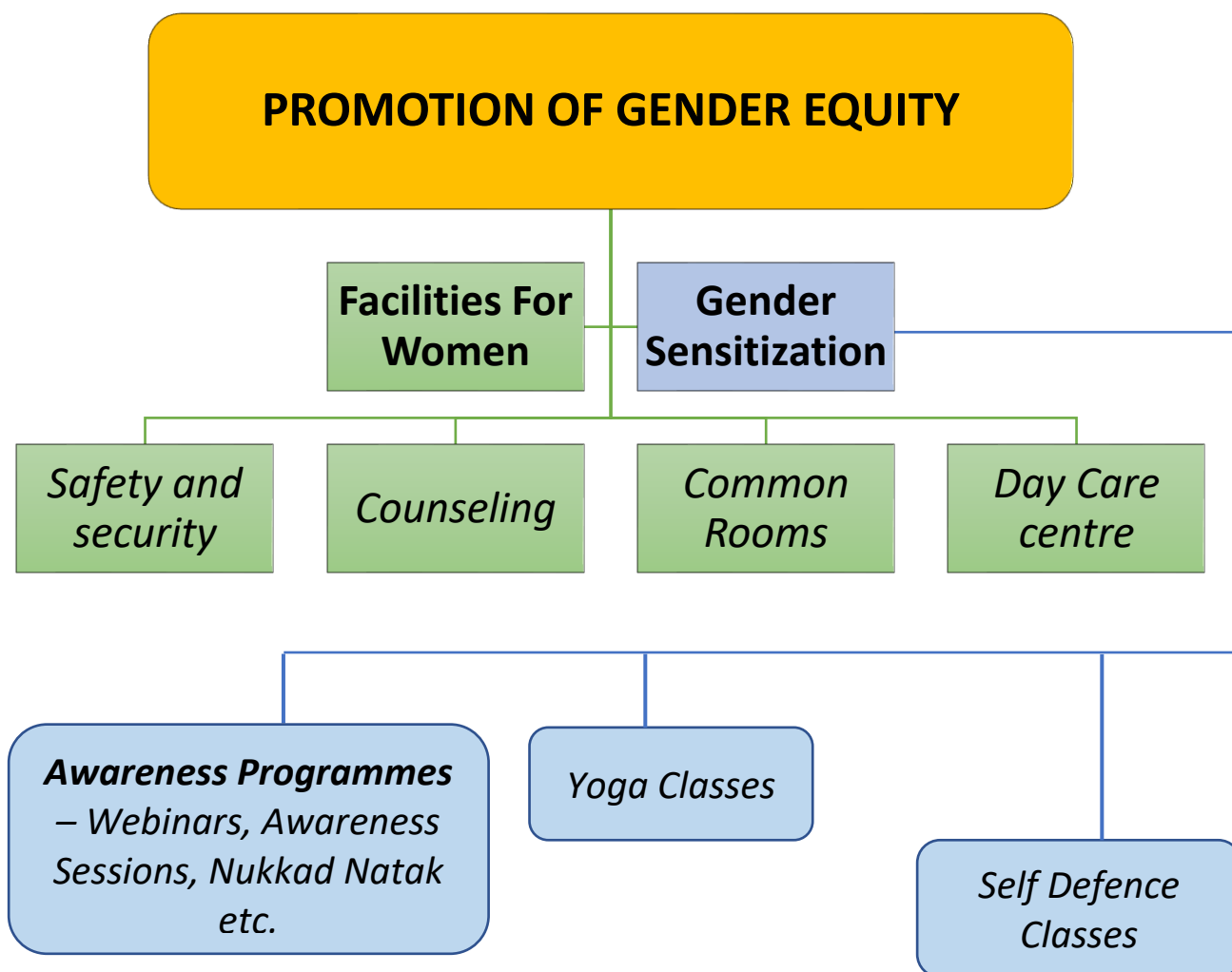


Supporting Document

Criterion 7 – Institutional Values and Best Practices

Key Indicator - 7.1 Institutional Values and Social Responsibilities

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



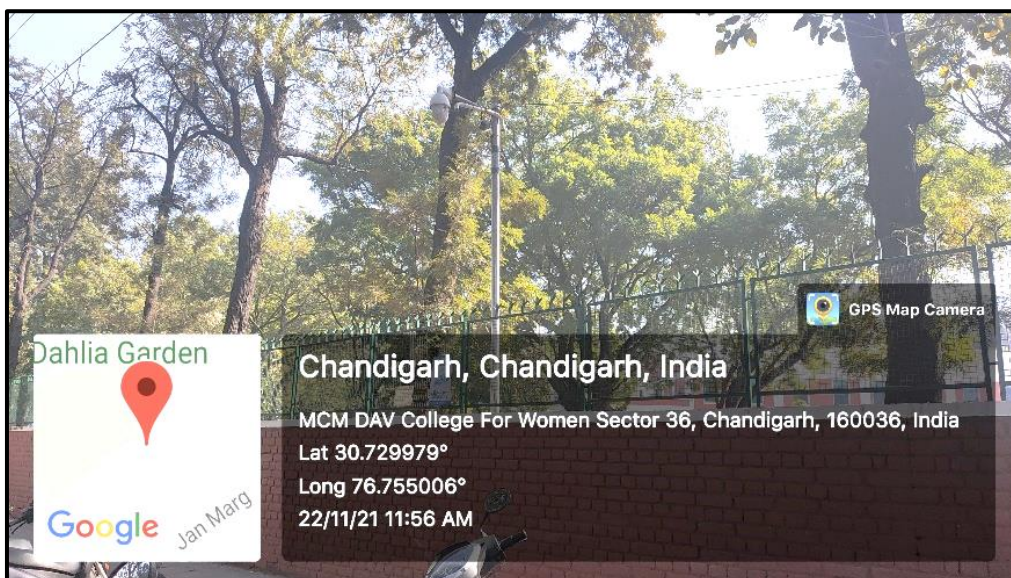
Initiatives to promote Gender Equity

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

Specific facilities provided for women in terms of:

a. Safety and security:

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



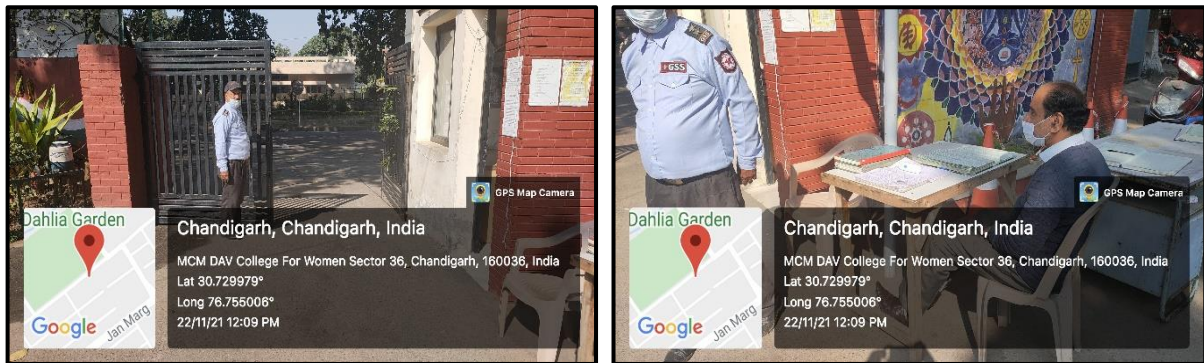
Wall Spikes on High Boundary Walls



Barbed Wires on High Boundary Walls

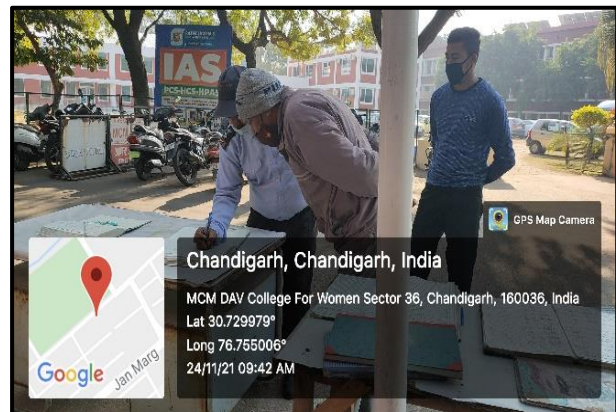
7.1.1. Measures initiated by the Institution for the promotion of gender equity

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

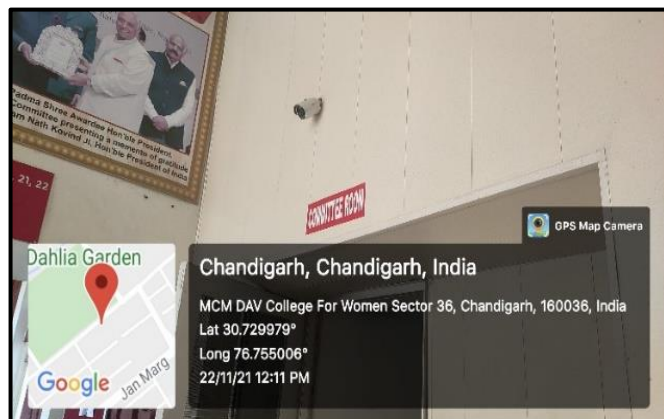


Well trained Security Guards, stationed at College

Maintenance of incoming and outgoing data for visitors and hostellers.

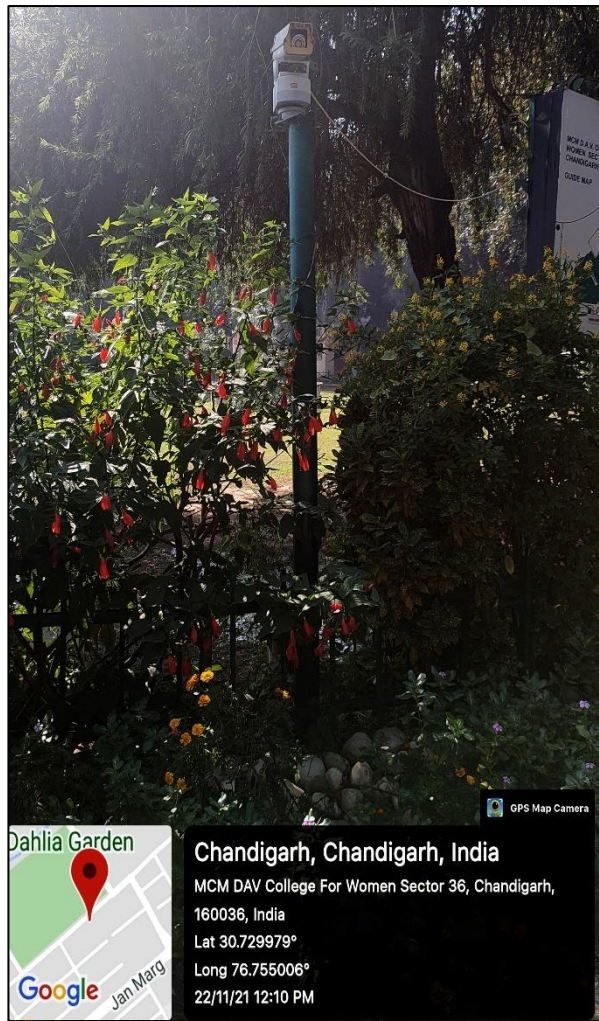


- ✓ To ensure security of students as well as for staff, college has been under 24X7 continuous CCTV Surveillance system. Several CCTV cameras have been installed at strategic positions including 2 on the outskirts of the college boundary, library,

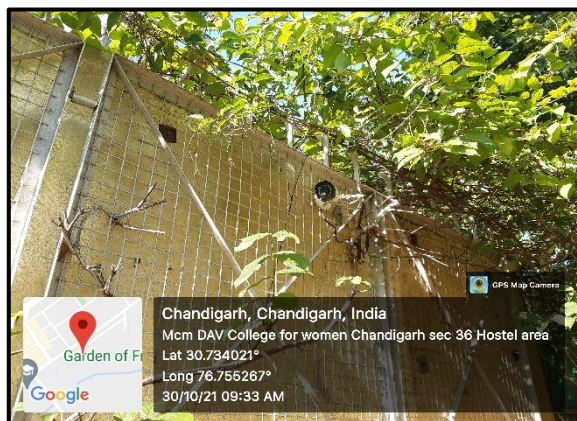


celebration ground each floor of Science, Arts, PG Block, Administrative Block, Hostel Gate as well as in Hostel premises. High resolution cameras with 360° rotation and night vision are installed on boundary walls for constant monitoring and security.

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



CCTVs installed in Hostel and College premises

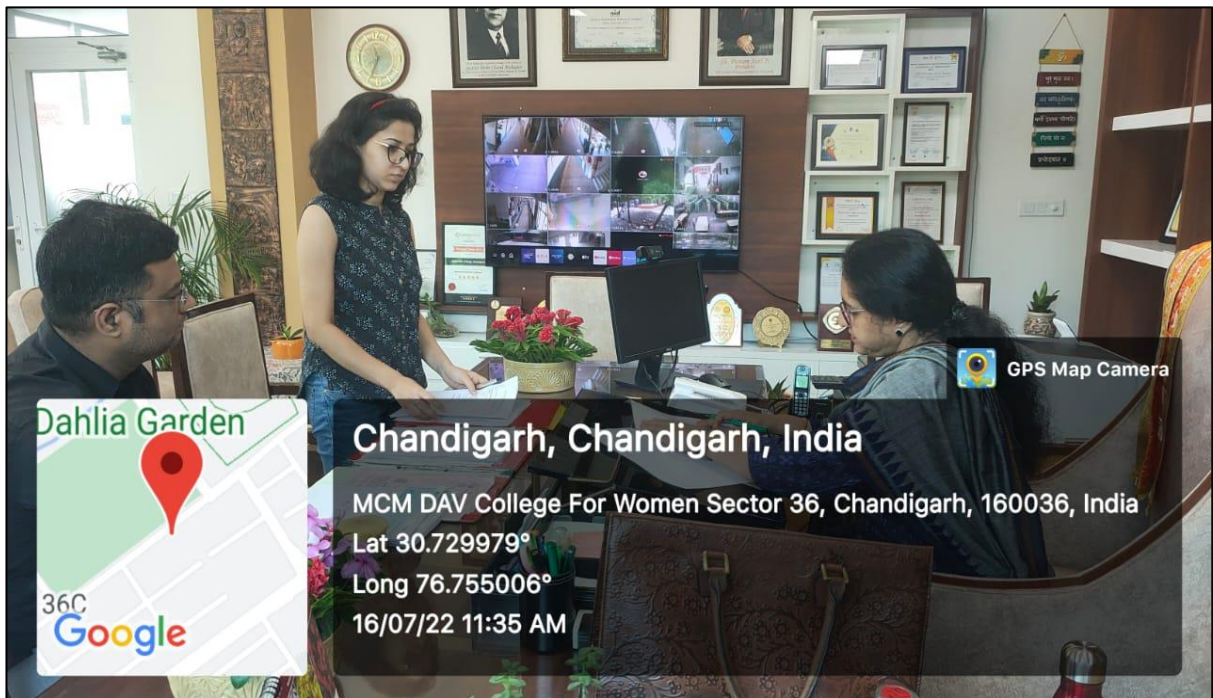


CCTVs installed

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



DVR Units and Screen Monitor for CCTV surveillance in Principal office



Details of CCTV Surveillance System are as follows:

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

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

- ✓ Complaint boxes have been installed in hostel as well as in the campus to collect suggestions or complaints from the students.
- ✓ The college has constituted **Internal Complaints Committee (ICC)** against Sexual harassment with its composition as per the guidelines of MHRD, Government of India. **For its objectives and constitution, visit:**

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



- ✓ Besides, **Anti-Ragging Cell, Student Grievance Redressal Cell, Discipline Cell** and **Student Council** have been duly constituted for the interest of students which have been working competently throughout the year (i) to prevent the incidents of ragging in the college and (ii) to address the grievances of students which they encounter in their day-to-day college life.

b. Counseling:

In order to ensure holistic development of students, Mehr Chand Mahajan DAV College for Women, Chandigarh has taken numerous initiatives and has duly constituted committees including **Geetanjali Counselling Helpline, Women Development Cell, Campus Mentorship Committee, Personality Development Cell, Career Counselling Cell** that are addressing the psychological, emotional concerns and monitoring academic grades of each student.

- ✓ **The Geetanjali Counselling Helpline** of the college provides **in-house counselling** support to the college students as well to staff members and ensure that they have access to mental healthcare services. The committee strives to fight the mental health stigmatization in the society by organizing several awareness or sensitization programmes on various psychosocial issues, personality development, empower our students to face life challenges, promoting their emotional well-being, stress management, teach effective coping strategies, encourage help seeking behavior and address personal psychosocial concerns of the stakeholders.
- ✓ **Campus Mentorship Committee** has been functional since 2017 that aims at

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

close monitoring of the academic grades as well as emotional growth/healing of each student.

c. Common Rooms:

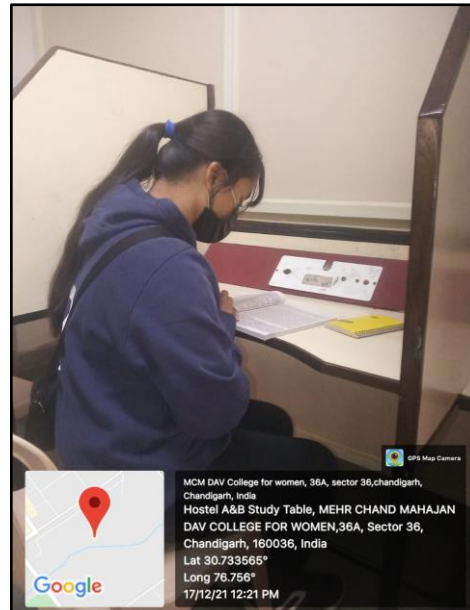
- ✓ The college has separate common rooms, computer labs, library, both for staff (in form of Staff room) as well as for students with all necessary facilities in hostel as well as in college campus. Besides, most of the Departments have been allocated with common rooms which facilitate meetings and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



Common Room – Staff Room for Staff members



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



Hostel Library

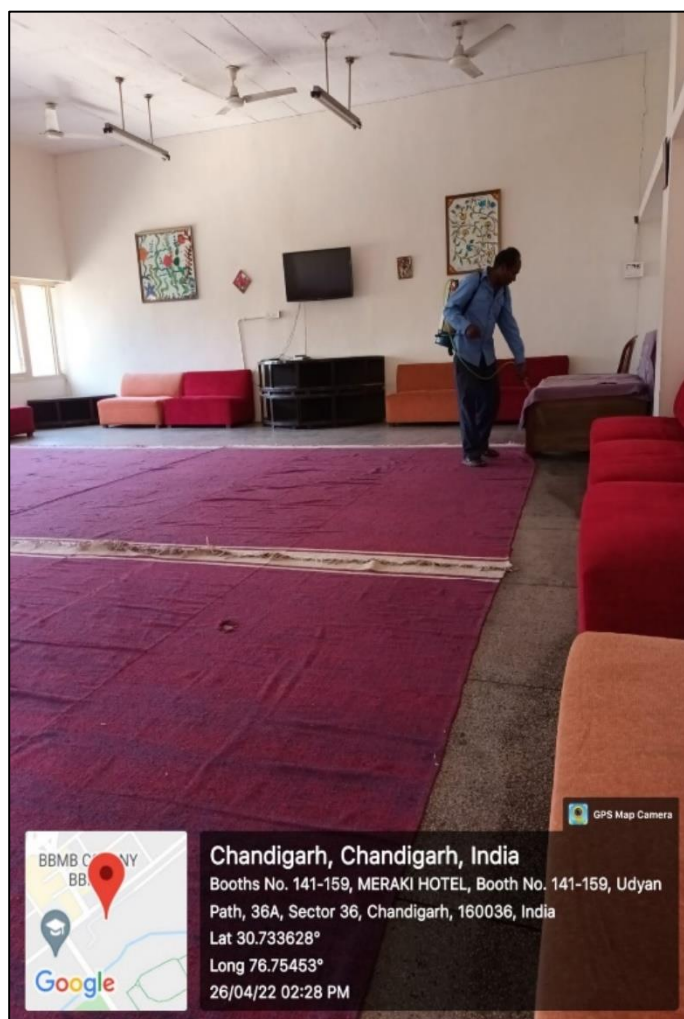


7.1.1. Measures initiated by the Institution for the promotion of gender equity



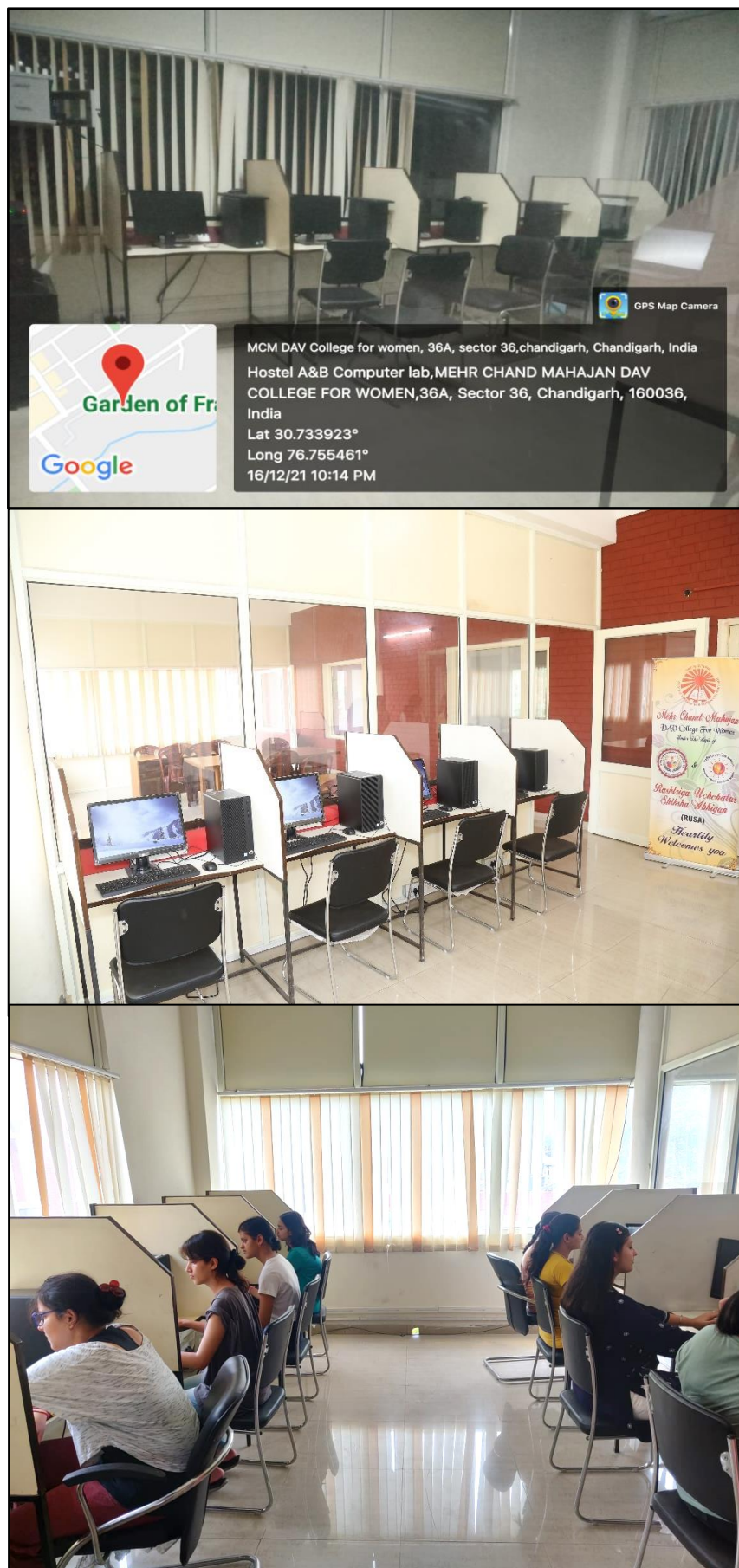
College Library

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



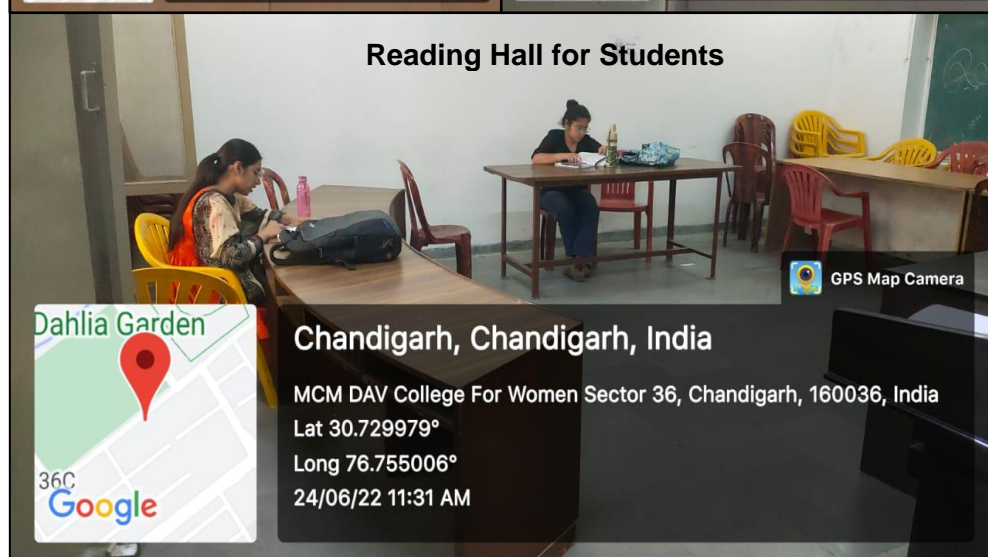
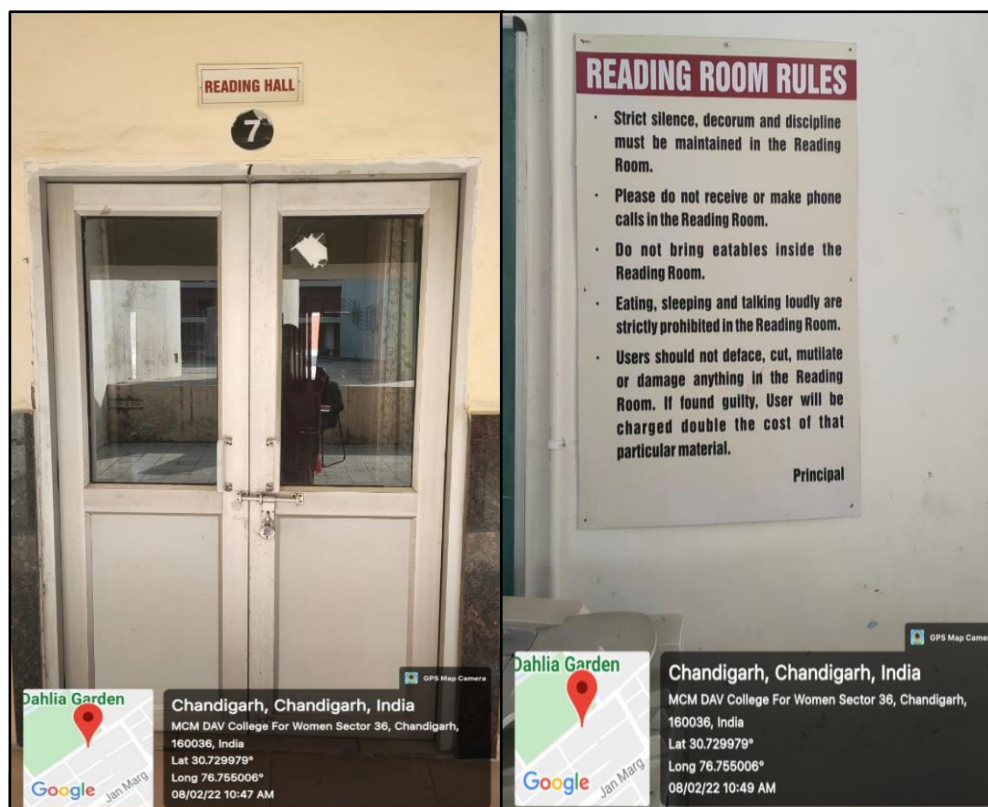
Hostel Common Room

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



Digital Room in Hostel

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

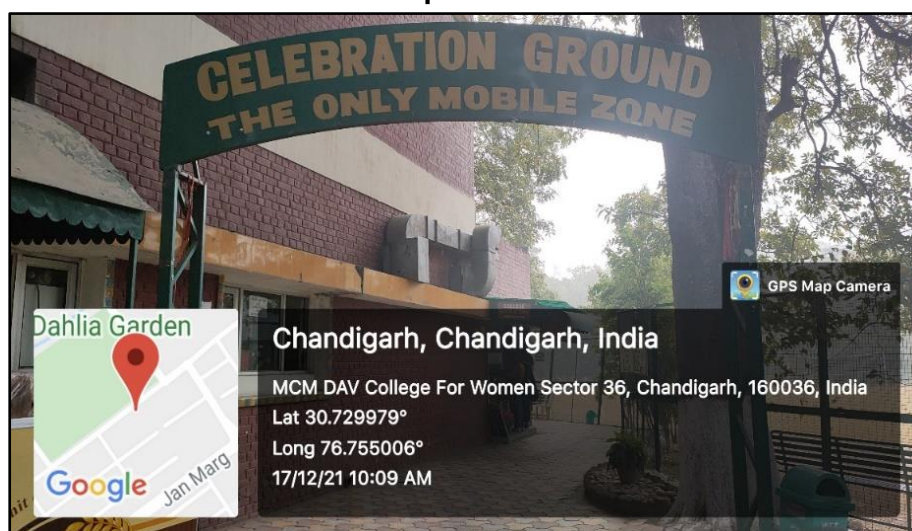


7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ Special areas such as **Celebration Ground with benches/stools installed, Open theatre, grounds, Gym arena, Amphitheatre, Green Lawns, Sports Ground** have been assigned for recreational cum cultural activities.



Amphitheatre



Celebration Ground for recreational cum cultural activities

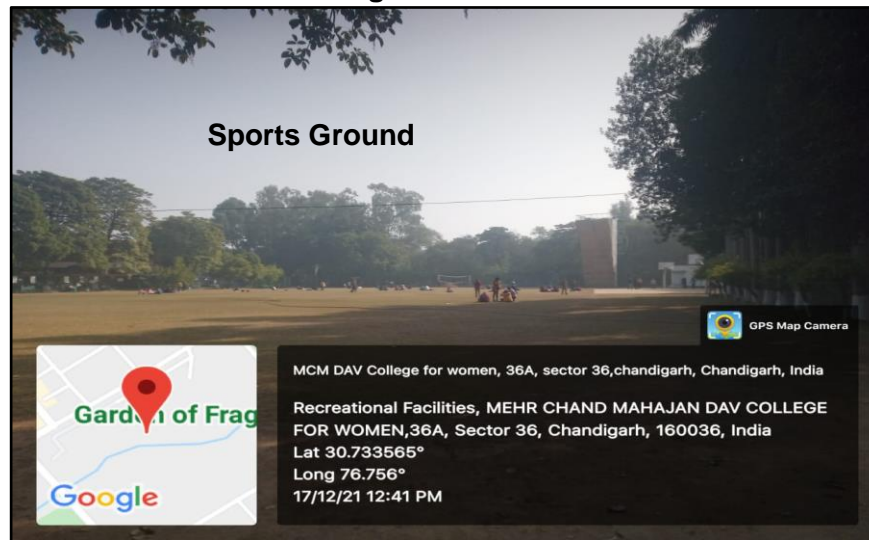


Siting area in celebration Ground

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



Siting area outside canteen

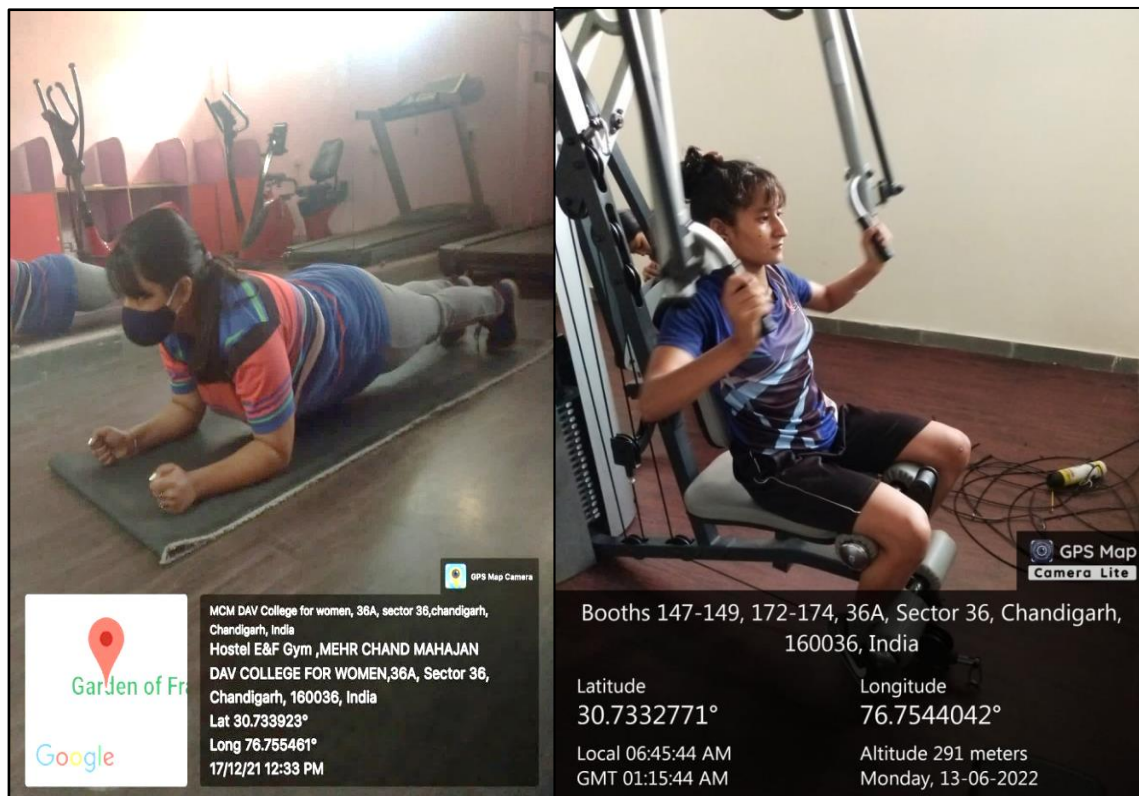


Canteen in Hostel



Open Benches

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

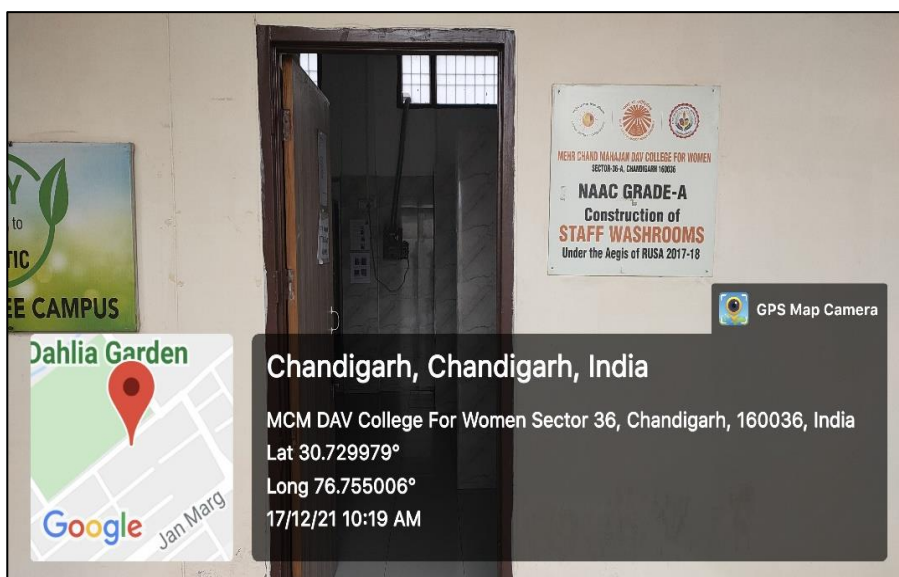


Gym Arenas in Campus



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

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



Separate Washrooms for Staff and Students

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



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



Medical Room

d. Day Care Centre:

For the welfare of the teaching and non-teaching staff, the institution opened a child care centre (creche) - **Madhuban**. It was inaugurated by Sh. Shiv Raman Gaur, Hon'ble Director Higher Education in 2019.



Designed by the team of our own students of the Department of Fine Arts, it caters to young children from the age group of 6 months to 10 years. In the year 2021, another room was added to the facility. It now boasts of well-educated and responsible supervision staff, two rooms with adequate facilities, kitchen, latest electrical equipment, cameras for child monitoring, a garden and open play space.



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



Madhuban – A Day Care Centre

List of activities/initiatives taken by Mehr Chand Mahajan DAV College for Women, Chandigarh in Session 2021-22 (1 July 2021 – 30 June 2022) are as follows:

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
1.	Department of Physical Education	Online Yoga Classes for staff and students	01.7.2021	31.12.2021	more than 50	To introduce the participants to the nuances of yoga so as to enable them to strengthen their immunity thus, enhance their well-being.
2.	Equal Opportunity Cell & Foreign Student Cell in association with SUVICHAAR - a forum of thought leaders	A webinar titled 'Motivating the Motivators' by Mr Vivek Attray, ex IAS Author & Motivational Speaker.	25.06.2021		330	To motivate young minds to acquire a wide range of abilities and skills which are crucial for a better living and enable them to contribute to society in a positive way.
3.	Tarikh- the History Association of Mehr Chand Mahajan DAV College for Women, Chandigarh	Webinar on the topic 'Prominent Women in Mughal Era'.	26.06.2021		80	To discuss about various influential women who shaped the minds and personalities of great rulers from

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
						Babur to Aurangzeb.
4.	NSS Units	Online Lecture on Importance of Yoga as Part of Fit India Run-Amrit Mahotsav @75	14.08.2021		76	To apprise the volunteers about the benefits of Yoga; To make students learn that how Yoga helps to keep the internal organs in the body functioning properly by increasing the oxygen and blood flow.
5.	Department Of Botany	PowerPoint Presentations on Nutritional Plants to Celebrate Poshan Maah Under the Rashtriya Poshan Abhiyaan	01.09.2021	07.09.2021	79	To sensitize the students about the nutritional components of plants and their benefits to mankind.
6.	NSS UNITS	Awareness session on Importance of healthy diet and lifestyle under POSHAN Abhiyaan	23.09.2021		10 NSS Volunteers + 45 school children	To disseminate knowledge about the relevance of nutrients required to meet the demands of physical and cognitive growth and

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
						development of children
7.	NSS Units	NSS Day celebration - Awareness Drive in Village Badheri as Part of POSHAN Abhiyaan-2021	24.09.2021		21 NSS Volunteers + 50 residents	<ul style="list-style-type: none"> To disseminate knowledge about the relevance of medicinal cum nutritional plants
8.	Sustainable Practice Committee and Skill Development Committee	Hands-on training-cum-workshop on yoga and meditation titled 'Food for Mind, Body and Soul'	25.09.2021		90	To sensitize students about need of yoga for mental, physical and spiritual wellbeing.
9.	Career Counselling Cell	An online workshop focusing on equipping students with knowledge and skills required for the preparation for IELTS.	30.09.2021		89	To provide insights into the nuances of IELTS examination including eligibility criteria, registration, syllabus, exam pattern, scoring and how to ace the exam
10.	Mentorship committee	Nutritional needs of adolescents	01.10.2021		108	To apprise the students with nutrition and its importance

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
11.	Postgraduate Department of Sociology	An online international discourse on 'Sociology of Health with special reference to work-life balance challenges for women in the era of digitalisation' by Prof. Allen Furr, Professor Emeritus in Sociology, Auburn University, USA	05.10.2021		595	To throw light on the impact of digitalisation on personal as well as professional life and to discuss the various issues pertaining to the work-life balance for women in the era of digitalisation.
12.	Personality Development Club and Equal Opportunity Cell	Webinar on 'Get the Lump Out of Your Throat Through Creative Writing' by Ms. Suditi Jindal, Life Coach and Founder of PHILYRA Training and Consultancy.	27.10.2021		100	To develop emotional skills by applying the art of creative writing.
13.	Chandigarh Police in collaboration with Swachhta Committee of Arts, MCM DAV College for Women, Chandigarh	Cyber Swachhta Mission, a National level training in cyber hygiene	14.11.2021	15.11.2021	89	To promote cyber Swachhta (hygiene) among students.

