



Activities Report

April 2022 - June 2022

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

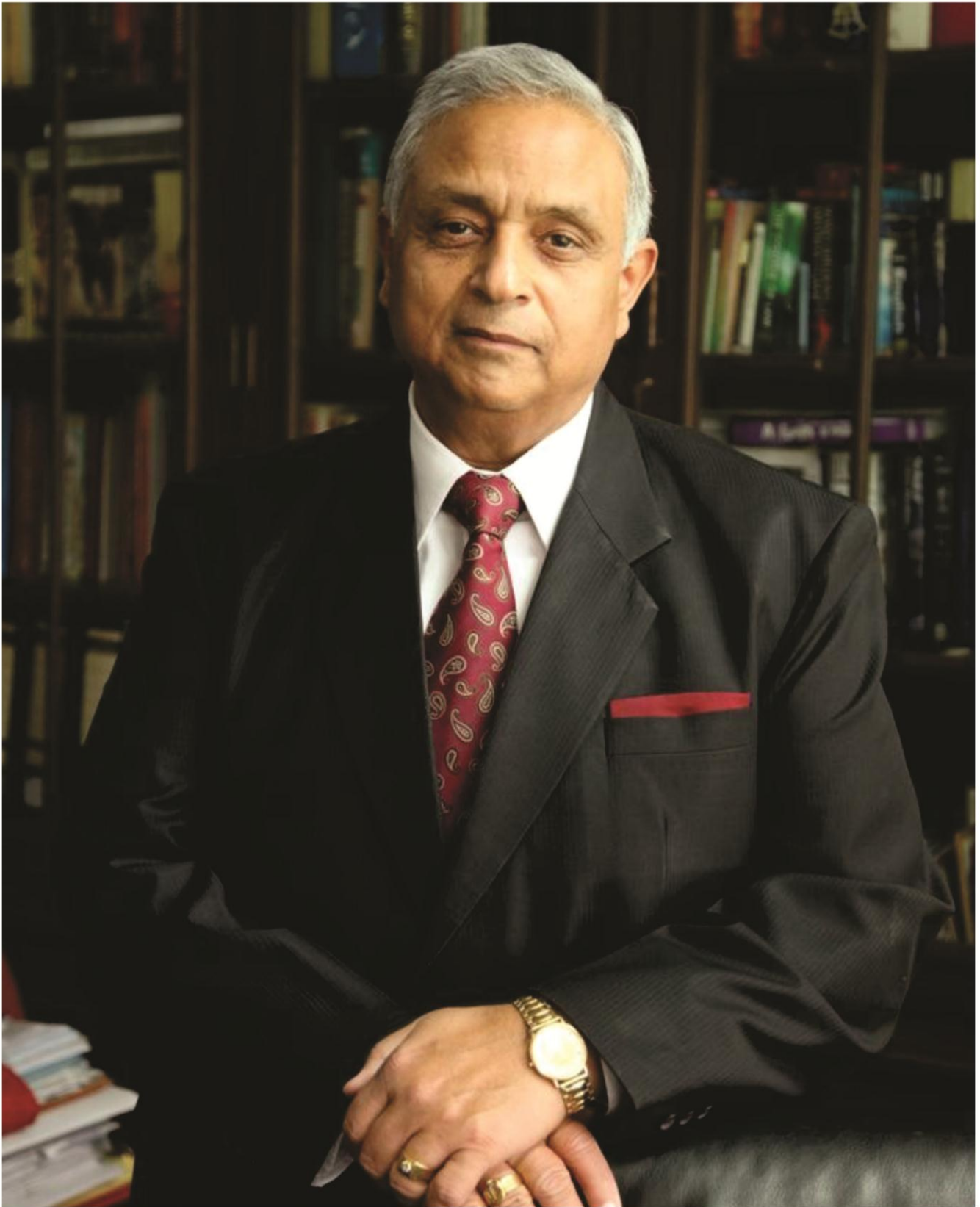
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Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

Our Guide and Mentor



Dr. Punam Suri Ji, Padma Shree Awardee
Hon'ble President
DAV College Managing Committee
New Delhi



A Leading Luminary

Sh. Ajay Suri

Hon'ble General Secretary
DAV College Managing Committee
New Delhi



A Visionary Educationist

Sh. H.R. Gandhar

Hon'ble Vice President
DAV College Managing Committee
New Delhi



Our Guiding Light

Sh. Shiv Raman Gaur

Hon'ble Director Higher Education
DAV College Managing Committee
New Delhi



Principal's Message

True essence of education lies in our constant zeal to channelize our potential in a fast-paced and competitive world so as to create an intellectually vibrant, morally upright and culturally sensitive environment. Technological advancements have led to blurring of boundaries and there is a storehouse of knowledge and information which helps us keep ourselves conversant with the changes occurring in the world. As the scare and uncertainty caused by COVID-19 recedes, the old world-order emerges in a new avatar, this time, with a renewed enthusiasm and exuberance to make the most of opportunities which had remained elusive in the last two years. As the offline classes resumed, life with all its pulsating joys came back to the campus and reinvigorated us to scale new heights in academic and extracurricular activities. Our institution organized various programmes to facilitate learning and community outreach for the students, the brand ambassadors of our value system.

My deepest gratitude to Dr. Punam Suri Ji, Padma Shree Awardee, worthy President, DAV College Managing Committee (DAV CMC), New Delhi for his visionary leadership and encouragement. I express my thanks to Shri H.R. Gandhar Ji, Hon'ble Vice President, DAV CMC, New Delhi for his valuable guidance at all times. I also express my gratitude to Shri Shiv Raman Gaur Ji, Director Higher Education, DAV CMC, New Delhi for his most willing guidance and blessings that we receive in ample measures. With a deep sense of gratitude to the Almighty, I present this report which provides a panoramic view of our journey during the months of April to June 2022.

Nisha

Dr. Nisha Bhargava
Principal

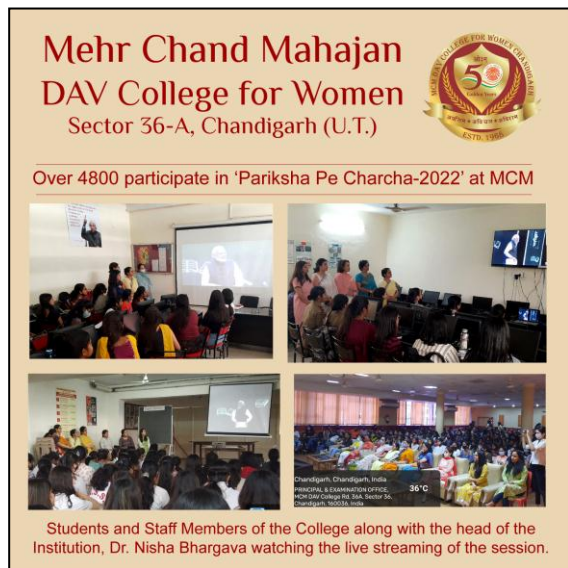
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Over 4800 participate in 'Pariksha Pe Charcha-2022' at MCM



Pariksha Pe Charcha', an annual event that is conducted by honorable Prime Minister Shri Narendra Modi was live streamed for educational institutions all over the country. Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh organized special screenings of the interaction for the students and staff members of the College on 1st April, 2022. The screenings were arranged in various venues of the College to enable maximum number of participants to join the

event. Prime Minister reiterated that exams are not something to be scared of, but an occasion to celebrate. Therefore, the students should take their exams in their stride and celebrate them rather than viewing them as a challenge. Hon'ble Prime Minister encouraged the students to take their own decisions and not get swayed by what others are saying. He said that online material that is available may be used as a value addition to the study material. Therefore, an amalgam of offline and online education may be the recipe for success and students should make the most of it. He also mentioned the role of National Education Policy 2020 as another welcome step towards the holistic development of students. Around 4500 students of the College and 300 members of the staff of the College along with the head of the Institution Dr. Nisha Bhargava keenly watched the live streaming of the session. Dr. Nisha Bhargava re-emphasised that the students should stay motivated and use this discussion or 'Charcha' as a guiding factor whenever they are confronted with similar situation in their lives. She guided the students to uphold the ideals of the Arya Samaj which aim at dispelling ignorance and promote knowledge which is the cornerstone of all educational endeavours.

MCM begins Skill Development Course on Soft Skills

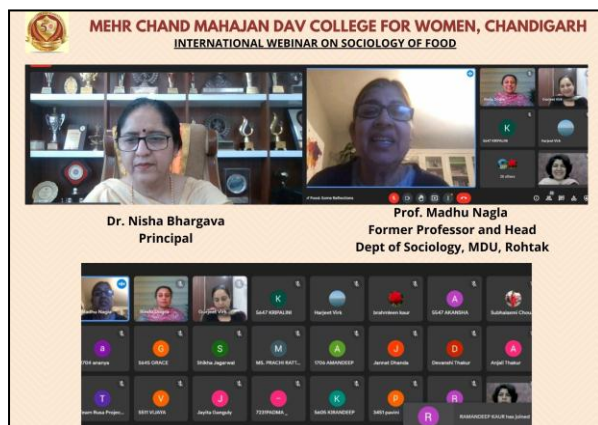


The Skill Development Committee of Mehr Chand Mahajan College for Women, Chandigarh launched a course on soft skills titled 'In-Sync: Self, Social and Shared Spaces'. The inaugural day was graced by Dr. Neeru Bali, Managing Partner of Edcosmo as the Chief Guest. Interacting with the students, Dr. Bali shared valuable tips for choosing the right career and striving for excellence.

Principal Dr. Nisha Bhargava encouraged the participants to make the best use of this opportunity and hone their employability skills. Highlighting the relevance of this course, she said that soft skills are immensely significant for success in today's era of cut throat competition. The course, consisting of forty modules, covers various topics including communication skills, time management, mental wellness, physical fitness, substance abuse, sexual health, social media, team spirit, resilience and cooperation. These modules will be covered using a blend of activities including interaction with experts, power point presentations, movies, play performance, poetry reading sessions, cultural session, circle time and much more.



MCM holds International webinar on Sociology of Food



The Postgraduate Department of Sociology at Mehr Chand Mahajan DAV College for Women, Chandigarh organised an international webinar on the topic 'Sociology of Food: Some Reflections'. Prof. Madhu Nagla, Former Professor and Head, Department of Sociology, MDU, Rohtak, was the resource person for this

webinar. The webinar basically highlighted how food has emerged as a new field within sociological research. Prof. Nagla's discussion focused on the relationship between food and people. She shared her views from different aspects on the respective topic and its changing trends in the contemporary society. The expert also highlighted as to how this theme will play a significant role in future in the area of social science research which needs to be studied by researchers, policy makers, social workers, etc.

Principal Dr. Nisha Bhargava lauded this initiative of the Sociology Department to educate students about the social, symbolic and political-economic roles of food, including production, distribution and consumption. She added that this branch of sociology holds immense importance with respect to opening up of new avenues for research work and more particularly exchanges between social sciences and food.

MCM holds discourse on income inequalities in India



The Postgraduate Department of Economics at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a discourse on 'Income Inequalities in India: Pre and Post Pandemic Era' in blended mode. Prof. Anupama Uppal, Head, Department of Economics, Punjabi University, Patiala, was the resource

person for this discourse. Inaugurating the session, Principal Dr. Nisha Bhargava gave an insight into income inequality in India as she quoted the World Inequality Report 2022, MPI Report and NITI Aayog Report on inequality. She further stated that income inequality, which is of various types such as social, political and gender, is a hindrance in the path of economic growth. Pointing out the fact that inequality has risen over time, Prof. Anupama discussed in detail the “K shape” movement in income in India that creates a divergence as well as a class divide. She quoted the data of PRICE and ICE, which represents a deep class divide in India. While comparing the pre and post pandemic era, Prof. Anupama highlighted that the sales fell but profit soared during the pandemic because government helped corporate sector to get higher profits by tax concessions but the working class had to pay more of the indirect taxes. She presented the time series analysis of real per capita national income growth in India, stating that top 10% and top 1% population experienced a higher growth rate in income and bottom 50% population faced a decline in income after 1989-99 as a proportion of the total population. She further added that this led to higher levels of inequality in income and wealth in India. Prof. Anupama enumerated the challenges confronted by the Indian economy reckoning the macro economic scenario. She concluded on a positive note as she said that India should try to adapt to the social movement, and called for government action like progressive taxation.

MCM Swachhta Committee holds National Photography and recycling of old clothes Competitions



Under the aegis of Swachhta Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, the Postgraduate Departments of Commerce and Sociology organised two separate national level online competitions. The Department of Commerce held a Photography Competition on the theme 'Pristine Mother

Nature captured in the Buoyancy of Spring' and the Sociology Department organised Andaaz- a competition on recycling old clothes. The Photography competition drew an enthusiastic response from over 245 participants from across different colleges/institutions in the periphery of Punjab and Haryana. The entries brought forward a spectrum of mother nature at its best in the spring season and the accompanying creative captions lent a meaningful connection to the sublime springtide environs. The winners were awarded cash prizes. With the aim to promote recycling of old clothes, Andaaz competition required the participants to create innovative articles from used old clothes. Old shirts, kurtis, denims, curtains and bed sheets were used to create items like cushion cover, party dress, mask, etc.

Principal Dr. Nisha Bhargava lauded the efforts of Swachhta Committee and the Departments of Commerce and Sociology to organise such thoughtful competitions that promote appreciation for nature, and the cause of swachhta and sustainability. She added that the college makes sustained efforts to aid in the realisation of a Clean India through such competitions and awareness initiatives.

