



Mehr Chand Mahajan DAV College for Women

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

ACTIVITIES REPORT July 2021 to September 2021

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

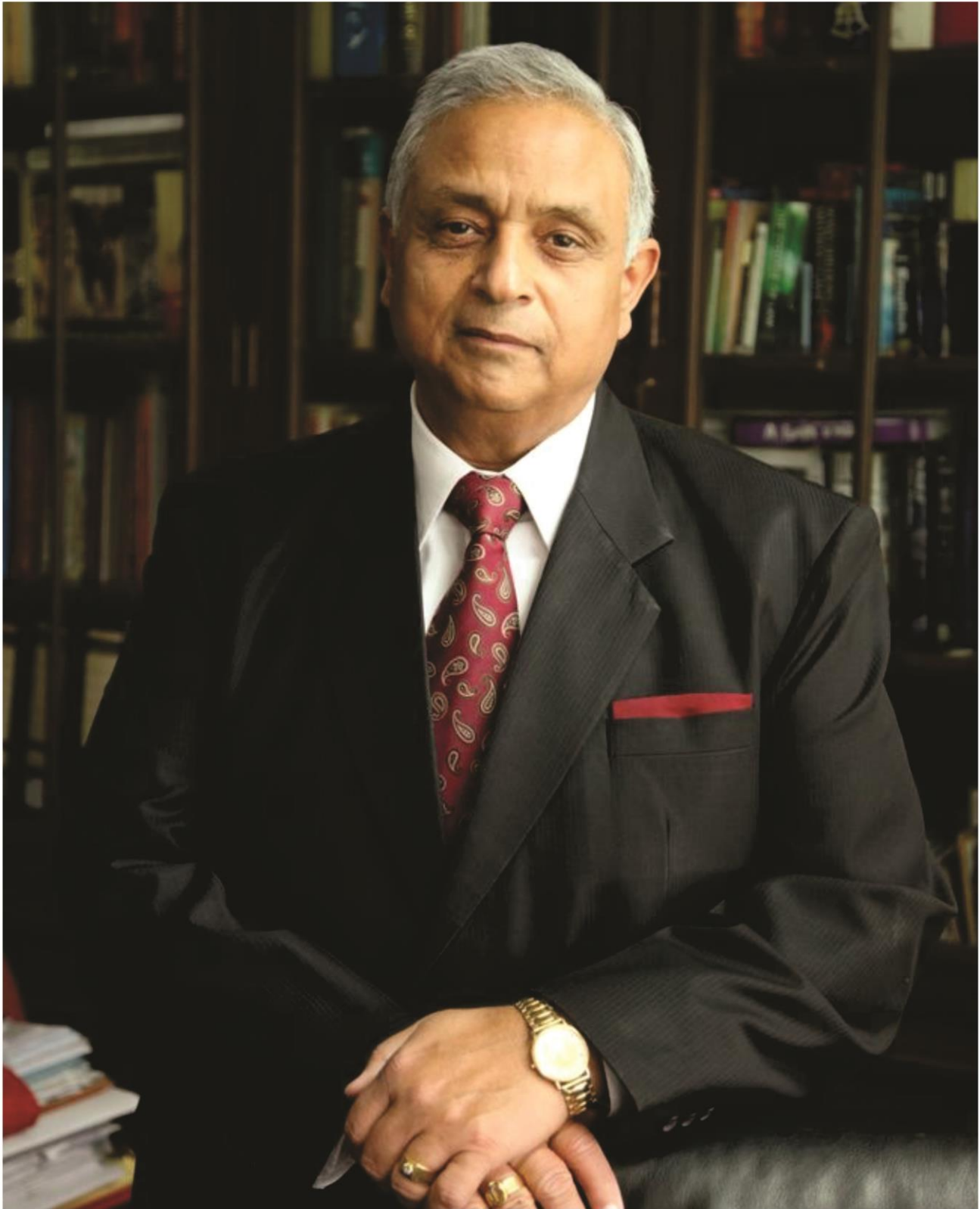
Email: principal_mcmdavcollege@yahoo.com
Website: <https://mcmdavcwchd.edu.in/>

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 stands on the threshold of becoming a knowledge economy as the higher education spectrum undergoes a transformation envisioned in the new education policy. Skill enhancement, research, innovation and entrepreneurship are set to revitalize our intuitions, giving a strong impetus to the shaping of a resurgent India.

Mehr Chand Mahajan DAV College for Women carried forward the legacy of excellence and continued to strive for the holistic development of all the stakeholders, notwithstanding the global uncertainty in the wake of COVID-19. Apart from the academic endeavours, our committed faculty members, support staff and students worked ceaselessly to spread cheer and positivity through community outreach. Various programmes were organized to channelize the potential of our young ambassadors for building an inclusive, dynamic and progressive society.

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 is a panoramic view of our journey during the months of July to September 2021.

Dr. Nisha Bhargava

[Principal]

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MCM honours alumni who cleared PCS



The Alumni Committee of Mehr Chand Mahajan DAV College for Women felicitated two of its alumni- Ms. Gursimranjeet Kaur (Rank 6 in Combined Merit List) and Ms. Roopdeep Kaur, who recently cleared the prestigious Punjab State Civil Services Combined Competitive Examination 2020.

Accompanied by their proud parents, the elated alumni expressed gratitude to their alma mater for giving them the right environment for their holistic development. Both the achievers stressed upon the importance of consistency and the need to identify one's strengths and weaknesses in terms of subjects and topics for ensuring success in the civil services. The event was marked by a planting ceremony by the alumni.

The Internal Quality Assurance Cell of the college organised an online interactive session by Ms Gursimranjeet Kaur. A Panjab University topper in Public Administration Honours (Gold Medalist) in 2018, Ms Gursimranjeet shared the secrets of her success with the civil service aspirants and other students during the interactive session. She interacted with more than 200 students, urged them to maintain a timetable and follow a strict yet balanced regimen for achieving their goals. She highlighted the role of her teachers and her alma mater in shaping her into a hard-working, focussed and confident person.

Principal Dr Nisha Bhargava congratulated the proud girls and asserted that MCM remains steadfast in its endeavour to groom women of substance who contribute constructively towards the welfare of the society.

MCM celebrates Van Mahotsav with Plantation Drives



To mark the celebration of Van Mahotsav, the NSS units, Horticulture and Landscaping Committee and Eco Club of the College in collaboration with State Bank of India, undertook a plantation drive at the campus. The main aim of the drive was to inspire students and staff to contribute towards

environmental conservation by planting saplings of native fruit varieties, air purifying plants as well as medicinal plants at their houses or at community spaces. Principal Dr. Nisha Bhargava along with staff, NSS volunteers and SBI officials Ms Manpreet Kaur and Ms Vibha planted fruit bearing, medicinal and air purifying plants at the campus. Speaking on the occasion, Dr. Nisha Bhargava informed that with a vision to spread the message of the need to plant more trees for gifting the future generations a cleaner and greener environment, MCM has undertaken this initiative. Asserting that global warming, climate change, extinction of species, etc. are the result of indiscriminate exploitation of natural resources by human beings, she said that the onus of reversing the damage done so far is on us. She added that even seemingly insignificant individuals acts like planting trees, following sustainable practices can contribute to making our planet cleaner and greener. The NSS volunteers, along with NSS Programme Officers Dr. Pallvi Rani and Dr. Purnima Bhandari, also visited adopted village Badheri wherein they planted saplings of fruit bearing trees and air purifying plants such as ficus in the premises of Government Model High School and Anganwadi Multiple Complex. The plantation drive at Badheri was graced by the presence of Mr Hardeep Singh Butrela, Councillor, Mrs Sanjogita, Headmistress, Government Model High School and Mrs. Parvinder Kaur, Area Supervisor, Aanganwadi Multiple Complex, Badheri.

MCM holds online session on building resilience



The Personality Development Club of Mehr Chand Mahajan DAV College for Women, in collaboration with Foreign Student Cell of the college, organised an online interactive session titled 'Building Resilience through Emotional Strength and Mind Power'. The resource person was Mr. Anurag Rishi, a Transformational and Motivational Speaker, Human Potential Trainer and a Life Coach. In a lively session, Mr. Rishi advised the participants about the ways to raise one's vibrational energy by connecting with self and nature, practising gratitude, chanting Om (as frequency of Om resonates with that of healing) and helping others. Explaining human body as a chemical composition with spiritual experience, Mr. Rishi narrated real life examples and instances from inspirational books of Deepak Chopra, Nicola Tesla and Norman Cousins to shed light on ways to reduce stress and push up the happiness index.

