



*Mehr Chand Mahajan DAV College for Women*  
Sector 36-A, Chandigarh - 160036 (U.T.)



# स्वस्ति धारा

**Institutional Character Building Initiatives**  
**SESSION 2021-22**

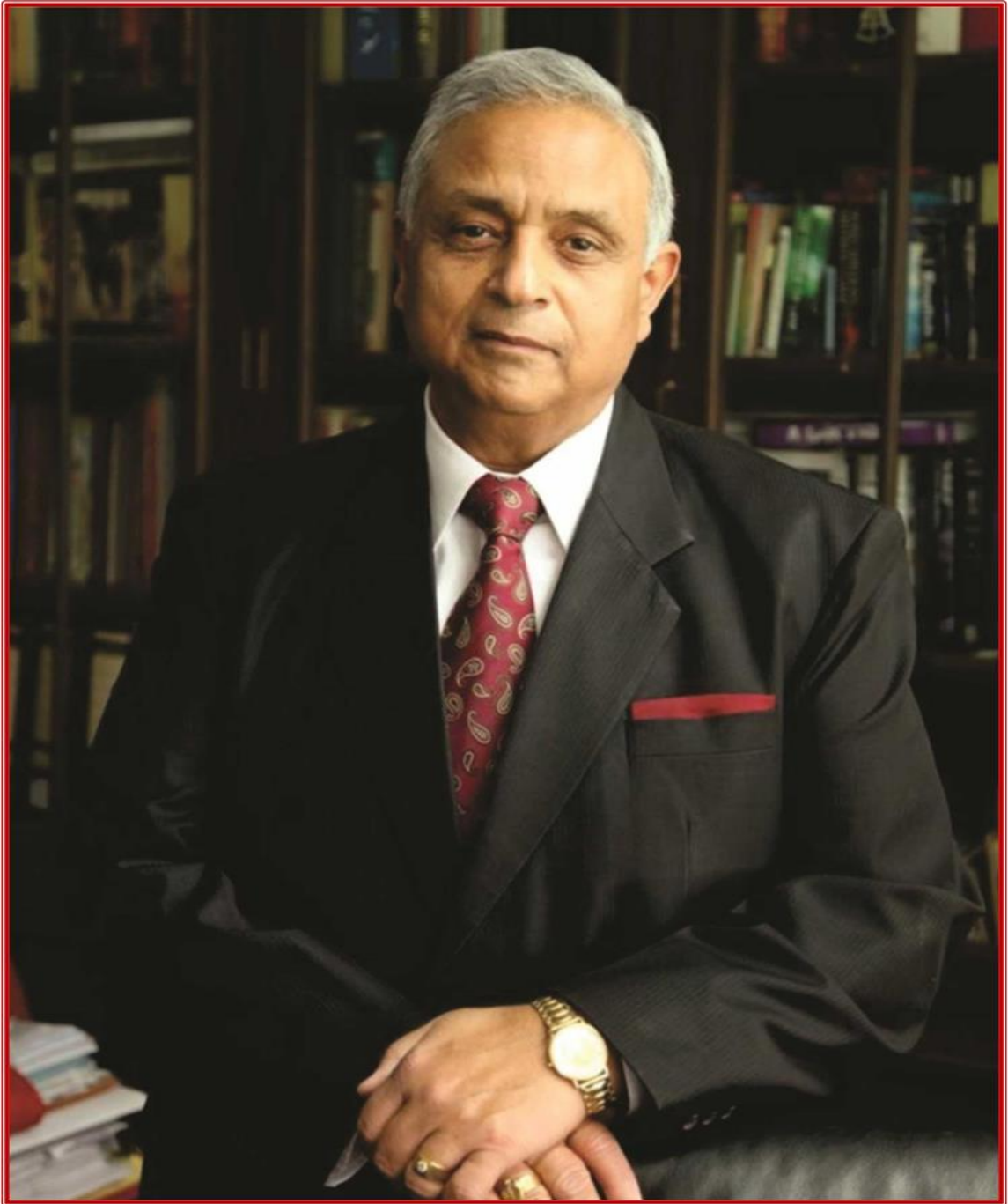
# Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

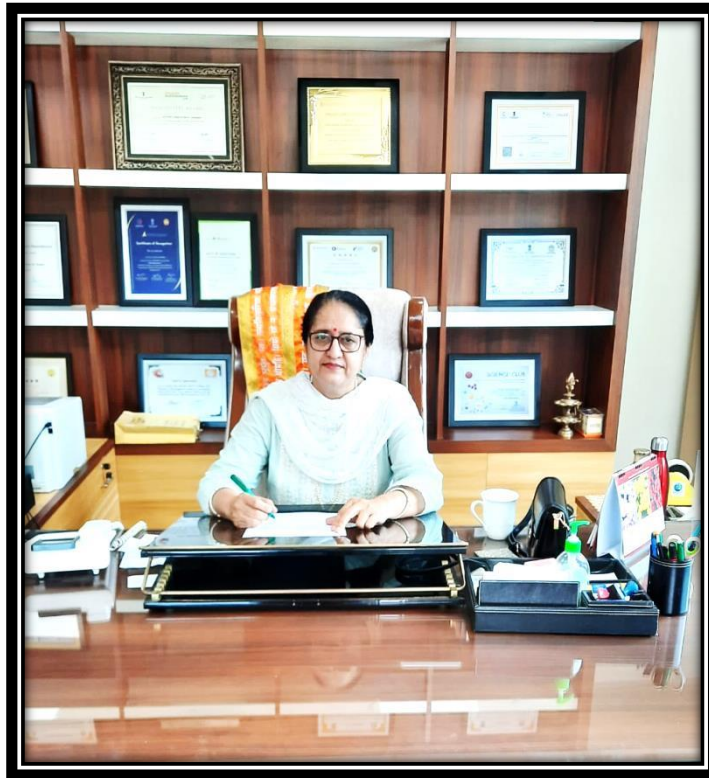


*Our Guide and Mentor*



**DR. PUNAM SURI JI, PADMA SHREE AWARDEE**  
*Hon'ble President*  
*DAV College Managing Committee*  
*New Delhi*

## Principal's Message



In sync with the vision with which the Character-Building Committee was formed, the committee strove forward with greater conviction to dispel the clouds of gloom, nurture values among students and usher in the sunshine. As students resumed offline classes with great enthusiasm, the normalcy and vibrancy started returning to the campus.

The committee organized and arranged activities that inculcated values like resilience, interpersonal skills, effective communication, nationalism, spiritual perspective and environmental awareness. These not only helped the students adapt easily to the new challenges but also helped them to develop unique character traits.

The committee provided a platform for the students to ingrain values; 'Vision for Nation' and 'Saluting the Tiranga' enthused the spirit of patriotism and innovation for New India; 'Ahsaas' celebrated the bond of teacher-student relationship; 'Svayamban' nurtured the spirit of gratitude as the nation paid tribute to Gandhi ji; 'Plastic Collection Drive', 'Beautification Drive' and 'Making Bird Feeders' encouraged empathy for the natural environment; the celebration of festivals like 'Deepawali', 'Baisakhi', 'Holi', 'Mother's Day' rejuvenated the minds and souls; 'International Day of Persons with Disabilities' and organizing 'Sauhardra' were initiatives in our march towards an inclusive society;



'Resilience' and celebration of 'Maharishi Dayanand Saraswati Jayanti' inspired students to stay grounded and resilient in the face of challenges. Many other events ensured that the students stay optimistic and aware about their role in the scheme of things.

Any endeavor on our part would not have been possible without the support of the torchbearers who continue to encourage and motivate us at every step that we take towards realizing the dreams envisioned by our institution.

I am grateful to Dr. Punam Suri ji, Padma Shree Awardee, Hon'ble President, DAV College Managing Committee, New Delhi for motivating us to stay resilient and face the ups and downs of life with equanimity. I express my gratitude to Shri H.R. Gandhar Ji, Senior Governing Body member of the College and Vice President DAV CMC for encouraging us to strive towards excellence and for guiding us to arrange activities for students to groom their personalities. I am also thankful to Shri Shiv Raman Gaur Ji, Director Higher Education, DAV CMC for his support and blessings in all our endeavours.

I am beholden to all the committee members for their innovative ideas and arranging the activities thereof. I express my gratitude to the non-teaching members of the staff whose support helped us accomplish the tasks in a smooth manner. My blessings to the student ambassadors who left no stone unturned and contributed immensely to the successful organization of all the celebrations, events, and activities. They remain the heart and soul of the institution and therefore they are life breath of all activities.

My gratitude to God for keeping us motivated as we walk on the true path and take pride in our rich legacy!



**Dr. Nisha Bhargava**

**Principal**

*Rhythmic Ruminations*  
-by Principal  
Dr. Nisha Bhargava



अंदाज़ ज़िंदगी का

कुछ इस तरह से रखा अंदाज़ ज़िंदगी का  
कुछ मुस्कुरा लिया कभी ग़म को छुपा लिया।  
सब कुछ नहीं मयस्सर दुनिया में किसी को भी  
कुछ पा लिया कभी कभी मन को मना लिया।

• रूठों को भी मनाया सबको गले लगाया  
जिसको भी हँस के देखा अपना बना लिया ।

हालात जैसे देखे वैसा मिज़ाज रखा  
सर को उठा लिया कभी सर को झुका लिया  
जिस रास्ते से गुज़रा गुलज़ार कर गया वो  
काँटों से जिसने आशियाँ अपना बना लिया ।

# **Mission, Vision and Objectives of Character Building Committee**

## **Mission**

Equipped with the right life skills and instilled with respect for our rich legacy, students are groomed to apply the educational values to their day to day lives making the academic journey more relevant and meaningful by engaging them in various learner centric activities.

## **Vision**

To develop unique character traits in students aligned with the dynamic objectives of education rooted in our cultural ethos and to inculcate the qualities of resilience, interpersonal skills, effective communication, nationalism, spiritual perspective, analytical outlook, respect for constitutional values and environmental awareness.

## **Objectives**

- ❖ To strive for a global perspective rooted in pride for our country
- ❖ To reflect, learn and revel in our rich heritage
- ❖ To communicate in a meaningful way
- ❖ To critically analyse and apply the accumulated knowledge in day-to-day life
- ❖ To be an invaluable team member by aligning with the common goals for nation's development
- ❖ To create awareness regarding our duties towards our nation
- ❖ To appreciate the unity in diversity ingrained in the fabric of our society
- ❖ To nurture faculties of students as per their unique capabilities
- ❖ To respect public property
- ❖ To enthuse the spirit of constitutional values in the students.
- ❖ To sensitise the stakeholders towards protection of environment and recycle & reuse of resources.



## **Moving ahead with Indian Core Values at Heart**

India is a land of great tradition and discovery which can rise above apparent contradictions and thrive on a composite culture. Vasudhaiva-Kutumbakam (Earth is one family), is one of the core philosophies of Indian civilization since ancient times. It is an ideal that has inspired India for thousands of years and that ideal can be felt in the very texture of our constitutional values. The principles of compassion, of assisting those in need, of building capacities of our neighbours or even of those further away, underpin our society. Tolerance for pluralism, compassion for all and love for the motherland are core civilizational values of India where hundreds of languages and all major religions live under one system. Our core civilisational values, which are equally relevant today - speak of love for motherland, performance of duty, compassion for all, tolerance for pluralism, honesty in life, self-restraint in conduct, responsibility in action and discipline.

The Educational philosophy of the D.A.V Movement is to provide education to all by synthesizing the rich 'Ancient Indian Heritage' with modern Science and Technology. The Vedic philosophy of integrated spiritual and material growth of human beings has been the creed of the D.A.V movement and is inherent in its very name. 'Dayanand' and Vedic symbolise Dharma and ancient Indian Heritage while 'Anglo' signifies contemporary scientific knowledge and technology.

Taking the legacy forward, Mehr Chand Mahajan DAV College for Women, Chandigarh is committed towards holistic development of the students by providing them multidisciplinary advanced education and training while keeping Indian core values at Heart.

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## **INITIATIVES AT A GLANCE**

- To mark the celebration of 75<sup>th</sup> Independence Day, a national - level online competition was organized by Character Building Committee of the College from August 11<sup>th</sup> 2021 to August 14<sup>th</sup> 2021 to bring out the perception of young minds on canvas about their own vision of New India.
- On September 29<sup>th</sup> 2021, an event was organized By Character Building Committee in collaboration with Department of Sanskrit to commemorate the birth anniversary of Father of the Nation ‘Mahatma Gandhi’ which falls on October 2<sup>nd</sup> to promote Gandhian values of life, primarily truthfulness and non-violence.
- To celebrate 73<sup>rd</sup> Republic Day on 26<sup>th</sup> January 2022, an online competition of poetry recitation/writing was organized by the Character Building Committee to motivate the students to express their devotion towards the nation.
- The college campus has been blessed with bountiful harvest through urban organic farming in the recent past and those are very fondly distributed amongst the staff and other employees of the college. This distribution forms a part of the flagship program ‘Poshan Abhiyan’ of NITI Aayog.
- On September 18<sup>th</sup> 2021, the World Bamboo Day was celebrated by planting bamboo saplings in the campus and also more than 200 saplings were distributed amongst the staff and other stakeholders of the community.
- In another noble initiative, a drive titled ‘Sauhadra’ was conducted by Character Building Committee of the college to donate woollen clothes to the underprivileged on the occasion of International Human Solidarity on December 20<sup>th</sup> 2021. The motive behind the drive was to induce compassion, kindness and solicitude among the students towards the underprivileged.
- The International Day of Disability is observed on 3<sup>rd</sup> 2021 December every year. To spread the awareness about challenges faced by disable persons and to promote the disable friendly infrastructure, a poster making competition was organized by the Character Building Committee in collaboration with NSS Unit of the college.
- Along with the character building initiatives, to boost the competitive spirit and give the students an edge over competition, the Samavesh committee of the college conducted one-month duration test series from March 7<sup>th</sup> 2022 to April 10<sup>th</sup> 2022 covering variety of subjects like English, general science, reasoning etc.

- In another purposeful initiative, an effort was made to raise awareness about hazardous effects of using plastic on environment by organizing the Plastic Collection Drive in sector 36 in mission mode on 3<sup>rd</sup> December 2021. The plastic items were collected from households in exchange of saplings/plants while the collected plastic was recycled later.
- Amid many initiatives to promote recycling and to celebrate National Wildlife week, an online competition was organized by Character Building Committee in collaboration with Eco Club of Making Bird Feeders out of the waste/unused material at home from October 2<sup>nd</sup> 2021 to October 8<sup>th</sup> 2021.
- To commemorate 'Clean India Program', Character Building Committee initiated a drive to beautify the well area in Arts Block Lawn in college campus with painted stone pebbles, diyas, recycled objects on October 25<sup>th</sup> 2021.
- The College celebrated World Environment Day by participating in largest Plantation drive of MGNCRE, Ministry of Education, GOI to spread consciousness about sustainable environment from May 23<sup>rd</sup> 2022 to June 3<sup>rd</sup> 2022.
- On September 4<sup>th</sup> 2021, the teacher's day was celebrated in the college and students were given an opportunity to showcase their benevolence and gratitude towards their teachers and mentors.
- The Mother's Day was observed on May 9<sup>th</sup> 2022 through scroll making and scrapbook making competition by Character Building Committee. The students overwhelmingly participated to celebrate the heavenly bond of a mother and a child.
- A one-week Self Defence Training Program titled 'Be Fearless' was organised by Women Development Cell in collaboration with Swayam Academy, Women & Child support unit of Chandigarh Police from May 30<sup>th</sup> 2022 to 4<sup>th</sup> 2022 June. The event demonstrated various skills of self-defence and empowered more than 150 girls.
- In another befitting program, a 45-days fitness cum training was organized by Department of Physical Education, NSS unit, EBSB Unit and NCC Unit in collaboration with MGNCRE from May 5<sup>th</sup> 2022 to June 20<sup>th</sup> 2022 to strike a healthy balance between mind and body.
- On April 7<sup>th</sup> 2022, Character Building Committee organised a competition of poem recitation under 'Resilience 2.0' to acquaint the students with the meaning of resilience.



- The College Character Building Committee marked the World Health Day and organized a month-long competition 'Bhor Suhani' from May 10<sup>th</sup> 2022 to June 10<sup>th</sup> 2022 to motivate students to rise early and obtain the benefits of morning walk.
- The monthly practice of performing 'Havan' was continued in the similar fashion and blessings of Shri H.R. Gandhar, Senior Member of Governing Body, DAV Managing Committee, New Delhi, were sought before the final examinations through the ritual on June 8<sup>th</sup> 2022.
- To observe World Environment Day, 'Green Home', a month-long initiative to promote the households with zero waste, was taken up by the Swachhta Committee of Arts in collaboration with MGNCRE from May 5<sup>th</sup> 2022 to June 5<sup>th</sup> 2022.
- In a unique endeavour, the college joined hands with Chandigarh Police to make students aware about safe behavioural practice in virtual world and provide six-months long Cyber Security Training to more than 75 students who would be called 'Cyber Interns' from November 2021 to May 2022.
- The Placement Cell of the college in collaboration with Regional Centre for Entrepreneurship Development (RCED), NASSCOM and Google provided 3 to 6 months duration courses for the students to enhance entrepreneurial and employability skills that began from March 16<sup>th</sup> 2022.
- DAV foundation day was commemorated on 2<sup>nd</sup> June 2022 in the fond memory of Mahatma Hansraj, the founding father of DAV institutions, by Arya Samaj Committee of the College.
- 3<sup>rd</sup> in Series, the Shakuntla Roy Memorial Oration lecture titled 'Survival and Resilience Among Women: A Global Perspective' was organised by Department of Sociology on May 14<sup>th</sup> 2022 to give a tribute to the founder Principal of the college.
- The Character Building Committee in collaboration with Arya Samaj Committee, a national level Bhajan Gayan and Contribution on Canvas competition was organised on 26<sup>th</sup> 2022 February to mark the birth day of Swami Dayanand Saraswati to inspire the participants to adopt vedic approaches to lead a fulfilling life.
- The college celebrated the festivity in exuberant manner through week-long 'Diwali' events organised by Character Building Committee from October 25<sup>th</sup> 2021 to October 30<sup>th</sup> 2021. The participants were overjoyed while celebrating Poshak Mithai, Deepotsav, Nukkad Natak, No Crackers Diwali and lessons for Life.

- The Personality Development Club in collaboration with Arya Samaj Committee, sector 16 and Character Building Committee organized a workshop to demonstrate the herbal colour making for promoting green and sustainable environmental practices on March 16<sup>th</sup> March 2022.
- To mark the World Heritage Day, Department of Fine Arts in collaboration with Ek Bharat Shreshtha Bharat organized a painting exhibition cum competition on the National heritage theme to portray the rich amalgam of Indian arts and culture April 18<sup>th</sup> 2022.
- Ek Bharat Shrestha Bharat Club in collaboration with Character Building Committee organised one day event titled 'Savour the Flavours' to celebrate the Indian festival 'Baisakhi' on April 11<sup>th</sup> 2022 to relish the food diversity of India.
- The Skill Development Committee organized its annual series of 'Health Manager' from May 30<sup>th</sup> 2022 to June 4<sup>th</sup> 2022 to promote ethnic cuisine and organic life style amongst the participants.

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## ▪ Nation Always Comes First

We belong to a nation which is a birthplace to many civilizations and our history is replete with stories of bravery, gallantry and heroic deeds in the face of challenges. We owe our gratitude to our forefathers for the great legacy and also to the freedom fighters who fought for the freedom of our motherland.

