

7.1.1. Measures initiated by the Institution for the promotion of gender equity during the year.

**Supporting Document**

**Criterion 7 – Institutional Values and Best Practices**

**Key Indicator - 7.1 Institutional Values and Social Responsibilities**

**7.1.1. Measures initiated by the Institution for the promotion of gender equity during the year.**

List of activities/initiatives taken by Mehr Chand Mahajan DAV College for Women, Chandigarh are as follows:

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
1	Geetanjali Counselling Helpline Committee	An online mental health helpline "Geetanjali Student Forum" on the theme "Mental Health during COVID 19" for UG students of all academic streams of the Mehr Chand Mahajan DAV College for Women, Chandigarh as per UGC guidelines (Group Counselling initiative)	30.04.2020	- till date	260	To provide psychosocial support to UG students of all streams/courses of the college during the unprecedented circumstances of the pandemic and resultant lockdown.
2	Geetanjali Counselling Helpline Committee	Personal Counselling	1.07.2020	30.6.2021	60	To fight the mental health stigmatization in the society by organizing awareness or sensitization programmes on various psychosocial and legal issues, personality development, empower our students to face

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						life challenges, promoting their emotional well-being, stress management, teach effective coping strategies, encourage help seeking behavior and address personal psychosocial concerns of the stakeholders.
3	Department of Physical Education	Online yoga classes for faculty and students	01.07.2020	Till now	50-60	To introduce the participants to the nuances of yoga so as to enable them to strengthen their immunity and thus, enhance their well-being.
4	Sustainable Practices Committee	"अनसुनी: The Unheard Voices" - An interaction with Mx. Dhananjay Chauhan, transgender activist and Mr. Ojaswwee Sharma, filmmaker.	09.07.2020		90	To extend social sustainability with gender, equality, justice and dignity.
5	Career Counselling Cell	A Webinar on "Cracking Officer Level Government Exams" by Raj Malhotra's IAS Study Group.	11.07.2020		77	To sensitize students about the importance of knowledge and hard work
6	Internal Complaints Committee	a webinar titled 'Sexual Harassment at Workplace (Act 2013): Prevention, Prohibition and Redressal'.	15.07.2020		50	To generate awareness and orientation on the issue of sexual harassment and how to prevent at workplace

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7	Post Graduate department of Sociology	10-day online Orientation course on 'Sociology and its Fundamentals'.	23.07.2020 -1.08.2020	01.08.2020	30	The specially designed course that aimed to enable participants to reflect upon sociology and its intricate concepts, covered the basics of Sociology and explored diverse topics including class, social inequality, globalisation and media.
8	Career Counselling Cell in Collaboration with RMS (Real Pro Management Skill School)	An online workshop on "Career Opportunities in Human resources"	12.08.2020	16.08.2020	13	To discuss about various the facets of online recruitments
9	Career Counselling Cell in Collaboration with RMS (Real Pro Management Skill School)	"Workshop on Finance and Accounting" by CA Ashna Caijla	18.08.2020	22.08.2020	13	To impart practical training of GST software and Tally
10	Career Counselling Cell in Collaboration with RMS (Real Pro Management Skill School)	Workshop on "Digital Marketing Skills"	24.08.2020	27.08.2020	5	To impart practical training about setting up a website and social media plan of a business
11	Postgraduate Department of English	Online lecture titled 'Women, Reason and Masculinity in the Era of the French Revolution' by Ms. Deeksha Bhardwaj, Journalist at Hindustan Times	28.08.2020		50	To explore the complex relationship between women and the masculine discourse of reason that pervaded the Enlightenment era leading up to and post the French

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
						Revolution.
12	Postgraduate Department of Sociology	National Webinar on Gender Equality Matters in the Time of Pandemic Crisis: An Overview'	04.09.2020		127	To address gender-based differences amidst COVID-19
13	Women Development Cell	A webinar on 'Understanding and Management of PCOS (Polycystic Ovary Syndrome)'. The resource person for the webinar was Dr. Nirja Chawla, Chairperson, Digital Education Committee, Indian Menopause Society and Patron Executive, PCOS Society of India.	07.10.2020		90	To develop an understanding of the meaning, symptoms, and facts about PCOS. To provide an insight to the students to control the incidence of PCOS with the help of Lifestyle e modification.
14	Geetanjali Counselling Helpline	A webinar on the theme "Suicide Prevention and Mental Health Challenges in Youth" to mark the dual celebration of the World Mental Health Day (WHO) and International Day of the Girl Child (UNICEF). by an eminent clinical psychologist Dr Adarsh Kohli, Professor, Department of Psychiatry,	10.10.2020		126 UG and PG attended;319 registered	To mark the dual celebration of the World Mental Health Day (WHO) and International Day of the Girl Child (UNICEF). Also, to discuss about prevalence of suicide with latest statistics, specific causes with comorbid mental disorders, predisposing risk factors, protective factors, stigma of suicide attempts, early symptom identification

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
		PGIMER, Chandigarh.				among youth, effective stress management techniques, constructive coping strategies, self-care practices and address personal problems of participants.
15	NCC (Naval Wing) under the aegis of Character-Building Committee	An online event- Aparajita	21.11.2021		100	To celebrate the spirit of womanhood. To dedicate the inspiring women of India who selflessly dedicated their lives to the cause of social upliftment and nation building.
16	Mentorship Committee	Mentorship Programme for UG III: Cyber Security	25.11.2020		1405	To generate awareness about Cyber frauds and methods to tackle and provide security
17	Mentorship Committee	Mentorship Programme for UG II & PG II: Cyber Security	26.11.2020		1905	To generate awareness about Cyber frauds and methods to tackle and provide security
18	NCC (Army Wing)	Poster making activity Stop Violence Against Women	25.11.2020		7	To sensitize about the necessity of eradicating violence against Women
19	Postgraduate Departments of Sociology and English	A 5-day International Conference on Breaking the Stereotypes: A Paradigm Shift in Gender Studies	02.11.2020	06.11.2020	73	In a thoughtful endeavour to deliberate upon critical issues in the area of gender studies and to understand the complex intersection of gender with race, sexuality, colour and nationality

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
20	Equal Opportunity Cell	Poster making, Slogan writing, International Day of persons with disabilities - theme building back better: towards an inclusive accessible and sustainable post COVID-19 world by, for and with person with disabilities.	03.12.2020		17	To sensitize the students toward the persons with disabilities and to make them aware how to overcome the challenges of the post COVID-19 situation.
21	NSS Units	Celebration of International Day of Persons with Disabilities	03.12.2020		138	To promote an understanding about the disability issues; To mobilize support for the dignity, rights, and well-being of persons with disabilities; To aware integration of persons with disabilities in every aspect of political, social, economic, and cultural life
22	Personality development Club	An online interactive session on 'Inner Excellence Through Holistic Growth'.	15.12.2020		100	To educate students about harnessing the benefits of physical, mental, social, emotional and spiritual awareness for one's inner development.
23	Mehr Chand Mahajan DAV College for Women, Chandigarh and Maryam Ajmal Women's College of Science and Technology, Hojai, Assam	'Arise: Expanding Horizons Across the Globe'- a two day online international workshop	19.12.2020	20.12.2020	900	To empower women to explore global avenues and expand their horizons academically as well as professionally

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
24	Career Counselling Cell	Workshop on "Research Article Writing" by Mr. Raveen Singh, Senior Executive Counsellor and Ms. Pallavi, Associate Manager-Activities, eduVelocity	06.01.2020		190	To impart training about the art of writing well-structured and good quality research
25	Mentorship Committee	Mentorship Programme for UG I & PG I: Online Education: Issues & Challenges	07.01.2021		2047	To discuss about the pros and cons of Online education
26	Mentorship Committee	Mentorship Programme for UG II & PG II: Online Education: Issues & Challenges	08.07.2021		1905	To discuss about the pros and cons of Online education
27	Mentorship Committee	Mentorship Programme for UG III: Online Education: Issues & Challenges	11.01.2021		1405	To discuss about the pros and cons of Online education
28	Mentorship Committee	Mentorship Programme for UG I & PG I: Introduction to National Innovation and Start-up Policy	11.02.2021		2047	To discuss about the pros and cons of Online education
29	Swachhta Committee (Arts Committee)	Drive to take various pledges and participate in Quizzes related to Gender Sensitization and Legal Awareness of MyGov, Gol, Ministry of Education, Ministry of Defence and MyGov, Gol.	21.01.2021	31.01.2021	216	To create a common platform for Indian citizens to "crowdsource governance ideas from citizens" contribute to various government projects and plans

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
30	NSS Units in collaboration with Women Development Cell	National Girl Child Day celebration - an awareness programme on the theme 'Beti Bachao Beti Padhao" at the adopted village Badheri.	22.01.2021		38 + 40 (school students)	To create awareness about the rights of girls, discuss various issues pertaining to inequalities that girls face in their daily lives and to increase awareness about the importance of girl education, nutrition, and health.
31	Personality Development Club	Portrait making competition on the topic "A Glimpse of Nature describing your Personality	31.01.2021		18	To explore one's talent and personality as per the belief which says that art encompasses values and ideas, and helps enlighten one's imagination.
32	Mehr Chand Mahajan DAV College for Women, Chandigarh	Principal Shakuntala Roy Memorial Online Lecture 'Education for Global Health and Happiness'	03.02.2021		855 participants from across 10 countries and almost all Indian states	To pay reverential homage to the memory of its Founder Principal and commemorate her immensely significant role in giving shape to the educational institution
33	NSS Units in collaboration with Medical Committee	World Cancer Day - Awareness Session (Breast Cancer, Cervical cancer, Ovarian cancer and Leukemia)	04.02.2021		35 + 45 (villagers)	To sensitize residents and raise awareness regarding cancer; To help people in getting the right information about cancer; To encourage its prevention, detection, and treatment



Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
34	Post Graduate Department of Sociology and Women Development Cell	A webinar on the topic 'Women in the Changing World of Communication'. The resource person for the webinar was Prof. Dhananjai Chopra, Course Coordinator, Centre of Media Studies, University of Allahabad.	06.02.2021		50	To explore and understand the role of women in the fast paced and ever evolving world of communication.
35	NCC (Army Wing)	Celebration of International Day of zero tolerance against female genital mutilation	06.02.2021		3	To raise awareness and educate people about the dangers of female genital mutilation (FGM) and to take concrete actions against it.
36	Women Development Cell	A webinar on Preventive Eye Care in the Era of Digitalization. Dr. Parul Chawla Gupta, Assistant Professor, Advanced Eye Center, PGIMER, Chandigarh	06.02.2021		150	The session aimed at developing an understanding of the meaning, symptoms and measures about problems related to eyes in the era of digitalization. Further, the session aimed at providing an insight to the students about basic exercises, postures and diet which will the help of Lifestyle modification.
37	Department of Zoology under the aegis of Career Counselling Cell	An interactive session on "Career Opportunities in Life Sciences" by Mr. Vimal	09.02.2021		96	To discuss about various career opportunities available in the field of life sciences.

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		Bhutani, Director and Founder, Biotech Sapiens, Chandigarh				
38	Legal Literacy Club	An online Talk on 'Introduction to SLSA and POCSO: Protection of Children from Sexual Offences Act' by Mr. Mahavir Singh, Additional District & Sessions Judge-cum-Member Secretary, State Legal Services Authority (SLSA), U.T., Chandigarh	10.02.2021		35	To spread legal awareness in various strata of society about legal rights and concepts pertaining to the POCSO Act, a gender-neutral act that was enforced on Children's Day (November 14 <sup>th</sup> 2012).
39	NCC (Army Wing)	Essay writing, poster making activity on the occasion of International Day of women and Girls in Science	11.02.2021		7	To promote women and girls in Science and make them aware about the critical role women and girls play in science and technology
40	Women Development Cell	National level e-poster Presentation Competition on the occasion of the 142nd birth anniversary of Sarojini Naidu-the Bharat Kokila.	13.02.2021		29 from 9 different colleges	Participants shed light on various aspects of the life of the Nightingale of India including her contribution to Indian freedom struggle as well as to the cause of women emancipation, her indomitable spirit and artistic acumen.
41	NCC (Army Wing)	Slogan writing activity on the occasion of Sarojini Naidu's Birthday	15.02.2021		8	To disseminate awareness about role of Sarojini Naidu ji in freedom of struggle

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42	Post Graduate Department of Sociology	3-day RUSA sponsored Lecture Series on 'Issues related to Development' by eminent sociologist Prof. S L Sharma, Director-Research, IDC, Chandigarh.	23.02.2021	25.02.2021	more than 100	The 3 days witnessed intellectually invigorating sessions on Rethinking Development Post Pandemic, Gender and Development, and Contemporary Theories of Development, respectively.
43	Character Building Committee	National level Advertisement Making Competition and Parineeta- a self-composed poetry dedication activity	01.03.2021	5.03.2021	25	To celebrate the spirit of being a homemaker
44	Women Development Cell (WDC) and NSS units	Women's day Celebration - Donation of Sanitary Pads and an interactive session on hygiene and nutrition in Government Model High School-41, Badheri.	06.03.2021	08.03.2021	34+55 (school girls)	To make women especially the teenage school girls aware of the concept of menstrual hygiene and the importance of nutritious food during periods and to engage more and more people in the noble work of donating sanitary pads among school girls
45	NCC (Army Wing)	Article writing, video making on Women Empowerment (Women safety, education, health)	18.03.2021		8	To create awareness about the importance of women empowerment

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46	Geetanjali Counselling Helpline Committee and the Hostel Committee	Workshop on the theme 'Psychological First Aid for Anxiety and Depression among Youth'	19.03.2021		20	To discuss about physical, behavioural and emotional warning signs, varied biopsychosocial causes and risk factors, resilience building, management of dysfunctional beliefs through cognitive reframing, problem focused coping strategies, relaxation techniques, mindfulness, meditation and self-care activities.
47	NSS Units	Awareness session on "Re-understanding the notion of freedom" under POCSO act	19.03.2021		81	To sensitize the volunteers about the legalities under POCSO Act and to make the volunteers aware about their rights to freedom
48	Geetanjali Counselling Helpline Committee	A national level Slogan Writing Competition to mark the celebration of the International Day of Happiness	20.03.2021		63	To enhance consciousness and sensitivity about addressing the significance of happiness among college students and to celebrate the achievements of humanity at coping with the COVID pandemic

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
49	NSS Units	Yoga cum Meditation Session	20.03.2021		81	To promote Fit India campaign and encourage people to remain healthy and fit by including physical activities and sports in their daily lives; To increase mobility and body balance, build harmony between mind and body; To reduce levels of stress and inflammation in the volunteers
50	NSS Units	Workshop on Self-Defence Techniques	21.03.2021		81	To reinforce women's capacity to defend themselves against potential attacks; To build self-confidence so that they can contribute meaningfully to their development
51	Mehr Chand Mahajan DAV College for Women and the Panjab University Committee Against Sexual Harassment of Women at Workplace (PUCASH)	A workshop on Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal).	26.03.2021		100	to educate and enlighten people about Sexual Harassment of Women at Workplace and its preventive measures; To ensure a safe and secure work environment for women as it positively impacts participation of women in the workforce.