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
14.	NCC Army Wing	Webinar: Role of Women in Defence Services	28.11.2021		50	To apprise the cadets with the role of women in defence services.
15.	NSS Units in Collaboration with Health Committee	An Awareness Programme on Eat Right During COVID: A Comprehensive approach	13.01.2022		78	To sensitize volunteers and mobilize sustained community participation for health and nutrition issues across the country; To conduct Swastha Balak-Balika Spardha as part of celebration of Azadi ka Amrit Mahotsav
16.	NSS Units	Yoga Session on Surya Namaskar as part of Azadi ka Amrit Mahotsav	14.01.2022		40	To promote emotional as well as psychological wellness of the students during the stressful times
17.	NSS Units	An awareness session and poster making competition on Beti Bachao, Beti	20.01.2022		71	To apprise the volunteers of Beti Bachao, Beti Padhao Scheme

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
		Padhao Scheme as part of Weeklong Celebration of National Girl Child Day				
18.	NSS Units	Webinar on Gender Stereotypes and Women Empowerment and poem recitation on Beti Bachao, Beti Padhao Scheme as part of Weeklong Celebration of National Girl Child Day	22.01.2022		86	To spread awareness among the volunteers related to the gender discrimination
19.	NSS Units	Webinar on Survival and Protection of the Girl Child under Beti Bachao, Beti Padhao Scheme and Administration of Girl Child Protection Oath as part of Weeklong Celebration of National Girl Child Day	24.01.2022		52	To create a safe environment for all women and support women's resistance to violence

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
20.	NSS Units	Webinar on Education for Girls: The Road to Empowerment under Beti Bachao, Beti Padhao Scheme as part of Weeklong Celebration of National Girl Child Day	25.01.2022		66	To create awareness among the volunteers about the role of education of a girl in societal development
21.	Department of Computer Science & Applications under the aegis of MCM Vigyan Manch	National Webinar on 'Combating Cybercrime During Covid-19' by Sh. Arun Soni, Director TCCS Author, Cyber Security Trainer, Certified Ethical Hacker, Limca Book of Records Holder sponsored by Department of Science & Technology & Renewable Energy.	25.02.2022		114 students and 8 faculty members	To enlighten the students about several ways of combatting cybercrime

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
22.	Women Development Cell	Pad Collection Drive: "Donate a Pad" and Pad Distribution	03.03.2022	04.03.2022	15	To increase awareness among females on Menstrual Hygiene
23.	Women Development Cell	Webinar on "Over the Counter Drug Consumption In India with Special Reference to Women"	04.03.2022		50	To generate awareness regarding the safe use of medicine and harmful consequences of self-medication with special reference to women
24.	Swachhta Committee of Department of Computer Science & Applications	Cyber Swachhta Collage Making Activity	05.03.2022		45	To make them equipped with the knowledge about Cyber Swachhta
25.	Association of MCM DAV Alumni (AMDA)	Annual Alumni Lecture (blended mode) - "Women, Community and Leadership " by Ms Nayana Bhandari, an award-winning community worker and film maker based in Australia	05.03.2022		270	To learn about possible career avenues for women in the field of community welfare and media activism

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
26.	NCC Army Wing	Webinar on International Women's Day	07.03.2022		50	To celebrate the International Women's Day
27.	Department of Physics under the aegis of Women Development Cell	Online National Webinar on "Nanotechnology: Innovation and Role of Women"	07.03.2022		82	To recognize the social, economic, cultural and political achievements of women also marks a call to action for accelerating gender parity
28.	Women Development Cell in collaboration with Department of Fine Arts	Caricature Making Competition on 'Women of Pride'	07.03.2022		28	To celebrate the International Women's Day
29.	Samavesh Committee	UPGRADE - Let's be prepared for the World to be	07.03.2022	10.04.2022	48	To supplement the preparation of the students for various competitive exams
30.	Department of Music	An intra college music competition on WOMEN EMPOWERMENT - Meri Awaaz Meri Pehchan	07.03.2022	08.03.2022	20	To celebrate International Women's Day

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
31.	NCC Army Wing	Celebration of International Women's Day - Poster making and Slogan writing competitions	08.03.2022		15	To awareness among masses regarding International Women's Day
32.	NSS Units in collaboration with Medical Committee	International Women's Day celebration – An Oral Hygiene Camp in adopted Village Badheri, Chandigarh	08.03.2022		40 volunteers + 50 beneficiaries	To contribute to the betterment of women by making them aware about certain health issues
33.	Mehr Chand Mahajan DAV College for Women, Chandigarh	'Nari Shakti Samman'- an event to honor the indefatigable spirit of women	08.03.2022		more than 50 including 29 students	To pay a befitting tribute to the spirit of womanhood
34.	Department of Home Science	Workshop cum Demonstration "Exquisite Delicacies: Beyond the Plate by Chef Shelly Singla, Winner of MasterChef Punjabi and Super Chef India	08.03.2022		35 students along with 6 faculty members	To mark the spirit of Womanhood.
35.	NSS Units in collaboration with Medical Committee	International Women's Day Celebration – Webinar	08.03.2022		70	To sensitize volunteers and raise awareness

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
		on Cancer: An overview				regarding cancer especially among women
36.	PG Department of Sociology	International webinar on the theme: Sociology of Food: Some Reflections by Prof. Madhu Nagla former professor, & Head, Department of Sociology, Rohtak	10.03.2022		50 participants and 11 faculty members	To understand the connection between food and social identity/caste/class/gender etc.
37.	Sustainable Practices Committee	Sustainable Urban Farming	10.03.2022	till date	24-30	To teach girls how to grow vegetables and herbs in chemical free manner to fulfil their basic nutritional needs.
38.	NCC Army Wing	Article Writing - Women Empowerment (Women safety, education, health)	18.03.2022		15	To create awareness among masses regarding women safety, education and good health
39.	Foreign Students Cell and Equal Opportunity Cell under the aegis of IQAC cell	National Online Workshop On "Diversity Sensitization"	22.03.2022		145	To highlight the various issues and challenges in diversity

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
		n: Issues and Challenges ”				sensitization
40.	NSS Units	Workshop on Menstrual Hygiene and reusable Pad making	24.03.2022		100	To sensitize volunteers about menstrual hygiene
41.	NSS Units in collaboration with Equal Opportunity cell and Foreign Students Cell	Lecture on Gender Sensitization	25.03.2022		100	To spread awareness among the volunteers related to the gender discrimination
42.	NSS Units in collaboration with the Anti-ragging Cell	Awareness session on Anti-ragging	26.03.2022		100	To make students aware of the laws of the country to ragging and how it affects the lives of people victimized by it
43.	NSS Units	An interactive session on Healthy Food under POSHAN Abhiyaan	26.03.2022		100	To emphasize and encourage the volunteers to eat a balanced and nutritious diet
44.	NSS Units	No-Flame Cooking Competition under POSHAN Abhiyaan	26.03.2022		100	To create awareness about the nutritional value of food

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
						cooked without fire
45.	Cyber Swachhta Mission under the aegis of Chandigarh Police	Cyber Swachhta Mission - Release of Report and Felicitation of Cyber Soldier by Hon'ble Home Minister Mr Amit Shah	27.03.2022		78	To appreciate the efforts of Cyber Warriors and promote cyber safety and cyber awareness among the community through youth working for the betterment of society.
46.	NSS Units	Yoga Cum Meditation Session	27.03.2022		100	To ensure the mental well-being of students, increase mobility and body balance, build harmony between mind and body by practicing Yoga
47.	UBA Cell	Rally on awareness about personal hygiene, Village Badheri	31.03.2022		17	To highlight the relevance of maintaining cleanliness as a crucial factor contributing to health and general

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
						well-being of the village residents
48.	NSS Units	Live screening of Pariksha pe Charcha - 2022	01.04.2022		300 staff members and 4500 students of the College.	To encourage students to give their best and study hard and overcome fear in upcoming exams
49.	NSS Units and Medical Committee in collaboration with Fortis Hospital, Mohali	One day Medical Camp - 2022 on the occasion of World Health Day - 2022	04.04.2022		50	To create awareness among the masses for preventive healthcare, being the need of an hour
50.	NSS Units in collaboration with Cyber Interns of Cyber Swachhta Mission	Cyber Jagrukta Diwas	04.05.2022		33	To create awareness among youth about Cyber Hygiene.
51.	PG Department of Psychology and Sociology under the aegis of the Swachhta Committee (Arts)	Online expert lecture "Swachh Mann, Swachh Bharat – Positive youth Development: A Psychosocial Perspective" by Prof. Prahbjot Malhi, Department of	05.04.2022		90 students and 10 faculty members	To mark Health Day and highlight the core principles of fostering mental health in youth

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
		Pediatrics, PGIMER, Chandigarh				
52.	Department of Physical Education in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE) under the aegis of Swachhta Action Plan 2022-23 and Fit India Movement	45-day fitness programme titled Fun with fitness 2022: Cleansing Body, Mind and Soul	05.05.2022	20.06.2022		To promote holistic physical and emotional well-being of the students
53.	Character Building Committee	Resilience' - a poetry recitation event	07.04.2022		70	To create awareness among students about various dimensions of health on World Health Day
54.	Geetanjali Counselling Helpline	A mental health initiative 'Swachh Mann Abhiyan' - a Poster Making Competition on the theme 'Be Kind to your Mind' and 'Swachh Mann ki Aur Pehla Kadam' on the occasion of World Health Day	08.04.2022		50	To elucidate the significance of educating, understanding and supporting mental health literacy in response to the COVID pandemic

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
55.	Mentorship Committee	Coping with stress and managing time during exams	10.05.2022		212	To promote emotional as well as psychological wellness of the students during the stressful exam times
56.	Personality Development Club	An interactive session on 'Mind Entity-The Kinetics of Success'	13.05.2022		170	Holistic development of the students
57.	Mehr Chand Mahajan DAV College for Women, Chandigarh	An expert lecture on Survival and Resilience among Women: A Global Perspective by Prof. Allen Furr, Professor Emeritus of Sociology, Auburn University, USA	14.05.2022		26 faculty members and 220 students	To rewrite the narrative among the society and reconstruct the gender narrative
58.	NSS Units and Department of Physical Education in collaboration with State NSS Cell Chandigarh (U.T.) and Directorate of Higher Education, UT Chandigarh	Yoga Camp – 100 Days Countdown programme for International Yoga Day	14.05.2022		576	To promote emotional as well as psychological wellness of the staff and students

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
59.	Swachhta Committee (Commerce) and the Equal Opportunity Cell	An online interactive session on Female Health and Wellness	24.05.2022		118	To spread awareness about the need and importance of health and hygiene for a well-balanced and a healthy life
60.	Women Development Cell of the College in collaboration with Swayam Academy, Women and Child Support Unit of Chandigarh Police	Be Fearless-One Week Self-Defence Training	30.05.2022	04.06.2022	145	To make the participants aware of various types of threats and violence against them and teach them self-defence techniques
61.	Skill Development Committee in collaboration with Nutrition Society of India, Chandigarh Chapter	Be a Health Manager - a 7 Day Workshop Theme: Food as Medicine	30.05.2022	04.06.2022	150	To promote holistic health
62.	Legal Literacy Cell	Awareness session on Sexual Harassment & Law by Dr Upneet Lalli, Head Training and Research, Institute of Correctional Administration	30.05.2022		94	To make young women conscious of the tools that the Indian law provides them in order to protect themselves or fight against sexual

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
						harassment
63.	NSS Units in collaboration with NCC - Army Wing and Naval Wing, Ek Bharat Shrestha Bharat (EBSB) Club and Department of Physical Education of the college and Director of Higher Education (DHE), Chandigarh Administration,	Celebration Of International Day of Yoga - 2022	21.06.2022		200	To promote emotional as well as psychological wellness of the staff and students.

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

During the **Session 2021-22**, Mehr Chand Mahajan DAV College for Women, Chandigarh has endeavored to escalate the level of awareness and appropriate practices amongst the students as well as staff about the subsequent areas:

- The **Equal Opportunity Cell and Foreign Student Cell** of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a **webinar titled 'Motivating the Motivators'** on **25.06.2021**. The webinar, organised in collaboration with Suvichar- A forum of Thought Leaders, had



Mr. Vivek Atray, Ex IAS, Author and Motivational Speaker and Mr. Vipin Pubby, Dean, Mass Communication and Journalism, Shoolini University, Solan, Himachal Pradesh and Former Resident Editor, Indian Express, Chandigarh as the resource persons. The objective of the webinar was to motivate young minds to acquire a wide range of abilities and skills which are crucial for a better living and enable them to contribute to society in a positive way.

एम.सी.एम. ने मोटिवेटिंग द मोटिवेटर्स पर वैबिनार किया

चंडीगढ़, 16 जुलाई (राकेश) : मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन चंडीगढ़ के समान अवसर सैल और विदेशी छात्र सैल ने मोटिवेटिंग द मोटिवेटर्स शीर्षक से एक वैबिनार का आयोजन किया। सुविचार: थॉट लीडर्स के एक मंच के सहयोग से आयोजित वैबिनार में विवेक अत्रे, पूर्व आईएएस, लेखक और प्रेरक वक्ता और विपिन पब्बी, डीन, जनसंचार और पत्रकारिता, शूलिनी विश्वविद्यालय, सोलन, हिमाचल प्रदेश और रैजीडेंट एडिटर, इंडियन एक्सप्रेस, चंडीगढ़ रिसोर्स पर्सन के रूप में शामिल हुए। वैबिनार का उद्देश्य युवा दिमागों को इस योग्य बनाना है की वह विस्तृत क्षमताओं और कौशल को सीखने के लिए प्रेरित हो सके, जो बेहतर जीवन के लिए महत्वपूर्ण हैं और उन्हें सकारात्मक तरीके से समाज में योगदान करने में सक्षम बनाते हैं।

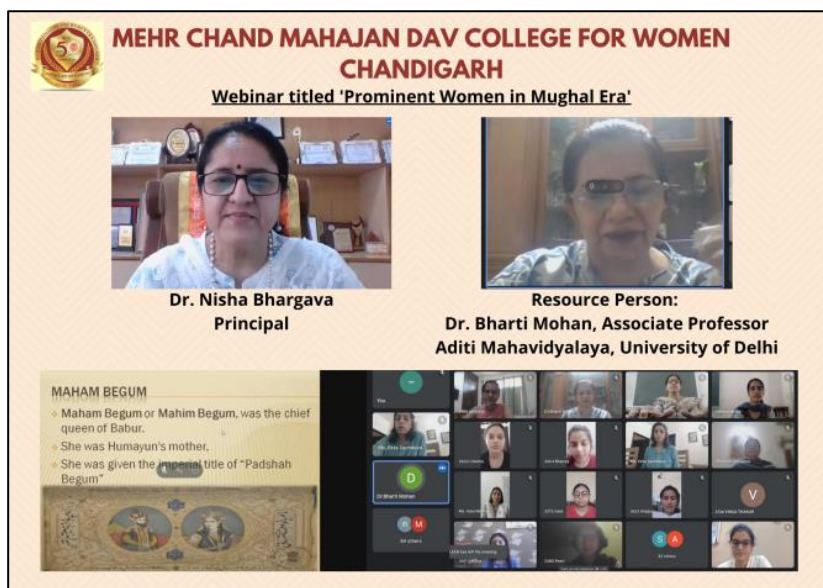
अपने जीवंत संबोधन में विवेक अत्रे ने जोर देकर कहा कि वर्तमान कठिन समय दुनिया में सकारात्मकता लाने और खुशी सूचकांक को आगे बढ़ाने के लिए प्रेरकों के एक जीवंत नेटवर्क के निर्माण की आवश्यकता है। यह कहते हुए कि सकारात्मकता एक सामूहिक पसंद होनी चाहिए। अत्रे ने दर्शकों को हर संभव स्रोत से प्रेरणा और सकारात्मकता लेने के लिए प्रेरित किया। इस अवसर पर बोलते हुए विपिन पब्बी ने कहा कि जीवन जो कुछ भी प्रदान करता है अच्छा या बुरा, उसे हमेशा सकारात्मकता के माध्यम से उसमें से अच्छाई निकालनी चाहिए। उन्होंने कहा कि अधिक सोचना मु्य कारण है जिसे छोड़ देना चाहिए और इसके बजाय प्राप्त आशीर्वाद पर ध्यान देना चाहिए। वैबिनार को उत्साहजनक प्रतिक्रिया मिली 330 से अधिक दर्शकों ने इसे देखा।

- **Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1159887344477517/?type=3>

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

- **Tarikh- the History Association** of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a webinar on the topic **'Prominent Women in Mughal Era'** on **26.06.2021**. Dr Bharti Mohan, Associate Professor, Aditi



Mahavidyalaya, University of Delhi was the resource person for this highly informative webinar. Dr Mohan shared insightful information about various influential women who shaped the minds and personalities of great rulers from Babur to Aurangzeb.

मुगल कालीन प्रमुख महिलाओं पर वेबिनार

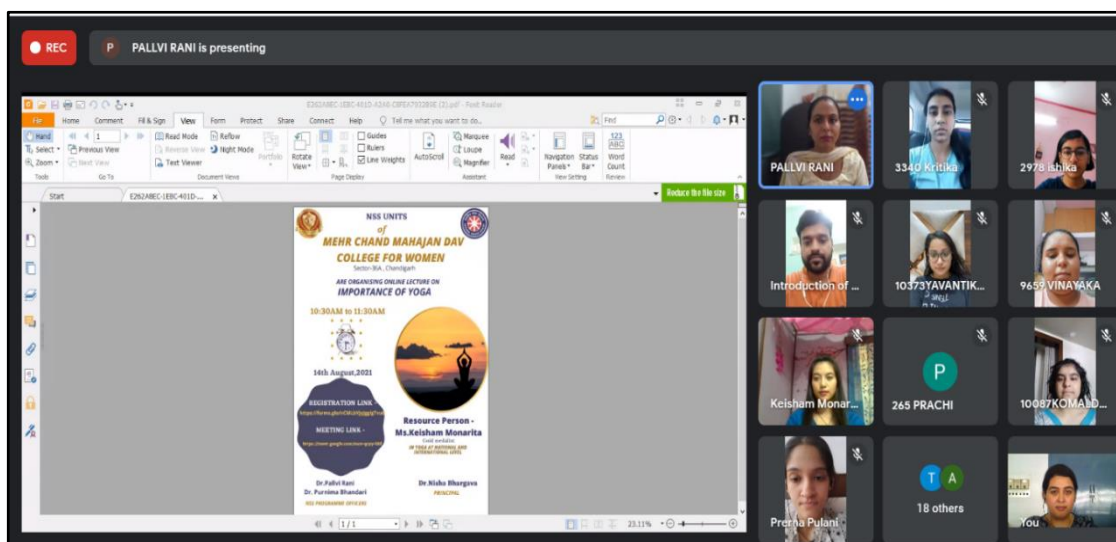
चंडीगढ़ (अप्रस)। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ के 'तारीख - हिस्ट्री एसोसिएशन' ने 'मुगल युग में प्रमुख महिलाएँ' विषय पर एक वेबिनार का आयोजन किया। डॉ भारती मोहन, एसोसिएट प्रोफेसर, अदिति महाविद्यालय, दिल्ली विश्वविद्यालय इस जानकारीपूर्ण वेबिनार के लिए प्रमुख वक्ता थे। डॉ मोहन ने बाबर से औरंगजेब तक के महान शासकों के विचारों और व्यक्तित्व को आकार देने वाली विभिन्न प्रभावशाली महिलाओं के बारे में महत्वपूर्ण जानकारी साझा की। मुगल सम्राट जहांगीर के शासनकाल के दौरान किए गए प्रशासनिक निर्णयों पर नूरजहाँ द्वारा निर्माई गई महत्वपूर्ण भूमिका पर प्रकाश डालने के अलावा, डॉ मोहन ने मुगल सम्राट बाबर की बेटी गुलबदन बानो बेगम, मुगल सम्राट शाहजहाँ की बेटियों जहाँआरा और रोशनआरा के योगदान के बारे में भी बताया। वेबिनार को बड़ी संख्या में शामिल हुए प्रतिभागियों ने खूब सराहा, जिससे वेबिनार सफल रहा।

- **Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1159908171142101/?type=3>

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

- On 14.08.2021, **NSS Units** of Mehr Chand Mahajan DAV College for Women, organized an **ONLINE LECTURE ON IMPORTANCE OF YOGA** as part of FIT INDIA Run-Amrit Mahotsav@75 where 76 volunteers participated enthusiastically. The resource person of the event was Ms. Keisham Monarita, Gold Medalist in Yoga at National and International Level.



- From 1.09.2021 – 07.09.2021, under the aegis of the Rashtriya Poshan Abhiyaan, an awareness activity was conducted by the Department of Botany to sensitize the students about the nutritional components of plants and their benefits to mankind. The students prepared and presented the Power Point Presentations related to the dietary benefits of the plants.



- As part of **POSHAN Abhiyaan**, NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized an **awareness session on Importance of Healthy Diet and lifestyle** in collaboration with Fortis Hospital, Mohali, at Government Model High School, Sector 41-D, Village Badheri, Chandigarh. Around 10 Volunteers along with 45 students attended the session. **Link to the activity include:**

एमसीएम में एनएसएस यूनिट ने बधेरी के सरकारी स्कूल के छात्रों के लिए स्वस्थ आहार पर सत्र का आयोजन किया

मदरलैंड संवाददाता

चंडीगढ़। भारत सरकार के पोषण अभियान कार्यक्रम के तहत, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमिन, चंडीगढ़ की एनएसएस इकाई ने फोर्टिस अस्पताल, मोहाली के सहयोग से सरकारी माडल हाई स्कूल, ग्राम बधेरी, चंडीगढ़ में 'स्वस्थ आहार और जीवन शैली के महत्व' पर जागरूकता सत्र का आयोजन किया। सत्र का मुख्य उद्देश्य विशेष रूप से स्कूल जाने वाले छात्रों के बीच पोषक तत्वों की भूमिका, स्वस्थ आहार की आदतों और स्वस्थ जीवन शैली के महत्व के बारे में ज्ञान का प्रसार करना था। डॉक्टोरियन व हेड, डिपार्टमेंट ऑफ न्यूट्रिशन एंड डायेटिटिक्स, फोर्टिस हॉस्पिटल, मोहाली से सोनिया गांधी, इस कार्यक्रम में मुख्य वक्ता थीं। स्कूल की प्रशासक/श्रीमती संजोगीता ने शिक्षकों और छात्रों के साथ इस सत्र में बड़े उत्साह के साथ भाग लिया। सत्र के दौरान, सोनिया गांधी ने किशोरों से संबंधित कारकों जैसे खाद्यों के उदात्त, धाननात्मक आदतों, आत्म-स्वतंत्रता, शारीरिक-उपस्थिति आदि पर चर्चा की, जो बच्चों के समग्र स्वास्थ्य को प्रभावित करते हैं। उन्होंने कहा कि आवश्यक पोषक तत्वों के सेवन में अंतरों और असंतुलन के परिणामस्वरूप, किशोरों को मोटापे से संबंधित समस्याओं, एनीमिया, कमजोर हड्डियाँ, धकान, निजलीकरण, खराब प्रतिक्रिया, मधुमेह और हार्मोनल के साथ-साथ मानसिक/सामाजिक संबंधों समस्याओं का सामना करना पड़ता है। उन्होंने छात्रों को उनके समग्र स्वास्थ्य और कल्याण में पोषण की भूमिका के बारे में जागरूक करने में माता-पिता और शिक्षकों को भूमिका पर प्रकाश डाला। छात्रों को स्वच्छता से भी परिचित कराया गया, जिन्हें खाद्य प्रबंधन कार्य के दौरान अपनाया जाना चाहिए क्योंकि उन्हें खाद्य सुरक्षा सुनिश्चित करने के लिए अपात्र माना जाता है। प्राचार्या डॉ. निरुपमा ने अच्छे पोषण के महत्व के बारे में जागरूकता पैदा करने और बच्चों के शारीरिक व संज्ञानात्मक विकास को मांगों को पूरा करने के लिए आवश्यक पोषक तत्वों की प्रासंगिकता के बारे में ज्ञान का प्रसार करने के उद्देश्य से कॉलेज की एनएसएस इकाई के लिए प्रयासों को सराहना की। उन्होंने कहा कि वे प्रयासों को सराहना की। उन्होंने कहा कि वे प्रयासों को सराहना की। उन्होंने कहा कि वे प्रयासों को सराहना की।

- <https://www.facebook.com/MCMDAVCW/posts/1206446889821562>

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

- ✓ Keeping up with the motto of Not Me But You, **NSS Units** of Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated **NSS Day-2021** by organizing an **Awareness Camp (as part of POSHAN Abhiyan-2021)** in Anganwadi Complex, Village Badheri, Chandigarh on



24.09.2021 where an interactive lecture on "Nutrition awareness among vulnerable group of the society" - Sahi Poshan desh Roshan, Nukkad Natak on Paushtik Aahar and setting up of Nutri-Vartika was held in village premises. In this, 15 NSS volunteers along with 50 residents participated.

- Mehr Chand Mahajan DAV College for Women, Chandigarh organised the grand finale of the **hands-on training-cum-workshop on yoga and meditation titled 'Food for Mind, Body and Soul'** under the aegis of its **Sustainable Practices and Skill Development Committees**. The resource person of the event was Ms. Keisham Monarita, Gold medalist Yoga instructor and an International player of Yoga. 90 participants actively took part in learning ashtanga yoga, pranayama, asanas and meditation techniques.



- **Link to the activity include:**

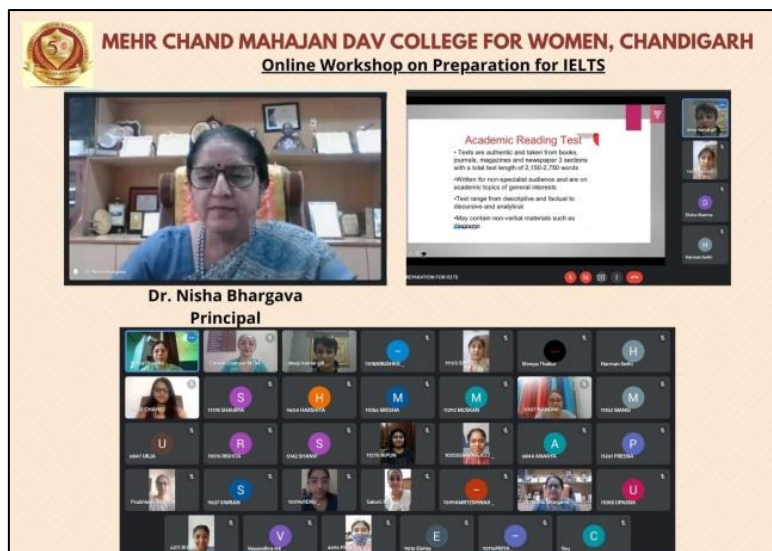
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एमसीएम में योग व ध्यान पर कार्यशाला सम्पन्न

चंडीगढ़, 8 अक्टूबर (राम सिंह बाराड़): मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ ने योग और ध्यान पर हैट्स ऑन ट्रेनिंग-कम-वर्कशॉप का ग्रीड फिनाले आयोजित किया- जिसका शीर्षक 'मन, शरीर और आत्मा के लिए भोजन 'एक स्वस्थ कोशिल' था। कॉलेज की सस्टेनेबल प्रैक्टिस व स्किल डेवलपमेंट समिति के संयुक्त तत्वाधान में किया गया। कार्यशाला के लिए योग प्रशिक्षिका केसम मोनारिता, योग में स्वर्ण पदक विजेता और योग की एक अंतर्राष्ट्रीय खिलाड़ी थीं। उन्होंने छात्रों को मुख्य रूप से अष्टांग योग, प्राणायाम, आसन और ध्यान की तकनीकों के तंत्र में विस्तार से बताया और व्यावहारिक रूप में करने भी दिखाया। इस कार्यक्रम में 90 प्रतिभागियों ने सक्रिय रूप से भाग लिया। छात्रों के मन में शांति, ध्यान और चेतना लाने के लिए कार्यशाला को सुरुआत ओम जप के साथ की गई। इसके बाद शरीर के सभी अंगों की गतिविधियों के लिए सूर्य-नमस्कार किया गया। आसन और प्राणायाम मुख्य रूप से पोस्ट-कोविड रिकवरी और प्रतिरक्षा प्रणाली को बढ़ावा देने, पीठ दर्द से राहत, मधुमेह, धारण्ड की समस्याओं, पाचन में सुधार, वजन घटाने और मांसपेशियों को समग्र मजबूती पर केंद्रित थे। कुछ आसन खड़े होकर किये गए जिसमें ताइसन, वृक्षासन, त्रिकोणासन, तनाव कम करने और समाज रूप से जिम्मेदार भुजंगसन, नौकासन और धनुरसन शामिल थे। प्राणायाम सत्र कपालभाति से शुरू हुआ और शीतली प्राणायाम, शितकारी प्राणायाम, अनुलोम विलोम प्राणायाम और धामरी प्राणायाम के साथ जारी रहा। सत्र का समापन ओम जप के साथ-साथ सत्र का समापन करने और समाज रूप से फलदायी जीवन के लिए माइंडफुलनेस तकनीकों के अभ्यास के साथ हुआ। रिसर्सेस पर्सन ने प्रतिभागियों के प्रश्नों और शंकाओं का समाधान किया जिन्का वे सामना कर रहे थे। इस अवसर पर कॉलेज प्राचार्या निशा भागिन ने सस्टेनेबल प्रैक्टिस व स्किल डेवलपमेंट समिति के इस प्रयास की सराहना की। उन्होंने इस तथ्य पर जोर दिया कि योग केवल एक दैनिक अभ्यास नहीं है बल्कि जीवन का एक तरीका है जिसे स्वस्थ और पूर्ण जीवन जीने के लिए अपनाया जाना चाहिए। उन्होंने मन, शरीर और आत्मा के समग्र विकास में योग आसन और प्राणायाम के लाभों पर भी जोर दिया।

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

- The Career Counselling Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organized an online workshop focusing on equipping students with knowledge and skills required for the



preparation for IELTS on 30.09.2021. The workshop was conducted by StarQuest, an educational venture of highly experienced corporate professionals with an astute focus on improving the standard of English. The resource person was Ms. Deep Kamal Gill from StarQuest. Over 89 students registered for the workshop.

एमसीएम कॉलेज में आईईएलटीएस तैयारी पर ऑनलाइन कार्यशाला

अमृल्या/देवभूमि मिरर

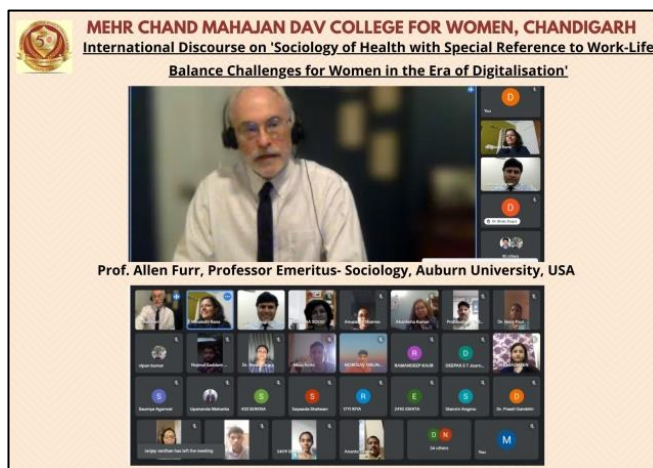
चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ के करियर काउंसलिंग सेल, ने आईईएलटीएस की तैयारी के लिए आवश्यक ज्ञान और कौशल से छात्रों को लैस करने के लिए ऑनलाइन कार्यशाला का आयोजन किया। कार्यशाला स्टारक्वैस्ट द्वारा आयोजित की गई थी, जो अत्यधिक अनुभवी कॉर्पोरेट पेशेवरों का एक शैक्षिक उद्यम है जो अंग्रेजी के मानक में सुधार के लिए प्रयासरत है। इस कार्यशाला के लिए मुख्य वक्ता स्टारक्वैस्ट से दीप कमल गिल थे। कार्यशाला के लिए 89 से अधिक छात्रों ने पंजीकरण करवाया। प्रमुख वक्ता दीप ने प्रतिभागियों को आईईएलटीएस परीक्षा की बारीकियों में पूरी तरह से अंतर्दृष्टि प्रदान करते हुए पात्रता मानदंड, पंजीकरण, पाठ्यक्रम, परीक्षा पैटर्न, स्कोरिंग और परीक्षा में सफलता प्राप्त करने जैसे महत्वपूर्ण विषयों पर ज्ञान को प्रमुख वक्ता के समृद्ध ज्ञान ने प्रतिभागियों को एक महान शिक्षण अनुभव प्रदान किया और कार्यशाला के दौरान किए गए रीडिंग गतिविधि से भी उन्हें फायदा हुआ। कार्यशाला का समापन एक इंटरैक्टिव सत्र के साथ हुआ जिसमें प्रतिभागियों के संदेह हल किए गए। प्रिंसिपल डॉ. निशा भार्गव ने आईईएलटीएस के बारे में छात्रों को शिक्षित करने के लिए करियर परामर्श सेल को इस पहल की सराहना करते हुए कहा कि यह परीक्षा जो विदेशों में शिक्षा और रोजगार के लिए अत्यधिक महत्व रखती है, और बड़ी संख्या में छात्रों को नए नए विकल्पों से अवगत कराती। इसलिए ऐसे सत्र छात्रों के लिए बेहद प्रासंगिक हैं।

- Link to the activity include:

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

- The **Postgraduate Department of Sociology** at Mehr Chand Mahajan DAV College for Women, Chandigarh organised an **Online International discourse on 'Sociology of Health with special reference to work-life**



balance challenges for women in the era of digitalisation' on 05.10.2021. Prof. Allen Furr, Professor Emeritus in Sociology, Auburn University, USA was the resource person for this discourse that sought to throw light on the impact of digitalisation on personal as well as professional life and to discuss the various issues pertaining to the work-life balance for women in the era of digitalisation. Over 595 participants from across the country attended the event.

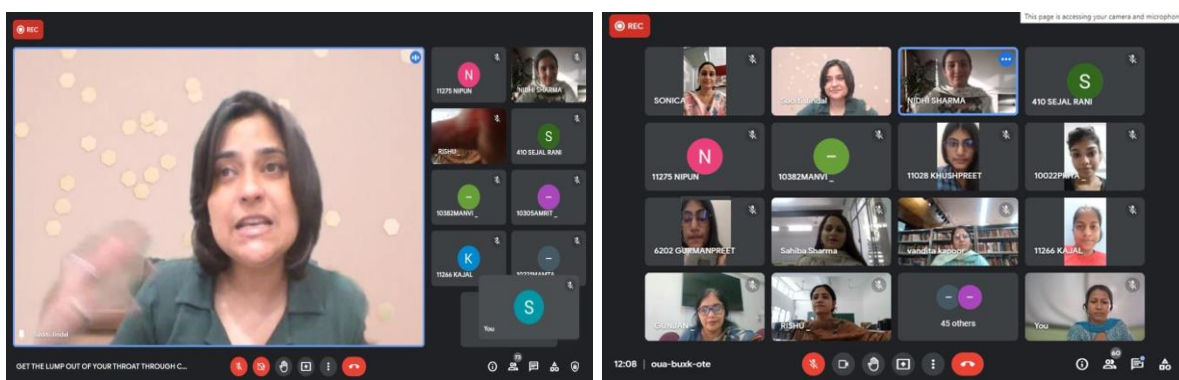


- **Link to the activity include:**

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

- The **Personality Development Club and Equal Opportunity Cell** of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an **online interactive session titled 'Get The Lump Out of Your Throat Through Creative Writing'** on **27.10.2021**. Ms. Suditi Jindal, Life Coach and Founder of PHILYRA Training and Consultancy, was the resource person for this enlightening session. Ms. Jindal elaborated on how creative writing can help in scientific understanding of mind and personality. Over 100 students from various streams participated enthusiastically in the session.



- **Link to the activity include:**

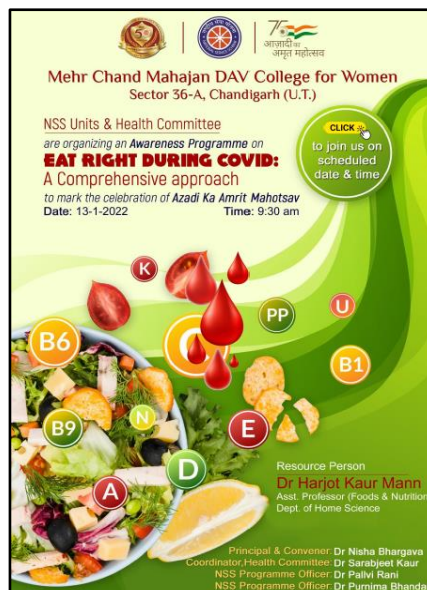
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- To introduce the participants to the nuances of yoga so as to enable them to strengthen their immunity and thus, enhance their overall well-being, Department of Physical Education organized **online yoga classes** for staff and students from 01.07.2021 -31.12.2021 where more than 50 people registered.



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

- With an aim to promote the value of nutrition and good health for children of the age group of 06 years, **NSS Units** in collaboration with the **Health Committee** of the College organized an **Awareness Programme on Eat Right During COVID: A Comprehensive approach** on 13.01.2022. Dr. Harjot Kaur Mann, Assistant Professor (Foods and Nutrition), Department of Home Science, Mehr Chand Mahajan DAV College for Women, Chandigarh was the resource person for the event.



‘Eat right during COVID’ awareness programme held at MCM Chandigarh

The Aman Sandesh Times Network

Chandigarh: The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the college’s Health Committee, organised an online awareness programme titled ‘Eat Right During COVID: A Comprehensive Approach’.

Programme aimed to mobilize sustained community participation for health and nutrition issues across the country and to conduct Swastha Balak-Balika Spardha as part of celebration of Azadika Amrit Mahotsav.

Dr. Harjot Kaur Mann, Assistant Professor, Department of Home Science of the college was the resource person for the programme highlighted the importance of monitoring growth vitals of children of age group 0-6 years especially during the prevailing COVID-19 conditions.

She discussed about several healthy dietary approaches including immuno-enhancers. Growth and development tips to improve the height, weight and the overall health of children were also highlighted. She shared tips regarding use of immunity boosters readily available in everyone’s kitchen. In addition, guidelines on post-COVID care management including type of food such as usage of prebiotics, probiotics, super immunity chargers, herbs, condiments etc. and food handling and disposing practices were also discussed. At the end of the session, doubts and queries of the participants were discussed.

