stretches its arms towards perfection;

Where the clear stream of reason has not lost its way into the dreary desert sand of dead habit;

Where the mind is led forward by thee into ever-widening thought and action.'

These lines from Tagore's poem never fail to hold true in any situation, pandemic or no pandemic. Let us hope that 2021 is the year in which we are able to look at life with the new pair of eyes and a humbled soul bestowed on us by the year of the pandemic.

Aratrika Bondopadhyay, BA I

ओ ३म्

संस्कृत भाग

सम्पादकीयम्

अयि मानव! भव सावधान,

तव जीवनदाता खलु भगवान् ।

तव पुरतः कष्टानि आयन्ति,

न कुरु प्रकृतिं प्रति धृष्टतां ।

न यदि नीतिपालनं विधास्यति ओ नरेन्द्र !

तदा पश्यति त्रिनेत्रं महादेव महेन्द्र ।

भविष्यति सर्वत्रैव विध्वंसः,

नावशिष्यति जीवनस्यांशः ।

विधेहि प्रकृतिं अनुरागबन्धुता,

सदैव निर्मलता चैव स्वच्छता ।

ओ मानव न कुरु शिवताण्डवं आह्वान,

अयि मानव! भव सावधान ।

अद्यत्वे अस्मिन् विकार काले इमां आपदां प्रति सावधानं भवेम ।

अस्य अत्यावश्यकता अस्ति । विश्वस्वास्थ्य संगठने कथितम् कोविड १९ एका महामारी अस्ति ।

भारत वर्षमपि अनया आपदया आक्रान्तं अस्ति । अस्या समस्याया : समाधातुम् पृथ्वी, जल, तेज, वायु आकाश एषां पंचभूतानां सन्तुलनं मानवजीवनाय परमावश्यकम् अस्ति । सर्वेषाम् कुशलक्षेमाय प्रकृते : सम्मानम् आवश्यकम् भवेत् । सर्वे स्वच्छतां प्रति जागरूका भवेत् ।

वैदिक संस्कृते : पालनं कुर्यात् । अतः एतदेव निवेदयामि यत् प्रकृतिं प्रति बन्धुता भवेत् स्वजीवनम् प्रति अनुरागो भवेत् व्याधिं प्रति सतर्कता भवेच्च ।

संस्कृतिः अनुरागिणः, संस्कृतप्रेमिणश्च सुहृद्वर्याः ! 'मेहर ज्योति' इति नाम्ना समाख्यातायाः महाविद्यालयस्य पत्रिकायाः प्रस्तौतुं सम्मपादन्नितरां प्रसीदति मे मनः । पत्रिकैषा प्रतिवर्षं भवतां भवतां करकमलेषु समुपस्थिता भवति ।

पत्रिकायाः मुख्योद्देश्यं छात्रासु अन्तर्निहितं प्रतिभायाः अभिव्यक्तिरेवास्ति । ममपि सतत् प्रयासः वर्तते यदस्याम् पत्रिकायाम् अधिकाधिक छात्राणाम् रचनाः भवेयुः । नवोऽंकश्च सुरुचिपूर्णः स्यात् परमस्य मूल्यांकनं तु विज्ञपाठकाः स्वयमेव करिष्यन्ति । वयं प्रत्येकदृष्ट्या प्रयत्नामहे यत् अंकः सुन्दरतमो, रोचकः, प्रेरणाप्रदो, मनोहारी वा भवेत् । मम दृढविश्वासः यदस्याः पत्रिकायाः प्रखरतराः रश्मयः भाविलेखिकानाम् मार्गं प्रकाशितं करिष्यन्ति ।

अत्र मेहर ज्योति पत्रिकायाम् छात्राभिः विचारधाराम् संस्कृत भाषायाम् निबद्धकरणं तु असहजं तथापि निजेच्छानुसारेण संकलने छात्राभिः अद्भुतोत्साहं प्रदर्शयमास, यैः छात्राणाम् रुचिः विषय-प्रति कृतित्वक्षमता स्पष्टम् परिलक्ष्यते ।

विषयवस्तु चयने काश्चित्-रचना न चयनिता प्रकाशनार्थं किन्तु ताभिः निरसनं न भवेयुः । प्रयत्नं कुर्युः । यतः प्रयत्नशीलः एव जयति । ” मेहरज्योति पत्रिकायाः नवोदित लेखिकानाम् उन्मुक्तविकासार्थम् मम शुभकामना ।

सम्पादिका
विभागाध्यक्षा
डा. सीमा कंवर

सर्वव्यापी महामारी

कोविड १९ इत्यनेन सर्वे स्वच्छतां प्रति जागरूका कृता : ।
परिस्थितिभिः सह स्पर्धा शिक्षिता । प्रविधेः अधिकाधिक : प्रयोग : जात : । प्रकृतेः सम्मानं शिक्षितम् ।
सर्वान् अवगतं कृतं यत् वैदिक संस्कृतिं प्रति पुनरागच्छन्तु ।

छात्र सम्पादिका
मेहा
बी.ए. प्रथम वर्ष

प्रेरणादायक संस्कृत श्लोक

वाणी रसवती यस्य, यस्य श्रमवती क्रिया ।
लक्ष्मीः दानवती यस्य, सफलं तस्य जीवितं ॥ ।
अर्थात् – जिस मनुष्य की वाणी मीठी है, जिसका कार्य परिश्रम से युक्त है ।
जिसका धन दान करने में प्रयुक्त होता है, उसका जीवन सफल है ।

प्रकृत्याः वदना

सतर्कताधारयेत् भो जन! भो मानव!
इदानीमपि सतर्कताधारयेत् भो जन! भो मानव!
कुर्यात् सम्मानं जीवनकर्तुः जीवनस्य ।
आपत्तिपर्वताः सन्ति तव समक्षे,
परिहासं मा कुर्यात् प्रकृत्य जीवनेन च ।
उक्तमासीत् कुर्यात् नीतिपालनम्, अरे जन ।
अरे महात्मन्, अन्तो भविष्यति अन्यथा जीवनस्य ।
भविष्यति तर्हि सर्वत्र विनाशः
कस्यचित् अंशः कुत्रचित् न मिलिष्यति ।
युद्धं प्रचलित सम्पूर्ण विश्वे,
मानवजातिः एकस्मिन् पक्षे,
“कारोना महामारी” द्वितीये पक्षे ।
नगरानि रिक्तानि मार्गाः रिक्ताः हटः रिक्तः,
मिलति कोऽपि न विधिकासु ।
विरक्ततया उत्तममस्ति आनन्दम्,
शान्त्या च स्थिरतया भवति आनन्दस्योत्पत्तिः
भयात् जायते विरक्ता ।
हरणं कृतं वयमानन्दस्य प्रकृत्या,
विश्वततायाः सा वरं दत्तवति ।
दातुमिच्छति सा किमपि सूचना,
सनातनसंस्कृतिं प्रति चल ।
अयमेव परिहारः भयङ्करायाः महतीमारयाः,
समयस्यङ्क्षा गृहान् वहिः मा आगच्छ ।
अन्यथा बहु प्रकोपः भविष्यति,
अस्याः महतीमारयाः ।
समाधानमेव विश्वस्य समस्यानाम्,
सावधानम्, सावधानम्, सावधानम् ।
पुनः आग्रहं करोमि
स्थापयन्तु बन्धुतां प्रकृत्या,
स्थापयन्तु अनुरागं स्वजीवनेन ।
सतर्कता धारयेत्, भो जन! भो मानव!

डा. सीमा कंवर

गायत्री मंत्र

जीवन के इस चक्र में सुखद और दुखद दोनों ही प्रकार की परिस्थितियाँ आती हैं। जीवन उसे कहा जाता है, जिसे मृत्यु छू न सके, जहाँ कोई दुख, निराशा, कुंठा या उदासीनता न हो। परिस्थिति को मौत छू सकती है, जीवन को नहीं, किंतु हम परिस्थिति को ही जीवन मान बैठते हैं, इसीलिए परिस्थितियों से बंध जाते हैं। परिस्थितियों का बंधन ही हमें भयभीत कर देता है, आसक्त कर देता है और परेशान कर देता है। यदि इन दोनों का भेद समझ में आ जाए तो सब दुःखों की निवृत्ति हो जाए। अगर आप प्रत्यक्ष रूप से जान लो कि परिस्थिति जीवन नहीं है, तो कोई भी परिस्थिति आपको दुखी नहीं कर सकती। दुख का भय चला जायेगा। चाहे कैसी भी परिस्थिति आए किन्तु यदि यह समझ बनी रहे कि जो अवस्था आई है, वह एक दिन जाएगी भी अवश्य। न सुखद परिस्थिति सदा टिकती है न दुखद परिस्थिति सदा टिकती है। इस ज्ञान से दुखद परिस्थिति से भी भय नहीं होगा। भय और आसक्ति का अभाव आपके चित्त को निर्दोष, निर्द्वन्द्व और निरहंकारी बना देगा जिससे चित्त को चैतन्य स्वरूप में प्रतिष्ठित होने का असर मिलेगा और चैतन्यस्वरूप में स्थिति होने से सब दुख सदा के लिए दूर हो जाएंगे। जब तक इस बात का ज्ञान नहीं होगा, तब तक बदलती परिस्थितियों के साथ आप अपने को भी बदलता हुआ मानते रहोगे। जब तक परिस्थितियों और जीवन में अंतर नहीं कर पाओगे, तब तक किसी न किसी परिस्थिति की आकांक्षा करते रहोगे। यदि मनुष्य को परिस्थिति का उपयोग करना आ जाए तो वह परमात्मा के साथ ऐक्य स्थापित कर सकता है।

गायत्री मंत्र से हम अपनी मनःस्थिति को शांत कर परमात्मा के साथ ऐक्य स्थापित सकते हैं।

गायत्री मंत्र हमें ज्ञान, प्रकाश और ऊर्जा की महासत्ता से जोड़ता है। वह हमें भूः से आरम्भ करके भूर्गो देव की ओर ले जाता है और हमारी बुद्धि को त्रिगुण के भंवर से निकाल कर उस परम तत्त्व की ओर प्रेरित करता है

जिससे लगातार अमृत वर्षा होती रहती है।

गायत्री मंत्र हमें ज्ञान, प्रकाश और ऊर्जा की महासत्ता से जोड़ता है। वह हमें भूः से आरम्भ करके भर्गो देव की ओर ले जाता है और हमारी बुद्धि को त्रिगुण के भंवर से निकाल कर उस परम तत्त्व की ओर प्रेरित करता है जिससे लगातार अमृत वर्षा होती रहती है।

ऊँ भूर्भुवः स्वः तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात्।

(ऊँ) यह मुख्य परमेश्वर का नाम है, जिस नाम के साथ अन्य सब नाम लग जाते हैं।

(भूः) जो प्राण का भी प्राण,

(भूर्भुवः) सब दुखों से छुड़ाने वाला,

(स्वः) स्वयं सुख स्वरूप और अपने उपासकों को सब सुख की प्राप्ति कराने वाला है,

(तत्) उस

(सवितुः) सब जगत की उत्पत्ति करने वाले,

सूर्यादि प्रकाशकों के भी प्रकाशक, समग्र ऐश्वर्य के दाता,

(देवस्य) कामना करने योग्य,

सर्वत्र विजय कराने वाले परमात्मा का जो

(वरेण्यं) अतिश्रेष्ठ ग्रहण और मान करने योग्य

(भर्गः) सब क्लेशों को भस्म करने वाला,

पवित्र शुद्ध स्वरूप है,

(तत्) उस को हम लोग

(धीमहि) धारण करें।

(यः) यह जो परमात्मा

(नः) हमारी

(धियोः) बुद्धियों को उत्तम गुण, कर्म, स्वभावों में (प्रचोदयात्) प्रेरणा करे।

पृथ्वीलोक, भुव : लोक, स्व : लोक में व्याप्त उस सृष्टिकर्ता प्रकाशमान परमात्मा के तेज का हम ध्यान करते हैं, वह परमात्मा का तेज हमारी बुद्धि को सन्मार्ग की ओर चलने के लिए प्रेरित करे।

भावना रानी, बी.ए.
प्रथम वर्ष

ASTRONOMY ORBITING PLANETS CONCEPT OF GRAVITATION

योजनानि रातान्यष्टौ

भूकर्णो द्विगुणानि च।

तद्वद्वर्गो दशगुणात्

पदं भूपरिधिर्भवेत्॥

The radius of the earth is 800 yajanas. The circumference of the earth is the result of multiplication of its radius with 2 and square root of 1024056 of 326×10 danda. The value for the circumference of the earth is 4.008×10^7 meters. (one danda is equal to 1.24 meters approximately.)

आकृष्टिशक्तिश्च मही तथा खस्थं

गुरु स्वाभिमुखं स्वशक्त्या।

आकृष्यते तत्पततीव भाति समे

समन्तात् क्व पतत्वियं खे॥

सिद्धान्तशिरोमणि भुवनेकोशः—६

528CE

Massive celestial bodies are attracted powerfully towards the earth by her own (gravitational) force, and they appear to fall as a result of such attraction, but when equal forces act on a body in space from all sides how can it fall?

The universal law of gravitation was propounded by isaac newton (1642-1727 CE) much later.

श्रीतिका बी.ए. प्रथम वर्ष

सेवा भाव

कोरोना आपदा में निम्नलिखित भावों और विचारों ने जीवन को सहज बनाया।

स्वभावं नैव मुञ्चन्ति सन्तः संसर्गतोऽसतां। न त्यजन्ति रूतं मञ्जु का संसर्गतः पिकाः।

अच्छे सज्जन व्यक्ति दुष्ट व्यक्तियों के साथ रहकर भी अपना स्वभाव नहीं छोड़ते। जैसे कोयल कौओ के साथ रहकर भी अपनी मधुर आवाज़ नहीं छोड़ती।

Good persons do not lose their good nature even in association with evil one. Cuckoos do not lose their beautiful voice even in association with crows

स्वभावं न जहात्येव साधुरापदवतोऽपि सन्।

कर्पूरः पावकस्पृष्टः सौरभं लभतैतराम।

अच्छे व्यक्ति दुर्गम आपात परिस्थितियों में भी अपना सहज स्वभाव नहीं छोड़ते हैं, कर्पूर अग्नि के स्पर्श से और अधिक खुशबू उत्सर्जन करता है।

Good persons never gives up his noble nature even when caught in disaster. Like camphor caught with fire, emits more fragrance.

हमारे जीवन का उद्देश्य मात्र ये न हो कि हम खुश रहे, होना यह चाहिए कि हम औरो के लिए भी उपयोगी हो, सार्थक रहे दयालु और करुणामय हों। दयावान, सहायक और सहयोगी हो, दूसरों के जीवन में कुछ अन्तर ला सकें ताकि लोग कह सके कि हमने जीवन जीया है। पशुवत् नहीं बल्कि अच्छा जीया है। श्रेष्ठता जन्म से नहीं गुणों के कारण ही जानी जाती है। दूध, दही, छाछ, घी, मक्खन सब एक ही कुल के होते हुए भी सब के मूल्य, स्वाद और महिमा अलग-अलग होते हैं। हमको क्या बनकर जीना है, ये हमको ही तय करना होगा। हमें अपने प्रभु से जीवन में सदा दूसरों के सहयोग के लिए प्रार्थना करते रहना चाहिए।

When you go turn your worry into worship. God will turn your battle into Blessings.

The only thing making you unhappy are your thoughts, change them. Have a positive in optimistic attitude.

महक गुलाटी
बी.ए. तृतीय वर्ष

वेदों में नारी की महिमा (अंतर्राष्ट्रीय महिला दिवस पर विशेष)

वेद नारी का आदर सम्मान करते हैं। नारी की महिमा को वेदों में दर्शाया है। कुछ उदहारण देकर हम अपने कथन को सिद्ध करेंगे,

1. उषा के समान प्रकाशवती—

ऋग्वेद 4 / 14 / 3

हे राष्ट्र की पूजा योग्य नारी! तुम परिवार और राष्ट्र में सत्यम्, शिवम्, सुंदरम् की अरुण कान्तियों को छिटकती हुई आओ, अपने विस्मयकारी सद्गुणों के द्वारा अविद्या ग्रस्त जनों को प्रबोध प्रदान करो, जन-जन को सुख देने के लिए अपने जगमग करते हुए रथ पर बैठ कर आओ।

2. वीरांगना—

यजुर्वेद 8/10

हे नारी! तू स्वयं को पहचान तू शेरनी हैं, तू शत्रु रूप मृगों का मर्दन करने वाली हैं, देवजनों के हितार्थ अपने अन्दर सामर्थ्य उत्पन्न कर। हे नारी! तू अविद्या आदि दोषों पर शेरनी की तरह टूटने वाली हैं, तू दिव्य गुणों के प्रचारार्थ स्वयं को शुद्ध कर! हे नारी! तू दुष्कर्म एवं दुर्व्यसनों को शेरनी के समान विध्वंस करने वाली हैं, धार्मिक जनों के हितार्थ स्वयं को दिव्य गुणों से अलंकृत कर।

3. वीर प्रसवा

ऋग्वेद 10/48/3

हमारे राष्ट्र को ऐसी अद्भुत संतान प्राप्त हो, जो उत्कृष्ट कोटि के हथियारों को चलाने में कुशल हो, उत्तम प्रकार से अपनी तथा दूसरों की रक्षा करने में प्रवीण हो, सम्यक् नेतृत्व करने वाली हो, धर्म-अर्थ-काम-मोक्ष रूप चार पुरुषार्थ, समुद्रों का अवगाहन करने वाली हो, विविध संपदाओं की धारक हो, अतिशय क्रियाशील हो, प्रशंसनीय हो, बहुतां से वरणीय हो, आपदाओं की निवारक हो।

4. विद्या अलंकृता

यजुर्वेद

विदुषी नारी अपने विद्या-बलों से हमारे जीवन को पवित्र करती रहे, वह कर्मनिष्ठ बनकर अपने कर्मों से हमारे व्यवहारों को पवित्र करती रहे, अपने श्रेष्ठ ज्ञान एवं कर्मों के द्वारा संतानों एवं शिष्यों में सद्गुणों और सत्कर्मों को बसाने वाली वह देवी गृह आश्रम-यज्ञ एवं ज्ञान-यज्ञ को सुचारु रूप से संचालित करती रहे।

5. स्नेहमयी माँ

अथर्ववेद 8/67/2

हे प्रेमासमयी माँ! तुम हमारे लिए मंगल कारिणी बनो, तुम हमारे लिए शांति बरसाने वाली बनो, तुम हमारे लिए उत्कृष्ट सुख देने वाली बनो, हम तुम्हारी कृपा-दृष्टि से कभी वंचित न हो।

6. अन्नपूर्णा

अथर्ववेद 3/27/4

इस गृह आश्रम में पुष्टि प्राप्त हो, इस गृह आश्रम में रस प्राप्त हो, इस गृह आश्रम में हे देवी तू दूध-घी आदि सहस्त्रों पोषक पदार्थों का दान कर तू यम नियमों का पालन करने वाली गृहिणी है। जिन गाय आदि पशु से पोषक पदार्थ प्राप्त होते हैं उनका तू पोषण कर।

यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः

यत्रैतास्तु न पूज्यन्ते सर्वास्तत्राफलाः क्रियाः

जिस कुल में नारियो की पूजा, अर्थात् सत्कार होता है, उस कुल में दिव्यगुण, दिव्य भोग और उत्तम संतान होते हैं और जिस कुल में स्त्रियों की पूजा नहीं होती, वहां जानो उनकी सब क्रिया निष्फल हैं।

मेहा

बी.ए. प्रथम वर्ष

सूक्तिया एवं अर्थ

1. असतो मा सद्गमय तमसो मा ज्योतिर्गमय (बृहदारण्यक उपनिषद्)
अर्थ:— मुझे असत् से सत् की ओर ले जायें, अंधकार से प्रकाश की ओर ले जाएं।
2. तमसो मा ज्योतिर्गमय (बृहदारण्यक उपनिषद्)
अर्थ:— अंधकार से प्रकाश की ओर तथा मृत्यु से अमृत की ओर ले जाएं।
3. नास्ति मातृसमो गुरुः। (महाभारत अनुशासनपर्व)
अर्थ:— भीष्म कहते हैं— माता के समान कोई गुरु नहीं है।
4. नास्ति विद्या समम् चक्षुः (महाभारत शान्तिपर्व)
अर्थ:— संसार में बह्यविद्या के समान कोई गुरु नहीं।
5. परोपकाराय सतां विभूतयः। (नीतिशतकम्)
अर्थ:— सज्जनों की विभूति (ऐश्वर्य) परोपकार के लिए है।
6. प्रारभ्यते न खलु विघ्नभयेन नीचैः (मुद्राराक्षस/नीतिशतकम्)
अर्थ:— नीच लोग विघ्नों के भय से कार्य प्रारंभ ही नहीं करते।
7. सरस्वती श्रुति महती महीयताम् (अभिज्ञान शाकुन्तलम्)
अर्थ:— ज्ञान वरिष्ठ कवियों की वाणी का पूर्ण सत्कार हो।
8. आलस्यं हि मनुष्याणां शरीरस्थो महान रिपुः (नीतिशतकम्)
अर्थ:— आलस्य मनुष्य के शरीर में रहने वाला उसी का घोर शत्रु है।
9. न हि प्रियं प्रवक्तुमिच्छन्ति मृषा हितैषिणः (करातार्जुनीयम् 1/2)
अर्थ:— कल्याण चाहने वाले लोग झूठा प्रिय वचन बोलने की इच्छा नहीं करते हैं।
10. अहिंसा परमो धर्मः (महाभारत अनुशासनपर्व)
अर्थ:— अहिंसा परम धर्म है।
11. उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत् के सान्निध्य में ज्ञान प्राप्त करो।
अर्थ:— हे मनुष्य! उठो जागो और जानकार श्रेष्ठ महापुरुषों के सान्निध्य में ज्ञान प्राप्त करो।
12. दीर्घसूत्री विनश्यति (महाभारत शान्तिपर्व)
अर्थ:— प्रत्येक कार्य में अनावश्यक विलंब करने वाला नष्ट होता है।

शाम्भवी शर्मा
बी.ए. प्रथम वर्ष

यज्ञ सूक्तियाँ

- यज्ञेन गातुमप्सुरो विवद्विरे। (ऋग्वेद 2/21/5)
कर्मपरायण लोग यज्ञ से सन्मार्ग की दिशा पाते हैं।
हिरण्यवर्णं घृतमन्नमस्य। (ऋग्वेद 2/35/11)
पीतवर्ण घृत यज्ञाग्नि का अन्न है।
जुहोमि हव्यं तरसे बलाय। (ऋग्वेद 3/19/3)
वेग और बल पाने के लिए हव्य की आहुति देता हूँ।

वर्यो धा यज्ञवाहसे ।	(ऋग्वेद 3/8/3)
हे प्रभु, यज्ञकर्ता को तेज प्रदान करो ।	
बर्हिर्न आस्तामदितिः सुपुत्रा ।	(ऋग्वेद 3/4/11)
सुपुत्रवती माता हमारे यज्ञ में आकर बैठे ।	
विप्रो यज्ञस्य साधनः ।	(ऋग्वेद 3/27/8)
बुद्धिमान् मनुष्य यज्ञ का साधक होता है ।	
यज्ञसते वज्रमहिहत्य आवत् ।	(ऋग्वेद 3/32/12)
यज्ञ तेरे वज्र को पाप-विनाश के लिए प्रेरित करे ।	
असिकन्यां यजमानो न होता ।	(ऋग्वेद 4/17/15)
रात्रि में यजमान आहुति न दे ।	
ते वो हृदे मनसे सन्तु यज्ञा ।	(ऋग्वेद 4/37/2)
यज्ञ तुम्हारे हृदय और मन की तृप्ति के लिए हों ।	
नासिष्वेरापिर्न सखा न जामिः ।	(ऋग्वेद 4/25/6)
अयाज्ञिक का कोई बन्धु, सखा या संबंधी नहीं होता ।	
यज्ञेयज्ञे न उदव ।	(ऋग्वेद 5/5/9)
यज्ञ-यज्ञ में हमें उत्कर्ष प्राप्त करा ।	
अहेलमानं उप याहि यज्ञम् ।	(ऋग्वेद 6/41/1)
भक्तिभाव से यज्ञ में पहुँच ।	
मा शिश्नदेवा अपि गुर्ध्रतं नः ।	(ऋग्वेद 7/21/5)
कामक्रीड़ा करनेवाले लोग हमारे यज्ञ में न आवें ।	
मा यज्ञो अस्य स्त्रिधद् ऋतायोः ।	(ऋग्वेद 7/34/1)
सत्य के पुजारी का यज्ञ विफल नहीं होता ।	

डेलिशा बी.ए. प्रथम वर्ष

॥ शान्ति पाठ ॥

ॐ द्यौ शान्तिरन्तरिक्षः शान्तिः पृथ्वी
 शान्तिरापः शान्तिरोषधयः शान्तिः ।
 वनस्पतयः शान्तिर्विश्वे देवाः
 शान्तिब्रह्मा शान्तिः सर्वः शान्तिः
 शान्तिरेव शान्तिः सा मा शान्तिरेधि ॥
 ॐ शान्तिः शान्तिः शान्तिः ॐ



हिंदी-अनुभाग

सम्पादकीय

पिछले साल लॉकडाउन के दौरान काफी समय मिला जिसका उपयोग मैंने अपनी कुछ किताबों को फिर से पढ़ने में किया।

मैंने तुलसीदास कृत को पढ़ा। 'रामचरितमानस' से शुरुआत की फिर 'श्रीमद्भागवत गीता' पढ़ी उसके बाद 'बुद्ध दर्शन' पर भी कुछ किताबें पढ़ीं। इनके अतिरिक्त और भी ढेरों अंग्रेजी और हिन्दी की किताबें पढ़ डालीं पर यहां मैं मुख्यतः उन्हीं किताबों की बात करने जा रही हूँ जो भारत की सभ्यता और संस्कृति के आधारभूत दर्शन को सामने लेकर आती हैं।

भारत का इतिहास भारतीय सभ्यता के विकास से जुड़ा है। यह सभ्यता अधिकाधिक स्रोतों और नवोन्मेषों से भरी है। भारतीय साहित्यिक परंपरा का सबसे प्राचीन हिस्सा वैदिक साहित्य है। भारतीय इतिहास का सबसे पुराना ग्रंथ ऋग्वेद है। यह इतिहास के कुछ निश्चित क्षणों में नहीं बल्कि लगभग एक हजार साल में बना है और निश्चित ही इसमें अनगिनत जीवन शैलियाँ और आस्थाएं शामिल होती गई होंगी। वैदिक साहित्य मिथकों की खान है। ऋग्वेद में अग्नि, सूर्य, उषा, वरुण, वायु, आदि देवरूप हैं, जो काल्पनिक होते हुए भी भौतिक संसार से संबंधित हैं। इसमें प्रस्तुत विश्वास ऐसे मिथकीय ढाँचे में व्यक्त होते आए हैं जो तार्किक नहीं होते, पर उनमें कोई लौकिक संकेत होता है। प्राचीनतम उपनिषद्

'ईशावास्य उपनिषद् का पहला मंत्र है," इस संसार में जो कुछ है वह ईश्वरमय है। अतः भोग करो भी तो त्याग के साथ।। दूसरों के धन का लोभ न करो।" ऐसे नैतिक संदेशों से लक्षित किया जा सकता है कि धार्मिक और 'लौकिक' एक दूसरे से दूर नहीं थे। आगे चलकर भोग और त्याग के बीच भिन्नता आ गई। 'रामायण और 'महाभारत' ऐसी ही विडंबनाओं के बीच जीवन की खोज बनते हैं कि इन के महत्वपूर्ण चरित्र बदलती सामाजिक स्थितियों और आंदोलनों के बीच नई-नई भूमिका लेकर आए हैं। वाल्मीकि और वेदव्यास के इन काव्यों में काव्य-उत्कृष्टता, कथा, संगीत, धर्म, दर्शन, सामाजिक चेतना और कला सभी अपने वैभव के साथ उपस्थित है। रामकथा इतिहास नहीं एक मिथकीय मामला है। यह इतनी लोकप्रिय हुई कि साहित्य और कलाओं में रामकथा के उपयोग तरह-तरह से हुए। रामायण और महाभारत में एक बात समान है वह यह कि दोनों मुख्यतः बहिष्कृत की कथाएं हैं। राम अयोध्या से बहिष्कृत हुए, पांडव भी राज्य से बहिष्कृत हुए। दोनों को ही वन जाना पड़ा। रामायण में भाई-भाई के लिए त्याग करता है, महाभारत में भाई-भाई का गला काटता है। महाभारत ऐसे समय की रचना है जब स्त्री की स्वतंत्रता छीनी जा रही थी। जुआ धर्म का अंग हो गया था। छल-प्रपंच राजनीति में प्रविष्ट हो चुका था। वृद्ध लोग भी नैतिकता के रक्षक नहीं रह गए थे। यह

प्राचीन भारतीय समाज का सांस्कृतिक विश्वकोश है। इससे पता चलता है कि इतिहास जब नहीं था, तब कथा थी, जो मनुष्य को उसकी सांस्कृतिक आत्म पहचान देती थी।

भारत के इतिहास में श्रमण चिन्तक महावीर के बाद तथागत कुछ दूसरे ऐसे श्रमण चिन्तक हुए जिन्होंने स्त्री को पहली बार किसी की माँ, बहन, बेटा और पत्नी की भूमिका से बाहर निकालने की वकालत की और इस के लिए आगे आए। बुद्ध का यह निर्णय उनके अपने समय में काफी आगे का था। स्त्री का 'बौद्ध भिक्षुनी' होना एक नई और स्वतंत्र सामाजिक भूमिका के लिए संभावनाओं का द्वार खोलने वाला था। बुद्ध ने तत्कालीन समाज में प्रतिष्ठित होती जाति व्यवस्था और उसके कारण उत्पन्न भेदभाव, पशुबलि, कर्मकांड और ब्राह्मण-धर्म के प्रचलित दर्शन और सिद्धांतों की तर्क से परे आदेशात्मक और बाधाकारी व्यवस्था के विरुद्ध जीवन पर्यंत कार्य किया। उन्होंने कहा कि कोई भी व्यक्ति अपने पुरावार्थ से बुद्धत्व को प्राप्त कर सकता है। बुद्धदेव ने वैदिक धर्म के जन्मान्तरवाद और कर्मफलवाद को ज्यों-का-त्यों स्वीकार कर लिया। उनका भी निश्चित मत है कि जीवन दुःख है और मनुष्य को यह दुःख भोगने के लिए बार-बार जन्म लेना पड़ता है। मनुष्य का जन्म इसलिए होता है कि उसके भीतर वासनाएँ शेष हैं। अगले जन्म में वह जैसा काम करता है जैसा संस्कार अर्जित करता है, वे संस्कार उसे नया जन्म ग्रहण करने को विवश करते हैं। इस प्रकार जन्म-मरण का प्रवाह निरंतर चलता रहता है। इस जंजाल से निकलने का मार्ग मुक्ति, मोक्ष या निर्वाण है। बुद्ध वैदिकों की भाँति आत्मा को निर्मल नहीं मानती। उनके अनुसार आत्मा में वे सभी विकार हो सकते हैं, जो शरीर में होते हैं। मनुष्य निर्मल है नहीं, निर्मल उसे बनना है। वैदिकों की भाँति देवताओं को वे पूर्ण नहीं मानते बल्कि उनका यह विचार है कि अपने उद्धार के लिए देवताओं को भी मनुष्यों के समान सतत तपस्या और उद्योग करना चाहिए। गाँधी जी और बुद्ध देव में जो समानता है, वह सिर्फ इस कारण नहीं कि दोनों ही सुधारक अहिंसा और मैत्री के पुजारी थे, बल्कि मुख्यतः इसलिए कि दोनों का विश्वास ज्ञान की अपेक्षा कर्म में अधिक था। बुद्ध के अनुसार आत्मा तो नष्ट हो जाती है किन्तु उसके संस्कार प्रतिध्वनि के समान, पुनर्जन्म ग्रहण करते हैं वैसे ही जैसे हम जब ताली बजाते हैं तो दूर कन्दरा में भी करतल की प्रतिध्वनि होती है।

