

Geetanjali Chronicles

Mental Health & Wellness Program

during COVID-19 & Beyond.....



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



GEETANJALI STUDENT ONLINE FORUM
MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH



CONVENER & PRINCIPAL
DR NISHA BHARGAVA

CO-ORDINATOR
DR NITASHA KHEHRA
ASSISTANT PROFESSOR, DEPARTMENT OF PSYCHOLOGY

Our Beacon of Light



MAHARISHI SWAMI DAYANANDA SARASWATI

Our Guide and Mentor



Dr. Punam Suri Ji, Padma Shree Awardee

**Hon'ble President
DAV College Managing Committee
New Delhi**

From the Principal's Desk

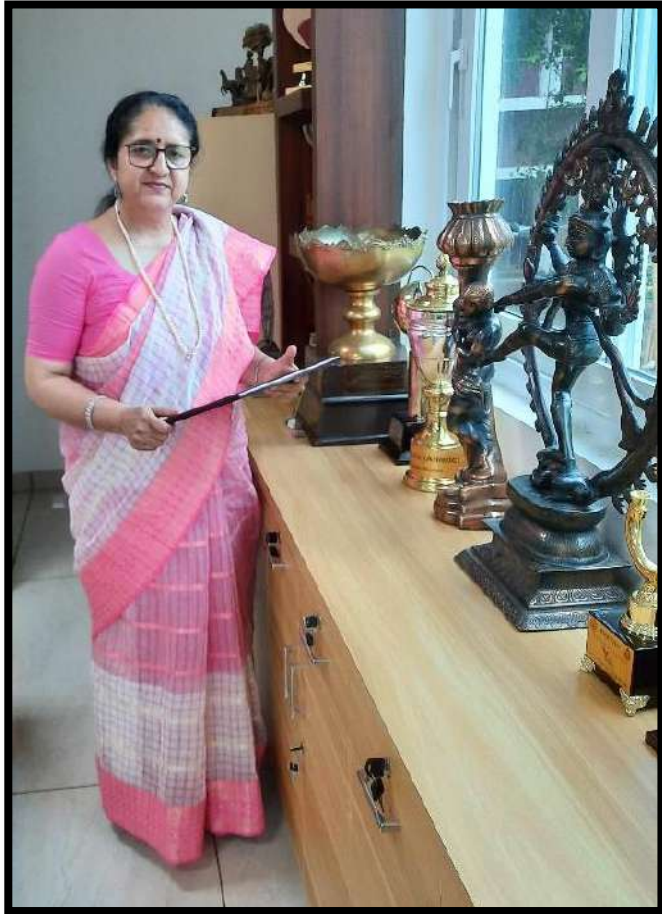


**Dr Nisha Bhargava
Convener & Principal**

The storm has passed or has it? This is a moot question as we all have been through the most critical and difficult times of our lives till date. The Covid 19 has affected not only our lifestyles, thought processes and psychosocial systems but also our economies, societies and ecosystems. In fact it has compelled us to reflect upon the issues like our purpose of living, our race for materialistic pursuits and most importantly it has prodded our conscience to assess our actions taken consciously or inadvertently to achieve our goals. The potential damage which has already been done to our environment and to our ecosystems cannot be measured in tangible terms. Perhaps the pandemic came to awaken us from the slumber of self obsession and insensitivity.

The Geetanjali Counselling Helpline Committee of our college has been working for many years for providing psychosocial support to our students. The Helpline introduced a timely intervention in the form of an online interactive medium “Geetanjali Online Forum” for providing psychosocial counselling to students. The medium empowered students in the light of the unprecedented incidence of pandemic. Impacting the lives of more than 500 students of the college, the forum guided the students through the pandemic, teaching them valuable life skills for tackling adversity and crisis. Through the forum, the students were encouraged to explore their potentials and talents and to share their personal experiences, psychosocial and emotional concerns. The students have found the forum to be an effective medium of expressing their ideas, concerns, issues as well as showcasing the creations of their beautiful minds. I feel happy to share that the psychosocial support to the students was provided by Dr Nitasha Khehra, Assistant Professor of Psychology. Her team comprised of Dr Bindu Dogra, Assistant Professor of Sociology and Mrs Vandita Kapoor, Assistant Professor of Commerce. I feel privileged that I have been a member of the forum throughout.

From the Principal's Desk



**Dr Nisha Bhargava
Convener & Principal**

Dr Nitasha is our professionally trained faculty member who has been a clinical psychologist in PGIMER for 07 years. She visualised and conducted activities which kept the students productively occupied even during the darkest days of pandemic. The outcome of such activities is amply visible in this report, which was conceptualised and prepared by Dr Nitasha Khehra. I feel elated to share that the forum exists till date and is still abuzz with activity. It has been a learning experience for all the stakeholders involved. We have emerged victorious from the crisis and it has taught us to not take life for granted and cherish every moment and most importantly it has taught us to give back our best to the bounties and blessings of life which have been given to us freely by nature. I express my gratitude to Geetanjali online forum for keeping the spirit of survival strong and alive.

I take this opportunity to express my Heartfelt gratitude to our worthy president, Dr Punam Suri Ji, Padma Shree Awardee for his constant motivation and encouragement which inspires us to march forward despite the odds. His inspiring discourses keep our path illuminated. My deep gratitude to Shri H R Gandhar, Hon'ble Vice President, DAVCMC and Senior Governing Body member of our college for his constant encouragement and living interest in the growth and Well-being of our institution. Further, I express my humble gratitude to Shri Shiv Raman Gaur, Hon'ble Director Higher Education DAVCMC for his guidance and motivation which is taking the institution to greater heights. I express my gratitude to the indefatigable spirit of the entire team MCM which has shown extreme endurance and resilience during the pandemic while they adopted online pedagogy with professional competence and ease. The result of their consistent hard work is visible in the form of numerous accolades and appreciations which we have received from various agencies of the government such as Ministry of human resource development, Ministry of Education, Ministry of commerce and industry, AICTE, and Chandigarh Administration. May the spirit of Geetanjali continue to motivate and inspire us all. Jai Hind Jai Bharat.

From the Co-ordinator

“What lies behind you and what lies in front of you, pales in comparison to what lies inside of you”

Ralph Waldo Emerson



Dr Nitasha Khehra
Co-ordinator
Assistant Professor,
Department of Psychology

As the human race battled one of the biggest pandemics in the recent history, we fought not just the virus but also weathered economic and societal disruptions. We cannot even begin to fathom the insurmountable stress that was experienced by our front-line warriors, those without any access to resources or those feeling anxious by information overload of staggering figures. The pandemic had reached its tentacles into every area of life and had a profound pervasive impact on our mental health in light of uncertainty about the immediate future, need for social distancing and isolation. Fortunately, technology enabled us to remain connected virtually with our loved ones and compensated for a sudden withdrawal of social interaction. Any period of crisis makes us realise who we value in our lives and what we value in our relationships. We found a new equilibrium and empowered ourselves on how to respond to these turbulent circumstances. As per the directions of University Grants Commission (UGC), the Geetanjali Counselling Helpline Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh launched an innovative online initiative “Geetanjali Student Online Forum” on 30th April 2020 on the theme “MCM Mental Health Wellness Program during COVID-19” to combat the potential impact of the pandemic outbreak and it is functioning till date. We brainstormed ideas to address the psychosocial wellbeing of our college students residing across the country and keep them positive during this lockdown. Hence, we created an online student community group to stimulate them to learn, focus on growth and develop a sense of gratitude. We accomplished the significant mission of providing valuable mentorship, effective group counselling, emotional wellness, buffer to overcome stress, isolation, hopelessness, enhance motivation and resilience to handle unprecedented circumstances during the pandemic. We also provided personal counselling to our students staying within or outside the campus during the COVID-19 outbreak.

From the Co-ordinator



Dr Nitasha Khehra
Co-ordinator
Assistant Professor,
Department of Psychology

This online forum was envisioned by our honorable Principal Dr Nisha Bhargava and it has truly flourished from its inception under her able guidance. She invested her deep sentiment and effort to reach out to all stakeholders. She has consistently advocated about positivity and inspired us with her poetry, photography and imparted valuable lessons to take us forward. I am grateful to her for giving me this great opportunity to carry out this mental health wellness program in our college. When I started conceptualizing this intervention project, it gave a sense of drive, purpose and great opportunity to channelize my clinical training into practice. I decided to engage our young adults into meaningful research evidence based positive psychology interventions to delve deeper in their psyche and change their thinking vocabulary. My journey of creating and compiling Geetanjali Chronicles will always remain special and memorable due to the exuberance and vivacity of our students who contributed their exceptional talent and creative pursuits on this online forum amidst those challenging times. Their engrossing interaction, affection and enthusiastic participation in all activities has made this an immensely gratifying experience for me. Trauma through COVID-19 was widespread, but we made it possible to achieve greater appreciation for life, enhanced relationships with others, seeing expanded possibilities, increased personal strength and spiritual growth through our mental wellness program. Here's hoping all the learning on this platform will help our students traverse through life's challenges with fortitude. The valuable feedback from our students is a testimony to our highly successful endeavor.

GEETANJALI STUDENT ONLINE FORUM

“MCM MENTAL HEALTH WELLNESS PROGRAM DURING COVID 19”

Convener & Principal : Dr Nisha Bhargava

Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology

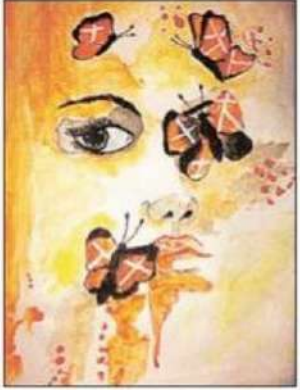
Date of conduct of Activity: 30th April, 2020 to till date (Covered 792 days till 30.6.2022)

Number of participants: 500 UG & PG Students

Objective & Practice: As per the directions of University Grants Commission (UGC), to combat the potential impact of the pandemic outbreak and the resultant lockdown on the students' psychological wellbeing and emotional health, the Geetanjali Counselling Helpline Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh launched an innovative online initiative “Geetanjali Student Online Forum” on 30th April 2020 on the theme “MCM Mental Health Wellness Program during COVID-19” as a part of Student Support Services. This online forum was created under the leadership of our honorable Principal Dr Nisha Bhargava and Dr Nitasha Khehra, Assistant Professor, Department of Psychology. This mental health helpline envisioned to empower our first-year college students residing in various geographical regions across the country through regular 24 x 7 interaction on an online platform. The primary objectives of the helpline were to extend valuable mentorship, effective group counseling, strong social connections, emotional support as a buffer to overcome stress, isolation and hopelessness, enhanced motivation and increased resilience to handle unprecedented changes during the pandemic. We also provided telephonic individual counselling to students staying in hostel or outside campus during the COVID-19 outbreak. We regularly conducted a series of gratitude enhancing, meaning based, optimism, positive relationships, resilience building, journaling, personality and self-exploration-based activities in the group during these challenging circumstances. This online forum provided knowledge on various mental health conditions to create awareness, fight associated stigma, daily motivational messages and effective coping strategies to manage psychological problems such as stress, anxiety, depression and interpersonal difficulties, etc. and information about relaxation techniques such as yoga, mindfulness etc. Another important objective was promoting peer mentorship, psychosocial support and foster group cohesiveness. The students were given an opportunity to express their ideas on varied topics of interest, share their personal experiences and psychological concerns. On this forum, the students were provided with an excellent opportunity to showcase their exceptional talent and creativity during the lockdown in the form of handmade / digital art work, collages, paintings, sketching, creative writing, book club, poetry, culinary delights, photography, best out of waste, gardening, musical renditions, yoga, short film making, to name a few. We have received exceptional and valuable feedback from our students on the contribution of this mental health helpline in providing positivity and unflinching support during this pandemic.

Media Coverage of Geetanjali Student Online Forum

एमसीएम में छात्राओं ने ऑनलाइन प्रतियोगिता में दिखाई प्रतिभा

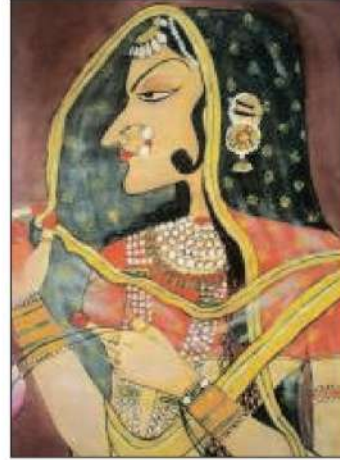
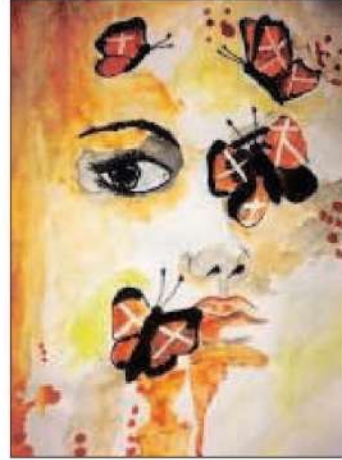


एमसीएम की छात्राओं की ओर से बनाई गई पेंटिंग। संवाद

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

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

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



MCM COLLEGE (LAUNCHES)

Keeping in mind the potential impact of coronavirus outbreak and the resultant lockdown on the students' psychology, the Geetanjali Helpline Committee of Mehr Chand Mahajan DAV 7/14 or Women has launched a unique and timely initiative in the form of an interactive Online forum- 'Mental Health during COVID-19'. The forum envisions, through interaction and timely counselling, to empower students in the light of unprecedented changes brought about by the pandemic in their lives. Catering to over 260 undergraduate students of first year, the forum is an endeavour to create an opportunity for tackling mental health problems.

एमसीएम में ऑनलाइन इंटरैक्टिव फोरम

चंडीगढ़। कोरोना वायरस प्रकोप और छात्राओं के मनोविज्ञान पर परिणामी लॉकडाउन के संभावित प्रभाव को ध्यान में रखते हुए मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन की गीतांजलि हेल्पलाइन कमेटी ने मानसिक स्वास्थ्य के लिए एक ऑनलाइन इंटरैक्टिव फोरम 'मेन्टल हेल्थ ड्यूरिंग कोविड-19' के रूप में एक अनूठी पहल की है। इस इंटरैक्टिव फोरम का उद्देश्य इस महामारी द्वारा लाए गए अभूतपूर्व परिवर्तनों पर विचार-विमर्श, बातचीत और समय पर परामर्श के माध्यम से छात्राओं को मनोवैज्ञानिक तरीके से सक्षम बनाना है। इस फोरम स्नातक स्तर की लगभग 260 से अधिक छात्राओं को मानसिक स्वास्थ्य से संबंधित विषयों जैसे कि मानसिक स्वास्थ्य समस्याओं, भावनात्मक कल्याण, सार्थक सामाजिक संबंध और सामुदायिक भावना को बढ़ावा देना इत्यादि पर बातचीत करने का एक मंच प्रदान करेगा। गीतांजलि हेल्पलाइन कमेटी के इस प्रयास पर प्रशंसा व्यक्त करते हुए कालेज की प्रिंसिपल डा. निशा भार्गव ने कहा कि कोविड-19 के





**ACTION TAKEN REPORT OF
MCM MENTAL HEALTH WELLNESS PROGRAM DURING COVID-19**



HAPPINESS INTERVENTION

Title of the Activity: HAPPINESS JOURNAL

Name of the Committee: Geetanjali Student Online Forum under the aegis of Geetanjali Counselling Helpline

Convener & Principal : Dr Nisha Bhargava

Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology

Date of conduct of Activity: 8th May, 2020

Objective & Practice: The Happiness Journal activity was conducted on “Geetanjali Student Online Forum” under the aegis of Geetanjali Counselling Helpline, Mehr Chand Mahajan DAV College for Women, Chandigarh. The activity was carried out to ensure that our students maintain their emotional wellness and keep them meaningfully engaged during the lockdown. Research evinces that journaling can be extremely beneficial for reducing stress, to cope with emotions and develop insights. Students had to write about their happiest moments experienced yet. While recollecting and journaling about their best moments, the focus entailed on celebrating these little moments and feeling joyful. Another benefit of journaling is that it can boost our happiness by helping us focus on creativity, beautiful experiences and social connections in our lives. Hence this activity was conducted as a part of group counselling. Thus, helping our students to notice what matters the most, relive their positive experiences and feel incredibly grateful for their precious memories. We received insightful reflections and wonderful memories from 60 participants during this activity. All the prize winners were provided with e-certificates.

Results of the “Happiness Journal” Activity

First Prize: Nancy Sharma Roll No. 7130

Second Prize: Annanya Mahajan Roll No.1198

Third Prize: Isha Roll No.7324

Consolation Prizes (in random order):

1. Ritisha Roll No.7675

2. Anshika Roll No.7369

3. Sukhmandeep Kaur Roll No.7658

4. Garima Manchanda Roll No.7313

5. Saumya Singhla Roll No. 7616

6. Isha Gupta Roll No.1359

7. Surbhi Roll No.7655

एमसीएम में हैप्पीनेस जर्नल पर गतिविधि

चंडीगढ़। कोविड -19 के प्रकोप के कारण जिस प्रकार की परिस्थितियों का सामना करना उसमें किसी भी व्यक्ति की भावनाओं का व्याकुल होना स्वाभाविक है और इस तथ्य को संज्ञान लेते हुए, मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन ने हैप्पीनेस जर्नल की थीम पर एक गतिविधि का आयोजन किया। कॉलेज के गीतांजलि परामर्श हेल्पलाइन समिति द्वारा कोविड -199 महामारी के दौरान मानसिक स्वास्थ्य पर की गयी एक ऑनलाइन पहल, गीतांजलि स्टूडेंट फोरम के तत्वावधान में आयोजित इस गतिविधि में छात्राओं को स्वस्थ अभिव्यक्ति तथा मानसिक स्वास्थ्य प्रबंधन पर जागरूक किया गया। इस गतिविधि में 42 प्रतिभागियों ने व्यावहारिक चिंतन तथा अपनी अद्भुत यादें साझा की गईं। गतिविधि का उद्देश्य प्रतिभागियों के भावनात्मक एवं मनोवैज्ञानिक कल्याण को बनाए रखने के साथ साथ लॉकडाउन के समय का सार्थक रूप से उपयोग करना था।

हैप्पीनेस जनरल पर कार्यक्रम आयोजित

चंडीगढ़, 22 मई (आकृति) : एमसीएम डीएवी कॉलेज फॉर वुमेन सैक्टर 36 में हैप्पीनेस जनरल की थीम पर गतिविधि का आयोजन किया गया। कॉलेज के गीतांजलि परामर्श हेल्पलाइन समिति द्वारा कोविड-19 महामारी के दौरान मानसिक स्वास्थ्य पर की गई ऑनलाइन पहल, गीतांजलि स्टूडेंट्स फोरम के तत्वावधान में आयोजित गतिविधि में छात्राओं को स्वस्थ अभिव्यक्ति तथा मानसिक स्वास्थ्य प्रबंधन पर जागरूक किया गया। इसमें 42 प्रतिभागियों ने व्यावहारिक चिंतन तथा अपनी अद्भुत यादें साझा की गईं। छात्राओं ने अपने खुशी के समय पलों को याद करते हुए अपने सर्वोत्तम सुखद पल को लिखा एवं आनंदित महसूस किया। लेखन प्रतियोगिता में विजेताओं को प्रमाण पत्र भी प्रदान किए गए।

एमसीएम में 'हैप्पीनेस जर्नल' पर लेखन प्रतियोगिता, नैसी शर्मा रहीं अव्वल

चंडीगढ़। एमसीएम डीएवी कॉलेज फॉर वुमेन ने 'हैप्पीनेस जर्नल' की थीम पर ऑनलाइन लेखन प्रतियोगिता का आयोजन किया। कॉलेज की गीतांजलि परामर्श हेल्पलाइन समिति द्वारा आयोजित इस कार्यक्रम में कोविड -19 महामारी के दौरान मानसिक स्वास्थ्य पर भी ऑनलाइन चर्चा की गई। इसमें 42 प्रतिभागियों ने भाग लिया।

गतिविधि का उद्देश्य प्रतिभागियों के भावनात्मक और मनोवैज्ञानिक कल्याण को बनाए रखने के साथ लॉकडाउन के समय का उपयोग करने के बारे में बताना था। इस लेखन प्रतियोगिता में नैसी शर्मा ने प्रथम, अनन्या महाजन ने दूसरा और ईशा ने तीसरा स्थान हासिल किया। रितिषा, अनामिका, सुखमनदीप कौर, गरिमा मनचंदा, सौम्या सिंगला, ईशा गुप्ता तथा सुरभि को सांत्वना पुरस्कार दिया गया। विजेताओं को प्रमाण पत्र देकर सम्मानित किया गया। प्रिंसिपल डॉ. निशा भार्गव ने छात्राओं के प्रयास की सराहना की। ब्यूरो

मानसिक स्वास्थ्य पर ऑनलाइन इंटरैक्टिव फोरम

चंडीगढ़। कोरोनावायरस प्रकोप और छात्राओं के मनोविज्ञान पर परिणामी लॉकडाउन के संभावित प्रभाव को ध्यान में रखते हुए, मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन की गीतांजलि हेल्पलाइन कमेटी ने मानसिक स्वास्थ्य के ऑनलाइन इंटरैक्टिव फोरम 'मेन्टल हेल्थ ड्यूटिंग कोविड -19' के रूप में आयोजन की पहल की है। इस इंटरैक्टिव फोरम का उद्देश्य इस महामारी द्वारा लाए गए पूर्व परिवर्तनों पर विचार-विमर्श, बातचीत और समय पर परामर्श के माध्यम से छात्राओं को मनोवैज्ञानिक तरीके से सक्षम बनाना है। इस फोरम सातक स्तर पर 260 से अधिक छात्राओं को मानसिक स्वास्थ्य से सम्बंधित विषयों जैसे मानसिक स्वास्थ्य समस्याओं, भावनात्मक कल्याण, सार्थक सामाजिक संबंधों, भावनात्मक भावना को बढ़ावा देना इत्यादि पर बातचीत करने का एक मंच प्रदान करता है। इस ऑनलाइन फोरम के माध्यम से छात्राओं को अपनी रचनात्मकता को प्रकट करने का पता लगाने, अपने व्यक्तिगत अनुभव, मनोवैज्ञानिक और भावनात्मक चिंताओं को साझा करने और ऑनलाइन परामर्श प्रदान करने के अवसर प्राप्त हुए हैं।



एक रोज़ मेरी मुझसे मुलाकात हुई, और जिंदगी हर रोज़ खिलखिला उठी।।

This is the real meaning of happiness for me. If you can feel your real self, every value comes automatically to let you make smile and feel serenity.

NANCY SHARMA
BA-I, Roll No. 7130



The happiest moment of my life was being addressed as God's angel by a nurse . During my visit the sector I5-D market, I saw her standing near the stairs , full of panic and I went to ask her if she needed any help , since her ATM as well as PAYTM wasn't working. So I offered her money and thanked her for being in the hospital fighting against this pandemic. She thanked me and texted me later too. She mentioned that she was suffering from hypoglycemia and people kept moving away from her, which might be due to scare of spreading of the virus. Till date she refers to me as an angel.

ANNANYA MAHAJAN
B.Sc. MED-I



My happiest moment was when my mom got the Home Minister's Medal for Excellence in Investigation. She is a police inspector. She had caught 3 rapists within 24 hours after the FIR was being lodged. This was indeed the happiest moment of my life. I felt so proud.

ISHA
BA-I, Roll No. 7324

Celebrating my grandfather's birthday during Lockdown was the happiest moment of my life. My grandfather was feeling sad since he was missing his friends company on his birthday .But I made some delicious snacks and cake at home. I gave him a surprise in the evening by celebrating his birthday. This brought a smile on his face and we all were very happy

RITISHA, BA-I , Roll No. 7675

I have had so many happy and sweet moments in my life that its difficult to choose one amongst them. Therefore, what I really feel is that happiness is much more than academic rewards and prizes and is something which a lot of us fail to understand or are in a process of understanding. To me, happiness lies in a variety of everyday things . The most important thing that brings happiness is connecting with people, talking about their good /bad days and HELPING THEM OUT !I will surely remember these days in the college when I interacted with my batch mates about mental health. I connected with people I didn't know, and I think we all need to remain connected with each other. It is simply so satisfying and is the real essence of happiness.

SUKHMANDEEP KAUR, BA-I , Roll No. 7658



My happiest moment is when my painting was selected for the state exhibition. Initially I did not have any interest in arts but my mom and my mentor pushed and motivated me towards it. After I year of practice, my painting got selected and another painting of mine was printed on their annual book.

ANSHIKA , BA-I , Roll No. 7369

To Dear Principal Ma'am

I feel very honored and privileged that we have the best principal at college who has supported us, in every way she could !! From making us share our moments & making us comfortable to teaching us Economics. This is the one of those precious moments which I feel is special.

Thank you so much Ma'am for the efforts you are making for us and to all my dear teachers.

GARIMA MANCHANDA, BA-I Roll No. 7313

In one sentence I would like to mention that - RIGHT NOW I AM HAPPY ! In my opinion, just like a coin has two sides, similarly we as humans have 2 sides too (sometimes we are happy and sometimes sad) but how we face the situation is what matters. Kehte hai khushiyaan har pal mein hoti hai !!

I always believe that I have a number of reasons to smile, to spread happiness but believe in the present moment. Happiness is indeed a beautiful thing which all of us should experience. Remaining in the present moment and experiencing happiness of the present situation is something which is missing now a days.

Keep Smiling, Keep Spreading Happiness !

GARIMA MANCHANDA, BA-I Roll No. 7313

I still remember the date " 6th Feb' 2012" when I was studying in the 5th Grade. During the morning assembly, I was called on the stage by our School Chairman who rewarded me with a cheque of Rs 1200 for my excellent academic results (being a topper throughout from Nursery till 4th Grade) . Till date I have kept the framed cheque with me, and it really motivates me during my low times. This is one of the happiest moments that I will cherish my whole life.

ISHA GUPTA, BSc-I Roll No. 1359

When I was in Class 10th, I underwent a very major surgery in Bangalore. My father stayed with me only and it took more than 2 months there. I missed my mumma every moment there. I know how it feels when you are at your lowest point and don't have your mumma near you. But thankfully the surgery was successful and when I came back home "THE TIGHT HUG I GOT FROM MY MUMMA" That is one of the biggest and most emotional moment of my happy life

SAUMYA SINGLA, BA I

I was an ordinary girl till 8th standard, an unknown student who scored nearly 60-70%. I was an aimless girl but after joining the NCC and meeting so many enthusiastic cadets, I found my aim. That I must join the Indian army to serve my nation. I was awarded the best cadet as well as the best shooter in my group. My parents and teachers especially our ex principal guided and helped me to pursue my aim. Because of that I was recognized as a NCC senior. Every student recognized me. After this, I started participating in various competitions. This has helped me a lot to become a good person. And average scorer who had scored 86.4% in 10th and 84.4% in 12th standard. Now I am a proud mbafpian and NCC cadet and MCM student. There are some days when I'm struggling with my grades then I try to remember these glorious moments of my life.

SURBHI SINGH, BA-I, Roll No. 7655

GRATITUDE INTERVENTION

Title of the Activity: GRATITUDE LETTERS FOR OUR MOTHERS

Name of the Committee: Geetanjali Student Online Forum under the aegis of Geetanjali Counselling Helpline

Convener & Principal : Dr Nisha Bhargava

Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology

Date of conduct of Activity: 10th May, 2020

Objective & Practice: Far from wreaking medical havoc, the pandemic also affected other realms especially taking a toll on the mental health of women. In these exceptional and challenging circumstances of the lockdown, our mothers have contributed immensely by being the backbone of our families and managed their role as the primary caregiver in the family during the lockdown with exceptional tenacity. The Geetanjali Counselling Helpline Committee at Mehr Chand Mahajan DAV College for Women, Chandigarh took this wonderful opportunity to celebrate Mother's Day on 10th May, 2020 in a special way by penning down gratitude letters for our dear mothers to honor her role in our lives. The UG and PG students of various streams of our college were provided guidelines of the activity in the online mode. It was communicated to them to write a thank you letter to their mother present in their lives or in their hearts, reminding her of how truly special she is, all the life lessons she has imparted and for playing such an important role in their life. This activity was an imperative step to nurture family spirit during this crisis and appreciate the unconditional love, sacrifice and devotion of our mothers especially during the unprecedented times of this pandemic. The contributors could pen down a gratitude letter, poetry, messages and express their feelings in any written form. To make this activity more creative, they could make a picture collage of their family pictures using any digital app. We received heart rending poems, messages and beautiful pictures from 85 contributors including our faculty members and students.

माँ तुम्हें आज का दिन मुबारक
हो !

मुझको याद हैं वो बचपन के दिन
जब भी आता था मेरा जन्मदिन
तू मुझे प्यार से जगाती थी
अपना दुलार मुझ पर लुटाती थी ।

फिर चाँद तारों से सजा कर
मुझको मंदिर ले जाती थी ।
मेरा मनपसंद खाना बना कर
मुझे अपने हाथ से खिलाती थी

मैं बड़ी हुई घर से विदा हुई
मायका पीछे छूटा मेरा
मगर फिर भी जन्मदिन से
रिश्ता नहीं टूटा मेरा ।

तू मेरे जन्मदिन पर हमेशा
हमसे मिलने आती रही
प्यार का तोहफ़ा और जाने
क्या क्या साथ लाती रहीं ।

तूने मुझको जो सिखाया
उसने किरदार बनाया मेरा
तेरी अधूरी ख्वाहिशों ने
मुस्तकबिल सजाया मेरा ।

मैं भी तुझे बहुत चाहती थी
मगर ज़्यादा बताती न थी
अपना दिल खोल के कभी
तुझ को दिखाती न थी।

फिर एक दिन तू हमको
छोड़ कर हो गई रूखसत
एक बार ये कहने की भी
नहीं दी तूने मुझे मोहलत ।

आज के दिन पर मैं
ये इज़हार करती हूँ
दुनिया में सबसे ज़्यादा
मैं तुमको प्यार करती हूँ।

माँ तुम्हें आज का दिन मुबारक हो।

DR. NISHA BHARGAVA
PRINCIPAL

Mumma ❤️

Bachpan ki beeti bato Ko bhul kbhi nahi pati hu ,
Me pyar to bhot Karti hu maa bas jta nahi pati hu.
Ruth jae khuda bhi par ap mujhse kbhi na ruthna ,
Tut jau me bhi kbhi par ap kbhi na tutna,
Apko dekh kar hi to kuch karpne ki himmat Karti
hu,

Pyar to bhot Karti hu maa bas jta nahi pati hu.
Dena mujhe hosta jab kamzor pao mujhe,
Ap hi gale lgana jab bhi tuta hua pao mujhe
Kya ache karam kie the jo mamta apki mili mujhe
Dhanyawad us rab ka bhi jo apki beti bnaya mujhe

KUNIKA SACHDEVA
BBA I Roll No. 4524

Maa

Apke siva koi or apna nahi,
Apke siva kuch or pyara nahi,
Kehte hai mandir me milte hai bhagwan,
Mujhko ku apme sab dikhte hai virajman,
Apke pero me hai jannat meri ,
Apke ashirwad se puri hoti manat meri,
Maa ka faraj itni khoobsurati se ada krte ho,
Dost ki trhe sath har mod par chalte ho,
Shukriya kese ada kru apka mujhe btao to maa,
Apka sir garav se ucha kru kese mujhe btao to
maa,
Ek hi dua hai rab se bs ,har janam mujhe yhi godd
mile ,
Har Janam yhi anchal mile, har janam bas yhi maa
mile ❤️

**To this heavy heart that cries, the pain inside doesn't
die,
Every time that I close my eyes, it's your face that comes
in disguise.**

**Any pain, any hurt that comes by,
Its your name that's recited with a heavy sigh.
Trembles start to rule over,
When a mere thought of you being away takes over.
Holding and hugging you tight calms me,
Who will wipe my tears at 3, alarms me!
Your heart, a mansion, is where I find Me,
Promise me, the distance won't unbind me.
I'm Too scared, is the voice that cries inside,
Keep me close mamma, forever in you, I want to reside.
One of God's finest and Purest, each life,
Please have me reborn in your womb, each time.
Your soul that resonates with giving, kindness, and
unconditional love,
All my prayers are to just be a little like you, my Fluff.
Hold me tight, forever next to you,
I'm your little Jasha, always with you.
Its you and me in a happy boat,
Stay Mamma stay, throughout this life road.**

**JASHAN KAUR BHATTAL
MA II PSYCHOLOGY
Roll No. 5272**

**You really don't know the TRUE value of things until you LOSE them
or they are taken away from you for some reason
Something similar happened in my case.**

**So, today on MOTHER'S DAY I would like to dedicate some lines to
my MOM**

**I love you for pampering me like a queen,
I love you for being there in times of need,
I love you for making me believe I can rule this world,
I love you for making me laugh when I wanted to cry from inside,
I love you for making me feel better when times are difficult today
because of the distance we have these days**

But, at the end,

**Distance means nothing when someone means everything
I hope I get YOU as my mother in every alternative future I have,
I hope I learn to be as caring as you are towards people
Thank you for protecting me from this cruel world
Thank you for always motivating me to strive harder in life;
Girls these days don't even get proper education
But you were the one who made sure that I get the best of it for a
brighter future**

Your struggles are real

**And I promise you that I will always protect you like you did in the
future to come**

Today I might be away from you

It feels like a void in my heart.

