



# Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh

# अर्जा

## A SKILL DEVELOPMENT INITIATIVE

# OORJA

2020-21



## MESSAGE FROM THE PRINCIPAL



Skill development and vocational education are major components of modern education system. Our institution has assumed the responsibility of empowering our youth with knowledge of the letters and skills under the aegis of skill development committee. The skilling initiative which started as a small step has now assumed immense size and significance as our institution is registered with national skill development council (NSDC) as a skill provider. Further the Ministry of food processing Industries has designated our institution as the first state level technical institution in Chandigarh to provide training in Bakery and food processing. We are already conducting hands on trainings on GST and food processing. Our flagship programme of sustainable urban farming is touching new dimensions where we are growing a good variety of vegetables and fruits and are distributing the same to our staff members free of cost. Moreover we are organising a number of bridge courses and workshops. To teach various skills including life skills.

I feel privileged and blessed to share that we are achieving great landmarks under the patronage of our great mentors. I express my deep sense of gratitude to our mentor Dr Punam Suri Ji, Padma Shree Awardee, Hon'ble President DAV College Managing Committee for inspiring us to march forward, Shri H R Gandhar, Hon'ble Vice President and Senior Governing Body member for his living interest in our institution, Shri Shiv Raman Gaur, Hon'ble Director Higher Education for his valuable guidance. I am beholden to Skill Development team for bringing out this beautiful report which highlights the numerous activities undertaken under the aegis of the institution. May our Skilling efforts continue to empower our girls to embark on their life journeys!!



**Dr. Nisha Bhargava**  
**PRINCIPAL**



Skills are like the oars of the boat of knowledge that help one to navigate through the waters of life. Right from taking care of one's health to growing some of the food for consumption to creating works of art (manually or on- the latest computers), skills are a necessary value addition that shape up one's personality. The College, in consonance with the spirit of Skill India, endeavours to instil amongst its students the zest for learning new skills. The reach of skill based activities and workshops organised at the College extend to various sections of the society, thus widening the ambit of skill enhancement opportunities provided by the College. These skills prepare the learners for jobs, widen the mental horizons and enable a broader perspective on life in general.

I am grateful to esteemed Principal, Dr. Nisha Bhargava for her able guidance, initiative and support for all the activities and events. I express my gratitude to incharges of various Departments and Committees/ Cells who organise these programs, and provide the relevant data and information. The report team of Skill Development Committee deserves my heartfelt thanks for the meticulous and diligent efforts put in for compiling the report. On behalf of the report making team, I extend gratitude to the office staff for their assistance.

A handwritten signature in blue ink that reads "Gurvinder Kaur". The signature is written in a cursive style.

**Dr. Gurvinder Kaur**  
**Chief Coordinator**  
**Skill Development Committee**

# EDITORIAL TEAM

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Dr. Nisha Bhargava

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Dr. Gurvinder Kaur

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Ms. Ruchika Singh



Dr. Minakshi Rana



Dr. Shafila



Ms. Sunita Kumari

## SKILL DEVELOPMENT INITIATIVES 2020-2021

### Sustainable Urban Farming

The Sustainable Practices Committee, in collaboration with the NSS unit of the College, carried forward the three-year-old practice of teaching and learning of organic farming to take forward the POSHAN Abhiyan scheme of Government of India. A batch of 25 students of NSS was given a background of the need for chemical free food and everyone's contribution towards it. The girls were also apprised of the need for growing one's own food to some extent to fulfill nutritional needs. The girls sowed the seeds for winter crops. Palak, methi, etc. The girls were also apprised about the issues related to care of plants and use of chemical free fertilizers as also about managing insects in a natural way. Two workshops were held in February and March to apprise the girls about its spurs related to slow growth and related problems, including those faced by farmers.





**THE COLLEGE TEACHES AND PRACTICES ONE OF  
THE OLDEST AND ESSENTIAL SKILLS KNOWN TO  
MANKIND - GROWING FOOD NATURALLY**





















































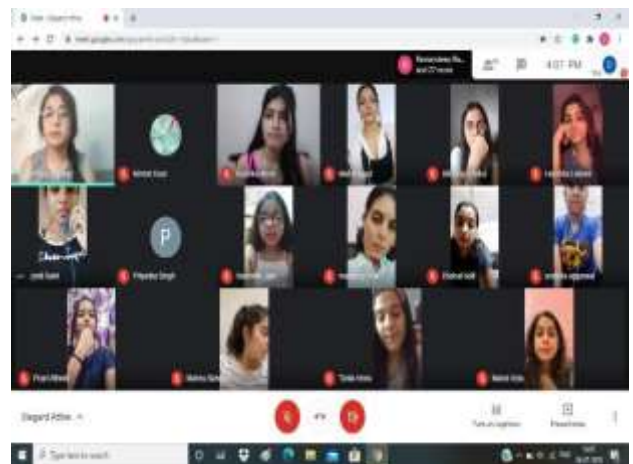
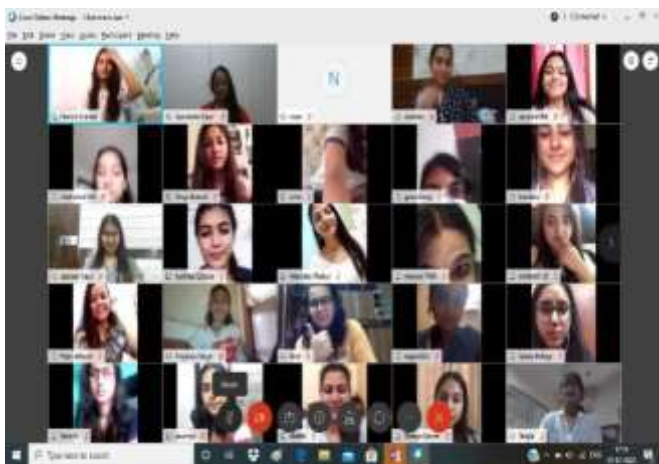






## **E-Workshop on Elegant Attire: Basics of Fashion Designing : Libaas-e-lataafat**

A seven-day E-workshop on Elegant Attire: Basics of Fashion Designing from 29 June to 11 July, 2020 was organized with an objective to enhance the sense of personal styling as well as create awareness regarding taking up a career in the fastly- evolving and huge fashion industry. The resource person, Ms. Heena Sharma, the founder of CRIO, a sustainable clothing brand and founder of Heena Style Studio, discussed various avenues like art director, technical assistant, marketing head, product development and merchandise planner in the world of fashion can be explored and pursued, besides of course being a fashion designer. The main highlight of the course was introduction to the concept of sustainable fashion to the students which is much needed in these times of environment crisis. How the use, type and style of fabric can be made sustainable was explained to the participants. 69 students of the college actively participated and inquired about the relevance of a formal degree and other styling tips.



## Building Research Aptitude : 7 Days Online Faculty Development Program for Faculty of Maharashtra Colleges from 14th to 20th July, 2020.

To facilitate the development of scientific attitude and logical thinking among the faculty across regions and communities a faculty development program was conducted by the Sustainable Practices Committee. A total of 220 (Consisting Principals, Associate Professors, Assistant Professors and Research Scholars from all over Maharashtra) participants registered for the event.

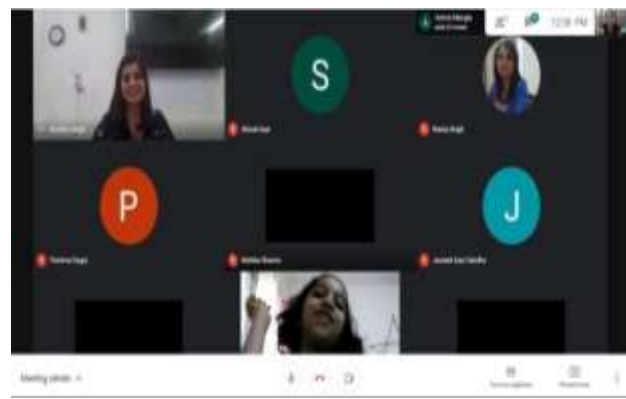
The key resource persons were; Dr. Gurbinder Kaur, Associate Professor, MCM DAV College for Women, Dr. Minakshi Rana, Assistant Professor, MCM DAV College for Women, and Dr. Neeraj Kumar, Deputy Librarian, Panjab University. Before initiating a study certain key aspects such as identification of the problem area, target population, sampling techniques, and issues of objectivity, reliability, and value neutrality should be pondered upon. Further, review of existing literature, finding research gaps with the significance of the topic to be studied are initial and basic steps to start with the writing of the research paper. It was explained that data is the basis of any research project and it is important to choose the appropriate tool and sources to collect the data because further analysis or inferences would be based on the information collected. The various tools of data collection such as interview schedule, questionnaire, observation, case study, Survey, and Focused Group discussion were explained. Citation Style and Plagiarism check. Few of the Free Plagiarism checking Software were told about. Further, how to avoid Plagiarism while writing articles was focused upon.



## Bridge Course on “Learn Basics of English”

A seven-day Bridge Course on “Learn Basics of English” was conducted by the Post-graduate Department of English from the 18<sup>th</sup> to 24<sup>th</sup> of July, 2020. The Resource persons were Dr. Aparna Sharma and Ms. Ruchika Singh (Assistant Professors from the Department of English). The objectives

were to; understand and apply the basic skills of English Language in day to day life, introduce basics of phonetics and pronunciation, understand the basic concepts of grammar which form the building blocks of any language and keep the students constructively engaged during the lockdown. 75 participants from all walks of life registered; students, professionals and homemakers who wanted to brush up the basic skills of English language. The modules covered rules relating to tenses, subject verb agreement, speaking skills, writing skills, listening skills and basic pronunciation. The sessions were followed by online tests and PowerPoint presentations of the respective topic were shared. The sessions were made interactive by permitting the participants to interact during the last fifteen minutes of each session. All the participants were given e-certificates.



## एम.सी.एम में अंग्रेजी के ब्रिज कोर्स का शुभारंभ

चंडीगढ़, 21 जुलाई (राकेश): मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन में लर्न बेसिस ऑफ इंग्लिश शीर्षक से सात दिवसीय ऑनलाइन ब्रिज कोर्स की शुरुआत हुई है। अंग्रेजी के स्नातकोत्तर विभाग के तत्वावधान में आयोजित, इस पाठ्यक्रम का उद्देश्य अंग्रेजी भाषा की व्याकरण तथा अंग्रेजी भाषा बोलने, सुनने और लिखने के कौशल से समृद्ध करना है। अबतक 75 से अधिक प्रतिभागियों ने इस कोर्स के लिए पंजीकरण करवाया है, जिनमें पेशेवरों, उद्यमियों, गृहणियों सहित विद्यार्थी भी शामिल हैं।

## एमसीएम में ऑनलाइन अंग्रेजी ब्रिज कोर्स शुरू

चंडीगढ़: सेक्टर-36 के एमसीएम डीएवी कॉलेज फॉर वूमैन में 'लर्न बेसिस ऑफ इंग्लिश' शीर्षक पर सात दिवसीय ऑनलाइन ब्रिज कोर्स की शुरुआत की गई। यह कोर्स अंग्रेजी के स्नातकोत्तर विभाग की ओर से आयोजित किया गया है। ब्रिज कोर्स में 75 से अधिक प्रतिभागियों ने पंजीकरण करवाया है। इसमें छात्राओं सहित पेशेवर उद्यमी और गृहणियां भी शामिल हैं। कोर्स का संचालन अंग्रेजी विभाग की असिस्टेंट प्रो. डॉ. अपरा शर्मा और रुचिका सिंह ने किया। इन सात दिनों के अंदर विद्यार्थियों को काल, विषय- क्रिया, बोलने, लिखने, सुनने के कौशल और अंग्रेजी का सही उच्चारण करना सिखाया जाएगा। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने अंग्रेजी विभाग के इस प्रयास पर प्रशंसा व्यक्त की। -व्यूट

**Mehr Chand Mahajan DAV College for Women**  
Sector 36, Chandigarh  
presents  
**7 DAY ONLINE BRIDGE COURSE IN ENGLISH**  
on  
**"LEARN BASICS OF ENGLISH"**  
organized by  
**Post-Graduate Department of English**

**Modules:**  
•Introduction and Orientation  
•Tenses  
•Subject Verb Agreement  
•Speaking Skills (2 sessions)  
•Writing Skills  
•Listening Skills  
•Basic Pronunciation

•Mode of payment: Online  
•Last date of registration: July 17, 2020  
•Account name: Principal, MCMHJV College for Women, Chandigarh  
•Bank Name: State Bank of India  
•Account Number: 3077217535  
•IFSC Code: SBIN0016609

**Dates: July 15- July 24, 2020**  
**Timings: 12.00 noon to 01.00 pm**  
**Register at: <https://forms.gle/ZFqRWkQyq4H7ZwW9>**  
**Fee: 200/-**

Please share the screenshot after payment

**Co-ordinators**  
Dr. Apara Sharma  
Ms. Ruchika Singh  
(9855747753, 9779945803)

**Convener**  
Dr. Nisha Bhargava  
Principal

## Faculty Development Programme “E-Content: Designing and Deployment using G Suite”

A five-day program was organized by the Department of Computer Science & Applications with an aim to familiarise the faculty with the tools available in G-Suite for designing, developing, managing

and delivering online lectures. It was organized from 20th to 24th July, 2020. Around 102 teachers participated in the event. The resource persons were faculty members from the Department of Computer Science & Applications; Ms. Vandana Syal, Ms. Deepti Sharda, Dr. Ritika Bansal, Ms. Deeksha Gupta and Ms. Navdeep Kaur for the sessions on Google Form as an Assessment Tool, Lecture Video Creation using Active Presenter, Google Classroom, e-Certificate Generation, Scheduling Meeting using Google Meet and Managing Google Calendar respectively.



### Ten Day International Multi-Dimensional Student Development Programme

A ten-day International Multi-Dimensional Student Development Program was organized by the Post Graduate Department of Economics. The objective of the programme was to enhance the research capability of the students by introducing the concepts of SPSS and Statistics. It aimed to amplify their ability to access various Online Learning Platforms. It intended to augment the plethora of career opportunities that lay ahead of them with speakers introducing the students to the diverse fields they might want to pursue. It was organized from 20th to 30th, July 2020 and 149 participants attended the programme. The resource persons were eminent economists from their respective fields included Dr. Harsha Gandhar, Dr. Tejinder Pal, Ms. Arshee Khosla, Dr. Tanvi, Ms. Supriya, Ms. Rama Kashyap, Dr. Aseem, Ms. Annie, Ms. Ankita, Ms. Prearna, Ms. Aastha Sharma, Ms. Sarab, Ms. Prabhleen, Ms. Garima, Ms. Mridul, Ms. Naina Chaudhary Lee and Prof. Swaran Singh. The topics included many significant areas in the field which were found quite informative and useful by the participants.



Post Graduate Department of Economics

**Mehr Chand Mahajan  
DAV College for Women, Chandigarh**

*is organising a*

**“Ten Days International Multi-Dimensional  
Student Development Programme”**



Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh

Email: [organising3@gmail.com](mailto:organising3@gmail.com), Website: [www.mcmdavowchd.edu.in](http://www.mcmdavowchd.edu.in)

## ABOUT THE WORKSHOP

The Post-Graduate Department of Economics of Mehr Chand Mahajan DAV College for Women, Chandigarh is organizing a “Ten Day International Multidimensional Student Development Programme” for the students of Economics from 20<sup>th</sup> July 2020 to 30<sup>th</sup> July 2020. The objective of the programme is to enhance the research capability of the students by introducing the concepts of SPSS and Statistics. It would aim to amplify their ability to access the various Online Learning Platforms. It intends to augment the plethora of career opportunities that lay ahead of them with speakers introducing the students to the diverse fields they might want to pursue while enriching their lives with professional guidance to nurture a stable and healthy mind during these highly uncertain times. With immense pride it is mentioned that all the resource persons in this workshop are the distinguished alumni of our institution. They are spreading the fragrance of the institution in different walks of life and different parts of the world. In fact this workshop is a tribute to the institution from its shining stars during these extremely trying times.



## GUESTS OF HONOUR



**Prof. Swaran Singh**  
Chairman, CIPGO  
School of International Studies  
JNU, New Delhi



**Prof. Harsh Gaudhar**  
Economist  
Panjab University  
Chandigarh



**Dr. Tejinderpal Singh**  
Associate Professor  
LUKS, PU, Chd.



**Dr. Anand Mehta**  
MIBBS, MD, PGDiploma  
PGME&R, Chd.

## RESOURCE PERSONS: PRIDE OF MCM



**Mrs. Rama Kashyap**  
MA, MPhil-Economics  
Former Associate Professor  
MCM DAV College, Chd.



**Dr. Tanshi Kiron**  
Asst. Professor,  
Health Economics  
PGIMER, Chd.



**Ms. Supriya Bhaska**  
A Savannah College of Arts  
& Design, Georgia, USA



**Ms. Sarab Kuchhar, PhD.**  
Director, Communications  
Kaiser Permanente, USA



**Ms. Priya Kapoor**  
Data Analyst & Artificial  
Intelligence, Microsoft, USA



**Ms. Anshu Sharma**  
Young Professional,  
SII, Asheng,  
Master's Degree, USE



**Ms. Naina Chaudhary's**  
Operations Manager  
Tuition Services Management  
USA



**Ms. Garima Sharma**  
Entrepreneur, Right Now Happiness  
Academy (India), Toronto  
University, Australia



**Ms. Meenal**  
Independent Researcher &  
Speaker, Bangalore



**Ms. Prabhleen Bajaj**  
Founder, India  
India



**Ms. Anni Jain**  
Entrepreneur



**Ms. Anshika Jain**  
Entrepreneur

## PROGRAMME SCHEDULE

Date	Session I (9:30 am to 11:00 am)	Title	Session II (11:30 to 1:00 pm)	Title
20th July	Prof. Harsh Gaudhar	Education, Skill Development & Youth Aspirations in India	Dr. Tejinderpal	Massive Open Online Course (MOOC: How to start and finish it successfully)
21st July	Ms. Arjun Kharla	Indian Economic Services: Preparation and Scope	Dr. Tanshi	Data Handling in SPSS
22nd July	Dr. Tanshi	What and when to use: Introducing Basic Statistical Tools	Dr. Tanshi	Introducing G Power Software
23rd July	Ms. Supriya	Design Management and luxury and fashion management	Ms. Rama Kashyap	Boycotting China: Challenges and Opportunities
24th July	Dr. Anand	COVID Pandemic: A Challenge For Youth	Ms. Anand & Anshika	Rewriting the Stars after 10 Years and She rediscovered who she is and the game changed
25th July	Ms. Priya	Women in Tech (My Journey from Economics to Data Analytics)	Ms. Anshu Sharma	Women in Development
26th July	Sunday		Sunday	
27th July	Ms. Sarab	Planning a career in Communications	Ms. Prabhleen	Women and Investing
28th July	Ms. Sarab	Effective Public Speaking/Presentation Skills	Ms. Garima	My Leap of Faith from India to Australia: Learning, Un-learning, Re-learning!
29th July	Ms. Meenal	Women & Wealth Creation Via Stock Markets	Ms. Meenal	Behavioural Economics: Understanding the Role of Emotions in Economic Behaviour
30th July	Ms. Naina Chaudhary Lee	What do you want to be when you grow up?	Prof. Swaran Singh	The Economics of China's rise and its impact

### REGISTRATION DETAILS:

Seats are limited and selection will be on First come, First serve basis.

It is open to the students of all the fields.

Last date of Registration and payment- 18<sup>th</sup> July, 2020.

Registration Fee-Rs. 300/-

### Account details:-

State Bank of India.

Branch- Sector 36A, Chandigarh.

Account name ; Principal MCM DAV College for Women

Account Number: 30772717538

IFSC Code: SBIN0010609

Link for Registration: <https://forms.gle/puRiesK7zqwJ78wm6>

### Dr. Nisha Bhargava

Convener and Principal

### Ms. Madhvi Bajaj

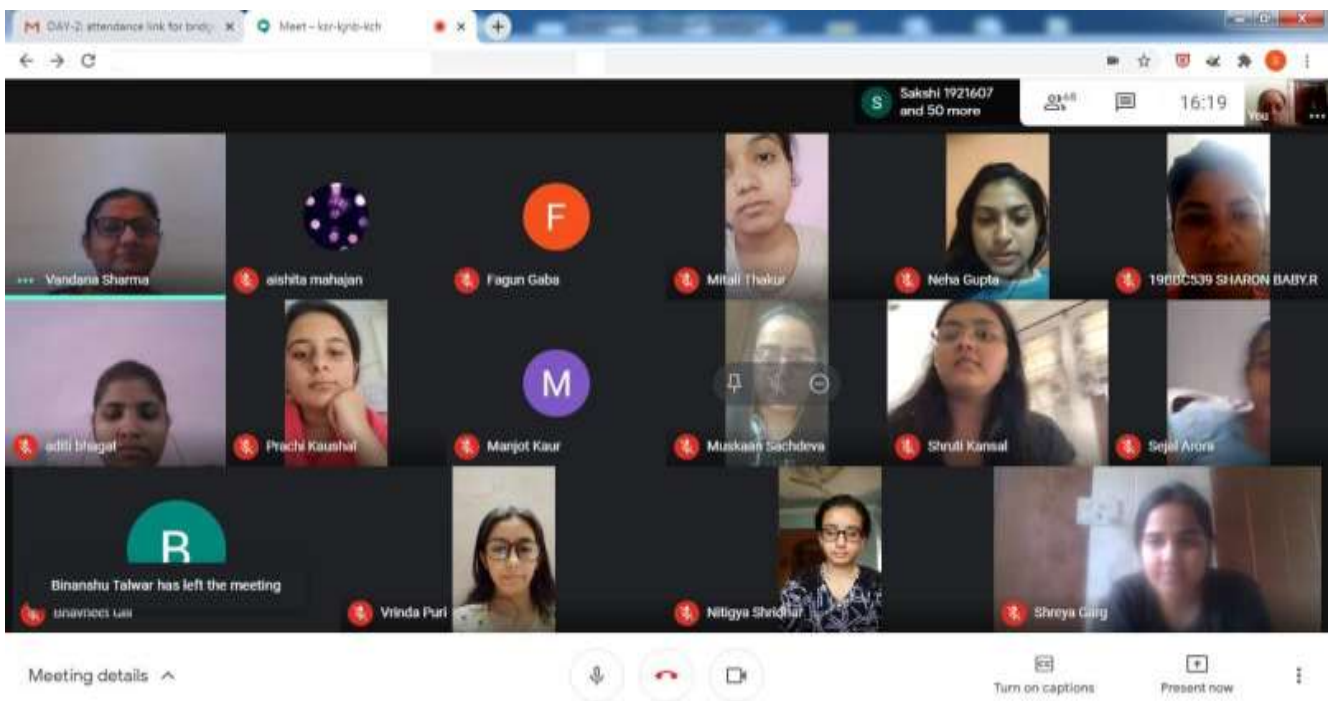
Co-convener and  
Head, PG Department of Economics

### Co-ordinators

Dr. Simran Kular  
Dr. Geetanjali Singh

## Online Bridge Course - Human Immune System Explained

A seven-day online Bridge Course titled “The Human Immune System Explained” was organized by the Department of Food Science from 21 July 2020 to 26 July 2020 to apprise and train the students at fundamentals of the human immune system, its related advancements and techniques used with special reference to scenario of COVID-19. The course was specially designed to give conceptual clarity to undergraduate students on basics and advances in the field of immunology, vaccinology and disease management. A total of 85 participants registered for the course with active participation from different states of India (Punjab, West Bengal, Tamil Nadu, Goa and Maharashtra). The students were given complete insight into the subject through well designed and interactive lectures and presentations by resource persons; Prof. Vijay Prabha from Dept. of Microbiology, PU, Chandigarh, Dr. Jyoti, Senior Assistant Professor, Dr. H. S Institute of Dental Sciences and Hospital, PU, Dr. Vandana Sharma and Dr. Sandeep Kaur from the college. The students were constantly engaged and assessed through knowledge-based quiz assignments. In addition, an orientation lecture on the increasing scope and relevance of microbiology in the present COVID-19 scenario was also delivered to all the participants. The course concluded with a powerful session on vaccine development and recent breakthrough and technological advances in the field of immunology and the resource person motivated the participants to explore the prospects of immunological sciences.





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

**“The Human Immune System Explained” –  
A Bridge Course**

**Organized by  
Department of Food Science  
(21<sup>st</sup> July 2020 to 26<sup>th</sup> July 2020)**

**Salient features :**

- *Course content designed to give conceptual clarity to students thus creating strong knowledge base for higher studies.*
- *Comprehensive insight into basic and advanced immunology by subject experts.*
- *Students will be given the course study material.*
- *Online assessment tests and discussions after every class for effective grasp and student engagement.*

**Dr.Nisha Bhargava  
(Convenor and Principal)**

**Coordinators  
Dr. Vandana Sharma  
Dr.Sandeep Kaur**



## Course Content

**Module 1:** *Let's unmask the "Human Immune System"!!!*

**Module 2:** *Microbial Recognition and receptors in Innate Immunity*

**Module 3:** *Antigens: You make me sick !!  
Antibodies : Our Immune power*



**Module 4:** *What do T and B-cells see??*

**Module 5:** *T-cell response to Viral Infections*



**Module 6:** *a) Vaccination Matters  
b) Technological innovations in immunology*

### **Resource persons:**

Dr.Vijay Prabha (Professor, Panjab University)

Dr.Jyoti (HS Judge Institute of Dental Science, PU).

Dr.Vandana Sharma

Dr.Sandeep Kaur

**\*E-certificates** for all participants

Class timings :

3.00 -5.00 pm (Google meet; Link will be sent to registered students)

### **Register at Link :**

[https://docs.google.com/forms/d/e/1FAIpQLSfYBDKQxEfjcoD0ISPo4BGkEyjlg5ke42oJ06qI-xhXg6QMow/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSfYBDKQxEfjcoD0ISPo4BGkEyjlg5ke42oJ06qI-xhXg6QMow/viewform?usp=pp_url)

**Online fee Submission :** Rs 200/- per participant

Last date of registration :20 July 2020

**Deposit fees online at :**

**Account Name:** Principal , MCM DAV College for Women, Chandigarh

**Bank :** State Bank of India

**Account Number :** 30772717538; **IFSC Code:** SBIN0010609

**For any query :**

**Dr. Vandana Sharma; 9914084438**

**Dr.Sandeep Kaur :9878114892**



### **Bridge Course “Advanced Course in English”**

A 10 day Bridge Course “Advanced Course in English” was conducted by the Post Graduate Department of English from 26th July to 4th August, 2020 where in the Resource persons were Dr. Aparaj Sharma and Ms. Ruchika Singh (Assistant Professors from the Department of English). The objectives were to; understand and apply the rules of advanced grammar in English, prepare the participants to apply for a job right from writing a Resume to facing an interview and keep the students constructively engaged during the lockdown.

