

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

**Supporting Document**

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

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

***Human Values and Professional Ethics***

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

**List of activities organized by Mehr Chand Mahajan DAV College for Women, Chandigarh in session 2020-21 (1 July 2021 – 30 June 2022) for inculcating values for being responsible citizens as reflected in the Constitution of India are given below:**

| <b>Sr. No</b> | <b>Name of the Committee</b>                 | <b>Title of the Practice</b>                          | <b>Duration from</b> | <b>Duration to</b> | <b>Number of Participants (students)</b> | <b>Objectives</b>   |
|---------------|--|---|----------------------|--------------------|--|---|
| 1.            | Cleanliness Committee                        | Anti-Malaria Drives and Sanitization Drives in Hostel | 01.07.2021           | 30.09.2021         | Non-teaching staff                       | Key areas of washrooms, common rooms, rooms, kitchens and corridors/lawns were disinfected by treating with Anti-Malaria spray.   |
| 2.            | NSS Units in Collaboration with MCM Eco-Club | Van Mahotsav Celebration                              | 01.07.2021           |                    | 15                                       | To engage and inspire students and staff of the college as well as residents of Village Badheri to plant saplings of native fruit varieties, air purifying plants as well as medicinal plants at their houses or at community spaces. |

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|--------|---|---|---------------------------|-------------|-----------------------------------|---|
| 3.     | NCC Army Wing   | Van Mahotsav Celebration  | 01.07.2021                | 31.07.2021  | 20                                | To sensitize people regarding importance of planting saplings and plants  |
| 4.     | Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with MGNCRE, GOI                                  | COVID-19 vaccine awareness: "COV-VIJAY" door-to-door campaigning on generating vaccine awareness and inculcating covid appropriate behaviour        | 28.06.2021;<br>17.07.2021 |             | 15                                | To study the general behavioural, attitude and level of awareness level of the villagers towards COVID-19 and the precautions; To apprise the villagers and make them aware on the benefits of vaccination against COVID-19 disease; To clear the myths and fears related to vaccination prevalent among villagers by providing them authentic information on the same. |
| 5.     | MCM Eco-Club 'Parivesh' And Department of Environment Science Under the Aegis of Internal Quality Assurance Cell (IQAC) | An Online Hands-On Workshop On "Paper Recycling, Paper Pencil Making and Seed Balls Making" To Mark the Celebration of Annual Festival Van Mahotsav | 17.07.2021                |             | 23                                | To promote increased paper recovery and reuse by raising awareness about the importance of recycling; To create awareness about the significance of plantation for a clean, green and healthy environment.  |
| 6.     | MCM Eco-Club 'Parivesh' and   | Plantation Cum Plant Distribution Drive as  | 28.07.2021                |             | 10                                | To spread message about judicious use of natural resources  |

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|        | Department of Botany  | Celebration of World Nature Conservation Day   |               |             |                                   | for sustainability and maintaining the ecological balance of the mother Earth.   |
| 7.     | MCM Eco-Club 'Parivesh' in collaboration with the Department of Zoology | Celebration of International Tiger Day   | 29.07.2021    |             | 38                                | To discuss history of tiger conservation and to spread awareness about the need of tiger conservation in India.  |
| 8.     | NCC Army Wing   | Fit India (Daily Running/exercises)  | 01.08.2021    | 31.08.2021  | 35                                | To sensitize people regarding Fit India movement   |
| 9.     | NSS Units   | Swachhta Pakhwada – 2021   | 1.08.2021     | 15.08.2021  | 35                                | To motivate the volunteers regarding the importance of cleanliness in their daily life; To carry out various cleanliness-related activities in and around our surroundings |
| 10.    | NSS Units   | National Level Digital Poster Making Competition as part of Independence Day Celebration | 1.08.2021     | 15.08.2021  | 65                                | To inculcate Patriotic values in every single youth of the country; To make the citizens of the country aware that we stand and remain united under the Indian Union.      |
| 11.    | NCC Army Wing   | Quit India Movement/August Movement  | 08.08.2021    |             | 20                                | To pay tribute to freedom fighters with national integration speeches and other events.  |

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| 12.    | Character Building Committee | Vision For Nation (Be the First to Work for Your Country) - A National Level Competition to Mark The 75th Independence Day Celebrations | 11.08.2021    | 14.08.2021  | 245 pan-India                     | To mark the celebration of 75th Independence Day; To give the young minds an opportunity to showcase their thoughts and ideas for New India  |
| 13.    | 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. |
| 14.    | NCC Army Wing                | State level NCC Parade at Sector 17, Chandigarh   | 15.08.2021    |             | 10                                | Celebration of Independence Day.   |
| 15.    | NSS Units                    | Sadbhavana Day Pledge Taking Ceremony – 2021.   | 20.08.2021    |             | 78                                | To promote good will, national integrity and communal harmony among the people of India irrespective of caste, creed and religion.   |
| 16.    | MCM Eco-Club – 'Parivesh'    | Celebration of Akshay Urja Diwas-2021   | 20.08.2021    |             | 70                                | To promote the use of renewable energy such as-biogas, solar Energy, wind energy, and hydroelectricity.  |
| 17.    | AIDS Awareness Committee in  | National Online Quiz Competition  | 25.08.2021    |             | 100                               | To sensitise the students about the dreaded  |

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|        | collaboration with the Red Ribbon Club  |  |               |             |                                   | diseases AIDS and TB, and to make them aware on these very important health issues  |
| 18.    | Department Of Environment Science and MCM Eco-Club – 'Parivesh'   | Showcasing A Documentary Titled "The Dark Secret Behind Your Shiny Makeup"   | 26.08.2021    |             | 36                                | To make students aware about the impact of mining on human health and environment; To acquaint them with the role of shiny makeup as indoor pollutant |
| 19.    | Women Development Cell in collaboration with Department of Fine Arts, of Mehr Chand Mahajan DAV College for Women, Chandigarh | National level Poster Making Competition under the 'Nasha Mukta Bharat Campaign' of the Department of Social Welfare, Women and Child Development, Chandigarh Administration | 31.08.2021    |             | 92                                | To highlight the detrimental effects of drugs.  |
| 20.    | Character Building Committee  | National level Essay Writing Competition 'Subodh'  | 10.09.2021    | 13.09.2021  | 10                                | To raise awareness about New Education Policy 2020.   |
| 21.    | NSS Units   | Height and Weight Measurement Drive under POSHAN Abhiyan   | 15.09.2021    |             | 15 volunteers + 73 (residents)    | To measure the rate of growth with reference to height and weight of children   |

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|---------------|---|---|----------------------|--------------------|--|--|
| 22.           | Department of Environment Science Sponsored By: Chandigarh Pollution Control Committee (CPCC) | National Level Wallpaper Designing and Inventing a Slogan Competitions to Celebrate 'International Day For The Preservation Of The Ozone Layer' | 16.09.2021           |                    | 97                                       | To sensitize the students about the importance of ozone layer; To create awareness about its depletion in order to pursue for possible solution for its preservation   |
| 23.           | UBA Cell, Ek Bharat Shreshtha Bharat Club and NSS Units                                       | Azadi Ka Amrit Mahotsav'- World Bamboo Day  | 18.09.2021           |                    | 125                                      | To motivate the youth to explore the potential of Bamboo Industry; To educate people about the immense environmental and economic benefits of bamboo trees; To uphold the plantation of bamboo saplings via fruitful discussions with the village councillors in different villages. |
| 24.           | NSS Units   | State/University Level Selection of NSS Volunteers for NSS Pre-Republic Day Parade Camp 2021  | 20.09.2021           |                    | 4  | To provide opportunities to the volunteers to meet the eminent personalities of different fields; To inculcate a sense and spirit of patriotism, national integration, solidarity, brotherhood and communal harmony among the volunteers.  |

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| 25.    | Department of Environment Science, Sponsored by: Chandigarh Pollution Control Committee (CPCC) | National Level Logo Designing Competition to Celebrate 'World Car Free Day'                   | 22.09.2021    |             | 70                                | To encourage students to look for car-pooling and use of cycles as sustainable alternatives of personal cars at least once a week to reduce air pollution. |
| 26.    | Foreign Students Cell in collaboration with Government College Chamba, Himachal Pradesh        | An online International Poetry Writing Competition on the occasion of International Peace Day | 22.09.2021    |             | 80                                | To commit to peace above all differences and to contribute towards building a culture of peace   |
| 27.    | NSS UNITS  | NSS Day celebration - Awareness Drive in Village Badheri as Part of POSHAN Abhiyaan-2021      | 24.09.2021    |             | 21 NSS Volunteers + 50 residents  | To disseminate knowledge about the relevance of medicinal cum nutritional plants   |
| 28.    | 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.   |
| 29.    | Department of Sanskrit and Character Building committee  | स्वावलंबन   | 29.09.2021    |             | 113                               | To inculcate Gandhiji's vision of the progressive India among the youth through these activities and remember his contribution towards the                 |

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|        |  |   |               |             |                                   | liberation of our motherland.  |
| 30.    | NSS Units and Medical Committee  | Awareness session on "Overview of Blood – Lymphoma"   | 01.10.2021    |             | 60                                | To celebrate National voluntary Blood Donation Day and motivate volunteers to come forward for blood donation  |
| 31.    | NSS Units  | One Day Swachhta Camp-2021 as Part of Clean India Programme   | 1.10.2021     | 2.10.2021   | 80                                | To commemorate the birth anniversary of the father of our nation, Mahatma Gandhi Ji; To motivate the volunteers to clean their surroundings and help in the proper waste disposal under Clean India Programme.           |
| 32.    | Department of History under the aegis of IQAC                              | Inter-college competitions on the eve of Gandhi Jayanti   | 01.10.2021    | 03.10.2021  | 190                               | To commemorate the birth anniversary of the father of our nation, Mahatma Gandhi Ji  |
| 33.    | Character-building committee in collaboration with MCM Eco-club 'Parivesh' | Celebration of National Wildlife Week - Competition On 'Making Bird Feeders with Unused Material at Home' | 02.10.2021    | 08.10.2021  | 20                                | To encourage students to reuse the waste material present at their homes to create a variety of bird feeders; To increase interaction of students with avian fauna present around them by observing their feeding habits |



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| 34.    | Department of Botany  | 'A Nature's Walk' as part of celebration of National Wildlife Week                                      | 04.10.2021    |             | 35                                 | To unfold the significance of the rich flora nurtured in the college campus and making the students aware of the rare, endemic, vulnerable, endangered, commonly found, medicinally important, home remedial and commercially important plant species existing at the botanical garden of the college |
| 35.    | Department of Environment Science in collaboration with MCM Eco-Club. - 'Parivesh'  | Discussion Session on 'Single-Use Plastic Pollution'  | 05.10.2021    |             | 68                                 | To identify opportunities and ideas for phasing out specific problematic and unnecessary single-use plastics and moving to more sustainable alternatives  |
| 36.    | Department of Home Science in collaboration with Women Development Cell under the aegis of Department of Youth Welfare, Panjab University | National level Inter-college competitions (e-rangoli, e-poster) as part of Rashtriya POSHAN Maah - 2001 | 05.10.2021    |             | e- Rangoli -12; Poster making - 60 | To celebrate Rashtriya POSHAN Maah 2021   |
| 37.    | Character Building Committee in collaboration   | Plastic Collection Drive  | 05.10.2021    | 06.10.2021  | 16                                 | To spread awareness in the neighbourhood regarding the  |

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|        | with Swachhta Committee  |  |               |             |                                   | hazardous effects of plastic on health and ecology and reuse the collected items to make something useful out of it  |
| 38.    | Department of Zoology in collaboration with MCM Eco-club                             | Quiz Competition On 'Wildlife and Its Conservation'  | 08.10.2021    |             | 50                                | To generate awareness about wildlife and various laws related to its conservation; To help build team spirit among all the student participants of different teams   |
| 39.    | Internal Quality Assurance Cell  | An online expert lecture on Governance Reforms, Leadership and Institutional Management in context of NEP-2020 | 09.10.2021    |             | 1000                              | To highlight the importance of NEP 2020  |
| 40.    | Department of Environment Science under the aegis of Sustainable Practices Committee | 'E-Safe' to mark the celebration of International E-Waste Day  | 11.10.2021    |             | 46                                | To create awareness among students about the hazards of e-waste; To encourage them for the proper recycling and disposal of any form of e-waste by handing it over to the authorized recyclers instead of giving it to unauthorized scrap dealers. |

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| 41.    | NSS Units               | Cleanliness cum beautification drive in Anganwadi Complex, Village Badheri, Chandigarh  | 12.10.2021    |             | 25                                | To collect single use Plastic from the Anganwadi Area; To motivate the volunteers to clean and beautify the area of Anganwadi and help in the proper waste disposal under Clean India Programme |
| 42.    | NSS Units               | One-Day Special Campaign Against Single Use Plastic   | 21.10.2021    |             | 94                                | To collect non-biodegradable single use plastic (bottles, spoons, covers, polyethene etc.); To encourage individuals to take a pledge against single use plastics                               |
| 43.    | Electoral Literacy Club | An online Poetry Writing Competition on the theme 'Vote'  | 23.10.2021    |             | 21                                | To sensitize the youth about the importance of franchise for a vibrant democracy  |
| 44.    | Women Development Cell  | Online Paper presentation competition on Drug Abuse and Addiction: Effects on Brain, Risk factors and Signs under Nasha Mukta Bharat Campaign Action Plan - Scheme formulated by Department of Social | 25.10.2021    |             | 18                                | To bring down the consumption of drugs and rehabilitate the addicts and we are going ahead with it with full determination.   |

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|        |   | Welfare, Women & Child Development, Chandigarh.                     |               |             |   |  |
| 45.    | MCM Eco-Club in collaboration with the Character-Building Committee | Green Diwali Celebration  | 26.10.2021    |             | Slogan writing competition (17)<br>Diya decoration competition (23)<br>Card making competition (33) | To promote the concept of an eco-friendly Diwali; To create awareness among students and sensitize them towards building a pollution free environment. |
| 46.    | NSS Units   | Dengue Awareness Campaign   | 27.10.2021    |             | 25  | To generate awareness about Dengue and its preventive measures among the residents of adopted Village Badheri  |
| 47.    | Department of Food Science in collaboration with Swachhta Committee | Inter College Competition to Mark the celebration of World Food Day | 27.10.2021    |             | 118   | To discuss and create awareness about hunger, malnutrition, sustainability and food production among the students.                                     |
| 48.    | NSS Units   | Awareness session on Single use Plastic Campaign                    | 27.10.2021    |             | 25  | To collect single-use plastic from the village area and inform people about the disadvantages of using plastic on routine basis.                       |
| 49.    | Swachhta Committee Commerce   | Online awareness programme on Digital Decluttering of               | 28.10.2021    |             | 100   | To address the need of ensuring maintenance of online devices and disseminating  |

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|--------|--|--|---------------|-------------|-----------------------------------|--|
|        |  | Computer/laptop  |               |             |                                   | vital information regarding basics of cleaning the online devices for their smooth functioning   |
| 50.    | Swachhta Committee Arts                                  | Cleanliness Drive to collect Single use Plastic Waste  | 29.10.2021    |             | 100                               | To spread awareness among students about the importance of maintaining cleanliness in our surroundings.  |
| 51.    | NCC Army Wing  | Cleanliness Drive under Clean India Programme  | 30.10.2021    |             | 13                                | To promote Clean India Programme   |
| 52.    | Swachhta Committee, Post Graduate Department of Commerce | Oath' of not using crackers on the theme "Green Diwali-Swachh Diwali"  | 30.10.2021    |             | 100                               | To reinforce the commitment of the staff and students of Mehr Chand Mahajan DAV College for Women towards "Green Diwali-Swachh Diwali" by avoiding fire crackers on Diwali to protect the environment. |
| 53.    | NSS UNITS  | Anti-Cracker Rally   | 30.10.2021    |             | 70                                | • To sensitize people about the harmful effects of burning firecrackers on environment in form of noise and air pollution  |
| 54.    | Department of Political Science and the Debating Club    | Rashtriya Ekta Diwas - An inter-college online Declamation Contest on the topic 'Is pluralism a threat to Indian unity?' | 31.10.2021    |             | 19                                | To pay tribute to the great visionary Sardar Vallabhbhai Patel on his birth anniversary  |

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| 55.    | NCC Army Wing   | Vigilance Pledge as part of Vigilance Awareness Week  | 26.10.2021    | 01.11.2021  | 50   | To mark the celebration of Vigilance Awareness Week  |
| 56.    | MCM Eco Club and Character-Building Committee   | Anti-Cracker Campaign on The Theme 'Swachh Diwali- Green Diwali   | 01.11.2021    |             | Poster/Card making competition - 33<br>Slogan writing competition - 17 | To create awareness among students and sensitize them towards building a pollution free environment. |
| 57.    | Department of Environment, MCM DAV College For Women, Chandigarh in Collaboration with Department of Education, Chandigarh Administration | Online Awareness lecture on "Ill Effects of Crackers" as a part of Anti-Cracker Campaign  | 03.11.2021    |             | 100  | To promote and support 'Green Diwali, Swachh Diwali'   |
| 58.    | NCC Naval Wing  | Naval Wing  | 04.11.2021    |             | 50   | To recognise the role and achievements of the Indian Navy.   |
| 59.    | Vigilance Cell in association with the Vigilance Cell of Chandigarh Administration and sponsored by the Central Bank of India.            | Vigilance Awareness Week - a Debate Competition on the theme 'Independent India@75: Self Reliance with Integrity' under the aegis of Azadi Ka Amrit Mahotsav. | 11.11.2021    |             | 23   | To mark the celebration of Vigilance Awareness Week  |

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| 60.    | Department of Food Science in collaboration with Swachhta Committee                                       | An interactive lecture with on-site demonstration on solid waste management practices adopted | 14.11.2021    |             | 35                                | <ul style="list-style-type: none"> <li>To apprise students of the various solid waste management practices being adopted in order to utilize waste and its conversion into useful products.</li> </ul> |
| 61.    | 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.  |
| 62.    | Department of Philosophy  | World Philosophy Day celebration  | 18.11.2021    |             | 30                                | To celebrate world philosophy day as proclaimed by UNESCO  |
| 63.    | Department of Political Science   | Celebration of Constitution Day   | 26.11.2021    |             | 61                                | To commemorate the day of adoption of Indian Constitution  |
| 64.    | NSS Units under the aegis of IQAC   | National Level Online Quiz as part of Constitution Day-2021                                   | 26.11.2021    |             | 349                               | To commemorate the adoption of the Constitution of India<br>To spread awareness of fundamental duties across the masses by mobilizing the Youth of the country   |
| 65.    | Department of Zoology in collaboration  | Awareness Quiz on Noise Pollution   | 30.11.2021    |             | 53                                | To generate awareness about noise pollution and the related  |

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|        | with MCM Eco-Club  |   |               |             |                                   | laws in the country  |
| 66.    | NSS Units in collaboration with Red Ribbon Club/AIDS Awareness Committee                     | An Awareness Programme on World AIDS Day - 2021   | 01.12.2021    |             | 38                                | To create awareness and educate people about the misconceptions and taboos related to HIV/AIDS among the people  |
| 67.    | NSS Units in collaboration with Character Building Committee                                 | International Day of Persons with Disabilities  | 03.12.2021    |             | 18                                | To spread awareness about the problems faced by people with disabilities and promote disabled friendly infrastructure.   |
| 68.    | NCC Naval Wing   | Flag Day Celebration  | 08.12.2021    |             | 50                                | To apprise the cadets and honour the martyrs and soldiers in uniform who have heroically fought and continue to fight on our borders to protect the country's honour |
| 69.    | Institution's Innovation Council 4.0 in collaboration with Department of Environment Science | Just A Minute Idea Competition on the Theme 'Stubble Burning' to mark the celebration of National Pollution Control Day | 08.12.2021    |             | 23                                | To spread awareness about the hazards of stubble burning   |
| 70.    | NSS Units in collaboration with the Electoral Literacy Club                                  | Electoral Pledge  | 13.12.2021    |             | 100                               | To sensitize people regarding the electoral process of registration and voting through   |



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|        |   |  |               |             |                                   | activities such as electoral pledge  |
| 71.    | NSS Units in collaboration with the Electoral Literacy Club                                       | Online Quiz on the theme "Elections and Electoral Process in India"  | 14.12.2021    |             | 161                               | To generate awareness among students regarding Election process and reforms  |
| 72.    | Innovation Council 4.0 in collaboration with Renewable Energy committee and Department of Physics | Collage making competition on the theme 'SAVE ENERGY, SAVE FUTURE' To Celebrate World Energy Conservation Day              | 14.12.2021    |             | 35                                | To spread awareness about the importance of energy efficiency and conservation   |
| 73.    | Sustainable Practices Committee   | National Energy Conservation Day - an online Quiz on the theme 'Energy Conserved is Energy Generated'.                     | 14.12.2021    |             | 376                               | To encourage students to adopt energy conservation practices and to motivate others to do the same for a sustainable future. |
| 74.    | NSS Units in collaboration with the Electoral Literacy Club                                       | Online Declamation Contest on the topic 'Importance of Local Bodies Election (Municipal Corporation - 2021) in Chandigarh' | 15.12.2021    |             | 35                                | To generate awareness among students regarding Election process and reforms  |
| 75.    | Department of Zoology in collaboration with MCM Eco-club  | PowerPoint Presentation on 'Wildlife Conservation'   | 15.12.2021    |             | 20                                | To increase students' awareness on wildlife conservation   |
| 76.    | Anti-Ragging Committee and the  | An Orientation Programme   | 25.09.2021;   |             | 104                               | To strive for excellence and maintain a  |

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|        | Hostel Committee   |   | 19.10.2021    |             |                                    | ragging-free campus  |
| 77.    | Character Building Committee   | International Human Solidarity Day - 'Sauhard'- a donation drive of woollen clothes for underprivileged people  | 20.12.2021    |             | 8                                  | To spread the message of love and compassion, and to celebrate the spirit of humanity.                             |
| 78.    | Internal Quality Assurance Cell  | An interactive session on National Education Policy 2020 by Dr. Ashok Kumar Sharma, Vice President and Senior Governing Body Member, DAV College Managing Committee, New Delhi and former Director, NCERT | 27.11.2021    |             | 120                                | To discuss about the important aspects of NEP 2020   |
| 79.    | Swachhta Committee in collaboration with Mahatma Gandhi National Council of Rural Education, Ministry of Education, Govt. of India | Cleanliness drive using 'Gandhi Chhadi'   | 27.12.2021    | 31.12.2021  | 50 students + 12 safai karamcharis | To promote cleanliness and waste segregation through the use of an innovative patented tool named as Gandhi Chhadi |

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|--------|---|---|---------------|-------------|-----------------------------------|--|
| 80.    | Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, GOI. | Campus Cleanliness Drive on Waste Segregation Using Gandhi Chhadi – Phase I, Innovation for Waste Collection                            | 27.12.2021    | 31.12.2021  | 50                                | To imbibe the concept and importance of cleanliness and waste segregation among students, staff, and cleanliness helpers.  |
| 81.    | Electoral Literacy Club   | Online Electoral Awareness Competitions- Music Awareness Video, Radio Drama, Story Telling, and Informative Programs under SVEEP Scheme | 07.01.2022    |             | 25 students + 2 teachers          | To create awareness among students about their electoral rights and duties.  |
| 82.    | Department of Philosophy in collaboration with NSS Units and Young Communication Club (YCC)   | National Youth Day – 2022 Celebration: A periodic lecture on 'A Friend Request from Vivekananda'  | 12.01.2022    |             | 150                               | To unite, motivate and activate the youth of India towards nation-building; To unleash the true potential of our demographic dividend; To bring diverse cultures of India and integrate them through an immersive and interactive approach |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| <b>Sr. No</b> | <b>Name of the Committee</b>  | <b>Title of the Practice</b>   | <b>Duration from</b> | <b>Duration to</b> | <b>Number of Participants (students)</b> | <b>Objectives</b>   |
|---------------|---|--|----------------------|--------------------|--|---|
| 83.           | NSS Units   | National Youth Festival - 2022   | 12.01.2022           | 13.01.2022         | 1  | To instill a feeling of nationalism and enthusiasm towards our country's rich festive background. |
| 84.           | NCC Army Wing   | National Youth Festival - 2022   | 12.01.2022           |                    | 12                                       | To infuse a feeling of nationalism among cadets   |
| 85.           | 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 |
| 86.           | Department of Zoology and MCM Eco-Club 'Parivesh'                                       | Awareness on Solid Waste Management through Online Puppet Show   | 14.01.2022           |                    | 50                                       | To understand the problems caused by solid waste and to propose solutions for its management.     |
| 87.           | NCC Army Wing   | National Youth Festival - 2022: Webinar/PPT/ Painting/Video/Poetry Competition based on Indigenous Sports of India | 15.01.2022           |                    | 100                                      | To apprise and create awareness among cadets of importance of sports in daily life                |
| 88.           | NSS Units and MCM Eco-Club 'Parivesh' in collaboration with the Swachh Bharat Committee | An Awareness Camp on Waste Management Under Swachh Bharat Mission  | 20.01.2022           |                    | 70                                       | To generate awareness regarding the need of waste management                                      |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| <b>Sr. No</b> | <b>Name of the Committee</b>   | <b>Title of the Practice</b>   | <b>Duration from</b> | <b>Duration to</b> | <b>Number of Participants (students)</b> | <b>Objectives</b>   |
|---------------|--|--|----------------------|--------------------|--|---|
| 89.           | Mehr Chand Mahajan<br>DAV College for Women,<br>Chandigarh<br>in collaboration with<br>Mahatma Gandhi National Council of Rural Education (MGNCRE),<br>Ministry of Education, GOI. | Plantation Drive (Each One Plant One) Under Aegis of MGNCRE  | 22.01.2022           |                    | 6  | To promote the concept of environmental sustainability among youth for a prosperous and healthy future. |
| 90.           | Mahatma Gandhi National Council of Rural Education (MGNCRE),<br>Ministry of Education, Government of India   | Appreciation by Mahatma Gandhi National Council of Rural Education (MGNCRE),<br>Ministry of Education, Government of India - 'Largest Plantation Drive' In Higher Educational Institutions Across Chandigarh Under The Aegis Of Mahatma Gandhi National Council Of Rural Education, Dept. Of Higher Education, | 22.01.2022           |                    | -----                                    | To appreciate the efforts of college taken in the direction of Swachhta                                 |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr. No | Name of the Committee   | Title of the Practice  | Duration from | Duration to | Number of Participants (students) | Objectives  |
|--------|-------------------------|--|---------------|-------------|-----------------------------------|---|
|        |                         | Ministry of Education, Government of India.  |               |             |                                   |   |
| 91.    | NSS Units               | Virtual Pledge on Voter's Day  | 25.01.2022    |             | 66                                | To create awareness about encouraging informed involvement in the electoral process.  |
| 92.    | Electoral Literacy Club | Online Poetry Recitation Competition- "Even One Vote Makes a Difference" under SVEEP Scheme                                  | 25.01.2022    |             | 58 students + 1 teacher           | To mark the celebration of National Voters' Day   |
| 93.    | NCC Army Wing           | Azadi Ka Amrit Mahotsav Competitions at National Level - Paintings, Rangoli making, Patriotic Lori contest, Desh Bhakti Geet | 25.01.2022    | 27.01.2022  | 24                                | To celebrate the national festival of the Republic Day with enthusiasm and express our respect for the nation   |
| 94.    | NCC Army Wing           | RDC Participation - Republic Day Parade, New Delhi   | 26.01.2022    |             | 2                                 | To mark the celebration of Republic Day and infuse the feelings of patriotism   |
| 95.    | NSS Units               | Republic Day Celebration   | 26.01.2022    |             | 64                                | To celebrate the national festival of the Republic Day with enthusiasm and express our respect for the national flag, and our faith in the Constitution |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr. No | Name of the Committee   | Title of the Practice  | Duration from | Duration to | Number of Participants (students)             | Objectives   |
|--------|---|--|---------------|-------------|---|--|
| 96.    | Character Building Committee  | 'Saluting the Tiranga' - an online poetry recitation/writing event   | 26.01.2022    |             | 10  | To inspire the spirit of patriotism and motivate the participants to express their allegiance by means of poetry   |
| 97.    | Ek Bharat Shreshtha Bharat Club and Department of English               | National-level Republic Day Quiz                                     | 26.01.2022    |             | 392 from 19 different states                  | To create awareness among students of the importance of celebrating republic day   |
| 98.    | Swachhta Committee & Horticulture and Landscaping Committee             | "Tree Plantation Campaign" on the occasion of Republic Day           | 27.01.2022    |             | 6   | To create awareness among the students regarding the importance of ecology and the natural environment   |
| 99.    | Municipal Corporation, Chandigarh under Mission Swachh Chandigarh       | Swachh Prerak Award, Swachh Survekshan 2022                          | 29.01.2022    |             | -----   | To appreciate the efforts of college taken in the direction of Swachhta  |
| 100    | MCM Eco-Club 'Parivesh' in collaboration with the Department of Zoology | Screening of Documentary to celebrate World Wetlands Day             | 02.02.2022    |             | 15 teaching and 10 non-teaching staff members | To spread awareness about wetlands and their conservation  |
| 101    | NSS Units   | State Level Youth Parliament Festival (Punjab and Chandigarh) - 2022 | 19.02.2022    | 23.02.2022  | 1   | To encourage the youth to engage with public issues, understand the common man's point of view, form their opinion and express these in an articulate manner |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr. No | Name of the Committee   | Title of the Practice  | Duration from | Duration to | Number of Participants (students)  | Objectives   |
|--------|---|--|---------------|-------------|------------------------------------|--|
| 102    | Electoral Literacy Club   | Online Screening of ECI film on 'Indian National Election 2014' under SVEEP Scheme   | 25.02.2022    |             | 64 students + 1 teacher            | To apprise the students about the importance of electoral programme  |
| 103    | Department of Computer Science & Applications under the aegis of MCM Vigyan Manch   | 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. | 25.02.2022    |             | 114 students and 8 faculty members | To enlighten the students about several ways of combatting cybercrime  |
| 104    | 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  |
| 105    | NSS Units, Red Ribbon Club, AIDS Awareness Committee and Medical Committee in collaboration with Post Graduate Institute of | Blood Donation Camp - 2022   | 15.03.2022    |             | more than 250                      | To instill the spirit of service to humanity among the volunteers and motivate them to come forward for noble cause – Blood donation |



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|--------|---|---|---------------|-------------|-----------------------------------|---|
|        | Medical Education & Research, Chandigarh (PGIMER), Chandigarh (UT), supported by Lions Club Chandigarh Prosperity |   |               |             |                                   |   |
| 106    | Personality Development Club and Character Building Committee in Association with Arya Samaj Sector-16 Chandigarh | Holi ke Rang Prakriti ke Sang' and Herbal Holi Colour Making Workshop   | 16.03.2022    |             | 150                               | To enlighten the students about natural and environment friendly Holi colors and develop the awareness about a pollution-free environment and eco-friendly Holi celebrations. |
| 107    | Department of Botany in collaboration with MCM Eco-Club 'Parivesh'  | Screening of Documentary on 'World Forest Day'  | 21.03.2022    |             | 52 students and 02 teachers       | To raise awareness about the importance of the conservation and sustainable management of forests   |
| 108    | Department of Zoology   | Screening of Video Message on 'Water Conservation' to Celebrate 'World Water Day'                               | 22.03.2022    |             | 50 students and 03 teachers       | To spread awareness about water conservation  |
| 109    | NSS Units in collaboration with MCM Eco-Club 'Parivesh'   | Awareness Rally on Jal Shakti Abhiyan on the occasion of World Water Day in adopted Village Badheri, Chandigarh | 22.03.2022    |             | 100                               | To spread awareness regarding the importance of water in everyday life  |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr. No | Name of the Committee   | Title of the Practice  | Duration from | Duration to | Number of Participants (students) | Objectives  |
|--------|---|--|---------------|-------------|-----------------------------------|---|
| 110    | NSS Units in collaboration with MCM Eco-Club 'Parivesh'       | Lecture on Jal Shakti Abhiyan  | 23.03.2022    |             | 100                               | To educate the volunteers about the importance of fresh water and its significance in fostering the cause of a cleaner and greener planet   |
| 111    | NSS Units   | Interactive cum Awareness session cum Poster making session on Azaadi Ka Amrit Mahotsav, India@75 Years. (Commemoration of Shaheedi Diwas) | 23.03.2022    |             | 100                               | To generate awareness among the volunteers about the objective of celebrating Azaadi Ka Amrit Mahotsav, India@75 Years  |
| 112    | NSS Units   | Swachh Survekshan (Survey) – 2022 and Nukkad Natak in adopted Village Badheri, Chandigarh  | 23.03.2022    |             | 100                               | To collect feedback regarding solid-waste management i.e., sanitation status from residents of adopted village Badheri, Chandigarh and motivate them to install Swachhta App, MoHua |
| 113    | NSS Units in collaboration with Disaster Management Committee | Workshop Cum Mock Drill on Fire Fighting   | 24.03.2022    |             | 100                               | To sensitize the volunteers about the necessary steps taken during a fire outbreak  |
| 114    | NSS Units   | Awareness session on Waste Segregation   | 25.03.2022    |             | 100                               | To generate awareness regarding the need for waste segregation  |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr. No | Name of the Committee   | Title of the Practice  | Duration from | Duration to | Number of Participants (students) | Objectives   |
|--------|---|--|---------------|-------------|-----------------------------------|--|
| 115    | NSS Units   | Lecture on Waste Management - Innovative and sustainability practices: The road to zero waste campus               | 26.03.2022    |             | 100                               | To apprise the volunteers of the importance of waste management  |
| 116    | NSS Units   | Workshop cum Lecture on 'How to Make Compost using MATKA Composter'  | 27.03.2022    |             | 100                               | To apprise the volunteers of waste management and give training about the process of compost made from the daily waste generated in their kitchen as well as house |
| 117    | 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.  |
| 118    | Department of Environment, Chandigarh Administration and Yuvsatta (NGO) | Best Herbal Garden Award - 2022  | 28.03.2022    |             | 10                                | To recognize the college for its green initiatives   |
| 119    | Electoral Literacy Club   | Online Slogan Writing Competition on the theme 'Power of Vote'   | 28.03.2022    |             | 14 students + 1 teacher           | To generate awareness among students regarding the power of vote   |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr. No | Name of the Committee   | Title of the Practice   | Duration from | Duration to | Number of Participants (students)                             | Objectives   |
|--------|---|---|---------------|-------------|---|--|
| 120    | Geetanjali Counselling Helpline   | Poster Making Competition   | 08.04.2022    |             | 50  | To mark the celebration of WHO World Health Day  |
| 121    | Character Building Committee and Ek Bharat Shreshtha Bharat Club        | ज़ायका - Savor the Flavors of India   | 11.04.2022    |             | 24 stalls   | To celebrate Baisakhi and enlighten students by showing the diversity of Food in India.    |
| 122    | NSS Units   | An Awareness cum Interactive session on the occasion of Earth Day – 2022                  | 21.04.2022    |             | 15 Volunteers + 80 beneficiaries (school children)            | To promote environmental awareness and apprise the students to conserved and protect Earth |
| 123    | Electoral Literacy Club   | Ballot Baristo on the theme 'Voter Education: An Undermined Necessity' under SVEEP Scheme | 25.04.2022    |             | 20 students + 1 teacher                                       | To educate students about their right to vote  |
| 124    | 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.                                       |
| 125    | Electoral Literacy Club   | Helpline desk to resolve the issues and queries of students related to voter registration | 16.05.2022    |             | Student Volunteers - 6; Student queries taken- 22 + 1 teacher | To resolve the issues and queries of students related to voter registration                |
| 126    | UBA Cell  | Inspection visit of Donated NCERT Text Books in   | 20.05.2022    |             | 8   | To assist in providing free education and find out the usefulness of the                   |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr. No | Name of the Committee  | Title of the Practice   | Duration from | Duration to | Number of Participants (students)                         | Objectives   |
|--------|--|---|---------------|-------------|---|--|
|        |  | Government High School, Kajheri, Chandigarh   |               |             |   | books provided to the students under the Book Bank Facility  |
| 127    | UBA Cell   | Donation Drive at Anganwari Centre, Attawa  | 20.05.2022    |             | 8   | To give an impetus to the students of the Anganwari of the village, so that they devote more time to study |
| 128    | UBA Cell   | Donation Drive- "Ripples in the Fun Pond" in Badheri and Butrela  | 21.05.2022    |             | 17  | To encourage the young minds to enjoy while learning   |
| 129    | NSS Units and Medical Committee  | Pledge taking ceremony on World No Tobacco Day – 2022   | 31.05.2022    |             | 50  | To spread awareness among the youth about the potential risks of using tobacco                             |
| 130    | NSS Units under the aegis of MCM Eco Club 'Parivesh'   | Awareness Session and Nukkad Natak in Village Badheri, Chandigarh on the occasion of World Environment Day – 2022 | 04.06.2022    |             | 12 volunteers + 25 beneficiaries (residents of that area) | To encourage awareness and environmental and make a healthier, safer environment for the future            |
| 131    | NSS Units in collaboration with NCC - Army Wing and Naval Wing, Ek Bharat Shrestha Bharat (EBSB) Club and Department of Physical | Celebration Of International Day of Yoga - 2022   | 21.06.2022    |             | 200   | To promote emotional as well as psychological wellness of the staff and students.                          |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr. No | Name of the Committee  | Title of the Practice | Duration from | Duration to | Number of Participants (students) | Objectives |
|--------|--|-----------------------|---------------|-------------|-----------------------------------|------------|
|        | Education of the college and Director of Higher Education (DHE), Chandigarh Administration |                       |               |             |                                   |            |

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

During the session 2021-22 (1 July – 30 June 2022), 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:

#### 1. Patriotism/Celebration of National Days:

- ✓ On 15.08.2021, NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a National Level Digital Poster Making Competition to mark the celebration of 75<sup>th</sup> Independence Day. The theme of the event was - आज़ादी का अमृत महोत्सव. 65 participants from different schools and colleges of more than 9 different states of India including Maharashtra, Rajasthan, Punjab, Haryana, Chandigarh participated for the same. Participants expressed their views and thoughts about the great leaders, their work for Independence and recent role of front warriors amidst COVID-19 through their posters.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



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

**Character Building Committee**  
On the  
Occasion of 75th Independence Day  
is organizing  
A National Level Competition For Students

**Vision for Nation**  
Be the First to Work for Your Country

Participants are required to make a poster depicting their thoughts for nation building and growth.

Upload your entry at  
Google form: <https://forms.gle/xk1AsAkLhYxMEj9m8>  
by  
14th August 2021

Best three entries will receive cash rewards with certificates.  
First prize Rs 1200/-  
Second prize Rs 1000/-  
Third prize Rs 800/-

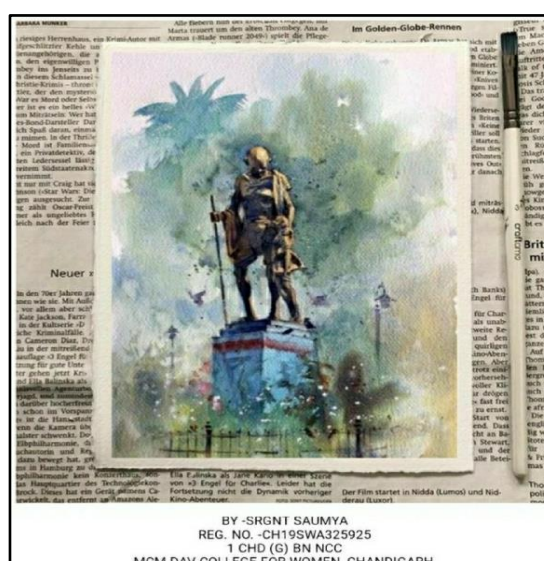
|  |                                  |                              |
|--|----------------------------------|------------------------------|
| Student Ambassadors<br>Tanya - 9206515000<br>Pranamya - 9115965500<br>Shrshiti Sharma - 9914478930 | Coordinator<br>Dr. Minakshi Rana | Convener<br>Dr. Seema Kanwar |
|--|----------------------------------|------------------------------|

Chairperson and Principal  
Dr. Nisha Bhargava  
Mehr Chand Mahajan DAV College For Women

- ✓ To mark the celebration of 75<sup>th</sup> Independence Day and to give the young minds an opportunity to display their thoughts and ideas for NEW INDIA, a National Level Competition 'Vision for Nation' for students was organized by Character Building Committee from 11.08.2021 to 14.08.2021 where around 245 pan-India participants showed remarkable enthusiasm and expressed their ideas on canvass beautifully. **Link to the event include:**

<https://www.facebook.com/MCMDAVCW/posts/1174758802990371>

- ✓ To commemorate Quit India Movement/August Movement, NCC Army wing of the college organized a session on 08.08.2021 where NCC cadets through their tweets and posters paid tribute to freedom fighters.





### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ On 20.08.2021, **Sadbhavana Diwas** was celebrated by **NSS Units** under the able leadership of Principal, Dr Nisha Bhargava and supervision of Dr Pallvi Rani and Dr Purnima Bhandari - NSS Programme Officers of Mehr Chand Mahajan DAV College for Women, Chandigarh where 78



volunteers were administered **Sadbhavana Pledge** - an oath to work for the emotional oneness and harmony of all the people in India regardless of caste, religion, region, and language. They also pledge to resolve all differences among each-other through dialogue and constitutional means without resorting to violence.

होगी। बस का आने-जाने का किराया 560 रुपये प्रति टिकट रखा गया है। खाटू श्याम के अलावा गुरुग्राम से हरिद्वार और गुरुग्राम से हल्द्वानी के लिए भी सोमवार से ही बस की शुरुआत की जा रही है। खाटू श्याम जी के लिए बस सुबह 6 बजे रवाना होगी व 3:30 बजे वापसी होगी। हरिद्वार के लिए सुबह 7:15 बजे व हल्द्वानी सुबह 08:00 बजे का समय निर्धारित किया गया है। तीनों रूटों पर ऑडनरी बसें ही संचालित की जाएंगी।

## एमसीएम ने सद्भावना दिवस मनाया

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH  
Celebration of Sadbhavana Diwas

ह्यूमन इंडिया/ब्यूरो  
चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की एनएसएस इकाइयों ने भारत के पूर्व प्रधान मंत्री स्वर्गीय श्री राजीव गांधी की जयंती के उपलक्ष्य में सद्भावना दिवस मनाया। भारतीय नागरिकों के बीच राष्ट्रीय एकता, सांप्रदायिक सद्भावना को बढ़ावा देने के लिए सद्भावना विषय को ध्यान में रखते हुए, कॉलेज की एनएसएस इकाइयों ने सद्भावना शपथ समारोह आयोजित किया। जिसमें 78 एनएसएस स्वयंसेवकों ने सद्भावना, राष्ट्रीय एकता, सांप्रदायिक सद्भाव, शांति और स्नेह को भारत के लोगों में बिना जाति, पंथ और धर्म के भेदभाव के प्रोत्साहित करने का संकल्प लिया। प्रधानाचार्या डॉ. निशा भार्गव ने कहा कि भारत के सबसे युवा प्रधान मंत्री होने के नाते, राजीव गांधी का आधुनिक दृष्टिकोण था जिसमें उन्होंने एक मजबूत, स्वतंत्र भारत के सपने को साकार करने पर जोर दिया। उन्होंने कहा कि उनके योगदान के लिए सच्चे सम्मान के प्रतीक के रूप में, हमें सभी भारतीयों की भावनात्मक एकता और सद्भाव के लिए काम करना चाहिए।

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

#### ✓ Pre Republic-Day (RD)

**Selection Camp** is organized prior to the Republic Day Camp to select the NSS volunteers who can prove their mettle in parade and cultural activities. In order to qualify for the pre-RD Camp, four of our NSS volunteers – Ms. Yavantika (B. Com III



year), Shivika (B.Sc NM III), Antriksh (B.A. II) and Komal (B. Com. II) participated in the selection camp that was held in GGSDS College, Sector 32, Chandigarh on 20.09.2021.

- ✓ 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.

A newspaper clipping with a yellow background. The main headline in red reads: "MCM NSS units hold awareness camp at Badheri". Below the headline, it says "The Aman Sandesh Times Network". The text describes the event: "Chandigarh: The NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated NSS Day by organising an Awareness Camp under the aegis of Poshan Abhiyan at Anganwadi Complex, Village Badheri, Chandigarh with an objective to create awareness about the importance of good nutrition among children and to disseminate knowledge about the relevance of medicinal cum nutritional plants. The camp began with an interactive lecture on nutrition awareness among vulnerable group of the society - 'Sahi Poshan Desh Roshan' by Dr. Harjot Kaur Mann, Department of Food Science at the college, session was aimed to engage pregnant females, lactating mothers and adolescents, for promoting positive nutrition behaviour and practices. Promoting 'Nourish to Flourish', the expert shared knowledge of essential nutrients and their cheap sources with the target group members and urged them to refrain from junk foods and were also motivated to extend their knowledge to eradicate the issue of malnutrition at the grass root level." There are two small photographs: one showing a group of people at the camp and another showing a banner for the awareness camp.

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ **To celebrate the contribution of Mahatma Gandhi ji to the nation, 2<sup>nd</sup> October is celebrated every year as the International Day of Non-Violence by the United Nations. To appraise the students about the contribution of Gandhiji, their dedication and vision for the better India, the College dedicated a day to his memory. On 29.09.2021, the Department of Sanskrit & Character-Building Committee organized an activity named “स्वावलंबन” where Slogan**

**MEHR CHAND MAHAJAN DAY COLLEGE FOR WOMEN,**  
SEC-56A CHANDIGARH  
DEPARTMENT OF SANSKRIT  
&  
CHARACTER BUILDING COMMITTEE  
ON THE OCCASION OF "GANDHI JAYANTI"  
are organising an...

**INTER COLLEGE COMPETITION**  
titled -  
"स्वावलंबन"

Following are the categories of the activity:

1. **SLOGAN WRITING** Slogan writing depicting work ethics, thoughts and dreams of Mahatma Gandhi.
2. **BOOK MARK MAKING** make bookmarks depicting works, thoughts and dreams of Mahatma Gandhi.
3. **BEST OUT OF WASTE** making useful products using waste materials like Bangles, Ribbons, Cardboards etc.

**BEST THREE WINNING ENTRIES WILL BE AWARDED WITH TROPHIES**  
SUBMIT YOUR ENTRIES THROUGH THIS LINK - <https://forms.gle/GDM5OVZ8R02UVA>

**DATE : 29TH SEPTEMBER, 2021** TIMINGS: 10:30 AM TO 12:30 PM  
ONLINE & OFFLINE ENTRIES ARE ACCEPTED.

|   |   |
|---|---|
| <b>STUDENT AMBASSADORS</b>                        | <b>CONVENER</b>   |
| NEERUJ SAAGWAL<br>ADITI JOSHI<br>MUSKAN<br>NIYATI | DR. SEEMA KANWAR<br>CHAIRPERSON & PRINCIPAL<br>DR. NISHA BHARGAVA |

FOR ANY QUERIES, CONTACT: 8683017541 (NEERUJ), 762467 62996 (ADITI)

writing, book mark making and best out of waste activities were organized. The main objectives of the activity were to celebrate “Gandhi Jayanti” and to inculcate Gandhiji’s vision of the progressive India among the youth.

- ✓ **On the birth anniversary of father of nation “Mahatma Gandhi Ji”, NSS Units of Mehr Chand Mahajan DAV College for Women organized One-Day Swachhta Camp-2021 on 01.10.2021 in the college premises during which a Swachhta pledge ceremony and a massive cleanliness drive was organized. This event was conducted as part of Clean India programme that aimed at creating awareness, mobilization of people and ensuring their involvement in the Clean India initiative which is unique in terms of scale and participation.**



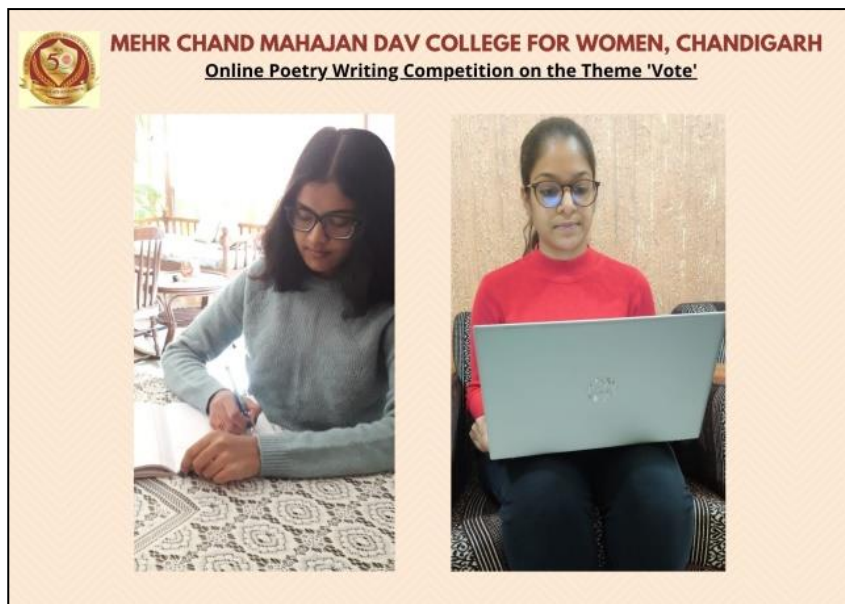
## एमसीएम डीएवी कॉलेज ऑफ वुमैन ने मनाई गांधी जयंती

चंडीगढ़, 2 अक्टूबर (रामसिंह बराड़) : मेहर चंद महाजन डीएवी कॉलेज ऑफ वुमैन, चंडीगढ़ ने गांधी जयंती के अवसर पर कई गतिविधियों का आयोजन किया, जिनका उद्देश्य छात्रों को अपनी मातृभूमि के लिए महात्मा गांधी के योगदान और एक प्रगतिशील भारत के लिए उनके दृष्टिकोण से अवगत कराना था। प्रधानाचार्या डॉ. निशा भार्गव ने राष्ट्रपिता को एक स्वरचित कविता समर्पित की जिसमें उन्होंने उन्हें विश्व शांति के संवाहक के रूप में संदर्भित किया। जिन्होंने अहिंसा के माध्यम से साम्राज्यवाद की नींव को हिलाकर रख दिया और भारत की स्वतंत्रता का मार्ग प्रशस्त किया। इस अवसर पर अपने विचार साझा करते हुए, डॉ. भार्गव ने कहा कि गांधीजी की अहिंसा पद्धति ने दुनिया भर में कई नागरिक अधिकार आंदोलनों को प्रेरित किया और यह तथ्य भी बताया कि संयुक्त राष्ट्र द्वारा उनकी वर्षगांठ को अंतर्राष्ट्रीय अहिंसा दिवस के रूप में भी मान्यता जाना दुनिया पर उनकी अमिट छाप को दर्शाता है।

कॉलेज की एनएसएस इकाइयों ने इस विशेष अवसर पर स्वच्छ भासा कार्यक्रम के हिस्से के रूप में स्वच्छता शपथ समारोह और एक दिवसीय स्वच्छता अभियान आयोजित किया गया। शपथ समारोह के दौरान, एनएसएस स्वयंसेवकों को स्वच्छता की शपथ दिलाई गई, जिसमें उन्होंने अपने आस-पास को स्वच्छ रखने और गांधीजी के 'स्वच्छ भारत' के सपने को साकार करने का संकल्प लिया। इस स्वच्छता अभियान में 80 एनएसएस स्वयंसेवकों ने कॉलेज के हर कोने को साफ किया जिसमें सेलिब्रेशन ग्राउंड, लॉन, छात्रावास परिसर, प्रयोगशालाएं और मेस क्षेत्र शामिल रहे। एक अन्य कार्यक्रम में, कॉलेज के संस्कृत विभाग और चित्र निर्माण समिति ने 'स्वावलंबन' के माध्यम से गांधी जयंती को चिह्नित किया और कई गतिविधियों का आयोजन किया। जिसमें बेस्ट आउट ऑफ वेस्ट, स्लोगन राइटिंग और बुकमार्क मेकिंग प्रतियोगिताएं शामिल रहीं। जिनके माध्यम से गांधीजी के अदृश्यों को सुदृढ़ करने का संदेश भी दिया गया। 'महात्मा गांधी के अदृश्यों सिद्धांत और दर्शन' विषय के महत्व आयोजित प्रतियोगिताओं में भी उत्साहजनक प्रतिक्रिया देखी गई। इसमें कुल 113 प्रतियोगिताएं प्राप्त हुई थीं। नारा लेखन प्रतियोगिता में, प्रतिभागियों को गांधी जी के योगदान, नैतिकता, विचारों और सपनों को दर्शाने वाले नारे लिखने थे, जबकि बुकमार्क बनाने में, प्रतिभागियों को गांधीजी की शिक्षाओं और विचारों को चित्रित करना था। प्रत्येक श्रेणी में सर्वश्रेष्ठ तीन विजेता प्रतियोगियों को पुरस्कार प्रदान किए गए।

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ With the aim of sensitizing the youth about the importance of franchise for a vibrant democracy, the **Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh** organized an **online Poetry Writing Competition on 23.10.2021. Held on the theme 'Vote'**, the competition elicited enthusiastic response from 21 students of diverse streams.



## Poetry Writing Competition on vote organised

**The Aman Sandesh Times Network**

**Chandigarh:** With the aim of sensitising the youth about the importance of franchise for a vibrant democracy, the Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online Poetry Writing Competition. Held on the theme 'Vote', the competition elicited enthusiastic response from students of diverse streams. The participants wove a thought-provoking poetic tapestry of words to share their nuanced thoughts on the right to vote and its

importance for a nation. The entries were to be submitted in either Hindi or English, and all the winners and participants were awarded e-certificates.

Principal Dr. Nisha Bhargava lauded this initiative for driving home the message

of the importance of vote in a novel manner and providing the students a platform to share their thoughts while showcasing their creativity and added that an informed and responsible electorate is immensely significant for a thriving democracy.



**Link to the event include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1239802989819285/?type=3>

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

✓ To mark the celebrations of **Rashtriya Ekta Diwas**, the **Department of Political Science and the Debating Club** of Mehr Chand Mahajan DAV College for Women, Chandigarh organized an **inter-college online Declamation Contest** on 31.10.2021 as a tribute to the great visionary Sardar Vallabhbhai Patel on his birth anniversary. The contest was held on the topic 'Is pluralism a threat to Indian unity?'. The contest witnessed enthusiastic response as 19 students from across the country participated in it. The participants sent in their recorded videos expressing their views on the given topic in English, Hindi or Punjabi.

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

Department of Political Science and Debating Club organises  
**An Online Inter-College Declamation Competition**

Topic:  
**Is pluralism a threat to Indian unity?**

**Rules:**

- Students can send video recordings of their speech (3-4 minutes) in Hindi, English or Punjabi.
- Paper reading is not allowed.
- All entries must be sent through Google form only.
- Every college can send up to 3 entries of bonafide students.
- Decision of judges is final and binding.
- Entries must reach latest by 31 October 2021.
- Cash prizes will be given to first five positions (First Prize-2000/-, Second Prize-1500/-, Third Prize- 1000/- and Two Consolation Prizes- 800/- each) and E-certificates will be awarded to all participants

Click the following link to submit your entry: [CLICK HERE](#)

Dr Neha Soi and Dr Ritu Khosla  
Coordinators

Dr Nisha Bhargava  
Convener & Principal

✓ **Marking the celebration of Vigilance Awareness Week**, the **Vigilance Cell** of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a Debate Competition on the theme 'Independent India@75: Self Reliance with Integrity' under the aegis of Azadi ka Amrit Mahotsav on 01.11.2021. The event was conducted in association with the Vigilance Cell of Chandigarh Administration and sponsored by the Central Bank of India. 23 participants attended the event.



## वाद-विवाद प्रतियोगिता के साथ मनाया सतर्कता सप्ताह

चंडीगढ़, 2 नवंबर (दिव्य)

ऑफ इंडिया के सतर्कता अधिकारी रणबीर सिंह और चंडीगढ़ प्रशासन के सतर्कता जागरूकता सप्ताह के उपलक्ष्य में एमसीएम डीएवी के विजिलेंस सेल ने आजादी का अमृत महोत्सव के तत्वावधान में इंडिपेंडेंट इंडिया @ 75 : सेल्फ रिलायंस विद इंटैग्रेटी विषय पर वाद-विवाद प्रतियोगिता का आयोजन किया। कार्यक्रम चंडीगढ़ प्रशासन के विजिलेंस सेल के सहयोग से आयोजित किया गया और सेंट्रल बैंक ऑफ इंडिया द्वारा प्रायोजित किया गया था। इस अवसर पर सेंट्रल बैंक

ऑफ इंडिया के सतर्कता अधिकारी रणबीर सिंह और चंडीगढ़ प्रशासन के सतर्कता जागरूकता सप्ताह के उपलक्ष्य में एमसीएम डीएवी के विजिलेंस सेल ने आजादी का अमृत महोत्सव के तत्वावधान में इंडिपेंडेंट इंडिया @ 75 : सेल्फ रिलायंस विद इंटैग्रेटी विषय पर वाद-विवाद प्रतियोगिता का आयोजन किया। कार्यक्रम चंडीगढ़ प्रशासन के विजिलेंस सेल के सहयोग से आयोजित किया गया और सेंट्रल बैंक ऑफ इंडिया द्वारा प्रायोजित किया गया था। इस अवसर पर सेंट्रल बैंक

प्रतिभागियों ने प्रस्ताव के पक्ष और विपक्ष दोनों में बात की। प्राचार्या डॉ. निशा भार्गव ने कॉलेज के विजिलेंस सेल की इस पहल की सराहना की। उन्होंने कहा कि अखंडता के साथ आत्मनिर्भरता का विषय बहुत प्रासंगिक है। प्रतियोगिता में प्रथम पुरस्कार जैसमीन (बीए) को मिला जबकि द्वितीय पुरस्कार रिद्धि श्रीवास्तव (बीए) और तृतीय पुरस्कार धनु (बीकॉम) को मिला।

Link to the event include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1232943797171871/?type=3>

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ On 04.11.2021. **NCC Naval wing** celebrated **Navy Day** where 50 cadets participated enthusiastically.



- ✓ To commemorate the day of adoption of **Indian Constitution**, the **Department of Political Science** of Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated **Constitution Day** on **26.11.2021**. The students and the faculty members read of the Preamble of the Constitution of India. In addition, screening of documentary 'Samvidhaan- The Making of the Constitution' was done which was attended by 61 students. The Department also dedicated its 'Wall Magazine' to Constitution Day.



- ✓ On the occasion of **Constitution Day**, **NSS Units** under the aegis of IQAC of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a **National Level Online Quiz** on **26.11.2021** where around 349 students from more than 10 different states including Himachal

## एमसीएम ने संविधान दिवस मनाया

चण्डीगढ़ (ऋद्धम आचार्य / हिमप्रभा)। संविधान दिवस के अवसर पर कॉलेज के आईक्यूएसी के तत्वावधान में मेहर चंद महाजन डीएवी कॉलेज फॉर विमेंस, चण्डीगढ़ की एनएसएस इकाइयों ने राष्ट्रीय स्तर पर ऑनलाइन क्विज का आयोजन किया। हमारे संविधान में निहित मूल्यों को बनाए रखने के लिए युवाओं को प्रेरित करने को संकल्पना को ध्यान में रख कर प्रश्नों का चयन किया गया और भारतीय संविधान के मूल सिद्धांतों और विशेषताओं पर आधारित प्रश्नों को प्रश्नोत्तरी में शामिल किया। इस क्विज में हिमाचल प्रदेश, पंजाब, हरियाणा, महाराष्ट्र, तमिलनाडु, राजस्थान, मणिपुर, लद्दाख, उत्तराखंड, झारखंड और चण्डीगढ़ सहित 10 से अधिक राज्यों और केंद्र शासित प्रदेशों के लगभग 349 छात्रों की उत्साहपूर्ण भागीदारी दर्ज की गई। प्रथम तीन

स्थान प्राप्त करने वाले तथा दो सात्वना पुरस्कार विजेताओं को नकद पुरस्कार से सम्मानित किया गया। 80 प्रतिशत या इससे अधिक अंक पाने वालों को ई-सर्टिफिकेट दिए गए।

प्रिंसिपल डॉ. निशा भागवत ने इस दिन को बड़े उत्साह के साथ मनाने के लिए एनएसएस और आईक्यूएसी के प्रयासों को सराहना की। उन्होंने जोर देकर कहा कि यह हमारे संविधान निर्माताओं के प्रति आभार व्यक्त करने का दिन है और उन्होंने युवाओं से हमारे सपनों के भारत के निर्माण के लिए खुद को प्रतिबद्ध करने का आग्रह किया।

**प्रश्नोत्तरी के परिणाम हैं :**  
**पहला स्थान :** हिरणमयी आर, बी.टेक, चेलमल इंजीनियरिंग कॉलेज, तमिलनाडु।

**दूसरा स्थान :** गुरलीन कौर, बी.ए. प्रथम वर्ष, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेंस, चण्डीगढ़।

**तौसरा स्थान :** राधिका कसल, बी.ए. द्वितीय वर्ष, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेंस, चण्डीगढ़।

**सात्वना पुरस्कार :**  
1. राधिका शर्मा, बी.कॉम, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेंस, चण्डीगढ़।  
2. दिव्या, बी.एस.सी. मेडिकल ह्यूडू, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेंस, चण्डीगढ़।



Pradesh, Punjab, Haryana, Chandigarh, Maharashtra, Tamil Nadu, Rajasthan, Manipur, Ladakh, Uttarakhand, Jharkhand across the nation participated. **Link to the event include:**

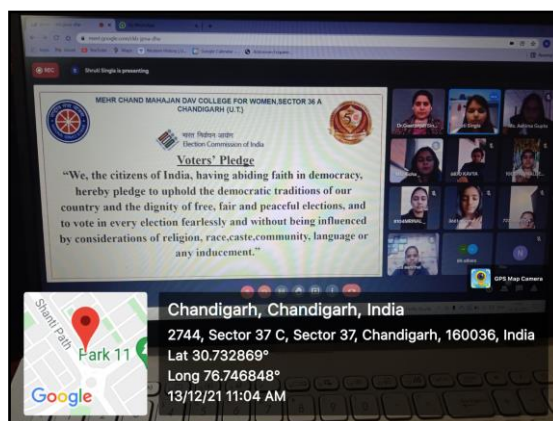
<https://www.facebook.com/MCMDA/CW/posts/1247108349088749>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ To apprise the cadets and honour the martyrs and soldiers in uniform who have heroically fought and continue to fight on our borders to protect the country's honour, **NCC Naval wing of the college celebrated Flag day** on 08.12.2021 where 80 cadets participated.

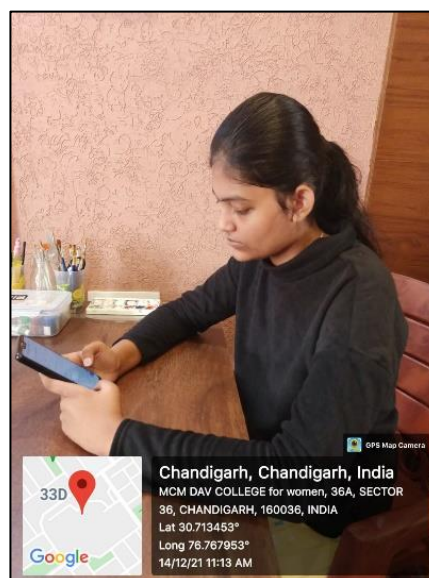


- ✓ **NSS Units** of Mehr Chand Mahajan DAV College for Women, Sector 36 A, Chandigarh, in collaboration with the **Electoral Literacy Club** organized a virtual meet on 13.12.2021 where around 100 volunteers were administered the **Electoral Pledge**.



- ✓ **NSS Units**, in collaboration with the **Electoral Literacy Club** of the College organized an online quiz on the topic 'Elections and Electoral Process in India' on 14.12.2021 where around 161 participants took part in the quiz. **Link to the event include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1260046241128293/?type=3>




**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ As a part of the series of programs organized by Mehr Chand Mahajan DAV College for Women, the **NSS Units, in collaboration with the Electoral Literacy Club** of the College organized an **online Declamation Contest on the topic 'Importance of Local Bodies Election (Municipal Corporation - 2021) in Chandigarh'** on 15.12.2021. 35 Students took part enthusiastically in the event and uploaded their entries through a virtual google link.

**3-day Electoral Awareness Programme at MCM**

**The Aman Sandesh Times Network**

**Chandigarh :** Under the aegis of the Electoral Awareness Programme of Chandigarh Administration, the NSS units and the Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh held a 3-day long awareness programme that comprised of various activities seeking to strengthen the spirit of democracy. On day one, Electoral Pledge was administered virtually to over 100 students and faculty members of the college. All the participants committed themselves to uphold the ideals of democracy. On the second day, an online Quiz on the topic 'Elections and Electoral Process in India' was organised



that tested the participants' knowledge of the process of elections in our country. Around 161 students took part in the quiz. The programme culminated with an online Declamation Contest on the topic 'Importance of Local Bodies Election (Municipal Corporation - 2021) in Chandigarh'. Students took part enthusiastically in the contest. Over 35 entries were received for the contest wherein the participants reiterated

that it is crucial to vote for the right candidates to ensure the development of the city in terms of infrastructure, safety and facilities. The contest created the much needed awareness amongst the first time voters to vote for and support the right candidates in the Municipal Corporation Elections scheduled in December, 2021. Principal Dr. Nisha Bhargava expressed appreciation for this initiative of NSS and Electoral Literacy Club to promote awareness among the youth regarding the electoral process and its importance. She added that since fair and free elections are the backbone of any democracy, the event will go a long way in nurturing the spirit of democracy among the youth.

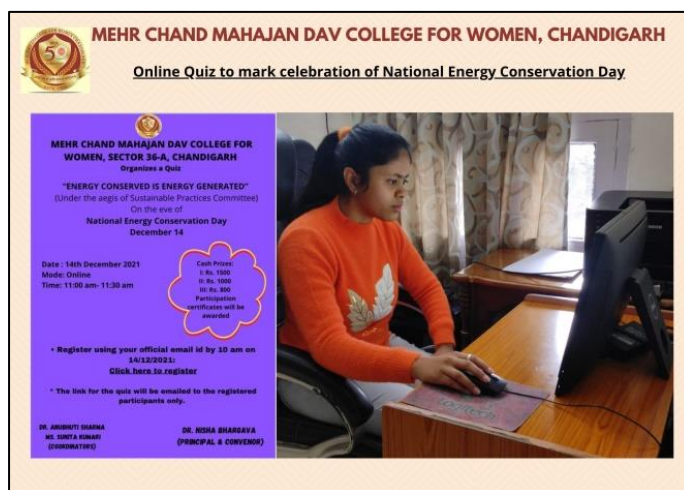
**Link to the event include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1260046241128293/?type=3>



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ To mark the celebration of **National Energy Conservation Day**, the Sustainable Practices Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an **online Quiz on the theme 'Energy**



**Conserved is Energy Generated'** on 14.12.2021. The event aimed to encourage students to adopt energy conservation practices and to motivate others to do the same for a sustainable future. The quiz covered various areas where it is possible to save energy on a day-to-day basis and also touched upon various efforts of the Government of India regarding energy efficiency and conservation in appliances, buildings, transportation, agriculture and so on. A total of 376 students registered for the online quiz.

## MCM celebrates National Energy Conservation Day

**Atul Sharma**

**Chandigarh:** To mark the celebration of National Energy Conservation Day, the Sustainable Practices Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online Quiz on the theme 'Energy Conserved is Energy Generated'.

The event aimed to encourage students to adopt energy conservation practices and to motivate others to do the same for a sustainable future and quiz covered various areas where it is possible to save energy on a day-to-day basis and also touched upon various efforts of the Government of India regarding energy efficiency and conservation in appliances, buildings, transportation, agriculture and so on. A total of 376 students registered for the

online quiz.

Principal Dr. Nisha Bhargava, an expert in Energy Economics, drew attention to the global shortage of energy resources and reiterated the importance of individual efforts in conserving energy that drives the world and added that we need to judiciously conserve

energy by substituting non-renewable energy resources with renewable ones and reducing the overall energy consumption.

