



Mehr Chand Mahajan DAV College for Women

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

Institutional Values and Best Practices

Our Beacon of Light



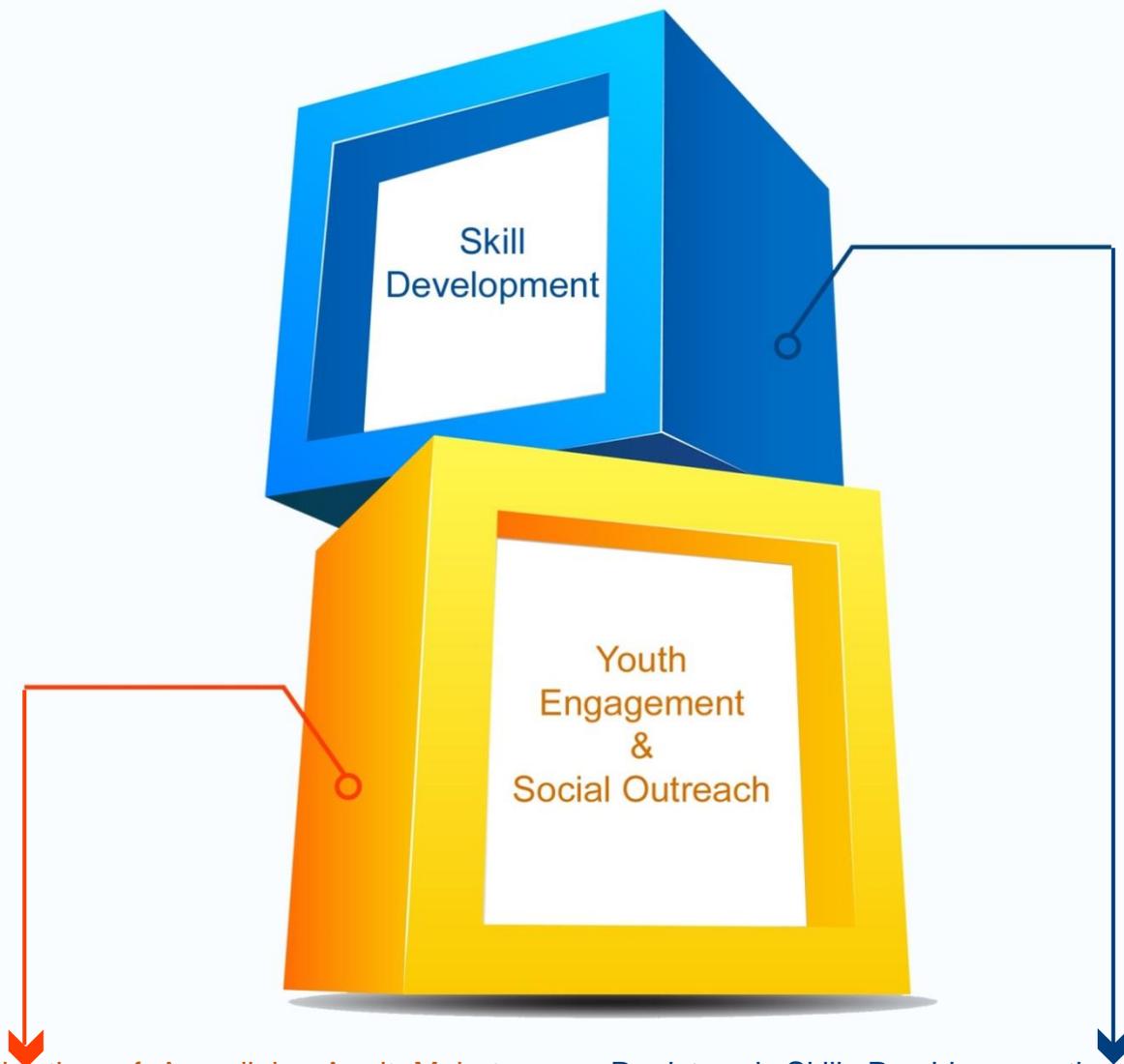
MAHARISHI SWAMI DAYANAND SARASWATI



Principles of Arya Samaj

- God is the efficient cause of all true knowledge and all that is known through knowledge.
- God is existent, intelligent and blissful. He is formless, omniscient, just, merciful, unborn, endless, unchangeable, beginning-less, unequalled, the support of all, the master of all, omnipresent, immanent, un-aging, immortal, fearless, eternal and holy, and the maker of all. He alone is worthy of being worshiped.
- The Vedas are the scriptures of all true knowledge. It is the paramount duty of all Aryas to read them, teach them, recite them and to hear them being read.
- One should always be ready to accept truth and to renounce untruth.
- All acts should be performed in accordance with Dharma that is, after deliberating what is right and wrong.
- The prime object of the Arya Samaj is to do good to the world, that is, to promote physical, spiritual and social good of everyone.
- Our conduct towards all should be guided by love, righteousness and justice.
- We should dispel Avidya (ignorance) and promote Vidya (knowledge).
- No one should be content with promoting his/her good only; on the contrary, one should look for his/her good in promoting the good of all.
- One should regard oneself under restriction to follow the rules of society calculated to promote the well being of all, while in following the rules of individual welfare all should be free.

Best Practices implemented by our institution: *An Overview*

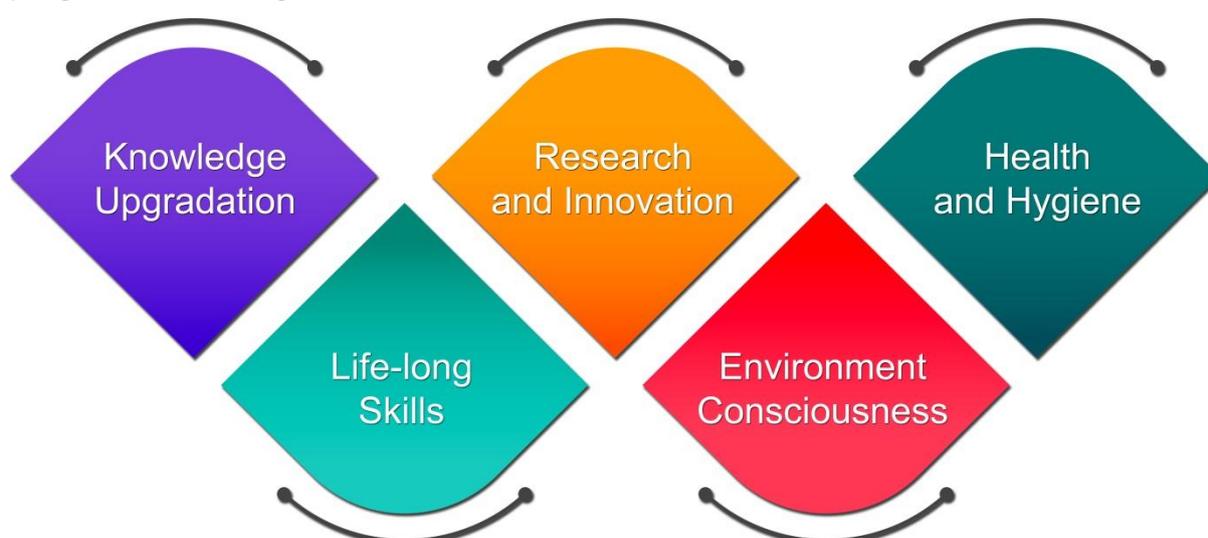


- Celebration of Azaadi ka Amrit Mahotsav, India@75
 - Promoting Constitutional duties
 - Shaping an inclusive society through celebration of International and National days such as National Girl Child Day, International Persons of Disabilities, by the institutional committees like NSS, Ek Bharat Shrestha Bharat, UBA, Women Development Cell, Equal Opportunity Cell, Geetanjali Counselling Helpline, Swachhta Committee, Electoral Literacy Club, Character Building Committee
 - Health and Hygiene, and Environmental Consciousness
 - Sustainable farming Initiatives and Environment initiatives - World Environment Day, Earth Day, Swachhta Rallies, Cycle Rally, Blood Donation Camps, Cancer Awareness, Mental Health Programmes.
- Registered Skill Provider on the Portal of National Skill Development Corporation (NSDC), Ministry of Skill Development and Entrepreneurship, Govt. of India under Pradhan Mantri Kaushal Vikas Yojana (PMKVY)
 - Nominated as the only technical Institution in Chandigarh for training in bakery and food processing by Ministry of food processing Industries (MOFPI), Govt. of India under PMFME Scheme
 - Affiliated to Chandigarh Skill Development Mission (CSDM) under the aegis of National Skill Development Mission
 - Recognized Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan Institution
 - Promoting Life-long skills, Yoga Classes, and Fitness Programmes

I. Skill Development: The New Age Mantra

Objectives

Technological advancements have shifted the dynamics of higher education sector in India since the beginning of the 21st century. From chalk and talk, teaching-learning has made a drastic move towards digital medium and more so, due to the blurring of geographical boundaries. A shift from the onsite to online mode of learning became a norm in the wake of COVID-19. As the New Education Policy 2020 also lays stress on intertwining learning with skill, we try to integrate it into our programmes throughout the academic session.