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
52	Postgraduate Department of English	An interactive online session titled „Remaining Resilient and Competitive in the Face of Challenges" by Ms. Garima Juneja, Therapist and Founder of Lightroom Therapy.	05.04.2021		350	To help students remain calm and composed in their thoughts; To help students build confidence despite lack of social interaction; To help them stay calm in the face of the kaleidoscopic changes all around
53	Equal Opportunity Cell and HIV/AIDS Awareness Committee	An online awareness programme on „Gender Identity and Sexual Orientation by Ms. Amrita Sarkar, Advisor (Transgender Wellbeing and Advocacy), India HIV/AIDS Alliance.	04.04.2021		140 (g-meet); 857 (youtube)	To generate awareness in the society regarding gender identity and create a society which accepts and embraces diversity.
54	Medical Committee in collaboration with MCM Eco-Club	Webinar cum Training Session on "Yoga for Health" to celebrate World Health Day	08.04.2021		50	To sensitize students about need of yoga for mental, physical and spiritual wellbeing; To make them aware about asanas and their ability to cure routine dysfunction of our body without the intake of medicines.
55	Skill Development Committee in collaboration with Mind logs Psychological Services	National Workshop on Neuro-Linguistic Programming "All That we say: Does it make Sense?"	13.04.2021	14.04.2021	40	To discuss about the basic tenets of Neuro Linguistic Programming, the auditory, visual and kinaesthetic frameworks of language comprehension, predicate phrases used in

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						NLP and ways of improving communication patterns.
56	Mentorship Committee	Mentorship Programme for UG II & PG II: Importance of Personal Health & Hygiene during COVID-19 pandemic	19.04.2021		1905	To create awareness about the importance of maintaining hygiene during COVID-19 times
57	Mentorship Committee	Mentorship Programme for UG III: Importance of Personal Health & Hygiene during COVID-19 pandemic	20.04.2021		1405	To create awareness about the importance of maintain hygiene during COVID-19 times
58	Post Graduate Department of Sociology in collaboration with Chandigarh Commission for Protection of Child Rights (CCPCR), Chandigarh	An Initiative entitled "Be an Immunity Ambassador"	20.04.2021	21.05.2021	90 students out of which 47 were selected	To promote holistic wellbeing through self-awareness at grass root level.
59	Mehr Chand Mahajan DAV College for Women, Chandigarh	"Food for mind, body and soul" workshops titled- "Two day National hands – on training- cum-workshop on yoga and meditation" organized under the aegis of fit India movement	22.04.2021	23.04.2021	480	To focus on the intermediate level of Yoga and Meditation

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60	Post Graduate Department of Sociology	A Webinar titled 'Significant Provisions for Women in the Criminal Justice System' by Professor Priya Sepaha, Founder and Director of a Start-up 'Law Colloquy	28.04.2021		more than 50	To aware students about rights and special laws in the Indian legal system that envision to protect women.
61	Skill Development Committee	7-Day Workshop - Be a Health Manager 2021	08.05.2021	14.05.2021	1836	To educate people about the significance of holistic well-being for a healthy life
62	Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Department of Higher Education, Ministry of Education, Government of India	A Workshop on Guidance for Psychological Counselling and COVID-19 helper skills	25.05.2021		570	to equip the student community with COVID Helpers' skills that will be instrumental in channelizing their energies towards contributing in the fight against the pandemic.
63	NSS Units	An Interactive Session on Menstrual Hygiene and Preventive Women Health on the Occasion of Menstrual Hygiene Day	28.05.2021		95	To mark the importance of menstrual hygiene and break the stigma around periods; To sensitize the volunteers about the importance of good menstrual hygiene management



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64	NSS Units and Medical Committee	Webinar titled 'Isolation and Post COVID Care: Know the Facts'	29.05.2021		95	To create awareness regarding the Isolation protocol, post-COVID care and hygiene among people; To empathize the ways via which post- COVID complications could be dealt effectively; To be the change agent for society required during the pandemic
65	Mentorship Committee	Mentorship Programme for UG II & PG II: Coping with Mental Health Challenges during COVID-19 & Time management	04.06.2021		1905	To create awareness about the importance of maintaining hygiene during COVID-19 times
66	Mentorship Committee	Mentorship Programme for UG III: Coping with Mental Health Challenges during COVID-19 & Time management	07.06.2021		1405	To create awareness about the importance of maintaining hygiene during COVID-19 times
67	Psycho Social Support Cell	A Workshop cum Awareness Programme entitled 'Quality of Sleep Matters'	12.06.2021		600	To enlighten the audience on the significance of sound sleep for holistic wellbeing and to develop the understanding of the practice of sleep hygiene.
68	Personality development Club in collaboration with Foreign Student Cell	An online interactive session on "Building Resilience through Emotional Strength and Mind Power" by Mr. Anurag	15.06.2021		600	To inspire young minds, thereby reducing stress

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
		Rishi, a Transformational and Motivational speaker, Human Potential Trainer and a Life Coach.				
69	Equal Opportunity Cell & Foreign Student Cell	Webinar on motivating the motivators by Mr. Vivek Atray, ex IAS Author & Motivational Speaker Mr Vipin Pubby ex Resident Editor-Indian Express.	25.06.2021		97 (g-meet) and 250 (you tube)	To train the young minds so that they can acquire a wide range of abilities and skills with which they are able to make a better living and contribute to the society.

Specific facilities provided for women in terms of:

**a. Safety and security:**

- ✓ Being a Women's College, and in order to provide a safe space for its students to learn and grow, safety and security norms are strictly followed by MCM DAV College for Women in all respects. In order to protect the campus from anti-social elements, college has demarcated its boundary with barbed wires and wall spikes. In addition, boundary walls of the campus are quite high so as to prevent the intruders from entering the premises. ID cards are issued to the students and staff to prevent the entry of outsiders into the campus

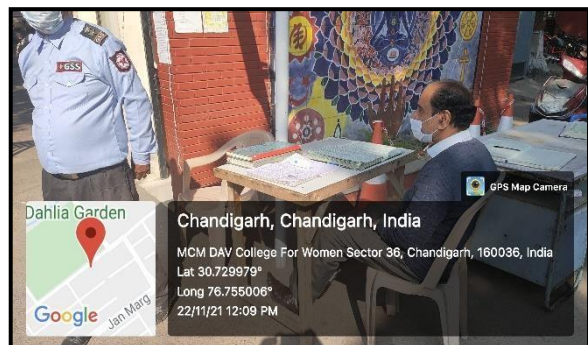
**Wall Spikes on High Boundary Walls**



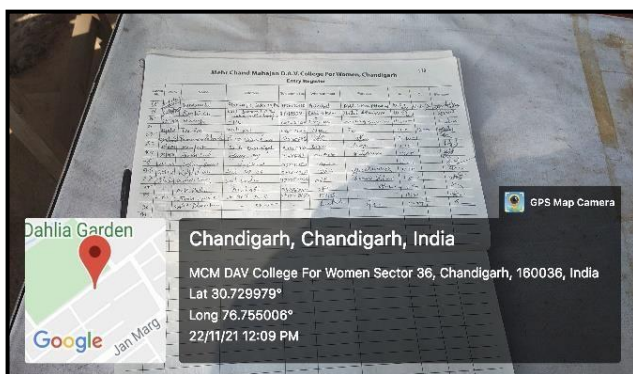
## Barbed Wires on High Boundary Walls



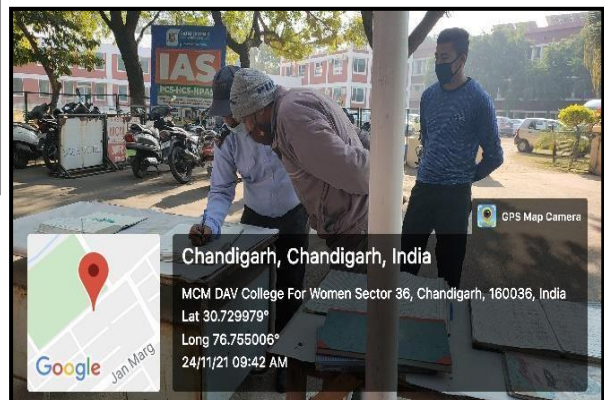
- ✓ College has a stringent round the clock security of high standards at the college gate. Well trained security guards from “Saarthi” organization have been stationed on a 08 hours roster who regularly check the IDs of everyone entering the campus. They have maintained separate incoming and outgoing registers for visitors and hostellers where information pertaining to their purpose of visit, time of arrival and departure and other necessary details are being noted.

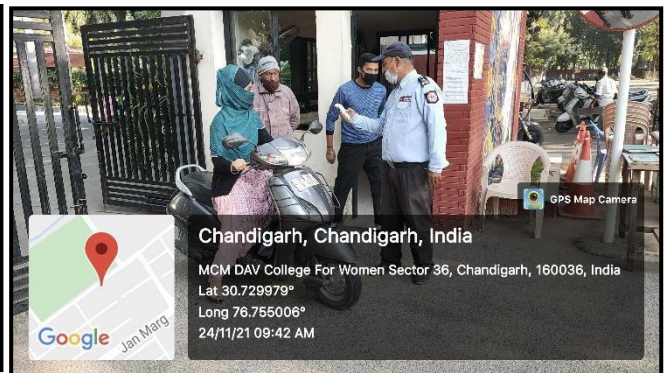


Well trained Security Guards, stationed at College gate

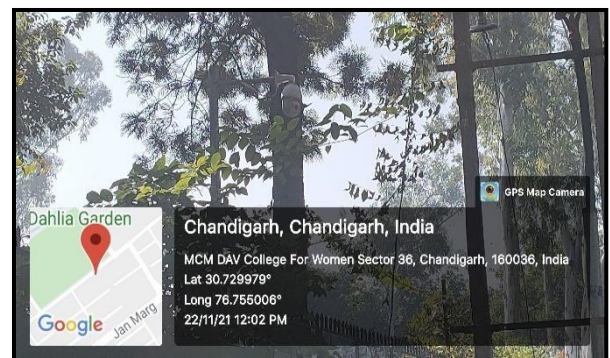
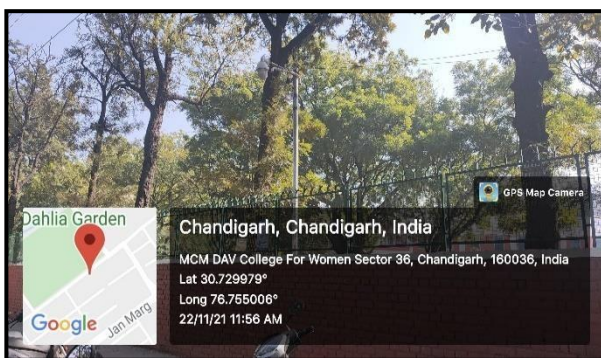


Maintenance of incoming and outgoing data for visitors and hostellers.