He suggested effective ways for building a strong, agile and resilient mind and also made the participants practice a breathing and visualization exercise for relaxation. Over 600 participants from the states of Punjab, Haryana, Himachal Pradesh, Assam, Jammu and Kashmir and Rajasthan benefitted from this session.

Principal Dr. Nisha Bhargava stressed upon the contextuality of this initiative particularly in the present troubled times of the pandemic. Adding that the quality of resilience can be acquired over a period of time, Dr. Bhargava said that a resilient human can withstand any situation and challenge in life..

MCM's online 'Econoverse 2021' a huge success



The PG Department of Economics of the college organised its annual fest 'Econoverse - 2021'. Given the present challenging times, the fest was organised online with the aim of encouraging budding economists and providing them a real-time environment to test their knowledge of Economics. The occasion was graced by Prof. Suman Makkar, Department of Economics, Panjab University as the Chief Guest and Prof. Pardeep S Chauhan, Department of Economics, Kurukshetra University as the Guest of Honour. Principal Dr. Nisha Bhargava inaugurated the fest and congratulated the Economics Department for keeping this annual tradition alive even during such times when offline events are not possible. She added that innovation and knowledge hold the key to the future and Econoverse assumes immense significance in light of the fact that it is the right platform for promoting innovation and knowledge. Prof. Makkar expressed appreciation for the novel initiative of the department to engage the students with concepts of Economics in an interesting manner. Igniting the passion in the students to achieve greater heights in life, Prof. Makkar motivated them to keep learning and believing in one's capabilities for success in life. The fest consisted of various innovative and engrossing events including The Mind Fizz, Stakes and Staggers, Caption Contest, Biz Tycoons, Economic Antakshari, and Puzzle and Scams that kept the audience glued to their screens throughout the fest. The fest witnessed overwhelming response as over 2800 people viewed it online, making it a huge success. In the valedictory address, Prof. Pradeep S Chauhan praised the college for its excellence in the field of women education and stated that in such challenging times, events like Econoverse are imperative to boost up the students' confidence and keep them engaged.

Dr. Punam Suri inaugurates MCM's Golden Jubilee Block



Marking another milestone in the glorious journey of the illustrious institution- Mehr Chand Mahajan DAV College for Women, Dr. Punam Suri, Padma Shree Awardee, President, DAV College Managing Committee (DAV CMC), New Delhi inaugurated its Golden Jubilee Block, the foundation stone of which was unveiled in the Golden Jubilee Year by Hon'ble President of India Sh. Ram Nath Kovind. Sh. H. R. Gandhar, Vice President, DAV CMC, Dr. Shiv Raman Gaur, Director Higher Education, DAV CMC and Dr. Gurdip Sharma, Senior Senate and Syndicate Member, Panjab University graced this auspicious occasion, making it a memorable one. With the soulful chanting of mantras, Dr. Punam Suri inaugurated the Golden Jubilee Block. Speaking on this occasion, Dr. Punam Suri expressed appreciation for the unprecedented role of MCM in empowering young women leaders of the future, imbibing in them a sense of responsibility of taking the nation forward. He further complimented MCM for having carved a niche for itself and wished the institution to achieve greater heights in the future. Principal Dr. Nisha Bhargava expressed heartfelt gratitude to DAV CMC for its wholehearted support and asserted that the institution will continue treading the path shown by Swami Dayanand Saraswati Ji and Justice Mehr Chand Mahajan.

MCM holds national Musical Instruments' Working Model Making Competition



The Department of Music at Mehr Chand Mahajan DAV College for Women, Chandigarh organised 'Srijan'- an online National level Musical Instruments' Working Model Making Competition. The aim of the competition was to develop a deeper sense of understanding of musical instruments among the budding artists. The competition

witnessed enthusiastic participation wherein the participants made working models of musical instruments and submitted their videos of playing their respective instrument. From working models of snake charmer bean to flute, damru, tumbi, the participants made awe-inspiring models of traditional Indian musical models, showcasing their creative acumen. The winners were awarded cash prizes and e-certificates.

Principal Dr. Nisha Bhargava lauded this initiative of the Music Department to promote artistic talent. She added that such competitions are important for bringing out the creative potential of students and motivating them to excel in their field.

The results of the competition:

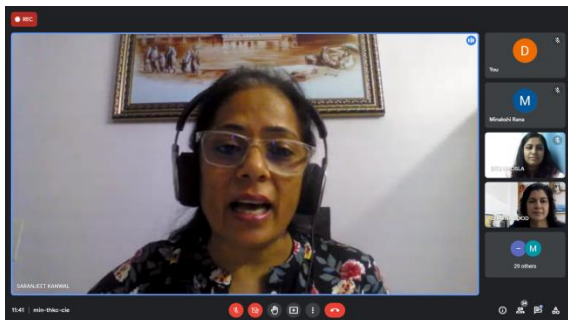
First Prize- Arshjot Singh (Instrument- Snake Charmer Bean), Govt. College, Sunam
Second Prize - Satinder Singh (Instrument- Tumbi), Panjab University, Chandigarh
Third Prize- Samridhi (Instrument- Damru), Mehr Chand Mahajan DAV College for Women, Chandigarh

MCM's 'superwoman' Harleen creates history, PM Modi congratulates her



Garnering praise from various quarters, including Prime Minister Mr. Narendra Modi and the stalwarts of Indian cricket like Sachin Tendulkar and VVS Laxman, for her historic catch during the Women's T20 cricket match between India and England at Northampton, Harleen Deol- a student of BA final year at Mehr Chand Mahajan DAV College for Women, Chandigarh has made the institution proud with her feat. Prime Minister Narendra Modi, in an Instagram story that was also tweeted by Union Minister for I & B and Youth Affairs and Sports Mr. Anurag Thakur, congratulated Harleen terming her catch 'phenomenal'. The seemingly impossible catch on the boundary line during Harleen's 10th T20 match for India has earned her the titles of 'WonderWoman' and 'Superwoman', which reiterates the way students are groomed at MCM to be women of substance. Congratulating Harleen for her stupendous catch that has etched her name in cricketing history in bold letters, Principal Dr. Nisha Bhargava said that the institution feels extremely proud of Harleen's achievement and announced that the college will be honouring Harleen and her family and will also give her a cash award, citation and free of cost education henceforth. Dr. Bhargava informed that Harleen was also honoured by Dr. Kiran Bedi, the then Hon'ble Lieutenant Governor of Puducherry during the Golden Jubilee celebrations of the college in 2018. She added that it is a matter of immense pride for the college to have its three students in Indian Cricket Team including Harleen Deol, the other two being Taniya Bhatia and Riddhima. The entire DAV fraternity congratulated Harleen for her superlative performance and wished her luck.

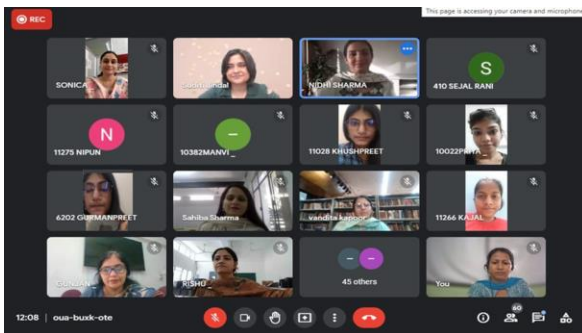
MCM holds online workshop on compost



Swachhta Committee (Arts) of Mehr Chand Mahajan DAV College for Women, in collaboration with MCM Eco Club, organised an online workshop on the topic 'How Food Residue can be turned to Compost'. Organised as a part of the 75-week long celebration of Bharat Ka Amrut Mahotsav, the workshop had Mrs. Saranjeet Kaur, Eco Club Incharge, Bhavan Vidyalaya Junior, Chandigarh as the resource person. The workshop received enthusiastic response as staff and students joined in to gain knowledge regarding compost making. Mrs. Saranjeet shed light on the step by step process of making compost at home including pit making, layering the pit and also highlighted the things that should not be put in these pits like onion peels or anything citrus. Throughout her informative lecture, Mrs. Saranjeet reminded the participants of their responsibility towards the environment and advocated adoption of sustainable practices in everyday life. The workshop was well received by the participants, whose queries were suitably answered by the expert.