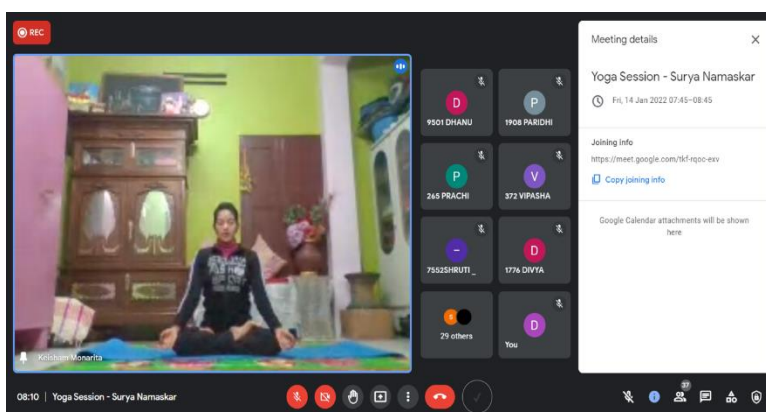
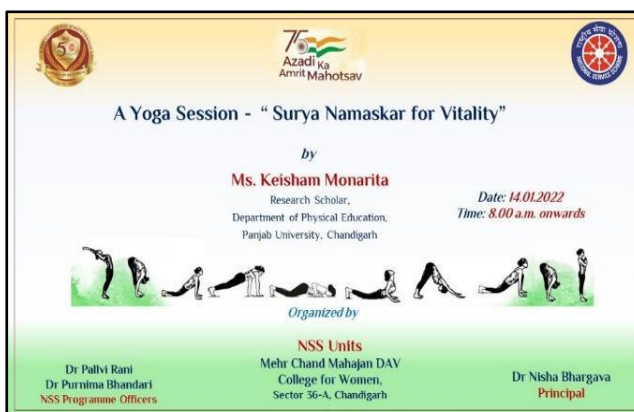
Lauding this highly contextual initiative, Principal Dr. Nisha Bhargava said that due to prevailing COVID-19 pandemic, it is difficult to assess the malnourishment status among children, and hence, there is a dire need to sensitize and mobilize community participation for ensuring healthy nutrition among children especially infants.

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

- To mark the holy occasion of Makar Sankranti on 14.01.2022 and promote emotional as well as psychological wellness of the students during the stressful times, **NSS Units** organized a **Yoga session** with the tagline “**Surya namaskar for Vitality**” as part of Azadi Ka Amrit Mahotsav. The resource person was a qualified Yoga Instructor - Ms Keisham Monarita, Research scholar, Department of Physical Education, Panjab University Chandigarh and Gold medalist in Yoga at National and International level.

Link to the activity uploaded on social media handles include:

<https://www.facebook.com/MCMDAVCW/posts/277431072723143>



MCM NSS celebrates Makar Sankranti with yoga session



**RN KHERA
CHANDIGARH, JAN 14**

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

The session aimed to promote emotional as well as psychological wellness of the students during these stressful times and to create a culture of fitness and healthy lifestyle through the practice

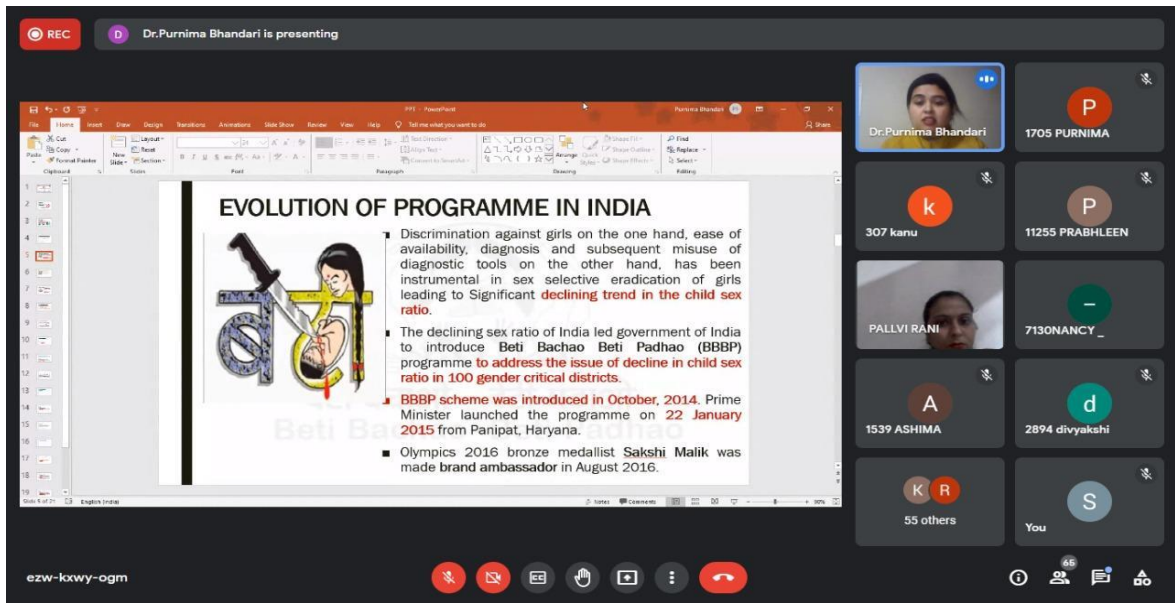
of yogasanas. The session's resource person was Ms. Keisham Monarita, Gold medalist in Yoga at National and International level.

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

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

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

- On 20.01.2022, NSS Units organized a virtual awareness session on *Beti Bachao Beti Padhao* (BBBP) Scheme as part of Weeklong celebration of National Girl Child Day.



Link to the activity uploaded on social media handles include:

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MCM NSS holds virtual awareness session to mark the celebration of National Girl Child Day

The Aman Sandesh Times Network

Chandigarh: The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a virtual awareness session on Beti Bachao Beti Padhao (BBBP) Scheme as part of the weeklong celebration of National Girl Child Day 2022. During the session, Dr Pallvi Rani, MCM NSS Programme Officer apprised the NSS volunteers about the objectives and significance of National Girl Child Day and quoted examples of Mrs. Indira Gandhi, Savitribai Phule and Dr.Kiran Bedi who contributed significantly in the field of girls' education and brought revolution in the society.

In the subsequent session, Dr Purnima Bhandari, MCM NSS Programme Officer briefed the volunteers about the Beti Bachao Beti Padhao Scheme, highlighting its objectives and the current strategies of the scheme adopted by the Government of India. Dr.Bhandari also apprised

the volunteers about the eligibility condition, documents required for BBBP scheme and various initiatives launched by Government of India under the scheme such as Sukanya Samridhi Yojana, Balika Samridhi Yojana, Ladli Laxmi Yojana, etc.

During the session, a poster making competition on the theme 'Beti Bachao, Beti Padhao' was also organised wherein the participants presented their

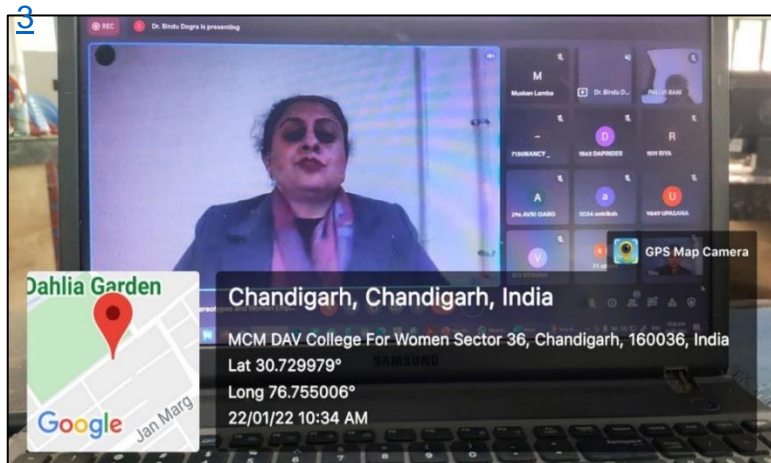
hand made posters virtually. Principal Dr.Nisha Bhargava lauded this endeavour of the NSS units to spread awareness about the Government of India's highly significant initiative to improve the efficiency of welfare services intended for girls in India. She added that such sessions are important from the point of sensitising citizens about the issue of gender inequality and challenging the prevalent gender stereotypes.

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

- NSS Units of the Mehr Chand Mahajan DAV College for Women, Chandigarh organized a **webinar on Gender Stereotypes and Women Empowerment** on 22.01.2022 under *Beti Bachao Beti Padhao* (BBBP) Scheme as part of Weeklong celebration of National Girl Child Day. The distinguished speaker for the session was **Dr. Bindu Dogra**, Assistant Professor, PG Department of Sociology, Mehr Chand Mahajan DAV College of Women, Chandigarh.

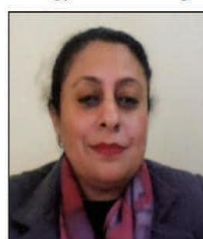
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MCM NSS holds webinar on Gender Stereotypes and Women Empowerment

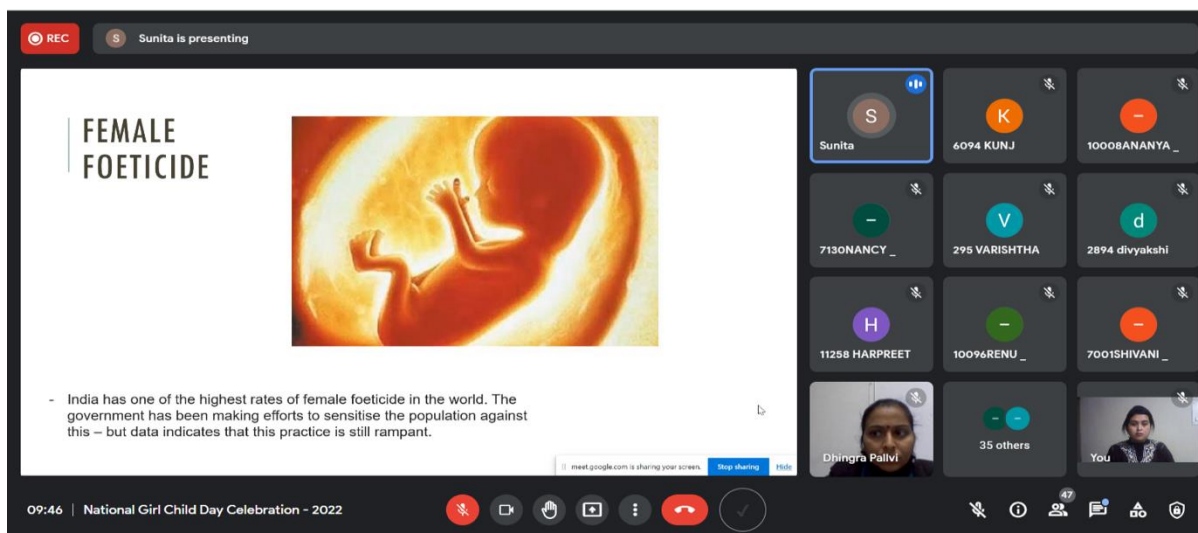
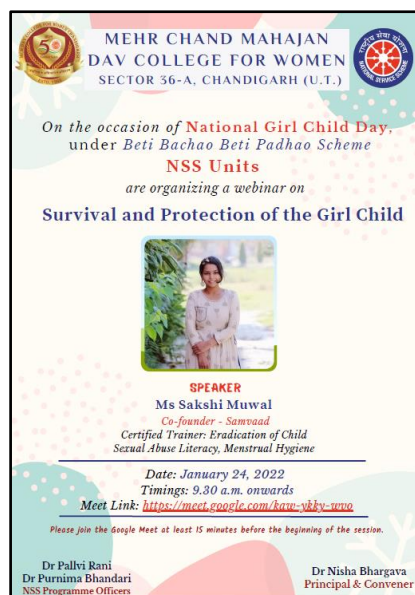
CHANDIGARH: As part of the weeklong celebration of National Girl Child Day, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a webinar on 'Gender Stereotypes and Women Empowerment' under Beti Bachao Beti Padhao scheme. The speaker for the session was Dr Bindu Dogra, Assistant Professor, PG Department of Sociology of the college. More than 85 participants including



staff and students of different streams attended the webinar. During the webinar, Dr Bindu shed light on the gender stereotypes prevalent in the society, and how these are restricting the empowerment of women despite various constitutional and legal provisions, programmes and policies initiated by the government. She also elaborated the concept of women empowerment and the various dimensions and parameters associated with it.

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

- With an aim to spread awareness about gender inequality and to challenge gender stereotypes, **NSS Units** organized a **webinar on Survival and Protection of the Girl Child** on 24.01.2022 under *Beti Bachao Beti Padhao* (BBBP) Scheme as part of Weeklong celebration of National Girl Child Day. The distinguished speaker for the session was **Ms. Sakshi Muwal, Co-founder – Samvaad and Certified Trainer: Eradication of Child Sexual Abuse Literacy, Menstrual Hygiene.**



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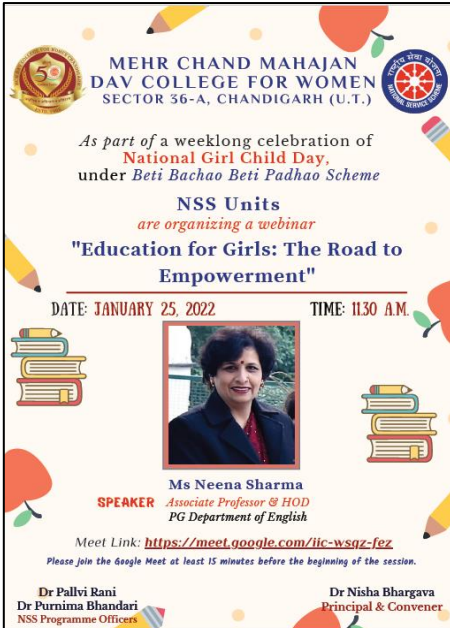
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7.1.1. Measures initiated by the Institution for the promotion of gender equity

- NSS Units organized a **webinar on Education for Girls: The Road to Empowerment** on 25.01.2022 under the *Beti Bachao Beti Padhao* (BBBP) Scheme as part of Weeklong celebration of National Girl Child Day. The distinguished speaker for the session was **Ms Neena Sharma**. She is Associate Professor and Head, Post Graduate Department of English, Mehr Chand Mahajan DAV College for Women, Chandigarh. **Link to the activity uploaded on social media handle include:**

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MEHR CHAND MAHAJAN
DAV COLLEGE FOR WOMEN
SECTOR 36-A, CHANDIGARH (U.T.)

As part of a weeklong celebration of
National Girl Child Day,
under *Beti Bachao Beti Padhao* Scheme
NSS Units
are organizing a webinar
**"Education for Girls: The Road to
Empowerment"**

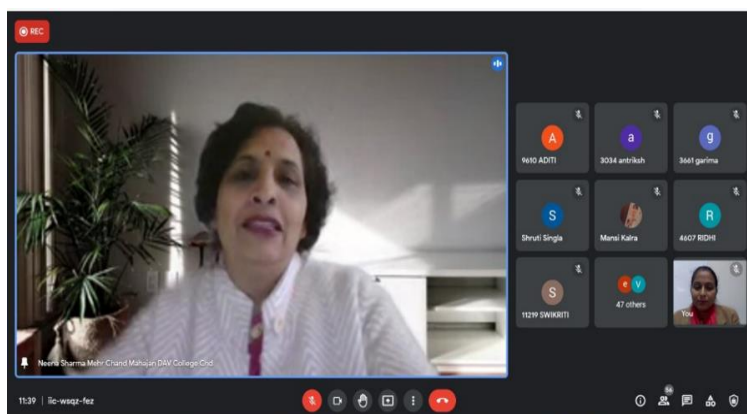
DATE: JANUARY 25, 2022 TIME: 11:30 A.M.

Ms Neena Sharma
Associate Professor & HOD
PG Department of English

MEET LINK: <https://meet.google.com/tic-wsqz-fez>
Please join the Google Meet at least 15 minutes before the beginning of the session.

Dr Pallvi Rani
Dr Purnima Bhandari
NSS Programme Officers

Dr Nisha Bhargava
Principal & Convener



NEWS AT A GLANCE

MCM NSS holds webinar on 'Education for Girls'



CHANDIGARH: 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 at 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.

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

- A webinar on “Over the Counter Drug Consumption in India with Special Reference to Women” was organized by Women Development Cell of the college on 04.03.2022. The objective of the webinar was to generate awareness regarding the safe use of medicine and harmful consequences of self-medication with special reference to women. The resource person of the event was Dr. Praveen Kumar, Lead Clinical Scientist, Nference.



आयोजन 50 से अधिक महिलाओं और बालिकाओं की मौखिक स्वच्छता की जांच की गई

मौखिक स्वच्छता शिविर, कैंसर पर वेबिनार और ओटीसी दवाओं पर सत्र आयोजित

➔ 'ओवर द काउंटर ड्रग कंजम्प्शन इन इंडिया विद स्पेशल रेफरेंस टू विमन' पर ऑनलाइन जागरूकता सत्र का आयोजन किया

जगमार्ग न्यूज़
चंडीगढ़। एमसीएम डीएचो कॉलेज फॉर विमन, की एनएसएस इकाइयों, मेडिकल कमेटी और विमन डिवेलपमेंट सेल ने दो अलग-अलग कार्यक्रमों के साथ अंतरराष्ट्रीय महिला दिवस मनाया। एनएसएस इकाइयों ने कॉलेज की चिकित्सा समिति के सहयोग से 'आजादी का अमृत महोत्सव' के तहत अंगीकृत गांव बधेरी में एक मौखिक स्वच्छता शिविर का आयोजन किया। शिविर के दौरान, दंत चिकित्सक डॉ अनुपम उप्पल ने मौखिक स्वास्थ्य के महत्व पर प्रकाश डाला और कई मौखिक स्वच्छता आदतों के बारे में बताया,



जिन्हें व्यक्ति को अपनी दिनचर्या में अपनाना चाहिए। इस शिविर में डॉ उप्पल द्वारा बधेरी निवासी 50 से अधिक महिलाओं और बालिकाओं की मौखिक स्वच्छता की जांच की गई। इसके अलावा, एनएसएस इकाइयों और चिकित्सा समिति ने चंडीगढ़ कैंसर और डायग्नोस्टिक सेंटर (सीसीडीसी) के सहयोग से, डॉ जतिन सरिन, हेड मेडिकल ऑन्कोलॉजिस्ट, सीसीडीसी द्वारा 'कैंसर: एन ओवरल्यू' पर एक वेबिनार का आयोजन किया। सत्र के

दौरान, डॉ सरिन ने विभिन्न प्रकार के कैंसर जैसे स्तन कैंसर, गर्भाशय ग्रीवा के कैंसर, डिम्बग्रंथि के कैंसर और ल्यूकेमिया के प्रकार, कारण, लक्षण बताते हुए कैंसर पर विस्तृत जानकारी प्रदान की। एक अन्य कार्यक्रम में, कॉलेज के विमन डिवेलपमेंट सेल ने 'ओवर द काउंटर ड्रग कंजम्प्शन इन इंडिया विद स्पेशल रेफरेंस टू विमन' पर एक ऑनलाइन जागरूकता सत्र का आयोजन किया। इस ज्ञानवर्धक सत्र के लिए प्रमुख वक्ता के रूप में प्रमुख नैदानिक वैज्ञानिक डॉ प्रवीण कुमार कार्यक्रम से जुड़े जिन्होंने ओवर-द-काउंटर दवाओं के उपयोग से संबंधित लाभ और हानियों पर एक विस्तृत प्रस्तुति दी। बालों का झड़ना, यल्वोवैजिनल एट्रोफी, ओवर एक्टिव ब्लैडर, बुल्वर और वेजाइनल कैण्डिडिआसिस, हार्ट बर्नस और नॉद न आना जैसी महिलाओं की आम स्वास्थ्य समस्याओं पर चर्चा करते हुए, डॉ कुमार ने प्रतिभागियों को संबंधित ओटीसी दवाओं के बारे में जानकारी दी। डॉ कुमार ने स्त्रियों में बिना सोचे समझे अनुमान के आधार पर अपना इलाज करने की तर्कहीन पद्धति के विनाशकारी परिणामों के प्रतिभागियों को आगाह किया और काउंटर दवाओं के विवेकपूर्ण उपयोग के बारे में लोगों को जागरूक करने के लिए जागरूकता कार्यक्रमों का आह्वान किया। प्राचार्या डॉ. निशा भागव ने नियोजित गतिविधियों के माध्यम से अंतरराष्ट्रीय महिला दिवस को उचित तरीके से मनाने के लिए एनएसएस इकाइयों, चिकित्सा समिति और विमन डिवेलपमेंट सेल के प्रयासों को सराहना की।

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

- Association of MCM DAV Alumni (AMDA) (Regd.) organized its Annual Alumni Lecture (blended mode) on "**Women, Community and Leadership**" by Ms Nayana Bhandari, an award-winning community worker and film maker based in Australia on 05.03.2022. The lecture provided an opportunity to learn about possible career avenues for women in the field of community welfare and media activism. **Link to the activity uploaded on social media handle include:**

<https://www.facebook.com/MCMDA>
[VCW/photos/a.239819746484286/1319529095180007/?type=3](https://www.facebook.com/MCMDA/photos/a.239819746484286/1319529095180007/?type=3)

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH

Association of MCM DAV Alumni (AMDA) (Regd.) presents its Annual Alumni Lecture (blended mode) on

Women, Community and Leadership

An Inspiring career-oriented talk based on women's roles in shaping community and becoming leaders in unconventional ways.

by
Ms Nayana Bhandari

AN AWARD WINNING COMMUNITY WORKER, ACTIVIST, SOCIAL IMPACT PRODUCER, COMMUNITY BROADCASTER, CREATIVE DIRECTOR, AND AN EMERGING AUSTRALIAN FILM PRODUCER, BASED IN AUSTRALIA

Awarded the 'Hume Citizen' of the year 2017, for her work with Australian South Asian Communities.
Also featured in a Coffee table book, 'Because She Can' by Award winning author, Marina Brbot.

DATE: MARCH 05, 2022 TIME: 11:00 AM
VENUE: MULTIMEDIA HALL

Meet Link: <https://meet.google.com/sgi-mwqx-cqo>
Registration Link: <https://forms.gle/vUeY54nW9zD562Aj6>
Registration is compulsory

Be a part of this exciting opportunity to learn about possible career avenues for women in the field of community welfare and media activism.

Coordinators: Dr. Neha Set, Dr. Sonica, Dr. Prabhjit Bhatnagar
Convener: Dr. Gurvinder Kaur
Principal & Patron: Dr. Nisha Bhargava

*For any queries, kindly contact 9886520950, 8146937766, 8427727419

MCM holds Annual Alumni Lecture 2022

March 21, 2022 03:50 PM

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH
ANNUAL ALUMNI LECTURE ON 'WOMEN, COMMUNITY AND LEADERSHIP'

Principal Dr. Nisha Bhargava

Alumna Ms. Nayana Bhandari, Activist, Spoken word artist, Cross-Cultural Consultant, Social Impact Producer, Community Broadcaster, and Creative Director

एमसीएम में एलुमनी व्याख्यान में कैरियर पर टिप्स चंडीगढ़। एसोसिएशन ऑफ एमसीएम डीएवी एलुमनी (एमडीए), मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने मिश्रित मोड में विमन, कम्युनिटी एंड लीडरशिप विषय पर वार्षिक पूर्व छात्र व्याख्यान का आयोजन किया। इस सत्र की वक्ता पूर्व छात्रा नयना भंडारी थीं। वह एक कार्यकर्ता, कलाकार, सांस्कृतिक सलाहकार, सामाजिक प्रभाव निर्माता, सामुदायिक प्रसारणकर्ता और रचनात्मक निदेशक भी हैं। ऑस्ट्रेलियाई दक्षिण एशियाई समुदायों के साथ उनके काम के लिए उन्हें वर्ष 2017 के ह्यूम सिटीजन से सम्मानित किया गया। व्याख्यान का उद्घाटन करते हुए प्राचार्या डा. निशा भार्गव ने अलमाटर और पूर्व छात्रों के बीच एक मजबूत बंधन बनाए रखने की आवश्यकता पर बल दिया। इस दौरान प्रमुख वक्ता ने एक संभावित कैरियर विकल्प के रूप में सामुदायिक सेवा के क्षेत्र में उनका मार्गदर्शन किया।

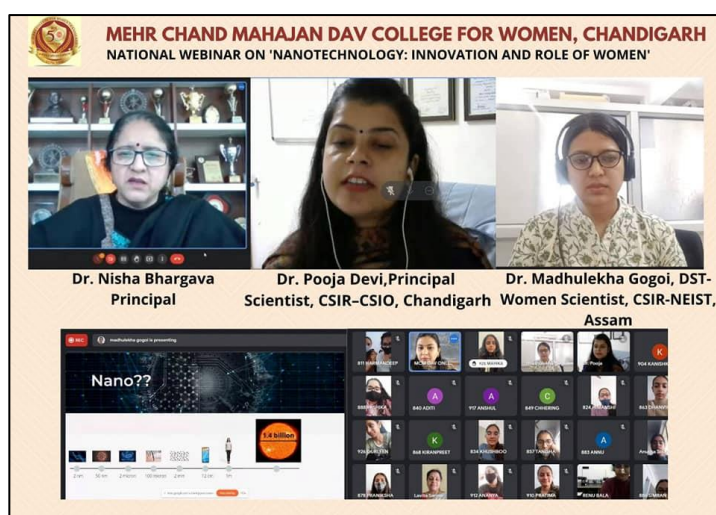
7.1.1. Measures initiated by the Institution for the promotion of gender equity

- On the occasion of International Women's Day, a Caricature Making Competition' on 'Women of Pride' was organized by Women Development Cell in collaboration with Department of Fine Arts of the college on 07.03.2022. 28 students

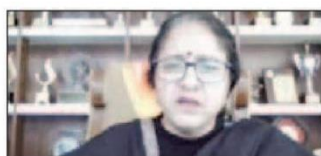


successfully participated in the event and prepared caricatures on Women like Lata Mangeshkar, Indira Gandhi and many more.

Department of Physics under the aegis of Women Development Cell, organized an Online National Webinar on Nanotechnology: Innovation and Role of Women on 07.03.2022 as part of celebration



MCM holds webinar on Nanotechnology and Role of Women



CHANDIGARH: The Department of Physics, in collaboration with Women Development Cell, Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online national webinar on the topic 'Nanotechnology: Innovation and Role of Women'. The resource persons for this enlightening webinar was Dr. Pooja Devi, Principal Scientist, CSIR-Central Scientific Instruments Organisation, Chandigarh and Dr. Madhulekha Gogoi, DST- Women Scientist, CSIR-North East Institute Of Science And Technology, Assam. Inaugurating the webinar, Principal Dr. Nisha Bhargava lauded this initiative to recognise and reflect upon the role and achievements of women in the field of science with special reference to nanotechnology.

of

International Women's Day where the resource persons were Dr. Pooja Devi, Principle Scientist, CSIR-Central Scientific Instruments Organization (CSIR-CSIO), Chandigarh and Dr. Madhulekha Gogoi, DST- Women Scientist, CSIR-North East Institute Of Science And Technology (CSIR-NEIST), Assam. **Link to the activity uploaded on social media handles include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324685564664360/?type=3>

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

- With an aim to supplement the preparation of the students for various competitive exams, a month-long elaborate and comprehensive **online test series - 'Upgrade' - Let's be prepared for the World to be** was organized by Samavesh Committee from 07.03.2022 to 10.04.2022. **Link to the activity uploaded on social media handles include:**

<https://www.facebook.com/MCMDAVC/W/photos/a.239819746484286/1350129375453312/?type=3>

Mehr Chand Mahajan
DAV College for Women
Sector 35-A, Chandigarh (U.T.)

Upgrade -
Let's be prepared for the World to be
7 March 2022 to 10 April 2022
Organized by
Samavesh Committee

SAMAVESH started in 2019 with an aim to rejuvenate people during the lockdown through relevant and interesting quizzes. Thousands of people became part of the program with help of just one click. The overwhelming response of students across country prompted the organizers to make it a fully fledged program to train young minds and equip them to excel in personal as well as professional life.

Experience the unique curriculum designed especially to give you the cutting edge in this competitive world.

Programme Spectrum
●Grammatically Correct ●Science We Should Know ●Skill of Logical Reasoning

Highlights
●MCQ based tests in Google forms to brush up your knowledge. ●Exclusive sessions for tips and doubt clearing from Experts. ●Rewards for best performers in each category.
Utilize this opportunity to brush up your skills in the comfort of your own homes followed by online doubt clearing sessions by experts.

Ms. Shabnam
Event Coordinator

Dr. Minakshi Rana
Co-Convenor

Dr. Nisha Bhargava
Convenor & Principal

MCM holds upgrade 2022

CHANDIGARH, MAY 4

The Samavesh Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised 'Upgrade - Let's be prepared for the



World to be'- a month-long elaborate and comprehensive online series offering tests, study material and online

doubt clearing sessions. It was the assimilation of various subjects to cater to the needs of students who are gearing up for any competitive exam.

All the students of undergraduate classes were eligible to enroll in 'Upgrade' and the tests included topics like 'Grammatically Correct', 'Science We Should Know' and 'Skill of Logical Reasoning'. Around 48 students enrolled for this series.

The participants enthusiastically participated in the online tests especially prepared to supplement their preparation for various competitive exams.

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

- Paying a befitting tribute to the spirit of womanhood, Mehr Chand Mahajan DAV College for Women, Chandigarh marked the celebration of International Women's Day with a host of events on 08.03.2022. The college organized **'Nari Shakti Samman'**- an event to honor the



indefatigable spirit of women wherein student achievers and their mentors were felicitated for their exceptional achievements in various fields. **Link to the activity uploaded on social media handles include:**

<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/1310065619459688/?type=3>

- ✓ In another event, held in collaboration with Chandigarh Police, the college organized Cyber Safety March - a rally to commemorate the celebration of Women's Day on 08.03.2022. Dr. Bhargava inaugurated and flagged the rally that went from the college to Kisan Bhawan.



Link to the activity uploaded on social media handles include:

<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/1310068616126055/?type=3>

- ✓ Department of Music of our college organized an intra college music competition on Women Empowerment - Meri Awaaz Meri Pehchan from 07.03.2022 – 08.03.2022.

नारी तुम प्रेम हो, आस्था हो, विश्वास हो
Department of music,
Mehr Chand Mahajan DAV college for women
Sector 36 A, Chandigarh (UT)
Is organising an intra college music competition on
Women empowerment
"Meri Awaaz Meri Pehchan"

Rules and regulations :-
* Categories- vocal & Instrumental.
* The participants can send their entries in both the categories (Vocal & Instrumental)
* The duration of the video should not exceed 3 minutes.
* The songs for the competition can be of any regional language.
* A decent presentable video of the participant will be considered.
* The last date for sending entries is 7th March 2022.
* The participants are required to send their entries on the given email id -
swarlehrcmcm@gmail.com
* Cash Prizes will be awarded to the Prize winners. 1st Prize Rs 2000/- , 2st Prize Rs 1500/-
3rd Prize Rs 1000/-
* The result will be declared on 8th March 2022 and will be uploaded on the college website.
* Certificates will be awarded to all the winners and participants.

For registration **CLICK HERE**

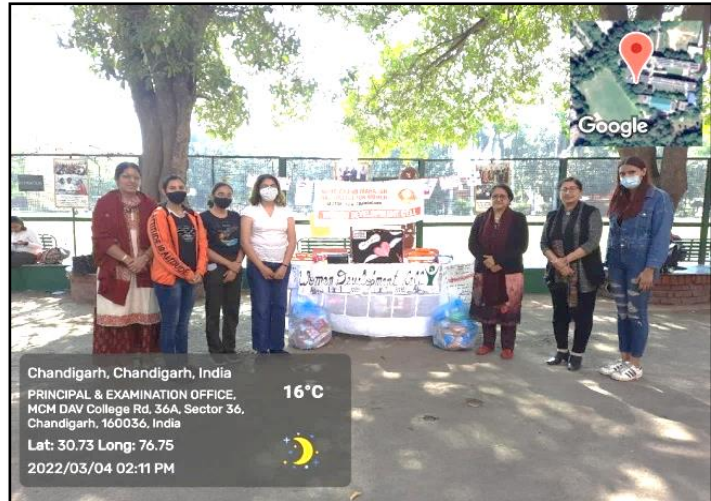
For details Contact:
Mrs Deepa Chhibber (9779617748) , Dr. Laxeka Bhatia (9914821656)
or Ms. Jaspreet Jassal (7009874854)

Dr. Laxeka Bhatia & Ms. Jaspreet Jassal (Coordinators)
Mrs Deepa Chhibber (Co convenor & Head of Music Department)
Dr Nisha Bhargava (Convenor & Principal)

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

- ✓ Women Development Cell, Mehr Chand Mahajan DAV College for Women, Chandigarh conducted a drive on Sanitary pads collection “Donate a Pad” for the underprivileged women of slum area of sector 25, Chandigarh to mark International Women’s Day Celebrations. This activity was held on 03-04.03.2022 in the college campus. The pads collected were distributed among the women of slum area of Sector 25. They were made aware about the usage of sanitary napkins. **Link to the activity uploaded on social media handles include:**

<https://www.facebook.com/MCMDAFCW/photos/a.230527680746826/1310068879459362/?type=3>



एमसीएम ने अंतर्राष्ट्रीय महिला दिवस मनाया

चंडीगढ़, 9 मार्च (विशेष संवाददाता) : नारीत्व के भाव का सम्मान करते हुए, मेहर चंद महजान डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने कई कार्यक्रमों के साथ अंतर्राष्ट्रीय महिला दिवस मनाया। कॉलेज ने नारी शक्ति सम्मान का आयोजन किया, जिसमें विभिन्न क्षेत्रों में असाधारण उपलब्धि हासिल करने वाली छात्राओं और ऐसे ही प्रतिभा सम्पन्न उनके मेंटर्स को सम्मानित किया गया। भारत सरकार के महिला एवं बाल विकास मंत्रालय द्वारा 'आजादी का अमृत महोत्सव' के तत्वावधान में आयोजित इस समारोह में मुख्य अतिथि के रूप में प्रधानाचार्य डॉ. निशा भार्गव शामिल हैं। नारी शक्ति सम्मान के दौरान 29 छात्र, जिन्होंने सामाजिक विकास के क्षेत्र में अनुकरणीय कार्य किया और शिक्षा, खेल और सह-पाठ्यक्रम गतिविधियों में ख्याति प्राप्त की, उन्हें नकद छात्रवृत्ति से सम्मानित किया गया। डॉ. भार्गव द्वारा स्व-रचित कविता की प्रस्तुति ने दर्शकों को मंत्रमुग्ध कर दिया, जिससे उन्मुख सभी लोग भावुक हो गए। चंडीगढ़ पुलिस के सहयोग से आयोजित महिला

दिवस के उपलक्ष्य में एक अन्य कार्यक्रम में, कॉलेज ने साइबर सुरक्षा मार्च-रेली का आयोजन किया। कॉलेज से किसान भवन तक चलने वाली रैली का उद्घाटन डॉ. भार्गव द्वारा किया गया। कॉलेज के चंडीगढ़ पुलिस साइबर सेफ्टी इंटरनेट ने जॉसीजी-42 और स्टूडेंट सेंटर, पंजाब यूनिवर्सिटी में जागरूकता नुकड़ नाटक किया। महिला दिवस के अवसर पर कॉलेज के विमन डेवलपमेंट सेल ने सैनिटरी नैपकिन डोनेशन ड्राइव का आयोजन किया और इस प्रकार एकत्रित नैपकिन को सेक्टर 25 के स्लम एरिया में रहने वाली महिलाओं को वितरित किया गया और महावरो पर एक नुकड़ नाटक का आयोजन भी किया गया। कॉलेज के विमन डेवलपमेंट सेल ने ललित कला विभाग के सहयोग से 'वूमन ऑफ प्राइड' विषय पर कैरिकचर मेकिंग प्रतियोगिता का आयोजन किया। कॉलेज के गृह विज्ञान विभाग ने सुपर शेफ इंडिया और मास्टर शेफ पंजाबी के विजेता शेफ शैली सिंगला द्वारा एक स्वस्थ व्यंजन डेमो कार्यशाला 'एक्सक्रिसिट डिलीशियस-विबोर्ड द प्लेट' का

आयोजन किया। कार्यशाला के दौरान शेफ द्वारा पालक का सलाद, कद्दू का सूप, ओट्स और चिया सौइस पुष्टि। सहित स्वस्थ व्यंजनों का प्रदर्शन किया गया। कॉलेज में महिला दिवस मनाया

वाले सभी कार्यक्रमों को छात्राओं की उत्साहजनक प्रतिक्रिया मिली और उन्होंने महिला सशक्तिकरण के लिए काम करने के लिए स्वयं को प्रेरित महसूस किया।

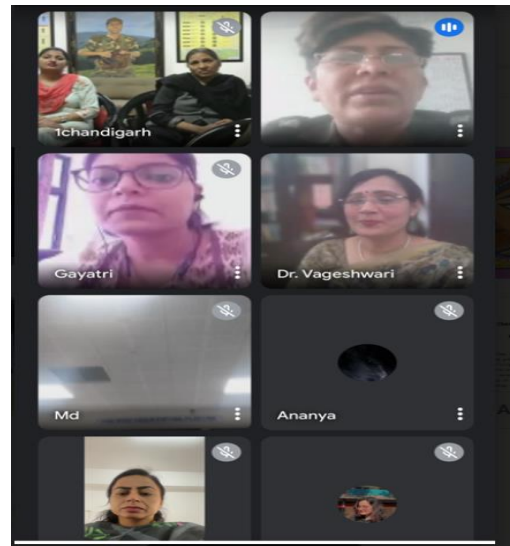
एसडी कॉलेज में सिविल सर्विसेज में कैरियर को लेकर सेमिनार का आयोजन

चंडीगढ़, 9 मार्च (विशेष संवाददाता) : सेक्टर-32 स्थित गोस्वामी गणेश दत्त सनातन धर्म कॉलेज में मंगलवार को अंतर्राष्ट्रीय महिला दिवस के मौके पर सिविल सर्विसेज में कैरियर को लेकर स्टूडेंट्स के लिए सेमिनार का आयोजन किया गया। सेमिनार में एनएएस बॉलटियर्स सहित 200 स्टूडेंट्स ने भाग लिया। सेमिनार में पंजाब की आईएएस अधिकारी राखी गुप्ता मुख्यातिथि थी जबकि पूर्व आईएएस अधिकारी, लेखक व विजिटिंग प्रोफेसर विवेक अत्रे सेमिनार में मुख्य वक्ता थे। विवेक अत्रे ने छात्रों को उनकी प्रोफेशनल आकांक्षाओं में सफलता प्राप्त करने के लिए केन्द्रित होने के महत्व के बारे में

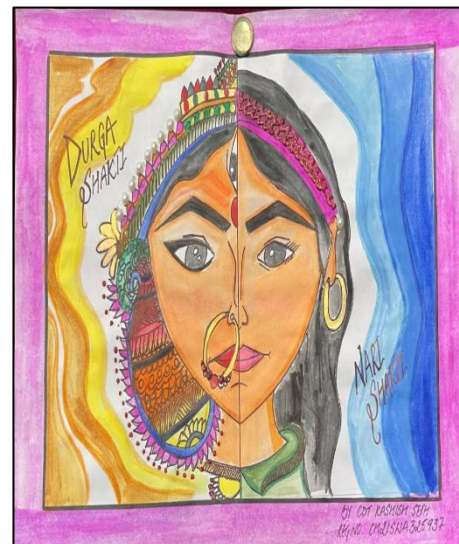
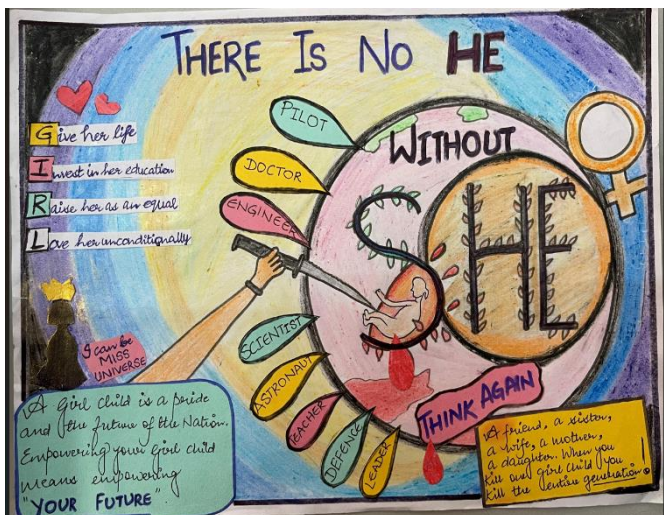
जानकारी दी। उन्होंने कहा कि भारतीय सिविल सेवाओं में बहुअयामी सोच और समस्या को सुलझाने की क्षमता की आवश्यकता होती है। राखी गुप्ता ने एक सिविल सर्वेंट के रूप में अपनी कठिन यात्रा और एक महिला अधिकारी के रूप में अपने अनुभवों को साझा किया। उन्होंने व्यक्तिगत और व्यावसायिक जीवन के बीच अच्छा संतुलन बनाए रखने की बात की और विशेषकर छात्राओं को सिविल सेवा परीक्षा में बैठने के लिए प्रेरित किया। कॉलेज के प्रिंसिपल डॉ. अजय शर्मा ने अतिथियों का धन्यवाद करते हुए छात्रों को अपने प्रयासों में सफलता प्राप्त करने के लिए कड़ी मेहनत करने के लिए प्रोत्साहित किया।

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

- ✓ NCC Army Wing Cadets attended a **webinar on 07.03.2022** as part of Celebration of International Women's Day.