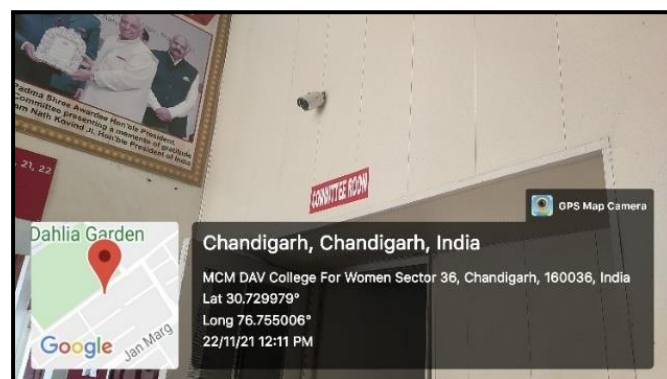


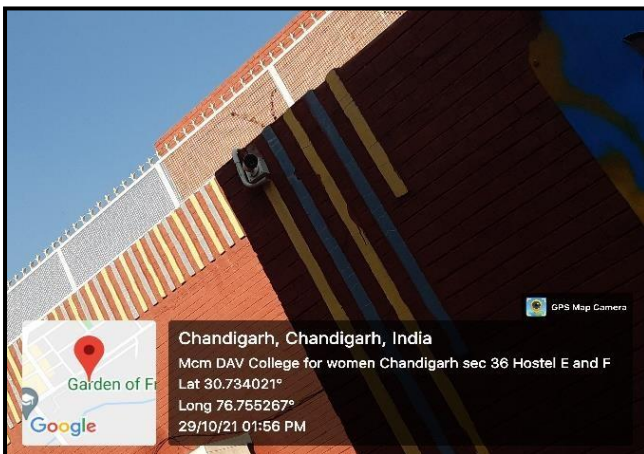
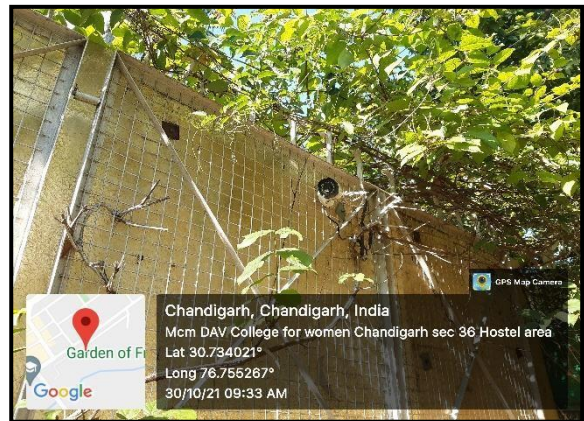
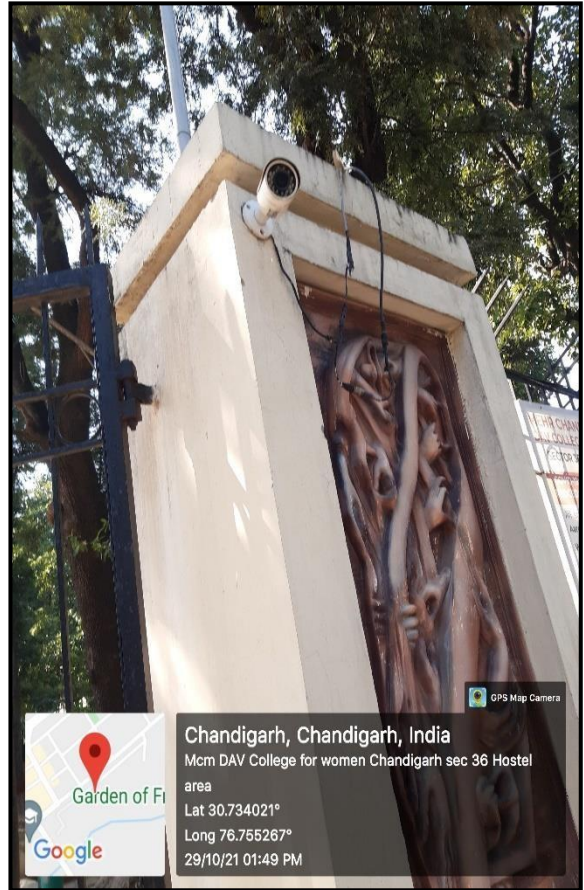
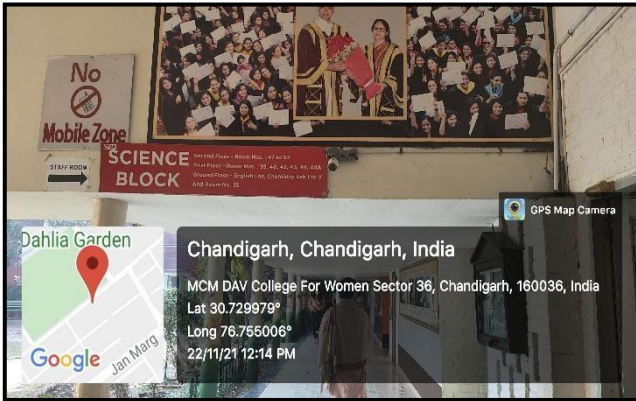
- ✓ Proper COVID-19 protocols including thermal checking is being done for each staff member as well as student before entering the premises.



### CCTV Cameras installed near College Boundary Wall

- ✓ To ensure security of students as well as for staff, college has been under 24X7 continuous CCTV Surveillance system. Several CCTV cameras have been installed at strategic positions including 2 on the outskirts of the college boundary, library, celebration ground each floor of Science, Arts, PG Block, Administrative Block, Hostel Gate as well as in Hostel premises. High resolution cameras with 360° rotation and night vision are installed on boundary walls for constant monitoring and security.





### CCTV's installed in Hostel and College premises



**DVR Units and Screen Monitor for CCTV surveillance in Principal office**

Details of CCTV Surveillance System are as follows:

<b>CCTV Camera for Surveillance College Campus &amp; Hostel Campus</b>								
Vendor Details	Bill no. & DATE	DVR Units	Camera Units			Hard Disc Drive	SMP S Supply unit	Location
			Dome/PTZ IR Camera	Bullet IR Camera	Dome PTZ Camera			
<b>SUN -X Communication SCO-16 &amp;17, Sector-34A, Chandigarh</b>	25 dated 28-7-2009 & 852 dated 06-09-2010	1 Units (16 Channel )	06 No's (Dome Camera)	07 No's (Bullet Camera)		1 No's (1 TB)	3 No's	Installed at Library
<b>SUN -X Communication SCO-16 &amp;17, Sector-34A, Chandigarh</b>	1583 dated 19-7-2016	2 Units (16 Channel )	04 No's (Dome Camera)	26 No's (Bullet Camera)		2 No's (2 TB)	11 No's	Installed at college Campus
<b>SUN -X Communication SCO-16 &amp;17, Sector-34A, Chandigarh</b>	1589 dated 12-8-2016				01 No's (Dome PTZ Camera)			Installed at College Campus
<b>SUN -X Communication SCO-16 &amp;17, Sector-34A, Chandigarh</b>	719 dated 30-12-2019		1 No's (Beetel Mobile Unit Camera with memory card)					Movable as per requirement
<b>SUN -X Communication SCO-16 &amp;17, Sector-34A, Chandigarh</b>	741 dated 17-02-2020	1 Unit (4 Channel )	01 No's (Dome Camera)	Nil	Nil	1 No's (1 TB)	1 No's	Conference Hall (Room no. 8)
<b>Online Communication SCO-209, Sector-36D, Chandigarh</b>	OC/20-21/0137 dated 28-9-2020	2 Units (16 Channel ) 1 Unit (8 Channel )	1 No's (PTZ IR Camera)	9 No's (Bullet Camera)	Nil	3 No's (2 TB each)	8 No's	Installed at Hostel Campus

- ✓ The college has constituted **Internal Complaints Committee (ICC)** against Sexual harassment with its composition as per the guidelines of MHRD, Government of India

For its objectives and constitution, visit:

<https://mcmdavcwchd.edu.in/grievance-cell/#1561531392176-99af43c2-d3aa>

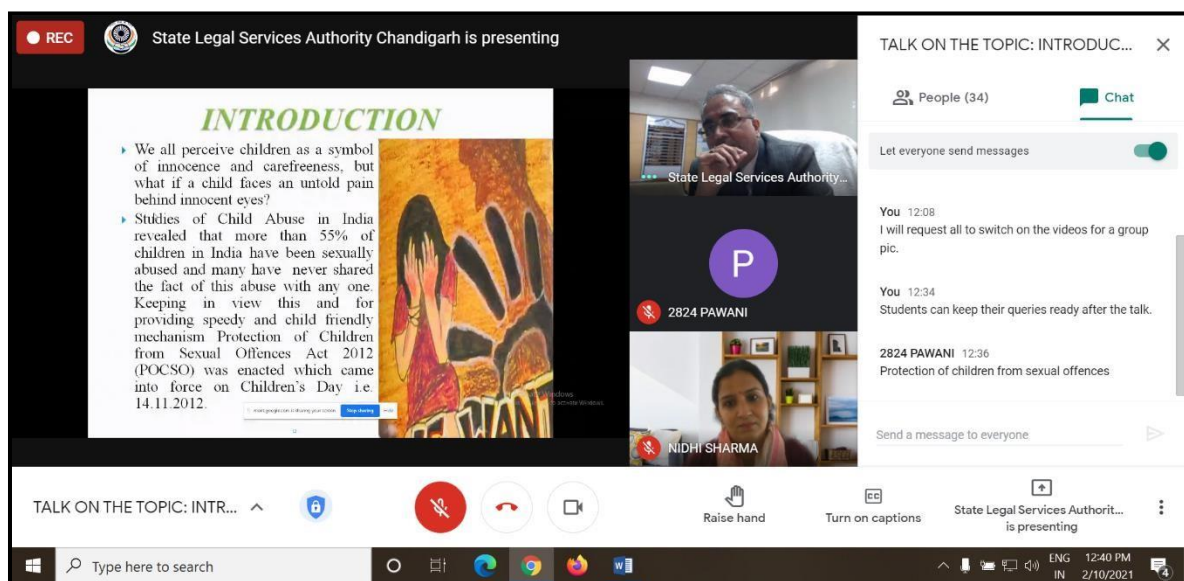
- ✓ Besides, **Anti-Ragging Cell, Student Grievance Redressal Cell, Discipline Cell** and **Student Council** have been duly constituted for the interest of students which have been working competently throughout the year (i) to prevent the incidents of ragging in the college and (ii) to address the grievances of students which they encounter in their day-to-day college life.
- ✓ Suggestion boxes have been installed at different places in the college campus and the issues posted in them by the students are being taken up by the committee efficiently.
- ✓ The **Internal Complaints Committee (ICC)** of Mehr Chand Mahajan DAV College for Women organized a **webinar titled 'Sexual Harassment at Workplace (Act 2013): Prevention, Prohibition and Redressal'** on 15.07.2020 that witnessed participation of more than 50 staff members. Prof. Anand Pawar, Rajiv Gandhi National University of Law, Patiala was the resource person for the webinar that envisioned to enlighten the staff members about the various legal provisions governing sexual harassment at workplace.



- ✓ **Legal Literacy Club** of the college organized an **interactive and online talk on Introduction to SLSA (State Legal Services Authority) and POSCO: Protection of Children from Sexual offences Act** on 10.02.2021 which was attended by 35



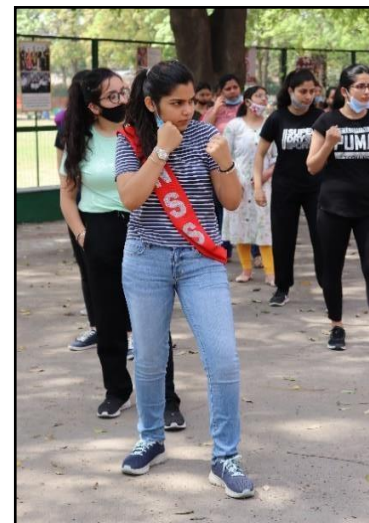
participants. Mr. Mahavir Singh, Additional District & Sessions Judge- cum-Member Secretary, State Legal Services Authority (SLSA), U.T., Chandigarh was the resource person for the event who sensitized students about the SLSA and POCSO Act.



- ✓ **An awareness session on “Re-Understanding the Notion of Freedom” under POCSO act** was organized by **NSS Units** of the college on 19.03.2021 where around 81 students were apprised with the legalities under POCSO Act. During the event, resource person Dr. Minakshi Rana, Assistant Professor, PG Department of Sociology gave brief insights about POCSO Act and different aspects of freedom to a woman in a true sense.



- ✓ Committed to the cause of women's safety, a **workshop on self-defense techniques** was organized by **NSS Units** on 21.03.2021 where Mr. Sanjay Malik, Head Constable and Ms. Pooja, Lady Constable, members from SWAYAM team of Child & Women Safety Cell of the Chandigarh Police Department demonstrated and imparted 81 volunteers with different tactical and defensive moves and measures one should take to protect oneself and fight back.



Link of the event uploaded on social media handle:  
<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/1088906238242295/>

- ✓ Mehr Chand Mahajan DAV College for Women and the Panjab University Committee Against Sexual Harassment of Women at Workplace (PUCASH) organized a **workshop on Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal)** on 26.03.2021 that was attended by

more than 100 participants.



Link of the event uploaded on social media handle:

<https://www.facebook.com/MCMDA VCW/photos/a.239819746484286/1086953018437617/?type=3>



- ✓ Several awareness campaigns on women safety and gender sensitivity were organized by NSS Units, NCC and Women Development Cell of the college that included Celebration of National Girl Child Day, International Women's Day Celebration.
- ✓ On 23.01.2021, **NSS Units** of the College celebrated **National Girl Child Day** (24<sup>th</sup> January, 2021) by visiting their adopted Village Badheri where an awareness programme was organized on the theme '*Beti Bachao Beti Padhao*' in the premises of Government Model High School, Sector 41-D, Chandigarh.



- ✓ **NSS Units** in collaboration with the **Medical Committee** of the college organized an **awareness session on World Cancer Day** in Village Badheri on 04.02.2021 where the resource person **Dr Parneet Kaur**, Consultant - Obstetrician and Gynecologist, Ivy Hospital, Mohali provided a detailed insight on cancer while laying major emphasis on causes, pre-symptoms of Breast Cancer, Cervical cancer, Ovarian cancer and Leukemia.