- In line with the ethos of skill-based learning underscored in the National Education Policy and 'Skill India Mission', our institution endeavours to make students employable and professionally capable. Skill development activities are organized to impart and hone these skills among our students which can be instrumental in envisaging successful careers for them.
- As life-long skills are an integral part of education, we provide students with essential confidence and skill-set to make their lives more productive and socially engaging.
- In view of the Sustainable Development Goal - 4 of the United Nations that emphasises the need to generate awareness about strategies for maintaining ecological balance in tandem with the Sustainable Development Goals (SDG's) we believe that workshops and hands-on training sessions are imperative to the holistic development of the stakeholders.

- The institution also encourages research, innovation, creativity and entrepreneurial skills in the students through diverse workshops, seminars, field visits, research projects etc.

The Context

- Education today is not about rote learning and theoretical knowledge alone. Therefore, making students employable is a basic priority in any progressive educational institution.
- In the age of razor-sharp competition, students need to be encouraged to be innovative so that they stand out in the job market and their skills enable them to realise their career goals.
- In the last five years, the professional environment has transformed in a multidimensional way and the need for upgraded skills is constantly increasing. However, this task can not only be daunting but also challenging for students who are expected to be accomplished in several fields at the same time. This is where the need for a focused pedagogical intervention arises.
- As a premier institution, we realise that skill generation and development is essential to education and are, therefore, forever keen on creating such opportunities for all the stakeholders.

The Practice

A vast array of programmes have been organised in order to upgrade the skills of students, faculty members and the staff to keep pace with the changing needs of the academic spectrum. These programmes have led to qualitative changes in teaching learning and administrative functioning.

- **A series of online Tests ‘Samavesh:** An amalgam of various online Tests for students’ was organized to prepare them for various competitive examinations, focusing on their skills of analysis, reasoning and languages and also to update their knowledge of History, Current Affairs, General Science and Information Technology.



MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH

UPGRADE 2022- MONTH-LONG ONLINE TEST SERIES



Principal Dr. Nisha Bhargava



Link to the events:

- <https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/956855424780711/?type=3>

- Various activities were organized in the last five years to upscale the learning initiatives focusing on areas such as entrepreneurial skills, personality development, Disaster Management, technical skills, financial skills, research and development acumen etc. Android Application, SPSS, Translation, Research Data Management, Anti-Plagiarism Software were organised for the students and the staff.



- Our institution was granted the 1st Research Centre in English affiliated to the Department of English and Cultural Studies, Panjab University. The centre currently has 14 researchers enrolled who are pursuing their M.Phil./Ph.D. degrees. One M.Phil. dissertation has already been submitted and the researchers have been publishing and presenting papers, in addition to writing their theses.

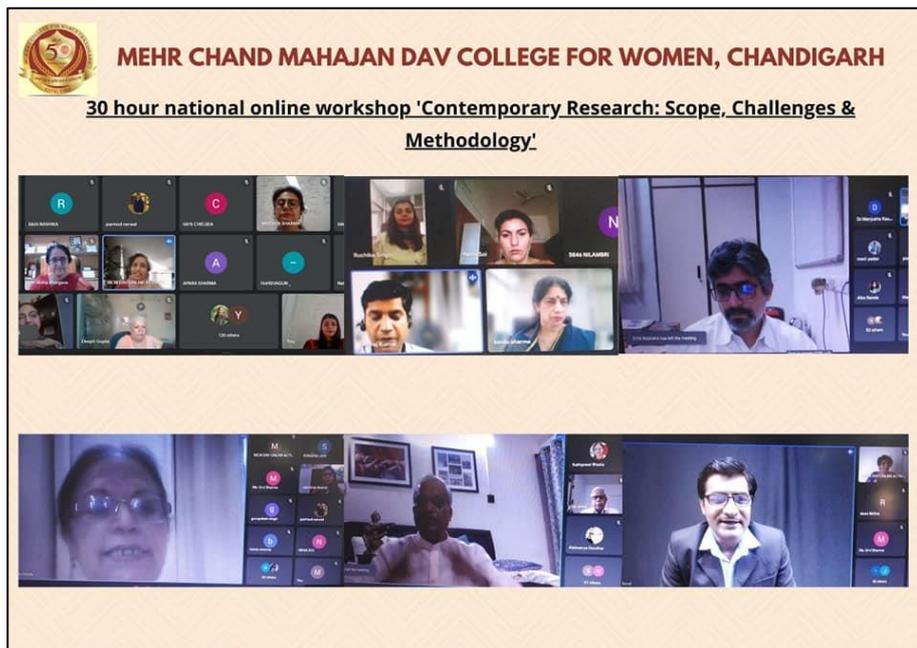


Link to the activity included:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1202707006862217/?type=3>

- Awards and incentives are given to faculty members to promote research in terms of projects, paper publications etc. Many faculty and student projects in socially or academically relevant areas have been funded by the college to ensure that the skill involved in research is not only honed, but a spirit of positive and productive research is also infused among all the stakeholders.

- The Department of English, Mehr Chand Mahajan DAV College for Women, Chandigarh organised a National Level Online 30-Hour



Workshop titled 'Contemporary Research: Scope, Challenges and Methodology' for a heterogeneous group of faculty members, research scholars and post-graduation students to apprise them of the nuances of research as recommended in the National Education Policy 2020. Nearly 157 participants from different parts of the country enrolled for this programme.

समसामयिक अनुसंधान पर राष्ट्रीय कार्यशाला का आयोजन

चंडीगढ़, 20 अक्टूबर (राम सिंह बराड़): मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन चंडीगढ़ के अंग्रेजी विभाग ने एक राष्ट्रीय स्तर की 30 घंटे की ऑनलाइन कार्यशाला का आयोजन किया। जिसका शीर्षक 'कंटेम्परेरी रिसर्च : स्कोप, चैलेंजिज एंड मेथाडोलॉजी' (समकालीन अनुसंधान: कार्यक्षेत्र, चुनौतियाँ और कार्यप्रणाली) था। जिसके माध्यम से राष्ट्रीय शिक्षा नीति 2020 में अनुशंसित अनुसंधान की बारीकियों से अवगत कराने का प्रयास किया गया। देश के विभिन्न हिस्सों से लगभग 157 प्रतिभागियों ने इस कार्यक्रम के लिए नामांकन किया।