## ✚ Vision for Nation, a National-Level Competition to Mark the 75<sup>th</sup> Independence Day Celebrations

(Date: 11<sup>th</sup> August 2021 - 14<sup>th</sup> August 2021)

India has remained in the shackles of slavery of foreign invaders for many centuries. Our freedom fighters fought long battles for freeing our country from the control of British crown. The primary purpose of this activity was to pay tribute to the freedom fighters of Indian Independence and to showcase the love, pride and respect towards national independence. The vision and future of our country lies in the hands of our youth. Students are the real treasure of a country. The youth should be 'active drivers' and not merely the

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

**Character Building Committee**

On the  
Occasion of 75<sup>th</sup> Independence Day  
is organizing  
A National Level Competition For Students

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

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

Upload your entry at  
Google form: <https://forms.gle/xkJAsAkLhYxMEJ9m8>  
by  
14<sup>th</sup> August 2021

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

Student Ambassadors  
Tanya - 9206515000  
Prananiya - 9115965500  
Shrshti Sharma - 9914478930

Coordinator  
Dr. Minakshi Rana

Convener  
Dr. Seema Kanwar

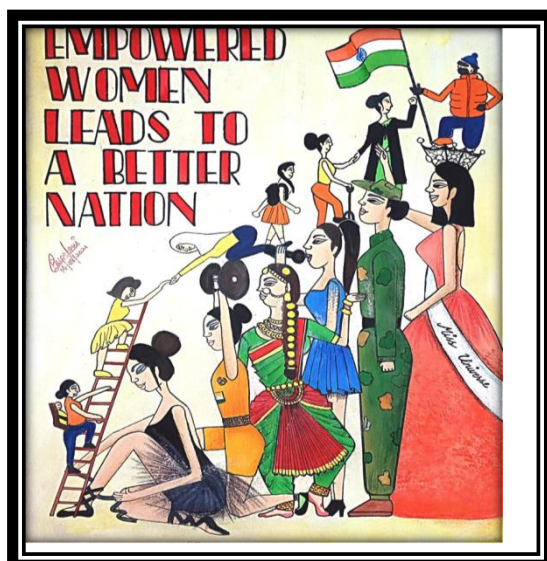
Chairperson and Principal  
Dr Nisha Bhargava  
Mehr Chand Mahajan DAV College For Women

'passive recipients' of development. To encourage the thoughts and ideas of the young students for their country, the Committee organized a national-level competition 'Vision for Nation' for students on the occasion of the 75<sup>th</sup> Independence Day. The competition witnessed huge participation across the country. The participants showed remarkable enthusiasm and expressed their ideas on canvas beautifully. A happy confluence of technological advancement and love for nature and humanity was reflected in most of the entries. Sensitivity towards the issues of gap between the rich and the poor, digital divide and awareness regarding sustainable development among the youth was laudable.

Dr Nisha Bhargava, principal of the college, appreciated the activity for providing the young minds an opportunity to showcase their vision for the nation in such an innovative



manner. Our ancestors gave us the gift of freedom after a long intense battle so we should cherish their blessings with utmost care and should always be the first to work for the nation.



## Results

- **1<sup>st</sup> Position:** Ravina Rajendra Jadhav of Rajarambapu College of Pharmacy
- **2<sup>nd</sup> Position:** Upama Roy of Berhampore College, West Bengal
- **3<sup>rd</sup> Position:** Palak Soni of Mehr Chand Mahajan DAV College for Women, Chandigarh.

## ✚ स्वावलंबन: To Mark the Birth Anniversary of Mahatma Gandhi

(Date: 29<sup>th</sup> September 2021)

Gandhi Jayanti is celebrated on 2<sup>nd</sup> October every year to mark the birth anniversary of Mohandas Karamchand Gandhi, who was famously known as Mahatma Gandhi. Father of the Nation, as he was called, led India's freedom movement along with many other national leaders. His method of non-violence inspired many civil rights movements across the world. To celebrate his contribution to the nation, 2nd October is celebrated every year as a national holiday. The day is also

celebrated as the International Day of Non-Violence by the United Nations. To apprise the students of the contribution of Gandhiji, his dedication, and vision for a better India, the Character-Building Committee of the college in collaboration with department of Sanskrit dedicated a day to his memory. Various competitions were organized to reinforce the moral values endorsed by Mahatma Gandhi. The activity witnessed enthusiastic participation. The total number of entries in the competition was 113.

**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN,**  
SEC-36A, CHANDIGARH  
**DEPARTMENT OF SANSKRIT**  
&  
**CHARACTER BUILDING COMMITTEE**  
ON THE OCCASION OF "GANDHI JAYANTI"  
are organising an...  
**INTER COLLEGE COMPETITION**  
titled.  
**"स्वावलंबन"**

Following are the categories of the activity:

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

**BEST THREE WINNING ENTRIES WILL BE AWARDED WITH TROPHIES**  
SUBMIT YOUR ENTRIES THROUGH THIS LINK:- [HTTPS://FORMS.GLE/GSDwEOVZB3RQ2LVDA](https://forms.gle/GSDwEOVZB3RQ2LVDA)

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

STUDENT AMBASSADORS	CONVENER
NEERUJ SAGWAL ADITI JOSHI MUSKAN NIYATI	DR. SEEMA KANWAR CHAIRPERSON & PRINCIPAL DR. NISHA BHARGAVA

FOR ANY QUERIES, CONTACT: 8683017561 (NEERUJ) , 76269-62996 (ADITI)





## **Results**

### **Category I - Best Out of Waste**

- **1<sup>st</sup> Position:** Saumya (BA III)
- **2<sup>nd</sup> Position:** Ritika (BCA II) & Ananya Mahajan (B.Sc. III)
- **3<sup>rd</sup> Position:** Muskan Kalra (BA II)

### **Category II - Book-Mark Making**

- **1<sup>st</sup> Position:** Ritika (BCA II)
- **2<sup>nd</sup> Position:** Amandeep Kaur (BA II)
- **3<sup>rd</sup> Position:** Kiran Rawat (B.Sc. FD II)

### **Category III - Slogan Writing**

- **1<sup>st</sup> Position:** Tanu (B.Sc. HS II)
- **2<sup>nd</sup> Position:** Arpita Vij (MA II)
- **3<sup>rd</sup> Position:** Aditi Joshi (BA II)



## 🚩 Saluting the Tiranga: An Online Poetry Recitation/Writing Event to Celebrate Republic Day

(Date: 26<sup>th</sup> January 2022)

To inspire the spirit of patriotism and motivate the participants to express their allegiance by means of poetry, an event was organised to mark the celebrations of the Republic Day that is the day India adopted its constitution to become a republic country. The event was organised to mark the celebrations of the Republic Day that is the day India adopted its constitution to become a republic country.

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

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

Guidelines:

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

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

Dr. Japneet Kaur & Dr. Aparna Sharma  
Coordinators

Dr. Seema Kanwar  
Convener

Dr. Nisha Bhargava  
Chairperson & Principal

गणतंत्र दिवस  
आया है विशेष दिवस गणतंत्र  
भारतीय हुए पूर्ण रूप से स्वतंत्र  
आओ मिल कर शुभ दिन मनाएं  
अपने में नई तरंग उमंग को जगाएं  
देशहित के कार्यों में डट जाएं  
ऊंच-नीच का भेदभाव मिटाएं  
सदाचार, सत्य की राह अपनाएँ  
दरिद्रता अनपढ़ता समूल हटाएँ  
अमर शहीदों पर श्रद्धा सुमन चढ़ाएंगे  
प्रकाशित बतन को जगमगाता रखेंगे  
मिली आज़ादी को कभी न मिटने देंगे  
देशद्रोहियों की मनसा पूरी न होने देंगे  
आओ मिल कर तिरंगा फहराए  
झूमे नाचे जाएं नई तरंग जगाएं  
आधुनिकता का सही अर्थ बताएं  
भ्रष्टाचार बनावटीपन दूर भगाएँ  
प्यारी बेटियां बने अद्वितीय वीरांगना  
बेटे हो देश का गौरव अविरल शूरवीर  
हर बेटा बेटा हो सुरक्षित और शिक्षित  
नियम कानून से बंधे मनाएं यह दिवस

डा० सीमा कंवर  
अध्यक्षा संस्कृत विभाग  
मेहर चन्द्र महाजन डीएवी कालेज फॉर वूमेन सेक्टर ३६ए चण्डीगढ़।

मिटा दो सरहदें

मिटा दो सरहदें कि  
सफर जिंदगी का यूही चलते रहे, हर किसी  
को उसके हिस्से का प्यार मिलाता रहे

न रहे शिकायत किसी को किसी से  
मोहब्बत का चमन दोनो जहा में खिलता रहे

मिटा दो सरहदें कि  
अमन का पैगाम हवा में बहता रहे  
टूट जाएँ मज़हब की दीवारें, बस इंसानियत  
जहा में रहे

बढ़ जाए प्यार है इस कदर दिलों में  
की सरहदें दिलों में नहीं बस जमी पर रहें

मिटा दो सरहदें कि  
किसी के होंठों पर शिकायत का तराना न  
रहे  
हर कोई अपना हो कोई बेगाना ना रहे

कोई तंहा न सफर में रहे  
हर किसी को अपना हमसफर मिला रहे ।

सुश्री सुनीता कुमारी  
हिंदी विभाग  
मेहर चंद्र महाजन डीएवी कॉलेज फॉर वीमेन

## ▪ **Sharing the Prosperity and Happiness**

Organic fruits and vegetables ensure farming practices which are beneficial to nature and to the wellness of consumers who use these vegetables. Sharing of these bounties of nature is a humble step to ensure harmony between nature and man.

### **✚ Distribution of Harvest**

During the pandemic of 2020, as nature reclaimed its spaces during lockdown, the organic production of vegetables and fruits in the College grew by leaps and bounds. Hence, the green area under organic farming was increased and the practice of distribution of the produce amongst the staff was started. A bountiful was harvested every day and distributed amongst the staff. They took home the health encased in Karela, lauki, Tori, Bhindi, Arbi, Mangoes and some other seasonal gifts of nature. In the same year, the college linked sustainable urban farming to promote POSHAN ABHIYAAN, the flagship program of NITI Aayog on Holistic Nutrition. The NSS students were called in phases to learn growing of seasonal vegetables, herbs, medicinal plants in small spaces and their nutritional value.



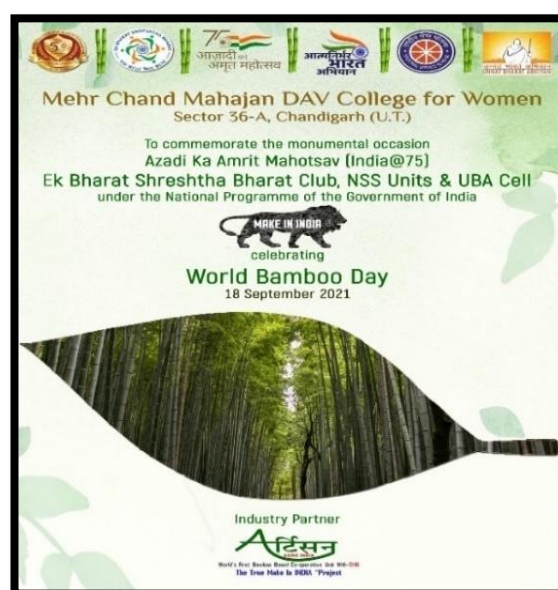




## World Bamboo Day

(Date: 18<sup>th</sup> September 2021)

During the year 2021, the college added another dimension in making the campus green by highlighting the importance of Bamboo in collaboration with Artison Agro. Apart from planting bamboo saplings within the college, more than 200 bamboo saplings were distributed among the staff and community stakeholders such as Aanganwadi workers, teachers.






## ✚ सौहार्द: Donation of Woollen Clothes for the Underprivileged on the Occasion of International Human Solidarity Day

(Date: 20<sup>th</sup> December 2021)

A large section of populations in developing countries do not have home or shelter to live in and they live on road side or slums without the basic amenities essential for life. To sensitise the students about the difficulties faced by these people and also to make them appreciate their own blessings, a donation drive of woollen clothes was organized for underprivileged people in sector 15 and sector 37 of Chandigarh.




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

is organising


### "सौहार्द"

(under the aegis of **CHARACTER BUILDING COMMITTEE** of the college.)


On the occasion of International Human Solidarity Day, we celebrate the spirit of humanity and request volunteers to donate spare woollen clothes preferably in good condition for the underprivileged. Interested person can put the clothes in the box placed near NSS Room in college by 18th December, 2021.




*"Let's spread the message of love and compassion"*



Dr. Minakshi Rana  
Coordinator



Dr. Seema Kanwar  
Convener



Dr. Nisha Bhargava  
Chairperson & Principal

Student Ambassadors  
Neeruj Sagwal ( 8685017561 )  
Aditi Jashi ( 7626962996 )  
Pranomya Jashi ( 9115965500 )  
Ridhima ( 7087970862 )  
Nandani ( 6283997160 )



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

Principal Dr. Nisha Bhargava expressed appreciation for this initiative of the Character-Building Committee to instil in students the values of kindness, compassion and empathy. She added that giving away woollens to the needy in this cold weather is a noble gesture symbolic of gifting the warmth of care and love to fellow human beings facing coldness of life. The students participated enthusiastically in the Drive and it inculcated the value of empathy in them. Happiness on the faces of the people after receiving the warm gifts were priceless. Locals were inspired by the efforts of the students and they also promised to do the same at their own pace. This showcases that the efforts made by the students were not only impactful but inspirational as well.





## **Awareness Program on 'International Day of Persons with Disabilities: Raising Awareness for Disabled-Friendly Infrastructure'**

(Date: 3<sup>rd</sup> December 2021)

Today, the world population stands at over 7 billion people and more than one billion people, or approximately 15 percent of the world's population, live with some form of disability of which 80 per cent live in developing countries. The annual observance of the International Day of Disabled Persons on 3<sup>rd</sup> December was announced in 1992 by United Nations General Assembly resolution 47/3. The day aims to promote the rights and well-being of persons with

disabilities in all spheres of society and development, and to increase awareness of the situation of persons with disabilities in every aspect of political, social, economic and cultural life. An awareness program was organized to promote disabled friendly infrastructure in lieu of International Day of Persons with Disabilities. For this programme, each volunteer prepared a poster regarding the problems faced by disabled people, the solution to those problems and the inequalities and injustice faced by people with disabilities. The volunteers also interacted with other college students and spread awareness regarding the problems and solutions to the difficulties faced by the people with disabilities. They discouraged the unjust treatment faced by the disabled people and encouraged the students to have an impartial and positive outlook towards people with disabilities.

A total of 18 students enthusiastically participated and became aware about the inequitable behaviour towards this vulnerable group and learnt how to develop a positive and significant as well as impartial attitude towards this section of the society.



8





## 🚀 Upgrade - Let's be prepared for the World to be

(Date: 7<sup>th</sup> March 2022 - 10<sup>th</sup> April 2022)

Another initiative SAMAVESH started in 2019 to rejuvenate people amid lockdown of the pandemic of COVID-19 through relevant and interesting quizzes. Thousands of people become part of the program with help of just one click. The overwhelming response of students across country prompted the organizers to make it a fully fledged Committee to train young minds and equip them to excel in personal as well as professional life.

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

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

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

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

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

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

Ms. Shabnam  
Event Coordinator

Dr. Minakshi Rana  
Co-Convenor

Dr. Nisha Bhargava  
Convenor & Principal

The Samavesh Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised 'Upgrade - Let's be prepared for the World to be'- a month-long elaborate and comprehensive online series offering tests, study material and online doubt clearing sessions.

Principal Dr. Nisha Bhargava informed that with the belief in the notion that practice and persistence hold the key to success, this series was launched during lockdown to equip students with knowledge of various disciplines which are usually not the part of curriculum of graduate/postgraduate classes and to instil confidence in them to appear for competitive exams.

Upgrade was the assimilation of various subjects to cater to the needs of students who are gearing up for any competitive exam. All the students of undergraduate classes were eligible to enrol in 'Upgrade' and the tests included topics like 'Grammatically Correct', 'Science We Should Know' and 'Skill of Logical Reasoning'. Around 48 students enrolled for this series. The participants enthusiastically participated in the online tests especially prepared to supplement their preparation for various competitive exams. Each topic was covered by five online tests designed by experts in their respective fields. The initiative was appreciated by the participants for comprehensive coverage of various

important topics. The students utilised this opportunity to brush up their skills at the comfort of their own homes. The students who were consistent and quick in responding to the tests throughout the different test series are selected for prizes.



### एमसीएम ने अपग्रेड 2022 आयोजित किया

**जगमार्ग र्यूज**

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमन, की समावेश समिति ने 'अपग्रेड - लेट्स बी रेडी फॉर द वर्ल्ड टू बी' का आयोजन किया - एक महीने की विस्तृत और व्यापक ऑनलाइन श्रृंखला जिसमें परीक्षण, अध्ययन सामग्री और ऑनलाइन सदेह समाशोधन सत्र शामिल था। इसका आयोजन उन छात्राओं की जरूरतों को पूरा करने के लिए किया गया जो किसी भी प्रतियोगी परीक्षा की तैयारी कर रहे हैं। स्नातक कक्षाओं के सभी छात्र 'अपग्रेड' में नामांकन के लिए पात्र थे और परीक्षाओं में 'व्याकरण का शुद्ध रूप', 'जानने योग्य विज्ञान' और 'तर्कसंगत तर्क का कौशल' जैसे विषय शामिल थे। इस सीरीज के लिए करीब 48 छात्राओं ने नामांकन किया। प्रत्येक विषय उनके संबंधित क्षेत्रों में विशेषज्ञों द्वारा डिजाइन किए गए थे जिन्हें पाँच ऑनलाइन परीक्षाओं द्वारा कवर किया गया। विभिन्न महत्वपूर्ण विषयों के



व्यापक कवरेज के लिए प्रतिभागियों द्वारा इस पहल की सराहना की गई। जो छात्रार्थ अलग-अलग टेस्ट सीरीज में टेस्ट के जवाब देने में निर्यामित और तेज थे, उन्हें पुरस्कार के लिए चुना गया। प्राचार्या डॉ. निशा भार्गव ने बताया कि इसकी शुरुआत इस विश्वास के साथ की गई कि अभ्यास और दृढ़ता सफलता की कुंजी है, इस श्रृंखला को लॉकडाउन के दौरान छात्रों को विभिन्न विषयों के ज्ञान से लैस करने के लिए शुरू किया गया था जो आमतौर पर स्नातक/ स्नातकोत्तर कक्षाओं के प्रतियोगी परीक्षाओं में बैठने के लिए उनमें आत्मविश्वास जगाना इसका उद्देश्य था।

### एम.सी.एम. ने 'अपग्रेड लेट्स बी रेडी फॉर द वर्ल्ड टू बी' का किया आयोजन

चंडीगढ़, 4 मई (आशीष): सैक्टर-26 स्थित मेहर चंद महाजन डी.ए.वी. कॉलेज फॉर वूमन की समावेश समिति ने अपग्रेड लेट्स बी रेडी फॉर द वर्ल्ड टू बी का आयोजन किया। एक महीने की विस्तृत और व्यापक ऑनलाइन श्रृंखला जिसमें परीक्षण अध्ययन सामग्री और ऑनलाइन सदेह समाशोधन सत्र शामिल था। इसका आयोजन उन छात्राओं की जरूरतों को पूरा करने के लिए किया गया जो किसी भी प्रतियोगी परीक्षा की तैयारी कर रहे हैं। स्नातक कक्षाओं के सभी छात्र अपग्रेड में नामांकन के लिए पात्र थे और परीक्षाओं में व्याकरण का शुद्ध रूप, जानने योग्य विज्ञान और तर्कसंगत तर्क का कौशल जैसे विषय शामिल थे।

इस सीरीज के लिए करीब 48 छात्राओं ने नामांकन किया। प्रतिभागियों ने विशेष रूप से विभिन्न प्रतियोगी परीक्षाओं के लिए अपनी तैयारी के लिए तैयार किए गए ऑनलाइन परीक्षाओं में उत्साहपूर्वक भाग लिया। प्रत्येक विषय उनके संबंधित क्षेत्रों में विशेषज्ञों द्वारा डिजाइन किए गए थे

जिन्हें पाँच ऑनलाइन परीक्षाओं द्वारा कवर किया गया। विभिन्न महत्वपूर्ण विषयों के व्यापक कवरेज के लिए प्रतिभागियों द्वारा इस पहल की सराहना की गई।

प्राचार्या डॉ. निशा भार्गव ने बताया कि इसकी शुरुआत इस विश्वास के साथ की गई कि अभ्यास और दृढ़ता सफलता की कुंजी है। इस श्रृंखला को लॉकडाउन के दौरान छात्रों को विभिन्न विषयों के ज्ञान से लैस करने के लिए शुरू किया गया था जो आमतौर पर स्नातक, स्नातकोत्तर कक्षाओं के पाठ्यक्रम का हिस्सा नहीं होते और प्रतियोगी परीक्षाओं में बैठने के लिए उनमें आत्मविश्वास जगाना इसका उद्देश्य था। जानने योग्य विज्ञान और तर्कसंगत तर्क का कौशल जैसे विषय सिंगला, द्वितीय स्थान मुस्कान पुनिया, तृतीय स्थान तान्या जोशी, व्याकरण का शुद्ध रूप के विजेता में प्रथम स्थान तान्या जोशी, द्वितीय स्थान शगुन चौधरी, तृतीय स्थान प्रेरणा गुलथानी, तार्किक कौशल के विजेता में प्रथम स्थान शगुन चौधरी, द्वितीय स्थान निमिषा और तृतीय स्थान अशमीत ने हासिल किया है।



## ▪ Living Closer to Nature

It is said that ‘We don’t inherit the earth from our ancestors, we borrow it from our children’. Living by this adage, the institution strives to ensure that the students are groomed to become responsible citizens of tomorrow and contribute to the common goal of maintaining ecological balance.