## एमसीएम के एनएसएस स्वयंसेवकों ने मनाया विश्व कैंसर दिवस



चंडीगढ़ (ऋद्धम आचार्य)। विश्व कैंसर दिवस के अवसर पर, मेहर चंद महाजन डीएवी कॉलेज की एनएसएस इकाइयों ने कॉलेज की मेडिकल कमेटी के साथ मिलकर गाँव बढेरी में एक जागरूकता सत्र का आयोजन किया। इस जागरूकता सत्र का संचालन आइवी अस्पताल, मोहाली की प्रसूति एवं स्त्री रोग विशेषज्ञ डॉ परनीत कौर ने किया। आयोजन के दौरान बढेरी आंगनवाड़ी

की इंचार्ज श्रीमती रणजीत कौर और श्रीमती सुनीता भी उपस्थित थीं। इस सत्र में बढेरी गाँव की महिलाओं और लड़कियों ने बचकर भाग लिया। सत्र की शुरुआत में, एनएसएस स्वयंसेवकों ने विश्व कैंसर दिवस की अवधारणा एवं उद्देश्यों से प्रतिभागियों को अवगत कराया। सत्र के दौरान डॉ परनीत कौर ने इस घातक बीमारी के कारणों पर जोर देते हुए, ब्रेस्ट कैंसर, सर्वाइकल कैंसर, डिम्बग्रंथि के कैंसर

और ल्यूकेमिया के बारे में प्रतिभागियों को जागरूक किया। उन्होंने समय पर उपचार के लिए आवधिक जांच और निदान पर जोर देते हुए प्रतिभागियों को गर्भाशय ग्रीवा के कैंसर के टीके के बारे में भी बातचीत की। सत्र के दौरान विशेषज्ञ द्वारा प्रतिभागियों के कई प्रश्नों को भी संबोधित किया गया। इस आयोजन के साथ साथ कोविड-19 प्रोटोकॉल (स्वच्छता और सामाजिक दूरी रखरखाव) के दिशानिर्देशों का पालन करते हुए बढेरी गाँव में ही एक जागरूकता वाक का भी आयोजन किया गया, जहाँ स्वयंसेवकों ने पोस्टरों के माध्यम से गाँव के रहवासियों को इस बीमारी के बारे में जागरूक करने का प्रयास किया। कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने बढेरी गाँव के निवासियों में कैंसर और इसके प्रकारों के बारे में जागरूकता बढ़ाने हेतु एनएसएस

स्वयंसेवकों की निस्वार्थ सेवा की भावना की सराहना की।

## खिलाड़ियों और स्टाफ के हुये लड़कियों के ट्रायल

चंडीगढ़ (हिमप्रभा ब्यरो)। आगामी 20 फरवरी टूर्नामेंट की तैयारियों में जुटी चंडीगढ़ टीम का कोविड 19 टेस्ट करवाया गया। सेक्टर 16 स्थित कैंप में भाग रहे सभी 25 संभावित खिलाड़ियों और स्टाफ के बाद खिलाड़ियों ने सेक्टर 16 स्थित किया। टेस्ट की रिपोर्ट गुरुवार को आयेगी जिसके घोषणा की जायेगी। इसके बाद टीम कोलकाता के को आईटी पार्क स्थित महाजन क्रिकेट ग्राउंड में सम्पन्न हो गये। टीम मैनेजर इन्दु गुप्ता ने बताया कि पेश कर प्रदर्शन के आधार पर आगामी सीनियर वृत्त 30 खिलाड़ियों की घोषणा कर कैंप में प्रविष्ट करने

### 7.1.1. Measures initiated by the Institution for the promotion of gender equity during the year.

- ✓ On the occasion of International Women's Day (08.03.2021), **NSS Units** in collaboration with **Women Development Cell** of the college organized a **pad donation drive** in the premises of Government Model High School, Sector 41-D, Village Badheri, Chandigarh (U.T), adopted under NSS Scheme. The main aim of the event was to make women especially the teenage school girls aware of the concept of menstrual hygiene and the importance of nutritious food during periods.



## एमसीएम में अंतर्राष्ट्रीय महिला दिवस का आयोजन

चंडीगढ़ (हिमप्रभा ब्यूरो)। मेहर चंद महाजन डीएवी कॉलेज फॉर वुमन ने अंतर्राष्ट्रीय महिला दिवस के अवसर पर नारीत्व को सम्मान देते हुए विभिन्न गतिविधियों का आयोजन किया। कॉलेज की चारित्र्य निर्माण समिति ने दो गतिविधियाँ आयोजित कीं जिनमें एक राष्ट्रीय स्तर की विज्ञापन बनाने की प्रतियोगिता तथा दूसरी गतिविधि का शीर्षक था परिणीता जिसमें अंतर्गत प्रतिभागियों को स्वरचित कविता के माध्यम से भावों को समर्पित करना था। विज्ञापन बनाने की प्रतियोगिता वूमन इन लीडशिप विषय पर आयोजित की गई तथा इसमें भी प्रतिभागियों ने बहचढ़ कर भाग लिया तथा अपनी प्रविष्टियों में

वीमेनहुड के सार को दर्शाया था। परिणीता गतिविधि में प्रतिभागियों ने दिल को छू लेने वाली कवितायें लिखी तथा इसे अपने जीवन की होम मेकस को समर्पित किया। इसी प्रकार कॉलेज के वीमेन डवलपमेंट सेल और एनएसएस इकाइयों ने सैनटरी पैड एकत्र किए और सरकारी मॉडल हाई स्कूल -41, बढेरी की छात्राओं को वितरित किए। वीमेन डवलपमेंट सेल और एनएसएस इकाइयों ने अपने अर्द्धशताब्दी गाँव में स्वच्छता और पोषण पर एक संवादात्मक सत्र भी आयोजित किया, जिसमें गाँव की महिलाओं के बीच मल्टीग्रेन नमकीन तथा अन्य खाद्य पदार्थ वितरित किए। विज्ञापन बनाने की प्रतियोगिता के पहले

स्थानों को नकद पुरस्कार प्रदान किए गए। कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने भी इस अवसर पर स्टाफ के सदस्यों के साथ महिला शक्ति को समर्पित एक स्वरचित कविता साझा की। उन्होंने कहा कि 1968 से एमसीएम डीएवी कॉलेज महिला सशक्तिकरण हेतु निरंतर प्रयासरत है तथा ये सशक्त महिलायें न केवल अपने परिवार को सशक्त बना रही हैं बल्कि लिंगभेद से ऊपर उठकर, असमानताओं से मुक्त एक सशक्त समाज के निर्माण में भी योगदान दे रही हैं।

- ✓ On the occasion of Menstrual Hygiene Day, **NSS Units** in collaboration with Fortis Hospital, Mohali organized an **Interactive session on Menstrual Hygiene and Preventive Women Health** on 28.05.2021. The resource person of the session Dr Divya Awasthi, Obstetrician and Gynecologist, Fortis Hospital, Mohali, highlighted the importance of menstruation and busted myths and taboos associated with it worldwide.

NSS Units of  
MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN  
SECTOR 36-A, CHANDIGARH (U.T.)  
in collaboration with  
**FORTIS HOSPITAL, MOHALI**

Organize  
**AN INTERACTIVE SESSION ON**  
**Menstrual Hygiene & Preventive Women Health**

**28 May**  
**MENSTRUAL HYGIENE DAY**

**Saturday**  
**May 28, 2021** 4.00 P.M. - 5.00 P.M.

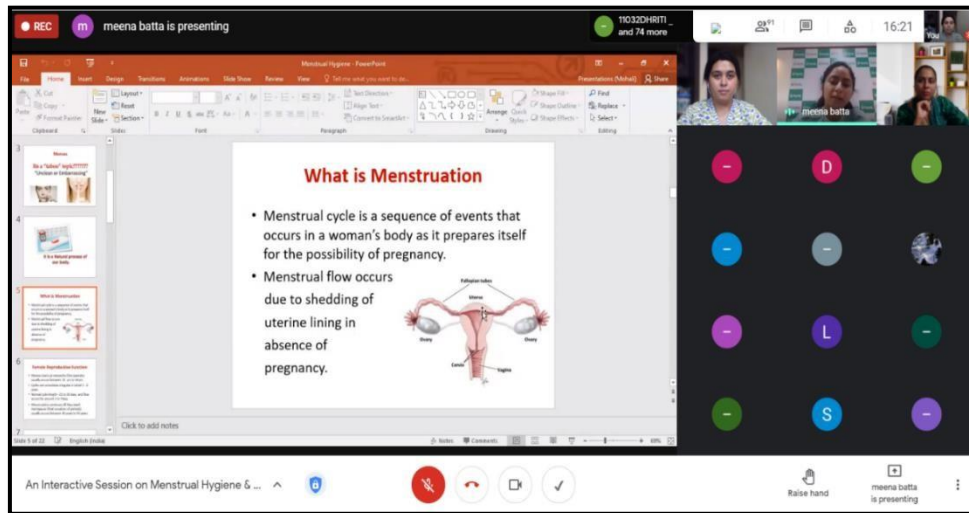
Dr. Pallvi Rani  
Dr. Purnima Bhandari  
NSS Programme Officers

RESOURCE PERSON

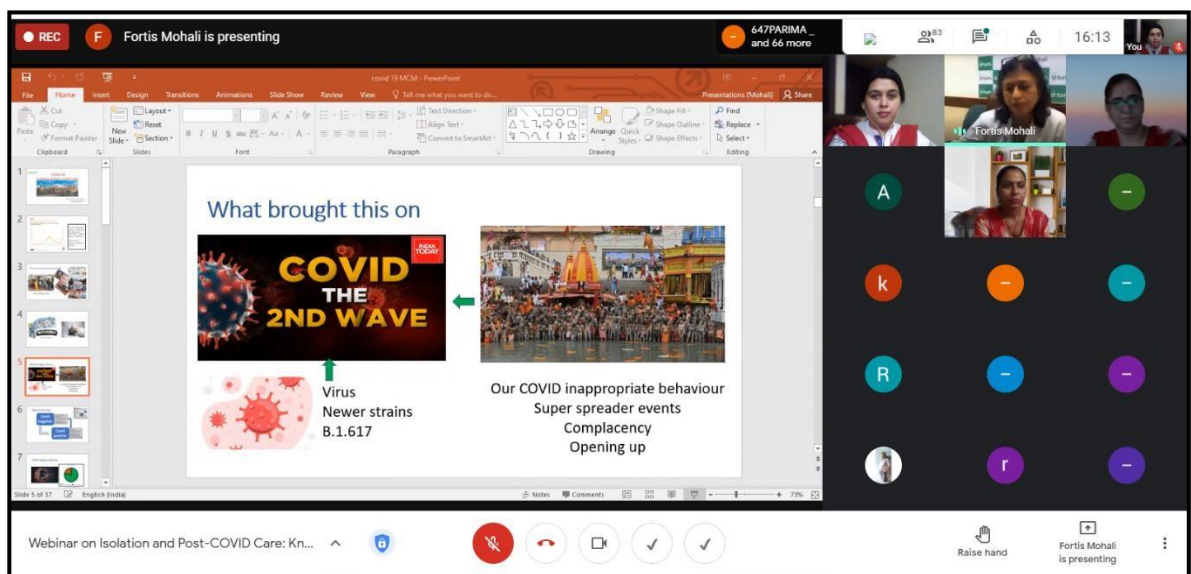
**Dr. Divya Awasthi**  
MBBS, MS  
Obstetrics & Gynecology  
Fortis Hospital, Mohali

Dr. Nisha Bhargava  
Convener & Principal

\*Prior Registration is Mandatory. Link of the session will be shared at registered mail id. Registration link: <https://forms.gle/45yKl8eQrXSLXo5u>



✓ On 29.05.2021, a webinar entitled “Isolation and Post Covid-Care: Know the Facts” was organized jointly by NSS Units and Medical Committee of the college in collaboration with Fortis Hospital, Mohali where the resource person Dr Anita Sharma, Head, Department of Lab Medicine, Fortis Hospital, Mohali, highlighted the important facts regarding COVID- 19 protocol and do’s and don’ts of this deadly disease.



## b. Counseling:

In order to ensure holistic development of students, MCM DAV College for Women, Chandigarh has taken numerous initiatives and has duly constituted committees that are addressing the psychological, emotional concerns and monitoring academic grades of each student.

- ✓ **The Geetanjali Counselling Helpline Committee** of the college provides **in-house counselling** support to the college students as well to staff members and ensure that they have access to mental healthcare services. The committee strives to fight the mental health stigmatization in the society by organizing several awareness or sensitization programmes on various psychosocial and legal issues, personality development, empower our students to face life challenges, promoting their emotional well-being, stress management, teach effective coping strategies, encourage help seeking behavior and address personal psychosocial concerns of the stakeholders.
- ✓ **Telephonic personal counselling** was provided to students staying in hostels/campus or outside during and after the COVID-19 outbreak. Till date, personal Counselling is provided to UG/PG students from all academic disciplines, ex-students, faculty members and non-teaching staff by Dr Nitasha Khehra, Convener and faculty members of the **Geetanjali Counselling Helpline Committee**.
- ✓ As per UGC guidelines, **Geetanjali Counselling Helpline Committee** launched an **online 24x7 mental health helpline “Geetanjali Student Forum”** on the theme **“Mental Health during COVID 19”** under the leadership of our Principal Dr Nisha Bhargava and Dr Nitasha Khehra (Convener, Geetanjali Helpline committee) to provide psychosocial support to UG students of all streams/courses of the college during the unprecedented circumstances of the pandemic and resultant lockdown. This helpline via 24x7 interactive whatsapp group extended effective group counseling,

**एमसीएम में छात्राओं ने ऑनलाइन प्रतियोगिता में दिखाई प्रतिभा**



**एमसीएम की छात्राओं की ओर से बनाई गई पेंटिंग। संवाद**

चंडीगढ़। एमसीएम डीएवी कॉलेज फार वुमन सेक्टर-36 में गीतांजलि हेल्पलाइन कमेटी ने मानसिक स्वास्थ्य के लिए एक ऑनलाइन इंटरैक्टिव फोरम मेंटल हेल्थ ड्यूरींग कोविड-19 की शुरुआत की है। इस इंटरैक्टिव फोरम का उद्देश्य इस महामारी द्वारा लाए गए परिवर्तनों पर विचार-विमर्श, बातचीत और समय पर परामर्श के माध्यम से छात्राओं को मनोवैज्ञानिक तरीके से सक्षम बनाना है। यह फोरम स्नातक स्तर की लगभग 260 से अधिक छात्राओं को मानसिक स्वास्थ्य से सम्बंधित विषयों जैसे कि मानसिक स्वास्थ्य समस्याओं, भावनात्मक कल्याण, सार्थक सामाजिक संबंध और सामुदायिक भावना को बढ़ावा देना इत्यादि पर बातचीत करने का एक मंच प्रदान करेगा।



mentorship, emotional support, opportunity to share personal experiences, psychological concerns, knowledge on various psychological topics, destigmatize mental health, coping strategies, personality development, self-exploration activities, platform to showcase their talent and creativity.