विभिन्न विश्वविद्यालयों के प्रख्यात शोधकर्ताओं और शिक्षाविदों को इस ज्ञानवर्धक कार्यशाला से जोड़ा गया जिसमें प्रो. दीप्ति गुप्ता, अंग्रेजी और सांस्कृतिक अध्ययन विभाग, पंजाब विश्वविद्यालय, डॉ. नीरज कुमार सिंह, डिप्टी लाइब्रेरियन, एसी जोशी पुस्तकालय, पंजाब विश्वविद्यालय, प्रो. प्रवीण शारदा, अंग्रेजी विभाग, यूनिवर्सिटी स्कूल ऑफ ओपनलर्निंग, यूनिवर्सिटी, प्रो. विवेक सचदेवा, यूएसएचएसएस, गुरु गोबिंद सिंह इंद्रप्रस्थ यूनिवर्सिटी, दिल्ली, प्रो. दिलीप बराड़, एमके यूनिवर्सिटी ऑफ भावनगर, गुजरात, और प्रो. डॉ. निशा भार्गव ने इस सुव्यवस्थित कार्यक्रम को शुरू करने के लिए अंग्रेजी विभाग की सराहना की, जिसमें लाइव व्याख्यान, मूल्यांकन, प्रतिक्रिया और विचार-विमर्श शामिल रहा ताकि इसे समग्र शैक्षणिक पहल बनाया जा सके। डॉ. भार्गव ने नीति निर्माण और सामाजिक कल्याण को बढ़ावा देने में गुणवत्ता अनुसंधान की भूमिका पर प्रकाश डाला। प्रो. दीप्ति गुप्ता ने उद्घाटन के दिन अपने सत्र 'लैंग्वेज मैटर्स' में प्रतिभागियों को शोध लेखन की भाषाई सूक्ष्मताओं के बारे में बताया। समापन दिवस पर, प्रो. सुधीर कुमार ने 'सम प्रिलिमिनेरी ऑब्जर्वेशन ऑन रिसर्च एंड प्रॉब्लम ऑफ नॉन-ट्रांसलेटेबिलिटी विद स्पेशल रेफरेंस टू इंडियन लिटरेरि ट्रेडिशनल एंड कल्चरल स्टडीज' पर एक ज्ञानवर्धक व्याख्यान दिया।

ऑनलाइन वर्कशॉप की तस्वीर।

पंजाब यूनिवर्सिटी, प्रो. गुरुपदेश सिंह, अंग्रेजी विभाग, गुरु नानक देव यूनिवर्सिटी, अमृतसर, प्रो. अनोल कुमार रैना, डिपार्टमेंट ऑफ इंग्लिश एंड कल्चरल स्टडीज, पंजाब सुधीर कुमार, इवनिंग स्टडीज विभाग, मल्टी-डिसिप्लिनरी रिसर्च सेंटर, पंजाब यूनिवर्सिटी, ने 8 दिवसीय इस अकादमिक कार्यक्रम में व्याख्यान दिए। कार्यक्रम की संयोजक प्राचार्या

Link to the activity:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1224798467986404/?type=3>

- The Postgraduate Department of Chemistry, Mehr Chand Mahajan DAV College for Women, Chandigarh organised a 2-day lecture cum workshop titled 'Refreshing the



Basic Chemistry Lab Skills Post Lockdown' from 09.09.2021 -10.09.2021). The objective of this lecture cum workshop was to educate students about the basic lab skills required for working in chemistry labs. The resource persons were Dr. Angshuman Roy Choudhury, IISER Mohali and Dr. Rishu, Department of Chemistry at the college. Over 125 students participated in this event.

Link to the activity:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1205999829866268/?type=3>

कैमिस्ट्री लैब स्किल्स पर 2 दिवसीय व्याख्यान सह कार्यशाला का आयोजन

चंडीगढ़, 25 सितम्बर (रामसिंह बराड़) : रसायन विज्ञान के स्नातकोत्तर विभाग, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने 'रिफ्रेशिंग द बेसिक कैमिस्ट्री लैब स्किल्स पोस्ट लॉकडाउन' शीर्षक से 2 दिवसीय व्याख्यान सह कार्यशाला का आयोजन किया। इस कार्यशाला का उद्देश्य छात्रों को रसायन विज्ञान प्रयोगशालाओं में काम करने के लिए आवश्यक बुनियादी प्रयोगशाला कौशल के बारे में शिक्षित करना था। रसायन विज्ञान प्रयोगशालाओं के संदर्भ में ये कौशल अत्यंत महत्वपूर्ण हैं क्योंकि ये विभिन्न प्रकार के रसायनों के उपयोग के कारण खतरों और जोखिमों से भरे हुए हैं।

मौलिक प्रयोगशाला तकनीकों के बारे में भी सिखाया गया। कम से कम पर्यावरणीय खतरों के साथ अपशिष्ट रसायनों को सबसे सुरक्षित तरीके से संभालने के विभिन्न तरीकों पर भी चर्चा की गई। कार्यशाला में छात्रों को रसायन विज्ञान प्रयोगशालाओं में काम करने की सुरक्षित प्रथाओं के बारे में जागरूक करने पर ध्यान केंद्रित किया गया। छात्र प्रतिभागियों और प्रयोगशाला कर्मचारियों को प्रत्यक्ष रूप से सीखने पर बल देते हुए विभिन्न सांद्रता के समाधान तैयार करने के लिए कहा गया।

प्रिंसिपल डॉ. निशा भार्गव ने रसायन विज्ञान विभाग के इस कौशल विकास प्रयास की सराहना की। उन्होंने कहा कि लॉकडाउन के बाद, छात्रों को बुनियादी प्रयोगशाला कौशल, नियमों और विनियमों, रसायनों और आग के खतरों और प्रयोगशालाओं में पर्याप्त सफाई बनाए रखने के बारे में संवेदनशील बनाना अत्यंत महत्वपूर्ण है, क्योंकि इस दौरान छात्रों की प्रयोगशालाओं तक कोई पहुंच नहीं थी। इसलिए इस तरह के प्रयास जारी रहने चाहिए।

- Department of Office Management and Secretarial Practice at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a hands-on 3-day online



MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH
3-day Workshop: Panache 2022



Dr. Jasmine Anand, Asst Prof
Dept of English
MCM DAV College for Women



Dr. Aparna Sharma, Asst Prof
Dept of English
MCM DAV College for Women



Ms. Ruchika Singh, Asst Prof
Dept of English
MCM DAV College for Women



workshop 'Panache 2022' (10.01.2022 – 12.01.2022). The workshop aimed to acquaint the students with the art of Resume Writing, Interview Skills, Communication Skills and other facets of personality development including personal grooming and professional etiquette.

एमसीएम ने 'पनेश 2022' का आयोजन किया

चंडीगढ़, 17 जनवरी (राम सिंह बराड़): मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ में कार्यालय प्रबंधन और सचिबीय अभ्यास विभाग ने 3 दिवसीय ऑनलाइन कार्यशाला 'पनेश 2022' का आयोजन किया। कार्यशाला का उद्देश्य छात्रों को रिज्यूमे राइटिंग, इंटरव्यू स्किल्स, कम्युनिकेशन स्किल्स और व्यक्तिगत विकास के अन्य पहलुओं से परिचित कराना रहा, जिसमें व्यक्तिगत विकास और पेशेवर शिष्टाचार शामिल हैं। यह कार्यशाला कॉलेज के अंग्रेजी विभाग से डॉ. जैसमीन आनंद, डॉ. अपरा शर्मा और सुश्री रुचिका सिंह द्वारा संचालित थी जिसमें तीन सत्र शामिल थे। पहले दिन, डॉ. जैसमीन आनंद ने प्रतिभागियों को रिज्यूमे राइटिंग और इंटरव्यू स्किल्स की बारीकियों से अवगत कराया। रेज्यूमे राइटिंग में वास्तविक नुस्खों में सुधार के साथ-साथ डॉ. आनंद ने रेज्यूमे को

शब्द सीमा और सामग्री पर चर्चा की। उन्होंने छात्रों को साक्षात्कार कौशल से भी परिचित कराया और उन्हें साक्षात्कार में पूछे जाने वाले मानक प्रश्नों को तैयार करने में मदद की और व्यवहारिक साक्षात्कार, केस साक्षात्कार, तनाव साक्षात्कार, नियमित रूप से अपने सहपाठियों के साथ चर्चा में शामिल होने के लिए प्रेरित किया। तीसरे दिन का सत्र 'बॉडी लैंग्वेज एंड बिजनेस एटिकेट: डिफेंसिव डेसिज' शीर्षक से सुश्री रुचिका सिंह द्वारा आयोजित किया गया। उन्होंने छात्रों को गैर-मौखिक संचार की बारीकियों से अवगत कराया, मुख्य रूप से व्यावसायिक शिष्टाचार में शरीर के हव भाव पर बात की। छात्रों को सकारात्मक बॉडी लैंग्वेज पर ध्यान केंद्रित करने के लिए प्रेरित किया जो कार्यस्थल पर टीम भावना को बढ़ावा देने में मदद करता है। प्रिंसिपल डॉ. निशा भार्गव ने छात्रों को ऐसे कौशल से लैस करने के लिए इस पहल को सराहना की जो उनकी रोजगार क्षमता को बढ़ाते हैं। उन्होंने कहा की प्रतियोगिता के इस युग में, प्रतिस्पर्धा में आगे बढ़ने के लिए संचार कौशल सहित अन्य आवश्यक कौशल को तराशना अनिवार्य हो जाता है।



कार्यक्रम की ऑनलाइन तस्वीर।

Link to the activity included:

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/1280332702432980/?type=3>

- **The Personality Development Club and Character-Building Committee** of Mehr Chand Mahajan DAV College for Women, in association with Arya Samaj, Sector 16, Chandigarh organised a **workshop on “Herbal Holi Colour Making”** on the theme **होली के रंग प्रकृति के संग** in blended mode on March 16, 2022. The workshop spanning around two hours brought in 150 participants who took keen interest in the indigenous preparation of Holi colours as demonstrated elaborately by the resource person Mrs Santosh Verma. The participants got a hands-on-experience of mixing the herbal colours.