- ✓ Besides, **cadets created awareness** by making **posters and writing slogans** on the importance of celebrating women's day on 08.03.2022.



POSTERS made on the occasion of International Women's Day - 2022



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



✓ **NCC Cadets** - Cdt Prerna Dhole and Cdt Shrishti Sharma felicitated on the occasion of International Women's Day at Mehr Chand Mahajan DAV College for Women for participating in Republic Day Camp – 2022 held in New Delhi

✓ To mark the spirit of Womanhood, Department of Home Science organized a **Workshop cum Demonstration "Exquisite Delicacies: Beyond the Plate"** on 08.03.2022 in which nutritionally adequate recipes were prepared in the department by Chef Shelly Singla, Winner of MasterChef Punjabi and Super Chef India. **Link to the activity uploaded on social media handles include:**



<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/1310069452792638/?type=3>



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

- ✓ On the occasion of **International Women's Day, NSS Units** in collaboration with **Medical Committee** of Mehr Chand Mahajan DAV College for Women, Chandigarh organized an **Oral Hygiene Camp** in their adopted village Badheri on 08.03.2022 as a part of 'Azadi Ka Amrit Mahotsav'.



- ✓ On the occasion of International Women's Day Celebration, **NSS Units** and **Medical Committee** of the College in collaboration with Chandigarh Cancer & Diagnostic Center (CCDC) organized a webinar on "Cancer: An Overview" on 08.03.2022 as a part of 'Azadi Ka Amrit Mahotsav' under the guidance of **Principal Dr. Nisha Bhargava**. The speaker for the session was Dr. Jatin Sarin, Head Medical Oncologist, CCDC.

MEHR CHAND MAHAJAN
DAV COLLEGE FOR WOMEN
SECTOR 56-A, CHANDIGARH (U.T.)

On the occasion of International Women's Day
NSS Units and Medical Committee
of the college in collaboration with
Chandigarh Cancer & Diagnostic Center
are organizing a webinar on
Cancer: An Overview

DATE: MARCH 8, 2022
TIME: 6:30 P.M. - 7:30 P.M.

Speaker
Dr. Jatin Sarin
Head Medical Oncologist,
Chandigarh Cancer & Diagnostic
Center (CCDC)

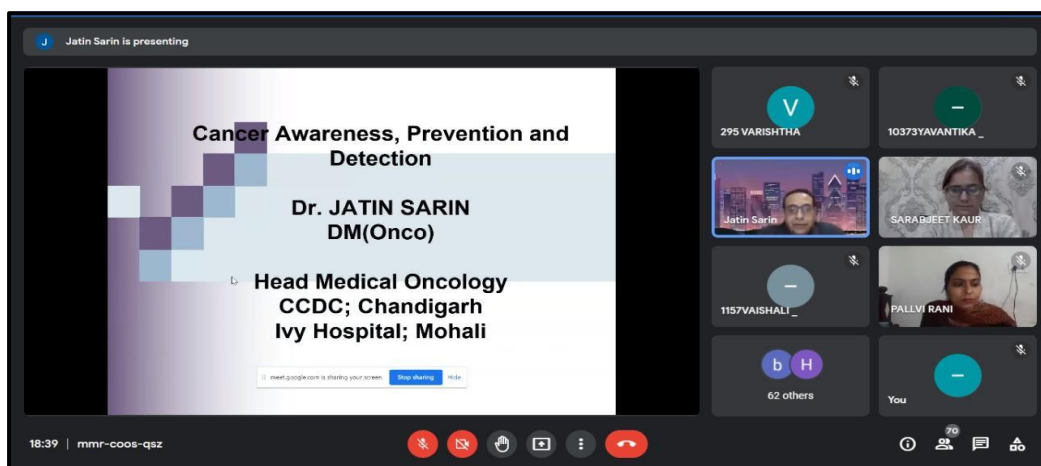
Meet Link:
<https://meet.google.com/mmr-coos-qsz>

Please join the Google Meet at least 15 minutes before the beginning of the session.

Dr. Pallvi Rani
Dr. Parvima Bhandari
NSS Programme Officers

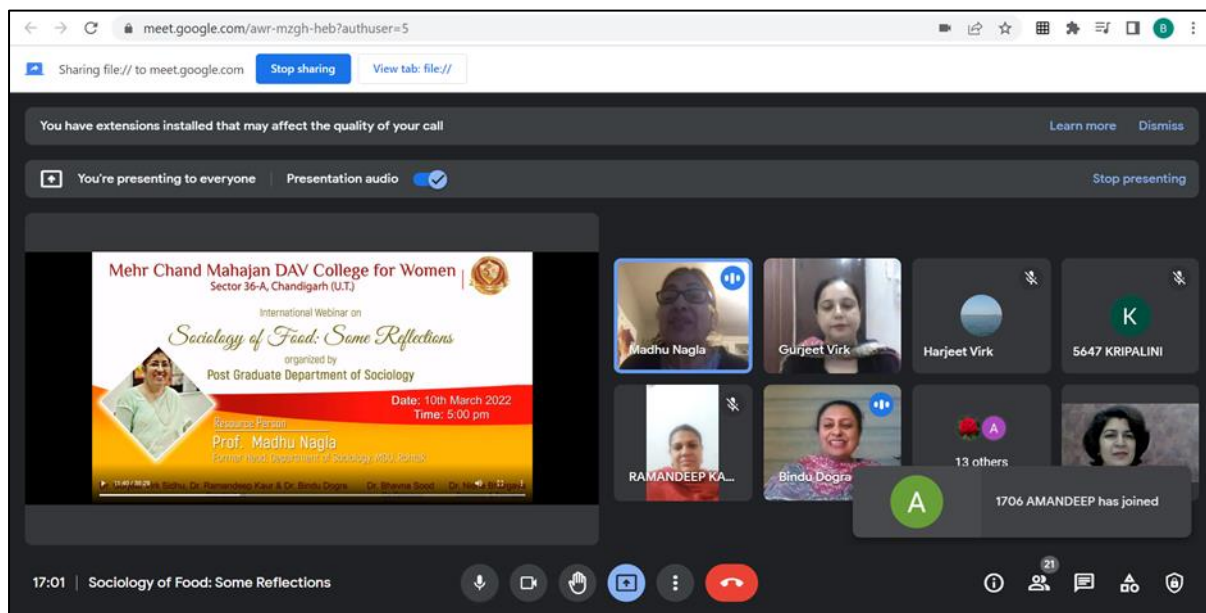
Dr. Sarabjeet Kaur
Co-Convenor
Medical Committee

Dr. Nisha Bhargava
Principal & Convener



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

- ✓ The PG department of Sociology organized an international webinar on the theme: **Sociology of Food: Some Reflections** on 10.03.2022. Prof. Madhu Nagla, former professor, & Head, Department of Sociology, MDU, Rohtak, was the resource person of this event. She gave her immense contributions in the field of Sociology and recently published her Book title “Sociology of food” in which she focused that there is always a strong relationship between food and people and as we all know as human.



Link to the activity uploaded on social media handles include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1328990867567163/?type=3>

एमसीएम ने खाद्य के समाजशास्त्र पर अंतर्राष्ट्रीय वेबिनार का किया आयोजन



एमसीएम कालेज में करवाए ऑनलाईन कार्यक्रम की तस्वीर ।

चंडीगढ़, 4 अप्रैल (राम सिंह बराड़) : मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ में समाजशास्त्र के स्नातकोत्तर विभाग ने सोशियोलॉजी ऑफ फूड : सम रिफ्लेक्शंस विषय पर एक अंतर्राष्ट्रीय वेबिनार का आयोजन किया। रोहतक स्थित एमडीयू में समाजशास्त्र विभाग की पूर्व प्रोफेसर और प्रमुख प्रोफेसर

मधु नगला, इस वेबिनार के लिए प्रमुख वक्ता थीं। उन्होंने इस वेबिनार के माध्यम से मूल रूप से इस बात पर प्रकाश डाला कि समाजशास्त्रीय अनुसंधान के भीतर भोजन किस प्रकार एक नए क्षेत्र के रूप में उभरा है। प्रो. नगला की चर्चा मुख्यतः भोजन और लोगों के आपसी संबंधों पर केंद्रित थी। उन्होंने संबंधित विषय और

समकालीन समाज में इसके बदलते रूढ़ानों के विभिन्न पहलुओं पर अपने विचार साझा किए। विशेषज्ञ ने इस बात पर भी प्रकाश डाला कि कैसे यह विषय भविष्य में सामाजिक विज्ञान अनुसंधान के क्षेत्र में एक महत्वपूर्ण भूमिका निभाएगा, जिसके कारण शोधकर्ताओं, नीति निर्माताओं सामाजिक कार्यकर्ताओं आदि को इसका अध्ययन करना आवश्यकता हो जाएगा। प्रधानाचार्या डॉ. निशा भार्गव ने उत्पादन, वितरण और उपभोग के साथ भोजन की सामाजिक, प्रतीकात्मक और राजनीतिक-आर्थिक भूमिकाओं के बारे में छात्रों को शिक्षित करने के लिए समाजशास्त्र विभाग की इस पहल की सराहना की। उन्होंने कहा कि समाजशास्त्र को यह शाखा अनुसंधान के लिए नए रास्ते खोलने और विशेष रूप से सामाजिक विज्ञान और भोजन के बीच आपसी आदान-प्रदान के संबंध में अत्यधिक महत्व रखती है।

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

- ✓ A National Online Workshop On “Diversity Sensitization: Issues and Challenges” was organized by Foreign Students Cell and Equal Opportunity Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of IQAC cell on 22.03.2022. The resource person of the workshop was Prof. Abha Chauhan, Department of Sociology, University of Jammu and President of Indian Sociological Society. **Link to the activity uploaded on social media handle include:**



<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1337149380084645/?type=3>



भेदभाव के उन्मूलन के लिए समावेशी नीतियां अनिवार्य : प्रो. आभा चौहान

माई सिटी रिपोर्टर

चंडीगढ़। भेदभाव के उन्मूलन के लिए समावेशी नीतियां अनिवार्य हैं। एक शांतिपूर्ण समाज और प्रगतिशील राष्ट्र का लक्ष्य केवल दूसरों की पृष्ठभूमि की आपसी समझ और दूसरों की संस्कृति को सामंजस्यपूर्ण रूप से स्वीकार करने से ही प्राप्त किया जा सकता है। यह बात जम्मू

यूनिवर्सिटी के समाजशास्त्र विभाग की प्रो. आभा चौहान ने शनिवार को सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज में आयोजित कार्यशाला में बतौर मुख्य वक्ता कही।

उन्होंने कार्यशाला में 'विविधता के प्रति संवेदीकरण' विषय पर विचार रखे। यह कार्यक्रम कॉलेज की फॉरैन स्टूडेंट सेल और ईक्वल ऑपच्युनिटी सेल ने आयोजित

जम्मू यूनिवर्सिटी के समाजशास्त्र विभाग की प्रोफेसर ने एमसीएम में हुए कार्यशाला में रखे विचार

किया। कार्यशाला में 145 से अधिक छात्रों और संकाय सदस्यों ने हिस्सा लिया। प्राचार्य डॉ. निशा भार्गव ने बेहतर समाज के लिए रूढ़िवादी सोच की बेड़ियों को तोड़ने की आवश्यकता पर जोर दिया।

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

- ✓ **A Workshop on Menstrual Hygiene and reusable Pad making** was organized by NSS Units on 24.03.2022. The resource person of the session included Ms. Sakshi, Co-founder, Samvaad, an NGO and Mr. Aman Singh, Menstrual Hygiene Trainer and Social Activist.



- ✓ 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 25.03.2022 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. **Link to the event uploaded on the social media handle is as follows:**

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

- ✓ **An awareness session on anti-ragging** was organized by NSS Units in collaboration with the Anti-ragging Cell of the college on 26.03.2022. The resource person of the session was **Dr. Bindu Sharma**, Associate Professor, Post Graduate Department of English, Mehr Chand Mahajan DAV



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

College for Women, Chandigarh. **Link to the event uploaded on the social media handle is as follows:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324707867995463/?type=3>

✓ **An interactive session on healthy food**

was organized on 26.03.2022 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.

✓ **A No-Flame Cooking Competition** was organized by NSS

Units on 26.03.2022 under POSHAN Abhiyaan. **Link to the event uploaded on social media handle is as follows:**

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



✓ **Yoga Cum Meditation Session** was organized by NSS Units

on 27.03.2022 where the resource person was Ms. Keisham Monarita, a gold medallist at National and International levels, and research scholar, Department of Physical Education, Panjab University, Chandigarh. Ms. Keisham discussed about the importance of yoga and its aspects and demonstrated several asanas such as Suryanamaskar, Ustrasana,



Shashankasana, Bhujangasana, Dhanurasana, Makarasana, Tadasanas, Trikonāsana. **Link to the event uploaded on the social media handle is as follows:**

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

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

- ✓ UBA Cell of our college organized, Village Badheri, Chandigarh on 31.05.2022 with an aim to apprise the residents of that area about the importance of maintaining cleanliness and hygiene in a Rally



on awareness about personal hygiene their lives.

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

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1341965426269707/?type=3>

व्यक्तिगत स्वच्छता पर जागरूकता रैली निकाली

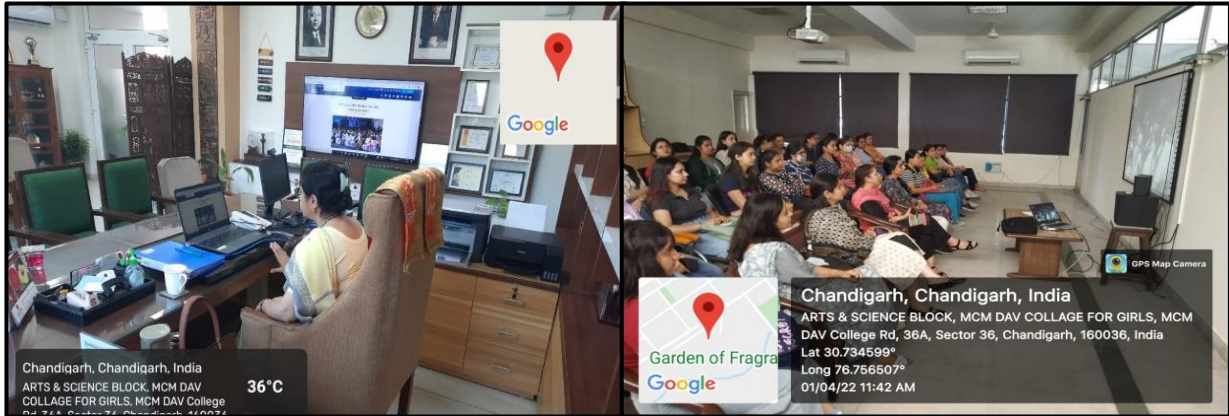



जागरूकता रैली निकालते हुए। (छाया : गुरिंद्र सिंह)

चंडीगढ़, 27 अप्रैल (विशेष संवाददाता) : आज्ञा का अमृत महोत्सव के तत्वावधान में मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ के उन्नत भारत अभियान (यूबीए) सेल ने बधेरी और बुटेरला के अंगीकृत गांवों में व्यक्तिगत स्वच्छता पर एक रैली का आयोजन किया। इस गतिविधि का उद्देश्य नियमित स्वच्छता बनाए रखने के महत्त्व के बारे में गांव के निवासियों के बीच जागरूकता पैदा करना था। छात्रों के साथ यूबीए टीम के प्रमुख वक्ता अर्थशास्त्र के स्नातकोत्तर विभाग से डॉ. अमनदीप और रसायन विज्ञान के स्नातकोत्तर विभाग से डा. रिशु थे। छात्र स्वयंसेवकों ने नारे लगाकर और बैनर लेकर, व्यक्तिगत स्वच्छता बनाए रखने और आसपास को स्वच्छ और रोग मुक्त रखने का संदेश दिया। एक छात्र स्वयंसेवक ने एक व्यक्ति के समग्र शारीरिक और मानसिक स्वास्थ्य पर दूषित वातावरण के प्रभाव को अपने भाषण के माध्यम से विस्तार में बताया। छात्र स्वयंसेवकों द्वारा तैयार किए गए पोस्टरों ने आम तौर पर गांव के छात्रों और निवासियों का ध्यान आकर्षित किया और उन्हें स्वच्छता बनाए रखने और बीमारियों को दूर रखने के सरल तरीकों से अवगत करवाया। प्राचार्या डॉ. निशा भार्गव ने ऐसे संवेदीकरण कार्यक्रमों के माध्यम से ग्रामीण विकास की दिशा में यूबीए सेल के प्रयासों की सराहना की। उन्होंने स्वस्थ मन और शरीर के लिए व्यक्तिगत स्वच्छता के महत्त्व को जानने, समझने और स्वीकारने पर जोर दिया।

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

- ✓ On 01.04.2022, **live screening of 5th edition of Pariksha per Charcha – 2022** was organized by Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh which was attended by more than 4500 students (including 100 NSS Volunteers) of the College and 300 members of the staff of the College along with the head of the Institution Dr. Nisha Bhargava.



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

https://www.facebook.com/MCMDA_VCW/photos/a.230527680746826/1325177104615206/?type=3

Over 4800 participate in 'Pariksha Pe Charcha-2022' at MCM

CHANDIGARH, APRIL 1

'Pariksha Pe Charcha', an annual event that is conducted by honorable Prime Minister Shri Narendra Modi was live streamed for educational institutions all over the country. Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh organized special screenings of the interaction for the students and staff members of the College on 1st April, 2022. The screenings were arranged in various venues of the College to enable maximum number of participants to join the event. Prime Minister reiterated that exams are not something to be scared of, but an occasion to celebrate. Therefore, the students should take their exams in their stride and celebrate them rather than viewing them as a challenge. Many students interacted with the Prime Minister as he took up their queries and concerns. It was quite an engaging session where students from all across the country from different backgrounds put forth their questions and concerns.



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

- ✓ On the occasion of **World Health Day**, NSS Units and Medical Committee of the college in collaboration with Fortis Hospital, Mohali organized a **day long medical camp** for staff as well students of the college on 04.04.2022 from 10.00 am to 3.00 pm.



Principal Dr. Nisha Bhargava and members of organising team welcome the doctors from Fortis Hospital, Mohali

Link to the activity uploaded at various social networking sites are as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1329012097565040/?type=3>

एमसीएम ने मैडिकल कैंप के आयोजन के साथ मनाया विश्व स्वास्थ्य दिवस



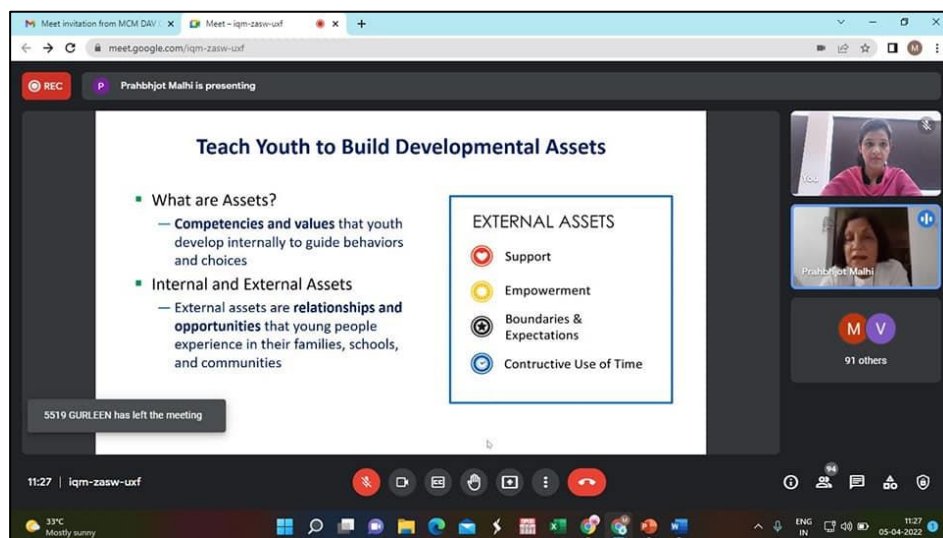
एमसीएम कॉलेज में मैडिकल कैंप दौरान प्राचार्य डॉ. निशा भार्गव चिकित्सा समिति के सदस्यों का सम्मान करते हुए। (छाया : गुरिंद सिंह)

चंडीगढ़, 7 अप्रैल (राम सिंह बराड़): विश्व स्वास्थ्य दिवस के अवसर पर मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ की चिकित्सा समिति और एनएसएस इकाइयों ने फोर्टिस अस्पताल, मोहाली के सहयोग से अपने संकाय सदस्यों और छात्रों के लिए एक चिकित्सा शिविर का आयोजन किया। फोर्टिस अस्पताल की मैडिकल टीम, जिसमें डॉक्टरों और चिकित्सा तकनीशियनों का एक पैनल शामिल था, ने रक्त में ग्लूकोज परीक्षण, रक्तचाप, आहार परामर्श, ईसोजी, अस्थि खनिज घनत्व, आंखों की जांच, वजन माप आदि सहित कई

जांच परीक्षण किए। डॉक्टरों के पैनल में डॉ. प्रभु (कोस्मेटिक सर्जन), डॉ. शीब्या मित्तल (स्त्री रोग विशेषज्ञ), डॉ. अनमोल (हृष्टी रोग विशेषज्ञ), डॉ. तनवीर कौर (सामान्य चिकित्सा), डॉ. शुभप्रति (अहार विशेषज्ञ) और डॉ. निशा (ऑप्टोमेट्रिस्ट) शामिल थे। शिविर के दौरान 350 से अधिक छात्रों और स्टाफ सदस्यों को विभिन्न बीमारियों की जांच की गई और उन्हें मुफ्त चिकित्सा परामर्श दिया गया। प्राचार्य डॉ. निशा भार्गव ने शिविर के सफल आयोजन पर चिकित्सा समिति एवं एनएसएस इकाइयों को बधाई दी। उन्होंने कहा कि स्वस्थ शरीर में स्वस्थ मस्तिष्क का वास होता है और यही दार्शनिक मूल्य कॉलेज के हितधारकों के समग्र स्वास्थ्य को सुनिश्चित करने के लिए प्रेरित करता है।

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

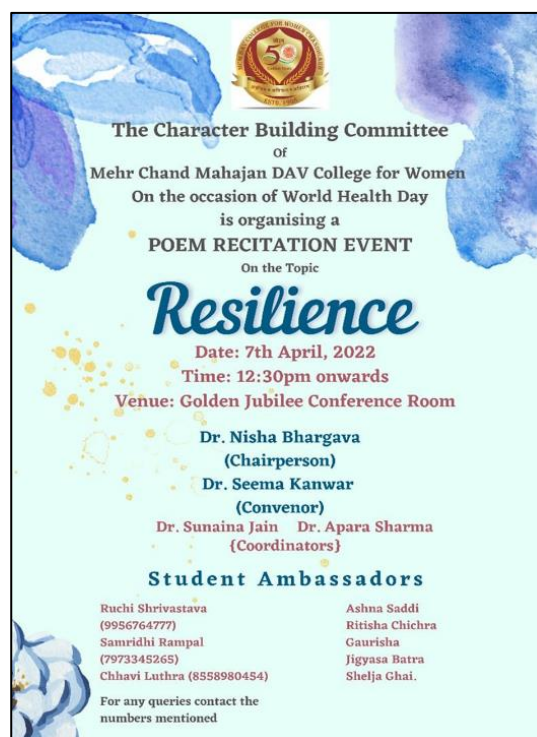
- ✓ To mark Health Day and highlight the core principles of fostering mental health in youth, an Online expert lecture “Swachh



Mann, Swachh Bharat – Positive youth Development: A Psychosocial Perspective” by Prof. Prahbjot Malhi, Department of Pediatrics, PGIMER, Chandigarh was organized by PG Department of Psychology and Sociology under the aegis of the Swachhta Committee (Arts) on 05.04.2022. Link to the activity uploaded at various social networking sites are as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1330883130711270/?type=3>

- ✓ The Character-Building Committee organized 'Resilience'- a poetry recitation event on 07.04.2022 wherein students recited poems pertaining to various dimensions of health. Principal Dr. Nisha Bhargava recited her self-composed poem 'Andaaz' that delves into the idea of resilience and the adoption of the quality of resilience in one's life for a content and happy life. In context of the observance of World Health Day, Dr. Bhargava highlighted the interconnectedness between humans and the planet and the need to keep both healthy, and the importance of creating societies focused on well-being.



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



एमसीएम ने विश्व स्वास्थ्य दिवस मनाया

प्रगमार्ग न्यूज़

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमें, ने भव्य आयोजन के साथ विश्व स्वास्थ्य दिवस वेहद उत्साह से मनाया। कॉलेज की चरित्र निर्माण समिति, गीतांजलि परामर्श हेल्पलाइन समिति, और मनोविज्ञान एवं समाजशास्त्र के स्नातकोत्तर विभागों ने इस अवसर पर विभिन्न प्रासंगिक कार्यक्रम आयोजित किए। चरित्र निर्माण समिति ने 'रेजीलियंस'- एक कविता पाठ का आयोजन किया जिसमें छात्रों ने स्वास्थ्य के विभिन्न आयामों से संबंधित कविताओं का पाठ किया। प्रधानाचार्या डॉ. निशा भार्गव ने अपनी स्वरचित कविता 'अंदाज' का पाठ किया जो एक समग्र सुखी जीवन के लिए जीवन में तन्यक और तन्यकता की गुणवत्ता को अपनाने के लिए प्रेरित करती है। विश्व स्वास्थ्य दिवस के संदर्भ में, डॉ. भार्गव ने मानव और ग्रह के परस्पर संबंध और दोनों को स्वस्थ रखने की आवश्यकता एवं कल्याण पर केंद्रित



समाज बनाने के महत्व पर प्रकाश डाला। गीतांजलि परामर्श हेल्पलाइन समिति ने, महात्मा गांधी की 150वीं जयंती मनाने के लिए 2019 में शुरू की गई अपनी मानसिक स्वास्थ्य पहल 'स्वच्छ मन अभियान' के तहत, 'अपने मन के प्रति दयालु रहें' और 'स्वच्छ मन की ओर पहला कदम' विषय पर पोस्टर मेकिंग प्रतियोगिता का आयोजन किया। इस गतिविधि में 50 छात्रों की उत्साही भागीदारी देखी गई, जिन्होंने आत्म-करुणा, बिना शर्म के किसी को मानसिक स्थिति को स्वीकारना, और आत्म-देखभाल आदि की आदतों को अनिवार्य रूप से बनाये रखने का संदेश देने के लिए कला के माध्यम से अपनी रचनात्मकता का प्रदर्शन किया। विजेताओं को नक़द पुरस्कार से सम्मानित किया गया।

Link to the activity uploaded at various social networking sites are as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1330883044044612/?type=3>

- ✓ The Geetanjali Counselling Helpline, under its mental health initiative '**Swachh Mann Abhiyan**' launched in 2019 to celebrate the 150th Birth Anniversary of Mahatma Gandhi, organized a Poster Making Competition on 08.04.2022 the theme 'Be Kind to your Mind' and 'Swachh Mann ki Aur Pehla Kadam' on the occasion of World Health Day.



Link to the activity uploaded at various social networking sites are as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1330883074044609/?type=3>

पोस्टर मेकिंग प्रतियोगिता में कृतिका अरोड़ा फर्स्ट

चंडीगढ़, 9 अप्रैल (रश्मि हंस): मेहर चंद महाजन (एम.सी.एम.) डी.ए.वी. कॉलेज फॉर वूमैन ने विश्व स्वास्थ्य दिवस बेहद उत्साह से मनाया। कॉलेज की चरित्र निर्माण समिति, गीतांजलि परामर्श हैल्पलाइन समिति और मनोविज्ञान एवं समाजशास्त्र के स्नातकोत्तर विभागों ने इस अवसर पर विभिन्न प्रासंगिक कार्यक्रम आयोजित किए।

चरित्र निर्माण समिति ने रेजीलिएंस-एक कविता पाठ का आयोजन किया, जिसमें छात्रों ने स्वास्थ्य के विभिन्न

आयामों से संबंधित कविताओं का पाठ किया। कॉलेज प्रिंसीपल डॉ. निशा भार्गव ने अपनी स्वरचित कविता 'अंदाज' का पाठ किया जो एक समग्र सुखी जीवन के लिए जीवन में तन्यक और तन्यकता की गुणवत्ता को अपनाने के लिए प्रेरित करती है। गीतांजलि परामर्श हैल्पलाइन समिति ने महात्मा गांधी की 150वीं जयंती मनाते के लिए 2019 में शुरू की गई अपनी मानसिक स्वास्थ्य पहल 'स्वच्छ मन अभियान' के तहत पोस्टर मेकिंग प्रतियोगिता का आयोजन किया।

- ✓ **A 45-day fitness programme entitled 'Fun with fitness - 2022: Cleansing Body, Mind and Soul'** was organized by Department of Physical Education in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE) under the aegis of Swachhta Action Plan 2022-23 and Fit India Movement from 05.05.2022 to 20.06.2022. The main aim of this programme was to promote holistic physical and emotional well-being of the students.



MCM begins 45-day fun with fitness programme



CHANDIGARH: In line with the objective to affect behavioural change and move towards a more physically active lifestyle, the Physical Education Department of Mehr Chand Mahajan DAV College for Women, Chandigarh began a 45-day fitness programme titled 'Fun with Fitness: Cleansing Body, Mind and Soul'. The programme is being held in collaboration with Mahatma Gandhi National Council of Rural Education, Ministry of Education, Government of India and under the aegis of Swachhta Action Plan 2022-23 and Fit India Movement. Dr. W. G. Prasanna Kumar, Chairman, MGNCRE and Mr. Samarth Sharma, Programme Coordinator, MGNCRE expressed appreciation for this unique and relevant initiative to promote healthy lifestyle. Open for both students and staff members, the programme includes eco-friendly activities including body toning, flexibility exercises, strengthening exercises and rock climbing. Principal Dr. Nisha Bhargava lauded the initiative of the Physical Education Department aimed at furthering the vision of Government of India's Fit India Movement.

Link to the activity uploaded at various social networking sites are as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1354611355005114/?type=3>

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

- ✓ Personality Development Club of Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh organized an interactive session on 'Mind Entity-The Kinetics of Success' on 13.05.2022. The session spanning around 1.5 hours brought in 170 participants who took keen interest in the concept of inner happiness and its importance in our lives. Ms Tavishi Kumar (Founder & CEO, Shri Shiksha) was the speaker for the session. **Link to the activity uploaded at various social networking sites are as follows:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1383407885458794/?type=3>



Principal Dr. Nisha Bhargava welcoming the speaker Ms.Tavishi Kumar, Founder & CEO, Shrishiksha

आंतरिक खुशी दिमागी शांति के लिए अहम एमसीएम डीएवी कॉलेज ने मानसिक संतुलन पर करवाया कार्यक्रम

मार्ई सिटी रिपोर्टर

चंडीगढ़। सेक्टर-36 स्थित परमसीएम डीएवी कॉलेज फॉर वुमन के परमनीतिटी डेवलपमेंट क्लब ने सफलता के लिए मानसिक संतुलन विषय पर सत्र का आयोजन किया। श्री शिक्षा की संस्थापक तविशी कुमार सत्र में बतौर मुख्य वक्ता शामिल हुईं। तविशी ने बताया कि कैसे आंतरिक खुशी और शांति हमारे दिमाग को हर स्थिति में शांत रहने में मदद करती है। तविशी ने खुश रहने के लिए जीवनशैली में बदलाव करने के लिए प्रेरित किया। इसके लिए प्रतिदिन ध्यान का अभ्यास करना और हल्का व्यायाम करने के लिए प्रोत्साहित किया। ध्यान मन को प्रसन्नता का अनुभव करने में मददगार होता है। खुशी के चार तत्वों दयालुता, सहानुभूति, चंचलता और आंतरिक संतुलन को जिंदगी का अनिवार्य हिस्सा बनाना चाहिए। कार्यक्रम में 170 से



एमसीएम में वक्ता को सम्मानित करती प्राचार्य डॉ. निशा। जय प्रकाश

श्री शिक्षा की संस्थापक तविशी कुमार सत्र में बतौर मुख्य वक्ता हुई शामिल

अधिक प्रतिभागियों ने हिस्सा लिया। प्राचार्य डॉ. निशा भार्गव ने इस प्रयास की

सराहना की।

उन्होंने कहा कि किसी को भी खुशी के लिए अपने भीतर देखना चाहिए, क्योंकि यह मन को एक आंतरिक स्थिति है और कोई भी बाहरी कारक शाश्वत सुख नहीं ला सकता है।

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

- ✓ Mehr Chand Mahajan DAV College for Women organized Founder Principal Mrs Shakuntala Roy Memorial Lecture (3rd in series) titled **Survival and Resilience among Women: A Global Perspective** on 14.05.2022. The event was graced by Prof. Arun K. Grover (Prof. Emeritus, PEC, Chandigarh), Prof. Allen Furr (Prof. Emeritus of Sociology, Auburn University) and daughter of Mrs Roy, Mrs Manju Gosai.

Link of the activity uploaded on social networking site as follows:

<https://www.facebook.com/MCMD>
[AVCW/photos/a.230527680746826/1354460808353502/?type=3](https://www.facebook.com/MCMD/photos/a.230527680746826/1354460808353502/?type=3)

MCM holds Shakuntala Roy memorial oration lecture on 'Survival and Resilience'



CHANDIGARH: In a befitting tribute to its Founder Principal and her resilient spirit, Mehr Chand Mahajan DAV College for Women, Chandigarh organised Mrs. Shakuntala Roy Memorial Oration Lecture (3rd in Series) on 'Survival and Resilience Among Women: A Global Perspective'. Prof. Allen Furr, Professor Emeritus of Sociology, Auburn University, USA was the keynote speaker for this invigorating lecture. Prof. Arun K. Grover, Professor Emeritus, PEC, Chandigarh, Mrs. Neera Grover, Former Head, Music Department, SNTD University, Mumbai, Dr. Gurdip Sharma, Secretary, GGSDS College Managing Committee, Haryana, Punjab and Former PU Senior Senate and Syndicate Member, and Mrs. Manju Gosain, Daughter of Mrs. Shakuntala Roy were Special Guests on this occasion. Mrs. Madhu Raka, the topper of the college's first batch was also present during the lecture.

Inaugurating the lecture, Principal Dr. Nisha Bhargava asserted that institutions become immortal and glorious due to the untiring work done by their founders and mentors, and the fact that MCM is a flourishing institution today with an illustrious history of 54 years is a testament to this.

 **MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH**
FOUNDER PRINCIPAL MRS. SHAKUNTALA ROY MEMORIAL ORATION LECTURE 2022

 Prof. Allen Furr, Professor Emeritus of Sociology, Auburn University, USA	 Prof. Arun K. Grover, Professor Emeritus, PEC, Chandigarh	 Dr. Nisha Bhargava Principal	 Mrs. Manju Gosain Daughter of Mrs. Shakuntala Roy
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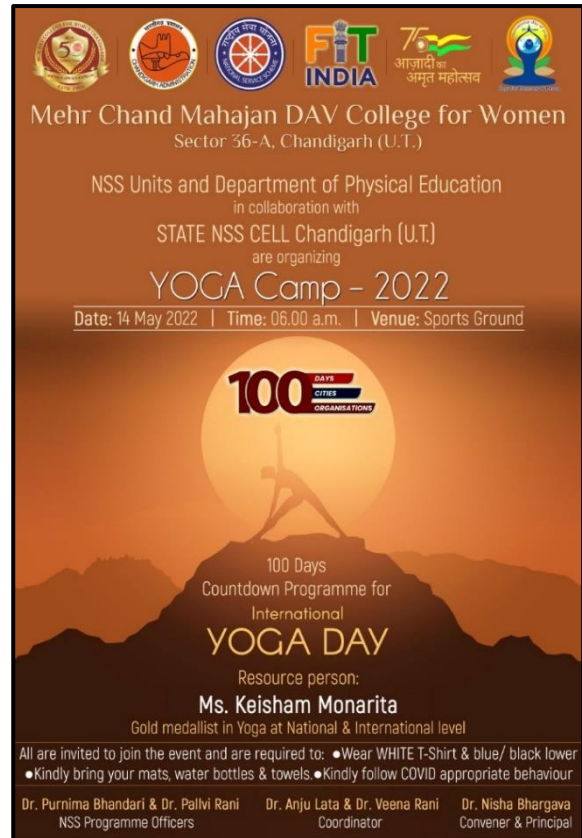

Principal Dr. Nisha Bhargava & Faculty Members with Prof. Allen Furr, Special Guests Prof. Arun K Grover, Mrs. Neera Grover, Dr. Gurdip Sharma and Mrs. Manju Gosain, and delegation of research scholars from Auburn University.



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

- ✓ NSS Units and Department of Physical Education of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a **Yoga Camp** in collaboration with State NSS Cell Chandigarh (U.T.) and Directorate of Higher Education, UT Chandigarh in the college premises as part of Azadi Ka Amrit Mahotsav under Fit India Movement on 14.05.2022. **Links of the event uploaded at various social handles:**

- <https://youtu.be/2eOUZoYJOxo>
- <https://www.facebook.com/MCMDAVCW/>
<https://www.facebook.com/MCMDAVC>



शिविर
एमसीएम कॉलेज ने आयोजित करवाया योग शिविर

‘स्वस्थ जीवन के लिए योग अपनाएं’

माई सिटी रिपोर्टर

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज की ओर से एनएसएस इकाइयों और शारीरिक शिक्षा विभाग की ओर से शनिवार को योग शिविर करवाया गया। इसमें स्वस्थ जीवन के लिए योग अपनाने की अपील की गई। इसका उद्देश्य योग के माध्यम से स्वास्थ्य जनकल्याण को भलाई के लिए जन आंदोलन को बढ़ावा देना था।

कार्यक्रम में मुख्यातिथि एसएसपी कुलदीप सिंह चहल रहे। इस दौरान छात्राओं ने योगाभ्यास किया और स्वस्थ जीवन के लिए इसे बढ़ावा देने की शपथ ली। राष्ट्रीय और अंतरराष्ट्रीय स्तर पर योग में स्वर्ण पदक विजेता केशम मोनारीटा ने 15 आसनों का प्रदर्शन किया। इन आसनों में ताड़ासन, वृक्षासन, त्रिकोणासन, भद्रासन, वक्रासन, शलभासन आदि शामिल हैं।



एमसीएम डीएवी कॉलेज में योग शिविर में हिस्सा लेती छात्राएं। संवाद

योग की भूमिका पर डाला प्रकाश

प्राचार्य डॉ. निशा भार्गव ने छात्रों और कर्मचारियों को समग्र कल्याण के लिए दैनिक जीवन में योग के अभ्यास को अपनाने के लिए प्रेरित किया। उन्होंने योग के महत्व मन व शरीर में सामंजस्य स्थापित करने में योग की महत्वपूर्ण भूमिका पर प्रकाश डाला। एसएसपी कुलदीप चहल ने महामारी, बीमारियों, तनाव आदि के समय में योग के अभ्यास को बढ़ावा देने के लिए कॉलेज के प्रयास की सराहना की।

सत्र के दौरान मोनारीटा ने कपालभाती, विशेष रूप से तनावपूर्ण स्थिति में अनुलोम-विलोम जैसे श्वास व्यायाम आसनों के अभ्यास के महत्व करने का सही तरीका सिखाया और प्रकाश डाला।

- ✓ An online interactive session on **Female Health and Wellness** was organized on 24.05.2022 by the Swachhta Committee (Commerce) and the Equal Opportunity Cell of the college. The resource person for the session was Dr. Ananya Kumar, Faculty, Department of Pharmacology, AIMS, Mohali (Punjab).



