



Mehr Chand Mahajan DAV College for Women

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

ACTIVITIES REPORT

January 2022 to March 2022

Vedic Programs
Webinars
Seminars
Awareness Programs
Extension Lectures
Cultural Programs
Social Outreach Activities
Achievements
and many more.. .

Email: principal_mcmdavcollege@yahoo.com

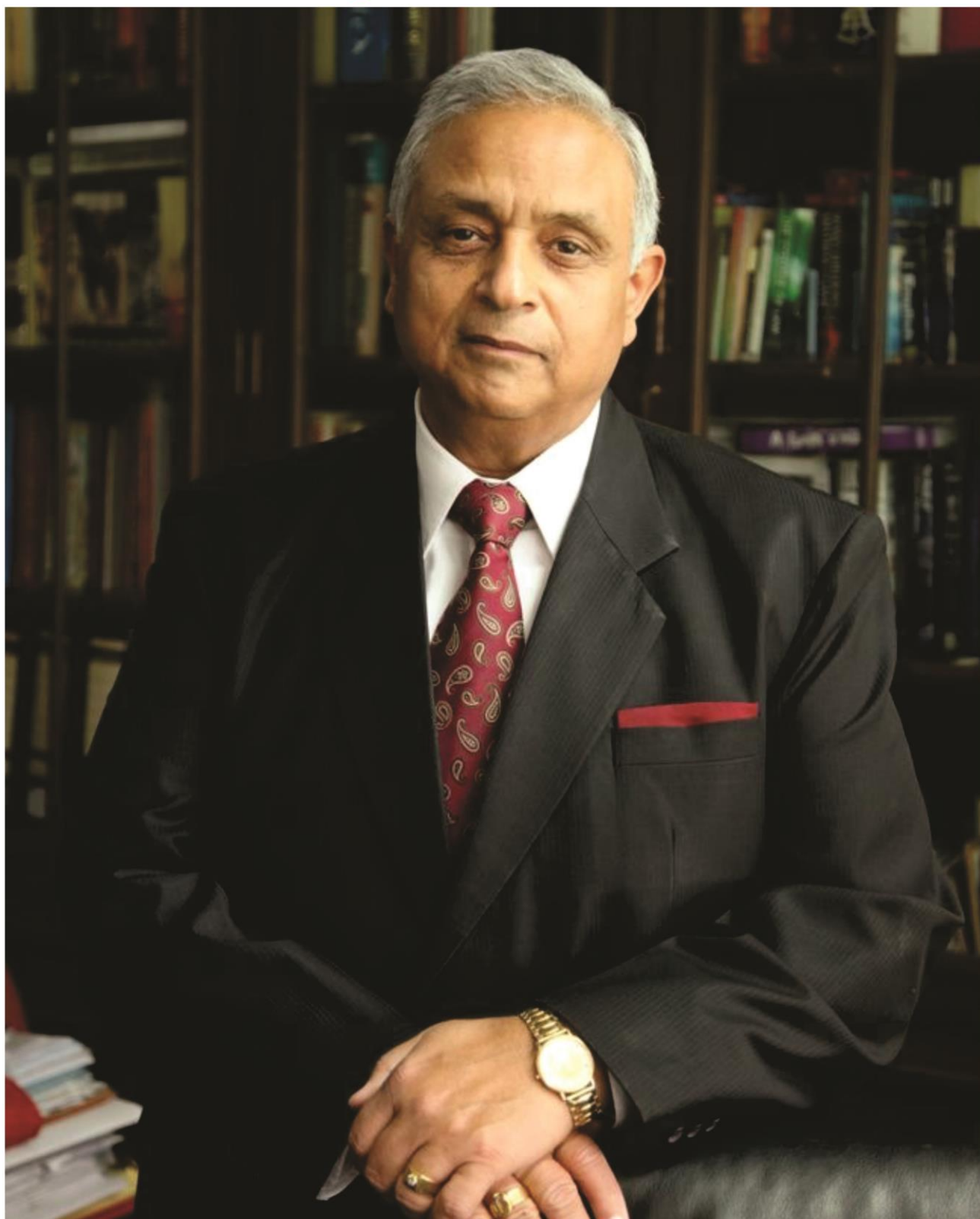
Website: <https://mcmdavcwchd.edu.in/>

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

India has emerged as a global leader during the pandemic and as we step into the post-pandemic world 2022, we rededicate ourselves to the cause of empowerment through education. New Educational Policy envisions a robust system anchored in ancient Indian value system while dynamically progressing towards more Research, Innovation and Entrepreneurship for the welfare of humanity.

Mehr Chand Mahajan DAV College for Women, as an epitome of excellence in the arena of women education makes relentless endeavours to nurture the young women ambassadors as catalyst of change in the socio-political and cultural spectrum. In the third quarter of the current academic session i.e. January to March 2022 they have engaged themselves in various programs which have channelized their potential zest and talent, bringing laurels to the institution at various platforms.

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 January to March 2022.


Dr. Nisha Bhargava
Principal

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Havan at MCM marks beginning of New Year



In keeping with its tradition of monthly havan yajna and marking the beginning of new year, 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

MCM wherein the staff and students offer prayers to the holy fire amidst chanting of shlokas and mantras. The havan was conducted by adhering to COVID appropriate behaviour.

The staff members whose birthday falls in the month of January were blessed with garlands on this occasion by Principal Dr. Nisha Bhargava. Speaking during the havan, Dr. Bhargava wished everyone a fulfilling year ahead and prayed for universal peace and prosperity. She informed that MCM 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. She added that with the aim of keeping students in touch with our rich traditions and vedic practices, havan is organised every month..

MCM celebrates National Youth Day



Celebrating 38th National Youth Day that marks the birth anniversary of Swami Vivekananda, the Philosophy Department of College, in collaboration with the college's NSS units and Young Communicators Club, organised an Indian Council of Philosophical Research sponsored Periodic Lecture titled 'A

Friend Request From Vivekananda'. The resource person for this lecture was Mr. Sudhir Baweja, Coordinator, Department of Philosophy and Vivekananda Studies, USOL, Panjab University. Inaugurating the lecture, Principal Dr. Nisha Bhargava hailed Swami Vivekananda as a major force behind reform movements, highlighting his efforts to spread the message of eternal Vedanta philosophy and to seek foreign assistance and technical knowledge for India's development. Paying tribute to this distinguished son of Mother India, Dr. Bhargava added that Swami Vivekananda's philosophy is life transforming and his life journey is so inspiring that students can learn many valuable lessons from him. In his engrossing lecture, Mr. Sudhir Baweja said that if you want to be a person with muscles of iron and nerves of steel, then Swami Vivekananda's friend request awaits you. He impressed upon the youth to befriend Vivekananda through reading of his writings and emulating his lessons in one's life. Referring to Vivekananda as the eternal youth icon, Mr. Baweja shared Swamiji's toolkit that can transform anyone into a beautiful person and help him/her achieve true success in life. He elaborated on Swamiji's toolkit for success that includes not yielding to weaknesses, 'shraddha' (self confidence), conviction in the power of goodness, absence of jealousy and suspicion, helping those who are trying to do good, positivity, character, focus, and so on.

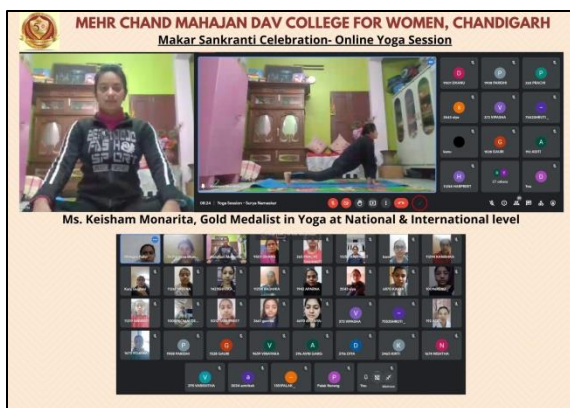
MCM holds online awareness programme on 'Eat right during COVID'



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

for health and nutrition issues across the country and to conduct Swastha Balak-Balika Spardha as part of celebration of Azadi ka Amrit Mahotsav. Dr. Harjot Kaur Mann, Assistant Professor, Department of Home Science of the college was the resource person for the programme. Dr Harjot highlighted the importance of monitoring growth vitals of children of age group 0-6 years especially during the prevailing COVID-19 conditions. She discussed about several healthy dietary approaches including immuno-enhancers. Growth and development tips to improve the height, weight and the overall health of children were also highlighted. She shared tips regarding use of immunity boosters readily available in everyone's kitchen. In addition, guidelines on post-COVID care management including type of food such as usage of prebiotics, probiotics, super immunity chargers, herbs, condiments etc. and food handling and disposing practices were also discussed. At the end of the session, doubts and queries of the participants were discussed. Lauding this highly contextual initiative, Principal Dr. Nisha Bhargava said that due to prevailing COVID-19 pandemic, it is difficult to assess the malnourishment status among children, and hence, there is a dire need to sensitize and mobilize community participation for ensuring healthy nutrition among children especially infants.

MCM NSS celebrates Makar Sankranti with yoga session



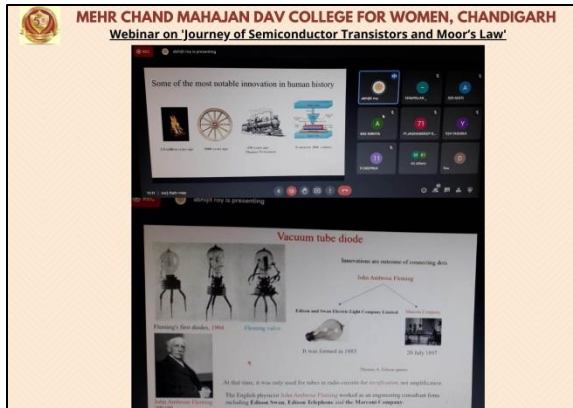
To mark the holy occasion of Makar Sankranti under Azadi ka Amrit Mahotsav, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online Yoga session on “Surya Namaskar for Vitality”. The session aimed to promote emotional as well as psychological wellness of the students

during these stressful times and to create a culture of fitness and healthy lifestyle through the practice of yogasanas.