**The results of the Quiz were :**

1st: Dilnoor Ghai of BA II  
 2nd: Tanya Goel of BA III  
 3rd: Arshiya Mehta of BA II

**Link to the event include:**

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/1260040617795522/?type=3>

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ Marking the celebration of **International Human Solidarity Day**, the **Character Building Committee** of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a '**Sauhard**'- a donation drive of woollen clothes for underprivileged people on 20.12.2021. The aim of the drive



was to spread the message of love and compassion, and to celebrate the spirit of humanity.

# एमसीएम ने मानव एकता दिवस मनाया

चंडीगढ़, 21 दिसम्बर (राम सिंह बराड़) : अंतर्राष्ट्रीय मानव एकता दिवस के उपलक्ष्य में, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की चरित्र निर्माण समिति ने वंचित लोगों के लिए ऊनी कपड़ों के दान के लिए अभियान 'सौहार्द' आयोजित किया। अभियान का उद्देश्य प्रेम और करुणा का संदेश फैलाना और मानवता की भावना को सराहना था। इस नेक काम के लिए कॉलेज के कर्मचारियों और छात्रों ने बड़े

उत्साह के साथ इस अभियान में भाग लिया और ऊनी वस्त्र दान किए। समिति के स्टूडेंट्स ऐम्बैसडरस ने चंडीगढ़ के सेक्टर-15 और 37, का दौरा किया और वंचित लोगों के बीच ऊनी वस्त्र वितरित किए। प्रधानाचार्या डॉ. निशा भार्गव ने छात्रों में दया, करुणा और सहानुभूति के मूल्यों को स्थापित करने के लिए चरित्र निर्माण समिति की इस पहल की सराहना की।

एमसीएम में मनाए मानव एकता दिवस पर छात्राएं जरूरतमंदों को गर्म कपड़े दान करते हुए। (छाया : गुरिंद्र सिंह)

Link to the event include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1261998524266398/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ Electoral Literacy Club of the College organized **Online Electoral Awareness Competitions** on 07.01.2022 to create awareness among students about their electoral rights and duties. These include Music Awareness Video, Radio Drama, Story Telling, and Informative Programs competitions on the theme- Democracy, My Vote is My Right, Every Vote Counts the Same, Getting Registered, Electoral Roll/ Voter List, Voter Card/ e-Epic, Ethical and Informed Voting, EVM and VVPAT, NOTA, National Voters' Day.



Link to the activity uploaded on social media handle are as follows:

<https://www.facebook.com/MCMDA VCW/photos/a.239819746484286/1280337555765828/?type=3>

## MCM holds electoral awareness competitions

CHANDIGARH, JAN 18

The Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a host of online competitions for promoting electoral awareness among students. The competitions included Awareness Music Video, Radio Drama, Story Telling and Informative Programme Competitions.

The participants were required to submit their entries on any one of the given themes including Democracy, My Vote is My Right, Every Vote Counts the Same, Getting Registered, Electoral Roll/ Voter List, Voter Card/ e-Epic, Ethical and Informed Voting, EVM and VVPAT, NOTA and National Voters' Day. A total of 25 students

participated in the competitions, sharing their creative ideas in the form of music video, radio Drama, story and informative programme. All the participants were awarded



e-certificates. Principal Dr. Nisha Bhargava expressed appreciation for the efforts of the college's Electoral Literacy Club to sensitise the youth about the importance of electoral process for a vibrant democracy. She said that an informed and responsible electorate is the cornerstone of any democracy, and such efforts go a long way in educating the electorate.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ Department of Philosophy in collaboration with NSS Units and Young Communication Club (YCC) of Mehr Chand Mahajan DAV College for Women, Chandigarh organized an Indian Council of Philosophical Research sponsored periodic lecture on 'A Friend Request from Vivekananda' on 12.01.2022 as part of Azadi ka Amrit Mahotsav. It was organized to mark the birth anniversary of Swami Vivekananda Ji. The



resource person for this lecture was Mr Sudhir Baweja, Coordinator, Department of Philosophy and Vivekananda Studies, USOL, Punjab University, Chandigarh.

Links to the activity uploaded on social media handles are as follows:

- <https://www.facebook.com/MCMDAVCW/posts/1274872472979003>
- [https://www.instagram.com/p/CYrQKnPvMC9/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CYrQKnPvMC9/?utm_source=ig_web_copy_link)

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## धर्म की राजनीति, मंदिर मस्जिद की राजनीति, छोड़कर सभी को देशहित में सोचकर वोट डालना चाहिये: सुशीला कटारिया आम आदमी पार्टी

### एमसीएम ने स्वामी विवेकानंद के प्रेरक जीवन मूल्यों को याद कर राष्ट्रीय युवा दिवस मनाया

चंडीगढ़। स्वामी विवेकानंद की जयंती के अवसर पर 38 वां राष्ट्रीय युवा दिवस मनाते हुए, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ के दर्शनशास्त्र विभाग ने कॉलेज की एनएसएस इकाई और यंग कम्युनिकेटर्स क्लब के सहयोग से भारतीय दार्शनिक अनुसंधान परिषद द्वारा प्रायोजित हार्प फ्रेंड रिक्वेस्ट फ्रॉम विवेकानंद शोर्षक से व्याख्यान का आयोजन किया। इस व्याख्यान के लिए प्रमुख वक्ता पंजाब विश्वविद्यालय में दर्शनशास्त्र और विवेकानंद अध्ययन विभाग, यूएसओएल, के कोऑर्डिनेटर श्री सुधीर बावेजा थे।

व्याख्यान का उद्घाटन करते हुए, प्रधानाचार्या डॉ निशा भार्गव ने स्वामी विवेकानंद को सुधार आंदोलनों में एक प्रमुख शक्ति के रूप में सम्मानित किया, वेदांत दर्शन के संदेश को फैलाने और भारत के विकास के लिए विदेशी सहायता और तकनीकी ज्ञान प्राप्त करने के उनके प्रयासों पर प्रकाश डाला। भारत माता के इस प्रतिष्ठित सपूत को प्रद्वंजलि देते



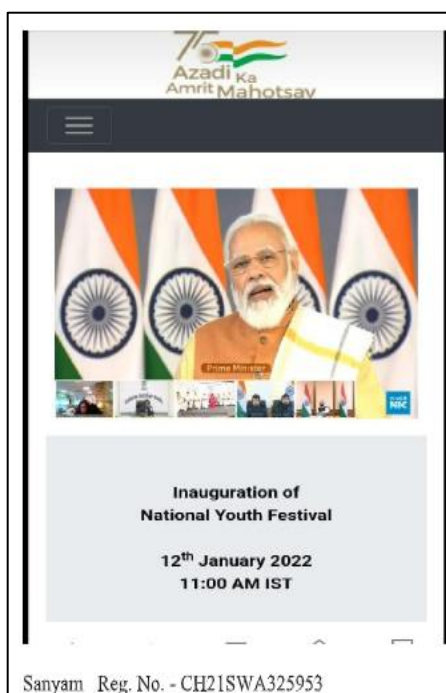

हुए, डॉ. भार्गव ने कहा कि स्वामी विवेकानंद का दर्शन जीवन को बदलने वाला है और उनकी जीवन यात्रा इतनी प्रेरणादायक है कि छात्र उनसे बहुत कुछ मूल्यवान सीख सकते हैं। अपने व्याख्यान में श्री सुधीर बावेजा ने कहा कि यदि आप लोहे की मांसपेशियों और स्टील की नसों वाले व्यक्ति बनना चाहते हैं, तो स्वामी विवेकानंद के प्रेरक व्यक्तित्व को अपनाना जरूरी है। उन्होंने युवाओं को उनके लेखन को पढ़कर और अपने जीवन में उनका अनुकरण करके विवेकानंद से मित्रता करने के लिए प्रेरित किया। विवेकानंद को शाश्वत युवा प्रतीक के रूप में संदर्भित करते हुए, श्री बावेजा ने स्वामीजी के टूलकिट को साझा किया जो किसी को भी एक सुंदर व्यक्ति में बदल सकता है और उसे जीवन में सच्ची सफलता प्राप्त करने में मदद कर सकता है। उन्होंने सफलता के लिए स्वामीजी के टूलकिट पर विस्तार से बताया जिसमें कमजोरियों के आगे ना झुकना, 'श्रद्धा' (आत्मविश्वास), अच्छाई की शक्ति में विश्वास, ईर्ष्या और संदेह की अनुपस्थिति, अच्छा करने की कोशिश करने वालों की मदद करना, सकारात्मकता, चरित्र निर्माण जैसे उनके गुणों एवं जीवन के प्रति प्रेरक दृष्टिकोण पर बात की। व्याख्यान एक इंटरैक्टिव सत्र के साथ समाप्त हुआ, जिसमें प्रतिभागियों ने अपने प्रश्नों को विशेषज्ञ के सामने रखा।

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ The 25<sup>th</sup> National Youth Festival started with an inauguration session given by Hon'ble Prime Minister of India, Shri Narendra Modi in Puducherry, the host state for the festival, via video conferencing on 12-13.01.2022. In this

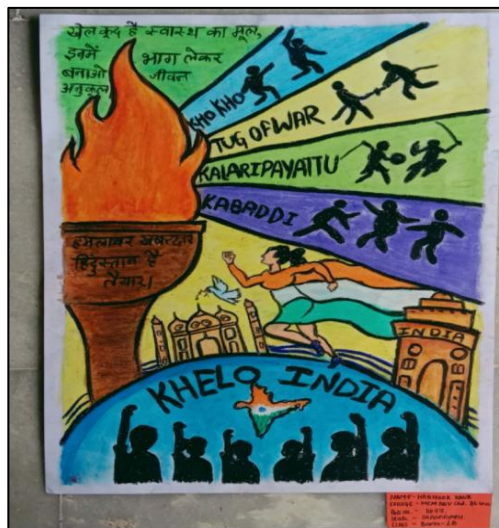


**National Youth festival, one of our NSS Volunteers – MS. Shreya Puri, B.A. (Hons.) III participated enthusiastically.** In addition, 12 NCC Army cadets attended enthusiastically.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ On 15.01.2022, 100 NCC Army cadets attended webinar, participated in PPT, Video, Poetry and painting Competition based on Indigenous Sports of India as part of 25<sup>th</sup> National Youth Festival 2022.

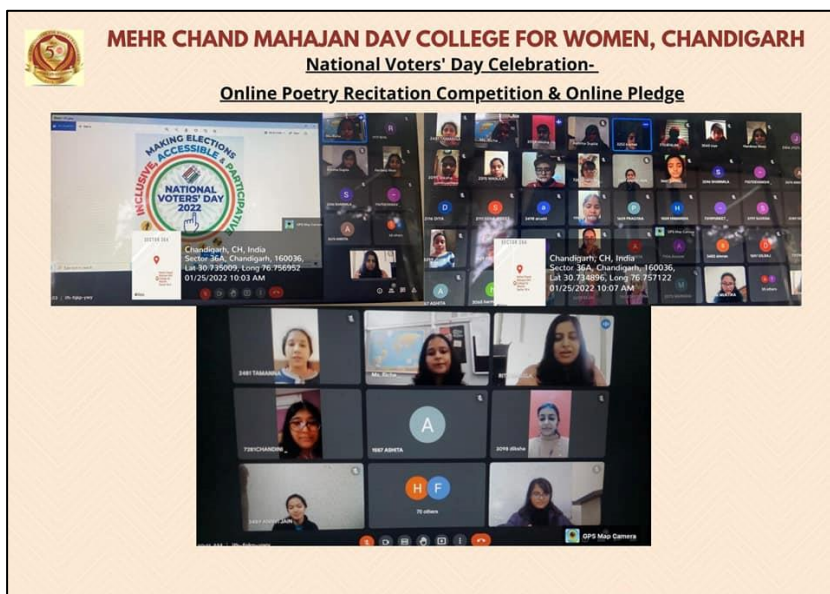


**25<sup>th</sup> National Youth Festival: Painting and Poetry competition**

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|---|--|
| <p><b>Poetry : Awareness about indigenous sports of India</b></p> <p>जय हिन्द...<br/>         मैं 1 Chandigarh G Bn NCC units कि कैम्पेड अफिल . Ba1 year mem college 38 की छात्र हू।<br/>         आज मैं आप सभी के समने पाठ्यक्रम भारतीय खेलों के प्रति जागरूक होने के लिए एक कविता पेश करने जा रही हू...।</p> <p>जब वे देश हमारा है, स्वदेश हमारा है,<br/>         फिर क्यों को हम विदेशी?<br/>         क्या वे ही नहीं सकते? या हम कर नहीं सकते?<br/>         क्या ना बन जाय हम स्वदेशी?</p> <p>माथी जी के नेटवर्क में हमने पहले भी आंदोलन किया है,<br/>         किन्तु हमें विदेशी सैनिकों को पहले भी के दिन दिया है।<br/>         जब हम घर में और घर पर में खेल खेलना था,<br/>         और खादी को अपना कर स्वदेश में धूम मचाया था।</p> <p>क्यों ना फिर वे एकदम से ही इतिहास दोहरा दे,<br/>         अज्ञात हुए मन को क्या फिर से मुक्त बना दे?</p> <p>उनकी भाषा उनके खेल क्या अनुभव ?<br/>         पिताजी को आम बदनकर<br/>         भारतीय खेलों को पूरे विश्व में फैल कर<br/>         क्यों ना मानू भूरी का मन बदल?</p> <p>बढ़ावा मान भारत का , बढ़ावा मन भारत का,<br/>         भारत किन राष्ट्रीय में,<br/>         हुआ सम्मान भारत का,<br/>         कि जिस में हम, अब पीछा है,<br/>         भारत के पानी किने को आर्थिक बना कर<br/>         भारत को पूरे विश्व में सम्मान दित दे।</p> <p>क्यों ना हम भी कुछ ऐसा करके दिखा दे,<br/>         भारत के पानी किने को आर्थिक बना कर<br/>         भारत को पूरे विश्व में सम्मान दित दे।</p> <p>दुनियाँ मशहूर खेलों को खूब प्रचारनी है,<br/>         लेकिन जिस खेल से हमें सब आहार पटा<br/>         क्या उस खुरदरे खेल को नमन जानती है?</p> <p>मशहूर खेलों में कसरियापट्ट को अपना आहार बनाया<br/>         फिर क्यों हमने अपने ही खेल को खत्म?<br/>         क्यों वे कभी किने केवल में रह नहीं?<br/>         क्यों नहीं हमने पूरे विश्व में इन्हें नाम बनाया?</p> <p>अब खुदवा धूमना होगा , राष्ट्र को उनमति कि वह पर खाना होगा<br/>         जहाँ कबारे मून सब कसरियापट्ट के आगे फेर है।</p> | <p>जिस स्थान में आज मशहूर खेल है,<br/>         उससे भी ऊपर हमें दुनिया की सबसे पुरानी खुरदरे खेल को खाना होगा।</p> <p>देश को अपने बनाने की एक पहल हमने करी है,<br/>         आर्थिक और भारत बनाने की पहल हमने करनी है।<br/>         पहले तो हमने भारतीय खेलों को खाने हमें तो खतरा है<br/>         देश के भारतीय खेलों को फिर से सम्मान दिताने।</p> <p>धन्यवाद<br/>         जय हिन्द।</p> |
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### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ On the occasion of **National Voters' Day**, Electoral Literacy Club of the college organized National level Online Poetry Recitation Competition on the topic "Even One Vote Makes a Difference" on 25.01.2022.



Link to the activity uploaded on social media handle include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1287181018414815/?type=3>

## MCM celebrates National Voters' Day

**The Aman Sandesh Times Network**

**Chandigarh:** Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated National Voters' Day with a national level Online Poetry Recitation Competition and Online Pledge ceremony. Keeping in mind the theme for this year's National Voters' Day i.e. 'Making Elections Inclusive, Accessible and Participative', the activities by the Club envisioned to encourage young voters to participate in ensuring the integrity and success of the election process and also to educate community about the importance of exercising one's right to vote.

Over 58 students from various states participated in the Poetry Recitation Competition, highlighting the importance of

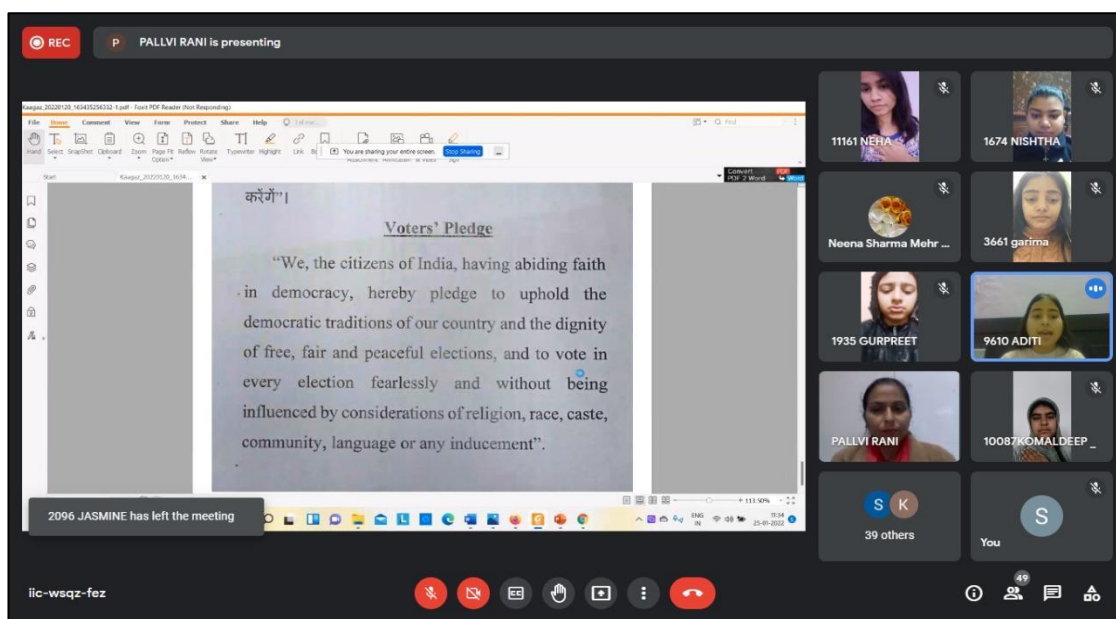
vote for a robust democracy. In the online pledge, 82 students took the oath to judiciously cast their vote during the elections.

Principal Dr. Nisha Bhargava, lauding this initiative of the Electoral Literacy Club, said that every Indian should realise the value of right to vote and make judicious use of the privilege to be a voter in the largest democracy in the world and added that the foundation of a successful democracy is laid on sound electoral processes.

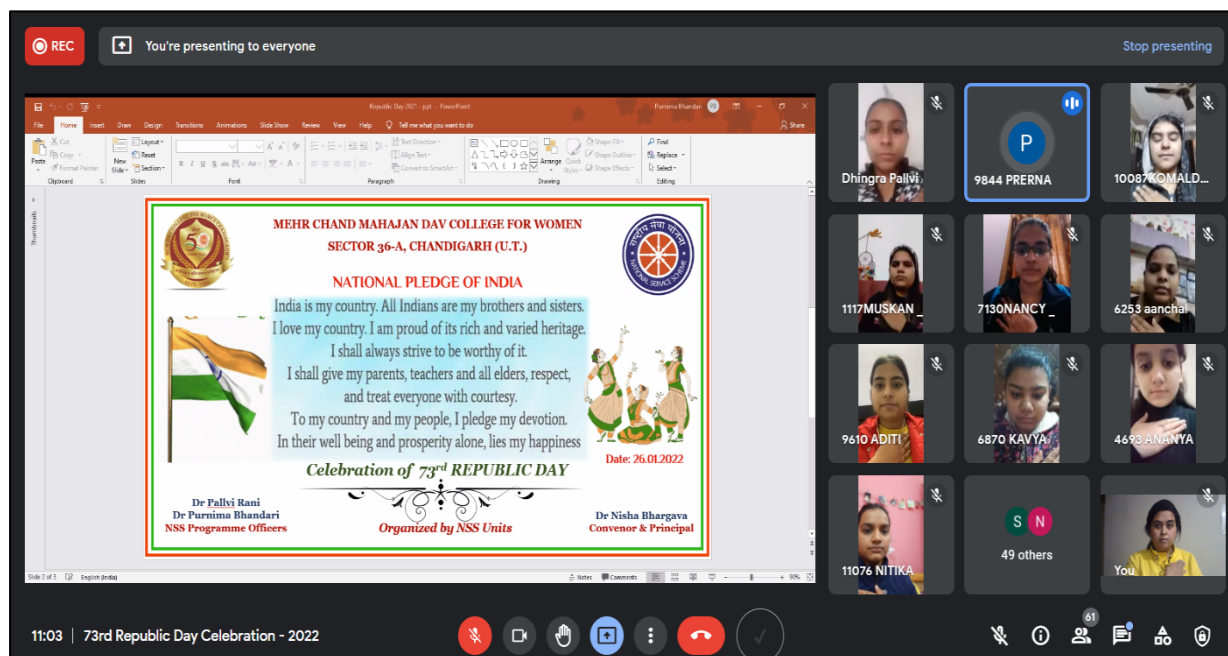
A screenshot of a Zoom meeting titled "MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH National Voters' Day Celebration- Online Poetry Recitation Competition & Online Pledge". The meeting interface shows a grid of participants' video feeds. A large banner in the top left corner of the meeting displays the text "MAKING ELECTIONS INCLUSIVE, ACCESSIBLE AND PARTICIPATIVE NATIONAL VOTERS' DAY 2022" along with a logo. The banner also includes the college's name and location: "Chandigarh, CH, India Sector 36A, Chandigarh, 160036, Lat: 30.788996, Long: 76.751122" and the date "01/25/2022 10:03 AM".

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ On 25.01. 2022, NSS Units organized a pledge on National Voter's Day.



- ✓ On the occasion of 73<sup>rd</sup> Republic Day Celebration, NSS Units under the able guidance of the worthy Principal of the College – Dr. Nisha Bhargava organized a virtual meet session on 26.01.2022 where a national pledge signifying the virtues and feeling of brotherhood and equality was administered to the volunteers.





**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ 2 of the NCC Cadets (Army Wing) - Cdt Prerna Dhole and Cdt Shrishti Sharma participated in RDC – Republic Day Parade, held in New Delhi on 26.01.2022.

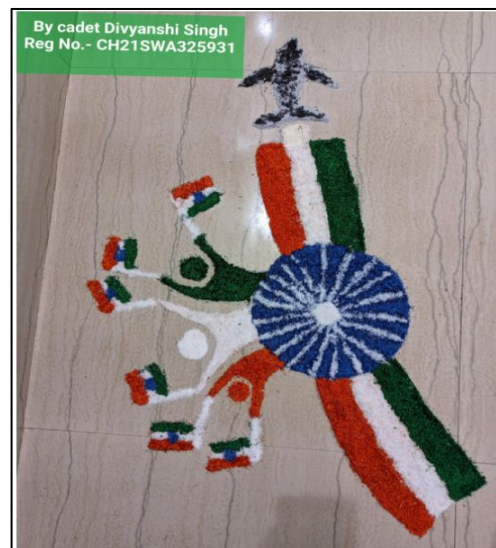


**RDC Parade, New Delhi**

- ✓ NCC Army Cadets participated in Azadi Ka Amrit Mahotsav Competitions at **National Level** that included **Paintings, Rangoli making, Patriotic Lori contest and Desh Bhakti Geet Contest** from 25.01.2022 – 27.01.2022.



Cadet: Charanpreet Kaur  
Reg No: CH21SWA325907



**Azadi Ka Amrit Mahotsav: Rangoli**

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

## Deshbhakti Geet

हर मजहब मे मैंने वही नीर देखा है,  
 दुआ हो या प्रार्थना,  
 मैंने आँखों का वही सजदा देखा है,  
 हर जखम मे मैंने लहू का रंग लाल ही देखा है,  
 इंसान भी वही देखा है,  
 पर उन्हें लकीरों मे बटता देखा है,  
 कुरान के लफ्ज़ हो या गीता कि बोली,  
 मैंने सब मे वो एक परमात्मा देखा है,  
 जिसने बस इंसानियत का साथ देखा है,  
 पर इंसानियत को भी मैंने मजहब मे बटता देखा है।।  
 पर इधर हर कदम पर चलते राही को मैंने इंसान देखा है,  
 हर मजहब का साथ है इधर अये दोस्त,  
 मैंने बस ऐसा इक्लौत हिंदुस्तान देखा है।।

Sergeant Ananya Rana  
 CH19SWA325944

## हिंदुस्तान

तलवारों पर जिस्म कुर्बान किये  
 अंगारों पर खुद को जलाया है,  
 गोलियों की बरसात झेलकर  
 इस मिट्टी को हिंदुस्तान बनाया है,  
 रक्त से इस बंजर ज़मीन को सींचा  
 दिल में भारत समाया है,  
 कुरबानियों की डोली पर  
 यह कैसरिया आज भारत में को  
 जो उड़ाया है ।

न जाने कैसे करूँ मैं शुकिया उन  
 वीरों का  
 जिन्होंने आज़ादी के लिए अपना  
 सब कुछ लुटाया है,  
 मौत को गले लगा कर भी बन्दे  
 मातरम दोहराया है ।

आज़ादी की कभी शपथ चाहने दोगे  
 शहीदों की कुर्बानी बदनाम ना होने  
 दोगे,  
 बची हो जब तक एक भी बूंद लहू  
 की रगों में  
 तब तक भारत माता का आँचल  
 नीलाम ना होने दोगे ।

मेरी साँसां, मेरे लहू, मेरे बदन में रहे  
 मेरा मुल्क हर वक़्त मेरे ज़हन में रहे,  
 मैं मरूँ भी तो अंदाज़ इतना गज़ब  
 रहे  
 कि तब भी यह तिरंगा मेरा कफ़न  
 बनकर लिपटा रहे ।

**जय हिंद**

Cadet Diksha Azad MCM DAV COLLEGE FOR  
 CH19SWA325936 WOMEN-36A, CHD  
 1 CHD GIRLS BN NCC

**Azadi Ka Amrit Mahotsav: Desh bhakti Geet**

- ✓ On the occasion of 73<sup>rd</sup> Republic Day, Character Building Committee of the college organized an online poetry recitation/writing event ‘Saluting the Tiranga’ on 26.01.2022 with an aim to inspire the spirit of patriotism and motivate the participants to express their allegiance by means of poetry.

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

**SALUTING THE TIRANGA**  
 An online Poem Writing / Recitation Activity  
 on the occasion of  
**73<sup>rd</sup> Republic Day**  
 organized by  
 Character Building Committee

**Guidelines:**

- The activity is open for all the faculty members and administrative staff of the college.
- Each participant may submit his or her poem in any of the three ways; handwritten and uploaded as pdf, typed as a word document and uploaded on the given link or uploading of video recording of up to two minutes.
- The theme of the poems may be related to the ethos of democracy, the duties of a citizen, the sense of responsibility and accountability towards our country or a spirit of patriotism.
- Each participant may submit his or her poem in English, Hindi, Punjabi or Sanskrit.
- The last date for sending entries is 25th January 2022 till 5 pm.

Click below to upload your entries  
[Click here >>>](#)

**r. Japneet Kaur & Dr. Aparna Sharma**      **Dr. Seema Kanwar**      **Dr. Nisha Bhargava**  
 Coordinators                                  Convener                                  Chairperson & Principal

**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN  
 CHANDIGARH**

**73rd Republic Day Celebrations- National level Online Quiz & Poem Writing**

आज 26 जनवरी 2022 को हमारे देश में 73वां गणराज्य दिवस मनाया जा रहा है। यह दिन हमारे देश के संविधान के अंगीकार के दिन को समर्पित है।

आज के दिन हमें अपने देश के संविधान के अंगीकार के दिन को समर्पित है। यह दिन हमारे देश के संविधान के अंगीकार के दिन को समर्पित है।

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Link to the activity uploaded on social media platform include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1284968995302684/?type=3>

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

**MCM celebrates Republic Day with online quiz and poem writing**


The Aman Sandesh Times Network

**Chandigarh:** On the occasion of 73rd Republic Day, Mehr Chand Mahajan DAV College for Women, Chandigarh organised online activities to mark the celebration of this momentous day.

392 participants from 19 states including Kerala, Maharashtra, Telangana, Odisha, Chattisgarh, Madhya Pradesh, Assam, Himachal Pradesh, Delhi and Gujarat, attempted the online quiz through the link.

Participants who scored 70% and more were awarded Certificate of Merit.

Principal Dr. Nisha Bhargava also participated in the event by sharing her poem 'Azaad hai Vatan', eulogising the glory of our great motherland and exhorting fellow countrymen to join hands to build a new India.



- ✓ Ek Bharat Shreshtha Bharat Club and the Department of English organized a National-level Republic Day Quiz on 26.01.2022 where 392 participants from 19 different states participated enthusiastically.

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

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

**26 JANUARY**  
REPUBLIC DAY OF INDIA

REPUBLIC DAY QUIZ  
Date: 26 January 2022 Time: 4:00 pm

Instructions for the Participants

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

Click below on scheduled date & time to participate.

**CLICK HERE**

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

Dr. Nisha Bhargava  
Convener & Principal

**एमसीएम ने ऑनलाइन राष्ट्रीय प्रश्नोत्तरी और कविता लेखन के साथ मनाया गणतंत्र दिवस**

चंडीगढ़, 27 जनवरी (राम सिंह बराड़ा): 73वें गणतंत्र दिवस के उपलक्ष्य में, मेहर चंद्र महाजन डीएवी कॉलेज फॉर वूमन, चंडीगढ़ ने इस महत्वपूर्ण दिन को मनाने के लिए कई ऑनलाइन गतिविधियों का आयोजन किया। कॉलेज के एक भारत श्रेष्ठ भारत क्लब और अंग्रेजी विभाग ने प्रतिभागियों में सांस्कृतिक विविधता और हमारे सविधान में निहित लोकतांत्रिक भावना को मजबूत करने के उद्देश्य से राष्ट्रीय स्तर पर गणतंत्र दिवस प्रश्नोत्तरी का आयोजन किया। क्विज में मुख्य रूप से सैवधानिक अधिकार और उनका, सम्मान और पुरस्कार, गणतंत्र दिवस परेड के राजनीतिक और ऐतिहासिक संदर्भ, गणतंत्र दिवस के कलात्मक और सांस्कृतिक पहलुओं को शामिल किया गया, जो विशेष रूप से देश के प्रति अगाध प्रेम और भव्यता को समर्पित था। इस गौरवशाली अवसर पर केरल, महाराष्ट्र, तेलंगाना, ओडिशा, छत्तीसगढ़, मध्य प्रदेश, असम, हिमाचल प्रदेश, दिल्ली और गुजरात सहित 19 राज्यों के 392 प्रतिभागियों को शामिल किया गया। कविता लेखन व पत्र के लिए लोकतंत्र के लोकाचार, एक नागरिक के कर्तव्यों, देश के प्रति हमारी जिम्मेदारी और जवाबदेही की भावना और देशभक्ति की भावना सहित अन्य कई विषयों को शामिल किया गया था। प्राचार्या डॉ. निशा भार्गव ने भी अपनी महान मानुषीय की महिमा का गुणगान करते हुए अपनी कविता 'आजाद है वतन' साझा की और देशवासियों को एक नए भारत के निर्माण के लिए मिलकर आगे बढ़ने का आह्वान करते हुए इस कार्यक्रम में भाग लिया। डॉ. भार्गव ने इन प्रयासों के लिए एक भारत श्रेष्ठ भारत क्लब, अंग्रेजी विभाग और चरित्र निर्माण समिति की सराहना करते हुए कहा कि इस तरह के कार्यक्रम हमारे युवाओं में गर्व की भावना को बढ़ावा देते हैं जिससे वे राष्ट्र निर्माण के लिए खुद को प्रतिबद्ध करते हैं।

कार्यक्रम की ऑनलाइन तस्वीर।



Link to the activity uploaded on social media handles include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1284968995302684/?type=3>

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ With the primary objective of imbibing the culture and spirit of the green campus and promoting the concept of a sustainable healthy eco-friendly environment, a tree plantation drive was organized on 27.01.2022 as part of Republic Day Celebration.

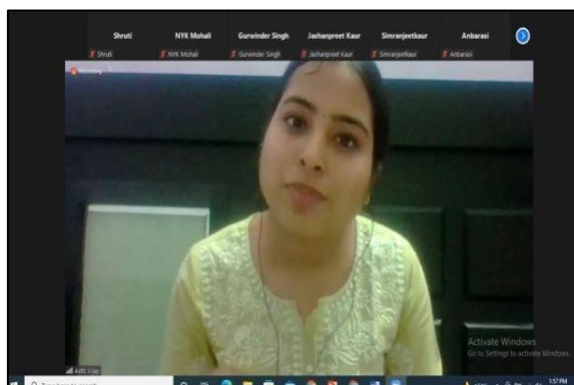


एमसीएम कॉलेज प्राचार्या डॉ. निशा भार्गव व अन्य स्टाफ पौधारोपण करते हुए।  
(छाया: गुरिन्द्र सिंह)

## एमसीएम ने पौधारोपण अभियान चलाया

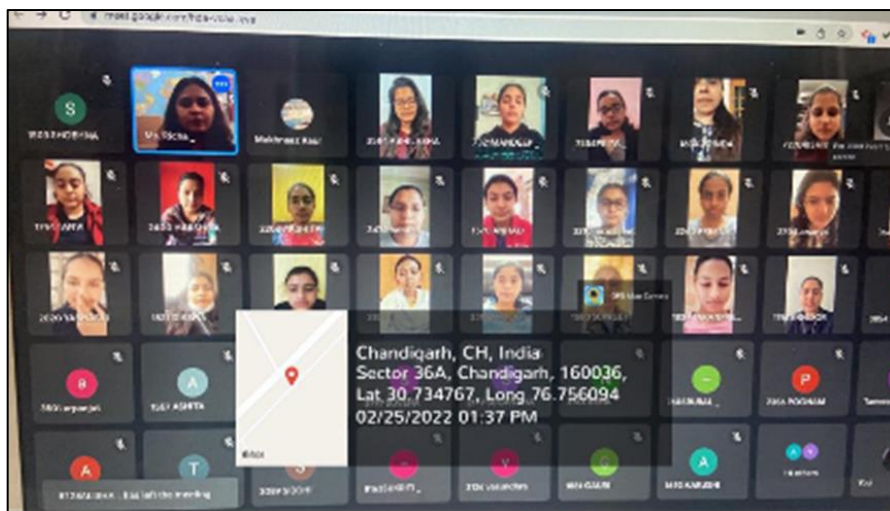
चंडीगढ़, 31 जनवरी (रम सिंह बराड़) : परिसर हरा भरा बनाए रखने की संस्कृति और सस्टेनबल पर्यावरण की अवधारणा को बढ़ावा देने के प्राथमिक उद्देश्य के साथ, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की स्वच्छता समिति और होर्टिकल्चर एंड लैंडस्केपिंग समिति ने गणतंत्र दिवस के अवसर पर वृक्षारोपण अभियान का आयोजन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

- ✓ One of our NSS Volunteers of our college – **Ms. Aditi Vijay**, B. Com II, participated and secured second position at District level Youth parliament and **qualified for State level Youth parliament** (19.02.2022 – 23.02.2022)



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ Electoral Literacy Club organized an **Online Screening of ECI film on 'Indian National Election 2014'** on 25.02.2022.



- ✓ Electoral Literacy Club of the college organized an **Online Slogan Writing Competition** on the theme **'Power of Vote'** on 28.03.2022. 14 students participated in the event.



- ✓ Electoral Literacy Club of the College organized **Ballot Baristo** on 25.04.2022 on the theme **'Voter Education: An Undermined Necessity'; What will make India Vote?;** and **'Opinion and Exit Polls to be Restricted and Regulated'**. 20 students participated in the discussion and threw light on the issues and concerns related to elections in India.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ 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 : गुरिंद्र सिंह)

## साइबर स्वच्छता मिशन के तहत छात्राओं को जागरूक किया

चंडीगढ़, 8 मई (विशेष संवाददाता): मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ की 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 अवगत कराया, जो वर्तमान साइबर खतरों के बारे में जागरूकता फैलाने के लिए सामुदायिक 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

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

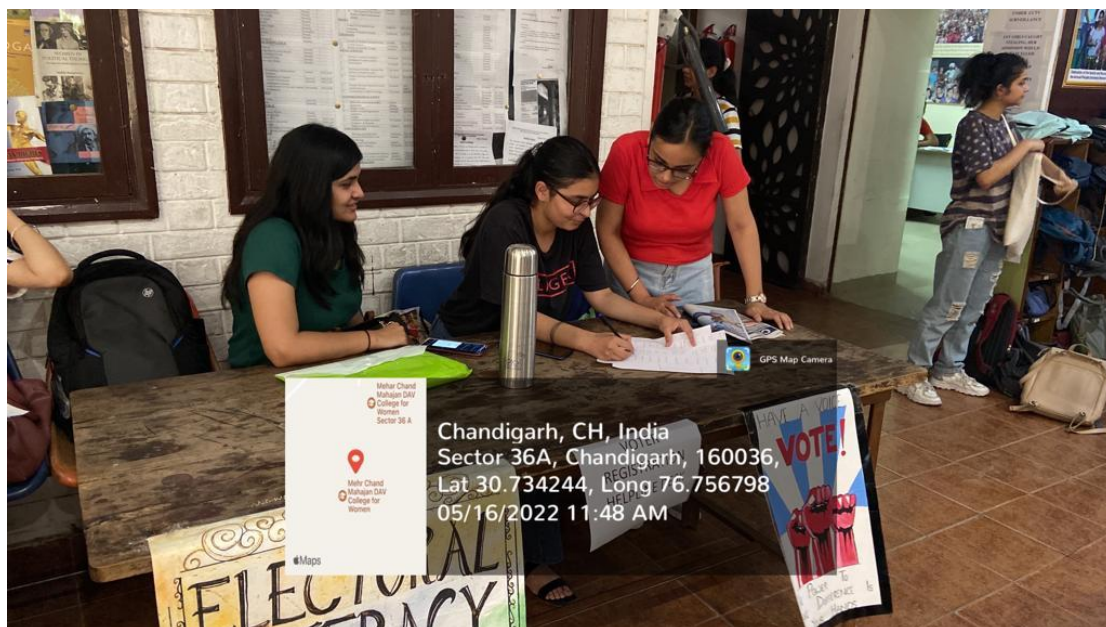
प्रिंसिपल डॉ. निशा भार्गव ने साइबर सुरक्षा के महत्वपूर्ण पहलू के बारे में छात्राओं को संवेदनशील बनाने के लिए एनएसएस इकाइयों और साइबर इंटरनेट की सहायता की, जो इंटरनेट प्रसार के इस युग में अत्यंत प्रासंगिक हो गया है। उन्होंने कहा कि साइबर अपराधों के खतरे से निपटने के लिए नागरिकों को आवश्यक कौशल से लैस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

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

<https://www.facebook.com/MCMDAFCW/photos/a.239819746484286/134766242366674/?type=3>

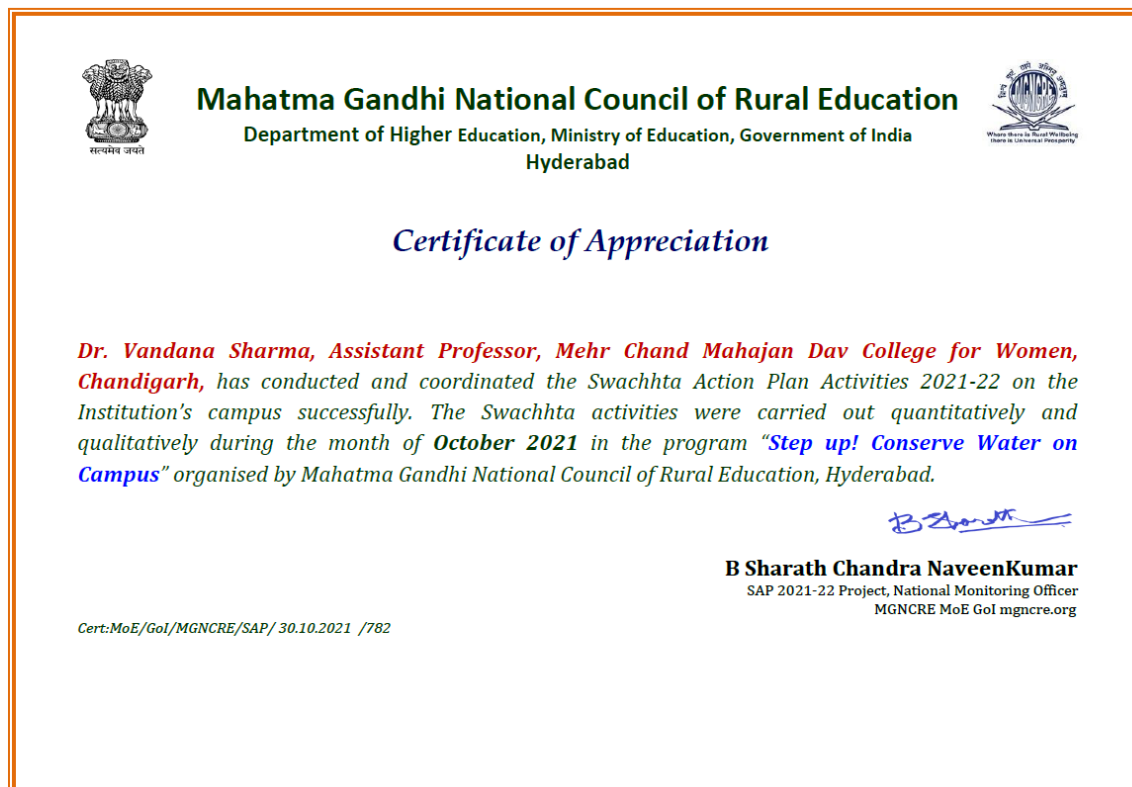
### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ On 16.05.2022, a Helpline desk was set up by Electoral Literacy Club in the college campus to resolve the issues and queries of students related to voter registration.



7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

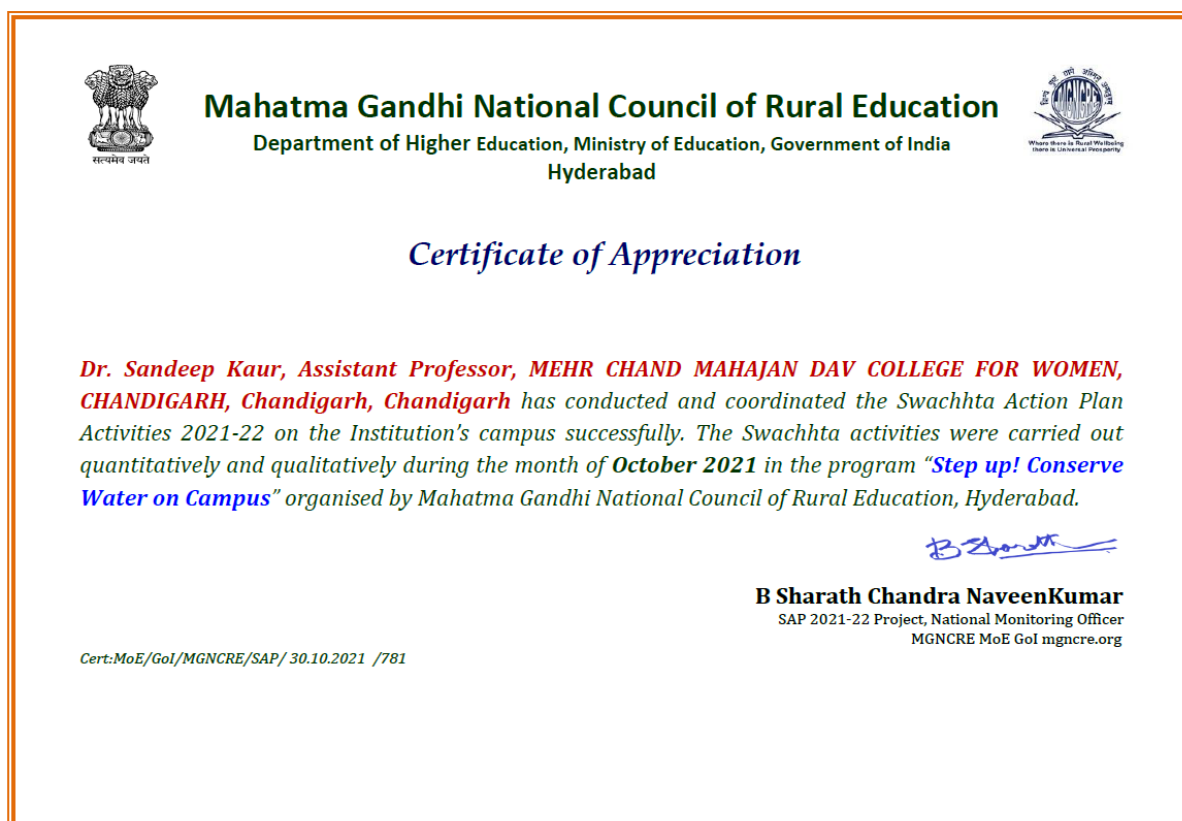
## 2. Fundamental Duties and Rights of Indian Citizens including Environment Consciousness (Days related to preservation of Environment) and promotion of health:



**Certificate of Appreciation of Dr Vandana Sharma, Assistant Professor, Mehr Chand Mahajan DAV College for Women, Chandigarh for conducting and coordinating the Swachhta Action Plan Activities 2021-22 on the Institution's campus successfully. The Swachhta activities were carried out quantitatively and qualitatively during the month of October 2021 in the program "Step up! Conserve Water on Campus" organized by Mahatma Gandhi National Council of Rural Education, Hyderabad. (30.10.2021).**



7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



**Certificate of Appreciation of Dr Sandeep Kaur, Assistant Professor, Mehr Chand Mahajan DAV College for Women, Chandigarh for conducting and coordinating the Swachhta Action Plan Activities 2021-22 on the Institution's campus successfully. The Swachhta activities were carried out quantitatively and qualitatively during the month of October 2021 in the program "Step up! Conserve Water on Campus" organized by Mahatma Gandhi National Council of Rural Education, Hyderabad. (30.10.2021).**

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ To mark the **celebration of Van Mahotsav, NSS Units in collaboration with Horticulture and Landscaping Committee of the College and State Bank of India**, under the aegis of **MCM Eco-Club** celebrated Van Mahotsav on 01.07.2021 by planting fruit bearing, medicinal and air purifying plants in college campus.



Besides, NSS Units planted saplings of fruit bearing trees like lemon, kathal, Anar, Amrud, Jamun, Mausami and air purifying plants such as *Ficus* that were procured from Department of Forest & Wildlife, UT Administration, Chandigarh in the premises of Government Model High School and Anganwadi Multiple Complex, Sector 41-D, Village Badheri, Chandigarh (U.T.).



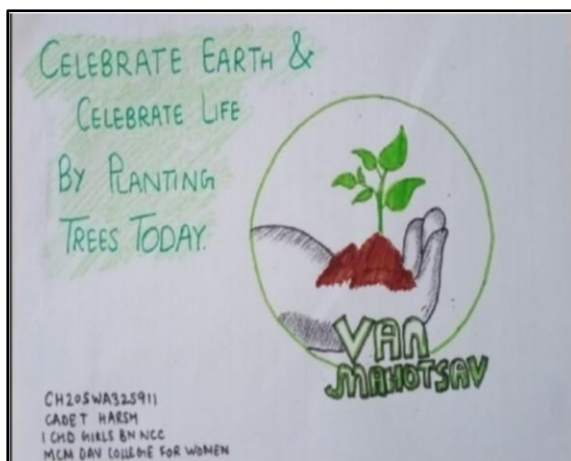
Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1150022812130637/?type=3>

### एमसीएम ने पौधारोपण कर मनाया वन महोत्सव

चंडीगढ़। वन महोत्सव के उत्सव को चिह्नित करने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमेन की एनएसएस इकाइयों, बागवानी और मूनिमार्गण समिति और इको क्लब ने भारतीय स्टेट बैंक के सहयोग से परिसर में वृक्षारोपण अभियान चलाया। इस इलाके का मुख्य उद्देश्य छात्रों और कर्मचारियों को अपने घरों या सामुदायिक स्थानों पर देशी फलों की किस्मों, वायु शुद्ध करने वाले पौधों के साथ-साथ औषधीय पौधे लगाकर पर्यावरण संरक्षण में योगदान करने के लिए प्रेरित करना था। प्रिंसिपल डॉ. निशा भार्गव ने स्टाफ, एनएसएस स्वयंसेवकों और भारतीय स्टेट बैंक के कर्मचारी सुश्री मनप्रीत कौर और सुश्री विभा के साथ परिसर में फलदार, औषधीय और वायु शुद्ध करने वाले पौधे लगाए। इस अवसर पर अपने विचार व्यक्त करते हुए, डॉ. निशा भार्गव ने बताया कि भविष्य की पीढ़ियों को एक स्वच्छ और हरा-भरा वातावरण देने के लिए अधिक से अधिक पेड़ लगाने की आवश्यकता के संदेश को फैलाने के लिए, कॉलेज ने यह पहल की है। हरदीप सिंह बुटरेला, पार्षद, श्रीमती संजोगीता, प्रधानाध्यापिका, शासकीय मॉडल हाई स्कूल और आंगनवाड़ी मल्टीपल कॉम्प्लेक्स, बधेरी की श्रीमती परविंदर कौर, एरिया सुपरवाइजर, इस वृक्षारोपण अभियान में उपस्थित रहे।

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



- ✓ **Van Mahotsav Celebration by NCC Army Wing in month of July, 2021** via article writing and poster making.

- ✓ **Department of Environment Science under the aegis of Internal Quality Assurance Cell (IQAC) organized an online workshop on “Paper recycling, paper pencil making and seed balls making” on 17.07.2021.** As many as 23 participants benefited from the workshop. Dr Shafila demonstrated step-wise procedure of handmade paper making from waste papers, which could be used for various purposes like as a canvas for painting, making bookmarks, decorative envelopes etc.

**एमसीएम में पेपर रीसाइलिंग पर ऑनलाइन कार्यशाला**

चंडीगढ़ (अप्रस)। मेहर चंद महानन डीएवी कॉलेज फॉर विमेन में पर्यावरण विज्ञान विभाग ने आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ के तत्वावधान में वार्षिक वन महोत्सव के उपलक्ष्य में 'पेपर रीसाइलिंग, पेपर पेंसिल मेकिंग एंड सीड बॉल्स मेकिंग' पर एक ऑनलाइन व्यावहारिक कार्यशाला का आयोजन किया। कार्यशाला का उद्देश्य रीसाइलिंग के महत्व के बारे में जागरूकता बढ़ाना और हरे-भरे स्वस्थ वातावरण के लिए वृक्षारोपण के महत्व के बारे में जागरूकता पैदा करते हुए कागज के पुनः उपयोग में वृद्धि को बढ़ावा देना था। कार्यशाला का संचालन पर्यावरण विज्ञान विभाग से डॉ. शफीला ने किया। डॉ. शफीला ने बेकार कागजों से हस्तनिर्मित कागज बनाने की चरण-वार प्रक्रिया का प्रदर्शन किया, जिसका उपयोग विभिन्न उद्देश्यों जैसे पेटिंग के लिए केनवास, बुकमार्क बनाने, सजावटी लिफाफे आदि के लिए किया जा सकता है। उन्होंने घर पर सामान्य रूप से उपलब्ध सामग्री का उपयोग करके पेपर पेंसिल बनाने के चरणों के बारे में भी बताया। इसके अतिरिक्त, प्रतिभागियों को सीड बॉल बनाने की अवधारणा से परिचित कराया गया। पूरी कार्यशाला के दौरान, डॉ. शफीला ने पर्यावरण संरक्षण के लिए '3 आर' यानी रिड्यूस, रीयूज और रीसाइकिल के महत्व पर प्रकाश डाला। प्रतिभागियों ने उत्साहपूर्वक कागज के पुनर्चरण की प्रक्रिया को सीखा और पर्यावरण संरक्षण के लिए ऐसे उपायों को अपनाने का संकल्प लिया।

- ✓ Committed to the cause of “Greener and Sustainable Earth”, the **Department of Botany** undertook dual celebration of annual tree plantation festival of **Van Mahotsav and World Nature Conservation Day** on 28.07.2021.

**World Nature Conservation Day and Vanmahotsav celebrated at MCM**

**The Aman Sandesh Times Network**

**Chandigarh:** Committed to the cause of greener and sustainable Earth, the Department of Botany and Add on Course in Floriculture and Landscaping at Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated the annual tree plantation festival of Van Mahotsav and World Nature Conservation Day with great enthusiasm.

A plantation cum plant distribution drive was organised to mark the occasion, with an aim to spread the message of dire need for environmental conservation by practicing judicious use of the available

Following this, saplings of medicinal and ornamental relevance provided by the Department of Forests and Wildlife, Chandigarh Administration were planted in different areas of the college.

Dr. Nisha Bhargava said that these endeavours envision to spread the message of the need to plant more trees for gifting the future generations a cleaner and greener environment. Asserting that global warming, climate change, extinction of species, etc. are the result of indiscriminate exploitation of natural resources by humans, she said that the onus of reversing the damage done so far is on us.

natural resources and planting more and more trees so as to build a healthier tomorrow for the future generations.

The drive commenced with plantation of a tree sapling by the Principal Dr. Nisha Bhargava.

Plants including ajwain, akarkara, brahmi, stevia, harshringar, tulsi, aloe vera and neem were also distributed amongst the staff members.

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ MCM Eco-Club in collaboration with the Department of Zoology organized a webinar on 'Conservation status of Tigers in India' on 29.07.2021 on the occasion of the International Tiger Day. Mr. Jayanta Bora, Senior Research Fellow from Wildlife Institute of India, Dehradun was invited to share his knowledge and experience in the field of tiger conservation. Webinar witnessed participation of 38 students and 4 faculty members.



## एमसीएम ने अंतरराष्ट्रीय बाघ दिवस मनाया

हरियाणा मेल ब्यूरो » चंडीगढ़

मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, के जीव विज्ञान- विभाग ने एमसीएम इको क्लब के सहयोग से भारत में बाघों की संरक्षण स्थिति शीर्षक से एक वेबिनार के साथ अंतरराष्ट्रीय बाघ दिवस के उत्सव को चिह्नित किया। वेबिनार का उद्देश्य छात्रों को भारत में बाघ संरक्षण के इतिहास के बारे में बताना और बाघ संरक्षण की आवश्यकता के बारे में जागरूकता फैलाना था।

भारतीय वन्यजीव संस्थान, देहरादून के सीनियर रिसर्च फेलो श्री जयंत बोरा इस वेबिनार में प्रमुख वक्ता के रूप में शामिल हुए। वेबिनार ने 42 से अधिक प्रतिभागियों को भारत में बाघ संरक्षण के इतिहास के बारे में शिक्षित किया और किस प्रकार कैमरा ट्रैपिंग, फा

मार्क, स्केट और हाइड पैटर्न विश्लेषण, जेनेटिक बारकोडिंग जैसी अत्याधुनिक तकनीकों भारत के राष्ट्रीय पशु संरक्षण में योगदान करती हैं इस पर भी विस्तार से चर्चा की। बाघ संरक्षण के महत्व पर जोर देते हुए, श्री बोरा ने कहा कि बाघों की आबादी में गिरावट से शाकाहारी जीवों की संख्या में वृद्धि होगी जो पूरे पारिस्थितिकी तंत्र के पतन का अप्रदूत हो सकता है। विशेषज्ञ ने

संरक्षण पारिस्थितिकी में अपना करियर चुनकर छात्रों को वन्यजीव संरक्षण में योगदान देने के लिए प्रेरित किया। सत्र का समापन भारतीय वन्यजीव संस्थान, देहरादून में परियोजना सहयोगी सुश्री शगुन ठाकुर ने छात्रों को करियर सलाह देने और उन्हें वन्यजीव संरक्षण को करियर विकल्प के रूप में अपनाने के लिए प्रेरित करने के साथ किया।

प्रधानाचार्या डॉ. निशा भार्गव ने हमारे देश के राष्ट्रीय पशु के संरक्षण के महत्वपूर्ण पहलू के बारे में जागरूकता बढ़ाने के लिए जीव विज्ञान विभाग के प्रयासों की सराहना की। उन्होंने कहा कि चूंकि बाघ पारिस्थितिकी तंत्र के संतुलन को बनाए रखने में महत्वपूर्ण भूमिका निभाते हैं, इसलिए बाघों को बिगड़ती स्थिति और उनके संरक्षण की आवश्यकता के बारे में सभी को जागरूक करना बेहद जरूरी है।

**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN CHANDIGARH**  
Webinar on 'Conservation Status of Tigers in India'

**Dr. Nisha Bhargava**  
Principal

**Mr. Jayanta Bora**  
Senior Research Fellow  
Wildlife Institute of India  
Dehradun

- ✓ On Akshay Urja Diwas, MCM Eco-Club organized an online Popular Akshay Urja Lecture sponsored by Chandigarh Renewable Energy and Science & Technology Promotion Society (CREST) on 20.08.2021. Dr Vikrant Sharma, Deputy Director (Technical) and Head, Skill Development Division, National Institute of Solar Energy (NISE), Gurugram, was invited as resource person for the event. 70 students attended this lecture enthusiastically.

**Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with Chandigarh Renewable Energy and Science & Technology Promotion Society (CREST) celebrates AKSHAY URJA DIWAS-2021**

by organizing **POPULAR AKSHAY URJA LECTURE** by **DR. VIKRANT SHARMA**  
Deputy Director, National Institute of Solar Energy (NISE), Gurugram  
(Autonomous Institute of Ministry of New & Renewable Energy)  
Webinar Link: <https://www.zoom.us/j/92018.com/92018.com/92018.com>  
(Please join the meet by 10.50 am on 20.08.2021)

&  
**AN ONLINE INTER-COLLEGE POETRY WRITING COMPETITION**  
Theme: Impact of Akshay Urja in India

**IMPORTANT!**

- Original entries are invited from undergraduate and postgraduate students for Poetry contest.
- Language of the poems may be Hindi, Punjabi or English.
- One person cannot post more than two poems for competition.
- All poems must have a title and must not exceed 100 words.
- Plagiarism is not permitted.
- Hand written or typed poetry should be uploaded in pdf format.
- Last date of submission of entries is 25.08.2021.
- Results will be announced on 30.08.2021 and will be intimated to the participants through E-mails.
- All eligible entries will be awarded with certificates.
- Register & submit your entries for poetry contest at <https://forms.gle/4Kq99ba8DGuLU8Ug9>

**CASH PRIZES WILL BE AWARDED TO FIRST THREE POSITION HOLDERS**  
1<sup>st</sup> prize- Rs. 1500/-, 2<sup>nd</sup> prize- Rs. 1000/-, 3<sup>rd</sup> prize- Rs. 500/-

Dr Neeta & Dr Sarabjeet Kaur (Coordinators) Dr Divya Sharma & Ms. Kodambari (Co-coordinators) Dr Nisha Bhargava (Principal and Convener)

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

## MCM celebrates Akshay Urja Diwas



Dr. Nisha Bhargava  
Principal

Dr. Vikrant Sharma  
Deputy Director (Technical) & Head, Skill Development Division  
National Institute of Solar Energy

**CHANDIGARH, AUG 23**

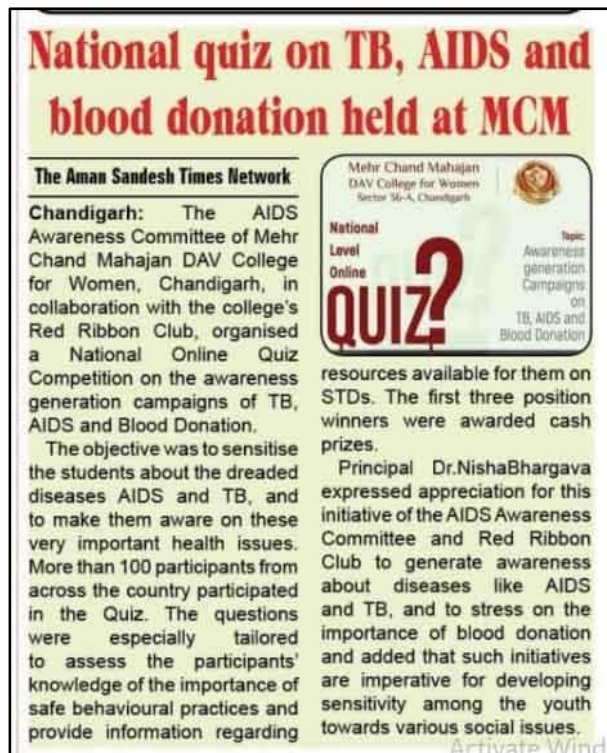
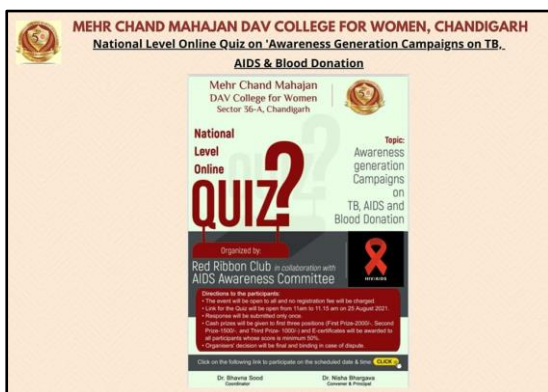
Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated Akshay Urja Diwas by organizing an online Popular Akshay Urja Lecture sponsored by Chandigarh Renewable Energy and Science and Technology Promotion Society (CREST). Dr. Vikrant Sharma, Deputy Director (Technical) and Head, Skill Development Division, National Institute of Solar Energy, Gurugram was the resource person for the lecture. Dr. Vikrant gave an overview on the use of solar energy technologies and the renewable energy targets set by the government for the year 2022. Dr. Sharma pointed out the importance of the need of skilled manpower. Employment generation, eco-friendly energy generation, sustainability of other energy resources for a longer period of time, are some of the significant advantages elucidated by Dr Vikrant Sharma in the lecture. He motivated the students to take up experiments and projects to get familiar with the use of solar energy and encouraged the college to extend the ongoing projects on renewable energy usage in the college. An online inter-college poetry writing competition sponsored by CREST was also organized on the theme 'Impact of Akshay Urja in India'. Principal Dr. Nisha Bhargava lauded this initiative to spread awareness about the importance of renewable energy resources for a sustainable future. She added that conscious of its responsibility towards the environment, MCM has been a frontrunner institution in adopting the use of renewable energy like harnessing of solar energy and production of biogas from mess food waste.

- ✓ **NSS Units** of Mehr Chand Mahajan DAV College organized several Swachhta related activities that included plantation drives, cleaning of parks, roads in and around their vicinity during **Swachhta Pakhwada** from 01.18.2021 – 15.08.2021.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ The **AIDS Awareness Committee** of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the college's **Red Ribbon Club**, organized a **National Online Quiz Competition** on 25.08.2021, on the awareness generation campaigns of TB, AIDS and Blood Donation where more than 100 students participated.



Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1208993056233612/?type=3>

- ✓ The **Department of Environment Science** of the college showcased a documentary titled "The Dark Secret Behind Your Shiny Makeup" on 26.08.2021 to 36 students of M.Sc.-II (Chemistry) in order to make them aware about **the environmental impacts** as well as the health hazards of the mining process.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ From 1.09.2021 – 07.09.201, 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.



✓ The Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a **National Level Essay Writing Competition 'Subodh'** from 10.09.2021 to 13.09.2021 to raise awareness about New Education Policy 2020. The

**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH**  
Subodh- National Essay Writing Competition on NEP 2020  
and  
Release of Swasti Dhara

**CHARACTER BUILDING COMMITTEE**  
MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH  
AT CHANDIGARH  
NATIONAL LEVEL ESSAY WRITING COMPETITION  
**सुबोध**

For all questions, visit the website: [www.mcm.ac.in](http://www.mcm.ac.in)  
• registration fee: ₹ 1000/-  
• award of ₹ 10000/- for the winner  
• award of ₹ 5000/- for the runner-up  
• award of ₹ 2500/- for the third runner-up  
• award of ₹ 1000/- for the fourth runner-up  
• award of ₹ 500/- for the fifth runner-up  
• award of ₹ 250/- for the sixth runner-up  
• award of ₹ 100/- for the seventh runner-up  
• award of ₹ 50/- for the eighth runner-up  
• award of ₹ 25/- for the ninth runner-up  
• award of ₹ 10/- for the tenth runner-up  
• award of ₹ 5/- for the eleventh runner-up  
• award of ₹ 2/- for the twelfth runner-up  
• award of ₹ 1/- for the thirteenth runner-up  
• award of ₹ 0.50/- for the fourteenth runner-up  
• award of ₹ 0.25/- for the fifteenth runner-up  
• award of ₹ 0.10/- for the sixteenth runner-up  
• award of ₹ 0.05/- for the seventeenth runner-up  
• award of ₹ 0.02/- for the eighteenth runner-up  
• award of ₹ 0.01/- for the nineteenth runner-up  
• award of ₹ 0.00/- for the twentieth runner-up

Prizes for each category:  
1st Prize: ₹ 10000/-  
2nd Prize: ₹ 5000/-  
3rd Prize: ₹ 2500/-  
4th Prize: ₹ 1000/-  
5th Prize: ₹ 500/-  
6th Prize: ₹ 250/-  
7th Prize: ₹ 100/-  
8th Prize: ₹ 50/-  
9th Prize: ₹ 25/-  
10th Prize: ₹ 10/-  
11th Prize: ₹ 5/-  
12th Prize: ₹ 2/-  
13th Prize: ₹ 1/-  
14th Prize: ₹ 0.50/-  
15th Prize: ₹ 0.25/-  
16th Prize: ₹ 0.10/-  
17th Prize: ₹ 0.05/-  
18th Prize: ₹ 0.02/-  
19th Prize: ₹ 0.01/-  
20th Prize: ₹ 0.00/-

Prizes will be selected from each category.

Principal Dr. Nisha Bhargava and members of Character Building Committee during the release of Swasti Dhara

participants were required to submit their entries in Hindi /English/ Punjabi on any one of the given topics which were- 'Mantra of Global Welfare in National Education Policy' and 'Role of Educational Institutions in India'. Around 10 participants harnessed their creative expression skills to present nuanced viewpoints on the given topics wherein they highlighted the role of New Education Policy in revamping the higher education system and creating world class institutions across the country, among other points.

**MCM holds essay writing competition on NEP 2020; releases Swasti Dhara**

**CHANDIGARH:** The Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a national level Essay Writing Competition 'Subodh' to raise awareness about New Education Policy 2020. The participants were required to submit their entries in Hindi/English/Punjabi on any one of the given topics which were- 'Mantra of Global Welfare in National Education Policy' and 'Role of Educational Institutions in India'. The participants harnessed their creative expression skills to present nuanced viewpoints on the given topics wherein they highlighted the role of New Education Policy in revamping the higher education system and creating world class institutions across the country, among other points. The winners in each category were awarded cash prizes.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ **NSS Units** of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a **height and weight measurement drive** under the aegis of POSHAN Abhiyaan on 15.09.2021 in the premises of Anganwadi Multiple Complex – Anganwadi, Sector 41-D, Village Badheri, Chandigarh (U.T.)