57 participants paid Rs. 500/- each. It covered topics like rules for transformation of sentences, narration, writing applications, writing Resume, facing interviews and other related skills. Participants who registered for the Course included women who wanted to upgrade their language skills and also wanted to prepare themselves to enter the professional world. Sessions included online lectures, tests and PowerPoint presentations based on the day’s session.



## एमसीएम डीएवी कॉलेज में एडवांस्ड इंग्लिश पर ऑनलाइन पाठ्यक्रम आयोजित

(फोटो: सीडिया) विनोद कुमार, चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर वुमेन के पोस्टग्रेजुएट डिपार्टमेंट ऑफ इंग्लिश ने नौ महीने अग्रणी अपने 'बेसिक कोर्स इन इंग्लिश' की अगली कड़ी के रूप में एडवांस्ड कोर्स इन इंग्लिश पर एक 10-दिवसीय ऑनलाइन पाठ्यक्रम का आयोजन किया। इस पाठ्यक्रम में अपनी भाषा

कोशल को उत्तम करने तथा व्यवसायिक संसार में प्रवेश करने के लिए शुरु को तैयार करने के उद्देश्य से 60 से अधिक प्रतिभागियों ने पंजीकरण करवाया। इस पाठ्यक्रम में वाक्यों के परिवर्तन, कथन, औपचारिक आवेदन लिखने, साक्षात्कार का सामना करने, भव्यतापूर्ण और अन्य संबंधित कौशल जैसे पहलुओं को

शामिल किया गया है। प्रिंसिपल डॉ. निरुध भार्गव ने अंग्रेजी विभाग की इस पहल के लिए सराहना करते हुए कहा कि बच्चाई कोशल एक सफल कैरियर का एक महत्वपूर्ण पहलू है और यह पाठ्यक्रम प्रतिभागियों को व्यवसायिक संसार की चुनौतियों से सफलतापूर्वक निपटने में महत्वपूर्ण भूमिका निभावेगा।

### एडवांस्ड इंग्लिश के लिए स्टूडेंट्स ने किया रजिस्ट्रेशन

जार्स, चंडीगढ़ : एमसीएम डीएवी कॉलेज फॉर वुमेन-36 के पोस्टग्रेजुएट डिपार्टमेंट ऑफ इंग्लिश ने एडवांस्ड कोर्स इन इंग्लिश शुरू किया। यह कोर्स पूरी तरह से ऑनलाइन होगा। इससे पहले कॉलेज के विभाग ने पिछले महीने बेसिक कोर्स इन इंग्लिश आयोजित किया था। यह कोर्स 10 दिन तक आयोजित होगा। पाठ्यक्रम में अपनी भाषा कोशल को उन्नत करने में मदद करेगा। कोर्स के लिए 60 से अधिक प्रतिभागियों ने रजिस्ट्रेशन करवाया है।



**Mehr Chand Mahajan DAV College for Women**  
Sector-56-A, Chandigarh

presents

**10-DAY ONLINE ADVANCED BRIDGE COURSE IN ENGLISH**  
on  
**"ADVANCED COURSE IN ENGLISH"**  
organized by  
**Post-Graduate Department of English**

**Modules:**

- Introduction and Orientation
- How to write a CV
- How to Write an Application
- Transformation of Sentences (2 sessions)
- How to handle an Interview
- Narration
- Introduction to Phonetics
- Active to Passive Voice
- Punctuation

- Mode of payment: Online
- Last date of registration: July 25, 2020
- Account name: Principal, MCM DAV College for Women, Chandigarh
- Bank Name: State Bank of India
- Account Number: 30772717555
- IFSC Code: SBIN0010609

**Dates: July 26- August 04, 2020**  
**Timings: 12.00 noon to 01.00 pm**  
**Register at: <https://forms.gle/VZq2xG5tjP4zwSm49>**  
**Fee: 500/-**

Please share the screenshot after payment

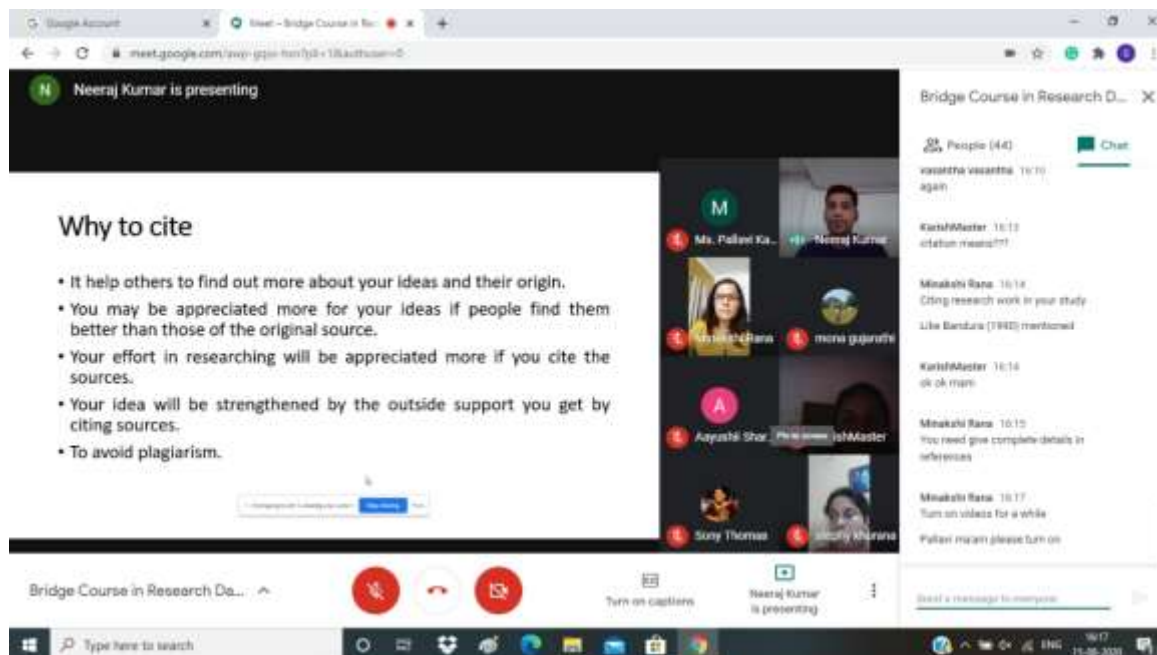
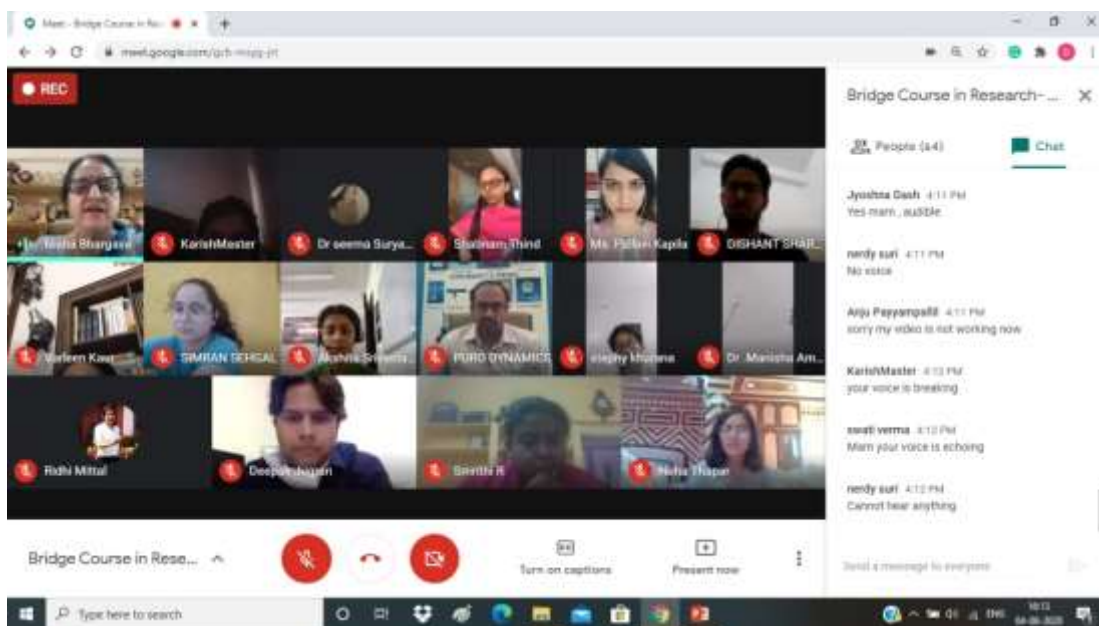
<p><b>Co-ordinators</b> Dr. Aparna Sharma Ms. Ruchika Singh (9888747755, 9779948929)</p>	<p><b>Convener</b> Dr. Nisha Bhargava Principal</p>
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### Bridge Course for Beginners in Research

The Department of Sociology of the college organized a Bridge Course in Research from 4 August to 18 August 2020. The course offered a development of understanding of basic concepts of research, writing a research proposal, data collection tools, statistical analysis of findings, and use of computers to facilitate research. The resource persons were Dr Minakshi Rana, Assistant Professor, Department of Sociology; Dr Neeraj Kumar, Deputy Librarian, Panjab University; Ms Pallavi Kapila, Assistant Professor, Department of Sociology; Ms Shabnam, Assistant Professor, Department of Sociology. The course covered the following topics: Understanding Research and Basic Concepts (Day 1-3), Making of Research Paper (Day 4-6), Tools of Data Collection and Analysis of Findings (Day 7-9) and Use of Computer Skills in Research (Day 10-15). 66 participants (Students, research scholars, faculty and professionals from all over India and one Research Scholar from Canada) attended the workshop.

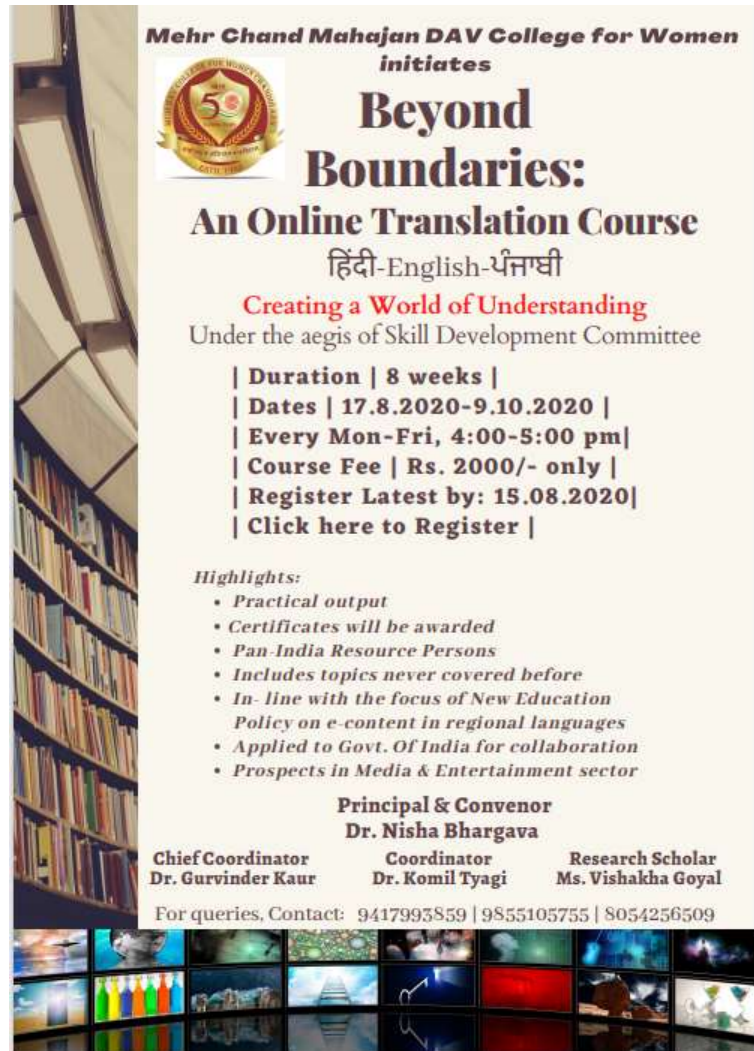
The basic characteristics and assumptions of various statistical measures like measures of central tendency, measures of dispersion and coefficient of correlation that can be applied in data to arrive at conclusions were briefly explained to participants. Further, the use of MS Word, Excel and Powerpoint

in developing a research paper or writing a thesis was explained with the help of live demonstration. In a significant session on plagiarism check and citation style, various free online softwares like Citation Machine, Plagcheck were shared with the participants that can help in checking the percentage of copied text in the research paper. Further, with the help of online tools like Mendeley and Citation machine, the researcher can download the citation of the desired research work in the required format. An assessment consisting of multiple choice questions based on the taught topics was also taken to gauge the understanding of the topics among the participants. A recapitulation of all the topics covered in the bridge course was done in the concluding session.



## **Beyond Boundaries: Eight-week Translation Skill Course with National Translation Mission, Government of India**

The college conducted an 8-week online translation course from 17<sup>th</sup> of August, 2020 to 9<sup>th</sup> of October, 2020- 'Beyond Boundaries: Creating a World of Understanding' in collaboration with the National Translation Mission (NTM), Centre for Indian Languages, Ministry of Education, Government of India. Organized under the aegis of the Skill Development Committee of the college, the course catered to the flourishing multilingual world of literature, cinema, theater, anchoring, print and socialmedia. The course was in sync with the institution's vision of creating employment avenues through skill development and it also incorporated the ethos of the New Education Policy 2020 that emphasizes teaching and learning of Indian languages to be integrated with school and higher education at every level. Prof. Tariq Khan, Head, National Translation Mission, underlined the need for such courses and their growing significance



**Mehr Chand Mahajan DAV College for Women initiates**

**Beyond Boundaries:**  
**An Online Translation Course**  
हिंदी-English-ਪੰਜਾਬੀ

**Creating a World of Understanding**  
Under the aegis of Skill Development Committee

| **Duration | 8 weeks |**  
| **Dates | 17.8.2020-9.10.2020 |**  
| **Every Mon-Fri, 4:00-5:00 pm|**  
| **Course Fee | Rs. 2000/- only |**  
| **Register Latest by: 15.08.2020|**  
| **Click here to Register |**

**Highlights:**

- Practical output
- Certificates will be awarded
- Pan-India Resource Persons
- Includes topics never covered before
- In-line with the focus of New Education Policy on e-content in regional languages
- Applied to Govt. Of India for collaboration
- Prospects in Media & Entertainment sector

**Principal & Convenor**  
**Dr. Nisha Bhargava**

**Chief Coordinator** **Coordinator** **Research Scholar**  
**Dr. Gurvinder Kaur** **Dr. Komil Tyagi** **Ms. Vishakha Goyal**

For queries, Contact: 9417993859 | 9855105755 | 8054256509

in the present scenario. The course was navigated by eminent resource persons from the practical and theoretical field of translation, namely; Prof. Rana Nayar- Theories and Role of Translation and Practical Sessions, Prof. Sudhir Kumar Mishra- Encoding and Decoding in Translation, Dr. Neeru Chugh -Genres of Translation , Gathering Background Information, Mr. Tariq Khan- Role of Government in Promotion of Translation , Mr. Winston Cruz- Machine Translation: Desktop Editing and Proofreading, Dr. Suman Sharma- History of Translation :India and Abroad and Legal Documents” Translation, Dr. Priya Padhye- Translation in Media and Entertainment , Dr. Pooja Malik- Machine Translation : Application and Challenges, Ms. Akanksha Bansal- Freelancing in Translation, Mr.

Biswadip Gogoi- Copyright Issues in Translation, Dr. Manjinder Kaur Wratch- Translating Fiction on Screen, Ms. Pragati Gupta - Copyrights in Translation and Ms. Vishakha Goyal- Translation : A Liberating Praxis.

70 participants from across the country, ranging from Jammu to Tamil Nadu and Goa to West Bengal, benefitted from the course. The participants were also awarded certificates. The workshop gave the



students hands-on- training in translation as they were made to translate certain texts and the same were evaluated by the resource persons.

### 5-Day Series on Data Analysis

Quality research can contribute significantly towards the development of a nation through various inventions and innovations. Considering the present scenario where the human kind is facing new challenges often, relevant and practical research has become more significant to find feasible solutions. Keeping that in mind, a 5-day Series on Data Analysis was organized by the Post Graduate Department of Sociology from 27 August to 31 August 2020. 47 participants attended the same. The wide range of the topics included Identifying Variables, Formulation of Hypothesis, Parametric and Non-parametric tests, Analysis of Qualitative Data and Use of Mendeley Software, aimed to provide knowledge about various statistical as well as non-statistical tools to analyze and interpret data so that valid generalizations can be drawn.

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

is organizing:

## 5 Days Series on Data Analysis

(Under the aegis of PG Department of Sociology)

Don't let your research suffer due to lack of data analysis skills

**Schedule:**

- Day 1:**
  - Identification of Research Problem
  - Formulation of Hypothesis
  - Developing Variables
  - Measures of Central Tendency
  - Standard Deviation and Standard Error
- Day 2:** Correlation analysis
- Day 3:** Regression and Anova
- Day 4:** Non-Parametric tests
- Day 5:** Techniques of Analysis of Qualitative Data

**Timings:** 1:00 PM – 2:00 PM **Dates:** August 27<sup>th</sup> – 31<sup>st</sup>, 2020

**Course Fee:** 500/- **Mode of Payment:** Online

A/C Name: Principal, MCM DAV College for Women, Chandigarh  
A/C No.: 30772717538 **IFSC Code:** SBIN0010609

**Register at:** <https://forms.gle/pUfNxHmThRUf3Xgs5>  
by 25 August, 2020

**Coordinators:** Dr. Bhawna Sood, Dr. Bindu Dogra, Dr. Minakshi Bana (8690771744)

**Co- Convener & HOD:** Ms. Kamini Tiyal

**Convener:** Dr. Nisha Bhargava, Principal

The sessions are facilitated by Live Demonstration and Practice Sheet.

## Workshop on “Be a GST Expert”: (Skill Development Committee under the aegis of Ministry of Skill development and Entrepreneurship, Govt. of India)

In order to develop expertise in the registration and filing of GST Returns, a seven-day workshop “Be a GST Expert” was organized from 12 to 18 September, 2020 by the institution in the capacity of a Registered training Centre of National Skill Development Centre of India, under the aegis of Ministry of Skill development and Entrepreneurship, Govt. of India, affiliated to Chandigarh Skill Development Mission. It helped over 50 participants to handle the individual projects of GST returns and registration. CMA Bhawna Sharma was the resource person who took examples from daily life and familiarised the participants with the various norms and guidelines of GST. In the era of the job crisis, this practical training could open new avenues of skill and work for the youth and make them self-reliant in the case of pursuing their own business. Further, with the help of live demonstration, the participants were taught the process of registration and filing of GST returns. Queries of the participants regarding compliance with the various provisions of GST were also taken up in the sessions.



### जीएसटी पर 7-दिवसीय ऑनलाइन कार्यशाला का शुभारम्भ

चंडीगढ़ (विनोद कुमार)। मेहर चंद महाजन डीएवी कॉलेज फॉर वुमैन की कौशल विकास समिति ने “बी ए जीएसटी एक्सपर्ट” शीर्षक पर सात दिवसीय कार्यशाला का शुभारम्भ किया। कार्यशाला का उद्देश्य जीएसटी के पंजीकरण और रिटर्न से संबंधित प्रक्रियाओं का व्यावहारिक ज्ञान और अनुभव प्रतिभागियों को प्रदान करना है। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने कार्यशाला का उद्घाटन किया। डॉ. भार्गव ने कहा कि जीएसटी के क्षेत्र में प्रशिक्षित पेशेवरों की कमी, युवा उद्यमियों, लघु उद्योगों और अन्य कर दाताओं के बीच जीएसटी अनुपालन में उपयुक्त कौशल प्रदान करने, जीएसटी रिटर्न के पंजीकरण इत्यादि में प्रतिभागियों को कौशल प्रदान करने हेतु कॉलेज ने इस कार्यशाला का आयोजन किया है। डॉ. भार्गव ने कहा कि रोजगार संकट के इस दौर में, यह व्यावहारिक प्रशिक्षण युवाओं के लिए कौशल और काम के लिए नये रास्ते खोल खोलकर उन्हें आत्मनिर्भर बनायेगा। उन्होंने बताया कि एमसीएम उत्तरी भारत का एकमात्र कॉलेज है जो पीएमकेबीवाई की प्रमुख योजना के तहत जीएसटी प्रशिक्षण प्रदान कर रहा है। इस ज्ञानवर्धक कार्यशाला के विभिन्न सत्रों का संचालन सीएमए भावना शर्मा (कंसल्टेंट तथा जीएसटी प्रमाणित ट्रेनर) रही हैं तथा कार्यशाला में कलकत्ता, केरला और मस्कट इत्यादि जगहों से 50 से अधिक प्रतिभागों हिस्सा ले रहे हैं।

### एमसीएम में जीएसटी पर 7-दिवसीय ऑनलाइन कार्यशाला का शुभारम्भ

चंडीगढ़ (विनोद कुमार)। मेहर चंद महाजन डीएवी कॉलेज फॉर वुमैन की कौशल विकास समिति ने “बी ए जीएसटी एक्सपर्ट” शीर्षक पर सात दिवसीय कार्यशाला का शुभारम्भ किया। कार्यशाला का उद्देश्य जीएसटी के पंजीकरण और रिटर्न से संबंधित प्रक्रियाओं का व्यावहारिक ज्ञान और अनुभव प्रतिभागियों को प्रदान करना है। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने कार्यशाला का उद्घाटन किया। डॉ. भार्गव ने कहा कि जीएसटी के क्षेत्र में प्रशिक्षित पेशेवरों की कमी, युवा उद्यमियों, लघु उद्योगों और अन्य कर दाताओं के बीच जीएसटी अनुपालन में उपयुक्त कौशल प्रदान करने, जीएसटी रिटर्न के पंजीकरण इत्यादि में प्रतिभागियों को कौशल प्रदान करने हेतु कॉलेज ने इस कार्यशाला का आयोजन किया है। डॉ. भार्गव ने कहा कि रोजगार संकट के इस दौर में, यह व्यावहारिक प्रशिक्षण युवाओं के लिए कौशल और काम के लिए नये रास्ते खोल खोलकर उन्हें आत्मनिर्भर बनायेगा। उन्होंने बताया कि एमसीएम उत्तरी भारत का एकमात्र कॉलेज है जो पीएमकेबीवाई की प्रमुख योजना के तहत जीएसटी प्रशिक्षण प्रदान कर रहा है। इस ज्ञानवर्धक कार्यशाला के विभिन्न सत्रों का संचालन सीएमए भावना शर्मा (कंसल्टेंट तथा जीएसटी प्रमाणित ट्रेनर) रही हैं तथा कार्यशाला में कलकत्ता, केरला और मस्कट इत्यादि जगहों से 50 से अधिक प्रतिभागों हिस्सा ले रहे हैं।

## एमसीएम डीएवी कॉलेज में जीएसटी पर 7-दिवसीय ऑनलाइन कार्यशाला का किया गया शुभारम्भ

(फास्ट मीडिया) चंडीगढ़, विनोद कुमार। मेहर चंद महाजन डीएवी कॉलेज फॉर वुमैन की कौशल विकास समिति ने "बी ए जीएसटी एक्सपर्ट" शीर्षक पर सात दिवसीय कार्यशाला का शुभारम्भ किया। कार्यशाला का उद्देश्य जीएसटी के पंजीकरण और रिटर्न से संबंधित प्रक्रियाओं का व्यावहारिक ज्ञान और अनुभव प्रतिभागियों को प्रदान करना है। कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने कार्यशाला का उद्घाटन किया। डॉ भार्गव ने कहा कि जीएसटी के क्षेत्र में प्रशिक्षित पेशेवरों की कमी, युवा उद्यमियों, लघु उद्योगों और अन्य कर दाताओं के बीच जीएसटी अनुपालन में उपयुक्त कौशल प्रदान करने, जीएसटी रिटर्न के पंजीकरण इत्यादि में प्रतिभागियों को कौशल प्रदान करने हेतु कॉलेज ने इस कार्यशाला का आयोजन किया है। डॉ. भार्गव ने कहा कि रोजगार संकट के इस दौर में, यह व्यावहारिक प्रशिक्षण युवाओं के लिए कौशल और काम के लिए नये रास्ते खोल खोलकर उन्हें आत्मनिर्भर बनायेगा। उन्होंने बताया कि एमसीएम उत्तरी भारत का एकमात्र कॉलेज है जो पीएमकेवीवाई की प्रमुख योजना के तहत जीएसटी प्रशिक्षण प्रदान कर रहा है। इस ज्ञानवर्धक कार्यशाला के विभिन्न सत्रों का संचालन सीएमए भावना शर्मा (कंसल्टेंट तथा जीएसटी प्रमाणित ट्रेनर) रही हैं तथा कार्यशाला में कलकत्ता, केरला और मद्रास इत्यादि जगहों से 50 से अधिक प्रतिभागी हिस्सा ले रहे हैं।



## Samavesh: An amalgam of various online Tests for students

The Samavesh Group of the Colleges organized a series of online Tests “Samavesh: An amalgam of various online Tests for students” in the month of May 2020 during the lockdown. The objectives of the activity were to keep the students productively engaged, prepare them for various competitive examinations, hone their analytical, reasoning, languages skills and update their knowledge of important topics like History, Current Affairs, General Science and Information Technology. The medium of online testing was used to reach out to the maximum number of students from 1st to 30th October, 2020.

