



Report of
SEVEN DAY/NIGHT NSS SPECIAL CAMP - 2022
22nd MARCH -28th MARCH 2022

Under the theme

“SWACHH BHARAT ABHIYAN AND JAL SHAKTI ABHIYAN”



Submitted to:

NATIONAL SERVICE SCHEME

Ministry of Youth Affairs and Sports, Government of India

By:

NSS Units
of

Mehr Chand Mahajan DAV College for Women

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

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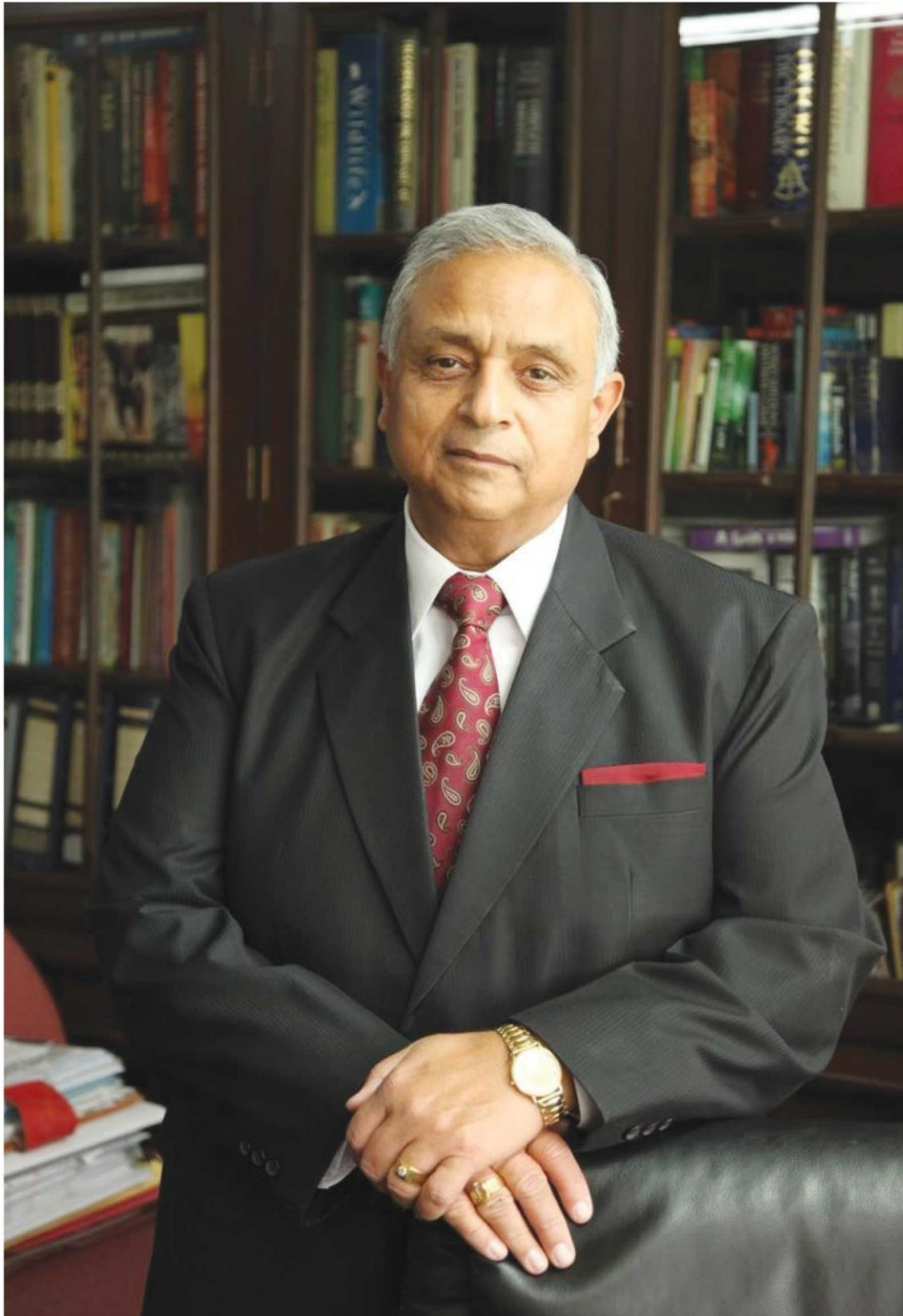
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Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

Our Guide, Mentor



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



From The Principal's Desk

Swachh Bharat Abhiyan and Jal Shakti Abhiyan are two initiatives of the Government of India which formed the backdrop of various activities and sessions conducted in the Seven Day/Night NSS Special Camp-2022, organized by the NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh. The NSS Units of our College have been forerunners in spreading awareness regarding the need to save each drop of water and reach out to the community. They are also instrumental in creating awareness regarding the measures to achieve the objectives of Swachh Bharat and conserving Jal Shakti as envisioned by the two Government Programmes. The NSS volunteers were not only familiarized with the flagship programmes of the Government of India but also became more conscious and aware of their role in the implementation of these campaigns after attending the NSS Special Camp.

The Orientation session of the camp set the ball rolling and a plethora of activities were arranged for the enthusiastic NSS volunteers. The activities included installation of Book Donation Box, Workshops on basic life support system, Awareness Rally on Jal Shakti Abhiyan, Swachh Survekshan Survey 2022, awareness about vermicomposting, Workshop on Fire Fighting, Nukkad Natak on Poshak Abhiyan, lectures on gender sensitization, awareness about Anti Ragging campaign, interactive session on National Youth Parliament, awareness about tuberculosis and Powerpoint presentation on Daman and Diu under Ek Bharat Shreshtha Bharat.

From The Principal's Desk (Contd..)

The welfare of the individuals is dependent on the welfare of the society and therefore, it is of utmost importance that the NSS volunteers must strive for collective welfare. All the sessions, workshops and interactions paved the way for the volunteers to follow the motto of 'NOT ME BUT YOU' as they spend their years in the College as an NSS volunteer.

Such noble endeavours of the College owe a great deal to the torch bearers of the College who guide and inspire us. I am grateful to Shri Punam Suri ji, Padma Shree Awardee, Hon'ble President, DAV College Managing Committee, New Delhi for encouraging us to arrange sessions and events in sync with the ideals of NSS. I express my gratitude to Shri H.R. Gandhar ji, Senior Governing Body member of the College and Vice President DAVCMC who always motivates us to remain committed to the cause of community welfare. I am thankful to Shri Shiv Raman Gaur ji, Director Higher Education, DAVCMC for his support at all times. I extend my warm greetings to the Programme Officers Dr. Pallvi Rani and Dr. Purnima Bhandari, the NSS Programme Officers of our College for organizing this Seven Day/Night NSS Special Camp-2022. Heartfelt wishes to the NSS volunteers who not only enthusiastically participated in the activities but also walked an extra mile to ensure that the ethos behind these campaigns is abided by. I extend my blessings to all these NSS volunteers for their never say die spirit and for enthusiastically participating in the camp thereby making it a huge success!



**Dr Nisha Bhargava
Principal**

Foreword

The NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh have always been a forerunner in contributing to the cause of community service and the overall development of students by organizing various activities. With a deep sense of gratification, we take pride in the successful completion of the Seven Day/Night NSS Special Camp - 2022 of the College. With the theme of ***Swachh Bharat Abhiyan and Jal Shakti Abhiyan***, various activities were organized under the able leadership of **Principal Dr Nisha Bhargava**. Volunteers not only participated in the activities with enthusiasm but also contributed to the several social campaigns including *World Water Day, Azadi Ka Amrit Mahotsav, Ek Bharat Shreshtha Bharat, POSHAN Abhiyaan, A Green Environment-healthier environment, Fit India Movement, Waste Segregation*, etc.

Special hands-on training workshops on vermicomposting, composting and workshop cum mock drill on Fire safety were also organized to equip the volunteers with the sense of recycling and, protection and responsibility. Volunteers visited their adopted Village Badheri, Chandigarh (U.T.) where they sensitized residents about the importance of waste segregation and assisted Municipal Corporation officials in conducting Swachh Survekshan – 2022.

This camp would not have been possible without the constant support and guidance and leadership of our worthy Principal Dr Nisha Bhargava. Under her competent leadership, NSS Units have achieved several milestones during the last few years. We also express our heartfelt gratitude to all the stakeholders, teaching and non-teaching staff and our beloved NSS Volunteers for their sincere and praiseworthy efforts in making this camp a successful one. We believe that the knowledge gained by the NSS volunteers through this Camp will lead to the creation of a *Cleaner, Greener and Healthier Biome!*

--- NSS Units

Mehr Chand Mahajan DAV College for Women, Chandigarh.



College at a Glance....

Mehr Chand Mahajan DAV College for Women, a premier institution for women's education in North India, was established in 1968 to commemorate the exemplary contribution of Justice Mehr Chand Mahajan to the cause of education. The foundation stone of the College was laid by the then Vice President of India, Dr V.V. Giri. The college functions under the aegis of DAV College Managing Committee (DAV CMC), which is successfully running more than 1000 educational institutions under the able guidance of our worthy President Dr. Punam Suri Ji, Padma Shri Awardee. MCM celebrated its Golden Jubilee in February 2018 and the visit of Hon'ble President of India, Sh. Ram Nath Kovind, to the college made the celebrations historic. The college has accomplished countless stellar achievements over the years and has emerged as an institution of eminence.

Re-accredited with grade "A" in 2016, the college was also identified as Mentor Institution by NAAC to formally induct non-accredited colleges. The college has been accorded the Star Status by the Department of Biotechnology, Ministry of Science and Technology, Govt. of India, and ranked in the band 101-150 as per

NIRF Rankings, 2021. The grants sanctioned to the college include, Rs. 71 lakhs under the DST Level O (FIST program) for 5 years, by the Department of Science and Technology, Govt. of India, Rs. 2.07 crore under RUSA and Rs. 1.33 crore under Star College Scheme. Recognized for its academic excellence, the college has been ranked amongst the topmost colleges of the country by leading national dailies and magazines such as *India Today*, *The Week* and *The Tribune*.

The college offers 1 PhD, 8 postgraduate, 6 undergraduate, 13 honours degree programs, 2 postgraduate diplomas, and 6 Add-on courses. The courses B.Voc. in Retail Management and Diploma Course in Microbial Analysis and Food Safety were introduced in the college in 2020, under the aegis of UGC-NSQF. The college is a Recognized Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan Institution under the Ministry of Education and has constituted the working groups for Vocational Education. With a view to adopt and integrate the directives and principles of the National Education Policy 2020, the college constituted the Character Building Committee in 2020, which works for the holistic development of students.

The students of the college continue to shine in academics, sports, and extra-curricular activities. MCM students secured 207 Top 10 positions in the Panjab University Semester Examinations 2018-19, 160 Top Ten Positions (exit classes) in 2019-20 and 254 Top 10 positions in the examinations held from May 2020-June 2021. In 2020-21, three girls from our institution were selected in the Panjab Civil Services and two girls in the Indian Air Force while one of our students, Mawya Sudan became IAF's first woman fighter pilot from J&K.

MCM is the winner of Panjab University Women's General Efficiency Sports Shield 39 times in its existence of 53 years. Three students of the college play for the Indian Women Cricket Team and our international swimmer Chahat Arora won accolades abroad, even during the Pandemic. During the State Level Annual Training Camp, our NCC naval wing cadets won 7 prizes and the best cadet award was also won by our student, Ms Vigyani D'Souza.