MCM celebrates World Health Day with Medical Camp

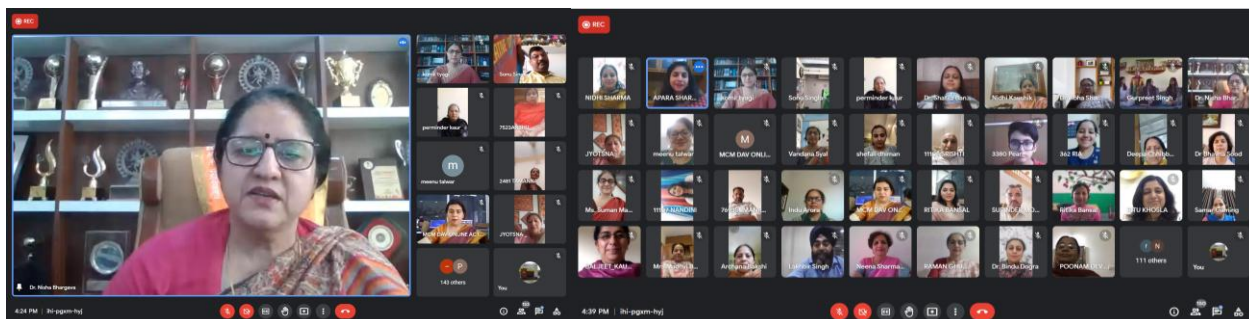


On the occasion of World Health Day, the Medical Committee and NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Fortis Hospital, Mohali, organised a Medical Camp for its staff and students. The medical team of Fortis Hospital, comprising of a panel of doctors and medical technicians, conducted a number of screening tests including blood glucose testing, blood pressure, diet counselling, ECG, bone mineral density, eye check-up, weight measurement etc. The panel of doctors included Dr. Prabhu (Cosmetic Surgeon), Dr. Sheibba Mittal (Gynaecologist), Dr. Anmol

(Orthopaedician), Dr. Tanvir Kaur (General Medicine), Dr. Shubhpreet (Dietician), and Dr. Nisha (Optometrist). During the camp, over 350 students and staff members were screened for various ailments and were given free medical consultations.

Principal Dr. Nisha Bhargava congratulated the Medical Committee and NSS units on the successful organisation of the camp. She said that a healthy mind resides in a healthy body and this is the philosophy that guides this endeavour to ensure holistic health of the college's stakeholders.

MCM holds annual PTA Meet in virtual mode



The Parent Teacher Association (PTA) of Mehr Chand Mahajan DAV College for Women, Chandigarh organised the annual PTA Meet 2022 in online mode. The meet began with inspiring address of Principal Dr. Nisha Bhargava who reiterated the fact that the parents and teachers are together in the journey of holistic development of the students. Dr. Bhargava apprised the parents of the indefatigable spirit of the college that kept the lamp of knowledge lit even in the dark times of the pandemic and reassured them that the college is committed to the cause of grooming women achievers with a strong value system. The parents were then given a brief introduction of the college and its achievements in the recent years, followed by introduction of the Deans of various faculties, Heads of Departments and Coordinators of different Committees. The parents then interacted with the respective teachers wherein their concerns and queries on a wide range of issues including exams, extra-curricular activities, career counseling and the like were handled to their satisfaction. The event was interspersed with musical renditions by the students of the Department of Music as they enthralled the audience with their Sufi song, Hindi medley and Punjabi folk song. The meeting was well attended by over 156 parents who expressed their gratitude to the college and teachers for arranging the meeting for addressing their queries and forging a communication link with the parents for ensuring a brighter future of the students.

MCM celebrates World Health Day

Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated World Health Day with great enthusiasm as its Character Building Committee, Geetanjali Counselling Helpline Committee, and the Postgraduate Departments of Psychology and Sociology organised various relevant events to mark the day.



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

importance of creating societies focused on well-being. The Geetanjali Counselling Helpline Committee, under its mental health initiative 'Swachh Mann Abhiyan' launched in 2019 to celebrate the 150th Birth Anniversary of Mahatma Gandhi, organised a Poster Making Competition on the theme 'Be Kind to your Mind' and 'Swachh Mann ki Aur Pehla Kadam'. The theme strived to elucidate the significance of educating,

understanding and supporting mental health literacy in response to the COVID pandemic. The activity witnessed an enthusiastic participation of 50 students who tapped into their creativity through brilliant art work to voice the imperative need to address self-compassion, unashamed acceptance of one's mental condition, increased resilience and self-care practices, etc.



As part of Swachhta Pakhwada, the PG Departments of Psychology and Sociology, under the aegis of the Swachhta Committee, organised an online expert lecture on 'Swachh Mann, Swachh Bharat, Positive Youth Development– A Psychosocial perspective'. The event was attended by 115 students and faculty members. The resource person Prof. Prahbjot Malhi, Department of Pediatrics, PGIMER, Chandigarh elaborated on the 6 core principles of positive youth development including confidence, competence, connection, contribution, caring, and character. Using case studies, research evidence and clinical experiences, she elaborated on the aspects of youth empowerment through sports, importance of relationships and community bonding, fostering keystone habits to bring about positive changes.

MCM celebrates World Atmosphere Day



On the occasion of World Atmosphere Day, the Department of Environment Science, Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a host of Inter-college activities sponsored by Chandigarh Pollution Control Committee. Organised under 'Azadi ka Amrit Mahotsav', the event was graced by Prof.

Sanjay Chhibber, Emeritus Scientist, Department of Microbiology, Panjab University, Chandigarh as the Chief Guest. Inaugurating the event, Principal Dr. Nisha Bhargava highlighted that factors like over-exploitation of resources, deforestation, emissions from industries, thermal power stations and transport sector, etc. have wreaked havoc with nature and the recent outbreak of pandemic is an outcome of such human activities. Calling for shifting to greener lifestyle through personal choices, Dr. Bhargava impressed upon the need of such awareness and sensitisation programmes. The Principal expressed gratitude to Chandigarh Pollution Control Committee for supporting the programme.

In his informative talk on 'Pollution and Health: Six Problems and Six Solutions', Prof. Sanjay Chhibber referred to pollution as one of the greatest public health and human rights challenges. He deliberated on the impact of pollution on human health, unquantified health impacts from many pollutants, disproportionate impact of pollution on the poor and the vulnerable, link between pollution and climate change, overlooking of the problem of pollution and cost factor of pollution, as the six problems of pollution. Suggesting elevation of pollution as international and priority and integrating it into country's





about this menace.

planning processes, increase in funding for pollution control, establishment of systems to monitor pollution and its health effects, building of multi-sectoral partnerships for pollution control, integration of pollution mitigation into planning processes for non-communicable diseases and conduct of research into pollution's impacts and pollution control as the solutions to pollution, Prof. Chhibber reminded the students of their duty to educate others

In sync with this year's theme- 'Only One Earth', the events envisioned to sensitise students about the need of concerted efforts in the direction of atmosphere and environment protection as we have only one planet that sustains life. The competitions, including Online Poster Making (Theme: Perils of Air Pollution), Best out of Waste (Theme: Sustainability), Eco-rangoli (Theme: Clean Air, Green Air) and Eco-walk (Themes: Environment Conservation, Environment Sustainability, and Clean and Green Air), were designed to encourage students to propose possible solutions to the problem of air pollution. Over 115 entries in various activities were received and the 5 best entries in each competition were awarded with cash prizes.

MCM holds Employment Enhancement Programme



The Placement Cell, Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an offline Employment Enhancement Programme on the topic 'Grow with Google'. Mr. Paramjit Singh, Director, Regional Centre for Entrepreneurship Development, Chandigarh, Mr. Rajiv Dhar, Executive Director- Operations, NASSCOM

Foundation and Mr. Mudassir Zamin, Programme Manager for CSR, NASSCOM Foundation were the noteworthy guests for the event. Mr. Paramjit Singh began the session by sharing his experience as an entrepreneur and encouraged the students to consider entrepreneurship as a career option. The keynote speaker Mr. Rajiv Dhar enlightened the students about the growing job opportunities in India's private sector. He also familiarised the students with various scholarship courses offered by them in the field of business analytics, graphic designing, project management, soft skill development etc., which will provide a platform for the candidates to uplift their skills, boost their confidence and the chance of earning while learning. The focal point of his speech was Business Analytics course which he explained in detail by quoting relevant examples. He further highlighted the significance of financially independent females in our society. The session witnessed enthusiastic participation of over 103 students.

Principal Dr. Nisha Bhargava lauded this endeavour of the Placement Cell to equip students with the knowledge of the skills that enhance their employability quotient. She informed that besides being proactively involved in getting students placed in big companies like Infosys, TCS, Concentrix, Convergys, Tommy Hilfiger, Wipro and Tech Mahindra, the college's Placement Cell also organises such programmes to bridge the industry-academia gap.

MCM holds 'Meet the Author'



Marching forward in its endeavour to motivate young women to strive for their goals, the Postgraduate Department of English, Mehr Chand Mahajan DAV College for Women, Chandigarh organised a session 'Meet the Author'. The resource person, Major Priya Jhingan, Lady Cadet No. 1 of the Indian Army talked about the journey of her life which is encapsulated in her autobiography 'Marching On'. Being a passionate story teller and a zealous speaker, she shared some life skills that stood her in good stead. Major Priya also shed light on better oratory skills and leadership qualities for success in life. The event saw the participation of over two hundred students of the college. They were extremely delighted to hear Major Priya relate her anecdotes, the challenges that she faced in her life and the choices that she made.

Principal Dr. Nisha Bhargava, in her address, encouraged the participants to strive for their goals and work for turning their dreams into reality with dedication and focus. She added that such inspiring sessions help in motivating the students to learn from the life experiences of achievers.

MCM celebrates Baisakhi with 'Savour the Flavours of India'



Ringing in the festival of harvest-Baisakhi with zeal and festive fervour, the Character Building Committee, under the aegis of Ek Bharat Shrestha Bharat Club, of Mehr Chand Mahajan College For Women, Chandigarh organised 'Savour the Flavours of India'. As part of the event, Foods of India Competition

was organised wherein over 24 stalls were put up by students presenting the mouth watering delicacies of different states of our country in an aesthetically appealing manner. The event witnessed the diverse Indian palette of flavours and also had the enterprising staff put up stalls of traditional dishes like Punjab's gulgule, kheer, poori-chhole, lassi, saag and makki ki roti, Himachal's meetha, khatta, madra, babru, Rajasthan's dal bati, Bengal's sweet rice, Gujarat's dhokla, dal dhokli, mohanthal, Uttar Pradesh's thandai, veg biryani, nimona, ghugni, shahi tukda, South India's dosa, idli and sambar, providing glimpses of the rich culinary culture of India. A colourful cultural extravaganza that included traditional dances, 'bhand' performance and folk songs, added to the vibrancy of the event. The entire atmosphere soaked in the spirit of festivities as the staff and students got together to express gratitude to Mother Earth for providing food and sustenance, and to celebrate India's unity in diversity.

Principal Dr. Nisha Bhargava lauded this endeavour to celebrate India's unity in diversity. She prayed for humanity's well-being as she added that this festival celebrates mankind's boisterous spirit, encapsulating in its essence the arrival of the harvest season and the onset of the Hindu New Year, ushering in a period of material prosperity and spiritual awakening.

MCM holds workshop on Diversity Sensitisation



The Foreign Students Cell and Equal Opportunity Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of IQAC, organised an online national workshop on 'Diversity Sensitisation: Issues and Challenges'. Prof. Abha Chauhan, Department of Sociology, University of Jammu and President of Indian Sociological Society,

was the resource person for this enlightening workshop. Over 145 students and faculty members participated in the workshop. As she highlighted the various issues and challenges in diversity sensitisation, Prof. Chauhan said that when it comes to countries like India, the issue of diversity takes different connotations. Stressing on practice of respect and tolerance for others' culture and way of life, Prof. Chauhan stated that inclusive policies are imperative for eradication of discrimination. She stated that the goal of a peaceful society and a progressive nation can only be achieved through mutual understanding of others' background and accepting others' culture harmoniously. Pointing out to the fact that violence resulting from insensitivity towards diversity leads to economic inequalities, job losses and migration, Prof. Chauhan said that integration and synchronisation help in strengthening the society. She especially emphasised on the metanarrative task of teachers, students and researchers to dismantle the prevalent discrimination based on diversity and to reconstruct our society into a uniform and universal one. The participants found the workshop immensely engaging and felt motivated to change their and others' outlook towards diversity. Principal Dr. Nisha Bhargava highlighted the need to break the shackles of stereotypical thinking for a better society. She added that every individual is unique and we must endeavour to respect and appreciate one's individuality, and live in harmony with each other for a peaceful and prosperous society.

MCM holds Soft Skills course



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. It was conducted in collaboration with Mahindra Pride Classroom, Chandigarh. 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. The topics covered in the sessions included seven Cs of communication, identifying strengths and weaknesses, 'I Am Unique' activity with the aim of self-discovery, Resume Writing, Digital Identity, Group Discussions, Stick Man Activity, Demo Interview Sessions, Problem Solving Skills, Team work and collaboration, to name a few. The participants felt that the course helped in making them better prepared to handle interviews, group discussions and presenting themselves in different situations as well as in the group activities. Principal Dr. Nisha Bhargava expressed appreciation for the efforts of Placement Cell to hone the soft skills of students that are crucial ingredient for success in professional as well as personal life. She added that the Cell works consistently to enhance the employability of students through such meaningful endeavours.

MCM celebrates World Heritage Day



On the occasion of World Heritage Day, the Department of Fine Arts under the aegis of Ek Bharat Shreshtha Bharat Club at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a Painting Exhibition cum Competition on the Monuments of India. The celebration envisioned to convey an important

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

The paintings of monuments like Qutub Minar, Sun Temple Konark, Humayun's Tomb, Hawa Mahal, Taj Mahal, Charminar and Chariot Temple showcased by the students reflected a deep immersion in the rich cultural heritage of Indian subcontinent. The exhibition was an aesthetic display of insightful understanding of the amalgam of art, religions and folklore that celebrate India as one of the most culturally rich and diverse countries in the world. Cash prizes were awarded to the winners of the competition.