### ✚ Plastic Collection Drive: Raising Awareness against the Use of Plastic Items

(Date: 5<sup>th</sup> October 2021 – 6<sup>th</sup> October 2021)

Plastic waste makes its way from our homes and offices to landfills and bodies of water, causing contamination. For the sake of health and the environment, it is important to properly dispose of such plastic waste and to reduce its widespread use. This activity helped to prevent and fight the health and environmental hazards of plastic waste through reuse and recycling of the collected items to support sustainable development. With the aim of raising awareness against the use of plastic items,



the ambassadors of the Character Building Committee carried out an anti-plastic drive in Sector 36, Chandigarh. The volunteers visited the households located in the mentioned residential area and distributed saplings of various kinds among the residents of that area. They went door to door asking people to give us plastic items and in return, the volunteers gave them plants as a token of gratitude.

The activity witnessed an enthusiastic result. 16 students from the college participated in this activity. About 100-150 plastic bottles and other items were collected. The response from the people was overwhelming. The residents were given saplings of Tulsi, Jamun, Elaichi etc. The items thus collected were used to make decorative items and then they were displayed in the exhibition organized by the college on Diwali.



## ✚ Making Bird Feeders with unused material at Home: An Online Competition to Celebrate National wildlife Week

(Date: 2<sup>nd</sup> October 2021 – 8<sup>th</sup> October 2021)

Wildlife week offers an opportunity to celebrate natural ecosystems in our gardens and explore ways to help them flourish. Making a garden a bird-haven involves taking care of birds' needs. Birds need a constant and reliable food source all year round. Bird feeders are a very useful piece of equipment to have in the gardens to help keep birds well fed. Feeders help adult birds spend less time foraging and expending energy to feed their nestlings. The Character building committee, in

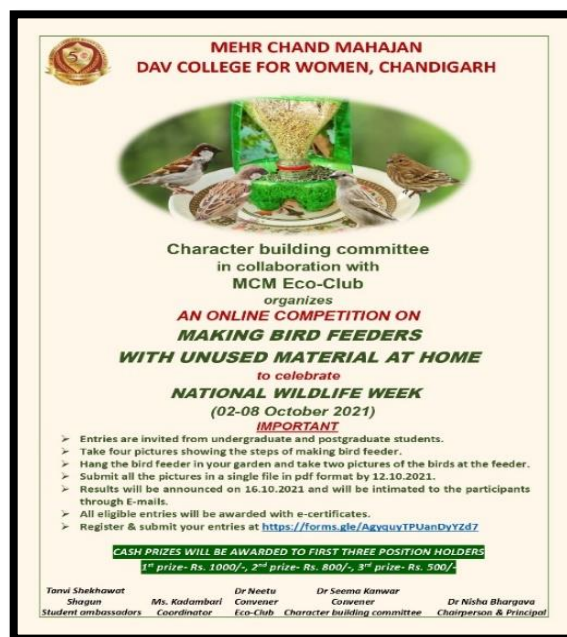
collaboration with MCM Eco-club, organised an online competition on 'Making Bird Feeders with Unused Material at Home' for celebrating the National Wildlife Week from 1st October to 7th October, 2021. The students from various departments of the college participated in this week-long event. The participants were given seven days for building a bird feeder and uploading its photographs. They made beautiful bird feeders using unused material at their homes, and added a variety of seeds and grains to attract birds to the feeders. In the process they got sensitized about the needs of bird kingdom and difficulties faced by them in a changing world which is characterised by a heating up planet and depleting tree cover. Cash prizes were given to the first three position holders.

### Results

- **1<sup>st</sup> Position:** Eshita Mahajan (BA I)
- **2<sup>nd</sup> Position:** Radhika Sharma (B.Com. I)
- **3<sup>rd</sup> Position:** Mehak Abrol (BA II)

### **Consolation Prizes**

- Jasmine Kaur (B.Com. I)
- Ananya Mahajan (B.Sc. III Medical)
- Rhythm Lakhotra (B.Sc. II Medical)





## ✚ Beautification Drive to Commemorate ‘Clean India Programme’

(Date: 25<sup>th</sup> October 2021)

Swacchta Abhiyan was started by Prime Minister Narendra Modi in 2014 and since then, remarkable headway can be noticed in this regard. The Clean India Programme is a continuation of the initiative spearheaded by the Prime Minister with renewed focus and commitment. It is expected that with the collective efforts of youth and fellow citizens





and support from all stakeholders, India will without doubt embark on cleanliness drives and create better living conditions for its citizen. The Character-Building committee has conducted a Beautification drive in college campus with Diyas, stone art and best out of waste material as a part of 'Clean India' programme organised by Department of Youth Affairs, Ministry of Youth Affairs and Sports, Government of India

### **✚ Planation Drive**

With the primary objective of imbibing the culture and spirit of green campus and promoting the concept of sustainable, eco-friendly environment, the Swachhta Committee and Horticulture and Landscaping Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a tree plantation drive on the occasion of RepublicDay. Principal Dr. Nisha Bhargava, along with staff members, planted saplings of Hamelia near the newly constructed Golden Jubilee Block of the college. Speaking on this occasion, Dr. Bhargava highlighted the need to focus on more such green initiatives and plantation drives. She informed that the idea behind the plantation was to propagate the message that planting trees helps in maintaining and sustaining ecological balance reducing pollution and improving the green ambience.



## Selfie with a Plant

(Date: 3<sup>rd</sup> June 2022)

Trees help clean the air we breathe, filter the water we drink, and provide habitat to over 80% of the world's terrestrial biodiversity. Forests provide jobs to over 1.6 billion people, absorb harmful carbon from the atmosphere, and are key ingredients in 25% of all medicines. By planting more trees, we can contribute to global reforestation efforts, restoring lost forests, repairing damaged ecosystems and mitigating climate changes.



The college celebrated the World Environment Day in a meaningful way by conducting the largest environment awareness activity 'Selfie with a Plant' in the UT of Chandigarh in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Government of India.







## ✚ कारीगरी: Promoting Recycling through Cloth Bags Making

(Date: 24<sup>th</sup> May 2022)

With the aim of spreading awareness about the use of eco-friendly cloth bags instead of single use plastic bags, Department of Home Science, Mehr Chand Mahajan DAV College for Women Chandigarh organized, ‘कारीगरी’ a workshop on fabric bag making on 24<sup>th</sup> May, 2022. The participants were demonstrated about the bag making out of the new fabric as well as worn out fabric. They were acquainted with the importance of recycling for the environment and motivated to make sustainable choices. Students constructed and decorated different

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

**DEPARTMENT OF HOME SCIENCE**  
organizes

**करीगरी - Wokshop-cum-Demonstration on Eco-friendly Cloth Bags**

Resource Person:  
**Ms Rati Arora**  
Assistant Professor  
Deptt. of Home Science

Date: 24 May 2022  
Venue: Clothing and Textile Lab  
(Department of Home Science)  
Time: 9:30 am onwards

Prizes will be given to the best creations at the end of the workshop.

Dr Harjot Kaur Mann  
Ms Darpanjot Kaur  
Coordinators

Ms Jyotsna  
Co-Convenor &  
Head, Department of Home Science

Dr Nisha Bhargava  
Convenor & Principal

types of bags getting tips and guidance from the resource person. They also learnt about various techniques of adding the design features by using minimum material at low cost like tassels, frills, pompoms, bows etc. At the end of the workshop, all the created pieces were displayed and best creations were selected and awarded with cash prizes by Principal of the college, Dr. Nisha Bhargava. Ma'am lauded the efforts of the department to enhance the skills of the students by making them learnt a new skill-set and parallely contributing their bit towards a tenable planet. She appreciated the work done by all the participants and further added that everyone must inculcate the habit of recycling in all possible manner and opting for cloth making bags over plastic ones is one of those.



## ■ Gratitude to Spread Positive Feelings

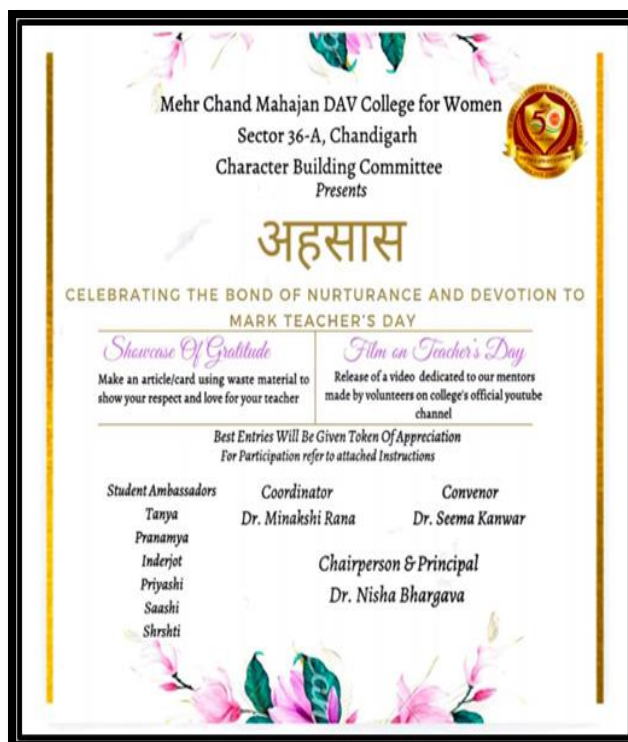
Since times immemorial, the guru has been held in high esteem in our culture and we express our gratitude to them on Teacher's Day. These nurtures the values of humility amongst pupils and encourages the teachers to remain steadfast in their commitment to the cause of value education.

## ✚ अहसास: Celebrating the Bond of Nurturance and Devotion to Mark Teacher's Day

(Date: 4<sup>th</sup> September 2021)

“Teaching is a very noble profession that shapes the character, calibre, and future of an individual. If the people remember me as a good teacher, that will be the biggest honour for me”. - A. P. J. Abdul Kalam.

This activity was chosen to celebrate the bond of nurturance and devotion to mark teacher's day. These days it is customary to give expensive gifts, however the Character-Building



Committee aimed at focusing on the importance of handmade gifts as tokens of love. The activity was an expression of the creativity of students to use best out of waste to turn it into beautiful tokens of love. Participants were supposed to showcase their gratitude by

making an article/card using waste material and show their respect and love for their teacher. Not only this, on the occasion of Teacher's Day, a short film dedicated to all the mentors was released on the college's official YouTube channel at 10:00 a.m.

With the objective of celebrating the exceptional role of teachers in nation building, the Committee celebrated Teacher's Day with a unique competition titled '□□□□□'. The purpose was to sensitize students about giving respect to their teachers and value their contribution towards holistic development of their mentees. The participants were required to make articles /cards/tokens of love using waste material to show respect and gratitude for teachers. Students from diverse streams participated enthusiastically showcasing their gratitude. The event included 'Showcase of Gratitude' and release of a celebratory video. The students showcased their gratitude and respect for their teachers by making articles/cards that were displayed during the celebration. A student also recited a poem written by Dr. Seema Kanwar dedicated to teachers on the occasion. A video showcasing the celebrations was also released on the college's official YouTube channel. The best entries were appreciated with a token of love by honourable Dr. Nisha Bhargava. Principal Dr. Nisha Bhargava eulogized the prominent role of a teacher in a student's life and admired the efforts of students to showcase their reverence towards the nation builders. She added that the way the teaching fraternity rose to the occasion during the pandemic and adapted to new teaching methods deftly for keeping the students gainfully engaged at their homes, is highly commendable and goes on to show the superlative devotion and dedication of teachers. She also appreciated the activities organised by teachers for motivating the students during these break times.

The activity witnessed a remarkable response. 30 students participated in the activity and many students attended the function thanked the organizing team for providing a platform to showcase their gratitude and respect for teachers.







## ✚ Scrapbook & Scroll Making Competition to mark the celebrations of Mother's Day

(Date: 9<sup>th</sup> May 2022)

Mother's Day is an event to celebrate the maternal bond and acknowledge the efforts of a mother in nurturing a life. It is to appreciate the contribution of the mothers in the society.

The Character-Building Committee organised a Scrapbook and Scroll making Competition on the Occasion of Mother's Day to celebrate this sacred bond of a child and a mother on May

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

Character Building Committee  
*organizes*  
**Scrapbook Making & Scroll Making Competition**

Date: 9 May 2022 Time: 11:30 am  
 Venue: Room No.- 4 [Arts Block]

To mark the celebrations of  
**Mother's DAY**

**Instructions:**  
 • Scroll Making will be done on the spot. • Maximum time allowed to make the scroll is 1 hour. • Certificates will be given to all the winners.  
 • Make your scrapbook and submit it on or before 9 May 2022 at the venue. • Prior Registration is Mandatory. Click below to register.

**CLICK HERE**

Dr. Ritu Rani                      Dr. Seema Kanwar                      Dr. Nisha Bhargava  
 Coordinator                      Convener                      Chairperson & Principal

Student Ambassadors: Tanya, Sukhman, Pranamiya, Inderjot



9th, 2022 in the college premises. The participants were given one hour duration to make the scroll on Mother's Day theme. More than 10 enthusiastic students prepared beautiful scrolls and scrapbooks to demonstrate the love for their mothers. Worthy Principal & chairperson Dr. Nisha Bhargava lauded the efforts of the participants and the winners were awarded with the Certificates. The bond of a mother and child is eternal and students showcased their feelings in a beautiful manner by preparing alluring pieces of art like scrap books and scrolls. The efforts of the participants were appreciable.

## **Results**

### **Category I - Scrapbook Making**

- **1<sup>st</sup> Position:** Samreen Kaur (BA III)
- **2<sup>nd</sup> Position:** Shruti Gupta (B. Com II)
- **3<sup>rd</sup> Position:** Kashish (B. Com III)

### **Consolation Prize**

- Yojana Negi

### **Category II - Scroll Making**

- **1<sup>st</sup> Position:** Akanksha Mehra (BA III)
- **2<sup>nd</sup> Position:** Kashish (B. Com III)
- **3<sup>rd</sup> Position:** Bandhan (BA III)

### **Consolation Prize**

- Gauri Thakur





## ▪ Empowering Women

An empowered woman explores her potential to the fullest and also contributes to the society. She contributes to nation building in a society where she has equal opportunities to work. Safe neighbourhoods ensure that she is free to move around and go about her daily tasks as men do. This is the hallmark of a civilized society.

### ✚ Be Fearless: One Week Self-Defence Training for Women

(Date: 30<sup>th</sup> May 2022 – 4<sup>th</sup> June 2022)

The primary importance of self-defence is for women to be able to protect themselves against anything that's unacceptable in terms of social conduct. There is nothing more empowering than having the confidence to analyse a dangerous situation and take actions to overcome them effectively. It empowers women to lead a healthy and fulfilling life by encouraging them to deal with stressful and dangerous situations independently. It teaches discipline which transfers over to all other areas of life. It helps

women be calmer, understanding, flexible, gain body and mind control, be more responsive than reactive, more observant, and achieve cognitive awareness. Self-Defence programs are also a fun way of exercising and building a healthy body, thereby improving physical and mental health. Crimes against women can be curbed in a significant way when women are empowered to fight back against any discrimination and sexism.

Be Fearless, a one-week long self-defence training programme was organised in collaboration with Swayam Academy of Chandigarh Police in June, 2022 by Women Development Cell of the college. The aim of the program was to 'empower the girls we love' with self-defence skills that enables them to respond effectively to potential safety threatening situations. The SWAYAM self-defence team demonstrated the self-defence



**Mehr Chand Mahajan DAV College for Women  
Sec-36 A Chandigarh**  
Organizes  
**BE FEARLESS**  
One Week Self-Defence training  
(Under the aegis of Women Development Cell of the college  
in collaboration with  
Swayam Academy, Women and Child Support Unit of Chandigarh Police)

Instructions :

- Prior registration is mandatory.
- Carry water bottles.
- Wear Comfortable clothes preferably white t shirts with lower and a cap.
- Reach the venue well on time.
- Only for students of MCM DAV College for Women.
- No registration fee
- Join the What's Group for further details.  
<https://chat.whatsapp.com/EGk1leVpkytG04qumNwEZO>

REGISTER NOW : <https://forms.gle/HbesPNacDaMYwXpEZ>

COORDINATER  
Dr. Minakshi Rana

CO-CONVENER  
Mrs. Vandana Syal

CONVENER AND PRINCIPAL  
Dr. Nisha Bhargava



techniques and conducted training sessions for the students. The programme empowered 150 girls with self-defence techniques.



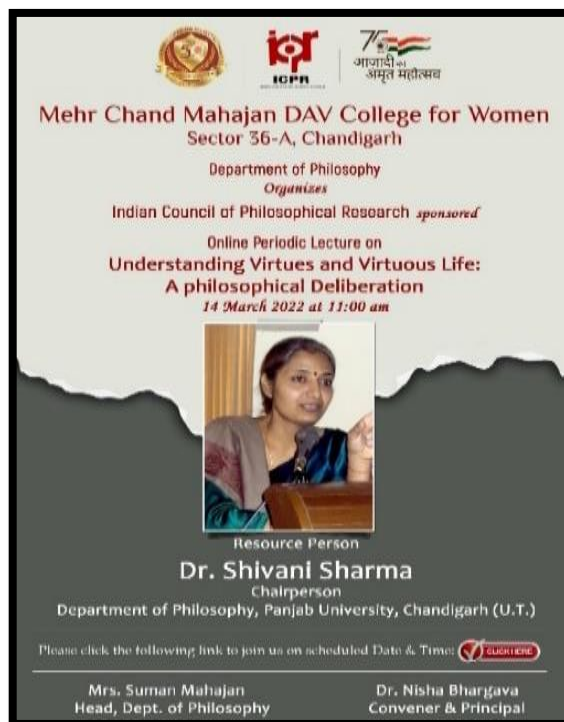
## ▪ Holistic Well Being

Mental and physical wellness go hand in hand and efforts are made in the college to ensure that the students strive for holistic wellness.