The session's resource person was Ms. Keisham Monarita, Gold medallist in Yoga at National and International level. During the session, Ms. Keisham discussed the importance of yoga and its different aspects, especially in the prevailing COVID-19 conditions and demonstrated 12 different steps of Surya Namaskar. She explained in detail the benefits and correct way of doing Surya Namaskar and highlighted the implication of practicing yoga asanas in daily life. At the end, certain cooling asanas and pranayama were also demonstrated. The session concluded with queries of the participants that were suitably resolved by the resource person.

Principal Dr. Nisha Bhargava wished everyone on the occasion of Makar Sankranti- a festival for expressing gratitude to mother nature. Highlighting the benefit of the day's session, Dr. Bhargava asserted that Surya Namaskar provides various benefits like strengthening muscles and joints, ensuring better functioning of digestive system, helping with weight loss, etc.

MCM holds webinar on Semiconductor Transistors and Moor's Law



The Department of Physics at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a webinar on the topic 'Journey of Semiconductor Transistors and Moor's Law'. The resource person of the webinar was Dr. Abhijit Chandra Roy, Department of Physics, Indian Institute of Science,

Bangalore, India. Dr. Abhijit gave a detailed explanation of the journey of semiconductors- from vacuum tubes, diode and triode to the present semiconductor systems. He also introduced the concept of molecular electronics to the audience which is expected to replace the traditional semiconductor electronics devices. A total of 56 students and staff members participated in the webinar.

Principal Dr. Nisha Bhargava lauded this initiative of the Physics Department to widen the horizons of students regarding semiconductor transistors and motivate them for future research in this area. She expressed hope that the webinar will go a long way in educating the audience about the key features of semiconductor transistors.

MCM holds Panache 2022



The Department of Office Management and Secretarial Practice at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a hands-on 3-day online workshop 'Panache 2022'. The workshop aimed to acquaint the students with the art of Resume Writing, Interview Skills, Communication Skills and other facets of personality development

including personal grooming and professional etiquette. It consisted of three sessions conducted by Dr. Jasmine Anand, Dr. Aparna Sharma and Ms. Ruchika Singh from the college's Department of English. On day 1, Dr. Jasmine Anand apprised the participants of the nitty-gritties of Resume Writing and Interview Skills. Focusing on actual errors in resume writing, Dr. Anand discussed the appropriate resume length and content. She also familiarised the students with interview skills and helped them to work on standard interview questions, discussing the various responses to behavioral interviews, case interviews, stress interviews, online interviews. On day 2, Dr. Aparna Sharma shared with the participants tips for better communication skills. She impressed upon the participants to incorporate reading habits, deliberate on important issues and engage in discussions with their classmates on regular basis for enhancing their communication skills. The third day's session titled "Body Language and Business Etiquette: Decoding the Basics" was conducted by Ms. Ruchika Singh. She apprised the students of the nuances of non-verbal communication, primarily the body language with respect to business etiquette. The students were motivated to focus on positive body language which helps foster team spirit at the workplace. Principal Dr. Nisha Bhargava lauded this initiative to equip students with skills that add to their employability quotient. She added that in this age of cut throat competition, it is imperative to chisel one's skills including communication skills for acing competition.

MCM holds electoral awareness competitions



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

The participants were required to submit their entries on any one of the given themes including Democracy, My Vote is My Right, Every Vote Counts the Same, Getting Registered, Electoral Roll/ Voter List, Voter Card/ e-Epic, Ethical and Informed Voting, EVM and VVPAT, NOTA and National Voters' Day. A total of 25 students participated in the competitions, sharing their creative ideas in the form of music video, radio Drama, story and informative programme. All the participants were awarded e-certificates.

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

MCM holds session on eco-friendly food packaging

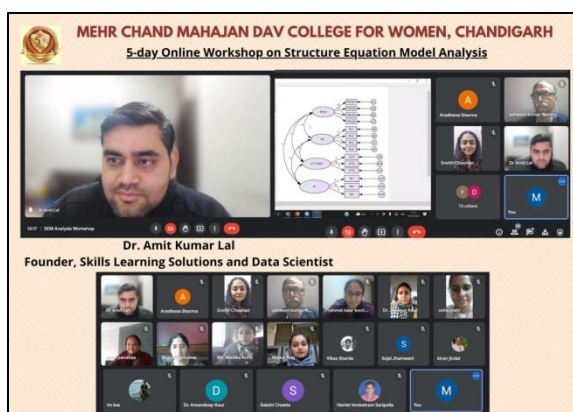


The Swachhta Committee (Arts) of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online interactive session on 'Eco-friendly Food Packaging Solutions'. The resource persons for this enlightening session were Mr. Sandeep Mehto, Founder Bharat Calling and Vikalp and Mr. Paneti Rajesh, Sanitation and

Environment Secretary, Municipal Corporation Nellore, Andhra Pradesh. The session got a befitting start with the recitation of a thought provoking poem titled 'sookha paed' by Dr. Minakshi Rana, college's Department of Sociology, composed by Principal Dr. Nisha Bhargava, that depicts the condition of trees due to indiscriminate deforestation. Thereafter, the audience took a pledge to minimise the usage of single use plastic bottles. Dr. Nisha Bhargava appreciated the efforts of Swachhta Committee for organising informative session on such a relevant topic. She added that United Nations Decade on Ecosystem Restoration (2021-2030) challenges everyone to massively scale up restoration efforts that breathe new life into our degraded ecosystems and it is high time to think of sustainable solutions.

Mr. Sandeep Mehto talked about zero waste lifestyle and eco friendly ways of reducing plastic pollution including use of edible cutlery and reusable shopping bags. Mr. Paneti Rajesh suggested plant based alternatives to plastic material used for packaging. The session ended with an interactive session wherein the participants put forth their queries as well as suggestions for ecosystem restoration.

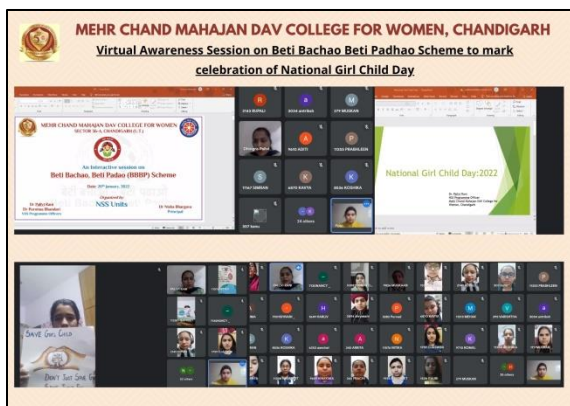
MCM holds 5-day workshop on SEM analysis



With the objective of equipping faculty members, research scholars and students with skills in using advanced research tools for quality research, the Skill Development Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a 5-day online workshop on Structure Equation Model

Analysis. Organised in collaboration with Bhopal School of Social Sciences, Madhya Pradesh, the workshop had Dr. Amit Kumar Lal, Founder, Skills Learning Solutions and Data Scientist as the resource person. The workshop began with session on meaning and use of Regression Analysis. Further, exploratory factor analysis (EFA) and confirmatory factor analysis (CFA) were explained in detail. After the detailed explanation, the concept of Structure Equation Model was introduced to the participants. Dr. Lal told the participants that a careful selection of theory to answer the problem in question is crucial for Structure Equation Model analysis. The various drawing tools of AMOS software were also explained during the workshop and a model was run to facilitate practical application. The expert took a detailed session on interpretation of findings and reporting of results in research paper. The workshop provided hands on training to the participants as practice sheets were provided for better understanding and application of the concepts learnt during the workshop. Principal Dr. Nisha Bhargava said that quality research is the tool for creating authentic knowledge for civilizations and is important for a nation's progress as well as personal and professional growth in academia. She added that the college is committed to promoting research aptitude and shall continue organising workshops on advanced research tools and techniques in the future.

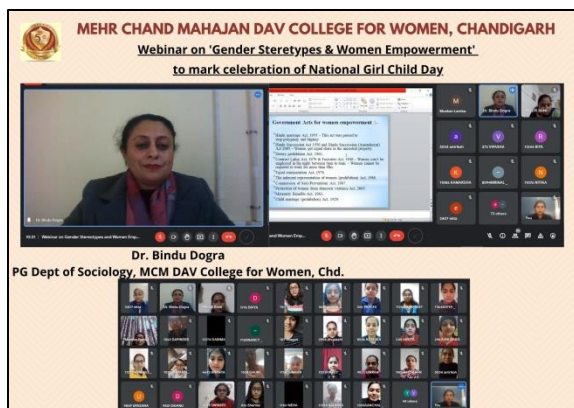
MCM NSS holds virtual awareness session to mark the celebration of National Girl Child Day



The NSS units of College organised a virtual awareness session on Beti Bachao Beti Padhao (BBBP) Scheme as part of the weeklong celebration of National Girl Child Day 2022. During the session, Dr Pallvi Rani, MCM NSS Programme Officer apprised the NSS volunteers about the objectives and significance of National Girl

Child Day and quoted examples of Mrs. Indira Gandhi, Savitribai Phule and Dr. Kiran Bedi who contributed significantly in the field of girls' education and brought revolution in the society. In the subsequent session, Dr Purnima Bhandari, MCM NSS Programme Officer briefed the volunteers about the Beti Bachao Beti Padhao Scheme, highlighting its objectives and the current strategies of the scheme adopted by the Govt. of India. Dr. Bhandari also apprised the volunteers about the eligibility condition, documents required for BBBP scheme and various initiatives launched by Govt. of India under the scheme such as Sukanya Samridhi Yojana, Balika Samridhi Yojana, Ladli Laxmi Yojana, etc. During this session, a poster making competition on the theme 'Beti Bachao, Beti Padhao' was also organised wherein the participants presented their hand made posters virtually. In the end, the queries of the audience were addressed. Principal Dr. Nisha Bhargava lauded this endeavour of the NSS units to spread awareness about the Government of India's highly significant initiative to improve the efficiency of welfare services intended for girls in India. She added that such sessions are important from the point of sensitising citizens about the issue of gender inequality and challenging the prevalent gender stereotypes.