75th
Azadi Ka
Amrit Mahotsav

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

Equal Opportunity Cell &
Swachhta Committee Commerce
organizes an Online Interactive Session on
Female Health & Wellness
Date: 24 May 2022 | Time: 11:00 am to 12:00 Noon



Resource Person
Dr Ananya Kumar
Faculty, Department of Pharmacology
AIMS, Mohali (Pb.)

All the staff members and students are cordially invited to attend the session on scheduled Date & Time by clicking the following link:

[CLICK HERE](#)

Dr Nisha Bhargava
Convener & Principal

Ms Nidhi Sharma & Ms Raman Ghuman
Co-Conveners

Dr Japneet, Dr Rishi & Ms Disha Sharma
Coordinators

महिला स्वास्थ्य पर व्याख्यान का आयोजन

चंडीगढ़, 6 जुलाई (द्विज्य)

स्वच्छता समिति (वाणिज्य) के तत्वावधान में मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन के समान अवसर प्रकोष्ठ ने महिला स्वास्थ्य और कल्याण पर एक ऑनलाइन इंटरैक्टिव सत्र का आयोजन किया। सत्र के लिए फार्माकोलॉजी विभाग, एम्स मोहाली की डॉ. अनन्या कुमार बतौर मुख्य वक्ता कार्यक्रम में शामिल हुईं। डॉ.

अनन्या ने मासिक धर्म स्वास्थ्य, स्तन कैंसर, जन्म नियंत्रण और मानसिक स्वास्थ्य सहित महिलाओं के स्वास्थ्य के विभिन्न पहलुओं पर विस्तार से चर्चा की। विभिन्न मानसिक स्वास्थ्य मुद्दों जैसे मेनार्कि की चिंता, अवसाद पर भी विस्तार से चर्चा की गई। डॉ. अनन्या ने छात्राओं को वेलनेस के 8 आयामों से अवगत कराया। एक अन्य कार्यक्रम में, अर्थशास्त्र और स्वच्छता समिति (कला) के पीजी

विभाग ने अपशिष्ट प्रबंधन के महत्व के बारे में जागरूकता बढ़ाने के लिए 'अपशिष्ट प्रबंधन में आर्थिक स्वदेशी तकनीक' पर व्याख्यान का आयोजन किया।

कॉलेज के खाद्य विज्ञान विभाग की सहायक प्रोफेसर डॉ. संदीप कौर ने बतौर मुख्य वक्ता कचरा प्रबंधन में सर्कुलर इकोनॉमी के लाभों पर प्रकाश डाला। प्रधानाचार्या डॉ. निशा भार्गव ने आयोजनकर्ता टीमों के प्रयास की सराहना की।

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

- ✓ To make young women conscious of the tools that the Indian law provides them in order to protect themselves or fight against sexual harassment, Legal Literacy Cell of our college organized an awareness session on Sexual Harassment & Law by Dr Upneet Lalli, Head Training and Research, Institute of Correctional Administration on 30.05.2022.



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

Legal Literacy Cell
organizes
an Awareness Session on
Sexual Harassment & Law
Date: 30 May 2022
Time: 11:00 am
Venue: Multimedia Hall

Resource Person
Dr Upneet Lalli
Head Training and Research
Institute of Correctional Administration

Dr. Neela Pawar
Coordinator

Ms Sukhpreet Bhatia
Co-Convenor

Dr. Nisha Bhargava
Convenor & Principal

एमसीएम ने यौन उत्पीड़न और कानून पर जागरूकता सत्र आयोजित किया

फास्ट मीडिया

अमृतस्य/ चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ के लीगल लिटरसी सेल ने यौन उत्पीड़न और कानून पर एक जागरूकता सत्र का आयोजन किया, जिसका उद्देश्य युवा महिलाओं को भारतीय कानून में उन प्रावधानों के बारे में शिक्षित करना है जो उन्हें यौन उत्पीड़न से बचाते हैं। सुधार प्रशासन संस्थान में प्रशिक्षण एवं अनुसंधान की प्रमुख डॉ. उपनीत लल्ली-इस ज्ञानवर्धक सत्र में बतौर मुख्य वक्ता शामिल हुईं। डॉ. लल्ली ने भारतीय संविधान, आईपीसी 1860 और कार्यस्थल पर महिलाओं का यौन उत्पीड़न (रोकथाम, निषेध और निवारण) अधिनियम 2013 में प्रावधानों सहित यौन उत्पीड़न पर भारतीय कानून पर विस्तार से चर्चा की। उन्होंने कार्यस्थल पर महिलाओं के यौन उत्पीड़न के उद्देश्य पर चर्चा की (रोकथाम, निषेध और निवारण) अधिनियम 2013, और कानून के अनुसार पीड़ित महिला, कर्मचारी, नियोजक, कार्यस्थल और यौन उत्पीड़न की परिभाषाओं पर भी प्रकाश डाला।



शिकायत निवारण प्रक्रिया के बारे में छात्राओं को जागरूक करते हुए, डॉ. लल्ली ने प्रतिभागियों को यौन उत्पीड़न के खिलाफ आवाज उठाने के लिए प्रेरित किया क्योंकि चुप्पी ऐसे अपराधों को जारी रखने का सबसे बड़ा कारण है। इस जानकारीपूर्ण कार्यक्रम का समापन एक इंटरैक्टिव सत्र के साथ हुआ,

जिसमें विशेषज्ञों द्वारा प्रतिभागियों के प्रश्नों का उत्तर दिया गया। सत्र में 94 से अधिक छात्राओं की उत्साही भागीदारी देखी गई। प्राचार्या डॉ. निशा भार्गव ने हमारे देश में विभिन्न कानूनी प्रावधानों के ज्ञान के साथ छात्राओं को सशक्त बनाने की दिशा में काम करने के लिए कॉलेज के लीगल लिटरसी सेल की सराहना

की। इस सत्र के महत्व पर प्रकाश डालते हुए, डॉ. भार्गव ने जोर देकर कहा कि महिलाओं के लिए कार्यस्थल को सुरक्षित बनाने के लिए, महिलाओं को उन व्यवहारों के बारे में जागरूक करना अनिवार्य है जो महिलाओं का यौन उत्पीड़न करते हैं और ऐसे कृत्यों के खिलाफ कानूनी सुरक्षा का सहारा लेते हैं।

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

- ✓ Sustainable Practices Committee has started Sustainable Urban Farming (10.03.2022 – till date) with an aim to teach girls how to grow vegetables and herbs in chemical free manner to fulfil their basic nutritional needs.



- ✓ **One Week Self-Defence Training 'Be Fearless'** was organized by Women Development Cell of the College in collaboration with Swayam Academy, Women and Child Support Unit of Chandigarh Police from 30.05.2022 – 04.06.2022. The resource person included Mr. Sanjay and the team from Swayam Academy, Women and Child Support Unit of Chandigarh Police. The main objective of the programme was to make the participants aware of various types of threats and violence against them and teach them self-defence techniques.





एमसीएम ने की आत्मरक्षा प्रशिक्षण के साथ छात्राओं को सशक्त बनाने की सराहनीय पहल

चंडीगढ़।स्टेट समाचार

मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ के महिला विकास प्रकोष्ठ ने स्वयम अकादमी, चंडीगढ़ पुलिस की महिला एवं बाल सहायता इकाई के सहयोग से 'बी फीयरलेस' नामक एक सप्ताह तक चलने वाले आत्मरक्षा प्रशिक्षण कार्यक्रम का आयोजन किया। श्री संजय और स्वयम अकादमी की टीम ने मिलकर इस कार्यक्रम का संचालन किया जिसका उद्देश्य प्रतिभागियों को उनके खिलाफ विभिन्न प्रकार के खतरों और हिंसा के बारे में शिक्षित करना और उन्हें आत्मरक्षा तकनीक सिखाकर सशक्त बनाना था। इस कार्यक्रम से 145 से अधिक छात्राएँ लाभान्वित हुईं जिन्होंने संभावित हमलावरों से स्वयं की सुरक्षा के लिए आत्मरक्षा तकनीक सीखी।

प्राचार्या डॉ. निशा भार्गव ने कहा कि वर्तमान समय में महिलाओं के



खिलाफ घरेलू हिंसा, छेड़खानी और अन्य प्रकार की हिंसा के मामलों में वृद्धि हुई है, जिसे देखते हुए महिलाओं को आत्मरक्षा के प्रति संवेदनशील बनाना आवश्यक है। उन्होंने यह भी

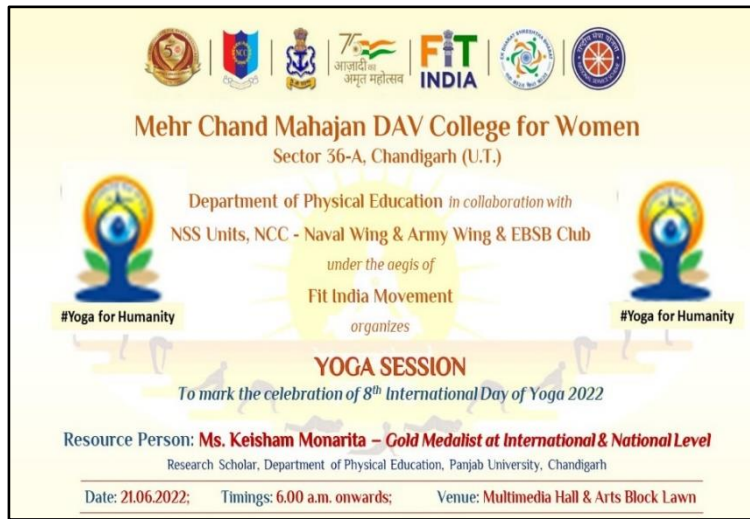
कहा कि आत्मरक्षा तकनीकों की जानकारी न केवल संभावित हमलों के खिलाफ खुद को बचाने में मदद करती है बल्कि आत्मविश्वास बनाने में भी मददगार है।

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

- ✓ With an aim to promote holistic health of students and staff, an annual workshop - **Be a Health Manager** was organized by Skill Development Committee of the college in collaboration with Nutrition Society of India, Chandigarh Chapter from 30.05.2022 – 04.06.2022.



- ✓ NSS Units in collaboration with NCC - Army Wing and Naval Wing, Ek Bharat Shrestha Bharat (EBSB) Club and Department of Physical Education of the college and Director of Higher Education (DHE), Chandigarh Administration celebrated **International Day of Yoga – 2022** on 21.06.2022.



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



Dr Nisha Bhargava practicing Yoga Asanas on International Day of Yoga - 2022



Links of the event uploaded at various social handles:

- <https://www.facebook.com/226512264481701/posts/pfbid02D245iTZCzXwAv3fVm564umfMxonxH MU8doXinRGGe9LeVFcV9SWx Wrwfoq1GAkUd/>
- https://www.instagram.com/p/CfD5a9_vslw/?igshid=YmMyMTA2M2Y=

MCM College celebrates International Yoga Day



CHANDIGARH: 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 Prime Minister 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.

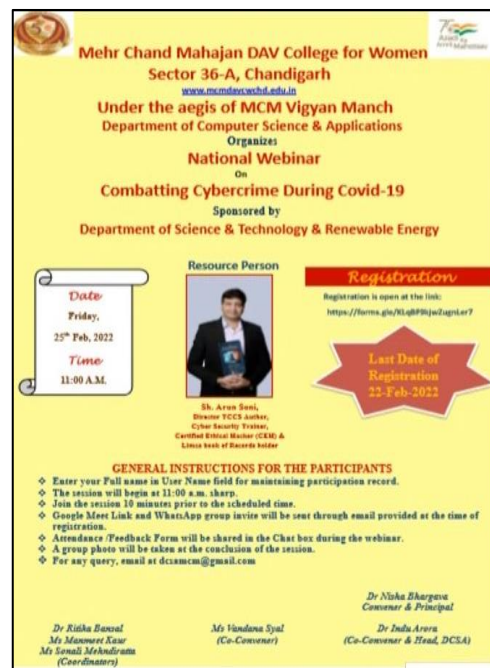
7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ The Chandigarh Police in collaboration with Mehr Chand Mahajan DAV College For Women, Sector 36-A, Chandigarh and Punjab Engineering College (PEC), University of Engineering and Technology(UIET) Panjab University, conducted a **two day National Level Training Program under the flagship program of Cyber Swachhta Mission of Cyber Cell, Chandigarh Police** on 14.11.2021-15.11.2021 at SD College Sector 32, Chandigarh and PGGGC-42, Chandigarh where 89 students of the college participated enthusiastically.



- ✓ Department of Computer Science & Applications under the aegis of MCM Vigyan Manch organized a National Webinar on 'Combatting Cybercrime During Covid-19' by Sh. Arun Soni, Director TCCS Author, Cyber Security Trainer, Certified Ethical Hacker, Limca Book of Records Holder sponsored by Department of Science & Technology & Renewable Energy on 25.02.2022.

Link to the activity uploaded on social media handles include:



<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1306734573126126/?type=3>

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



- ✓ Swachhta Committee of Department of Computer Science & Applications of the college organized a **Cyber Swachhta Collage Making Activity** on 05.03.2022.



- ✓ To appreciate the efforts of Cyber Warriors and promote cyber safety and cyber awareness among the community through youth working for the betterment of society, Hon'ble Union Home Minister **Amit Shah** felicitated the efforts of the college and Cyber Warriors for their active participation in Cyber Swachhta Mission that was organized under the aegis of Chandigarh Police on 27.03.2022.



Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1322446428221607/?type=3>

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



- ✓ On the occasion of **Cyber Jagrukta Diwas**, NSS units in collaboration with Cyber Interns of Cyber Swachhta Mission organized an awareness session on 04.05.2022.



एमसीएम कालेज में साइबर जागरूकता कार्यक्रम में भाग लेती हुई छात्राएं। (छाया : गुरिंदर सिंह)

साइबर स्वच्छता मिशन के तहत छात्राओं को जागरूक किया

चंडीगढ़, 8 मई (विशेष संवाददाता): मेह चंद महाजन डीएवी कॉलेज फॉर वूमन, चंडीगढ़ को एनएसएस इकाइयों ने कॉलेज में साइबर स्वच्छता मिशन के इंटरनेट के सहयोग से साइबर स्वच्छता दिवस मनाया। इस कार्यक्रम में 80 से अधिक छात्राओं ने भाग लिया जिसमें जागरूक करने वाली गतिविधि शामिल थी जिसमें छात्राओं को साइबर अपराधों के मुद्दे और साइबर स्पेस में अपनी सुरक्षा सुनिश्चित करने के तरीकों के बारे में जागरूक किया गया। साइबर इंटरनेट ने दर्शकों को साइबर सेल, चंडीगढ़ पुलिस के

साइबर स्वच्छता मिशन से अलग कराया, जो वर्तमान साइबर खतरों के बारे में जागरूकता फैलाने के लिए समुदायिक स्तर पर भागीदारी के लिए एक पहल है। साइबर स्वच्छता का

एमसीएम ने साइबर जागरूकता दिवस मनाया

पालन करने के महत्व पर प्रकाश डालते हुए, साइबर इंटरनेट ने छात्राओं को विभिन्न साइबर सुरक्षा तकनीकों, रिपोर्टिंग तंत्र और साइबर स्मार्ट बनने के तरीकों के बारे में विस्तार से बताया। साइबर स्वच्छता मिशन के तहत साइबर युवा

क्लब्स के बारे में जानकारी भी छात्राओं के साथ साझा की गई और उन्हें साइबर सैनिटो के रूप में स्वयंसेवा करने के लिए प्रोत्साहित किया गया।

प्रिंसिपल डॉ. निशा भागवत ने साइबर सुरक्षा के महत्वपूर्ण पहलु के बारे में छात्राओं को संवेदनशील बनाने के लिए एनएसएस इकाइयों और साइबर इंटरनेट की सहायता से, जो इंटरनेट प्रसार के इस युग में अत्यंत प्रासंगिक हो गया है। उन्होंने कहा कि साइबर अपराधों के खतरे से निपटने के लिए नागरिकों को आवश्यक कौशल से लैस करने के लिए जागरूकता और सहायक कार्यक्रम अनिवार्य हैं।

**List of activities/initiatives taken by Mehr Chand Mahajan DAV
College for Women, Chandigarh in Session 2020-21 (1 July 2020 –
30 June 2021) are as follows:**

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

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
						development, empower our students to face life challenges, promoting their emotional well-being, teach effective coping strategies, encourage help seeking behavior and address personal psychosocial concerns of the stakeholders.
3	Department of Physical Education	Online yoga classes for faculty and students	01.07.2020	Till now	50-60	To introduce the participants to the nuances of yoga so as to enable them to strengthen their immunity and thus, enhance their well-being.
4	Sustainable Practices Committee	"अनसुनी: The Unheard Voices" - An interaction with Mx. Dhananjay Chauhan, transgender activist and Mr. Ojaswwee Sharma, filmmaker.	09.07.2020		90	To extend social sustainability with gender, equality, justice and dignity.

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
5	Career Counselling Cell	A Webinar on "Cracking Officer Level Government Exams" by Raj Malhotra's IAS Study Group.	11.07.2020		77	To sensitize students about the importance of knowledge and hard work
6	Internal Complaints Committee	a webinar titled 'Sexual Harassment at Workplace (Act 2013): Prevention, Prohibition and Redressal'.	15.07.2020		50	To generate awareness and orientation on the issue of sexual harassment and how to prevent at workplace
7	Post Graduate department of Sociology	10-day online Orientation course on 'Sociology and its Fundamentals'	23.07.2020-1.08.2020	01.08.2020	30	To enable participants to reflect upon sociology and its intricate concepts, covered the basics of Sociology and explored diverse topics including class, social inequality, globalization and media.
8	Career Counselling Cell in Collaboration with RMS (Real Pro Management	An online workshop on "Career Opportunities in Human resources"	12.08.2020	16.08.2020	13	To discuss about various the facets of online recruitments

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
	Skill School)					
9	Career Counselling Cell in Collaboration with RMS (Real Pro Management Skill School)	“Workshop on Finance and Accounting” by CA Ashna Caijla	18.08.2020	22.08.2020	13	To impart practical training of GST software and Tally
10	Career Counselling Cell in Collaboration with RMS (Real Pro Management Skill School)	Workshop on “Digital Marketing Skills”	24.08.2020	27.08.2020	5	To impart practical training about setting up a website and social media plan of a business
11	Postgraduate Department of English	Online lecture titled 'Women, Reason and Masculinity in the Era of the French Revolution' by Ms. Deeksha Bhardwaj, Journalist at Hindustan Times	28.08.2020		50	To explore the complex relationship between women and the masculine discourse of reason that pervaded the Enlightenment era leading up to and post the French Revolution.
12	Postgraduate Department of Sociology	National Webinar on Gender Equality Matters in the Time of Pandemic Crisis: An	04.09.2020		127	To address gender-based differences amidst COVID-19

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
		Overview'				
13	Women Development Cell	A webinar on 'Understanding and Management of PCOS (Polycystic Ovary Syndrome)'. The resource person for the webinar was Dr. Nirja Chawla, Chairperson, Digital Education Committee, Indian Menopause Society and Patron Executive, PCOS Society of India.	07.10.2020		90	To develop an understanding of the meaning, symptoms, and facts about PCOS. To provide an insight to the students to control the incidence of PCOS with the help of Lifestyle modification.
14	Geetanjali Counselling Helpline	A webinar on the theme "Suicide Prevention and Mental Health Challenges in Youth" to mark the dual celebration of the World Mental Health Day (WHO) and	10.10.2020		126 UG and PG attend ed;319 registered	To mark the dual celebration of the World Mental Health Day (WHO) and International Day of the Girl Child (UNICEF); To discuss about prevalence of suicide with latest statistics,

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
		International Day of the Girl Child (UNICEF). by an eminent clinical psychologist Dr Adarsh Kohli, Professor, Department of Psychiatry, PGIMER, Chandigarh.				specific causes with comorbid mental disorders, predisposing risk factors, protective factors, stigma of suicide attempts, early symptom identification among youth, effective stress management techniques, constructive coping strategies, self-care practices and address personal problems of participants.
15	NCC (Naval Wing) under the aegis of Character-Building Committee	An online event- Aparajita	21.11.2021		100	To celebrate the spirit of womanhood. To dedicate the inspiring women of India who selflessly dedicated their lives to the cause of social upliftment and nation building.
16	Mentorship Committee	Mentorship Programme for UG III: Cyber	25.11.2020		1405	To generate awareness about Cyber

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
		Security				frauds and methods to tackle and provide security
17	Mentorship Committee	Mentorship Programme for UG II & PG II: Cyber Security	26.11.2020		1905	To generate awareness about Cyber frauds and methods to tackle and provide security
18	NCC (Army Wing)	Poster making activity Stop Violence Against Women	25.11.2020		7	To sensitize about the necessity of eradicating violence against Women
19	Postgraduate Departments of Sociology and English	A 5-day International Conference on Breaking the Stereotypes: A Paradigm Shift in Gender Studies	02.11.2020	06.11.2020	73	To deliberate upon critical issues in the area of gender studies and to understand the complex intersection of gender with race, sexuality, color and nationality
20	Equal Opportunity Cell	Poster making, Slogan writing, International Day of Persons with disabilities - theme building back better: towards an inclusive	03.12.2020		17	To sensitize the students toward the persons with disabilities and to make them aware how to overcome the challenges of the post

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
		accessible and sustainable post COVID-19 world by, far and with person with disabilities.				COVID-19 situation.
21	NSS Units	Celebration of International Day of Persons with Disabilities	03.12.2020		138	To promote an understanding about the disability issues; To mobilize support for the dignity, rights, and well-being of persons with disabilities; To aware integration of persons with disabilities in every aspect of political, social, economic, and cultural life
22	Personality development Club	An online interactive session on 'Inner Excellence Through Holistic Growth'.	15.12.2020		100	To educate students about harnessing the benefits of physical, mental, social, emotional and spiritual awareness for one's inner development.

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
23	Mehr Chand Mahajan DAV College for Women, Chandigarh and Maryam Ajmal Women's College of Science and Technology, Hojai, Assam	'Arise: Expanding Horizons Across the Globe'- a two day online international workshop	19.12.2020	20.12.2020	900	To empower women to explore global avenues and expand their horizons academically as well as professionally
24	Career Counselling Cell	Workshop on "Research Article Writing" by Mr. Raveen Singh, Senior Executive Counsellor and Ms. Pallavi, Associate Manager-Activities, eduVelocity	06.01.2020		190	To impart training about the art of writing well-structured and good quality research
25	Mentorship Committee	Mentorship Programme for UG I & PG I: Online Education: Issues & Challenges	07.01.2021		2047	To discuss about the pros and cons of Online education
26	Mentorship Committee	Mentorship Programme for UG II & PG II: Online Education: Issues & Challenges	08.07.2021		1905	To discuss about the pros and cons of Online education

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
27	Mentorship Committee	Mentorship Programme for UG III: Online Education: Issues & Challenges	11.01.2021		1405	To discuss about the pros and cons of Online education
28	Mentorship Committee	Mentorship Programme for UG I & PG I: Introduction to National Innovation and Start-up Policy	11.02.2021		2047	To discuss about the pros and cons of Online education
29	Swachhta Committee (Arts Committee)	Drive to take various pledges and participate in Quizzes related to Gender Sensitization and Legal Awareness of MyGov, Gol, Ministry of Education, Ministry of Defence and MyGov, Gol.	21.01.2021	31.01.2021	216	To create a common platform for Indian citizens to “crowdsource governance ideas from citizens” contribute to various government projects and plans
30	NSS Units in collaboration with Women Development Cell	National Girl Child Day celebration - an awareness programme on the theme 'Beti Bachao Beti Padhao' at the adopted village Badheri.	22.01.2021		38 + 40 (school students)	To create awareness about the rights of girls, discuss various issues pertaining to inequalities that girls face in their daily lives and to increase

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
						awareness about the importance of girl education, nutrition, and health.
31	Personality Development Club	Portrait making competition on the topic "A Glimpse of Nature describing your Personality	31.01.2021		18	To explore one's talent and personality as per the belief which says that art encompasses values and ideas, and helps enlighten one's imagination.
32	Mehr Chand Mahajan DAV College for Women, Chandigarh	Principal Shakuntala Roy Memorial Online Lecture 'Education for Global Health and Happiness'	03.02.2021		855 participants from across 10 countries and almost all Indian states	To pay reverential homage to the memory of its Founder Principal and commemorate her immensely significant role in giving shape to the educational institution
33	NSS Units in collaboration with Medical Committee	World Cancer Day - Awareness Session (Breast Cancer, Cervical	04.02.2021		35 + 45 (villagers)	To sensitize residents and raise awareness regarding cancer; To help people in

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
		cancer, Ovarian cancer and Leukemia)				getting the right information about cancer; To encourage its prevention, detection, and treatment
34	Post Graduate Department of Sociology and Women Development Cell	A webinar on the topic 'Women in the Changing World of Communication'. The resource person for the webinar was Prof. Dhananjai Chopra, Course Coordinator, Centre of Media Studies, University of Allahabad.	06.02.2021		50	To explore and understand the role of women in the fast paced and ever evolving world of communication.
35	NCC (Army Wing)	Celebration of International Day of zero tolerance against female genital mutilation	06.02.2021		3	To raise awareness and educate people about the dangers of female genital mutilation (FGM) and to take concrete actions against it.

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
36	Women Development Cell	A webinar on Preventive Eye Care in the Era of Digitalization. Dr. Parul Chawla Gupta, Assistant Professor, Advanced Eye Center, PGIMER, Chandigarh	06.02.2021		150	The session aimed at developing an understanding of the meaning, symptoms and measures about problems related to eyes in the era of digitalization. Further, the session aimed at providing an insight to the students about basic exercises, postures and diet which will the help of Lifestyle modification.
37	Department of Zoology under the aegis of Career Counselling Cell	An interactive session on "Career Opportunities in Life Sciences" by Mr. Vimal Bhutani, Director and Founder, Biotech Sapiens, Chandigarh	09.02.2021		96	To discuss about various career opportunities available in the field of life sciences.

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
38	Legal Literacy Club	An online Talk on 'Introduction to SLSA and POCSO: Protection of Children from Sexual Offences Act' by Mr. Mahavir Singh, Additional District & Sessions Judge-cum-Member Secretary, State Legal Services Authority (SLSA), U.T., Chandigarh	10.02.2021		35	To spread legal awareness in various strata of society about legal rights and concepts pertaining to the POCSO Act, a gender-neutral act that was enforced on Children's Day (November 14 th 2012).
39	NCC (Army Wing)	Essay writing, poster making activity on the occasion of International Day of Women and Girls in Science	11.02.2021		7	To promote women and girls in science and make them aware about the critical role women and girls play in science and technology
40	Women Development Cell	National level e-poster Presentation Competition on the occasion of the 142nd birth anniversary of	13.02.2021		29 from 9 different colleges	Participants shed light on various aspects of the life of the Nightingale of India including her contribution

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
		Sarojini Naidu-the Bharat Kokila.				to Indian freedom struggle as well as to the cause of women emancipation, her indomitable spirit and artistic acumen.
41	NCC (Army Wing)	Slogan writing activity on the occasion of Sarojini Naidu's Birthday	15.02.2021		8	To disseminate awareness about role of Sarojini Naidu ji in freedom of struggle
42	Post Graduate Department of Sociology	3-day RUSA sponsored Lecture Series on 'Issues related to Development' by eminent sociologist Prof. S L Sharma, Director-Research, IDC, Chandigarh.	23.02.2021	25.02.2021	more than 100	The 3 days witnessed intellectually invigorating sessions on Rethinking Development Post Pandemic, Gender and Development, and Contemporary Theories of Development, respectively.
43	Character Building Committee	National level Advertisement Making Competition and Parineeta-a self-composed poetry dedication	01.03.2021	5.03.2021	25	To celebrate the spirit of being a homemaker

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
		activity				
44	Women Development Cell (WDC) and NSS units	Women's day Celebration - Donation of Sanitary Pads and an interactive session on hygiene and nutrition in Government Model High School-41, Badheri.	06.03.2021	08.03.2021	34+55 (school girls)	To make women especially the teenage school girls aware of the concept of menstrual hygiene and the importance of nutritious food during periods and to engage more and more people in the noble work of donating sanitary pads among school girls
45	NCC (Army Wing)	Article writing, video making on Women Empowerment (Women safety, education, health)	18.03.2021		8	To create awareness about the importance of women empowerment
46	Geetanjali Counselling Helpline and the Hostel Committee	Workshop on the theme 'Psychological First Aid for Anxiety and Depression among Youth'	19.03.2021		20	To discuss about physical, behavioral and emotional warning signs, varied biopsychosocial causes and risk factors, resilience

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
						building, management of dysfunctional beliefs through cognitive reframing, problem focused coping strategies, relaxation techniques, mindfulness, meditation and self-care activities.
47	NSS Units	Awareness session on "Re-understanding the notion of freedom" under POCSO act	19.03.2021		81	To sensitize the volunteers about the legalities under POCSO Act and to make the volunteers aware about their rights to freedom
48	Geetanjali Counselling Helpline	A national level Slogan Writing Competition to mark the celebration of the International Day of Happiness	20.03.2021		63	To enhance consciousness and sensitivity about addressing the significance of happiness among college students and to celebrate the achievements of humanity at coping with the

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
						COVID pandemic
49	NSS Units	Yoga cum Meditation Session	20.03.2021		81	To promote Fit India campaign and encourage people to remain healthy and fit by including physical activities and sports in their daily lives; To increase mobility and body balance, build harmony between mind and body; To reduce levels of stress and inflammation in the volunteers
50	NSS Units	Workshop on Self-Defence Techniques	21.03.2021		81	To reinforce women's capacity to defend themselves against potential attacks; To build self-confidence so that they can contribute meaningfully to their development

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
51	Mehr Chand Mahajan DAV College for Women and the Panjab University Committee Against Sexual Harassment of Women at Workplace (PUCASH)	A workshop on Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal).	26.03.2021		100	To educate and enlighten people about Sexual Harassment of Women at Workplace and its preventive measures; To ensure a safe and secure work environment for women as it positively impacts participation of women in the workforce.
52	Postgraduate Department of English	An interactive online session titled „Remaining Resilient and Competitive in the Face of Challenges" by Ms. Garima Juneja, Therapist and Founder of Lightroom Therapy.	05.04.2021		350	To help students remain calm and composed in their thoughts; To help students build confidence despite lack of social interaction; To help them stay calm in the face of the kaleidoscopic changes all around

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
53	Equal Opportunity Cell and HIV/AIDS Awareness Committee	An online awareness programme on „Gender Identity and Sexual Orientation by Ms. Amrita Sarkar, Advisor (Transgender Wellbeing and Advocacy), India HIV/AIDS Alliance.	04.04.2021		140 (g-meet; 857 (YouTube)	To generate awareness in the society regarding gender identity and create a society which accepts and embraces diversity.
54	Medical Committee in collaboration with MCM Eco-Club	Webinar cum Training Session on “Yoga for Health” to celebrate World Health Day	08.04.2021		50	To sensitize students about need of yoga for mental, physical and spiritual wellbeing; To make them aware about asanas and their ability to cure routine dysfunction of our body without the intake of medicines.
55	Skill Development Committee in collaboration with Mind logs Psychologica	National Workshop on Neuro-Linguistic Programming "All That we say: Does it	13.04.2021	14.04.2021	40	To discuss about the basic tenets of Neuro Linguistic Programming, the auditory, visual and

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
	I Services	make Sense?"				kinesthetic frameworks of language comprehension, predicate phrases used in NLP and ways of improving communication patterns.
56	Mentorship Committee	Mentorship Programme for UG II & PG II: Importance of Personal Health & Hygiene during COVID-19 pandemic	19.04.2021		1905	To create awareness about the importance of maintaining hygiene during COVID-19 times
57	Mentorship Committee	Mentorship Programme for UG III: Importance of Personal Health & Hygiene during COVID-19 pandemic	20.04.2021		1405	To create awareness about the importance of maintain hygiene during COVID-19 times
58	Post Graduate Department of Sociology in collaboration with Chandigarh Commission for Protection of Child	An Initiative entitled "Be an Immunity Ambassador"	20.04.2021	21.05.2021	90 students out of which 47 were selected	To promote holistic wellbeing through self-awareness at grass root level.

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
	Rights (CCPCR), Chandigarh					
59	Mehr Chand Mahajan DAV College for Women, Chandigarh	“Food for mind, body and soul” workshops titled- “Two day National hands – on training- cum-workshop on yoga and meditation” organized under the aegis of fit India movement	22.04.2021	23.04.2021	480	To focus on the intermediate level of Yoga and Meditation
60	Post Graduate Department of Sociology	A Webinar titled 'Significant Provisions for Women in the Criminal Justice System' by Professor Priya Sepaha, Founder and Director of a Start-up 'Law Colloquy	28.04.2021		more than 50	To aware students about rights and special laws in the Indian legal system that envision to protect women.
61	Skill Development Committee	7-Day Workshop - Be a Health Manager 2021	08.05.2021	14.05.2021	1836	To educate people about the significance of holistic well-being for a healthy life

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
62	Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Department of Higher Education, Ministry of Education, Government of India	A Workshop on Guidance for Psychological Counselling and COVID-19 helper skills	25.05.2021		570	to equip the student community with COVID Helpers' skills that will be instrumental in channelizing their energies towards contributing in the fight against the pandemic.
63	NSS Units	An Interactive Session on Menstrual Hygiene and Preventive Women Health on the Occasion of Menstrual Hygiene Day	28.05.2021		95	To mark the importance of menstrual hygiene and break the stigma around periods; To sensitize the volunteers about the importance of good menstrual hygiene management

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
64	NSS Units and Medical Committee	Webinar titled 'Isolation and Post COVID Care: Know the Facts"	29.05.2021		95	To create awareness regarding the Isolation protocol, post-COVID care and hygiene among people; To empathize the ways via which post-COVID complications could be dealt effectively; To be the change agent for society required during the pandemic
65	Mentorship Committee	Mentorship Programme for UG II & PG II: Coping with Mental Health Challenges during COVID-19 & Time management	04.06.2021		1905	To create awareness about the importance of maintaining hygiene during COVID-19 times
66	Mentorship Committee	Mentorship Programme for UG III: Coping with Mental Health Challenges during COVID-19 & Time management	07.06.2021		1405	To create awareness about the importance of maintaining hygiene during COVID-19 times
67	Psycho	A Workshop	12.06.2021		600	To enlighten

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
	Social Support Cell	cum Awareness Programme entitled 'Quality of Sleep Matters'	1			the audience on the significance of sound sleep for holistic wellbeing and to develop the understanding of the practice of sleep hygiene.
68	Personality development Club in collaboration with Foreign Student Cell	An online interactive session on "Building Resilience through Emotional Strength and Mind Power" by Mr. Anurag Rishi, a Transformational and Motivational speaker, Human Potential Trainer and a Life Coach.	15.06.2021		600	To inspire young minds, thereby reducing stress
69	Equal Opportunity Cell & Foreign Student Cell	Webinar on motivating the motivators by Mr. Vivek Atray, ex IAS Author & Motivational Speaker Mr Vipin Pubby ex Resident	25.06.2021		97 (g-meet) and 250 (you tube)	To train the young minds so that they can acquire a wide range of abilities and skills with which they are able to make a better living and

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
		Editor-Indian Express.				contribute to the society.

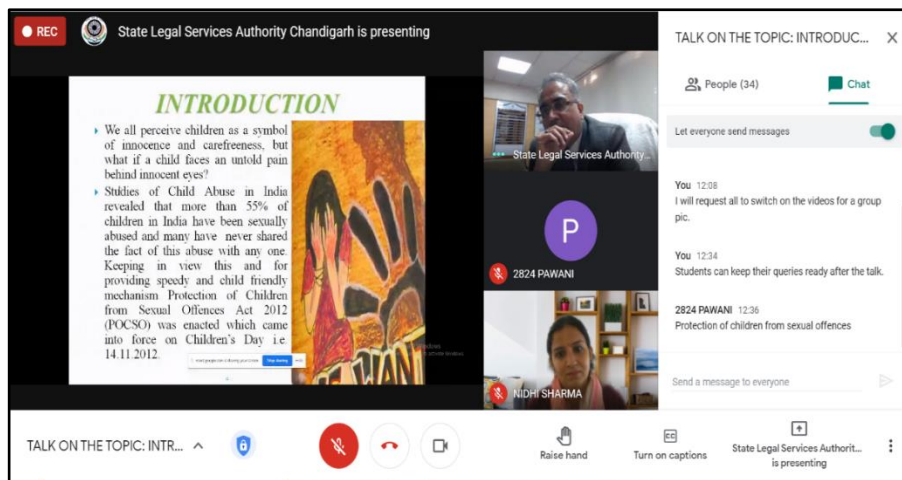
During the **Session 2021-22 (1 July 2020 – 30 June, 2021)**, Mehr Chand Mahajan DAV College for Women, Chandigarh has endeavored to escalate the level of awareness and appropriate practices amongst the students as well as staff about the subsequent areas:

- ✓ The **Internal Complaints Committee (ICC)** of Mehr Chand Mahajan DAV College for Women organized a **webinar titled 'Sexual Harassment at Workplace (Act 2013): Prevention, Prohibition and Redressal'** on 15.07.2020 that witnessed participation of more than 50 staff members. Prof. Anand Pawar, Rajiv Gandhi National University of Law, Patiala was the resource person for the webinar that envisioned to enlighten the staff members about the various legal provisions governing sexual harassment at workplace.



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

- ✓ **Legal Literacy Club** of the college organized an **interactive and online talk** on **Introduction to SLSA**



(State Legal Services Authority) and POSCO: Protection of Children from Sexual offences Act on 10.02.2021 which was attended by 35 participants. Mr. Mahavir Singh, Additional District & Sessions Judge- cum-Member Secretary, State Legal Services Authority (SLSA), U.T., Chandigarh was the resource person for the event who sensitized students about the SLSA and POSCO Act.



- ✓ **An awareness session on “Re-Understanding the Notion of Freedom” under POSCO act** was organized by **NSS Units** of the college on 19.03.2021 where around 81 students were apprised with the legalities under POSCO Act. During



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

the event, resource person Dr. Minakshi Rana, Assistant Professor, PG Department of Sociology gave brief insights about POCSO Act and different aspects of freedom to a woman in a true sense.

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



Link of the event uploaded on social media handle:

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/1088906238242295/>

- ✓ Mehr Chand Mahajan DAV College for Women and the Panjab University Committee Against Sexual Harassment of Women at Workplace (PUCASH) organized a **workshop on Sexual Harassment of Women at Workplace**



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

(Prevention, Prohibition and Redressal) on 26.03.2021 that was attended by more than 100 participants.

