



Mehr Chand Mahajan DAV College for Women

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

Institutional Values and Best Practices

Our Beacon of Light



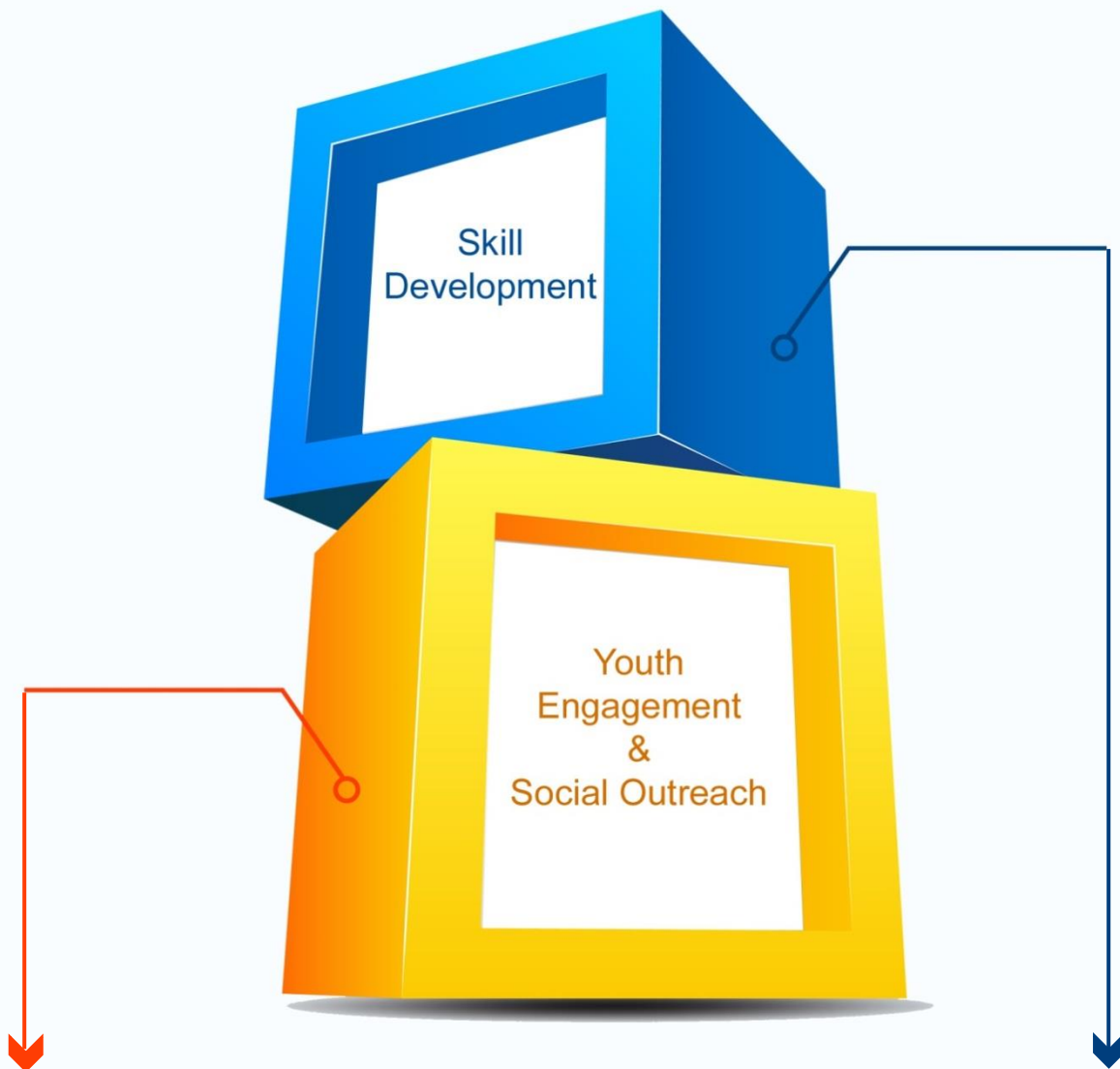
MAHARISHI SWAMI DAYANAND SARASWATI



Principles of Arya Samaj

- God is the efficient cause of all true knowledge and all that is known through knowledge.
- God is existent, intelligent and blissful. He is formless, omniscient, just, merciful, unborn, endless, unchangeable, beginning-less, unequalled, the support of all, the master of all, omnipresent, immanent, un-aging, immortal, fearless, eternal and holy, and the maker of all. He alone is worthy of being worshiped.
- The Vedas are the scriptures of all true knowledge. It is the paramount duty of all Aryas to read them, teach them, recite them and to hear them being read.
- One should always be ready to accept truth and to renounce untruth.
- All acts should be performed in accordance with Dharma that is, after deliberating what is right and wrong.
- The prime object of the Arya Samaj is to do good to the world, that is, to promote physical, spiritual and social good of everyone.
- Our conduct towards all should be guided by love, righteousness and justice.
- We should dispel Avidya (ignorance) and promote Vidya (knowledge).
- No one should be content with promoting his/her good only; on the contrary, one should look for his/her good in promoting the good of all.
- One should regard oneself under restriction to follow the rules of society calculated to promote the well being of all, while in following the rules of individual welfare all should be free.

Best Practices implemented by our institution: *An Overview*

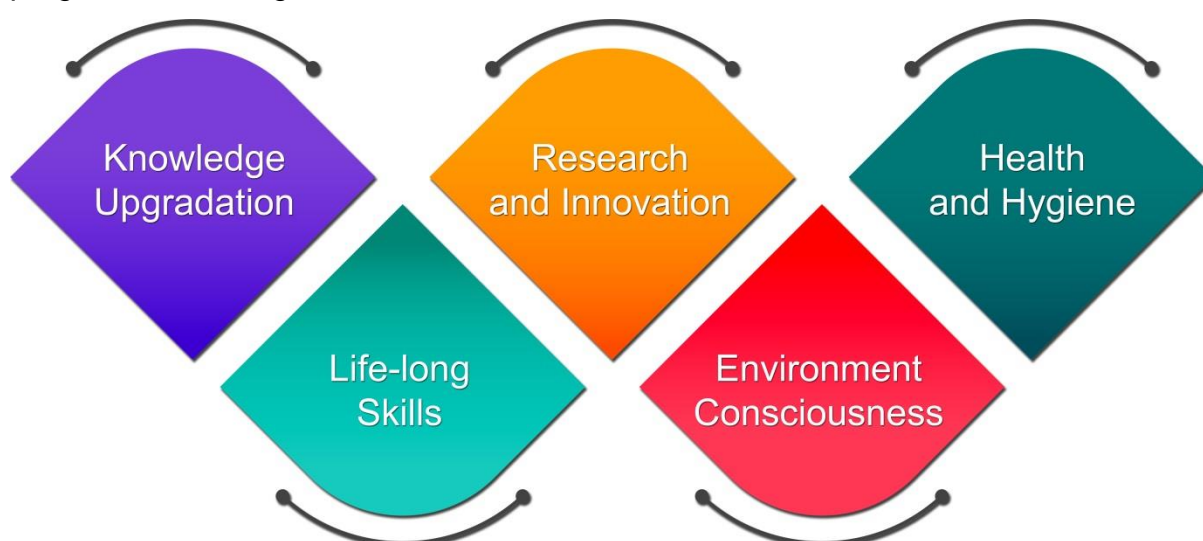


- Promoting Constitutional duties
 - Shaping an inclusive society through celebration of International and National days such as National Girl Child Day, International Persons of Disabilities, by the institutional committees like NSS, Ek Bharat Shrestha Bharat, UBA, Women Development Cell, Equal Opportunity Cell, Geetanjali Counselling Helpline, Swachhta Committee, Rotaract Club, Electoral Literacy Club, Character Building Committee
 - Health and Hygiene, and Environmental Consciousness
 - Sustainable farming Initiatives and Environment initiatives - World Environment Day, Earth Day, Swachhta Rallies, Cycle Rally, Blood Donation Camps, Cancer Awareness, Mental Health Programmes.
- Registered Skill Provider on the Portal of National Skill Development Corporation (NSDC), Ministry of Skill Development and Entrepreneurship, Govt. of India under Pradhan Mantri Kaushal Vikas Yojana (PMKVY)
 - Nominated as the only technical Institution in Chandigarh for training in bakery and food processing by Ministry of food processing Industries (MOFPI), Govt. of India under PMFME Scheme
 - Affiliated to Chandigarh Skill Development Mission (CSDM) under the aegis of National Skill Development Mission
 - Recognized Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan Institution
 - Promoting Life-long skills, Yoga Classes, and Fitness Programmes

I. Skill Development: The New Age Mantra

Objectives

Technological advancements have shifted the dynamics of higher education sector in India since the beginning of the 21st century. From chalk and talk, teaching-learning has made a drastic move towards digital medium and more so, due to the blurring of geographical boundaries. A shift from the onsite to online mode of learning became a norm in the wake of COVID-19. As the New Education Policy 2020 also lays stress on intertwining learning with skill, we try to integrate it into our programmes throughout the academic session.