## एमसीएम की एनएसएस इकाइयों ने बधेरी गांव में ऊंचाई-वजन माप अभियान चलाया

चंडीगढ़, 24 सितंबर (राम सिंह बराड़): भारत सरकार के पोषण अभियान के तहत, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन चंडीगढ़ की एनएसएस इकाइयों ने अपनाए गए गांव बधेरी में आंगनवाड़ी की सहायता से सभी संबंधित दिशानिर्देशों का पालन करते हुए ऊंचाई और वजन माप अभियान का आयोजन किया। इस अभियान का उद्देश्य हमारे जीवन में पोषण के महत्व के बारे में ज्ञान का प्रसार करना और उन प्रथाओं को बढ़ावा देना है जो स्वास्थ्य, कल्याण और रोग व कुपोषण के प्रति प्रतिरोधक क्षमता को बढ़ाते हैं। कार्यक्रम के दौरान, एरिया सुपरवाइजर, समाज कल्याण विभाग, यू.टी., में आईसीडीएस-प्रोजेक्ट 3 से परविंदर



एमसीएम कॉलेज चंडीगढ़ की एनएसएस वालंटियर गांव बड़हेड़ी में बच्चों का भार तोलते हुए। (छाया : गुरिंद्र सिंह)

कौर उपस्थित थीं। इस अभियान के माध्यम से आंगनवाड़ी कार्यकर्ताओं और एनएसएस स्वयंसेवकों ने बच्चों की ऊंचाई और वजन को मापकर उनके बीच कुपोषण की स्थिति और डिग्री का आकलन किया। 0-6 वर्ष की आयु के बच्चों की ऊंचाई और

वजन को इन्फैंटोमीटर, तौल पैमाने और स्टैडोमीटर सहित उपकरणों का उपयोग करके मापा गया था। स्वयंसेवकों ने इन बच्चों के माता-पिता से भी बातचीत की और बच्चों में पोषण और संतुलित आहार के महत्व के बारे में जागरूकता पैदा की। अंत में स्वयंसेवकों ने बच्चों के बीच स्वस्थ आंखला कैंडी बांटी। प्राचार्या डॉ. निशा भार्गव ने बच्चों में कुपोषण की समस्या के बारे में जागरूकता बढ़ाने के लिए एनएसएस इकाइयों के इस नेक प्रयास की सराहना की। उन्होंने बताया कि कॉलेज की एनएसएस इकाइयां विभिन्न राष्ट्रीय कार्यक्रमों जैसे स्वच्छ भारत अभियान, पोषण अभियान, उन्नत भारत अभियान आदि में प्रभावी रूप से योगदान दे रही हैं, जिससे स्वयंसेवकों में राष्ट्र निर्माण के प्रति जिम्मेदारी की भावना जागृत होती है।

Link to the activity include:

<https://www.facebook.com/MCMDAVCW/posts/1205990849867166>



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ On the occasion of 'International Day for the Preservation of the Ozone Layer', Department of Environment Science organized a **National Level Wallpaper designing and Inventing a Slogan competitions**, sponsored by **Chandigarh Pollution Control Committee (CPCC)** on 16.09.2021. Over 97 students sent their entries in the form of wallpaper and slogans depicting the importance of ozone layer covering aspects like its depletion and current scenario.



✓ **Commemorating the Government of India's momentous initiative 'Azadi ka Amrit Mahotsav', UBA Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, celebrated World Bamboo Day on 18.09.2021 that was organized in tandem with the involvement of Ek Bharat Shreshtha Bharat Club and NSS Units of the college. The celebration was held in collaboration with the Artisan Agro India, Jaipur. Mr. Debendra Dalai, IFS, Chief Conservator of Forests and**

Director,  
Department of  
Forests and  
Wildlife,  
Chandigarh  
graced the  
event as the  
Chief Guest and  
Dr Nisha  
Bhargava,  
Principal of  
College was the Guest of Honor.

**एमसीएम में आयोजन**

## आजादी के अमृत महोत्सव के तहत विश्व बांस दिवस मनाया

स्टेट समाचार/चंडीगढ़/विनोद कुमार

भारत सरकार की महत्वपूर्ण पहल आजादी का अमृत महोत्सव को चिह्नित करते हुए मेहर चंद महाजन डीएवी कॉलेज फॉर विमन, चंडीगढ़ ने विश्व बांस दिवस मनाया। एक भारत श्रेष्ठ भारत क्लब, एनएसएस इकाइयों और कॉलेज के यूवीए सेल के संयुक्त तत्वावधान में आयोजित यह समारोह 'आर्टिसन एग्रो इंडिया' जयपुर के सहयोग से आयोजित किया गया था। वन और वन्यजीव विभाग, चंडीगढ़ से मुख्य वन संरक्षक और निदेशक, देवेन्द्र दलाई, आईएफएस और मेहर चंद महाजन डीएवी कॉलेज फॉर वुमन, की प्राचार्या, डॉ. निशा भार्गव ने इस कार्यक्रम में मुख्य अतिथि और सम्माननीय अतिथि के रूप में शिरकत की। इस अवसर पर आर्टिसन एग्रो इंडिया के संस्थापक निदेशक, आर पी

**बांस है ग्रीन गोल्ड : विनोद कुमार**

**कोटी : संरक्षण**

जोशी, और समाजशास्त्र विभाग, पंजाब विश्वविद्यालय से डॉ विनोद कुमार, विशिष्ट अतिथि थे। देवेन्द्र दलाई ने कॉलेज द्वारा लोगों को बांस के अपार पर्यावरणीय और आर्थिक लाभों के बारे में शिक्षित व जागरूक करने के इस प्रयास की सराहना की। इस अवसर पर प्रिंसिपल डॉ निशा भार्गव ने प्राकृतिक संसाधनों और पर्यावरण की रक्षा के लिए बांस की

असीम क्षमता के बारे में लोगों को शिक्षित करने में बांस दिवस समारोह के महत्व पर प्रकाश डाला। आर पी जोशी ने बांस दिवस के इतिहास, राष्ट्रीय बांस मिशन, बांस रोपण के लाभदायक व्यवसाय, व्यावसायिक उपयोग के लिए बांस की किस्मों और बांस के अंतहीन लाभों पर एक अत्यधिक जानकारीपूर्ण प्रस्तुति दी। डॉ विनोद कुमार ने कहा कि बांस, जिसे ग्रीन गोल्ड भी कहा जाता

है, किसानों के साथ-साथ हम सभी के लिए एक संपूर्ण पैकेज है क्योंकि यह न केवल रोजगार और अच्छे रिटर्न प्रदान करता है बल्कि जलवायु परिवर्तन, ग्लोबल वार्मिंग और बीमारियों से लड़ने में भी मदद करता है। इस अवसर पर बांस उत्पादों को प्रदर्शनी भी लगाई गई। पर्यावरण संरक्षण के लिए एमसीएम की प्रतिबद्धता को चिह्नित करते हुए वृक्षारोपण अभियान भी चलाया गया जिसमें देवेन्द्र दलाई ने डॉ. निशा भार्गव के साथ परिसर में बांस लगाया। कॉलेज ने अट्टला, बधेरी, बुरेला, कजेहड़ी और मलौया के गांवों के नगर पार्श्वों, सरकारी स्कूलों के प्रधानाचार्यों और शिक्षकों, आमवाड़ी कार्यकर्ताओं को भी सम्मानित किया, जो पर्यावरण संरक्षण को बढ़ावा देने के लिए कॉलेज की एनएसएस इकाइयों और यूवीए सेल के साथ मिलकर काम करते हैं।

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**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ **Department of Environment Science**, Mehr Chand Mahajan DAV College for women, Sector 36-A, Chandigarh, organized a *National Level Logo designing competition to celebrate 'World Car Free Day'* on 22.09.2021. Over 70 students of various educational institutions from different part of the country designed intellectual as well as beautiful logos justifying the theme of the event.



✓ **The Foreign Students Cell** of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with **Government College Chamba, Himachal Pradesh**, organised an **online International Poetry Writing Competition** to celebrate



**International Day of Peace.** More than 80 participants sent in their thought provoking self composed poems that stressed on strengthening the ideals of peace and transforming the world



into a more equitable, inclusive and peaceful one. Principal Dr. Nisha Bhargava shared her self composed poem 'Aman aur Jung' wherein she questioned humanity that when each particle of this world craves for peace then why humans

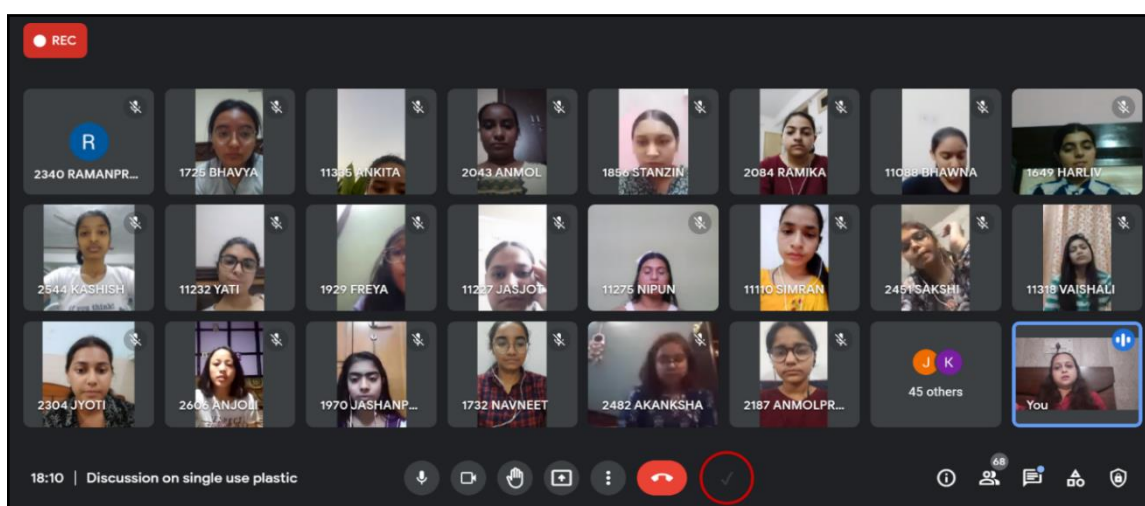
### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

hold on to the feeling of hatred.

- ✓ **Character-building committee** in collaboration with **MCM Eco-club 'Parivesh'** organized an online competition on 'Making Bird Feeders with Unused Material at Home' for celebrating the **National Wildlife Week** from 2.10.2021-08.10.2021. 20 Students from various departments of the college participated in this week-long event.



- ✓ The college is committed to the cause of making earth a better place to live. Keeping pace with this tradition, the **Department of Botany** carried out a nature's walk to mark the celebration of **National Wildlife Week** on 04.10.2021.



- ✓ Keeping in view the environmental impacts of plastics, the **Department of Environment Science** in collaboration with **MCM Eco-Club** organized an **online discussion session on "Single-use Plastics"** on 05.10.2021 as a part of Azadi Ka Amrit Mahotsav celebrations. Over 68 students participated enthusiastically in

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

the discussion session and shared their views about the impact and alternatives of single-use plastics.

- ✓ **A Plastic Collection Drive** was organized by Character Building Committee in collaboration with Swachhta Committee from 05.10.2021- 06.10.2021 where 16 volunteers visited sector 38 locality and distributed saplings of various kinds among the residents of that area. They went door to door asking people to give them plastic items and in return, the volunteers gave them plants as a token of gratitude.



- ✓ **Department of Zoology in collaboration with MCM Eco-club** organized a quiz competition on 'Wildlife and its conservation' to celebrate the **National Wildlife Week** from 02.10.2021 – 08.10.2021.



- ✓ The IQAC organized an **online Expert Lecture on 'Governance Reforms, Leadership and Institutional Management in the Context of NEP 2020**, on 11.10.2021. Prof. Parvinder Singh, Vice Chancellor, Rayat Bahra University, Mohali was the resource person for this insightful lecture. Participants from different parts of the country registered and attended the lecture.

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

**Link to the activity include:**

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/1214716558994595/?type=3>

### एमसीएम ने शासन सुधार, नेतृत्व और संस्थागत प्रबंधन पर विशेषज्ञ व्याख्यान का किया आयोजन



चंडीगढ़, 9 अक्टूबर (राम सिंह बराह): मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ के ऑनलाइन एगवना आधुनिक सेल (आईव्यूएसी) ने 'एनईपी 2020 के संदर्भ में शासन सुधार, नेतृत्व और संस्थागत प्रबंधन' पर एक ऑनलाइन विशेषज्ञ व्याख्यान का आयोजन किया। रयात बाहरा विश्वविद्यालय, मोहाली के कुलपति, प्रो. परबंदर सिंह, इस व्यावहारिक व्याख्यान के लिए मुख्य वक्ता थे। व्याख्यान का उद्घाटन करते हुए प्राचार्या डॉ. निशा भार्गव ने व्याख्यान के विषय की समकालीन प्रासंगिकता पर जोर दिया। उन्होंने एनईपी 2020 के महत्व पर प्रकाश डाला और कहा कि यह भारत में उच्च शिक्षा के प्राचीन को कैसे मजबूत करेगा, विशेष रूप से देश के युवाओं के लिए, नए पोटेंशल और अवसरों के साथ खोलेगा। प्रो. परबंदर सिंह ने कहा कि यह बताने का अवसर है कि मानव विकास को बनाए रखने के लिए, अर्थव्यवस्था को बढ़ावा देने के लिए, प्रो. सिंह ने कहा कि उच्च शिक्षा में प्रमुख क्षेत्रों में सुधार, अनुसंधान, अंतर्राष्ट्रीयकरण, आदि को उच्च शिक्षा के समाने चुनौतियों के रूप में रेखांकित किया, और आईव्यूएसी की स्थापना, संकय मशकिकरण सुनिश्चित करने के लिए छात्रों की शिकायतों को दूर करने के लिए मजबूत निवारण प्रणाली, पर्यवेक्षण जागरूकता, लैंगिक समता और संवेदनशीलता, आपास में प्लेटफार्मों के साथ सहज एकीकरण हेतु अनिवार्य बताया। प्रमुख वक्ता ने संस्थागत विशिष्टता को बढ़ावा देने के लिए कुछ बहुत ही प्रासंगिक सर्वोत्तम प्रथाओं पर भी प्रकाश डाला जैसे अनुसंधान को बढ़ावा देना, अकादमिक-उद्योग इंटरफेस, कौशल विकास रणनीतिक योजना, सामुदायिक सेवा, परियोजना आधारित शिक्षा, डिजिटलीकरण, कर्मचारियों की कौशल उन्मुख क्षमता में वृद्धि, महिला सर्वाधिकार कार्यक्रम, छात्रवृत्ति योजनाएं, प्रशिक्षण और प्लेसमेंट। व्याख्यान एक इंटरैक्टिव सत्र के साथ समाप्त हुआ जिसमें प्रतिभागियों ने विशेष के साथ अपने प्रश्न साझा किए। देश के विभिन्न हिस्सों से 1000 से अधिक प्रतिभागियों ने व्याख्यान के लिए पंजीकरण कराया, यह एक सफल कार्यक्रम रहा।

✓ **Department of Environment Science under the aegis of Sustainable Practices Committee of the college, organized 'E-Safe' on 11.10.2021, an event to mark the celebration of 'International E-waste Day'. The college has signed a two-year agreement with Ortech India Corporation, Baddi, Himachal Pradesh, an authorized recycler under Chandigarh Pollution**

### एमसीएम ने अंतर्राष्ट्रीय ई-वेस्ट दिवस मनाया



चण्डीगढ़ (ऋद्धम आचार्य / नया लोकयुग)। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की सस्टेनेबल प्रैक्टिस कमिटी ने अंतर्राष्ट्रीय ई-वेस्ट दिवस के उपलक्ष्य में एक कार्यक्रम ई-सेफ का आयोजन किया। इस कार्यक्रम का उद्देश्य था ई-कचरे के खतरों के बारे में जागरूकता पैदा करना और इसे कबाड़ डीलरों को देने के बजाय अधिकृत पुनर्चक्रणकर्ताओं को सौंपना ताकि इसका उचित निपटारा किया जा सके। इस उत्सव के दौरान कॉलेज ने चंडीगढ़ प्रदूषण नियंत्रण बोर्ड के तहत एक अधिकृत रिसाइकलर, ओरटेक इंडिया कॉर्पोरेशन, बड़ी, हिमाचल प्रदेश के साथ एक समझौते पर हस्ताक्षर किए। छात्रों और संकाय सदस्यों को अपने घरों से ई-कचरा प्राप्त करने और ई-कचरा संग्रह के लिए कॉलेज में पहले से स्थापित लाल बिन में डालने के लिए प्रोत्साहित किया गया। समिति ने एकत्रित ई-कचरे का 67 किलोग्राम उचित निपटान के लिए पुनर्चक्रणकर्ता को सौंपा। इस अवसर पर श्री रोहित पुरी, निदेशक, ओरटेक इंडिया कॉर्पोरेशन ने पर्यावरण पर ई-कचरे के खतरनाक प्रभावों और ई-कचरे में मौजूद जहरीले रसायनों के संपर्क में आने के बारे में ज्ञानवर्धक व्याख्यान दिया और छात्रों को ई-कचरे पर एक एनिमेटेड वीडियो दिखा कर जागरूक करने का सफल प्रयास किया। व्याख्यान में कुल 52 छात्रों और संकाय सदस्यों ने भाग लिया। प्राचार्या डॉ. निशा भार्गव ने ई-कचरे की समस्या को उजागर करने के लिए सतत अभ्यास समिति की इस पहल को सराहना की। कोविड-19 के प्रकोप के कारण भारी अनुपात में ई-उत्पादों के उपयोग में वृद्धि हुई है, जिसके परिणामस्वरूप बहुतायत में ई-कचरे का उत्पादन हुआ है। उन्होंने आशा व्यक्त की कि यह प्रयास उपभोक्ताओं को ई-कचरे के बारे में जागरूक करेगा और ई-उत्पाद निर्माण को वास्तविक बनाने में मदद करेगा।

**Control Board.** Students and faculty members were encouraged to get e-waste from their homes and put it in the red bin already installed in the college for e-waste collection. The committee has handed over **67 Kgs** of collected e-waste to the recycler for its proper disposal.

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

Keeping up with the spirit of Swachhta, **NSS Volunteers** of the College undertook **cleanliness cum beautification drive in Anganwadi Complex** of their adopted Village Badheri, Sector 41-D, Chandigarh on 12.10.2021 where 25 volunteers segregated waste and collected more than 11 Kg of single plastic waste material from the complex that included plastic bottles, wrappers, spoons, disposable cups and plates. **Link to the activity include:**

**अजीत समाचार**




सफाई अभियान में भाग लेती हुई एम.सी.एम. की छात्राएं। (छाया : गुरिन्द्र सिंह)

### एन.एस.एस. ने आंगनवाड़ी में सफाई अभियान चलाया

चंडीगढ़, 26 अक्टूबर (राम सिंह बराड़): स्वच्छता की भावना को ध्यान में रखते हुए, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की एनएसएस इकाइयों ने अंगीकृत गांव बधेरी, चंडीगढ़ के आंगनवाड़ी परिसर में स्वच्छता सह सौंदर्यकरण अभियान चलाया। अभियान के दौरान, स्वयंसेवकों ने कचरे को अलग किया और परिसर से 11 किलोग्राम से अधिक एकल प्लास्टिक अपशिष्ट सामग्री एकत्र की, जिसमें प्लास्टिक की बोतलें, पैर, चम्मच, डिस्पोजेबल कप और प्लेट शामिल थे। उन्होंने आंगनवाड़ी परिसर के छ नुक्कड़ और कोने को अच्छी तरह से साफ किया, जिसमें खेल क्षेत्र, पार्किंग स्थल, गलियारे शामिल थे। परिधि के चारों ओर और परिसर में अव्यक्त खरपतवार और झाड़ियां हटा दी गईं, और सूखे पत्तों के कूड़े को खाद के गड्ढों में छलने के लिए एकत्र किया गया। स्वयंसेवकों ने स्वच्छता अभियान में जसाह से भाग लिया और स्वच्छ भारत कार्यक्रम के हिस्से के रूप में स्वच्छ भारत स्वस्थ भारत की अवधारणा को बढ़ावा दिया। प्राचार्या डॉ. निशा भार्गव ने स्वच्छता के बारे में जागरूकता पैदा करने, लोगों को संज्ञित करने और स्वच्छ भारत पहल में उनकी भागीदारी सुनिश्चित करने के लिए एमसीएम की एनएसएस इकाइयों के निरंतर प्रयासों की सराहना की। उन्होंने कहा कि स्वच्छ और हरे भरे भारत के सपने को साकार करने के लिए इस तरह के टोस प्रयास अनिवार्य हैं।

<https://www.facebook.com/MCMDAVCW/posts/1232924387173812>

94 NSS volunteers organized a **One-day Special Campaign against Single-Use Plastic in their adopted Village Badheri, Sector 41-D, Chandigarh on 21.10.2021** where they collected plastic waste and sensitized the residents about the harmful and deleterious effects of using single use plastic on humans and environment. **Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/posts/1232931223839795>

### एमसीएम की एनएसएस इकाइयों ने बधेरी में प्लास्टिक के एकल उपयोग पर जागरूकता अभियान किया आयोजित

फास्ट मीडिया, अमृत्यु शर्मा  
चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की एनएसएस इकाइयों, ने अंगीकृत गांव बधेरी में प्लास्टिक के एकल उपयोग पर एक दिवसीय जागरूकता अभियान आयोजित किया। अभियान के दौरान, एनएसएस स्वयंसेवकों ने एकल उपयोग प्लास्टिक अपशिष्ट एकत्रित किया और निवासियों को मनुष्यों और पर्यावरण पर इसके हानिकारक प्रभावों के बारे में अवगत करवाया। इस अवसर पर, श्री हरिंदर कौर, क्षेत्रीय निदेशक, एनएसएस ने स्वच्छ भारत कार्यक्रम के उद्देश्यों और लक्ष्यों के बारे में चर्चा की और स्वयंसेवकों से अपने आसपास को प्लास्टिकमुक्त करने का आग्रह किया। एक विशाल सफाई अभियान भी आयोजित किया गया था जिसमें स्वयंसेवकों ने सार्वजनिक पार्क, सड़कों को साफ कर दिया और आंगनवाड़ी परिसर, आवासीय और बाजार क्षेत्रों में टौर किए गए 60 किलोग्राम एकल उपयोग



प्लास्टिक अपशिष्ट को एकत्रित किया। स्वयंसेवकों ने एकल उपयोग प्लास्टिक प्रतिबंध पर एक जागरूकता रैली भी आयोजित की जिसमें उन्होंने लोगों से अपने दैनिक दिनचर्या में पैपर बैग जैसे विकल्प को प्लास्टिक के स्थान पर अपनाने का आग्रह किया। उन्होंने नियमों और रणनीतियों के बारे में निवासियों को प्रबुद्ध किया जो भारत सरकार प्लास्टिक खतरों को रोकने के लिए अपना रही है। इस प्रकार एकत्र किए गए अपशिष्ट को चंडीगढ़ के डिप्टी कमिश्नर कार्यालय के अधिकारियों को उचित निपटान के लिए सौंप दिया गया। एनएसएस स्वयंसेवकों द्वारा निवासियों को स्वच्छ वातावरण बनाए रखने की आवश्यकता के बारे में जागरूक करने के लिए एक नुक्कड़ नाटक किया गया। अभियान के दौरान उपयुक्त कोविड -19 प्रोटोकॉल का पालन किया गया। प्रिंसिपल डॉ० निशा भार्गव ने जोर देकर कहा कि यह अच्छी तरह से ज्ञात है कि प्लास्टिक को हजारों, वनस्पतियों और जीवों को प्रतिकूल रूप से प्रभावित करने के लिए हजारों साल लगते हैं, और इस खतरों के बारे में जागरूकता बढ़ाना महत्वपूर्ण है। उन्होंने एमसीएम की एनएसएस इकाइयों द्वारा साफ और हरा भरा भारत बनाने के लिए लगातार काम करने के लिए सराहना की।

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ **MCM Eco-Club in collaboration with the Character-Building Committee** of the college celebrated **Green & Safe Diwali** on 26.10.2021. As many as 73 students from different streams participated enthusiastically and highlighted their creativity in Slogan writing, Diya decoration and Card making competitions.



✓ To Mark the **celebration of World Food Day**, Inter College Competitions were organized by Department of Food Science in collaboration with Swachhta Committee on 27.10.2021.



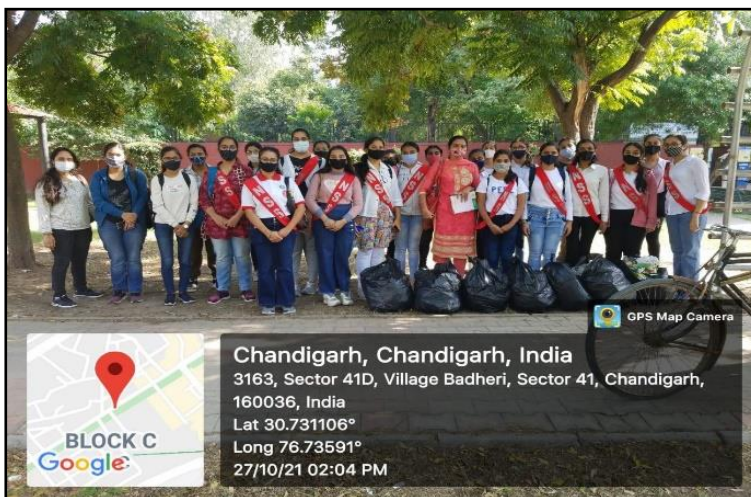
✓ **Dengue Awareness Campaign** was organized by the **NSS Units** of the College in the adopted Village Badheri on 27.10.2021. The campaign was supported by the presence of Mr. Ranjit Singh, a Multi-Purpose Health Worker, and Dr Inderpal, Epidemiologist at Health Department, Sector 17 Chandigarh. They instructed and guided 25 volunteers on the necessity of keeping our surroundings clean which can ultimately help in containing the spread of Dengue.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

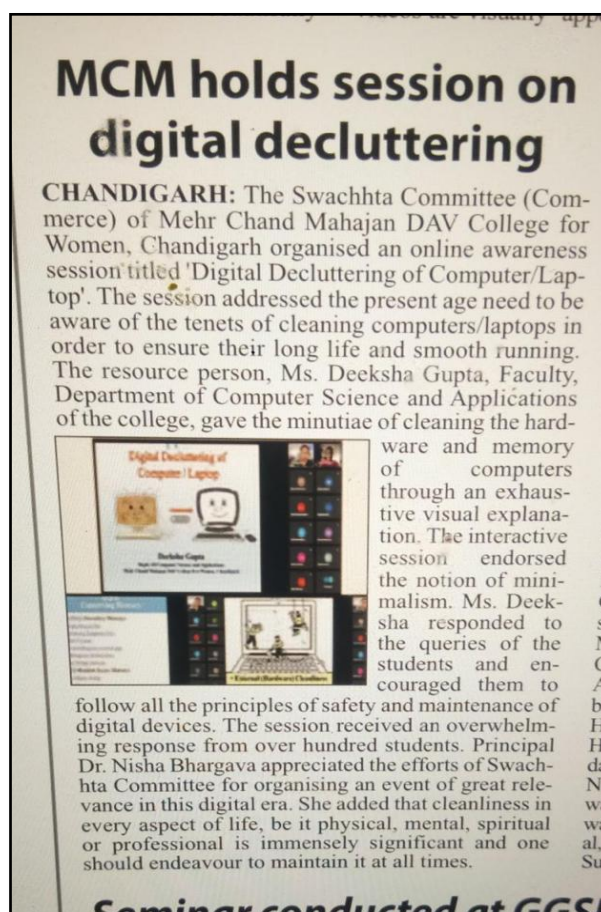
#### ✓ An Awareness session on Single use Plastic Campaign

was organized by NSS Units of the college on 27.10.2021 in their adopted village Badheri Chandigarh where 25 NSS volunteers collected single-use



plastic from local houses and shops and informed the residents about the urgency to avoid plastic use because of its extremely harmful effects on human and environmental health. The volunteers undertook a remarkable job by collecting 12.1 kg of single-use plastic which was further given for recycling.

- ✓ To address the need of ensuring maintenance of online devices and disseminating vital information regarding basics of cleaning the online devices for their smooth functioning, **an online session on Digital Decluttering of Computer/Laptop”** was organized by the Swachhta Committee, Post Graduate Department of Commerce on 28.10.2021 which was attended by 100 students.





**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ As part of 'Clean India' program organized by the Department of Youth Affairs, Ministry of Youth Affairs and Sports; **Swachhta Committee Arts** organized a **Cleanliness Drive** to collect **Single use Plastic Waste** on 29.10.2021 where around 100 students participated.



✓ As per the directions of Department of Environment in collaboration with Department of Education, Chandigarh Administration, **Swachhta Committee of the Post Graduate Department of Commerce** organized an 'Oath' taking ceremony on the theme "Green Diwali-Swachh Diwali" on 30.10.2021 where more than 100 volunteers pledged not to burst crackers during Diwali festival.

**MCM celebrates Green Diwali, participates in Anti Cracker Campaign**

**The Aman Sandesh Times Network**

**Chandigarh:** Ushering the festival of lights in a unique and meaningful manner, Mehr Chand Mahajan DAV College for Women, Chandigarh organised events aiming to not only spread festive cheer but also to raise awareness about green Diwali celebrations.

The Character Building Committee of the college organised a 6-day event titled 'Deepmala Utsav' that included various competitions and activities, and culminated with a vibrant cultural extravaganza and an exhibition. The competitions that were part of the Deepmala Utsav included Poshak Mithai, Slogan Writing, Diya Decoration and Card Making on the theme of 'Safe and Green Diwali', and Lessons for Life- a video competition on favourite character from Ramayana.

Besides the competitions, a Stone Painting Workshop was also organised and a nukkad natak on 'Say no to crackers' was also presented to sensitise students about the harmful effects of crackers.

The grand utsav culminated with an exciting cultural programme comprising of enthralling dance and song performances, and a felicitation ceremony.

Principal Dr. Nisha Bhargava highlighted the origin of Diwali festival in the epic Ramayana- an eternal source of guidance to mankind. Seeking to spread the message of an eco-friendly Diwali, the college also participated enthusiastically in the Department of Environment and Department of Education, Chandigarh Administration's Anti Cracker Campaign on the theme 'Swachh Diwali Green Diwali'.

✓ Keeping up with the motto of "Not Me, But You" and working towards the betterment of the society and environment, **NSS Units** of the College organized an **Anti-Cracker Rally** on 30.10.2021 around 70 NSS Volunteers along with the office bearers participated in the rally, carried colourful posters and placards and raised slogans like "Say No to Crackers", "Green Diwali, Safe Diwali", "दिवाली का जश्न मनाएं, पर्यावरण सुरक्षित बनाए" and "पटाखे लेना बंद करो, प्रदूषण को बंद करो" in and around the college campus.

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



**Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/posts/1231390293993888>

- ✓ To promote Clean India Programme, 13 NCC cadets of **NCC Army Wing** undertook cleanliness drive on 30.10.2021 within the college campus.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ **MCM Eco-Club in collaboration with the Character-building committee of the college organized Poster/Card making and slogan writing competitions** as a part of Anti-cracker campaign on 01.11.2021. As many as 50 students from different streams participated enthusiastically in both the activities and showcased their creativity.



- ✓ An Online Awareness lecture on “**Ill Effects of Crackers**” as a part of Anti-Cracker Campaign was launched on 03.11.2021 by Department of Environment in collaboration with Department of Education, Chandigarh Administration where Dr Shafila addressed 100 participants and highlighted the impacts of crackers on environment and human health.



- ✓ **An interactive lecture with on-site demonstration on solid waste management practices adopted** (e.g., setup and working of Biogas plant, Composting and Vermicompost units) to B.Sc. (MFT)-III-year students was organized on 14.11.2021 by Department of Food Science in collaboration with Swachhta Committee.

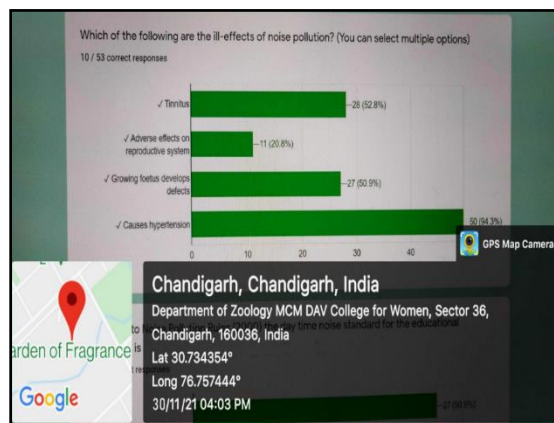


- ✓ The Chandigarh Police in collaboration with Mehr Chand Mahajan DAV College For Women, Sector 36-A, Chandigarh and Punjab Engineering College (PEC), University of Engineering and Technology(UIET) Panjab University, conducted a **two day National Level Training Program under the flagship program of 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.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



- ✓ Department of Zoology in collaboration with MCM Eco-club of the College organized an online quiz on 'Noise pollution' on 30.11.2021. The quiz was organized with an aim to increase students' knowledge about Noise Pollution, its ill-effects, solutions for handling noise pollution in their



- surroundings, and to generate awareness on various laws regarding permitted noise levels in the country. 53 students from B.Sc. I & II Medical participated enthusiastically in the quiz.
- ✓ Institution's Innovation Council 4.0 in collaboration with the Department of Environment Science of the college organized **Just a Minute Idea competition** on the theme 'Stubble Burning' to mark the celebration of National Pollution Control Day (08.12.2021). 23 students came up with innovative ideas to control the menace of stubble burning.

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

### MCM holds idea competition on Stubble Burning

**The Aman Sandesh Times Network**

**Chandigarh:** The Institution Innovation Council and Department of Environment Science at Mehr Chand Mahajan DAV College for Women, Chandigarh organised Just a Minute Idea Competition on the theme 'Stubble Burning'.

The competition sought to draw attention to the menace of stubble burning and motivate students to come up with innovative ideas to deal with it. The participants shared various ideas for the control of stubble burning like procuring stubble from farmer for a price to be used as cattle fodder, diverting excess workers to the agricultural fields to weed out the crop residues, converting crop residue into manure by accelerating the decomposition process, compost making from crop residue, using stubble for packaging of fragile material like glass and crockery, making biodegradable cutlery, paper and car board, and so on.

Three best entries were awarded cash prizes. Principal Dr. Nisha Bhargava highlighted the importance of this initiative by saying that pollution from stubble burning poses a serious risk to the health and safety of people and asserted that finding practical, effective, and sustainable solutions to curb the practice is critical.

**The results of the competition are:**  
 1st: Muskaan Lamba (MA Economics II)  
 2nd: Bhavika Mehta (BSc II)  
 3rd: Dhanu (BCom II)  
 Consolation: Simar (BA I), Yashika (BCom I)




**MCM holds idea competition on Stubble Burning**

Chandigarh, 17.12.21-The Institution Innovation Council and Department of Environment Science at Mehr Chand Mahajan DAV College for Women, Chandigarh organised Just a Minute Idea Competition on the theme 'Stubble Burning'.

The competition sought to draw attention to the menace of stubble burning and motivate students to come up with innovative ideas to deal with it. The participants shared various ideas for the control of stubble burning like procuring stubble from farmer for a price to be used as cattle fodder, diverting excess workers to the agricultural fields to weed out the crop residues, converting crop residue into manure by accelerating the decomposition process, compost making from crop residue, using stubble for packaging of fragile material like glass and crockery, making biodegradable cutlery, paper and car board, and so on.

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### न्यूज डायरी

## एमसीएम में पराली से निपटने के लिए प्रतियोगिता, मुस्कान बनी विजेता

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज में शुरुआत को पराली से निपटने के विषय पर विचार प्रतियोगिता का आयोजन हुआ। इंस्टीट्यूशनल इनोवेशन काउंसिल ने पर्यावरण विज्ञान विभाग के साथ मिलकर इस कार्यक्रम का आयोजन किया। इस दौरान प्रतिभागियों ने पराली जलाने के नियंत्रण के लिए विभिन्न विचारों को साझा किया। इस दौरान तीन सर्वश्रेष्ठ प्रविष्टियों को नकद पुरस्कार से सम्मानित किया गया है। प्राचार्य डॉ. निशा भार्गव ने प्रतिभागियों को और से दिए गए व्यावहारिक समाधानों की सराहना की। प्रतियोगिता में एमए इकोनॉमिक्स द्वितीय वर्ष की मुस्कान लांबा को पहला, बीएससी द्वितीय की भाविका मेहता को दूसरा, बीकॉम द्वितीय वर्ष की धनु को तीसरा और बीए प्रथम वर्ष की सिमर और बीकॉम प्रथम वर्ष की यशिका को ब्नामना प्रस्तुत किया गया।

## एमसीएम ने पराली जलाने पर विचार प्रस्तुत करने के लिए प्रतियोगिता का आयोजन किया

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज में इंस्टीट्यूशनल इनोवेशन काउंसिल और डिपार्टमेंट ऑफ एनवायरनमेंट साइंस ने 'जस्ट अ मिन्यूट आइड' विषय पर जस्ट ए मिन्यूट आइड प्रतियोगिता का आयोजन किया। प्रतियोगिता में पराली जलाने के खतरों को और खतरा अपेक्षाकृत करने और खतरों को दूर करने के लिए नवीन विचार देने के लिए प्रेरित करने का प्रयत्न किया गया। प्रतियोगिता में पराली जलाने के नियंत्रण के लिए विभिन्न विचारों को साझा किया गया, किसान से पशु चारे के रूप में उपयोग को जलने वाली कोयला में पराली को खरीद, फसल के अवशेषों को निष्कारण के लिए, अतिरिक्त कर्मियों को कृषि क्षेत्रों को और मेंडन, सड़न को तेज करके फसल अवशेषों को खतरों में परिवर्तित करना, फसल अवशेषों से खाद बनाना, कान और अंतर्गत जैविक कार्बन-सम्पत्तियों को पौधे निर्माण के लिए उपयोग करना, कार्बोहाइड्रेट डेबल कटलरी, कार्डबोर्ड और

कार्बोहाइड्रेट बनाने में प्रयोग आदि। तीन सर्वश्रेष्ठ प्रविष्टियों को नकद पुरस्कार से सम्मानित किया गया। प्राचार्य डॉ. निशा भार्गव ने इस पहल के माध्यम पर प्रकटा इतरों द्वारा किए गए पराली जलाने से होने वाले प्रदूषण को नियंत्रण और खतरा के लिए नवीन विचारों को प्रोत्साहित करने के लिए प्रकटा इतरों को प्रोत्साहित किया।

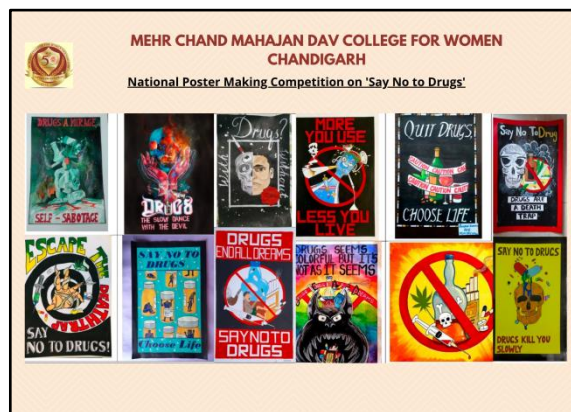
**प्रतियोगिता के परिणाम हैं:**  
 1. मुस्कान लांबा (एमए इकोनॉमिक्स कक्षा)  
 2. भाविका मेहता (बीएससी कक्षा)  
 3. धनु (बीकॉम कक्षा)  
 4. सिमर (बीए प्रथम वर्ष)  
 5. यशिका (बीकॉम कक्षा)

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ A collage making competition was organized for undergraduate students on the theme 'Save Energy, Save Future' by Innovation Council 4.0 in collaboration with Renewable Energy committee and Department of Physics on 14.12.2021 where 35 students of B.Sc. Medical, Non-Medical and Computer Science & Applications shared their innovative ideas for saving energy and protecting the environment for future generations.



✓ The Women Development Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Department of Fine Arts, organised a National Level Poster Making Competition under the 'Nasha Mukh Bharat Campaign' of the Department of Social Welfare, Women and Child Development, Chandigarh Administration on 31.08.2021. The theme of the competition was 'Say No to Drugs'. Over 92 students from across the country participated enthusiastically in the competition.



MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN,  
SECTOR 36, CHANDIGARH

WOMEN DEVELOPMENT CELL  
in collaboration with  
DEPARTMENT OF FINE ARTS  
is organizing a National level online  
**POSTER MAKING COMPETITION**  
Under the "Nasha Mukh Bharat Campaign,  
Action Plan - a scheme formulated by the  
Department of Social Welfare, Women and Child  
Development, Chandigarh  
Last Date to Apply and upload 31.08.2021

**Say NO to DRUGS!**

INSTRUCTIONS-

- Topic- SAY NO TO DRUGS
- Size- A-3 or half-imperial size sheet
- Last date to apply and upload- 31.08.2021
- Send the photographs on- <https://forms.gle/P7310vLfm1u1x2>
- Original ideas will be appreciated for the posters.
- First three winners will be awarded with e-certificates and cash prizes.
  - First Prize- Rs. 2000/-
  - Second Prize- Rs. 1500/-
  - Third Prize- Rs. 1000/-

Coordinators-  
Ms. Vandana Sayal  
Dr. Pooja Sharma

Convener  
Dr. Nisha Bhargava  
Principal

**MCM holds national poster making competition on drugs**

The Aman Sandesh Times Network

Chandigarh: The Women Development Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Department of Fine Arts, organised a national level Poster Making Competition under the 'Nasha Mukh Bharat Campaign' of the Department of Social Welfare, Women and Child Development, Chandigarh Administration. The theme of the competition was 'Say No to Drugs'.

Over 92 students from across the country participated enthusiastically in the competition, through their thought-provoking creative entries, the participants gave the message of choosing life over drugs and highlighted the detrimental effects of drugs. The first three winners were awarded e-certificates and cash prizes.

Principal Dr. Nisha Bhargava expressed appreciation for this endeavour to raise awareness about the menace of drugs. She added that for a brighter future of the country, it is imperative that the youth are motivated to adopt a healthy and positive outlook towards life, and the ones who have strayed from their path need to be brought into the mainstream.

The prize winners are:  
1st: Khwaish (MCM DAV College for Women, Chandigarh)  
2nd: Preeti (PU, Chandigarh)  
3rd: Kritika (MCM DAV College for Women, Chandigarh)  
Consolation: Rupinder Kaur (KMV, Jalandhar) and Guntaj (MCM DAV College for Women, Chandigarh)

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

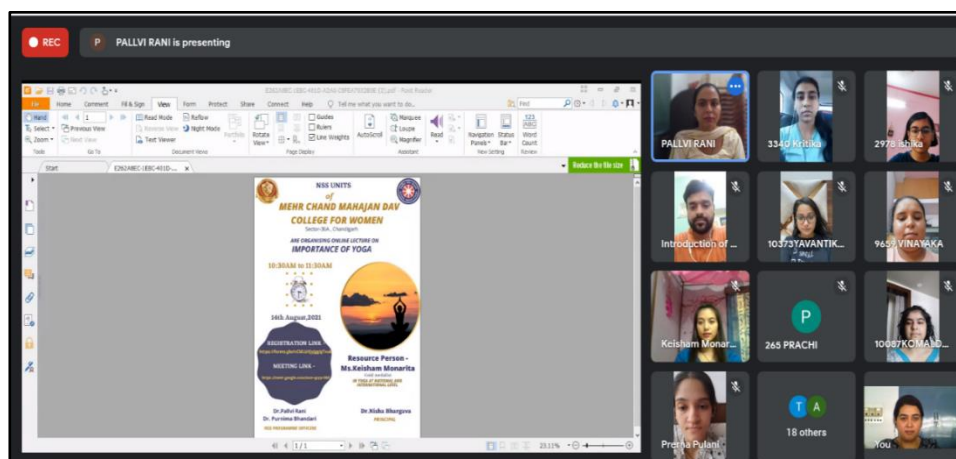
✓ In the month of October, a **cleanliness drive** was organized by the cadets in the college. Promoting the idea of the '**Swachh Bharat Campaign**' the drive aimed at getting the campus rid of unnecessary junk and garbage to promote cleanliness, spreading awareness about the cause, and influencing others to take recourse to the same path.



✓ In the month of August, 2021, 35 NCC cadets of **Army wing** cycled and exercised daily to as to sensitize people about Fit India Movement.



✓ 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.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ 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:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1214711275661790/?type=3>



### एमसीएम में योग व ध्यान पर कार्यशाला सम्पन्न

चंडीगढ़, 8 अक्टूबर (राम सिंह बराड़): मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ ने योग और ध्यान पर हेल्थ और ट्रेनिंग-कम-वर्कशॉप का ग्रेंड फिनाले आयोजित किया- जिसका थीम 'मन, शरीर और आत्मा के लिए भोजन 'एक स्वयं की शक्ति' था। कलिंग की स्टेनलेस प्रिन्टिंजस व रिकल डिप्लोमेट समिति के संस्कृत 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 लिए में विस्तार से बताया और व्यावहारिक रूप में करके भी दिखाया। इस कार्यशाला में 90 प्रतिभागियों ने सक्रिय रूप से भाग लिया। छात्रों के मन में शांति, ध्यान और चेतना लाने के लिए कार्यशाला को बुरकात ओप 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, थायरॉइड की समस्याओं, पाचन में सुधार, वजन घटाने और मांसपेशियों की समग्र मजबूती पर केंद्रित थे। कुछ आसन खड़े होकर किये गए जिसमें ताइत्सन, वृक्षासन, त्रिकोणासन, जिसमें भुजंगासन, नौकासन और धनुरासन शामिल थे। प्राणायाम सत्र कपालभाति से शुरू हुआ और शीतली प्राणायाम, शितावरी प्राणायाम, अनुलोम विलोम प्राणायाम और धामरी प्राणायाम के साथ जारी रहा। सत्र का समापन ओम जप के साथ-साथ तनाव कम करने और समापन रूप से फलदायी जीवन के लिए माइंडफुलनेस तकनीकों के अभ्यास के साथ हुआ। रिसोर्स पर्सन ने प्रतिभागियों के प्रश्नों और शंकाओं का समाधान किया जिन्का वे सामना कर रहे थे। इस अवसर पर कलिंग प्राचार्या निशा भार्गव ने स्टेनलेस प्रिन्टिंजस व रिकल डिप्लोमेट समिति के 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।

- ✓ On **National Voluntary Blood Donation Day**, an awareness session on the topic **“Overview of Blood – Lymphoma”** was organized by the NSS Units and Medical committee of the college in collaboration with the Shalby Multi- Specialty Hospital, Mohali on 01.10.2021 through virtual mode. More 60 students attended the session. The resource person of the session was Dr Priyanshu Chaudhary, Consultant Medical Oncology, Shalby Multi- Specialty Hospital, Mohali.




*NSS Units and Medical Committee*  
of

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

*are organizing an awareness session on*

**OVERVIEW OF BLOOD - LYMPHOMA**

**DATE:**  
Friday  
October 1, 2021

**Timings:**  
11.00 A.M. - 12.00 noon



**Resource Person**  
**Dr Priyanshu Choudhary**  
Consultant Medical Oncology,  
Shalby Multi-Specialty Hospitals, Mohali

**Platform:**  
Google meet  
Link:  
<https://meet.google.com/vxr-zeyn-prq>

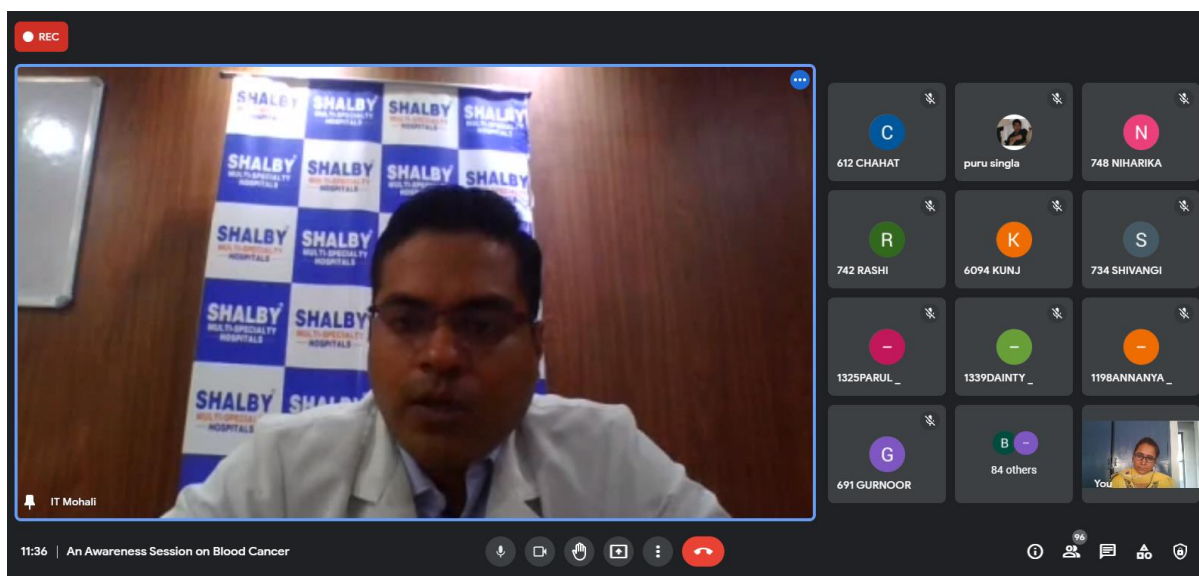
Dr Pallvi Rani  
Dr Purnima Bhandari  
NSS Programme Officers


Dr Sarabjeet Kaur  
Co-Convenor  
Medical Committee

Dr Nisha Bhargava  
Convenor & Principal



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



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

**Women Development Cell**

is organizing an **Online Paper Presentation Competition** on the topic  
**“Drug Abuse and Addiction: Effects on Brain, Risk factors and Signs”**  
Under the **“Nasha Mukht Bharat Campaign Action Plan”**- a Scheme formulated by  
**Department of Social Welfare, Women & Child Development, Chandigarh**

**Guidelines for the Participants:**

- ❖ Last date of sending entries - 25 Oct, 2021
- ❖ Participants can make maximum 10 slides with voice narration.
- ❖ Recorded Presentation time is 3-5 minutes.
- ❖ Send your voice narrated PPT(Recorded) by converting PPT to Video file format (max size 15MB)
- ❖ E-Certificates will be given to all the participants.

**Note:** As the presentation will not be presented in real time so, the participants are hereby instructed to upload the voice narrated Presentation by converting to Video file format

**Prizes**  
1<sup>st</sup> Prize Rs. 2000  
2<sup>nd</sup> Prize Rs. 1500  
3<sup>rd</sup> Prize Rs. 1000

➤ Send your entry to the following Link  
<https://forms.gle/Ze6XAl0AaqjrRXGd7>

➤ For any Query: send mail to  
[mcmwomendevlopmentcell@mcmdavcwbhd.in](mailto:mcmwomendevlopmentcell@mcmdavcwbhd.in)

**Coordinators**  
Dr. Praerna Sharma  
Mrs. Vandita Kapoor

**Convener**  
Mrs. Vandana Syal

**Principal**  
Dr. Nisha Bhargava

- ✓ An Online Paper Presentation Competition on the topic **“Drug Abuse and Addiction: Effects on Brain, Risk factors and Signs”** Under the **“Nasha Mukht Bharat Campaign Action Plan”**- a Scheme formulated by Department of Social Welfare, Women & Child Development, Chandigarh was organized on 25.10.2021 by Women Development Cell of the college where 18 students from different colleges participated.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ To commemorate World AIDS Day - 2021, **NSS Units** in collaboration with **Red Ribbon Club/AIDS Awareness Committee** of Mehr Chand Mahajan DAV College for Women, Sector 36-A Chandigarh organized **an awareness programme** in the college premises.



During the event, 38 NSS Volunteers organized **an awareness cum interactive session** where through their hand-made posters, they disseminated information about HIV, AIDS, causes, symptoms of the disease and initiatives taken up by the Government of India to curb this deadly disease.

## एमसीएम ने जागरूकता कार्यक्रम के साथ मनाया एड्स दिवस

» मद्रलैंड संवाददाता

चण्डीगढ़। इस वर्ष के विश्व एड्स दिवस की थीम 'एण्ड इनइक्वालिटी, एण्ड एड्स, एण्ड पैडेमिक', को ध्यान में रखते हुए एनएसएस इकाइयों और मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ के रेड रिबन क्लब ने कॉलेज परिसर में जागरूकता कार्यक्रम के साथ यह दिन मनाया। कार्यक्रम का उद्देश्य जागरूकता पैदा करना था ताकि एचआईवी/एड्स से संबंधित भ्रांतियों और वर्जनाओं को दूर किया जा सके और ऐसी वर्जनाओं के कारण उत्पन्न असमानताओं को समाप्त करने का संदेश फैलाया जा सके। कार्यक्रम के दौरान, एनएसएस स्वयंसेवकों ने एचआईवी/एड्स, इसके कारणों, बीमारी के लक्षणों और इस घातक बीमारी को रोकने के लिए भारत सरकार द्वारा की गई पहलों के बारे में जानकारी का प्रसार करने वाले पोस्टर प्रदर्शित किए। एक संवाद सत्र में, उन्होंने बीमारी से संबंधित विभिन्न मिथकों और वर्जनाओं पर चर्चा की, जिससे कॉलेज के युवाओं में एड्स के प्रति वैज्ञानिक दृष्टिकोण को बढ़ावा देने में मदद मिली। प्रिंसिपल डॉ. निशा भागव ने इस जागरूकता पहल के महत्व को रेखांकित करते हुए इस तथ्य पर जोर दिया कि एड्स से जुड़े मिथक मरीजों के शारीरिक, सामाजिक और मानसिक तनाव को बढ़ा सकते हैं। उन्होंने कहा कि इस बीमारी से जुड़े कलंक को मिटाने की जरूरत है, और ऐसा करने का एकमात्र तरीका अधिक जागरूकता पैदा करना है।

Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1251048625361388/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ **NSS Units** in collaboration with the **Character-Building Committee**, of Mehr Chand Mahajan DAV College for Women, Sector 36-A Chandigarh organized an awareness program on 03.12.2021 to promote disabled friendly infrastructure on



the occasion of International day of Persons with Disabilities. For this programme, each volunteer prepared a poster regarding the problems face by disabled people, the solution to those problems and the inequalities and injustice faced by people with disabilities.

- ✓ Department of Zoology in collaboration with MCM Eco-club organized a PowerPoint presentation on the theme 'Wildlife conservation' on 15.12.2021. The presentation was organized with an aim to enhance students' knowledge about wildlife conservation and to encourage them to actively contribute in local conservation activities.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ **The Anti-Ragging Committee and the Hostel Committee** of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an **Orientation Programme for the residents** of the hostel. Addressing the 104 participants on the occasion, Principal Dr. Nisha Bhargava



exhorted the students to strive for excellence and maintain a ragging-free campus.

**104 participated in Anti-ragging orientation session held at MCM**

The Aman Sandesh Times Network

**Chandigarh:** Anti-Ragging Committee and the Hostel Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an Orientation Programme for the residents of the hostel.

Principal Dr. Nisha Bhargava introduced the students to the glorious heritage of the institution established in the memory of the legal luminary Justice Mehr Chand Mahajan, former Chief Justice of India and also exhorted the students to strive for excellence and maintain a ragging-free campus.

Convener of the Anti-Ragging Committee Dr Bindu Sharma, through a

power point presentation, sensitised the students about the various forms of ragging and introduced the mandatory regulations of UGC to control the menace of ragging.

Ms. Baljeet Tiwana and Dr Jasmine Anand, Dean and Co-ordinator of the Hostel Committee, respectively also interacted with the students and announced the formation of Student Anti-Ragging Squad in the hostel, 104 participants participated in the session.

## मसीएम ने एंटी रैगिंग ओरिएंटेशन सत्र का आयोजन किया

» मदरलैंड संवाददाता

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की रैगिंग विरोधी समिति और छात्रावास समिति ने छात्रावास की छात्राओं के लिए एक एंटी रैगिंग ओरिएंटेशन कार्यक्रम आयोजित किया। इस अवसर पर 104 प्रतिभागियों को संबोधित करते हुए प्रधानाचार्या डॉ. निशा भार्गव ने छात्राओं को भारत के पूर्व मुख्य न्यायाधीश न्यायमूर्ति मेहर चंद महाजन की स्मृति में स्थापित संस्था की गौरवशाली विरासत से परिचित कराया। उन्होंने छात्राओं को उत्कृष्टता के लिए प्रयास करने और रैगिंग मुक्त परिसर बनाए रखने का भी आह्वान किया। एंटी रैगिंग कमेटी के संयोजक डॉ



विंदु शर्मा ने पावर प्वाइंट प्रेजेंटेशन के माध्यम से छात्रों को रैगिंग के विभिन्न रूपों के बारे में जागरूक किया और रैगिंग के खतरे को नियंत्रित करने के लिए यूजीसी के अनिवार्य नियमों से भी अवगत करवाया।



छात्रावास समिति की डीन सुश्री बलजीत टिवाना और समन्वयक डॉ जैसमीन आनंद, ने भी छात्राओं के साथ बातचीत की और छात्रावास में रैगिंग विरोधी दस्ते के गठन की घोषणा की।

**Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1219636868502564/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ The **Internal Quality Assurance Cell** of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an **interactive session on National Education Policy 2020** on 27.11.2021. Dr. Ashok Kumar Sharma, Vice President and Senior Governing Body Member, DAV College Managing Committee, New Delhi and former Director, NCERT was the resource person for this enlightening session. The session was attended by over 120 students and faculty members. Dr. Sharma



deliberated on some important aspects of NEP 2020 like the proposed structure of education i.e. 5 + 3 + 3 + 4, pedagogy with emphasis on experiential learning, multi-disciplinary and inter-disciplinary aspects and teacher education.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

The Swachhta Committee of college in collaboration with Mahatma Gandhi National Council of Rural Education, Ministry of Education, Govt. of India, organised Campus Cleanliness Drive using Gandhi Chhadi under the Innovation for Waste collector initiative from

27.12.2021 – 31.12.2021 . The primary aim of the drive was to promote cleanliness and waste segregation through the use of an innovative patented tool named as Gandhi Chhadi. Sh.

H. R. Gandhar, Vice President, DAV College Managing Committee and Senior Governing Body Member of the college graced the occasion. Over 50 student volunteers and 12 safai karamcharis participated in the drive. **Link to the activity include:**



## MCM holds cleanliness drive using 'Gandhi Chhadi'



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

<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/1291432354656348/?type=3>

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

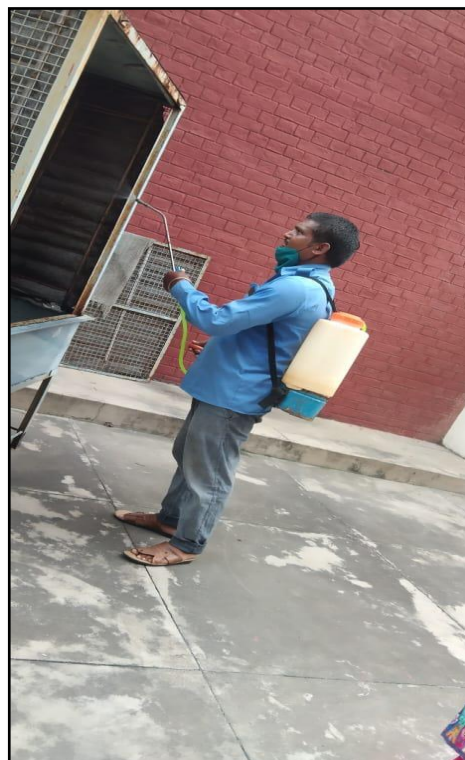
A Monthly ritual, Havan was organized on 02.11.2021 by Arya Samaj committee of Mehr Chand Mahajan DAV College for women Sector 36 A Chandigarh following COVID norms.

#### एमसीएम में हवन का आयोजन



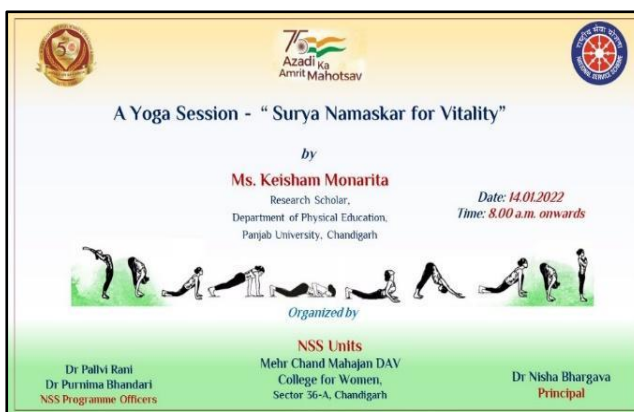
स्टेट समाचार/चंडीगढ़। प्रत्येक माह हवन समारोह की अपनी परंपरा को ध्यान में रखते हुए मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की आर्य समाज कमेटी ने हवन का आयोजन किया। छात्राओं में वैदिक मूल्यों को विकसित करने के उद्देश्य से आयोजित, हवन एमसीएम में एक मासिक अनुष्ठान है जिसमें कॉलेज में कार्यरत कर्मचारी और छात्र श्लोकों और मंत्रों के जाप के बीच पवित्र अग्नि की पूजा करते हैं। प्राचार्या डॉ. निशा भार्गव ने बताया कि एमसीएम ने छात्राओं को शिक्षित करने के लिए एक समग्र दृष्टिकोण अपनाया है जिसमें छात्राओं को सफलता के लिए तैयार करने के अलावा उनमें नैतिक मूल्यों को विकसित करने पर भी जोर दिया जाता है। उन्होंने बताया कि छात्राओं को हमारी समृद्ध परंपराओं और वैदिक प्रथाओं के संपर्क में रखने के उद्देश्य से प्रति माह हवन का आयोजन किया जाता है।

- ✓ Anti-Malaria spray drives have been conducted regularly with an aim of eradicating any chances of mosquito breeding in the hostel campus. As a result of the activity, the hostels became mosquito-free. Sanitization further ensured our efforts to keep the hostel campus clean. Drinking water coolers were cleaned to ensure the supply of clean water. The roof -top was also cleaned.

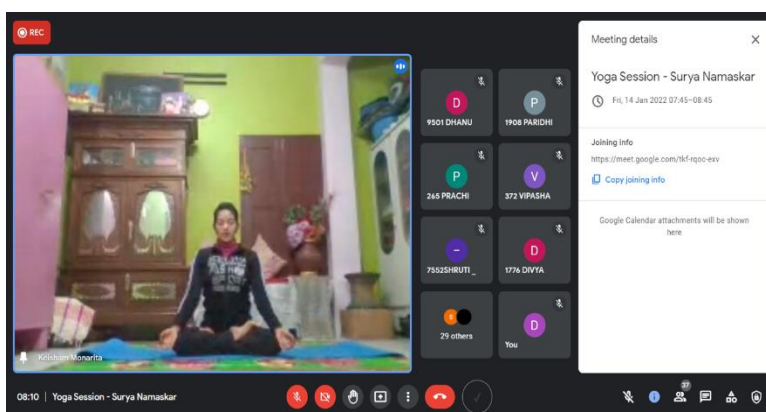


**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ 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 medallist in Yoga at National and International level.



**Link to the activity uploaded on social media handle include:**

### 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 organized 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 medallist 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.

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

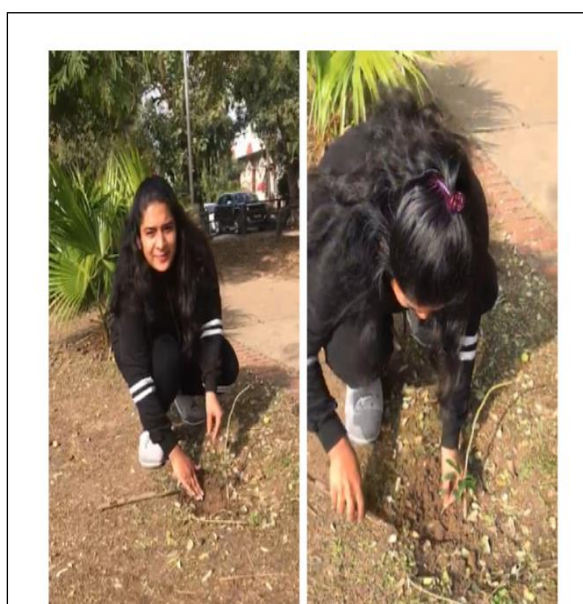


**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ Under Swachh Bharat Mission, an awareness camp on waste management under Swachh Bharat Mission was organized by the NSS Units and MCM Eco-Club in collaboration with the Swachhta Committee of the college on 20.01.2022.



- ✓ On 22.01.2022, Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, GOI organized a **tree plantation drive**.



7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ It is a matter of immense pride that Mahatma Gandhi National Council of Rural Education (MGNCRE) has given an **appreciation certificate** to Mehr Chand Mahajan DAV College for Women, Chandigarh for successfully participating in, and completing the **'Largest Plantation Drive' In Higher Educational Institutions Across Chandigarh Under the Aegis of Mahatma Gandhi National Council Of Rural Education, Dept. Of Higher Education, Ministry of Education, Government Of India.**



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ Living up to its reputation of being an institution where excellence is nurtured, Mehr Chand Mahajan DAV College for Women, Chandigarh won the first rank - **Swachh Prerak Award** - in Swachh Survekshan 2022 by Municipal Corporation, Chandigarh under Mission Swachh Chandigarh under the able guidance of Principal, Dr Nisha Bhargava on 29.01.2022.



## Chandigarh mayor awards city's swachhata leaders

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

**HT Correspondent**  
chandigarh@hindustantimes.com

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

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

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

She said keeping with the Prime Minister's vision of a Digital India, new and improved technology will be used such as digital tracking of documents, geo-tagging of sanitation and waste management of facilities for better efficiency.

The winners in various categories were Government Medical College Hospital in Sector 32 under swachh hospital; Hyatt Regency in Industrial Area, Phase 1, under swachh hotels; examination branch of MCM DAV College, Sector 36, under swachh government office; residents' welfare association of Sector 7-A for Swachh RWA and the market welfare association of Sector 16 for Swachh MWA.

A special award was also presented to Kamaljit Singh Panchhi of Chandigarh Traders Association, Sector 17.

Under the swachh schools (private) category, St John's High School and Sacred Heart Senior Secondary School, both in Sector 26, were joint winners. Out of government schools, Government Model Senior Secondary School (GMSSS) Sector 21-A, performed the best.

The swachh technology challenge was won by Dross Management System and Energy Solutions Pvt Ltd. Infosys Limited was declared a zero waste campus.

