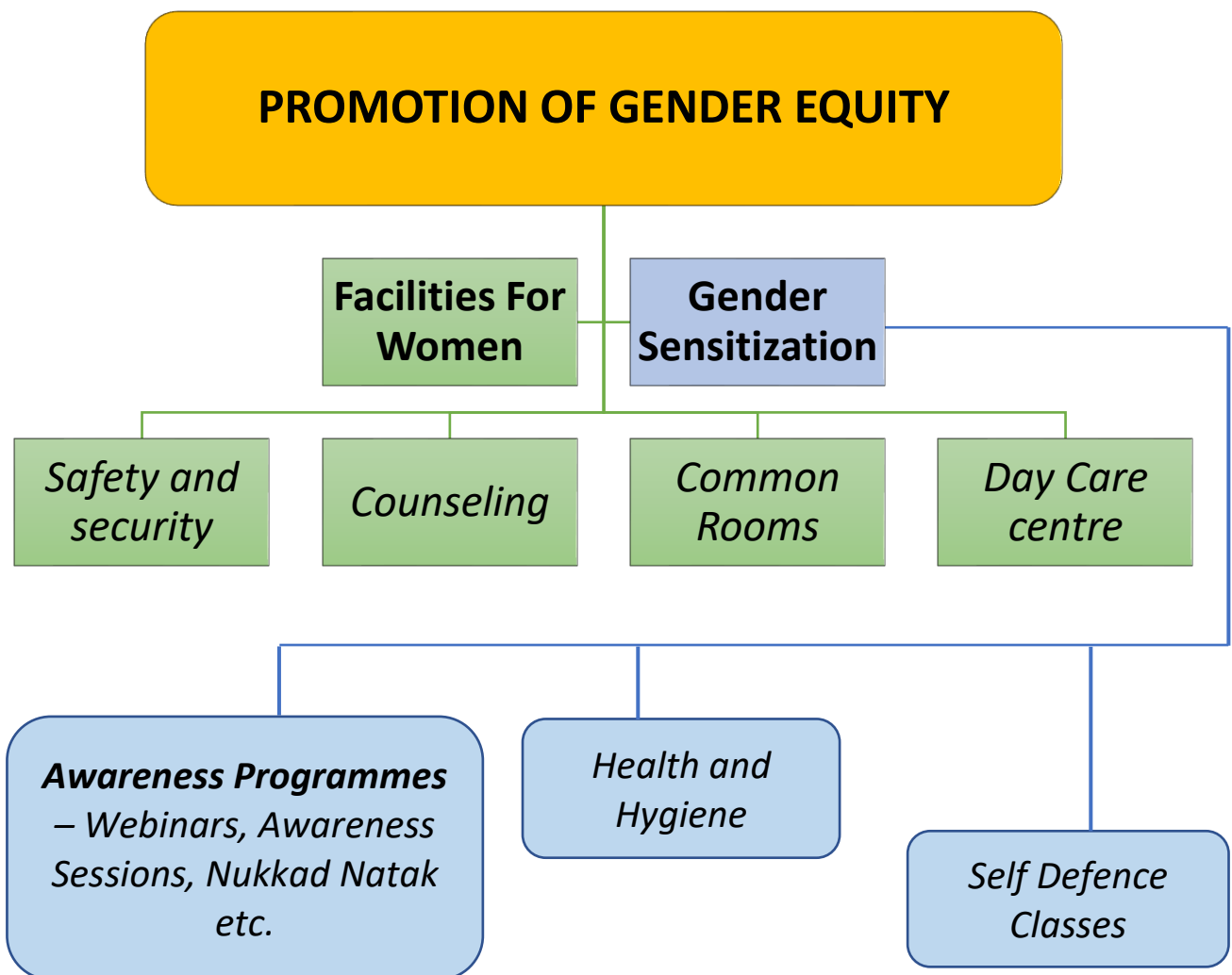


Supporting Document

Criterion 7 – Institutional Values and Best Practices

Key Indicator - 7.1 Institutional Values and Social Responsibilities

7.1.1. Measures initiated by the Institution for the promotion of gender equity during the year.



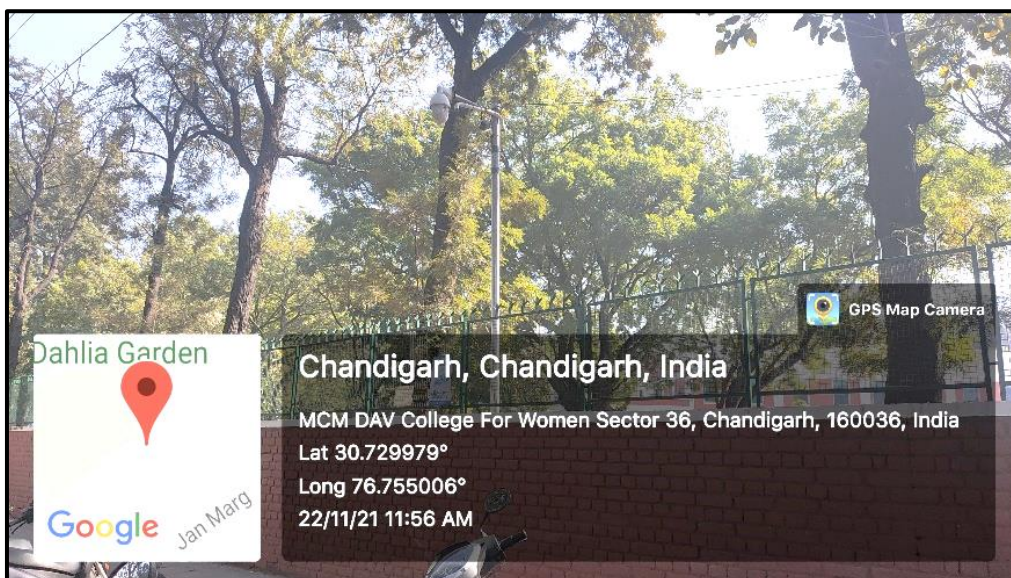
Initiatives to promote Gender Equity

7.1.1. Measures initiated by the Institution for the promotion of gender equity

Specific facilities provided for women in terms of:

a. Safety and security:

- ✓ Being a Women's College, and in order to provide a safe space for its students to learn and grow, safety and security norms are strictly followed by Mehr Chand Mahajan DAV College for Women in all respects. In order to protect the campus from anti-social elements, college has demarcated its boundary with barbed wires and wall spikes. In addition, boundary walls of the campus are quite high so as to prevent the intruders from entering the premises. ID cards are issued to the students and staff to prevent the entry of outsiders into the campus



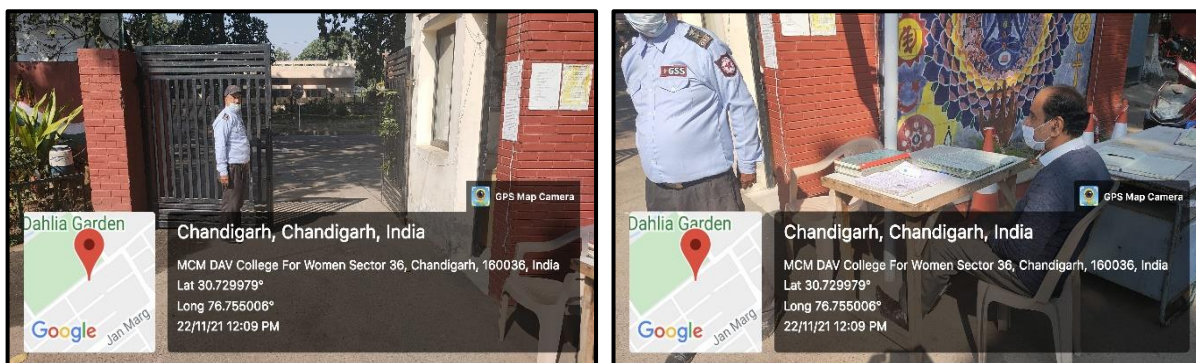
Wall Spikes on High Boundary Walls



Barbed Wires on High Boundary Walls

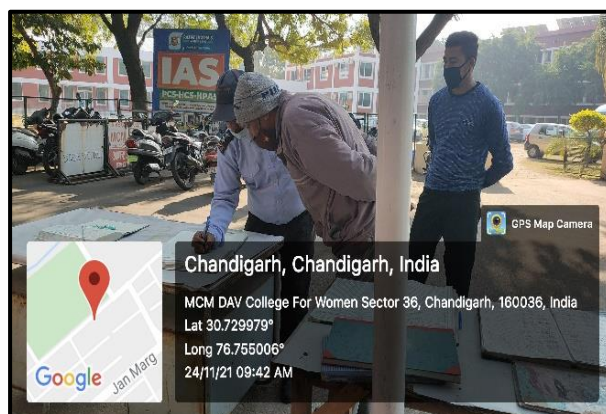
7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ College has a stringent round the clock security of high standards at the college gate. Well trained security guards from “Saarathi” organization have been stationed on a 08 hours roster who regularly check the IDs of everyone entering the campus. They have maintained separate incoming and outgoing registers for visitors and hostellers where information pertaining to their purpose of visit, time of arrival and departure and other necessary details are being noted.

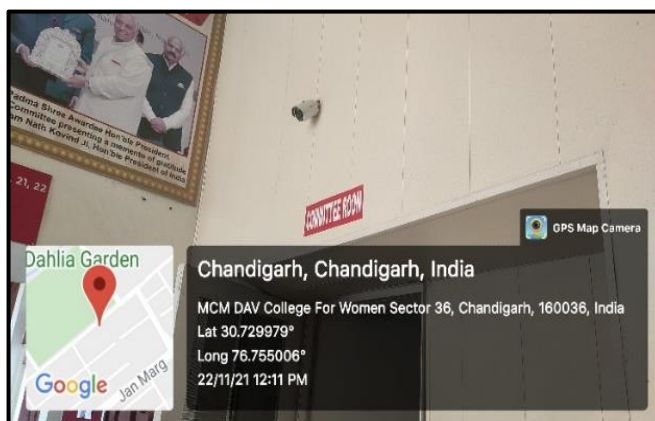


Well trained Security Guards, stationed at College

Maintenance of incoming and outgoing data for visitors and hostellers.

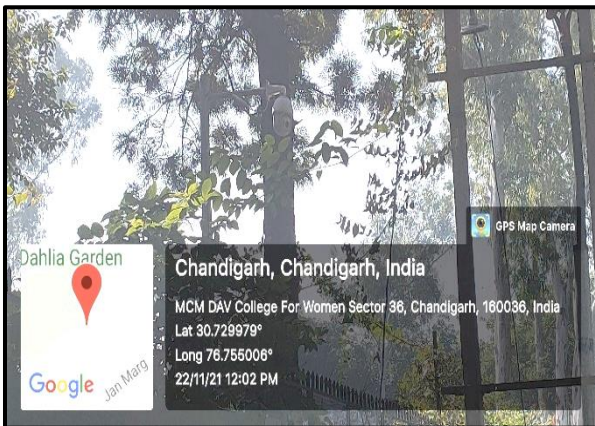
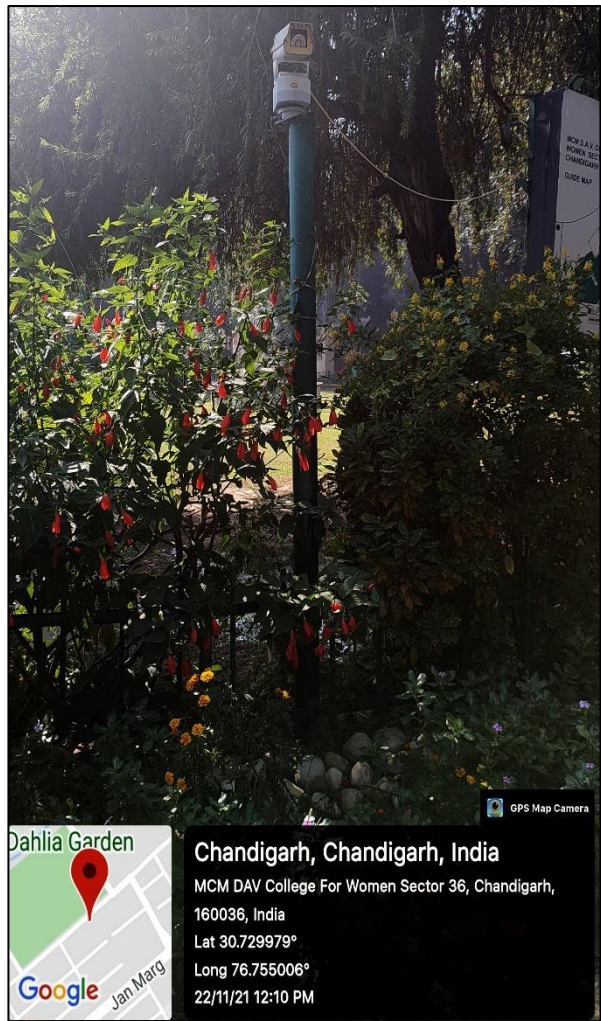


- ✓ To ensure security of students as well as for staff, college has been under 24X7 continuous CCTV Surveillance system. Several CCTV cameras have been installed at strategic positions including 2 on the outskirts of the college boundary, library,

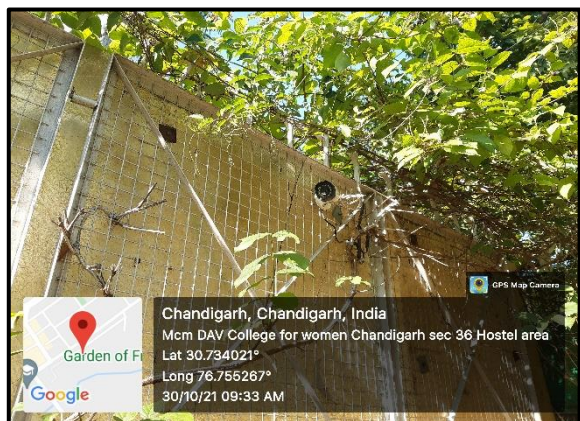


celebration ground each floor of Science, Arts, PG Block, Administrative Block, Hostel Gate as well as in Hostel premises. High resolution cameras with 360° rotation and night vision are installed on boundary walls for constant monitoring and security.

7.1.1. Measures initiated by the Institution for the promotion of gender equity



CCTVs installed in Hostel and College premises



CCTVs installed

7.1.1. Measures initiated by the Institution for the promotion of gender equity



DVR Units and Screen Monitor for CCTV surveillance in Principal office



7.1.1. Measures initiated by the Institution for the promotion of gender equity

| Details of CCTV Camera/ Accessories Purchased during July 2021 to June 2022 | | | | |
|---|-------------|------------------|-------------|------------------------------|
| Date | Invoice no. | Vendor | Bill Amount | Items |
| 10-02-2022 | 141 | R-Tech Computers | 18,130-00 | DVR-1, HDD-1, Rack-1, SMPC-1 |
| 19-02-2022 | 87 | Sai Enterprises | 3500-00 | CCTV Camera-02 Pc |

TAX INVOICE - BILL / CASH CGST - UTGST IGST

SUBHASH & CO.
S.C.O. 3018, SECTOR 22-D, CHANDIGARH - 160 022
Tel : 0172-2703908, 5079805. Email : subhash.company22@gmail.com

Invoice No. : 5901
Date : 14/02/2022
GSTIN : 04ABUP63671Q1ZZ
State (Code) : Chandigarh (04)
Transportation :

Authorised Dealers : Havells, Anchor, Schneider, Crompton, SSK, Goldmedal, Crabtree, Diplast, Plara Cables, Polycab Wires

Details of Receiver (Buyer)
Name : MEHR CHAND MAHAJAN DAY COLLEGE FOR
Address : GIRLS - SECTOR - 36 - CHANDIGARH - P.Y
State : CHANDIGARH State Code 04 GSTIN : -

Details of Consignee : Shipped to
Name : MCM DAY College for Girls
Address : SECTOR - 36 - CHANDIGARH
State : CHD State Code 04 GSTIN : -

| Goods Description | HSN Code | Qty. | Rate | Taxable Value | CGST Rate | CGST Amount | UTGST Rate | UTGST Amount |
|---|----------|------|------|---------------|-----------|-------------|------------|--------------|
| Women's 2.6 Floor Light - 100W IP65 - Metal Body - Black - 20,000 | 9405 | 6 | 2685 | 16110 | 12% | 1933.2 | 4% | 644.4 |
| Grouping 2.6 Floor Light - 100W IP65 - Metal Body - Black - 2000 Lumens | 9405 | 2 | 1095 | 1095 | 12% | 131.4 | 4% | 43.8 |
| PL - 2.6 Floor Light - 100W IP65 - Metal Body - Black - 2000 Lumens | 9405 | 2 | 125 | 125 | 12% | 15 | 4% | 5 |

PAID stamp: 22-02-2022

Bill Entered at S. No. 104
On Page No. 080 of Bill Entry Register (Purchase)

Amount in Words: ₹ 19,500/-

Bank Details: Indian Overseas Bank, Sector 22-D, Chandigarh
Account No. : 20830200002681
IFSC Code : IOBA0002083

Total Amount before Tax: 17,350
Add: CGST: 1,044
Add: UTGST: 1,044
Freight Charge: 82
Total Amount after Tax: 19,500

Bills of CCTV Camera's and accessories purchased during session 2021-22:

Retail Invoice Lovdeep Singh 8146968446

SAI JI ENTERPRISES
Shop No. 127, Butera, Sector 41-D, Chandigarh
Deals in : All type of Washing Machine, Window & Split AC, VRV, Ductable Service Repair & Installation etc.

No. 087 Dated: 19/02/22

Name: MCM DAY College for Women
Sector - 36 (Chandigarh)

| S. No. | PARTICULARS | QTY. | RATE | AMOUNT |
|--------------|----------------------------------|------|------|-------------|
| 1 | PVC Pipe | 10 | 100 | 1000 |
| 2 | Belam Pipe + Girth etc | 5 | 100 | 500 |
| 3 | wire Laying | | | |
| | CCTV Camera + Girth Installation | 2 | 1000 | 2000 |
| TOTAL | | | | 3500 |

PAID stamp: 19/02/22

Customer's Signature: [Signature]

Authorised Signatory: [Signature]

Address: MCM D.A.V. College for Women, Sector-36, Chandigarh

Terms & Conditions:
1. Our responsibility ceases after the goods are removed from our premises.
2. Goods once sold will not be returned or exchanged.
3. All Disputes are subject to Chandigarh Jurisdiction.