The college has various MoUs signed with institutions of International and National repute such as London School of Management Education (UK), Universal

Scientific Education Research Network (Iran), CIBIoD, PGIMER, and Skills Anytime, the Indian Arm of UK's top language Development entity, BKSBS and many others.

The college hostel located within the premises comprises of 6 spacious blocks and beautifully landscaped gardens. The campus is disabled-friendly and round-the-clock secured. Having an intake capacity of 998 students, the hostel is well-equipped with state-of-the-art amenities, including a digital lounge. The Mess Inspection Committee implements FSSAI approved standards and most of the cooking practices are mechanised.

MCM has adopted various sustainable initiatives in order to achieve a green campus. With a 390 kWp solar power plant, we have a negative electricity bill for more than one year and have saved Rs. 8823676.68 in electricity bills. Selected by the Panjab University for the installation of Air-Quality Monitoring Sensors, the college has installed 5 sensors across its campus. Other sustainable initiatives of the college include a Rainwater Harvesting system for our hostels, a Biogas plant where mess food waste is used to generate Biogas, (Under RUSA scheme), a Sewage Treatment Plant (STP) and Water Boosting System which enable Tertiary Water to be used for maintenance of campus lawns. The institution is self-sufficient in organic manure production. Under sustainable urban farming, organic vegetables and fruits are grown and distributed free of cost amongst staff members.

As one of the forerunners of the Swachh Bharat Abhiyan, the college was awarded the First Prize for the 'Cleanest Residential College' in the country, in the National Swachh Campus Rankings, 2018 by the MHRD, Gol and an All India Third Rank in *Best Citizen - Led Innovation* in the Swachh Sarvekshan by the Ministry of Housing and Urban Affairs, Gol in 2019. MCM was nominated as Swachhta Action Plan Institution by Mahatma Gandhi National Council of Rural Education, Ministry of Education, Gol, in 2020 and was awarded by the Chandigarh Administration for Best Management of Wet Waste.

The college has been selected by MHRD for creating and promoting a culture of innovation and received a 4 Star Rating by Innovation Cell, MHRD, Gol, in 2020. The college is registered as a Skill Provider on the National Skill Development Council (NSDC) portal, Ministry of Skill Development and Entrepreneurship, Gol, and has successfully completed one batch of GST training. Besides this, the Ministry of

Food Processing Industry, GoI, nominated the college as the only state level technical institution for providing training in bakery and food processing in 2021 under which one batch of training has been completed. The National AIDS Control Organisation, Ministry of Health and Family Welfare, GoI awarded the Best Red Ribbon Club Award to our Red Ribbon Club in 2020.

As a participating institute under Unnat Bharat Abhiyan, MHRD, GoI, MCM has adopted 5 villages in its vicinity, where teachers and student volunteers regularly undertake activities of rural development. The College NSS Unit was awarded the Best Unit Award in the region in 2018-19. The Ek Bharat Shreshtha Bharat (EBSB), NCC, NSS and UBA teams of the college undertook various social development projects in the villages, throughout the lockdown period owing to Covid 19 and performed exemplary work in creating awareness about Covid-19. The college has also received a commendation certificate from NITTER, the nodal Agency, for the work done by UBA. The National Innovation and Startup Policy is available for faculty and students of the college under the aegis of the Start-up Cell, wherein regular workshops with industry experts are conducted and internship offers provided to the students. Approximately 350 students received placements and internships in Multinational and National Companies during 2020-21.

The Association of Mehr Chand Mahajan DAV Alumni is a registered Trust and our alumni have gained prominence and repute across varied fields like civil and defence services, academia, sports, business, theatre, and cinema. The Annual Alumni Meet is an enriching platform for the alumnae to reconnect with their classmates and teachers.

The college is committed to pioneering research across disciplines. The Principal of the College, Dr Nisha Bhargava, leads by example. A committed academician, researcher, and research supervisor with impressive publications, she is a reviewer of an Elsevier Journal (Energy and Buildings), a member of Panjab University Senate, member of State Legal Services Authority and NAAC Assessor. The DAV CMC provides annual seed money of Rs.10 lakhs for research and Rs.10 lakhs for innovation, and the college is also the recipient of DST Women Scientist Fellowship. The college faculty is highly qualified having research publications in reputed journals and extensive academic ventures. The College Research Centre in English Literature & Cultural Studies has enrolled 13 PhD and 1 MPhil candidates. In

all, 27 faculty members are approved research supervisors and are guiding 53 PhD and 1 MPhil scholars.

The various publications of the college include, *New Horizons* (ISSN: 2277-5218), started in 2005, a double-blind peer reviewed multi-disciplinary research journal, the College Magazine, *Mehr Jyoti*, IQAC Newsletter, RUSA Newsletter, Skill Development Bulletin, *Urja*, MCM Newsletter, Quarterly Swachhta Reports, Annual Reports of NCC, NSS, UBA, IIC etc.

MCM remains committed to grooming women of substance who uphold the ethics of the DAV fraternity. The journey so far has been immensely rewarding and MCM continues its pursuit of excellence and its vision to prepare young women to scale new heights of distinction.

Introduction

National Service Scheme (NSS) is a Central Sector Scheme of the Government of India, Ministry of Youth Affairs and Sports that provides the opportunity for students to take part in various government programs and camps. This expresses the essence of democratic living, upholds the need for selfless service and appreciation of the other man's point of view, and underlines that the welfare of the individual is ultimately dependent on the welfare of society as a whole. Therefore, it should be the aim of the NSS to demonstrate this motto in its day-to-day programs.

Special Camping forms an integral part of the National Service Scheme. It has special appeal to the youth as it provides unique opportunities to the students for group living, collective experience sharing and constant interaction with the community. They are organized generally on various developmental issues of national importance.

This year, a Seven Day/Night NSS Special Camp – 2022 was organized by NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh from 22nd March – 28th March, 2022 where the theme was '*Swachh Bharat Abhiyan and Jal Shakti Abhiyan*'. The main objectives of this camp were to

1. To apprise the volunteers of several flagship programs thus bringing them face to face with the community situation &
2. To provide opportunities to NSS Volunteers to play their due roles in the implementation of various development programs.

During the camp, a number of interactive sessions, workshops, lectures related to the theme were organized under the guidance of principal Dr Nisha Bhargava, and supervision of NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari. Activities were planned in such a manner to apprise the volunteers of the societal issues related to national importance such as waste segregation and management, water conservation, green practices, sessions on NSS awards, workshops on firefighting techniques, composting, Azaadi ka Amrit Mahotsav, Ek Bharat Shreshtha Bharat so that they contribute to the welfare of the society.

**INDEX OF THE ACTIVITIES CONDUCTED UNDER
SEVEN DAY/NIGHT NSS SPECIAL CAMP - 2022**

Theme: *Swachh Bharat Abhiyan and Jal Shakti Abhiyan*

Date: 22nd March – 28th March, 2022

| Sr. No | Day: Date | Name of The Activities | Resource Person/Guest | Page No. |
|---------------|--|---|--|-----------------|
| 1 | DAY 1: 22.03.2022 (Tuesday) | Inaugural cum Orientation Session and Adminsitration of Swachhta Pledge | Chief Guest - Dr Ashwani Koul, NSS Programme Coordinator, Panjan University, Sector 14, Chandigarh Dr Nisha Bhargava - Principal, Mehr Chand Mahajan DAV College for Women, Chandigarh. NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari. | 1-2 |
| | | Installation of Books Donation Box | Mr. Sandeep Kumar, Founder, Open Eyes Foundation, Manimajra Chandigarh. | 5 |
| 3 | | A workshop on basic life support system, organized in collaboration with Medical Committee | Ms. Meena Bhatta, Marketing Manager, Senior Clinical Instructors - Ms Natasha Kohli & Ms Shailza from Fortis Hospital, Mohali. | 6 |
| 4 | | Awareness Rally on Jal Shakti Abhiyan on the Occasion of World Water Day Badheri organized by NSS Unit in collaboration with MCM Eco-Club Parivesh. | NSS Programme Officers – Dr Pallvi Rani & Dr Purnima Bhandari | 8 |
| 5 | DAY 2: 23.03.2022 (Wednesday) | Orientation cum Ice-Breaking Session | NSS Programme Officers – Dr Pallvi Rani & Dr Purnima Bhandari | 11 |
| 6 | | Lecture on Jal Shakti Abhiyan | Mr. Sushil Dogra Scientist B, Chandigarh Pollution Control Committee Paryavaran Bhawan, Chandigarh. | 12 |
| 7 | | Interactive cum Awareness session cum Poster making session on Azaadi Ka Amrut Mahotsav, India@75 Years | NSS Programme Officers – Dr Pallvi Rani & Dr Purnima Bhandari | 14 |
| 8 | | Swachh Survekshan (Survey) – 2022 and Nukkad natak in adopted Village Badheri, Chandigarh | NSS Programme Officers – Dr Pallvi Rani & Dr Purnima Bhandari. | 17 |

REPORT OF SEVEN DAY/NIGHT NSS SPECIAL CAMP – 2022 (22 MARCH – 28 MARCH, 2022)

| Sr. No | Day: Date | Name of The Activities | Resource Person/Guest | Page No. |
|---------------|---|--|--|-----------------|
| 9 | DAY 3: 24.03.2022 (Thursday) | Interactive session on Pre-RD Camp Selection | Ms. Antriksh, NSS Volunteer | 19 |
| 10 | | Workshop cum lecture on Vermicomposting | Dr Neetu, Assistant Professor & HOD, Department of Zoology, Mehr Chand Mahajan DAV College for Women, Chandigarh | 20 |
| 11 | | Workshop Cum Mock Drill on Fire Fighting organized in collaboration with Disaster Management Committee of the college. | LFM Bhupinder Singh and Team Fire Station, Sector 38, Chandigarh. | 22 |
| 12 | | Motivational Lecture - Cultivating positive attitude in life. | Mr J.S. Jayara, Principal, Institute for Blind, Chandigarh | 24 |
| 13 | | Workshop on Menstrual Hygiene and reusable Pad making | Ms Sakshi, Co-founder - Samvaad NGO and Mr. Aman Singh, Menstrual Hygiene Trainer and Social Activist. | 26 |
| 15 | DAY 4: 25.03.2022 (Friday) | Game Session under Fit India Movement | NSS Programme Officers – Dr Pallvi Rani & Dr Purnima Bhandari. | 28 |
| | | Height and weight measurement drive and Nukkad Natak on POSHAN Abhiyan, Cleanliness Drive in adopted Village Badheri Chandigarh | NSS Programme Officers – Dr Pallvi Rani & Dr Purnima Bhandari. | 29 |
| 16 | | Lecture on Gender Sensitization organized in collaboration with Equal opportunity Cell and Foreign Students Cell of the college. | Dr Bindu Dogra, Assistant Professor, PG Department of Sociology, Mehr Chand Mahajan DAV College for Women, Chandigarh | 31 |
| 18 | | Awareness session on Waste Segregation | Dr Shafila, Department of Environmental Science, Mehr Chand Mahajan DAV College for Women, Chandigarh. | 32 |
| 19 | | Lecture on Incredible Inventions and Frugal Innovations: Mitigating Challenges of Rural India | Dr Sandeep Kaur, Assistant Professor, Department of Microbial and Food Technology, Mehr Chand Mahajan DAV College for Women, Chandigarh. | 34 |
| 20 | DAY 5: (Saturday) 26.03.2022 | Interactive session on National Integration Camp – 2022 | Ms. Dhanu, NSS Volunteer | 35 |
| | | Awareness session on Anti-ragging organized in collaboration with Anti- | Dr Bindu Sharma, Co-Convenor, Anti-Ragging Cell and Associate Professor, PG Department of | 36 |