हिन्दू-धर्म पर बौद्ध मत के प्रभावों की व्याख्या के सिलसिले में गीता की भी बरबस याद आ जाती है। उपनिषदों ने हिन्दुओं को यह बतलाया था कि यज्ञ सिर्फ नश्वर सुख देने वाले हैं। चाहे वे सुख इस लोक में मिले या परलोक में। बौद्ध और जैन धर्म ने भी, अपने-अपने ढंग से जनता को यही समझाया था। गीता की विशेषता यह है कि उपनिषदों के आध्यात्मिक सिद्धांत इस ग्रंथ में सामाजिक जीवन पर लागू किए गए हैं। गीता मुक्ति का दरवाजा सबके लिए खोलती है और यह भी कहती है कि गृहस्थी का काम करते हुए भी आदमी मोक्ष पा सकता है। गीता गृहस्थों का उपनिषद है। वैदिक, औपनिषदिक। बौद्ध और जैन, इन चारों मतवादों के बीच विचारों के जो संघर्ष हुए, उनसे, अन्त में जाकर, सत्य का एक अत्यंत सुलझा हुआ रूप प्रकट हुआ। यही सत्य गीता का ज्ञान है और गीता में ही इन चारों मतवादों का समन्वय भी मिलता है। गीता का ज्ञान-मार्ग सांख्य मत के अनुसार है। इसका दूसरा प्रतिपाद्य मार्ग कर्म का मार्ग है। इसकी भक्ति और अनासक्ति योग के कारण, कोई आश्चर्य नहीं कि हिन्दू मात्र गीता को धर्म का अन्तिम आख्यान मानते हैं।

धीरे-धीरे ब्रह्म की साकारता का आख्यान उभर कर सामने आया जिसमें यह कहा गया कि सृष्टि ब्रह्म की रचना है और ब्रह्म से प्रेम भी किया जा सकता है, उसकी प्रार्थना भी की जा सकती है। यह परंपरा गीता में भली-भाँति प्रतिपादित हो चुकी थी, अब वह काव्य और लोकप्रिय दर्शन के द्वारा जनता में बिखेरी जाने लगी। यहीं से ब्रह्मा, विष्णु और महेश नामक त्रिमूर्ति की कल्पना चली।

डॉ. प्रसून प्रसाद
सह-प्रवक्ता, हिन्दी विभाग

किताबों की दुनिया

पुस्तकें हमारे जीवन में महत्वपूर्ण भूमिका निभाती हैं। यह हमारी सच्ची मार्गदर्शक कहलाती हैं। हम ताउम्र इनसे सीखते हैं और विरासत के रूप में इन्हें सहेज के भी रखते हैं। पुस्तकों के आ जाने के बाद ज्ञान के आदान-प्रदान में क्रांति सी आ गयी, जो की मानव विकास के लिये बहुत ही निर्णायक साबित हुई। मनुष्य एक सामाजिक प्राणी है जो एक समाज में रहता है जिसमें रहने के लिए उसे बहुत सी बातों का ज्ञान होना चाहिए। पुस्तकें हमें ज्ञान देती हैं वह ज्ञान का सागर है। किसी भी विषय के बारे में जानने के लिए पहले गुरु या लोग ही प्रमुख साधन होते थे लेकिन अब सभी बातें पुस्तकों में होती हैं जिन्हें पढ़कर मनुष्य का सामाजिक और मानसिक विकास होता है। पुस्तकें हमारी सच्ची मित्र होती हैं, वह हमें सभ्य बनने में सहायता करती हैं। पुस्तक हमारा मार्गदर्शन करती है। जब भी हम किसी मुसीबत में होते हैं तो पुस्तक हमें रास्ता दिखाती है और हमें सलाह देती है। पुराने मंदिर और इतिहास की चीजें नष्ट हो जाती हैं लेकिन हमारी किताबों में सब कुछ बहुत सुरक्षित है जिससे कि हर व्यक्ति अपने इतिहास के विषय में जान सकते हैं और उसपर गर्व महसूस कर सकते हैं। गीता, रामायण आदि ग्रंथों को पढ़कर मन को परम शांति का अनुभव होता है। आज के समय में पुस्तकें बड़ी मात्रा में उपलब्ध हैं। हर विषय की अपनी किताब है जिससे कि हम बिना किसी उलझन के अपने पसंदीदा विषय के बारे में ज्ञान प्राप्त कर सकते हैं। पुस्तकें हमारे लिए बहुत ही उपयोगी हैं और इनमें लिखी हर बात जीवन के किसी न किसी पड़ाव में अवश्य काम आती है। पुस्तकों का हमारे जीवन में बहुत महत्व है वो हमें संस्कार और ज्ञान देकर एक अच्छा इंसान बनाती हैं।

पुस्तकों के बिना मनुष्य बहुत सी बातों से अज्ञान रह जाता है। हम जब चाहे तभी हर विषय के बारे में पढ़ सकते हैं और हमें इसके लिए किसी व्यक्ति का इंतजार नहीं करना पड़ता। पुस्तक ज्ञान अर्जित करने का सबसे सरल और सस्ता साधन है और इसके लिए हमें किसी पर निर्भर नहीं रहना पड़ता है। अक्सर जब मैं अपनी किताबों को देखती हूँ, ये ख़याल मेरे ज़हन में उमड़ आता है:—

“रोज आंखों में एक हसीन ख़्वाब बूनती है,

ये किताबें ही तो हैं जो रोजाना दिल पर दस्तक देती हैं”

पुस्तकें अमर हैं उनका कभी निधन नहीं होता है। बहुत सी प्राचीन किताबों को लिखने वालों का निधन हो गया लेकिन उनके द्वारा लिखी गई पुस्तकें आज भी जीवित हैं और हमारा मार्गदर्शन करती हैं। पुस्तक हर व्यक्ति के व्यक्तित्व को निखारती है और उसके दृष्टिकोण में भी बदलाव लाती है। पुस्तक पढ़ने वाले व्यक्ति को हर मुसीबत का हल मिल जाता है क्योंकि उसकी स्थिति से मिलती जुलती स्थिति के विषय में उन्होंने कहीं न कहीं पड़ा होता है। यह हमारी सहयोगी होती है। जब हम अकेले होते हैं पुस्तकें हमारे मनोरंजन का साधन भी बनती हैं। दुनिया में अनगिनत भाषाओं में किताबें उपलब्ध हैं। धार्मिक, ऐतिहासिक और आध्यात्मिक इत्यादि विषयों पर किताबें बाजार में मौजूद हैं। जिंदगी की कई समस्याओं को हम किताबें पढ़कर सुलझा सकते हैं। हम जिस भी विषय में रुचि रखते हैं उसके मुताबिक किताबें खरीद सकते हैं। पुस्तकों से ज़िन्दगी के कई उलझनों को सुलझाने का मौका मिलता है। आज ऐसा कोई विषय नहीं है जिस पर पुस्तकें ना मिलती हो।

मनुष्य के लिए पुस्तक बहुत महत्वपूर्ण है। पुस्तकों में लिखा जिंदगी में बेहद काम आता है। पुस्तकें मनुष्य की हर संभव सहायता करते हैं। पुस्तकें पढ़ने से मनुष्य का मन प्रसन्न हो जाता है।

संगीत और नृत्य से तो मनुष्य का मनोरंजन होता है, मगर किताबें भी मनोरंजन का बेहतरीन साधन हैं। पुस्तकें लोगों को अज्ञानता के अंधकार से ज्ञान रूपी प्रकाश की ओर ले जाती हैं। पुस्तक हमारे सच्चे दोस्त की भाँती होते हैं।

पुस्तकों से हमें हर क्षेत्र के विषय में ज्ञान प्राप्त होता है। हमें ज्ञान अर्जन करने के लिए किसी और पर निर्भर होने की ज़रूरत नहीं है। पुस्तकों का ज्ञान व्यक्ति को आत्मनिर्भर बनाता है। पुस्तकें ज्ञान का अमूल्य स्रोत हैं और ज्ञान प्राप्त

करने का सरल माध्यम है। हम किसी भी व्यक्ति विशेष के बारे में पुस्तकों से ज्ञान प्राप्त करते हैं।

एक व्यक्ति जो किताबें पढ़ना पसंद करता है, वह कभी अकेला या ऊब महसूस नहीं कर सकता क्योंकि किताबें हमेशा उसके भले के लिए होती हैं। इन्हें आसानी से चलते-फिरते ले जाया जा सकता है और बस कहीं भी पढ़ा जा सकता है। किताबें न केवल बोरियत को मारने और अकेलेपन की भावना से बचने में मदद करती हैं बल्कि ज्ञान भी प्रदान करती हैं। एक व्यक्ति जो विभिन्न प्रकार की पुस्तकों को पढ़ता है और नियमित रूप से पढ़ने के लिए प्रेरित करता है, वह अच्छी तरह से सीखता है। वह सांसारिक बुद्धिमान होता है। वह विभिन्न स्थितियों को उन लोगों की तुलना में बेहतर ढंग से संभाल सकता है जो पढ़ने में आनाकानी करते हैं।

किताबें पढ़ना आत्मविश्वास बनाता है और यह उसके व्यक्तित्व में प्रतिबिंबित होता है। लोग ऐसे व्यक्ति को देखते हैं जो अच्छी तरह से पढ़ा हुआ है।

किताबें पढ़ने से कई फायदे मिलते हैं। यही कारण है कि बच्चों को कम उम्र से पढ़ने के लिए प्रोत्साहित करने का सुझाव दिया जाता है। बाजार में विभिन्न शैलियों की किताबें उपलब्ध हैं। कोई भी व्यक्ति उस विषय को चुन सकता है जो उसे रुचिकर बनाता है और इसके ज्ञान का विस्तार करता है इसके अलावा इसके द्वारा प्रदान किए जाने वाले विभिन्न अन्य लाभों का आनंद लेता है।

इस प्रकार, हम देखते हैं कि किताबें पढ़ने से कई लाभ मिलते हैं। यह हमें आश्वस्त करती है, हमारी शब्दावली में सुधार करती है, हमारे पढ़ने और लेखन कौशल को बढ़ाती है, हमें जीवन के बारे में एक नया दृष्टिकोण देती है, ज्ञान को बढ़ाती है, हमें बुद्धिमान बनाती है और हमारे समग्र व्यक्तित्व पर सकारात्मक प्रभाव डालता है। एक व्यक्ति जो अच्छी तरह से पढ़ता है, वह समृद्ध होता है।

“कुछ सकती भी नहीं और, नए मुकाम से जोड़ देती है
यूं ही चलता रहता है सिलसिला उमर भर
ये किताबें ही तो हैं जो हर बार एक नया ग्यान देती है।”

कविता
एम.ए. द्वितीय वर्ष

‘क्या से क्या हो गए...’

मेरे देश की धरती अब सोना नहीं उगलती
ना ही नदियाँ अमृत नीर देती हैं।

चौड़ी छाती के वीर, भोली शक्तों की हीर
अब नहीं दीखती।

सुनती नहीं अब कोयल की कूक
दिशाएँ स्तब्ध और हवाएँ हैं मूक।

उड़ती है धूल यहाँ घुटता है दम
धुंधला है चाँद और सूरज बेदम।

नहीं गूँजते अब राग ओ मल्हार
कम हुए पेड़ और रुठी बहार।
नहीं आती अब घर-आँगन गौरैया

हुआ घर में अब तिलचट्टों का राज।

खिलता कहाँ अब अमलतास यारों
मन हुआ जाता मरुथान यारों।

किसकी है गलती कहाँ कोई चूका
मेरे देश के लोग हो गए हैं बिजूका।

मुंडेरों पे कच्चा मर्सिया पढ़ रहा है
सावधान ! मेरा देश आगे बढ़ रहा है।

डॉ० सरिता चौहान
सह-प्रवक्ता
स्नातकोत्तर हिंदी-विभाग

परिस्थितियाँ

परिस्थितियाँ बदलती रहती हैं
कभी अंधियारा है तो कभी उजाला ।
कभी अनुकूल तो कभी प्रतिकूल,
बस हालात का सामना करते रहो ।

देती है सिखा तैरना गहरे समुद्र में,
या देती उतार इन्सान को गहराई में
धैर्य, सब्र, शान्ति का पाठ है पढ़ाती
अलग ही नियम रखती है परिस्थिति

ऊपर वाले की लाठी, वक्त की मार
कितना भीषण तूफान थम जाता है ।
हर तूफान की एक उम्र होती है
हर दुख दर्द की एक सीमा होती है ।

हर परिस्थिति में मुस्कुराते रहना
तनाव, मानव को ले डूबेगा ।
होती है चिन्ता चिता समान,
तो क्यों देते हो उसे आह्वान ।

परिस्थितियों की पाठशाला
देती है वास्तविक शिक्षा ।
जितना कठिन संघर्ष होगा,
जीत उतनी शानदार होगी ।

कठिन परिस्थिति ने बहुत दिया
तपा कर आग में सोना बनाया ।
कभी रूलाया कभी ढाँढस बँधाया ।
जीवन को जीना ही सिखाया

रहें मस्त, व्यस्त और स्वस्थ
जाने जीवन का वास्तविक अर्थ ।
दाता की अनमोल देन न हो व्यर्थ
कर्म, सेवा, उपकार ही जीवन का अर्थ ।

डॉ. सीमा कंवर

संस्कृत विभाग (अध्यक्षा)

मेहर चन्द महाजन

डी ए वी कॉलेज फॉर वुमेन, चण्डीगढ़

तूफान का बल

मौसम के बदलते मायनों का हर दिशा को आभास हो
चला था,

सो समय रहते हर दिशा ने अपने भीतर के तूफान की
गठरी बनाई, और उस गठरी को खूब सँभाल कर आगे
की ओर धकेल दिया

तूफान की ये गठरियाँ जो लंबे समय से सुप्त थीं,
अपने पथ पर आगे बढ़ती गईं और बीच राह में एक दूजे
से जा टकराईं

गठरियों ने ज़मीन पर पैर जमाया, स्वयं को स्थिर किया,
और अपने ऊपर की धूल झटक दी

अब सभी को आगे बढ़ना था, परंतु सवाल ये था कि पहल
कौन करे

पहल करने का अर्थ था सामने वाले के मार्ग से हटना,
हटना किसी को स्वीकार नहीं था

सो वाद—विवाद प्रारंभ हुआ, और कम बल वाले का पहले
हटना तय हुआ ।

पर खुद के कम बलशाली होने पर आखिर कोई सहमति
क्यों दे?

लेकिन हर हाल में ये जानना आवश्यक था कि, सभी
तूफानों में से कौन ज़्यादा उपद्रवी है और कौन कम सो
सभी गठरियाँ आपस में भिड़ गईं

सभी तूफानों के आपस में टकराव से होने वाला उपद्रव
बहुत प्रचंड था, इतना कि उसकी चपेट से कुछ ना बचा,
प्रत्यक्ष था तो केवल त्रास ओर तबाही ।

दीर्घा

बी.ए. द्वितीय वर्ष

चार दीवारों की हमारी वो कक्षा

चार दीवारों की हमारी वो कक्षा
सदा से ही चार दीवारों, एक दरवाजे और
कुछ खिड़कियों के कमरों में
बच्चों के संग बैठ,
हँसते खिलखिलाते बतियाते,
बातों-बातों में ही पढ़ लिया करते थे

पढ़ना-लिखना, आपस में मिलना,
कितना ही सहज सा लगता था
हम तो मान ही बैठे थे
ऐसे ही, इसी तरह से
ज्ञान बटोरते-बाँटते विलीन हो जाएंगे

पर क्या जानते थे!
जिंदगी क्या सिखा जाएगी!
एक सूक्ष्म से जंतु, के कारण
पढ़ने-पढ़ाने के इस तरीके को
बिलकुल ही बदल जाएगी

अब कंप्यूटर के एक डिब्बे के सामने
तारों के जाल में बंधे हुए,
बैठ हाथों से कीबोर्ड की खट-खट करते
बार-बार यह पूछते हैं, बच्चों तुम्हें
क्या, मेरी आवाज सुन रही है? साफ सुन रही है?

आज, उस कंप्यूटर के डिब्बे
से झाँकती हुई चंद खिड़कियां
कुछ खुली सी और चेहरे दिखाती हुई
कुछ बंद सी सिर्फ नाम याँ रोल नंबर
दर्शाती सी, अजब सी लगती हैं

कुछ आवाजें इधर कीं,
और कुछ आवाजें उधर कीं,
फिर एक गहरा सा सन्नाटा!!
अरे, यह तो कनेक्शन ही टूट गया!
कभी टीचर का, तो कभी बच्चे का!

पढ़ने-पढ़ाने से ज्यादा, ध्यान आती-जाती तारों पर
और इंटरनेट के कनेक्शन पर है!
डाटा की जरूरत का
उसकी स्पीड का मायने!
अब समझ आया है

पहले टीचर कक्षा का दरवाजा बंद करती थीं
कि बाहर से शोर न आये
अब माइक ऑफ करती हैं!
डिब्बे की खिड़कियों के!
जो फिर ऑन हो जाता है!

बंद दरवाजों और खुली खिड़कियों के
कमरों में, सिर्फ टीचर और बच्चे
हुआ करते थे और
हँसते खिलखिलाते बतियाते,
बातों-बातों में ही पढ़ लिया करते थे

अब टीचर की खिड़की तो खुली है
पर बच्चों की बंद!
हर आता-जाता शायद टिपण्णी दे जाता है!
यह मैडम हैं! अच्छा! ऐसे पढ़ाती हैं!
इनकी ड्रेस आज अच्छी नहीं है! कल तो ठीक थी!

टीचर के कपड़ों से लेकर
उसके घर तक को आँक लेते होंगे
कुछ लोग और उनके कुछ लोग!
कभी तो लगता है
ना जाने क्या-क्या जान लेते होंगे लोग!

सिखा तो यह सूक्ष्म जंतु बहुत कुछ गया,
पढ़ने-पढ़ाने का नया दौर, कई नए गुर सीखा गया!
विलक ऑफ द बटन से दुनिया विचरण सीखा गया
इंटरनेट की इस पावर का ज्ञान दिला गया, और
बूढ़े तोतों को तो, यह डिब्बा चलाना भी सीखा गया!

यह भी बता गया –
अभी बहुत कुछ जानना बाकी है,
बहुत कुछ सीखना बाकी है,
अभी किताबों का, ज्ञान का बहुत सफर बाकी है,
ठहर कर नहीं, चल-भाग कर जाना है!

यह भी जतला गया –
एक डिब्बे से! दूरियां कैसे नापी जाती हैं,
नजदीकियां दूरियों से भी आती हैं!
सब अपने-अपने घरों में बैठे ही,
एक साथ इकठे हो ही जाते हैं!

सब से ज्यादा तो यह बता गया
कि 'वर्क फ्रॉम होम' आसान नहीं
भाग-दौड़ का एक न खत्म होने वाला
एक सिलसिला है क्योंकि
क्लास से किचन की दूरी बहुत कम रह गयी है!

चार दीवारों से बने कमरों की
कक्षाओं का वह जाना-पहचाना सा दौर
कक्षा में जा, खिलखिलाते बतियाते,
पढ़ने-पढ़ाने का वह दौर!
न जाने फिर कब आएगा?

विभा शर्मा
सह-प्रवक्ता (पब्लिक एडमिनिस्ट्रेशन)

भाषा है तो हम हैं

करते हैं तन—मन से वंदन, जन—गण की अभिलाषा की आराधना अपनी संस्कृति की, अभिनंदन अपनी भाषा की।

किसी भी देश में सामाजिक एकता बनाए रखने के लिए साथ ही आपसी सहज संवाद स्थापित करने के लिए एक भाषा को चुना जाता है। यह भाषा समस्त राष्ट्र में लोगों के विचार विनिमय का माध्यम होने के कारण अति आवश्यक है। भारत में यह स्थान हिंदी भाषा को मिला है। इसके साथ ही संविधान सभा द्वारा हिंदी को भारत की राजभाषा का दर्जा भी प्राप्त है, लेकिन इसके कारण दूसरी अन्य भाषाओं का महत्व कम नहीं हो जाता है। अगर ऐसा हो तो यह संपूर्ण देश की एकता के लिए अहितकारी साबित होगा। अनेक भाषाओं का ज्ञान मनुष्य को अधिक विचारवान बनाता है। पर वहीं दूसरी ओर विचारों के आदान—प्रदान में सुलभ संवाद के लिए किसी एक भाषा को महत्वपूर्ण भूमिका निभानी पड़ती है।

इसी कारण विश्व में तीसरी सबसे अधिक बोले जाने वाली भाषा हिंदी को इसकी भूमिका निभाने का अवसर मिला है। स्वतंत्रता पश्चात् से ही यह देश को एक सूत्र में बांधने का कार्य कर रही है। तब से इतने वर्ष बीतने के पश्चात् भी इसकी महिमा बढ़ती रही है। इसकी वर्तमान स्थिति के मुख्य कारणों में से एक भूमंडलीकरण है। इस भूमंडलीकरण के दौर में हिंदी का समृद्ध स्वरूप विश्व स्तर पर आधारित हो रहा है इसमें कोई अतिशयोक्ति नहीं है। बल्कि यह तो हिंदी भाषा की निरंतर विकासवान यात्रा का सच है। पठन—पाठन, व्यापार, मीडिया, विज्ञान, विदेश नीति, न्याय क्षेत्र, चिकित्सा आदि क्षेत्रों में हिंदी की पकड़ बहुत अधिक मजबूत हुई है। सूचना एवं संप्रेषण के सशक्त माध्यम के रूप में हिंदी का विस्तार हो रहा है। हिंदी विश्व के अनेक देशों में 637.3 मिलियन लोगों द्वारा बोली जाती है।

इसीलिए इसे संयुक्त राष्ट्रीय संघ की भाषा के रूप में मान्यता दिलाने का प्रयास किया जा रहा है। एक भाषा के रूप में हिंदी न सिर्फ भारत की पहचान है। बल्कि हमारे जीवन मूल्यों संस्कृति एवं संस्कारों की सच्ची संवाहक संप्रेषण और परिचायक भी है। बहुत सहज, सरल व

सुगम भाषा होने के साथ ही हिंदी विश्व की संभवतः सबसे वैज्ञानिक भाषा है। जिसे विश्व भर में समझने बोलने में चाहने वाले लोगों की संख्या बढ़ती जा रही है। इस प्रकार अनेकता में एकता को बनाए रखने के लिए एक महत्वपूर्ण कड़ी के रूप में हिंदी भाषा कार्य करती है जो देश के विभिन्न भाषाओं की सोच को एक समान, एक ही धरातल पर जोड़ कर रखने के लिए और उनको एक सूत्र में बांधने के लिए आपसी संवाद को बनाए रखने के लिए महत्वपूर्ण भूमिका निभाने की क्षमता रखती है। इसके बावजूद समाज में एक ऐसा तबका उभर कर आ रहा है जो अपने ही देश के नींव को कमजोर करने व उसे हानि पहुंचाने के लिए आतुर है।

इनमें वह लोग शामिल है जो हिंदी भाषा के प्रयोग को हीन दृष्टि से देखते हैं तथा अपनी शान अंग्रेजी के प्रयोग में समझते हैं। इस सोच का प्रभाव सर्वाधिक नई पीढ़ी पर पड़ रहा है। अंग्रेजी भाषा की ख्याति के अनेक कारण है। वैश्विक संपर्क व विज्ञान की भाषा के रूप में, कंप्यूटर के आने के बाद, इंटरनेट पर मौजूद जानकारी का 70 प्रतिशत अंग्रेजी में होना। अधिकतर नौकरी पाने के लिए भी इसका ज्ञान एक आवश्यकता के रूप में उभरा है। परंतु कुछ नासमझ लोगों ने इस आवश्यकता को हिंदी के महत्व से अधिक समझ लिया है। जिस कारण समाज में यह स्थिति उभर कर आई है जिसमें अपनी ही भाषा के सम्मान पर प्रश्न खड़े करके रख दिए हैं। इस समस्या से निपटने के लिए समस्त भारतवासियों को प्रयत्नशील होना होगा। इसके लिए आवश्यक है कि हम हिंदी में बोले, सोचें व हमारे अंतरण तक हिंदी का वास हो। भाषा अपने आप को पहचानने का साधन है। भाषा के बिना अस्मिता की पहचान नहीं होती। इस प्रकार हिंदी भाषा भारत की पहचान है, मान है।

धावनिका दृतीय वर्ष

बढ़लता समाज बढ़लते रिश्ते

शर्मा जी अपने बेटे राहुल के साथ रात के भोजन के बाद बरामदे में टहल रहे थे। अंकिता रसोई का काम खत्म कर रही थी। दस वर्षीय राहुल पापा की उँगली पकड़े उन्हें एक कविता सुना रहा था और बीच-बीच में अभिनय भी कर रहा था। तभी अचानक शर्मा जी के सीने में दर्द उठने लगा और उन्हें पसीना आने लगा। वे वहीं पास में रखी कुर्सी पर बैठ गए। राहुल घबराये हुए जल्दी से अपनी मम्मी के पास गया और उन्हें पापा के बारे में बताया। अंकिता सब काम छोड़कर भागते हुए बरामदे में पहुँची तो देखा कि शर्मा जी को पसीना आ रहा था और वे अपना हाथ अपनी छाती के पास रखे हुए थे। अंकिता ने बिना देरी किए जल्दी से एम्बुलेंस को फोन किया, किंतु एम्बुलेंस ने सिविल अस्पताल से रामनगर तक आने में तीस मिनट का समय बताया।

अंकिता से पति की हालत देखी नहीं जा रही थी, इसलिए उसने अपने भाई और शर्मा जी की बहन को भी फोन किया जो यहीं पास में रहते थे। परंतु कोरोना के कारण पूरे शहर में कर्फ्यू की स्थिति होने के कारण सभी ने अंकिता से माफी मांगते हुए उसकी मदद कर पाने में स्वयं को असमर्थ बताया और सांत्वना देते हुए फोन रख दिया। ऐसे में अंकिता को अपने पड़ोसी और शर्मा जी के प्रिय मित्र मिस्टर कपूर की याद आई। वह जल्दी से उनके घर गई और घंटी बजाई मिसेज कपूर बाहर आकर पूछा, आप इस समय?????

अंकिता ने बड़ी उम्मीद भरी आवाज़ में उनसे कहा कि शर्मा जी की तबियत खराब हो गई है, उन्हें अस्पताल लेकर जाना है। “मुझे कार चलानी नहीं आती अगर आप भाईसाहब को जल्दी भेज दें तो बहुत मेहरबानी होगी।” मिसेज कपूर ये सब सुनकर मन में सोचती है कि उन्हें कोरोना न हुआ हो, कहीं मेरे पति को भी न हो जाए, इस डर से उन्होंने अंकिता से कहा कि वो तो पहले से ही बीमार हैं, उन्हें बहुत तेज़ बुखार है वो कार नहीं चला पाएँगे। से कहकर उसने अंकिता के मुँह पर ही दरवाजा बंद कर दिया। अपने स्वार्थ के चलते वह इंसानियत को भूल गई।

पति की हालत बिगड़ती जा रही थी कि तभी अंकिता को याद आया कि उसकी नौकरानी शीला का पति कार ड्राइवर है। उसने बिना कुछ सोचे समझे शीला को फोन किया और उसे बताया कि तुम्हारे साहब की तबियत खराब हो गई है उन्हें अस्पताल लेकर जाना है, अगर कोई कार चलाने वाला..... अंकिता की बस इतनी सी बात सुनते ही शीला ने कहा कि आप घबराइए मत दीदी, इन्हें आती है कार चलानी, मैं इन्हें अभी भेजती हूँ।

कुछ ही देर में शीला का पति आ गया और वे शर्मा जी को अस्पताल ले गए। शर्मा जी को आपातकालीन कक्ष में भर्ती किया गया। अंकिता ने शीला के पति को धन्यवाद किया। रात लगभग 11:50 पर डॉक्टर ने आकर अंकिता को बताया कि अब शर्मा जी खतरे से बाहर हैं। दो दिन बाद शर्मा जी घर वापिस आ गए।

सुबह जब अंकिता ने उन्हें बताया कि किसी ने भी उसकी मदद नहीं की तो उसने शीला से मदद ली। ये सुनते ही शर्मा जी अत्यंत भावुक और आत्मग्लानि से भर गए। वे अंकिता को बताते हैं कि कुछ दिन पहले शीला ने उनसे पैसे उधार मांगे थे पर उन्होंने उसे पैसे देने से इंकार कर दिया था। ये सुनकर अंकिता ने अत्यंत भावुक होकर कहा कि काश! आप ने उस दिन शीला को पैसे दे दिए होते तो शायद आज शीला का बेटा.....