7.1.1. Measures initiated by the Institution for the promotion of gender equity

Original for Recipient Credit

RTECH COMPUTERS
S.C.O. 2900-2901, 1ST FLOOR, CABIN NO. 4, SECTOR-22 C,
Chandigarh
TAX INVOICE
E TO C

Page 1 of 1
Phone :9464329844,
8264659364, 0172-5012422,
4422,

GSTIN No. 04AFXPR8425G1ZW Email: rtechcomputers4@gmail.com

Invoice No.: **014103** State Code:04 Dated **10/02/2022**

| Details of Recipient (Billed To) | | | | | Details of Consignee (Delivery at) (if other than Billed To) | | | | | | | | | |
|---|---------------|----------|-----------|-----|--|-------|-----------------|----------|----------------|---------|----------------|--------|----------|-----------------|
| MCM DAV COLLEGE FOR WOMEN SECTOR 36-A, Chandigarh-150036 GSTIN: _____ State Code: _____ | | | | | GSTIN: _____ State Code: _____ | | | | | | | | | |
| HSN/ SAC | Description | Quantity | Free Qty. | MRP | Rate | Dis % | Taxable Value | UT GST % | UT GST Amt. | C GST % | CGST Amt | IGST % | IGST Amt | Amount |
| 852190 | DVR 16 CH | 1.00 | | | 8500.00 | | 7203.39 | 9.00 | 648.31 | 9.00 | 648.30 | | | 8500.00 |
| 8473 | HDD 2 TB AV | 1.00 | | | 4900.00 | | 4152.54 | 9.00 | 373.73 | 9.00 | 373.73 | | | 4900.00 |
| 850430 | SMPs CCTV | 1.00 | | | 1000.00 | | 847.46 | 9.00 | 76.27 | 9.00 | 76.27 | | | 1000.00 |
| 8473 | RACK | 1.00 | | | 1600.00 | | 1355.93 | 9.00 | 122.03 | 9.00 | 122.04 | | | 1600.00 |
| 854449 | HDMI CABLE | 1.00 | | | 750.00 | | 635.59 | 9.00 | 57.20 | 9.00 | 57.21 | | | 750.00 |
| 852990 | BNC CONNECTOR | 6.00 | | | 70.00 | | 355.93 | 9.00 | 32.03 | 9.00 | 32.04 | | | 420.00 |
| 554460 | CAT 6 100 M | 1.00 | | | 960.00 | | 813.56 | 9.00 | 73.22 | 9.00 | 73.22 | | | 960.00 |
| <i>Golden Jubilee Block (Auditorium)</i> | | | | | | | | | | | | | | |
| <p><i>Shalini</i> <i>Indu</i> <i>Harsh</i> <i>Shubh</i></p> <p>"Certified that we members of repair and Construction Committee are jointly and individually satisfied with repair and construction work and it has been completed as per requisite quality and specifications and at a reasonable price."</p> <p style="text-align: right;"><i>Director</i></p> | | | | | | | | | | | | | | |
| Totals : | | | | | 12.00 | | 15364.40 | | 1382.79 | | 1382.81 | | | 18130.00 |
| GST 18% On Rs. 15364.40 | | | | | 2765.60 | | Total | | | | | | 18130.00 | |
| | | | | | | | Total Value: | | | | | | 18130.00 | |
| | | | | | | | UT GST | | | | 1382.79 | | | |
| | | | | | | | CGST | | | | 1382.81 | | | |
| | | | | | | | Grand Total | | | | | | 18130.00 | |
| | | | | | | | Net Amount | | | | | | 18130.00 | |

Bill Entered at S. No. 114
On Page No. 081 of Bill Entry Register (Purchase)
Supdt. *[Signature]* Acc. Clerk *[Signature]*

Rupees: **Eighteen Thousand One Hundred Thirty Only**

Bank Details: SOUTH INDIAN BANK, A/C NO. 0404073000000179, IFSC-SIBL0000404

1. Goods once sold will not be taken back.
2. Interest @ 24% p.a. on payments not received within 30 days.
3. We do not own any responsibility after goods leave our premises.
4. Subject to CHANDIGARH Jurisdiction. E. & O. E.

GST Payable on Reverse Charge: [No]

For RTECH COMPUTERS
BURSAR
MCM D.A.V. College for Women
Sector-36-A, Chandigarh
[Signature]
Authorised Signatory

Checked & Passed for Rs. 18130/-
[Signature]

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ Complaint boxes have been installed in hostel as well as in the campus to collect suggestions or complaints from the students.
- ✓ The college has constituted **Internal Complaints Committee (ICC)** against Sexual harassment with its composition as per the guidelines of MHRD, Government of India. **For its objectives and constitution, visit:**

- <https://mcmdavcwchd.edu.in/grievance-cell/#1561531392176-99af43c2-d3aa>



- ✓ Besides, **Anti-Ragging Cell, Student Grievance Redressal Cell, Discipline Cell** and **Student Council** have been duly constituted for the interest of students which have been working competently throughout the year (i) to prevent the incidents of ragging in the college and (ii) to address the grievances of students which they encounter in their day-to-day college life.

b. Counseling:

In order to ensure holistic development of students, Mehr Chand Mahajan DAV College for Women, Chandigarh has taken numerous initiatives and has duly constituted committees including **Geetanjali Counselling Helpline, Women Development Cell, Campus Mentorship Committee, Personality Development Cell, Career Counselling Cell** that are addressing the psychological, emotional concerns and monitoring academic grades of each student.

- ✓ **The Geetanjali Counselling Helpline** of the college provides **in-house counselling** support to the college students as well to staff members and ensure that they have access to mental healthcare services. The committee strives to fight the mental health stigmatization in the society by organizing several awareness or sensitization programmes on various psychosocial issues, personality development, empower our students to face life challenges, promoting their emotional well-being, stress management, teach effective coping strategies, encourage help seeking behavior and address personal psychosocial concerns of the stakeholders.
- ✓ **Campus Mentorship Committee** has been functional since 2017 that aims at

7.1.1. Measures initiated by the Institution for the promotion of gender equity

close monitoring of the academic grades as well as emotional growth/healing of each student.

c. Common Rooms:

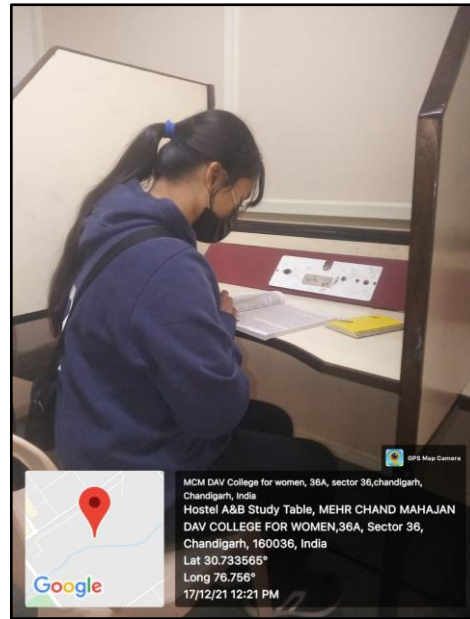
- ✓ The college has separate common rooms, computer labs, library, both for staff (in form of Staff room) as well as for students with all necessary facilities in hostel as well as in college campus. Besides, most of the Departments have been allocated with common rooms which facilitate meetings and discussions.



Common Room – Staff Room for Staff members



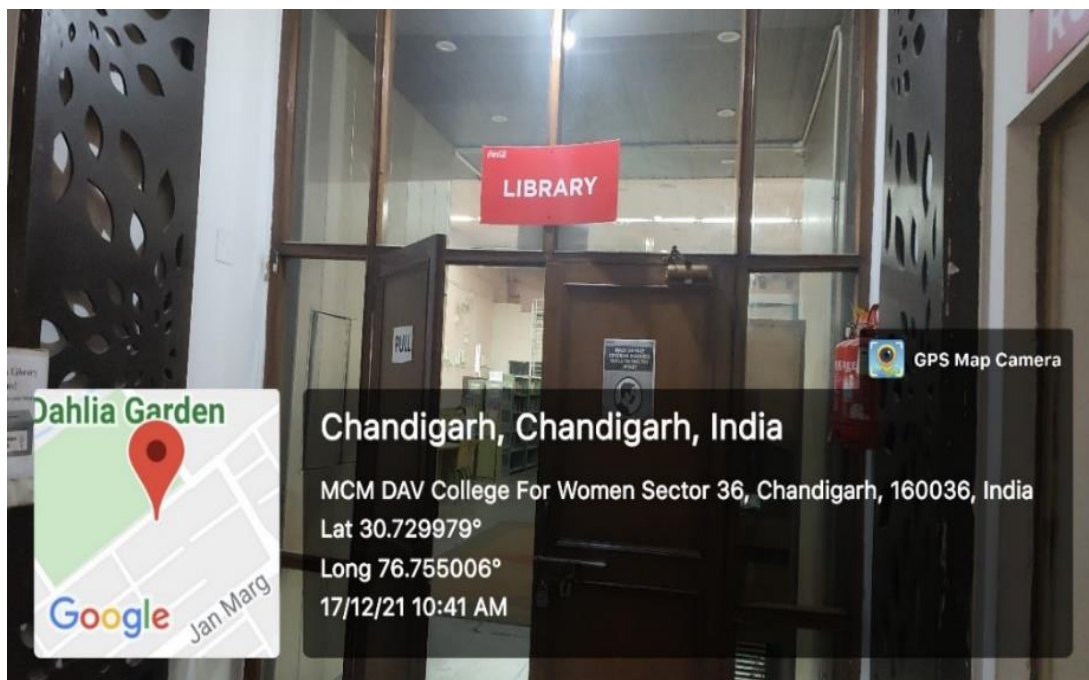
7.1.1. Measures initiated by the Institution for the promotion of gender equity



Hostel Library

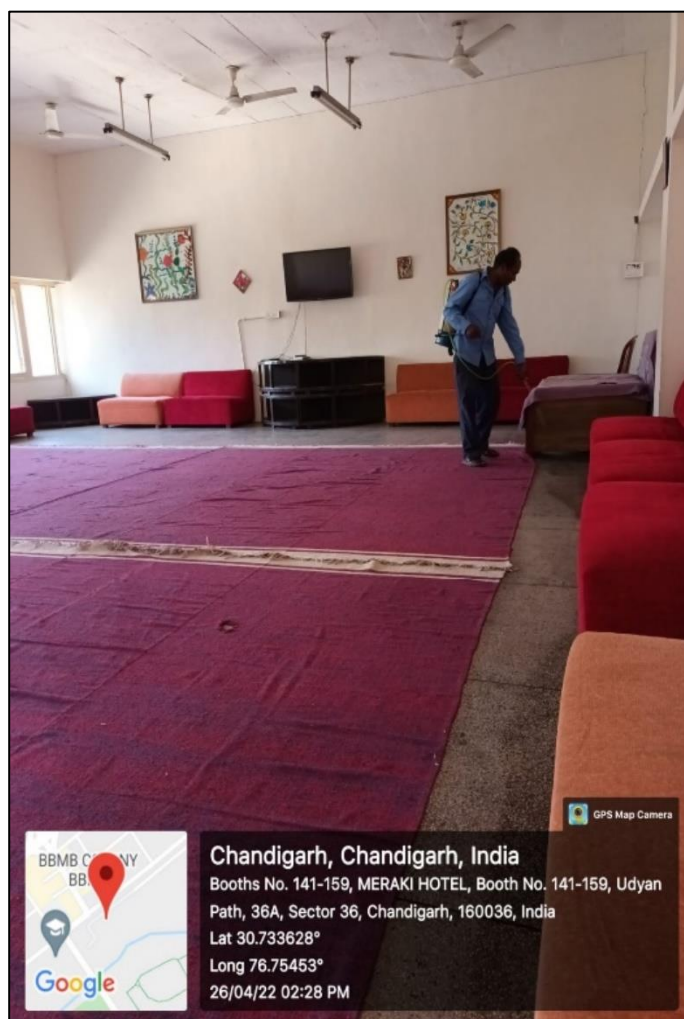


7.1.1. Measures initiated by the Institution for the promotion of gender equity



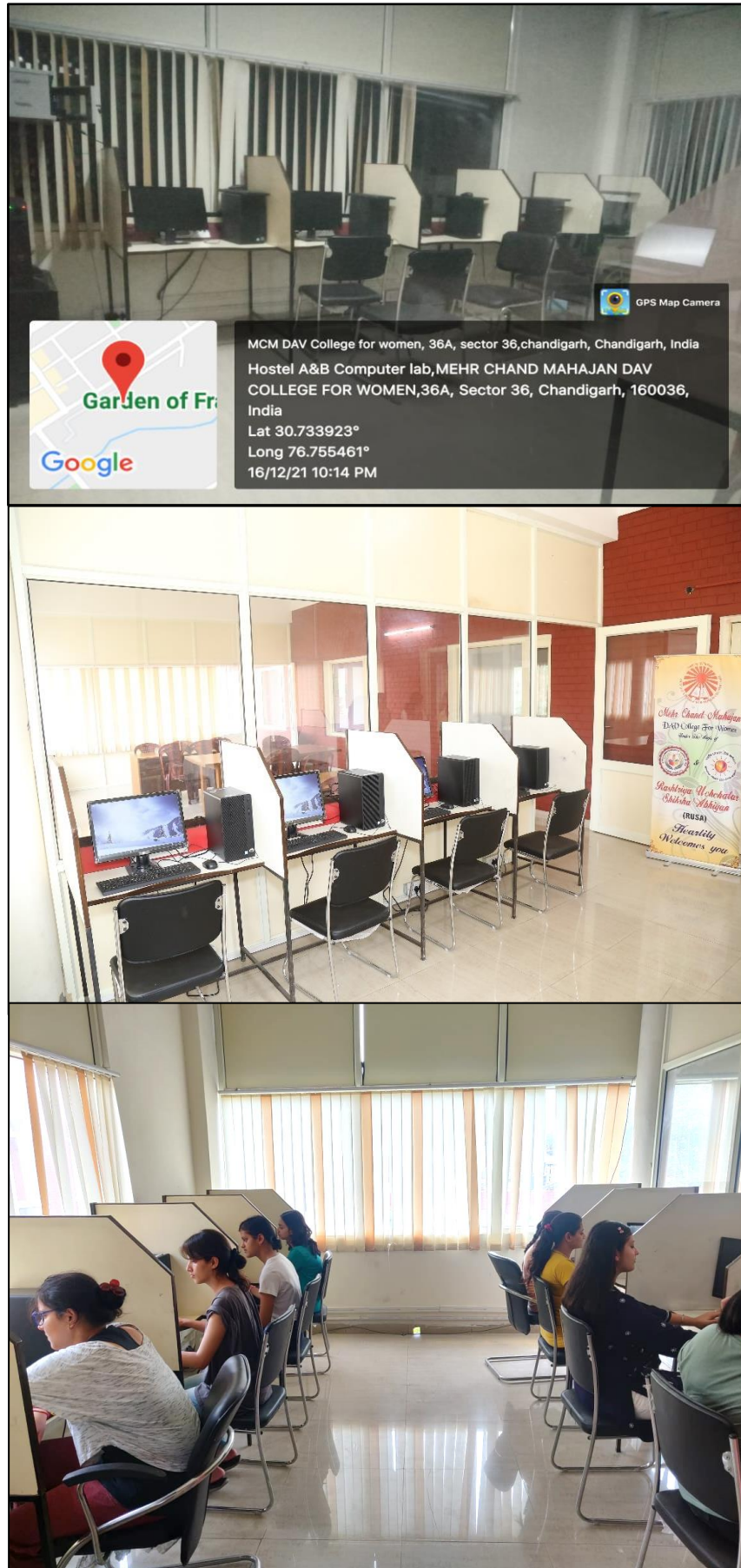
College Library

7.1.1. Measures initiated by the Institution for the promotion of gender equity



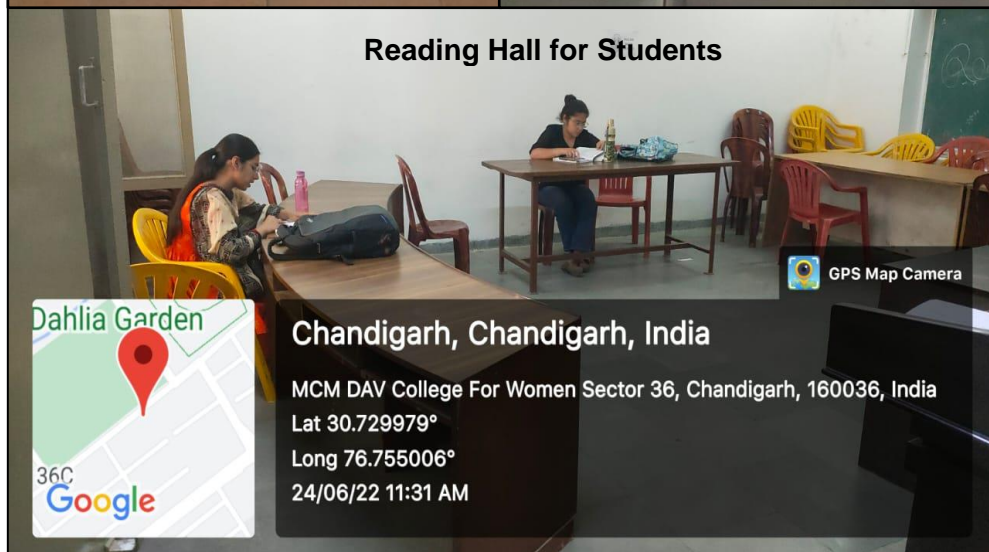
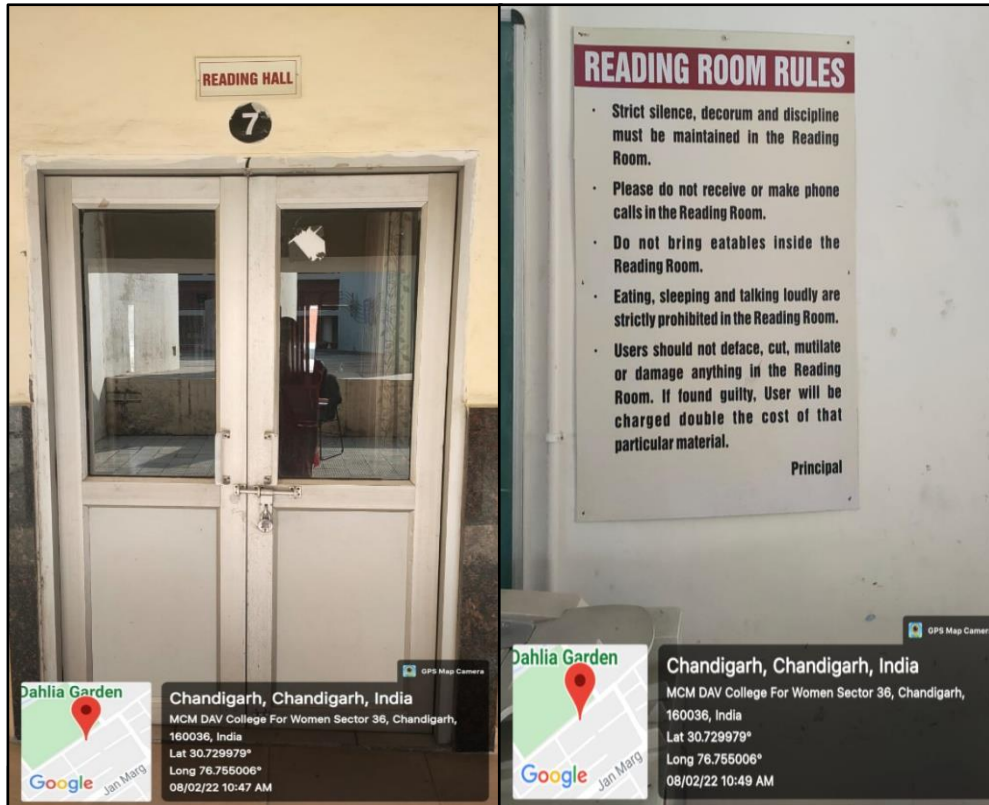
Hostel Common Room

7.1.1. Measures initiated by the Institution for the promotion of gender equity



Digital Room in Hostel

7.1.1. Measures initiated by the Institution for the promotion of gender equity



7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ Special areas such as **Celebration Ground with benches/stools installed, Open theatre, grounds, Gym arena, Amphitheatre, Green Lawns, Sports Ground** have been assigned for recreational cum cultural activities.