REPORT OF SEVEN DAY/NIGHT NSS SPECIAL CAMP – 2022 (22 MARCH – 28 MARCH, 2022)

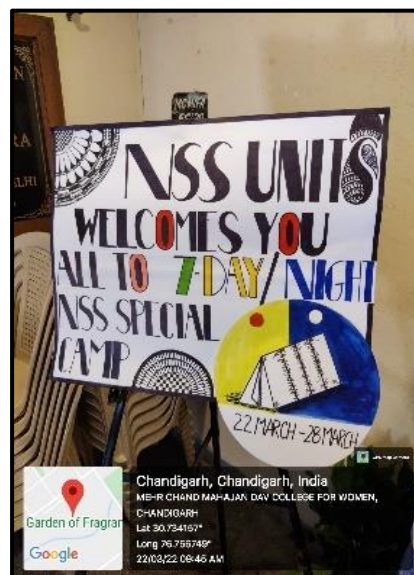
| Sr. No | Day: Date | Name of The Activities | Resource Person/Guest | Page No. |
|--------|------------------------------|---|---|----------|
| | | Ragging Cell of the college | English, Mehr Chand Mahajan DAV College for Women, Chandigarh. | |
| 22 | | Lecture on Waste Management - Innovative and sustainability practices: The road to zero waste campus. | Dr Vandana Sharma, Assistant Professor, Department of Microbial and Food Technology, Mehr Chand Mahajan DAV College for Women, Chandigarh. | 37 |
| | | An interactive session on healthy food under POSHAN Abhiyaan | Dr Harjot Kaur Mann, Assistant Professor (Food and Nutrition), Department of Home Science, Mehr Chand Mahajan DAV College for Women, Chandigarh. | 39 |
| 23 | | No Flame Cooking Competition based on POSHAN Abhiyaan | Dr Harjot Kaur Mann, Assistant Professor (Food and Nutrition), Department of Home Science, Mehr Chand Mahajan DAV College for Women, Chandigarh, NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari. | 40 |
| 24 | | Visit to Senior Citizen Home, Sector 15, Chandigarh | NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari. | 42 |
| 25 | | Interactive session on National Youth Parliament | Ms. Aditi, NSS Volunteer | 45 |
| | | Powerpoint Presentation on Daman and Diu under Ek Bharat, Shreshtha Bharat. | Ms. Sukhmanjot Kaur (Roll and Ms. Ashima- NSS Volunteers | 45 |
| | | An awareness session on Tuberculosis | Ms. Prachi, Ms. Avni and Ms. Aditi – NSS Volunteers | 45 |
| 26 | DAY 6: 27.03.2022 | Workshop cum Lecture on How to Make Compost using MATKA Composter | Dr Purnima Bhandari, NSS Programme Officer and Assistant Professor, Department of Botany, Mehr Chand Mahajan DAV College for Women, Chandigarh. | 46 |
| 27 | | Yoga Cum Meditation Session | Ms Keisham Monarita - a Gold Medalist in Yoga at National and International Level and Research Scholar, Department of Physical Education, Panjab University, Chandigarh. | 47 |
| 28 | | Session on Basics of Market | Dr Pallvi Rani, Assistant Professor, PG Department of Commerce, Mehr Chand Mahajan DAV College for Women, Chandigarh. | 49 |

REPORT OF SEVEN DAY/NIGHT NSS SPECIAL CAMP – 2022 (22 MARCH – 28 MARCH, 2022)

| Sr. No | Day: Date | Name of The Activities | Resource Person/Guest | Page No. |
|---------------|------------------------------|---|---|-----------------|
| 30 | | Practice Session for Valedictory Session | NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari. | 50 |
| 31 | DAY 7: 28.03.2022 | Sanskriti – a Quiz Session on "Ek Bharat Shreshtha Bharat". | Ms Neena Sharma, EBSB Coordinator & Associate Professor, PG Department of English, Mehr Chand Mahajan DAV College for Women, Chandigarh. | 51 |
| 32 | | Valedictory cum Prize Distribution Session | Chief Guest - Madam Harinder Kaur, Regional Director, Ministry of Youth Affairs & Sports, Govt of India, Regional Directorate of NSS, Chandigarh. Dr Nisha Bhargava – Principal, Mehr Chand Mahajan DAV College for Women, Chandigarh. NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari. | 53 |

DAY 1: 22.03.2022 – Inaugural Day

Adhering to all the COVID-19 protocols and SOPs issued by the Government of India, NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh (U.T) kick-started the Seven Day/Night NSS Special Camp – 2022 from 22nd March to 28th March, 2022. The theme of the camp was **Swachh Bharat Abhiyan and Jal Shakti Abhiyan**. During the camp, a plethora of activities related to the theme was organized under the dynamic leadership of our worthy Principal Dr Nisha Bhargava and the supervision of NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari which not only enlightened the NSS Volunteers about the social issues but also motivated and enhanced their student-community interface. The entire schedule of the camp was planned in such a manner to make it expansive and to develop the overall well-being and character of participants.



On Day 1 of the camp, the registration process began at the College entrance where 100 NSS volunteers registered for the camp. Volunteers were asked to submit their vaccination certificates and consent forms assuring the physical wellbeing of the volunteers, duly signed by their parents/guardians for attending the camp. All COVID-19 norms were strictly followed during the registration process.

TITLE OF THE ACTIVITY: Inauguration cum orientation session and administration of Swachhta Pledge

Date: 22 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To acquaint the volunteers with the aims and objectives of NSS Camp
- To motivate and recognize the efforts of the volunteers and instill the idea of personality and character development through social work
- To administer Swachhta pledge to promote a clean and safe environment



The Context: A Seven Day/Night NSS Special Camp – 2022 was organized from 22nd March to 28th March, 2022 under the theme ‘**Swachh Bharat Abhiyan and Jal Shakti Abhiyan**’. To mark the formal introduction and entry of NSS volunteers to the NSS Special camp, and apprise them of the theme and activities of the camp, an inaugural session was organized. The chief guest of the session was Dr Ashwani Koul, NSS Programme Coordinator, Panjab University, Chandigarh. Other dignitaries who were present included Dr Nisha Bhargava, Principal, Mehr Chand Mahajan DAV



College, Mr. Sandeep, Founder of Open Eyes Foundation and NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari.

The Practice: The inaugural session of the Seven Day/Night NSS Special Camp - 2022 was held at 10:30 am in the Multimedia Hall that began on an auspicious note with the lamp-lightening

ceremony, along with the recitation of the Gayatri mantra by our NSS Volunteer Ms. Shruti. It was followed by the welcoming of the Chief Guest with a token of gratitude and Principal ma'am's address where she highlighted the achievements of session 2021-22 of our college. She praised the volunteers for their enthusiastic participation and lauded their efforts and services which they rendered during the lockdown period. She apprised the volunteers of the importance of social service in one's life and how one could contribute to the cause of others. She also enlightened the volunteers about the various issues prevalent in the society and urged them to work dedicatedly for the cause.



During the event, one of the volunteers – Ms. Kunjalika performed sitar vadan. After that Dr Pallvi Rani shared the rules, guidelines, and achievements of NSS Units of College. Later on, the Chief Guest of the day – Dr Ashwani Koul addressed the volunteers sharing an important glimpse about one's life decisions, encouraging volunteers to be satisfied with what they have with them right now and help others to grow together as a community as says the NSS Motto "NOT ME BUT YOU".

To keep their surroundings clean and devote quality time to voluntarily work for cleanliness, *Swachhta Pledge* was administered to the staff and volunteers at the end of the session.

Evidence of Success: The campers displayed great enthusiasm and were

determined to participate in the camp wholeheartedly. The lighting of the lamp inspired the volunteers to be the torch bearers and motivated them to work efficiently and selflessly to serve the community in the best way possible. The link to the event uploaded on the social media handle is as follows:



<https://www.facebook.com/MCMDAFCW/posts/1320609005072016>

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

<https://twitter.com/MCMDAFCW/status/1507752025597317120>



Media Clippings:

7 day night NSS special camp begins at MCM



CHANDIGARH, MAR 24

The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh kickstarted 7 Day and Night NSS Special Camp on the theme Swachh Bharat Abhiyan and Jal Shakti Abhiyan. The Chief Guest for the inaugural session was Prof. Ashwani Koul, NSS Programme Coordinator, Panjab University, Chandigarh and Mr. Sandeep, Founder of Open Eyes Foundation, Manimajra, was the Special Guest. NSS Programme Officers Dr Pallvi Rani and Dr. Purnima Bhandari were also present on this occasion. Inaugurating the camp, Principal Dr. Nisha Bhargava apprised the participants of the distinguished achievements of the college and expressed deep appreciation for the NSS units' service to humanity, society and nation. Dr. Bhargava enlightened the NSS volunteers about various issues prevalent in the society and also urged them to work dedicatedly.

कॉलेज में एन.एस.एस. शिविर की शुरु

चंडीगढ़, 24 मार्च (आशीष) : सैक्टर-36 के मेहर चंद महाजन डी.ए.वी. कॉलेज फॉर वूमैन में एन.एस.एस. इकाइयों ने स्वच्छ भारत अभियान और जल शक्ति अभियान विषय पर सात दिवसीय रात्रि विशेष एन.एस.एस. शिविर का शुभारंभ किया। उद्घाटन सत्र के मुख्य अतिथि प्रो. अश्विनी कौल, पंजाब विश्वविद्यालय में एन.एस.एस. कार्यक्रम समन्वयक हैं और कार्यक्रम के विशिष्ट अतिथि संदीप, मनीमाजरा स्थित ओपन आइज फाऊंडेशन के संस्थापक हैं। इस अवसर पर एन.एस.एस. कार्यक्रम अधिकारी डॉ. पल्लवी रानी और डॉ. पूर्णिमा भंडारी भी उपस्थित थीं। शिविर का उद्घाटन करते हुए प्रधानाचार्या डॉ. निशा भार्गव ने प्रतिभागियों को कॉलेज की विशिष्ट उपलब्धियों से अवगत कराया और मानवता, समाज और राष्ट्र के लिए एन.एस.एस. इकाइयों के सेवाभाव की सराहना की। प्रो. अश्विनी कौल ने छात्रों को अपने शरीर और आत्मा को इस तरह विकसित करने के लिए प्रेरित किया। डॉ. पल्लवी डींगरा ने कॉलेज की एन.एस.एस. इकाइयों के नियमों, दिशानिर्देशों और उपलब्धियों को साझा किया।

TITLE OF ACTIVITY: Installation of Book Donation Box

Date: 22 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To help someone needy and spread the joy of reading
- To motivate volunteers to donate books
- To promote the idea of selfless service toward the community



The Context: Books are the powerhouse of information and knowledge. Many people lack the resources to buy books which leads to depriving them of education. Donating books (texts and references) is something that we can very much do, and this will help a long way in educating underprivileged children. Knowledge shared is after all knowledge squared and books are the means to do so effectively.

The Practice: In the subsequent session of Day 1, a book Donation Box was installed in collaboration with the Open eyes foundation, Manimajra, Chandigarh, in front of the library by the Chief Guest Dr Ashwani Koul along with NSS Programme officers - Dr Pallvi Rani and Dr Purnima Bhandari. The main aim of installing a book donation box was to collect books and help underprivileged students who are incapable of purchasing.