MCM NSS holds webinar on Gender Stereotypes and Women Empowerment



As part of the weeklong celebration of National Girl Child Day, the NSS units of College organised a webinar on 'Gender Stereotypes and Women Empowerment' under Beti Bachao Beti Padhao scheme. The speaker for the session was Dr Bindu Dogra, Assistant Professor, PG Department of Sociology of the college.

More than 85 participants including staff and students of different streams attended the webinar. During the webinar, Dr Bindu shed light on the gender stereotypes prevalent in the society, and how these are restricting the empowerment of women despite various constitutional and legal provisions, programmes and policies initiated by the government. She also elaborated the concept of women empowerment and the various dimensions and parameters associated with it. The resource person also suggested effective steps for changing the stereotypical mindset so as to achieve the goal of effective women empowerment in the country, thereby ending gender discrimination and bringing gender equality in social life and working environment. In the end, queries of the audience were addressed by the resource person. A poem recitation competition was also organised on the theme 'Beti Bachao, Beti Padhao' where participants shared their poems virtually. Principal Dr. Nisha Bhargava expressed appreciation for the efforts of NSS units of the college to educate students about the important cause of women empowerment. She said that empowered women are in a better position to contribute to the health and productivity of their families, communities, and countries, and thus, women empowerment is necessary to ensure that sustainable development goals are met.

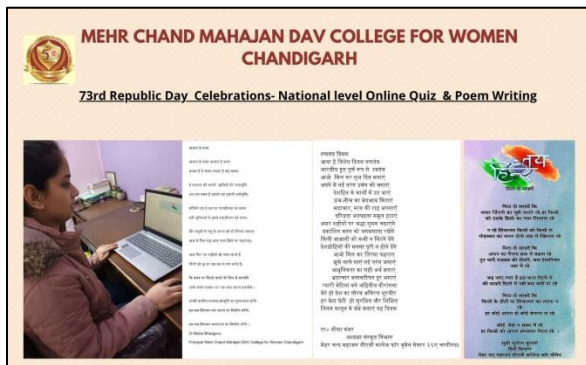
MCM NSS holds webinar on survival & protection of girl child



The NSS Units of the College organised a webinar on 'Survival and Protection of the Girl Child' under the Beti Bachao Beti Padhao Scheme as part of the weeklong celebration of National Girl Child Day 2022. The speaker on this occasion was Ms. Sakshi Muwal, Co-founder, Samvaad and a

Certified Trainer (Eradication of Child Sexual Abuse Literacy, Menstrual Hygiene). Ms. Sakshi began the webinar by drawing attention to the problems faced by females in Indian society such as female infanticide, child marriage, trafficking and gender discrimination. She asserted that there is a dire need to adopt a multi-sectoral approach to prevent and combat trafficking of women and children for commercial sexual exploitation. Ms. Sakshi educated the participants about the rights of a girl child and shed light on the initiatives taken by Government of India to protect girls' and women's rights such as raising marriage age of girls from 18 to 21, Beti Bachao Beti Padhao scheme, POCSO Act 2021, Sukanya Samridhi Yojana, etc. At the end of the webinar, 'Girl Child Protection Oath' was administered to all the volunteers with the promise to eliminate gender discrimination and work towards the safety and development of girl child. The NSS volunteers and staff members of the college also shared the Beti Bachao Beti Padhao logo on their WhatsApp status and social media handles so as to create awareness about the day among the masses. Principal Dr. Nisha Bhargava expressed appreciation for the efforts of NSS units of the college to mark the celebration of National Girl Child Day in a befitting manner. She added that it is immensely significant that the youth is sensitised about the problems faced by females so that they work towards eradication of these problems and ensuring a safer future for the girl child and women.

MCM celebrates Republic Day with online National Quiz and poem writing



On the occasion of 73rd Republic Day, Mehr Chand Mahajan DAV College for Women, Chandigarh organised a host of online activities to mark the celebration of this momentous day. The college's Ek Bharat Shreshtha Bharat Club and the Department of English held a national-

level online Republic Day Quiz with the objective to reinforce among the participants a sense of pride in the cultural diversity and democratic spirit enshrined in our constitution. A wide range of topics, such as constitutional rights and remedies, honours and awards, political and historical context of the Republic Day parade, artistic and cultural aspects of the Republic Day were included in a stimulating quiz, dedicated exclusively to the sanctity and grandeur of this glorious occasion. 392 participants from 19 states including Kerala, Maharashtra, Telangana, Odisha, Chattisgarh, Madhya Pradesh, Assam, Himachal Pradesh, Delhi and Gujarat, attempted the online quiz through the link. In another event, the Character Building Committee of the college organised a poem writing/recitation event- 'Saluting the Tiranga' for the staff members of the college. Poems were based on diverse themes including the ethos of democracy, the duties of a citizen, the sense of responsibility and accountability towards our country and the spirit of patriotism. Principal Dr. Nisha Bhargava also participated in the event by sharing her poem 'Azaad hai Vatan', eulogising the glory of our great motherland and exhorting fellow countrymen to join hands to build a new India. Dr. Bhargava applauded the Ek Bharat Shreshtha Bharat Club, the Department of English and Character Building Committee for these endeavours, saying that such programmes foster a renewed sense of pride among our youth as they commit themselves to the cause of nation-building.

MCM NSS holds webinar on 'Education for Girls'



The NSS Units of the Mehr Chand Mahajan DAV College for Women, Chandigarh organised a webinar titled 'Education for Girls: the Road to Empowerment' under the Beti Bachao Beti Padhao Scheme as part of the weeklong celebration of National Girl Child Day. The speaker for the webinar was Ms. Neena

Sharma, Head, Post Graduate Department of English at the college. More than 65 volunteers of different streams attended the webinar during which Ms. Neena expressed her views on education for girls from the global perspective and gender-based polarisation of education. She gave statistical preview of the Chandigarh school education scenario and shared with the participants the probable causes for the gender disparity in education. Stressing on the need for socio-political interventions, Ms. Neena highlighted various government schemes related to education incentives for girls. The participants found the interactive webinar highly informative.

Principal Dr. Nisha Bhargava expressed appreciation for the NSS endeavour to educate the volunteers about the role of a girl's education in societal development. She added that there is a dire need to encourage youth to reach out to the community through such awareness initiatives.

MCM celebrates National Voters' Day



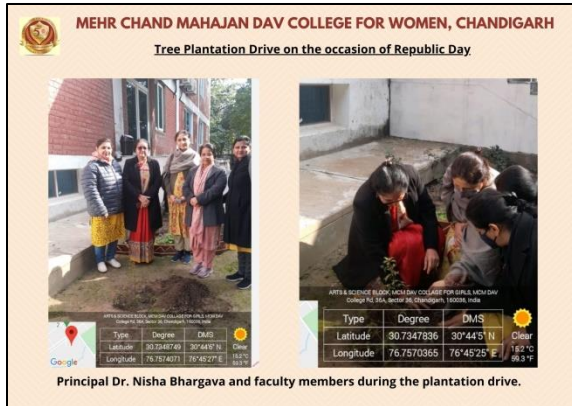
The Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated National Voters' Day with a national level Online Poetry Recitation Competition and Online Pledge ceremony. Keeping in mind the theme for this year's National Voters' Day i.e. 'Making Elections Inclusive, Accessible

and Participative', the activities by the Club envisioned to encourage young voters to participate in ensuring the integrity and success of the election process and also to educate community about the importance of exercising one's right to vote.

Over 58 students from various states participated in the Poetry Recitation Competition, highlighting the importance of vote for a robust democracy. In the online pledge, 82 students took the oath to judiciously cast their vote during the elections.

Principal Dr. Nisha Bhargava, lauding this initiative of the Electoral Literacy Club, said that every Indian should realise the value of right to vote and make judicious use of the privilege to be a voter in the largest democracy in the world. She added that the foundation of a successful democracy is laid on sound electoral processes.

MCM holds Plantation Drive



With the primary objective of imbuing the culture and spirit of green campus and promoting the concept of sustainable, eco-friendly environment, the Swachhta Committee and Horticulture and Landscaping Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a tree plantation

drive on the occasion of Republic Day. Principal Dr. Nisha Bhargava, alongwith staff members, planted saplings of Hamelia near the newly constructed Golden Jubilee Block of the college.

Speaking on this occasion, Dr. Bhargava highlighted the need to focus on more such green initiatives and plantation drives. She informed that the idea behind the plantation was to propagate the message that planting trees helps in maintaining and sustaining ecological balance, reducing pollution and improving the green ambience.

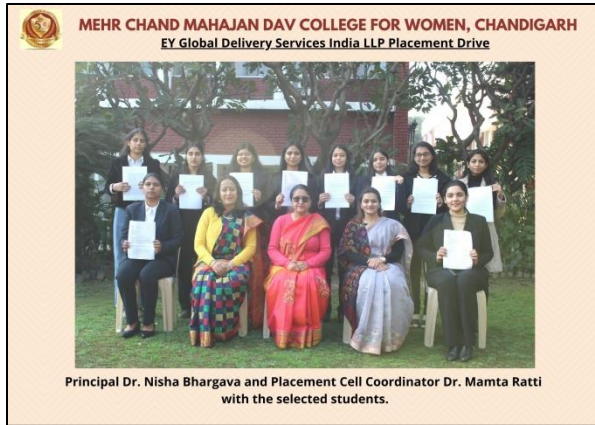
MCM holds social outreach workshop- Expressions



The Sustainable Practices Committee of the college organised 'Expressions: An Introspective Analysis through Storytelling' at DAV School, Sector 39, Chandigarh. Dr. Anubhuti Sharma from the Department of Psychology and Ms. Sunita Kumari from the Department of Hindi were the resource persons. Dr.

Anubhuti Sharma apprised the teachers about the procedure of child development that takes place in stages. She explained the various areas of psychological growth that are vital for maintaining a fully functioning personality. Ms. Sunita Kumari narrated Munshi Premchand's story- Eidgaah, that has many elements of child psychology. Ms. Sunita explained the thought process of child characters in the story to teachers. Thereafter, Dr. Anubhuti had a discussion with the students about their understanding of the story and their answers on various areas were recorded. The teachers were then engaged in the understanding of the children's responses and their underlying meanings were reflected upon. Dr. Gurvinder Kaur, Coordinator, Sustainable Practices Committee, concluded the workshop by urging the school teachers to adopt story telling as a strategy to understand students. Dr. Reena Singh, Principal, DAV School thanked Dr. Nisha Bhargava, Principal, Mehr Chand Mahajan DAV College for Women for her able guidance in getting the workshop organised in the school. Lauding this initiative, Dr. Bhargava said that for ensuring success of the teaching-learning processes, it is immensely important to understand the learners' psychology. She informed that the college's Sustainable Practices Committee is working dedicatedly for promoting sustainable practices through endeavours like these.