MCM holds workshops on Good Lab Practices & Food Adulteration



The Food Science Department of the College, in two separate collaborative initiatives with Bhaskaracharya College of Applied Sciences (BCAS), New Delhi and AFSTIA, and Gargi College, Delhi University, New Delhi, organised national online workshops on Good Lab Practices

and Food Adulteration, respectively. The workshop on Good Lab Practices in Biological and Chemical Sciences had Prof. Archana Bhatnagar, Department of Biochemistry, Panjab University, Chandigarh, Dr. Vivek Narayan Singh, Head of Division, Environment Protection Division, Shriram Institute of Industrial Research, New Delhi and Dr. Dipanjan Dutta, Ramalingaswami Faculty, Department of Biochemistry, Panjab University, Chandigarh as the resource persons. The experts deliberated on the significance of understanding good lab practices and their implementation, by citing various examples and incidences from laboratory environment. The workshop was followed by a contest on Good Lab Practices: Click a Pic. During the workshop on 'Food Adulteration: Unboxing the Boxes', under the aegis of National Academy of Sciences Delhi Chapter, Science Society Programme, the resource person was Dr. Geeta Mehra, Assistant Professor, Department of Food Science, Mehr Chand Mahajan DAV College for Women, Chandigarh. Dr. Mehra shed light on the range of scientific methods that have evolved over time to exhibit the necessity of good hygienic and manufacturing practices amongst those handling sensitive products meant for mass consumption, especially food. She further stressed on the need of authentic testing of food adulterant detection for value assessment and assuring consumer protection against fraudulent practices. Principal Dr. Nisha Bhargava congratulated the organising teams for the collaborative initiatives on the much required themes beneficial to the student community. She said that the topics of both the workshops holds immense relevance for widening the horizons of the students.

MCM holds sessions on career counselling



With the objective of facilitating students in making informed career choices, the Career Counselling Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised two different sessions titled 'How to prepare for UGC-NET exam' and 'Creating Vision and Purpose for Career and Life and Ways to Achieve It'. The resource person for the

session on preparation for UGC NET exam was Mr Amandeep Bansal, Expert in UGC-NET Training, IBS Institute for Competitive Exams. Mr. Bansal gave useful tips to the students related to preparation for the exam including major areas on which questions are asked, time management before and during the exam and strategies to attempt the papers. He also suggested subject wise reference books which can help the students to prepare for the exam. 130 students of postgraduate classes of multiple streams attended the session and benefitted from it. The session on 'Creating Vision and Purpose for Career and Life and Ways to Achieve It' was conducted by Mr. Sreenivasan. R., Chief Customer Officer, Career Launcher Group. Over 129 students from various streams attended the session. Mr. Sreenivasan motivated the students to think out of the box and work towards building a career in their area of interest. By giving examples of stalwarts from the business world, Mr. Sreenivasan urged the students to identify the purpose of life and focus on the path to success. The session culminated with a diagnostic test of the students to help them realise their potential and suitable career opportunities. Principal Dr. Nisha Bhargava lauded the efforts of the Career Counselling Cell to guide students on the crucial aspect of career choices and success in one's career. She motivated the students to pursue their career goals with focused determination, after due consideration of one's strengths and interests.

MCM holds National Symposium on Digital Identity



The Postgraduate Department of Economics at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a national symposium on the topic 'Digital Identity: Catalyst for Digital Economy'. Mr. Sumnesh Joshi, Deputy Director General, Unique Identification Authority of India (UIDAI) was the

resource person and Prof. Ajeet Angral, Consultant UTs of J&K and Ladakh, AICTE, New Delhi was Special Guest on this occasion. In the inaugural address, Principal Dr. Nisha Bhargava lauded this initiative of the Economics Department to boost the knowledge quotient of the participants on the highly contextual topic of digital identity that not only enables civic and social empowerment but also makes possible real and inclusive economic gains. Drawing attention to disparity in the growth of the rural and the urban areas due to various factors including challenges in access to education, health, banking services, etc., Dr. Bhargava highlighted that digital identity ensures democratised access to services and resources. Explaining the transformation from traditional form of identity on paper to digital identity in the form of Aadhaar, Mr. Joshi elaborated on the process of issuance of Aadhaar. Mr. Joshi emphasised on how the convergence of digital identity and digital financial transactions can lead India to achieve its goal of becoming a \$5 trillion economy. He also discussed as to how digital identity has opened doors for many financial sector reforms like UPI based payment systems, e-KYC and providing Direct Benefit Transfers to the beneficiaries. The speaker informed the students that digital identity is not only limited to economic and financial aspects but also to social aspects like migrant workers, missing children identification, etc.



MCM celebrates Earth Day 2022



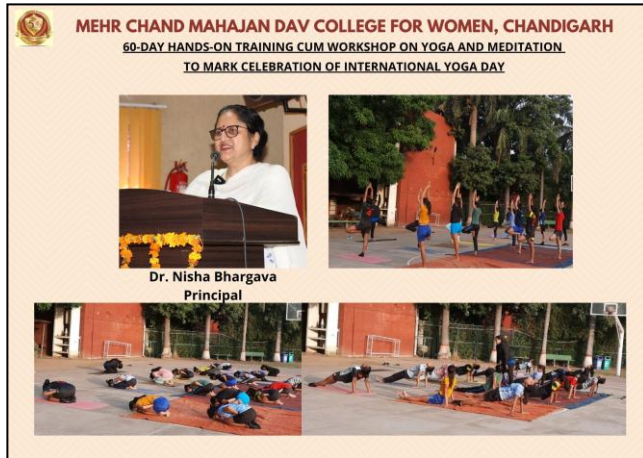
In a befitting celebration of World Earth Day, the Horticulture and Landscaping Committee, NSS units and Environment Science Department of the College organised various relevant activities. The Horticulture and Landscaping Committee, in collaboration with Mahatma Gandhi National Council of Rural Education, MoE,

Govt. of India, organised 'Best Lawn at College Campus' Competition under Swacchta Action Plan 2022-23. The NSS units held an awareness cum interactive session at Government Model High School of the adopted village Badheri. The resource person for the session was Dr. Shafila, Asst. Prof., Dept. of Environment Science of the College. The event was graced by the presence of Mrs. Sanjogita, Headmistress and Ms. Gurpreet, Teacher, Govt. Model High School, Village Badheri, Chandigarh. Dr. Shafila sensitised the students about the need to conserve the environment and protect our planet, and also pointed out the harmful effects of soil and air pollution. At the end of the session, the NSS volunteers displayed hand made posters to educate the audience about ways to conserve and protect environment. The Department of Environment Science, under the aegis of Institution Innovation Council of the college organised an online workshop on 'Floral Waste Recycling Innovatively'. Ms. Poonam Sehrawat, a renowned environmentalist, social worker, influencer, and motivational speaker, was the resource person for this enlightening workshop. Ms. Sehrawat demonstrated step wise procedure of making agarbattis, dhoop, swastik, Ganesh ji from floral waste. Principal Dr. Nisha Bhargava lauded the efforts to help students internalise the value of respect for Mother Earth through such contextual activities that drive home the message of the need to save our planet from the implications of the indiscriminate damage being done by humans. She added that the celebration of Earth Day in its true sense should entail a thoughtful contemplation on mending our ways and reassessing our contribution in saving environment and natural resources.

Report of Activities (April 2022 to June 2022)

Mehr Chand Mahajan DAV College for Women, Chandigarh

60-day workshop on Yoga and Meditation begins at MCM



The Department of Physical Education at Mehr Chand Mahajan DAV College for Women, Chandigarh, in association with the college's NCC Naval Wing, Ek Bharat Shrestha Bharat Club and NSS units, began a 60-day hands-on training-cum-workshop on Yoga and Meditation to mark the celebration of International Yoga Day.

Organised under the aegis of Fit India Movement, the workshop is being conducted by Dr. Anju Lata, Head, Department of Physical Education, Dr. Veena, Assistant Professor, Department of Physical Education and Ms. Jyoti, Assistant Professor, Department of Physical Education. Both the students and staff members are benefitting from this workshop wherein they get hands-on training in practice of various yogasnas and meditation.

Principal Dr. Nisha Bhargava asserted that yoga is an invaluable gift of India's ancient tradition and the college is proudly carrying this tradition forward. She added that the college envisions to promote holistic development of students through such meaningful endeavours.

MCM holds Intercollege Flower Arrangement Competition



The Department of Botany and Add-on course in Floriculture and Landscaping, Mehr Chand Mahajan DAV College for Women, Chandigarh organised an Inter-College Flower Arrangement Competition on the theme 'Floral Diversity and Rejuvenation'. The competition aimed at harnessing the talent and creativity of the

students while educating them about floral diversity. Keeping in mind the theme of the competition, the participants prepared floral layouts with apt titles such as 'Des Rangila', 'Like a wild flower, she spent her days allowing herself to grow', 'Life is short so make everyday an adventure', 'Kudrat ne adhar banaya, jeevo ne ghar banaya', etc. The entries were judged on the metrics of creativity and concept. In all, 21 participants belonging to the different colleges of Chandigarh took part in the event.

Principal Dr. Nisha Bhargava expressed appreciation for the creativity displayed by the participants. She said that such competitions are imperative for holistic development of the students and providing them a platform for showcasing their talent.

Results of the competition are:

Individual category:

1st: Anjoli Nameirakpam, Mehr Chand Mahajan DAV College for Women

2nd: Pooja, PGGCG-42

3rd: Jaskiran Kaur, PGGCG-42

Group category:

1st: Muskan Narula and Arkita Drivedi, Mehr Chand Mahajan DAV College for Women

2nd: Vidushi, Arpita, Chetna and Laxmi, Mehr Chand Mahajan DAV College for Women

3rd: Renu Bala and Kriti Aggarwal, Mehr Chand Mahajan DAV College for Women

MCM UBA Cell holds awareness rally on Personal Hygiene

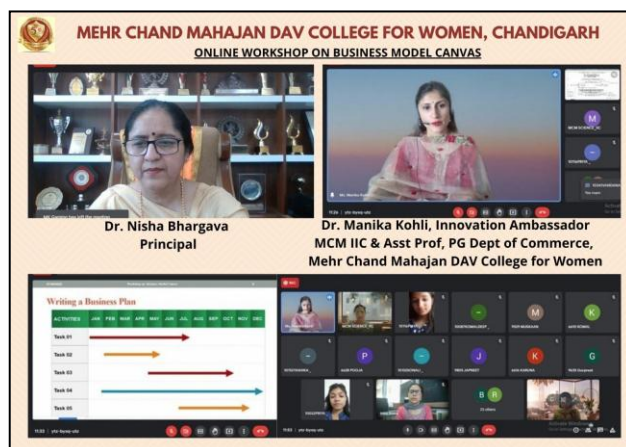


The Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Azadi ka Amrit Mahotsav, organised a rally on Personal Hygiene at the adopted villages of Badheri and Buterla. The objective of the activity was to generate awareness among the village residents about the significance of maintaining

proper hygiene on a regular basis. The resource persons of the UBA team who accompanied the students were Dr. Amandeep, Postgraduate Department of Economics and Dr. Rishu, Postgraduate Department of Chemistry. The student volunteers participated in the rally by raising slogans and carrying banners, spreading the message of maintenance of personal hygiene and keeping the surroundings clean and disease free. One of the student volunteers gave an emphatic speech highlighting the significance of un sullied environment on the overall physical and mental well-being of an individual. The posters prepared by the student volunteers caught the attention of the village students and residents in general, and reminded them of the simple ways of maintaining cleanliness and keeping diseases at bay.

Principal Dr. Nisha Bhargava expressed appreciation for the efforts of the UBA Cell directed towards rural development through such sensitisation programmes. She further emphasised the importance of personal hygiene for a healthy mind and body.

MCM IIC holds workshop on Business Model Canvas



The Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online workshop on Business Model Canvas with the aim to propagate the culture of innovation and start-ups among the students. The speaker for the workshop was Dr Manika Kohli, Innovation

Ambassador, MCM IIC and Assistant Professor, Mehr Chand Mahajan DAV College for Women. Dr Kohli provided insights into preparation of a business plan and talked presentation of a business pitch to the prospective investors. Business Model Canvas, as described by Osterwalder and Pigneur (2010) in their famous book Business 'Model Generation: A handbook for visionaries, game changers, and challengers', was the highlight of the session. Hands on training to prepare the canvas was imparted to the students through various examples during the workshop. Over 69 students and faculty members participated in the session. The students actively participated in the question-answer session and found the activity very interesting and fruitful.

Principal Dr. Nisha Bhargava appreciated the efforts of Institution Innovation Council and said that the college will continue to inculcate innovation and entrepreneurship culture in the students through such initiatives. She added that the college endeavours to encourage the entrepreneurial pursuits of students and give a practical shape to their ideas.

MCM holds lecture on Environmental Remediation Applications



The Postgraduate Department of Chemistry at Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated Azadi Ka Amrit Mahotsav by organising a lecture on 'Advanced Technological Approaches for Environmental Remediation Applications'. The lecture was delivered by Dr. Savita Chaudhary, Assistant Professor, Department of Chemistry, Panjab University, Chandigarh. More than 100 students and faculty members of the college attended the lecture and benefitted from it. The lecture thoughtfully carried out the vision to create awareness among the students in the direction of solving various environmental problems. The entire lecture was focused on the understanding of the role of Nanomaterial and Nano-chemistry in solving various environment related problems like waste water treatment, testing of adulteration in food items, etc.

Principal Dr. Nisha Bhargava lauded this highly relevant initiative of the Chemistry Department to educate students about the immensely significant role of science and technology in environmental remediation. She motivated the students to adopt an innovative approach and find out applications of science for the alleviation of various problems being faced by mankind.