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

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/1319520975180819/?typ=3>



एमसीएम ने पर्यावरण के अनुकूल तरीके से मनाया होली का त्यौहार

जगमार्ग न्यूज़ चंडीगढ़। मेहर चंद महाजन डेएवी कॉलेज फॉर वूमन, के परमनासिटी डिक्लैरमेंट 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 आगुज किया। इस कार्यक्रम में हब्ल होली कलर्स मेकिंग और ऑनलाइन स्लोगन राइटिंग प्रतियोगिता पर ब्लेंडड मोड में एक कार्यशाला का आयोजन किया गया। होली के हब्ल रंग बनाने के लिए इस कार्यशाला में प्रमुख वक्ता के रूप में श्रीमती संतोष 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 तुलने-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 उपलक्ष्य में दो गतिविधियों का उचित आयोजन करने के लिए परमनासिटी डिक्लैरमेंट क्लब और चरित्र निर्माण समिति के प्रयासों को सराहना की।

- The Skill Development Committee of Mehr Chand Mahajan College for Women, Chandigarh launched a 40-hours programme on **soft skills** titled **‘In-Sync: Self, Social and Shared Spaces’** from 7th March, 2022 to 10th May, 2022. Ms. Pragati Gandhi, an entrepreneur and an internationally recognized coach and speaker interacted with the participants about their learning from the course. The course consisted of forty sessions covering various topics including communication skills, time management, physical fitness, social media, professional ethics, gratitude, sexual health, culture and heritage, building resilience, interview skill, substance abuse, cyber safety, community outreach, sustainability and public speaking using a blend of activities including lectures, discussions, power point presentations, documentaries and circle time. In the valedictory session of this course, 40 participants and 31 student mentors were felicitated. Dr. Nisha Bhargava, the principal of the College, reiterated the need to focus on such courses where students are equipped with the requisite skills. She emphasized that education must prepare students for life after graduation and applauded the initiative of the Skill Development Committee of the College in this regard.



Link to the event:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1328940254238891/?type=3>

- In an endeavour to enhance the employability skills of the students, the Placement Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a ten-day course on Soft Skills (21.03.2022-01.04.2022). It was conducted in collaboration with Mahindra Pride Classroom, Chandigarh.



Resource person Ms. Monica Limbu, Adjunct Faculty, Soft Skills Trainer of Mahindra Pride Classroom, Punjab during a session
Principal Dr. Nisha Bhargava and Members of Organising Team alongwith the participants

सॉफ्ट स्किल्स पर 10 दिवसीय कोर्स कराया

जागरण संवाददाता, चंडीगढ़ : एमसीएम डीएवी कॉलेज फॉर वूमन सेक्टर-36 के प्लेसमेंट सेल ने छात्राओं के रोजगार कौशल को बढ़ाने के लिए सॉफ्ट स्किल्स पर दस दिवसीय कोर्स का आयोजन किया। इस कोर्स में स्नातक कक्षाओं के लगभग 114 छात्रों ने हिस्सा लिया।

सत्र में शामिल विषयों में संचार के सेवन सी, ताकत और कमजोरियों की पहचान, स्वयं की खोज के लिए 'आइ एम यूनिंक' गतिविधि, रेज्यूमे राइटिंग, डिजिटल पहचान, समूह चर्चा, स्टिक मैन गतिविधि, टेमों साक्षात्कार सत्र, समस्या समाधान, टीम वर्क और सहयोग जैसी गतिविधियां शामिल थीं। प्रिंसिपल डा. निशा भार्गव ने छात्राओं के सॉफ्ट स्किल्स को बेहतर बनाने के लिए प्लेसमेंट सेल के प्रयासों की सराहना की।



सेक्टर-26 स्थित एमसीएम डीएवी कॉलेज फॉर वूमन में प्लेसमेंट सेल की ओर से छात्राओं को रोजगार कौशल बढ़ाने के लिए सॉफ्ट स्किल्स पर 10 दिवसीय प्रशिक्षण कराया गया। कोर्स में हिस्सा लेने वाली छात्राएं, टीचर्स और प्रिंसिपल डा. निशा भार्गव ●एमसीएम पीआरओ

उन्होंने कहा कि सेल ऐसे सार्थक रोजगार क्षमता बढ़ाने के लिए निरंतर प्रयासों के माध्यम से छात्राओं को प्रयासरत है।

Ms. Monica Limbu, Adjunct Faculty, Soft Skills Trainer of Mahindra Pride Classroom for the state of Punjab was the resource person for the course. Around 114 students from different streams of undergraduate classes attended these sessions.

Link to the activity include:

<https://www.facebook.com/MCMDA/CW/photos/a.239819746484286/1337149546751295/?type=3>

- Mehr Chand Mahajan DAV College for Women, Chandigarh has been selected as the State level technical Institute for U.T, Chandigarh for training and capacity building under the Pradhan Mantri Formalisation of Micro Food processing Enterprises scheme (PM-FME) launched by Ministry of Food Processing Industries (MoFPI), GOI. A four day **“Beneficiary Training Program in Bakery & Confectionary”** was organized at the college in association with Department of Industries, U.T Chandigarh, the State Nodal Agency under the PM-FME scheme on 08th October, 09th October 2021, 11th October 2021 and 12th October 2021.



- **Finnexus- the Commerce Society** of Mehr Chand Mahajan DAV College for Women, Chandigarh organised commerce fest **'Bizbuzz 2.0'**. Principal Dr. Nisha Bhargava



graced the fest as the Chief Guest. Inaugurating the fest, Dr. Bhargava expressed appreciation for the organising skills of the students who executed the event immaculately. Various competitions - Finance Express, Case Study, Guess the Product, On the spot Marketing and Treasure Hunt were organised as part of the fest to hone the skills of the students. Around 1000 students participated in the event, making it a success. In another event, the Postgraduate Department of Commerce held a webinar titled **'A Day in the life of a Digital Marketer'**. The resource person for the webinar was Mr. Gobind Raj Singh Aulakh, Senior Marketing Manager, Prepladder. A total of 188 students and faculty members attended the event that was held in hybrid mode. **Link to the activity:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1382789915520591/?type=3>

MCM holds Commerce Fest 'Bizbuzz' and webinar on Digital Marketing

CHANDIGARH: Finnexus- the Commerce society of Mehr Chand Mahajan DAV College for Women, Chandigarh organised commerce fest 'Bizbuzz 2.0'. Principal Dr. Nisha Bhargava graced the fest as the Chief Guest. Inaugurating the fest, Dr. Bhargava expressed appreciation for the organising skills of the students who executed the event immaculately. She added that such events provide students the opportunity to showcase their talent as well as put into practice the concepts learnt in the classroom. Various competitions- Finance Express, Case Study, Guess the Product, On the spot Marketing and Treasure Hunt were organised as part of the fest to hone the skills of the students. Around 1000 students participated in the event, making it a success. In another event, the Postgraduate Department of Commerce held a webinar titled 'A day in the life of a Digital Marketer'. The resource person for the webinar was Mr. Gobind Raj Singh Aulakh, Senior Marketing Manager, Prepladder.