Because you hold a space so special,

That its difficult for someone to replace it atleast in this life

My mentor, my friend , my constant support system

MY MOM

I love you to the moon and back mamma

SAKSHI BHAMA BCOM-I

*Her hands held me gently from the day I took my first breath.
Her hands helped to guide me as I took my first step.
Her hands held me close when the tears would start to fall.
Her hands were quick to show me that she would take care of it all.*

FOR ME!

A mother's love is a wonderful love packaged from heaven with special care.

A mother's love is like no other love that you can compare.

A mother's love is purified by angels and flows directly from her soul.

A mother's love is justified by God, and by his hands he created the mold.

This mold that was shaped and fashioned by God has endured the test of time.

This mold that was taped and recorded by women rang out like a heavenly chime.

A mother's love is unconditional, and from her heart this can be told.

A mother's love is nutritional; it is the fruit that feeds our soul.

A mother's love IS true love, and from her heart she cannot lie.

A mother's love is eternal, the kind that won't ever die.

A mother's love is the tie that binds, and her bond can never be broken.

A mother's love is branded in our hearts, even when her words aren't spoken.



SAMRIDHI BAJAJ

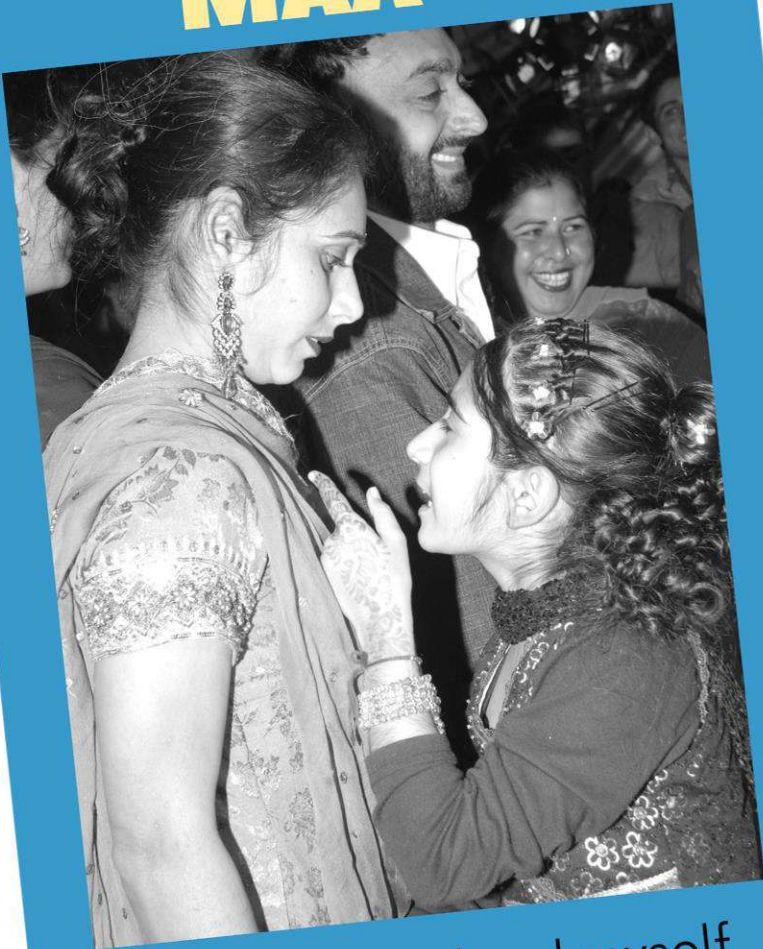
माँ

मैं पतंग तो तू माँझा
मैं दर्द तो तू मरहम
मैं अंधेरा तो तू मयंक
मैं सफ़र तो तू मुक्क़दर
मैं दरगाह तो तू मुर्शद
मैं बुझी बत्ती तो तू माचिस
मैं ग़लती तो तू माफ़ी
मैं बारिश तो तू मोर
मैं चमत्कार तो तू माया
मैं तमाशा तो तू मंच
मैं दीपक तो तू मशाल
मैं धुन तो तू मंजीरा
मैं मुसाफ़िर तो तू मसीहा
मैं बेघर तो तू मकान
मैं झूला तो तू मेला
मैं बालक तो तू मासूम
मैं फ़रिश्ता तो तू मौला
मैं लाडली तो तू ममता
मैं शांत तो तू मनन
मैं जमूरा तो तू मदारी
मैं सज़ा तो तू मुक्ति
मैं अंधा तो तू मार्ग
माँ मैं पतंग तो तू माँझा

DEEPIKA

BA II Roll No. 2317

MAA



Everytime I doubted myself
Maa smiled at me with all her
faith

ਕੀ ਲਿਖਾਂ ਉਸ ਬਾਰੇ ਮੈਂ,
ਜਿਸ ਨੇ ਖੁਦ ਹੀ ਮੈਨੂੰ ਲਿਖਿਆ ਏ।
ਕਿਵੇਂ ਦੱਸਾਂ ਉਸ ਬਾਰੇ ਮੈਂ,
ਜਿਸ ਨੇ ਸ਼ਬਦਾਂ ਨੂੰ ਮੈਨੂੰ ਦੱਸਿਆ ਏ।
ਤਾਰੀਫ਼ ਵਿੱਚ ਕੀ ਸ਼ਬਦ ਚੁਣਾਂ ਮੈਂ,
ਇਹ ਸੋਚਾਂ ਸੋਚਦੀ ਰਹਿੰਦੀ ਹਾਂ।

ਉਹ ਪੁੱਛਦੇ ਦੁਨੀਆਂ ਵਾਲੇ ਮੈਥੋਂ,
ਕਿਥੋਂ ਜਿਓਣਾ ਤੂੰ ਸਿੱਖਿਆ ਏ?
ਮੈਂ ਕਿਹਾ ਆਪਣੀ ਮਾਂ ਨੂੰ,
ਮੈਂ ਮੇਰੇ ਉੱਤੇ ਆਪਣਾ ਹਰ ਦਿਨ ਕੁਰਬਾਨ ਕਰਦੀ ਨੂੰ ਵੇਖਿਆ ਏ।
ਉਸ ਤੋਂ ਹੀ ਤਾਂ ਮੈਂ ਖੁਦ ਹੱਸਣ ਤੋਂ ਪਹਿਲਾਂ,
ਦੂਜੇ ਦੇ ਹੰਝੂ ਪੂੰਝਣਾ ਸਿੱਖਿਆ ਏ।

ਮੇਰੇ ਜਨਮ ਤੋਂ ਲੈਕੇ ਹਰ ਦਿਨ ਆਪਣਾ ਤੂੰ ਮੈਨੂੰ ਹੀ ਤਾਂ ਦਿੱਤਾ ਏ।
ਬੋਲਦੀ ਨਹੀਂ ਸੀ ਜੇ ਕਿਸੇ ਹੋਰ ਦੇ ਅੱਗੇ,
ਮੈਂ ਉਸ ਨੂੰ ਮੇਰੇ ਖਾਤਰ ਇੱਕਲੀ ਨੂੰ ਦੁਨਿਆ ਨਾਲ ਲੜਦੀ ਨੂੰ ਵੀ
ਵੇਖਿਆ ਏ।

ਕੋਈ ਸ਼ਬਦ, ਕੋਈ ਕਵਿਤਾ ਪੂਰਾ ਨਹੀਂ ਕਰ ਸਕਦੇ ਤੈਨੂੰ,
ਮੈਨੂੰ ਪੂਰਾ ਕਰਨ ਵਾਲੀ ਨੂੰ ਮੈਂ ਅਧੂਰਾ ਲਿਖ ਦੇਵਾਂ,
ਇਹ ਵੀ ਮੈਨੂੰ ਤੋਹੀਨ ਜਿਹਾ ਲੱਗਦਾ।
ਕੀ ਲਿਖਾਂ ਉਸ ਬਾਰੇ ਮੈਂ,
ਜਿਸ ਨੇ ਖੁਦ ਹੀ ਮੈਨੂੰ ਲਿਖਿਆ ਏ।

JASMEEN KAUR
BA III Roll No. 8921

From within the comfort of your womb years ago, to the warmth of your hug today, there hasn't been a single day where I haven't been awestruck by you.

Where the world has forced us to despise our flaws, you've taught me how to accept and love them. You've supported me more than my own spine has supported my body; you've been the wind beneath my wings and reason of flight; my pillar of strength through thick and thin.

With strength surpassing that of Almighty,



You've been both, my mother and my father to me.

You've been the soft touch and the firm guiding hand I need.

You've been the shoulder I've been carried on and the shoulder I've cried on.

You've been my guide and my bestfriend from the first dusk to the last dawn.



If graceful, ever-lasting beauty could be given a face, it would be yours and not Aphrodite's.

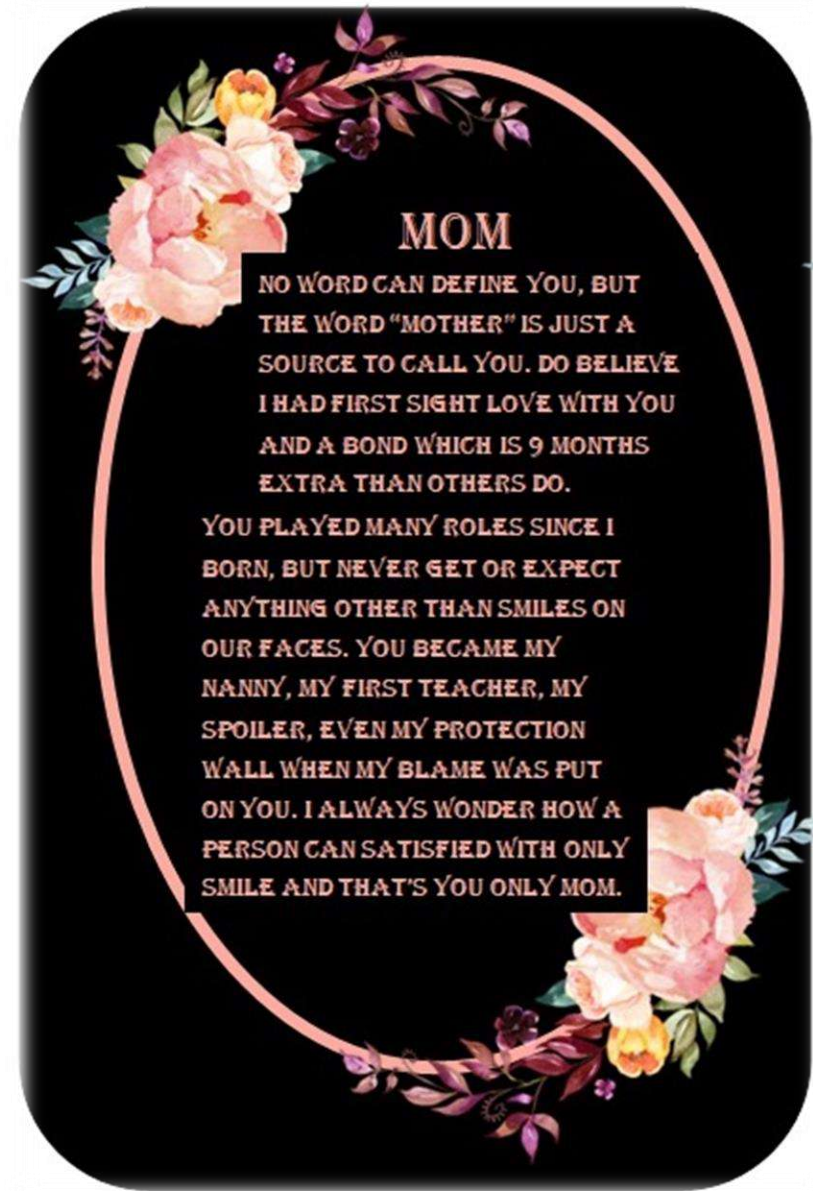
Dearest mother/soul mate, my appreciation for you is not limited to one day because you deserve all 365 in your ode. Just as my love for you is not limited to one life, you deserve lifetimes of love to express what I feel for you.

My identity rests solely and firmly on this:

"I am my mother's daughter." and nothing makes me prouder.

I love you more than words can express.

RAKSHITA KAUL
BA II Roll No. 1606



ISHA
BCOM II Roll No. 11294

It is unbelievably difficult for me as this is my second mother's day without mom. 15 months have gone by, and it doesn't hurt any less. Her absence in my life, shouts from every angle, every corner of my life. I sometimes catch myself still expecting her to simply walk back in. Wake up to me and just hug me from behind. There is no where her absence doesn't reach. And sometimes many people outside my grief cannot understand that I simply didn't lose one person, at one point in time in my life. I've lost my mother's presence in every aspect of my life. I still catch myself trying to swallow knots that forms in my throat every time I try to talk about you. Everyday is a struggle without you. People think of you and remember your strength, but I always wonder if they knew your real battle and strength in the past 2 years. Your cancer took a turn to where you became completely paralyzed. You lost your independence and it was in that time we tried to be your strength. I hope you know that you are forever going to be admired. I've been missing you a lot lately. I feel lost sometimes knowing that I can never hug you physically again, go to bed hoping to dream with you. I am doing best to pass on the torch. We're honoring you today and always, mama! It's coming from a very emotional place. God saw you were getting tired, and a cure was not to be, so he put his arms around you and whispered "come to me." With tearful eyes we watched you, and saw you leave us. Although we loved you so deeply, we couldn't make you stay. God broke our hearts to prove us, he only takes the BEST. A selfless and happiest soul like you, who never asked for a thing but happiness for her children. God has you in his keeping, I have you in my heart. These months have been tough for me. I have had big ugly cries when no one was around but I also wrote it out which makes me feel better. It makes 15 months i've had to live on without you. You taught me to be strong in everything I do mom, but today i'm sorry mom I am letting you down because i'm weak and broken right now. Happy mother's day and I love you my world. Thank you for leaving a bit of yourself down here in your kids.



CHANDNI KADMAWALA
BA III Roll No. 9346

GRATITUDE INTERVENTION

Title of the Activity: NAME THREE THINGS YOU ARE THANKFUL FOR IN YOUR LIFE

Name of the Committee: Geetanjali Student Online Forum under the aegis of Geetanjali Counselling Helpline

Convener & Principal : Dr Nisha Bhargava

Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology

Date of conduct of Activity: 12th May, 2020

Objective & Practice: Steve Maraboli said, “If you want to find happiness, find gratitude” – which is precisely the target of gratitude-based intervention. Gratitude interventions have proven benefits in increasing happiness, satisfaction and evokes strong feelings of positivity in the person. Simple gratitude practices like journaling, self-compliments, or sending thank you notes have the power to bring sanctity and authentic happiness. Students were instructed to name three things they were thankful for in their lives. The purpose of this activity was trigger a powerful emotion by merely identifying and naming the incidents and people we would like to thank so that they can feel more positive and motivated from within during the testing time of the pandemic.

I am thankful to the God for giving me another 24 hours to follow my dreams and another opportunity to rise.

2. I am thankful to my lovely parents for always supporting me at every stage of my life,
3. I am thankful to all my mistakes I did, which helped me to improve and become better.

Ankita, BA I

1) I am grateful to god for blessing me with fully functional brain.

2) I am grateful to god for my whole body and body parts.

3) I am grateful to have a life ; so as to experience this beautiful earth created by God.

Amrteshwar Kaur, BA I

1. My Mom
2. The way I am today
3. My friends

Lakshika, BA I

1. Inspiration from my mother
2. Confidence and strength
3. Affections from loved ones

Annanya Mahajan, B.Sc I

1. Family and Friends
2. Strength
3. Choice

Aayushi, BA I

1. Being an Indian citizen.
2. Being connected to my roots till now.
3. Having Dreams i.e A reason to work hard.

Avneet Kaur, BCom I, 10039

1. Parents
2. Getting education from renowned institutes
3. And most importantly the blessings of God

Sanjana, BCom I

1. A joint family
2. Friends
3. My talent of poetry

Nancy Sharma, BA I

Mentioning any 3 things that I am grateful of is difficult. So , what I think is , anything that I am grateful of is because of GOD.

1. I am alive.
2. Parents
3. A roof over my head and a warm home.
4. A sunrise.
5. I don't have to sleep hungry.
6. The setbacks that have formed me and made me stronger.

Aanvi, BA I

- All the people in my life
2. Healthy body and healthy mind
 3. The basic necessities

Shagun Choudhary, BA I, 7741

- 1) Parent's.
- 2) Opportunity to get an education.
- 3) And the last thankful to god for waking up today..! Coz no one knows actually about tomorrow!!!

Zenia, BA I, 8079

1. I am grateful to God for that I have cooperative , caring and the best parents.
2. I am thankful to my school and college teachers for giving me valuable guidance
3. I thank our armed forces for the risks they have been taking to protect us.

Ritisha, BA I, 7675

1. A beautiful parents
2. Being a International gymnast very thankful to my coach
3. Again parents who teaches me to be soulful, ,brave, kind, generous.

Debapriya Kundu, BA I, 8045

I* *am* *appreciative*and thankful *to* *god

1. For my whole functioning body and brain.
2. For rewarding all the essential goods and services .
- 3.For my motivational and inspirational parents and teachers . Who are with me in each and every step of my life.

Aanchal Bansal, BA I

- 1) Lord Krishna. I'm thankful to my Govind for always being by my side whatever the matter was im sure that he listens to us and always helps me whenever I'm in trouble.
- 2) Parents. I'm thankful to my parents for always making me stand strong. I'm blessed to have parents who have always been there for me. Your words and kindness have made me a better person. Thank you what you've done for me.
- 3) Teachers = Second parent. Im always grateful to all my teachers for being my mentor. They are my inspiration. Thank you for always believing in me.

Garima Datta, BBA I, 4522

MEANING ORIENTED INTERVENTION

Title of the Activity: COUNT YOUR BLESSINGS

Name of the Committee: Geetanjali Student Online Forum under the aegis of Geetanjali Counselling Helpline

Convener & Principal : Dr Nisha Bhargava

Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology

Date of conduct of Activity: 19th May, 2020

Objective & Practice: The aim of this activity was to help students in understanding what is meaningful to us in life and why, and what we can do to achieve the things that matter in life. The highest level of human needs include self-enhancement and self-esteem, both of which are intertwined with finding the true meaning of life. The purpose of the gratitude exercise "count your blessings" conducted on 19th May, 2020 was to make students realize and appreciate what we have. Meaning-oriented Interventions include activities like finding meaning in our daily activities, setting realistic goals and employing effective means to achieve them, or just reflecting on our thoughts and emotions. Meaning-oriented Interventions are widely used for treating stress disorders, where a person needs guidance to find the lost happiness in life and cope with the after-effects of a disaster.

Results for the “Count your blessings” activity

- 1. FIRST PRIZE - Amrteshwar Kaur BA 1 Roll No. 7699**
- 2. SECOND PRIZE - Aanchal Bansal BA 1 Roll No. 7275**
- 3. THIRD PRIZE - Avneet Kaur BA 1 Roll No. 8022**

Consolation Prizes (in random order)

- 1. Annanya Mahajan B.Sc 1 ('A' Medical) Roll No. 1198**
- 2. Vanshika Bagga BA 1 Roll No. 7723**
- 3. Yoshita Sabharwal Roll No. 7644**
- 4. Purvi Singh BA 1 Roll No. 7529**
- 5. Sadhvi BA 1 Roll No. 7939**
- 6. Ranjana Yadav B Com I Roll No. 10169**
- 7. Mehak Doda BA 1 Roll No. 7311**
- 8. Poonam MA Hindi 6570**
- 9. Garima Manchanda BA 1 Roll No. 7313**
- 10. Avneet Kaur B.Com 1 Roll No. 10039**

FIRST PRIZE - Amrteshwar Kaur BA I Roll No. 7699

We always talk about parents and about the love of our elders , when it comes to blessings . It feels like blessing is a synonym of parents. Like many others, I am also thankful for a great family I have. They love me and so do I. And next we are thankful for the food , shelter , clothes and many other things, which we have in our lives ; so do I. In the times like pandemic , we are safe in our homes , having a good quality food ; rather I would say we are enjoying more fancy food than ever. We all are blessed . There are others , separated from family , looking for shelter, looking for food, busy thinking about from where to earn the money . When we cross path with such people, or when we even just listen about them; we really feel the blessing . At that time I always take a minute out to thank god for everything. But above all *My FIVE BLESSINGS* are different. The blessings I Mentioned above are secondary. But when it comes it Blessings ; I consider my *FIVE SENSES* as my blessings . Because we are using them every single day , even unconsciously. So five little senses is all I have , all I need , and all I am most blessed about. God has a unique and wonderful purpose just for us. When God made us, He gave you different senses as a gift. God created us with five basic senses: sight, smell, hearing, taste, and touch. He intricately designed each sense organ to transmit information to our brain. Our five senses help us understand and notice what is happening in our world. Pay attention: Our senses are gifts from our God the Creator, and we have to use them in a good way. Today I will also talk about: Using your 5 Senses to God's glory. First of all we have to know our senses...They are: *~Sight ; Eyes* : A rainbow, the sunset, the ocean . . . remember that God is the Creator of all these things and give Him thanks. "Come and see what God has done, his awesome deeds for mankind!" Psalm 66:5. We can see the difference in day and night ; dull and bright. We can see the beautiful world , the creation of God with our eyes , we can see how we look like ; how our parents look like. When we wake up , we can open our eyes and again we can see the things around us ; the things we daily use , the things we love. Imagine a life without a sense of sight. Then everything would mean the same to you, no difference. Then we will love everything we have and we will not complain about them."the eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light." (Matthew 6:22). That's a reference to our "spiritual vision." We usually see bad in people , in things we have. But the god blessed us with eyes who see good in everyone , in everything. So use them wisely. Light up your life by using your sight. See good in everything , Don't complain. Be happy , love everyone. Use them to see the light of the god. *~ Smell; Nose*:. Sweet-smelling flowers, freshly baked bread, a gentle rain. Give praise to God for the sense of smell! I am thankful that I can smell everything. I can differentiate between a pleasant and an unpleasant smell. I can enjoy fragrance. I remember, when I was small and I used to climb the stairs towards my home after returning from school. I was able to smell the food cooked by mom, and I also remember how happy I use to get whenever I smell that today it's, "rice". Thankyou god for this sense of smell. We as a human can also give birth to a natural smell or I would say fragrance of our own. The more good deeds you do, the more droplets of fragrance God will put in you. And then one day u will not need a perfume to smell good. *~touch; Hands*:. A gentle hug or a friendly pat shows your love. I am thankful to God that I can differentiate between a good and a bad touch. Being a girl it's very important to know the difference in both. I am thankful to God that he blessed me with this. So that I could use this to protect myself from the harm . Jesus used physical touch to heal many people. He didn't need to touch them to heal them. He didn't even need to use words. But he chose to touch them, and I wonder if he did it to show his compassion and love for them. The human touch is powerful. We can use touch like a hug, a handshake, or a simple hand on someone's arm to display compassion and care. We all need to touch each other with love . With passion. We can feel the warmth when we hug someone and we can feel the anger when we slap someone. But these two touches create two different vibes. One is healthy and pleasant and other is unhealthy and unpleasant. We should always spread the happiest by a good , Loving and caring touch. *~Taste ; Tongue* :. There are so much wonderful food and great flavours to thank God for I am thankful to God that I am able to taste all the delicious food my mother cook for me. I am thankful to God that I am able to enjoy the food. Jesus tells his disciples (and us) that we are to be "the salt of the earth." Mt 5:13. One thing Jesus is referring to is salt as a flavor enhancer. Our lives should spice up the quality of life of those we meet. We should make living for Jesus a desirable flavor that all want to "taste and see". We all are thankful for the food we eat , we pray before we eat , right? But one more important thing is that we should feed others as well. If u can't it's okay. Just don't waste what u have. Don't spend thousands on food and then let it go waste. Whenever u waste food think there are people who are starving for food. *~Hearing; Ears*:. Birds, beautiful music, your friend's laugh . . . thank you, God, for the special gift of hearing. I am thankful to good that I listen to the prayers, my parents call, the chirping of birds. I am thankful that I can experience this beauty of mother earth through my ears as well. Paul tells us in the famous "love" chapter (1 Corinthian 13:1) that "if I could speak all languages of earth and of angels, but didn't love others, I would only be a noisy gong." Without love, our words are just meaningless noise. We should try to praise others. Avoid using foul language, we should use the words of love instead of hatred. We should never say bad about others. And neither we should listen and nor we should see bad happen. This is a thing said by Gandhiji right? But we barely follow it. Nowadays we listen people criticizing other , we ourselves speak ill of. I always pray I remember God when i listen something bad, and I try that I don't hurt anyone .So these are my five blessings and my five ways to the glory of God. ©

SECOND PRIZE - Aanchal Bansal BA I Roll No. 7275

Today you give us a opportunity to remember our grateful blessings, so I take a moment to appreciate and acknowledge the beautiful people in my life. Blessings is anything that brings a genuine smile 😊 on our face, an ethereal sense of peace and bliss in our hearts ♥ and minds 🧠. I am happy. I have air in my lungs, Love in my heart ♥, serenity in my mind, 🧠 and peace in my soul. I am blessed with the best that the world has to offer. 🌸 🌸 🌸 First of all I would like to gratitude god who reward me all the essential goods and services ,assets, wonderful people ,good physical and psychological health and so many things which I can't remember and express consciously. I am deeply pleased and blessed.... For the special, unique ,amazing people in my life i.e, my parents, teachers, friends, people who support me, uplift me, comfort me, and bring joy to my soul as they share a piece of their own in the precise magical moment it needed to happen. But in our life we fail to see many invisible blessings. So today I would like to express those blessings.

1. Wisdom "टमाटर एक फल है ,ये जानना ज्ञान है, उसे फ्रूट सलाद में ना डालना अकल है "I am strong when I know my weakness, I am beautiful when I appreciate my flaws, I am wise when I learn from my mistakes.

2. Service 🙏 "किसी का किया एहसान कभी भूलो मत, अपना किया एहसान कभी याद मत करो "Feed the hungry, clothe the naked, forgive the guilty, welcome the unwanted, care for the ill, love your enemies, and do unto others as you would have done unto you. As a human beings we have been blessed to able to give and serve others.

3. Eternity "चुरा सको तो जजबात चुरा कर बताओ, लफजो का क्या, आज कहीं कल कहीं और "If there is one thing that is overlooked in our day to day hustle and bustle is that we are eternal beings in a eternal world.

4. Patience "धैर्य कड़वा है, लेकिन इस का फल मीठा है" When I am waiting in line, sitting in traffic I realized to focus on these situations a time to practice patience.

5. Free will "जीत और हार हमारी सोच पर निर्भर करती हैं, मान लो हार होगी और ठान लो जीत होगी " Its an amazing thing to have a free will. I can make choices that better my life and have sense of control. Being a girl its necessary to have choices and understanding.

THIRD PRIZE - Avneet Kaur BA I Roll No. 8022

Life is an equal sign '=' in an equation whose left hand side contains "birth" and the right hand side has "death". As we can see the equal sign has two lines which indicates that it can be lived in two ways. The first way includes self-centered life and the second one includes selfless life. Expressing gratitude to the ones whome we are dependent on is a way of leading selfless life.

The things/people i am grateful to include:

1. *My Parents and My Teachers*

I am thankful to my parents for not only giving birth to me but also teaching me what life is. Whatever i am today and whatever i will be in future is majorly because of them. I do not differentiate between teachers and parents because both of them have equal importance in my life. My teachers also help me the same ways as my parents do. Thanks to all the teachers i have studied from till today.

2. *My belief in GOD*

I can not thank God for giving me such a wonderful life but I can thank my belief in God which always empowers me and makes me feel his presence around me whenever i feel low.

3. *Home Sweet Home*

I am highly grateful for having roof on my head and good food to eat. These basic necessities are the primary source of everyone's living and i have them all.

4. *My Grandparents*

My Mother and Father are both working and this was proving to be an obstacle in my growth during my childhood. The couldn't make much time for me and hence my maternal grandparents took my responsibility. I stayed with them for nearly four years (from class 2 to 5) and they loved me even more than my parents. I love them and thank them every single minute of my life.

5 *My Friends*

I have not had many friends since the beginning but the ones I had were the true ones. Without them I cannot imagine my life. They are my support system and i am theirs. I am very thankful to them for standing up for me and with me in every situation.

This list is never ending and I tried to include it in five points but i think i failed because one thing of a major importance is left to be thanked.

ME, MYSELF, MY STRENGTHS, MY WEAKNESSES, MY SUCCESSES, MY FAILURES

While thanking all the things in life, one must also include one's own self. I thank myself for being me because if i was not me i would not have been here. I am able to write this gratitude note because i am me. My abilities have led me here but my failures have also been of a great help in my life. Whenever i failed, i asked myself a question - "Do I want to succeed in this task?" And whenever the answer was yes, I worked much harder and succeeded.

I thank all the things i have all the people i love and everybody i have ever met for giving me everything i have ever received.

MEANING ORIENTED INTERVENTION

Title of the Activity: LIFE'S BEST ADVICE

Name of the Committee: Geetanjali Student Online Forum under the aegis of Geetanjali Counselling Helpline

Convener & Principal : Dr Nisha Bhargava

Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology

Date of conduct of Activity: 23rd May, 2020

Objective & Practice: The Life's Best Advice activity was aimed to explore the integral philosophy in our lives absorbed from the experiences of our significant others. We received such inspiring messages from our enthusiastic participants that it became so difficult for our judges to select the best ones. Seeking and giving advice are central to effective decision making. Those who are truly open to guidance (and not just looking for validation) develop better solutions to problems than they would have on their own. They add nuance and texture to their thinking and, research shows, they can overcome cognitive biases, self-serving rationales, and other flaws in their logic. Those who give advice effectively wield soft influence as they shape important decisions while empowering others to act. Skilled advising is more than the dispensing and accepting of wisdom; it's a creative, collaborative process—a matter of striving, on both sides, to better understand problems and craft promising paths forward.

Results For The “Life's Best Advice” Activity

1. FIRST PRIZE - Garima Manchanda BA 1 Roll no. 7313

2. SECOND PRIZE - Isha BA 1 Roll no. 7324

3. THIRD PRIZE - Muskan Arora BA 1 Roll no. 7082

CONSOLATION PRIZES (in random order):

1. Inderjot BCom Roll No. 10007

2. Vidushi Chauhan BA 1 Roll No. 7412

3. Vanshika Bagga BA 1 Roll no. 7723

4. Sukhmandeep Kaur BA 1 Roll no. 7658

5. Mahika Sharma BA 1 Roll no. 7273

FIRST PRIZE - Garima Manchanda BA I Roll no. 7313

This is something very close to my heart 🌸❤️My mom taught me this
!!*ADVICE* = *ADD + WISE*

Don't *Add Wise* meaning

अपनी टिप्पणी दूसरो को ना दे क्योंकि

दूसरा इंसान हमारी सुन लेता है पर करता अपने मन की है 😊🌸

So don't *Add +Wise* 😊🌸

I Implemented too and this made a good change in my life 😊🌸

SECOND PRIZE - Isha BA I Roll no. 7324

Do not let people rent a space in your head. You can't control what people think of you, you can only control your reaction to it. Their thinking is result of their own perceptions and insecurities, bless them and move on. Let go or be dragged. Stay kind, everyone is at war. Hate is for the weak, let it all go, hold tight to what is good. Don't be afraid of the outside world. Face it naturally. You need to be afraid only if you have done something wrong. Eliminate what doesn't help you evolve. Never chase people. It's okay to disconnect and find value elsewhere. This could allow you to refocus yourself on what really matters. If you don't experience the lows in your life, you'll never appreciate the highs when they arrive. Always keep your lifestyle such that even at your lowest, you don't have difficulty in adjusting to it. If you have nothing of higher value to add at a certain moment, contribute by being well mannered and by not being a hurdle. No matter how big you become one day, never ever forget your roots. Some words of wisdom by my elder brother.