- In line with the 'Skill India Mission', our institution endeavours to make students employable and professionally capable. Skill development activities are organized to impart and hone these skills among our students which can be instrumental in envisaging successful careers for them.
- As life-long skills are an integral part of education, we provide students with essential confidence and skill-set to make their lives more productive and socially engaging.
- In view of the Sustainable Development Goal - 4 of the United Nations that emphasises the need to generate awareness about strategies for maintaining ecological balance, we believe that workshops and hands-on training sessions are imperative to the holistic development of the stakeholders.
- The institution also encourages research, innovation, creativity and entrepreneurial skills in the students through diverse workshops, seminars, field visits, research projects etc.

The Context

- Education today is not about rote learning and theoretical knowledge alone. Therefore, making students employable is a basic priority in any progressive educational institution.
- In the age of razor-sharp competition, students need to be encouraged to be innovative so that they stand out in the job market and their skills enable them to realise their career goals.
- In the last five years, the professional environment has transformed in a multidimensional way and the need for upgraded skills is constantly increasing. However, this task can not only be daunting but also challenging for students who are expected to be accomplished in several fields at the same time. This is where the need for a focused pedagogical intervention arises.
- As a premier institution, we realise that skill generation and development is essential to education and are, therefore, forever keen on creating such opportunities for all the stakeholders.

The Practice

A vast array of programmes have been organised in order to upgrade the skills of students, faculty members and the staff to keep pace with the changing needs of the academic spectrum. These programmes have led to qualitative changes in teaching learning and administrative functioning.

- A **7-day RUSA-Sponsored FDP** was organised from 26th November 2016-2nd December 2016 with special emphasis on 'Information and Communication Technology: New Dimensions in Research and Higher Education' in order to give an impetus to the Research Quotient among the faculty members.



- A series of online Tests 'Samavesh: An amalgam of various online Tests for students' was organized to prepare them for various competitive examinations, focusing on their skills of analysis, reasoning and languages and also to update their knowledge of History, Current Affairs, General Science and Information Technology.



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

brings an online Test Series

SAMAVESH 2.0

Get Ready to Ace Every Test

Highlights

- Attempt at Convenient Time
- Instant Score Check
- Feedback to Refer
- Tips from Expert

Open for All Students and Faculty

FROM OCTOBER 1 - 31, 2020

A unique one month multiple choice question based online series facilitates you to appear in most of the competitive exams.

Dr. Minakshi Rana
Coordinator

Dr. Nisha Bhargava
Convener & Principal



एमसीएम द्वारा आयोजित ऑनलाइन प्रैक्टिस टेस्ट सीरीज में हिस्सा लेती एक छात्रा।

प्रैक्टिस टेस्ट सीरीज में 21 छात्राएं बनीं 'स्टार परफॉर्मर'

संवाद न्यूज एजेंसी

एमसीएम डीएवी में 30 दिवसीय कार्यक्रम के बाद चुने गए स्टार परफॉर्मर को मिलेगा प्रमाण पत्र

चंडीगढ़। एमसीएम डीएवी कॉलेज फॉर वुमन सेक्टर-36 की ओर से आयोजित तीस दिवसीय 'ऑनलाइन प्रैक्टिस टेस्ट सीरीज' का शनिवार को समापन हुआ। योग्यता और गुणवत्ता के आधार पर 21 छात्राओं को 'स्टार परफॉर्मर' घोषित किया। इन्हें ऑनलाइन प्रमाणपत्र प्रदान किया जाएगा।

कोविड -19 महामारी के दौरान छात्राओं की उत्कृष्टता को कायम रखने के उद्देश्य के साथ इस सीरीज को शुरू किया। इसके साथ प्रतिभागियों के विश्लेषणात्मक, तर्क और भाषा कौशल को सुधारने, इतिहास, समसामयिक

मामलों, सामान्य विज्ञान, सूचना और प्रौद्योगिकी जैसे अन्य महत्वपूर्ण विषयों के ज्ञान को समृद्ध कर उन्हें विभिन्न प्रतियोगी परीक्षाओं की तैयारी में मदद करना था। इस परीक्षण श्रृंखला को इस तरह तैयार किया गया था जिससे कि यह सभी संकायों और कक्षाओं की छात्राओं के लिए उपयोगी हो। इसके प्रश्न विभिन्न प्रतियोगी परीक्षाओं को ध्यान में रखते हुए तैयार किए गए थे। प्रिंसिपल डॉ. निशा भार्गव ने अच्छा प्रदर्शन करने वाली छात्राओं को बधाई दी।

Link to the events:

- <https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1350129375453312/?type=3>
- <https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/968948846904702/?type=3>
- <https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/877955129337408/?type=3>
- <https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/956855424780711/?type=3>

- Various activities were organized in the last five years to upscale the learning initiatives focusing on areas such as entrepreneurial skills, personality development, Disaster Management, technical skills, financial skills, research and development acumen etc. Android Application, SPSS, Translation, Research Data Management, Anti-Plagiarism Software were organised for the students and the staff.



RUSA sponsored Workshop and Mock Drill on Disaster Management



- Keeping abreast with the fast-changing career avenues in the contemporary world, workshops on niche areas like photography, fine arts and performing arts, culinary skills, textile design, interior designing, architecture and many other areas of relevance were also organized.



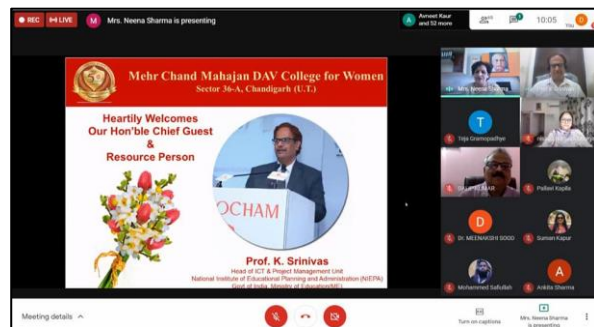
- As and when a new policy is announced by the government, such as GST, or a new professional opportunity arises such as NISP, the college organizes suitable activities to acquaint the students with it so that they can prepare themselves for the new challenges. For example, a **Certificate Course on GST** was organized by our Skill Development Committee under the National Skill Development Mission, Govt of India.



- During COVID-19, a **Seven Day Programme** was organized to acquaint the faculty members with G-Suite by our Dept of Computers Science. RUSA - Sponsored programmes on **‘Open Educational Resources’** and **‘Online Testing Tools’** were also organized for the students and the faculty.



- Moreover, RUSA-sponsored Webinar on **'Paradigm Shift in New Education Policy 2020: Role of Technology in the Higher Education Sector'** was organized on 19th September 2020. Prof K Srinivas, Head ICT and Project Management Unit, National Institute of Educational Planning and Administration (NIEPA), New Delhi and Dr. Dalip Kumar, Mission Coordinator, RUSA, Chandigarh, highlighted the importance of using technology in teaching.



- **Industrial Visits and Field Trips** are also undertaken for giving the students a hands-on experience. Students of science departments are regularly taken for industrial visits and field trips to enhance their understanding of the concepts. Students of Functional English are exposed to functioning in the Print Media House as also in the Radio and TV Station every year.