MCM students shine in Khelo India



Adding another feather to the cap of Mehr Chand Mahajan DAV College for Women, Chandigarh, its students won four gold medals in the prestigious Khelo India University Games as they represented Panjab University in various events. MCM's shooters Vanshika and Gurnoor were part of the Panjab University Team in the Rifle Shooting event and won two gold medals. Adding to the medal tally, MCM's Komal won a gold medal in Boxing and Sanya won individual gold in Fencing.

Principal Dr. Nisha Bhargava congratulated the winners for their superlative performance at such an esteemed platform. She said that the college is proud of its achievers in sports that include renowned cricketers Harleen Deol, Tanya Bhatia and Riddhima.



MCM holds quiz on Ambedkar Jayanti



The Department of Political Science at Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online quiz on Dr B R Ambedkar to mark the celebration of Ambedkar Jayanti. Held under Swachhta Pakhwada, the quiz witnessed enthusiastic participation of over 64 students. The quiz was

conducted covering several aspects of Dr Ambedkar's life including early life, achievements, career, struggle, etc.

Principal Dr Nisha Bhargava expressed appreciation for Political Science Department's endeavour to pay a tribute to the Father of Indian Constitution. She said that all Indians should take inspiration from his dedication in fighting social evils and his love for the country, and dedicate their lives to make other people's lives better and to perform their duties towards the country.

The results of the competition are as follows:

First Position: Shagun Choudhary, BA III

Second Position: Riddhi Sharma, BCA I & Pearl, BA II

Third Position: Gurleen Kaur, BA I, Sugandha Kanwar, BA I & Anvi Jindal, BA III

MCM holds Upgrade 2022



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

the needs of students who are gearing up for any competitive exam. All the students of undergraduate classes were eligible to enroll in 'Upgrade' and the tests included topics like 'Grammatically Correct', 'Science We Should Know' and 'Skill of Logical Reasoning'. Around 48 students enrolled for this series. The participants enthusiastically participated in the online tests especially prepared to supplement their preparation for various competitive exams. Each topic was covered by five online tests designed by experts in their respective fields. The initiative was appreciated by the participants for comprehensive coverage of various important topics. The students utilised this opportunity to brush up their skills at the comfort of their own homes. The students who were consistent and quick in responding to the tests throughout the different test series are selected for prizes.

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

MCM holds session on Career Planning and Progression

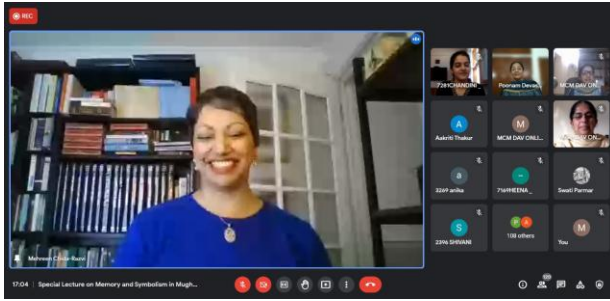


The Placement Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a session on 'Career Planning and Progression'. Mr. Raj Malhotra, Founder and Director, RAJ Malhotra IAS Academy, Chandigarh and Mr. Anuj Sharma, Faculty, RAJ Malhotra IAS Academy were the speakers for the

event. Mr. Raj Malhotra shed light on numerous competitive exams such as CAT, RBI, UGC NET and UPSC CSE. Stressing on the importance of right kind of preparation for success in competitive exams, he urged the students to start the preparation right away. Focusing on UPSC, Mr. Anuj Sharma discussed the importance of read newspapers daily and thoroughly, choosing optional subject and staying motivated. The session culminated with an interactive session wherein the speakers addressed the queries of the students. The keenness and eagerness of students to learn about these exams resulted in the participation of over 139 students.

Principal Dr. Nisha Bhargava lauded this endeavour of the Placement Cell to guide students on the crucial aspect of career planning. She added that such interactions with the industry experts enriches the students by widening their horizons and makes them better equipped to face competition.

MCM holds online lecture on Mughal Tombs



Tarikh- the History Association of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online lecture on the topic 'The Memory and Symbolism in Mughal Tombs'. Art and Architecture Historian Dr. Mehreen Chida- Razvi,

Research Associate in SOAS, University of London, Deputy Curator, Nasser D Khalili Collection of Islamic Art and Assistant Editor, International Journal of Islamic Architecture was the resource person for this enlightening lecture. Dr. Chida- Razvi threw light on how Medieval Indian rulers used funerary spaces as a medium of displaying power and sovereignty. She especially highlighted the architectural traditions of Mughal tombs and explained how the tombs built by the Mughals were symbolic of imperial power, dynastic memory and lineage, thereby dwarfing those built by the rulers of the Delhi Sultanate before them. The lecture was attended by over 130 students and faculty members. It was followed by an interactive discussion which saw active participation from both students and faculty.

Principal Dr. Nisha Bhargava expressed appreciation for this initiative of the college's History Association to educate students about the relationship between architecture and memory. She said that an understanding of the symbolism embedded in our architectural tradition is important for better understanding of our history.

MCM celebrates Cyber Jagrukta Diwas

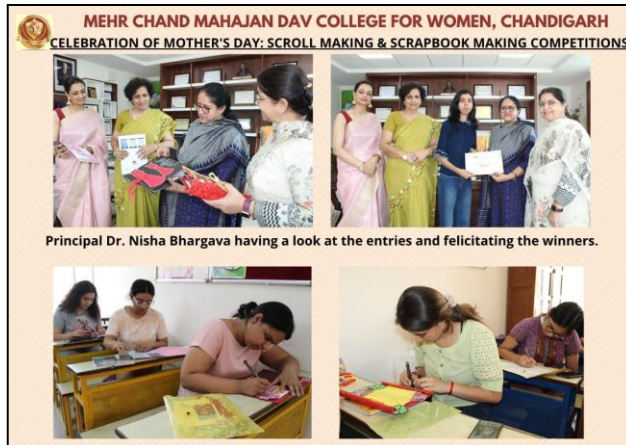


The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the college's Cyber Interns of Cyber Swachhta Mission, celebrated Cyber Jagrukta Diwas. Over 80 students participated in the celebration that included an awareness generation activity wherein students were made aware about the issue of cybercrimes and

ways to ensure one's safety in cyberspace. The Cyber Interns apprised the audience about Cyber Swachhta Mission of Cyber Cell, Chandigarh Police, which is an initiative for community level engagement to spread awareness about the current cyber threats.

Highlighting the importance of following cyber hygiene, the Cyber Interns sensitised the students about various cyber safety techniques, reporting mechanisms and ways to be cyber smart. Information about Cyber Yuva Clubs under Cyber Swachhta Mission was also shared with the students and they were encouraged to volunteer as Cyber soldiers. Principal Dr. Nisha Bhargava lauded the NSS units and Cyber Interns for sensitising students about the crucial aspect of cyber security that has become extremely relevant in this age of internet proliferation. She added that awareness and empowerment programmes are imperative to equip citizens with requisite skills to tackle the menace of cyber crimes.

MCM celebrates Mother's Day



To mark the celebration of Mother's Day, the Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised Scrap Book Making and Scroll Making Competitions. The competitions required the participants to create scrolls and scrap books showcasing the significant

role of mother in one's life. The competitions recorded enthusiastic participation of students who poured their love and reverence for their mothers in their heart warming creations as an ode to motherhood. The winners were awarded certificates.

Principal Dr. Nisha Bhargava eulogized the matchless role of mother in one's life. Dr. Bhargava appreciated the efforts to instil in students a deep sense of appreciation for the unparalleled role of mothers as beacons of unconditional love and support.

MCM Principal Dr. Nisha Bhargava and 2 faculty members conduct research on JLN Feeder Rehabilitation Project



Mehr Chand Mahajan DAV College for Women, Chandigarh- one of the country's premier higher education institution has taken up the initiative of promotion of socially responsible research. The latest research under this initiative is a minor research project (2021-2022) on the topic 'Impact of Concrete Canal Lining on Water

Conservation: A Socio-Economic Evaluation of the JLN Feeder Rehabilitation Project' by Principal Dr. Nisha Bhargava, Dr. Mamta Ratti (Assistant Professor- Commerce) and Dr. Manika Kohli (Assistant Professor- Commerce). The project has been undertaken in collaboration with NABARD, Irrigation and Water Resources Department, Government of Haryana. The primary objective of the study was to gauge the socio-economic viability of the Jawahar Lal Nehru Feeder Rehabilitation Project of the Haryana Government. Speaking about the importance of the study, Dr. Bhargava said that the issue of water conservation holds utmost relevance especially when climate change and environmental concerns are at the centre stage of all policy discussions and government deliberations across the globe. With the aim to ensure efficient water management for irrigation and other uses by building high-quality concrete canal lining,

Dr. Bhargava asserted that the results of the study will thus be instrumental for the government and the society at large. She further added that the study addresses the crucial issue of water conservation and sustainable management of water resources by analysing the responses of the farmers across the five districts of Haryana in which the canal spans, namely Rohtak, Jhajjar, Rewari, Mohendergarh and Bhiwani. An exhaustive financial analysis to examine the economic viability of the said project was conducted and the report was then submitted to NABARD.

MCM holds monthly Havan Yajna



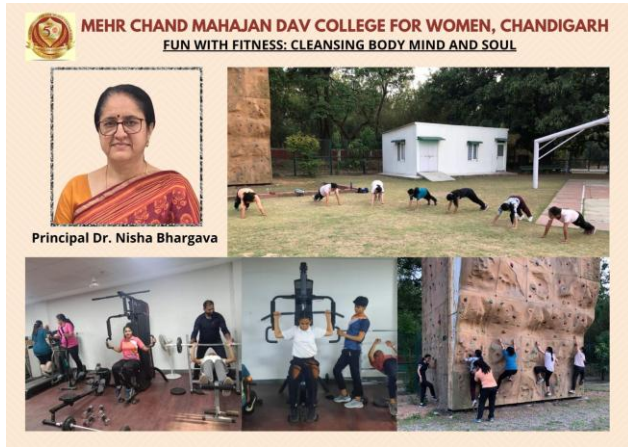
In keeping with its tradition of performing the holy havan yajna at the beginning of every month, the Arya Samaj Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised havan here today. Organised with the objective of inculcating vedic values in the students, havan is a monthly ritual at the college wherein the staff and students offer prayers to the holy fire amidst chanting of shlokas and mantras. Mrs. Saroj Miglani, a propagator of Arya Samaj and Vedic Values was Special Guest on this occasion. The staff members whose birthdays fall in the month of May were blessed with garlands by Principal Dr. Nisha Bhargava. In view of the upcoming examinations next month, Dr. Bhargava advised the students to give their best and wished them success. Sharing an inspiring anecdote from her own life, she motivated the students to dream big and then pursue that dream with dogged determination. She informed that the college has adopted a holistic approach to educating students wherein besides preparing the students for success, emphasis is also laid on inculcating moral values in them.

MCM celebrates National Technology Day with Declamation Contest



To mark the celebration of National Technology Day, the Department of Computer Science and Applications at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a Declamation Contest on the theme 'Technology for Inclusive and Sustainable Growth'. Organised under the aegis of Institution Innovation Council of the college, the contest witnessed enthusiastic participation of students. The participants eloquently shared their views on the theme, stressing on the imperative role of technology in the promotion of growth that is both inclusive and sustainable. Principal Dr. Nisha Bhargava gave away the prizes to winners. Speaking on this occasion, she emphasised that such events build confidence, team spirit and leadership qualities in students. She added that the youth should get inspiration from the contributions and achievements of scientists, researchers, engineers and all others associated with the field of science and technology.

MCM begins 45-day Fun with Fitness Programme



In line with the objective to affect behavioural change and move towards a more physically active lifestyle, the Physical Education Department of Mehr Chand Mahajan DAV College for Women, Chandigarh began a 45-day fitness programme titled 'Fun with Fitness: Cleansing Body, Mind and Soul'. The programme is being held in collaboration

with Mahatma Gandhi National Council of Rural Education, Ministry of Education, Government of India and under the aegis of Swachhta Action Plan 2022-23 and Fit India Movement. Dr. W. G. Prasanna Kumar, Chairman, MGNCRE and Mr. Samarth Sharma, Programme Coordinator, MGNCRE expressed appreciation for this unique and relevant initiative to promote healthy lifestyle. Open for both students and staff members, the programme includes eco-friendly activities including body toning, flexibility exercises, strengthening exercises and rock climbing.

Principal Dr. Nisha Bhargava lauded the initiative of the Physical Education Department aimed at furthering the vision of Government of India's Fit India Movement. She asserted that the relevance of fitness for one's overall health and well-being can never be overemphasised, and added that this programme seeks to promote fitness in a fun-filled manner.

MCM holds Yoga Camp in the run up to International Yoga Day



As part of the 100 Days Countdown Programme for International Yoga Day, the NSS units and Physical Education Department of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with State NSS Cell Chandigarh and Directorate of Higher Education UT Chandigarh, organised Yoga Camp 2022 here today. Organised under the aegis of Fit India Movement and Azadi ka Amrit Mahotsav, the camp aimed to kindle a mass movement for health and wellbeing through yoga. The event was graced by Sh. Kuldeep Singh Chahal, IPS, SSP, UT, Chandigarh as the Chief Guest and Dr. Gurdip Sharma, Secretary, GGSDS College Managing Committee, Haryana, Punjab and Former Senior Senate and Syndicate Member, Panjab University, Chandigarh as the Guest of Honour.



The resource person for the session was Ms. Keisham Monarita, a Gold medalist in yoga at National and International level. In her inaugural address, Principal Dr. Nisha Bhargava who herself is an ardent follower of yoga, inspired students and staff to adopt the practice of yoga in their daily lives for holistic well-being. She

highlighted the importance of yoga and the pivotal role it plays in rejuvenating one's mind and body, thereby leading to a healthier life. Speaking at this occasion, Sh. Kuldeep Singh Chahal expressed appreciation for this highly relevant endeavour of the college to promote the practice of yoga in the times characterised by pandemic, diseases, stress, etc. He further motivated the students to respect and nurture nature and work towards harmonious coexistence with nature.

