

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

**Supporting Document**

**Criterion 7 – Institutional Values and Best Practices**

**Key Indicator - 7.1 Institutional Values and Social Responsibilities**

***Human Values and Professional Ethics***

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

**List of activities organized by Mehr Chand Mahajan DAV College for Women, Chandigarh in session 2021-22 (1 July 2021 – 30 June 2022) for inculcating values for being responsible citizens as reflected in the Constitution of India are given below:**

<b>Sr. No</b>	<b>Name of the Committee</b>	<b>Title of the Practice</b>	<b>Duration from</b>	<b>Duration to</b>	<b>Number of Participants (students)</b>	<b>Objectives</b>
1.	Cleanliness Committee	Anti-Malaria Drives and Sanitization Drives in Hostel	01.07.2021	30.09.2021	Non-teaching staff	Key areas of washrooms, common rooms, rooms, kitchens and corridors/lawns were disinfected by treating with Anti-Malaria spray.
2.	NSS Units in Collaboration with MCM Eco-Club	Van Mahotsav Celebration	01.07.2021		15	To engage and inspire students and staff of the college as well as residents of Village Badheri to plant saplings of native fruit varieties, air purifying plants as well as medicinal plants at their houses or at community spaces.

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
3.	NCC Army Wing	Van Mahotsav Celebration	01.07.2021	31.07.2021	20	To sensitize people regarding importance of planting saplings and plants
4.	Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with MGNCRE, GOI	COVID-19 vaccine awareness: "COV-VIJAY" door-to-door campaigning on generating vaccine awareness and inculcating covid appropriate behaviour	28.06.2021; 17.07.2021		15	To study the general behavioural, attitude and level of awareness level of the villagers towards COVID-19 and the precautions; To apprise the villagers and make them aware on the benefits of vaccination against COVID-19 disease; To clear the myths and fears related to vaccination prevalent among villagers by providing them authentic information on the same.
5.	MCM Eco-Club 'Parivesh' And Department of Environment Science Under the Aegis of Internal Quality Assurance Cell (IQAC)	An Online Hands-On Workshop On "Paper Recycling, Paper Pencil Making and Seed Balls Making" To Mark the Celebration of Annual Festival Van Mahotsav	17.07.2021		23	To promote increased paper recovery and reuse by raising awareness about the importance of recycling; To create awareness about the significance of plantation for a clean, green and healthy environment.

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
6.	MCM Eco-Club 'Parivesh' and Department of Botany	Plantation Cum Plant Distribution Drive as Celebration of World Nature Conservation Day	28.07.2021		10	To spread message about judicious use of natural resources for sustainability and maintaining the ecological balance of the mother Earth.
7.	MCM Eco-Club 'Parivesh' in collaboration with the Department of Zoology	Celebration of International Tiger Day	29.07.2021		38	To discuss history of tiger conservation and to spread awareness about the need of tiger conservation in India.
8.	NCC Army Wing	Fit India (Daily Running/exercises)	01.08.2021	31.08.2021	35	To sensitize people regarding Fit India movement
9.	NSS Units	Swachhta Pakhwada – 2021	1.08.2021	15.08.2021	35	To motivate the volunteers regarding the importance of cleanliness in their daily life; To carry out various cleanliness-related activities in and around our surroundings
10.	NSS Units	National Level Digital Poster Making Competition as part of Independence Day Celebration	1.08.2021	15.08.2021	65	To inculcate Patriotic values in every single youth of the country; To make the citizens of the country aware that we stand and remain united under the Indian Union.
11.	NCC Army Wing	Quit India Movement/August Movement	08.08.2021		20	To pay tribute to freedom fighters with national integration speeches and other events.

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
12.	Character Building Committee	Vision For Nation (Be the First to Work for Your Country) - A National Level Competition to Mark The 75th Independence Day Celebrations	11.08.2021	14.08.2021	245 pan-India	To mark the celebration of 75th Independence Day; To give the young minds an opportunity to showcase their thoughts and ideas for New India
13.	NSS Units	Online Lecture on Importance of Yoga as Part of Fit India Run-Amrit Mahotsav@75	14.08.2021		76	To apprise the volunteers about the benefits of Yoga; To make students learn that how Yoga helps to keep the internal organs in the body functioning properly by increasing the oxygen and blood flow.
14.	NCC Army Wing	State level NCC Parade at Sector 17, Chandigarh	15.08.2021		10	Celebration of Independence Day.
15.	NSS Units	Sadbhavana Day Pledge Taking Ceremony – 2021.	20.08.2021		78	To promote good will, national integrity and communal harmony among the people of India irrespective of caste, creed and religion.
16.	MCM Eco-Club – 'Parivesh'	Celebration of Akshay Urja Diwas-2021	20.08.2021		70	To promote the use of renewable energy such as-biogas, solar Energy, wind energy, and hydroelectricity.
17.	AIDS Awareness Committee in	National Online Quiz Competition	25.08.2021		100	To sensitise the students about the dreaded

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
	collaboration with the Red Ribbon Club					diseases AIDS and TB, and to make them aware on these very important health issues
18.	Department Of Environment Science and MCM Eco-Club – 'Parivesh'	Showcasing A Documentary Titled "The Dark Secret Behind Your Shiny Makeup"	26.08.2021		36	To make students aware about the impact of mining on human health and environment; To acquaint them with the role of shiny makeup as indoor pollutant
19.	Women Development Cell in collaboration with Department of Fine Arts, of Mehr Chand Mahajan DAV College for Women, Chandigarh	National level Poster Making Competition under the 'Nasha Mukta Bharat Campaign' of the Department of Social Welfare, Women and Child Development, Chandigarh Administration	31.08.2021		92	To highlight the detrimental effects of drugs.
20.	Character Building Committee	National level Essay Writing Competition 'Subodh'	10.09.2021	13.09.2021	10	To raise awareness about New Education Policy 2020.
21.	NSS Units	Height and Weight Measurement Drive under POSHAN Abhiyan	15.09.2021		15 volunteers + 73 (residents)	To measure the rate of growth with reference to height and weight of children

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
22.	Department of Environment Science Sponsored By: Chandigarh Pollution Control Committee (CPCC)	National Level Wallpaper Designing and Inventing a Slogan Competitions to Celebrate 'International Day For The Preservation Of The Ozone Layer'	16.09.2021		97	To sensitize the students about the importance of ozone layer; To create awareness about its depletion in order to pursue for possible solution for its preservation
23.	UBA Cell, Ek Bharat Shreshtha Bharat Club and NSS Units	Azadi Ka Amrit Mahotsav'- World Bamboo Day	18.09.2021		125	To motivate the youth to explore the potential of Bamboo Industry; To educate people about the immense environmental and economic benefits of bamboo trees; To uphold the plantation of bamboo saplings via fruitful discussions with the village councillors in different villages.
24.	NSS Units	State/University Level Selection of NSS Volunteers for NSS Pre-Republic Day Parade Camp 2021	20.09.2021		4	To provide opportunities to the volunteers to meet the eminent personalities of different fields; To inculcate a sense and spirit of patriotism, national integration, solidarity, brotherhood and communal harmony among the volunteers.

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
25.	Department of Environment Science, Sponsored by: Chandigarh Pollution Control Committee (CPCC)	National Level Logo Designing Competition to Celebrate 'World Car Free Day'	22.09.2021		70	To encourage students to look for car-pooling and use of cycles as sustainable alternatives of personal cars at least once a week to reduce air pollution.
26.	Foreign Students Cell in collaboration with Government College Chamba, Himachal Pradesh	An online International Poetry Writing Competition on the occasion of International Peace Day	22.09.2021		80	To commit to peace above all differences and to contribute towards building a culture of peace
27.	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
28.	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.
29.	Department of Sanskrit and Character Building committee	स्वावलंबन	29.09.2021		113	To inculcate Gandhiji's vision of the progressive India among the youth through these activities and remember his contribution towards the

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
						liberation of our motherland.
30.	NSS Units and Medical Committee	Awareness session on "Overview of Blood – Lymphoma"	01.10.2021		60	To celebrate National voluntary Blood Donation Day and motivate volunteers to come forward for blood donation
31.	NSS Units	One Day Swachhta Camp-2021 as Part of Clean India Programme	1.10.2021	2.10.2021	80	To commemorate the birth anniversary of the father of our nation, Mahatma Gandhi Ji; To motivate the volunteers to clean their surroundings and help in the proper waste disposal under Clean India Programme.
32.	Department of History under the aegis of IQAC	Inter-college competitions on the eve of Gandhi Jayanti	01.10.2021	03.10.2021	190	To commemorate the birth anniversary of the father of our nation, Mahatma Gandhi Ji
33.	Character-building committee in collaboration with MCM Eco-club 'Parivesh'	Celebration of National Wildlife Week - Competition On 'Making Bird Feeders with Unused Material at Home'	02.10.2021	08.10.2021	20	To encourage students to reuse the waste material present at their homes to create a variety of bird feeders; To increase interaction of students with avian fauna present around them by observing their feeding habits



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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
34.	Department of Botany	'A Nature's Walk' as part of celebration of National Wildlife Week	04.10.2021		35	To unfold the significance of the rich flora nurtured in the college campus and making the students aware of the rare, endemic, vulnerable, endangered, commonly found, medicinally important, home remedial and commercially important plant species existing at the botanical garden of the college
35.	Department of Environment Science in collaboration with MCM Eco-Club. - 'Parivesh'	Discussion Session on 'Single-Use Plastic Pollution'	05.10.2021		68	To identify opportunities and ideas for phasing out specific problematic and unnecessary single-use plastics and moving to more sustainable alternatives
36.	Department of Home Science in collaboration with Women Development Cell under the aegis of Department of Youth Welfare, Panjab University	National level Inter-college competitions (e-rangoli, e-poster) as part of Rashtriya POSHAN Maah - 2001	05.10.2021		e- Rangoli -12; Poster making - 60	To celebrate Rashtriya POSHAN Maah 2021
37.	Character Building Committee in collaboration	Plastic Collection Drive	05.10.2021	06.10.2021	16	To spread awareness in the neighbourhood regarding the

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
	with Swachhta Committee					hazardous effects of plastic on health and ecology and reuse the collected items to make something useful out of it
38.	Department of Zoology in collaboration with MCM Eco-club	Quiz Competition On 'Wildlife and Its Conservation'	08.10.2021		50	To generate awareness about wildlife and various laws related to its conservation; To help build team spirit among all the student participants of different teams
39.	Internal Quality Assurance Cell	An online expert lecture on Governance Reforms, Leadership and Institutional Management in context of NEP-2020	09.10.2021		1000	To highlight the importance of NEP 2020
40.	Department of Environment Science under the aegis of Sustainable Practices Committee	'E-Safe' to mark the celebration of International E-Waste Day	11.10.2021		46	To create awareness among students about the hazards of e-waste; To encourage them for the proper recycling and disposal of any form of e-waste by handing it over to the authorized recyclers instead of giving it to unauthorized scrap dealers.

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
41.	NSS Units	Cleanliness cum beautification drive in Anganwadi Complex, Village Badheri, Chandigarh	12.10.2021		25	To collect single use Plastic from the Anganwadi Area; To motivate the volunteers to clean and beautify the area of Anganwadi and help in the proper waste disposal under Clean India Programme
42.	NSS Units	One-Day Special Campaign Against Single Use Plastic	21.10.2021		94	To collect non-biodegradable single use plastic (bottles, spoons, covers, polyethene etc.); To encourage individuals to take a pledge against single use plastics
43.	Electoral Literacy Club	An online Poetry Writing Competition on the theme 'Vote'	23.10.2021		21	To sensitize the youth about the importance of franchise for a vibrant democracy
44.	Women Development Cell	Online Paper presentation competition on Drug Abuse and Addiction: Effects on Brain, Risk factors and Signs under Nasha Mukta Bharat Campaign Action Plan - Scheme formulated by Department of Social	25.10.2021		18	To bring down the consumption of drugs and rehabilitate the addicts and we are going ahead with it with full determination.

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
		Welfare, Women & Child Development, Chandigarh.				
45.	MCM Eco-Club in collaboration with the Character-Building Committee	Green Diwali Celebration	26.10.2021		Slogan writing competition (17) Diya decoration competition (23) Card making competition (33)	To promote the concept of an eco-friendly Diwali; To create awareness among students and sensitize them towards building a pollution free environment.
46.	NSS Units	Dengue Awareness Campaign	27.10.2021		25	To generate awareness about Dengue and its preventive measures among the residents of adopted Village Badheri
47.	Department of Food Science in collaboration with Swachhta Committee	Inter College Competition to Mark the celebration of World Food Day	27.10.2021		118	To discuss and create awareness about hunger, malnutrition, sustainability and food production among the students.
48.	NSS Units	Awareness session on Single use Plastic Campaign	27.10.2021		25	To collect single-use plastic from the village area and inform people about the disadvantages of using plastic on routine basis.
49.	Swachhta Committee Commerce	Online awareness programme on Digital Decluttering of	28.10.2021		100	To address the need of ensuring maintenance of online devices and disseminating

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
		Computer/laptop				vital information regarding basics of cleaning the online devices for their smooth functioning
50.	Swachhta Committee Arts	Cleanliness Drive to collect Single use Plastic Waste	29.10.2021		100	To spread awareness among students about the importance of maintaining cleanliness in our surroundings.
51.	NCC Army Wing	Cleanliness Drive under Clean India Programme	30.10.2021		13	To promote Clean India Programme
52.	Swachhta Committee, Post Graduate Department of Commerce	Oath' of not using crackers on the theme "Green Diwali-Swachh Diwali"	30.10.2021		100	To reinforce the commitment of the staff and students of Mehr Chand Mahajan DAV College for Women towards "Green Diwali-Swachh Diwali" by avoiding fire crackers on Diwali to protect the environment.
53.	NSS UNITS	Anti-Cracker Rally	30.10.2021		70	<ul style="list-style-type: none"> <li>To sensitize people about the harmful effects of burning firecrackers on environment in form of noise and air pollution</li> </ul>
54.	Department of Political Science and the Debating Club	Rashtriya Ekta Diwas - An inter-college online Declamation Contest on the topic 'Is pluralism a threat to Indian unity?'	31.10.2021		19	To pay tribute to the great visionary Sardar Vallabhbhai Patel on his birth anniversary

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
55.	NCC Army Wing	Vigilance Pledge as part of Vigilance Awareness Week	26.10.2021	01.11.2021	50	To mark the celebration of Vigilance Awareness Week
56.	MCM Eco Club and Character-Building Committee	Anti-Cracker Campaign on The Theme 'Swachh Diwali- Green Diwali	01.11.2021		Poster/Card making competition - 33 Slogan writing competition - 17	To create awareness among students and sensitize them towards building a pollution free environment.
57.	Department of Environment, MCM DAV College For Women, Chandigarh in Collaboration with Department of Education, Chandigarh Administration	Online Awareness lecture on "Ill Effects of Crackers" as a part of Anti-Cracker Campaign	03.11.2021		100	To promote and support 'Green Diwali, Swachh Diwali'
58.	NCC Naval Wing	Naval Wing	04.11.2021		50	To recognise the role and achievements of the Indian Navy.
59.	Vigilance Cell in association with the Vigilance Cell of Chandigarh Administration and sponsored by the Central Bank of India.	Vigilance Awareness Week - a Debate Competition on the theme 'Independent India@75: Self Reliance with Integrity' under the aegis of Azadi Ka Amrit Mahotsav.	11.11.2021		23	To mark the celebration of Vigilance Awareness Week

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
60.	Department of Food Science in collaboration with Swachhta Committee	An interactive lecture with on-site demonstration on solid waste management practices adopted	14.11.2021		35	<ul style="list-style-type: none"> <li>To apprise students of the various solid waste management practices being adopted in order to utilize waste and its conversion into useful products.</li> </ul>
61.	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.
62.	Department of Philosophy	World Philosophy Day celebration	18.11.2021		30	To celebrate world philosophy day as proclaimed by UNESCO
63.	Department of Political Science	Celebration of Constitution Day	26.11.2021		61	To commemorate the day of adoption of Indian Constitution
64.	NSS Units under the aegis of IQAC	National Level Online Quiz as part of Constitution Day-2021	26.11.2021		349	To commemorate the adoption of the Constitution of India To spread awareness of fundamental duties across the masses by mobilizing the Youth of the country
65.	Department of Zoology in collaboration	Awareness Quiz on Noise Pollution	30.11.2021		53	To generate awareness about noise pollution and the related

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
	with MCM Eco-Club					laws in the country
66.	NSS Units in collaboration with Red Ribbon Club/AIDS Awareness Committee	An Awareness Programme on World AIDS Day - 2021	01.12.2021		38	To create awareness and educate people about the misconceptions and taboos related to HIV/AIDS among the people
67.	NSS Units in collaboration with Character Building Committee	International Day of Persons with Disabilities	03.12.2021		18	To spread awareness about the problems faced by people with disabilities and promote disabled friendly infrastructure.
68.	NCC Naval Wing	Flag Day Celebration	08.12.2021		50	To apprise the cadets and honour the martyrs and soldiers in uniform who have heroically fought and continue to fight on our borders to protect the country's honour
69.	Institution's Innovation Council 4.0 in collaboration with Department of Environment Science	Just A Minute Idea Competition on the Theme 'Stubble Burning' to mark the celebration of National Pollution Control Day	08.12.2021		23	To spread awareness about the hazards of stubble burning
70.	NSS Units in collaboration with the Electoral Literacy Club	Electoral Pledge	13.12.2021		100	To sensitize people regarding the electoral process of registration and voting through



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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
						activities such as electoral pledge
71.	NSS Units in collaboration with the Electoral Literacy Club	Online Quiz on the theme "Elections and Electoral Process in India"	14.12.2021		161	To generate awareness among students regarding Election process and reforms
72.	Innovation Council 4.0 in collaboration with Renewable Energy committee and Department of Physics	Collage making competition on the theme 'SAVE ENERGY, SAVE FUTURE' To Celebrate World Energy Conservation Day	14.12.2021		35	To spread awareness about the importance of energy efficiency and conservation
73.	Sustainable Practices Committee	National Energy Conservation Day - an online Quiz on the theme 'Energy Conserved is Energy Generated'.	14.12.2021		376	To encourage students to adopt energy conservation practices and to motivate others to do the same for a sustainable future.
74.	NSS Units in collaboration with the Electoral Literacy Club	Online Declamation Contest on the topic 'Importance of Local Bodies Election (Municipal Corporation - 2021) in Chandigarh'	15.12.2021		35	To generate awareness among students regarding Election process and reforms
75.	Department of Zoology in collaboration with MCM Eco-club	PowerPoint Presentation on 'Wildlife Conservation'	15.12.2021		20	To increase students' awareness on wildlife conservation
76.	Anti-Ragging Committee and the	An Orientation Programme	25.09.2021;		104	To strive for excellence and maintain a

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
	Hostel Committee		19.10.2021			ragging-free campus
77.	Character Building Committee	International Human Solidarity Day - 'Sauhard'- a donation drive of woollen clothes for underprivileged people	20.12.2021		8	To spread the message of love and compassion, and to celebrate the spirit of humanity.
78.	Internal Quality Assurance Cell	An interactive session on National Education Policy 2020 by Dr. Ashok Kumar Sharma, Vice President and Senior Governing Body Member, DAV College Managing Committee, New Delhi and former Director, NCERT	27.11.2021		120	To discuss about the important aspects of NEP 2020
79.	Swachhta Committee in collaboration with Mahatma Gandhi National Council of Rural Education, Ministry of Education, Govt. of India	Cleanliness drive using 'Gandhi Chhadi'	27.12.2021	31.12.2021	50 students + 12 safai karamcharis	To promote cleanliness and waste segregation through the use of an innovative patented tool named as Gandhi Chhadi

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
80.	Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, GOI.	Campus Cleanliness Drive on Waste Segregation Using Gandhi Chhadi – Phase I, Innovation for Waste Collection	27.12.2021	31.12.2021	50	To imbibe the concept and importance of cleanliness and waste segregation among students, staff, and cleanliness helpers.
81.	Electoral Literacy Club	Online Electoral Awareness Competitions- Music Awareness Video, Radio Drama, Story Telling, and Informative Programs under SVEEP Scheme	07.01.2022		25 students + 2 teachers	To create awareness among students about their electoral rights and duties.
82.	Department of Philosophy in collaboration with NSS Units and Young Communication Club (YCC)	National Youth Day – 2022 Celebration: A periodic lecture on 'A Friend Request from Vivekananda'	12.01.2022		150	To unite, motivate and activate the youth of India towards nation-building; To unleash the true potential of our demographic dividend; To bring diverse cultures of India and integrate them through an immersive and interactive approach

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83.	NSS Units	National Youth Festival - 2022	12.01.2022	13.01.2022	1	To instill a feeling of nationalism and enthusiasm towards our country's rich festive background.
84.	NCC Army Wing	National Youth Festival - 2022	12.01.2022		12	To infuse a feeling of nationalism among cadets
85.	NSS Units	Yoga Session on Surya Namaskar as part of Azadi Ka Amrit Mahotsav	14.01.2022		40	To promote emotional as well as psychological wellness of the students during the stressful times
86.	Department of Zoology and MCM Eco-Club 'Parivesh'	Awareness on Solid Waste Management through Online Puppet Show	14.01.2022		50	To understand the problems caused by solid waste and to propose solutions for its management.
87.	NCC Army Wing	National Youth Festival - 2022: Webinar/PPT/ Painting/Video/Poetry Competition based on Indigenous Sports of India	15.01.2022		100	To apprise and create awareness among cadets of importance of sports in daily life
88.	NSS Units and MCM Eco-Club 'Parivesh' in collaboration with the Swachh Bharat Mission	An Awareness Camp on Waste Management Under Swachh Bharat Mission	20.01.2022		70	To generate awareness regarding the need of waste management

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
89.	Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, GOI.	Plantation Drive (Each One Plant One) Under Aegis of MGNCRE	22.01.2022		6	To promote the concept of environmental sustainability among youth for a prosperous and healthy future.
90.	Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Government of India	Appreciation by Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Government of India - 'Largest Plantation Drive' In Higher Educational Institutions Across Chandigarh Under The Aegis Of Mahatma Gandhi National Council Of Rural Education, Dept. Of Higher Education,	22.01.2022		-----	To appreciate the efforts of college taken in the direction of Swachhta

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Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
		Ministry of Education, Government of India.				
91.	NSS Units	Virtual Pledge on Voter's Day	25.01.2022		66	To create awareness about encouraging informed involvement in the electoral process.
92.	Electoral Literacy Club	Online Poetry Recitation Competition- "Even One Vote Makes a Difference" under SVEEP Scheme	25.01.2022		58 students + 1 teacher	To mark the celebration of National Voters' Day
93.	NCC Army Wing	Azadi Ka Amrit Mahotsav Competitions at National Level - Paintings, Rangoli making, Patriotic Lori contest, Desh Bhakti Geet	25.01.2022	27.01.2022	24	To celebrate the national festival of the Republic Day with enthusiasm and express our respect for the nation
94.	NCC Army Wing	RDC Participation - Republic Day Parade, New Delhi	26.01.2022		2	To mark the celebration of Republic Day and infuse the feelings of patriotism
95.	NSS Units	Republic Day Celebration	26.01.2022		64	To celebrate the national festival of the Republic Day with enthusiasm and express our respect for the national flag, and our faith in the Constitution

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
96.	Character Building Committee	'Saluting the Tiranga' - an online poetry recitation/writing event	26.01.2022		10	To inspire the spirit of patriotism and motivate the participants to express their allegiance by means of poetry
97.	Ek Bharat Shreshtha Bharat Club and Department of English	National-level Republic Day Quiz	26.01.2022		392 from 19 different states	To create awareness among students of the importance of celebrating republic day
98.	Swachhta Committee & Horticulture and Landscaping Committee	"Tree Plantation Campaign" on the occasion of Republic Day	27.01.2022		6	To create awareness among the students regarding the importance of ecology and the natural environment
99.	Municipal Corporation, Chandigarh under Mission Swachh Chandigarh	Swachh Prerak Award, Swachh Survekshan 2022	29.01.2022		-----	To appreciate the efforts of college taken in the direction of Swachhta
100	MCM Eco-Club 'Parivesh' in collaboration with the Department of Zoology	Screening of Documentary to celebrate World Wetlands Day	02.02.2022		15 teaching and 10 non-teaching staff members	To spread awareness about wetlands and their conservation
101	NSS Units	State Level Youth Parliament Festival (Punjab and Chandigarh) - 2022	19.02.2022	23.02.2022	1	To encourage the youth to engage with public issues, understand the common man's point of view, form their opinion and express these in an articulate manner

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
102	Electoral Literacy Club	Online Screening of ECI film on 'Indian National Election 2014' under SVEEP Scheme	25.02.2022		64 students + 1 teacher	To apprise the students about the importance of electoral programme
103	Department of Computer Science & Applications under the aegis of MCM Vigyan Manch	National Webinar on 'Combatting 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
104	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
105	NSS Units, Red Ribbon Club, AIDS Awareness Committee and Medical Committee in collaboration with Post Graduate Institute of	Blood Donation Camp - 2022	15.03.2022		more than 250	To instill the spirit of service to humanity among the volunteers and motivate them to come forward for noble cause – Blood donation



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
	Medical Education & Research, Chandigarh (PGIMER), Chandigarh (UT), supported by Lions Club Chandigarh Prosperity					
106	Personality Development Club and Character Building Committee in Association with Arya Samaj Sector-16 Chandigarh	Holi ke Rang Prakriti ke Sang' and Herbal Holi Colour Making Workshop	16.03.2022		150	To enlighten the students about natural and environment friendly Holi colors and develop the awareness about a pollution-free environment and eco-friendly Holi celebrations.
107	Department of Botany in collaboration with MCM Eco-Club 'Parivesh'	Screening of Documentary on 'World Forest Day'	21.03.2022		52 students and 02 teachers	To raise awareness about the importance of the conservation and sustainable management of forests
108	Department of Zoology	Screening of Video Message on 'Water Conservation' to Celebrate 'World Water Day'	22.03.2022		50 students and 03 teachers	To spread awareness about water conservation
109	NSS Units in collaboration with MCM Eco-Club 'Parivesh'	Awareness Rally on Jal Shakti Abhiyan on the occasion of World Water Day in adopted Village Badheri, Chandigarh	22.03.2022		100	To spread awareness regarding the importance of water in everyday life

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
110	NSS Units in collaboration with MCM Eco-Club 'Parivesh'	Lecture on Jal Shakti Abhiyan	23.03.2022		100	To educate the volunteers about the importance of fresh water and its significance in fostering the cause of a cleaner and greener planet
111	NSS Units	Interactive cum Awareness session cum Poster making session on Azaadi Ka Amrit Mahotsav, India@75 Years. (Commemoration of Shaheedi Diwas)	23.03.2022		100	To generate awareness among the volunteers about the objective of celebrating Azaadi Ka Amrit Mahotsav, India@75 Years
112	NSS Units	Swachh Survekshan (Survey) – 2022 and Nukkad Natak in adopted Village Badheri, Chandigarh	23.03.2022		100	To collect feedback regarding solid-waste management i.e., sanitation status from residents of adopted village Badheri, Chandigarh and motivate them to install Swachhta App, MoHua
113	NSS Units in collaboration with Disaster Management Committee	Workshop Cum Mock Drill on Fire Fighting	24.03.2022		100	To sensitize the volunteers about the necessary steps taken during a fire outbreak
114	NSS Units	Awareness session on Waste Segregation	25.03.2022		100	To generate awareness regarding the need for waste segregation

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
115	NSS Units	Lecture on Waste Management - Innovative and sustainability practices: The road to zero waste campus	26.03.2022		100	To apprise the volunteers of the importance of waste management
116	NSS Units	Workshop cum Lecture on 'How to Make Compost using MATKA Composter'	27.03.2022		100	To apprise the volunteers of waste management and give training about the process of compost made from the daily waste generated in their kitchen as well as house
117	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.
118	Department of Environment, Chandigarh Administration and Yuvsatta (NGO)	Best Herbal Garden Award - 2022	28.03.2022		10	To recognize the college for its green initiatives
119	Electoral Literacy Club	Online Slogan Writing Competition on the theme 'Power of Vote'	28.03.2022		14 students + 1 teacher	To generate awareness among students regarding the power of vote

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
120	Geetanjali Counselling Helpline	Poster Making Competition	08.04.2022		50	To mark the celebration of WHO World Health Day
121	Character Building Committee and Ek Bharat Shreshtha Bharat Club	ज़ायका - Savor the Flavors of India	11.04.2022		24 stalls	To celebrate Baisakhi and enlighten students by showing the diversity of Food in India.
122	NSS Units	An Awareness cum Interactive session on the occasion of Earth Day – 2022	21.04.2022		15 Volunteers + 80 beneficiaries (school children)	To promote environmental awareness and apprise the students to conserved and protect Earth
123	Electoral Literacy Club	Ballot Baristo on the theme 'Voter Education: An Undermined Necessity' under SVEEP Scheme	25.04.2022		20 students + 1 teacher	To educate students about their right to vote
124	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.
125	Electoral Literacy Club	Helpline desk to resolve the issues and queries of students related to voter registration	16.05.2022		Student Volunteers - 6; Student queries taken- 22 + 1 teacher	To resolve the issues and queries of students related to voter registration
126	UBA Cell	Inspection visit of Donated NCERT Text Books in	20.05.2022		8	To assist in providing free education and find out the usefulness of the