Principal Dr. Nisha Bhargava lauded the efforts of the college's Swachhta Committee and Eco Club for promotion of sustainable practices. She informed that MCM is an environmentally conscious institution and its initiatives like compost making, vermicomposting, biogas production from mess food waste, installation of sewage treatment plant, rain water harvesting and harnessing of solar power are reflective of MCM's commitment to the cause of environmental conservation.

MCM holds session on Creative Writing



The Personality Development Club and Equal Opportunity Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online interactive session titled 'Get The Lump Out of Your Throat Through Creative Writing'. Ms. Suditi Jindal, Life Coach and Founder of PHILYRA Training and Consultancy, was the resource person for this enlightening session. Ms. Jindal elaborated on how creative writing can help in scientific understanding of mind and personality. Shedding light on the

role of creative writing in enhancing the skills within oneself and thereby enhancing one's personality, Ms. Jindal shared valuable tips to develop emotional skills by applying the art of creative writing.

The session provided insights into how creative writing channelises one's energy and leads to problem solving abilities. Over 100 students from various streams participated enthusiastically in the session.

Principal Dr. Nisha Bhargava expressed appreciation for this endeavour of Personality Development Club and Equal Opportunity Cell. She further motivated the students to use creative writing in their lives so as to develop problem solving abilities and shape their personalities.

MCM UBA holds webinar on COVID vaccination for its adopted villages



To mark the celebration of Azaadi Ka Amrut Mahotsav India@75, the Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a webinar titled 'COVID Vaccination: Myths and Reality' for the residents of its adopted villages Attawa, Badheri and Buterla. Designed specifically to clear the doubts of village residents regarding COVID vaccine and its administration, the webinar had Dr. Sanjeev Mittal, a renowned cardiologist of the tricity as the resource person. Dr. Mittal gave a detailed visual explanation of the causes, symptoms and remedies of COVID-19. He highlighted the application of risk and benefit approach to expedite the vaccination drive and attain synergetic effects. The queries of the participants regarding the myths and facts pertaining to COVID vaccine were handled satisfactorily by the expert by citing clinical data. The special invitee at the webinar was Mr. Hardeep Singh, Councillor of Buterla, Badheri and Attawa, who suggested the organisation of a covid vaccination camp in these three villages. There were over 80 participants including teachers and students of Government Schools at the three villages and student volunteers of UBA Cell. The session concluded on a satisfactory note with a recharged spirit to combat COVID-19 with prompt vaccination along with continued adherence to the safety protocol. Principal Dr. Nisha Bhargava lauded the efforts of college's UBA Cell in the direction of community outreach work, especially during COVID. Dr. Bhargava said that the way mass uprising paved way for India's freedom, freedom from the clutches of this deadly virus can only be attained when all of us come together in this fight and make mass immunisation possible.

MCM spearheads Mission 1 Lakh Triveni



Inaugurating 'Mission 1 Lakh Triveni', the Swachhta Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh carried out plantation of Triveni in the college campus, in collaboration with Parijai Genus Pvt. Ltd. Principal Dr. Nisha Bhargava, along with the officials of Parijai Genus Pvt. Ltd. and Coordinators of Swachhta Committee, Unnat Bharat Abhiyan (UBA) Cell, NSS units, Artificial Forest and Horticulture Committee, planted Triveni- the trio of three plants viz. neem tree (*Azadirachta indica*), peepal (*Ficus religiosa*) and banyan (*Ficus benghalensis*), planted together in one pit. Speaking on this occasion, Dr. Bhargava said that besides having ecological importance, triveni also holds spiritual significance as banyan, neem and peepal are regarded as the abode of Lord Brahma, Vishnu and Mahesh, respectively. She added that it is heartening that various committees of the college are undertaking the virtuous and fortunate deed of planting Triveni.

The mission was carried forward by UBA Cell and NSS units by planting Triveni in their respective adopted villages and different areas of tricity. The UBA Cell planted 3 sets of Triveni in Kharar, 1 set each in Panjab University Campus, Sector 13, Chandigarh, and Phase 4 and Sohana village of Mohali. NSS units contributed to Mission Triveni by planting a set of Triveni in the premises of Government Model School and Anganwadi Multiple Complex, Village Badheri, and another set in Krishna Market area of Sector 41.

MCM holds webinar on 'Motivating the Motivators'



The Equal Opportunity Cell and Foreign Student Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a webinar titled 'Motivating the Motivators'. The webinar, organised in collaboration with Suvichar- A forum of Thought Leaders, had Mr. Vivek Atray, Ex IAS, Author and Motivational Speaker and Mr.

Vipin Pubby, Dean, Mass Communication and Journalism, Shoolini University, Solan, Himachal Pradesh and Former Resident Editor, Indian Express, Chandigarh as the resource persons. The objective of the webinar was to motivate young minds to acquire a wide range of abilities and skills which are crucial for a better living and enable them to contribute to society in a positive way. In his lively address, Mr. Vivek Atray asserted that the current tough times necessitate creation of a vibrant network of motivators to bring about positivity in the world and push up the happiness index. Adding that positivity should be a collective choice, Mr. Atray motivated the audience to pick up inspiration and positivity from every possible source. Speaking on this occasion, Mr. Vipin Pubby said that whatever life offers- good or bad, one should always extract the good out of it through positivity. He added that overthinking is the main culprit that one should let go of and instead focus on counting one's blessings. The webinar received enthusiastic response as over 330 viewers watched it.

Principal Dr. Nisha Bhargava lauded this initiative to develop understanding of societal concerns among the youth and to encourage them to spread positivity by donning the role of motivators. She added that such endeavours are immensely significant for bringing about positive changes in the society.

MCM holds webinar on Prominent Women in Mughal Era



Tarikh- the History Association of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a webinar on the topic 'Prominent Women in Mughal Era'. Dr Bharti Mohan, Associate Professor, Aditi Mahavidyalaya, University of Delhi was the resource person for this highly informative webinar.

Dr Mohan shared insightful information about various influential women who shaped the minds and personalities of great rulers from Babur to Aurangzeb.

Besides shedding light on the important role played by Noorjahan on the administrative decisions made during the reign of Mughal emperor Jehangir, Dr Mohan also spoke about the contributions of Gulbadan Bano Begum- daughter of Mughal emperor Babur, Jahanara and Roshanara- daughters of Mughal emperor Shah Jehan. The webinar was well received by the participants who joined in great numbers, making the webinar a success.

Principal Dr. Nisha Bhargava highlighted the relevance of this novel endeavour of the History Association by stating that the magnificent role of Mughal women in politics is generally neglected by mainstream historians. She added that with women actively involved in harem and court politics, it is pertinent that people know about their contribution to Mughal empire.

MCM raises COVID vaccination awareness in Chandigarh villages



Carrying forward "COV-विजय"- a COVID immunisation awareness campaign that was launched in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, GoI, Mehr Chand Mahajan DAV College for Women, Chandigarh organised awareness drives in Badheri and Butrela villages. A

team of faculty members along with student volunteers and MGNCRE official visited these villages with the objective of generating awareness regarding COVID vaccination and motivating villagers to get immunised. The awareness drives- a follow up of the awareness drive organised last month, included rallies and door to door campaigning. The team covered over 210 houses as they went from door to door, clearing the myths regarding COVID vaccination and putting to rest the apprehensions of the residents of these two villages. Rallies motivating people to religiously follow COVID appropriate behavior were also taken out. A survey based research study was also undertaken to evaluate the success of the earlier awareness drives in prompting villagers to get vaccinated and bringing about behavioural change. The data showed that the drives did have a positive impact on the number of villagers getting immunised.

Principal Dr. Nisha Bhargava said that cognizant of its social responsibility, MCM has been working ceaselessly since the outbreak of COVID for raising awareness about coronavirus through informative videos, distribution of masks, display of educational posters and so on. She expressed hope that this initiative helps in strengthening the fight against COVID.