Evidence of Success: The volunteers donated books with great enthusiasm. The chief guest also appreciated the effort and motivated the students to do donation drives in the future as well. The link to the event uploaded on the social media handle is as follows:

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

TITLE OF ACTIVITY: Workshop on Basic Life Support System

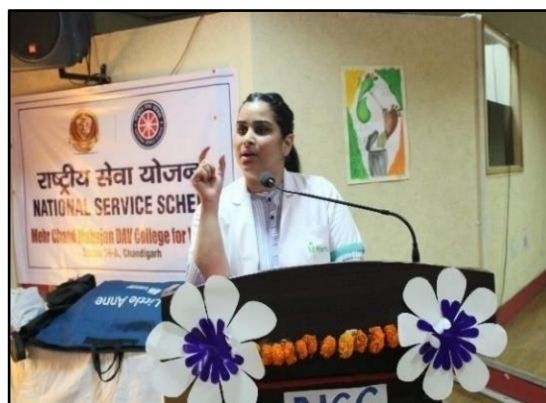
Date: 22 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To spread awareness about the basic life-supporting system like Cardiopulmonary resuscitation (CPR)
- To increase the ability of students to cope with the emergency medical situations

The Context: Basic Life Support, or BLS, generally refers to the type of care that first-responders, healthcare providers, and public safety professionals provide to anyone who is experiencing cardiac arrest, respiratory distress, or an obstructed airway. It is an emergency procedure that requires a rapid and efficient response, available equipment, and personnel trained in life-saving procedures.



The Practice: The NSS Units and Medical Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with Fortis Hospital, Mohali, organized a workshop on basic life support system on Day 1 of Seven Day/Night NSS Special Camp – 2022. During the workshop, a team



comprising of Ms. Meena Bhatta, Marketing Manager along with Senior Clinical Instructors - Ms. Natasha Kohli & Ms. Shailza discussed and highlighted the way of doing CPR to the volunteers. Volunteers were apprised with first aid training tips on how to help a person who gets choked while eating, during cardiac arrest and the dos and don'ts in case of an emergency. It was followed by an interactive cum visual session where video clips depicting many incidences where the life of persons have been saved using CPR were shown to them.

Evidence of Success: This session was helpful as volunteers gained information and hands-on exposure to using CPR as a lifesaving technique during medical emergency situations.

Media Clippings:

एमसीएम में रात्रि विशेष एनएसएस शिविर की शुरुआत

चंडीगढ़, 24 मार्च (राम सिंह बराड़): मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ में एनएसएस इकाइयों ने स्वच्छ भारत अभियान और जल शक्ति अभियान विषय पर 7 दिवसीय रात्रि विशेष एनएसएस शिविर का शुभारंभ किया। उद्घाटन सत्र के मुख्यातिथि प्रो. अश्विनी कौल, पंजाब विश्वविद्यालय, चंडीगढ़ में एनएसएस कार्यक्रम समन्वयक हैं और कार्यक्रम के विशिष्ट अतिथि संदीप, मनीमाजरा स्थित ओपन आइज फाउंडेशन, के संस्थापक हैं। इस अवसर पर एनएसएस कार्यक्रम अधिकारी डॉ. पल्लवी रानी और डॉ. पूर्णिमा भंडारी भी उपस्थित थीं। शिविर का उद्घाटन करते हुए प्रधानाचार्या डॉ. निशा भार्गव ने प्रतिभागियों को कॉलेज की विशिष्ट उपलब्धियों से अवगत कराया और मानवता, समाज और राष्ट्र के लिए एनएसएस इकाइयों के सेवाभाव की सरहना की। डॉ. भार्गव ने एनएसएस स्वयंसेवकों को समाज में व्याप्त विभिन्न मुद्दों के बारे में बताया और उनसे सामाजिक उत्थान के लिए समर्पित और निस्वार्थ भाव से काम करने का भी आग्रह किया। इस अवसर पर अपने विचार व्यक्त करते हुए प्रो. अश्विनी कौल ने छात्रों को अपने शरीर और आत्मा को इस तरह विकसित करने के लिए प्रेरित किया कि वे दूसरों के लिए प्रेरणा स्रोत बनें। उन्होंने एनएसएस के आदर्श वाक्य 'नॉट मी बट यू' का पूर्णरूप से पालन करने पर जोर दिया और दूसरों को एक समुदाय के रूप में आगे बढ़ाने में मदद के लिए प्रेरित किया। डॉ. पल्लवी रानी ने कॉलेज की एनएसएस इकाइयों के नियमों, दिशानिर्देशों और उपलब्धियों को साझा किया। स्वयंसेवकों को स्वच्छता शपथ भी दिलाई गई और कॉलेज पुस्तकालय के सामने एक पुस्तक दान पेटी स्थापित की गई। इसके बाद कॉलेज की मैजिकल कमेटी और फोर्टिस हॉस्पिटल, मोहली के सहयोग से बेसिक लाइफ सपोर्ट सिस्टम पर वर्कशॉप का आयोजन किया गया। विपणन प्रबंधक, मीना भट्ट, वरिष्ठ नैदानिक प्रशिक्षक नताशा कोहली और शैलजा की टीम ने सीपीआर की जीवन रक्षक तकनीक पर विस्तार से चर्चा की और प्रदर्शित करके भी दिखाया।



The session was followed by lunch at the Hostel mess where volunteers enjoyed their meal while following all COVID-19-related protocols. **During lunch, volunteers assisted mess people in serving lunch and cleaned their utensils.** After the lunch, volunteers assembled at the gate for an awareness rally that was scheduled in the adopted Village Badheri, Chandigarh.



TITLE OF ACTIVITY: 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 a participatory approach. Taking another step forward in this direction, the NSS Units 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 - 2022.



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 Abhiyaan". Under this, the volunteers rallied around the Village Badheri, Chandigarh,

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!** This rally aimed to enunciate 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 enthusiastically and energetically spread the message to conserve water.

After the rally, volunteers left for their respective places. In the evening, after a long and productive day, interactive sessions were organized that aimed at improving communication skills and bonding among the NSS volunteers. They played antakshari and shared their first day's experience that helped them to



grow in one way or the other. Some volunteers went to the mess for chopping salad for the dinner. Later on, volunteers geared for the next day's activities.

DAY 2: 23.03.2022

Day 2 of Seven Day/Night NSS Special Camp – 2022 started with a ‘Prabhat Pheri’ on the college campus that was conducted under the Fit India movement advocating the message “*फिटनेस का डोज़ – आधा घंटा रोज़.*” It was conducted in the College Sports ground where volunteers were acquainted with the importance of fitness in daily lives. During this session, one of the volunteers led and exhibited initial stretching exercises that were followed by jogging.



TITLE OF ACTIVITY: Orientation cum Ice-Breaking session

Date: 23 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To apprise the volunteers of the theme of the camp, activities to be undertaken in the NSS camp and promote the idea of holistic development
- To create a common sense of purpose and acquaint them with the volunteers in charge
- To help the volunteers bond as a team and work for a common sustainable goal

The Context: To equip the volunteers with the theme as well as activities planned for the Seven Day/Night NSS Special Camp – 2022, an orientation cum icebreaking session was organized on Day 2.

The Practice: Day 2 of Seven Day/Night NSS Special Camp – 2022 began with an orientation cum ice-breaking session. During the session, NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari familiarized the volunteers with the theme of the camp i.e., Swachh Bharat Abhiyan and Jal Shakti Abhiyan.



They were apprised of the schedule and activities that were planned in this camp including workshops, lectures, cleanliness drives, POSHAN Abiyaan, etc.

During the session, NSS Programme Officers introduced the NSS leaders to the volunteers and discussed the creation and opportunities offered in NSS that not only help them in serving the society but also positively modulate their personality, thus holistic development. NSS group leaders also shared their achievements and experiences. They encouraged the volunteers to give their best and develop knowledge and concern about the well-being of the community and involve themselves in constructive action. After that, NSS volunteers were divided into several sub-committees namely documentation, hospitality, discipline, culture,

cleanliness, etc and respective roles were assigned to them. The main aim of this activity was to enhance their skills, impart confidence among them and equip them with social responsibility.

Evidence of Success: By the end of the orientation program, volunteers were well informed about the significance of taking part in NSS activities and exhibited their keen interest in joining several NSS Camp sub-committees. All the volunteers were filled with zeal to engage selflessly in constructive social activities to make society a better place to live in.



TITLE OF ACTIVITY: 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 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 the Seven Day/Night NSS Special Camp- 2022.

The Practice: Under the able guidance of the Principal Dr Nisha Bhargava, and the 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 session 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 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 gardening, and cleaning purposes. He explained about water management scenario of Chandigarh, water quality monitoring in Chandigarh, the Industrial scenario in Chandigarh and the effluent treatment plant. In the end, he also discussed water-saving tips with the volunteers.

Evidence of Success: NSS Volunteers gained valuable information about the 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 the 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

TITLE OF ACTIVITY: Interactive cum Awareness session cum Poster making session on Azaadi Ka Amrit Mahotsav, India@75 Years. (Commemoration of Shaheedi Diwas)

Date: 23 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To generate awareness among the volunteers about the objective of celebrating AZAADI KA AMRIT MAHOTSAV, INDIA@75 YEARS

The Context: The Azadi Ka Amrit Mahotsav means restoration of energy of independence; i.e., is a festival of an awakening of the nation. The program was launched by the Honourable Prime Minister of India Sh. Narendra Modi on 12th March 2021. The main objective of this session was to apprise volunteers of the contributions laid by our prominent freedom fighters such as Subash Chander Bose, Sardar Patel, and Shaheed Bhagat Singh who have laid down their lives during India's freedom struggle on 23rd March, 1931.

The Practice: As part of the celebration of Azaadi ka Amrit Mahotsav India @75 Years, an interactive cum awareness session was organized to commemorate Shaeedi Diwas on Day 2 of Seven Day/Night NSS Special Camp 2022 in the multimedia hall. During this session, NSS volunteers presented their views through their presentations and discussed the supreme sacrifice made by Bhagat Singh, Sukhdev Thapar and



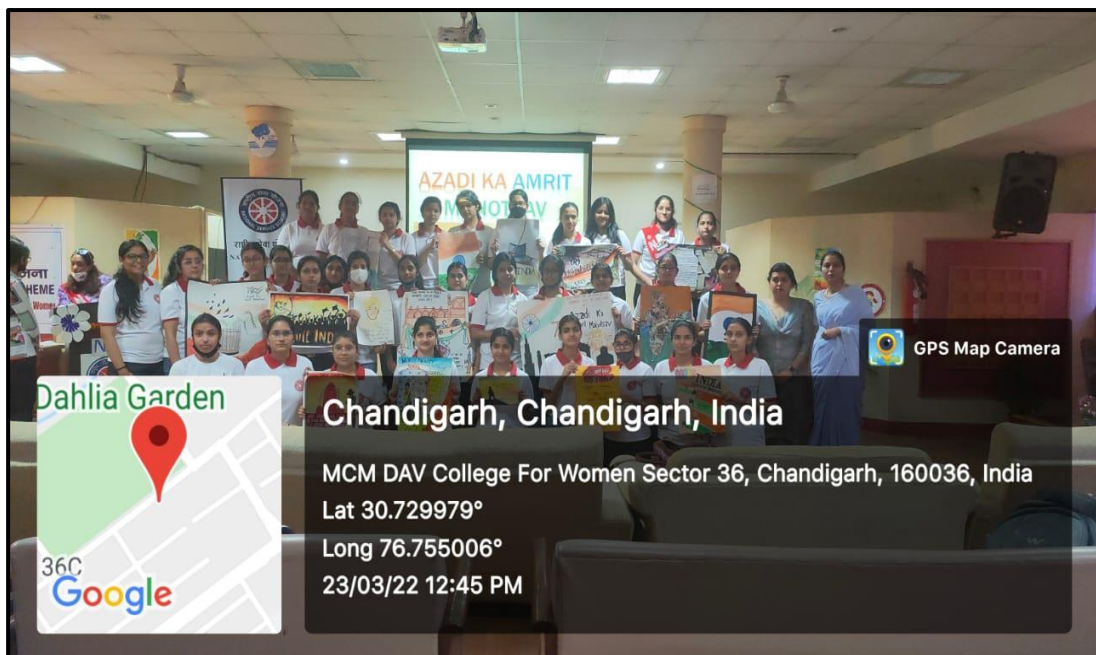
Shivaram Rajguru, the three freedom fighters who



were martyred on this day in 1931. Some volunteers recited poems that were based on nationalism. Later on, volunteers made handmade posters that highlighted the significance of the day and contributions made by martyrs. The main objective of this session was to inculcate a sense of patriotism among volunteers and

pay homage to the legendary freedom fighters.