Amphitheatre



Celebration Ground for recreational cum cultural activities



Siting area in celebration Ground

7.1.1. Measures initiated by the Institution for the promotion of gender equity



Siting area outside canteen

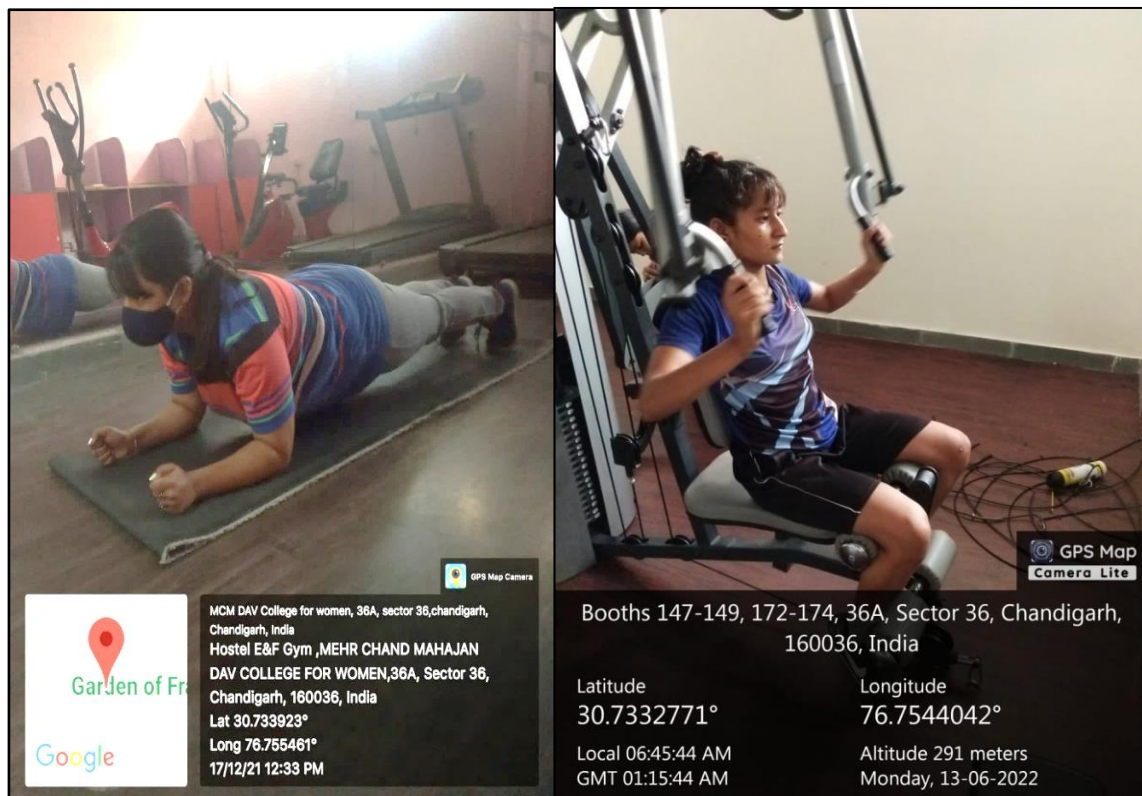


Canteen in Hostel



Open Benches

7.1.1. Measures initiated by the Institution for the promotion of gender equity

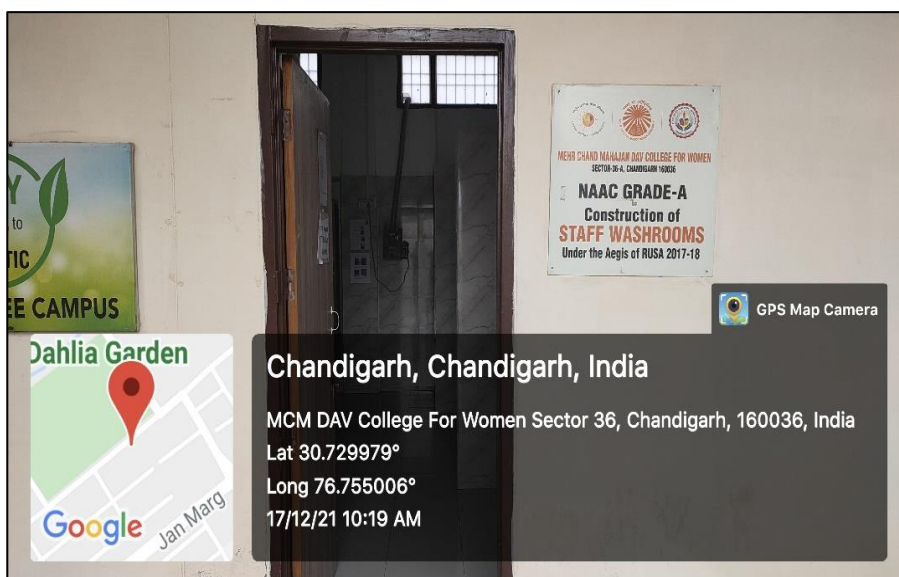


Gym Arenas in Campus



7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ Separate washrooms have been allocated for staff as well as for students where sanitary pad vending machine and Incinerators have been installed.



Separate Washrooms for Staff and Students

7.1.1. Measures initiated by the Institution for the promotion of gender equity



✓ To ensure good health, provision of medical room has been provided for both staff and students.



Medical Room

d. Day Care Centre:

For the welfare of the teaching and non-teaching staff, the institution opened a child care centre (creche) - **Madhuban**. It was inaugurated by Sh. Shiv Raman Gaur, Hon'ble Director Higher Education in 2019.



Designed by the team of our own students of the Department of Fine Arts, it caters to young children from the age group of 6 months to 10 years. In the year 2021, another room was added to the facility. It now boasts of well-educated and responsible supervision staff, two rooms with adequate facilities, kitchen, latest electrical equipment, cameras for child monitoring, a garden and open play space.



7.1.1. Measures initiated by the Institution for the promotion of gender equity



Madhuban – A Day Care Centre

**List of activities/initiatives taken by Mehr Chand Mahajan DAV
College for Women, Chandigarh in Session 2021-22 (1 July 2021 –
30 June 2022) are as follows:**

| Sr. No | Name of the Committee | Title of the Practice | Duration from | Duration to | Number of Participants | Objectives |
|--------|-----------------------|---|---------------|-------------|--|---|
| 1. | Department Of Botany | PowerPoint Presentations on Nutritional Plants to Celebrate Poshan Maah Under the Rashtriya Poshan Abhiyaan | 01.09.2021 | 07.09.2021 | 79 | To sensitize the students about the nutritional components of plants and their benefits to mankind. |
| 2. | NSS UNITS | Awareness session on Importance of healthy diet and lifestyle under POSHAN Abhiyaan | 23.09.2021 | | 10 NSS Volunteers + 45 school children | To disseminate knowledge about the relevance of nutrients required to meet the demands of physical and cognitive growth and development of children |
| 3. | NSS Units | NSS Day celebration - Awareness Drive in Village Badheri as Part of POSHAN Abhiyaan-2021 | 24.09.2021 | | 21 NSS Volunteers + 50 residents | • To disseminate knowledge about the relevance of medicinal cum nutritional plants |

7.1.1. Measures initiated by the Institution for the promotion of gender equity

| Sr. No | Name of the Committee | Title of the Practice | Duration from | Duration to | Number of Participants | Objectives |
|--------|---|---|---------------|-------------|------------------------|---|
| 4. | Sustainable Practice Committee and Skill Development Committee | Hands-on training-cum-workshop on yoga and meditation titled 'Food for Mind, Body and Soul' | 25.09.2021 | | 90 | To sensitize students about need of yoga for mental, physical and spiritual wellbeing. |
| 5. | Mentorship committee | Nutritional needs of adolescents | 01.10.2021 | | 108 | To apprise the students with nutrition and its importance |
| 6. | Postgraduate Department of Sociology | An online international discourse on 'Sociology of Health with special reference to work-life balance challenges for women in the era of digitalisation' by Prof. Allen Furr, Professor Emeritus in Sociology, Auburn University, USA | 05.10.2021 | | 595 | To throw light on the impact of digitalisation on personal as well as professional life and to discuss the various issues pertaining to the work-life balance for women in the era of digitalisation. |
| 7. | Chandigarh Police in collaboration with Swachhta Committee of Arts, MCM DAV College for Women, Chandigarh | Cyber Swachhta Mission, a National level training in cyber hygiene | 14.11.2021 | 15.11.2021 | 89 | To promote cyber Swachhta (hygiene) among students. |

7.1.1. Measures initiated by the Institution for the promotion of gender equity

| Sr. No | Name of the Committee | Title of the Practice | Duration from | Duration to | Number of Participants | Objectives |
|--------|--|--|---------------|-------------|------------------------|---|
| 8. | NCC Army Wing | Webinar: Role of Women in Defence Services | 28.11.2021 | | 50 | To apprise the cadets with the role of women in defence services. |
| 9. | NSS Units in Collaboration with Health Committee | An Awareness Programme on Eat Right During COVID: A Comprehensive approach | 13.01.2022 | | 78 | To sensitize volunteers and mobilize sustained community participation for health and nutrition issues across the country; To conduct Swastha Balak-Balika Spardha as part of celebration of Azadi ka Amrit Mahotsav |
| 10. | NSS Units | An awareness session and poster making competition on Beti Bachao, Beti Padhao Scheme as part of Weeklong Celebration of National Girl Child Day | 20.01.2022 | | 71 | To apprise the volunteers of Beti Bachao, Beti Padhao Scheme |

7.1.1. Measures initiated by the Institution for the promotion of gender equity

| Sr. No | Name of the Committee | Title of the Practice | Duration from | Duration to | Number of Participants | Objectives |
|--------|-----------------------|--|---------------|-------------|------------------------|---|
| 11. | NSS Units | Webinar on Gender Stereotypes and Women Empowerment and poem recitation on Beti Bachao, Beti Padhao Scheme as part of Weeklong Celebration of National Girl Child Day | 22.01.2022 | | 86 | To spread awareness among the volunteers related to the gender discrimination |
| 12. | NSS Units | Webinar on Survival and Protection of the Girl Child under Beti Bachao, Beti Padhao Scheme and Administration of Girl Child Protection Oath as part of Weeklong Celebration of National Girl Child Day | 24.01.2022 | | 52 | To create a safe environment for all women and support women's resistance to violence |
| 13. | NSS Units | Webinar on Education for Girls: The Road to Empowerment under Beti | 25.01.2022 | | 66 | To create awareness among the volunteers about the role of education of a girl in |

7.1.1. Measures initiated by the Institution for the promotion of gender equity

| Sr. No | Name of the Committee | Title of the Practice | Duration from | Duration to | Number of Participants | Objectives |
|--------|---|---|---------------|-------------|------------------------------------|---|
| | | Bachao, Beti Padhao Scheme as part of Weeklong Celebration of National Girl Child Day | | | | societal development |
| 14. | Department of Computer Science & Applications under the aegis of MCM Vigyan Manch | National Webinar on 'Combating Cybercrime During Covid-19' by Sh. Arun Soni, Director TCCS Author, Cyber Security Trainer, Certified Ethical Hacker, Limca Book of Records Holder sponsored by Department of Science & Technology & Renewable Energy. | 25.02.2022 | | 114 students and 8 faculty members | To enlighten the students about several ways of combatting cybercrime |
| 15. | Women Development Cell | Pad Collection Drive: "Donate a Pad" and Pad Distribution | 03.03.2022 | 04.03.2022 | 15 | To increase awareness among females on Menstrual Hygiene |
| 16. | Women Development Cell | Webinar on "Over the Counter Drug | 04.03.2022 | | 50 | To generate awareness regarding |

7.1.1. Measures initiated by the Institution for the promotion of gender equity

| Sr. No | Name of the Committee | Title of the Practice | Duration from | Duration to | Number of Participants | Objectives |
|--------|---|--|---------------|-------------|------------------------|---|
| | | Consumption In India with Special Reference to Women” | | | | the safe use of medicine and harmful consequences of self-medication with special reference to women |
| 17. | Swachhta Committee of Department of Computer Science & Applications | Cyber Swachhta Collage Making Activity | 05.03.2022 | | 45 | To make them equipped with the knowledge about Cyber Swachhta |
| 18. | Association of MCM DAV Alumni (AMDA) | Annual Alumni Lecture (blended mode) - "Women, Community and Leadership " by Ms Nayana Bhandari, an award-winning community worker and film maker based in Australia | 05.03.2022 | | 270 | To learn about possible career avenues for women in the field of community welfare and media activism |
| 19. | NCC Army Wing | Webinar on International Women's Day | 07.03.2022 | | 50 | To celebrate the International Women's Day |
| 20. | Department of Physics under the aegis of Women | Online National Webinar on "Nanotechnology: | 07.03.2022 | | 82 | To recognize the social, economic, cultural |

7.1.1. Measures initiated by the Institution for the promotion of gender equity

| Sr. No | Name of the Committee | Title of the Practice | Duration from | Duration to | Number of Participants | Objectives |
|--------|--|--|---------------|-------------|------------------------|--|
| | Development Cell | Innovation and Role of Women" | | | | and political achievements of women also marks a call to action for accelerating gender parity |
| 21. | Women Development Cell in collaboration with Department of Fine Arts | Caricature Making Competition' on 'Women of Pride' | 07.03.2022 | | 28 | To celebrate the International Women's Day |
| 22. | Samavesh Committee | UPGRADE - Let's be prepared for the World to be | 07.03.2022 | 10.04.2022 | 48 | To supplement the preparation of the students for various competitive exams |
| 23. | Department of Music | An intra college music competition on WOMEN EMPOWERMENT - Meri Awaaz Meri Pehchan | 07.03.2022 | 08.03.2022 | 20 | To celebrate International Women's Day |
| 24. | NCC Army Wing | Celebration of International Women's Day - Poster making and Slogan writing competitions | 08.03.2022 | | 15 | To awareness among masses regarding International Women's Day |

7.1.1. Measures initiated by the Institution for the promotion of gender equity

| Sr. No | Name of the Committee | Title of the Practice | Duration from | Duration to | Number of Participants | Objectives |
|--------|--|---|---------------|-------------|--|---|
| 25. | NSS Units in collaboration with Medical Committee | International Women's Day celebration – An Oral Hygiene Camp in adopted Village Badheri, Chandigarh | 08.03.2022 | | 40 volunteers + 50 beneficiaries | To contribute to the betterment of women by making them aware about certain health issues |
| 26. | Mehr Chand Mahajan DAV College for Women, Chandigarh | 'Nari Shakti Samman'- an event to honor the indefatigable spirit of women | 08.03.2022 | | more than 50 including 29 students | To pay a befitting tribute to the spirit of womanhood |
| 27. | Department of Home Science | Workshop cum Demonstration "Exquisite Delicacies: Beyond the Plate by Chef Shelly Singla, Winner of MasterChef Punjabi and Super Chef India | 08.03.2022 | | 35 students along with 6 faculty members | To mark the spirit of Womanhood and celebrate International Women's Day |
| 28. | NSS Units in collaboration with Medical Committee | International Women's Day Celebration – Webinar on Cancer: An overview | 08.03.2022 | | 70 | To sensitize volunteers and raise awareness regarding cancer especially among women |
| 29. | PG Department of Sociology | International webinar on the theme: Sociology of Food: | 10.03.2022 | | 50 participants and 11 faculty members | To understand the connection between food and |

7.1.1. Measures initiated by the Institution for the promotion of gender equity

| Sr. No | Name of the Committee | Title of the Practice | Duration from | Duration to | Number of Participants | Objectives |
|--------|---|---|---------------|-------------|------------------------|--|
| | | Some Reflections by Prof. Madhu Nagla former professor, & Head, Department of Sociology, Rohtak | | | | social identity/caste/class /gender etc. |
| 30. | Sustainable Practices Committee | Sustainable Urban Farming | 10.03.2022 | till date | 24-30 | To teach girls how to grow vegetables and herbs in chemical free manner to fulfil their basic nutritional needs. |
| 31. | NCC Army Wing | Article Writing - Women Empowerment (Women safety, education, health) | 18.03.2022 | | 15 | To create awareness among masses regarding women safety, education and good health |
| 32. | Foreign Students Cell and Equal Opportunity Cell under the aegis of IQAC cell | National Online Workshop On "Diversity Sensitization: Issues and Challenges" | 22.03.2022 | | 145 | To highlight the various issues and challenges in diversity sensitization |
| 33. | NSS Units | Workshop on Menstrual Hygiene and reusable | 24.03.2022 | | 100 | To sensitize volunteers about menstrual hygiene |

7.1.1. Measures initiated by the Institution for the promotion of gender equity

| Sr. No | Name of the Committee | Title of the Practice | Duration from | Duration to | Number of Participants | Objectives |
|--------|--|--|---------------|-------------|------------------------|---|
| | | Pad making | | | | |
| 34. | NSS Units in collaboration with Equal Opportunity cell and Foreign Students Cell | Lecture on Gender Sensitization | 25.03.2022 | | 100 | To spread awareness among the volunteers related to the gender discrimination |
| 35. | NSS Units | An interactive session on Healthy Food under POSHAN Abhiyaan | 26.03.2022 | | 100 | To emphasize and encourage the volunteers to eat a balanced and nutritious diet |
| 36. | NSS Units | No-Flame Cooking Competition under POSHAN Abhiyaan | 26.03.2022 | | 100 | To create awareness about the nutritional value of food cooked without fire |
| 37. | Cyber Swachhta Mission under the aegis of Chandigarh Police | Cyber Swachhta Mission - Release of Report and Felicitation of Cyber Soldier by Hon'ble Home Minister Mr Amit Shah | 27.03.2022 | | 78 | To appreciate the efforts of Cyber Warriors and promote cyber safety and cyber awareness among the community through youth working for the betterment of society. |

7.1.1. Measures initiated by the Institution for the promotion of gender equity

| Sr. No | Name of the Committee | Title of the Practice | Duration from | Duration to | Number of Participants | Objectives |
|--------|---|--|---------------|-------------|------------------------|--|
| 38. | NSS Units | Yoga Cum Meditation Session | 27.03.2022 | | 100 | To ensure the mental well-being of students, increase mobility and body balance, build harmony between mind and body by practicing Yoga |
| 39. | UBA Cell | Rally on awareness about personal hygiene, Village Badheri | 31.03.2022 | | 17 | To highlight the relevance of maintaining cleanliness as a crucial factor contributing to health and general well-being of the village residents |
| 40. | NSS Units and Medical Committee in collaboration with Fortis Hospital, Mohali | One day Medical Camp - 2022 on the occasion of World Health Day - 2022 | 04.04.2022 | | 50 | To create awareness among the masses for preventive healthcare, being the need of an hour |
| 41. | NSS Units in collaboration with Cyber Interns of Cyber Swachhta Mission | Cyber Jagrukta Diwas | 04.05.2022 | | 33 | To create awareness among youth about Cyber Hygiene. |

7.1.1. Measures initiated by the Institution for the promotion of gender equity

| Sr. No | Name of the Committee | Title of the Practice | Duration from | Duration to | Number of Participants | Objectives |
|--------|---|---|---------------|-------------|------------------------------------|---|
| 42. | PG Department of Psychology and Sociology under the aegis of the Swachhta Committee (Arts) | Online expert lecture "Swachh Mann, Swacch Bharat – Positive youth Development: A Psychosocial Perspective" by Prof. Prahbjot Malhi, Department of Pediatrics, PGIMER, Chandigarh | 05.04.2022 | | 90 students and 10 faculty members | To mark Health Day and highlight the core principles of fostering mental health in youth |
| 43. | Department of Physical Education in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE) under the aegis of Swachhta Action Plan 2022-23 and Fit India Movement | 45-day fitness programme titled Fun with fitness 2022: Cleansing Body, Mind and Soul | 05.05.2022 | 20.06.2022 | | To promote holistic physical and emotional well-being of the students |
| 44. | Character Building Committee | Resilience' - a poetry recitation event | 07.04.2022 | | 70 | To create awareness among students about various dimensions of health on World Health Day |

7.1.1. Measures initiated by the Institution for the promotion of gender equity

| Sr. No | Name of the Committee | Title of the Practice | Duration from | Duration to | Number of Participants | Objectives |
|--------|--|---|---------------|-------------|-------------------------------------|---|
| 45. | Geetanjali Counselling Helpline | A mental health initiative 'Swachh Mann Abhiyan' - a Poster Making Competition on the theme 'Be Kind to your Mind' and 'Swachh Mann ki Aur Pehla Kadam' on the occasion of World Health Day | 08.04.2022 | | 50 | To elucidate the significance of educating, understanding and supporting mental health literacy in response to the COVID pandemic |
| 46. | Mehr Chand Mahajan DAV College for Women, Chandigarh | An expert lecture on Survival and Resilience among Women: A Global Perspective by Prof. Allen Furr, Professor Emeritus of Sociology, Auburn University, USA | 14.05.2022 | | 26 faculty members and 220 students | To rewrite the narrative among the society and reconstruct the gender narrative |
| 47. | NSS Units and Department of Physical Education in collaboration with State NSS Cell Chandigarh (U.T.) and Directorate of Higher Education, UT Chandigarh | Yoga Camp – 100 Days Countdown programme for International Yoga Day | 14.05.2022 | | 576 | To promote emotional as well as psychological wellness of the staff and students |

7.1.1. Measures initiated by the Institution for the promotion of gender equity

| Sr. No | Name of the Committee | Title of the Practice | Duration from | Duration to | Number of Participants | Objectives |
|--------|---|---|---------------|-------------|------------------------|---|
| 48. | Swachhta Committee (Commerce) and the Equal Opportunity Cell | An online interactive session on Female Health and Wellness | 24.05.2022 | | 118 | To spread awareness about the need and importance of health and hygiene for a well-balanced and a healthy life |
| 49. | Women Development Cell of the College in collaboration with Swayam Academy, Women and Child Support Unit of Chandigarh Police | Be Fearless- One Week Self-Defence Training | 30.05.2022 | 04.06.2022 | 145 | To make the participants aware of various types of threats and violence against them and teach them self-defence techniques |
| 50. | Skill Development Committee in collaboration with Nutrition Society of India, Chandigarh Chapter | Be a Health Manager - a 7 Day Workshop Theme: Food as Medicine | 30.05.2022 | 04.06.2022 | 150 | To promote holistic health |
| 51. | Legal Literacy Cell | Awareness session on Sexual Harassment & Law by Dr Upneet Lalli, Head Training and Research, Institute of Correctional Administration | 30.05.2022 | | 94 | To make young women conscious of the tools that the Indian law provides them in order to protect themselves or fight against sexual |

7.1.1. Measures initiated by the Institution for the promotion of gender equity

| Sr. No | Name of the Committee | Title of the Practice | Duration from | Duration to | Number of Participants | Objectives |
|--------|--|---|---------------|-------------|------------------------|---|
| | | | | | | harassment |
| 52. | NSS Units in collaboration with NCC - Army Wing and Naval Wing, Ek Bharat Shrestha Bharat (EBSB) Club and Department of Physical Education of the college and Director of Higher Education (DHE), Chandigarh Administration, | Celebration Of International Day of Yoga - 2022 | 21.06.2022 | | 200 | To promote emotional as well as psychological wellness of the staff and students. |

7.1.1. Measures initiated by the Institution for the promotion of gender equity

During the **Session 2021-22**, Mehr Chand Mahajan DAV College for Women, Chandigarh has endeavored to escalate the level of awareness and appropriate practices amongst the students as well as staff about the subsequent areas:

- ✓ From 1.09.2021 – 07.09.2021, under the aegis of the **Rashtriya Poshan Abhiyaan**, an awareness activity was conducted by the Department of Botany to sensitize the students about the nutritional components of plants and their benefits to mankind. The students prepared and presented the Power Point Presentations related to the dietary benefits of the plants.