Dr Anju Lata, Head, Department of Physical Education at the college gave a brief introduction about Common Yoga Protocol. During the session, Ms. Monarita demonstrated 15 asanas as mentioned in Common Yoga Day Protocol released by Ministry of Ayush, Government of India. These asanas demonstrated included Tadasana, Vrikshasana, Trikonasana, Bhadrāsana, Vakrasna, Salabhasana, etc. During the session, Ms. Monarita showed the correct way of doing breathing exercises like KapalBhati, Anulom-Vilom and highlighted the significance of practicing yoga asanas particularly in stressful conditions. The session concluded with Fitness Pledge. The event was a part of Yoga Mahotsav 2022- a 100-day countdown campaign launched by Government of India for the 8th International Day of Yoga which will be organised in 100 cities and 100 organizations till June 21 across the globe. A total of 576 college's NSS volunteers, staff and faculty, and NSS volunteers of around 7 other institutes joined this mega state level event.

MCM holds Mrs. Shakuntala Roy Memorial Oration Lecture on 'Survival and Resilience'



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

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

adversities, laying a strong foundation of this glorious institution, and a true tribute to her would be to take the institution to pinnacle of glory. In the introduction to the lecture's theme,



Prof. Arun K. Grover said that 2023 being the birth centenary year of Mrs. Roy, this year's lecture holds special significance. Tracing the journey of women achievers from across the globe, Prof. Grover highlighted the indomitable spirit of women and motivated the students to get inspiration from the lives of such achievers.



In his engrossing lecture, Prof. Allen Furr called upon everyone to overcome the prejudices of the past as 21st century is the beginning of the age of women. Highlighting the fact that women are placed in a position of social disadvantage, Prof. Furr emphasised that the problem is in the context we live and this, there is a dire need to rewrite the narrative among the society and reconstruct the gender narrative. He added that resilience is within every human being, the need is to invoke it by practicing mindfulness, avoiding negativity, staying strong, finding a purpose in life and seeking help when in need. Sharing examples of extraordinary Indian women who lived beyond stereotypes, Prof. Furr impressed upon the fact that for social resurgence, women themselves need to realise their innate abilities like devotion to sharing and nurturing. The lecture was well received by the audience who felt motivated to nurture resilience in themselves. In an emotional eulogy to her mother, Mrs. Manju Gosain recollected the memories of Mrs. Roy's life that was laden with inspiring stories of resilience, grit, determination, dedication, selflessness, acumen as an academician and administrator, and willpower.

MCM IIC celebrates Intellectual Property Day and holds Poster Presentation Competition on Business Model Canvas



To mark the celebration of World Intellectual Property Day, the Postgraduate Department of Chemistry at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Institution Innovation Council, organised an awareness session on Intellectual Property Rights. The resource person for

the session was Mr. Vijay Gupta, Advocate, Lexntech IP Law Office, New Delhi. A total of 93 students and faculty actively participated in the event. The session was an endeavor to acquaint the participants with various challenges associated with Intellectual Property Rights and information regarding patents especially the chemical patents. Mr. Gupta focused on types of patents and their importance in industry, and discussed copyright, artistic design in literature, trade secret, validity for IPR protection and need for patent protection. In an initiative to develop entrepreneurial skills of the students, IIC of the college organised Online Demo Day/Poster Presentation Competition on Business Model Canvas. Around 21 students actively participated in the competition. The participants presented innovative entrepreneurial ideas using the nine components (customer segments, value propositions, channels, customer relationships, revenue streams, key resources, key activities, key partnerships, and cost structure) of Business Model Canvas. The entries were judged on the basis of innovation, uniqueness and creativity. Cash prizes were awarded to the top three winners.

Principal Dr. Nisha Bhargava appreciated the efforts of IIC and said that the college will continue to inculcate innovation and entrepreneurship culture in the students through such initiatives.

MCM lifts overall trophy at Zeitgeist 2022



In a reaffirmation of excellence as the hallmark of the institution, the Postgraduate Department of Psychology at Mehr Chand Mahajan DAV College for Women, Chandigarh lifted the overall trophy and secured first rank at the Annual Inter College Psychology Fest-Zeitgeist 2022 organised by PGGCG-11, Chandigarh. It was a clean sweep for the meritorious Psychology students of the college, who clinched top positions in almost all the events. Principal Dr. Nisha

Bhargava congratulated all the winners and lauded the efforts of the faculty members of Psychology Department for this outstanding success among all the colleges of Chandigarh. She added that the college is committed to the holistic development of its students and grooms them to be achievers in varied fields.

During the fest, Shreya (BA III), Surbhi (BA III) and Anubha Sharma (BA II) grabbed first prize in the Quiz Competition. Guntaj (BA II) was awarded first prize in Poster Making Competition held on the theme 'Social and Cultural Heritage'. Zea Gill (BA I) secured second position in Debate on the topic 'Are social norms relevant?' and Anubha Sharma (BA II) bagged second prize in Face Painting on the theme 'Preserving the nature'. Eva Bansal (MA II) won third prize in Research Paper Presentation Competition on the theme 'Positive Psychology (With Special Emphasis on Atma Nirbhar Bharat)'.

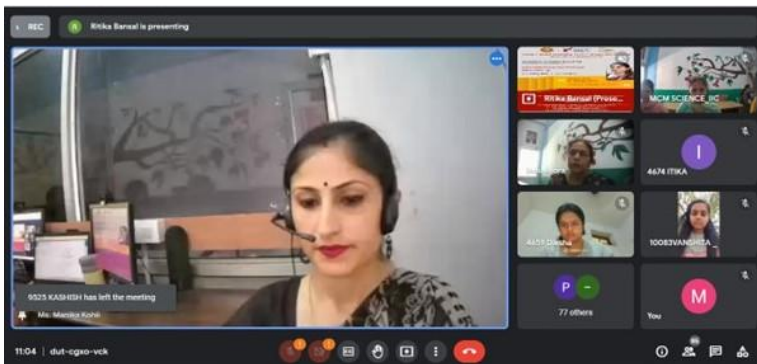
MCM IIC holds lectures on Converting Prototype into Start-up and Legal and Ethical Steps in Planning Start-up



With the objective of educating and motivating students to explore career opportunities in the area of start-ups, the Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women, Chandigarh organised two separate events that included an online session on 'Converting Innovation/Prototype into a Start-up' and an expert lecture on 'How to plan for Start-ups and Legal and Ethical Steps'.

The keynote address for the session on 'Converting Innovation/Prototype into a Start-up' was delivered by President, MCM IIC and Principal of the college, Dr. Nisha Bhargava. Dr. Bhargava said that the importance of a start-up cannot be ignored in the present scenario where the number of job seekers considerably outnumber the available job opportunities. She stressed on the practical relevance of building and validating a prototype to pitch a business proposal to prospective investors. Dr. Bhargava further added that the college, through such endeavours, envisions to encourage the culture of innovation and entrepreneurship among the students.

Dr. Manika Kohli, Innovation Ambassador (IIC) and Assistant Professor, PG Department of Commerce of the college was the resource person for the session. During the session, she acquainted the students

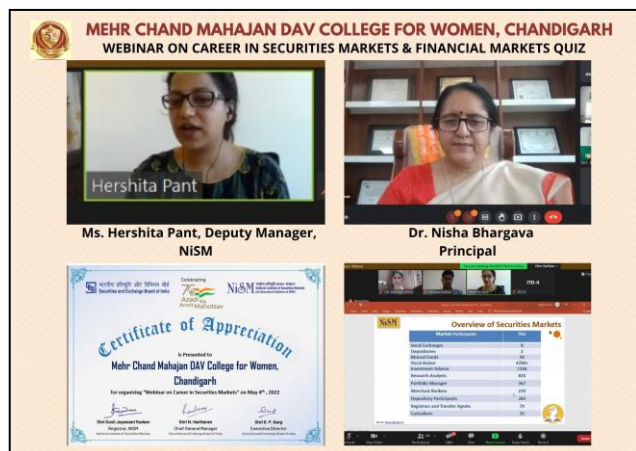


with the relevance and the art of building a prototype and further converting it into a start-up through examples of well-known companies like Groupon, Airbnb, Uber, Dropbox, etc. The students were equipped with the knowledge of giving shape to their innovative ideas by developing prototypes which will help them pitch their proposals at various platforms. Tips to convert one's idea into a prototype were also shared by the speaker. Enthusiastic participation of 105 students and faculty members made the event a huge success.



The resource person for the expert lecture on 'How to plan for Start-ups and Legal and Ethical Steps' was Women Entrepreneur Mindset Coach and Business Consultant Ms. Kajal Dubey, Founder and CEO, Our Virtual Solutions. A total of 117 students and faculty members have attended the lecture that acquainted them with planning for start-ups and various funding options. Ms. Kajal also explained in detail the various legal and ethical steps followed by entrepreneurs while doing business. The participants found both the sessions highly informative and useful.

MCM holds webinar on Career in Securities Markets

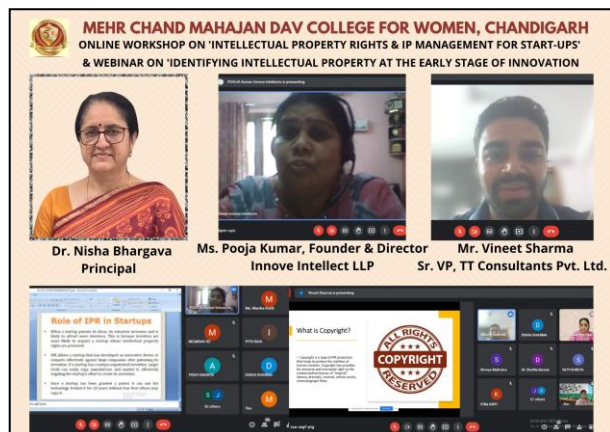


In an initiative to spread awareness and educate the students about various career opportunities in securities markets, the Postgraduate Department of Commerce at Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Securities and Exchange Board of India (SEBI) and National Institute of Securities Markets

(NiSM), organised a webinar on Career in Securities Markets. The speaker, Ms. Hershita Pant, Deputy Manager, NiSM elaborated on various academic courses related to securities markets and discussed the career opportunities in detail during the session. Ms. Hershita explained various concepts related to the financial sector using examples from the industry and apprised the students about relevant courses conducted by NiSM. The students thoroughly enjoyed the session and actively participated in the question-answer session at the end of the webinar. As many as 61 students enthusiastically participated in the webinar. In another initiative, as part of Azadi ka Amrit Mahotsav' initiative of the Government of India, SEBI and NiSM organised a nation-wide Financial Markets Quiz. The students of the college actively participated in the same. A total of 236 students of the college from various streams registered for the same.

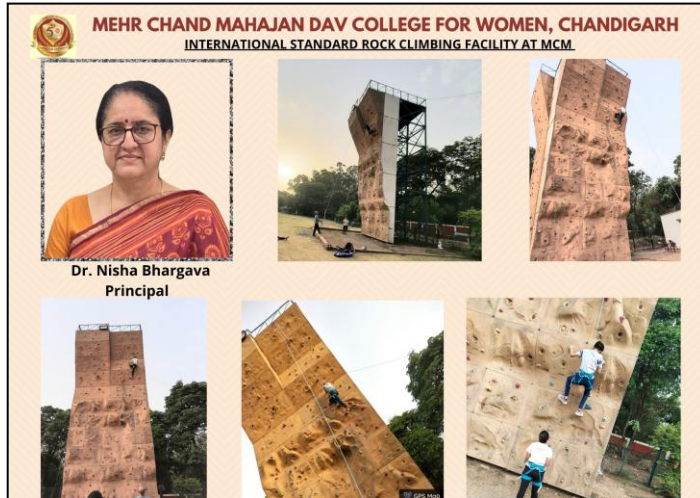
Principal Dr. Nisha Bhargava appreciated the efforts of the Postgraduate Department of Commerce to enlighten students about career opportunities in Securities markets. She added that the college regularly holds such useful sessions for apprising students about various career opportunities so as to help students make informed career choices.

MCM organises workshop and webinar on IPRs



The Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online workshop on 'Intellectual Property Rights and IP Management for Start-ups'. The resource person for the same was Ms. Pooja Kumar, Founder and Director, Innove Intellect LLP. The workshop recorded participation of over 104 students and faculty members. Ms. Pooja started the session by introducing the concept of start-ups with special reference to women entrepreneurship. She then explained the concept of Intellectual Property Rights (IPRs) and its various types with special reference to patents, copyrights and trademarks. She also talked about the government initiatives to support and boost start-ups and the benefits that can be derived from a start-up with registered IPRs. In another activity, the IIC organised a webinar titled 'Identifying Intellectual Property at the Early Stage of Innovation' by Mr. Vineet Sharma, Senior Vice President, TT Consultants Pvt. Ltd. The session started with some interesting case studies of products to explain the concept of innovation. Mr. Vineet elaborated on the relevance and importance of intellectual property rights to safeguard innovative products and ideas. He gave details about the different types of IPRs, the procedure of getting them registered and the term of validity of IPRs. With the help of case studies, he discussed products which lost huge amount of revenue due to non registration of the intellectual property at the early stage of innovation. Both the sessions witnessed enthusiastic participation of students who found the sessions highly informative and useful. Principal Dr. Nisha Bhargava lauded the endeavours of IIC to educate the future innovators about the crucial concept of IPRs. She said that the college envisions to systematically promote the culture of innovation and entrepreneurship among students through such meaningful initiatives, thereby laying the foundation of Atmanirbhar Bharat.