Evidence Of Success: NSS Volunteers were acquainted with the contributions made by our freedom fighters in India's struggle for freedom.



After this motivating cum enlightening session, NSS Volunteers proceeded for their lunch in College Mess where they assisted mess workers in preparing and serving food and later on cleaning that area.



TITLE OF ACTIVITY: 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 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 Survekhsan – 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

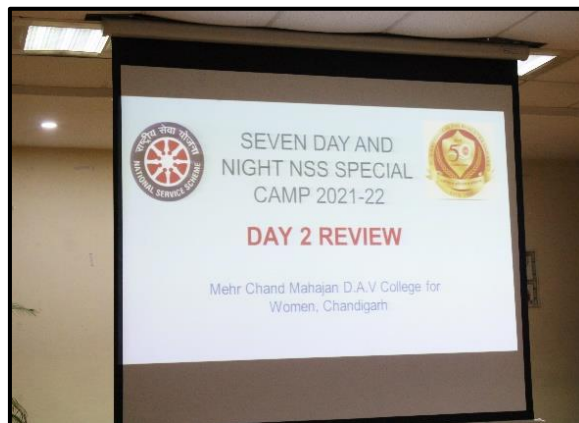
<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1320908785042038/?type=3>



After a long day, volunteers left for their respective places. In the evening, volunteers gathered in the A&B block of the hostel and played games that improved their bonding and imparted the spirit of teamwork.

DAY 3: 24.03.2022

Day 3 of Seven Day/Night NSS Special Camp – 2022 started with the usual prayer that was followed by a review session where one of the NSS volunteers reviewed the activities that were conducted during Day 2.



After that another NSS Volunteer – **Ms. Antriksh**, B.A. II year who represented the college in **North Zonal Pre-Republic Day (RD) Selection Camp** held at Biyani College of Science and Management, Kalwar (Jaipur) from **18th October to 27th October, 2021** shared her experience that gained during the abovesaid camp with NSS Volunteers. She motivated them to participate in every activity and shared tips to clear the hurdles that come during the selection procedure of RD Camp.



TITLE OF ACTIVITY: 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 the 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 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 the process of vermicomposting. She enlightened the volunteers on the advantages of using the vermicomposting technique such as improved growth, disease resistance, and nutrient recycling 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 were extremely motivated to disseminate knowledge gained with the masses and were determined to get involved in vermicompost processing units of our college as well as in adopted village Badheri, Chandigarh. The link to the event uploaded on the social media handle is as follows:

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



TITLE OF ACTIVITY: Workshop Cum Mock Drill on Fire Fighting

Date: 24 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To sensitize the volunteers about the necessary steps taken during a fire outbreak
- To demonstrate and give hands-on exposure to the handling of different types of fire extinguishers

The Context: Fires not only destroy property but cause injuries, and cost lives. With proper training in basic fire-fighting techniques, one can eliminate fire hazards and respond quickly and efficiently, thus helping in preventing small fires from becoming big emergencies. As a committed NSS volunteer, one must know what to and how to do in case of a fire hazard. With this objective, a Workshop cum Mock Drill on Fire Fighting was organized under the supervision of NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari on Day 3 of Seven Day/Night NSS Special Camp– 2022.



The Practice: Considering the need of the hour to deal with fire hazards, a



Workshop cum Mock Drill on Fire Fighting by Leading Fire Man (LFM) Bhupinder Singh and Team from Fire Station, Sector 38, Chandigarh was organized in the third session by NSS Units in collaboration with Disaster Management Committee of the college. During the workshop, LFM

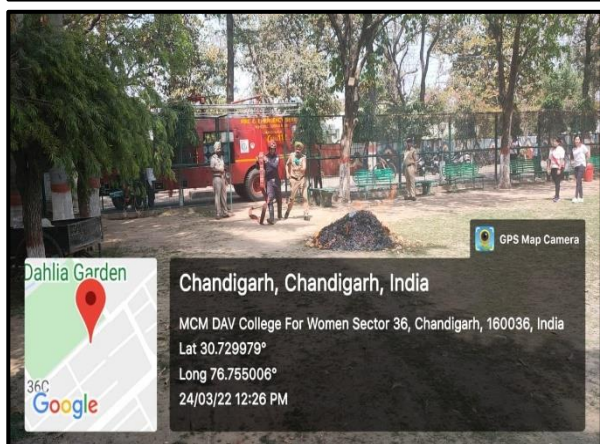
REPORT OF SEVEN DAY/NIGHT NSS SPECIAL CAMP – 2022 (22 MARCH – 28 MARCH, 2022)

Bhupinder Singh demonstrated the correct techniques for using fire extinguishers during emergency. He informed the volunteers about the dos and don'ts of the fire safety norms, types of fire hazard and ways to control fire outbreak. He further briefed the volunteers about the different types of fire extinguishers used to extinguish fires. They also demonstrated and allowed the volunteers and NSS Programme Officers to have hands-on experience with using extinguishers.

A fire tender was called during the mock drill where the demonstrators gave a practical presentation of how the fire department works during a fire emergency. In the end, a green planter as a token of gratitude was presented to the personnel of the Fire Department by Principal Dr Nisha Bhargava.

Evidence of Success: It was an interactive cum informative training session where NSS volunteers were apprised of the safety measures that need to be taken in case of a fire emergency. The link to the event uploaded on the social media handle is as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324695404663376/?type=3>



TITLE OF ACTIVITY: Motivational Lecture - “Cultivating positive attitude in life” by Mr. J.S. Jayara, Principal, Institute for Blind School, Chandigarh.

Date: 24 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To apprise NSS volunteers of disabilities and hardships faced by the persons in every aspect of political, social, economic, and cultural life
- To normalize disability with positivity

The Context: “Disability need not be an obstacle to success,” – by Stephen Hawking. As a committed NSS Volunteer who serves the community, there is a need to sensitize people regarding disabilities and normalize them by bringing positivity to society. With this objective, a motivational lecture entitled “Cultivating positive attitude in life” was organized on Day 3 of Seven Day/Night NSS Special Camp – 2022 by NSS Units of the College.

The Practice: The resource person of the session was Mr. J.S. Jayara, Principal, Institute for Blind, Sector 26, Chandigarh. During the session, Mr. J.S. Jayara motivated our volunteers and highlighted the fact that disability should not be



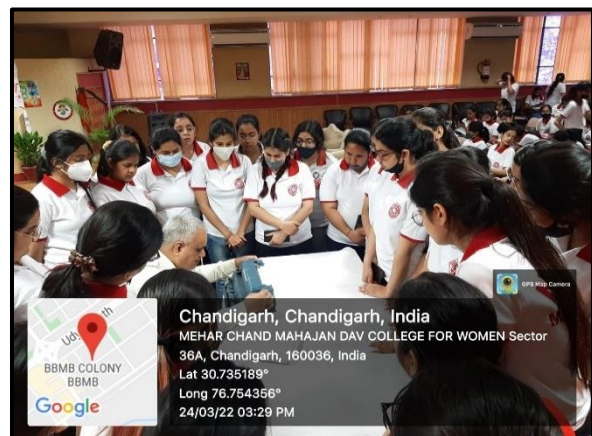
considered a curse but a challenge that should be adopted with a positive attitude. By quoting positive verses, he highlighted the importance of education by saying “we learn through interaction” and that education is always on the top, no one can steal your right to education even if you are people with disabilities. He further highlighted that visually impaired students have the right to read and write as they lack sight, not vision. He stated many facts by reciting short stories and empowered the volunteers with great enthusiasm. He also demonstrated and taught Braille language to the volunteers.

REPORT OF SEVEN DAY/NIGHT NSS SPECIAL CAMP – 2022 (22 MARCH – 28 MARCH, 2022)

In the end, the Principal of the college Dr Nisha Bhargava felicitated Mr. J.S. Jayara with a token of gratitude.

Evidence of Success: The session was aimed at refining the students to become more sensible, hardworking, social, and responsible people. Every student enjoyed the lecture as it was a nice learning experience. Volunteers were inspired by his words and became more disciplined, participative, and sensitive towards disabled persons.

The link of the event uploaded on the social media handle is as follows:
<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324695334663383/?type=3>



TITLE OF ACTIVITY: 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 their alternatives such as reusable cloth pad

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, and tampons has become a serious environmental concern as most of them are made up of non-biodegradable plastic material. 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.

The Practice: With this objective, the last session of Day 3 of Seven Day/Night NSS Special Camp -2022 included a Workshop on Menstrual Hygiene and reusable Pad making that was organized by NSS Units on 24th March, 2022. The resource person of the session included Ms. Sakshi,

Co-founder, Samvaad, an NGO and Mr. Aman Singh, Menstrual Hygiene Trainer and Social Activist. During the session, Ms. Sakshi highlighted major taboos and busted myths associated with mensuration that exist in 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 and menstrual cups, such as 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 learnt many new concepts about menstrual hygiene management, the correct way of disposal of single-use pads and its various substitutes such as Cloth pads.



DAY4: 25.03.2022

Day 4 of Seven Day/Night NSS Special Camp – 2022 started with the usual prayer that was followed by a review session where one of the NSS volunteers reviewed the activities that were conducted during Day 3 of the camp.



It was followed by a **game session, organized under Fit India Movement** where volunteers played several games such as tug of war, kho-kho. In this session, volunteers learned the essence of team spirit and teamwork in this session.



TITLE OF ACTIVITY: 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 concerning 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

The Context: POSHAN Abhiyaan, Mission Poshan 2.0 (Saksham Anganwadi and Poshan 2.0), a Government of India's flagship program, is an integrated nutrition support program, that aims to strengthen nutritional content, delivery, outreach and outcomes with a focus on developing practices that nurture health, wellness and immunity to disease and malnutrition.

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 Abhiyaan 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 in measuring the height and weight of children in the age group of 0-6 years using instruments including an infantometer, weighing scale and stadiometer. Volunteers also interacted with the parents and generated awareness regarding the importance of nutrition and a balanced diet among

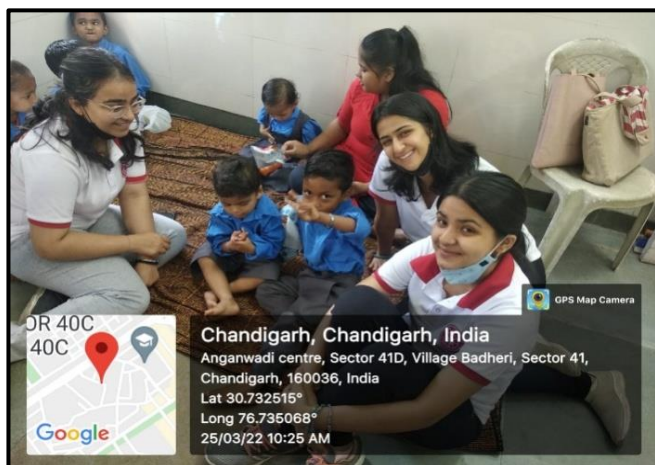
children.