- Our institution was granted the 1st Research Centre in English affiliated to the Department of English and Cultural Studies, Panjab University. The centre currently has 14 researchers enrolled who are pursuing their M.Phil./Ph.D. degrees. One M.Phil. dissertation has already been submitted and the researchers have been publishing and presenting papers, in addition to writing their theses.



- Awards and incentives are given to faculty members to promote research in terms of projects, paper publications etc. Many faculty and student projects in socially or academically relevant areas have been funded by the college in the last five years to ensure that the skill involved in research is not only honed, but a spirit of positive and productive research is also infused among all the stakeholders.

- Under the supervision of Principal Dr. Nisha Bhargava as Principal Investigator, and Dr. Mamta Ratti and Dr. Minakshi Rana as co-investigators, a study was conducted on 'Play based learning: A comparative study on the role of traditional toys and smart toys in the meta-cognitive learning and language development of children'.



The project received appreciation from Chandigarh Commission for Protection of Child Rights (CCPCR).

- A Research Project 'Traffic Congestion Created and Faced by Daily Commuters: A Case Study of Mehr Chand Mahajan DAV College for Women, Chandigarh', was carried out by Dr. Kiran Jindal and Dr. Mamta Ratti, Assistant Professors, PG Department of Commerce, with



the students of B. Com III year. Data base of around 3400 daily commuters (students and staff members of the college) was taken and valuable suggestions were given to combat the problem of traffic congestion on Chandigarh roads.

Link to the activity:

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/1351050035361246/?type=3>

- The college has a thriving Institute Innovation Cell (IIC), which organizes various events from time to time to create an environment of innovation and entrepreneurship. Therefore, Awareness Programmes on Incubation and IPR are organized. Ideation Competitions are held from time to time in order to hone the innovative and entrepreneurial streak among the students.



- To keep the students healthy in body and mind, various initiatives are taken by the institution which promote a self-sustaining awareness and practice of healthy lifestyles such as Rashtriya Uchatar Shiksha Abhiyan (RUSA) sponsored Two-Day National Online Workshop on Yoga and



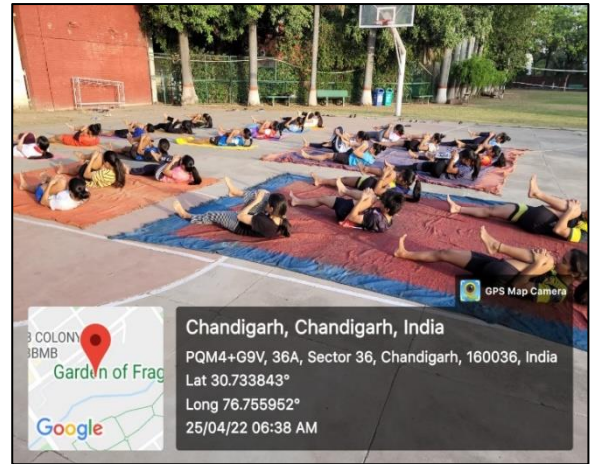
Meditation in the series 'Food for mind, Body and Soul' under Fit India Movement (from 17th - 18th March, 2021), International Yoga Day celebrations (21st June every year), Yoga Camp (14th May 2022), Online Yoga Classes, 45-Day fitness programme etc.

Link to the activity:


<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1112503785882540/?type=3>







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



Department of Physical Education
in collaboration with
Mahatma Gandhi National Council of Rural Education (MGNCRE)
Ministry of Education, Govt. of India
under the aegis of
Swachhta Action Plan 2022-23 & Fit India Movement
organizes
45 Day Fitness Programme
Fun with Fitness: Cleansing Body, Mind & Soul
Date: 5 May 2022 to 20 June 2022 | Time: 5:00 pm to 6:30 pm | Venue: Sports Ground



Eco-Friendly Activities: ●Body Toning ●Flexibility Exercises
●Strengthening Exercises ●Preparation of Rock Climbing
Please bring your own Skipping Rope, Mats and Water Bottle.

Dr. Anju Lata
Head, Deptt. of Physical Education

Dr. Nisha Bhargava
Convener & Principal

Mr. Samarth Sharma
Consultant, MGNCRE
Ministry of Education, Govt. of India



YOGA CENTRE, MERAKI HOTEL, 36A, Sector 36,
Chandigarh, 160036, India

Latitude 30.7334477° Longitude 76.7540416°
Local 06:52:20 AM Altitude 289.6 meters
GMT 01:22:20 AM Monday, 13-06-2022



PRINCIPAL & EXAMINATION OFFICE, MCM DAV College
Rd, 36A, Sector 36, Chandigarh, 160036, India

Latitude 30.73424203° Longitude 76.75625983°
Local 06:40:04 AM Altitude 285.38 meters
GMT 01:10:04 AM Saturday, 04-06-2022



PRINCIPAL & EXAMINATION OFFICE, MCM DAV College
Rd, 36A, Sector 36, Chandigarh, 160036, India

Latitude 30.7342423° Longitude 76.75625965°
Local 06:40:39 AM Altitude 285.39 meters
GMT 01:10:39 AM Saturday, 04-06-2022

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

- <https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1353461135120136/?type=3>
 - <https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1339073699892213/?type=3>
 - <https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1340629519736631/?type=3>
 - <https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1347672162365700/?type=3>
- Committed to the holistic well-being of our stakeholders, **Geetanjali Counselling Helpline** provided psychosocial support to students during the pandemic.



- Students were apprised of many opportunities that Covid brought in its wake, especially in the areas of health and mental wellness. Our annual endeavour '**Be a Health Manager**' in coordination with experts from PGIMER Chandigarh, focuses on instilling good eating habits among the students and the staff. Culinary experts guide the stakeholders to prepare healthy food keeping in view the individual needs.
- A 40-hours programme '**In-Sync: Self, Social and Shared Spaces**' was organised to initiate students into the competitive world by training them in




detoxification of mind, time-management, leadership, team-spirit and conflict management.

- In order to facilitate balanced lifestyle in the highly-competitive world, RUSA-Sponsored Workshops on ‘**Stress Management**’, ‘**Success in the Institutional Framework**’ were organised for the Support Staff. A workshop on ‘Financial Management’ by the SBI Officials and more Awareness Programmes were organised to upgrade their knowledge about the Service Rules.



- **Environment protection and conservation** being the concern worldwide, our college strives to tap into emerging areas such as urban farming, wellness studies, food science, waste management etc. to generate suitable professional skills among students.
 - Regular Tree Plantation drives are undertaken.
 - We are a single use plastic-free institution.

 Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh		
Organises SUSTAINABLE URBAN FARMING (a series of six workshops)		
A collaborative venture of the Committees of Skill Development and Sustainable Practices and the NSS Units of the College		
To promote POSHAN ABHIYAN (a flagship initiative of the NITI Aayog on Holistic Nutrition)		
Inaugural Workshop: 11 November 2020 at 4:00 p.m. Register at https://forms.gle/kvhM1MeJeBHQo7xJ7 (through the official College Email ID) No registration fees		
OPEN TO ALL STUDENTS (On the basis of first come, first serve)		
Learn to grow nutritious food in your kitchen garden or terrace		
Committee Coordinators □ Dr. Qudrat Hundal □ Dr. Madhuri Tanaji Patil □ Dr. Shafila	Chief Coordinator Dr. Gurvinder Kaur PRINCIPAL DR. NISHA BHARGAVA	NSS Programme Officers □ Dr. Palki Rani □ Dr. Purnima Bhandari
For any queries contact - 9417993859, 9872863320, 9443082249		

- iii. Swachhta is a norm at our institution and thus special care is taken to maintain Zero waste management in the institution.
 - iv. E-Waste MOU has been signed with Ramky Enviro Engineers Limited and M/S Ortech India Corporation.
- **Workshops** on communication skills, personality development, photography, fine arts and performing arts, culinary skills, textile design, interior designing, architecture and many other areas of relevance were organised.



