



EBSB

Ek Bharat Shreshtha Bharat

NEWSLETTER

January 2022 - June 2022

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

Email: principal_mcmdavcollege@yahoo.com

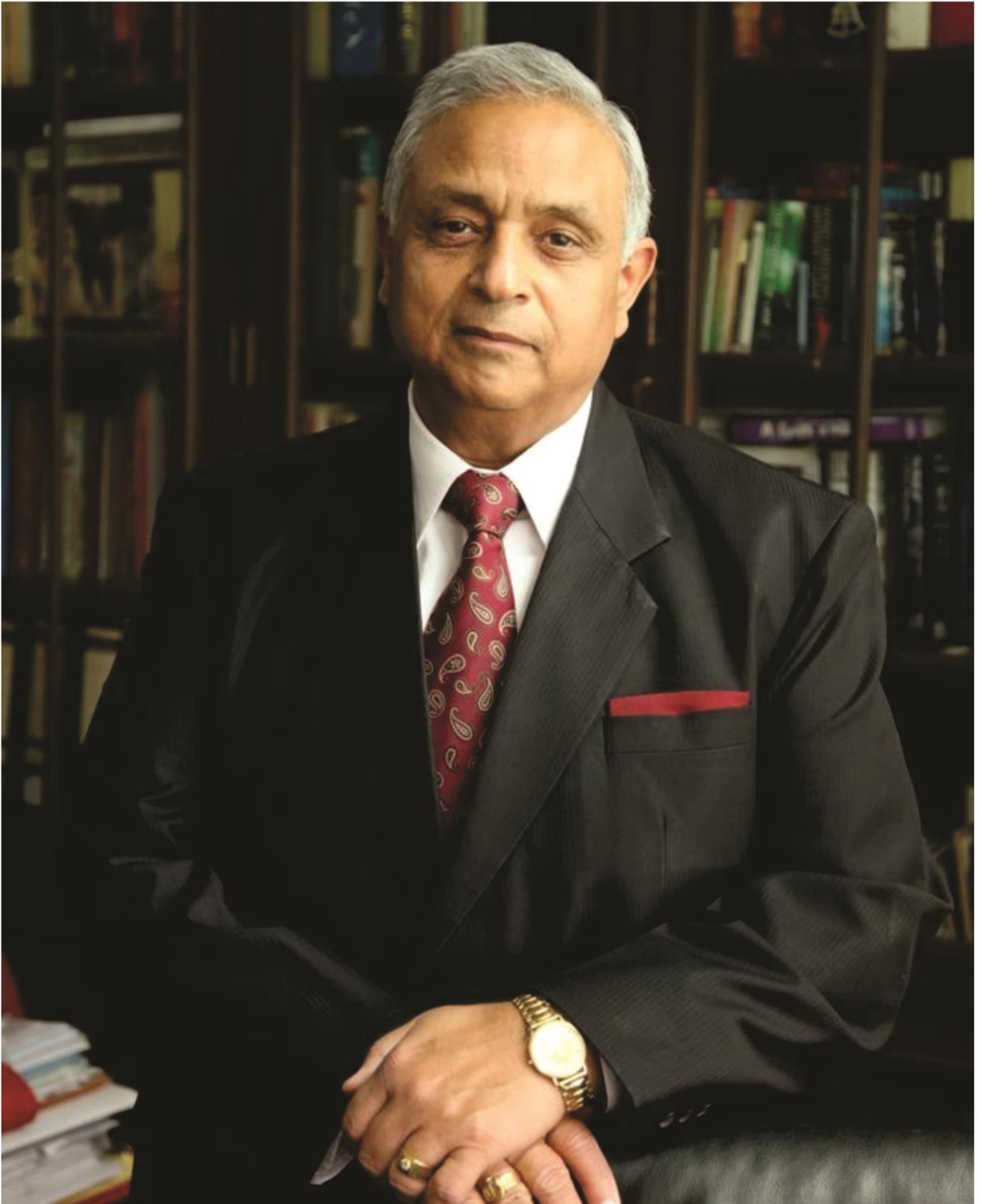
Website: <https://mcmdavcwchd.edu.in/>

Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

Our Guide and Mentor



Dr. Punam Suri Ji, Padma Shree Awardee

Hon'ble President

DAV College Managing Committee

New Delhi



From the Principal's Desk

I feel extremely overwhelmed as we step into 2022 with a buoyant hope and solemn prayer for an eventful, exuberant and enriching year after the challenges and uncertainties in the wake of the pandemic. In fact, we, as a multicultural nation, have emerged stronger after the global crisis and stand together---united, empowered and economically growing at a fast pace.

India stands at the threshold of a new resurgent phase as we are in the midst of Azadi ka Amrit Mahotsava to commemorate the 75th year of Independence. While it is time to remember our Nationalist leaders whose brave sacrifices have left behind indelible footprints, we must not forget that upholding the freedom and sovereignty of our beloved nation is our collective responsibility and we must remain guarded against all separatist forces which threaten to jeopardize our multicultural identity.

Our institution remains committed to strengthening the idea of Unity in Diversity and our Ek Bharat Shreshtha Bharat Club organizes an array of activities to reinforce a sense of national pride and generate awareness about various Government initiatives to integrate diverse groups so that an inclusive system can be reinforced. EBSB Newsletter is a montage of these programmes which were organized to celebrate the rich fervor of our festivals and National Days. Enthusiastic participants along with a motivated team of teachers and support staff strive to strengthen the democratic fervor of our country and foster the spirit of universal brotherhood.

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

I appreciate our EBSB Club led by Ms. Neena Sharma for organising these programmes with utmost passion and zeal. May god bless us with eternal hope and tenacity of purpose! May our Bharat continue its march on the paths of glory and prosperity!

Jai Hind Jai Bharat !!