MCM opens its international standard Rock Climbing facility for outside females



Since its inception in 1968, Mehr Chand Mahajan DAV College for Women, Chandigarh has been a pioneer on various fronts. Living up to this reputation, the college is proud to be the first institution in Chandigarh to have introduced the adventure facility of rock climbing which meets all international standards. Introduced in the year

2005, the climbing rock is 12 mt high and 5 mt wide. After COVID forced the discontinuance of the facility, it is now operational again wherein anyone can pursue this sport under expert guidance. The Physical Education Department of the college is providing training in rock climbing to the students under the Fit India Movement initiative of Government of India.

Principal Dr. Nisha Bhargava informed that training sessions in rock climbing are being organised for the college students as well as females from outside. Highlighting the importance of this physically demanding facility, Dr. Bhargava said that conquering an ascension requires fitness and agility along with mental fortitude.

MCM inks pact with RCED



With the objective of developing and enhancing students' employability skills and entrepreneurial acumen, Mehr Chand Mahajan DAV College for Women, Chandigarh signed a Memorandum of Understanding (MoU) with Regional Centre for Entrepreneurship Development (RCED), Chandigarh. Principal Dr. Nisha Bhargava and Mr. Paramjit Singh, Director, RCED signed the MoU. Speaking on this occasion, Dr. Bhargava asserted that, in the present competitive times, simply providing curricular knowledge to the students is not enough as preparing them for the professional world and enhancing their employability quotient is equally significant. She said that this MoU envisions to open up a world of opportunities for the students through training and making available of information about various openings. The MoU paves way for collaboration between MCM and RCED for Employment Enhancement initiatives sponsored by Department of Science and Technology, Government of India, Directorate of Industries, Khadi and Village industries Commission (KVIC), Government of India, National Skill Development Corporation, Tech Mahindra Foundation, NASSCOM Foundation, SJVN, PFC, etc. As per the agreement, employment enhancement initiatives would be undertaken by RCED for the students of the college and they would be educated about various employment opportunities in different fields.

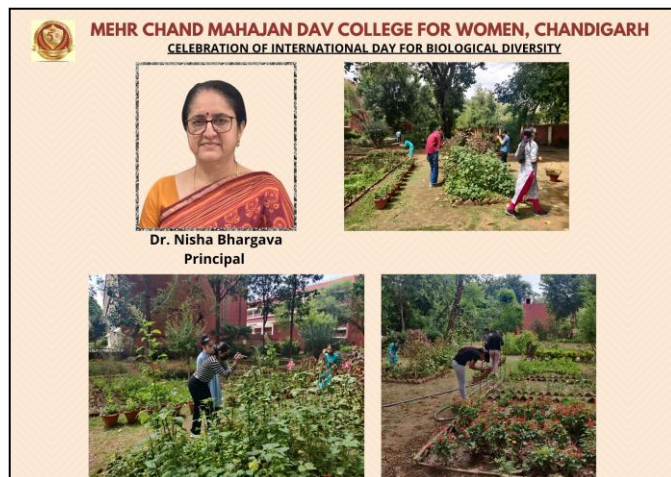
MCM gets 33 students placed in reputed companies



In pursuance of its objective to place its students in reputed companies, the Placement Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised various placement drives in which a total of 33 students were selected for various posts and 58 students were selected for internship. The highest pay package was offered by SlideTech

Systems which recruited 5 students for the post of Research Analyst at a pay package of CTC 4,02,000. In another placement drive, Catholic Syrian Bank (CSB) selected 13 students for the post of Business Development Executive. A total of 126 students had registered for the drive and after a rigorous process involving an online aptitude test and an interview, the bank selected 13 students. Touchstone Educationals LLP and The British Counsel recruited 8 and 3 students, respectively for the posts of Trainers and Counselors. 2 students were recruited during a placement drive of MyCaptain for the role of Inside Sales Executive. Bulls Eye Knowledge System Pvt Ltd (Hit Bulls Eye) selected 2 students for the profile of Counselor and 1 student for paid internship of 6 months. 57 students from undergraduate and post graduate classes of Sociology got the opportunity of paid internship at Muskurahat Foundation- an NGO working for underprivileged children. The interns, after the completion of 30 days internship programme, will receive performance based stipend, letter of recommendation and certificate of completion. All the selected students were ecstatic at their selection and thanked the college for kickstarting their career in reputed companies. Principal Dr. Nisha Bhargava expressed appreciation for the concerted efforts of the college's Placement Cell to help students realise their dream of self reliance by making available employment opportunities in national and international companies of repute.

MCM celebrates International Day for Biological Diversity



To mark the celebration of International Day for Biological Diversity, the Department of Zoology at Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Swachhta Committee (Sciences) and MCM Eco Club- Parivesh organised two activities namely, Campus Bird Count and Campus

Insect Count. The activities aimed to increase students' understanding and awareness of biodiversity issues and to make them aware about the fauna present in the college. During these activities that spanned four days, students explored the college campus for several bird and insect species, and identified 25 different genera of birds and insects present in the college premises. The students used resources like iNaturalist app, eBird, college faunal lists for identifying the birds and insects. The participants got familiar with the avian and arthropodal fauna in the college and learned how to observe the animals in different habitats.

Principal Dr. Nisha Bhargava lauded this praiseworthy initiative to create awareness about biodiversity, which is essential for maintaining the balance among all the living organisms on Earth. She highlighted the importance of such awareness initiatives by adding that biodiversity plays a significant role in regulating the Earth's climate and providing shelter for all the species of plants and animals.

MCM holds skill development workshop on Video Editing



Mehr Chand Mahajan DAV College for Women, Chandigarh, a recognised Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan Institution, in association with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Government of India

organised a 3-day skill development workshop on Video Editing (Via Mobile). Mr. Samarth Sharma, Consultant, MGNCRE was the Programme Coordinator and resource person for this informative workshop. During the workshop, Mr. Samarth gave hands-on training to the participants on various basic and applied aspects of video making, editing, presenting, polishing and adding special effects etc., using mobile. The practical session wherein participants made their own videos helped them to better understand and implement the concepts learnt during the workshop. The workshop witnessed active participation with a total of 40 registrations from students of diverse streams. The participants found the workshop highly beneficial and suggested that more such workshops be organised in future. During the valedictory, certificates were awarded to the organising team and the participants.

Principal Dr. Nisha Bhargava said that the present competitive times call for adding more weightage to one's resume through skill enhancement courses. Highlighting the importance of this workshop, Dr. Bhargava added that the impactful medium of visual presentation has become pervasive in various fields, be it education, business, entertainment, etc., and this it becomes important to equip oneself with skills in visual storytelling.

MCM celebrates International Menstrual Hygiene Day with awareness session on incinerators



To mark the celebration of International Menstrual Hygiene Day, Swachhta Committee (Arts) of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an awareness session wherein demonstration on Incinerator for Sanitary Waste was held for students. The college has installed incinerators in various washrooms in the campus as well as hostel, and this demonstration aimed to sensitise students about disposal of used sanitary napkins in a scientific and hygienic way. During the session, the importance of menstrual hygiene was highlighted and the students were encouraged to use incinerators for disposing off sanitary napkins instead of throwing them away in garbage. The students were educated about the hazards posed by burning of sanitary napkins and accumulated menstrual waste, which include degradation of environment through release of harmful toxins and thriving of pathogens on waste.

Principal Dr. Nisha Bhargava expressed appreciation for this initiative of Swachhta Committee to promote the use of incinerators, thereby promoting eco-friendly disposal of sanitary napkins as these work without generating smoke and also prevent choking of drains. She underscored the need to make females aware about the significance of menstrual hygiene and the problems caused by the improper disposal of sanitary pads.

MCM holds workshop on Excel



The Postgraduate Department of Mathematics at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a one-day workshop titled 'Excel with MS Excel'. The resource persons for this hands-on workshop were Dr Swati Sidana and Dr Sonica, Assistant Professors at the department.

Besides providing a detailed introduction to Excel and its various versions, the resource persons shared insights into usage of Excel including applying various formulas and functions, formatting of data, inserting graphs and charts, maintaining records, sorting and filtration of data. The students were provided hands on training in data entry, duplicacy, sorting, filters, calculating sum, product, average, maximum, minimum, percentage, concatenate, text to columns, count A, Vlookup, Piveting, Trigonometric function, Pie charts, column charts and graphs. The session ended with an interactive session wherein the doubts of students were cleared.

Principal Dr. Nisha Bhargava lauded the initiative to empower students with skills in the usage of MS Excel. She added that in this digital era, such workshops are imperative for capacity building.

40-hour soft skills course culminates at MCM



The Skill Development Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh successfully organised a 40-hour course on soft skills titled 'In-Sync: Self, Social and Shared Spaces'. The valedictory of the course was graced by Ms. Pragati Gandhi, an entrepreneur and an internationally recognised coach and speaker. Ms. Pragati 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 skills, 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. During the valedictory session of the course, 40 participants and 31 student mentors were felicitated. Principal Dr. Nisha Bhargava reiterated the need to focus on such courses where students are equipped with the requisite skills to enhance their employability quotient. She emphasised that education must prepare students for life after graduation and applauded the initiative of the Skill Development Committee of the college in this regard.

MCM observes World No Tobacco Day with Pledge ceremony



The NSS units and Medical Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh observed World No Tobacco Day with a Pledge ceremony. The ceremony aimed to spread awareness among the youth about the potential risks of using tobacco and the environmental impact of the entire

tobacco cycle, from its cultivation, production, and distribution to the toxic waste it generates.

The students pledged to lay the foundation for a healthier India free from the menace of tobacco. After the pledge ceremony, the NSS programme officers enlightened the volunteers about the significance of the day and motivated them to further generate awareness about it among the masses.

Principal Dr. Nisha Bhargava lauded this initiative to spread awareness in line with the WHO's global campaign under the slogan 'Tobacco: Threat to Our Environment'. She called for tobacco cessation as she pointed out that it poses serious threat to the environment besides being a health hazard.

MCM celebrates DAV Foundation Day



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

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

Alumni reminiscence life at MCM Alumni Meet 2022



In the first offline Alumni Meet after the breakout of COVID, Mehr Chand Mahajan DAV College for Women, Chandigarh welcomed its alumni in a grand celebration of alumni-alma mater bond as it organised the annual extravaganza 'Rendezvous and Reminiscences 2022'. Euphoria and nostalgia was writ large on the beaming faces of the alumni as they converged at the campus from different parts of the country to relive the unforgettable journey at MCM. 1977 batch alumna Dr. Bharti Uppal, Associate Medical Superintendent and Professor, CMC, Ludhiana graced the occasion as Chief Guest. The Special Guests on this occasion included illustrious alumni Ms. Sharandeep Kaur Brar, IAS, Ms. Gursimranjeet Kaur, PCS, Ms. Kimmi Dhanoa, Vice Principal, Vivek High School, Chandigarh, Ms. Renuka Salwan, Former DPR, PU and Ms. Neeru Bali, Entrepreneur, and, Dr. Neena Aneja, Principal, SD College, Moga, Prof. Puneet Aneja, A.S. College, Khanna, Punjab and Dr. Gurdip Sharma, Secretary, GGSDS College Managing Committee, Haryana, Punjab and Former PU Senior Senator and Syndic.

Taking the alumni on an inspiring journey of the college's progress so far, Principal Dr. Nisha Bhargava shared the story of transition from humble beginnings with four rooms in 1968 to the present state-of-the-art infrastructure including Central Instrumentation Lab, Incubation Centre, Social Science Research Lab, Maths Lab, Recording Studio,



Gymnasium Hall, Conference Rooms, etc. She added that MCM is proud of its alumni who are spreading the institution's fragrance worldwide and adding to the institutional legacy with their laudable accomplishments. Informing that the Association of MCM DAV Alumni (AMDA) donated Rs. 1 lac to the medical fraternity

during COVID, Dr. Bhargava reminded the alumni of their responsibility to give back to the institution that nurtured them in their formative years. Dr. Bharti Uppal said that an alma mater nourishes students with knowledge and intellect, and she is proud to be an alumna of MCM that is nurturing countless women of substance. She added that MCM has emerged as an institution of eminence due to the DAV ethos and value system, its leader's vision, faculty's intellect, staff's dedication and students' commitment. In a gesture expressing her gratitude towards her alma mater, Dr. Bharti gave a contribution of Rs.1 lac for providing scholarship to deserving students and also donated the prize money, that she got for winning the title of Ms. Alumna of the Year, for AMDA's cause of installation of solar lights at Badheri village under Unnat Bharat Abhiyan.

The alumni had a gala time as scintillating dance performances, soulful song recital and a host of fun games added to the fun element of the meet. A highlight of the event- Alumna of the Year Contest drew an enthusiastic response with alumni of different batches gracefully walking down the ramp to grab the title. The latest issues of AMDA's e-books 'Agastya' and 'Liaquat' were also unveiled on this occasion.

The results of Ms. Alumna are:

- Ms. Alumna of the Year: Dr. Bharti Uppal (Batch 1977)
- Ms. Retro: Mrs. Aaneet Shan (Batch 1977)
- Ms. Chic: Ms. Ritu Nag (Batch 1988)
- Ms. Sweet Smile: Ms. Sharandeep Kaur, IAS (Batch 2003)
- Ms. Graceful: Ms. Gursimranjeet Kaur, PCS (Batch 2018)
- Ms. Mesmerising: Ms. Sukriti (Batch 2020)

MCM celebrates World Bicycle Day



To mark the celebration of World Bicycle Day 2022, the NSS units and Department of Physical Education of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a Cycle Rally under the aegis of Azadi ka Amrit Mahotsav-India@75. Principal Dr. Nisha Bhargava flagged off the cycle rally from the campus.