MCM holds ICT and Business Communication workshop for non-teaching staff



The Department of Computer Science and Applications at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of college's IQAC, organised a 5-days workshop on 'ICT and Business Communication'. The objective of this workshop was to enhance the skills of the non-teaching staff in using various ICT

tools for efficient conduct of their work. The resource persons Ms. Manmeet Kaur, Ms. Sandeep Kaur, Ms. Sonali Mehndiratta and Ms. Monika from Department of Computer Science and Applications and Dr. Sunaina Jain from Department of English discussed in detail tools like spread-sheet software, survey administration software, online tools for files merging and splitting, online tools for file format conversions and Business Communication skills required for the art of business letter writing. The resource persons also demonstrated and provided hands-on experience to the participants in various ICT tools. Over 26 staff members participated in the workshop and benefited from it, updating their skill sets in using ICT tools. All the participants were provided with the participation certificate.

Principal Dr. Nisha Bhargava appreciated the efforts of the organising team for successfully conducting the workshop and asserted that in the present fast paced times, it is imperative to upskill in order to remain contextual. She added that with the objective of holistic development of its various stakeholders, MCM organises such skill enhancement workshops on a regular basis.

MCM holds session on Election Commission of India



The Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women conducted an online awareness session on the topic 'Election Commission of India and Its Working'. Ms. Richa, Assistant Professor, Department of Political Science was the resource person for this session.

In an informative session, Ms. Richa discussed the working of Election Commission of India and highlighted the recent reforms made by it. She also enlightened the participants about the Commission's role in holding State Assembly Elections in the pandemic time.

Keeping in mind the importance of exercising one's right to vote, Ms. Richa also educated the participants about the facility of online voter registration. An overwhelming number of students i.e. 143 participated in the session.

Principal Dr. Nisha Bhargava expressed appreciation for the consistent efforts of the Electoral Literacy Club of the college for educating the youth about the significance of electoral literacy for a robust democracy. She added that the engagement of youth in democratic processes is imperative for upholding the cherished ideals of democracy.

MCM holds online workshop on paper recycling



The Department of Environment Science at Mehr Chand Mahajan DAV College for Women, under the aegis of Internal Quality Assurance Cell, organised an online hands-on workshop on 'Paper Recycling, Paper Pencil Making and Seed Balls Making' to mark the celebration of annual festival Van Mahotsav. The

objective of the workshop was to promote increased paper recovery and reuse by raising awareness about the importance of recycling and to create awareness about the significance of the plantation for a clean, green and healthy environment. The workshop was conducted by Dr. Shafila, Department of Environment Science. Dr. Shafila demonstrated step-wise procedure of handmade paper making from waste papers that could be used for various purposes like canvas for painting, making bookmarks, decorative envelopes etc. She also explained the steps for making paper pencils using the material normally available at home. Additionally, the concept of seed balls making was introduced to the participants. Throughout the workshop, Dr. Shafila highlighted the importance of 3 R's i.e. reduce, reuse and recycle for environment conservation. Participants enthusiastically learnt the process of paper recycling and resolved to adopt such measures for environmental conservation.

Principal Dr. Nisha Bhargava expressed appreciation for this initiative of the Environment Science Department and highlighted its importance for the environment saying that recycling paper saves trees, reduces air pollutants and saves water. She added that such awareness workshops are highly significant to bring about behavioural change with respect to adoption of sustainable practices.

MCM celebrates Independence Day



Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated 75th Independence Day with great enthusiasm and zeal. The NSS units and Character Building Committee of the college organised a national level Digital Poster Making Competition on 'Azadi ka Amrit Mahotsav' and a national level Poster Making Competition on 'Vision for Nation', respectively. Over 65 students from different schools and colleges of more than 9 different states and UTs of India participated in the competition organised by NSS units. Through their entries, the participants expressed their views and thoughts about great Indian leaders, their role in Indian freedom struggle and the recent role of frontier warriors amidst COVID-19. The NSS volunteers also participated in the “Singing of the Rashtra Gaan” activity by uploading their videos of singing National Anthem of India on rashtragaan.in portal. The competition organised by Character Building Committee witnessed huge participation from across the country as 245 students sent in their entries. The entries showcased participants' inspiring ideas for the nation coupled with remarkable creativity.

Principal Dr Nisha Bhargava appreciated the activity for providing the young minds an opportunity to showcase their vision for the nation in such an innovative manner. She added that our ancestors have given us the gift of freedom after a long intense battle and thus, we should consciously work to safeguard it at all times. Reminding the youth of their responsibility as active drivers of country's development, Dr. Bhargava urged them to work with highest commitment to take the country to greater heights.

MCM honours Principal Dr. Girdhar Sharma



Mehr Chand Mahajan DAV College for Women, Chandigarh honoured Dr. Girdhar Sharma, Principal, Syon College, Abohar in a ceremony organised here today. A person with multidimensional inspiring personality, Dr. Girdhar Sharma was honoured for his contribution to the fields of education, literature and arts. With MA in Hindi, Psychology and Political Science, PhD in Hindi, MBA in Marketing, MJMC, Diploma in Urdu language and Diploma in Acting, Dr. Sharma has donned several hats including that of Principal in different colleges, worked in newspapers and magazines in Hindi, Punjabi, English and Urdu, and also acted in Doordarshan serials. An inspiration to many, Dr. Sharma envisions to kindle thirst for knowledge among young minds so that their horizons are widened and they contribute effectively to the society. Dr. Sharma also interacted with MCM staff members and expressed appreciation for the efforts of MCM team led by Principal Dr. Nisha Bhargava in taking the institution to greater heights. Dr. Bhargava lauded Dr. Sharma's role in promoting the cause of education and his significant contribution to the world of literature and arts. She added that students should learn from such personalities and remain consistent in the pursuit of excellence.

MCM celebrates Sadbhavana Diwas

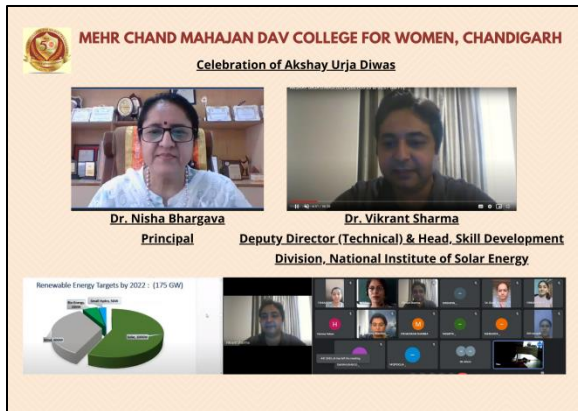


The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated Sadbhavana Diwas to mark the observance of birth anniversary of former Prime Minister of India Late Shri Rajiv Gandhi. Keeping in mind the theme of 'Sadbhavana' to promote national integration, communal harmony and

goodwill among Indian citizens, the NSS units held a Sadbhavana Pledge ceremony wherein 78 NSS volunteers pledged to encourage goodwill, national integration, communal harmony, peace and affection among the people of India irrespective of caste, creed and religion.

Principal Dr. Nisha Bhargava asserted that being the youngest Prime Minister of India, Rajiv Gandhi had a modernistic approach wherein he stressed upon realising the dream of a strong, independent India. She added that as a mark of true respect for his contributions, we must work for emotional oneness and harmony of all Indians.

MCM celebrates Akshay Urja Diwas

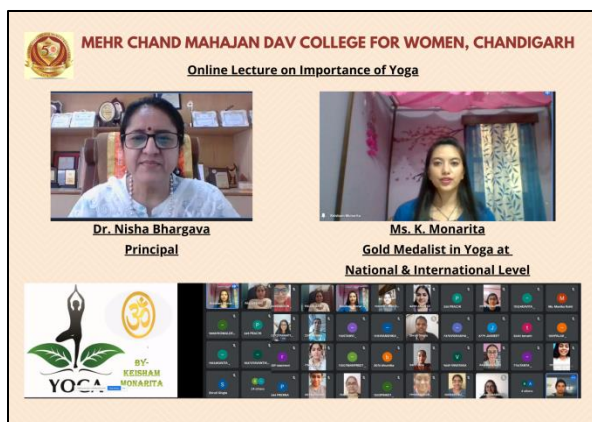


Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated Akshay Urja Diwas by organizing an online Popular Akshay Urja Lecture sponsored by Chandigarh Renewable Energy and Science and Technology Promotion Society (CREST). Dr. Vikrant Sharma, Deputy Director (Technical) and Head,

Skill Development Division, National Institute of Solar Energy, Gurugram was the resource person for the lecture. Dr. Vikrant gave an overview on the use of solar energy technologies and the renewable energy targets set by the government for the year 2022. Dr. Sharma pointed out the importance of the need of skilled manpower. Employment generation, eco-friendly energy generation, sustainability of other energy resources for a longer period of time, are some of the significant advantages elucidated by Dr Vikrant Sharma in the lecture. He motivated the students to take up experiments and projects to get familiar with the use of solar energy and encouraged the college to extend the ongoing projects on renewable energy usage in the college. An online inter-college poetry writing competition sponsored by CREST was also organized on the theme 'Impact of Akshay Urja in India'.