### ✚ Understanding Virtues and Virtuous Life: A Philosophical Deliberation

(Date: 14<sup>th</sup> March 2022)

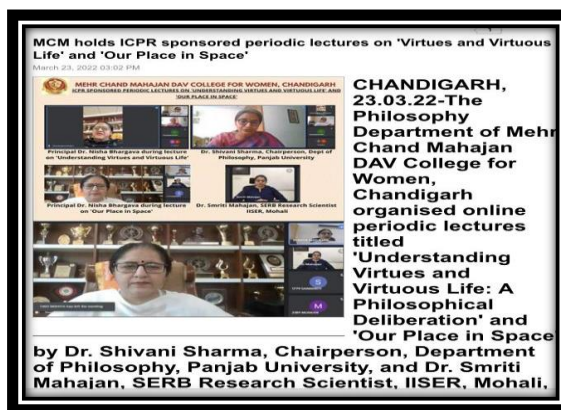
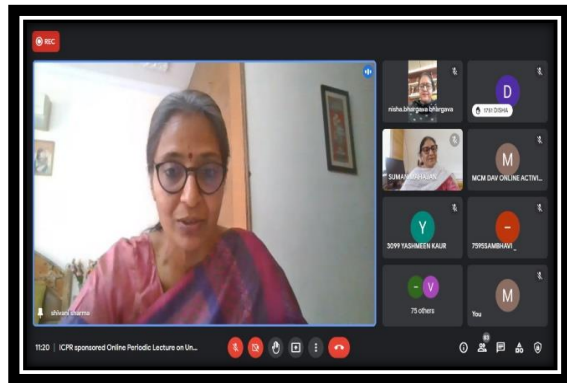
The Philosophy Department of Mehr Chand Mahajan DAV College for Women, Chandigarh organised online periodic lectures titled 'Understanding Virtues and Virtuous Life: A Philosophical Deliberation' and 'Our Place in Space' by Dr. Shivani Sharma, Chairperson, Department of Philosophy, Panjab University, and Dr. Smriti Mahajan, SERB Research Scientist, ISER, Mohali, respectively. Both the lectures witnessed enthusiastic participation of the students.



The lecture on Understanding Virtues and Virtuous Life by Dr Shivani Sharma aimed to explore the concept of virtue and its different kinds in the history of ideas by referring to Indian and Greek traditions, and also to acquaint the students to the paradigm that is available across the cultures. Dr. Shivani asserted that Indian philosophical tradition is rich enough in suggesting as to how to make life meaningful and eventful and similar is the case with Greek tradition too. In her engrossing lecture, Dr. Shivani shed light on humans' privilege to create a meaningful life, importance of living meaningfully, the role of the concept of Purushartha and Ashram Vyavastha in realisation of virtue, difference between Shreyas and Preyas as propounded by the Vedas and the means to adopt virtuous life style.

Principal Dr. Nisha Bhargava lauded these endeavours of the Philosophy Department to stimulate the philosophical thinking of the students. Quoting great philosophers like,

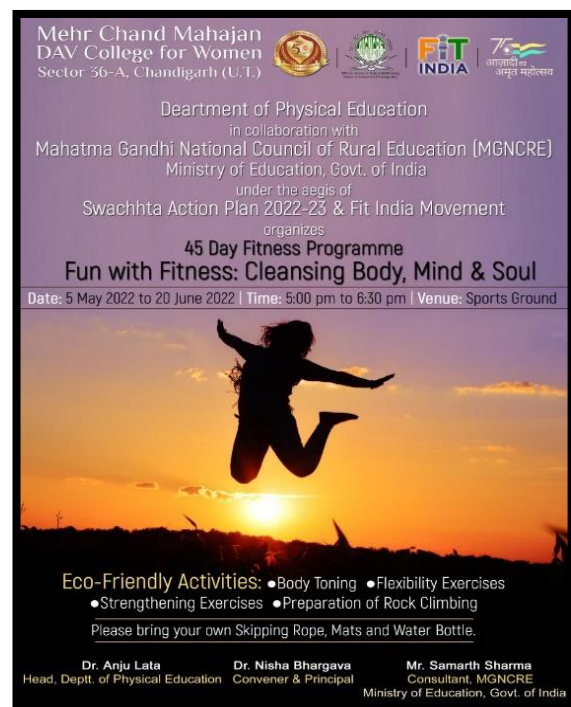
Socrates, Aristotle and Kant Dr. Bhargava shared their interpretations on leading a virtuous life, and said that self-reflection is a prerequisite for a virtuous life.



## ✚ A 45-day Fitness Program: Fun with Fitness (Cleansing Body, Mind & Soul)

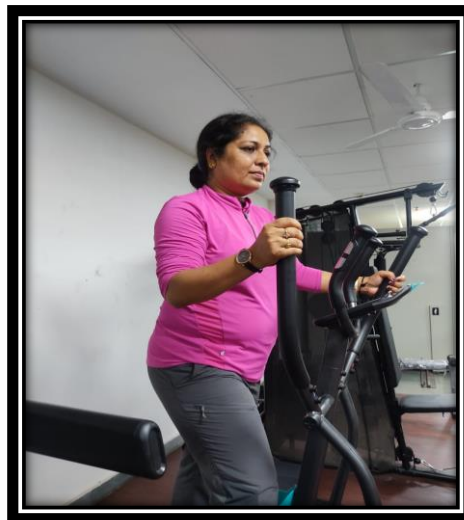
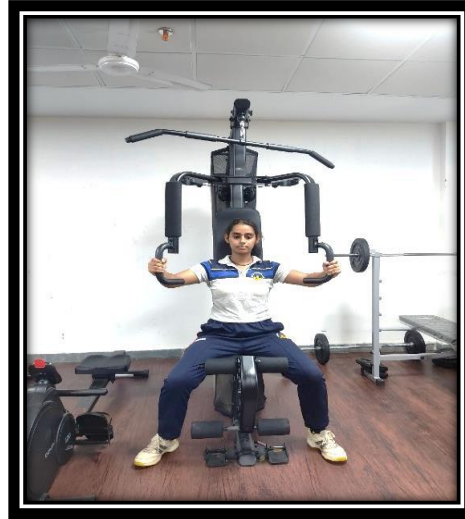
(Date: 5<sup>th</sup> May 2022 – 20<sup>th</sup> June 2022)

In a unique initiative, the Physical Education Department, NCC, NSS units and Ek Bharat Shreshtha Bharat Club of Mehr Chand Mahajan DAV College for Women, with a view to infuse spirituality and good health among the stakeholders, undertook a 60-day Yoga programme, a 45-day Fun with Fitness programme, and various other activities as a prelude to International Yoga Day 21/06/2022. All these activities were great initiatives towards purification of self and





surroundings leading to long term gains to individuals and society. The significance of the success of these events lies in the fact that these two were conducted over a fairly long period of time. The devoted EBSB and NSS teams with consistent efforts towards encouraging the spirit of national service made it possible.







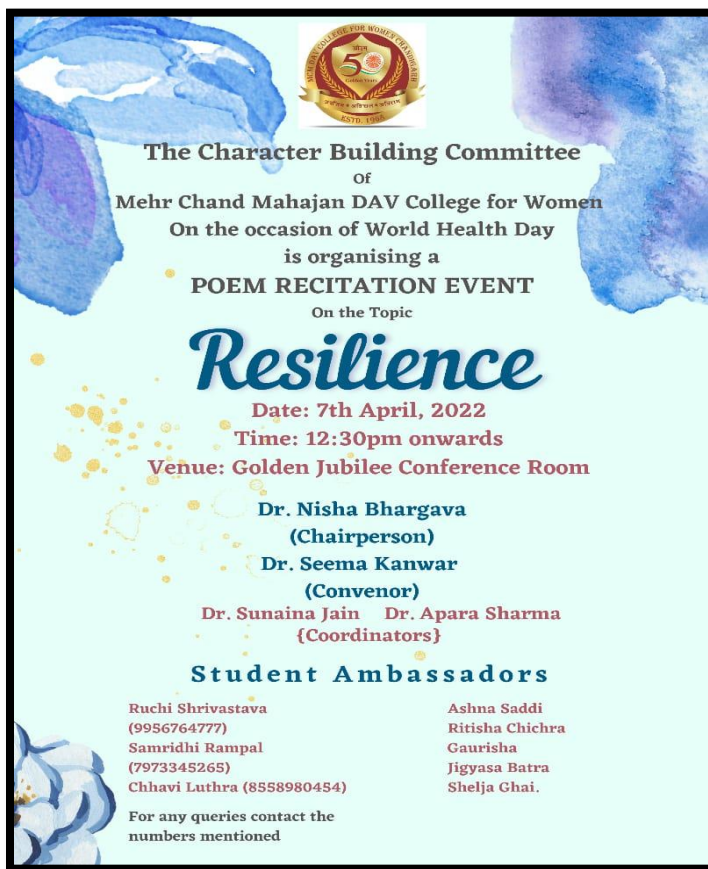
## ✚ Resilience 2.0: An Intra-College Poem Recitation Competition

(Date: 7<sup>th</sup> April 2022)

On the occasion of World Health Day, the Character Building Committee organized a poem recitation event in order to make the students understand the importance of the meaning of resilience. The programme was organized for the students of General English class and Elective English class of BA I and BA III. To emphasize on taking care of mental health along with physical health for a healthy lifestyle and to make the students understand the meaning of resilience and its importance

at every stage of life, the Character Building Committee organized the poetry recitation event 'Resilience' on 7<sup>th</sup> April, 2022 to celebrate World Health Day. Principal Madam, Dr. Nisha Bhargava encouraged and motivated the audience with her speech and a self-composed poem titled 'ANDAAZ'. After this, the participants recited poems based on the theme 'Resilience'. The audience thoroughly enjoyed the recitations as the participants chose poems in Hindi, Punjabi and English emphasizing the need for resilience and motivated everyone to move on despite the hurdles. A couple of students expressed themselves through singing songs on resilience which added charm to the event. The coordinators Dr. Aparna Sharma and Dr. Sunaina Jain also focused on developing the quality of bouncing back despite the setbacks in life through their speeches and poems.

The event witnessed an overwhelming response by more than 70 students as they felt enthused to battle all odds in life and keep their chins up even in adverse circumstances. Further, 5 participants were honoured with tokens of appreciation by esteemed principal Dr. Nisha Bhargava.



The poster features a light blue background with watercolor-style splashes in shades of blue and purple. At the top center is a circular logo with the number '50' and the text 'DAV COLLEGE FOR WOMEN' and 'ESTD 1971'. Below the logo, the text reads: 'The Character Building Committee OF Mehr Chand Mahajan DAV College for Women On the occasion of World Health Day is organising a POEM RECITATION EVENT On the Topic Resilience'. The event details are: 'Date: 7th April, 2022', 'Time: 12:30pm onwards', and 'Venue: Golden Jubilee Conference Room'. The organizers listed are 'Dr. Nisha Bhargava (Chairperson)', 'Dr. Seema Kanwar (Convenor)', and 'Dr. Sunaina Jain Dr. Aparna Sharma (Coordinators)'. The student ambassadors are listed in two columns: 'Ruchi Shrivastava (9956764777)', 'Samridhi Rampal (7973345265)', 'Chhavi Luthra (8558980454)', 'Ashna Saddi', 'Ritisha Chichra', 'Gaurisha', 'Jigyasa Batra', and 'Shelja Ghai.'. At the bottom, it says 'For any queries contact the numbers mentioned'.





## ✚ भोर सुहानी: To Mark the Celebration of World Health Day

(Dates: 10<sup>th</sup> April 2022 – 10<sup>th</sup> May 2022)

Continuing the celebration of World Health Day organized a walkathon 'भोर सुहानी', an activity for the hostel students focusing on inculcation of the habit of early morning walk in order to sustain a healthy lifestyle. The activity was a pleasant reminder of the pearls of wisdom that our forefathers shared,



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

**Character Building Committee**  
Presents

### भोर सुहानी

An activity for Hostel Students

**Go for a morning walk  
and click geo-tagged pictures**

**From April 10, 2022- May 10, 2022**

- Walk for 40-45 minutes for minimum 25 days
- Share geo-tagged pictures at the beginning and end of your walk (2 pictures each day) and share a Word document of 50 pictures at <https://forms.gle/xDVTQwzjVp7wJqV67>

**First prize- 2000/-  
Second Prize- 1500/-  
Third Prize- 1000/-  
Consolation Prizes (2)- 500/- each**

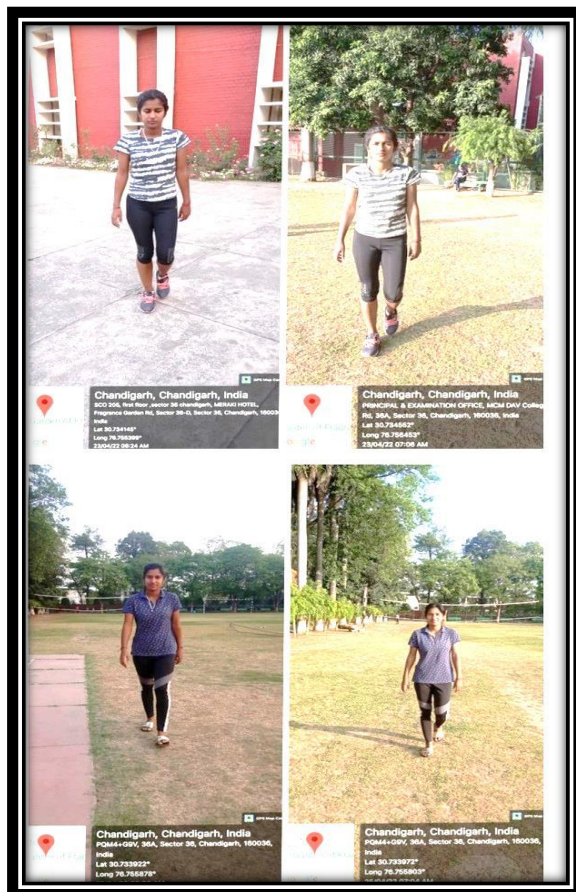
Co-ordinators Dr. Jagneet Kaur Ms. Ruchika Singh	Convenor Dr. Seema Kanwar	Chairperson & Principal Dr. Nisha Bhargava
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‘Early to Bed and Early to Rise makes a man Healthy, Wealthy and Wise’. In this activity, the students were supposed to go for a morning walk for 40-45 minutes for at least 25 days from April 10, 2022-May 10, 2022 and share their geo-tagged picture at the end of the activity.

The activity was organized to draw attention of the students towards the benefits of waking up early in the morning and to avail the numerous benefits of the morning walk that nature showers in the early hours of the day. A total of 8 students participated out of which 3 students were awarded the cash prizes of 2000/-, 1500/- and 1000 respectively.

## Results

- **1<sup>st</sup> Prize:** Thunaojam Ambika Devi
- **2<sup>nd</sup> Prize:** Benazirsana Yumkhaiba
- **3<sup>rd</sup> prize:** Santosh

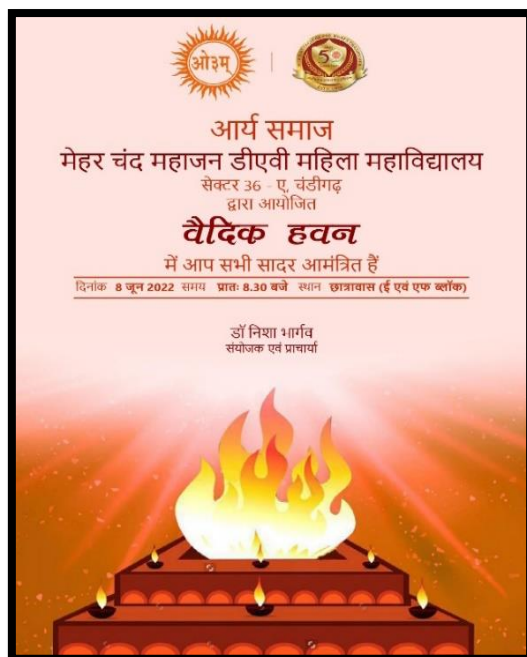


## ■ Purifying Self and Surroundings

The age-old practice of performing havan has multiple benefits. Our institution carries forward the legacy Vedic values and regularly performs havan on all occasions and to mark new beginnings.

### ✚ Holy Practice of Performing Havan

(Date: 8<sup>th</sup> June 2022)



Organised with the objective of inculcating Vedic values in the students, havan is a monthly ritual at MCM wherein the staff and students offer prayers to the holy fire amidst chanting of shlokas and mantras. To seek divine blessings for its students in view of the upcoming Panjab University Examinations 2022 and in keeping with its tradition of performing havan at the beginning of every month, Mehr Chand Mahajan DAV College for Women, Chandigarh organised havan yajna. Sh. H.R. Gandhar, Vice President, DAV College Managing Committee, New Delhi and Mrs. Sudesh Gandhar, Senior Governing Body Member of various DAV institutions graced the occasion with their presence and wished the students for the upcoming exams. Prayers to the holy fire amidst chanting of shlokas and mantras soaked the atmosphere in divinity. The staff members whose birthdays fall in the month of June were also blessed with garlands on this occasion. The winners of Bhor Suhani organised by Character Building Committee of the college were also felicitated after the havan.



Expressing appreciation for the college's endeavour to instil a strong value system and spiritual intelligence among students, Sh. H.R. Gandhar asserted that besides intelligence quotient and emotional quotient, it is imperative to enhance one's spiritual quotient. He further added that the students should be appreciative of the fact that they are a part of an institution like MCM that has a special aroma of ethos, ethics, culture, and values. He also advised the students to be grateful to their parents for their sacrifices and untiring efforts, and to the teachers- the priests of knowledge for guiding them on their path to success. In his motivational address, Sh. Gandhar urged the students to develop in themselves the qualities of compassion, confidence, determination, perseverance, tolerance, focus and much more for carving a niche for themselves.

Principal Dr. Nisha Bhargava advised the students to give their best and wished them success in their lives. She informed that at MCM, havan is organised every month with the objective of inculcating Vedic values in the students, and added that the college has adopted a holistic approach to educating students wherein besides preparing the students for success, emphasis is also laid on inculcating moral values in them.





## ✚ Yaadein: Celebration of Basant Panchmi Festival

(Date: 5<sup>th</sup> February 2022)

The Sustainable Practices Committee of the college organised an event with the purpose to celebrate tradition and our customs while reliving memories of our varied cultural heritage. A highlight of the event was walk by children in traditional attire. Dance performances, demonstration of 'Gitte' and 'Kanche', fun games, kite flying and traditional food added to the flavour of the event. Principal Dr. Nisha Bhargava congratulated the staff members on this auspicious day and expressed hope that



the spring will herald a welcome change that will alleviate all the suffering of humanity. She added that through this celebration, the college envisioned to celebrate the spirit of resilience and positivity.









## ▪ **Community Building Through Research and Innovation**

Gandhi ji said that ‘Be the change that you want to in the world’ and this remains at the core of various activities arranged in the college. Students are taught to begin from their own homes when it comes to new initiatives.

### ✚ **Green Home: Spreading Awareness amongst Households to be a ‘Zero Waste Unit’**

(Date: 5<sup>th</sup> May 2022 – 5<sup>th</sup> June 2022)

Making your home a greener place is a commitment to yourself, your family, your community, and the world. But more than that, it is a learning process. As exciting new technologies, products, and scientific breakthroughs constantly emerge, staying educated on the hows as well as the whys of maintaining a green home is the best way to ensure your efforts are as effective and beneficial as possible. A green

home uses less energy, water and natural resources, creates less waste and is healthier for the people living inside compared to a standard home. It is as simple as that! A home can be built green, or you can make it green later. A green makeover can happen all at once, or it can be a gradual process. But what it all comes down to is a new way of thinking and a new way of living. From a more energy-efficient kitchen to a tree-filled backyard paradise, your home can be green top to bottom, front to back, inside and out.