MCM students placed in MNC EY



The Placement Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a placement drive wherein EY Global Delivery Services India LLP recruited 12 students for the post of Assurance Associate. Held in off campus (online) mode, a total of 98 students registered for the drive and

after a rigorous procedure involving online test, telephonic interview and final interview, 12 students were selected for Noida region, NCR. One the selected students- Nandini of B.Com. thanked the college for providing a great opportunity in the form of this drive, to take the first step of her professional journey and excel in career with a Big Four. She added that the college provides placements in various fields and offers numerous opportunities for its students.

Principal Dr. Nisha Bhargava congratulated the selected students on their success and implored them to work on their potential strengths and achieve their targets with professional acumen and competence. She informed that the college's Placement Cell is proactively involved in getting students placed in big companies like Infosys, TCS, Concentrix, Convergys, Tommy Hilfiger, Wipro, Tech Mahindra and many more.

MCM holds activity on Plant Care



The Eco Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the college's Department of Botany and Add-on course in Floriculture and Landscaping, organised an activity titled 'Maintain your pots'. The event aimed to create awareness among the students regarding upkeep of their

plants including keeping pots hydrated, providing appropriate soil and fertilizers, maintaining adequate humidity and selection of correct pot size. Keeping in mind the Covid restrictions, the students performed this activity at their respective places. The students shared pictures of their pots before doing cultural practices like weeding and after maintaining their pots. The activity proved to be an enriching experience for the students as they also got insights into several interesting plant species that grow in their surroundings.

Principal Dr. Nisha Bhargava lauded this endeavour to keep the students connected to nature and help them develop a sense of responsibility to protect it. She added that such initiatives are imperative for a green and sustainable future.

MCM celebrates Basant Panchmi with fervour



In a befitting celebration of Basant Panchmi, Mehr Chand Mahajan DAV College for Women, Chandigarh marked the festival that heralds the beginning of spring season with various events. The celebration began on an auspicious note as the Arya Samaj Committee of the college organised havan yajna wherein

Principal Dr. Nisha Bhargava and staff members prayed before the holy fire amidst the chanting of mantras and sought the blessings of Goddess Saraswati. The staff members born in the month of February were blessed with garlands by Principal Dr. Nisha Bhargava during the havan. The Sustainable Practices Committee of the college organised an event 'Yaadein' with the purpose to celebrate our rich cultural heritage while reliving memories of our long forgotten customs. Dr. Nisha Bhargava shared her poem 'Madhumaas ka agman' dedicated to this beautiful festival, welcoming the arrival of spring- the harbinger of new life. Speaking on this occasion, Dr. Bhargava said that through this celebration, the college envisioned to celebrate the spirit of resilience and positivity, and expressed hope that the spring will herald a welcome change that will alleviate all the suffering of humanity. Dressed in different hues of yellow, the staff members thoroughly enjoyed the festivities basking in the warmth of sunshine. A highlight of 'Yaadein' was the walk by children of staff members in traditional attire, carrying props from our culture. Enthralling dance performances, beats of dhol, demonstration of traditional games 'gitte' and 'kanche', fun games- 'who carries what' and movies based questions, kite flying and traditional food added to the flavour of the celebrations. The event culminated with prize distribution.

MCM holds workshop on Excel for faculty



The UGC Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of the Internal Quality Assurance Cell, organised a workshop for teaching faculty on 'Excel Made Easy'. The resource person, Dr. Swati Sidana, Assistant Professor, PG Department of Mathematics provided

hands on training to 40 members of teaching faculty from varied disciplines on various functions and commands of MS Excel. Besides providing a detailed introduction to Excel and its various versions, Dr. Swati shared insights into usage of Excel including applying various formulas and functions, formatting of data, inserting graphs and charts, maintaining students' records, sorting and filtration of data. The session ended with an interactive session wherein Dr. Swati cleared the faculty's doubts.

Principal Dr. Nisha Bhargava lauded the initiative of the IQAC and UGC Committee to empower teachers with skills in the usage of MS Excel for effective teaching-learning. She added that in this digital era, such workshops are imperative for capacity building of faculty.

MCM holds Intercollege Competition on Budget Analysis



The Postgraduate Department of Economics at Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online Inter-College Competition 'Pratikriya' on Budget Analysis. The competition aimed to encourage students to share their insights on the current budget of the Central

Government. In the competition, various areas on budget were covered like MSME and start-ups, digital currency, etc. Diversity of views were expressed by participants from colleges and universities not just from the tricity but from different states of the country. There was an overwhelming response from the participants.

Principal Dr. Nisha Bhargava lauded this initiative of the Economics Department to help students develop critical thinking skills and applying theoretical knowledge to real life situations. She said that such competitions help in ensuring personality development of students.

The winners of the competition are:

First prize: Rashita (GGSCW), Chandigarh.

Second prize: Parvathy L, Kerala University.

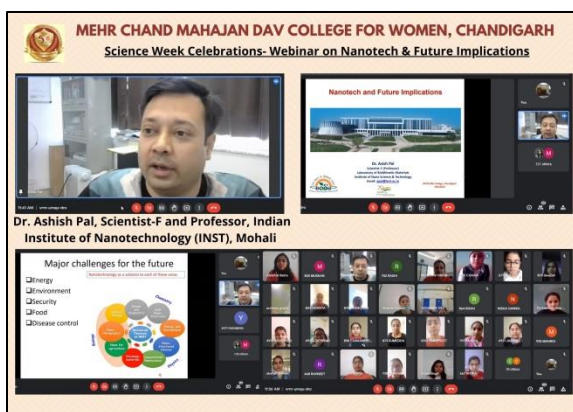
Third prize: Sangam Arora ,GNDE College, Ludhiana.

Consolation prizes: 1. Kirandeep

Mehr Chand Mahajan DAV College for women, Chandigarh

2. Tanishq Halankar, Maharashtra.

Science Week begins at MCM with webinar on Nanotech



The Science Week celebrations at Mehr Chand Mahajan DAV College for Women, Chandigarh kickstarted with a webinar on 'Nanotech and Future Implications'. The Science Week, sponsored by the Department of Science and Technology and Renewable Energy, Chandigarh Administration and held under the aegis of

MCM Vigyan Manch, entails a weeklong celebration of Science Day with an array of events thoughtfully curated to celebrate the spirit of scientific enquiry and the role of science in our lives. Organised by the college's Postgraduate Department of Chemistry, the webinar on Nanotech and Future Implications had Dr. Ashish Pal, Scientist-F and Professor, Indian Institute of Nanotechnology (INST), Mohali as the invited speaker. Around 152 students and faculties participated in the session. Dr. Pal's talk focused on the basics of nanoscience and implications of nanotechnology across the globe by bridging the gap between knowledge given in books and research happening in laboratories. He correlated the latest development in energy, environment, science and medicine with ancient practices of Bhasama, Ayurveda and Unani. He also discussed applications of nanotechnology in curbing various forms of environmental pollution. The recent advancements in nanoparticle mediated drug delivery and concept of electric vehicle were also discussed. The participants found the webinar highly enlightening. Principal Dr. Nisha Bhargava asserted that keeping in mind the theme of National Science Day 2022 i.e. 'Integrated Approach in Science and Technology for a Sustainable Future', the Science Week celebrations at MCM aim to deliberate on ways an integrated approach can help in problem solving and realisation of sustainable development goals.

Poetry Anthologies- Alfaaz & Soch te Kalam released at MCM



Mehr Chand Mahajan DAV College for Women, Chandigarh organised a book release ceremony for the unveiling of 2 books- Alfaaz and Soch te Kalam, here today. Renowned Punjabi Writer and Poet Dr. Surjit Patar, Padma Shri Awardee, Chairman, Punjab Arts Council graced the event as the Chief Guest and, Mrs. Bhupinder Kaur Patar and Dr. Gurdip Sharma, Secretary, GGSDS College Hariana Managing Committee, Punjab and Former Senior PU Senate and Syndicate Member were the Guests of Honour. The books, conceptualised during the lockdown period, are anthologies of poetic creations of academicians and students. The books bring together poems on a wide spectrum of themes ranging from philosophical musings to culture, teachings of gurus, spirituality, environmental concerns, nature, etc.



Speaking at the inaugural, Principal Dr. Nisha Bhargava said that the response to the idea of these anthologies was extremely enthusiastic and poetic contributions flowed in from different parts of India and abroad. She added that the books are a bouquet of poems reflecting an interesting variety of tone, tenor and thought., and expressed hope that the renditions strike a chord with the readers.

Dr. Surjit Patar expressed appreciation for this commendable endeavour of the college to promote poetic creativity of academicians and students. He said that this initiative holds immense significance as a poem is the deepest voice of humanity and gives voice to silence. On the art of poetry, Dr. Patar stressed on the intensity of emotion, craft and consciousness as the three ingredients that breathe life into poetry. A ghazal rendition by Dr. Patar and by Mrs. Bhupinder Kaur Patar made the occasion all the more momentous. In the honouring ceremony, the dignitaries felicitated the editorial team and the contributors.

With Principal Dr. Nisha Bhargava as the Chief Editor, Alfaaz- a trilingual anthology by academicians is the result of diligent efforts of the Editorial team comprising of Dr. Mridula Sharma (English), Dr. Sarita Chauhan (Hindi), Dr. Amardeep Kaur (Punjabi) and Dr. Komil Tyagi (Design). Soch te Kalam contains students' and alumni poetry accompanied by theme appropriate paintings by students and its Editors are Dr. Nisha Bhargava and Dr. Amardeep Kaur, and the student editors are Navpreet Kaur and Komalpreet Kaur.