ये कहकर अंकिता वहाँ से चली गई और शर्मा जी अपनी भूल के कारण आत्मग्लानि में डूब गए।

अमनदीप कौर
एम.ए. द्वितीय वर्ष (हिन्दी)

ईर्ष्या का जाल

सुबोध और किशन दोनों ही गाँव में रहते थे। दोनों दूध बेच कर अपना जीवन यापन करते थे। सुबोध की आमदनी किशन से कम हुआ करती थी और इसके कारण सुबोध अंदर ही अंदर किशन से काफी खार खाता था। हालांकि वैसे दोनों अच्छे मित्र थे परंतु सुबोध को किशन से ईर्ष्या थी। ऐसा नहीं है कि वह शुरू से ही ऐसा था परंतु गाँव के लोगों का दिन भर किशन की बड़ाई करना उसको जमता नहीं था। असल में बात यह थी कि सुबोध छः माह पहले ही गाँव में आया था जबकि किशन गाँव में ही पला बढ़ा था। सालों से उसके पिता गाँव में दूध बेचा करते थे और उनके गुज़र जाने के बाद किशन ने उनके काम को जारी रखा। इसी कारणवश किशन गाँव वालों के लिए अधिक विश्वसनीय था। सुबोध से दूध केवल कुछ नए गाँव वासी ही लिया करते थे। किशन का दूध छोड़ कोई सुबोध का दूध लेता भी क्यों किशन के दूध में कोई कमी भी तो नहीं थी। सुबोध के पास एक ही गाय थी। उसका नाम था बिमला। वहीं किशन को धेनु, लक्ष्मी और गौरी में से गौरी सर्वाधिक प्रिय थी। ऐसा नहीं था कि धेनु और लक्ष्मी से प्रेम नहीं करता था। परंतु गौरी उसके पिता की अंतिम निशानी थी इसलिए वह गौरी से अधिक जुड़ाव महसूस करता था।

हर दिन की तरह उस दिन भी सुबोध बिमला को और किशन अपनी तीनों गायों को चराने ले गया। सुबोध और किशन एक दूसरे को देख मुस्कुराए और एक दूसरे की कुशलता पूछी।

“अरे! यह लक्ष्मी स्वस्थ नहीं लग रही है। तुम अच्छे से ध्यान नहीं दे पा रहे हो क्या? तीन गायों की अकेले देख रेख करना सरल भी तो नहीं।” सुबोध ने कहा।

“ऐसा कुछ नहीं है। मैं इतने वर्षों से देखरेख कर ही रहा हूँ। हम भी तो कभी-कभी बीमार हो ही जाते हैं, इसमें कोई घबराने की बात नहीं है।”, किशन ने उत्तर दिया।

“आज चारा घर ही ले जाते। बीमार है तो आराम कर लेती ना।”

“बाहर आकर थोड़ा अच्छा महसूस करेगी। घर में एक कोने में पड़ी रहेगी तो स्वास्थ्य बिगड़ेगा ही।”

“हाँ सुबोध मैं ध्यान रखूँगा।”

“वैसे आपने कभी गौर किया है कि बिमला और गौरी कैसे सखियों की तरह हमेशा साथ घूमती हैं। आपस में हमारी शिकायत करती होंगी शायद।”

(सुबोध आहिस्ता से हँसता है।)

“हो सकता है प्रसन्नता व्यक्त कर रही हों। वैसे लगाव तो बेहद है आपस में दोनों का।”

इसी तरह बतियाते और गायों को चराते-चराते कुछ समय निकल जाता है। फिर दोनों एक दूसरे से विदा लेकर अपने घर की ओर चल देते हैं।

उस रात लक्ष्मी की मृत्यु हो गई। लक्ष्मी की अकाल मृत्यु से किशन स्तब्ध था। कुछ दिन उसका मन किसी कार्य में ना लगा। परंतु सुबोध ने उसे आश्वासन दिया।

“देखो मैं जानता हूँ कि तुम दुखी हो, परंतु इसका असर काम पर नहीं पड़ना चाहिए। संभालो स्वयं को। और तुम अब गौरी और धेनु को चराने क्यों नहीं आते? दो दिन से मैं घर पर चारा लेकर आता हूँ ताकि बिचारी भूखी ना रह जाएं। यह सही नहीं है।”

हालांकि किशन के दूध ना दे पाने पर सभी गाँव वाले सुबोध से दूध लिया करते थे और इससे उसे काफी लाभ भी हुआ। परंतु उस समय सुबोध को किशन जो कि उसका बहुत अच्छा मित्र था उससे सहानुभुति थी।

अगले दिन किशन ने दोबारा दूध बेचना शुरू किया। लक्ष्मी के ना होने के कारण दूध कम पड़ गया जिसके कारण बाकी गाँव वासियों को सुबोध से दूध लेना पड़ा। सुबोध यह देख प्रसन्न हुआ। उसने सोचा कि वह कितना मूर्ख था जो किशन का भला करते-करते स्वयं अपने पाँव पर कुल्हाड़ी से वार बैठा। फिर कुछ क्षण गहन सोच में रहने के बाद उसके मुख पर दुष्ट सी मुस्कान छा गई।

“बिमला पूरे गाँव के दूध की आवश्यकता पूरी नहीं कर सकती। पिछले दिनों किशन के स्थान पर मैं केवल गौरी और धेनु के कारण ही गाँव वालों को दूध दे पाया। मतलब मुझे कुछ ऐसा करना होगा जिससे गाँव वाले किशन को छोड़ मुझसे दूध लें। परंतु यह कैसे संभव होगा? और तो और सिर्फ बिमला के सहारे तो यह संभव नहीं। मुझे दो और गायों का बंदोबस्त करना होगा।”

इसी तरह खुद से बातें करते-करते वह पुनः गहरी सोच में डूब जाता है।

“किशन को गौरी बेहद प्रिय है। परंतु अगर गौरी ना रहे तो? जब लक्ष्मी के जाने से वह इतना दुखी था तो गौरी से तो उसे इतनी लगाव है कि बिखर जाएगा। फिर धेनु को मैं संभाल लूँगा और दो के बजाय एक ही गाय का बंदोबस्त करना होगा।”

उसे अपनी तरकीब पर गर्व हुआ। कई दफा उसे लगा कि यह गलत है। उसने स्वयं को समझाया भी कि अब तो हम दोनों की आमदनी बराबर है तो यह सब करने की क्या आवश्यकता है? परंतु लालच में उसने अपनी अंतरात्मा की आवाज़ को भी अनसुना कर दिया।

अगले दिन वह ऐसा विष लाया जिसे गौरी को दिए जाने पर वह बीमार होकर मर जाएगी और किसी को पता तक नहीं चलेगा कि यह सब विष के कारण हुआ है।

फिर उसने बिल्कुल वैसा ही किया जैसा उसने सोचा था। किशन से उसकी दबी ईर्ष्या कब लालच में परिवर्तित हुई उसे खुद भी भान नहीं था। गौरी की मृत्यु हो गई। किशन का तो मानो जीवन स्थिर ही हो गया। सुबोध कामयाब हो गया और सब उसी से दूध लेने लगे।

जैसे-जैसे दिन बीतते गए बिमला का स्वास्थ्य बिगड़ने लगा। उसे गौरी से बेहद लगाव था और गौरी की अनुपस्थिति उसे खल रही थी। सुबोध जब उसे चराने ले जाता तो वह कुछ ना खाती बस रास्ते पर नज़र गड़ाए रहती, गौरी की प्रतीक्षा करती रहती। अब सुबोध को भी बिमला के स्वास्थ्य के बिगड़ने का कारण समझ आ गया था।

अंततः बिमला गुज़र गई और सुबोध के पास कुछ शेष ना रहा। सब कुछ पाने के लालच में सुबोध वह भी गंवा बैठा जो उसके पास था। यदि कुछ बचा था तो केवल दुख और पछतावा।

दीर्घा
बी.ए. द्वतीय वर्ष

लॉकडाउन के दौरान

23 मार्च 2020 को भारत सरकार द्वारा पूरे भारत में कुछ दिनों का लॉकडाउन प्रधानमंत्री श्री नरेंद्र मोदी द्वारा घोषित किया गया। इसका लक्ष्य भारत में कोरोना वायरस महामारी को रोकना था। इस लॉकडाउन को कई चरणों में विभाजित किया गया। महामारी से बचने के लिए सामाजिक दूरी बहुत आवश्यक थी। इस समय सारा जन-जीवन ठप्प पड़ गया था। लॉकडाउन के कारण लोग कई जगह फंस गए थे तथा अपने घर नहीं जा पा रहे थे। व्यापारियों को उनके व्यवसायों में हानि हो रही थी। लोगो में भय की स्थिति फैल रही थी। विभिन्न राज्यों से आए मज़दूर अपने घर लौटना चाहते थे परंतु यातायात के सभी संसाधन बंद पड़े थे। लॉकडाउन के दौरान उत्पन्न आर्थिक स्थितियों ने कई लोगो का मनोबल तोड़ दिया। इस प्रकार मानव समाज को अनेको समस्याओं का सामना करना पड़ा। जहाँ मनुष्य जाति इस स्थिति में थी वहीं पर्यावरण में सुधार आ रहे थे। प्रदूषण कम होने के कारण वायु साफ हो गई तथा नदियाँ भी मानवता के लिए अभिशाप सिद्ध होने वाला यह समय प्रकृति के लिए वरदान के समान था। लोगो को बाहर जाने की अनुमति तो नहीं थी परंतु घर में रह कर जो समय लोगो ने अपने परिवार के साथ बिताया वो बहुत खास था। जो काम पहले लोग समय के अभाव के कारण व रोजमर्रा की भाग दौड़ के कारण नहीं कर पा रहे थे वह इस लॉकडाउन के समय किए गए। लोगो ने

अपने स्वास्थ्य, शौक, आदि पर ध्यान दिया। धीरे-धीरे लोगों में जो भय था वो समाप्त होता गया। लोगों ने जो समय उनके पास था उसका उचित उपयोग किया। साथ ही जो लोग इस समय अपने भोजन का प्रबंध नहीं कर पा रहे थे उनकी सहायता भी की चाहे वह घर बैठे धन राशि द्वारा या लोगों को राशन बाटने द्वारा की गई है। मजदूरों तथा अन्य लोग जो अपने घर जाना चाहते थे उनके लिए भारत सरकार व जनता ने मिलकर उनकी सहायता की। यह भारत में लोगों के बीच भाई चारे का एक उत्तम उदाहरण था। लॉकडाउन के कारण जो आर्थिक समस्याएँ उत्पन्न हुईं उनका भारत के लोगों ने डटकर सामना किया व अपनी ओर से जितना हो सके उतना समर्थन सरकार को दिया। लॉकडाउन के दौरान एक सबसे बड़ी पद्धति शिक्षा संस्थानों के सामने आ खड़ी हुई परंतु उन्होंने भी ऑनलाईन शिक्षा पद्धति के द्वारा इसका समाधान निकाल लिया। कुछ समय पश्चात् त्योहारों के समय जब बाज़ार कुछ समय के लिए खुले तो व्यापारी वर्ग को इससे काफी मुनाफा हुआ तथा उनकी सारी क्षतिपूर्ति हो गई। इस लॉकडाउन के अच्छे व दुष्परिणाम दोनों ही देखने को मिलने हैं। परंतु वर्तमान स्थिति में जो भी समस्याएँ इसके कारण उत्पन्न हुई थीं वे समाप्त होती जा रही हैं। मनुष्य जन-जीवन फिर से पटरी पर आ गया है। पर्यावरण पर इसके प्रभाव से अंत में मनुष्यों को ही इसका लाभ पहुँचा है। उनके लिए शुद्ध जलवायु मौजूद है। भूमंडलीय ऊष्मीकरण पर भी इसका अच्छा प्रभाव पड़ा है।

अतः लॉकडाउन के दौरान सबको लाभ-हानि, सुख-दुःख आदि का सामना करना पड़ा। लोगो ने अपने जीवन में कई सबक सीखे। लोगो की राष्ट्रप्रेम की भावना भी नजर आई। लोग अपने व अपनों के जीवन का महत्व भी समझ गए। जो समय लोगो को मिला उसने कई लोगो का जीवन बदल दिया क्योंकि इस समय वे अपने जीवन के बारे में अच्छे/ढंग से विचार कर पाए।

धावनिका

बी.ए. तृतीय वर्ष

पर्यावरण संरक्षण

हमारी धरती पानी, हवा और भूमि तीनों संपदाओं से भरी-पूरी है। धरती में जीवन भी है— पौधों, पशुओं और मनुष्यों का जीवन। हम सभी जीने के लिए पानी, हवा और भूमि पर निर्भर हैं। इसीलिए यह ज़रूरी है कि हम धरती को बचाएं और इसमें पाई जाने वाली चीज़ों को भी। पेड़-पौधे, जीव-जन्तु मनुष्य एक-दूसरे के साथ रहते हुए जिस वातावरण में जीते हैं उसे पर्यावरण कहते हैं। मनुष्य ही एक ऐसा प्राणी है जिसकी ज़रूरतें, जिसका रहन-सहन पर्यावरण में बदलाव लाता है। उसका संतुलन जब हिल जाता है— हवा, पानी, भूमि सब पर बुरा प्रभाव पड़ता है। हवा धुओं और ज़हरीला गैसों से भर जाती है। पानी बीमारियों का घर बन जाता है। भूमि कम से कम होती जाती है। उपजाऊ मिट्टी बह जाती है, ज़मीन खिसक जाती है, पृथ्वी गर्म हो जाती है। इन सब समस्याओं के लिए हम सब ज़िम्मेवार हैं। हम सब को मिलकर खुद से यह पूछना चाहिए कि क्या जहाँ हम रहते हैं उसे हम पूरी तरह जानते हैं? हमारी इस्तेमाल की चीज़े कहाँ से आती हैं? धरती पर पाये जाने वाले अन्य प्राणियों के साथ हमारा क्या संबंध है? एक मनुष्य के रूप में हमारी ज़िम्मेवारी और हमारा उद्देश्य क्या है? मान लीजिए, पहाड़ पर रहने वाला एक आदमी पेड़ काटता है क्योंकि उसे रसोई के लिए ईंधन चाहिए। वह यह सोचता है कि उसका यह छोटा सा काम किसी को नुकसान नहीं पहुंचाएगा। उस स्थान के दूसरे आदमी भी यही सोचकर एक-एक पेड़ काट डालते हैं। देखते ही देखते एक पूरा जंगल खत्म हो जाता है। और जब पहाड़ पर कोई जंगल खत्म होता है तो जानते हैं क्या होता है नीचे आने वाले बहाव को थामने के लिए कोई पेड़ नहीं रह जाता। बहता पानी अपने साथ ऊपरी उपजाऊ मिट्टी बहा ले जाता है। नदी के साथ बहते-बहते यह मिट्टी बांधों के पास इकट्ठी होती जाती है। बांधों की ऊँचाई में कमी आ जाती है जिससे आगे चलकर बिजली का उत्पादन भी कम हो जाता है। यही नहीं पेड़ कटने से पानी नहीं रुक पाता और बहकर नदियों में आ जाता है। लबालब भरी हुई नदी बाढ़ का

रूप धारण कर लेती है। बहता हुआ पानी रोकने के लिए जब पेड़ों की जड़ें नहीं होतीं तो वह धरती के अंदर तक नहीं पहुंचता जिससे कुएँ, झील, तालाब सूख जाते हैं और गर्मियों में पानी की ज़बरदस्त किल्लत रहती है। जानवरों के द्वारा ज्यादा से ज्यादा चरा जाना भी मिट्टी को ढीला कर देता है। इसलिए पेड़ काटना एक सामाजिक बुराई है। हमें अधिक से अधिक पेड़ लगाने चाहिए, बारी-बारी से फसल उगानी चाहिए, ढलवा स्थानों पर सीढ़ीदार खेती करनी चाहिए और खाली स्थानों पर घास भी लगा देनी चाहिए। जैन मुनि महावीर जी ने कहा है, “जंगल सभी को सुरक्षा देता है, यहां तक कि उस लकड़हारे को भी देता है जोड़ उसे से काटता है।” जंगल पशुओं और पक्षियों के लिए घर का काम करता है।

गांव के तालाबों में न केवल लोग खुद स्नान करते हैं बल्कि वे अपने मवेशियों को भी वहीं नहलाते हैं, अपने कपड़े भी वही धोते हैं, अपने मल-मूत्र से भी उसे दूषित करते हैं। नदियों में भी इसी तरह मिलों, फैक्ट्रियों का रसायनिक पदार्थ आकर मिल जाता है। लाश बहाने, राख डालने, मूर्तियाँ बहाने से पानी के ये स्रोत प्रदूषित हो जाते हैं जिससे भयंकर बीमारियाँ उत्पन्न होती हैं। हमें इन चीज़ों पर रोक लगानी चाहिए। फैक्ट्रियों के निकास की सही व्यवस्था करनी चाहिए व तालाबों, नदियों के पानी का भी उचित ढंग से उपयोग करना चाहिए।

जैसे-जैसे जनसंख्या बढ़ रही है, उसकी इच्छाएँ बढ़ रही हैं। निजी वाहनों की आवाजाही बढ़ रही है। पेट्रोल की खपत बढ़ रही है, इंजनों का धुआँ बढ़ रहा है। सांस लेने के लिए स्वच्छ हवा घटती जा रही है। बची खुची हवा पर मिलों और फैक्ट्रियों से रिसती जहरीली गैसों व धुओं का प्रकोप है। हमें निजी वाहनों की जगह सार्वजनिक वाहनों का इस्तेमाल करना चाहिए। हो सके तो पास की दूरी पैदल चलकर या साइकिल से तय करनी चाहिए। इससे हम चुस्त दुरुस्त और फुर्तीले रहेंगे। पेट्रोल की जगह सी एन.जी का इस्तेमाल भी उचित है। यदि अपना वाहन रखना ही पड़ जाए तो उसका इंजन पूरी तरह दुरुस्त होना चाहिए व टायरों में हवा का दाब भी सही-सही होना चाहिए। अपने इस्तेमाल किए हुए तेल, पुरानी बैट्रियों एवं बेकार हो गए टायरों को गेराज में भेजें ताकि उनका पुनः इस्तेमाल हो सके। और भी छोटी-छोटी बातें हैं जिनको लेकर सावधान रहने से हम प्रकृति को कायम रख सकते हैं। अगर आप प्रकृति के बारे में सोचेंगे तो वह भी आपके लिए सोचेगी। सिर्फ सोचेगी ही नहीं, आपको धन्यवाद भी देगी।

अखिलेश

एम.ए. प्रथम वर्ष (हिन्दी)

ਮਾਂ ਬੋਲੀ

ਸਮੇਂ ਦੀ ਹਨੇਰੀ ਵਿੱਚ ਝੁਲਣਾ ਨਹੀਂ,
ਮਾਂ ਬੋਲੀ ਪੰਜਾਬੀ ਸਾਡੀ,
ਅਸੀਂ ਇਹਨੂੰ ਭੁੱਲਣਾ ਨਹੀਂ।

ਪੰਜਾਬੀ

ਸੰਪਾਦਕੀ

ਪਵਣੁ ਗੁਰੂ ਪਾਣੀ ਪਿਤਾ ਮਾਤਾ ਧਰਤਿ ਮਹਤੁ।।
ਦਿਵਸੁ ਰਾਤਿ ਦੁਇ ਦਾਈ ਦਾਇਆ ਖੇਲੈ ਸਗਲ
ਜਗਤੁ।।

ਮਨੁੱਖ ਤੇ ਪ੍ਰਕ੍ਰਿਤੀ ਦਾ ਬੜਾ ਨੇੜੇ ਦਾ ਸੰਬੰਧ ਹੈ। ਜਿਸ ਦਾ ਆਨੰਦਮਈ ਝੂਟਾ ਮਨ ਨੂੰ ਉਤਸ਼ਾਹ ਤੇ ਹੁਲਾਸ ਨਾਲ ਭਰ ਦਿੰਦਾ ਹੈ। ਜਿਸ ਦੀ ਗੋਦ ਵਿਚ ਬੈਠ ਕੇ ਮਨੁੱਖ ਸਾਰੇ ਦੁਨਿਆਵੀ ਦੁੱਖਾਂ ਦਰਦਾਂ ਨੂੰ ਭੁੱਲ ਜਾਂਦਾ ਹੈ। ਇਸੇ ਲਈ ਪੰਜਾਬੀ ਕਵੀ ਪੂਰਨ ਸਿੰਘ ਜਦ ਕੁਦਰਤੀ ਦ੍ਰਿਸ਼ਾਂ ਦਾ ਵਰਨਣ ਕਰਦਾ ਹੈ ਤਾਂ ਕੁਦਰਤ ਦੇ ਹਰ ਰੰਗ, ਰੂਪ ਤੇ ਅਕਾਰ ਵਿਚ ਮਸਤ ਹੋ ਜਾਂਦਾ ਹੈ। ਕੁਦਰਤੀ ਨਜ਼ਾਰਿਆਂ ਦੇ ਸੁੰਦਰ ਵਹਿਣ ਵਿਚ ਵਹਿ ਜਾਂਦਾ ਹੈ। ਇਹ ਇਸੇ ਲਈ ਹੈ ਕਿਉਂਕਿ ਅਚੇਤ ਰੂਪ ਵਿਚ ਹੀ ਕਵੀ ਪੂਰਨ ਸਿੰਘ ਨੂੰ ਅਣਬੋਲ ਕੁਦਰਤ ਦੀ ਗੋਦ ਵਿਚ ਅਗੰਮੀ ਸੁਆਦ ਦਾ ਅਨੁਭਵ ਹੁੰਦਾ ਹੈ। ਇਸ ਅਗੰਮੀ ਸਰੂਰ ਵਿਚ ਡੁੱਬਿਆ ਕਵੀ ਪੰਜਾਬ ਨੂੰ ਅਸੀਸ ਦਿੰਦਾ ਹੈ:

ਜੀਣ ਤੇਰੇ ਪਿੱਪਲ ਤੇ ਅੰਬ ਪਿਆਰੇ,
ਜੀਣ ਤੇਰੀਆਂ ਸਦਾ ਸਾਵੀਆਂ ਬੋਹੜਾਂ,
ਜੀਣ ਤੇਰੇ ਤੂਤ ਸਹਿਤੂਤ ਸਾਰੇ,
ਜੀਣ ਤੇਰੀਆਂ ਬੇਰੀਆਂ,
ਫਲਾਈਆਂ ਜੀਣ, ਕਿੱਕਰ ਜੀਣ, ਜੀਣ ਤੇਰੇ ਝਾੜ ਤੇ
ਝਾੜੀਆਂ।
ਮਿੱਠੇ ਮਿੱਠੇ ਬੇਰ ਤੇਰੇ,
ਮਿੱਠੇ ਤੇਰੇ ਚਸ਼ਮਿਆਂ ਦੇ ਹੀਰੇ ਡਲੁਕਦੇ ਪਾਣੀ।

ਪਰ ਅੱਜ ਡਲੁਕਾਂ ਮਾਰਦੇ ਚਸ਼ਮੇ ਤਾਂ ਇਕ ਪਾਸੇ, ਵੱਡੇ ਵੱਡੇ ਦਰਿਆ ਮਾਰੂਥਲ ਬਣਦੇ ਜਾ ਰਹੇ ਹਨ। ਪੰਜ ਦਰਿਆਵਾਂ ਦੀ ਧਰਤੀ ਬੁੰਦ ਬੁੰਦ ਪਾਣੀ ਦੇ ਲਈ ਮੁਹਤਾਜ ਹੁੰਦੀ ਜਾ ਰਹੀ ਹੈ। ਨਰਿੰਦਰ ਸਿੰਘ ਕਪੂਰ ਦੇ ਕਹਿਣ ਅਨੁਸਾਰ, “ਸਾਡੇ ਦਰਿਆਵਾਂ ਵਿਚ ਉਦਾਸ ਅੱਖਾਂ ਦੇ ਹੰਝੂਆਂ ਜਿੰਨਾ ਪਾਣੀ ਰਹਿ ਗਿਆ ਹੈ। ਹੁਣ ਜਦੋਂ ਕਿਸੇ ਦਰਿਆ ਉਤੋਂ ਗੱਡੀ ਲੰਘਦੀ ਹੈ ਤਾਂ ਵਗਦੇ ਪਿਤਾ-ਪਾਣੀਆਂ ਦੇ ਦੀਦਾਰ ਨਹੀਂ ਹੁੰਦੇ। ਰੇਤ ਦੇ ਇਕ ਵਿਸ਼ਾਲ ਭਿਆਨਕ ਮਾਰੂਥਲ ਵਿਚ ਵਗਦੇ ਪਾਣੀ ਦੀ ਕੁਰਲਾਉਂਦੀ ਇਕ ਲੀਕ ਹੀ ਵਿਖਾਈ ਦਿੰਦੀ ਹੈ।”

ਅੱਜ ਦੇ ਮਨੁੱਖ ਨੇ ਆਪਣੇ ਗਰਜ਼ੀ ਮੁਨਾਫ਼ਿਆਂ ਦੀ ਦੌੜ, ਸੁੱਖ ਅਰਾਮ, ਸਵਾਰਥ, ਕੁਦਰਤੀ ਸੋਮਿਆਂ ਵਿਚ ਬੇਕਿਰਕ ਦਖਲਅੰਦਾਜ਼ੀ ਤੇ ਕੁਦਰਤੀ ਸਮਤੋਲ ਦੇ ਵਿਗਾੜ ਪੈਦਾ ਕਰ ਸਾਰਾ ਵਾਤਾਵਰਣ ਹੀ ਗੰਧਲਾ ਕਰਕੇ ਰੱਖ ਦਿੱਤਾ ਹੈ। ਧਰਤੀ ਦੁੱਖਾਂ ਤੇ ਰੋਗਾਂ ਦਾ ਘਰ ਬਣ ਕੇ ਰਹਿ ਗਈ ਹੈ। ਇਸੇ ਸਦਕਾ ਅੱਜ ਸਾਨੂੰ ਬਹੁਤ ਸਾਰੀਆਂ ਕੁਦਰਤੀ ਕਰੋਪੀਆਂ ਦਾ ਸਾਹਮਣਾ ਵੀ ਕਰਨਾ ਪੈ ਰਿਹਾ ਹੈ। ਪਿਛਲੇ ਸਾਲ ਤੋਂ ਕਰੋਨਾ ਮਹਾਂਮਾਰੀ ਦਾ ਘਾਤਕ ਹਮਲਾ ਇਸੇ ਗੱਲ ਦੀ ਗਵਾਹੀ ਭਰਦਾ ਹੈ। ਜਿਸ ਨੇ ਚੁੱਪ ਚੁਪੀਤੇ ਪੂਰੇ ਵਿਸ਼ਵ ਨੂੰ ਆਪਣੀ ਲਪੇਟ ਵਿਚ ਲੈਂਦਿਆਂ ਹਾਸ਼ੀਏ 'ਤੇ ਧੱਕ ਦਿੱਤਾ ਹੈ। ਕਰੋਨਾ ਰੂਪੀ ਬਟਨ ਦੇ ਦਬਾਇਆਂ ਹੀ ਮਾਨਵ ਦੀ ਤੇਜ਼ ਰਫ਼ਤਾਰ ਜ਼ਿੰਦਗੀ ਨੂੰ ਇਕ ਝਟਕੇ ਨਾਲ ਰੋਕ ਉਸ ਅੱਗੇ ਸਪੀਡ ਬਰੇਕਰ ਲਗਾ ਦਿਤੇ ਹਨ। ਜਿਸ ਦੀ ਮਾਰ ਇਥੇ ਹੀ ਖ਼ਤਮ ਨਹੀਂ ਹੁੰਦੀ ਸਗੋਂ ਇਸ ਦਾ ਖ਼ਦਸ਼ਾ ਲੰਮੇ ਸਮੇਂ ਤੱਕ ਬਣੇ ਰਹਿਣ ਦੇ ਕਿਆਸ ਵੀ ਲਗਾਏ ਜਾ ਰਹੇ ਹਨ। ਜੈਵਿਕ

ਬੰਬਾਂ ਨੂੰ ਬਣਾਉਣ ਵਾਲਾ ਮਨੁੱਖ ਆਪ ਹੀ ਉਸ ਦੀ ਕਸੂਤੀ ਚਾਲ ਵਿਚ ਫਸ ਕੇ ਰਹਿ ਗਿਆ ਹੈ।

ਇਹ ਸੰਤਾਪ ਇਥੇ ਹੀ ਖ਼ਤਮ ਹੁੰਦਾ ਨਜ਼ਰ ਨਹੀਂ ਆਉਂਦਾ ਕਿਉਂਕਿ ਜੇਕਰ ਅਸੀਂ ਅਜੇ ਵੀ ਨਾ ਸੰਭਲੇ ਤੇ ਇਸ ਦਿਸ਼ਾ ਵੱਲ ਕੋਈ ਕਾਰਗਾਰ ਕਦਮ ਨਾ ਚੁੱਕੇ ਤਾਂ ਉਹ ਦਿਨ ਦੂਰ ਨਹੀਂ ਜਦੋਂ ਕਰੋੜਾਂ ਸਾਲਾਂ ਵਿਚ ਵਿਕਸਤ ਹੋਈ ਸੱਭਿਅਤਾ ਕੁਝ ਸਾਲਾਂ ਵਿਚ ਹੀ ਖ਼ਤਮ ਹੋ ਜਾਵੇਗੀ ਤੇ ਪਛਤਾਉਣ ਤੋਂ ਇਲਾਵਾ ਕੁਝ ਵੀ ਹੱਥ ਨਹੀਂ ਲੱਗੇਗਾ।

ਪਰ ਇਹਨਾਂ ਔਖੇ ਸਮਿਆਂ ਵਿਚ ਇਕ ਭਰੋਸਾ ਜ਼ਰੂਰ ਬਣਿਆ ਹੋਇਆ ਹੈ ਕਿ ਮਨੁੱਖ ਇਸ ਤੋਂ ਸਬਕ ਜ਼ਰੂਰ ਲਵੇਗਾ।

ਇਥੇ ਆਸ ਤੇ ਭਰੋਸੇ ਦੀ ਇਕ ਕਿਰਨ ਨਵੀਆਂ ਪੁੰਗਰਦੀਆਂ ਕਲਮਾਂ ਤੋਂ ਵੀ ਬੱਝਦੀ ਹੈ।

ਸ਼ਾਲਾ ! ਇਹ ਕਲਮਾਂ ਦਾ ਕਾਫ਼ਲਾ ਨਿਰੰਤਰ ਪ੍ਰਵਾਹਮਾਨ ਰਹੇ।
ਪ੍ਰਕ੍ਰਿਤੀ ਨਾਲ ਖ਼ਿਲਵਾੜ ਕਰਨ ਵਾਲਿਓ,
ਅਕਲਾਂ ਨੂੰ ਜ਼ਰਾ ਹੱਥ ਮਾਰੀਏ।
ਪਵਣੂ ਗੁਰੂ ਤੇ ਪਾਣੀ ਪਿਤਾ ਦਾ,
ਮਨ ਅੰਦਰ ਮੰਤਰ ਵਸਾਈਏ।

ਡਾ. ਮਿਨਾਕਸ਼ੀ ਰਾਠੌਰ
ਮੁਖੀ, ਪੰਜਾਬੀ ਵਿਭਾਗ

ਸਲੀਕਾ

ਇਸ ਮੰਚ ਰੂਪੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਹਰ ਪ੍ਰਾਣੀ ਭਾਵੇਂ ਉਹ ਕੋਈ ਮਨੁੱਖ ਹੋਵੇ ਜਾਂ ਜਾਨਵਰ, ਸਾਰਿਆਂ ਦੀ ਪਹਿਚਾਣ ਉਹਨਾਂ ਦੇ ਵੱਖੋ-ਵੱਖਰੇ ਸਲੀਕਿਆਂ ਸਦਕਾ ਹੀ ਹੁੰਦੀ ਹੈ। ‘ਵਾਦਫ਼ੀਆਂ ਸਜਾਦਫ਼ੀਆਂ ਨਿਭਣ ਸਿਰਾਂ ਦੇ ਨਾਲ’ ਪੰਜਾਬੀ ਦੀ ਇਕ ਪ੍ਰਸਿੱਧ ਅਖਾਣ ਹੈ। ਇਸ ਦਾ ਭਾਵ ਹੈ ਕਿ ਮਨੁੱਖ ਦੀਆਂ ਆਦਤਾਂ ਉਸ ਦੇ ਮਰਨ ਤਕ ਉਸ ਦੇ ਨਾਲ ਹੀ ਜਾਂਦੀਆਂ ਹਨ। ਇਸੇ ਭਾਵ ਨੂੰ ਦ੍ਰਿੜ ਕਰਦੇ ਹੋਏ ਹੀ ਵਾਰਸ ਸ਼ਾਹ ਵਰਗੇ ਅਨੁਭਵੀ ਕਵੀ ਨੇ ਲਿਖਿਆ ਹੈ, ‘ਵਾਰਸ ਸ਼ਾਹ ਨਾ ਆਦਤਾਂ ਜਾਂਦੀਆਂ ਨੇ, ਭਾਵੇਂ ਕੱਟੀਏ ਪੋਰੀਆਂ ਪੋਰੀਆਂ ਜੀ।’ ਅਨੇਕਾਂ ਵਿਚਾਰਵਾਨਾਂ ਨੇ ਇਹ ਸਿੱਧ ਕੀਤਾ ਹੈ ਕਿ ਜਦੋਂ ਅਸੀਂ ਕੋਈ ਕੰਮ ਵਾਰ-ਵਾਰ ਕਰਦੇ ਹਾਂ ਤਾਂ ਇਹ ਪੱਕੇ ਹੋਏ ਅਨੁਭਵ ਜਾਂ ਸੰਸਕਾਰ ਆਪਸ ਵਿਚ ਮਿਲ ਜਾਂਦੇ ਹਨ ਤੇ ਸਾਡਾ ਸੁਭਾ ਬਣ ਜਾਂਦੇ ਹਨ। ਕੰਮ ਭਾਵੇਂ ਇਕ ਹੀ ਹੋਵੇ ਪਰ ਉਸ ਨੂੰ ਕਰਨ ਦਾ ਸਲੀਕਾ ਸਭ ਦਾ ਵੱਖਰਾ ਹੁੰਦਾ ਹੈ। ਕਿਹੜੀ ਗੱਲ ਕਿੱਥੇ ਤੇ ਕਿਸ ਤਰ੍ਹਾਂ ਕਰਨੀ ਹੈ ਜੇਕਰ ਇਹ ਸਲੀਕਾ ਕਿਸੇ ਨੂੰ ਹੋਵੇ ਤਾਂ ਉਸ ਦੀ ਹਰ ਗੱਲ ਬੜੇ ਗੌਰ ਨਾਲ ਸੁਣੀ ਜਾਂਦੀ ਹੈ।

