



Report of Initiatives taken under
Swachh Bharat Abhiyan
January 2022 to March 2022



Certificate of Appreciation
by
Department of Environment
Chandigarh Administration
for
Best Herbal Garden
in Chandigarh.

Submitted by



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

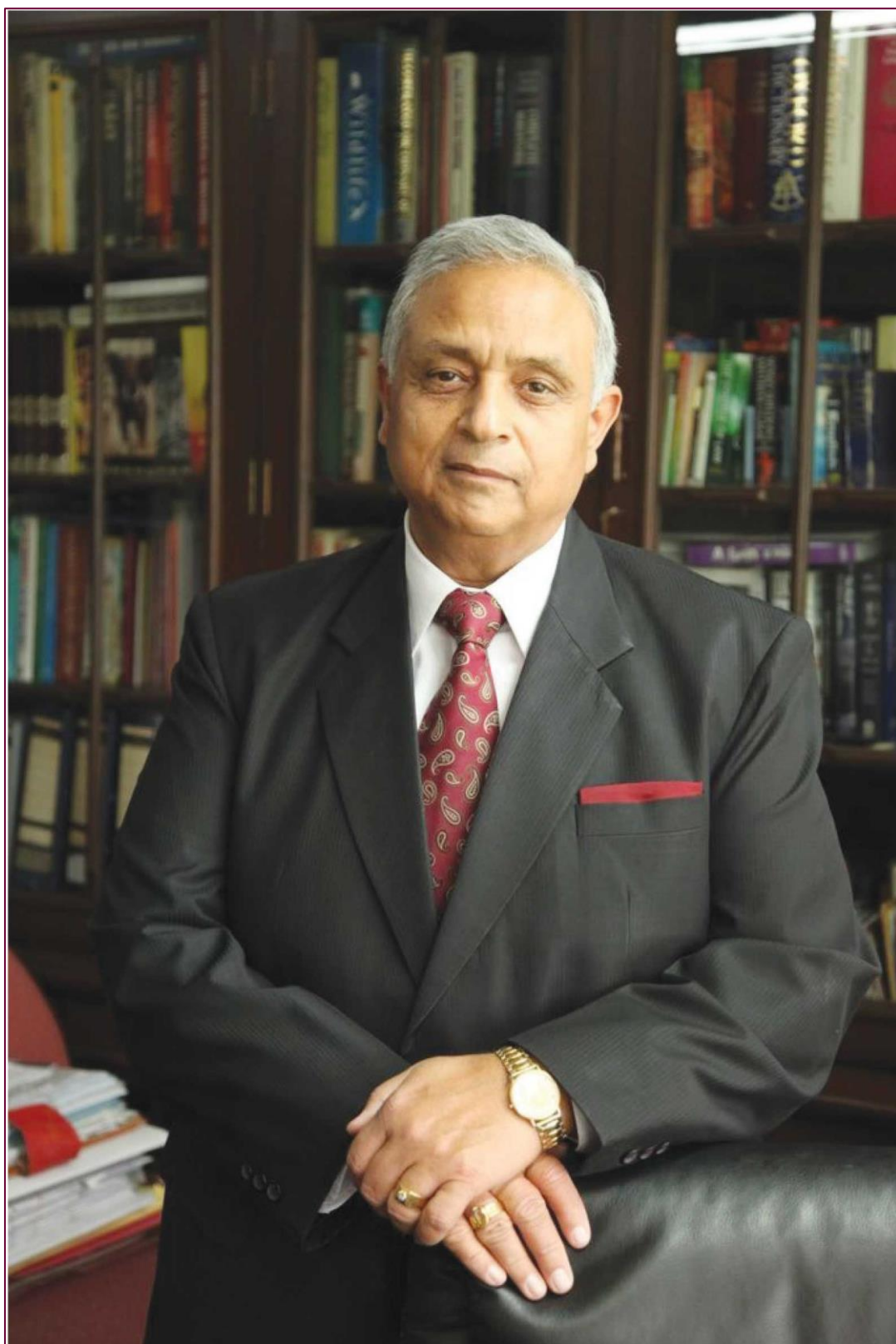
Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

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

Our Guide, Mentor



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

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
(QUARTER I: JANUARY - MARCH 2022)**



From The Principal's Desk

Swachhta has been a habit for us since the very inception of our great institution which was established in the pious memory of Hon'ble Justice Mehr Chand Mahajan, the third chief Justice of India and former Prime Minister of Jammu and Kashmir. Currently the institution is running and progressing impressively under the very able guidance of our Hon'ble president Dr Punam Suri ji, Padma Shree awardee. Since the launch of Swachh Bharat Abhiyan of Government of India, we have formed a dedicated Swachhta Committee for smooth execution of Swachhta related activities and the Swachhta Action Plan of the Government of India. The various organs of the committee continue to organise activities throughout the year. The institution considers various dimensions of Swachhta like cleanliness of surroundings, sustainability, environment protection, cleanliness of mind, body, and spirit etc.

I feel extremely glad to see that the Swachhta report for the current quarter has been compiled and presented in an excellent manner. The activities have been designed keeping in view the commemoration of 75 years of independence from colonial rule under Azadi Ka Amrit Mahotsav.

We are beholden to the torch bearers who continue to guide and motivate us. I am grateful to our Hon'ble president Dr Punam Suri ji, Padma Shree Awardee, for consistently guiding and inspiring us to achieve excellence. I express my gratitude to Shri H.R. Gandhar, Senior Governing Body member of the College and Vice President - DAVCMC whose guidance and benign presence is a perennial source of motivation for us. I am grateful to Shri Shiv Raman Gaur Director Higher Education, DAVCMC for his living interest in all our endeavours. I extend my warm wishes and blessings to our Swachhta team for all their future initiatives in the direction of nation building and service of humanity.

**Dr Nisha Bhargava
Principal**

Mehr Chand Mahajan DAV College for Women

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

Swachhta Committee

Chairperson: Dr Nisha Bhargava (Principal)

Convenors: 1. Mrs. Suman Mahajan (Arts)

2. Ms Raman Ghuman (Commerce)

3. Dr Vandana Sharma (Sciences)

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

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



*On the occasion of Holi, a beautiful Poem penned by
worthy Principal Dr Nisha Bhargava*

हे श्याम!
तेरा नाम हो मेरे हृदय में
अपने रंग में रंग लो मुझको
मैं बस श्याममय हो जाऊँ
अपने चरण में रख लो मुझको।

जिधर भी देखूँ जिधर भी जाऊँ
तुझे ही देखूँ तुझे ही पाऊँ।
गुण-अवगुण औरों के भुला कर अपने
मन का दीप जलाऊँ।

झूठ और छल से मुझे बचाना
मन को इतना निर्मल बनाना
कोई मुझसे बुरा करे तो
मैं चाहूँ उसको गले लगाना।

दुनिया रंग बिरंगी कितनी
मन को लुभाती ध्यान बँटाती।
जिसको तेरी लौ लग जाती
उसे कहाँ विचलित कर पाती।

कितने न्यारे रंग सृष्टि में
हरे गुलाबी नीले पीले
तेरी सांवली रंगत पा कर
बन जाते वो और सजीले ।

बस इतनी विनती है मेरी
भगवन एक कृपा कर देना।
असली रंग नज़र आ जाए
मुझको ऐसी दृष्टि देना।

हे श्याम!
दिव्य दृष्टि का दान दो मुझको
सही गलत का ज्ञान दो मुझको।
तुम सा स्थितप्रज्ञ बन पाऊँ
बस इतना वरदान दो मुझको ।

तुम सा स्थितप्रज्ञ बन पाऊँ
बस इतना वरदान दो मुझको ।

-- डॉ. निशा भार्गव
प्राचार्या

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
(QUARTER I: JANUARY - MARCH 2022)**

1. Awareness Programme for Youth Under Swachh Chandigarh Mission

Organizer: Mehr Chand Mahajan DAV College for Women in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, GOI.

Convenor and Principal: Dr Nisha Bhargava

Chairman (MGNCRE): Dr W G Prasanna Kumar

Coordinators: Mr Samarth Sharma (Programme Coordinator – MGNCRE) Dr Suman Mahajan, Dr Vandana Sharma, Dr Sandeep Kaur, members of Swachhta Committee

Activities Undertaken under following themes: Waste Segregation, Ban on Plastic Use, The 3Rs, Use of Swachhta App.

Brief Reports of the activities undertaken under Youth Awareness Program are as follows:

a. Campus Cleanliness Drive on Waste Segregation Using Gandhi Chhadi – Phase I, Innovation for Waste Collection

Date: 27 December - 31 December, 2021

Organized by: Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, GOI.

Student participation: 50 student volunteers

Context: To imbibe the concept and importance of cleanliness and waste segregation among students, staff, and cleanliness helpers.



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Objectives:

- To imbibe the concept of cleanliness and waste segregation among students, staff, and cleanliness helpers through the use of an innovative patented tool named as Gandhi Chhadi
- To generate awareness and demonstrate the use of innovative and unique rag picker tool by the cleanliness staff
- To motivate the regular use of waste collector tools for effective segregation on daily basis for strengthening the concept of 3R's and turning waste into some useful items.

The Practice: The Institution has always been the forerunner in contributing towards the Swachhta mission and has been working proactively in this direction. Committed to the cause of 'Swachhta', the college has undertaken a slew of initiatives inside the campus as well as at the community level



including its adopted villages. The college has initiated unique innovative and scientific methods for managing solid and liquid waste thus deciphering the value of waste. The college has been a pioneer in setting up the Biogas plant, Composting units and Vermicompost units converting food waste and green waste into biofuel and high-value manure. Further, College is actively involved in pursuing and executing research endeavours focused on the utilization of domestic and green waste in mushroom cultivation, taking research on topics of environmental sustainability, plastic degradation, bioplastic formation, etc. The college has set up an in-house Sewage treatment plant (STP) for recycling the tertiary treated water thus boosting the concept of waste conservation and effective liquid waste management. In addition to this, the college has accelerated the pace of realization of its green campus and sustainability mission through

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organizing frequent plantation drives, installation of solar lighting panels, rainwater harvesting system, setting up of a real-time air quality monitoring system, waste segregation by installation and emphasizing correct use of blue and green dustbins within the campus, discouraging the use of plastics, consistent sensitization programs organized on sanitation, hygiene and cleanliness in the campus as well as nearby villages.



To further emphasize the practice of waste segregation, cleanliness, and hygiene among society and young minds, the college took up the task of promoting the concept of an Innovative waste collection system – Phase I (27 December – 31 December, 2021) through the use of a dignified patented tool referred as “**Gandhi Chhadi**”. This innovative pricker, recognized by the Ministry of Urban Development, provides a dignified and easy way of collecting plastic, paper and similar waste without touching the waste and in a standing posture, without any need to constantly bend. This serves the biggest advantage of being a safe rag pricker tool allowing the user to be able to pick the waste with minimal exposure to infection-causing agents and hazardous bacteria.

In this direction, the Swachhta Committee of the College in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Government of India under the able guidance of Principal Dr Nisha Bhargava, Dr W G Prasanna Kumar (Chairman-MGNCRE) and Mr. Samarth Sharma (Programme coordinator-MGNCRE) organized various Campus

Cleanliness Drives using Gandhi Chhadi under the Innovation for Waste Collector initiative Phase-I. For this, the college made a total of ten such Gandhi Chhadi tools and further staff, students, *safai karamchari* and housekeeping personnel were made aware of this technology while demonstrating the process of using it for maximum waste collection. The committee members along with the active participation of student volunteers (Annexure-I) demonstrated the correct operation of Gandhi Chhadi to the cleanliness staff and motivated to use it on a daily basis in the campus.

Video Link describing effective waste segregation using Gandhi Chhadi

<https://youtu.be/aQdeHN-yDEk>

Evidence of Success: *Quantity of Waste collected* (27 December - 31 December 2021): 60-70 Kg (dry waste).

Quantity of Waste recycled and reused: The waste segregated and collected during Phase-I Innovation Collection Initiative while using Gandhi Chhadi was further recycled and reused for different purposes thus deciphering the value of waste. This is delineated below:

- The paper waste such as paper cardboards, paper cups, newspapers, paper plates etc was converted into decorative and useful items for daily use by the faculty and students of fine arts and other departments (as seen in Fig.1 below).



Fig 1: Paper waste converted into decorative items and items of daily use

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Apart from this, the waste i.e cardboards, paper cups, wooden spoons, paper plates are also used as substrates for feeding into the vermicompost units. These waste materials are first shredded into smaller sizes and then hard cardboard or thick paper is moistened by soaking in water. Finally, the pre-treated waste is dumped into the vermicompost units for undergoing the process of organic decomposition process utilizing earthworms called vermicomposting. This turns the waste into high quality Vermicompost used as soil conditioner and manure.



Fig.2: Conversion of Paper cardboard, paper cups, wooden spoons, paper cartons, paper plates as substrate for Vermicomposting thus converting into high quality manure (Vermicompost)

Video Link: <https://youtu.be/aQdeHN-yDEk>



ANNEXURE I: LIST OF STUDENTS PARTICIPATED

- | | |
|-----------------|-------------------|
| 1. Shruti | 26. Sejal |
| 2. Kanika | 27. Harleen |
| 3. Khushi | 28. Manvi |
| 4. Shivani | 29. Samiksha |
| 5. Aishita | 30. Fagun |
| 6. Vaishnavi | 31. Gauri |
| 7. Ashreya | 32. Surbhi Saini |
| 8. Neha | 33. Aditi Uppal |
| 9. Manpreet | 34. Aditi Rana |
| 10. Prerna | 35. Amritpreet |
| 11. Dhruvika | 36. Ruchika |
| 12. Pallavi | 37. Palak |
| 13. Manpreet | 38. Nilakshi |
| 14. Prerna | 39. Vrinda |
| 15. Pallavi | 40. Arzoo |
| 16. Jyotsana | 41. Liza |
| 17. Ramanjot | 42. Nitigya |
| 18. Komal | 43. Ishrat |
| 19. Shivani | 44. Muskaan |
| 20. Tamanna | 45. Gopi |
| 21. Neetu | 46. Asmita |
| 22. Geet Bhatia | 47. Harpreet Kaur |
| 23. Gurpreet | 48. Bhavneet |
| 24. Vanni | 49. Sugam |
| 25. Shubnam | 50. Kanika |

Media Coverage:

MCM holds cleanliness drive using 'Gandhi Chhadi'



CHANDIGARH: The Swachhta Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Mahatma Gandhi National Council of Rural Education, Ministry of Education, Government of India, organised Campus Cleanliness Drive using Gandhi Chhadi under the Innovation for Waste collector initiative. The primary aim of the drive was to promote cleanliness and waste segregation through the use of an innovative patented tool named as Gandhi Chhadi. Sh. H. R. Gandhar, Vice President, DAV College Managing Committee and Senior Governing Body Member of the college graced the occasion. Lauding this initiative, Sh. Gandhar said that such activities further strengthen Gandhian ideals and motivated the students to imbibe the principles of Gandhian philosophy for progress of the nation. Over 50 student volunteers and 12 safai karamcharis participated in the drive. Gandhi Chhadi is a waste collection tool, recognised by Ministry of Urban Development, Government of India, that provides an efficient and hygienic way of collecting plastic, paper.

स्वच्छता अभियान चलाया

चंडीगढ़, 30 दिसंबर (आशीष) : सैक्टर-36 स्थित मेहर चंद महाजन डी.ए.वी. कॉलेज फॉर वूमैन की स्वच्छता समिति ने महात्मा गांधी राष्ट्रीय ग्रामीण शिक्षा परिषद, शिक्षा मंत्रालय, भारत सरकार के सहयोग से इनोवेशन फॉर वेस्ट कलेक्टर पहल के तहत गांधी छड़ी द्वारा कैंपस में सफाई अभियान का आयोजन किया। अभियान का प्राथमिक उद्देश्य गांधी छड़ी नामक एक अभिनव पेटेंट उपकरण के उपयोग के माध्यम से स्वच्छता और अपशिष्ट पृथक्करण को बढ़ावा देना था। इस अवसर पर डी.ए.वी. कॉलेज प्रबंध समिति के उपाध्यक्ष और कॉलेज के सीनियर गवर्निंग बॉडी मेंबर एच.आर. गांधार ने शिरकत की। इस पहल की सराहना करते हुए गांधार ने कहा कि इस तरह की गतिविधियां गांधीवादी आदर्शों को और मजबूत करती हैं और छात्रों को राष्ट्र की प्रगति के लिए गांधीवादी दर्शन के सिद्धांतों को आत्मसात करने के लिए प्रेरित करती हैं।

एमसीएम ने 'गांधी छड़ी' के माध्यम से स्वच्छता अभियान

चंडीगढ़, 30 दिसंबर (राम सिंह बराड़) : मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की स्वच्छता समिति ने महात्मा गांधी राष्ट्रीय ग्रामीण शिक्षा परिषद, शिक्षा मंत्रालय, भारत सरकार के सहयोग से इनोवेशन फॉर वेस्ट कलेक्टर पहल के तहत गांधी छड़ी द्वारा कैंपस में सफाई अभियान का आयोजन किया। अभियान का प्राथमिक उद्देश्य गांधी छड़ी नामक एक अभिनव पेटेंट उपकरण के उपयोग के माध्यम से स्वच्छता और अपशिष्ट पृथक्करण को बढ़ावा देना था। इस अवसर पर डीएवी कॉलेज प्रबंध समिति के उपाध्यक्ष और कॉलेज के सीनियर गवर्निंग बॉडी मेंबर एच. आर. गांधार ने शिरकत की। इस पहल की सराहना करते हुए गांधार ने कहा कि इस तरह की गतिविधियां गांधीवादी आदर्शों को और मजबूत करती हैं और छात्रों को राष्ट्र की प्रगति के लिए गांधीवादी दर्शन के सिद्धांतों को आत्मसात करने के लिए प्रेरित करती हैं। इस अभियान में 50 से अधिक छात्र स्वयंसेवकों और 12 सफाई कर्मचारियों ने भाग लिया। गांधी



एमसीएम कॉलेज में सफाई अभियान में भाग लेते हुए विद्यार्थी, साथ ही कॉलेज प्रिंसिपल डॉ. निशा भार्गव। (छाया: गुरिन्द्र सिंह)

छड़ी एक कचरा संग्रह उपकरण है, जिसे शहरी विकास मंत्रालय, भारत सरकार द्वारा मान्यता प्राप्त है, जो बिना हाथ को छुए प्लास्टिक, कागज और इसी तरह के कचरे को इकट्ठा करने का एक कुशल और स्वच्छ तरीका प्रदान करता है। इसमें शामिल शिक्षकों ने इस सरल अपशिष्ट संग्रह उपकरण और इसके पीछे के विचार को उन छात्रों के सामने प्रदर्शित किया, जिन्होंने इस उपकरण का उपयोग करके स्वच्छता अभियान में सक्रिय रूप से भाग लिया।

b. Awareness Camp on Waste Management and Segregation Under Swachh Bharat Mission

Date: 20 January 2022

Number of participants: 70 (including staff and students)

Objectives:

- To generate awareness regarding the need of waste management
- To sensitize staff and students regarding waste segregation, 3R's of Solid Waste Management that includes Reduce, Reuse and Recycle, ban on plastic, use of Swachhta App.

The Context: Swachh Bharat Mission is a country-wide campaign initiated by the Government of India in 2014 to improve waste management. As youth plays a great role in nation-building and is responsible for bringing social reforms and are potential change-makers, thus awareness programmes on waste management under Swachh Chandigarh Mission should be organised.

The Practice: With this motive, an awareness camp on waste management under Swachh Bharat Mission was organized by the NSS Units and MCM Eco-Club in collaboration with Swachhta Committee of



the college on 20.01.2022. In her inaugural address, Principal Dr Nisha Bhargava, apprised staff, and students of the motive of organizing this awareness camp, highlighted the achievements of the college in the field of Swachhta and motivated students and staff to segregate waste in appropriate bins.

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Subsequently, Dr Purnima Bhandari, NSS Programme Officer and Assistant Professor, Department of Botany, highlighted the importance of segregation of waste into wet waste and dry waste; use of blue bins for dry waste (i.e. plastic,

paper), green bins for wet waste (i.e. waste generated in our kitchen including organic waste) and red bins for disposal of electronic devices such as batteries, discs etc. Besides, she briefed participants about adopting in-house composting approach at their respective places using earthen pots and urged them to download Swachhta-MoHuA app and post a civic-related issue (e.g. a garbage dump) so that it could be solved by concerned authorities timely, thus making Chandigarh – a cleaner and greener city.

In addition, staff and students were acquainted and informed of the various practices of solid waste management adopted by our college including Biogas plant, Compost pits, Sewage treatment plant and Vermicompost units. Participants visited Vermicompost



Units, situated in the college Botanical Garden where Dr Neetu, Assistant Professor & HOD, Department of Zoology apprised them with the technique of vermicomposting. Participants also visited the Biogas-Composting site where Dr Purnima Bhandari briefed them about its objectives of installing and functioning. In the end, Dr Vandana Sharma, Assistant Professor, Department of Microbial and Food Technology explained the participants about the components and functioning of the Sewage Treatment Plant that is installed for the purpose of water recycling on the college campus.

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Evidence of Success: At the end of the session, volunteers were aware of the need of adopting different waste management practices and were determined to sensitize masses and adopt some of the practices in their Village Badheri, adopted under NSS.



c. The 3Rs

The waste segregated and collected in the college campus is regularly recycled and reused for different purposes thus deciphering the value of waste. This is delineated below:

- The paper waste such as paper cardboards, paper cups, newspapers, paper plates etc was converted into decorative and useful items for daily use by the faculty and students of fine arts and other departments
- Apart from this, the paper waste i.e., cardboards, paper cups, wooden spoons, paper plates are also used as substrates for feeding into the **Vermicompost units**. These waste materials are first shredded into smaller sizes and then hard cardboard or thick paper is moistened by soaking in water. Finally, the pretreated waste is dumped into the vermicompost units for undergoing the process of organic decomposition process utilizing earthworms called vermicomposting. This turns the waste into high-quality Vermicompost used as soil conditioner and manure.



d. Re-Use of Plastic Bottles for Mushroom Cultivation

The Department of Food Science initiated and successfully optimized the cultivation of a highly nutritious variety of mushroom called Oyster Mushroom (*Dhingri* in local language) from used agro and kitchen waste in used plastic bottles of Coke, Pepsi, Bisleri etc. as part of research project of undergraduate students. The process involves collection of thrown one time used plastic bottles from the campus, washing, and disinfection followed by the addition of Agro and kitchen waste and seeds of mushroom called spawn. Within a period of 30-40 days, mushrooms are harvested as seen in pictures below



Fig: Cultivation of Oyster mushroom in used plastic bottles from spent Agro and Kitchen waste

e. Ban on Use of Plastic

A video of students enacting and emphasizing on the ill effects of plastic usage stressing on adopting a ban on single use plastic was made by the Department of Mass Communication of the college.

The link for the same is: <https://youtu.be/2QrG98EdIEo>

2. Online Debate on the Theme: 'Can Alternative Energy Resources Replace Fossil Fuels'

Organizer: Department of Zoology in collaboration with Renewable Energy Committee and MCM Eco-Club 'Parivesh'

Faculty Coordinators: Dr Neetu & Dr Divya Sharma

Student coordinator: Ms Pushti Arora

Date: 04 January 2022

Number of participants: 46

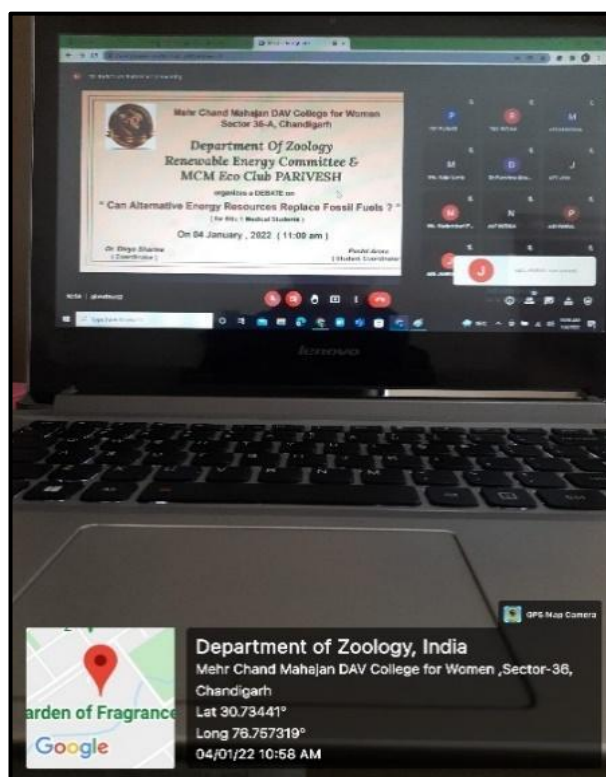
Objectives:

- To understand the importance of energy conservation.
- To target specific ways that can help in energy conservation efforts.

The Context: Fossil fuels are non-renewable resources that are created deep down within the Earth's surface over the course of millions of years. We are using them so fast that they will eventually become exhausted. Thus, fossil fuels need to be replaced by alternative energy sources.

The Practice: Department of Zoology in collaboration with Renewable Energy Committee and MCM Eco-club 'Parivesh'

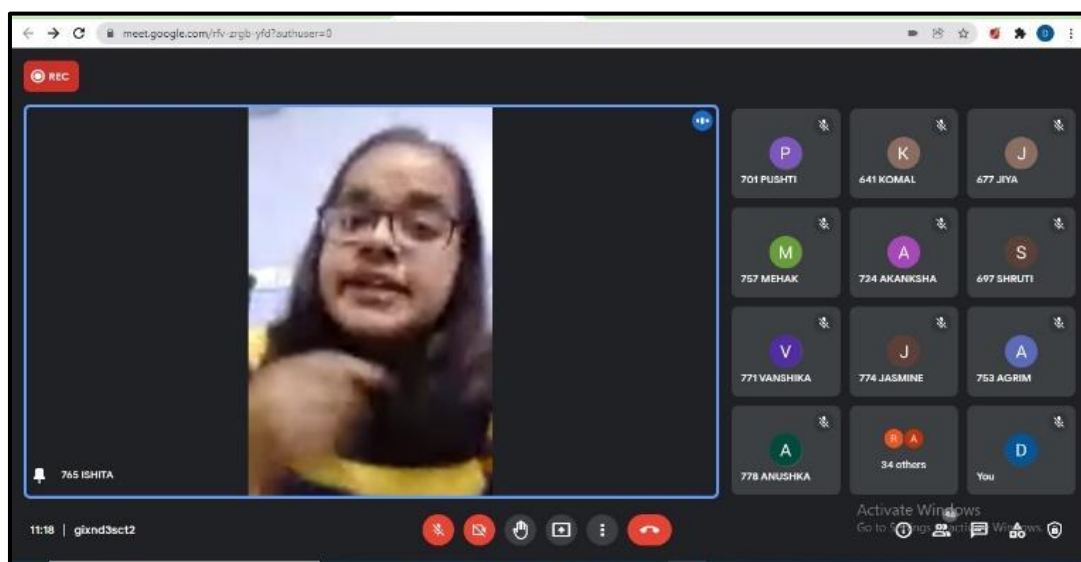
organized an online debate on the theme 'Can Alternative Energy Resources Replace Fossil Fuels?'. During this one-hour session, four students of B.Sc. I Medical presented their views on the theme. Ishita highlighted the reasons to



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replace fossil fuels with alternative sources of energy to prevent future generations from the energy crisis and to control ever-rising carbon emissions. Isha expressed her concern over clearing up of huge forest lands which causes threat to wildlife. Ankita explained how fossil fuels powered the industrial revolution and shaped the modern world. Komal explained the harmful effects of the emissions from fossil fuels.