Dr. Nisha Bhargava
Principal

Ek Bharat Shreshtha Bharat-Towards a Glorious Tomorrow



As Institutional Coordinator, EBSB, it gives me immense pleasure to share a glimpse of the activities organized under Ek Bharat Shreshtha Bharat, the flagship mission of the Govt of India. Dedicated to reinforcing patriotism and national pride, this initiative endeavours to promote cultural unity between the paired states, thereby strengthening the multicultural fabric of our country.

A rich tapestry of cultural extravaganza manifests itself in this brief compilation as our highly motivated students and staff join hands to celebrate National Days and colourful festivals which form the essence of our national identity. As the offline classes resumed, life with all its pulsating joys came back to the campus and reinvigorated us to foster a spirit of oneness among the students. Our institution organized various programmes to facilitate learning and community outreach for the students to remain the brand ambassadors of our value system.

These collective endeavours surely enhance socio-cultural unity and inspire the youth to engage themselves more enthusiastically in the task of nation-building as we celebrate 75 glorious years of Independence.

I express my deep gratitude to our Principal, Dr Nisha Bhargava, for inspiring us all with her strong commitment and dedication. I am thankful to all the members of EBSB Club and NSS Programme Officers for painstakingly working throughout the year.

Jai Bharat

Neena Sharma
Associate Professor (English) &
Institutional Coordinator (EBSB)

Ek Bharat Shreshtha Bharat (EBSB) Club at MCM

Dr. Nisha Bhargava	: <i>Convener and Principal</i>
Ms. Neena Sharma	: <i>Coordinator</i>
Dr. Madhuri Tanaji Patil	: <i>Member</i>
Dr. Pallvi Rani (<i>NSS Coordinator</i>)	: <i>Member</i>
Dr. Purnima Bhandari (<i>NSS Coordinator</i>)	: <i>Member</i>
Mr. Ashish Mudgal (<i>Reports & Infographics</i>)	: <i>Member</i>

Event Organizing Team (Students)

Ms. Riya Viridi	: M.A.-II
Ms. Shubhangi Gaur	: B.A.-III
Ms. Sukhmani Kooner	: B.A.-III
Ms. Upasna	: B.Com-II
Ms. Khushi Jindal	: B.Com-II

INDEX

S. No.	Subject / Item / Event	Pg. No
1.	MCM celebrates Republic Day with online National Quiz	2
2.	Webinar on 'Education for Girls'	3
3.	EBSB salutes the Queen of Melody “Lata Mangeshkar”	4
4.	MCM celebrates Republic Day with online National level Quiz	6
5.	MCM celebrates Baisakhi with 'Savour the Flavours of India'	7
6.	MCM celebrates World Heritage Day	13
7.	60-day workshop on Yoga and Meditation begins at MCM	18
8.	International Day of Yoga 2022	20



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

Ek Bharat Shreshtha Bharat Club
in association with the Department of English
Organises National level

REPUBLIC DAY QUIZ

Date: 26 January 2022

Time: 4:00 pm



Instructions
for the
Participants:

- No prior registration is required. Participation link will be activated on 26 January 2022 between 4:00 pm to 4:30 pm.
- Response will be submitted only once.
- E-certificates will be issued to the participants whose minimum score is 70 percent.
- Organizers' decision will be final and binding in case of dispute.

Click below on scheduled date & time to participate.

[CLICK HERE](#)

Ms. Neena Sharma
Head, Dept. of English &
Institutional Coordinator (EBSB)

Dr. Nisha Bhargava
Convener & Principal

MCM celebrates Republic Day with online National level Quiz



On the occasion of 73rd Republic Day, Mehr Chand Mahajan DAV College for Women, Chandigarh organised a host of online activities to mark the celebration of this momentous day. The college's Ek Bharat Shreshtha Bharat Club and the Department of English held a national-level online Republic Day Quiz with the objective to reinforce among the participants a sense of pride in the cultural diversity and democratic spirit enshrined in our constitution. A wide range of topics, such as constitutional rights and remedies, honours and awards, political and

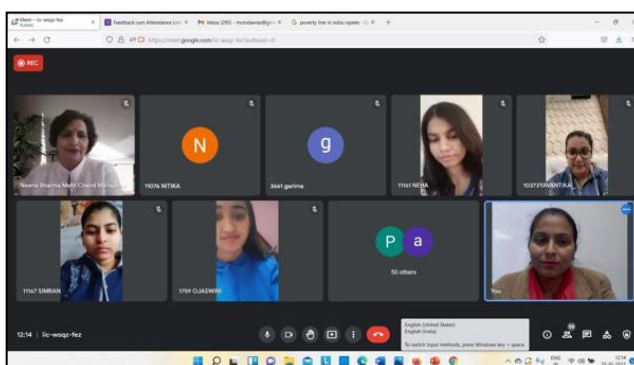
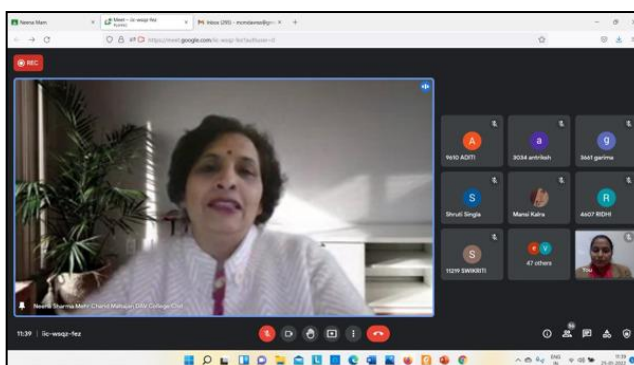
historical context of the Republic Day parade, artistic and cultural aspects of the Republic Day were included in a stimulating quiz, dedicated exclusively to the sanctity and grandeur of this glorious occasion. 392 participants from 19 states including Kerala, Maharashtra, Telangana, Odisha, Chattisgarh, Madhya Pradesh, Assam, Himachal Pradesh, Delhi and Gujarat, attempted the online quiz through the link.