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



In the end, under Swachh Bharat Abhiyan, a cleanliness drive was undertaken by NSS Volunteers where 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.



TITLE OF ACTIVITY: Lecture on Gender Sensitization

Date: 25 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To spread awareness among the volunteers related to the gender discrimination
- To motivate volunteers to take initiatives to break gender stereotypes and norms.

The Context: Gender equality is crucial to a fair and just world. Promoting Gender Equality will have a direct influence on improving mental health, and social and emotional intelligence, and aid in the prevention of the many different forms of abuse.

The Practice: To empower NSS volunteers to take initiatives to end gender discrimination and provide opportunities for women empowerment, a lecture on gender sensitization was organized on Day 4 of Seven Day/Night NSS Special Camp – 2022 by NSS Units in collaboration with Equal Opportunity cell and Foreign Students Cell. The resource person of the session was Dr Bindu Dogra, Assistant Professor, Post Graduate Department of Sociology, Mehr Chand Mahajan DAV College for Women, Chandigarh. During the session, Dr



Bindu Dogra interacted with students and shed light on the gender stereotypes that are prevalent in society. By quoting examples from the society, she further highlighted how these stereotypes are restricting the empowerment of women, despite various constitutional, and legal provisions, programs and policies initiated by the government. Students also presented their views on the gender stereotypes that women face.

Besides, she suggested effective steps for changing the stereotypical mindset to achieve the goals of effective women empowerment in the country thereby ending gender discrimination and bringing gender equality in terms of social life and working environment.

Evidence of Success: The event was a successful one as it was able to create awareness about the challenges which women face in society and the strategies which could be adopted to empower women. The link to the event uploaded on the social media handle is as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324701874662729/?type=3>

TITLE OF ACTIVITY: Awareness session on Waste Segregation

Date: 25 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To generate awareness regarding the need for 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, Chandigarh. With the help of visual aids and a PowerPoint presentation, Dr Shafila enlightened the audience on

the waste segregation process, types of waste, its importance and implications in terms of traditional methods versus current methods. By citing the example of Nimbua Greenfield limited and Dadumajra ground fill site, Dr Shafila apprised the volunteers of the waste segregation sites in Chandigarh. Moreover, for the 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 the usage of 3R's – Reduce, Reuse and Recycle in their life.



Evidence of Success: The session was a successful one as it ended with the quote “waste isn’t a waste until we waste it”. Volunteers were motivated and determined to sensitize the masses and adopt some of the practices in their Village Badheri, adopted under NSS.

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

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



TITLE OF ACTIVITY: Lecture on Incredible Inventions and Frugal Innovations: Mitigating Challenges of Rural India

Date: 25 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To apprise NSS Volunteers of the problems prevailing in rural areas and the innovations that have been developed to counteract these problems

The Context: Rural India is home to

majority of the nation's population. The rural population resides mainly in villages and includes such a large population facing issues like poverty, low literacy rates, and lack of basic infrastructures including schools and hospitals. Therefore, India is continuously trying to boost the rural economy.

The Practice: To address the problems faced by people residing in rural areas, a lecture entitled "Incredible Inventions and Frugal Innovations: Mitigating Challenges of Rural India" by Dr Sandeep Kaur, Assistant Professor, Department of Microbial Food Technology was organized in the last session of Day 4 of Seven Day/Night NSS Special Camp – 2022. During the session, Dr Sandeep discussed the problems of rural India related to malnutrition, deficiency issues, menstrual hygiene among women and kids and availability of clean drinking water. In addition,

she apprised volunteers of several inventions and techniques such as Bullet Santi, Jugnu Bags, eco-friendly mosquito nets, low-cost sanitary napkin machine, and Parichaya- fighting TB that could be adopted to improve rural life, especially for women. She motivated the volunteers to think out of the box so that problems in rural areas could be solved.



Evidence of Success: The volunteers were motivated after the session. They vowed to broaden their horizons and innovate out of the box, and work constructively for the betterment of people residing in the rural area. The link to the event uploaded on the social media handle is as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324702091329374/?type=3>

DAY5: 26.03.2022

Day 5 of Seven Day/Night NSS Special Camp – 2022 started with the usual prayer that was followed by a review session where one of the NSS volunteers reviewed the activities that were conducted during Day 4.



The first session of Day 5 started with an interactive session by Ms. Dhanu, an NSS volunteer, who shared the experience that she gained during National Integration Camp – 2021, held at Maharishi Dayanand University Rohtak Haryana from 19th November - 25th November, 2021. She motivated other volunteers to come forward and work actively for the betterment of society.



TITLE OF ACTIVITY: Awareness session on Anti-ragging

Date: 26 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To apprise the volunteers of the ill effects of ragging practice
- To make students aware of the laws of the country to ragging and how it affect the lives of people victimized by it

The Context: Ragging is any disorderly conduct whether by words spoken or written or by an act that has the effect of teasing, treating or handling with rudeness a fresher or a junior student, indulging in a rowdy or undisciplined activity that causes or is likely to cause annoyance, hardship or psychological harm or



to raise fear or apprehension there of in a fresher or a junior student, or asking the students to do any act or perform something which such student will not do in the ordinary course and which has the effect of causing or generating a sense of shame or embarrassment to adversely affect the physique or psyche of a fresher or a junior student. It has ruined countless innocent lives and careers and thus, it needs to be eradicated.

The Practice: In the subsequent session, an awareness session on anti-ragging was organized by NSS Units in collaboration with the Anti-ragging Cell of the college on Day 5 of Seven Day/Night NSS Special Camp – 2022. The resource person of the session was Dr Bindu Sharma, Associate Professor, Post Graduate Department of English, Mehr Chand Mahajan DAV College for Women, Chandigarh. The session started with a heart-touching poem recited by NSS Volunteer - Ms. Anjali that was based on a ragging incident.

During the session, Dr Bindu defined ragging as stated by the Honourable Supreme Court of India. She discussed a few cases of ragging that including Aman Kachroo Ragging Case in India that resulted in death, after which the Supreme Court of India intervened and took strict actions to stop more such incidents.

She also informed volunteers about the constitution of the college anti-ragging committee and motivated them to join her in the fight against ragging, and spread the word to others regarding the same. In the end, she gave blessings to all volunteers for their bright future.



Evidence of Success: Volunteers were motivated and determined to join her in the fight against ragging and spread awareness among students regarding the same.

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

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TITLE OF ACTIVITY: 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 of the importance of waste management
- To make volunteers aware of current innovative and sustainable practices adopted by our college in the 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 with Dr Vandana Sharma apprising volunteers of the importance of waste segregation and highlighting the difference between wet and dry waste. With the help of current statistics of India, she explained how an increase in urbanization has amplified the 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 the social media handle is as follows:



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TITLE OF ACTIVITY: 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 and 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 the 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.

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 an 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.

TITLE OF ACTIVITY: 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 organized under POSHAN Abhiyaan. During the session, volunteers made mouth-watering, healthy and nutritious food without using fire. 16 teams

were comprised 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 a criterion - presentation, creativity, cleanliness, teamwork, and nutritional value.

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

First prize: *Sprouts-Nut crunch, fruits with dip & pudina 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 to the event uploaded on social media handle is as follows:

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

TITLE OF ACTIVITY: Visit to Senior Citizen Home, Sector 15, Chandigarh

Date: 26 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To sensitize the volunteers to the needs of senior citizens
- To respect and love elderly people and reduce the loneliness

The Context: In the last session of Day 5 of SevenDay/Night NSS Special Camp - 2022, a Visit to Senior Citizen Home Sector 15, Chandigarh was organized by NSS Units of the college. The main objective of this visit was to inculcate a sense of selfless service among NSS volunteers towards the less fortunate.



The Practice: As many as 50 NSS volunteers visited the senior citizen home and interacted with 34 inmates of the senior citizen home. At the beginning of the visit, NSS volunteers interacted with functionaries of the home – Mr. Dinesh Dixit and Ms.



Paraspreet where they learned how caretakers take care of the elderly residents at the home. They were made aware of the real-world problems and how they can contribute by helping senior citizens.

Besides, they gifted hand-made cards to the senior citizens, and donated fruits and juices. They entertained them by singing songs. Residents were ecstatic to meet and talk to the volunteers. All in all, it was a heartfelt and profound experience for everyone.

Evidence of Success: In the end of the visit,volunteers felt grateful and determined to serve society. All in all, it was a heartfelt and emotional experience for everyone as it serves the NSS Motto – *Not me, But You.*

REPORT OF SEVEN DAY/NIGHT NSS SPECIAL CAMP – 2022 (22 MARCH – 28 MARCH, 2022)

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

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DAY 6: 27.03.2022

Day 6 of Seven Day/Night NSS Special Camp – 2022 started with the usual prayer that was followed by a review session where one of the NSS volunteers reviewed the activities that were conducted during Day 5.



It was followed by an interactive session on **National Youth Parliament** by Ms. Aditi, an NSS volunteer, who shared the experience that she gained during State level National Youth Parliament, held virtually on 26th February, 2022. She shared tips to clear the hurdles that come during the selection procedure of Youth Parliament.



After that two of the NSS Volunteers – Ms. Sukhmanjot Kaur (Roll No: 9655) and Ms. Ashima (Roll No: 9904) of B. Com II year presented a **PowerPoint Presentation on Daman and Diu** and enlightened the audience with the facts such as culture, dance, food etc. of the state that has been paired under **Ek Bharat Shreshtha Bharat scheme**.



In addition, an awareness session on **Tuberculosis** was organized where three NSS Volunteers – Ms. Prachi (Roll No: 265), Ms. Avni (Roll No: 265) and Ms. Aditi (192) of B.Sc. Medical II year apprised their fellow mates of Tuberculosis; its causes, symptoms, preventive measures and line of treatment through their virtual ppts.



TITLE OF ACTIVITY: 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 the process of compost made from the daily waste generated in their kitchen as well as house
- To encourage volunteers to adopt the 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 our 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, NSS Programme Officer and Assistant Professor, Department of Botany Mehr Chand Mahajan DAV College for Women, Chandigarh.

During her interactive cum enlightening session, Dr Purnima apprised the volunteers of the dos and don'ts of burning dry litter, the importance of compost and the 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 compost. In addition, volunteers got hands-on exposure to composting process. In the end, she highlighted the sustainable initiative taken up by our college in



constructing compost pits on the college premises.

Evidence of Success: By the end of the workshop, volunteers were well versed in composting process and were determined to adopt this sustainable practice under Swachh Bharat Abhiyan in the adopted Village Badheri, Chandigarh. The link to the event uploaded on the social media handle is as follows:

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



TITLE OF ACTIVITY: Yoga Cum Meditation Session

Date: 27 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To promote the 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 well-being 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 where the 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,



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 which strengthen the body, reduces stress, anxiety, fatigue and helps 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, enabling the participants to rejuvenate themselves. The link to the event uploaded on the social media handle is as follows:

event uploaded on the social media handle is as follows:

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

TITLE OF ACTIVITY: Session on Basics of Market

Date: 27 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To make the students aware of the financial system in India
- To encourage the students to invest in their future

The Context: A stock market is a place where shares of public listed companies are traded. To make the students aware of the financial system of India and its various terms, a session on Basics of Market by Dr Pallvi Rani, Assistant Professor, Post Graduate Department of Commerce, Mehr Chand Mahajan DAV College for Women, Chandigarh was organized.