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

Sr. No	Name of the Committee	Title of the Practice	Duration from	Duration to	Number of Participants (students)	Objectives
		Government High School, Kajheri, Chandigarh				books provided to the students under the Book Bank Facility
127	UBA Cell	Donation Drive at Anganwari Centre, Attawa	20.05.2022		8	To give an impetus to the students of the Anganwari of the village, so that they devote more time to study
128	UBA Cell	Donation Drive- "Ripples in the Fun Pond" in Badheri and Butrela	21.05.2022		17	To encourage the young minds to enjoy while learning
129	Legal Literacy Cell	An Awareness Session on Sexual Harassment and Law by Dr. Upneet Lalli	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 harassment
130	NSS Units and Medical Committee	Pledge taking ceremony on World No Tobacco Day – 2022	31.05.2022		50	To spread awareness among the youth about the potential risks of using tobacco
131	NSS Units under the aegis of MCM Eco Club 'Parivesh'	Awareness Session and Nukkad Natak in Village Badheri, Chandigarh on the occasion of World Environment Day – 2022	04.06.2022		12 volunteers + 25 beneficiaries (residents of that area)	To encourage awareness and environmental and make a healthier, safer environment for the future

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

<b>Sr. No</b>	<b>Name of the Committee</b>	<b>Title of the Practice</b>	<b>Duration from</b>	<b>Duration to</b>	<b>Number of Participants (students)</b>	<b>Objectives</b>
132	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.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

During the session 2021-22 (1 July – 30 June 2022), 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:

#### 1. Patriotism/Celebration of National Days:

- ✓ On 15.08.2021, NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a National Level Digital Poster Making Competition to mark the celebration of 75<sup>th</sup> Independence Day. The theme of the event was - आज़ादी का अमृत महोत्सव. 65 participants from different schools and colleges of more than 9 different states of India including Maharashtra, Rajasthan, Punjab, Haryana, Chandigarh participated for the same. Participants expressed their views and thoughts about the great leaders, their work for Independence and recent role of front warriors amidst COVID-19 through their posters.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



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

**Character Building Committee**  
On the  
Occasion of 75th Independence Day  
is organizing  
A National Level Competition For Students

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

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

Upload your entry at  
Google form: <https://forms.gle/xkASakLhYxMEJ9m8>  
by  
14th August 2021

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

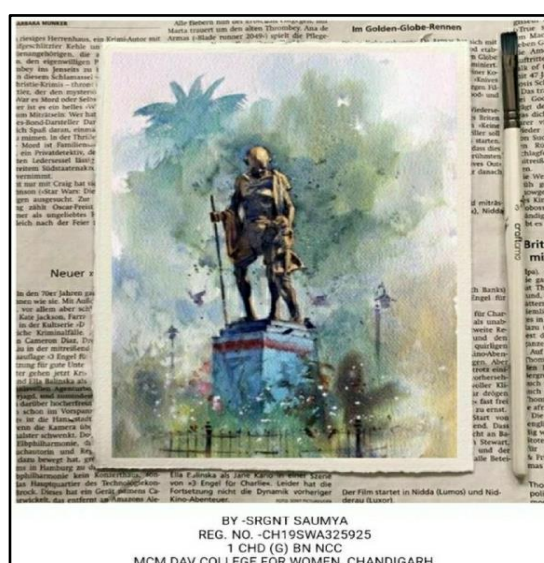
Student Ambassadors Tanya - 9206515000 Pranamyia - 9115965500 Shrshiti Sharma - 9914478930	Coordinator Dr. Minakshi Rana	Convener Dr. Seema Kanwar
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Chairperson and Principal  
Dr. Nisha Bhargava  
Mehr Chand Mahajan DAV College For Women

- ✓ To mark the celebration of 75<sup>th</sup> Independence Day and to give the young minds an opportunity to display their thoughts and ideas for NEW INDIA, a National Level Competition 'Vision for Nation' for students was organized by Character Building Committee from 11.08.2021 to 14.08.2021 where around 245 pan-India participants showed remarkable enthusiasm and expressed their ideas on canvass beautifully. **Link to the event include:**

<https://www.facebook.com/MCMDAVCW/posts/1174758802990371>

- ✓ To commemorate Quit India Movement/August Movement, NCC Army wing of the college organized a session on 08.08.2021 where NCC cadets through their tweets and posters paid tribute to freedom fighters.





### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ On 20.08.2021, **Sadbhavana Diwas** was celebrated by **NSS Units** under the able leadership of Principal, Dr Nisha Bhargava and supervision of Dr Pallvi Rani and Dr Purnima Bhandari - NSS Programme Officers of Mehr Chand Mahajan DAV College for Women, Chandigarh where 78



volunteers were administered **Sadbhavana Pledge** - an oath to work for the emotional oneness and harmony of all the people in India regardless of caste, religion, region, and language. They also pledge to resolve all differences among each-other through dialogue and constitutional means without resorting to violence.

होगी। बस का आने-जाने का किराया 560 रुपये प्रति टिकट रखा गया है। खाटू श्याम के अलावा गुरुग्राम से हरिद्वार और गुरुग्राम से हल्द्वानी के लिए भी सोमवार से ही बस की शुरुआत की जा रही है। खाटू श्याम जी के लिए बस सुबह 6 बजे रवाना होगी व 3:30 बजे वापसी होगी। हरिद्वार के लिए सुबह 7:15 बजे व हल्द्वानी सुबह 08:00 बजे का समय निर्धारित किया गया है। तीनों रूटों पर ऑडनरी बसें ही संचालित की जाएंगी।

## एमसीएम ने सद्भावना दिवस मनाया

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH  
Celebration of Sadbhavana Diwas

ह्यूमन इंडिया/ब्यूरो  
चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की एनएसएस इकाइयों ने भारत के पूर्व प्रधान मंत्री स्वर्गीय श्री राजीव गांधी की जयंती के उपलक्ष्य में सद्भावना दिवस मनाया। भारतीय नागरिकों के बीच राष्ट्रीय एकता, सांप्रदायिक सद्भावना को बढ़ावा देने के लिए सद्भावना विषय को ध्यान में रखते हुए, कॉलेज की एनएसएस इकाइयों ने सद्भावना शपथ समारोह आयोजित किया। जिसमें 78 एनएसएस स्वयंसेवकों ने सद्भावना, राष्ट्रीय एकता, सांप्रदायिक सद्भाव, शांति और स्नेह को भारत के लोगों में बिना जाति, पंथ और धर्म के भेदभाव के प्रोत्साहित करने का संकल्प लिया। प्रधानाचार्या डॉ. निशा भार्गव ने कहा कि भारत के सबसे युवा प्रधान मंत्री होने के नाते, राजीव गांधी का आधुनिक दृष्टिकोण था जिसमें उन्होंने एक मजबूत, स्वतंत्र भारत के सपने को साकार करने पर जोर दिया। उन्होंने कहा कि उनके योगदान के लिए सच्चे सम्मान के प्रतीक के रूप में, हमें सभी भारतीयों की भावनात्मक एकता और सद्भाव के लिए काम करना चाहिए।

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

#### ✓ Pre Republic-Day (RD)

**Selection Camp** is organized prior to the Republic Day Camp to select the NSS volunteers who can prove their mettle in parade and cultural activities. In order to qualify for the pre-RD Camp, four of our NSS volunteers – Ms. Yavantika (B. Com III



year), Shivika (B.Sc NM III), Antriksh (B.A. II) and Komal (B. Com. II) participated in the selection camp that was held in GGSDS College, Sector 32, Chandigarh on 20.09.2021.

- ✓ 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 Paushtik Aahar and setting up of Nutri-Vartika was held in village premises. In this, 15 NSS volunteers along with 50 residents participated.

A newspaper clipping with a yellow background and red text. The main headline reads "MCM NSS units hold awareness camp at Badheri". Below the headline, it says "The Aman Sandesh Times Network". The text describes the event: "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." There is a small photograph showing people at the camp. To the right of the photo, it says "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." The text continues: "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

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ **To celebrate the contribution of Mahatma Gandhi ji to the nation, 2<sup>nd</sup> October is celebrated every year as the International Day of Non-Violence by the United Nations. To appraise the students about the contribution of Gandhiji, their dedication and vision for the better India, the College dedicated a day to his memory. On 29.09.2021, the Department of Sanskrit & Character-Building Committee organized an activity named “स्वावलंबन” where Slogan**



writing, book mark making and best out of waste activities were organized. The main objectives of the activity were to celebrate “Gandhi Jayanti” and to inculcate Gandhiji’s vision of the progressive India among the youth.

- ✓ **On the birth anniversary of father of nation “Mahatma Gandhi Ji”, NSS Units of Mehr Chand Mahajan DAV College for Women organized One-Day Swachhta Camp-2021 on 01.10.2021 in the college premises during which a Swachhta pledge ceremony and a massive cleanliness drive was organized. This event was conducted as part of Clean India programme that aimed at creating awareness, mobilization of people and ensuring their involvement in the Clean India initiative which is unique in terms of scale and participation.**



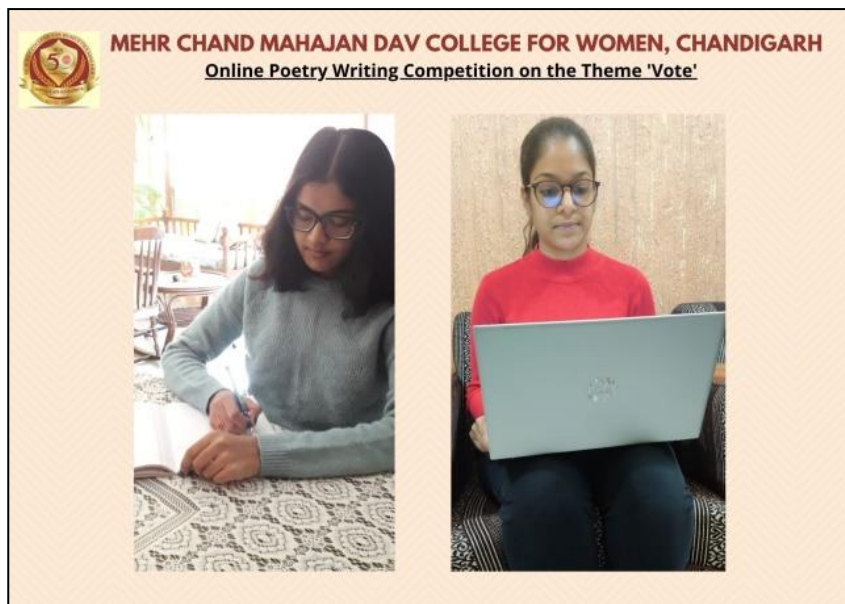
## एमसीएम डीएवी कॉलेज ऑफ वुमैन ने मनाई गांधी जयंती

चंडीगढ़, 2 अक्टूबर (रामसिंह बराड़) : मेहर चंद महाजन डीएवी कॉलेज ऑफ वुमैन, चंडीगढ़ ने गांधी जयंती के अवसर पर कई गतिविधियों का आयोजन किया, जिनका उद्देश्य छात्रों को अपनी मातृभूमि के लिए महात्मा गांधी के योगदान और एक प्रगतिशील भारत के लिए उनके दृष्टिकोण से अवगत कराना था। प्रधानाचार्या डॉ. निशा भार्गव ने राष्ट्रपिता को एक स्वरचित कविता समर्पित की जिसमें उन्होंने उन्हें विश्व शांति के संवाहक के रूप में संदर्भित किया। जिन्होंने अहिंसा के माध्यम से साम्राज्यवाद की नींव को हिलाकर रख दिया और भारत की स्वतंत्रता का मार्ग प्रशस्त किया। इस अवसर पर अपने विचार साझा करते हुए, डॉ. भार्गव ने कहा कि गांधीजी की अहिंसा पद्धति ने दुनिया भर में कई नागरिक अधिकार आंदोलनों को प्रेरित किया और यह तथ्य भी बताया कि संयुक्त राष्ट्र द्वारा उनकी वर्षगांठ को अंतर्राष्ट्रीय अहिंसा दिवस के रूप में भी मनाया जाना दुनिया पर उनकी अमिट छाप को दर्शाता है।

कॉलेज की एनएसएस इकाइयों ने इस विशेष अवसर पर स्वच्छता भासा कार्यक्रम के हिस्से के रूप में स्वच्छता शपथ समारोह और एक दिवसीय स्वच्छता अभियान आयोजित किया गया। शपथ समारोह के दौरान, एनएसएस स्वयंसेवकों को स्वच्छता की शपथ दिलाई गई, जिसमें उन्होंने अपने आस-पास को स्वच्छ रखने और गांधीजी के 'स्वच्छ भारत' के सपने को साकार करने का संकल्प लिया। इस स्वच्छता अभियान में 80 एनएसएस स्वयंसेवकों ने कॉलेज के हर कोने को साफ किया जिसमें सेलिब्रेशन ग्राउंड, लॉन, छात्रावास परिसर, प्रयोगशालाएं और मेस क्षेत्र शामिल रहे। एक अन्य कार्यक्रम में, कॉलेज के संस्कृत विभाग और चित्र निर्माण समिति ने 'स्वावलंबन' के माध्यम से गांधी जयंती को चिह्नित किया और कई गतिविधियों का आयोजन किया। जिसमें बेस्ट आउट ऑफ वेस्ट, स्लोगन राइटिंग और बुकमार्क मेकिंग प्रतियोगिताएं शामिल थीं। जिनके माध्यम से गांधीजी के अदृश्यों को सुदृष्ट करने का संदेश भी दिया गया। 'महात्मा गांधी के अदृश्यों सिद्धांत और दर्शन' विषय के महत्व आयोजित प्रतियोगिताओं में भी उत्साहजनक प्रतिक्रिया देखी गई। इसमें कुल 113 प्रतियोगिताएं प्राप्त हुई थीं। नारा लेखन प्रतियोगिता में, प्रतिभागियों को गांधी जी के योगदान, नैतिकता, विचारों और सपनों को दर्शाने वाले नारे लिखने थे, जबकि बुकमार्क बनाने में, प्रतिभागियों को गांधीजी की शिक्षाओं और विचारों को चित्रित करना था। प्रत्येक श्रेणी में सर्वश्रेष्ठ तीन विजेता प्रतियोगियों को पुरस्कार प्रदान किए गए।

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ With the aim of sensitizing the youth about the importance of franchise for a vibrant democracy, the **Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh** organized an **online Poetry Writing Competition on 23.10.2021. Held on the theme 'Vote'**, the competition elicited enthusiastic response from 21 students of diverse streams.



## Poetry Writing Competition on vote organised

**The Aman Sandesh Times Network**

**Chandigarh:** With the aim of sensitising the youth about the importance of franchise for a vibrant democracy, the Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online Poetry Writing Competition. Held on the theme 'Vote', the competition elicited enthusiastic response from students of diverse streams. The participants wove a thought-provoking poetic tapestry of words to share their nuanced thoughts on the right to vote and its importance for a nation. The entries were to be submitted in either Hindi or English, and all the winners and participants were awarded e-certificates.

Principal Dr. Nisha Bhargava lauded this initiative for driving home the message of the importance of vote in a novel manner and providing the students a platform to share their thoughts while showcasing their creativity and added that an informed and responsible electorate is immensely significant for a thriving democracy.



**Link to the event include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1239802989819285/?type=3>

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

✓ To mark the celebrations of **Rashtriya Ekta Diwas**, the **Department of Political Science and the Debating Club** of Mehr Chand Mahajan DAV College for Women, Chandigarh organized an **inter-college online Declamation Contest** on 31.10.2021 as a tribute to the great visionary Sardar Vallabhbhai Patel on his birth anniversary. The contest was held on the topic 'Is pluralism a threat to Indian unity?'. The contest witnessed enthusiastic response as 19 students from across the country participated in it. The participants sent in their recorded videos expressing their views on the given topic in English, Hindi or Punjabi.

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

Department of Political Science  
and Debating Club  
organises  
An Online Inter-College  
Declamation Competition

Topic:  
Is pluralism a threat to  
Indian unity?

Rules:  
• Students can send video recordings of their speech (3-4 minutes) in Hindi, English or Punjabi.  
• Paper reading is not allowed.  
• All entries must be sent through Google form only.  
• Every college can send up to 3 entries of bonafide students.  
• Decision of judges is final and binding.  
• Entries must reach latest by 31 October 2021.  
• Cash prizes will be given to first five positions (First Prize-2000/-, Second Prize-1500/-, Third Prize- 1000/- and Two Consolation Prizes- 800/- each) and E-certificates will be awarded to all participants

Click the following link to submit your entry: [CLICK HERE](#)

Dr Neha Soi and Dr Ritu Khosla  
Coordinators

Dr Nisha Bhargava  
Convener & Principal

✓ **Marking the celebration of Vigilance Awareness Week**, the **Vigilance Cell** of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a Debate Competition on the theme 'Independent India@75: Self Reliance with Integrity' under the aegis of Azadi ka Amrit Mahotsav on 01.11.2021. The event was conducted in association with the Vigilance Cell of Chandigarh Administration and sponsored by the Central Bank of India. 23 participants attended the event.



Link to the event include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1232943797171871/?type=3>

वाद-विवाद प्रतियोगिता के  
साथ मनाया सतर्कता सप्ताह

चंडीगढ़, 2 नवंबर (दिव्य)

आफ इंडिया के सतर्कता अधिकारी रणबीर सिंह और चंडीगढ़ प्रशासन के सतर्कता जागरूकता सप्ताह के उपलक्ष्य में एमसीएम डीएवी के विजिलेंस सेल ने आजादी का अमृत महोत्सव के तत्वावधान में इंडिपेंडेंट इंडिया @ 75: सेल्फ रिलायंस विद इंटिमिटी विषय पर वाद-विवाद प्रतियोगिता का आयोजन किया। कार्यक्रम चंडीगढ़ प्रशासन के विजिलेंस सेल के सहयोग से आयोजित किया गया और सेंट्रल बैंक ऑफ इंडिया द्वारा प्रायोजित किया गया था। इस अवसर पर सेंट्रल बैंक ऑफ इंडिया के सतर्कता अधिकारी रणबीर सिंह और चंडीगढ़ प्रशासन के सतर्कता प्रकोष्ठ के ज्ञान सिंह अतिथि थे। प्रतिभागियों ने प्रस्ताव के पक्ष और विपक्ष दोनों में बात की। प्राचार्या डॉ. निशा भार्गव ने कॉलेज के विजिलेंस सेल की इस पहल की सराहना की। उन्होंने कहा कि अखंडता के साथ आत्मनिर्भरता का विषय बहुत प्रासंगिक है। प्रतियोगिता में प्रथम पुरस्कार जैसमीन (बीए) को मिला जबकि द्वितीय पुरस्कार रिद्धि श्रीवास्तव (बीए) और तृतीय पुरस्कार धनु (बीकॉम) को मिला।

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ On 04.11.2021. **NCC Naval wing** celebrated **Navy Day** where 50 cadets participated enthusiastically.



- ✓ **To commemorate the day of adoption of Indian Constitution**, the **Department of Political Science** of Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated **Constitution Day** on **26.11.2021**. The students and the faculty members read of the Preamble of the Constitution of India. In addition, screening of documentary 'Samvidhaan- The Making of the Constitution' was done which was attended by 61 students. The Department also dedicated its 'Wall Magazine' to Constitution Day.



- ✓ On the occasion of **Constitution Day**, **NSS Units** under the aegis of IQAC of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a **National Level Online Quiz** on **26.11.2021** where around 349 students from more than 10 different states including Himachal

## एमसीएम ने संविधान दिवस मनाया

चण्डीगढ़ (ऋद्धम आचार्य / हिमप्रभा)। संविधान दिवस के अवसर पर कॉलेज के आईक्यूएसी के तत्वावधान में मेहर चंद महाजन डीएवी कॉलेज फॉर विमैन, चण्डीगढ़ की एनएसएस इकाइयों ने राष्ट्रीय स्तर पर ऑनलाइन क्विज का आयोजन किया। हमारे संविधान में निहित मूल्यों को बनाए रखने के लिए युवाओं को प्रेरित करने को संकल्पना को ध्यान में रख कर प्रश्नों का चयन किया गया और भारतीय संविधान के मूल सिद्धांतों और विशेषताओं पर आधारित प्रश्नों को प्रश्नोत्तरी में शामिल किया। इस क्विज में हिमाचल प्रदेश, पंजाब, हरियाणा, महाराष्ट्र, तमिलनाडु, राजस्थान, मणिपुर, लद्दाख, उत्तराखंड, झारखंड और चण्डीगढ़ सहित 10 से अधिक राज्यों और केंद्र शासित प्रदेशों के लगभग 349 छात्रों की उत्साहपूर्ण भागीदारी दर्ज की गई। प्रथम तीन

स्थान प्राप्त करने वाले तथा दो सात्वना पुरस्कार विजेताओं को नकद पुरस्कार से सम्मानित किया गया। 80 प्रतिशत या इससे अधिक अंक पाने वालों को ई-सर्टिफिकेट दिए गए।

प्रिंसिपल डॉ. निशा भागवत ने इस दिन को बड़े उत्साह के साथ मनाने के लिए एनएसएस और आईक्यूएसी के प्रयासों को सराहना की। उन्होंने जोर देकर कहा कि यह हमारे संविधान निर्माताओं के प्रति आभार व्यक्त करने का दिन है और उन्होंने युवाओं से हमारे सपनों के भारत के निर्माण के लिए खुद को प्रतिबद्ध करने का आग्रह किया।

**प्रश्नोत्तरी के परिणाम हैं :**  
**पहला स्थान :** हिरणमयी आर, वी.टेक, चेलमल इंजीनियरिंग कॉलेज, तमिलनाडु।

**दूसरा स्थान :** गुरलीन कौर, वी.ए. प्रथम वर्ष, मेहर चंद महाजन डीएवी कॉलेज फॉर विमैन, चण्डीगढ़।

**तौसरा स्थान :** राधिका कसल, वी.ए. द्वितीय वर्ष, मेहर चंद महाजन डीएवी कॉलेज फॉर विमैन, चण्डीगढ़।

**सात्वना पुरस्कार :**  
1. राधिका शर्मा, वी.कॉम, मेहर चंद महाजन डीएवी कॉलेज फॉर विमैन, चण्डीगढ़।  
2. दिव्या, वी.एस.सी. मेडिकल ह्यूडू, मेहर चंद महाजन डीएवी कॉलेज फॉर विमैन, चण्डीगढ़।



Pradesh, Punjab, Haryana, Chandigarh, Maharashtra, Tamil Nadu, Rajasthan, Manipur, Ladakh, Uttarakhand, Jharkhand across the nation participated. **Link to the event include:**

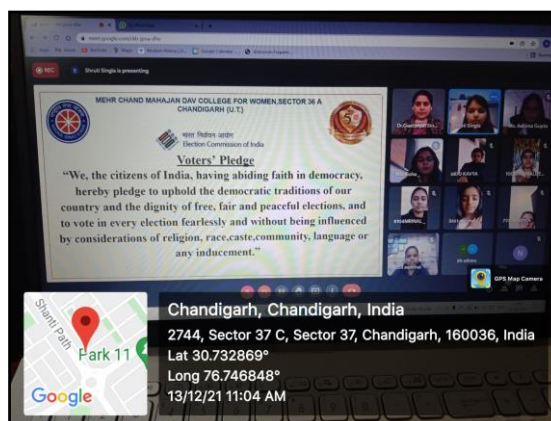
<https://www.facebook.com/MCMDAVCW/posts/1247108349088749>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ To apprise the cadets and honour the martyrs and soldiers in uniform who have heroically fought and continue to fight on our borders to protect the country's honour, **NCC Naval wing of the college celebrated Flag day** on 08.12.2021 where 80 cadets participated.



- ✓ **NSS Units** of Mehr Chand Mahajan DAV College for Women, Sector 36 A, Chandigarh, in collaboration with the **Electoral Literacy Club** organized a virtual meet on 13.12.2021 where around 100 volunteers were administered the **Electoral Pledge**.



- ✓ **NSS Units**, in collaboration with the **Electoral Literacy Club** of the College organized an online quiz on the topic 'Elections and Electoral Process in India' on 14.12.2021 where around 161 participants took part in the quiz. **Link to the event include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1260046241128293/?type=3>




### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ As a part of the series of programs organized by Mehr Chand Mahajan DAV College for Women, the **NSS Units, in collaboration with the Electoral Literacy Club** of the College organized an **online Declamation Contest on the topic 'Importance of Local Bodies Election (Municipal Corporation - 2021) in Chandigarh'** on 15.12.2021. 35 Students took part enthusiastically in the event and uploaded their entries through a virtual google link.

## 3-day Electoral Awareness Programme at MCM

**The Aman Sandesh Times Network**

**Chandigarh :** Under the aegis of the Electoral Awareness Programme of Chandigarh Administration, the NSS units and the Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh held a 3-day long awareness programme that comprised of various activities seeking to strengthen the spirit of democracy. On day one, Electoral Pledge was administered virtually to over 100 students and faculty members of the college. All the participants committed themselves to uphold the ideals of democracy. On the second day, an online Quiz on the topic 'Elections and Electoral Process in India' was organised



that tested the participants' knowledge of the process of elections in our country. Around 161 students took part in the quiz. The programme culminated with an online Declamation Contest on the topic 'Importance of Local Bodies Election (Municipal Corporation - 2021) in Chandigarh'. Students took part enthusiastically in the contest. Over 35 entries were received for the contest wherein the participants reiterated

that it is crucial to vote for the right candidates to ensure the development of the city in terms of infrastructure, safety and facilities. The contest created the much needed awareness amongst the first time voters to vote for and support the right candidates in the Municipal Corporation Elections scheduled in December, 2021. Principal Dr. Nisha Bhargava expressed appreciation for this initiative of NSS and Electoral Literacy Club to promote awareness among the youth regarding the electoral process and its importance. She added that since fair and free elections are the backbone of any democracy, the event will go a long way in nurturing the spirit of democracy among the youth.

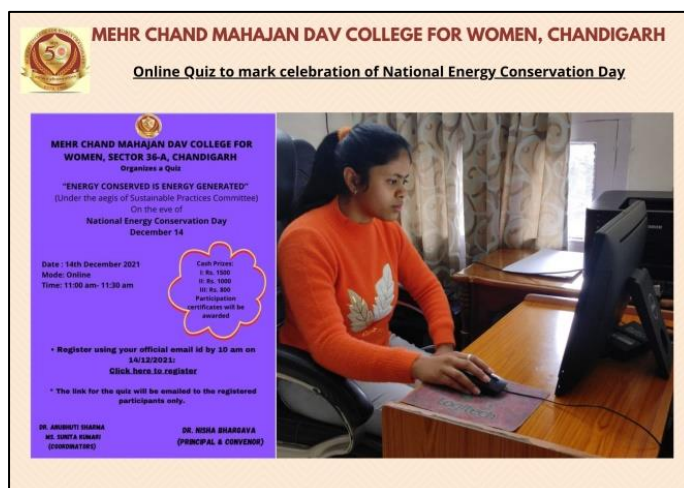
**Link to the event include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1260046241128293/?type=3>



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ To mark the celebration of **National Energy Conservation Day**, the Sustainable Practices Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an **online Quiz on the theme 'Energy**



**Conserved is Energy Generated'** on 14.12.2021. The event aimed to encourage students to adopt energy conservation practices and to motivate others to do the same for a sustainable future. The quiz covered various areas where it is possible to save energy on a day-to-day basis and also touched upon various efforts of the Government of India regarding energy efficiency and conservation in appliances, buildings, transportation, agriculture and so on. A total of 376 students registered for the online quiz.

## MCM celebrates National Energy Conservation Day

**Atul Sharma**

**Chandigarh:** To mark the celebration of National Energy Conservation Day, the Sustainable Practices Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online Quiz on the theme 'Energy Conserved is Energy Generated'.

The event aimed to encourage students to adopt energy conservation practices and to motivate others to do the same for a sustainable future and quiz covered various areas where it is possible to save energy on a day-to-day basis and also touched upon various efforts of the Government of India regarding energy efficiency and conservation in appliances, buildings, transportation, agriculture and so on. A total of 376 students registered for the

online quiz.

Principal Dr. Nisha Bhargava, an expert in Energy Economics, drew attention to the global shortage of energy resources and reiterated the importance of individual efforts in conserving energy that drives the world and added that we need to judiciously conserve

energy by substituting non-renewable energy resources with renewable ones and reducing the overall energy consumption.