- Even in the pandemic time, the institution did not pause in its endeavour to generate and develop skills and presented by example, that no hurdle can be too big for an indomitable spirit. The online method was exhaustively used by the college to organise webinars, online workshops and interactive sessions to keep our students positively engaged, while ensuring their emotional, physical and mental well-being. Students were also apprised of the many opportunities that Covid brought in its wake, especially in the areas of health and mental wellness.
-
- Several faculty development programmes are also conducted from time to time to keep our teaching and non-teaching faculty up to date.

For more details visit:

➤ **Skill Development Reports:**

<https://mcmdavcwchd.edu.in/skill-development/#1570422613897-49bc4692-6bec>

➤ **IIC & ARIIA Reports:** <https://mcmdavcwchd.edu.in/iic/#1560836674983-21bb0721-bd4c>

➤ **Research Committee Reports:** <https://mcmdavcwchd.edu.in/research/>

➤ **Geetanjali Counselling Helpline:**

<https://mcmdavcwchd.edu.in/geetanjali-helpline-students-grievances/>

Evidence of Success

The skill development initiatives of the college have borne fruit in terms of honing the capabilities of our students and faculty and putting them on a path of hard work, focussed planning and execution and have given them an edge to deal with the hurdles that they may face in their endeavours ahead. The imparting of willingness and temperament to acquire skills and put them to use has been the primary aim of our endeavours.



- The Institution Innovation Cell of our college received an acknowledgement from the Ministry of Education, Government of India for its innovation and start-up initiatives in 2018-19, 2019-20 and 2020-21 and has been awarded **4-star rating**

by the Ministry of Education's Innovation Cell for the exemplary work of its Institution Innovation Council (IIC).





- Ministry of Skill Development and Entrepreneurship, Government of India, accredited the college as a **Goods & Services Tax (GST) Accounts Assistant** on 9th December 2019.

- Mehr Chand Mahajan DAV College for Women organized a function for the inauguration of its registered training centre affiliated to **Chandigarh Skill Development Mission (CSDM)** under the aegis of **National Skill Development Mission, Ministry of Skill Development and Entrepreneurship, Government of India.**



- Our **workshop on GST** helped over 50 participants to handle the individual projects of GST returns and registration.

- Mehr Chand Mahajan DAV College for Women, Chandigarh has been selected as the State level technical Institute for U.T, Chandigarh for training and capacity building under the Pradhan Mantri Formalisation of Micro Food processing Enterprises scheme (PM-FME) launched by Ministry of Food Processing Industries (MoFPI), GOI. A four day “Beneficiary Training Program in Bakery & Confectionary” was organized at the college in association with Department of Industries, U.T Chandigarh, the State Nodal Agency under the PM-FME scheme on 08th October, 09th October 2021, 11th October 2021 and 12th October 2021.

MoFPI
AATMANIRBHAR BHARAT
PM Formalisation of Micro Food Processing Enterprises Scheme (PM FME Scheme)

A combined resolve of 130 crore citizens is to make India self-reliant. The way ahead lies in LOCAL- Local Manufacturing, Local Markets, Local Supply Chain. Local is not merely a need but a responsibility

Narendra Modi, Prime Minister

Opening gates for growth of Micro Enterprises in Food Industry

Mehr Chand Mahajan DAV College for Women
 Sector 36-A, Chandigarh
 (A state level Technical Institute)
 organizes
Training of Beneficiaries
 08 Oct -12 Oct 2021

VOCAL FOR LOCAL

Mr. Jagjit Singh, PCS
 Director (Industries)
 U.T. Chandigarh

Convener & Principal
 Dr. Nisha Bhargava

Training Coordinators
 Dr Vandana Sharma
 Dr Sandeep Kaur
 Dr Gurpreet Kaur



- With an aim to enhance the competitiveness of existing individual micro-enterprises in the unorganized bakery segment and apprise them of the present PM-FME scheme, its need, benefits and process of applying, a four day “Beneficiary Training Program in Bakery & Confectionary” was organized by the college in collaboration with the Department of Industries, U.T Chandigarh , the State Nodal Agency under the Pradhan Mantri Formalisation of Micro Food processing Enterprises (PM-FME scheme) from 17th March, 2021 to 20th



- Our 7-day online workshop on “Be a Health Manager 2021” received tremendous response in the form of 1835 online registrations from almost all states of India and professionals, faculty members and students from Estonia, Australia, USA, Bangladesh, Pakistan, Sri Lanka, Nigeria, Switzerland, Philippines, Jordan, Ghana and Oman, in coordination with experts from PGIMER Chandigarh, making it an international success.



- Our Workshop on Guidance for Psychosocial Counselling and COVID Helper Skills enabled 5-6 structured teams out of 500 participants to fulfil different roles and responsibilities (including providing authentic information related to availability of hospital beds, oxygen supplies, essentials, food supply, medicine etc. and provide on-ground help for COVID affected families).



More details please visit:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1126798467786405/?type=3>

- **Hastkala-** a 7-Day skill development workshop on fabric ornamentation witnessed an eclectic mix of aesthetics and craftsmanship as colourful designs by students made fabrics come alive was organized where Ms. Rati Arora, Assistant Professor, Department of Home Science, of the college was the resource



person. From 25th June – 1st July, 2018, different articles were prepared by the students including kurtas, dupattas, tops, pillow covers, table covers using different techniques of tie and dye and block printing learnt during workshop. Beautiful jute bags were also prepared with hand painting techniques.

- The Skill Development Committee of Mehr Chand Mahajan College for Women, Chandigarh launched a course on **soft skills titled ‘In-Sync: Self, Social and Shared Spaces’** from 7th March, 2022 to 10th May, 2022. Ms. Pragati Gandhi, an entrepreneur and an internationally recognized coach and speaker interacted with the participants about their learning from the course. The course consisted of forty sessions covering various topics including communication skills, time management, physical fitness, social media, professional ethics, gratitude, sexual health, culture and heritage, building resilience, interview skill, substance abuse, cyber safety, community outreach, sustainability and public speaking using a blend of activities including lectures, discussions, power point presentations, documentaries and circle time. In the valedictory session of this course, 40 participants and 31 student mentors were felicitated. Dr. Nisha Bhargava, the principal of the College, reiterated the need to focus on such courses where students are equipped with the requisite skills. She emphasized that education must prepare students for life after graduation and applauded the initiative of the Skill Development Committee of the College in this regard.



Link to the event:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1328940254238891/?type=3>

- Our urban farming initiatives have made our students receptive to the skills and benefits of the same. Sustainable Urban Farming is being undertaken at the College since January 2018 as a skill development initiative. Through the



program, it is envisioned to impart knowledge and skills to grow chemical free vegetables, grains, herbs, medicinal plants and fruits, especially in the urban spaces, thus contributing to reduction in pollution caused by chemicals. The program is being conducted in collaboration with the Kheti Virasat Mission, a Regional Council (for Decentralised Organic Farming Certification System) under the Participatory Guarantee System of the Ministry of Agriculture and Farmers Welfare, Government of India.

A bountiful is harvested every day and distributed amongst the staff. They take home health encased in Karela, lauki, Tori, bhindi, arbi, mangoes and some other seasonal gifts of nature. A total of 3 quintals and 40 kgs approximately of vegetables is distributed amongst about 200 employees of the college during a year.



Another dimension was added by conducting the workshops in collaboration with the NSS Units of the College with a view to promote POSHAN ABHIYAAN, the flagship program of NITI Aayog on Holistic Nutrition. The program is ingraining in students the respect for food and farmer, understand the nutritional value of various foods, the skill to grow their own food to some extent (pots/land), be aware of the relationship between food and environment, and contribute towards environment and wholistic health of self and others.

- Our **workshop on healthy cooking** has garnered a lot of appreciation and a demand for an advanced session on the same. The Skill Development Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, successfully organised the 4th edition of the annual workshop - Be a Health Manager 2022, with over 140 students registering for it. Based on the theme 'Food as Medicine', the 7-day workshop was held in collaboration with Nutrition Society of India, Chandigarh Chapter. Distinguished experts and entrepreneurs in the field of food and nutrition industry and services from across the region were associated with the workshop as resource persons.