The Practice: The session commenced with Dr Pallvi emphasizing the significance of money in our lives. Each volunteer listened to her with utmost concentration and actively participated in the discussion. She further interacted with volunteers and discussed several money-saving schemes using various references and examples about-stock market, share, stocks, SEBI (Securities Exchange Board of India), BSE (Bombay Stock Exchange), NSE (National Stock Exchange), etc.



Meanwhile, the volunteers also asked several queries that they were having in their minds related to these topics. Overall, it was a nice interactive session in which the volunteers participated with great enthusiasm and gained a lot of knowledge and information.

Evidence of Success: By the end, volunteers were well informed about the basics of the stock market. The link to the event uploaded on the social media handle is as follows: <https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324713344661582/?type=3>

TITLE OF ACTIVITY: Practice session for Valedictory Event

Date: 27 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To boost the confidence of the volunteers and achieve perfection in the cultural performances to put forth a successful show in the valedictory event

The Context: Culture plays an important role in the development agenda of any nation. It represents a set of shared attitudes, values, goals, and practices. Culture and creativity manifest themselves in almost all economic, social and other activities.

The Practice: To achieve perfection in the cultural performances and put forth a successful show in the valedictory event, a rehearsal session was organized in the last segment of Day 6 of Seven Day/Night NSS Camp – 2022. In this session, volunteers geared up for the cultural events that included dance performances based on Ek Bharat Shreshtha Bharat theme, speeches, group songs that were based on patriotism and Azaadi Ka Amrit Mahotsav, and nukkad natak(s) - based on Swacch Bharat Abhiyan and Jal Shakti Abhiyan, and POSHAN Abhiyaan for the Valedictory day.

Evidence of Success: The session was a relaxing session that rejuvenated the spirit of NSS volunteers. Volunteers learned the essence of team spirit and teamwork in this session. The link to the event uploaded on the social media handle is as follows:



<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324713654661551/?type=3>

DAY 7: 28.03.2022

Day 7 of Seven Day/Night NSS Special Camp – 2022 started with the usual prayer that was followed by a review session where one of the NSS volunteers reviewed the activities that were conducted during Day 6.

TITLE OF ACTIVITY: Sanskriti – A Quiz Session on "Ek Bharat Shreshtha Bharat

Date: 28 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To familiarize the participants with the multicultural fabric of India
- To enhance the awareness of volunteers about the paired state and acquaint them with the rich diversity of the paired state

The Context: Ek Bharat Shreshtha Bharat (EBSB) programme aims to enhance interaction & promote mutual understanding between people of different states/UTs through the concept of state/UT pairing. It was launched on 31st October, 2015 to commemorate the birth anniversary of Sardar Vallabh Bhai Patel. Under this, our city beautiful Chandigarh has been paired with Dadra and Nagar Haveli. Nestled cozily amidst the states of Maharashtra and Gujarat, Dadra and Nagar Haveli are located in the western nook of India and are a perfect example of the amalgamation of different cultures

The Practice: To familiarize the participants with multicultural facts of India, NSS Units of the college organized a Quiz competition – Sanskriti that was based on EBSB, on Day 7 of Seven Day/Night NSS Camp – 2022 which was conducted by EBSB



Coordinator – Ms. Neena Sharma, Associate Professor, Post Graduate Department of English, Mehr Chand Mahajan DAV College for Women, Chandigarh.

In this quiz session, there were seven teams, each comprising four volunteers. In the preliminary round, the four most scoring teams were shortlisted for the next main round. The quiz consisted of some carefully orchestrated questions relating to the rich cultural background of India, especially Dadar and Nagar Haveli. Volunteers brushed up their knowledge of their nation and were introduced to many new facts.

Evidence of Success: The session was an immersive and educational one as volunteers were able to gain insights into the multidimensional culture of incredible India. The name of the Prize winners are as follows:

First prize: Team Explorers

1. Ms. Nancy Sharma (Roll No: 7130) B.A. III year
2. Ms. Shreya (Roll No: 7097) B.A. III year
3. Ms. Divya (Roll No: 286) B.Sc. Medical II year
4. Ms. Prerna (Roll No: 9844), B. Com II year

Second Prize: Team Creators

1. Ms. Nishtha Uniyal (Roll No: 1674), B.A.I year
2. Ms. Gurleen Kaur (Roll No: 1658) B.A. I year
3. Ms. Palak Narang (Roll No: 1626) B.A.I year
4. Ms. Devangna Dehloo (Roll No: 2169) B.A.I year

Third Prize: Team Innovators

1. Ms. Aru Sharma (Roll No: 10058) B. Com III year
2. Ms. Aishani Kharbanda (Roll No: 10164) B. Com III year
3. Ms. Harshita Malik (Roll No: 3150) B.A. II year
4. Ms. Dhanu (Roll No: 9501) B. Com II year

TITLE OF ACTIVITY: Valedictory cum Prize Distribution Session

Date: 28 March 2022

Number of NSS Volunteers participated: 100

Objectives:

- To mark the concluding day of Seven Day/Night NSS Special Camp – 2022
- To display the talent of the volunteers, felicitate their achievements and display the glimpses of Seven Day/Night NSS Special camp – 2022

The Context: Seven Day/Night NSS Special Camp – 2022 was organized by NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh from 22nd March – 28th March, 2022 under the dynamic leadership of Principal Dr Nisha Bhargava and supervision of NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari. The theme of the camp was ‘Swachh Bharat Abhiyan and Jal Shakti Abhiyan’.



The Practice: A valedictory cum prize distribution session was organized on the concluding day of Seven Day/Night NSS Special Camp – 2022. The event was graced by the presence of the Chief guest – Mrs. Harinder Kaur, Regional Director, Ministry of Youth Affairs & Sports, Govt of India, Regional Directorate of NSS, Chandigarh.

The worthy principal of the college Dr Nisha Bhargava presented a token of gratitude to the Chief Guest. She congratulated NSS Programme officers - Dr Pallvi Rani and Dr Purnima Bhandari and NSS team for successfully organizing such an expansive camp. In her motivating address, she appreciated the volunteer’s participation and added that the exposure provided to the volunteers during the camp will go a long way in widening their horizons and empowering them to be individuals with a strong value.





The session began with a medley performance led by Ms. Kunjalika, emphasizing the rich cultural background of India and the spirit of nationalism. Keeping up the national fervor, a poem was recited by NSS Volunteer Ms. Shagun. Under POSHAN Abhiyaan, Nukkad Naatak was staged by the NSS

volunteers to educate the audience on the importance of healthy food and nutrition.

Another nukkad natak based on Swachh Bharat Abhiyan was staged by the volunteers that conveyed the message of the harmful effects of plastic use and the importance of cleanliness. Few of the NSS volunteers - Ms. Prachi, Ms. Vinayaka and Ms. Ojaswini shared their experiences, impressions and growth in personality that they gained during the Seven Day/Night NSS Special camp – 2022 via poems. Under Ek Bharat Shreshtha Bharat, Ms. Aditi talked about India, its culture, history, religion, unity, and all that it stands



for. It was followed by virtual presentation of the camp report that was shared by NSS Programme Officer Dr Purnima Bhandari. Reflecting the cultural diversity of India, various traditional state dances like Bihu, Tarpa, Nati and Bhangra were performed by the volunteers. Under Azadi ka Amrit Mahotsav, a dance was performed by Ms. Shruti as a tribute to all the freedom fighters.

A heartfelt discourse was delivered by Madam Harinder Kaur who motivated volunteers to work for the social causes and urged them to always strive for

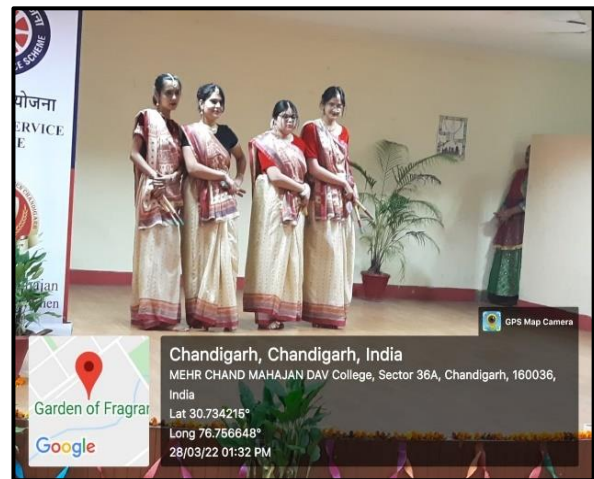
selfless help and relish the meaning of being an NSS volunteer in its true sense. Later on, she enlightened volunteers about several NSS activities such as Republic Day Parade Camp, National Integration Camp, National Adventure Camp etc. To

REPORT OF SEVEN DAY/NIGHT NSS SPECIAL CAMP – 2022 (22 MARCH – 28 MARCH, 2022)

acknowledge the work of volunteers, done during the Seven Day/Night NSS Special camp - 2022, the volunteers and group leaders were acknowledged and felicitated with trophies.

Evidence of Success: Overall, the camp was a huge success where volunteers participated with full zeal and enthusiasm. Through this seven-day journey, volunteers were infused with the motto of NSS – *Not Me, But You!* With this, the camp ended on a positive as well as an emotional note. The link to the event uploaded on the social media handle is as follows:

<https://www.facebook.com/MCMDAVCW/posts/1324722114660705>



REPORT OF SEVEN DAY/NIGHT NSS SPECIAL CAMP – 2022 (22 MARCH – 28 MARCH, 2022)



Media Clippings:

7 day and night NSS Camp culminates at MCM
 March 29, 2022 03:54 PM

CHANDIGARH, 29.03.22-The Seven Day and Night NSS Special Camp, held on the themes of Swacch Bharat Abhiyan and Jal Shakti Abhiyan, culminated at Mehr Chand Mahajan DAV College for Women, Chandigarh.

The Chief Guest for the valedictory session was Ms. Harinder Kaur, Regional Director, Ministry of Youth Affairs and Sports, Government of India, Regional Directorate of NSS, Chandigarh. Speaking on this occasion, Ms. Harinder Kaur motivated the volunteers to work selflessly for the cause of social upliftment by following the NSS motto of 'Not Me But You' in letter and spirit. She enlightened the volunteers about several NSS events aimed at developing the personality and character of students such as Republic Day Parade Camp, National Integration Camp and National Adventure Camp. Dr. Purnima Bhandari, NSS Programme Officer presented the report of activities conducted during the camp that included workshops, visits, awareness sessions, etc. A cultural extravaganza, including medley performance emphasising the rich culture of India and the spirit of nationalism, and dance performances showcasing the cultural diversity of India through various traditional state dances like bihu, tarpa, naati and bhangra, was thoroughly enjoyed by the volunteers.