**The results of the Quiz were :**

1st: Dilnoor Ghai of BA II  
 2nd: Tanya Goel of BA III  
 3rd: Arshiya Mehta of BA II

**Link to the event include:**

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/1260040617795522/?type=3>

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ Marking the celebration of **International Human Solidarity Day**, the **Character Building Committee** of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a '**Sauhard**'- a donation drive of woollen clothes for underprivileged people on 20.12.2021. The aim of the drive



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

# एमसीएम ने मानव एकता दिवस मनाया

चंडीगढ़, 21 दिसम्बर (राम सिंह बराड़) : अंतर्राष्ट्रीय मानव एकता दिवस के उपलक्ष्य में, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की चरित्र निर्माण समिति ने वंचित लोगों के लिए ऊनी कपड़ों के दान के लिए अभियान 'सौहार्द' आयोजित किया। अभियान का उद्देश्य प्रेम और करुणा का संदेश फैलाना और मानवता की भावना को सराहना था। इस नेक काम के लिए कॉलेज के कर्मचारियों और छात्रों ने बड़े

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

एमसीएम में मनाए मानव एकता दिवस पर छात्राएं जरूरतमंदों को गर्म कपड़े दान करते हुए। (छाया : गुरिंद्र सिंह)

Link to the event include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1261998524266398/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ Electoral Literacy Club of the College organized **Online Electoral Awareness Competitions** on 07.01.2022 to create awareness among students about their electoral rights and duties. These include Music Awareness Video, Radio Drama, Story Telling, and Informative Programs competitions on the theme- Democracy, My Vote is My Right, Every Vote Counts the Same, Getting Registered, Electoral Roll/ Voter List, Voter Card/ e-Epic, Ethical and Informed Voting, EVM and VVPAT, NOTA, National Voters' Day.



Link to the activity uploaded on social media handle are as follows:

<https://www.facebook.com/MCMDA VCW/photos/a.239819746484286/1280337555765828/?type=3>

## MCM holds electoral awareness competitions

CHANDIGARH, JAN 18

The Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a host of online competitions for promoting electoral awareness among students. The competitions included Awareness Music Video, Radio Drama, Story Telling and Informative Programme Competitions.

The participants were required to submit their entries on any one of the given themes including Democracy, My Vote is My Right, Every Vote Counts the Same, Getting Registered, Electoral Roll/ Voter List, Voter Card/ e-Epic, Ethical and Informed Voting, EVM and VVPAT, NOTA and National Voters' Day. A total of 25 students

participated in the competitions, sharing their creative ideas in the form of music video, radio Drama, story and informative programme. All the participants were awarded



e-certificates. Principal Dr. Nisha Bhargava expressed appreciation for the efforts of the college's Electoral Literacy Club to sensitise the youth about the importance of electoral process for a vibrant democracy. She said that an informed and responsible electorate is the cornerstone of any democracy, and such efforts go a long way in educating the electorate.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

✓ Department of Philosophy in collaboration with NSS Units and Young Communication Club (YCC) of Mehr Chand Mahajan DAV College for Women, Chandigarh organized an Indian Council of Philosophical Research sponsored periodic lecture on 'A Friend Request from Vivekananda' on 12.01.2022 as part of Azadi ka Amrit Mahotsav. It was organized to mark the birth anniversary of Swami Vivekananda Ji. The



resource person for this lecture was Mr Sudhir Baweja, Coordinator, Department of Philosophy and Vivekananda Studies, USOL, Punjab University, Chandigarh.

Links to the activity uploaded on social media handles are as follows:

- <https://www.facebook.com/MCMDAVCW/posts/1274872472979003>
- [https://www.instagram.com/p/CYrQKnPvMC9/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CYrQKnPvMC9/?utm_source=ig_web_copy_link)

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## धर्म की राजनीति, मंदिर मस्जिद की राजनीति, छोड़कर सभी को देशहित में सोचकर वोट डालना चाहिये: सुशीला कटारिया आम आदमी पार्टी

### एमसीएम ने स्वामी विवेकानंद के प्रेरक जीवन मूल्यों को याद कर राष्ट्रीय युवा दिवस मनाया

चंडीगढ़। स्वामी विवेकानंद की जयंती के अवसर पर 38 वां राष्ट्रीय युवा दिवस मनाते हुए, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ के दर्शनशास्त्र विभाग ने कॉलेज की एनएसएस इकाई और यंग कम्युनिकेटर्स क्लब के सहयोग से भारतीय दार्शनिक अनुसंधान परिषद द्वारा प्रायोजित हार्प फ्रेंड रिक्वेस्ट फ्रॉम विवेकानंद शोर्षक से व्याख्यान का आयोजन किया। इस व्याख्यान के लिए प्रमुख वक्ता पंजाब विश्वविद्यालय में दर्शनशास्त्र और विवेकानंद अध्ययन विभाग, यूएसओएल, के कोऑर्डिनेटर श्री सुधीर बावेजा थे।

व्याख्यान का उद्घाटन करते हुए, प्रधानाचार्या डॉ निशा भार्गव ने स्वामी विवेकानंद को सुधार आंदोलनों में एक प्रमुख शक्ति के रूप में सम्मानित किया, वेदांत दर्शन के संदेश को फैलाने और भारत के विकास के लिए विदेशी सहायता और तकनीकी ज्ञान प्राप्त करने के उनके प्रयासों पर प्रकाश डाला। भारत माता के इस प्रतिष्ठित सपूत को प्रद्वंजलि देते



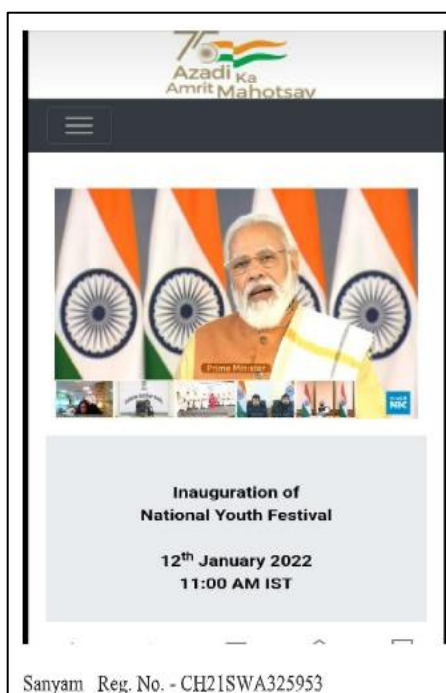

हुए, डॉ. भार्गव ने कहा कि स्वामी विवेकानंद का दर्शन जीवन को बदलने वाला है और उनकी जीवन यात्रा इतनी प्रेरणादायक है कि छत्र उनसे बहुत कुछ मूल्यवान सीख सकते हैं। अपने व्याख्यान में श्री सुधीर बावेजा ने कहा कि यदि आप लोहे की मांसपेशियों और स्टील की नसों वाले व्यक्ति बनना चाहते हैं, तो स्वामी विवेकानंद के प्रेरक व्यक्तित्व को अपनाना जरूरी है। उन्होंने युवाओं को उनके लेखन को पढ़कर और अपने जीवन में उनका अनुकरण करके विवेकानंद से मित्रता करने के लिए प्रेरित किया। विवेकानंद को शाश्वत युवा प्रतीक के रूप में संदर्भित करते हुए, श्री बावेजा ने स्वामीजी के टूलकिट को साझा किया जो किसी को भी एक सुंदर व्यक्ति में बदल सकता है और उसे जीवन में सच्ची सफलता प्राप्त करने में मदद कर सकता है। उन्होंने सफलता के लिए स्वामीजी के टूलकिट पर विस्तार से बताया जिसमें कमजोरियों के आगे ना झुकना, 'श्रद्धा' (आत्मविश्वास), अच्छई की शक्ति में विश्वास, ईर्ष्या और संदेह की अनुपस्थिति, अच्छा करने की कोशिश करने वालों की मदद करना, सकारात्मकता, चरित्र निर्माण जैसे उनके गुणों एवं जीवन के प्रति प्रेरक दृष्टिकोण पर बात की। व्याख्यान एक इंटरैक्टिव सत्र के साथ समाप्त हुआ, जिसमें प्रतिभागियों ने अपने प्रश्नों को विशेषज्ञ के सामने रखा।

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ The 25<sup>th</sup> National Youth Festival started with an inauguration session given by Hon'ble Prime Minister of India, Shri Narendra Modi in Puducherry, the host state for the festival, via video conferencing on 12-13.01.2022. In this

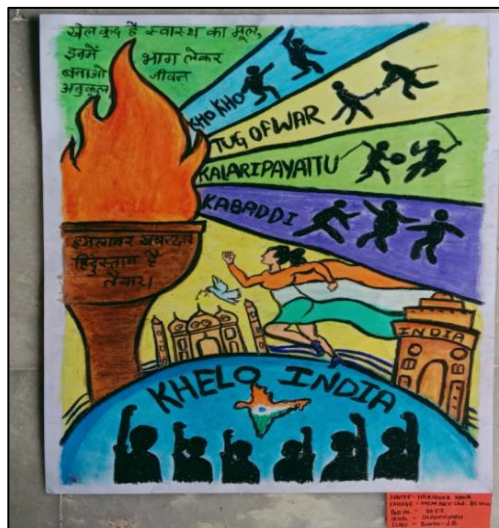


**National Youth festival, one of our NSS Volunteers – MS. Shreya Puri, B.A. (Hons.) III participated enthusiastically. In addition, 12 NCC Army cadets attended enthusiastically.**



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ On 15.01.2022, 100 NCC Army cadets attended webinar, participated in PPT, Video, Poetry and painting Competition based on Indigenous Sports of India as part of 25<sup>th</sup> National Youth Festival 2022.

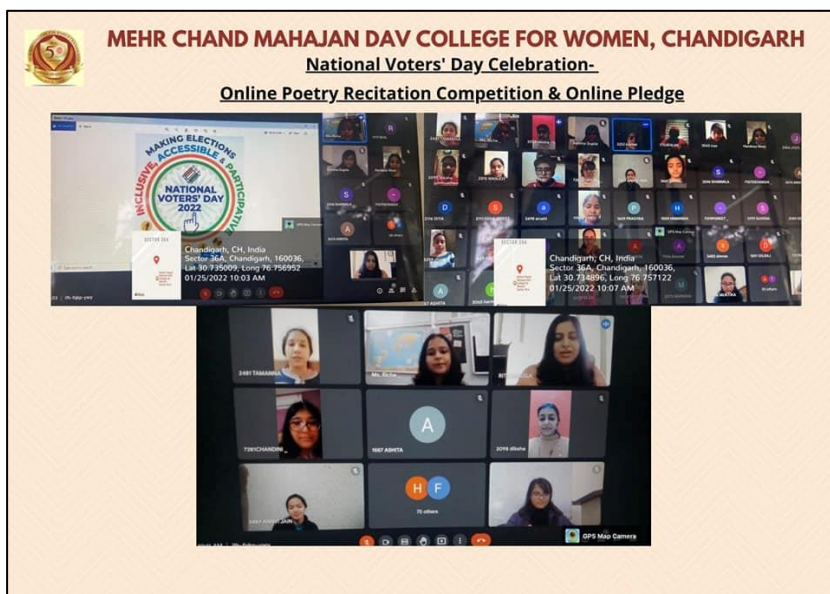


**25<sup>th</sup> National Youth Festival: Painting and Poetry competition**

<p><b>Poetry : Awareness about indigenous sports of India</b></p> <p>जय हिन्द...          मैं 1 Chandigarh G Bn NCC units कि कैम्पेड अफिल । Ba1 year mem college 36 की छात्र हू।          आज मैं आप सभी के समने पाठ्यक्रम भारतीय खेलों के प्रति जागरूक होने के लिए एक कविता पेश करने जा रही हू...।          जब भी देश हमारा है, स्वदेश हमारा है,          फिर क्यों उसे हम विदेशी?          क्या ये ही नहीं संस्कार? या हम कर नहीं सकते?          क्या ना बन जाए हम स्वदेशी?          माथी जी के नेटवर्क में हमने पहले भी आंदोलन किया है,          किंक कर हारे विदेशी खेलों को पहले भी के दिन किया है।          सब हल कर जे और धार पर जे भावना पालना था,          और खाती को अपना कर स्वदेश में धुल मचाया था।          क्या ना फिर से एकबार वो ही इतिहास दोहरा दे,          अज्ञात हुए मन को क्या फिर से मुहताब बना दे?          उनकी भाषा उनके खेल क्या भुल गया ?          पिताजी को आम बदनकर          भारतीय खेलों को पूरे विश्व में फैल कर          क्यों ना मानू भुली का मन बदल?          बढ़ावा मिले भारत का , बढ़ावा मिले भारत का,          भारत किन स्वदेश में,          हुआ सम्मान भारत का।          कैंपेड में हम, अब पीछा है,          भारत के पारंपरिक खेलों को आधुनिक बना कर          भारत को पूरे विश्व में सम्मान दित दे।          दुनियाँ मशहूर खेलों को खुद पहचानती हैं,          लेकिन जिस खेल से हमें सब आशीर्वाद पड़ा          क्या उस पुरातन खेल का नाम जानती है?          मशहूर खेलों में कसरियापट्ट को अपना आशीर्वाद बनाया          फिर क्यों हमने अपने ही खेल को खारज?          क्यों न कसरिया केवल नै रह सके?          क्यों नही हमने पूरे विश्व में इसका नाम बढ़ाया?          अब खुदवा धुलना होगा , राष्ट्र को ऊंचा करे कि वह पर खाना होगा          जुझे कबारे मून सब कसरियापट्ट के आगे फेर है।</p>	<p>जिस स्थान में आज मशहूर खेल है          उससे भी ऊपर हमें दुनिया की सबसे पुरानी पुरातन खेल को खाना होगा।          देश को अपने बढ़ाने की एक पहल हमने करी है,          आधुनिकीकरण भारत बनाने की पहल हमने करी है।          पहले जो हमने भारतीय खेलों को खारज कर दिया था          देश के पारंपरिक खेलों को फिर से सम्मान दितारने।</p> <p>धन्यवाद          जय हिन्द।</p>
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### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ On the occasion of **National Voters' Day**, Electoral Literacy Club of the college organized National level Online Poetry Recitation Competition on the topic "Even One Vote Makes a Difference" on 25.01.2022.



Link to the activity uploaded on social media handle include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1287181018414815/?type=3>

## MCM celebrates National Voters' Day

**The Aman Sandesh Times Network**

**Chandigarh:** Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated National Voters' Day with a national level Online Poetry Recitation Competition and Online Pledge ceremony. Keeping in mind the theme for this year's National Voters' Day i.e. 'Making Elections Inclusive, Accessible and Participative', the activities by the Club envisioned to encourage young voters to participate in ensuring the integrity and success of the election process and also to educate community about the importance of exercising one's right to vote.

Over 58 students from various states participated in the Poetry Recitation Competition, highlighting the importance of

vote for a robust democracy. In the online pledge, 82 students took the oath to judiciously cast their vote during the elections.

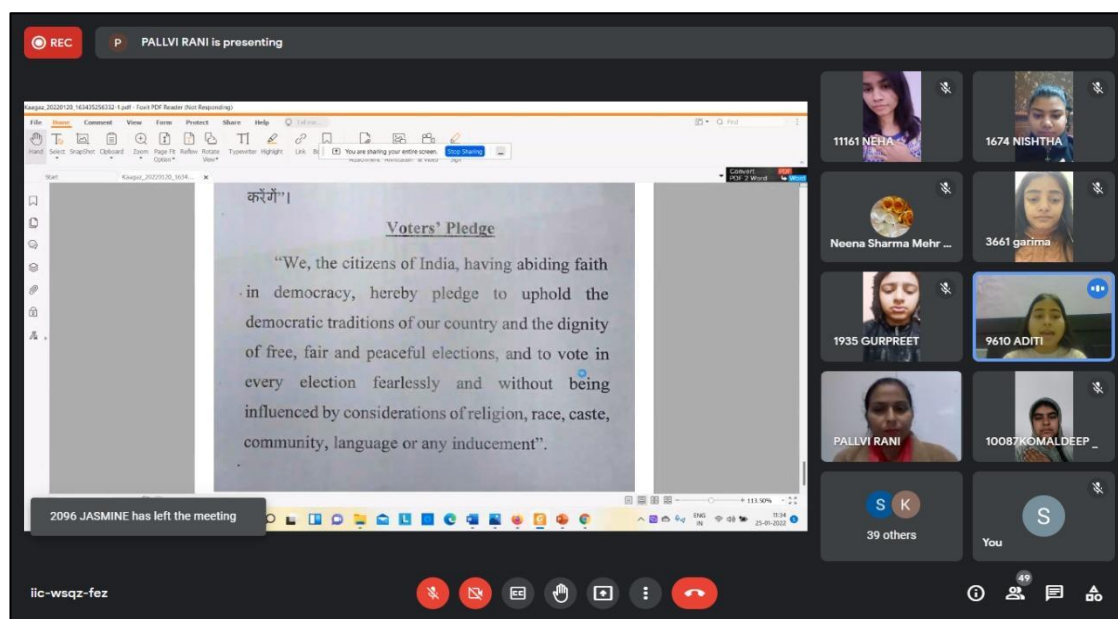
Principal Dr. Nisha Bhargava, lauding this initiative of the Electoral Literacy Club, said that

every Indian should realise the value of right to vote and make judicious use of the privilege to be a voter in the largest democracy in the world and added that the foundation of a successful democracy is laid on sound electoral processes.

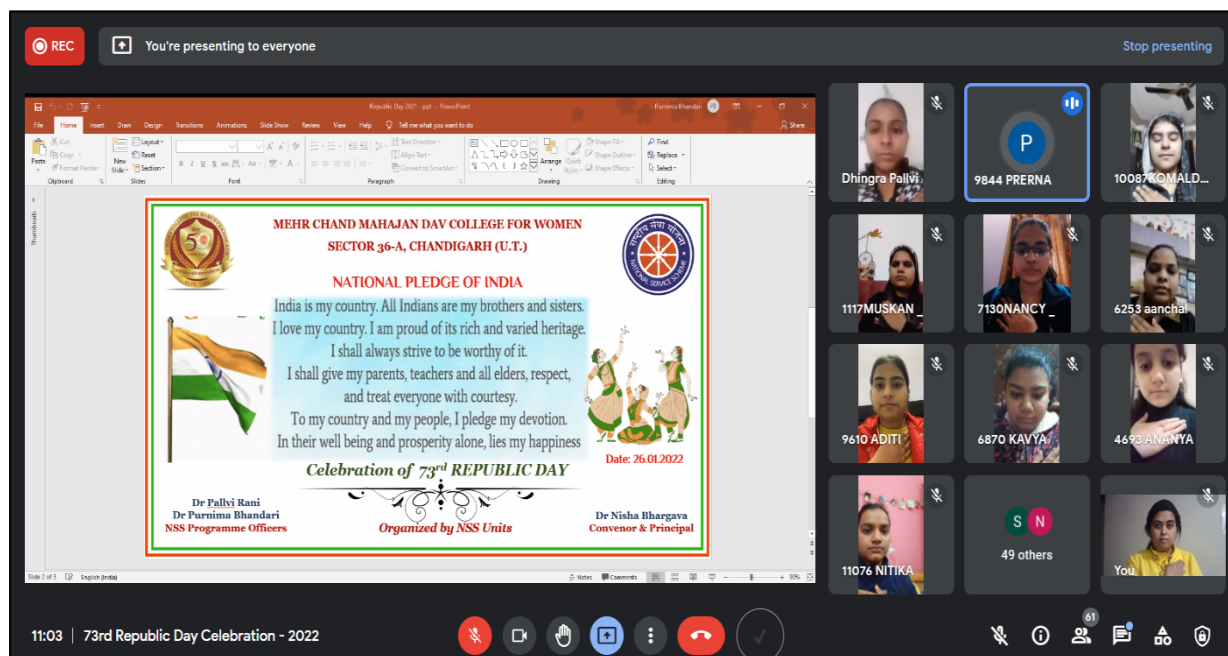
A screenshot of a Zoom meeting titled "MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH National Voters' Day Celebration- Online Poetry Recitation Competition & Online Pledge". The meeting interface shows a grid of participants' video feeds. A large banner in the top left corner of the meeting displays the text "MAKING ELECTIONS INCLUSIVE, ACCESSIBLE AND PARTICIPATIVE NATIONAL VOTERS' DAY 2022" along with a logo. The banner also includes the college's name and location: "Chandigarh, CH, India Sector 36A, Chandigarh, 160036, Lat: 30.788996, Long: 76.751122" and the date "01/25/2022 10:03 AM".

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ On 25.01. 2022, NSS Units organized a **pledge on National Voter's Day**.



- ✓ On the occasion of **73<sup>rd</sup> Republic Day Celebration**, NSS Units under the able guidance of the worthy Principal of the College – Dr. Nisha Bhargava organized a virtual meet session on 26.01.2022 where a national pledge signifying the virtues and feeling of brotherhood and equality was administered to the volunteers.





**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ 2 of the NCC Cadets (Army Wing) - Cdt Prerna Dhole and Cdt Shrishti Sharma participated in RDC – Republic Day Parade, held in New Delhi on 26.01.2022.

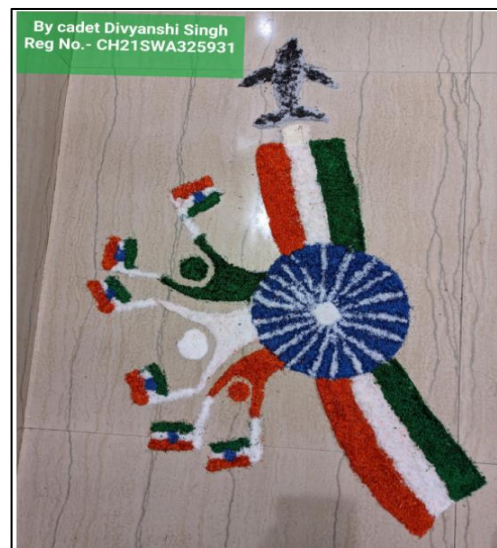


**RDC Parade, New Delhi**

- ✓ NCC Army Cadets participated in Azadi Ka Amrit Mahotsav Competitions at **National Level** that included **Paintings, Rangoli making, Patriotic Lori contest and Desh Bhakti Geet Contest** from 25.01.2022 – 27.01.2022.



Cadet: Charanpreet Kaur  
Reg No: CH21SWA325907



**Azadi Ka Amrit Mahotsav: Rangoli**

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

## Deshbhakti Geet

हर मजहब मे मैंने वही नीर देखा है,  
दुआ हो या प्रार्थना,  
मैंने आँखों का वही सजदा देखा है,  
हर जखम मे मैंने लहू का रंग लाल ही देखा है,  
इंसान भी वही देखा है,  
पर उन्हें लकीरों मे बटता देखा है,  
कुरान के लफ्ज़ हो या गीता कि बोली,  
मैंने सब मे वो एक परमात्मा देखा है,  
जिसने बस इंसानियत का साथ देखा है,  
पर इंसानियत को भी मैंने मजहब मे बटता देखा है।।  
पर इधर हर कदम पर चलते राही को मैंने इंसान देखा है,  
हर मजहब का साथ है इधर अये दोस्त,  
मैंने बस ऐसा इक्लोट हिंदुस्तान देखा है।।

Sergeant Ananya Rana  
CH19SWA325944

## हिंदुस्तान

तलवारों पर जिस्म कुर्बान किये  
अंगारों पर खुद को जलाया है,  
गोलियों की बरसात झेलकर  
इस मिट्टी को हिंदुस्तान बनाया है,  
रक्त से इस बंजर ज़मीन को सींचा  
दिल में भारत समाया है,  
कुरबानियों की डोली पर  
यह कैसरिया आज भारत में को  
जो उड़ाया है।

न जाने कैसे करूँ मैं शुक्रिया उन  
वीरों का  
जिन्होंने आज़ादी के लिए अपना  
सब कुछ लुटाया है,  
मौत को गले लगा कर भी बन्दे  
मातरम दोहराया है।

आज़ादी की कभी शायद चाहने दंगे  
शहीदों की कुर्बाना बदनाम ना होने  
देंगे,  
बची हो जब तक एक भी बूंद लहू  
की रगों में  
तब तक भारत माता का आँचल  
नीलाम ना होने दंगे।

मेरी साँसां, मेरे लहू, मेरे बदन में रहे  
मेरा मुल्क हर वक़्त मेरे ज़हन में रहे,  
मैं मरूँ भी तो अंदाज़ इतना गज़ब  
रहूँ  
कि तब भी यह तिरंगा मेरा कफ़न  
बनकर लिपटा रहूँ।

**जय हिंद**

Cadet Diksha Azad MCM DAV COLLEGE FOR  
CH19SWA325936 WOMEN-36A, CHD  
1 CHD GIRLS BN NCC

**Azadi Ka Amrit Mahotsav: Desh bhakti Geet**

- ✓ On the occasion of 73<sup>rd</sup> Republic Day, Character Building Committee of the college organized an online poetry recitation/writing event ‘Saluting the Tiranga’ on 26.01.2022 with an aim to inspire the spirit of patriotism and motivate the participants to express their allegiance by means of poetry.

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

### SALUTING THE TIRANGA

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

**Guidelines:**

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

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

**r. Japneet Kaur & Dr. Apara Sharma**  
Coordinators

**Dr. Seema Kanwar**  
Convener

**Dr. Nisha Bhargava**  
Chairperson & Principal

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

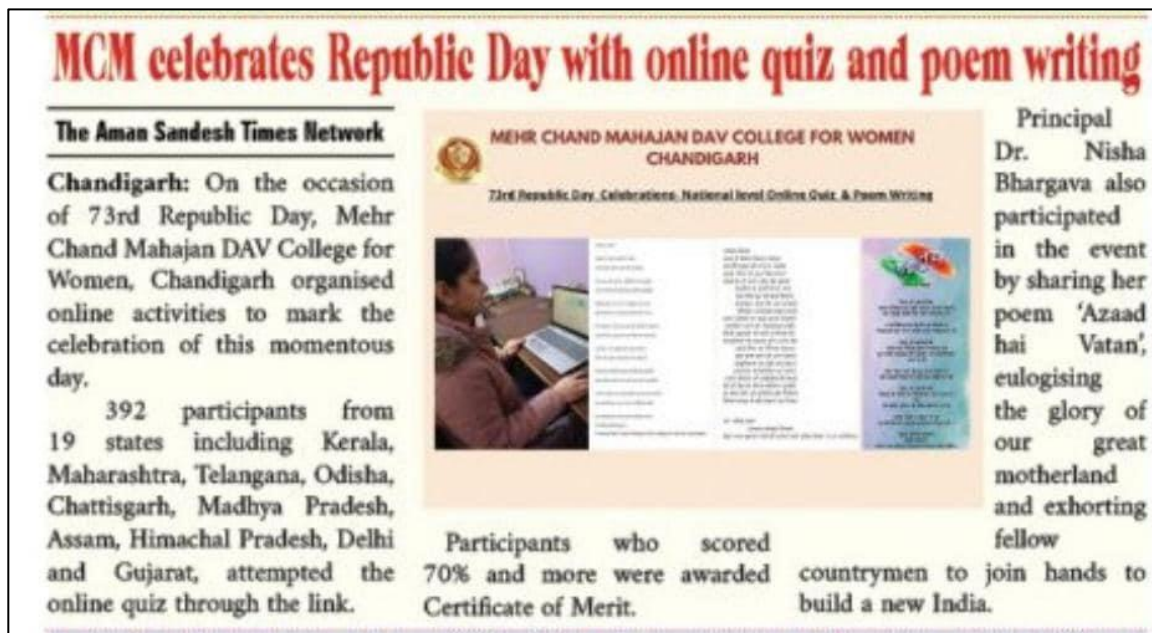
**73rd Republic Day Celebrations- National level Online Quiz & Poem Writing**

आज 26 जनवरी 2022 को हमारे देश में 73वां गणराज्य दिवस मनाया जा रहा है। यह दिन हमारे देश के गणराज्य के स्वरूप को प्रतिबिंबित करता है। हमें अपने नागरिकों के रूप में अपनी ज़िम्मेदारियाँ निभानी चाहिए। हमें अपने देश के प्रति गहरे प्रेम और समर्थन का ज़रूरत है। हमें अपने देश के प्रति गहरे प्रेम और समर्थन का ज़रूरत है। हमें अपने देश के प्रति गहरे प्रेम और समर्थन का ज़रूरत है।

**Link to the activity uploaded on social media platform include:**

<https://www.facebook.com/MCMDA VCW/photos/a.239819746484286/1284968995302684/?type=3>

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



- ✓ Ek Bharat Shreshtha Bharat Club and the Department of English organized a National-level Republic Day Quiz on 26.01.2022 where 392 participants from 19 different states participated enthusiastically.