ਚੁੱਪ ਰਹਿਣ ਵਿਚ ਤਾਂ ਸਾਰੇ ਕਾਮਯਾਬ ਹੋ ਹੀ ਜਾਂਦੇ ਨੇ ਬਖ਼ੂਬੀ
ਪਰ ਸਲੀਕਾ ਸਾਨੂੰ ਬੋਲਣ ਦਾ ਵੀ ਆਉਣਾ ਚਾਹੀਦਾ
ਜੇ ਨਾ ਹੋਵੇ ਸਲੀਕਾ ਸਾਨੂੰ ਕਿਤੇ ਪੇਸ਼ ਆਉਣ ਦਾ
ਤਾਂ ਉਥੇ ਸਾਨੂੰ ਚੁੱਪ ਹੀ ਰਹਿਣਾ ਚਾਹੀਦਾ।

ਜੇਕਰ ਸਾਨੂੰ ਸਲੀਕਾ ਹੋਵੇ ਜਿਉਣ ਦਾ ਤਾਂ ਮਾੜੇ ਤੋਂ ਮਾੜੇ ਹਾਲਾਤ ਵੀ ਸਾਥੋਂ ਮੂੰਹ ਮੋੜ ਲੈਂਦੇ ਹਨ। ਇਸ ਲਈ ਸਾਨੂੰ ਹਰ ਥਾਂ ਤੇ ਚੰਗੇ ਸਲੀਕੇ ਨਾਲ ਪੇਸ਼ ਆਉਣਾ ਚਾਹੀਦਾ ਹੈ ਕਿਉਂਕਿ ਸਲੀਕੇ ਸਦਕਾ ਹੀ ਸਾਡੀ ਚੰਗੀ ਜਾਂ ਮਾੜੀ ਸ਼ਖ਼ਸੀਅਤ ਬਣਦੀ ਹੈ। ਹਰ ਆਦਮੀ ਦੇ ਬੋਲਣ, ਤੁਰਨ-ਫਿਰਨ, ਦੇਖਣ ਤੇ ਕਾਰਜ ਕਰਨ ਦਾ ਸੁਭਾ ਪੱਕਾ ਹੋਇਆ ਹੁੰਦਾ ਹੈ। ਸਾਡੇ ਸੁਭਾ ਦੀ ਉਸਾਰੀ ਕਰਨ ਵਾਲੀਆਂ ਆਦਤਾਂ ਇੰਨੀਆਂ ਬਲਵਾਨ ਹੋ ਜਾਂਦੀਆਂ ਹਨ ਕਿ ਇਹਨਾਂ ਸਾਹਮਣੇ ਮਨੁੱਖ ਦੀ ਬੁੱਧੀ, ਵਿਚਾਰ ਤੇ ਸਿਆਣਪ ਦੀ ਵੀ ਕੋਈ ਪੇਸ਼ ਨਹੀਂ ਜਾਂਦੀ ਅਰਥਾਤ ਸਾਡੀਆਂ ਪੱਕੀਆਂ ਹੋਈਆਂ ਆਦਤਾਂ ਸਾਹਮਣੇ ਸਾਡੀ ਬੁੱਧੀ ਤੇ ਸਿਆਣਪ ਵੀ ਕੰਮ ਕਰਨਾ ਬੰਦ ਕਰ ਦਿੰਦੀ ਹੈ। ਸਾਡਾ ਪੇਸ਼ ਆਉਣ ਦਾ ਸਲੀਕਾ, ਸਾਡੇ ਕੰਮ ਕਰਨ ਦਾ ਸਲੀਕਾ ਤੇ ਸਾਡੀਆਂ ਬਲਵਾਨ ਹੋ ਚੁੱਕੀਆਂ ਆਦਤਾਂ ਮਨੁੱਖ ਨੂੰ ਪੂਰੀ ਤਰ੍ਹਾਂ ਆਪਣਾ ਗੁਲਾਮ ਬਣਾ ਕੇ ਉਸ ਨੂੰ ਮਦਾਰੀ ਵਾਂਗ ਨਚਾਉਂਦੀਆਂ ਹਨ ਤੇ ਬਦੇ-ਬਦੀ ਆਪਣੀ ਚੁੰਗਲ ਵਿਚ ਫਸਾ ਕੇ ਉਸਨੂੰ ਬੁਰਾਈ ਵਲ ਲਿਜਾਂਦੀਆਂ ਹਨ। ਮਨੁੱਖ ਇਹਨਾਂ ਸਾਹਮਣੇ ਪੂਰੀ ਤਰ੍ਹਾਂ ਬੇਵੱਸ ਹੁੰਦਾ ਹੈ। ਕਿਸੇ ਨੇ ਠੀਕ ਹੀ ਕਿਹਾ ਹੈ ਕਿ ਸਰੀਰਕ ਰੋਗ ਤਾਂ ਢੁੱਕਵੀਂ ਦਵਾ-ਦਾਰੂ ਕਰਨ ਨਾਲ ਠੀਕ ਹੋ ਜਾਂਦੇ ਹਨ ਪਰ ਮਾੜਾ ਸਲੀਕਾ ਮਨੁੱਖ ਦੇ ਜੀਉਂਦੇ ਜੀ ਉਸ ਦਾ ਪਿੱਛਾ ਨਹੀਂ ਛੱਡਦਾ। ਸਾਨੂੰ ਆਪਣੇ ਹਰ ਚੀਜ਼ ਦੇ ਸਲੀਕੇ ਉੱਤੇ ਧਿਆਨ ਦੇਣਾ ਚਾਹੀਦਾ ਹੈ, ਤਾਂ ਹੀ ਅਸੀਂ ਆਪਣੀ ਅਤੇ ਭਵਿੱਖ ਵਿਚ ਸਮਾਜ, ਕੌਮ ਤੇ ਦੇਸ਼ ਦੇ ਉਸਰਦੀਏ ਬੱਚਿਆਂ ਦੀ ਪੂਰਨ ਸ਼ਖ਼ਸੀਅਤ ਦੀ ਉਸਾਰੀ ਕਰ ਸਕਾਂਗੇ।

ਕਿਸੇ ਨੂੰ ਜਿੱਤਣ ਲਈ,
ਪਹਿਲਾਂ ਉਸ ਦੇ ਦਿਲ ਨੂੰ ਜਿੱਤਣਾ ਪੈਣਾ ਹੈ।
ਤੇ ਜਿੱਤਣ ਲਈ ਉਹਦੇ ਦਿਲ ਨੂੰ,
ਤੁਹਾਨੂੰ ਸਲੀਕੇ ਨਾਲ ਪੇਸ਼ ਆਉਣਾ ਪੈਣਾ ਹੈ।

ਕਾਜਲ
ਬੀ.ਏ.ਭਾਗ ਤੀਜਾ

ਹੌਸਲਿਆਂ ਦੀ ਉਡਾਣ

ਬੜੀ ਦੂਰ ਤੀਕ ਸਫ਼ਰ ਚਲਦੇ ਰਹਿਣੇ,
ਥੱਕੇ ਹਾਰੇ ਨੂੰ ਵੀ ਅੰਬਰੀ ਉਡਣ ਦੀ ਆਸ ਹੋਵੇ।
ਵਿਰਲੇ ਵਿਰਲੇ ਨਿਸ਼ਾਨ ਪਏ ਨੇ ਕੱਕੇ ਰੇਤੇ,
ਜ਼ਿੰਦਗੀ ਦੇ ਹਰ ਪੰਨੇ ਹੌਸਲਿਆਂ ਦੀ ਉਡਾਣ ਹੋਵੇ।
ਚਿੜੀਆਂ ਦੀਆਂ ਡਾਰਾਂ ਨੇ ਵੀ ਗੀਤ ਸੁਣਾ ਦਿੱਤੇ,
ਮੁਕਦੇ ਸਾਹਾਂ ਨੂੰ ਵੀ ਜੀਣ ਦੀ ਆਸ ਹੋਵੇ।
ਉੱਚੇ ਮਹਿਲ ਮੁਨਾਰਿਆਂ ਦੀ ਭਾਵੇਂ ਉਡੀਕ,
ਪਰ ਟੁੱਟਦੀਆਂ ਛੱਤਾਂ ਨਾਲ ਵੀ ਹੌਸਲਿਆਂ ਦੀ ਉਡਾਣ ਹੋਵੇ।
ਫੁੱਲਾਂ ਨੇ ਭਾਵੇਂ ਸਿਰ ਸੁੱਟ ਦਿੱਤੇ ਲੱਗਦਾ,
ਉਡਦੀ ਤਿਤਲੀ ਨੂੰ ਖੁਸ਼ਬੂ ਦੀ ਆਸ ਹੋਵੇ।

ਵਗਦੀ ਹਵਾ ਨੇ ਭਾਵੇਂ ਰੁੱਖ ਨੇ ਬਦਲ ਦਿੱਤੇ,
ਪਰ ਹਰ ਦਿਲ ਵਿਚ ਹੌਸਲਿਆਂ ਦੀ ਉਡਾਣ ਹੋਵੇ।
ਥੱਕੀਆਂ ਦੇਹਾਂ ਵਿਚ ਬੜਾ ਕੁਝ ਬਾਕੀ ਹੈ,
ਤੁਰਦੇ ਪੈਰਾਂ ਨੂੰ ਵੀ ਮੰਜ਼ਿਲਾਂ ਦੀ ਆਸ ਹੋਵੇ।
ਹਰ ਵੇਲੇ ਭਾਵੇਂ ਸੁਪਨੇ ਵੇਖੀ ਹਾਂ ਜਾਂਦੇ,
ਪਰ ਸੁਪਨੇ ਵਿਚ ਵੀ ਹੌਸਲਿਆਂ ਦੀ ਉਡਾਣ ਹੋਵੇ।
ਸੁਪਨੇ ਵਿਚ ਵੀ ਹੌਸਲਿਆਂ ਦੀ ਉਡਾਣ ਹੋਵੇ।

ਰੀਨਾ ਸਰਾਂ
ਬੀ.ਏ. ਭਾਗ ਦੂਜਾ

ਰੁੱਖ ਤੇ ਮਨੁੱਖ

ਹਰੀ ਭਰੀ ਹਰਿਆਲੀ ਹੋਵੇ,
ਫਲ-ਫੁੱਲ ਇਸ ਦੇ ਮਿੱਠੇ ਮੇਵੇ,
ਸਿਖਰ ਦੁਪਹਿਰੇ ਠੰਡੀ ਛਾਂ,
ਚੰਗੀ ਇਸ ਤੋਂ ਕਿਹੜੀ ਥਾਂ?
ਰੁੱਖ ਹਵਾ ਦਾ ਸਿਰਜਣ ਹਾਰ
ਕਿਉਂ ਸਮਝੋ ਇਸ ਨੂੰ ਬੇਕਾਰ,
ਰੁੱਖ ਮਰਦੇ ਤਾਂ ਮਰਦੇ ਜੰਗਲ,
ਰੁੱਖ ਬਿਨਾ ਕੀ ਕਰਦੇ ਜੰਗਲ?
ਰੁੱਖ ਤਾਂ ਸਾਡੇ ਭੈਣ-ਭਰਾ,

ਸਾਡੇ ਦਿਲ ਤੇ ਸਾਡੇ ਸ਼ਾਹ,
ਸਾਉਣ ਮਹੀਨੇ ਪੀਂਘਾਂ ਪਾਈਏ,
ਰੁੱਖਾਂ ਹੇਠਾਂ ਨੱਚੀਏ ਗਾਈਏ।
ਰੁੱਖਾਂ ਦੇ ਤਾਂ ਸੌ-ਸੌ ਸੁੱਖ,
ਰੁੱਖਾਂ ਦਾ ਏ ਕਾਹਦਾ ਦੁੱਖ?
ਹੇ ਮਨੁੱਖ, ਵੱਢੀ ਨਾ ਇਹ ਰੁੱਖ।

ਦੀਕਸ਼ਾ ਜ਼ਖਮੀ
ਬੀ.ਐੱਸ.ਸੀ. ਭਾਗ ਪਹਿਲਾ (ਨਾਨ ਮੈਡੀਕਲ)

ਹਾਸਿਆਂ ਦੇ ਮੋਤੀ

ਰਿਸ਼ਮਾਂ ਨੂੰ ਚੜ੍ਹਿਆ ਜੋ ਜੋਬਨ ਸਾਉਣ ਦੇ ਮਹੀਨੇ,
ਪੰਛੀ ਹੋਏ ਮਤਵਾਲੇ, ਮੋਰ ਬਣ ਗਏ ਨਗੀਨੇ,
ਪਾਣੀਆਂ ਦੇ ਮੋਤੀ ਛੰਮ ਛੰਮ ਜਦੋਂ ਵਰਦੇ,
ਟੀਸੀ ਵਾਲੇ ਬੇਰ ਵੇਖ ਸਜਦਾ ਨੇ ਕਰਦੇ....।
ਅੰਬਰਾਂ ਨੂੰ ਰੰਗ ਕਾਸ਼ਨੀ ਪਿਆ ਜੱਚਦਾ,
ਧਰਤ ਦਾ ਚਹਿਰਾ ਨਾਲ ਫਸਲਾਂ ਦੇ ਸੱਜਦਾ,
ਹਰੇ ਹਰੇ ਪੱਤੇ ਹੁਲਾਰੇ ਜਦੋਂ ਖਾਂਦੇ,
ਇੰਝ ਜਾਪੇ ਜਿਵੇਂ ਮੌਸਮਾਂ ਦੇ ਪਿੱਛੇ ਪਿੱਛੇ ਜਾਂਦੇ....।

ਕਿੰਨਾ ਸੋਹਣਾ ਲੱਗਦਾ ਇਹ ਰੁੱਤਾਂ ਦਾ ਜਾਇਆ,
ਬੱਦਲੀਆਂ ਨੂੰ ਲੈ ਕੇ ਜਦੋਂ ਸਾਵਣ ਆਇਆ,
ਸੂਰਜਾਂ ਦੇ ਭਾਂਬੜਾਂ ਨੂੰ ਫਿਰੇ ਠਰੁੰਮੀਆਂ ਵੰਡਦਾ,
ਹੋਵੇ ਜਿਵੇਂ ਹਾਣੀ ਕੋਈ ਏਸ ਦੇ ਸੰਗ ਦਾ.....।

ਹੁਣ ਹਾਸਿਆਂ ਨੂੰ ਮੌਲਣ ਦਾ ਹਿਸਾਬ ਲਈ ਜਾਂਦੇ ਨੇ,
ਅਰਸ਼ਾਂ ਦੇ ਮੋਤੀ ਆਪਣਾ ਖ਼ਿਤਾਬ ਲਈ ਜਾਂਦੇ ਨੇ...,
ਹਾਸਿਆਂ ਦੇ ਮੋਤੀ ਆਪਣਾ ਖ਼ਿਤਾਬ ਲਈ ਜਾਂਦੇ ਨੇ।

ਮਹਿਕ
ਬੀ.ਏ. ਭਾਗ ਦੂਜਾ

ਉਡੀਕ

ਚਿੱਟੀ ਦਾਹੜੀ, ਚਿੱਟਾ ਕੁੜਤਾ-ਚਾਦਰਾ ਪਾ ਕੇ ਤੇ ਕਮਜ਼ੋਰ ਅੱਖਾਂ ਤੇ ਟੁੱਟੀ ਜਿਹੀ ਐਨਕ ਲਾ ਕੇ ਉਹ ਤਰਿਆਨਵੇਂ ਸਾਲਾ ਬਜ਼ੁਰਗ ਰੋਜ਼ ਡਾਕ ਘਰ ਜਾਂਦਾ ਤੇ ਘੰਟਿਆਂ ਬੱਧੀ ਕਿਸੇ ਚਿੱਠੀ ਦੀ ਉਡੀਕ ਕਰਦਾ। ਡਾਕੀਆ ਵੀ ਉਸ ਨੂੰ ਨਿਰਾਸ਼ ਦੇਖ ਮਾਯੂਸ ਹੋ ਜਾਂਦਾ। ‘ਖੋਰੇ ਕਿਸ ਚਿੱਠੀ ਦੀ ਉਡੀਕ ਹੈ ਬਾਪੂ ਨੂੰ!’ ਨਵਾਂ ਆਇਆ ਡਾਕੀਆ ਚਪੜਾਸੀ ਨੂੰ ਕਹਿੰਦਾ ਹੈ। ਚਪੜਾਸੀ ਡਾਕੀਏ ਨੂੰ ਬਾਪੂ ਦੀ ਉਡੀਕ ਦਾ ਕਾਰਨ ਦੱਸਦਾ ਹੈ ਜਿਸ ਨੂੰ ਸੁਣ ਕੇ ਡਾਕੀਏ ਦੀਆਂ ਅੱਖਾਂ ਨਮ ਹੋ ਜਾਂਦੀਆਂ ਹਨ। ਅਗਲੇ ਦਿਨ ਬਾਪੂ ਛਾਹ ਵੇਲੇ ਆ ਕੇ ਡਾਕ ਘਰ ਦੇ ਦਰਾਂ ‘ਤੇ ਬੈਠ ਜਾਂਦਾ ਹੈ। ਉਹ ਆਪਣੇ ਚਿੱਟੇ ਕੁੜਤੇ ਦੀ ਨੁੱਕਰ ਨਾਲ ਬਾਰ-ਬਾਰ ਐਨਕਾਂ ਸਾਫ਼ ਕਰਦਾ ਜਿਵੇਂ ਕਿ ਉਹ ਕੋਈ ਚਿੱਠੀ ਪੜ੍ਹਨ ਦੀ ਤਿਆਰੀ ਵਿਚ ਹੋਵੇ। “ਬਾਪੂ ਜੇ ਚਿੱਠੀ ਤਿਹੱਤਰ ਸਾਲਾਂ ਤੋਂ ਨਹੀਂ ਆਈ ਉਹ ਅੱਜ ਵੀ ਨਹੀਂ ਆਵੇਗੀ, ਤੂੰ ਘਰ ਜਾ ਕੇ ਆਪਣੇ ਪੋਤੇ-ਪੋਤੀਆਂ ਨਾਲ ਬੈਠ ਤੇ ਚਿੱਠੀ ਦਾ ਖਿਆਲ ਭੁੱਲ ਜਾ।” ਡਾਕੀਆ ਬਾਪੂ ਦੀ ਤਰਸਯੋਗ ਹਾਲਤ ਦੇਖ ਕੇ ਕਹਿੰਦਾ ਹੈ। ਬਾਪੂ ਉਸ ਨੂੰ ਘੂਰ ਵੱਟਦਾ ਹੈ ਤੇ ਗੱਲ ਨੂੰ ਅਣਸੁਣੀ ਕਰਦਿਆਂ ਕੰਬਦੀ ਹੋਈ ਬੁੱਢੀ ਅਵਾਜ਼ ਵਿਚ ਕਹਿੰਦਾ ਹੈ “ਉਹ ਆਪਣੇ ਬੋਲਾਂ ਤੋਂ ਨਹੀਂ ਮੁਕਰਦਾ, ਉਹ ਚਿੱਠੀ ਜ਼ਰੂਰ ਪਾਵੇਗਾ।” ਕਹਿੰਦੇ ਹੋਏ ਬਾਪੂ ਆਪਣੀ ਐਨਕ ਨੂੰ ਸੰਵਾਰਨਾ ਜਾਰੀ ਰੱਖਦਾ ਹੈ। ਇਹ

ਸਿਲਸਿਲਾ ਲਗਾਤਾਰ ਚਲਦਾ ਰਿਹਾ, ਬਾਪੂ ਆਉਂਦਾ ਸੀ.... ਰੋਜ਼ ਐਨਕਾਂ ਸਵਾਰਦਾ ਤੇ ਸਾਰੇ ਦਿਨ ਦੀ ਉਡੀਕ ਮਗਰੋਂ ਲੋਢੇ ਵੇਲੇ ਮਾਯੂਸ ਤੇ ਉਮੀਦ ਨਾਲ ਭਰੀਆਂ ਅੱਖਾਂ ਲੈ ਕੇ ਫਿਰ ਵਾਪਸ ਚਲਾ ਜਾਂਦਾ। ਇਕ ਦਿਨ ਬਾਪੂ ਪੋਹ ਦੀ ਠੰਡ ਦੇ ਮੀਂਹ ਨਾਲ ਭਿੱਜਾ ਬਿਮਾਰ ਹੋ ਗਿਆ ਤੇ ਡਾਕ ਘਰ ਅੱਗੇ ਹੀ ਬੈਠਾ ਰਿਹਾ। ਡਾਕੀਏ ਦੀ ਨਜ਼ਰ ਬਾਪੂ ਤੇ ਗਈ ਤੇ ਉਸ ਨੇ ਬੀਮਾਰ ਬਾਪੂ ਨੂੰ ਲਿਆ ਕੇ ਗਰਮ ਦੁੱਧ ਪੇਸ਼ ਕੀਤਾ ਪਰ ਬਾਪੂ ਦੇ ਜਿਗਰੀ ਯਾਰ ਉਸਮਾਨ ਦੀ ਆਵਾਜ਼ ਬਾਪੂ ਦੇ ਕੰਨਾਂ ਵਿਚ ਗੂੰਜ ਰਹੀ ਸੀ ਜਿਸ ਨੂੰ ਉਹ ਵੰਡ ਵੇਲੇ ਪਾਕਿਸਤਾਨ ਜਾਣ ਵਾਲੀ ਗੱਡੀ ਚੜ੍ਹਾ ਆਇਆ ਸੀ। ਦੋ ਮਾਲਕਾਂ ਵੱਲੋਂ ਕੱਠੇ ਹੋ ਕੇ ਕੀਤੇ ਫੈਸਲੇ ਨੇ ਸਾਨੂੰ ਲੱਖਾਂ ਲੋਕਾਂ ਨੂੰ ਇਕੱਲੇ ਕਰ ਦਿੱਤਾ ਹੈ... ਮੇਰਾ ਯਾਰ ਮੇਰੇ ਤੋਂ ਵੱਖ ਹੋ ਰਿਹਾ ਹੈ... ਹੁਣ ਪਤਾ ਨਹੀਂ ਤੇਰਾ ਤੇ ਮੇਰੇ ਇਸ ਸੋਹਣੇ ਮੁਲਕ ਦਾ ਦੀਦਾਰ ਮੈਨੂੰ ਕਦੋਂ ਹੋਵੇਗਾ... ਪੂਰਨ ਤੂੰ ਘਰ ਜਾ, ਮੈਂ ਪਾਕਿਸਤਾਨ ਪਹੁੰਚ ਕੇ ਚਿੱਠੀ ਜ਼ਰੂਰ ਪਾਵਾਂਗਾ.... ਆਖਰੀ ਸਾਹਾਂ ਨਾਲ ਬਾਪੂ ਦੇ ਕੰਨਾਂ ਵਿਚ ਗੂੰਜਦੀਆਂ ਆਵਾਜ਼ਾਂ ਬੰਦ ਹੋ ਗਈਆਂ ਪਰ ਉਸ ਦੀਆਂ ਖੁੱਲ੍ਹੀਆਂ ਅੱਖਾਂ ਅਜੇ ਵੀ ਡਾਕ ਘਰ ਦੇ ਦਰਵਾਜ਼ੇ ਵੱਲ ਆਪਣੇ ਯਾਰ ਦੀ ਚਿੱਠੀ ਦੀ ਉਡੀਕ ਵਿੱਚ ਸਨ...।

ਜੈਸਮੀਨ ਕੌਰ
ਬੀ.ਏ. ਭਾਗ ਤੀਜਾ

ਸਿਰਫ਼ ਇਨਕਲਾਬ ਨਹੀਂ ਹਾਂ

ਸਿਰਫ਼ ਇਨਕਲਾਬ ਨਹੀਂ ਹਾਂ,
ਮੰਨਿਆ ਮੇਰੇ ਹਾਵ ਭਾਵ ਰੋਸ ਦਰਸਾਉਂਦੇ ਨੇ,
ਰੋਸ ਦੇ ਨਾਲ ਨਾਲ ਨਿਰਾਸ਼ਾ ਵੀ ਹੈ ਸਰਕਾਰਾਂ ਵੱਲ,
ਪਰ ਸਿਰਫ਼ ਇਨਕਲਾਬ ਨਹੀਂ ਹਾਂ।
ਮੈਂ ਉਨ੍ਹਾਂ ਹਾਕਮਾਂ ਤੋਂ ਅੱਕੇ ਹੋਏ ਲੋਕਾਂ ਵਿਚੋਂ ਬੋਲ ਰਿਹਾ,
ਉਨ੍ਹਾਂ ਚੋਰ ਅਤੇ ਕਾਤਲਾਂ ਦੇ ਖ਼ਿਲਾਫ਼ ਬੋਲ ਰਿਹਾ,
ਉਨ੍ਹਾਂ ਦੀਆਂ ਮਰੀਆਂ ਜ਼ਮੀਰਾਂ ਦੀਆਂ ਕਬਰਾਂ ਨੂੰ ਜਗਾਉਣ ਲਈ ਬੋਲ ਰਿਹਾ,
ਪਰ ਸਿਰਫ਼ ਇਨਕਲਾਬ ਨਹੀਂ ਹਾਂ।
ਇਨਕਲਾਬ ਵਿੱਚ ਮੁਹੱਬਤ ਵੀ ਬੋਲ ਰਹੀ,
ਉਹ ਇਨਕਲਾਬੀ ਰੂਹਾਂ ਵਿੱਚ ਇਸ਼ਕ ਵੀ ਧੜਕਦਾ ਹੈ,
ਰੂਹਾਂ ਜਿਹੜੀਆਂ ਜਾਣੂ ਨੇ ਕਿ ਆਜ਼ਾਦੀ ਨਾਲ ਮੁਹੱਬਤ ਦਾ ਮੁੱਲ ਕੀ ਹੁੰਦਾ ਹੈ,
ਪਰ ਸਿਰਫ਼ ਇਨਕਲਾਬ ਨਹੀਂ ਹਾਂ।

ਮੇਰੇ ਵਿੱਚ ਉਸ ਕਿਸਾਨ ਦੀ ਆਪਣੀ ਮਿੱਟੀ ਨਾਲ ਮੁਹੱਬਤ ਚਮਕ ਰਹੀ ਹੈ,
ਮੇਰੇ ਵਿੱਚ ਉਹ ਕੌਮ ਦਾ ਕਿਰਦਾਰ ਦਹਾੜ ਰਿਹਾ ਜਿਹੜੀ ਕੁਰਬਾਨੀ ਅਤੇ ਆਜ਼ਾਦੀ ਦੀ ਇੱਜ਼ਤ ਜਾਣਦੀ ਹੈ,
ਉਨ੍ਹਾਂ ਅੱਖਾਂ ਦਾ ਕ੍ਰੋਧ ਗੁਲਾਮੀ ਨਾਲ ਪਿਆਰ ਨਹੀਂ ਕਰਦਾ,
ਪਰ ਸਿਰਫ਼ ਇਨਕਲਾਬ ਨਹੀਂ ਹਾਂ।
ਇੱਕ ਐਲਾਨ ਵੀ ਹਾਂ ਕਿ ਅਜੇ ਕੁਝ ਜਾਗਦੀਆਂ ਜ਼ਮੀਰਾਂ ਵਾਲੇ ਜ਼ਿੰਦਾ ਨੇ,
ਇਨ੍ਹਾਂ ਵਿੱਚ ਇਨਕਲਾਬ ਧੜਕਦਾ ਹੈ, ਇਨ੍ਹਾਂ ਨੂੰ ਪਿਆਰ ਹੈ ਸੱਚ ਨਾਲ, ਸਹੀ ਨਾਲ
ਤੇ ਨਫ਼ਰਤ ਹੈ ਉਸ ਕਮਜ਼ੋਰ ਬੁਠੀ ਕਰੂਰਤਾ ਨਾਲ...
ਇਸ ਲਈ ਸਿਰਫ਼ ਇਨਕਲਾਬ ਨਹੀਂ ਹਾਂ।

ਮੰਨਤ ਪੁਨੀਆ
ਬੀ.ਏ. ਭਾਗ ਪਹਿਲਾ

ਇਸਤਰੀ ਦਾ ਸਮਾਜ ਵਿਚ ਸਥਾਨ

ਇਸਤਰੀ ਸੰਸਾਰ ਰੂਪੀ ਬਾਗ ਵਿੱਚ ਉਪਜਣ ਵਾਲਾ ਸਭ ਤੋਂ ਸੋਹਣਾ ਤੇ ਉੱਤਮ ਫੁੱਲ ਹੈ। ਇਹ ਦੁਨੀਆਂ ਜਿਹੜੀ ਦੇਖਣ ਵਿਚ/ਨੂੰ ਇੰਨੀ ਸੋਹਣੀ ਜਾਪਦੀ ਹੈ, ਇਹ ਇਸਤਰੀ ਸਦਕਾ ਹੀ ਸੋਹਣੀ ਬਣ ਪਾਈ ਹੈ। ਇਸਤਰੀ ਸਮਾਜ ਵਿਚ ਅਨੇਕ ਰੂਪਾਂ ਵਿਚ ਵਿਚਰਦੀ ਹੈ। ਧੀ, ਭੈਣ, ਮਾਂ ਆਦਿ ਸਭ ਇਕ ਇਸਤਰੀ ਦੇ ਹੀ ਵੱਖ-ਵੱਖ ਰੂਪ ਹਨ। ਇਸਤਰੀ ਦੇ ਵਜੂਦ ਨੂੰ ਸਿਰਫ਼ ਸ਼ਬਦਾਂ ਰਾਹੀਂ ਸਮੇਟ ਪਾਉਣਾ ਬਹੁਤ ਔਖਾ ਹੈ ਕਿਉਂਕਿ ਇਸਤਰੀ ਹੀ ਇਸ ਸਮਾਜ ਦੀ ਸਿਰਜਣਹਾਰੀ ਹੈ। ਪੁਰਾਣੇ ਸਮੇਂ ਵਿੱਚ ਇਸਤਰੀ ਦੀ ਕਦਰ ਮਰਦ ਤੋਂ ਵੀ ਕਈ ਗੁਣਾ ਵੱਧ ਕੇ ਸੀ। ਪਰ ਫਿਰ ਜਿਵੇਂ-ਜਿਵੇਂ ਸਮਾਂ ਬਦਲਦਾ ਗਿਆ, ਇਸਤਰੀ ਦਾ ਸਮਾਜ ਵਿੱਚ ਸਥਾਨ ਵੀ ਬਦਲਣ ਲੱਗ ਪਿਆ ਤੇ ਔਰਤ ਨੂੰ ਮਰਦ ਦੇ ਬਰਾਬਰ ਸਮਝਿਆ ਜਾਣ ਲੱਗ ਪਿਆ। ਇਹ ਹੀ ਨਹੀਂ ਕੁਝ ਲੋਕ ਔਰਤ ਨੂੰ ਬਹੁਤ ਨੀਵਾਂ ਸਮਝਣ ਲਗ ਪਏ ਤੇ ਲੋਕਾਂ ਦੀ ਇਸ ਮਾਨਸਿਕਤਾ ਕਰਕੇ ਇਸਤਰੀ ਦਾ ਸਮਾਜ ਵਿਚ ਸਥਾਨ ਬਸ ਘਰਾਂ ਦੀਆਂ ਚਾਰ ਕੰਧਾਂ ਤਕ ਹੀ ਸਿਮਟ ਕੇ ਰਹਿ ਗਿਆ। ਲੋਕ ਔਰਤ ਜਾਤੀ ਦੇ ਪੜ੍ਹੇ ਲਿਖੇ ਹੋਣ ਨੂੰ ਚੰਗਾ ਨਹੀਂ ਸਨ ਸਮਝਦੇ। ਮਮਤਾ ਦੀ ਮੂਰਤ ਤੇ ਸਹਿਣਸ਼ੀਲਤਾ ਦੀ ਮਿਸਾਲ ਔਰਤ ਨੂੰ ਕੁਝ ਹੀਣ ਮਾਨਸਿਕਤਾ ਵਾਲੇ ਲੋਕ ਆਪਣੇ ਪੈਰ ਦੀ ਜੁੱਤੀ ਸਮਝਣ ਲੱਗ ਪਏ। ਪਰ ਜਦੋਂ ਇਸ ਘਟੀਆ ਮਾਨਸਿਕਤਾ ਦੀਆਂ ਸਾਰੀਆਂ ਹੱਦਾਂ ਪਾਰ ਹੋ ਚੁੱਕੀਆਂ ਸਨ ਤਾਂ ਇਸ ਨੂੰ ਹੋਰ ਹੁਲਾਰਾ ਦੇਣ ਤੋਂ ਰੋਕਣ ਲਈ ਔਰਤਾਂ ਨੇ ਆਪਣੇ