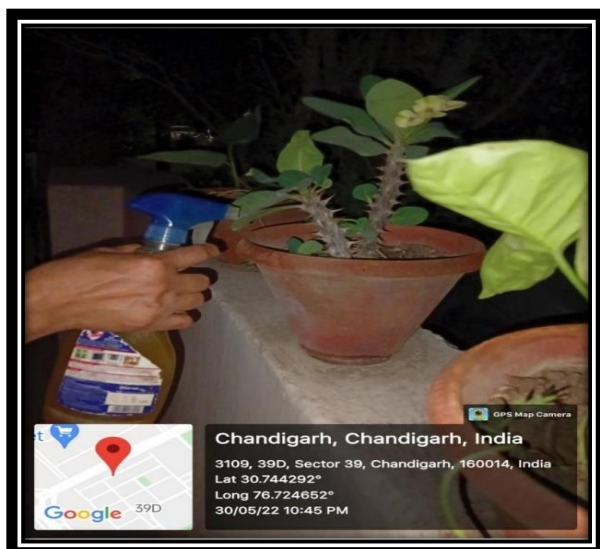
On the occasion of World Environment Day, the Swachhta Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with MGNCRE, Ministry of Education, Government of India organized 'Green Home'- a month-long activity under the aegis of Swachhta Action Plan 2022-23. The activity aimed to promote awareness among households in tricity regarding eco-friendly practices, thereby creating



'Green Homes'. Under this novel initiative, a number of activities were carried out by students for motivating the residents of tricity to adopt a green and holistic outlook towards waste management and environment conservation. Through the practice of meaningful environment friendly initiatives at their respective homes and by educating tricity residents about waste segregation, 3Rs- reduce, reuse and recycle, waste management at domestic level, preparation of compost at home and so on, the students endeavored to create 'Green Homes'. The best ideas and practices were awarded certificates. A total of 29 entries were received for the activity.

Principal Dr. Nisha Bhargava expressed appreciation for this unique endeavor promoting environment consciousness. She added that concrete action at household level can help in achievement of sustainable development goals and thus, this initiative holds immense significance in conserving our environment by impacting behavioral change.

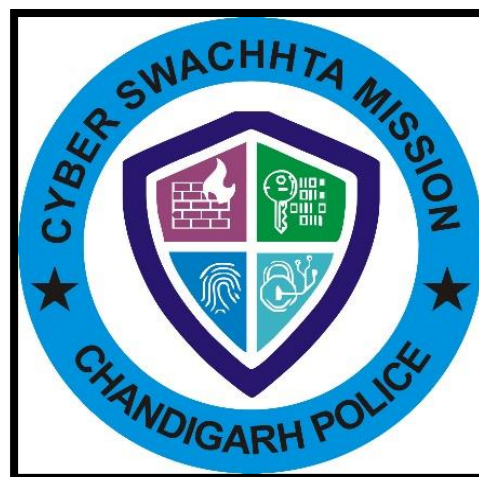




## Cyber Interns

(Date: November 2021 – May 2022)

Modern technology has posed new threats over the safety and security of human beings. The college has taken a unique initiative to promote safe behavior and practices in the virtual world. A total of 78 students of the college successfully completed six-months internship as Cyber Soldiers in collaboration with Chandigarh Police under the aegis of Cyber Swachhta Mission, Digital India, Ministry of Home Affairs, Government of India.



The college is first in UT of Chandigarh to sign a MOU with Chandigarh Police to promote Cyber Security, Human Rights, Gender Sensitization and emerging Police technologies. The two esteemed institutions joined hands to conduct various awareness programs to facilitate community policing through youth engagement. The MoU was exchanged in a state level function in the presence of Shri Banwarilal Purohit Hon'ble Governor of Punjab and administrator of UT Chandigarh, Advisor to the Hon'ble Governor, Home Secretary sir, DGP sir, an official from Ministry of home affairs was also present besides many more senior officials. The college also figured majorly in the event where our student gave a presentation on Cyber Swachhta mission of government of India, a report written by our Cyber interns and their coordinator was also released.









## ✚ Promoting Women Entrepreneurship

(Date: 16<sup>th</sup> March 2022)

With an objective to enhance entrepreneurial and employability skills of the students, the placement Cell of the college organized one day Orientation session in collaboration of Google, Regional Centre for entrepreneurship Development (RCED) and NASSCOM Foundation. The session aimed at motivating the students to take up scholarship for pursuing foundation and advanced diploma courses of three to six months duration. The whole program consists of the courses like Google Project

### एमसीएम में रोजगार वृद्धि कार्यक्रम आयोजित

चंडीगढ़/स्टेट समाचार

मेहर चंद महानन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ के प्लेसमेंट सेल, ने ग्लोबल गुरुल विषय पर एक ऑफलाइन रोजगार वृद्धि कार्यक्रम का आयोजन किया। श्री परमजीत सिंह, निदेशक, क्षेत्रीय उद्यमिता विकास केंद्र, चंडीगढ़, श्री राजीव धर, कार्यकारी निदेशक- संचालन, नैसकॉम फाउंडेशन और मुदीस्सर जमिन, सोएसआर, नैसकॉम फाउंडेशन के कार्यक्रम प्रबंधक इस कार्यक्रम के उद्देशनीय अतिथि थे। परमजीत सिंह ने एक उद्यमी के रूप में अपने अनुभव को साझा करके सत्र को शुरुआत की और छात्रों को उद्यमिता को करियर विकल्प के रूप में अपनाने के लिए प्रोत्साहित किया। मुख्य वक्ता श्री राजीव धर ने छात्रों को भारत के निजी क्षेत्र में नौकरी के बढ़ते अवसरों के बारे में बताया। उन्होंने छात्रों को बिजनेस एनालिटिक्स, ग्राफिक डिजाइनिंग, प्रोजेक्ट मैनेजमेंट, सॉफ्ट स्किल डेवलपमेंट आदि के क्षेत्र में उनके द्वारा पेश किए गए विभिन्न छात्रवृत्ति पाठ्यक्रमों से भी परिचित कराया, जो उम्मीदवारों को उनके कौशल को बढ़ाने, उनके आत्मविश्वास को बढ़ाने और सीखने के दौरान कमाई का अवसर प्रदान करने के लिए एक मंच प्रदान करेगा। उनके भाषण का केंद्र में अपनाने के लिए प्रोत्साहित किया। जिससे उन्होंने प्रासंगिक उदाहरण देकर विस्तार से बताया। उन्होंने हमारे समाज में आर्थिक रूप से स्वतंत्र महिलाओं के महत्व पर प्रकाश डाला। सत्र में 103 से अधिक छात्रों को उत्साही भागीदारी देखी गई। प्रिंसिपल डॉ. निशा भार्गव ने प्लेसमेंट सेल के इस प्रयास को सराहना करते हुए कहा ऐसे कार्यक्रम छात्रों को कौशल ज्ञान से लैस करके उनकी रोजगार क्षमता को बढ़ाता है। उन्होंने बताया कि इंफोसिस, टीसीएस, कोन्सट्रिक्स, कर्नाजिस, टॉमी हिलफिगर, विप्रो और टेक महिंद्रा जैसी बड़ी कंपनियों में छात्रों को नियुक्त करने में सक्रिय रूप से शामिल होने के अलावा, कॉलेज का प्लेसमेंट सेल उद्योग और शिक्षा के बीच सेतु बनाने के लिए ऐसे कार्यक्रम समर्थन पर आयोजित करता रहता है।

Management, Google Data Analyst, Google IT Support, Google UX Design, and Google IT Automation. The students showed keen interest in the program and registered themselves into large numbers.

Principal Dr. Nisha Bhargava appreciated the efforts of the placement cell and insisted that students need to learn and adapt newer skills to enhance the employability skills as mere text book knowledge would not fetch good opportunities in this era of intense competition.

### MCM holds employment enhancement programme



**CHANDIGARH:** The Placement Cell, Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an offline Employment Enhancement Programme on the topic 'Grow with Google'. Mr. Paramjit Singh, Director, Regional Centre for Entrepreneurship Development, Chandigarh, Mr. Rajiv Dhar, Executive Director-Operations, NASSCOM Foundation and Mr. Mudassir Zamin, Programme Manager for CSR, NASSCOM Foundation were the noteworthy guests for the event. Mr. Paramjit Singh began the session by sharing his experience as an entrepreneur and encouraged the students to consider entrepreneurship as a career option. The keynote speaker Mr. Rajiv Dhar enlightened the students about the growing job opportunities in India's private sector. He also familiarised the students with various scholarship courses offered by them in the field of business analytics, graphic designing, project management, soft skill development etc., which will provide a platform for the candidates to uplift their skills, boost their confidence and the chance of earning while learning.

## रोजगार वृद्धि कार्यक्रम का आयोजन किया

चंडीगढ़, 11 अप्रैल (आशीष): सैक्टर-36 स्थित मेहर चंद महाजन डी.ए.वी. कॉलेज फॉर वूमैन के प्लेसमेंट सेल ने ग्लोबल विद गूगल विषय पर एक ऑफलाइन रोजगार वृद्धि कार्यक्रम का आयोजन किया। परमजीत सिंह, निदेशक, क्षेत्रीय उद्यमिता विकास केंद्र, चंडीगढ़, राजीव धर, कार्यकारी निदेशक संचालन, नैसकॉम फाउंडेशन और मुदस्सर जमिन, सी.एस.आर., नैसकॉम फाउंडेशन के कार्यक्रम प्रबंधक इस कार्यक्रम में मौजूद रहे।

परमजीत सिंह ने छात्रों को उद्यमिता को करियर विकल्प के रूप में अपनाने के लिए प्रोत्साहित किया। मुख्य वक्ता राजीव धर ने छात्रों को भारत के निजी क्षेत्र में नौकरी के बढ़ते अवसरों के बारे में बताया। उन्होंने छात्रों को बिजनेस एनालिटिक्स, ग्राफिक डिजाइनिंग, प्रोजेक्ट मैनेजमेंट, सॉफ्ट स्किल डिवेलपमेंट आदि के क्षेत्र में उनके द्वारा पेश किए गए विभिन्न छात्रवृत्ति पाठ्यक्रमों से भी परिचित कराया।



## ■ Remembering Our Forefathers

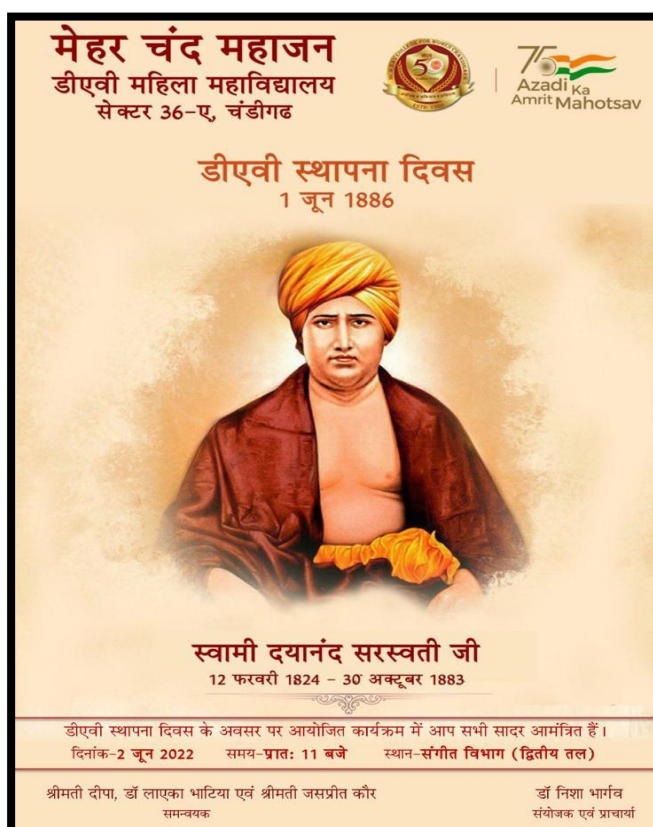
Every great institution is built on the foundation of the lofty ideals of its forefathers. Our college is no exception to this and we pay tribute to the founders of the college with great respect.

### ✚ DAV Foundation Day

(Date: 2<sup>nd</sup> June 2022)

The Arya Samaj Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh marked the celebration of DAV Foundation Day with great fervour. The day, marking the establishment of the first DAV institution by Mahatma Hansraj on 1st June 1886 in the memory of Swami Dayanand Saraswati Ji, holds immense significance for the DAV fraternity and was celebrated in a befitting manner by the college. During the celebration, the staff and students chanted mantras, followed by soulful bhajan renditions by faculty members and students.

Paying rich tributes to Mahatma Hansraj Ji, Principal Dr. Nisha Bhargava said that the DAV fraternity of 1000+ institutions in India and abroad is indebted to this great teacher for laying the foundation of this illustrious institution that has produced stalwarts in diverse fields. She paid rich tributes to Mahatma Hansraj Ji as she shared the story of his exemplary dedication to the cause of DAV movement and to education. Adding that presently the DAV institutions are scaling new heights under the visionary leadership of Padma Shree Dr. Punam Suri Ji, Dr. Bhargava motivated the students and staff to work towards carrying forward the legacy of the founding fathers. The celebration culminated with shanti path.





## ✚ Mrs. Shakuntala Roy Memorial Oration Lecture

(Date: 14<sup>th</sup> May 2022)

In a befitting tribute to its Founder Principal and her resilient spirit, Mehr Chand Mahajan DAV College for Women, Chandigarh organised Mrs. Shakuntala Roy Memorial Oration Lecture (3<sup>rd</sup> in Series) on 'Survival and Resilience Among Women: A Global Perspective'. Prof. Allen Furr, Professor Emeritus of Sociology, Auburn University, USA was the keynote speaker for this invigorating lecture. Prof.

Arun K. Grover, Professor Emeritus, PEC, Chandigarh, Mrs. Neera Grover, Former

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

75  
Azadi Ka  
Amrit Mahotsav

**Founder Principal Mrs. Shakuntala Roy**  
Memorial Oration Lecture (3<sup>rd</sup> in series) on  
**Survival & Resilience among Women:  
A Global Perspective**

Date: 14 May 2022 | Time: 11:00 am | Venue: Multimedia Hall

**Principal Mrs. Shakuntala Roy**  
(12.4.1923 - 10.10.2009)

Introduction by  
**Prof. Arun K. Grover**  
Professor Emeritus  
PEC, Chandigarh

Keynote Speaker  
**Prof. Allen Furr**  
Prof. Emeritus of Sociology  
Auburn University, USA

Dr. Minakshi Rana Program Coordinator  
Dr. Bhavna Sood Co-Convenor  
Mrs. Neena Sharma Co-Convenor  
Dr. Nisha Bhargava Convenor & Principal

Head, Music Department, SNDT University, Mumbai, Dr. Gurdip Sharma, Secretary, GGSDS College Managing Committee, Haryana, Punjab and Former PU Senior Senate and Syndicate Member, and Mrs. Manju Gosain, Daughter of Mrs. Shakuntala Roy were Special Guests on this occasion. Mrs. Madhu Raka, the topper of the college's first batch was also present during the lecture. The lecture was well received by the audience who felt motivated to nurture resilience in themselves. In the introduction to the lecture's theme, Prof. Arun K. Grover said that 2023 being the birth centenary year of Mrs. Roy, this year's lecture holds special significance. Tracing the journey of women achievers from across the globe, Prof. Grover highlighted the indomitable spirit of women and motivated the students to get inspiration from the lives of such achievers.

In his engrossing lecture, Prof. Allen Furr called upon everyone to overcome the prejudices of the past as 21<sup>st</sup> century is the beginning of the age of women. Highlighting the fact that women are placed in a position of social disadvantage, Prof. Furr emphasised that the problem is in the context we live and this, there is a dire need to rewrite the narrative among the society and reconstruct the gender narrative. He added that resilience is within every human being, the need is to invoke it by practicing mindfulness, avoiding negativity, staying strong, finding a purpose in life and seeking help when in need. Sharing examples of extraordinary Indian women who lived beyond stereotypes, Prof. Furr impressed upon the fact that for social resurgence, women themselves need to realise their innate abilities like devotion to sharing and nurturing.

In an emotional eulogy to her mother, Mrs. Manju Gosain recollected the memories of Mrs. Roy's life that was laden with inspiring stories of resilience, grit, determination, dedication, selflessness, acumen as an academician and administrator, and willpower.







## ✚ Vedic Bhajan Gayan Pratiyogita and Contribution on Canvas on the Occasion of Dayanand Saraswati Jayanti

(Date: 26<sup>th</sup> February 2022)

The Character Building Committee & Arya Samaj Committee organized a National Level Competition with two activities, Vedic Bhajan Gayan Pratiyogita and Contribution on Canvas to commemorate the teachings given by Maharishi Dayanand Saraswati to celebrate Maharishi Dayanand Jayanti on 26<sup>th</sup> February 2022. The student Ambassadors and teachers initiated this noble effort of spreading knowledge about Arya Samaj and Swami Dayanand Saraswati through this National Level Competition. 10 beautiful

आजदी का अमृत महोत्सव  
Mehar Chand Mahajan DAV College for Women,  
Sec - 36A, Chandigarh  
Character Building Committee and Arya Samaj Committee jointly organize  
National level competitions in blended mode to commemorate  
" Maharishi Dayanand Jayanti "

Feb 26

Meeting Link -  
<https://meet.google.com/ylk-pgha-oon/ins-424>

● वैदिक भजन प्रतियोगिता : ● Contribution On Canvas :

**Instructions -**

- The interested participants are required to register at the given link by 22 February 2022. And, Please select your mode of participation.
- Link to join the program in online mode is given in the brochure.
- Only individual entries are allowed and the participants have to perform live either online/offline mode.

Results of both the competitions will be declared on 26th February, 2022. The winners will be awarded with certificates and cash prizes (Rs. 3000, 2000, 1000/- respectively) in each category.

**Venue:** Multimedia Hall of the college  
**Time:** 10 AM onwards (26/02/2022)

Registration Link for Vedic Bhajan Pratiyogita:  
<https://forms.gle/ynkCz7Jpa6WfHNDZ7>  
Registration Link for Contribution on Canvas:  
<https://forms.gle/hcepf02XaiImYxwW8>

Student Ambassadors	Coordinators	Convener	Chairperson & Principal
Aditi Joshi (7626962996)	Dr. Sonica		
Pranamyia (9135965500)	Dr. Reetika	Dr. Seema Kanwar	Dr. Nisha Bhargava
Neeruj Sagwal	Dr. Layeka		
Lanya, Khushbu	Dr. Minakshi Rana		

Canvas paintings were received in the competition and around 37 participants all across the nation attended the Bhajan Gayan Pratiyogita held online via Google Meet.

Dr. Nisha Bhargava, the chairperson and principal of the college addressed the participants, teachers and the audience in the online google meet. recounted the establishment of the institution and how this competition is an important way of remembering Swami Dayanand Saraswati.

Participants were inspired to follow the Arya Samajik approach in life and applauded for participating in the competition. After the mesmerizing performances by the participants, the Judges, Mrs. Deepa Chibber and Ms. Jaspreet Jassal ranked the performances and gave the judgment.