## एमसीएम ने ऑनलाइन राष्ट्रीय प्रश्नोत्तरी और कविता लेखन के साथ मनाया गणतंत्र दिवस

चंडीगढ़, 27 जनवरी (राम सिंह बराड़ा): 73वें गणतंत्र दिवस के उपलक्ष्य में, मेहर चंद्र महाजन डीएवी कॉलेज फॉर वूमन, चंडीगढ़ ने इस महत्वपूर्ण दिन को मनाने के लिए कई ऑनलाइन गतिविधियों का आयोजन किया। कॉलेज के एक भारत श्रेष्ठ भारत क्लब और अंग्रेजी विभाग ने प्रतिभागियों में सांस्कृतिक विविधता और हमारे सविधान में निहित लोकतांत्रिक भावना को मजबूत करने के उद्देश्य से राष्ट्रीय स्तर पर गणतंत्र दिवस प्रश्नोत्तरी का आयोजन किया। क्रिज में मुख्य रूप से सैवधानिक अधिकार और उनका, सम्मान और पुरस्कार, गणतंत्र दिवस परेड के राजनीतिक और ऐतिहासिक संदर्भ, गणतंत्र दिवस के कलात्मक और सांस्कृतिक पहलुओं को शामिल किया गया, जो विशेष रूप से देश के प्रति अगाध प्रेम और भव्यता को समर्पित था। इस गौरवशाली अवसर पर केरल, महाराष्ट्र, तेलंगाना, ओडिशा, छत्तीसगढ़, मध्य प्रदेश, असम, हिमाचल प्रदेश, दिल्ली और गुजरात सहित 19 राज्यों के 392 प्रतिभागियों को शामिल किया गया। कविता लेखन व पत्र के लिए लोकतंत्र के लोकाचार, एक नागरिक के कर्तव्यों, देश के प्रति हमारी जिम्मेदारी और जवाबदेही की भावना और देशभक्ति की भावना सहित अन्य कई विषयों को शामिल किया गया था। प्राचार्या डॉ. निशा भार्गव ने भी अपनी महान मानुषीय की महिमा का गुणगान करते हुए अपनी कविता 'आजाद है वतन' साझा की और देशवासियों को एक नए भारत के निर्माण के लिए मिलकर आगे बढ़ने का आह्वान करते हुए इस कार्यक्रम में भाग लिया। डॉ. भार्गव ने इन प्रयासों के लिए एक भारत श्रेष्ठ भारत क्लब, अंग्रेजी विभाग और चरित्र निर्माण समिति की सराहना करते हुए कहा कि इस तरह के कार्यक्रम हमारे युवाओं में गर्व की भावना को बढ़ावा देते हैं जिससे वे राष्ट्र निर्माण के लिए खुद को प्रतिबद्ध करते हैं।

### कार्यक्रम की ऑनलाइन तस्वीर।

Link to the activity uploaded on social media handles include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1284968995302684/?type=3>

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ With the primary objective of imbibing the culture and spirit of the green campus and promoting the concept of a sustainable healthy eco-friendly environment, a tree plantation drive was organized on 27.01.2022 as part of Republic Day Celebration.

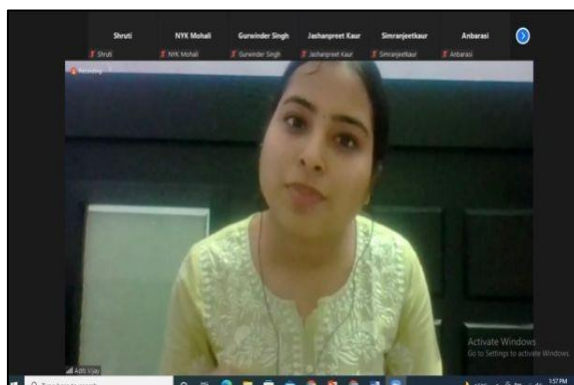


एमसीएम कॉलेज प्राचार्या डॉ. निशा भार्गव व अन्य स्टाफ पौधारोपण करते हुए।  
(छाया: गुरिन्द्र सिंह)

## एमसीएम ने पौधारोपण अभियान चलाया

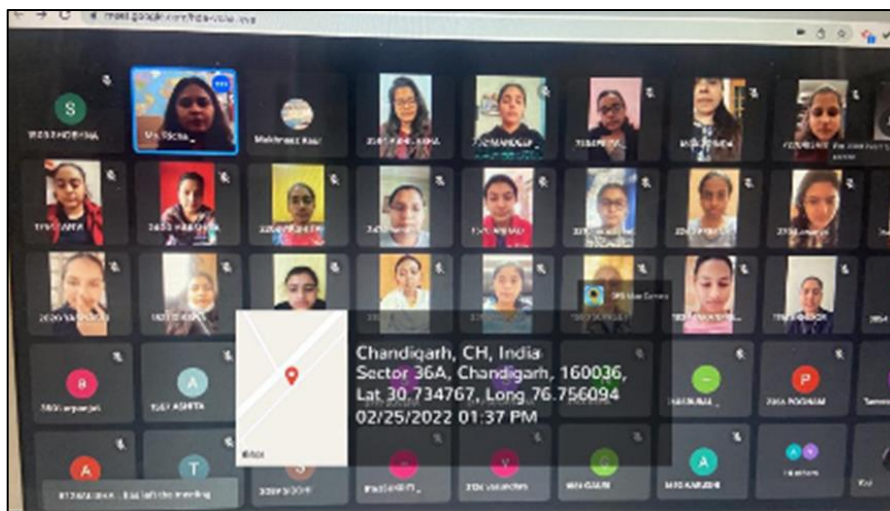
चंडीगढ़, 31 जनवरी (रम सिंह बराड़) : परिसर हरा भरा बनाए रखने की संस्कृति और सस्टेनबल पर्यावरण की अवधारणा को बढ़ावा देने के प्राथमिक उद्देश्य के साथ, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की स्वच्छता समिति और होर्टिकल्चर एंड लैंडस्केपिंग समिति ने गणतंत्र दिवस के अवसर पर वृक्षारोपण अभियान का आयोजन किया। प्राचार्या डॉ. निशा भार्गव ने स्टाफ सदस्यों के साथ महाविद्यालय के नवनिर्मित स्वर्ण जयंती ब्लॉक के समीप हमीलिया के पौधों का रोपण किया। इस अवसर पर अपने विचार व्यक्त करते हुए डॉ. भार्गव ने इस तरह की पहल और वृक्षारोपण अभियान की सराहना करते हुए कहा कि पेड़ लगाने से पारिस्थितिक संतुलन बनाए रखने, प्रदूषण को कम करने और हरे भरे वातावरण में सुधार करने में सहायक है।

- ✓ One of our NSS Volunteers of our college – **Ms. Aditi Vijay**, B. Com II, participated and secured second position at District level Youth parliament and **qualified for State level Youth parliament** (19.02.2022 – 23.02.2022)



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ Electoral Literacy Club organized an **Online Screening of ECI film on 'Indian National Election 2014'** on 25.02.2022.



- ✓ Electoral Literacy Club of the college organized an **Online Slogan Writing Competition** on the theme **'Power of Vote'** on 28.03.2022. 14 students participated in the event.



- ✓ Electoral Literacy Club of the College organized **Ballot Baristo** on 25.04.2022 on the theme **'Voter Education: An Undermined Necessity'; What will make India Vote?;** and **'Opinion and Exit Polls to be Restricted and Regulated'**. 20 students participated in the discussion and threw light on the issues and concerns related to elections in India.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ 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 : गुरिंद्र सिंह)

## साइबर स्वच्छता मिशन के तहत छात्राओं को जागरूक किया

चंडीगढ़, 8 मई (विशेष संवाददाता): मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, 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 अवगत कराया, जो वर्तमान साइबर खतरों के बारे में जागरूकता फैलाने के लिए सामुदायिक 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

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

प्रिंसिपल डॉ. निशा भार्गव ने साइबर सुरक्षा के महत्वपूर्ण पहलू के बारे में छात्राओं को संवेदनशील बनाने के लिए एनएसएस इकाइयों और साइबर इंटरनेट की सहायता की, 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 सशक्तिकरण कार्यक्रम अनिवार्य हैं।

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

<https://www.facebook.com/MCMDAFCW/photos/a.239819746484286/1347662422366674/?type=3>

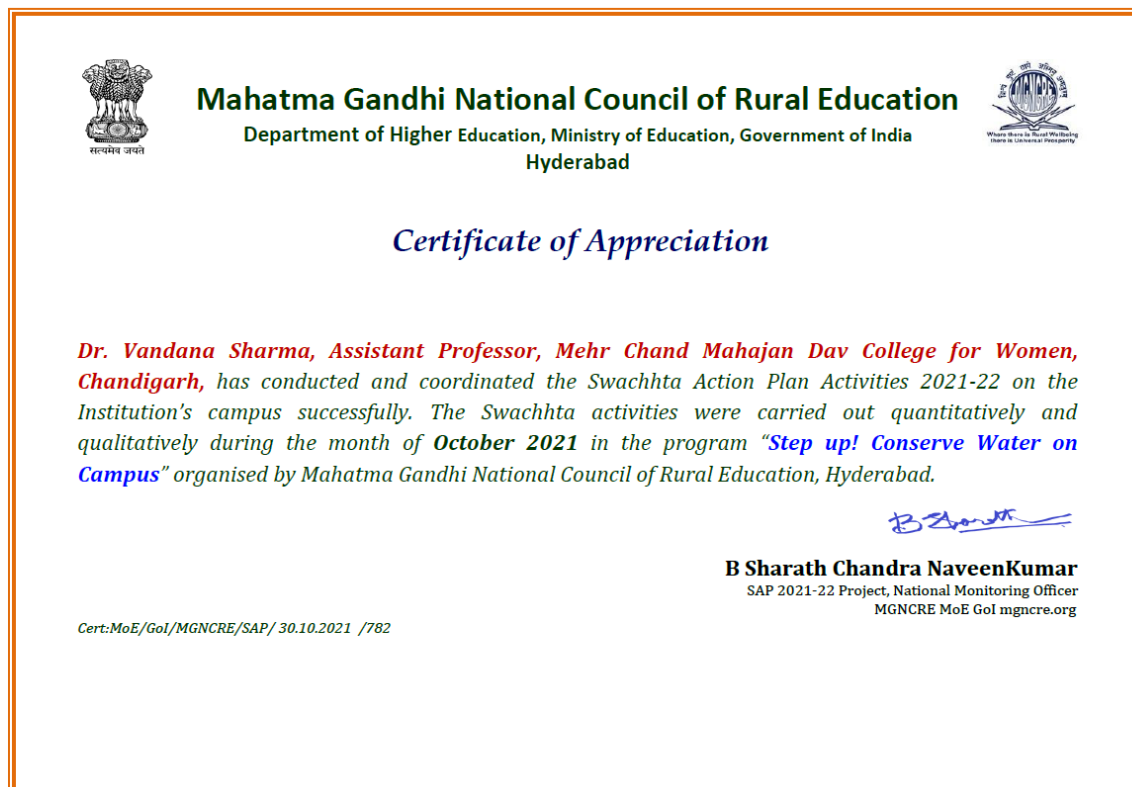
### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ On 16.05.2022, a Helpline desk was set up by Electoral Literacy Club in the college campus to resolve the issues and queries of students related to voter registration.



7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

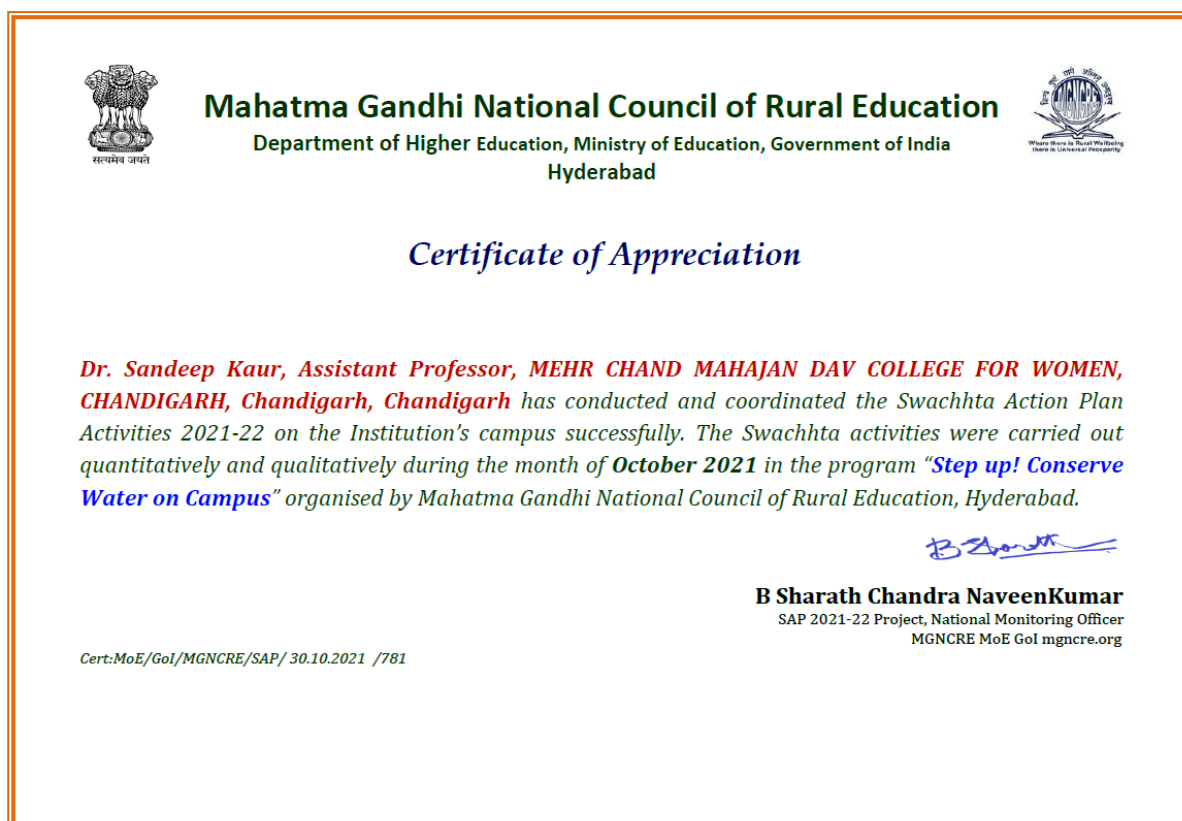
## 2. Fundamental Duties and Rights of Indian Citizens including Environment Consciousness (Days related to preservation of Environment) and promotion of health:



**Certificate of Appreciation of Dr Vandana Sharma, Assistant Professor, Mehr Chand Mahajan DAV College for Women, Chandigarh for conducting and coordinating the Swachhta Action Plan Activities 2021-22 on the Institution's campus successfully. The Swachhta activities were carried out quantitatively and qualitatively during the month of October 2021 in the program "Step up! Conserve Water on Campus" organized by Mahatma Gandhi National Council of Rural Education, Hyderabad. (30.10.2021).**



7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



**Certificate of Appreciation of Dr Sandeep Kaur, Assistant Professor, Mehr Chand Mahajan DAV College for Women, Chandigarh for conducting and coordinating the Swachhta Action Plan Activities 2021-22 on the Institution's campus successfully. The Swachhta activities were carried out quantitatively and qualitatively during the month of October 2021 in the program "Step up! Conserve Water on Campus" organized by Mahatma Gandhi National Council of Rural Education, Hyderabad. (30.10.2021).**

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- ✓ To mark the **celebration of Van Mahotsav**, **NSS Units** in collaboration with **Horticulture and Landscaping Committee of the College and State Bank of India**, under the aegis of **MCM Eco-Club** celebrated Van Mahotsav on 01.07.2021 by planting fruit bearing, medicinal and air purifying plants in college campus.



Besides, NSS Units planted saplings of fruit bearing trees like lemon, kathal, Anar, Amrud, Jamun, Mausami and air purifying plants such as *Ficus* that were procured from Department of Forest & Wildlife, UT Administration, Chandigarh in the premises of Government Model High School and Anganwadi Multiple Complex, Sector 41-D, Village Badheri, Chandigarh (U.T.).



Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1150022812130637/?type=3>

### एमसीएम ने पौधारोपण कर मनाया वन महोत्सव

चंडीगढ़। वन महोत्सव के उत्सव को चिह्नित करने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमेन की एनएसएस इकाइयों, बागवानी और मूनिमार्गण समिति और इको क्लब ने भारतीय स्टेट बैंक के सहयोग से परिसर में वृक्षारोपण अभियान चलाया। इस इलाके का मुख्य उद्देश्य छात्रों और कर्मचारियों को अपने घरों या सामुदायिक स्थानों पर देशी फलों की किस्मों, वायु शुद्ध करने वाले पौधों के साथ-साथ औषधीय पौधे लगाकर पर्यावरण संरक्षण में योगदान करने के लिए प्रेरित करना था। प्रिंसिपल डॉ. निशा भार्गव ने स्टाफ, एनएसएस स्वयंसेवकों और भारतीय स्टेट बैंक के कर्मचारी सुश्री मनप्रीत कौर और सुश्री विभा के साथ परिसर में फलदार, औषधीय और वायु शुद्ध करने वाले पौधे लगाए। इस अवसर पर अपने विचार व्यक्त करते हुए, डॉ. निशा भार्गव ने बताया कि भविष्य की पीढ़ियों को एक स्वच्छ और हरा-भरा वातावरण देने के लिए अधिक से अधिक पेड़ लगाने की आवश्यकता के संदेश को फैलाने के लिए, कॉलेज ने यह पहल की है। हरदीप सिंह बुटरेला, पार्षद, श्रीमती संजोगीता, प्रधानाध्यापिका, शासकीय मॉडल हाई स्कूल और आंगनवाड़ी मल्टीपल कॉम्प्लेक्स, बधेरी की श्रीमती परविंदर कौर, एरिया सुपरवाइजर, इस वृक्षारोपण अभियान में उपस्थित रहे।

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



- ✓ **Van Mahotsav Celebration by NCC Army Wing in month of July, 2021** via article writing and poster making.

- ✓ **Department of Environment Science under the aegis of Internal Quality Assurance Cell (IQAC) organized an online workshop on “Paper recycling, paper pencil making and seed balls making” on 17.07.2021.** As many as 23 participants benefited from the workshop. Dr Shafila demonstrated step-wise procedure of handmade paper making from waste papers, which could be used for various purposes like as a canvas for painting, making bookmarks, decorative envelopes etc.

**एमसीएम में पेपर रीसाइलिंग पर ऑनलाइन कार्यशाला**

**चंडीगढ़ (अप्रस)।** मेहर चंद महानन डीएवी कॉलेज फॉर विमेन में पर्यावरण विज्ञान विभाग ने आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ के तत्वावधान में वार्षिक वन महोत्सव के उपलक्ष्य में 'पेपर रीसाइलिंग, पेपर पेंसिल मेकिंग एंड सीड बॉल्स मेकिंग' पर एक ऑनलाइन व्यावहारिक कार्यशाला का आयोजन किया। कार्यशाला का उद्देश्य रीसाइलिंग के महत्व के बारे में जागरूकता बढ़ाना और हरे-भरे स्वस्थ वातावरण के लिए वृक्षारोपण के महत्व के बारे में जागरूकता पैदा करते हुए कागज के पुनः उपयोग में वृद्धि को बढ़ावा देना था। कार्यशाला का संचालन पर्यावरण विज्ञान विभाग से डॉ. शफीला ने किया। डॉ. शफीला ने बेकार कागजों से हस्तनिर्मित कागज बनाने की चरण-वार प्रक्रिया का प्रदर्शन किया, जिसका उपयोग विभिन्न उद्देश्यों जैसे पेटिंग के लिए केनवास, बुकमार्क बनाने, सजावटी लिफाफे आदि के लिए किया जा सकता है। उन्होंने घर पर सामान्य रूप से उपलब्ध सामग्री का उपयोग करके पेपर पेंसिल बनाने के चरणों के बारे में भी बताया। इसके अतिरिक्त, प्रतिभागियों को सीड बॉल बनाने की अवधारणा से परिचित कराया गया। पूरी कार्यशाला के दौरान, डॉ. शफीला ने पर्यावरण संरक्षण के लिए '3 आर' यानी रिड्यूस, रीयूज और रीसाइकिल के महत्व पर प्रकाश डाला। प्रतिभागियों ने उत्साहपूर्वक कागज के पुनर्चरण की प्रक्रिया को सीखा और पर्यावरण संरक्षण के लिए ऐसे उपायों को अपनाने का संकल्प लिया।

- ✓ Committed to the cause of “Greener and Sustainable Earth”, the **Department of Botany** undertook dual celebration of annual tree plantation festival of **Van Mahotsav and World Nature Conservation Day** on 28.07.2021.

**World Nature Conservation Day and Vanmahotsav celebrated at MCM**

**The Aman Sandesh Times Network**

**Chandigarh:** Committed to the cause of greener and sustainable Earth, the Department of Botany and Add on Course in Floriculture and Landscaping at Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated the annual tree plantation festival of Van Mahotsav and World Nature Conservation Day with great enthusiasm.

A plantation cum plant distribution drive was organised to mark the occasion, with an aim to spread the message of dire need for environmental conservation by practicing judicious use of the available

Following this, saplings of medicinal and ornamental relevance provided by the Department of Forests and Wildlife, Chandigarh Administration were planted in different areas of the college.

Dr. Nisha Bhargava said that these endeavours envision to spread the message of the need to plant more trees for gifting the future generations a cleaner and greener environment. Asserting that global warming, climate change, extinction of species, etc. are the result of indiscriminate exploitation of natural resources by humans, she said that the onus of reversing the damage done so far is on us.

natural resources and planting more and more trees so as to build a healthier tomorrow for the future generations.

The drive commenced with plantation of a tree sapling by the Principal Dr. Nisha Bhargava.

Plants including ajwain, akarkara, brahmi, stevia, harshringar, tulsi, aloe vera and neem were also distributed amongst the staff members.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ **MCM Eco-Club in collaboration with the Department of Zoology** organized a webinar on 'Conservation status of Tigers in India' on 29.07.2021 on the occasion of the **International Tiger Day**. Mr. Jayanta Bora, Senior Research Fellow from Wildlife Institute of India, Dehradun was invited to share his knowledge and experience in the field of tiger conservation. Webinar witnessed participation of 38 students and 4 faculty members.



## एमसीएम ने अंतरराष्ट्रीय बाघ दिवस मनाया

**हरियाणा मेल ब्यूरो » चंडीगढ़**

मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, के जीव विज्ञान- विभाग ने एमसीएम इको क्लब के सहयोग से %भारत में बाघों की संरक्षण स्थिति% शीर्षक से एक वेबिनार के साथ अंतरराष्ट्रीय बाघ दिवस के उत्सव को चिह्नित किया। वेबिनार का उद्देश्य छात्रों को भारत में बाघ संरक्षण के इतिहास के बारे में बताना और बाघ संरक्षण की आवश्यकता के बारे में जागरूकता फैलाना था।

भारतीय वन्यजीव संस्थान, देहरादून के सीनियर रिसर्च फेलो श्री जयंत बोरा इस वेबिनार में प्रमुख वक्ता के रूप में शामिल हुए। वेबिनार ने 42 से अधिक प्रतिभागियों को भारत में बाघ संरक्षण के इतिहास के बारे में शिक्षित किया और किस प्रकार कैमरा ट्रैपिंग, फा

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

Webinar on 'Conservation Status of Tigers in India'



Dr. Nisha Bhargava  
Principal



Mr. Jayanta Bora  
Senior Research Fellow  
Wildlife Institute of India  
Dehradun



संरक्षण पारिस्थितिकी में अपना करियर चुनकर छात्रों को वन्यजीव संरक्षण में योगदान देने के लिए प्रेरित किया। सत्र का समापन भारतीय वन्यजीव संस्थान, देहरादून में परियोजना सहयोगी सुश्री शगुन ठाकुर ने छात्रों को करियर सलाह देने और उन्हें वन्यजीव संरक्षण को करियर विकल्प के रूप में अपनाने के लिए प्रेरित करने के साथ किया।

प्रधानाचार्या डॉ. निशा भार्गव ने हमारे देश के राष्ट्रीय पशु के संरक्षण के महत्वपूर्ण पहलू के बारे में जागरूकता बढ़ाने के लिए जीव विज्ञान विभाग के प्रयासों की सराहना की। उन्होंने कहा कि चूंकि बाघ पारिस्थितिकी तंत्र के संतुलन को बनाए रखने में महत्वपूर्ण भूमिका निभाते हैं, इसलिए बाघों को बिगड़ती स्थिति और उनके संरक्षण की आवश्यकता के बारे में सभी को जागरूक करना बेहद जरूरी है।

मार्क, स्केट और हाइड पैटर्न विश्लेषण, जेनेटिक बारकोडिंग जैसी अत्याधुनिक तकनीकें भारत के राष्ट्रीय पशु के संरक्षण में योगदान करती हैं इस पर भी विस्तार से चर्चा की। बाघ संरक्षण के महत्व पर जोर देते हुए, श्री बोरा ने कहा कि बाघों की आबादी में गिरावट से शाकाहारी जीवों की संख्या में वृद्धि होगी जो पूरे पारिस्थितिकी तंत्र के पतन का अप्रदूत हो सकता है। विशेषज्ञ ने

- ✓ On **Akshay Urja Diwas**, MCM Eco-Club organized an **online Popular Akshay Urja Lecture** sponsored by **Chandigarh Renewable Energy and Science & Technology Promotion Society (CREST)** on 20.08.2021. Dr Vikrant Sharma, Deputy Director (Technical) and Head, Skill Development Division, National Institute of Solar Energy (NISE), Gurugram, was invited as resource person for the event. 70 students attended this lecture enthusiastically.



**Mehr Chand Mahajan DAV College for Women, Chandigarh**  
in collaboration with  
**Chandigarh Renewable Energy and Science & Technology Promotion Society (CREST)**  
celebrates  
**AKSHAY URJA DIWAS-2021**



by organizing  
**POPULAR AKSHAY URJA LECTURE**  
by  
**DR. VIKRANT SHARMA**  
Deputy Director, National Institute of Solar Energy (NISE), Gurugram  
(Autonomous Institute of Ministry of New & Renewable Energy)  
Webinar Link: <https://www.zoom.us/j/92018.com/9E4VdYdZ>  
(Please join the meet by 10.50 am on 20.08.2021)

&  
**AN ONLINE INTER-COLLEGE POETRY WRITING COMPETITION**  
Theme: **Impact of Akshay Urja in India**

**IMPORTANT!**

- Original entries are invited from undergraduate and postgraduate students for Poetry contest.
- Language of the poems may be Hindi, Punjabi or English.
- One person cannot post more than two poems for competition.
- All poems must have a title and must not exceed 300 words.
- Plagiarism is not permitted.
- Hand written or typed poetry should be uploaded in pdf format.
- Last date of submission of entries is 25.08.2021.
- Results will be announced on 30.08.2021 and will be intimated to the participants through E-mail.
- All eligible entries will be awarded with certificates.
- Register & submit your entries for poetry contest at <https://forms.gle/4K499ba8DGuLU8Ug9>

**CASH PRIZES WILL BE AWARDED TO FIRST THREE POSITION HOLDERS**  
1<sup>st</sup> prize- Rs. 1500/-, 2<sup>nd</sup> prize- Rs. 1000/-, 3<sup>rd</sup> prize- Rs. 500/-

Dr Neeta & Dr Sarabjeet Kaur (Coordinators)    Dr Divya Sharma & Ms. Kodambari (Co-coordinators)    Dr Nisha Bhargava (Principal and Convener)

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

## MCM celebrates Akshay Urja Diwas



Sharma pointed out the importance of the need of skilled manpower. Employment generation, eco-friendly energy generation, sustainability of other energy resources for a longer period of time, are some of the significant advantages elucidated by Dr Vikrant Sharma in the lecture. He motivated the students to take up experiments and projects to get familiar with the use of solar energy and encouraged the college to extend the ongoing projects on renewable energy usage in the college. An online inter-college poetry writing competition sponsored by CREST was also organized on the theme 'Impact of Akshay Urja in India'. Principal Dr. Nisha Bhargava lauded this initiative to spread awareness about the importance of renewable energy resources for a sustainable future. She added that conscious of its responsibility towards the environment, MCM has been a frontrunner institution in adopting the use of renewable energy like harnessing of solar energy and production of biogas from mess food waste.