THIRD PRIZE - Muskan Arora BA I Roll no. 7082

We are students are just teenagers mostly and not has experienced much as our elders obviously . Many people give many attractive listening advices but The best advice I have received is from a Book not a person "The Gita " which says

1. " Karam kar faal ki icha maat rakh"

Keep working hard never stop and wait for it's fruitful gift

2. " Dharam or schai ka sath hi dena"

No matter what you have done wrong or right but we should never lie follow the path of your responsibilities

If we are honest to ourselves we are honest to others and I don't think any of us wants to lie with ourselves

3. " Badlav toh prakrti ka niyam hai"

Change is the law of universe what is yours today may not belong to you tomorrow

We should never stick on our past things takes place for our goodness we may not realise this today but surely some day

4. And here is most Amazing advice when Gita advices us by questioning us

Gita asks us What have you brought with your birth here ? And what will you lost ? What u have produced ? And What will be destroyed ?

Whatever we have , we have received it from the God only while on this Earth

Whatever we will give , we will give it to the all mighty

Everyone came in this world empty handed and shall go the same way

" Everything belongs to God only "

Lord Krishna is known to be as the first Indian Psychologist and his advices that I have received from Gita is nowhere

I was introduced to Gita and it's advices by my grandfather and I am thankful this happened

STRENGTH BUILDING INTERVENTION

Title of the Activity: FEAR FACTOR-ELIMINATED

Name of the Committee: Geetanjali Student Online Forum under the aegis of Geetanjali Counselling Helpline

Convener & Principal : Dr Nisha Bhargava

Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology

Date of conduct of Activity: 24th May 2020

Objective & Practice: The purpose of the ‘भय पर विजय’ or ‘Fear Factor-Eliminated!’ activity conducted on 24th May 2020 was to understand the power of resilience. This activity helped students to explore their methods of coping with difficult and unchangeable situations. In doing so, they began to understand how their efforts to avoid or escape such experiences may result in becoming even more entangled in it. Students mentioned about their particular fears which they have faced, analysed or suppressed in the deepest crevasses of their mind. In fact, fear helps you instinctively protect yourself from harm. Your fear might help you to recognize when you’re about to do something dangerous, and it could help you to make a safer choice. It would be beneficial to have an internal conversation with yourself about what your fears are stopping you from doing, and consider whether it’s a problem that you need to confront. To help students face their fears and anxiety, they were encouraged to keep a journal and record any patterns you notice. Transferring your fear patterns and symptoms into writing can help demystify them and understand they are no longer insurmountable.

Results For The “Fear Factor Eliminated” Activity

- 1. FIRST PRIZE - Aanchal Bansal Roll No. 7275**
- 2. SECOND PRIZE - Inderjot Kaur Roll No. 10007**
- 3. THIRD PRIZE - Aanvi Roll No. 7518**

Consolation Prizes (in random order)

- 1. Vidushi Chauhan Roll No. 7412**
- 2. Nancy Sharma Roll No. 7130**
- 3. Purvi Singh Roll No. 7529**
- 4. Vanshika Bagga Roll No. 7723**
- 5. Poonam Roll No. 6570**
- 6. Mehak Doda Roll No. 7311**
- 7. Amrteshwar Kaur Roll No. 7699**

FIRST PRIZE - Aanchal Bansal Roll No. 7275

दुनिया विरोध करें तुम डरो मत, क्योंकि जिस पेड़ पर फल लगते हैं ,दुनिया उसे ही पत्थर मारती हैं।

My father use to speak these lines when I am conscious of what other's think of my actions.

We all want to be liked and appreciated by others.But when we start to rely on what other's peoplethink of us,we start tailoring our lives to fit the expectations of others and from there it is a vicious circle.

But I overcome this fear by learning that I should not try to please everyone.

To conclude life is not a bad of roses 🌹,so we must struggle for it...

SECOND PRIZE - Inderjot Kaur Roll No. 10007

My biggest fear was *fear of time*:-

Whether we worry about not having enough hours in the day or worry about how fast life is going by, leading to time anxiety .

I overcame this fear by firstly, defining what 'time well spent' means to me, secondly making more space for special moments and activities and finally, cutting out time consuming distractions that take over my precious moments!

THIRD PRIZE - Aanvi Roll No. 7518

I have a fear that I can not let my father down due to my bad performance in any field as he has been sinking money like water on me .

His words " ना ही थकना है, ना ही डरना है; निश्चय कर अपनी जीत करो! " always motivate me to work hard and achieve success.

POSITIVE RELATIONSHIPS INTERVENTION

Title of the Activity: TRAVEL COMPANION

Name of the Committee: Geetanjali Student Online Forum under the aegis of Geetanjali Counselling Helpline

Convener & Principal : Dr Nisha Bhargava

Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology

Date of conduct of Activity: 25th May 2020

Objective & Practice: Healthy social bonds are essential for happiness and inner peace. Empathy-based interventions focus on building relationships through effective communication, broadened perception, and bridging the gap between self and others. This activity is an example of an optimistic intervention where students were asked to note down where they see themselves in the future keeping in mind any travel destination and their companion for the journey. Evidence suggests that although this may seem to be an easy task, non-directed imagination is a great way for people to understand how positive they are about themselves and others in life

PRIZE WINNERS

I would like to consider the notion "You may go empty handed but do come back with a bag full of memories". I want to be myself, to explore my abilities and to acquire some social skills. I would like to travel alone, to almost every different corners of our "Nation". Acquire some good habits, help others to quit some bad ones... as the notion goes

"चारो घाट का पानी पीना"

*I would love to explore every historical places, seek knowledge and come up with some good company.

*I would love to visit each and every religious places to develop some goods from each culture.

*I would cover all the places of our "NATION", to praise the natural beauty of four corners of MOTHER GODDESS.

Purvi Singh, BA I, Roll No. 7529

Travelling is the thing which I love the most . Solo travel can be endlessly rewarding. As You'll be forced to meet people you may never have engaged with, and you'll be a 'free spirit' wherever you go. You're the boss .Everything from breakfast to budgeting is down to you – and you'll have free reign to make as many friends as you fancy along the way. You can indulge every travel fantasy you've ever had, without worrying that your ideas are boring your travel buddy. And you'll grow: in both confidence and experiences, as you've had to rely on your wits while away.

Priyashi, Bcom I, Roll No. 10372

What would you do if you are _stranded on a deserted island🏝️_,who you want to be with you😊?

My family👨👩👧👦

Why😊??

Because if I am stranded on deserted island🏝️

-With Grand parents experience😊, Father can arrange shelter for my family🏠🏠, mother can made best food🍲with available things on that island😊, & I can have lots of fun with my younger brother in searching🔍, collecting plenty of water🌊 for my family😊.

In time of test, family is best;Best example is lockdown!!

Vidushi Chauhan, BA I, Roll No. 7412

OPTIMISM & RESILIENCE BUILDING INTERVENTION

Title of the Activity: POSITIVE CHANGES DURING LOCKDOWN

Name of the Committee: Geetanjali Student Online Forum under the aegis of Geetanjali Counselling Helpline

Convener & Principal : Dr Nisha Bhargava

Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology

Date of conduct of Activity: : 27th May 2020

Objective & Practice: “The greatest glory in living lies not in never falling, but in rising every time we fall.” Nelson Mandela. Emotional resilience is when you are able to calm your frantic mind after encountering a negative experience. It is intrinsic motivation, an inner force by which we can hold ourselves through all the downsides of life. Emotional resilience is an art of living that is entwined with self-belief, self-compassion, and enhanced cognition. The aim of the activity was to help students to identify their emotions and focused on strategies to cope with life stressors during the COVID 19 pandemic with more efficacy. The activity focused on how we empower ourselves to perceive adversities as ‘temporary’ and keep evolving through the pain and sufferings. Emotional resilience can be developed by recognizing the fact that our thoughts influence our actions, willingness to effectively cope with it, be flexible in adapting to new situations and embracing it by building self-compassion. In this activity students shared their inspiring and thought provoking positive changes during the lockdown.

1. Family time is most important in life.
2. Personal hygiene is most (like use of sanitizers, washing hands at intervals)
3. To stay positive in life and face the problem no matter how bigger the problem is.

Shreya Roll No. 7712

Positive changes or important lessons are as follows:

- 1) Growing My own produce.

This lockdown literally helped me to grow some food at home itself like Dhaniya, Pudina, tomatoes, brinjal, ladyfingers and much more. As my family believe in Organic farming.

- 2) Getting close to nature. This lockdown made me cherish the mesmerizing beauty of nature. We can clearly enjoy the hum of birds which is so pleasant.

- 3) Quality Time. Apart from being busy with college home works, assignments, I also had time to spend it with my Grandparents which is a blessing and of course parents.

I'm also making use of this time by reading some good books which is helping me improvising my thought process and my lifestyle.

Garima Datta , BBA 1 Roll No. 4522

In this lockdown I learned so many things

1. It's your way of seeing things, if you see things positively or negatively.
2. Learned to value every big and small things. Worked on my skills, on my personality
3. Got time to work on myself. Worked on my anger, my hobbies, my study of course.
4. Learnt so many things online and tried them at home.
5. After so long in this Lockdown, our family was together for so many Days without much work so talked to each other, played games, learned so many important things from my parents.
6. Got to know more about my hobbies and improved them more.
7. Learned Cooking, stitching, embroidery, painting and many more things.

Aditi , BSc vocational 2nd year, Roll No. 513

In my opinion we students have changed a lot during this lockdown and more over we started doing more activities whether it is cooking and baking, painting, reading books, creative writing or any physical activity and even we get an opportunity to spend some good and peaceful time with our families and helping our mothers and the most important lessons we learnt is

- 1) we must spend time with our families even after lockdown is over and things will get better.
- 2) we should take some Quality time with family to talk about our day.
- 3) we must keep our surroundings green and clean as we are doing now. and personal hygiene is must as we forget these important things due to our busy schedule.
- 4) we should keep ourselves hydrated.

And at last but not the least

- 5) we have to stay positive in every situation of life. In good times or in bad times.

Muskan Ghai, BA-I Roll No. 8120

I learned a lot of things in this lockdown.

- 1) Family is everything, spending time with them is priceless. I got to know more about me during this lockdown, got to know those cute childhood stories and the blunders which we did. And those memories make us laugh now. Got to know the importance of family. And that *our parents are getting old and they need us.*
- 2) Cleaned my wardrobe and renovated my room. *also cleaned the negative energy from my room which was due to the mess created by us.*
- 3) Took care of plants, grew new flowering plants, I keep water for birds everyday. *Made a DIY water holder for birds.*
- 4) Did yoga *tried loosing weight and gaining immunity.* It also helped me to lower down my anger.

Isha Siwach, BA 1, Roll No. 7764

Covid 19 is teaching us the virtues of virtual space.

1. Wild animals have ventured into public spaces amid COVID -19. lockdown.
2. Less pollution which was caused due to vehicles.
3. Family is most important in our lives. Giving time to family is important.
4. Helped in knowing myself better like what i want.
5. Learned new things like sketching, baking .
6. Personal hygiene is really important.
7. Avoiding junk food and keeping myself healthy and hydrated.
8. Made many things from waste material like pen stand, earrings, lamp.
9. Started waking up early in the morning for yoga which helps in improving immunity.
10. Help my mother daily in cleaning the house and washing dishes.

Muskan Mittal, BBA I, Roll No. 4565

This lockdown actually made me learnt many things which I never thought off.

First, I would heartily appreciate first year English Teachers staff who made us go through the basics of English.

Nature has healed especially ozone has recovered.

This lockdown made me see my inner skills which led to the completion of one month internship.

These testing times made me concentrate more on myself by doing yoga and meditation which made my mind and soul feel fresh.

Looking forward for the completion of the series of Paulo Coelho novels!!!

Chinar, BA I, Roll No. 7245

I thank God first of all that I am staying at my home , because despite everything, with money or without money, with a job or without a job, *I am at my best place I could be, at home, surrounded by who loves me !*And when it comes to *learning* . Everyday is a learning but I learnt that we all were living a very social life and we're not taking care of ourselves. What I can say is a *Materialistic life* Were making the life as a race !!! Copying each and everyone being jealous etc. I never thought that this would ever stop🙄 From here to there, just was towards our targets but this lockdown made me learn that *stop* and see how beautiful life is How meditation is important, how family can give me so much , how sitting at one home we can make our home so creative (where my dad is cooking and my mom is doing relaxation who know this time will come !!) I learnt that I was more to *materialistic life* but it Realized *who am I??* But *Now* Presently I am looking the situation with different eye'

Make my house a party: Listen to music, sing, dance.....

Make my house a temple: Pray, pray, meditate, ask, thank, praise, plead ...

Make my home a school: Read, write, draw, paint, study, learn, teach ...

Make my house a store: Clean, order, organize, decorate, label, move, sell, donate ...

And *yes I am experiencing more and more* 🌸 😊

Garima Manchanda, BA I, Roll No. 7313

The lessons I learnt during lockdown are:

1) One should be flexible and accept changes and challenges. Life is not meant to be lived in our own comfort zone.

Therefore we should learn to adjust accordingly.

2) Practice mindfulness to help keep stress at bay. Small habits like this make big differences in long term. I meditate for at least 20 minutes in morning.

3) I learnt to enjoy simple little things in life. I'm grateful that I have the front and back garden to sit out in and enjoy nature in early morning, and can't imagine surviving lockdown without that option.

4) We should not take things for granted. Life is uncertain. Gratitude is important.

5) I've learnt a valuable lesson that material things really don't matter, it's the connections and our loved ones that are most important. And if I could never eat in a restaurant or shop again that'd be fine, just so long as I could see my nearest and dearest ones.

6) Lockdown has helped me to increase my love for books, I've read many books of various genres and authors during this time period. This has helped me in exploring my interest further.

Isha, BA I, Roll No. 7324

Have we ever thought that we will be pleased to stay indoors? Or what was our reactions when we imagined a complete 21 days lockdown? First thing came to all our minds were how will we be able to purchase daily consuming commodities. Secondly, the ones who were away from home managed to arrange something to get within their homes. So, our lives were much dependent on materialistic things before this situation. Whenever we felt hungry, we used to order from zomato, whenever felt like refreshing we rushed to malls. This was our lives before lockdown. After lockdown: People started storing grains. Lockdown taught us to manage with necessities.

What have we realized? Little things give us pleasure as such Spending time with Family, Exploring the knowledge through a different perspective, Trying to experiment new dishes(if it will not turn out to be good, u will attach thousands toing moments with it). Can everyone relate with this?

The sayings as such: गरीबी पैसो की अहमियत सिखा देता है। बुरा वक्त अपनो की।

In this hard times, we are not chasing after the money in banks, instead we got some time to invest into our families. We were so lost in the materialistic world, that in every events we do spend a lot but what about the earnings of happiness? Those who managed to enjoy a successful event in this lockdown, got to know by the time that someone's effort to see a smile on our face, is what the real investment in a relation. Moreover, the world is stopped but we managed to grow through different means.

*We do got chance to bring best of ourselves.

*The efforts of our mothers,who used to cook day and night for the family.

*The efforts of Farmers, its their grains which is the most essential thing in this hard times.

*The world outside our professions.

And the most important, these materialistic things cannot stop the functioning of our lives. Its the little things which gives bunch of happiness.

परिवार का साथ हो स्वयं पर विश्वास हो, तो दुनिया की मुश्किल जंग भी लड़ी जा सकती है।

At the starting of the lockdown many people seemed to be happy and enjoyable as they thought it as a small break but as days go by, many people have started feeling different degrees of anxiety, restlessness and despair. But remember, there is a *silver lining to it*:-

BALANCING YOUR THINKING- Having our freedoms restricted for a prolonged period of time can cause a flurry of anxious or negative thoughts. It will be important to view this period of time as empowering ourselves to care for our own safety and health and balancing out the positive with the negative. Adopting this way of thinking is not an easy task and will require a daily reset due to a natural negative bias that can develop when we are under stress. When things are uncertain, our mind tries to find an answer about what is going to happen and we often ending up with answers that may be inaccurate and which would represent a possibility rather than a fact. *Focusing on the facts and letting go of what we don't know is a important part of balancing our thoughts.*

Inderjot Kaur, B.COM I, Roll No. 10007

In our busy and rushing lives we don't think of our inner self.. This time brought an opportunity for us all to meet our soul.. (I've started doing yoga and meditation) It is rightly said, "sabse bada dhan hai nirogi kaya"... our health should be our first priority and we've got a lot of time to take care of our health, to adopt a new and healthy lifestyle.... An opportunity to Enhance our hidden talents and to find the true meaning of life by exploring our own self which was lost somewhere.

Ishmeet Kaur, BA I

During this lockdown I watched religious shows such as _Ramayana and Mahabharata_ with my family and learned many *important lessons* which entirely changed my way of thinking and looking at life. I was very depressed with the things happening with the people due to Covid-19.I got many answers ... which made me feel relaxed. The greatest achievement is that I learned the _Hanuman Chalisa_ which I recite daily ,always keep me positive... credit goes to my grandma (ॐ). Important lesson from Gita which I started to practice in my daily life is doing my karma. कर्मण्ये वाधिका रस्ते मा फलेषु कदाचन। मा कर्म फल हेतु भूर्मा ते सङ्गोऽस्त्व कर्मणि॥ You have a right to “Karma” (actions) but never to any Fruits thereof. You should never be motivated by the results of your actions, nor should there be any attachment in not doing your prescribed activities. I don't know when things will get better...& as they are not in my hand...so I stop worrying and doing my karma... whatever is possible to do at home ...I am trying to do it... studying, cooking, singing, dancing, enjoying, learning from life...because only this is what I can do today. And I feel that whatever I am getting to do at home with my family...are the best positive changes of my life!!!!

Vidushi Chauhan, BA I, Roll No. 7412

COVID-19 is considered as the most crucial global health calamity of the century and the greatest challenge that the humankind has faced since the 2nd World War. We're facing a global health crisis unlike any in the 75 year history of the United Nations-one that's killing people, spreading human suffering and upending people's lives. Humans may not have created the coronavirus, but we've cultured the unnatural conditions by disrupting ecosystems that allow animal viruses to cross over into human populations. However, if the coronavirus lockdown has told us anything, it's that the human-environment interaction needs to change. We need to be more inclusive, make laws keeping in mind the ecological aspect or at least not interfere with the nature's way of functioning. We might claim to be missing the nature, but the nature surely isn't missing us. These are challenging times for humanity. But for many of Earth's other inhabitants, there's a silver lining. Human beings on lockdown have given Earth and animals the chance to come out of their lockdown. As soon as humans emptied the streets, animals took over. It's a lesson in human-wildlife conflict that tells us how we've occupied their spaces and how animals reclaim them, the first chance they get. It's the nature's way to bring balance in biodiversity and give back to other species what we've forcibly taken from them. In all likelihood, it's just that, we didn't have time to observe all these creatures that co-existed with us before. Lockdowns and social distancing measures have also brought clear skies, quiet streets and tranquil shores. Nature in the absence of human activity and clamour, is healing itself. On a personal scale, the lockdown is providing me an ideal opportunity to reconnect with my family. Besides, the pandemic is altering the community notions as we can see that people gather everyday on their balconies to applaud medical workers and perform music, thereby filling the silence in the empty streets. On the positive side, I also feel that social isolation is the never seen before opportunity to practice greater self-reflection. A caterpillar needs to transform within its cocoon before it emerges as a butterfly. Likewise, reflectivity may have a great transformative impact on us. We need this change, as the world will not be the same as before, after the passing of the virus.

Shagun Choudhary, BA I, Roll No. 7441

The positive changes I feel in my day to day life after lockdown is that I have come to realisation " How much efforts, energy , emotional strength , patience and boldness it takes for the job of a mother " Because after some days of lockdown my mother forced me to help her I never did anything before she told me make me understand that if we work and learn household works it's not majorly for others but it is for ourselves and when I use to help her at end of the day I felt so tired but " There is no one like a Mother " seriously a thankful salute to all the mother's here . The biggest good corona virus did to us is. Gave us " time to spend with our families" after getting irritated and using fullest of our cellphones to be honest. During lockdown I am also able to spend time with myself and I have really found the hidden me I have got to know me more and able to understand what I want in life also found solutions to my personal problems and I would like to say " me time" is essential and maybe I found it more fruitful because I am awakened more to the spiritual world What could be more positive than that ? And the " Best lesson learnt" is that one of my teacher in school time use to tell us that "Failing is so difficult task but Passing is most easiest of all“ Meaning that we should put our efforts and do whatever we want to doesn't matter what work . Because it's so difficult to sit idle as we all can see during this lockdown we are getting so frustrated being trapped inside our homes and yes most people are facing psychological impact they are overthinking , getting depressed even suicidal thoughts to avoid such we should engage us in our hobbies or some other work because it's so easy to do so

Muskan Arora, BA I, Roll No. 7082

It's rightly said that good things happen to those who take the things positively. This lockdown proved boring for some while productive for others. The things which I've learnt during this period are:

-spending quality time with my family It's said that the family that eats together stays together. We are so engrossed in our busy schedules that we don't even realise that we have to spend time singing, laughing and enjoying together.

-learnt to be productive Kehte hai khali dimag shaitaan ka ghar hota hai... Most of us spend our times using smart gadgets. I spent my time making my house green. I did gardening and planted trees all round my house including distributing the saplings in my neighborhood.

- meditation and yoga Inner peace is very necessary for any being. I am really very happy to be a part of Art of Living family and doing morning sadhnas to keep me at peace.

Lastly, I feel thankful to our teachers who conduct these kind of activities due to which we came to know about ourselves. 🌸

Meghna Mangla, BA I, Roll No. 7603

This epidemic taught me so many lessons

✿ wings to hobbies and self care - we all have wings a talent , a passion , a gift that is meant to take us higher and make us lives a piece of art but because of so much busy life we all messed up with things and forget our true hobbies such as writing, painting, dance etc. etc. and stopped giving time to our selves also. This time we started thinking more about self care and self love.

✿ Gratitude for all the corona warriors- "Be alive to one another's struggles"- it doesn't matter how much money we make if people around us are suffering from hunger nd poverty. Our society only works when we think not just about our selves but about other's also. As all the COVID WARRIORS do they sacrifice their lives for therefore they deserve a big gratitude from all.

✿ flexible mindset- we must set our selves that much flexible so that we can adjust in every situation and can face them strongly.

✿ do it now Don't put it on tomorrow- the biggest lesson i learnt is that we should complete our works on time keeping our laziness aside... (as i put to much my work for later but now i feel that i should do it before.)

Saumya, BA I

First of all I would like to thank Our Respected Principal Mam and Nitasha Ma'am for Motivating us through *Geetanjali Forum* for staying Pro-active at home and for making such great Initiatives. As we all know Ups and downs are a part of life. But Such a situation of Pandemic of Covid-19 was truly uncertain. But I believe *The best lesson of Life is learnt during the worst phase of life.* 😊 *The positive changes are as follows* *Desire to learn* 👍 *Geetanjali Student forum* taught me that there is no particular time for learning. One can learn anything at anytime. *Crucial Role of Family in Life* 👨 👩 👧 Every time we are near the end of lockdown, I honestly have mixed feelings. Do I want to go back to living as before? I am able to value my family a lot during these days. My father provided me everything required at home only And himself he took the risk of going out. My mother took care of my food requirements and I swear i didn't miss outside food much. 😊 *Appreciating The Nature* 🌳 During this phase, I spent so much of my time in analysing the Pictures within the clouds *(which we used to do in childhood)* I spent time looking at Birds , trees and Beautiful winds. *Refined Vision* 🗨️ The quality of one's life will depend on their vision to a great extent. I am able to make up my mind that what I truly desire and that was only possible when i refined my vision. *Excellence is not an act but a habit* *Faith in Almighty God* 🙏 I got more attached towards the existence of *God* because having faith in God brought positivity and happiness in my life .

Avneet Kaur, B Com I, Roll No. 10039

जैसा कि हम सभी जानते हैं कि उतार-चढ़ाव जीवन का एक हिस्सा है। लेकिन कोविद - 19 की महामारी में ऐसी स्थिति काफी अनिश्चित थी। पर मुझे लगता है जीवन का सबसे अच्छा सबक जीवन के सबसे बुरे दौर में सीखा जाता है। सकारात्मक परिवर्तन इस प्रकार हैं :- सीखने की इच्छा:- गीतांजलि छात्र मंच ने मुझे सिखाया कि सीखने के लिए कोई विशेष समय नहीं होता हम कभी भी कुछ भी सीख सकते हैं। मैंने इन दिनों में रामायण और महाभारत करिश्ना चाणक्य जैसे धार्मिक नाटक देखे जो कि बचपन में भी देखें थे इन नाटकों को देखने का मौका मुझे फिर से मिला इन नाटकों से मैंने कई महत्वपूर्ण सबक सीखे, जिसने मेरी सोच और जीवन को देखने का तरीका पूरी तरह से बदल दिया। घरेलू काम:- वैसे तो हर लड़की के लिए जरूरी है कि उनको घरो के काम सीखने चाहिए ताकि आगे चलकर कोई दिक्कत न हो इन दिनों मुझे अपनी मम्मी के साथ काम करने को मिल रहा है मैंने बहुत कुछ नया सिखा कुछ अलग तरह के पकवान। इन दिनों मैंने अपनी मम्मी को आराम करने को कहा क्योंकि उन्हें कभी आराम नहीं मिलता इन दिनों मेरे पास समय है इसलिए मैं घर का सारा काम करती हूँ। जो भी चीज हम बाहर खाते थे उसकी वजह से घर का भोजन कम ग्रहण करते थे। घर के बने भोजन का फायदे पता चले हैं। मुझे सेवा करने का अवसर भी मिला। कोविद 19 में जरूरतमंद लोगों के लिए खाना बनाने का। वेस्ट मैटीरियल का उपयोग करना घरो में पड़े खराब सामान का भी प्रयोग किया जा सकता है कोई भी चीज बर्बाद नहीं होती। जैसा कि मैंने घरों में पड़े छोटे छोटे कपड़ों के मासक बना कर जरूरतमंद लोगों को दिए। प्राकृतिक के फायदे सभी की जरूरत का अहसास आदि। हमें अपने समय की सही कदर करनी चाहिए। किताबों को पढ़कर जिंदगी जीने के महत्व सिखना मुझे कई किताबें कॉलेज द्वारा भेंट में मिली थी जो कि समय न मिलने के कारण नहीं पढ़ सकी ओर वह मैंने इन दिनों पढ़ी।

पूनम, एम ए हिंदी प्रथम वर्ष, Roll No. 6507

What is the most Important Lesson Learnt or Positive Changes During the Lockdown :—

**The Important Lesson Learnt* * :-✿ The Covid 19 Lockdown has taught some important lessons to human beings living on this earth creating a great shock and terror all over the world. Both the nature and human beings are splendid creations of God and both are closely associated with each other in the context of their relationship. No man is there on this planet to whom the nature doesn't love and give his needs sufficiently. The Lockdown has bound the human beings on this earth to realize their inhuman activities done against the nature . The Lockdown has taught the human beings to live and survive with basic needs, to love and care for each other, to give up the sense of egocentric, to maintain discipline and to save the nature without human interventions.🌿

Positive Changes During the Lockdown* *_ :-✿ During the Lockdown, great positive changes have been noticed amongst the human beings such as maintaining of social distancing strictly, washing of their mouth, hands and feet regularly, staying neat and clean, using of sanitization etc. are the positive changes. Significant influences like loving the natural creations, curbing the pollution levels, restoring the nature's spaces by reducing overcrowding and stoppage of attacking on nature's ecological system for self interest are noteworthy.🌿👑🌸🌻🌼🍃

Th. Malemnganbi , BA I, Roll no. 7373

No has a notion that(ऐसा किस ने सोचा था)☺कल जब यह कहकर बात टाल थे कि Time नहीं है, वही आज Time pass करने के तरीके सोचते है।
☺कल जब लकैचर लगाने की जल्दी होती थी , आज Virtual world में मिलते हैं।☺कल जब हम एक दूसरे को देख कर खुशी मनाते थे ,वही आज
इन्सान को देखकर इन्सान 2 गज की दूरी मनाते हैं।☺कल जब इंसान जानवर को पिंजरे में बंद करता था, वही आज जानवर इंसान को पिंजरे में बंद
देखकर खुशी से उड़ रहा हैं।☺कल जब परिवार के लिए समय नहीं था, वही आज इकट्ठे हो कर सारा परिवार Mahabharat or Ramayan देखरहा हैं।
किसी ने ही सही कहा था कि ऐसा भी कलयुग आये गा।

This pandemic disease *Covid 19* taught us too many things .This virus confines our life into 4 walls of house, standstill our life at one position, stops us from daily hustle and bustle... We all are running for attaining job, money, power, prestige and so many things which I can't remember and learn. We are trying to control various social evils from years such as cleaning Ganga, traffic accidents , controlling pollution and many more things . But This pandemic disease proves the quotes The word *impossible* itself says *I am possible.*But I learn too many things in this pandemic disease ☺Learn to buy goods from local market. Not to go Supermarket and Shopping complex
☺Able to learn lesson from playing ludo that no one can say anything to me inside my home ☺Learn to go market by foot ,not using motor vehicles and this help in controlling pollution. ☺Learn to conserve goods and services, specially food.☺Learn to use various video conferencing apps.☺Learn to be happy from things which is available on that time. But this all learning help to improve my materialistic life. There are some Social and Emotional learning also.☺ Learn to spend time with family ☺ Learn patience and wise decision from Mahabharat and Ramayan.☺Explore various new new things such as by cooking different items, making best out of waste

I learnt too many things from this lockdown which I can't remember and expressed consciously fom this lockdown and specially from Geetanjali helpline counselling whatsapp group. Last but not least wanted to learn one more thing that to use items made in India only and wanted make my nation" आत्मनिर्भर". But there is one question which arise in my mind while looking at migrant workers खाली सड़क देखकर मन में उठा सवाल है, जो सड़कों पर ही बसते थे,उन लोगों का क्या हाल है। And wanted to do something for them !! Thank you so much ma'am for this activity.

In this COVID-19 I have learned many things...

👉 First what is true friendship:- From my young age I was searching for true friends and i guess in this negative period of my life I found my true friend.... Our friendship started in college 🤗 and I believe in myself that she is something for me that God has send for me 😊.

👉 Second I found my missing family:- As we all know that when Youngsters starts growing they start getting separated from their families and this is happening with me too, but this lockdown helped me to come more closer to my family 👨👩👧👦.

👉 Third I want to stand on my foot:- This period of my life was the happiest moments coz it gave me chance to find the qualities inside me 😊, get me more closer to my beloved family. 👨👩👧👦 And more important I got an internship of my own choice, and this time I have done it by my self with the help of one of my friend 👨👩. She is really amazing 🤗 person... As I know her from the Pre-nursary 😊 class we grown together 👨👩, played together 👨👩, fight together 🤝♀. And now I want to say her name @Tavishi Kumar many of us know her. And I bet many are thankful to her too. But I'm proud of her achievements. And happy to say that she was my best friend since 3 years old 👨👩.

👉 Forth is to thank people who were in my life during COVID-19 😊

👉 First is our principal ma'am for treating us as her own children.

👉 Second our teachers who were making Samavesh Tests because they helped me to Improving my knowledge I have gained from school.

👉 Third I want to thank my BCA department teachers for giving us study material and making efforts to make tests twice a week. It means a lot to me.

👉 Forth I want to thank @Tavishi Kumar for giving me an opportunity to prove myself in front of the whole wide world.