For the participants, a competition Toss Your salad was also organised on the concluding day wherein the participants were required to present a theme-based salad.



Principal Dr. Nisha Bhargava praised the efforts of the organising team of 'Be a Health Manager', stating that over the years, this unique endeavour has not only evolved as a sustainability initiative but has also helped the participants learn various culinary and life skills, with its scope extending to include healthy lifestyles and 'Mansik Swachhta'. She further added that correct eating habits coupled with #healthy choices is the key to holistic wellbeing and the institution will continue to promote the same for the welfare of the nation and society as a whole.

- Mehr Chand Mahajan DAV College for Women, Chandigarh is now a **Recognized Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan Institution.**

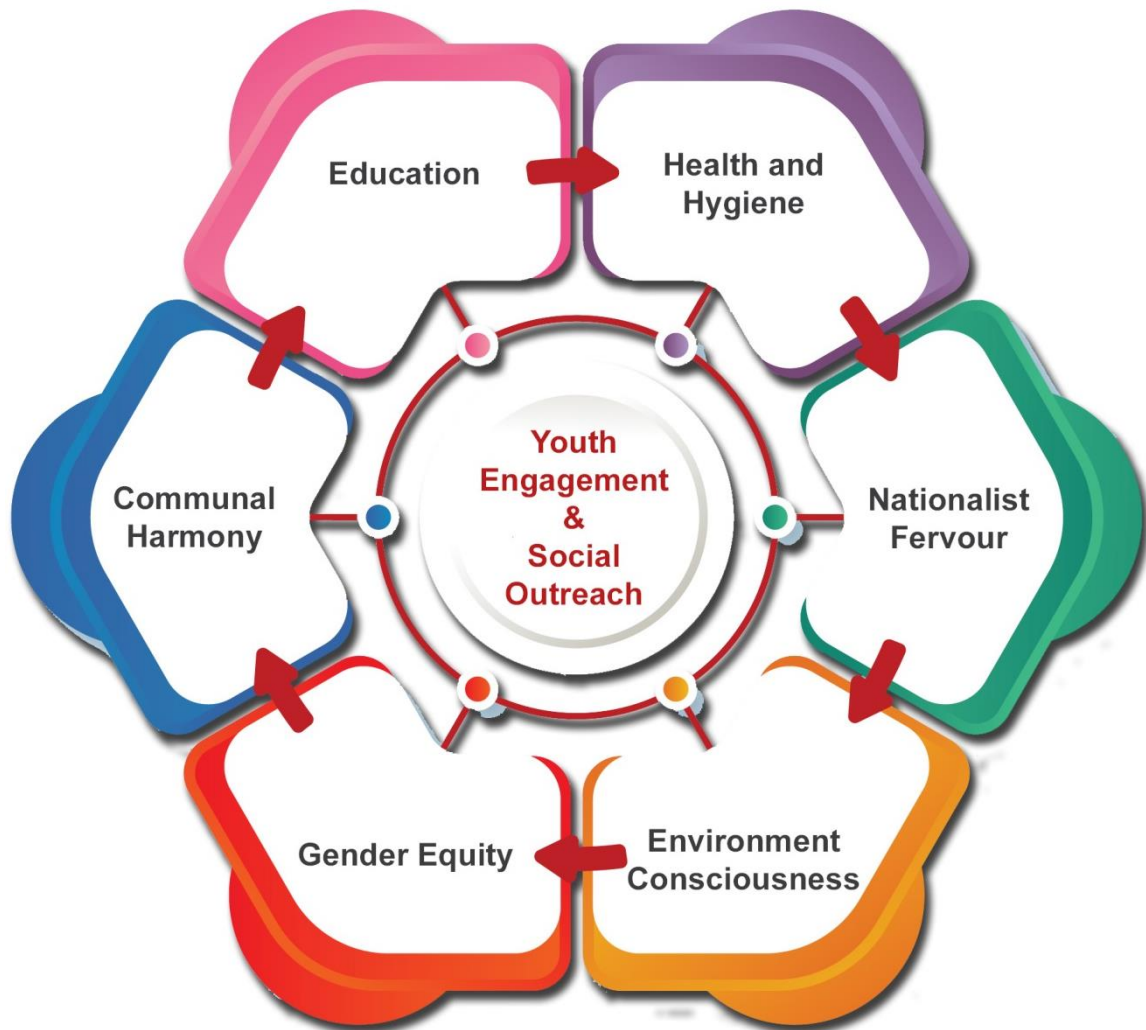


Problems encountered

- The pandemic posed a veritable hurdle in the efforts to promote skill generation and hands-on learning environment could not be provided for many initiatives. On the other hand, the online dimension also gave greater reach to most of our events and allowed for distant mentors and learners to be brought together.
- The demands of the syllabi and the consequent time-constraint often pose a challenge to the extensive training that is ideal for several skills that we would like to offer our stakeholders.
- Given the universal lack of available employment opportunities, it was a challenge to get placements for trained GST practitioners.

II. Youth Engagement and Social Outreach

As India stands on the threshold of becoming a global leader in terms of knowledge dissemination and economic growth, it is essential to channelize our young students' potential and allow them to be the catalysts of change. The vital aspect of education is to promote quality, equity and access of our knowledge resources and strive towards an inclusive society.



Objectives:

- To channelize youth as the catalysts of positive change in the society
- To instil a sense of philanthropy, community outreach and social contribution among the students
- To develop a sense of civic responsibility to work together to uplift weaker sections, provide aid with service in underprivileged sectors and contribute qualitatively to social development.

- To encourage students to be responsive to the multipronged needs of the diverse social milieu that they are a part of.
- To provide guidance and counselling with respect to equal opportunities for academic, financial, social and other facets and to enhance diversity within the campus.

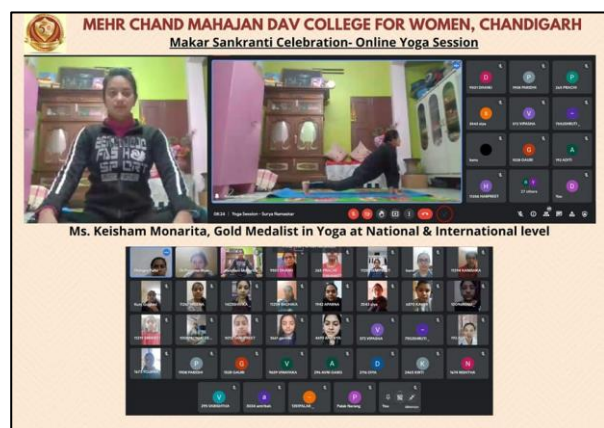
Context

- The world is what we, the people, make of it and the need for social responsiveness can never be over- emphasized.
- The recent pandemic has taught us that social development and welfare require universal attention and participation.
- Educational institutions have a prime role in generating awareness in the youth about their social responsibility and inculcating in them a spirit of social service and nation building.
- Community-level action in vital areas such as public health, hygiene, eco-friendly living, equality to all irrespective of class, caste, religion, gender and region is urgently required and the youth must be encouraged to take on the mantle of social development upon them.
- Education fulfils its purpose only when the youth are given the capability to the serve the larger community in a planned, holistic and empathetic way and the college has always been receptive to this pivotal aspect.
- The college strives to ensure a positive and committed outlook in its students, so that they maintain a healthy mental and physical life for themselves and thereby go on to provide support to those sections of the society that could be in need of it

The Practice

- Through committees such as **NSS, Unnat Bharat Abhiyan, Women Development Cell, Equal Opportunity Cell, Geetanjali Counselling Helpline, Swachhta Committee, Rotaract Club, Electoral Literacy Club**, and many initiatives of teaching departments, the college organizes many activities under its vision of social outreach.