**CHANDIGARH, AUG 23**

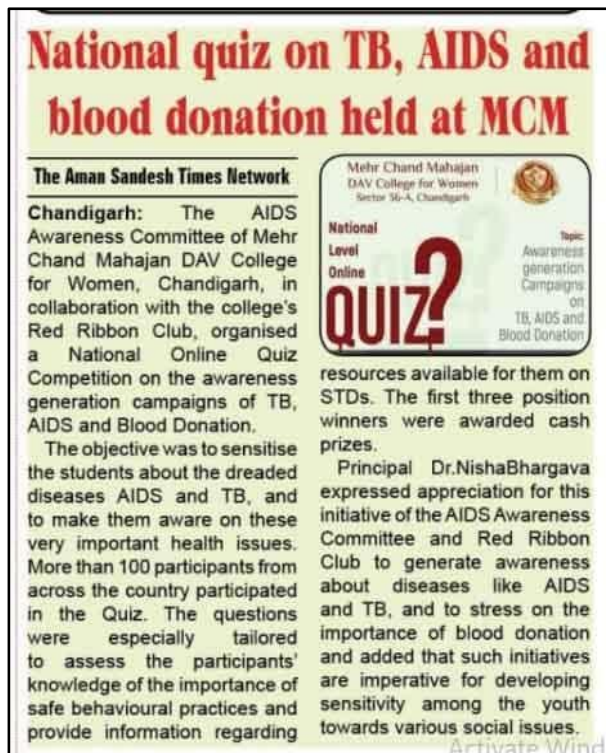
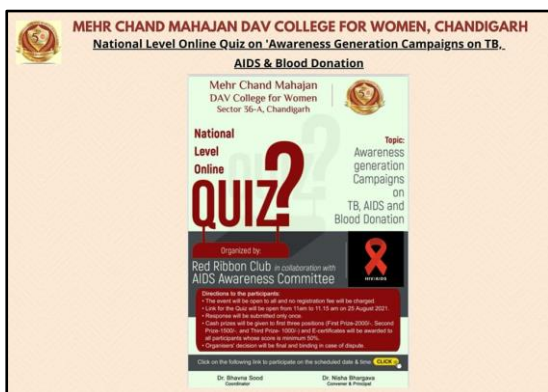
Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated Akshay Urja Diwas by organizing an online Popular Akshay Urja Lecture sponsored by Chandigarh Renewable Energy and Science and Technology Promotion Society (CREST). Dr. Vikrant Sharma, Deputy Director (Technical) and Head, Skill Development Division, National Institute of Solar Energy, Gurugram was the resource person for the lecture. Dr. Vikrant gave an overview on the use of solar energy technologies and the renewable energy targets set by the government for the year 2022. Dr.

- ✓ **NSS Units** of Mehr Chand Mahajan DAV College organized several Swachhta related activities that included plantation drives, cleaning of parks, roads in and around their vicinity during **Swachhta Pakhwada** from 01.18.2021 – 15.08.2021.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ The **AIDS Awareness Committee** of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the college's **Red Ribbon Club**, organized a **National Online Quiz Competition** on 25.08.2021, on the awareness generation campaigns of TB, AIDS and Blood Donation where more than 100 students participated.



Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1208993056233612/?type=3>

- ✓ The **Department of Environment Science** of the college showcased a documentary titled "The Dark Secret Behind Your Shiny Makeup" on 26.08.2021 to 36 students of M.Sc.-II (Chemistry) in order to make them aware about **the environmental impacts** as well as the health hazards of the mining process.

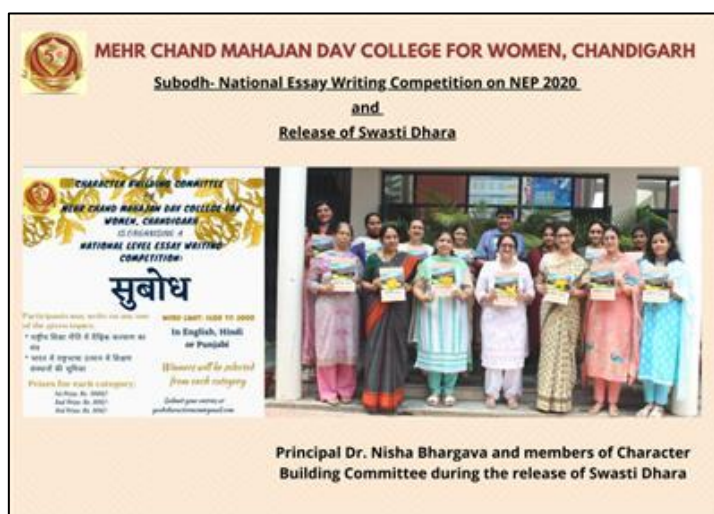


### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ From 1.09.2021 – 07.09.201, 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.



- ✓ The Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a **National Level Essay Writing Competition 'Subodh'** from 10.09.2021 to 13.09.2021 to raise awareness about New Education Policy 2020. The



The participants were required to submit their entries in Hindi /English/ Punjabi on any one of the given topics which were- 'Mantra of Global Welfare in National Education Policy' and 'Role of Educational Institutions in India'. Around 10 participants harnessed their creative expression skills to present nuanced viewpoints on the given topics wherein they highlighted the role of New Education Policy in revamping the higher education system and creating world class institutions across the country, among other points.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ **NSS Units** of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a **height and weight measurement drive** under the aegis of POSHAN Abhiyaan on 15.09.2021 in the premises of Anganwadi Multiple Complex – Anganwadi, Sector 41-D, Village Badheri, Chandigarh (U.T.)



## एमसीएम की एनएसएस इकाइयों ने बधेरी गांव में ऊंचाई-वजन माप अभियान चलाया

चंडीगढ़, 24 सितंबर (राम सिंह बराड़): भारत सरकार के पोषण अभियान के तहत, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन चंडीगढ़ की एनएसएस इकाइयों ने अपनाए गए गांव बधेरी में आंगनवाड़ी की सहायता से सभी संबंधित दिशानिर्देशों का पालन करते हुए ऊंचाई और वजन माप अभियान का आयोजन किया। इस अभियान का उद्देश्य हमारे जीवन में पोषण के महत्व के बारे में ज्ञान का प्रसार करना और उन प्रथाओं को बढ़ावा देना है जो स्वास्थ्य, कल्याण और रोग व कुपोषण के प्रति प्रतिरोधक क्षमता को बढ़ाते हैं। कार्यक्रम के दौरान, एरिया सुपरवाइजर, समाज कल्याण विभाग, यू.टी., में आईसीडीएस-प्रोजेक्ट 3 से परविंदर



एमसीएम कॉलेज चंडीगढ़ की एनएसएस वालंटियर गांव बड़हेड़ी में बच्चों का भार तोलते हुए। (छाया : गुरिंद्र सिंह)

कौर उपस्थित थीं। इस अभियान के माध्यम से आंगनवाड़ी कार्यकर्ताओं और एनएसएस स्वयंसेवकों ने बच्चों की ऊंचाई और वजन को मापकर उनके बीच कुपोषण की स्थिति और डिग्री का आकलन किया। 0-6 वर्ष की आयु के बच्चों की ऊंचाई और

वजन को इन्फैंटोमीटर, तौल पैमाने और स्टैडोमीटर सहित उपकरणों का उपयोग करके मापा गया था। स्वयंसेवकों ने इन बच्चों के माता-पिता से भी बातचीत की और बच्चों में पोषण और संतुलित आहार के महत्व के बारे में जागरूकता पैदा की। अंत में स्वयंसेवकों ने बच्चों के बीच स्वस्थ आंखला कैंडी बांटी। प्राचार्या डॉ. निशा भार्गव ने बच्चों में कुपोषण की समस्या के बारे में जागरूकता बढ़ाने के लिए एनएसएस इकाइयों के इस नेक प्रयास की सराहना की। उन्होंने बताया कि कॉलेज की एनएसएस इकाइयां विभिन्न राष्ट्रीय कार्यक्रमों जैसे स्वच्छ भारत अभियान, पोषण अभियान, उन्नत भारत अभियान आदि में प्रभावी रूप से योगदान दे रही हैं, जिससे स्वयंसेवकों में राष्ट्र निर्माण के प्रति जिम्मेदारी की भावना जागृत होती है।

**Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/posts/1205990849867166>



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ On the occasion of 'International Day for the Preservation of the Ozone Layer', Department of Environment Science organized a **National Level Wallpaper designing and Inventing a Slogan competitions**, sponsored by **Chandigarh Pollution Control Committee (CPCC)** on 16.09.2021. Over 97 students sent their entries in the form of wallpaper and slogans depicting the importance of ozone layer covering aspects like its depletion and current scenario.



✓ **Commemorating the Government of India's momentous initiative 'Azadi Ka Amrit Mahotsav', UBA Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, celebrated World Bamboo Day on 18.09.2021 that was organized in tandem with the involvement of Ek Bharat Shreshtha Bharat Club and NSS Units of the college.** The celebration was held in collaboration with the Artison Agro India, Jaipur. Mr. Debendra Dalai, IFS, Chief Conservator of Forests and

Director,  
Department of  
Forests and  
Wildlife,  
Chandigarh  
graced the  
event as the  
Chief Guest and  
Dr Nisha  
Bhargava,  
Principal of  
College was the Guest of Honor.

**एमसीएम में आयोजन**

## आजादी के अमृत महोत्सव के तहत विश्व बांस दिवस मनाया

स्टेट समाचार/चंडीगढ़/विनोद कुमार

भारत सरकार की महत्वपूर्ण पहल आजादी का अमृत महोत्सव को चिह्नित करते हुए मेहर चंद महाजन डीएवी कॉलेज फॉर विमन, चंडीगढ़ ने विश्व बांस दिवस मनाया। एक भारत श्रेष्ठ भारत क्लब, एनएसएस इकाइयों और कॉलेज के यूवीए सेल के संयुक्त तत्वावधान में आयोजित यह समारोह 'आर्टिसन एग्रो इंडिया' जयपुर के सहयोग से आयोजित किया गया था। वन और वन्यजीव विभाग, चंडीगढ़ से मुख्य वन संरक्षक और निदेशक, देवेन्द्र दलाई, आईएफएस और मेहर चंद महाजन डीएवी कॉलेज फॉर वुमन, की प्राचार्या, डॉ. निशा भार्गव ने इस कार्यक्रम में मुख्य अतिथि और सम्माननीय अतिथि के रूप में शिरकत की। इस अवसर पर आर्टिसन एग्रो इंडिया के संस्थापक निदेशक, आर पी

**बांस है ग्रीन गोल्ड : विनोद कुमार**

जोशी, और समाजशास्त्र विभाग, पंजाब विश्वविद्यालय से डॉ विनोद कुमार, विशिष्ट अतिथि थे। देवेन्द्र दलाई ने कॉलेज द्वारा लोगों को बांस के अपार पर्यावरणीय और आर्थिक लाभों के बारे में शिक्षित व जागरूक करने के इस प्रयास की सराहना की। इस अवसर पर प्रिसिपल डॉ निशा भार्गव ने प्राकृतिक संसाधनों और पर्यावरण की रक्षा के लिए बांस की

असीम क्षमता के बारे में लोगों को शिक्षित करने में बांस दिवस समारोह के महत्व पर प्रकाश डाला। आर पी जोशी ने बांस दिवस के इतिहास, राष्ट्रीय बांस मिशन, बांस रोपण के लाभदायक व्यवसाय, व्यावसायिक उपयोग के लिए बांस की किस्मों और बांस के अंतहीन लाभों पर एक अत्यधिक जानकारीपूर्ण प्रस्तुति दी। डॉ विनोद कुमार ने कहा कि बांस, जिसे ग्रीन गोल्ड भी कहा जाता

है, किसानों के साथ-साथ हम सभी के लिए एक संपूर्ण पैकेज है क्योंकि यह न केवल रोजगार और अच्छे रिटर्न प्रदान करता है बल्कि जलवायु परिवर्तन, ग्लोबल वार्मिंग और बोमारियों से लड़ने में भी मदद करता है। इस अवसर पर बांस उत्पादों को प्रदर्शनी भी लगाई गई। पर्यावरण संरक्षण के लिए एमसीएम की प्रतिबद्धता को चिह्नित करते हुए वृक्षारोपण अभियान भी चलाया गया जिसमें देवेन्द्र दलाई ने डॉ. निशा भार्गव के साथ परिसर में बांस लगाया। कॉलेज ने अट्टला, बधेरी, चूरला, कजेहड़ी और मलौया के गांवों के नगर पार्श्वों, सरकारी स्कूलों के प्रधानाचार्यों और शिक्षकों, आमजवाड़ी कार्यकर्ताओं को भी सम्मानित किया, जो पर्यावरण संरक्षण को बढ़ावा देने के लिए कॉलेज की एनएसएस इकाइयों और यूवीए सेल के साथ मिलकर काम करते हैं।

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**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ **Department of Environment Science**, Mehr Chand Mahajan DAV College for women, Sector 36-A, Chandigarh, organized a *National Level Logo designing competition to celebrate 'World Car Free Day'* on 22.09.2021. Over 70 students of various educational institutions from different part of the country designed intellectual as well as beautiful logos justifying the theme of the event.



✓ **The Foreign Students Cell** of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with **Government College Chamba, Himachal Pradesh**, organised an **online International Poetry Writing Competition** to celebrate



**International Day of Peace.** More than 80 participants sent in their thought provoking self composed poems that stressed on strengthening the ideals of peace and transforming the world



into a more equitable, inclusive and peaceful one. Principal Dr. Nisha Bhargava shared her self composed poem 'Aman aur Jung' wherein she questioned humanity that when each particle of this world craves for peace then why humans

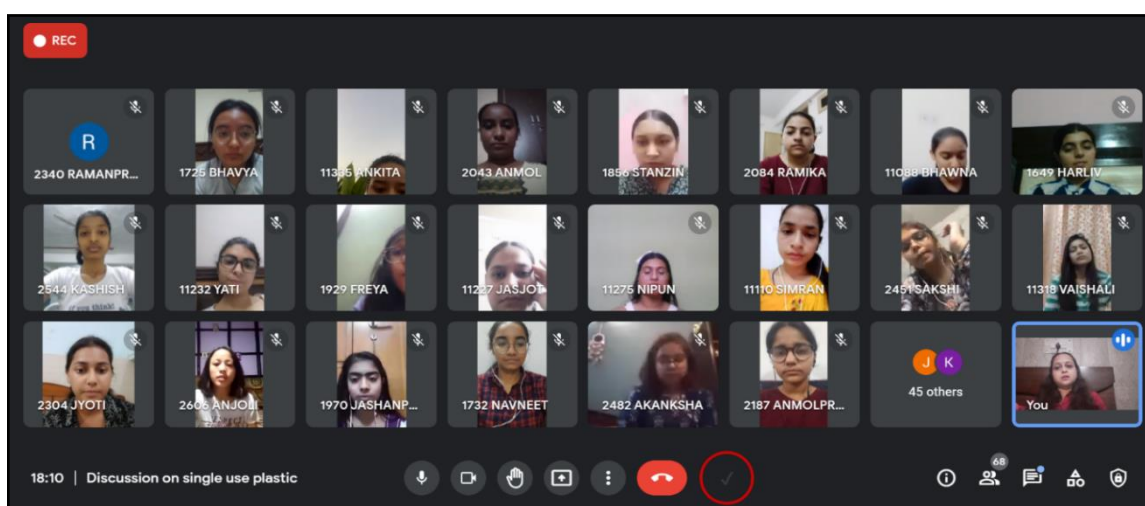
### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

hold on to the feeling of hatred.

- ✓ **Character-building committee** in collaboration with **MCM Eco-club 'Parivesh'** organized an online competition on 'Making Bird Feeders with Unused Material at Home' for celebrating the **National Wildlife Week** from 2.10.2021-08.10.2021. 20 Students from various departments of the college participated in this week-long event.



- ✓ The college is committed to the cause of making earth a better place to live. Keeping pace with this tradition, the **Department of Botany** carried out a nature's walk to mark the celebration of **National Wildlife Week** on 04.10.2021.



- ✓ Keeping in view the environmental impacts of plastics, the **Department of Environment Science** in collaboration with **MCM Eco-Club** organized an **online discussion session on "Single-use Plastics"** on 05.10.2021 as a part of Azadi Ka Amrit Mahotsav celebrations. Over 68 students participated enthusiastically in

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the discussion session and shared their views about the impact and alternatives of single-use plastics.

- ✓ **A Plastic Collection Drive** was organized by Character Building Committee in collaboration with Swachhta Committee from 05.10.2021- 06.10.2021 where 16 volunteers visited sector 38 locality and distributed saplings of various kinds among the residents of that area. They went door to door asking people to give them plastic items and in return, the volunteers gave them plants as a token of gratitude.



- ✓ **Department of Zoology in collaboration with MCM Eco-club** organized a quiz competition on 'Wildlife and its conservation' to celebrate the **National Wildlife Week** from 02.10.2021 – 08.10.2021.



- ✓ The IQAC organized an **online Expert Lecture on 'Governance Reforms, Leadership and Institutional Management in the Context of NEP 2020**, on 11.10.2021. Prof. Parvinder Singh, Vice Chancellor, Rayat Bahra University, Mohali was the resource person for this insightful lecture. Participants from different parts of the country registered and attended the lecture.

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**Link to the activity include:**

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/1214716558994595/?type=3>

### एमसीएम ने शासन सुधार, नेतृत्व और संस्थागत प्रबंधन पर विशेषज्ञ व्याख्यान का किया आयोजन



चंडीगढ़, 9 अक्टूबर (राम सिंह बराह): मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ के ऑनलाइन एगवना आधामन सेल (आईव्यूसी) ने 'एनईपी 2020 के संदर्भ में शासन सुधार, नेतृत्व और संस्थागत प्रबंधन' पर एक ऑनलाइन विशेषज्ञ व्याख्यान का आयोजन किया। रयात बाहरा विश्वविद्यालय, मोहाली के कुलपति, प्रो. परबिंदर सिंह, इस व्यावहारिक व्याख्यान के लिए मुख्य वक्ता थे। व्याख्यान का उद्घाटन करते हुए प्राचार्या डॉ. निशा भार्गव ने व्याख्यान के विषय की समकालीन प्रासंगिकता पर जोर दिया। उन्होंने एनईपी 2020 के महत्व पर प्रकाश डाला और कहा कि यह भारत में उच्च शिक्षा के प्राचीन को कैसे मजबूत करेगा, विशेष रूप से देश के युवाओं के लिए, नए पोटेंशल और अवसरों के साथ खोलेगा। प्रो. परबिंदर सिंह ने कहा कि यह बताने का अवसर है कि मानव विकास को बनाए रखने के लिए, अंतर्राष्ट्रीय ई-वेस्ट दिवस का आयोजन किया। इस कार्यक्रम का उद्देश्य था ई-कचरे के खतरों के बारे में जागरूकता पैदा करना और इसे कबाड़ डीलरों को देने के बजाय अधिकृत पुनर्चक्रणकर्ताओं को सौंपना ताकि इसका उचित निपटारा किया जा सके। इस उत्सव के दौरान कॉलेज ने चंडीगढ़ प्रदूषण नियंत्रण बोर्ड के तहत एक अधिकृत रिसाइकलर, ओरटेक इंडिया कॉर्पोरेशन, बड़ी, हिमाचल प्रदेश के साथ एक समझौते पर हस्ताक्षर किए। छात्रों और संकाय सदस्यों को अपने घरों से ई-कचरा प्राप्त करने और ई-कचरा संग्रह के लिए कॉलेज में पहले से स्थापित लाल बिन में डालने के लिए प्रोत्साहित किया गया। समिति ने एकत्रित ई-कचरे का 67 किलोग्राम उचित निपटान के लिए पुनर्चक्रणकर्ता को सौंपा। इस अवसर पर श्री रोहित पुरी, निदेशक, ओरटेक इंडिया कॉर्पोरेशन ने पर्यावरण पर ई-कचरे के खतरनाक प्रभावों और ई-कचरे में मौजूद जहरीले रसायनों के संपर्क में आने के बारे में ज्ञानवर्धक व्याख्यान दिया और छात्रों को ई-कचरे पर एक एनिमेटेड वीडियो दिखा कर जागरूक करने का सफल प्रयास किया। व्याख्यान में कुल 52 छात्रों और संकाय सदस्यों ने भाग लिया। प्राचार्या डॉ. निशा भार्गव ने ई-कचरे की समस्या को उजागर करने के लिए सतत अभ्यास समिति की इस पहल को सराहना की। कोविड-19 के प्रकोप के कारण भारी अनुपात में ई-उत्पादों के उपयोग में वृद्धि हुई है, जिसके परिणामस्वरूप बहुतायत में ई-कचरे का उत्पादन हुआ है। उन्होंने आशा व्यक्त की कि यह प्रयास उपभोक्ताओं को ई-कचरे के बारे में जागरूक करेगा और ई-उत्पाद निर्माण को वास्तविक बनाने में मदद करेगा।

✓ **Department of Environment Science under the aegis of Sustainable Practices Committee of the college, organized 'E-Safe' on 11.10.2021, an event to mark the celebration of 'International E-waste Day'. The college has signed a two-year agreement with Ortech India Corporation, Baddi, Himachal Pradesh, an authorized recycler under Chandigarh Pollution**

### एमसीएम ने अंतर्राष्ट्रीय ई-वेस्ट दिवस मनाया



चंडीगढ़ (त्रहम आचार्य / नया लोकयुग)। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की सस्टेनेबल प्रैक्टिस कमिटी ने अंतर्राष्ट्रीय ई-वेस्ट दिवस के उपलक्ष्य में एक कार्यक्रम ई-सेफ का आयोजन किया। इस कार्यक्रम का उद्देश्य था ई-कचरे के खतरों के बारे में जागरूकता पैदा करना और इसे कबाड़ डीलरों को देने के बजाय अधिकृत पुनर्चक्रणकर्ताओं को सौंपना ताकि इसका उचित निपटारा किया जा सके। इस उत्सव के दौरान कॉलेज ने चंडीगढ़ प्रदूषण नियंत्रण बोर्ड के तहत एक अधिकृत रिसाइकलर, ओरटेक इंडिया कॉर्पोरेशन, बड़ी, हिमाचल प्रदेश के साथ एक समझौते पर हस्ताक्षर किए। छात्रों और संकाय सदस्यों को अपने घरों से ई-कचरा प्राप्त करने और ई-कचरा संग्रह के लिए कॉलेज में पहले से स्थापित लाल बिन में डालने के लिए प्रोत्साहित किया गया। समिति ने एकत्रित ई-कचरे का 67 किलोग्राम उचित निपटान के लिए पुनर्चक्रणकर्ता को सौंपा। इस अवसर पर श्री रोहित पुरी, निदेशक, ओरटेक इंडिया कॉर्पोरेशन ने पर्यावरण पर ई-कचरे के खतरनाक प्रभावों और ई-कचरे में मौजूद जहरीले रसायनों के संपर्क में आने के बारे में ज्ञानवर्धक व्याख्यान दिया और छात्रों को ई-कचरे पर एक एनिमेटेड वीडियो दिखा कर जागरूक करने का सफल प्रयास किया। व्याख्यान में कुल 52 छात्रों और संकाय सदस्यों ने भाग लिया। प्राचार्या डॉ. निशा भार्गव ने ई-कचरे की समस्या को उजागर करने के लिए सतत अभ्यास समिति की इस पहल को सराहना की। कोविड-19 के प्रकोप के कारण भारी अनुपात में ई-उत्पादों के उपयोग में वृद्धि हुई है, जिसके परिणामस्वरूप बहुतायत में ई-कचरे का उत्पादन हुआ है। उन्होंने आशा व्यक्त की कि यह प्रयास उपभोक्ताओं को ई-कचरे के बारे में जागरूक करेगा और ई-उत्पाद निर्माण को वास्तविक बनाने में मदद करेगा।

**Control Board.** Students and faculty members were encouraged to get e-waste from their homes and put it in the red bin already installed in the college for e-waste collection. The committee has handed over **67 Kgs** of collected e-waste to the recycler for its proper disposal.

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Keeping up with the spirit of Swachhta, **NSS Volunteers** of the College undertook **cleanliness cum beautification drive in Anganwadi Complex** of their adopted Village Badheri, Sector 41-D, Chandigarh on 12.10.2021 where 25 volunteers segregated waste and collected more than 11 Kg of single plastic waste material from the complex that included plastic bottles, wrappers, spoons, disposable cups and plates. **Link to the activity include:**

अजीत समाचार




सफाई अभियान में भाग लेती हुई एम.सी.एम. की छात्राएं। (छाया : गुरिन्द्र सिंह)

### एन.एस.एस. ने आंगनवाड़ी में सफाई अभियान चलाया

चंडीगढ़, 26 अक्टूबर (राम सिंह बराड़): स्वच्छता की भावना को ध्यान में रखते हुए, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की एनएसएस इकाइयों ने अंगीकृत गांव बधेरी, चंडीगढ़ के आंगनवाड़ी परिसर में स्वच्छता सह सौंदर्यकरण अभियान चलाया। अभियान के दौरान, स्वयंसेवकों ने कचरे को अलग किया और परिसर से 11 किलोग्राम से अधिक एकल प्लास्टिक अपशिष्ट सामग्री एकत्र की, जिसमें प्लास्टिक की बोतलें, पैर, चम्मच, डिस्पोजेबल कप और प्लेट शामिल थे। उन्होंने आंगनवाड़ी परिसर के छ नुक्कड़ और कोने को अच्छी तरह से साफ किया, जिसमें खेल क्षेत्र, पार्किंग स्थल, गलियारे शामिल थे। परिधि के चारों ओर और परिसर में अव्यक्त खरपतवार और झाड़ियां हटा दी गईं, और सूखे पत्तों के कूड़े को खाद के गड्ढों में छलने के लिए एकत्र किया गया। स्वयंसेवकों ने स्वच्छता अभियान में जसाह से भाग लिया और स्वच्छ भारत कार्यक्रम के हिस्से के रूप में स्वच्छ भारत स्वस्थ भारत की अवधारणा को बढ़ावा दिया। प्राचार्या डॉ. निशा भार्गव ने स्वच्छता के बारे में जागरूकता पैदा करने, लोगों को संज्ञित करने और स्वच्छ भारत पहल में उनकी भागीदारी सुनिश्चित करने के लिए एमसीएम की एनएसएस इकाइयों के निरंतर प्रयासों की सराहना की। उन्होंने कहा कि स्वच्छ और हरे भरे भारत के सपने को साकार करने के लिए इस तरह के टोस प्रयास अनिवार्य हैं।

<https://www.facebook.com/MCMDAVCW/posts/1232924387173812>

94 NSS volunteers organized a **One-day Special Campaign against Single-Use Plastic in their adopted Village Badheri, Sector 41-D, Chandigarh on 21.10.2021** where they collected plastic waste and sensitized the residents about the harmful and deleterious effects of using single use plastic on humans and environment. **Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/posts/1232931223839795>

### एमसीएम की एनएसएस इकाइयों ने बधेरी में प्लास्टिक के एकल उपयोग पर जागरूकता अभियान किया आयोजित



फास्ट मीडिया, अमृत्यु शर्मा  
चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की एनएसएस इकाइयों ने अंगीकृत गांव बधेरी में प्लास्टिक के एकल उपयोग पर एक दिवसीय जागरूकता अभियान आयोजित किया। अभियान के दौरान, एनएसएस स्वयंसेवकों ने एकल उपयोग प्लास्टिक अपशिष्ट एकत्रित किया और निवासियों को मनुष्यों और पर्यावरण पर इसके हानिकारक प्रभावों के बारे में अवगत करवाया। इस अवसर पर, श्री हरिंदर कौर, क्षेत्रीय निदेशक, एनएसएस ने स्वच्छ भारत कार्यक्रम के उद्देश्यों और लक्ष्यों के बारे में चर्चा की और स्वयंसेवकों से अपने आसपास को प्लास्टिकमुक्त करने का आग्रह किया। एक विशाल सफाई अभियान भी आयोजित किया गया था जिसमें स्वयंसेवकों ने सार्वजनिक पार्क, सड़कों को साफ कर दिया और आंगनवाड़ी परिसर, आवासीय और बाजार क्षेत्रों में टौर किए गए 60 किलोग्राम एकल उपयोग प्लास्टिक अपशिष्ट को एकत्रित किया। स्वयंसेवकों ने एकल उपयोग प्लास्टिक प्रतिबंध पर एक जागरूकता रैली भी आयोजित की जिसमें उन्होंने लोगों से अपने दैनिक दिनचर्या में पैपर बैग जैसे विकल्प को प्लास्टिक के स्थान पर अपनाने का आग्रह किया। उन्होंने नियमों और रणनीतियों के बारे में निवासियों को प्रबुद्ध किया जो भारत सरकार प्लास्टिक खतरे को रोकने के लिए अपना रही है। इस प्रकार एकत्र किए गए अपशिष्ट को चंडीगढ़ के डिप्टी कमिश्नर कार्यालय के अधिकारियों को उचित निपटान के लिए सौंप दिया गया। एनएसएस स्वयंसेवकों द्वारा निवासियों को स्वच्छ वातावरण बनाए रखने की आवश्यकता के बारे में जागरूक करने के लिए एक नुक्कड़ नाटक किया गया। अभियान के दौरान उपयुक्त कोविड -19 प्रोटोकॉल का पालन किया गया। प्रिंसिपल डॉ० निशा भार्गव ने जोर देकर कहा कि यह अच्छी तरह से ज्ञात है कि प्लास्टिक को हजारों, घनसतियों और जीवों को प्रतिकूल रूप से प्रभावित करने के लिए हजारों साल लगते हैं, और इस खतरे के बारे में जागरूकता बढ़ाना महत्वपूर्ण है। उन्होंने एमसीएम की एनएसएस इकाइयों द्वारा साफ और हरा भरा भारत बनाने के लिए लगातार काम करने के लिए सराहना की।

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ **MCM Eco-Club in collaboration with the Character-Building Committee** of the college celebrated **Green & Safe Diwali** on 26.10.2021. As many as 73 students from different streams participated enthusiastically and highlighted their creativity in Slogan writing, Diya decoration and Card making competitions.