Evidence of Success: All the participants were students of B.Sc. I Medical. The students came to know how fossil fuels are severely damaging our environment. Open house discussion after the debate kept the audience engaged while shaping new sets of opinions.



3. Yoga Session on Surya Namaskar as part of Azadi ka Amrit Mahotsav

Date: 14 January 2022

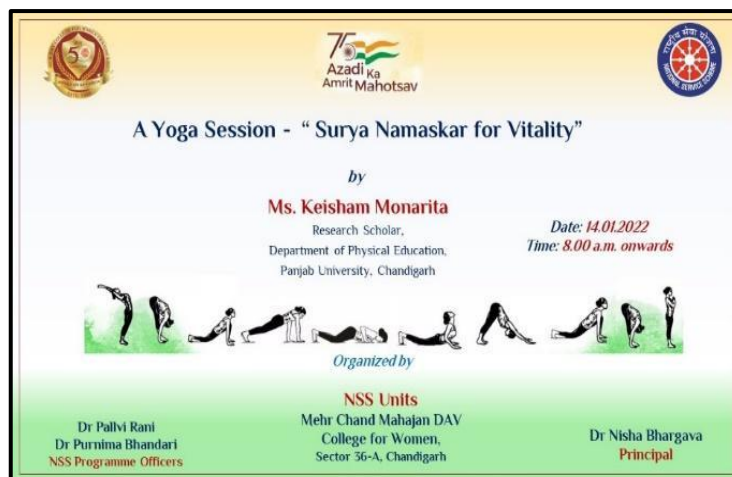
Number of NSS volunteers participated: 40

Objectives:

- To mark the holy occasion of Makar Sankranti under Azadi ka Amrit Mahotsav
- To promote emotional as well as psychological wellness of the students during the stressful times
- To create a culture of fitness and promote a healthy lifestyle through the practice of Yoga asana

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The Context: To mark the holy occasion of Makar Sankranti on 14th January, 2022, the Ministry of Ayush, Government of India has launched a nationwide 75 crore Surya Namaskar initiative under Azadi ka Amrit Mahotsav. Makar



Sankranti is a festival that comes as a thanksgiving to mother nature for spreading health, wealth and happiness around. Surya Namaskar is a set of asanas in a combination of 12 steps. These steps comprise 8 asanas in which 4 asanas are repeated. All the 12 steps are to be done in a chronological manner in order to complete the process of one round of Surya Namaskar. It serves an individual with various benefits like Strengthens muscles and joints; Ensures a better functioning of digestive system; helps with weight loss etc.

The Practice: Keeping in view the above objectives, NSS Units of the College organized a Yoga session with a tag line **“Surya namaskar for Vitality”** on the Makar Sankranti (14 January, 2022) as part of Azadi Ka Amrit Mahotsav. The session was organized virtually in the early morning hours - 8.00 a.m. to 9.00 a.m. where the resource person was a qualified Yoga Instructor - Ms Keisham Monarita, Research scholar, Department of Physical Education, Panjab University Chandigarh and Gold medallist in Yoga at National and International level. The



session was organized under the able guidance of our worthy Principal – Dr Nisha Bhargava and supervision of NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari.

The session started with little warm up and stretching. During the session, Ms Keisham Monarita discussed about the importance of yoga and its aspects especially in this prevailing COVID-19 pandemic and demonstrated 12 different steps of Surya Namaskar. During the session, she explained

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the benefits and correct way of doing Surya Namaskar and highlighted the implication of practicing yoga asanas in daily life. At the end, certain cooling asanas and pranayama were also demonstrated by her. The session concluded with vote of thanks and queries raised by participants were patiently solved by the resource person.

Evidence of Success: NSS volunteers of the College participated enthusiastically in this yoga session and were able to gain knowledge of doing Surya Namaskar correctly. Links to the activity uploaded on social media handles include:

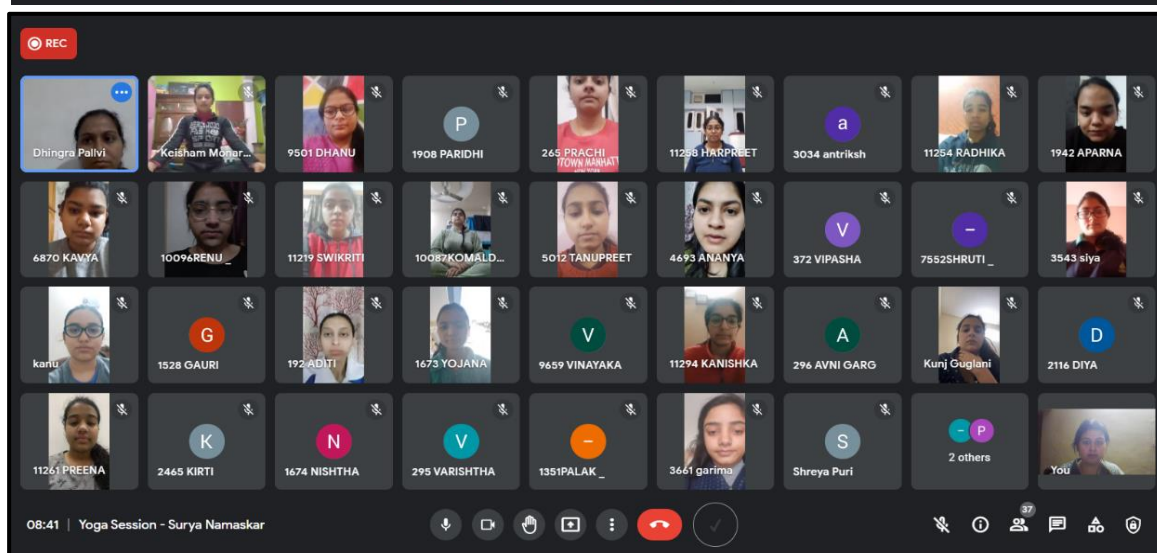
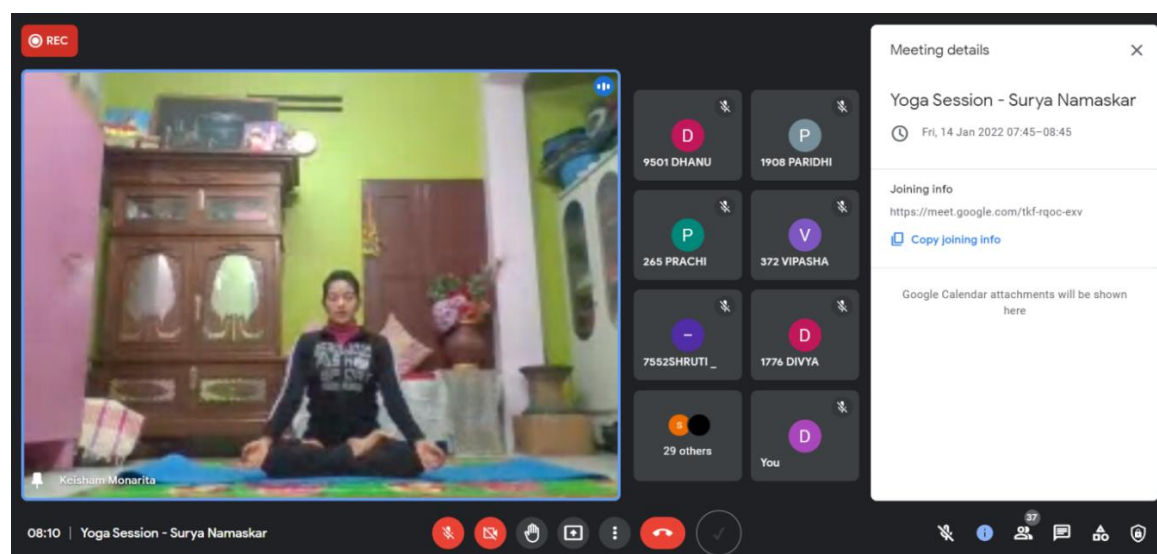
<https://www.facebook.com/MCMDAVCW/posts/1277431072723143>

https://www.instagram.com/p/CY1m1nPIMtk/?utm_source=ig_web_copy_link

<https://twitter.com/MCMDAVCW/status/1483112554629308419>

<https://twitter.com/MCMDAVCW/status/1483112635902345216>

<https://twitter.com/MCMDAVCW/status/1483112684954722304>



Media Coverage:

एमसीएम की एनएसएस इकाइयों ने योग सत्र के साथ मकर संक्रांति मनाई



ह्यूमन इंडिया/व्यूरो चंडीगढ़। आजादी का अमृत महोत्सव के तहत मकर संक्रांति के पवित्र अवसर को चिह्नित करने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की एनएसएस इकाइयों ने सूर्य नमस्कार फॉर वायटैलिटी पर एक ऑनलाइन योग सत्र का आयोजन किया। सत्र का उद्देश्य इस तनावपूर्ण समय के दौरान छात्रों के भावनात्मक और मनोवैज्ञानिक कल्याण को बढ़ावा देना और योगासन के अभ्यास के माध्यम से फिटनेस और स्वस्थ जीवन शैली को संस्कृति बनाना रहा। इस सत्र के लिए प्रमुख वक्ता सुश्री केशम मोनारिटा थीं, जो राष्ट्रीय और अंतरराष्ट्रीय स्तर पर योग में स्वर्ण

पदक विजेता रह चुकी हैं। सत्र के दौरान, सुश्री केशम ने योग के महत्व और इसके विभिन्न पहलुओं पर चर्चा की, विशेष रूप से मौजूदा कोविड-19 स्थितियों में और सूर्य नमस्कार के 12 विभिन्न चरणों का प्रदर्शन किया। उन्होंने सूर्य नमस्कार करने के लाभों और सही तरीके के बारे में विस्तार से बताया और दैनिक जीवन में योग आसनों के अभ्यास के निहितार्थ पर प्रकाश डाला। अंत में कुछ शीतलासन और प्राणायाम का भी प्रदर्शन किया गया। सत्र का समापन प्रतिभागियों के प्रश्नों के साथ हुआ जिन्हें मुख्य वक्ता द्वारा उपयुक्त रूप से हल किया गया था। प्राचार्या डॉ. निशा भार्गव ने प्रकृति के प्रति आभार प्रकट करने वाले पर्व मकर संक्रांति के अवसर पर सभी को शुभकामनाएँ दीं। इस सत्र की उपयोगिता पर प्रकाश डालते हुए, डॉ. भार्गव ने जोर देकर कहा कि सूर्य नमस्कार मांसपेशियों और जोड़ों को मजबूत बनाने, पाचन तंत्र के कार्य को बेहतर करने और वजन कम करने जैसे विभिन्न लाभ प्रदान करता है।

एमसीएम की एनएसएस इकाइयों ने योग सत्र के साथ मकर संक्रांति मनाई

» मद्रलैंड संवाददाता

लुधियाना। आजादी का अमृत महोत्सव के तहत मकर संक्रांति के पवित्र अवसर को चिह्नित करने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की एनएसएस इकाइयों ने हसूर्य नमस्कार फॉर वायटैलिटी पर एक ऑनलाइन योग सत्र का आयोजन किया। सत्र का उद्देश्य इस तनावपूर्ण समय के दौरान छात्रों के भावनात्मक और मनोवैज्ञानिक कल्याण को बढ़ावा देना और योगासन के अभ्यास के माध्यम से फिटनेस और स्वस्थ जीवन शैली को संस्कृति बनाना रहा। इस सत्र के लिए प्रमुख वक्ता सुश्री केशम मोनारिटा थीं, जो राष्ट्रीय और अंतरराष्ट्रीय स्तर पर योग में स्वर्ण पदक विजेता रह चुकी हैं। सत्र के दौरान, सुश्री केशम ने योग के महत्व और इसके विभिन्न पहलुओं पर चर्चा की, विशेष रूप से मौजूदा कोविड-19 स्थितियों में और सूर्य नमस्कार के 12 विभिन्न चरणों का प्रदर्शन किया। उन्होंने सूर्य नमस्कार करने के लाभों और सही तरीके के बारे में विस्तार से बताया और दैनिक जीवन में योग आसनों के अभ्यास के निहितार्थ पर प्रकाश डाला। अंत में कुछ शीतलासन और प्राणायाम का भी प्रदर्शन किया गया। सत्र का समापन प्रतिभागियों के प्रश्नों के साथ हुआ जिन्हें मुख्य वक्ता द्वारा उपयुक्त रूप से हल किया गया था। प्राचार्या डॉ. निशा भार्गव ने प्रकृति के प्रति आभार प्रकट करने वाले पर्व मकर संक्रांति के अवसर पर सभी को शुभकामनाएँ दीं। इस सत्र की उपयोगिता पर प्रकाश डालते हुए, डॉ. भार्गव ने जोर देकर कहा कि सूर्य नमस्कार मांसपेशियों और जोड़ों को मजबूत बनाने, पाचन तंत्र के कार्य को बेहतर करने और वजन कम करने जैसे विभिन्न लाभ प्रदान करता है।



MCM NSS celebrates Makar Sankranti with yoga session



RN KHERA CHANDIGARH, JAN 14

To mark the holy occasion of Makar Sankranti under Azadi ka Amrit Mahotsav, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online Yoga session on "Surya Namaskar for Vitality".

The session aimed to promote emotional as well as psychological wellness of the students during these stressful times and to create a culture of fitness and healthy lifestyle through the practice of yogasanas. The session's resource person was Ms. Keisham Monarita, Gold medalist in Yoga at National and International level.

During the session, Ms. Keisham discussed the importance of yoga and its different aspects, especially in the prevailing COVID-19 conditions and demonstrated 12 different steps of Surya Namaskar.

She explained in detail the benefits and correct way of doing Surya Namaskar and highlighted the implication of practicing yoga asanas in daily life.

4. Awareness on Solid Waste Management through Online Puppet Show

Organizer: Department of Zoology and members of MCM Eco-club

Activity coordinator: Dr Divya Sharma

Date: 14 January 2022

Number of participants: 50 students

Objective: To understand the problems caused by solid waste and to propose solutions for its management.

The Context: Managing solid waste is a great step to a sustainable lifestyle. The puppet show was a small initiative to spread awareness regarding management and reduction of solid waste.

The Practice: Department of Zoology and members of MCM Eco-club 'Parivesh' organized an online Puppet show on 'Solid Waste Management' prepared by students of B.Sc. III Medical. The show highlighted the types of solid waste, the right dustbins to be used i.e. green for wet waste and blue for dry waste, and the principle of 3Rs i.e. reduce, reuse and recycle to make our



Earth clean and green. Various methods of waste disposal such as sanitary landfill, incineration and composting were elaborated. The students were encouraged to practice the methods of solid waste management at source and also to spread awareness about the same.

Evidence of Success: The participants enjoyed the puppet show and learned the practices of solid waste management.

Video Link:

<https://drive.google.com/file/d/1dhzdQw-nimbQJKy89FZhKdVVzr6NqLVQ/view?usp=sharing>

5. Eco -Friendly Food Packaging Solutions as an Alternative to Plastic: An Online Interactive Session

Department: Swachhta Committee of Arts

Date: 15 January 2022

Objective: To apprise the audience of the alternatives available for food packaging in place of plastic.

Convenor: Ms Suman Mahajan

Coordinator: Dr Bhawna Sood, Dr Minakshi Rana, Ms Richa

Number of participants: More than 100 people including faculty members and students

The Context: Ecosystem restoration is crucial to support life on the earth in this of extreme urbanization and industrialization. Though talking about the various problems is not just enough, we must think of some viable solutions and start working now. Keeping the same approach in consideration, Swachhta Committee (Arts) organized an online interactive session on Eco-friendly food packaging solutions. Mr Sandeep Mehto, Founder Bharat Calling and Vikalp, TISS, Mumbai Alumna and Mr Paneti Rajesh, Sanitation and Environment Secretary, Municipal Corporation Nellore Andhra Pradesh were the resource persons.

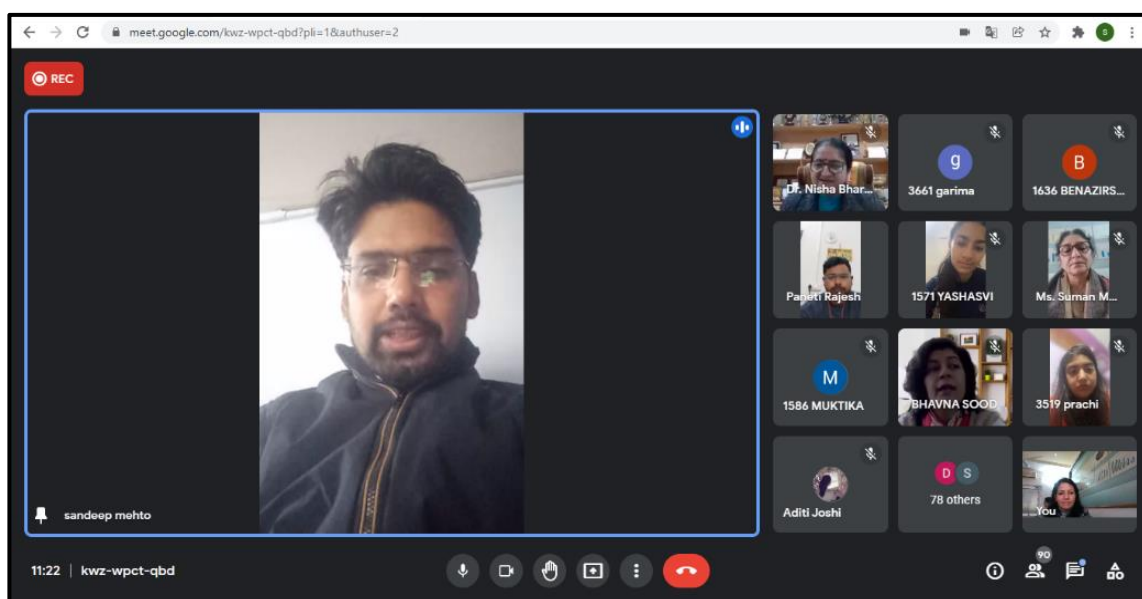
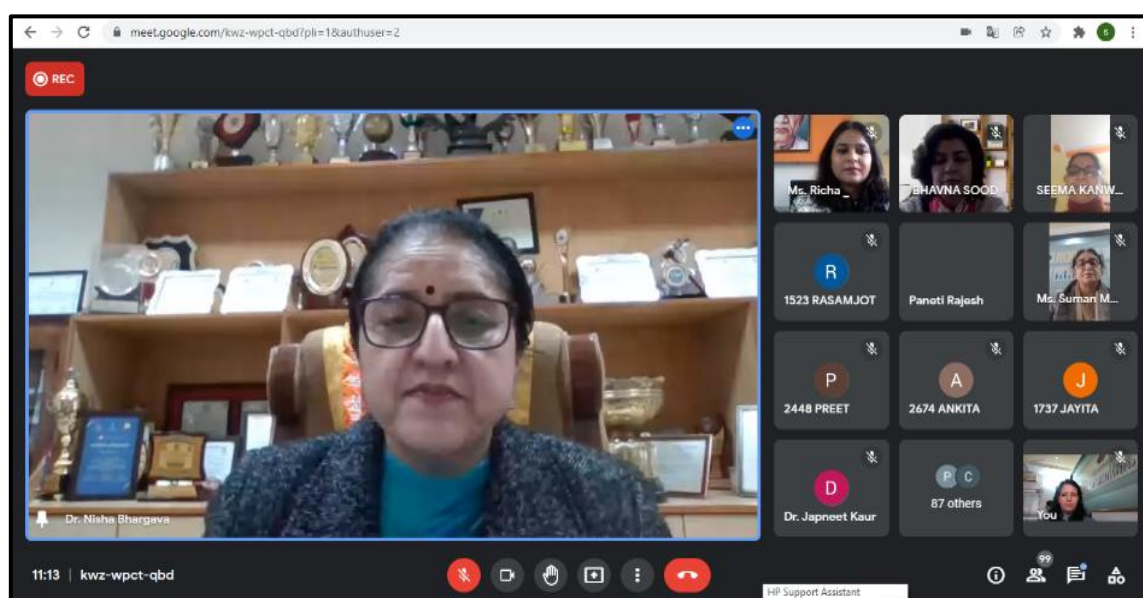
The Practice: The session started with the heart-warming poem titled '*Sookha Ped*' composed by Dr Nisha Bhargava, that beautifully depicted the condition dilapidated condition of trees due to blindfolded construction activities by human beings. The audience was made swearing in the pledge on Minimal usage of single-use plastic bottles to reassure the relevance of personal initiative for ecosystem restoration. Mr Sandeep Mehto talked about Zero waste lifestyle and eco-friendly ways of reducing plastic pollution. He mentioned the use of edible cutlery and reusable shopping bags. Further, he added that through customer care support, people can ask the industry to reduce the burden of designer packaging. Mr Paneti Rajesh suggested the best some plant-based alternatives to plastic material used for packaging. Secondly, the industry can use degradable plastic for packaging.

Principal, Dr Nisha Bhargava appreciated the efforts and added that United Nations Decade on Ecosystem Restoration (2021-2030) challenges everyone to massively scale up restoration efforts that breathe new life into our degraded

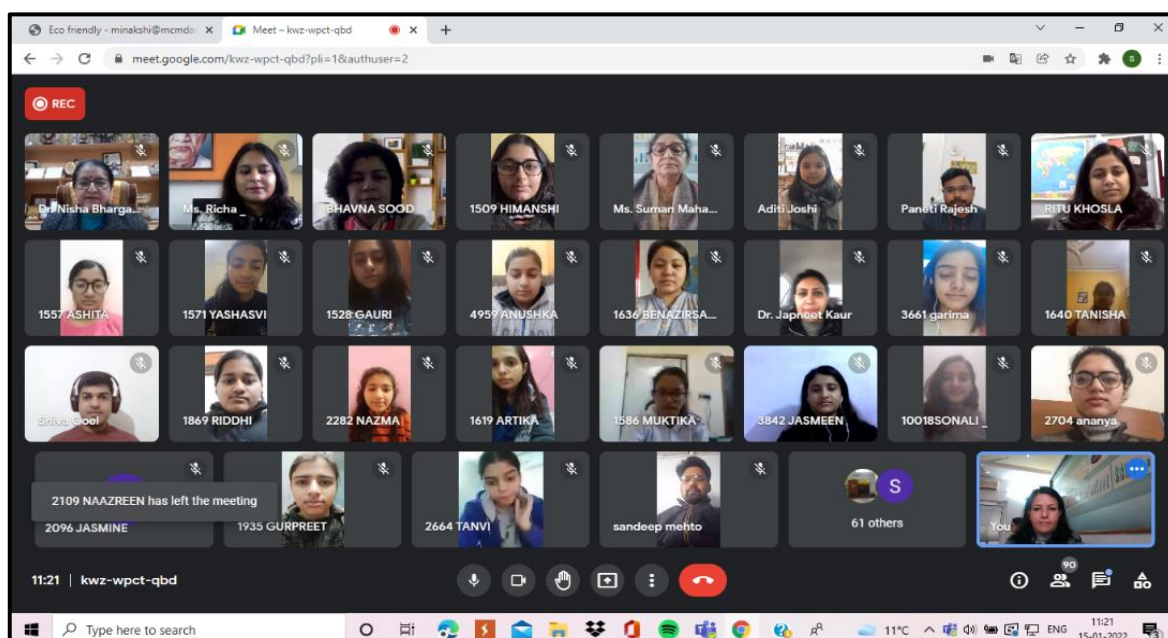
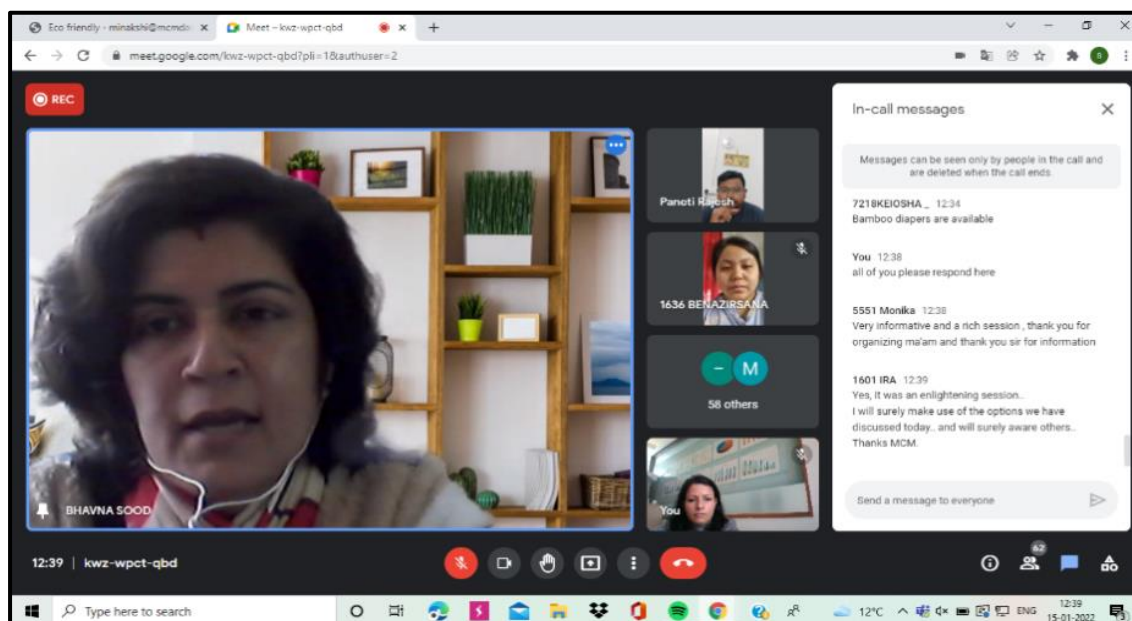
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(QUARTER I: JANUARY - MARCH 2022)**

ecosystems. In the packaging industry, food packaging accounts for 50% of the plastics derived from fossil fuels. When food is thrown away, so does the packaging material where it was contained. These fossil fuel plastics are persistent in the environment and take many years to degrade. So, it's the responsibility of the young minds to come up with new ideas for eco-friendly food packaging.