ਆਪ ਆਵਾਜ਼ ਚੁਕਣੀ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤੀ। ਫੇਰ ਔਰਤਾਂ ਨੇ ਉਹ ਕੰਮ ਵੀ ਕਰ ਕੇ ਵਿਖਾਏ ਜਿਹੜੇ ਕਿ ਮਰਦਜਾਤ ਨੇ ਕਦੇ ਸੋਚੇ ਵੀ ਨਹੀਂ ਸਨ। ਹਰ ਖੇਤਰ ਵਿਚ ਉਹਨਾਂ ਨੇ ਸਫਲਤਾ ਦੇ ਝੰਡੇ ਲਹਿਰਾਏ। ਅੱਜ ਵੀ ਇਸਤਰੀ ਸਮਾਜ ਵਿਚ ਹਰ ਆਦਮੀ ਦੀ ਤਰ੍ਹਾਂ ਹੀ ਸਿਰ ਉੱਚਾ ਕਰਕੇ ਤੁਰ ਸਕਦੀ ਹੈ ਕਿਉਂਕਿ ਉਹ ਘਰ ਹੀ ਨਹੀਂ ਸਗੋਂ ਇਕ ਪ੍ਰਧਾਨਮੰਤਰੀ ਬਣ ਕੇ ਦੇਸ਼ ਨੂੰ ਵੀ ਸੰਭਾਲ ਸਕਦੀ ਹੈ। ਇਸਤਰੀ ਇਸ ਨਾਟਕ ਰੂਪੀ ਸੰਸਾਰ ਵਿਚ ਇਕ ਅਜਿਹੀ ਸ਼ਕਤੀ ਹੈ, ਜਿਹੜੀ ਕਿ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਕਲਾਕਾਰ ਦਾ ਫਰਜ਼ ਅਦਾ ਕਰਦੀ ਹੈ। ਇਸਤਰੀ ਨੇ ਸਮਾਜ ਦੇ ਹਰ ਖੇਤਰ ਵਿਚ ਸਫਲਤਾ ਹਾਸਿਲ ਕੀਤੀ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਅਸੀਂ ਕਹਿ ਸਕਦੇ ਹਾਂ ਕਿ ਇਸਤਰੀ ਦਾ ਸਮਾਜ ਵਿੱਚ ਬਹੁਤ ਹੀ ਮਹੱਤਵਪੂਰਨ ਤੇ ਖਾਸ ਸਥਾਨ ਹੈ। ਔਰਤ ਇਸ ਧਰਤੀ 'ਤੇ ਕੁਦਰਤ ਦੀ ਸਭ ਤੋਂ ਸੋਹਣੀ ਦੇਣ ਹੈ। ਇਹ ਗੱਲ ਸੱਚ ਹੈ ਕਿ ਇਹ ਸਮਾਜ ਇਸਤਰੀ ਤੇ ਮਰਦ ਦੇ ਸੁਮੇਲ ਕਾਰਨ ਹੀ ਹੋਂਦ ਵਿਚ ਆਇਆ ਹੈ ਪਰ ਰੱਬ ਰੂਪੀ ਇਸ ਸਮਾਜ ਦਾ ਦੂਜਾ ਪਹੀਆ ਵੀ ਉਨ੍ਹਾਂ ਹੀ ਮਹੱਤਵਪੂਰਨ ਹੈ ਜਿੰਨਾ ਕਿ ਪਹਿਲਾ। ਔਰਤ ਸਦਕਾ ਹੀ ਇਸ ਰੱਬ ਰੂਪੀ ਸਮਾਜ ਦਾ ਸੰਤੁਲਨ ਬਣਾਕੇ ਰੱਖਿਆ ਜਾ ਸਕਦਾ ਹੈ।

ਕਾਜਲ

ਬੀ.ਏ. ਭਾਗ ਤੀਜਾ

ਉਮਰਾਂ ਦੀ ਉਡੀਕ

ਦੁੱਧ ਚਿੱਟੀ ਚੰਨ ਦੀ ਚਾਨਣੀ ਥੱਲੇ ਬੈਠੀ ਦੀਪਾ ਡੂੰਘੀਆਂ ਸੋਚਾਂ ਵਿਚ ਡੁੱਬੀ ਹੋਈ ਸੀ। ਇੰਝ ਜਾਪਦਾ ਸੀ ਪਤਾ ਨਹੀਂ ਕਿੰਨੀਆਂ ਹੀ ਸਦੀਆਂ ਤੋਂ ਉਹ ਰੋਜ਼ ਰਾਤ ਨੂੰ ਛੱਤ ਉੱਤੇ ਚੜ੍ਹ ਜਾਂਦੀ ਤੇ ਪਤਾ ਨਹੀਂ ਕਿਹੜੀਆਂ ਡੂੰਘੀਆਂ ਸੋਚਾਂ ਵਿਚ ਡੁੱਬ ਜਾਂਦੀ। ਉਹ ਉਸ ਸਮੇਂ ਨੂੰ ਯਾਦ ਕਰਦੀ ਜਦੋਂ ਉਹ ਇਸ ਘਰ ਵਿਚ ਵਿਆਹ ਕੇ ਆਈ ਸੀ। ਉਸਦੀ ਜ਼ਿੰਦਗੀ ਬਹੁਤ ਖੁਸ਼ਹਾਲ ਚੱਲ ਰਹੀ ਸੀ। ਵਿਆਹ ਤੋਂ ਤਿੰਨ ਮਹੀਨੇ ਬਾਅਦ ਉਸਦੀ ਗੋਦ ਭਰ ਗਈ ਸੀ। ਇਹ ਗੱਲ ਸੁਣਕੇ ਦੀਪਾ ਤੇ ਉਸਦੇ ਘਰਵਾਲੇ ਬੰਤੇ ਦੇ ਪੈਰ ਧਰਤੀ ਤੇ ਨਹੀਂ ਸਨ ਲੱਗ ਰਹੇ। ਮਾਪਿਆਂ ਦੇ ਗੁਜਰਨ ਤੋਂ ਬਾਅਦ ਦੀਪਾ ਨੇ ਆਪਣੀ ਜ਼ਿੰਦਗੀ 'ਚ ਕਿੰਨੀਆਂ

ਹੀ ਔਂਕੜਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰਿਆ, ਇਹ ਸਿਰਫ਼ ਉਹ ਹੀ ਜਾਣਦੀ ਹੈ। ਉਹ ਆਪਣੀ ਭੂਆ ਨਾਲ ਰਹਿੰਦੀ ਸੀ। ਸਾਰਾ-ਸਾਰਾ ਦਿਨ ਕੰਮ ਕਰਨ ਮਗਰੋਂ ਉਸਨੂੰ ਇਕ ਸਮੇਂ ਦੀ ਰੋਟੀ ਵੀ ਹਜ਼ਾਰਾਂ ਤਾਹਨੇ-ਮਿਹਣੇ ਸੁਣਕੇ ਨਸੀਬ ਹੁੰਦੀ ਸੀ। ਇੰਨੀ ਸੰਕਟ ਭਰੀ ਜ਼ਿੰਦਗੀ ਕੱਟਣ ਤੋਂ ਬਾਅਦ, ਉਸਦਾ ਵਿਆਹ ਬੰਤੇ ਨਾਲ ਕਰਵਾਕੇ ਰੱਬ ਨੇ ਜਿਵੇਂ ਉਸਨੂੰ ਸਾਰੇ ਦੁੱਖਾਂ 'ਚੋਂ ਬਾਹਰ ਕੱਢ ਦਿੱਤਾ। ਜੋ ਖੁਸ਼ੀ ਉਸਦੇ ਚਿਹਰੇ ਤੇ ਮਾਪਿਆਂ ਦੇ ਗੁਜਰਨ ਮਗਰੋਂ ਗਾਇਬ ਹੀ ਹੋ ਗਈ ਸੀ, ਬੰਤੇ ਦੇ ਆਉਣ ਨਾਲ ਵਾਪਸ ਆ ਗਈ ਸੀ। ਦੁਨੀਆਂ ਦੀ ਹਰ ਸ਼ੈਲੀ ਬੰਤਾ ਉਸਦੇ ਪੈਰਾਂ ਵਿਚ ਧਰ ਦਿੰਦਾ ਸੀ। ਇਕ ਦਿਨ ਬੰਤੇ ਨੇ ਆਪਣੇ ਹੋਣ ਵਾਲੇ ਬੱਚੇ ਦੇ

ਭਵਿੱਖ ਲਈ ਵਿਦੇਸ਼ ਜਾਣ ਦਾ ਫੈਸਲਾ ਕਰ ਲਿਆ। ਇਹ ਸੁਣ ਕੇ ਦੀਪਾ ਬਹੁਤ ਉਦਾਸ ਹੋਈ ਪਰ ਬੰਤੇ ਦੇ ਸਮਝਾਉਣ ਤੇ ਉਹ ਸਮਝ ਗਈ। ਬੰਤੇ ਦੇ ਜਾਣ ਮਗਰੋਂ ਵੀ ਉਹ ਬਹੁਤ ਰੋਈ। ਉਸਦੇ ਸੱਸ-ਸਹੁਰੇ ਨੇ ਉਸਨੂੰ ਬਹੁਤ ਸਮਝਾਇਆ ਕਿ ਅਸੀਂ ਤੇਰੇ ਨਾਲ ਹਾਂ, ਉਸਦੇ ਦਿਲ ਨੂੰ ਜਿਵੇਂ ਤਸੱਲੀ ਮਿਲ ਗਈ। ਵਿਦੇਸ਼ ਪਹੁੰਚਣ ਮਗਰੋਂ ਬੰਤੇ ਦਾ ਫੋਨ ਆਇਆ। ਉਸਨੇ ਦੀਪਾ ਤੇ ਆਪਣੇ ਮਾਂ-ਬਾਪ ਸਾਰਿਆਂ ਨਾਲ ਗੱਲ ਕੀਤੀ। ਕੁਝ ਸਮੇਂ ਮਗਰੋਂ ਦੀਪਾ ਖੁਸ਼ ਰਹਿਣ ਲੱਗੀ ਅਤੇ ਬੰਤੇ ਨਾਲ ਗੱਲ ਕਰੇ ਬਿਨਾਂ ਉਸਨੂੰ ਨੀਂਦ ਨਹੀਂ ਸੀ ਆਉਂਦੀ। ਕੁਝ ਮਹੀਨਿਆਂ ਮਗਰੋਂ ਦੀਪਾ ਦੀ ਕੁੱਖੋਂ ਇੱਕ ਧੀ ਨੇ ਜਨਮ ਲਿਆ। ਦੀਪਾ ਤੇ ਬੰਤੇ ਦੀ ਖੁਸ਼ੀ ਦਾ ਕੋਈ ਠਿਕਾਣਾ ਨਾ ਰਿਹਾ। ਉਨ੍ਹਾਂ ਤੇ ਆਪਣੀ ਧੀ ਦਾ ਨਾਮ 'ਜ਼ੀਨਾ' ਰੱਖਿਆ। ਦੀਪਾ ਤੇ ਬੰਤਾ ਸਾਰੀ ਸਾਰੀ ਰਾਤ ਗੱਲਾਂ ਕਰਦੇ ਤੇ ਕਈ ਵਾਰ ਤਾਂ ਫੋਨ ਕੱਟੇ ਬਿਨਾਂ ਹੀ ਦੋਹਾਂ ਦੀ

ਅੱਖ ਲੱਗ ਜਾਂਦੀ। ਪਰ ਇੱਕ ਦਿਨ ਬੰਤੇ ਦਾ ਫੋਨ ਨਹੀਂ ਆਇਆ। ਅਜਿਹਾ ਪਹਿਲੀ ਵਾਰ ਹੋਇਆ ਸੀ। ਕੁਝ ਦਿਨ ਲੰਘਣ ਮਗਰੋਂ ਦੀਪਾ ਤੇ ਬੰਤੇ ਦੇ ਮਾਂ-ਬਾਪ ਨੇ ਪਤਾ ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ ਪਰ ਉਸਦੀ ਕੋਈ ਸੂਹ ਨਾ ਲੱਗੀ। ਉਹਨਾਂ ਅਨੇਕਾਂ ਯਤਨ ਕੀਤੇ ਪਰ ਬੰਤੇ ਦਾ ਕੁਝ ਪਤਾ ਨਾ ਲੱਗਾ। ਦੋ ਮਹੀਨੇ ਮਗਰੋਂ ਪਤਾ ਲੱਗਾ ਕਿ ਬੰਤੇ ਦੀ ਕਿਸੇ ਨਾਲ ਬਹਿਸ ਹੋ ਗਈ ਤੇ ਉਸਦਾ ਕਤਲ ਕਰ ਦਿੱਤਾ ਗਿਆ ਤੇ ਲਾਸ਼ ਨੂੰ ਉਥੇ ਹੀ ਦਫਨਾ ਦਿੱਤਾ ਗਿਆ। ਅੱਜ ਜ਼ੀਨਾ ਵੀ ਸੱਤਾਂ ਸਾਲਾਂ ਦੀ ਹੋ ਗਈ ਤੇ ਦੀਪਾ ਹੁਣ ਵੀ ਹਰ ਰੋਜ਼ ਛੱਤ ਤੇ ਚੜ੍ਹ ਜਾਂਦੀ ਹੈ ਤੇ ਬੰਤੇ ਦੇ ਫੋਨ ਦੀ ਉਡੀਕ ਕਰਦੀ ਹੈ....।

ਕੋਮਲਪ੍ਰੀਤ ਕੌਰ
ਬੀ.ਏ. ਭਾਗ ਤੀਜਾ

ਰੱਬ ਦੀ ਰਜ਼ਾ

ਉਸ ਮੰਜ਼ਿਲ ਦੇ ਹੁਣ ਅਸੀਂ ਰਾਹ ਛੱਡਤੇ
ਜਿਹੜੇ ਬਣਾਉਂਦੇ ਸੀ ਮਹਿਲ ਗ਼ਲਤਫ਼ਹਿਮੀਆਂ ਦੇ
ਦਿਲ 'ਚੋਂ ਹੁਣ ਅਸੀਂ ਉਹ ਖਿਆਲ ਕੱਢਤੇ।
ਜਦ ਤੋਂ ਧਰਤੀ ਤੇ ਆਕਾਸ਼ ਦੀ ਹਕੀਕਤ ਨੂੰ ਅਪਣਾਇਆ
ਗੁੰਝਲਦਾਰ ਇਸ ਜਿੰਦਗੀ ਨੂੰ ਮੈਂ ਸੁਲਝਿਆ ਹੋਇਆ ਪਾਇਆ
ਇਹ ਰੁੱਖ, ਇਹ ਮਨੁੱਖ
ਜ਼ਿੰਦਗੀ ਦੇ ਸੁੱਖ-ਦੁੱਖ।
ਸਭ ਉਹਦੀ ਕੁਦਰਤ ਦੇ ਨੇ ਚੱਕਰ
ਟੱਪ ਕੇ ਲਕੀਰ ਕੁਦਰਤ ਵਾਲੀ ਤਾਂ ਅੱਜ ਤੀਕਰ ਕੋਈ ਕਵਿਤਾ
ਵੀ ਨਾ ਬਣੀ

ਕਿਉਂਕਿ ਉਹ ਆਪੇ ਕਲਮ ਬਣਾਉਣ ਵਾਲਾ
ਤੇ ਉਹਦੇ ਹੀ ਨੇ ਅੱਖਰ।
ਜ਼ਿੰਦਗੀ ਰੂਪੀ ਬਾਗ਼ ਦਾ ਉਹ ਹੀ ਹੈ ਮਾਲੀ
ਕਿਸੇ ਦੀ ਝੋਲੀ ਪਾ ਦਿੰਦਾ ਉਹ ਹਾਸੇ
ਪਰ ਕਿਸੇ ਦੀ ਛੱਡਦਾ ਖ਼ਾਲੀ।
ਉਹਦੀ ਰਜ਼ਾ ਤੋਂ ਬਿਨਾਂ ਤਾਂ ਹਵਾ ਵੀ ਨਹੀਂ ਵਗਦੀ
ਕਿਉਂਕਿ ਇਹ ਸ੍ਰਿਸ਼ਟੀ ਵੀ ਉਹਦੀ
ਤੇ ਉਹ ਹੀ ਇਸ ਦਾ ਵਾਲੀ।

ਕਾਜਲ
ਬੀ.ਏ. ਭਾਗ ਤੀਜਾ

ਮਨ ਦੀ ਸੁੰਦਰਤਾ

ਵਕਤ ਜਦੋਂ ਜਦੋਂ ਕਰਦਾ ਹੈ ਵਾਰ
ਦੇਹ ਦੀ ਸੁੰਦਰਤਾ ਵੀ ਮਨ ਜਾਂਦੀ ਹੈ ਹਾਰ
ਪਰ ਮਨ 'ਤੇ ਤਾਂ
ਕਦੀ ਵੀ ਕੋਈ ਨਹੀਂ ਕਰ ਸਕਦਾ ਪਰਹਾਰ
ਕਿਉਂਕਿ ਖੂਬਸੂਰਤੀ ਤਾਂ ਚਿਹਰੇ ਤੇ ਨਹੀਂ
ਮਨ ਵਿਚ ਵਸਦੀ ਹੈ

ਮਨ ਸੋਹਣਾ ਹੋਵੇ ਤਾਂ
ਸਭ ਸੋਹਣਾ ਲਗਦਾ ਹੈ
ਸੋਹਣਾ ਮਨ ਹੀ ਤਾਂ
ਚਿਹਰੇ ਦੀ ਸੁੰਦਰਤਾ ਵਧਾਉਂਦਾ ਹੈ।

ਪੀਜ਼ਲ ਸਿੰਘ
ਬੀ.ਏ. ਭਾਗ ਦੂਜਾ

ਵਾਤਾਵਰਣ “ਰੁੱਖ ਲਗਾਓ, ਵਾਤਾਵਰਣ ਬਚਾਓ”

ਸ਼ਾਇਦ ਹੀ ਕੋਈ ਹੋਵੇਗਾ ਜਿਸ ਨੇ ਇਹ ਨਾਅਰਾ ਨਾ ਸੁਣਿਆ ਹੋਵੇ। ਬਚਪਨ ਤੋਂ ਅੱਜ ਤੱਕ ਅਸੀਂ ਇਹ ਨਾਅਰਾ ਸੁਣਿਆ ਹੈ ਪਰ ਇਸ ‘ਤੇ ਕਦੇ ਅਮਲ ਨਹੀਂ ਕੀਤਾ। ਵਿਸ਼ਵ ਵਾਤਾਵਰਣ ਦਿਵਸ ਦੀ ਵਿਸ਼ਵ ਪੱਧਰ ‘ਤੇ ਸ਼ੁਰੂਆਤ ਕਰਨ ਵਾਲੇ ਸੱਚਮੁੱਚ ਹੀ ਵਧਾਈ ਦੇ ਪਾਤਰ ਹਨ ਕਿਉਂਕਿ ਅਜਿਹੇ ਸ਼ਖ਼ਸ ਬਹੁਤ ਹੀ ਘੱਟ ਹੁੰਦੇ ਹਨ, ਜਿਹੜੇ ਕਿਸੇ ਵੀ ਕੁਦਰਤੀ ਸੋਮੇ ਜਾਂ ਆਲੇ-ਦੁਆਲੇ ਪ੍ਰਤੀ ਫ਼ਿਕਰਮੰਦ ਰਹਿੰਦੇ ਹਨ। ਸਭ ਤੋਂ ਜ਼ਰੂਰੀ ਤੇ ਜ਼ਿੰਦਗੀ ਨੂੰ ਸਦਾ ਹੀ ਤਰੋਤਾਜ਼ਾ ਰੱਖਣ ਵਾਲਾ ਕੁਦਰਤ ਦਾ ਸਵਰਗ ਰੂਪੀ ਤੋਹਫ਼ਾ ਹੈ “ਸ਼ੁੱਧ ਵਾਤਾਵਰਣ” ਪਰ ਅੱਜ ਵਿਸ਼ਵ ਪੱਧਰ ‘ਤੇ ਲਗਪਗ ਪੂਰਾ ਸੰਸਾਰ ਹੀ ਇਸ ਤੋਹਫ਼ੇ ਦੀ ਸੰਭਾਲ ਨਹੀਂ ਰੱਖ ਸਕਿਆ। ਸਾਡੇ ਲਈ ਇਹ ਜ਼ਰੂਰੀ ਹੈ ਕਿ ਅਸੀਂ ਵਾਤਾਵਰਣ ਦੀ ਸੰਭਾਲ ਕਰੀਏ। ਕਿਉਂਕਿ ਮਨੁੱਖ ਅਤੇ ਸਾਰੇ ਜੀਵ-ਜੰਤੂਆਂ ਦੀ ਤੰਦਰੁਸਤੀ ਕੁਦਰਤੀ ਵਾਤਾਵਰਣ ਦੀਆਂ ਚੰਗੀਆਂ ਸਥਿਤੀਆਂ ‘ਤੇ ਨਿਰਭਰ ਕਰਦੀ ਹੈ, ਜਿਸ ਵਿੱਚ ਉਹ ਰਹਿੰਦੇ ਹਨ। ਧਰਤੀ ਸਾਡਾ ਘਰ ਹੈ, ਜੋ ਨੁਕਸਾਨ ਅਸੀਂ ਕੀਤਾ ਹੈ, ਸਾਡੀ ਜ਼ਿੰਮੇਵਾਰੀ ਹੈ ਕਿ ਅਸੀਂ ਹੀ ਇਸਦੀ ਮੁਰੰਮਤ ਕਰੀਏ। ਲਗਾਤਾਰ ਵਧ ਰਹੀ ਆਬਾਦੀ ਕਾਰਨ ਪੈਦਾ ਹੋਏ ਪ੍ਰਦੂਸ਼ਣ ਨੇ ਬਹੁਤ ਡੂੰਘੇ ਤੇ ਮਾੜੇ ਪ੍ਰਭਾਵ ਪਾਏ ਹਨ। ਅੱਜ ਦੇ ਸਮੇਂ, ਵਾਤਾਵਰਣ ਦਾ ਮਾਮਲਾ ਇੱਕ ਗੰਭੀਰ ਮੁੱਦਾ ਹੈ, ਜਿਸਦੇ ਪ੍ਰਤੀ ਸਾਰੇ ਜਾਣੂ ਹੋਣੇ ਚਾਹੀਦੇ ਹਨ ਅਤੇ ਇਸ ਸਮੱਸਿਆ ਦਾ ਸਾਹਮਣਾ ਕਰਨ ਲਈ ਸਾਕਾਰਾਤਮਕ ਯਤਨ ਕਰਨੇ ਚਾਹੀਦੇ ਹਨ। ਅੱਜ ਸਾਹ ਲੈਣ ਲਈ ਸਾਡੀ ਹਵਾ, ਪੀਣ ਨੂੰ ਪਾਣੀ, ਉਪਜਾਊ ਫਸਲਾਂ ਲਈ ਮਿੱਟੀ ਆਦਿ ਸਭ ਕੁਝ ਪ੍ਰਦੂਸ਼ਿਤ ਹੋ ਚੁੱਕਿਆ ਹੈ। ਇਸੇ ਕਰਕੇ ਹੀ ਸਮੁੱਚੇ ਸੰਸਾਰ ਵਿੱਚ ਵਾਤਾਵਰਣ ਸਬੰਧੀ ਇਸ ਅਵੇਸ਼ਲੇਪਣ ਨੂੰ ਦੂਰ ਕਰਨ ਲਈ, ਆਪਣੀ ਜ਼ਿੰਮੇਵਾਰੀ ਨੂੰ ਸਮਝਣ ਅਤੇ ਦੂਜਿਆਂ ਨੂੰ ਸਮਝਾਉਣ ਲਈ ਖ਼ਾਸ ਯਤਨ ਵਜੋਂ ਹਰ ਸਾਲ 5 ਜੂਨ ਵਿਸ਼ਵ ਵਾਤਾਵਰਣ ਦਿਵਸ ਦੇ ਰੂਪ ਵਿੱਚ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ ਤਾਂ ਜੋ ਅਸੀਂ ਆਪਣੀ ਜ਼ਿੰਮੇਵਾਰੀ ਪ੍ਰਤੀ ਸੁਹਿਰਦ ਹੋ ਸਕੀਏ। ਇਸ ਸਮੇਂ ਸੰਸਾਰ ਵਿੱਚ ਪੀਣ ਵਾਲੇ ਪਾਣੀ ਦੀ ਆ ਰਹੀ ਕਿੱਲਤ, ਗਲੇਸ਼ੀਅਰ ਦਾ ਪਿਘਲਣਾ, ਸਮੁੰਦਰਾਂ ਦਾ ਸੁੱਕਣਾ, ਜੰਗਲਾਂ ਦੀ ਕਟਾਈ, ਗਰਮੀ ਦਾ ਵਧਣਾ, ਪ੍ਰਦੂਸ਼ਣ ਦਾ ਵਧਣਾ ਆਦਿ ਸਾਰੇ ਜੀਵ-ਜੰਤੂਆਂ ਅਤੇ ਮਨੁੱਖੀ ਜੀਵਨ ਲਈ ਹਾਨੀਕਾਰਕ ਹਨ। ਅੱਜ ਮਨੁੱਖ ਦੁਆਰੀ ਸਿਗਰੇਟ ਪੀਣ, ਖ਼ਰਾਬ ਇੰਜਣਾਂ ਵਾਲੇ ਵਾਹਨ ਵਰਤਣ, ਕਾਰਖਾਨੇ/ਫੈਕਟਰੀਆਂ ਦੁਆਰਾ ਪੈਦਾ ਹੋਇਆ ਜ਼ਹਿਰੀਲਾ ਧੂੰਆਂ ਅਤੇ ਹੋਰ ਵੀ ਧੂੰਆਂ ਪੈਦਾ ਕਰਨ ਵਾਲੇ ਸਾਰੇ ਨਸ਼ੇ ਵਾਤਾਵਰਣ ਦੇ ਪੱਕੇ ਵੈਰੀ ਹਨ। ਇਹ ਤੰਦਰੁਸਤ ਮਨੁੱਖ ਨੂੰ ਵੀ ਬਿਮਾਰ ਕਰ ਰਹੇ ਹਨ। ਸਾਡੇ ਲੋਕ ਫਸਲਾਂ ਦੀ ਰਹਿੰਦ-ਖੂੰਹਦ ਨੂੰ ਅੱਗ ਲਗਾ ਕੇ ਸਾੜਨਾ ਆਪਣੀ ਮਜ਼ਬੂਰੀ ਦੱਸਦੇ ਹਨ, ਪਰ ਫਿਰ ਵੀ ਸਰਕਾਰਾਂ ਤੇ ਪ੍ਰਸ਼ਾਸਨ ਦੁਆਰਾ ਦੱਸੇ ਅਨੁਸਾਰ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ, ਤਾਂ ਜੋ ਅਣਗਿਣਤ ਰੁੱਖ ਸੜਨੇ ਅਤੇ ਜ਼ਮੀਨਾਂ ਬੰਜਰ ਹੋਣ ਤੋਂ ਬੱਚ ਸਕਣ।

ਪੰਚਮ ਪਾਤਿਸ਼ਾਹ ‘ਸ੍ਰੀ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ’ ਦੀ ਦਲੀਲ ਵੀ ਸ਼ਾਇਦ ਇਹੀ ਗੱਲ ਸਾਨੂੰ ਸਮਝਾ ਰਹੀ ਹੈ ਕਿ ਦਾਵਾ ਅਗਨਿ ਬਹੁਤ ਤ੍ਰਿਣ ਜਾਲੇ ਕੋਈ ਹਰਿਆ ਬੂਟ ਰਹਿਓ ਰੀ॥

ਪੰਜਾਬ ਜਿਸ ਨੂੰ ਪੰਜ ਦਰਿਆਵਾਂ ਦੀ ਧਰਤੀ ਕਿਹਾ ਜਾਂਦਾ ਹੈ, ਇਸੇ ਹੀ ਧਰਤੀ ‘ਤੇ ਰਚੇ ਗਏ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਦੇ ਸ਼ਲੋਕ ਵਿੱਚ ਹੀ ਮਨੁੱਖ ਨੂੰ ਕੁਦਰਤ ਨਾਲ ਜੋੜਿਆ ਗਿਆ ਹੈ—