- Students were apprised of many opportunities that Covid brought in its wake, especially in the areas of health and mental wellness. Our endeavour '**Be a Health Manager**' – **Food as Medicine** in coordination with Nutrition Society of India, Chandigarh Chapter (30.05.2022 – 4.06.2022), focuses on instilling good eating habits among the students and the staff. Culinary experts guide the stakeholders to prepare healthy food keeping in view the individual needs. Principal Dr. Nisha Bhargava praised the efforts of the organising team of 'Be a Health Manager', stating that over the years, this unique endeavour has not only evolved as a sustainability initiative but has also helped the participants learn various culinary and life skills, with its scope extending to include healthy lifestyles and 'Mansik Swachhta'. She further added that correct eating habits coupled with #healthy choices is the key to holistic wellbeing and the institution will continue to promote the same for the welfare of the nation and society as a whole.



Link to the activity:

<https://www.facebook.com/MCMDA/CW/photos/a.230527680746826/1393295437803372/?type=3>

- **Industrial Visits and Field Trips** are also undertaken for giving the students a hands-on experience. Students of science departments are regularly taken for industrial visits and field trips to enhance their understanding of the concepts. Students of Functional English are exposed to functioning in the Print Media House as also in the Radio and TV Station every year.



- An **educational tour** was organised by the Department of Food Science, Mehr Chand Mahajan DAV College for Women, Chandigarh to the Merck High-End Skill Development Centre at Council of Scientific and Industrial Research- Institute of Microbial Technology



(CSIR-IMTECH), Sector 39 A, Chandigarh on 30.04.2022. A group of 34 students of B.Sc. II Microbial and Food Technology (MFT) were accompanied by Dr. Deepika Malik & Dr. Gurpreet Kaur of Department of Food Science of Mehr Chand Mahajan DAV College for Women, Chandigarh.

- To make the students aware and indulge them students in **skill enhancement** activities an Educational Visit was organised on 30.03.2022. A total of 14 students participated.

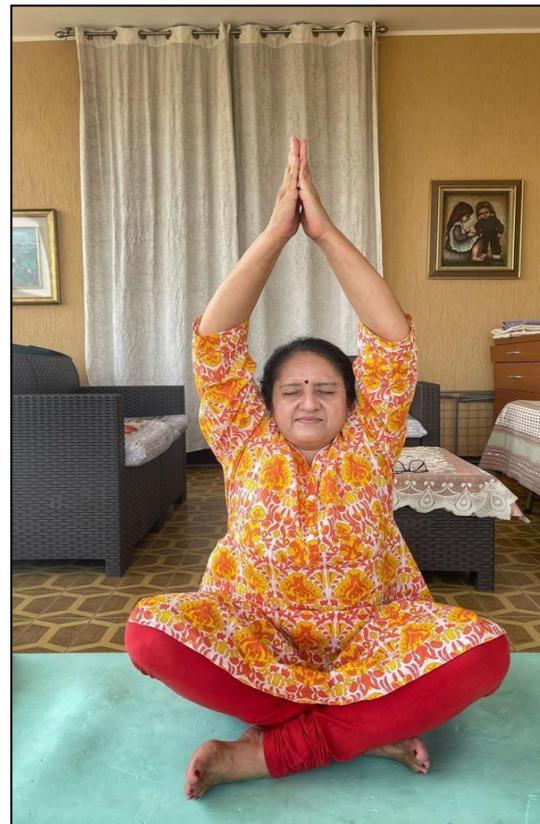


- The college has a thriving Institute Innovation Cell (IIC), which organizes various events from time to time to create an environment of innovation and entrepreneurship. Therefore, Awareness Programmes on Incubation and IPR are organized. Ideation Competitions are held from time to time in order to hone the innovative and entrepreneurial streak among the students.



- To keep the students healthy in body and mind, various initiatives are taken by the institution which promote a self-sustaining awareness and practice of healthy lifestyles such as International Yoga Day celebrations (21st June every year), Yoga Camp (14th May 2022), Online Yoga Classes, 45-Day fitness programme etc.







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



Department of Physical Education
in collaboration with
Mahatma Gandhi National Council of Rural Education (MGNCRE)
Ministry of Education, Govt. of India
under the aegis of
Swachhta Action Plan 2022-23 & Fit India Movement
organizes
45 Day Fitness Programme
Fun with Fitness: Cleansing Body, Mind & Soul

Date: 5 May 2022 to 20 June 2022 | Time: 5:00 pm to 6:30 pm | Venue: Sports Ground



Eco-Friendly Activities: •Body Toning •Flexibility Exercises
•Strengthening Exercises •Preparation of Rock Climbing

Please bring your own Skipping Rope, Mats and Water Bottle.

Dr. Anju Lata
Head, Deptt. of Physical Education

Dr. Nisha Bhargava
Convener & Principal

Mr. Samarth Sharma
Consultant, MGNCRE
Ministry of Education, Govt. of India



YOGA CENTRE, MERAKI HOTEL, 36A, Sector 36,
Chandigarh, 160036, India

Latitude 30.7334477° Longitude 76.7540416°
Local 06:52:20 AM Altitude 289.6 meters
GMT 01:22:20 AM Monday, 13-06-2022



PRINCIPAL & EXAMINATION OFFICE, MCM DAV College
Rd, 36A, Sector 36, Chandigarh, 160036, India

Latitude 30.73424203° Longitude 76.75625983°
Local 06:40:04 AM Altitude 285.38 meters
GMT 01:10:04 AM Saturday, 04-06-2022



PRINCIPAL & EXAMINATION OFFICE, MCM DAV College
Rd, 36A, Sector 36, Chandigarh, 160036, India

Latitude 30.7342423° Longitude 76.75625965°
Local 06:40:39 AM Altitude 285.39 meters
GMT 01:10:39 AM Saturday, 04-06-2022

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

- <https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1353461135120136/?type=3>
 - <https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1339073699892213/?type=3>
 - <https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1340629519736631/?type=3>
 - <https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1347672162365700/?type=3>
- Committed to the holistic well-being of our stakeholders, **Geetanjali Counselling Helpline** provided psychosocial support to students during the pandemic.
 - **Environment protection and conservation** being the concern worldwide, our college strives to tap into emerging areas such as urban farming, wellness studies, food science, waste management etc. to generate suitable professional skills among students.
 - i. Regular Tree Plantation drives are undertaken.
 - ii. We are a single use plastic-free institution.
 - iii. Swachhta is a norm at our institution and thus special care is taken to maintain Zero waste management in the institution.
 - iv. E-Waste MOU has been signed with Ramky Envirno Engineers Limited and M/S Ortech India Corporation.
 - **Workshops** on communication skills, personality development, photography, fine arts and performing arts, culinary skills, textile design, interior designing, architecture and many other areas of relevance were organised.
 - Several faculty development programmes are also conducted from time to time to keep our teaching and non-teaching faculty up to date.

For more details visit:

➤ **Skill Development Reports:**

<https://mcmdavcwchd.edu.in/skill-development/#1570422613897-49bc4692-6bec>

➤ **IIC & ARIIA Reports:** <https://mcmdavcwchd.edu.in/iic/#1560836674983-21bb0721-bd4c>

➤ **Research Committee Reports:** <https://mcmdavcwchd.edu.in/research/>

➤ **Geetanjali Counselling Helpline:**

<https://mcmdavcwchd.edu.in/geetanjali-helpline-students-grievances/>

➤ **Geetanjali Chronicles:**

<https://mcmdavcwchd.edu.in/wp-content/uploads/2022/08/Final-Geetanjali-Report.pdf>

➤ **Placement cell Reports:**

<https://mcmdavcwchd.edu.in/placements/#1669789471823-70017caf-3a22>

Evidence of Success

The skill development initiatives of the college have borne fruit in terms of honing the capabilities of our students and faculty and putting them on a path of hard work, focussed planning and execution and have given them an edge to deal with the hurdles that they may face in their endeavours ahead. The imparting of willingness and temperament to acquire skills and put them to use has been the primary aim of our endeavours.

- The Institution Innovation Cell of our college received an acknowledgement from the Ministry of Education,

Government of India for its innovation and start-up initiatives in 2021-22 and has been awarded **“Performer” band** by the Ministry of Education's Innovation Cell for the exemplary work of its Institution Innovation Council (IIC).

- Our urban farming initiatives have made our students receptive to the skills and benefits of the same. Sustainable Urban Farming is being undertaken at the



College since January 2018 as a skill development initiative. Through the program, it is envisioned to impart knowledge and skills to grow chemical free vegetables, grains, herbs, medicinal plants and fruits, especially in the urban spaces, thus contributing to reduction in pollution caused by chemicals. The program is being conducted in collaboration with the Kheti Virasat Mission, a Regional Council (for Decentralised Organic Farming Certification System) under the Participatory Guarantee System of the Ministry of Agriculture and Farmers Welfare, Government of India.