Evidence of Success: The participants were overwhelmed with the information and exposure provided during the session. All the participants expressed their heartfelt commitment for ecosystem restoration by taking a pledge not to use packaged drinking water sold in single-use plastic bottles.



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
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6. Be a Swachhta Warrior-App Based Activity

Date: 15 January 2022

Number of students participated: 72

Objective: To create sensitization and awareness about the Swachhta App among students and learn the basics of its working and functionalities.

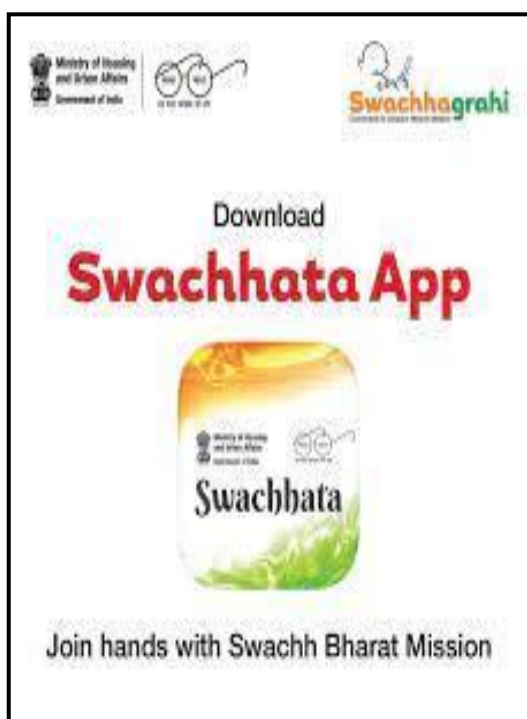
Coordinator: Ms Suman Mahajan, Dr Vandana Sharma

The Practice: Under the Swachhta Warrior and Cleanest City mission and with the primary objective of sharing the information and creating sensitization and awareness about the Swachhta App, the college initiated and circulated a brochure

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giving complete details about the App and the process of downloading and using it correctly. The Swachhta-MoHUA is the official app of the Ministry of Housing and Urban Affairs (MoHUA), GOI.

The app enables a citizen to post a civic-related issue (eg; a garbage dump) which is then forwarded to the



city corporation concerned and thereafter assigned to the sanitary inspector of the ward. The complete information and application related to this App were detailed in the brochure, which was circulated among staff, and student groups for wider dissemination of information. More than 5000 Students and members of the staff downloaded the application.

7. Plantation Drive (Each One Plant One) Under Aegis of MGNCRE

Date: 22 January 2022

Organized by: Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, GOI.

Student participation: 6 students of B.Sc. (MFT)III year

Coordinators: Dr Vandana Sharma and Dr Sandeep Kaur

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(QUARTER I: JANUARY - MARCH 2022)**

Objectives:


- To help students understand the value of plants and trees and to inspire them to inculcate these services in their behavior and action.
- To promote the concept of environmental sustainability among youth for a prosperous and healthy future.

The Context: To sensitize, encourage and engage students, staff, all stakeholders of the college and community about scientific tree plantation for increasing green

coverage. Trees play an important role in maintaining sustainability and balance of the environment. Many ecological processes and their normal functioning such as cycling of nutrients, rainfall, soil fertility, clean air depends on the tree cover. Vegetation protects wildlife and provides habitat. Besides, trees have social, spiritual, commercial, and medicinal significance.

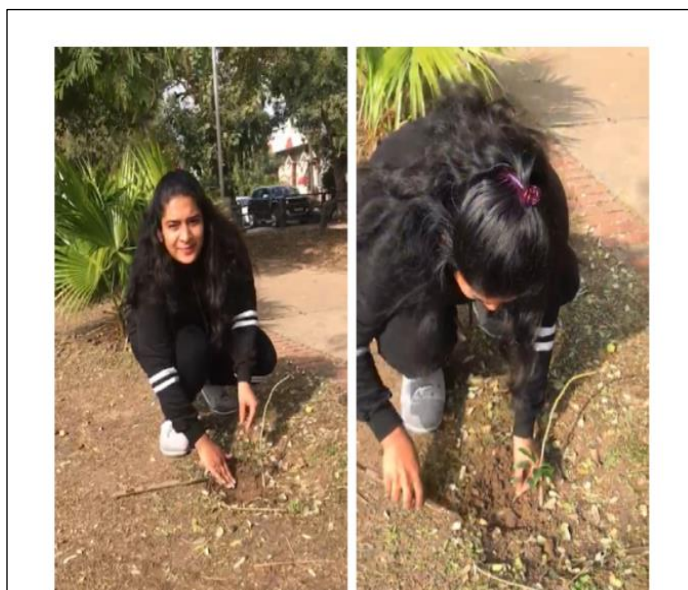
The Practice: With the primary objective of imbibing, encouraging, and engaging students about the concept of a sustainable healthy eco-friendly environment, tree plantation drive was organized under the aegis of MGNCRE, Ministry of Education, GOI. Under this drive, the concept of planting more trees was encouraged in a

EACH ONE PLANT ONE
(BY SHUBNAM KAUR)



If you want to be happy for a year, plant a garden; if you want to be happy for life, plant a tree. This English proverb shows us the importance of trees in our life. Trees plantation has many advantages on the earth and our wellbeing. We as a whole inhale oxygen to live, and the trees are the main characteristics source of oxygen. It also guarantees that the supply of oxygen never ends.

Let's think of our future generations and make this earth a safe place to live. We need to inculcate the habit of sustainable living and save the resources for others as well. Planting a sapling now will enable to protect this place and a small step now will make a huge difference. I promise to nurture my sapling and take care of



unique way in which each participating student made a video or a short description of the sapling adopted based on "Each one plant one". The students made interesting videos/stories and write-ups emphasising the importance and need of planting trees and maintaining sustainability for future generations and took

pledges to take care of their plants.

REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
(QUARTER I: JANUARY - MARCH 2022)

Evidence Of Success: A total of 6 showed enthusiastic participation and all the videos and short write-ups were merged as a single video (<https://photos.app.goo.gl/LJRTSqEDDt3JcMNQA>) and submitted.

8. Appreciation by Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Government of India

Date: 22 January 2022



It is a matter of immense pride that Mahatma Gandhi National Council of Rural Education (MGNCRE) has given an **appreciation certificate** to Mehr Chand Mahajan DAV College for Women, Chandigarh for successfully participating in, and completing the **'LARGEST PLANTATION DRIVE' IN HIGHER EDUCATIONAL INSTITUTIONS ACROSS CHANDIGARH UNDER THE AEGIS OF MAHATMA GANDHI NATIONAL COUNCIL OF RURAL EDUCATION, DEPT. OF HIGHER EDUCATION, MINISTRY OF EDUCATION, GOVERNMENT OF INDIA.**

9. Cleanliness Drive in Library

Date: 22 January 2022

Number of staff: 01

Objective: To Keep the library clean and termite free and to maintain cleanliness, sanitization of library.

The Context: The first Saturday of every month is fixed for special cleanliness drive when all the books, almirahs, fans etc are cleaned.

The Practice: The cleanliness drive of the library is undertaken every fortnight.

Evidence of Success:



10. "Tree Plantation Campaign" on the occasion of Republic Day

Date: 27 January 2022

Organized by: Swachhta Committee & Horticulture and Landscaping Committee, Mehr Chand Mahajan DAV College for Women, Chandigarh

Convenor: Dr Nisha Bhargava

Coordinators: Ms Suman Mahajan; Dr Vandana Sharma; Dr Seema Kanwar

Objectives:

- To create awareness among the students regarding the importance of ecology and the natural environment
- To promote the concept of environmental sustainability among youth for a prosperous and healthy future

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
(QUARTER I: JANUARY - MARCH 2022)**

The Context: Tree plantation drive is a sustainable activity of the college which is being done with an aim of promoting sustainable eco-friendly environment.

The Practice: With the primary objective of imbibing the culture and spirit of the



green campus and promoting the concept of a sustainable healthy eco-friendly environment, a tree plantation drive was organized. The idea behind the tree plantation activity was to propagate the message that planting trees helps to maintain a clear eco-friendly environment, reduces pollution, and improves the green ambiance. Our worthy Principal madam Dr Nisha Bhargava highlighted the need to focus on more such green initiatives and plantation drives. Tree plantation drive is a sustainable activity of the college and with this aim, principal madam along with the coordinators planted saplings belonging to *Hamelia* genus in the newly constructed administrative building of the college. This initiative emphasized the fact that trees are our best friends and tree plantation is the best way of maintaining and sustaining ecological balance and achieving its endeavour for a green and clean campus.



Media Coverage:



एमसीएम कॉलेज प्राचार्या डॉ. निशा भार्गव व अन्य स्टाफ पौधारोपण करते हुए। (छाया: गुरिन्द्र सिंह)

एमसीएम ने पौधारोपण अभियान चलाया

चंडीगढ़, 31 जनवरी (रम सिंह बराड़) : परिसर हरा भरा बनाए रखने की संस्कृति और सस्टेबल पर्यावरण की अवधारणा को बढ़ावा देने के प्राथमिक उद्देश्य के साथ, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की स्वच्छता समिति और होर्टिकल्चर एंड लैंडस्केपिंग समिति ने गणतंत्र दिवस के अवसर पर वृक्षारोपण अभियान का आयोजन किया। प्राचार्या डॉ. निशा भार्गव ने स्टाफ सदस्यों के साथ महाविद्यालय के नवनिर्मित स्वर्ण जयंती ब्लॉक के समीप हमीलिया के पौधों का रोपण किया। इस अवसर पर अपने विचार व्यक्त करते हुए डॉ. भार्गव ने इस तरह की पहल और वृक्षारोपण अभियान की सराहना करते हुए कहा कि पेड़ लगाने से पारिस्थितिक संतुलन बनाए रखने, प्रदूषण को कम करने और हरे भरे वातावरण में सुधार करने में सहायक है।

एमसीएम ने पौधारोपण अभियान चलाया

विनोद कुमार, मदरलैंड संवाददाता, चंडीगढ़। परिसर हरा भरा बनाए रखने की संस्कृति और सस्टेबल पर्यावरण की अवधारणा को बढ़ावा देने के प्राथमिक उद्देश्य के साथ, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की स्वच्छता समिति और होर्टिकल्चर एंड लैंडस्केपिंग समिति ने गणतंत्र दिवस के अवसर पर



वृक्षारोपण अभियान का आयोजन किया। प्राचार्या डॉ. निशा भार्गव ने स्टाफ सदस्यों के साथ महाविद्यालय के नवनिर्मित स्वर्ण जयंती ब्लॉक के समीप हमीलिया के पौधों का रोपण किया। इस अवसर पर अपने विचार व्यक्त करते हुए डॉ. भार्गव ने इस तरह की पहल और वृक्षारोपण अभियान की सराहना करते हुए कहा कि पेड़ लगाने से पारिस्थितिक संतुलन बनाए रखने, प्रदूषण को कम करने और हरे भरे वातावरण में सुधार करने में सहायक है।

11. Swachh Prerak Award, Swachh Survekshan 2022 organized by Municipal Corporation, Chandigarh under Mission Swachh Chandigarh

Date: 29 January 2022

The Practice: Mayor Sarabjit Kaur honoured associations, institutes, organizations, and citizens for their contributions towards keeping the city clean and leading the charge in spreading the message of Swachhta during Swachh Prerak Award ceremony organized held on 29 January



2022. Living up to its reputation of being an institution where excellence is nurtured, **Mehr Chand Mahajan DAV College for Women, Chandigarh won the first rank in Swachh Survekshan 2022 by Municipal Corporation, Chandigarh under Mission Swachh Chandigarh under the able guidance of Principal, Dr Nisha Bhargava.** The college's consistent efforts directed towards realization of the dream of Swachh Bharat have earned the college national level recognition in the form of Cleanest College in India (Residential Category) 2018.

Evidence Of

Success: The college was awarded first rank by MC, Chandigarh under Mission Swachh Chandigarh in Swachh Survekshan 2022.



Media Coverage:



स्वच्छ प्रेरक सम्मान समारोह के दौरान सम्मानित लोग। अमर उम्रान

पुरस्कार : मेयर ने दिया स्वच्छ प्रेरक सम्मान

संवाद न्यूज एजेंसी

चंडीगढ़। स्वच्छता में अपना योगदान देने वाले लोगों को नगर निगम ने रविवार को स्वच्छ प्रेरक सम्मान से सम्मानित किया। सेक्टर-38 स्थित रानी लक्ष्मीबाई महिला भवन में आयोजित कार्यक्रम में मेयर सरवजीत कौर ने अलग-अलग वर्ग में लोगों को सम्मानित किया गया। इसमें सरकारी विभाग व स्कूल, निजी संस्था व स्कूल, आरडब्ल्यूए, एमडब्ल्यूए, होटल शामिल रहे।

मेयर ने कहा कि स्वच्छ सर्वेक्षण का दायरा बढ़ाया गया है। अब रात प्रतिशत वार्डों को संपीड़ित करना रहे है। डिजिटल डीटा के दृष्टिकोण को ध्यान में रखते हुए लोगों को जागरूक किया जा रहा है, क्यूआर कोड से लोगों के सुझाव ले रहे हैं, कचरे को अपने स्तर पर निस्तारित करने के लिए जागरूक कर रहे हैं। स्वच्छ सर्वेक्षण एक सच्चे जन अंदोलन को भावना से नागरिकों को जोड़ने का एक माध्यम बन गया है। इस वर्ग लोगों की भागीदारी से तय हो गया है कि शहर के लोगों ने भी चंडीगढ़ को बेहतर पावदान पर लाने का मन बना लिया है। आयुक्त आर्निटिका मिश्रा ने कहा कि लोगों का सहयोग ही हमारे अभियान की सफलता है। इसलिए शहरवासी हमें जरूर सहयोग करें। इस मौके पर सीनियर डिप्टी मेयर दलीप शर्मा, डिप्टी मेयर अनुर गुप्ता, सहित कई पाबंद मौजूद रहे।

इन्हें मिला सम्मान

स्वच्छ आस्पताल : पहला स्थान जीएमसीएच-32, दूसरा स्थान जीएमएसएच-16, तीसरा स्थान कलाड-9 औद्योगिक क्षेत्र फेज-2

स्वच्छ होटल : पहला स्थान हयात रेजिन्सी, दूसरा स्थान पाई ज्यू सेक्टर-24, तीसरा स्थान ताज सेक्टर-17

स्वच्छ सरकारी कार्यालय : प्रथम स्थान परीक्षा शाखा एमसीएम डीएवी कॉलेज सेक्टर-36, दूसरा स्थान ईडीसी भवन (आईटी पार्क), तीसरा स्थान समाज कल्याण कार्यालय सेक्टर 41-ए

स्वच्छ आरडब्ल्यूए : पहला स्थान अत्याधुनिक कल्याण संघ सेक्टर-7-ए, दूसरा स्थान पंजाब सरकार रॉजडिगिटल वेलफेयर एसोसिएशन सेक्टर-39, तीसरा स्थान रॉजडिगिट वेलफेयर एसोसिएशन सेक्टर-21-ए

स्वच्छ एमडब्ल्यूए : पहला स्थान मार्केट वेलफेयर एसोसिएशन सेक्टर-16-ए, दूसरा स्थान मार्केट वेलफेयर एसोसिएशन सेक्टर-18, तीसरा स्थान मार्केट वेलफेयर एसोसिएशन सेक्टर-29-सी

विद्यार्थी पुरस्कार : कंचनजीत पंजी, चंडीगढ़ ट्रेडर्स एसोसिएशन, सेक्टर 17

स्वच्छ स्कूल (निजी) : पहला स्थान सेंट जॉन और सेंट्रल हाई, सेक्टर-26 संयुक्त, दूसरा स्थान चित्तकारा इंटरनेशनल स्कूल सेक्टर-25, तीसरा स्थान कार्मेल कॉन्वेंट स्कूल सेक्टर-9

स्वच्छ प्राथमिकी चुनौती : पहला स्थान मीरस ड्रीम मैनेजमेंट, दूसरा स्थान आईपीसीए, तीसरा स्थान अंधिका शर्मा (नागरिक श्रेणी)

जीरो वेस्ट कैम्पस : इन्फोसिस लिमिटेड

स्वच्छग्रही : शकुंतला, विद्या, नीलम, ऊषा तिवारी, अशिका, हिमांशु, रमनदीप, मीनाक्षी, कांत, कबूल, अमनजीत, धर्मशोला, मंजीत, परीवंतर और तारुण्य।

Chandigarh mayor awards city's swachhata leaders

Mayor says citizens' participation in cleanliness survey has been increased through multiple new initiatives

HT Correspondent
chandigarh@hindustantimes.com

CHANDIGARH: Mayor Sarabjit Kaur on Saturday honoured associations and citizens for their contribution towards keeping the city clean and leading the charge in spreading the message of swachhata during the Swachh Prerak Saman Samaroh organised at the Rani Laxmi Bai Mahila Bhawan in Sector 38.

While addressing the awardees, Kaur touched upon how the Swachh Survekshan has become a tool for citizen engagement the focus on citizen participation has been taken a notch higher this year by introducing initiatives that encourage innovations led by citizens, start-ups and entrepreneurs.

Speaking about the Survekshan in 2022, the mayor said that the scope of the survey has been expanded to now cover 100% wards for sampling compared to 40% in previous years. In order to seamlessly carry this out, more than twice the number of assessors will be deployed for the on-field assessment.

She said keeping with the Prime Minister's vision of a Dig-

Swachh ward rankings: The winners

SWACHH HOSPITAL	SWACHH MWA
1. GMCH, Sector 32	1. Sector 16-A MWA
2. GMSH, Sector 16	2. Sector 18 MWA
3. Cloud 9, Industrial Area, Phase 2	3. Sector 29-C MWA
SWACHH HOTELS	(Special award: Kamaljit Singh Association, Sector 17)
1. Hyatt Regency, Industrial Area, Phase 1	SWACHH SCHOOLS (PRIVATE)
2. Hotel Parkview, Sector 24	1. St. John's and Sacred Heart, Sector 26
3. Hotel Taj Chandigarh, Sector 17	2. Chitkara International, Sector 25
SWACHH GOVERNMENT OFFICE	3. Carmel Convent, Sector 9
1. Examination branch, MCM DAV College, Sector 36	SWACHH SCHOOLS (GOVT)
2. EDC building, IT Park	1. GMSSS, Sector 21-A
3. Social Welfare Office, Sector 41-A	2. GMSSS, Sector 16-D
SWACHH RWA	3. GMSSS, Sector 47-D
1. Sector 7-A RWA	SWACHH TECHNOLOGY CHALLENGE
2. Sector 39 Punjabi gowt RWA	1. Dross Management System and Energy Solutions Pvt Ltd
3. Sector 21-A RWA	2. NGO Indian Pollution Control Association
	3. Abhishek Sharma (citizen category)

Zero waste campus | Infosys Limited, IT Park

स्वच्छ प्रेरक सम्मान समारोह' के दौरान मेयर ने किया सम्मानित

आज समाज नेटवर्क

चंडीगढ़। डिप्टी मंत्री सरवजीत कौर ने रानी लक्ष्मीबाई महिला भवन, सेक्टर 38, चंडीगढ़ में स्वच्छ प्रेरक सम्मान समारोह के दौरान चंडीगढ़ के सम्मानित लोगों को सम्मानित किया। इस मौके पर उन्होंने कहा कि हर साल स्वच्छ सर्वेक्षण को नवीन रूप में नया रूप दिया जाता है, यह सुनिश्चित करने के लिए कि प्रक्रिया अधिक मजबूत हो और प्रेरक के माध्यम से जागरूकता बढ़ाने के लिए।

मेयर ने कहा कि स्वच्छ सर्वेक्षण का दायरा बढ़ाया गया है। अब रात प्रतिशत वार्डों को संपीड़ित करना रहे है। डिजिटल डीटा के दृष्टिकोण को ध्यान में रखते हुए लोगों को जागरूक किया जा रहा है, क्यूआर कोड से लोगों के सुझाव ले रहे हैं, कचरे को अपने स्तर पर निस्तारित करने के लिए जागरूक कर रहे हैं। स्वच्छ सर्वेक्षण एक सच्चे जन अंदोलन को भावना से नागरिकों को जोड़ने का एक माध्यम बन गया है। इस वर्ग लोगों की भागीदारी से तय हो गया है कि शहर के लोगों ने भी चंडीगढ़ को बेहतर पावदान पर लाने का मन बना लिया है। आयुक्त आर्निटिका मिश्रा ने कहा कि लोगों का सहयोग ही हमारे अभियान की सफलता है। इसलिए शहरवासी हमें जरूर सहयोग करें। इस मौके पर सीनियर डिप्टी मेयर दलीप शर्मा, डिप्टी मेयर अनुर गुप्ता, सहित कई पाबंद मौजूद रहे।

इन्हें मिला सम्मान

स्वच्छ आस्पताल : पहला स्थान जीएमसीएच-32, दूसरा स्थान जीएमएसएच-16, तीसरा स्थान कलाड-9 औद्योगिक क्षेत्र फेज-2

स्वच्छ होटल : पहला स्थान हयात रेजिन्सी, दूसरा स्थान पाई ज्यू सेक्टर-24, तीसरा स्थान ताज सेक्टर-17

स्वच्छ सरकारी कार्यालय : प्रथम स्थान परीक्षा शाखा एमसीएम डीएवी कॉलेज सेक्टर-36, दूसरा स्थान ईडीसी भवन (आईटी पार्क), तीसरा स्थान समाज कल्याण कार्यालय सेक्टर 41-ए

स्वच्छ आरडब्ल्यूए : पहला स्थान अत्याधुनिक कल्याण संघ सेक्टर-7-ए, दूसरा स्थान पंजाब सरकार रॉजडिगिटल वेलफेयर एसोसिएशन सेक्टर-39, तीसरा स्थान रॉजडिगिट वेलफेयर एसोसिएशन सेक्टर-21-ए

स्वच्छ एमडब्ल्यूए : पहला स्थान मार्केट वेलफेयर एसोसिएशन सेक्टर-16-ए, दूसरा स्थान मार्केट वेलफेयर एसोसिएशन सेक्टर-18, तीसरा स्थान मार्केट वेलफेयर एसोसिएशन सेक्टर-29-सी

विद्यार्थी पुरस्कार : कंचनजीत पंजी, चंडीगढ़ ट्रेडर्स एसोसिएशन, सेक्टर 17

स्वच्छ स्कूल (निजी) : पहला स्थान सेंट जॉन और सेंट्रल हाई, सेक्टर-26 संयुक्त, दूसरा स्थान चित्तकारा इंटरनेशनल स्कूल सेक्टर-25, तीसरा स्थान कार्मेल कॉन्वेंट स्कूल सेक्टर-9

स्वच्छ प्राथमिकी चुनौती : पहला स्थान मीरस ड्रीम मैनेजमेंट, दूसरा स्थान आईपीसीए, तीसरा स्थान अंधिका शर्मा (नागरिक श्रेणी)

जीरो वेस्ट कैम्पस : इन्फोसिस लिमिटेड

स्वच्छग्रही : शकुंतला, विद्या, नीलम, ऊषा तिवारी, अशिका, हिमांशु, रमनदीप, मीनाक्षी, कांत, कबूल, अमनजीत, धर्मशोला, मंजीत, परीवंतर और तारुण्य।

पुरस्कार पाने वालों की सूची इस प्रकार है:

स्वच्छ आस्पताल : पहला जीएमसीएच, सेक्टर 32, दूसरा जीएमएसएच, सेक्टर 16, तीसरा कलाड 9, औद्योगिक क्षेत्र फेज-2।

स्वच्छ होटल : पहला हयात रेजिन्सी औद्योगिक बंग- 4, दूसरा होटल रॉजडिगिट सेक्टर 24, तीसरा ताज चंडीगढ़, सेक्टर 17।

स्वच्छ सरकारी कार्यालय : पहली परीक्षा शाखा, एमसीएम डीएवी कॉलेज, सेक्टर 36, दूसरा ईडीसी भवन (आईटी पार्क), तीसरा समाज कल्याण कार्यालय सेक्टर 41-ए।

स्वच्छ आरडब्ल्यूए : पहला अत्याधुनिक कल्याण संघ, सेक्टर 7-ए, दूसरा पंजाब सरकार रॉजडिगिटल वेलफेयर एसोसिएशन, सेक्टर 39, तीसरा रॉजडिगिट वेलफेयर एसोसिएशन, सेक्टर 21-ए।

स्वच्छ एमडब्ल्यूए : पहला मार्केट वेलफेयर एसोसिएशन, सेक्टर 16-ए, दूसरा मार्केट वेलफेयर एसोसिएशन, सेक्टर 29-सी।

विद्यार्थी पुरस्कार : कंचनजीत सिंह पंजी, चंडीगढ़ ट्रेडर्स एसोसिएशन, सेक्टर 17।

स्वच्छ स्कूल (निजी) : पहला सेंट जॉन और सेंट्रल हाई, सेक्टर 26 (संयुक्त), दूसरा चित्तकारा इंटरनेशनल स्कूल, सेक्टर 25, तीसरा कार्मेल कॉन्वेंट स्कूल, सेक्टर 9।

स्वच्छ चुनौती (सरकारी) : पहला जीएमएसएस, सेक्टर 21-ए, दूसरा जीएमएसएस, सेक्टर 16-डी, तीसरा जीएमएसएस, सेक्टर 47-डी।

स्वच्छ प्राथमिकी चुनौती : पहला मीरस ड्रीम मैनेजमेंट, दूसरा आईपीसीए, तीसरा अंधिका शर्मा (नागरिक श्रेणी)।

जीरो वेस्ट कैम्पस : इन्फोसिस लिमिटेड

स्वच्छग्रही : शकुंतला, विद्या, नीलम, ऊषा तिवारी, अशिका, हिमांशु, रमनदीप, मीनाक्षी, कांत, कबूल, अमनजीत, धर्मशोला, मंजीत, परीवंतर और तारुण्य।

सरजित कौर ने कहा कि स्वच्छ सर्वेक्षण का दायरा बढ़ाया गया है। अब रात प्रतिशत वार्डों को संपीड़ित करना रहे है। डिजिटल डीटा के दृष्टिकोण को ध्यान में रखते हुए लोगों को जागरूक किया जा रहा है, क्यूआर कोड से लोगों के सुझाव ले रहे हैं, कचरे को अपने स्तर पर निस्तारित करने के लिए जागरूक कर रहे हैं। स्वच्छ सर्वेक्षण एक सच्चे जन अंदोलन को भावना से नागरिकों को जोड़ने का एक माध्यम बन गया है। इस वर्ग लोगों की भागीदारी से तय हो गया है कि शहर के लोगों ने भी चंडीगढ़ को बेहतर पावदान पर लाने का मन बना लिया है। आयुक्त आर्निटिका मिश्रा ने कहा कि लोगों का सहयोग ही हमारे अभियान की सफलता है। इसलिए शहरवासी हमें जरूर सहयोग करें। इस मौके पर सीनियर डिप्टी मेयर दलीप शर्मा, डिप्टी मेयर अनुर गुप्ता, सहित कई पाबंद मौजूद रहे।

12. 'Maintain Your Pots'

Organized by: Department of Botany and Add on Course in Floriculture and Landscaping under the aegis of MCM Eco Club

Activity coordinators: Dr Gunjan Sud and Ms Kajal Loria

Date: 30 January 2022

Number of participants: 20 students

Objectives:

- To develop a sense of responsibility in the students to protect plants around them.
- To make the students feel connected to nature by spending time in the garden.