✓ To Mark the **celebration of World Food Day**, Inter College Competitions were organized by Department of Food Science in collaboration with Swachhta Committee on 27.10.2021.



✓ **Dengue Awareness Campaign** was organized by the **NSS Units** of the College in the adopted Village Badheri on 27.10.2021. The campaign was supported by the presence of Mr. Ranjit Singh, a Multi-Purpose Health Worker, and Dr Inderpal, Epidemiologist at Health Department, Sector 17 Chandigarh. They instructed and guided 25 volunteers on the necessity of keeping our surroundings clean which can ultimately help in containing the spread of Dengue.



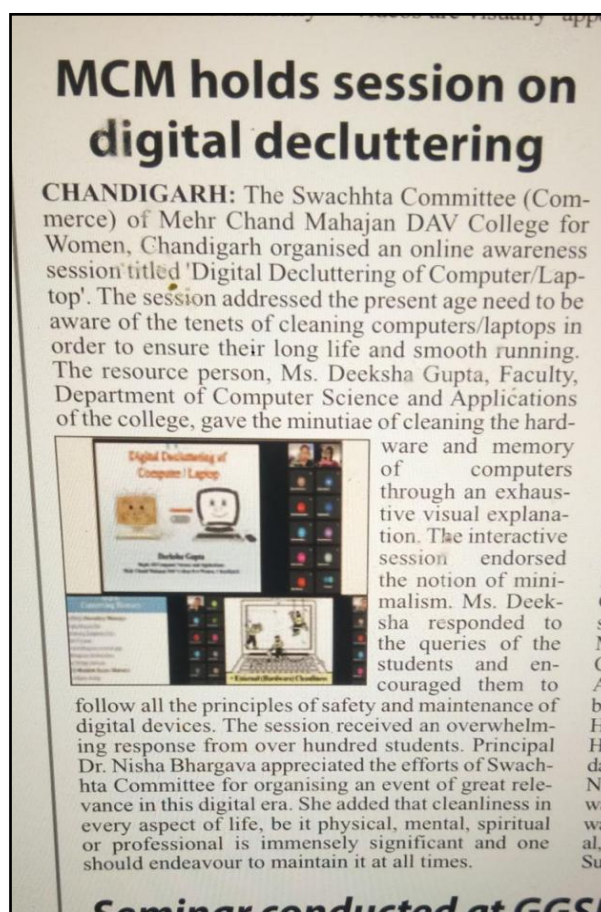
### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ **An Awareness session on Single use Plastic Campaign** was organized by NSS Units of the college on 27.10.2021 in their adopted village Badheri Chandigarh where 25 NSS volunteers collected single-use



plastic from local houses and shops and informed the residents about the urgency to avoid plastic use because of its extremely harmful effects on human and environmental health. The volunteers undertook a remarkable job by collecting 12.1 kg of single-use plastic which was further given for recycling.

- ✓ To address the need of ensuring maintenance of online devices and disseminating vital information regarding basics of cleaning the online devices for their smooth functioning, **an online session on Digital Decluttering of Computer/Laptop”** was organized by the Swachhta Committee, Post Graduate Department of Commerce on 28.10.2021 which was attended by 100 students.





### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

✓ As part of 'Clean India' program organized by the Department of Youth Affairs, Ministry of Youth Affairs and Sports; **Swachhta Committee Arts** organized a **Cleanliness Drive** to collect **Single use Plastic Waste** on 29.10.2021 where around 100 students participated.



✓ As per the directions of Department of Environment in collaboration with Department of Education, Chandigarh Administration, **Swachhta Committee of the Post Graduate Department of Commerce** organized an 'Oath' taking ceremony on the theme "Green Diwali-Swachh Diwali" on 30.10.2021 where more than 100 volunteers pledged not to burst crackers during Diwali festival.

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

**The Aman Sandesh Times Network**

**Chandigarh:** Ushering the festival of lights in a unique and meaningful manner, Mehr Chand Mahajan DAV College for Women, Chandigarh organised events aiming to not only spread festive cheer but also to raise awareness about green Diwali celebrations.

The Character Building Committee of the college organised a 6-day event titled 'Deepmala Utsav' that included various competitions and activities, and culminated with a vibrant cultural extravaganza and an exhibition. The competitions that were part of the Deepmala Utsav included Poshak Mithai, Slogan Writing, Diya Decoration and Card Making on the theme of 'Safe and Green Diwali', and Lessons for Life- a video competition on favourite character from Ramayana.

Besides the competitions, a Stone Painting Workshop was also organised and a nukkad natak on 'Say no to crackers' was also presented to sensitise students about the harmful effects of crackers.

The grand utsav culminated with an exciting cultural programme comprising of enthralling dance and song performances, and a felicitation ceremony.

Principal Dr. Nisha Bhargava highlighted the origin of Diwali festival in the epic Ramayana- an eternal source of guidance to mankind. Seeking to spread the message of an eco-friendly Diwali, the college also participated enthusiastically in the Department of Environment and Department of Education, Chandigarh Administration's Anti Cracker Campaign on the theme 'Swachh Diwali Green Diwali'.

✓ Keeping up with the motto of "Not Me, But You" and working towards the betterment of the society and environment, **NSS Units** of the College organized an **Anti-Cracker Rally** on 30.10.2021 around 70 NSS Volunteers along with the office bearers participated in the rally, carried colourful posters and placards and raised slogans like "Say No to Crackers", "Green Diwali, Safe Diwali", "दिवाली का जश्न मनाएं, पर्यावरण सुरक्षित बनाए" and "पटाखे लेना बंद करो, प्रदूषण को बंद करो" in and around the college campus.

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



**Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/posts/1231390293993888>

- ✓ To promote Clean India Programme, 13 NCC cadets of **NCC Army Wing** undertook cleanliness drive on 30.10.2021 within the college campus.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ **MCM Eco-Club in collaboration with the Character-building committee of the college organized Poster/Card making and slogan writing competitions** as a part of Anti-cracker campaign on 01.11.2021. As many as 50 students from different streams participated enthusiastically in both the activities and showcased their creativity.



- ✓ An Online Awareness lecture on “**Ill Effects of Crackers**” as a part of Anti-Cracker Campaign was launched on 03.11.2021 by Department of Environment in collaboration with



Department of Education, Chandigarh Administration where Dr Shafila addressed 100 participants and highlighted the impacts of crackers on environment and human health.

- ✓ **An interactive lecture with on-site demonstration on solid waste management practices adopted** (e.g., setup and working of Biogas plant, Composting and Vermicompost units) to B.Sc. (MFT)-III-year students was organized on 14.11.2021 by Department of Food Science in collaboration with Swachhta Committee.

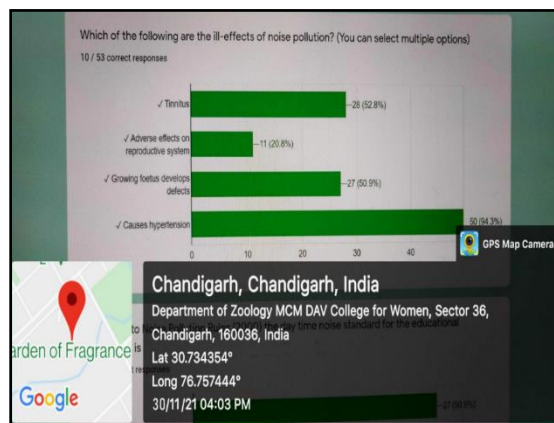


- ✓ The Chandigarh Police in collaboration with Mehr Chand Mahajan DAV College For Women, Sector 36-A, Chandigarh and Punjab Engineering College (PEC), University of Engineering and Technology(UIET) Panjab University, conducted a **two day National Level Training Program under the flagship program of Cyber Swachhta Mission of Cyber Cell, Chandigarh Police** on 14.11.2021-15.11.2021 at SD College Sector 32, Chandigarh and PGGGC-42, Chandigarh where 89 students of the college participated enthusiastically.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



- ✓ Department of Zoology in collaboration with MCM Eco-club of the College organized an online quiz on 'Noise pollution' on 30.11.2021. The quiz was organized with an aim to increase students' knowledge about Noise Pollution, its ill-effects, solutions for handling noise pollution in their



- surroundings, and to generate awareness on various laws regarding permitted noise levels in the country. 53 students from B.Sc. I & II Medical participated enthusiastically in the quiz.
- ✓ Institution's Innovation Council 4.0 in collaboration with the Department of Environment Science of the college organized **Just a Minute Idea competition** on the theme 'Stubble Burning' to mark the celebration of National Pollution Control Day (08.12.2021). 23 students came up with innovative ideas to control the menace of stubble burning.

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

### MCM holds idea competition on Stubble Burning

**The Aman Sandesh Times Network**

Chandigarh: The Institution Innovation Council and Department of Environment Science at Mehr Chand Mahajan DAV College for Women, Chandigarh organised Just a Minute Idea Competition on the theme 'Stubble Burning'.

The competition sought to draw attention to the menace of stubble burning and motivate students to come up with innovative ideas to deal with it. The participants shared various ideas for the control of stubble burning like procuring stubble from farmer for a price to be used as cattle fodder, diverting excess workers to the agricultural fields to weed out the crop residues, converting crop residue into manure by accelerating the decomposition process, compost making from crop residue, using stubble for packaging of fragile material like glass and crockery, making biodegradable cutlery, paper and car board, and so on. Three best entries were awarded cash prizes.

Principal Dr. Nisha Bhargava highlighted the importance of this initiative by saying that pollution from stubble burning poses a serious risk to the health and safety of people and asserted that finding practical, effective, and sustainable solutions to curb the practice is critical.

**The results of the competition are:**  
 1st: Muskaan Lamba (MA Economics II)  
 2nd: Bhavika Mehta (BSc II)  
 3rd: Dhanu (BCom II)  
 Consolation: Simar (BA I), Yashika (BCom I)



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MCM holds idea competition on Stubble Burning

Chandigarh, 17.12.21-The Institution Innovation Council and Department of Environment Science at Mehr Chand Mahajan DAV College for Women, Chandigarh organised Just a Minute Idea Competition on the theme 'Stubble Burning'.

1st: Muskaan Lamba (MA Economics II)  
2nd: Bhavika Mehta (BSc II)  
3rd: Dhanu (BCom II)  
Consolation: Simar (BA I), Yashika (BCom I)

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### न्यूज डायरी

## एमसीएम में पराली से निपटने के लिए प्रतियोगिता, मुस्कान बनी विजेता

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज में शुक्रवार को पराली से निपटने के विषय पर विचार प्रतियोगिता का आयोजन हुआ। इंस्टीट्यूशनल इनोवेशन काउंसिल ने पर्यावरण विज्ञान विभाग के साथ मिलकर इस कार्यक्रम का आयोजन किया। इस दौरान प्रतिभागियों ने पराली जलाने के नियंत्रण के लिए विभिन्न विचारों को साझा किया। इस दौरान तीन सर्वश्रेष्ठ प्रविष्टियों को नकद पुरस्कार से सम्मानित किया गया है। प्राचार्य डॉ. निशा भार्गव ने प्रतिभागियों को और से दिए गए व्यावहारिक समाधानों की सराहना की। प्रतियोगिता में एमए इकोनॉमिक्स द्वितीय वर्ष की मुस्कान लांबा को पहला, बीएससी द्वितीय की भाविका मेहता को दूसरा, बीकॉम द्वितीय वर्ष की धनु को तीसरा और बीए प्रथम वर्ष की सिमर और बीकॉम प्रथम वर्ष की यशिका को ब्वाइन्स परम्प्टर लिखा गया।

## एमसीएम ने पराली जलाने पर विचार प्रस्तुत करने के लिए प्रतियोगिता का आयोजन किया

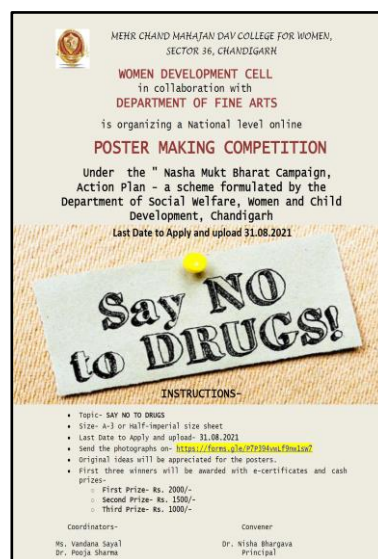
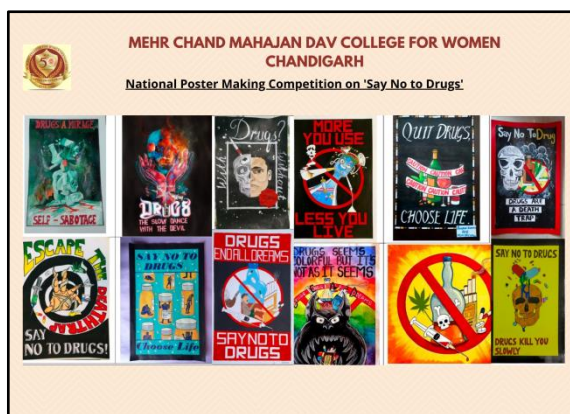
चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज में शुक्रवार को पराली से निपटने के विषय पर विचार प्रतियोगिता का आयोजन हुआ। इंस्टीट्यूशनल इनोवेशन काउंसिल ने पर्यावरण विज्ञान विभाग के साथ मिलकर इस कार्यक्रम का आयोजन किया। इस दौरान प्रतिभागियों ने पराली जलाने के नियंत्रण के लिए विभिन्न विचारों को साझा किया। इस दौरान तीन सर्वश्रेष्ठ प्रविष्टियों को नकद पुरस्कार से सम्मानित किया गया है। प्राचार्य डॉ. निशा भार्गव ने प्रतिभागियों को और से दिए गए व्यावहारिक समाधानों की सराहना की। प्रतियोगिता में एमए इकोनॉमिक्स द्वितीय वर्ष की मुस्कान लांबा को पहला, बीएससी द्वितीय की भाविका मेहता को दूसरा, बीकॉम द्वितीय वर्ष की धनु को तीसरा और बीए प्रथम वर्ष की सिमर और बीकॉम प्रथम वर्ष की यशिका को ब्वाइन्स परम्प्टर लिखा गया।

- ✓ A collage making competition was organized for undergraduate students on the theme 'Save Energy, Save Future' by Innovation Council 4.0 in collaboration with Renewable Energy committee and Department of Physics on 14.12.2021 where 35 students of B.Sc. Medical, Non-Medical and Computer Science & Applications shared their innovative ideas for saving energy and protecting the environment for future generations.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ The **Women Development Cell** of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with **Department of Fine Arts**, organised a **National Level Poster Making Competition** under the **'Nasha Mukh Bharat Campaign'** of the Department of Social Welfare, Women and Child Development, Chandigarh Administration on 31.08.2021. The theme of the competition was 'Say No to Drugs'. Over 92 students from across the country participated enthusiastically in the competition.



**MCM holds national poster making competition on drugs**

**The Aman Sandesh Times Network**

**Chandigarh:** The Women Development Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Department of Fine Arts, organised a national level Poster Making Competition under the 'Nasha Mukh Bharat Campaign' of the Department of Social Welfare, Women and Child Development, Chandigarh Administration. The theme of the competition was 'Say No to Drugs'.

Over 92 students from across the country participated enthusiastically in the competition, through their thought-provoking creative entries, the participants gave the message of choosing life over drugs and highlighted the detrimental effects of drugs. The first three winners were awarded e-certificates and cash prizes.

Principal Dr. Nisha Bhargava expressed appreciation for this endeavour to raise awareness about the menace of drugs. She added that for a brighter future of the country, it is imperative that the youth are motivated to adopt a healthy and positive outlook towards life, and the ones who have strayed from their path need to be brought into the mainstream.

The prize winners are:  
 1st: Khwaish (MCM DAV College for Women, Chandigarh)  
 2nd: Preeti (PU, Chandigarh)  
 3rd: Kritika (MCM DAV College for Women, Chandigarh)  
 Consolation: Rupinder Kaur (KMV, Jalandhar) and Guntaj (MCM DAV College for Women, Chandigarh)

- ✓ In the month of October, a **cleanliness drive** was organized by the cadets in the college. Promoting the idea of the **'Swachh Bharat Campaign'** the drive aimed at getting the campus rid of unnecessary junk and garbage to promote cleanliness, spreading awareness about the cause, and influencing others to take recourse to the same path.

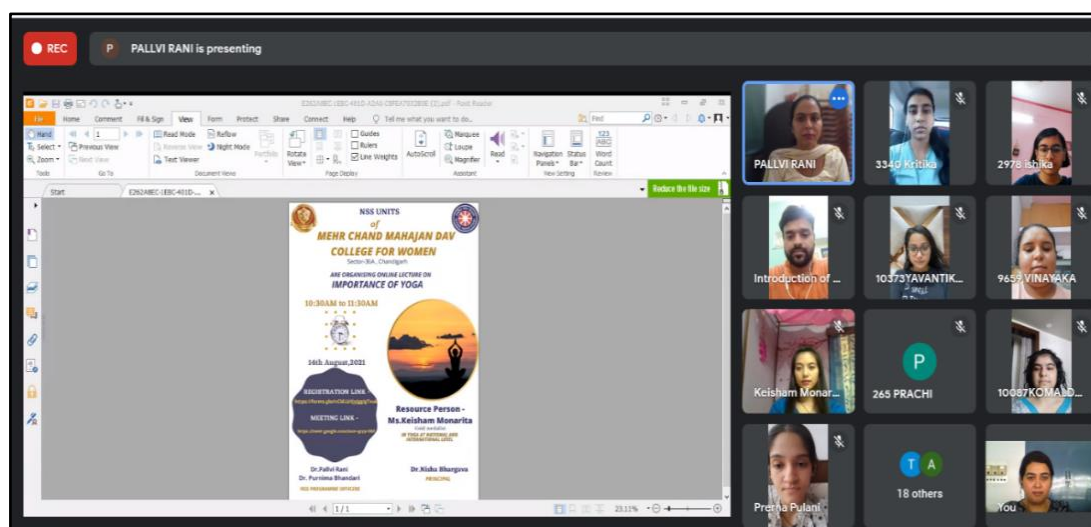


### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ In the month of August, 2021, 35 NCC cadets of **Army wing** cycled and exercised daily to as to sensitize people about Fit India Movement.



- ✓ On 14.08.2021, NSS Units of Mehr Chand Mahajan DAV College for Women, organized an **ONLINE LECTURE ON IMPORTANCE OF YOGA** as part of FIT INDIA Run-Amrit Mahotsav @75 where 76 volunteers participated enthusiastically. The resource person of the event was Ms. Keisham Monarita, Gold Medalist in Yoga at National and International Level.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ Mehr Chand Mahajan DAV College for Women, Chandigarh organised the grand finale of the **hands-on training-cum-workshop on yoga and meditation** titled **'Food for Mind, Body and Soul'** under the aegis of its **Sustainable Practices and Skill Development Committees**. The resource person of the event was Ms. Keisham Monarita, Gold medalist Yoga instructor and an International player of Yoga. 90 participants actively took part in learning ashtanga yoga, pranayama, asanas and meditation techniques. **Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1214711275661790/?type=3>



**एमसीएम में योग व ध्यान पर कार्यशाला सम्पन्न**

चंडीगढ़, 8 अक्टूबर ( राम सिंह बाराड़): मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ ने योग और ध्यान पर हेल्थ और ट्रेनिंग-कम-वर्कशॉप का ग्रेंड फिनाले आयोजित किया- जिसका थीम 'मन, शरीर और आत्मा के लिए भोजन 'एक स्वयं की शक्ति' था। कलिंग की स्टेनलेस प्रिन्टिडस व रिकल डिप्लोमेट समिति के संस्कृत तत्वाधान में किया गया। कार्यशाला के लिए योग प्रशिक्षिका केसम मोनारिता, योग में स्वर्ण पदक विजेता और योग की एक अंतर्राष्ट्रीय खिलाड़ी थीं। उन्होंने छात्राओं को मुख्य रूप से अष्टांग योग, प्राणायाम, असन और ध्यान की तकनीकों के लिए सुरुआत की।

चंडीगढ़ में योग और ध्यान पर हेल्थ और ट्रेनिंग-कम-वर्कशॉप में हिस्सा लेती छात्राएं। (छाया : गुरिंदर सिंह)

नटाजसन, अर्ध चंद्रासन, अर्ध चक्रासन, पादुतासन शामिल हैं। इसके अलावा, बैटन को मुद्रा में वक्रासन, एक पद राजकपोटासन, जानुसंरासन, अर्ध जट्टासन, अर्ध कुर्मासन, एक पद पवनमुक्तासन, सेतु बंधासन और नौकासन आसन किए गए। असन का अंतिम सत्र प्रवृत्ति में किया गया

जिसमें भुजंगासन, नौकासन और धनुरासन शामिल थे। प्राणायाम सत्र कपालभाति से शुरू हुआ और शीतली प्राणायाम, शितकरी प्राणायाम, अनुलोम विलोम प्राणायाम और धामरी प्राणायाम के साथ जारी रहा। सत्र का समापन ओम जप के साथ-साथ तनाव कम करने और समापन रूप से फलदायी जीवन के लिए माइंडफुलनेस तकनीकों के अभ्यास के साथ हुआ। रिसोर्स पर्सन ने प्रतिभागियों के प्रश्नों और शंकाओं का समाधान किया जिन्का वे सामना कर रहे थे। इस अवसर पर कलिंग प्राचार्या निहा भाग्य ने स्टेनलेस प्रिन्टिडस व रिकल डिप्लोमेट समिति के तथ्य पर जोर दिया कि योग केवल एक दैनिक अभ्यास नहीं है बल्कि जीवन का एक तरीका है जिसे स्वस्थ और पूर्ण जीवन जीने के लिए अपनाया जाना चाहिए। उन्होंने मन, शरीर और आत्मा के समापन विकास में योग आसन और प्राणायाम के लाभों पर भी जोर दिया।

- ✓ On **National Voluntary Blood Donation Day**, an awareness session on the topic **“Overview of Blood – Lymphoma”** was organized by the NSS Units and Medical committee of the college in collaboration with the Shalby Multi- Specialty Hospital, Mohali on 01.10.2021 through virtual mode. More 60 students attended the session. The resource person of the session was Dr Priyanshu Chaudhary, Consultant Medical Oncology, Shalby Multi- Specialty Hospital, Mohali.

*NSS Units and Medical Committee*  
of  
**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN,**  
**SECTOR 36-A, CHANDIGARH (U.T.)**

*are organizing an awareness session on*

**OVERVIEW OF BLOOD - LYMPHOMA**

 **DATE:**  
Friday  
October 1, 2021

 **Timings:**  
11.00 A.M. - 12.00 noon



**Resource Person**  
**Dr Priyanshu Choudhary**  
Consultant Medical Oncology,  
Shalby Multi-Specialty Hospitals, Mohali

**Platform:**  
Google meet  
Link:  
<https://meet.google.com/vxr-zeyn-prq>

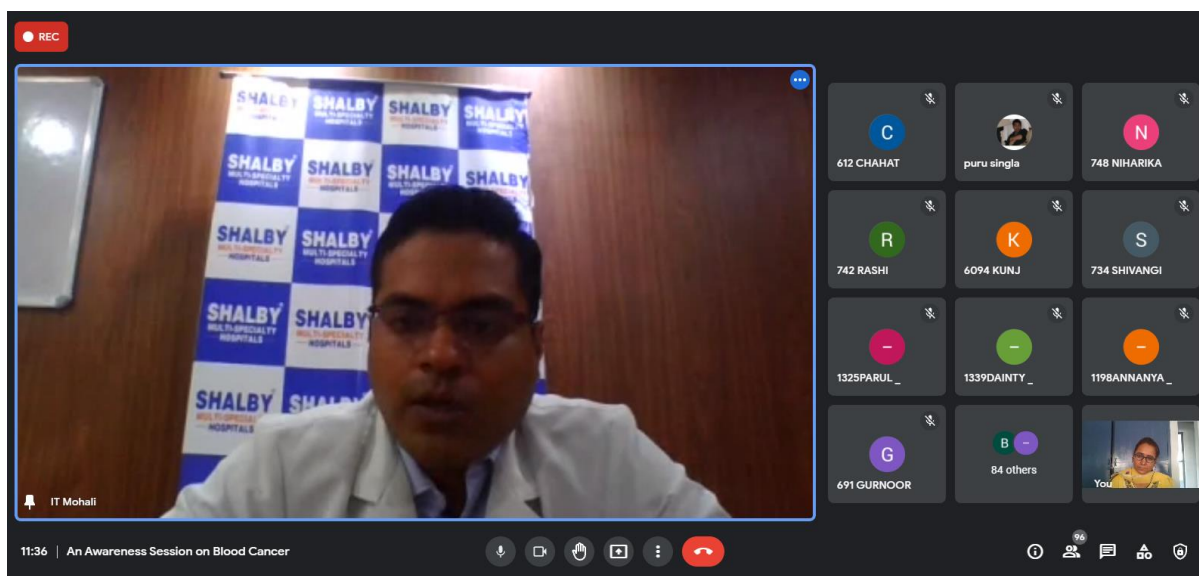
Dr Pallvi Rani  
Dr Purnima Bhandari  
NSS Programme Officers


Dr Sarabjeet Kaur  
Co-Convenor  
Medical Committee

Dr Nisha Bhargava  
Convenor & Principal



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



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

**Women Development Cell**

is organizing an **Online Paper Presentation Competition** on the topic  
**“Drug Abuse and Addiction: Effects on Brain, Risk factors and Signs”**  
Under the **“Nasha Mukht Bharat Campaign Action Plan”**- a Scheme formulated by  
**Department of Social Welfare, Women & Child Development, Chandigarh**

**Guidelines for the Participants:**

- ❖ Last date of sending entries - 25 Oct, 2021
- ❖ Participants can make maximum 10 slides with voice narration.
- ❖ Recorded Presentation time is 3-5 minutes.
- ❖ Send your voice narrated PPT(Recorded) by converting PPT to Video file format (max size 15MB)
- ❖ E-Certificates will be given to all the participants.

**Note:** As the presentation will not be presented in real time so, the participants are hereby instructed to upload the voice narrated Presentation by converting to Video file format

**Prizes**  
1<sup>st</sup> Prize Rs. 2000  
2<sup>nd</sup> Prize Rs. 1500  
3<sup>rd</sup> Prize Rs. 1000

➤ Send your entry to the following Link  
<https://forms.gle/Ze6XAlaAaqjrRXGd7>

➤ For any Query: send mail to  
[mcmwomendevlopmentcell@mcmdavcwbhd.in](mailto:mcmwomendevlopmentcell@mcmdavcwbhd.in)

**Coordinators**  
Dr. Praerna Sharma  
Mrs. Vandita Kapoor

**Convener**  
Mrs. Vandana Syal

**Principal**  
Dr. Nisha Bhargava

- ✓ An Online Paper Presentation Competition on the topic **“Drug Abuse and Addiction: Effects on Brain, Risk factors and Signs”** Under the **“Nasha Mukht Bharat Campaign Action Plan”**- a Scheme formulated by Department of Social Welfare, Women & Child Development, Chandigarh was organized on 25.10.2021 by Women Development Cell of the college where 18 students from different colleges participated.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ To commemorate World AIDS Day - 2021, **NSS Units** in collaboration with **Red Ribbon Club/AIDS Awareness Committee** of Mehr Chand Mahajan DAV College for Women, Sector 36-A Chandigarh organized **an awareness programme** in the college premises.



During the event, 38 NSS Volunteers organized **an awareness cum interactive session** where through their hand-made posters, they disseminated information about HIV, AIDS, causes, symptoms of the disease and initiatives taken up by the Government of India to curb this deadly disease.

## एमसीएम ने जागरूकता कार्यक्रम के साथ मनाया एड्स दिवस

» **मदरलैंड संवाददाता**

चण्डीगढ़। इस वर्ष के विश्व एड्स दिवस को थीम 'एण्ड इनइववालिटी, एण्ड एड्स, एण्ड पैडेमिक', को ध्यान में रखते हुए एनएसएस इकाइयों और मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ के रेड रिबन क्लब ने कॉलेज परिसर में जागरूकता कार्यक्रम के साथ वह दिन मनाया। कार्यक्रम का उद्देश्य जागरूकता पैदा करना था ताकि एचआईवी/एड्स से संबंधित भ्रांतियों और वर्जनाओं को दूर किया जा सके और ऐसी वर्जनाओं के कारण उत्पन्न असमानताओं को समाप्त करने का संदेश फैलाया जा सके। कार्यक्रम के दौरान, एनएसएस स्वयंसेवकों ने एचआईवी/एड्स, इसके कारणों, बीमारी के लक्षणों और इस घातक बीमारी को रोकने के लिए भारत सरकार द्वारा की गई पहलों के बारे में जानकारी का प्रसार करने वाले पोस्टर प्रदर्शित किए। एक संवाद सत्र में, उन्होंने बीमारी से संबंधित विभिन्न मिथकों और वर्जनाओं पर चर्चा की, जिससे कॉलेज के युवाओं में एड्स के प्रति वैज्ञानिक दृष्टिकोण को बढ़ावा देने में मदद मिली। प्रिंसिपल डॉ. निशा भागवत ने इस जागरूकता पहल के महत्व को रेखांकित करते हुए इस तथ्य पर जोर दिया कि एड्स से जुड़े मिथक मरीजों के शारीरिक, सामाजिक और मानसिक तनाव को बढ़ा सकते हैं। उन्होंने कहा कि इस बीमारी से जुड़े कलंक को मिटाने की जरूरत है, और ऐसा करने का एकमात्र तरीका अधिक जागरूकता पैदा करना है।

**Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1251048625361388/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ **NSS Units** in collaboration with the **Character-Building Committee**, of Mehr Chand Mahajan DAV College for Women, Sector 36-A Chandigarh organized an awareness program on 03.12.2021 to promote disabled friendly infrastructure on



the occasion of International day of Persons with Disabilities. For this programme, each volunteer prepared a poster regarding the problems face by disabled people, the solution to those problems and the inequalities and injustice faced by people with disabilities.