The subject experts were; Dr. Aparna Sharma (Department of English), Ms. Ruchika Singh



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

brings an online Test Series

# SAMAVESH 2.0

Get Ready to Ace Every Test

**Highlights**

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



**Open for All Students and Faculty**

**FROM OCTOBER 1 - 31, 2020**

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

Dr. Minakshi Rana  
Coordinator

Dr. Nisha Bhargava  
Convener & Principal



(Department of English), Dr. Manika Kohli, (Department of Commerce), Ms. Ritu (Department of Commerce), Ms Sahiba Sharma (Department of Commerce), Dr. Shafila (Department of Environment), Dr Minakshi Rana (Department of Sociology), Ms. Shabnam (Department of Sociology) and Ms. Priyanka, (Department of Computer Science). The date wise topics were; English Language (Day 1-5), Logical Reasoning (Day 6-9), History and Culture of India, History and Culture of Punjab, History of esteemed organisation of DAV (Day 10-13), Current Affairs (Day 14-17), Information Technology, Cyber Safety, Data Interpretation, Universe and Space Research( Day 18-21), General Science, Know your food, Innovations and inventions (Day 22-25), Sports, Media and Entertainment, Data Interpretation, Indian Economy (Day 26-28). Revision tests were conducted on the 29th and 30th day. 140 students participated in the tests. The activity was conducted by the Samavesh group to ensure quality exposure of various relevant topics to students. The useful tests were multiple choice examinations and each participant could check their score after completion. An online interaction with all the subject experts at the end of Samavesh test series was conducted to further guide them for various competitive exams. Subject coordinators along with Dr. Minakshi Rana, the coordinator of Samavesh prepared and uploaded the tests in the group on a regular basis.

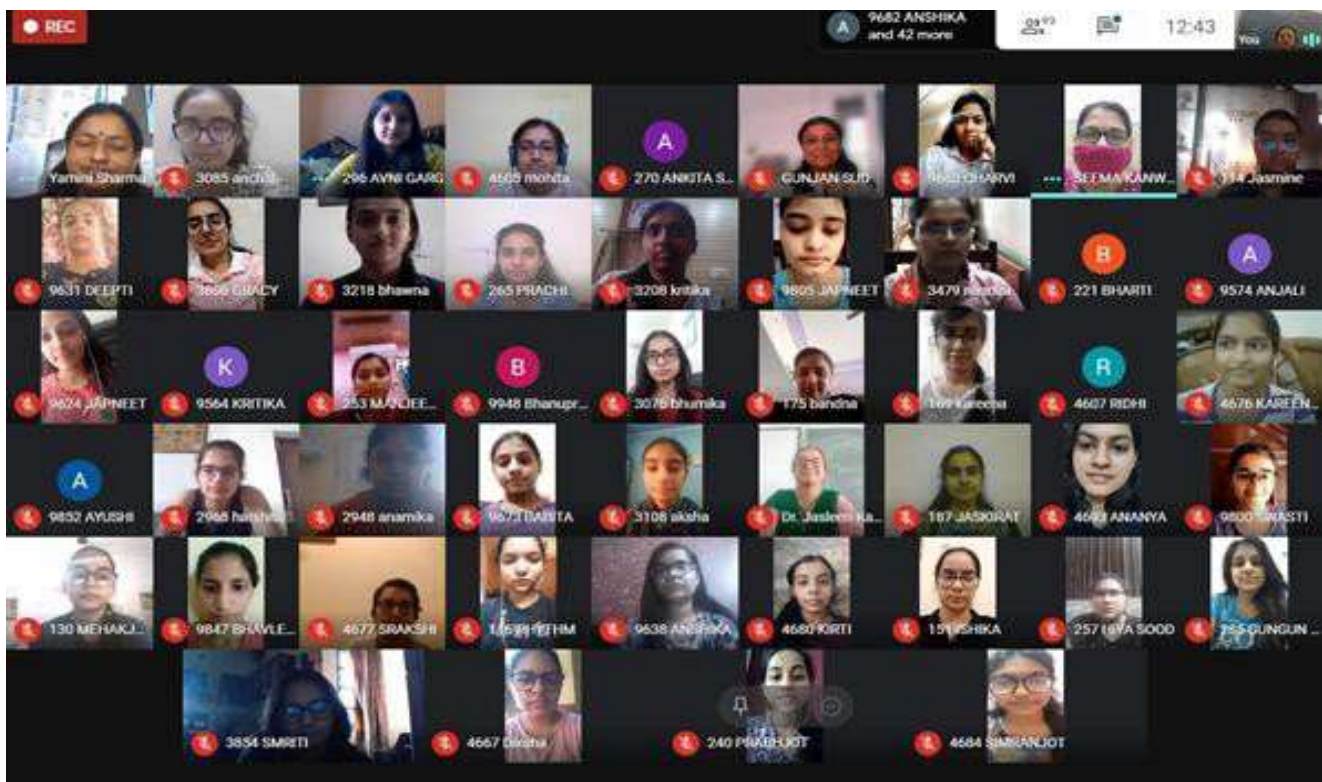
### **Brainstorming Session of NISP: Innovate and inspire - I**

Under the aegis of MHRD's Innovation Cell, a brainstorming session with the selected experts of the committee "National Innovation and Start-up Policy (NISP)" formed at HEI level was organized in the college on 14 October 2020. Various experts from different fields including Prof. Suresh K. Chadha, (Professor & Chairman University Business School, Panjab University, Chandigarh), Dr. Amandeep Singh Marwaha (Training-cum- Placement Officer, University Institute of Applied Management Sciences, Panjab University, Chandigarh), Prof. Deepti Gupta (Chairperson Department of English and Cultural Studies, Panjab University), Mr. Vikram Dhawan (123 Startup Ventures Founder), Dr. Swati Dhawan (123 Startup Ventures Co-founder), Dr. Preeti Vohra (Behavioral Counselor and Motivational Speaker Wellbeing Counselling), and Amanjot Kaur (Director Innovative Financial Management) gave their valuable insights about promoting entrepreneurship culture and practices, and overcoming bottlenecks in this field. The experts highlighted the role of awareness generation sessions among students regarding funding agencies, legal framework of their start-ups and other technical aspects involved in initiating innovative projects. The session ended on a promising note of taking the NISP unit of the institution ahead and encouraging students to be innovative in developing a spirit of entrepreneurship.

## Floriculture for Entrepreneurship Development

Floriculture is a fast developing industry that has provided and holds a potential to provide employment to millions of people, both skilled and unskilled. The aim of the online workshop was to provide information to the young students about the bright prospects of the promising industry. The RUSA sponsored online Start Up workshop event was organized on 16th, October 2020. The resource person was Dr. Puja Sharma, Associate Professor cum Scientist, Department of Floriculture and Landscape Architecture and Dr. Y.S. Parmar University of Horticulture and Forestry, Nauni, Solan.

101 participants attended the session. Dr. Nisha Bhargava, Principal shared her views on the subject starting with her beautiful self composed and encouraged the students to take up the skill development courses such as an Add on Course in Floriculture and Landscaping which is being run by the college. The webinar was organized by Dr. Gunjan Sud, Assistant Professor, Department of Botany.



# Mehr Chand Mahajan DAV College for Women

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



Dept of Botany and Add on Course in Floriculture and Landscaping  
invites you all to participate in  
RUSA sponsored start up workshop on  
**Floriculture for Entrepreneurship Development**

Time:  
11:00-12:30 AM

Date:  
16 October 2020



Dear Students,

Since the dawn of civilization flowers and ornamentals have been an integral part of our culture. Be it the aesthetics, expression of mood and emotions, ceremonies or elsewhere in industries like food, perfumery and medicine flowers and other plants have an important role to play. To meet their increasing demand in the market special importance has been given to this sector which has generated huge profits and employment.

Students are to register from their G Suite IDs through the link <https://forms.gle/92rzq9AhZf5SjuDv6>

- The link will be open till 7:00 AM on 16.10.2020. • A link for the meet will be sent only to the registered candidates. •All participants will be provided E-Certificates. • Students attending the workshop will be given attendance for their lectures during that duration. • Attendance will be provided to the participants only after the feedback form for the webinar is filled by them.
- All participants are to log in at 10:50 AM. •Compulsory for BSc (Medical) 1st year students.

Resource Person

**Dr. Puja Sharma**

Associate Professor cum Scientist,

Dept of Floriculture & Landscape Architecture, College of Horticulture  
Dr. YSP University of Horticulture & Forestry, Nauri, Solan (H.P.)

Dr. Gunjan Sud  
Coordinator

Mrs. Neena Sharma  
RUSA Institutional Coordinator

Dr. Nisha Bhargava  
Convener & Principal



### एमसीएम में फ्लोरिकल्चल पर कार्यशाला

फूलों का प्रयोग हमारे जीवन में बहुत ही महत्वपूर्ण है। यह हमें खुशी, सुख और सुन्दरता प्रदान करता है। फूलों को उगाकर और देखभाल करके हम उन्हें अपने घरों में लगा सकते हैं। फूलों की देखभाल करने के लिए हमें कुछ बातों का ध्यान रखना पड़ेगा। फूलों को उगाने के लिए हमें सही मिट्टी, सही जल और सही प्रकाश की आवश्यकता है। फूलों को उगाकर हमें बहुत ही अच्छे दिनों का आनंद मिलेगा।

### एमसीएम डीएवी कॉलेज में फ्लोरिकल्चल पर कार्यशाला आयोजित

**हयूमन इंडिया / विनोद कुमार**

चंडीगढ़। फूलों की खेती के उत्कर्ष क्षेत्र में उपलब्ध उद्यमशीलता के अवसरों के प्रति छात्राओं को जागरूक करने हेतु मेहर बंद महाजन डीएवी कॉलेज फॉर वुमन के बॉटनी विभाग ने राष्ट्रीय उच्चतर शिक्षा अभियान (रूसा) के सौजन्य से फ्लोरिकल्चर फॉर एण्टरप्रेन्योरशीप डेवलपमेंट शीपक पर एक दिवसीय कार्यशाला का आयोजन किया। इस कार्यशाला में डॉ पूजा शर्मा, एसोसिएट प्रोफेसर कम साईटिस्ट, फ्लोरिकल्चर और लैंडस्केप आर्किटेक्चर विभाग, डॉ आई.एस. परमार बागवानी और चानिकी विश्वविद्यालय, नौशी, सोलन बतौर विशेषज्ञ एवं मुख्य वक्ता उपस्थित थीं। कार्यशाला में 100 से अधिक छात्राओं एवं संकाय सदस्यों ने हिस्सा लिया। कॉलेज की प्रिंसिपल डॉ निशा भार्गव ने छात्राओं में उद्यमशीलता को भावना को विकसित करने को इस पहल की सराहना करते हुए छात्राओं को कॉलेज में उपलब्ध फ्लोरिकल्चर और लैंडस्केपिंग जैसे कौशल विकास पाठ्यक्रम के लिए प्रोत्साहित किया। डॉ. भार्गव ने आत्मनिर्भर भारत ' के संकल्प को आगे बढ़ाने में इस तरह की कार्यशालाओं की प्रासंगिकता पर जोर देते हुए कहा कि फ्लोरिकल्चर एक तेजी से विकसित होने वाला उद्योग है, जो कृषल और अकृषल दोनों तरह के लाखों लोगों को रोजगार प्रदान करने की अपार क्षमता रखता है। डॉ पूजा शर्मा ने फूलों की खेती के विभिन्न पहलुओं पर ज्ञानवर्धक जानकारी प्रतिभागियों से साझा की। उन्होंने बताया कि किस तरह से वे लोग जिनके पास भूमि उपलब्ध है के साथ साथ भूमिहीन लोग भी इस क्षेत्र द्वारा प्रदान किए गए विभिन्न अवसरों का लाभ उठा सकते हैं। फूलों की खेती के उद्योग में एक अंतर्दृष्टि प्रदान करने के अलावा, डॉ शर्मा ने अन्य संबंधित क्षेत्रों जैसे बीज उत्पादन, फूलों के उद्योग, ग्रीन बिल्डिंग्स की स्थापना, साज, सजावट और माला उद्योग, सूखे फूल उद्योग, बर्तन और टोकरी बनाने का उद्योग पर भी चर्चा की। विशेषज्ञ ने कुछ उप-उत्पादों पर भी रोचक जानकारी प्रदान की जैसे कि गेंदे के फूल से जैथोफिल का अर्क जिसे चूड़ों को छिला कर रंगीन योक को विकसित किया जाता है। एमसीएम में रूसा की इंस्टीट्यूशनल कोर्डिनेटर श्रीमती नीना शर्मा ने इस फ्लोरिकल्चर में उपलब्ध उद्योग के अवसरों के बारे में छात्राओं के ज्ञान व कौशल संवर्धन एवं उन्हें रोजगार सृजनकर्ता बनने के लिए प्रेरित करने के लिए विशेषज्ञ का आभार व्यक्त किया।

### “Diwali Décor” by Women Development Cell in collaboration with Pidilite Industries

The Women Development Cell of the college in collaboration with the Department of Fine Arts organized a workshop on “Diwali Décor” from November 9 to 11, 2020. The activity was organized in collaboration with Pidilite Industries Ltd. The objective of the workshop was to teach the fun way of creating Décor. The resource person was Mrs. Sonali Sen, an Artist from Pidilite Industries. 158 participants attended the Workshop. The activities included making Diyas and Candle holders from waste material and decorating them and making Torans. Under the guidance of the resource person, students decorated Diyas and gave them different shapes (animals, plants, objects) by using mouldit and colours. The participants also learnt the decoration of glass Candle holders and Torans with embroidery liners and glass colours.

### दिवाली डेकोरेशन पर ऑनलाइन कार्यशाला

अनकल्पित रूप से दिवाली डेकोरेशन पर मेहर बंद महाजन डीएवी कॉलेज फॉर वुमन के डिपार्टमेंट ऑफ फाइन आर्ट्स तथा पीडिलीट इंडस्ट्रीज से 2 दिवसीय ऑनलाइन कार्यशाला का आयोजन किया। पाठ्यापी की स्थिति में भी इस दिवाली के उत्सव को मनाने का अवसर हमें मिला। हमें अपने घरों को मनाने के उद्देश्य से आकर्षित इस कार्यशाला का आयोजन डिपार्टमेंट ऑफ फाइन आर्ट्स तथा पीडिलीट इंडस्ट्रीज से किया। इस कार्यशाला में 158 से अधिक छात्राओं ने तबीयतग बतौर। इस दो दिवसीय कार्यशाला के पहले दिन प्रीप्रैरेशन को देखने को मिला। डॉ. सोनली सेन का उद्देश्य बच्चे और उनके परिवार द्वारा अवर्षक अड्डा देने को बच्चे सिखाई था। कार्यशाला को दूसरे दिन मुख्य गैलरी में आयोजित किया गया। छात्राओं ने अपने-अपने डिजाइन को दिवाली के लिए अपने हाथों से बनाया। प्रदान करने के लिए इस प्रकार की कौशल विकास कार्यशालाएं हरित रूप से आकर्षित की जाती हैं।



### **Two-day Workshop on Home-made Delightful Diwali Sweets by Department of Environment Science**

There are many components to the celebration of an Indian festival like Diwali, and one of the most important ones is that of sweets. The Department of Environment Science organized a two-day workshop on home-made delightful Diwali sweets on 12th-13th November 2020 in which 74 participants participated. Making homemade sweets during the festival is considered to be very auspicious, but gauging the testing times of the pandemic, it was advisable to stay at home and make home-made sweets. In line with the advisory, The resource person, Dr. Shafila Bansal gave hands-on training to the students to make delicious delicacies for Diwali, such as rasgulla, tutti- frutti cake, wheat marble cake, etc. The students did not just learn baking but also tried the recipes themselves and shared pictures of the delicacies that they prepared. The students thoroughly enjoyed themselves, so much so that they were left wanting for more such workshops.





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

इस दिवाली कुछ मीठा हो जाये

Department of Environment  
organizes  
A two-day workshop on

- ♦ Baking dry cakes for beginners
- ♦ Delicious Spongy

Celebrate this Diwali with  
your own sweets  
.....Stay Home, Stay Safe.....

Date: 12.11.20 Time: 4:00 PM - 5:00 PM  
13.11.20 11:00 AM - 12:00 PM


Interested candidates register on:  
<https://forms.gle/s1jmSEJT9yHRMwFN9>  
(Use official ID for registration)

Co-ordinator & Resource person Dr. Shafila	Co-convener Ms. Poonam Jain	Convener Dr. Nisha Bhargava (Principal)
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### **Two-day workshop on LEDs: Revolutionizing Illumination Technology by Department of Physics**


The Department of Physics, in collaboration with the Renewable Energy Committee, organized a two-day workshop on LEDs: Revolutionizing Illumination Technology from **10th November-11 November, 2020**. The workshop consisted of two sections; a webinar on Light Emitting Diode: Revolutionizing Illumination Technology and hands-on training on assembling LED parts for a duration of 2 hours. In the first session, a webinar was organized by the Dept of Physics and Renewable Energy Committee. Mrs. Poonam Jain (Convener of the Renewable Energy Committee) formally welcomed all the participants. She highlighted the emergence of LED technology in today's world. Resource person, Dr. Pallavi Gupta, briefed on how LEDs have created a revolution in illumination technology. She emphasized that LED lights are much more eco-friendly, and are up to 80% more efficient than fluorescent and incandescent lights”.

In the second session, a hands-on training workshop was organized where participants successfully assembled LED bulbs. The workshop was aimed at teaching and non-teaching college staff about assembling 9 W and 12 W LEDs. A total of 43 staff members participated in this workshop. The participants made around 50 LED bulbs and tested them successfully at this workshop.



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

**This Diwali Illuminate Your Homes  
With Self-Assembled  
LED Bulbs**



**Department of Physics & Renewable Energy Committee**  
Organize Webinar on  
**Light Emitting Diodes (LEDs): Revolutionizing Illumination Technology**  
Date: 10th November 2020 Time: 2:00 pm-3:00 pm  
&  
**Hands on Training Workshop on LED Bulb Assembly**  
Date: 11th November 2020 Time: 2:00 pm-4:00 pm  
Resource Person: **Dr. Pallavi Gupta**, Assistant Professor, Department of Physics

**IMPORTANT**

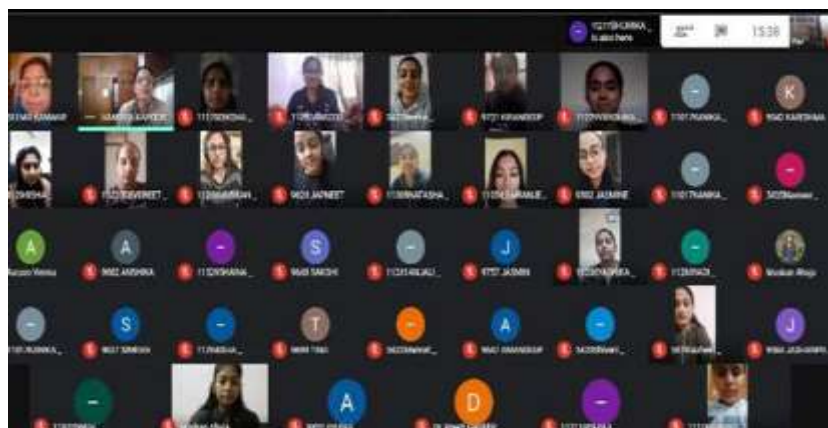
- Teaching & Non-teaching staff members of the college can register to participate.
- Meet link for Webinar and time slot for Hands on training workshop will be shared with registered participants through the WhatsApp group.
- Keeping in view COVID - 19 pandemic, only 5 participants will be accommodated in a particular time slot.
- All the participants are required to follow COVID-19 preventive measures during the Workshop.
- Register at: <https://forms.gle/n8xevV4eQqieSngMA>
- Join the group: <https://chat.whatsapp.com/JrMZSWWInH7AbSOa6KfxwF>

Dr. Neetu (9855095256)      Mrs. Raman Chadha  
Dr. Sarabjeet Kaur (9855060617)      Mrs. Poonam Jain      Dr. Nisha Bhargava  
Coordinators      Co-convener      Convener & Principal



### **Iconic Integrity – Excerpts in Professionalism**

An online event ‘Iconic Integrity – Excerpts in Professionalism’ was organized by the Character Building Committee on 23rd November, 2020 to inculcate the value of integrity. 45 students of B.Sc.III (Medical) participated in the event and shared power point presentations showcasing the value of integrity and shared their experiences. The presentations aimed to encourage everyone to strive forward and not give up till the goal is achieved.





**Jazba- 7 day workshop on Social Entrepreneurship: “Be the change you wish to see in the world.”**

With this perspective, the PG Department of Economics organised a Social entrepreneurship workshop 'Jazba' from November 23- 29, 2020 that aimed at unlocking value creation among young women and offering a complete guidance to transform a socially sensitive idea into a sustainable business model. A total of 33 participants were mentored by Mr. Sandeep Mehto (TISS- Mumbai Alumnus National Awardee, co-founder Bharat Calling) and also made aware of the various nuances of Social Entrepreneurship. They were acquainted with- Mr. Nikhil Gampa, Ms. Sanya Acharya, Ms. Saumya Jain, Mr. Ayush Bansal and Ms. Tanvi Sharma- some of the leading entrepreneurs and social entrepreneurs of the country. The guidance offered by Mr. Sandeep Mehto helped the participants to conceive practical ideas to build successful ventures in order to encourage innovation in the social sector and bring about a positive social change.





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

is organizing

# ज.ज्.बा

7-Day Online Workshop on Social Entrepreneurship



**Let's Grow & Prosper Together**



**Sandeep Mehto**  
TISS - Mumbai Alumnus  
National Awardee,  
Co-Founder, Bharat Calling

**A complete guidance to transform a socially sensitive idea into sustainable business model.**

Register at: <https://forms.gle/YeRpNbJ1DKMQdiZQ9>  
by November 21, 2020

**Date:-** November 23 - 29, 2020 **Timings:** 4:00 PM - 5:00 PM  
E-certificates will be provided  
Limited seats (40); first cum first serve basis

**Fee:-** Rs 400/- **A/C No:** 30772717538 **IFSC Code:** SBIN0010609  
Online only

<b>Coordinators</b>	<b>Co-Convenor</b>	<b>Convener</b>
Dr. Minakshi Rana Dr. Geetanjali Singh	Ms. Madhvi Bajaj	Dr. Nisha Bhargava Principal

### **Three-day Workshop on “Research and Data Analysis by using SPSS” by Department of Psychology**

The workshop aimed to familiarize the participants with the statistical concepts, teach Data entry through SPSS, determine which statistical method is appropriate in a given situation and be able to discuss the merits and limitations of a particular method, use SPSS to analyse datasets and be able to interpret output, descriptive and inferential analysis and draw appropriate conclusions following analysis. It was organized from 16<sup>th</sup> to 18<sup>th</sup> December, 2020. The resource person was Dr. Amit Lal, Data Scientist, Founder, Skills Learning Solutions. SPSS is also a versatile package that allows many different types of analyses, data transformation, and forms of output. 36 students attended the workshop. The three-day workshop was organised for keen researchers in Psychology who wished to acquire the skills and knowledge on getting started with SPSS. The workshop also aimed to enable participants to understand the concepts of statistics behind the analysis and seek to interpret the results.



### **“Arise”: Expanding Horizons Across the Globe**

A two-day Online International Webinar for empowering women to explore avenues globally titled “Arise: Expanding Horizons Across the Globe” was organized by the institution in collaboration with Maryam Ajmal Women’s College of Science and Technology, Hojai, Assam to update the knowledge of participants regarding global opportunities, create awareness about various national and international platforms among youth especially women, expand the horizons of the participants academically and professionally and motivate the participants to persevere towards achieving their dreams. It was conducted from 19<sup>th</sup> to 20<sup>th</sup> December 2020. The resource persons included Ms. Harleen Deol, (International Cricketer and alumna); Prof. Tarashankar Pal (University of

Johannesburg, South Africa); Dr. Sujit Kumar Ghosh (Department of Chemistry, Assam University, India); Prof. Vinod Chaudhary (Department of Sociology, Panjab University, India); Dr. Tanima Bhattacharya (Faculty, Novel Global Community Education Foundation, Sydney, Australia); Dr. Preeti Gambhir (Assistant Professor, Mass Communication, MCM DAV College for Women, Chandigarh, India); Prof. Ibadur Rahman (King Khalid University, Saudi Arabia); Mr. Suman Bhattacharya (Manager, Bangiya Gramin Bikash Bank, Kumarganj, West Bengal, India) and Dr. Ratna Ghosh (Distinguished James McGill Professor & W.C. Macdonald Professor of Education, McGill University, Canada). On the first day, the experts delivered on „Life in Research” and “Writing CV & Resume” and scholarship opportunities from a national and international perspective. On the second day, topics including work opportunities in international organizations, how to read global markets and emerging trends in career globally, digital marketing for the global world, understanding online financial literacy and how to apply for visa were delved upon. 924 participants (713 from India and 212 from abroad) participated in the two-day workshop. The organizing team from Mehr Chand Mahajan DAV College for Women included Dr. Nisha Bhargava (Principal and Chairperson), Dr. Minakshi Rana (Convener), Dr. Mamta Ratti (Joint Convener), Dr. Apara Sharma and Ms. Sahiba Sharma (Coordinators).



## 'Samanvay'

An online competition based event 'Samanvay' was organized with an objective of reviving the art of calligraphy and nurturing the creative expression by engaging the percipients in poetry writing and book review.

'Samanvay' was organized by Character Building Committee and about 100 students participated in it. They were required to submit their entries in any of the three languages;

Hindi, English or Punjabi. Around 100 students participated in the event and it helped them develop the skill of good handwriting, writing poetry and book review.

**Character Building Committee of MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN Presents समन्वय**

**Competitions are:-**  
 1. Calligraphy writing - Sanskrit mantras and Shlokas  
 2. Poetry writing - Hindi/ Punjabi/ English  
 3. Book Review - Hindi/ English

From 19-12-2020 To 22-12-2020 (E-Certificates will be given)

Mail your entries to: goodcharacterm@gmail.com For any queries, pls contact 9463999216 or 9914182498

Chairperson and Principal: Dr. Nisha Bhargava  
 Student Ambassadors: Bhavna Rani, Aditi Joshi, Anchal Verma, Shambhavi Sharma, Meha Verma  
 Convener: Dr. Seema Kanwar  
 Coordinators: Dr. Anurdeep Kamr, Dr. Apurva Sharma

**एमसीएम में भाषाओं की सुंदरता पर विभिन्न प्रतियोगिताओं का आयोजन**

## Online demonstration MAGIC IN MINUTES

The Department of Home Science organized a three-hour online demonstration of cooking various dishes using Nestle products on 9 January 2021. The recipe of creating the magic of preparing Nutritive and Innovative dishes like Milkmaid sesame rolls, vegetable enriched Noodles was shared with the participants. The culinary expert, Ms. Deepali from the Nestle Company, sensitized the students about innovative and nutritive recipes using Nestle products. Total of 48 students, from within and outside of college, and 3 faculty members participated in this webinar.