The Context: The indoor plants, hanging outdoor baskets and the pots in the garden serve an aesthetic purpose, help reduce pollution, and also help in maintenance of the ecosystem. Taking care of plants is not easy and requires practical knowledge along with gardening skills.

The Practice: An activity titled 'Maintain your pots' was organized by the Department of Botany

and Add on Course in Floriculture and Landscaping under the aegis of MCM Eco Club- 'Parivesh' on 30.01.2022. Keeping in mind Covid-19 restrictions, the students performed this activity at their respective places. The event created awareness among the students regarding keeping pots hydrated, providing appropriate soil, manure, and fertilizers, maintaining adequate humidity, and selecting pot size. Moreover, the students were involved in a variety of interesting



activities such as planting, mulching, weeding, ploughing, and hoeing.

Evidence of Success: The students experienced how to take care of different plants and keep the plants happy, healthy, and alive.



13. Screening of Documentary to celebrate World Wetlands Day

Organized by: MCM Eco-Club 'Parivesh' in collaboration with the Department of Zoology

Activity coordinators: Dr Sarabjeet Kaur & Dr Divya Sharma

Date: 02 February 2022

Number of participants: 15 teaching and 10 non-teaching staff members

Objective: To spread awareness about wetlands and their conservation.

The Context: The World Wetlands Day is celebrated on 2nd February every year to spread awareness about the importance of wetlands. The day also marks the date of the adoption of the Convention on Wetlands on February 2, 1971. The theme for this year's celebration of World Wetlands Day is 'Wetlands Action for People and Nature'. It is an appeal to all segments of society to save the wetlands from disappearing and to restore the degraded ones.

The Practice: MCM Eco-Club 'Parivesh' in collaboration with the Department of Zoology organized screening of Documentary 'Wetlands and Sarus cranes' on 02.02.2022 to celebrate World Wetlands Day. Teaching and non-teaching members of department of Botany, Chemistry, Physics and Zoology watched the documentary. The documentary highlighted that the main threat to the Sarus crane in India is habitat loss and degradation due to draining of the wetland and

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
(QUARTER I: JANUARY - MARCH 2022)**

conversion of land for agriculture. The landscape of its historic range is rapidly changing due to construction of highways, housing colonies, roads, and railway lines. More recently, many deaths have been recorded due to collision with power lines. Also, due to the increase in agricultural land, Sarus cranes are left with no choice but to forage in these fields, and as a result ingest pesticides, which lead to poisoning. WWF-India has played an instrumental role in setting up the Sarus Crane Conservation Committee in Uttar Pradesh. It also assists the state in developing projects to enhance Sarus crane conservation initiatives.



Evidence of Success: The participants understood the importance of wetlands in maintaining many natural cycles and supporting a wide range of biodiversity.

14. Yaadein: Relive Memories and Create More...

Date: 05 February 2022

Number of Participants: Open to all college students, teaching, and non-teaching staff

Objective: To bring together the entire college to celebrate Basant, the festival of the spring and respecting Goddess Saraswati, with the purpose to celebrate our Rich cultural heritage while reliving the memories of our long -forgotten customs.

The Context: The Sustainable Practices Committee of the college attempts to promote cultural component of sustainability. Events are organized to preserve and promote traditions and processes of culture.



The Practice: Walk by children wearing traditional dresses and carrying traditional



props, Kite Flying, Traditional Games - Gite, Kanche, traditional Food

Evidence of Success: Participation much more than the expectation and everybody appreciating the chance to relive their memories.



एमसीएम में पतंगबाजी, हवन यज्ञ कर मनाई वसंत पंचमी

माई सिटी रिपोर्टर

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज में सोमवार को वसंत पंचमी के उपलक्ष्य में विभिन्न कार्यक्रमों का आयोजन हुआ। इस अवसर पर कॉलेज की आर्य समाज कमेटी ने हवन यज्ञ किया। साथ ही पतंग भी उड़ाई गई। इसमें प्राचार्य डॉ. निशा भार्गव और स्टाफ के सदस्यों ने मंत्र जाप के साथ प्रार्थना की और देवी सरस्वती का आशीर्वाद लिया।

हवन के दौरान प्राचार्य ने जिन स्टाफ सदस्यों का जन्मदिन फरवरी माह में आता है, उन्हें माला पहनाकर आशीर्वाद दिया। इसके साथ ही बच्चों ने विभिन्न कलात्मक गतिविधियाँ पेश कीं। कॉलेज की सस्टेनेबल कमेटी ने हमारी धरोहर के रीति-रिवाजों की यादों को ताजा करते के उद्देश्य से कार्यक्रम



कार्यक्रम के दौरान पतंग उड़ाते हुए। अमर उजाला

'यादें' का आयोजन किया। डॉ. भार्गव ने त्योहार को समर्पित अपनी कविता 'मधुमास का आगमन' सुनाई। इसमें वसंत का स्वागत करते हुए जीवन को नई उमंगों से भरने के लिए प्रेरित किया गया।

एमसीएम ने धूमधाम से मनाई बसंत पंचमी

मदरलैंड संवाददाता

चंडीगढ़। बसंत पंचमी के उपलक्ष्य में मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने बसंत उत्सव को चिह्नित करते हुए विभिन्न कार्यक्रमों के आयोजन के साथ वसंत ऋतु का आगाज किया। कॉलेज की आर्य समाज कमेटी ने हवन यज्ञ का आयोजन किया, जिसमें प्राचार्या डॉ. निशा भागव और स्टाफ के सदस्यों ने मंत्रों के जाप के बीच पवित्र अग्नि के सामने प्रार्थना की और देवी सरस्वती का आशीर्वाद लिया। हवन के दौरान प्राचार्या डॉ. निशा भागव ने जिन स्टाफ सदस्यों का जन्मदिवस फरवरी माह में आता है उन्हें माला पहनाकर आशीर्वाद दिया। कॉलेज की सस्टेनेबल प्रैक्टिस कमेटी ने हमारी धरोहर के भूले-बिसरे रीति-रिवाजों की यादों को ताजा करते हुए भारत को समृद्ध सांस्कृतिक विरासत का जश्न मनाने के उद्देश्य से कार्यक्रम 'यादे' का आयोजन किया। डॉ. निशा भागव ने इस खूबसूरत त्योहार को समर्पित अपनी कविता 'मधुमास का अगमन' साझा की, यह कविता बसंत का स्वागत करते हुए जीवन को नई उमंगों से भरने के लिए प्रेरित करती है। इस अवसर पर अपने विचार व्यक्त करते हुए, डॉ. भागव ने इस उत्सव के माध्यम से, कॉलेज में सकारात्मक ऊर्जा के संचार की उम्मीद की और



आशा व्यक्त की कि बसंत सुखद परिवर्तन की शुरुआत करेगा जो मानवता की सभी पीढ़ियों को कम करेगा।

पौले रंग में सजे, स्टाफ सदस्यों ने मीठी धूप में उत्सव का पूरा आनंद लिया। 'यादे' का मुख्य आकर्षण स्टाफ सदस्यों के बच्चों द्वारा पारंपरिक पोशाक में मंच पर आना था, जिसमें हमारी संस्कृति के विभिन्न रंग समाए हुए थे। ढोल की थाप, पर आकर्षक नृत्य प्रदर्शन, पारंपरिक खेल 'मिट्टे' और 'कंचे' का प्रदर्शन, मजेदार खेल- 'किसके पास क्या' और फिल्मी धुनों पर आधारित प्रश्न, पतंगबाजी और पारंपरिक भोजन ने उत्सव के उत्साह को और अधिक बढ़ा दिया। कार्यक्रम का समापन पुरस्कार वितरण के साथ हुआ, जिसमें सर्वश्रेष्ठ पोशाक में उपस्थित स्टाफ सदस्यों, विभिन्न खेलों के विजेताओं, स्टाफ सदस्यों के बच्चों और कार्यक्रम आयोजन कर्ता के सदस्यों को सम्मानित किया गया।

15. Report on Hawan Competition

Date: 21 February 2022

Number of students: 5 students

Objective: The promotion of ethical and spiritual values is an integral part of all DAV educational institutions. So, institutes participate in various Hawan and lectures organized by colleges.

The Context: National level Hawan competition

The Practice: 5 students of Sanskrit Department (class 2nd year and 1 from BA 1st year of our college went to the Sohan Lal DAV College of Ambala City for Hawan competition.

Evidence of Success: In Hawan competition our students



performed Hawan with perfection and bagged 2nd position.

16. National Level Online Quiz on the Theme 'Swachh Bharat and Technology'

Organized: Swachhta Committee of Department of Computer Science & Applications

Principal & Convener: Dr Nisha Bhargava

Co-convener: Dr Indu Arora

Coordinators: Mrs. Deepti Sharda, Dr Mandeep K. Chawla, Mrs. Navdeep Kaur

Date: 22 February 2022

Objectives: To sensitize the students, bringing behavioural changes in public regarding healthy sanitation practices, and emphasizing the role of science & technology in taking the campaign to doorsteps of the people from the urban to the rural area.

The Context: To inculcate the social responsibility towards Swachhta among students, an online quiz competition was conducted to sensitize the students regarding healthy sanitation practices and the role of technology in promoting the campaign to other relevant aspects.

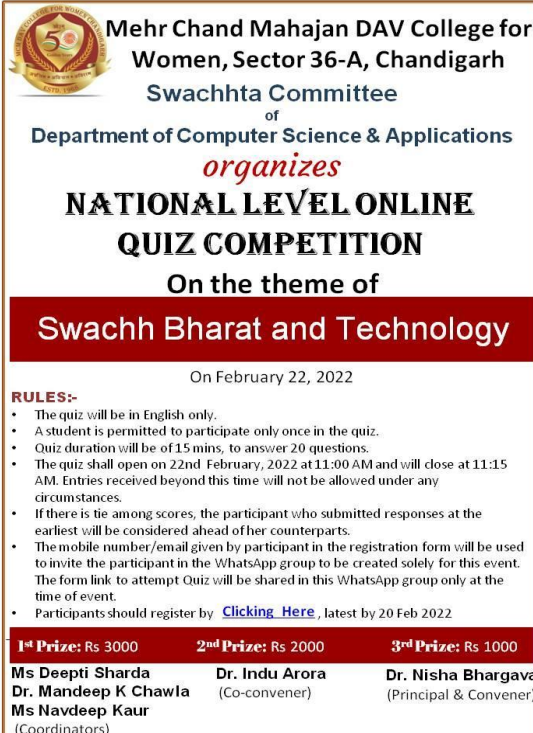
The Practice: Students from different colleges and of varying streams registered for the event. Online Quiz form was floated among participants on 22nd February, 2022 at 11:00 am. Cash prizes of Rs. 3000, Rs. 2000 and Rs. 1000 were announced for the first three position holders. The participant who submitted responses at the earliest was considered the winner.

Evidence of Success: 84 college students from different states such as Chandigarh, Punjab, Haryana, Himachal Pradesh, Uttarakhand and Rajasthan participated in the competition. The Result of the competition is given ahead-

First position: Cash prize 3000/- won by Inderjot Kaur, B.COM III.

Second position: Cash prize 2000/- won by Mehakdeep Kaur Virk, BA I

Third position: Cash prize 1000/- won by Neha Malik, B.COM I



Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh
Swachhta Committee
of
Department of Computer Science & Applications
organizes
**NATIONAL LEVEL ONLINE
QUIZ COMPETITION**
On the theme of
Swachh Bharat and Technology
On February 22, 2022

RULES:-

- The quiz will be in English only.
- A student is permitted to participate only once in the quiz.
- Quiz duration will be of 15 mins, to answer 20 questions.
- The quiz shall open on 22nd February, 2022 at 11:00 AM and will close at 11:15 AM. Entries received beyond this time will not be allowed under any circumstances.
- If there is tie among scores, the participant who submitted responses at the earliest will be considered ahead of her counterparts.
- The mobile number/email given by participant in the registration form will be used to invite the participant in the WhatsApp group to be created solely for this event. The form link to attempt Quiz will be shared in this WhatsApp group only at the time of event.
- Participants should register by [Clicking Here](#), latest by 20 Feb 2022.

1 st Prize: Rs 3000	2 nd Prize: Rs 2000	3 rd Prize: Rs 1000
Ms Deepti Sharda	Dr. Indu Arora	Dr. Nisha Bhargava
Dr. Mandeep K Chawla	(Co-convener)	(Principal & Convener)
Ms Navdeep Kaur		
(Coordinators)		

17. Industrial Cum Field Visit to Global Apiaries India, Dera Bassi

Organized by: Department of Zoology under the aegis of Institution's Innovation Council and MCM Vigyan Manch

Activity coordinators: Dr Neetu & Dr Divya Sharma

Date: 22 February, 2022

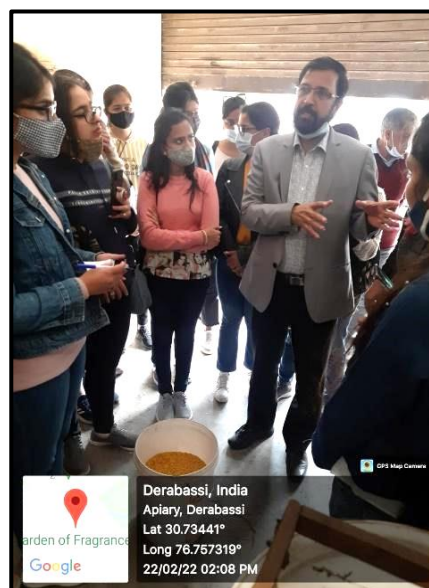
Number of participants: 24 students & 05 teachers

Objective: To provide an opportunity to the students to develop an understanding of honey bees and apiary operations.



The Context: Beekeeping is a technology that is simple, easily accessible, and affordable, especially in rural areas. Several small-scale industries depend upon bees and bee products. Despite great potential of beekeeping in India, apiculture research in India and its gainful utilization has not yet received the required impetus and is far below the available resources.

The Practice: Department of Zoology under the aegis of Institution's Innovation Council and MCM Vigyan Manch organized an industrial cum field visit to Global Apiaries India, Dera Bassi on 22.02.2022 for the students of B.Sc. III Medical. Sh. Madan Sharma, the Proprietor of the firm shared his entrepreneurial journey and motivated the students to go for start-ups in beekeeping. He said that the success of beekeeping depends upon proper understanding of the biology and behaviour of honeybees, and scientific



management techniques including methodologies to combat various maladies like diseases and enemies. There is a need for undertaking scientific beekeeping in increasing honey production and pollination of crops.

Evidence of Success: The students realized the importance of honeybees and their products. They got motivated to apply their scientific knowledge and to explore the potential of biotechnological interventions for improving the quality and quantity of products.



एमसीएम ने ग्लोबल एपियरीज का औद्योगिक दौरा किया



मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ में जूलॉजी विभाग ने इंस्टीट्यूशन इनोवेशन काउंसिल और एमसीएम विज्ञान मंच के तत्वाधान में डेरा बस्सी स्थित ग्लोबल एपियरीज इंडिया, का औद्योगिक फील्ड दौरा करते हुए।

चंडीगढ़, 10 मार्च (राम सिंह बराड़): मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ में जूलॉजी विभाग ने इंस्टीट्यूशन इनोवेशन काउंसिल और एमसीएम विज्ञान मंच के तत्वाधान में डेरा बस्सी स्थित ग्लोबल एपियरीज इंडिया, का औद्योगिक फील्ड दौरा आयोजित किया। इसके दौरान, ग्लोबल एपियरीज इंडिया के प्रोपराइटर मदन शर्मा ने छात्रों के साथ अपनी उद्यमशीलता के सफर की कहानी साझा की और उन्हें स्टार्टअप के लिए प्रेरित किया। मधुमक्खी पालन को सरल, सुलभ और सस्ती तकनीक के रूप में

संदर्भित करते हुए शर्मा ने कहा कि मधुमक्खी पालन न केवल शहद और विभिन्न प्रकार के उत्पादों का स्रोत है, बल्कि यह बेहतर परागण और बीज सेटिंग के कारण फसलों की उत्पादकता को भी बढ़ाता है और भारत में मधुमक्खी पालन के विस्तार की व्यापक संभावनाएं हैं। उन्होंने यह भी बताया कि कई लघु उद्योग मधुमक्खियों एवं मधुमक्खी उत्पादों पर निर्भर हैं। विषय पर विस्तार से बात करते हुए उन्होंने आगे बताया कि मधुमक्खी पालन की सफलता मधुमक्खियों के जीव विज्ञान और

व्यवहार एवं उनकी वैज्ञानिक प्रबंधन तकनीकों की उचित समझ पर निर्भर करती है। शर्मा ने छात्रों को अपनी वैज्ञानिक समझ के प्रयोग और उत्पादों की गुणवत्ता और मात्रा में सुधार के लिए जैव प्रौद्योगिकी हस्तक्षेप की क्षमता का पता लगाने के लिए प्रेरित किया। प्रिंसिपल डॉ. निशा भार्गव ने छात्रों को उद्योग में व्यावहारिक ज्ञान और अंतर्दृष्टि से लैस करने के लिए जूलॉजी विभाग के प्रयासों की सराहना की। उन्होंने आशा व्यक्त की कि यह दौरा छात्रों में उद्यमिता को करियर विकल्प के रूप में अपनाने के लिए प्रेरित करेगा।

18. Cleanliness of Almirahs in Library

Date: 28 February 2022

Number of Staff involved: 03

Objective: To Keep the library clean and termite free, cleanliness is a regular feature.

The Context: First Saturday of every month is fixed for special cleanliness drive when all the books, almirahs, fans etc are cleaned. All the cob-webs are removed regularly.

The Practice: Cleaning of almirahs and removal of cob webs in library was done on 28th February 2022.



19. Online Declamation Contest on The Theme 'Is Animal Testing Justified?'

Organized by: Department of Zoology in collaboration with MCM Eco-club

Activity coordinators: Dr Neetu & Dr Sarabjeet Kaur

Date: 26 February 2022

Number of participants: 30

Objective: To provide a platform to students to understand the pros and cons of animal testing.

The Context: The use of animals in scientific research has long been the subject of heated debate. On the one hand, they are crucial for allowing scientists to learn more about human biology and health, and for developing new medicines. However, at the same time, it is considered morally wrong to use animals in this way solely for human benefit.

The Practice: Department of Zoology in collaboration with MCM Eco-club 'Parivesh' organized an online declamation contest on the theme- 'Is animal testing justified?' on 26.02.2022 as a part of Science Week Celebration sponsored by Department of Science and Technology & Renewable Energy, Chandigarh Administration. Students of undergraduate and postgraduate courses were motivated to participate and send their entries in the form of video recordings. 30 participants from various colleges sent their declamation recordings and presented their arguments for and against the use of animals in the laboratory. The first, second and third prizes were bagged by Himani Chandel (Sri Guru Gobind Singh

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College, Sector-26, Chandigarh), Bhavika Mehta (Mehr Chand Mahajan DAV College for Women, Sector-36, Chandigarh) and Naitik (Post Graduate Government College for Girls, Sector-11, Chandigarh) respectively. All the participants were given participation certificates. Winners were awarded with cash prizes.

Evidence of Success: Students came to know about advantages and disadvantages of using animals in research experiments.

PRIZE	NAME OF THE PARTICIPANT	CLASS	INSTITUTION	VIDEO LINK
First (Rs. 1500/-)	Himani Chandel	B.Sc. III Medical	Sri Guru Gobind Singh College, Sector-26, Chandigarh	Link 1
Second (Rs. 1000/-)	Bhavika Mehta	B.Sc. II Non- medical	Mehr Chand Mahajan DAV College for Women, Sector-36, Chandigarh	Link 2
Third (Rs. 500/-)	Naitik	B.Sc. III Non- medical	Post Graduate Government College for Girls, Sector-11, Chandigarh	Link 3



First prize: Himani
Chandel



Second prize:
Bhavika Mehta



Third prize:
Naitik

20. Celebration of Maharishi Dayanad Jayanti

Event: i) Vedic Bhajan Gayan Pratiyogita and ii) Contribution on Canvas

Organized by: Character Building Committee & Arya Samaj Committee

Date: 26 February 2022

Number of participants: 47 participants

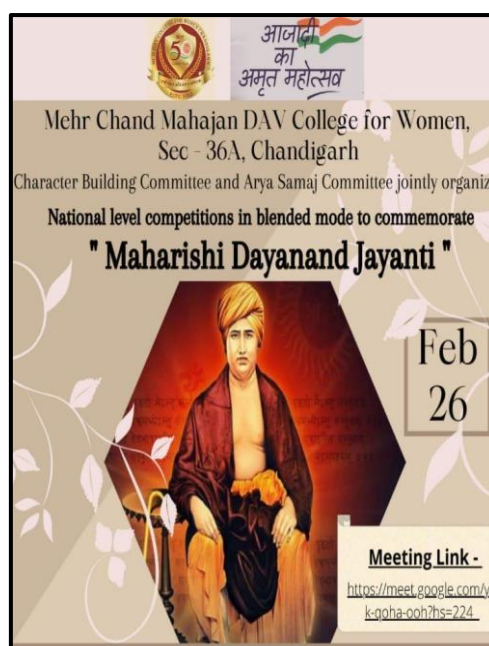
Student Ambassadors: Neeruj Sagwal, Aditi Joshi, Pranamya Joshi, Tanya

Objective: To enlighten students with the teachings of Swami Dayanand Saraswati and continue the legacy of Arya Samaj

The Context: To commemorate the teachings given by Maharishi Dayanand Saraswati on Maharishi Dayanand Jayanti, the Character-Building Committee & Arya Samaj Committee of the College organized a National Level Competition with two activities; Vedic Bhajan Gayan Pratiyogita and Contribution on Canvas to commemorate. The event was organized to commemorate Maharishi Dayanand Jayanti which is celebrated on 26th February, 2022.

The Practice: Student Ambassadors and teachers initiated this noble effort of spreading knowledge about Arya Samaj and Swami Dayanand Saraswati ji through this National Level Competition. 10 beautiful Canvas paintings were received in the competition and around 37 participants from across the nation attended the Geet Gayan Pratiyogita held online via Google Meet.

Dr Nisha Bhargava, the Chairperson of the Committee and Principal of the College addressed the participants, teachers, and the audience in the online google meet. Participants were inspired to follow the Arya Samajik approach in life. Dr Seema Kanwar, Convener of the Character-Building Committee, in her speech mentioned how the institution was established and how this competition is an important way of remembering Swami Dayanand Saraswati. After the mesmerizing performances by the participants, the Judges, Mrs. Deepa Chibber and Ms Jaspreet Jassal judged the performances and declared three winners.



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Outcome: The students appreciated the idea behind this competition and accepted that it is important for the youth to stay connected with their roots and culture.