Science Week at MCM enters 3rd day



On the 3rd day of Science Week at Mehr Chand Mahajan DAV College for Women, Chandigarh, the Postgraduate Department of Chemistry, Department of Environment Science and Department of Physics organised various activities under the banner of MCM Vigyan Manch. The Departments of Chemistry and Environment Science, in collaboration with SAIF/CIL, Panjab University, organised a two-day field visit cum workshop on 'Sophisticated Analytical Instrumentation' under the aegis of Synergistic Training Program Utilizing the Scientific and Technological Infrastructure (STUTI). The inaugural session of this workshop was graced by the presence of Principal Dr. Nisha Bhargava, Prof. Ganga Ram Chaudhary, Honorary Director, SAIF/CIL, PUC and Prof. H.P.S. Kang, Associate Professor, SAIF/CIL, PUC. The session began with MCM and SAIF, PUC sharing their innovative and sustainable practices. The technical lectures on 'UV-visible Spectroscopy' and 'NMR Basics and Applications' were delivered by Dr. Shailendra, Research Scientist, SAIF/CIL PUC

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and Dr. Rohit Sharma, Assistant Professor, Department of Chemistry, Panjab University respectively, followed by a workshop on sophisticated analytical instruments SEM and NMR. On the same day, the Physics Department of the college held a webinar on 'Emerging Topics and Opportunities in Physical Science' by Dr. Debabrata Deb, Assistant Professor, School of Physics and Material Science, Thapar Institute of Engineering and Technology, Patiala. Dr. Deb enlightened the students about various funding agencies for research, summer internship programmes in reputed institutes and, national and international fellowship programmes like JRF, DAAD, TWAS. Earlier, on day 2 of the Science Week, the Department of Botany organised a National Level Online Quiz in Botany. The theme of the quiz was Integrated Approach in Science and Technology for A Sustainable Future. Over 89 participants from different states including Haryana, Punjab, Himachal Pradesh, Gujrat, Karnataka, Maharashtra and U.T Chandigarh participated in the quiz that was based on the facts related to science and technology, and sustainable practices adopted in the field of Botany. The Science Week celebrations at MCM are being sponsored by the Department of Science and Technology and Renewable Energy, Chandigarh Administration.

Principal Dr. Nisha Bhargava lauded the efforts of MCM Vigyan Manch and the Science Departments to mark Science Day 2022 in a befitting manner with immensely relevant events. She added that the wonders of Science have contributed in significant development of society and such endeavours are important to motivate the youth to work for advancement of science and also promote scientific temper among others.



MCM holds online workshop on Vegetables and Ornamental Plants' diseases

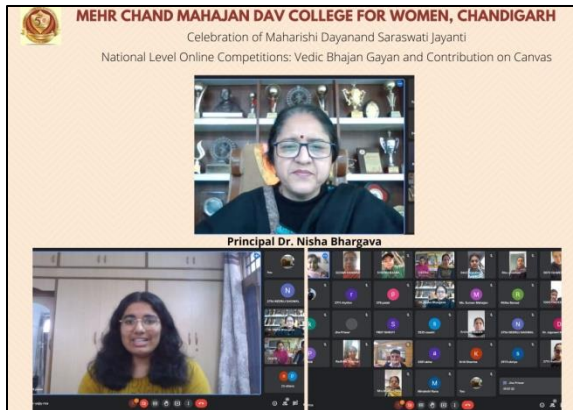


The Department of Botany and Add-on Course in Floriculture and Landscaping at Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online workshop titled “An Overall View of Vegetables and Ornamental Crop Diseases: Symptoms and Management” under the aegis of the college's Internal

Quality Assurance Cell. The workshop aimed at providing information pertaining to common diseases that strike vegetables and ornamental plants, and the methodology followed for disease control. The resource person Dr. Kishor Sharma, Scientist in Plant Pathology, College of Horticulture and Forestry, Thunag, Mandi, Himachal Pradesh shared firsthand information on common diseases occurring in fruits and vegetables grown commercially or in the kitchen garden, and suggested various control measures. The activity was highly appreciated by the participants who included the teaching faculty, students and support staff.

Principal Dr. Nisha Bhargava lauded this endeavour for promotion of sustainable practices. She expressed hope that the solutions for management of plants diseases suggested during the workshop will be immensely helpful for amateur plant lovers as well as for those pursuing commercial farming.

MCM pays rich tribute to Swami Dayanand Saraswati



Marking the celebration of Maharishi Dayanand Saraswati Jayanti, the Character Building Committee and Arya Samaj Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised national level online competitions titled 'Vedic Bhajan Gayan Pratiyogita' and 'Contribution on

Canvas'. Besides paying tribute to the great philosopher, social reformer and the founder of Arya Samaj, the competitions aimed to enlighten students about the teachings and legacy of Swami Dayanand Saraswati ji.

Speaking on this occasion, Principal Dr. Nisha Bhargava apprised the students of the immensely significant contribution of Swami Dayanand Saraswati ji towards promotion of vedas and education, women empowerment, rekindling spirit of nationalism through vedas, fighting discrimination, social upliftment and nation building. Referring to Swamiji as one of the main architects of modern India, Dr. Bhargava asserted that a true tribute to him would be a resolve to walk on his path and to motivate others also to carry forward his legacy. The competitions witnessed enthusiastic participation of over 47 students. In the online Vedic Bhajan Gayan Pratiyogita, the participants' soulful renditions of bhajans spellbound the audience. For the Contribution on Canvas Competition, the participants submitted their creative artworks showcasing the contributions of Swamiji.

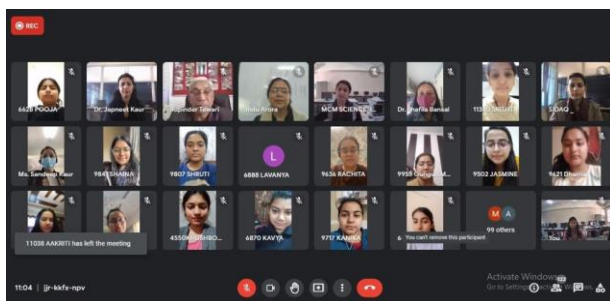
Science Week concludes at MCM



The Science Week celebrations at Mehr Chand Mahajan DAV College for Women, Chandigarh culminated with a webinar by the PG Department of Mathematics on the topic 'Wonders of Mathematics'. Dr. Neela Pawar, HoD conducted this interesting webinar that shed light on the presence and application of mathematics in our

daily lives including nature, art, architecture and so on. Earlier, on day 4 of the Science Week, the Dept. of Computer Science & Applications organised a national webinar on 'Combatting Cybercrime During Covid-19'. The resource person for this webinar was Mr. Arun Soni, Director, TCCS, Author, Cyber Security Trainer, and Certified Ethical Hacker, who enlightened the participants about various possible courses of action as a response to cybercrime. The Dept of Food Science, on day 5, organised a webinar on 'How to Transform an Innovative Idea into a Technology' by Dr. Rohit Sharma, Chairperson, Department of Microbial Biotechnology and Chief Coordinator, EYUVA, Panjab University. Dr. Sharma stressed on empowering youth for undertaking value added innovative translational research and made the students aware about various grants given to undergraduate level by national and international agencies. The Science Week celebrations, held under the aegis of MCM Vigyan Manch and sponsored by Department of Science and Technology and Renewable Energy, Chandigarh Administration, was a huge success as it received overwhelming response from the students as well as academia. Principal Dr. Nisha Bhargava lauded the efforts of the Science Departments to pay a befitting tribute to Sir C V Raman through enriching webinars and activities that equipped students with knowledge about the latest in the field of Science.

MCM IIC holds talk on Innovation development, TRL & Tech-transfer



The Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an expert talk on the topic 'Process of Innovation Development and Technology Readiness Level (TRL) and

Commercialism of Lab Technologies and Tech-Transfer'. The resource person for the talk was Prof. Rupinder Tewari, IPR-Chair Professor, Founder Chairperson, Department of Microbial Biotechnology, Panjab University, Chandigarh. A total of 127 students and faculty members attended the event. The session was an endeavour to acquaint the participants with Intellectual Property Rights (IPRs) and their commercialisation. Various types of IPRs such as patents, trademarks, copyright, industrial design, geographical indication, etc., history of IPRs and their significance was explained in detail by the resource person through various examples. The role of IPRs in the innovation ecosystem, and in adding economic value and ensuring idea protection was discussed during the session. Finally, the expert elaborated on numerous leading innovative rights. The participants found the session very interesting and informative.

Principal Dr. Nisha Bhargava lauded the consistent efforts of MCM IIC directed towards systematic promotion of culture of innovation among students. She added that development of a robust innovation ecosystem is necessary for realisation of the goal of a self-reliant India.

MCM's session on start-up founder's story inspires students



The Institution Innovation Council and Start-up Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online awareness session on the topic 'Motivational Story of a Start-up Founder'. The resource person for the session was Mr. Paramdeep Singh Anand, CEO, Field Assist. Over

65 students and faculty members attended the enriching session that acquainted them with various challenges associated with start-ups. Mr. Singh said that ecosystem is far more encouraging and fertile for those who are risk-takers, doers and people who want to make a difference in the lives of people around the world. He emphasised on the fact that an entrepreneur must think big, think fast and think ahead because ideas are no one's monopoly. Further, the challenges faced by entrepreneurs and reasons for the failure of start-ups were also discussed. At the end, numerous privileges available for the students for venturing into a start-up were also elucidated.

Principal Dr. Nisha Bhargava expressed appreciation for this endeavour to inspire students to venture into entrepreneurship by sharing firsthand experiences of a start-up founder. She added that for a progressive and self-reliant nation, it is highly imperative for the youth to become employment generators.

MCM holds session on NISP



The Institution Innovation Council (IIC) and Start-up Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online awareness session on the topic 'Role of NISP in cultivating Start-up Culture'. The resource person for the event was Dr. Kiran Jindal, Assistant Professor, Department of Commerce at

the college. A total of 73 students and faculty members attended the session that acquainted the participants with the role of National Innovation and Startup Policy (NISP) in Cultivating Start-up Culture in Higher Education Institutions (HEIs). The resource person explained in detail the various features of NISP and the responsibilities of HEIs with regard to NISP were also deliberated upon. Dr. Jindal elucidated lucrative incentives provided to the students as well as staff interested to work in the area of innovation and entrepreneurship. She also discussed the initiatives of the college with regard to promotion of innovation and entrepreneurship. Finally, the documents to be submitted to Start-up Cell of the college for getting seed money, consultation and mentorship by industry experts for one's own ventures were also shared by Dr. Jindal.