Principal of the college Dr. Nisha Bhargava applauded the Ek Bharat Shreshtha Bharat Club and the Department of English Character Building for this endeavour, saying that such programmes foster a renewed sense of pride among our youth as they commit themselves to the cause of nation-building.

Webinar on 'Education for Girls'

The NSS Units of the Mehr Chand Mahajan DAV College for Women, Chandigarh organised a webinar titled 'Education for Girls: the Road to Empowerment' under the Beti Bachao Beti Padhao Scheme as part of the weeklong celebration of National Girl Child Day.

The speaker for the webinar was Ms. Neena Sharma, Head, Post Graduate Department of English and Coordinator Ek Bharat Shreshtha Bharat (EBSB) Club of the college. More than 65 volunteers of different streams attended the webinar during which Ms. Neena expressed her views on education for girls from the global perspective and gender-based polarisation of education. She gave statistical preview of the Chandigarh school education



scenario and shared with the participants the probable causes for the gender disparity in education. Stressing on the need for socio-political interventions, Ms. Neena highlighted various government schemes related to education incentives for girls. The participants found the interactive webinar highly informative.

Principal Dr. Nisha Bhargava expressed appreciation for the NSS endeavour to educate the volunteers about the role of a girl's education in societal development. She added that there is a dire need to encourage youth to reach out to the community through such awareness initiatives. She thanked Ms. Neena Sharma for this unique initiative to promote gender parity.

Mehr Chand Mahajan DAV College for Women

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



Ek Bharat Shreshtha Bharat Club

Organises

Melodious Memories

A Tribute to the Melody Queen of India
The Legend **Lata Mangeshkar**



*The world becomes small as
the legends depart....*

The world of music lost its finest gem as the illustrious journey of the doyen of Indian Music, **Lata Mangeshkar**, came to an end on 6 Feb. 2022. A career spanning eight decades was nothing short of a miracle with more than 30000 melodious songs echoing our very own emotions....the first gushes of love, pangs of separation, euphoria of success, fears of failure and the eternal power of prayer.

EBSB Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, pays tribute to the Queen of hearts in **Melodious Memories** as we take a trip down the memory lane and recall how the magical songs of Lata Mangeshkar have been a part of our memories. Come, record your fond memories as music remains a unifying thread across the generations.

Send us your video as per the following specifications:

- All entries must be self-created.
- The video can be a tribute coupled with a few lines of the melodious scores of the legend.
- Participants must ensure that the video quality is presentable and aesthetically appealing.
- Length of the video should not exceed 2 mins.
- A few selected entries will be used for making a Video of **Tribute to the Voice of Millennium**.
- Submit the video recordings of your memories latest by 12 Feb. 2022.

[CLICK HERE](#) to submit your entry

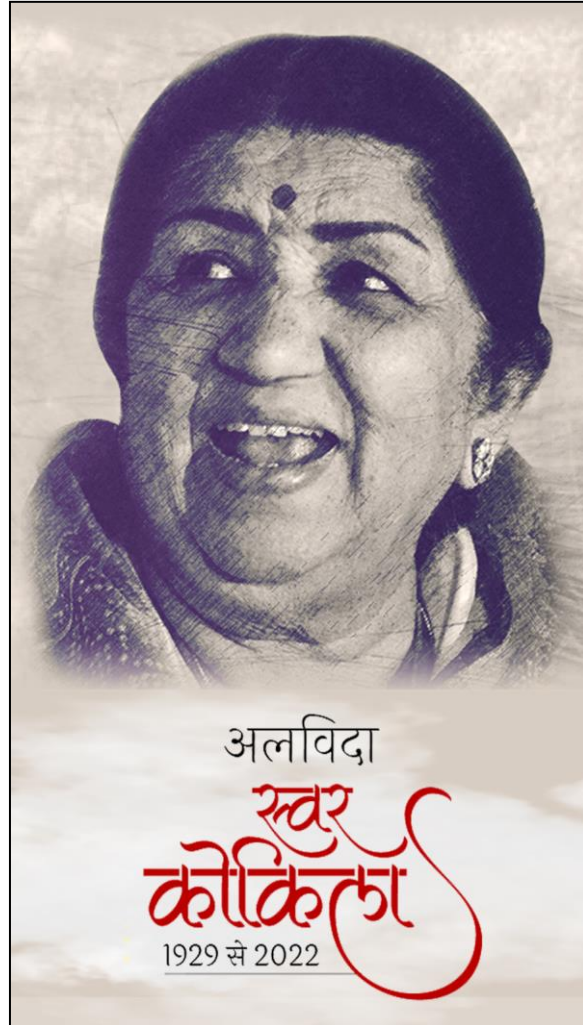
Ms. Neena Sharma
Institutional Coordinator (EBSB)

Dr. Nisha Bhargava
Convener & Principal

EBSB salutes the Queen of Melody “Lata Mangeshkar”

Millions of hearts around the world skipped a beat as the Queen of Melody “Lata Mangeshkar” bid adieu to the temporal world on 5 February 2022, leaving behind a glorious legacy of more than 50,000 songs.

The Ek Bharat Shrestha Bharat Club, of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online competition to pay a musical tribute to the iconic figure in the world of music. The competition witnessed soulful renditions of Lata Mageshkar’s songs as the participants articulated their heartfelt admiration for the inspiring persona of the legendary artist. The entries received manifested the First flushes of love, the wistful pangs of longing and the ethereal solemnity of heavenly prayers.



Principal of the college Dr. Nisha Bhargava also paid a musical tribute to the eternal legacy of Lata Mangeshkar. She applauded the endeavours of EBSB Club and urged the stakeholders to channelize music a medium to transcend the socio-linguistic boundaries.