Evidence of Success: The idea behind this competition reached everyone. And the young generation enjoyed the celebration of our cultural heritage. Results of the events are as follows:

First Prize: Amisha Goel, BA II, 2748

Second Prize: Anubha Sharma, BA II, 2843

Third Prize: Piezal Singh, BCA III, 6197

Consolation Prize: Aashima Chopra, BA III, 2016

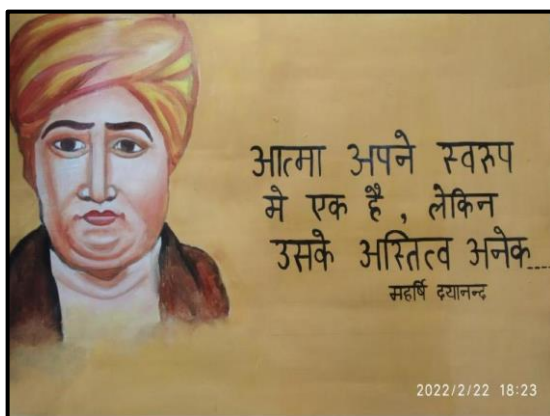


Bhajan Gayan Pratiyogita

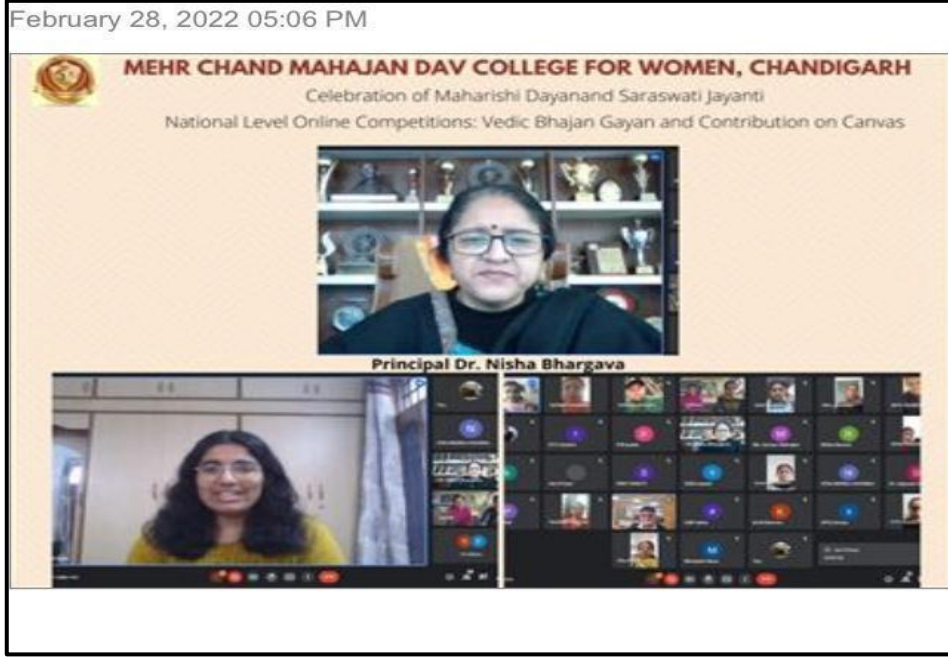
First Prize: Mukul Gill, M. A I, Panjab University

Second Prize: Ishmeet Kaur, B.A II

Third Prize: Anchal Jha, M.A. I, Shivangi Mahavidyalaya, Jaunpur, UP,
Simranjeet Kaur, B. A. II



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Media Coverage:

एमसीएम ने स्वामी दयानंद सरस्वती को श्रद्धांजलि अर्पित की

ह्यूमन इंडिया/ब्यूरो

चंडीगढ़। महर्षि दयानंद सरस्वती जयंती के उपलक्ष्य में, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की चरित्र निर्माण समिति और आर्य समाज समिति ने वैदिक भजन गायन प्रतियोगिता और कंट्रीब्यूशन ऑन कैनवास शीर्षक से राष्ट्रीय स्तर की ऑनलाइन प्रतियोगिताओं का आयोजन किया। महान दार्शनिक, समाज सुधारक और आर्य समाज के संस्थापक को श्रद्धांजलि देने के अलावा, प्रतियोगिताओं का उद्देश्य छात्रों को स्वामी दयानंद सरस्वती जी बहुमूल्य शिक्षाओं और विरासत के बारे में अवगत करवाना था। इस अवसर पर प्राचार्या डॉ. निशा भागव ने छात्रों को स्वामी दयानंद सरस्वती के अविस्मरणीय योगदान से परिचित करवाते हुए, शिक्षा के क्षेत्र, महिला सशक्तिकरण, वेदों के माध्यम से राष्ट्रवाद की भावना को जगाने, भेदभाव से लड़ने, सामाजिक उत्थान और राष्ट्र निर्माण की दिशा में उनके अत्यधिक महत्वपूर्ण योगदान को विस्तार से बताया। स्वामीजी की आधुनिक भारत के निर्माणकर्ताओं में से एक के रूप में संदर्भित करते हुए, डॉ. भागव ने कहा कि उनके लिए एक सच्ची श्रद्धांजलि उनके पदचिह्नों पर चलने का संकल्प होगा और दूसरों को भी उनकी विरासत को आगे बढ़ाने के लिए प्रेरित करना होगा। प्रतियोगिताओं में 47 से अधिक छात्रों की उत्साही भागीदारी रही। ऑनलाइन वैदिक भजन गायन प्रतियोगिता में, प्रतिभागियों के भजनों की भावपूर्ण प्रस्तुतियों ने दर्शकों को मंत्रमुग्ध कर दिया। कंट्रीब्यूशन ऑन कैनवास प्रतियोगिता में प्रतिभागियों ने स्वामीजी के योगदान को प्रदर्शित करते हुए अपनी रचनात्मक कलाकृतियाँ प्रस्तुत कीं।

'कंट्रीब्यूशन ऑन कैनवास प्रतियोगिता के परिणाम हैं:

प्रथम पुरस्कार: अमीषा गोयल, बीए-द्वितीय, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़

द्वितीय पुरस्कार: अनुभा शर्मा, बीए-द्वितीय, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़

तीसरा पुरस्कार: पीजल सिंह, बीसीए-III, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़

सांत्वना पुरस्कार: आशिमा चोपड़ा, बीए III, पीसीएम एसडी कॉलेज फॉर विमेन जालंधर।

वैदिक भजन प्रतियोगिता के परिणाम हैं:

प्रथम पुरस्कार: मुकुल गिल, पंजाब विश्वविद्यालय

दूसरा पुरस्कार: इशमीत कौर, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़

तीसरा पुरस्कार: आंचल झा, शिवांगी महिला महाविद्यालय पछटिया, जौनपुर (यूपी) और सिमरनजीत कौर, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़

वैदिक भजन में पीयू के मुकुल विजेता

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज की चरित्र निर्माण समिति और आर्य समाज समिति ने दयानंद सरस्वती जयंती पर वैदिक भजन गायन और कंट्रीब्यूशन ऑन कैनवास ऑनलाइन प्रतियोगिताओं का आयोजन किया गया। वैदिक भजन में पीयू के मुकुल गिल विजेता रहे।

कार्यक्रम का उद्देश्य छात्रों को दार्शनिक, समाज सुधारक और आर्य समाज के संस्थापक की शिक्षाओं और विरासत के बारे में अवगत करवाना था। प्राचार्या डॉ. निशा भागव ने छात्रों को स्वामी दयानंद सरस्वती के योगदान से परिचित करवाते हुए शिक्षा क्षेत्र, महिला सशक्तिकरण, भेदभाव से लड़ने, सामाजिक उत्थान और राष्ट्र निर्माण की दिशा में योगदान को विस्तार से बताया। प्रतियोगिताओं में 47 से अधिक छात्रों ने हिस्सा लिया। ब्यूरो

कंट्रीब्यूशन ऑन कैनवास में विजेता

प्रथम पुरस्कार एमसीएम की अमीषा गोयल, द्वितीय पुरस्कार एमसीएम की अनुभा शर्मा, तीसरा पुरस्कार एमसीएम की पीजल सिंह और एसडी कॉलेज जालंधर की आशिमा चोपड़ा को सांत्वना पुरस्कार दिया गया।

वैदिक भजन के विजेता

प्रथम पुरस्कार पीयू के मुकुल गिल, दूसरा पुरस्कार एमसीएम की इशमीत कौर, तीसरा पुरस्कार शिवांगी महिला महाविद्यालय पछटिया, जौनपुर की आंचल झा और एमसीएम कॉलेज के सिमरनजीत कौर को मिला।

एमसीएम ने स्वामी दयानंद सरस्वती को श्रद्धांजलि अर्पित की

फास्ट मीडिया
चंडीगढ़/विनोद कुमार
महर्षि दयानंद सरस्वती जयंती के उपलक्ष्य में, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की चरित्र निर्माण समिति और आर्य समाज समिति ने 'वैदिक भजन गायन प्रतियोगिता' और 'कंट्रीब्यूशन ऑन कैनवास' शीर्षक से राष्ट्रीय स्तर की ऑनलाइन प्रतियोगिताओं का आयोजन किया। महान दार्शनिक, समाज सुधारक और आर्य समाज के संस्थापक को श्रद्धांजलि देने के अलावा, प्रतियोगिताओं का उद्देश्य छात्रों को स्वामी दयानंद सरस्वती जी बहुमूल्य शिक्षाओं और विरासत के बारे में अवगत करवाना था। इस अवसर पर प्राचार्या डॉ. निशा भार्गव ने छात्रों को स्वामी दयानंद सरस्वती के अविस्मरणीय योगदान से परिचित करवाते हुए, शिक्षा के क्षेत्र, महिला सशक्तिकरण, वेदों के माध्यम से राष्ट्रवाद की भावना को जगाने, भेदभाव से लड़ने, सामाजिक उत्थान और राष्ट्र निर्माण की दिशा में उनके अत्यधिक महत्वपूर्ण योगदान को विस्तार से बताया। स्वामीजी की आधुनिक भारत के निर्माणकर्ताओं में से एक के रूप में संदर्भित करते हुए, डॉ.



प्रतियोगिता में, प्रतिभागियों के भजनों की भावपूर्ण प्रस्तुतियों ने दर्शकों को मंत्रमुग्ध कर दिया। कंट्रीब्यूशन ऑन कैनवास प्रतियोगिता में प्रतिभागियों ने स्वामीजी के योगदान को प्रदर्शित करते हुए अपनी रचनात्मक कलाकृतियां प्रस्तुत कीं।

'कंट्रीब्यूशन ऑन कैनवास' प्रतियोगिता के परिणाम हैं
प्रथम पुरस्कार: अमीषा गोयल, बीए-द्वितीय, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़
द्वितीय पुरस्कार: अनुभा शर्मा, बीए-द्वितीय, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़
तीसरा पुरस्कार: पीजल सिंह, बीसीए-III, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़
सात्वना पुरस्कार: आशिमा चोपड़ा, बीए III, पीसीएम एसडी कॉलेज फॉर विमेन जालंधर।
वैदिक भजन प्रतियोगिता के परिणाम हैं:
प्रथम पुरस्कार: मुकुल गिल, पंजाब विश्वविद्यालय
दूसरा पुरस्कार: इशमीत कौर, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़
तीसरा पुरस्कार: आंचल झा, शिवांगी महिला महाविद्यालय पछटिया, जौनपुर (यूपी) और सिमरनजीत कौर, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़।

न्यूज़ ब्रीफ

स्वामी दयानंद सरस्वती को श्रद्धांजलि अर्पित की

चंडीगढ़, 28 फरवरी (आशीष): महर्षि दयानंद सरस्वती जयंती के उपलक्ष्य में सैक्टर-36 स्थित मेहर चंद महाजन डी.ए.वी. कॉलेज फॉर वूमैन की चरित्र निर्माण समिति और आर्य समाज समिति ने वैदिक भजन गायन प्रतियोगिता और कंट्रीब्यूशन ऑन कैनवास शीर्षक से राष्ट्रीय स्तर की ऑनलाइन प्रतियोगिताओं का आयोजन किया। महान दार्शनिक, समाज सुधारक और आर्य समाज के संस्थापक को श्रद्धांजलि देने के अलावा, प्रतियोगिताओं का उद्देश्य छात्रों को स्वामी दयानंद सरस्वती जी बहुमूल्य शिक्षाओं और विरासत के बारे में अवगत करवाना था। प्रतियोगिताओं में 47 से अधिक छात्रों की उत्साही भागीदारी रही।

एमसीएम ने स्वामी दयानंद सरस्वती को श्रद्धांजलि दी

चंडीगढ़, 28 फरवरी (राम सिंह बराड़): महर्षि दयानंद सरस्वती जयंती के उपलक्ष्य में, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की चरित्र निर्माण समिति और आर्य समाज समिति ने 'वैदिक भजन गायन प्रतियोगिता' और 'कंट्रीब्यूशन ऑन कैनवास' शीर्षक से राष्ट्रीय स्तर की ऑनलाइन प्रतियोगिताओं का आयोजन किया। महान दार्शनिक, समाज सुधारक और आर्य समाज के संस्थापक को श्रद्धांजलि देने के अलावा, प्रतियोगिताओं का उद्देश्य छात्रों को स्वामी दयानंद सरस्वती जी बहुमूल्य शिक्षाओं और विरासत के बारे में अवगत करवाना था। इस अवसर पर प्राचार्या डॉ. निशा भार्गव ने छात्रों को स्वामी दयानंद सरस्वती के अविस्मरणीय योगदान से परिचित करवाते हुए, शिक्षा के क्षेत्र, महिला सशक्तिकरण, वेदों के माध्यम से राष्ट्रवाद की भावना को जगाने, भेदभाव से लड़ने, सामाजिक उत्थान और राष्ट्र निर्माण की दिशा में उनके अत्यधिक महत्वपूर्ण योगदान को विस्तार से बताया। स्वामीजी को आधुनिक भारत के निर्माणकर्ताओं में से एक के रूप में संदर्भित करते हुए, डॉ. भार्गव ने कहा कि उनके लिए एक सच्ची श्रद्धांजलि उनके पदचिह्नों पर चलने का संकल्प होगा और दूसरों को भी उनकी विरासत को आगे बढ़ाने के लिए प्रेरित करना होगा। प्रतियोगिताओं में 47 से अधिक छात्रों की उत्साही भागीदारी रही। ऑनलाइन वैदिक भजन गायन प्रतियोगिता में, प्रतिभागियों के भजनों की भावपूर्ण प्रस्तुतियों ने दर्शकों को मंत्रमुग्ध कर दिया। कंट्रीब्यूशन ऑन कैनवास प्रतियोगिता में प्रतिभागियों ने स्वामीजी के योगदान को प्रदर्शित करते हुए अपनी रचनात्मक कलाकृतियां प्रस्तुत कीं।



कार्यक्रम की ऑनलाइन तस्वीर।

प्रतियोगिताओं में 47 से अधिक छात्रों की उत्साही भागीदारी रही। ऑनलाइन वैदिक भजन गायन प्रतियोगिता में, प्रतिभागियों के भजनों की भावपूर्ण प्रस्तुतियों ने दर्शकों को मंत्रमुग्ध कर दिया। कंट्रीब्यूशन ऑन कैनवास प्रतियोगिता में प्रतिभागियों ने स्वामीजी के योगदान को प्रदर्शित करते हुए अपनी रचनात्मक कलाकृतियां प्रस्तुत कीं। 'कंट्रीब्यूशन ऑन कैनवास' प्रतियोगिता के परिणाम हैं: प्रथम पुरस्कार: अमीषा गोयल, बीए-द्वितीय, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़, द्वितीय पुरस्कार: अनुभा शर्मा, बीए-द्वितीय, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़, तीसरा पुरस्कार: पीजल सिंह, बीसीए-तृतीय, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़, सात्वना पुरस्कार: आशिमा चोपड़ा, बीए तृतीय, पीसीएम एसडी कॉलेज फॉर विमेन जालंधर। वैदिक भजन प्रतियोगिता के परिणाम हैं: प्रथम पुरस्कार: मुकुल गिल, पंजाब विश्वविद्यालय, दूसरा पुरस्कार: इशमीत कौर, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़, तीसरा पुरस्कार: आंचल झा, शिवांगी महिला महाविद्यालय पछटिया, जौनपुर (यूपी) और सिमरनजीत कौर, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़।

21. Andaaz-2022: National Level Competition to Promote Recycling of Old clothes

An initiative of Swachhta Committee (Arts) in collaboration with Post Graduate Department of Sociology

Convener (Swachhta Committee Arts): Ms Suman Mahajan, **Head of Department (Sociology):** Dr Bhavna Sood

Name of Coordinator(s): Dr Minakshi Rana & Ms Richa

Date of Circulation: 1-7 March 2022

Result Declared: 12 March 2022

Number of Participants: 18

Objective: To promote recycling of old clothes

The Practice: To promote recycling of old clothes, a national level competition was held where 18 participants took part with enthusiasm. The participants used beautifully old shirts, kurtis, denims, curtains, and bed sheets to create articles like cushion covers, party dresses, masks etc.

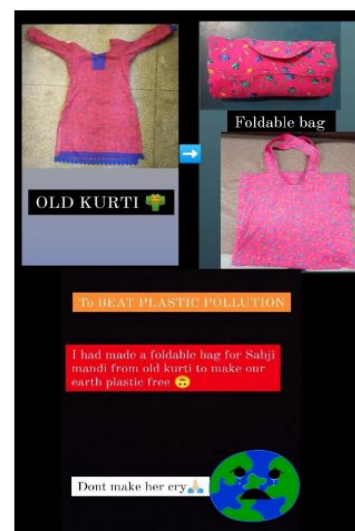
Following students won the prizes:

First place: Ananya Mahajan, MCMDAV college for Women, Chandigarh

Second place: Manasi Sharma, PGGCG, Sector- 42, Chandigarh

Third Place: Priyanka Sharma, PGGCG, Sector 42, Chandigarh

Consolation Prize: Deepika Singmar, PGGCG, Sector - 42, Chandigarh



Media Coverage:



22. Cyber Swachhta Collage Making Activity

Organized by: Swachhta Committee of Department of Computer Science & Applications, Mehr Chand Mahajan DAV College for Women, Chandigarh

Coordinators: Dr Ritika Bansal, Ms Sandeep Kaur

Date: 05 March 2022

Objectives:

- To inculcate a team spirit amongst the students
- To make them equipped with the knowledge about Cyber Swachhta

The Context: For understanding the title "Cyber Swachhta", a link <https://www.csk.gov.in> was provided to students which was explored by participants to get the profound knowledge about topic. This activity provided a platform to inculcate the team spirit and cooperation among students and opened the first window of team interaction and played as an ice-breaking session among students.

The Practice: Students from different classes enthusiastically participated in this team event. The event was conducted in Lab 1 and Lab 3 of Department of Computer Science and Applications on 5th March 2022 between 2:00 pm to 3:00 pm.

Evidence of Success: A total of 45 students participated and enthusiastically submitted their collages on Cyber Swachhta theme. The students actively participated in this activity and found it very interesting and informative. Overall,

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the event was very interactive and insightful. It was well-received by the participants.

Problems Encountered and Resources Required

No significant problem was faced as such. Event was conducted offline and organizing team could plan and execute the event successfully.



23. Pad Collection Drive: “Donate a Pad” and Pad Distribution

Organized by: Women Development Cell

Date: 03-04 March 2022

Number of participants: 15

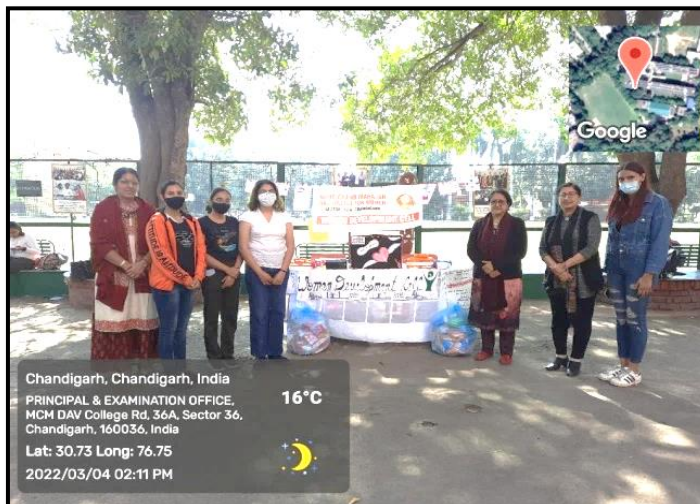
Objective

- To increase awareness among females on Menstrual Hygiene
- To increase access to and use of high-quality sanitary napkins
- To ensure safe disposal of Sanitary Napkins in an environmentally friendly manner

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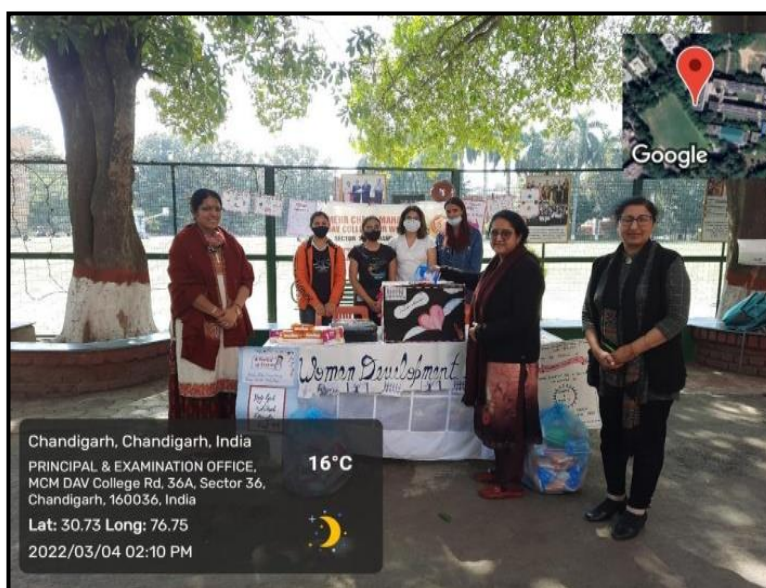
The Context: Poor women struggle to get a clean piece of cloth to manage their period every month. There is a lack of awareness about menstrual health and hygiene. Living in a culture of shame and silence, they end up using poor substitutes like rags and ash, or worse they use nothing.

The Practice: Women Development Cell, Mehr Chand Mahajan DAV College for Women, Chandigarh conducted a drive on Sanitary pads collection “Donate a Pad” for the underprivileged women of slum area of sector 25, Chandigarh to



mark International Women’s Day Celebrations on 8th March,2020. This activity was held on 3rd and 4th March 2022 in the college campus. Along with this, *Nukkad Natak* was performed on Topic: menstrual Hygiene and its importance for class IV employees of college and students near bank area of college. Also conducted a drive on “Sanitary Pads Distribution” for the underprivileged women of slum area of sector 25, Chandigarh to mark International Women’s Day Celebrations on 8th March, 2020.

Evidence of Success: The pads collected were distributed among the women of slum area of Sector 25. They were made aware about the usage of sanitary napkins.



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Media Coverage

एमसीएम ने अंतर्राष्ट्रीय महिला दिवस मनाया

चंडीगढ़, 9 मार्च (विशेष संवाददाता) : नारीत्व के भाव का सम्मान करते हुए, मेहर चंद महलान डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने कई कार्यक्रमों के साथ अंतर्राष्ट्रीय महिला दिवस मनाया। कॉलेज ने नारी शक्ति सम्मान का आयोजन किया, जिसमें विभिन्न क्षेत्रों में असाधारण उपलब्धि हासिल करने वाली छात्राओं और ऐसे ही प्रतिभा सम्पन्न उनके मेंटॉर्स को सम्मानित किया गया। भारत सरकार के महिला एवं बाल विकास मंत्रालय द्वारा 'आज़ादी का अमृत महोत्सव' के तत्वावधान में आयोजित इस समारोह में मुख्य अतिथि के रूप में प्रधानाचार्य डॉ. निशा भार्गव शामिल हुईं। नारी शक्ति सम्मान के दौरान 29 छात्र, जिन्होंने सामाजिक विकास के क्षेत्र में अनुकरणीय कार्य किया और शिक्षा, खेल और सह-पाठ्यक्रम गतिविधियों में ख्याति प्राप्त की, उन्हें नकद छात्रवृत्ति से सम्मानित किया गया। डॉ. भार्गव द्वारा स्व-रचित कविता की प्रस्तुति ने दर्शकों को मंत्रमुग्ध कर दिया, जिससे उपस्थित सभी लोग भावुक हो गए। चंडीगढ़ पुलिस के सहयोग से आयोजित महिला दिवस के उपलक्ष्य में एक अन्य कार्यक्रम में, कॉलेज ने साइबर सुरक्षा मार्च-रैली का आयोजन किया। कॉलेज से किसान भवन तक चलने वाली रैली का उद्घाटन डॉ. भार्गव द्वारा किया गया। कॉलेज के चंडीगढ़ पुलिस साइबर सेफ्टी इंटरन ने जीसीजी-42 और स्टूडेंट सेंटर, पंजाब यूनिवर्सिटी में जागरूकता नुकड़ नाटक किया। महिला दिवस के अवसर पर कॉलेज के विमन डेवलपमेंट सेल ने सेनिटरी नैपकिन डोनेशन ड्राइव का आयोजन किया और इस प्रकार एकत्रित नैपकिन को सेक्टर 25 के स्लम एरिया में रहने वाली महिलाओं को वितरित किया गया और महावारी पर एक नुकड़ नाटक का आयोजन भी किया गया। कॉलेज के विमन डेवलपमेंट सेल ने ललित कला विभाग के सहयोग से 'चूमन ऑफ प्राइड' विषय पर कैरिकेचर मेकिंग प्रतियोगिता का आयोजन किया। कॉलेज के गृह विज्ञान विभाग ने सुपर शेफ इंडिया और मास्टर शेफ पंजाबी के विजेता शेफ शैली सिंगला द्वारा एक स्वस्थ व्यंजन डेमो कार्यशाला 'एक्सक्रिसिट डिलीशियस-बियॉन्ड द प्लेट' का आयोजन किया। कार्यशाला के दौरान शेफ द्वारा पालक का सलाद, कढ़ू का सूप, ओट्स और चिया सौंड्स पुडिंग सहित स्वस्थ व्यंजनों का प्रदर्शन किया गया। कॉलेज में महिला दिवस मनाने वाले सभी कार्यक्रमों को छात्राओं की उत्साहजनक प्रतिक्रिया मिली और उन्होंने महिला सशक्तिकरण के लिए काम करने के लिए स्वयं को प्रेरित महसूस किया।

एसडी कॉलेज में सिविल सर्विसेज में कैरियर को लेकर सैमिनार का आयोजन

चंडीगढ़, 9 मार्च (विशेष संवाददाता) : सेक्टर-32 स्थित गोस्वामी गणेश दत्त सनातन धर्म कॉलेज में मंगलवार को अंतर्राष्ट्रीय महिला दिवस के मौके पर सिविल सर्विसेज में कैरियर को लेकर स्टूडेंट्स के लिए सेमिनार का आयोजन किया गया। सेमिनार में एनएसएस वॉलंटियर्स सहित 200 स्टूडेंट्स ने भाग लिया। सेमिनार में पंजाब की आईएसएस अधिकारी राखी गुप्ता मुख्यातिथि थी जबकि पूर्व आईएसएस अधिकारी, लेखक व विजिटिंग प्रोफेसर विवेक अत्रे सेमिनार में मुख्य वक्ता थे। विवेक अत्रे ने छात्रों को उनकी प्रोफेशनल आकांक्षाओं में सफलता प्राप्त करने के लिए केन्द्रित होने के महत्व के बारे में जानकारी दी। उन्होंने कहा कि भारतीय सिविल सेवाओं में बहुआयामी सोच और समस्या को सुलझाने की क्षमता की आवश्यकता होती है। राखी गुप्ता ने एक सिविल सर्वेंट के रूप में अपनी कठिन यात्रा और एक महिला अधिकारी के रूप में अपने अनुभवों को साझा किया। उन्होंने व्यक्तिगत और व्यावसायिक जीवन के बीच अच्छा संतुलन बनाए रखने की बात की और विशेषकर छात्राओं को सिविल सेवा परीक्षा में बैठने के लिए प्रेरित किया। कॉलेज के प्रिंसिपल डॉ. अजय शर्मा ने अतिथियों का धन्यवाद करते हुए छात्रों को अपने प्रयासों में सफलता प्राप्त करने के लिए कड़ी मेहनत करने के लिए प्रोत्साहित किया।

24. International Women's Day celebration – An Oral Hygiene Camp in adopted Village Badheri, Chandigarh

Date: 8 March 2022

Number of NSS Volunteers participated: 40

Number of Beneficiaries (residents of adopted village): More than 50 (for camp)

Objectives:

- To impart education on dental issues, oral hygiene among the residents
- To contribute to the betterment of women by making them aware of certain health issues
- To adopt an idealistic approach of "knowledge brings change", which will ultimately be a true catalyst for women empowerment.

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
(QUARTER I: JANUARY - MARCH 2022)**

The Context: International Women's Day is celebrated every year on March 8 to recognize the social, economic, cultural, and political achievements of women, and raise awareness about women's equality and advocates for accelerated gender parity.