**Mehr Chand Mahajan DAV College for Women**  
23 Nov 2020

The Department of Environment Science of Mehr Chand Mahajan DAV College for Women organized a two-day online workshop on Diwali sweets making. The resource person for the workshop was Dr. Shafila Bansal of the Environment Science Department. The aim of the workshop was to encourage students to prefer homemade sweets during festive season and avoid going out during the pandemic. Dr. Bansal demonstrated making of Indian sweets and cakes with ingredients easily available at home. A total of 74 students benefitted from this workshop. In another similar event, the Department of Home Science organized an online session by Culinary Consultant Ms. Deepanjali Singh from Nestle. The expert demonstrated two savory and one mithai recipe.

## International virtual seminar on 'Emerging strategies in the fight against COVID-19 and other Contagions'

With an aim to enhance the scientific skills and knowledge and update on the latest developments and challenges associated with treatment, vaccine, prevention and diagnostic techniques used against COVID-19, the Department of Food Science, Mehr Chand Mahajan DAV College for Women, in collaboration with Microbiologists Society, India (MSI) organised an International virtual seminar on “Emerging Strategies in the Fight Against COVID-19 and Other Contagions” held on 12 Jan 2021.

The eminent resource person for the session were Dr. Arvind Deshmukh, President of Microbiologists Society, India, Mr Sandeep Pathak, Senior Director Quality Control at Biocon Biologic, Dr. Dhiraj Kumar Nanda, Assistant Professor, School of Biological Sciences, AIPH University, Bhubaneswar and Dr. Ashok Kumar, Associate Professor of Ophthalmology, Microbiology and Immunology, Wayne State, University School of Medicine, USA. The seminar witnessed participation of over 600 students, faculty, research scholars and industry personnel from different states all over India as well as from abroad (including UK and USA).



# Mehr Chand Mahajan DAV College for Women

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



Department of Food Science

in collaboration with

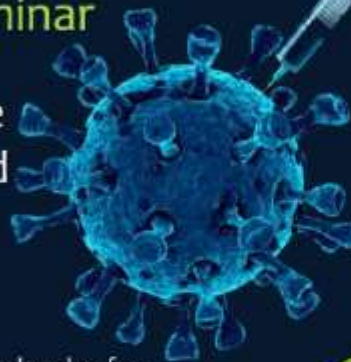
Microbiologists Society, India (MSI)

Organizes

## International Virtual Seminar

on

### Emerging Strategies in the fight against COVID-19 and other contagions



Mark your calendar for  
**12 January 2021**

### Eminent & Motivating Experts for the day.



**Inauguration Address:**

**Dr. Arvind Deshmukh**  
President  
Microbiologists Society,  
India (MSI)



**Dr. Ashok Kumar**  
Associate Professor  
Ophthalmology,  
Microbiology & Immunology  
Wayne State University  
School of Medicine, USA



**Sandeep Pathak**  
Senior Director  
Quality Control  
Biocon Biologics  
Bengaluru, India



**Dhiraj Kumar Nanda**  
Assistant Professor  
School of Biological  
Sciences,  
AIPH University  
Bhubaneswar, India.

Prior registration is mandatory. Click below to register before 10 January 2021

[https://docs.google.com/forms/d/e/1FAIpQLSe7ECJnXBjGThecSb4UeM0BjRyF3rAQxRYBnUS7\\_Ckwp19Q/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSe7ECJnXBjGThecSb4UeM0BjRyF3rAQxRYBnUS7_Ckwp19Q/viewform?usp=pp_url)

E-Certificate will be awarded to the registered participant after completion of Webinar.

**Coordinators:** Dr. Vandana Sharma, Dr. Sandeep Kaur,  
Dr. Gurpreet Kaur, Dr. Deepika, Dr. Anila

**Dr. Nisha Bhargava**  
Convenor & Principal

### Three-day live workshop cum demonstration - KALA UTSAV

Department of Home Science in collaboration with Fevicryl, Pidilite Industries, organized a three-day Live Workshop from 27 to 29 January 2021 to indulge the students in skill enhancement activities. Ms. Santosh, an Art Expert with Fevicryl was the resource person for the workshop. Over the course of three days, the attendees were demonstrated on how to make key holders using waste material, design name plates using fevicryl products and make Lippan art wall decorations. A total of 45 students benefited from the workshop and gave a positive feedback.



The poster for the 'Kala Utsav' workshop features a central text area with a decorative border. At the top left is a circular artwork with a yin-yang motif. At the top right is a circular logo with the number '50'. The central text reads: 'Department of Home Science Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh in collaboration with Fevicryl (Pidilite Industries) is organizing A-three day virtual Workshop- कलाUtsav (Inculcating Artistry: Taking learning beyond the classroom) Dates- 27.01.21 to 29.01.21 Time- 11.00 am to 12.00 noon'. Below this, it lists: 'No Registration fee', 'Workshop will be conducted on Google meet.', 'The link of Google meet will be shared on the respective Whatsapp group.', and a WhatsApp link: 'https://chat.whatsapp.com/CUIUcgy5Zp2o6j12x7Dnd'. It also states 'Joining the group is compulsory for further information.' At the bottom, it lists the 'Convenor & Principal Dr. Nisha Bhargava', 'Co-convenor Ms. Jyotsna', and 'Coordinators Dr. Harjot Kaur Mani and Ms. Rati Arora'. A digital clock in the bottom right corner shows '6:48 pm' with a checkmark.

Department of Home Science  
Mehr Chand Mahajan DAV College for Women,  
Sector 36-A, Chandigarh  
in collaboration with Fevicryl (Pidilite Industries)  
is organizing

A-three day virtual Workshop- कलाUtsav  
(Inculcating Artistry: Taking learning beyond the classroom)  
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Convenor & Principal  
Dr. Nisha Bhargava

Co-convenor  
Ms. Jyotsna

Coordinators  
Dr. Harjot Kaur Mani  
Ms. Rati Arora

6:48 pm ✓



## Two day live Online workshop cum demonstration- CAKES AND CRUMBLES

The Department of Home Science organized a two-day Live Workshop on 8 and 9 February 2021 to incorporate innovative culinary skills among the students. The resource person for the workshop was Chef Sanjyogita Gajendra who is a culinary expert with NEISBUD. Participants were demonstrated on how to bake a multigrain bread as well as a cake with icing on Day one. The second day was devoted to demonstration of baking savoury biscuits and sweet doughnuts. The highlight of the workshop was to encourage the participants to use wheat flour instead of refined flour for healthier recipes and results. 50 students from all over Chandigarh participated and benefitted from the workshop.

### एमसीएम में डेकोरेटिव आर्टिकल्स और बेकिंग पर कौशल विकास कार्यशालाएं आयोजित


» मदरलैंड संवाददाता

चंडीगढ़। मेहरचंद महाजन डीएवी कॉलेज फॉर वीमेन के डिपार्टमेंट ऑफ होम साइंस ने कला उत्सव ( इन्कलकेटिंग आर्टिस्ट्री : टेकिंग लर्निंग बिचॉन्ड क्लासरूम) शीर्षक पर 3 दिवसीय कौशल विकास कार्यशाला का आयोजन किया। पिंडिलाइट इंस्टीट्यूट के सहयोग से आयोजित इस कार्यशाला का संचालन फेबीक्रिल आर्टिस्ट सुश्री संतोष ने किया। इस ऑनलाइन कार्यशाला में लगभग 45 प्रतिभागियों ने भाग लिया तथा को होल्डर, नेम प्लेट, वॉल हैंगिंग इत्यादि बनाया। इस विभाग के

एक अन्य कौशल विकास कार्यक्रम में, ह्यूकेक और क्रम्बलहू शीर्षक पर एक कार्यशाला आयोजित की गई, जिसमें प्रतिभागियों ने नवीन पाक कौशल कला सीखी। कार्यशाला में 53 से अधिक छात्राओं एवं स्टाफ के सदस्यों ने भाग लिया। इस आयोजन में कलिनरी एक्सपर्ट सुश्री संयोगिता विशेष रूप से आमंत्रित थी। प्रतिभागियों ने मल्टीग्रेन ब्रेड, दिलकश कुकीज, डोनट्स और सजावटी केक के साथ साथ अन्य स्वास्थ्य चर्चक स्वस्थ व्यंजनों को बनाना सीखा। कॉलेज की प्रिंसिपल डॉ निशा




भागवत ने होम साइंस विभाग के इन प्रयासों को सराहना करते हुए कहा कि इस तरह के आयोजन वर्तमान समय की आवश्यकता है ये न केवल प्रतिभागियों के कौशल में वृद्धि करते हैं बल्कि भविष्य के लिए रोजगार एवं उद्यमिता के अवसर भी प्रदान करते हैं।



**Department of Home Science**  
**Mehr Chand Mahajan DAV College for Women,**  
**Sector 36-A, Chandigarh**  
**is organizing**  
**A two day Live Workshop cum Demonstration**

## CAKES & CRUMBLE






- ❖ Multigrain bread
- ❖ Savory cookies
- ❖ Donuts
- ❖ Decorative Cake

By Culinary Expert:  
Sanyogita Gajendra

**Date- 08.02.21 & 09.02.21**  
**Time- 10:00 am to 12.00 noon**

- ❖ No Registration fee
- ❖ Workshop will be conducted on Google meet.
- ❖ Join through the link.




**Convenor & Principal**  
Dr. Nisha Bhargava

**Co- convenor**  
Ms. Jyotsna

**Coordinators**  
Dr. Harjot Kaur Mann  
Ms. Rati Arora



## Virtual Workshop on Entrepreneurship Development in Beekeeping

The Department of Zoology, under the aegis of the Institution's Innovation Council, organized a Virtual Workshop on Entrepreneurship Development in Beekeeping on 6th February 2021. Prof. Vinod K. Mattu, resource person for the first session, introduced participants to the fascinating world of honeybees and discussed the methods of rearing and management of the bees for production of different products like honey, beeswax, royal jelly, propolis, bee venom, pollen, and so on. He described beekeeping as a non-land-based income generating activity which has the potential to promote integrated rural development and self-employment. He also discussed the benefits of the direct value of hive products providing an opportunity for small, medium and large-scale farming. He highlighted various institutes providing training for beekeeping and motivated students to opt for self-employment. The second session was conducted by Dr. Neelam Mattu. She encouraged the participants to put their best efforts into whatever they plan to do in their lives. This interactive workshop aimed to channelize the energy of young students by motivating them to work on new ideas, creating start-ups and entrepreneurial ventures that result in self-employment. A total of 152 participants attended the workshop.

## MCM holds workshop on entrepreneurship in beekeeping

In an endeavour to promote entrepreneurial aptitude among students and apprise them of the entrepreneurial opportunities in beekeeping, the Zoology Department of Mehr Chand Mahajan DAV College for Women, under the aegis of college's Institution Innovation Council (IIC), organised a virtual workshop titled 'Entrepreneurship Development in Beekeeping'.



This educative workshop was conducted by Prof. Vinod K Mattu, Emeritus Fellow (UGC), Group Leader: Sociobiology and Behavioural Ecology and Dr.

Neelam Mattu, Department of Biosciences, Himachal Pradesh University, a Researcher of Himalayan Honeybees and Recipient of Senior Scientist Award. The resource persons emphasized upon the importance of honey bees as pollinators and discussed about the value added products obtained from beekeeping. This interactive workshop was well attended by students who felt motivated to channelize their energy towards generation of new ideas and creating start-ups and entrepreneurial ventures resulting.



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

How to become a BEEKEEPER ?

Department of Zoology  
Under the aegis of  
Institution's Innovation Council 3.0  
Organizes  
VIRTUAL WORKSHOP on  
Entrepreneurship development in beekeeping

Resource persons:  
Prof. Vinod K. Mattu (Prof. Emeritus) & Dr. Neelam Mattu  
Department of Biosciences, H.P. University, Shimla

Click below on 6 February, 2021 to join us on Google Meet  
[meet.google.com/vvq-dvnd-hvr](https://meet.google.com/vvq-dvnd-hvr)

Session-I: 2.30 pm - 3.30 pm & Session-II: 3.30 pm - 4.30 pm

Co-coordinators: Dr. Divya Sharma & Ms. Kadambari Pathania

Dr. Neetu & Dr. Sarabjeet Kaur | Dr. Indu Arora | Dr. Nisha Bhargava  
Coordinators | Vice President, IIC@MCM | Principal & President, IIC@MCM



### **Workshop on “How to create Employment Opportunities through Digital Media”**

The Start-up Cell of Mehr Chand Mahajan DAV College for Women, in continuation with earlier practices of providing new avenues to the upcoming talent in the field of entrepreneurship, organized a Workshop on “How to create Employment Opportunities through Digital Media” on 6th of March, 2021. Ms. Shalmali Jadhav, Founder of Empathy for You and You Lead, was the Mentor on Board. In a highly stimulating session, she apprised the students of opportunities in the field of Digital Media and highlighted the importance of building an online portfolio, optimizing one's profile, and making money digitally. She also gave tips pertaining to finding a job with Digital Media. The session was a huge success and witnessed an enthusiastic participation of 50 students.



## Training of Beneficiaries

Since the college has been selected as the State level technical Institute for U.T, Chandigarh, a four-day “Training of Beneficiaries” was organized under the Pradhan Mantri Formalisation of Micro Food processing Enterprises scheme launched by Ministry of Food Processing Industries (MoFPI), GOI, in association with Department of Industries, U.T Chandigarh, the State Nodal Agency, from 17 March 2021 to 20 March 2021. The inauguration session was attended by Mr. Jagjit Singh, Director, Department of Industries, UT Chandigarh, the State Nodal Officer for PMFME Scheme along with Mr. Manmohan Singh, CEO Aroma Hospitality Group. Mr. Jagjit Singh expressed his enthusiasm towards implementation of this newly launched scheme to make the bakery units formal and registered and was hopeful that existing and new entrepreneurs will actually gain benefit of the scheme outlay. Further, worthy guest of honour Mr. Manmohan Singh Kohli, conducted an interactive talk on the increased scope of the bakery industry in India and the potential of up-skilling and upgrading oneself more into this field via such central schemes.

The training session was initiated with lectures on PM-FME by the training coordinators as per the schedule. The initial lecture was focused on orientation and complete understanding of the PM-FME scheme; its objective, eligibility, process of applying by Dr. Vandana

**MoFPI**

**AATMANIRBHAR BHARAT**

**PM Formalisation of Micro Food Processing Enterprises Scheme (PM FME Scheme)**

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

**Narendra Modi, Prime Minister**

**Opening Gates for Growth of Micro Enterprises in Food Industry**

**Mehr Chand Mahajan DAV College for Women**  
Sector 56-A, Chandigarh  
(A State Level Technical Institute)

**Training of Beneficiaries**  
17th to 20th March 2021  
in collaboration with  
Department of Industries, U.T., Chandigarh  
(State Nodal Agency)

**VOCAL FOR LOCAL**

**CHANDIGARH**  
District: Chandigarh  
Product: Bakery Products

**Convener & Principal**  
**Dr. Nisha Bhargava**



**Training Coordinators**  
Dr. Vandana Sharma  
Dr. Sandeep Kaur  
Dr. Gurpreet Kaur

Sharma. Later, as per scheduled lecture, the three training coordinators interacted with the participants and gave them complete comprehensive sessions. Dr. Gurpreet Kaur detailed on the raw materials required for bakery products, the process flow and technical details of bread making, cookie, biscuit and cake making while Dr. Sandeep Kaur gave a comprehensive insight into the bakery plant layout, licensing requirements and procedure and importance of food hygiene and health as per the FSSAI guidelines. In addition to this, emphasis was laid on demonstrating core concepts in bakery theory and methodology while educating them about the new evolving techniques. This was done via providing a hands-on training session whereby all the beneficiaries were involved in making various bakery products following the set guidelines of safety and hygiene.



### Workshop on Miniature Gardens from Best out of Waste by NSS

The NSS Unit in collaboration with the Horticulture Committee, organized a workshop on miniature





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

invite you to

**SEVEN DAY AND NIGHT NSS SPECIAL CAMP (2020-21)**  
18<sup>TH</sup> – 24<sup>TH</sup> MARCH 2021

Under the theme  
**“SWACHH BHARAT ABHIYAN AND JAL SHAKTI ABHIYAN”**




**Dr. Pallvi Rani**  
**Dr. Purnima Bhandari**  
NSS Programme Officers

Not me, But You

**Dr. Nisha Bhargava**  
Principal

gardens from best out of waste on 20th March 2021. The workshop was conducted during the seven-day-and-night NSS Special Camp from 18<sup>th</sup>-24<sup>th</sup> March 2021 under the aegis of the Ministry of Youth Affairs and Sports, GOI. The workshop received an overwhelming participation of 81 NSS volunteers. During the workshop, the resource person, Dr. Pooja Sharma emphasized that recycling is vital for cleaning up the environment. She demonstrated how one can make a miniature garden from waste material, such as— broken containers, beads, eco-friendly material, thus highlighting the concept of making the best out of waste. The main aim of this workshop was to make the volunteers aware of the various ways of using waste and unwanted material and nurture their creativity.





### **Workshop on Paper Recycling by Department of Environment Science**

The Department of Environment Science, in collaboration with the Eco-club, organized a workshop on paper recycling on 21st March, 2021 during the seven-day-and-night NSS Special camp. Over 81 students from the NSS unit attended the workshop where Dr. Shafila, the resource person, demonstrated stepwise procedure for paper recycling, that is, reprocessing waste paper for reuse, such as— canvas for painting, making bookmarks, decorative envelopes, etc. She explained the steps for making paper pencils from handmade sheets and waste paper. Throughout her workshop, she highlighted the importance of the 3 R's of environmental conservation— reduce, reuse and recycle.





### **Webinar on “How to start your journey as a Digital Entrepreneur”**

The Start-Up Cell of the institution in collaboration with *Shrishiksha* conducted a Webinar on “How to start your journey as a Digital Entrepreneur” on 21 March, 2021. The Keynote Speaker for the event was Ms. Dhairya Gangwani (SAP Analyst, Content Creator, Mentor, and Public Speaker). The participants were given a free demo session to kickstart their journey and given tips on how to work on their initiatives and become self-employed. The session was very enriching, motivational and interactive, and it sustained the interest of the students throughout.

## **Workshop on Growing Organic Food by NSS**

Growing your own food is a spiritual experience, one that transforms one's perspective of the plant to plate experience, literally. Keeping this in mind, a workshop on growing organic food was conducted on 22nd March 2021 to promote Poshan Abhiyaan, the flagship program of Niti Aayog on holistic nutrition and cleanliness. The resource person, Dr. Gurvinder Kaur, Associate professor, Department of Public Administration, Mehr Chand Mahajan DAV College for Women, Chandigarh, highlighted the importance of growing chemical-free food in current times. She laid emphasis on consuming protein-rich food such as lentils, green leafy vegetables that are a rich source of protein and iron. She also briefed the volunteers about the impact of using pesticides as fertilizers on the human food chain as well as on the environment. Further, the volunteers were made aware of the concept of industrialization and the commercialization of agriculture, and their impact on food and nutrition. She promoted the idea of organic farming (i.e., growing chemical-free food) and encouraged the volunteers to grow their own food in their respective places and protect themselves from the harmful effects of unhealthy food. At the end of the session, volunteers were shown patches of land where our college has been growing nutritious food organically even under lockdown conditions.







एमसीएम कॉलेज में जल संरक्षण पर जागरूकता व्याख्यान में भाग लेते विद्यार्थी व रैली कर लोगों को जागरूक करते हुए। (छाया : गुरिंदर सिंह)

## एमसीएम में एनएसएस शिविर दौरान जल शक्ति, पोषण एवं स्वच्छ भारत अभियान को प्रोत्साहन

चंडीगढ़, 31 मार्च (रणजीत सिंह): मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन में 7 डे/नाइट स्पेशल एनएसएस कैम्प के 5वें दिन कॉलेज के इको क्लब के सहयोग से जल संरक्षण पर जागरूकता व्याख्यान का आयोजन किया गया। व्याख्यान का आयोजन का उद्देश्य स्वयंसेवकों को इस वर्ष के विश्व जल दिवस की थीम पानी, ताजे पानी के महत्व तथा स्वच्छ एवं हरित गृह के बारे में जागरूक करना था। इस अवसर पर चंडीगढ़ पॉल्यूशन कंट्रोल बोर्ड के साइंटिस्ट बी. सुशील डोगरा ने जल संरक्षण के लिए विभिन्न तरीकों पर चर्चा की जैसे चर्बा जल संचयन, जल गुणवत्ता निगरानी योजना इत्यादि। इसके बाद महिला और बाल विकास

मंत्रालय, भारत सरकार के पोषण अभियान के तहत 'पोषण' पर एक वार्ता हुई। कॉलेज के गृह विज्ञान विभाग की सहायक प्रोफेसर डॉ. हरजोत कौर मान ने स्वयंसेवकों को दैनिक जीवन में पोषण के महत्व से अवगत कराया। स्वयंसेवकों को ऊर्जा और प्रोटीन बार बनाना भी सिखाया गया। इसके साथ-साथ सभी आवश्यक कोविड-19 दिशानिर्देशों का पालन करते हुए, एनएसएस स्वयंसेवकों ने अपने अडॉप्टेड गांव बड़ेरी का दौरा किया जहाँ उन्होंने स्वच्छ भारत अभियान और जल शक्ति अभियान के आधार पर एक सर्वेक्षण किया। इसके अलावा एमसीएम इको क्लब के सहयोग से विभिन्न सरकारी पहलों जैसे स्वच्छ भारत अभियान,

जल शक्ति अभियान और एचआईवी/एड्स पर गांव के निवासियों को जागरूक करने के लिए रैली निकाली गई। स्वयंसेवकों ने जरूरतमंद व्यक्तियों को साबुन, सैनेटाइजर, मास्क भी वितरित किए और भारत सरकार द्वारा निर्धारित सभी आवश्यक कोविड दिशानिर्देशों का पालन करने का आग्रह किया। दिन के तीसरे सत्र में, पोषण अभियान के तहत 'सस्टेनेबल अर्बन फार्मिंग' पर एक व्याख्यान का आयोजन किया गया। व्याख्यान के दौरान, कॉलेज की लोक प्रशासन विभाग की एसोसिएट प्रोफेसर डॉ. गुरिंदर कौर ने वर्तमान समय में बीजों के महत्व और रासायनिक-मुक्त भोजन पर प्रकाश डाला। दिन का समापन एक प्रतिभा

खोज सत्र के साथ हुआ, जिसमें स्वयंसेवकों ने नृत्य, गीत, कविता आदि के रूप में अपनी प्रतिभा प्रदर्शित की। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने कोविड-19 सुरक्षा निर्देशों का कड़ाई से पालन करते हुए एमसीएम के एनएसएस कार्यक्रम अधिकारियों को शिविर के सफल संचालन के लिए बधाई दी। उन्होंने बताया कि कॉलेज की एनएसएस इकाइयां स्वच्छ भारत अभियान, पोषण अभियान, जल शक्ति अभियान और इसी तरह की विभिन्न राष्ट्रीय योजनाओं में महत्वपूर्ण योगदान देने के साथ-साथ इस तरह के प्रयासों के माध्यम से छात्राओं के चरित्र निर्माण की दिशा में प्रशंसनीय कार्य कर रही हैं।

### ‘आचरण’- a workshop cum Awareness Program to Celebrate Happiness at Work

The Character Building Committee organized ‘आचरण’- a workshop cum Awareness Program to ‘Celebrate Happiness at Work’. The event was organized on 22<sup>nd</sup> March, 2021 with the aim to inculcate the spirit of happiness at work among the participants and inspire them to stay positive while pursuing personal as well as institutional objectives. More than 428 people including faculty, professionals, research scholars participated from all over India and from different parts of world including participants from Jordan, Philippines, Pakistan, Ghana, Oman, Algeria, Bhutan, Brazil, Morocco, Portuguese, and Egypt. Dr. Ranvir Singh, Department cum National Centre for Human

Genome Studies and Research, Panjab University, Chandigarh was the resource for the workshop cum awareness program. He explained the significance of the joy of giving and sharing to lead a contented life. The participants thanked the organizers for arranging such an informative and relevant session.



### Entrepreneurship Development Programme

An online Entrepreneurship Development Programme was organized from 22<sup>nd</sup> March to 24<sup>th</sup> March, 2021 by Mehr Chand Mahajan DAV College for Women and Regional Centre for Entrepreneurship Development (RCED), Chandigarh on behalf of Directorate of Industries, UT, Chandigarh. 150 participants registered for the Programme. Chief guest of the inaugural session was Prof. Sanjeev Puri, Director, Centre for Industry Institute Partnership, Panjab University, Chandigarh and the Chief guest for valedictory function was Mr. Jagjit Singh, Director Industries, U.T., Chandigarh. Dr. Geeta Mehra, Head, Department of Food Science and Ms. Jaspreet Kaur, Project Officer moderated the sessions.

## **‘Just Jute’ by Department of Home Science**

An online event ‘Just Jute’ was organized by the Department of Home Science under the aegis of Swachhta Committee on 25<sup>th</sup> March, 2021 with an aim to nurture creativity in sustainability. Participants had to make decorative or utility items using jute as the base material. The competition witnessed an enthusiastic participation of 83 students from all over the country. The participants not only acquired and exhibited the skill of using jute but also got a chance to express their creativity.



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

Cash awards & E-Certificates will be given to the winners

A National Level Competition to Nurture Creativity in sustainability

# Just Jute

Under the aegis of Swachhta Committee of the College  
In collaboration with Department of Home Science

Click here to submit the entries : <https://forms.gle/Sv7Maq5RBRWUR54h8>

Rules:

- 1.Prepare any utility/decorative article using Jute as base material.
- 2.Any kind of Embellishment (beads, sequins, paints, threads, motifs, embroidery etc.) can be used.
- 3.Make a collage of pictures of the participant along with the raw material and final product .
- 4.Participant should be a bonafide student .
- 5.Last date of sending entries: 25<sup>th</sup> March, 2021.

Dr. Harjot Kaur Mann (9501202881)  
Ms. Rati Arora (9464656728)  
Coordinators

Ms Jyotsna & Ms. Suman Mahajan  
Co-Convenors

Dr. Nisha Bhargava  
Convenor and Principal



## Workshop on “How to leverage Digital Space to Build a Career”

The Startup Cell in collaboration with Shrishiksha, conducted an online workshop on “How to leverage Digital Space to Build a Career” on March 30, 2021. The keynote speakers for the event were; Mr. Jaison Thomas, Co-founder of Blusteak Media, LinkedIn Top Voices 2021 and Telson Thomas, CEO and Co-founder of Blusteak Media. The speakers steered the students in the direction of discovering their own niche to get started, and guided them to curate their own content, generate income and start earning. Shrishiksha’s consulting team also encouraged students and agreed to provide them any requisite help for their ventures.