MCM celebrates Republic Day with online National level Quiz



To familiarize the participants with multicultural facets of India, EBSB club organized a Quiz competition – Sanskriti as part of Seven Day/Night NSS Camp – 2022. Ms. Neena Sharma, Head, Post Graduate Department of English, Mehr Chand Mahajan DAV College for Women, Chandigarh and EBSB Coordinator of the college conducted this quiz session. Seven teams, each comprising four volunteers took part in this quiz. The quiz focused on the rich diversity of India with special reference to Dadra and Nagar Haveli which has been paired with Chandigarh under EBSB mission. Question ranged from the Socio-Linguistic aspects to the cultural extravaganza of Dadra Nagar Haveli which is an amalgamation of Gujrati and Marathi Culture. The First Prize was bagged by Explorers comprising the following participants:

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

Principal Dr. Nisha Bhargava, congratulated the winners and exhorted the students to gain insights into the incredible India. She appreciated the efforts EBSB Club and NSS Units for broadening the horizons of students.

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



75
Azadi Ka
Amrit Mahotsav

Character Building Committee *under the aegis of*
Ek Bharat Shreshtha Bharat Club *organizes*

Savour the Flavours of India

to mark the celebration of

B A I S A K H I

Date:

11 April 2022

Time:

10.00 am

Venue:

Multimedia Hall



Guidelines:

- Competition is open for staff & students of the college
- Prepare and showcase Indian vegetarian food from any State of India
- Decorate your stall to give the indigenous touch
- Participants may dress up in the respective regional attire
- Each entry will be judged on three criteria: Ambience, Presentation, Nutritational Value and Taste
- Winners will be awarded with certificates and Cash Prizes (First Prize Rs. 2000/-, Second Prize Rs. 1500/- and Third Prize Rs. 1000/-).

Interested staff members can give their names to the Event Coordinator.

Interested students are required to register on or before 7 April 2022. [CLICK](#)

Dr. Minakshi Rana

Dr. Ritu Rani

Dr. Japneet

Organizing Secretaries

Dr. Seema Kanwar

Event Coordinator

Ms. Neena Sharma

EBSB Coordinator

Dr. Nisha Bhargava

Convener & Principal

Student Ambassadors: Neeruj Sagwal, Aditi Joshi, Inderjot Kaur, Tanya

MCM celebrates Baisakhi with 'Savour the Flavours of India'



Ringing in the festival of harvest- Baisakhi with zeal and festive fervour, the Character Building Committee, under the aegis of Ek Bharat Shrestha Bharat Club, of Mehr Chand Mahajan College For Women, Chandigarh organised 'Savour the Flavours of India'. As part of the event, Foods of India Competition was organised wherein over 24 stalls were put up by students presenting the mouth watering delicacies of different states of our country in an aesthetically appealing manner. The event witnessed the diverse Indian palette of flavours and also had the enterprising staff put up stalls of traditional dishes like Punjab's gulgule, kheer, poori-chhole, lassi, saag and makki ki roti, Himachal's meetha, khatta, madra, babru, Rajasthan's dal bati, Bengal's sweet rice, Gujarat's dhokla, dal dhokli, mohanthal, Uttar Pradesh's thandai, veg biryani, nimona, ghugni, shahi tukda, South India's dosa, idli and sambar, providing glimpses of the rich culinary culture of India.



A colourful cultural extravaganza that included traditional dances, 'bhand' performance and folk songs, added to the vibrancy of the event. The entire atmosphere soaked in the spirit of festivities as the staff and students got together to express gratitude to Mother Earth for providing food and sustenance, and to celebrate India's unity in diversity.

Principal Dr. Nisha Bhargava lauded this endeavour to celebrate India's unity in diversity. She prayed for humanity's well-being as she added that this festival celebrates mankind's boisterous spirit, encapsulating in its essence the arrival of the harvest season and the onset of the Hindu New Year, ushering in a period of material prosperity and spiritual awakening.









Mehr Chand Mahajan DAV College for Women

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

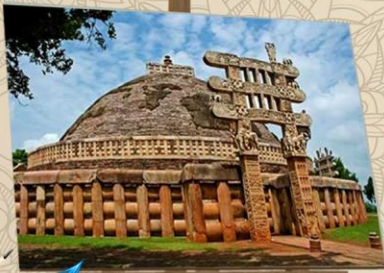
Department of Fine Arts *under the aegis of*
Ek Bharat Shreshtha Bharat Club
organizes

PAINTING COMPETITION

on the occasion of

World Heritage Day

Date: 18 April 2022



Guidelines: ● Entries should be in sync with the theme. ● Presentation of the artwork must be an original concept of the participant. ● Participants can use any medium (Water / Acrylic / Oil Colours, Nib / Pen/ Ink / Charcoal) ● Participant's Name, Class, Roll Number and Contact Number must be mentioned at the back of the Art-work ● All the entries to be submitted in the Fine Arts Lab on A3 sheet in Portrait / Vertical orientation on or before 16 April 2022. ● The Exhibition and the Award Ceremony will be held on 18 April 2022 at 11:00 am in the Multimedia Hall and all the participants must be present during the exhibition. ● Certificates and Cash Pirzes will be awarded to winners.

All the Art-works submitted for this competition will be the property of the College and will be displayed on various platforms.

Ms. Urvi Sharma
Ms. Robina Singh
Organizing Secretaries

Dr. Pooja Sharma
Event Coordinator

Ms. Neena Sharma
EBSB Coordinator

Dr. Nisha Bhargava
Convener & Principal

MCM celebrates World Heritage Day



On the occasion of World Heritage Day, the Department of Fine Arts under the aegis of Ek Bharat Shreshtha Bharat Club at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a Painting Exhibition cum Competition on the Monuments of India. The celebration envisioned to convey an important message to the younger generation to carry forward our rich legacy and safeguard our diverse culture.

Principal Dr. Nisha Bhargava inaugurated the exhibition. Dr. Bhargava applauded the Department of Fine Arts and Ek Bharat Shreshtha Bharat Club for organising such a relevant event celebrating the varied heritage of India. She reiterated that India is home to a total of 3691 monuments and sites and we must protect our rich heritage.