The Practice: On the occasion of **International Women's Day**, NSS Units in collaboration with Medical Committee of the College organized an **Oral Hygiene Camp** in their adopted village Badheri on 8th March 2022 as a part of '**Azadi Ka Amrit Mahotsav**'. The camp was organized under the able guidance



of Principal Dr Nisha Bhargava and supervision of NSS programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari and Dr Sarabjeet Kaur, Co-Convener of Medical Committee. Dr Ramandeep Kaur and Dr Sonica were the coordinators of the event. During the camp, a known dentist, Dr Anupam Upall, shed light on the importance of oral health and explained several oral hygiene practices one should adopt during his/her normal routine. In this camp, more than 50 residents including women and girls were examined and benefited. NSS volunteers assisted Dr Anupam and encouraged residents to follow proper oral hygiene routine in their daily life.

Evidence of Success: NSS volunteers, with their dedication to serve the people, played a vital role in making the camp a huge success people.



25. National Workshop on “Good Lab Practices” in Biological and Chemical Sciences

Date: 10 March 2022

Number of student participation: 205

Objective: To appreciate the significance of understanding Good Lab Practices and their implementation, by citing various examples and incidences from the laboratory environment.

The Context GLP can be applied to broad disciplines of science to cater to the needs of the experimental objectives, generation of quality data and assay reproducibility. It can pave the way for a better understanding of scientific problems and help to maintain good human and environmental health.

Evidence of Success:

Organizer's ID: LGIDNT						
Organizer(s):	Biological & Chemical Waste Management Committee					
Event Name:	National Workshop on Good Laboratory Practices in Biological & Chemical Sciences					
Date & Time:	10/03/2022 15:00 – 21/03/2022 17:00					
Total Registrations:	439	Attendance:	205	Certificate:	165	
Gender:	Male:	47/101	Female:	158/338		
Category:	GEN:	153/312	IBC:	32/73	SC:	14/40
				ST:	4/8	
Place:	Delhi/NCR:	45/126	Other:	160/313		
College/Department:	BCAS:	40/88	Other:	165/351		
University/Institute:	DU:	42/97	Other:	163/342		
Feedback						
166	Speaker	Interest Generated	Lecture Content	Interacting Skills	Subject Knowledge	Overall Rating
	Average	4.53	4.61	4.51	4.70	4.61
	Organizer	Event Relevance	Schedule & Hospitality	Content Satisfaction	Encouragement	Overall Rating
	Average	4.58	4.44	4.58	4.51	4.61

एमसीएम में कार्यशाला का आयोजन, कई विशेषज्ञों ने लिया भाग

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज फॉर वुमन के खाद्य विज्ञान विभाग ने भास्कराचार्य कॉलेज ऑफ एप्लाइड साइंसेज, नई दिल्ली और गार्गी कॉलेज दिल्ली के सहयोग से अच्छी प्रयोगशाला प्रथा विषय पर कार्यशाला करवाई। इसमें पीयू के जैव रसायन विभाग के प्रो. अर्चना भटनागर, श्रीराम औद्योगिक अनुसंधान संस्थान, नई दिल्ली में पर्यावरण संरक्षण प्रभाग के प्रमुख डॉ. विवेक नारायण सिंह और पीयू के डॉ. जीपंजन दत्ता प्रमुख वक्ता रहे। विशेषज्ञों ने प्रयोगशाला वातावरण के अलग-अलग उदाहरण देकर प्रयोगशाला प्रथाओं को समझने और उनके कार्यान्वयन पर विचार किया। ब्यूरो

Media Coverage:

MCM holds workshops on good lab practices, food adulteration

CHANDIGARH: The Food Science Department of Mehr Chand DAV College for Women, Chandigarh, in two separate collaborative initiatives with Bhaskaracharya College of Applied Sciences (BCAS), New Delhi and AFSTIA, and Gargi College, Delhi University, New Delhi, organised national online workshops on Good Lab Practices and Food Adulteration, respectively. The workshop on Good Lab Practices in Biological and Chemical Sciences had Prof. Archana Bhatnagar, Department of Biochemistry, Panjab University, Chandigarh, Dr. Vivek Narayan Singh, Head of Division, Environment Protection Division, Shriram Institute of Industrial Research, New Delhi and Dr. Dipanjan Dutta, Ramalingaswami Faculty, Department of Biochemistry, Panjab University, Chandigarh as the resource persons. The experts deliberated on the significance of understanding good lab practices and their implementation, by citing various examples and incidences from laboratory environment.

26. Sustainable Urban Farming

Date: 10 March - till now

Number of students: 24-30

Objective: To teach young girls how to grow vegetables and herbs in chemical free manner to fulfil their basic nutritional needs.

The Context: Sustainability is pivotal in shaping our future and with the increase in urbanization, it is utmost important to produce food in urban spaces leading to ecological resilience.

The Practice: The participants learnt:

- Making soil ready for planting
- Identifying good seeds
- Pest management
- Making compost

Evidence of Success: Vegetables have been growing in abundance. Nearly 40 quintals have been distributed to the employees of the college.



27. Online National Level Photography Competition on the theme “Pristine Mother Nature captured in the buoyancy of Spring”

Date: 12 March 2022

Number of participants: 245

Objective:

- To catch the natural glimpses of the Spring season via online digital photography devices
- To inculcate among the students, a flair for admiration of the nature’s bounties manifested in different forms

The Context: Conflating a motley of myriad hues of the spring season brings in its fold an instinct to admire mother nature. The competition arranged by the Swachhta Committee aimed at encouraging the students to practice their skills of photography by giving a suitable title to their pictures.

The Practice: The Swachhta Committee, PG Department of Commerce, Mehr Chand Mahajan DAV College for Women, organized an online **National Level Photography Competition** on the theme “**Pristine Mother Nature captured in the buoyancy of Spring**”. The competition drew responses from over 245 participants from across different colleges/institutions in the periphery of Punjab and Haryana. All the entries showcased the optical acumen of the participants and brought forward a spectrum of mother nature at its best in the spring season. The accompanying titles to the photographs lent a meaningful interpretation and connection to the sublime springtide environs. The judges devoted their skilful time and aesthetics in analysing and assessing the pictures with their corresponding titles.

Evidence of Success: The following were the prizes declared on March 12, 2022-

First Prize: Rs.2,000/- Manshita Goyal, Class BA II, Mehr Chand Mahajan DAV College for Women, Chandigarh.

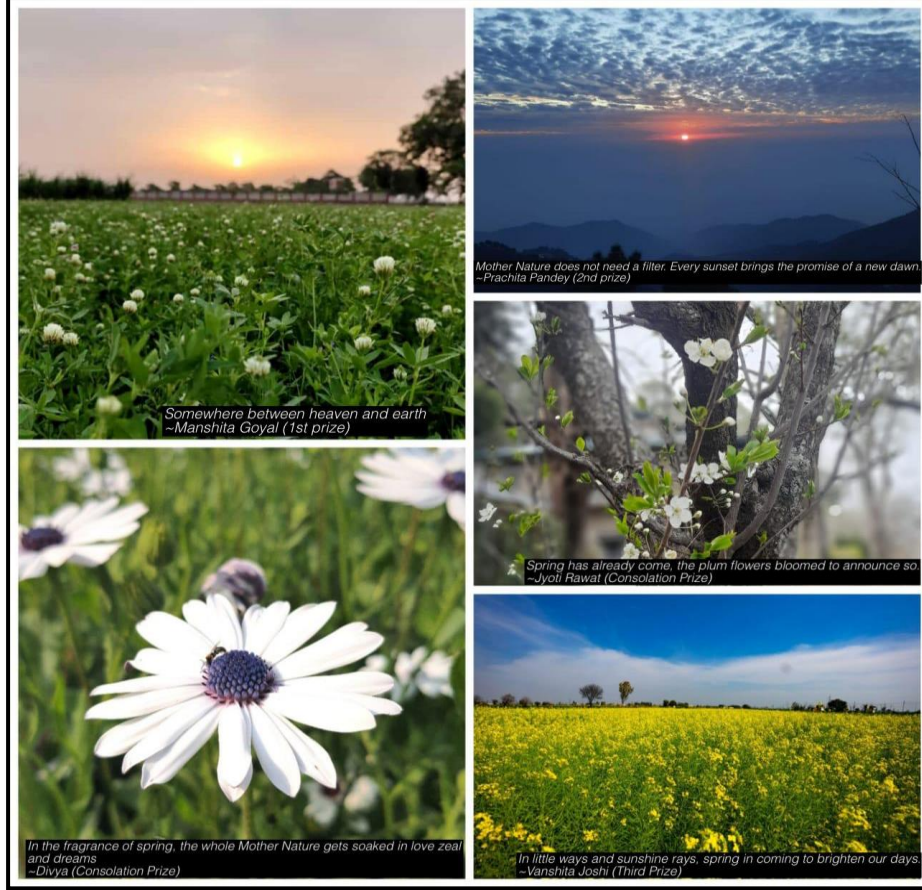
Second Prize: Rs.1,500/- Prachita Pandey, Class B. Com II, GGSCW, Chandigarh.

Third Prize: Rs.1,000/- Vanshita Joshi, Class B.Sc. II, Khalsa College for Women, Ludhiana.

Two Consolation Prizes: Rs.800/-each-

a) Divya, Class B.Sc. II (Med) Mehr Chand Mahajan DAV College for Women, Chandigarh

(b) Jyoti Rawat. B. Com I, GCG, Sector 42, Chandigarh



Press Coverage

एमसीएम में राष्ट्रीय फोटोग्राफी और पुराने कपड़ों के पुनर्चक्रण पर प्रतियोगिता का आयोजन

चंडीगढ़, 6 अप्रैल (राम सिंह बराड़): मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ की स्वच्छता समिति के तत्वावधान में, स्नातकोत्तर वाणिज्य और समाजशास्त्र विभाग ने दो अलग-अलग राष्ट्रीय स्तर की ऑनलाइन प्रतियोगिताओं का आयोजन किया। वाणिज्य विभाग ने 'प्रिस्टीन मंदर नेचर केम्प' इन द बर्थिस ऑफ सिंग' विषय पर एक फोटोग्राफी प्रतियोगिता आयोजित की और समाजशास्त्र विभाग ने अंदाज-पुराने कपड़ों के पुनर्चक्रण पर एक प्रतियोगिता का आयोजन किया। फोटोग्राफी प्रतियोगिता को पंजाब और हरियाणा के विभिन्न कॉलेजों / संस्थानों के 245 से अधिक प्रतिभागियों से उत्साहजनक प्रतिक्रिया मिली। इन प्रतियोगियों ने चर्च में मातृ प्रकृति के एक स्पेक्ट्रम को अपने सबसे अच्छे रूप में उभारा और साथ में रचनात्मक कैप्शन ने उदात्त सिंग टाइड वातावरण के साथ एक सार्थक



कार्यक्रम की ऑनलाइन तस्वीर।

संकेत जोड़ा। विजेताओं को नकद पुरस्कार देकर सम्मानित किया गया। पुराने कपड़ों के पुनर्चक्रण को बढ़ावा देने के उद्देश्य से, अंदाज प्रतियोगिता में प्रतिभागियों को पुराने कपड़ों से कोई नई वस्तु बनाने की आवश्यकता थी। प्रतिभागियों द्वारा कुशन कवर, पार्टी ड्रेस, मार्स्क आदि जैसी चीजें बनाने के लिए पुरानी शर्ट, कुर्तियों, ड्रेनिंग, पर्दे और चादर का इस्तेमाल

किया गया था। प्रधानाचार्या डॉ. प्रकृति के प्रति सद्भाव बढ़े, और निशा भर्गव ने स्वच्छता एवं स्थिरता बनी रहे। उन्होंने वाणिज्य और समाजशास्त्र विभागों के प्रयासों की सराहना की, ऐसी और जागरूकता पहल के माध्यम से विचारशील प्रतियोगिताओं का स्वच्छ भारत को प्रामाणिकता के लिए निरंतर आयोजन करने के लिए, जिससे, प्रयासरत रहेगा।

फोटोग्राफी प्रतियोगिता के परिणाम इस प्रकार हैं

प्रथम पुरस्कार : मनशिता गोयल, कक्षा बी.ए. मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़।
द्वितीय पुरस्कार: प्रचिता पांडे, कक्षा बी.कॉम II, जी.जी.एस.डी.ए. चंडीगढ़।
तैसरा पुरस्कार: वंशिता जोशी, कक्षा बी.एससी II, खालसा कॉलेज फॉर वूमैन, लुधियाना।
दो सांत्वना पुरस्कार: (ए) दिव्या, कक्षा बी.एससी II (मेड) मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़।
(बी) ज्योति रावत, बी.कॉम I, जे.सी.जी.-42, चंडीगढ़।
अंदाज के नतीजे इस प्रकार हैं
प्रथम पुरस्कार: अनन्या महाजन, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़।
द्वितीय पुरस्कार: मानसी शर्मा, पी.जी.सी.जी.-42 चंडीगढ़।
तैसरा पुरस्कार: प्रियंका शर्मा, पी.जी.सी.जी.-42 चंडीगढ़।
सांत्वना पुरस्कार: दीपिका सिंघमार, पी.जी.सी.जी.-42 चंडीगढ़।

MCM Swachhta Committee holds national photography, recycling of old clothes competitions

CHANDIGARH (RAJIV JAIN): Under the aegis of Swachhta Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, the Postgraduate Departments of Commerce and Sociology organised two separate national level online competitions. The Department of Commerce held a Photography Competition on the theme 'Pristine Mother Nature captured in the Buoyancy of Spring' and the Sociology Department organised



Dr. Nisha Bhargava
Principal

Andaaz- a competition on recycling old clothes. The Photography competition drew an enthusiastic response from over 245 participants from across different colleges/institutions in the periphery of Punjab and Haryana. The entries brought forward a spectrum of mother nature at its best in the spring season and the accompanying creative captions lent a meaningful connection to the sublime springtide environs. The winners were awarded cash prizes. With the aim to promote recycling of old clothes, Andaaz competition required the participants to create innovative articles from used old clothes. Old shirts, kurtis, denims, curtains and bed sheets were used to create items like cushion cover, party dress, mask, etc. Principal Dr. Nisha Bhargava lauded the efforts of Swachhta Committee and the Departments of Commerce and Sociology to organise such thoughtful competitions that promote appreciation for nature.



28. Holi ke Rang Prakriti ke Sang' and Herbal Holi Colour Making Workshop

Organized by: Personality Development Club and Character Building Committee in Association with Arya Samaj Sector-16 Chandigarh

Chairperson & Principal: Dr Nisha Bhargava

Convener: Ms Nidhi Sharma (Convener of Personality Development Club)

Dr Seema Kanwar (Convener of Character Building Committee)

Coordinators: Ms Vandita Kapoor, Dr Harjot Kaur Mann, Dr Qudrat Hundal, Ms Sahiba Sharma

Student Ambassadors: Ranjana Yadav, Inderjot kaur, Aishani Kharbanda

Date: 16 March 2022

Number of participants: 150

Objective: To enlighten the students about natural and environment friendly Holi colours and develop the awareness about a pollution-free environment and eco-friendly Holi celebrations.

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH

The Personality Development Club & Character Building Committee in association with Arya Samaj Sector - 16 Chandigarh are organising a workshop (blended mode) on 'Herbal Holi Colour Making'

होली के रंग प्रकृति के संग

Certificates will be given to all the students who attend the workshop.

RESOURCE PERSON : Mrs SANTOSH VERMA

DATE - 16th MARCH, 2022
TIME - 11 AM
VENUE - SCIENCE BLOCK CONFERENCE ROOM (OLD PRINCIPAL'S OFFICE)
GOOGLE MEET LINK - <https://meet.google.com/yhm-qnzq-dck>

Also
An Online Slogan Writing Competition is being organized on the topic: 'As you mingle with colors, pick the shade that matches your personality and articulate it into Holi theme'

RULES FOR ONLINE SLOGAN WRITING COMPETITION:

1. The competition is open for all the students of college.
2. Participants have to send their entries in PDF format on or before 16th March, 2022.
3. The slogan should be pithy and original.
4. Plagiarism is strictly prohibited.
5. First three best entries shall be awarded cash prizes: 1st prize Rs. 1500, 2nd prize Rs. 1000, 3rd prize Rs. 500

Link for the entries: <https://forms.gle/eyBjhcWzEY2PFj#>

Ms. Vandita Kapoor, Dr. Harjot Kaur Mann, Dr. Qudrat Hundal, Ms. Sahiba Sharma - Coordinators
Ms. Nidhi Sharma (Personality Development Club), Dr. Seema Kanwar (Character Building Committee) - Convenues
Dr. Nisha Bhargava - Chairperson & Principal

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
(QUARTER I: JANUARY - MARCH 2022)**

The Context: The Character Building Committee & Arya Samaj Committee jointly organized an online slogan writing competition on the topic 'As you mingle with colours, pick the shade that matches your personality and articulate it into Holi theme' and organized a workshop (blended mode) on 'Herbal Holi Colour Making.

The Practice:

The teachers along with the student Ambassadors initiated this noble effort of spreading knowledge



about Holi ke Rang Prakriti ke Sang. There were 150 participants including the ones in the online (via Google meet) and the offline mode (Science Block Conference Room).

Evidence of Success: The students after participating in the workshop applauded the idea of using organic Holi colours.



29. Screening of Documentary on 'World Forest Day'

Activity coordinators: Dr Ruby Singh and Ms Jyoti Shekhawat

Date: 21 March 2022

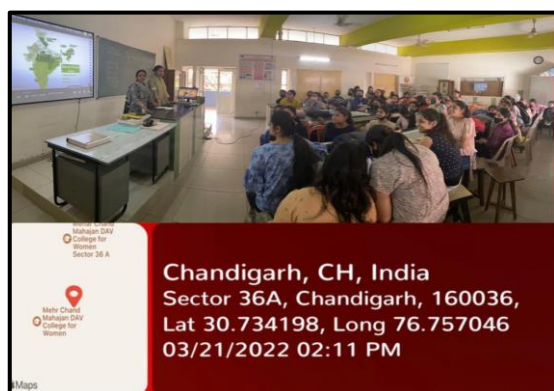
Number of participants: 52 students and 02 teachers

Objective: To raise awareness about the importance of the conservation and sustainable management of forests.

The Context: The World Forest Day is celebrated to raise awareness about the importance of all types of forests. The theme for this year is 'Forests and Sustainable Production and Consumption'. Sustainable management of forests and wise use of their resources help in combating climate change, and contribute to the prosperity and well-being of current and future generations. Creating awareness about saving this gift of Nature with unparalleled utility is a challenging task and requires constant efforts.

The Practice: Keeping in mind the impact of visual learning on young minds, a documentary based on forest conservation, and preventing forest fires was screened for the students of B.Sc. II Medical. After that, there was a discussion session regarding the need of forests to continue sustainability and survivability of the ecosystem. 52 students participated enthusiastically in the event.

Evidence of Success: The students understood that sustainable management of forests can help address climate change and biodiversity crisis.



30. Screening of Video Message on 'Water Conservation' to Celebrate 'World Water Day'

Organized by: Department of Zoology

Activity coordinator: Dr Sarabjeet Kaur & Ms Kadambari Pathania

Date: 22 March 2022

Number of participants: 50 students and 03 teachers

Objective: To spread awareness about water conservation

The Context: Water is the basis of existence of life on the Earth. Many parts of the world are facing extreme water scarcity. In the current scenario, it is important to understand the importance of water conservation.

The Practice: The Department of Zoology organized screening of video message which was prepared by Ms Diksha, Ms Harnoor, Ms Garima and Ms Ananya Tangri of B.Sc. III Medical. The video message emphasized upon the vitality of natural water resources by showing the statistics of rapidly decreasing availability of water. The methods of conserving water bodies and different measures being adopted by the government and various NGOs were highlighted during the discussion session after the presentation.

Evidence of Success: The interactive session motivated the students to contribute towards water conservation by spreading awareness in the society.



31. Awareness Rally on Jal Shakti Abhiyan on the occasion of World Water Day in adopted Village Badheri, Chandigarh

Date: 22 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To spread awareness regarding the importance of water in everyday life
- To suggest ways to save water by conserving rainwater

The Context: Jal Shakti Abhiyan (JSA) is a time-bound, mission-mode water conservation campaign that has been initiated by our Honourable Prime Minister of India Sh. Narendra Modi. On 22nd March, 2021, i.e., World Water Day, PM Modi virtually launched the campaign - 'Jal Shakti Abhiyan: Catch the Rain' where he urged the citizens of the country to conserve water through participatory approach. Taking another step forward in this direction, the NSS Units of the College in collaboration with MCM Eco-Club 'Parivesh' organized an awareness rally on Jal Shakti Abhiyan in their adopted Village Badheri, Chandigarh as part of the Seven Day/Night NSS Special Camp (2021-22).

The Practice: On the occasion of World Water Day, the NSS Units in collaboration with MCM Eco-Club 'Parivesh' of the college organized a rally on the theme "Jal Shakti Abhiyan". Under this, the volunteers rallied around the village Badheri, carried different placards, and raised slogans such

as *जल है तो जीवन है, पानी है जीवन की आस, पानी को बचाने का करो प्रयास* that aided in conveying the message that **Water conservation is the need of the hour!** The aim of this rally was to underpin the value of water as an essential



commodity and that it should be conserved and used judiciously.

Evidence of Success: In the end, all volunteers spread the message to conserve water enthusiastically and energetically.

32. Swachh Survekshan (Survey) – 2022 and Nukkad Natak in adopted Village Badheri, Chandigarh

Date: 23 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To collect feedback regarding solid-waste management i.e., sanitation status from residents of adopted village Badheri, Chandigarh and motivate them to install Swachhta App, MoHua
- To create awareness amongst all sections of society about the importance of collective action to contribute to India's journey towards a 'Swachh Bharat'

The Context: To collect public feedback regarding sanitation status in terms of solid waste management from people of adopted village Badheri, Chandigarh and motivate them to install Swachhta App for efficient feedback, a survey – Swachh Survekshan – 2022 was conducted on Day 2 of Seven Day/Night NSS Special Camp – 2022 in adopted village Badheri, Chandigarh.

The Practice: During the survey, NSS Volunteers encouraged the residents of that area

to install Swachhta App and give their valuable feedback about Swachh practices done/adopted in their respective areas. In addition, volunteers undertook door-to-door visits and motivated people for adopting efficient Solid Waste management practices. They also collected plastic waste during their door-to-door visit which



was handed over to the people of Municipal Corporation, Chandigarh for proper disposal.

In addition, volunteers staged a street play i.e. Nukkad Natak in the village premises that highlighted the importance of cleanliness in our daily

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
(QUARTER I: JANUARY - MARCH 2022)**

life. Through this street play, residents were made aware of the importance of waste segregation techniques and the usage of appropriate bins.

Evidence of Success: During the visit, more than 100 houses were covered for obtaining feedback for Swachh Survekshan – 2022.



Volunteers were successful in generating awareness of waste segregation among the masses. This activity inculcated the feeling of responsibility not only among volunteers but also among the residents of village Badheri, Chandigarh. The link to the event uploaded on the social media handle is as follows:

<https://twitter.com/MCMDAVCW/status/1507768777911734281>

https://www.instagram.com/p/CbkyUN2PxPL/?utm_source=ig_web_copy_link

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1320908785042038/?type=3>



33. Lecture on Jal Shakti Abhiyan

Date: 23 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To educate the volunteers about the importance of fresh water and its significance in fostering the cause of a cleaner and greener planet
- To apprise the volunteers of the working of prevalent Water Management system in India, particularly in Chandigarh

The Context: The Jal Shakti Abhiyan is a nationwide campaign. It was launched by the Ministry of Jal Shakti in the year 2019. It is a campaign for Water Conservation and Water security in the country that was initiated by our Honourable Prime Minister of India Sh. Narendra Modi. With an aim to apprise volunteers of this government-initiated campaign, an awareness lecture on Jal Shakti Abhiyan was organized by the NSS Units in collaboration with MCM Eco-Club 'Parivesh' of the college as a part of Seven Day/Night NSS Special Camp-2022.

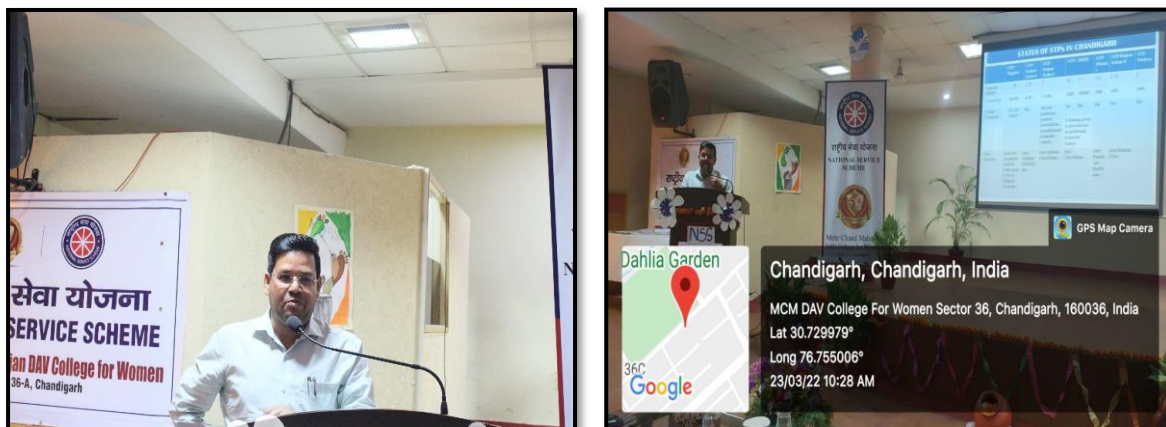
The Practice: Under the able guidance of the Principal Dr Nisha Bhargava, and supervision of NSS Programme Officers - Dr Pallvi Rani and Dr Purnima Bhandari, an awareness session on Jal Shakti Abhiyan was organized where the resource person of the day was Mr Sushil Dogra, Scientist B, Chandigarh Pollution Control Committee, Paryavaran Bhawan, Sector 19-B, Chandigarh.



During his enlightening session, Mr Sushil apprised the volunteers of the current water scenario in India. Using examples of statistics related to the shortage of water, he emphasized on the need of saving water as a natural resource and how it is going to benefit the future generation if saved and used judiciously. The volunteers were informed about the various ways to re-use impure water for

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
(QUARTER I: JANUARY - MARCH 2022)**

gardening and cleaning purposes. He explained about water management scenario of Chandigarh, water quality monitoring in Chandigarh, Industrial scenario in Chandigarh and effluent treatment plant. In the end, he also discussed water-saving tips with the volunteers.