- **Public hygiene and cleanliness** are major thrust areas in the outreach activities planned and executed by various committees and clubs. The college leads by example in the mission to ensure Swachhta and also organises awareness drives, kar sewas, rallies, seminars, lectures and other such events to promote clean and hygienic life style.
- Our volunteers undertake substantial initiatives to educate the residents in the adopted villages like Butrela, Badheri, Atawa and Burail to maintain a healthy lifestyle.
- Committed to spreading message for protecting our environment, we organized an awareness camp on waste management whereby students were taught about the significance and methods of waste segregation and were also educated in systems of vermicomposting. Students were also taught about the components and functioning of the sewage treatment plant on campus.
- Students were urged to download the Swachhta-MoHUA application and use it to ensure proper communication between citizens and municipal corporations in ensuring cleanliness.
- The college organized Yoga sessions to mark Azadi Ka Amrit Mahotsav and generate a responsiveness in the stakeholders towards good mental and physical health with special focus on the Surya Namaskar as a means of overall well-being. The college has also been organizing yoga camps from time to time to ensure holistic health maintenance.
- The college also organizes various drives and invites voluntary social action in areas such as blood donation, cancer awareness, AIDS awareness, nutrition and diet awareness, menstrual health awareness, immunity development, physical fitness drives, pledge to stay away from tobacco, cycle rallies etc.





MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH

BLOOD DONATION CAMP



Principal Dr. Nisha Bhargava and other dignitaries from PGIMER and Lions Club during the Camp



"It feels GOOD, Makes Me PROUD, I AM A BLOOD DONOR."

- **Mental health awareness** is another area of concern for the institution and especially in the times of the pandemic, the institution recognized the need for ensuring good mental health, lower levels of stress and foster a spirit of happiness and wellbeing and took initiatives to ensure the positivity in the society, as a whole. We started an Geetanjali Student Online Forum for 500 students to provide psychosocial support during the pandemic.
- To promote the interests of the marginalized sections of the society, the college celebrated **Senior Citizens Day, National Girl Child Day, Women's Day, Youth Day** and a day to mark **Persons with Disabilities**. Special focus is laid on activities associated with the gender equality, '**Beti Bachao, Beti Padhao**', laws related to gender rights, and safeguarding against human trafficking, harassment, women's health, menstrual health and hygiene etc.



- Several activities were organized to promote education, health, employment opportunities, cleanliness etc. in the villages adopted by the college. Some recent such activities van Mahotsav drives, include oral hygiene camp, awareness rally on Jal Shakti, workshop on vermicomposting, nukkad natak to spread awareness about water conservation, cleanliness drives, Poshan Abhiyan, gender sensitization, workshop on no-flame cooking, awareness session on Tuberculosis etc.

- Mask donation drives, dispelling of myths regarding Covid vaccination etc were also organized.

- The college teams also donated stationery kits to underprivileged students, and donated NCERT text book sets to them. In addition to this mask donation drives, dispelling of myths regarding Covid vaccination etc were also organized.



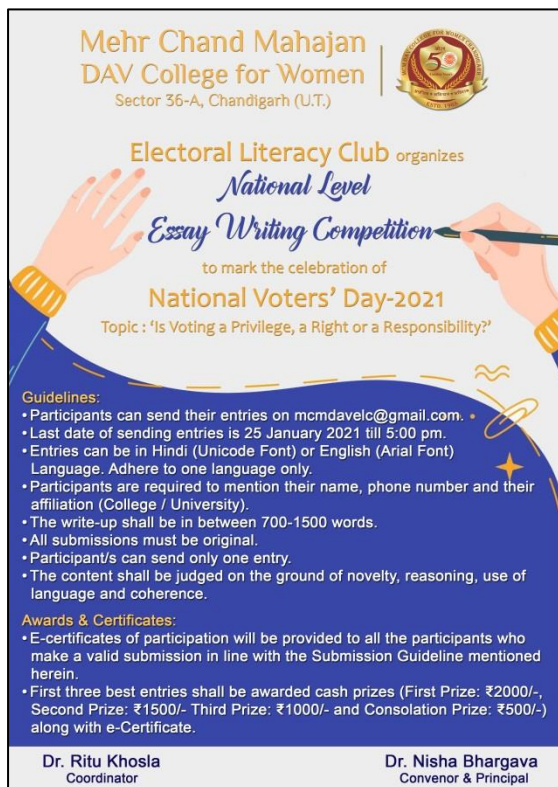
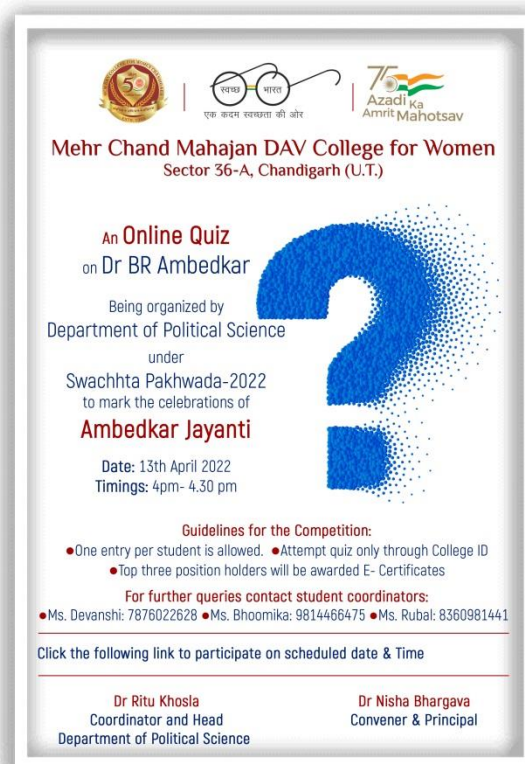
- Generating environment consciousness is a primary focus of our programmes in and outside the college. The college celebrates Environment Day, Van Mahotsav, Earth Day, and organizes activities to promote water conservation, sustainable farming practices, sustainable urban farming, LED technology usage, ecological festival celebration, e-waste modelling, garbage disposal techniques, tree plantation drives, employment of bio-energy, ozone layer preservation, alternative energy resources, efforts against single use plastic and green chemistry etc.





- Our alumni being the brand ambassadors of our vision, promote ecologically responsive ways of living and employment of sustainable power sources like solar electricity. Funds are collected to donate solar powered devices to orphanages, adopted village community centres etc.
- The Sustainable Practices Committee celebrated World Wetlands Day and organized a field trip to Global Apiaries, India. The committee also organized a quiz on Integrated Approach in science and technology for a sustainable future. Innovative thinking with the idea of sustainability is at the heart of all endeavours initiated by the college.
- An essential part of community engagement is generation of a civic sense and community feeling. The college celebrates Lohri, Basant, Baisakhi and other national days like Independence Day, Republic Day, Rashtriya Ekta Divas, Yuva Pravasi Bhartiya Divas, Constitution Day and Prakram Divas, and other such national days to invoke a feeling of patriotism.
- To instil a sense of constitutional duties, a virtual pledge was also taken by 65 NSS volunteers on National Voters' Day to reaffirm their faith in the democracy and integrity of our country.

- The Electoral Literacy Club organizes poetry writing contests, quizzes, declamation contests and Electoral Awareness contests to raise awareness and sense of participation vis-à-vis electoral procedures.

- The **state level Youth parliament** festival under the National Youth Parliament Scheme of the Government of India provided a platform to the youth to present their views regarding the future goals and aspirations they have for their country. Our student, Ms Aditi Vijay participated and secured the second position at District level, while qualifying for the State level.

- The college also organizes screening of **Pareeksha Pe Charcha**, and online attendance of Education summit under Akhil Bharatiya Shiksha Samagam to ensure that the faculty and students benefit from the vision laid out for our country.



- Cyber Jagrukta Diwas is organized to ensure cyber safety in today's era of constantly increasing cyber dependency and usage.
- A pioneer on varied fronts, Mehr Chand Mahajan DAV College for Women, Chandigarh became the first college in UT of Chandigarh to **sign an MoU with Chandigarh Police** to promote Cyber Security, Human Rights, Gender Sensitisation and emerging Police technologies.