The paintings of monuments like Qutub Minar, Sun Temple Konark, Humayun's Tomb, Hawa Mahal, Taj Mahal, Charminar and Chariot Temple showcased by the students reflected a deep immersion in the rich cultural heritage of Indian subcontinent. The exhibition was an aesthetic display of insightful understanding of the amalgam of art, religions and folklore that celebrate India as one of the most culturally rich and diverse countries in the world. Cash prizes were awarded to the winners of the competition.





Glimpses of paintings made by the budding artists of our Institute





Mehr Chand Mahajan DAV College for Women

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

Department of Physical Education

in association with

NCC Naval Wing, EBSB Club & NSS Units

under the aegis of

Fit India Movement

organizes

60 Day Hands-on Training-cum-workshop on

Yoga & Meditation

To mark the celebrations of



Yoga for Harmony & Peace

Yoga for Harmony & Peace



Date: 21 April 2022 to 20 June 2022 | **Time:** 6:00 am to 7:00 am | **Venue:** Sports Ground

Dr. Anju Lata

Head, Deptt. of Physical Education &
Associate NCC Officer (Naval Wing)

Ms. Neena Sharma

Coordinator (EBSB)

Dr. Nisha Bhargava

Convener & Principal

Dr. Pallvi Rani

Dr. Purnima Bhandari
NSS Programme Officers

Dr. Veena Rani

Coordinator

For more details, please contact Dr. Anju Lata at: 9779012010

60-day workshop on Yoga and Meditation begins at MCM

The Department of Physical Education at Mehr Chand Mahajan DAV College for Women, Chandigarh, in association with the college's NCC Naval Wing, Ek Bharat Shrestha Bharat Club and NSS units, began a 60-day hands-on training-cum-workshop on Yoga and Meditation to mark the celebration of International Yoga Day.



Organised under the aegis of Fit India Movement, the workshop is being conducted by Dr. Anju Lata, Head, Department of Physical Education, Dr. Veena, Assistant Professor, Department of Physical Education and Ms. Jyoti, Assistant Professor, Department of Physical Education. Both the students and staff members are benefitting from this workshop wherein they get hands-on training in practice of various yogasnas and meditation.



Principal Dr. Nisha Bhargava asserted that yoga is an invaluable gift of India's ancient tradition and the college is proudly carrying this tradition forward. She added that the college envisions to promote holistic development of students through such meaningful endeavours.

International Day of Yoga 2022

The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with NCC- Army Wing and Naval Wing, Ek Bharat Shrestha Bharat Club and Physical Education Department of the college, celebrated 8th International Day of Yoga with great fervour, as per the directions of Director of Higher Education, Chandigarh Administration. On this occasion, screening of the live telecast of the address of Hon'ble Prime Minister Shri Narendra Modi during mass yoga event at Mysuru Palace grounds in Karnataka and a Yoga Session were organised as part of Azaadi Ka Amrit Mahotsav under Fit India Movement. The event was graced by the presence of senior faculty members of the college.

To foster a sense of participation in the nationwide yoga movement, the celebration started with a live screening session of Doordarshan's national telecast of International Day of Yoga at the iconic Mysuru Palace, Karnataka. All the participants enthusiastically attended the live telecast of the Hon'ble Prime Minister's address from the Mysuru Palace Grounds, during which he emphasised the need to inculcate Yoga as a way of life and create an environment for global peace as envisioned by the UN. The live telecast was followed by a yoga session which was the finale of the 60-day hands-on training-cum-workshop on Yoga and Meditation that began in April 2022 in the run-up to the celebration of International Day of Yoga.

The resource person of the session was qualified Yoga Instructor Ms. Keisham Monarita, a Gold medallist in yoga at National and International level. During the session, Ms. Monarita discussed the importance of yoga asanas and demonstrated 15 asanas as mentioned in common yoga day protocol (Government of India). These included asanas like Tadasana, Vrikshasana, Trikonasana, Bhadrāsana, Vakrasna, Salabhasana etc.



Ms. K. Monarita also explained the correct way of doing breathing exercises like KapalBhati, Anulom-Vilom and highlighted the significance of practicing yoga asanas particularly in stressful conditions. Over 200 participants including faculty members, staff and students partook in the event with great enthusiasm.



Principal Dr. Nisha Bhargava, an ardent follower of yoga herself, shed light on the importance of yoga and its positive effects on mental as well as psycho-social well-being. She reiterated that there is a greater need for inculcating better health practices in our day-to-day life through yoga for holistic well-being.





Report of Activities under the aegis of EBSB (January 2022 to June 2022)
Mehr Chand Mahajan DAV College for Women, Chandigarh

Chandigarh : On the occasion of World Heritage Day, the Department of Fine Arts under the aegis of Ek Bharat Shreshtha Bharat Club at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a Painting Exhibition cum Competition on the Monuments of India. The celebration envisioned to convey an important message to the younger generation to carry forward our rich legacy and safeguard our diverse culture. Principal Dr. Nisha Bhargava inaugurated the exhibition. Dr. Bhargava applauded the Department of Fine Arts and Ek Bharat Shreshtha Bharat Club for organising such a varied event celebrating the varied heritage of India. She reiterated that India is home to a total of 3691 monuments and



Principal Dr. Nisha Bhargava inaugurating the Painting Exhibition

sites and we must protect our rich heritage. The paintings of monuments like Qutub Minar, Sun Temple Konark, Humayun's Tomb, Hawa Mahal, Taj Mahal, Charminar and Chariot Temple showcased by the students reflected a deep immersion in the rich cultural heritage of Indian subcontinent. The exhibition was an aesthetic display of insightful understanding of the amalgam of art, religions and folklore that celebrate India as one of the most culturally rich and diverse countries in the world. Cash prizes were awarded to the winners of the competition.