**Swachh ward rankings: The winners**

|  |   |
|--|---|
| <p><b>SWACHH HOSPITAL</b></p> <ol style="list-style-type: none"> <li>1. GMCH, Sector 32</li> <li>2. GMSH, Sector 16</li> <li>3. Cloud 9, Industrial Area, Phase 2</li> </ol> <p><b>SWACHH HOTELS</b></p> <ol style="list-style-type: none"> <li>1. Hyatt Regency, Industrial Area, Phase 1</li> <li>2. Hotel Parkview, Sector 24</li> <li>3. Hotel Taj Chandigarh, Sector 17</li> </ol> <p><b>SWACHH GOVERNMENT OFFICE</b></p> <ol style="list-style-type: none"> <li>1. Examination branch, MCM DAV College, Sector 36</li> <li>2. EDC building, IT Park</li> <li>3. Social Welfare Office, Sector 41-A</li> </ol> <p><b>SWACHH RWA</b></p> <ol style="list-style-type: none"> <li>1. Sector 7-A RWA</li> <li>2. Sector 39 Punjab govt RWA</li> <li>3. Sector 21-A RWA</li> </ol> | <p><b>SWACHH MWA</b></p> <ol style="list-style-type: none"> <li>1. Sector 16-A MWA</li> <li>2. Sector 38 MWA</li> <li>3. Sector 29-C MWA</li> </ol> <p>(Special award: Kamaljit Singh Panchhi, Chandigarh Traders Association, Sector 17)</p> <p><b>SWACHH SCHOOLS (PRIVATE)</b></p> <ol style="list-style-type: none"> <li>1. St John's and Sacred Heart, Sector 26</li> <li>2. Chikara International, Sector 25</li> <li>3. Carmel Convent, Sector 9</li> </ol> <p><b>SWACHH SCHOOLS (GOVT)</b></p> <ol style="list-style-type: none"> <li>1. GMSSS, Sector 21-A</li> <li>2. GMSSS, Sector 16-D</li> <li>3. GMSSS, Sector 47-D</li> </ol> <p><b>SWACHH TECHNOLOGY CHALLENGE</b></p> <ol style="list-style-type: none"> <li>1. Dross Management System and Energy Solutions Pvt Ltd</li> <li>2. NGO Indian Pollution Control Association</li> <li>3. Abhishek Sharma (citizen category)</li> </ol> |
|--|---|

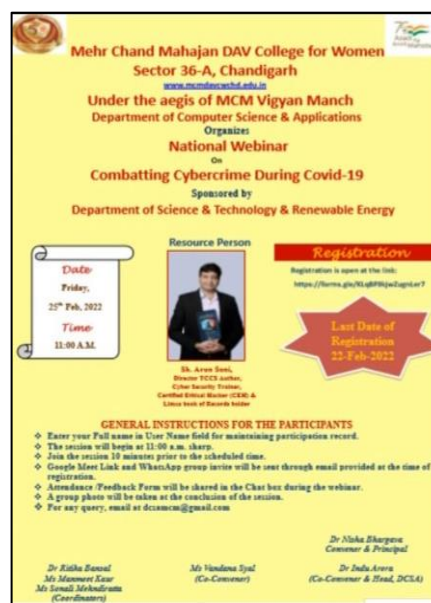
**Zero waste campus | Infosys Limited, IT Park**

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

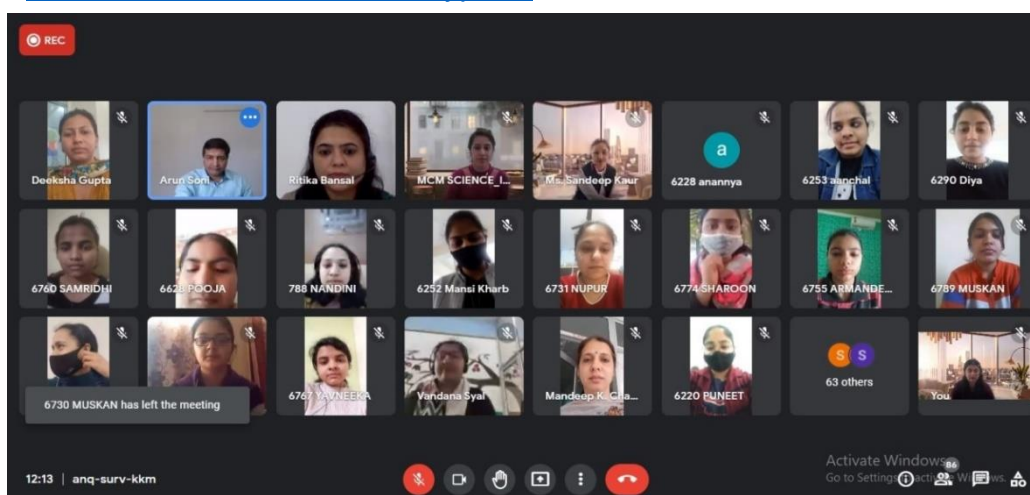
- ✓ MCM Eco-Club 'Parivesh' in collaboration with the Department of Zoology organized screening of Documentary 'Wetlands and Sarus cranes' on 02.02.2022 to celebrate World Wetlands Day.



- ✓ 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 handle include:**




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



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

## Science week concludes at MCM



**RAJIV JAIN**  
**CHANDIGARH, MARCH 2**

The Science Week celebrations at Mehr Chand Mahajan DAV College for Women, Chandigarh culminated with a webinar by the Postgraduate Department of Mathematics on the topic 'Wonders of Mathematics'.

Dr. Neela Pawar, Head of the Department conducted this interesting webinar that shed light on the presence and application of mathematics in our daily lives including nature, art, architecture and so on. Earlier, on day 4 of the Science Week, the Department of Computer Science and Applications organised a national webinar on 'Combatting Cybercrime During Covid-19'. The resource person for this webinar was Mr. Arun Soni, Director, TCCS, Author, Cyber Security Trainer, and Certified Ethical Hacker, who enlightened the participants about various possible courses of action as a response to cybercrime.

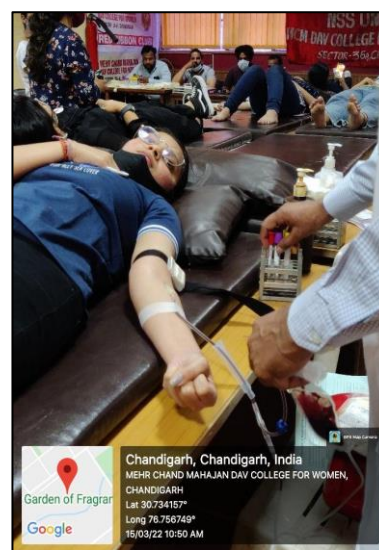
The Department of Food Science, on day 5, organised a webinar on 'How to Transform an Innovative Idea into a Technology' by Dr. Rohit Sharma, Chairperson, Department of Microbial Biotechnology and Chief Coordinator, EYUVA, Panjab University and Project Leader BioNEST, Punjab University, Chandigarh. Dr. Sharma stressed on empowering youth for undertaking value added innovative translational research.

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



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ **NSS Units, Red Ribbon Club, AIDS Awareness Committee and Medical Committee** of Mehr Chand DAV College for Women, Chandigarh organized a Blood Donation Camp - 2022, in collaboration with **Post Graduate Institute of Medical Education & Research, Chandigarh (PGIMER), Chandigarh (UT)** on 15.03.2022 in the Multimedia Hall of college premises. Blood donation drive was also supported by **Lions Club Chandigarh Prosperity**.



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

<https://www.facebook.com/MCMD AVCW/photos/a.239819746484286/1319508541848729/?type=3>

**अजीत समाचार**

एमसीएम कॉलेज लगा रक्तदान शिविर में डॉक्टर सुचेत सचदेव का स्वागत करते हुए कॉलेज प्रिंसिपल डॉ. निशा भार्ग। (छाया: गुरिंद्र सिंह)

### एमसीएम द्वारा रक्तदान शिविर का आयोजन

चंडीगढ़, 16 मार्च (राम सिंह बराड़): मेहर चंद डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ की एनएसएस यूनिट, रेड रिबन क्लब, एड्स जागरूकता समिति और मैडिकल कमेटी ने पीजीआईएमईआर, चंडीगढ़ के सहयोग से आज यहाँ रक्तदान शिविर का आयोजन किया। शिविर को लायंस क्लब चंडीगढ़ (समृद्धि) का भी सहयोग मिला। शिविर में कॉलेज के 80 से अधिक छात्रों, संकाय सदस्यों और स्टाफ सदस्यों ने उत्साहपूर्वक भाग लिया, जिसमें सौ यूनिट से अधिक रक्त एकत्र किया गया। युवा मामले और खेल मंत्रालय के क्षेत्रीय निदेशक एवं एनएसएस, चंडीगढ़ के क्षेत्रीय निदेशालय, हरिंदर कौर और लायंस क्लब चंडीगढ़ के अध्यक्ष, सूरी पाल, और एसोसिएट प्रोफेसर, ब्लड एंड ट्रांसफ्यूजन विभाग, पीजीआईएमईआर से डॉ. सुचेत सचदेव इस अवसर पर उपस्थित रहे। शिविर के दौरान अपने विचार व्यक्त करते हुए प्रधानाचार्य डॉ. निशा भार्ग ने जीवनअमृत का दान करके मानवता की सेवा करने के लिए दानकर्ताओं के नेक भाव की सराहना की। उन्होंने इसे मानवीय कारणों को पहचानने और काम करने की आवश्यकता पर जोर दिया जो छात्रों को जिम्मेदार और सहनशुक्तिपूर्ण नागरिक बनाने में मददगार हो सकते हैं।

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ The Personality Development Committee and Character-Building Committee in collaboration with Arya Samaj Committee jointly organized and organized a **workshop (blended mode)** on 'Herbal Holi Colour Making on 16.03.2022 where the aim was to enlighten the students about natural and environment friendly Holi colors and develop the awareness about a pollution-free environment and eco-friendly Holi celebrations.



## एमसीएम ने पर्यावरण के अनुकूल तरीके से मनाया होली का त्यौहार

**जगमोहन न्यूज**  
चंडीगढ़। मेहर चंद महाजन डेव कॉलेज फॉर विमेन, के परमनाल्टी डिक्लेरमेंट क्लब और चरित्र निर्माण समिति ने आर्य समाज, सेक्टर 16, चंडीगढ़ के सहयोग से 'होली के रंग प्रकृति के संग' कार्यक्रम के साथ होली का आयोजन किया। इस कार्यक्रम में हर्बल होली कलर्स मेकिंग और ऑनलाइन स्लोगन राइटिंग प्रतियोगिता पर थ्रैडिड मोड में एक कार्यक्रम का आयोजन किया गया। होली के हर्बल रंग बनाने के लिए इस कार्यशाला में प्रमुख वक्ता के रूप में श्रीमती सतीष वर्मा शामिल हुईं। 110 से अधिक प्रतिभागियों को प्रकृतिक अवयवों से होली के रंग तैयार करने का अनुभव प्राप्त हुआ। मिश्रित मोड में आर्य समाज मंदिर, सेक्टर 16, चंडीगढ़ के सदस्यों द्वारा एक साथ रचनात्मक रूप से आयोजित गतिविधियाँ देखी गईं।



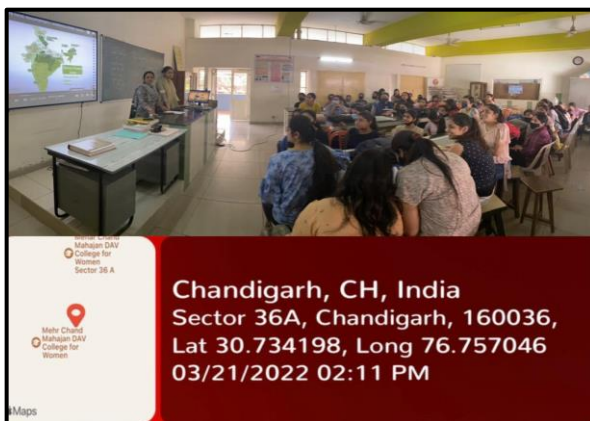
ऑनलाइन स्लोगन लेखन प्रतियोगिता का आयोजन एक रोचक विषय पर था कि जिन रंगों के साथ आप खुलते-मिलते हैं, वैसे ही एक रंग का चयन करें, जो आपके व्यक्तित्व का प्रतिनिधि हो और इसे होली की थीम में स्पष्ट करें। छात्रों ने होली की थीम पर आधारित स्लोगन उन रंगों के साथ लिखा, जिन्हें वे अपने व्यक्तित्व का प्रतिनिधि मानते हैं। विजेताओं को नकद पुरस्कार देकर सम्मानित किया गया। प्राचार्या डॉ. निशा भार्गव ने रंगों के त्यौहार होली के उद्देश्य में दो गतिविधियों का उन्नत आयोजन करने के लिए परमनाल्टी डिक्लेरमेंट क्लब और चरित्र निर्माण समिति के प्रयासों को सराहना की।

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

<https://www.facebook.com/MCMDAFCW/photos/a.239819746484286/1319520975180819/?type=3>

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ On the occasion of **World Forest Day** (21.03.2022), a Screening of Documentary based on forest conservation, and preventing forest fires was organized by for the students of B.Sc. II Medical by Department of Botany in collaboration with MCM Eco-Club 'Parivesh'.



- ✓ On the occasion of '**World Water Day**', Department of Zoology organized a screening of Video Message on 'Water Conservation' on 22.03.2022 which was prepared by Ms Diksha, Ms Harnoor, Ms Garima and Ms Ananya Tangri of B.Sc. III Medical.



- ✓ On the occasion of World Water Day, the NSS Units in collaboration with MCM Eco-Club 'Parivesh' of the college organized a rally on the theme "Jal Shakti Abhiyaan" on 22.03.2022. Under this, the volunteers rallied around the Village Badheri, Chandigarh, carried different placards and raised slogans such as जल है तो जीवन है, पानी है जीवन की आस, पानी को बचाने का करो प्रयास that aided in conveying the message that **Water conservation is the need of the hour!**



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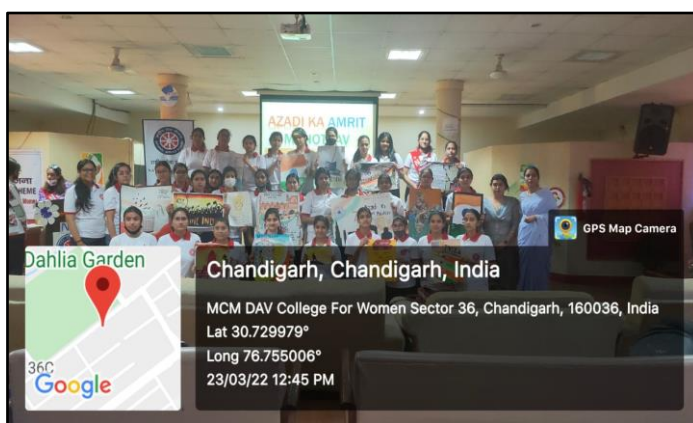
### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ With an aim to apprise volunteers of Jal Shakti Abhiyan - government-initiated campaign, an awareness lecture on Jal Shakti Abhiyan was organized on 23.03.2022 by the NSS Units in collaboration with MCM Eco-Club 'Parivesh' of the college as a part of the Seven Day/Night NSS Special Camp-2022. **Link to the event uploaded on the social media handle is as follows:**



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

- ✓ As part of the celebration of Azadi ka Amrit Mahotsav India @75 Years, an interactive cum awareness session was organized to commemorate **Shaedi Diwas** on 23.03.2022 in the multimedia hall. During this session, NSS volunteers



presented their views through their presentations and discussed the supreme sacrifice made by Bhagat Singh, Sukhdev Thapar and Shivaram Rajguru, the three freedom fighters who were martyred on this day in 1931.

To collect public feedback regarding sanitation status in terms of solid waste management from people of adopted village Badheri, Chandigarh and motivate them to install Swachhta App for efficient feedback, a survey – Swachh Survekshan – 2022 was conducted on 23.03.2022 in adopted village Badheri, Chandigarh.

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

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



- ✓ Considering the need of the hour to deal with fire hazards, a **Workshop cum Mock**

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

**Drill on Fire Fighting** by Leading Fire Man (LFM) Bhupinder Singh and Team from Fire Station, Sector 38, Chandigarh was organized in the third session by NSS Units in collaboration with Disaster Management Committee of the college on 23.03.2022.



- ✓ **An awareness session on waste segregation** was organized by NSS Units on 25.03.2022 where the resource person was Dr. Shafila, Assistant professor, Department of Environment Science, 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/MCMDAVCW/photos/a.239819746484286/1324702021329381/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ A Workshop cum Lecture on **'How to Make Compost using MATKA Composter'** was organized by NSS Units on 27.03.2022 where the resource person of the session was Dr. Purnima Bhandari, NSS Programme Officer and Assistant Professor, Department of Botany, Mehr Chand Mahajan DAV College for Women, Chandigarh. **Link to the event uploaded on the social media handle is as follows:**

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



- ✓ 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>



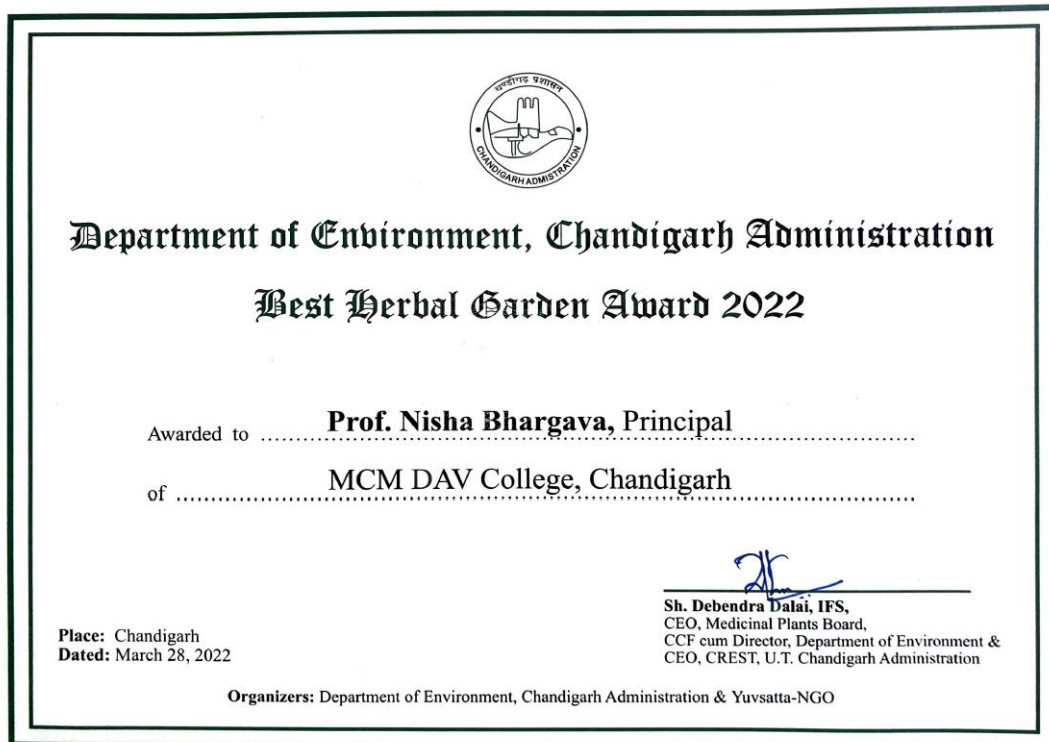
**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ Committed to the cause of a Clean and Green Earth, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh got another recognition for its green initiatives as the Department of Environment, Chandigarh Administration and Yuvsatta



(NGO) conferred the Best Herbal Garden Award on the college on 28.03.2022.

The award carries a trophy and a cash award of Rs. 5000/-.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



- ✓ With an aim to celebrate Baisakhi in college and enlighten students by showing the diversity of Food in India, Character Building Committee and Ek Bharat Shreshtha Bharat Club of the college organized an event entitled 'जायका - Savour the Flavors of India' on 11.04.2022.



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

<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/1331185987347651/?type=3>

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- ✓ NSS Units of the college organized an awareness cum interactive session on the occasion of **Earth Day – 2022** on 21.04.2022 in Government Model High School, Sector



41-D, Village Badheri, Chandigarh (adopted under NSS). The resource person of the session was **Dr Shafila**, Assistant Professor, Department of Environment Science, Mehr Chand Mahajan DAV College for Women, Chandigarh.

- ✓ Under right to free education, UBA Cell of our college organized a **Donation Drive** at Anganwari Centre, Village Attawa, Chandigarh on 20.05.2022 with an aim to give an impetus to the students of the Anganwari of the village, so that they devote more time to study.



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

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/139324548>

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## एमसीएम यूबीए सेल ने अंगीकृत गांवों में चलाया दान अभियान और कड़ेरी स्कूल में स्थापित बुक बैंक का निरीक्षण किया

**जगमार्ग न्यूज़**

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, के उन्नत भारत अभियान (यूबीए) सेल ने अंगीकृत गांवों कुटेरला, बधेरी और अटावा में दान अभियान का आयोजन किया। यूबीए सेल की टीम ने कुटेरला और बधेरी स्थित सरकारी स्कूलों के छात्रों के लिए रिफ्लेक्स इन द फन पॉन्ड का आयोजन किया, जिसमें यूबीए टीम के स्वयंसेवकों ने खिलौने, खेल और स्टेशनरी आइटम दान किए और स्कूली छात्रों के साथ कई खेल भी खेले। छात्रों ने खेलों के महत्व को अपने संज्ञानात्मक कौशल और अकादमिक सीखने की क्षमता को समग्र रूप से पुरस्कृत करने के एक अभिन्न अंग के रूप में समझा। अटावा गांव में दान अभियान के दौरान यूबीए टीम के छात्र स्वयंसेवकों ने गांव की आंगनवाड़ी छात्रों को क्रैयान, रंग भरने वाली किताबें, नोटबुक, पेंसिल और अन्य स्टेशनरी सामान दान में दिए और उनके साथ मनोरंजक खेल भी खेले। छोटे बच्चे स्टेशनरी सामान पाकर बहुत खुश हुए। एक अन्य पहल में, यूबीए सेल की टीम ने सरकारी हाई स्कूल, कड़ेरी को पहले दान की गई एनसीईआरटी पाठ्यपुस्तकों का निरीक्षण किया। गतिविधि का उद्देश्य यूबीए सेल द्वारा स्थापित बुक बैंक सुविधा के तहत छात्रों को प्रदान की गई पुस्तकों की उपयोगिता का आकलन करना और स्कूल अधिकारियों द्वारा दान की गई पुस्तकों को एकत्र करने, संग्रहीत करने, व्यवस्थित करने और पुनर्प्राप्त करने के लिए अपनाई गई प्रक्रिया की निगरानी करना था। स्कूल की प्रधानाध्यापिका सुश्री गुरमीत कौर ने बुक बैंक की स्थापना में कॉलेज प्रशासन की पहल की सरहना की। प्राचार्या डॉ. निशा भागव ने ग्रामीण उत्थान की दिशा में यूबीए प्रकोष्ठ द्वारा किए जा रहे अनुकरणीय कार्यों की सरहना की। उन्होंने कहा कि इन दान अभियानों के माध्यम से, सेल ने गांव के छात्रों में सीखने के प्रति प्यार का भाव पैदा करने का प्रयास किया, जिससे सभी के लिए गुणवत्तापूर्ण शिक्षा के लक्ष्यों को प्राप्त करने में मदद मिली।



- ✓ With an aim to assist in providing free education and find out the usefulness of the books provided to the students under the Book Bank Facility, **an Inspection visit of Donated NCERT Text Books** in Government High School, Kajheri, Chandigarh was organized on 20.05.2022 by the members of UBA Cell.



7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

**MCM UBA holds donation drives in adopted villages, inspects Book Bank set up at Kajheri school**

**The Aman Sandesh Times Network**

**Chandigarh :** The Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised donation drives in the adopted villages of Buterla, Badheri and Attawa. In Buterla and Badheri, the UBA Cell team organised 'Ripples in the Fun Pond' for the students of the Government Schools wherein volunteers of the UBA team donated toys, games and stationery items, and played with the school students. The students understood the importance of games as an integral part of honing their cognitive skills and academic learning in a holistic manner. During the donation drive in Attawa village, the student volunteers of the UBA team donated crayons, colouring books, notebooks, pencils and other stationery items to the students of the village anganwadi and also played with them. The little children were overjoyed to receive the stationery items. In

**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH**  
DONATION DRIVES AT VILLAGES ADOPTED UNDER UNNAT BHARAT ABHIYAN



Principal Dr. Nisha Bhargava with UBA Cell team and the items for donation drives



another initiative, the UBA Cell team organised an inspection of the NCERT textbooks donated earlier to the Government High School, Kajheri. The objective of the activity was to assess the usefulness of the books provided to the students under the Book Bank facility set up by UBA Cell and to monitor the procedure adopted by the school authorities to collect, store, organise and retrieve the donated books to the students.

Ms. Gurmeet Kaur appreciated the praiseworthy initiative of the college authorities in establishing the Book Bank. Principal Dr. Nisha Bhargava applauded the exemplary work being done by the UBA Cell in the direction of rural upliftment. She added that through these donation drives, the Cell endeavoured to instil in village students love for learning, thereby helping in the accomplishment of the goals of quality education for all.

Headmistress of the school

- ✓ With an aim to encourage the young minds to enjoy while learning, UBA Cell of our college organized a **Donation Drive- “Ripples in the Fun Pond”** in its adopted villages Badheri and Butrela, Chandigarh on 21.05.2022.



Link to the activity uploaded at various social networking site is as follows:

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/1393245594475023/?type=3>



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ To create awareness regarding **World No Tobacco Day-2022**, and raise public awareness about the environmental impact of the entire tobacco cycle, from its cultivation, production, and distribution to the toxic waste it generates, a pledge taking ceremony was organized by the NSS Units and Medical Committee on 31.05.2022.



## एमसीएम ने शपथ ग्रहण समारोह के साथ मनाया विश्व तंबाकू निषेध दिवस

**ह्यूमन इंडिया/ब्यूरो चंडीगढ़।** मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की एनएसएस इकाइयों और चिकित्सा समिति ने शपथ समारोह के साथ विश्व तंबाकू निषेध दिवस मनाया। इस समारोह का उद्देश्य युवाओं में तंबाकू के उपयोग के संभावित जोखिमों और पूरे तंबाकू चक्र के पर्यावरणीय प्रभाव, इसकी खेती, उत्पादन और वितरण से लेकर इससे उत्पन्न होने वाले जहरीले कचरे के बारे में जागरूकता फैलाना था। छात्राओं ने तंबाकू के खतरे से मुक्त स्वस्थ भारत को नींव रखने का संकल्प लिया। शपथ समारोह के बाद, एनएसएस कार्यक्रम के अधिकारियों ने स्वयंसेवकों को दिन के महत्व के बारे में बताया और उन्हें जनता के बीच इसके बारे में जागरूकता पैदा करने के लिए प्रेरित किया। प्रिंसिपल डॉ. निशा भागव ने तंबाकू हमारे पर्यावरण के लिए खतरा के बारे में तहत डब्ल्यूएचओ के वैश्विक अभियान के अनुरूप जागरूकता फैलाने की इस पहल की सराहना की। उन्होंने तंबाकू बंद करने का आह्वान किया क्योंकि यह स्वास्थ्य के लिए खतरनाक होने के साथ-साथ पर्यावरण के लिए गंभीर खतरा है।

Link to the activity uploaded at various social networking site is as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1382769218855994/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ On the occasion of World Environment Day, NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh under the aegis of MCM Eco Club 'Parivesh' of the college organized an awareness session



and Nukkad Natak on 4<sup>th</sup> June, 2022, in Anganwadi Complex of adopted Village Badheri, Chandigarh.

## एमसीएम में एनएसएस इकाइयों ने विश्व पर्यावरण दिवस मनाया

अमृतसर, चंडीगढ़। विश्व पर्यावरण दिवस के अवसर पर मेहर चंद महजान डीएवी कॉलेज फॉर विमेंस, चंडीगढ़ की एनएसएस इकाइयों ने एमसीएम इको क्लब 'परिवेश' के सहयोग से अंगीकृत गाँव बधेरी के आंगनवाड़ी परिसर में जागरूकता सत्र और नुकड़ नाटक का आयोजन किया। कार्यक्रम के दौरान, एनएसएस स्वयंसेवकों ने निवासियों को इस दिन की प्रासंगिकता और पर्यावरण की रक्षा के तरीकों से अवगत कराया। स्वयंसेवकों में से एक सुश्री अंजलि बल्लारा ने एक कविता के रूप में अपने विचार व्यक्त किए जहाँ उन्होंने वनस्पतियों और जीवों पर वनों की कटाई के परिणामों पर प्रकाश डाला। स्वयंसेवकों ने नुकड़ नाटक भी किया। प्राचार्या डॉ. निशा भार्गव ने- पुराने पेड़ गिरने से पहले नए पेड़ लगाओ की टैगलाइन देते हुए पर्यावरण के संरक्षण के लिए ठोस प्रयास करने का आह्वान किया।

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ 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.



**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/pfbid02D245iTZCzXwAv3fVm564umfMxonxHMU8doXinRGGe9LeVFcV9SWxWrwfoq1GAkUdI/>
- ✓ [https://www.instagram.com/p/CfD5a9\\_vslw/?igshid=YmMyMTA2M2Y=](https://www.instagram.com/p/CfD5a9_vslw/?igshid=YmMyMTA2M2Y=)

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## 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.

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- ✓ To mark the celebration of **WHO Health Day**, Geetanjali Counselling Helpline organized a Poster Making Competition under its mental health initiative 'Swachh Mann Abhiyan' on 08.04.2022.



## एमसीएम ने विश्व स्वास्थ्य दिवस मनाया



स्नातकोत्तर विभागों ने स्वच्छता समिति के तत्वावधान में, ह्यस्वच्छ मन, स्वच्छ भारत, पॉजिटिव यूथ डिवेलपमेंट- ए साइकोसोशल परस्पेक्टिवह पर एक ऑनलाइन विशेषज्ञ व्याख्यान का आयोजन किया। इस कार्यक्रम में 115 छात्रों और संकाय सदस्यों ने भाग लिया। इस कार्यक्रम के प्रमुख वक्ता के रूप में पीजीआईएमईआर, चंडीगढ़, बाल रोग विभाग, से प्रो. प्रभजोत मल्ली शामिल हुए। जिन्होंने आत्मविरवास, क्षमता, कनेक्शन, योगदान, देखभाल और चरित्र सहित सकारात्मक युवा विकास के 6 मूल सिद्धांतों पर विस्तार से बताया। केस स्टडीज, सोध साख्य और नैदानिक अनुभवों का उपयोग करते हुए, उन्होंने खेल के माध्यम से युवा सर्वाधिकरण के पहलुओं, रिस्कों के महत्व और सामुदायिक बंधन, सकारात्मक बदलाव लाने के लिए इन आदतों को बढ़ावा देने के बारे में विस्तार से बताया। व्याख्यान के बाद एक इंटरैक्टिव सत्र का आयोजन किया गया।

पोस्टर मेकिंग प्रतियोगिता का परिणाम:  
प्रथम पुरस्कार: कृतिका अरोड़ा (बीए ककक)  
द्वितीय पुरस्कार: यशस्वी टाकुर (बीए ककक)  
तृतीय पुरस्कार: रौसिता गुप्ता (बीए ककक)

पर केंद्रित समाज बनाने के महत्व पर प्रकाश डाला। गौताजलि परामर्श हेल्पलाइन समिति ने, महात्मा गांधी की 150वीं जयंती मनाने के लिए 2019 में शुरू की गई अपनी मानसिक स्वास्थ्य पहल ह्यस्वच्छ मन अभियानह के तहत, ह्यअपने मन के प्रति दयालु रहेंह और ह्यस्वच्छ मन की ओर पहला कदमह विषय पर पोस्टर मेकिंग प्रतियोगिता का आयोजन किया। इस विषय ने कोविड महामारी के परिप्रेष्य में मानसिक स्वास्थ्य साक्षरता को ग्रहण करने, समझने और समर्थन करने के महत्व को स्पष्ट करने का प्रयास किया। इस गतिविधि में 50 छात्रों को 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 सदेश देने के लिए कला के माध्यम से अपनी रचनात्मकता का प्रदर्शन किया। विजेताओं को नकद पुरस्कार से सम्मानित किया गया। स्वच्छता पखवाड़ा के हिस्से के रूप में, मनोविज्ञान और समाजशास्त्र के

चण्डीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने भव्य आयोजन के साथ विश्व स्वास्थ्य दिवस चेहरे उलसाह से मनाया। कॉलेज की चरित्र निर्माण समिति, गौताजलि परामर्श हेल्पलाइन समिति, और मनोविज्ञान एवं समाजशास्त्र के स्नातकोत्तर विभागों ने इस अवसर पर विभिन्न प्रासंगिक कार्यक्रम आयोजित किए।

चरित्र निर्माण समिति ने ह्यरेजीलियंसह- 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 ह्यअंदजह 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

■ **मदरलैंड संवाददाता**

Link to the activity include:

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

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**3. COVID Appropriate behavior:**

To prevent the spread of COVID -19 virus and sensitize students and staff to follow COVID related appropriate behavior, several **awareness activities** were organized that included:

- ✓ Carrying forward "COV-विजय"- a COVID immunization awareness campaign that was launched in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Gol, Mehr Chand Mahajan DAV



College for Women, Chandigarh organized awareness drives in Badheri and Buterla villages on 28.06.2021 and 17.07.2021. A team of faculty members along with student volunteers and MGNCRE official visited these villages with the objective of generating awareness regarding COVID vaccination and motivating villagers to get immunized. The awareness drives - a follow up of the awareness drive, included rallies and door to door campaigning. The team covered over 210 houses as they went from door to door, clearing the myths regarding COVID vaccination and putting to rest the apprehensions of the residents of these two villages.



**Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1158554704610781/?type=3>

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- ✓ Sanitization drives have been conducted at regular intervals.



Recognition by Mahatma Gandhi National Council of Rural Education Ministry of Education Government of India, on 31.08.2021 as **Recognized Beat Covid Campaign Institution**. The institution has participated in **Each One Reach One Covid Mission**. Faculty members and students contributed their valuable services to the Covid patients their family members during the covid pandemic.

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



**Certificate of Appreciation of Dr Nisha Bhargava, Principal, Mehr Chand Mahajan DAV College for Women, Chandigarh for coordinating in formation of five student volunteer team in the area of Hospital Management, Non-Hospital Management, Support to Covid affected families, Medical Supplies, Psychosocial support to Covid patients and their family members as a part of Beat Covid Campaign initiative of MGNCRE, Ministry of Education Government of India (09.08.2021).**





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**Certificate of Appreciation of Dr Vandana Sharma, Assistant Professor, Mehr Chand Mahajan DAV College for Women, Chandigarh for coordinating in formation of five student volunteer team in the area of Hospital Management, Non-Hospital Management, Support to Covid affected families, Medical Supplies, Psychosocial support to Covid patients and their family members as a part of Beat Covid Campaign initiative of MGNCRE, Ministry of Education Government of India (09.08.2021).**

तारीख / Date 09.8.2021  
ज्ञापन संख्या / Memo no: MGNCRE/SAP/CHD/02



सत्यमेव जयते

भारत सरकार / Government of India  
महात्मा गांधी राष्ट्रीय ग्रामीण शिक्षा परिषद / Mahatma Gandhi National Council of Rural Education  
उच्च शिक्षा विभाग / Department of Higher Education  
शिक्षा मंत्रालय / Ministry of Education



Where there is Rural Wellbeing  
there is Universal Prosperity

***Certificate of Appreciation***

This is to certify that **Dr. Sandeep Kaur, Assistant Professor from Mehr Chand Mahajan DAV College for Women Sector 36 Chandigarh** coordinated in formation of five student volunteer team in the area of Hospital Management, Non-Hospital Management, Support to Covid affected families, Medical Supplies, Psychosocial support to Covid patients and their family members as a part of **Beat Covid Campaign** initiative of MGNCRE, Ministry of Education Government of India. Her extraordinary efforts are highly appreciated.



Mr. Samarth Sharma  
Programme Coordinator  
MGNCRE, Ministry of Education  
Government of India



Dr. Shatrughan Bhardwaj  
Regional Coordinator  
MGNCRE, Ministry of Education  
Government of India



Dr W G Prasanna Kumar  
Chairman  
MGNCRE, Ministry of Education  
Government of India

**Certificate of Appreciation of Dr Sandeep Kaur, Assistant Professor, Mehr Chand Mahajan DAV College for Women, Chandigarh for coordinating in formation of five student volunteer team in the area of Hospital Management, Non-Hospital Management, Support to Covid affected families, Medical Supplies, Psychosocial support to Covid patients and their family members as a part of Beat Covid Campaign initiative of MGNCRE, Ministry of Education Government of India (09.08.2021).**

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**List of activities organized by Mehr Chand Mahajan DAV College for Women, Chandigarh in Session 2020-21 (1 July 2020 – 30 June 2021) for inculcating values for being responsible citizens as reflected in the Constitution of India are given below:**

| Sr.No | Name of the Committee | Title of the Practice   | Duration from | Duration to | Number of Participants | Objectives   |
|-------|-----------------------|---|---------------|-------------|------------------------|--|
| 1     | NSS Units             | An Awareness Campaign to mark the Celebration of Van Mahotsav                                     | 1.07.2020     | 31.07.2020  | 26                     | <ul style="list-style-type: none"> <li>● To encourage people to plant more saplings and celebrate Van Mahotsav</li> <li>● To create awareness about the use of medicinal plants amongst prevailing pandemic situations</li> <li>● To plant medicinal and air purifier plants</li> </ul>  |
| 2     | NSS Units             | A Webinar on Swachh Campus and Water Conservation   | 03.07.2020    |             | 13                     | <p>To enlighten volunteers about various practices conducted in the college under Swachh campus campaign</p> <ul style="list-style-type: none"> <li>● To motivate students how they can do their bit towards water conservation</li> <li>● To create awareness regarding the need for conservation of resources for a better future.</li> <li>● To acquaint the participants with the role of Higher Education institution (HEI) in “Swachh Campus and Jal Shakti”.</li> </ul> |
| 3     | Department of Botany  | “Plantation Drive” organized by the Department of Botany to mark the celebration of Van Mahotsava | 13.07.2020    |             | 10                     | To create awareness amongst the common masses regarding conservation of forests and plantation of new trees as part of Celebration of Van Mahotsava  |

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| Sr.No | Name of the Committee                       | Title of the Practice  | Duration from | Duration to | Number of Participants         | Objectives   |
|-------|---|--|---------------|-------------|--------------------------------|--|
| 4     | Ek Bharat Shrestha Bharat (EBSB) Club       | National level Online Patriotic Poem-Writing Competition   | 14.08.2020    | 15.08.2020  | 41 Participation from 8 states | To celebrate the cardinal spirit of the Ek Bharat Shrestha Bharat mission of the Central Government.   |
| 5     | NSS Units                                   | National Level Online Quiz on the theme '- एक पहल स्वतंत्रता से आत्मनिर्भरता की ओर' on the occasion of 74 <sup>th</sup> Independence Day | 15.08.2020    |             | 650                            | <ul style="list-style-type: none"> <li>● To celebrate '74<sup>th</sup> Independence Day'</li> <li>● To check the knowledge of students about '74<sup>th</sup> Independence Day'</li> <li>● To promote our heritage and encourage patriotism</li> </ul> |
| 6     | NSS & Ek Bharat Shrestha Bharat Club        | Ek Vakya Ek Din  | 15.08.2020    |             | 17                             | To display the linguistic and sartorial diversity of our multicultural nation thereby reiterating the unity and diversity of India as part of the MHRD initiative of 'Ek Vakya Ek Din'.  |
| 7     | Arya Samaj Committee                        | Havan Ceremony   | 17.08.2020    |             | 50                             | To promote Vedic culture and healthy environment   |
| 8     | Renewable Energy Committee and MCM Eco-Club | A Webinar on 'Green Chemistry: An Eco-friendly Practice' organized by Eco-Club as part of Akshay Urja Celebration                        | 20.08.2020    |             | 240                            | <ul style="list-style-type: none"> <li>● To educate and mobilize students to work towards environmental protection</li> <li>● To generate awareness about the development of renewable energy in our country</li> </ul>                                |
| 9     | NSS Units                                   | A Webinar on 'Nutrition & Immunity during COVID-19 times'.   | 4.09.2020     |             | 56                             | <ul style="list-style-type: none"> <li>● To create awareness about the importance of a healthy balanced diet and its compositions.</li> <li>● To create awareness about co-morbidities and how to manage them effectively for immune cells.</li> </ul> |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr.No | Name of the Committee                  | Title of the Practice  | Duration from | Duration to | Number of Participants | Objectives   |
|-------|--|--|---------------|-------------|------------------------|--|
| 10    | Ek Bharat Shreshtha Bharat (EBSB) Club | A National online Article Writing Competition-ARTIFACT on 'Dadra and Nagar Haveli: A Glimpse of Atulya Bharat' | 05.09.2020    |             | 74 across 15 states    | To generate awareness about the diversity of this multicultural land nestled between Maharashtra and Gujarat.  |
| 11    | NSS Units                              | An Inter-College Online Cookery Competition to celebrate Poshan Maah   | 10.09.2020    |             | 30                     | <ul style="list-style-type: none"> <li>● To encourage participants to prepare nutritious recipes for malnourished children</li> <li>● To increase awareness of the participants about nutritious content in plants and vegetables</li> <li>● To reinforce the movement to achieve the concept of holistic nutrition</li> <li>● To promote the use of kitchen gardens to prepare healthy nutrition-rich recipes.</li> </ul> |
| 12    | Swachhta Committee (Arts)              | Online Talk on the theme "Ozone for Life" to mark "International Day for the Preservation of Ozone layer"      | 11.09.2020    |             | 177                    | to spread awareness regarding various chemicals including chlorofluoro carbons and hydrochlorofluoro carbons which are responsible for depletion of ozone layer.   |
| 13    | NSS Units                              | A web telecast on new education policy for volunteers of Unnat Bharat Abhiyan/ NSS/ NYKS/ NCC                  | 16.09.2020    |             | 52                     | <p>To transform India's Education Policy</p> <ul style="list-style-type: none"> <li>● To promote multilingualism and the power of language in learning and teaching</li> <li>● To encourage innovation and out of the box ideas through autonomy, good governance and empowerment</li> </ul>   |

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| Sr.No | Name of the Committee  | Title of the Practice  | Duration from | Duration to | Number of Participants | Objectives  |
|-------|--|--|---------------|-------------|------------------------|---|
| 14    | Department of Zoology  | National level Online Quiz to mark International Day for the Preservation of the Ozone Layer                                     | 16.09.2020    |             | 560                    | <ul style="list-style-type: none"> <li>To create awareness among students about the importance of Ozone layer and the significance of its preservation</li> <li>To familiarize students with the ongoing crisis of climate change and its impact</li> </ul> |
| 15    | Electoral Literacy Club  | An online Poster Making Competition on the theme 'Importance of Vote'.   | 18.09.2020    |             | 41                     | To give a strong message to use 'Right to Vote' judiciously.  |
| 16    | RUSA Committee   | National Webinar on the topic 'Paradigm Shift in New Education Policy (NEP) 2020: Role of Technology in Higher Education Sector. | 19.09.2020    |             | 335                    | To explore the role of technology in higher education as envisioned in New Education Policy 2020  |
| 17    | NSS Units and UBA Committee  | A webinar of contemporary relevance on National Education Policy (NEP) 2020.   | 21.09.2020    |             | 180                    | To generate awareness about the importance of NEP 2020 in higher education  |
| 18    | Department of Computer Science and Applications, under the aegis of Swachhta Committee | National Online Essay writing competition on "Computer Cleaning: Ins and outs"   | 21.09.2020    | 28.09.2020  | 42                     | To create awareness about physical as well logical cleaning of Computers for pervasive use of computers especially during COVID-19; To encourage students to make computer cleaning part and parcel of their daily routines.                                |
| 19    | Postgraduate Department of Chemistry,  | National Level Online Poster making competition on the topic   | 23.09.2020    | 30.09.2020  | 70                     | Event focused on Sustainable Development on the sound management of toxic chemical waste  |

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| Sr.No | Name of the Committee                     | Title of the Practice  | Duration from | Duration to | Number of Participants | Objectives  |
|-------|---|--|---------------|-------------|------------------------|---|
|       | under the aegis of the Swachhta Committee | "Chemical Squandering and Management".   |               |             |                        | produced in laboratories.   |
| 20    | NSS Units                                 | NSS Day Celebration  | 24.09.2020    |             | 57                     | <ul style="list-style-type: none"> <li>● To create awareness amongst the volunteers about the relevance of NSS Day</li> <li>● To motivate volunteers to continue their selfless service towards community work</li> <li>● To promote and instill the idea of social service among the students               <ul style="list-style-type: none"> <li>● To recognize outstanding contribution by NSS student volunteers and NSS Programme Officers in the community service</li> <li>● To develop the personality and character of the student youth through voluntary community service</li> </ul> </li> </ul> |
| 21    | NSS Units                                 | Cleanliness Drive and Plog Run on the Occasion of the 151 <sup>st</sup> Birth Anniversary of Mahatma Gandhi Ji | 02.10.2020    |             | 38                     | <ul style="list-style-type: none"> <li>● To commemorate the 151<sup>st</sup> birth anniversary of the father of our nation, Mahatma Gandhi Ji               <ul style="list-style-type: none"> <li>● To encourage volunteers to include sports and physical activities in their everyday lives and promote Fit India Freedom Run</li> </ul> </li> </ul>   |
| 22    | Department of History                     | An online Essay Writing Competition on the theme 'Gandhi's ideology and its relevance among today's youth'.    | 02.10.2020    |             | 45                     | To reinforce the teachings of Gandhiji in the students and to encourage students follow his footsteps.  |

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| Sr.No | Name of the Committee  | Title of the Practice   | Duration from | Duration to | Number of Participants | Objectives   |
|-------|--|---|---------------|-------------|------------------------|--|
| 23    | Postgraduate Department of Commerce, under the aegis of Swachhta Committee | A National level online Essay Writing Competition on the topic "COVID-19: A Booster Shot to Swachh Bharat Abhiyan". | 02.10.2020    |             | 65                     | To know the participants' views in the form of essay on how the coronavirus pandemic boosted the Swachh Bharat Mission of the country.   |
| 24    | NSS and NCC  | A Virtual pledge to fight against COVID-19  | 08.10.2020    |             | 146                    | <ul style="list-style-type: none"> <li>• To spread awareness among all regarding COVID-19</li> <li>• To encourage the students to take necessary precautions so as to curtail the spread of this deadly virus</li> <li>• To create a strong unified voice to maximize the impact</li> <li>• To encourage all to follow the key COVID-19 appropriate behaviors</li> </ul> |
| 25    | Department of Zoology  | An online National level Article Writing Competition to mark the celebration of Wildlife Week                       | 08.10.2020    |             | 61                     | <ul style="list-style-type: none"> <li>• To understand the importance of wildlife, an integral part of environment</li> <li>• To promote the preservation of wild flora and fauna</li> </ul>   |
| 26    | NSS Units  | World Food Day  | 16.10.2020    |             | 20                     | <p>Spreading the message not to waste the food</p> <ul style="list-style-type: none"> <li>• Distributing valuable things to needy people</li> <li>• Encouraging the participants to help needy people and bring smiles onto their faces.</li> </ul> <p>• To increase awareness among the volunteers about World food day</p>   |
| 27    | Character Building Committee   | Best Out of Waste Competition   | 18.10.2020    | 21.10.2020  | 100                    | To make students realize that "sometimes useless things can prove to be a source of great satisfaction"  |

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| Sr.No | Name of the Committee                                  | Title of the Practice   | Duration from | Duration to | Number of Participants          | Objectives  |
|-------|--|---|---------------|-------------|---------------------------------|---|
|       |  |   |               |             |                                 | <ul style="list-style-type: none"> <li>To encourage selfless service and the 'art of giving' amongst the students.</li> </ul>                                 |
| 28    | Ek Bharat Shrestha Bharat Club                         | A National Level Online Video Recording Competition titled BIO-SCOPE as part of Rashtriya Ekta Diwas on Sardar Patel's Life | 25.10.2020    |             | 50 Participation from 9 states, | To relive the rich legacy of the architect of the unified India on the occasion of Rashtriya Ekta Diwas   |
| 29    | Swachhta Committee (Commerce) and Cleanlines Committee | A National Level Online Poster Making Competition on the theme "Workplace Cleanliness as a Step Towards Swachhta".          | 26.10.2020    |             | 103                             | To sensitize the students and spread awareness about the importance of cleanliness at work place.   |
| 30    | NCC (Army Wing)  | Posters, articles, slogan writing as part of Vigilance Awareness week   | 27.10.2020    | 02.11.2020  | 70                              | To generate awareness in the public at large about the ill effects of corruption.   |
| 31    | Electoral Literacy Club                                | An online Caption Contest on the theme 'Celebrating Indian Democracy'.  | 29.10.2020    |             | 212                             | To reinforce the tenets of democracy and celebrating the spirit of Indian democracy   |
| 32    | Department of Political Science                        | An online Quiz Competition on 'United Nations'.   | 30.10.2020    |             | 112                             | To commemorate the 75 years of the United Nations; Quiz comprised questions pertaining to the international organization- its structure, organs and agencies. |
| 33    | Ek Bharat Shrestha Bharat Club                         | Slogan Writing Competition on the theme: Unity in Diversity   | 30.10.2020    |             | 63                              | To pay a rich tribute to the eternal spirit of Unity in Diversity dedicate ourselves to preserve the unity and integrity of                                   |



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr.No | Name of the Committee        | Title of the Practice  | Duration from | Duration to | Number of Participants | Objectives   |
|-------|------------------------------|--|---------------|-------------|------------------------|--|
|       |                              |  |               |             |                        | the nation   |
| 34    | NSS Units                    | Celebration of National Unity Day: Rashtriya Ekta pledge, participation in 'Run for Unity' in their respective areas, poster making and awareness generation in their neighborhoods regarding Unity in Diversity | 31.10.2020    |             | 100                    | To commemorate the birth anniversary of Sardar Vallabhbhai Patel <ul style="list-style-type: none"> <li>• To celebrate National Unity Day and dedicate ourselves to preserve the unity and integrity of the nation</li> <li>• To acknowledge his efforts in uniting the nation and to honor him</li> <li>• To reaffirm the commitment of the citizen of India to uphold the security, unity, and integrity of the country</li> </ul> |
| 35    | Character Building Committee | Go Eco: Green Diwali Fest' Poster Making on 'Say No to Crackers', Short Film on 'Ways to Promote Indian Diyas', Pot Decoration on 'Go Green', Rangoli Making with eco products and Kandil Making.                | 03.11.2020    | 07.11.2020  | 100                    | To inspire the students and to make them understand the main motives of celebrating an Eco-friendly Diwali.  |
| 36    | NSS Units                    | State/university level selection of NSS volunteers for NSS Pre-Republic Day Parade Camp 2020   | 05.11.2020    |             | 2                      | To inculcate a sense and spirit of patriotism, national integration, solidarity, brotherhood and communal harmony among the volunteers.  |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr.No | Name of the Committee                                | Title of the Practice  | Duration from | Duration to | Number of Participants            | Objectives  |
|-------|--|--|---------------|-------------|-----------------------------------|---|
| 37    | Department of Physics and Renewable Energy Committee | A two-day workshop on LEDS: Revolutionizing Illumination Technology  | 10.11.2020    | 11.11.2020  | 43                                | To improve product roadmap decisions in assessing and implementing new technologies, marketing, and product management <ul style="list-style-type: none"> <li>To impart deep practical knowledge about the basic principles of working of LED</li> </ul>                              |
| 38    | NSS Units  | Celebration of Eco-Diwali - Donation drive-Roshni, Awareness campaign-Vocal for Local and Go Green Diwali.   | 12.11.2020    | 15.11.2020  | 100                               | To promote and encourage people to celebrate eco-Diwali, free of crackers <ul style="list-style-type: none"> <li>To encourage and empower local artisans and craftsmen</li> <li>To empower our national strength by buying local products and promoting our local artisans</li> </ul> |
| 39    | Department of Philosophy                             | World Philosophy Day Celebration - Philosophy Quiz, Poster Making on 'Your Views on Philosophy', Essay Writing on 'Life's Purpose' and Slogan writing. | 19.11.2020    |             | 64                                | To deliberate upon the discipline of Philosophy as an integral part of our lives.   |
| 40    | NCC (Army Wing)                                      | Posters, slogan writing as part of National Integration Day  | 19.11.2020    |             | 5                                 | To preserve in the minds of the people, the beauty of unity in diversity in the socio-culturally rich country   |
| 41    | Unnat Bharat Abhiyan (UBA) Cell                      | An online Career Counselling session for the students of Government Senior Secondary School, Maloya.   | 20.11.2020    |             | 80 (school)+20 (college students) | To make students aware about various career opportunities and how to plan one's career  |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr.No | Name of the Committee           | Title of the Practice   | Duration from | Duration to | Number of Participants | Objectives  |
|-------|---------------------------------|---|---------------|-------------|------------------------|---|
| 42    | Medical Committee               | A session on 'Know Your Body for Healthy Living' by Dr. Harjit Singh, Specialist Herbo Mineral and Nutritional Medicine | 21.11.2020    |             | 70                     | To promote healthy living among students  |
| 43    | NSS Units                       | Inter-college poster making competition on the occasion of Constitution Day celebration - 2020                          | 24.11.2020    | 26.11.2020  | 21                     | To commemorate the adoption of the Constitution of India <ul style="list-style-type: none"> <li>• To maintain integrity in the society and to promote unity among the citizens to build a great nation</li> <li>• To promote harmony throughout the nation</li> <li>• To spread awareness of fundamental duties across the masses by mobilizing the Youth of the country</li> </ul> |
| 44    | Character Building Committee    | International Day of Persons with Disabilities - Poster Making and Donation Drive                                       | 25.11.2020    | 01.12.2020  | 10                     | To mark the International Day of People with Disabilities   |
| 45    | NCC (Army Wing)                 | Constitution Day - posters  | 26.11.2020    |             | 100                    | to commemorate the adoption of the Constitution of India and paid tributes to the Father of the Indian Constitution- Dr. B.R. Ambedkar.   |
| 46    | Department of Political Science | Online Quiz Competition on the theme 'Indian Constitution'.   | 26.11.2020    |             | 75                     | To mark the celebration of Constitution Day and to bring awareness on the importance of the Indian Constitution,  |
| 47    | Unnat Bharat Abhiyan (UBA) Cell | a Tree Plantation Drive at the college's adopted village Badheri  | 26.11.2020    |             | 10                     | To make a requirement of different types of herbal and other plants needed in the parks of the village.   |

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| Sr.No | Name of the Committee    | Title of the Practice  | Duration from | Duration to | Number of Participants | Objectives  |
|-------|--------------------------|--|---------------|-------------|------------------------|---|
| 48    | Electoral Literacy Club  | An Online Quiz on the theme 'Elections and Electoral Reforms in India'.  | 28.11.2020    |             | 25                     | To highlight the significance of Elections in Indian democracy and to create awareness among the students regarding the electoral process   |
| 49    | NSS Units                | A National Level Online Quiz with this year's theme of the day- 'Ending the HIV/AIDS Epidemic: Resilience and Impact'  | 01.12.2020    |             | 233                    | To raise awareness about the Acquired Immuno-Deficiency Syndrome (AIDS) disease.  |
| 50    | AIDS Awareness Committee | Caption Writing Competition on the theme 'Global Solidarity, Shared Responsibility' on World AIDS Day' 2020'   | 01.12.2020    |             | 73                     | To create awareness on this dreaded disease and make participants informed on the precautions to be taken so as to not befall in the clutches AIDS.   |
| 51    | NSS Units                | International Day of Persons with Disabilities - In a Rashtriya Uchchatar Shiksha Abhiyan (RUSA) sponsored awareness programme, the NSS units of the college held a discourse on 'Disability and Positivity in Life' by Sh. J. S. Jayara, Principal, Institute for the Blind, Chandigarh | 03.12.2020    |             | 100                    | To promote an understanding about the disability issues <ul style="list-style-type: none"> <li>• To mobilize support for the dignity, rights, and well-being of persons with disabilities</li> <li>• To aware integration of persons with disabilities in every aspect of political, social, economic, and cultural life</li> </ul> |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr.No | Name of the Committee        | Title of the Practice  | Duration from | Duration to | Number of Participants | Objectives   |
|-------|------------------------------|--|---------------|-------------|------------------------|--|
| 52    | Equal Opportunity Cell       | International Day of Persons with Disabilities - Poster Making, Slogan Writing and Your Story of COVID-19 Response under the theme 'Building back better: towards an inclusive, accessible and sustainable post COVID-19 world by, for and with persons with disabilities' | 03.12.2020    |             | 17                     | To sensitize the students towards the persons with disabilities and to make them aware how to overcome the challenges of the post COVID-19 situation.                                    |
| 53    | NCC (Army Wing)              | Poster making on the occasion of Human Rights Day  | 10.12.2020    |             | 5                      | To raise awareness and instill the importance of human rights in the minds of the people.  |
| 54    | Character Building Committee | An Online Bhajan Gayan Competition - Maharishi Dayanand Saraswati Jayanti  | 12.12.2020    |             | 100                    | To mark the Celebration of "Maharishi Dayanand Saraswati Jayanti",   |
| 55    | Character Building Committee | Samanvaya - an event that included various competitions were organized including Calligraphy writing, Poetry writing and Book Review   | 19.12.2020    | 22.12.2020  | 100                    | To spread the message of "unity through languages"   |
| 56    | Electoral Literacy Club      | An online screening of the documentary 'The Electoral Reforms'.  | 24.12.2020    |             | 59                     | To educate students about the Indian electoral procedure and its intricacies by highlighting the electoral challenges faced by the country with special focus on 2019 General elections. |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr.No | Name of the Committee  | Title of the Practice   | Duration from | Duration to | Number of Participants            | Objectives  |
|-------|--|---|---------------|-------------|-----------------------------------|---|
| 57    | Swachhta Committee (Arts)  | AN ONLINE COVID-19 Pledge Drive as Part of Government of India's Jan Andolan                                  | 28.12.2020    | 29.12.2020  | 64                                | To extend wholehearted support to the Government of India's (GOI's) efforts directed at fighting the novel corona virus.  |
| 58    | Ek Bharat Shrestha Bharat Club   | Online National Quiz on Atamnirbhar Bharat  | 31.12.2020    |             | 471 Participation from 23 states  | To generate awareness about the various measures being undertaken by the Union Government to revive economy and restructure the policies for making India a resurgent force in the global market.               |
| 59    | Electoral Literacy Club  | Students' Online Voter Registration Drive   | 06.01.2021    | 22.01.2021  | 108                               | To register new voters on Voter helpline app/ nvsp.com  |
| 60    | NCC (Army Wing)  | Online Telecast of Youth Parliament   | 11.01.2021    |             | 100                               | To strengthen the roots of democracy among the youth population of India.   |
| 61    | Equal Opportunity Cell   | National Youth Day - an online motivational discourse on the topic 'Inspired Living for True Success'.        | 12.01.2021    |             | 97 (ongoing meet); 2100 (youtube) | To mark birth anniversary of Swami Vivekananda ji   |
| 62    | NCC (Army Wing)  | Article Writing on the occasion of National Youth Day   | 12.01.2021    |             | 4                                 | To promote rational thinking among the youth; to discuss the lectures, thoughts and writings of Swami Vivekananda   |
| 63    | Department of Food Science in collaboration with Microbiologists' Society, India (MSI) | An International Virtual Seminar On 'Emerging Strategies in the Fight Against COVID-19 and Other Contagions', | 12.01.2021    |             | 600                               | To enhance the existing knowledge of the participants and update them on the latest developments and challenges associated with treatment, vaccine, prevention and diagnostic techniques used against COVID-19. |

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| Sr.No | Name of the Committee          | Title of the Practice   | Duration from      | Duration to | Number of Participants                 | Objectives  |
|-------|--------------------------------|---|--------------------|-------------|--|---|
| 64    | Ek Bharat Shrestha Bharat Club | Pehnawa: A Competition of Ethnic Indian Wear  | 13.0<br>1.20<br>21 |             | 140                                    | To showcase ethnicity of different states by wearing traditional dresses.   |
| 65    | Department of Philosophy       | An Online Quiz Competition and Poetry Recitation Competition as part of 158th birth anniversary of Swami Vivekananda ji | 15.0<br>1.20<br>21 |             | 47                                     | To commemorate the 158 <sup>th</sup> birth anniversary of Swami Vivekananda   |
| 66    | NCC (Army Wing)                | Inter College Patriotic Poem Competition on the occasion of National Army Day   | 15.0<br>1.20<br>21 |             | 5                                      | To salute and honor the bravery of the soldiers and soldiers of the Indian Army   |
| 67    | NCC (Army Wing)                | Poster making and Poem recitation on the occasion of National Army Day  | 15.0<br>1.20<br>21 |             | 7                                      | To salute and honor the bravery of the soldiers and soldiers of the Indian Army   |
| 68    | NCC (Army Wing)                | Poster making on the occasion of National Disaster Response Force Raising Day   | 19.0<br>1.20<br>21 |             | 2                                      | To generate awareness and mark formation of National Disaster Response Force  |
| 69    | NSS Units                      | Celebration of National Girl Child Day  | 22.0<br>1.20<br>21 |             | 38 NSS Volunteers + 40 school children | <ul style="list-style-type: none"> <li>• To create awareness about the rights of girls, discuss various issues pertaining to inequalities that girls face in their daily lives and</li> <li>• To increase awareness about the importance of girl education, nutrition, and health.</li> </ul> |

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| Sr.No | Name of the Committee        | Title of the Practice  | Duration from | Duration to | Number of Participants | Objectives   |
|-------|------------------------------|--|---------------|-------------|------------------------|--|
| 70    | NSS Units                    | Celebration of Parakram Divas (125 <sup>th</sup> birth anniversary of Netaji Subhas Chandra Bose)                        | 23.01.2021    |             | 86                     | To remember and honor Netaji's indomitable spirit and selfless service to the nation <ul style="list-style-type: none"> <li>To inspire people of the country, especially the youth to act with determination and endurance at the time of adversity</li> <li>To infuse the spirit of patriotic fervor, courage and valor among the people</li> </ul>                                       |
| 71    | Character Building Committee | An online National Level Deshbhakti Geet Gayan Pratiyogita on the occasion of republic Day                               | 23.01.2021    | 25.01.2021  | 60                     | <ul style="list-style-type: none"> <li>To inculcate and celebrate the spirit of patriotism among students along with providing them a platform to showcase their musical and singing talent at the national level;</li> <li>To increase confidence among the students with regard to their singing and music talents so that they may further progress and enhance their acumen</li> </ul> |
| 72    | Electoral Literacy Club      | National Voters' Day - National Essay Writing Competition on theme 'Voting is a Privilege, a Right or a Responsibility', | 25.01.2021    |             | 84                     | To mark the celebration of National Voters' Day 2021   |
| 73    | NSS Units                    | Celebration of Republic Day  | 26.01.2021    |             | 109                    | To identify the needs and problems of the community and involve them in problem solving process <ul style="list-style-type: none"> <li>To celebrate national festival of the Republic Day with enthusiasm and express our respect for the national flag, and our faith in the Constitution</li> </ul>  |



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| Sr.No | Name of the Committee   | Title of the Practice  | Duration from      | Duration to | Number of Participants                          | Objectives   |
|-------|---|--|--------------------|-------------|---|--|
|       |   |  |                    |             |   | <ul style="list-style-type: none"> <li>To infuse the spirit of patriotic fervor among the volunteers</li> </ul>  |
| 74    | Character Building Committee  | An Online Patriotic Poetry Writing Competition on the occasion of Republic Day   | 26.0<br>1.20<br>21 |             | 32  | <p>To help youth understand the significance of unity and integrity of this great nation</p> <p>To provide a platform to students for expressing their feelings for the nation</p>   |
| 75    | NCC (Army Wing)   | Poster making on the occasion of Republic Day  | 26.0<br>1.20<br>21 |             | 6   | To infuse the spirit of patriotic fervor among the NCC cadets  |
| 76    | Department of Zoology in collaboration with Chandigarh Bird Club (CBC). | A Virtual Workshop on "Understanding The Mystery of Bird Migration" Organized By Swachhta Committee (Sciences)   | 04.0<br>2.20<br>21 |             | 70  | <ul style="list-style-type: none"> <li>To help raise awareness about the ecological importance of migratory birds</li> <li>To understand the threats faced by migratory birds and the need for international cooperation to conserve them</li> </ul> |
| 77    | NSS Units   | An awareness session on the occasion of World Cancer Day   | 04.0<br>2.20<br>21 |             | 35 volunteers + 45 residents of Village Badheri | <ul style="list-style-type: none"> <li>To sensitize residents and raise awareness regarding cancer</li> <li>To help people in getting the right information about cancer</li> </ul>  |
| 78    | Geetanjali Counselling Helpline   | National Level Slogan Writing Competition to mark the celebration of the United Nations International Day of Happiness on the theme was "Keep Calm. Stay Wise. Be Kind | 20.0<br>3.20<br>21 |             | 63  | To enhance consciousness and sensitivity about addressing the significance of happiness among college students and to celebrate the achievements of humanity at coping with the COVID pandemic   |

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| Sr.No | Name of the Committee   | Title of the Practice   | Duration from | Duration to | Number of Participants           | Objectives   |
|-------|---|---|---------------|-------------|----------------------------------|--|
| 79    | IQAC  | A webinar on 'Environmental Awareness: Green Audit and Its Relevance' by Mr. Gaurav Raja Prakash, National Consultant, United Nations Development Programme and Consulting Partner, M/s The Ridge Environment Consultants, Shimla | 06.02.2021    |             | 115                              | To raise awareness about green audit and its germanenes  |
| 80    | Department of Botany Under the aegis of Swachhta Committee (Sciences) | An Interactive Session On 'Bioenergy from Food Waste'   | 06.02.2021    |             | 95                               | To manage food waste effectively and to create awareness about how bioenergy could be created from food waste  |
| 81    | NSS Units in collaboration with Women Development Cell                | International Women's Day celebration   | 08.03.2021    |             | 34 volunteers + 55 girl students | To make women especially the teenage school girls aware of the concept of menstrual hygiene and the importance of nutritious food during periods <ul style="list-style-type: none"> <li>• To engage more and more people in the noble work of donating sanitary pads among school girls</li> </ul> |
| 82    | Legal Literacy Club   | An online Talk on 'Introduction to SLSA and POCSO: Protection of Children from Sexual Offences Act' by Mr. Mahavir Singh,   | 10.02.2021    |             | 35                               | To spread Legal awareness in various strata of society about legal rights and concepts pertaining to the POCSO Act, a gender-neutral act that was enforced on Children's Day (November 14 <sup>th</sup> 2012).   |

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| Sr.No | Name of the Committee                                    | Title of the Practice  | Duration from      | Duration to | Number of Participants                                  | Objectives   |
|-------|--|--|--------------------|-------------|---|--|
|       |  | Additional District & Sessions Judge-cum-Member Secretary, State Legal Services Authority (SLSA), U.T., Chandigarh                                       |                    |             |   |  |
| 83    | Electoral Literacy Club                                  | An e-Collage Making Competition on the theme "Colours of Indian Democracy"   | 24.0<br>2.20<br>21 |             | 9   | To promote the ideals of democracy among the youth, the competition witnessed enthusiastic participation of students from diverse streams.   |
| 84    | Mehr Chand Mahajan DAV College for Women, Chandigarh     | RUSA sponsored online workshop cum awareness programme on 'Character Building through Education with special reference to National Education Policy 2020 | 25.0<br>2.20<br>21 |             | 1100  | To discuss the role of education in character building, the programme sought to deliberate upon policy implications for character building and the rich Indian History and Culture as a crucial element for character building |
| 85    | Ek Bharat Shrestha Bharat Club and Department of English | LITSCAPE: A National Online Quiz on Gujarati and Marathi Writers   | 28.0<br>2.20<br>21 |             | 199 participants from 23 states and also from Sri Lanka | To celebrate the linguistic diversity of our multicultural nation  |
| 86    | Department of Philosophy                                 | Zero Discrimination Day - Slogan Writing and Poster Making activities on the topic 'Zero Discrimination' were organized as part of the celebration.      | 01.0<br>3.20<br>21 |             | 14  | To highlight the efforts needed to be made at individual, society, nation and world level to end inequality  |

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| Sr.No | Name of the Committee           | Title of the Practice   | Duration from | Duration to | Number of Participants | Objectives   |
|-------|---------------------------------|---|---------------|-------------|------------------------|--|
| 87    | Unnat Bharat Abhiyan (UBA) Cell | Awareness regarding Appropriate Behavior regarding COVID and Distribution of Mask                 | 15.03.2021    |             | 6                      | To generate awareness regarding appropriate COVID behavior   |
| 88    | NSS Units                       | Workshop on mask making   | 18.03.2021    |             | 81                     | To demonstrate to the volunteers the technique regarding the procedure of making cloth masks from used cloths  |
| 89    | NSS Units                       | Awareness lecture on "blood donation amidst COVID pandemic"                                       | 19.03.2021    |             | 81                     | To make the volunteers aware of blood donation and its importance <ul style="list-style-type: none"> <li>• To apprise the NSS Volunteers with the eligibility conditions and procedure of blood donation and transfusion</li> <li>• To motivate the volunteers to come forward and donate blood for the noble cause</li> </ul> |
| 90    | NSS Units                       | Awareness lecture on "HIV/AIDS and blood donation"  | 19.03.2021    |             | 81                     | To highlight the role of Youth in controlling and preventing HIV/AIDS  |
| 91    | NSS Units                       | Awareness session on "Re-understanding the notion of freedom" under POCSO act by Dr Minakshi Rana | 19.03.2021    |             | 81                     | To sensitize the volunteers about the legalities under POCSO Act; To make the volunteers aware about their rights to freedom   |
| 92    | NSS Units                       | Workshop cum hands-on training session on Fire Fighting   | 21.03.2021    |             | 81                     | To sensitize the volunteers about the necessary steps to take during fire outbreak <ul style="list-style-type: none"> <li>• To demonstrate and give hands-on exposure on handling of different types of fire extinguishers</li> </ul>  |