Link of the event uploaded on social media handle:

https://www.facebook.com/MCMDA_VCW/photos/a.239819746484286/1086953018437617/?type=3



Several awareness campaigns on women safety and gender sensitivity were organized by **NSS Units, NCC and Women Development Cell** of the college that included **Celebration of National Girl Child Day, International Women's Day Celebration.**

- ✓ On 23.01.2021, **NSS Units** of the College celebrated **National Girl Child Day** (24th January, 2021) by visiting their adopted Village Badheri where an awareness programme was organized on the theme '*Beti Bachao Beti Padhao*' in the premises of Government Model High School, Sector 41-D, Chandigarh.



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



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



एमसीएम के एनएसएस स्वयंसेवकों ने मनाया विश्व कैंसर दिवस



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

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

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

स्वयंसेवकों की निस्वार्थ सेवा की भावना की सराहना की।

खिलाड़ियों और स्टाफ के हुये व लड़कियों के ट्राय

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

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



एमसीएम में अंतर्राष्ट्रीय महिला दिवस का आयोजन

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

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



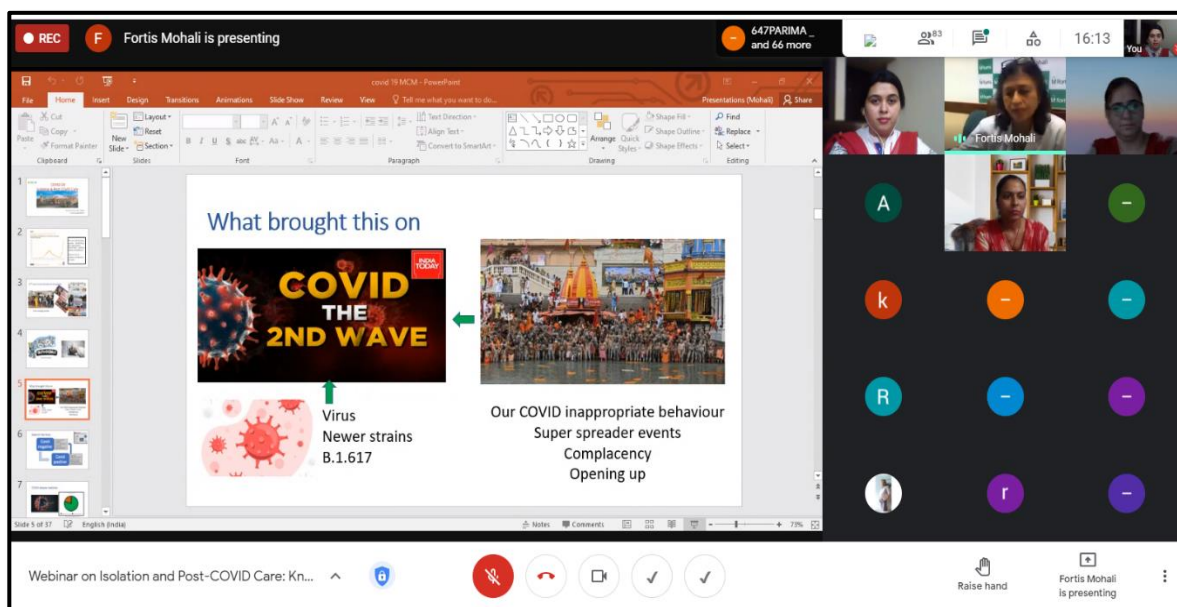
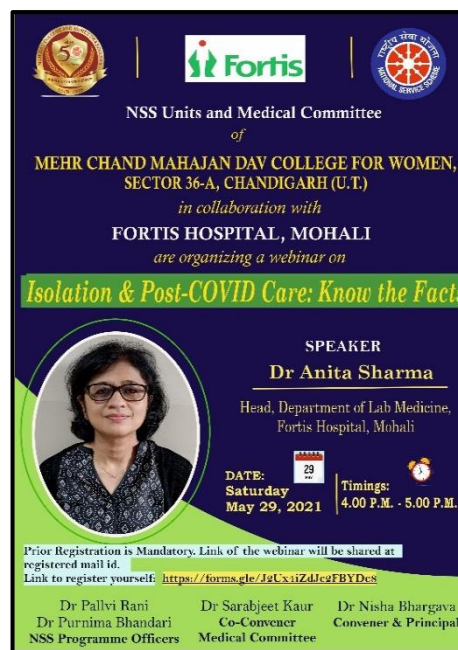
स्थानों को नकद पुरस्कार प्रदान किए गए। कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने भी इस अवसर पर स्टाफ के सदस्यों के साथ महिला शक्ति को समर्पित एक स्वरचित कविता साझा की। उन्होंने कहा कि 1968 से एमसीएम डीएवी कॉलेज

महिला सशक्तिकरण हेतु निरंतर प्रयासरत है तथा ये सशक्त महिलायें न केवल अपने परिवार को सशक्त बना रही हैं बल्कि लिंगभेद से ऊपर उठकर, असमानताओं से मुक्त एक सशक्त समाज के निर्माण में भी योगदान दे रही हैं।

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

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

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



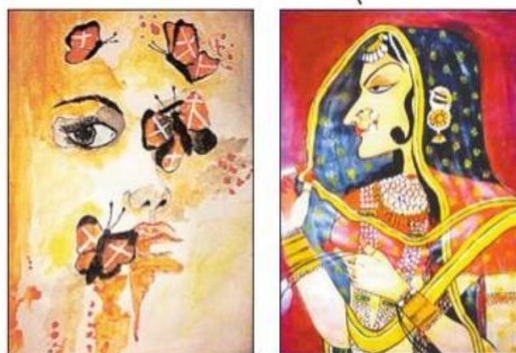
- ✓ The **Geetanjali Counselling Helpline** of the college provides **in-house counselling** support to the college students as well to staff members and ensure that they have access to mental healthcare services. The committee strives to fight the mental health stigmatization in the society by organizing several awareness or sensitization programmes on various psychosocial and legal issues, personality development, empower our students to face life challenges, promoting their emotional well-being, stress management, teach effective coping strategies, encourage help seeking behavior and address personal psychosocial concerns of the stakeholders.

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

- ✓ **Telephonic personal counselling** was provided to students staying in hostels/campus or outside during and after the COVID-19 outbreak. Till date, personal Counselling is provided to UG/PG students from all academic disciplines, ex-students, faculty members and non-teaching staff by Dr Nitasha Khehra, Convener and faculty members of the **Geetanjali Counselling Helpline**.
- ✓ As per UGC guidelines, **Geetanjali Counselling Helpline** launched an **online 24x7 mental health helpline “Geetanjali Student Forum”** on the theme **“Mental Health during COVID 19”** under the leadership of our Principal Dr Nisha Bhargava and Dr Nitasha Khehra (Convener, Geetanjali Helpline) to provide psychosocial support to UG students of all streams/courses of the college during the unprecedented circumstances of the pandemic and resultant lockdown. This helpline via 24x7 interactive WhatsApp group extended effective group counseling, mentorship, emotional support, opportunity to share personal experiences, psychological concerns, knowledge on various psychological topics, destigmatize mental health, coping strategies, personality development, self-exploration activities, platform to showcase their talent and creativity.



एमसीएम में छात्राओं ने ऑनलाइन प्रतियोगिता में दिखाई प्रतिभा



एमसीएम की छात्राओं की ओर से बनाई गई पेंटिंग। संवाद

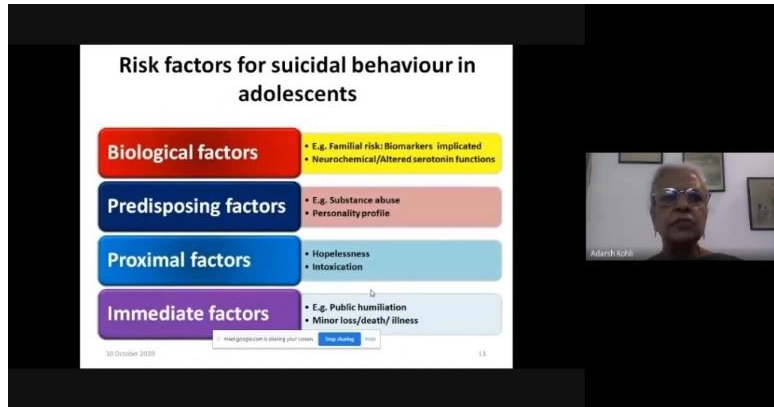
चंडीगढ़। एमसीएम डीएवी कॉलेज फार वुमन सेक्टर-36 में गीतांजलि हेल्पलाइन कमेटी ने मानसिक स्वास्थ्य के लिए एक ऑनलाइन इंटरैक्टिव फोरम मेंटल हेल्थ ड्यूरिंग कोविड-19 की शुरुआत की है।

इस इंटरैक्टिव फोरम का उद्देश्य इस महामारी द्वारा लाए गए परिवर्तनों पर विचार-विमर्श, बातचीत और समय पर परामर्श के माध्यम से

छात्राओं को मनोवैज्ञानिक तरीके से सक्षम बनाना है। यह फोरम स्नातक स्तर की लगभग 260 से अधिक छात्राओं को मानसिक स्वास्थ्य से सम्बंधित विषयों जैसे कि मानसिक स्वास्थ्य समस्याओं, भावनात्मक कल्याण, सार्थक सामाजिक संबंध और सामुदायिक भावना को बढ़ावा देना इत्यादि पर बातचीत करने का एक मंच प्रदान करेगा।

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

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



on the theme of **“Suicide Prevention and Mental Health Challenges in Youth”** on 10.10.2020 where Dr Adarsh Kohli, Professor, Department of Psychiatry, PGIMER, Chandigarh, an eminent clinical psychologist was the resource person. During the event, Dr Adarsh Kohli elucidated upon the prevalence of suicide with latest statistics, specific causes with comorbid mental disorders, predisposing risk factors, protective factors, stigma of suicide attempts, early symptom identification among youth, effective stress management techniques, constructive coping strategies, self-care practices and addressed personal problems of participants.

Webinar on “Suicide Prevention and Mental Health Challenges in Youth”

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

‘देश में साल में एक लाख लोग करते हैं खुदकुशी’ : डॉ. आदर्श कोहली

एमसीएम कॉलेज द्वारा मानसिक स्वास्थ्य पर आयोजित वेबिनार में हिस्सा लेते प्रतिभागिनी। -अमर उज्ज्वल

माई सिटी रिपोर्टर

एमसीएम कॉलेज में युवाओं में मानसिक स्वास्थ्य की चुनौतियों पर वेबिनार

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज फॉर वूमन की गीतांजलि काउंसिलिंग हेल्पलाइन ने विश्व मानसिक स्वास्थ्य दिवस और अंतर्राष्ट्रीय बालिका दिवस के उपलक्ष्य में आत्महत्या रोकथाम और युवाओं में दिमागी परेशानियों पर वेबिनार का आयोजन किया। पीजीआई के मनोचिकित्सा विभाग की प्रोफेसर क्लॉनिकल साइकोलॉजिस्ट डॉ. आदर्श कोहली ने वेबिनार में वक्तव्य दिया। उन्होंने कहा कि कोरोना के कारण आ रही परेशानियों के बीच युवाओं के मानसिक स्वास्थ्य को बनाए रखना हमारी सामूहिक जिम्मेदारी है। भारत में 10-24 वर्ष के आयु वर्ग के युवाओं में मृत्यु का प्रमुख कारण आत्महत्या है। हमारे देश में आत्महत्या के कारण हर साल एक लाख से अधिक लोगों की जान चली जाती है। वेबिनार में 126 विद्यार्थियों ने भाग लिया। डॉ. कोहली ने आत्महत्या के प्रमुख कारकों और विभिन्न मानसिक विकार जैसे अवसाद, चिंता, मादक द्रव्यों के सेवन, आवेग, पारिवारिक विकृति, यौन शोषण आदि पर चर्चा की। डॉ. कोहली ने युवाओं को आत्महत्या के लिए उकसाने वाले विशिष्ट कारणों को प्रासंगिक अनुसंधान के साथ बताया। इसके साथ ही केस स्टडी के माध्यम से आत्महत्या में मनोवैज्ञानिक शब्द परीक्षा, आत्महत्या के प्रयासों से जुड़े मिथक, युवाओं में आत्महत्या के प्रारंभिक लक्षणों पर चर्चा की। डॉ. कोहली ने तनाव प्रबंधन की रणनीतियों, भावनाओं पर नियंत्रण, कौशल विकास आदि पर चर्चा की और स्वयं ही रचनात्मक गतिविधियों में ध्यान केंद्रित करने के लिए प्रेरित किया। वहीं प्रिंसिपल डॉ. निशा भागव ने मानसिक स्वास्थ्य साक्षरता पर चर्चा कराने को गीतांजलि काउंसिलिंग हेल्पलाइन की प्रशंसा की।

Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/973417063124547/?type=3>

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

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



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

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

Geetanjali Counselling Helpline
organizes
National Level Slogan Writing Competition
on
20th March 2021
Theme: **“Keep Calm, Stay Wise, Be Kind”**
On the occasion of **United Nations International Day of Happiness**

The theme for this year's United Nations International Day of Happiness is 'Keep Calm, Stay Wise, Be Kind' and is, of course, in response to the COVID Pandemic. As we face an ongoing global crisis together, this year's International Day of Happiness is a chance to find uplifting and positive ways to look after ourselves - and one another. Exploring further the Geetanjali Counselling Helpline is organizing a Slogan Writing Contest on the theme **“Keep Calm, Stay Wise, Be Kind”** on 20th March 2021.

Eligibility and Rules for the Competition

- Competition is open for Undergraduate and Postgraduate Students of all Courses/Streams.
- A candidate is eligible to submit only one slogan.
- The Slogan must be original.
- Slogan must be written on the specified topic.
- Slogan should be concise and not more than 20 words in Hindi or English.
- The Slogan must not contain any provocative, objectionable or inappropriate content.
- Winner would be selected by selection committee on the basis of slogan's originality, creativity and appeal.
- All the participants will be awarded a-certificate.
- Cash prizes for First, Second and Third Positions are Rs. 1200/-, Rs. 1000/- and Rs. 800/- respectively.
- Last date for Slogan submission is 21st March 2021.

Participants shall submit their entries in a Google Form available on the following link:
[CLICK HERE](#)

Dr. Nitasha Khehra
Coordinator

Dr. Nisha Bhargava
Convener & Principal

एमसीएम में स्लोगन लेखन प्रतियोगिता एवं मनोवैज्ञानिक प्राथमिक चिकित्सा पर कार्यशाला का आयोजन

चर्चीत (हरम आचार्य / विनया)। मेहर चंद महानन डीएवी कॉलेज ऑफ वूमन की गैटान्जलि परामर्श हेल्पलाइन समिति ने इंटरनेशनल डे ऑफ हैपिनेस के अवसर पर एक राष्ट्रीय स्तर की स्लोगन लेखन प्रतियोगिता का आयोजन किया। इस वर्ष इंटरनेशनल डे ऑफ हैपिनेस का थीम 'केप काल्म, स्टे वाइज, बी काइंड' का थीम है। इस अवसर पर 63 छात्रों ने भाग लिया। प्रतियोगिता में 63 प्रतिभागियों ने स्लोगन लिखे। स्लोगन लिखने के लिए एक फॉर्म भरना और इसे ऑनलाइन जमा करना था। स्लोगन लिखने के लिए एक फॉर्म भरना और इसे ऑनलाइन जमा करना था। स्लोगन लिखने के लिए एक फॉर्म भरना और इसे ऑनलाइन जमा करना था।

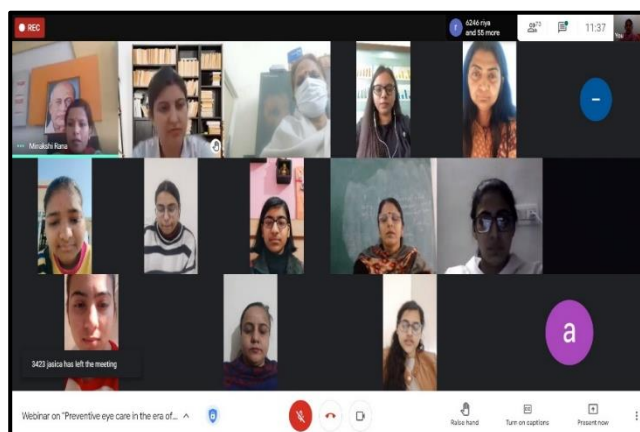
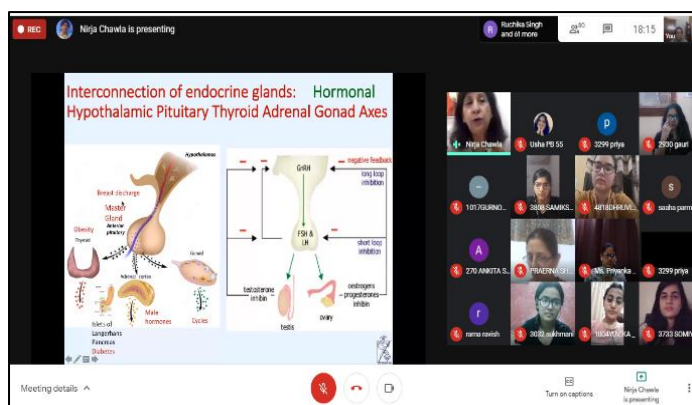
किया और मनोवैज्ञानिक स्वास्थ के लिए विश्व स्तर की, माइंडफुलनेस / स्ट्रेटिज / मॉडिशन / क्लियरिंग आउटलेट्स, अन्यथा रचनात्मक और स्वयं देखभाल हेतु विभिन्न तकनीकों पर चर्चा की। डॉ. निशा ने प्रतिभागियों को उत्कृष्ट के समान दर्जन परामर्श देने के लिए प्रोत्साहित किया।

कॉलेज की प्रिंसिपल डॉ. निशा भर्गवा ने कहा कि युवाओं में मानसिक स्वास्थ्य के पूर्ण को बढ़ावा देने के माध्यम से छात्रों को प्रोत्साहित करने के लिए प्रयास करने की आवश्यकता है। उन्होंने कहा कि स्लोगन लिखने के माध्यम से छात्रों को प्रोत्साहित करने के लिए प्रयास करने की आवश्यकता है। उन्होंने कहा कि स्लोगन लिखने के माध्यम से छात्रों को प्रोत्साहित करने के लिए प्रयास करने की आवश्यकता है।

जो समाज, है वह विका

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

- ✓ **Women Development Cell (WDC)** of the college organized interactive sessions in year 2020-21 on several aspects of women issues including health care. On 07.10.2021, WDC organized a **webinar on 'Understanding and Management of PCOS (Polycystic Ovary Syndrome)'** where the main aim was to provide an insight to the students to control the incidence of PCOS with the help of Lifestyle modifications.
- ✓ Considering the importance of eye care in the era of online learning and work, **Women development cell** organized a **webinar on Preventive eye care in the era of digitalization** on 06.02.2021.



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



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

Health Challenges during COVID-19 & Time management. During such meets, mentors sensitize themselves to the needs of students and impart formal counselling.



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

ONLINE SESSION ON INNER EXCELLENCE

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



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

एमसीएम में पोर्ट्रेट मेकिंग प्रतियोगिता का आयोजन

चंडीगढ़ (भ्रूदम आचर्य/ हिमप्रभा)। मेहर चंद्र महाजन डीएवी कॉलेज फॉर वूमन के परसॉनलिटी डेवलपमेंट क्लब ने ए प्लेस ऑफ नेचर डिस्क्राइबिंग योर परसॉनलिटी विषय पर एक पोर्ट्रेट मेकिंग प्रतियोगिता का आयोजन किया। प्रतियोगिता का उद्देश्य प्रतिभागियों को अपनी कलात्मक प्रतिभा के माध्यम से उनके व्यक्तित्व के विभिन्न पहलुओं को प्रस्तुत करना था। प्रतिभागियों ने केनवास पर अपनी कल्पना और व्यक्तित्व के सौंदर्य को जादूई रूप से अभिव्यक्त किया। विजेताओं को नकद पुरस्कार प्रदान किए गए। सूत्री पत्रक सोनी ने इस प्रतियोगिता में प्रथम पुरस्कार प्राप्त किया जबकि सुश्री आर्या मेहरा और सुश्री नव्या छत्रवानी को क्रमशः दूसरा और तीसरा पुरस्कार दिया गया। कॉलेज की प्रिंसिपल डॉ. निखा भागवत ने परसॉनलिटी डेवलपमेंट क्लब के प्रयास को सराहना करते हुए कहा कि इस तरह के आयोजन छात्रों के व्यक्तित्व को निखालने, संवरने और उन्हें प्रेरित करने के लिए बेहद महत्वपूर्ण हैं।

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



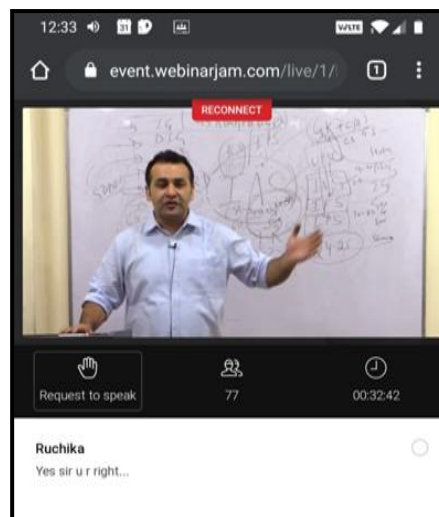
- ✓ **Personality Development Club** in collaboration with Foreign Student Cell organized an **online interactive session on “Building Resilience through Emotional Strength and Mind Power”** on 15.06.2021. The resource person was Mr. Anurag Rishi, a Transformational and Motivational speaker, Human Potential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



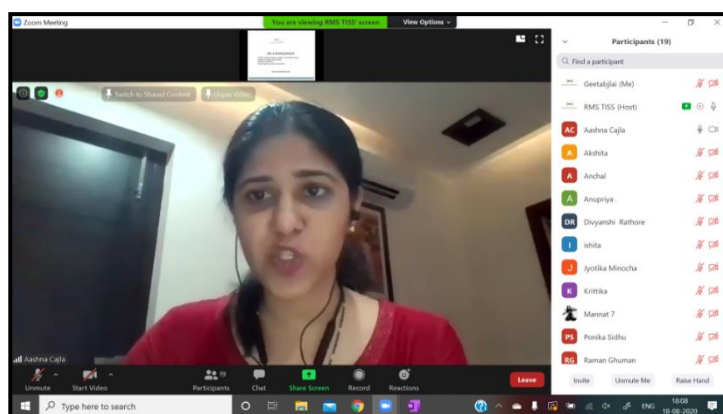
7.1.1. Measures initiated by the Institution for the promotion of gender equity

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

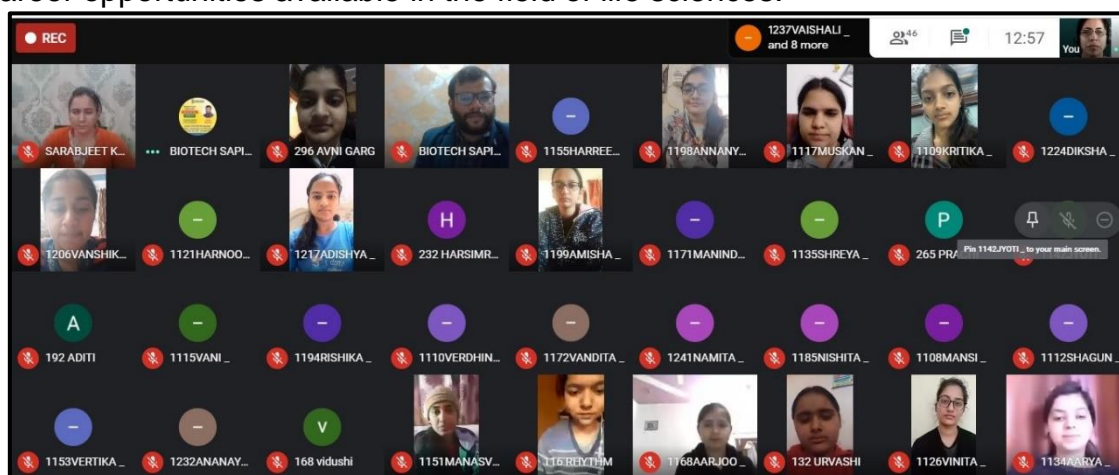
A Webinar on “**Cracking Officer Level Government Exams**” by Raj Malhotra’s IAS Study Group organized by Career Counselling Cell of the college on 11.07.2020



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

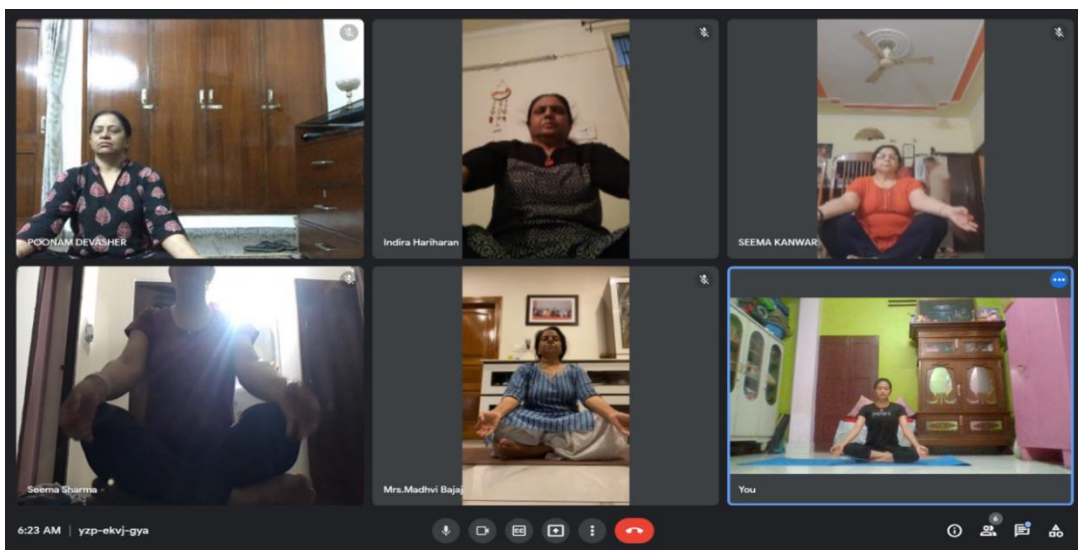
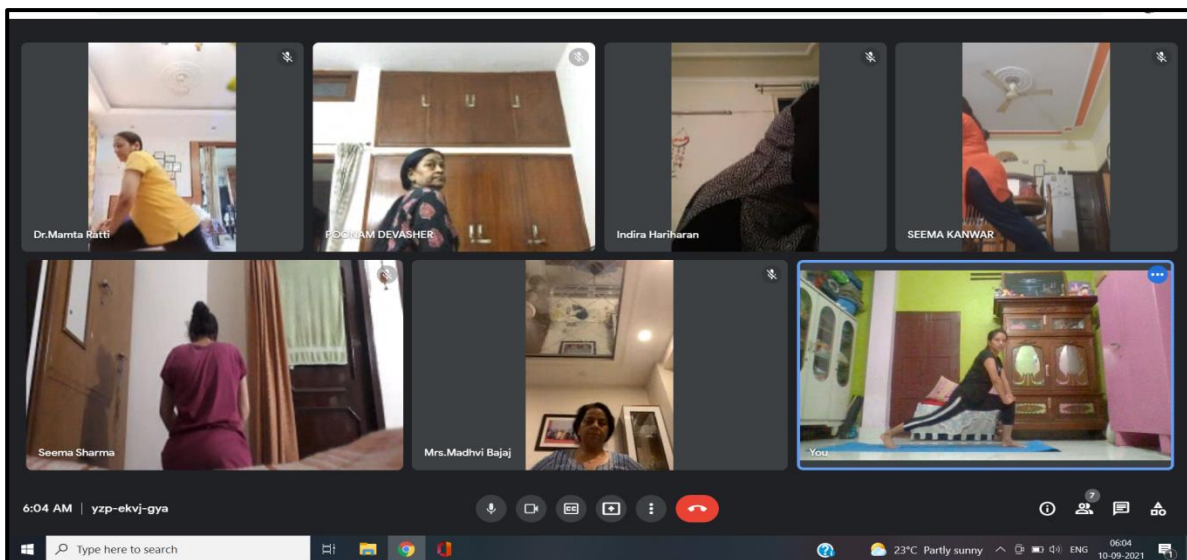


- ✓ On 09.02.2021, Department of Zoology under the aegis of **Career Counseling Cell** organized an **interactive session on “Career Opportunities in Life Sciences”**. The resource person of the session Mr. Vimal Bhutani, Director and Founder, Biotech Sapiens, Chandigarh familiarized the students about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



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

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



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

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



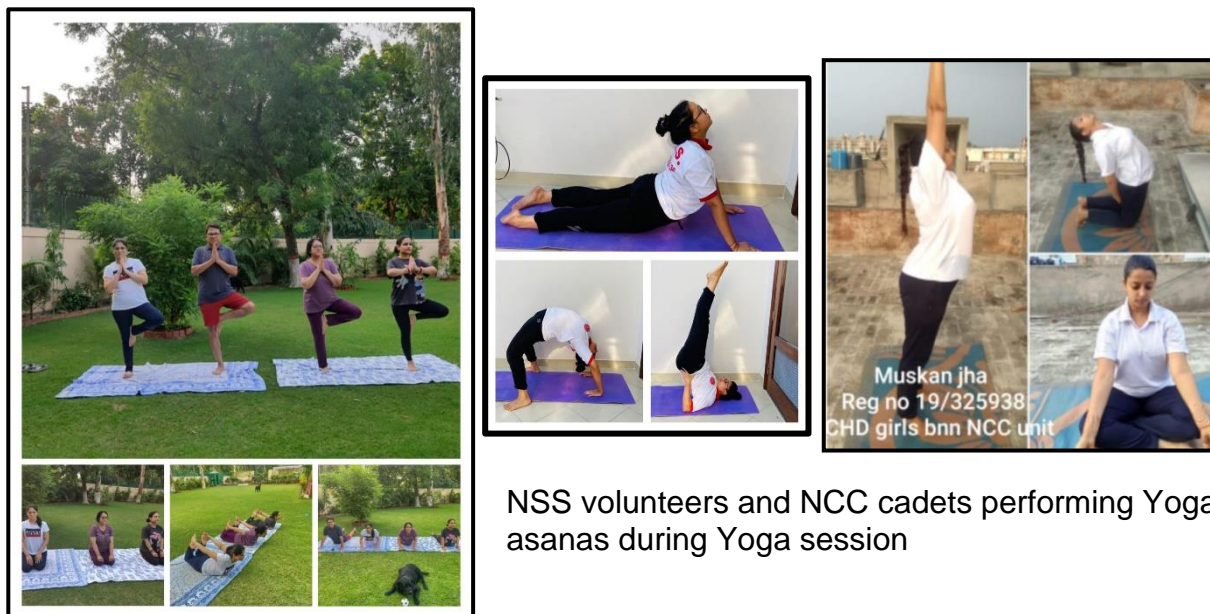
<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1088902834909302/>

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

A flyer for a live yoga session. At the top, there are three logos: a gold medal, a green and blue logo with a globe, and a red and white circular logo. The text reads: "NSS Units of Mehr Chand Mahajan DAV College For Women Sector 36-A, Chandigarh (U.T.) are organizing a LIVE Session on International Day of Yoga - 2021 Under the aegis of Psycho Social Support Cell". Below this, there are two hashtags: "#BewithYogaBeatHome" and "#YogaforWellness". The date is "21 June 2021" and the time is "7.00 a.m. - 7.45 a.m.". The resource person is "Mr Rohit, Qualified Yoga Instructor". A note says "Prior Registration is necessary." There are two registration links: "https://forms.gle/2uweeGvhck9qR51cA" and "https://meet.google.com/ron-yxgc-phn". At the bottom, there are three names: "Dr Pallvi Rani, Dr Purnima Bhandari, NSS Programme Officers", "Dr Anubhuti Sharma, Programme Coordinator", and "Dr Nisha Bhargava, Convenor & Principal". There is also a circular inset image of a man in a white shirt performing a yoga pose.

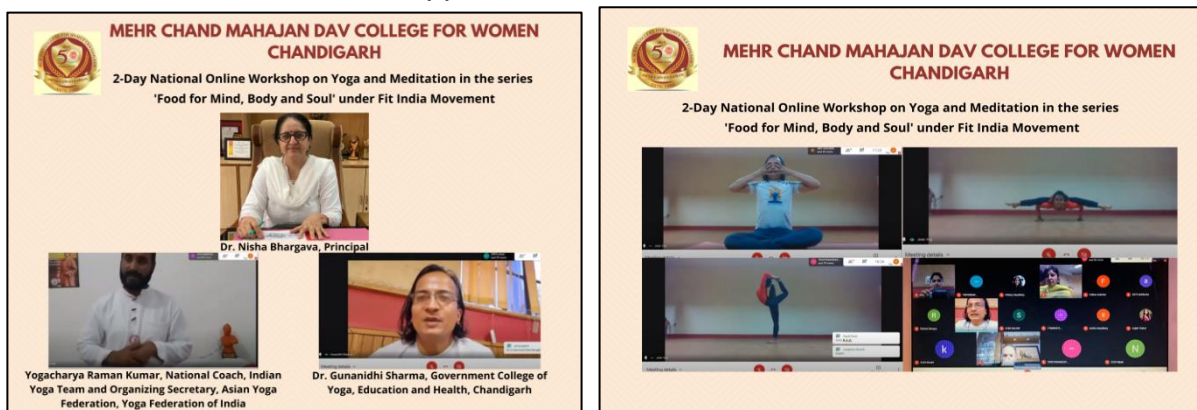
- https://youtu.be/7XkErnMG_7I.
- <https://www.facebook.com/MCMDAVCW/posts/1141503469649238>
- https://www.instagram.com/p/CQXegyXBvQ/?utm_source=ig_web_copy_link
- <https://twitter.com/MCMDAVCW/status/1406815000996372483>

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



NSS volunteers and NCC cadets performing Yoga asanas during Yoga session

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



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

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

Post Graduate Department of Sociology, English, NCC, NSS, Character Building Committee, Sustainable Practices Committee, Equal Opportunity Cell.



Mehr Chand Mahajan DAV College for Women Sector-36-A, Chandigarh organises

अनसुनी: the Unheard Voices
(Under the aegis of Sustainable Practices Committee)
Presenting screenplays from the stage of life where every human being has a story to tell.

Ms. Jahan Geet Singh (The Dhol Girl)

These are stories of faith, hope, love and life, that will inspire you.

Date: July 15, 2020
Time: 4:00 p.m.
Google Meet Link <https://meet.google.com/fzdl-pyon-gbn>

(First come, first served)

Chief Co-ordinator: Dr. Gurvinder kaur
Co-ordinator: Ruchika Singh (9417993559, 9779948929)
Convener: Dr. Nisha Bhargava Principal

‘अनसुनी : उपेक्षित आवाजें’ से किया प्रेरित
ट्रांसजेंडर एक्टिविस्ट धनंजय चौहान व फिल्म निर्माता ओजस्वी शर्मा एमसीएम में छात्राओं से हुए रुब्रु संवाद न्यूज एजेंसी

पहला सत्र संघर्ष की कहानी को साझा किया

पहले सत्र में ट्रांसजेंडर एक्टिविस्ट धनंजय चौहान और फिल्म निर्माता ओजस्वी शर्मा छात्राओं से रुब्रु हुए। एक ट्रांसजेंडर एक्टिविस्ट धनंजय चौहान ने लैंगिक समानता, शिक्षा, न्याय और योग्यता के लिए अपने संघर्ष की कहानी प्रतिक्रियाओं से साझा की। ओजस्वी शर्मा ने छात्राओं को अपनी फिल्म ‘एडमिट’ की शूटिंग की बात से अवगत कराया। इसके माध्यम से वह धनंजय की कहानी को लोगों के सामने लाना चाहते थे।

दूसरा-तीसरा सत्र रूढ़िवादता के खिलाफ उठाई आवाज

दूसरे सत्र में 90 वर्ष की आयु में अपनी उद्यमशीलता की यात्रा शुरू करने वाली रश्मि कौर ने प्रतिभागियों के साथ प्रेरणादायक कहानी साझा की। उन्होंने बताया कि औपचारिक शिक्षा से पिछड़ने के बाद उन्होंने कमांड बनकर अपने जीवन का कायाकल्प करने का फैसला किया और इस तरह उन्होंने अपनी शब्दांतर ‘केमन की बर्षों’ और अन्य व्यक्तियों के साथ उद्यमशीलता की यात्रा शुरू की। तीसरा सत्र डोल गर्ल के नाम से जाने वाली जहान गीत सिंह के साथ था। जब वह 12 वर्ष की थी तब उन्हें रूढ़िवादता के खिलाफ लड़कर पहली बार डोल बच्चे का फैसला किया।

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

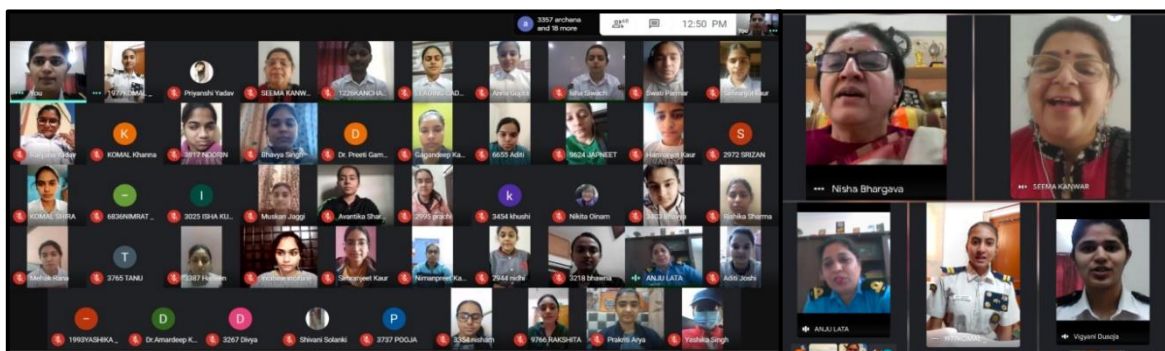


एमसीएम डीएवी कॉलेज में जेंडर इक्विटी पर वेबिनार का आयोजन

रोजाना ब्यूरो

को नमस्कार! जेंडर इक्विटी के बारे में हमें जेंडर इक्विटी के बारे में अधिक जानने की आवश्यकता है। जेंडर इक्विटी का मतलब है कि सभी लोगों को समान अवसर मिलें और वे अपनी क्षमताओं के अनुसार काम कर सकें। जेंडर इक्विटी का मतलब है कि सभी लोगों को समान अवसर मिलें और वे अपनी क्षमताओं के अनुसार काम कर सकें।

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

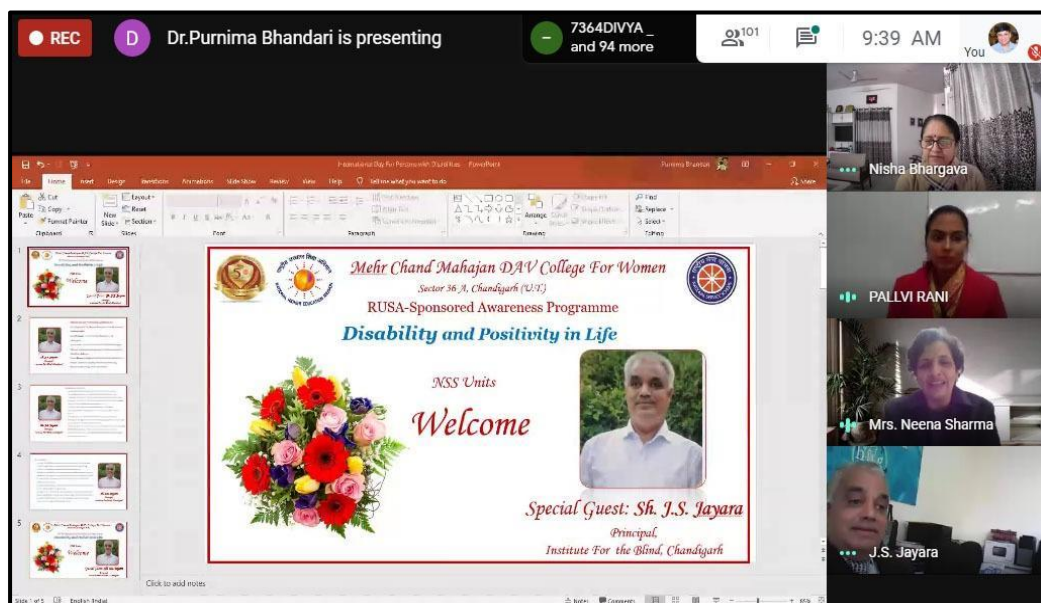


7.1.1. Measures initiated by the Institution for the promotion of gender equity

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



- ✓ In order to deliberate upon critical issues in the area of gender studies and to understand the complex intersection of gender with race, sexuality, color and nationality, the Postgraduate Departments of Sociology and English at Mehr Chand Mahajan DAV College for Women organized a **5-day International Conference on Breaking the Stereotypes: A Paradigm Shift in Gender Studies** from 02.11.2020 to 06.11.2020.