» मद्रलैंड संवाददाता

चंडीगढ़। विश्व विरासत दिवस के अवसर पर, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ में एक भारत श्रेष्ठ भारत क्लब के तत्वावधान में ललित कला विभाग ने भारत के स्मारकों पर एक पेंटिंग प्रदर्शनी सह प्रतियोगिता का आयोजन किया। इस कार्यक्रम के माध्यम से युवा पीढ़ी को अपनी समृद्ध विरासत को आगे बढ़ाने और संस्कृतिक विविधता की रक्षा का महत्वपूर्ण संदेश दिया गया। प्रदर्शनी का उद्घाटन प्राचार्या डॉ. निशा भार्गव ने किया। डॉ. भार्गव ने भारत की विरासत में विविधता को चिन्हित करने वाले इस तरह के प्रासंगिक कार्यक्रम के आयोजन के लिए ललित कला विभाग और एक भारत श्रेष्ठ भारत क्लब की सराहना की। उन्होंने जोर देकर कहा कि भारत कुल 3691 स्मारकों और स्थलों का घर है और हमें अपनी समृद्ध विरासत की रक्षा करनी चाहिए। छात्रों द्वारा प्रदर्शित कुतुब मीनार, सूर्य मंदिर कोणार्क, हुमायूँ का मकबरा, हवा महल, ताजमहल, चारमीनार और रथ मंदिर जैसे स्मारकों के चित्र भारतीय उपमहाद्वीप की समृद्ध सांस्कृतिक



विरासत को दर्शाते हैं। यह प्रदर्शनी कला, धर्म और लोककथाओं के मिश्रण की अंतर्दृष्टिपूर्ण समझ का सौंदर्य प्रदर्शन था जो भारत को दुनिया के सबसे सांस्कृतिक रूप से समृद्ध और विविध देशों में से एक के रूप में मानते हैं। प्रतियोगिता के विजेताओं को नकद पुरस्कार देकर सम्मानित किया गया।

पेंटिंग प्रतियोगिता के परिणाम इस प्रकार हैं: प्रथम पुरस्कार- आंचल वर्मा बीए कक द्वितीय पुरस्कार- विदुषी बीए कक तृतीय पुरस्कार - गुंज बीए कक सांत्वना पुरस्कार- अस्मिता बीए कक रवनीत बीए कक रमनदीप बीए। पलक सोनी बीएससी एनएम कक

एम.सी.एम ने विश्व विरासत दिवस मनाया

फातर पीडिया

अमृतस्य / चंडीगढ़। विश्व विरासत दिवस के अवसर पर, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ में एक भारत श्रेष्ठ भारत क्लब के तत्वावधान में ललित कला विभाग ने भारत के स्मारकों पर एक पेंटिंग प्रदर्शनी सह प्रतियोगिता का आयोजन किया। इस कार्यक्रम के माध्यम से युवा पीढ़ी को अपनी समृद्ध विरासत को आगे बढ़ाने और संस्कृतिक विविधता की रक्षा का महत्वपूर्ण संदेश दिया गया। प्रदर्शनी का उद्घाटन प्राचार्या डॉ. निशा भार्गव ने किया। डॉ. भार्गव ने भारत की विरासत में विविधता को चिन्हित करने वाले इस तरह के प्रासंगिक कार्यक्रम के आयोजन के लिए ललित कला विभाग और एक भारत श्रेष्ठ भारत क्लब की सराहना की। उन्होंने जोर देकर कहा कि भारत कुल 3691 स्मारकों और स्थलों का घर है और हमें अपनी समृद्ध विरासत की रक्षा करनी चाहिए। छात्रों द्वारा प्रदर्शित कुतुब मीनार, सूर्य मंदिर कोणार्क, हुमायूँ का मकबरा, हवा महल, ताजमहल, चारमीनार और रथ



मंदिर जैसे स्मारकों के चित्र भारतीय उपमहाद्वीप की समृद्ध सांस्कृतिक विरासत को दर्शाते हैं। यह प्रदर्शनी कला, धर्म और लोककथाओं के मिश्रण की अंतर्दृष्टिपूर्ण समझ का सौंदर्य प्रदर्शन था जो भारत को

दुनिया के सबसे सांस्कृतिक रूप से समृद्ध और विविध देशों में से एक के रूप में मानते हैं। प्रतियोगिता के विजेताओं को नकद पुरस्कार देकर सम्मानित किया गया। पेंटिंग प्रतियोगिता के परिणाम इस प्रकार हैं:

प्रथम पुरस्कार- आंचल वर्मा बीए द्वितीय पुरस्कार- विदुषी बीए तृतीय पुरस्कार - गुंज बीए सांत्वना पुरस्कार- अस्मिता बीए रवनीत बीए रमनदीप बीए। पलक सोनी बीएससी एनएम कक

एमसीएम ने विश्व विरासत दिवस मनाया

ह्यूमन इंडिया/ब्यूरो

चण्डीगढ़। विश्व विरासत दिवस के अवसर पर, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ में एक भारत श्रेष्ठ भारत क्लब के तत्वावधान में ललित कला विभाग ने भारत के स्मारकों पर एक पेंटिंग प्रदर्शनी सह प्रतियोगिता का आयोजन किया। इस कार्यक्रम के माध्यम से युवा पीढ़ी को अपनी समृद्ध विरासत को आगे बढ़ाने और संस्कृतिक विविधता की रक्षा का महत्वपूर्ण संदेश दिया गया। प्रदर्शनी का उद्घाटन प्राचार्या डॉ. निशा भार्गव ने किया। डॉ. भार्गव ने भारत की विरासत में विविधता को चिन्हित करने वाले इस तरह के प्रासंगिक कार्यक्रम के आयोजन के लिए ललित कला विभाग और एक भारत श्रेष्ठ भारत क्लब की सराहना की। उन्होंने जोर देकर कहा कि भारत कुल 3691