Under Poshan Maah, nukkad natak was staged by

bihu, tarpa, naati and bhangra, was thoroughly enjoyed by the volunteers. Under Poshan Maah, nukkad natak was staged by the volunteers with an aim to educate everyone about the importance of healthy food and nutrition. Another nukkad natak on the theme of Swacch Bharat Abhiyan was performed by the volunteers that highlighted the harmful effects of plastic use and the importance of cleanliness. Through their talks and poems, some of the NSS volunteers shared their experiences during the camp and how the camp had enriched their personalities. Under Azadi ka Amrit Mahotsav, Ms. Shruti paid a tribute to our legendary freedom fighters through her dance performance. The seven days of the camp were an amalgam of meaningful activities that included lectures and workshops on Jal Shakti Abhiyan, Cultivating Positive Attitude in Life, Gender Sensitisation, Basics of Market, Waste Management, Compost making, Vermicomposting, Menstrual Hygiene and Reusable Sanitary napkins, Challenges of rural India, Health and Nutrition; workshop cum mock drill on fire fighting; quiz under Ek Bharat Shreshta Bharat; sessions on yoga and meditation, anti ragging awareness, and visits to Senior Citizen Home, Sector 15, Chandigarh and adopted village Badheri. Principal Dr. Nisha Bhargava congratulated NSS programme Officers Dr. Pallvi Rani and Dr. Purnima Bhandari for successfully organising such an expansive camp. She added that the exposure provided to the volunteers during the camp will go a long way in widening their horizons and empowering them to be individuals with a strong value system.

सामाजिक उत्थान के लिए निःस्वार्थ भाव से करें कार्य : हरिंदर

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज में स्वच्छ भारत अभियान और जल शक्ति अभियान के विषय पर आयोजित सात दिवसीय एनएसएस शिविर का समापन समारोह करवाया गया। मुख्यातिथि युवा मामले और खेल मंत्रालय में क्षेत्रीय निदेशक व एनएसएस के क्षेत्रीय निदेशक हरिंदर कौर रहे। उन्होंने स्वयंसेवकों को सामाजिक उत्थान के लिए निस्वार्थ भाव से काम करने के लिए प्रेरित किया।

हरिंदर कौर ने स्वयंसेवकों को गणतंत्र दिवस परेड शिविर, राष्ट्रीय एकता शिविर और राष्ट्रीय साहसिक शिविर जैसे छात्रों के व्यक्तित्व और चरित्र को विकसित करने के उद्देश्य से आयोजित एनएसएस कार्यक्रमों के बारे में बताया। एनएसएस कार्यक्रम अधिकारी डॉ. पूर्णिमा भंडारी ने शिविर के दौरान आयोजित गतिविधियों की रिपोर्ट पेश की। ब्यूरो

एमसीएम में एनएसएस कैंप का समापन



एमसीएम कॉलेज में एनएसएस कैंप समापन दौरान मुख्य अतिथि हरिंदर कौर, युवा मामले और खेल मंत्रालय में क्षेत्रीय निदेशक का सम्मान करते हुए कॉलेज प्राचार्या डा. निशा भार्गवा (छाया : गुरिंदर सिंह)

चंडीगढ़, 29 मार्च (राम सिंह बराड़) : मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ में स्वच्छ भारत अभियान और जल शक्ति अभियान की थीम पर आयोजित सात दिवसीय-रात्रि एनएसएस विशेष शिविर का समापन हुआ। समापन सत्र के मुख्य अतिथि हरिंदर कौर, भारत सरकार, युवा मामले और खेल मंत्रालय में क्षेत्रीय निदेशक व एनएसएस, चंडीगढ़ के रोजनल डायरेक्टर थे। इस अवसर पर अपने विचार व्यक्त करते हुए

हरिंदर कौर ने स्वयंसेवकों को नॉट मी बट यू के एनएसएस अहर्ष वाक्य का पालन करते हुए सामाजिक उत्थान के लिए निस्वार्थ भाव से काम करने के लिए प्रेरित किया। उन्होंने स्वयंसेवकों को गणतंत्र दिवस परेड शिविर, राष्ट्रीय एकता शिविर और राष्ट्रीय साहसिक शिविर जैसे छात्रों के व्यक्तित्व और चरित्र को विकसित करने के उद्देश्य से आयोजित कई एनएसएस कार्यक्रमों के बारे में बताया। डॉ. पूर्णिमा भंडारी, एनएसएस कार्यक्रम

अधिकारी ने शिविर के दौरान आयोजित गतिविधियों की रिपोर्ट प्रस्तुत की, जिसमें कार्यशालाएं, दौरे, जागरूकता सत्र आदि शामिल थे। सांस्कृतिक कार्यक्रम के दौरान भारत की समृद्ध संस्कृति और राष्ट्रवाद की भावना को व्यक्त करते हुए मिश्रित गीत का प्रदर्शन किया गया। इसके इलावा विभिन्न राज्यों के पारंपरिक नृत्यों जैसे बिहु, तर्पा, नाटी और भांगड़ा के माध्यम से भारत की सांस्कृतिक विविधता को प्रदर्शित करने वाले स्वयंसेवकों ने इसका

भरपूर आनंद लिया।

पोषण माह के तहत, स्वयंसेवकों द्वारा स्वस्थ भोजन और पोषण के महत्व के बारे में सभी को शिक्षित करने के उद्देश्य से नुक्कड़ नाटक का मंचन किया गया। स्वच्छ भारत अभियान की थीम पर एक अन्य नुक्कड़ नाटक स्वयंसेवकों द्वारा किया गया, जिसमें प्लास्टिक के उपयोग से होने वाले हानिकारक प्रभावों और स्वच्छता के महत्व पर प्रकाश डाला गया। अपने भाषणों और कविताओं के माध्यम से, एनएसएस के कुछ स्वयंसेवकों ने शिविर के दौरान अपने अनुभव साझा किए और बताया कि शिविर ने उनके व्यक्तित्व को कैसे समृद्ध किया। आजादी का अमृत महोत्सव के तहत, श्रुति ने अपने नृत्य प्रदर्शन के माध्यम से हमारे महान स्वतंत्रता सेनानियों को श्रद्धांजलि दी। शिविर के सात दिन सार्थक गतिविधियों का एक मिश्रण थे, जिसमें जल शक्ति अभियान, जीवन के प्रति सकारात्मक दृष्टिकोण बनाए रखने, लिंग के प्रति

संवेदीकरण, अपशिष्ट प्रबंधन, खाद बनाना, वर्मीकम्पोस्टिंग, महलवारी के दौरान स्वच्छता और पुनः प्रयोज्य सैनिटरी नैपकिन पर व्याख्यान और कार्यशालाएं शामिल थीं। ग्रामीण भारत की चुनौतियां, स्वास्थ्य और पोषण; अग्निशमन पर कार्यशाला सह मॉक ड्रिल; एक भारत श्रेष्ठ भारत के तहत प्रश्नोत्तरी, योग और ध्यान पर सत्र, रैपिंग विरोधी जागरूकता सत्र और वरिष्ठ नागरिक गृह, सेक्टर 15, चंडीगढ़ का दौरा और गांव बंधेरी को अंगीकृत करना शामिल रहा।

प्राचार्या डॉ. निशा भार्गव ने इस तरह के व्यापक शिविर के सफलतापूर्वक आयोजन के लिए एनएसएस कार्यक्रम अधिकारी डॉ. पल्लवी रानी और डॉ. पूर्णिमा भंडारी को बधाई दी। उन्होंने कहा कि शिविर के दौरान स्वयंसेवकों को प्रदान किया गया एक्सपोजर उनके क्षितिज को व्यापक बनाने और भविष्य में उन्हें एक सशक्त मूल्य प्रणाली वाले व्यक्ति बनने के लिए मार्ग प्रशस्त करेगा।

Activities at a Glance....



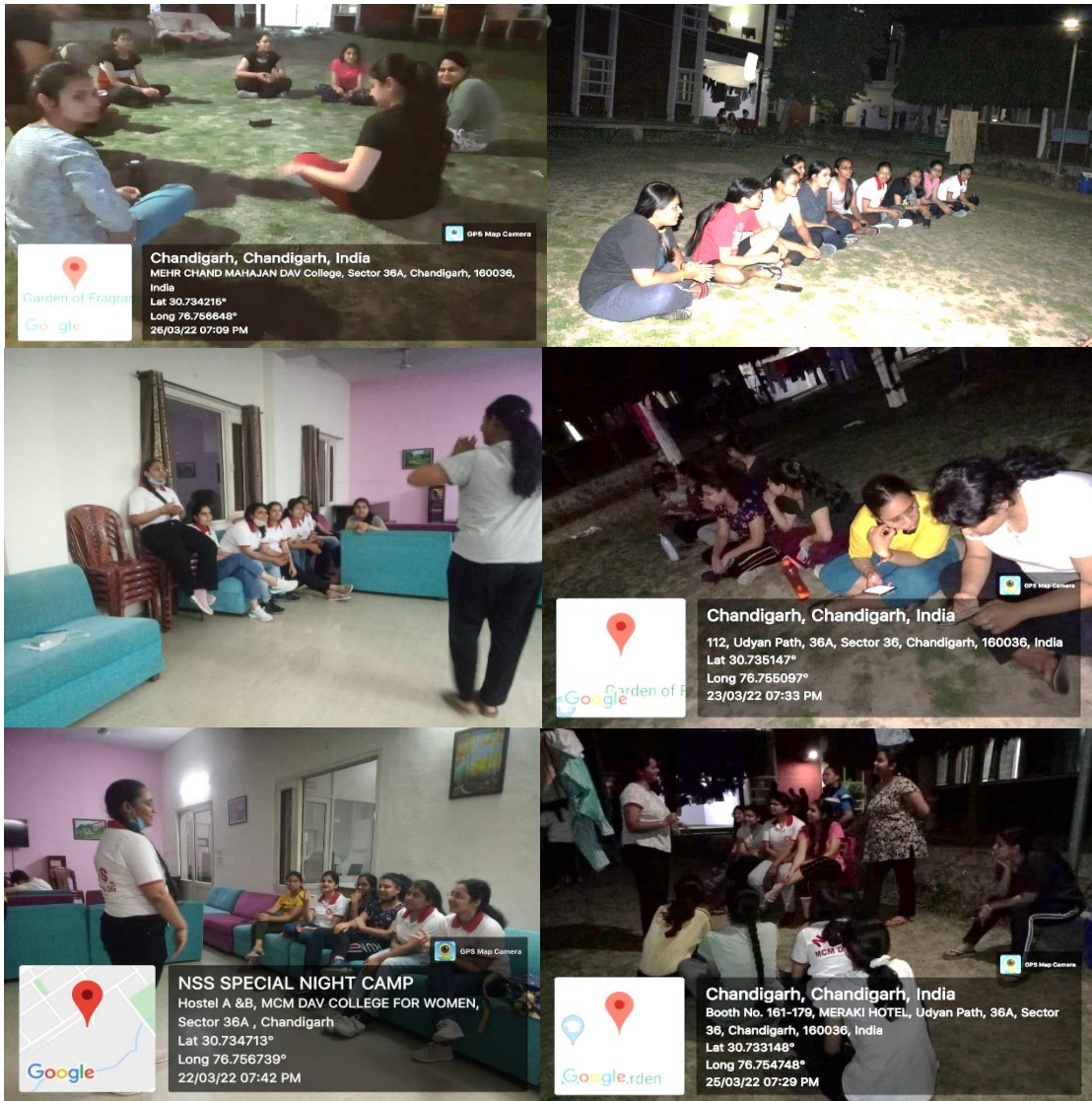
Early Morning Activities – PRABHAT FERI & EXERCISE SESSIONS

Activities at a Glance.....



GAME SESSIONS UNDER FIT INDIA MOVEMENT

Activities at a Glance....



NIGHT SESSION ACTIVITIES

Activities at a Glance....



VOLUNTEERS ASSISTING IN KITCHEN WORK

NOT ME, BUT YOU!



एक कदम स्वच्छता की ओर

NOT ME, BUT YOU