Speaking on this occasion, Dr. Bhargava drew attention to the benefits of using bicycle- a simple, affordable, eco-friendly and sustainable means of transport, which include solving the environmental issues such as global warming, carbon foot print, etc. and, maintaining one's fitness. She added that cycling is a means of strengthening one's physical and mental health and well-being, and motivated the participants to raise awareness among masses about the significance of cycling.

The participants, including staff and students, cycled the surrounding sectors and finished the rally at the college. During the rally, cyclists displayed banners pertaining to Fit India Movement and generated awareness by raising slogans such as 'Fitness ki Dose Aadha Ghanta Roz', 'Pedal for Earth, Pedal for Future' and so on. The rally was a successful one as the participants were able to generate awareness about the relevance of the day among the commuters.

MCM NSS celebrates World Environment Day



On the occasion of World Environment Day, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with MCM Eco Club 'Parivesh', organised an awareness session and nukkad natak at Anganwadi Complex of the adopted village Badheri. During the event, the NSS

volunteers apprised the residents about the relevance of the day and ways of protecting the environment. One of the volunteers Ms. Anjali Balhara expressed her views in the form of a poem where she highlighted the consequences of deforestation on flora and fauna. The volunteers also performed nukkad natak that sensitised the residents about the harmful effects of gases like carbon monoxide, and non-biodegradable plastic waste. At the end, the volunteers appealed to the residents of the village to minimise the usage of plastics and adopt sustainable practices like usage of eco-friendly materials in their day-to-day life.

Giving the tagline- 'Plant new trees before the old ones fall', Principal Dr. Nisha Bhargava called for concerted efforts to conserve the environment as she reminded that the consequences of ecosystem loss can be disastrous. She said that it is high time that humans shift their focus from environmental exploitation to environmental healing, thereby ensuring a sustainable future.

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



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. A total of 188 students and faculty members attended the event that was held in hybrid mode. Mr. Aulakh acquainted the participants with the day-to-day functioning of digital marketers and shared insights into one of his past marketing campaigns, along with the challenges faced and how he overcame them. Mr. Aulakh also shed light on numerous digital marketing tools available for researching and guided the students about various digital marketing skill sets required in the industry.

MCM holds Online Quiz and Poster Making on Lord Buddha



The Philosophy Department at Mehr Chand Mahajan DAV College for Women, Chandigarh organised an Online Quiz and Poster Making Competition on Lord Buddha. The aim of the activities was to enlighten students about the life of Lord Buddha and to make them emulate his qualities in their lives. The students of the department also gave a presentation

depicting the life, spiritual journey and teachings of Lord Buddha. The Online Quiz and Poster Making Competition received enthusiastic response as students from diverse streams participated in them. On this occasion, the members of MCM SOPHIES-Philosophy Students Club were also awarded certificates for organising various departmental activities throughout the session.

Principal Dr. Nisha Bhargava expressed appreciation for this initiative of the Philosophy Department to educate students about the life and universal teachings of Lord Buddha. She added that such activities are highly significant for ensuring all round development of students.

MCM holds havan to bless students before exams



To seek divine blessings for its students in view of the upcoming Panjab University Examinations 2022 and in keeping with its tradition of performing havan at the beginning of every month, Mehr Chand Mahajan DAV College for Women, Chandigarh organised havan yajna here today. Sh. H.R. Gandhar, Vice President, DAV College Managing Committee, New Delhi and Mrs. Sudesh Gandhar, Senior Governing Body Member of various DAV institutions graced the occasion with their presence and wished the students for the upcoming exams.

Expressing appreciation for the college's endeavour to instill a strong value system and spiritual intelligence among students, Sh. H.R. Gandhar asserted that besides intelligence quotient and emotional quotient, it is imperative to enhance one's spiritual

quotient. He further added that the students should be appreciative of the fact that they are a part of an institution like MCM that has a special aroma of ethos, ethics, culture, and values. He also advised the students to be grateful to their parents for their sacrifices and untiring efforts, and to the teachers- the priests of knowledge for guiding them on their path to success.



In his motivational address, Sh. Gandhar urged the students to develop in themselves the qualities of compassion, confidence, determination, perseverance, tolerance, focus and much more for carving a niche for themselves. Prayers to the holy fire amidst chanting of shlokas and mantras soaked the atmosphere in

divinity. The staff members whose birthdays fall in the month of June were also blessed with garlands on this occasion. The winners of Bhor Suhani organised by Character Building Committee of the college were also felicitated after the havan.

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

MCM holds Hostel Farewell 2022



Mehr Chand Mahajan DAV College for Women, Chandigarh bid adieu to the outgoing hostellers in a glittering and heartwarming Hostel Farewell 2022. Prof. Baldev Setia, Director, Punjab Engineering College (Deemed to be University), Chandigarh graced the event as the Chief Guest. Prof. Saraswati Setia, Department of Civil Engineering, NIT, Kurukshetra, Ms. Manisha Chaudhary, IPS, SSP (Traffic and Security), UT Chandigarh and Ms. Shrutti Arora, IPS, SP (City) were Special Guests at the event. Ms. Baljeet Tiwana, Dean, Hostel was also present on this occasion. Addressing the outgoing hostellers, Principal Dr. Nisha Bhargava wished them success in all the upcoming exams and in their future endeavours. She said that it is a matter of immense pride that generations come to study at MCM which reflects the inimitable reputation of the institution. Dr. Bhargava informed that even during COVID-19, the college ensured that the teaching-learning process remains unaffected and the holistic development of the students continues unabated. Prof. Baldev Setia showered praises on the college for being an institution of eminence and, for the immaculate organisation of the event and the talent nurtured at MCM. Reminiscing his own hostel life, Prof. Setia said that hostel life is the best part of life and it is that component which completes the circuit of education. He wished success to the outgoing students and motivated them to chase their dreams. Enthralling and foot tapping dance performances had the audience swaying in amusement. The highlight of the event was MCM Hostel Queen Contest that had a bevy of beauties with brains walking the ramp with aplomb. The crowd cheered for the contestants as they vied for the coveted title. The winners were felicitated by the dignitaries.

The results of MCM Hostel Queen Contest are: MCM Hostel Queen: Anahat Gill, BA III
1st Runner Up: Shreya Prashar, BA III, 2nd Runner Up: Gurleen Kaur, BA III, Miss Radiant Smile: Th. Malemnganbi, BA III and Miss Elegant Walk: Sandeep Kaur, BA III

MCM bids adieu to final year students



With dreams of a bright future in their eyes and sadness of leaving the college in their hearts, the outgoing batch of 2021-22 at Mehr Chand Mahajan DAV College for Women, Chandigarh attended the College Farewell 2022. The farewell- a cultural, fun-filled extravaganza was a befitting and warm send-off to the students who would be leaving the portals of MCM to explore the real world. Hon'ble Justice Pritam Pal, Vice President DAV College Managing Committee (DAV CMC) graced the event as the Chief Guest and was accompanied by his spouse Mrs. Maya Pritam Pal. Sh. Shiv Raman Gaur, Director Higher Education, DAV CMC was the Guest of Honour on this occasion. The Special Guests at the event included Sh. H.R. Yadav, Chief Architect, HUDA and Mrs. Sarita Yadav, Principal, CVRM DAV School, Derabassi.

Justice Pritam Pal lauded the confidence displayed by the students during the event and said that it is reflective of the fact that the college has been successful in empowering them. Addressing the outgoing students, he said that entering the practical life is going to be challenging for them and the quintessential DAV values and discipline are going to help them in facing the challenge.



He said that constructive thoughts lead to great actions and behaviour which ultimately lead to success, thus familiarising the students with TAB (thought, action and behaviour)- the mantra for success. Quoting from vedas, he urged the students to become good human beings as being a good human leads to happiness and peace.

Expressing appreciation for the students' remarkable spirit of participation, Sh. Shiv Raman Gaur asserted that the real world awaits them with their same gusto and enthusiasm. He motivated the students to ARISE to the challenges, i.e. Attempt, Reattempt with Intensity and, then one Succeeds and sets an



Example for others to emulate. He also advised the students to be unfettered by failures and just enjoy the process and their journey. Alumna Ms. Rupali Jagga, Sa Re Ga Ma Pa 2016 finalist mesmerised the audience with her scintillating renditions. Foot tapping, electrifying dance performances added to the exuberance of the students who sang and danced along, making cherishable memories to last a lifetime. The highlight of the event was MCM Queen Contest that witnessed beautiful confident young women walk down the ramp in style, upping the glamour quotient of the event.

In her address replete with motherly affection and blessings for the students, Principal Dr. Nisha Bhargava advised them to love their challenges as they are the chapters of their success story. As she wished the students a wonderful life ahead, she dedicated a heartwarming self-composed poem to the outgoing batch that urged them to stay connected with their alma mater.

MCM wins accolades for its environment conservation and sustainability initiatives



In recognition of its crusade for the cause of environment conservation and awareness generation, Parivesh- the Eco Club of Mehr Chand Mahajan DAV College for Women, Chandigarh was awarded the Best Environment Society Award 2021 by the Department of Environment, Chandigarh Administration. Principal Dr. Nisha Bhargava along with Dr. Neetu, Coordinator of MCM Eco Club and faculty members of the Club received the award in a ceremony wherein Sh. Debendra Dalai, IFS, Director, Department of Environment was the Chief Guest. The award includes a citation, a certificate and cash amount of Rs.15,000.

In another accomplishment, Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Government of India awarded appreciation certificate to the college for organising the largest environment awareness activity 'Selfie with a Plant' in the UT of Chandigarh. Principal Dr. Nisha Bhargava and Dr. Vandana Sharma, Nodal Officer were also awarded Certificate of Appreciation by MGNCRE for their outstanding efforts for the



promotion of the cause of environmental conservation. The employees and students of the institution shared their pictures while doing plantation and the certificate is the recognition of the institution's contribution for raising environment awareness across Chandigarh. The members of teaching and non-teaching staff actively contributed by sending their selfies and by motivating the students to participate. Dr. Nisha Bhargava said that these accolades add to the enviable list of green honours conferred upon the college that include Cleanest College (Residential Category) in the country (2018) by MHRD, Govt of India, Best Citizen led Initiative (2019) by Ministry of Housing and Urban Affairs, Govt of India, Best Management of Wet Waste (2018) and Best Herbal Garden 2022 by Chandigarh Administration. She added that the college is also proud to be a MGNCRE, Ministry of Education, Govt of India recognised Swachhta Action Plan Institution, Social Entrepreneurship, Swachhta and Rural Engagement Cell Institution, VENTEL Action Plan Institution and Sustainable Campus.



MCM holds interactive session on Mind Entity



The Personality Development Club of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an interactive session titled 'Mind Entity-The Kinetics of Success'. Ms Tavishi Kumar (Founder & CEO, ShriShiksha) was the speaker for the session. Ms. Tavishi emphasised on how inner happiness and internal peace helps

our mind to stay calm in every situation. She further explained how to enhance one's perception and make life style changes to stay happier.

The concept of practicing meditation for joy and happiness was also stressed upon. The speaker explained how meditation helps one to experience a happy state of mind. Elaborating the four ingredients of happiness i.e. kindness, empathy, playfulness and inner balance, Ms. Tavishi said that by integrating these aspects into our lives, we can reconnect with a happy state of mind and step away from negativities. Over 170 participants took keen interest in the concept of inner happiness and its importance in our lives.

Principal Dr. Nisha Bhargava expressed appreciation for this endeavour and she added that such initiatives are crucial for the holistic development of the students. Having written a poem on happiness, she asserted that one should look within oneself for happiness as it is an inner state of mind and no external factors can bring about eternal happiness.

MCM signs MoU with Chandigarh Police



In keeping with its reputation of being a pioneer on varied fronts, Mehr Chand Mahajan DAV College for Women, Chandigarh signed a Memorandum of Understanding (MoU) with Chandigarh Police. The MoU aims to promote Cyber Security, Human Rights, Gender Sensitisation and emerging Police technologies. The MoU was exchanged in a state level function wherein Shri Banwarilal Purohit, Hon'ble Governor of Punjab and Administrator of UT Chandigarh was the Chief Guest. The other dignitaries present during the event included Shri Dharam Pal, IAS, Adviser to the Hon'ble Administrator, Shri Nitin Yadav, IAS, Home Secretary, Chandigarh, Madam Sarabjit Kaur, Chandigarh Mayor, Shri Praveer Ranjan, IPS, DGP, Chandigarh and I4C, MHA Director Shri Ashok Kumar besides many more senior officials. The college figured majorly in the event wherein the students of the college gave a presentation on Cyber Swachhta Mission of the Government of India. A report written by the students who worked as Cyber Interns with Chandigarh Police and by their Coordinator Dr. Minakshi Rana was also released on this occasion.

Report of Activities (April 2022 to June 2022)

Mehr Chand Mahajan DAV College for Women, Chandigarh



The students of the college who brought laurels by winning first, third and fourth prize in the Cyber Swachhta Mission Internship, held in collaboration with Chandigarh Police, under the aegis of Digital India, Ministry of Home Affairs, Government of India, were also awarded during the event. These awardees were among the 78 students of the college who had successfully completed 6 months internship as Cyber Soldiers with Chandigarh Police.

Principal Dr. Nisha Bhargava asserted that this MoU is a big milestone in the industry-academia partnership. She added that cyber security is an issue of grave concern in this era of digitalisation and such endeavours are the need of the hour.

The Cyber Interns awarded during the function are:

First Prize: Ojaswani Bhargav (BCA-II) with cash prize of Rs 25000

Third Prize: Gurpreet Kaur (BA-I) with cash prize of Rs 15000

Fourth Prize: Jasmine (BA-I) with cash prize of Rs 5000

MCM holds 'Green Home' to promote environment conservation



On the occasion of World Environment Day, the Swachhta Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with MGNCRE, Ministry of Education, Government of India organised 'Green Home'- a month-long activity under the aegis of Swachhta Action Plan 2022-23.