स्मारकों और स्थलों का घर है और हमें अपनी समृद्ध विरासत की रक्षा करनी चाहिए। छात्रों द्वारा प्रदर्शित कुतुब मीनार, सूर्य मंदिर कोणार्क, हुमायूँ का मकबरा, हवा महल, ताजमहल, चारमीनार और रथ मंदिर जैसे स्मारकों के चित्र भारतीय उपमहाद्वीप की समृद्ध सांस्कृतिक विरासत को दर्शाते हैं। यह प्रदर्शनी

कला, धर्म और लोककथाओं के मिश्रण की अंतर्दृष्टिपूर्ण समझ का सौंदर्य प्रदर्शन था जो भारत को दुनिया के सबसे सांस्कृतिक रूप से समृद्ध और विविध देशों में से एक के रूप में मानते हैं। प्रतियोगिता के विजेताओं को नकद पुरस्कार देकर सम्मानित किया गया।

पेंटिंग प्रतियोगिता के परिणाम

इस प्रकार हैं:

प्रथम पुरस्कार- आंचल वर्मा बीए-2, द्वितीय पुरस्कार- विदुषी बीए-2, तृतीय पुरस्कार - गुंज बीए-2।

सांत्वना पुरस्कार- अस्मिता बीए-2, रवनीत बीए-2, रमनदीप बीए, पलक सोनी बीएससी एनएम-2।

एमसीएम ने 'सेक्टर द फ्लेवर्स ऑफ इंडिया' के मध्य आयोजन के साथ मनाई बैसाखी

एमसीएम ने सेक्टर द फ्लेवर्स ऑफ इंडिया के मध्य आयोजन के साथ मनाई बैसाखी



चंडीगढ़ स्टेट समारोह



मदरलैंड संवाददाता
चंडीगढ़। फसलों के त्योहार बैसाखी के साथ, मेहर चंद महाजन कॉलेज फॉर विमेन, चंडीगढ़ के एक भारत श्रेष्ठ भारत क्लब और चरित्र निर्माण समिति के संयुक्त तत्वावधान में 'सेक्टर द फ्लेवर्स ऑफ इंडिया' का मध्य आयोजन किया। इस आयोजन के हिस्से के रूप में, फूड्स ऑफ इंडिया प्रतियोगिता का आयोजन किया गया, जिसमें छात्रों द्वारा 24 से अधिक स्टाल लगाए गए, जिसमें हमारे देश के विभिन्न राज्यों के स्वादिष्ट व्यंजनों को आकर्षक तरीके से प्रस्तुत किया गया। इस कार्यक्रम में भारतीय स्वाद के विविध पैलेट देखे गए और संक्रामक सदस्यों ने कई पारंपरिक व्यंजनों के स्टॉल भी लगाए जैसे पंजाब के गुलगुले, खीर, पूरी-छोले, लस्सी, साग और

मक्की की रोटी, हिमाचल की मीठ, खट्टा, मदरा, बबरु, राजस्थान की दालबाटी, बंगाल के मोठे चावल, गुजरात का डोकला, दाल डोकली, मोहन थाल, उत्तर प्रदेश की ठंडाई, शाकाहारी बिरयानी, निमोना, घुग्नी, शाही टुकड़ा, दक्षिण भारत का डोसा, इडली और सांबर, इस कार्यक्रम में भारत की समृद्ध पाक संस्कृति की झलक देखने को मिली। रंगारंग सांस्कृतिक कार्यक्रम जिसमें पारंपरिक नृत्य, 'भांड' प्रदर्शन और लोक गीत शामिल थे, ने कार्यक्रम की जीवंतता को बढ़ा दिया। पुरा वातावरण उत्सव की भावना से सशुभ हो गया संक्रामक सदस्य और छात्रों ने मिल कर अन्न दागी, जीविका प्रदान करने और भारत की विविधता में एकता का जन्म बनाते हुए धरती माता का आभार व्यक्त किया। प्राचार्या डॉ. निशा भार्गव ने भारत की

विविधता में एकता का उत्सव मनाने के इस प्रयास की सराहना की। उन्होंने मानवता की भलाई के लिए प्रार्थना की और कहा कि यह त्योहार मानव जाति में उत्साह की भावना भरता है। इसके साथ फसल के मौसम का आगमन और हिंदू नव वर्ष की शुरुआत, मौखिक समृद्धि और आध्यात्मिक जागृति की अवधि का शुभारंभ होता है। भारतीय खाद्य प्रतियोगिता का परिणाम: प्रथम पुरस्कार - अशिता श्रीवास्तव, बीए ककक (उत्तर प्रदेश की प्रतिनिधित्व), द्वितीय पुरस्कार - कृति जैन, बीए कक (गुजरात की प्रतिनिधित्व), तृतीय पुरस्कार - श्रुति गुप्ता, बीकॉम-कक (पंजाब की प्रतिनिधित्व) खांखना पुरस्कार - गौतमी भल्ला,

फसलों के त्योहार बैसाखी के साथ, मेहर चंद महाजन कॉलेज फॉर विमेन, चंडीगढ़ के एक भारत श्रेष्ठ भारत क्लब और चरित्र निर्माण समिति के संयुक्त तत्वावधान में सेक्टर द फ्लेवर्स ऑफ इंडिया का मध्य आयोजन किया। इस आयोजन के हिस्से के रूप में, फूड्स ऑफ इंडिया प्रतियोगिता का आयोजन किया गया, जिसमें छात्रों द्वारा 24 से अधिक स्टाल लगाए गए, जिसमें हमारे देश के विभिन्न राज्यों के स्वादिष्ट व्यंजनों को आकर्षक तरीके से प्रस्तुत किया गया। इस कार्यक्रम में भारतीय स्वाद के विविध पैलेट देखे गए और संक्रामक सदस्यों ने कई पारंपरिक व्यंजनों के स्टॉल भी लगाए जैसे पंजाब के गुलगुले, खीर, पूरी-छोले, लस्सी, साग और मक्की की रोटी, हिमाचल की मीठ, खट्टा, मदरा, बबरु, राजस्थान की दालबाटी, बंगाल के मोठे चावल, गुजरात का डोकला