### Results

#### Category I - Vedic Bhajan Pratiyogita

- **1<sup>st</sup> Position:** Mukul Gill



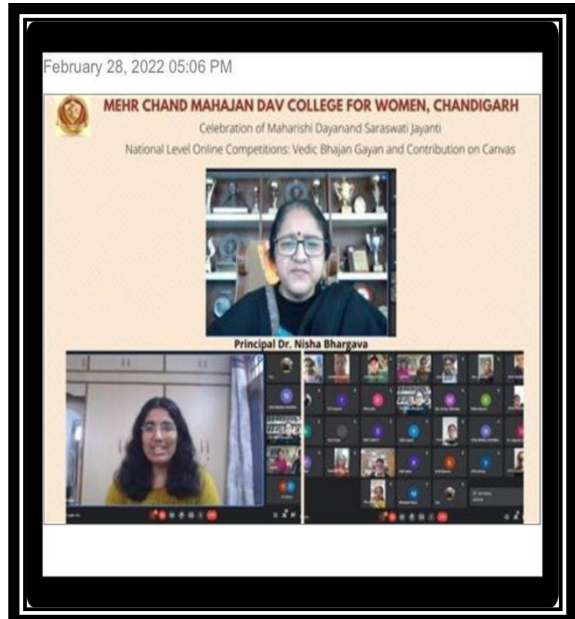
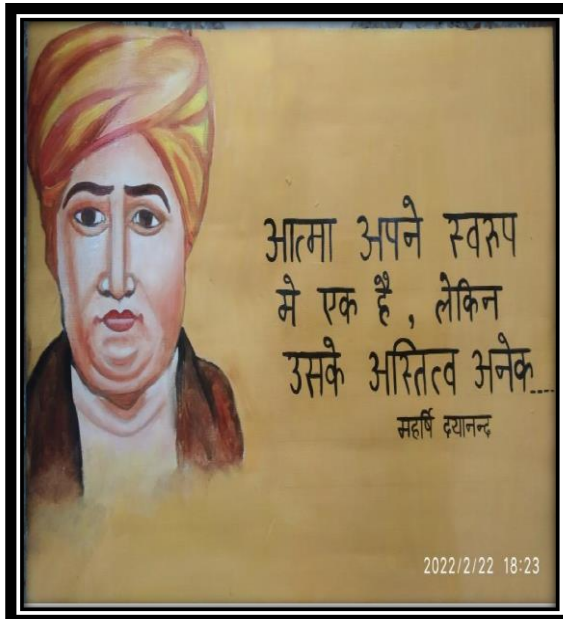
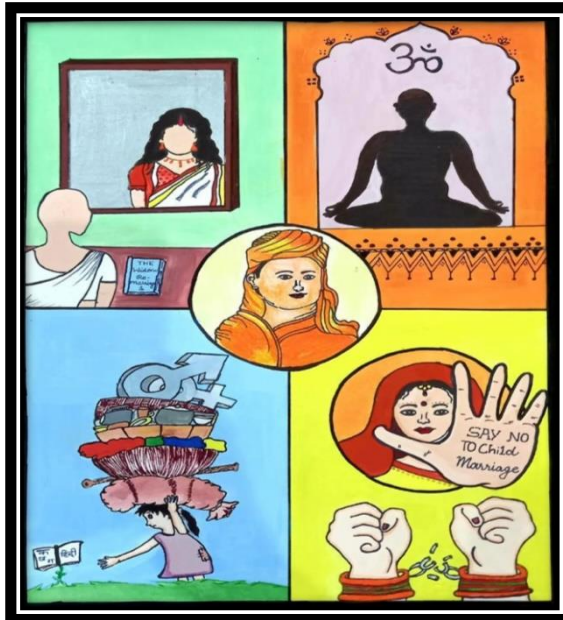
- **2<sup>nd</sup> Position:** Ishmeet Kaur
- **3<sup>rd</sup> Position:** Aanchal Jha & Simranjeet Kaur

**Category II - Contribution on Canvas**

- **1<sup>st</sup> Position:** Amisha Goel
- **2<sup>nd</sup> Position:** Anubha sharma
- **3<sup>rd</sup> Position:** Piezal Singh

**Consolation Prize**

- Aashima Chopra





## ■ Preserving Cultural Heritage

Deepawali marks the victory of virtues that Shree Ram epitomized in his life. His return to Ayodhya after killing the demon Ravan is celebrated every year by celebrating Deepawali. It is important that we go beyond the crackers and celebrate the essence of Deepawali by focusing on his life and teachings.

### 🚩 दीपमाला उत्सव: Celebration of Indian Festival ‘Deepawali’

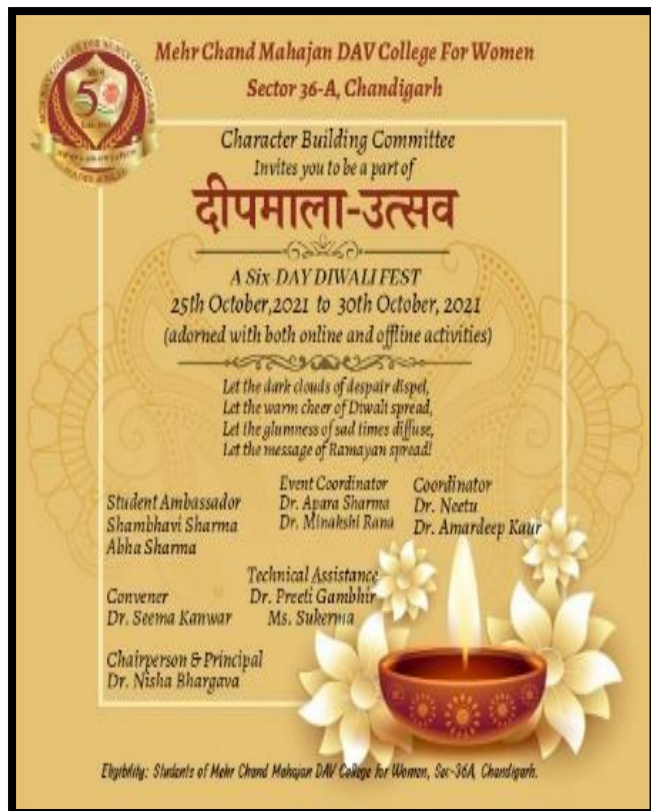
(Date: 25<sup>th</sup> October 2021– 30<sup>th</sup> October 2021)



‘Deepmala Utsav’ a six-day Diwali Fest was organized from 25<sup>th</sup> October to 30<sup>th</sup> October, 2021. It was adorned with both offline and online activities. These included Poshak Meethi Mithai competition, Card Making for soldiers, Slogan Writing Competition, Diya Decoration, Nukkad Natak, ‘Lessons for Life’ finally culminating with the Deepmala Utsav on the last day of the Fest.

### **Day 1 - Poshak Mithai**

In India, there is a direct connection between sweets and festivals and sweetness abounds when Diwali is around. Diwali is known as the festival of lights and sweets where people come together to celebrate this festival with laughter and joy. Hence, to inculcate this feeling in the students and to start this fest with a traditional touch, the members of the Committee organized this activity to add some sweetness to this celebration. The first



activity of Diwali Fest was ‘Poshak Mithai’. It was an online activity. Moreover, considering the adverse health impacts of sugar and other ingredients, only healthy options were to be used.

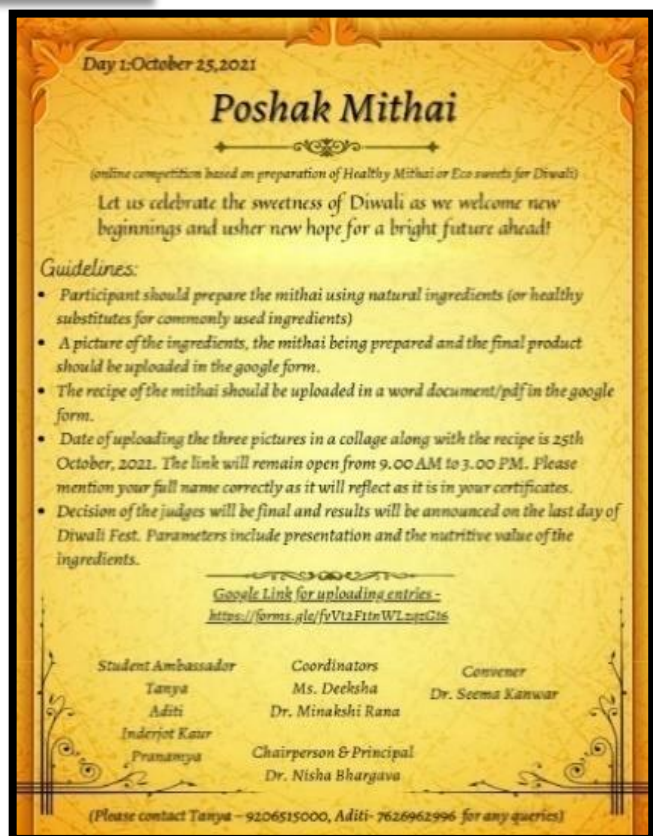
As per the guidelines of this competition, participants had to prepare the mithai using natural ingredients or healthy substitutes for commonly used ingredients. They were supposed to upload a

picture of the ingredients, the mithai being prepared and the final product in the Google form. The mithai Recipe was to be uploaded in a Word document or a PDF file in the Google form. The participants had to include a presentation and the nutritive value of the ingredients for this competition. Then they were required to upload a picture and the recipe of the mithai in jpg/pdf format and word/pdf document respectively.

A total number of 32 students from our college participated in this activity. The activity witnessed an enthusiastic response. The participants came up with innovative recipes and shared their pictures.

## Results

- **1<sup>st</sup> Position:** Niharima Bhatti, BA III





- **2<sup>nd</sup> Position:** Ivanshi Gupta, B. Com III,
- **3<sup>rd</sup> Position:** Kanika, BCA – I



## Day 2 - Green & Safe Diwali

Diwali certainly brings a spirit of joy and festivity along with spiritual calmness for people but the bursting of fire crackers adds to the problems of environmental pollution. It is high time that we recognize the problem and build a roadway to work towards a clean environment. Green Diwali is a way of celebrating the festival of lights and incorporating the lessons of life that Diwali brings with it in our day to day lives. To promote the concept of an eco-friendly Diwali various competitions of Slogan

**Day 2:**  
**October 26, 2021**

• **Activity I: Slogan Writing Competition**  
**Guidelines:**

- One slogan per participant is allowed.
- The slogan should be original, creative and relevant to the theme.
- It can be written in English, Hindi or Punjabi language on A3 sheet
- Participants are required to write their name, roll number, class and mobile number at the back of the chart paper.
- Selected slogans will be displayed on the last day of Diwali Fest.

Participants are required to get themselves registered via link  
<https://forms.gle/SKasgOjprqVWmNo8>

• **Activity II: Diya Decoration Competition**  
**Guidelines:**

- Participants are required to bring their own material for Diya Decoration.
- Waste material and eco-friendly materials for decoration will be preferred
- Use of the mobile and internet for getting ideas or any other help will not be allowed during competition.
- Individual entries are allowed (not team).
- Entries will be judged based on originality and overall presentation.

Registration Link -  
No prior registration required.  
Looking forward to see you with innovative ideas.

• **Activity III: Card Making Activity**  
**Guidelines:**

- A participant can prepare more than one card.
- Participants are required to bring their material for Card Making.
- Use of the mobile and internet for getting ideas or any other help will be allowed during competition.
- We will send this card to our brave soldiers posted on the border. We look forward to your enthusiastic participation in this noble cause.

Event coordinator: Dr. Pooji Rani  
Ms Sumita  
Ms Ruchika

Coordinators: Ms. Neeta

Convener: Dr. Seema Kanwar

Chairperson & Principal: Dr. Nisha Bhargava

Writing, Diya Decoration and Card Making were held. Participants spread the message of eco-friendly Diwali celebration through creative slogans relevant to the theme of Green and Safe Diwali. They prepared beautiful Diwali cards for brave soldiers protecting our international borders. They also decorated eco-friendly diyas with creative and innovative ideas. The event successfully spread the message of returning to our traditional ways to



celebrate the auspicious day. As many as 73 students from different streams participated enthusiastically in all the three activities and showcased their creativity.



### **Day 3 - Lessons for Life**

The main theme of the Diwali festival relates to faith as it symbolizes the victory of truth over falsehood light over darkness, knowledge over ignorance, good over evil and hope over despair. Hence, to inculcate the feelings of oneness amongst students, this activity was organized in order to teach them the true meaning of 'Deepawali Utsav' in character, morality and ethics. Also, it endeavoured to motivate the students to learn the great lessons from our religious texts and imbibe them in our lives.

Day 3: October 27, 2021

## Lessons for Life

'Dharm Na Dusar Satya Samana' -  
Ramcharitmanas  
(There is not bigger religion that righteousness and truth)

The lessons in our mythological texts are to be imbibed in our lives rather than just being objects of reverence.  
The activity endeavours to light up our lives with the treasure of teachings in our mythological texts.

**Guidelines:**

- Learn about your favourite character from 'Ramayana' and speak about him or her. The video thus prepared should be from 30 seconds to one minute.
- You may speak about his or her importance or relevance in your life.
- You are required to be dressed up like the character or in ethnic wear
- You may also sit with the elderly in the family to get into the depth of the particular character and take his or her help and mention it in your video.
- Date for uploading your video entry is 27th October, 2021. The link will remain active from 9.00 AM to 3.00 AM. The link for the google form is given below. Please mention your full name correctly as it will reflect as it is in your certificates.

Google Link for uploading entries - <https://forms.gle/cPLcL4bPisGbhJ1a6>  
E-certificates will be given to all the participants. Three best entries will be given prizes.

Decision of judges will be final. Parameters will be expression and relevance of the life lesson.  
Results will be announced on the last day of Diwali Fest, that is, 1st November, 2021.

Student Ambassadors	Coordinators	Convener	Chairperson & Principal
Ranjana Yadav	Dr. Minalshi Rana	Dr. Seema Kanwar	Dr. Nisha Bhargava
Saashi Chauhan	Dr. Aparna Sharma		
Mehramat Shruti			

(Please contact Mehramat - 8360039758, Shruti - 6396982399 for any queries)

The third Day of this fest was adorned with the activity named 'Lessons for Life'. This was an online activity for the students to enrich themselves and everyone around with the message from Ramayana.

As per the guidelines of this competition, participants had to choose their favourite character from 'Ramayana' and speak about him or her. Hence, a video had to be prepared and uploaded in the given link. They had spoken about his/ her importance or relevance in their lives in about one minute. They could also sit with the elderly in the family to get into the depth of the particular character and take his/her help and mention it in their videos.

The activity witnessed an enthusiastic response with 18. The students expressed their thoughts by way of videos and took up life lessons learnt from various characters including Shri Ram, Maa Sita, Jatayu, Bharat, Lakshman, Shri Hanuman and so on. 18 students from the college participated in this activity.





#### **Day 4 - Nukkad Natak**

Fire crackers are put to use during a number of occasions. While there are some who enjoy burning fire crackers during a win or a happy occasion, these are also burnt as a part of festivities. Diwali is one such festival where people burn fire crackers to mark the triumph of good over evil. Thus, to bring out the message of "Say No to Crackers on Diwali", the members of Character Building Committee organized this activity in order to spread awareness regarding safety of both health and environment.

Day 4: October 28, 2021

All the students and faculty members are cordially invited to watch

**Nukkad Natak:**  
**Say No To Crackers**

VENUE: Panghat Area

TIMINGS: 11:00 a.m- 12:30 p.m.

Student Ambassadors:	Coordinators	Convener
Kaveri Satija	Ms. Richika	Dr. Seema Kamwar
Esha Gambhir	Ms. Sumita	
Aarushi Sahni		Chairperson & Principal
		Dr. Nisha Bhargava

Please contact Kaveri Satija (9779494952) and Aarushi (8580992674) for queries.



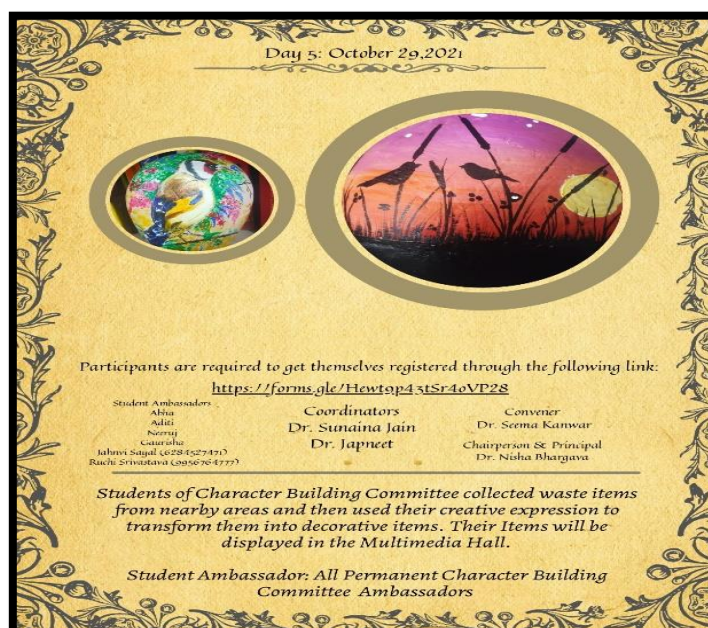
The fourth day activity of Diwali Fest was a Nukkad Natak prepared on the theme of ‘Say no to Crackers’. This was an offline event. The participants prepared the script, wrote dialogues and executed the skit. And, on 28<sup>th</sup> October 2021, they performed ‘Nukkad Natak’ in various areas of the college premises. The nukkad natak team prepared a skit which was performed in the Open Stage, Panghat Area and other parts of the college.

The response from the students was overwhelming. They cheered, clapped and enjoyed the ‘Natak’ and also learnt that fire crackers need not be a part of the celebrations of the festival of lights ‘Deepawali’.



### **DAY 5: Stone Painting Art**

Based on the theme of recycle and reuse, a workshop titled stone painting art was conducted on day 5 of Diwali Fest. The participants used acrylic colours to paint the surface of white stones and transformed them into beautiful pieces of art.





## Day 6 - Deepotsav Par Ullaas

Day 6: October 30, 2021

### दीपोत्सव पर उल्लास

*Celebrating the essence of the Festival of lights by bringing smile to each face*

Let us get together to be a part of the Festivities, Fun and Frolic. On the last day, there will be a number of events to mark the culmination of Diwali Fest.

These include:

- Karamvir: Acknowledging the efforts of Swachhta Warriors
- Declaration of results of various competitions
- Dance
- Stalls and Exhibition

We invite students and faculty members to join us in the festivities.

Venue: Celebration Ground  
Timings: 10:30 AM onwards  
Coordinator: Team Character Building Committee

*Let us all come donning our ethnic wear and celebrate the festival of lights together*

Convener  
Dr. Seema Kanwar

Chairperson & Principal  
Dr. Nisha Bhargava



Celebrating the essence of the Festival of Lights, 'Deepotsav par Ullaas' was organized to bring a smile to each face. The event was organized to mark the culmination of the festivities. This was an offline event.

Festivals are a significant part of human lives. They commemorate sharing, harmony and usher in joy in everyone's life. Diwali comes with a message of joy, prosperity and victory of righteousness. To celebrate this festival of lights, the six-day long Diwali Fest culminated on 30<sup>th</sup> October and the day was marked with cultural extravaganza, exhibits of eco-friendly products and eatables made during the fest.



The event was inaugurated by Principal, Dr. Nisha Bhargava. Fusion dance, Bhangra and classical dance enthralled the audience. Prize ceremonies for the winners of various competitions including Swavlamban and various competitions were organized. The ambassadors of the Character Building Committee were also honoured. Fun games including 'Passover' were played by the audience. A quiz based on Ramayana was also conducted. Dr. Nisha Bhargava, in her address to the students stressed upon the need to inculcate the lessons of life learnt from Ramayana in their daily lives. She also said that diversity remains the cornerstone of a vibrant society like ours. Students then enjoyed the various stalls and exhibits in the celebration ground and also enjoyed the delicacies which



are an integral part of all Indian Festivals. Students of the college participated enthusiastically. They went around the stalls and made purchases. They also enjoyed basking in the sun as they enjoyed the dances on the open stage near the Celebration ground.