Principal Dr. Nisha Bhargava expressed appreciation for the consistent efforts of MCM IIC and Start-up Cell to sow the seeds of aptitude for innovation and entrepreneurship among students. She added that promotion of culture of innovation and start-ups holds the key to 'Atmanirbhar Bharat'.

MCM UBA Cell holds workshop on Glass Painting at Maloya school



The Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a workshop on Glass Painting at the Government Model Senior Secondary School of the adopted village Maloya. The workshop was designed specifically to spur the art of painting among rural

students and show them a road map to skill development by inculcating the vocational aspect of consummate craftsmanship. The resource person for this creative endeavour was Dr. Pooja Sharma, Head, Department of Fine Arts at the college. The students' creativity skills were stoked with the carefully calibrated step by step learning module presented by the resource person. Students also raised various queries that were addressed satisfactorily by the resource person.

Principal Dr. Nisha Bhargava lauded the consistent efforts of the college's UBA Cell to aid in rural resurgence by facilitating empowerment of villagers. She added that the college remains committed to the cause of nation building through such endeavours.

MCM celebrates International Women's Day



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

wherein student achievers and their mentors were felicitated for their exceptional achievements in various fields.

Organised under the aegis of Azadi Ka Amrit Mahotsav initiative of the Ministry of Women and Child Development, Government of India, the ceremony had Principal Dr. Nisha Bhargava as the Chief Guest. During the Nari Shakti Samman, 29 students who did exemplary work in the area of societal development and achieved laurels in academics, sports and co-curricular activities were awarded cash scholarships.

Speaking on this occasion, Dr. Bhargava motivated the women to recognise their innate strengths and empower other women as well. Sharing anecdotes from her personal life, she stressed upon the fact that a woman's true power lies within herself and she needs to look no further for her own empowerment. Calling for pledging to create an equitable and just world, she added that without gender equality, a sustainable and equal future will remain beyond our reach. Dr. Bhargava's rendition of her self-composed poem touched a chord with the audience, making everyone present emotional.



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

performed an awareness nukkad natak at GCG-42 and Student Centre, Panjab University. In the run-up to Women's Day, the Women Development Cell of the college organised a sanitary napkin donation drive and on the occasion of Women's Day, the napkins thus collected were distributed among women residing in Sector 25 slum area.

The Cell also performed a nukkad natak on menstruation at the college as well as Sector 25 slum area. The Cell, in collaboration with the Fine Arts Department, organised a Caricature Making Competition on the theme 'Women of Pride'. The Home Science Department of the college organised 'Exquisite Delicacies: Beyond the Plate'- a healthy cuisine workshop cum demonstration by Chef Shelly Singla, Winner of Super Chef India and Master Chef Punjabi. Healthy recipes including Spinach Wild Salad, cold pumpkin soup, oats and chia seeds pudding were demonstrated by the Chef during the workshop.

All the events celebrating Women's Day at the college received enthusiastic response from the students and they felt motivated to work for the cause of women empowerment.

Oral hygiene camp, webinar on cancer and session on OTC drugs mark Women's Day celebrations at MCM



The NSS units, Medical Committee and Women Development Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh marked the celebration of International Women's Day with two separate events. The NSS units, in collaboration with Medical Committee of the college, organised an Oral Hygiene Camp in the adopted village Badheri as a part of 'Azadi Ka Amrit Mahotsav'. During the camp, dentist Dr Anupam Uppal, shed limelight on the importance of oral health and explained several oral hygiene practices one should adopt in one's daily routine. In this camp, more than 50 women and girl residents of Badheri were examined by Dr Uppal for their oral hygiene.



Further, the NSS units and Medical Committee, in collaboration with Chandigarh Cancer and Diagnostic Center (CCDC), organised a webinar on "Cancer: An Overview" by Dr Jatin Sarin, Head Medical Oncologist, CCDC. During the session, Dr Sarin provided a detailed insight on cancer while explaining its types, causes, symptoms of different types of cancer such as breast cancer, cervical cancer, ovarian cancer and leukemia. He also highlighted the importance of periodic screening and diagnosis of the disease for timely treatment and apprised the audience about the available techniques.



In another event, the Women Development Cell of the college organised an online awareness session on “Over the Counter Drug Consumption in India with special reference to Women”. The resource person for this enlightening session was

lead clinical scientist Dr Praveen Kumar who gave an exhaustive presentation on the pros and cons associated with the use of over the counter drugs.

Delving into the common health problems faced by women like hair fall, vulvovaginal atrophy, over active bladder, vulvar and vaginal candidiasis, heart burns and sleeplessness, Dr Kumar apprised the participants about the corresponding OTC drugs. Dr Kumar cautioned the participants of the disastrous aftermath associated with irrational self-diagnosis and called for patient awareness programmes to sensitise people about judicious use of over the counter drugs.

Principal Dr. Nisha Bhargava appreciated the efforts of the NSS units, Medical Committee and Women Development Cell to celebrate International Women's Day in a befitting manner through thoughtfully planned activities. She added that though women have come a long way, still much needs to be done for ensuring an equitable and just society that treats women as equal members of the society.

MCM holds industrial visit to Global Apiaries



The Department of Zoology at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Institution Innovation Council and MCM Vigyan Manch, organised an industrial cum field visit to Global Apiaries India, Dera Bassi. During the visit, Mr. Madan Sharma, Proprietor, Global Apiaries India shared

with the students the story of his entrepreneurial journey and motivated them to go for start-ups. Referring to beekeeping as a technology that is simple, accessible and affordable, Mr. Sharma emphasised that beekeeping is not only a source of honey and a variety of products but it also enhances the productivity of crops due to better pollination and seed setting. Adding that there is a vast scope for expansion of beekeeping in India, he said that a number of small-scale industries depend upon bees and bee products. He further shared that the success of beekeeping depends upon proper understanding of the biology and behaviour of honeybees and their scientific management techniques. Mr. Sharma motivated the students to apply their scientific knowledge and to explore the potential of biotechnological interventions for improving the quality and quantity of products.

Principal Dr. Nisha Bhargava lauded the efforts of Zoology Department to equip students with practical knowledge and insights into the industry. She expressed hope that the visit will motivate the students to consider entrepreneurship as a career option.

MCM makes its mark in Gymnastics and Malkhamb Championships at PU

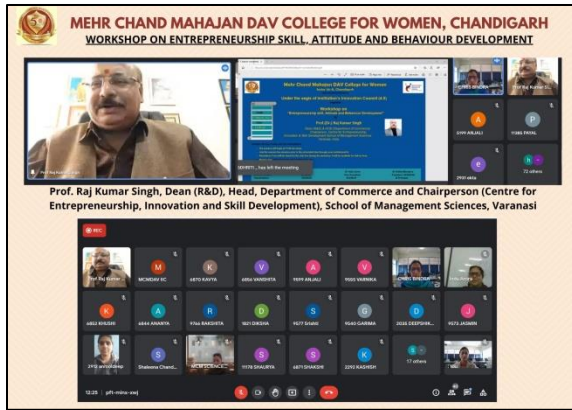


In keeping with its reputation as an institution with laudable accomplishments in sports, Mehr Chand Mahajan DAV College for Women, Chandigarh performed outstandingly in various championships organised by Panjab University, Chandigarh. In a historic achievement, the college's Rhythmic

Gymnastics Team won the Panjab University Inter College Rhythmic Competition 2022 for the fifth year in succession. Adding glory to the winning spree, the college's gymnast Debopriya was adjudged the Best Gymnast during the competition. Debopriya grabbed this title by winning two individual gold medals, one silver and one bronze medal. Further, the college team bagged second position in Panjab University Inter College Competition. Tamanna was declared the second Best Gymnast in the Artistic Gymnastics Competition as she won silver medals in all the events. These gymnasts also won the Malkhamb Championship held at the University. The 'Malkhamb' player was declared the best 'Malkhamb' performer in the competition.

Principal Dr. Nisha Bhargava informed that the college has an inimitable track record in sports, with the college winning Panjab University Women's Sports General Efficiency Shield for a record 39 times. She added that the college is proud to have produced many notable sportspersons including cricketers Taniya Bhatia, Riddhima and Harleen Deol.

MCM holds workshop on Entrepreneurship Skill, Attitude and Behaviour Development



The Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online workshop on the topic 'Entrepreneurship Skill, Attitude and Behaviour Development'. The resource person for the workshop was Prof. Raj Kumar Singh, Dean (R&D), Head, Department of

Commerce and Chairperson (Centre for Entrepreneurship, Innovation and Skill Development), School of Management Sciences, Varanasi. A total of 117 students and faculty members attended the workshop. Besides providing insights into the meaning of entrepreneurship skills, attitude and behaviour, the resource person also discussed the need for more startups and patents in a developing country like India. Prof. Singh discussed the main principles of technological feasibility, desirability of customer and viability of a business. He gave relevant examples from shaadi.com, Naukri.com, make my trip, cloud kitchen, Kirloskar pump, etc. to validate his ideas on innovations. He added that in order to develop an innovative ecosystem in an institution, there is a need to have analysis of cost benefit, technical benefit and strategic fit. The participants found the session highly informative.

Principal Dr. Nisha Bhargava appreciated the efforts of MCM IIC to train the students to be successful entrepreneurs with requisite innovation skills. She added that through the promotion of culture of innovation and entrepreneurship, the vision of a self-reliant India can be realised.

MCM holds Blood Donation Camp



The NSS units, Red Ribbon Club, AIDS Awareness Committee and Medical Committee of Mehr Chand DAV College for Women, Chandigarh, in collaboration with PGIMER, Chandigarh, organised a Blood Donation Camp here today. The camp was also supported by Lions Club Chandigarh (Prosperity). Over 80 students, faculty members and staff members of the college participated enthusiastically in the camp wherein more than hundred units of blood were collected. Ms. Harinder Kaur, Regional Director, Ministry of Youth Affairs and Sports, and Regional Directorate of NSS, Chandigarh, Mr. Suri Pal, President of Lions Club Chandigarh, and Dr. Suchet Sachdev, Associate Professor, Blood and Transfusion Department, PGIMER were present on this occasion.