दाल डोकली, मोहन थाल, उत्तर प्रदेश की ठंडाई, शाकाहारी बिरयानी, निमोना, घुग्नी, शाही टुकड़ा, दक्षिण भारत का डोसा, इडली और सांबर, इस कार्यक्रम में भारत की समृद्ध पाक संस्कृति की झलक देखने को मिली। रंगारंग सांस्कृतिक कार्यक्रम जिसमें पारंपरिक नृत्य, भांड प्रदर्शन और लोक गीत शामिल थे, ने कार्यक्रम की जीवंतता को बढ़ा दिया। पुरा वातावरण उत्सव की भावना से सशुभ हो गया संक्रामक सदस्य और छात्रों ने मिल कर अन्न दागी, जीविका प्रदान करने और भारत की विविधता में एकता का जन्म बनाते हुए धरती माता का आभार व्यक्त किया। प्राचार्या डॉ. निशा भार्गव ने भारत की विविधता में एकता का

उत्सव मनाने के इस प्रयास की सराहना की। उन्होंने मानवता की भलाई के लिए प्रार्थना की और कहा कि यह त्योहार मानव जाति में उत्साह की भावना भरता है। इसके साथ फसल के मौसम का आगमन और हिंदू नव वर्ष की शुरुआत, मौखिक समृद्धि और आध्यात्मिक जागृति की अवधि का शुभारंभ होता है। भारतीय खाद्य प्रतियोगिता का परिणामों में प्रथम पुरस्कार अशिता श्रीवास्तव, बीए (उत्तर प्रदेश की प्रतिनिधित्व), द्वितीय पुरस्कार - कृति जैन, बीए (गुजरात की प्रतिनिधित्व), तृतीय पुरस्कार - श्रुति गुप्ता, बीकॉम (पंजाब की प्रतिनिधित्व), सांखना पुरस्कार - गौतमी भल्ला, समनजीत कौर।

छात्राओं ने अपने-अपने प्रदेश के बनाए व्यंजन

जसां, चंडीगढ़ : फसलों के त्योहार बैसाखी के साथ एमसीएम डीएवी कॉलेज फॉर वूमेन में कार्यक्रम कराया गया। एक भारत श्रेष्ठ भारत क्लब और चरित्र निर्माण समिति के संयुक्त

भारतीय खाद्य प्रतियोगिता में अक्षिता अव्वल

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज ने एक

ऐम.सी.ऐम. कालज 'च मनाष्टी विसाधी

MCM celebrates Baisakhi with 'Savour the Flavours of India'

RAJIV JAIN CHANDIGARH, APR 13
Ring in the festival of harvest- Baisakhi with zeal and festive fervour, the Character Building Committee, under the aegis of Ek Bharat Shrestha Bharat Club, of Mehr Chand Mahajan College For Women,



dhokli, mohanthal, Uttar Pradesh's thandai, veg biryani, nimona, ghugni, shahi tukda, South India's dosa, idli and sambar, providing glimpses of the rich culinary culture of India. A colourful cultural extravaganza that included traditional

MCM celebrates Baisakhi with 'Savour the Flavours of India'

The Aman Sandesh Times Network Chandigarh: Ringing in the festival of harvest- Baisakhi with zeal and festive fervour, the Character Building Committee, under the aegis of Ek Bharat Shrestha Bharat Club, of Mehr Chand Mahajan College For Women, Chandigarh organised 'Savour the Flavours of India'. As part of the event, Foods of India Competition was organised wherein over 24 stalls were put up by students presenting the mouth watering delicacies of different states of our country in an aesthetically appealing manner. The event witnessed the diverse Indian palette of flavours and also had the enterprising staff put up stalls of traditional dishes like Punjab's gulgule, kheer, poori-chhole, lassi, saag and makkhi ki roti, Himachal's meetha, khatta, madra, babru, Rajasthan's dal bati, Bengal's sweet rice, Gujarat's



the event. The entire atmosphere soaked in the spirit of festivities as the staff and students got together to express gratitude to Mother Earth for providing food and sustenance, and to celebrate India's unity in diversity. Principal Dr. Nisha Bhargava lauded this endeavour to celebrate India's unity in diversity. She prayed for humanity's well-being as she added that this festival celebrates mankind's boisterous spirit, encapsulating in its essence the arrival of the harvest season and the onset of the Hindu New Year, ushering in a period of material prosperity and spiritual awakening.

चंडीगढ़, 13 अप्रैल (बठलाणा) : सषाठक ऐम.सी.ऐम. डी.ऐ.वी. कालज सैक्टर-36 विधे अंज विसाधी दा त्तिउगार मनाष्टिआं गिआ। निस दी मुंख विसेशुता ऐग रगी कि पंजाब, हरिआणा, हिमाचल सभेउ वंख-वंख राजां दे सुआदले धाष्टिआं दे 24 सटाल लाष्टे गष्टे सन। ऐस मेके रंग-रंग पुंगराम 'च डंड अडे लेक गीतां दी पेशकरी वी कीती गष्टी। कालज पिंसीपल डा निशा डारगव ने सारिआं तुं विसाधी दीआं मुषारकां दितीआं। ऐस मेके धाटे घटाउट दे मुकाबलिआं 'च जू.पी. धाटे लष्टी अकसिता सूवासतवा तुं पहिला, गुजरती धाष्टिआं 'च करीती जैन तुं दूजा अडे पंजाबी धाटे घटाउट वाली सरुती गुपता तुं तीजा अडे गौतमी डुला अडे रमनजीत कौर तुं कनसेलेसन ऐनाम मिलिआ।

बब
बंग
ढोव
उत्त
बिर
टुक
औ
समु



EBSB

Ek Bharat Shreshtha Bharat

NEWSLETTER

January 2022 - June 2022

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

Email: principal_mcmdavcollege@yahoo.com

Website: <https://mcmdavcwchd.edu.in/>