- ✓ To mark the dual celebration of the World Mental Health Day (WHO) and International Day of the Girl Child (UNICEF), **Geetanjali Counselling Helpline**

**Committee** organized a **Workshop on the theme of “Suicide Prevention and Mental Health Challenges in Youth”** on 10.10.2020 where Dr Adarsh Kohli, Professor, Department of Psychiatry, PGIMER, Chandigarh, an eminent clinical psychologist was the resource person. During the event, Dr Adarsh Kohli elucidated upon the prevalence of suicide with latest statistics, specific causes with comorbid mental disorders, predisposing risk factors, protective factors,

stigma of suicide attempts, early symptom identification among youth, effective stress management techniques, constructive coping strategies, self-care practices and addressed personal problems of participants.



## Webinar on "Suicide Prevention and Mental Health Challenges in Youth"

The Geetanjali Counselling Helpline at MCM DAV College for Women, Chandigarh organized a webinar on the theme "Suicide Prevention and Mental Health Challenges in Youth" to mark the dual celebration of the World Mental Health Day (WHO) and International Day of the Girl Child (UNICEF). The keynote address was delivered by an eminent clinical psychologist Dr Adarsh Kohli, Professor, Department of Psychiatry, PGIMER, Chandigarh. The theme for World Mental Health Day this year is "Mental Health for All. Greater Investment – Greater Access". The event was enthusiastically attended by 126 UG and PG students. As we navigate our way through the unprecedented impact of the current global health emergency COVID-19 pandemic, we have a collective responsibility to keep the well-being of youth at the forefront. Suicide is the leading cause of death among India's youth aged 10-24 years, among the highest globally and more than one lakh lives are lost every year to suicide in our country. Dr Adarsh Kohli reflected on the prevalence of suicide across all age groups, education and professions as reported by NCRB 2019 and the various mental disorders such as depression, anxiety, substance abuse, PTSD, impulsivity, family pathology, sexual abuse, etc which occupy a premier position in the matrix of causation of suicide.



## 'देश में साल में एक लाख लोग करते हैं खुदकुशी' : डॉ. आदर्श कोहली



एमसीएम कॉलेज द्वारा मानसिक स्वास्थ्य पर आयोजित वेबिनार में हिस्सा लेते प्रतिभागी। -अमर उजवाला

माई सिटी रिपोर्टर

एमसीएम कॉलेज में युवाओं में मानसिक स्वास्थ्य की चुनौतियों पर वेबिनार

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज फॉर वूमन की गीतांजलि काउंसिलिंग हेल्पलाइन ने विश्व मानसिक स्वास्थ्य दिवस और अंतर्राष्ट्रीय बालिका दिवस के उपलक्ष्य में आत्महत्या रोकथाम और युवाओं में दिमागी परेशानियों पर वेबिनार का आयोजन किया। पीजीआई के मनोचिकित्सा विभाग की प्रोफेसर क्लॉनिकल साइकोलॉजिस्ट डॉ. आदर्श कोहली ने वेबिनार में वक्तव्य दिया।

उन्होंने कहा कि कोरोना के कारण आ रही परेशानियों के बीच युवाओं के मानसिक स्वास्थ्य को बनाए रखना हमारी सामूहिक जिम्मेदारी है। भारत में 10-24 वर्ष के आयु वर्ग के युवाओं में मृत्यु का प्रमुख कारण आत्महत्या है। हमारे देश में आत्महत्या के कारण हर साल एक लाख से अधिक लोगों की जान चली जाती है। वेबिनार में 126 विद्यार्थियों ने भाग लिया। डॉ. कोहली ने आत्महत्या के

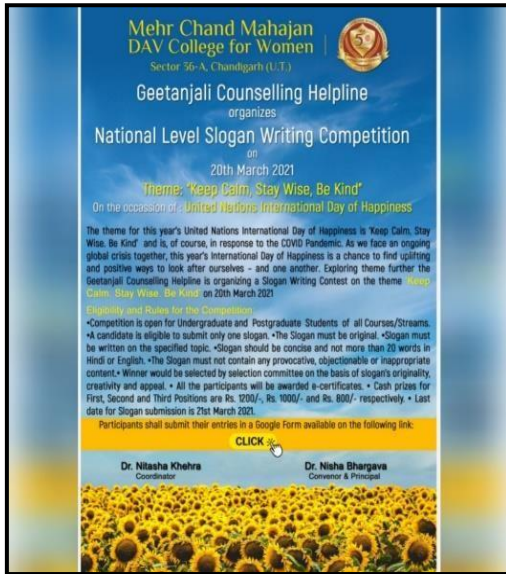
प्रमुख कारकों और विभिन्न मानसिक विकार जैसे अवसाद, चिंता, मादक द्रव्यों के सेवन, आवेग, पारिवारिक विकृति, यौन शोषण आदि पर चर्चा की। डॉ. कोहली ने युवाओं को आत्महत्या के लिए उकसाने वाले विशिष्ट कारणों को प्रारंभिक अनुसंधान के साथ बताया। इसके साथ ही केस स्टडी के माध्यम से आत्महत्या में मनोवैज्ञानिक शव परीक्षा, आत्महत्या के प्रयासों से जुड़े मिथक, युवाओं में आत्महत्या के प्रारंभिक लक्षणों पर चर्चा की।

डॉ. कोहली ने तनाव प्रबंधन की रणनीतियों, भावनाओं पर नियंत्रण, कोशल विकास आदि पर चर्चा की और स्वस्थ ही रचनात्मक गतिविधियों में ध्यान केंद्रित करने के लिए प्रेरित किया। वहीं प्रिंसिपल डॉ. निशा भागव ने मानसिक स्वास्थ्य साक्षरता पर चर्चा करने को गीतांजलि काउंसिलिंग हेल्पलाइन का प्रशंसा की।

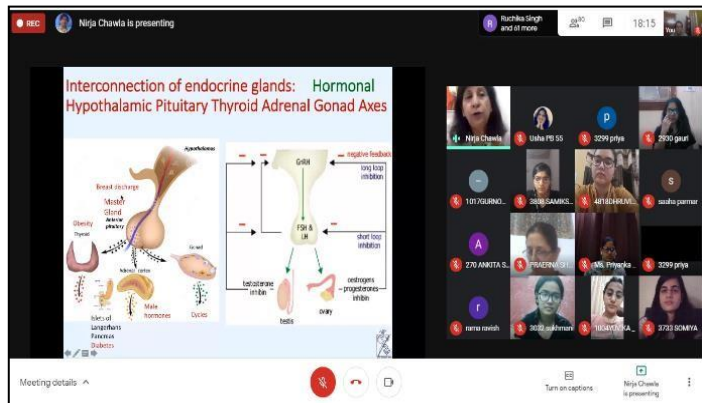
- ✓ In order to discuss about physical, behavioural and emotional warning signs, varied biopsychosocial causes and risk factors, resilience building, management of dysfunctional beliefs through cognitive reframing, problem focused coping strategies, relaxation techniques, mindfulness, meditation and self-care activities, **workshop on "Psychological First Aid for Anxiety and Depression Among Youth"** was organized by **Geetanjali Counselling Helpline Committee** and the Hostel Committee on 19.03.2021.



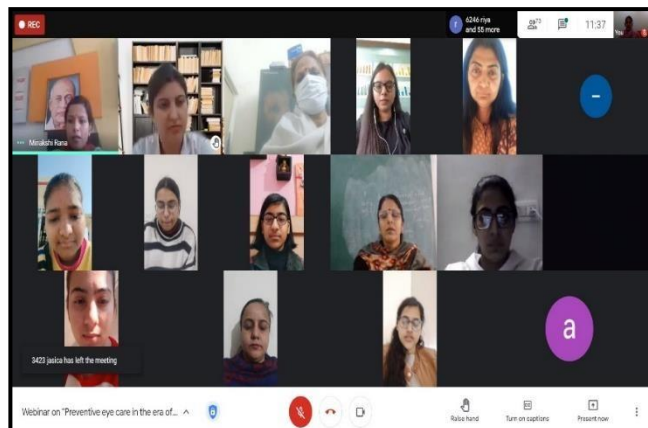
- ✓ To enhance consciousness and sensitivity about addressing the significance of happiness among college students and to celebrate the achievements of humanity at coping with the COVID pandemic, a **National level Slogan Writing Competition** was organized by **Geetanjali Counselling Helpline Committee** on 20.03.2021 where 63 UG and PG students participated.



✓ **Women Development Cell (WDC)** of the college organized interactive sessions in year 2020-21 on several aspects of women issues including health care. On 07.10.2021, WDC organized a **webinar on 'Understanding and Management of PCOS (Polycystic Ovary Syndrome)'** where the main aim was to provide an insight to the students to control the incidence of PCOS with the help of Lifestyle modifications.



✓ Considering the importance of eye care in the era of online learning and work, **Women development cell** organized a **webinar on Preventive eye care in the era of digitalization** on 06.02.2021.



- ✓ **Campus Mentorship Committee** has been functional since 2017 that aims at close monitoring of the academic grades as well as emotional growth/healing of each student. During the session 2020-21, several mentorships meet programmes were organized for both UG and PG students that were based on topics such as cyber security, Online Education: Issues & Challenges, Importance of Personal Health & Hygiene during COVID-19 pandemic, Coping with Mental Health Challenges during COVID-19 & Time management. During such meets, mentors sensitize themselves to the needs of students and impart formal counselling.



**Campus Mentorship meet in progress**

- ✓ **Personality Development Club** of the college organized **An Interactive Awareness Session on 'Inner Excellence Through Holistic Growth'** on 15.12.2020 where Ms Preeti Swami, Founder of Energy Transformation Lab and Mind Gym, sensitized 100 students about the importance of physical and emotional growth for the holistic development.

**ONLINE SESSION ON INNER EXCELLENCE**

Chandigarh: The Personality Development Club of Mehr Chand Mahajan DAV College for Women, Sector 36, organised an online interactive session on "Inner excellence through holistic growth" on Wednesday. Preeti Swami, founder, Energy Transformation Lab and Mind Gym, was the speaker for the session that saw an enthusiastic participation of over 100 students. The objective of the session was to educate students about harnessing the benefits of physical, mental, social, emotional and spiritual awareness for one and inner development. Swami explained how physical and emotional growth is essential for the holistic development of an individual. TNS



- ✓ In order to explore one's talent and personality, **Personality Development Club** of college organized a **Portrait making competition** on 31.01.2021 on the topic "A Glimpse of Nature describing your Personality" in which students of the college were asked to submit their hand made portraits by using their creativity skills.

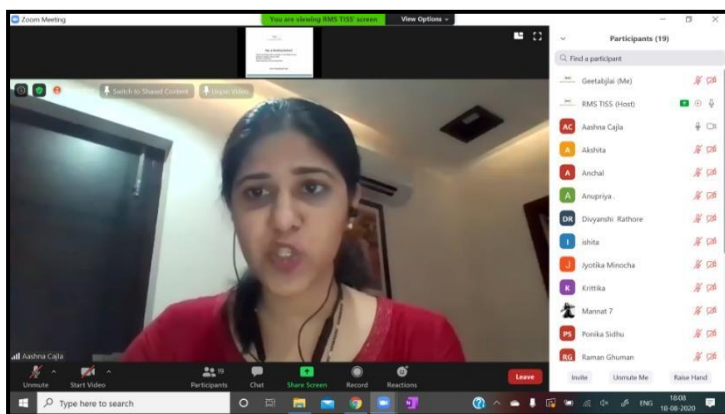
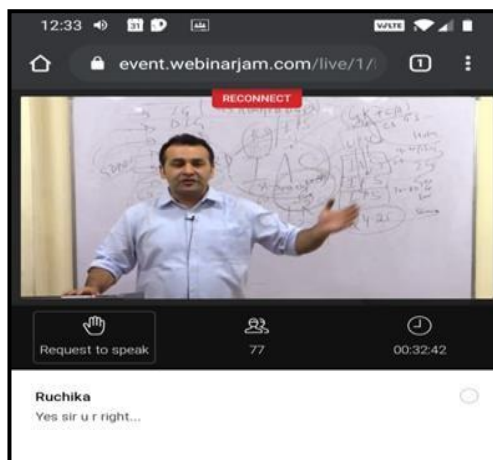


- ✓ **Personality Development Club** in collaboration with Foreign Student Cell organized an **online interactive session on "Building Resilience through Emotional Strength and Mind Power"** on 15.06.2021. The resource person was Mr. Anurag Rishi, a Transformational and Motivational speaker, Human Potential Trainer and a Life Coach. The session focused on the present times as stormed by a cataclysm of the power of the human mind.