- ✓ As part of **POSHAN Abhiyaan**, NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized an **awareness session on Importance of Healthy Diet and lifestyle** in collaboration with Fortis Hospital, Mohali, at Government Model High School, Sector 41-D, Village Badheri, Chandigarh. Around 10 Volunteers along with 45 students attended the session. **Link to the activity include:**

एमसीएम में एनएसएस यूनिट ने बधेरी के सरकारी स्कूल के छात्रों के लिए स्वस्थ आहार पर सत्र का आयोजन किया

मदरलेड संवाददाता

चंडीगढ़। भारत सरकार के पोषण अभियान कार्यक्रम के तहत, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन, चंडीगढ़ की एनएसएस इकाईयों ने फोर्टिस अस्पताल, मोहाली के सहयोग से सरकारी 'मॉडल हाई स्कूल ग्राम बधेरी, चंडीगढ़ में 'स्वस्थ आहार और जीवन शैली के महत्व' पर जागरूकता सत्र का आयोजन किया। सत्र का मुख्य उद्देश्य विशेष रूप से स्कूल जाने वाले छात्रों के बीच पोषक तत्वों की भूमिका, स्वस्थ आहार की आदतों और स्वस्थ जीवन शैली के महत्व के बारे में ज्ञान का प्रसार करना था। डॉक्टरीसिन व हेड, डिपार्टमेंट ऑफ न्यूट्रिशन एंड डायेटिटिक्स, फोर्टिस हॉस्पिटल, मोहाली से सोनिया गोपी, इस कार्यक्रम में मुख्य वक्ता थीं। स्कूल की प्राथमिक/मध्यम श्रेणी संजोनीता ने शिक्षकों और छात्रों के साथ इस सत्र में बड़े उत्साह के साथ भाग लिया। सत्र के दौरान, सोनिया गोपी ने किशोरों से संबंधित कारकों जैसे शारीरिक विकास, भ्रूणविकास आदतों, आत्म-स्वतंत्रता, शारीरिक उपस्थिति आदि पर चर्चा की, जो बच्चों के समग्र स्वास्थ्य को प्रभावित करते हैं। उन्होंने कहा कि आवश्यक पोषक तत्वों के सेवन में अन्याय और असंतुलन के परिणामस्वरूप, किशोरों को मोटापे से संबंधित समस्याओं, एनीमिया, कमजोर हड्डियाँ, घकाने, निजलीकरण, खराब प्रतिक्रिया, सधुमेह और हार्मोनल के साथ-साथ मनोवैज्ञानिक संबंधी समस्याओं का सामना करना पड़ता है। उन्होंने छात्रों को उनके समग्र

स्वास्थ्य और कल्याण में पोषण की भूमिका के बारे में जागरूक करने में माता-पिता और शिक्षकों की भूमिका पर प्रकाश डाला। छात्रों को स्वच्छता की अच्छी आदतों के महत्व और प्रसंगिकता से भी परिचित कराया गया, जिन्हें खाद्य प्रबंधन कार्यों के दौरान अपनाया जाना चाहिए क्योंकि उन्हें खाद्य सुरक्षा सुनिश्चित करने के लिए आधार माना जाता है।

प्राचार्या डॉ. निता भार्गव ने अच्छे पोषण के महत्व के बारे में जागरूकता पैदा करने और बच्चों के शारीरिक व सैनात्मक विकास को मांगों को पूरा करने के लिए आवश्यक पोषक तत्वों की प्रसंगिकता के बारे में ज्ञान का प्रसार करने के उद्देश्य से कॉलेज की एनएसएस इकाईयों के प्रयासों की सराहना की। उन्होंने कहा कि ये प्रयास समग्र पोषण में सुधार की दिशा में एक कदम और समीकृत दृष्टिकोण अपनाते हैं।

<https://www.facebook.com/MCMDAVCW/posts/1206446889821562>

- ✓ Keeping up with the motto of Not Me But You, **NSS Units** of Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated **NSS Day-2021** by organizing an **Awareness Camp (as part of POSHAN Abhiyan-2021)** in Anganwadi Complex, Village Badheri, Chandigarh on 24.09.2021 where an interactive lecture on "Nutrition awareness among vulnerable group of the society" - Sahi Poshan desh Roshan, Nukkad Natak on

MCM NSS units hold awareness camp at Badheri

The Aman Sandesh Times Network

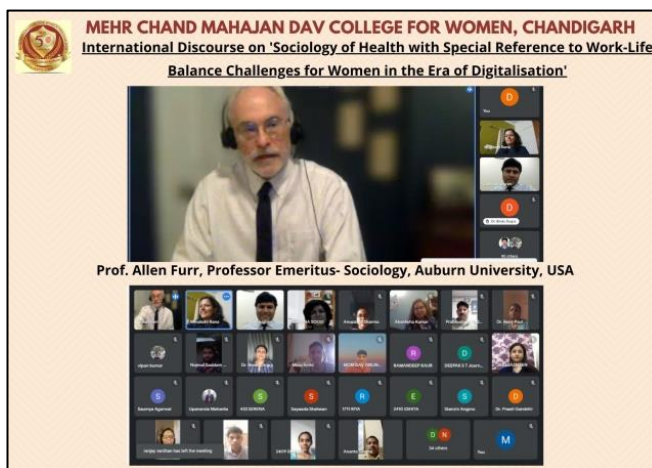
Chandigarh: The NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated NSS Day by organising an Awareness Camp under the aegis of Poshan Abhiyan at Anganwadi Complex, Village Badheri, Chandigarh with an objective to create awareness about the importance of good nutrition among children and to disseminate knowledge about the relevance of medicinal cum nutritional plants.

The camp began with an interactive lecture on nutrition awareness among vulnerable group of the society - 'Sahi Poshan Desh Roshan' by Dr. Harjot Kaur Mann, Department of Food Science at the college, session was aimed to engage target group members and urged them to refrain from junk foods and were also motivated to extend their knowledge to eradicate the issue of malnutrition at the grass root level.

pregnant females, lactating mothers and adolescents, for promoting positive nutrition behaviour and practices. Promoting 'Nourish to Flourish', the expert shared knowledge of essential nutrients and their cheap sources with the target group members and urged them to refrain from junk foods and were also motivated to extend their knowledge to eradicate the issue of malnutrition at the grass root level.

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ The **Postgraduate Department of Sociology** at Mehr Chand Mahajan DAV College for Women, Chandigarh organised an **Online International discourse on 'Sociology of Health with special reference to work-life**



balance challenges for women in the era of digitalisation' on 05.10.2021. Prof. Allen Furr, Professor Emeritus in Sociology, Auburn University, USA was the resource person for this discourse that sought to throw light on the impact of digitalisation on personal as well as professional life and to discuss the various issues pertaining to the work-life balance for women in the era of digitalisation. Over 595 participants from across the country attended the event.

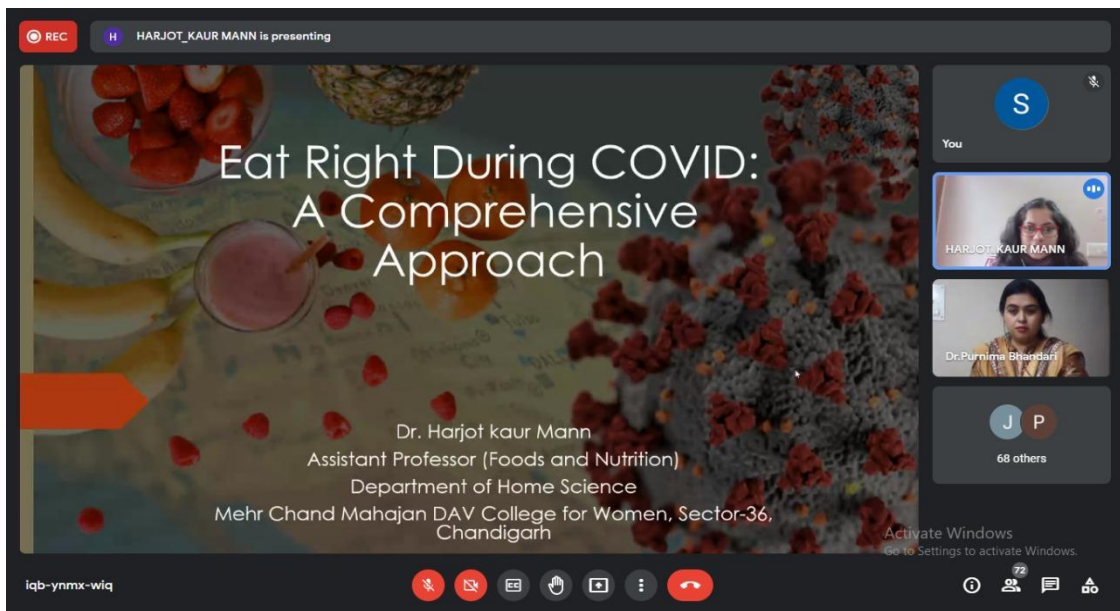
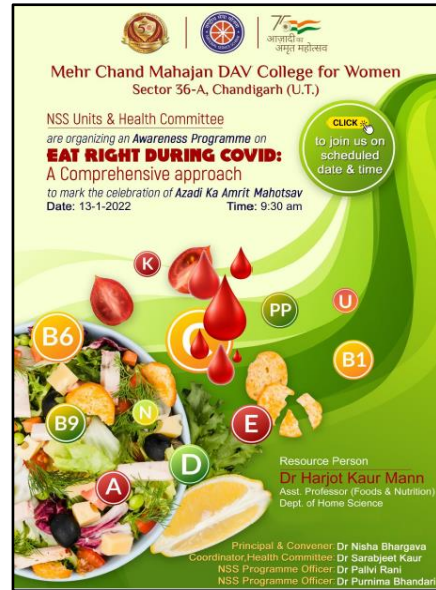


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7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ With an aim to promote the value of nutrition and good health for children of the age group of 06 years, **NSS Units** in collaboration with the **Health Committee** of the College organized an **Awareness Programme on Eat Right During COVID: A Comprehensive approach** on 13.01.2022. Dr. Harjot Kaur Mann, Assistant Professor (Foods and Nutrition), Department of Home Science, Mehr Chand Mahajan DAV College for Women, Chandigarh was the resource person for the event.



‘Eat right during COVID’ awareness programme held at MCM Chandigarh

The Aman Sandesh Times Network

Chandigarh: The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the college’s Health Committee, organised an online awareness programme titled ‘Eat Right During COVID: A Comprehensive Approach’.

Programme aimed to mobilize sustained community participation for health and nutrition issues across the country and to conduct Swastha Balak-Balika Spardha as part of celebration of Azadika Amrit Mahotsav.

Dr. Harjot Kaur Mann, Assistant Professor,

Department of Home Science of the college was the resource person for the programme highlighted the importance of monitoring growth vitals of children of age group 0-6 years especially during the prevailing COVID-19 conditions.

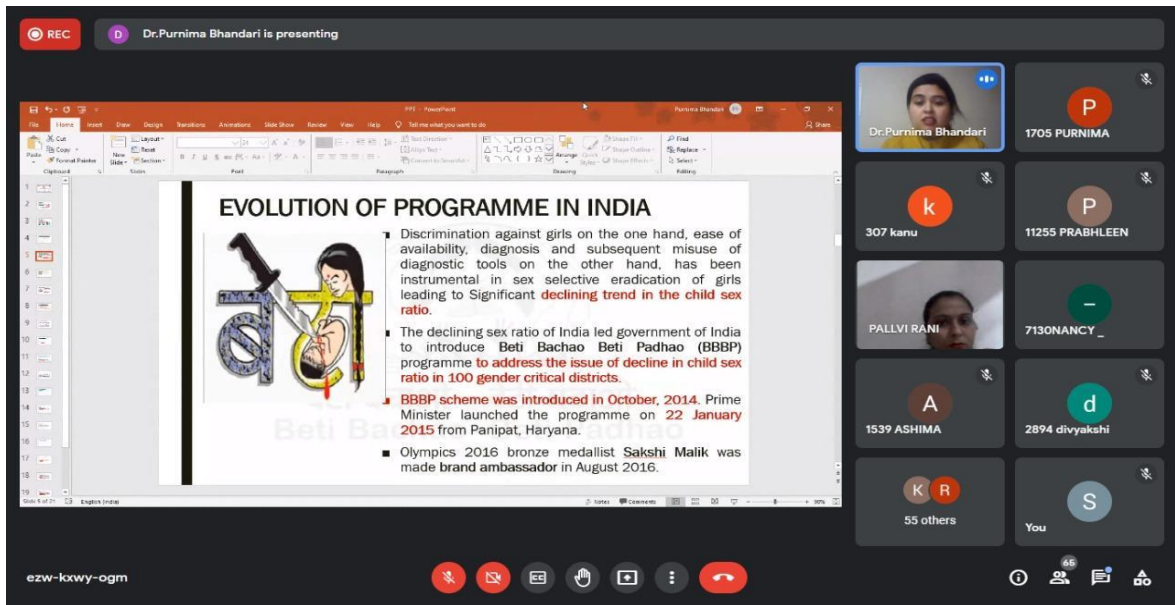
She discussed about several healthy dietary approaches including immuno-enhancers. Growth and development tips to improve the height, weight and the overall health of children were also highlighted. She shared tips regarding use of immunity boosters readily available in everyone’s kitchen. In addition, guidelines on post-COVID care management including type of food such as

usage of prebiotics, probiotics, super immunity chargers, herbs, condiments etc. and food handling and disposing practices were also discussed. At the end of the session, doubts and queries of the participants were discussed.

Lauding this highly contextual initiative, Principal Dr. Nisha Bhargava said that due to prevailing COVID-19 pandemic, it is difficult to assess the malnourishment status among children, and hence, there is a dire need to sensitize and mobilize community participation for ensuring healthy nutrition among children especially infants.

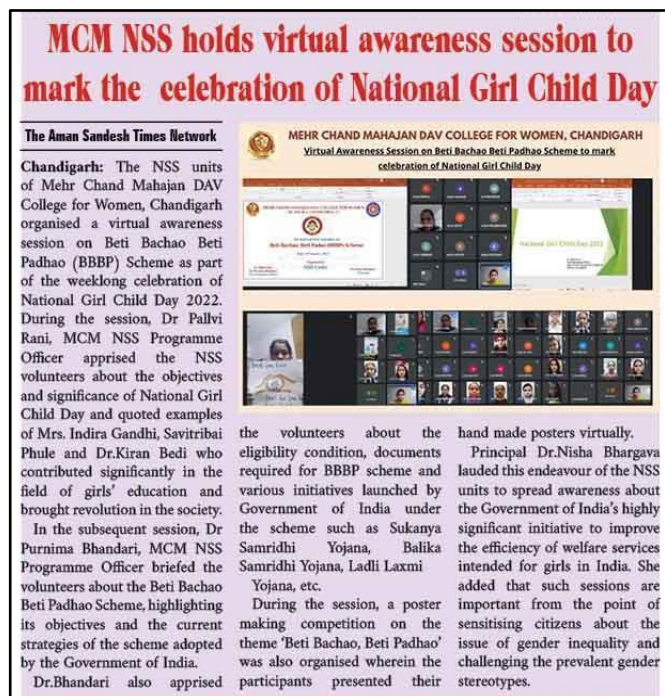
7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ On 20.01.2022, NSS Units organized a virtual awareness session on *Beti Bachao Beti Padhao* (BBBP) Scheme as part of Weeklong celebration of National Girl Child Day.



Link to the activity uploaded on social media handles include:

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7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ NSS Units of the Mehr Chand Mahajan DAV College for Women, Chandigarh organized a **webinar on Gender Stereotypes and Women Empowerment** on 22.01.2022 under *Beti Bachao Beti Padhao* (BBBP) Scheme as part of Weeklong celebration of National Girl Child Day. The distinguished speaker for the session was **Dr. Bindu Dogra**, Assistant Professor, PG Department of Sociology, Mehr Chand Mahajan DAV College of Women, Chandigarh.

Link to the activity uploaded on social media handles include:

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

As part of the Weeklong celebration of
National Girl Child Day under
Beti Bachao Beti Padhao Scheme

NSS Units
are organizing a webinar on
**Gender Stereotypes and
Women Empowerment**

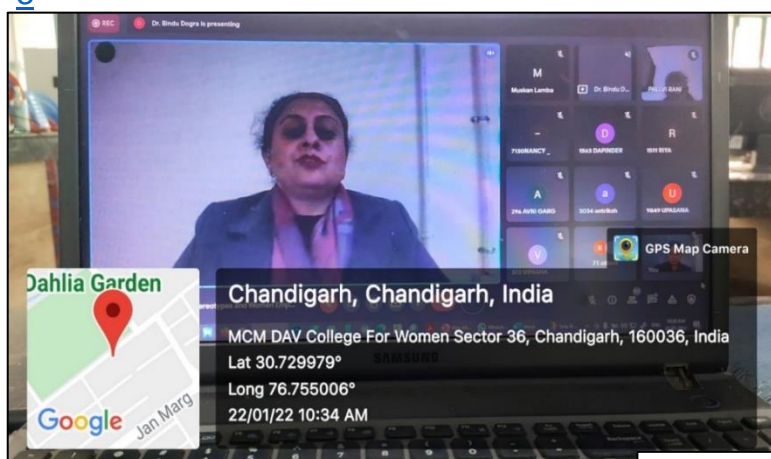
Date: January 22, 2022
Timings: 10:00 a.m. Onwards
Meet Link: <https://meet.google.com/osn-wkhhk-cge>

Resource Person
Dr Bindu Dogra
Assistant Professor, PG Department of Sociology,
Mehr Chand Mahajan
DAV College for Women, Chandigarh (U.T.)

Please join the Google Meet at least 15 minutes before the beginning of the session.