👉 Fifth I want to thank my family members to give me everything I want 🤗

👉 Sixth I want to thank my true friend. As she helps me every time weather I need her in the middle of the night. She is always for me. Now I want to disclose her name:- @ Ruhani

Nikita, BCA I, Roll No. 6117

Neither military power nor wealth can stop the destructive global spread of COVID-19, a tiny member of the Coronavirus family. It's indeed the little silver lining we all need right now to see a glimmer of light at the end of the tunnel. Everything teaches us something if we see the positive side of the coin. This lockdown has taught me some major things that were being negotiated in my daily life. 1) I have learned to live with less:-Less is more, to do with whatever is available. for eg To cook with whatever there is in the store or fridge. I look for recipes that have fewer ingredients or the ingredients that are available at home. We have lived through a lockdown. The availability of food, water, shelter, communication, medicines and education and entertainment on television & the internet has kept us going. The lockdown has forced us to ask what we really need to live reasonably well. 2) how to use the internet for the best:- using net for various competition, online classes, learning online is becoming the new trend. Infact social apps are being used less during this lockdown. 3) exercise and yoga:- I do exercise and yoga daily. Exercise helps to stay fit and fresh whereas yoga gives the peace and positive vibes during this pandemic. 4) spending time with the loved one's :- somewhere we all were lost in ourselves but now we realised that spending time with family and loved ones not only gives immense pleasure but also gives strength to each other and boost each other's morale and confidence. 5) Novels :- A girl who didn't touched a single novel before read 8 during lockdown. It's magic for me. Novels increased my creativity and imagination power also helped to improve my english as well as vocabulary. 6) hygiene :General hygiene is always important. Not just when there is a virus. You should know the drill by now. Wet your hands. Lather them with soap. Scrub for 20 seconds. Rinse off. Dry with a clean towel. It really is the best way to keep safe, because soap is a very effective way to kill viruses. 7)cooking: Staying home has forced many people to learn, re-learn or re-ignite their love for cooking. Learning how to cook is one of the most important skills a person can have. You depend on yourself. It teaches you self-sustainability and you save a lot of money. These days, hundreds of people sharing social media posts of their delicious meals. They are re-discovering the wonders of eating in. Knowing exactly what is in your food and feeling that sense of reward when you completely cook a meal on your own.8) beauty of nature:- nature heals itself. There is so much to observe. Pollution level has decreased, water bodies are getting purified, animals are coming down to streets. Nature gives us everything it's our duty to conserve it. I hv started keeping the bowl for birds in my balcony and their chirping sound gives soothing pleasure everyday. 9) help others :- I learned that when you help others you feel happy. I helped my maid by making masks for her and her family. Also I helped my mom in household chores, helped brother in studies. 10) vocal for local:- there is so much of incredible stuff that local labour makes. Eg: I recently bought cups made of mud, it has benefits such as it cools the water, purifies it moreover when your lips touch you kiss the mother earth which is the best feeling. In the end I would like to say that be thankful to the hard times because they make you stronger.

Yoshita Sabharwal, BA I, Roll No. 7644

We will now start seeing some solid innovation. It's under intense pressure that diamonds are formed. -Anisha Singh. Humanity is going through unprecedented times. The corona virus lockdown, along with the uncertainty and ambiguity, have had a negative impact on our mental state but have had a positive impact on our lifestyle. Along with following a simple timetable, doing household work and exercise, all of us are busy doing chores which were earlier disliked or ignored by us. Earlier many of us thought cleaning and sweeping our houses to be a task which only maids or sweepers are supposed to do. People who used to help us in these essential tasks before lockdown were considered to be inferior than us. But this very pandemic taught us to do our work on our own and on the other hand we realised how great those sweepers and maids are who clean the dirt of our houses without any kind of scorn or hesitation. There has been a drastic increase in respect for these people in our hearts. Also, all those materialistic things have disappeared from our lives. Many of us now do not dislike staying home and spending time with our family. We have all realised how important our family is to us. Many of us have also developed new skills such as cooking, stitching, drawing, etc. Otherwise, we were all dependent on markets to buy anything we want to eat or anything we want to wear. Also this lockdown has had a very positive impact on the environment. The air pollution has now decreased to a lower level. We're now able to breathe in clean and pollution free air. There has also been a decrease in river and land pollution.

Vanshika Bagga, BA I, Roll No. 7723

As I read the message I started recounting the positive changes that were brought down in my life with lockdown. I started counting all the things luxuries as a special *blessing* of God, everyone is not blessed with materialistic things and luxuries with which we are blessed. And the most beautiful blessing of my life is my *family and friends*. They are the one who will always remain constant in life. It helped me to change my whole mindset. 😊 *Positivity* and *hopes* are the two things with help of which any person can get through any situation in life. I also learnt *patience* is key to have a peaceful mind as well as heart ♡. Moreover we come to know the value of *time*. Earlier we were spending our whole time with blue light emitting devices but now we tend to spend our time with family. Last but not least is that *nature* will remain constant and our mother earth is what matters the most. It will regain it's balance which is destroyed by none other than us. *So we have to take care of mother nature and value the things and facilities given by nature 🌸*

Ruhani Dhingra, BCA-1A, Roll No. 6149

The positive changes this Pandemic made are like or I learnt : *- हाथ धोयो नाह ; सफाई रखोना ; दुरी मेन्टेन करोना* Maintenance of More Cleanliness towards oneself and closed ones . No doubt it was a part of our daily life pre lockdown but after this Pandemic we all now are more focussed on our cleanliness ✍️🧼.*हम साथ साथ हैं* Family Get Together which was in last years was missing was again reunited with sense of care and love towards our loved ones . Daily I call my Nani maa and talk to my whole parivaar👨👩👧👦. *-चोट लगती तो माँ माँ ही चिल्लाते सभ* like the people who were in different countries were made possible to come to their motherland. So in the end that matters is your Pehchaan. *-* Before this lockdown we all want at least 2 Sundays in a week but it made our statement possible by making 7 days as Sunday during this lockdown.According to me I was missing badly Zomato and Swiggy . But Ghar Ka Khana is something that is love you can't deny to it. *अन्न का अनादर नहीं करना चाहिए*🍲🍽️ *- विघन्ता की नीव ही हमारे वेद है* Science have taken its toll from our Vedas only. I learnt little bit sanskrit words and now after watching the religious serials My sister and I am like " Maate humein kripya Karke bhojan prastut Kiya jaye😊" Liked to Watch a lot of religious serials and I gained alot more knowledge about our Indian Mythology which includes Chanakya, Upanishad, Mahabharata, Ramayana, Mahadev , Shri Krishna and many more 😊*-दिल भी बचा हैं जी* The inner talent of most of us have been showcased in these past days like I read few more novels and paint new scenarios. I again watched my Tom and Jerry series📺

Annanya Mahajan, BSc I Med, Roll No. 1198

जिंदगी को खुश रहकर जियो, क्योंकि रोज शाम सिर्फ सूरज ही नहीं ढलता... आपकी अनमोल जिंदगी भी ढलती है!! तीन रास्ते खुश रहने के! 1. शक्रराना! 2. मुस्कराना! 3. और किसी का दिल ना दुखाना. जीवन में किसी को रुलाकर हवन भी करवाओगे तो कोई फायदा नहीं और अगर रोज किसी एक आदमी को भी हंसा दिया तो आपको अगरबत्ती भी जलाने की जरूरत नहीं! Everyone seems to be in depression more or less. It is certainly a difficult time that will also pass and would become history for upcoming generations. The people are taking care of personal hygiene more seriously than ever, social distancing, mask, sanitizers are apart of life now. We can only hope that we will get rid of all these in coming months. Well ! Different people experience different changes according to their profession. As i am college student , i am able to experience so many changes during lockdown as compare to no self-imposed situation. such like, Got more time for studies, Able to interact with different mind, Spend time with family special with father, More time for self-improvement And special thing connect with beauty of nature. It was first time we are facing this type of socio distancing for nearly 40 days. But it gives me something different to learn and see the whole world in different way. First of all our surrounding supposed to be neat and clean with pure air we are breathing because less number of vehicles are moving in our surrounding. Enjoying the time with family members spending more time with them after a long duration and making some new dishes by the help of youtube. After Lockdown I have time for myself. Woke up early and do exercises and yoga. Spend some times with parents, help mother in house chores. Spend some time in improving my skills like writing and drawing. More time for studies. Enjoying time with siblings # *KNOCKDOWN LOCKDOWN* # Do all the fun which we can't do in our busy life. What we want we can do in this Lockdown it changes me lot . I can say that This Lockdown was very productive day for me and it given me lots of opportunities to learn new things that I had Done during this 🏠🏠pandemic situation also helped poor people by distributing them soap to sanitize their hand from my retained earning 💰 "Don't cry because it's over, smile because it happened." Complaining is a fool's errand, because you can't expect your dreams to come true if you're not willing to pursue them relentlessly. It is understandable to be afraid of opening up if you've been hurt in the past, but authentic connection cannot be established if you're not willing to be vulnerable.

Ranjana Yadav , BCom I, Roll No. 10169

MEANING ORIENTED INTERVENTION

Title of the Activity: VALUABLE THINGS

Name of the Committee: Geetanjali Student Online Forum under the aegis of Geetanjali Counselling Helpline

Convener & Principal : Dr Nisha Bhargava

Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology

Date of conduct of Activity: 5th June 2020

Objective & Practice: Values are “fundamental attitudes guiding our mental processes and behavior” that “produce the belief that life is meaningful and serve as a measure of how meaningful one’s actions are, that is, consistent with that person’s value system”. Having well-identified and clarified values can help someone “reflect on moral dilemmas”. On the other hand, in people who do not have well-clarified values or people who have conflicting values, moral dilemmas can lead to stress and anxiety, and even feelings of helplessness. The purpose of the "Valuable Things You Own" activity was to appreciate the precious things in life and assess why we need to protect some fundamental aspects of our life.

The results are as follows:

FIRST PRIZE: Gitali Roll No. 7333

SECOND PRIZE: Avneet Roll No. 10039

THIRD PRIZE: Adishya Roll No. 1217 and Poonam Roll No. 6507

FIRST PRIZE: Gitali Malhotra BA I Roll No. 7333

Before I reveal my most prized possession i am going to talk you through some maths. Regular human's life expectancy currently is equivalent to *79 years*. 79 years is equal to *28835 days* i.e Twenty Eight thousand Eight hundred days roughly. We as teenagers a young adults spend only *18 years* of our lives with out parents, out of which the first 10 years most of us cannot even recall without it all being blurry. So just 8 sensical years wherein we put allegations on them and endlessly crib most of the times how they don't raise us right. 18 years is equal to *6570 days*. Once we turn 18 most of us are in colleges moving out to study getting a degree and never coming back. We don't really come back ever. We get a degree, find a job and settle well in our lives, some of us might get married some living alone in an apartment. What we don't realise all this while is out of Twenty Eight thousand days we hardly spend *Six thousand days* with the people who have moulded us and brought us into this world. Once we have moved out we hardly come back and meet them on the weekends and the Vacations. i know i have stretched it too long but what i have realised particularly in this lockdown is that, Family, Parents, the people who have brought us we take them for granted. You, me us we do it unintentionally and by the time most of us realise it, it's too late our generation has received this chance to actually relive the days with the most precious people of our lives. *_My parents_* are my utmost prized possession. Home.

SECOND PRIZE: Avneet Kaur B Com I Roll No. 10039

My initial thought was that how can I narrow down to one single item when I Talk about my most prized possession When people hear about possession they think about something like an object which has physical presence, But in accordance with me Possession can be a trait to physical attribute as well. Memories are better than diamonds and nobody can steal them from you.

During this period of lockdown, while looking through my stacks of pictures, I realized that my most prized possessions are my MEMORIES and EXPERIENCES.

I miss my Grandparents a lot because my childhood was full of their presence but now I don't have them with me. My memories with my Grandpa are my most prized possessions and I will cherish them forever. Memories are timeless treasures of heart

THIRD PRIZE: Adishya Gupta BSc Medical Roll No. 1217

Mam, according to me the most valuable thing I own is definitely my "HEALTH"

जिस मनुष्य के पास अच्छा स्वास्थ्य नहीं है, तो समझो उसके पास सब कुछ होते हुए भी कुछ नहीं है। ☺

I believe being healthy is the greatest gift we can receive from God. As without your health your quality of life takes up a sharp nosedive. For me my health is most important thing in life. Be it emotional or physical health I have learnt it to prioritise it over my work and assignments. If I am not healthy I guess I wouldn't be able to cherish or enjoy and experience in life.

I believe when you are investing in your body you are investing in your future. Once your health is a question we are nothing. So staying healthy is vital.

THIRD PRIZE: Poonam MA I Hindi Roll No. 6507

☺ According to me the most valuable thing "RESPECT" अच्छे लोगों की इज्जत कभी कम नहीं होती , सोने के सौ टुकड़े करो, फिर भी कीमत कम नहीं होती। ☺ Respect really is something that we all want in life. Because anyone can't buy respect. People will respect us only when we respect ourself. Respect is crucial if we want to be a happy and successful person. 🌸

**Art Therapy....
when words are not enough.**



EXPRESSIVE ARTS INTERVENTION

Title of the Activity: CREATIVE ART UNLOCKED DURING COVID 19 LOCKDOWN

Name of the Committee: Geetanjali Student Online Forum under the aegis of Geetanjali Counselling Helpline

Convener & Principal : Dr Nisha Bhargava

Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology


Date of conduct of Activity: 30th April, 2020 to till date

Number of participants: 127 UG & PG Students

Objective & Practice: The establishment of art journaling is an innovative and publicly accepted therapeutic approach. Psychologists have used art journaling as a way to help people tap into their inner thoughts, feelings and experiences through creative expression. The “Geetanjali Student Online Forum” under the aegis of Geetanjali Counselling Helpline, Mehr Chand Mahajan DAV College for Women, Chandigarh successfully fulfilled the primary objective to encourage our students to share all their creative pursuits and exceptional art work. The main objective was to achieve personal well-being among our college students and keep them meaningfully engaged during this pandemic lockdown. Our college students in this online group shared more than 200 art work creations using various techniques such as drawing doodles and scribbling, mandalas, painting, sketching, coloring, sculpting, collage making, photography, best out of waste products, etc. As an expressive medium, art therapy was used to help our college students to facilitate emotional growth, mental healing, communicate, cope with stress, reduce anxiety/depression, reconcile emotional conflicts, foster self-awareness, manage behaviour and explore different aspects of their own personalities. Creating art themselves or viewing/appreciating others' art expression was beneficial to them to restore sense of personal well-being, boost self-esteem of others and develop social skills. We have received wonderful feedback from our students for providing a great platform to showcase their talents and encouraging budding artists for their creative pursuits during this pandemic.




MENTAL HEALTH DURING COVID 19



An Initiative by
GEETANJALI COUNSELLING HELPLINE
 Mehr Chand Mahajan DAV College For Women,
 Sector 36 A, Chandigarh

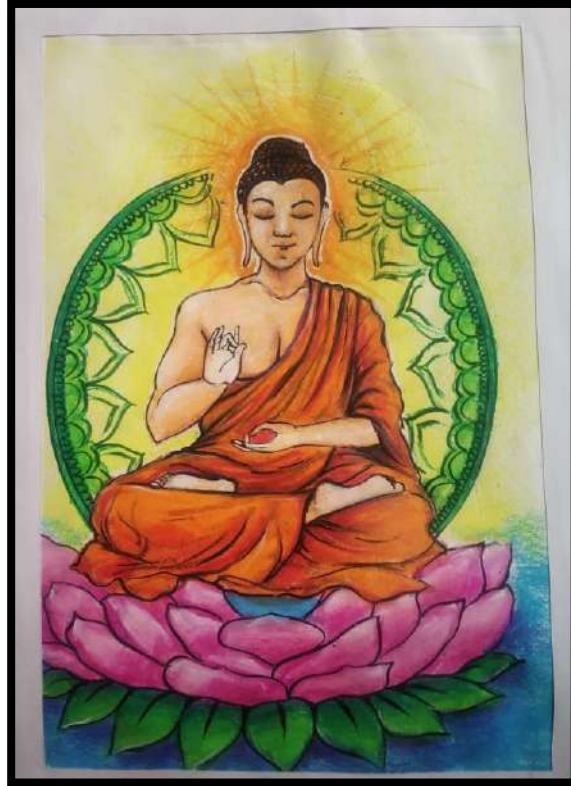
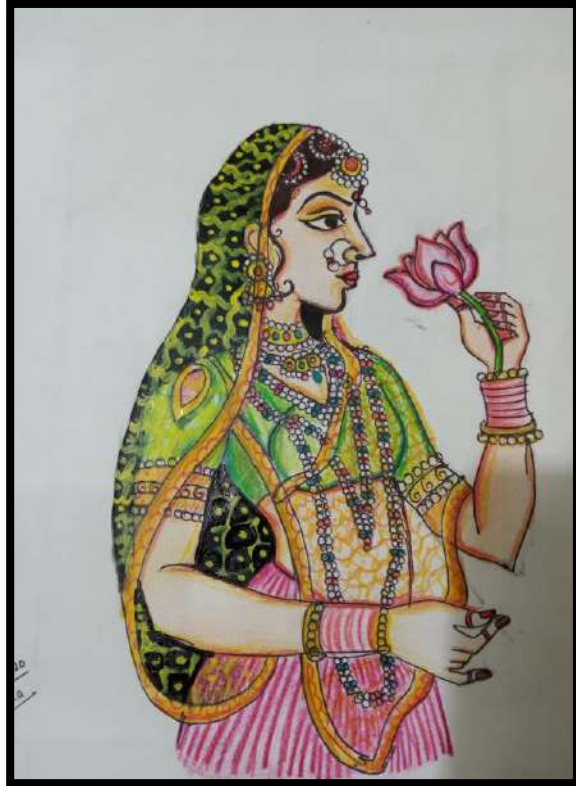


MENTAL HEALTH DURING COVID 19



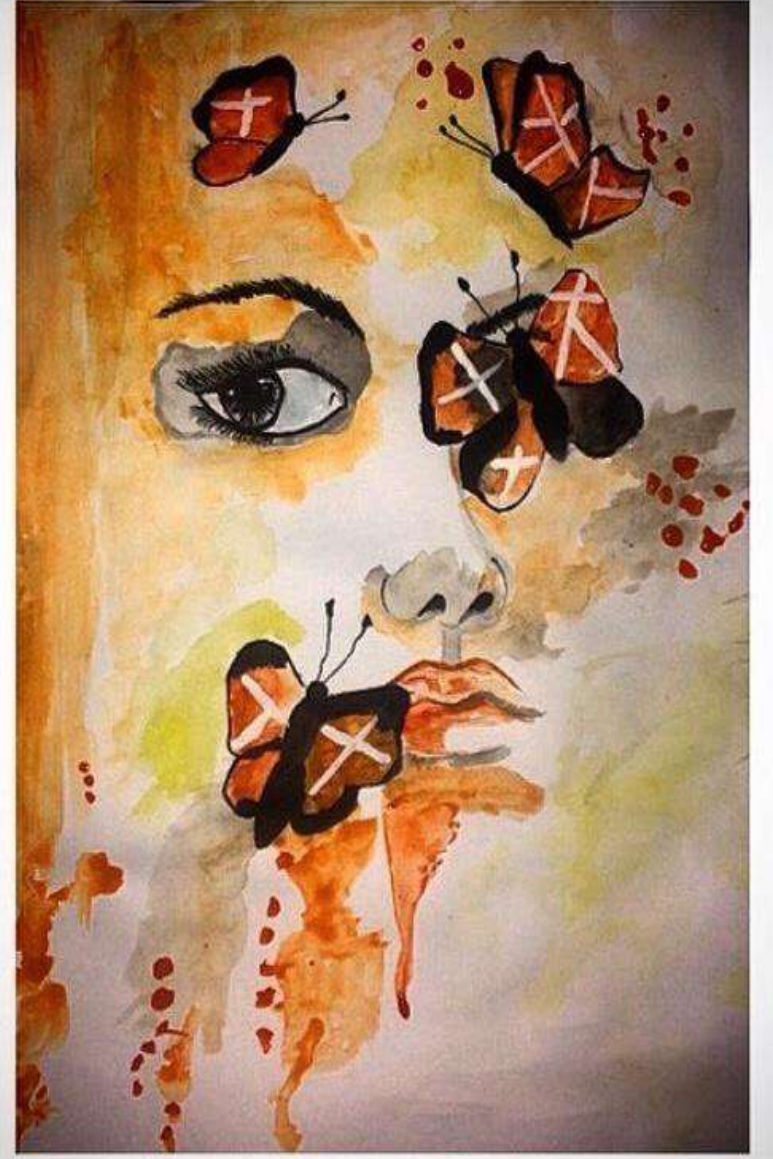
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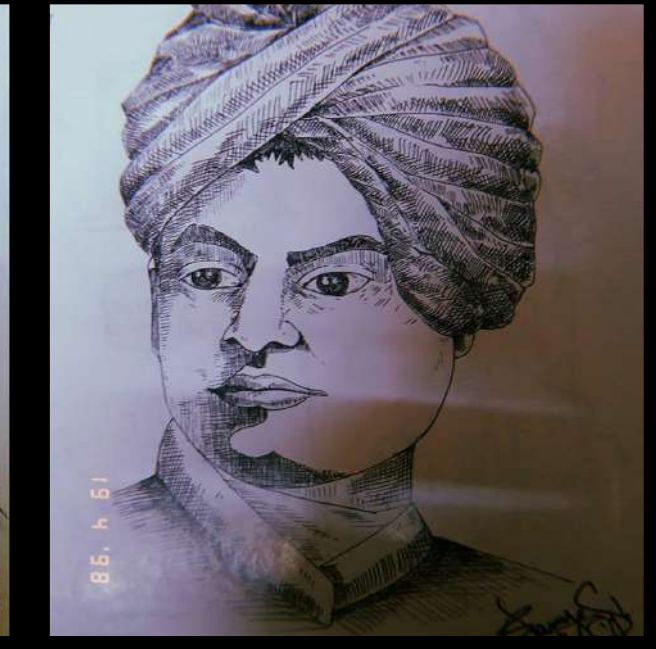
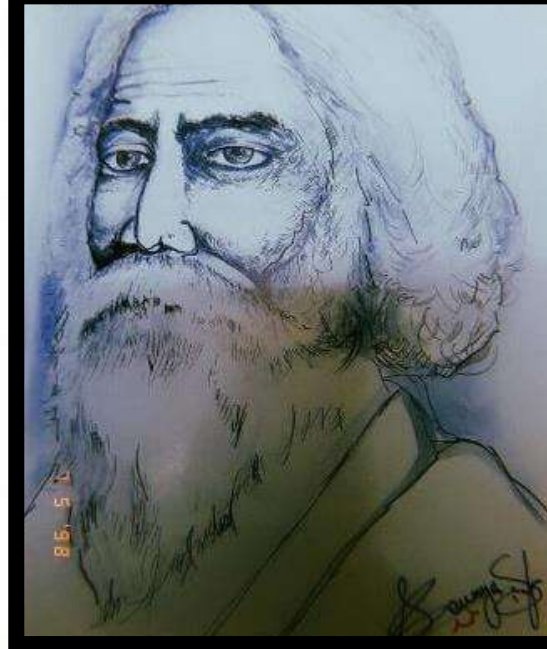


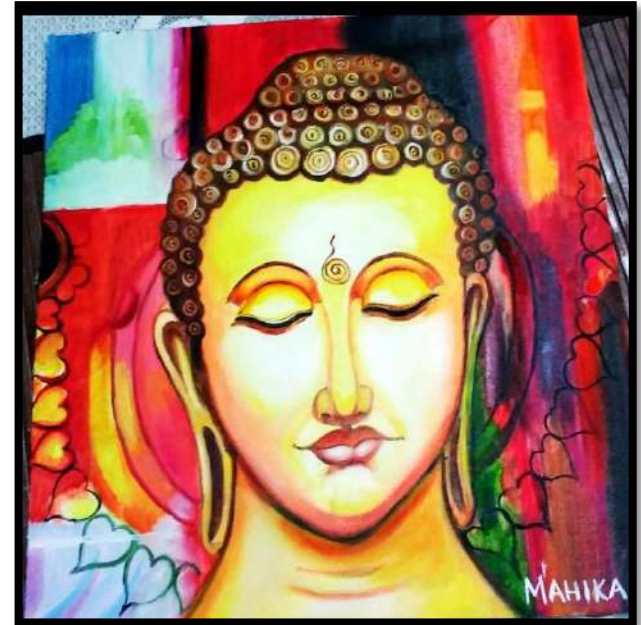


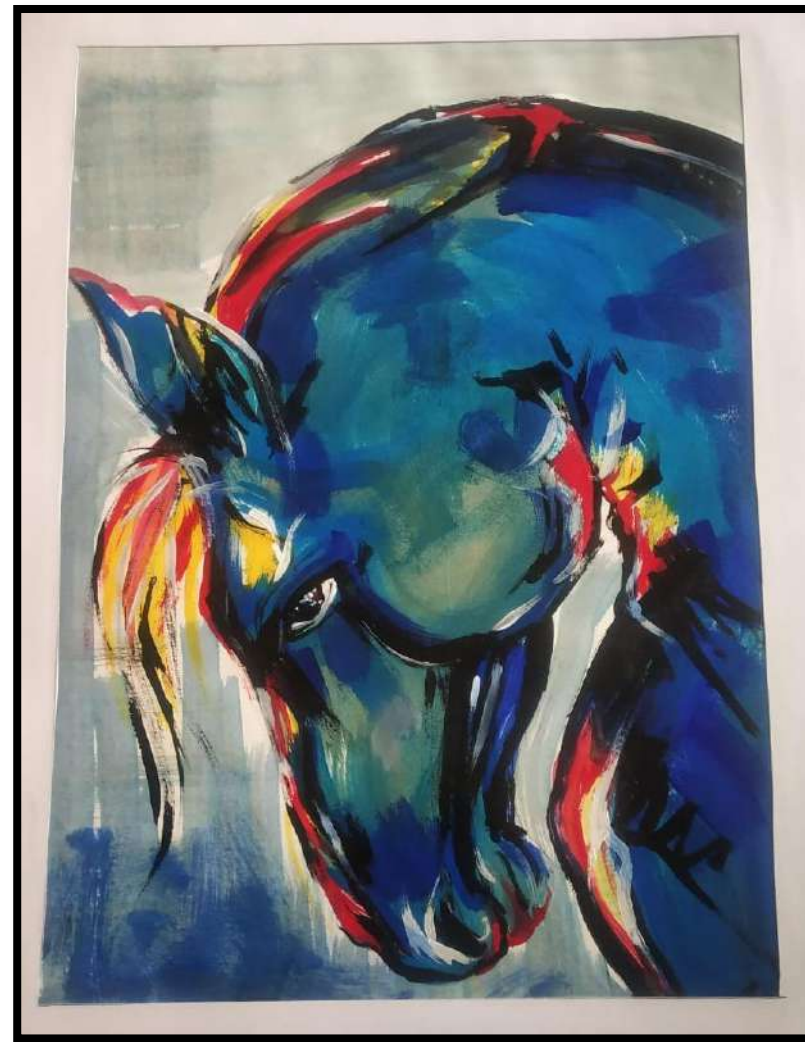
अकाल मृत्यु वो मरे
जो काम करे चंडाल का
काल भी उसका क्या करे
जो भक्त हो महाकाल का ।