Principal Dr. Nisha Bhargava lauded this initiative to spread awareness about the importance of renewable energy resources for a sustainable future. She added that conscious of its responsibility towards the environment, MCM has been a frontrunner institution in adopting the use of renewable energy like harnessing of solar energy and production of biogas from mess food waste.

MCM NSS holds online lecture on yoga



The NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online lecture on 'Importance of Yoga' as part of Fit India Run- Amrit Mahotsav@75. The resource person was Ms. Keisham Monarita, Gold Medalist in Yoga at National and International Level.

The session began with Om chanting followed by explanation of the meaning and origins of yoga. Thereafter, the expert discussed in detail different types of yoga i.e. Karma yoga (yoga through action), Jnana yoga (yoga through knowledge), Hatha yoga, Raja yoga (king/ supreme yoga), Bhakti yoga (yoga through devotion) and Astang yoga. Further, benefits and correct technique of doing Pranayama were explained along with practical demonstration of the different types of pranayama. The session concluded with the brief explanation about the benefits of practicing yoga daily.

Principal Dr. Nisha Bhargava, an ardent follower of yoga, expressed appreciation for this initiative of NSS units to sensitise students about the importance of yoga. Highlighting the significant role of yoga in promoting holistic well-being, she said that it is an invaluable gift of ancient Indian tradition that has played a significant role in psycho-social care and fighting the effects of social isolation during the pandemic ridden times.

MCM Principal Dr. Nisha Bhargava elected to Senate for Second Time



Dr. Nisha Bhargava, Principal, Mehr Chand Mahajan DAV College for Women, Chandigarh won the Panjab University Senate Elections 2021 from the Principal's Constituency, the results of which were declared today. She served as a PU Senate member from 2016 to 2020 as well. Winning by a huge majority, the election of Dr. Bhargava drew an ecstatic response from one and all in the academic circles who hailed her election as a well deserved one. A NAAC Assessor, Dr. Bhargava is an academican par excellence who has vast experience in various academic and administrative capacities. Besides research publications in reputed journals, books and paper presentations in national and international conferences to her credit, Dr. Bhargava has helmed research projects on play based learning and workplace well being. An economist by profession and a poetess at heart, Dr. Bhargava is an energy economics expert who effortlessly weaves words into heart touching poetry and has published her anthology of poems in a book titled 'Safar Hai Zindagi'. Thanking the voters for reposing faith in her and crediting her near and dear ones for her success, Dr. Bhargava vowed to work ceaselessly for the betterment of standards of higher education in the region.

MCM NSS celebrates Swachhta Pakhwada



In keeping with the spirit of Swachhta Pakhwada- the fortnight long programme aimed at promoting the cause of Swachhta, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh organised several Swachhta related activities both at individual as well as community level. The activities undertaken by the volunteers included plantation drives, and cleaning of parks and roads in the vicinity of their respective places. During the plantation drive, volunteers planted saplings of green purifying plants and segregated waste into dry and wet waste. Under this programme, all the NSS volunteers also took a pledge to keep their surroundings clean. In order to prevent the spread of malaria and dengue, volunteers discarded disposable things and containers at their respective places that contained stagnant water and could act as breeding grounds for mosquitoes. Besides, they also motivated their neighbours to contribute towards the cause of Swachhta by organising mass cleanliness drives in their respective places. They removed weeds from their surrounding parks and discarded waste in appropriate bins. In addition, in order to curb the spread of COVID-19, volunteers spread awareness regarding the correct way of washing hands. All these activities were organised by following COVID-19 appropriate behaviour.

Principal Dr. Nisha Bhargava lauded the efforts of NSS for affecting behavioural change among the citizens with respect to Swachhta. She added that having had the honour of being ranked the number one Cleanest College in the country, MCM's commitment to the cause of Swachhta is reflected in its various initiatives and sustainable practices aimed at contributing towards a cleaner and greener planet.

MCM holds 7-day advanced course in Research Skills



With the objective to equip faculty and students with advanced research skills for promotion of quality research, the Skill Development Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Rajeev Gandhi College of Management Studies, Navi Mumbai, organised a 7-day Advanced Course in Research Skills. Dr. Minakshi Rana, Assistant Professor, Postgraduate Department of Sociology was the resource person for this programme. The week long course focused on coverage of various aspects of research, analysis and related softwares with a view to strengthen research acumen of the participants. From introduction to research problem to discussion on selection of suitable measurement tools, writing review of related literature with the help of online tools, data collection, selection of appropriate statistical tools, data analysis and interpretation of results, presentation of findings, use of SPSS software and introduction to R software, the course gave the participants comprehensive and vital insights into research. More than 100 participants, consisting of faculty members, research scholars and students registered for the course. Principal Dr. Nisha Bhargava congratulated the organising team on the successful organisation of the course. She lauded the course for being a complete package in itself covering all the essential elements of research. Stressing upon the importance of technically sound statistical analysis for quality publication, Dr. Bhargava added that the use of free online research tools facilitates pursuing of quality research without any financial hindrance.

MCM celebrates Entrepreneurs' Day



The Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated World Entrepreneurs' Day with two separate events- a Case Study Competition and an expert lecture on 'How to Start a Start-up'. The Case Study Competition was organised on the topic 'Success or Failure

Story of Start-up Founders'. A total of 54 students participated in the event. Problem identification, solutions provided, and challenges faced by start-up founders were discussed by the students in the case study. Through this activity the students were able to draw meaningful lessons from the success/failure of various start-up founders. Certificates were awarded to the top three entries. The resource person for the expert lecture on 'How to Start a Start-up' was Mr. Abhaynoor Singh, Global Sales Manager, Tynor Orthotics Pvt. Ltd. A total of 80 students and faculty members attended the online event. The session was an endeavor to acquaint the participants with various challenges associated with start-ups. Mr. Singh urged upon the need to have a predefined vision and to set goals before venturing into a start-up. The resource person also emphasised the need to segment the market judiciously in order to be successful. Further, the students raised queries relating to venturing into areas such as interior designing, marketing, music, etc. which were addressed in the best possible manner.

Principal Dr. Nisha Bhargava lauded the efforts of IIC directed at promoting a culture of entrepreneurship and innovation among students. She added that entrepreneurship development is of paramount importance as entrepreneurship drives economic development of the country.

MCM celebrates Hindi Utsav



To mark Bharatendu Harishchandra Jayanti, the Hindi Department of Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated 'Hindi Utsav' here today. Organised in collaboration with Indian Oil Corporation, Chandigarh and Shuruat Samiti, the celebration was dedicated to the

journey of Hindi literature from Bharatendu Harishchandra to Dr. Virendra Mehndiratta. The celebration was graced by Mr. Nirmal Nagar, Joint Transport Commissioner (Road Safety), Haryana, Dr. Gurmeet Singh, Department of Hindi, Panjab University and Mr. Ashutosh, Official Language Officer, IOCL. Inaugurating the celebrations, Principal Dr. Nisha Bhargava eulogised the immensely significant contribution of Bharatendu Harishchandra to Hindi literature. She added that besides playing an important role in popularising Hindi as the language of masses by laying emphasis on simplicity of expression, Bharatendu ji played a crucial role in awakening feelings of nationalism among Indians by highlighting the economic, social and political conditions during British rule in his plays. Dr. Bhargava said that a true tribute to him would be to work towards the promotion of our national language. She ended her address on a poetic note with recitation of a self composed poem 'Jeena unhi ka hai'. In a befitting tribute to Bharatendu Harishchandra, the students of the department performed his play 'Andher Nagri' that drew thunderous applause from the audience. An exhibition on Hindi books by National Book Trust of India and competitions including Kavita Gayan, Biography Presentation of Favourite Writer, Portrait making of Favourite Writer, Poetry Recitation of Favourite Writer and Painting based on work of Favourite Writer added to the celebrations. The event concluded with honouring of winners of various competitions by the dignitaries.