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| <b>Sr.No</b> | <b>Name of the Committee</b> | <b>Title of the Practice</b>   | <b>Duration from</b> | <b>Duration to</b> | <b>Number of Participants</b> | <b>Objectives</b>  |
|--------------|------------------------------|--|----------------------|--------------------|-------------------------------|--|
| 93           | NSS Units                    | Lecture on "NSS lifestyle scenario with NSS camp and NSS award"            | 22.03.2021           |                    | 81                            | To apprise the NSS volunteers about the motto and functioning of National Service Scheme (NSS), camp and awards <ul style="list-style-type: none"> <li>• To motivate the students to actively participate in community work</li> <li>• To develop among volunteers a sense of social and civic responsibility</li> </ul>   |
| 94           | NSS Units                    | Awareness rally on Jal Shakti Abhiyan on the occasion of world water day   | 22.03.2021           |                    | 81                            | To sensitize the residents regarding the need for water conservation <ul style="list-style-type: none"> <li>• To identify the problems related to water quality and quantity faced by the villagers and collect data using a survey method</li> </ul>  |
| 95           | NSS Units                    | Awareness lecture on water conservation on the occasion of World Water Day | 22.03.2021           |                    | 81                            | To spread awareness among volunteers regarding the global water crisis <ul style="list-style-type: none"> <li>• To make the volunteers apprise the importance and need of conserving water for living organisms as well as for sustainable environment</li> <li>• To commemorate World Water Day 2021 with the theme of 'Valuing Water' and educate the volunteers about the importance of fresh water and its significance in fostering the cause of a cleaner and greener planet.</li> </ul> |

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|--------------|---------------------------------|--|----------------------|--------------------|-------------------------------|--|
| 96           | Swachhta Committee (Arts)       | An online caption writing competition to mark the celebration of world water day on the theme "valuing water"  | 22.03.2021           |                    | 48                            | To generate awareness and focus attention on the global water crisis.  |
| 97           | NSS Units                       | Awareness lecture – "nutrition n you, of you, by you, for you: need of the hour" under POSHAN ABHIYAAN   | 22.03.2021           |                    | 81                            | To emphasize and encourage the volunteers to eat a balanced nutritious diet <ul style="list-style-type: none"> <li>• To explain the importance of exercise and staying active</li> <li>• To provide sufficient knowledge about the diet plans that can be followed by girls</li> </ul> |
| 98           | NSS Units                       | Motivational lecture and poster making competition on Shaheed Bhagat Singh ji on the occasion of Shaeedi Diwas   | 23.03.2021           |                    | 81                            | To apprise the volunteers about the prominent role played by Shaheed Bhagat Singh ji in India's Freedom for struggle   |
| 99           | NSS Units                       | Interactive session on Azadi ka Amrit Mahotsav, india@75 years   | 23.03.2021           |                    | 81                            | To generate awareness among the volunteers about the objective of celebrating Azaadi Ka Amrut Mahotsav, India@75 Years   |
| 100          | Department of Political Science | A National level online Essay Writing Competition to mark the celebration of "Azadi Ka Amrit Mahotsav, India@75" and to pay tribute to the legendary martyrs Bhagat Singh, Sukhdev and Raj guru. | 23.03.2021           |                    | 74                            | To mark the celebration of 'Azaadi Ka Amrit Mahotsav, India@75' and to pay tribute to Shaheed Bhagat Singh, Sukhdev Thapar and Shivaram Rajguru on their 90th Martyrdom Day  |

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| Sr.No | Name of the Committee                        | Title of the Practice   | Duration from | Duration to | Number of Participants | Objectives  |
|-------|--|---|---------------|-------------|------------------------|---|
| 101   | NSS Units                                    | Interactive session on Swachh Bharat Abhiyan and Jal Shakti Abhiyan                                   | 23.03.2021    |             | 81                     | To enlighten the NSS volunteers about the theme "Swachh Bharat Abhiyan and Jal Shakti Abhiyan" <ul style="list-style-type: none"> <li>To apprise the volunteers of various Swachhta practices adopted in the campus</li> </ul>  |
| 102   | NSS Units                                    | Lecture on waste management   | 24.03.2021    |             | 81                     | To generate awareness regarding the need of waste management <ul style="list-style-type: none"> <li>To spread awareness regarding 7R's of Solid Waste Management that includes Refuse, Reduce, Repurpose, Reuse, Recycle, Rot and Rethink</li> </ul>                                      |
| 103   | NSS Units and Ek Bharat Shrestha Bharat Club | Talk on " Ek Bharat Shreshtha Bharat mission: a salute to the multicultural fabric of India"          | 24.03.2021    |             | 81                     | <ul style="list-style-type: none"> <li>To enlighten the NSS volunteers about the theme "Swachh Bharat Abhiyan and Jal Shakti Abhiyan" <ul style="list-style-type: none"> <li>To apprise the volunteers of various Swachhta practices adopted in the College campus</li> </ul> </li> </ul> |
| 104   | Department of Zoology and MCM Eco-Club       | Collage making activity on the theme "Conserve Water Every Drop Counts"                               | 03.04.2021    |             | 30                     | To sensitize students about the need to preserve fresh water resources which are depleting day by day.  |
| 105   | Department of Zoology and MCM Eco-Club       | Power point presentation on the topic "never let water tank overflow as it leads to wastage of water" | 03.04.2021    |             | 46                     | To spread awareness about water conservation measures.  |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr.No | Name of the Committee   | Title of the Practice  | Duration from | Duration to | Number of Participants | Objectives  |
|-------|---|--|---------------|-------------|------------------------|---|
| 106   | Character Building Committee  | Inter College Activities on the occasion of Baisakhi                               | 05.04.2021    | 11.05.2021  | 154                    | To mark this day of thanksgiving to the gods and to the natural elements that facilitate a bountiful harvest · To socialize online and share festive foods  |
| 107   | Character Building Committee  | "Harvest Festivals: A time to celebrate Mother India"                              | 06.04.2021    | 10.04.2021  | 81                     | To create awareness about the different types of harvest Festivals that are celebrated all across India including Baisakhi, Bihu, Holi, Onam, Naukhai, Ladakh Harvest Festivals.  |
| 108   | NSS Units   | NSS volunteers attended Pariksha Pe Charcha"                                       | 07.04.2021    |             | 52                     | To address the queries of parents, students and teachers directly. • To help the students overcome their fear of examinations. • To motivate and encourage the students who will be appearing for their exams to do well. |
| 109   | 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.  |
| 110   | Department of Environment Science in collaboration with MCM Eco-Club  | Video message contest on the theme "effects of burning garbage on the environment" | 08.04.2021    |             | 24                     | To promote the '3Rs' approach in waste management   |
| 111   | Department of Music under the aegis of Ek Bharat Shrestha Bharat Club | Harvest of Harmony: A National-level Competition of Folk Songs and Instruments     | 10.4.2021     | 13.04.2021  | 31                     | To spread positivity during the present troubled times through activities aimed at bringing to fore the spirit of perseverance and celebration  |



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr.No | Name of the Committee  | Title of the Practice   | Duration from | Duration to | Number of Participants | Objectives  |
|-------|--|---|---------------|-------------|------------------------|---|
| 112   | NSS Units  | Celebration of Earth Day – 2021   | 22.04.2021    |             | 70                     | <ul style="list-style-type: none"> <li>To promote environmental awareness</li> <li>To motivate volunteers to take care of their surroundings</li> </ul>                                 |
| 113   | 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   |
| 114   | Health Committee and MCM Eco-Club                                    | Interactive session on ‘prevention and control of mosquito borne diseases’ to celebrate World Malaria Day   | 25.04.2021    |             | 40                     | To make students aware about breeding and feeding grounds of mosquitoes which can help them take right initiatives to prevent the spread of vector borne diseases in their neighborhood |
| 115   | MCM ECO CLUB   | Power point presentation on ‘rainwater harvesting system and its role in water conservation’  | 27.04.2021    |             | 42                     | To sensitize students about water conservation and spread awareness about Rainwater Harvesting System   |
| 116   | Department of Environment Science in collaboration with MCM Eco-Club | Webinar on environmental impacts of plastic cutlery and its eco-friendly alternatives   | 06.05.2021    |             | 62                     | To promote usage of environment friendly cutlery during parties and weddings as an alternative to plastic cutlery   |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr.No | Name of the Committee                                       | Title of the Practice  | Duration from | Duration to | Number of Participants | Objectives  |
|-------|---|--|---------------|-------------|------------------------|---|
| 117   | Foreign Students Cell                                       | National Webinar titled 'National Education Policy 2020: Addressing National and International Aspirations for Education in India' | 07.05.2021    |             | 400                    | To discuss about the significant highlights of NEP 2020 including equitable and inclusive education, holistic multidisciplinary education with multiple entry/exit options, new curricular and pedagogical structure (5+3+3+4), emphasis on promoting multilingualism and Indian languages, focus of skill enhancement, emphasis on experiential learning and assessment reforms. |
| 118   | NSS Units   | Awareness on Waste Segregation - Usage of Appropriate Bins   | 07.05.2021    | 14.05.2021  | 20                     | To sensitize people about the need of waste segregation through implementation of waste reduction and recycling programs<br><ul style="list-style-type: none"> <li>To create awareness about the usage of appropriate blue, green and red bins for waste disposal</li> </ul>  |
| 119   | PG Department of Sociology and Character-Building Committee | An online workshop cum awareness programme titled 'Critical Citizenship-Earning and Learning Sensibly'.                            | 07.05.2021    |             | 400                    | To enlighten the audience on a global perspective so that they can explore emerging fields in an environment where earning, learning and better living can be pursued with due respect to nature)   |
| 120   | Departments of Botany in Collaboration with MCM Eco-Club    | International Day of Biodiversity - National level online Biodiversity Quiz  | 22.05.2021    |             | 103                    | To spread awareness and increase the understanding about the biodiversity issues  |
| 121   | Department of Zoology and MCM Eco Club                      | An online activity on the theme 'My Backyard Biodiversity'   | 22.05.2021    |             | 125                    | To spread awareness about biodiversity issues and understand the importance of Nature for all living beings   |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr.No | Name of the Committee  | Title of the Practice   | Duration from | Duration to | Number of Participants | Objectives  |
|-------|--|---|---------------|-------------|------------------------|---|
| 122   | NSS Units  | Pledge taking ceremony on World No Tobacco Day – 2021   | 31.05.2021    |             | 76                     | To spread awareness among the youth about the potential risks of using tobacco  |
| 123   | NSS Units  | National Level Online Quiz on the occasion of World Environment Day – 2021                            | 05.06.2021    |             | 1054                   | To encourage awareness and environmental protection   |
| 124   | Department of Physics, Renewable Energy Committee and MCM Eco-Club | An online Interactive session based on the theme “installation of solar water heaters to save energy” | 12.06.2021    |             | 93                     | To create better understanding among students about the importance of saving energy by using Solar Water Heaters  |
| 125   | Swachhta committee (arts) in collaboration with mcm eco-club       | Workshop on the topic ‘how food residue can be turned to compost’                                     | 17.06.2021    |             | 50                     | To create awareness about waste segregation and recycling   |
| 126   | Unnat Bharat Abhiyan (UBA) Cell                                    | COVID Vaccination: Myths and Reality - (Online session)   | 18.06.2021    |             | 47                     | To generate awareness and discuss about myths and realities regarding COVID behavior  |
| 127   | NSS Units  | Celebration of 7th International Day of Yoga - 2021 (#bewithyogabathome, #yogaforwellness)            | 21.06.2021    |             | 76                     | <ul style="list-style-type: none"> <li>• To promote emotional as well as psychological wellness of the students during the stressful times</li> <li>• To apprise the volunteers about the benefits of Yoga during COVID-19 pandemic especially post-COVID recovery.</li> <li>• To make students learn that how Yoga helps to keep the internal organs in the body functioning properly by increasing</li> </ul> |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

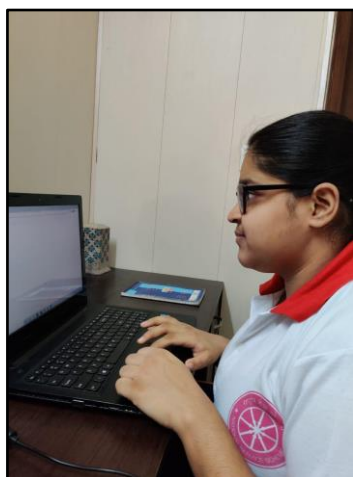
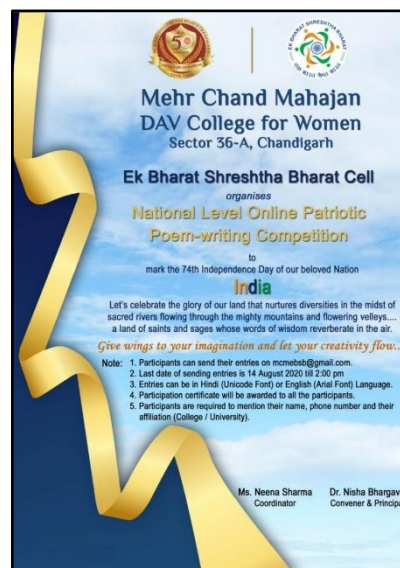
| Sr.No | Name of the Committee   | Title of the Practice  | Duration from | Duration to | Number of Participants | Objectives  |
|-------|---|--|---------------|-------------|------------------------|---|
|       |   |  |               |             |                        | the oxygen and blood flow.  |
| 128   | NSS Units, UBA Cell and Swachhta Committee  | Inaugural Ceremony of MISSION TRIVENI  | 21.06.2021    |             | 15                     | To purify and save the environment, and conserve nature   |
| 129   | Ek Bharat Shrestha Bharat Club and NSS Units in Collaboration with the Department of Forest And Wildlife, UT Administration, Chandigarh | Reclaiming Spaces: Nature in Times of Pandemic'. National-level Online Poem-Writing Competition  | 22.06.2021    |             | 235                    | to generate mass awareness about the ripple effects of wild fires on climate change, endangered wildlife crisis and unprecedented ecological imbalance especially among youth |
| 130   | Electoral Literacy Club   | Online Awareness Programme on Election Commission of India and Its Working   | 26.06.2021    |             | 143                    | To discuss about the recent reforms of Election Commission of India   |
| 131   | Research Centre PG Department of English  | An Online Training Workshop on "Information Disorder & Media Literacy: Fighting Fake or Fake Fighting" by Dr Pragya Kaushik, Fact Shala Trainer and Media Educator | 19.12.2020    |             | 100                    | To identify fake reports would go a long way in making students responsible citizens.   |

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

During the **session 2020-21** (1 July 2020- 30 June 2021), MCM 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:

#### 1. Patriotism/Celebration of National Days:

- ✓ To mark the 74<sup>th</sup> Independence Day of our beloved nation with great fervor and celebrate the cardinal spirit of the *Ek Bharat Shreshtha Bharat* mission of the Central Government, **National level Online Patriotic Poem Writing Competition** was organized by **Ek Bharat Shreshtha Bharat Club** of the college on 14.08.2020. In this competition, 41 participants from 8 states contributed their poems.
- ✓ On the occasion of 74<sup>th</sup> Independence Day, the NSS Units of the college organized a **National Level Online Quiz on the theme ‘- एक पहल स्वतंत्रता से आत्मनिर्भरता की ओर** on 15.08.2020 where around 1400 participants from different schools and colleges of more than 15 different states of India including Chennai, Maharashtra, Rajasthan, Punjab, Haryana, West Bengal registered for the same.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ The NSS volunteers under the aegis of **Ek Bharat Shreshtha Bharat Club** also showcased the linguistic and sartorial diversity of our multicultural nation. Attired in colorful ensembles of various regions, they displayed placards in different languages, reiterating the unity and diversity of India as part of the MHRD initiative of 'Ek Vakya Ek Din'



Links of the activity uploaded at various social networking sites are as follows:

- <https://www.facebook.com/226512264481701/posts/927139324418988/>
- <https://www.instagram.com/p/CDuucQABT4g/?igshid=1u7rddfv29vrv>
- <https://twitter.com/MCMDA/CW/status/1292992399510183937?s=20>
- <https://www.facebook.com/226512264481701/posts/922425514890369/?sfnsn=wiwspmo>

**एमसीएम में स्वतंत्रता दिवस पर राष्ट्रीय प्रतियोगिताओं का आयोजन**

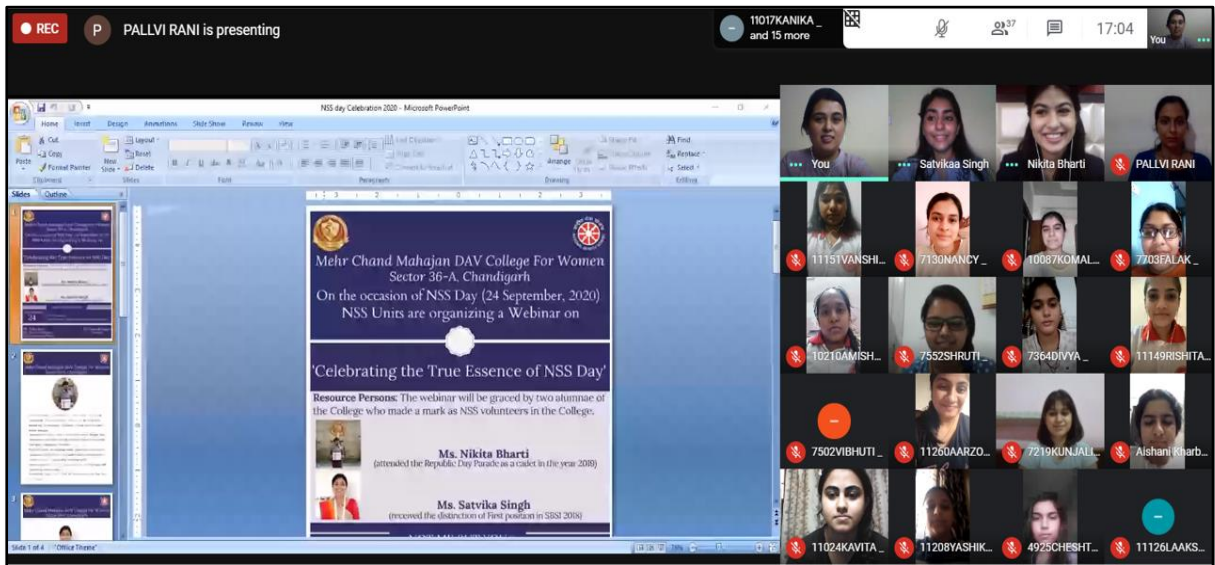
चंडीगढ़, 16 अगस्त। राष्ट्र के 74 वें स्वतंत्रता दिवस के उपलक्ष्य में, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन ने विभिन्न राष्ट्रीय स्तर की ऑनलाइन प्रतियोगिताओं का आयोजन किया। कॉलेज के एक भारत श्रेष्ठ भारत (ईबीएसबी) सेल ने एक राष्ट्रीय ऑनलाइन देशभक्ति कविता लेखन प्रतियोगिता का आयोजन किया जिसमें 8 राज्यों के 41 प्रतिभागियों ने सहभागिता के अंतर्गत अपनी कविताएं भेजीं। प्रतियोगिता में भारत के उत्तरी, पूर्वी और पश्चिमी राज्यों के उत्साही प्रतिभागियों द्वारा भेजी गयी कविताओं ने विविधता में सामंजस्य की झलक दी। प्रतिभागियों द्वारा प्रस्तुत कविताओं ने इनामी अद्वय राष्ट्रीय गौरव और समृद्ध विरासत को व्यक्त किया, और राष्ट्रीय सुरक्षा और एकता की समकालीन चुनौतियों को भी गंभीरता से विचारित किया। इस ऑनलाइन कविता लेखन में मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन, चंडीगढ़ की अतिरिक्त यादव ने पहला स्थान प्राप्त किया। दूसरा स्थान सेंट थॉमस कॉलेज, त्रिशूर के श्रीराज पीएस तथा गोपीचंद आर्य महिला कॉलेज, अबोहर की नवदीप कौर को संयुक्त रूप से दिया गया। मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन, चंडीगढ़ की अर्शप्रीत कौर तीसरे स्थान पर रहीं तथा शासकीय महाविद्यालय, गोवा के डॉ. बृजपाल सिंह गहलोट को सांत्वना पुरस्कार से नवाजा गया। एक अन्य कार्यक्रम में, कॉलेज की छात्रसभ्यता इकाइयों ने 'एक पहल स्वतंत्र से आत्मनिर्भरता की ओर' विषय पर ऑनलाइन किंग का आयोजन किया। 15 विभिन्न राज्यों के 600 से अधिक प्रतिभागियों ने किंग में हिस्सा लिया। यह किंग हमारे देश की स्वतंत्रता और स्वतंत्रता से लेकर आत्मनिर्भरता तक की प्रगति और स्वतंत्रता के कई तथ्यों और घटनाओं पर आधारित थी। एक महत्त्वपूर्ण भारत के तत्वावधान में छात्रसभ्यता स्वयंसेवकों ने हमारे बहुसांस्कृतिक राष्ट्र की भाषाई और संस्कृति विविधता को प्रदर्शित किया। मानव संसाधन विकास मंत्रालय भारत सरकार की पहल 'एक वाक्य एक दिन' को प्रदर्शित करते हुए स्वयंसेवकों ने विभिन्न क्षेत्रों के स्थानीय पहचानों के साथ विभिन्न भाषाओं में प्लेकार्ड प्रदर्शित किए।

**एमसीएम में स्वतंत्रता दिवस पर प्रतियोगिताएं**

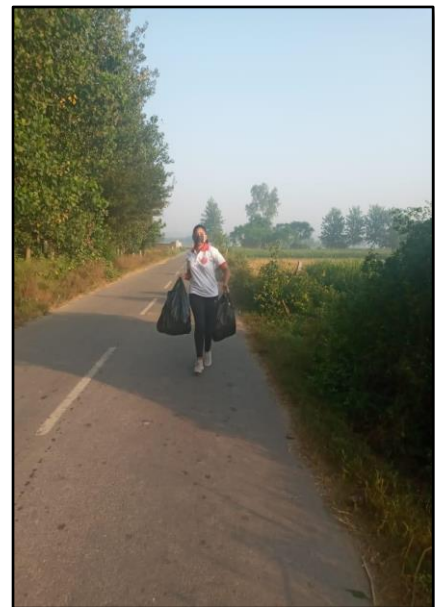
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**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

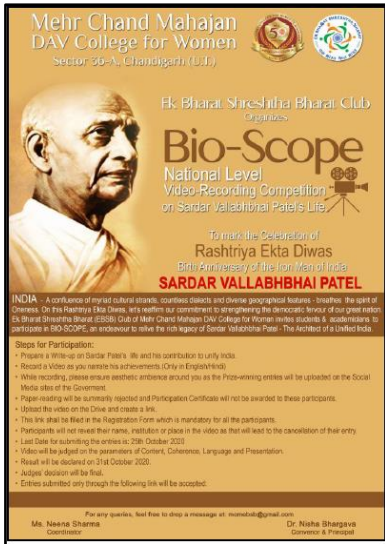
- ✓ On 24.09.2020, the **NSS Units** celebrated the NSS day with great fervor and enthusiasm. During this event, a webinar on **“Celebrating the true essence of NSS Day”** was organized where Ms. Nikita Bharti and Ms. Satvika Singh, two alumnae of the College who made a mark as NSS volunteers in the college graced the occasion as resource person.



- ✓ To commemorate the 151<sup>st</sup> birth anniversary of the father of our nation, Mahatma Gandhi Ji, **NSS Units** organized a cleanliness drive on 02.10.2020, and participated in a plog run, where NSS volunteers joined hands and cleaned their neighboring areas while running/cycling/jogging.



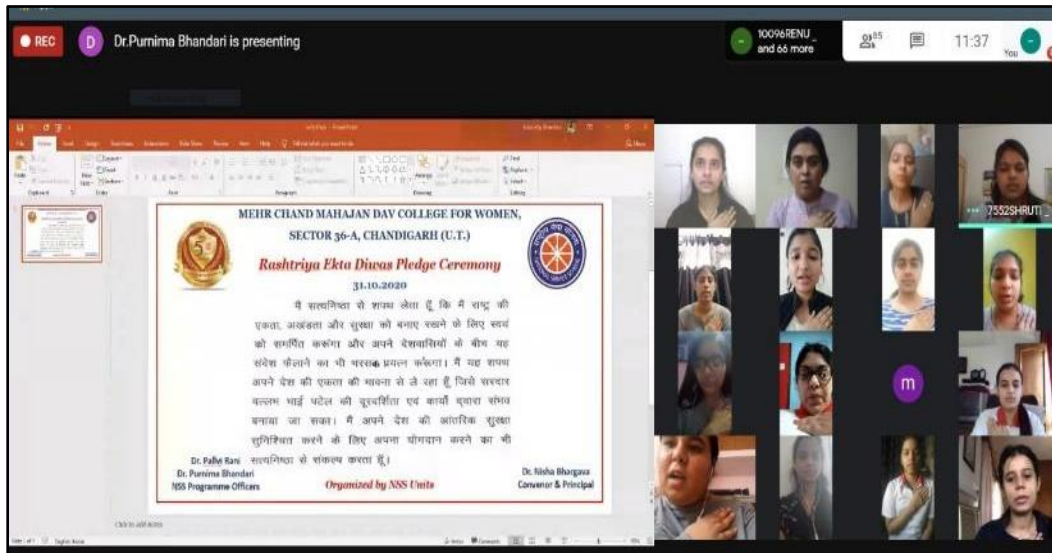
**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



✓ On the birth anniversary of the great leader Sardar Vallabhbhai Patel, Ek Bharat Shreshtha Bharat Club of the college organized a National Level Online Video Recording Competition titled BIO-SCOPE, an endeavor to relive the rich legacy of the architect of the unified India on 25.10.2020.

✓ On 31.10.2020, National Unity Day was celebrated by the NSS Units of the College where **Rashtriya EKTA pledge** was administered to NSS volunteers by NSS Programme Officers – Dr Pallvi Rani and Dr

Purnima Bhandari. In addition, few of the volunteers participated in the activity *Run for unity* in their respective areas while taking necessary COVID-19 precautions.



**एमसीएम में राष्ट्रीय एकता दिवस का आयोजन**

चंडीगढ़ (हिमप्रभा व्यूरो)। राष्ट्रीय एकता दिवस के अवसर पर, मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन ने लौह पुरुष सरदार वल्लभ भाई पटेल को विनम्र श्रद्धांजलि अर्पित करते हुए विभिन्न गतिविधियाँ आयोजित कीं। कॉलेज के एक भारत श्रेष्ठ भारत क्लब ने वायोस्कोप शीर्षक पर एक राष्ट्रीय स्तर की ऑनलाइन वीडियो रिकॉर्डिंग प्रतियोगिता का आयोजन किया। इस अनूठी प्रतियोगिता में प्रतिभागियों ने एकीकृत भारत के वास्तुकार सरदार पटेल के जीवन की झलक प्रदान करते हुए भारत के एकीकरण में उनके अपार योगदान को एक वीडियो के माध्यम से प्रस्तुत किया। इस प्रतियोगिता में 9 राज्यों से 50 से अधिक प्रतिभागियों ने अपनी निस्सहकारी प्रविष्टियाँ भेजीं, जिन्हें सामग्री, भाषा और प्रस्तुति के मापदंडों पर आंका गया था। शीर्ष चार विजेताओं को नकद पुरस्कार प्रदान किए गए और सभी प्रतिभागियों को ई-प्रमाणपत्र दिए गए। कॉलेज की एम्पलॉयर्स इकाइयों ने भी इस दिन को बड़े उत्साह के साथ मनाया और भारत के स्वतंत्रता संग्राम सेनानी और आधुनिक राष्ट्र निर्माता सरदार वल्लभ भाई को श्रद्धांजलि दी। लगभग 100 स्वयंसेवकों ने विविधता में एकता की थीम पर आयोजित विभिन्न गतिविधियों में बढ़-चढ़ कर भाग लिए जिनमें की राष्ट्रीय एकता एवं अखंडता के लिए शपथ, पोस्टर बनाने, रन फॉर यूनिटी तथा अपने संबंधित क्षेत्रों में विविधता में एकता के बारे में जागरूकता पैदा करने सहित कई गतिविधियाँ शामिल थीं। कुछ स्वयंसेवकों ने इस अवसर पर भारत सरकार द्वारा आयोजित राष्ट्रीय स्तर के ऑनलाइन प्रश्नोत्तरी में भी भाग लिया। कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने महान नेता सरदार वल्लभभाई पटेल की जयंती पर देशवासियों को शुभकामनाएं दीं और सरदार पटेल के आदर्शों का अनुकरण करने का आह्वान किया।



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

Links of the activity uploaded at various social networking sites are as follows:

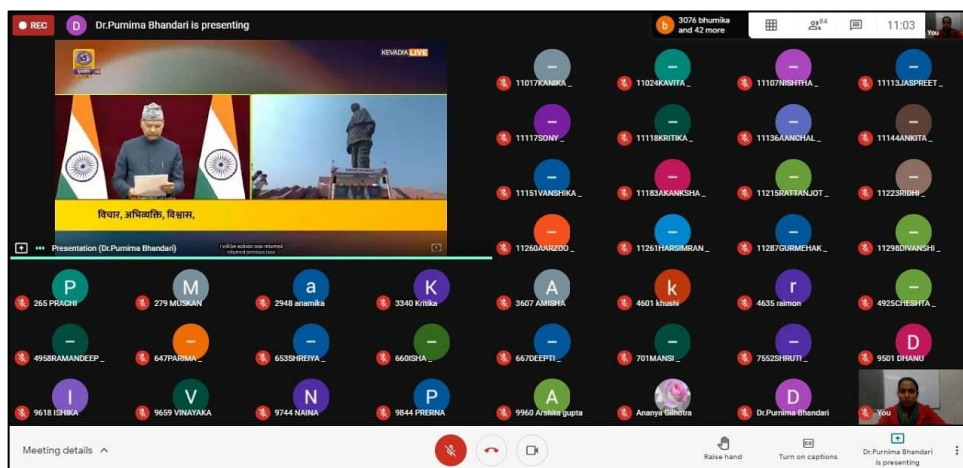
- <https://www.facebook.com/NSSUTChandigarh/posts/648473012504020>
- <https://www.facebook.com/NSSUTChandigarh/posts/647885225896132>
- <https://www.facebook.com/MCMDAVCW/posts/988833721582881>
- <https://twitter.com/MCMDAVCW/status/1322834456957210624>
- [https://www.instagram.com/p/CHCxM5LhRt5/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CHCxM5LhRt5/?utm_source=ig_web_copy_link)

✓ Posters and slogan writing event was organized by NCC Wing on 19.11.2020 as part of **National Integration Day** where 5 NCC cadets participated.

✓ An inter-college poster making competition with theme as “कर्तव्य पालन - एक सफल जीवन का आधार” was organized by **NSS Units** of the college on 24.11.2020 as part of **Constitution Day celebration – 2020**. Links of the activity uploaded at various social networking sites are as follows:

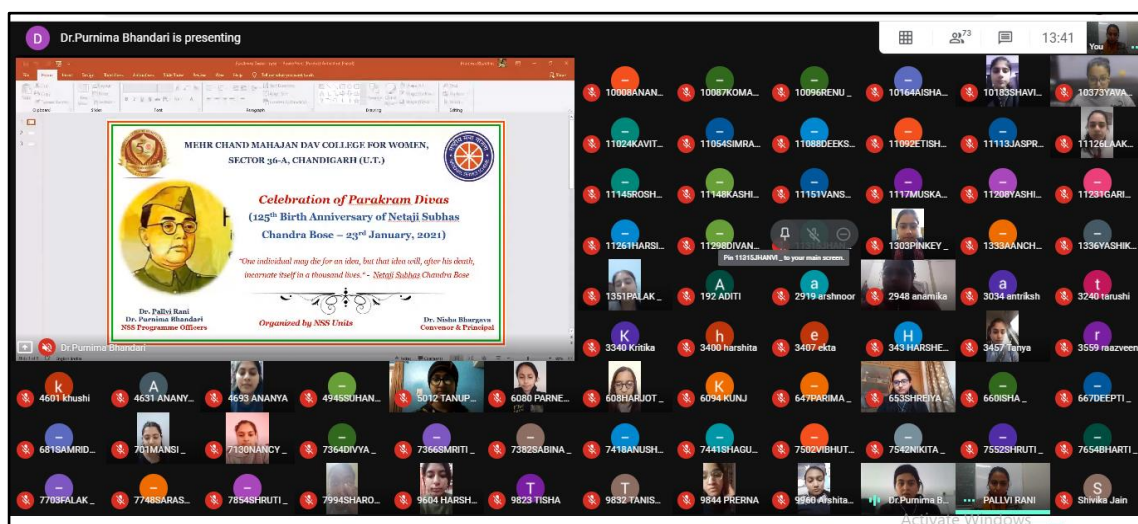
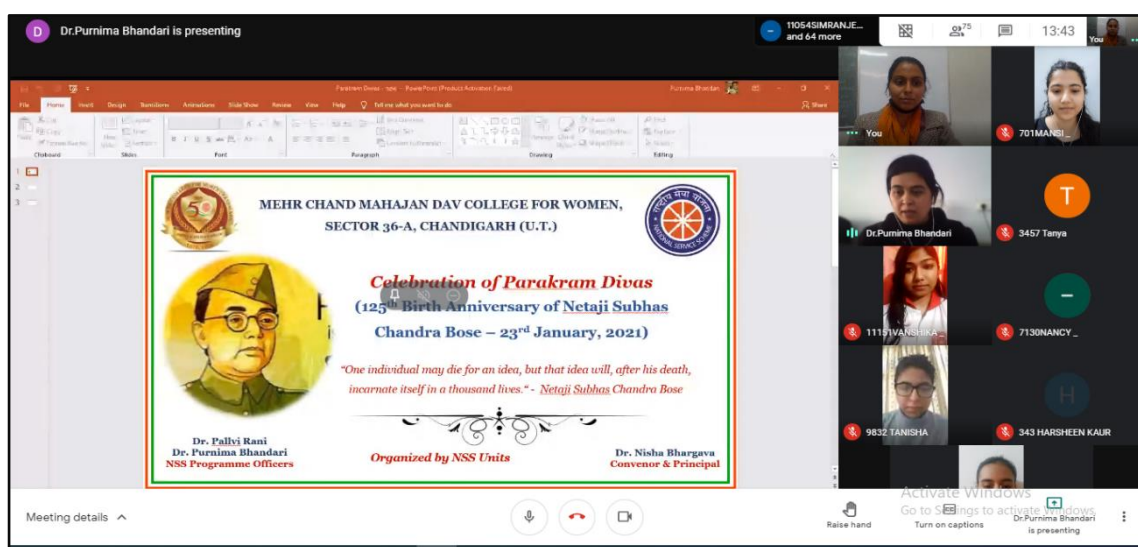
- <https://www.facebook.com/NSSUTChandigarh/posts/666884123996242>
- <https://www.facebook.com/MCMDAVCW/posts/1009361639530089>
- [https://www.instagram.com/p/CIDL0iKB-28/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CIDL0iKB-28/?utm_source=ig_web_copy_link)
- <https://twitter.com/MCMDAVCW/status/13319002879681>

✓ In addition, **NSS volunteers** of the college attended the **live telecast** wherein Hon'ble President of India Sh. Ram Nath Kovind read out the Preamble of the Constitution of India.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ To commemorate the adoption of the Constitution of India, **NCC Wing** of the college organized several events such as **Oath taking, poster making, slogan writing, poem recitation** and paid tributes to the Father of the Indian Constitution- Dr. B.R. Ambedkar.
- ✓ To salute and honor the bravery of the soldiers and soldiers of the Indian Army, an **Inter College Patriotic Poem Competition** was organized by NCC wing on the occasion of **National Army Day (15.01.2021)**.
- ✓ On the occasion of 125<sup>th</sup> Birth anniversary of Netaji Subhas Chandra Bose, **NSS Units** organized an interactive session as a part of celebration of **Parakram Divas** on 23.01.2021 where volunteers interpreted and discussed the relevance of slogans including '**तुम मुझे खून दो, मैं तुम्हें आज़ादी दूंगा**', '**Life loses half its interest if there is no struggle-there are no risks to be taken**' given by Netaji Subhas Chandra Bose.

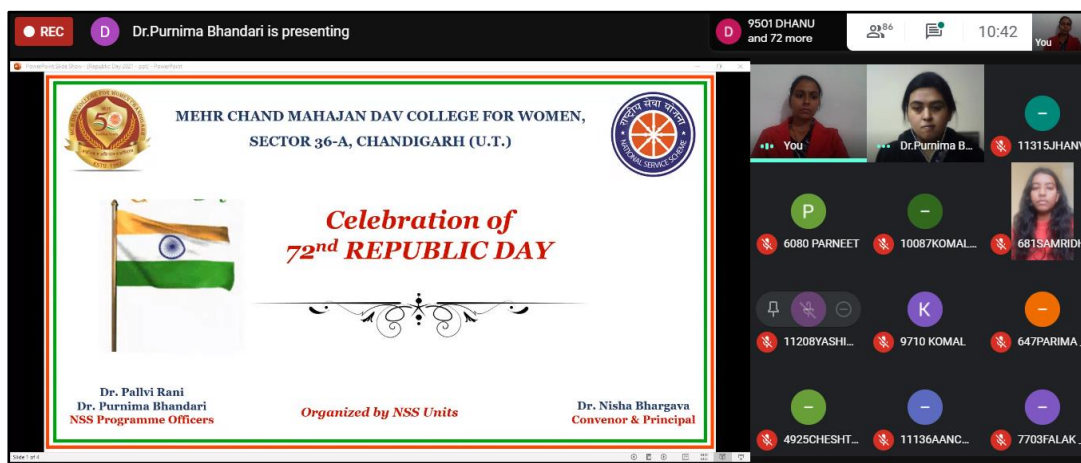
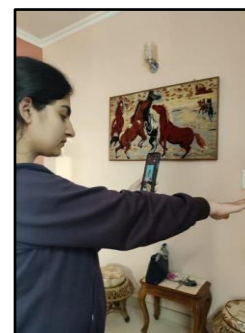


7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ **Character Building Committee** of the college organized an **online National Level Deshbhakti Geet Gayan Pratiyogita and Intra-college Patriotic Poetry Writing Competition** on the **occasion of Republic Day celebration**. The purpose of the competitions that witnessed enthusiastic participation of over 60 students, was to celebrate the spirit of patriotism while providing the students a platform to students to showcase their singing and poetic talent.



- ✓ On the occasion of 72<sup>nd</sup> Republic Day Celebration, **NSS Units** organized a virtual meet session where a **national pledge** signifying the virtues and feeling of brotherhood and equality was administered to the volunteers.

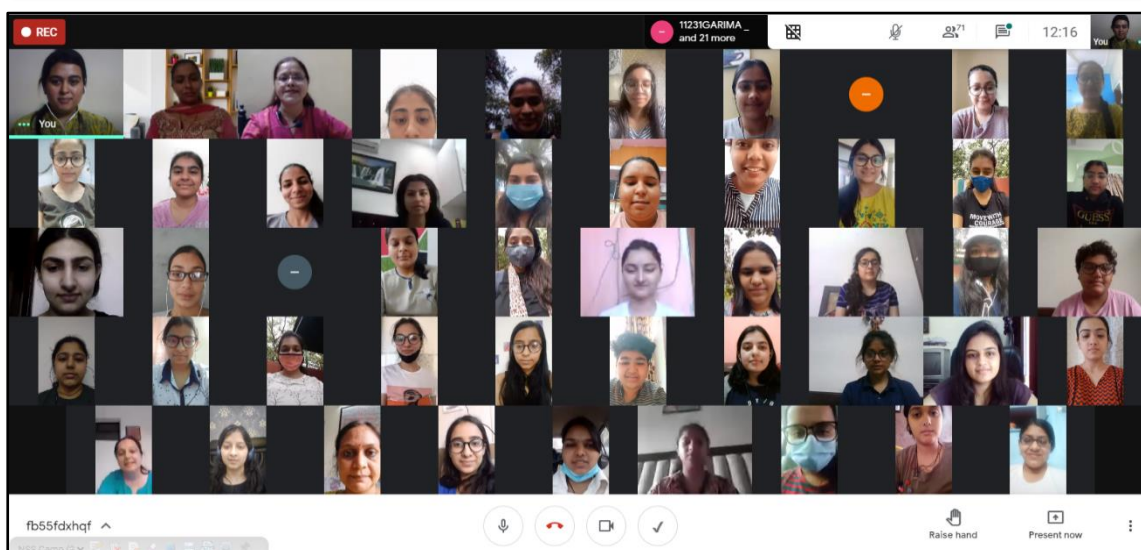
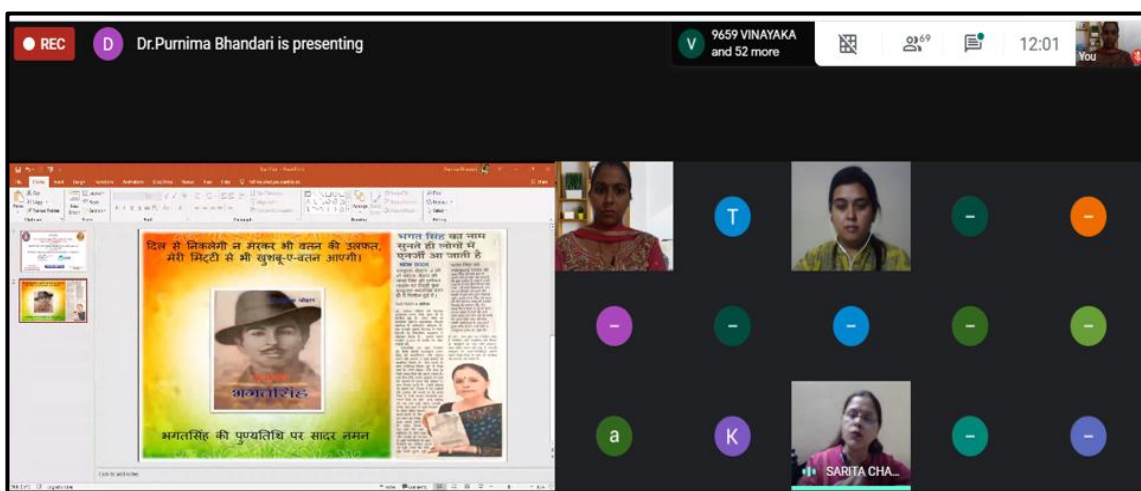


- ✓ **NCC Wing** of the college organized **Poster making event** on the occasion of Republic Day (26.01.2021)

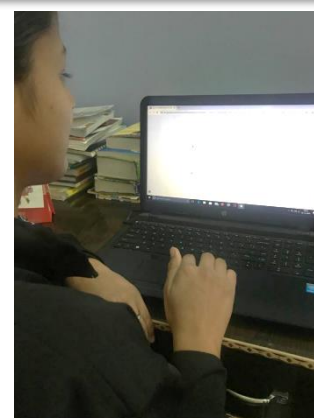


### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ To apprise the volunteers about the prominent role played by Shaheed Bhagat Singh ji in India's Freedom for struggle, a **motivational session talk was delivered by Dr. Sarita Chauhan**, Associate Professor, PG Department of Hindi, Mehr Chand Mahajan DAV College for Women, author of a book entitled 'मृत्युञ्जय भगत सिंह' on 23.03.2021.



- ✓ **Department of Political Science** organized a **National Level Essay Writing Competition** to mark the celebration of 'Azadi Ka Amrit Mahotsav, India@75' and to pay tribute to Shaheed Bhagat Singh, Sukhdev Thapar and Shivaram Rajguru on their 90th Martyrdom Day on 23.03.2021.



7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

**2. Fundamental Duties and Rights of Indian Citizens including Environment Consciousness:**



- ✓ Mahatma Gandhi National Council of Rural Education (MGNCRE), Department of Higher Education, Ministry of Human Resource Development, Government of India has recognized the efforts of Mehr Chand Mahajan DAV College for Women, Chandigarh in the field of Swachhta and has issued a '**Recognition Certificate**' for being a **Best Swachh Institution**.

- ✓ To mark the celebration of Van Mahotsava, a month-long **awareness campaign** was launched by **NSS Units** where NSS volunteers motivated their friends and family to plant more saplings of trees, immunity booster and air purifier plants like Aloe Vera, tulsi, ajwain, etc.



**Links of videos and posts uploaded at various social networking sites are**

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

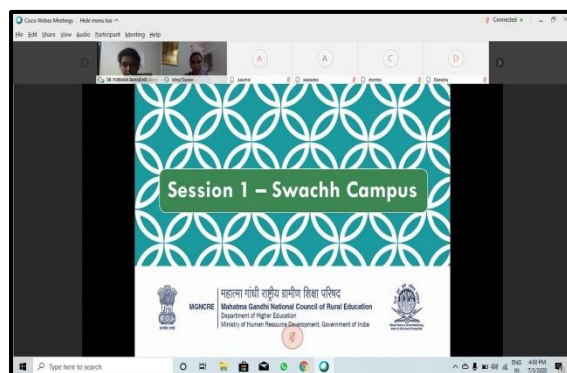
as follows:

- <https://youtu.be/wrPb02wruwg>
- <https://www.instagram.com/p/CxClxCyxhx-/?igshid=183jg35jngtww>
- <https://twitter.com/MCMDAVC/status/1282724783503728640?s=20>
- <https://www.facebook.com/226512264481701/posts/93697908101679/?sfnsn=wiwspwa>
- <https://www.facebook.com/226512264481701/posts/93697908101679/?sfnsn=wiwspwa>

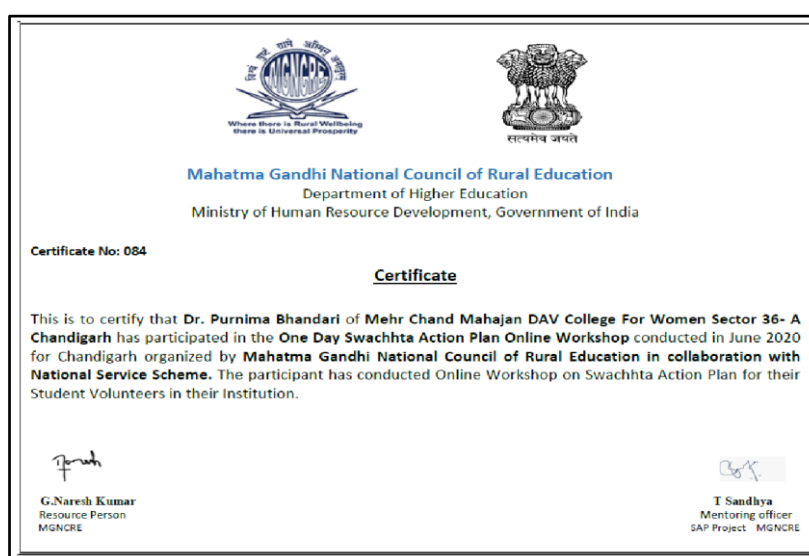


NCC cadets  
planting saplings as  
part of plantation  
drive

- ✓ On 03.07.2020, a webinar on the topic "**Swachh Campus and Jal Shakti**" was conducted by the NSS Units under the directives of Mahatma Gandhi National Council of Rural India (MGNCRE) so as to apprise students of the initiatives taken up by the Government of India regarding Swachhta. The session was primarily hosted by NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



- ✓ Committed to the cause of a “Cleaner and Greener Earth”, Department of Botany celebrated the annual tree planting festival of Van Mahotsava on 13.07.2020. Saplings and plants of medicinal importance were planted in different areas of the college including the Rishi Vatika, Green House and Artificial Forest by the faculty and staff of the college.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ **A Webinar on 'Green Chemistry: An Eco-friendly Practice'** was organized by Renewable Energy committee in collaboration with MCM Eco-Club on 20.08.2020 as part of **Akshay Urja Diwas Celebration**.



## एमसीएम डीएवी कॉलेज में अक्षय उर्जा दिवस का आयोजन

(फास्ट मोंडिया) विनोद कुमार, चंडीगढ़। मेहर चंद महाजन टीएवी महिला कॉलेज की रिन्यूएबल एनर्जी कमेटी एवं एको-क्लब ने अक्षय उर्जा दिवस के उत्सव में 'ग्रीन केमिस्ट्री-एन इको-फ्रेंडली प्रैक्टिस' नामक एक वेबिनार का आयोजन किया। इस वेबिनार का उद्देश्य प्रतिभागियों को रिन्यूएबल एनर्जी तथा पर्यावरण संरक्षण के प्रति जागरूक करना था। इस वेबिनार का संचालन फार्मस्यूटिकल साइंसेज एंड ड्रग रिसेर्च डिपार्टमेंट, पंजाबी यूनिवर्सिटी, पटियाला की डॉ

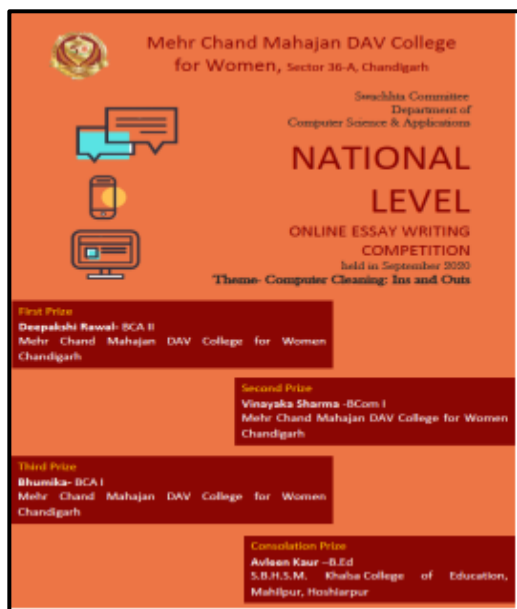
प्रतिभागियों को अक्षय उर्जा को अपनाकर पर्यावरण को बचाने की आवश्यकता पर जोर दिया। कॉलेज की प्रिंसिपल तथा इकोनॉमिक एनर्जी विरोपर डॉ निता भांगव ने स्वागत भाषण के लिए अक्षय उर्जा के महत्व के बारे में प्रतिभागियों को जागरूक करने के इस प्रयास को सराहना करते हुए कहा कि बहुत ही अनसंख्य के मरनेवाले उर्जा को पर्यावरणिक स्रोतों को बढ़ावा देना आवश्यक है जहाँ उर्जा आवश्यकताओं को पूरा किया जा सके। डॉ भांगव ने इस तथ्य पर बल दिया कि उर्जा के विभिन्न

अक्षय उर्जा, महामात्र उर्जा, कचरे से उर्जा और ऐसी कई प्रौद्योगिकियाँ हैं जिसका उपयोग बढ़ाने की आवश्यकता है। मानव जीवन में उर्जा के महत्व को रेखांकित करते हुए डॉ भांगव ने कहा कि पौधे, वन्य और आसपड़ाने तीन महत्वपूर्ण स्रोतों के साथ साथ उर्जा जीवन के लिए अत्यंत महत्वपूर्ण है। उन्होंने कहा कि परम्परागत पर्यावरण को रक्ष और पर्यावरण संरक्षण का संरक्षण के लिए सौर उर्जा के दोहन के लिए ठोस प्रयास किए जा रहे हैं।



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ To create awareness about physical as well logical cleaning of Computers for pervasive use of computers especially during COVID-19, **Swachhta Committee, Department of Computer Science and Applications (DCSA)** organized a **National Online Essay writing competition on “Computer Cleaning: Ins and outs”**.



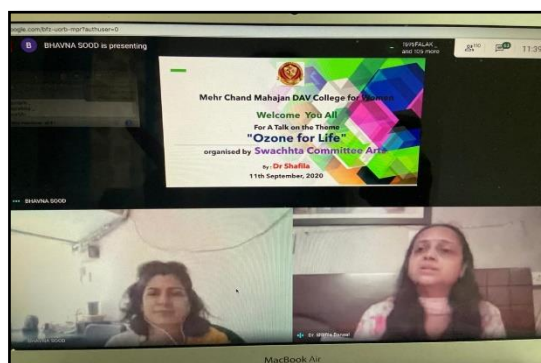
## मेहर चंद डीएवी कालेज में निबंध लेखन प्रतियोगिता

**निजी संवाददाता- चंडीगढ़**

मेहर चंद महाजन डीएवी कालेज फॉर वूमन की स्वच्छता समिति के तत्वावधान में कम्प्यूटर साईंस एंड एप्लिकेशन विभाग ने कम्प्यूटर क्लीनिंग इन्स एंड आउट विषय पर एक राष्ट्रीय स्तर की ऑनलाइन निबंध लेखन प्रतियोगिता का आयोजन किया। प्रतियोगिता का उद्देश्य वर्तमान महामारी के दौरान जब कम्प्यूटर का उपयोग पहले से अधिक व्यापक हो गया है, इस समय कम्प्यूटर की फिजिकल एवं लॉजिकल क्लीनिंग के बारे में जागरूकता पैदा करने के साथ अपनी दैनिक दिनचर्या में कम्प्यूटर की सफाई के लिए प्रोत्साहित करना था।

प्रतियोगिता के लिए 42 से अधिक प्रविष्टियां प्राप्त हुईं। विजेताओं को नकद पुरस्कार दिए गए और सभी प्रतिभागियों को ई-प्रमाण पत्र प्रदान किए गए। प्रतियोगिता में दीपांशी रावल को पहला पुरस्कार मिला, जबकि विनायक शर्मा तथा भूमिका को क्रमशः दूसरा व तीसरा पुरस्कार दिया गया। एवलीन कौर को सातवां पुरस्कार से सम्मानित किया गया। कालेज प्रिंसिपल डा. निशा भार्गव ने कालेज के कम्प्यूटर विभाग की इस पहल की सराहना करते हुए कहा कि कम्प्यूटर सिस्टम के कामकाज के प्रबंधन के बारे में जागरूकता बढ़ाने की दिशा में यह एक महत्वपूर्ण एवं आवश्यक प्रयास है।

- ✓ To mark the celebration of **“International Day for the Preservation of Ozone layer”**, awareness events including an interactive online talk, National Online Quiz were organized by Swachhta Committee (Arts) and Swachhta Committee (Sciences).



**Online Talk on the theme “Ozone for Life” by Dr Shafila Bansal.**

Assistant professor, Department of Environment Science on 11.09.2020.

## एमसीएम में इंटरनेशनल डे फॉर प्रिजर्वेशन ऑफ ओजोन लेयर आयोजित

चंडीगढ़ (विमर्शक न्यूज़)। ओजोन परत के संरक्षण के लिए आगामी अंतर्राष्ट्रीय दिवस के अवसर में मेहर चंद महाजन डीएवी कालेज ऑफ वूमन की स्वच्छता समिति ने ओजोन परत-महत्व, अभाव और वर्तमान स्थिति विषय पर एक ऑनलाइन वर्कशॉप आयोजित की। कलेज की पर्यावरण विभाग की डॉ. शोफला बंसल ने इस ऑनलाइन वर्कशॉप का संचालन किया जिसमें 140 से अधिक प्रतिभागियों ने बढ़-चढ़ कर हिस्सा लिया। ओजोन परत, इसके गुणों और प्रदूषण से पर्यावरण के साथ जोड़ना करते हुए, डॉ. बंसल ने मनुष्यों, जानवरों और पौधों को यूवी-बी विकिरणों के हानिकारक प्रभावों से बचाने में ओजोन परत के महत्व पर विस्तार से बातचीत की। विशेष रूप से इस वर्ष पर प्रकाश डालते हुए कि प्राकृतिक प्रक्रियाएँ जैसे ज्वालामुखी विस्फोट, आदि ओजोन की कमी के केवल 2 प्रतिशत हिस्से पर प्रभाव डालती हैं जबकि मानवजनित प्रक्रियाएँ जैसे कि जीवाश्म ईंधन जलना, एएफ गैसों का उपयोग आदि पूर्णतः ओजोन परत पर सबसे बड़ा प्रभाव डालती हैं। ओजोन परत की रक्षा के लिए जो गैर-कार्बन डाइऑक्साइड पर प्रकाश डालते हुए, डॉ. बंसल ने प्रतिभागियों को सीएफएसओ और अन्य ओजोन को नष्ट करने वाले पदार्थों को चरणबद्ध करने के लिए किये गए महत्वपूर्ण समन्वित-मॉड्यूलर प्रोटोकॉल के बारे में प्रतिभागियों को बताया। कलेज की प्रिंसिपल डॉ. निशा भार्गव ने कहा कि इस वर्कशॉप के माध्यम से, कलेज ने ओजोन परत की कमी की समस्या के बारे में जागरूकता फैलाने तथा प्रतिभागियों को समस्या के समाधान का हिस्सा बनने के लिए प्रेरित किया है। उन्होंने आगे कहा कि मानव गतिविधियों ने पृथ्वी की पर्यावरण परत को नुकसान पहुंचा है और हमें इस नुकसान को रोकना तथा ओजोन परत के संरक्षण हेतु प्रभावी कदम उठाने होंगे।

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

## इंटरनेशनल डे फॉर प्रिजर्वेशन आफ द ओजोन लेयर पर नेशनल क्विज करवाई

चंडीगढ़, 17 सितंबर (राकेश): मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ के जूलाँजी विभाग ने इंटरनेशनल डे फॉर प्रिजर्वेशन ऑफ द ओजोन लेयर के उपलक्ष्य में एक ऑनलाइन राष्ट्रीय स्तर की क्विज प्रतियोगिता का आयोजन किया। ओजोन डिप्लेशन एंड क्लाइमेट चेंज थीम पर आयोजित इस क्विज में चंडीगढ़, पंजाब, हरियाणा, हिमाचल प्रदेश, दिल्ली, उत्तर-प्रदेश, राजस्थान, मध्य प्रदेश, कर्नाटक, असम सहित देश के विभिन्न राज्यों और केंद्र शासित प्रदेशों के 560 से अधिक विद्यार्थियों ने उत्साहपूर्वक भाग लिया। ओजोन परत के महत्व

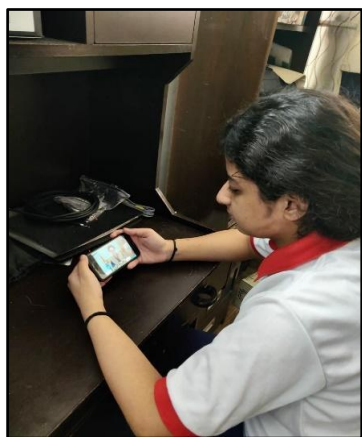
और इसे संरक्षित करने की आवश्यकता के बारे में प्रतिभागियों को जागरूक करने के उद्देश्य से आयोजित इस प्रश्नोत्तरी प्रतियोगिता में ओजोन परत से संबंधित ज्ञान का परीक्षण करने के लिए एमसीक्यूज, मल्टिपल चॉइस क्वेश्चन, ऑब्जेक्टिव क्वेश्चन तथा इमेज बेस्ड प्रश्न शामिल थे। सभी विजेताओं को नकद पुरस्कार से सम्मानित किया गया तथा 75 प्रतिशत या उससे अधिक अंक प्राप्त करने वालों को ई-प्रमाण पत्र दिए गए।

इस प्रश्नोत्तरी में नव ज्योति सीनियर सैकेंडरी स्कूल, बिलासपुर के शौर्य ने प्रथम स्थान प्राप्त किया।

शासकीय बृजिन्द्र कॉलेज, फरीदकोट की सुमनदीप कौर ने दूसरा तथा पोस्ट ग्रेजुएट गवर्नमेंट कॉलेज फॉर गर्ल्स, सैक्टर 11 की आरती राणा ने तीसरा स्थान प्राप्त किया। मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ की दीक्षा आजाद को सात्वना पुरस्कार दिया गया। कॉलेज की प्रिंसिपल डा. निशा भार्गव ने कहा कि इस प्रश्नोत्तरी के माध्यम से कॉलेज ने प्रतिभागियों को ओजोन परत की कमी की समस्या के बारे में जागरूक करने, इसके समाधान का हिस्सा बनने के लिए प्रेरित करने तथा इस समस्या के बारे में और लोगों को भी शिक्षित करने के लिए प्रेरित करने का प्रयास किया है।

### National level Online Quiz to mark International Day for the Preservation of the Ozone Layer by Swachhta Committee (Sciences) on 16.09.2020.

- ✓ Awareness sessions on National Education Policy was organized by RUSA, NSS, NCC, UBA Cell and Foreign Students Cell of the college to apprise the students of the National Education Policy (NEP) 2020.



**NSS Volunteers watching live telecast of NEP (2020) on 16.09.2020**

**A webinar on National Education Policy 2020 organized by NSS Units in collaboration with UBA cell**

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



**NCC (Naval Wing)** of the college organized a **webinar on New Education Policy 2020 (NEP 2020)** with the aim of providing students comprehensive knowledge about the vision and framework of the policy that seeks to transform the Indian education landscape.

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

**RUSA-Sponsored Webinar**  
on  
**Paradigm Shift in New Education Policy-2020**  
Role of Technology in Higher Education Sector

**19th**  
**September**  
**2020**  
at  
**10:00 am**

**Chief Guest & Resource Person**

**Prof. K.Srinivas**  
Head ICT & Project Management Unit  
National Institute of Educational Planning and Administration  
(NIEPA), New Delhi

**Special Guest**

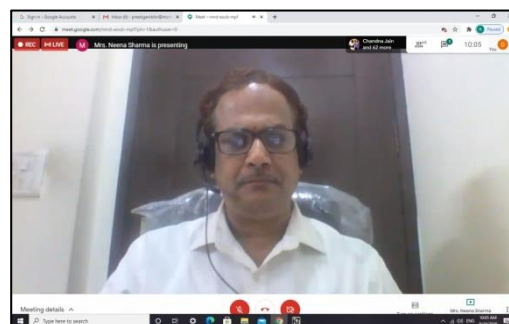
**Dr. Dalip Kumar**  
Mission Coordinator  
Rashtriya Uchchatar Shiksha Abhiyan (RUSA), Chandigarh

**Overview of the Webinar**  
As a comprehensive framework, the National Education Policy - 2020 aims at restructuring and redesigning the academic edifice in the country. Higher Educational Institutions all across the country will need to gear up and revitalise their infrastructure and human resource to meet the inevitable challenges. In a fast-changing global scenario, technological avenues will be pivotal to ensuring equity, access and quality in higher education. This Webinar is aimed at exploring the role of technology as envisioned in the New Education Policy-2020.

**This Webinar is open for Faculty members, Research Scholars and Students (All fields). E-Certificates will be provided to all registered participants after successful completion of the Webinar. Prior registration is mandatory. Click below for Free Registration :**  
<https://forms.gle/DF72P2iqBtk69x5>

**Ms. Neena Shama**  
Institutional Coordinator (RUSA)

**Dr. Nisha Bhargava**  
Convener & Principal



Rashtriya Uchchatar Shiksha Abhiyan (RUSA) sponsored **National Webinar on the Topic 'Paradigm Shift in New Education Policy 2020: Role of Technology in Higher Education Sector'** by Prof. K. Srinivas on 19.09.2020 where 335 participants attended the event.

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ The **Foreign Students Cell** of the college, under the aegis of the college's IQAC, organized a **National Webinar** titled '**National Education Policy 2020: Addressing National and International Aspirations for Education in India**' on



07.05.2021. Prof. Nishi Pandey, Department of English and Modern European Languages, Director UGC Human Resource Development Center, University of Lucknow was the resource person. Over 400 participants benefitted from this highly informative webinar.

- ✓ **Electoral Literacy Club** and **Department of Political Science** of the college organized several awareness programmes on '**Right to Vote**', Elections such as poster making competition, National Essay writing Competition so as to sensitize students and staff about the importance of right to vote, electoral process and to highlight the significance of Elections in Indian democracy.



- ✓ **Electoral Literacy Club** of the college conducted an online **Poster Making Competition** on 18.09.2020 on the theme '**Importance of Vote**' where 41 students participated in the competition and through their creativity gave a strong message to use 'Right to Vote' judiciously.

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ Besides, Electoral Literacy Club organized a Caption Contest on 29.10.2020 on the theme “Celebrating Indian Democracy” where 212 students from various streams participated in the contest.

**लोकतंत्र पर आनलाइन कैप्शन प्रतियोगिता**  
**चंडीगढ़ (ट्रिब्यून) :** लोकतंत्र के सिद्धांतों के प्रति छात्राओं को जागरूक करने के उद्देश्य के साथ एमसीएम डीएवी कॉलेज फॉर वूमन के इलेक्टोरल लिटरेसी क्लब ने 'सेलिब्रेटिंग इंडियन डेमोक्रेसी' विषय पर एक ऑनलाइन कैप्शन प्रतियोगिता का आयोजन किया। प्रतियोगिता में विभिन्न संकायों के लगभग 212 विद्यार्थियों ने भाग लिया। इस प्रतियोगिता में अदिति (बीएससी। मेडिकल) ने पहला पुरस्कार जीता जबकि प्रभजोत कौर (बीए II) और अदिति बीए तृतीय को क्रमशः दूसरा और तीसरा पुरस्कार मिला। यशिका (बीए I), रुबल संधू (बीए द्वितीय), विनीत कौर (बी.कॉम प्रथम) को सात्वना पुरस्कार दिया गया।

- ✓ Electoral Literacy Club conducted an online Quiz Competition on 28.11.2020 on the theme 'Elections and Electoral Reforms in India'. The objective of the competition was to highlight the significance of Elections in Indian democracy and to create awareness among the students regarding the electoral process.



**‘ऑनलाइन विजय : बी.ए. थर्ड ईयर की अपूर्वा प्रथम’**



ऑनलाइन विजय में भाग लेती एम.सी.एम. सेंटर-36 की छात्राएं।

चंडीगढ़, 8 दिसम्बर ( आशीष) : सेंटर-36 के मेहर चंद महाजन डी.ए.वी. कॉलेज फॉर वूमन के इलेक्टोरल लिटरेसी क्लब ने इलेक्शन एंड इलेक्टोरल रिफॉर्म इन इंडिया विषय पर ऑनलाइन विजय का आयोजन किया। विजय का उद्देश्य भारतीय लोकतंत्र में चुनाव के महत्व और भारत में चुनावी प्रक्रिया के बारे में छात्राओं को जागरूक करना था। विजय में विभिन्न विषयों की 25 से अधिक छात्राओं ने भाग लिया। विजेताओं को ई-प्रमाण पत्र से सम्मानित किया गया। बी.ए. तृतीय वर्ष की अपूर्वा को प्रथम पुरस्कार मिला। दूसरा पुरस्कार बी.ए.-तृतीय की परनीत और बी.ए. प्रथम की भूमिका को मिला। बी.ए.-द्वितीय की शगुन और बी.ए. तृतीय वर्ष की ईशा को इस प्रतियोगिता में तीसरा स्थान मिला। प्रिंसिपल डॉ. निशा भार्गव ने क्लब को इस पहल की सराहना करते हुए कहा कि एक जीवंत लोकतंत्र के लिए यह महत्वपूर्ण है कि युवाओं को भारत की चुनावी प्रक्रिया के बारे में शिक्षित किया जाए ताकि वे निर्णय लेने में सक्षम हो एवं लोकतंत्र को कामयाब करने में मदद कर सकें।

**प्रश्नोत्तरी में अपूर्वा रही विजेता**

चंडीगढ़। सेंटर-36 स्थित एमसीएम डीएवी कॉलेज फॉर वूमन के इलेक्टोरल लिटरेसी क्लब ने मंगलवार को 'इलेक्शन एंड इलेक्टोरल रिफॉर्म इन इंडिया' विषय पर ऑनलाइन प्रश्नोत्तरी का आयोजन किया। इसका उद्देश्य भारतीय लोकतंत्र में चुनाव के महत्व और भारत में चुनावी प्रक्रिया के बारे में छात्राओं को जागरूक करना था। प्रश्नोत्तरी में विभिन्न विषयों की 25 से अधिक छात्राओं ने भाग लिया। प्रश्नोत्तरी में शीर्ष विजेताओं को ई-प्रमाण पत्र से सम्मानित किया गया। बीए तृतीय वर्ष की अपूर्वा पहले, बीए तृतीय वर्ष की परनीत व बीए प्रथम की भूमिका दूसरे तथा बीए द्वितीय वर्ष की शगुन व बीए तृतीय वर्ष की ईशा तीसरे नंबर पर रही। कॉलेज प्राचार्य डॉ. निशा भार्गव ने विजेता छात्राओं के प्रयास की सराहना की।



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ **Electoral Literacy Club** organized an **online screening of the documentary 'The Electoral Reforms'** on 24.12.2020. The objective of the screening was to educate students about the



Indian electoral procedure and its intricacies by highlighting the electoral challenges faced by the country with special focus on 2019 General elections. A total of 59 students participated in the activity.