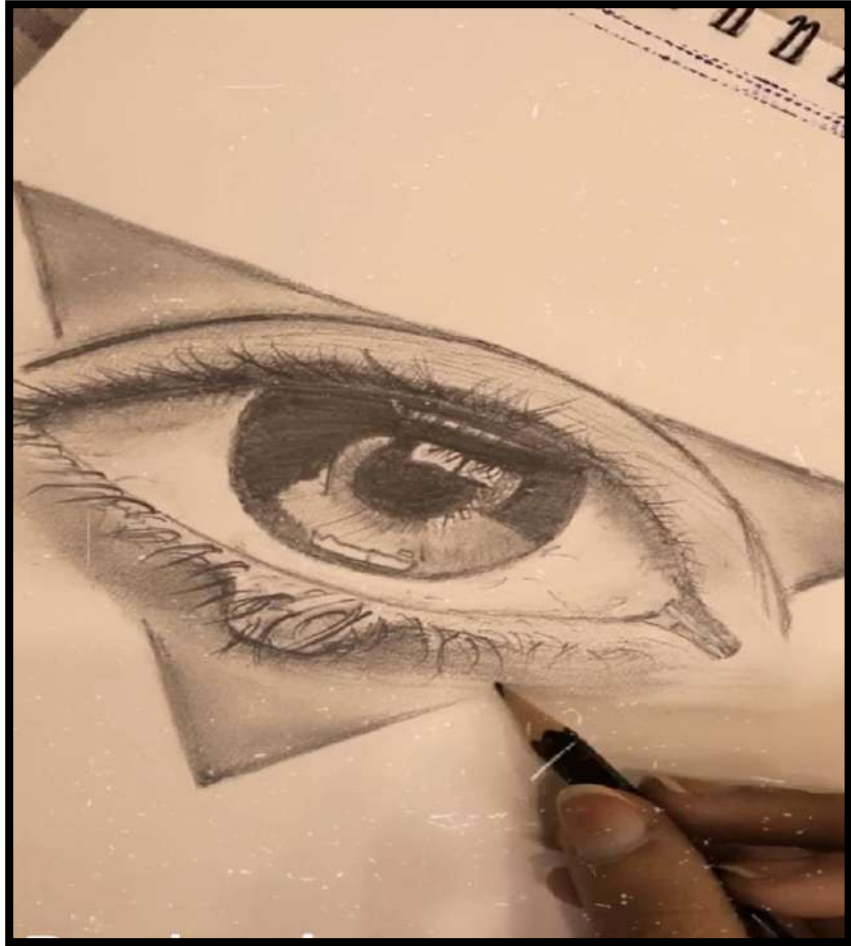










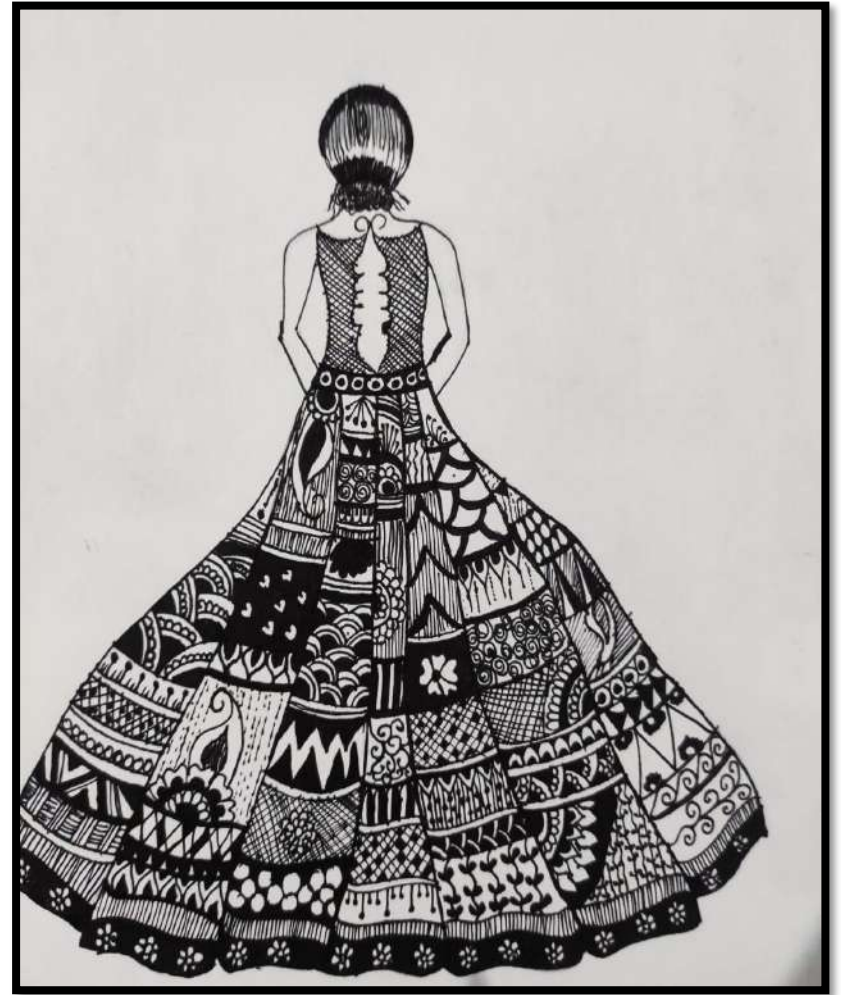
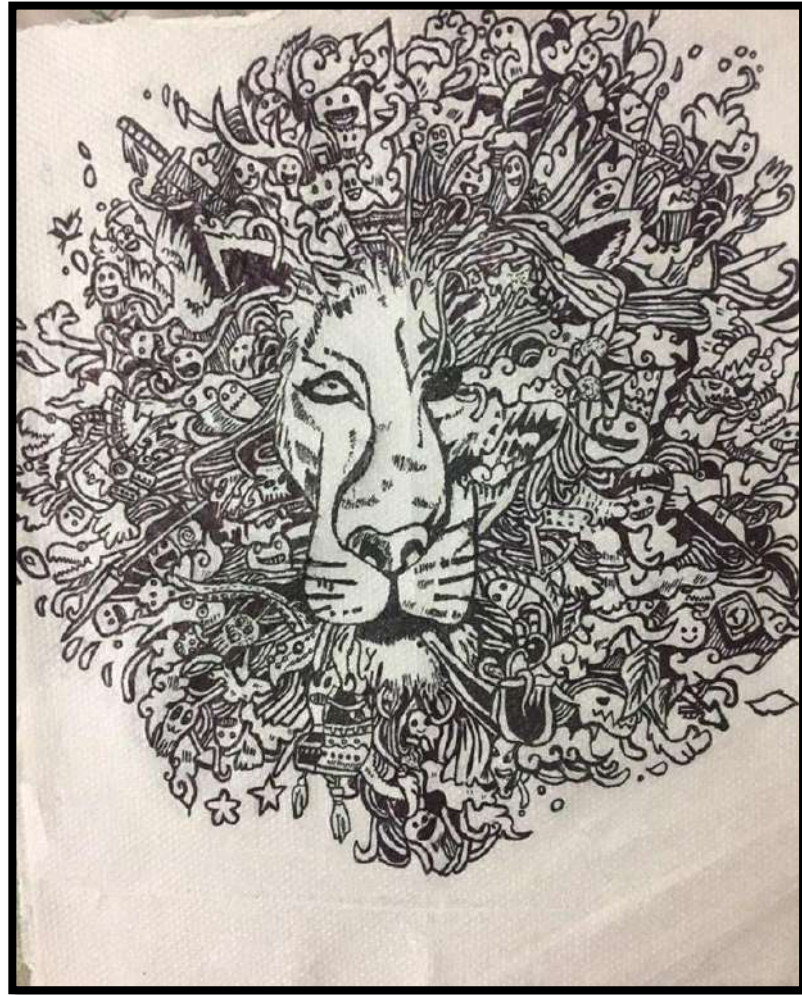
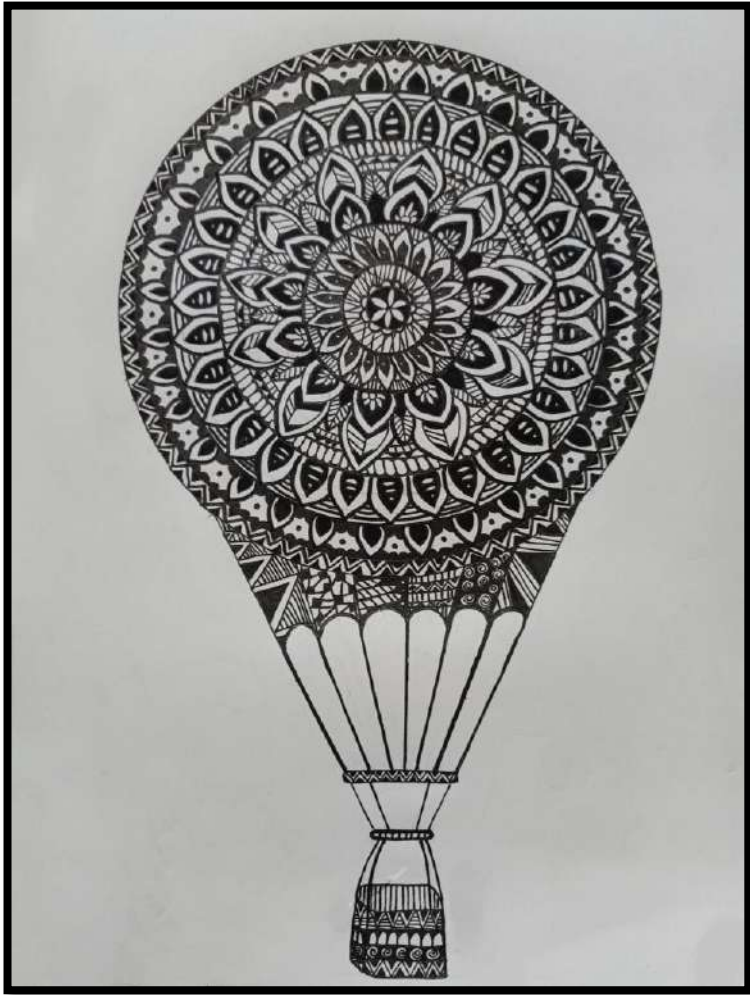


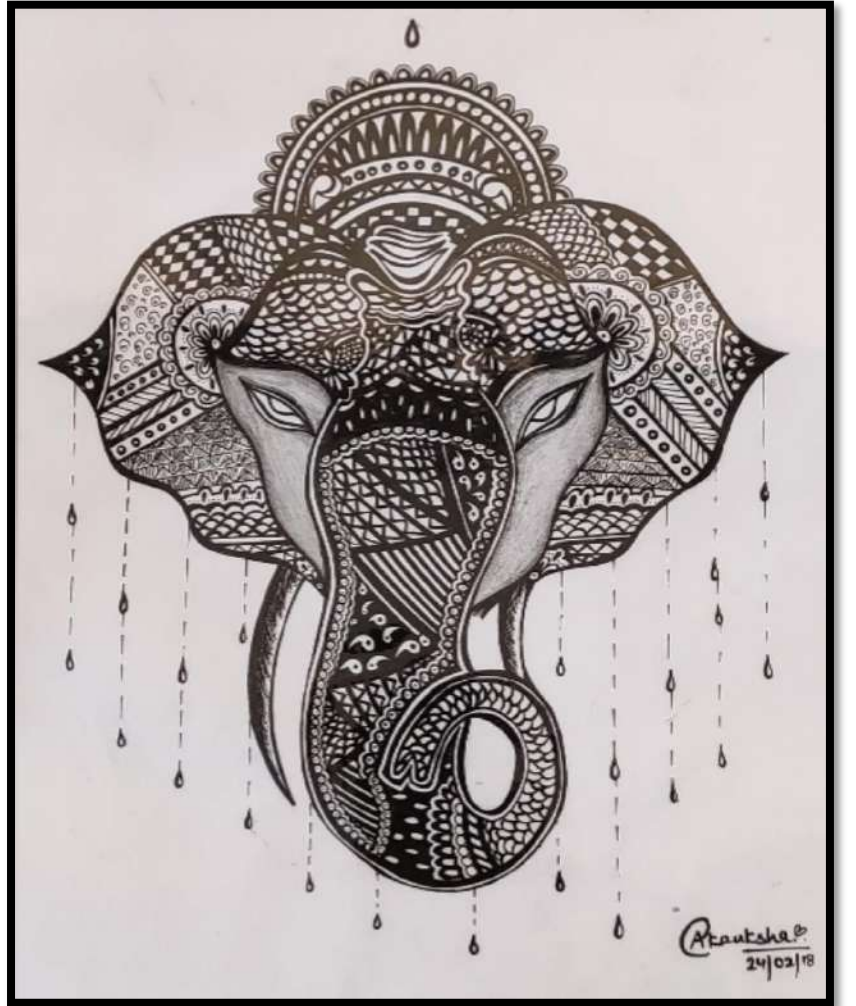
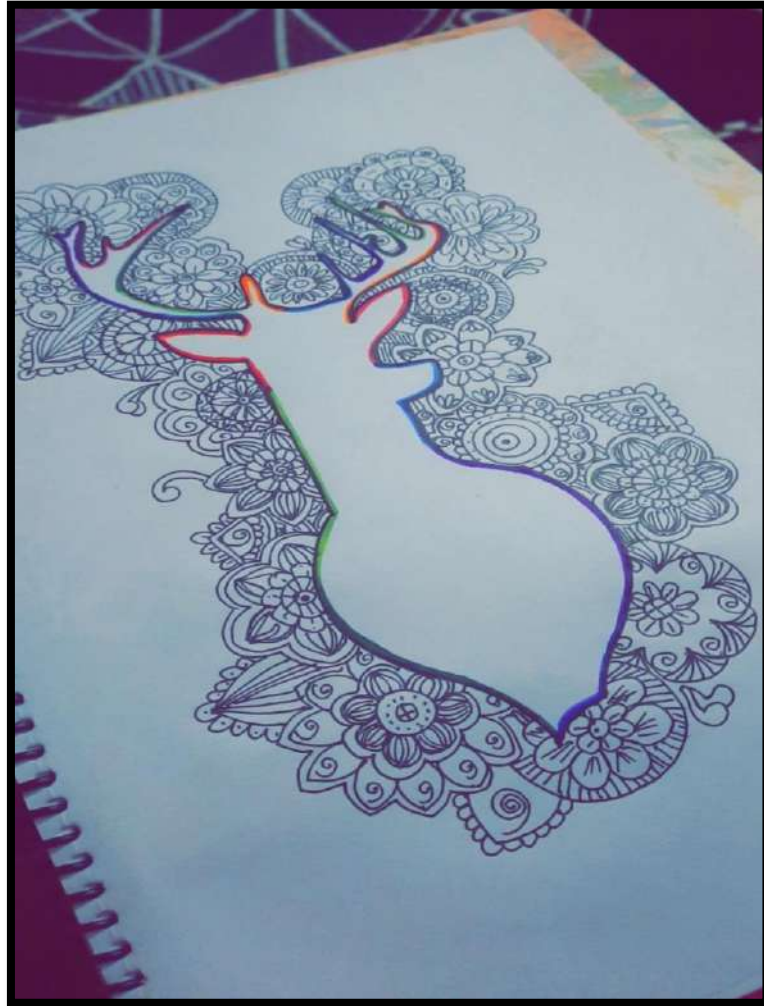
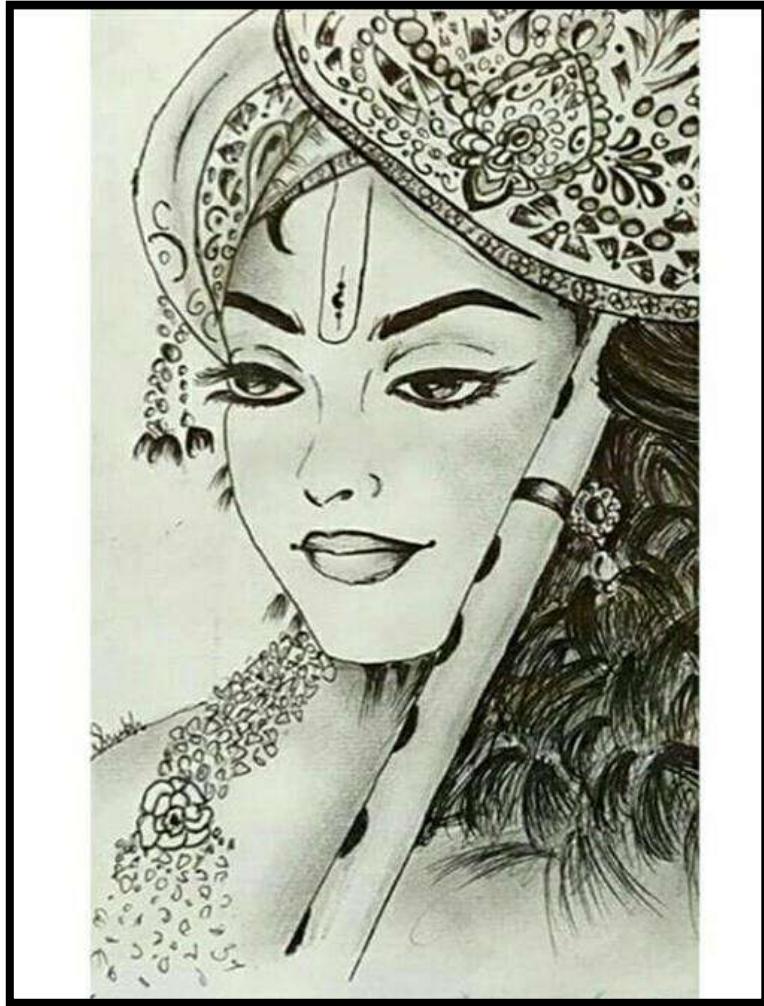




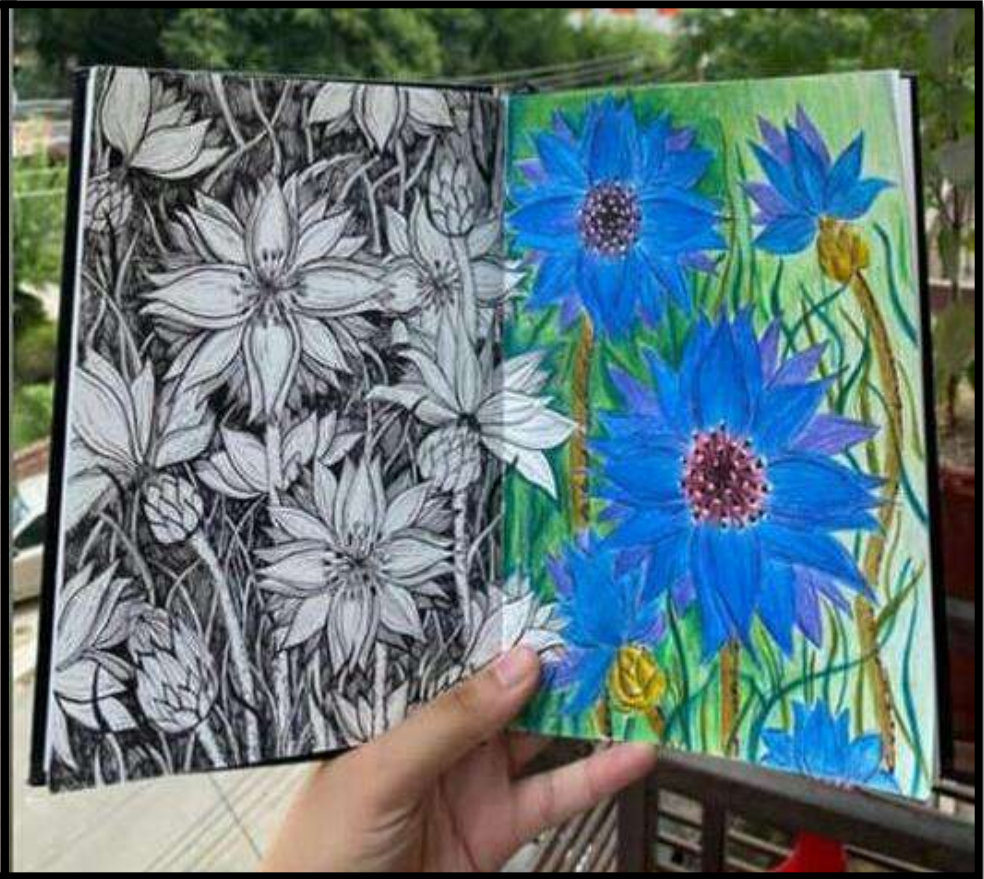
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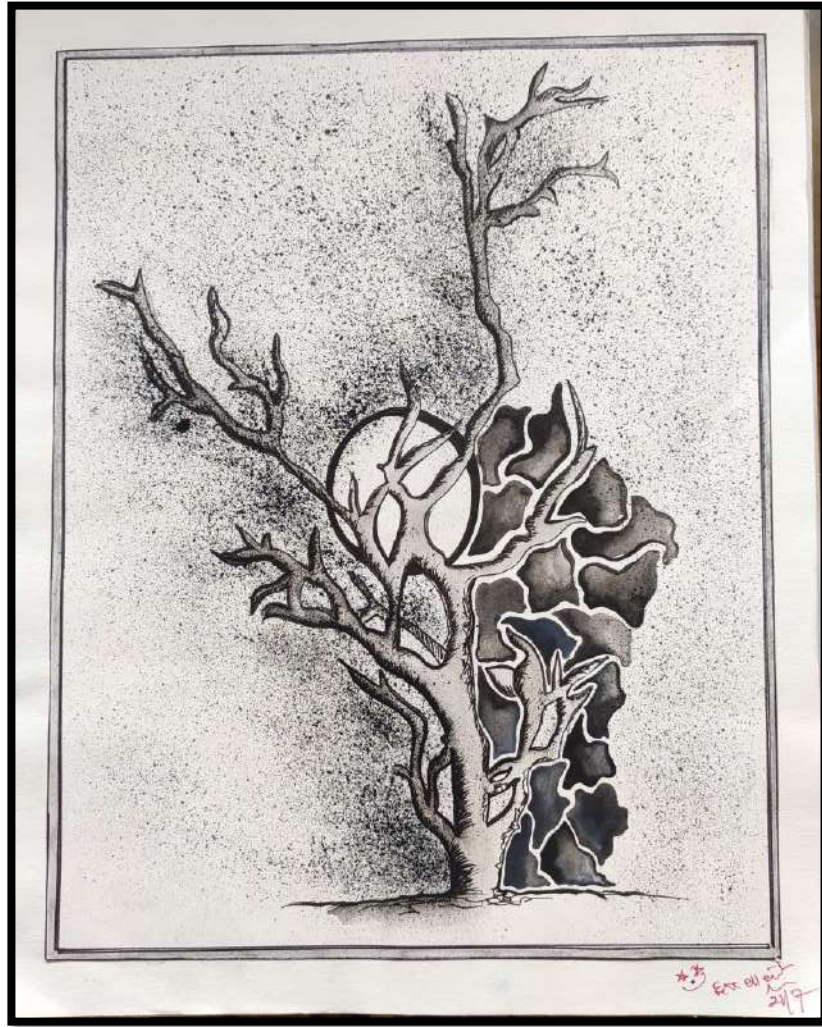
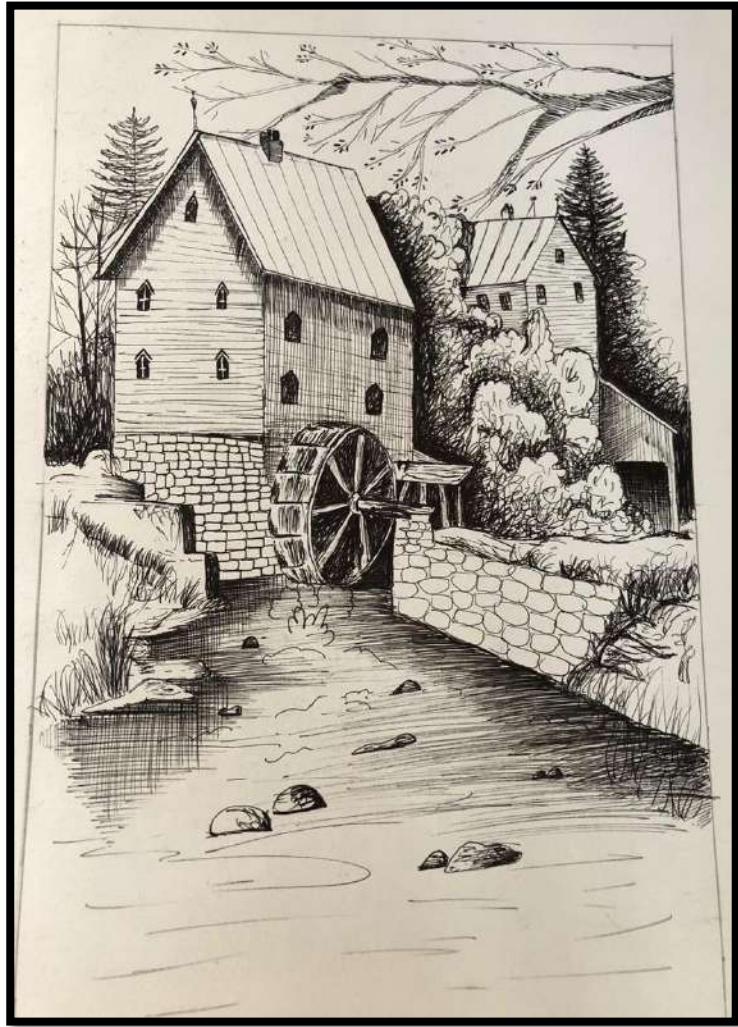


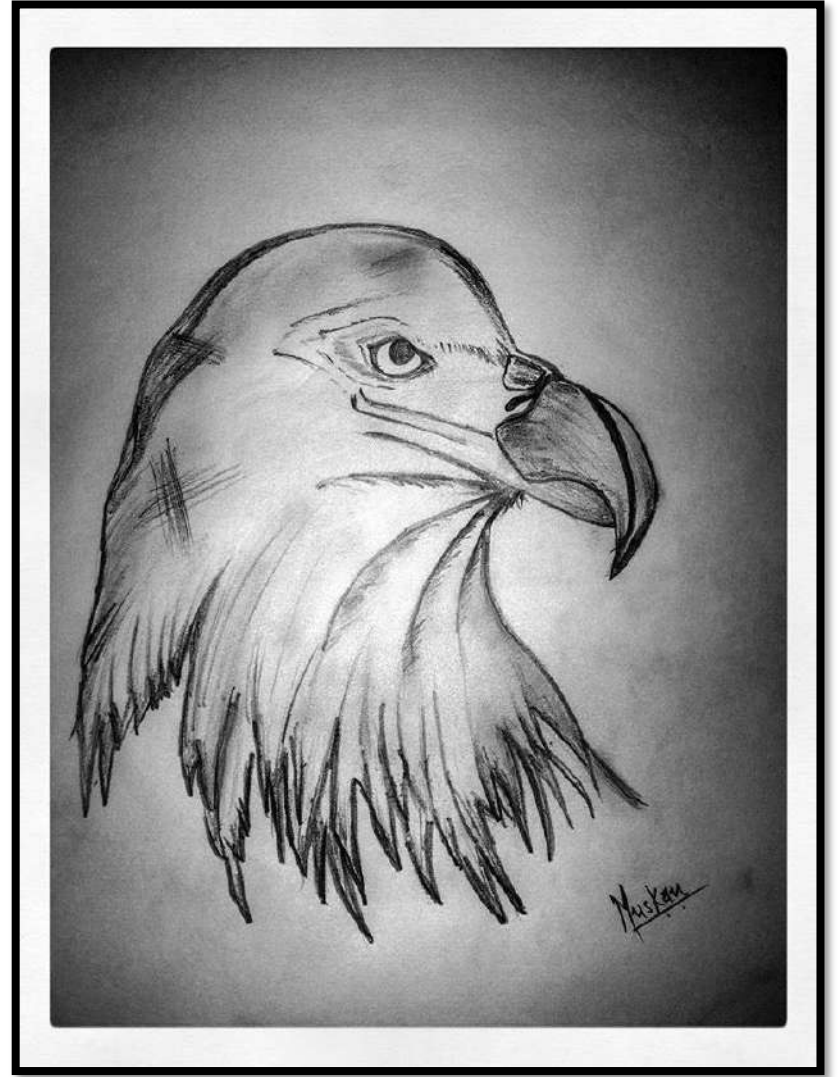
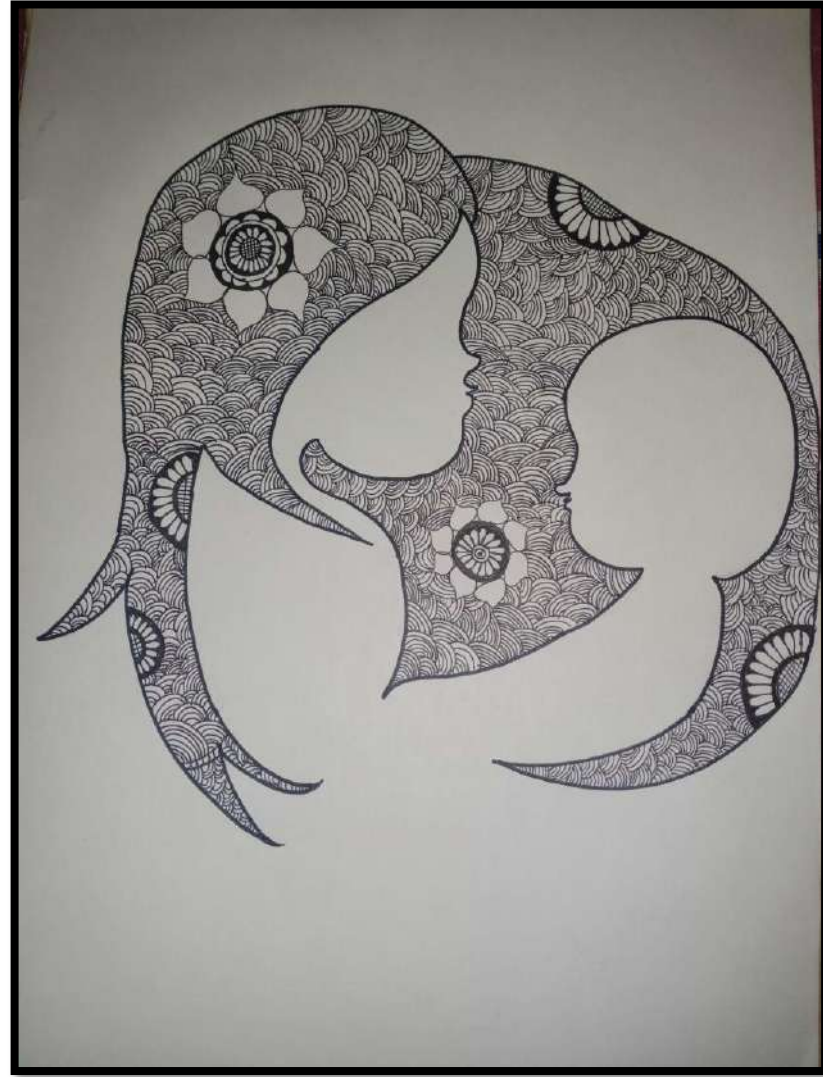




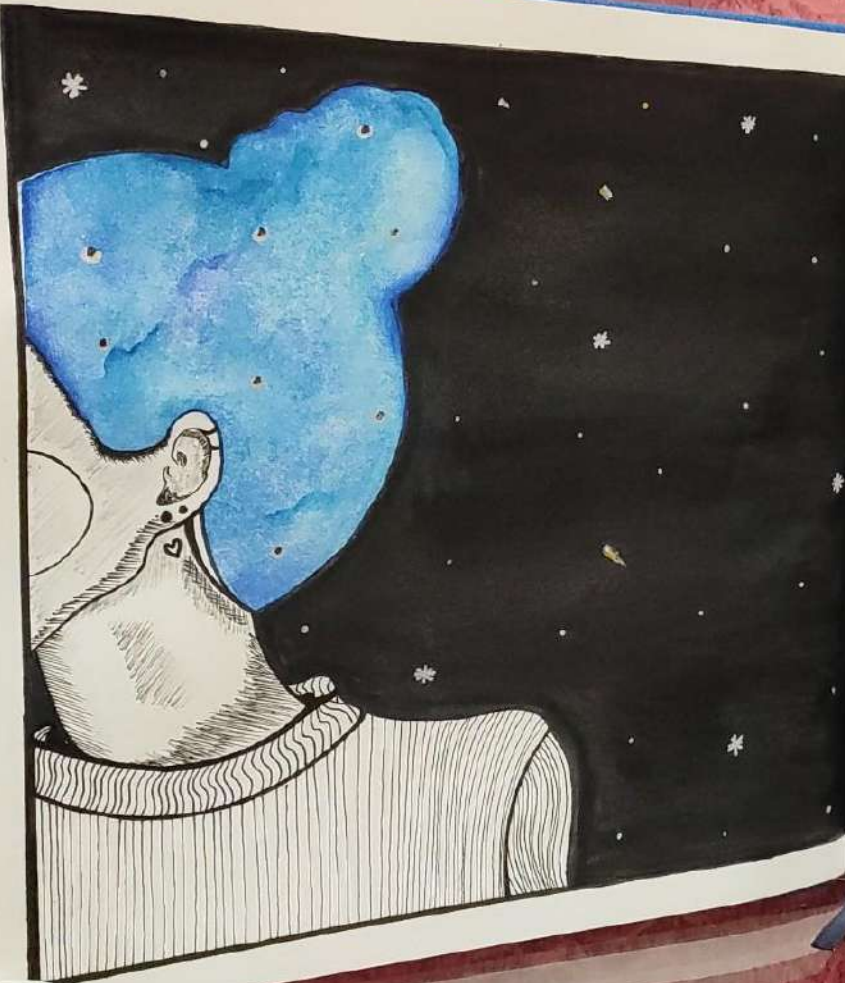






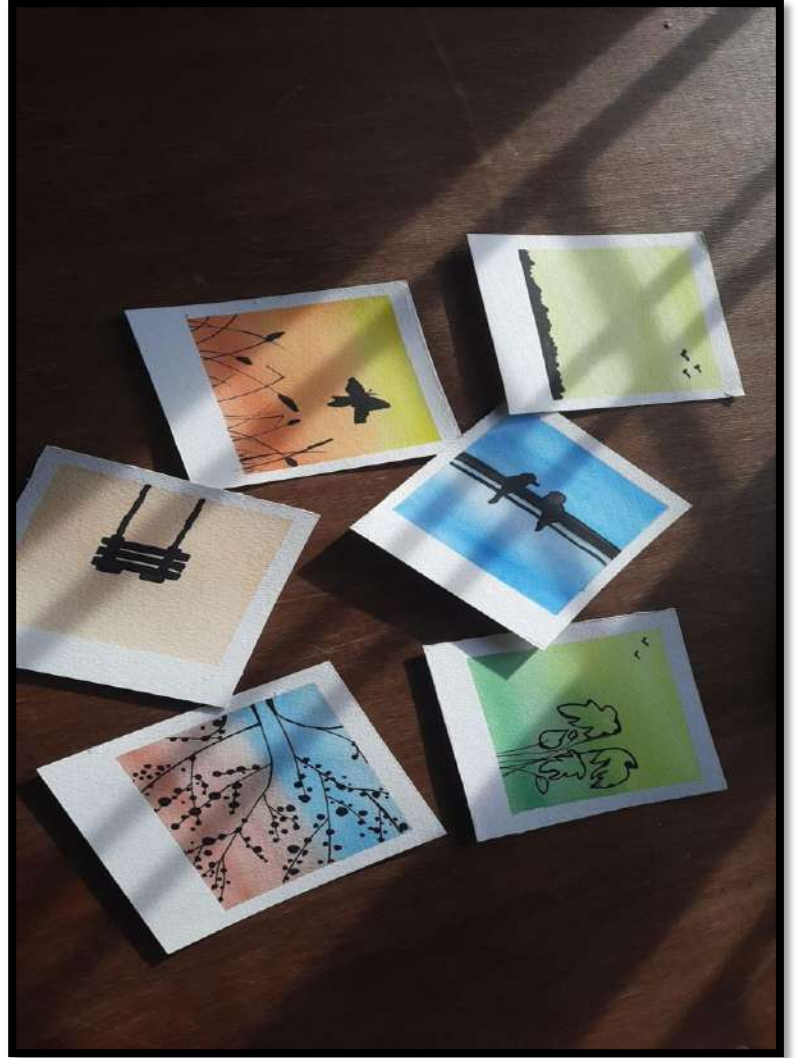
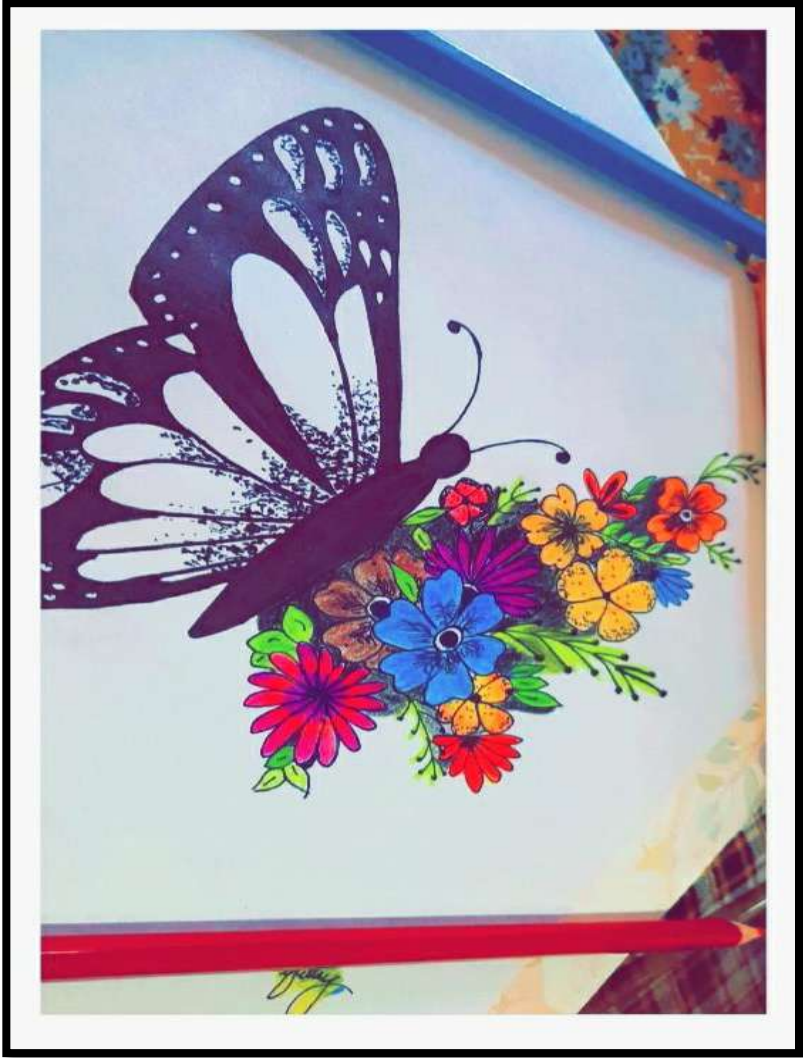