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

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



दिव्यांगता को सकारात्मक दृष्टिकोण अपनाकर दूर किया जा सकता है : जायरा

चाँदौर, 3 दिसंबर (राजेश): इंटरनेशनल डे ऑफ पर्सनल लिविंग डिजैबिलिटी के उपलक्ष्य में मेजर चंद महाराज चौधरी कॉलेज चौराहे युवक की एनएसएस इकाई, ईन्फोर्मेंट और प्रोड्यूसिटी सेल और पर्सनल लिविंग डिजैबिलिटी सेल के सहयोग से विभिन्न गैर-प्रतिभाषी को आमंत्रित किया। कॉलेज की एनएसएस इकाई ने 'डिजैबिलिटी एंड प्रोड्यूसिटी इन साइंस' विषय पर राष्ट्रीय उन्नत शिक्षा अधिकांश प्रशिक्षण एक जलकमला कार्यक्रम का आयोजन किया। जे.एस. जायरा, डिजैबिलिटी, इंडीपेंडेंट लिविंग, एम्प्लॉयमेंट, एंड प्रोड्यूसिटी सेल के अध्यक्ष और प्रोड्यूसिटी सेल के अध्यक्ष ने कहा कि डिजैबिलिटी एक चुनौती है, लेकिन एक चुनौती है जिसे सकारात्मक दृष्टिकोण अपनाकर दूर किया जा सकता है। डिजैबिलिटी के प्रति सकारात्मक परिचय देने के लिए सांघेयक कार्यक्रमों की आयोजन किया।

डिजैबिलिटी एंड प्रोड्यूसिटी इन साइंस पर दिव्यांगों को सचिवों के कपड़े व शिक्षण सामग्री देते हुए था।

अंतरकक्षा पर जोर देते हुए जायरा ने कहा कि पौडकबन्धु (पर्सनल लिविंग डिजैबिलिटी) को सुगमता में जोड़ने के लिए, उन्हें अनुकूल वातावरण में लिए सुपरवाइज़िंग शिक्षण कार्यक्रम आयोजन हैं जो उनकी क्षमता विकसित करने में मदद करते हैं।

कक्षा के साथ उन्हें समान बनाए। कॉलेज की एनएसएस इकाई ने सोनम इन्टीग्रेटिड विद्यालयों को पर, डिजैबिलिटी के लिए, उन्हें अनुकूल वातावरण में लिए सुपरवाइज़िंग शिक्षण कार्यक्रम आयोजन हैं जो उनकी क्षमता विकसित करने में मदद करते हैं।

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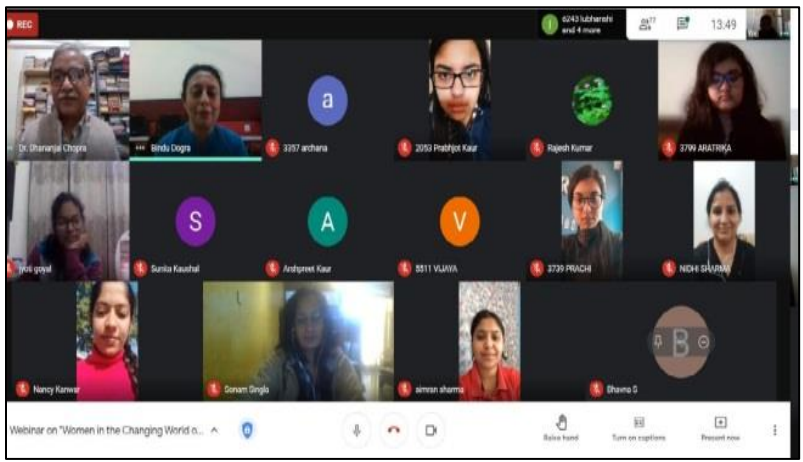
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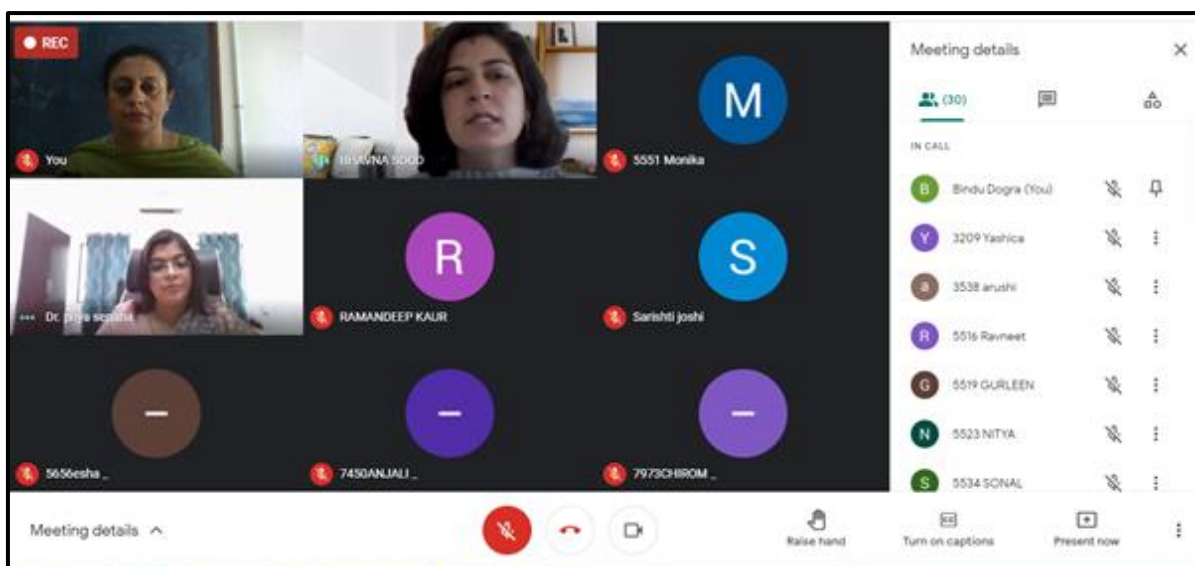
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- ✓ NSS Units of Mehr Chand Mahajan DAV College for Women, Donated stationary kits, chocolate molds on 03.12.2020 to SOREM Institute, Sector 36-A, Chandigarh.

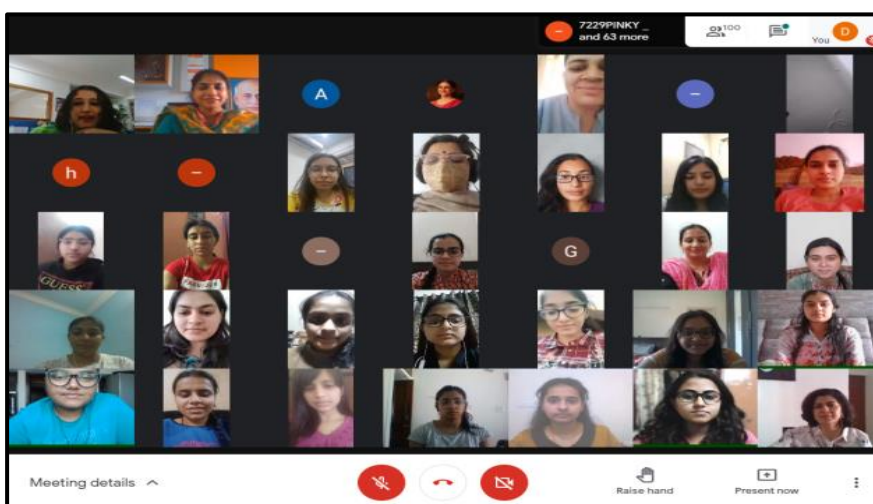
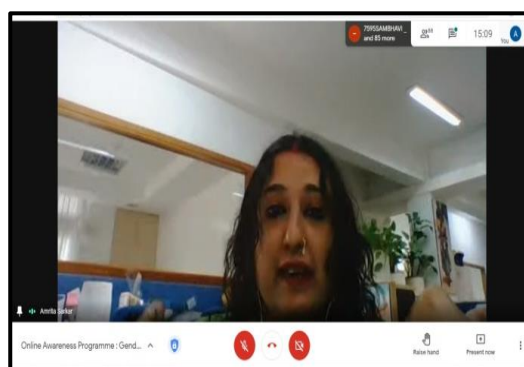
- ✓ Post Graduate Department of Sociology and Women Development Cell organized a webinar on the topic 'Women in the Changing World of Communication' on 06.02.2021. The resource person for the webinar was Prof. Dhananjai Chopra, Course Coordinator, Centre of Media Studies, University of Allahabad.



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

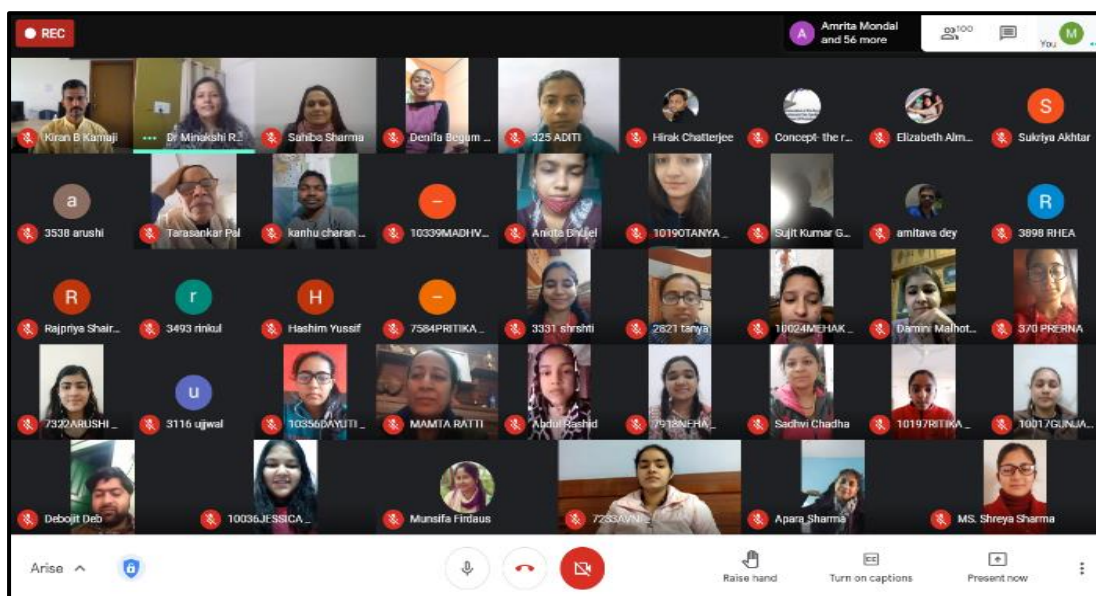


- ✓ **One Day Webinar entitled “Significant Provisions for women in the Criminal Justice System”** was organized by Post Graduate Department of Sociology, in order to mark and celebrated Global “Denim Day” on 28.04.2021. The resource person of the event was Professor Priya Sepaha, Founder and Director of a Start-up ‘Law Colloquy’.
- ✓ Equal Opportunity Cell and HIV/AIDS Awareness Committee organised **an online awareness programme on ‘Gender Identity and Sexual Orientation’** by **Mx. Amrita Sarkar, Advisor (Transgender Wellbeing and Advocacy), India HIV/AIDS Alliance** on 04.04.2021. The main objective of the event was to generate awareness in the society regarding gender identity and create a society which accepts and embraces diversity.



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

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



**List of activities/initiatives taken by Mehr Chand Mahajan DAV
College for Women, Chandigarh in Session 2019-20 are as follows:**

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
1	Swachhta Committee (Commerce)	Lecture on Healthy Living: The role of Hygiene Management Technique under Swachh Bharat Abhiyan	08.08.2019		1 teacher+ 100 students	To raise awareness and enable participants to consider the importance of physical, mental and social health
2	Women Development Cell in collaboration with Unnat Bharat Abhiyan Committee	An interactive session on "Preventing and Identifying Signs of Child Abuse"	13.08.2019		2 teachers +52	To sensitize the children about what amounts to child abuse, its forms including exploitation, physical, sexual and emotional abuse, and the ways to prevent it.
3	Women Development Cell	A lecture on "Be a Sociopreneur" by Ms. Aradhana Mittal	24.09.2019		150	To promote the idea of social entrepreneurship among the students
4	Medical Committee	Two sessions of Gynae OPD in the College	29.08.2019		250	To work for the betterment of students and staff health
5	Rotaract Club in collaboration with Spinal Rehab Chandigarh	Spinal Cord Awareness Rally - Deendayal Disabled Rehabilitation Scheme	05.09.2019		8 teachers + 60 volunteers	To generate awareness and sensitivity among people with spinal cord and brain injuries
6	NSS Units	Poshan Maah - State level Poshan Maah Function at Tagore Theatre	06.09.2019		2 teachers + 17 students	To sensitize the public about the necessity of nutrition among children

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
7	NSS Units & UBA Cell	Lecture on Health, Hygiene and Wellness at Village Kajheri under Poshan Maah	11.09.2019		2 teachers + 20 students	To make public aware about the negative impacts of junk food and spread awareness and informed knowledge about various health problems
8	NSS Units in collaboration with UBA Cell	Poshan Abhiyaan- Movie Screening and Awareness Lecture at Village Buterla	18.09.2019		42	To achieve improvement in nutritional status of children up to six years of age, adolescent girls, pregnant women and lactating mothers.
9	Medical Committee	A lecture on polycystic ovarian syndrome by Dr. Gambhir from Paras hospital, Panchkula	19.09.2019		70	To sensitize students about the PCOS
10	Geetanjali Counselling Helpline	Workshop on "Psychological Healing with Creative Writing"	20.09.2019		182	To promote mental health of the students
11	Sustainable Practices Committee in collaboration with Trinjan the women wing of Kheti Virasat Mission	Exhibition of Handloom and Handicrafts from work of rural artisans of Punjab	23.09.2019		10	To encourage the livelihood of many a rural family while promoting the heritage of the State
12	Equal Opportunity Cell	A motivational lecture on character building titled 'Challenge your limits'	04.10.2019		300	To promote the holistic development of students
13	NSS Units	Lecture on Women Health and Menstrual hygiene	30.12.2019		2 teachers +100 volunteers	To highlight various health related issues faced by the women with special focus on menstrual hygiene

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
14	NSS Units in collaboration with Department of Physical Education	A Yoga Awakening Session under Fit India Campaign	18.01.2020		102	To build strength of and harmony between the mind and body.
15	NSS Units and UBA Cell	Lecture on Health and Hygiene in Village Badheri	20.1.2020		1 Teacher +15 volunteers	To generate awareness among people about the importance of personal hygiene
16	Women Development Cell	Screened the Academy Award winning movie, 'Erin Brockovich' for the students	22.01.2020		166	To motivate the students to subvert gender stereotypes and help them realize the power of determination to make a positive change in the society.
17	NSS Units in collaboration with Women Development Cell	Poster making competition - Celebration of National Girl Child Day	24.01.2020		3 Teachers + 35 volunteers	To promote Girl Child Education
18	Swachhta Committee (Commerce)	Importance of Menstrual Hygiene: Myths and Truths	06.02.2020		4 teachers + 300 students	To sensitize the students about the importance of menstrual hygiene and also shed light on the myths associated with menstruation.
19	Geetanjali Counselling Helpline	Panel Discussion on the theme 'Psychosocial and Legal Perspectives of Child Abuse'.	19.02.2020		180	To sensitize and empower college students by creating awareness regarding sexual assault within families and its prevention.
20	Women Development cell	A drive on "Pad Collection for Donation"	25.02.2020	05.03.2020	24	To mark the International Women's Day - collect sanitary pads and distribute them to the needy women.

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
21	NSS Units and Medical Committee in collaboration with Indian Dental Association (IDA), Chandigarh State Branch and International College of Dentists	International Women's Day Celebration	07.03.2020		10 Teachers + 30-40 volunteers	To generate awareness about the rights of women
22	NSS Units	Online Slogan Writing Competition on 'Paushtik Aahaar' as part of POSHAN Pakhwada - 2020	20.03.2020		2 teachers + 17 volunteers	To spread the importance of Paushtik Aahaar (wholesome meal with diet diversity) and mobilize communities during the Poshan Pakhwada
23	NSS Units	A Webinar titled 'Envisaging a Physically and Emotionally Safe Environment for Children Coupled with Proper Hygiene: A Crucial Step during Lockdown and Beyond'	22.04.2020		2 teachers + 58 volunteers	To lay emphasis on the importance of physically and emotionally safe environment for children coupled with proper hygiene
24	Mehr Chand Mahajan DAV College for Women, Chandigarh	Geetanjali Student Forum was launched on the theme "Mental Health during COVID-19" as a part of Student Support	30.04.2020	31.12.2020	500	To promote mental health of the students amidst COVID-19 pandemic

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
		Services. The helpline is functioning 24 X 7 till date				
25	NSS Units and Geetanjali Counselling Helpline	Mental Health and Emotional Wellness During COVID-19: Coping with Anxiety and Depression	11.05.2020		2+40	To promote psychoeducation on vulnerability to various mental health disorders arising during the pandemic and Management of negative emotions and effective coping strategies for controlling anxiety and depression

During the **Session 2019-20**, Mehr Chand Mahajan DAV College for Women, Chandigarh has organized several programmes related to Gender Equity with an aim to escalate the level of awareness and appropriate practices amongst the students as well as staff about the subsequent areas:

- ✓ With aim to raise awareness and enable participants to consider the importance of physical, mental and social health, an **Interactive session on 'Healthy Living: The Role of Hygiene Management Techniques'** was organized by the



Swachhta committee (commerce) on 08.08.2019. The session was conducted by Dr. Jaspreet Ahluwalia, regional training head (North & East zone), Fortis Health Care Ltd, Mohali.

एमसीएम में स्वच्छता प्रबंधन एवं पौधे-वितरण पर सत्र आयोजित

चंडीगढ़, 13 अगस्त (राकेश): मेहरचंद महाजन डीएवी कॉलेज फॉर वूमैन चंडीगढ़ की स्वच्छता कमेटी ने स्वस्थ जीवन शैली, स्वच्छता-प्रबंधन तकनीकों की भूमिका पर एक बातचीत सत्र आयोजित किया। जिसका संचालन फोर्टिस हेल्थ केयर लिमिटेड, मोहाली के रीजनल ट्रेनिंग हेड डा. जसप्रीत आहलूवालिया ने किया। शारीरिक, मानसिक और सामाजिक स्वास्थ्य की महऽ पर प्रकाश डालते हुए उन्होंने व्यक्तिगत स्वच्छता के तरीकों से छात्राओं को अवगत कराया। मानसून के मौसम में स्वच्छता पर विशेष

ध्यान देते हुए उन्होंने छात्राओं को निरंतर पानी पीते रहने और घर पर बने भोजन को ही ग्रहण करने की सलाह दी। हाथ की सफाई और 20 सैकेंड तक हाथ धोते रहने के नियम का भी कड़ाई से पालन करने की सलाह दी। साथ ही साथ कॉलेज के एनवायरनमेंट कमेटी ने एक अभियान के तहत पौधारोपण के द्वारा पर्यावरण संरक्षित करने का संदेश दिया। फैकल्टी सदस्यों एवं छात्राओं को औषधीय गुणों वाले पौधों को वितरित किया गया जैसे स्टीविया, कल्मेघ, तुलसी, अकरकरा, ब्राह्मी, इलायची आदि।

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

- ✓ On 13.08.2019, the **Women Development Cell** of Mehr Chand Mahajan DAV College for Women, in collaboration with the college's **Unnat Bharat Abhiyan Committee** organized an **interactive session on 'Identifying and preventing signs of**



child abuse' at village Attawa, Chandigarh. This highly informative session for the unprivileged children was conducted by the faculty of the college - Mrs. Vandana Syal, Convener, Women Development Cell and Mrs. Navdeep Kaur, Village Incharge -Attawa, Unnat Bharat Abhiyan. During the session, the faculty sensitized the children about what amounts to child abuse, its forms including exploitation, physical, sexual and emotional abuse, and the ways to prevent it. With the help of an educative video, the children were taught about good and bad touch.

बाल शोषण की रोकथाम के तरीकों से अवगत कराया

चंडीगढ़, 21 अगस्त (पठानिया) : चंडीगढ़ के गांव अटावा में बाल शोषण की रोकथाम पर एक बातचीत सत्र आयोजित किया गया। बिना पढ़े-लिखे बच्चों के लिए यह अत्यधिक जानकारीपूर्ण सत्र एमसीएम कॉलेज के शिक्षकों द्वारा आयोजित किया गया। कॉलेज के वीमेन डेवलपमेंट सेल की कोर्डिनेटर वंदना स्याल, नवदीप कौर ने सत्र के दौरान बाल दुर्व्यवहार, शारीरिक एवं यौन शोषण और भावनात्मक दुर्व्यवहार की रोकथाम के तरीकों से प्रतिभागियों को अवगत कराया। एक शिक्षाप्रद वीडियो की मदद से बच्चों को अच्छे और बुरे स्पर्श के बारे में बताया गया। कॉलेज प्रिंसिपल डॉ निशा भार्गव ने कहा कि यह एक प्रशंसनीय पहल है क्योंकि बढ़ती घटनाओं के कारण बालशोषण बड़ी चिंता का विषय बन रहा है, जिसके गंभीर परिणाम हैं।

Link to the activity include:

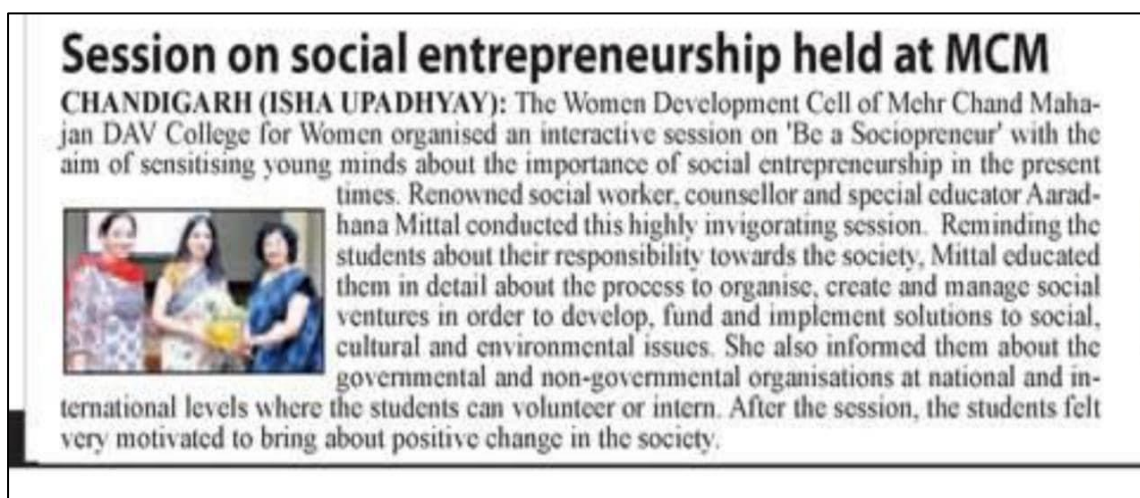
<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/659382981194625/?type=3>

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

Women Development Cell of Mehr Chand Mahajan DAV College for Women organized an **interactive session on 'Be a Sociopreneur'** on 24.09.2019 with the aim of sensitizing young minds about the importance of social entrepreneurship in the present times. Renowned social worker, counsellor and special educator Ms. Aaradhana Mittal conducted this highly invigorating session.

Link to the activity include:

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/66500704729888/?type=3>



- ✓ **Medical committee** took an initiative to arrange a **monthly gynae OPD** from 9.00 A.M to 2.00 P.M in the college due to rising complaints of gynae problems amongst the students and the staff members. Many students and staff (approx. 250) availed the benefit on 29.08.2019 from a senior gynecologist, Dr. Gambhir from Paras hospital, Panchkula.



- ✓ **Rotaract Club** in collaboration with **Spinal Rehab Chandigarh** organized a **Spinal Cord Awareness Rally** on 05.09.2019 under Deendayal Disabled Rehabilitation Scheme in Sector 17, Chandigarh as a step towards empowering lives of people with spinal cord and brain injuries.

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

- ✓ To sensitize the public about the necessity of nutrition among children, NSS volunteers attended a State Level **Poshan Maah** Function at Tagore Theatre, Sector 18, Chandigarh on 06.09.2019.



- ✓ With an aim to make public aware about the negative impacts of junk food and spread awareness and informed knowledge about various health problems, **NSS Units in collaboration with UBA Cell of the**



college organized a lecture on Health, Hygiene and Wellness at the Village Kajheri, Chandigarh on 11.09.2019.

- ✓ NSS and UBA volunteers successfully conducted an **awareness lecture and movie screening in Government Primary School, Village Buterla Chandigarh on 18.09.2019.** The volunteers grasped the attention of primary class students by showing them



various clips and short films on **POSHAN Abhiyan**. They covered various topics such as five elements of Poshan: First 1000 days, Breast feeding, Anaemia, Diarrhoea, Health and nutrition.

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

- ✓ A lecture on polycystic ovarian syndrome by a senior doctor, Dr. Gambhir from Paras hospital, Panchkula was organized by Medical committee of the college on 19.09.19 in the zoology lab. The lecture was



attended by approximately 70 students along with three faculty members. The reasons for the prevalence of the symptoms of the said disorder were discussed and all reached to a conclusion that active lifestyle and change in dietary habits can help in prevention of the disorder.

- ✓ On 20.09.2020, Geetanjali Counselling Helpline organized a Workshop on “Psychological Healing with Creative Writing” where Ms Suditi Jindal, CEO of Philyra Training and Consultancy was the keynote speaker who emphasized that healing can take place through creative writing as ones’

एमसीएम में रचनात्मक लेखन से मानसिक स्वच्छता तथा हैप्पीनेस पर प्रशिक्षण कार्यक्रम



एमसीएम डीएवी कॉलेज में प्रशिक्षण कार्यक्रम में छात्राओं के साथ प्रिंसिपल।

चंडीगढ़, 12 अक्टूबर (राजेश) : फिलियरा ट्रेनिंग की संस्थापक और माध्यम व्यक्तिगत विकास की प्रक्रिया पर कॉलेज फॉर वूमैन के साइकोलॉजी मेहर चंद महानन डीएवी कॉलेज फॉर सोईओ डॉ. सुदीति जिंदल ने किया। इस प्रकाश डाला। विभाग की महायक प्रो. डा. आकाशा वूमैन की गीतांजलि हैल्पलाइन ने डा. कार्यशाला में रचनात्मक लेखन के एक अन्य कार्यक्रम में कॉलेज की त्रिपाठी ने किया। कॉलेज की प्रिंसिपल नितारा खैहरा के नेतृत्व में मानसिक माध्यम से मानसिक स्वास्थ्य स्वच्छता छात्राओं को स्वस्थ एवं सुखी जीवन की डॉ.निशा भार्गव ने खुलहाल जीवन के स्वास्थ्य स्वच्छता के लिए तथा कम्प्यूनिक्शन स्क्रिप्स के सुधर पर कला कौशल हेतु एक चालीस घंटों का लिए किए गए इन प्रयासों की सराहना साइकोलॉजिकल हीलिंग विद क्रिएटिव व्रटिंग नामक एक कार्यशाला का डॉ. जिंदल ने रचनात्मक लेखन के एक हैप्पीनेस प्रशिक्षण कार्यक्रम शाम में करते हुए कहा कि एमसीएम का हर प्रकार से अपनी छात्राओं के विकास के आयोजन किया, जिसका संचालन विभिन्न घटकों तथा 1सप्टेंबर से 10 सप्टेंबर तक का संचालन एमसीएम डीएवी के कार्यक्रम का संचालन एमसीएम डीएवी के लिए प्रतिबद्ध है।

emotions are channelized. **Link to the activity include:**

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/694565077676415/?type=3>

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



- ✓ On 23.09.2019, the **Sustainable Practices Committee**, brought to the premises of college, the work of rural artisans of Panjab - handicrafts as well as handloom (Punjabi Heritage). Organized in collaboration with Trinjan, the women wing of **KHETI VIRASAT MISSION**, the endeavor was a step to encourage the livelihood of many a rural family while promoting the heritage of the State.

- ✓ **Equal Opportunity Cell** of Mehr Chand Mahajan DAV College for Women organized a **motivational lecture on character building** titled **'Challenge your limits'** on 04.10.2019. Spiritual teacher and motivational speaker Hita Ambrish



conducted this inspiring lecture that witnessed enthusiastic participation of staff and students.

Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/696287957504127/?type=3>

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

- ✓ On 30.12.2019, **NSS units** organized a lecture on **Women Health and Menstrual hygiene** with objective to highlight various health related issues faced by the women with special focus on menstrual hygiene and eradicate social taboos and myths regarding menstruation.



- ✓ **NSS Units in collaboration with UBA Cell** of the College conducted an **awareness session on maintenance of personal hygiene at Government Model School, Sector 41-D, Village Badheri** on 20.01.2020 that aimed at demonstrating the importance of maintaining good personal hygiene



and illustrate the importance of comprehensive cleaning for maintaining a good health and a better personality in the society and, identify any misconception among the attendees regarding the maintenance of personal hygiene.

- ✓ **Women Development Cell** held the **screening of Academy Award winning movie- Erin Brockovich for the students** on 22.01.2020. The screening of the movie- an inspiring tale of a single woman's courage and strength in working for a larger cause, aimed to motivate the students to subvert gender stereotypes and help them realize the power of determination to make a positive change in the society. The movie was followed by an engaging critical discussion.



- ✓ **NSS Units and Physical Education Department** of Mehr Chand Mahajan DAV College for Women organized a **yoga awakening session under the FIT India Campaign of Government of India** on 18.01.2020. Around 100 students of the college including NSS volunteers participated in the programme, which aimed to build strength of and harmony between the mind and body.

Yoga session under fit India campaign held at MCM



ISHA UPADHYAY
CHANDIGARH, JAN 20

As a part of the Fit India Campaign, the NSS unit and Physical Education Department of Mehr Chand Mahajan DAV College for Women organized a yoga awakening session for the students.

Around 100 students of the college including NSS volunteers participated in the programme, which aimed to build strength of and harmony between the mind and body. During the programme, Dr. Anju Lata, Head, Department of Physi-

cal Education, MCM DAV, Dr. Veena, Assistant Professor, Department of Physical Education, MCM DAV and their team made students aware about the benefits of yoga in daily life.

The session started with warm-up exercises which were followed by introduction to different asanas including suryanamaskar, tadasana, trikonasana, gomukhasana, etc. The students were explained the techniques and benefits of each asana in detail. The session concluded with meditation.

- ✓ In an attempt to promote the girl child education, the **NSS Units** of the College in association with **Women Development Cell** organized a **Poster Making Competition on the theme “Beti Bachao Beti Padhao”** on 24.01.2020 in the Gymnasium Hall at

डीएवी कॉलेज फॉर वुमेन प्रतियोगिता पोस्टर मेकिंग राजिता कौशल ने मारी बाजी

अर्थ प्रकाश संवाददाता

चंडीगढ़। राष्ट्रीय बालिका दिवस के उपलक्ष्य में सेक्टर-36 स्थित मेहर चंद महाजन डीएवी कॉलेज फॉर वुमेन के वीमेन डेवलपमेंट सेल तथा एनएसएस यूनिट ने बेटी बचाओ, बेटी पढ़ाओ विषय पर पोस्टर मेकिंग प्रतियोगिता का आयोजन किया गया। प्रतियोगिता में पैंतीस छात्राओं ने उत्साह पूर्वक भाग लेकर अपने विचारों को रचनात्मक ढंग से पोस्टर पर प्रस्तुत किया। इस प्रतियोगिता में बीए तृतीय की राजिता कौशल ने प्रथम पुरस्कार जीता जबकि बीए प्रथम की हरनूर कौर बेदी और बीए द्वितीय की निष्ठा बेरी ने क्रमशः दूसरा और तीसरा स्थान प्राप्त किया। मुस्कान उभी, कृतिका अरोड़ा, सोम्या, भूमिका, आर्चिभा सिंह को सांत्वना पुरस्कार मिला। एक अन्य कार्यक्रम में वीमेन डेवलपमेंट सेल ने



कॉलेज की छात्राओं को अकादमी पुरस्कार विजेता फिल्म- एरिन ब्राकोविच की स्क्रीनिंग का आयोजन किया। यह फिल्म एक अकेली महिला के साहस की एक प्रेरक कहानी है, जिसका उद्देश्य छात्राओं को रुढ़ियों एवं भ्रातियों से बाहर निकलने के लिए प्रेरित करना और उन्हें समाज में सकारात्मक बदलाव लाने के लिए दृढ़ संकल्प की शक्ति का एहसास कराने में मदद करना था। फिल्म की स्क्रीनिंग के बाद इस पर

एक बातचीत सत्र का भी आयोजन किया गया।

वीमेन डेवलपमेंट सेल एवं एनएसएस यूनिट्स के सराहनीय प्रयासों के लिए प्रशंसा व्यक्त करते हुए कॉलेज की प्रिंसिपल डॉ निशा भांव ने कहा कि इस तरह के कार्यक्रमों के आयोजन का उद्देश्य कॉलेज की छात्राओं को स्वयं की क्षमता का एहसास कराने एवं उन्हें अच्छे काम करने के लिए प्रेरित करना है।

9:30 a.m. where students expressed their ideas on paper through paints and colors.

Link to the activity include:

<https://www.facebook.com/MCMDAVCW/posts/783191512147104>

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

- ✓ **Swachhta Committee (Commerce)** of the college organized a lecture on **Menstrual Hygiene** by **Dr. Jaspreet Kaur, Gynaecologist and Laproscopic Surgeon, Bedi Hospital, Chandigarh** on 06.02.2020. Dr. Kaur sensitized the students about the importance of menstrual hygiene and also shed light on the myths associated



with menstruation. She also apprised the students of the various diseases like cervical cancer and ovarian cancer that can result from poor menstrual hygiene. The queries of the students were suitably answered by the expert. **Link to the activity include:** <https://youtu.be/sJ8DjnJgYgo>

- ✓ **Women Development Cell** organized a drive on **“Pad Collection for Donation”** on **25.02.2020** and **26.02.2020** within the college campus near the Celebration Ground with an aim to collect sanitary pads and distribute them to the needy women.



- ✓ **Women Development Cell, Mehr Chand Mahajan DAV College for Women, Chandigarh** conducted a **drive on “Sanitary Pads Distribution”** for the class IV women employees of the college to mark **International Women’s Day Celebrations** on 05.03.2020.



<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/809662109500044/?type=3>

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

- ✓ To promote the mental health of students amidst COVID-19 pandemic, **Geetanjali Student Forum** was launched on the theme “Mental Health during COVID-19” as a part of Student Support Services on 30.04.2020 The helpline is functioning 24 X 7 till date.



Link to the activity include:

<https://twitter.com/MCMDAVCW/status/1267065797387657217?s=19>

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

In an event to mark **International Women's Day** (07.03.2020), the **NSS Units and Medical Committee** of the College celebrated the indomitable spirit of womanhood. Organized in association with Indian Dental Association (IDA), Chandigarh State Branch and International College of Dentists, the event was graced by noted alumna of the College Prof. Nishtha Jaswal, Vice Chancellor, Himachal Pradesh National Law University, Shimla as the Chief Guest. In addition, Swyam Team of Chandigarh Police demonstrated different self-defence techniques and urged the volunteers to adopt fitness regime as part of their lifestyle. **Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/810580379408217/?type=3>



एमसीएम में अंतर्राष्ट्रीय महिला दिवस का आयोजन महिलाओं का शिक्षित होना आवश्यक : प्रो. गोयल

चंडीगढ़, 7 मार्च (रणजीत सिंह) : मेहर चंद महाजन डीएवी कॉलेज फॉर वुमन की मेडिकल कमेटी और एनएसएस यूनिट्स ने अंतर्राष्ट्रीय महिला दिवस का आयोजन किया। इंडियन डेंटल एसोसिएशन (आईडीए), चंडीगढ़ स्टेट ब्रांच और इंटरनेशनल कॉलेज ऑफ डेंटिस्ट्स के सहयोग से आयोजित इस कार्यक्रम में एमसीएम की पूर्व छात्रा तथा हिमाचल प्रदेश नेशनल लॉ यूनिवर्सिटी शिमला की वाईस चांसलर प्रो. निष्ठा जसवाल बतौर मुख्य अतिथि तथा प्रो. आशिमा गोयल, डिपार्टमेंट ऑफ़ पेडोडोंटिक्स एंड प्रिवेंटिव डेंटिस्ट्री, पीजीआई, चंडीगढ़ बतौर विशिष्ट अतिथि उपस्थित थीं। इंडियन डेंटल एसोसिएशन (आईडीए), चंडीगढ़ राज्य शाखा के निदेशक डा. आरपी गुप्ता विशेष अतिथि के रूप में सुशोभित थे। प्रो. निष्ठा जसवाल ने कहा कि महिलाएं सशक्त पैदा होती हैं, यह समाज में महिलाओं के प्रति हीन मानसिकता ही उनपर अन्याय और लैंगिक भेदभाव का असली कारण है। प्रो. जसवाल ने कहा कि अब समय बदल रहा है एवं अधिक से अधिक महिलाओं बाहर निकल कर कई क्षेत्रों में नाम कमा रही हैं, लेकिन अभी भी जहां तक एक समानतापूर्ण समाज का संबंध है, एक लंबा रास्ता तय करना है। इस अवसर पर आशिमा गोयल ने कहा कि शिक्षा सशक्तिकरण में महत्वपूर्ण भूमिका अदा करती है इसलिए महिलाओं को शिक्षित करना अतिआवश्यक है। डा. आरपी गुप्ता ने अपने सम्बोधन में उन महिलाओं की शक्ति को सलाम किया, जिन्होंने लैंगिक असमानता को सहन किया एवं समानता के लिए संघर्ष किया। चंडीगढ़ पुलिस की स्वयं टीम द्वारा आत्मरक्षा पर एक नाटक ने विभिन्न स्थितियों में आत्म सुरक्षा तकनीकों का प्रभावी ढंग से प्रदर्शन किया। महिलाओं पर आधारित एक दिलचस्प प्रश्नोत्तरी में भी उत्साही भागीदारी देखी गई। कॉलेज के वरिष्ठ संकाय सदस्य जिन्होंने अपने जीवन के सुनहरे वर्ष छात्राओं को सशक्त बनाने में दिए उन्हें इस अवसर पर सम्मानित किया गया। कॉलेज की प्रिंसिपल डा. निशा भार्गव ने महिलाओं को शिक्षित करने के महत्व पर जोर देते हुए कहा कि जब एक महिला शिक्षित होती है, तो हम एक पूरे परिवार को शिक्षित करते हैं।

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

- ✓ On 20.03.2020, NSS Units of the College organized an **Online Slogan Writing Competition on 'Paushtik Aahaar'**, under the able leadership of our worthy Principal Dr. Nisha Bhargava and supervision of NSS programme officers – Ms. Pallvi Rani and Dr. Purnima Bhandari where Participants expressed their views and thoughts about 'Paushtik Aahaar' through their unique slogans.

Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/840678496398405/?type=3>



- ✓ On 22.04.2020, a webinar titled '**Envisaging A Physically and Emotionally Safe Environment for Children Coupled with Proper Hygiene: A Crucial Step During Lockdown and Beyond**' was organized by NSS Units of the college with an aim to create awareness about Child Sexual Abuse and Protection of Children from Sexual Offences (POCSO) ACT as a part of The Rakshin Project in association with Sakshi NGO, where Mr Swarnim Sen, Leading Trainer of the project guided and informed the volunteers about the Child Sexual Abuse and its impact in our society. **Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/845572415909013/?type=3>

एमसीएम में ऑनलाइन स्लोगन प्रतियोगिता.. पारुल वासी रहीं अब्बल

संवाद न्यूज एजेंसी

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज फॉर वूमन ने शुक्रवार को एनएसएस इकाइयों और एक भारत श्रेष्ठ भारत समिति के तत्वावधान में ऑनलाइन प्रतियोगिताओं का आयोजन किया।

केंद्र सरकार के महिला एवं बाल विकास मंत्रालय के कार्यक्रम पोशन पखवाड़ा को लेकर कॉलेज की एनएसएस इकाइयों ने पौष्टिक आहार पर ऑनलाइन स्लोगन राइटिंग प्रतियोगिता का आयोजन किया। इसमें पारुल पासी ने प्रथम, अनुषा बंसल ने दूसरा और तान्या व सोनालिका को संयुक्त रूप से तृतीय स्थान हासिल किया।

मानव संसाधन विकास मंत्रालय के एक भारत श्रेष्ठ भारत अभियान के तत्वावधान में कॉलेज ने राष्ट्रीय सद्भाव और एकीकरण को बढ़ावा देने के उद्देश्य से द कल्चरल एस्पेक्ट्स ऑफ दादरा और नगर हवेली पर ऑनलाइन पावर पॉइंट प्रेजेंटेशन प्रतियोगिता भी आयोजित की। प्रतिभागियों ने अपनी प्रस्तुति में दादरा और नगर हवेली के व्यंजनों, परिधानों, संगीत जैसे विविध सांस्कृतिक पहलुओं को जीवंत प्रस्तुत किया।

इस प्रतियोगिता में तनवीर कौर को पहला, सुरभि सिंह को दूसरा और अनुषा बंसल व दक्षिणा दत्ता को संयुक्त रूप से तृतीय स्थान मिला। दोनों प्रतियोगिताओं के विजेताओं को ई-प्रमाण पत्र जारी किए गए। प्रिंसिपल डॉ. निशा भागव ने कहा कि ऑनलाइन प्रतियोगिताएं छात्राओं को सामाजिक दूरी का पालन करते हुए ज्ञान प्रदान करने का अच्छा तरीका है।

ऑनलाइन वेबिनार में भाग लेते हुए छात्रा | - अमर उज्ज्वल

एमसीएम डीएवी कॉलेज में बाल यौन शोषण पर वेबिनार

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज फॉर वूमन ने शुक्रवार को वेबिनार का ऑनलाइन आयोजन किया गया। इसका विषय 'शारीरिक और भावनात्मक रूप से सुरक्षित वातावरण को परिकल्पना : लॉकडाउन के दौरान तथा भविष्य के लिए एक मालवपूर्ण कदम' था। वेबिनार में कॉलेज के एनएसएस कार्यक्रम अधिकारियों के साथ लगभग 60 एनएसएस स्वयंसेवकों ने भाग लिया।

कोविड -19 संकट के दौरान उठाए जाने वाले निवारक उपायों के बारे में स्वयंसेवकों को जागरूक करने के उद्देश्य से संगठित और बाल यौन शोषण के सक्रिय रोकथामकर्ता बनने में स्वयंसेवकों को सशक्त बनाने के लिए सशरी एनजीओ के सहयोग से आयोजित यह वेबिनार रक्षिन प्रोजेक्ट का एक हिस्सा था। रक्षिन प्रोजेक्ट के लीडिंग ट्रेनर स्वर्णिम सेन ने समाज में व्याप्त बाल यौन शोषण के बारे में स्वयंसेवकों को अवगत कराया और इसकी रोकथाम के लिए रक्षिन की भूमिका के बारे में बताया। बच्चों के यौन शोषण से संबंधित मामलों के बारे में स्वयंसेवकों को सूचित किया गया। इसके साथ ही पोस्को अधिनियम 2012 के तहत जिन कार्यों को दुर्लभकार माना गया है उसके बारे में जानकारी दी गई।

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

- ✓ The **Geetanjali Counselling Helpline** of Mehr Chand Mahajan DAV College for Women organized a **Panel Discussion on the theme 'Psychosocial and Legal Perspectives of Child Abuse'** on 19.02.2020. The main objective of the panel discussion was to sensitize and empower college students by creating awareness regarding sexual assault within families and its prevention. The event was attended by a humongous strength of 183 students.



एमसीएम में बाल शोषण पर पैनल चर्चा 'पीड़िताओं को चुपचाप सहने को किया जाता है विवश'



चंडीगढ़ में सोमवार को पैनल चर्चा के लिए पहुंची एडवोकेट मधु पी सिंह का स्वागत करती प्रिंसिपल डॉ. निशा भार्गवा।-दैनिक ट्रिब्यून

चंडीगढ़, 24 फरवरी (ट्रिब्यून)

मेहरचंद महाजन डीएवी कॉलेज फॉर वूमन की गीतांजलि हेल्पलाइन कमेटी ने 'साइकोसोशल एंड लीगल पर्सपेक्टिव्स ऑफ चाइल्ड एब्यूज' विषय पर एक पैनल डिस्कशन का आयोजन किया।

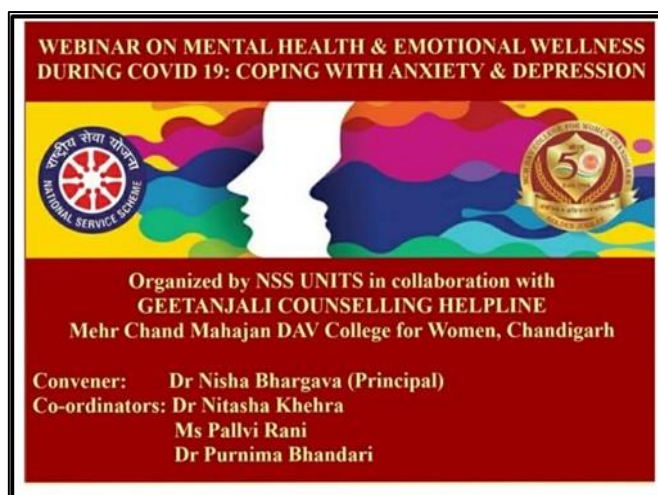
पैनल चर्चा का मुख्य उद्देश्य घरेलू यौन शोषण एवं इसकी रोकथाम के बारे में प्रतिभागियों को जागरूक करना था। इस आयोजन में 183 छात्राओं ने भाग लिया गया था। इस

पैनल डिस्कशन में में डॉ. सिम्मी वडैच, कंसल्टेंट मनोचिकित्सक, फोर्टिस हॉस्पिटल मोहाली, सुप्रीत धीमान, निदेशक (प्रोजेक्ट्स एंड रिसर्च) एंड इंसेप्ट ट्रस्ट और मधु पी सिंह, एडवोकेट पंजाब एंड हरियाणा हाईकोर्ट बतौर विशेषज्ञ उपस्थित थे। अपने सम्बोधन में मधु पी सिंह ने कहा कि यौन शोषण पीड़िताओं को घरों में ही मुंह बंद रख, चुपचाप सहने को विवश किया जाता है ताकि समाज में उनकी इज्जत बनी रहे।

- <https://www.facebook.com/MCMD AVCW/photos/a.239819746484286/802598883539700/?type=3>
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7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ On 11.05.2020, a webinar titled “Mental Health and Emotional Wellness during COVID-19: Coping with Anxiety and Depression” was organized by the NSS Units in collaboration with the Geetanjali Counselling Helpline of Mehr Chand Mahajan DAV College for Women, Chandigarh.



छात्राओं को बताया गया कैसे रहें तनाव से दूर

जासं, चंडीगढ़ : एमसीएम डीएवी कॉलेज फॉर वुमेन-36 में वीरवार को मेंटल हेल्थ एंड इमोशनल वेलनेस इन द कोविड-19 पेंडेमिक शीर्षक पर छात्राओं को जानकारी दी गई। कॉलेज के पोस्ट ग्रेजुएट डिपार्टमेंट ऑफ साइकोलॉजी की असिस्टेंट प्रोफेसर डॉ. नताशा खेहरा ने इस वेबिनार का संचालन किया। इसमें 40 से अधिक एनएसएस स्वयंसेवकों ने भाग लिया। छात्राओं को बताया गया कि सकारात्मक मानसिक स्वास्थ्य और भावनात्मक कल्याण बनाए रखने के लिए मस्तिष्क को संतुलित करने के लिए अच्छी नींद, शारीरिक व्यायाम, पौष्टिक भोजन, सकारात्मक सोच जरूरी हैं। सहायक प्रोफेसर



एमसीएम डीएवी कॉलेज में वेबिनार में हिस्सा लेती हुई छात्राएं • कॉलेज

डॉ. आकांक्षा त्रिपाठी ने छात्राओं को माइंडफुलनेस के बारे में जानकारी दी। छात्राओं को भ्रम, बेचैनी, भविष्य की चिंता, सामाजिक और अलगाव की विशेषता के इस कठिन समय के दौरान माइंडफुलनेस जैसी महत्वपूर्ण तकनीक से अभ्यस्त होने पर जोर दिया।

Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/861473007652287/?type=3>

**List of activities/initiatives taken by Mehr Chand Mahajan DAV
College for Women; Chandigarh in Session 2018-19 are as follows:**

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
1	Mehr Chand Mahajan DAV College for Women in collaboration with Istri Arya Samaj	A Stitching Course at Arya Mahila Shiksha Sansthan, Arya Samaj Mandir, Sector 16 D, Chandigarh.	09.07.2018	30.06.2019	20	To promote self-reliance in women through skill development
2	Department of Sociology	Proactive Self Defence Training Programme	06.08.2018	16.11.2018	1500	To equip students with self-defence skills that enable them to respond effectively to potentially safety threatening situations.
3	Women Development Cell and Department of Sociology	A workshop on 'Empowering Women through Cybercrime Awareness'	28.08.2018		100	To spread awareness among women about their nutritional diet.
4	NSS Units in collaboration with Women Development Cell	An awareness session on 'Nutritional Needs and Health' at Badheri village.	01.09.2018		11	To provide information to women regarding the importance of nutrition for good health and a better living
5	Mehr Chand Mahajan DAV College for Women, Chandigarh	A National Symposium on 'Redefining the Gender Narrative - Women as Agents of Social	04.09.2018		750	To celebrate the spirit of womanhood through sharing of stimulating stories of women of substance who, unswerving in the face of adversity,

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

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
						discrimination, injustice and resistance, inspire other women with their unparalleled courage, determination, endurance and resilience
6	Women Development Cell	A Lecture on the topic 'Glass Ceiling'	06.02.2019		200	To empower the students with requisite knowledge to overcome the socially constructed barriers that lead to inequality in the society
7	Women Development Cell	A Workshop on 'Sanitary Pad Making'	22.02.2019		40	To make environment friendly sanitary pads
8	Women Development Cell	Portrait making competition on the topic 'Indian Woman Icon'	28.02.2019		19	To mark International Women's Day
9	Women Development Cell	A Drive on 'Pad collection for Donation'	22.02.2019		16	To mark International Women's Day
10	Women Development Cell	'A Sanitary Pad Donation' drive in slum area, sector 25, Chandigarh	08.03.2019		13	To mark International Women's Day
11	Sustainability Practices Committee	International Women's Day 'Pahal: Kucch Kadam Sustainability Ki Oar'	08.03.2019		65	To mark International Women's Day
12	NSS Units	Poshan Maah' celebrations at PGIMER, Chandigarh	28.09.2018		25	To mark the celebrations of Nutrition Week

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


Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
13	Rotaract Club	Yoga N Meditation' in Fragrance Garden, Sector 36, for residents of Chandigarh	17.11.2018		5	To promote Mental and physical health
14	Department of Philosophy and Skill Development Committee	An interactive session on Meditation the Most Important Life Skill by Swami Krishnananda Giri	05.10.2018		400	To apprise the audience with the value of meditation in attainment of a state of true bliss and inner peace.

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

During the **session 2018-19**, Mehr Chand Mahajan DAV College for Women, Chandigarh has organized several programmes related to Gender Equity with an aim to escalate the level of awareness and appropriate practices amongst the students as well as staff about the subsequent areas:

Mehr Chand Mahajan DAV College for Women in collaboration with **Istri Arya Samaj** runs a **Stitching Course** at **Arya Mahila Shiksha Sansthan, Arya Samaj Mandir, Sector 16 D, Chandigarh** (09.07.2018-30.06.2019). The course- an initiative to promote self-reliance in women through skill development, seeks to empower the underprivileged women of the

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- ❖ Learn from an expert trainer
- ❖ A certified course
- ❖ Flexible timings: 9 am - 2 pm

Dr Nisha Bhargava,
Principal,
MCMDAV College for
Women, Chandigarh

Dr Snehlata Sama,
Pradhana,
Istri Arya Samaj

society by equipping them with requisite skills to pave way for their economic independence. With a nominal fee structure and flexible timings, the course is a great opportunity for women to give wings to their dream of being a master of their own destiny. **Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/posts/487467821719476>

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

- ✓ The **Department of Sociology** organized the grand finale of its novel initiative- '**Proactive Safety Programme**' that started on 06.08.2018 -16.11.2018. Punjab Governor and Chandigarh Administrator Sh.V.P. Singh Badnore graced the event as the Chief Guest. The other dignitaries present on this occasion included Chandigarh DGP Sanjay Beniwal, Chandigarh SSP Nilambari Jagdale, Chandigarh DSP Anjitha and Chandigarh SSP (Traffic) Shashank Anand. A demonstration of **self-defense tactics** learnt during the programme by the trained students drew a thunderous applause from the audience. With the slogan- 'Empower the girls we love', the programme trained 1500 girls in self-defense techniques.



Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/506567999809458/?type=3>

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

- ✓ With the aim of raising awareness about cybercrimes and equipping students with the knowledge to handle these effectively, the **Women Development Cell** and **Sociology department** of Mehr Chand Mahajan DAV College for Women organized a lecture '**Empowering Women through Cybercrime Awareness**' on **28.08.2018**. DSP Rashmi Sharma Yadav, CCIC & IT, Chandigarh Police delivered this highly informative lecture which proved to be an eye-opener for many.



- ✓ To provide information to women regarding the importance of nutrition for good health and a better living, 50 NSS Volunteers along with two faculty members visited the adopted village Badheri on 01.09.2018. While observing “**Nutrition month**” 2018, a special lecture and awareness programme on — **Health and Nutrition Awareness**ll was organized by the NSS Unit along with the **Women Development Cell** of the College. Their basic objective was to spread awareness



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

among women about their nutritional diet. A lecture- cum-demonstration on dishing out low-cost healthy nutritious recipes was organized for rural women, Aanganwadi workers and helpers. The lecture was delivered by dietician Sonia Gandhi from Fortis Hospital, Mohali.

Reaffirming its commitment to crusade for the cause of women empowerment, Mehr Chand Mahajan DAV College for Women organized a **National Symposium on 'Redefining the Gender Narrative: Women as Agents of Social Change'** on 04.09.2018. The symposium aimed to celebrate the spirit of womanhood through sharing of stimulating stories of women of substance who,



unswerving in the face of adversity, discrimination, injustice and resistance, inspire other women with their unparalleled courage, determination, endurance and resilience. Dr.Kiran Bedi, Hon'ble Lieutenant Governor of Puducherry graced the occasion as the Chief Guest. Motivating the students with their presence were Guests of Honour Dr. Kanwal Vilku, 1st Indian woman to stay in Antarctica for 16 months, Prof. Pam Rajput, Founder-Director, Department-cum-Centre for Women's Studies and Development, Panjab University, Chandigarh, Ms. Saran Preeti, 1st Female Super Randonneur from Punjab and Ms. Prajwal Busta, Youngest Chairperson of Block Development Committee in India. **Link to the activity include:**

<https://www.facebook.com/MCMDA/CW/photos/a.230527680746826/473800096419582/?type=3>

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

- ✓ **A state-level workshop on 'Poshan Abhiyan** was organized by the Department of Social Welfare in convergence with the Line Departments as part of the **'Rashtriya Poshan Maah'**celebration at PGI, Chandigarh on 28.09.2018 where 25 NSS Volunteers along with Dr. Manjot and Dr. Rishu participated in this workshop.
- ✓ **Yoga** is an invaluable gift of mankind. On 17.11.2018, Rotaract Club of the college organized a morning yoga session in Fragrance Garden, Sector 36-A, Chandigarh. The session was conducted by Sh. Surinder Kumar Sharma.



एमसीएम में शोधपद्धति पर कार्यशाला एवं ध्यान पर व्याख्यान



चंडीगढ़ (अप्रस)। एमसीएम डीएवी कॉलेज फॉर विमेन के स्नातकोत्तर अर्थशास्त्र विभाग ने आज शोध पद्धति की मूल बातें विषय पर एक कार्यशाला आयोजित की। राष्ट्रीय उच्चतर शिक्षा अभियान (रूसा) के तहत आयोजित इस कार्यशाला का संचालन यूनिवर्सिटी बिजनेस स्कूल, पंजाब यूनिवर्सिटी के एसोसिएट प्रोफेसर डॉ. तेजिंदरपाल सिंह ने किया। इस अत्यधिक सूचनात्मक कार्यशाला के दौरान, डॉ. सिंह ने अनुसंधान पद्धति, नमूनाकरण, एसपीएसएस और डेटा प्रस्तुति का उपयोग करके डेटा विश्लेषण सहित शोध पद्धति की बारीकियों पर प्रकाश डाला। डॉ. सिंह ने प्रतिभागियों को सरलता से समझाने हेतु प्रासंगिक उदाहरणों की सहायता से अनुसंधान से संबंधित अवधारणाओं को स्पष्ट किया। इसी दिन एक अन्य कार्यक्रम में कॉलेज के दर्शनशास्त्र विभाग एवं कौशल विकास समिति ने ध्यान-सबसे महत्वपूर्ण जीवन कौशल विषय पर एक व्याख्यान तथा बातचीत सत्र आयोजित किया। इस आध्यात्मिक उत्थान हेतु व्याख्यान में स्वामी कृष्णानंद गिरि ने जीवन में योग के महत्व को रेखांकित करते हुए कहा कि ध्यान न केवल मस्तिष्क, प्राण और सांस पर नियंत्रण करने में मदद करता है बल्कि मानसिक और भावनात्मक संतुलन के साथ-साथ अंतर्ध्यान के विकास में भी मदद करता है जिससे की आंतरिक शांति और आनंद का सही अनुभव होता है।

Department of Philosophy and Skill Development Committee of the college held a lecture cum interactive session on **'Meditation-The most important life skill'** on **05.10.2019**. **Swami Krishnananda Giri** delivered this spiritually elevating lecture wherein he impressed upon the audience the value of meditation in attainment of a state of true bliss and inner peace. **Link to the activity include:**

[https://www.facebook.com/MCM-DAVCW/photos/a.239819746484286/487758941690364/?type=](https://www.facebook.com/MCM-DAVCW/photos/a.239819746484286/487758941690364/?type=3)

[3](#)

Women Development Cell of Mehr Chand Mahajan DAV College for Women organized a lecture on **'Glass Ceiling'** on 06.02.2019 with the aim of **empowering the students with requisite knowledge to overcome the socially constructed barriers that lead to inequality in the society.** Dr. Manoj Kumar, Associate Professor, Department of Sociology, PGGCG-11 delivered this thought-provoking lecture with special reference to gender bias. **Link to the activity include:**



<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/553810675085190/?type=3>

- ✓ On 22.02.2019, **Women Development Cell** conducted a **workshop on "Sanitary Pad Making"** in Home Science Lab. The resource person was Ms. Jyotsna, Associate Professor, Department of Home Science.



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

- ✓ **Women Development Cell** organized a **Portrait making competition** on the topic **“Indian Woman icon”** on 28.02.2019. 19 students took part in this competition. Lingthoingambi Haitham of BA II bagged first position, Satvika Singh of BA III got second position, Vanshika Gupta of BA I stood third and Faiqa of BA III got Consolation prize. On 8th of March the portraits of Indian Women Icons were exhibited in the college to mark International Women’s Day.

हर तरफ महिला सशक्तिकरण की बल्ले-बल्ले



महिला दिवस के अवसर पर समर्थन संस्थान के कार्यकर्ता महिलाओं को सम्मानित करते हुए। (छाया : कमलजीत सिंह)

चंडीगढ़, 8 मार्च (फाइनाल): महिला दिवस पर 4 महिलाएं सम्मानित: महिला दिवस के उपलक्ष्य में समर्थन संस्थान वैल्फेयर द्वारा अपने-अपने क्षेत्र में बेहतरीन प्रदर्शन करने वाली महिलाओं को सम्मानित किया गया। सम्मानित होने वाली महिलाओं में एक पंचायत की पहली महिला वरिष्ठ अधिकारी थीं जो कि एक अंटी चालक हैं। यह एकमात्र महिला है जो अंटी चालक अपने परिवार का पालन-पोषण कर रही है। दूसरी महिला विन्डु शर्मा है जो कि सामाजिक प्रश्नों का अग्रणी संस्कार करती हैं। वह अभी तक 61 घरों का संस्कार कर चुकी हैं। तीसरी महिला एक युवा किस्म जिस्का नाम सना मलिक है जो कि किरर समाज से होते हुए भी शिक्षा की तरफ अपना कदम बढ़ा रही हैं और चौथी महिला मोनिका है जो बच्चों और महिलाओं को मुक्त अर्ट एंड क्रफ्ट की शिक्षा प्रदान कर उन्हें रोजगार कमाने के लिए जागरूक कर रही हैं। इस मौके पर आरती राणा के अलावा मुनिन्दर गोयल, अमित शर्मा, करन शर्मा, अभिषेक शर्मा, साहिल शर्मा व गुरदीप कौर शामिल थीं।

वास्तविक सशक्तिकरण भीतर से ही आता है, हर स्त्री अपनी संभावनाओं को पहचाने : डॉ. भागीव

अंतर्राष्ट्रीय महिला दिवस पर एससीए को सस्टेनेबिलिटी प्रिंसिपल के तत्वाधान में फूल कुल कदम सस्टेनेबिलिटी की ओर कार्यक्रम आयोजित कर महिला सशक्तिकरण का संदेश दिया। यह फूल विकास में निरंतर बनाए रखने



एमसीएम कॉलेज की प्रिंसीपल नीशा भागीव कॉलेज में लगाई पेंटिंग प्रदर्शनी को देखते हुए। (छाया : कमलजीत सिंह)

और परिवार का समर्थन मिलने पर महिलाएं भी बहुत कुछ हासिल कर सकती हैं। जिन महिलाओं को सम्मानित किया गया, उनमें सुपमा मिश्रा फनी अरोगक यज्ञ विज्ञाना केण्टन ज्योति प्रकाश निराला, मोनल मिश्रा, मीरा शर्मा, अंशु यादव

श्री गुरु हरिकृष्ण स्कूल में महिला दिवस मनाया

श्री गुरु हरिकृष्ण स्कूल में महिला दिवस मनाया। कार्यक्रम में 40 से अधिक शिक्षक और 40 से अधिक छात्रों की भागीदारी हुई। कार्यक्रम में नारी दिवस मनाया गया। बैंक इंचार्ज प्रभोजोत कौर स. गुरशरण सिंह



महिला दिवस के अवसर पर कलाए सम्मान समारोह में सम्मान हासिल करने के बाद महिलाएं संयुक्त चित्र प्रियंका दी हुई। (छाया : कमलजीत सिंह)

लिए स्वयं आगे आकर मोर्चा संचालने के लिए कहा। म्यूजिक अध्यापिका पंचवती व उनकी टीम द्वारा समूह गायन प्रस्तुत किया गया। स्कूल अध्यापिका प्रीति शर्मा ने अपनी कविता पढ़ाकर श्रोताओं का मन मोह लिया।

महिला दिवस पर फैशन माहिर कुतिका ने लगाई वर्कशॉप

महिला दिवस के अवसर पर आज एलती मॉल चंडीगढ़ में फैशन एक्सपर्ट कुतिका खुराना ने एक मेकअप मास्टरक्लास का आयोजन कर महिलाओं को मेकअप लागू करने की सही तकनीकें सिखाईं। कार्यक्रम के बारे में जानकारों की। इस वर्कशॉप में शहर की लगभग 40 महिलाएं शामिल हुईं, जिन्हें इस संबंधी उपयोगी टिप्स सिखाने का मौका मिला। वर्कशॉप के समापन पर, प्रतिभागियों को पाठिका में बेमरबे लिए सही पाठ देने के टिप्स सिखाए। प्रतिभागियों व दर्शकों ने प्रश्न भी पूछे जिस्का कुतिका ने उत्तर दिया।

अंतर्राष्ट्रीय महिला दिवस के अवसर पर पी.यू. में सेमिनार

महिलाएं मानवीय संबंधों को संचालने में पूर्णों के मुकबले अधिक सशक्त होती हैं। इससे एक सभ्य समाज में जिम्मेदारों का निर्वाह बचपूरी कर सकती हैं। यह बात पंजाब विश्वविद्यालय की पूर्व डी.यू.आई प्रो. मीनाश्री मल्लिक ने हिंदी विभाग द्वारा अंतर्राष्ट्रीय महिला दिवस के अवसर पर आयोजित परिचर्चा में कहा। इस परिचर्चा का विषय 'उच्च शिक्षा में महिलाएं नेतृत्व की चुनौतियां' था। परिचर्चा में शामिल यू.आई.ई.टी. की पूर्व

द्वारा हरिकृष्ण स्कूल को प्रदान आदि कॉलेज के महिला विकास सेल ने इस उपलक्ष्य में एक कला प्रदर्शनी आयोजित की, जिसमें स्कूल भारतीय महिलाओं को रुपाकार देने वाली छात्राओं के विभिन्न चित्र प्रदर्शित किए गए। इस अवसर को और अधिक सार्थक बनाने के लिए इस सेल ने सेनेटरी नैतिकता क्लब का आयोजन भी चलाया तथा सेंक्टर-25 के दूधगोशालियों के बीच बैठे एवं शिक्षा पर आधारित नुकड़ नाटक भी खेला। कॉलेज की प्रिंसीपल डॉ. निशा भागीव ने कहा कि वास्तविक सशक्तिकरण बसतः अपने भीतर से ही आता है अतः प्रत्येक स्त्री को अपनी संभावनाओं को पहचान कर स्वयं को बेहतर बनाने के लिए प्रतिदिन जुटे रहना चाहिए।

महिला सम्मान समारोह में प्रतीतिपूर्ण महिलाओं को किया सम्मानित

अंतर्राष्ट्रीय महिला दिवस के अवसर पर शिवानंद चौबे मैमोरियल चैरिटीबल ट्रस्ट चंडीगढ़ की ओर से आज यहां सेंक्टर-47 के सामुदायिक केंद्र में महिला सम्मान समारोह का आयोजन किया गया। कार्यक्रम की मुख्यअतिथि श्री एसवी सिटी निहारिका भट्ट, आईपीएस। इस अवसर पर एसपी सिटी निहारिका भट्ट ने कहा कि समाज

- ✓ On 22.02.2019, Women Development Cell conducted a drive on **“Pad Collection for Donation”** near Celebration Ground.



- ✓ **Women Development Cell** conducted a **Sanitary Pad donation Drive** on 08.03.2019 in Slum area, Sector 25, Chandigarh to mark International Women's Day celebrations.



- ✓ Giving a new perspective to **International Women's Day celebrations** by motivating young women to utilize their potential for making this world a better place by promoting sustainability, Mehr Chand Mahajan DAV College for Women organized '**Pahal- Kucch Kadam Sustainability Ki Oar**' on 08.03.2019. Organized under the aegis of **Sustainability Practices Committee** of the college, Pahal is a unique endeavor that aims to generate awareness about sustainable development and to contribute towards creation of an ecosystem conducive for such development. The event witnessed a host



of exciting activities including quiz on the day's theme, nukkad natak essaying the stories of women working for sustainability, art walk on sustainability and stalls of handicrafts by women entrepreneurs from weaker sections of the society. **Link to the activity include:**

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/565489527250638/?type=3>

**List of activities/initiatives taken by Mehr Chand Mahajan DAV
College for Women, Chandigarh in Session 2017-18 are as follows:**

Sr. No	Name of the Committee	Title of the Practice	Durat ion from	Durat ion to	Numbe r of Partici pants	Objectives
1	Rotaract Club	Play on the theme of Beti Bachao Beti Padhao	15.08. 2017		13 board members + 3 GBM	To celebrate Independence Day
2	Women Development Cell	An interactive session on the topic "Legal Literacy: A Tool for Women Empowerment"	29.09. 2017		125	To apprise students about their legal rights
3	NSS Units and Department of Police Administration in collaboration with Swayam - A Women Self-defence Training Cell of Chandigarh Police.	Self-defence training course for students	23.10. 2017	03.11. 2017	100	To augment the physical strength as well as alertness of the participants
4.	NSS Units	A Self-defence session	03.10. 2017		100	To apprise the volunteers with self-defence techniques when facing problems like stalking, eve teasing and other crime against women.
5	NSS Units	Save the Girl Child Rally in adopted Village Badheri	03.10. 2017		100	To make the residents aware about the ill effects of female feticide and importance of girl's education.
6	Women Development Cell in association with	An interactive session was held on "Nutritional Needs and	30.10. 2017		150	To apprise about the basic women health and nutrition

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

Sr. No	Name of the Committee	Title of the Practice	Dur at ion from	Dur at ion to	Numbe r of Partici pants	Objectives
	FORTIS Hospital, Mohali.	Health of Women"				
7	Rotaract Club in collaboration with Psy-Fi.	Spandan, a talk on happiness and adjustment	18.11. 2017		5 board members + 14 GBMs	To understand the importance of happiness in life and the ways to gain it.
8	Mentorship Committee	Mentorship Programme of First- and Second-Year students	16.03. 2018		2500	To strengthen the emotional quotient of the students and to receive the feedback necessary for their constructive growth.
9	Rotaract Club	Nukkad Natak - A Street Play on the theme of Mental Health Awareness	08.04. 2018		100 board members + 8 GBMs	To promote mental health and that society should not look down on people suffering from various kinds of mental disorders
10	Legal Literacy Club	A talk on 'Legal Aspects of Women Safety' by Prof. Nishtha Jaiswal	11.04. 2018		100	To apprise the students about the various laws existing in our country that remedy the cause of women injustice and gender stereotypes

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

During the **session 2017-18**, Mehr Chand Mahajan DAV College for Women, Chandigarh has organized several programmes related to Gender Equity with an aim to escalate the level of awareness and appropriate practices amongst the students as well as staff about the subsequent areas:



- ✓ A play on the theme of 'Beti Bachao Beti Padhao' was performed by **Rotaractors** of the college on 15.08.2017 in the rotary club of Chandigarh on the account of Independence Day celebration. Through this project, rotaractors learnt that there is an increase in the awareness among the people regarding the problems faced by women. Yet we have a long way to go as even today, after 70 years of Independence, girls are being deprived of their basic right to life and education

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



- ✓ Women Development Cell organized a lecture on the topic **“Legal Literacy: A Tool for Women Empowerment”** in Multimedia Hall on **29.09.2017**. The objective of the session was to empower the women by generating awareness about the legal rights that they are entitled to. Sh. Bansi Lal Sharma, Education Secretary, Chandigarh Administration was the Chief Guest and Sh. Rakesh Kumar Popli, DHE, Chandigarh Administration was the Guest of Honor.

Interactive session on Legal Literacy held at MCM

CHANDIGARH, SEPT 29

The Women Development Cell of MCM DAV College for Women organized an interactive session on 'Legal Literacy: A tool for Women Empowerment' today. The objective of the session was to empower women by generating awareness about the legal rights that they are entitled to. Sh. B.L. Sharma, IAS, Education Secretary, Chandigarh was the Chief Guest and Sh. R.K. Popli, PCS, Director Higher Education, Chandigarh was the Guest of Honor on the occasion. The speaker for the event was Advocate Ajay Jagga.

The function began with lamp lighting symbolizing gratitude towards Almighty. In his address, Sh. B.L. Sharma cited exemplary women right from Vedic ages to contemporary times to stress upon the importance of women in each and every aspect of life, and reiterated that a society that respects women progresses. Speaking on the occasion, Sh. R.K. Popli appreciated the efforts undertaken by MCM to empower its students and faculty. Terming women as creators and architects of society, Advocate Ajay Jagga said that it is an irony that even highly educated women are not aware about their legal rights. Sensitizing the participants about their legal rights, he said that a woman with a voice is a strong woman and it is the knowledge about one's legal rights that will make her voice stronger.

Informing the audience of the initiatives like self defense training, sensitization programmes, etc. being undertaken by MCM to empower its students, Principal Dr. Nisha Bhargava said women are naturally endowed with the power to endure, they just need to realize their potential as empowerment comes from within.



Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/305892933210300/?type=3>

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

- ✓ On **03.10.2017**, a **self-defense session** was conducted by Lady Constable Ranjana Devi and Lady Constable Sonia during **Seven Day NSS Special Camp** where 100 NSS volunteers participated enthusiastically. They gave detailed instructions about



how to protect themselves when facing problems like stalking, eve teasing and other crime against women. They also inspired the girl volunteers to be aware about their rights and duties.



- ✓ On 03.10.2017, **NSS Units of the college organized a rally on the theme on 'Beti Bachao, Beti Padhao'** in their adopted village Badheri, Chandigarh where 100 volunteers participated. Rally was organized to make the residents aware about the ill effects of female feticide and importance of girl's education.

- ✓ The **NSS Units and the faculty of Police Administration** organized a 10-day Self-Defence Training course from 20 November 2017 in collaboration with Swayam - Women Self-Defence Training Cell of Chandigarh Police (Women Cell) in which a combination of activities like drill and karate were taught to the volunteers. Focussing on augmenting the physical strength as well as alertness of the participants, the training session received an enthusiastic response from more than 100 students.

Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/324684334664493/?type=3>

- ✓ **Women Development Cell** organized an interactive session on the topic “**Nutritional needs and Health for Women**” in association with FORTIS Hospital, Mohali on 30.10.2017 in Multimedia Hall where staff and students of the college were apprised about the



basic women health and nutrition by Dt. Sonia Gandhi, Head, Department of Clinical Nutrition and Dietetics, Fortis Hospital, Mohali. Mrs. Meena Batta, Marketing Manager, FORTIS, Mohali, also joined the gathering in this discussion.

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

- ✓ With an aim to understand the **importance of happiness in life** and the ways to gain it, **Rotaract Club of the college organized a talk entitled - Spandan** on 18.11.2017 where Rotaractors learned about how one should adjust herself to varying levels of difficulties in life.



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

- ✓ **Nukkad Natak** - A Street Play was performed by the rotaractors on the theme of **Mental Health Awareness** on 08.04.2018 with an aim to promote mental health and that society should not look down on people suffering from various kinds of mental disorders. By the end of the event, people were well aware about the consequences of suffering from a mental illness and its impact on not just them but



everybody around them. This project was counted among the 100 projects that were carried out by the district to celebrate 50 years of Rotaract.

- ✓ A talk on '**Legal Aspects of Women Safety**' by **Prof. Nishtha Jaiswal** (Professor of Law and former chairperson UIILS), was organized by the Club on **11.04.2018**. The session was highly invigorating as it touched upon various vital issues of women safety



confronting the world in the contemporary scenario. The students were enlightened about the various laws existing in our country that remedy the cause of women injustice and gender stereotypes, like the Protection of Women from Domestic Violence Act (2005), Medical Termination of Pregnancy Act (1971) etc., with an extended discussion on each of these issues duly complemented with the most appropriate examples, adding to the legal knowledge of the students.

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



Legal aspects of women safety talk held at MCM

CHANDIGARH, APRIL 12

The Legal Literacy Club of MCM DAV College organised a highly enlightening talk on 'Legal Aspects of Women Safety' by Prof. Nishtha Jaiswal, Former Chairperson UILS, Panjab University. The objective of the talk was to empower staff and students with the knowledge of various laws of the land that guarantee safety of women in India. The talk was highly invigorating as it touched upon various vital issues of women safety confronting the world in the contemporary scenario. The students were enlightened about the various laws existing in our country that remedy the cause of women injustice and gender stereotypes, like the Protection of Women from



Domestic Violence Act(2005), Medical Termination of Pregnancy Act (1971) etc, with an extended discussion on each of these issues duly complemented with the most appropriate examples adding to the legal knowledge storehouse of the students. The ensuing interactive session saw an enthusiastic

and zealous participation by the students wherein they sought answers to their queries on various aspects of women safety and justice. All the queries were handled by Prof. Nishtha Jaiswal in the simplest and the most relatable way possible, ensuring the optimum satisfaction of the students. Expressing appreciation for



this endeavour of the Legal Literacy Club, Principal Dr. Nisha Bhargava highlighted the importance of such talks on issues pertaining to rights of women and said that MCM is dedicated to the cause of preparing young women of substance to meet the challenges of 21st century by empowering them with knowledge.

Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/378082962657963/?type=3>

List of activities/initiatives taken by Mehr Chand Mahajan DAV

College for Women, Chandigarh for Session 2016-17 are as follows:

Sr.No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants	Objectives
1.	Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with 94.3 My FM which went to	Dhiyan Di Lohri" and won Sabse Badi Lohri" award in the tri-city.	13.01.2017		400	To curb the social menace of gender selection and discrimination.
2.	Mehr Chand Mahajan DAV College for Women, Chandigarh	Constitution of Arya Yuvti Samaj	01.02.2017		70	To work towards the promotion of Vedic learning and Indian Vedic culture.
3.	Department of Sociology	Workshop on Women Empowerment Through Life Skills conducted by Ms Reeta Kohli, Additional Advocate General, Punjab and Haryana High Court and Dr. Upneet Lalli, Deputy Director, ICA.	11.02.2017		275	To discuss about Sexual Harassment at Workplace Act".

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

During the **session 2016-17**, Mehr Chand Mahajan DAV College for Women, Chandigarh has endeavored to escalate the level of promotion of gender equity and awareness amongst the students as well as staff about the subsequent areas:

✓ **Cultural Committee**

continued with its enthused pursuits in the direction of preservation of culture and instilling ethical values in the students. With an aim to curb the



social menace of gender selection and discrimination, the Committee celebrated '**Dhyan di Lohri**' in collaboration with 94.3 MY FM during which the RJs Golmaal Gagan and Vishal interacted with the students and gave away some prizes and coupons for the contests held to mark the occasion. College also won the title "Sabse Badi Lohri" award in the tri-city.

✓ To inculcate the Vedic culture and value system rooted in our tradition and spirituality, the College formed an **Arya Yuvti Samaj** on 01.02.2017 which initiated a new practice of organizing a Havan and Spiritual



Discourse on the 1st of every month in the college campus

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

✓ **A workshop on “women empowerment through life skills”**

was conducted on 11.02.2017, by Reeta Kohli, Additional Advocate General, Punjab and Haryana high court and Dr. Upneet Lalli Deputy Director ICA. Dr. Upneet lalli elaborated the details of Sexual Harassment Act at work place.



Advocate Reeta Kohli demonstrated the importance of life skills and martial art for the empowerment of women. Two documentaries titled ‘The Brave Girl’ and ‘Delhi police’ were also screened in this workshop. Around 275 students passionately participated and shared their personal experiences in the interactive session of this workshop.