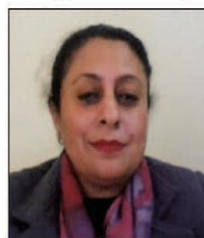
Dr Pallvi Rani
Dr Purnima Bhandari
NSS Programme Officers

Dr Nisha Bhargava
Principal & Convener



MCM NSS holds webinar on Gender Stereotypes and Women Empowerment

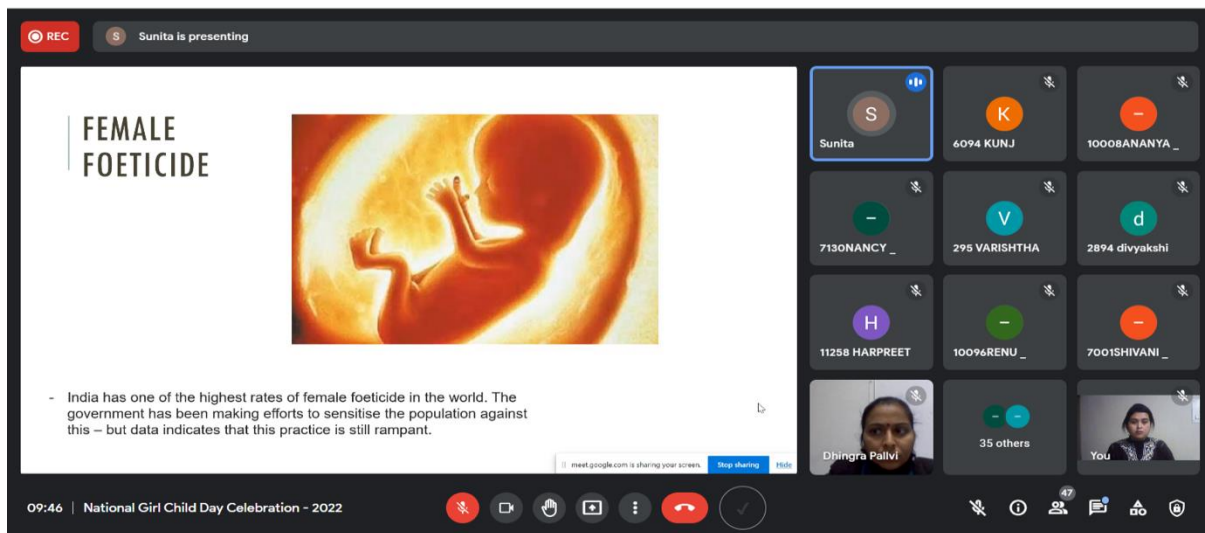
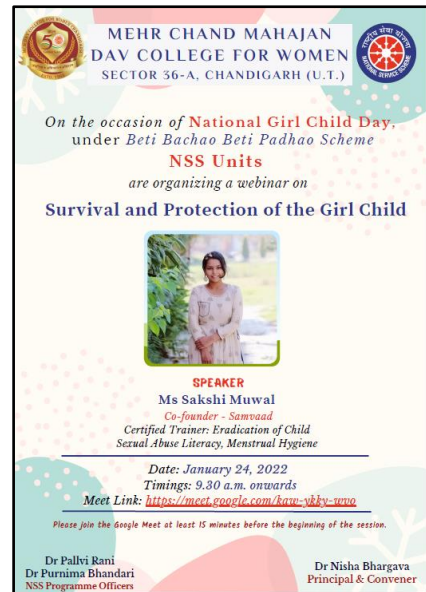
CHANDIGARH: As part of the weeklong celebration of National Girl Child Day, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a webinar on 'Gender Stereotypes and Women Empowerment' under Beti Bachao Beti Padhao scheme. The speaker for the session was Dr Bindu Dogra, Assistant Professor, PG Department of Sociology of the college. More than 85 participants including staff and students of different streams attended the webinar. During the webinar, Dr Bindu shed light on the gender stereotypes prevalent in the society, and how these are restricting the empowerment of women despite various constitutional and legal provisions, programmes and policies initiated by the government. She also elaborated the concept of women empowerment and the various dimensions and parameters associated with it.



concept of women empowerment and the various dimensions and parameters associated with it.

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ With an aim to spread awareness about gender inequality and to challenge gender stereotypes, **NSS Units** organized a **webinar on Survival and Protection of the Girl Child** on 24.01.2022 under *Beti Bachao Beti Padhao* (BBBP) Scheme as part of Weeklong celebration of National Girl Child Day. The distinguished speaker for the session was **Ms. Sakshi Muwal, Co-founder – Samvaad and Certified Trainer: Eradication of Child Sexual Abuse Literacy, Menstrual Hygiene.**



Link to the activity uploaded on social media handles include:

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7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ NSS Units organized a **webinar on Education for Girls: The Road to Empowerment** on 25.01.2022 under the *Beti Bachao Beti Padhao* (BBBP) Scheme as part of Weeklong celebration of National Girl Child Day. The distinguished speaker for the session was **Ms Neena Sharma**. She is Associate Professor and Head, Post Graduate Department of English, Mehr Chand Mahajan DAV College for Women, Chandigarh. **Link to the activity uploaded on social media handle include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1284974018635515/?type=3>

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

As part of a weeklong celebration of **National Girl Child Day**, under *Beti Bachao Beti Padhao* Scheme **NSS Units** are organizing a webinar **"Education for Girls: The Road to Empowerment"**

DATE: **JANUARY 25, 2022** TIME: **11:30 A.M.**

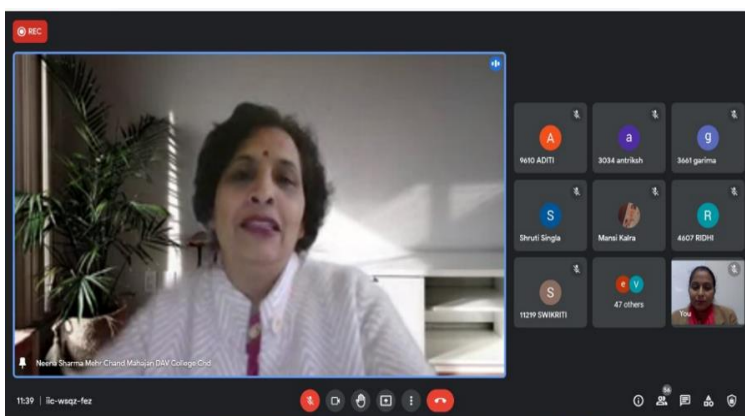
Ms Neena Sharma
Associate Professor & HOD
PG Department of English

SPEAKER

Meet Link: <https://meet.google.com/jic-wsqz-fez>
Please join the Google Meet at least 15 minutes before the beginning of the session.

Dr Pallvi Rani
Dr Purnima Bhandari
NSS Programme Officers

Dr Nisha Bhargava
Principal & Convener



NEWS AT A GLANCE

MCM NSS holds webinar on 'Education for Girls'

CHANDIGARH: The NSS Units of the Mehr Chand Mahajan DAV College for Women, Chandigarh organised a webinar titled 'Education for Girls: the Road to Empowerment' under the Beti Bachao Beti Padhao Scheme as part of the weeklong celebration of National Girl Child Day. The speaker for the webinar was Ms. Neena Sharma, Head, Post Graduate Department of English at the college. More than 65 volunteers of different streams attended the webinar during which Ms. Neena expressed her views on education for girls from the global perspective and gender-based polarisation of education. She gave statistical preview of the Chandigarh school education scenario and shared with the participants the probable causes for the gender disparity in education.

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ A webinar on “Over the Counter Drug Consumption in India with Special Reference to Women” was organized by Women Development Cell of the college on 04.03.2022. The objective of the webinar was to generate awareness regarding the safe use of medicine and harmful consequences of self-medication with special reference to women. The resource person of the event was Dr. Praveen Kumar, Lead Clinical Scientist, Nference.



आयोजन 50 से अधिक महिलाओं और बालिकाओं की मौखिक स्वच्छता की जांच की गई

मौखिक स्वच्छता शिविर, कैंसर पर वेबिनार और ओटीसी दवाओं पर सत्र आयोजित

➔ 'ओवर द काउंटर ड्रग कंजम्पशन इन इंडिया विद स्पेशल रेफरेंस टू विमन' पर ऑनलाइन जागरूकता सत्र का आयोजन किया

जगमार्ग न्यूज
चंडीगढ़। एमसीएम डीएवी कॉलेज फॉर विमन, की एनएसएस इकाइयों, मेडिकल कमेटी और विमन डिवेलपमेंट सेल ने दो अलग-अलग कार्यक्रमों के साथ अंतर्राष्ट्रीय महिला दिवस मनाया। एनएसएस इकाइयों ने कॉलेज की चिकित्सा समिति के सहयोग से 'आजादी का अमृत महोत्सव' के तहत अंगीकृत गाँव बधेरी में एक मौखिक स्वच्छता शिविर का आयोजन किया। शिविर के दौरान, दंत चिकित्सक डॉ अनुपम उप्पल ने मौखिक स्वास्थ्य के महत्व पर प्रकाश डाला और कई मौखिक स्वच्छता आदतों के बारे में बताया, जिन्हें व्यक्ति को अपनी दिनचर्या में अपनाना चाहिए।

इस शिविर में डॉ उप्पल द्वारा बधेरी निवासी 50 से अधिक महिलाओं और बालिकाओं की मौखिक स्वच्छता की जांच की गई। इसके अलावा, एनएसएस इकाइयों और चिकित्सा समिति ने चंडीगढ़ कैंसर और डायग्नोस्टिक सेंटर (सीसीडीसी) के सहयोग से, डॉ जतिन सरिन, हेड मेडिकल ऑन्कोलॉजिस्ट, सीसीडीसी द्वारा 'कैंसर: एन ओवरर्यू' पर एक वेबिनार का आयोजन किया। सत्र के दौरान, डॉ सरिन ने विभिन्न प्रकार के कैंसर जैसे स्तन कैंसर, गर्भाशय ग्रीवा कैंसर, डिम्बग्रंथि कैंसर और ल्यूकेमिया के प्रकार, कारण, लक्षण बताते हुए कैंसर पर विस्तृत जानकारी प्रदान की। एक अन्य कार्यक्रम में, कॉलेज के विमन डिवेलपमेंट सेल ने 'ओवर द काउंटर ड्रग कंजम्पशन इन इंडिया विद स्पेशल रेफरेंस टू विमन' पर एक ऑनलाइन जागरूकता सत्र का आयोजन किया। इस जानकारी सत्र के लिए प्रमुख वक्ता के रूप में प्रमुख नैदानिक वैज्ञानिक डॉ प्रवीण कुमार कार्यक्रम से जुड़े जिनोंने ओवर-द-काउंटर दवाओं के उपयोग से संबंधित लाभ और हानियों पर एक विस्तृत प्रस्तुति दी। बालों का झड़ना, क्लोवैजिनल एट्रोफी, ओवर एक्टिव ब्लैडर, बुल्वर और वेजाइनल कैंडिडिआसिस, हार्ट बर्नस और नॉद न आना जैसी महिलाओं की आम स्वास्थ्य समस्याओं पर चर्चा करते हुए, डॉ कुमार ने प्रतिभागियों को संबंधित ओटीसी दवाओं के बारे में जानकारी दी। डॉ कुमार ने स्त्रियों में बिना सोचे समझे अनुमान के आधार पर अपना इलाज करने की तर्कहीन प्रवृत्ति के विनाशकारी परिणामों के प्रतिभागियों को आगाह किया और काउंटर दवाओं के विवेकपूर्ण उपयोग के बारे में लोगों को जागरूक करने के लिए जागरूकता कार्यक्रमों का आह्वान किया। प्राचार्या डॉ. निशा भागव ने नियोजित गतिविधियों के माध्यम से अंतर्राष्ट्रीय महिला दिवस को उचित तरीके से मनाने के लिए एनएसएस इकाइयों, चिकित्सा समिति और विमन डिवेलपमेंट सेल के प्रयासों की सराहना की।

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ Association of MCM DAV Alumni (AMDA) (Regd.) organized its Annual Alumni Lecture (blended mode) on "**Women, Community and Leadership**" by Ms Nayana Bhandari, an award-winning community worker and film maker based in Australia on 05.03.2022. The lecture provided an opportunity to learn about possible career avenues for women in the field of community welfare and media activism. **Link to the activity uploaded on social media handle include:**

https://www.facebook.com/MCMDA_VCW/photos/a.239819746484286/1319529095180007/?type=3

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH

Association of MCM DAV Alumni (AMDA) (Regd.) presents its Annual Alumni Lecture (blended mode) on

Women, Community and Leadership

An Inspiring career-oriented talk based on women's roles in shaping community and becoming leaders in unconventional ways.

by
Ms Nayana Bhandari

AN AWARD WINNING COMMUNITY WORKER, ACTIVIST, SOCIAL IMPACT PRODUCER, COMMUNITY BROADCASTER, CREATIVE DIRECTOR, AND AN EMERGING AUSTRALIAN FILM PRODUCER, BASED IN AUSTRALIA

Awarded the 'Hume Citizen' of the year 2017, for her work with Australian South Asian Communities.
Also featured in a Coffee table book, 'Because She Can' by Award winning author, Marina Brbot.

DATE: MARCH 05, 2022 TIME: 11:00 AM
VENUE: MULTIMEDIA HALL

Meet Link: <https://meet.google.com/sgi-mwqx-cqo>
Registration Link: <https://forms.gle/vUeY54nW9zD562Aj6>
Registration is compulsory

Be a part of this exciting opportunity to learn about possible career avenues for women in the field of community welfare and media activism.

Coordinators: Dr. Neha Set, Dr. Sonica, Dr. Prabhjit Bhatnagar
Convener: Dr. Gurvinder Kaur
Principal & Patron: Dr. Nisha Bhargava

*For any queries, kindly contact 9886520950, 8146937766, 8427727419

MCM holds Annual Alumni Lecture 2022

March 21, 2022 03:50 PM

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH
ANNUAL ALUMNI LECTURE ON 'WOMEN, COMMUNITY AND LEADERSHIP'

Principal Dr. Nisha Bhargava

Alumna Ms. Nayana Bhandari, Activist, Spoken word artist, Cross-Cultural Consultant, Social Impact Producer, Community Broadcaster, and Creative Director

एमसीएम में एलुमनी व्याख्यान में कैरियर पर टिप्स चंडीगढ़। एसोसिएशन ऑफ एमसीएम डीएवी एलुमनी (एएमडीए), मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने मिश्रित मोड में विमन, कम्युनिटी एंड लीडरशिप विषय पर वार्षिक पूर्व छात्र व्याख्यान का आयोजन किया। इस सत्र की वक्ता पूर्व छात्रा नयना भंडारी थीं। वह एक कार्यकर्ता, कलाकार, सांस्कृतिक सलाहकार, सामाजिक प्रभाव निर्माता, सामुदायिक प्रसारणकर्ता और रचनात्मक निदेशक भी हैं। ऑस्ट्रेलियाई दक्षिण एशियाई समुदायों के साथ उनके काम के लिए उन्हें वर्ष 2017 के ह्यूम सिटीजन से सम्मानित किया गया। व्याख्यान का उद्घाटन करते हुए प्राचार्या डा. निशा भर्गव ने अलमाटर और पूर्व छात्रों के बीच एक मजबूत बंधन बनाए रखने की आवश्यकता पर बल दिया। इस दौरान प्रमुख वक्ता ने एक संभावित कैरियर विकल्प के रूप में सामुदायिक सेवा के क्षेत्र में उनका मार्गदर्शन किया।

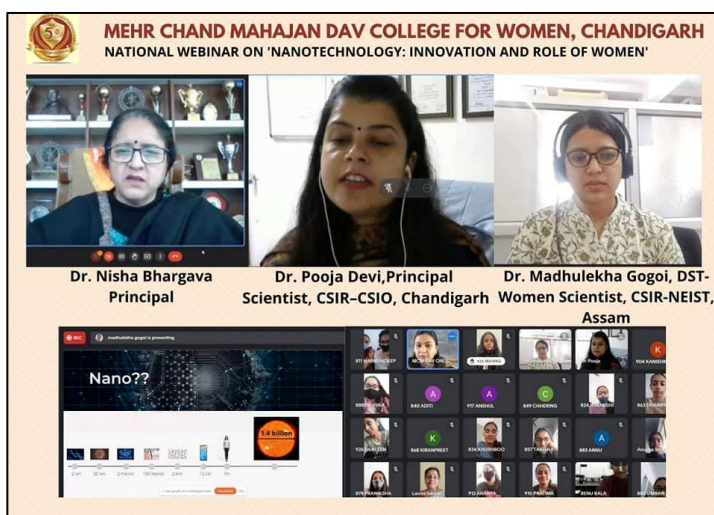
7.1.1. Measures initiated by the Institution for the promotion of gender equity

✓ On the occasion of International Women's Day, a Caricature Making Competition' on 'Women of Pride' was organized by Women Development Cell in collaboration with Department of Fine Arts of the college on 07.03.2022. 28 students



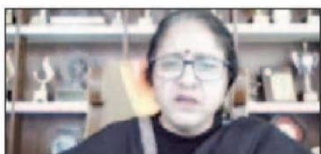
successfully participated in the event and prepared caricatures on Women like Lata Mangeshkar, Indira Gandhi and many more.

Department of Physics under the aegis of Women Development Cell, organized an Online National Webinar on Nanotechnology: Innovation and Role of Women on 07.03.2022 as part of celebration



of

MCM holds webinar on Nanotechnology and Role of Women



CHANDIGARH: The Department of Physics, in collaboration with Women Development Cell, Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online national webinar on the topic 'Nanotechnology: Innovation and Role of Women'. The resource persons for this enlightening webinar was Dr. Pooja Devi, Principal Scientist, CSIR-Central Scientific Instruments Organisation, Chandigarh and Dr. Madhulekha Gogoi, DST- Women Scientist, CSIR-North East Institute Of Science And Technology, Assam. Inaugurating the webinar, Principal Dr. Nisha Bhargava lauded this initiative to recognise and reflect upon the role and achievements of women in the field of science with special reference to nanotechnology.

International Women's Day where the resource persons were Dr. Pooja Devi, Principle Scientist, CSIR-Central Scientific Instruments Organization (CSIR-CSIO), Chandigarh and Dr. Madhulekha Gogoi, DST- Women Scientist, CSIR-North East Institute Of Science And Technology (CSIR-NEIST), Assam. **Link to the activity uploaded on social media handles include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324685564664360/?type=3>

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ With an aim to supplement the preparation of the students for various competitive exams, a month-long elaborate and comprehensive **online test series - 'Upgrade' - Let's be prepared for the World to be** was organized by Samavesh Committee from 07.03.2022 to 10.04.2022. **Link to the activity uploaded on social media handles include:**

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

Mehr Chand Mahajan
DAV College for Women
Sector 35-A, Chandigarh (U.T.)

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

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

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

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

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

Ms. Shabnam
Event Coordinator

Dr. Minakshi Rana
Co-Convenor

Dr. Nisha Bhargava
Convenor & Principal

MCM holds upgrade 2022

CHANDIGARH, MAY 4

The Samavesh Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised 'Upgrade - Let's be prepared for the



World to be'- a month-long elaborate and comprehensive online series offering tests, study material and online

doubt clearing sessions. It was the assimilation of various subjects to cater to the needs of students who are gearing up for any competitive exam.

All the students of undergraduate classes were eligible to enroll in 'Upgrade' and the tests included topics like 'Grammatically Correct', 'Science We Should Know' and 'Skill of Logical Reasoning'. Around 48 students enrolled for this series.

The participants enthusiastically participated in the online tests especially prepared to supplement their preparation for various competitive exams.

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ Paying a befitting tribute to the spirit of womanhood, Mehr Chand Mahajan DAV College for Women, Chandigarh marked the celebration of International Women's Day with a host of events on 08.03.2022. The college organized 'Nari Shakti Samman'- an event to honor the



indefatigable spirit of women wherein student achievers and their mentors were felicitated for their exceptional achievements in various fields. **Link to the activity uploaded on social media handles include:**

<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/1310065619459688/?type=3>

- ✓ In another event, held in collaboration with Chandigarh Police, the college organized Cyber Safety March - a rally to commemorate the celebration of Women's Day on 08.03.2022. Dr. Bhargava inaugurated and flagged the rally that went from the college to Kisan Bhawan.



Link to the activity uploaded on social media handles include:

<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/1310068616126055/?type=3>

- ✓ Department of Music of our college organized an intra college music competition on Women Empowerment - Meri Awaaz Meri Pehchan from 07.03.2022 – 08.03.2022.

नारी तुम प्रेम हो, आस्था हो, विश्वास हो
Department of music,
Mehr Chand Mahajan DAV college for women
Sector 36 A, Chandigarh (UT)
Is organising an intra college music competition on
Women empowerment
"Meri Awaaz Meri Pehchan"

Rules and regulations :-
* Categories- vocal & instrumental.
* The participants can send their entries in both the categories (Vocal & Instrumental)
* The duration of the video should not exceed 3 minutes.
* The songs for the competition can be of any regional language.
* A decent presentable video of the participant will be considered.
* The last date for sending entries is 7th March 2022.
* The participants are required to send their entries on the given email id - swarlehrimcm@gmail.com
* Cash Prizes will be awarded to the Prize winners. 1st Prize Rs 2000/-, 2nd Prize Rs 1500/-, 3rd Prize Rs 1000/-
* The result will be declared on 8th March 2022 and will be uploaded on the college website.
* Certificates will be awarded to all the winners and participants.