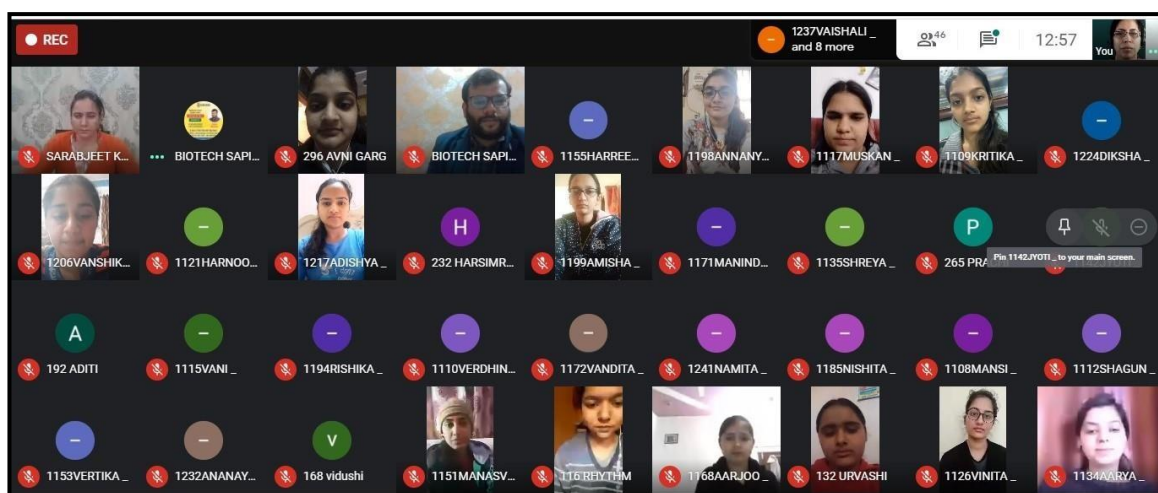
- ✓ In session 2020-21, **Career Counselling Cell** of the college organized various talks & workshops on themes like communication skills, and various career opportunities for students of different streams to prepare them for the highly competitive professional arena.

A Webinar on “**Cracking Officer Level Government Exams**” by Raj Malhotra’s IAS Study Group organized by Career Counselling Cell of the college on 11.07.2020

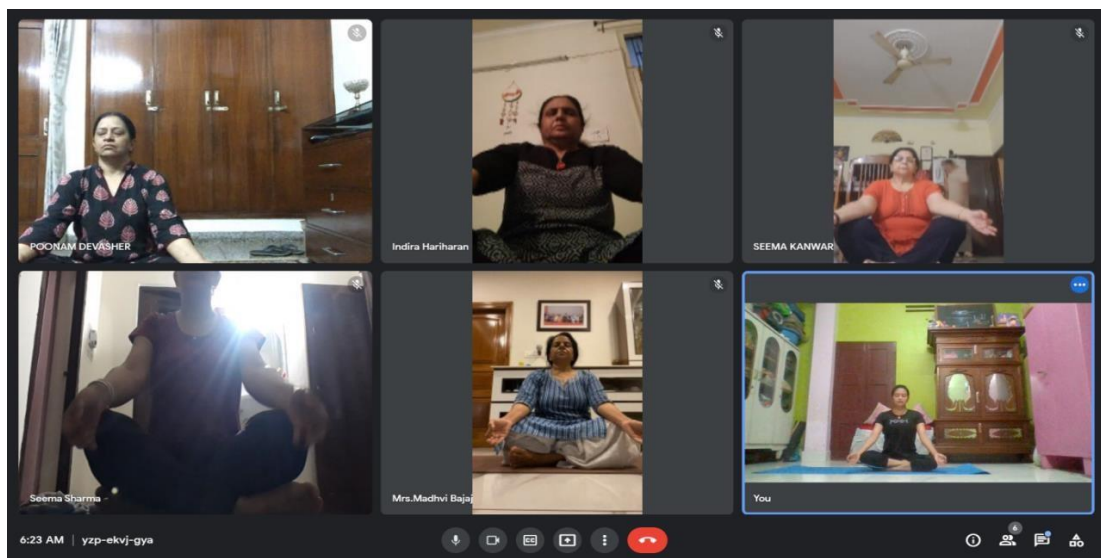
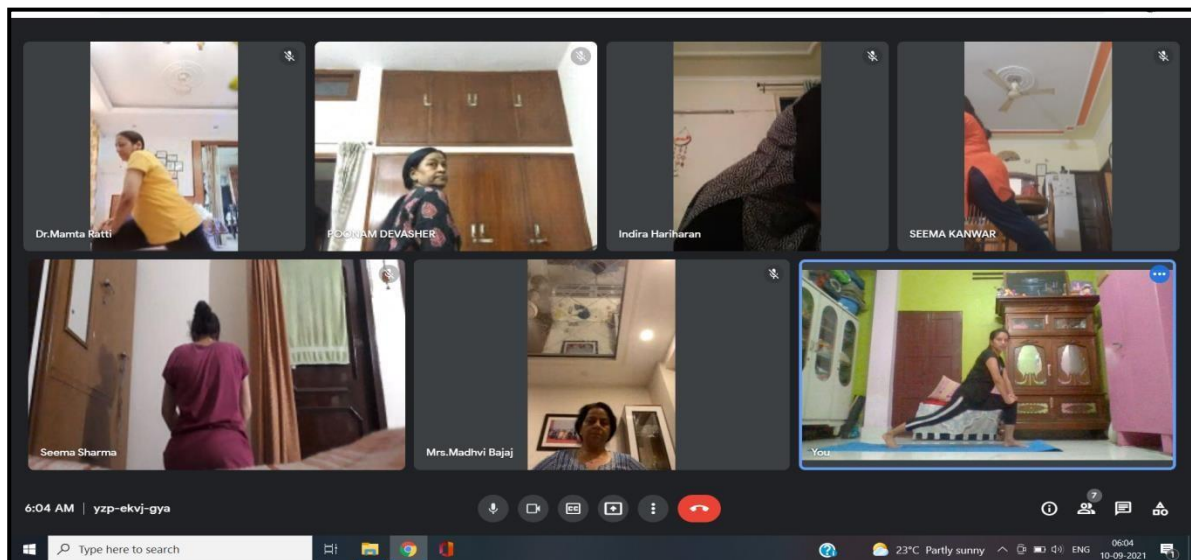


A Skill Development initiative was taken up by the Career Counselling Cell in Collaboration with RMS (Real Pro Management Skill School) under which a series of workshops based on finance; digital marketing skills were organized in the month of August.

- ✓ On 09.02.2021, Department of Zoology under the aegis of **Career Counseling Cell** organized an **interactive session on “Career Opportunities in Life Sciences”**. The resource person of the session Mr. Vimal Bhutani, Director and Founder, Biotech Sapiens, Chandigarh familiarized the students about various career opportunities available in the field of life sciences.



- ✓ In this trying COVID-19 Pandemic, yoga has been playing an imperative role in motivating people on the whole. With this motive, Department of Physical Education has taken the initiative of organizing yoga classes since 29.06.2020 for the faculty members especially for healthy living during the pandemic.

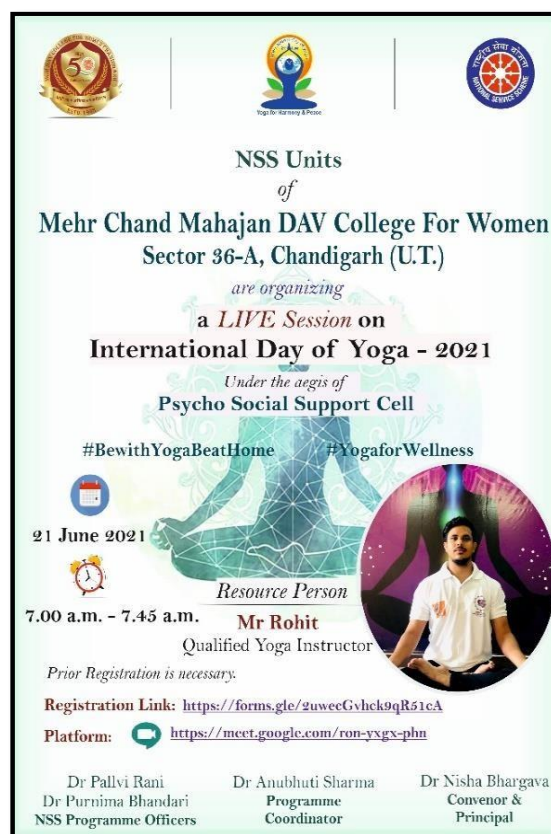


- ✓ To ensure the mental wellbeing of people especially children amid lockdown, NSS Units of the college organized a yoga cum meditation session on 20.03.2021 where resource person - Ms. Keisham Monarita, a Gold medalist in yoga at National and International level demonstrated different stress relieving practices as well as asanas including *Pranayam*, *Kapalbharti*, *Vakrasna*, *Salabhasana*, *Sukhasana*, *Virabhadrasana* etc. Link of the event uploaded on social media handle:



<https://www.facebook.com/MCMDAFCW/photos/a.239819746484286/1088902834909302/>

- ✓ On 21.06.2021, NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a live yoga session on 7th International Day of Yoga i.e. 21st June, 2021 under the aegis of Psycho Social Support Cell where more than 120 participants including faculty members as well as students got themselves registered. The main aim of this event was to promote emotional as well as psychological wellness of the students during the stressful times. Links of the event uploaded at various social handles:



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

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

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

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



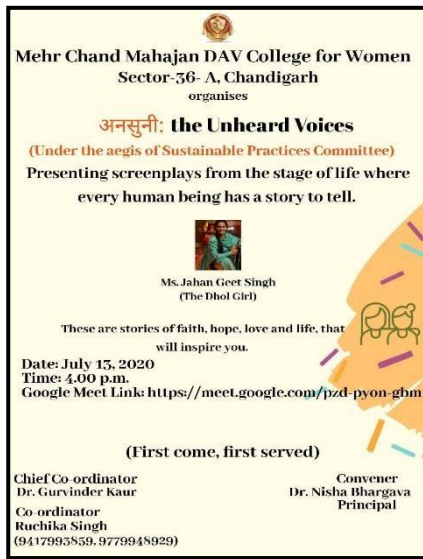
NSS volunteers and NCC cadets performing Yoga asanas during Yoga session

- ✓ In an endeavour to create awareness among people about the benefits of yoga and meditation especially in the current unprecedented times of the pandemic, Mehr Chand Mahajan DAV College for Women organised a **2-day national online workshop titled 'Hands-on Training-cum-Workshop on Yoga and Meditation'** from 22.04.2021 to 23.04.2021 under the aegis of Fit India Movement. The resource person for the inaugural day was Yogacharya Raman Kumar, National Coach, Indian Yoga Team and Organizing Secretary, Asian Yoga Federation, Yoga Federation of India, and the resource person for day 2 was Dr. Gunanidhi Sharma, Government College of Yoga, Education and Health, Chandigarh. Over 480 participants enthusiastically joined in from all across the globe including countries like Ghana, Philippines and Pakistan.



- ✓ Several programmes including interactive sessions, awareness programmes, poster making competitions motivational lectures **based on Gender Sensitization** are organized from time to time by various departments and committees such as

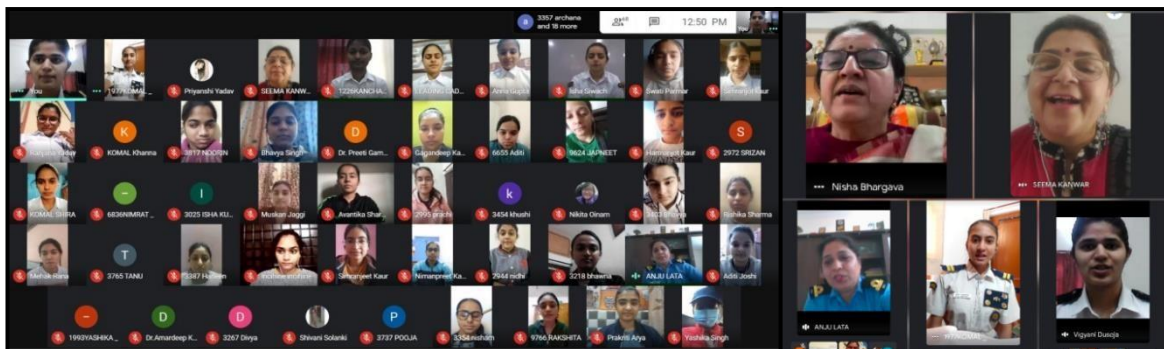




"अनसुनी: The Unheard Voices" - An interactive session with Mx. Dhananjay Chauhan, transgender activist and Mr. Ojaswnee Sharma, filmmaker was organized by Sustainable Practices Committee on 09.07.2020.



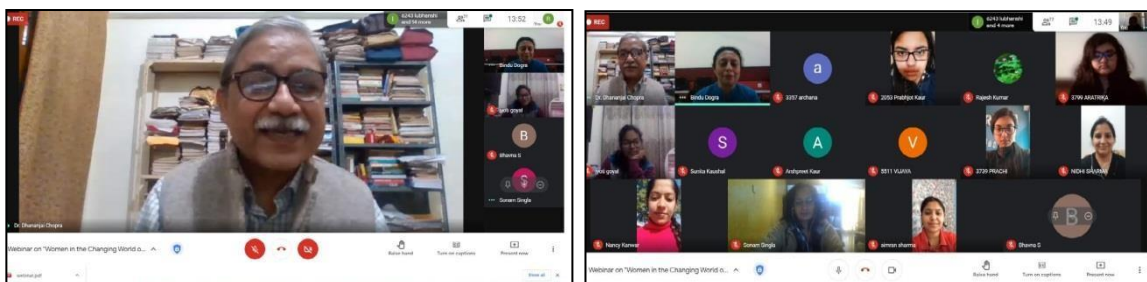
One Day National Webinar on Gender Equality Matters in the Time of Pandemic Crisis: An Overview organized by Post Graduate Department of Sociology on 04.09.2020 which was attended by 127 participants from different parts of the country.