A bountiful is harvested every day and distributed amongst the staff. They take home health encased in Karela, lauki, Tori, bhindi, arbi, mangoes and some other seasonal gifts of nature. A total of 3 quintals and 40 kgs approximately of vegetables is distributed amongst about 200 employees of the college during a year.



Another dimension was added by conducting the workshops in collaboration with the NSS Units of the College with a view to promote POSHAN ABHIYAAN, the flagship program of NITI Aayog on Holistic Nutrition. The



program is ingraining in students the respect for food and farmer, understand the nutritional value of various foods, the skill to grow their own food to some extent (pots/land), be aware of the relationship between food and environment, and contribute towards environment and wholistic health of self and others.

- Mehr Chand Mahajan DAV College for Women, Chandigarh is now a **Recognized Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan Institution.**

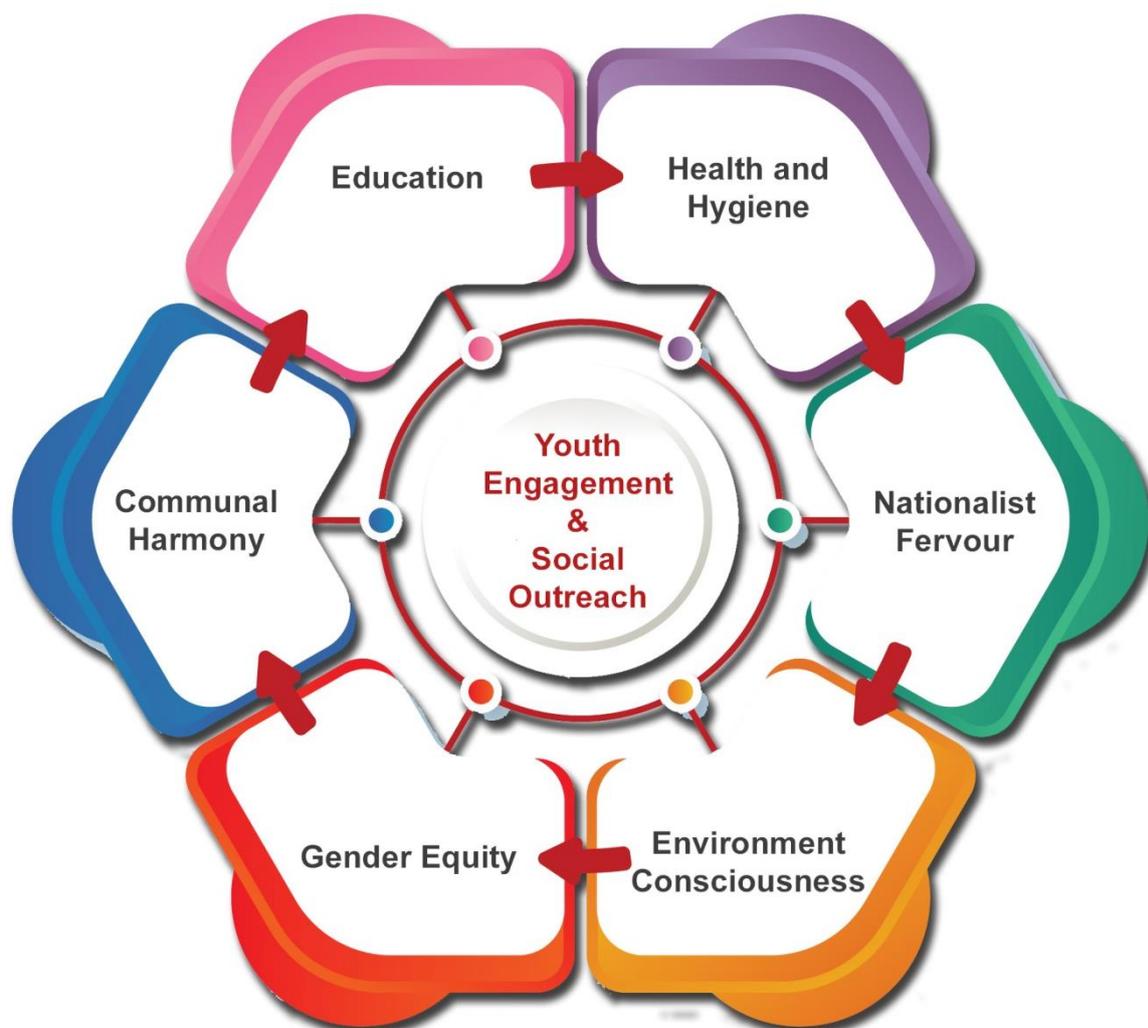


Problems encountered

- The institution continued to function in a blended mode during major part of 2021 in view of the Post-pandemic challenges. This posed a veritable hurdle in the efforts to promote skill generation and hands-on learning environment could not be provided fully for many initiatives. On the other hand, the online dimension also gave greater reach to most of our events and allowed for distant mentors and learners to be brought together.
- The demands of the syllabi and the consequent time-constraint often pose a challenge to the extensive training that is ideal for several skills that we would like to offer our stakeholders.
- Our Placement initiatives had a limited success in the wake of global employment deficit.

II. Youth Engagement and Social Outreach

As India stands on the threshold of becoming a global leader in terms of knowledge dissemination and economic growth, it is essential to channelize our young students' potential and allow them to be the catalysts of change. A vital aspect of education is to promote quality, equity and access of our knowledge resources and strive towards an inclusive society.



Objectives:

- To channelize youth as the catalysts of positive change in the society
- To instil a sense of philanthropy, community outreach and social contribution among the students
- To develop a sense of civic responsibility to work together to uplift weaker sections, provide aid with service in underprivileged sectors and contribute qualitatively to social development.

- To encourage students to be responsive to the multipronged needs of the diverse social milieu that they are a part of.
- To provide guidance and counselling with respect to equal opportunities for academic, financial, social and other facets and to enhance diversity within the campus.

Context

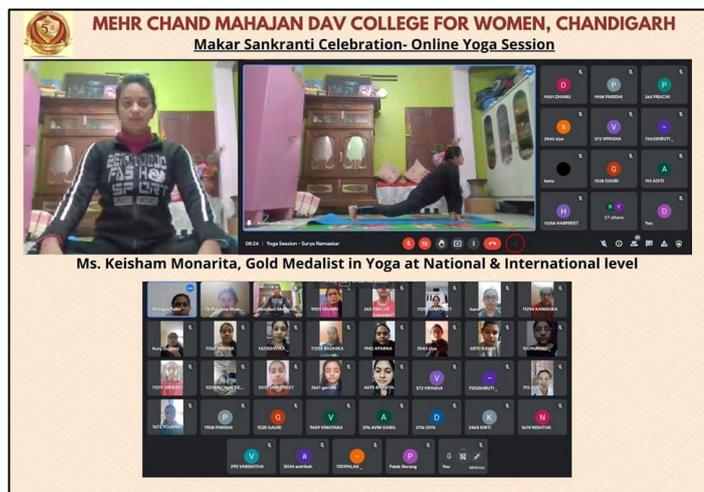
- The world is what we, the people, make of it and the need for social responsiveness can never be over- emphasized.
- Educational institutions have a prime role in generating awareness in the youth about their social responsibility and inculcating in them a spirit of social service and nation building.
- Community-level action in vital areas such as public health, hygiene, eco-friendly living, equality to all irrespective of class, caste, religion, gender and region is urgently required and the youth must be encouraged to take on the mantle of social development upon them.
- Education fulfils its purpose only when the youth are given the capability to the serve the larger community in a planned, holistic and empathetic way and the college has always been receptive to this pivotal aspect.
- The college strives to ensure a positive and committed outlook in its students, so that they maintain a healthy mental and physical life for themselves and thereby go on to provide support to those sections of the society that could be in need of it

The Practice

- Through committees such as **NSS, Unnat Bharat Abhiyan, Women Development Cell, Equal Opportunity Cell, Geetanjali Counselling Helpline, Swachhta Committee, Electoral Literacy Club**, and many initiatives of teaching departments, the college organizes many activities under its vision of social outreach.