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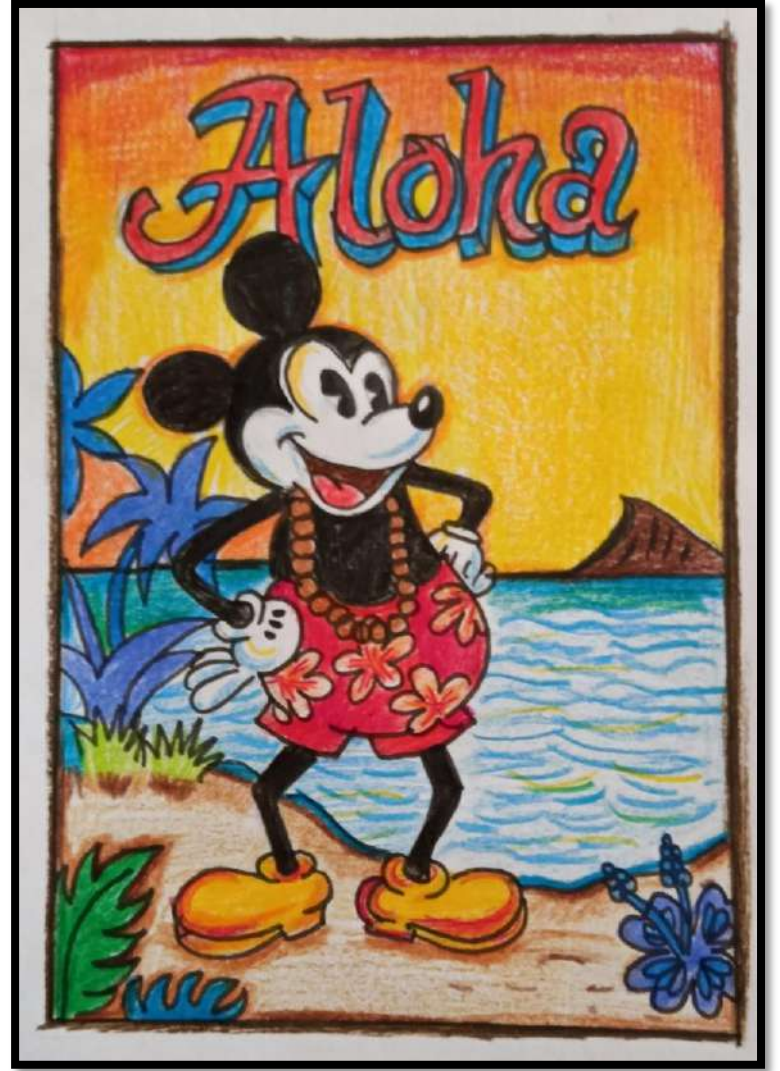
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told the
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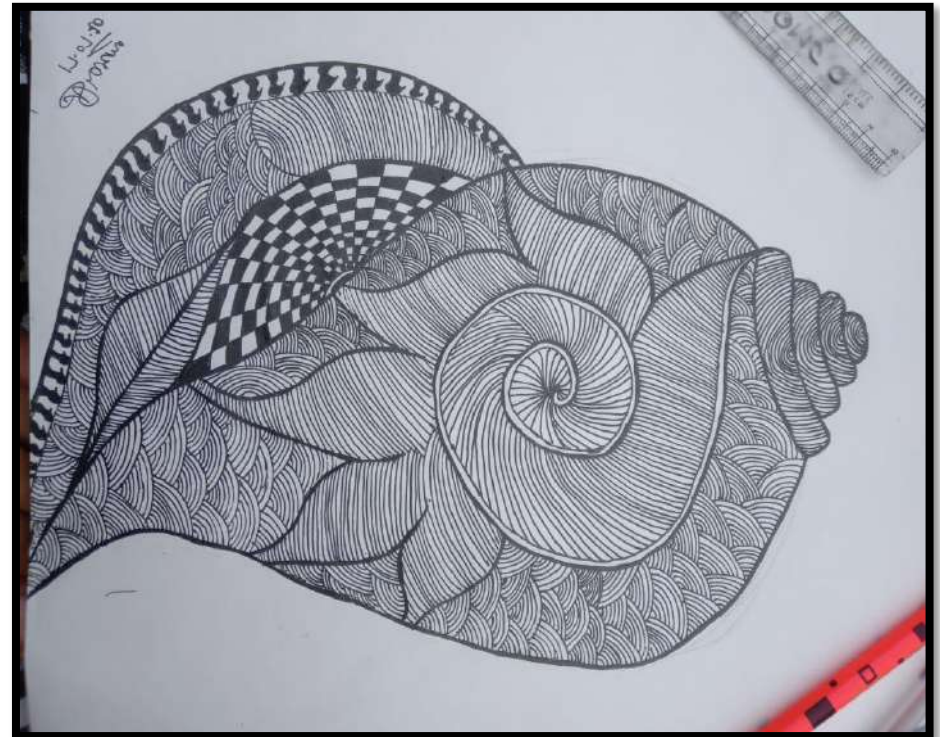


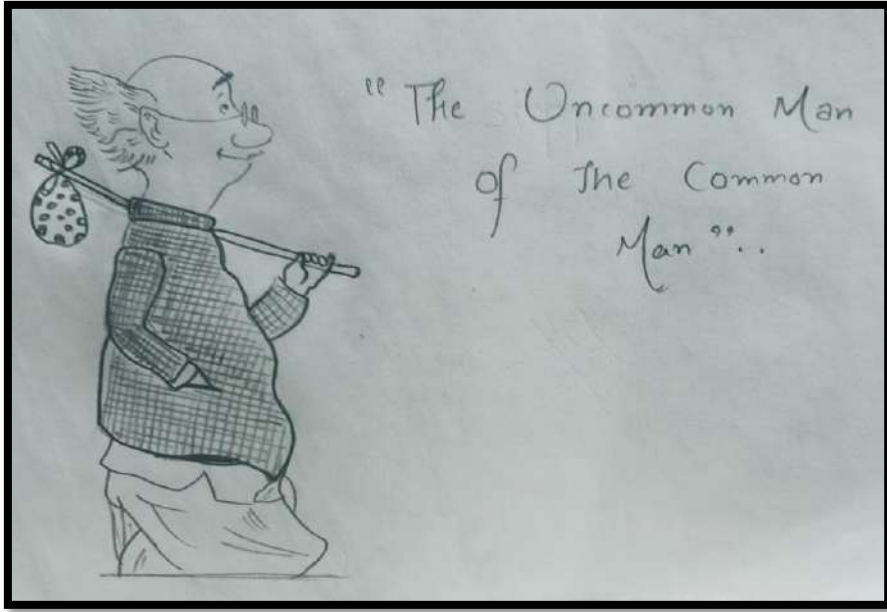
VOGUE














Every creature plays a part in the ecosystem, preserve biodiversity.

EARTH

**Nikita
BCA I
MCM DAV Collage
for Women**



"Caring for your body, mind, and spirit is your greatest and grandest responsibility. It's about listening to the needs of your soul and then honouring them."

1. Avoid close contact with people who are sick,
2. Avoid touching your eyes, nose, and mouth.
3. Stay home when you are sick,
4. Clean and disinfect frequently-touched objects
5. Surfaces using a regular household cleaning spray or wipe.
6. Wearing a mask is not necessary unless you are taking care of an infected person.
7. Wash your hands often with soap and water for at least 20 seconds

Name:- Nikita
Class:- BCA 1A
Roll No:- 6117



EARTH

"Thank YOU for all that you do! You are the real heroes of the world, and we value every single efforts to save every life. Love you all!"

CELEBRATE BIODIVERSITY FOR A SUSTAINABLE EARTH

"We may have all come on different ships, but we're in the same boat now."

Biodiversity is a term that represents the total variety of all life on earth. That's a big thing to sum up. Thousands of different world habitats, millions of different species, billions of different individuals and the trillions of different characteristics they all have. The total biodiversity of our planet is immense, which is a good thing because the more biodiversity, the more secure all life on earth is, including ourselves. Only when life is at its most varied vigorous biodiverse can we hope to thrive. We may not know it but we need towering forests across one-third of the land surface to block away carbon and keep the climate stable. We need millions of pollinators and billions of soil organisms and megalons of plankton to keep the food we eat in supply. We need strange plants deep in jungles to create our medicines and coral reefs and mangrove swamps to protect the coasts we depend upon. Our planet's biodiversity provides all the things we need for free but it will only do so if there's lots of it and at the moment it's under attack. In the last 50 years, our activities have dramatically reduced biodiversity across the globe. We've snuffed out habitats, reduced populations of wild animals by 60% and even driven whole species extinct. The number of Lions in Africa has dropped by 65%. The number of individual flying insects in Europe has dropped by 75%. The number of Bluefin tuna in the Pacific has dropped by 95%. Biodiversity is dropping everywhere and fast. This is catastrophic for nature and therefore ourselves. We talk about climate change a lot but biodiversity loss is as important an issue. How do we stop this loss of life? How do we ensure that biodiversity, our planet's vital statistic begins to increase again? In fact we already know exactly what to do.

Today, let us Remember
 the Golden Heritage
 Of Our Country
 And Feel Proud To Be
 The Part Of

INDIA

Nikita
 BCA 1A
 6112

MAHIKA SHARMA
 BA-3
 MCM DAN COLLEGE
 CHANDIGARH

COVID-19

WASH YOUR HANDS

BREAK THE CHAIN

DANGER

Stay Home Stay Safe

करोना से खुद को बचाए रखो
 दो गलत की पूरी बनावट रखो

← SOCIAL DISTANCING →

#PRIDE

7/10

It's Your RIGHT

CHOOSE RIGHT

VOTE

Use Ur POWER

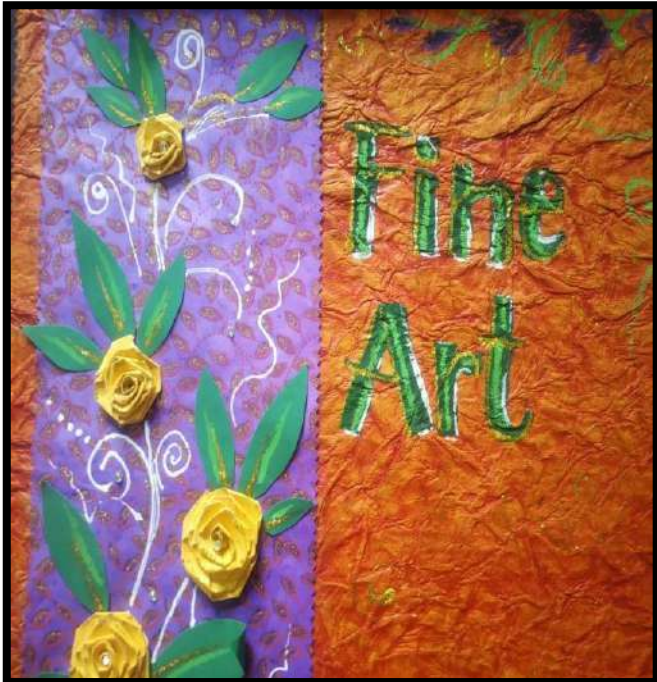
Go!

STIGMA

Support NOT Stigma

ALWAYS BETTER TOGETHER

Save the Nature





Follow your heart 🥰



Handwritten signature and date: 4/20/20

#Heart making with cloth bag 😊



"Life is like a Ferris wheel. Even when you're down, just remember there's always a way back up." 😊
😊 ##Swing Wheel Photo frame 😊

The desire to create is one of the deepest yearnings of the human soul 😊



#Birthday box 🥰



There is one thing the photograph must contain, the humanity of the moment 😊😊

#Camera card 😊

Creativity doesn't wait for that perfect moment. 😊

#Newspaper Cycle 😊



REDMI NOTE 5 PRO
MI DUAL CAMERA

Pocket Card 🥰



Never worry about being obsessive
. I like obsessive people. Obsessive
people make great art. 🥰😊😌

Art is the only serious thing in the
world. And the artist is the only per-
-son who is never serious." 😄💕

#Newspaper House 😄.



CREATIVE WRITING AND MENTAL HEALTH

Title of the Activity: CREATIVE WRITING AND MENTAL HEALTH

Name of the Committee: Geetanjali Student Online Forum under the aegis of Geetanjali Counselling Helpline

Convener & Principal : Dr Nisha Bhargava

Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology

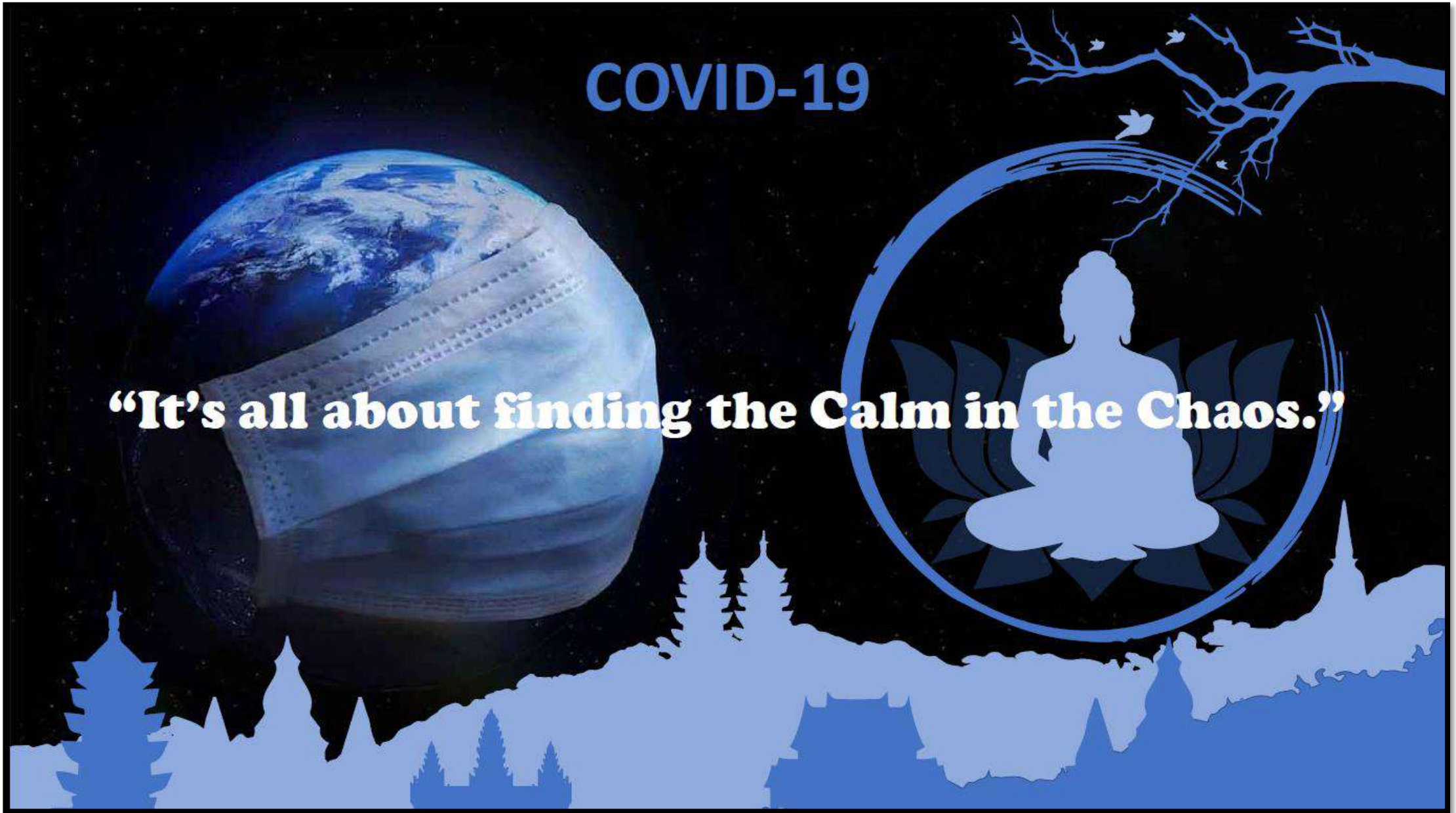
Date of conduct of Activity: 30th April, 2020 to till date

Number of Participants: 127 UG & PG Students

Objective: Creative writing encourages people to choose their words, metaphors and images in a way that really captures what they're trying to convey. This creative decision-making can lead to increased self-awareness and self-esteem as well as improved mental health. Creative Writing offers a unique way to explore thoughts, feelings, ideas and beliefs. Usually, creative writing employs the imagination as well as, or instead of, memory, and uses literary devices like imagery and metaphor to convey meaning. Many therapists recommend investing time writing every day to improve your mental wellbeing. According to Dr. Rowe, successful people use journaling in three ways: to express gratitude and appreciation, both for successes and for failures; to examine emotional toxicity, diving into difficult emotions and what causes them; to explore future goals and possible obstacles you may face, including feelings and emotions that may prevent you from achieving them.

COVID-19

“It’s all about finding the Calm in the Chaos.”



Words of Wisdom from Dr Nisha Bhargava (Principal)

कदम बढ़ाते रहें जब तक हाथ में हाथ है
रख यकीन अब कुछ ही दिनों की बात है ।
कभी यूँ भी होगा कि राह में अंधेरे होंगे
मगर हर रात के बाद उजले सवेरे होंगे ।
ये जंग तो मिल के जीत ही जायेंगे हम
ये दुनिया कायम रहेगी इसमें ये तो बात है।
कभी खुशी तो कभी दिल उदास भी होंगे
नज़र से ओझल मगर आस पास ही होंगे
बदलते वक़्त से तुम यूँ निराश मत होना
मुश्किलों से डरना क्या जब अपनों का साथ है ।
कदम बढ़ाते रहें जब तक हाथ में हाथ है
रख यकीन अब कुछ ही दिन की बात है ।

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and Mrs Suman Mahajan

ऐ खुशी तुझे कहाँ कहाँ ढूँढा मैंने
तू कुदरत के नज़ारों में रची थीं
कभी बागों की बहारों में बसी थीं।
कुछ कविता में गीत में भी रहती थी
और झरने के संगीत में भी बहती थी ।
कभी कभी तू फूलों की महक में मिली
फिर कभी चिड़िया की चहक में मिली ।
सावन की पहली बरसात में भी थीं
किसी बिछुड़े दोस्त से फिर मुलाक़ात में थीं ।
कभी बच्चे की मुस्कुराहट में भी पाया तुमको
कभी हंस हंस के सोते से जगाया तुमको ।
मैंने सोचा तुम्हारा कोई पता ठिकाना होगा
तुम्हें ढूँढने मंदिर -मसजिद तक जाना होगा ।
आखिर तुम्हें मैंने दया और करुणा में पाया
फिर मैंने अपने काम को इबादत बनाया।
तब ये ये जाना कि तुम मेरे मन में बसी हो
और अगर यहाँ पर नहीं तो कहीं नहीं हो ।

Copyright © Dr Nisha Bhargava

ODE TO OUR COLLEGE.....

लोग सोचते रहे
लॉकडाउन से सभी कुछ थम गया
कारोबार हो या पढाई
धार्मिक स्थल हो या पर्यटक स्थल
अगर इस दुर्लभ परिस्थिती मे भी कुछ ना रुका
तो वो है MCM
पुरा देश रुक सा गया
कक्षाएँ रोक दी गयी
पर MCM को आगे बढने से ना रोक सके।
इस देशबन्दी मे
सभी क्षेत्र में योग्यता दिखाने का अवसर
अगर किसी ने दिया
तो वो है MCM
सभी परिस्थितियो मे अपनी शान कायम रखना
एवं हर क्षेत्र में प्रथम रहना
कोई MCM से सीखे!

– Purvi Singh

क्या खूब होगी वो मिट्टी
जिसमे अब भी
बूँदों की नमी कायम हैं।

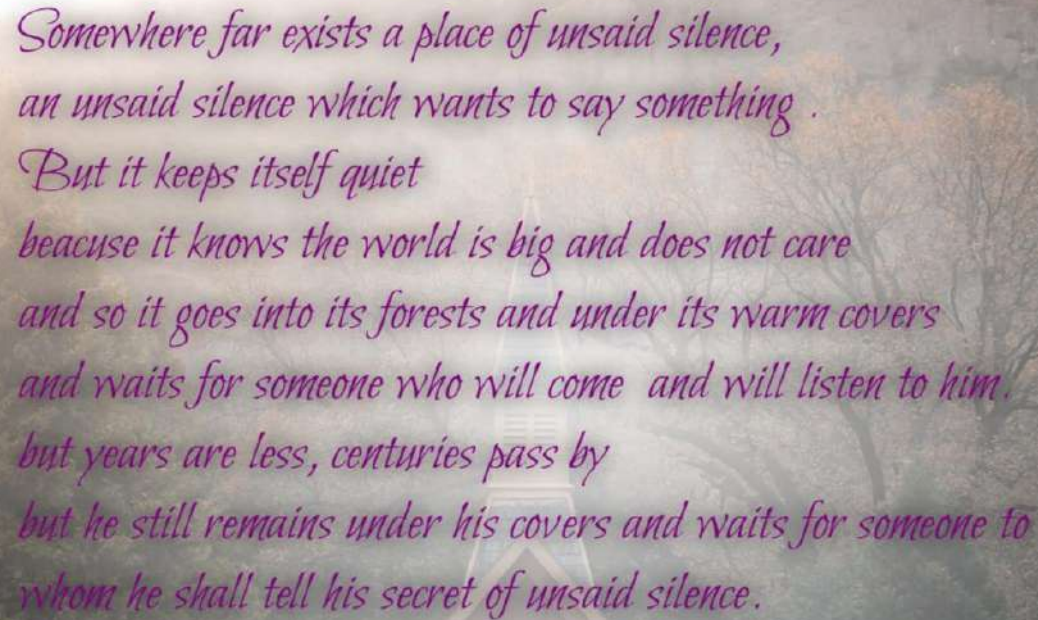
कितना लुभावना होगा वो वातावरण
जिसे हर साल
स्वच्छता में पुरस्कृत किया।

कैसा होगा वो माहौल
जहाँ प्रतिवर्ष
खिलाडी जन्मते हैं।

कहाँ से चुने होंगे
ये योग्य शिक्शक
जिनसे मेधावी विद्यार्थी बढे।

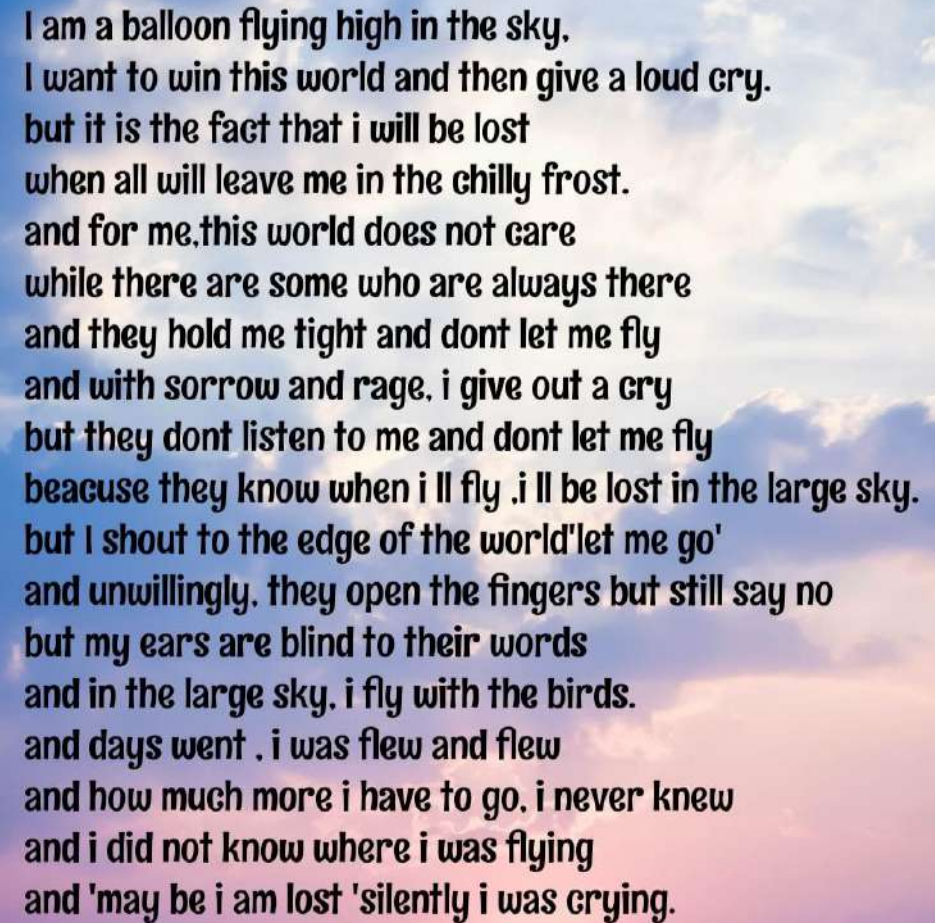
होंगे बहुत संस्थान
पर है कोई
जो हर क्षेत्र में काबिल हैं?

ये सभी कुछ शामिल है
बस एक नाम मे MCM
-Purvi Singh

A misty forest scene with a house in the foreground. The text is overlaid on the image.

*Somewhere far exists a place of unsaid silence,
an unsaid silence which wants to say something .
But it keeps itself quiet
because it knows the world is big and does not care
and so it goes into its forests and under its warm covers
and waits for someone who will come and will listen to him.
but years are less, centuries pass by
but he still remains under his covers and waits for someone to
whom he shall tell his secret of unsaid silence.*

guneet kaur

A sunset sky with a sun low on the horizon. The text is overlaid on the image.

**I am a balloon flying high in the sky,
I want to win this world and then give a loud cry.
but it is the fact that i will be lost
when all will leave me in the chilly frost.
and for me,this world does not care
while there are some who are always there
and they hold me tight and dont let me fly
and with sorrow and rage, i give out a cry
but they dont listen to me and dont let me fly
because they know when i ll fly ,i ll be lost in the large sky.
but I shout to the edge of the world'let me go'
and unwillingly, they open the fingers but still say no
but my ears are blind to their words
and in the large sky, i fly with the birds.
and days went , i was flew and flew
and how much more i have to go, i never knew
and i did not know where i was flying
and 'may be i am lost 'silently i was crying.**

-guneet kaur

You always have two options.
To chase the crowd or walk alone,
to write letters or talk on the phone.
To stand up for the truth or live a lie,
to move out of an abusive relationship or silently die.
To let hardship break you or leave you unshaken,
to follow the built trail or choose the road not taken.
To dwell in mediocrity or leave a small dent,
to brood over self-made misery or seize the moment.
You always have two options.
To choose between the orange and the blue
Don't let the wrong get the better of you.

Shreshtha, BA I, Roll No.7652

Mirror

The person on other side is so similar to me
The one who knows the real me
Talking with her is like a remedy
As she was with me in every memory
When I look at my image it helps me to introspect
Which tells me about me all the unknown facts
After introspection all my strengths and weakness are known
And the plan of my life is drawn
It's my image in the mirror not the clone.

Yoshita Sabharwal, BA I, Roll No. 7644

Beautifully Broken.....

With brokenness comes the strength.
the power that is inevitable.
don't let it go vain.
just go out.
change the world, paint it rainbow , write poems , sing to strangers , use the
broken part to mend ,
let the art from you find it's
way though the crack of yours
little heart , give it way to flow into different differences...
let the light in those parts
outshine the world .
don't keep it under dark
and swear your incomplete self
nothing great has ever come
to someone who is whole.
to the heart that never got broken
to the human that never saw darkness
to the soul never questioned it's
existence. we aren't born great
we become , that how it will always work
that's your power calling you
be glad to broken pieces ,
make a new you , who has this immense
power to make the world better place
to live in. The world that broke you:)..

SAUMYA, BA I, Roll No. 7616

They ignore just look in a different direction.
Many do many things and many don't'.
True is global warming effect us all
From the tiniest to the enormous
From fragile to strong
From plants to trees and to people.
True is it effects us all.
Many wonders are vanishing
Many care many don't'
There's more that care than more than don't.
One person makes a difference and many follow.
The smell of roses, daisies, and many others.
The scent of fresh rain in spring
The fresh air gasping through your skin.
The view of fascinating landscapes when you walk outside
The homing of birds and any other things
One makes a difference but many make a change. When friends come together they have the
power to change a difference.
True is we are responsible for many things that happened on earth.
We cause but we don't' fix
We cause a problem but we don't do fix.
Global warming effect us all
From sky to land
From sea to air.
everyone makes a change you just have to believe. A change is a improvement
If you believe then you have the power to succeed.
Earth gives us so much but we don't' give back.
Lets give earth what its given us.

Ranjana Yadav, BCom I, Roll No. 10169

Poem written on *Mother's Day*



यूं तो तुझे कभी मुरझाए हुए नहीं देखा
पर सब जानती हूं मां!!!
तू हंस कर तपती दुपहरी मैं खाना बनाती है
तेरी हर एक चीज मुझे तुझसे ओर स्नेह करवाती है ।।।
तेरी छवि लेकर एक अच्छी बेटि बनूंगी
तू देखती जा तेरा सर गर्व से ओर ऊंचा करूंगी!!
तेरी वो हंसी मेरा पहला प्यार है
तुझपे मेरी ये दुनिया न्योछावर है!
तू मेरा साथी है जिसने चलना सिखाया मुझको
तेरी छाया रहे हमेशा मुझपर
मेरी उम्र भी लग जाए तुझको!!!