SHRISHIKSHA IN COLLABORATION WITH START-UP CELL OF MEHR CHAND  
MAHAJAN DAY COLLEGE FOR WOMEN PRESENTS A WEBINAR ON

# HOW TO LEVERAGE DIGITAL SPACE TO BUILD A CAREER IN 2021

Get a certificate of participation and an opportunity to stand out and start your own business in Digital space

Get Ready to kickstart your journey with Shrishiksha on 30 March, 2021 6pm

Guest speakers:  
Jaison Thomas (Co-Founder of Blusteak Media, LinkedIn Top voice '21)  
and Telson Thomas (Co-founder of Blusteak Media)

Platform:- Zoom/ Youtube

Hurry Up and Register now!

Contact 9729297064 for more details

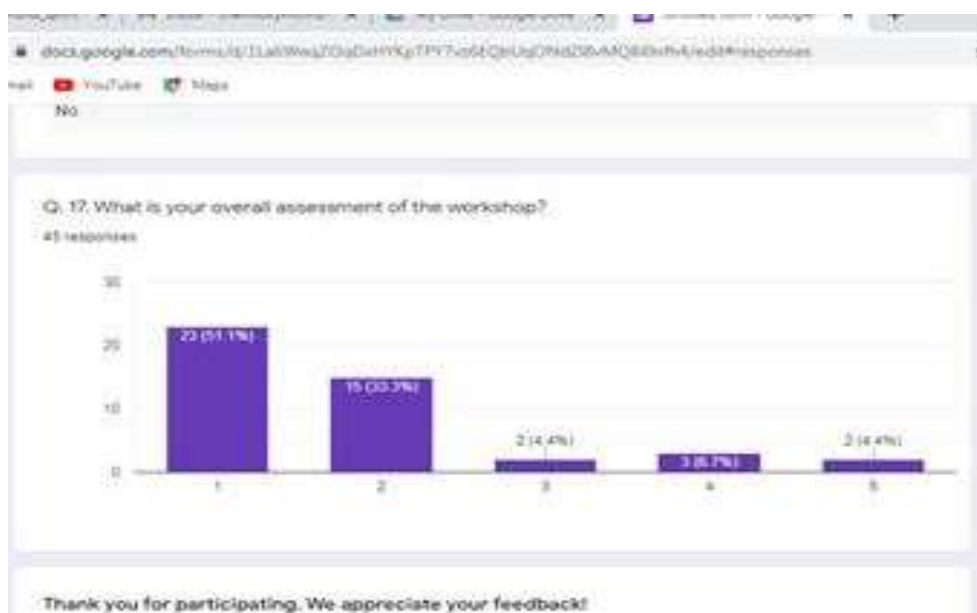
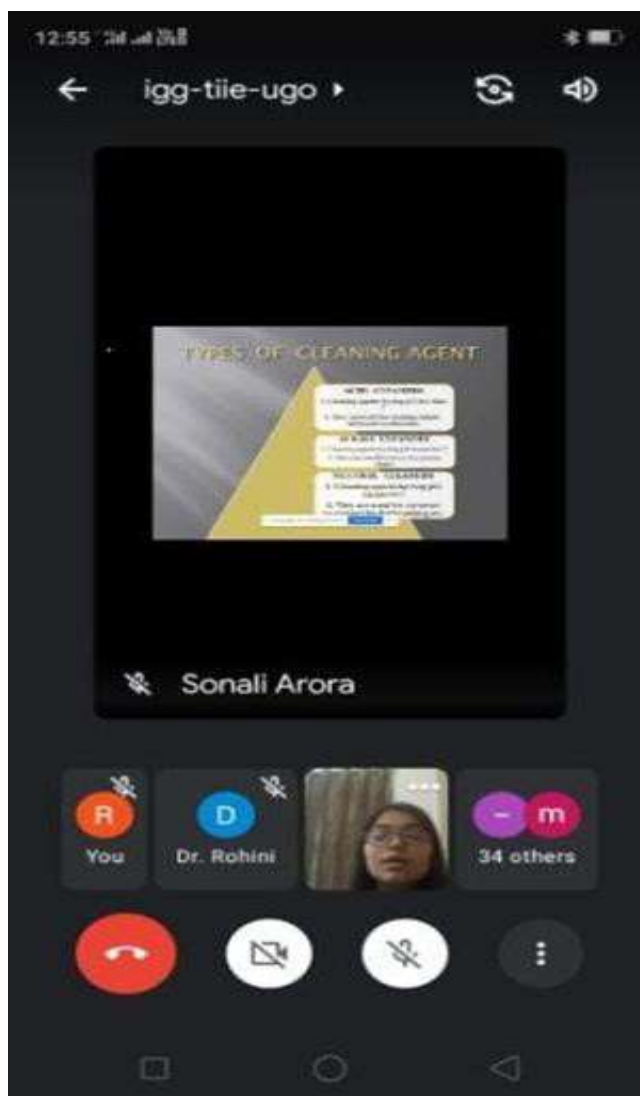
**YOU WILL LEARN:**

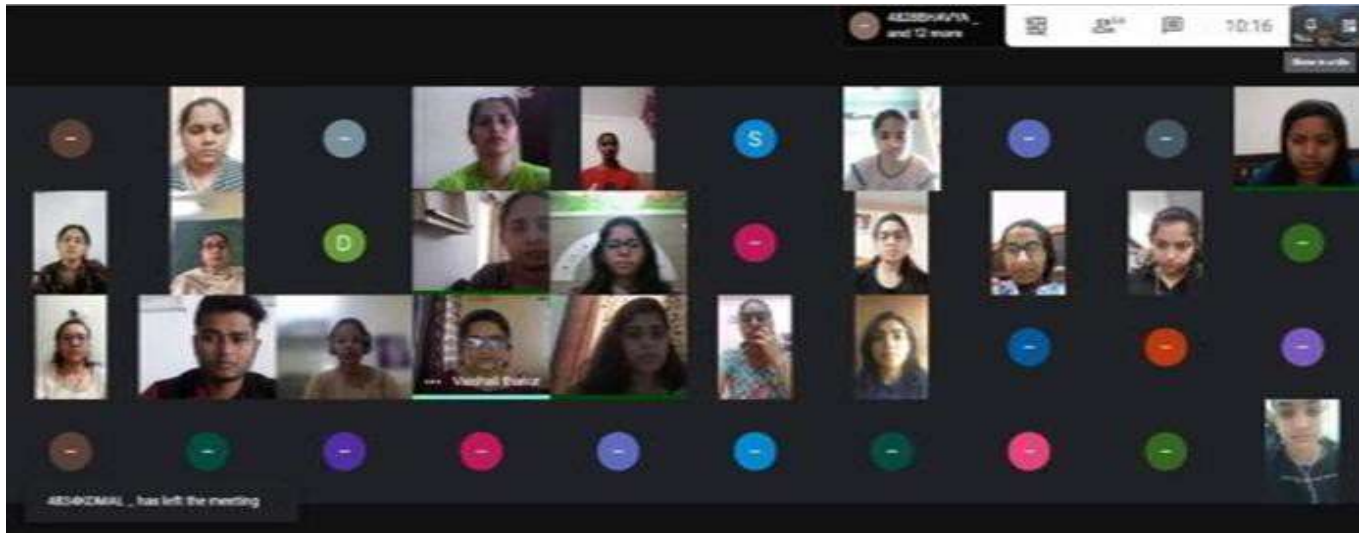
- ✓ How to build personal brand on Social Media.
- ✓ Explore and Expertise your niche
- ✓ Get Inspiration from the true Entrepreneurs

Made with PosterMyWall.com

## Chemistry of Cleaning Agents by Department of Chemistry

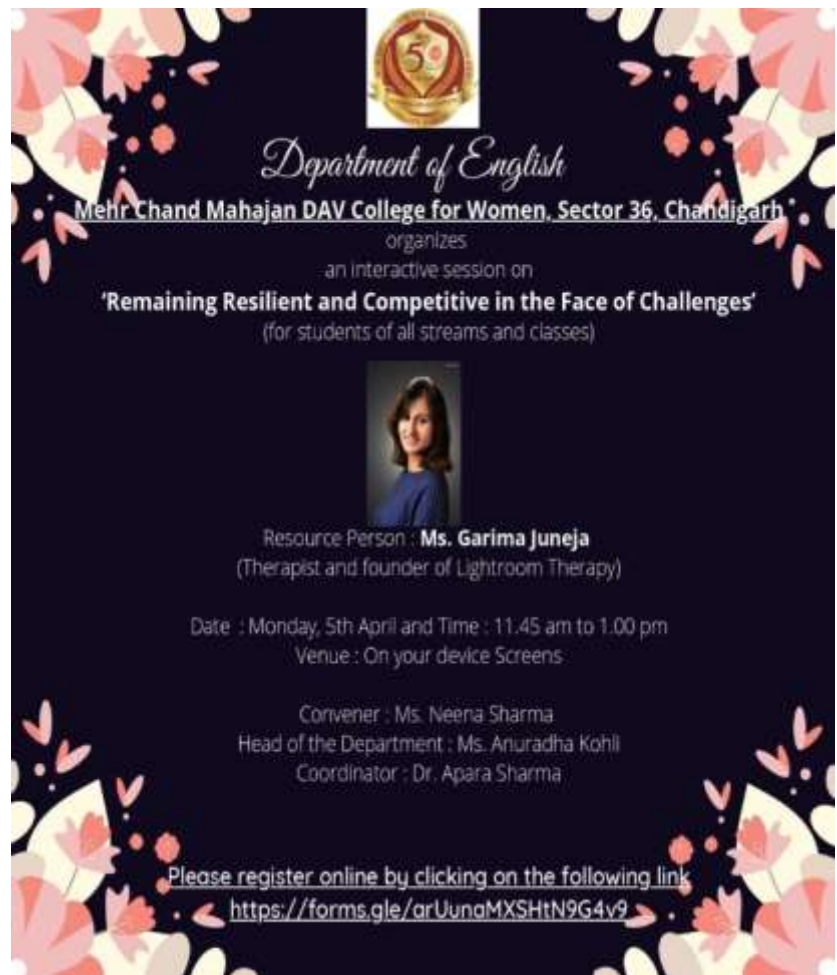
Cleanliness is a prerequisite to creating a healthy, germ-free and prosperous environment both at home and workplace. In addition to the removal of dust particles, germs and allergens, the cleaning products are also responsible for hazard-free usage. It is pertinent to remember, however, that cleaning products can cause several health and environmental concerns. Keeping this in mind, the Department of Chemistry organized a National PowerPoint presentation competition on “Chemistry of Cleaning Agents” on 30th March 2021, which aimed to acquaint the students with the ill-effects of cleaning agents and strong acids used in households and industries. This activity stressed the use of green disinfecting products that can eliminate the human health and environmental concerns that accompany the process of cleaning. A total of 19 students participated in this competition.

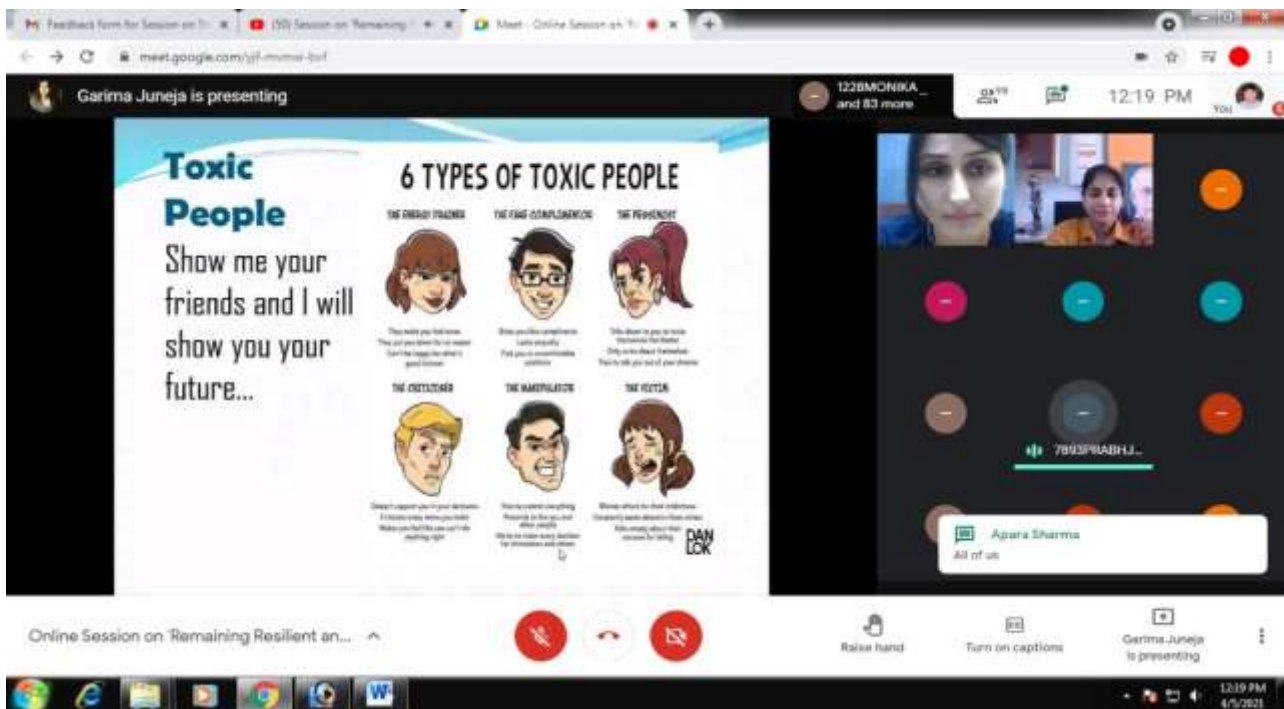
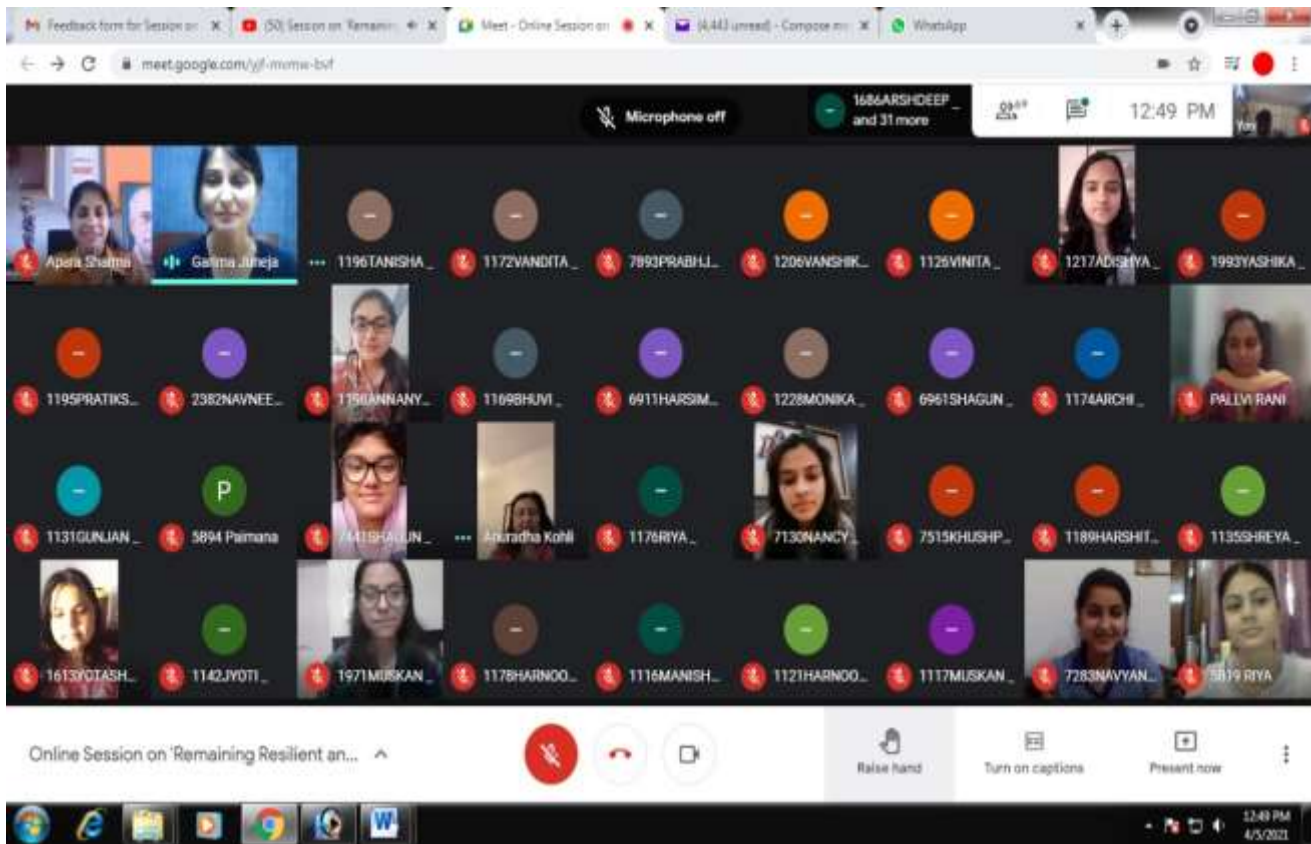




### Online Session on ‘Remaining Resilient and Competitive in the Face of Challenges’

With the aim to help students remain calm and composed in their thoughts and build their confidence in the face of the kaleidoscopic changes all around, an Online Session ‘Remaining Resilient and Competitive in the Face of Challenges’ was organized by the Department of English on 5<sup>th</sup> April, 2021. It was attended by 239 participants. The resource Person was Ms. Garima Juneja, Therapist and founder of Lightroom Therapy. The online Session was arranged to help students stay resilient, focused, competitive, and confident in the changing times. More than 100 participants filled up the feedback forms and appreciated the efforts of the Department and the Resource person to help them wade through the tough times.





YouTube Link

<https://www.youtube.com/channel/UCDStM8IQBZ3aO15z-jEKVQg>



## Workshop on Neuro-Linguistic Programming

The college organized a two day National workshop on Neuro- Linguistic Programming, on the 13th and 14th of April, 2021 under the aegis of Skill Development Committee. This workshop was held in collaboration with Mindlogs Psychological Services. Counseling Psychologist and Certified NLP practitioner, Dr. Sakshi Mehrotra, Founder of Mindlogs Psychological Services was the Resource Person. The workshop was attended by a cluster of 40 participants that included professors from varied colleges, Research Scholars and students from all streams. In the two day practicum they learnt the basic tenets of Neuro Linguistic Programming, the auditory, visual and kinesthetic frameworks of language comprehension, predicate phrases used in NLP and ways of improving communication patterns. The participants were engaged through interaction and practical exercises.

**Mehr Chand Mahajan DAV College for Women**  
IS ORGANISING A TWO-DAY NATIONAL WORKSHOP  
under the aegis of  
**Skill Development Committee**  
in collaboration with  
**Mindlogs Psychological Services**

**“ ALL THAT WE SAY: DOES IT MAKE SENSE? ”**  
Communication through the lens of Neuro-Linguistic Programming  
by **Dr. Sakshi Mehrotra**  
Founder, Mindlogs and NLP Practitioner  
on 13th and 14th April 2021 from 11:30 am - 1:00 pm  
Registration fee - Rupees 200/-  
Teach your brain to use language efficiently for:  
- Networking  
- Self Engineering  
- Personal Branding  
- Relationship Building  
- Co-workspace Communication  
- Interviews & Group Discussions  
**| Certificates will be awarded |**

Register at: <https://forms.gle/7gKTQ9QQz3zHcXW7> by 11th April 2021  
Name of the account: Principal, MCM DAV College for Women, Chandigarh  
Bank: State Bank of India Branch: MCM DAV College for Women, Sector- 36-A Chd  
Account Number - 30722717538 IFSC code: SBIN0610609  
After transferring registration fee, send the screenshot of your transaction (with UTR number) in the registration form.

Coordinator Ms. Vishakha Goyal	Chief-Coordinator Dr. Kamil Tyagi	Co-Convenor Dr. Gurvinder Kaur	Convenor & Principal Dr. Nisha Bhargava
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For any queries contact: 8054256509, 9855105755, 9417993859

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

**“ CERTIFICATE OF PARTICIPATION ”**

This is to certify that Aditi of Mehr Chand Mahajan DAV College for Women, Chandigarh attended the Two-Day National Workshop: **ALL THAT WE SAY: DOES IT MAKE SENSE ?** Communication through the lens of Neuro-Linguistic Programming held on 13th & 14th of April, 2021, organized by Skill Development Committee in collaboration with Mindlogs Psychological Services.

 Coordinator Ms. Vishakha Goyal	 Chief-Coordinator Dr. Kamil Tyagi	 Co-Convenor Dr. Gurvinder Kaur	 Convenor & Principal Dr. Nisha Bhargava
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### **Be an Immunity Ambassador**

The PG Department of Sociology of Mehr Chand Mahajan DAV College for Women, Sec 36 A Chandigarh in collaboration with Chandigarh Commission for Protection of Child Rights (CCPCR), Maloya, Chandigarh organized an initiative ‘Be an Immunity Ambassador’ from April 20, 2021-May 20, 2021 where the student volunteers of the college conducted an awareness drive to promote immunity building in their locality. The major thrust areas being catered under the unique initiative were the role of quality sleep in the well-being, the impact of screen exposure on health, the relevance of menstrual health and hygiene, yoga as a practice for mindfulness, effects of daily caffeine



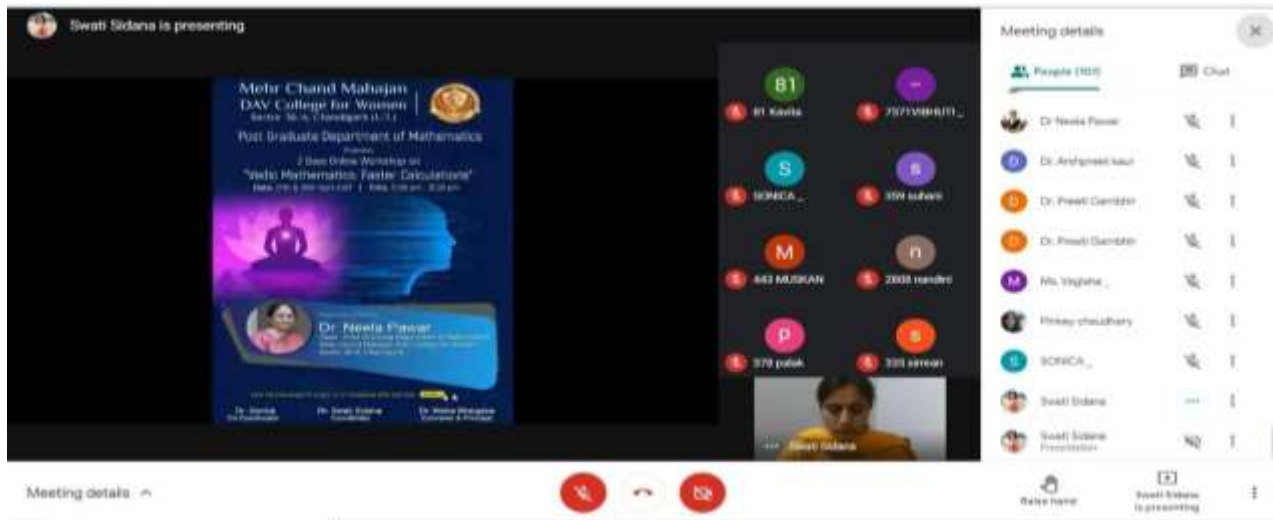
intake, energizing food through positive thoughts, emerging lifestyle disorders, the practice of intermittent fasting, the impact of various nutritional deficiencies, etc. Around 47 students conducted this drive.



### **Vedic Maths**

A 2-day online Workshop on “Vedic Mathematics: Faster Calculations” was organized by The Post Graduate Department of Mathematics on 27<sup>th</sup> April to 28<sup>th</sup> April 2021 to enlighten the UG and PG students. Dr Neela Pawar, Head, PG Department of Mathematics, Mehr Chand Mahajan DAV College for Women, Chandigarh was the resource person for the workshop. Around 231 students, research scholars and faculty members from various institutions of Chandigarh and other states attended the

workshop including one participant from Philippines. The objective of the workshop was to acquaint the audience of Vedic Mathematics and its importance.



### **Critical Citizenship- Earning and Learning Sensibly**

A workshop cum Awareness Program ‘Critical Citizenship- Earning and Learning Sensibly’ was organized by Character Building Committee and Post Graduate Department of Sociology on 7<sup>th</sup> May 2021 with the objective to enlighten the participants on a global perspective so that they can explore emerging fields. Also, they were made aware that earning, learning and better living can be pursued with due respect to nature. More than 400 people including faculty, professionals, research scholars participated from all over India and from different parts of world like Jordan, Philippines, Pakistan, Ghana, Bangladesh and Sri Lanka. The Resource Person for the session was Prof. Vinod Chaudhary from Department of Sociology Panjab University Chandigarh. He is a naturalist and has worked on several national and international work fronts to promote working and studying while staying close to nature. More than 260 participants filled up the feedback forms and thanked the organizers for arranging such an informative and relevant session.