For more details visit:

➤ **EBSB Report:**

<https://mcmdavcwchd.edu.in/ebsb/#1614164782043-757c8942-56c3>

➤ **NSS Reports:**

<https://mcmdavcwchd.edu.in/nss/#1568801062918-45ce0e6d-0f3c>

➤ **UBA Reports:**

<https://mcmdavcwchd.edu.in/unnat-bharat/#1566298490198-285abb01-f32a>

➤ **Swachhta Reports:**

<https://mcmdavcwchd.edu.in/swacchta/#1560775413492-95f54c02-d33d>

➤ **Rotaract Club Reports:**

<https://mcmdavcwchd.edu.in/rotaract-club/>

➤ **Women Development Cell Reports:**

<https://mcmdavcwchd.edu.in/women-development-cell/>

➤ **Equal Opportunity Cell Reports:**

<https://mcmdavcwchd.edu.in/equal-opportunities-cell/>

➤ **Geetanjali Counselling Helpline:**

<https://mcmdavcwchd.edu.in/geetanjali-helpline-students-grievances/>

Evidence of Success

The endeavours of the college in the area of student mobilization towards social, ecological, civil, health, educational and sustainable development has been multipronged and multifaceted. The college has employed creative, illustrative and exemplary methods towards making efforts of students and faculty truly productive and far reaching. Our success in these arenas has not only been apparent in the satisfaction they have brought to those engaged, but also in terms of acknowledgement from government bodies, press and the society.

- In recognition of its exemplary work in the field of community service and youth development, the NSS unit of MCM DAV College for Women was awarded the **Best Unit Award 2018-19** by Department of NSS, Punjab University during its annual function.



- One of our NSS Volunteers – Ms. Satvika Singh bagged a cash prize of Rs.51,000/- from the Government of India and was declared as **Best Intern** in **Swachh Bharat Summer Internship 2018**.



- Committed to empowering young women through holistic education and grooming them into achievers with a strong sense of social responsibility, Mehr Chand Mahajan DAV College for Women has been a frontrunner on many fronts, Cyber Swachhta being one of them. The college is an active participant in the Cyber Swachhta Mission of Government of India and it is a matter of great pride that our student Ojasvini Bhargava of BCA 2, along with 80 Cyber Swachhta Soldiers, has been awarded by Hon'ble Home Minister Shri Amit Shah ji for their excellent contribution as cyber soldiers in Cyber Swachhta Mission.



- Students participated enthusiastically in these events, generated awareness and contributed to the cause of nation building.

- The college has achieved an award for being the **Cleanest Campus in the Residential college category at the National level** by Honourable Minister of Human Resource Development, Sh Prakash Javadekar in 2018, during Swachh Bharat Sarvekshan



- The institution and has also received an award for **Best Citizen-led initiatives under the Swachh Sarvekshan** during the Swachh City Awards by the Ministry of Housing and Urban Affairs, New Delhi in 2019.



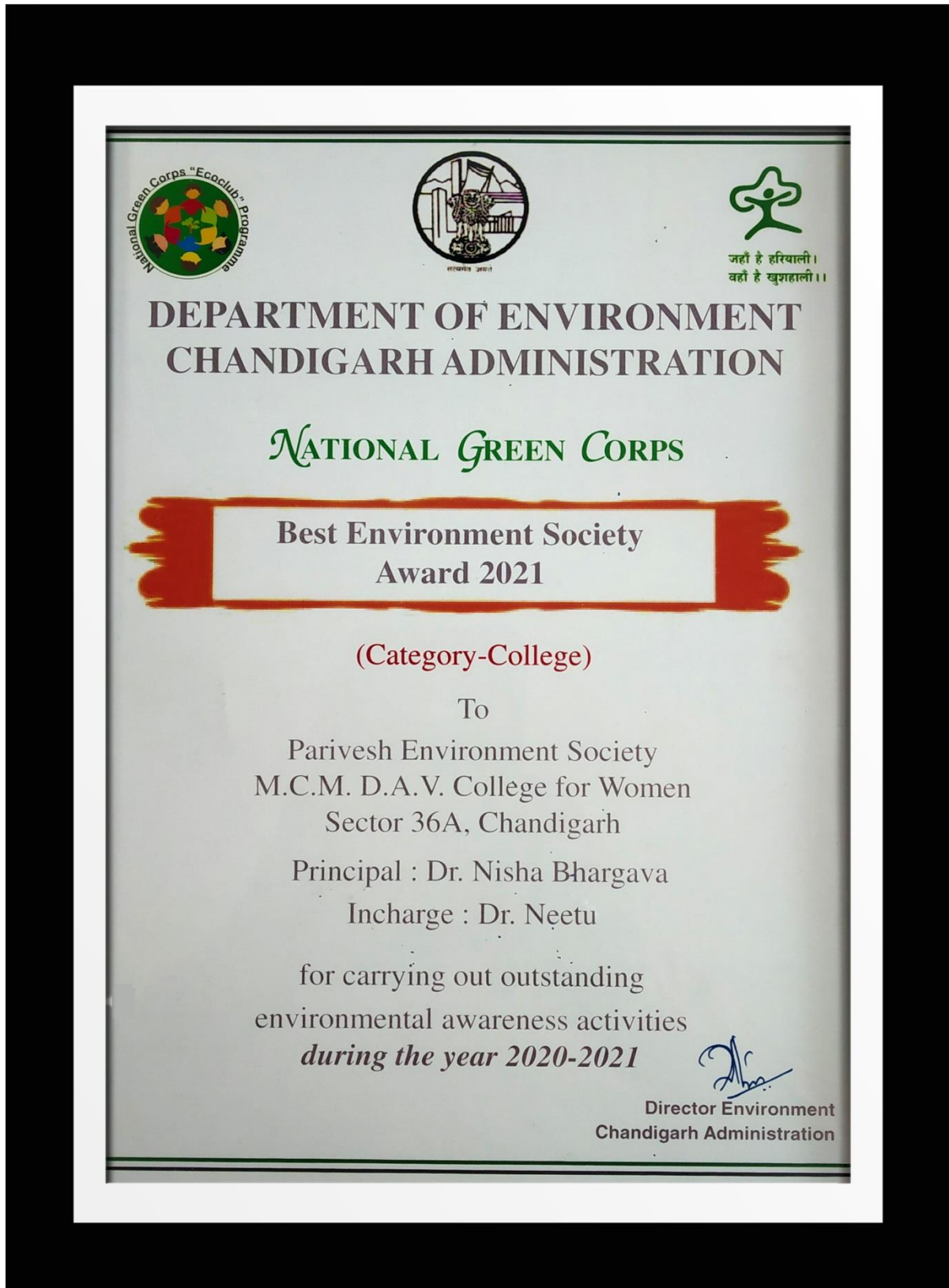
- The college received appreciation by Mahatma Gandhi National Council for Rural Education (MGNCRE) for participating in and completing the “**Largest Tree Plantation Drive** in Higher Education Institutions across Chandigarh” on 22 January 2022.