MCM holds national poster making competition on drugs



The Women Development Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Department of Fine Arts, organised a national level Poster Making Competition under the 'Nasha Mukh Bharat Campaign' of the Department of Social Welfare, Women and Child Development,

Chandigarh Administration. The theme of the competition was 'Say No to Drugs'. Over 92 students from across the country participated enthusiastically in the competition. Through their thought-provoking creative entries, the participants gave the message of choosing life over drugs and highlighted the detrimental effects of drugs. The first three winners were awarded e-certificates and cash prizes.

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

The prize winners are:

1st: Khwaish (MCM DAV College for Women, Chandigarh)

2nd: Preeti (PU, Chandigarh)

3rd: Kritika (MCM DAV College for Women, Chandigarh)

Consolation: Rupinder Kaur (KMV, Jalandhar) and Guntaj (MCM DAV College for Women, Chandigarh)

MCM holds webinar on Business Opportunities in Bakery and Confectionery



To mark 'Azadi ka Amrit Mahotsav', Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Department of Industries, UT, Chandigarh organised a webinar on 'Business Opportunities in Bakery and Confectionery' under the PMFME Scheme of Ministry of Food Processing Industries,

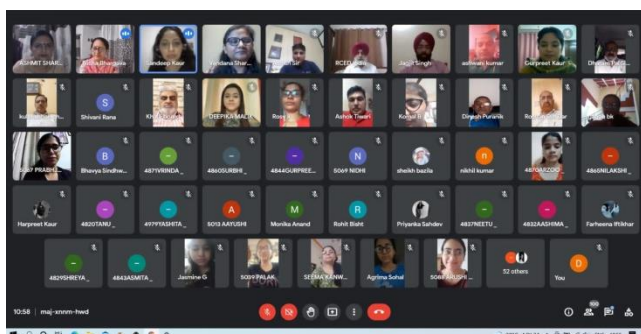
Government of India. Mr. Jagjit Singh, Director Industries, Chandigarh graced the webinar as the Chief Guest.

Inaugurating the webinar, Principal Dr. Nisha Bhargava informed that the PMFME Scheme is an endeavour towards creating a self-reliant India by providing financial, technical and business support to entrepreneurial ventures. She further added that MCM is proud to be the only State Level Training Institute in the UT region to be nominated by Chandigarh Administration for providing training to budding entrepreneurs in the field of bakery and confectionery under 'One District One Product' which is a positive step towards employment generation and overall development of the region.

Mr. Jagjit Singh summed up the entire backdrop, objective and mission of PMFME scheme and reiterated the significance of the scheme in building a self-reliant India. He added that since Chandigarh is predominantly an urban settlement with less agricultural produce, bakery and confectionery products have been adopted to provide the benefit of this scheme to young entrepreneurs.



The resource persons for the webinar were Mr. Paramjeet Singh, Director, RCED, Chandigarh, Ms. Baljeet Kaur, Director, VMAD, Chandigarh and MCM's Food Science faculty Dr. Vandana Sharma, Dr. Sandeep Kaur and Dr. Gurpreet Kaur. Motivating the participants to benefit from government schemes like Skill India and Start up India, Mr. Paramjeet Singh stressed on the need to promote entrepreneurial culture in the country.



Ms. Baljeet Kaur elaborated the branding and marketing aspects of entrepreneurship and said that skill, product marketing and money management are the key ingredients in making a venture successful.

Dr. Vandana Sharma dwelt on the two components of PMFME scheme namely Self Reliance and Vocal for Local. Dr. Sandeep Kaur's presentation revolved around licencing and registration of food business operator with FSSAI wherein she explained the process of online FSSAI registration.

At the end of the webinar, Dr. Gurpreet Kaur gave an overview of the scenario of bakery industry world wide, nationally as well as at regional level. The participants found the webinar highly informative and enlightening.

MCM celebrates Hindi Diwas



The Postgraduate Department of Hindi at Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated Hindi Diwas with a cultural programme here today. A quiz on Hindi literature was held on this occasion wherein the knowledge of students pertaining to the illustrious world of Hindi literature was put to test.

The programme also provided glimpses of the rich cultural diversity of India through presentation of folk songs and folk dances by the students. The students participated enthusiastically in the celebrations.

Principal Dr. Nisha Bhargava lauded this initiative of the Hindi Department to promote our national language. Apprising the students of the legacy and historical relevance of Hindi, Dr. Bhargava motivated the students to work towards promotion of Hindi. She also enlightened the students about the career opportunities available in the field of Hindi.

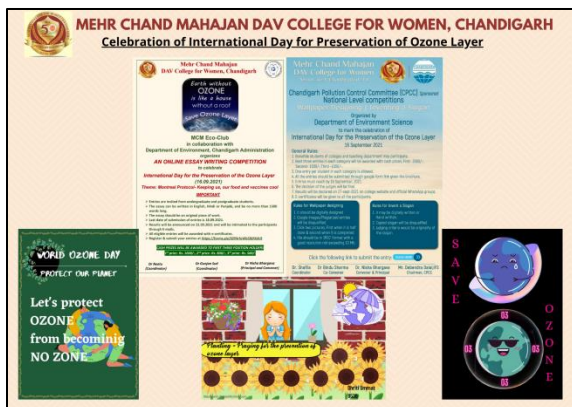
Odyssey marks 15 years of NCC Naval Wing at MCM



Celebrating 15 glorious years of NCC Naval Wing at Mehr Chand Mahajan DAV College for Women, Chandigarh, the NCC Naval Wing organised 'Odyssey' here today. Capt. Vijay Chikara, Commanding Officer, 1 CHD NCC Naval and Dr. Nisha Bhargava, Principal, Mehr Chand Mahajan

DAV College for Women graced the occasion as the Chief Guest and Guest of Honour, respectively. Referring to MCM as one of the finest colleges, Capt. Chikara complimented the college for grooming women achievers in diverse fields including NCC. Besides apprising the audience of the aims and objectives of NCC, Capt. Chikara also shed light on the initiatives being undertaken by 1 CHD NCC Naval directed at promoting holistic development of the NCC Naval cadets. Speaking on this occasion, Dr. Nisha Bhargava lauded the NCC Naval Wing of MCM for its praiseworthy accomplishments, and for instilling discipline and promoting spirit of unity among young cadets who are the custodians of the future. With a sense of pride, Dr. Bhargava added that going beyond the call of duty, the NCC cadets at MCM did exemplary work during the troubled COVID times and continue to do so especially in villages under the aegis of Unnat Bharat Abhiyan of Government of India. The programme began with a presentation on the laudable accomplishments of MCM's NCC Naval cadets. Further, a video showcasing the efforts of NCC Naval cadets during COVID under the aegis of Fit India Campaign was also shown during the event. Another highlight of the event was 'Cadet Talk' wherein former cadets of 1 CHD NCC Naval shared their rich experiences and motivational thoughts with their juniors, providing insights into the lives of NCC cadets and how NCC transforms them into better and stronger human beings. Songs and dance performances added to the entertainment quotient of the event.

MCM celebrates International Day for Preservation of Ozone Layer



To mark the celebration of International Day for Preservation of Ozone Layer, Mehr Chand Mahajan DAV College for Women, Chandigarh organised various competitions. The Eco Club of the college, in collaboration with Department of Environment, Chandigarh Administration, organised an Online Essay Writing

Competition. The theme for the competition was based on this year's Ozone Day theme i.e. 'Montreal Protocol- Keeping us, our food and vaccines cool'.

In another event, the Department of Environment Science of the college organised a National Level Competition on 'Wallpaper Designing and Inventing a Slogan'. The competition was sponsored by Chandigarh Pollution Control Committee. Both the competitions witnessed enthusiastic response wherein the participants channelised their creativity and ingenious ideas to give the message of the need to protect the ozone layer.