Speaking during the camp, Principal Dr. Nisha Bhargava acknowledged the noble gesture of the donors to serve humanity by donating the elixir of life. She emphasised on the need to recognise and work towards such humanitarian causes which help in shaping the students into responsible and empathetic citizens.

MCM hosts internationally acclaimed author Dr. Tabish Khair in an online talk



The Research Centre, PG Department of English at Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online talk on 'Roots and Routes: An enquiry into reportage, representation and creative writing'. Internationally acclaimed author, academician and journalist Dr. Tabish

Khair was the resource person for this enlightening talk. Dr. Khair touched upon the aspects of reportage and representation in the field of creative writing. He discussed the travel texts of Dean Mahomet and Abu Taleb Khan to showcase the same, followed by authors like Sarojini Naidu, Raja Rao, Henry Derozio and a few others to give a post colonial perspective of reportage. He also talked about the relationship between a writer, what is represented and how it is represented through their creative writing. The topic of roots of a writer and the routes that are undertaken, was taken up in various ways throughout the session. The participants found the talk highly engrossing and also shared their queries and thoughts on the topic of discussion.

Principal Dr. Nisha Bhargava lauded this initiative of English Department's Research Centre to take the students on an enlightening journey of exploration of the intricacies of creative writing and the interlinkages between reportage, representation and creative writing. She expressed hope that the participants will benefit from the expertise of Dr. Tabish Khair and learn the nuances of reportage and creative writing.

MCM celebrates Holi eco-friendly way



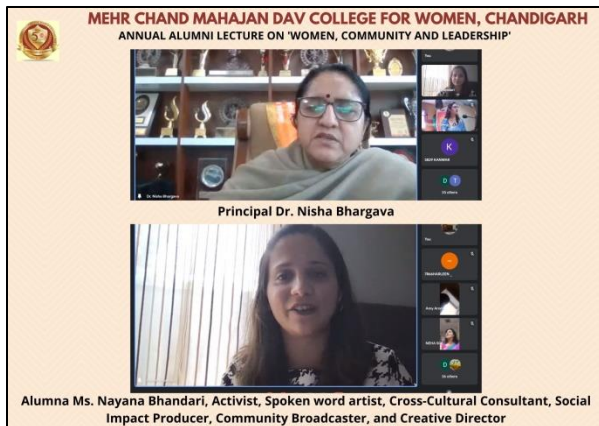
The Personality Development Club and Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in association with Arya Samaj, Sector 16, Chandigarh, celebrated Holi with an event titled 'Holi ke Rang Prakriti

ke Sang'. The event included a workshop in blended mode on Herbal Holi Colours Making and Online Slogan Writing Competition. The workshop on Herbal Holi Colours had artist Mrs Santosh Verma as the resource person. Over 110 participants got hands-on experience of preparing Holi colours from natural ingredients. The blended mode witnessed the creatively curated activity being simultaneously watched by the members of the Arya Samaj Mandir, Sector 16, Chandigarh.

The Online Slogan Writing Competition was held on the topic 'As you mingle with colours, pick the shade that matches your personality and articulate it into Holi theme'. The students penned Holi theme-based slogan with the colours they think to be representative of their personalities. The winners were awarded cash prizes.

Principal Dr. Nisha Bhargava appreciated the efforts of Personality Development Club and Character Building Committee for having worked in tandem to organise the twin activities commemorating the festival of colours in a befitting manner. She further urged the students to consciously choose eco-friendly options of celebrating various festivals.

MCM holds Annual Alumni Lecture 2022



The Association of MCM DAV Alumni (AMDA), Mehr Chand Mahajan DAV College for Women, Chandigarh organised the Annual Alumni Lecture on the topic 'Women, Community and Leadership' in blended mode. The speaker for the session was alumna Ms. Nayana Bhandari, an Activist, Spoken word artist, Cross-Cultural Consultant, Social Impact Producer, Community Broadcaster, and Creative Director. She was awarded the Hume Citizen of the Year 2017 for her work with Australian South Asian communities. Inaugurating the lecture, Principal Dr. Nisha Bhargava underscored the need for maintaining a strong bond between the almamater and alumni. She enthused the participants to believe in their potential and be the harbingers of positive change in the community by assuming leadership roles in varied fields. Ms. Nayana started the lecture on a positive note by motivating the young minds to stay persistent, passionate, and compassionate in their approach towards career and life in general. She encouraged students to "lead any profession with their creativity." Ms. Nayana also shared her personal journey of struggles and challenges when she landed in Australia in 2008, and her presentation was reflective of her journey as a migrant Indian woman who cares deeply for her community. The session was well attended by over 270 participants. The participants benefitted from the personal experiences of the speaker as she guided them into the field of community service as a potential career option. The interaction round witnessed an enthusiastic involvement of the students who had their queries answered satisfactorily by Ms. Nayana.

MCM marks World Poetry Day the poetic way



Mehr Chand Mahajan DAV College for Women, Chandigarh marked the celebration of World Poetry Day in a befitting manner with the organisation of Kavi Sammelan and Kavya Path Pratiyogita. The celebration was a joint endeavour of the Postgraduate Department of Hindi and Soch te Kalam

Club of Punjabi Department at the college, in collaboration with Samvaad Sahitya Manch, Chandigarh. Inaugurating the Kavi Sammelan, Principal Dr. Nisha Bhargava said that the celebration is an ode to poetry which is one of the humanity's most treasured forms of cultural and linguistic expression and identity. Stressing upon the importance poetry, she added that poems are a powerful catalyst for dialogue and peace. Dr. Bhargava's rendition of her poems struck a chord with the audience as she eloquently shared the power of dreams and reality of life through her two poems. During the Kavi Sammelan, Mr. Prem Vij, Mr. Shams Tabrezi, Ms. Neeru Mittal, Ms. Sarita Mehta, Mr. Aneesh Garg, Mr. Deepak Chanarthal, Mr. Gurdarshan Singh Mawi, Ms. Neelam Trikha, Mr. Vinod Sharma, Mr. Ashok Nadir, faculty members Dr. Vibha Sharma, Dr. Prason Prasad, Dr. Mridula Sharma, Dr. Komil Tyagi, Dr. Amardeep Kaur, Dr. Zeenat Khan, Dr. Sunaina Jain and Dr. Seema Kanwar mesmerised the audience with the heart touching renditions of their poetry. From philosophy of life to nature, women empowerment, relationships, childhood, values to love for country, the poets weaved a magical tapestry of words on a wide range of topics. The Kavya Path Pratiyogita witnessed enthusiastic participation of students from various disciplines. The winners of the competition were awarded cash prizes.

MCM holds ICPR sponsored periodic lectures on 'Virtues and Virtuous Life' and 'Our Place in Space'



The Philosophy Department of the college organised online periodic lectures titled 'Understanding Virtues and Virtuous Life: A Philosophical Deliberation' and 'Our Place in Space' by Dr. Shivani Sharma, Chairperson, Department of Philosophy, Panjab University, and Dr. Smriti Mahajan, SERB Research Scientist, IISER, Mohali, respectively. The lecture on Understanding Virtues and Virtuous Life aimed to explore the concept of virtue and its different kinds in the history of ideas by referring to Indian and Greek traditions, and also to acquaint the students to the paradigm that is available across the cultures. Dr. Shivani asserted that Indian philosophical tradition is rich enough in suggesting as to how to make life meaningful and eventful and similar is the case with Greek tradition too. The lecture on 'Our Place in Space' by Dr. Smriti gave a generic overview of the scales in the universe in the context of galaxies and the large-scale structures which they form, trying to formulate an address for mankind in the larger Universe. The expert put the galaxies- our own Milkyway and the ones in our neighbourhood into perspective, discussing some milestone discoveries and recent developments in the field of Astronomy. Principal Dr. Nisha Bhargava lauded these endeavours of the Philosophy Department to stimulate the philosophical thinking of the students. commenced by sharing the literal meaning of virtues and virtuous life. Quoting great philosophers like Socrates, Aristotle and Kant, Dr. Bhargava shared their interpretations on leading a virtuous life, and said that self-reflection is a prerequisite for a virtuous life.

7 Day Night NSS Special Camp begins at MCM



The NSS units of the college kickstarted 7 Day and Night NSS Special Camp on the theme Swachh Bharat Abhiyan and Jal Shakti Abhiyan. The Chief Guest for the inaugural session was Prof. Ashwani Koul, NSS Programme Coordinator, Panjab University, Chandigarh and Mr. Sandeep, Founder of Open Eyes Foundation, Manimajra, was the Special Guest. NSS Programme Officers Dr Pallvi Rani and Dr. Purnima Bhandari were also present on this occasion.



Inaugurating the camp, Principal Dr. Nisha Bhargava apprised the participants of the distinguished achievements of the college and expressed deep appreciation for the NSS units' service to humanity, society and nation. Dr. Bhargava enlightened the NSS volunteers about various issues prevalent in the society and also urged them to work dedicatedly and selflessly for the cause of social upliftment.

Report of Activities (January 2022 to March 2022)

Mehr Chand Mahajan DAV College for Women, Chandigarh



Speaking on this occasion, Prof. Ashwani Koul motivated the students to develop and build their body and soul in such a manner that they become source of inspiration for others. He stressed on following the NSS motto 'Not Me But You' in letter and spirit by helping others to grow together as a community. Dr. Pallavi Dhingra shared the rules, guidelines, and achievements of NSS units of the college. Swachhta pledge was also administered to the volunteers and a book donation box was installed in front of the college library.

This was followed by a workshop on Basic Life Support System in collaboration with Medical Committee of the college and Fortis Hospital, Mohali. A team comprising of Ms. Meena Bhatta, Marketing Manager along with Senior Clinical Instructors Ms Natasha Kohli and Ms Shailza discussed and demonstrated the lifesaving technique of CPR.