### एमसीएम में राष्ट्रीय मतदाता दिवस फॉर निबंध लेखन प्रतियोगिता

चंडीगढ़ (त्रिदम आचार्य)। मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन के इलेक्टोरल लिटरेसी क्लब ने राष्ट्रीय मतदाता दिवस के उपलक्ष्य में राष्ट्रीय स्तर की निबंध लेखन प्रतियोगिता का आयोजन किया। प्रतियोगिता का उद्देश्य वोट के अधिकार के महत्व और इसके साथ आने वाली जिम्मेदारी के बारे में प्रतिभागियों को जागरूक करना था। वोटिंग इन ए प्रिविलेज, ए राइट और रिस्पॉन्सिबिलिटी विषय पर आयोजित इस प्रतियोगिता में देशभर के 84 से अधिक विद्यार्थियों ने भाग लिया। प्रतियोगिता का निर्णय नवीनता, तर्क, भाषा और सुसंगतता के आधार पर किया गया। प्रतियोगिता के विजेताओं को नकद पुरस्कार से सम्मानित किया गया।

इस प्रतियोगिता में पहला पुरस्कार मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन, चंडीगढ़ की रसति सिंह को मिला जबकि दूसरा एवं तीसरा पुरस्कार क्रमशः जवाहरलाल नेहरू विश्वविद्यालय, नई दिल्ली की रीतिका तथा जस्टिस बशीर अहमद सईद कॉलेज फॉर वीमेन, तेन्नपेट, चेन्नई की एम फहीमा को मिला। सातवना पुरस्कार मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन, चंडीगढ़ की सुप्रिया को दिया गया। कॉलेज की प्रिंसिपल डॉ निशा भागव ने इलेक्टोरल लिटरेसी क्लब को इस पहला को सराहना करते हुए कहा कि जागरूक नागरिक ही एक जीवंत लोकतंत्र का आधार बनते हैं, इसलिए इस तरह की जागरूकता पहला काफ़ी प्रासंगिकता रखती है।

- ✓ To mark the celebration of **National Voters' Day 2021**, **Electoral Literacy Club** organized a **National Level Essay Writing competition** on topic: **'Is Voting a Privilege, a Right or a Responsibility?'** on 25.01.2021

- ✓ To celebrate vividness of Indian Democracy, **Electoral Literacy Club**, organized an **Online E-Collage Making Competition** on the theme **'Colors of Indian Democracy'** on 24.02.2021 where 9 Students expressed their views and showcased their creativity through colorful collages.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ **Electoral Literacy Club** conducted an online **Awareness Programme** on the Topic **'Election Commission of India and Its Working'** on 26.06.2021 where Ms. Richa, Assistant Professor, Department of Political Science discussed about the working of Election



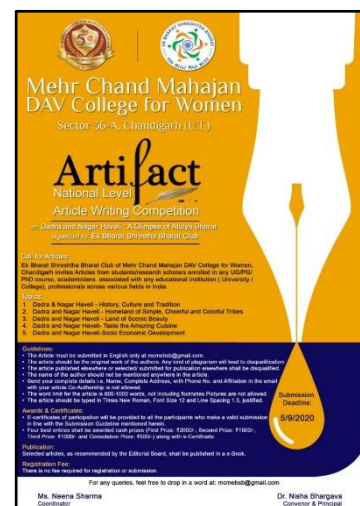
Commission of India and highlighted the recent reforms made by it.



✓ To commemorate the 75 years of the United Nations, **Department of Political Science** organized an **Online Quiz Competition on 'United Nations'** on 30.10.2020 which comprised questions from United Nations Organization- structure, organs and agencies. 112 students from different streams participated in the competition.

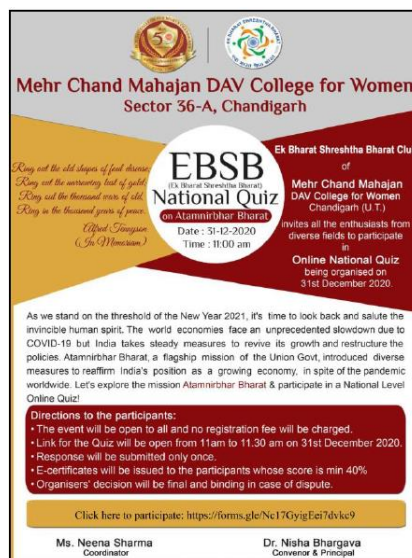
To maintain peace in our diverse society and promote rich culture and heritage of their paired States/UTs, **Ek Bharat Shreshtha Bharat (EBSB) Club** of the college has been engaged in conducting various activities such as:

✓ Under the aegis of Ek Bharat Shreshtha Bharat (EBSB) Club, a **National online Article Writing Competition- ARTIFACT on 'Dadra and Nagar Haveli: A Glimpse of Atulya Bharat'** was organized on 05.09.2020 where the objective was to generate awareness about the diversity of this multicultural land nestled between Maharashtra and Gujarat.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ A **National-Level Online Quiz on ‘Atamnirbhar Bharat’** was organized by EBSB Club of the college on 31.12.2020 to generate awareness about the various measures being undertaken by the Union Government to revive economy and restructure the policies for making India a resurgent force in the global market.



✓ The **Department of English** and **Ek Bharat Shreshtha Bharat (EBSB) Club** of the college celebrated the linguistic diversity of our multicultural nation by organizing an **online National level Quiz-Landscape**.

The quiz was aimed at celebrating the confluence of Gujarati and Marathi cultures in our paired Union Territory and to mark this cultural camaraderie. The quiz received very heartening response with 199 participants from 23 states and also from Sri Lanka.

To promote the ideals of the Government launched scheme of **Swachh Bharat Abhiyan**, MCM DAV College for Women has been a forerunner in organizing various Swachhta related activities be it a cleanliness drive, *Swachhta Pakhwada*, *Swachh Man Abhiyan* or Yoga Day celebrations for mental health. Some of the activities under taken by various committees of the college include:

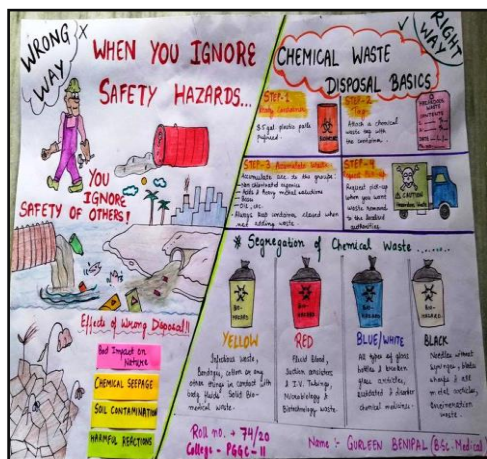
✓ To highlight the importance of havan for environmental cleansing as well as self-exploration, a **havan ceremony** was organized under the aegis of **Arya Samaj Committee** of the college on 17.08.2020.





**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ **National Level Online Poster making competition on the topic “Chemical Squandering and Management”** was organized by **Post Graduate Department of Chemistry** from 23.9.2020 to 30.09.2020 in which more than 70 entries from students of under-graduate and post graduate levels were received.



- ✓ A National level online poster making competition was organized by **Department of Commerce** on 26.10.2020 with the aim to sensitize the students and spread awareness about the importance of cleanliness at work place. Around 103 students participated and showcased their creativity and expression on the theme.

**MCM holds National Level Online Poster Making Competition on Workplace Cleanliness**

MCM holds National Level Online Poster Making Competition on Workplace Cleanliness. The Swachhta Committee (Commerce) and Cleanliness Committee of Mehr Chand Mahajan DAV College for Women organised a National Level Online Poster Making Competition on the theme “Workplace Cleanliness as a Step Towards Swachhta”. The competition got an overwhelming response and a total of 103 entries were received from participants from Chandigarh, Punjab, and Uttar Pradesh. Showcasing their laudable creativity, the participants, through their posters, drew attention to various facets of workplace cleanliness including greening the office spaces, innovations to maintain cleanliness at workplace, layout and interiors of a workplace, ways of spreading awareness regarding importance of cleanliness at workplace and so on. The winners were awarded cash prizes and all the participants were given e-certificates. Principal Dr. Nisha Bhargava appreciated this endeavour of Swachhta Committee and Cleanliness Committee to draw attention towards the often overlooked issue of workplace cleanliness. She added that being the Cleanest College in the country (Residential category, 2018), MCM has adopted cleanliness as a way of life and undertakes various sustainable practices like segregation.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ **NSS and Character-Building Committee** organized events such as Kandil making, poster making, Rangoli making, a donation drive with the theme 'रोशनी - Let's brighten up Every face' by **NSS** volunteers as part of **Eco-Diwali celebration**.

### एमसीएम डीएवी कॉलेज में इको-फ्रेंडली दिवाली का आयोजन

**इय्यम इंडिया/विनोद कुमार**

उत्सव को भावना को फिर से जागृत करने और महामारी द्वारा लाये गए निराशा के अंधेरे को दूर करने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन की चारित्र्य निर्माण समिति ने गो इको: ग्रीन दिवाली फेस्ट का आयोजन किया। दीवाली उत्सव को पर्यावरण के अनुकूल मनाने का संदेश देने एवं समाज के उत्थान के संकल्प के उद्देश्य साथ, चारित्र्य निर्माण समिति ने इस उत्सव में विभिन्न प्रतियोगिताओं का आयोजन किया। से नो टू क्रैकमें विषय पर पोस्टर मेकिंग, केच टू प्रमोट डॉटनर दिशाज विषय पर डॉट वॉलिंग, गो ग्रीन विषय पर पॉट डेकोरेशन, रंगोली मेकिंग विरू इको प्रोडक्ट्स तथा कंटील मेकिंग प्रतियोगिताओं में छात्राओं ने उत्साहपूर्वक भाग लिया। प्रविष्टियों ने न केवल प्रतिभागियों की अनुकरणीय रचनात्मकता को प्रोत्साहित किया, बल्कि पर्यावरण संरक्षण के लिए उनकी संवेदनशीलता को भी प्रदर्शित किया। सर्वश्रेष्ठ विजेता प्रविष्टियों को ई-प्रमाणपत्र से सम्मानित किया गया। पोस्टर मेकिंग प्रतियोगिता में हर्मिता भारती ने पहला स्थान प्राप्त किया जबकि भावना रानी तथा चमुंद्रा डाक्टर को क्रमशः दूसरा व तीसरा स्थान मिला। अदिति जोशी को सातवां प्रथम दिया गया। पॉट डेकोरेशन में देवप्रिया ने पहला प्रथम जीता जबकि नेहा गोयल तथा शरणा सिंह को क्रमशः दूसरा व तीसरा प्रथम दिया गया। वर्गिका ने इस प्रतियोगिता में सातवां प्रथम जीता। रंगोली में अदिति जोशी ने पहला प्रथम जीता जबकि श्रद्धिका और मुनीत को क्रमशः दूसरा और तीसरा प्रथम दिया गया। कंटील मेकिंग में सिमरन गल्होत्र ने पहला प्रथम जीता जबकि अनुष्का और इन्दरजीत को क्रमशः दूसरा व तीसरा प्रथम जीता। बेस्ट शार्ट फिल्म के लिए नीरज समवाल को सम्मानित किया गया। कल्लिज की प्रिसिपल डॉ निशा भार्गव ने चारित्र्य निर्माण समिति की इस अनूठी पहल के लिए सराहना करते हुए कहा कि इस प्रकार के आयोजन छात्राओं को एक सशक्त चरित्र के साथ राष्ट्र के जागरूक नागरिक बनाने के उद्देश्य में सहायक होंगे। उन्होंने कहा कि इस प्रयास के माध्यम से छात्राओं को संदेश दिया गया है कि कल्लिज समय के दौरान भी वैर्न, सावध और हिम्मत से काम लेकर अपने परिवार को सुरक्षा जंघा रखना चाहिए क्योंकि प्रत्येक दिन कुछ न कुछ उत्सव मनाने लायक है।

किया। संपादक : इय्यम सूंदर बंसल \* | संपादकविद्य कार्यालय 45 / 5, प्यारखाल बिल्डिंग, # 0124-4048636, ई-मेल: humanindiainews@gmail.com

Kindly share pictures and mail at [mcmdavnews@gmail.com](mailto:mcmdavnews@gmail.com) by 15th November 2020 by 5:00 P.M.

Dr. Pallvi Rani  
Dr. Purnima Bhandari  
(NSS PROGRAMME OFFICERS)

Dr. Nisha Bhargava  
(Convener & Principal)

Follow Social distancing norms & Wear masks

### MCM NSS units celebrate Diwali with activities promoting 'Not Me but You'

Adding a unique dimension to Diwali celebrations in the times of pandemic, the NSS Units of Mehr Chand Mahajan DAV College for Women organized several activities to promote the concept of 'Not me but You'. More than 100 volunteers participated in these activities that included donation drive- Roshni, awareness campaign- Vocal for Local and Go Green Diwali. Under the activity Roshni, the volunteers endeavoured to lighten up the Diwali of underprivileged people by donating masks, soaps, blankets, woollens, books, notebooks, toys, stationary, homemade healthy eatables, fruits and footwear. As part of the Vocal for Local campaign that sought to encourage and empower local artisans and craftsmen, the volunteers motivated their family and friends and bought diyas, decorative items from local artisans and street vendors. Under the Go Green Diwali initiative, the volunteers made awareness posters promoting.

- ✓ To make the Teaching Faculty, Non-Teaching Staff and Students aware about the relevance of Green Audit, a webinar on environmental Awareness – Green Audit and Its Relevance was organized by Internal Quality Assurance Cell (IQAC) of the college on 06.02.2021. Mr. Gaurav Raja Prakash, National Consultant, United Nations Development Programme and Consulting Partner, M/s The Ridge Environment Consultants, Shimla was the resource person.

## एमसीएम ग्रीन ऑडिट पर वेबिनार

चण्डीगढ़ (हिमाचल प्रदेश)। मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन के इंटरनल क्वालिटी अश्योरेंस सेल (आईक्यूएसी) ने एनवायरनमेंट अवेयरनेस = ग्रीन ऑडिट एंड इट्स रिलेवेंस पर एक वेबिनार का आयोजन किया। ग्रीन ऑडिट के प्रति जागरूकता बढ़ाने के उद्देश्य से आयोजित इस वेबिनार में नेशनल कंसल्टेंट, यूनाइटेड नेशंस डेवलपमेंट प्रोग्राम तथा कंसल्टिंग पार्टनर, मैसर्स द रिज एनवायरनमेंट कंसल्टेंट्स, शिमला के श्री गौरव राजा प्रकाश बतौर विशेस उपस्थित थे। इस आयोजन के उद्घाटन सम्योहन में कल्लिज की प्रिसिपल डॉ निशा भार्गव ने कहा कि मानव द्वारा अंधाधुंध पर्यावरणीय हानिकारक गतिविधियों के पुनर्जीवित और नवीनीकृत करने की आवश्यकता है, श्री गौरव राजा प्रकाश ने कहा कि व्यक्तिगत और साथ ही संगठनात्मक स्तर पर ग्रीन ऑडिट वर्तमान समय की आवश्यकता है। ग्रीन ऑडिट को सरल शब्दों में परिभाषित करते हुए, श्री गौरव ने इसके विभिन्न लाभों के बारे में विस्तार से बताया और मौजूदा प्राकृतिक प्रणाली को बनाए रखते हुए विकास सुनिश्चित करने वाली बहु-स्तरीय लागत प्रभावी रणनीतियों पर प्रकाश डाला। शिक्षण और गैर-शिक्षण स्टाफ सदस्यों एवं छात्राओं ने इस वेबिनार में भाग लिया और आने वाली पीढ़ियों के लिए बेहतर भविष्य हासिल करने के लिए मिलकर काम करने का संकल्प लिया।

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



### एमसीएम में बायोएनर्जी और सेल्फ अवेयरनेस पर सत्र आयोजित

चंडीगढ़ (त्रुदम आचार्य / हिमप्रभा)। मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन की स्वच्छता समिति के तत्वावधान में वनस्पति विज्ञान विभाग ने फूड वेस्ट से बायोएनर्जी पर एक ऑनलाइन इंटरैक्टिव सत्र का आयोजन किया। सत्र का संचालन प्रोफेसर सुधीर कुमार, जैव प्रौद्योगिकी और जैव सूचना विज्ञान विभाग, जे पी विश्वविद्यालय, वाकनाचाट, सोनल (हिमाचल प्रदेश) ने किया।

वेबिनार में 95 से अधिक प्रतिभागियों ने उत्साहपूर्वक भाग लिया। उद्घाटन संबोधन में कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने सौर ऊर्जा और बायोगैस सहित ऊर्जा के नवीकरणीय स्रोतों के दोहन की आवश्यकता पर जोर दिया तथा कॉलेज द्वारा सरटेनबल प्रिक्टिस के लिए गए प्रयासों के बारे में दर्शकों को बताया। सत्र के दौरान डॉ सुधीर ने बायोगैस के रूप में जैव ईंधन के उत्पादन सहित विभिन्न अर्पिष्ठ प्रबंधन प्रथाओं के बारे में जानकारी दी। उन्होंने बायोगैस प्लांट की अवधारणा, निर्माण और उपयोगिता के बारे में चर्चा की। बायोगैस संयंत्र के उत्पादन और कामकाज को प्रभावित करने वाले तत्वों, लागत, रखरखाव, मापदंडों सहित कई विषयों पर चर्चा की गई। एक अन्य कार्यक्रम में, कॉलेज के खातकोर वाणिज्य विभाग ने स्वच्छता समिति के तत्वावधान में सेल्फ अवेयरनेस-कैटेलाइजिंग इमोशनल इंटेलिजेंस शीर्षक पर एक ऑनलाइन इंटरैक्टिव सत्र आयोजित किया। सत्र का संचालन डॉ नैना शर्मा, डिपार्टमेंट ऑफ़ डिस्टेंस एजुकेशन, पंजाबी विश्वविद्यालय, पटियाला ने किया। सत्र के दौरान आत्म-जागरूकता की अवधारणा पर चर्चा की गयी। प्रतिभागियों को अपने भीतर के बारे में बेहतर तरीके से जागरूक करने के लिए विभिन्न गतिविधियाँ जैसे जोहरी विंडो, स्मॉट विस्लेरपम आदि के बारे में बताया गया। सत्र में प्रतिभागियों सही प्रकार से सांस लेने की प्रक्रिया तथा इसके प्रभावों के बारे में भी बताया गया।

An Interactive Session On 'Bioenergy from Food Waste' organized by Department of Botany under the aegis of Swachhta Committee of Sciences on 06.02.2021.

- ✓ Several events were organized by NSS Units and MCM Eco Club and Swachhta Committee (Arts) as part of Earth Day celebration on 22.04.2021.

### पृथ्वी दिवस पर आयोजित प्रतियोगिताओं में 70 स्वयंसेवकों ने लिया हिस्सा

चंडीगढ़। एमसीएम डीएवी कॉलेज फॉर वूमैन की एनएसएस इकाइयों और स्वच्छ समिति (कला) ने पृथ्वी दिवस को बड़े उत्साह के साथ मनाया। इस वर्ष पृथ्वी दिवस के विषय रिस्टर अवर अर्थ पर केंद्रित इस उत्सव में लगभग 70 एनएसएस स्वयंसेवकों ने विभिन्न गतिविधियों में उत्साहपूर्वक भाग लिया, जिसमें की पुराने कपड़ों में मास्क और कपड़े के बेले बनाना, अर्पिष्ठ पदार्थों का पुनर्चक्रण, बर्ड फीडर और प्लांटर्स के रूप में उपयोग की हुयी बोतलों का पुन-उपयोग, पुस्तकों का दान, अपने-अपने निवास स्थानों पर पीपे लगाना, स्व-सिंचित प्लांटर्स, सिंक्रलर का उपयोग करने और अपने संबंधित स्थानों पर रसोई कचरे से खाद बनकर जल संसाधनों का संरक्षण।

इस प्रकार कॉलेज की स्वच्छता समिति (कला) ने भारत का अमृत महोत्सव, भारत 75 के तत्वावधान, पृथ्वी दिवस के उत्सव में एक ऑनलाइन सेल्फी चैलेंज का आयोजन किया। इस प्रतिबोधित में छात्राओं को किसी हबल पीपे को उधार में देते हुए या किसी दैनिक उपयोग की वस्तु को पुनर्चक्रित करते हुए (प्लास्टिक को प्रतिस्थापित करते हुए) अथवा कोविड -19 महामारी की रोकथाम हेतु किये गए प्रयास का चित्र भेजना था।

प्रतियोगिता के विजेताओं को नकद पुरस्कार और ई-प्रमाण पत्र से सम्मानित किया गया। कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने एनएसएस इकाइयों और स्वच्छता समिति के प्रयासों की सराहना करते हुए कहा कि समाज को जागरूक करने, पृथ्वी के संरक्षण तथा हरित पृथ्वी की परिकल्पना को साकार करने एवं हमारे अंधाधुंध क्षति के प्रभाव से बचाने के लिए इस प्रकार की गतिविधियां वर्तमान समय में अत्यंतिक प्रसंगिक हैं।

Mehar Chand Mahajan DAV College For Women, Sector 36-A, Chandigarh (U.T.) NSS UNITS Earth Day - 2021 Celebrations

RECYCLING IDEAS

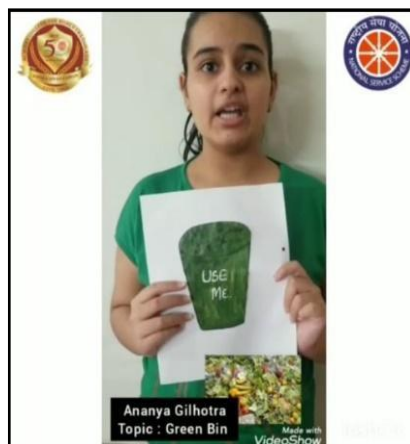
1. recycled plastic bottle for planting
2. plastic tub recycled for planting
3. carry bag made from old newspaper

Let's save our home, Let's restore Our Earth!

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

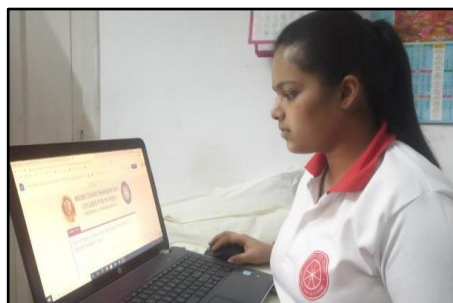
- ✓ Keeping in view the need for sensitizing people about the concept of waste segregation, the **NSS Units** of the College in collaboration with **MCM Eco-Club** of the College made an awareness video that highlighted the usage of appropriate bins for effective waste disposal.

Following are links of the video uploaded on different social media handles of the institution:



- <https://www.facebook.com/MCMDA/CW/videos/212733307104702/>
- [https://www.instagram.com/tv/CPAGhXkBkYL/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/tv/CPAGhXkBkYL/?utm_source=ig_web_copy_link)
- <https://youtu.be/kyjfXovx0Xo>

- ✓ On the occasion of **World Environment Day**, **NSS Units** of the College in collaboration with the **Department of Environment Science** and **MCM Eco-Club** of the college organized a **National Level Online Quiz** on 05.06.2021. In this quiz, more than 1000 participants including 24 faculty members belonging to three Union Territories (Delhi, Jammu Kashmir and Chandigarh), more than 10 states (including West Bengal, Rajasthan, Uttarakhand and Goa) and 15 different cities registered themselves for the event.



### एमसीएम में विश्व पर्यावरण दिवस मनाया

अर्थ प्रकाश संवाददाता

चंडीगढ़, 5 जून। विश्व पर्यावरण दिवस को उत्साह के साथ मनाते हुए, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन ने पर्यावरण की रक्षा के लिए जागरूकता बढ़ाने और प्रोत्साहित करने के उद्देश्य से विभिन्न गतिविधियों का आयोजन किया। दिन की शुरुआत एक भावपूर्ण हवन समारोह के साथ हुई, जिसमें प्रिंसिपल डॉ. निशा भार्गव, स्टाफ और छात्रों ने पृथ्वी के स्वस्थ होने और मानव जाति की भलाई के लिए प्रार्थना की। समारोह कोविड सुरक्षा प्रोटोकॉल को ध्यान में रख कर किया गया। इसके बाद पौधरोपण अभियान चलाया गया। इस अवसर पर अपने विचार साझा करते हुए, डॉ. भार्गव ने जोर देकर कहा कि कोविड के उद्भव ने दिखाया है कि पारिस्थितिकी तंत्र के नुकसान के परिणाम कितने विनाशकारी हो सकते हैं और यह उचित समय है कि मनुष्य अपना ध्यान पर्यावरणीय शोषण से पर्यावरणीय उपचार पर केंद्रित करे। एक अन्य गतिविधि में, एक ऑनलाइन फोटोग्राफी प्रतियोगिता व फोटो प्रदर्शनी का आयोजन किया गया, जिसमें डॉ. भार्गव और संकाय सदस्यों ने प्रकृति और जैव विविधता के उनके द्वारा क्लिक की गई अद्भुत तस्वीरें प्रस्तुत कीं। ऑनलाइन प्रदर्शनी को <https://youtu.be/6xf3tlZAJhY> लिंक के माध्यम से कॉलेज के यूट्यूब चैनल पर देखा जा सकता है। कॉलेज की एनएसएस इकाइयों ने पर्यावरण विज्ञान विभाग और एमसीएम इको क्लब के सहयोग से एक राष्ट्रीय स्तर की ऑनलाइन



प्रश्नोत्तरी का आयोजन किया। प्रश्नोत्तरी का विषय 'पारिस्थितिकी तंत्र की बहाली' था और इसका उद्देश्य समुदाय को हमारी पृथ्वी को बहाल करने के महत्व के बारे में शिक्षित करना था। क्विज में जबरदस्त प्रतिक्रिया देखी गई यू.टी. से 1054 पंजीकरण प्राप्त हुए थे। (दिल्ली, जम्मू कश्मीर और चंडीगढ़), 10 से अधिक राज्य (पश्चिम बंगाल, राजस्थान, उत्तराखंड, गोवा सहित) और 15 से अधिक विभिन्न शहर। सभी प्रतिभागियों को ई-प्रमाण पत्र दिए गए जबकि शीर्ष तीन विजेताओं को नकद पुरस्कार दिए गए। इस अवसर पर महाविद्यालय की चरित्र निर्माण समिति एवं भूमिर्माण समिति ने 'एक पौधा लगाओ' तथा 'बेहतर अपशिष्ट' विषय पर इंटर कॉलेज प्रतियोगिता का आयोजन किया। इस प्रतियोगिता में 52 छात्रों ने उत्साहपूर्वक भाग लिया, जिसमें उन्होंने अपने-अपने स्थानों पर पौधे लगाकर पर्यावरण के प्रति अपने प्रेम का प्रदर्शन किया और अपशिष्ट पदार्थों का प्रयोग करके रचनात्मक वस्तुएं बनाईं एवं पुनः उपयोग और रीसायकल का संदेश दिया। सभी प्रतिभागियों को ई-सर्टिफिकेट प्रदान किए गए।

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



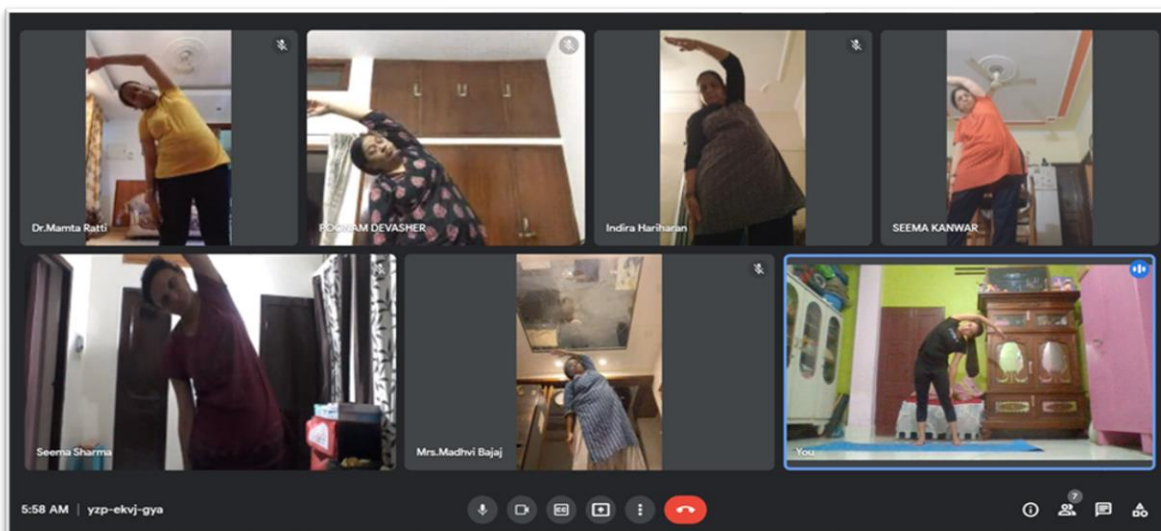
NCC cadets taking part in Swachh Bharat Abhiyaan Sector 42



**Cleanliness drives** organized by NSS Volunteers and members of NSS committee as part of *Swachh Bharat Abhiyaan* on 02.10.2020 and 19.03.2021.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

To sensitize students about need of yoga for **mental, physical and spiritual wellbeing** and make them aware about asanas and their ability to cure routine dysfunctioning of our body without the intake of medicines many awareness sessions related to Yoga were organized by departments and committees such as NSS Units, Character Building Committee and Department of Physical Education.



- ✓ **Online Yoga Sessions have been organized by Department of Physical Education since 29.06.2020 for staff as well students.** The classes are being conducted in two different sessions i.e., morning and evening with a slot of one hour each.

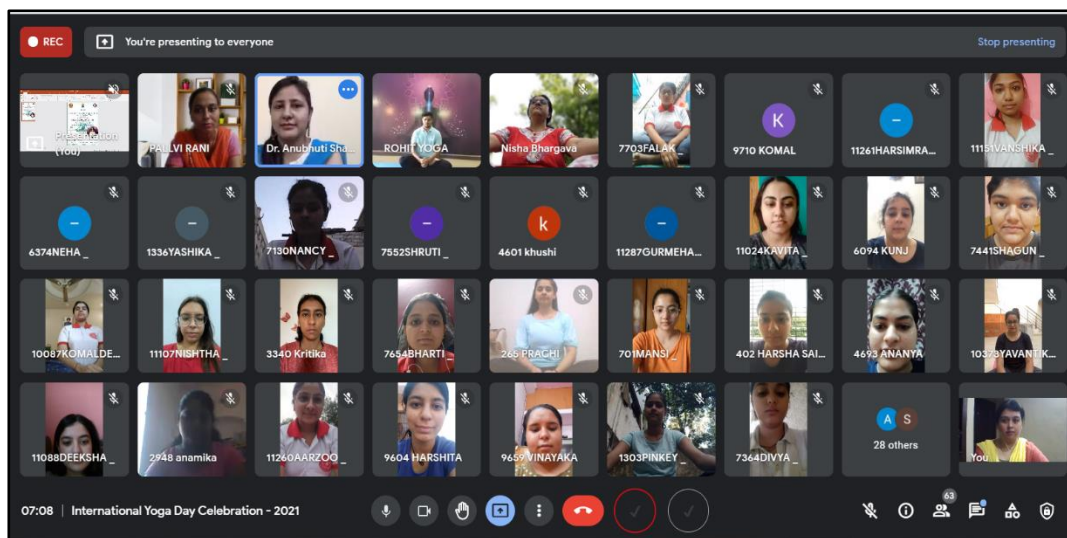
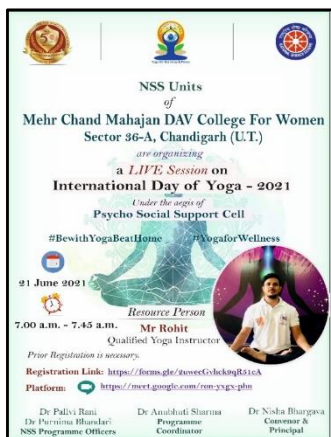


- ✓ **Medical Committee of the college in collaboration with MCM Eco-Club organized a webinar cum training session on “Yoga for Health” on 08.04.2021.**

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



- ✓ The second workshop in the series of “Food for Mind, Body and Soul” workshops titled **“Two Day National Hands – on Training- cum- Workshop on Yoga and Meditation”** was organized under the aegis of Fit India Movement by Mehr Chand Mahajan DAV College for Women from **22.04.2021-23.02.2021**.



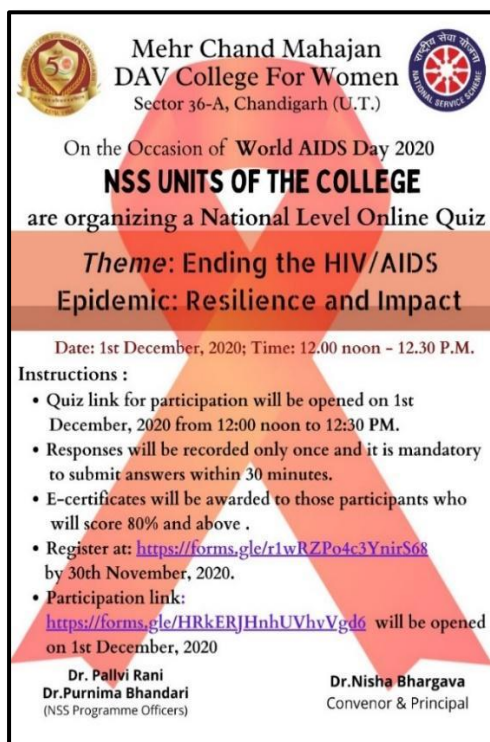
- ✓ **NSS Units** of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a **live yoga session** on 7<sup>th</sup> International Day of Yoga (21.06.2021) under the aegis of Psycho Social Support Cell.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



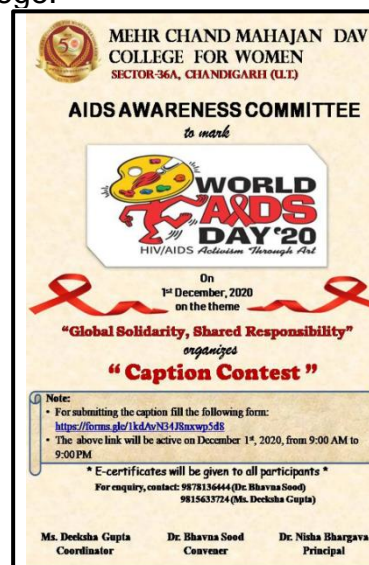
**NCC Cadets performing Yoga on International Day of Yoga**

Several events pertaining to important days that signifies good health and environment were organized by different committees such as



✓ On the occasion of **World AIDS Day** (01.12.2020), around 233 people from more than 15 different states across the nation participated in the National level Online Quiz organized by NSS Units of the College.

✓ On the occasion of **World AIDS Day** (01.12.2020), Caption contest organized by AIDS Awareness Committee of the College.

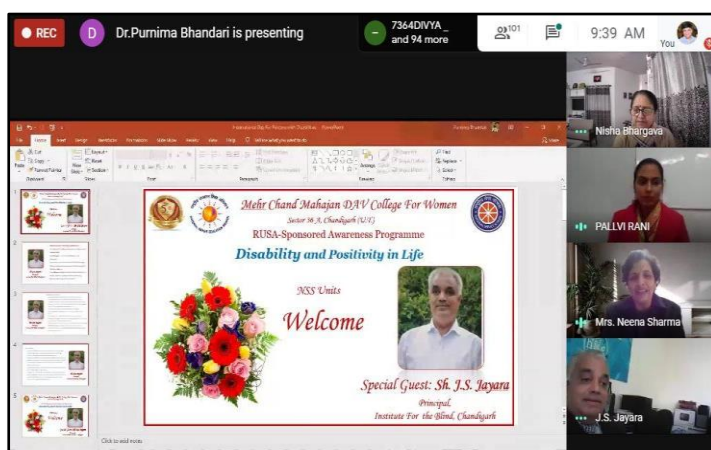




**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



- ✓ To mark the **International Day for persons with disabilities** on 03.12.2020, the **Equal Opportunity Cell** of the college organized an online event on the theme **“Building back better: towards an inclusive, accessible and sustainable post COVID-19 world by, for and with persons with disabilities”**. In this event various activities were conducted such as Poster Making, Slogan Writing, Covid-19 Response-Share your story (Audio/ Video/ in Written form).



**एमसीएम में 'इंटरनेशनल-डे ऑफ परसंस'**

चंडीगढ़। इंटरनेशनल डे ऑफ परसंस विद डिसेबिलिटी के उपलक्ष्य में मेहर चंद महाजन डीएवी कालेज फॉर वूमन की एनएसएस इकाइयों, इकल ऑपचुनिटी सेल और चरित्र निर्माण समिति के तत्वावधान में विभिन्न गतिविधियों का आयोजन किया। कालेज की एनएसएस इकाइयों ने डिसेबिलिटी एंड पॉजिटिविटी इन लाइफ पर राष्ट्रीय उच्चतर शिक्षा अभियान रूसा प्रायोजित एक जागरूकता कार्यक्रम का आयोजन किया। श्री जेएस जयारा, प्रिंसिपल, इंस्टीट्यूट फॉर द ब्लाईंड, चंडीगढ़ इस अवसर पर बतौर विशिष्ट अतिथि उपस्थित थे। अपने प्रेरक संबोधन में श्री जयारा ने कहा कि विकलांगता अभिशाप नहीं है बल्कि एक चुनौती है जिसे सकारात्मक दृष्टिकोण अपनाकर दूर किया जा सकता है।

- ✓ **NSS Units** of the college 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.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

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| <p><b>एमसीएम डीएवी कॉलेज में राष्ट्रीय युवा दिवस मनाया</b></p> <p>चंडीगढ़। स्वामी विवेकानंद जी की जयंती को राष्ट्रीय युवा दिवस के रूप में मनाते हुए, मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन के इक्वल ऑपचुनिटी सेल ने 'इंसपायर्ड लिविंग फॉर ट्रू सक्सेस' विषय पर एक ऑनलाइन प्रेरक व्याख्यान का आयोजन किया। विवेक अत्रे, पूर्व आईएएस, लेखक एवं पब्लिक रिलेशंस कार्डिसल ऑफ इंडिया के चंडीगढ़ चैप्टर के अध्यक्ष इस अवसर पर बतौर विशिष्ट अतिथि उपस्थित थे। 500 से अधिक छात्राओं ने इस आयोजन में बढ़-चढ़ कर उत्साहपूर्वक भाग लिया। इस ऑनलाइन व्याख्यान को कॉलेज के यूट्यूब चैनल पर लाइव प्रसारित किया गया। अपने उद्घाटन संबोधन में, प्रिंसिपल डॉ निशा भागव ने स्वामी विवेकानंद के वेदांत दर्शन और सार्वभौमिक भाईचारे के योगदान के बारे में बताया। अपने प्रेरक संबोधन में श्री विवेक अत्रे ने प्रतिभागियों को स्वामी जी के शब्दों- 'उठो जागो और तब तक नहीं रुके जब तक लक्ष्य पूरा न हो जाए' से प्रेरणा लेने का आग्रह किया। उत्साहपूर्ण एवं प्रेरक जीवन पर बातचीत करते हुए श्री अत्रे ने प्रतिभागियों को स्वयं को भीतर से जागृत करने के लिए दैनिक जीवन में पढ़ने को आवश्यक बताया।</p> |  | <p><b>एमसीएम में राष्ट्रीय युवा दिवस का आयोजन</b></p> <p>चंडीगढ़, 12 जनवरी (जनसत्ता)।</p> <p>स्वामी विवेकानंद की जयंती को राष्ट्रीय युवा दिवस के रूप में मनाते हुए, मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन के समान अवसर सैल ने 'इंसपायर्ड लिविंग फॉर सक्सेस' विषय पर एक ऑनलाइन प्रेरक व्याख्यान का आयोजन किया। पूर्व आईएएस विवेक अत्रे इस अवसर पर बतौर विशिष्ट अतिथि थे। कार्यक्रम में 500 से अधिक छात्राओं ने हिस्सा लिया। इस ऑनलाइन व्याख्यान को कॉलेज के यूट्यूब चैनल पर लाइव प्रसारित किया गया।</p> <p>इस दौरान प्रिंसिपल डॉ. निशा भागव ने स्वामी विवेकानंद के वेदांत दर्शन और सार्वभौमिक भाईचारे में योगदान को बताते हुए उन्हें श्रद्धांजलि अर्पित की। उन्होंने कहा कि इस तरह के कार्यक्रमों से कॉलेज के चरित्र निर्माण के प्रयासों में नवीन ऊर्जा का संचार होगा। उन्होंने युवाओं से विवेकानंदजी के जीवन का अनुकरण करने का आह्वान किया।</p> |
|---|---|--|

- ✓ National Youth Day - an online motivational discourse on the topic 'Inspired Living for True Success' organized by Equal Opportunity Cell on 12.01.2021



**एमसीएम डीएवी कॉलेज में राष्ट्रीय बालिका दिवस का आयोजन किया**

चंडीगढ़ ■ रोज़ाना ब्यूरो

चुनौतियों पर चर्चा करने के साथ साथ बालिका शिक्षा, पोषण और स्वास्थ्य के महत्व के बारे में जागरूक करना था। अपने

फुले और डॉ किरण बेदी के उदाहरण देते हुए स्कूली लड़कियों को अवगत कराया कि कैसे लड़कियों की शिक्षा समाज में पर्याप्त बदलाव ला सकती है। स्वयंसेवकों ने स्कूली लड़कियों को स्टेशनरी किट भी वितरित किये। उन्होंने इस अवसर पर एक मानव श्रृंखला बनाई और लड़कियों के अधिकारों के बारे में उस क्षेत्र के निवासियों को जागरूक करने के लिए एक जागरूकता रैली का आयोजन किया।

कॉलेज की प्रिंसिपल डॉ निशा भागव ने कहा कि इस बात से इनकार नहीं किया जाता है कि अब लोग लड़कियों का बहिष्कार और स्वीडियों से उत्पन्न बाधाओं को तोड़ रहे हैं, लेकिन अभी भी लड़कियों के अधिकारों के लिए एक अधिक न्यायपूर्ण और समृद्ध भविष्य बनाने की दिशा में बहुत कुछ किए जाने की आवश्यकता है।

मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन की एनएसएस इकाइयों ने राष्ट्रीय बालिका दिवस के उपलक्ष्य में गाँव बधेरी में 'बेटी बचाओ बेटी पढ़ाओ' विषय पर जागरूकता कार्यक्रम का आयोजन किया। सरकारी मॉडल हाई स्कूल (जीएमएचएस), सेक्टर 41-डी में आयोजित इस कार्यक्रम में श्री हरदीप सिंह बटरला, पूर्व सीनियर डिप्टी मेयर, पार्षद वार्ड नंबर 10, चंडीगढ़ और जीएमएचएस -41 प्रभारी श्रीमति जतिंदर कौर विशेष रूप से उपस्थित थे।

कार्यक्रम का उद्देश्य लड़कियों के अधिकारों के बारे में जागरूकता पैदा करना, लड़कियों द्वारा उनके दैनिक जीवन की

प्रेरक संबोधन में, श्री हरदीप सिंह ने इस बात पर जोर दिया कि प्रत्येक व्यक्ति लड़कियों के सशक्तिकरण और उनके अधिकारों की पूर्ति में कैसे योगदान दे सकता है। कार्यक्रम के दौरान, एनएसएस स्वयंसेवकों ने सावित्रीबाई

राष्ट्रीय सेवा योजना NATIONAL SERVICE SCHEME

- ✓ On 23.01.2021, NSS Units of the College celebrated National Girl Child Day 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.

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



### MCM NSS celebrates World Cancer Day

On the occasion of World Cancer Day, the NSS Units of Mehr Chand Mahajan DAV College for Women, in collaboration with the college's Medical Committee, organized an awareness session in the adopted village Badheri. The resource person for the session was Dr. Parneet Kaur, Consultant - Obstetrician and Gynaecologist, Ivy Hospital, Mohali. Mrs Ranjit Kaur and Mrs Sunita, Incharges of Badheri Anganwadi were also present during the event. The session was attended by the women and girls of that area. In the beginning of the session, NSS volunteers apprised the audience with the objectives, spirit and vision of the World Cancer Day. During the session, Dr. Parneet Kaur provided detailed insights on cancer while laying major emphasis on its causes, symptoms of Breast Cancer, Cervical cancer, Ovarian cancer and Leukaemia. She laid emphasis on periodic screening and diagnosis for timely treatment and apprised the audience about the cervical cancer vaccine. Several queries of the audience were addressed by the resource person during the session. In addition, an awareness walk was also organized in Badheri where volunteers displayed charts that sought to sensitize the residents about the disease. Proper COVID-19 protocols (sanitization and social distance maintenance) were observed during the event. Principal Dr. Nisha Bhargava lauded the spirit of selfless service of the NSS volunteers, whose efforts were efficacious in raising awareness regarding cancer and its types among the residents of Badheri.



- ✓ On the occasion of World Cancer Day, **NSS Units** of the college in collaboration with the **Medical Committee** of the College organized an awareness session in Village Badheri on **04.02.2021**.

**Mehr Chand Mahajan DAV College for Women**  
Sector 36-A, Chandigarh (I.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 theme further the Geetanjali Counselling Helpline is organizing a Slogan Writing Contest on the theme **'Keep Calm, Stay Wise, Be Kind'** on 20th March 2021.

**Supply 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. • Slogans should be concise and not more than 20 words in Hindi or English. • The Slogan must not contain any profane, objectionable or inappropriate content. • Winner will be selected by selection committee on the basis of slogan's originality, creativity and appeal. • All the participants will be awarded e-certificates. • Cash prizes for First, Second and Third Positions are Rs. 300/-, Rs. 100/- and Rs. 80/- respectively. • Last date for Slogan submission is 20th March 2021.

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

Dr. Nisha Khosra  
Coordinator

Dr. Nisha Bhargava  
Convener & Principal

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

परमेश्वर (अद्वय आत्मार्थ / विद्यमान)। मेघर चंद्र महाराज जीवनी प्रतिष्ठान परीक्षाओं को मॉडरनाईज करने हेतु प्रयोग करने में प्रारंभिक चरणों के अन्तर्गत एक राष्ट्रीय स्तर की स्तरीय लेखन प्रतियोगिता का आयोजन किया। इस वर्ष इंटरनेशनल डे ऑफ हैपिनेस को थीम की रूप में चुना गया। नौ मार्च को चलने में रखी हुए आयोजित इस प्रतिस्पर्धी स्तरीय लेखन प्रतियोगिता में मेघर चंद्र महाराज जीवनी प्रतिष्ठान के 63 प्रतिस्पर्धी ने असाधारण ध्यान और प्रतिभा के साथ भाग लिया। प्रतियोगिता में 63 प्रतिस्पर्धी ने असाधारण ध्यान और प्रतिभा के साथ भाग लिया। प्रतियोगिता में 63 प्रतिस्पर्धी ने असाधारण ध्यान और प्रतिभा के साथ भाग लिया।

कार्यशाला के दौरान, डॉ. निशा खोस्रा ने प्रतिभागियों को अनेक लेखन प्रतियोगिताओं के बारे में बताया और उन्हें प्रेरित किया। उन्होंने कहा कि लेखन एक शक्ति है जो हमें अपने विचारों को व्यक्त करने और दूसरों को प्रेरित करने में मदद करती है।

## जो समाज, है वह विक

- ✓ The Geetanjali Counselling Helpline of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a **National Level Slogan Writing Competition** to mark the celebration of the **United Nations International Day of Happiness** on **20.3.2021**

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



**एमसीएम में अंतर्राष्ट्रीय महिला दिवस मनाया**



चंडीगढ़। 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 की जिनमें एक राष्ट्रीय स्तर की विज्ञापन बनाने की प्रतियोगिता तथा दूसरी गतिविधि का शीर्षक था परिणिता जिसमें अंतर्गत प्रतिभागियों 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 बढ़ चढ़ कर भाग लिया तथा अपनी प्रविष्टियों में वीमेनहुड के सार को दर्शाया था।

- ✓ On the occasion of **International Women's Day**, **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 on 08.03.2021.



- ✓ **Awareness lecture and Rally on World Water Day** by NSS Units on 22.03.2021.

**NSS Camp at MCM promotes Jal Shakti, Poshan and Swachh Bharat Abhiyan**



On day 5 of the 7 Day/Night Special NSS Camp at Meher Chand Mahajan DAV College for Women, an awareness lecture on Water Conservation was organised in collaboration with MCM Eco Club. The objective of organizing the lecture was to educate the volunteers about the theme of this year's World Water Day i.e. Valuing Water, about the importance of fresh water and its significance in fostering a cleaner and greener planet. The resource person Mr. Sushil Dogra, Scientist B, Chandigarh Pollution Control Committee, Chandigarh, discussed different ways for conserving water such as rainwater harvesting, water quality monitoring scheme, etc. This was followed by a talk on 'Nutrition' under the Poshan Abhiyan of Ministry of Women and Child Development, Government of India. Dr. Harjot Kaur Mann, Assistant Professor, Department of Home Science of the college delivered this talk wherein she apprised the volunteers about the importance of nutrition in day-to-day life.

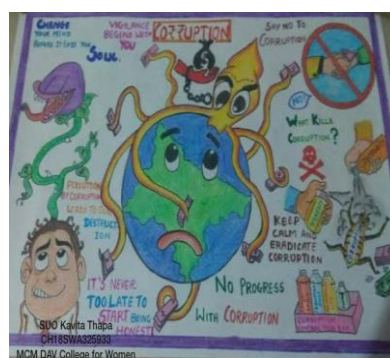
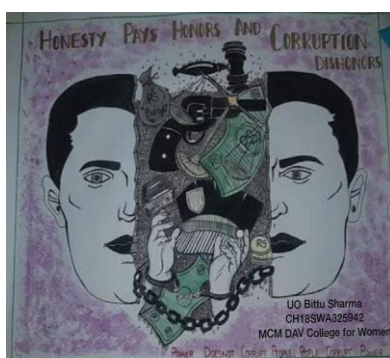
**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



Events - **Online Quiz and My Backyard Biodiversity** organized by **Department of Botany and Zoology and MCM Eco-Club** of the college as part of **International day of Biodiversity Celebrations** on 22.05.2021

**एमसीएम में अंतर्राष्ट्रीय जैव विविधता दिवस मनाया**  
 चंडीगढ़, 22 मई (अप्रस)। मेहर चंद महजन डीएवी कॉलेज फॉर वूमन के वनस्पति विज्ञान और जीव विज्ञान विभाग एवं इको क्लब द्वारा जैव विविधता के मुद्दों पर जागरूकता बढ़ाने के लिए ऑनलाइन गतिविधियों द्वारा अंतर्राष्ट्रीय जैव विविधता दिवस मनाया गया। इस अवसर पर वनस्पति विज्ञान विभाग ने राष्ट्रीय स्तर पर ऑनलाइन जैव विविधता प्रश्नोत्तरी का आयोजन किया। प्रश्नोत्तरी का उद्देश्य छात्रों को जैव विविधता से संबंधित विभिन्न अवधारणाओं से परिचित कराना था, जिसमें इसके अर्थ, घटक, कार्यप्रणाली और संरक्षण शामिल है। एक अन्य गतिविधि में, जीव विज्ञान विभाग और कॉलेज के इको क्लब ने संयुक्त रूप से 'माई बैकग्राउंड बायोडायवर्सिटी' विषय पर एक ऑनलाइन गतिविधि का आयोजन किया, जिसका उद्देश्य छात्रों को एक सप्ताह की अवधि के लिए अपने मूल स्थानों में और उसके आसपास जीवों की विविधता का पता लगाने के लिए प्रेरित करना है। प्रतिभागियों द्वारा उनकी टिप्पणियों को क्रमबद्ध तरीके से दर्ज करने के लिए एक खाका प्रदान किया गया जिसमें उन्होंने जानवरों को उनकी प्रजाति के अनुसार वर्गीकृत करने और प्रत्येक अवलोकन स्थलों के लिए जैव विविधता सूचकांक की गणना करने की आवश्यकता थी। दोनों गतिविधियों को छात्रों से जबरदस्त प्रतिक्रिया मिली। प्रधानाचार्या डॉ. निशा भार्गव ने जैव विविधता संरक्षण के महत्वपूर्ण मुद्दों के बारे में जागरूकता बढ़ाने के लिए वनस्पति विज्ञान और जीव विज्ञान विभाग एवं इको क्लब के प्रयासों की सराहना की। उन्होंने कहा कि एक जीवित ग्रह का अस्तित्व उसकी जैव विविधता के बिना अकल्पनीय है क्योंकि प्रजातियों के बीच जटिल अंतर्संबंध पारिस्थितिक संतुलन को और ले जाता है जो सभी जीवन रूपों के अस्तित्व के लिए एक आवश्यक शर्त है।

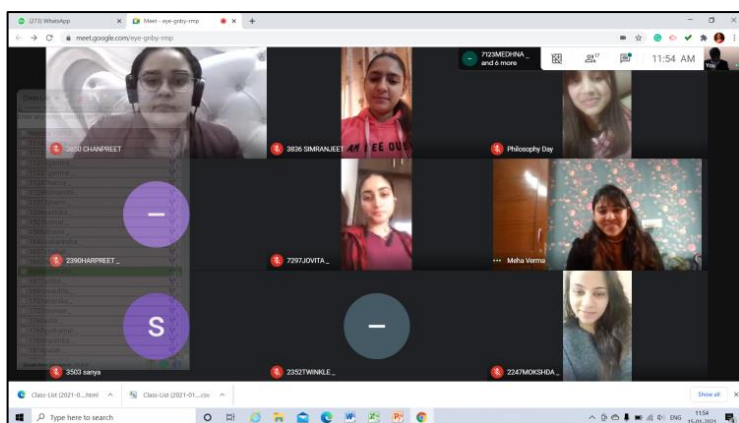
Events like poster making, Slogan making, essay writing competition were organized on different occasions such as **Vigilance Awareness Week, Human Rights Day, Birth anniversary of Swami Vivekananda ji, Blood Donation** etc by different committees.



History Department of organized an online **Essay Writing Competition** on the theme '**Gandhi's ideology and its relevance among today's youth**' on 02.10.2020

Posters, articles, slogan writing as part of **Vigilance Awareness week (27.10.2020 – 2.11.2020)** by **NCC Wing** of the college.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



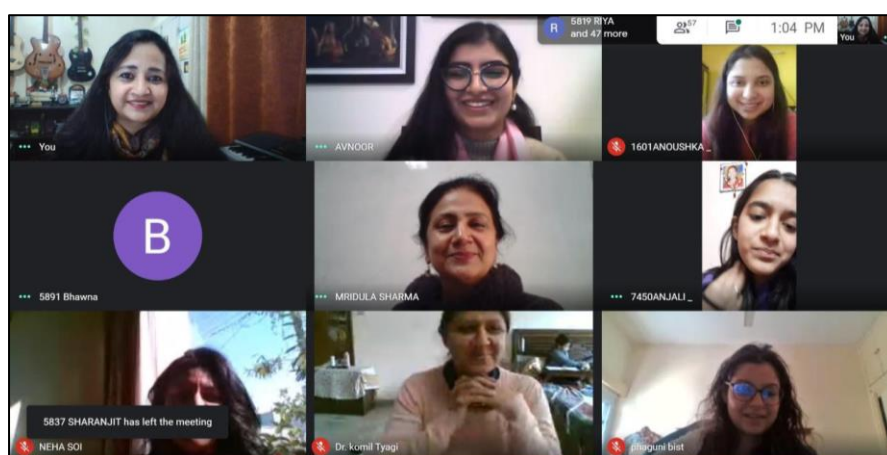
✓ Department of Philosophy, of the college commemorated 158<sup>th</sup> birth anniversary of Swami Vivekananda by organizing an **Online Quiz Competition and Poetry Recitation Competition** on 15.01.2021

✓ Department of Philosophy, celebrated **Zero Discrimination Day** by organizing **Slogan Writing and Poster Making activities** on the topic 'Zero Discrimination' on



✓ **Awareness lecture on “Blood Donation amidst COVID pandemic”** was organized by NSS Units on 19.03.2021. **Links of the activity uploaded on social media handles:**

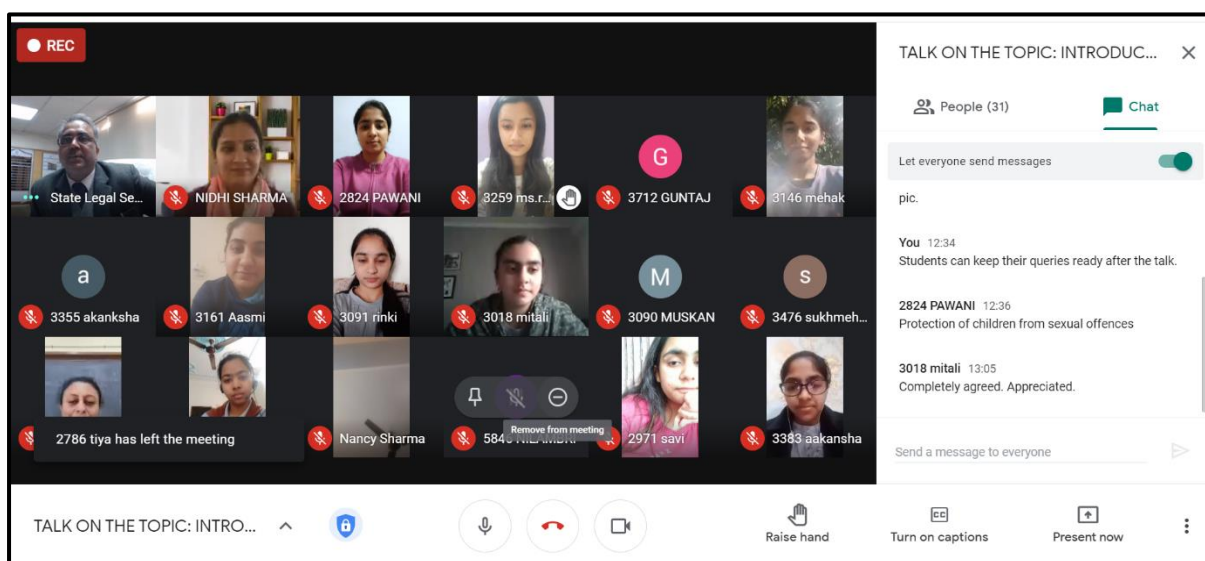
<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/108455997867>



✓ **An Online Training Workshop on “Information Disorder & Media Literacy: Fighting Fake or Fake Fighting”** by Dr Pragya Kaushik, Factshala Trainer and Media Educator by **PG Department of English** on 19.12.2020.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ To spread legal awareness in various strata of society about legal rights and concepts pertaining to the POCSO Act, a gender-neutral act that was enforced on Children's Day (November 14<sup>th</sup> 2012), **awareness sessions on POCSO Act** were organized by **legal Literacy Cell** and **NSS Units** of the college.



- ✓ **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 on 10.02.2021

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



**Awareness session on  
“Re-understanding the  
notion of freedom”  
under POC SO ACT,  
organized by NSS Units  
on 19.03.2021**

- ✓ Considering the need of the hour to deal with fire hazards, NSS Units of the college organized a **workshop cum hands-on training session on Fire Fighting** on 21.03.2021 where a team from Fire Station, Sector 38, Chandigarh comprising of LFM Bhupinder Singh and LFM Paramjit Singh demonstrated the techniques of using fire extinguishers during emergency situations.



**Link of the event uploaded on social media handle:**

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/1088906404908945/>



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

**3. COVID Appropriate behavior:**

To prevent the spread of COVID -19 virus and sensitize students and staff to follow COVID related appropriate behavior, several awareness activities were organized by NSS, NCC, UBA Cell, Equal Opportunity Cell and Swachhta committee in session 2020-21 such as:

A webinar on "Nutrition & Immunity during COVID-19 times" was organized by the NSS Units of the College in association with Fortis Hospital Mohali on 04.09.2020.

Mehr Chand Mahajan DAV College For Women Sector 36-A, Chandigarh  
NSS Units  
in collaboration with  
Fortis Hospital Mohali  
presents  
A live webinar on  
**Nutrition & Immunity During COVID-19 Times**

**Speaker:**  
Dr. Sonia Gandhi  
Head: Department of Nutrition & Dietetics  
Fortis Hospital Mohali

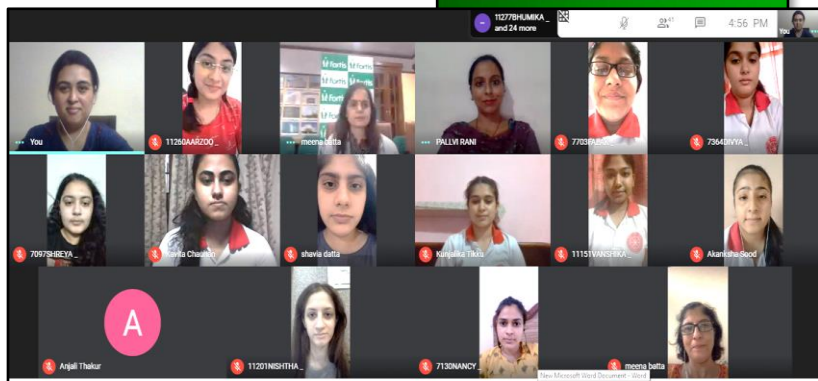
Date: September 4, 2020 Timings: 4:00 PM – 5:00 PM  
Platform: Google Meet

Ms. Pallvi Rani  
Dr. Purnima Bhandari  
(NSS Programme Officers)

Dr. Nisha Bhargava  
Convener & Principal

**एमसीएम कॉलेज में पोषण पर वेबिनार**

चंडीगढ़। राष्ट्रीय पोषण सप्ताह के अंतर्गत, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन की एनएसएस इकाइयों ने कोविड -19 के दौरान पोषण और प्रतिरक्षा पर एक अत्यधिक प्रासंगिक वेबिनार आयोजित किया। यह वेबिनार फोर्टिस अस्पताल, मोहाली के सहयोग से आयोजित किया गया तथा इस वेबिनार का संचालन फोर्टिस अस्पताल, मोहाली के पोषण और अहार विभाग की प्रमुख डाइटीशियन सोनिया गांधी ने किया। लगभग 56 से अधिक एनएसएस स्वयंसेवकों ने इस वेबिनार में भाग लिया। वेबिनार के दौरान प्रतिभागियों को पोषण प्रबंधन के बारे में महत्वपूर्ण जानकारियाँ दी गयीं। डाइटीशियन सोनिया गांधी ने इच्छित पोषण, एक स्वस्थ संतुलित अहार और प्रतिरक्षा को मजबूत करने वाले पोषक तत्वों और जड़ी-बूटियों की उपयोगिता पर विस्तार से बताया और स्वयंसेवकों को स्वच्छता नियमों का पालन करने के लिए प्रोत्साहित किया। उच्च रक्तचाप, मधुमेह, हृदय संबंधी समस्याओं के प्रबंधन के प्रभावी तरीकों पर भी प्रकाश डाला गया। स्वयंसेवकों को महानगरी से बचाव हेतु खाद्य सुरक्षा सुनिश्चित करने के तरीकों तथा खाद्य संचालन के दौरान स्वच्छता के महत्व और इसकी प्रासंगिकता से भी अवगत कराया गया। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने कस कि करेना वायर्स के प्रकोप की स्थिति में प्रतिरक्षा प्रणाली को मजबूत करने में पोषण की महत्वपूर्ण भूमिका है। उन्होंने कस कि वर्तमान में कोविड -19 दुनिया भर में एक प्रमुख चुनौती है और उचित पोषण का सेवन वायर्स के साथ-साथ शारीरिक और मानसिक कल्याण के लिए आवश्यक है।



**एमसीएम में निबंध लेखन प्रतियोगिता**

चंडीगढ़, 3 अक्टूबर (जनसत्ता)।

स्थानीय सेक्टर 36 स्थित मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन कॉलेज के पोस्ट ग्रेजुएट डिपार्टमेंट ऑफ कॉमर्स ने कॉलेज की स्वच्छता समिति के तत्वाधान में कोविड -19: ए बूस्टर शॉट टू स्वच्छ भारत मिशन विषय पर राष्ट्रीय स्तर की ऑनलाइन निबंध लेखन प्रतियोगिता का आयोजन किया। इस प्रतियोगिता का उद्देश्य स्वच्छता के महत्व के बारे में जागरूकता बढ़ाने और विचार-विमर्श को प्रोत्साहित करना था। प्रतियोगिता में देश भर के 65 से भी अधिक विद्यार्थियों ने हिस्सा लिया तथा निबंध के रूप में अपने विचारों को उजागर किया कि किस प्रकार कोरोना महामारी ने देश के स्वच्छ भारत मिशन को अग्रसर किया। प्रतिभागियों ने अपने विचारों में स्वच्छ भारत मिशन के कारण स्वच्छता के

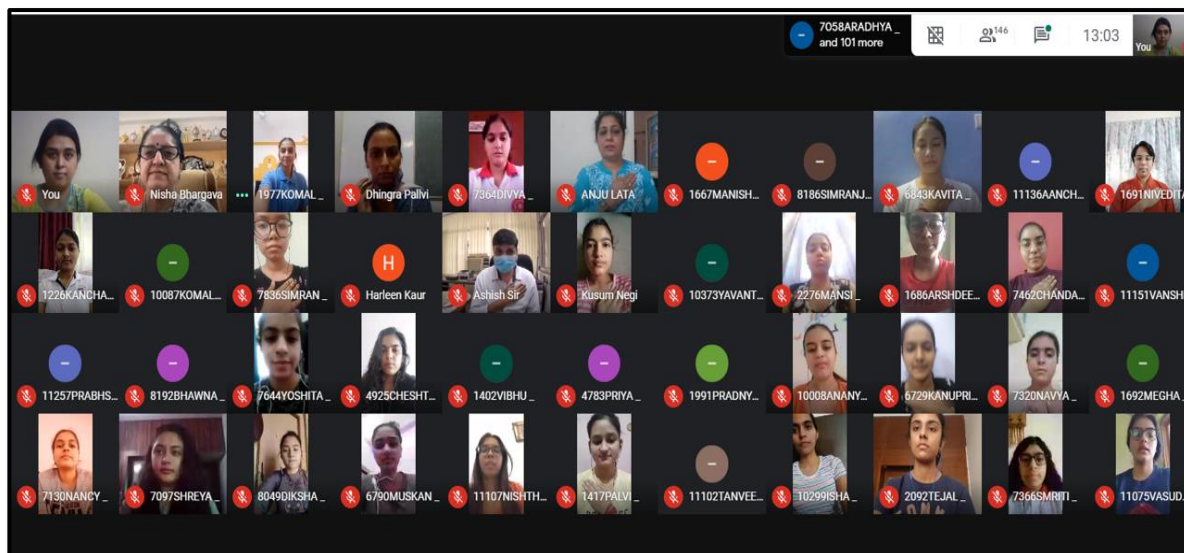
प्रति लोगों के दृष्टिकोण में बदलाव को भी प्रभावी रूप से दर्शाया गया। इस राष्ट्रीय ऑनलाइन निबंध लेखन प्रतियोगिता में हरनाज सिकंद ने प्रथम पुरस्कार प्राप्त किया जबकि वंशिका को दूसरा पुरस्कार और अश्रु खुराना को तीसरा पुरस्कार मिला। विजेताओं को नकद पुरस्कार प्रदान किये गए तथा सभी प्रतिभागियों को ई-सर्टिफिकेट भी दिए गए। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने वाणिज्य विभाग के प्रयासों की सराहना करते हुए कहा कि वर्तमान महामारी ने स्वच्छता के महत्व को जन जन तक पहुंचा दिया। उन्होंने कहा कि एमसीएम, बायोगैस उत्पादन से लेकर अपशिष्ट प्रबंधन, सौर ऊर्जा एवं एसटीपी संयंत्र को कॉलेज परिसर में स्थापना, अपशिष्ट पृथक्करण और इस प्रकार की कई पहल के माध्यम से स्वच्छ भारत के योगदान में निरंतर प्रयासरत है।

**एमसीएम डीएवी कॉलेज ऑनलाइन निबंध लेखन प्रतियोगिता आयोजित**

(फास्ट मीडिया) चंडीगढ़, विनोद कुमार। मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन कॉलेज के पोस्ट ग्रेजुएट डिपार्टमेंट ऑफ कॉमर्स ने कॉलेज की स्वच्छता समिति के तत्वाधान "कोविड -19: ए बूस्टर शॉट टू स्वच्छ भारत मिशन" विषय पर राष्ट्रीय स्तर की ऑनलाइन निबंध लेखन प्रतियोगिता का आयोजन किया। इस प्रतियोगिता का उद्देश्य स्वच्छता के महत्व के बारे में जागरूकता बढ़ाने और विचार-विमर्श को प्रोत्साहित करना था। प्रतियोगिता में राष्ट्र भर के 65 से भी अधिक विद्यार्थियों ने हिस्सा लिया तथा निबंध के रूप में अपने विचारों को उजागर किया कि किस प्रकार कोरोनावायरस महामारी ने देश के स्वच्छ भारत मिशन को अग्रसर किया। प्रतिभागियों ने अपने विचारों में स्वच्छ भारत मिशन के कारण स्वच्छता के प्रति लोगों के दृष्टिकोण में बदलाव को भी प्रभावी रूप से दर्शाया गया। इस राष्ट्रीय ऑनलाइन निबंध लेखन प्रतियोगिता में हरनाज सिकंद ने प्रथम पुरस्कार प्राप्त किया जबकि वंशिका को दूसरा पुरस्कार और अश्रु खुराना को तीसरा पुरस्कार मिला। विजेताओं को नकद पुरस्कार प्रदान किये गए तथा सभी प्रतिभागियों को ई-सर्टिफिकेट भी दिए गए। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने वाणिज्य विभाग के प्रयासों की सराहना करते हुए कहा कि वर्तमान महामारी ने स्वच्छता के महत्व को जन जन तक पहुंचा दिया। उन्होंने कहा कि एमसीएम, बायोगैस उत्पादन से लेकर अपशिष्ट प्रबंधन, सौर ऊर्जा एवं एसटीपी संयंत्र को कॉलेज परिसर में स्थापना, अपशिष्ट पृथक्करण और इस प्रकार की कई पहल के माध्यम से स्वच्छ भारत के योगदान में निरंतर प्रयासरत है।

- ✓ National Level Online Essay Writing Competition on the topic "COVID-19: A Booster Shot to Swachh Bharat Mission" was organized by Post-graduate Department of Commerce on 02.10.2020.