Aditi, BCA II, Roll No. 513

I wrote this for my Dadi

ਲੱਖ ਖੁਸ਼ੀਆ ਮੈਨੂੰ ਰੱਬ ਨੇ ਦਿੱਤੀਆਂ , ਓਨ੍ਹਾਂ ਵਿੱਚੋਂ ਇਕ ਤੂੰ ।
ਜ਼ਿੰਦਗੀ ਦੇ ਹਰ ਮੇਕੇ ਤੇ ਸੀ ਨਾਲ ਮੇਰੇ ਤੂੰ ।
ਹੋਰ ਕਿਸੇ ਨੇ ਨਾ ਸਾਥ ਦਿੱਤਾ , ਜਿਨ੍ਹਾਂ ਦਿੱਤਾ ਮੇਰਾ ਤੂੰ ।
ਜਿਨ੍ਹਾ ਪਿਆਰ ਮੈਨੂੰ ਤੂੰ ਕੀਤਾ, ਨਾ ਕਿੱਤਾ ਕਿੱਸੇ ਨੇ ਇਹ ਕਿਉਂ?

ਕਿਉਂਕਿ ਤੇਰੇ ਵਰਗੀ ਤੂੰ ਹੀ ਉ ਸੀ ।
ਨਾ ਬਣ ਸਕਿਆ ਕੋਈ ਹੋਰ ।
ਦੁੱਖ ਵਿੱਚ ਵੀ ਸੁੱਖ ਵੇਖਣਾ ਨਾ ਸਿਖਾਇਆ ਕਿੱਸੇ ਨੇ ਹੋਰ।
ਜੇ ਮੈਂ ਹਾਂ ਬੱਸ ਤੇਰੇ ਕਰਕੇ, ਮਾਣ ਤੇਰੇ ਤੇ ਭਰਭੂਰ ।
ਬੱਸ ਦੁੱਖ ਹੈ ਤੇ ਇਸ ਗੱਲ ਦਾ , ਕੇ ਲੈ ਗਿਆ ਰੱਬ ਮੈਥੋਂ ਮੇਰਾ ਨੂਰ।

Amrteshwar Kaur, BA I, Roll No. 7699

माँ

नो महीने का दर्द,

फिर भी सामने आई ऐक खिलखिलाती मुसकान के साथ,

भगवान का दूसरा अवतार है माँ!

उन हाथों का ममता से भरा खाना,

खुद से पहले अपने बच्चों को खिलाना

दुनिया को छोड, खुद को खुशकिसमत

समझो, क्योंकि पास हमारे है माँ!

मेरी जान, प्राण

सब उसमे है बसते,

ये और कोई नहीं, भगवान का एक

अद्भुत आविष्कार हैं, माँ!!

वह बुजुर्ग कहलाते हैं

जो विश्व में उजाला लाते हैं

जो मकान को घर बनाते हैं

हर पल हमारा प्रोत्साहन बढ़ाते हैं

वह ज्ञान का सागर बुजुर्ग कहलाते हैं

इस कठिन जग में जीने की उम्मीद जगाते हैं

अनमोल ज्ञान इक पल में दे जाते हैं

छोटों-बड़ों से वार्तालाप का ढंग सिखाते हैं

वह ईश्वर रूपी इनसान बुजुर्ग कहलाते हैं

पुरुषोत्तम कैसे बनें यह ज्ञात कराते हैं

आदर-सम्मान करने की कला सिखाते हैं

प्रेम-प्यार से रहने की बात बताते हैं

वह अनमोल रत्न बुजुर्ग कहलाते हैं

कभी हमारे संग खेलते व खिलखिलाते हैं

खुशी का ही दूसरा नाम जिंदगी है यह सच्च कर दिखाते हैं

ईश्वर का हीनाम हर वक्रत दोहराते हैं

वह बड़े रुपी दोस्त बुजुर्ग कहलाते हैं

By Ishmeet kaur(meet)

Tribute to Indian Soldiers

जिस मिटी में हम जन्मे है,
उस मिटी का कर्ज चुकाना है
हम सब को मिलजुल कर
देश की आन बचाना है ।
पाकिस्तान हो या हो चीन,
सब को सबक सिखाना है
खाई थी जो कस्मे मिटने की
अब कस्मो को निभाना है ।
हम अपना फर्ज निभा के,
दोखे से हुए हमले में
हम अपनी जान लूटा के
तिरंगे की शान बड़ा के चले
अब वतन तुम्हारे हवाले है
देश के भीतर दुश्मनों को
पहले तुम सबक सिखाओ
भारत के पहरदारों अपना
अब तुम अपना फर्ज निभाओ
भारत को स्वर्ग बनाओ ।

Jai Hind* *Poem Written by My Father

Avneet Kaur, BCom I, Roll No. 10039

कंधे से कंधा मिलाकर चल
आ दुनिया को शक्ति यह जोड़कर दिखाएं
थाम लो हाथ मजबूती से सब
फिर एकता को हमारी कोई तोड़ कर दिखाएं
मिल जाएंगे तो काम सब हो जाएंगे आसान
सफलता की ओर बढ़ते कदम कोई मोड़ के दिखाएं,
बनकर के हौसला एक दूसरे का
उड़ कर दिखाना है
आसमा में यह तिरंगा चल ओढ़ के दिखाएं।।

Nancy Sharma, BA I, Roll No. 7130

उठते ही, भोर की पहली किरण के साथ उन कलियों ने
मुझसे फिर वही सवाल किया
और
मैंने फिर वही जवाब दिया
" क्या आज थोड़ा सा
जीने का इरादा है?"
" नहीं, कल से देखेंगे ,
आज दिल पर बोझ जरा ज्यादा है!"

Nancy Sharma , BA I, Roll No. 7130



HIS NOTEWORTHY LOVE

**Whenever I see you
You always only smile back at me
Deep inside I know
how much you value me
You smile back
When I thank you
You smile back
When I cry in front of you**

**Sometimes I really think
If you have ever listened me
Sometimes I think
Are you ever concerned about me
I know in my heart
For blessing me you try so hard**

**I feel you around me like air
Who dry up my tears
whenever I cry
But,
My mighty lord
Why don't you show up
Whenever I fly so high**

- Muskan Arora



TO THE WORLD MINISTRY

She was the offender
The offender of the law of love
Stood there alone in the only stockade of the court junk
As a client of water who wades away her pain
Hide her tears
Just help her to gain

The ministry was asked
The question with remorse
If her language of love was so ridicule
If she was the fool
Who was unique and obscure ..!

Now only with hope
the name of ministry she enchanted
Just for the sake of language she wanted

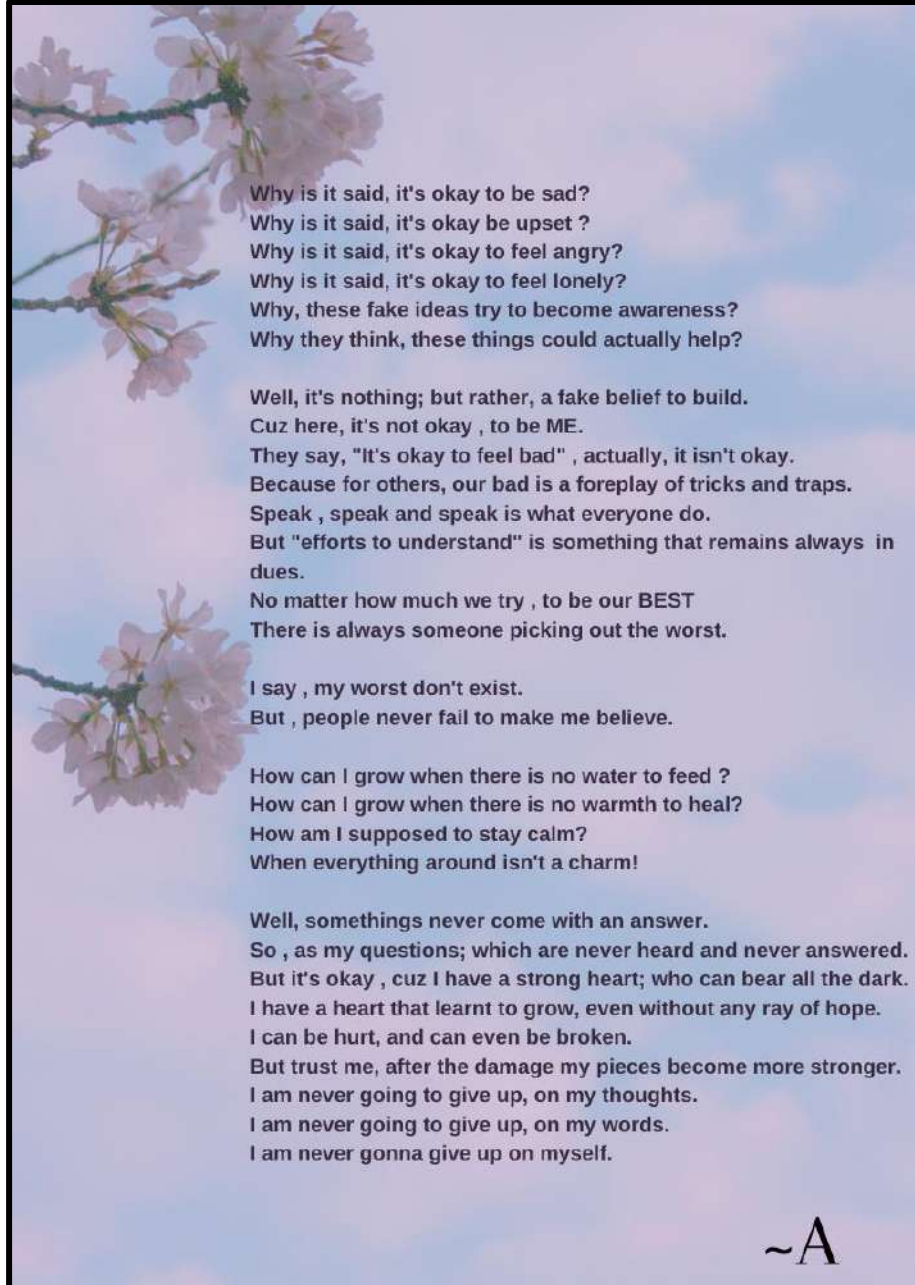
The hands begged for the help was denied with unspoken words
She was left again in the dark full of remorse

The court was adjourned in the silence

She just hoped
She might knew how to play love violin

- Muskan Arora





Why is it said, it's okay to be sad?
Why is it said, it's okay to be upset ?
Why is it said, it's okay to feel angry?
Why is it said, it's okay to feel lonely?
Why, these fake ideas try to become awareness?
Why they think, these things could actually help?

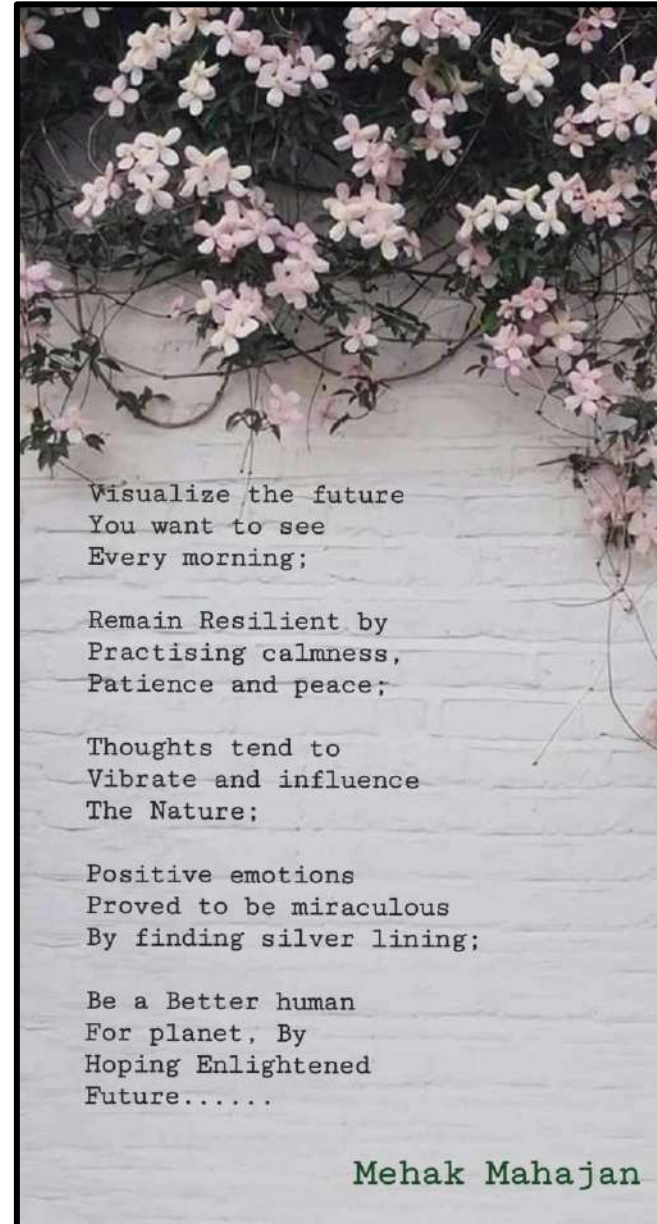
Well, it's nothing; but rather, a fake belief to build.
Cuz here, it's not okay , to be ME.
They say, "It's okay to feel bad" , actually, it isn't okay.
Because for others, our bad is a foreplay of tricks and traps.
Speak , speak and speak is what everyone do.
But "efforts to understand" is something that remains always in
dues.
No matter how much we try , to be our BEST
There is always someone picking out the worst.

I say , my worst don't exist.
But , people never fail to make me believe.

How can I grow when there is no water to feed ?
How can I grow when there is no warmth to heal?
How am I supposed to stay calm?
When everything around isn't a charm!

Well, somethings never come with an answer.
So , as my questions; which are never heard and never answered.
But it's okay , cuz I have a strong heart; who can bear all the dark.
I have a heart that learnt to grow, even without any ray of hope.
I can be hurt, and can even be broken.
But trust me, after the damage my pieces become more stronger.
I am never going to give up, on my thoughts.
I am never going to give up, on my words.
I am never gonna give up on myself.

~A



Visualize the future
You want to see
Every morning;

Remain Resilient by
Practising calmness,
Patience and peace;

Thoughts tend to
Vibrate and influence
The Nature;

Positive emotions
Proved to be miraculous
By finding silver lining;

Be a Better human
For planet, By
Hoping Enlightened
Future.....

Mehak Mahajan

Coat of calmness

Our lives changes daily
the light comes and it goes
as the wind rises and falls
with the breathing
of those around us
sometimes it seems as if
a single touch will bring us sun
and a clear sky
while a single word stars
a storm that keeps raging
for days inside our heads
that is why you must create a coat
of positive thoughts
an umbrella of hope and faith
to get you through the thunder
and the rain to better and warmer days:))

By:SmileySaumyaSingla **BA I, Roll No. 7616**



let your new self breathe

change is the only constant
in our world
where every day is a new era
and you feel it too
this fresh energy
moving inside you
dying to see the light
for this old skin of yours
has grown too tight
it's time to leave it behind
with the people and the dreams
that died
it's time to clean up your mind
realise the old used time
for may be this new person
you're meant to be
who's capable of anything
is buried under all the things
you once were
and you need to set it free.

by:SaumyaSingla **BA I, Roll No. 7616**



कितने दिन होगए
गाड़ियों की आवाज़ नहीं सुनी
सब शांत शांत सा है
सब ठीक तो है?
ओ ! Lockdown चल रहा है
सभी घर में बैठे है
नहीं, कुछ लोग देश की सेवा भी कर रहे हैं
किसी के हाथ में बंदूक हैं
तो किसी के हाथ में स्टेथोस्कोप
और कोई झाड़ू लगा कर देश की रक्षा कर रहा है
कोई गरीबों को खाना खिला रहा
तो कोई खाना बनाना सीख रहा है
कोई पढ़ रहा है, कोई खेल रहा है
तो कोई लिख रहा है
हर इंसान अपने आप को खोज रहा है
कुदरत भी अपना करिश्मा दिखा रही है
इंसानों का घर में और जानवरों को सड़कों पर ला रही
सब कुछ बदल रही है ये बीमारी
हीला कर रख दी इसने दुनिया सारी
अगर चाहते हो इस बीमारी को खतम करना
हमेशा पॉस्टिव सोच से आगे बढ़ना.

– Yoshita Sabharwal

जागो और जगाओ :-

सबके दिलों में यही एक खीफ
कब आएगी और कहा
लेकिन क्यों हम उसको आने दे
सबका दरवाजा खिड़की
बंद कर दे ।
साफ सुथरा रहना सिखो
घर घर में किताबें पढ़ना सिखो
कहानीया सुनाओ और सुनो,
चित्र बनाओ और रंग भर दो ।
सबसे प्यारे अपनों को
कभी मत खोना
अपनी मूर्खता से,
नहीं तो यह दुनिया
कौसंगे तुमको ।
सबको जिंदगी की
कीमत समझाओ ।
भगवान को प्राथना करो
उनके अवतार रूप
धारण के लिए ।
रावण का वध करनेवाला राम
और कंस का वध करनेवाला
कृष्ण को,
आवाहन जरूर करो।
उम्मीद की किरण
सभी को जगाओ।
कोई भी दुर्बल मत होना;
सफलता के लिए सबल और
सतर्क रहना ही हित है,
जागो प्रियो, सभी को जगाओ,
जीने का राह सभी को दिखाओ
ये एक संग्रामिक समय है,
सबको प्यार से जिन्दगी की
उम्मीद जगाओ ॥

By-TH. MALEMNGANBI

Class -BA 1
Roll no. -7373

Magic comes in pieces ☆♡

The world us shimmering
with hope and light
everything is sprinkled
with tiny shining sparks
like glittery dust
it covers every moment
in a fine transparent layer
and if we choose to believe
we'll find answer
to every quite prayer
for the divine is everywhere
when soft lips meet
in favourite songs on repeat
when a new soul comes to life
in every eye and in ever star
the magic is composed
of a thousand tiny miracles
scattered in pieces
and only if you decide
to look for it
will you see the bigger picture...:) ✧ ☆ ✧

By:SaumyaSingla **BA I, Roll No. 7616**



unfold wings ♡

we all have wings
a talent , a passion , a gift
that is meant to take us higher
and make us lives
a piece of art
but we tend to hide them
carry them around like deadweight
are we that afraid
that our flight will take up
too much space?
or do we fear
that it will take us away
from success or fear of fall!
it's time to be brave
time to unfold your wings
and do what you were meant to
to follow the fire in your soul
and light up the world
for none of us are strong enough
to carry our dead dreams and burried wishes
while we walk a path
someone else set for us....

by:SaumyaSingla **BA I, Roll No. 7616**





जब से बनी हो तुम मेरी यार
मेरी सुखी सी जिंदगी में लाकर रखती तुमने बाहार
चाहे हो सोम से लेकर रवि तक कोई भी वार
सभी बीते तेरे ही संग मेरी प्यारी यार
जब भी जाती हूँ में अल्लूहा के दरबार
यह ही मांगती हूँ बार बार
हर जन्म में मेरे तु ही बने मेरी यार
और रोज़ हो मुझे तेरा दीदार
कभी ना पड़े हमारी दोस्ती में दरार
और ना ही कभी खड़ी हो शक की कोई दीवार
चाहे अनेकों बार हों हमारी दोस्ती पर वार
परंतु हम ना माने कभी भी हार
जैसे नहीं पकड़ी जाती जल की धार
वैसी ही हो हमारी दोस्ती यार
वैसे तो किये हैं प्रभु ने मुझ पर अनेक उपकार
परंतु तुम्हारी दोस्ती है मेरे लिए बहुत बड़ा उपहार
जिसने बदलकर रख दिया मेरा सारा संसार
जिस से मेरी जिंदगी में आई बाहार ।

– Vipin Preet Kaur Bala

माँ तुम्हें आज का दिन मुबारक हो !

मुझको याद हैं वो बचपन के दिन
जब भी आता था मेरा जन्मदिन
तू मुझे प्यार से जगाती थी
अपना दुलार मुझ पर लुटाती थी ।

फिर चाँद तारों से सजा कर
मुझको मंदिर ले जाती थी ।
मेरा मनपसंद खाना बना कर
मुझे अपने हाथ से खिलाती थी

मैं बड़ी हुई घर से विदा हुई
मायका पीछे छूटा मेरा
मगर फिर भी जन्मदिन से
रिश्ता नहीं टूटा मेरा ।

तू मेरे जन्मदिन पर हमेशा
हमसे मिलने आती रही
प्यार का तोहफ़ा और जाने
क्या क्या साथ लाती रहीं ।

तूने मुझको जो सिखाया
उसने किरदार बनाया मेरा
तेरी अधूरी ख्वाहिशों ने
मुस्तकबिल सजाया मेरा ।

मैं भी तुझे बहुत चाहती थी
मगर ज़्यादा बताती न थी
अपना दिल खोल के कभी
तुझ को दिखाती न थी।

फिर एक दिन तू हमको
छोड़ कर हो गई रूखसत
एक बार ये कहने की भी
नहीं दी तूने मुझे मोहलत ।

आज के दिन पर मैं
ये इज़हार करती हूँ
दुनिया में सबसे ज़्यादा
मैं तुमको प्यार करती हूँ।

माँ तुम्हें आज का दिन मुबारक हो।

Canva

Heading to my world of imaginations
Became the Hero of my Story .
Fairytale have increased the
expectations but it didn't end up right.
So let's finish the beautiful love Story.
Nature and Me mesmerising each and
every moment we spend together.

*THE DAY I WAS BORN
ONE DAY BEFORE YOUR BIRTHDAY
WAS THE DAY I WAS OWN
MY LIFE STARTED WITH UPS AND DOWN
BUT YOU HAVE NEVER LEFT ME IN BREAKDOWN
IT WAS MOMENT OF RELIEF WHENEVER I SEE YOU
THANK YOU FOR BEING A WARRIOR WHEN I NEED
YOU
FEW WORDS WON'T DESCRIBE MY LOVE FOR YOU
A TO Z HAVE NO RANGE TO DESCRIBE MY FEELINGS
FOR YOU*

कई कविताएं तो कई संदेश ,
कई व्यंजन तो कई पेंटिंग,
मुमकिन नहीं है देनी इनकी रेंटिंग ।

पहला सलाम मेरा उनको जो निस्वाथु मन से अपना समय
हमारी सेवा मे लगा रहे हैं ,
और दूसरा सलाम मेरा उनको जो पृगतिशील विचारों से दूसरों
को लॉकडाउन मे जीना सीखा रहे हैं।

यूहीं नहीं **MCM** का नाम है ,
तुम सभी की वजह से ही इसकी शान है ।

समय थोड़ा कठिन है पर तुम सब साथ हो तो समय भी हँस
कर बीत जाएगा ,
थोड़ा मुश्किल तो है वायरस का एंटीडोट पर देखना वो भी
तुरंत ही निकल जाएगा ।

नहीं देखा था ऐसा हुनर जो तुम सभी ने मिलकर दिखाया है,
शुक्रिया तुम सभी का जिसने एक बार फिर से कलाकारी को
जगाया है।

हुनर हम सभी में है बस उसे खोजने की कोशिश करो,
बीत जाएंगे ये दिन और रातें बस सबको घर रहने की
सिफारिश करो।

ये लॉकडाउन नहीं कुछ कर दिखाने का मौका है,
तुम भी कौशिश करो किसने रोका है।

काम्या

इंसानियत को ही तुम यह जो बांटे जा रहे हो
भाइयों में ही तुम हिंदू मुस्लिम छांटे जा रहे हो,
यह बैर भाव अलग कर चुका है हिंदू से पाकिस्तान को
अब मत बोलो हैवान तुम भाई मुसलमान को
मैंने उस करीम को राम की जान बचाते देखा है
मैंने मुस्लिम को हिंदू से दोस्ती निभाते देखा है
हाथ थाम कर गले लगाने की रीत सिखाता है
नफरत ने सिखाए कोई ,हर धर्म प्रीत सिखाता है
करुणा के पंख फैला कर देखो हिंसक तो अनेक है
नमाज पढ़ो या पूजा करो अल्लाह ईश्वर तो एक है।

Nancy Sharma, BA I, 7130

कलम खामोश है मेरी
दिला कुछ अल्फाज़ दो मुझे
चुन चुकी हूं आखिरी राह
एक नया आगाज तो मुझे
खो रही हूं खुद में ही अब
लौट आने को आवाज दो मुझे
नहीं चाहिए वादे जन्मों के
बस एक सहारा आज दो मुझे
दवा दुआ कुबूल ना हुई
इस मर्ज का इलाज दो मुझे
हार चुकी हूं अपनों से ही मैं
एक नया समाज दो मुझे ॥

Nancy Sharma, BA I

हो सके तो लौट आओ -

आँखों में नमी बनकर छाये रहते हो
तो कभी होंठो पे मुस्कुराहट लाते हो
दिल में धड़कन बनकर धड़कते हो
तो कभी यादों में ही रुलाते हो
अगर इतने प्यारे हो
तो क्यों न पास हमारे हो?
दूर आसमान में चमकते सितारे से हो...
ख्वाब में तो आते हो अब हकीकत में भी आओ न
एक बार ही सही मुझे अपने सीने से तो लगाओ न
सुना है जहाँ तुम चले गए वहाँ से कोई लौट कर नहीं आता
मगर एक बार ही सही अपनी खुशबू बिखेर जाओ न
अब रातों को सुकून नहीं मिलता
अपनी गोद में सुलाओ न
मेरी तपती दोपहर में ठंडी छाओं बनकर आओ न
हो सके तो वापिस लौट आओ न
हो सके तो वापिस लौट आओ न।

-a.gupta

ज़रूरी तो नहीं हर कहानी कामिल हो...?
हमारे सफ़र भले ही अलग है,
मगर यादों का आसमान एक कर दो
ऐ-वक़्त मेरा एक काम कर दो...
मेरी गर्दिशों में उसका एहसास भर दो
मेरे अशकों का साहिल उसे कर दो
मेरी ढलती रातों का मेहताब उसे कर दो
मेरे रूठे सवेरो का आफ़ताब उसे कर दो
ऐ-वक़्त मेरा एक काम कर दो
मेरे हर ज़ख़्म का मरहम उसे कर दो
ऐ-वक़्त मेरा एक काम कर दो
ऐ-वक़्त मेरा एक काम कर दो॥

-a.gupta.

ऐ-वक़्त मेरा एक काम कर दो-

ऐ-वक़्त मेरा एक काम कर दो
मेरी तन्हाइयां का किनारा कर दो
अब नहीं सहन होती तेरी ये मनमानी
कुछ मेरी भी अब तुम सुन लो
ऐ-वक़्त मेरा एक काम कर दो...
हाँ, हमारी मोहब्बत अधूरी थी,
तो क्या हुआ?

MY EXEMPLARY PLAN

When you close your eyes and look back, did you see yourself here? Did you ever imagined being with these friends, falling in love, doing random stuff, crying for someone who back then meant nothing to you? Did you ever pictured yourself with the same partner, with some sort of relationship that was already messed up or absolutely secure with no chaos? Moreover you aspired a sorted life with your childhood friends with whom you have enjoyed the best days of life. Maybe you imagined the same partner forever. You once thought that maybe everything will not go the the same way but you were too overwhelmed with those pretty good thoughts that you didn't wanted to confine yourself with the negative ones. "BUT IT HAPPENED LIKE YOU NEVER PLANNED" This was genuinely not what you planned, maybe some change or maybe drastically opposite but definitely not exactly what you mapped everything like. You have always loved this proper planned, prepared things. Making sense in everything around your world. Maybe you thought that these plans will give you more confidence and lead you to your clearest way you want to go on. But one thing that i have learnt over and over again is the GOD'S PLAN and that never goes hand in hand with MY PLAN. Let me make you aware of that super power and its beauty. The world perfectly aligns according to that BEAUTIFUL POWER. And if you think that everything is going according to you then you are wrong somewhere this "My life, My rules" is just for your own satisfaction. Let that beauty embrace in your SOUL, MIND & BODY. The GOD'S plan is perfect in every way just like that superpower made this world with breath taking views he has aligned the same beauty in your life too. You are what that superpower wanted you to be like. These emotions of love, happiness, hatred, affection, anger are just like the superpower's climates, they keep on changing time to time and with situations. Just let it be like what it is . You need not plan everything perfectly. Not always you have to be planned with everything. Let the surprises overcome your fears. Believe in that superpower. That superpower made you, and now its his responsibility to carve the best in YOU. Let the randomness let you free of all those fears and that sense of perfectness in everything. Let that consciousness stifle and let yourself go deep in the belief and faith for that god has a better plan for you then yours.