- ✓ Department of Zoology in collaboration with MCM Eco-club organized a PowerPoint presentation on the theme 'Wildlife conservation' on 15.12.2021. The presentation was organized with an aim to enhance students' knowledge about wildlife conservation and to encourage them to actively contribute in local conservation activities.



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ **The Anti-Ragging Committee and the Hostel Committee** of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an **Orientation Programme for the residents** of the hostel. Addressing the 104 participants on the occasion, Principal Dr. Nisha Bhargava



exhorted the students to strive for excellence and maintain a ragging-free campus.

**104 participated in Anti-ragging orientation session held at MCM**

The Aman Sandesh Times Network

**Chandigarh:** Anti-Ragging Committee and the Hostel Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an Orientation Programme for the residents of the hostel.

Principal Dr. Nisha Bhargava introduced the students to the glorious heritage of the institution established in the memory of the legal luminary Justice Mehr Chand Mahajan, former Chief Justice of India and also exhorted the students to strive for excellence and maintain a ragging-free campus.

Convener of the Anti-Ragging Committee Dr Bindu Sharma, through a

power point presentation, sensitised the students about the various forms of ragging and introduced the mandatory regulations of UGC to control the menace of ragging.

Ms. Baljeet Tiwana and Dr Jasmine Anand, Dean and Co-ordinator of the Hostel Committee, respectively also interacted with the students and announced the formation of Student Anti-Ragging Squad in the hostel, 104 participants participated in the session.

## मसीएम ने एंटी रैगिंग ओरिएंटेशन सत्र का आयोजन किया

» मदरलैंड संवाददाता

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की रैगिंग विरोधी समिति और छात्रावास समिति ने छात्रावास की छात्राओं के लिए एक एंटी रैगिंग ओरिएंटेशन कार्यक्रम आयोजित किया। इस अवसर पर 104 प्रतिभागियों को संबोधित करते हुए प्रधानाचार्या डॉ. निशा भार्गव ने छात्राओं को भारत के पूर्व मुख्य न्यायाधीश न्यायमूर्ति मेहर चंद महाजन की स्मृति में स्थापित संस्था की गौरवशाली विरासत से परिचित कराया। उन्होंने छात्राओं को उत्कृष्टता के लिए प्रयास करने और रैगिंग मुक्त परिसर बनाए रखने का भी आह्वान किया। एंटी रैगिंग कमेटी के संयोजक डॉ

विंदु शर्मा ने पावर प्वाइंट प्रेजेंटेशन के माध्यम से छात्रों को रैगिंग के विभिन्न रूपों के बारे में जागरूक किया और रैगिंग के खतरे को नियंत्रित करने के लिए यूजीसी के अनिवार्य नियमों से भी अवगत करवाया।

छात्रावास समिति की डीन सुश्री बलजीत टिवाना और समन्वयक डॉ जैसमीन आनंद, ने भी छात्राओं के साथ बातचीत की और छात्रावास में रैगिंग विरोधी दस्ते के गठन की घोषणा की।

**Link to the activity include:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1219636868502564/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ The **Internal Quality Assurance Cell** of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an **interactive session on National Education Policy 2020** on 27.11.2021. Dr. Ashok Kumar Sharma, Vice President and Senior Governing Body Member, DAV College Managing Committee, New Delhi and former Director, NCERT was the resource person for this enlightening session. The session was attended by over 120 students and faculty members. Dr. Sharma



Principal Dr. Nisha Bhargava and staff members welcoming Dr. A. K. Sharma

Dr. A. K. Sharma, Vice President, DAV College Managing Committee

विस्तृत चर्चा हुई और रूपरेखा तैयार की और स एक इजाज लगाया तथा अन्य पदाधिकारियों उपस्थित रहे।

## एमसीएम द्वारा एनईपी 2020 पर सत्र आयोजित

एमसीएम कॉलेज चंडीगढ़ में इंटरैक्टिव सत्र दौरान डॉ. अशोक कुमार शर्मा का स्वागत करते प्रिंसिपल डॉ. निशा भार्गव।

चंडीगढ़, 29 नवंबर (राम सिंह बराड़): मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ के इंटरनल क्रॉल्लिटी अस्थोरेन्स सेल ने राष्ट्रीय शिक्षा नीति 2020 पर एक इंटरैक्टिव सत्र का आयोजन किया। डॉ. अशोक कुमार शर्मा, उपाध्यक्ष और वरिष्ठ गवर्निंग बोर्डी मेंबर, डीएवी कॉलेज प्रबंध समिति, नई दिल्ली और एनसीईआरटी के पूर्व निदेशक, इस ज्ञानवर्धक सत्र के लिए प्रमुख वक्ता थे। सत्र में 120 से अधिक छात्रों और संकाय सदस्यों ने भाग लिया। डॉ. शर्मा ने अपने सूचनहमक सत्र को शुरुआत शिक्षा पर विभिन्न समितियों जैसे विश्वविद्यालय शिक्षा आयोग, राष्ट्रीय शिक्षा आयोग (1964-1966) जिसे कोटारी आयोग के नाम से भी जाना जाता है और माध्यमिक शिक्षा आयोग (1952) जिसे मुदालियर आयोग के नाम से भी जाना जाता है, पर चर्चा की। अपने व्याख्यान को आगे बढ़ाते हुए, डॉ. शर्मा ने एनईपी 2020 के कुछ महत्वपूर्ण पहलुओं जैसे शिक्षा की प्रस्तावित संरचना यानी 5 + 3 + 3 + 4, अनुभवात्मक शिक्षा, बहु-अनुशासनात्मक और अंतर-अनुशासनात्मक पहलुओं और शिक्षक शिक्षा पर जोर देने के साथ शिक्षाशास्त्र पर विचार-विमर्श किया। उन्होंने शिक्षकों और छात्रों के साथ बातचीत की और उन्हें इन पहलुओं पर विचार-विमर्श करने और समझने के लिए समूह और समितियां बनाने के लिए कहा। सत्र को प्रतिभागियों द्वारा खूब सराहा गया उन्होंने इसे अत्यधिक जानकारीपूर्ण और लाभकारी प्रया। प्राचार्या डॉ. निशा भार्गव ने एनईपी 2020 के महत्व और यह भारत में उच्च शिक्षा के प्राचीर को कैसे मजबूत करेगा, के बारे में बताया। डॉ. भार्गव ने देश के युवाओं के लिए नए पोर्टल और अवसरों के रास्ते खोलने में एनईपी के महत्व पर भी प्रकाश डाला।

deliberated on some important aspects of NEP 2020 like the proposed structure of education i.e. 5 + 3 + 3 + 4, pedagogy with emphasis on experiential learning, multi-disciplinary and inter-disciplinary aspects and teacher education.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

The Swachhta Committee of college in collaboration with Mahatma Gandhi National Council of Rural Education, Ministry of Education, Govt. of India, organised Campus Cleanliness Drive using Gandhi Chhadi under the Innovation for Waste collector initiative from

27.12.2021 – 31.12.2021 . The primary aim of the drive was to promote cleanliness and waste segregation through the use of an innovative patented tool named as Gandhi Chhadi. Sh.

H. R. Gandhar, Vice President, DAV College Managing Committee and Senior Governing Body Member of the college graced the occasion. Over 50 student volunteers and 12 safai karamcharis participated in the drive. **Link to the activity include:**



## MCM holds cleanliness drive using 'Gandhi Chhadi'



**CHANDIGARH:** The Swachhta Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Mahatma Gandhi National Council of Rural Education, Ministry of Education, Government of India, organised Campus Cleanliness Drive using Gandhi Chhadi under the Innovation for Waste collector initiative. The primary aim of the drive was to promote cleanliness and waste segregation through the use of an innovative patented tool named as Gandhi Chhadi. Sh. H. R. Gandhar, Vice President, DAV College Managing Committee and Senior Governing Body Member of the college graced the occasion. Lauding this initiative, Sh. Gandhar said that such activities further strengthen Gandhian ideals and motivated the students to imbibe the principles of Gandhian philosophy for progress of the nation. Over 50 student volunteers and 12 safai karamcharis participated in the drive. Gandhi Chhadi is a waste collection tool, recognised by Ministry of Urban Development, Government of India, that provides an efficient and hygienic way of collecting plastic, paper.

<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/1291432354656348/?type=3>

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

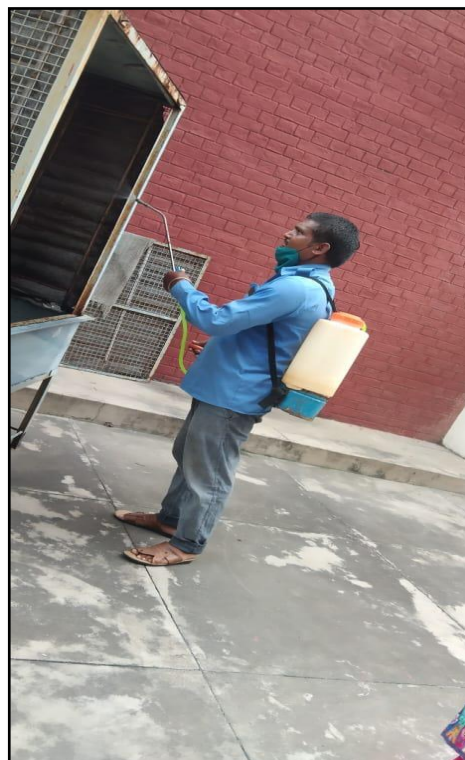
A Monthly ritual, Hawan was organized on 02.11.2021 by Arya Samaj committee of Mehr Chand Mahajan DAV College for women Sector 36 A Chandigarh following COVID norms.

#### एमसीएम में हवन का आयोजन



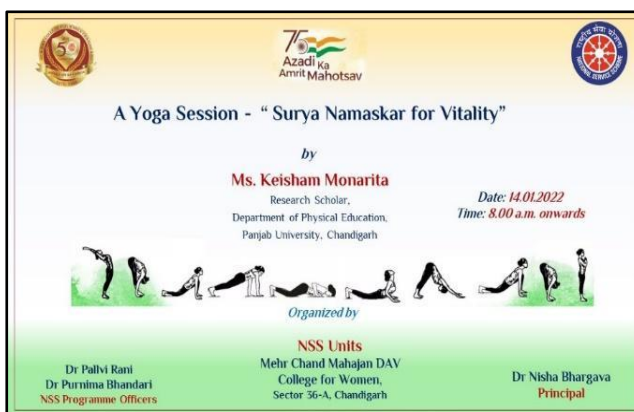
स्टेट समाचार/चंडीगढ़। प्रत्येक माह हवन समारोह की अपनी परंपरा को ध्यान में रखते हुए मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की आर्य समाज कमेटी ने हवन का आयोजन किया। छात्राओं में वैदिक मूल्यों को विकसित करने के उद्देश्य से आयोजित, हवन एमसीएम में एक मासिक अनुष्ठान है जिसमें कॉलेज में कार्यरत कर्मचारी और छात्र श्लोकों और मंत्रों के जाप के बीच पवित्र अग्नि की पूजा करते हैं। प्राचार्या डॉ. निशा भार्गव ने बताया कि एमसीएम ने छात्राओं को शिक्षित करने के लिए एक समग्र दृष्टिकोण अपनाया है जिसमें छात्राओं को सफलता के लिए तैयार करने के अलावा उनमें नैतिक मूल्यों को विकसित करने पर भी जोर दिया जाता है। उन्होंने बताया कि छात्राओं को हमारी समृद्ध परंपराओं और वैदिक प्रथाओं के संपर्क में रखने के उद्देश्य से प्रति माह हवन का आयोजन किया जाता है।

- ✓ Anti-Malaria spray drives have been conducted regularly with an aim of eradicating any chances of mosquito breeding in the hostel campus. As a result of the activity, the hostels became mosquito-free. Sanitization further ensured our efforts to keep the hostel campus clean. Drinking water coolers were cleaned to ensure the supply of clean water. The roof-top was also cleaned.

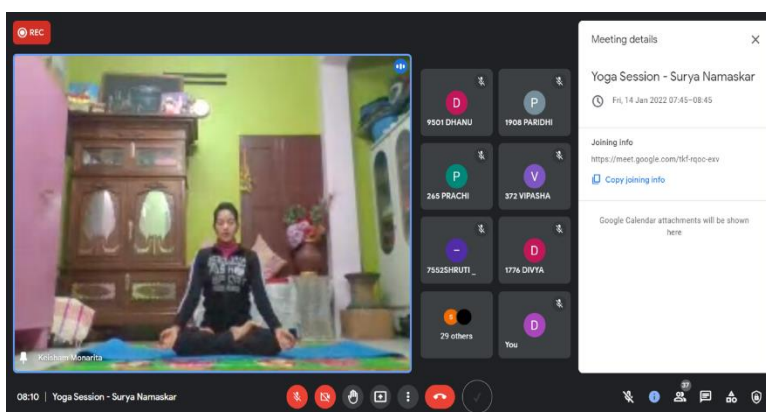


**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ To mark the holy occasion of Makar Sankranti on 14.01.2022 and promote emotional as well as psychological wellness of the students during the stressful times, **NSS Units** organized a Yoga session with the tagline “**Surya namaskar for**



**Vitality** as part of Azadi Ka Amrit Mahotsav. The resource person was a qualified Yoga Instructor - Ms Keisham Monarita, Research scholar, Department of Physical Education, Panjab University Chandigarh and Gold medallist in Yoga at National and International level.



**Link to the activity uploaded on social media handle include:**

### MCM NSS celebrates Makar Sankranti with yoga session

**RN KHERA  
CHANDIGARH, JAN 14**

To mark the holy occasion of Makar Sankranti under Azadi ka Amrit Mahotsav, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh organized an online Yoga session on “Surya Namaskar for Vitality”.

The session aimed to promote emotional as well as psychological wellness of the students during these stressful times and to create a culture of fitness and healthy lifestyle through the practice of yogasanas. The session's resource person was Ms. Keisham Monarita, Gold medallist in Yoga at National and International level.

During the session, Ms. Keisham discussed the importance of yoga and its different aspects, especially in the prevailing COVID-19 conditions and demonstrated 12 different steps of Surya Namaskar.

She explained in detail the benefits and correct way of doing Surya Namaskar and highlighted the implication of practicing yoga asanas in daily life.

<https://www.facebook.com/MCMDAVCW/posts/1277431072723143>

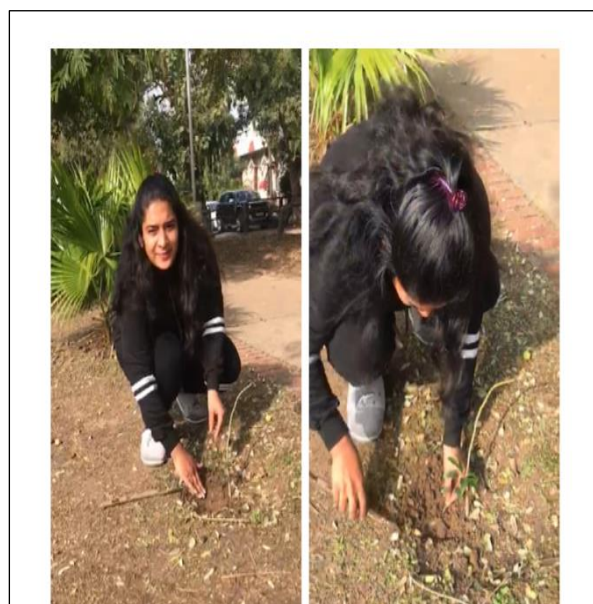


**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ Under Swachh Bharat Mission, an awareness camp on waste management under Swachh Bharat Mission was organized by the NSS Units and MCM Eco-Club in collaboration with the Swachhta Committee of the college on 20.01.2022.



- ✓ On 22.01.2022, Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, GOI organized a **tree plantation drive**.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ It is a matter of immense pride that Mahatma Gandhi National Council of Rural Education (MGNCRE) has given an **appreciation certificate** to Mehr Chand Mahajan DAV College for Women, Chandigarh for successfully participating in, and completing the **'Largest Plantation Drive' In Higher Educational Institutions Across Chandigarh Under the Aegis of Mahatma Gandhi National Council Of Rural Education, Dept. Of Higher Education, Ministry of Education, Government Of India.**



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ Living up to its reputation of being an institution where excellence is nurtured, Mehr Chand Mahajan DAV College for Women, Chandigarh won the first rank - **Swachh Prerak Award** - in Swachh Survekshan 2022 by Municipal Corporation, Chandigarh under Mission Swachh Chandigarh under the able guidance of Principal, Dr Nisha Bhargava on 29.01.2022.



## Chandigarh mayor awards city's swachhata leaders

Mayor says citizens' participation in cleanliness survey has been increased through multiple new initiatives

**HT Correspondent**  
chandigarh@hindustantimes.com

**CHANDIGARH:** Mayor Sarabjit Kaur on Saturday honoured associations and citizens for their contribution towards keeping the city clean and leading the charge in spreading the message of swachhata during the Swachh Prerak Samaan Samaroh organised at the Rani Laxmi Bai Mahila Bhawan in Sector 38.

While addressing the awardees, Kaur touched upon how the Swachh Survekshan has become a tool for citizen engagement the focus on citizen participation has been taken a notch higher this year by introducing initiatives that encourage innovations led by citizens, start-ups and entrepreneurs.

Speaking about the Survekshan in 2022, the mayor said that the scope of the survey has been expanded to now cover 100% wards for sampling compared to 40% in previous years. In order to seamlessly carry this out, more than twice the number of assessors will be deployed for the on-field assessment.

She said keeping with the Prime Minister's vision of a Digital India, new and improved technology will be used such as digital tracking of documents, geo-tagging of sanitation and waste management of facilities for better efficiency.

The winners in various categories were Government Medical College Hospital in Sector 32 under swachh hospital; Hyatt Regency in Industrial Area, Phase 1, under swachh hotels; examination branch of MCM DAV College, Sector 36, under swachh government office; residents' welfare association of Sector 7-A for Swachh RWA and the market welfare association of Sector 16 for Swachh MWA.

A special award was also presented to Kamaljit Singh Panchhi of Chandigarh Traders Association, Sector 17. Under the swachh schools (private) category, St John's High School and Sacred Heart Senior Secondary School, both in Sector 26, were joint winners. Out of government schools, Government Model Senior Secondary School (GMSSS) Sector 21-A, performed the best.

The swachh technology challenge was won by Dross Management System and Energy Solutions Pvt Ltd. Infosys Limited was declared a zero waste campus.

**Swachh ward rankings: The winners**

<p><b>SWACHH HOSPITAL</b></p> <ol style="list-style-type: none"> <li>1. GMCH, Sector 32</li> <li>2. GMCH, Sector 16</li> <li>3. Cloud 9, Industrial Area, Phase 2</li> </ol> <p><b>SWACHH HOTELS</b></p> <ol style="list-style-type: none"> <li>1. Hyatt Regency, Industrial Area, Phase 1</li> <li>2. Hotel Parkview, Sector 24</li> <li>3. Hotel Taj Chandigarh, Sector 17</li> </ol> <p><b>SWACHH GOVERNMENT OFFICE</b></p> <ol style="list-style-type: none"> <li>1. Examination branch, MCM DAV College, Sector 36</li> <li>2. EDC building, IT Park</li> <li>3. Social Welfare Office, Sector 41-A</li> </ol> <p><b>SWACHH RWA</b></p> <ol style="list-style-type: none"> <li>1. Sector 7-A RWA</li> <li>2. Sector 39 Punjab govt RWA</li> <li>3. Sector 21-A RWA</li> </ol>	<p><b>SWACHH MWA</b></p> <ol style="list-style-type: none"> <li>1. Sector 16-A MWA</li> <li>2. Sector 18 MWA</li> <li>3. Sector 29-C MWA</li> </ol> <p>(Special award: Kamaljit Singh Panchhi, Chandigarh Traders Association, Sector 17)</p> <p><b>SWACHH SCHOOLS (PRIVATE)</b></p> <ol style="list-style-type: none"> <li>1. St John's and Sacred Heart, Sector 26</li> <li>2. Chitkara International, Sector 25</li> <li>3. Carmel Convent, Sector 9</li> </ol> <p><b>SWACHH SCHOOLS (GOVT)</b></p> <ol style="list-style-type: none"> <li>1. GMSSS, Sector 21-A</li> <li>2. GMSSS, Sector 16-D</li> <li>3. GMSSS, Sector 47-D</li> </ol> <p><b>SWACHH TECHNOLOGY CHALLENGE</b></p> <ol style="list-style-type: none"> <li>1. Dross Management System and Energy Solutions Pvt Ltd</li> <li>2. NGO Indian Pollution Control Association</li> <li>3. Abhishek Sharma (citizen category)</li> </ol>
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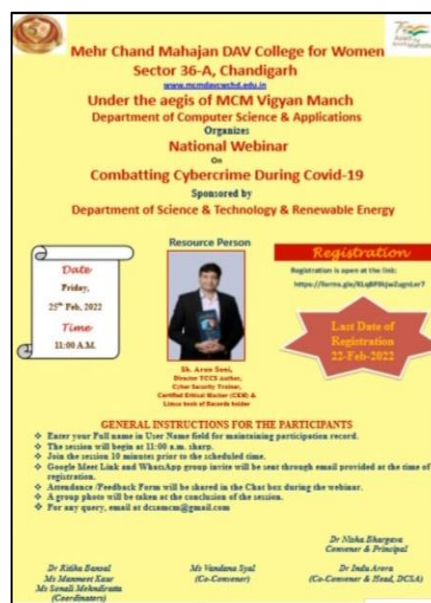
**Zero waste campus | Infosys Limited, IT Park**

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

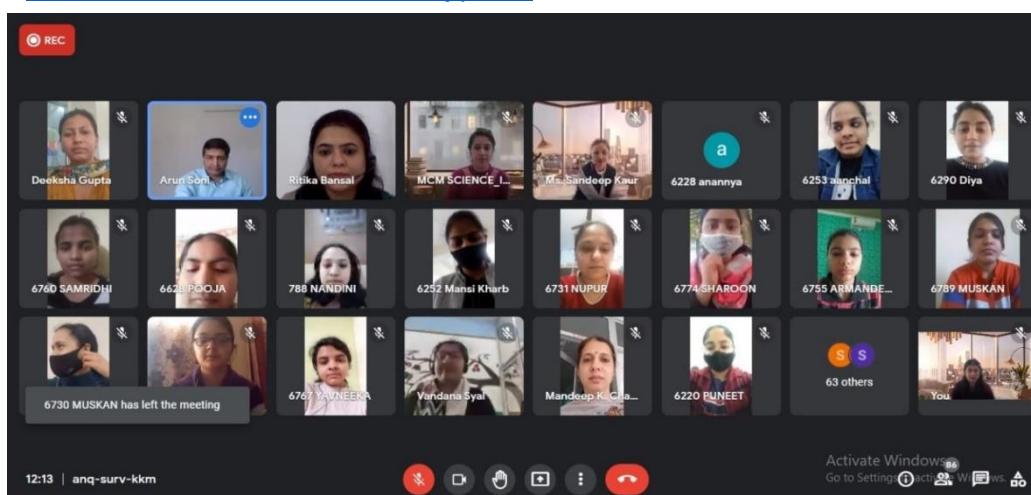
- ✓ MCM Eco-Club 'Parivesh' in collaboration with the Department of Zoology organized screening of Documentary 'Wetlands and Sarus cranes' on 02.02.2022 to celebrate World Wetlands Day.



- ✓ Department of Computer Science & Applications under the aegis of MCM Vigyan Manch organized a National Webinar on 'Combatting 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 on 25.02.2022. **Link to the activity uploaded on social media handle include:**




<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1306734573126126/?type=3>



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

### Science week concludes at MCM



**RAJIV JAIN  
CHANDIGARH, MARCH 2**

The Science Week celebrations at Mehr Chand Mahajan DAV College for Women, Chandigarh culminated with a webinar by the Postgraduate Department of Mathematics on the topic 'Wonders of Mathematics'.

Dr. Neela Pawar, Head of the Department conducted this interesting webinar that shed light on the presence and application of mathematics in our daily lives including nature, art, architecture and so on. Earlier, on day 4 of the Science Week, the Department of Computer Science and Applications organised a national webinar on 'Combating Cybercrime During Covid-19'. The resource person for this webinar was Mr. Arun Soni, Director, TCCS, Author, Cyber Security Trainer, and Certified Ethical Hacker, who enlightened the participants about various possible courses of action as a response to cybercrime.

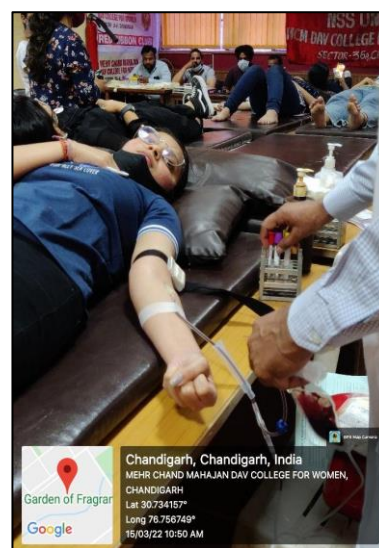
The Department of Food Science, on day 5, organised a webinar on 'How to Transform an Innovative Idea into a Technology' by Dr. Rohit Sharma, Chairperson, Department of Microbial Biotechnology and Chief Coordinator, EYUVA, Panjab University and Project Leader BioNEST, Punjab University, Chandigarh. Dr. Sharma stressed on empowering youth for undertaking value added innovative translational research.

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



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- ✓ **NSS Units, Red Ribbon Club, AIDS Awareness Committee and Medical Committee** of Mehr Chand DAV College for Women, Chandigarh organized a Blood Donation Camp - 2022, in collaboration with **Post Graduate Institute of Medical Education & Research, Chandigarh (PGIMER), Chandigarh (UT)** on 15.03.2022 in the Multimedia Hall of college premises. Blood donation drive was also supported by **Lions Club Chandigarh Prosperity**.