## 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

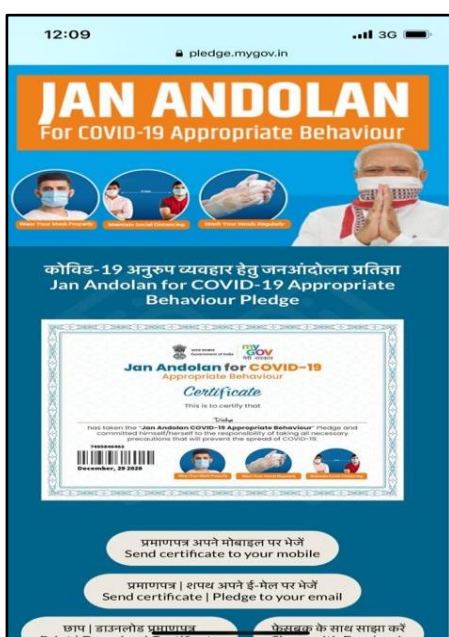


NSS volunteers along with NCC cadets, teaching and non-teaching staff members took a virtual pledge to fight against the COVID-19 and spread its awareness among people on 08.10.2020.



### एमसीएम में एनएसएस स्वयंसेवकों और एनसीसी कैडेटों ने लिया कोविड -19 की रोकथाम का संकल्प

चंडीगढ़ (हिमप्रभा ब्यूरो)। कोविड -19 से सुरक्षा संबंधी उपायों के प्रति लोगों को जागरूक करने एवं इसकी रोकथाम के लिए मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन के एनएसएस स्वयंसेवकों, टीचिंग एवं नॉन टीचिंग स्टाफ सदस्यों ने ऑनलाइन प्रतिज्ञा ली। 150 से अधिक स्वयंसेवकों ने भारत सरकार द्वारा जारी सभी कोविड -19 संबंधित दिशानिर्देशों का पालन करने और दूसरों को भी इन नियमों के प्रति जागरूक कर उनका पालन करवाने के लिए प्रोत्साहित करने का संकल्प लिया। इस अवसर पर स्वयंसेवकों को संबोधित करते हुए, कॉलेज की प्रिंसिपल डॉ निशा भागव ने पिछले कुछ महीनों के दौरान अपने जागरूकता अभियानों के माध्यम से कोविड -19 के प्रसार पर अंकुश लगाने के लिए कॉलेज के एनसीसी एवं एनएसएस स्वयंसेवकों के अनुकरणीय प्रयासों की सराहना की। उन्होंने आगे भी अपने निस्वार्थ काम के माध्यम से समाज और राष्ट्र की सेवा करने के लिए उन्हें प्रेरित किया और सभी छात्राओं से अपील की कि वे घातक वायरस से बचाव के लिए कोविड -19 रोकथाम प्रोटोकॉल के पालन के महत्व के बारे में जागरूकता बढ़ाने के लिए अपनी जिम्मेदारी का एहसास करें।



### कोरोना के रोकथाम के लिए ली शपथ

जागरण संवाददाता, चंडीगढ़ : एमसीएम डीएवी कॉलेज फॉर वूमेन सेक्टर-36 में स्वच्छता समिति की तरफ से कोरोना रोकथाम के लिए शपथ समारोह आयोजित किया। कॉलेज प्रिंसिपल डॉ. निशा भागव ने कहा कि हम महामारी रोकथाम के लिए पहले भी कार्यक्रम आयोजित करते रहें हैं, जो कि भविष्य में भी जारी

रहेंगे। उन्होंने कहा कि कॉलेज की एनएसएस यूनिट की तरफ से विभिन्न गांवों में जाकर जागरूकता कार्यक्रम चलाए थे इसके साथ ही कुछ गांवों की जरूरतों को भी पूरा किया था ताकि महामारी में उन्हें किसी प्रकार की परेशानी न हो। उन्होंने कहा कि नए साल का स्वागत हम लोगों से कोरोना बचाव का संदेश देते हुए करेंगे।

An online COVID-19 pledge drive as part of Government of India 's Jan Andolan was organized by Swachhta Committee (Arts) on 28.12.2020 – 29.12.2020.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



An International virtual seminar on 'Emerging Strategies in the Fight against COVID-19 and other contagions' organized by Department of Food Science, in collaboration with Microbiologists' Society, India (MSI) on 12.01.2021

## एमसीएम में अंतर्राष्ट्रीय ऑनलाइन वेबिनार

चंडीगढ़ (हिमाचल प्रदेश)। विद्यार्थियों को कोविड -19 महामारी को रोकने हेतु किये जा रहे प्रयासों, रणनीतियों एवं चुनौतियों पर जानकारी देने एवं उनके ज्ञान समृद्ध करने के उद्देश्य से, मेहरचंद महाजन डीएवी कॉलेज फॉर वीमेन के डिपार्टमेंट ऑफ फूड साइंस ने माइक्रोबायोलॉजिस्ट सोसाइटी, इंडिया (एम एस आई) के सहयोग से इमर्जिंग स्ट्रेटिजी इन द फाइट अगेस्ट कोविड - 19 एंड अदर कन्टेजस शीर्षक पर एक अंतर्राष्ट्रीय ऑनलाइन वेबिनार का आयोजन किया। कोविड -19 एवं अन्य प्रमुख संक्रामक रोगों को रोकथाम हेतु चिकित्सीय उपलब्धियों, वैक्सीन संबंधी नवाचारों और माइक्रोबायोलॉजी की भूमिका पर केंद्रित इस संगोष्ठी में पूरे भारत में विभिन्न राज्यों में 600 से अधिक विद्यार्थियों, शिक्षकों, शोधार्थियों एवं



उद्यमियों ने इस आयोजन में भाग लिया। अपने उद्घाटन संबोधन में कॉलेज की प्रिंसिपल डॉ निशा भागवत कह की शोध एवं नवाचारों के प्रति विद्यार्थियों एवं शोधार्थियों को अग्रसर करने हेतु उन्हें नवीन प्रयासों की जानकारी एवं सही ज्ञान उपलब्ध कराना आवश्यक है। डेड साइंस विभाग की इस पहल को सराहना करते हुए डॉ भागवत ने कहा कि

कोविड - 19 के कारण हमारे जीवन में आये व्यवधान से सफलता पूर्वक निपटने के लिए इस दिशा में किये जा रहे प्रयासों, नवाचारों, रणनीतियों की जानकारी होना अत्यधिक महत्वपूर्ण है। माइक्रोबायोलॉजिस्ट सोसायटी, इंडिया के अध्यक्ष डॉ अरविंद देशमुख ने अपने बीज वक्तव्य में माइक्रोबायोलॉजी की भूमिका को एक विज्ञान और वर्तमान परिदृश्य में इसके उभरते दायरे पर प्रकाश डालते हुए प्रतिभागियों को प्रेरित किया। इस आयोजन के प्रथम तकनीकी सत्र में बायोकार्बन के सीनियर डायरेक्टर क्वालिटी कंट्रोल श्री सदीप पाठक ने कोविड -19 की स्थिति में जैव-सिमिलर्स को उभरती भूमिका एवं स्वास्थ्य सेवाओं में उनके महत्व पर चर्चा की। स्कूल ऑफ बायोलॉजिकल साइंसेज, एआईपीएच यूनिवर्सिटी,

भुवनेश्वर में सहायक प्रोफेसर डॉ धीरज कुमार नंदा ने कोरोनावायरस की बुनियादी बातों पर प्रकाश डालते हुए विभिन्न टीकों, संबोधित नैदानिक और नियामक परीक्षणों के बारे में अंतर्दृष्टि प्रतिभागियों से साझा की। संगोष्ठी के अंतिम सत्र में माइक्रोबायोलॉजी और इम्यूनोलॉजी, वेन स्टेट, यूनिवर्सिटी स्कूल ऑफ मेडिसिन, यूएसए में नेत्र विज्ञान के एसोसिएट प्रोफेसर डॉ अशोक कुमार ने कोविड 19 विकृति पर विस्तृत चर्चा करते हुए इसके टीकों के विकास की प्रक्रिया, संबोधित सुरक्षा और प्रभावकारिता परीक्षण, उपलब्ध नवीनतम नैदानिक परीक्षण और चुनौतियों पर प्रकाश डाला। प्रतिभागियों ने प्रत्येक सत्र में सक्रिय रूप से भाग लिया, संबोधित विषयों पर वैचारिक स्पष्टता प्राप्त करने के लिए वक्ताओं के

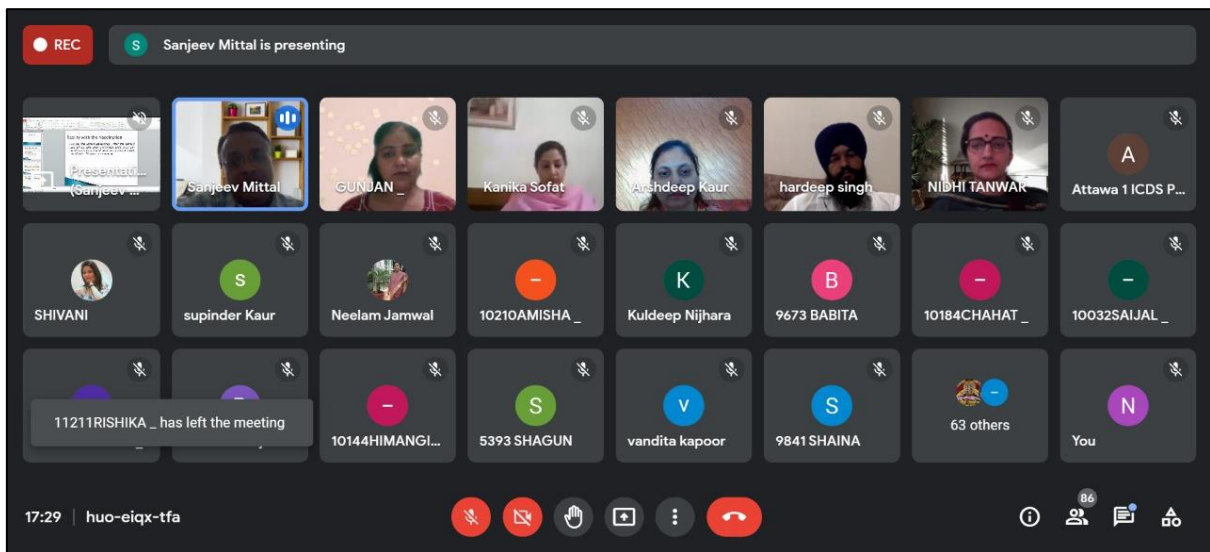


With an aim to make cloth masks especially for needy persons, a mask making workshop using the concept of recycle and reuse was organized by NSS Units on 18.03.2021.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



An online session on COVID Vaccination: Myths and Reality - (Online session) was organized by UBA Cell of the college on 18.06.2021.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



To maintain the work place hygienic and conducive, regular Sanitization of the College Campus is being done regularly.

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

**List of activities organized by Mehr Chand Mahajan DAV College for Women, Chandigarh in Session 2019-20 for inculcating values for being responsible citizens as reflected in the Constitution of India are given below:**

| <b>Sr. No</b> | <b>Name of the Committee</b>   | <b>Title of the Practice</b>  | <b>Duration from</b> | <b>Duration to</b> | <b>Number of Participants</b> | <b>Objectives</b>  |
|---------------|--|---|----------------------|--------------------|-------------------------------|--|
| <b>1</b>      | NCC (Army Wing)  | Swachh Bharat Summer Internship Program 2019  | 26.07.2019           | 31.07.2019         | 15                            | To create awareness among general masses about sanitation, hygiene and cleanliness and                       |
| <b>2</b>      | NSS Units  | Swachhta Pakhwada 2019 - Tree Plantation, Cleanliness Drives  | 01.08.2019           | 15.08.2019         | 2 (teachers) + 200 students   | To keep the surroundings clean   |
| <b>3</b>      | Environment committee in collaboration with the Department of Botany | Plantation Drive as part of Van Mahotsav  | 06.08.2019           |                    | 60                            | To generate awareness about the significance of the plant wealth for a clean, green and healthy environment. |
| <b>4</b>      | Swachhta Committee (Commerce)  | Lecture on Healthy Living: The Role of Hygiene Management Techniques by Dr. Jaspreet Ahluwalia, regional training head (North & East zone), Fortis Health Care Ltd, Mohali. | 08.08.2019           |                    | 1 teacher +100 students       | To raise awareness and enable participants to consider the importance of physical, mental and social health. |
| <b>5</b>      | Rotaract Club in collaboration with Rotaract Club Andheri, Mumbai    | Operation Tricolour – A drive   | 15.08.2019           |                    | 8                             | To collect and respectfully dispose of National Flags scattered after Independence Day ceremonies.           |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| <b>Sr. No</b> | <b>Name of the Committee</b>                                 | <b>Title of the Practice</b>   | <b>Duration from</b> | <b>Duration to</b> | <b>Number of Participants</b>             | <b>Objectives</b>  |
|---------------|--|--|----------------------|--------------------|---|--|
| <b>6</b>      | Rotaract Club in collaboration with RAC, Bombay              | 'Facing The Violence Campaign'   | 15.08.2019           | 30.08.2019         | 501                                       | To spread awareness about misconceptions of terrorism and its effects                        |
| <b>7</b>      | Rotaract Club  | Aazadi Shabdon Ki - Speech competition, Yeh Desh mera Rangeela, TIRANGA MERI SHAAN (Rangoli making competition), Mehndi competition, 'UMANG' organized on Independence Day | 15.08.2019           |                    | 50  | To celebrate Independence Day  |
| <b>8</b>      | Rotaract Club  | Masti Ki Patshala under Rashtriya Madhyamik Shiksha Abhiyan  | 28.08.2019           |                    | 2 teachers + 20 students                  | Right to Education - To promote literacy among the residents of the 38-west slum, Chandigarh |
| <b>9</b>      | Electoral Literacy Club with Election Commission, Chandigarh | Electoral Verification Programme (EVP) Training  | 11.09.2019           |                    | 20  | To apprise the students about Electoral Verification Programme (EVP)                         |
| <b>10</b>     | Electoral Literacy Club with Election Commission, Chandigarh | Electoral Verification Program - Voter Registration Drive  | 01.11.2019           | 31.12.2019         | 56 (teachers coordinated) + 1212 students | To educate the students about their right to vote  |
| <b>11</b>     | NSS Units in collaboration with UBA cell                     | Plastic Collection Drive for Plastic Free Village Campaign in  | 04.09.2019           | 17.09.2019         | 21 teachers + 12 volunteers               | To discourage the use of plastic   |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr. No | Name of the Committee                                       | Title of the Practice   | Duration from | Duration to | Number of Participants        | Objectives   |
|--------|---|---|---------------|-------------|-------------------------------|--|
|        |   | the College under Plastic Free India Campaign in village Badheri and Buterla                  |               |             |                               |  |
| 12     | Rotaract Club in collaboration with Spinal Rehab Chandigarh | Spinal Cord Awareness Rally - Deendayal Disabled Rehabilitation Scheme                        | 05.09.2019    |             | 8 teachers + 30-40 volunteers | To generate awareness and sensitivity among people with spinal cord and brain injuries                             |
| 13     | NSS Units & UBA Cell  | Community Address on Plastic Free Village in Village Attawa under Plastic Free India Campaign | 11.09.2019    |             | 2 teachers + 20 students      | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| 14     | NSS Units & UBA Cell  | Community Address on Plastic Free Environment   | 13.09.2019    |             | 1 teacher + 6 students        | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| 15     | NSS Units & UBA Cell  | Awareness Rally on Plastic Free India at Village Kajheri under Plastic Free India Campaign    | 13.09.2019    |             | 1 teacher + 15 students       | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| 16     | Department of Botany  | Awareness Drive - Ozone Day Celebration   | 16.09.2019    |             | 12                            | To spread awareness about Ozone Day  |
| 17     | NSS Units & UBA Cell  | Rally plastic Free Village Campaign under Unnat Bharat Abhiyan                                | 17.09.2019    |             | 1 teacher + 26 students       | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| <b>Sr. No</b> | <b>Name of the Committee</b> | <b>Title of the Practice</b>   | <b>Duration from</b> | <b>Duration to</b> | <b>Number of Participants</b> | <b>Objectives</b>  |
|---------------|------------------------------|--|----------------------|--------------------|-------------------------------|--|
| 18            | NSS Units & UBA Cell         | Community Address to Refrain from Plastic under Unnat Bharat Abhiyan                       | 17.09.2019           |                    | 1 teacher +18                 | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| 19            | NSS Units & UBA Cell         | Awareness Rally on Plastic Free India at Village Badheri under Plastic Free India Campaign | 17.09.2019           |                    | 2 teachers + 40               | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| 20            | NSS Units & UBA Cell         | Awareness Rally on Plastic Free India at Village Buterla under Plastic Free India Campaign | 17.09.2019           |                    | 1 teacher + 40                | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| 21            | NSS Units & UBA Cell         | Plastic Collection Drive at Village Buterla under Plastic Free India Campaign              | 18.09.2019           |                    | 2 teachers + 20-25            | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| 22            | NSS Units & UBA Cell         | Movie screening and awareness lecture at Village Buterla under Poshan Maah                 | 18.09.2019           |                    | 1 teacher + 40                | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| 23            | NSS Units & UBA Cell         | Lecture on 'No Plastic' in Maloya  | 19.09.2019           |                    | 2 teachers + 35               | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| <b>Sr. No</b> | <b>Name of the Committee</b> | <b>Title of the Practice</b>  | <b>Duration from</b> | <b>Duration to</b> | <b>Number of Participants</b>  | <b>Objectives</b>  |
|---------------|------------------------------|---|----------------------|--------------------|--|--|
| <b>24</b>     | NSS Units & UBA Cell         | Plastic Waste Collection under Unnat Bharat Abhiyan in Badheri  | 20.09.2019           |                    | 2 teachers + 33  | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| <b>25</b>     | NSS Units & UBA Cell         | Collection of Single Use Plastic in Buterla under Unnat Bharat Abhiyan  | 20.09.2019           |                    | 2 teachers + 23 volunteers   | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| <b>26</b>     | NSS State Cell, Chandigarh   | Pre Republic-Day Selection Camp in PGGC-46, Chandigarh  | 20.09.2019           |                    | 1 teacher + 40-45 NSS volunteers including 2 volunteers of our college | To select the best NSS volunteers for participation in the Republic Day celebration.                               |
| <b>27</b>     | NSS Units & Village Badheri  | Plastic Collection Drive and Nukkad Natak at Village Badheri under Plastic Free India Campaign in village Badheri | 20.09.2019           |                    | 1 teacher + 20-30  | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| <b>28</b>     | NSS Units & UBA Cell         | Nukkad Natak & Rally on 'No Plastic' in village Maloya  | 21.09.2019           |                    | 2 teachers + 30  | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| <b>29</b>     | NSS Units & UBA Cell         | Distribution of Cloth Bags in Village Buterla   | 23.09.2019           |                    | 1 teacher + 25-30  | To discourage the use of plastic and generate awareness  |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| <b>Sr. No</b> | <b>Name of the Committee</b>             | <b>Title of the Practice</b>  | <b>Duration from</b> | <b>Duration to</b> | <b>Number of Participants</b> | <b>Objectives</b>  |
|---------------|--|---|----------------------|--------------------|-------------------------------|--|
|               |  |   |                      |                    |                               | among residents regarding the ill-effects of plastic usage   |
| <b>30</b>     | UBA Cell with NSS                        | Drive on "Say No to Plastic" in Village Badheri   | 24.09.2019           |                    | 2 teachers + 34               | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| <b>31</b>     | UBA with NSS Units                       | Collection of Plastic Waste in Village Badheri  | 24.09.2019           |                    | 1 teacher + 32                | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| <b>32</b>     | UBA with NSS Units                       | Distribution of Cloth Bags in Buterla   | 24.09.2019           |                    | 2 teachers + 21               | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| <b>33</b>     | NSS Units                                | Workshop cum seminar on 'Plastic free-village (Plastic Collection Drive) and 'Poshan Maah' at Village Badheri | 24.09.2019           |                    | 1 teacher + 20-30             | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| <b>34</b>     | NSS Units in collaboration with UBA cell | Awareness Campaign on Plastic Free India in Village Kajheri   | 24.09.2019           |                    | 1 teacher + 20-30             | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| <b>35</b>     | NSS Units in collaboration with UBA cell | Cloth Bag Distribution in Village Badheri   | 24.09.2019           |                    | 1 teacher + 25                | To discourage the use of plastic and generate awareness among residents  |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| <b>Sr. No</b> | <b>Name of the Committee</b>             | <b>Title of the Practice</b>  | <b>Duration from</b>      | <b>Duration to</b> | <b>Number of Participants</b> | <b>Objectives</b>  |
|---------------|--|---|---------------------------|--------------------|-------------------------------|--|
|               |  |   |                           |                    |                               | regarding the ill-effects of plastic usage   |
| <b>36</b>     | UBA with NSS Units                       | Plastic Waste Collection & Distribution of Organic Bags in Village Badheri  | 26.09.2019                |                    | 2 teachers +37                | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| <b>37</b>     | UBA with NSS Units                       | Distribution of Cloth Bags in Village Attawa  | 26.09.2019                |                    | 2 teachers + 30               | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| <b>38</b>     | UBA with NSS Units                       | Collection of Plastic & Distribution of Cloth Bags in Village Maloya  | 26.09.2019                |                    | 2 teachers + 40               | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |
| <b>39</b>     | NSS Units                                | Open defecation Free (ODF) drive in Village Badheri and Village Buterla under Swachhta Action Plan (SAP), Ministry of Human Resource Development (MHRD) | 26.09.2019;<br>22.01.2020 |                    | 2 teachers +30 students       | To make India defecation free  |
| <b>40</b>     | NSS Units in collaboration with UBA cell | Cloth Bag distribution in Village Attawa  | 27.09.2019                |                    | 1 teacher + 30-35             | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| <b>Sr. No</b> | <b>Name of the Committee</b>                                 | <b>Title of the Practice</b>   | <b>Duration from</b> | <b>Duration to</b> | <b>Number of Participants</b> | <b>Objectives</b>   |
|---------------|--|--|----------------------|--------------------|-------------------------------|---|
| 41            | NSS Units in collaboration with UBA cell                     | Poshan Maah Awareness in Village Attawa  | 30.09.2019           |                    | 1 teacher + 20-25             | To spread awareness about healthy lifestyle   |
| 42            | Swachhta Committee Arts                                      | Pledge - Plastic Free Chandigarh   | 01.10.2019           |                    | 18 teachers + 100             | To eliminate Single use Plastic   |
| 43            | NSS Units  | Shramdaan for Plastic Waste Collection   | 02.10.2019           |                    | 1 teacher + 40-50             | To discourage the use of plastic and generate awareness among residents regarding the ill-effects of plastic usage  |
| 44            | NSS Units  | Awareness Rally on Plastic Free India  | 02.10.2019           |                    | 2 teachers + 40-50            | To commemorate Gandhi Jayanti and spread the awareness against the use of plastics  |
| 45            | Department of Political Science                              | Celebration of Gandhi Jayanti - Paper Reading Competition on Mahatma Gandhi's autobiography- The Story of My Experiments with Truth. | 05.10.2019           |                    | 35                            | To enlighten the students about Gandhi's journey from Gandhi to Mahatma.  |
| 46            | Electoral Literacy Club with Election Commission, Chandigarh | Electoral Verification Program   | 05.10.2019           | 15.10.2019         | 1 teacher +20                 | To apprise the students about Electoral Verification Programme (EVP)  |
| 47            | NSS Units  | Pledge for Unity   | 31.10.2019           | 31.10.2019         | 2 teachers +150               | To commemorate the contribution made by the 'Iron Man of India' Sardar Vallabhai Patel, in unifying the princely states to Republic of India - National Unity Day |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| <b>Sr. No</b> | <b>Name of the Committee</b>                                      | <b>Title of the Practice</b>  | <b>Duration from</b>      | <b>Duration to</b> | <b>Number of Participants</b> | <b>Objectives</b>  |
|---------------|---|---|---------------------------|--------------------|-------------------------------|--|
| 48            | NSS Units   | Run for Unity under Fit India Campaign                                    | 31.10.2019                |                    | 2 + 30                        | To mark the celebrations of Rashtriya Ekta Diwas (National Unity Day)  |
| 49            | Vigilance Cell  | Administration of Integrity Pledge  | 15.11.2019                |                    | 50                            | To enlist support and commitment of the students and faculty of the college to prevent and combat corruption.              |
| 50            | Vigilance Cell  | Slogan writing and Poster making competitions on 'Corruption Free India'. | 15.11.2019                |                    | 20                            | To educate the students about their immensely significant role in national development through fighting against corruption |
| 51            | RUSA & NDRF 7th Battalion Bhatinda                                | Disaster Management Workshop and Mock Drill                               | 19.11.2019                |                    | 2 teachers + 450              | To generate awareness about the techniques and strategies required for disaster management                                 |
| 52            | NSS Units, Equal Opportunity Cell, Saksham and PGIMER, Chandigarh | Disability Awareness Programme  | 20.11.2019;<br>29.11.2019 |                    | 8 teachers + 22 students      | To celebrate International Day of Persons with Disabilities  |
| 53            | NSS Units   | Competitions to commemorate Constitution Day                              | 25.11.2019                |                    | 2 teachers + 18               | To celebrate the Constitution Day and make students aware about their constitutional rights                                |
| 54            | NSS Units   | Awareness rally to celebrate Constitution Day.                            | 25.11.2019                |                    | 1 teacher + 18 volunteers     | To celebrate the Constitution Day and make students aware about their constitutional rights                                |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| <b>Sr. No</b> | <b>Name of the Committee</b>                   | <b>Title of the Practice</b>  | <b>Duration from</b> | <b>Duration to</b> | <b>Number of Participants</b> | <b>Objectives</b>  |
|---------------|--|---|----------------------|--------------------|-------------------------------|--|
| <b>55</b>     | NSS Units                                      | Film Screening under Ek Bharat Shrestha Bharat  | 26.11.2019           |                    | 1 teacher + 60-70 volunteers  | To promote the spirit of national integration  |
| <b>56</b>     | Department of Philosophy                       | Indian Council of Philosophical Research (ICPR) sponsored National Colloquium - "Manthan: Explorations into Contemporary Challenges and Gandhian Thought" | 27.11.2019           | 27.11.2019         | 450-500                       | To mark the 150th birth anniversary year of the Father of the Nation   |
| <b>57</b>     | Swachhta Committee (Arts)                      | Energy Conservation Day Celebrations: Awareness Campaign  | 14.12.2019           | 14.12.2019         | 45                            | To raise awareness among the administrative staff about the sustainability promoting measures which can help in ensuring a sustainable future. |
| <b>58</b>     | Swachhta Committee (Commerce)                  | Swachhta Pledge Ceremony  | 16.01.2020           |                    | 2 teachers + 450 volunteers   | Pledge to work towards the cause of Swachhta   |
| <b>59</b>     | NSS Units and Department of Physical Education | A Yoga Awakening session under Fit India Campaign   | 17.01.2020           |                    | 4 teachers + 100 volunteers   | To build strength of and harmony between the mind and body.  |
| <b>60</b>     | NSS Units                                      | Pariksha Pe Charcha   | 20.01.2020           |                    | 1 teacher + 15 NSS Volunteers | To remain stress-free while preparing for examinations   |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| <b>Sr. No</b> | <b>Name of the Committee</b>                            | <b>Title of the Practice</b>   | <b>Duration from</b> | <b>Duration to</b> | <b>Number of Participants</b> | <b>Objectives</b>   |
|---------------|---|--|----------------------|--------------------|-------------------------------|---|
| 61            | Swachhta Committee (Sciences)                           | Forest Conservation - Speech, Poster making and Slogan writing competitions  | 23.01.2020           | 23.01.2020         | 44                            | To sensitize the students about the need to conserve our forests in the wake of the recent wild fires in Amazon and Australia   |
| 62            | NSS Units in collaboration with Department of Fine Arts | A Face Painting Competition under 'Ek Bharat Shrestha Bharat'.   | 22.01.2020           |                    | 2 teachers + 20               | To commemorate the Birth anniversary of Netaji Subash Chandra Bose under the MHRD initiative 'Ek Bharat Shrestha Bharat' (EBSB) |
| 63            | Electoral Literacy Club                                 | Tenth National Voters' Day - theme Electoral Literacy for Stronger Democracy - Activities - Open Mic, Nukkad Natak; Oath, Campus Rally | 25.01.2020           |                    | 89                            | To celebrate Tenth National Voters' Day   |
| 64            | NSS Units   | Lavni And Garba Dance Fusion under Ek Bharat Shrestha Bharat'  | 28.02.2020           |                    | 1                             | To maintain and strengthen the fabric of traditionally existing emotional bonds among the people of our country                 |
| 65            | NSS Units   | Awareness regarding COVID-19   | 22.03.2020           |                    | 17                            | To disseminate awareness about corona virus regarding the do's and don'ts among staff and students                              |
| 66            | UBA CELL & village Badheri                              | Creating Awareness regarding COVID-19  | 1.04.2020            |                    | 1 teacher + 6                 | To disseminate awareness about corona virus   |



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|---------------|-------------------------------|--|----------------------|--------------------|-------------------------------|--|
| 67            | UBA CELL & village Buterla    | Creating Awareness regarding COVID-19                                    | 1.04.2020            |                    | 1 teacher + 5                 | To disseminate awareness about corona virus  |
| 68            | UBA CELL & village Kajheri    | Creating Awareness regarding COVID-19                                    | 1.04.2020            |                    | 4                             | To disseminate awareness about corona virus  |
| 69            | NSS Units                     | Awareness initiatives by NSS Volunteers to prevent COVID-19 transmission | 13.04.2020           | 14.04.2020         | 2 teachers + 35               | To disseminate awareness about corona virus  |
| 70            | NSS Units                     | Earth Day Celebration  | 22.04.2020           |                    | 2 teachers +30                | To create awareness among people regarding the environment and focus on the concept of Reduce, Reuse and Recycle               |
| 71            | EBSB Cell                     | Video with Poem Recitation by staff and students on COVID-19 Awareness   | 27.04.2020           |                    | 7 teachers +2                 | To vindicate the survival instinct in us humans and sow the seeds of hope, faith, gratitude, and compassion during COVID times |
| 72            | Swachhta Committee (Sciences) | International Day for Biological Diversity - Essay Writing Competition   | 22.05.2020           |                    | 22                            | To commemorate International Day for Biodiversity  |
| 73            | Swachhta Committee (Sciences) | International Day for Biological Diversity - Caption Contest             | 22.05.2020           | 22.05.2020         | 40                            | To commemorate International Day for Biodiversity  |
| 74            | NSS Units                     | Environment Day Celebration - Inter College Best Out of                  | 28.05.2020           | 04.06.2020         | 2 teachers +70                | To promoting the concept of reuse, recycle and reduce on the occasion of   |

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| <b>Sr. No</b> | <b>Name of the Committee</b>                           | <b>Title of the Practice</b>  | <b>Duration from</b> | <b>Duration to</b> | <b>Number of Participants</b>  | <b>Objectives</b>   |
|---------------|--|---|----------------------|--------------------|--------------------------------|---|
|               |  | Waste Competition   |                      |                    |                                | World Environment Day   |
| <b>75</b>     | EBSB Cell & NSS Units                                  | MHRD Initiative Ek Vakya Ek Din started   | 05.06.2020           |                    | 1 teacher + 50                 | To display the unity and diversity of India   |
| <b>76</b>     | Horticulture And Landscaping Committee                 | Celebration Of World Environment Day - Online Landscape Design/Painting Competition | 05.06.2020           |                    | 15                             | To inspire the students to understand the importance of nature and forge a bond with nature on World Environment Day, as well as to use their creativity. |
| <b>77</b>     | Swachhta Committee and Ek Bharat Shreshtha Bharat Team | Environment Responsibility Pledge on World Environment Day                          | 05.06.2020           |                    | 21                             | To promote awareness about the environment and encourage action for the cause of environmental conservation   |
| <b>78</b>     | EBSB Cell  | Sanskriti Online Quiz   | 14.06.2020           |                    | 1 teacher + 786 from 16 states | To celebrate the imperishable glory of India and strengthen the multi-cultural fabric of our great nation.  |
| <b>79</b>     | MCM DAV Naval Wing / 1 CHD NAVAL UNIT                  | Yoga Awareness  | 21.06.2020           |                    | 1 teacher +50                  | To create awareness regarding the importance of yoga for holistic well-being  |
| <b>80</b>     | NSS Units  | CELEBRATION OF INTERNATIONAL DAY OF YOGA  | 21.06.2020           |                    | 2 teachers + 90                | To create awareness regarding the importance of yoga for holistic well-being  |

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|---------------|---|--|----------------------|--------------------|-------------------------------|---|
| <b>81</b>     | Mehr Chand Mahajan DAV College for Women, Chandigarh  | Recognition Certificate' for being a Best Swachh Institution by MGNCRE |                      |                    | Approx 250-300                | To appreciate the efforts of the college in creating Swachhta awareness   |
| <b>82</b>     | UBA CELL  | COVID 19 SURVEY in Badheri, Kajheri, Buterla, Attawa and Maloya        | 01.06.2020           | 30.06.2020         | 8 teachers + 51 students      | To identify the problems faced by people and generate awareness among masses regarding COVID-19 appropriate behaviour |
| <b>83</b>     | Mehr Chand Mahajan DAV College for Women, Chandigarh Naval Wing / 1 CHD NAVAL UNIT (under FIT INDIA Scheme) | COVID Awareness  | 01.06.2020           | 30.06.2020         | 1 teacher +50 students        | To generate awareness among masses regarding COVID-19 appropriate behaviour   |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

During the **session 2019-20**, Mehr Chand Mahajan DAV College for Women, Chandigarh has organized a plethora of activities with an aim to sensitize students and employees of the Institution to the constitutional obligations in the subsequent areas:

**1. Patriotism/Celebration of National Days:**

- ✓ **Aazadi Shabdon Ki – a Speech competition, Yeh Desh Rangeela (poster Making Competition), TIRANGA MERI SHAAN (Rangoli making competition) and Mehndi Competition** was organized by **Rotaract Club** of the college on the occasion of **Independence Day (15.08.2019)**. With various members desiring freedom from the National



✓

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- ✓ **Operation Tricolour** – an initiative was taken by **Rotaract Club** of the college in collaboration with Rotaract Club Andheri, Mumbai on **15.08.2020**. This drive was undertaken with an aim to collect the national flags which were scattered on the roads after the Independence Day ceremonies and to dispose them respectfully by handing them over to the civic authorities.



- ✓ Paying rich tributes to the Father of the Nation, **Swachhta Committee (Arts)**, in order to commemorate the **150<sup>th</sup> birth anniversary of Mahatma Gandhi** administered the **“Plastic Free Chandigarh Pledge”** to the staff, as well as, the students to make large scale holistic efforts towards eliminating single use plastic in the city on 02.10.2019.

### छात्राओं ने ली शहर को प्लास्टिक मुक्त बनाने की शपथ



चंडीगढ़। सेक्टर-36 स्थित मेहर चंद महाजन डीएवी कॉलेज फॉर वुमन ने राष्ट्रपिता महात्मा गांधी को समृद्ध श्रद्धांजलि अर्पित करते हुए उनकी 150 वीं जयंती के उपलक्ष्य में विभिन्न कार्यक्रम आयोजित किये। कार्यक्रम का शुभारम्भ हवन समारोह से हुआ जो कॉलेज के आर्य युवती समाज समिति द्वारा हर महीने की शुरुआत में आयोजित किया जाता है। हवन के बाद गाँधी ऑन रिलिजन / गांधी ऑन फिलॉसफी / गांधी एंड सोसाइटी ' विषय पर एक डेवलेपमेंट प्रतियोगिता का आयोजन किया। प्रतिभागियों ने विषय पर अपने विचार प्रस्तुत किए। सोमल (बीए तृतीय) ने पहला स्थान हासिल किया, जबकि स्निग्धा (बी.कॉम तृतीय) और उमिका (बी.एससी तृतीय) ने क्रमशः दूसरा और तीसरा स्थान प्राप्त किया। गांधीजी के स्वच्छ भारत के सपने को साकार करने के लिए कॉलेज की स्वच्छता समिति ने स्टाफ के सदस्यों और छात्राओं को प्लास्टिक मुक्त चंडीगढ़ की शपथ दिलाई।

Link to the activity include:

<https://www.facebook.com/MCMDVCW/photos/a.239819746484286/687441898388733/?type=3>

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- ✓ On **02.10.2019**, the **NSS volunteers undertook 'Shramdaan'** and a drive was conducted in and around the college campus, Sector 36, Chandigarh where NSS volunteers distributed newspaper bags to the shopkeepers of Sector 36 market and cloth bags to the residents in order to sensitize them about the single use plastic ban and alternate means available.



- ✓ On **02.10.2019**, more than 30 NSS volunteers attended an awareness rally on **'Swachh India'** conducted by Chandigarh Administration. Mr. V. P. Singh Badnore, the Honorable Governor of Punjab and Administrator U. T. Chandigarh graced the occasion as the chief guest under whose instruction, **oath of Swachh India and Fit India was administered**. The 3km rally started from Open Hand Monument (Capitol Complex), Sector 1 and concluded in parade ground, Sector 17, Chandigarh.

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- ✓ **Department of Political Science** of Mehr Chand Mahajan DAV College for Women successfully organized a **Paper Reading Competition on Mahatma Gandhi's autobiography- The Story of My Experiments with Truth** on 05.10.2019. 35 participants presented well researched papers and enlightened the students about Gandhi's journey from Gandhi to Mahatma. **Link to the activity include:**

<https://www.facebook.com/MCMAVCW/photos/a.239819746484286/690188691447387/?type=3>



- ✓ **To mark the celebrations of Rashtriya Ekta Diwas (National Unity Day),** more than 20 volunteers of the college participated in 'Run for Unity' at Sukhna Lake on 31.10.2019 which was flagged off by Governor of Punjab and U.T. Administrator Mr. V.P. Singh Badnore. Participants took the pledge, which was administered by the U.T. Administrator. In addition, a 3 km rally was flagged off from Uttar Marg, which proceeded towards the Rock Garden and finally concluded at Sukhna Lake.



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- ✓ To commemorate the contribution made by the 'Iron Man of India' Sardar Vallabhai Patel, in unifying the princely states to Republic of India - **National Unity Day**, NSS volunteers of the college took **pledge for unity** under the direction of their NSS Programme Officers on 31.10.2019 at Celebration ground of the college. The volunteers were made aware about the significance of '**Rashtriya Diwas**' (National Unity Day) and how it reinforces our commitment to strengthen the security, unity and integrity of our country.





### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ To commemorate the **70<sup>th</sup> Anniversary of Indian Constitution and celebrate Constitution Day**, the **NSS Units** of the College conducted a series of competitions on 25.11.2019. This event was organized under the direction of the University Grants Commission (UGC) and the Higher Education Institutes. In addition, a live telecast of the programme from the Central Hall of Parliament was broadcasted in the college premises for the students. **Link to the activity include:**



<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/738774699922119/?type=3>

- ✓ To acknowledge the contribution of the framers of the Constitution and to spread awareness among the people regarding the prominent values, 26 November is celebrated as **Constitution Day** every year. On 26.11.2019, **NSS Units** of the college organized an Awareness **Rally** in nearby areas of Sector 36-A, Chandigarh and made people aware about their constitutional rights.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ To mark the 150<sup>th</sup> birth anniversary year of the Father of the Nation, a **National Colloquium titled Manthan: Explorations into Contemporary Challenges and Gandhian Thought.** Sponsored by Indian Council of Philosophical Research



was organized by the **Department of Philosophy** on 27.11.2019. The colloquium sought to deliberate upon Gandhian thought and to chart out novel and practical ways of its application apposite to the present era. **Link to the activity include:**

## ऐसे होंगे कामयाब.. जब जीवन में उतारेंगे गांधी जी के सिद्धांत

माई सिटी रिपोर्टर

चंडीगढ़। एमसीएम डीएवी कॉलेज फॉर वुमेन में राष्ट्रपिता महात्मा गांधी की 150<sup>वीं</sup> जयंती के उपलक्ष्य में राष्ट्रीय व्याख्यान का आयोजन किया गया। इस दौरान विशेषज्ञों ने समकालीन चुनौतियों व गांधीवादी विचारों पर प्रकाश डालते हुए कहा कि गांधी जी के अहिंसा के सिद्धांत को जीवन में उतारने की जरूरत है। इस अवसर पर गांधी पीस मिशन के प्रो. राधाकृष्णन मुख्य अतिथि थे। दीप प्रज्वलन से व्याख्यान का शुभारंभ हुआ। जेएनयू की प्रोफेसर बिंदु पूरी ने बहुलतावाद की समकालीन चुनौतियों और उनसे संघर्ष पर बात की। उन्होंने दैनिक, सामाजिक और राष्ट्रीय गतिविधियों में गांधी प्रदत्त अहिंसा को आचरण में लाने पर बल दिया। साथ ही अपने से मतभेद रखने वाले व्यक्ति

एमसीएम डीएवी कॉलेज फॉर वुमेन में महात्मा गांधी की 150<sup>वीं</sup> जयंती के उपलक्ष्य में राष्ट्रीय व्याख्यान का सम्मान किया गया। - अमर उजाला

के प्रति आदर और स्नेह भाव रखने, सभी को अभय का दान करने, सहानुभूति और दया भाव से दूसरों को देखने, क्षमा करके विस्मृत कर देने और विनम्रता के मूल मंत्र को अपनाने को गांधी जी की अहिंसा के सिद्धांत का मुख्य घटक बताया। प्रो. राधाकृष्णन ने गांधी के आरंभिक जीवन से लेकर उनकी मृत्यु पर्यंत समस्त जीवन का सिंहावलोकन प्रस्तुत किया।

- <https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/732799950519594/?type=3>
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- ✓ On 28.11.2019, a movie screening, organized by **NSS Units** of the college was held in the premises of the College under **Ek Bharat Shrestha Bharat** where volunteers were shown various videos about Dadra and Nagar Haveli. Through this innovative measure, various facts were shared with the volunteers, which helped them in comprehending the culture and tradition of one of our Union Territories.



To commemorate the Birth anniversary of Netaji Subash Chandra Bose under the MHRD initiative 'Ek Bharat Shrestha Bharat' (EBSB), NSS Units of the college organized **A Face Painting Competition** on 23.01.2020 where participants painted the faces of their models on the theme 'Unity in Diversity'.



**Link to the activity include:**

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/783666612099594/?type=3>

- ✓ **Tenth National Voters' Day** was celebrated by the **Electoral Literacy Club** of the College on the theme 'Electoral Literacy for Stronger Democracy' on 25.01.2020 as a befitting tribute to the spirit of Indian democracy in



India. Many activities including Open Mic, Oath, Nukkad Natak, Rally was organized

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where students voiced and apprised the audience with their views on the need and importance of using one's right to vote.



**Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/783676905431898/?type=3>

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

**2. Fundamental Duties and Rights of Indian Citizens including Right to Vote, Education, Environment Consciousness (Days related to preservation of Environment, Cleanliness etc.) and promotion of health:**

- ✓ **NCC (Army wing)** participated in **Swachh Bharat Summer Internship** from 15.07.2019-31.07.2019 where the objective was to create awareness among general masses about sanitation, hygiene and cleanliness and to actively contribute in the Jan Andolan aspect of Swachh Bharat mission for contributing 50 hours in Buterla Village, Chandigarh district.



- ✓ With an aim of spreading Swachhta awareness among masses, **NSS Units** of the College observed '**Swachhta Pakhwada**' 01.08.2019 -15.08.2019. Under this, every volunteer took a pledge to keep the surroundings clean and participated in the tree plantation drive, cleanliness drives conducted within college premises. During the Pakhwada, campus lawns, parking, buildings, library, hostels, wastewater drains, guesthouses, workshop and multimedia hall etc. were cleaned.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ **Environment committee** in collaboration with the **Department of Botany** organized a **plantation drive on the eve of Van Mahotsav** in the college campus on 06.08.2019. Saplings of medicinal plants were planted in the campus and also distributed amongst the faculty members, non-teaching staff and the students.

## छात्राओं को स्वस्थ जीवन शैली स्वच्छता-प्रबंधन तकनीकों की जानकारी दी

अर्थ प्रकाश संवाददाता

चंडीगढ़, 13 अगस्त। सेक्टर-36 स्थित मेहरचंद महाजन डीएवी कॉलेज फॉर वूमैन की स्वच्छता कमेटी ने स्वस्थ जीवन शैली स्वच्छता-प्रबंधन तकनीकों की भूमिका पर एक बातचीत सत्र आयोजित किया। जिसका संचालन फोर्टिस हेल्थ केयर लिमिटेड, ल मोहाली के रीजनल ट्रेनिंग हेड (नाथ ईस्ट जोन) डॉ जसप्रीत अहलवालिया ने किया। शारीरिक, मानसिक और सामाजिक स्वास्थ्य की महत्ता 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 बीस सेकंड तक हाथ धोते रहने के नियम का पालन करने की सलाह दी। इसके अलावा कॉलेज के एनवायरनमेंट कमेटी ने एक अभियान के तहत वृक्षरोपण के द्वारा पर्यावरण संरक्षित करने का सन्देश दिया। फैकल्टी सदस्यों एवं छात्राओं को औषधीय गुणों वाले पौधों को वितरित किया गया जैसे स्टीविया, कलमेघ, तुलसी,

अकरकरा, ब्राह्मी, इलायची आदि। कॉलेज की प्रिंसिपल डॉ निशा भागवत ने स्वच्छता और पर्यावरण संरक्षण के प्रति छात्राओं की सजगता बढ़ाने के इस प्रयास की सराहना करते हुए कहा कि इस व्यापक परितृश्य में एमसीएम ने बेहतर भविष्य के लिए सरस्टेनेबल प्रैक्टिसेज को आगे बढ़ाने के लिए निरंतर प्रयास किया है।

- ✓ 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 आहलवालिया ने किया। शारीरिक, मानसिक और सामाजिक स्वास्थ्य की महत्ता 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 सेकंड 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, कलमेघ, तुलसी, अकरकरा, ब्राह्मी, इलायची आदि।

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



- ✓ With an aim to apprise the residents of Sector 38- West Slum, Chandigarh about **Right to Education (literacy)**, Rotaract Club of our college conducted **Masti Ki Patshala** under **Rashtriya Madhyamik Shiksha Abhiyan** on 28.08.2019. The main focus was to inculcating values of water conservation, afforestation and disposing of garbage.



- ✓ On 11.09.2019, training was given to 20 student members of the **Electoral Literacy Club** with regard to **Electoral Verification Programme (EVP)**. These students conducted **Electoral Verification Program** and special summary revision of electoral rolls from 05.09.2019-15.10.2019. The existing voters verified their voter card details. Besides, Club organized **Voter Registration Drive** from 01.09.2019-31.12.2019 where 1212 students filled voter enrollment forms online and offline.

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



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

✓ **NSS Units in collaboration with UBA Cell** organized several Plastic Collection Drives under **Plastic Free Village Campaign** in adopted Villages - Badheri, Maloya, Kajheri, Buterla, Attawa from 04.09.2019 - 30.09.2019 that included movie screening cum awareness lectures, rallies, plastic collection drive, Nukkad Natak. During the campaign, volunteers collected plastic bottles and donated cloth bags. The main aim of the activity was to discourage the usage of plastics among people by substituting plastic bags with cloth bags.





**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



✓ **Pre Republic-Day (RD) Camp** is organized to select the NSS volunteers who prove their mettle in parade and cultural activities. On 20.09.2019, 2 of the NSS Volunteers - Ms. Simran Kaur (B.Com. III Year) and Ms. Ramanpreet Kaur (B.Com. III Year) participated in a Pre Republic-Day (RD) Camp that was organized at Post Graduate Government College-46 (PGGC-46), Chandigarh.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ **Department of Botany celebrated ozone day** (16.09.2019) by making posters and interacted with other students of the college to spread awareness about the same.



- ✓ With an aim of making India as open defecation free country, MHRD along with **Mehr Chand Mahajan College DAV College for Women, Chandigarh** have joined hands to undertake the **Swachh Bharat Mission (Gramin) mission [SBM-G]** for achieving **Open Defecation Free (ODF)** status for its two adopted villages – Badheri and Buterla (on 26.09.2019 and 22.01.2020 )through a pilot level Swachhata Action Plan (SAP), which was co-ordinated by Mr. Priyavart Sharma from, MHRD, Government of India along with faculty members of the college (Dr. Vandana Sharma and Dr. Sandeep Kaur) and NSS student volunteers. **Link to the activity include:**



<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/783182815481307/?type=3>

- ✓ With an aim to **spread awareness about healthy lifestyle**, **NSS Units in collaboration with UBA cell** of the college organized an Interactive session with people of Village Attawa, Chandigarh on 30.09.2019.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ The **Vigilance Cell** of the college organized an **Integrity Pledge ceremony** (15.11.2019) to enlist support and commitment of the students and faculty of the college to prevent and combat corruption.

## छात्राओं को 'मतदान के महत्व एवं भ्रष्टाचार मुक्त भारत' प्रति किया जागरूक

चंडीगढ़, 23 नवम्बर (पठानिया) : भ्रष्टाचार के खिलाफ छात्राओं को जागरूक करने के उद्देश्य से एमसीएम डीएच कॉलेज फॉर वीमेन में स्लोगन राइटिंग एवं पोस्टर मेकिंग प्रतियोगितायें आयोजित की गईं। इन प्रतियोगिताओं में छात्राओं ने बड़े उत्साहपूर्वक भाग लिया और विचारशील स्लोगन और पोस्टर बनाए। इस अवसर पर कॉलेज के स्टाफ मेंबर्स एवं छात्राओं ने सदैव ईमानदार रहने की शपथ भी ली। स्लोगन राइटिंग प्रतियोगिता में सोनाली ने पहला, सौम्या ने दूसरा तथा दीक्षा आजाद ने तीसरा स्थान प्राप्त किया।



श्रुति सिंगला ने दूसरा स्थान प्राप्त किया। सहज, वशिता सिंगला और वैशिका मनचंदा को सातवना पुरस्कार मिला। एक अन्य कार्यक्रम में छात्राओं को वोट डालने के महत्व पर एक स्लोगन राइटिंग प्रतियोगिता करवाई गई जिसमें देवांशी को प्रथम पुरस्कार मिला, जबकि सहजप्रोत और शिवांगी को क्रमशः दूसरा और तीसरा पुरस्कार मिला। इस अवसर पर कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने इस जागरूकता कार्यक्रमों के लिए कॉलेज के विजिलेंस सेल एवं इलेक्टोरल लिटरेसी क्लब को सराहना की।

पोस्टर मेकिंग प्रतियोगिता में युक्ता सरी ने पहला तथा सदैव ईमानदार रहने की शपथ ग्रहण करते कॉलेज की छात्राएं (छाया: कमलजीत सिंह) व स्टॉफ सदस्य।

**Link to the activity include:**

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/729595904173332/?type=3>

- ✓ In order to sensitize the students about the evils of corruption and motivate them to take a firm stand against this malpractice, the **Vigilance Cell** organized a **Slogan Writing and Poster Making competition on the theme 'Corruption Free India'** on 15.11.2019.



### Slogan writing competition at MCM DAV College

**CHANDIGARH:** The vigilance cell of Mehr Chand Mahajan(MCM) DAV College for Women, Sector 36, organised a slogan writing and a poster-making competition based on corruption-free India. The aim of the drive was to sensitise students about the evils of corruption and motivating them to stand against this malpractice. Students came up with slogans and posters that denounced corruption and exhorted others to take lead in fighting this evil. The principal lauded the efforts of the students.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ **RUSA team** of Mehr Chand Mahajan DAV College for Women, in association with the Disaster Management Committee of the college, organized a **Workshop and Mock Drill** on 19.11.2019 to generate awareness about the techniques and strategies required for disaster management. A team from the National Disaster Response Force 7th Battalion, Bathinda, Punjab demonstrated handling of the situation in case of an earthquake, fire, flood and accident like operation of safety equipment and evacuation in these cases. CPR, in case of a stroke, was also well-illustrated by the team.

दावदर सिंह सदपुरा न बताया कि 2016 इसक बाद सरकार बदल गई सरकार

**ट्रेनिंग** एमसीएम डीएवी कॉलेज फॉर वुमन सेक्टर-36 में लगाई आपदा प्रबंधन पर कार्यशाला

## छात्राओं ने सीखे आपातकालीन स्थिति से निपटने के गुर

जास, चंडीगढ़ : एमसीएम डीएवी कॉलेज फॉर वुमन सेक्टर-36 में शुक्रवार को छात्राओं के लिए आपदा से निपटने के लिए कार्यशाला का आयोजन किया गया। राष्ट्रीय उच्चतर शिक्षा अभियान (रूसा) कमेटी ने कॉलेज की ही डिजास्टर मैनेजमेंट कमेटी के साथ मिलकर मॉकड्रिल का आयोजन हुआ। नेशनल डिजास्टर रेस्पॉन्स फॉर्स (एनडीआरएफ) वॉटिडा की 7वीं वटािलियन की एक टीम ने छात्राओं, शिक्षकों और सहायक कर्मचारियों को किसी भी आपदा के भयावह प्रभावों को रोकने के विभिन्न उपायों से अवगत कराया।

एनडीआरएफ इंस्पेक्टर नकुल ने विभिन्न आपदाओं के उदाहरणों के माध्यम से आपदा के बारे में जानकारी दी। एनडीआरएफ की इन्क्रीस सदस्यों की एक टीम ने भूकंप, आग, बाढ़ और दुर्घटना जैसे सुरक्षा उपकरणों के संचालन और इन मामलों में निकासी के तथा स्थिति को संभालने का प्रतिभागियों के समक्ष प्रदर्शन किया। रिसियों के सहारे ऊंची-ऊंची इमारत से लोगों को बचाने का प्रदर्शन भी टीम द्वारा कॉलेज में किया गया। बाढ़ या चक्रवातों के दौरान इस्तेमाल किए जाने वाले नावों और गोताखोरी सूट, डिफेंस ऑपरेशंस के लिए अस्का लाइट्स, विक्टिम लोकेशन डिवाइस और भूकंपीय और ध्वनिक सिग्नल उपकरणों के साथ-साथ रेडिएशन का पता लगाने के लिए इस्तेमाल होने वाले औजारों के साथ इस्तेमाल किए जाने वाले उपकरणों की एक प्रदर्शनी भी इस अवसर पर लगायी गई।



चंडीगढ़ : एमसीएम में शुक्रवार को आयोजित मॉकड्रिल और आपदा प्रबंधन कार्यशाला में आपातकालीन स्थिति से निपटने के गुर सीखती छात्राएं © जागरण

**Link to the activity include:**

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/727916817674574/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ To celebrate **International Day of Persons with Disabilities**, a **Disability Awareness Program** was organized by the **Equal Opportunity cell** in association with **Saksham and PGIMER, Chandigarh** on 25.11.2019 and 29.11.2019. This event was intended to increase public



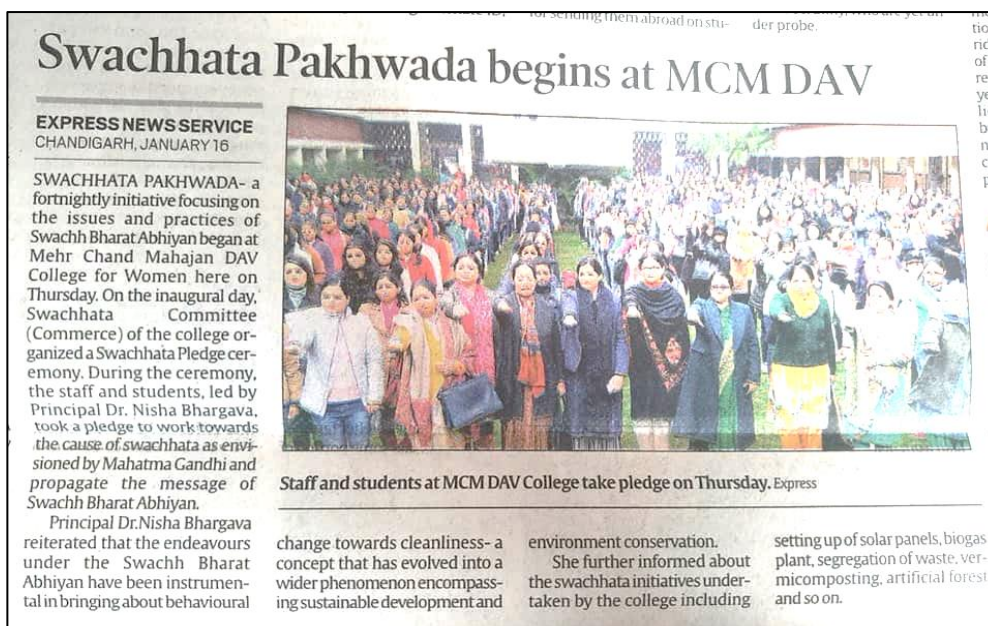
awareness, understanding and acceptance of people with disability and celebrate their achievements and contributions. **Link to the activity include:**

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/735166843616238/?type=3>



- ✓ On the inaugural day of **Swachhta Pakhwada**, **Swachhta Committee (Commerce)** of the college organized a **Swachhta Pledge ceremony** on 16.01.2020. During the ceremony, the staff and students, led by Principal Dr. Nisha Bhargava, took a pledge to work towards the cause of Swachhta as envisioned by Mahatma Gandhi and propagate the message of Swachh Bharat Abhiyan.

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



**Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/775633316236257/?type=3>

As part of **Energy Conservation Day** celebrations, the **Swachhta Committee (Arts)** of the college organized a sensitization programme on 14.12.2019 sustainability that aimed to raise awareness among the administrative staff about the sustainability promoting measures which can help in ensuring a sustainable future that included tips on efficient, energy management and were motivated to recycle paper, opt for carpooling and public transportation. **Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/749595718840017/?type=3>



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ **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. **Link to the activity include:**

### 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.

<https://www.facebook.com/MCMDA/CW/videos/108275340624807/>

- ✓ Mehr Chand Mahajan DAV College for Women organized the live broadcast of a video-conference '**Pariksha pe Charcha 2020**' by Honourable Prime Minister of India Shri Narendra Modi on 20.01.2020. Over 150 students of various streams witnessed the live broadcast wherein Shri Narendra Modi delivered a pep talk on 'Pariksha, Positivity and Perspective' to students from across the country and the Indian diaspora worldwide.



- ✓ Observing **Swachhta Pakhwada** 2020 in letter and spirit, the College conducted various competitions on the 8<sup>th</sup> day of Pakhwada. The day witnessed plethora of activities as Swachhta Committee (Sciences) of the college organized Speech,



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

**Poster making and Slogan writing competitions on the theme of Forest Conservation** on 23.01.2020. Held with the aim of sensitizing the students about the need to conserve our forests in the wake of the recent wild fires in Amazon and Australia.

- ✓ To celebrate the essence of **Ek Bharat Shreshtha Bharat**, a scintillating fusion solo dance performance of Lavni and Garba was staged by Simran, a student of BA III in the annual Cultural Fest *Meraki 2020* on 28.02.2020. This marked the diversity of our country as U.T. Chandigarh has been paired with Dadra and Nagar Haveli under Ek Bharat Shreshtha Bharat, a unique initiative of MHRD, to encourage cultural exchange among different states of our multicultural fabric.



- ✓ The **Environment Committee and NSS Units** of Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated **Earth Day** by organizing several activities such as Online Caption and Content writing competitions on 22.04.2020. NSS Volunteers celebrated Earth day at their

**अर्थ डे पर एमसीएम में ऑनलाइन कैप्शन, कंटेंट राइटिंग प्रतियोगिता**

संवाद न्यूज एजेंसी

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज फॉर वूमन ने सोशल डिस्टेंसिंग का पालन करते हुए अर्थ डे पर विभिन्न गतिविधियों का आयोजन करवाया। कॉलेज की एनएसएस इकाइयों के तत्त्वबधान में स्वयंसेवकों ने अपने-अपने स्थानों पर पौधरोपण किया। इसके अलावा स्लोगों को जागरूक करने के लिए जागरूकता पोस्टर और वीडियो बनाया।

कॉलेज की पर्यावरण समिति ने एक ऑनलाइन कैप्शन और कंटेंट राइटिंग प्रतियोगिता का आयोजन किया। कॉलेज की ओर से आयोजित दो दिवसीय प्रतियोगिता में प्रतिभागियों ने अपने निवास

स्थान पर ही पर्यावरण पर आधारित पुरस्कार विजेता फिल्म अलबेट्रीस को देखने के बाद उस पर एक राइट अप एवं उसका कैप्शन भी लिखा। इस प्रतियोगिता में 50 से अधिक छात्राओं ने उत्साहपूर्वक भाग लिया। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने कहा कि पृथ्वी दिवस का आयोजन वैश्विक कोरोना वायरस महामारी के कारण आज और अधिक प्रासंगिक हो गया है।

एमसीएम की छात्रा हाथ पर बनी कलाकृति दिखाती।

respective places. By planting saplings of trees, watering plants, made posters related to saving mother earth to generate awareness among masses.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ To commemorate **International Day of Biological Diversity, Swachhta Committee (Sciences)** organized a **creative essay writing competition** on the topic 'Impact of Covid-19 Pandemic on Wild Life in India' and Caption Contest for the students of Science and Arts streams on 22.05.2020.



- ✓ On the occasion of World Environment Day (28.05.2020 – 04.06.2020), **NSS Units of the college, organized an Inter College Best of Waste Competition.** The theme for the competition was 'Creativity in Confinement'. The competition saw an overwhelming response of 70 participants from institutions of Chandigarh and even outside the city. **Link to the activity include:**

<https://www.facebook.com/MCMD AVCW/photos/a.239819746484286/877942706005317/?type=3>

## बेस्ट ऑफ वेस्ट में कशिश बंसल ने मारी बाजी

संवाद न्यूज एजेंसी




प्रतियोगिता में भाग लेती एक छात्रा।

चंडीगढ़। सेक्टर -36 स्थित एमसीएम डीएवी कॉलेज फॉर वूमन के एक भारत श्रेष्ठ भारत सेल ने रविवार को विश्व पर्यावरण दिवस के उपलक्ष्य में पोस्टर मेकिंग प्रतियोगिता करवाई। इस गतिविधि में विभिन्न संकायों के प्रतिभागियों ने पर्यावरण संरक्षण पर जागरूकता पैदा करने के पोस्टर बनाए।

वहीं, एनएसएस इकाइयों ने क्रिएटिविटी इन कन्फिनेट विषय पर इंटर-कॉलेज बेस्ट आउट ऑफ वेस्ट प्रतियोगिता करवाई। प्रतियोगिता के लिए 11 अलग-अलग कॉलेजों के 70 विद्यार्थियों ने बेकार पड़ी सामग्री को उपयोग करके उपयोगी वस्तुएं बनाकर अपनी रचनात्मक प्रविष्टियां भेजीं। गतिविधि में अपशिष्ट से पक्षी के घोंसले बनाने से लेकर पर्यावरण के अनुकूल अखबार लैप, वेस्ट प्लास्टिक से लैप, सजावटी सामान इत्यादि बनाए। बेस्ट ऑफ वेस्ट प्रतियोगिता में

**एमसीएम डीएवी कॉलेज फॉर वूमन-36 के एक भारत श्रेष्ठ भारत सेल ने ऑनलाइन पोस्टर मेकिंग और बेस्ट आउट ऑफ वेस्ट प्रतियोगिता करवाई**

एमसीएम डीएवी कॉलेज की कशिश बंसल ने प्रथम, एमसीएम की सोनाली सेठ और पीजीजीसीजी - 42 की सोम्या को दूसरा व तीसरा स्थान पर एमसीएम डीएवी कॉलेज की यशिका सुद व महिमा कौशिक को मिला।

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

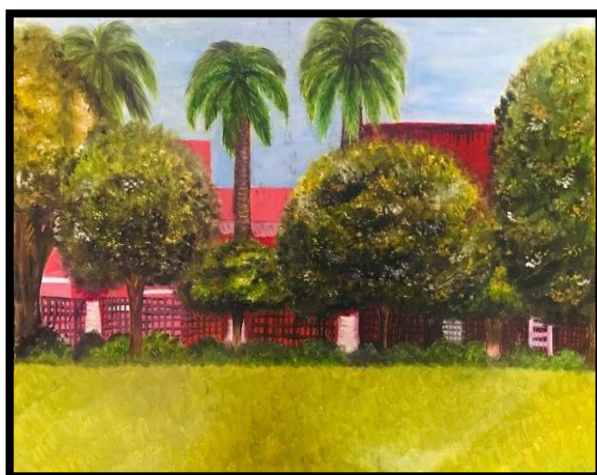
- ✓ To drive home the point that individual efforts can make a big difference in safeguarding our environment, the **Swachhta Committee (Arts) and Ek Bharat Shreshtha Bharat Cell** of the college organized



an **'Environment Responsibility Pledge'** on 05.06.2020 activity wherein the staff and students pledged to work towards preserving nature and also to sensitize others about it. **Link to the activity include:**

<https://www.facebook.com/226512264481701/posts/874695162996738/>

- ✓ To inspire the students to understand the importance of nature and forge a bond with nature on **World Environment Day**, as well as to use their creativity, **Horticulture and Landscaping Committee organized Online Landscape Design/Painting Competition** on 05.06.2020. **Link to the activity include:**



<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/878601782606076/?type=3>

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ Ek Bharat  
Shreshtha Bharat  
Cell of Mehr Chand  
Mahajan DAV  
College for Women  
organised '**Sanskriti**  
an online National  
Quiz to celebrate the  
imperishable glory of  
India. The event saw

## एमसीएम में नेशनल क्विज का आयोजन

चंडीगढ़, 19 जून (ट्रिब्यून)

एमसीएम डीएवी कॉलेज फॉर वीमेन के 'एक भारत, श्रेष्ठ भारत' प्रकोष्ठ ने 'संस्कृति' नामक ऑनलाइन नेशनल क्विज आयोजित किया। इसमें 17 राज्यों के 786 प्रतिभागियों ने भाग लिया। न केवल उत्तर भारतीय राज्यों और केंद्र शासित प्रदेशों, बल्कि असम, महाराष्ट्र, कर्नाटक, ओडिशा, बिहार

से त्वरित प्रतिक्रिया के रूप में पैन-इंडिया की भागीदारी का दौर देखा गया। भारत में कला और साहित्य, इतिहास और राजनीति, विज्ञान और प्रौद्योगिकी और पर्यावरण के मुद्दों पर सवालों का जवाब देना प्रतिभागियों के लिए मनोरंजक अनुभव था। प्रिंसिपल डॉ. निशा भार्गव ने राष्ट्र की बहुसंस्कृति को मजबूत करने के लिए एक भारत, श्रेष्ठ भारत सेल की सराहना की।

an overwhelming response from 17 states as 786 enthusiastic participants put to test their knowledge of India's rich diversity in this quiz which was open to the respondents only for 30 minutes. **Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/886718488461072/?type=3>

- ✓ In keeping with the spirit of **International Yoga Day (21.06.2020)**, the NSS Units and NCC (Naval Wing) of Mehr Chand Mahajan DAV College for Women organized various online activities to celebrate the importance of the Indian tradition of yoga for a healthy life. Keeping in mind this year's theme of 'Yoga at Home and Yoga with Family', staff, students, NSS volunteers, NCC cadets along with their

## एमसीएम में योग दिवस आयोजित

चंडीगढ़, 21 जून (जनसत्ता)।

अंतरराष्ट्रीय योग दिवस पर आज रविवार स्थानीय एमसीएम डीएवी कॉलेज फॉर वूमन की एनएसएस इकाइयों और एनसीसी (नेवल विंग) ने स्वस्थ जीवन के लिए योग की भारतीय परंपरा के महत्व को समारोह के रूप में मनाने के लिए विभिन्न ऑनलाइन गतिविधियों का आयोजन किया। इस वर्ष ह्यपरिवार पर योग और परिवार के साथ योगह नामक विषय के साथ कालेज स्टाफ, छात्राओं, एनएसएस स्वयं सेवकों, एनसीसी कैडेटों ने अपने परिजनों सहित अपने-अपने स्थान पर योग दिवस मनाया और कॉलेज द्वारा आयोजित आभासी (वर्चुअल) गतिविधियों में भाग लिया।

कॉलेज के एनसीसी (नेवल विंग) ने चंडीगढ़ नेवल यूनिट-1 के कर्मचारियों और कैडेटों के साथ



मिलकर ऑनलाइन योग सेशन आयोजित किया, जिसमें प्रतिभागियों ने योगासनो का अभ्यास किया। एनएसएस इकाइयों द्वारा लाइव वर्चुअल योग सेशन का भी आयोजन किया गया, जिसके लिए राष्ट्रीय और अंतरराष्ट्रीय स्तर पर योग में स्वर्ण पदक विजेता सुश्री केशम मोनारिया प्रमुख वक्ता थीं।

इसमें 108 से अधिक प्रतिभागियों के साथ सत्र की शुरुआत कॉलेज प्राचार्य डा. निशा भार्गव के संबोधन के साथ हुई, जिन्होंने प्रतिभागियों के समग्र कल्याण के लिए दैनिक जीवन में योग प्रोटोकॉल का पालन करने को सबको प्रेरित किया।

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

family members observed the day at their respective places, participating in virtual activities organized by the college. **Link to the activity include:**

<https://www.facebook.com/226512264481701/posts/886735895125998/?sfnsn=wiwspwa>

- ✓ Mahatma Gandhi National Council of Rural Education (MGNCRE), Department of Higher Education, Ministry of Human Resource Development, Government of India has recognized the efforts of Mehr Chand Mahajan DAV College for Women, Chandigarh in the field of Swachhta and has issued a '**Recognition Certificate**' for being a **Best Swachh Institution**. Under this programme, the College has constituted a Swachhta Action Plan (SAP) Committee, which is being headed by worthy Principal Dr. Nisha Bhargava that will work on different aspects of Post COVID-19 for Sanitation and Hygiene, Waste Management, Water management, Energy Management and Greenery and will observe two environment related days.