For details Contact:
Mrs Deepa Chhibber - (9779017748) , Dr. Laxya Bhatia (9914821656)
or Ms. Jaspreet Jassal (7009874854)

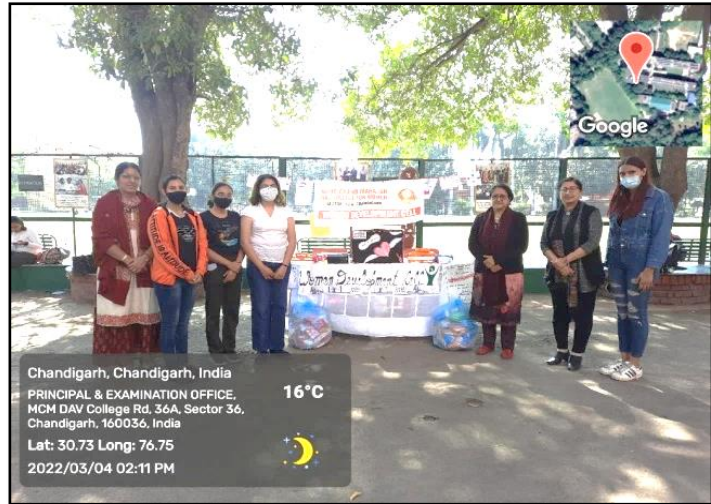
For registration **CLICK HERE**

Dr. Laxya Bhatia & Ms. Jaspreet Jassal (Coordinators)
Mrs Deepa Chhibber (Co convener & Head of Music Department)
Dr. Nisha Bhargava (Convener & Principal)

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ Women Development Cell, Mehr Chand Mahajan DAV College for Women, Chandigarh conducted a drive on Sanitary pads collection “Donate a Pad” for the underprivileged women of slum area of sector 25, Chandigarh to mark International Women’s Day Celebrations. This activity was held on 03-04.03.2022 in the college campus. The pads collected were distributed among the women of slum area of Sector 25. They were made aware about the usage of sanitary napkins. **Link to the activity uploaded on social media handles include:**

<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/1310068879459362/?type=3>



एमसीएम ने अंतर्राष्ट्रीय महिला दिवस मनाया

चंडीगढ़, 9 मार्च (विशेष संवाददाता) : नारीत्व के भाव का सम्मान करते हुए, मेहर चंद महजान डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने कई कार्यक्रमों के साथ अंतर्राष्ट्रीय महिला दिवस मनाया। कॉलेज ने नारी शक्ति सम्मान का आयोजन किया, जिसमें विभिन्न क्षेत्रों में असाधारण उपलब्धि हासिल करने वाली छात्राओं और ऐसे ही प्रतिभा सम्पन्न उनके मेंटर्स को सम्मानित किया गया। भारत सरकार के महिला एवं बाल विकास मंत्रालय द्वारा 'आजादी का अमृत महोत्सव' के तत्वावधान में आयोजित इस समारोह में मुख्य अतिथि के रूप में प्रधानाचार्य डॉ. निशा भार्गव शामिल हुईं। नारी शक्ति सम्मान के दौरान 29 छात्र, जिन्होंने सामाजिक विकास के क्षेत्र में अनुकरणीय कार्य किया और शिक्षा, खेल और सह-पाठ्यक्रम गतिविधियों में ख्याति प्राप्त की, उन्हें नकद छात्रवृत्ति से सम्मानित किया गया। डॉ. भार्गव द्वारा स्व-रचित कविता की प्रस्तुति ने दर्शकों को मंत्रमुग्ध कर दिया, जिससे उन्मुख सभी लोग भावुक हो गए। चंडीगढ़ पुलिस के सहयोग से आयोजित महिला

दिवस के उपलक्ष्य में एक अन्य कार्यक्रम में, कॉलेज ने साइबर सुरक्षा मार्च-रैली का आयोजन किया। कॉलेज से किसान भवन तक चलने वाली रैली का उद्घाटन डॉ. भार्गव द्वारा किया गया। कॉलेज के चंडीगढ़ पुलिस साइबर सेफ्टी इंटरनेट ने जॉसीजी-42 और स्टूडेंट सेंटर, पंजाब यूनिवर्सिटी में जागरूकता नुकड़ नाटक किया। महिला दिवस के अवसर पर कॉलेज के विमन डेवलपमेंट सेल ने सैनटरी नैपकिन डोनेशन ड्राइव का आयोजन किया और इस प्रकार एकत्रित नैपकिन को सेक्टर 25 के स्लम एरिया में रहने वाली महिलाओं को वितरित किया गया और महावरो पर एक नुकड़ नाटक का आयोजन भी किया गया। कॉलेज के विमन डेवलपमेंट सेल ने ललित कला विभाग के सहयोग से 'वूमन ऑफ प्राइड' विषय पर कैरिकचर मेकिंग प्रतियोगिता का आयोजन किया। कॉलेज के गृह विज्ञान विभाग ने सुपर शेफ इंडिया और मास्टर शेफ पंजाबी के विजेता शेफ शैली सिंगला द्वारा एक स्वस्थ व्यंजन डेमो कार्यशाला 'एक्सक्रिसिट डिलीशियस-विबोन्ड द प्लेट' का

आयोजन किया। कार्यशाला के दौरान शेफ द्वारा पालक का सलाद, कद्दू का सूप, ओट्स और चिया सौइस पुष्टि। सहित स्वस्थ व्यंजनों का प्रदर्शन किया गया। कॉलेज में महिला दिवस मनाये

वाले सभी कार्यक्रमों को छात्राओं की उत्साहजनक प्रतिक्रिया मिली और उन्होंने महिला सशक्तिकरण के लिए काम करने के लिए स्वयं को प्रेरित महसूस किया।

एसडी कॉलेज में सिविल सर्विसेज में कैरियर को लेकर सेमिनार का आयोजन

चंडीगढ़, 9 मार्च (विशेष संवाददाता) : सेक्टर-32 स्थित गोस्वामी गणेश दत्त सनातन धर्म कॉलेज में मंगलवार को अंतर्राष्ट्रीय महिला दिवस के मौके पर सिविल सर्विसेज में कैरियर को लेकर स्टूडेंट्स के लिए सेमिनार का आयोजन किया गया। सेमिनार में एनएएस बॉलटियर्स सहित 200 स्टूडेंट्स ने भाग लिया। सेमिनार में पंजाब की आईएएस अधिकारी राखी गुप्ता मुख्यातिथि थी जबकि पूर्व आईएएस अधिकारी, लेखक व विजिटिंग प्रोफेसर विवेक अत्रे सेमिनार में मुख्य वक्ता थे। विवेक अत्रे ने छात्रों को उनकी प्रोफेशनल आकांक्षाओं में सफलता प्राप्त करने के लिए केन्द्रित होने के महत्व के बारे में

जानकारी दी। उन्होंने कहा कि भारतीय सिविल सेवाओं में बहुअयामी सोच और समस्या को सुलझाने की क्षमता की आवश्यकता होती है। राखी गुप्ता ने एक सिविल सर्वेंट के रूप में अपनी कठिन यात्रा और एक महिला अधिकारी के रूप में अपने अनुभवों को साझा किया। उन्होंने व्यक्तिगत और व्यावसायिक जीवन के बीच अच्छा संतुलन बनाए रखने की बात की और विशेषकर छात्राओं को सिविल सेवा परीक्षा में बैठने के लिए प्रेरित किया। कॉलेज के प्रिंसिपल डॉ. अजय शर्मा ने अतिथियों का धन्यवाद करते हुए छात्रों को अपने प्रयासों में सफलता प्राप्त करने के लिए कड़ी मेहनत करने के लिए प्रोत्साहित किया।

7.1.1. Measures initiated by the Institution for the promotion of gender equity



✓ **NCC Cadets** - Cdt Prerna Dhole and Cdt Shrishti Sharma felicitated on the occasion of International Women's Day at Mehr Chand Mahajan DAV College for Women for participating in Republic Day Camp – 2022 held in New Delhi

✓ To mark the spirit of Womanhood and celebrate International Women's Day, Department of Home Science organized a **Workshop cum Demonstration "Exquisite Delicacies: Beyond the Plate"** on 08.03.2022 in which nutritionally adequate recipes were prepared in the department by Chef Shelly Singla, Winner of MasterChef Punjabi and Super Chef India. **Link to the activity uploaded on social media handles include:**



<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/1310069452792638/?type=3>



7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ On the occasion of **International Women's Day, NSS Units** in collaboration with **Medical Committee** of Mehr Chand Mahajan DAV College for Women, Chandigarh organized an **Oral Hygiene Camp** in their adopted village Badheri on 08.03.2022 as a part of 'Azadi Ka Amrit Mahotsav'.



- ✓ On the occasion of International Women's Day Celebration, **NSS Units** and **Medical Committee** of the College in collaboration with Chandigarh Cancer & Diagnostic Center (CCDC) organized a webinar on "Cancer: An Overview" on 08.03.2022 as a part of 'Azadi Ka Amrit Mahotsav' under the guidance of **Principal Dr. Nisha Bhargava**. The speaker for the session was Dr. Jatin Sarin, Head Medical Oncologist, CCDC.

MEHR CHAND MAHAJAN
DAV COLLEGE FOR WOMEN
SECTOR 56-A, CHANDIGARH (U.T.)

On the occasion of International Women's Day
NSS Units and Medical Committee
of the college in collaboration with
Chandigarh Cancer & Diagnostic Center
are organizing a webinar on
Cancer: An Overview

DATE: MARCH 8, 2022
TIME: 6:30 P.M. - 7:30 P.M.

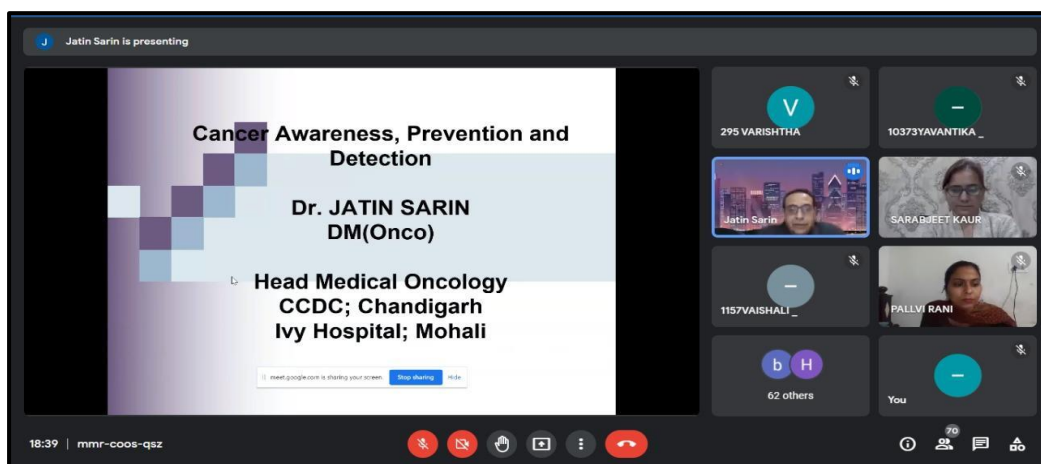
Meet Link:
<https://meet.google.com/mmr-coos-qsz>

Please join the Google Meet at least 15 minutes before the beginning of the session.

Dr. Pallvi Rani
Dr. Parvima Bhandari
NSS Programme Officers

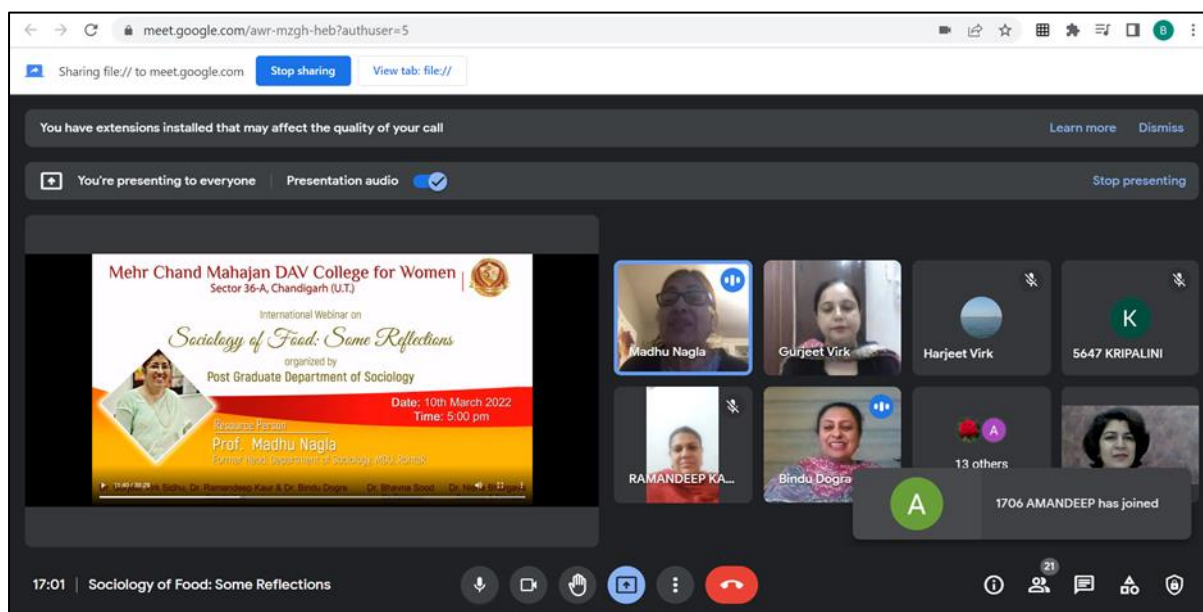
Dr. Sarabjeet Kaur
Co-Convenor
Medical Committee

Dr. Nisha Bhargava
Principal & Convener



7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ The PG department of Sociology organized an international webinar on the theme: **Sociology of Food: Some Reflections** on 10.03.2022. Prof. Madhu Nagla, former professor, & Head, Department of Sociology, MDU, Rohtak, was the resource person of this event. She gave her immense contributions in the field of Sociology and recently published her Book title “Sociology of food” in which she focused that there is always a strong relationship between food and people and as we all know as human.



Link to the activity uploaded on social media handles include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1328990867567163/?type=3>

एमसीएम ने खाद्य के समाजशास्त्र पर अंतर्राष्ट्रीय वेबिनार का किया आयोजन



एमसीएम कालेज में करवाए ऑनलाईन कार्यक्रम की तस्वीर ।

चंडीगढ़, 4 अप्रैल (राम सिंह बराड़) : मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ में समाजशास्त्र के स्नातकोत्तर विभाग ने सोशियोलॉजी ऑफ फूड : सम रिफ्लेक्शंस विषय पर एक अंतर्राष्ट्रीय वेबिनार का आयोजन किया। रोहतक स्थित एमडीयू में समाजशास्त्र विभाग की पूर्व प्रोफेसर और प्रमुख प्रोफेसर

मधु नगला, इस वेबिनार के लिए प्रमुख वक्ता थीं। उन्होंने इस वेबिनार के माध्यम से मूल रूप से इस बात पर प्रकाश डाला कि समाजशास्त्रीय अनुसंधान के भीतर भोजन किस प्रकार एक नए क्षेत्र के रूप में उभरा है। प्रो. नगला की चर्चा मुख्यतः भोजन और लोगों के आपसी संबंधों पर केंद्रित थी। उन्होंने संबंधित विषय और

समकालीन समाज में इसके बदलते रूढ़ानों के विभिन्न पहलुओं पर अपने विचार साझा किए। विशेषज्ञ ने इस बात पर भी प्रकाश डाला कि कैसे यह विषय भविष्य में सामाजिक विज्ञान अनुसंधान के क्षेत्र में एक महत्वपूर्ण भूमिका निभाएगा, जिसके कारण शोधकर्ताओं, नीति निर्माताओं सामाजिक कार्यकर्ताओं आदि को इसका अध्ययन करना आवश्यकता हो जाएगा। प्रधानाचार्या डॉ. निशा भार्गव ने उत्पादन, वितरण और उपभोग के साथ भोजन की सामाजिक, प्रतीकात्मक और राजनीतिक-आर्थिक भूमिकाओं के बारे में छात्रों को शिक्षित करने के लिए समाजशास्त्र विभाग की इस पहल की सराहना की। उन्होंने कहा कि समाजशास्त्र को यह शाखा अनुसंधान के लिए नए रास्ते खोलने और विशेष रूप से सामाजिक विज्ञान और भोजन के बीच आपसी आदान-प्रदान के संबंध में अत्यधिक महत्व रखती है।

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ A National Online Workshop On “Diversity Sensitization: Issues and Challenges” was organized by Foreign Students Cell and Equal Opportunity Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of IQAC cell on 22.03.2022. The resource person of the workshop was Prof. Abha Chauhan, Department of Sociology, University of Jammu and President of Indian Sociological Society. **Link to the activity uploaded on social media handle include:**



<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1337149380084645/?type=3>



भेदभाव के उन्मूलन के लिए समावेशी नीतियां अनिवार्य : प्रो. आभा चौहान

माई सिटी रिपोर्टर

चंडीगढ़। भेदभाव के उन्मूलन के लिए समावेशी नीतियां अनिवार्य हैं। एक शांतिपूर्ण समाज और प्रगतिशील राष्ट्र का लक्ष्य केवल दूसरों की पृष्ठभूमि की आपसी समझ और दूसरों की संस्कृति को सामंजस्यपूर्ण रूप से स्वीकार करने से ही प्राप्त किया जा सकता है। यह बात जम्मू

यूनिवर्सिटी के समाजशास्त्र विभाग की प्रो. आभा चौहान ने शनिवार को सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज में आयोजित कार्यशाला में बतौर मुख्य वक्ता कही।

उन्होंने कार्यशाला में 'विविधता के प्रति संवेदीकरण' विषय पर विचार रखे। यह कार्यक्रम कॉलेज की फॉरैन स्टूडेंट सेल और ईक्वल ऑपच्युनिटी सेल ने आयोजित

जम्मू यूनिवर्सिटी के समाजशास्त्र विभाग की प्रोफेसर ने एमसीएम में हुए कार्यशाला में रखे विचार

किया। कार्यशाला में 145 से अधिक छात्रों और संकाय सदस्यों ने हिस्सा लिया। प्राचार्य डॉ. निशा भार्गव ने बेहतर समाज के लिए रूढ़िवादी सोच की बेड़ियों को तोड़ने की आवश्यकता पर जोर दिया।

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ **A Workshop on Menstrual Hygiene and reusable Pad making** was organized by NSS Units on 24.03.2022. The resource person of the session included Ms. Sakshi, Co-founder, Samvaad, an NGO and Mr. Aman Singh, Menstrual Hygiene Trainer and Social Activist.



- ✓ To empower NSS volunteers to take initiatives to end gender discrimination and provide opportunities for women empowerment, **a lecture on gender sensitization** was organized on 25.03.2022 by NSS Units in collaboration with Equal Opportunity cell and Foreign Students Cell. The resource person of the session was Dr. Bindu Dogra, Assistant Professor, Post Graduate Department of Sociology, Mehr Chand Mahajan DAV College for Women, Chandigarh.



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

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324701874662729/?type=3>

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ **An interactive session on healthy food** was organized on 26.03.2022 by the NSS Units where students were acquainted with the importance of Nutrition in day-to-day life. The resource person of the session was Dr. Harjot Kaur Mann, Assistant Professor (Food and Nutrition),



Department of Home Science, Mehr Chand Mahajan DAV College for Women, Chandigarh who in her enlightening session apprised the volunteers of eating nutritious food that comprises of nutrients in an appropriate amount.

- ✓ **A No-Flame Cooking Competition** was organized by NSS Units on 26.03.2022 under POSHAN Abhiyaan. **Link to the event uploaded on social media handle is as follows:**



<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324707954662121/?type=3>

- ✓ **Yoga Cum Meditation Session** was organized by NSS Units on 27.03.2022 where the resource person was Ms. Keisham Monarita, a gold medallist at National and International levels, and research scholar, Department of Physical Education, Panjab University, Chandigarh. Ms. Keisham discussed about the importance of yoga and its aspects and demonstrated several asanas such as Suryanamaskar,



Ustrasana, Shashankasana, Bhujangasana, Dhanurasana, Makarasana, Tadasanas, Trikonāsana. **Link to the event uploaded on the social media handle is as follows:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324713471328236/?type=3>

7.1.1. Measures initiated by the Institution for the promotion of gender equity

✓ UBA Cell of our college organized, Village Badheri, Chandigarh on 31.05.2022 with an aim to apprise the residents of that area about the importance of maintaining cleanliness and hygiene in a Rally



on awareness about personal hygiene their lives.