## ✚ Workshop on ‘Herbal Holi Colour Making’ on the theme ‘होली के रंग प्रकृति के संग’

(Date: 16<sup>th</sup> March 2022)

An event was organized to celebrate the colourful Indian festival - HOLI to strengthen the social fabric of Indian culture and also to mark the triumph of good over evil. The objective of the workshop was to enlighten the students about the natural colours and how they are environment friendly and to develop awareness about pollution-free environment and eco-friendly Holi celebrations. The workshop spanning around two hours brought in 110 participants

who took keen interest in the indigenous preparation of Holi colours as demonstrated elaborately by the resource person Mrs Santosh Verma. She extended the opportunity of hands-on experience of mixing colours, to the participants. Mrs Santosh Verma made all the participants touch and feel the exuberance of the fresh colours. She also addressed the queries of the students to their satisfaction. The resource person laid open the displayed array of freshly prepared colours to be taken home by the participants as samples. The blended mode witnessed the creatively curated activity being simultaneously watched by the members of the Arya Samaj Mandir sector 16 Chandigarh.

As a sequel to the workshop of making colours, the writing instincts of the participants and other students of the college were spurred with an Online Slogan writing Competition on the topic ‘As you mingle with colours, pick the shade that matches your personality and articulate it into Holi theme’. wherein the students were required to pen a Holi theme-based slogan with the colour personifying their personalities. The competition drew great



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

The Personality Development Club &  
Character Building Committee  
in association with  
Arya Samaj Sector - 16 Chandigarh  
are organising a workshop (blended mode) on  
'Herbal Holi Colour Making'

**होली के रंग प्रकृति के संग**

Certificates will be given to all the students  
who attend the workshop.

**RESOURCE PERSON : Mrs SANTOSH VERMA**

DATE - 16th MARCH, 2022  
TIME - 11 AM  
VENUE - SCIENCE BLOCK CONFERENCE ROOM  
(OLD PRINCIPAL'S OFFICE)

GOOGLE MEET LINK - <https://meet.google.com/yhu-quiz-dck>  
Also

An Online Slogan Writing Competition is being organized  
on the topic: 'As you mingle with colors, pick the shade that  
matches your personality and articulate it into Holi theme'

**RULES FOR ONLINE SLOGAN WRITING COMPETITION:**

1. The competition is open for all the students of college.
2. Participants have to send their entries in PDF format on or before 16th March, 2022.
3. The slogan should be pithy and original.
4. Plagiarism is strictly prohibited.
5. First three best entries shall be awarded cash prizes:  
1st prize Rs. 1500 , 2nd prize Rs. 1000 , 3rd prize Rs. 500

Link for the entries: <https://forms.gle/eyBjhEoWzEy2Pfpj8>

**Student Ambassadors:**  
Inderjot Kaur  
Ranjana Yadav  
Aishani Kharbanda

**Ms. Vandita Kapoor,  
Dr. Harjet Kaur Mann  
Dr. Qudrat Hundal,  
Ms. Sahiba Sharma  
Coordinators**

**Ms. Nidhi Sharma (Personality Development Club)  
Dr. Seema Kanwar (Character Building Committee)  
Conveners**

**Dr. Nisha Bhargava  
Chairperson & Principal**



responses from various participants who brought forth a beautiful derivation of the colour of their choice in the form of slogans symbolising Holi, the festival of colours.

The students after participating in the workshop applauded the idea that natural and herbal holi colours are beneficial for us and the environment. The workshop saw an enthusiastic participation of over 110 participants. It received an overwhelming response. The students appreciated the tips and techniques given by the resource person for making herbal colours as they do not harm the skin in any way. Synthetic colours have a negative impact on air, water, soil and biodiversity. On the other hand, natural colours are eco-friendly which is not harmful at all.

### ✚ Savour the Flavours of India: Baisakhi Celebration

(Date: 11<sup>th</sup> April 2022)

Baisakhi (a spring harvest festival) is celebrated to express the gratitude by the farmers to the Almighty for bountiful harvest specifically in northern India and mark the beginning of the solar year. Maharishi Dayanand Saraswati founded Arya Samaj on this day in 1875. To celebrate Baisakhi in college and enlighten students by showing the diversity of Food in India, teachers and student ambassadors of the Character-Building Committee organized this competition to

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

75  
Azadi Ka  
Amrit Mahotsav

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

जायका - Savour the Flavours of India  
to mark the celebration of BAISAKHI

Date:  
11 April 2022  
Time:  
10.00 am  
Venue:  
Multimedia Hall

Guidelines:  
• Competition is open for staff & students of the college • Prepare and showcase Indian vegetarian food from any State of India • Decorate your stall to give the indigenous touch • Participants may dress up in the respective regional attire • Each entry will be judged on three criteria: Ambience, Presentation, Nutritional Value and Taste • Winners will be awarded with certificates and Cash Prizes (First Prize Rs. 2000/-, Second Prize Rs. 1500/- and Third Prize Rs. 1000/-).  
Interested staff members can give their names to the Event Coordinator.  
Interested students are required to register on or before 7 April 2022. [CLICK](#)

Dr. Minakshi Rana  
Dr. Ritu Rani  
Dr. Japneet  
Dr. Seema Kanwar  
Ms. Neena Sharma  
Dr. Nisha Bhargava  
Organizing Secretaries  
Event Coordinator  
EBSB Coordinator  
Convener & Principal

Student Ambassadors: Neeraj Sagwal, Aditi Joshi, Inderjit Kaur, Tanva

make students aware of the different food and culture of India. 24 stalls were put up by groups and individual students to represent the local dishes of different states of India. The staff members of the institution enthusiastically partook in it and put up 10 stalls representing different states and their food. The event was graced by enthusiastic group folk singing, Bhand and Bhangra performance. Dr. Nisha Bhargava, the Chairperson & Principal addressed the participants and the audience present in the Multimedia Hall. Participants were inspired by her kind words. The students after participating in the



performances appreciated the idea behind the competition and realized that it is important for everyone to know the historic Indian roots and culture while experiencing the flavour of India's diversified nation. The idea behind the competition reached the masses in a positive way. A total of 24 and 10 stalls were put up by students and the staff members of the institution respectively. The students enjoyed the celebration of the Baisakhi event by exploring the different flavours of India.





## ✚ World Heritage Day: To celebrate the rich amalgam of Indian Monuments

(Date: 18<sup>th</sup> April 2022)



The Department of Fine Arts under the aegis of Ek Bharat Shreshtha Bharat Club organised a Painting Exhibition cum Competition on the Monuments of India on the occasion of World Heritage Day. The

celebration of World Heritage Day with a Painting Exhibition on Monuments of India envisioned to convey an important message to the younger generation to carry forward our rich legacy and safeguard our diverse culture. The paintings of monuments like Qutub Minar, Sun Temple Konark, Humayun's Tomb, Hawa Mahal, Taj Mahal, Charminar and Chariot Temple showcased by the students reflected a deep immersion in the rich cultural heritage of Indian subcontinent. The exhibition was an aesthetic display of insightful



understanding of the amalgam of art, religions and folklore that celebrate India as one of the most culturally rich and diverse countries in the world. Cash prizes were awarded to the winners of the competition.

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



### **✚ Ethnic Twist- Promoting Indian Cuisine**

(Date: 30<sup>th</sup> May 2022 – 4<sup>th</sup> June 2022)

Be a Health Manager as a unique workshop to promote holistic health was started in 2019 by the Skill Development Committee of the college. The sessions were beautifully designed to accommodate taste and health in the same pallet. The sessions on guilt free cakes, whole grain cookies, seasoned smoothies and ethnic pizza were huge hits. The workshop received grand appreciation from the stakeholders. In 2020, the workshop went online and registered record responses, it

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

presents

The Annual One Week Workshop Promoting  
Healthy Living and Better Lifestyle

## Be a Health Manager 2022

4th in Series  
(under the aegis of Skill Development Committee)

**Theme: Food as Medicine**  
Date: May 30- June 4, 2022

**Industry Partners**

- CB
- GIKI
- Other partners: SMC, KIWI, and others.

**Our Highlights**

- Hands-on training
- Preventive diet Care
- Talent Showcase Event
- Attractive prizes
- Certificate of Participation

\*as per attached schedule

\*Special discount coupons from our industry partners for the participants.

**Coordinators**  
Dr. Minakshi Rana  
Dr. Ritu Rani  
Ms. Shabnam

**Co-Convener**  
Dr. Gurvinder Kaur

**Convener & Principal**  
Dr. Nisha Bhargava



prompted the organizers to hold two sessions daily to accommodate people. The workshop aimed to provide hands on training to the youth so that they get motivated to appreciate nutritional value in food without sacrificing the taste. Healthier substitutes, better food combinations, fasting n yoga as an old age practice to detoxify body, reading food labels and awareness of importance preservative free food were one of the biggest takes away of the workshop in the past editions. The pandemic of COVID-19 has reaffirmed the importance of healthy food habits. Taking a step further in this direction, the 4th edition of the annual workshop Be a Health Manager 2022 was based on Food as Medicine. Distinguished experts and entrepreneurs in the field of food and nutrition industry and services across the region were associated with the workshop. The One Week long workshop started with a visit to in house food forest at Panjab University maintained by Prof Vinod Chaudhary, Department of Sociology Panjab University Chandigarh. He explained the importance of chemical free practices of agriculture and emphasized on consumption of plant-based food for healthy mind as well as body. Delight Snacks, a food venture by Ms. Reena Rana welcomed the participants with an organic feast consisting millet based savoury snacks and desserts. On day 2, Ms. Seaza, founder Green Loom, told the participants about the natural hair and Skin care. She further shared some mouth-watering yet healthy recipes on the theme sweets without Sugar. Mr. Pancham Prashar, founder Cue Blocks delivered a very informative lecture on food adulteration om day 3 and Dr Nancy Sahni, senior dietitian, PGIMER Chandigarh shared her insights on preventive diet care on day 4. Dr. Nisha Bhargava, Principal, Mehr Chand Mahajan DAV College for Women took a session on the theme *Ethnic Twist* on day 5 and taught the participants highly nutritious and delicious smoothies and salads. Ms. Manju from Friends Bakery Zirakpur shared with the participants, how to bake a bread at home in a very convenient way.





For the participants, a competition Toss Your salad was organised on the concluding day. The participants were required to present a theme-based salad. More than 140 participants registered for the workshop.

The workshop was very well received by everyone. Principal Dr Nisha Bhargava praised the efforts of the organizing team. She further added that correct eating habits with healthy choices is the key to holistic well-being and the institution will continue to promote the same for the welfare of the nation and society as a whole.

## Results

### Toss Your Salad Competition

- **1<sup>st</sup> Position:** Guntaj (BA II)
- **2<sup>nd</sup> Position:** Kaanti (8<sup>th</sup> Standard, DAV School)
- **3<sup>rd</sup> Position:** Shaina (B. Com II)





# MEDIA COVERAGE

## एमसीएम में जोश और उत्साह के साथ स्वतंत्रता दिवस मनाया गया

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN CHANDIGARH  
25th Independence Day Celebrations: National Poster Making Competitions on Azadi Ka Amrit Mahatma's and Vision for Nation



डॉ. निशा भार्गव  
Principal

**ह्यूमन इंडिया / विनोद कुमार**  
चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने 75वां स्वतंत्रता दिवस बड़े उत्साह और जोश के साथ मनाया। कॉलेज की एनएसएस इकाइयों और चरित्र निर्माण समिति ने क्रमशः आजादी का अमृत महोत्सव पर एक राष्ट्रीय स्तर की डिजिटल पोस्टर मेकिंग प्रतियोगिता और राष्ट्र के लिए दृष्टि पर एक राष्ट्रीय स्तर की पोस्टर मेकिंग प्रतियोगिता का आयोजन किया। एनएसएस इकाइयों द्वारा आयोजित प्रतियोगिता में महाराष्ट्र, राजस्थान, पंजाब, हरियाणा, चंडीगढ़ सहित भारत के 9 से अधिक राज्यों और केन्द्र शासित प्रदेशों के विभिन्न स्कूलों और कॉलेजों के 65 से अधिक छात्रों ने भाग लिया। अपनी प्रतिस्पर्धियों के माध्यम से, प्रतिभागियों ने महान भारतीय नेताओं की स्वतंत्रता संग्राम में भूमिका और कोविड-19 के बीच सीमावर्ती योद्धाओं की भूमिका के बारे में अपने विचार व्यक्त किए। विजेताओं को नकद पुरस्कार से सम्मानित किया गया और सभी प्रतिभागियों को ई-प्रमाण पत्र प्रदान किए गए।

प्रिंसिपल डॉ. निशा भार्गव ने इस तरह के अभिनव तरीके से युवाओं को राष्ट्र के लिए अपनी दृष्टि प्रदर्शित करने का अवसर प्रदान करने के लिए गतिविधि की सराहना की।

## एमसीएम ने शिक्षकों को समर्पित कार्यक्रम 'एहसास' का आयोजन किया

चंडीगढ़ ( सरस्वन कुमार ), राष्ट्र निर्माण में शिक्षकों के अतुलनीय योगदान को सम्मान देने हुए, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की चरित्र निर्माण समिति ने शिक्षक दिवस पर शिक्षकों को समर्पित 'एहसास' कार्यक्रम का आयोजन किया। जिसके माध्यम से गुरु शिष्य परंपरा को आगे बढ़ाते हुए छात्राओं ने अपने शिक्षकों के प्रति आभार व्यक्त किया। इस अवसर को एक विविधता के माध्यम से काटकार बनाया गया। जिसमें कॉलेज के ऑनलाइन वीडियो ट्यूटोरियल पर जर्नी किया गया और <https://youtu.be/bdmarvBMXGA> लिंक के माध्यम से इसे देखा जा सकता है। इस अवसर पर छात्राओं ने कविता पठन, उपहार व कार्ड बनाकर अपने शिक्षकों के प्रति सम्मान प्रदर्शित किया। प्राचार्या डॉ. निशा भार्गव ने एक छात्र के जीवन में शिक्षक की प्रमुख भूमिका पर अपने विचार व्यक्त किए और राष्ट्रनिर्माताओं को जीवन में विद्वान् और कर्तव्य देने हुए छात्राओं के प्रयासों की सराहना की। उन्होंने यह भी कहा कि महापुरुषों के दौरान जिस तरह से शिक्षकगण ने विद्यार्थियों के सम्पूर्ण विकास को ध्यान में रखते हुए नई शिक्षण विधियों को अपनाया है, वह बेहद सराहनीय है और शिक्षक के क्षेत्र में शिक्षकों के समर्पित योगदान को दर्शाता है।

## एमसीएम ने गांधी जयंती मनाई

स्वयंसेवकों की स्वच्छता की शपथ दिवस, जिसमें उन्होंने अपने आम-वास को स्वच्छ रखने और गांधीजी के द्वा-स्वच्छ भारत के सपने को साकार करने का संकल्प लिया। इस स्वच्छता अभियान में 80 एनएसएस स्वयंसेवकों ने कॉलेज के हर कोने को साफ किया जिसमें सोलिकेशन डाइस्ट, लॉन, छात्रावास परिसर, प्रयोगशाला और मेस क्षेत्र शामिल थे। एक अन्य कार्यक्रम में, कॉलेज के संस्कृत विभाग और चरित्र निर्माण समिति ने द्वा-स्वच्छता के माध्यम से गांधीजी की विरासत को बहाल किया और कई विद्यार्थियों का आकषण किया। जिसमें सेक्टर आइड ऑफ सेक्टर, रोजाना राइडिंग और कुकुक-कैंडिड प्रतिस्पर्धा शामिल रही।

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज ऑफ विमेन, चंडीगढ़ ने गांधी जयंती के अवसर पर कई गतिविधियों का आयोजन किया, जिसमें स्वच्छता अभियान का आयोजन किया गया, जिसमें स्वयंसेवकों को अपने मातृभूमि के लिए महान गांधीजी के नेतृत्व से अग्रणी बनना पड़ा। प्राचार्या डॉ. निशा भार्गव ने एक स्वयंसेवक को सम्मानित किया जिन्होंने उन्हें शिक्षकगणों के संघर्ष के बारे में संक्षेपित किया। जिन्होंने अहिंसा के माध्यम से सामंजस्य और नीचे की हिलकर रख दिया और भारत की स्वतंत्रता का मार्ग प्रशस्त किया। इस अवसर पर अपने विचार व्यक्त करते हुए, डॉ. भार्गव ने कहा कि गांधीजी की अहिंसा पद्धति ने दुनिया भर में कई नायकों अविष्कार अदोमनी को प्रेरित किया और यह हमें यह याद दिलाता है कि संयुक्त राष्ट्र द्वारा उनकी कविता की आंतरात्मिक अहिंसा दिवस के रूप में भी मनाया जाना उचित है। उन्होंने अहिंसा को उल्लेख करते कहा।

इतिहास की पृष्ठभूमि प्रकाश में इस विचार अवसर पर कटार बात कार्यक्रम के हिस्से के रूप में स्वच्छता कर्म समारोह और एक दिवसीय स्वच्छता अभियान आयोजित किया गया। (आयत समाधि के दौरान, एनएसएस करने का संकल्प भी दिया गया।) द्वा-स्वच्छ गांधी के आदर्श विचारों और स्वच्छ शिष्य के तहत अग्रणी प्रतिस्पर्धाओं में भी उत्साहजनक प्रतिक्रिया देखी गई। इसमें कुल 113 प्रतिस्पर्धी प्रायः हुई थी। नारा संघर्ष प्रतियोगिता में, प्रतिस्पर्धियों को गांधीजी के 'केन्द्र, नैतिकता, विचारों और कर्मों की रचना' को लागू करने के लिए, जबकि कर्तव्य के रूप में, प्रतिस्पर्धियों को हिस्से के रूप में निष्ठा और विचारों को विचार करना था। प्रत्येक श्रेणी में स्वच्छता की विजेता प्रतिस्पर्धी को पुरस्कार प्रदान किए गए।

चिन्मय कुमार, भारती-2 संवाददाता

## एमसीएम में प्लास्टिकरोधी अभियान का आयोजन

चंडीगढ़, 23 अक्टूबर (जनसत्ता)। मानव स्वास्थ्य और पारिस्थितिकी पर प्लास्टिक के दुष्प्रभावों और प्लास्टिक के पुनर्उपयोग संबंधी तैर-तरीकों के बारे में समुदायिक जागरूकता प्रसारित करने की पहल के तहत स्थानीय सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज फॉर वूमन की चरित्र निर्माण समिति ने सेक्टर वारियों के बीच प्लास्टिकरोधी एक मुहिम चलाई। समिति के स्वयंसेवकों ने सेक्टर वारियों के बीच विभिन्न प्रकार के पौधे वितरित कर पर्यावरण संरक्षण का संदेश दिया।

उन्होंने घर-घर जाकर वारियों को प्लास्टिक के दुष्प्रभावों से अवगत कराते हुए उनके घरों से प्लास्टिक आदि का सामान वापिस लेकर एक-एक पैचा भेंट कर पर्यावरण संरक्षण का संदेश दिया जिनमें मुखवटा तुलसी, इलायची, जामुन, लाकहाट आदि के पौधे थे। इसे वारियों का बेहद शानदार समर्थन मिला और उन्होंने समिति के इस सद्प्रयास को भी सराहा। इस तरह जमा किए गए प्लास्टिक को कालेज को प्रदर्शनी में इस्तेमाल किया जाएगा।

कालेज प्राधान्याचार्या डॉ. निशा भार्गव ने प्लास्टिक कचरे के स्वास्थ्य एवं पर्यावरणीय खतरों के बारे में एक नए तरीके से जागरूकता बढ़ाने के लिए चरित्र निर्माण समिति को इस पहल की सराहना की। उन्होंने कहा कि प्लास्टिक का कचरा हमारे घरों और कार्यालयों से लैडफिल्ट और पानी के निकासों तक अपना रसना बना लेता है, जिससे प्रदूषण होता है जिसमें हमारे स्वास्थ्य और पर्यावरण को हानि पहुंचती है। ऐसे में आज की यह पहल समय की जरूरत है।

## सेक्टर-36 में लोगों को प्लास्टिक के दुष्प्रभावों के बारे में बताया

जार्स, चंडीगढ़ : स्वास्थ्य और पारिस्थितिकी पर प्लास्टिक के प्रभावों और प्लास्टिक के पुनः उपयोग के तरीकों के बारे में जागरूकता फैलाने की पहल में एमसीएम डीएवी कॉलेज फॉर वूमन सेक्टर-36 की चरित्र निर्माण समिति ने प्लास्टिक विरोधी अभियान चलाया। समिति के स्वयंसेवकों ने सेक्टर-36 के निवासियों को पौधे वितरित किए और घर-घर जाकर प्लास्टिक के प्रभाव से अवगत करवाया। वितरित किए गए पौधों में तुलसी, इलायची, जामुन, लाकहाट आदि शामिल थे। प्राधान्याचार्या डॉ. निशा भार्गव ने प्लास्टिक कचरे के स्वास्थ्य और पर्यावरणीय खतरों के बारे में जानकारी दी।

## कार्ड बनाकर शिक्षकों के प्रति दिखाया सम्मान

चंडीगढ़। शिक्षक दिवस पर रविवार को सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज में शिक्षकों को समर्पित कार्यक्रम 'एहसास' का आयोजन हुआ। कॉलेज की चरित्र निर्माण समिति की ओर से आयोजित इस कार्यक्रम में गुरु शिष्य की परंपरा को आगे बढ़ाते हुए छात्राओं ने शिक्षकों के प्रति आभार व्यक्त किया। कार्यक्रम में छात्राओं ने कविता पाठ, उपहार और कार्ड बनाकर शिक्षकों के प्रति प्यार और सम्मान को दिखाया। कॉलेज प्राचार्या डॉ. निशा भार्गव ने छात्र के जीवन में शिक्षक की भूमिका पर विचार रखे। ब्यूरो



### INC - Education Sector

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

CHANDIGARH, 03 11 21- Ushering the festival of lights in a unique and meaningful manner, Mehr Chand Mahajan DAV College for Women, Chandigarh organised a host of events aiming to not only spread festive cheer but also to raise awareness about green Diwali celebrations. The Character Building Committee of the college organised a day event titled 'Deepnala Utsav' that included various competitions and activities, and culminated with a vibrant cultural extravaganza and an exhibition. The competitions that were part of the Deepnala Utsav included Poshak Mithai, Slogan Writing, Dya Decoration and Card Making on the theme of 'Safe and Green Diwali', and a video competition on festive character from Ramayana. Besides the competitions, a Stone Painting Workshop was also organised and a muckab natak on 'Say no to crackers'.