# एमसीएम में क्रिटिकल सिटिजनशिप पर जागरूकता सत्र का आयोजन

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

Workshop cum Awareness Programme on 'Critical Citizenship: Earning and Learning Sensibly'

**Dr. Nisha Bhargava**  
Principal  
Mehr Chand Mahajan DAV College for Women

**Resource Person**  
Prof. Vinod Chaudhary  
Department of Sociology  
Panjab University

संयुक्त राष्ट्र-विश्वीय सुधार अभियान। जगत में बदलाव लाने के लिए हमें जागरूकता बढ़ाने की जरूरत है। हमें अपने अधिकारों और ज़िम्मेदारियों को समझना है। हमें अपने समाज में बदलाव लाने की जरूरत है। हमें अपने अधिकारों और ज़िम्मेदारियों को समझना है। हमें अपने समाज में बदलाव लाने की जरूरत है। हमें अपने अधिकारों और ज़िम्मेदारियों को समझना है।

**चंडीगढ़ में कोरिडोर के जरिये नशे के कारोबार का हुआ पर्दाफास**

संयुक्त राष्ट्र-विश्वीय सुधार अभियान। जगत में बदलाव लाने के लिए हमें जागरूकता बढ़ाने की जरूरत है। हमें अपने अधिकारों और ज़िम्मेदारियों को समझना है। हमें अपने समाज में बदलाव लाने की जरूरत है। हमें अपने अधिकारों और ज़िम्मेदारियों को समझना है। हमें अपने समाज में बदलाव लाने की जरूरत है। हमें अपने अधिकारों और ज़िम्मेदारियों को समझना है।

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

**PRESENTS**

*A Workshop cum awareness program on*  
**CRITICAL CITIZENSHIP: Earning and Learning Sensibly**

**UNDER THE REGIS OF THE CHARACTER BUILDING COMMITTEE AND P.G. DEPT. OF SOCIOLOGY**

*A global perspective to explore emerging fields in Environment where earning, learning and better living can be pursued with due respect to nature.*

7th May 2021 at 3 pm

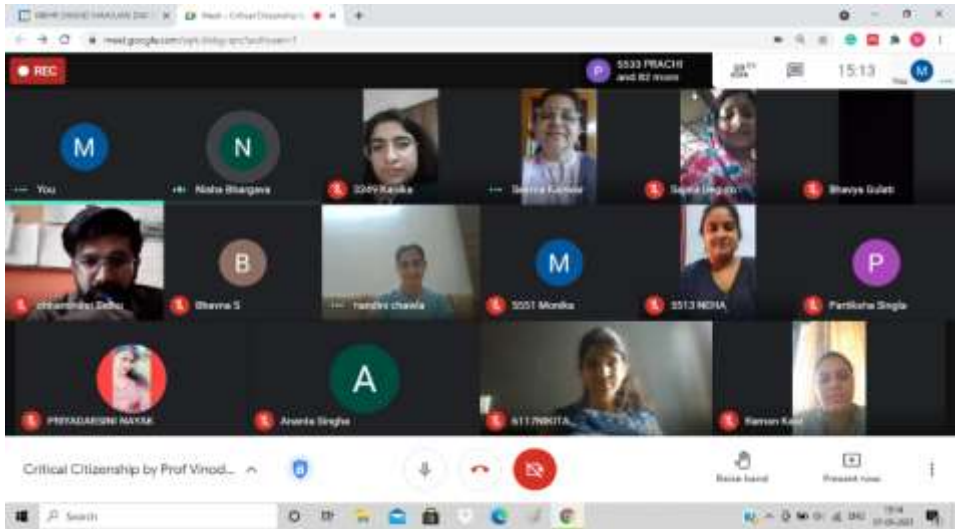
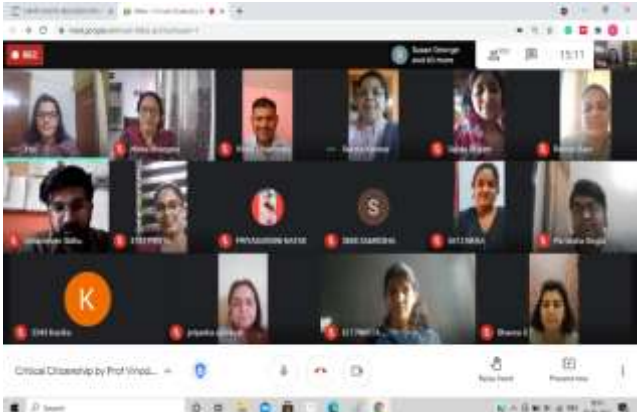
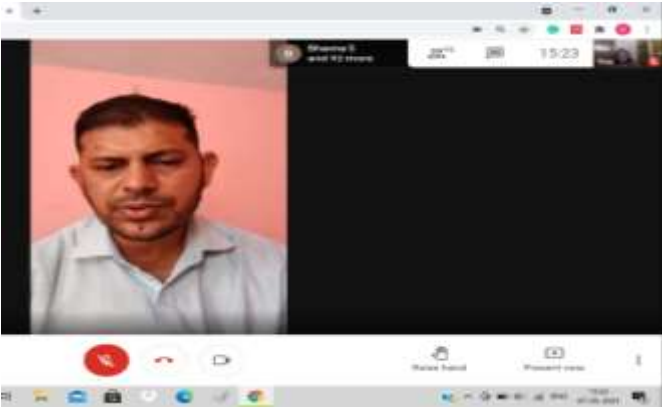
**Resource Person**  
PROF. VINOD CHAUDHARY  
DEPT. OF SOCIOLOGY  
PANJAB UNIVERSITY,  
CHANDIGARH (U.T.)

**Keynote SPEAKER**

**Student Ambassadors:**  
COORDINATORS  
DR. BHAVNA SOOD  
DR. MINAKSHI RANA  
CONVENER  
DR. SEENA KANWAR  
CHAIRPERSON AND PRINCIPAL  
DR. NISHA BHARGAVA

NEERUJ  
SAASHI  
KRITI  
ANSHIKA

Link for registration: <https://forms.gle/1J1DN4TVA9C3q655>



## एमसीएम में जागरूकता कार्यक्रम आयोजित

**आस, चंडीगढ़ :** एमसीएम डीएवी कॉलेज फॉर वूमन सेक्टर-36 के समाजशास्त्र विभाग और चारित्र निर्माण समिति ने क्रिटिकल सिटीजनशिप – अर्निंग एंड लर्निंग सेसिबिली' नामक ऑनलाइन कार्यशाला एवं जागरूकता कार्यक्रम का आयोजन किया। इसमें उभरते हुए क्षेत्रों में वैश्विक दृष्टिकोण के बारे में श्रोताओं को जागरूक करने का प्रयास किया गया। ताकि उचित सम्मान के साथ कमाई, शिक्षा और बेहतर जीवन यापन किया जा सके। कार्यक्रम में भारत और जॉर्डन के अलावा फिलीपींस, पाकिस्तान, घाना, बांग्लादेश, श्रीलंका सहित विभिन्न देशों के 400 से अधिक शिक्षकों, पेशेवरों, अनुसंधान विद्वानों और छात्रों ने भाग लिया। इसमें पंजाब युनिवर्सिटी से मुख्य वक्ता के तौर पर समाजशास्त्र विभाग से प्रो. विनोद चौधरी शामिल हुए। प्रिंसिपल डा. निशा भार्गव ने क्रिटिकल

सिटीजनशिप के बारे में बताया कि यह विषय आज पूर्ण रूप से प्रासंगिक है, क्योंकि वर्तमान जीवनशैली सतत विकास को दरकिनार कर प्राकृतिक संसाधनों के संरक्षण और कार्याकल्प पर ध्यान दिए बिना उनकी अनुचित लूट का कारण बन रही है। उन्होंने उम्मीद जताई कि यह प्रासंगिक पहल निश्चित रूप से इंसानों को जिम्मेदारी से जीने के बारे में संवेदनशील बनाने में मदद करेगी। प्रो. विनोद ने सामाजिक, राजनीतिक और आर्थिक संरचनाओं का आलोचनात्मक आकलन करने में क्रिटिकल सिटीजनशिप के महत्व पर जोर दिया और नागरिकों को मूल कारणों को हल करने के लिए प्रेरित किया। उन्होंने आगे चलकर बांस, गांजा और वीट ग्रास जैसे पर्यावरण के अनुकूल पौधों की खेती के बारे में प्रतिभागियों को बताया जो न केवल पारिस्थितिक संतुलन को बहाल करने में मदद करते हैं।

## क्रिटिकल सिटीजनशिप पर जागरूकता सत्र

**चंडीगढ़ (ट्रिव्यू) :** मेहर वंद महजन डीएवी कॉलेज फॉर वूमन के समाजशास्त्र स्नातकोत्तर विभाग और चारित्र निर्माण समिति ने क्रिटिकल सिटीजनशिप- अर्निंग एंड लर्निंग सेसिबिली नामक एक ऑनलाइन कार्यशाला एवं जागरूकता कार्यक्रम का आयोजन किया। इस कार्यक्रम ने उभरते हुए क्षेत्रों में वैश्विक दृष्टिकोण के बारे में श्रोताओं को जागरूक करने का प्रयास किया, जहाँ उचित सम्मान के साथ कमाई, शिक्षा और बेहतर जीवनयापन किया जा सके। पूरे भारत और जॉर्डन, फिलीपींस, पाकिस्तान, घाना, बांग्लादेश और श्रीलंका सहित विभिन्न देशों के 400 से अधिक शिक्षकों, पेशेवरों, अनुसंधान विद्वानों और छात्रों ने कार्यक्रम के लिए पंजीकरण कराया। कार्यक्रम के प्रमुख वक्ता पंजाब विश्वविद्यालय के समाजशास्त्र विभाग से प्रो. विनोद चौधरी थे। कार्यक्रम का उद्घाटन प्राचार्य डॉ. निशा भार्गव ने किया।

## MCM holds awareness session on Critical Citizenship

CHANDIGARH, MAY 13

The Postgraduate Department of Sociology and Charitra Nirman Committee of Mehr Chand Mahajan DAV College for Women organised an online workshop cum awareness programme titled 'Critical Citizenship- Earning and Learning Sensibly'. The programme endeavoured to enlighten the audience about global perspectives on the emerging fields in an environment where earning, learning and better living can be pursued with due respect to nature. More than 400 educators, professionals, research scholars and



students from all over India and from different countries including Jordan, Philippines, Pakistan, Ghana, Bangladesh and Sri Lanka registered for the programme. The resource person for this highly enlightening programme was Prof. Vinod Chaudhary, Department of

Sociology, Panjab University. Inaugurating the programme, Principal Dr. Nisha Bhargava highlighted its significance by saying that the theme of critical citizenship has profound contemporary relevance as the present lifestyles have bypassed sustainable development

wherein there is mindless plunder of natural resources without bothering about their conservation and rejuvenation. She expressed hope that this contextual initiative will definitely aid in sensitising human beings about living responsibly. Prof. Vinod stressed on the importance of critical citizenship in critically assessing social, political and economic structures to seek out and address areas of injustice, and implored the citizens to act to solve the root causes. The expert encouraged the participants to develop an amalgam of civic sense and scientific aptitude.

## A Workshop cum awareness programme “Be a Health Manager”

A seven-day workshop cum awareness programme “Be a Health Manager” with an aim to promote holistic health and wellness was organized from 8 May to 14 May, 2021 under the aegis of Skill Development Committee. With 1835 online registrations from almost all states of India and professionals, faculty members and students from Estonia, Australia, USA Bangladesh, Pakistan, Sri Lanka, Nigeria, Switzerland, Philippines, Jordan, Ghana and Oman, in coordination with experts from PGIMER Chandigarh, the wonderful workshop received huge participation on the virtual platform. The workshop which was comprehensively spread over seven days delved in detail into multiple topics which need attention and awareness.

### **Day 1: Preventive Eye Care**

Dr. Parul Chawla Gupta, Assistant Professor at the Advanced Eye Centre at PGIMER, talked about how 60% of the people suffer from the digital eye strain, eye fatigue, headaches, itchy eyes, and blurring of vision lead to computer vision syndrome. Adults and children alike have dry eyes. She suggests the 20-20-20 rule which signifies: while working take a 20 seconds break, look at something 20ft far, every 20 minutes. For those having a hectic schedule, a software is available called “PAUSE” which notifies the user to take breaks. The interactive session ended with queries regarding undergoing any kind of eye surgery during the pandemic as well as diet for improving vision.

### **Day 2: Understanding PCOS Symptoms and Treatment**

The session conducted by Dr. Nirja Chawla, MD, covered all the aspects of PCOS (PolyCystic Ovary Syndrome) and its symptoms followed by treatments. It can be found in about 60% of the teenage girls having symptoms and signs such as delayed or irregular menstruation, obesity, androgen excess and infertility. About delayed ovulation she stated “excess of everything is bad”, be it eating, fasting, exercising, not exercising, weight gain or weight loss. Other reasons can include pregnancy, stress or hormonal imbalance. The session was a detailed study of female hormones and the changes going on in the female body. Participants talked their hearts out and sought guidance from the expert.

### **Day 3: Hair and Skin Care**

Starting the session with some general hair and skin care tips, Dr. Raihan Ashraf, Senior Resident with Department of Dermatology, Venereology and Leprology at PGIMER, suggested a balanced diet with lots of fluid intake. Basic skin and hair care routines were shared. She discouraged excessive use of chemicals on hair and skin. She addressed queries regarding oiling of hair and implied that choosing your products wisely was the key to getting nourished hair. Participants’ worries regarding sunscreens even on cloudy days, dandruffs, acne, skin pigmentation etc., were also put to rest in the interactive session.

### **Day 4: Balanced diet to maintain right weight**

Dr. Nancy Sahni, Senior Dietician at PGIMER and an executive member of the Nutritional Society of India, provided all the information regarding all groups of foods. Metabolism, healthy gut and a cut on the calories was what she focused on. Major take-away from the seminar was that before taking things off the shelf, one should properly examine the contents of the food package and mindful eating. Questions asked included worries regarding excessive weight and also underweight conditions. Diets were suggested for diabetic, PCOS patients and even for women in their post pregnancy phase.

### **Day 5: Oral Health Care**

The session gave an insight to our participants on the oral health one should maintain by Dr. Ashima Goyal, Professor at Oral Health Sciences Centre, PGIMER. She talked about what happens when we develop habits that are in no way healthy for our teeth. She reiterated that all new trends, including the consumption of herbal hookahs etc, in no way are healthier or tobacco free. She suggested a proper routine to be followed for oral care. Queries regarding maintaining the whiteness of their teeth were clarified to a great extent. Strengthening of the teeth, bleeding gums etc were some of the many questions asked during the session.

### **Day 6: Understanding Food through Growing it: Towards Holistic Health**

Dr. Gurvinder Kaur, Associate Professor in the Department of Public Administration in our college, delivered an informative session on Sustainable Urban Farming. As the name suggests, she explained how farming can be made sustainable even in the smallest corners of the houses.

She instilled the idea of going organic into the participants. She talked in great detail about all the processes and factors involved in the growth of plants. She mentioned beautifully how gardening helps maintain a healthy heart, builds confidence, reduces stress, anger, fatigue, depression and anxiety. She talked about the microgreens and plants used as air purifiers. Dr. Gurvinder Kaur filled everyone with so much enthusiasm that people literally started asking whether there are any online courses available for it. It was indeed an insightful and an inspiring session.

### **Day 7: Hints for Holistic Well-being**

Physical, mental, social, emotional and spiritual wellness together contribute to holistic wellness, as explained by our last day's speaker, respected madam principal of our college, Dr. Nisha Bhargava. The session was built on providing tips for "striking a balance". She recited her poetic and meaningful compositions which made relevance of the topic more effective. The last day of the workshop was about how the last 6 days' teachings can be put together, their interrelation and interdependence. Dr. Nisha Bhargava concluded the workshop in a beautiful manner and motivated people to recognize the divine intervention that lies within them. She mentioned that dreams inspire us, so we should keep trying to achieve our dreams. She gave a mantra "multiply happiness by sharing virtues of contentment and joy". With the befitting conclusion of this session, the workshop also successfully culminated. The workshop was a resounding success, and 660 participants gave excellent feedback. The participants were heartily grateful to the organizers for such an engaging, enlightening and much-needed session that drew attention towards health and care.



**Mehr Chand Mahajan DAV College For Women Sector 36-A, Chandigarh**  
 presents  
 The Annual 7-Day Workshop Promoting Healthy Living and Better Lifestyle  
**Be a Health Manager 2021**  
 3rd in Series

**Topic: Preventive Eye Care**

**Dr. Parul Chawla Gupta**  
 Assistant Professor,  
 Advanced Eye Center  
 PUNJAB Chandigarh

**About the Resource Person:**  
 With more than 200 publications in peer-reviewed national as well as international journals, she is a specialist in contact surgery, cataracts and adult. She has expertise in corneal transplants and specialty contact lenses. Various eye donation awareness activities in the community have been organized under her guidance.

**Date:** May 6, 2021  
**Time:** 4:00 pm onwards

**Mehr Chand Mahajan DAV College For Women Sector 36-A, Chandigarh**  
 presents  
 The Annual 7-Day Workshop Promoting Healthy Living and Better Lifestyle  
**Be a Health Manager 2021**  
 3rd in Series

**Topic: Understanding PCOS symptoms and Treatment**

**Dr. Nirja Chawla**  
 MD, Delhi  
 Diploma, Endometriosis Surgery, WF, USA

**About the Resource Person:**

- Post Graduate Diploma in Endometriosis and Laparoscopic Surgery
- Former Lecturer, Dept. of the IIT, Chandigarh
- Former President, IITC, Chandigarh
- Chairperson, Dept. of Education Committee, Indian Education Society
- Ex-President of Teacher's Union, Chandigarh (IIT, Chandigarh)
- President of Teacher's Union, Indian Education Society (IIT Chandigarh)
- Founder Life member of Indian Society of Endometriosis (IIT Chandigarh)
- Member of the Indian Society of Endometriosis (IIT Chandigarh)
- Member of the Indian Society of Endometriosis (IIT Chandigarh)
- Member of the Indian Society of Endometriosis (IIT Chandigarh)
- Member of the Indian Society of Endometriosis (IIT Chandigarh)

**Date:** May 9, 2021  
**Time:** 4:00 pm onwards

**Mehr Chand Mahajan DAV College For Women Sector 36-A, Chandigarh**  
 presents  
 The Annual 7-Day Workshop Promoting Healthy Living and Better Lifestyle  
**Be a Health Manager 2021**  
 3rd in Series

**Topic: Hair and Skin Care**

**Dr. Raihan Ashraf**  
 Senior Resident  
 Dept. of Dermatology, Venereology, and Leprosy  
 PUNJAB Chandigarh

**About the Resource Person:**  
 She did her MBBS from Meerut Medical College and then did her Postgraduate Diploma in Medical Education and Research (MDEAR) from the same institution. She has worked as a faculty member in the Postgraduate Diploma in Medical Education and Research (MDEAR) program. She has also worked as a faculty member in the Postgraduate Diploma in Medical Education and Research (MDEAR) program. She has also worked as a faculty member in the Postgraduate Diploma in Medical Education and Research (MDEAR) program.

**Date:** May 20, 2021  
**Time:** 4:00 pm onwards

**Mehr Chand Mahajan DAV College For Women Sector 36-A, Chandigarh**  
 presents  
 The Annual 7-Day Workshop Promoting Healthy Living and Better Lifestyle  
**Be a Health Manager 2021**  
 3rd in Series

**Topic: Balanced Diet to maintain Right Weight**

**Dr. Nancy Sahni**  
 Senior Dietitian  
 PUNJAB Chandigarh

**About the Resource Person:**

- Senior Dietitian, PUNJAB Chandigarh
- Senior Dietitian, PUNJAB Chandigarh
- Senior Dietitian, PUNJAB Chandigarh
- Senior Dietitian, PUNJAB Chandigarh
- Senior Dietitian, PUNJAB Chandigarh
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- Senior Dietitian, PUNJAB Chandigarh
- Senior Dietitian, PUNJAB Chandigarh

**Date:** May 11, 2021  
**Time:** 4:00 pm onwards

**Mehr Chand Mahajan DAV College For Women Sector 36-A, Chandigarh**  
 presents  
 The Annual 7-Day Workshop Promoting Healthy Living and Better Lifestyle  
**Be a Health Manager 2021**  
 3rd in Series

**Topic: Oral Health Care**

**Dr. Ashima Goyal**  
 Professor  
 Pediatric Dentistry, Oral Health, Research Center  
 PUNJAB Chandigarh

**About the Resource Person:**  
 Dr. Ashima Goyal is a Professor of Pediatric Dentistry at Oral Health, Research Center, PUNJAB Chandigarh. She has worked as a faculty member in the Postgraduate Diploma in Medical Education and Research (MDEAR) program. She has also worked as a faculty member in the Postgraduate Diploma in Medical Education and Research (MDEAR) program. She has also worked as a faculty member in the Postgraduate Diploma in Medical Education and Research (MDEAR) program.

**Date:** May 12, 2021  
**Time:** 4:00 pm onwards

**Mehr Chand Mahajan DAV College For Women Sector 36-A, Chandigarh**  
 presents  
 The Annual 7-Day Workshop Promoting Healthy Living and Better Lifestyle  
**Be a Health Manager 2021**  
 3rd in Series

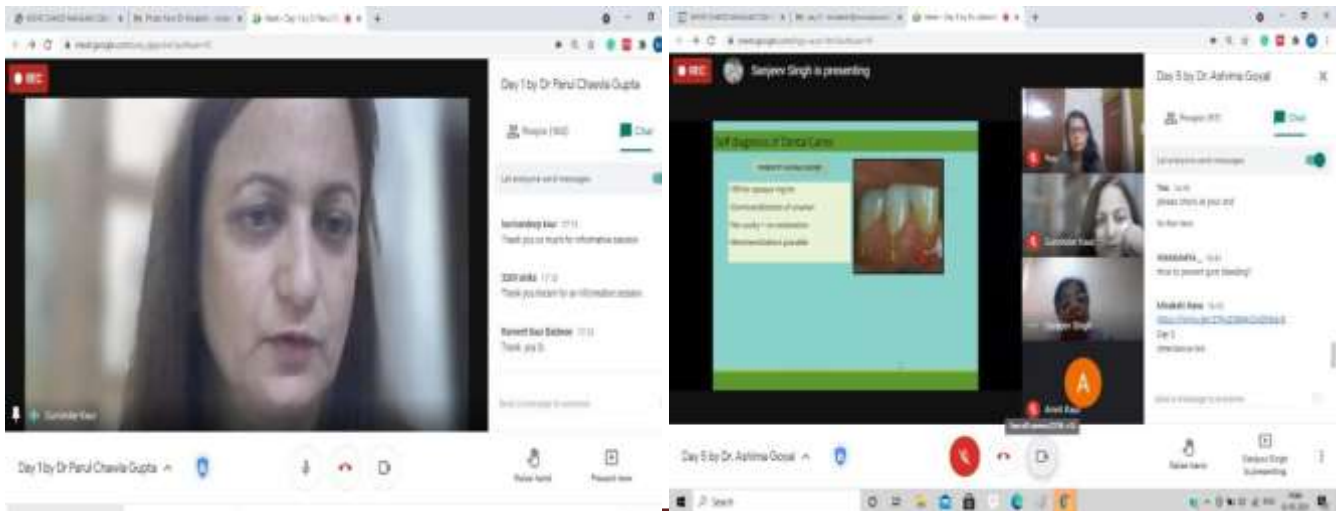
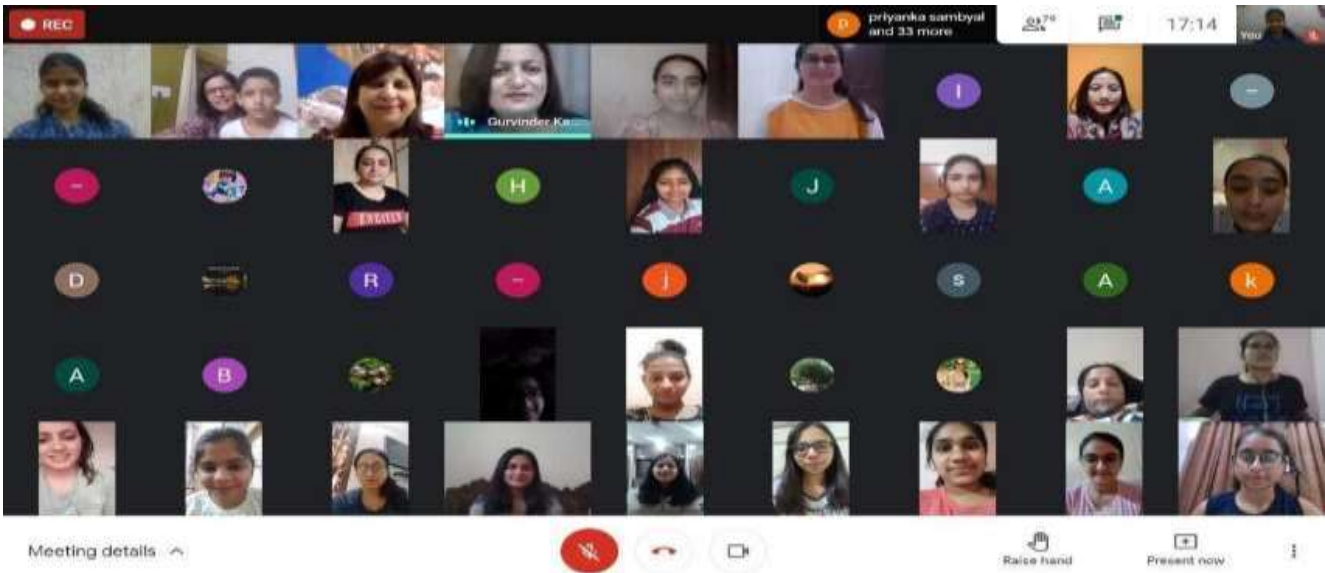
**Topic: Understanding Food Through (Growing It) Towards Holistic Health**

**Dr. Gurvinder Kaur**  
 Assistant Professor  
 Mehr Chand Mahajan DAV College For Women Chandigarh

**About the Resource Person:**  
 Dr. Gurvinder Kaur is an Assistant Professor in the Department of Food Science and Nutrition, Mehr Chand Mahajan DAV College For Women, Chandigarh. She has worked as a faculty member in the Postgraduate Diploma in Medical Education and Research (MDEAR) program. She has also worked as a faculty member in the Postgraduate Diploma in Medical Education and Research (MDEAR) program. She has also worked as a faculty member in the Postgraduate Diploma in Medical Education and Research (MDEAR) program.

**Date:** May 13, 2021  
**Time:** 4:00 pm onwards







### Online Induction Day Programme of Young Communicators Club

The Induction Day of Young Communicators Club was held online on May 21, 2021 in collaboration with the Public Relations Council of India, Chandigarh Chapter. The Resource persons were Mr. Vivek Attray, Ex-IAS, Motivational Speaker, Chairman, PRCI, Chandigarh Chapter and Ms. Chinnmaye Praveen, National Head, YCC. 300 participants attended the programme. Mr. Vivek Attray and Ms. Chinnmaye Praveen spoke on the topic “What to say and How to say”. The newly inducted members of the Club felt motivated to learn and grow as a part of the YCC.





### Greesham Kaleen Varshik Shivir

The Department of Sanskrit organized Grisham Kaleen Varshik Shivir with the objective to inculcate the values and ethics of our Indian culture and values among the youth with the help of various activities. The duration was 2 days (20-21May, 2021). It was conducted in collaboration with Kendriya Aarya Yuvti Parishad. The Resource Persons were Smt. Urmila Arya Kendriya Aarya Yuvti Parishad (President), Dr. Sushma Arya kendriya Aarya Yuvti Parishad (Minister), Smt. Kamlesh Hasija Kendriya Aarya Yuvti Parishad (Treasurer) and Smt. Sangeeta Arya, Kendriya Aarya Yuvti Parishad (Publicity Minister). More than 250 participants attended the shivir.