Ananya Ahuja

PHOTOGRAPHY AND MENTAL HEALTH

Title of the Activity: PHOTOGRAPHY AND MENTAL HEALTH

Name of the Committee: Geetanjali Student Online Forum under the aegis of Geetanjali Counselling Helpline

Convener & Principal : Dr Nisha Bhargava

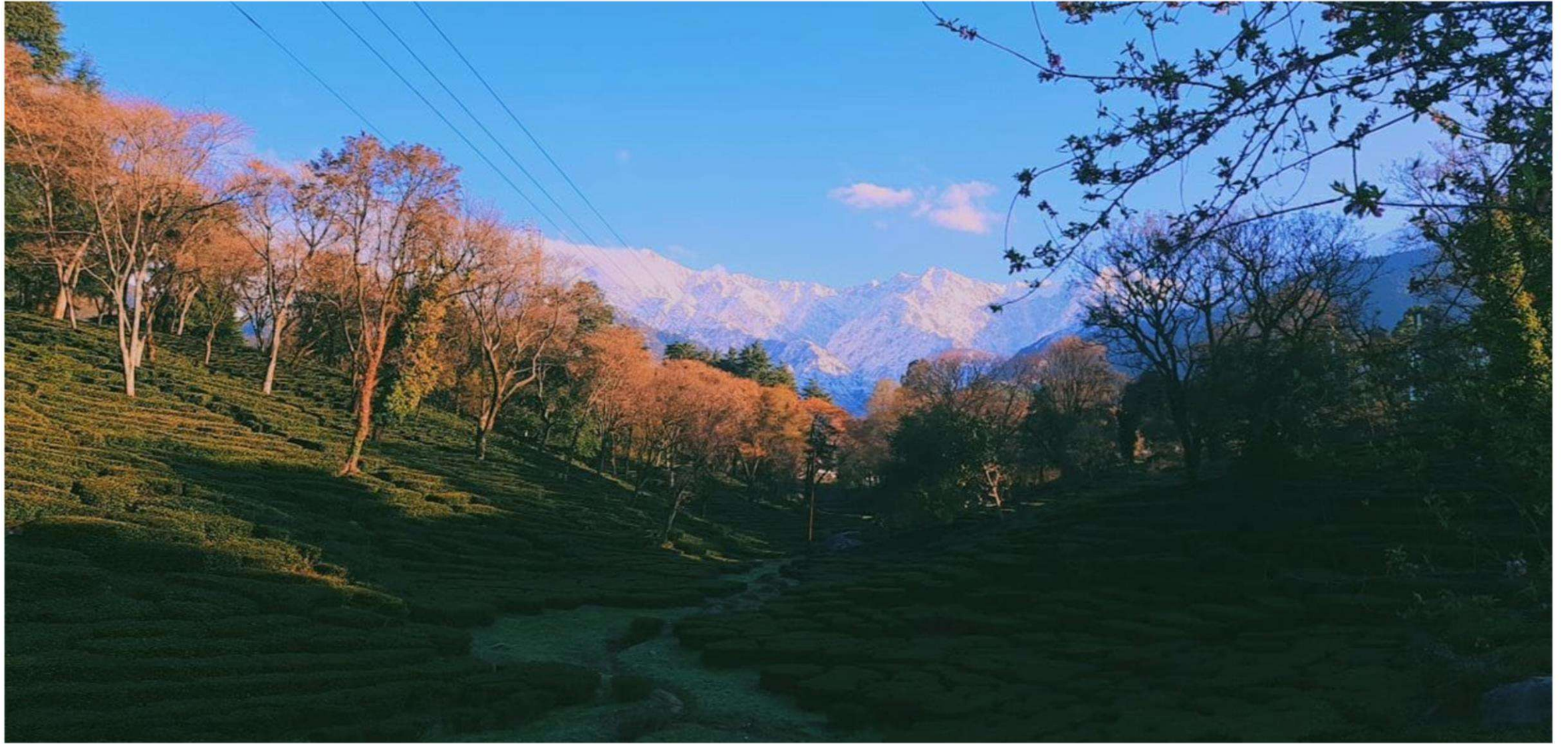
Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology

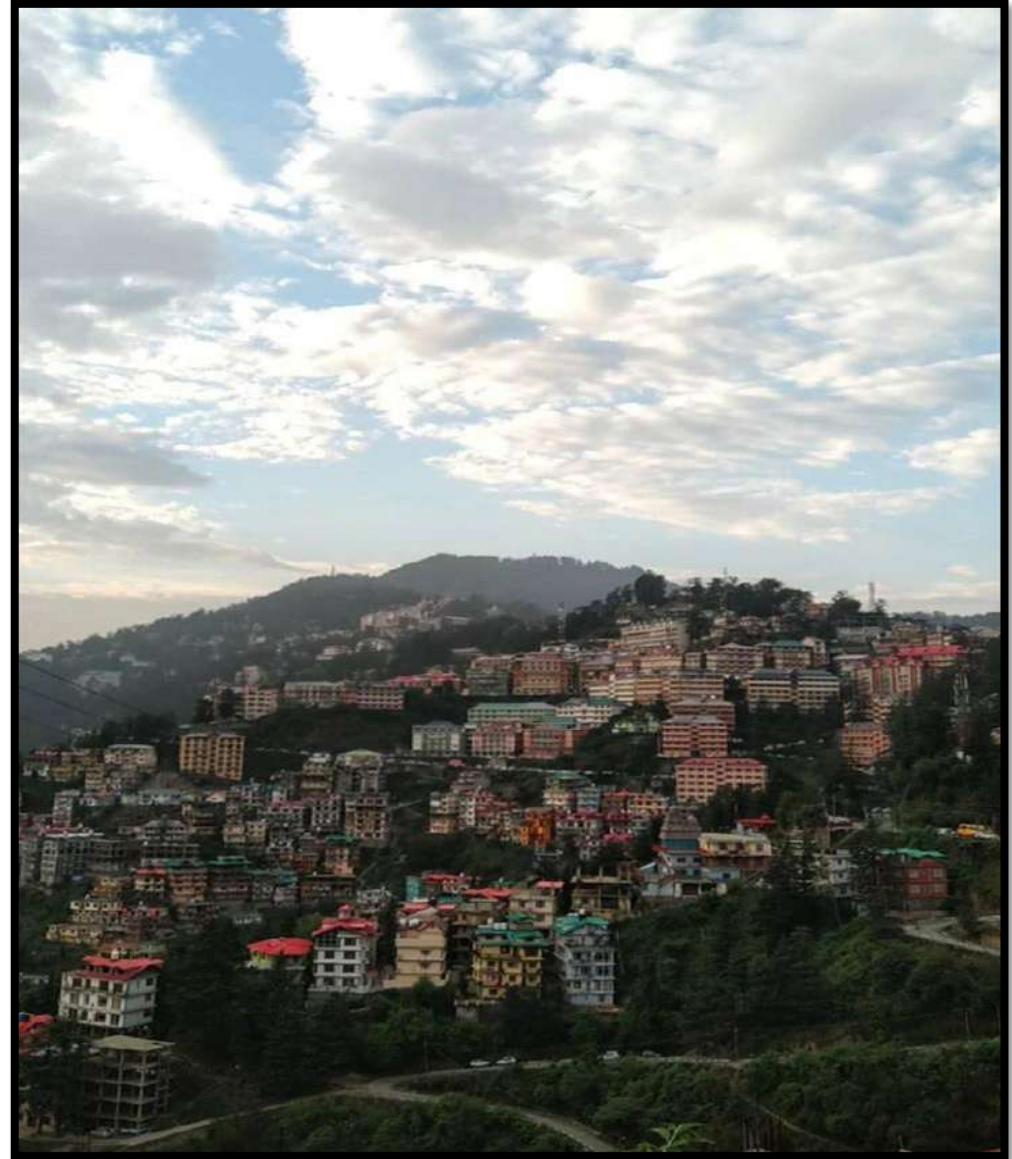
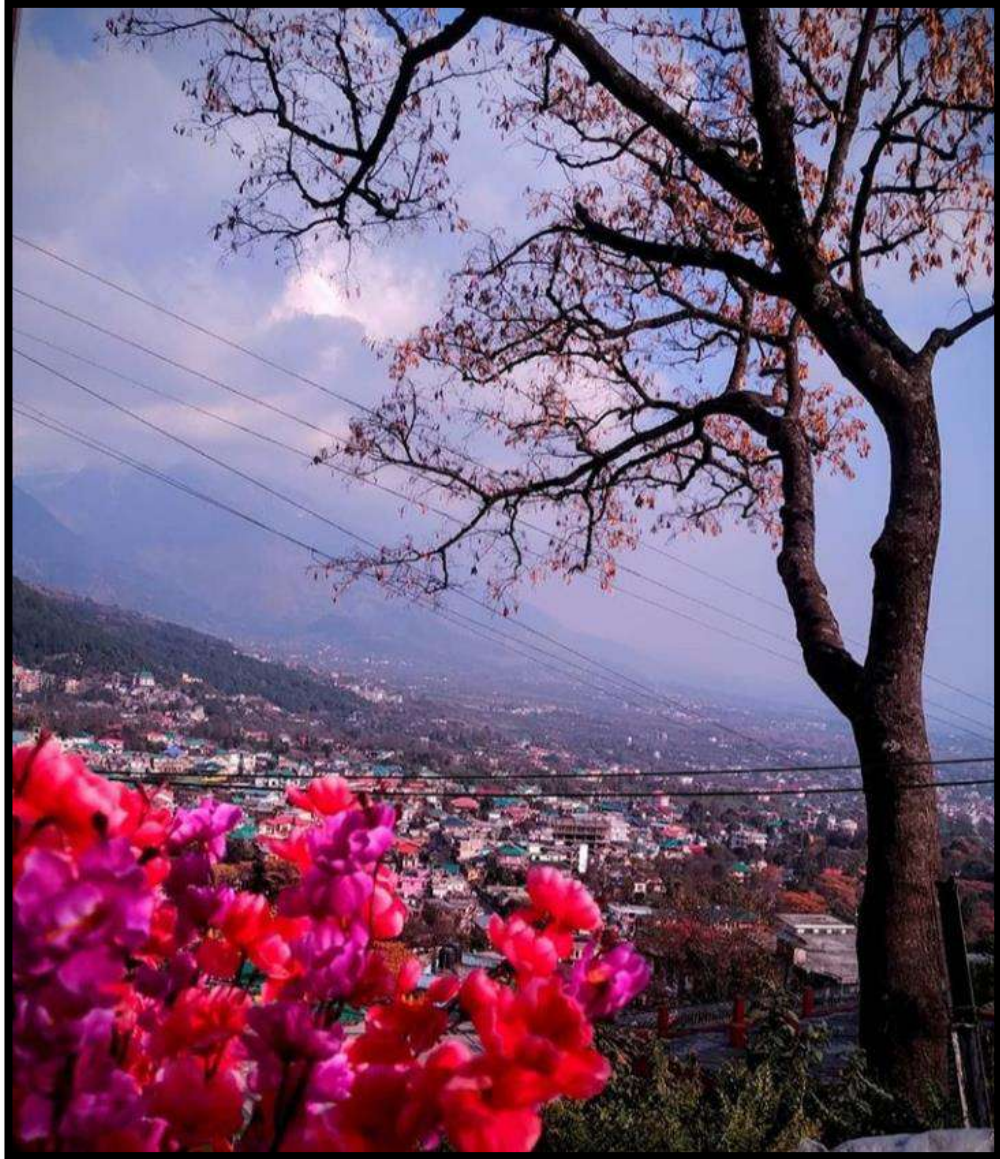
Date of conduct of Activity: 30th April, 2020 to till date

Number of participants: 127 UG & PG Students

Objective: Photography allow you to express yourself, but it also helps bring focus to positive life experiences, enhances your self-worth, and even reduces the stress hormone cortisol. It turns out that being a shutter bug gives you a perspective in more ways than one. The entire process of shooting—from choosing a subject matter to discovering new angles to manipulating light—requires absolute focus. This very process of observing, by nature, is a meditative task that draws you into a peaceful state. In this sense, you can use your photography practice as a tool to curate and reframe the world around you. Photography can be a place to reflect your own values, thoughts, and desires, and to manifest the kind of world you want to see. Immersing yourself in a creative pursuit is also a scientifically-proven way to lower your stress hormone levels, which in turn lowers feelings of anxiety, improves sleep, elevates your mood, and reduces your overall likelihood of developing certain diseases down the line.





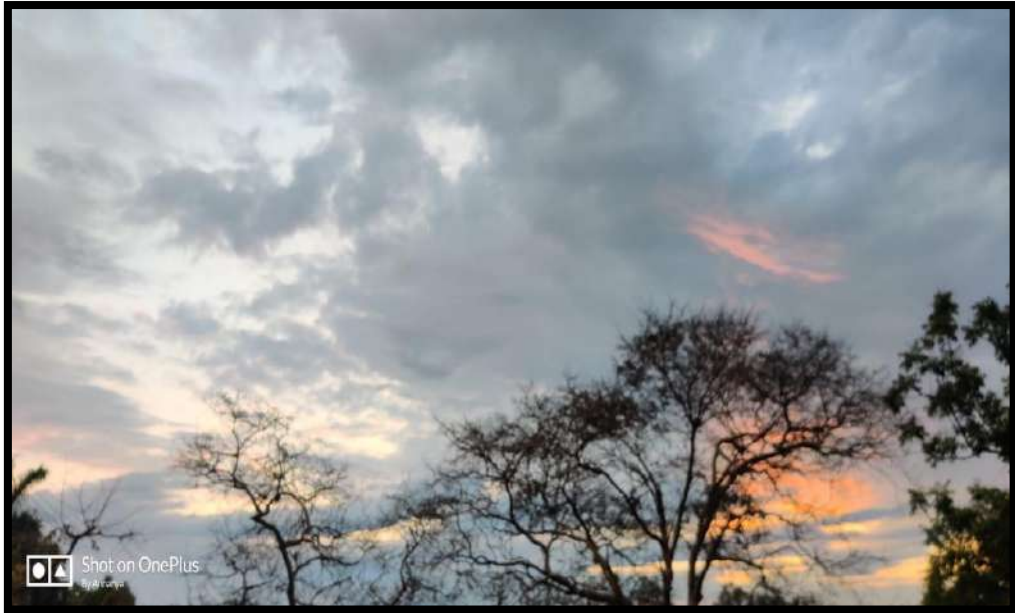




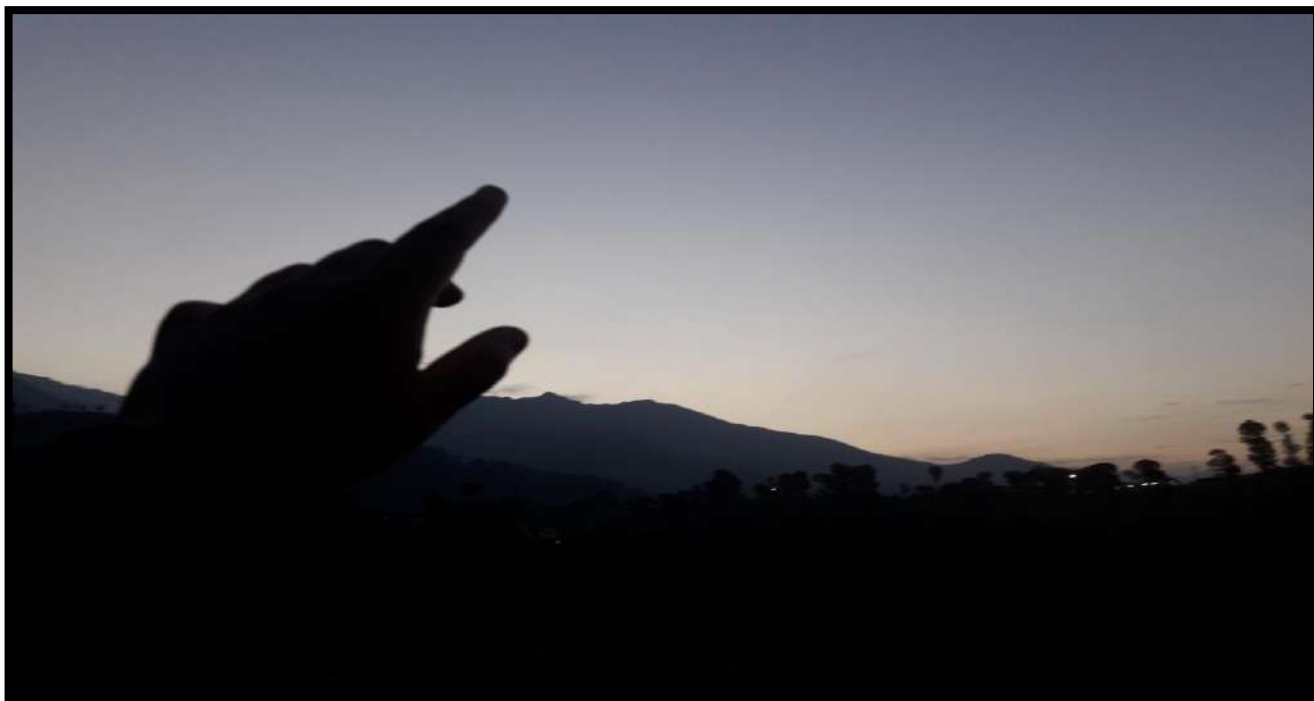








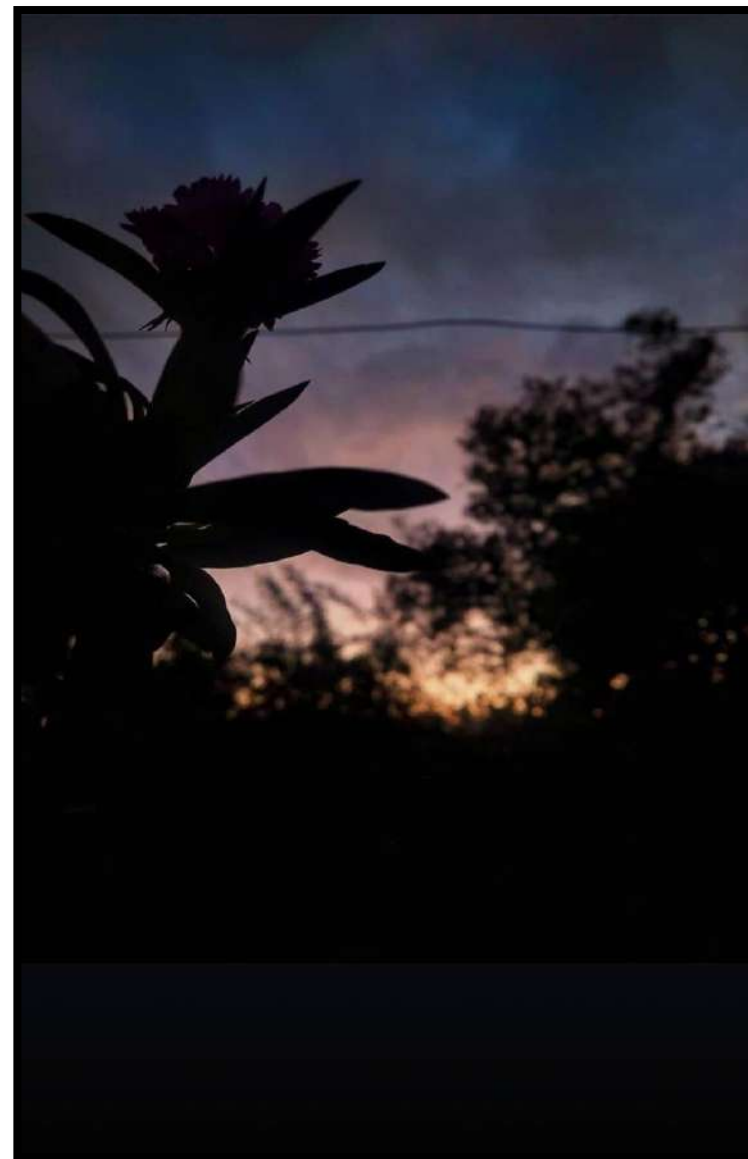


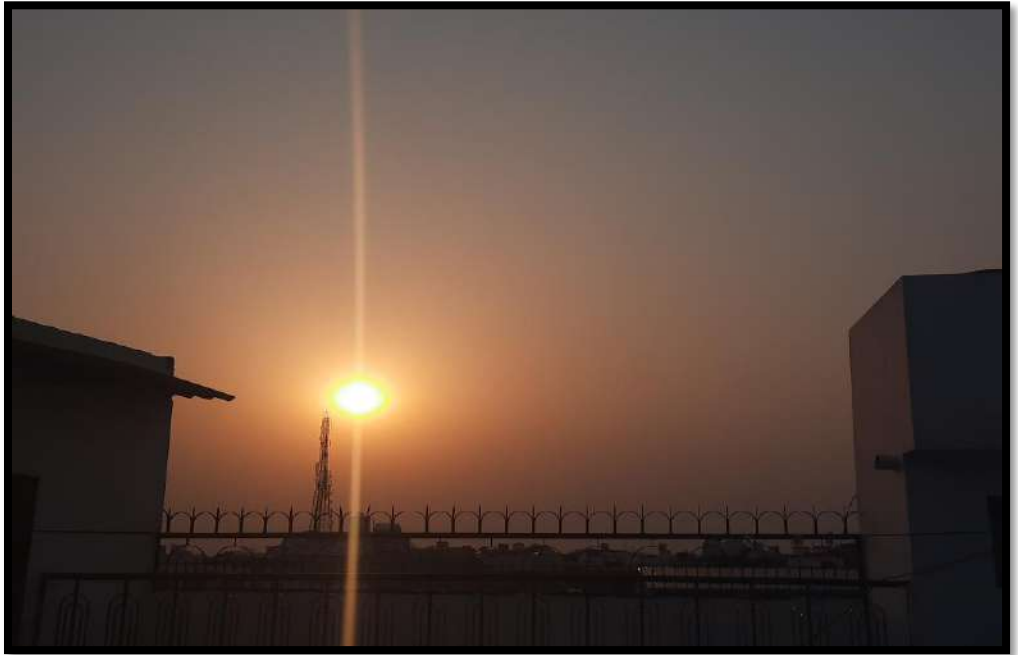
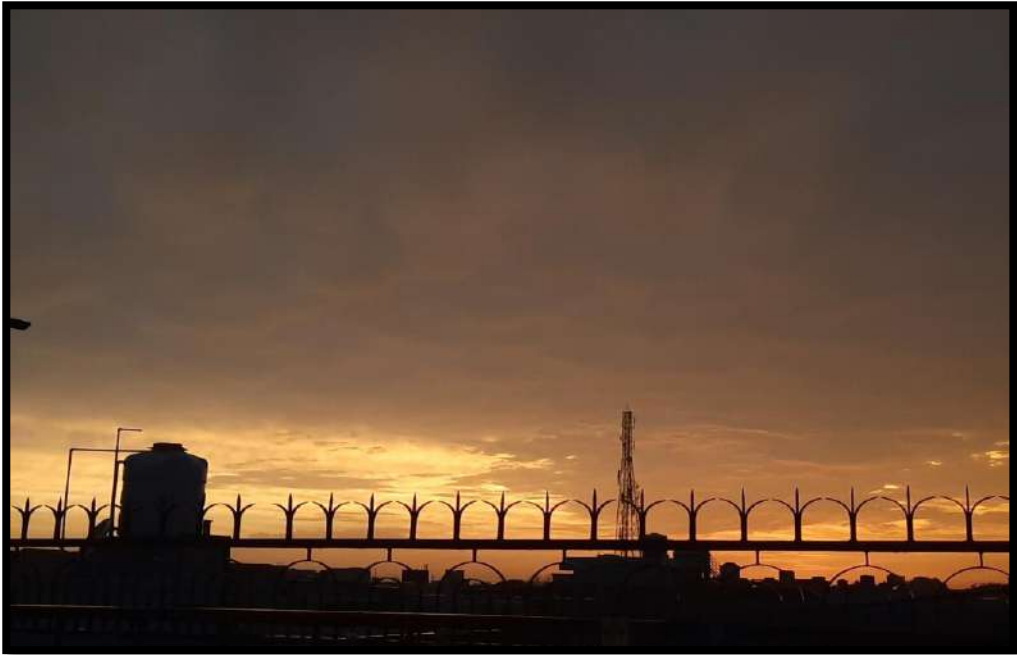




STRAWBERRY MOON

05 . 06 . 2020







CULINARY THERAPY AND MINDFUL COOKING

Title of the Activity: CULINARY THERAPY AND MINDFUL COOKING

Name of the Committee: Geetanjali Student Online Forum under the aegis of Geetanjali Counselling Helpline

Convener & Principal : Dr Nisha Bhargava

Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology

Date of conduct of Activity: 30th April, 2020 to till date

Number of participants: 127 UG & PG Students

Objective & Practice: Cooking therapy/culinary therapy has been defined by some experts as “the therapeutic technique that uses arts, cooking, gastronomy, and an individual’s personal, cultural, and familial relationship with food to address emotional and psychological problems.” The “Geetanjali Student Online Forum” under the aegis of Geetanjali Counselling Helpline, Mehr Chand Mahajan DAV College for Women, Chandigarh has successfully achieved its goal as our college students are reviving their Inter-generational unique recipes learnt from their parents/ grandparents and also cooked cuisines of other cultures using healthy, organic ingredients and with immense nutritional benefits helps in fighting ailments. In our unique online mental health initiative, our college students were encouraged to showcase their culinary skills and effective tool to boost positive mood in them during the lockdown. Stuck at home, our students rustled up more than 200 home-cooked dishes that are easy to put together, focusing on ingenuity and the use of ingredients available in new fun ways. The main objectives achieved on this interactive platform was to share their own unique recipes, sense of accomplishment, maintaining a healthy routine, social connection, stress busting and appreciating each other’s achievements. Cooking mindfully helped our students to transform a repetitive chore into a meditative experience. We have received amazing feedback from our students for providing an excellent opportunity to reveal their talents and creativity by helping them to channelize their energies towards positive goal states.



MENTAL HEALTH DURING COVID 19



An Initiative by
GEETANJALI COUNSELLING HELPLINE
 Mehr Chand Mahajan DAV College For Women,
 Sector 36 A, Chandigarh



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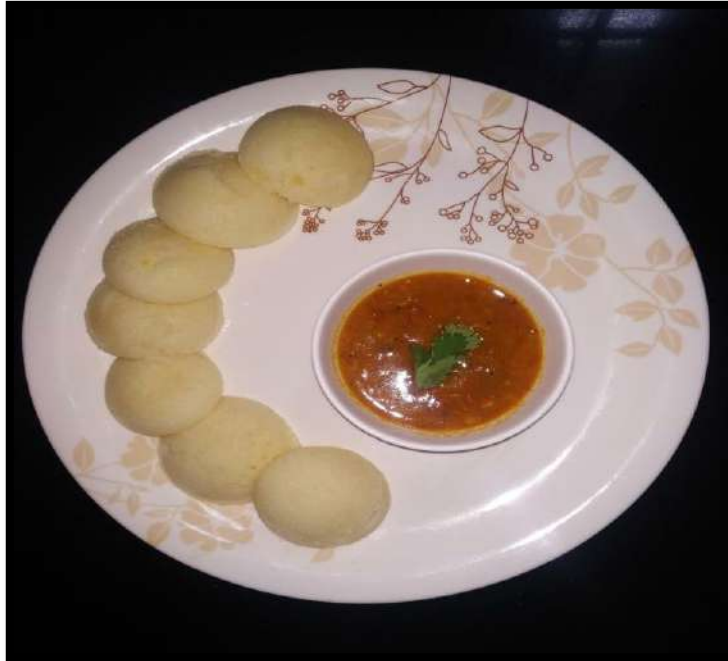


















Gratitude to all our students who contributed their creative work, talent and skill



List of students who contributed their creative work, talent and skill

1. Aaina Ghill, BA I, Roll No. 7024
2. Aanchal Bansal, BA I, Roll No. 7275
3. Aanvi Mahajan, BA I, Roll No.7518
4. Aarjoo Mehta, BSc Med I, Roll No. 1168
5. Aarushi Rajput, BA I,
6. Aayushi Jain, BA I, Roll No. 7475
7. Adishya Gupta, BSc M II, Roll No. 1217.
8. Aditi, BCA II, Roll No. 513
9. Akanksha Mehra, BA I, Roll No. 7538
10. Akshita Srivastava, BA I, Roll No. 7842
11. Alina, BA I
12. Alisha, BA I
13. Amreen, BA I
14. Amrteshwar Kaur, BA I, Roll No. 7699
15. Ananya Ahuja, BA I, Roll No. 7389
16. Anchal Rana, B Com I, Roll No. 10211
17. Anjali, BA I, Roll No. 7450
18. Ankita Godiyal, BA I, Roll No.7474
19. Ankita, BA I, Roll No.7962
20. Anna Gupta, BA I, Roll No. 8164
21. Annanya Mahajan, BSc Medical I, Roll No. 1198
22. Anshika, BA I, Roll No. 7369
23. Avneet Kaur BCom I, Roll No.10039
24. Avneet Kaur, BA I, Roll No.8022
25. Ayushi Dwivedi, BA I, Roll No. 8170
26. Bandhan Shinde, BA I
27. Bharti Singla, BA I, Roll No. 7654
28. Bhavya Gaba, BA I, Roll No. 7896
29. Bhovisha, BCom I, Roll No.10317
30. Chandrima Nain, BA I
31. Chinar, BA I, Roll No. 7245
32. Chirom Shubhalaxmi Devi, BA I, Roll No. 7973
33. Dainty Mehta, BSc NM I, Roll No.
34. Debapriya Kundu, BA I, Roll No. 8045
35. Dhriti, BA I, Roll No. 7435
36. Diksha Thakur, BSc NM II, Roll No.803
37. Falak Gupta, BA I, Roll No. 7703
38. Garima Datta, BBA I, Roll No.4522
39. Garima Manchanda, BA I, Roll No.7313
40. Garima, BA I, Roll No.7074
41. Gitali Malhotra, BA I, Roll No. 7333
42. Gitanjali Kaushal, BA I, Roll No. 7394
43. Guneet Kaur, BCom I, Roll No. 10014
44. Gurnoor Kaur Sidhu, BA I, Roll No. 8118
45. Harleen, BA I, Roll No. 7447
46. Himangini, BCom I, Roll No.10144
47. Inderjot Kaur, BCom I, Roll No. 10007
48. Isha Gupta, BSc I NM, Roll No.1359
49. Isha Siwach, BA I, Roll No.7764
50. Ishmeet Kaur, BA I, Roll No. 7271

List of students who contributed their creative work, talent and skill

51. Jahanvi, BA I, Roll No.7065
52. Jyoti Devi, BA I, Roll No.1218
53. Kajal Sablok, BA I, Roll No. 8093
54. Kamy Phutela, BBA I, Roll No. 4566
55. Kashish Agarwal, BSc MFT I, Roll No.4846
56. Keiosha, BA I, Roll No.7218
57. Kripa, BA I
58. Kriti Sehgal, BA I, Roll No. 7478
59. Kunika, BBA I, Roll No. 4524
60. Kunjalika, BA I, Roll No.7219
61. Kushika, BA I
62. Lakshika, BA I, Roll No. 7965
63. Mahika Sharma, BA I, Roll No. 7273
64. Mani Khurana, BA I
65. Meghna Mangla, BA I, Roll No.7603
66. Mehak Mahajan, BA II, Roll No. 2094
67. Mehak, BA I, Roll No. 7016
68. Muskan Arora, BA I, Roll No. 7082
69. Muskan Ghai, BA I, Roll No. 8120
70. Muskan Mittal, BBA I, Roll No. 4565
71. Muskan, BCom I, Roll No.10242
72. Nancy Sharma, BA I, Roll No. 7130
73. Navya Gulati, BA I, Roll No. 7636
74. Navyanoor Munjal, BA I, Roll No. 7283
75. Neha Chauhan, BA I, Roll No.7785
76. Neha Gupta, BA I, Roll No.7051
77. Nikita, BCA I, Roll No. 6117
78. Nishtha Jain, BA I, Roll No. 7580
79. Pariksha, BA I, Roll No. 7190
80. Pooja, BA I
81. Poonam, MA I Hindi, Roll No.6507
82. Poonam, MA I Hindi, Roll No.6508
83. Pranika, BA I, Roll No. 7184
84. Preet Batra, BA I, Roll No.7969
85. Prinkal Arora, BA I, Roll No. 8106
86. Priya Mishra, BCom I, Roll No. 10022
87. Priyashi Walia, BCom I, Roll No. 10372
88. Purvi Singh, BA I, Roll No. 7529
89. Pushty, MA I English, Roll No.5753
90. Rachna Dhingra, BA I
91. Ranjana Yadav, BCom I, Roll No. 10169
92. Riddhi Srivastava, BA I, Roll No. 8130
93. Rimpay, BA I, Roll No. 7564
94. Rishika Bansal, BCom I, Roll No. 10343
95. Rishita Gupta, BA I, Roll No. 7270
96. Ruhani Dhingra, BCA I, Roll No.6149
97. Sadhvi, BA I, Roll No.7939
98. Samreen Kaur, BA I, Roll No. 7431
99. Samridhi Kaura, BA I, Roll No.7088
100. Samriti, BA I, Roll No. 7594
101. Sanjana Choudhary, BCom I, Roll No. 10260
102. Sanjana, BA I, Roll No. 7031
103. Saumya Singla, BA I, Roll No.7616
104. Seema, BBA I, Roll No. 4563
105. Seerat, BBA I, Roll No. 4558
106. Shagun Choudhary, BA I, Roll No.7962
107. Shatakshi, BCom I, Roll No. 10295
108. Shreshtha, BA I, Roll No. 7652
109. Shreya, BA I, Roll No. 7337
110. Shreya, BA I, Roll No. 7712
111. Shriya, BA I, Roll No. 7446
112. Shruti Sinhar, BA I, Roll No. 7143
113. Sukhmandeep Kaur, BA I, Roll No.7658
114. Surbhi Singh, BA I, Roll No. 7655
115. Tania Singla, BSc NM I, Roll No. 1367
116. Tarandeep Kaur, BA I, Roll No. 7002
117. Th. Malemnganbi, BA I, Roll No. 7373
118. Urvashi Rathee, BA III, Roll No.8725
119. Vanshika Bagga, BA I, Roll No. 7723
120. Vanshika, BA I, Roll No.8142
121. Vibhuti Jain, BA I, Roll No.7371
122. Vidushi Chauhan, BA I, Roll No.7412
123. Vinita, BSc Med I, Roll No.1126
124. Vrinda, BCom I
125. Yashika, B Com I, Roll No. 10152
126. Yavantika, BCom I, Roll No.10373
127. Yoshita Sabharwal, BA I, Roll No. 7644

Recent Highlights:

- Re-Accredited Grade 'A' by NAAC.
- Bagged a rank in the 101-150 band in NIRF, Ministry of Education, Govt. of India.
- Ranked 1st in the country in Swachh Campus Ranking of HEIs-2018 from MHRD, Govt. of India.
- 3rd Rank in India under Swachh Sarvekshan 2019 in Citizens led Initiatives by MoHUA, Govt. of India.
- Accorded Star College Status by DBT, Ministry of Science & Technology, Govt. of India.
- Registered on the portal of National Skill Development Corporation, Govt. of India.
- Recognized in the band PERFORMER in Atal Ranking of Institutions on Innovation Achievement.
- Status of VENTEL Action Plan Institution by Ministry of Education, Govt. of India.
- Nominated only technical institution for training in bakery and food processing by MoFPI, Govt. of India.
- Received Four Star Rating from Institution Innovation Council, Ministry of Education, Govt. of India.
- Recognition for active participation in the National Intellectual Property Awareness Mission, Ministry of Commerce and Industry, Govt. of India.
- Identified as a 'Mentor Institution' by NAAC to formally induct non-accredited Colleges.
- Ranked among Top-Most Colleges in India by India Today's Survey.
- Awarded by Municipal Corporation, Chandigarh for securing First Position in Cleanest Office Category.
- Awarded by Department of Environment, Chandigarh Administration for Best Herbal Garden and Best ECO Club in Chandigarh.
- Secured 160 Top 10 Positions in Panjab University Examinations 2019-20 & 200 Top 10 Positions in 2020-21.



Mehr Chand Mahajan DAV College for Women

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