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

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1341965426269707/?type=3>

व्यक्तिगत स्वच्छता पर जागरुकता रैली निकाली




जागरुकता रैली निकालते हुए। (छाया : गुरिंद्र सिंह)

चंडीगढ़, 27 अप्रैल (विशेष संवाददाता) : आज्ञा का अमृत महोत्सव के तत्त्वधान में मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ के उन्नत भारत अभियान (यूबीए) सेल ने बधेरी और बुटेरला के अंगीकृत गांवों में व्यक्तिगत स्वच्छता पर एक रैली का आयोजन किया। इस गतिविधि का उद्देश्य नियमित स्वच्छता बनाए रखने के महत्व के बारे में गांव के निवासियों के बीच जागरुकता पैदा करना था। छात्रों के साथ यूबीए टीम के प्रमुख वक्ता अर्थशास्त्र के स्नातकोत्तर विभाग से डॉ. अमनदीप और रसायन विज्ञान के स्नातकोत्तर विभाग से डा. रिशु थे। छात्र स्वयंसेवकों ने नारे लगाकर और बैनर लेकर, व्यक्तिगत स्वच्छता बनाए रखने और आसपास को स्वच्छ और रोग मुक्त रखने का संदेश दिया। एक छात्र स्वयंसेवक ने एक व्यक्ति के समग्र शारीरिक और मानसिक स्वास्थ्य पर दूषित वातावरण के प्रभाव को अपने भाषण के माध्यम से विस्तार में बताया। छात्र स्वयंसेवकों द्वारा तैयार किए गए पोस्टरों ने आम तौर पर गांव के छात्रों और निवासियों का ध्यान आकर्षित किया और उन्हें स्वच्छता बनाए रखने और बीमारियों को दूर रखने के सरल तरीकों से अवगत करवाया। प्राचार्या डॉ. निशा भार्गव ने ऐसे संवेदीकरण कार्यक्रमों के माध्यम से ग्रामीण विकास की दिशा में यूबीए सेल के प्रयासों की सराहना की। उन्होंने स्वस्थ मन और शरीर के लिए व्यक्तिगत स्वच्छता के महत्व को जानने, समझने और स्वीकारने पर जोर दिया।

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ On the occasion of **World Health Day**, NSS Units and Medical Committee of the college in collaboration with Fortis Hospital, Mohali organized a **day long medical camp** for staff as well students of the college on 04.04.2022 from 10.00 am to 3.00 pm.



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

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1329012097565040/?type=3>

एमसीएम ने मैडिकल कैंप के आयोजन के साथ मनाया विश्व स्वास्थ्य दिवस



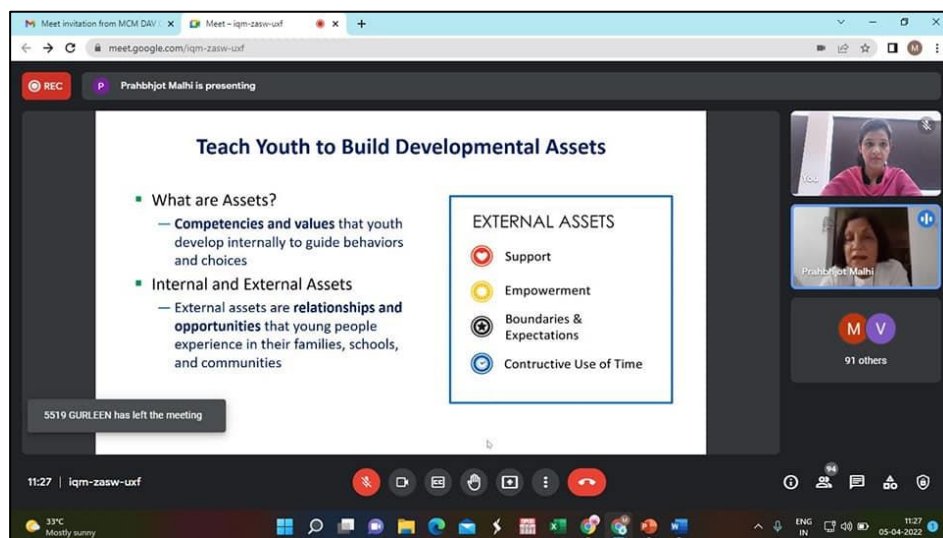
जांच परीक्षण किए। डॉक्टरों के पैनल में डॉ. प्रधु (कोस्मेटिक सर्जन), डॉ. शोब्या मित्तल (स्त्री रोग विशेषज्ञ), डॉ. अनमोल (हृष्टी रोग विशेषज्ञ), डॉ. तनवीर कौर (सामान्य चिकित्सा), डॉ. शुभप्रति (अहार विशेषज्ञ) और डॉ. निशा (ऑप्टोमेट्रिस्ट) शामिल थे। शिविर के दौरान 350 से अधिक छात्रों और स्टाफ सदस्यों को विभिन्न बीमारियों की जांच की गई और उन्हें मुफ्त चिकित्सा परामर्श दिया गया। प्राचार्या डॉ. निशा भागव ने शिविर के सफल आयोजन पर चिकित्सा समिति एवं एनएसएस इकाइयों को बधाई दी। उन्होंने कहा कि स्वस्थ शरीर में स्वस्थ मस्तिष्क का वास होता है और यही दार्शनिक मूल्य कॉलेज के हितधारकों के समग्र स्वास्थ्य को सुनिश्चित करने के लिए प्रेरित करता है।

एमसीएम कॉलेज में मैडिकल कैंप दौरान प्राचार्य डॉ. निशा भागव चिकित्सा समिति के सदस्यों का सम्मान करते हुए। (छाया : गुरिंद सिंह)

चंडीगढ़, 7 अप्रैल (राम सिंह चिकित्सा शिविर का आयोजन बराड़): विश्व स्वास्थ्य दिवस के अवसर पर मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ की चिकित्सा समिति और एनएसएस इकाइयों ने फोर्टिस अस्पताल, मोहाली के सहयोग से अपने संकाय सदस्यों और छात्रों के लिए एक चिकित्सा तकनीशियनों का एक पैनल शामिल था, ने रक्त में ग्लूकोज परीक्षण, रक्तचाप, आहार परामर्श, ईसोजी, अस्थि खनिज घनत्व, आंखों की जांच, वजन माप आदि सहित कई

7.1.1. Measures initiated by the Institution for the promotion of gender equity

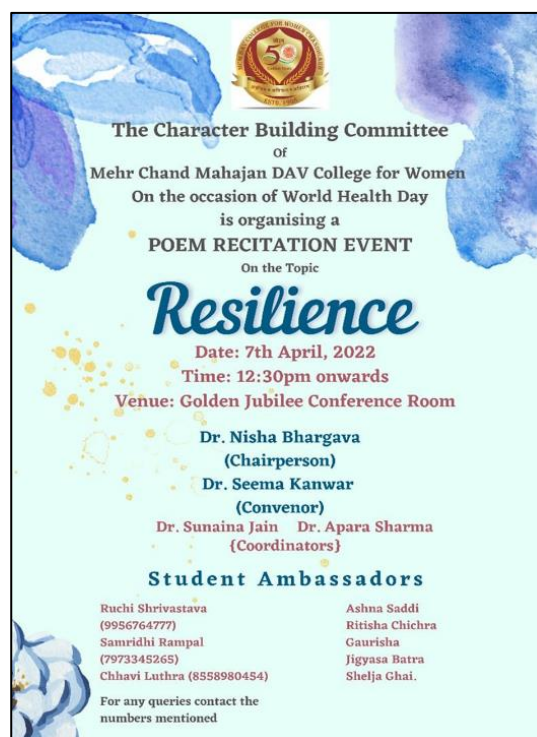
- ✓ To mark Health Day and highlight the core principles of fostering mental health in youth, an Online expert lecture “Swachh



Mann, Swachh Bharat – Positive youth Development: A Psychosocial Perspective” by Prof. Prahbjot Malhi, Department of Pediatrics, PGIMER, Chandigarh was organized by PG Department of Psychology and Sociology under the aegis of the Swachhta Committee (Arts) on 05.04.2022. Link to the activity uploaded at various social networking sites are as follows:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1330883130711270/?type=3>

- ✓ The Character-Building Committee organized 'Resilience'- a poetry recitation event on 07.04.2022 wherein students recited poems pertaining to various dimensions of health. Principal Dr. Nisha Bhargava recited her self-composed poem 'Andaaz' that delves into the idea of resilience and the adoption of the quality of resilience in one's life for a content and happy life. In context of the observance of World Health Day, Dr. Bhargava highlighted the interconnectedness between humans and the planet and the need to keep both healthy, and the importance of creating societies focused on well-being.



7.1.1. Measures initiated by the Institution for the promotion of gender equity



एमसीएम ने विश्व स्वास्थ्य दिवस मनाया

प्रमोशन न्यूज

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमें, ने भव्य आयोजन के साथ विश्व स्वास्थ्य दिवस वेहद उत्साह से मनाया। कॉलेज की चरित्र निर्माण समिति, गीतांजलि परामर्श हेल्पलाइन समिति, और मनोविज्ञान एवं समाजशास्त्र के स्नातकोत्तर विभागों ने इस अवसर पर विभिन्न प्रासंगिक कार्यक्रम आयोजित किए। चरित्र निर्माण समिति ने 'रेजीलियंस'- एक कविता पाठ का आयोजन किया जिसमें छात्रों ने स्वास्थ्य के विभिन्न आयामों से संबंधित कविताओं का पाठ किया। प्रधानाचार्या डॉ. निशा भार्गव ने अपनी स्वरचित कविता 'अंदाज' का पाठ किया जो एक समग्र सुखी जीवन के लिए जीवन में तन्यक और तन्यकता की गुणवत्ता को अपनाने के लिए प्रेरित करती है। विश्व स्वास्थ्य दिवस के संदर्भ में, डॉ. भार्गव ने मानव और ग्रह के परस्पर संबंध और दोनों को स्वस्थ रखने की आवश्यकता एवं कल्याण पर केंद्रित



समाज बनाने के महत्व पर प्रकाश डाला। गीतांजलि परामर्श हेल्पलाइन समिति ने, महात्मा गांधी की 150वीं जयंती मनाने के लिए 2019 में शुरू की गई अपनी मानसिक स्वास्थ्य पहल 'स्वच्छ मन अभियान' के तहत, 'अपने मन के प्रति दयालु रहें' और 'स्वच्छ मन की ओर पहला कदम' विषय पर पोस्टर मेकिंग प्रतियोगिता का आयोजन किया। इस गतिविधि में 50 छात्रों की उत्साही भागीदारी देखी गई, जिन्होंने आत्म-करुणा, बिना शर्म के किसी को मानसिक स्थिति को स्वीकारना, और आत्म-देखभाल आदि की आदतों को अनिवार्य रूप से बनाये रखने का संदेश देने के लिए कला के माध्यम से अपनी रचनात्मकता का प्रदर्शन किया। विजेताओं को नक़द पुरस्कार से सम्मानित किया गया।

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

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1330883044044612/?type=3>

- ✓ The Geetanjali Counselling Helpline, under its mental health initiative '**Swachh Mann Abhiyan**' launched in 2019 to celebrate the 150th Birth Anniversary of Mahatma Gandhi, organized a Poster Making Competition on 08.04.2022 the theme 'Be Kind to your Mind' and 'Swachh Mann ki Aur Pehla Kadam' on the occasion of World Health Day.



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

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

पोस्टर मेकिंग प्रतियोगिता में कृतिका अरोड़ा फर्स्ट

चंडीगढ़, 9 अप्रैल (रश्मि हंस): मेहर चंद महाजन (एम.सी.एम.) डी.ए.वी. कॉलेज फॉर वूमैन ने विश्व स्वास्थ्य दिवस बेहद उत्साह से मनाया। कॉलेज की चरित्र निर्माण समिति, गीतांजलि परामर्श हैल्पलाइन समिति और मनोविज्ञान एवं समाजशास्त्र के स्नातकोत्तर विभागों ने इस अवसर पर विभिन्न प्रासंगिक कार्यक्रम आयोजित किए।

चरित्र निर्माण समिति ने रेजीलिएंस-एक कविता पाठ का आयोजन किया, जिसमें छात्रों ने स्वास्थ्य के विभिन्न

आयामों से संबंधित कविताओं का पाठ किया। कॉलेज प्रिंसीपल डॉ. निशा भार्गव ने अपनी स्वरचित कविता 'अंदाज' का पाठ किया जो एक समग्र सुखी जीवन के लिए जीवन में तन्यक और तन्यकता की गुणवत्ता को अपनाने के लिए प्रेरित करती है। गीतांजलि परामर्श हैल्पलाइन समिति ने महात्मा गांधी की 150वीं जयंती मनाते के लिए 2019 में शुरू की गई अपनी मानसिक स्वास्थ्य पहल 'स्वच्छ मन अभियान' के तहत पोस्टर मेकिंग प्रतियोगिता का आयोजन किया।

- ✓ **A 45-day fitness programme entitled 'Fun with fitness - 2022: Cleansing Body, Mind and Soul'** was organized by Department of Physical Education in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE) under the aegis of Swachhta Action Plan 2022-23 and Fit India Movement from 05.05.2022 to 20.06.2022. The main aim of this programme was to promote holistic physical and emotional well-being of the students.



MCM begins 45-day fun with fitness programme



CHANDIGARH: In line with the objective to affect behavioural change and move towards a more physically active lifestyle, the Physical Education Department of Mehr Chand Mahajan DAV College for Women, Chandigarh began a 45-day fitness programme titled 'Fun with Fitness: Cleansing Body, Mind and Soul'. The programme is being held in collaboration with Mahatma Gandhi National Council of Rural Education, Ministry of Education, Government of India and under the aegis of Swachhta Action Plan 2022-23 and Fit India Movement. Dr. W. G. Prasanna Kumar, Chairman, MGNCRE and Mr. Samarth Sharma, Programme Coordinator, MGNCRE expressed appreciation for this unique and relevant initiative to promote healthy lifestyle. Open for both students and staff members, the programme includes eco-friendly activities including body toning, flexibility exercises, strengthening exercises and rock climbing. Principal Dr. Nisha Bhargava lauded the initiative of the Physical Education Department aimed at furthering the vision of Government of India's Fit India Movement.

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

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1354611355005114/?type=3>

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ Mehr Chand Mahajan DAV College for Women organized Founder Principal Mrs Shakuntala Roy Memorial Lecture (3rd in series) titled **Survival and Resilience among Women: A Global Perspective** on 14.05.2022. The event was graced by Prof. Arun K. Grover (Prof. Emeritus, PEC, Chandigarh), Prof. Allen Furr (Prof. Emeritus of Sociology, Auburn University) and daughter of Mrs Roy, Mrs Manju Gosai.

Link of the activity uploaded on social networking site as follows:

<https://www.facebook.com/MCMD>
[AVCW/photos/a.230527680746826/1354460808353502/?type=3](https://www.facebook.com/MCMD/photos/a.230527680746826/1354460808353502/?type=3)

MCM holds Shakuntala Roy memorial oration lecture on 'Survival and Resilience'



CHANDIGARH: In a befitting tribute to its Founder Principal and her resilient spirit, Mehr Chand Mahajan DAV College for Women, Chandigarh organised Mrs. Shakuntala Roy Memorial Oration Lecture (3rd in Series) on 'Survival and Resilience Among Women: A Global Perspective'. Prof. Allen Furr, Professor Emeritus of Sociology, Auburn University, USA was the keynote speaker for this invigorating lecture. Prof. Arun K. Grover, Professor Emeritus, PEC, Chandigarh, Mrs. Neera Grover, Former Head, Music Department, SNTD University, Mumbai, Dr. Gurdip Sharma, Secretary, GGSDS College Managing Committee, Haryana, Punjab and Former PU Senior Senate and Syndicate Member, and Mrs. Manju Gosain, Daughter of Mrs. Shakuntala Roy were Special Guests on this occasion. Mrs. Madhu Raka, the topper of the college's first batch was also present during the lecture.

Inaugurating the lecture, Principal Dr. Nisha Bhargava asserted that institutions become immortal and glorious due to the untiring work done by their founders and mentors, and the fact that MCM is a flourishing institution today with an illustrious history of 54 years is a testament to this.

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH
FOUNDER PRINCIPAL MRS. SHAKUNTALA ROY MEMORIAL ORATION LECTURE 2022

Prof. Allen Furr, Professor Emeritus of Sociology, Auburn University, USA **Prof. Arun K. Grover, Professor Emeritus, PEC, Chandigarh** **Dr. Nisha Bhargava Principal** **Mrs. Manju Gosain Daughter of Mrs. Shakuntala Roy**

Principal Dr. Nisha Bhargava & Faculty Members with Prof. Allen Furr, Special Guests Prof. Arun K Grover, Mrs. Neera Grover, Dr. Gurdip Sharma and Mrs. Manju Gosain, and delegation of research scholars from Auburn University.

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ NSS Units and Department of Physical Education of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a **Yoga Camp** in collaboration with State NSS Cell Chandigarh (U.T.) and Directorate of Higher Education, UT Chandigarh in the college premises as part of Azadi Ka Amrit Mahotsav under **Fit India Movement** on 14.05.2022.

Links of the event uploaded at various social handles:

<https://youtu.be/2eOUZoYJOxo>

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

<https://www.facebook.com/MCMDAVCW/posts/1353104338489149>

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

NSS Units and Department of Physical Education
in collaboration with
STATE NSS CELL Chandigarh (U.T.)
are organizing
YOGA Camp – 2022
Date: 14 May 2022 | Time: 06.00 a.m. | Venue: Sports Ground

100 DAYS
CITIES ORGANIZATIONS

100 Days
Countdown Programme for
International
YOGA DAY
Resource person:
Ms. Keisham Monarita
Gold medalist in Yoga at National & International level

All are invited to join the event and are required to: •Wear WHITE T-Shirt & blue/ black lower
•Kindly bring your mats, water bottles & towels. •Kindly follow COVID appropriate behaviour

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

Dr. Anju Lata & Dr. Veena Rani
Coordinator

Dr. Nisha Bhargava
Convener & Principal

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH
YOGA CAMP 2022 IN THE RUN UP TO INTERNATIONAL YOGA DAY

Sh. Kuldeep Singh Chahal
IPS, SSP, UT, Chd.

Dr. Nisha Bhargava
Principal

Dr. Nisha Bhargava welcoming
Chief Guest **Sh. Kuldeep Singh Chahal** &
Guest of Honour **Dr. Gurdip Sharma**, Secretary,
GGDSD College Managing Committee, Haryana

Ms. Keisham Monarita
Gold Medalist in Yoga at National & International Level

शिविर
एमसीएम कॉलेज ने आयोजित करवाया योग शिविर

‘स्वस्थ जीवन के लिए योग अपनाएं’

माई सिटी रिपोर्टर

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज की ओर से एनएसएस इकाइयों और शारीरिक शिक्षा विभाग की ओर से शनिवार को योग शिविर करवाया गया। इसमें स्वस्थ जीवन के लिए योग अपनाने की अपील की गई। इसका उद्देश्य योग के माध्यम से स्वास्थ्य जनकल्याण को बढ़ाई के लिए जन आंदोलन को बढ़ावा देना था।

कार्यक्रम में मुख्यातिथि एसएसपी कुलदीप सिंह चहल रहे। इस दौरान छात्राओं ने योगाभ्यास किया और स्वस्थ जीवन के लिए इसे बढ़ावा देने की शपथ ली। राष्ट्रीय और अंतरराष्ट्रीय स्तर पर योग में स्वर्ण पदक विजेता केशम मोनारीटा ने 15 आसनों का प्रदर्शन किया। इन आसनों में ताड़ासन, वृक्षासन, त्रिकोणासन, भद्रासन, वक्रासन, शलभासन आदि शामिल हैं।



एमसीएम डीएवी कॉलेज में योग शिविर में हिस्सा लेती छात्राएं। संवाद

योग की भूमिका पर डाला प्रकाश

प्राचार्य डॉ. निशा भागव ने छात्रों और कर्मचारियों को समग्र कल्याण के लिए दैनिक जीवन में योग के अभ्यास को अपनाने के लिए प्रेरित किया। उन्होंने योग के महत्त्व मन व शरीर में सामंजस्य स्थापित करने में योग की महत्वपूर्ण भूमिका पर प्रकाश डाला। एसएसपी कुलदीप चहल ने महामारी, बीमारियों, तनाव आदि के समय में योग के अभ्यास को बढ़ावा देने के लिए कॉलेज के प्रयास की सराहना की।

सत्र के दौरान मोनारीटा ने कपालभाती, विशेष रूप से तनावपूर्ण स्थिति में अनुलोम-विलोम जैसे श्वास व्यायाम आसनों के अभ्यास के महत्त्व करने का सही तरीका सिखाया और प्रकाश डाला।

- ✓ An online interactive session on **Female Health and Wellness** was organized on 24.05.2022 by the Swachhta Committee (Commerce) and the Equal Opportunity Cell of the college. The resource person for the session was Dr. Ananya Kumar, Faculty, Department of Pharmacology, AIMS, Mohali (Punjab).