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

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1319508541848729/?type=3>

**अजीत समाचार**

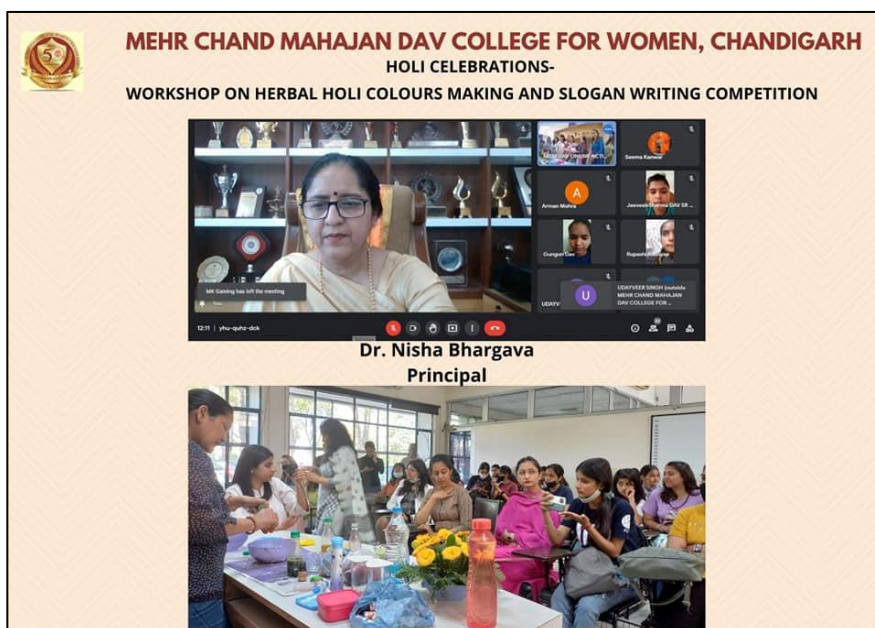
एमसीएम कॉलेज लगा रक्तदान शिविर में डॉक्टर सुचेत सचदेव का स्वागत करते हुए कॉलेज प्रिंसिपल डॉ. निशा भार्ग। (छाया: गुरिंद्र सिंह)

### एमसीएम द्वारा रक्तदान शिविर का आयोजन

चंडीगढ़, 16 मार्च (राम सिंह बराड़): मेहर चंद डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ की एनएसएस यूनिट, रेड रिबन क्लब, एड्स जागरूकता समिति और मैडिकल कमेटी ने पीजीआईएमईआर, चंडीगढ़ के सहयोग से आज यहां रक्तदान शिविर का आयोजन किया। शिविर को लायंस क्लब चंडीगढ़ (समृद्धि) का भी सहयोग मिला। शिविर में कॉलेज के 80 से अधिक छात्रों, संकाय सदस्यों और स्टाफ सदस्यों ने उत्साहपूर्वक भाग लिया, जिसमें सौ यूनिट से अधिक रक्त एकत्र किया गया। युवा मामले और खेल मंत्रालय के क्षेत्रीय निदेशक एवं एनएसएस, चंडीगढ़ के क्षेत्रीय निदेशालय, हरिंदर कौर और लायंस क्लब चंडीगढ़ के अध्यक्ष, सूरी पाल, और एसोसिएट प्रोफेसर, ब्लड एंड ट्रांसफ्यूजन विभाग, पीजीआईएमईआर से डॉ. सुचेत सचदेव इस अवसर पर उपस्थित रहे। शिविर के दौरान अपने विचार व्यक्त करते हुए प्रधानाचार्य डॉ. निशा भार्ग ने जीवनअमृत का दान करके मानवता की सेवा करने के लिए दानकर्ताओं के नेक भाव की सराहना की। उन्होंने इसे मानवीय कारणों को पहचानने और काम करने की आवश्यकता पर जोर दिया जो छात्रों को जिम्मेदार और सहनशुक्तिपूर्ण नागरिक बनाने में मददगार हो सकते हैं।

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ The Personality Development Committee and Character-Building Committee in collaboration with Arya Samaj Committee jointly organized and organized a **workshop (blended mode)** on 'Herbal Holi Colour Making on 16.03.2022 where the aim was to enlighten the students about natural and environment friendly Holi colors and develop the awareness about a pollution-free environment and eco-friendly Holi celebrations.



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

**जगसमार्ग न्यूज**  
चंडीगढ़। मेहर चंद महाजन डेव कॉलेज फॉर विमेन, के परमनाल्टी डिक्लेटमेंट क्लब और चरित्र निर्माण समिति ने आर्य समाज, सेक्टर 16, चंडीगढ़ के सहयोग से 'होली के रंग प्रकृति के संग' कार्यक्रम के साथ होली का आयोजन किया। इस कार्यक्रम में हर्बल होली कलर्स मेकिंग और ऑनलाइन स्लोगन राइटिंग प्रतियोगिता पर थ्रैडिड मोड में एक कार्यक्रम का आयोजन किया गया। होली के हर्बल रंग बनाने के लिए इस कार्यशाला में प्रमुख वक्ता के रूप में श्रीमती सतीष वर्मा शामिल हुईं। 110 से अधिक प्रतिभागियों को प्रकृतिक अवयवों से होली के रंग तैयार करने का अनुभव प्राप्त हुआ। मिश्रित मोड में आर्य समाज मंदिर, सेक्टर 16, चंडीगढ़ के सदस्यों द्वारा एक साथ रचनात्मक रूप से आयोजित गतिविधियाँ देखी गईं।



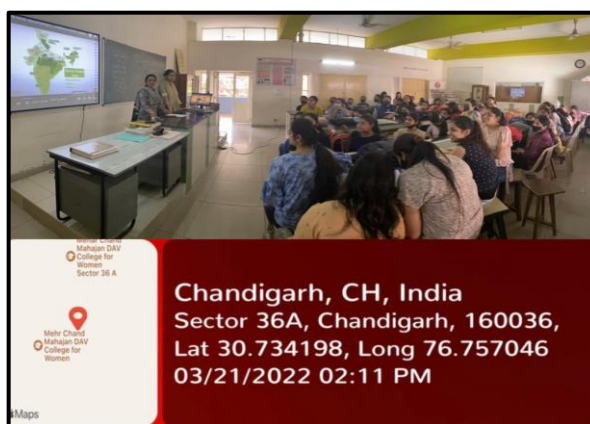
ऑनलाइन स्लोगन लेखन प्रतियोगिता का आयोजन एक रोचक विषय पर था कि जिन रंगों के साथ आप खुलते-मिलते हैं, वैसे ही एक रंग का चयन करें, जो आपके व्यक्तित्व का प्रतिनिधि हो और इसे होली की थीम में स्पष्ट करें। छात्रों ने होली की थीम पर आधारित स्लोगन उन रंगों के साथ लिखा, जिन्हें वे अपने व्यक्तित्व का प्रतिनिधि मानते हैं। विजेताओं को नकद पुरस्कार देकर सम्मानित किया गया। प्राचार्या डॉ. निशा भार्गव ने रंगों के त्यौहार होली के उद्देश्य में दो गतिविधियों का उच्चत आयोजित करने के लिए परमनाल्टी डिक्लेटमेंट क्लब और चरित्र निर्माण समिति के प्रयासों को सराहना की।

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

<https://www.facebook.com/MCMDAFCW/photos/a.239819746484286/1319520975180819/?type=3>

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ On the occasion of **World Forest Day** (21.03.2022), a Screening of Documentary based on forest conservation, and preventing forest fires was organized by for the students of B.Sc. II Medical by Department of Botany in collaboration with MCM Eco-Club 'Parivesh'.



- ✓ On the occasion of '**World Water Day**', Department of Zoology organized a screening of Video Message on 'Water Conservation' on 22.03.2022 which was prepared by Ms Diksha, Ms Harnoor, Ms Garima and Ms Ananya Tangri of B.Sc. III Medical.



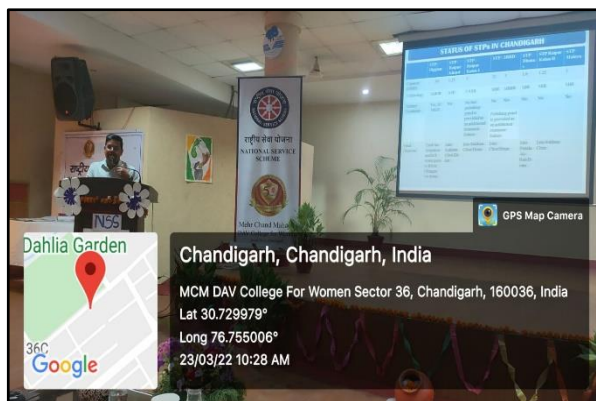
- ✓ On the occasion of World Water Day, the NSS Units in collaboration with MCM Eco-Club 'Parivesh' of the college organized a rally on the theme "Jal Shakti Abhiyaan" on 22.03.2022. Under this, the volunteers rallied around the Village Badheri, Chandigarh, carried different placards and raised slogans such as *जल है तो जीवन है, पानी है जीवन की आस, पानी को बचाने का करो प्रयास* that aided in conveying the message that **Water conservation is the need of the hour!**





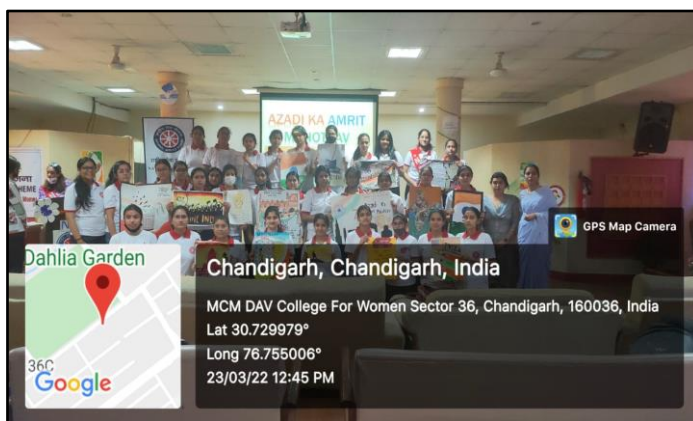
### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ With an aim to apprise volunteers of Jal Shakti Abhiyan - government-initiated campaign, an awareness lecture on Jal Shakti Abhiyan was organized on 23.03.2022 by the NSS Units in collaboration with MCM Eco-Club 'Parivesh' of the college as a part of the Seven Day/Night NSS Special Camp-2022. **Link to the event uploaded on the social media handle is as follows:**



<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1320908695042047/?type=3>

- ✓ As part of the celebration of Azadi ka Amrit Mahotsav India @75 Years, an interactive cum awareness session was organized to commemorate **Shaedi Diwas** on 23.03.2022 in the multimedia hall. During this session, NSS volunteers



presented their views through their presentations and discussed the supreme sacrifice made by Bhagat Singh, Sukhdev Thapar and Shivaram Rajguru, the three freedom fighters who were martyred on this day in 1931.

To collect public feedback regarding sanitation status in terms of solid waste management from people of adopted village Badheri, Chandigarh and motivate them to install Swachhta App for efficient feedback, a survey – Swachh Survekshan – 2022 was conducted on 23.03.2022 in adopted village Badheri, Chandigarh.

**The link to the event uploaded on the social media handle is as follows:**

<https://twitter.com/MCMDAVCW/status/1507768777911734281>



- ✓ Considering the need of the hour to deal with fire hazards, a **Workshop cum Mock**

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

**Drill on Fire Fighting** by Leading Fire Man (LFM) Bhupinder Singh and Team from Fire Station, Sector 38, Chandigarh was organized in the third session by NSS Units in collaboration with Disaster Management Committee of the college on 23.03.2022.



✓ **An awareness session on waste segregation** was organized by NSS Units on 25.03.2022 where the resource person was Dr. Shafila, Assistant professor, Department of Environment Science, 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.239819746484286/1324702021329381/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ A Workshop cum Lecture on **'How to Make Compost using MATKA Composter'** was organized by NSS Units on 27.03.2022 where the resource person of the session was Dr. Purnima Bhandari, NSS Programme Officer and Assistant Professor, Department of Botany, 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.239819746484286/1324713294661587/?type=3>



- ✓ 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>



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**


- ✓ Committed to the cause of a Clean and Green Earth, Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh got another recognition for its green initiatives as the Department of Environment, Chandigarh Administration and Yuvsatta



(NGO) conferred the Best Herbal Garden Award on the college on 28.03.2022.

The award carries a trophy and a cash award of Rs. 5000/-.






**Department of Environment, Chandigarh Administration**  
**Best Herbal Garden Award 2022**

Awarded to ..... **Prof. Nisha Bhargava, Principal** .....

of ..... **MCM DAV College, Chandigarh** .....

  
**Sh. Debendra Dalai, IFS,**  
CEO, Medicinal Plants Board,  
CCF cum Director, Department of Environment &  
CEO, CREST, U.T. Chandigarh Administration

Place: Chandigarh  
Dated: March 28, 2022

Organizers: Department of Environment, Chandigarh Administration & Yuvsatta-NGO

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



- ✓ With an aim to celebrate Baisakhi in college and enlighten students by showing the diversity of Food in India, Character Building Committee and Ek Bharat Shreshtha Bharat Club of the college organized an event entitled 'जायका - Savour the Flavors of India' on 11.04.2022.



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

<https://www.facebook.com/MCMDAVCW/photos/a.230527680746826/1331185987347651/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



- ✓ NSS Units of the college organized an awareness cum interactive session on the occasion of **Earth Day – 2022** on 21.04.2022 in Government Model High School, Sector 41-D, Village Badheri, Chandigarh (adopted



under NSS). The resource person of the session was **Dr Shafila**, Assistant Professor, Department of Environment Science, Mehr Chand Mahajan DAV College for Women, Chandigarh.

- ✓ Under right to free education, UBA Cell of our college organized a **Donation Drive** at Anganwari Centre, Village Attawa, Chandigarh on 20.05.2022 with an aim to give an impetus to the students of the Anganwari of the village, so that they devote more time to study.



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

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1393245484475034/?type=3>

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

## एमसीएम यूबीए सेल ने अंगीकृत गांवों में चलाया दान अभियान और कड़ेरी स्कूल में स्थापित बुक बैंक का निरीक्षण किया

जगमार्ग न्यूज

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, के उन्नत भारत अभियान (यूबीए) सेल ने अंगीकृत गांवों कुटेरला, बधेरी और अटावा में दान अभियान का आयोजन किया। यूबीए सेल की टीम ने कुटेरला और बधेरी स्थित सरकारी स्कूलों के छात्रों के लिए 10% रिफ्ल्स इन द फन पॉन्ड% का आयोजन किया, जिसमें यूबीए टीम के स्वयंसेवकों ने खिलौने, खेल और स्टेशनरी आइटम दान किए और स्कूली छात्रों के साथ कई खेल भी खेले। छात्रों ने खेलों के महत्व को अपने सज्जानात्मक कौशल और अकादमिक सीखने की क्षमता को समग्र रूप से पुरस्कृत करने के एक अभिन्न अंग के रूप में समझा। अटावा गाँव में दान अभियान के दौरान यूबीए टीम के छात्र स्वयंसेवकों ने गाँव की आंगनवाड़ी छात्रों को क्रैयॉन, रंग भरने वाली कितायें, नोटबुक, पेंसिल और अन्य स्टेशनरी सामान दान में दिए और



उनके साथ मनोरंजक खेल भी खेले। छोटे बच्चे स्टेशनरी सामान पाकर बहुत खुश हुए। एक अन्य पहल में, यूबीए सेल की टीम ने सरकारी हाई स्कूल, कड़ेरी को पहले दान की गई एनसीईआरटी पाठ्यपुस्तकों का निरीक्षण किया। गतिविधि का उद्देश्य यूबीए सेल द्वारा स्थापित बुक बैंक सुविधा के तहत छात्रों को प्रदान की गई पुस्तकों की उपयोगिता का आकलन करना और स्कूल अधिकारियों द्वारा दान की गई पुस्तकों को एकत्र करने, संग्रहीत करने, व्यवस्थित करने और पुनर्प्राप्त करने के

लिए अपनाई गई प्रक्रिया की निगरानी करना था। स्कूल की प्रधानाध्यापिका सुश्री गुरमीत कौर ने बुक बैंक की स्थापना में कॉलेज प्रशासन की पहल की सराहना की। प्राचार्या डॉ. निशा भार्गव ने ग्रामीण उद्यम की दिशा में यूबीए प्रकोष्ठ द्वारा किए जा रहे अनुकरणीय कार्यों की सराहना की। उन्होंने कहा कि इन दान अभियानों के माध्यम से, सेल ने गाँव के छात्रों में सीखने के प्रति प्यार का भाव पैदा करने का प्रयास किया, जिससे सभी के लिए गुणवत्तापूर्ण शिक्षा के लक्ष्यों को प्राप्त करने में मदद मिली।

- ✓ With an aim to assist in providing free education and find out the usefulness of the books provided to the students under the Book Bank Facility, **an Inspection visit of Donated NCERT Text Books** in Government High School, Kajheri, Chandigarh was organized on 20.05.2022 by the members of UBA Cell.



7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

**MCM UBA holds donation drives in adopted villages, inspects Book Bank set up at Kajheri school**

**The Aman Sandesh Times Network**

**Chandigarh :** The Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised donation drives in the adopted villages of Buterla, Badheri and Attawa. In Buterla and Badheri, the UBA Cell team organised 'Ripples in the Fun Pond' for the students of the Government Schools wherein volunteers of the UBA team donated toys, games and stationery items, and played with the school students. The students understood the importance of games as an integral part of honing their cognitive skills and academic learning in a holistic manner. During the donation drive in Attawa village, the student volunteers of the UBA team donated crayons, colouring books, notebooks, pencils and other stationery items to the students of the village anganwadi and also played with them. The little children were overjoyed to receive the stationery items. In

**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH**  
DONATION DRIVES AT VILLAGES ADOPTED UNDER UNNAT BHARAT ABHIYAN



Principal Dr. Nisha Bhargava with UBA Cell team and the items for donation drives



another initiative, the UBA Cell team organised an inspection of the NCERT textbooks donated earlier to the Government High School, Kajheri. The objective of the activity was to assess the usefulness of the books provided to the students under the Book Bank facility set up by UBA Cell and to monitor the procedure adopted by the school authorities to collect, store, organise and retrieve the donated books to the students.

Headmistress of the school

Ms. Gurmeet Kaur appreciated the praiseworthy initiative of the college authorities in establishing the Book Bank. Principal Dr. Nisha Bhargava applauded the exemplary work being done by the UBA Cell in the direction of rural upliftment. She added that through these donation drives, the Cell endeavoured to instil in village students love for learning, thereby helping in the accomplishment of the goals of quality education for all.

- ✓ With an aim to encourage the young minds to enjoy while learning, UBA Cell of our college organized a **Donation Drive- “Ripples in the Fun Pond”** in its adopted villages Badheri and Butrela, Chandigarh on 21.05.2022.



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

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/1393245594475023/?type=3>



### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

#### ✓ An Awareness Session on Sexual Harassment and Law

Dr. Upneet Lalli, Head Training and Research, Institute of Correctional Administration was organized by Legal Literacy Cell on 30.5.2022 that aimed at equipping



the students of the college with information on constitutional provisions on sexual harassment along with tools that could help them in avoiding or fighting such unpleasant situations. After a brilliant lecture delivered by Dr. Upneet, the event naturally moved into a discussion where students and faculty members from various departments participated and opened up about their experiences. It turned out to be a highly informative and fruitful event and was a success under the guidance of the Convener and Principal, Dr. Nisha Bhargava.

## यौन उत्पीड़न के खिलाफ आवाज उठाना जरूरी, चुप्पी देती है बढ़ावा : डॉ. लल्ली

संवाद न्यूज एजेंसी

चंडीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर वुमेन के लीगल लिटरेसी सेल ने मंगलवार को यौन उत्पीड़न और कानून विषय पर जागरुकता सत्र का आयोजन किया। इसमें बतौर मुख्य वक्ता सुधार प्रशासन संस्थान में प्रशिक्षण व अनुसंधान प्रमुख डॉ. उपनीत लल्ली शामिल हुईं।

डॉ. लल्ली ने कार्यस्थल पर महिलाओं से यौन उत्पीड़न की समस्या से रोकथाम व निवारण के बारे में चर्चा की। उन्होंने कहा कि यौन उत्पीड़न के खिलाफ आवाज उठाना जरूरी है



सत्र के दौरान विचार व्यक्त करती डॉ. उपनीत लल्ली। अमर उजाला

क्योंकि इन मामलों में चुप्पी ऐसे अपराधों को बढ़ावा देती है।

विशेषज्ञों की ओर से प्रतिभागियों के प्रश्नों के उत्तर भी दिए गए। बताया कि

सत्र में लगभग 100 छात्राएं मौजूद रहीं। कॉलेज प्राचार्य डॉ. निशा भार्गव ने सत्र के आयोजकों और मुख्य वक्ता का आभार व्यक्त किया।

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

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

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ To create awareness regarding **World No Tobacco Day-2022**, and raise public awareness about the environmental impact of the entire tobacco cycle, from its cultivation, production, and distribution to the toxic waste it generates, a pledge taking ceremony was organized by the NSS Units and Medical Committee on 31.05.2022.



## एमसीएम ने शपथ ग्रहण समारोह के साथ मनाया विश्व तंबाकू निषेध दिवस

**ह्यूमन इंडिया/ब्यूरो चंडीगढ़।** मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की एनएसएस इकाइयों और चिकित्सा समिति ने शपथ समारोह के साथ विश्व तंबाकू निषेध दिवस मनाया। इस समारोह का उद्देश्य युवाओं में तंबाकू के उपयोग के संभावित जोखिमों और पूरे तंबाकू चक्र के पर्यावरणीय प्रभाव, इसकी खेती, उत्पादन और वितरण से लेकर इससे उत्पन्न होने वाले जहरीले कचरे के बारे में जागरूकता फैलाना था। छात्राओं ने तंबाकू के खतरे से मुक्त स्वस्थ भारत को नींव रखने का संकल्प लिया। शपथ समारोह के बाद, एनएसएस कार्यक्रम के अधिकारियों ने स्वयंसेवकों को दिन के महत्व के बारे में बताया और उन्हें जनता के बीच इसके बारे में जागरूकता पैदा करने के लिए प्रेरित किया। प्रिंसिपल डॉ. निशा भागव ने तंबाकू हमारे पर्यावरण के लिए खतरा के बारे में तहत डब्ल्यूएचओ के वैश्विक अभियान के अनुरूप जागरूकता फैलाने की इस पहल की सराहना की। उन्होंने तंबाकू बंद करने का आह्वान किया क्योंकि यह स्वास्थ्य के लिए खतरनाक होने के साथ-साथ पर्यावरण के लिए गंभीर खतरा है।

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

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1382769218855994/?type=3>

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

✓ On the occasion of World Environment Day, NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh under the aegis of MCM Eco Club 'Parivesh' of the college organized an awareness session



and Nukkad Natak on 4<sup>th</sup> June, 2022, in Anganwadi Complex of adopted Village Badheri, Chandigarh.

## एमसीएम में एनएसएस इकाइयों ने विश्व पर्यावरण दिवस मनाया

अमृतस्य, चंडीगढ़। विश्व पर्यावरण दिवस के अवसर पर मेहर चंद महजान डीएवी कॉलेज फॉर विमेंस, चंडीगढ़ की एनएसएस इकाइयों ने एमसीएम इको क्लब 'परिवेश' के सहयोग से अंगीकृत गाँव बधेरी के आँगनवाड़ी परिसर में जागरूकता सत्र और नुक्कड़ नाटक का आयोजन किया। कार्यक्रम के दौरान, एनएसएस स्वयंसेवकों ने निवासियों को इस दिन की प्रासंगिकता और पर्यावरण की रक्षा के तरीकों से अवगत कराया। स्वयंसेवकों में से एक सुश्री अंजलि बल्लारा ने एक कविता के रूप में अपने विचार व्यक्त किए जहाँ उन्होंने वनस्पतियों और जीवों पर वनों की कटाई के परिणामों पर प्रकाश डाला। स्वयंसेवकों ने नुक्कड़ नाटक भी किया। प्राचार्या डॉ. निशा भार्गव ने पुराने पेड़ गिरने से पहले नए पेड़ लगाओ की टैगलाइन देते हुए पर्यावरण के संरक्षण के लिए ठोस प्रयास करने का आह्वान किया।

**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

- ✓ 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/pfbid02D245iTZCzXwAv3fVm564umfMxonxHMU8doXinRGGe9LeVFcv9SWxWrwfoq1GAkUdI/>
- ✓ [https://www.instagram.com/p/CfD5a9\\_vslw/?igshid=YmMyMTA2M2Y=](https://www.instagram.com/p/CfD5a9_vslw/?igshid=YmMyMTA2M2Y=)

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens



## 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.

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ To mark the celebration of **WHO Health Day**, Geetanjali Counselling Helpline organized a Poster Making Competition under its mental health initiative 'Swachh Mann Abhiyan' on 08.04.2022.



## एमसीएम ने विश्व स्वास्थ्य दिवस मनाया



स्नातकोत्तर विभागों ने स्वच्छता समिति के तत्वावधान में, ह्यस्वच्छ मन, स्वच्छ भारत, पॉजिटिव युथ डिवेलपमेंट- ए साइकोसोशल परस्पेक्टिवह पर एक ऑनलाइन विशेषज्ञ व्याख्यान का आयोजन किया। इस कार्यक्रम में 115 छात्रों और संकाय सदस्यों ने भाग लिया। इस कार्यक्रम के प्रमुख वक्ता के रूप में पीजीआईएमईआर, चंडीगढ़, बाल रोग विभाग, से प्रो. प्रभजोत मल्ली शामिल हुए। जिन्होंने आत्मविश्वास, क्षमता, कनेक्शन, योगदान, देखभाल और चरित्र सहित सकारात्मक युवा विकास के 6 मूल सिद्धांतों पर विस्तार से बताया। केस स्टडीज, सोध साख्य और नैदानिक अनुभवों का उपयोग करते हुए, उन्होंने खेल के माध्यम से युवा सर्वांकिकरण के पहलुओं, रिस्कों के महत्व और सामुदायिक बंधन, सकारात्मक बदलाव लाने के लिए इन आदतों को बढ़ावा देने के बारे में विस्तार से बताया। व्याख्यान के बाद एक इंटरैक्टिव सत्र का आयोजन किया गया।

पोस्टर मेकिंग प्रतियोगिता का परिणाम:  
प्रथम पुरस्कार: कृतिका अरोड़ा (बीए ककक)  
द्वितीय पुरस्कार: यशस्वी ठाकुर (बीए ककक)  
तृतीय पुरस्कार: रौसिता गुप्ता (बीए ककक)

पर केन्द्रित समाज बनाने के महत्व पर प्रकाश डाला। गौताजलि परामर्श हेल्पलाइन समिति ने, महात्मा गांधी की 150वीं जयंती मनाने के लिए 2019 में शुरू की गई अपनी मानसिक स्वास्थ्य पहल ह्यस्वच्छ मन अभियानह के तहत, ह्यअपने मन के प्रति दयालु रहेंह और ह्यस्वच्छ मन की ओर पहला कदमह विषय पर पोस्टर मेकिंग प्रतियोगिता का आयोजन किया। इस विषय ने कोविड महामारी के परिप्रेष्य में मानसिक स्वास्थ्य साक्षरता को ग्रहण करने, समझने और समर्थन करने के महत्व को स्पष्ट करने का प्रयास किया। इस गतिविधि में 50 छात्रों को 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 सदेश देने के लिए कला के माध्यम से अपनी रचनात्मकता का प्रदर्शन किया। विजेताओं को नकद पुरस्कार से सम्मानित किया गया। स्वच्छता पखवाड़ा के हिस्से के रूप में, मनोविज्ञान और समाजशास्त्र के

चण्डीगढ़। मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने भव्य आयोजन के साथ विश्व स्वास्थ्य दिवस चेहरे उल्लास से मनाया। कॉलेज की चरित्र निर्माण समिति, गौताजलि परामर्श हेल्पलाइन समिति, और मनोविज्ञान एवं समाजशास्त्र के स्नातकोत्तर विभागों ने इस अवसर पर विभिन्न प्रासंगिक कार्यक्रम आयोजित किए।

चरित्र निर्माण समिति ने ह्यरेजीलियंसह- 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 ह्यअंदजह 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

■ **मदरलैंड संवाददाता**

Link to the activity include:

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

7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

**3. COVID Appropriate behavior:**

To prevent the spread of COVID -19 virus and sensitize students and staff to follow COVID related appropriate behavior, several awareness activities were organized that included:

- ✓ Carrying forward "COV-विजय"- a COVID immunization awareness campaign that was launched in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Gol, Mehr Chand Mahajan DAV



College for Women, Chandigarh organized awareness drives in Badheri and Buterla villages on 28.06.2021 and 17.07.2021. A team of faculty members along with student volunteers and MGNCRE official visited these villages with the objective of generating awareness regarding COVID vaccination and motivating villagers to get immunized. The awareness drives - a follow up of the awareness drive, included rallies and door to door campaigning. The team covered over 210 houses as they went from door to door, clearing the myths regarding COVID vaccination and putting to rest the apprehensions of the residents of these two villages.



Link to the activity include:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1158554704610781/?type=3>

### 7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens

- ✓ Sanitization drives have been conducted at regular intervals.



Recognition by Mahatma Gandhi National Council of Rural Education Ministry of Education Government of India, on 31.08.2021 as **Recognized Beat Covid Campaign Institution**. The institution has participated in **Each One Reach One Covid Mission**. Faculty members and students contributed their valuable services to the Covid patients their family members during the covid pandemic.



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**



**Certificate of Appreciation of Dr Nisha Bhargava, Principal, Mehr Chand Mahajan DAV College for Women, Chandigarh for coordinating in formation of five student volunteer team in the area of Hospital Management, Non-Hospital Management, Support to Covid affected families, Medical Supplies, Psychosocial support to Covid patients and their family members as a part of Beat Covid Campaign initiative of MGNCRE, Ministry of Education Government of India (09.08.2021).**



**7.1.9. Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties, and responsibilities of citizens**

**Certificate of Appreciation of Dr Vandana Sharma, Assistant Professor, Mehr Chand Mahajan DAV College for Women, Chandigarh for coordinating in formation of five student volunteer team in the area of Hospital Management, Non-Hospital Management, Support to Covid affected families, Medical Supplies, Psychosocial support to Covid patients and their family members as a part of Beat Covid Campaign initiative of MGNCRE, Ministry of Education Government of India (09.08.2021).**



**Certificate of Appreciation of Dr Sandeep Kaur, Assistant Professor, Mehr Chand Mahajan DAV College for Women, Chandigarh for coordinating in formation of five student volunteer team in the area of Hospital Management, Non-Hospital Management, Support to Covid affected families, Medical Supplies, Psychosocial support to Covid patients and their family members as a part of Beat Covid Campaign initiative of MGNCRE, Ministry of Education Government of India (09.08.2021).**