ਪਵਣੁ ਗੁਰੂ ਪਾਣੀ ਪਿਤਾ ਮਾਤਾ ਧਰਤਿ ਮਹਤੁ॥

ਇਸ ਸ਼ਲੋਕ ਵਿੱਚ ਗੁਰੂ ਸਾਹਿਬਾਨ ਨੇ ਹਵਾ ਨੂੰ ਗੁਰੂ, ਪਾਣੀ ਨੂੰ ਪਿਤਾ ਅਤੇ ਧਰਤੀ ਨੂੰ ਮਾਂ ਦਾ ਦਰਜਾ ਦਿੱਤਾ ਹੈ। ਪਰ ਅੱਜ ਇਹ ਸਾਰੇ ਮਨੁੱਖ ਦੇ ਸਵਾਰਥ ਕਾਰਨ ਪ੍ਰਦੂਸ਼ਿਤ ਹਨ। ਬੁੱਧੀਜੀਵੀ ਦਾ ਕਥਨ ਹੈ ਕਿ 1300 ਲੀਟਰ ਪੈਟਰੋਲ ਤੋਂ ਪੈਦਾ ਹੋਇਆ ਪ੍ਰਦੂਸ਼ਣ ਇੱਕ ਰੁੱਖ ਲਗਾ ਕੇ ਘਟਾਇਆ ਜਾ ਸਕਦਾ ਹੈ। ਮੈਨੂੰ ਯਾਦ ਹੈ ਕਿ ਸਾਡੇ ਸਕੂਲ ਵਿੱਚ ਇਹ ਨਿਯਮ ਬਣਾਇਆ ਗਿਆ ਸੀ ਕਿ ਹਰ ਵਿਦਿਆਰਥੀ ਆਪਣੇ ਜਨਮਦਿਨ ‘ਤੇ ਸਕੂਲ ਵਿੱਚ ਬੂਟਾ ਜਰੂਰ ਲਗਾਵੇਗਾ। ਜੇਕਰ ਹਰ ਵਿਅਕਤੀ ਬੂਟੇ ਲਗਾਉਣ ਦੀ ਸ਼ੁਰੂਆਤ ਕਰ ਦੇਵੇ ਤਾਂ ਸਮੁੱਚਾ ਦੇਸ਼ ਤੇ ਸੂਬਾ ‘ਹਰਿਆਵਲ ਤੇ ਸ਼ੁੱਧ ਵਾਤਾਵਰਣ’ ਵਿੱਚ ਮੋਹਰੀ ਬਣ ਜਾਵੇਗਾ। ਸ਼ਿਵ ਕੁਮਾਰ ਬਟਾਲਵੀ ਰੁੱਖਾਂ ਬਾਰੇ ਕੁਝ ਇਸ ਤਰ੍ਹਾਂ ਬਿਆਨ ਕਰਦੇ ਹਨ ਕਿ—

ਜੇ ਤੁਸਾਂ ਮੇਰਾ ਗੀਤ ਹੈ ਸੁਣਲਾ
ਮੈਂ ਰੁੱਖਾਂ ਵਿਚ ਗਾਵਾਂ
ਰੁੱਖ ਤਾਂ ਮੇਰੀ ਮਾਂ ਵਰਗੇ ਨੇ
ਜਿਉਣ ਰੁੱਖਾਂ ਦੀਆ ਛਾਵਾਂ।

ਮਹਾਨ ਯੁੱਗਪੁਰਸ਼ ‘ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ’ ਵੀ ਆਪਣੀ ਪਾਵਨ ਬਾਣੀ ਵਿੱਚ ਕੁਦਰਤ ਦੀ ਸੁੰਦਰਤਾ ਬਾਰੇ ਬਿਆਨ ਕਰਦੇ ਹਨ—

ਅਖੀ ਕੁਦਰਤਿ ਕੰਨੀ ਬਾਣੀ ਮੁਖਿ ਆਖਣੁ ਸਚੁ ਨਾਮੁ।
ਪਤਿ ਕਾ ਧਨੁ ਪੂਰਾ ਹੋਆ ਲਾਗਾ ਸਹਿਜ ਧਿਆਨੁ॥

ਅਸੀਂ ਦੇਖ ਸਕਦੇ ਹਾਂ ਕਿ ਕਿਵੇਂ ਗੁਰੂਆਂ, ਪੈਗੰਬਰਾਂ, ਸੰਤਾਂ, ਕਵੀਆਂ ਅਤੇ ਸ਼ਾਇਰਾਂ ਨੇ ਸਾਨੂੰ ਵੱਧ ਤੋਂ ਵੱਧ ਰੁੱਖ ਲਗਾਉਣ ਲਈ ਆਖਿਆ ਹੈ। ਇੱਕ ਰੁੱਖ ਨੂੰ ਵੱਢਣ ਲਈ ਸਾਨੂੰ ਕੁਝ ਕੁ ਮਿੰਟ ਹੀ ਲਗਦੇ ਹਨ ਪਰ ਉਸਨੂੰ ਪਾਲਨ ਲਈ ਕਈ ਸਾਲ ਲੱਗ ਜਾਂਦੇ ਹਨ।

ਅਖੀਰ ਵਿੱਚ ਮੈਂ ਇਹ ਕਹਾਂਗੀ ਕਿ “ਰੁੱਖ ਲਗਾਓ, ਵਾਤਾਵਰਣ ਬਚਾਓ”। ਇਹ ਨਾਅਰਾ ਪੂਰੇ ਮੁਲਕ ਅਤੇ ਸੂਬੇ ਭਰ ਵਿੱਚ ਬੁਲੰਦ ਕਰੀਏ, ਜਨਤਾ ਨੂੰ ਜਾਗਰੂਕ ਕਰਨ ਅਤੇ ‘ਸਾਫ਼ ਤੇ ਸੁੱਧ ਵਾਤਾਵਰਣ’ ਨੂੰ ਪੈਦਾ ਕਰਨ ਵਿੱਚ ਆਪਣਾ ਯੋਗਦਾਨ ਜ਼ਰੂਰ ਪਾਈਏ। ਇਸ ਧਰਤੀ ਦੇ ਸਰੋਤਾਂ ਦੀ ਜਿੰਨੀ ਅੰਨ੍ਹੇਵਾਹ ਵਰਤੋਂ ਅਸੀਂ ਕੀਤੀ ਹੈ, ਓਨੀ ਹੀ ਧਰਤੀ ਨੂੰ ਵਾਪਸ ਮੋੜੀਏ ਤੇ ਇੱਕ ਸੰਤੁਲਨ ਬਣਾਈਏ। ਅੰਤ ਵਿੱਚ ‘ਸੁਰਜੀਤ ਪਾਤਰ’ ਦੀ ਕਵਿਤਾ ਦੀਆਂ ਕੁਝ ਸਤਰਾਂ ਪੇਸ਼ ਹਨ—

ਜੇ ਆਈ ਪੱਤਝੜ ਤਾਂ ਫੇਰ ਕੀ ਐ
ਤੂੰ ਅਗਲੀ ਰੁੱਤ ‘ਚ ਯਕੀਨ ਰੱਖੀਂ
ਮੈਂ ਲੱਭ ਕੇ ਕਿਤਿਓਂ ਲਿਆਉਨਾਂ ਕਲਮਾਂ
ਤੂੰ ਫੁੱਲਾਂ ਜੋਗੀ ਜ਼ਮੀਨ ਰੱਖੀਂ।

ਪੂਜਾ
ਬੀ.ਏ. ਭਾਗ ਦੂਜਾ



Science Section

EDITORIAL

Never before have the world's scientists been so preoccupied with a single issue. The genetically modified mice enjoyed a 'rare break' from scientific scrutiny while new vaccines from cancer to other deadly diseases are now put on hold. The outbreak of the new coronavirus has perhaps changed how the world does science "together". This deadly disease affects everyone in countless ways and people worldwide have scrambled to understand the disease- what causes it, how it spreads, what can be done to treat it and how we can make a vaccine to prevent it. All hopes are being pinned on scientists to develop a vaccine against the virus that has brought the world almost to a standstill. The only goal is to save

as many lives as possible and to turn the tide against Covid-19. Amid the chaos, a historic scientific effort has given the world "the vaccine" against a disease that humanity was not aware of a year ago.

The Coronavirus can be said to have shaped the year 2020 in research, from vaccines and treatment to campus closures and virtual meetings. The science students of Mehr Chand Mahajan DAV College for Women have been actively involved in attending webinars and doing various other science-related activities. As a staff editor of the Science section of Mehr Jyoti, I feel privileged to announce this brilliant collection of articles from students of the college on various perspectives of Covid-19 where they have

expressed their views and shared their knowledge and experiences of how they perceive this pandemic. I thank my student editor, Malika Kamra and my colleagues, Dr. Manjot Kaur and Dr. Rohini Kanwar for being the biggest support system. I express my heartfelt gratitude to our worthy Principal, Dr. Nisha Bhargava, the editor, Dr. Zeenat Khan and the editorial team for all their efforts in preparing this magazine and selecting this viral topic.

Dr. Aanchal Batra

Editor Science Section

PG Department of Chemistry

ANTIMICROBIAL RESISTANCE:

The Potent Enemy Lurking Behind Covid-19

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has emerged as a global pandemic due to its high transmissibility and pathogenicity. Initially, no effective medication could be developed against the deadly Covid-19 disease. Hence, old antimicrobial drugs (antiviral, antibacterial, and antifungal) have been repurposed to treat Covid-19 patients, which, in turn, is directed towards a distressing problem called “Antimicrobial resistance (AMR)”. AMR is the ability of germs to defeat antimicrobial drugs, which are designed to destroy them. The high exposure of antimicrobials to microbes is the primary driving force that has resulted in mutations or chromosomal genetic changes in the microorganisms, making them resistant. Since microbes can divide and produce colonies at an alarmingly fast rate, it makes the AMR spread more easily. Moreover, the genetic transfer of resistance makes the microbes naturally resistant to antimicrobial drugs. Unfortunately, we are now in an era when people are dying from untreatable infections since the emergence and spread of antibiotic resistance.

During this pandemic, several broad-spectrum antivirals have been evaluated either alone or in combinations that were previously used against influenza, SARS, and MERS coronaviruses to treat the Covid-19 patients. For instance, 58% of Covid-19 patients in China have been treated with intravenous antibiotics, 35.8% with an antiviral drug (Oseltamivir), and 2.8% with antifungal medicines. With the combined dosage of Azithromycin and Hydroxychloroquine, the nasopharyngeal carriage of Covid-19 patients was cleared within 3–6 days.

There are a few reported antiviral drugs, like Lopinavir, Remdesivir, Ritonavir, and Oseltamivir, etc. that have substantially blocked the Covid-19 virus in infected patients.

The global consumption of antimicrobial drugs not only leads to environmental deterioration (detrimental effect on water, soil, and ecosystems) but also leads to secondary bacterial and fungal infections. To prevent the deterioration caused by AMR, there is a vital need to bring back the pharmaceutical sector from the profitable market of heart disease, diabetes, etc. into the R & D of novel antibiotics to fight these infections.

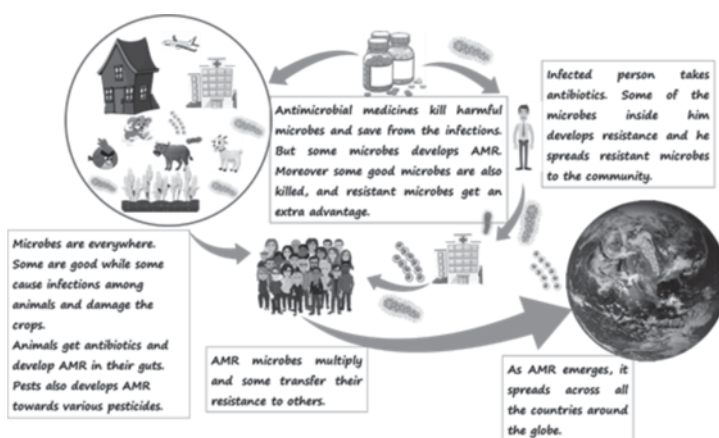


Illustration of how AMR Spreads

Dr. Rohini Kanwar

Assistant Professor

PG Department of Chemistry

NURTURING MIND IN THE UNCERTAIN TIMES OF PANDEMIC

Experience is a type of knowledge that builds new cognitive skills over time and prepares us to face a situation, understand it, devise a solution, and apply that knowledge for the rest of our lives. Every situation or experience has its own bright and dark side. Sometimes the darker part is that we forget the key notes of the bright one, which prepares one with a new set of learnings for the upcoming life challenges. The beginning of 2020 has brought us a new crisis, beginning with anti-CAA protests in response to the global pandemic situation. Covid-19 is the same hurdle, acting as an invisible danger to every human. Sharing individual differences either caste based or education based, this has united us with our past glory of togetherness as a family, center-state relation, volunteer services, hygiene knowledge and Indian's lost love for "Namaste". No doubt, technology is playing a pivotal role in fighting this invisible threat with the web service: online statistical updates, services for basic needs, and stimulus to individuals sitting worldwide about the situation, government's efforts: policies, grants, funds, schemes for the welfare of individuals trying to balance the socio-economic state of the country. The situation is critical, and migrants and poor people in poverty have no idea what their future holds, but the local administration, health professionals, and police officers on duty are doing a commendable job of raising awareness and developing strategies.

The social life that has been halted since 22nd March 2020 with the "Janta Curfew" united us with sounds of clapping and ringing bells at 5 pm, displaying the sound of motivation for the people working for us to fight this uncalled crisis. It didn't stop there; the face of a 40-day lockdown made us realize the importance of hygiene; washing hands has become a ritual, sanitizer has become a holy water of purity, the face mask has become our regular partner in a shield, personal life has changed to a family man's life for all, 9 to 6 strict offline work has taken the shape of a home office with an online work station with a computer, and To boost our motivation, Prime Minister Narendra Modi ji united the people of India with the "Ekta Ka Deep Jalao" Campaign on 5th April 2020 at 9 pm, which has once again brightened up the confidence of the Indians in themselves that they will fight this crisis with the spirit of togetherness. The Health Ministry is working day and night with the support of the ICMR on testing, treatment and controlling the number of cases. It's a big challenge in a country with 130 million people, but individuals and non-governmental organizations are pitching in with volunteer help, whether it's a kitchen service, a dry ration service, or a shelter home. On the bright side, the environment has been in a state of relief since the lockdown was declared. The holy river Ganga is back in its clear form of purity. The empty roads have resulted in low air quality indexes, especially in metropolitan cities. The Himalayan view is experienced from the northern plain area. The chirping of sparrows and the sound of cuckoo birds sitting on mango trees provide us with a bird's-eye view of nature.

As an individual, one has learnt many things at this time. The education institutions might be locked, but the web portal and e-learning services by the education sector of the state and centre are a ray of hope for students that learning can be possible anywhere and at any time. In a nutshell, this lockdown undoubtedly put us all in difficult situations we had not anticipated, but in the end, whatever the situation was, we all gained some valuable life lessons. The only aid to escaping this virus for the time being is the magic spell – "Stay Home, Stay Safe".

Annanya Mahajan, B.Sc II (Medical)

INNOVATIVE STARTUPS

DURING COVID-19 PANDEMIC

The unprecedented pandemic wrought by the novel coronavirus has impacted the lives of people across the globe, but the current crisis was also an eye opener to several opportunities that presented themselves during this time. Though this pandemic affected the economic sector of India, during this time, several start-ups also originated.

Entrepreneurship and innovation across India responded quickly to the challenge posed by the Covid-19 pandemic.

India has a wealth of trained engineering talents and helps foster what's called 'Jugaad'—a frugal innovation mindset to find hacks for problems with limited resources.

So, while dealing with the economic crisis, Covid-19 created a frugal innovation mindset among Indian start-ups. Powering *Atmanirbhar Bharat*, innovation and start-ups are now the basis for the development of the nation.

Some Innovative Startups during Covid-19 Pandemic were:-

- | | | |
|---------------------|----------------------|------------------|
| (i) Asimov Robotics | (ii) Aarogya SetuApp | (iii) Klinik App |
| (iv) Practo | (v) Nocca Robotics | (vi) PerSapien |
| (vii) Droom | Aqoza Tech. | ASIMOV-ROBOTICS |

A particular problem as lockdowns began to ease was how to stop the virus from spreading to public spaces, such as airports or bus stations. Asimov Robotics, a start-up based in Kerala, deployed robots at entrances to office buildings and other public places to dispense hand sanitizer and deliver public health messages about the virus.

Robots developed by Asimov Robotics is also being deployed in hospital isolation wards to carry food and medicines which has relieved the pressure on medical staff.

Aarogya Setu- In early April, the Indian government launched a Covid-19 tracking app called Aarogya Setu which used GPS and Bluetooth to inform people when they were at risk of exposure to Covid-19. Klinik and Practo- These are digital healthcare platforms that recently made Covid-19 tests available online.

Nocca Robotics- In response to the shortage of ventilators for critical care, start-ups such as Nocca Robotics, incubated at the Indian Institute of Technology, Kanpur, have developed low-cost, easy-to-use, and portable ventilators that could be deployed even in the rural areas of India.

Droom- This claimed to have developed a special anti-microbial coating called Corono Shield that inhibited the growth of microorganisms such as bacteria, algae, yeast, etc. on the surfaces of vehicles. It is being tested by police in Gurugram in Haryana.

The government launched the Covid-19 solution challenge on March 16th 2020 and invited innovators to offer ideas and solutions for tackling the pandemic. Industry associations such as the Federation of Indian Chambers of Commerce and Industry collaborated in an online hackathon to develop non-medical solutions for Covid-19.

So this was the brighter side of the Pandemic...

Sangam, B.Sc. I (MFT)

APOC-OVID-ALYPSE

The epic battle between mankind and microbes has been raging for millennia. Aside from famines, floods and wars, bacteria and viruses have proven to be the most lethal enemies of mankind in history. Now, after almost seven centuries, crossing the globe like the Black Death, Covid-19 is the latest front in humanity's long battle against infectious diseases. Covid-19, despite being far less lethal than some of its predecessors, seizes our attention and instills fear, helplessness and anger. Caused by the transmission of severe acute respiratory syndrome, coronavirus-2 (SARS-Cov-2) has become a big threat to human survival. It was declared a pandemic in March 2020 by the WHO, after an outbreak in Wuhan, China in December 2019. Despite the fact that the symptoms of Covid-19 are only mild illnesses and cold, this virus has infected 107 million people and killed nearly 2.3 million people worldwide. A Coronavirus outbreak has forced the world to take an unwelcome break and locked people inside their homes. As global institutions, amidst growing suspicion and rivalry among nations, failed to deliver the necessary responses to contain the pandemic, this resulted in the conversion of a public health crisis into an economic crisis all over the globe. The governments had to face the dilemma of balancing public health and economic concerns. Even during this havoc, people all over the world showed the meaning of 'isolated in living, united in spirit'. People fought off the virus heroically. Even though it took scientists surprisingly long time to unravel the spreading patterns and symptoms of the virus, there have been a lot of satisfactory results in the field of vaccine development. Various vaccination programs have been started all over the world. This pandemic has left us with a lot of questions, like: What will be the effect of this crisis on globalisation and the transformation of the world? How can we rebuild and strengthen governance mechanisms all around the world to prevent the outbreak of another pandemic in the future? Even though we are still fighting against this pandemic, we hope that mankind, with its fighting spirit, will come out of this pandemic successfully.

Yeshaswi Sharma, M.Sc. I (Chemistry)

CORONA- THE ULTIMATE DISASTER

Have you ever thought of staying locked in a house not for two or three days, but for so many months or, you can say, for about a year? Have you ever thought of being at a social distance from your loved ones? Have you ever thought of such situations when all the schools, colleges, markets, restaurants, hotels will be closed? Have you thought of such situations? NO... We never imagine ourselves in such situations, but nature has thrown us into one by spreading a deadly disease known as coronavirus.

Coronaviruses are a large family of viruses that cause illnesses ranging from common colds to more serious diseases like the Middle East Respiratory Syndrome (MERS-CoV) and severe Acute Respiratory Syndrome. Coronaviruses get their name from the way that they look under the microscope. The virus consists of a core of genetic material surrounded by an envelope with protein spikes. This gives the appearance of a crown. The word corona means crown in Latin. Coronaviruses are zoonotic, which means they get transmitted between animals and people. These affect the respiratory system and show symptoms like fever, cough, shortness of breath, fatigue, and a sore throat. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure, influenza and even death.

The consequences of Covid-19 have created a social chasm between a working-from-home employee and his manager, a student and his teacher, and, most importantly, a frontline essential worker who hasn't returned home from the hospital after saving people's lives and his family members. Indeed, Covid-19 has impacted almost every entity in its own way. For example, a "face mask," which before the pandemic only adorned the faces of a specialist surgeon or an MBBS qualified student, is now as important a piece of clothing as a pair of undergarments. Apart from the many affairs which I may not be able to list in this short reading, the missing crowd cheers during the IPL matches, the missing cohort of school children opening tiffins during their recess, the missing noisily crowded Vaishno Devi and Kedarnath pandals, the falling GDP, the lost jobs and the monotonically increasing death toll were many of the goosebump-giving events that ensued during the 2020 Covid-19 year.

So, as much as Amitabh Bachchan may try to persuade us to wear masks with a minute of a caller's tune, or as our honorable Prime Minister may request that we stay at home, we must recognize that the responsibility lies with us. We need to be even more responsible, not only because our disciplined actions might protect our own lives but because they may also save many lives.

Until everything becomes normal and the curve flattens, stay safe, stay happy, and stay healthy.

Kinza Mehta, M.Sc. II (Chemistry)

WORLD ON PAUSE

“First time in history, we can save the human race by lying in front of the T.V. and doing nothing.”

The coronavirus pandemic has caused so many things to happen, some predictable, others not. As the world is still threatened by the worst global health crisis in 100 years, there has been a mass outpouring of memes, funny videos and general silliness. We might be scared; but we seem determined to carry on laughing. Jokes apart, we should be aware of this virus. Coronaviruses are a family of viruses that can cause respiratory illnesses in humans. They get their name 'corona' from the many crown-like spikes on the surface of the virus. Coronaviruses are responsible for severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). This virus enters the body via the mouth, nose, or eyes (either directly from airborne droplets or through virus transfer from the hands to the face). It travels to the back of the nasal passages and to the mucus membrane. It then gets attached to the cells there and begins to multiply, followed by movement to the lung tissues. Government health agencies, researchers and healthcare providers are all working together to develop policies and procedures to limit the spread of this virus both globally and from person to person. Researchers are still learning about Covid-19.

Today, this virus has spread turmoil in the world. It has made us realize how shallow materialistic pleasures are in life. Who would have thought that a mutant virus could crash the world economy and result in all people being locked up inside their homes? It is the time for young people to come forward and take charge. It is necessary to understand here that the enemy is invisible; it cannot be fought or tamed. By being prepared, and becoming aware, we can surely stop its spread. Many guidelines were also given by the government, like-

- Wash your hands for at least 20 seconds after touching any surface.
- Wear a mask.

- Cover your nose while sneezing and coughing.
- Maintain the social distancing rules.

The current crisis is showing the best and worst of humanity. In these trying and testing times, the world should unite as a global village and focus on one another. People all over the world are expressing their gratitude in unique ways to frontline workers such as doctors, nurses, scientists, police officers, and so on. They are working day and night, and risking their lives in order to save us all. Acts like these bind us together and prove that good wins over evil, after all. We need each other's support more than ever. Instead of pitying one community over another, we should pledge solidarity and support. So, let us all join together to make this world safe and happy again.

“VASUDHAIVA KUTUMBAKAM”

Arushi Dhiman, B.Sc. I (MFT)



IT Section

EDITORIAL

In December 2019, the first case of COVID-19 was reported and the world was heading towards an unknown disaster. The pandemic has of course, caused untold hardship and adversity across the globe. The teaching community was also not spared; we also ended in complete chaos. For the first two weeks, we all were in panic and were not aware of what to do. But I am pleased that with great brainstorming and serious discussions, the teaching community finds its way through the mayhem. Making the best use of the technology, whole education system was completely transformed from physical to virtual. With the

whole-hearted support from our students, we switched to regular online classes, and we could bring life back on track even if in a small way. I am grateful to the Almighty that some normalcy is restored and we are publishing our annual college magazine.

The College Magazine, Mehr Jyoti provides students a platform to pen down all their ideas and emotions onto the paper. For obvious reasons, this year, the volume is dedicated to the pandemic. In the magazine's Computer Section, we focused on the emotions and ideas of the impact of Pandemic on technology and vice versa.

I want to express my deep

gratitude to our Principal Dr. Nisha Bhargava, Dr. Zeenat Khan (Chief Editor) and the editorial board for providing a fair and focused platform to nourish the talent of our students. I also thank and appreciate the students for their overwhelming support and for providing their honest thoughts.

Ms Navdeep Kaur

Assistant Professor

*Dept of Computer Science &
Applications*

EVOLUTION OF DIGITAL MARKETING DURING PANDEMIC

Ever since the COVID-19 has hit the world, it has affected every sector of world business. Some businesses have already found a way to tackle the problems whereas, some are still finding ways to cope with the new ways to hit the markets at the same pace. The companies that are well established and have a great market share, have already begun to create a stable digital marketplace. However, just having a functional website will not help to hit markets again with the same efficiency. There are a lot of other things required to make it big in online business. The bigger brands tend to have better online traffic as compared to the small and local businesses, which would face great challenges to get reach just like powerhouse businesses. This is where a well-planned digital marketing strategy can help the brands to reach out to customers and get better reach. There are a lot of factors that influence digital marketing to build better brand recognition. Initially, a website and platform are optimized on the basis of local internet searches and an active social media presence. Digital marketing is majorly based on paid promotions through various platforms and sometimes through celebrity endorsements, social media ads, and even clicks on ads on basis of how much you pay per click. Whereas many firms still opt for an organic marketing and focus on making better content to influence customers. As the COVID has already cut down the offline markets which have basically reduced many operational expenses, businesses can now plan to invest in digital marketing. Before you begin making content for organic search and setting up Google Ads and other paid media, it's more important to learn how digital marketing actually works.

Characterizing the KPIs – Key Performance Indicators (KPIs) are measurements used to measure the achievement of your work. KPIs usually check your insights from page views, clicks on ads to new traffic, and subscribers. It is more important to set up which measurements matter most to your sector or business before you begin arranging the resources, which would help in building up the system.

Assemble Brand Awareness – Having great content and well-managed administration is basic, still without brand recognition and brand value, you can easily lose customers and business to more settled competitors. Buyers are getting more rational and choose brands which have a higher value in the market and also business needs to be honest and authentic to their customers to gain more trust and better reputation. More focus should be on impressions and reviews of the customers rather than just the clicks and traffic. The beginning phases of marketing are just about making people aware of the existence of your products and services, as much as possible. And examine the kind of customer engagements so that it is easy to manage the promotional policies to boost up the sales and income.

Upgrade for Local – While providing specific services in your region or a designated area (e.g., gardeners, flower specialists, plumbers, and so on), make sure to focus on those zones to contact people in the neighborhood as well as making content awareness on your site. You may consider Google Ads that target local key searches and crowds.

Make Helpful Content – No one ever wants to be pitched or offered to, but at the same time, the

vast majority head to Google to find solutions. Therefore, the idea should be to make a site that displays more like a list, make an information base where individuals can discover the data they're searching for. Become an expert for your specialty by keeping a normal pamphlet or blog to share data and set up your image as a solid asset. If you create content that positions exceptionally in web index results, you'll be leading more individuals straight to your website, who may then look around before eventually making a buy or reaching you. The more a guest is engaged and locked in with your site, the better the odds of getting a deal when they're prepared to purchase.

Get Social – Building a strong online media presence is a significant segment of advanced digital marketing. You do not need to have a presence at each stage but you need to realize which organizations go well with your image. Recognize where your intended interest group is most active and shoot your shots accordingly. Along with posting reports consistently, you can get engaged with individuals and create brand recognition in your local area (as opposed to simply attempting to pile up adherents). Once, you have a solid base, you can begin exploring different areas of your business and enhance social media advertising.

Kritika Tomar, BCA-1

RISE OF ONLINE OPPORTUNITIES DURING COVID

“In the middle of difficulties, lies opportunities”

The COVID - 19 pandemic has completely changed the way of living of people. The current situation has isolated human beings and restricted them to their homes in an unimaginable way. It has accelerated the shift towards a more digital world. People prefer sitting at home and learn or do things rather than going out. It depends on how one can utilize the time rather than grumbling about the situation. The pandemic has fast-tracked the growth of the online education space. People are opting for online learning irrespective of whether they are working professionals or students. The basic idea is to enhance the skills in the extra time students have. It has become an excellent opportunity for students as they can explore more courses online. The mindset of productively utilizing this time has led to more people taking up these courses. Students indulged themselves in online internships along with their studies. By doing this, they are gaining experience as well as enhancing their skills. Students have also got time to explore their inner self and do the activities they love to do. Students are utilizing more time and wasting it less. This would not have been possible if regular classes continued. The use of social media as a tool for professional communication and education has been increasing widely. People are showcasing their talents through these platforms and earning in their respective fields. Platforms like Zoom, Microsoft Teams, Google Meets etc., have helped people around the world to stay connected for work, education and social purposes. It has changed online shopping behaviours to great extent. People have started using e-commerce and digital solutions for almost everything: grocery, clothes, or essential items. The acceleration of online shopping globally has also initialled many start-ups leading to a rise in businesses. Small businesses have emerged

really well on Instagram, Facebook etc. Social media posts and ads are a key way to drive traffic to one's website. It also offers an easy and low commitment way for potential customers to express interest in the business. People are more active on these platforms during current times, which also urges them to buy more from online sites, increasing their sales. The changes happening now will have lasting effects later in our lives. Online opportunities will continue to rise even after the pandemic. This pandemic has taught us how to make exclusive use of any situation and time. Opportunities will continue to come, and it depends on the person how he/she utilizes them.

Deepakshi Rawal, BCA 2

SOCIAL MEDIA DURING PANDEMIC

The world is facing an extensive spread of severe acute respiratory syndrome – CoronaVirus2. This epidemic puts intensive pressure on healthcare, economic and social structures. During this crisis, lack of awareness, knowledge and preparedness would put the people at risk. At the same time, the massive amount of health-threatening misinformation was spreading at a faster rate than the disease itself. If used wisely and prudently, social media serves as a powerful tool for changing people's behaviour and promoting the individual's well-being. Nowadays, social media is often seen as a faster and effective platform for searching, sharing, and distributing health information. Also, social media provides important data sources to identify health information that has not been reported. Of all the social media available in India, the most popular social networking sites are YouTube and Facebook. India has the largest Facebook user base in the world. WhatsApp and Instagram are recently a few of the other famous social networking sites used in India. During these COVID times, people used mobile phones too much that it might cause medical implications. Several hospitals and health agencies have opened YouTube, Facebook and Twitter pages that could be easily accessible to the patients. When no other way was available to cure COVID quarantine and social distancing, social media became robust platform for

spreading public health awareness. Some nations do have Twitter and Facebook accounts for these purposes. The Ministry of Health and Family Welfare Department has developed an app to combat COVID to link critical health services with Indian citizens called “Aarogya Setu”.

The Center of Disease Control maintains an active page on Twitter and Facebook that allows users to post large numbers of short messages in less period. Social networking sites also easily access critical information collected by organizations like WHO and Center of Disease Control. A recent study shows that during Ebola and Zika outbreaks, social networks helped Center of Disease Control establish active communication with community and then apply it to improve public health. With its capacity to bring people closer than ever before, social media has also set new and unique challenges. The pandemic of COVID affects global health and has now become Public Health Emergency of International concern as declared by WHO. A significant risk of using social media is posting and forwarding unethical content that has adverse effects on health. Social Media conveys information about the personality, beliefs and interests of an individual. It also creates an initial impression which persists in the mind of people. Social Media have always been vital platforms for spreading misinformation. It consists of different facets of the epidemic, which is capable of threatening public safety.

Shreya Gupta , BCA 2

TECHNOLOGY: SUPERHERO OF PANDEMIC

It has been more than sixteen months in the world and over a year in India since the first COVID-19 case was detected. Completely unaware of the pandemic and the equipment to curb it, it was a challenging problem for the Government to tackle. The government announced a complete lockdown. Yes, it was a complete lockdown, something that was not heard of in centuries in India. The OPDs were closed, railways deferred, flights cancelled, classes suspended and so on. The Nation and the world came to a stand. The main focus of the government was to control it, But how?