- **Public hygiene and cleanliness** are major thrust areas in the outreach activities planned and executed by various committees and clubs. The college leads by example in the mission to ensure Swachhta and also organises awareness drives, rallies, seminars, lectures and other such events to promote clean and hygienic life style.
- Our volunteers undertake substantial initiatives to educate the residents in the adopted villages like Butrela, Badheri, Attawa and Maloya to maintain a healthy lifestyle.
- Committed to spreading message for protecting our environment, we organized an awareness camp on waste management whereby students were taught about the significance and methods of waste segregation and were also educated in systems of vermicomposting. Students were also taught about the components and functioning of the sewage treatment plant on campus.

- The college organized Yoga sessions to mark Azadi Ka Amrit Mahotsav and generate a responsiveness in the stakeholders towards good mental and physical health with special focus on the Surya Namaskar as a



means of overall well-being. The college has been organizing yoga camps from time to time to ensure holistic health maintenance.

- The college also organizes various drives and invites voluntary social action in areas such as blood donation, cancer awareness, AIDS awareness, nutrition and diet awareness, menstrual health awareness, immunity development, physical fitness drives, pledge to stay away from tobacco, cycle rallies etc.



MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH

BLOOD DONATION CAMP



Principal Dr. Nisha Bhargava and other dignitaries from PGIMER and Lions Club during the Camp



- **Mental health awareness** is another area of concern for the institution and especially in the times of the pandemic, the institution recognized the need for ensuring good mental health, lower levels of stress and foster a spirit of happiness and wellbeing and took initiatives to ensure the positivity in the society, as a whole. We started an Geetanjali Student Online Forum for 500 students to provide psychosocial support during the pandemic.
- To promote the interests of the marginalized sections of the society, the college celebrated **Senior Citizens Day, National Girl Child Day, Women's Day, Youth Day** and a day to mark **Persons with Disabilities**. Special focus is laid on activities associated with the gender equality, '**Beti Bachao, Beti Padhao**', laws related to gender rights, and safeguarding against human trafficking, harassment, women's health, menstrual health and hygiene etc.



- Several activities were organized to promote education, health, employment opportunities, cleanliness etc. in the villages adopted by the college. Some recent such activities van Mahotsav drives, include oral hygiene camp, awareness rally on Jal Shakti, workshop on vermicomposting, nukkad natak to spread awareness about water conservation, cleanliness drives, Poshan Abhiyan, gender sensitization, workshop on no-flame cooking, awareness session on Tuberculosis etc.

- The college teams also donated stationery kits to underprivileged students, and donated NCERT text book sets to them.



- Generating environment consciousness is a primary focus of our programmes in and outside the college. The college celebrates Environment Day, Van Mahotsav, Earth Day, and organizes activities to promote water conservation, sustainable farming practices, sustainable urban farming, LED technology usage, ecological festival celebration, e-waste modelling, garbage disposal techniques, tree plantation drives, employment of bio-energy, ozone layer preservation, alternative energy resources, efforts against single use plastic and green chemistry etc.



- The Sustainable Practices Committee celebrated World Wetlands Day and organized a field trip to Global Apiaries, India. The committee also organized a quiz on Integrated Approach in science and technology for a sustainable future. Innovative thinking with the idea of sustainability is at the heart of all endeavours initiated by the college.
- An essential part of community engagement is generation of a civic sense and community feeling. The college celebrates **Lohri, Basant, Baisakhi and other national days like Independence Day, Republic Day, Rashtriya Ekta Divas, Yuva Pravasi Bhartiya Divas, Constitution Day and Prakram Divas**, and other such national days to invoke a feeling of patriotism.
- To instil a sense of constitutional duties, a virtual pledge was also taken by 65 NSS volunteers on National Voters' Day to reaffirm their faith in the democracy and integrity of our country.
- The Electoral Literacy Club organizes poetry writing contests, quizzes, declamation contests and Electoral Awareness contests to raise awareness and sense of participation vis-à-vis electoral procedures.
- The **state level Youth parliament** festival under the National Youth Parliament Scheme of the Government of India provided a platform to the youth to present their views regarding the future goals and aspirations they have for their country. Our student, Ms Aditi Vijay participated and secured the second position at District level, while qualifying for the State level.





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

An Online Quiz
 on Dr BR Ambedkar

Being organized by
 Department of Political Science
 under
 Swachhta Pakhwada-2022
 to mark the celebrations of
Ambedkar Jayanti

Date: 13th April 2022
 Timings: 4pm- 4.30 pm

Guidelines for the Competition:

- One entry per student is allowed.
- Attempt quiz only through College ID
- Top three position holders will be awarded E- Certificates

For further queries contact student coordinators:
 • Ms. Devanshi: 7876022628 • Ms. Bhoomika: 9814466475 • Ms. Rubal: 8360981441

Click the following link to participate on scheduled date & Time

Dr Ritu Khosla
 Coordinator and Head
 Department of Political Science

Dr Nisha Bhargava
 Convener & Principal

- The **State level Youth parliament festival** under the National Youth Parliament Scheme of the Government of India, screening of **Pareeksha Pe charcha**, an online attendance of Education summit under Akhil Bharatiya Shiksha Samagam, activities by Electoral Literacy Club to raise awareness and sense of participation vis-à-vis electoral procedures were organised.



- **Cyber Jagrukta Diwas** is organized to ensure cyber safety in today's era of constantly increasing cyber dependency and usage.
- Our **alumni** promote ecologically responsive ways of living and employment of sustainable power sources like solar electricity. Funds were collected to donate **solar powered devices** to community centres.

For more details visit:

➤ **EBSB Report:**

<https://mcmdavcwchd.edu.in/ebsb/#1614164782043-757c8942-56c3>

➤ **NSS Reports:**

<https://mcmdavcwchd.edu.in/nss/#1568801062918-45ce0e6d-0f3c>

➤ **UBA Reports:**

<https://mcmdavcwchd.edu.in/unnat-bharat/#1566298490198-285abb01-f32a>

➤ **Swachhta Reports:**

<https://mcmdavcwchd.edu.in/swacchta/#1560775413492-95f54c02-d33d>

➤ **Women Development Cell Reports:**

<https://mcmdavcwchd.edu.in/women-development-cell/>

➤ **Equal Opportunity Cell Reports:**

<https://mcmdavcwchd.edu.in/equal-opportunities-cell/>

➤ **Geetanjali Counselling Helpline:**

<https://mcmdavcwchd.edu.in/geetanjali-helpline-students-grievances/>

Evidence of Success

The endeavours of the college in the area of student mobilization towards social, ecological, civil, health, educational and sustainable development has been multipronged and multifaceted. The college has employed creative, illustrative and exemplary methods towards making efforts of students and faculty truly productive and far reaching. Our success in these arenas has not only been apparent in the satisfaction they have brought to those engaged, but also in terms of acknowledgement from government bodies, press and the society.

- A pioneer on varied fronts, Mehr Chand Mahajan DAV College for Women, Chandigarh became the first college in UT of Chandigarh to **sign an MoU with Chandigarh Police** to promote Cyber Security, Human Rights, Gender Sensitisation and emerging Police technologies.



- Committed to empowering young women through holistic education and grooming them into achievers with a strong sense of social responsibility, Mehr Chand Mahajan DAV College for Women has been a frontrunner on many fronts, **Cyber Swachhta** being one of them. The college is an active participant in the Cyber Swachhta Mission of Government of India and it is a matter of great pride that our student Ojasvini Bhargava of BCA 2, along with 80 Cyber Swachhta Soldiers, has been awarded by Hon'ble Home Minister Shri Amit Shah ji for their excellent contribution as cyber soldiers in Cyber Swachhta Mission. Students participated enthusiastically in these events, generated awareness and contributed to the cause of nation building.