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**केन्द्रीय आर्य युवती परिषद्**  
(ग्रीष्म कालीन वार्षिक शिविर) ऑनलाइन

**दिनांक 20,21,22,23 मई (गुरुवार से रविवार)**

शिविर उद्घाटन - गुरुवार 20 मई 2021,  
**प्रातः 11 से 12.30**

**सानिध्य - गुड़गाँव आर्य समाज एवं अमृत मंथन**  
अध्यक्षता- श्रीमती मृदुला चौटानी मुख्य अतिथि- श्रीमती उर्मिल आर्या (गुरुग्राम)  
संचालिका- शास्त्री मनीषा आर्या  
**प्रातः 11 से 11.45 (योगासन, प्राणायाम) - श्रीमती शान्ता तनेजा**  
**11.45 से 12.00 भजन**

**श्रीमती उर्मिल आर्या (गुरुग्राम) एवं सविता भजन भण्डार (गुरुग्राम)**  
**12.00 से 12.15 उद्बोधन- श्रीमती मृदुला चौटानी**  
**12.15 से 12.30 बौद्धिक- श्रीमती उर्मिला आर्या (अध्यक्षा, आर्य युवती परिषद्)**

**मध्याह्न 12.30 से 2.00**

**सानिध्य- फरीदाबाद आर्य समाज एवं अमृत मंथन**  
अध्यक्षता- दर्शनाचार्या विमलेश बंसल आर्या मुख्य अतिथि- श्रीमती विमल सचदेवा  
संचालिका- कुमारी प्रगति  
**मध्याह्न 12.30 से 1.30 गायन प्रतियोगिता (देश भक्ति) एकल**  
(समय सीमा 2 से 3 मिनट)  
**1.30 से 1.45 बौद्धिक श्रीमती कविता आर्या (आर्य समाज एवं ऋषि दयानन्द)**  
**1.45 से 2.00 अध्यक्षीय भाषण - दर्शनाचार्या विमलेश बंसल आर्या**  
**!! धन्यवाद एवं शान्ति पाठ !!**



साप्ताहिक **क्राइम अफेयर्स** देहरादून, शुक्रवार 21 मई 2021

## ऑनलाइन आर्य कन्या शिविर का शुभारंभ

- सुसंस्कृत बालिकाओं में राष्ट्र का भविष्य निहित –आर्य नेत्री मृदुला चौडानी
- बालिकाओं के निर्माण से ही होगा राष्ट्र निर्माण–उर्मिला आर्या

राजियाबाद। केन्द्रीय आर्य युवती की अध्यक्षता उर्मिला आर्या ने कहा कि हम गत वर्षों की शिविर की परंपरा का परिषद के सलाहपरामर्श में 4 दिवसीय आर्य कन्या परिषद निर्माण शिविर 2021 का ऑनलाइन शुभारंभ हुआ। शिविर में 280 बालिकाओं ने भाग लिया। मुख्य अतिथि आर्य नेत्री मृदुला चौडानी ने कहा कि सुसंस्कृत बालिकाओं में ही राष्ट्र का भविष्य निहित है। आर्य बालिका के निर्माण से ही राष्ट्र का निर्माण होता है। आर्य युवती परिषद



निर्वाह करते हुए ऑनलाइन शिविर आयोजित कर रहे हैं क्योंकि राष्ट्र का आधार यही ही है। केन्द्रीय आर्य युवक परिषद के राष्ट्रीय अध्यक्ष अनिल आर्य ने कहा कि महर्षि दयानंद जी का यही शिक्षा व उद्देश्य में उल्लेखनीय योगदान रहा आज युवती परिषद उसी संकल्प को आगे बढ़ रही है। महामंत्री डॉ सुषभा आर्या, विमलेश शर्मा, कमलेश शर्मा, मनीषा शर्मा, प्रमिता गुप्त, अरुणा शर्मा, वैशा आर्या, प्रवीण आर्य, शर्मिता शर्मा, प्रीति आर्या आदि ने भी ज्ञान वर्षक जानकारी प्रदान की और जीवन उन्नत बनाने का आह्वान किया।

### Workshop on Guidance for Psychosocial Counselling and COVID Helper Skills

Over 500 participants attended a workshop on “Guidance for Psychosocial Counselling and COVID Helper Skills” organized by the Department of Food Science in collaboration with MGNCRE, Ministry of Education, Government of India on 25 May 2021. The workshop was envisioned to equip the students’ community with helper skills focusing on the COVID-19 affected population and families.

This workshop was organized with the primary objective to enhance the behavioural and psychological support skills essential in today's pandemic times to be imparted in the correct manner. The trainer and resource person Mr. Samarth Sharma from MGNCRE conducted the workshop and, engaged the students in different



situations which enabled them to learn how to react and be empathetic in the grief-stricken situation. He stressed that emotions like anxiety, uncertainty, and stress are adding to people's woes and it is imperative to have dedicated teams working in providing mental health to such people for a better living. Finally, the trainer made 5-6 structured teams having different roles and responsibilities (including providing authentic information and sharing it related to availability of hospital beds, oxygen supplies, essentials, food supply, medicine etc. and also, teams who are doing on ground help for COVID affected families).



## Workshop on Gift Packaging and Wrapping by Department of Environment Science

Sustainable, stylish and sartorial gift wraps, an initiative undertaken by Dr. Shafila, resource person for an online workshop on gift packaging and wrapping in collaboration with the Eco- Club, was conducted on 8th May 2021 to switch to waste-free, plastic free, eco-friendly alternatives to reduce single-use plastic consumption. The workshop received the enthusiastic participation of 78 participants. The aim of the workshop was to create awareness that wrapping paper and cellophane sheets cannot be recycled because they are covered in plastic, dye, foil, glitter or tape, which are non-biodegradable. She promoted the use of handmade paper, recycled paper, newspapers as a substitute for non-biodegradable plastic wrappings.






### **An event on World Food Safety Day**

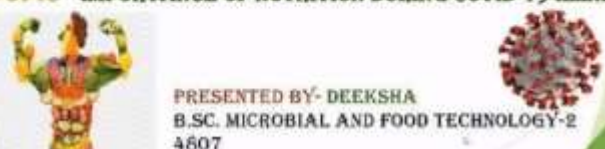
Department of Food Science organized an event on World Food Safety Day on 7 June 2021 in collaboration with MGNCRE, Ministry of Education, Govt. of India, to enhance the scientific skills and update the knowledge of students on the growing food safety challenges faced during COVID-19 pandemic and the role of nutrition during the COVID-19 illness. The event aimed at inculcating scientific communication skills of students and oral presentation skills of students on relevant themes on importance of healthy food and nutritious diet in pandemic times. The participants described how the advances in food safety and food control can be done during the era of pandemic. The Event was divided into an Oral Presentation Session, Poster Presentation Session and Video Message Session. Notable participants were the students from Bachelor of Science in Microbial and Food Technology (first, second and third year), and Diploma in Microbial Analysis and Food Safety. The Event was attended by more than 100 students and nearly 50 students registered for presentation.

REC 4607DEEKSHA\_ is presenting




## MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH

### TOPIC - IMPORTANCE OF NUTRITION DURING COVID-19 ILLNESS




PRESENTED BY- DEEKSHA  
B.SC. MICROBIAL AND FOOD TECHNOLOGY-2  
4607

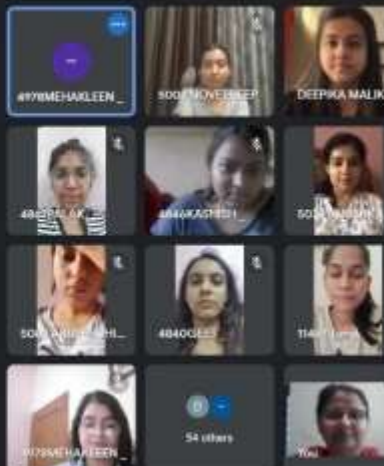


REC 4778MEHAKLEEN\_ is presenting


### NUTRACEUTICALS DIET: POST PANDEMIC RECOVERY

Mehakleen Kaur (B.Voc Microbial Analysis & Food Safety)  
MCM DAV College for Women, Sector-36 A, Chandigarh

INTRODUCTION	FASCINATIONS INSIDE SUI MICROBIOTA	HOW CAN IT BE TREATED?	CONCLUSIONS
<p>INTRODUCTION</p> <p>NUTRACEUTICALS ARE PRODUCTS DERIVED FROM NATURE OR SYNTHESIZED AND HAVE BEEN SHOWN TO BE BENEFICIAL TO HEALTH. SUCH AN ORGANISM DERIVED FROM NATURE AND THE SUBSTRATE COMBINED WITH SUBSEQUENT PROCESSING HAS BEEN INDICATED THROUGH RESEARCH TO BE BENEFICIAL TO HEALTH. THE MAIN GOAL OF NUTRACEUTICALS IS PHARMACOLOGICAL TREATMENT FOR IMMUNOLOGICAL DEFICIENCIES.</p>		<p>1. ANTIBIOTIC RESISTANCE</p> <p>2. IMMUNE SYSTEM WEAKNESS</p> <p>3. GUT HEALTH</p> <p>4. GUT BARRIER</p> <p>5. GUT PERMEABILITY</p> <p>6. GUT INFLAMMATION</p> <p>7. GUT DYSBIOSIS</p> <p>8. GUT DYSREGULATION</p> <p>9. GUT DYSFUNCTION</p> <p>10. GUT DYSBIOSIS</p>	<p>1. NUTRACEUTICALS ARE BENEFICIAL TO HEALTH AS THEY HELP IN THE RECOVERY OF GUT HEALTH AND THE PRODUCTION OF SHORT CHAIN FATTY ACIDS WHICH ARE HELPFUL TO GUT HEALTH. THESE NUTRACEUTICALS SHOULD BE USED IN THE PRESENCE OF GUT HEALTH TO PROMOTE HEALTHY GUT BARRIER.</p>
TYPES OF NUTRACEUTICALS	FACTORS INFLUENCING DIETS	DIETARY & LIFESTYLE CHANGES	ACKNOWLEDGEMENT
<p>1. PROBIOTICS</p> <p>2. PREBIOTICS</p> <p>3. SYNBIOTICS</p> <p>4. PHAGES</p> <p>5. PLANT-BASED</p> <p>6. FERMENTED</p> <p>7. NUTRACEUTICALS</p> <p>8. NUTRACEUTICALS</p> <p>9. NUTRACEUTICALS</p> <p>10. NUTRACEUTICALS</p>	<p>1. PROBIOTICS</p> <p>2. PREBIOTICS</p> <p>3. SYNBIOTICS</p> <p>4. PHAGES</p> <p>5. PLANT-BASED</p> <p>6. FERMENTED</p> <p>7. NUTRACEUTICALS</p> <p>8. NUTRACEUTICALS</p> <p>9. NUTRACEUTICALS</p> <p>10. NUTRACEUTICALS</p>	<p>1. HEALTHY DIET</p> <p>2. REGULAR EXERCISE</p> <p>3. SLEEP</p> <p>4. STRESS MANAGEMENT</p> <p>5. GUT HEALTH</p> <p>6. GUT HEALTH</p> <p>7. GUT HEALTH</p> <p>8. GUT HEALTH</p> <p>9. GUT HEALTH</p> <p>10. GUT HEALTH</p>	<p>1. I WOULD LIKE TO THANK THE DEPARTMENT OF MICROBIAL ANALYSIS &amp; FOOD SAFETY FOR PROVIDING ME THE OPPORTUNITY TO PRESENT THIS NATIONAL EVENT AND HOPE YOU ENJOYED MY PRESENTATION.</p>
REFERENCES	REFERENCES	REFERENCES	REFERENCES
<p>1. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p> <p>2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p> <p>3. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p> <p>4. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p> <p>5. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p>	<p>1. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p> <p>2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p> <p>3. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p> <p>4. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p> <p>5. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p>	<p>1. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p> <p>2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p> <p>3. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p> <p>4. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p> <p>5. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p>	<p>1. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p> <p>2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p> <p>3. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p> <p>4. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p> <p>5. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6888888/</p>



REC 4822PALLAVI\_ is presenting




## ROLE OF DIET IN POST PANDEMIC RECOVERY

"NO DISEASE THAT CAN BE TREATED BY DIET SHOULD BE TREATED WITH ANY OTHER MEANS."

-MAIMONIDES

BY: PALLAVI KHANNA,  
ASHRITA MAHAJAN  
B.Sc. MPT-2




Meeting details

4822PALLAVI\_ is presenting



## Expanding the Creative Horizons: A 4-day National Level Creative Writing Workshop

The Creative Writing Committee organized a four-day workshop on “Expanding the Creative Horizons” to inculcate creative writing skills from the 7<sup>th</sup> June 2021 to 10<sup>th</sup> of June 2021 (Duration in hours :10 hours) The Resource persons for the same were; Ms.Usha Bande, Retired Principal, Government College, Arki, Prof. Sakoon Singh, Associate Fellow, IAS, Shimla, Ms. Basudhara Roy, Department of English, Karim City College, Jamshedpur, Jharkhand, India, Mr. Ankit Narwal, Assistant professor, Law Department, Regional Center, Panjab University, Chandigarh and Mr. Baljinder Nasrali, Associate Professor, Punjabi Department, Delhi University, Delhi. They covered a wide range of topics; “Stories are Everywhere: Discover, Write and Enjoy Part I and II, “Sunaina Jain in Conversation with Sakoon Singh”, Meet the Author, “The Poise of Poetry: Navigations and Arrival” and “Kalam da Safar”. 475 participants registered for the event and was attended by 153 participants (68 from Chandigarh and 85 from outside Chandigarh, Faculty: From within College: 5, Others:12, Students From within the College: 45 and Others: 91). The workshop received huge appreciation from all quarters.



The image shows a screenshot of a Zoom meeting interface. The top bar displays the time as 14:22 and various system icons. The main video area shows a man with glasses and a beard, identified as 'Ajay Singh', speaking. To the right, there are thumbnails for other participants. Below the video, a 'Live chat replay' window is open, showing a list of messages from participants. The messages include feedback and thank-you notes, with some containing links to feedback forms.

Live chat replay  
Top chat replay

- 1:15:38 **Mehr Chand Mahajan DAV College for Women** Link for overall feedback: <https://forms.gle/arcUXvwXTuKaK8P67>
- 1:15:45 Pragati Pandey Thankyou sunaina ma'am for organising so beautiful and interactive sessions ..
- 1:16:42 **Mehr Chand Mahajan DAV College for Women** Link for feedback of Day 4: <https://forms.gle/n8cs9BcPWbX69Y8KA>
- 1:17:22 saket kumar Thank you. It was an enriching session.
- 1:28:42 rohini rana So relatable!
- 1:40:49 Punam Nanda wonderful session
- 1:41:10 Sri Vidya Lakshmi Karnan Wonderful sessions
- 1:43:33 Sahil Dabar What a beautiful way to put it! People do get immortalized via stories that are preserved through the ages! :)
- 1:48:22 Harish Bajaj 👍👍
- 1:50:11 Harish Bajaj very good sir ji
- 1:52:04 Punam Nanda yes , ma'am i agree with you
- 1:55:03 jatinder singh what is the difference between fantasy and magical realism. any short story in punjabi related to magical realism
- V Veini Goyal Grateful to have attended this session
- V Vijay Uma Thank you organisers for this wonderful program.
- shreya guha 1 month ago Thank you so much for putting forward such an amazing initiative and igniting our creative insights.

👍 2 🗨️ REPLY

## Ayushman Bhav

A workshop cum awareness programme on relevance of Ayurveda in modern life with special reference to lifestyle disorders was organized on 10<sup>th</sup> June, 2021 by the Character Building Committee. 565 participants registered for the event including faculty, professionals, research scholars from all across India and from countries including Jordan, Phillipines, Pakistan, Ghana, Bangladesh, Egypt and Nigeria. The resource person was Dr. N.S. Bhardwaj, Joint Director, Directorate of Ayush, U.T. Chandigarh. He acquainted the participants with the importance of a healthy lifestyle and role of Yoga and Ayurveda towards leading a healthy life.



## 'Wealth Creation through Personal Finance Management'

The Post Graduate Department of Commerce organized an online webinar on the topic 'Wealth Creation through Personal Finance Management' on 10<sup>th</sup> June, 2021. Shri Suryakant Sharma, Senior Consultant AMFI Northern Region, Ex-DGM, SEBI and Shri Amit Mishra, Senior Manager, NSDL E-Governance Infrastructure Limited, were the eminent speakers for the session. The Keynote speaker Shri Suryakant Sharma elucidated about the modalities of personal finance management and very well differentiated between wealth accumulation and wealth creation. Shri Amit Mishra explained about various hues of National Pension Scheme to plan a financially secure retirement. The session witnessed an overwhelming

response from students, faculty and other professionals as 113 participants registered for the event and benefitted from the expertise of the resource persons.

PG Department of Commerce  
Mehr Chand Mahajan DAV College for Women, Chandigarh

In collaboration with  
**ASSOCIATION OF MUTUAL FUNDS IN INDIA**

Organises a Webinar on  
**"WEALTH CREATION THROUGH PERSONAL FINANCE MANAGEMENT"**

DATE: 10TH JUNE 2021  
TIME: 11:00 AM TO 1:00 PM

**Shri Suryakant Sharma**  
Senior Consultant North  
Region AMFI, EX DCM SEBI  
Keynote Speaker

**Shri Nitin Joshi, CA**  
Vice President, NSDL E-gov  
Infrastructure limited

**Shri Sanjay Aggarwal**  
Coordinator  
AMFI National Investors  
Awareness Program

**CLICK HERE** Prior registration is mandatory.  
Click on the icon to register yourself:

**Link to join :**  
<https://meet.google.com/tzy-uuch-gwp?hs=224>

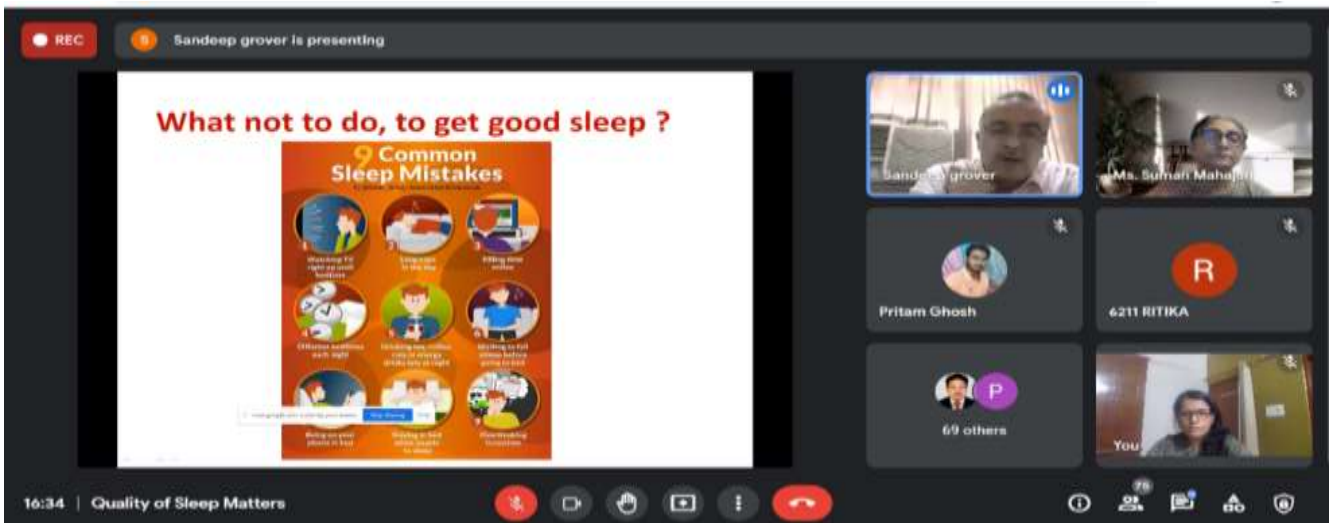
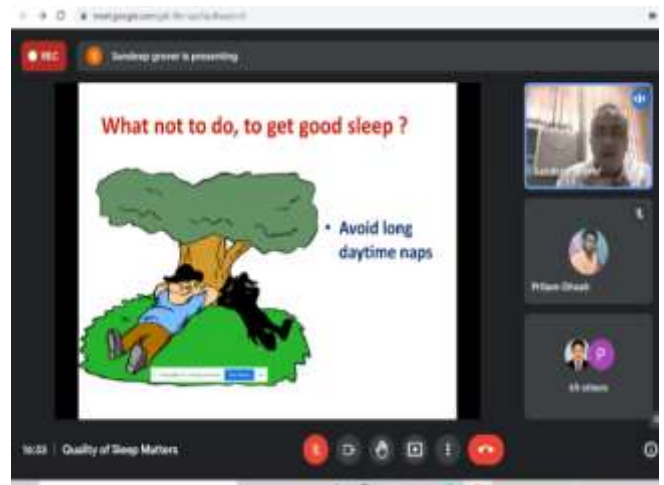
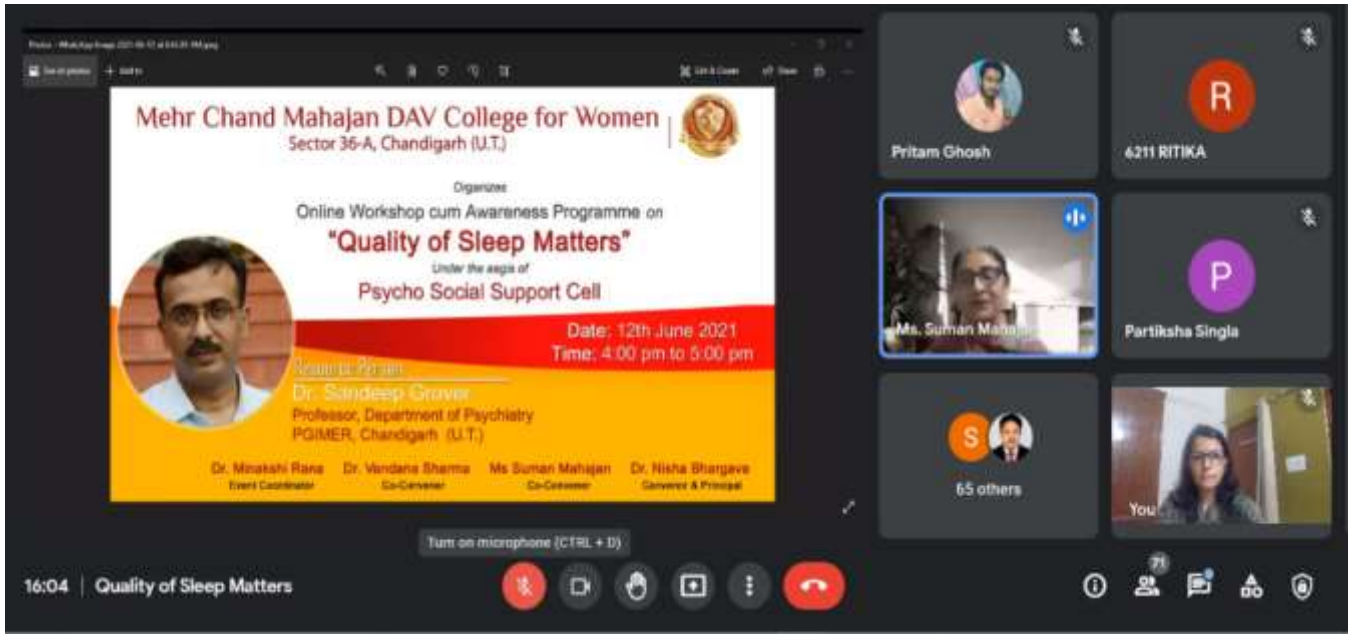
**Ms. Ritu Rani**  
(Coordinator)

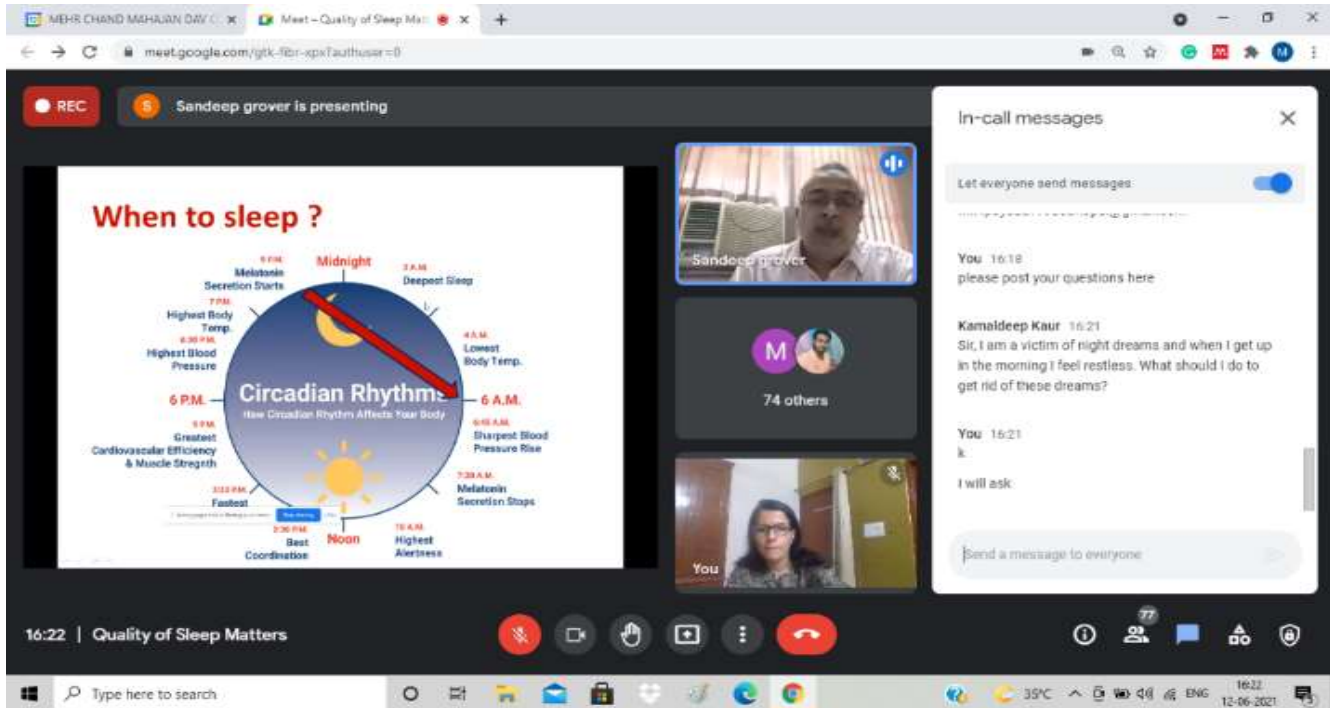
**Ms. Raman Ghuman**  
(Co-Convenor)

**Dr. Nisha Bhargava**  
(Principal & Convenor)

### **‘Quality of Sleep Matters’**

A workshop cum awareness programme ‘Quality of Sleep Matters’ was organized by Psycho-Social Support Cell on 12<sup>th</sup> June, 2021. This was arranged with an aim to spread awareness about the significance of sound sleep for holistic wellbeing and to develop the understanding of the practice of sleep hygiene. More than 600 people including faculty, professionals, research scholars participated from all over India and from different parts of world like Estonia, Jordan, Philippines, Pakistan, Ghana and Bangladesh. The resource person of the webinar Dr Sandeep Grover, Professor, Department of Psychiatry, PGIMER, Chandigarh mentioned that during the pandemic of COVID-19 sleep disorders increased by many times specially among the young adults. More than 400 participants filled up the feedback forms and thanked the organizers for arranging such an informative and relevant session. Many participants expressed their gratitude through comments in the YouTube chat box and Google meet Chat Box.