Principal Dr. Nisha Bhargava expressed appreciation for the efforts of Eco Club and Environment Science Department to raise awareness about the problem of depletion of the ozone layer. She further added that human activity has damaged the Earth's protective layer and it is our responsibility to heal it by phasing out ozone depleting substances.

MCM celebrates World Bamboo



Commemorating the Government of India's momentous initiative 'Azadi ka Amrit Mahotsav', Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated World Bamboo Day. Organised under the aegis of Ek Bharat Shreshtha Bharat Club, NSS units and UBA Cell of the college, the celebration

was held in collaboration with Artison Agro India, Jaipur. Mr. Debendra Dalai, IFS, Chief Conservator of Forests and Director, Department of Forests and Wildlife, Chandigarh and Dr. Nisha Bhargava, Principal, Mehr Chand Mahajan DAV College for Women graced the event as the Chief Guest and Guest of Honour, respectively. The special guests on this occasion were Mr. R.P. Joshi, Founder Director, Artison Agro India and Dr. Vinod Kumar, Department of Sociology, Panjab University.

Mr. Debendra Dalai lauded this endeavour of the college to educate people about the immense environmental and economic benefits of bamboo. Stating that sky is the limit as far as the utility of bamboo is concerned, Mr. Dalai motivated the youth to explore the potential of bamboo industry and contribute towards nation's growth as well as environment's conservation. Speaking on this occasion, Dr. Nisha Bhargava highlighted the importance of Bamboo Day celebrations in educating people about the potential of bamboo to protect the natural resources and the environment. Adding that COVID has prompted mankind to stop and reflect on the disastrous impacts of indiscriminate exploitation of natural resources, Dr. Bhargava stressed that for furthering the cause of environmental conservation, bamboo plantation should be promoted.



Mr. R. P. Joshi gave a highly informative presentation on the history of Bamboo Day, National Bamboo Mission, the profitable business of Bamboo plantation, bamboo varieties for commercial use and the endless benefits of bamboo. Dr. Vinod Kumar asserted that bamboo, also called Green Gold, is

a complete package for farmers as well as for all of us because it not only provides employment and good returns but also helps fight climate change, global warming and diseases, improves soil health, and also solves the problem of malnourishment.

An exhibition of bamboo products was also put up on this occasion. To reaffirm MCM's commitment to preserve environment, a plantation drive was also undertaken wherein Mr. Debendra Dalai alongwith Dr. Nisha Bhargava planted bamboo in the campus.

The college also felicitated Municipal Councillors, Principals and teachers of Government schools, and Anganwari workers of the villages of Attawa, Badheri, Buterla, Kajheri and Maloya who work in close collaboration with the NSS units and UBA Cell of the college for promoting environmental conservation and sustainable practices. The teaching and non-teaching staff members who have made significant contribution to environment protection and sustainability were also felicitated during this event.

MCM holds Essay Writing Competition on NEP 2020; releases Swasti Dhara



The Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a national level Essay Writing Competition 'Subodh' to raise awareness about New Education Policy 2020. The participants were required to submit their entries in Hindi /English/

Punjabi on any one of the given topics which were- 'Mantra of Global Welfare in National Education Policy' and 'Role of Educational Institutions in India'. The participants harnessed their creative expression skills to present nuanced viewpoints on the given topics wherein they highlighted the role of New Education Policy in revamping the higher education system and creating world class institutions across the country, among other points. The winners in each category were awarded cash prizes.

In another activity, the Character Building Committee released its annual magazine 'Swasti Dhara'. Principal Dr. Nisha Bhargava, along with the members of the Committee, released the magazine that provides glimpses of the activities conducted under the aegis of the Committee during the year. Dr. Bhargava lauded the Character Building Committee for organising various relevant activities, which are in line with the ethos of New Education Policy, with the objective of inculcating a strong value system in students. She further said that character building of students through such novel initiatives holds immense significance as it lays the foundation for nation building.

MCM unveils its Covid Response Edition of Mehr Jyoti



Mehr Chand Mahajan DAV College for Women, Chandigarh released the 2020 edition of its annual magazine- Mehr Jyoti, in a ceremony here today that was graced by Sh. H. R. Gandhar, Vice President, DAV College Managing Committee, New Delhi. Sh. H. R. Gandhar, Principal Dr. Nisha Bhargava

and the members of Mehr Jyoti Editorial team unveiled the pertinently named COVID Response Edition that documents and records MCM's response to the pandemic. Committed to its tradition of fostering excellence in education, the college swiftly adapted its pedagogy to the online realm for uninterrupted teaching-learning experience in the preceding year. The current issue of Mehr Jyoti thus showcases innovations in teaching and learning adopted by the college during the lockdown along with social outreach activities that the college undertook during this period. In another event, Sh. H. R. Gandhar inaugurated the new premises of the college's Research Centre in English. Functional since 2017, the Research Centre in English at MCM is the first approved research centre of Panjab University and currently has 18 research scholars enrolled. Speaking on this occasion, Sh. H. R. Gandhar complemented the college for upholding the tradition of excellence in academic, sports as well as co-curricular domains. He appreciated MCM's efforts aimed at promotion of quality research and advocated bolstering of research acumen right at undergraduate level. Dr. Nisha Bhargava informed that this special edition of Mehr Jyoti is dedicated to the hard-work and indefatigable spirit of MCM's frontline workers during the lockdown period and the team MCM members who worked relentlessly for the service of the society during these tough times.

MCM celebrates International Peace Day with poetry



The Foreign Students Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Government College Chamba, Himachal Pradesh, organised an online International Poetry Writing Competition to celebrate International Day of Peace. More than 80 participants sent in their thought provoking

self composed poems that stressed on strengthening the ideals of peace and transforming the world into a more equitable, inclusive and peaceful one. The participants, through their poetic expression, beseeched humanity to commit to peace above all differences and to contribute towards building a culture of peace.

Reminding everyone of the beautiful creation of God that this world is, Principal Dr. Nisha Bhargava shared her self composed poem 'Aman aur Jung' wherein she questioned humanity that when each particle of this world craves for peace then why humans hold on to the feeling of hatred. Giving the message of winning hearts and not wars, Dr. Bhargava urged everyone to celebrate peace by standing up against acts of hate and by spreading compassion, kindness, and hope. The best three entries of the competition were awarded cash prizes and all the participants were given e-certificates.

MCM celebrates World Car Free Day



On the occasion of World Car Free Day, the Department of Environment Science at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a national level Logo Designing Competition. Held in collaboration with Chandigarh Pollution Control Committee, the competition witnessed enthusiastic response as over

70 participants from various parts of the country sent in their creative entries.

Held with the aim to sensitise people about the importance of car free roads for the environment and to promote sustainable lifestyle, the competition required the participants to design a suitable logo for World Car Free Day. The winners were awarded cash prizes.

Principal Dr. Nisha Bhargava lauded this initiative of the Environment Science Department for drawing attention to the impact of vehicle emissions on our atmosphere and the need for adopting sustainable transport. She also stressed on promotion of walking and cycling for a safer environment.

MCM NSS units undertake height-weight measurement drive at Badheri



Under the aegis of Poshan Abhiyan of Government of India, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a height and weight measurement drive at the Anganwadi at adopted village Badheri, Chandigarh. Held while observing all the COVID related guidelines, the drive aimed

to disseminate knowledge about the importance of nutrition in our lives and to promote practices that nurture health, wellness and immunity to disease and malnutrition. During the event, Mrs. Parvinder Kaur, Area Supervisor, ICDS-Project 3, Department of Social Welfare, U.T., Chandigarh was also present. Through the drive, the anganwadi workers and NSS volunteers assessed the status and degree of malnourishment among children by measuring their height and weight. The height and weight of children of age 0-6 years was measured using instruments including infantometer, weighing scale and stadiometer. The volunteers also interacted with the parents of these children and generated awareness regarding the importance of nutrition and balanced diet among children. At the end, the volunteers distributed healthy amla candies among the children. Principal Dr. Nisha Bhargava expressed appreciation for this noble outreach endeavour of MCM NSS units to raise awareness about the problem of malnourishment in children. She informed that the college's NSS units have been contributing effectively towards various national programmes like Swachh Bharat Abhiyan, Poshan Abhiyan, Unnat Bharat Abhiyan and so on, thereby invoking the volunteers' sense of responsibility towards the cause of nation building.