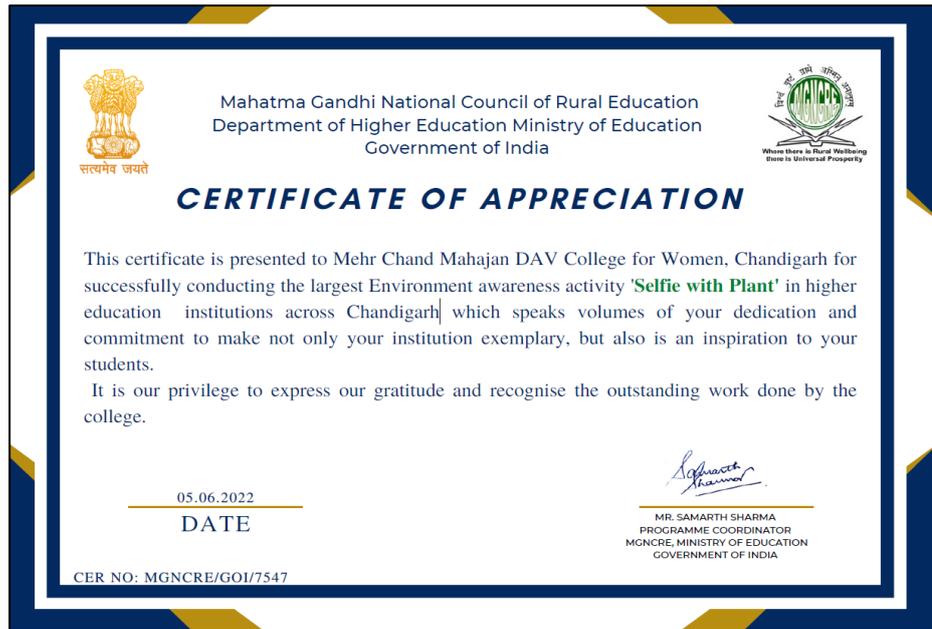


- The college received appreciation by Mahatma Gandhi National Council for Rural Education (MGNCRE) for participating in and completing the "Largest



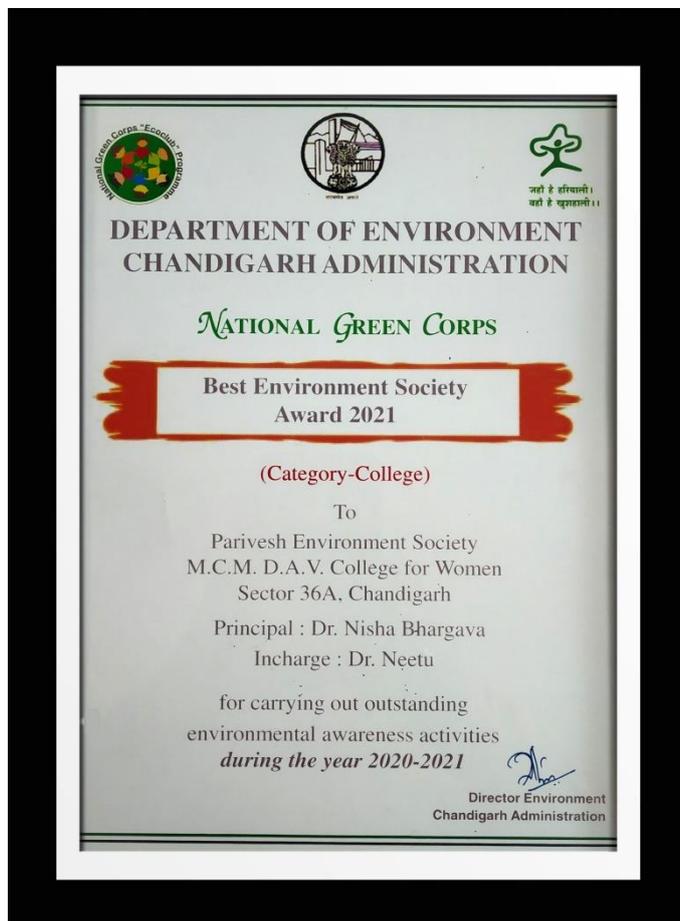
Tree Plantation Drive in Higher Education Institutions across Chandigarh” on 22 January 2022.

- The Mahatma Gandhi National Council for Rural Education (MGNCRE), Ministry of Education, Government of India gave the college an

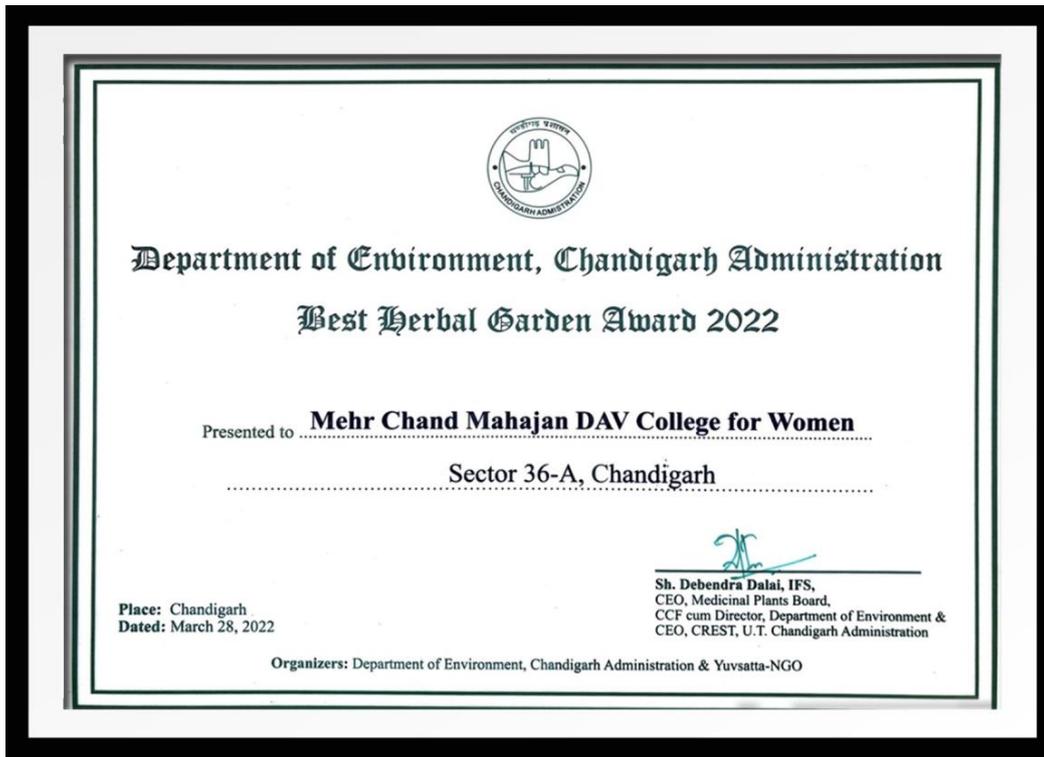


appreciation certificate for organizing the largest environment awareness activity, “Selfie with a plant” on 5 June 2022.

- The Department of Environment, Chandigarh gave the **Best Eco Club Award** 2021 to the college.



- The college also bagged the **Best Herbal Garden Award** of 2022 from the Department of Environment, Chandigarh.



- The Back to Nature and Bird Feed projects of the college received ample acknowledgement from government bodies.
- Under its **sustainable farming initiative**, the college has been growing fruits and vegetables and nearly 40 quintals have been grown on campus and shared between employees of the college.









- The college was awarded **Swachh Prerak Samman** by Municipal Corporation, Chandigarh under Mission Swachh Chandigarh.



- Sanitation drives, hygienic and healthy lifestyle drives at neighbouring villages and anganwadi schools, initiatives to fight child abuse, eco-friendly lifestyle drives and anti-plastic drives were majorly successful.
- Activities organized by **Geetanjali Counselling Helpline** gave psychological support to more than 200 participants.
- Nearly 150 students participated in various initiatives of women development cell including drives to collect and distribute sanitary pads and to generate awareness about PCOS.
- **Awareness rallies** on water conservation, Swachhta, personal hygiene etc have been organized by NSS Units and UBA Cell of the college with an aim to generate awareness among masses.



Problems encountered

- Constraints of syllabi and the semester system pose a hurdle in the planning and execution of several activities.
- For village-based events and activities, co-ordination with administrative bodies becomes challenging.
- Our anti-plastic campaign faced a genuine argument from shopkeepers who said that most branded products come packaged in plastic. Major changes in the manufacturing sector and state policy regarding plastic use are therefore required to fully implement the campaign.



Mehr Chand Mahajan DAV College for Women

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

Institutional Values and Best Practices

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