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

Equal Opportunity Cell & Swachhta Committee Commerce organizes an Online Interactive Session on **Female Health & Wellness**

Date: 24 May 2022 | Time: 11:00 am to 12:00 Noon



Resource Person
Dr Ananya Kumar
Faculty, Department of Pharmacology
AIMS, Mohali (P.)

All the staff members and students are cordially invited to attend the session on scheduled Date & Time by clicking the following link:

CLICK HERE

Dr Nisha Bhargava
Convener & Principal

Ms Nidhi Sharma & Ms Ruman Jhunan
Co-Conveners

Dr Japneet, Dr Rishu & Ms Disha Sharma
Coordinators

महिला स्वास्थ्य पर व्याख्यान का आयोजन

चंडीगढ़, 6 जुलाई (ट्रिब्यून)

स्वच्छता समिति (वाणिज्य) के तत्वावधान में मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन के समान अवसर प्रकोष्ठ ने महिला स्वास्थ्य और कल्याण पर एक ऑनलाइन इंटरैक्टिव सत्र का आयोजन किया। सत्र के लिए फार्माकोलॉजी विभाग, एम्स मोहाली की डॉ. अनन्या कुमार बतौर मुख्य वक्ता कार्यक्रम में शामिल हुईं। डॉ.

अनन्या ने मासिक धर्म स्वास्थ्य, स्तन कैंसर, जन्म नियंत्रण और मानसिक स्वास्थ्य सहित महिलाओं के स्वास्थ्य के विभिन्न पहलुओं पर विस्तार से चर्चा की। विभिन्न मानसिक स्वास्थ्य मुद्दों जैसे मेनार्कि की चिंता, अवसाद पर भी विस्तार से चर्चा की गई। डॉ. अनन्या ने छात्राओं को वेलनेस के 8 आयामों से अवगत कराया। एक अन्य कार्यक्रम में, अर्थशास्त्र और स्वच्छता समिति (कला) के पीजी

विभाग ने अपशिष्ट प्रबंधन के महत्त्व के बारे में जागरूकता बढ़ाने के लिए 'अपशिष्ट प्रबंधन में आर्थिक स्वदेशी तकनीक' पर व्याख्यान का आयोजन किया। कॉलेज के खाद्य विज्ञान विभाग की सहायक प्रोफेसर डॉ. संदीप कौर ने बतौर मुख्य वक्ता कचरा प्रबंधन में सर्कुलर इकोनॉमी के लाभों पर प्रकाश डाला। प्रधानाचार्या डॉ. निशा भागव ने आयोजनकर्ता टीमों के प्रयास की सराहना की।

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ To make young women conscious of the tools that the Indian law provides them in order to protect themselves or fight against sexual harassment, Legal Literacy Cell of our college organized an awareness session on **Sexual Harassment & Law** by Dr Upneet Lalli, Head Training and Research, Institute of Correctional Administration on 30.05.2022.



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

Legal Literacy Cell
organizes
an Awareness Session on
Sexual Harassment & Law
Date: 30 May 2022
Time: 11:00 am
Venue: Multimedia Hall

Resource Person
Dr Upneet Lalli
Head Training and Research
Institute of Correctional Administration

Dr. Neela Pawar
Coordinator

Ms Sukhpreet Bhatia
Co-Convenor

Dr. Nisha Bhargava
Convener & Principal

एमसीएम ने यौन उत्पीड़न और कानून पर जागरूकता सत्र आयोजित किया

फास्ट मीडिया
अमृतस्य/ चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ के लीगल लिटरसी सेल ने यौन उत्पीड़न और कानून पर एक जागरूकता सत्र का आयोजन किया, जिसका उद्देश्य युवा महिलाओं को भारतीय कानून में उन प्रावधानों के बारे में शिक्षित करना है जो उन्हें यौन उत्पीड़न से बचाते हैं। सुधार प्रशासन संस्थान में प्रशिक्षण एवं अनुसंधान की प्रमुख डॉ. उपनीत लल्ली-इस ज्ञानवर्धक सत्र में बतौर मुख्य वक्ता शामिल हुईं। डॉ. लल्ली ने भारतीय संविधान, आईपीसी 1860 और कार्यस्थल पर महिलाओं का यौन उत्पीड़न (रोकथाम, निषेध और निवारण) अधिनियम 2013 में प्रावधानों सहित यौन उत्पीड़न पर भारतीय कानून पर विस्तार से चर्चा की। उन्होंने कार्यस्थल पर महिलाओं के यौन उत्पीड़न के उद्देश्य पर चर्चा की (रोकथाम, निषेध और निवारण) अधिनियम 2013, और कानून के अनुसार पीड़ित महिला, कर्मचारी, नियोजता, कार्यस्थल और यौन उत्पीड़न की परिभाषाओं पर भी प्रकाश डाला।

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH
SESSION ON SEXUAL HARASSMENT AND LAW

Dr. Upneet Lalli, Head- Training & Research
Institute of Correctional Administration

Dr. Nisha Bhargava
Principal

शिकायत निवारण प्रक्रिया के बारे में छात्राओं को जागरूक करते हुए, डॉ. लल्ली ने प्रतिभागियों को यौन उत्पीड़न के खिलाफ आवाज उठाने के लिए प्रेरित किया क्योंकि चुपचाप ऐसे अपराधों को जारी रखने का सबसे बड़ा कारण है। इस जानकारीपूर्ण कार्यक्रम का समापन एक इंटरैक्टिव सत्र के साथ हुआ,

जिसमें विशेषज्ञों द्वारा प्रतिभागियों के प्रश्नों का उत्तर दिया गया। सत्र में 94 से अधिक छात्राओं की उत्साही भागीदारी देखी गई। प्राचार्या डॉ. निशा भार्गव ने हमारे देश में विभिन्न कानूनी प्रावधानों के ज्ञान के साथ छात्राओं को सशक्त बनाने की दिशा में काम करने के लिए कॉलेज के लीगल लिटरसी सेल की सरहना

की। इस सत्र के महत्व पर प्रकाश डालते हुए, डॉ. भार्गव ने जोर देकर कहा कि महिलाओं के लिए कार्यस्थल को सुरक्षित बनाने के लिए, महिलाओं को उन व्यवहारों के बारे में जागरूक करना अनिवार्य है जो महिलाओं का यौन उत्पीड़न करते हैं और ऐसे कृत्यों के खिलाफ कानूनी सुरक्षा का सहारा लेते हैं।

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

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1399861910480058/?type=3>

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ Sustainable Practices Committee has started Sustainable Urban Farming (10.03.2022 – till date) with an aim to teach girls how to grow vegetables and herbs in chemical free manner to fulfil their basic nutritional needs.



- ✓ One Week Self-Defence Training 'Be Fearless' was organized by Women Development Cell of the College in collaboration with Swayam Academy, Women and Child Support Unit of Chandigarh Police from 30.05.2022 – 04.06.2022. The resource person included Mr. Sanjay and the team from Swayam Academy, Women and Child Support Unit of Chandigarh Police. The main objective of the programme was to make the participants aware of various types of threats and violence against them and teach them self-defence techniques.





एमसीएम ने की आत्मरक्षा प्रशिक्षण के साथ छात्राओं को सशक्त बनाने की सराहनीय पहल

चंडीगढ़।स्टेट समाचार

मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ के महिला विकास प्रकोष्ठ ने स्वयम अकादमी, चंडीगढ़ पुलिस की महिला एवं बाल सहायता इकाई के सहयोग से 'बी फीयरलेस' नामक एक सप्ताह तक चलने वाले आत्मरक्षा प्रशिक्षण कार्यक्रम का आयोजन किया। श्री संजय और स्वयम अकादमी की टीम ने मिलकर इस कार्यक्रम का संचालन किया जिसका उद्देश्य प्रतिभागियों को उनके खिलाफ विभिन्न प्रकार के खतरों और हिंसा के बारे में शिक्षित करना और उन्हें आत्मरक्षा तकनीक सिखाकर सशक्त बनाना था। इस कार्यक्रम से 145 से अधिक छात्राएँ लाभान्वित हुईं जिन्होंने संभावित हमलावरों से स्वयं की सुरक्षा के लिए आत्मरक्षा तकनीक सीखी।

प्राचार्या डॉ. निशा भार्गव ने कहा कि वर्तमान समय में महिलाओं के



खिलाफ घरेलू हिंसा, छेड़खानी और अन्य प्रकार की हिंसा के मामलों में वृद्धि हुई है, जिसे देखते हुए महिलाओं को आत्मरक्षा के प्रति संवेदनशील बनाना आवश्यक है। उन्होंने यह भी

कहा कि आत्मरक्षा तकनीकों की जानकारी न केवल संभावित हमलों के खिलाफ खुद को बचाने में मदद करती है बल्कि आत्मविश्वास बनाने में भी मददगार हैं।

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ With an aim to promote holistic health of students and staff, an annual workshop - **Be a Health Manager** was organized by Skill Development Committee of the college in collaboration with Nutrition Society of India, Chandigarh Chapter from 30.05.2022 – 04.06.2022. **Link to the activity:**

<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/1393295437803372/?type>

=3



एमसीएम में आयोजित बी ए हेल्थ मैनेजर के चौथे संस्करण को जबरदस्त प्रतिक्रिया मिली

रघुमन इंडिया/ख्यो चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन, चंडीगढ़ की कौशल विकास समिति ने वार्षिक कार्यशाला के चौथे संस्करण- बी ए हेल्थ मैनेजर 2022 का सफलतापूर्वक आयोजन किया, जिसमें 140 से अधिक विद्यार्थिनीयों ने पंजीकरण कराया। 'फूड ऐज मेडिसिन' विषय पर आधारित 7 दिवसीय कार्यशाला का आयोजन न्यूट्रिशन सोसाइटी ऑफ इंडिया, चंडीगढ़ चैप्टर के सहयोग से किया गया। कार्यशाला में खाद्य और पोषण उद्योग एवं सेवाओं के क्षेत्र में विशिष्ट विशेषज्ञ और उद्यमी वक्ता मुख्य वक्ता शामिल हुए। परमेश भार चल्ते वाली कार्यशाला की शुरुआत

पंजाब विश्वविद्यालय में डॉ. विनोद चौधरी, समाजशास्त्र विभाग द्वारा संचालित इन-हाउस फूड फ़ॉरस्ट के दौर के साथ हुई। उन्होंने कृषि की पर्यायनिक मुक्त प्रथाओं के महत्व को समझाया और स्वस्थ मन और शरीर के लिए वनस्पति आधारित भोजन के सेवन पर जोर दिया। उसी दिन, डिटाइट स्नेक्स की यात्रा के दौरान, सुश्री रीना राणा ने प्रतिभागियों को वैश्विक बाजार आधारित नमकीन स्नेक्स और डेसर्ट के बारे में अवगत कराया। दूसरे दिन, गोन लुम की संस्थापक, सुश्री सीजा भारद्वाज, ने प्राकृतिक ढंग से खाली और लफा की देखभाल पर सब अनोखी बातें कियीं। एक अन्य सत्र में, उन्होंने प्रतिभागियों को स्वीट्स विटआउट

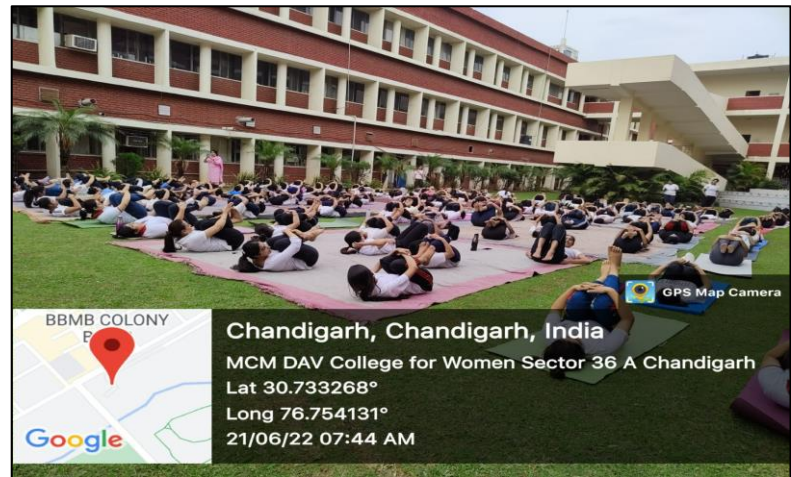
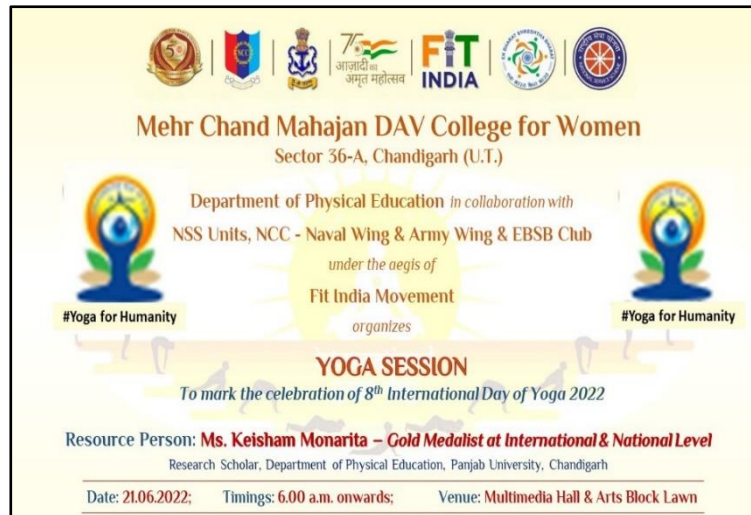
शुगर विषय पर स्टाफिट और स्वस्थ स्नैक्स सिखाए। क्यू क्लॉसिंग के संस्थापक श्री पंचम परमार ने तीसरे दिन भोजन में मिलावट पर एक बहुत ही जानकारीपूर्ण व्याख्यान दिया और डॉ. नैसली सहानी, वरिष्ठ आहार विशेषज्ञ, 'बीबीआईएमईआर' चंडीगढ़ ने चौथे दिन निवारक आहार देखभाल पर अपनी अंतर्दृष्टि साझा की। कॉलेज के उद्यमी प्राध्यापक डॉ. निशा भारगव ने एक सत्र 'एथनिक टूटिबल' आयोजित किया जिसमें उन्होंने प्रतिभागियों को अत्यधिक पीप्टिक और स्टाफिट स्मूदी और सलाद सिखाए। प्रेंट्स बेकरी, जोरकपुर से सुश्री मंजू ने घर पर स्वस्थ और पीप्टिक ब्रेड बनाने का प्रदर्शन किया। समापन के दिन

प्रतिभागियों के लिए टोस चौर सलाद प्रतियोगिता का भी आयोजन किया गया, जिसमें प्रतिभागियों को भीम के अनुसार सलाद प्रस्तुत करना था। प्रिंसिपल डॉ. निशा भारगव ने बी ए हेल्थ मैनेजर की आयोजन टीम के प्रयासों की सराहना करते हुए कहा कि पिछले कुछ वर्षों में, यह अनूठा प्रयास न केवल एक सलाद पहल के रूप में विकसित हुआ है, बल्कि इसका विस्तार प्रतिभागियों को विधिमान चक और जीवन कौशल सीखने के साथ साथ स्वस्थ जीवन शैली और मानसिक स्वास्थ्य प्राप्त करने में भी मददगार साबित हुआ है। उन्होंने यह भी कहा कि स्वस्थ विकल्पों के साथ सही खान-पान समय कल्याण की कुंजी है और समाज एवं राष्ट्र के कल्याण के लिए इसे निरंतर बढ़ावा देना संस्थान जारी रखेगा।

सलाद प्रतियोगिता का परिणाम:
 प्रथम स्थान: गुंज (बीए डूडू, एमसीएम डीएवी कॉलेज फॉर वूमन)
 द्वितीय स्थान: कांति (कसा 8वीं, डीएवी-8)
 तृतीय स्थान: शाहना (बीकोम डूडू, एमसीएम डीएवी कॉलेज फॉर वूमन)

7.1.1. Measures initiated by the Institution for the promotion of gender equity

- ✓ NSS Units in collaboration with NCC - Army Wing and Naval Wing, Ek Bharat Shrestha Bharat (EBSB) Club and Department of Physical Education of the college and Director of Higher Education (DHE), Chandigarh Administration celebrated **International Day of Yoga – 2022** on 21.06.2022.



Dr Nisha Bhargava practicing Yoga Asanas on International Day of Yoga - 2022

Links of the event uploaded at various social handles:

- <https://www.facebook.com/226512264481701/posts/pfbid02D245iTZCzXwAv3fVm564umfMxonxH MU8doXinRGGe9LeVFcV9SWx Wrwfoq1GAKUd/>
- https://www.instagram.com/p/CfD5a9_vslw/?igshid=YmMyMTA2M2Y=

MCM College celebrates International Yoga Day



CHANDIGARH: The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with NCC- Army Wing and Naval Wing, Ek Bharat Shrestha Bharat Club and Physical Education Department of the college, celebrated 8th International Day of Yoga with great fervour, as per the directions of Director of Higher Education, Chandigarh Administration. On this occasion, screening of the live telecast of the address of Prime Minister Narendra Modi during mass yoga event at Mysuru Palace grounds in Karnataka and a Yoga Session were organised as part of Azaadi Ka Amrit Mahotsav under Fit India Movement. The event was graced by the presence of senior faculty members of the college. To foster a sense of participation in the nationwide yoga movement, the celebration started with a live screening session of Doordarshan's national telecast of International Day of Yoga at the iconic Mysuru Palace, Karnataka.

7.1.1. Measures initiated by the Institution for the promotion of gender equity



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



- ✓ To appreciate the efforts of Cyber Warriors and promote cyber safety and cyber awareness among the community through youth working for the betterment of society, Hon'ble Union Home Minister **Amit Shah** felicitated the efforts of the college and Cyber Warriors for their active participation in Cyber Swachhta Mission that was organized under the aegis of Chandigarh Police on 27.03.2022.



Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1322446428221607/?type=3>

7.1.1. Measures initiated by the Institution for the promotion of gender equity



- ✓ On the occasion of **Cyber Jagrukta Diwas**, NSS units in collaboration with Cyber Interns of Cyber Swachhta Mission organized an awareness session on 04.05.2022.



एमसीएम कालेज में साइबर जागरूकता कार्यक्रम में भाग लेती हुई छात्राएं। (छाया : गुरिंदर सिंह)

साइबर स्वच्छता मिशन के तहत छात्राओं को जागरूक किया

चंडीगढ़, 8 मई (विशेष संवाददाता): मेह चंद महाजन डीएवी कॉलेज फॉर वूमन, चंडीगढ़ की एनएसएस इकाइयों ने कॉलेज में साइबर स्वच्छता मिशन के इंटरनेट के सहयोग से साइबर स्वच्छता दिवस मनाया। इस कार्यक्रम में 80 से अधिक छात्राओं ने भाग लिया जिसमें जागरूक करने वाली गतिविधि शामिल थी जिसमें छात्राओं को साइबर अपराधों के मुद्दे और साइबर स्पेस में अपनी सुरक्षा सुनिश्चित करने के तरीकों के बारे में जागरूक किया गया। साइबर इंटरनेट ने दर्शकों को साइबर सेल, चंडीगढ़ पुलिस के

साइबर स्वच्छता मिशन से अलग कराया, जो वर्तमान साइबर खतरों के बारे में जागरूकता फैलाने के लिए समुदायिक स्तर पर भागीदारी के लिए एक पहल है। साइबर स्वच्छता का

एमसीएम ने साइबर जागरूकता दिवस मनाया

पालन करने के महत्व पर प्रकाश डालते हुए, साइबर इंटरनेट ने छात्राओं को विभिन्न साइबर सुरक्षा तकनीकों, रिपोर्टिंग तंत्र और साइबर स्मार्ट बनने के तरीकों के बारे में विस्तार से बताया। साइबर स्वच्छता मिशन के तहत साइबर युवा

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

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