7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

3. COVID Appropriate behavior:

NSS Units, NCC (Army Wing and Naval wing) and Unnat Bharat Abhiyan (UBA) cell of the college generated awareness among the masses regarding COVID-19 appropriate behavior. Link to the activity include:



- <https://www.facebook.com/MCMDAVCW/videos/636371823815898/>
- <https://www.facebook.com/MCMDAVCW/videos/1161333697542236/>
- <https://www.facebook.com/MCMDAVCW/videos/252579015790553/>

✓ As the nation continues its fight against COVID-19, the **NSS Units** of the College endeavor to further strengthen this fight by raising awareness about how to keep the disease at bay. On 22 March 2020, 17 NSS Volunteers along with teaching and non-teaching staff of the college supported the '**Janta Curfew**' and took an initiative to generate an awareness regarding COVID-19 through an educational video which was shot by NSS volunteers, at their respective locations and then edited, and shared with masses using different social networking platforms. In addition, volunteers exhibited the correct way of washing hands in the video to the masses to keep the disease at bay. Link to the activity include:



- <https://www.facebook.com/226512264481701/posts/821634678302787/>
- <https://www.instagram.com/tv/B-D9cprAaSw/?igshid=frgtd9qvfok>

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ Extending wholehearted support to the Government of India's efforts directed at fighting the novel coronavirus, the **Swachhta Committee (Arts)** of Mehr Chand Mahajan DAV College for Women organized a pledge activity. Organized as part of **GoI's 'Jan Andolan for COVID-19 Appropriate Behavior Pledge'**, the pledge was taken by Principal of the college Dr. Nisha Bhargava, teaching and non-teaching staff members, NSS volunteers and students. As part of the pledge, the participants committed themselves towards strengthening

## MCM staff takes COVID Appropriate Behaviour Pledge

**E**xtending wholehearted support to the Government of India's efforts directed at fighting the novel coronavirus, the Swachhta Committee (Arts) of Mehr Chand Mahajan DAV College for Women organised a pledge activity. Organised as part of GoI's 'Jan Andolan for COVID-19 Appropriate Behaviour Pledge', the pledge was taken by Principal of the college Dr. Nisha Bhargava, teaching and non-teaching staff members, NSS volunteers and students. As part of the pledge, the participants committed themselves towards strengthening India's fight against COVID-19 by following key COVID appropriate behaviours and taking all the precautionary measures including maintaining social distance, wearing face mask and washing hands frequently. Dr. Nisha Bhargava asserted that since the outbreak of COVID-19 in India, MCM has undertaken various initiatives to help contain the disease including raising awareness about the disease through educational videos, online competitions, and distributing masks made at home. She added that being a socially responsible institution, MCM stands firmly with the state in its fight against COVID-19.

India's fight against COVID-19 by following key COVID appropriate behaviors and taking all the precautionary measures including maintaining social distance, wearing face mask and washing hands frequently. **Link to the activity include:**

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/1032743280525258/?type=3>

- ✓ **NSS volunteers** of the College depicted their creativity and responsibility towards generating awareness regarding COVID-19 through several initiatives from 13.04.2020 – 14.04.2020. The volunteers made their contribution to society fulfilling the motto of NSS 'Not Me But You' in every way possible. At first, volunteers made **an initiative of preparing and distributing homemade cloth masks. Link to the activity include:**

## एमसीएम की एनएसएस-एनसीसी की छात्राओं ने बांटे मास्क



घर पर कपड़े से मास्क बनानी एमसीएम की छात्रा।  
जगत्कल्याण के लिए घरों के बाहर पोस्टर चिपकानी एक छात्रा।

**संवाद न्यूज़ एजेंसी**  
चंडीगढ़। एमसीएम डीएवी कॉलेज फॉर वूमन सेक्टर-36 छात्राओं को वीडियो काफ़िमेंस के जरिये कोविड-19 के बारे में जागरूक कर रहा है।  
साथ ही कॉलेज के एनएसएस, एनसीसी (सेना और नौसेना विंग) केडेटों और उन्नत भारत अभियान (यूबीए) समिति के स्वयंसेवकों ने घर पर मास्क बनाकर अपने रिहाइशी क्षेत्रों में मास्क और सैनिटाइजर वितरित किए। उन्होंने घर पर रहने और मास्क पहनने के बारे में जागरूकता फैलाने वाले पोस्टर भी बनाए और लोगों के घरों के बाहर चिपकाए।  
इसके अलावा उन्होंने लोगों को कोरोना और एहतियाती उपचारों के बारे में संवेदनशील बनाने के उद्देश्य से विभिन्न वीडियो भी बनाए। ये वीडियो कॉलेज के सोशल मीडिया हैंडल पर साझा किए हैं। वीडियो में हाथ धोने की उचित प्रक्रिया, फेस मास्क बनाने के प्रदर्शन और घर और फल और सब्जियों के सैनिटाइजेशन जैसे विभिन्न महत्वपूर्ण पहलुओं को समझाया गया है।  
वर्तमान परिदृश्य में स्वयंसेवक डोर टू डोर जागरूकता गतिविधियाँ नहीं कर सकते हैं। इसलिए वे वीडियो के माध्यम से लोगों को जागरूक करने लिए निरंतर प्रयासरत हैं।  
**डॉ. निशा भार्गव, प्रिंसिपल**  
स्वयंसेवक हरमिंजरन कोर ने कहा कि अपनी सामाजिक जिम्मेदारी निभाते हुए मानव जाति की सेवा करने और कोविड-19 के बारे में आम लोगों में जागरूक करने का हरसंभव प्रयत्न कर रहे हैं।

<https://www.facebook.com/MCMDA/CW/videos/153081226107956/?sfnsn=wiwspwa>

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

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

Encourages awareness  
on  
**COVID-19**  
Under the aegis of  
**EK BHARAT  
SHRESHTHA BHARAT**

मेहरचंद महात्मन डीएवी महिला महाविद्यालय  
सेक्टर 36 ए, चंडीगढ़

अज्ञात के भय ने मानव को ग्रसित कर लिया है और  
संपूर्ण विश्व में हाहाकार है। किंतु भयभीत होते हुए  
भी प्रबल इच्छा शक्ति एवं धैर्य से प्रत्येक विकट  
परिस्थिति पर विजय पाई जा सकती है। इस संकल्प  
को धारण करते हुए मेहर चन्द महात्मन महिला  
महाविद्यालय, चंडीगढ़ ने कविता के माध्यम से मानव  
को अपने अंतर्मन में झाँकते हुए सतत जीवन की  
दिशा में कार्य करने के लिए प्रेरित करने का प्रयत्न  
किया है। ईश्वर समस्त विश्व का भला करें।  
डाॅ निसा भार्गव  
प्रिंसिपल

तमसो मा ज्योतिर्गमय  
From darkness, lead me to light

Compiled, Designed & Developed by  
Ashish Mudgal  
Member  
Ek Bharat Shreshtha Bharat Team  
of  
Mehr Chand Mahajan  
DAV College for Women  
Sector 36-A, Chandigarh (U.T.)

- ✓ To vindicate the survival instinct in us humans and sow the seeds of hope, faith, gratitude, and compassion during COVID times, **Ek Bharat Shreshtha Bharat Club** of our college came up with the novel idea of taking an initiative of making an awareness video on COVID-19 (27.04.2020) by the college using the power of poetry to spread hope.

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

**List of activities organized by Mehr Chand Mahajan DAV College for Women, Chandigarh in Session 2018-19 (1 July 2017 – 30 June 2018) for inculcating values for being responsible citizens as reflected in the Constitution of India are given below:**

| Sr. No | Name of the Committee   | Title of the Practice  | Duration from  | Duration to | Number of Participants       | Objectives  |
|--------|---|--|--|-------------|------------------------------|---|
| 1      | NSS Units   | Swachh Bharat Summer Internship 2018   | 01.06.2018   | 30.06.2018  | 14 (Teachers) + 27 Students  | To integrate students in the community service in rural areas.                          |
| 2      | Rotaract Club   | 'Trees For Soul' 40 trees planted and named after the slum children of Sector 38 West Chandigarh                         | 26.07.2018   |             | 6                            | To apprise the children about Global warming and importance of water conservation       |
| 3      | NSS Units   | <b>Swachhta Pakhwada (01.08.2020 – 15.08.2020)</b><br>To commemorate 150 <sup>th</sup> anniversary of Mahatma Gandhi Ji; |  |             |                              |   |
| 4      |   | Tree Plantation Drive  | 04.08.2018   |             | 9 (Teachers) + 70 (students) | To plant trees and keep the campus green  |
| 5      |   | Cleanliness Drives   | 04.08.2018   | 09.08.2018  | 9 (Teachers) + 50 (students) | To clean the campus area  |
| 6      |   | Special Awareness Lecture  | 11.08.2018   |             | 9+ 250 (students)            | To apprise the students about the concept of cleanliness                                |
| 7      | NSS Units in collaboration with Malaria wing of the Health Department of Chandigarh | Malaria Awareness Drive  | 17.09.2018;<br>19.09.2018;<br>22.09.2018;<br>22.09.2018; |             | 4 (Teachers) + 90 (students) | To raise awareness against the vector-borne diseases amongst the citizens of sectors-37 |



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr. No | Name of the Committee | Title of the Practice   | Duration from | Duration to | Number of Participants | Objectives  |
|--------|-----------------------|---|---------------|-------------|------------------------|---|
|        |                       |   | 09.10.2018    |             |                        | and 41, Chandigarh.   |
| 8      | Rotaract Club         | Aazadi 2.0, Online Slogan Writing and Painting competition on 'Independence Day'.                                   | 14.08.2018    |             | 25                     | To commemorate Independence Day   |
| 9      | Legal Literacy Club   | Consumer Rights Awareness session by Dr. Shiva Satish Sharda  | 15.08.2018    |             | 150                    | To apprise the students with guidelines and standards of protecting consumers from fraudulent and deceptive commercial practices. |
| 10     | Rotaract Club         | Saare Jahan Se Achha Independence Day Celebrations at Kendriya Vidyalaya, Sector 31D, Chandigarh                    | 15.08.2018    |             | 15                     | To celebrate Independence Day   |
| 11     | Rotaract Club         | Operation Tricolour at Sector 17, Chandigarh: The flags lying on the ground after Independence Day celebration were | 15.08.2018    |             | 6                      | To collect all the flags lying on the ground, thereby maintaining their respect and dignity.                                      |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr. No | Name of the Committee | Title of the Practice                            | Duration from            | Duration to | Number of Participants       | Objectives  |
|--------|-----------------------|--|--------------------------|-------------|------------------------------|---|
|        |                       | collected to maintain their respect and dignity. |                          |             |                              |   |
| 12     | Rotaract Club         | Relief Material for Kerala Flood victims         | 23.08.2018               | 31.08.2018  | 50                           | To support and provide help of Kerala Flood victims   |
| 13     | Rotaract Club         | Samarth 2.0                                      | 16.09.2018               |             | 1 (Teacher) + 17 students)   | To provide education to slum children of Sector 38, West Chandigarh   |
| 14     | NSS Units             | <b>POSHAN Maah</b>                               |                          |             |                              |   |
| 15     |                       | Flash Mobs at Sector-17, Chandigarh              | 27.09.2018<br>30.09.2018 |             | 9 (Teachers) + 60 (students) | To reach to every household with the message of nutrition— "Har ghar poshan tyohar" (every house a celebration of nutrition). |
| 16     |                       | Special Lecture on Nutrition & Health at Badheri | 01.09.2018               |             | 9 (Teachers) + 50 (students) | To reach to every household with the message of nutrition— "Har ghar poshan tyohar" (every house a celebration of nutrition). |
| 17     |                       | State Level Workshop on POSHAN Maah at PGI       | 28.09.2018               |             | 9 (teachers) + 25 (students) | To reach to every household with the message of   |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr. No | Name of the Committee  | Title of the Practice                                     | Duration from | Duration to | Number of Participants        | Objectives   |
|--------|--|---|---------------|-------------|-------------------------------|--|
|        |  |   |               |             |                               | nutrition—"Har ghar poshan tyohar" (every house a celebration of nutrition).   |
| 18     | Rotaract Club of our College in collaboration with Rotaractors of Zone-2&5 | Harmony', an event at Bhavan Vidyalaya, Chandigarh.       | 28.10.2018    |             | 125                           | To promote the values for becoming a better human being  |
| 19     | Mehr Chand Mahajan DAV College for Women, Chandigarh                       | Integrity Pledge for a corruption free, progressive India | 30.10.2018    |             | 250                           | To mark Vigilance Awareness Week':   |
| 20     | Department of Political Science  | National Constitution Day                                 | 26.11.2018    |             | 100                           | To commemorate the framing of the constitution and sensitise the students to uphold the values enshrined in the constitution |
| 21     | Electoral Literacy Club with Election Commission, Chandigarh               | Voter Registration Camp                                   | 26.11.2018    |             | 1 (teachers) + 99 (students)  | To fill up voter registration forms  |
| 22     | Electoral Literacy Club with Election Commission, Chandigarh               | Voter Registration Week                                   | 03.12.2018    | 08.12.2018  | 1 (teachers) + 222 (students) | To enrol and register eligible voters so that they can vote  |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr. No | Name of the Committee  | Title of the Practice  | Duration from | Duration to | Number of Participants        | Objectives                                 |
|--------|--|--|---------------|-------------|-------------------------------|--|
| 23     | NSS Units  | An awareness session on Solid Waste Management and Mushroom cultivation at Village Badheri, Chandigarh                                   | 26.12.2018    |             | 10                            |  |
| 24     | NSS Units  | A Nukkad Natak about Personal Hygiene and Cleanliness at adopted village Badheri, Chandigarh   | 29.12.2018    |             | 12                            | To adopt sanitation practices              |
| 25     | NSS Units  | Nukkad Natak and Swachhta Rally in collaboration with MC Team, Chandigarh  | 30.12.2018    |             | 1 (teachers) + 8 (students)   | To promote health and civic sense          |
| 26     | Electoral Literacy Club  | Pledge taking and Open Mic activities on National Voters Day on the theme "No Voter to be left behind" on 25 <sup>th</sup> January, 2019 | 25.01.2019    |             | 1 (teachers) + 250 (students) | To take a pledge to cast votes judiciously |
| 27     | NSS Units in collaboration with Regional Directorate of NSS and Chandigarh NSS Cell. | National Youth Parliament' at District Level organized by Chandigarh administration in the Government College for Commerce and Business, | 25.01.2019    |             | 8                             | Role of Youth Leadership                   |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr. No | Name of the Committee  | Title of the Practice  | Duration from | Duration to | Number of Participants         | Objectives  |
|--------|--|--|---------------|-------------|--------------------------------|---|
|        |  | Sector 50, Chandigarh  |               |             |                                |   |
| 28     | Rotaract Club  | Watan Ki Baat at Slum 38 West, Chandigarh  | 26.01.2019    |             | 8                              | Nation Building - To apprise the children about importance of Republic of India   |
| 29     | NSS Units in collaboration with Chandigarh traffic police                            | An Awareness Programme and Helmet Rally - Celebration of 30th National Road Safety Week. | 26.01.2019    |             | 1 (teachers) + 68 (teachers)   | To impress upon the audience the consequences of neglecting traffic rules and raise awareness among public valuable message of 'Helmet Pehnao, Beti Bachao' and Road Safety |
| 30     | Electoral Literacy Club with Election Commission, Chandigarh                         | Voter Registration Drive   | 07.02.2019    |             | 1 (teachers) + 1425 (students) | To enroll and register eligible voters so that they can vote  |
| 31     | NSS Units  | Run for Green: State Bank of India led initiative  | 25.01.2019    |             | 1 (teachers) + 25 students     | To generate awareness regarding environment safety  |
| 32     | NSS Units in collaboration with Chandigarh Red Cross Society and NSS Cell Chandigarh | Saarathi Project   | 13.02.2019    | 20.02.2019  | 1 (teachers) + 110 (students)  | To provide service to the patients and their attendants at PGIMER.  |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr. No | Name of the Committee   | Title of the Practice  | Duration from | Duration to | Number of Participants       | Objectives   |
|--------|---|--|---------------|-------------|------------------------------|--|
| 33     | Electoral Literacy Club with Election Commission, Chandigarh                  | Workshop by Mr Bahadur Singh, Supervisor and Election In charge, SDM South | 14.02.2019    |             | 1 (teachers) + 90 (students) | To apprise the students about filling voter forms online   |
| 34     | NSS Units in collaboration with S.W.A.T.                                      | Drug Free India' Campaign at Chandigarh University, Mohali, Punjab         | 18.02.2019    |             | 1 (teachers) + 25 (students) | To combat the drug menace  |
| 35     | NSS Units in collaboration with PGIMER, Chandigarh and Lions Club, Chandigarh | Blood Donation Camp  | 22.01.2019    |             | 251                          | To contribute towards the society by donating blood  |
| 36     | Electoral Literacy Club with Election Commission, Chandigarh                  | Special Awareness Camp was organized by Election Commission, Chandigarh    | 06.03.2019    |             | 1 (teacher) + 110 (students) | To familiarize voters with use of VVPAT/EV M.  |
| 37     | Swachhta Committee (Arts)   | World Water Day - A three-day Awareness Drive                              | 22.03.2019    |             | 20                           | Environment Safety - To advocate for sustainable management of water resources and sensitise the students about the need for water conservation. |
| 38     | NSS Units   | National Integration Camp under the Ministry of Youth Affairs and Sports,  | 24.03.2019    | 30.03.2019  | 20                           | To promote brotherhood among volunteers of different cultures  |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr. No | Name of the Committee   | Title of the Practice  | Duration from | Duration to | Number of Participants     | Objectives  |
|--------|---|--|---------------|-------------|----------------------------|---|
|        |   | Government of India.   |               |             |                            |   |
| 39     | Red Ribbon Club in collaboration with NSS Units               | Aids Awareness Rally   | 30.03.2019    |             | 4 (teachers) + 80 students | To sensitize the residents about the problems related to AIDS and Blood Donation  |
| 40     | NSS Units   | Jallianwala Bagh Centenary - Programme organized by Panjab University                      | 13.01.2019    | 19.04.2019  | 15                         | To commemorate Jallianwala Bagh Centenary   |
| 41     | Swachhta Committee (Arts) along with the Sanskrit Department  | On 'Earth Day,' 'Havan' and Plantation drive of medicinal plants                           | 22.04.2019    |             | 100                        | To Save the Earth and create a sustainable future                                 |
|        | Swachhta Committee (Arts) in collaboration with the NSS Units | Administration of Environmental Protection Oath for environment on 'World Environment Day' | 05.06.2019    |             | 500                        | To create awareness and to sensitize people about the conservation of environment |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

During the **session 2017-18**, Mehr Chand Mahajan DAV College for Women, Chandigarh has organized a plethora of activities with an aim to sensitize students and employees of the Institution to the constitutional obligations in the subsequent areas:

**1. Patriotism/Celebration of National Days:**

**To commemorate 150<sup>th</sup> Anniversary of Mahatma Gandhi Ji** and to spread awareness and evoke sensitivity to the virtues of sanitation and cleanliness, and help the Government in successfully achieving the initiative of Swachh Bharat Abhiyan, **NSS Units** of the college organized **Swachhta Pakhwada** from 01.08.2018 – 15.08.2018 where under the able leadership of Principal Dr Nisha Bhargava, several activities such as Tree Plantation drive, Cleanliness drives and special Awareness lectures were organized.



Tree Plantation Drive  
(04.08.2018)



Cleanliness Drive  
(04.08.2018 – 09.08.2018)



7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

Special Lecture Cum  
Workshop: Offering Innovative  
Solutions to Social Issues  
(11.08.2018)



**एम.सी.एम. में स्वच्छता अभियान,  
प्राथमिक चिकित्सा पर एक व्याख्यान**



**एमसीएम कालेज में छात्रा स्वच्छता अभियान में कालेज की सफाई करती हुई।**

चंडीगढ़ (राकेश) : एम.सी.एम. में आयोजित स्वच्छता अभियान में 15 दिनों के लिए अलग अलग गतिविधियां निर्धारित की गई हैं। कालेज के एन.एस.एस. यूनिट द्वारा आयोजित इस अभियान में स्वच्छता के प्रति व्यवहारात्मक बदलाव लाने के उद्देश्य से जागरूकता पैदा करना ही मुख्य बिंदु है। लगभग 400 एन.एस.एस. स्वयंसेवकों ने कॉलेज परिसर के अलग अलग क्षेत्रों जैसे क्लासरूम, लेबोरेट्री, बगीचे आदि की सफाई की। एक अन्य कार्यक्रम में कॉलेज की स्किल डिवेलपमेंट कमेटी ने सड़क सुरक्षा एवं प्राथमिक चिकित्सा पर एक व्याख्यान एवं प्रदर्शन आयोजित किया। संभव फॉउंडेशन बंगलुरु के मिशन सलामती की प्रोजेक्ट कोऑर्डिनेटर अमोल कौर ने सड़क सुरक्षा पर ज्ञानवर्धक जानकारी दी। कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने कॉलेज को हमेशा से ही जागरूक और जिम्मेदार नागरिक निर्माण के ओर प्रयत्नशील बताते हुए कहा कि विशेषज्ञों के साथ बातचीत, व्याख्यान एवं सामाजिक कारणों के प्रति व्यवहारात्मक एवं सकारात्मक रुख जगाने के लिए भिन्न भिन्न प्रकार की गतिविधियां निश्चित रूप से हमारी हमारी छात्राओं में दायित्वपूर्ण सरोकार जगायेंगी।

**Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/448420798957512/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ On the occasion of **Independence Day, Rotaract Club** of our college organized **Aazadi 2.0, - Online Slogan Writing and Painting competition** on 14.08.2019.



- ✓ **Rotaract Club** of our college in collaboration with **RC Pune Mid-East** conducted a Project entitled **'SAARE JAHAN SE ACHHA 2.0'** on 15.08.2019 where club members celebrated **Independence Day** with the students of Kendriya Vidyalaya, sector-31 D, Chandigarh. The event began with the Flag hoisting ceremony. After that, the students performed various dance and singing performances. The passion of the students forged a very strong feeling of Patriotism among the club members.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

#### ✓ Department of Political Science

of our college celebrated **National Constitution Day** on 26.11.2018

with the aim of commemorating the framing of the constitution and sensitizing the students to uphold the values enshrined in the constitution. The celebration



included poster making and essay writing activity. Besides, a special issue of department wall magazine was also released carrying information pertaining to the historic day in the life of our nation.

#### ✓ Operation Tricolor – project was conducted by **Rotaract Club** of our college in collaboration with **RAC Andheri Rotaract Club** on 15.08.2018 where club members went to The Parade Ground in Sector-17, Chandigarh where Independence Day celebration was held. The aim of the project was to collect all the flags lying on the ground, thereby maintaining their respect and dignity.

#### ✓ **Electoral Literacy Club** of the college celebrated **9<sup>th</sup> National Voters Day** by organizing **Open mic and Pledge** taking event on 25.01.2019 on the theme 'No Voter to be Left Behind'. Students took a pledge to cast their votes judiciously. Open mic was also conducted by the students of the club where they emphasized on the significance and value of votes through speeches and self-composed poems. Students also conducted class to class voter awareness campaign.



**Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/545186679280923/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ **Rotaract Club** of the college celebrated **Republic Day** (26.01.2019) with the slum children of Sector-38 West Chandigarh where the club members distributed flags among the kids and apprise them about the importance of Republic Day in Indian history.



- ✓ On 13.01.2019, **NSS volunteers** of the college participated in a programme organized by Panjab University Chandigarh to commemorate —**Jallianwala Bagh Centenary**, which commenced with taking a pledge by NSS, NCC units and youth clubs of the University.



7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

**2. Fundamental Duties and Rights of Indian Citizens including Right to Vote, Education, Environment Consciousness (Days related to preservation of Environment, Cleanliness etc.) and promotion of health:**

✓ **NSS Units** of the college in collaboration with State NSS Cell Chandigarh initiated a campaign – **Swachh Bharat Summer Internship Programme (SBSI)** – a 100-hour program (01.06.2018 – 30.06.2018) where 27 NSS volunteers and 14 teachers



were given the opportunity to perform cleanliness related activities. in the selected villages namely:

Kishangarh, Dhanas and Kaimbwala of Chandigarh (U.T.), Balongi of Mohali, Seenk of Haryana, Haripura of Rajasthan, Athan Bagh of Uttarakhand, and Ghaeiewala of Punjab.

**Link to the activity include:**

**MCM students participate in 'Swachh Bharat Summer Internship 2018'**

CHANDIGARH, JULY 3

More than 30 students of MCM DAV College for Women have got registered for "Swachh Bharat Summer Internship 2018" organized by the Ministry of Water and Sanitation in association with the Ministry of Human Resources Development, Government of India. The main endeavor of the program is to integrate students in the community service in rural areas. The registered students began their summer internship in the first week of June 2018 in the selected villages (Kishangarh, Dhanas and Kaimbwala) of UT Chandigarh. With the support of village sarpanches, numerous drives and awareness programs were organised on underground drainage system, wet garbage and street cleaning. Besides these activities, students conducted activities of their choice to contribute to the cause of rural sanitation like they conducted awareness drives on menstrual hygiene and sanitation as well. Furthermore, waste collection drives of households and shared spaces (shops, restaurants and dhabas) of villages were also conducted with the help of school students. Various campaigns were

A group of about 10 people, including students and teachers, are standing outdoors in a rural setting. They are holding a banner. The ground appears to be a construction site or a place where waste is being managed, with some dirt and what looks like a compost pit or a similar structure in the background.

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/419733188492940/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ On 26.07.2018, **Rotaract club** of our college planted around 40 trees in the Slum Area of Sector-38 West, Chandigarh. The Slum children cooperated and enjoyed the activity with the club members. The trees were named after each child and they were given the responsibility to take good care of them.



- ✓ An interactive talk on “**Consumer Rights**” by Dr. Shiva Satish Sharda (Asst. Prof. in Law, Rajeev Gandhi National University of law, Patiala) was organized by 15.10.2018. The session was highly interactive and the resource person highlighted the guidelines and standards of protecting consumers from fraudulent and deceptive commercial practices. She explained that consumers should be well aware of their rights and should have the right of access to non- hazardous products.



7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/492079004591691/?type=3>

- ✓ With an aim of supporting survivors of Kerala Flood, **Rotaract Club** of the college came forward to provide full support and help to the victims via organizing **Kerala Flood relief Fund** from 23.08.2018- 31.08.2018. Donation boxes were set up throughout the college campus. A list of all the required material was also circulated among the students. The students and teachers showcased wholehearted participation in the collection drive reflecting the spirit of helpfulness.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ **Samarth 2.0** – an educational initiative was taken up of **Rotaract Club** of the college (16.09.2018) where Rotaractors visited the slum area of Sector 38-West, Chandigarh and interacted with the students. The



members would be visiting the Slum Area every Saturday, 3pm-5pm and Sunday, 11am-1pm. These classes are not just for teaching them, but also making them understand the importance of education.

✓ With to aim raise awareness against the vector-borne diseases amongst the citizens of Sectors-37 and 41, Chandigarh, **NSS Units in collaboration with Malaria wing of the Health Department of Chandigarh** conducted Malaria Awareness Drives on 17.09.2018;



19.09.2018; 22.09.2018; 22.09.2018; 09.10.2018 where volunteers interacted and conducted door-to- door surveys in 900 households during this drive to create awareness under the supervision of Mr. Virender Malik, the Malaria Inspector of that area.

✓ With an aim to reach to every household with the message of nutrition— “**Har ghar poshan tyohar**” (every house a celebration of nutrition), **NSS Units** of the college organized a month-long intensive campaign in the month of September, 2018 where number of



activities were organized that included **Flash mobs, Special lecture on Nutrition in adopted Village Badheri, Chandigarh** and participation in state level workshop



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

on Poshan Maah, PGI.



Flash Mob



State Level Workshop  
on Poshan Maah at  
PGI on 28.09.2018

- ✓ With an aim to promote the values for becoming a better human being, **Rotaract Club of our College in collaboration with Rotaractors of Zone-2&5** organized an event '**Harmony**' at Bhavan Vidyalaya School, Chandigarh on 28.10.2018.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ To mark the commencement of **Vigilance Awareness Week**, Mehr Chand Mahajan DAV College for Women, Chandigarh administered Integrity Pledge on 30.10.2018 where Staff and students led by Principal Dr.Nisha Bhargava resolved to work with rectitude for a corruption-free progressive India.

## एमसीएम में विजिलेंस अवेयरनेस वीक का आरंभ

अर्थ प्रकाश संवाददाता

चंडीगढ़। एमसीएम डीएवी कॉलेज फॉर वीमेन चंडीगढ़ ने अपनी छात्राओं और स्टाफ के सदस्यों सदैव ईमानदार रहने की प्रतिज्ञा दिलाकर सतर्कता जागरूकता ससाह (एमसीएम में विजिलेंस अवेयरनेस वीक) की शुरुआत की। केंद्रीय सतर्कता आयोग (सेंट्रल विजिलेंस कमीशन) की एक राष्ट्रव्यापी पहल 'भ्रष्टाचार को खत्म करना- एक नया भारत बनाना' के स्वरूप आयोजित इस कार्यक्रम का उद्देश्य सार्वजनिक जीवन में पारदर्शिता, अखंडता और उत्तरदायित्व के मूल्यों को बढ़ावा देने में सार्वजनिक भागीदारी को प्रोत्साहित करना है।

कॉलेज की प्रिंसिपल डॉ निशा भार्गव के नेतृत्व में कर्मचारियों और



छात्राओं ने भ्रष्टाचार मुक्त समाज बनाने का संकल्प किया। डॉ निशा भार्गव ने बल देते हुए कहा कि भ्रष्टाचार को खत्म करने के लिए समाज के सभी वर्गों की भागीदारी अनिवार्य है। उन्होंने कहा कि सभी देशवासियों को हमारे देश को भ्रष्टाचार रहित प्रगतिशील राष्ट्र में बदलने के लिए 'भ्रष्टाचार छोड़ो' के मंत्र को अपनाना चाहिए।

Link to the activity include:

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/497934587339466/?type=3>

- ✓ **Electoral Literacy Club with Election Commission, Chandigarh organized Voter Registration Camp (26.11.2018), Voter Registration Drive (07.02.2019) and Voter Registration Week (03.12.2018-08.12.2018)** with an aim of sensitizing students about their right to Vote and register potent candidates so that they vote in upcoming elections.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



✓ With an aim of sensitizing residents of Village Badheri, Chandigarh, **NSS Units** of the college organized an **awareness session on Solid Waste Management and Mushroom cultivation** where Dr Vandana Sharma and Dr Sandeep Kaur were the resource persons.

✓ A **Nukkad Natak about Personal Hygiene and Cleanliness** at adopted village Badheri, Chandigarh was staged by NSS volunteers on 29.12.2018 with an aim of apprising residents about the importance of cleanliness.



✓ **NSS volunteers** of the college also staged a nukkad natak on the theme of Swachhta with the aim of sensitizing the audience about various themes of the mission including sanitation and health, composting, segregation of waste, use of toilets and sanitary napkins on 30.12.2018.



✓ 8 NSS Volunteers of the college participated in **National Youth Parliament** organized by Chandigarh administration at district level in the Government College for Commerce and Business, Sector 50, Chandigarh on 25.01.2019. It was

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

organized by the **Regional Directorate of NSS and State Chandigarh NSS Cell**. Ms. Satvikaa Singh from MCM DAV got selected for the State level and participated in Chitkara University on 06.03.2019.



✓ **NSS Units** of the college in

collaboration with **Chandigarh Traffic Police** organized an **awareness programme and Helmet Rally** on 26.01.2019 as a part of the ongoing **30<sup>th</sup> National Road Safety Week**. Chandigarh's Swachh



Bharat ambassador Mrs. Savita Bhatti graced the event as the Chief Guest and Chandigarh SSP (Security and Traffic) Mr. Shashank Anand was the Special Guest. A highly impactful nukkad natak by Samvaad Theatre Group on the theme of road safety



sought to impress upon the audience the consequences of neglecting traffic rules. During the rally, over 300 students of the college proudly sported their helmets as they plied the city roads on their two-wheelers spreading the valuable message of 'Helmet Pehnao, Beti Bachao', thereby stressing upon the importance of women wearing helmets for ensuring their safety on roads. **Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/549796065486651/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ **NSS volunteers** along with NSS Programme officers of NSS Units of the college participated in **Green Marathon 2019 (Run for Green)** which was organized by State Bank of India in collaboration with Radio Mirchi on 25.01.2019. The main objective of this marathon is to create awareness about the serious imbalance between the nature and human life.



- ✓ 110 NSS Volunteers participated in **SAARTHI - a joint initiative by the Chandigarh Red Cross Society and Chandigarh NSS Cell (13.02.2019 – 20.02.2019)**, which aims to provide service to the patients and their attendants at PGIMER.



**NSS Saarthi Team of the college with worthy Principal, Dr. Nisha Bhargava and NSS Programme Officers**

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ **Electoral Literacy Club of the college in collaboration with Election Commission, Chandigarh** organized a workshop for the students on 14.02.2019 where Mr. Bahadur Singh, Supervisor and Election In charge SDM South, apprised the students about filling the voter forms through online app 'Voter Helpline'.



- ✓ On 18.02.2019, **25 NSS volunteers of the college actively participated in Drug Free India**, a nationwide campaign, launched at Chandigarh University. The campaign focused to eliminate the abuse of drugs among the youth.



- ✓ In line with the endless endeavors of **NSS Units** of the college towards inculcating spirit of selfless service in its students and enrichment of society, NSS Units of the college organized a **massive blood donation camp** on 21.02.2019 in collaboration with PGIMER, Chandigarh and Lions Club, Chandigarh, that witnessed an overwhelming response from the staff and students. The zealous and devoted blood donors of MCM contributed a laudable total of 215 units of blood.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



- ✓ On 06.03.2019, a **Special Awareness Camp** was organized **Electoral Literacy Club** of the college in collaboration with **Election Commission, Chandigarh** to **familiarize voters with use of VVPAT/EVM.**
- ✓ To mark **World Water Day**, the **Swachhta Committee (Arts)** of the college organized a 3-day awareness drive with the vision to advocate for sustainable management of water resources and sensitize the students about the need for water conservation. With special emphasis on saving water during Holi celebration, the drive began with briefing the students about ways to save water. The highlight of the inaugural day of the drive was poetry recitation on the theme wherein Principal Dr. Nisha Bhargava also presented a self-composed poem, voicing the gravity of the issue and pressing upon the need to act now. Posters carrying impactful messages about water conservation were also displayed during the drive.



<https://www.facebook.com/MCMDA/CW/posts/571720906627500>

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- ✓ **National Integration Camp** was held in Chandigarh, under the administration of Regional Director Dr. Madhu Bala. It was held on 24.03.2019 -30.03.2019 at Shivalik Public School, Phase-6, Mohali, Punjab/Chandigarh. It was organized by National Service Scheme, under Ministry of Youth Affairs and Sports, Government of India. Two students of our students Nikita Bharti of B.Sc- III and Satvikaa Singh of BA-III got the opportunity to be a part of this camp.



- ✓ On 30.03.2019, the **Red Ribbon Club in collaboration with NSS Units** of the college organized an awareness rally in Chandigarh on the topic of **AIDS and blood donation**. The students carried self-made posters and banners and voiced slogans on prevention of AIDS and encouraging for Blood donation in the village streets.



- ✓ The **Swachhta Committee (Arts)** along with the **Sanskrit Department** organized a **Havan and a Plantation drive** of medicinal plants to show respect for mother Earth on Earth Day 22.04.2019 in the college campus. It was done to sensitize the young generation about the importance of caring for our planet. The students displayed posters depicting ways to save the Earth and create a sustainable future. **Link to the activity include:**

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/587838938349030/?type=3>



7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



- ✓ Swachhta Committee (Arts) in collaboration with the NSS Units of the college, observed World Environment Day on 05.06.2019 by administering Environment Protection Oath where staff and students pledged to plant more trees, conserve energy and promote renewable energy. The idea was to create awareness and to sensitize people about the conservation of environment. **Link to the activity include:**



<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/612610952538495/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

**List of activities organized by Mehr Chand Mahajan DAV College for Women, Chandigarh in Session 2017-18 (1 July 2017- 30 June 2018) for inculcating values for being responsible citizens as reflected in the Constitution of India are given below:**

| <b>Sr .N o</b> | <b>Name of the Committee</b>              | <b>Title of the Practice</b>  | <b>Duration from</b>    | <b>Duration to</b> | <b>Number of Participants</b>  | <b>Objectives</b>   |
|----------------|---|---|-------------------------|--------------------|--------------------------------|---|
| 1              | Rotaract Club                             | Chabeel Seva commemorating Annapurna Day at PGI Chandigarh.   | 01.07.2017              |                    | 9 board members + 6 volunteers | To commemorate Annapurna Day  |
| 2              | Rotaract Club                             | WASH- a six-week project undertaken by UNICEF   | 15.07.2017 & 20.07.2017 |                    | 5                              | To create awareness regarding water, hygiene and sanitation.                      |
| 3              | NSS                                       | Workshop on the theme Cleanliness by Dr. Gaurav Gaur, PU, Chandigarh  | 09.08.2017              |                    | 250                            | To apprise the students regarding the importance of cleanliness                   |
| 4              | Rotaract Club                             | Flag Hoisting in collaboration with rotaract club of Pune mid-east  | 15.08.2017              |                    | 6                              | To celebrate Independence Day   |
| 5              | Rotaract Club                             | Visit to Prabhasara - Tabassum, organised a long-term project for the welfare of the inmates of Prabh Aasra | 15.08.2017              |                    | 13 board members + 22 GBMs     | To celebrate Independence Day and donate clothes and ration                       |
| 6              | Rotaract Club                             | Operation Tri-Colour  | 16.08.2017              |                    | 5                              | To pick up those flags which were thrown away or left behind on Independence Day. |
| 7              | Rotaract Club                             | Samarth project   | 20.08.2017              |                    | 7 board members + 25 GBMs      | To teach children of slum areas every weekend                                     |
| 8              | Rotaract Club in collaboration with PGIMR | Organ Donation Drive  | 04.09.2017              |                    | 6 board members + 110 GBMs     | to spread awareness about the importance of organ donation                        |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| <b>Sr .N o</b> | <b>Name of the Committe e</b>   | <b>Title of the Practice</b>   | <b>Durat ion from</b> | <b>Duratio n to</b> | <b>Number of Particip ants</b>   | <b>Objectives</b>   |
|----------------|---|--|-----------------------|---------------------|----------------------------------|---|
| 9              | NSS   | AIDS Awareness   | 04.10.2017            |                     | 100                              | To sensitize the volunteers about the role to be played by them in spreading the AIDS Awareness |
| 10             | Rotaract Club   | Togetherness - An awareness session on Drug Abuse by a renowned director, photographer and writer, Samar Viridi at a slum                                  | 14.10.2017            |                     | 5 board members + 6 volunteers   | To apprise children about the consequences of drugs and its impact                              |
| 11             | Rotaract Club in collaboration with Rotary Club Chandigarh  | Blood Donation camp  | 17.10.2017            |                     | 13 board members + 25 volunteers | To serve the society by donating blood  |
| 12             | Mehr Chand Mahajan DAV College for Women, Chandigarh, in association with Food Corporation of India, Vigilance Division, Chandigarh | Inter College Quiz Competition by Quest- the Quiz Committee of MCM, Debate Competition on the topic 'Quid Pro Quo- Give and take is a way of life in India | 03.11.2017            |                     | more than 100                    | To mark Vigilance Awareness Week  |
| 13             | Post Graduate Department of Sociology in collaboration with State Legal   | Cycle Rally  | 14.11.2017            |                     | 70                               | To create awareness about legal rights.   |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| Sr .N o | Name of the Committee                                       | Title of the Practice   | Durat ion from | Dur atio n to | Number of Particip ants                           | Objectives   |
|---------|---|---|----------------|---------------|---|--|
|         | Services Authority  |   |                |               |   |  |
| 14      | Electoral Literacy Club                                     | Constitution of Electoral Literacy Club   | 08.01. 2018    |               | -   | To ensure electoral awareness among students.  |
| 15      | Electoral Literacy Club                                     | National Voters Day - voter registration awareness campaign was launched in Badheri village | 24.01. 2018    | 25.0 1.20 18  | 29  | To generate awareness among residents of Village Badheri, Chandigarh   |
| 16      | Rotaract Club in collaboration with Fortis Hospital, Mohali | Walkathon on Organ donation   | 26.11. 2017    |               | 50  | To generate awareness for organ donation   |
| 17      | NSS   | Pulse Polio Drive by Chandigarh Health Department.  | 28.01. 2018    | 30.0 1.20 18  | 4   | To contribute towards the social service by contributing towards the eradication of polio through pulse polio immunization programme |
| 18      | NSS   | Blood Donation  | 23.02. 2018    |               | Over 400 students registered including 159 Donors | To provide the opportunity to save lives   |
| 19      | Electoral Literacy Club                                     | Campus Voter registration drive   | 01.02. 2018    | 28.0 2.20 18  | 249   | To register to vote persons otherwise entitled to vote.  |
| 20      | Rotaract Club   | Nukkad natak on Health and Hygiene  | 08.04. 2018    |               | 10 board members + 8 GBMs                         | To raise awareness regarding health and hygiene.   |
| 21      | Rotaract Club   | Benaam Khwahishein - Fund raiser  | 11.04. 2018    |               | 13 board members                                  | To raise funds for Sorem and slum children. The funds raised therein were used to sponsor the  |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

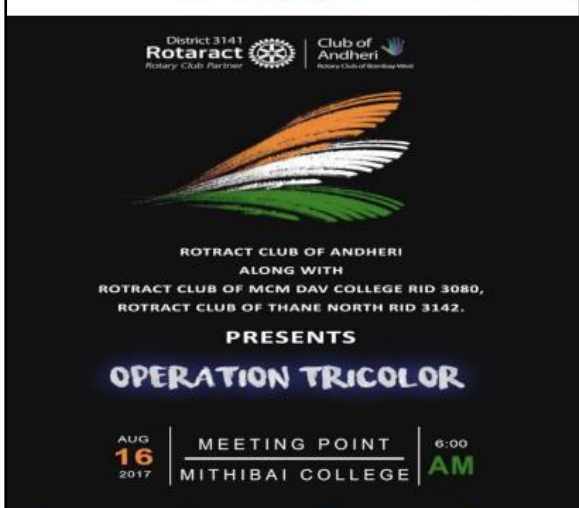
| <b>Sr .N o</b> | <b>Name of the Committe e</b> | <b>Title of the Practice</b> | <b>Durat ion from</b> | <b>Dur atio n to</b> | <b>Number of Particip ants</b> | <b>Objectives</b>                       |
|----------------|-------------------------------|------------------------------|-----------------------|----------------------|--------------------------------|---|
|                |                               |                              |                       |                      |                                | education of a BCA student in Ludhiana. |

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

During the session 2017-18, Mehr Chand Mahajan DAV College for Women, Chandigarh has organized a plethora of activities with an aim to sensitize students and employees of the Institution to the constitutional obligations in the subsequent areas:

#### 1. Patriotism/Celebration of National Days:

- ✓ On the occasion of **Independence Day** (15.08.2017), **Flag hoisting** was organized by **Rotaract Club** of the college in collaboration with Rotaract club of Pune mid-east. Rotaractors hoisted the flag along with the students of Kendriya Vidyalaya.



**Operation Tri-Color** – an initiative was taken by **Rotaract Club** of the college on 16.08.2017 in collaboration with Rotaract club of Andheri R.I.D. 3141, to pick up those flags which were thrown away or left behind on Independence Day. However, it was exceptional that rarely any flags were spotted on the streets of Chandigarh which shows that the citizens have respect for the national symbols and the cleanliness of the country.

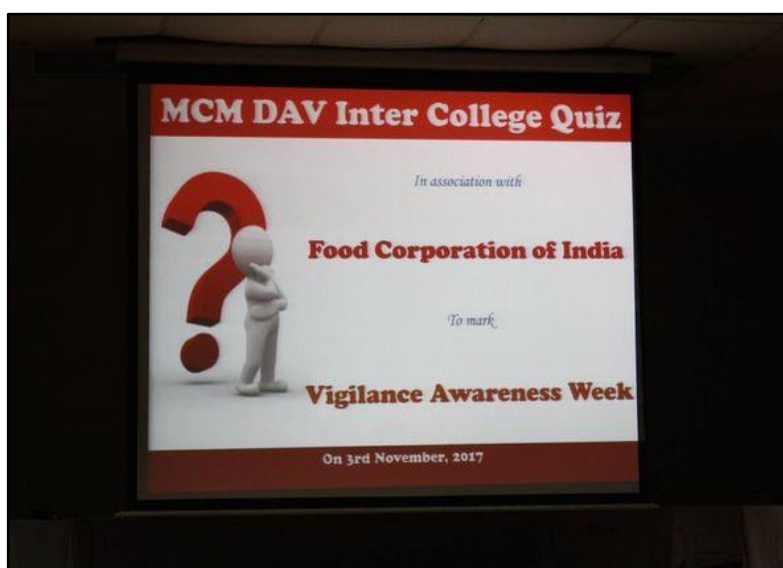
7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



- ✓ **Tabassum** - an initiative was taken by **Rotaractors** of the college on 15.08.2017 where the objective was to spread happiness among those who have been abandoned by their families. Rotaractors of MCM DAV visited Prabh Aasra: Home for helpless, to celebrate **Link to the activity include:**the occasion of Independence Day and donated clothes and ration as well.

<https://www.facebook.com/MCMDAVCW/posts/290820701384190>

- ✓ On 03.11.2017 **Mehr Chand Mahajan DAV College for Women, Chandigarh** in association with **Food Corporation of India, Vigilance Division, Chandigarh** organized **Inter College Quiz Competition** by **Quest-** the **Quiz**



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

Committee of MCM, Debate Competition on the topic 'Quid Pro Quo- Give and take is a way of life in India to mark **Vigilance Awareness Week**.



**Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/317850002014593/?type=3>



7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

**2. Fundamental Duties and Rights of Indian Citizens including Right to Vote, Education, Environment Consciousness (Days related to preservation of Environment) and promotion of health:**



- ✓ On the occasion of **Annapurna Day** (01.07.2017), 'Chabeel seva' was carried out by Rotaractors of the college with the main aim of serving hundreds of people.
- ✓ Rotaractors of the college participated in **WASH - a 6 week project undertaken by UNICEF**, on 15.07.2017 and 20.07.2017, held at Government Senior Secondary School Kiamwala Government Senior Secondary School Dhanas Government Middle School sector 26 Chandigarh respectively that aimed at spreading awareness regarding water, hygiene and sanitation.



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- ✓ In one of the initiatives – **Samarth** - undertaken by Rotaractors of the college visited Daddu Majra slum area every weekend (20.08.2017) with an aim of teaching the students of slum areas, who have been deprived of quality education due to lack of means.

- ✓ Continuing its efforts towards creating mass awareness among students regarding **Swachh Bharat Abhiyaan**, an awareness



session on Cleanliness was organized on 09.08.2017 by **NSS Units** of the college where Mr. Gaurav Gaur, an Assistant Professor, Centre for Social Work, Panjab University was a key note speaker. More than 250 students and NSS volunteers attended the session.

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ With an aim to spread awareness about the importance of organ donation, Rotaractors of the college organized an **Organ Donation Drive** in collaboration with doctors from PGIMER on 04.09.2017.



- ✓ On 04.10.2017, an **awareness session on AIDS** was organized by NSS Units where **Sh. Sunil Panghal**, Assistant Director, State Aids Control Society, Chandigarh touched upon various issues related to AIDS and also sensitized the volunteers about the role to be played by them in spreading the message.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ An awareness programme - **Togetherness** on drug abuse was organized by the Rotaract Club of our college in the slum area of Daddu Majra colony on 14.10.2017. A movie which showcased the consequences of drug intake was also shown to the children and a discussion was held by Samar Singh Viridi who was also the director and



writer of the movie. By the end of the event, children were well aware about the consequences of drugs and its impact on not just them but everybody around them.

## *MCM holds cycle rally on legal awareness*

CHANDIGARH, NOV 14

The Postgraduate Department of Sociology at MCM DAV College for Women, in collaboration with State Legal Services Authority (SLSA) Chandigarh, organised a Cycle Rally as an extension of the 'Connecting to Serve' initiative of SLSA. Flagged off by Hon'ble Justice Surya Kant, Judge, Punjab and Haryana High Court and Executive Chairman, SLSA, the rally aimed at generating awareness among general public about their legal rights. Mahavir Singh, Member Secretary, SLSA Chandigarh, Amrinder Sharma, Secretary, District Legal Services Authority (DLSA) Chandigarh, V.K. Kapoor, Retd.DGP, Haryana and Coordinator, National Legal Services Authority (NALSA) and Rajeshwar Singh, Law Officer, DLSA were also present on the occasion.



Citing the fact that a large section of society is suffering from social and economic disability because of lack of knowledge or resources to seek legal aid, Justice Surya Kant informed that the National Awareness Campaign has been conceptualised to reach out to marginalised sections of the society for bringing about legal and social justice. Justice Surya Kant motivated the youth to wholeheartedly participate in this campaign as they have a crucial role to play for ensuring inclusive growth and social justice.

Lauding this endeavour of Sociology department, college Principal Dr. Nisha Bhargava said that legal awareness is the need of the hour and the determination and commitment of youth is of paramount importance in bringing about a positive change in the society in this regard.

- ✓ The **Postgraduate Department of Sociology at MCM, in collaboration with State Legal Services Authority (SLSA)**, Chandigarh organized a **Cycle Rally** on 14.11.2017 to create awareness about legal rights. Hon'ble Justice Surya Kant, Judge, Punjab and Haryana High Court and Executive Chairman SLSA flagged off the rally.

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ On 17.10.2017, Rotaract Club of the college organized a Blood Donation Camp in collaboration with Rotary Club Chandigarh that witnessed enthusiastic participation of students.

## एमसीएम डीएवी कॉलेज में रक्तदान शिविर



**अर्थ प्रकाश संवाददाता**

चंडीगढ़। एमसीएम डीएवी कॉलेज फॉर वीमेन चंडीगढ़ के रोटैक्ट क्लब ने, क्लब की कन्वीनर श्रीमती मधु मरवाहा के निर्देशन में, रोटरी ब्लड बैंक सोसाइटी, चंडीगढ़ के सहयोग से एक रक्तदान शिविर आयोजित किया जिसमें 110 यूनिट रक्त दाताओं ने बड़े उत्साह और तत्परता से दान किया।

मुख्यातिथि रोटरी अध्यक्ष पीएस मथारू ने छात्राओं को रक्तदान कर समाज के प्रति अपने कर्ज को अदा करने के लिए प्रेरित किया। रोटरी के पूर्व अध्यक्ष दर्शन महेन्द्र, रोटैरियन एस एस गिल, जे के कपूर एवं श्रीमती ललिता प्रोवर भी इस अवसर पर उपस्थित होकर एमसीएम के मूल्याधारित शिक्षण व्यवस्था एवं छात्राओं के दायित्व पूर्ण सरोकार की तारीफ की।

कॉलेज कि प्रिंसिपल डॉ. निशा भागव ने प्रतिभागियों की सहभागिता और आयोजकों के प्रयासों की सराहना की जिन्होंने एक साथ समाज की इस जरूरत के लिए अभियान चलाया।

### MCM drive for organ donation

**TIMES NEWS NETWORK**

Chandigarh: The Rotaract Club of MCM DAV College for Women participated in 'More to Give' walkathon on Sunday. More than 50 Rotaract volunteers led by club coordinator Poonam Devasher and other teachers marched carrying placards with organ-donation slogans.

The objective was to create public awareness for this noble cause. The MCM Rotaractors maintained their spirit and enthusiasm all through the campaign. Speaking on the importance of organ donation, Poonam Devasher said: "Human life is transitory and organ donation is one way in which we can give back to society and live even after our death."

Lauding the efforts of the Rotaract Club, college principal Nisha Bhargava said the campaign will help dispel the myths associated with organ donation and save precious lives that could not be otherwise saved for want of organs.

#### अंगदान के प्रति जागरूकता के लिए छात्राओं ने की वॉकथॉन



अंगदान के प्रति जागरूकता के लिए छात्राओं ने की वॉकथॉन। छात्राओं ने वॉकथॉन के दौरान 'मोर टो गिव' का नारा देते हुए अंगदान के प्रति जागरूकता फैलाने का प्रयास किया। छात्राओं ने अंगदान के प्रति जागरूकता फैलाने का प्रयास किया। छात्राओं ने अंगदान के प्रति जागरूकता फैलाने का प्रयास किया।

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#### एम.सी.एम. रोटैक्ट क्लब के सदस्यों ने किया अंगदान के लिए वॉक



एम.सी.एम. रोटैक्ट क्लब के सदस्यों ने किया अंगदान के लिए वॉक। छात्राओं ने वॉकथॉन के दौरान 'मोर टो गिव' का नारा देते हुए अंगदान के प्रति जागरूकता फैलाने का प्रयास किया। छात्राओं ने अंगदान के प्रति जागरूकता फैलाने का प्रयास किया। छात्राओं ने अंगदान के प्रति जागरूकता फैलाने का प्रयास किया।



- ✓ On 26.11.2017, Fortis Hospital, Mohali organized a 'More to Give' Walkathon where Rotaractors of the college participated and spread awareness about organ donation.

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ 4 NSS volunteers participated in **Pulse Polio Drive** organized by Chandigarh Health Department from 28.01.2018 – 30.01.2018. On 28<sup>th</sup> January, volunteers set up a counter near college boundary wall to administer the polio drops to children. On 29<sup>th</sup> and 30<sup>th</sup> the volunteers conducted house to house visits to administer polio drops to the children who could not make it on 28<sup>th</sup>.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



- ✓ **Blood donation camp was organized by NSS Units of the college on 23.02.2018** in collaboration with PGIMER, Chandigarh. Sh. Bikram Rana, State Liaison Officer, NSS was the chief guest for the occasion. Over 400 students got registered and total 159 units of blood were donated by volunteers, students and staff members.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ **Nukkad Natak - A Street Play** was performed by the rotaractors of the college 08.04.2018 with the theme of **Mental Health Awareness** in order to promote mental health and that society should not look down on people suffering from various kinds of mental disorders.



- ✓ **Benaam Khwahishein – a Fund raiser** initiative was organized by **Rotaract Club** of the college to raise funds for those students who have a lot of potential and caliber but are unable to continue their studies due to financial problems.
- ✓ **Electoral Literacy Club, established under the Systematic Voters Education and Electoral Participation (SVEEP)** program of the Election Commission of India is a pioneering step in this direction. The club came into existence on 08.01.2018. The club through its action-based approach not only undertakes the responsibility of making the voter cards of the students but also apprises them about their voting rights and spread consciousness amongst others in society. In addition, the role played by the club members to lead and guide their peers enhances their leadership qualities.
- ✓ The Club observed two-day event to celebrate **National Voters Day** from January 24-25, 2018. On 24.01.2018, voter registration awareness campaign was launched in Badheri village wherein 29 student volunteers





**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

encouraged the youth to get their voter identity cards made through door-to-door awareness campaign. The queries of the village residents with regard to required documents, change of constituency, change of address etc were also addressed. On 25.01.2018, the college celebrated **National Voters' Day** in its premises. Students and teachers took a pledge to cast their vote judiciously.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

**List of activities organized by Mehr Chand Mahajan DAV College for Women, Chandigarh for Session 2016-17 (1 July 2016 – 30 June 2017) for inculcating values for being responsible citizens as reflected in the Constitution of India are given below:**

| <b>Sr. No</b> | <b>Name of the Committee</b> | <b>Title of the Practice</b>                                  | <b>Duration from</b> | <b>Duration to</b> | <b>Number of Participants</b> | <b>Objectives</b>  |
|---------------|------------------------------|---|----------------------|--------------------|-------------------------------|--|
| 1             | Environment Committee        | Van Mahotsav  | 04.08.2016           |                    | 400                           | To create awareness about the significance of the plant wealth for a clean, green and healthy environment. |
| 2             | NSS Units                    | Tiranga March   | 22.08.2016           |                    | 60                            | To commemorate Independence Day  |
| 3             | Rotaract Club                | Visit to Prabhasara - Independence Day celebration            | 15.08.2016           |                    | 30                            | To commemorate Independence Day  |
| 4             | NSS Units                    | Participation in 70th Independence Day Parade, Chandigarh     | 15.08.2016           |                    | 27                            | To commemorate Independence Day  |
| 5             | Rotaract Club                | A blood donation camp   | 23.08.2016           | 24.08.2016         | 132                           | To contribute towards the society and meet the requirement of blood  |
| 6             | Rotaract Club                | Health and Cleanliness drive                                  | 30.08.2016           | 31.08.2016         | 25                            | To create awareness among particular section of society and educate them on basic health issues.           |
| 7             | NSS Units                    | One-day Digital India Workshop organized by Panjab University | 20.09.2016           |                    | 10                            | To bolster the element of social responsibility  |
| 8             | NSS Units                    | Shram Daan initiative (cleanliness drive)                     | 24.09.2016           |                    | 50                            | To commemorate NSS Day   |

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

| <b>Sr. No</b> | <b>Name of the Committee</b>                         | <b>Title of the Practice</b>                       | <b>Duration from</b> | <b>Duration to</b> | <b>Number of Participants</b> | <b>Objectives</b>   |
|---------------|--|--|----------------------|--------------------|-------------------------------|---|
| 9             | Rotaract Club in collaboration with PGI and Fortis   | A walkathon on account of Organ Donation           | 27.11.2016           |                    | 50                            | To promote the cause of organ donation, a meet to generate awareness about cervix cancer and stem cell donation |
| 10            | NSS Units  | lecture as part of National Voters Day celebration | 25.01.2017           |                    | 20                            | To apprise members of the various facets and significance of voting   |
| 11            | NSS Units  | Blood Donation Camp                                | 23.02.2017           |                    | 400                           | To donate blood, thereby working towards the cause of society   |
| 12            | Environment Committee                                | Slogan Writing and Poster Making Competitions      | 02.11.2016           |                    | 15                            | To promote a "Plastic free campus" and "Save water"   |
| 13            | Environment Committee in collaboration with SUM      | Painting competition                               | 01.02.2017           |                    | 12                            | To promote generate awareness regarding Save water  |
| 14            | Mehr Chand Mahajan DAV College for Women, Chandigarh | Constitution of Arya Yuvti Samaj                   | 01.02.2017           |                    | 50                            | To acquaint the students with rich Vedic philosophy and enlighten them on the concept of Virtue and Vice.       |

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

During the **session 2016-17**, Mehr Chand Mahajan DAV College for Women, Chandigarh has organized several activities with an aim to sensitize students and staff about the constitutional obligations.

#### 1. Patriotism/Celebration of National Days:



- ✓ **Rotaract club** of the college, under the guidance of their convener Mrs. Madhu Marwaha organized a **visit to an NGO for destitute - Prabh Aasra**, on the eve of the **70<sup>th</sup> Independence Day** (15.08.2016). The students met Mr. Shamsheer Singh, an extremely devoted social activist, and also interacted with the inmates in the age group of two months to ninety years. Flags, tricolour balloons, chocolates, sweets and other food-items were donated for the "home" by the students. The club members played games with children and interacted with the elderly to empathize with them.

- ✓ **27 NSS volunteers participated in the Independence Day parade, sector 17, Chandigarh on 15.08.2016.** The volunteers have been practicing for this event from 21.07.2016 to 13.08.2016.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



- ✓ **NSS Units** of the college organized a **Tiranga March** on 22.08.2016 on the eve of Independence Day where more than 60 NSS volunteers participated.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



✓ **NSS Units** of the college celebrated the **NSS Day** on 24.09.2016 where NSS volunteers, with an aim to clean the area, participated in 'Shram Daan' at Rishi Vatika of college premises.

✓ The **Rotaract Club** of the college organized a two-day (23-24.08.2016) **Blood Donation camp** in collaboration with the Rotary Blood Bank Society, Chandigarh where Mr. Baldev Aggarwal, Chairman, Rotary Club Chandigarh, inaugurated the camp.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ **A blood donation camp** was organized on 23.02.2017 in association with **PGIMER, Chandigarh.** Sh. Subhash Chand, Regional Director, NSS was the chief guest who encouraged the



students to pay back to the society through their noble act of gifting someone the gift of life. The camp registered a total of 400 donors and 150 units of blood were donated. The donors were awarded certificates and donor cards.

✓ Student participants of college **Rotaract Club** participated in a **3km walkathon** that was organized by **PGI and Fortis** in collaboration with **NDTV India** on account of **Organ Donation** on 27.11.2016. It was aimed at spreading the word for Organ Donation in the Tricity. 50 girls participated with extreme enthusiasm and carried placards with organ donation slogans written on it.



<https://www.facebook.com/MCMDAVC/W/photos/a.239819746484286/326280931171500/?type=3>

## एम.सी.एम. रोट्रैक्ट क्लब के सदस्यों ने किया अंगदान के लिए वाक

चंडीगढ़, 26 नवम्बर (पाल): एम.सी.एम. डी.ए.वी. कॉलेज फॉर वुमैन चंडीगढ़ के एम.सी.एम. रोट्रैक्ट क्लब के सदस्यों ने फोर्टिस हॉस्पिटल, मोहाली द्वारा आयोजित मोर टू गिव वाकथॉन में भाग लिया। इस वाकथॉन का मुख्य उद्देश्य लोगों को अंगदान के प्रति जागरूक करना था। एम.सी.एम. रोट्रैक्ट क्लब के समन्वयक पुनम दवेसर के निर्देशन में लगभग 50 छात्राओं और कॉलेज के फैकल्टी मेंबर्स ने इस नैक कार्य हेतु उल्लाहपूर्वक भाग लिया। एम.सी.एम. के स्वयंसेवकों इस अवसर पर अंगदान के विषय में जागरूकता हेतु विभिन्न तरह के पोस्टर भी प्रदर्शित किए। उपस्थित सभी लोगों द्वारा एम.सी.एम. रोट्रैक्ट्स की सेवा भावना को सराहना की। अंगदान के महत्व पर जोर देते हुए पुनम दवेसर ने कहा कि मानव



वाकथॉन का मुख्य उद्देश्य लोगों को अंगदान के प्रति जागरूक करना था।

जीवन क्षणभंगूर है और अंग दान एक ऐसा मार्ग है जिसमें मृत्योपरांत भी हम अपने अंगदान कर समाज को

सेवा कर सकते हैं। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने अंगदान जैसे नैक कार्य को आगे बढ़ाने व लोगों में

जागरूकता फैलाने के एम.सी.एम. रोट्रैक्ट क्लब के इस प्रयास को भरपूर सराहना की।

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



- ✓ **NSS Units** of MCM DAV college for women celebrated the **National Voters Day** on 25.01.2017. A lecture was organized in the Multimedia Media Hall of the college, to apprise the volunteers and students about their fundamental to elect a leader of their choice by casting vote. In the end the NSS volunteers by took oath as communicated by the NSS Directorate



7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

**2. Fundamental Duties and Rights of Indian Citizens including Environment Consciousness (Days related to preservation of Environment) and promotion of health:**



- ✓ **Environment Committee** of our college Organized plantation drive of medicinal herbs in **Rishi Vartika** on 04.08.2016 as part of **Van Mahotsav**. 300 plants belonging to different genera were planted by the girls. Mr. Birendra Choudhary IFS, Deputy conservator of Forest, member secretary Chandigarh pollution control committee was the chief guest.



- ✓ **Rotaract Club** of the College organized a "**Health and Cleanliness Drive**" on 30.08.2016- 31.08.2016 where rotaractors went to sector 38 (west) slum area and Government Senior Secondary School, Sector 38, Chandigarh respectively. Kits for personal health care were provided to the children of the slum. The main objective of this drive was to create awareness among particular section of society and educate them on basic health issues.

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



- ✓ 10 NSS volunteers and Programme Officer Dr. Sarita Chauhan participated in **one day Digital India Workshop** organized by Panjab University, Chandigarh on 20.09.2016