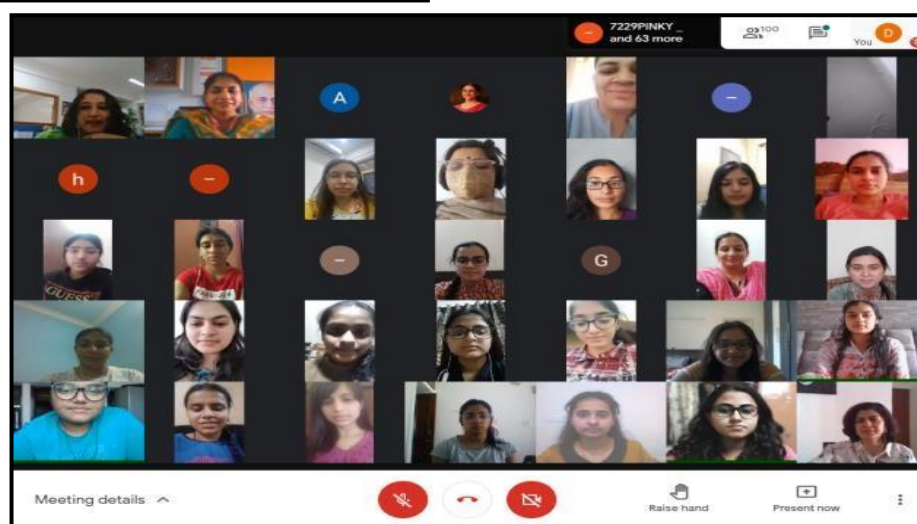
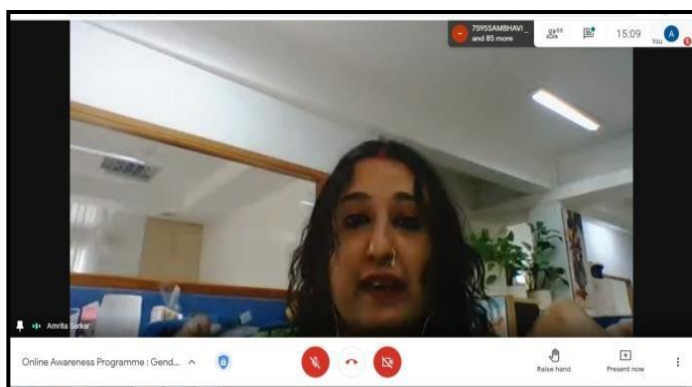
The NCC (Naval Wing), under the aegis of Charitra Nirman Committee organized an online event- Aparajita as a celebration of the spirit of womanhood on 21.11.2020.



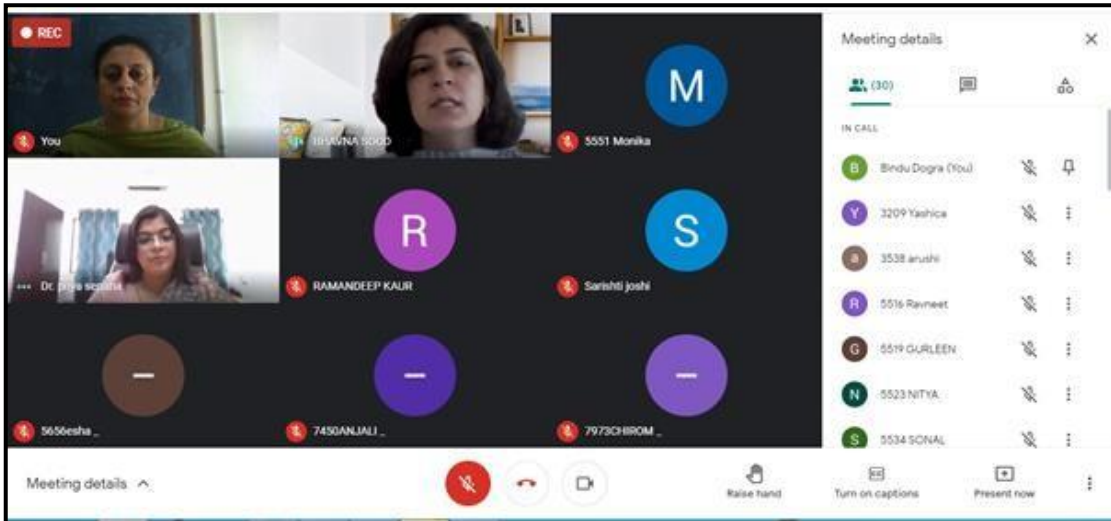
NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh organized an online RUSA sponsored awareness programme - **Disability and Positivity in life** on **03.12.2020** where the special guest of honor was Sh J S Jayara, Principal, Institute for the Blind, Sector 26 Chandigarh.



Post Graduate Department of Sociology and Women Development Cell organized a **webinar on the topic 'Women in the Changing World of Communication'** on 06.02.2021. The resource person for the webinar was Prof. Dhananjai Chopra, Course Coordinator, Centre of Media Studies, University of Allahabad.



Equal Opportunity Cell and HIV/AIDS Awareness Committee organised an **online awareness programme on 'Gender Identity and Sexual Orientation'** by **Mx. Amrita Sarkar, Advisor (Transgender Wellbeing and Advocacy), India HIV/AIDS Alliance** on 04.04.2021. The main objective of the event was to generate awareness in the society regarding gender identity and create a society which accepts and embraces diversity.



**One Day Webinar** entitled “**Significant Provisions for women in the Criminal Justice System**” was organized by Post Graduate Department of Sociology, in order to mark and celebrated Global “Denim Day” on 28.04.2021. The resource person of the event was Professor Priya Sepaha, Founder and Director of a Start-up ‘Law Colloquy’.

A **Two-day Online International Webinar** for empowering women to explore avenues globally titled ‘**Arise: Expanding Horizons Across the Globe**’ was organized by Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with Maryam Ajmal Women’s College of Science and Technology, Hojai, Assam where the objective was to create awareness about various

**एम.सी.एम. में दो दिवसीय अंतर्राष्ट्रीय कार्यशाला का आयोजन**

**‘कभी भी आलोचनाओं से न घबराए’**

चंडीगढ़, 21 दिसम्बर (आशीष): सैक्टर-36 स्थित मेहर चंद महाजन डी.ए.वी. कॉलेज तथा मरियम अजमल महिला कॉलेज ऑफ साइंस एंड टेक्नोलॉजी, होवाई, असम ने संयुक्त रूप से अराइज एक्सपैंडिंग होराइज्जस अक्रॉस द ग्लोब शीक पर दो दिवसीय ऑनलाइन अंतर्राष्ट्रीय कार्यशाला का आयोजन किया।

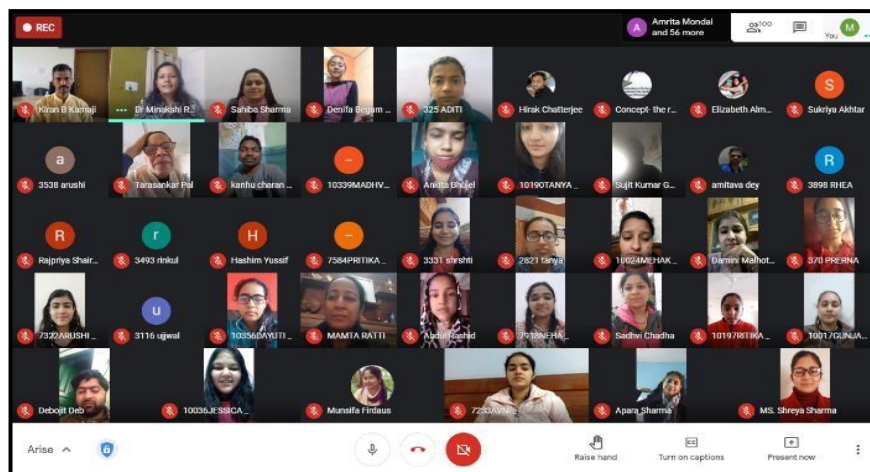
कार्यशाला में फिलीपींस, म्यांगमार, श्रीलंका, इंग्लैंड, पाकिस्तान, जॉर्डन, सऊदी अरब, स्पेन, पुर्तगाल और इराक सहित विभिन्न देशों के शोधार्थियों, संकाय सदस्यों, विद्यार्थियों सहित 900 से अधिक प्रतिभागियों ने हिस्सा लिया। आयोजन को कॉलेज के यू ट्यूब चैनल पर लाइव दिखाया गया और इसे 1000 से अधिक लोगों ने देखा। उद्घाटन दिवस पर मुख्य वक्ता टीम इंडिया क्रिकेटर और कॉलेज को

अलुमना हरलीन देओल थीं, जिन्होंने एक इस छात्रा से निपुण क्रिकेटर बनने तक की अपनी यात्रा को प्रेरित किया। देओल ने प्रतिभागियों से आग्रह किया कि वे कभी भी आलोचनाओं और असफलताओं से पीछे न हटें और अपने लक्ष्य के प्रति दृढ़ निश्चय के साथ काम करें।

आयोजित विशेषज्ञों में प्रो. तारशंकर पात, जोहानसबर्ग, दक्षिण अफ्रीका विश्वविद्यालय, प्रो. रब चोष, जेम्स मैकगिल प्रोफेसर एवं डब्ल्यूसी मैकडोनाल्ड प्रोफेसर ऑफ एजुकेशन, मैकगिल विश्वविद्यालय, कनाडा, डॉ सुजीत कुमार घोष, रासचन विभाग, असम विश्वविद्यालय, भारत, प्रो विनोद चौधरी, समाजशास्त्र विभाग, पंजाब विश्वविद्यालय, भारत, डॉ तनीमा भट्टाचार्य, फ्रेकल्टी ग्लोबल

कम्युनिटी एजुकेशन फाउंडेशन, सिडनी, ऑस्ट्रेलिया, प्रो इबादुर रहमान, किंग खालिद विश्वविद्यालय, सऊदी अरब, डॉ. प्रीति गंधी, डिपार्टमेंट ऑफ मास कम्युनिकेशन, एम.सी.एम. डी.ए.वी. कॉलेज फॉर विमन, भारत तथा सुमन भट्टाचार्य, प्रबंधक, बांगिया ग्रामीण विकास बैंक, पांडिचर्री, भारत शामिल थे, जिन्होंने प्रतिभागियों को अंतरराष्ट्रीय संगठनों के साथ अनुसंधान करने, प्रतिष्ठित अंतरराष्ट्रीय संस्थानों से छात्रवृत्ति प्राप्त करने, वोजा के लिए आवेदन करने, कॉर्ट कायर ट्रेड्स, वैश्विक स्तर पर उपलब्ध उद्यमशीलता के अवसरों, विपणन हेतु सोशल मीडिया का उपयोग तथा व्यवसाय में डिजिटल भूतान का उपयोग इत्यादि विषयों को जानकारी विभिन्न तकनीकी सत्रों के माध्यम से साझा की।

national and international platforms among youth especially women and expand the horizons of the participants academically and professionally.



**c. Common Rooms:**

- ✓ MCM DAV College for Women, Chandigarh has separate common rooms, computer labs, library, both for staff (in form of Staff room) as well as for students with all necessary facilities in hostel as well as in college campus. Besides, most of the Departments have been allocated with common rooms which facilitate meetings and discussions.



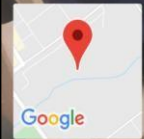
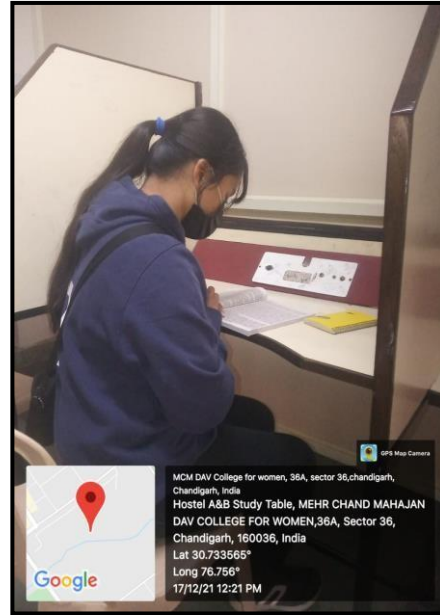
**Common Room – Staff Room for Staff members**



**Common Room – Staff Room for Staff members**



MCM DAV College for women, 36A, sector 36, Chandigarh, India  
 Hostel A&B Library, MEHR CHAND MAHAJAN  
 DAV COLLEGE FOR WOMEN, 36A, Sector 36,  
 Chandigarh, 160036, India  
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MCM DAV College for women, 36A, sector 36, Chandigarh,  
 Chandigarh, India  
 Hostel A&B Study Table, MEHR CHAND MAHAJAN  
 DAV COLLEGE FOR WOMEN, 36A, Sector 36,  
 Chandigarh, 160036, India  
 Lat 30.733923°  
 Long 76.756°  
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**Hostel Library**