Yes, we had to equip ourselves with ventilators, medical staff, beds, doctors, cleaning staff, and the most important medication. The bigger challenge was to feed the 132-crore population. What to open and what to control, how to make the population aware of the pandemic? Technology was the only solution to all these questions. Technology took over everything as a superhero and everyone used technology for their and nation's survival. Educational institutions were shut down only to open to a new avenue of virtual institutions where the teachers reached out to every student from home.

Digital health technology had facilitated the pandemic strategy and response in a way that is difficult to achieve manually. For instance: Contact tracking; Medical supplies; Screening for infection; Clinical management; Planning and tracking

This viewpoint provides a framework for the application of digital technology in pandemic management and response, highlighting ways in which successful countries have adopted and integrated digital technology.

Like for examples: -

- In track: - Data dashboards, migration maps, machine learning, data from smartphones, etc.
- Screening: - Digital Thermometer, mobile phones, web-based toolkits.
- Clinical management: - machine learning, virtual care, or telemedicine platform.
- Contact tracking: - real-time monitoring of mobile devices, global posting systems, and wearable technology.

Technology was the main source in lockdown, as everyone was at home for around 16 months. Every person in the family used the internet for different things like our mothers cooked many things using the internet and YouTube. Kids of younger age learned coding languages, like C++ and C. and elder kids learned different other things according to their interests, like kids having an interest in cooking learned different things to cook, kids have interest in computers learned graphic designing and web designing. With the help of the internet, this lockdown period has given everyone a new way of looking at life. Work from home became a new trend, the companies came up with new policies of working from home, their avenues broadened as now the women who left work midways due to family obligations could continue the same. This was the time for family bonding. This was the time to do what one liked but never got the time. Some people complain of not being able to go out and socialize. Others utilized this time to their best potential. They read books, watched movies, etc. Others spent time in meditation. The elderly was the

happiest, indeed they were. They had the entire family around. Fourteen months after the onset of the pandemic, we as a Nation are out with a vaccine. And now the greater challenge to vaccinate everyone else in the country. We have taken this mammoth task and we shall overcome the hurdles and win over every adverse situation with our unity and strength. I bow in humility, gratefulness, respect to all the ones who make us comfortable.

Nikita, BCA 2

IMPACT OF TECHNOLOGY IN STRATEGIC DESIGNING OF WORKPLACES DURING PANDEMIC

COVID has changed the entire life of people. It has brought a revolutionary change in every sphere of work, whether it ranges from projecting to marketing. A complete term of more than one and a half year and still going on; the world stopped its motion and has begun to a different rhythm. Even we have spotted this new way of adapting ourselves to the horizon, we must admit that we were not prepared for it. In a matter of time, our workplaces and schedule were reduced from going outside in our work hours to being forced to live inside our houses and go virtual. So, in these times, we were encouraged to introduce technology in all the processes and of the design process ranging from starting to end—from making all the decisions about the development to finally making the execution of the project. While making the decision the plan of monitoring the project's performance was also a crucial and important step in its form.

It has been told that anything that cannot be measured properly can surely be improved. When we know the Understanding of how the employees work and working on their basic needs with routines and proper timings, etc. is all done online and from home and is the main key to making a proper knowledge base which importantly serves as a foundation and major milestone for the basic interior design. Online studies were held, and various tools were developed. These tools help us to perform the basic internal studies and see all the changes that are made in work models. Also, additional changes imply that they allow employees to show themselves very freely and have the encouragement that their all voices be heard. This process makes people feel part of the office even in such hard times and prove that the design process is important; surely now when that working in the office can become an obstacle and people need to work from their homes.

It is not the case that the only COVID introduced new work model in the world. Even before the pandemic, 70% of companies had digital transformation and used digital market which was working in place or was working on one zone. But COVID-19 is forcing the main emergence of the companies and is responsible for speeding up and implementing new digital transformation initiatives in the field of marketing.

Since companies had to work and money had to be earned, And COVID was a tough phase for all; in the rapidly evolving situation, it is completely impossible to balance what's best for your company and also

protect your employees which make a great deal in the whole part and which make the whole part deliver a great experience to customers without the right strategy and tools. The whole part was developed, and the companies were developed. Roses indeed come with thorns. one of the major issues of the shift to working virtually is the feeling that you are not entirely connected to the other person. The trait of personal disconnect is clearly shown. Working from home can lead to the desperate need of someone; isolation is evident in-home workers. For all of the companies, this means that successfully making every work possible and the method of transmitting their mission and all the traits can be a very difficult task. The major problem is shown when you see the proper culture suddenly does not drive all of the office design. Multi-creation platforms do make us capable of carrying out the interactive activities with all the employees and receiving feedback in real-time is also important. We also use major techniques to increase all the engagement and it also ensures employees that take ownership of the office design project. These are the major advantages of technology in strategic designs of workplaces and during a pandemic. The most important trait is that it helped in giving the most important thing – livelihood and workplace to people in such difficult times.

Sherya Gupta, BCA-2

EDUCATION IN THE ERA OF COVID-19

As we all know that education is very important aspect in everybody's life. Due to this pandemic which is all over the world has affected it so badly. The crisis caused by this Pandemic is a historic moment- one that could come to be seen either as an important turning point for humanity or as a huge missed opportunity, a milestone in the story of our deterioration and mismanagement of the planet. How we respond and the actions we take now will have a profound impact on the society of the future, including the future of education. The biggest loss of the education in this time is felt by the people of different classes especially lower castes. As we all have known during this time education is provided through digital media by using gadgets and they are not easily available to this lower middle class people. For the most vulnerable children, education is lifesaving. Not only does it provide safety and protection, but also also instils

hope for a brighter future. Its impact continues to raise significant concerns. The closure of schools, universities and technical institutions around the world has disrupted the lives and learning of a whole generation of students. And while there have been many examples of institutions responding creatively to ensure continuity of learning through distance and online teaching, the unprecedented institutional lockdown is having a severe impact on learners. Community learning centers have also had to close their doors, disrupting access to learning for some of the most disadvantaged and marginalized adults, though many have managed the shift to online successfully, where the infrastructure allows. For school students, the loss of contact with peers and teachers, not having a place to go every morning to learn and sometimes to receive their only meals of the day, constitute serious threats to the physical and mental health of the most vulnerable children. For teachers, the challenge has

not only been pedagogical but also personal and psychological, obliging them to work in conditions where infection is more likely and emotional demands are more intense and difficult to manage. COVID-19 has forced universities across India, and the world indeed, to suspend physical classrooms and shift to online classes. In India, while this transition has been smooth for most private universities, the public ones are still adapting to the unprecedented change. There have also been debates on the nature of classes, and the future of examination and evaluation — whether they could be conducted online or not. Online education is conducted in two ways. The first is through the use of recorded classes, which, when opened out to public, are referred to as Massive Open Online Course (MOOCs). The second one is via live online classes conducted as webinars, or zoom sessions. Universities require high-speed internet and education delivery platforms or learning management systems, besides stable IT

infrastructure and faculty members who are comfortable teaching online. Students also need high-speed internet and computers/mobiles to attend these sessions or watch pre-recorded classes. However, while technology is enabling, it can also be limiting, especially in India, where basic access is a challenge. Not every student has a computer or faststreaming internet at home. Many feel that online education is not as easy as speaking into the microphone at one end, and connecting a laptop or phone and listening in on the other. There are other challenges with this form of education which are faced at both ends of the spectrum — students as well as faculty. At the end, I will conclude that although providing education by online mode is provided by university in a very good manner yet still there are many people who are not able to have this advantage at their doorstep.

Nidhi Gupta, BCA-3

HAS TECHNOLOGY PROVED TO BE A GIFT TO US IN THIS TIME OF PANDEMIC?

Technology has proved to be helpful in multiple fields; without it, the employees would not have completed their projects; the students would not have continued with their studies; the companies would not have made their annual profit, and above all, the doctors would not have detected the virus and performed various experiment to save the humanity.

It is the law of nature that everything has its benefits as well as drawbacks. So is the case with technology; it has helped many employees to continue working while staying at their places using online services such as Anydesk, TeamViewer for desktop sharing, online meetings, web conferencing remote access, and file transfer. Zoom, GMeet, and Skype have helped students and teachers continue with their studies, thereby not letting the lockdown suffer students' future. Not only in the corporate and educational field, but technology has also proved to be helpful in the medical field. Artificial Intelligence is being used in developing a cure by detecting the signs of infection in the lungs. And In China and USA , robots are treating infected patients. Autonomous drones are being used to deliver food and medicines to infected patients, thus, saving the life and time of the doctors who are developing the cure for this illness.

On one hand, where technology has been helping, it has its harmful effect on the health of 60% of the population. It has been a luxurious gift for us which has made us lazier than before. It has reduced nearly 50% of physical activity and made our life monotonous as all the work is done from home by sitting in a single room, staring at the same laptop screen and wall in front of it for almost a year. It has reduced our physical interaction with other people, thereby, decreasing exposure and chance to get new ideas. So, I leave you with a question – Has technology been a boon and bane in the time of the pandemic?

Sonalika Grover, BCA 3

COVID-19: MAKING INTERNET SICK

The COVID-19 pandemic outbreak started in December 2019, halting everyone's life. On a positive note, technology took over as an unsaid hero; survived the human earnings and activities through online mode. But soon, the people were forced to do nearly everything from home; internet capacity is being pushed to new limits. With huge number of users logging on to it simultaneously, some worry about how the online networks can handle the strain. One of the often-used terms after this pandemic is the “new normal”. This new normal has applied to every family where husband and wives are working online, i.e. work from home and students are attending online classes, spending most of the time in front of the screen. It concluded that every work in this new normal is done through the internet and without it none can survive. This transformation of work culture and education system from physical to virtual has disturbed the human body balance mentally and physically. No fresh air, no physical activities, playing online video games, more screen time, and sitting in one posture for hours are some of the spoilers. The increased screen time is badly hitting the health with weak eyesight and body pain. Most importantly, the rays of the screen hitting the eyes, further reaching into the brain, cause a severe headache and reduce the person's focus. Greater screen time among children will adhere to their mental health and the power of thinking, ethics, i.e. right or wrong, does not even strike their mind, which means once sticks to the internet and online playing does not think of other things. Internet that was supposed to be a hero during a pandemic is now itself becoming sick. A lot of unauthentic information on Corona is being posted on the internet that created panic in the society, and the society is pushed towards depression. Suddenly everyone became a doctor and kept posting the home remedies and even medication to cure COVID-19. In anxiety and paranoia, most people trusted pseudo-information and tried to avoid COVID-19 and got the reverse of it. When pandemic was hitting society physically, people hit the internet with the pandemic stuff. All the authentic and unauthentic content about COVID-19 has overloaded every field on the internet, including research, entertainment, medication, yoga, home remedies etc. Facebook has been flooded with the content that the internet is killing people, not CORONA. Now, two types of COVID-19 occupy society, one that is physically hitting while the other is hitting mentally. I feel CORONA is not only hitting society only, but also it is making the internet sick.

Aastha Mittal BCA- 2



Planning Forum

EDITORIAL

With the whole world reeling under the impact of coronavirus, the economies of the world also bore the brunt and will take a couple of years to recover in terms of GDPs and other economic parameters. It also brought down the growth rate of Indian economy and brought us all to a halt and made us realize the power of mother nature. The economic impact has been mainly disruptive. The lockdowns and the induced market instability led to increased unemployment, lower incomes, decreased consumer activities and slump in many industries. The first wave had mainly hit the urban sector while the agricultural sector continued to grow. But in the second wave due to stricter lockdowns in rural areas also, the agricultural growth declined gradually. The manufacturing sector has been adversely affected in both the waves. The second blow battered the Indian economy hard. The economic projections of growth have slashed drastically. Due to low consumption expenditures, the aggregate demand came down. However, the faster the victory against the virus is achieved via speedier process of vaccination, higher is the chance of jumping to the ladder of recovery in the current year. A ray of hope can be seen from the positive elements in RBI estimates envisaging rising rural demand, satisfactory monsoon impact and strong global push in the export sector. The government expenditure on healthcare facilities, distribution of food and other necessary goods for the Covid victims, direct transfer of funds to the farmers has gone up significantly this year. This is reflected in the incremental government final consumption expenditure (at current prices) worth of Rs. 1,82,399 crore in FY21 compared to FY19. The stiffer challenge therefore to lift up the sagging GDP growth relates to sustaining the public investment in infrastructure and construction. The aggregate demand needs a special boost by enhancing direct transfer as well as free ration to the marginal and migrant workers, farmers, BPL families. Public investments in roads, railways, affordable housing, transportation of water, gas and oil, ports, irrigation can help push up the aggregate demand. Along with autonomous investment, induced investment should also be encouraged through more and more incentives to the private sector. Thus, demand growth and expansion in investments may bring back the economy on the trajectory of economic growth and prosperity.

Ms. Chri Bindra
Editor, Planning Forum

COVID-19 - SUSTAINABILITY OF SUPPLY CHAIN OF ESSENTIAL COMMODITIES

With its outbreak in December 2019 in Wuhan, Hubei province, China, the Corona virus Pandemic has spread across the globe affecting people in all the countries of the world. A pandemic is an epidemic that has spread over a large region, like multiple continents or the entire world. COVID-19 is a public health crisis and in fact is far deeper, taking into consideration its nature and ramifications. A public health emergency, a socio-economic disaster, the novel coronavirus has proved fatal to the world economy as a whole claiming lakhs of lives. The virus has had a negative impact on every section and segment including business, agriculture and the stock market. The world trade and has taken a toll on human lives. The worst impact of the pandemic has been on the supply of essential commodities to masses around the globe. Concerns have been growing on the sustainability of this supply chain considering the impact of the pandemic worldwide.

The locked-down world

Globalisation had made the entire world turn into a small village where everything was available just a click away. But, the pandemic had made the world move backwards and also awake to a new reality. The profiteering expedition of soulless greed of various countries had stopped altogether. Suddenly, the flourishing world trade got one of the biggest jolts and everything neared a standstill. The world as a whole seemed to have witnessed a complete halt. The tensions over the supply of essential commodities including food supply, fodder, medicines etc. therefore seemed real. The fragility of the supply chain had been exposed as shelves in supermarkets got emptied around the globe as many governments decided to impose a lockdown. The world as a whole had and is still suffering, the developed, the developing and the underdeveloped countries together. Maintenance of the supply of essential commodities had been an urgent emergency. Massive disruption of the end to end complex global supply chain had already taken place. Also, China had undoubtedly put forth itself as the leading manufacturer of goods and provider of various raw materials to the industries in the world. When the virus hit China, the world as a whole felt the pain. The supply of essential commodities including medicines' raw material, food grains etc., all suffered. The evil of concentration of industries in one country and the unbearable negative effect on the supply chain came to picture.

Impact on India

Reporting its first COVID-19 case on January 30, India has seen multiple times increase in the number of people infected by the fast spreading virus and is in the current phase of recovery. Though the pandemic and the inevitable lockdown had hurt every section, the proportion and its effects has varied significantly. While there has been a loss of income for some who are well off, it has meant a long struggle for the very basics for the poorer strata who find it hard to survive. The poor have been hit the hardest as lockdown has made them vulnerable. They had to struggle for every meal and their meager savings had been exhausted. With closure of businesses in cities after lockdown orders, they had been rendered jobless and forced to walk hundreds of kilometres to reach home as no alternative means of transportation existed.

The disease had showcased the divide between the have and the have nots. It seems as if there has been a locking of two different Indias and the lockdown package is grossly inadequate. The supply of food, medicines and other essential commodities had suffered greatly.

The vaccine supply challenge , India and the world -

Again, the supply of vaccines poses a challenge not only for the country but the world as a whole. Now with the vaccine available, the new challenge to the supply chain has been to effectively supply the same to a population of 1.3 billion people. The fragility of the world economies would once again be tested taking into consideration the huge amount involved and will also decide future relationships among countries. The supply of the vaccine in itself is an economic challenge, taking into consideration the whole new supply chain that needs to be created taking into consideration the warehousing, the transportation, the unique vehicles etc.

Talking of India, it proudly claims that this will be one of the biggest vaccine drives that the world has witnessed. But again, the huge task is the economic costs involved.

The way ahead

The world can be saved only if it moves together as one, moving from apathy to action. The supply chain of essential commodities holds the key to bind the world as one. The only available alternative for businesses providing and supplying essential commodities is to undertake rigorous planning and create a transparent system of supply chain, estimating the available current inventory, assessing the future demand, optimizing production, securing logistic capacity and managing cash and networking capital. The fragility of the supply chain has once again come to picture and has made us learn certain painful but useful lessons. Ensuring sustainability of the supply chain of essential commodities during the times of a pandemic can undoubtedly lead to the aversion of a humanitarian disaster that follows. Any disruption to the supply chain has the capacity to intensify human sufferings multifold. There is no doubt that prevention costs in such cases are lower and the only affordable option.

Nistha Pattar, MA II (Economics)

DEVELOPMENT AND SAGA OF HAPPINESS AMID COVID CRISIS

INTRODUCTION

Growth and development is something that economies aim at and the basic functioning of the economic system is intricately directed towards them. Therefore, development as a subject holds immense importance in the study of the economic system of nations.

Simply, keeping the focus on Happiness as a major social parameter, the attempt has been made to differentiate Growth and Development with further elaboration of Development in terms of the aforementioned indicator. The scrutiny has been provided by analysing the Growth situation in Indian economy during the stressful period of Covid Crisis. Covid situations have been made part of the study in order to weigh happiness as an indicator of growth and development in situations where stress was at peak.

GROWTH AND DEVELOPMENT

A term coming from the life sciences, 'growth' in economics means economic growth. Economic growth is quantitative progress. For economists, development indicates the quality of life in the economy, which might be seen in accordance with the availability of many variables such as, level of nutrition, expansion and reach of healthcare facilities—hospitals, medicines, safe drinking water, vaccination, sanitation, etc., level of education and other variables on which the quality of life depends.

MEASUREMENT OF DEVELOPMENT

The dilemma of measuring the developmental level of economies was solved once the United Nations Development Programme published its first Human Development Report in 1990. The report had a human development index which was the first attempt to define and measure the level of development of economies. The first such team which developed the HDI was led by Mahbub ul Haq and Inge Kaul.

As per experts, such other determinants affecting our living conditions might be:

- (i) cultural aspects of the economy (ii) outlook towards aesthetics and purity of the environment (iii) aspects related to the rule and administration in the economy (iv) people's idea of happiness and prestige (v) ethical dimension of human life etc.

AN ALTERNATIVE MEASURE: CHOICE OF THE BEST

Confusion about the real meaning of development started only after the World Bank and the International Monetary Fund came into being. As experts were studying the development process of the developing world, they were also surveying the performance reports of the developed world. Social scientists somehow have been using terms such as progress, growth, development, well-being, welfare as synonyms of 'happiness'.

Even Amartya Sen, a leading thinker on the meaning of development, articulating human goals of development opined that enhancing the lives and the freedoms we enjoy, should be the concerns of development.

On March 24, 2020, Prime Minister Narendra Modi imposed a nationwide lockdown that remained in effect until May 31. Unlike other countries (such as Germany, Italy and Thailand), the lockdown in India did not help in containing the spread of the coronavirus. India's GDP contraction was worse than any of the world's biggest economies. Except for China, most major economies witnessed GDP contraction in the April-June quarter of 2020, but India posted the steepest quarterly decline, far worse than the US (9.1%) and Italy (17.7%) two countries severely hit by the coronavirus pandemic. Considering the above facts it can be stated that Covid crisis left a huge negative impact on the Indian economy. During this pandemic, suicide, domestic violence, mental disorders, anxiety, depressive disorders increased worldwide. Domestic violence cases also increased in India during the lockdown period and hence if we take social development as an intrinsic factor in determining the wellbeing of Individuals, then the majority of the population under stress lost in terms of Gross and Net Happiness.

WORLD HAPPINESS REPORT 2020

Global survey data on the wellbeing of thousands of individuals across 26 countries revealed how the coronavirus pandemic impacted people's satisfaction with life.

Among key findings were that in the West, countries hit hardest by COVID-19 were generally unhappier than those with lower death rates from the disease. Western countries reporting the lowest levels

of life satisfaction included Italy, Spain, the US and the UK, which also had the highest COVID-19 death rates in this group.

The report, led by Imperial College's London's Institute of Global Health Innovation in partnership with the Sustainable Development Solutions Network (SDSN) and the World Happiness Report, also showed that young people are least satisfied with life. This contrasts sharply with pre-pandemic times, when life satisfaction followed a U-shape with age, with happiness higher for the young and old, and lowest in mid-life. This trend had great economic implications as youth is the potential source of economic activity in any nation. Higher stress linked with them may contribute to the slow pace of economic development.

EVOLVING GNH AMID COVID CRISIS

The original concept of GNH introduced by Bhutan lacks in key parameters and hence, is not a holistic concept. It is ambiguous in terms of defining what are the attributes of good governance as good governance is a dynamic concept and may vary from nation to nation. Further, considering its cultural aspect, it also inherits ambiguity in terms of distinctiveness of cultures among different nations of the world. This is the main reason that GNH lacks in terms of world acceptance.

Also other key 6 parameters which are part of the world happiness report can help in defining the broader outline of GNH include GDP per capita (at PPP), Social support (someone to count on), Healthy life expectancy at birth, Freedom to make life choices, Generosity and Perception of corruption.

CONCLUSION

It can be concluded that development as a holistic concept needs appraisal in terms of the dynamic nature of the economies. This should be interpreted in terms of GNH and the scope of the latter should be widened via accumulation and analysis of key quantifiable social parameters.

Sakshi Jalhotra, MA II (Economics)

COVID-19 AND THE WORLD BEYOND

In light of one of the most unprecedented times confronting mankind today due to the threatening Covid-19 pandemic, the world is reeling under a tumultuous pressure and is striving to find ways to survive the virulent virus. The dawn of this new decade of the 21st century has cast dark clouds of uncertainty on global progress by bringing to zilch all the efforts made in the march towards development. In such a scenario, when the economies have been grappling under pressure, the social relations too have not been left untouched by the impact of Covid-19. In fact, this pandemic augurs the genesis of a new stream of human relationships, be it at the local, national or global level.

To begin with, the second wave of globalisation known as Globalisation 2.0 had knit the world into a compactly interconnected global village with a rapid exchange of goods, services and enhanced people-to-people contacts. While these amplified engagements have brought tremendous fortunes to the economies through the medium of trade and commerce, it has failed to provide any immunity against the infiltration of deadly diseases. History is witness to the massive disruption caused by epidemics resulting in

widespread misery to people. An outbreak of a pernicious disease like Covid-19 embodies within it the capability of bringing a complete overhaul in the long-standing policies of governments and its dreadful effects on the citizenry bring about a drastic change in their outlook towards things that unfold in the aftermath.

China has already faced much opprobrium for the negligence in curtailing the spread of the virus in the initial stages and for not informing the world community about the same. It is this gross mishandling that has initiated a possibility of a complete reversal in the liberal trend of globalisation. More and more countries are anticipated to recede from the Washington Consensus and contrive a policy of inertia that would shrink them back into the cocoons of protectionism as is evident from the restrictions imposed by the U.S. on the granting of visas and green cards. In the same context, the notoriety of the Gulf countries has been exposed as they have asked for the repatriation of nearly eight million Indian expatriates as they were only to facilitate their own nationals and not those of other countries. Such instances are clearly reflective of the extreme inward looking tendency that is taking birth in the foreseeable new world order. This would mean shedding of the cosmopolitan identity of the nations and the urgent need for becoming self-reliant. For many, Covid-19 has emerged as an opportunity to fulfil their otherwise unfulfilled ends. When the entire world is battling against the fatal virus, it is a matter of utmost shame and remorse that the terrorist activities in many parts of the world continue unabated.

In addition to this, multiple local cases too have been illustrative of the changing tide in human relations. Covid-19 has been a cause of tremendous hardships to the internal migrants who have been left homeless, jobless, without food and are completely stranded with no assuring relief in sight. This has not only given way to trust deficit but is also likely to further widen the socio-economic gap between different sections of the society. Moreover, in all likelihood the social distancing measures can strengthen the social-prejudices by stigmatizing and social exclusion of the marginalized sections of the society in the long run. Out of all the above, the most frightening aspect that has come to light is the apparent weakening of the international organisations like the United Nations, World Health Organisation (WHO) etc. These organisations had been put together after World War II in order to ensure a peaceful geo-political climate and bind together humanity so that a crisis of such a scale could be averted in the future. However, the non-performance of these organisations has drowned the world into a deeper contemplation of their relevance.

So, as the emerging world picture does not seem too rosy but rather grim, it is indispensable to understand that the solution to this uncanny situation can be evolved only through the collaborative efforts of all. The countries need to act mature by stopping the blame game and instead unite in the fight against the deadly Coronavirus. The efforts made by regional groupings like SAARC, BRICS by extending financial aid and by India in particular, by exporting the much-needed vaccine to avert the threat of the virus, are welcome steps. Furthermore, it is equally important to realise that we all might be in the same storm but not necessarily sailing in the same boat. Hence, it calls for a proactive role of the government in providing the necessary relief to various strata of the society depending upon their vulnerability status. Also, the dividing tendencies in the society must be arrested in order to ensure the oneness of the country. It is these measures that must form the cornerstone of the policy decisions in order to put it plain that such times of crisis can in no way divide humanity and instead provide it with the desired boost to come out stronger as one single unit to face adversity.

Muskaan Lamba, MA I (Economics)

POST COVID ERA ECONOMICS

Since the beginning of COVID 19 Pandemic, the intellectuals worldwide have been discussing the immediate and long term impact it has caused on various aspects like Health infrastructure, Technology, Geopolitics and Economies worldwide. However after almost an year of the pandemic when vaccination drives have been started to get life back on track similar to pre COVID times, however this pandemic has changed certain economic aspects or at least have restructured them significantly. So let's have a look at how they are important from an economic point of view.

When lockdowns were imposed economists predicted the forthcoming deep recession as a consequence. However it is to note that many economies like India itself were already experiencing slow growth before COVID due to global slowdown as well as due to some domestic factors and government policies. What COVID did was to worsen this scenario to the extent that government intervention was needed. Why this interests us is because the economic survey of 2019-20 laid heavy emphasis on the invisible hand of the market that is the free functioning of market forces (demand and supply). Governments had to intervene in almost every aspect. They paid wages, gave relief packages for the vulnerable, provided free food and health care services. And most importantly they even tracked and traced us. Due to such increased costs, the world's government budget deficit added up to \$11 trillion this year. Can anyone imagine how people could have been evacuated from abroad if Air India would have been privatized before COVID? Or how the government would have been able to develop trust among people to get themselves tested if it was not provided for free in government hospitals. It's very clear that though in future we need more privatization, COVID has taught us that there must be required public institutions that can be trusted in the times of emergency, and the role of government is important. Next important change is the **Easy Money**, as the very obvious response to recession in the economy, government and RBI focused on increasing the liquidity, to help businesses to run smoothly to create demand in the economy. Central banks were plunged back into printing money. Interest rates hit record lows. It is important to note that these changes in liquidity are not temporary, but they will be there for a longer time. As the deep recession triggered by the pandemic is expected to leave lasting scars and history shows that pandemic depress interest rates for a long time. Because the damages caused are severe relief measures needed to be long lasting too. So we just said that liquidity will be high and interest rates will be low. From here only we can ascertain the next major impact that is the increased **Corporate Debt**. Various bailout packages have been announced by the government in which the major focus was on providing easy credit to corporates, small and medium business houses as a lifeline and businesses grabbed it. One result was a surge in corporate debt levels. The Bank for International Settlement calculated that non financial companies borrowed a net \$3.36 trillion in the first half of 2020. This will help the economy to achieve a speed recovery through increased business activity.

When the economies started to slip into recession the next big question was how will the economy recover, various models were discussed, one of the most accepted models for India was **K shaped recovery**. In this model professionals are supposed to witness growth and others experience slowdown. This unique model comes with its own pros and cons. What matters to us is its impact, it increases the income gap in class, race or gender. COVID is a catastrophe not just because it led to loss of human lives but because it led to loss of employment. Many unskilled labor became unemployed overnight over the announcement of lockdown and gradually even the skilled workforce started losing their livelihood. This

created tremendous pressure on the government to create employment, and the government did address this issue by announcing huge employment generating infrastructure projects, by allocating increased funds to MGNREGA. But this is not the end; pandemic has triggered new concerns of need for social distancing, and a fear of such an event recurring in future. Thus industries where social distancing is tough like retail, hospitality or warehousing, alternatives will be provided in the form of **Robots**. Yes robots will replace humans which will lead to loss of employment. In this pandemic technology already took the jobs of many, and it is not surprising that this will continue in coming decades also, as it is feasible and reliable but definitely not best when it comes to doing justice with livelihoods. Next and the last impact in this discussion is the Future of Globalization. When a lockdown was imposed in the Chinese city Wuhan, which is a major industrial hub in China, it disrupted the supply chains and sent shock waves. This is what made businesses and governments reconsider their reliance on China. The country became more inward looking, after all the disease transmitted at this speed due to this globalized world.

Also the pandemic is set to change the economic policies of governments will definitely change after this once in a century event. The threat to globalisation looms large, with already existing trade wars among nations. The pandemic can prove fatal and give the final blow to the hard achieved globalisation even when it has helped in bringing gains to the world as a whole, compared with the situation of autarky. The pandemic has undoubtedly changed lives of millions, and it stands strong to change a lot more.

Samiksha Singh, MA I (Economics)

COVID-19 AND ECONOMICS

The Covid -19 pandemic is the global shock like no other, involving simultaneous disruptions to both supply and demand in an interconnected world economy. On the supply side, infections reduce labour supply and productivity, while lockdowns, business closures, and social distancing also cause supply disruptions. On the demand side, layoffs and the loss of income and worsened economic prospects reduce household consumption and firm's investment. The extreme uncertainty about the path, duration, magnitude, and impact of the pandemic could pose a vicious cycle of dampening business and consumer confidence and tightening financial conditions, which could lead to job losses and investment. Key challenges for any empirical economic analysis of Covid-19 are how to identify this unprecedented shock, how to account for its non-linear effects, how to consider its cross-country spillovers and how to quantify the uncertainty surrounding forecasts, given its unprecedented nature.

The outbreak of COVID-19 has impacted nations in an enormous way, especially the nationwide lockdowns which have brought social and economic life to a standstill. A world which forever buzzed with activities has fallen silent and all the resources have been diverted to meeting the never-experienced-before crises. There is a multi-sector impact of the virus as the economic activities of nations have slowed down. What is astonishing and worth nothing is an alarm bell which was rung in 2019 by the World Health Organization about the world's inability to fight a global pandemic.

In another report entitled COVID-19 and the world of work: Impact and policy responses by the International Labour Organization, it was explained that the crisis has already transformed into an

economic and labour market shock, impacting not only supply but also demand. The International Monetary Fund (IMF) chief said that World is faced with extraordinary uncertainty about the depth and duration of this crisis, and it was the worst economic fallout since the Great Depression. The IMF estimated the external financing needs for emerging markets and developing economies in trillions of dollars. India too is groaning under the yoke of the pandemic and as per new reports in Economic Times published on 23 March 2020, the economists are pegging the cost of the COVID-19 lockdown at US \$120 Billion or 4% of the GDP.