It was also presented to sensitise students about the harmful effects of crackers. On the final day of the event an exhibition was held that was inaugurated by Principal Dr. Nisha Bhargava. The grand utsav culminated with an exciting cultural programme comprising of entraining dance and song performances, and a felicitation ceremony.

Speaking on this occasion, Principal Dr. Nisha Bhargava highlighted the origin of Diwali festival in the epic Ramayana-an eternal source of guidance to mankind. She expressed upon the students to assimilate the learnings from Ramayana in their lives, like maintaining equanimity in the face of challenges, importance of dharma over emotions, significance of persistence and dedication, and so on.

Seeking to spread the message of an eco-friendly Diwali, the college also participated enthusiastically in the Department of Environment and Department of Education, Chandigarh Administration's Anti Cracker Campaign on the theme 'Swachh Diwali Green Diwali'. The activities conducted under this campaign included Anti Crackers Oath, Anti Cracker Rally by the Swachhta Committee and NSS units, Painting, Poster making and Slogan Writing Competitions by Character Building Committee, Poem Recitation and Essay Writing on Air Pollution by Swachhta Committee, and an online awareness lecture on Green Diwali by Dr. Shafiq, Department of Environment Science of the college. The campaign received encouraging response as students and volunteers participated in it wholeheartedly, making it a success.

### एमसीएम ने मनाई ग्रीन दीवाली, एंटी क्रैकर कैंपेन में लिया हिस्सा

प्रतियोगिताओं के अलावा, एक स्टोन पेंटिंग कैंपेन का भी आयोजन किया गया था और पटाखों के हानिकारक प्रभावों के बारे में छात्रों को जागरूक करने के लिए 'से नो टू क्रैकर्स' पर एक जूकडू नाटक भी प्रस्तुत किया गया था। कार्यक्रम के अंतिम दिन एक प्रदर्शनी का आयोजन किया गया जिसका उद्घाटन प्राचार्य डॉ. निशा भारगव ने किया। इस अभियान के तहत संवाचित प्रतियोगिताओं में स्वच्छता समिति और एनएसएस इकायों द्वारा एंटी क्रैकर संकथ, एंटी क्रैकर रैली, चरित्र निर्माण समिति द्वारा पोस्टर प्रतियोगिता और स्लोगन लेखन प्रतियोगिताएं, स्वच्छता समिति द्वारा वायु प्रदूषण पर फ्रिजा पत्र और निबंध लेखन-प्रतियोगिताएं शामिल रही। कैंपेन के फाइनल विजय विचार से डॉ. लपेला द्वारा जीन दिवाली पर ऑनलाइन जागरूकता व्याख्यान का आयोजन किया गया। इस अभियान को उत्साहजनक प्रतिस्पर्धा मिली छात्रों और स्वयंसेवकों ने पूरे दिल से इसमें भाग लिया और इसे सफल बनाया।

चंडीगढ़, 3 नवंबर (राम सिंह बाराड़): एक अलग और साफ़ तरीके से रोखने के त्योहार को बुरुआत करते हुए, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन, चंडीगढ़ ने न केवल उत्सव को खुशी फैलाने के उद्देश्य से बल्कि ग्रीन दिवाली समारोह के बारे में जागरूकता बढ़ाने के उद्देश्य से कई कार्यक्रमों का आयोजन किया। कैंपेन को चरित्र निर्माण समिति ने 'दीपमला उत्सव' नामक एक 6-दिवसीय कार्यक्रम का आयोजन किया, जिसमें विभिन्न प्रतियोगिताओं और गतिविधियों को शामिल किया गया और एक जूकडू सांस्कृतिक उत्सव और एक प्रदर्शनी के साथ समाप्त हुआ। दीपमला उत्सव में शामिल प्रतियोगिताओं में पोशक मिठाई, स्लोगन राइटिंग, दीया डिकोरेशन और कार्ड मेकिंग 'सेफ एंड ग्रीन दिवाली' की थीम पर और लेखन पर लिखन-रामक्या के परम्परा चरित्र पर एक वीडियो प्रतियोगिता शामिल थी।

एमसीएम कॉलेज में 'दीपमला उत्सव' कार्यक्रम दौरान डांस (छाया : गुर्दि सिंह) प्रस्तुति देती हुई छात्राएं।

### एमसीएम डीएवी कॉलेज ने मनाया मानव एकता दिवस

चंडीगढ़, 21 दिसंबर (आशीष) : अंतर्राष्ट्रीय मानव एकता दिवस के उपलक्ष्य में सैक्टर 36 स्थित मेहर चंद महाजन डी.ए.वी. कॉलेज फॉर वूमन की चरित्र निर्माण समिति ने वाँचित लोगों के लिए ऊनी कपड़ों के दान के लिए अभियान सौहार्द आयोजित किया। अभियान का उद्देश्य प्रेम और करुणा का संदेश फैलाना और मानवता को भावना को सराहना था।

इस अभियान में एमसीएम डीएवी कॉलेज की छात्राओं के साथ शिक्षकों ने हिस्सा लिया। कॉलेज की तरफ से सैक्टर-15 और 37 का दौरा करके वाँचित वर्ग के लोगों से मुलाकात की। कॉलेज प्राचार्य डॉ. निशा भारगव ने बताया कि टंड के मौसम में जरूरतमंदों को ऊनी वस्त्र देना मानवता के प्रति प्रेम व स्नेह का सूचक है। छात्राओं को अपने आसपास के लोगों को भी इस तरह की पहल के लिए प्रेरित करना चाहिए।

### चरित्र निर्माण समिति ने वाँचित लोगों के लिए ऊनी कपड़े किए दान

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

### एमसीएम ने स्वामी दयानंद सरस्वती को श्रद्धांजलि अर्पित की

फाट्ट मीडिया चंडीगढ़/विजोद कृपा

स्वामी दयानंद सरस्वती जीवित के उत्कर्ष में, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन, चंडीगढ़ की चरित्र निर्माण समिति और अंतःसमाज समिति ने वैदिक भजन गायन प्रतियोगिताओं और ऑनलाइन प्रतियोगिताओं का आयोजन किया। महान दार्शनिक, समाज सुधारक और अंतःसमाज के संस्थापक को श्रद्धांजलि देने के उद्देश्य से, प्रतियोगिताओं का उद्देश्य छात्रों को स्वामी दयानंद सरस्वती की विरासत को विरासत में लेना और समाज के उत्थान के लिए प्रेरित करना था। इस अभियान पर प्राचार्य डॉ. निशा भारगव ने छात्रों को स्वामी दयानंद सरस्वती के अधिष्ठापन योगदान से प्रेरित करने का उद्देश्य व्यक्त किया।

प्रतियोगिता में, प्रतियोगिताओं के भावने को धारण करने के लिए एक दलिका का संकल्प लिया और दलिका को चरित्र निर्माण समिति के द्वारा प्रेषित किया गया। प्रतियोगिताओं में 47 से अधिक छात्रों की उत्साही भागीदारी थी। ऑनलाइन वैदिक भजन गायन प्रतियोगिताओं का आयोजन किया गया।

### न्यूज बीफ

### स्वामी दयानंद सरस्वती को श्रद्धांजलि अर्पित की

चंडीगढ़, 28 फरवरी (आशीष) : महर्षि दयानंद सरस्वती जयंती के उपलक्ष्य में सैक्टर-36 स्थित मेहर चंद महाजन डी.ए.वी. कॉलेज फॉर वूमन की चरित्र निर्माण समिति और अंतःसमाज समिति ने वैदिक भजन गायन प्रतियोगिताओं का आयोजन किया। महान दार्शनिक, समाज सुधारक और अंतःसमाज के संस्थापक को श्रद्धांजलि देने के अलावा, प्रतियोगिताओं का उद्देश्य छात्रों को स्वामी दयानंद सरस्वती जी बहुमूल्य शिक्षाओं और विरासत के बारे में अवगत करवाना था। प्रतियोगिताओं में 47 से अधिक छात्रों की उत्साही भागीदारी रही।



## मेहर चंद महाजन डीएवी कॉलेज ने मनाई पर्यावरण अनुकूल होली

चंडीगढ़, 19 मार्च (एम सिंह बराड़) : मेहर चंद महाजन डीएवी कॉलेज पर विभिन्न चंडीगढ़ के परम्परागतिष्ठित डिप्लोमेट क्लब और चरित्र निर्माण समिति ने अर्ध स्मान, सेक्टर 16, चंडीगढ़ के सहयोग से होली के रंग प्रकृति के संग कार्यक्रम के साथ होली का आयोजन किया। इस कार्यक्रम में हबल होली कलर्स में किंग और ऑनस्मान स्लोगन राइटिंग प्रतियोगिता पर स्पोर्ट्स चेंबर में एक कार्यक्रम का आयोजन किया गया था। होली के हबल रंग बनाने के लिए इस कार्यक्रम में प्रमुख कला के रूप में संतति धर्मा शामिल हुईं। 110 से अधिक प्रतिभागियों को प्रकृतिक अवस्था से होली के रंग तैयार करने का अनुभव प्राप्त हुआ। निम्नलिखित मोड में अर्ध स्मान मॉडर, सेक्टर 16, चंडीगढ़ के सदस्यों द्वारा एक सत्र स्वनमक रूप से आयोजित गतिविधियाँ देखी गईं। अनिवादन स्लोगन लेखन प्रतियोगिता का आयोजन एक रोचक विषय पर था कि जिन रंगों के साथ



एनसीएम की छात्रा कार्यशाला में भाग लेती हुई। (संवा : कमलजी सिंह)

अपने पुराने-मिथो हैं, जैसे ही एक रंग का घन कर, जो आपके व्यक्तिगत प्रतिक्रिया से और इसे होली को धीमे में स्पष्ट करें। छात्रों ने होली को धीमे पर आधुनिक स्लोगन उन रंगों के साथ लिखा, जिन्हें वे अपने व्यक्तिगत प्रतिक्रिया मानते हैं। विजेताओं को नकद पुरस्कार देकर सम्मानित किया गया। प्राचार्या डॉ. निशा भारगव ने रंगों के स्लोगन होली के अवसर में दो गतिविधियों का उद्घाटन आयोजित करने के लिए परम्परागतिष्ठित डिप्लोमेट क्लब और चरित्र निर्माण समिति के प्रयासों को सराहा की। उन्होंने विजेताओं को प्रशंसा की और कहा कि यह होली मनोरंजन और उत्साह को बढ़ावा देता है। इसके साथ फलन के समय का अनुभव और हिंदू नव वर्ष की सुरुआत, मौखिक समृद्धि और आध्यात्मिक जागृति के अवधि का सुचारु प्रवाह है।

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

अनमार्ग न्यूज चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज पर विभिन्न के परम्परागतिष्ठित डिप्लोमेट क्लब और चरित्र निर्माण समिति ने अर्ध स्मान, सेक्टर 16, चंडीगढ़ के सहयोग से 'होली के रंग प्रकृति के संग' कार्यक्रम के साथ होली का आयोजन किया। इस कार्यक्रम में



हबल होली कलर्स में किंग और ऑनस्मान स्लोगन राइटिंग प्रतियोगिता का आयोजन एक रोचक विषय पर था कि जिन रंगों के साथ अर्ध स्मान-मिथो हैं, जैसे ही एक रंग का घन कर, जो आपके व्यक्तिगत प्रतिक्रिया से और इसे होली को धीमे में स्पष्ट करें। छात्रों ने होली को धीमे पर आधुनिक स्लोगन उन रंगों के साथ लिखा, जिन्हें वे अपने व्यक्तिगत प्रतिक्रिया मानते हैं। विजेताओं को नकद पुरस्कार देकर सम्मानित किया गया। प्राचार्या डॉ. निशा भारगव ने रंगों के स्लोगन होली के अवसर में दो गतिविधियों का उद्घाटन आयोजित करने के लिए परम्परागतिष्ठित डिप्लोमेट क्लब और चरित्र निर्माण समिति के प्रयासों को सराहा की।

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## एमसीएम ने 'सेवर द फ्लेवर्स ऑफ इंडिया' के माध्यम से आयोजन के साथ मनाई बैसाखी



भारतीय संवाददाता चंडीगढ़। फसलों के त्यौहार बैसाखी के साथ, मेहर चंद महाजन कॉलेज पर विभिन्न चंडीगढ़ के एक भारत श्रेष्ठ भारत क्लब और चरित्र निर्माण समिति के संयुक्त आयोजन में 'सेवर द फ्लेवर्स ऑफ इंडिया' का एक आयोजन किया। इस आयोजन के दिवसों के रूप में, पूरे देश अर्ध स्मान प्रतियोगिता का आयोजन किया गया। इसमें छात्रों द्वारा 24 से अधिक स्टाल लगाए गए, जिनमें हमारे देश के विभिन्न राज्यों के स्वादिष्ट व्यंजनों को आकर्षक तरीके से प्रस्तुत किया गया। इस कार्यक्रम में भारतीय स्वाद के विभिन्न क्षेत्र देखे गए और संस्कृत सत्त्वों में कई परंपरिक व्यंजनों के स्टाल को लगाए जाते हैं। पंचाल, खैर, पुरी-खैर, लस्सी, साग और

## MCM celebrates Baisakhi with 'Savour the Flavours of India'

The Aman Sandesh Times Network

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



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

## न्यूज डायरी

### परीक्षा से पूर्व छात्राओं को शुभ आशीष देने के लिए हवन किया



चंडीगढ़ (जयमार्ग न्यूज)। पंजाब विश्वविद्यालय की आगामी परीक्षा 2022 के मद्देनजर अपनी छात्राओं के लिए दिव्य आशीर्वाद प्राप्त करने के लिए और हर माह की शुरुआत में हवन करने की अपनी परंपरा को ध्यान में रखते हुए, मेहर चंद महाजन डीएवी महिला कॉलेज, ने हवन यज्ञ का आयोजन किया। डीएवी कॉलेज प्रबंध समिति, नई दिल्ली के उपाध्यक्ष एचआर गांधार और विभिन्न डीएवी संस्थानों के वरिष्ठ शहसी निरक्षर्य सदस्य सुदेश गांधार ने अपनी उपस्थिति से इस अवसर पर छात्राओं को आगामी परीक्षाओं के लिए शुभकामनाएं दीं। छात्राओं में मजबूत मूल्य प्रणाली और अध्ययन का भाव उत्पन्न करने के लिए कॉलेज के प्रयास की सराहना करते हुए, कहा कि शैक्षिक एवं मानसिक बुद्धि के विकास के साथ-साथ आध्यात्मिक बुद्धि को बढ़ाना अनिवार्य है। उन्होंने यह भी कहा कि छात्राओं में एमसीएम जैसे संस्थान का हिस्सा होने के लिए गौरव का भाव होना चाहिए जहाँ शिक्षा एवं शोध के साथ लोकवादा, भक्तिवादा, संस्कृति और मूल्यों की विशेष सुगंध है। उन्होंने छात्राओं को सलाह दी कि वे अपने माता-पिता के अथक प्रयासों और शिक्षकों के मार्गदर्शन के लिए सदैव आभारी रहे। गांधार ने छात्राओं से करुणा, आत्मविश्वास, दृढ़ संकल्प, दृढ़ता, सहिष्णुता, ध्यान और बहुत से सकारात्मक गुणों को विद्यमान करने का आग्रह किया। उन्होंने और मंजों के जाप के बीच पवित्र अग्नि की प्रार्थना ने वातावरण को डिप्यता से भर दिया। इस अवसर पर जिन कर्मचारियों को जन्मदिन जून के महीने में पड़ता है, उन्हें भी माता-पिताई गई। महाविद्यालय की चरित्र निर्माण समिति द्वारा आयोजित और सुसूची के विजेताओं को भी हवन के बाद सम्मानित किया गया।

## न्यूज इन वीफ

### एमसीएम ने मातृ दिवस मनाया

चंडीगढ़ (जयमार्ग न्यूज)। मंदस डे के उपलक्ष्य में मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन की चरित्र निर्माण समिति ने स्कूप बुक मेकिंग और स्कॉल मेकिंग प्रतियोगिताओं का आयोजन किया। प्रतियोगिताओं में प्रतिभागियों को स्कॉल और स्कूप बुक बनानी थी जो किसी के जीवन में माँ की महत्वपूर्ण भूमिका को प्रदर्शित करती है। प्रतियोगिताओं में छात्राओं की उत्साही भागीदारी देखी गई, जिन्होंने माताओं के मातृत्व के प्रति अपने व्यापक और श्रद्धा भाव को प्रदर्शित किया। विजेताओं को प्रमाण पत्र देकर सम्मानित किया गया। प्राचार्या डॉ. निशा भारगव ने जीवन में माँ की अतुलनीय भूमिका की प्रशंसा की। डॉ. भारगव ने विना शर्त व्यापक और समर्थन की किण्वक के रूप में माताओं की अद्वितीय भूमिका के प्रति छात्राओं में सराहना की भावना पैदा करने के प्रयासों की सराहना की।







"The highest education is that which does not merely give us information but makes our life in harmony with all existence."  
- Rabindranath Tagore



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