Evidence of Success: NSS Volunteers gained valuable information about conservation of water and were determined to conserve water and adopt sustainable wastewater management strategies in their daily lives. The link to the event uploaded on social media handle is as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1320908695042047/?type=3>

https://www.instagram.com/p/CbkyUN2PxPL/?utm_source=ig_web_copy_link

34. A talk by an Expert on 'Food Adulteration: Unboxing the Boxes'

Date: March 24 2022

Number of students: 100

Objective: To generate awareness on food adulteration, different types of adulterants found in various food products and their detection.

The Context: Authentic testing of food for adulterant detection is required for value assessment and assuring consumer protection against fraudulent practices.

The Practice: Various techniques like physical, biochemical/immunological, and molecular techniques can be used for adulterant detection in food. Foldscope has been demonstrated as an effective and a frugal tool to collect and analyse samples from the work places of street food vendors, thus ensuring GHP and GMP.

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
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Evidence of Success: The talk witnessed enthusiastic participation by the students.



GARGI COLLEGE
UNIVERSITY OF DELHI
ACCREDITED WITH GRADE 'A' BY NAAC

GARGI COLLEGE
IN ASSOCIATION WITH
MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH
PRESENTS A WORKSHOP ON



Mehar Chand Mahajan
DAV College for Women,
Chandigarh
NAAC accredited with 'A' Grade

FOOD ADULTERATION: UNBOXING THE BOXES
UNDER THE AEGIS OF NATIONAL ACADEMY OF SCIENCES, INDIA
SCIENCE-SOCIETY PROGRAM, NASI DELHI CHAPTER

Take part in the exciting "Delve into Food & Shoot" activity to win eco-friendly gifts.

BY
DR. GEETA MEHRA, HEAD, DEPARTMENT OF FOOD SCIENCE, MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH.



PATRONS

Prof. Promila Kumar
Principal
Gargi College (Off)

Dr. Nisha Bhargava
Principal
Mehar Chand Mahajan
DAV College for Women,
Chandigarh

Prof. Ajoy K Ghatak
Formerly at IITD
President, National Academy of
Sciences, India.

ADVISORY MEMBERS

Prof. Anurag Sharma, Emeritus Professor, IITD Chairperson,
National Academy of Sciences, India - Delhi Chapter

Dr. Indu Tucker Sidhwani, Former Associate Professor,
Chemistry Department, Gargi College

Dr. Gita Mathur, Former Associate Professor, Botany
Department, Gargi College.

24 March 2022, 4.00- 5.30 PM
Q&A (Questions can be shared on Google
Form while registering)
For Queries: phys.gargi@gmail.com

CONVENERS

Prof. Vandna Luthra
Physics Dept.
Gargi College

Prof. Shashi Chawla
Microbiology Dept.
Gargi College

SUPPORTING PARTNER S



Technical Support: Mr Anuj Bhardwaj

Link for the registration: <https://forms.gle/H8ZTHrXN9TXiSFPk6> Last Date for Registration: 22 March 22

Media Coverage

अच्छी प्रयोगशाला पद्धतियां और खाद्य मिलावट पर कार्यशाला का आयोजन

चंडीगढ़, 20 अप्रैल (राम सिंह ब्राह्म): मेहर चंद डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ के खाद्य विज्ञान विभाग ने भास्कराचार्य कॉलेज ऑफ एन्वाइड साइंसेज (बीसीएस), नई दिल्ली एएफएसटीआइए और गार्गी कॉलेज, दिल्ली विश्वविद्यालय, नई दिल्ली के सहयोग से गुड लैब प्रैक्टिस और फूड अडल्टरेशन पर राष्ट्रीय ऑनलाइन कार्यशालाओं का आयोजन किया। जैविक और रासायनिक विज्ञान में अच्छी प्रयोगशाला पद्धतियों पर कार्यशाला के लिए जैव रसायन विभाग, पंजाब विश्वविद्यालय, चंडीगढ़ से प्रो. अर्चना भटनागर, श्रीराम औद्योगिक अनुसंधान संस्थान, नई दिल्ली में पर्यावरण संरक्षण प्रभाग के प्रमुख डॉ. विवेक नारायण सिंह, और पंजाब विश्वविद्यालय, चंडीगढ़ के जैव रसायन विभाग से डॉ. दीपजन दत्ता, रामलिंगास्वामी प्रमुख वक्ता के रूप में शामिल हुए। विशेषज्ञों ने प्रयोगशाला

कार्यक्रम की ऑनलाइन तस्वीर।



वातावरण के अलग-अलग उदाहरण देकर अच्छी प्रयोगशाला प्रथाओं को समझने और उनके कार्यान्वयन पर विचार-विमर्श किया। इस ज्ञानवर्धक सत्र के बाद 'गुड लैब प्रैक्टिस: विलक ए फिक' पर एक प्रतियोगिता हुई। नेशनल एकेडमी ऑफ साइंसेज दिल्ली चैप्टर, साइंस सोसाइटी प्रोग्राम के तत्वावधान में आयोजित 'फूड अडल्टरेशन: अनबॉक्सिंग द बॉक्स' के लिए मेहर चंद महाजन डीएवी कॉलेज के खाद्य विज्ञान विभाग से सहक प्रोफेसर, डॉ. गीता मेहरा प्रमुख वक्ता रहीं। डॉ. मेहरा ने बड़े पैमाने पर विशेष रूप से भोजन के लिए संवेदनशील उत्पादों को संभालने वाली के बीच अच्छी

स्वच्छता और निर्माण प्रथाओं को आवश्यकता को प्रदर्शित करने के लिए समय के साथ विकसित हुई वैज्ञानिक विधियों की श्रेणी पर प्रकाश डाला। उन्होंने मूल्य निर्धारण के लिए खाद्य अपशिष्ट का पता लगाने के प्रामाणिक परीक्षण और कपटपूर्ण प्रथाओं के खिलाफ उपभोक्ता संरक्षण का सहारा लेने पर जोर दिया। प्राचार्या डॉ. निशा भार्गव ने छात्र समुदाय के लिए लाभकारी आवश्यक विषयों पर सहयोगात्मक पहल के लिए आयोजनकर्ता टीमों को बधाई दी। उन्होंने कहा कि दोनों कार्यशालाओं के विषय छात्रों के क्षितिज को व्यापकता प्रदान करने में अत्यधिक प्रासंगिक हैं।

एमसीएम ने अच्छी प्रयोगशाला पद्धतियां और खाद्य मिलावट पर कार्यशाला का आयोजन किया

चंडीगढ़ (जगमार्ग न्यूज़)। मेहर चंद डीएवी कॉलेज फॉर वूमैन, के खाद्य विज्ञान विभाग ने भास्कराचार्य कॉलेज ऑफ एन्वाइड साइंसेज (बीसीएस), नई दिल्ली एएफएसटीआइए और गार्गी कॉलेज, दिल्ली विश्वविद्यालय, नई दिल्ली के सहयोग से गुड लैब प्रैक्टिस और फूड अडल्टरेशन पर राष्ट्रीय ऑनलाइन कार्यशालाओं का आयोजन किया। जैविक और रासायनिक विज्ञान में अच्छी प्रयोगशाला पद्धतियों पर कार्यशाला के लिए जैव रसायन विभाग, पंजाब विश्वविद्यालय, चंडीगढ़ से प्रो. अर्चना भटनागर, श्रीराम औद्योगिक अनुसंधान संस्थान, नई दिल्ली में पर्यावरण संरक्षण प्रभाग के प्रमुख डॉ. विवेक नारायण सिंह, और पंजाब विश्वविद्यालय, चंडीगढ़ के जैव रसायन विभाग से डॉ. दीपजन दत्ता, रामलिंगास्वामी प्रमुख वक्ता के रूप में शामिल हुए। विशेषज्ञों ने प्रयोगशाला वातावरण के अलग-अलग उदाहरण देकर अच्छी प्रयोगशाला प्रथाओं को समझने और उनके कार्यान्वयन पर विचार-विमर्श किया। इस ज्ञानवर्धक सत्र के बाद 'गुड लैब प्रैक्टिस- विलक ए फिक' पर एक प्रतियोगिता हुई। नेशनल एकेडमी ऑफ साइंसेज दिल्ली चैप्टर, साइंस सोसाइटी प्रोग्राम के तत्वावधान में आयोजित 'फूड अडल्टरेशन: अनबॉक्सिंग द बॉक्स' के लिए मेहर चंद महाजन डीएवी कॉलेज के खाद्य विज्ञान विभाग से सहक प्रोफेसर, डॉ. गीता मेहरा प्रमुख वक्ता रही। डॉ. मेहरा ने बड़े पैमाने पर विशेष रूप से भोजन के लिए संवेदनशील उत्पादों को संभालने वाली के बीच अच्छी स्वच्छता और निर्माण प्रथाओं की आवश्यकता को प्रदर्शित करने के लिए समय के साथ विकसित हुई वैज्ञानिक विधियों की श्रेणी पर प्रकाश डाला। उन्होंने मूल्य निर्धारण के लिए खाद्य अपशिष्ट का पता लगाने के प्रामाणिक परीक्षण और कपटपूर्ण प्रथाओं के खिलाफ उपभोक्ता संरक्षण का सहारा लेने पर जोर दिया। प्राचार्या डॉ. निशा भार्गव ने छात्र समुदाय के लिए लाभकारी आवश्यक विषयों पर सहयोगात्मक पहल के लिए आयोजनकर्ता टीमों को बधाई दी। उन्होंने कहा कि दोनों कार्यशालाओं के विषय छात्रों के क्षितिज को व्यापकता प्रदान करने में अत्यधिक प्रासंगिक हैं।

35. Workshop cum lecture on Vermicomposting

Date: 24 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To apprise the volunteers of the waste management technique Vermicomposting and steps involved
- To encourage volunteers to adopt this practice and educate more people about it.

The Context: Vermicomposting is a process that relies on earthworms and microorganisms to help stabilize active organic materials and convert them to a valuable soil amendment and source of plant nutrients. In this process, earthworms consume most organic materials, including food peels and leftovers, scrap paper, animal manure, agricultural crop residues, organic by-products from industries, and yard trimmings.

The Practice: In the subsequent session of Day 3, of Seven Day/Night NSS Special Camp – 2022, a Workshop cum lecture on Vermicomposting was organized where the resource person was Dr Neetu, Assistant Professor & Head, Department of Zoology, Mehr Chand Mahajan DAV College for Women, Chandigarh.



With help of visual presentation and videos, Dr Neetu discussed in detail about the process of vermicomposting. She enlightened the volunteers with the advantages of using vermicompost technique such as improved growth, disease resistance, nutrient recycling

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which is quite fast as compared to traditional composting practices. She also highlighted several steps taken up by our college in maintaining vermicompost units. In the end, a live demonstration of making vermicompost was given to the volunteers by the resource person.

Evidence of Success: Overall, the session was successful. Volunteers felt motivated to disseminate the knowledge gained in the workshop to the masses and were determined to get involved in vermicomposting process in college as well as in adopted village Badheri, Chandigarh. The link to the event uploaded on social media handle is as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324695291330054/?type=3>

Workshop on Menstrual Hygiene and reusable Pad making

Date: 24 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To sensitize volunteers about menstrual hygiene
- To discuss the effects of using sanitary pads and its alternatives such as reusable cloth pads

The Context: Menstrual hygiene is a vital aspect of health education for adolescent girls. Despite being an important issue concerning women and girls in the menstruating age group, menstrual hygiene is often overlooked in post-disaster responses. Moreover, disposal of single-use pads, tampons has



become a serious environmental concern as most of them are made up of plastic material which is non-biodegradable in nature. Alternatives for single use disposal pads include reusable cloth pads that are made up of environment-friendly materials, are skin and pocket friendly and are biodegradable in nature.

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The Practice: With this objective, the last session of Day 3 of Seven Day/Night NSS Special Camp -2022 included Workshop on Menstrual Hygiene and reusable Pad making that was organized by NSS Units on 24th March, 2022. The resource person of session included Ms Sakshi, Co-founder, Samvaad, a NGO and Mr Aman Singh, Menstrual Hygiene Trainer and Social Activist. During the session, Ms Sakshi discussed major taboos and busted myths associated with menstruation that exist in the society. She discussed menstrual hygiene practices such as proper and regular bathing and the correct way of using sanitary pads. She also enlightened the volunteers about the composition and harmful effects of using single-use disposable menstrual pads and tampons.

In the second part of the session, Mr Aman Singh suggested several alternatives to the usage of sanitary pads, tampons like menstrual cups, reusable cloth pads, and generated awareness regarding their composition and benefits among volunteers. In the end, a workshop on making reusable cloth pad was organized where with the help of visuals and material, he displayed the making of cloth pads.



Evidence of Success: This session was very informative as many myths related to menstrual hygiene were busted. Volunteers learned many new concepts about menstrual hygiene management, the correct way of disposal of single-use pads and its various substitutes such as Cloth pads.

36. Height and Weight Measurement Drive, Nukkad Natak and Cleanliness drive in adopted village Badheri, Chandigarh

Date: 25 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To measure the growth rate with reference to height and weight of children
- To disseminate knowledge about the importance of nutrition in our lives
- To motivate the citizens to keep the surroundings and village clean

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The Context: POSHAN Abhiyaan, Mission Poshan 2.0 (Saksham Anganwadi and Poshan 2.0), a Government of India's flagship programme, is an integrated nutrition support programme, that aims to strengthen nutritional content, delivery, outreach and outcomes with focus on developing practices that nurture health, wellness and immunity to disease and malnutrition. This year, as India celebrates the Azadi Ka Amrit Mahotsav, the entire month has been subdivided into weekly themes for the focused and assimilated approach to improving holistic nutrition and ensure speedy and intensive outreach.

The Practice: A height and weight measurement drive was organized on Day 4 of Seven Day/Night NSS Special Camp – 2022 as part of POSHAN Abhiyan in the premises of Anganwadi Multiple Complex – Anganwadi, Sector 41-D, Village Badheri, Chandigarh (U.T.). The main aim of this activity was to



assess the moderate, acute, malnourished, and severely acute malnourished status among children by measuring height and weight.

During the drive, volunteers assisted anganwadi workers and gained hands-on experience of measuring height and weight of children in the age group of 0-6 years using instruments including infantometer, weighing scale and stadiometer. Volunteers also interacted with the parents and generated awareness regarding the importance of nutrition and balanced diet among children.

In addition, volunteers staged a nukkad natak that was based on importance of POSHAN. They sensitized the residents of that area about the importance of Paustik Aahar, nutritional diet which is important for the mother during pregnancy and lactation period. If it is not taken seriously then child may be

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born malnourished. In the end, under Swachh Bharat Abhiyan, a cleanliness drive was undertaken by NSS Volunteers whereby the volunteers cleaned every nook and corner of the Anganwadi and its nearby area.



Evidence of Success: During the Badheri visit, volunteers were able to generate awareness regarding healthy food in eradicating malnutrition.

37. Awareness session on Waste Segregation

Date: 25 March 2022

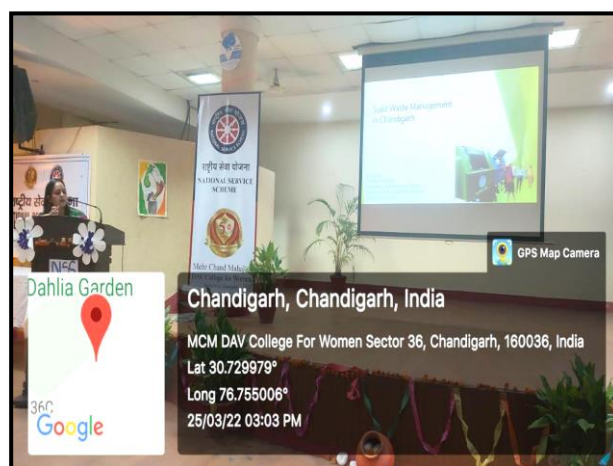
Number of NSS Volunteers participated: 100

Objectives:

- To generate awareness regarding the need of waste segregation
- To encourage volunteers to adopt this process and educate more people about it.

The Context: Swachh Bharat Mission is a country-wide campaign initiated by the Government of India in 2014 to improve waste management. The process of sorting and separating the waste into different types, facilitating recycling and the correct way of their disposal is known as waste segregation. When we segregate waste, it reduces the amount of waste that reaches landfills, thereby taking up less space. As youth plays an imperative role in nation-building and is responsible for bringing social reforms, there is a need to involve them in disseminating awareness regarding waste segregation.

The Practice: On Day 4 of Seven Day/Night NSS Special Camp – 2022, an awareness session on waste segregation was organized by NSS Units where the resource person was Dr Shafila, Assistant professor, Department of Environment Science, Mehr Chand Mahajan DAV College for Women,



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Chandigarh. With the help of visual aids and PowerPoint presentation, Dr Shafila enlightened the audience with waste segregation process, types of waste, its importance, and implications in terms of traditional methods versus current methods. By citing example of Nimbua



Greenfield limited and Dadumajra ground fill site, Dr Shafila apprised the volunteers of the waste segregation sites in Chandigarh. Moreover, for efficient disposal of biomedical waste and electronic waste, she highlighted the usage of incinerators and red bins respectively. She motivated volunteers and urged them to adopt usage of 3Rs – Reduce, Reuse and Recycle in their life.

Evidence of Success: The session was successful one as it ended with a quote “Waste isn’t a Waste until We Waste it”. Volunteers were motivated and determined to sensitize everyone and adopt some of the practices in their Village Badheri, adopted under NSS. The link to the event uploaded on social media handle is as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324702021329381/?type=3>

38. An interactive session on Healthy Food under POSHAN Abhiyaan

Date: 26 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To emphasize and encourage the volunteers to eat a balanced nutritious diet

The Context: Malnutrition is one of the most serious developmental challenges in India that contributes substantially to the country’s disease burden. With the launch of Government of India flagship programme - POSHAN Abhiyaan (National Nutrition Mission) several awareness programmes have been proposed that aim to sensitize and improve nutrition amongst children, pregnant women, and lactating mothers.

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The Practice: With this objective, an interactive session on healthy food was organized in the subsequent session by the NSS Units where students were acquainted with the importance of Nutrition in day-to-day life. The resource person of the session was Dr Harjot Kaur Mann,



Assistant Professor (Food and Nutrition), Department of Home Science, Mehr Chand Mahajan DAV College for Women, Chandigarh who in her enlightening session apprised the volunteers of eating nutritious food that comprises of nutrients in an appropriate amount. During the session, volunteers acquired knowledge related to good health practices, healthy alternatives as well healthy intake in terms of adequate diet, good sleep, and fluid intake. She motivated volunteers to have a balanced diet and small mid-day meals at frequent intervals throughout the day to keep themselves healthy. The main purpose of the session was to motivate volunteers to adopt a healthy lifestyle and prioritize and take care of themselves.

Evidence of Success: The session was thoroughly enjoyed by the volunteers as their doubts related to eating habits were cleared by the resource person. They were appreciative of the session and were delighted to learn new facts about their health and well-being.



39. No-Flame Cooking Competition under POSHAN Abhiyaan

Date: 26 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To create awareness about the nutritional value of food cooked without fire
- To provide a platform for volunteers to showcase their talent and explore new areas of interest.

The Context: POSHAN Abhiyaan was launched in March 2018 by the Prime Minister as the Indian government's flagship programme to improve nutritional outcomes for children, pregnant women and lactating mothers aiming for Holistic Nutrition.

The Practice: In the subsequent session of Day 5 of Seven Day/Night NSS Special Camp – 2022, a No-Flame Cooking Competition was organised under POSHAN Abhiyaan. During the session, volunteers made mouth-watering, healthy and nutritious



food without using fire. There were 16 teams of 27 volunteers in total who were given 45 mins for preparing their dishes without fire. NSS volunteers prepared healthy dishes and drinks that included sugar-free sweet cham cham, instant coconut Bhalla, sprout-nut crunchy salad, Choco-lava cake, banana pudding etc. Dishes were served artistically and aesthetically. The event was judged by Dr Harjot Kaur Mann, Assistant Professor (Food and Nutrition), Department of Home Science along with the NSS Programme Officers - Dr Pallvi Rani and Dr Purnima Bhandari who graded the dishes based on criterion - presentation, creativity, cleanliness, teamwork, and nutritional value.

Evidence of Success: The recipes created by the volunteers were quite creative. The competition ended on a happy note and everyone enjoyed the session and the competition. The result of the No-Flame Competition are as follows:

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First prize: *Sprouts-Nut crunch, fruits with dip & pudhina maarke drink*

Ms Dhanu (Roll No: 9501) B. Com II year

Ms Ananya Shandilya (Roll No: 4693) BBA
II year



Second Prize: *Bhelpuri and lemonade*

Ms Harpreet Kaur (Roll No: 11258), B. Com
I year

Ms Riya (Roll No: 11244), B. Com I year



Third Prize: *Sprout chaat and sprout golgappe*

Ms Vinayaka Sharma (Roll No: 9659), B.
Com II year

Ms Bhumika (Roll No: 3076), B.A.II year



Consolation Prize: *Instant coconut Bhalla*

Ms Ishita Bansal (Roll No: 11079), B. Com I
year

Ms Kamaksha (Roll No: 11086), B. Com I
year



Consolation prize: *Mocktail & Apple Pie*

Ms Koshika (Roll No: 8536) M.Sc.
Mathematics I year

Ms Divyakshi (Roll No: 2894), B.A. II year



The link of the event uploaded on social media handle is as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324707954662121/?type=3>

40. Lecture on Waste Management - Innovative and sustainability practices: The road to zero waste campus

Date: 26 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To apprise the volunteers about the importance of waste management
- To make volunteers aware of current innovative and sustainable practices adopted by our college in field of Swachhta

The Context: Waste Management is all about how waste can be changed and used as a valuable resource. Due to rapid industrialization and urbanization, there is an increase in the generation of municipal waste that needs to be addressed as improper disposal of waste has an undesirable impact on health and the environment.

The Practice: With this objective, an awareness session on waste management – “Innovative and sustainability practices: The road to zero waste campus” was organized by NSS Units of the college on Day 5 of Seven Day/Night NSS Special Camp – 2022. The resource person of the



session was Dr Vandana Sharma, Assistant Professor, Department of Microbial and Food Technology, Mehr Chand Mahajan DAV College for Women, Chandigarh.



The session started by Dr Vandana Sharma apprising volunteers of the importance of waste segregation and highlighted the difference between wet and dry waste. With the help of current statistics of India, she explained how an increase in urbanization

has amplified production of solid waste which when unmanaged, leads to fire hazards and causes air and water pollution.

In the second part of her session, she introduced to volunteers various sustainable cum innovative waste management practices including vermicomposting, cultivation of biofortified oyster mushrooms, sewage treatment plant, eco enzymes, biogas cum compost units that have been adopted by our college in the last few years.

Evidence of Success: At the end of the session, volunteers were aware of the need of adopting different waste management practices and were determined to adopt the same in their Village Badheri, adopted under NSS. The link to the event uploaded on social media handle is as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324707924662124/?type=3>

41. Yoga Cum Meditation Session

Date: 27 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- 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 by practicing Yoga

The Context: For ensuring the mental wellbeing of people especially of students, the Government of India has launched Fit India Movement where several physical activities including Yoga sessions have been organized. Yoga not only enhances the physiological as well as psychological well-being, but also relieves stress and anxiety thereby improving strength and harmony between mind and body.

The Practice: With this objective, a Yoga Cum Meditation Session was organized by NSS Units



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where resource person of the event was Ms Keisham Monarita, a gold medallist at National and International levels, and research scholar, Department of Physical Education, Panjab University, Chandigarh. Ms Keisham started the session with warm-up exercises. She discussed about

the importance of yoga and its aspects and demonstrated several asanas such as *Suryanamaskar*, *Ustrasana*, *Shashankasana*, *Bhujangasana*, *Dhanurasana*, *Makarasana*, *Tadasanas*, *Trikonāsana*. All the enthusiastic volunteers did the asanas with great zeal.

Besides, she also enlightened the volunteers about different stretching and calming exercises including Pranayama that strengthen body, reduce stress, anxiety, fatigue and help in building stamina.

Evidence of Success: The session concluded with an interactive session between the instructor and the volunteers in which the instructor addressed several queries of the volunteers. The session was very refreshing, reviving, and relaxing, and it enabled the participants to rejuvenate themselves. The link to the event uploaded on social media handle is as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324713471328236/?type=3>



42. Workshop cum Lecture on 'How to Make Compost using MATKA Composter'

Date: 27 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To apprise the volunteers of waste management and give training about process of compost making from the daily waste generated in their kitchen as well as house
- To encourage volunteers to adopt composting practice as an important component to improve existing solid waste management systems in the region and educate more people about it.

The Context: Composting is the best way to handle our food and green waste via which one can convert our daily dustbin contents into rich, organic manure and grow flowers, vegetables or plants with it, thus lowering carbon footprint.

The Practice: In the subsequent session of Day 6 of Seven Day/Night NSS Special Camp – 2022, a Workshop cum Lecture on 'How to Make Compost using MATKA Composter' was organized by NSS Units of the college where the resource person of the session was Dr Purnima Bhandari, Assistant Professor, Department of Botany and NSS Programme officer of Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh.

During her interactive cum enlightening session, Dr Purnima apprised the volunteers of dos and don'ts of burning dry leaves, importance of compost and its several steps involved in composting process, what type of waste can be recycled into compost and types of containers such as terracotta composter



that can be utilized to make it. In addition, volunteers got hands on exposure of composting process. In the end, she highlighted the sustainable initiative taken up by our college in constructing compost pits in the college premises.

Evidence of Success: By the end of the workshop, volunteers were well versed with composting process and were determined to adopt this sustainable practice under Swachh Bharat Abhiyan in adopted village Badheri, Chandigarh.

The link to the event uploaded on social media handle is as follows:

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/1324713294661587/?type=3>

43. Best Herbal Garden Award - 2022

Date: 28 March 2022

The Context: Committed to the cause of a Clean and Green Earth, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh has always practiced green initiatives in one form or the other. Amongst the long list is the establishment of several green areas in the college. This includes a well-maintained Botanical Garden with a large variety of herbs. The garden is an inseparable part of the Department of Botany and is maintained by the department itself.

The Practice: Mehr Chand Mahajan DAV College for Women, Chandigarh- the Cleanest College (Residential Category) 2018 (Awarded by MHRD, Government of India) is committed to the cause of



environmental conservation. This commitment is reflected in its environment friendly endeavours and its beautifully maintained campus with a magnificent green cover. The college got another **recognition for its green initiatives as the Department of Environment, Chandigarh Administration and Yuvsatta (NGO) conferred the Best Herbal Garden Award on the college.** The award carries a trophy and a cash award of Rs.5000/-. Throughout the year, different herbs have been grown here as per the season.