This COVID-19 pandemic affected the manufacturing and the services sector- hospitality, tours and travels, healthcares, retail, banks hotels, real estate, education, health, IT, recreation, media and others. The economic stress has started and will grow rapidly. While lockdown and social disturbances result in productivity loss on one hand, they cause a sharp decline in demand for goods and services by the consumers in the market on the other, thus leading to a collapse in economic activity. However, lockdown and social disturbances are the only cost-effective tools available to prevent the spread of COVID-19. Governments are learning by doing, as was in the case of success of the containment strategy in Bhilwara district, Rajasthan, India, the economic risks of closing the economy remain nonetheless. Similarly, flattening the caseload curve is critical for the economy at large, but it comes with an economic cost.

In a global economy, the economic consequences of an epidemic in one country are transferred to other countries because of the integrated supply chains and capital markets. COVID-19 pandemic is caused by novel coronavirus infection, and scientific research is going on to study the impact of this infection on the human body and to find a possible cure of the infection. There are many variables in the epidemiological calculations done for this disease which are based on assumptions such as the cause of infection, the infection rate and the ratio of asymptomatic cases to symptomatic cases. In the future, scientific research will unravel the mysteries of how this disease spread. Economic projections or simulations are closely linked to epidemiological forecasting of the disease pattern. We decided not to use simulation methods because of the uncertainties related to the disease. In this study, the focus is on assessing the damages caused by COVID-19 in the affected sectors, such as aviation, tourism and the retail, the overall productivity loss and the socio-economic impact of labour hours lost with an analysis of developmental policy and programme implications.

The tourism industry is the worst affected due to the COVID crisis, internationally. The World Tourism Organization (UNWTO) (2020) estimations depict a fall of 20-30% in the international tourist arrivals. These figures too are based on present circumstances and are likely to increase or decrease in future. Millions of people associated with industry are likely to lose their jobs. In India, the travel and tourism industry is flourishing and is contributing significantly to the economy.

COVID-19 is not only a global pandemic and public health crisis; it has also severely affected the global economy and financial markets. Significant reductions in income, a rise in unemployment, and disruptions in the transportation, service, and manufacturing industries are among the consequences of the disease mitigation measures that have been implemented in many countries. It has become clear that most governments in the world underestimated the risks of rapid COVID-19 spread and were mostly reactive in their crisis response. As disease outbreaks are not likely to disappear in the near future, proactive international actions are required to not only save lives but also protect economic prosperity.

As the spread of the virus is likely to continue disrupting economic activity and negatively impact manufacturing and service industries, especially in developed countries, we expect that financial markets

will continue to be volatile. There is still a question as to whether this unfolding crisis will have a lasting structural impact on the global economy or largely short term financial and economic consequences. In either case, it is evident that communicable diseases such as COVID-19 have the potential to inflict severe economic and financial costs on regional and global economies. Because of high transportation connectivity, globalization and economic interconnectedness, it has been extremely difficult and costly to contain the virus and mitigate the importation risks once the disease started to spread in multiple locations. This warrants international collective action and global investment in vaccine development and distribution, as well as preventive measures including capacity building in real-time surveillance and the development of contact tracing capabilities at the national and international levels. As outbreaks of novel infections are not likely to disappear in the near future, proactive international actions are required not only to save lives but also to ensure economic prosperity.

Avneet kaur, MA I (Economics)

IMPACT OF COVID-19 ON INDIAN ECONOMY

Spread of Covid-19 was declared to be a pandemic by WHO (World Health Organization) early in the year 2020. The novel Coronavirus started from Wuhan (China) during the end of 2019 has affected all the countries worldwide. The worldwide spread of COVID-19 has had a severe impact on the global economy and of course on the Domestic Economies as well. From mankind to the economy of the world, everything has been adversely affected. The global spread of this pandemic has significantly restrained economic activities worldwide. Many nations had negative GDP growth in the year 2020. There was a lockdown in many countries which adversely affected the economies of those countries and even of the world. After many months or almost a year many countries and regions gradually resumed their economic activities and the economy has started to pick up but however the pace of the revival of the economy has remained moderate. Even after a year of this pandemic the effect of COVID-19 has not yet subsided globally and many economies of the world continue to be severely affected.

The major impact of this pandemic has been on the Asian countries or the developing and the developed countries. According to the Asian development banks' Asian Development Outlook 2020 update that was released in September, the developing economies suffered a contraction for the first time in 60 years. COVID-19 has affected these economies mainly through three channels; there has been a fall in exports which led to a suppressed economic activity ; there has been a decrease in the in-bound related demand, against the background of entry restriction measures and policies reducing travel; and lastly decrease in domestic private consumption, reflecting business suspensions and heavy losses to markets and private businessmen.

There has been a downfall in the business activities in corporate profits, wages and fixed business investment. On the global level the stock markets witnessed the worst crash since 1987. In the beginning, there were also supply shortages in various sectors due to panic buying before the lockdown happened, whether they were pharmaceutical goods like medicines, Hand sanitizers and masks. If we talk about Indian Economy in particular, the exact span and depth of the effects of the crisis cannot be measured at this particular time but gradually things will become clearer. The Indian Prime Minister Narendra Modi

called for a nation-wide lockdown in four phases over a period of 70 days in March 2020. The lockdown has affected all the sectors of the Indian Economy and all levels of income groups. According to the Ministry of Statistics, India's growth in the last quarter of the financial year 2020 dropped to 3.1%, mainly due to the effect of the pandemic on the economy. The COVID-19 pandemic has severely affected the GDP of all the economies of the world including the Indian Economy. There has been a huge loss of productivity that led to the shortage of demand and has led to negative impacts across various industries, further leading to a fall in the GDP contribution in the economy. Also India's quarterly GDP was estimated to decline by over 9 % between April and June 2020. According to the reports, India went into lockdown from March 25, 2020 restricting 1.3 billion people in their homes. There were no exports and imports of goods for a few months and that led to a loss in the economy. India's GDP growth for the financial year of 2020 has been estimated at a thirty year low.

According to the data reports, GDP forecast has been reduced to 2% from 5.1%. The global ratings have slashed its growth to 3.5% from 5.2% for financial year 2021. The World Bank has also cut its growth forecast from 6% to 5%. There are some crucial points; the decline of economic activities implies slack labor market conditions that contribute to rising unemployment rates. Due to the pandemic; overall imports have plummeted a steep 47.59% to \$21.11 billion owing to contraction of imports in 26 of major 30 items that were imported into the country. The Economic Times report that the country's exports worsened over the first quarter of 2020 in time. The stock market also witnessed a significant drop in major indices during February and March 2020. The exports and imports also went into a huge decline due to the shortage of demand.

The COVID-19 Pandemic has paralyzed the Indian Economy to a great extent, affecting almost all the micro and macro Economic variables. As it is difficult to study the impact of this pandemic immediately, its long term impact will be a result of how the masses and the government of the country will react to the prevailing situations and make policies and programmes accordingly. There should be more policies related to make an increase in demand in the Economy and take the Economy out of the period of recession.

Shruti, MA I (Economics)

COVID 19 AND ECONOMY

“The pandemic represents a rare but narrow window of opportunity to reflect, reimagine, and reset our world.”

Coronavirus (COVID-19) is an infectious disease caused by coronavirus. Most people who are sick with COVID-19 will experience mild to moderate symptoms and recover without special treatment. The virus that causes COVID-19 is mainly transmitted by droplets that are produced when an infected person coughs, sneezes, or urinates. These droplets are very heavy to hang in air, and fall quickly down or over. You can become infected by inhaling the virus if you are in close contact with someone with COVID-19, or by touching a dirty area and then your eyes, nose or mouth.

The outbreak of the Covid-19 epidemic is an unprecedented shock to the Indian economy. The economy was already in a stable state before Covid-19 attacked. With the long-term global closure, global economic downturn and the disruption associated with demand and supply chains, the economy is likely to face a slowdown period of decline. The magnitude of the economic impact will depend on the timing and severity of the health crisis, the length of the road closure and the extent to which the situation will

arise once the closure is up. In this paper we describe the state of the Indian economy in the pre-Covid-19 era, assessing the potential impact of shock on various sectors of the economy, and analyse the policies already announced by the central government and the Reserve Bank of India to revive the economic shock and to set policy recommendations for specific sectors.

The Indian economy has already suffered a decline in the past. Moody's slowed India's growth to 5.3% by 2020 due to Covid-19's low-risk risk, which has been slower for 11 years. According to an economist, the 'supply side contagion effect' will have an impact on manufacturing, agriculture and the pharmaceutical industry. Coronavirus has brought various components to a standstill.

The outbreak has been one of the biggest threats to the country's economy and financial markets. Being part of the Indian subcontinent is not immune to the virus. While the Government of India and the governments of the country are here and monitoring the situation closely to control the coronavirus epidemic; it may take 1 - 2 months to get a clear picture of the problem. It is very important that everyone in India stays informed and vigilant.

The impact of the coronavirus epidemic in India has been devastating in terms of economic activity and loss of human life. Almost all sectors have been badly affected as domestic demand and exports have fallen sharply except for a significant increase in high growth. An effort is being made to analyse the impact and possible solutions of certain key sectors.

Sectors such as tourism, aviation, hospitality and trade will face initial challenges; other sectors will also face the effect of rotation. According to all reports, there has been a 20% decrease in domestic tourism and a reduction of about 75% in international travel bookings. The hotel booking rate also dropped from 70% to 20%. There was a 30-35% decline in the restaurant business. Sales of the poultry sector also decreased by 80% thereby leading to a loss of approximately Rs 1,500 - 2000 crores daily.

As agriculture is the backbone of the country and part of the government has declared an important sector, the impact is likely to be low on early agricultural products and the use of agricultural inputs. Several world governments have already approved the free movement of fruits, vegetables, milk, etc. Online food platforms have been severely affected due to vague restrictions on the movement and suspension of used vehicles. The RBI and the Minister of Finance have announced measures that will benefit the industry and workers in the short term. Protecting rural food production in the coming weeks will hold a major response to the significant impact of COVID-19 on the Indian food sector and the macro-economy.

The contribution of the Aviation and Tourism Sector to our GDP stands at about 2.4% and 9.2% respectively. The Tourism Sector employs approximately 43 million people in FY 18-19. Aviation and Tourism were the first industries hit hard by the epidemic. The general consensus seems to be that COVID will hit these industries more than 9/11 and the 2008 Financial Crisis. The two industries have been facing severe cash flow problems since the epidemic began and are targeting an estimated 38 million off-office, which translates to 70 percent of the total workforce. The impact will fall on both white and blue works. According to IATO estimates, these industries could lose as much as 85 billion rupees due to travel restrictions. The epidemic also brought a wave of innovation in the areas of intangible travel and travel technology.

The Indian Oil and Gas industry is very important in the global context - it is the third largest consumer of energy behind the USA and China alone and contributes to 5.2% of global fuel demand. A

total nationwide closure has slowed down fuel demand (including 2/3 of the demand for oil and gas) as car and industrial production declined and passenger and passenger goods (both bulk and human) have declined. Although the inflation rate has declined during this period, the government has raised taxes and special taxes on income loss, in addition, and inflation has also risen. As a policy recommendation, the government may consider transferring the benefits of crude prices to eliminate consumers in retail stores to promote demand.

Given the extent of the disruption caused by the epidemic, it is clear that the current decline is very different from the recession. A sudden decrease in demand and an increase in unemployment will change the business environment. Adopting new policies such as 'localisation, savings, purchasing power and innovation' will help businesses step in the new direction in this uncertain area.

As citizens, we need to fight the global crisis with united hands and follow the basic principles of health and hygiene, directed by the Government of India. We will need to be careful in our actions and together we will overcome this virus and make this planet a better place to live. We hope that market concerns will end soon and the economy will take over.

Rubal Sandhu, BA II

HOW DID COVID-19 AFFECT THE ECONOMY (BOTSWANA)

Covid-19 is an infectious disease caused by a newly discovered coronavirus. The first case was reported by officials in Wuhan, China, December 2019. Covid-19 is now a global pandemic that is affecting the lives of nations in all sorts of ways be it socially, emotionally, economically and physically. As the world continues to combat the covid-19 pandemic, the repercussions are felt way beyond the health systems. Economies continue to take hits with many analyses converging on the suggestion that we are in a recession. Global economy is projected to decline by 3 % (IMF, April 2020), which is far worse than the decline experienced in 2008 after the global financial crisis.

As the world is trying to get used to the new normal it cannot be overlooked that this pandemic has drastically affected the global economy. The global economy has been affected in many ways which among others include the following:

HUGE AMOUNTS OF MONEY IS USED TO CONTAIN THE VIRUS: In order to contain the virus the governments have to endure the costs of buying test kits, contact tracing and quarantine services. Since this virus is spread from one person to the next through contact of body fluids, the government has to use expensive test kits to test someone and everyone he or she has been in direct contact with, which is money and time consuming. Everyone who tests positive for the covid-19 will be liable for isolation or quarantine depending on the state of his or her living place. If one leaves in a crowded place he or she will be taken to a specific quarantine place where their every expense is covered by the government.

TOURISM AND HOSPITALITY: As on 6 April 2020, 96% of all world destinations had restricted travel. In Botswana, tourism and hospitality is the third largest contributor to the national economy, accounting for almost 12 % of Gross Domestic Product. The sector is a key contributor to job

creation, skills transfer and the development of new competencies. The economic implications will be catastrophic on the sector's contribution to economic growth particularly the lives and livelihoods of those dependent on the sector. Since the outbreak of the virus, major events across the world have had to be cancelled. This means hotels no longer host more people as tourism destinations do not get visited by large numbers like before. Most firms in the tourism and hospitality sector had to close down and a lot of their employees left jobless for the government to take care of.

TRADE: Weak global demand and heightened trade restrictions have a significant impact on export earnings. The global priority now is covid-19 so the demand for such things as diamonds (the first largest contributor to the national economy) is very low. Countries have tightened trade restrictions which make it expensive to export any product which is not essential. A lower import bill is unlikely to compensate for export losses. This is because Botswana imports almost all of her essential goods i.e. food and fuel which means even if it cuts imports on other goods the difference will not be that much which will not compensate for the loss on the exports.

CONCLUSION : As the spread of the virus is likely to continue disrupting economic activities and negatively impact manufacturing and service industries especially in developed countries, we expect that the financial markets will continue to be volatile. Whether this crisis will have a lasting structural impact on the global economy or largely short term financial and economic consequences it is evident that diseases like covid-19 have potential to inflict severe economic and financial cost on global economies. This is because of high transportation connectivity, globalization and interconnectedness of the economy, it has been extremely difficult and costly to contain the virus and mitigate the importation risks once the disease started to spread in different locations. As outbreaks of novel infections are not likely to disappear in the near future, proactive international actions are required not only to save lives but to protect economic prosperity.

Ontlametse Eunice Kealeboga, BA I

IMPACT OF COVID-19 ON SMALL AND MEDIUM ENTERPRISES

As the world is trying to get used to the new normal, what cannot be overlooked is the fact that this virus which is highly communicable has not only created a terrifying impact on the psychological, social and cultural life of people but also on the economic facets of their life. The consequences of this virus have left each and every economy of the world overturned. Despite being the second fastest growing economy of the world in 2019, India has been badly hit by this once in a century pandemic. Among all those who have suffered during these tumultuous times are those who are engaged in some way or the other with small and medium enterprises. It is not only the enterprise which faced challenges; even consumers are left with lower disposable income.

To talk about India, the Small and Medium Enterprises (SME) sector is the second largest employment generator after agriculture. It acts as a nurturing ground for all the budding entrepreneurs and innovators with considerable support to strengthen their businesses. The estimated number of SMEs in India is 6 million and employs 110 million individuals. Hence it can be said that this sector has been significantly

creating income opportunities in the society and employment for the youth and women. But the current outbreak of COVID-19 has taken the life out of this sector. To limit the spread of this virus the Government announced a country wide lockdown which further preceded the imposition of nightly curfews, ban on public gatherings, social distancing and closure of non-essential businesses. According to a study by DGCIS on the impact of COVID 19 on the SMEs of India, it was found that the supply of commodities reduced by various SMEs decreased by 38% whereas the demand for such goods declined by 83%. The income experienced a fall of 89% and hence the working hours of the employees were reduced to a mere 60% as compared to before. At present, enterprises of any size in India are facing issues related to procurement of raw material, credit needs, pricing of products etc. We can therefore infer from this data that this sector has consistently been facing challenges related to debt, wage/salaries, etc.

Many enterprises laid-off their workers because of inability to pay salaries, vacated their offices due to incurring expenses and halted their production due to stopped demand. Ambiguity in future trade and bounce back of new normal is keeping financial institutions at bay for extending any new financial lending or cover potential risk. This all-round uncertainty needed a push by the government, to boost market confidence and bring back regular cash flow in the economy. Many enterprises laid-off their workers because of inability to pay salaries, vacated their offices due to incurring expenses and halted their production due to stopped demand. Ambiguity in future trade and bounce back of new normal is keeping financial institutions at bay for extending any new financial lending or cover potential risk. This all-round uncertainty needed a push by the government, to boost market confidence and bring back regular cash flow in the economy. Considering the fact that this sector has been catering not only to the economy of our country but also empowering the socially weaker and marginalized sections, such a turn of events is horrifying. There do exist some firms who made huge profits and strengthened their establishments by producing products related to healthcare and sanitation. For example, some enterprises innovated their ways by shifting focus from non-essential commodities towards essential commodities; like production of hand sanitizer and toiletries, PPE kits, reusable masks, etc. and were able to survive in tough times. The number of small and medium enterprises that were not able to withstand the ravages of COVID 19 is enormous. This is why the Ministry of Micro, Small and Medium Enterprises (MSME) has taken some important steps towards making these enterprises global and improving the overall business environment, by making it more conducive and transparent for all stakeholders. This way the losses that have been incurred by this sector over the past year (2020) can be gradually covered and then when the losses have been covered, the affected firms can slowly develop strategies to enhance the demand of their products and attract more and more customers.

New steps taken by the government are expected to act as a catalyst for the sector, not only to come out of pandemic related shocks but also to get ready for a brighter future. It is high time we realize that the only way out of this situation is through it. We must practice resilience and hope that not only does our economy revive but also flourishes to reach new heights.

Vinus Thakur, BA I

ECO(VID)NOMY

It is intensely staggering to the human mind how something so tiny and microscopic, can annihilate entire civilizations and devastate economies worldwide to an extent that we stand lopsided, looking into days of doom, death and destruction. From large scale industries which have benchmarks in international markets to even the roadside sellers trying to earn their daily bread, coronavirus has dismantled every sector of the economy. Estimations conclude various indications of the startling Indian economy. Data claimed by the Ministry of Statistics and Programme Implementation of the Government of India on August 31 portrayed that real GDP had contracted by 23.9 percent from its value in the first quarter of the year 2019. This is the sharpest contraction in economic activity ever recorded by the Indian economy since it started publishing quarterly GDP data in 1996. The lockdown has not only confined humans to their homes, but has also left millions of families hungry. Businesses have crumbled like biscuits, leaving millions jobless. Unemployment has directly or indirectly hit 2.7 billion workers worldwide, in the year 2020 as per a United Nations report.

The contraction of the Indian economy as compared to other nations has been adversely affected indicating the faulty stature of the economic base in India. Unemployment, poverty, and lack of investments by the government in social infrastructure such as medical facilities and education form the root cause of the crisis in our country. On July 28, India's daily reported COVID-19 cases crossed Brazil's to become the second highest in the world. On August 8, India crossed the United States to become the country with the largest number of daily reported COVID-19 cases in the world. This reveals the poor planning and inadequate investments made by the government in order to control the soaring cases. India disappointingly fell extremely short of ICU beds and ventilators during the peak of the virus, which shows how the government failed to invest in the medical facilities of the nation.

Coronavirus has also been dubbed the name 'inequality virus' as the wealth of billionaires increased by 35% during the lockdown. On the contrary, the worst hit was India's millions of migrant workers, who were seen walking hundreds of kilometres to their homes when the lockdown initially hit. Reliant on their daily wages for survival and without any immediate assurances by the government, they were left without any assistance.

With the International Labour Organization (ILO) predicting that the economy of most countries will recover in the second half of the year 2021, depending on Covid-19 vaccination rollout, India may expect its wrecked economy to heal after kicking off its nationwide Covid-19 immunisation program that has already completed 10 days. Health economists believe that India's vaccination program will help in economic recovery as the situation of women and children is expected to improve with health programs resuming after vaccination of health workers and more people joining the workforce.

We are in this together, and we will get through this together, as stated by the United Nations Secretary General Antonio Guterres, we will certainly, as a nation, stand as one, aiming for recovery not just for the economy but for the health of those affected by the virus.

Natasha Passi, BA I

COVID AND ECONOMY

Namastey...The greeting Namastey is perhaps the biggest Indian export to the world during the Covid-19 times. It has been shown to the world that modern India with its traditional route, is ready to be the torch bearer of World growth.

Today, we see many countries giving a boost to health care infrastructure, providing Health facilities at minimum cost. The same can be reflected in India's health budget of 2021-22 which has been increased from 1.2 to 2.5 of GDP after the pandemic. India aims at providing high quality medical services, helping to reduce the burden on lower income Groups. India is appreciated all around the Globe, especially by the World Health Organization (WHO), for taking appropriate decisions with presence of mind, in order to control the outbreak of the Coronavirus. The effect of sanitation and hygiene measures practiced all around the world, when the pandemic hit, is likely to curb the spread of diseases like diarrhea, cholera, dengue and many others; in the near future. With the largest vaccination drive started in our country, there instils a ray of hope in our hearts, expecting not to see any more lives being lost due to the virus. Well, the entire world is astonished by a rapid decline in the Fatality rate of Indians because of the coronavirus. Some claim the count of cases being underreported; others call it herd immunity or magic of climate. The truth being, Indian Government took a quick decision in imposing a Nationwide Lockdown, neglecting the economy. Restricted the human mobility of thousands, but saved the lives of millions!

The strict lockdown and social distancing norms, compelled the organizations dealing with bureaucratic lethargy, unwilling to accept digital transformation to work from home, using the means of online platforms. You would be surprised to hear that even the Judicial Courts were disposing and resolving cases without physical meetings, leading to cost efficiency and faster granting of justice. Even the education system went through a drastic change, being introduced to virtual classroom teaching. This gave a boost to the sale of Electronic Gadgets, especially mobile phones that increased by 30 per cent in the year 2020. Of course, there were several problems faced by the lower socio-economic classes regarding the lack of Internet services and mobile network issues, especially in the rural parts of India. The New Education Policy, 2020 is likely to make sure that the school systems are prepared to face any such Challenges (that were introduced in the Pandemic) more efficiently without prolonged disruption in the future and move towards building a stronger public education system in the country.

Covid-19 and its constraints on supply chains led to an impetus to promote manufacturing of Swadeshi Goods. Yes, a campaign started by the father of this Nation has come to the rescue of *Bharat* yet again, nearly 100 years after it was officially started. Due to lack of import facilities, India started producing raw materials as well as finished goods like Ventilators and PPE kits in our home land. Following the footsteps of our great leaders, the Government of India launched the *Aatma Nirbhar Bharat* campaign. With two Swadeshi Vaccines (COVAXIN and COVISHIELD) manufactured in the country and exported all around the globe, there is expectation to see India's falling GDP to rise soon. The Finance Minister of India, Shrimati Nirmala Sitharaman, has claimed that India is aiming at a V-shaped recovery of the economy, projecting the Indian economy to grow by 11 per cent in the coming fiscal year.

Being hit with the worst recession of the Century, the Government of India aims at disinvestment of certain PSUs (Public Sector Units), like Life Insurance Corporation, Shipping Corporation of India, in

addition to Air India, Bharat Petroleum Corporation Limited (and many more), in order to recover from the economic losses suffered by the nation. The Economic budget is focused more on spending rather than earning, for the current financial year. Quoting the Finance Minister of India, "You spend on the infrastructure, you create a capital asset, whose effect will be seen on the economy for the next couple of decades. It gives you instant jobs. It triggers demand for core industry products and, therefore, moves to trigger the virtuous cycle. So, I went on this route."

Well, now we understand the motive behind more focus on privatization, promotion to start-ups, employment creation and infrastructure building. Also, encouragement to investment in industry and agriculture sector will definitely bring a multiplier effect- the fruit shall ripe soon and its sweetness may be enjoyed for a long duration.

Today, we see that digital payments have ramped up. People who were unwilling to touch the currency notes (in the Pandemic), have now gone cashless! The Indian Government has been promoting and propagating online payments aggressively, starting with demonization back in 2016. 'Faceless, Paperless, Cashless' is one of the professed roles of Digital India. The coronavirus forced people to use methods like Banking cards, Unified Payments Interface (UPI), Mobile Wallets, etc. This led to an online revolution. And we can see our country embracing this digital transformation in full swing, for a better tomorrow.

With *Aatma Nirbharta* (self-reliance) as its aim, growing Economy like India, will doubtlessly come out of the torrid challenges with flying colours...because there is still some light at the end of the tunnel and it is forecasted that she will grow at a higher speed than pre-covid times.

Kareena Sant, BA I

COVID-19 AND AGRICULTURE

India is the world's largest producer of milk and pulses while it is ranked second in the race of rice and wheat producers in the world. It is considered that if India does not produce for two years then also it will have a large amount of food to supply to its population and to keep the desire for food satisfied among its large population. Ironically, the world's largest food producer is also considered to be the home of the largest population of hungry people in the world. It has around one-third of the world's malnourished children. India is ranked 102nd among the 117 countries in the global hunger index.

The coronavirus which had its origin in the red market of Wuhan in China has spread to the whole world like fire leading to the fall of the country and like many other countries, it had a strong negative impact on India's economic, social, technological and political areas.

This virus demolished the global and local food systems which led to huge sufferings among India's poor population. Earlier in the year 2020, India was making itself ready to fill the trade vacuums that would result from countries considering trade restrictions in China that include food stuffs like rice, onions, potatoes, vegetables, mangoes and honey. One of the world's largest food producers India was also planning to record a harvest of 295.7 million metric tons in the year 2020. By the end of March, when the coronavirus had entered the 250,000 years old country the situation took a 180° turn.

This was followed by the honourable Prime Minister Narendra Modi's announcement of 21 days lockdown commencing from March 19. However, the steps taken by the government for a better food chain proved to be useless.

Vulnerable situation

The food and agricultural organisation of the country calculated that nearly 40% of the country's produce was either lost or wasted every year because of the inefficient supply chains.

Lack of cooling and storage facilities in India also means that 20% of the entire food production gets lost before it reaches the market place. Due to the lock down the vulnerabilities of the national food system multiplied several times. The local, state and national food chains were completely destroyed leading to an immense increase in the percentage of the people who are not able to feed themselves with a single meal a day. The small growers were forced to sell their produce at a loss. Due to the closure of air cargoes and roads, the movement of the grains was completely hampered. The food material which was collected by the FCI was rotting in the containers. The lockdown measures resulted in severe reliever shortages, declining the mid-April wheat harvest by approximately two weeks. In the potato producing states like Uttar Pradesh and West Bengal, increased demand from returning migrant workers pushed up the prices by 9% at the wholesale level and 11% in the retail.

Many people were faced with the cruel trade - off between defying the lock down and catching the virus or remaining at home and seeing their scanty food stocks dwindle. Many people lost their jobs and their income turned out to be extremely low. This led to the decrease in the nutrition security which was already vulnerable in the country. Food insecurity increased a lot.

Attempts

There were several attempts to save the country from immense hunger.

In Mumbai, the hunger collective, a collaborative movement, to help people secure a basic need during the crisis, which is distributing food grains to those who were in need. Several organisations were seen distributing food to the landless and homeless labourers who were moving to their native places due to the complete lockdown.

In the end we can see that COVID 19 has destroyed India's claim in being self-sufficient in food. This opened the country's eyes and made it feel that there is a need to establish broad, inclusive and equal livelihood and food systems that can start closing the calories and nutrient gap for the poor and have a working environment which is more efficient than ever.

Gunjan Pattar, Bcom I

ACTIVITIES DURING LOCKDOWN











THE COMPLETE RESULTS: National Ranking									
ARTS									
RANKS & SCORES OF COLLEGES									
Rank	College	Gender	Score	Score	Score	Score	Score	Score	Score
28	MAHARAJA COLLEGE, NEW DELHI	G	121.8	125.5	79.8	121.8	91.5	101.3	1438.2
30	MCM CHAND MAHAJAN DAU COLLEGE FOR WOMEN, CHANDIGARH	P	103.8	126.8	82.8	91	102.8	102.3	1432.8
31	PATNA WOMEN'S COLLEGE, PATNA	G	78.8	103.3	84.8	103.2	102.8	100.1	1430.7
SCIENCE									
RANKS & SCORES OF COLLEGES									
Rank	College	Gender	Score	Score	Score	Score	Score	Score	Score
29	ST FRANCIS COLLEGE FOR WOMEN, HYDRABAD	P	176.7	124.8	87.8	118.8	88.8	101.7	1475.3
30	MCM CHAND MAHAJAN DAU COLLEGE FOR WOMEN, CHANDIGARH	P	172.8	122.8	104.2	101.7	111.7	104.3	1465.6
31	SHYVA COLLEGE, NEW DELHI	G	171.8	125.7	102.8	100.8	105.3	110.3	1458.3
COMMERCE									
RANKS & SCORES OF COLLEGES									
Rank	College	Gender	Score	Score	Score	Score	Score	Score	Score
43	SHARDA COLLEGE, NEW DELHI	G	102.4	124.4	78.8	100.8	112.8	102.8	1398.8
41	MCM CHAND MAHAJAN DAU COLLEGE FOR WOMEN, CHANDIGARH	P	105.5	125.8	88.1	111.4	118.8	125.8	1392.6
42	POST GRADUATE GOVERNMENT COLLEGE FOR WOMEN, CHANDIGARH	G	102.2	141.8	94.8	78.8	112.8	108.8	1391.7
MASS COMMUNICATION									
RANKS & SCORES OF COLLEGES									
Rank	College	Gender	Score	Score	Score	Score	Score	Score	Score
29	DOON BUSINESS SCHOOL, DEHRADUN	P	101.8	107.7	104.7	124.2	210.2	210.3	1386.3
30	MCM CHAND MAHAJAN DAU COLLEGE FOR WOMEN, CHANDIGARH	P	102.3	113.3	108.8	123.2	104.3	104.3	1384.4
31	ST ALPHONS COLLEGE (AUTONOMOUS), VARANASI	P	101.1	104.4	122.3	100.3	105.2	211.3	1384.3
32	SCHOOL OF MEDIA AND COMMUNICATION STUDIES, GALGATIAS UNIVERSITY, JALPAIGURI	P	101.6	109.2	101.1	104.7	105.2	110.8	1383.3
BCA									
RANKS & SCORES OF COLLEGES									
Rank	College	Gender	Score	Score	Score	Score	Score	Score	Score
34	MATAP, CHANNAY & SINGH COLLEGE, ALAHAHA, PUNE	P	120.8	101.7	101.3	106.7	214.8	214.8	1351.4
35	MCM CHAND MAHAJAN DAU COLLEGE FOR WOMEN, CHANDIGARH	P	120.6	101.4	111.1	100.2	214.4	105.7	1345.5
36	FACULTY OF COMPUTER APPLICATIONS & INFORMATION	P	104.4	102.8	100.3	110.3	100.8	111.8	1341.7





Mehr Chand Mahajan DAV College for Women



Sector 36-A Chandigarh-160036

**Phone: 0172-2603355 Fax: 0172-2613047, E-mail: principal_mcmdavcollege@yahoo.com
<http://mcmdavcw-chd.edu>**