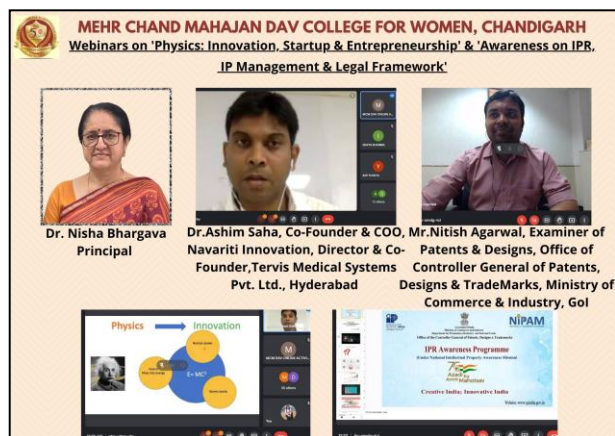
The activity aimed to promote awareness among households in tricity regarding eco-friendly practices, thereby creating 'Green Homes'. Under this novel initiative, a number of activities were carried out by students for motivating the residents of tricity to adopt a green and holistic outlook towards waste management and environment conservation. Through the practice of meaningful environment friendly initiatives at their respective homes and by educating tricity residents about waste segregation, 3Rs- reduce, reuse and recycle, waste management at domestic level, preparation of compost at home and so on, the students endeavoured to create 'Green Homes'. The best ideas and practices were awarded certificates.

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

The Best entries were:

- 1) Neem Pesticide and Disinfectant- Jasmine BA I
- 2) Waste Management in CTU buses- Tania Singla BSc III

MCM holds webinars on Innovation and Entrepreneurship in Physics & IPR



Department of Physics under the aegis of Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised webinars on 'Physics: Innovation, Startup and Entrepreneurship' and 'Awareness on IPR, IP Management and Legal Framework'. The speaker for the webinar on 'Physics:

Innovation, Startup and Entrepreneurship' was Dr. Ashim Saha, Co-Founder and Chief Operating Officer, Navariti Innovation and, Director and Co-Founder, Tervis Medical Systems Pvt. Ltd., Hyderabad, Telangana, and for 'Awareness on IPR, IP Management and Legal Framework' was Mr. Nitish Agarwal, Examiner of Patents and Designs, Office of the Controller General of Patents, Designs and TradeMarks, Ministry of Commerce and Industry, Government of India. Dr. Ashim Saha shed light on the role of Physical Science in the evolution of modern technology, the structure and dynamics of start-up based on Physical Science and the key skills required to be a successful entrepreneur. A total of 76 participants participated in the webinar. During the webinar on 'Awareness on IPR, IP Management and Legal Framework', Mr. Nitish Agarwal highlighted the importance of patents in today's innovative world. The participants got to know about the different types of intellectual property rights and why awareness on IP rights is absolutely crucial for inventors. The speaker familiarised participants with the concept and importance of patents, trademarks, geographical indicators and some legal cases. Over 127 participants benefited from the webinar. Principal Dr. Nisha Bhargava highlighted the significant role of Physics in bringing about major breakthroughs and new technologies in research and development including different areas such as medical devices, alternative energy sources, communications, etc., and expressed appreciation for these meaningful initiatives to promote innovation in this important discipline.

MCM holds Novel Food Product Development Competition



The Food Science Department of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Olitia Food Pvt. Ltd., Jaipur, organised Novel Food Product Development Competition under Azadi ka Amrit Mahotsav. Dr. Ashish Singh, Principal Scientist, NDRI, Karnal was the Chief Guest on this

occasion. The competition required the participants to develop innovative recipes incorporating Olitia products. The over 52 enterprising participants made novel recipes like thandai fruit chaat, watermelon gulkand cupcake, gulkand oats payasam, sharbat elaichi cake, thandai shahi tukda and much more, displaying their creative and innovative acumen.

Principal Dr. Nisha Bhargava lauded the creative genius of the participants and motivated them to keep working towards honing their innovation skills. She added that such competitions are great platforms for students to explore their potential and display their talent, thereby encouraging excellence.

The winners of the competition are:

1st: Gurpriya Kaur

2nd: Seeya Arora and Deeksha

3rd: Prabhjot Kaur and Harmeet Kaur

4th: Sejal and Nadika

5th: Kanika Miglani and Harleen Kaur

Lecture on Punjabi drama 'Kallar' at MCM



The Punjabi Department of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a lecture on Punjabi drama 'Kallar' written by Dr. Savrajbir. The lecture was delivered by Dr. Sarabjit Singh, Head, School of Punjabi Studies, Panjab University, Chandigarh. Dr. Sarabjit

gave an insightful lecture on the drama, discussing the plot and the characters of the drama in detail.

Deliberating on the issues of unemployment, migration, etc., Dr. Sarabjit said that Kallar encourages the young generation to solve these problems with their prudence. The lecture culminated with an interactive session wherein the students discussed the intricacies of the drama with the expert.

Principal Dr. Nisha Bhargava lauded this academic endeavour of the Punjabi Department. She expressed her views on the challenges before the youth in the present era and asserted that the energy of the youth has to be channelised in proper manner in order to empower them to overcome those challenges.

Celebration of 8th International Day of Yoga at MCM



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 Hon'ble Prime Minister Shri 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. All the participants enthusiastically attended the live telecast of the Hon'ble Prime Minister's address from the Mysuru Palace Grounds, during which he emphasised the need to inculcate Yoga as a way of life and create an environment for global peace as envisioned by the UN.

The live telecast was followed by a yoga session which was the finale of the 60-day hands-on training-cum-workshop on Yoga and Meditation that began in April 2022 in the run-up to the celebration of International Day of Yoga. The resource person of the session was qualified Yoga Instructor Ms. Keisham Monarita, a Gold medallist in yoga at National and International level. During the session, Ms. Monarita discussed the importance of yoga asanas and demonstrated 15 asanas as mentioned in common yoga day protocol (Government of India). These included asanas like Tadasana, Vrikshasana, Trikonasana, Bhadrāsana, Vakrasna, Salabhasana etc. Ms. K. Monarita also explained the correct way of doing breathing exercises like KapalBhati, Anulom-Vilom and highlighted the significance of practicing yoga asanas particularly in stressful conditions. Over 200 participants including faculty members, staff and students partook in the event with great enthusiasm.

Principal Dr. Nisha Bhargava, an ardent follower of yoga herself, shed light on the importance of yoga and its positive effects on mental as well as psycho-social well-being. She reiterated that there is a greater need for inculcating better health practices in our day-to-day life through yoga for holistic well-being.

MCM holds online lecture on Sufism



Tarikh- the History Association of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a special online lecture on the topic 'Sufism and its Mystical Dimensions'. The resource person for the lecture was Ms. Mehru Jaffer, acclaimed Author and Journalist. Ms. Jaffer shed light on the origin, practices and beliefs of the Sufi saints. Choosing the famous Sufi song 'Qun Faya Qun',

Ms. Jaffer highlighted the hidden meaning of Sufi ideology. She asked the students to imbibe the important message of the Sufis of living together in love and harmony. The lecture was followed by an interactive discussion which saw active participation from the participants. The lecture saw over 100 students and faculty members in attendance.

Principal Dr Nisha Bhargava expressed appreciation for this endeavour of the History Department to enrich the knowledge base of students. She added that helping the students find the truth of divine love and wisdom is one of the objectives of education.

MCM organized ECONOVERS 2022



The Postgraduate Department of Economics at Mehr Chand Mahajan DAV College, Chandigarh hosted the 16th edition of its annual event 'Econoverse'- a national level Inter-College Economics Fest. Prof. Suman Makkar, Department of Economics, Panjab University, Chandigarh was the Chief Guest for the

event. She highlighted the significance of organising such events as she explained how important it is for the youth to participate in such events for their intellectual growth, personality development, enhancing of communication skills and building up of confidence.

Over 12 colleges participated in the fest that comprised of seven competitions which included Quiz-a-Biz, Ecoexpress, Wordoganza, Economics Antakshri, Sounds of Economics, Brain Teaser and Poster making. The participants vigorously strived to lift the trophy of each of these mentally stimulating events. The audience thoroughly enjoyed activities related to the discipline such as Eye-conomics, economics dumb charades and economic riddles. The event culminated with the prize distribution ceremony wherein winners of all the events were felicitated with trophies and certificates.

Principal Dr. Nisha Bhargava lauded the efforts made by the Economics department for organising an event of such grandeur and wished the department success in its future pursuits as well. She expressed her heartfelt connection with the subject of Economics and encouraged students to participate in competitions for their holistic development.

MCM holds online session on Lean Startup and Competition on case study of IPR disputes



The Postgraduate Department of Economics at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Institution Innovation Council (IIC), organised an online session on the topic 'Lean Startup and Minimum Viable Product/Business'. The resource person for the session was Dr. Japneet Kaur, Assistant Professor,

Department of Commerce at the college. A total 126 students and faculty members attended the webinar. The resource person deliberated on the requirements for lean startups wherein testing of business model hypotheses was emphasised upon. She further discussed the essential steps: Build- Measure-Learn to be followed for a successful business venture. Dr. Japneet focused on the need of customer-related information such as customer churn rate, lifetime customer value and product popularity as important pillars of startups. The lecture was very well supported with practical examples like Facebook, Twitter, Dropbox, etc. which have made a mark in the business world. In another event, the IIC held a competition on 'Case Study Analysis on Intellectual Property Rights disputes between Indian Companies'. The competition intended to enrich students' understanding of intellectual property rights and copyrights. Around 52 students enthusiastically participated in this competition to showcase their thinking and creative skills. The winners were awarded cash prizes and certificates. Principal Dr. Nisha Bhargava, appreciated the efforts of the Institution Innovation Council and the Economics Department to inculcate innovation, entrepreneurship, and startup culture in students through various such initiatives. She added that such initiatives are imperative to build 'Atmanirbhar Bharat'.

MCM holds 3-day workshop on Lippan Art



The Fine Arts Department of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a 3-day hands-on workshop on Lippan Art. Ms. Santosh Verma, Artist, Pidilite Industries Ltd. was the resource person for this workshop. The expert demonstrated to the participants this clay art form from the state of Gujarat, which is mostly done

by the village ladies from Kutch to decorate their homes. The participants decorated the wall of the Heritage Corner of the college with lippan art, showcasing a more contemporary way of lippan with different geometrical patterns and, images of parrot, peacock and humans.

Principal Dr. Nisha Bhargava lauded this endeavour of the Fine Arts Department to promote rich Indian culture while widening the horizons of the budding artists by exposing them to a traditional art form. She congratulated the participants on providing a greater aesthetic appeal to the Heritage Corner.

MCM holds workshop for non-teaching staff



With the aim of facilitating the non-teaching staff in further enhancing their knowledge and expertise in handling various service matters effectively, a capacity building workshop was conducted at Mehr Chand Mahajan DAV College for Women, Chandigarh. The workshop had Mr. Ravi Kalia, a Service Matters

Expert as the resource person. During the highly informative workshop, Mr. Kalia shed light on meaning of service book, its contents and maintenance, and leave rules. Mr. Kalia also educated the staff about different types of leaves that employees are entitled to like maternity leave, paternity leave, extraordinary leave, etc. and the rules governing these leaves. At the end of the session, the queries of the participants were suitably addressed by the expert.

Principal Dr. Nisha Bhargava stated that office is one of the basic pillars on which the magnificent edifice of an institution is built. She added that at MCM, the vision to facilitate each stakeholder realise his/her full potential is actualised through consistent endeavours like this workshop, that help the participants gain useful insights in their concerned areas.

MCM holds session on Career Opportunities in Mass Communication, organises visit to radio studio



With the objective of enlightening students about the plethora of lucrative career opportunities in the field of Mass Communication, the Department of Mass Communication organised an awareness session. Dr. Preeti Gambhir, Assistant Professor, Department of Mass Communication at the college educated

the students about different avenues in print media, electronic media, new media, advertising, public relations, cinema, event management, web journalism, photography and research. Informing that student of any discipline can pursue a degree in Mass Communication, Dr. Gambhir asserted that backed by rising consumer demand and proliferation of mass media, there is no dearth of gainful opportunities in the Indian media and entertainment industry. In another initiative to provide exposure to the students and familiarise them with the intricacies of radio broadcasting, the Department organised an industrial visit to Mirchi studios. A total of 32 students were part of this informative visit that apprised them of the functioning of a FM station. The students of the Department also attended a special lecture by renowned journalist and author Pardeep Magazine held at Chandigarh Press Club. The budding journalists got the opportunity to learn the nuances of journalism and benefit from the expertise of Pardeep Magazine as he shared anecdotes from his journalistic journey. Principal Dr. Nisha Bhargava expressed appreciation for the endeavours of the Mass Communication Department aiming at widening the horizons of the students and bridging the industry-academia gap. She added that figuring among top Mass Communication institutions of the country for 5 consecutive years in India Today survey, MCM endeavours to provide best exposure to its students and has recently added a Recording Studio to the list of its state of the art infrastructure.

MCM holds webinar on research in behavioural sciences



The Postgraduate Department of Psychology, Mehr Chand Mahajan DAV College for Women, Chandigarh organised a webinar on 'Fundamentals of Research in Behavioral Sciences'. The resource person for the session was Dr. Amit Lal, Founder, Skills Learning Solutions. The resource person elucidated

upon meaning of research, its types, process of research, formulation of research design and testing of hypothesis. Dr. Lal also discussed in detail parametric and non parametric tests. The webinar witnessed an enthusiastic participation of over 100 undergraduate and postgraduate students along with faculty members.

Principal Dr.Nisha Bhargava expressed appreciation for this initiative of the Department of Psychology as research is the bedrock of knowledge in general and higher education in particular. She added that, thus, it is essential to develop a sound methodological base of research among the researchers to cope with challenges in the field of research.



Activities Report

April 2022 - June 2022

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