(1. *Trigonella foenum-graecum* L.
(Methi)

(2. *Foeniculum vulgare* Mill. (Meethi
Saunf)

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- | | |
|---|---|
| (3. <i>Allium cepa</i> L. (Pyaz) | (17. <i>Andrographis paniculata</i> Nees.
(Kalmegh) |
| (4. <i>Allium sativum</i> L. (Garlic) | (18. <i>Acorus calamus</i> Linn. (Vacha) |
| (5. <i>Mentha arvensis</i> L. (Pudina) | (19. <i>Plumbago zeylanica</i> L.
(Chitrak) |
| (6. <i>Coriandrum sativum</i> L.
(Dhaniya) | (20. <i>Adhatoda vasica</i> Nees.
(Vasaka) |
| (7. <i>Stevia rebaudiana</i> (Bertoni)
Bertoni (Stevia) | (21. <i>Acmella oleracea</i> (L.)
R.K.Jansen (Toothache Plant) |
| (8. <i>Capsicum annum</i> L. (Hari
Mirch) | (22. <i>Cymbopogon citratus</i> (DC.)
Stapf. (Lemon Grass) |
| (9. <i>Daucus carota</i> L. (Gajar) | (23. <i>Vitex negundo</i> L. (Nirgundi) |
| (10. <i>Curcuma longa</i> L. (Haldi) | (24. <i>Piper longum</i> L. (Pipalli) |
| (11. <i>Zingiber officinale</i> Rosc. (Adrak) | (25. <i>Kalanchoe pinnata</i> (Lam.) Pers.
(Patharchatta) |
| (12. <i>Murraya koenigii</i> (L.) Spreng
(Curry Patta) | (26. <i>Aloe vera</i> (L.) Burm. f. (Ghrit
Kumari) |
| (13. <i>Asparagus racemosus</i> Wild.
(Shatavari) | (27. <i>Curcuma amada</i> Roxb. (Amba
Haldi) |
| (14. <i>Ocimum tenuiflorum</i> L. (Tulsi) | |
| (15. <i>Withania somnifera</i> (L.) Dunal
(Ashwagandha) | |
| (16. <i>Chlorophytum borivillianum</i> .
Santapau & R.R.Fern. (Safed
Musli) | |




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Department of Environment, Chandigarh Administration
Best Herbal Garden Award 2022

Awarded to **Prof. Nisha Bhargava, Principal**
of **MCM DAV College, Chandigarh**

Place: Chandigarh
Dated: March 28, 2022


Sh. Debendra Dalai, IFS,
CEO, Medicinal Plants Board,
CCF cum Director, Department of Environment &
CEO, CREST, U.T. Chandigarh Administration


Organizers: Department of Environment, Chandigarh Administration & Yuvsatta-NGO



Department of Environment, Chandigarh Administration
Best Herbal Garden Award 2022

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

Place: Chandigarh
Dated: March 28, 2022


Sh. Debendra Dalai, IFS,
CEO, Medicinal Plants Board,
CCF cum Director, Department of Environment &
CEO, CREST, U.T. Chandigarh Administration

Organizers: Department of Environment, Chandigarh Administration & Yuvsatta-NGO

44. Cyber Swachhta Mission - Release of Report and Felicitation of Cyber Soldier by Hon'ble Home Minister Mr Amit Shah

Date: 27 March 2022

Venue: Chandigarh Police Colony, Chandigarh

Coordinator (MCM): Dr Minakshi Rana

Coordinator (Chandigarh Police): Ms Rashmi Yadav (DSP, Chandigarh Police)

Number of Participants: 78

Objective: Hon'ble Home Minister Amit Shah inaugurates key projects in Chandigarh

The Context: Hon'ble Union Home Minister Amit Shah on 27th March, 2022 inaugurated several projects, including the state-of-the-art Integrated Command and Control Centre (ICCC). The Union Minister was accompanied by Punjab Governor Sh. Banwari Lal Purohit on the occasion. He lauded the Chandigarh administration for making sea changes in the system. He appreciated Chandigarh Police's efforts toward e-FIRs and Cyber Swachhta Mission. The Cyber Soldiers of Cyber Swachhta Mission, under the aegis of Chandigarh Police received the certificates of appreciation from Hon'ble Union Home Minister Mr Amit Shah.

The Practice: The Chandigarh Police in collaboration with Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh, and Punjab Engineering College (PEC), University of Engineering and Technology (UIET), Panjab University started a program to make the citizens aware of the frauds and make them concerned about the challenges faced by citizens digitally. Chandigarh Police in its community outreach initiative "Cyber Swachhta Mission, UT, Chandigarh" inculcating Cyber Hygiene and spreading



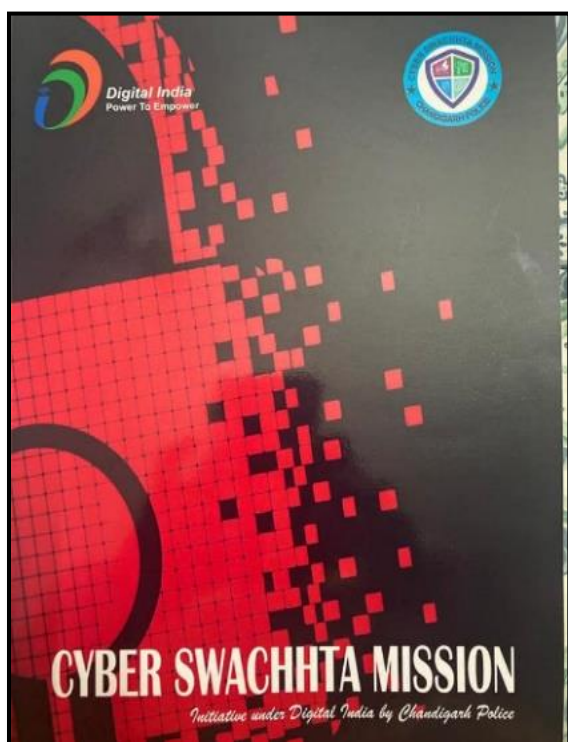
cyber awareness. Under the Cyber Swachhta Mission, UT Chandigarh, the Cyber Internship Programme was launched 6 months ago in which the 350 students of various colleges/institutions took part as Cyber Volunteers. The overall aim is to

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promote cyber safety and cyber awareness among the community through youth working for the betterment of society. During the visit to the city beautiful, Hon'ble Union Home Minister Mr Amit Shah, released the Cyber Swachhta Mission report. It is a matter of great pride that Mehr Chand Mahajan DAV College for Women, Sector 36 Chandigarh figures prominently in this report.



Evidence Of Success:



TEAM - CYBER SWACHHTA MISSION	
LAW ENFORCEMENT AGENCIES	
DGP, UT-CHANDIGARH - Sh. Praveer Ranjan, IPS	
IGP, UT-CHANDIGARH - Sh. Omvir Singh, IPS	
SP, CYBER CRIME INVESTIGATION CELL (CCIC) - Sh. Ketan Bawaal, IPS	
Dy-SP, CYBER CRIME CELL & IT, CHANDIGARH - Dr. Rashmi Sharma Yadav, DANIPS	
INCHARGE CYBER CRIME CELL - Sh. Hari Om Sharma, Inspector	
ACADEMIA	
VICE CHANCELLOR, PANJAB UNIVERSITY, CHANDIGARH - Professor, RajKumar	
DIRECTOR, PUNJAB ENGINEERING COLLEGE (PEC), CHANDIGARH - Dr. Baldev Setia	
PRINCIPAL, MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH - Dr. Nisha Bhargava	
FACULTY GUIDING/SUPERVISING TEAM	
ASSISTANT PROFESSOR, PG DEPT. OF SOCIOLOGY, MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH - Dr. Minakshi Bana (MCM)	
DEAN ALUMNI, CORPORATE AND INTERNATIONAL ALUMNI, CORPORATE AND INTERNATIONAL RELATIONS, PUNJAB ENGINEERING COLLEGE - Prof. (Dr.) Divya Bansal (PEC)	
PROFESSOR AND DEAN STUDENT WELFARE (W), HONY. DIRECTOR CENTRAL PLACEMENT CELL, PANJAB UNIVERSITY, CHANDIGARH - Prof. Meena Sharma (PU)	

45. Beautification of New Golden Jubilee Block by the Landscaping Committee

Date: From June 2021 till date

Number of Students: 10 students + 2 Gardeners

Objective: To beautify the green area of the Golden Jubilee Block

The Context: To use the right landscaping material which can reduce energy consumption and mitigate air and water pollution to prevent waste from ending up in landfills. This would result in improving the environmental quality.

The Practice: The landscaping was done with Bamboo, stones, planters and pavers. Beautification was done with Rose, Hibiscus, Ashoka Tree, *Cyprus Ficus*, bonsai of Neem, Peepal & Banyan along with some seasonal flowers. Plantation drive was held on various days. Triveni plantation drive was conducted on 21.06.2021. On 30.06.2021, another plantation drive was organized on VAN MAHOTSAV and many herbal plants were planted. A tree plantation drive

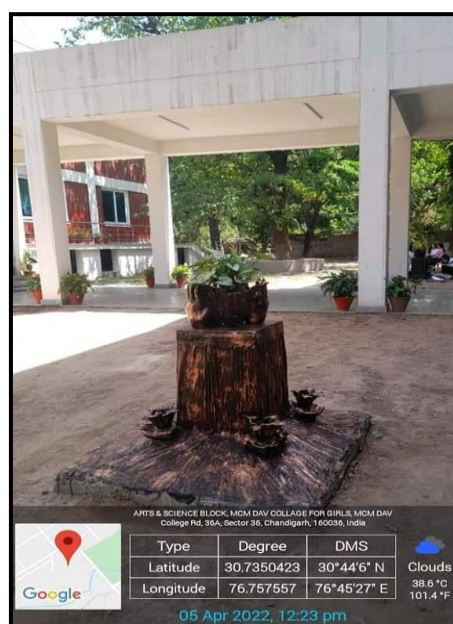


was also conducted on the Republic Day with *Haemalia* plants. Best out of waste activity and garden sculptures art was done by Dr Pooja Sharma from the Department of Fine Arts.



Evidence

of Success: Teaching staff and Students visit the area frequently and take pictures and enjoy the beauty of the area. The greenery of the area also gives respite during the summer season.



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Media Coverage:



46. Library Swachhta

Date: 31 March 2022

Number of Staff involved: 01

Objective: To Keep the library clean and termite free, cleanliness is a regular feature. Dusting and cleaning in library were done on 31st March 2022.

The Context: First Saturday of every month is fixed for special cleanliness drive when all the books, almirahs, fans etc are cleaned. Floors and washroom are cleaned by using disinfectant.

The Practice: The library was cleaned thoroughly.



47. Sculptural Art formation by Department of Fine Arts in collaboration with Horticulture Committee

Coordinator: Dr. Pooja Sharma, Assistant Professor & HOD, Fine Arts Department

Co-coordinator: Ms. Robina Singh, Assistant Professor, Fine Arts Department

Dates: 21 – 30 March 2022

Number of trainees/participants: 35

Resource person: Dr. Pooja Sharma

Date wise topics/Schedule:

21.03.2022: Preparation of cement, pouring of cement in moulds

22.03.2022: Making of more moulds and sculpture, execution of sculptures on the site

24.03.2022: Execution of all the parts of sculpture on both pillars

26.03.2022: Coating of base colour on both the sculptures

27.03.2022: Metal effect with paints was given on both the sculptures

28.03.2022: First coat of varnish on both the sculptures

30.03.2022: Second coat of varnish on both the sculptures

Objectives:

- To teach participants how to make shapes with the use of waste material and cement to make an outdoor sculpture
- To show different ways of giving texture on cement sculpture to develop their skills
- To give metallic effect with paints on cement sculpture
- To teach them the process of preservation of outdoor sculpture with varnish

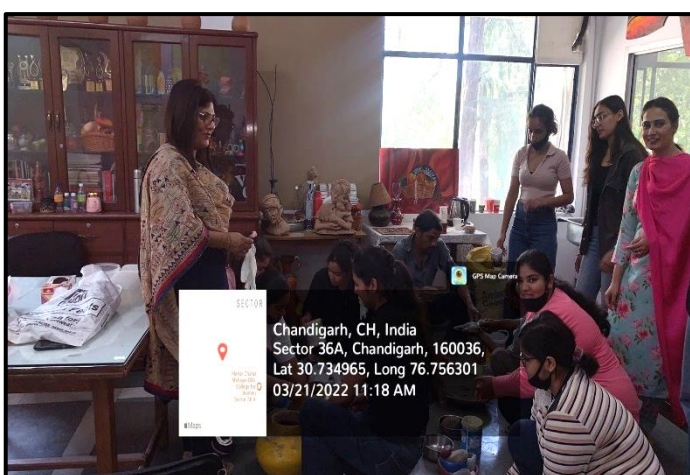
The Practice: The Horticulture Committee has been actively involved in the beautification, conservation, stability and landscaping of the college campus (Front lawn, Rishi vatika, Botanical Garden, Arts and Science block, Biogas plant area, Sports ground, Boundary wall, Artificial Forest, A, B, C, D, E & F Hostel Blocks). The committee ensures the maintenance of Green cover area which are maintained by an efficient team of Gardeners. Further, for maintaining the aesthetic beauty of the campus

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area, saplings of seasonal plants including petunia, zinnia, ice flower, denthus, dog flower, penzi, paper flower, gagenia, salvia, Kail, gazenia, dahlia, genda, gendi, gladulus were procured from the local nursery and were planted in



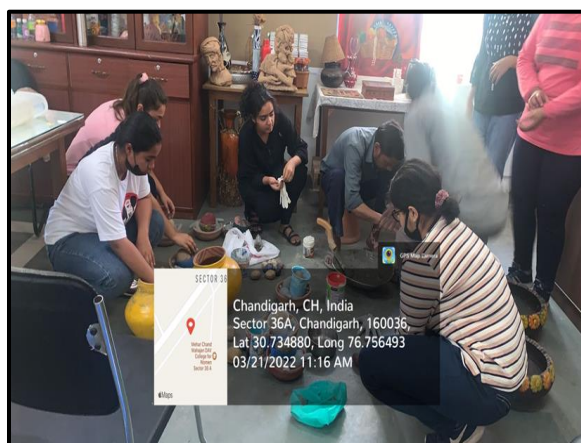
the winter season. Weeding was done at regular intervals and lawns were maintained properly. The Horticulture committee has been also promoting and using water



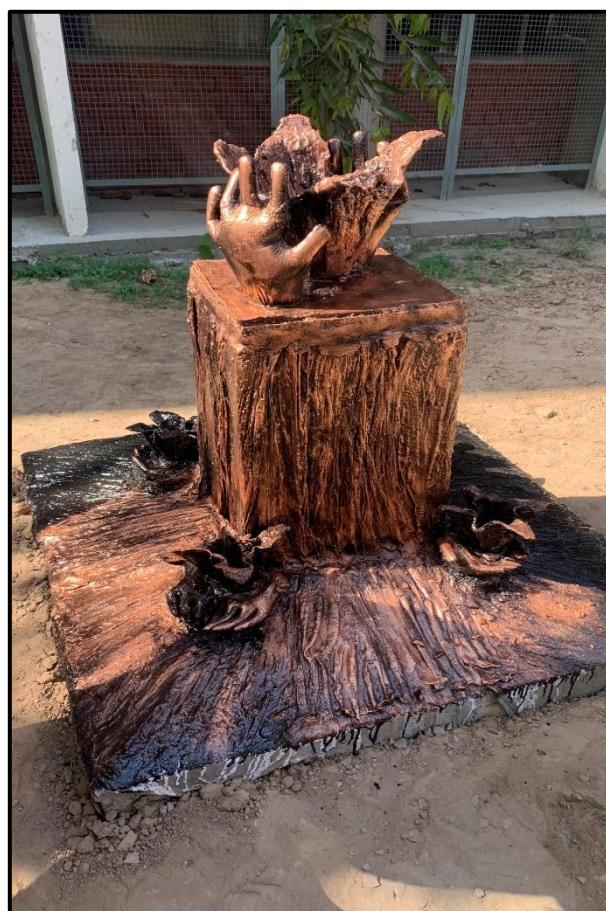
sprinkler system to help save water. Different areas of the college like the Front Lawn, the Arts block, the sports block, the Science block as well as the Rishi Vatika area have lawns where water sprinkler system is being used on a regular basis. It is in this context that water sprinklers are being used in our college

campus to maintain optimum level of soil moisture. The committee also maintains the pruning of trees timely. Besides this committee also ensures the proper manage the dry leaves in campus to prepare compost and same is used in lawns and beds.

Evidence of Success:



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48. An Inter College Competition organized by the Department of Botany and Add-on course in Floriculture

Date: 31 March 2022

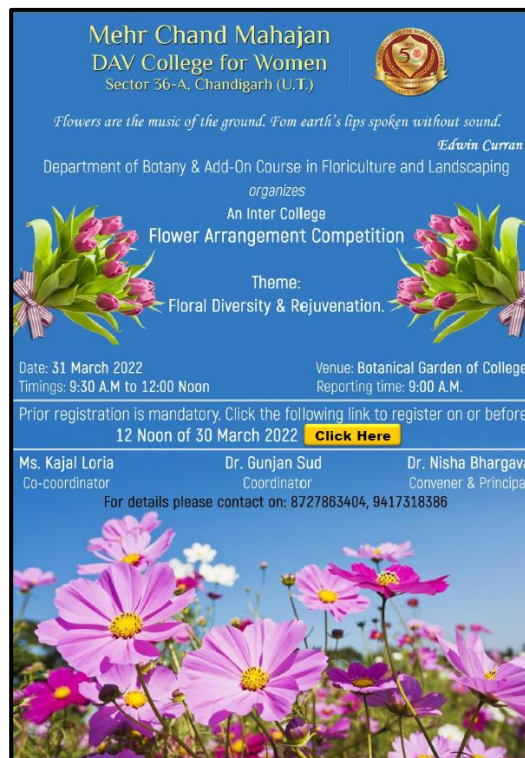
Number of participants: 21 students

Objective. The competition provided a wonderful opportunity for the students to showcase their talent and created a colourful, vibrant bouquet of flowers. The activity aimed the creativity and aesthetic sense amongst the participants and to showcase their innate abilities. The participants used their creative skills and imagination to design their floral arrangements. The floral arrangements were evaluated on the basis of idea, theme, creativity and presentation.

The Context. The components incorporating dried materials such as

bark, wood, fresh flowers, and leaves are the common extensions of the art floral design and have practical importance. The materials offer effects, idioms, and associations complementary to and contrasting with fresh flowers and foliage. Fresh Flower arrangements with their beauty, charm, and fragrance are the hidden inspiration for a peaceful mind. The students conveyed a wonderful message through their floral presentations.

The Practice: An Inter College Flower Arrangement Competition with the theme 'Floral Diversity and Rejuvenation', was organized. The event was coordinated by Dr Gunjan Sud and Ms Kajal Loria. The competition aimed at harnessing the talent and creativity of the students. The show was based on two categories viz. individual and the group. Keeping in mind the theme of the competition, the students prepared the floral layouts with apt individual titles such as 'Des Rangila'; 'Like a wild flower, she spent her days allowing herself to grow'; 'Life is short so make every day adventures'; 'Kudrat ne adhar banaya, jeevo ne ghar banaya', etc. Winners of both the categories were felicitated by Principal Dr Nisha Bhargava.



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The judgment was based on creativity and concept. In all 21 participants belonging to the different colleges of Chandigarh took part in the event. In the individual category Anjoli Nameirakpam from Mehr Chand Mahajan DAV College for Women, Pooja



and Jaskiran Kaur from PGGCG-42 were adjudged 1st, 2nd and 3rd respectively. In the group category, all the three prizes were bagged by Mehr Chand Mahajan DAV College for Women, Chandigarh. Mrs. Deepa Chibber, Mrs. Suman Mahajan and Dr Pooja Sharma judged the various flower arrangement on their appearance at exhibit time.

The students put in their heart and soul in making creative floral designs with innovative tag lines supporting each decoration. The time allocated for the students to make their decorations was two and a half hours. The students were not allowed to bring readymade segments for any of their arrangements. The use of artificial flowers was not permitted in this competition. Moreover, they completed the competition without assistance from anyone else.

Evidence of Success: Entries were received from the students of various colleges in Chandigarh. It was wonderful display of creativity, symmetry, and blend of colours and the interesting captions added to the artistic skills. The neck-to-neck competition gave the judges a tough time to declare the first, second and third positions. The judges appreciated the efforts of the participants in preparing beautiful arrangements and the skills displayed in this activity. Winners were felicitated by Principal Dr Nisha Bhargava.





MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH
INTER-COLLEGE FLOWER ARRANGEMENT COMPETITION

Principal Dr. Nisha Bhargava admiring one of the entries.



'जीवन छोटा है इसलिए हर दिन एक साहसिक कार्य करो'

चंडीगढ़, 26 अप्रैल (आशीष): सैक्टर-36 स्थित मेहर चंद महाजन डी.ए.वी. कॉलेज फॉर वूमैन के वनस्पति विज्ञान विभाग और फ्लोरिकल्चर एंड लैंडस्केपिंग एड-ऑन कोर्स के संयुक्त सहयोग से फ्लॉरल डिजाइनिंग एंड रीजुवनेशन विषय पर एक इंटर कॉलेज फ्लॉवर अरेंजमेंट प्रतियोगिता का आयोजन किया गया। प्रतियोगिता का उद्देश्य छात्रों को फूलों की विविधता के बारे में शिक्षित करते हुए उनको प्रतिभा और रचनात्मकता को बढ़ावा देना था।

प्रतियोगिता के विषय को ध्यान में रखते हुए प्रतिभागियों ने देस रंगीला, एक जंगली फूल को तरह, उसने खुद



एम.सी.एम.डी.ए.वी. कॉलेज की प्रिंसिपल छात्रों के कौशल विकास को देखते हुए।

को बढ़ने देने की इजाजत में अपने दिन बिताए, जीवन छोटा है इसलिए हर दिन एक साहसिक कार्य करो,

कुदरत ने आधार बनाया, जीवों ने घर बनाया, जैसे उपवृक्ष शीर्षकों के साथ पुष्प लेआउट तैयार किए।

प्रविष्टियों का आंकलन रचनात्मकता और अवधारणा के आधार पर किया गया।

ऐसी प्रतियोगिताएं प्रतिभा दिखाने के लिए अनिवार्य

प्राचार्या डॉ. निशा भार्गव ने प्रतिभागियों द्वारा प्रदर्शित रचनात्मकता की सरहना की। उन्होंने कहा कि इस तरह की प्रतियोगिताएं छात्रों के समग्र विकास और उन्हें अपनी प्रतिभा दिखाने के लिए मंच प्रदान करने के लिए अनिवार्य हैं। प्रतियोगिता के व्यक्तिगत श्रेणी में प्रथम स्थान में अंजलि नामिकपम, द्वितीय स्थान पर पूजा, और तृतीय स्थान पर जसकिरण कौर, समूह श्रेणी में प्रथम स्थान मुस्कान नरुला और अर्किता द्विवेदी, द्वितीय स्थान पर शिवदी, अर्किता, वतना और लक्ष्मी और तृतीय स्थान पर रेणु बाता और कृति अग्रवाल ने स्थान हासिल प्राप्त किया।

49. Sanitization and Anti Malaria Drive in Hostels in January -March 2022

Dates:

Anti-Malaria spray: 31 January 2022, 21 February 2022, 21 March - 2022

Cleaning and Dusting: 31 January – 1 February, 2022

Changing of Candles of water purifiers: 30 March 2022

Number of Participants: 6 hostel superintendents and the cleaning staff of the hostel.

Objective:

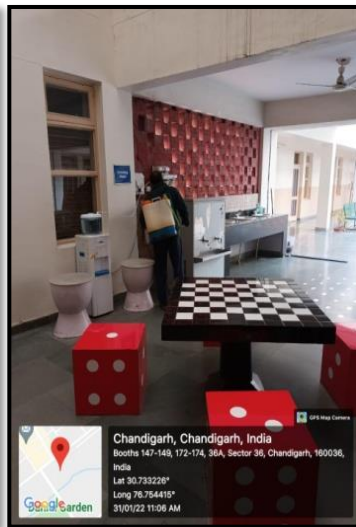
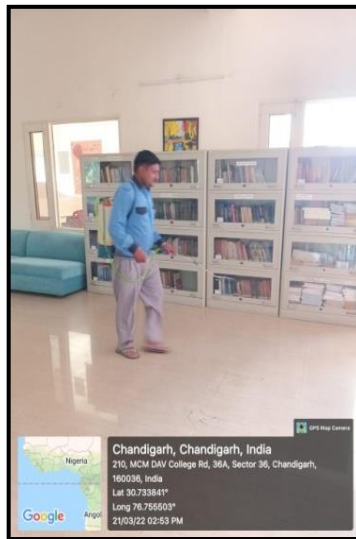
- To disinfect key areas of washrooms, common rooms, rooms, kitchens, and corridors/lawns by getting them treated with Anti-Malaria spray
- To clean up all the corridors, window sills, railings, windows, and floors

The Context: **Anti-Malaria spray drives** were aimed at eradicating any chances of mosquito breeding in the hostel campus. As a result of the activity, the hostels became mosquito-free. **Cleaning and dusting of all the blocks were also undertaken. Candles of water purifiers were also changed in order to ensure clean drinking water for students.**

The Practice: The College hostels disinfected their key areas of washrooms, common rooms, and corridors/lawns by getting them treated with **Anti-Malaria spray**. The activity minimized the chances of mosquito breeding. All the corridors, window sills, railings, windows, and floors were also cleaned and dusted. In these activities, 6 hostel superintendents supervised along with the staff of the hostel were engaged. All the hostel blocks were duly disinfected by getting the Anti-Malaria spray in the washrooms, common rooms, and corridors on -31.01.2022, 21.02.2022, 21.03.2022. All the blocks were thoroughly cleaned on 31.01.22 & 1.02.22.

Evidence of Success: The above-mentioned areas of hostel were disinfected and cleaned.

REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN
(QUARTER I: JANUARY - MARCH 2022)



Sensitization Drive, Cleaning of Washrooms and Water Purifiers



Swachhta: A Mission delivered with manpower and missionary zeal

The institution has espoused the practice of Swachhta as a mission. The college campus is cleaned and sanitized daily and, to streamline the work further, fortnightly supervisions are conducted. This helps the institution ensure that all parts are cleaned on a regular basis and all standards of hygiene are maintained, as per the directives of Ministry of Health, issued from time to time. The cleaning of campus and environment has been our primary goal and we try to achieve this with a missionary zeal and a train of industrious workers. The institution promises to strengthen the spirit of Swachhta amongst its stakeholders and spread the message far and wide.

--- Swachhta Team



Report of Initiatives taken under
Swachh Bharat Abhiyan
January 2022 to March 2022



Submitted by

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