**Chandigarh, Chandigarh, India**

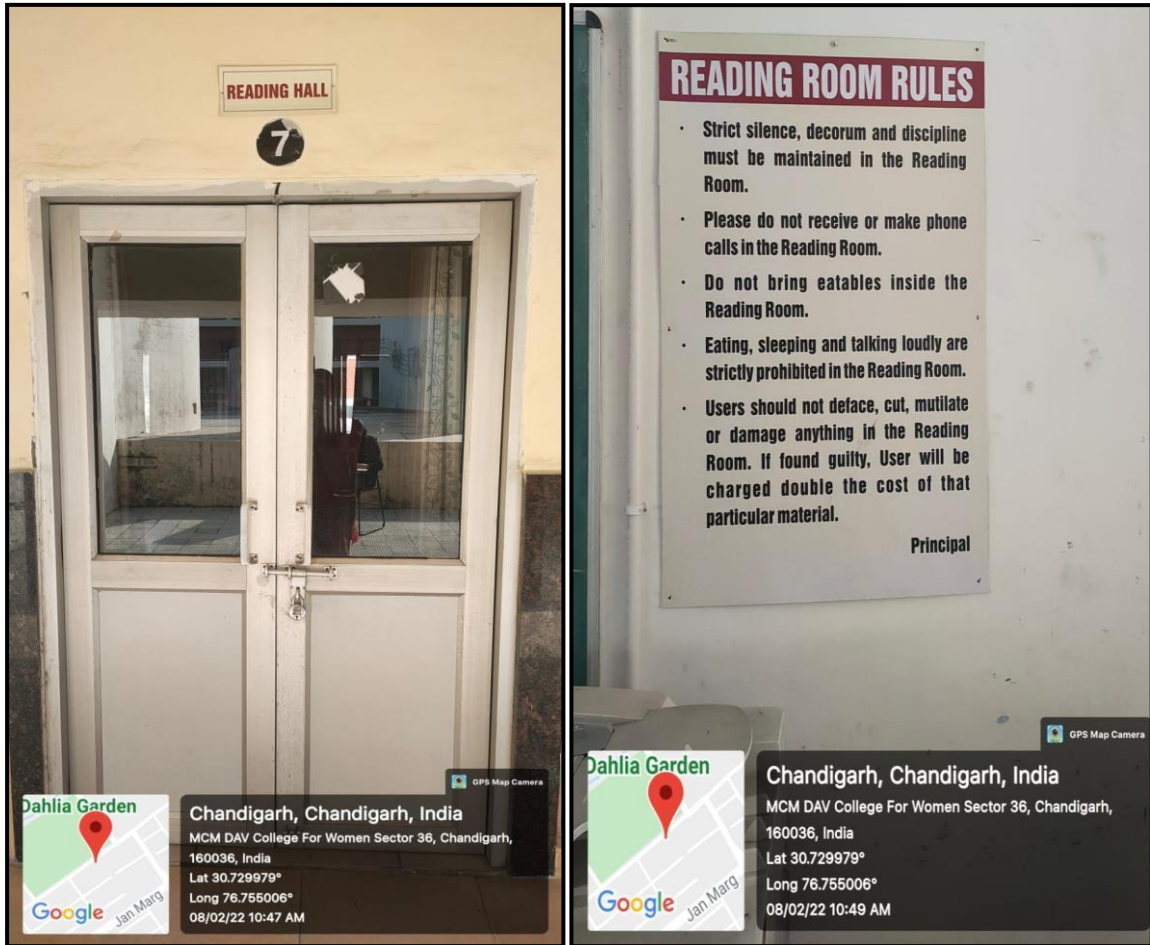
MCM DAV College For Women Sector 36, Chandigarh, 160036, India  
 Lat 30.729979°  
 Long 76.755006°  
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**College Library**



MCM DAV College for women, 36A, sector 36, Chandigarh, Chandigarh, India  
 Hostel A&B Common room, MEHR CHAND MAHAJAN DAV  
 COLLEGE FOR WOMEN, 36A, Sector 36, Chandigarh, 160036,  
 India  
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**Hostel Common Room**



**Common Room – Reading Hall**

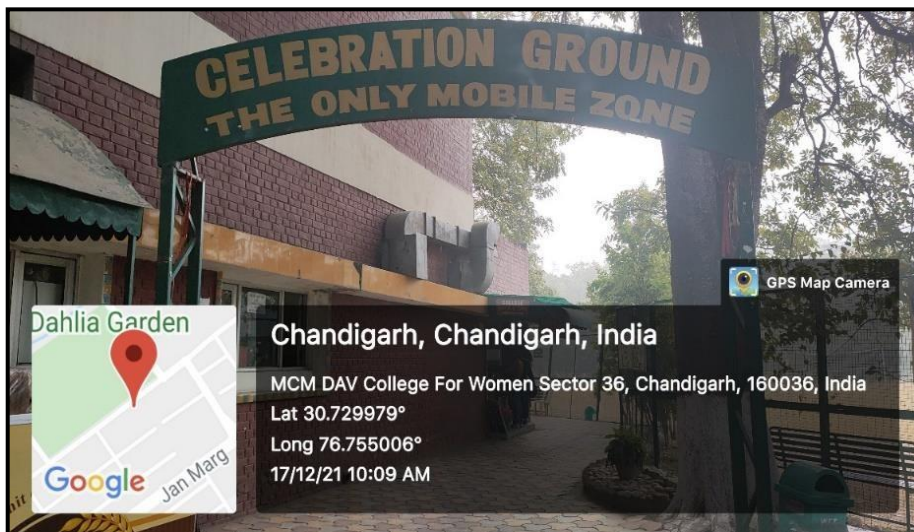


**Computer Lab in Hostel**

- ✓ Special areas such as Celebration Ground with benches/stools installed, Open theater with steps for sitting, Open grounds, Gym arena, Amphitheatre, green lawns Sports Ground have been assigned for recreational cum cultural activities.



**Open Theater**



**Celebration Ground for recreational cum cultural activities**



**Siting area in celebration Ground**

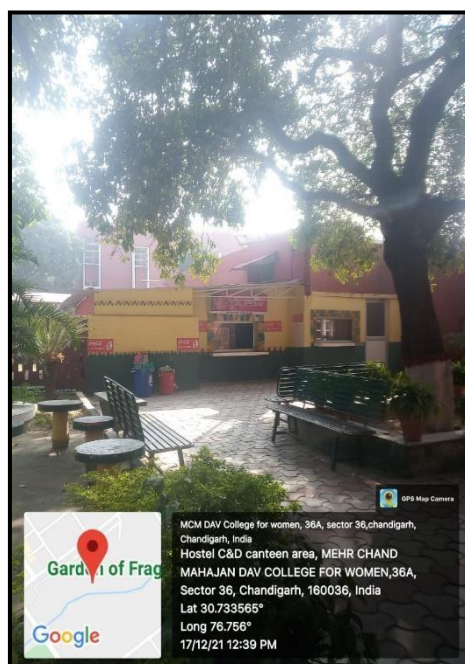




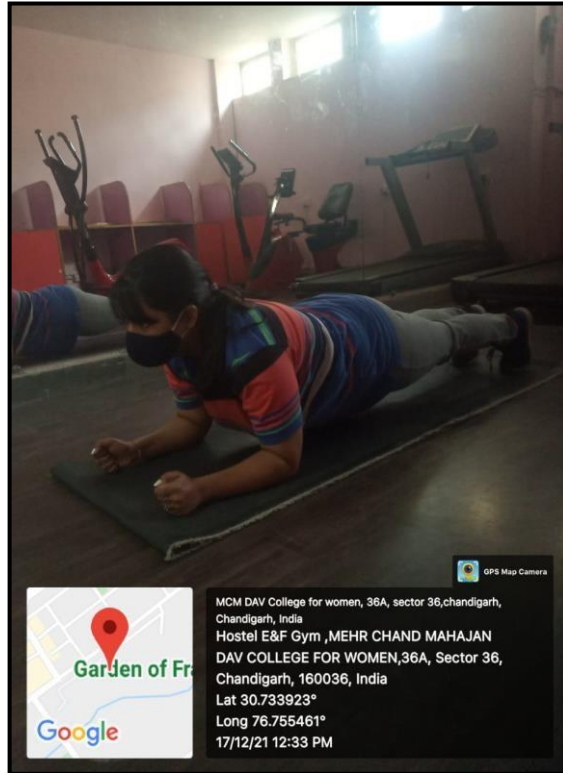
**Siting area outside canteen**



**Sports Ground**



**Canteen in Hostel**



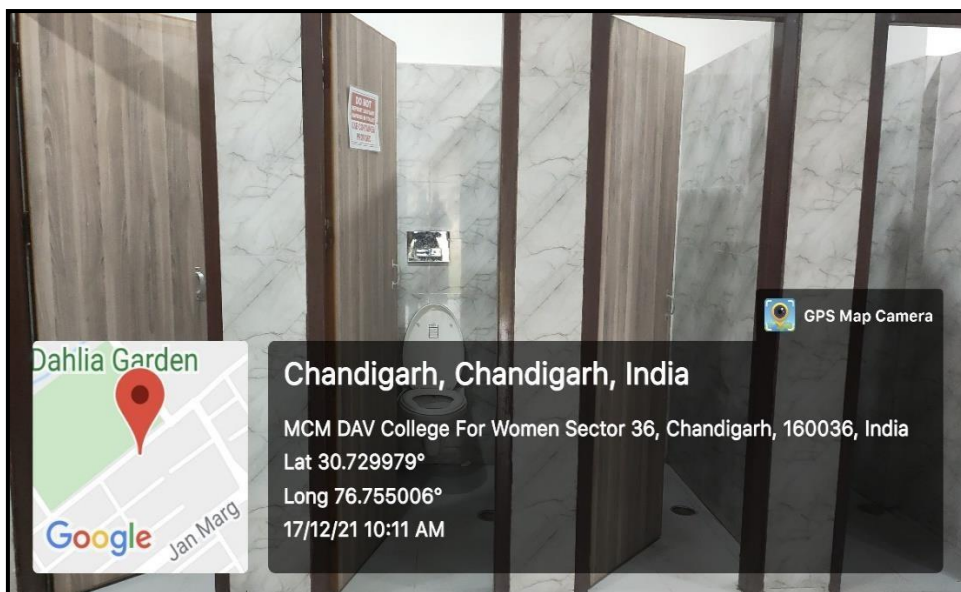
**Gym Arena in Hostel premises**

- ✓ Separate washrooms have been allocated for staff as well as for students where sanitary pad vending machine and Incinerators have been installed.



**Staff Washrooms**

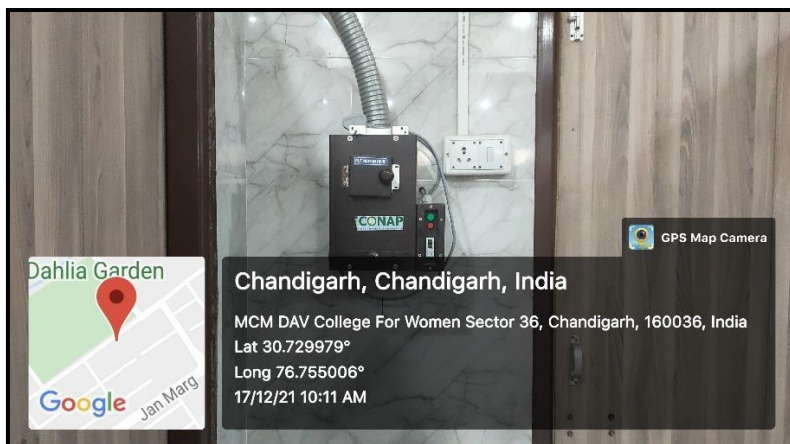




**Separate Washrooms for Staff and Students**

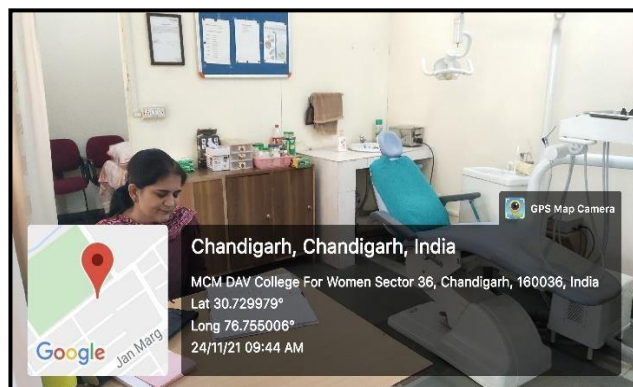


**Pad Vending Machine**



**Incinerators**

- ✓ To ensure good health, provision of medical room has been provided for both staff and students.



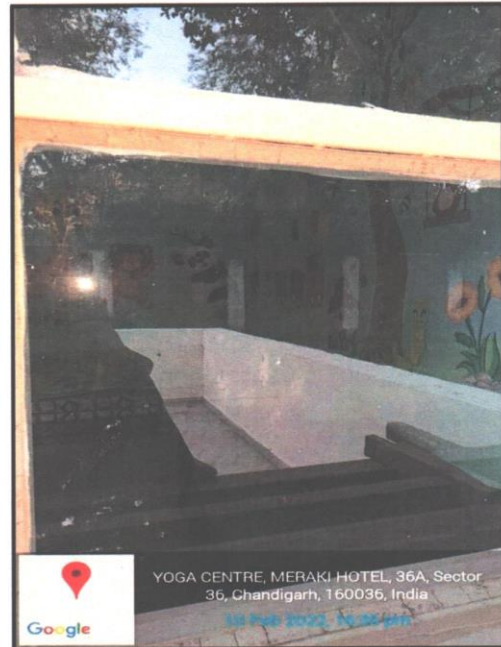
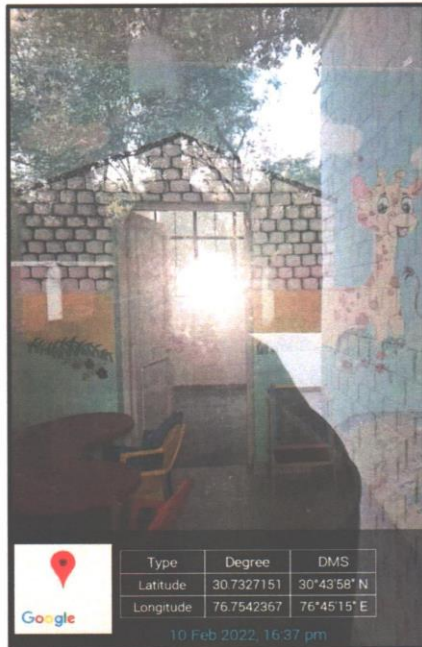
**Medical room for both Staff and students**

#### **d. Day Care center:**

For the welfare of the teaching and non-teaching staff, the institution opened a child care center (creche) - *Madhuban*. It was inaugurated by Sh. Shiv Raman Gaur, Hon'ble Director Higher Education in 2019. Designed by the team of our own students of the Department of Fine Arts, it caters to young children from the age group of 6 months to 10 years. In the year 2021, another room was added to the facility. It now boasts of well-educated and responsible supervision staff, two rooms with adequate facilities, kitchen, latest electrical equipment, cameras for child monitoring, a garden and open play space.



7.1.1. Measures initiated by the Institution for the promotion of gender equity during the year.



*Shanooz* *Hem*