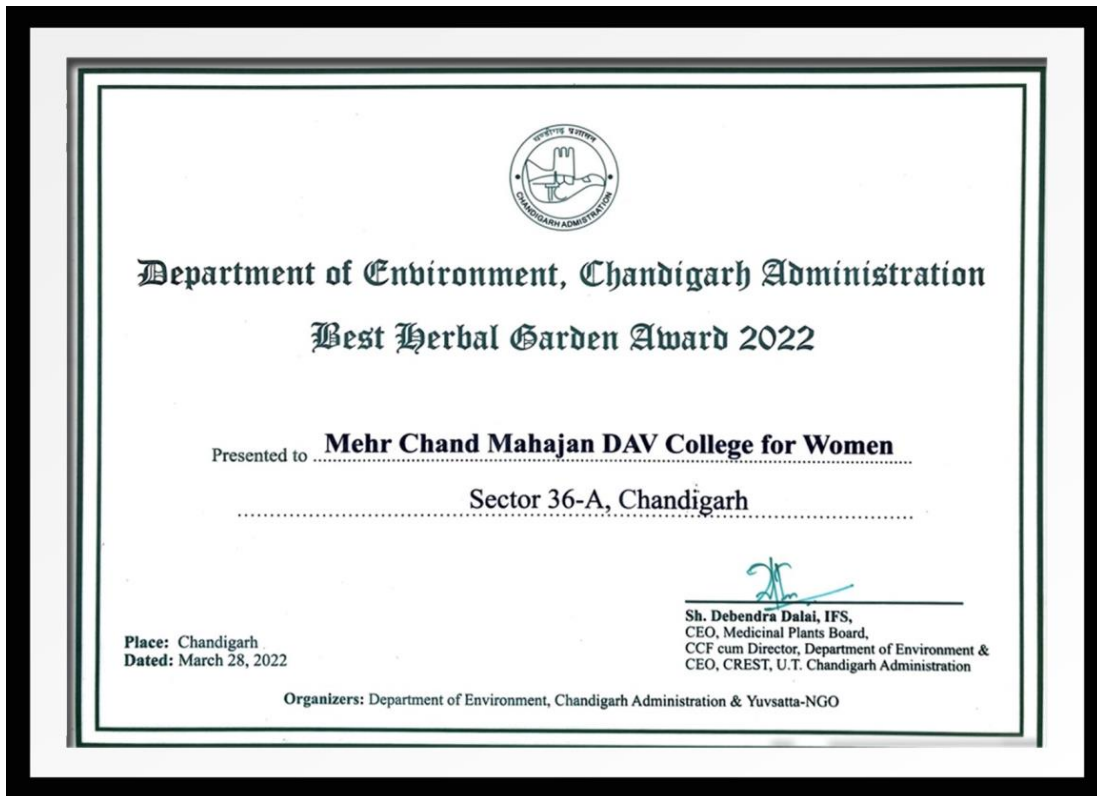
- The Mahatma Gandhi National Council for Rural Education (MGNCRE), Ministry of Education, Government of India gave the college an appreciation certificate for organizing the largest environment awareness activity, “**Selfie with a plant**” on 5 June 2022.



- The Department of Environment, Chandigarh gave the **Best Eco Club Award 2021** to the college.



- The college also bagged the **Best Herbal Garden Award** of 2022 from the Department of Environment, Chandigarh.



- The Back to Nature and Bird Feed projects of the college received ample acknowledgement from government bodies.
- Under its **sustainable farming initiative**, the college has been growing fruits and vegetables and nearly 40 quintals have been grown on campus and shared between employees of the college.







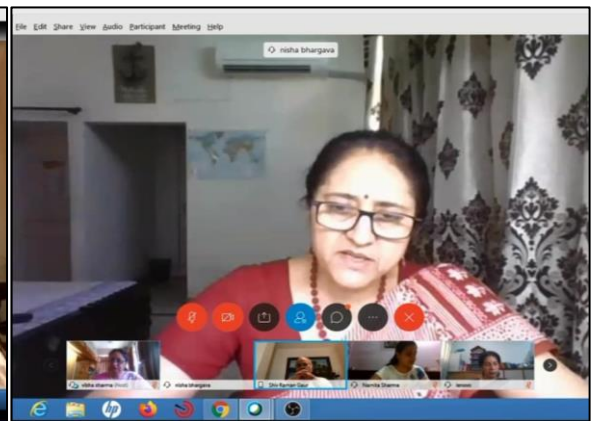


- The college was awarded **Swachh Prerak Samman** by Municipal Corporation, Chandigarh under Mission Swachh Chandigarh.





- Many NGOs and other help groups have come together with the college in these social causes.
- With a view to reflect upon India's fight against corona virus and the unprecedented crisis brought about in its wake, Mehr Chand Mahajan DAV College for Women organised a webinar titled 'Mobilising State and Citizens against COVID-19: Lessons from India and Lessons for India'. The highly invigorating webinar was organised by the college's Political Science Department under the aegis of Internal Quality Assurance Cell (IQAC) of the college. Sh. Shiv Raman Gaur, Director Higher Education, DAV College Managing Committee, New Delhi graced the webinar as the Chief Guest and enlightened the participants with his valuable insights.



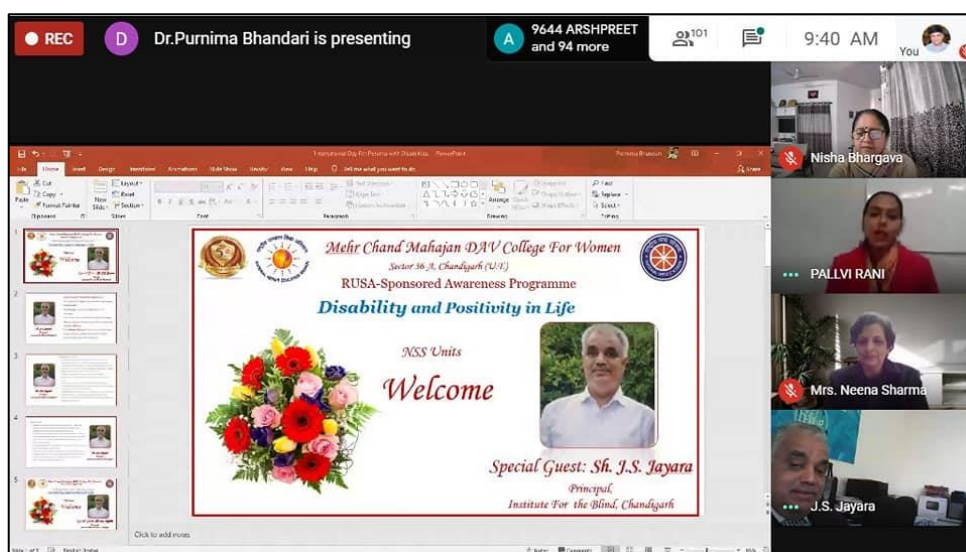
- To help flowers of hope blossom in hearts where fear and hopelessness resides currently, the **Ek Bharat Shreshtha Bharat** team of Mehr Chand Mahajan DAV College for Women has undertaken a humble initiative in the form of an awareness video. **Link:** <https://fb.watch/ekX2F4AJXg/>

- Sanitation drives, hygienic and healthy lifestyle drives at neighbouring villages and anganwadi schools, initiatives to fight child abuse, eco-friendly lifestyle drives and anti-plastic drives were majorly successful.



- The college received generous support in its fund collection drives for Khalsa Aid, PM CARES and funds for protective gear for PGIMER corona warriors and these were forwarded to concerned authorities.

- The college has created special facilities to suit the special needs of differently-abled persons. Activities organized in collaboration with PGIMER and SAKSHAM, Equal Opportunity cell of college gave a platform to differently abled people to showcase their capabilities.



- Activities organized by **Geetanjali Counselling Helpline** gave psychological support to more than 200 participants.
- Nearly 150 students participated in various initiatives of women development cell including drives to collect and distribute sanitary pads and to generate awareness about PCOS.
- **Awareness rallies** on water conservation, Swachhta, personal hygiene etc have been organized by NSS Units and UBA Cell of the college with an aim to generate awareness among masses.



- MCM DAV College for Women hosted **Beyond Boundaries** - an event under Cultural Exchange Programme to welcome students from Western Sydney University, Australia in month of October 2018. The event aimed at encouraging cross-cultural interaction while familiarizing the foreign students with rich Indian culture and traditions.



- In a dazzling celebration of the Lohri festival, Mehr Chand Mahajan DAV College for Women organised lively events under the aegis of its Ek Bharat Shreshtha Bharat (EBSB) Club and Cultural Affairs Committee. Confluence of myriad cultures was brought to the fore as the Ek Bharat Shreshtha Bharat Club organised '**Pehnawa**'- a contest entailing the staff members to showcase ethnicity of different states by wearing traditional dresses.



Problems encountered

- Constraints of syllabi and the semester system pose a hurdle in the planning and execution of several activities.
- For village-based events and activities, co-ordination with administrative bodies becomes challenging.
- Our anti-plastic campaign faced a genuine argument from shopkeepers who said that most branded products come packaged in plastic. Major changes in the manufacturing sector and state policy regarding plastic use are therefore required to fully implement the campaign.



- The COVID lockdown necessitated the online mode for our activities and social outreach requires a personal intervention because of limited reach of online platforms in several intended beneficiary communities.



Mehr Chand Mahajan DAV College for Women

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

Institutional Values and Best Practices

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