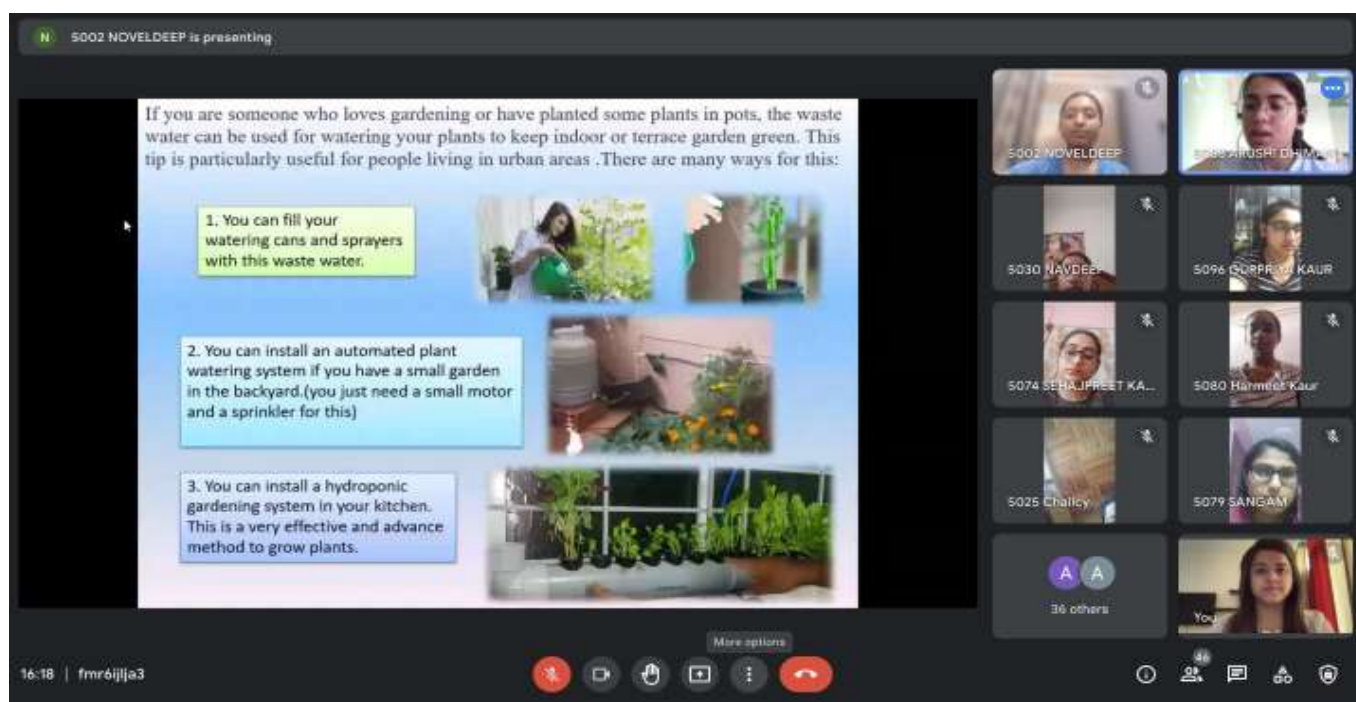
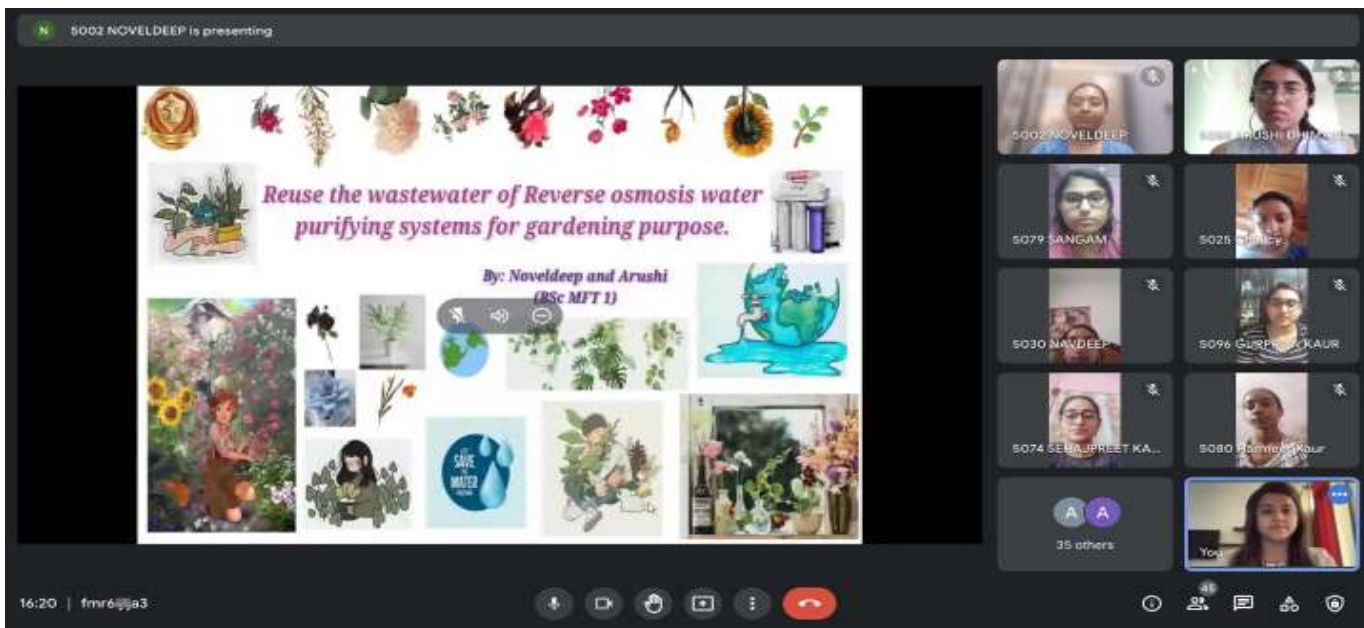


### **“Tale Flair: The World of Film-Making and Story-Telling” by YCC in collaboration with PRCI**

The Young Communicators Club of the College in collaboration with the Public Relations Council of India, Chandigarh Chapter organized “Tale Flair: The World of Film-Making and Story-Telling” on June 16, 2021 with an objective to introduce students to the world of film making and story-telling. The Resource person was Mr. Ojaswnee Sharma, Film Director, Producer and Screenwriter. 90 students attended the event and the programme was a success.

### **Reuse the wastewater of Reverse Osmosis water purifying systems for gardening purpose**

The Department of Microbial and Food Technology and Eco-Club organized an Online Power- point Presentation event on the topic “Reuse the wastewater of Reverse Osmosis water purifying systems for gardening” on 20th June, 2021. The students of B.Sc.I MFT participated in the event. With relevance to the theme, participants presented their ideas and understanding on reusing waste water, generated by the use of RO water purifiers, for gardening purposes in the form of online presentations. The students were motivated and encouraged to reuse this wastewater and promote its practice by creating awareness. The event was attended by more than 100 students including students from other departments and nearly 50 students registered for presentations.



## ICT & Business Communication by Department of Computer Science & Applications

A five-day Workshop on “ICT & Business Communication” was organized from 25th to 30th June, 2021. The objective of this workshop was to demonstrate and give a hands-on experience to the participants for working on the electronic spreadsheets and to familiarize the non-teaching staff with the tools available in G-Suite for designing Google forms. Also, the various online tools, available for

conversion of pdf files, were thoroughly discussed in this workshop. Around 26 participants participated in this event. Ms. Manmeet Kaur, Ms. Sandeep Kaur, Ms. Sonali Mehndiratta, Ms. Monika and Dr. Sunaina Jain were the resource persons of the sessions on analyzing and working with MS Excel, Google Form as collecting information tool, Online tool for merging and splitting pdf files and the art of business letter writing respectively. The faculty members were all assistant professors in the College who were experts in the respective fields.

### Importance of Profession Ready Training by Department of Botany

Looking at the current industry expectation regarding technical and non-technical skills from the fresh graduates, the Department of Botany organized a webinar on “Importance of Profession Ready Training” in Clinical Research, Pharmacovigilance, Data management and other domains on 9th June 2021. The webinar was organized in association with Clini India, a certified clinical research training institute for the outgoing students of the Life Science stream. The resource person Mr. Vishal Chaudhari, Head of Operations explained the expectations of the industry from the freshers and how they can prepare themselves to create a path of success in this era of cutthroat competition. This session will help candidates to take a step ahead in their careers. In all, 97 participants including the faculty and students took part in this much appreciated online lecture.

**Department of Botany**  
**Mehr Chand Mahajan**  
**DAV College for Women**  
 Sector 36A, Chandigarh

**ORGANIZING**  
**FREE WEBINAR**  
 in association with **CLINI INDIA**

*"Importance of professional training & readiness for successful industrial placement"*  
**Date- 9 June 2021, 10.30 - 11.30AM**

**What will you learn?**

- It will make you understand about the industry expectation from a fresher
- How you have to prepare and be ready- What are the secrets to achieve a higher package in a reputed organization- How online training will be and what it covers?
- What are the advantages of it?
- How actually placement happens?

**SPEAKER**

  
**Mr. Vishal Chaudhari**  
 (Head of Operations)  
 CLINI INDIA

Registration link- <https://event.webinarjam.com/register/134/r4yrcc96>

**Dr. Nisha Bhargava**  
 Convenor & Principal

**Dr. Gunjan Sud**  
 Coordinator & HOD  
 9417318386

Compulsory for all final year Lifesciences and 2nd year students of BSc. (Med.) & (MFT)

# एमसीएम में पेशेवर प्रशिक्षण (प्रोफेशन रेडी ट्रेनिंग) के महत्व पर वेबिनार का आयोजन

पुणे (प्रतिभा)। तकनीकी और वैश्वीकरण के दौर में नए-नए उद्योगों को आगे बढ़ाने के लिए, मेहर चंद महाजन डीएचसी कॉलेज फॉर प्रोफेशनल बिजनेस प्रशिक्षण, ने विस्तृत विवरण के साथ, प्रोफेशनल बिजनेस प्रशिक्षण और अन्य क्षेत्रों में पेशेवर प्रशिक्षण के महत्व पर वेबिनार का आयोजन किया।



वेबिनार का आयोजन एक प्रभावी नैदानिक अनुसंधान प्रशिक्षण समझौते, क्लिनिकल रीजर्च के माध्यम से किया गया। वेबिनार के प्रमुख अतिथि प्रो. प्रभाकर प्रभाकर, सहायक प्रमुख, क्लिनिकल रीजर्च ने फेशियल से उद्योग को अलग करने के बारे में बतलाया और बताया कि कैसे वे ग्लोबल कंट्रोल प्रशिक्षण के इस युग में सफलता का मार्ग बनाने के लिए खुद को तैयार कर सकते हैं। उन्होंने नैदानिक अनुसंधान, फार्माकोविजिलेन्स और डेटा प्रबंधन के क्षेत्रों के विस्तृत सन्दर्भ

प्रतिभाषियों ने ध्यान दिया। प्राचार्य डॉ. निहाल भारगवा ने सनम्पति विज्ञान विभाग को इस अवसर पर प्रशिक्षण के महत्व को समझाने के लिए अत्यंत महत्वपूर्ण है, डॉ. भारगवा ने कहा कि एमसीएम, उद्योग के विशेषज्ञों के साथ निरंतर बातचीत के माध्यम से, उद्योग-अनुकूलित और को फेशियल का प्रभाव करता है और छात्रों को आवश्यक कौशल से तैयार करता है जो उनकी रोजगार क्षमता को बढ़ाता है।

# MCM holds webinar on importance of profession ready training

Taking cognizance of the current industry expectations from fresh graduates regarding technical and non-technical skills, the Department of Botany, Meher Chand Mahajan DAV College



Principal Dr. Nisha Bhargava led this highly contextual initiative of the Botany Department. Adding that industrial readiness of students is highly crucial for shaping their careers, Dr. Bhargava said that MCM, through organisation of regular interactions,

training institute. The resource person Mr. Vishal Chaudhary, Head of Operations, Clin India explained the expectations of the industry from the freshers and how they can prepare themselves to create a path of success in this era of cut throat competition. He shed light on the skills that stand the job aspirants in good stead with special reference to the fields of clinical research, pharmacovigilance and data management. This session helped the students to understand the skills that would help them in taking a step ahead in their career. Over 97 participants including faculty and students took part in this much appreciated webinar.

E	F	G	H	I	J
27	Undergraduate, 2nd semester of B.Sc Microbial and Food	2023	It was a very knowled	No	Pune
28	Microbiology and food technology semester 2	2021	This webinar was very	Maybe	Pune
29	BSc medical 3, 6th semester	2021	session was helpful	Maybe	Bang
30	Bsc. Microbial and food technology	semester 4/	it was informati	Yes	Bang
31	Bsc MFT 2nd	2021	Very good	Yes	Pune
32	Undergraduate, 2nd semester	2023	)	No	Pune
33	Bsc medical 6th sem	2021	Very informati	Maybe	
34	Bsc. Microbial and Food technology/ fourth sem	sem 4 / second	it was inforamti	Yes	Bang
35	Bsc Medical 3	2018-21	A very interactive and useful	Maybe	Bang
36	Undergraduate-second semester	2021	The session was	Yes	Mumb
37	Undergraduate 2nd semester	2021	Amazing and	Maybe	Pune
38	Bsc. Microbial and Food Technology (6th Semester)	2021	Realized a lot of oportuni	Maybe	Hyder
39	Undergraduate	2023	It was very interestin	Yes	Hyder
40	Bsc medical 4th semester	2022	It was a good session.	Yes	Mumb

E	F	G	H	I	J
42	Bsc microbial and food technology semester II	2nd semester 1st	Very informati	Yes	Pu
43	Second year: fourth semester	2022	I would love to join the	Yes	Hy ad
44	Bsc. in microbiology and food technology year-1 and semester- 2	From batch 2020-2023	Webinar was informati	No	
45	BSc microbial and food tech. - 2nd yr	2022	this was very valuable sessi	Maybe	Ba e
46	B.Sc medical 3rd year	2021	The session was productiv	Maybe	Mu
47	Ungraduate( pursuing bsc microbial and food technology)	Completed 12th in 2020	Very informati	Yes	Pu
48	Bsc MFT 2nd	2022	Informati	Yes	Pu
49	BS.c Microbial and Food technology, semester -4	2nd year (pursuing )	no	Yes	Hy ad
50	B.Sc.Medical-3	2021	Good	Maybe	
51	12th pass , BSc-MFT (2nd sem)	2020	Gained knowled	Maybe	Pu
52	Bsc Medical 3 - 6th semester	2021	This session was very	Maybe	
53	12th pass out and doing bsc mft 1st year and Sem	2023	The session was great	Yes	Ba e
54	BSc MFT 3rd year	2021	-	Maybe	Hy ad



### **Food for Mind, Body and Soul**

The college organised the Grand finale of the Hands-on Training - Cum - Workshop on Yoga and Meditation- Sustainable Skill titled as "Food for Mind, Body and Soul" under the aegis of Sustainable Practices and Skill Development Committees on the 25th of September 2021 from 4.00 pm to 5.30 pm. The resource person of the event was Ms. Keisham Monarita, Gold medalist Yoga instructor and an international player of Yoga. 90 participants actively took part in learning the ashtanga yoga, Pranayama, Asanas and Meditation techniques. The workshop started with OM/AUM chanting done 3 times to bring calmness, attention and consciousness to the mind of the students. This was followed by Surya-Namaskar for the movements of all the body parts. Madam principal, Dr. Nisha Bhargav apprised the students that Yoga is not just a daily practice but a way of life that needs to be adopted in order to lead a healthy and fulfilling life. She also emphasized the benefits of yogic asanas and pranayama in the overall development of mind, body and soul.



### **The Art of Official Communication: How NOT to Communicate**

The Young Communicators Club (YCC) of the college, in association with Public Relations Council of India (PRCI), organized a Rashtriya Uchhatar Shiksha Abhiyan (RUSA) sponsored online Workshop-cum-Awareness Programme on 'The Art of Official Communication: How NOT to Communicate'. President, Chandigarh Chapter of PRCI, Ex-IAS, author and motivational speaker, Mr Vivek Atray was the resource person for this engrossing programme. The programme saw an overwhelming response as more than 1300 participants registered for it from across India and 20 countries.



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

**RUSA**  
(Rashtriya Uchchatar Shiksha Abhiyan)  
*Sponsored*  
Online Workshop-cum-Awareness Programme  
on  
**The Art of Official Communication:  
How **NOT** to Communicate**

*organized by*  
**Young Communicators Club of  
Mehr Chand Mahajan DAV College for Women, Chandigarh**  
Mark your calendar for **18 Feb 2021 at 12 Noon**

Resource Person  
**Mr. Vivek Atray ex IAS**  
Author, Motivational Speaker &  
Chairman, Public Relation Council of India  
Chandigarh Chapter

Click below to  
register yourself  
<https://forms.gle/2hyCEHJ6T67CqGKP9>

**Dr. Nisha Bhargava**  
Convener & Principal

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

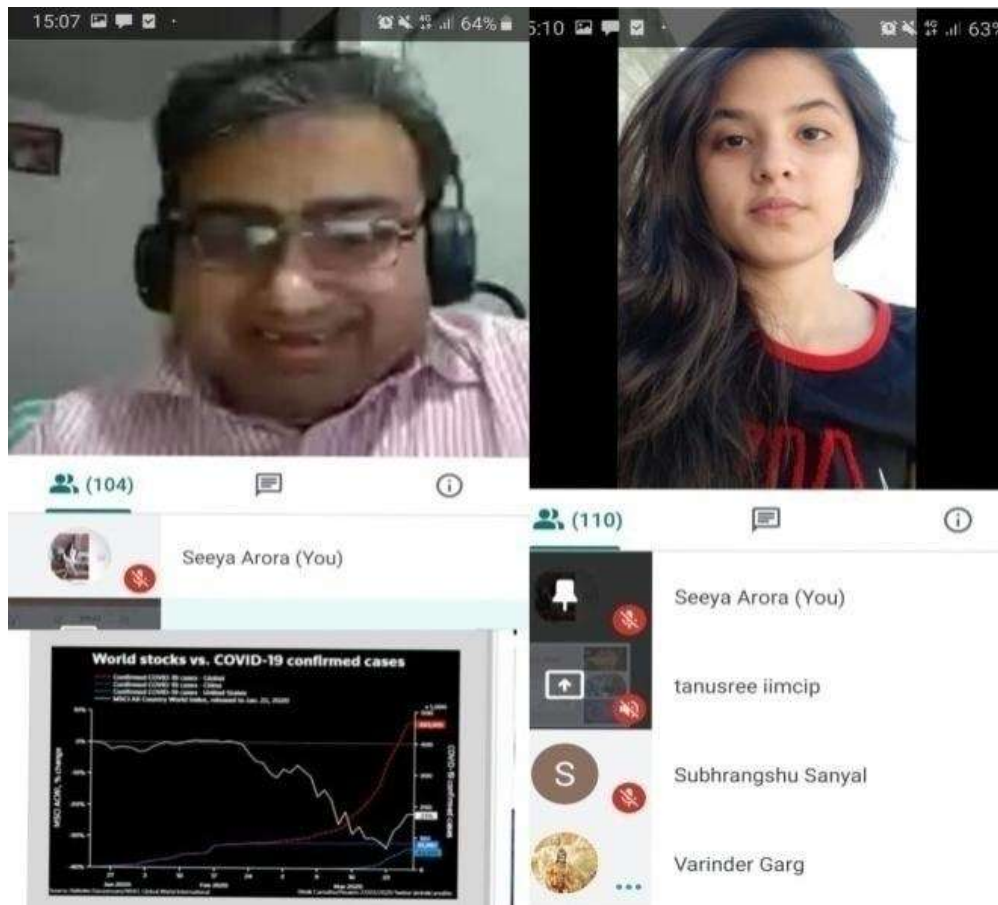
**Dr. Manjot Kaur**  
Institutional Counsellor (YCC)

**Dr. Preeti Gambhir**  
Institutional Coordinator (YCC)



**Interactive Online Webinar titled Post-COVID Opportunities for Health Sector Start-Ups organized by ICMR-Centre for Innovation and Bio-Design (CIBioD).**

With the primary objective of positively engaging the students during the COVID-19 imposed lockdown period and to apprise the students of the various opportunities in healthcare and related sectors in the post COVID-era, BSc. MFT students were encouraged to participate in an interactive online session on “**Post-COVID Opportunities for Health Sector StartUps**” on 6<sup>th</sup> June 2020. A total of 20 students of BSc.(MFT)-I year registered and attended the session on 06<sup>th</sup> June 2020 through Google Hangout where experts (**Nirmaljeet Singh Kalsi**, Former IAS officer , Former Additional Chief Secretary, Punjab and **Dr.Varinder Garg** MD, Radiology), Principal Investigator CIBioD, (PGIMER) highlighted on the imperative role played by scientific research and technology in providing solutions to fight the viral pandemic battle. They further emphasized on the rise in opportunities in various healthcare sectors as well as in the field of biotechnology based research and innovation that are bound to rise in the pos-covid era. This boosted the young students in taking up scientific entrepreneurship as one of the potential career options while providing innovative solutions against such threats that are likely to hit us in near future as well.





3:37 62

### Covid 19 Pandemic: Strategy for India to Deal with

- Covid 19 has changed the Global Security Scenarios
- **Global shifting of Power** - Economic Power, Political Power, Soft Power and Military Power from the west to Asia, specially China and India (if India can grab this opportunity)
- Covid 19 has **changed the way the future wars would be fought and won**
- The credibility of China has been lowered the way it handled the initial outbreak
- India, like rest of the world, is **facing immense Challenges during these times.**
- But every Challenge is an **Opportunity in disguise** for India to be self-reliant
- It is also an **Opportunity for India to MAKE for & SERVE the rest of the world**
- India should become the **Healthcare, Medical Equipment & Pharmacy Hub** & be the **Healthcare Back Office** of the world like it became **"The back office of the world"** in IT
- India should also become the **alternate manufacturing hub for the rest of the world**
- **Training and skilling the adequ** ... **or to achieve this is a priority.**

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(124)

	Shivani Thakur (You)
	krishan verma >
	Nirmaljeet Singh Kalsi >
	Nirmaljeet Singh Kalsi >

Also in the meeting (120)

## National Level Online Competition Organized by Department of Home Science & Department of Microbial and Food Technology to mark the celebration of World Food Day

The institution in collaboration with MGNCRE, Ministry of Education, Government of India organized a workshop on “Guidance for Psychosocial Counseling and COVID Helper Skills”. The workshop was envisioned to equip the student’s community with helper skills focusing on the COVID-19 affected population and families. World Food Day is an international day celebrated every year worldwide on 16 October to commemorate the date of the founding of the United Nations Food and Agriculture Organization in 1945. The day is celebrated widely by many other organizations concerned with hunger and food security.

With the primary objective to enhance the scientific skills, cognitive thinking and temperament of students towards the need and importance of adopting safe food practices and educating the people around, a national level competition was organized on different themes: Food Safety and Microbes, Malnutrition and Food Security, Food Preservation, Utilization of Food Waste and Nutraceuticals as Food Medicine, in which students actively participated and presented their ideas in form of Rangoli, posters, Article write-up and recipe making for safe and nutritious food recipes. A huge participation of a total of

193 students was evident and this included students not only from our college but across the tricity colleges.



**A campaign on COVID-19 Vaccine awareness (15 June 2021) called "COV-Vijay" under which the team visited nearby village for door-door campaigning on generating vaccine awareness.**

Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with MGNCRE, GOI, launched a campaign on COVID-19 Vaccine awareness (15 June 2021) called "COV-विजय". Under this initiative, a team of 15 students two faculty members, Dr. Vandana Sharma and Dr. Sandeep Kaur along with MGNCRE official visited Butrela and Bhadheri village on 28 June and did door-door campaigning covering 210 houses.



The students divided themselves into teams and areas accordingly. They then started their door-to-door campaigning. They first got information about the number of individuals who were not vaccinated and the reasons behind the delay. Later, they made the household members aware of what are the benefits of getting vaccination and what are the possible risks associated if one is not vaccinated and acquires the COVID-19 disease and the serious threats. Also, these volunteers (in plain simple language) made them understand about the ongoing second wave and the new variants of virus which can affect even the young people that are arising in India. There were many associated myths and fears regarding the vaccination and students noted them all. They also observed that people were reluctant in putting masks and did not follow social distancing at many public places. They convinced the villagers, ladies, small toddlers, nearby shopkeepers to maintain social distancing and wear mask properly. They also put in all efforts to clear the myths and fears through different hand-made and digital posters, handouts etc.



## **Workshop on Glass Painting for the Students of Govt. Model Senior Sec. School, Maloya**

The two-hour workshop was designed specifically to spur the art of painting among the rural students and show them a road map to skill development by inculcating the vocational aspect of consummate craftsmanship. The Resource Person was from the college, Dr Pooja Sharma, Assistant Professor, Department of Fine Arts. She was assisted by two more faculty members, viz. Dr. Amardeep Kaur, Department of Punjabi, and Dr. Sarbjeet Kaur, Department of Zoology. The session drew an overwhelming response and an animated participation from around 40 students of the school. The students' creativity skills were stoked with the carefully calibrated step by step learning module presented by the Resource person. Students also raised various queries that were addressed satisfactorily by the resource person. All the students enjoyed the workshop as a breather to their study routine that added a new line of vocation to the cap of their skills.







## Nature's Bounty (Sustainable Urban Farming)



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# अर्जा

**A SKILL DEVELOPMENT INITIATIVE**



## OORJA

**2020-21**