In the last session, on the occasion of World Water Day, an awareness rally was organised by NSS units in collaboration with MCM Eco Club Parivesh in their adopted village Badheri. The rally focused on the theme of World Water Day and Jal Shakti Abhiyan. The volunteers spread awareness among the village residents with slogans such as 'Jal hi jeewan hai' and 'Jal Bachao Jeewan Bachao'. Over 100 NSS volunteers registered for the camp. During the registration process, thermal checking of all the registered NSS volunteers was done as a part of the COVID-19 precautionary measure.

MCM holds session on developing Proof of Concept for innovative ideas



The Institution Innovation Council, Mehr Chand Mahajan DAV College for Women, Chandigarh organised a session on 'How to Develop Proof of Concept for Innovative Ideas/Pitching Event for POCs Developed and Linkage with Innovation Ambassadors for Mentorship Support'. Innovator Ms. Shivanshi Vashist, Managing Director,

Micro Radical 360 Degree Pvt. Ltd. was the resource person for this informative session. Ms. Vashist motivated the students to explore career opportunities in entrepreneurship. She elucidated the four steps of Business Plan viz., Ideation Stage, Proof of Concept, Prototype and Manufacture. The chief principles of SWOT (Strengths, Weaknesses, Opportunities and Threats) Analysis which assess internal and external factors, as well as current and future potential, were explained in detail. Ms. Vashist also enlightened the students about the grants and funding for prototype stage that are available from BIRAC, Government of India, and many other international private agencies. The students actively participated in the session and sought answers to their queries during the discussion.

Principal Dr. Nisha Bhargava lauded the initiatives of MCM IIC directed towards creation of an ecosystem that supports culture of innovation and entrepreneurship among students. She added that such an ecosystem is imperative for creation of an 'Atmanirbhar Bharat'.

MCM inaugurates Central Instrumentation Lab



The Postgraduate Department of Chemistry, under the aegis of IQAC, Mehr Chand Mahajan DAV College for Women, Chandigarh, held the inauguration ceremony of its DST-FIST Central Instrumentation Lab. Sh. H.R. Gandhar, Vice President and Senior Governing Body Member, DAV

college Managing Committee, New Delhi was the Chief Guest on this occasion, and Dr. Rohit Sharma, Assistant Professor, Department of Chemistry, Panjab University was the Guest of Honour. Set up with a DST FIST zero level grant of Rs. 53 lakhs, the lab is the only one in the tricity institutions to have Bench top NMR. Speaking on this occasion, Sh. H.R. Gandhar emphasised the role of research and innovation in the betterment of society by citing relevant examples of pathbreaking innovations that changed the world. He motivated the students to be persistent in their quest for knowledge and be the harbingers of change by finding novel solutions to the problems ailing the society. Dr. Rohit Sharma in his talk on the basics of NMR spectroscopy, explained that NMR spectroscopy can be defined as an indispensable tool which applies a magnetic field to an atomic nucleus radio frequency pulse to characterise the resonant frequency of that atomic nucleus according to its chemical or environmental surroundings.

Principal Dr. Nisha Bhargava said that with the creation of a Central Instrumentation Laboratory in the campus, new avenues of research will open up for both students as well as faculties. She added that procurement of the advanced instruments- NMR and FT-IR will act as pedogeological tool for research based activities, thereby enhancing the research orientation of students.

MCM celebrates National Mathematics Day



The Postgraduate Department of Mathematics, Mehr Chand Mahajan DAV College for Women, Chandigarh organised Bhartiya Ganitam- an event to celebrate National Mathematics Day 2021. The event was sponsored by Punjab State Council for Science and Technology, Department of Science, Technology and Environment,

Government of Punjab. The celebration included Essay Writing and Power Point Presentation Competitions on the topic 'A Brief History of Indian Mathematics'. The competitions witnessed enthusiastic participation of 79 students. Cash prizes were awarded to first three position holders in both the competitions and e-certificates were given to all the participants.

Principal Dr. Nisha Bhargava lauded the efforts of Mathematics Department to apprise the students of the rich legacy of ancient Indian Mathematics. She added that the contribution of the great Indian mathematician Aryabhata should be an inspiration for the young mathematicians to work for advancement of this discipline.

The results of Essay Writing Competition are: 1st: Deepika Kumari, GCG-42, Chandigarh, 2nd: Harwinder Kaur, Shanti Devi Arya Mahila College, Dinanagar, Punjab, 3rd: Shivani, Mehr Chand Mahajan DAV College for Women, Chandigarh
Consolation: Inderjot Kaur, Mehr Chand Mahajan DAV College for Women, Chandigarh. The results of PPT Competition are: 1st: Kajal, Mehr Chand Mahajan DAV College for Women, Chandigarh, 2nd: Bharat Kumar, Department of Mathematics, Panjab University Chandigarh, 3rd: Rishita Sharma, GNDU, Amritsar.

7 day and night NSS Camp culminates at MCM



The Seven Day and Night NSS Special Camp, held on the themes of Swacch Bharat Abiyan and Jal Shakti Abhiyan, culminated at Mehr Chand Mahajan DAV College for Women, Chandigarh. The Chief Guest for the valedictory session was Ms. Harinder Kaur, Regional Director, Ministry of Youth Affairs and Sports,

Government of India, Regional Directorate of NSS, Chandigarh. Speaking on this occasion, Ms. Harinder Kaur motivated the volunteers to work selflessly for the cause of social upliftment by following the NSS motto of 'Not Me But You' in letter and spirit. She enlightened the volunteers about several NSS events aimed at developing the personality and character of students such as Republic Day Parade Camp, National Integration Camp and National Adventure Camp.

Dr. Purnima Bhandari, NSS Programme Officer presented the report of activities conducted during the camp that included workshops, visits, awareness sessions, etc. A cultural extravaganza, including medley performance emphasising the rich culture of India and the spirit of nationalism, and dance performances showcasing the cultural diversity of India through various traditional state dances like bihu, tarpa, naati and bhangra, was thoroughly enjoyed by the volunteers. Under Poshan Maah, nukkad natak was staged by the volunteers with an aim to educate everyone about the importance of healthy food and nutrition.

Another nukkad natak on the theme of Swacch Bharat Abhiyan was performed by the volunteers that highlighted the harmful effects of plastic use and the importance of cleanliness. Through their talks and poems, some of the NSS volunteers shared their experiences during the camp and how the camp had enriched their personalities.



Under Azadi ka Amrit Mahotsav, Ms. Shruti paid a tribute to our legendary freedom fighters through her dance performance. The seven days of the camp were an amalgam of meaningful activities that included lectures and workshops on Jal Shakti Abhiyan, Cultivating Positive Attitude in Life, Gender Sensitisation, Basics of

Market, Waste Management, Compost making, Vermicomposting, Menstrual Hygiene and Reusable Sanitary napkins, Challenges of rural India, Health and Nutrition; workshop cum mock drill on fire fighting; quiz under Ek Bharat Shreshta Bharat; sessions on yoga and meditation, anti ragging awareness, and visits to Senior Citizen Home, Sector 15, Chandigarh and adopted village Badheri.

Principal Dr. Nisha Bhargava congratulated NSS programme Officers Dr. Pallvi Rani and Dr. Purnima Bhandari for successfully organising such an expansive camp. She added that the exposure provided to the volunteers during the camp will go a long way in widening their horizons and empowering them to be individuals with a strong value system.

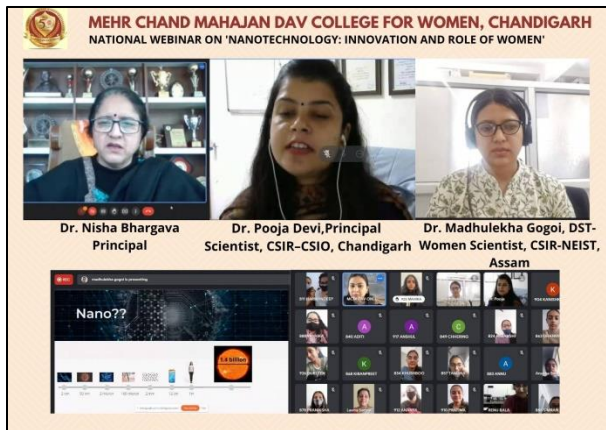
MCM celebrates International Day of Forests



The Department of Botany, under the aegis of MCM Eco Club 'Parivesh', Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated International Day of Forests. Keeping in mind the theme of this year's International Day of Forests i.e. 'Forests and Sustainable Production and Consumption', a documentary based on conservation of forests, and the reasons and prevention of forest fires was shown to the students. This was followed by a discussion session on the importance of forests for ensuring sustainability and survivability of the ecosystem. During the discussion, students deliberated on the relevance of sustainable consumption for conservation of forests and how restoration and sustainable management of forests can help address climate change and biodiversity crisis.

Principal Dr. Nisha Bhargava lauded the efforts of Botany Department and Eco Club to raise awareness about forest sustainable management and their use of resources. She said that forests play a key role in combating climate change, and in contributing to the prosperity and well-being of current and future generations, and thus, efforts should be made to preserve them.

MCM holds webinar on Nanotechnology & Role of Women



The Department of Physics, in collaboration with Women Development Cell, Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online national webinar on the topic 'Nanotechnology: Innovation and Role of Women'. The resource persons for this enlightening webinar was Dr. Pooja

Devi, Principal Scientist, CSIR–Central Scientific Instruments Organisation, Chandigarh and Dr. Madhulekha Gogoi, DST- Women Scientist, CSIR-North East Institute Of Science And Technology, Assam. Inaugurating the webinar, Principal Dr. Nisha Bhargava lauded this initiative to recognise and reflect upon the role and achievements of women in the field of science with special reference to nanotechnology, and also to deliberate on the challenges faced by women. Dr. Bhargava drew attention to the contributions of women scientists in the field of technology and motivated the students to take inspiration from them. Sharing examples of several eminent women working in different scientific areas, Dr. Pooja Devi inspired the students to take up research and development as their career. While shedding light on the prevalent gender biases, Dr. Pooja highlighted the various government schemes that are made for the upliftment of women in India. Dr. Madhulekha Gogoi introduced the concept of nanotechnology including its properties, uses and applications. She also elaborated on the innovations used in daily life that are the result of nanotechnology. The participants found the webinar highly informative and felt motivated to undertake scientific research for development of the society.



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