MCM holds 2-day lecture cum workshop on Basic Chemistry Lab Skills

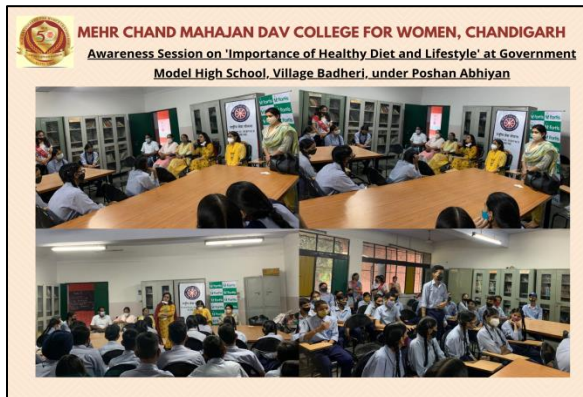


The Postgraduate Department of Chemistry, Mehr Chand Mahajan DAV College for Women, Chandigarh organised a 2-day lecture cum workshop titled 'Refreshing the Basic Chemistry Lab Skills Post Lockdown'. The objective of this lecture cum workshop was to educate students about the basic lab

skills required for working in chemistry labs. These skills are extremely important in context of chemistry labs as these are full of hazards and risks due to the usage of huge variety of chemicals. The resource persons were Dr. Angshuman Roy Choudhury, IISER Mohali and Dr. Rishu, Department of Chemistry at the college. Over 125 students participated in this event. During the lecture, the participants were taught about the basic lab apparatus, its usage, basic concepts of chemistry experiments and various fundamental laboratory techniques. The various approaches to handle waste chemicals in the safest way with least environmental hazards were also discussed. The workshop focused on making the students aware about basic work culture and safe practices of working in chemistry labs. Student participants and lab staff were asked to prepare solutions of different concentrations as a part of hands on experiential learning.

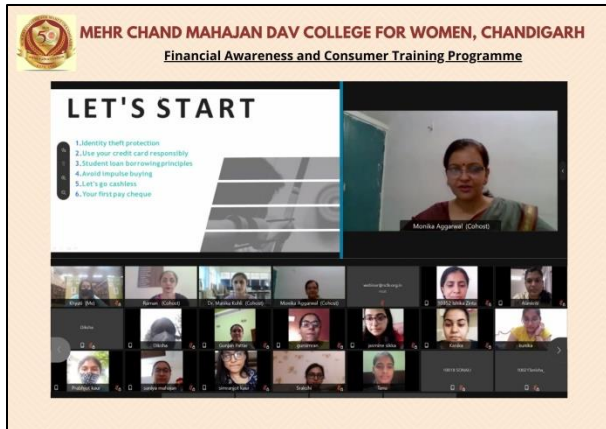
Principal Dr. Nisha Bhargava lauded this skill development endeavour of Chemistry Department. She added that post lockdown, it is utmost important to sensitise students about the basic laboratory skills, rules and regulations, hazards of chemicals and fire and maintaining adequate cleanliness in laboratories, since during lockdown the students had no physical access to laboratories.

MCM NSS holds session on healthy diet at Badheri



As part of the Poshan Abhiyan programme of Government of India, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an awareness session on 'Importance of Healthy Diet and Lifestyle' in collaboration with Fortis Hospital, Mohali, at Government Model High School, Village Badheri, Chandigarh. The main aim of the session was to disseminate knowledge about the role of nutrients, healthy dietary habits and importance of healthy lifestyle especially among school going students. The resource person was Dietician Sonia Gandhi, Head, Department of Nutrition and Dietetics, Fortis Hospital, Mohali. Headmistress of the school Mrs. Sanjogita, along with the teachers and students, attended the session with great fervour. During the session, Dt Sonia Gandhi discussed the factors pertaining to teenagers such as peer pressure, emotional habits, self-independence, physical appearance, etc., that affect the overall health of the children. She said that as a result of inadequate and imbalance in the intake of required nutrients, teenagers face health issues including obesity related problems, anaemia, weak bones, oral cavities, fatigue, dehydration, poor immunity, diabetes and hormonal related as well as psychological related eating disorders. She highlighted the role of parents and teachers in sensitising students about the role of nutrition in their overall health and well being. The students were also acquainted with the importance and relevance of good hygiene practices that should be adopted during food handling operations as they are considered to be the foundation for ensuring food safety. Principal Dr. Nisha Bhargava expressed appreciation for the efforts of NSS units of the college aimed at creating awareness about the importance of good nutrition and to disseminate knowledge about the relevance of nutrients required to meet the demands of physical and cognitive growth and development of children. She added that these endeavours adopt a focused and assimilated approach towards improving holistic nutrition.

MCM holds programme on financial awareness and consumer training



The Postgraduate Department of Commerce, Mehr Chand Mahajan DAV College for Women, Chandigarh organised 'Financial Awareness and Consumer Training' Programme in collaboration with National Centre for Financial Education (NCFE). The resource person for the event was Dr.

Monika Aggarwal, NCFE and SEBI Trainer. A total of 106 students attended the event. The programme provided thorough insight into financial literacy as a combination of awareness, knowledge, skill, attitude, and behaviour. The speaker also shed light on responsible use of credit card, education loan borrowing and identity theft protection. Further, various real-life examples of fraudulent financial transactions were discussed by the speaker. The students were also made aware about other programmes conducted by NCFE which provides financial education to the youth. The programme equipped the students with the know-how to be financially independent and become an informed investor.

Principal Dr. Nisha Bhargava appreciated the efforts of the Department of Commerce for educating students about the crucial aspect of financial literacy that can help everyone stand in good stead in life. She added that the college will continue to empower students by making them financially aware through such initiatives.

MCM holds lecture on Nanoscience



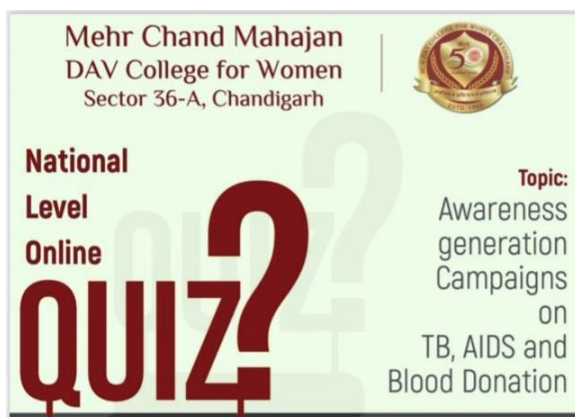
The Postgraduate Department of Chemistry, Mehr Chand Mahajan DAV College for Women, Chandigarh organised a one day Special Lecture on 'Nanoscience- A World Beyond Visual Limits'. The main aim of this lecture was to acquaint the students about the latest research and development activities in

the field of nanoscience and nanotechnology.

Dr. Nishima Wangoo, Assistant Professor, Department of Applied Sciences, UIET, Panjab University, Chandigarh was the resource person for this highly informative lecture that witnessed participation of over 96 students and faculty members. The participants were exposed to basic synthetic processes and applications of the nanoparticles covering a wide range of areas viz, sensing, catalytic applications, drug delivery and pesticide detection. The participants found the lecture highly beneficial for providing insights into the upcoming world of Nanoscience.

Principal Dr. Nisha Bhargava lauded this endeavour of Chemistry Department to keep students abreast of the latest in the field. She added that Nanotechnology is an emerging area of scientific research covering interdisciplinary streams of science and thus, such lectures are of dire need to educate the students about the novel research areas and developments taking place in the field of nanotechnology.

MCM holds National Quiz on TB, AIDS and Blood Donation



The AIDS Awareness Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the college's Red Ribbon Club, organised a National Online Quiz Competition on the awareness generation campaigns of TB, AIDS and Blood Donation. The objective was to sensitise the students about the dreaded diseases AIDS and TB, and to make them aware on these very important health issues. More than 100 participants from across the country participated in the Quiz. The questions were especially tailored to assess the participants' knowledge of the importance of safe behavioural practices and provide information regarding resources available for them on STDs. The first three position winners were awarded cash prizes.

Principal Dr. Nisha Bhargava expressed appreciation for this initiative of the AIDS Awareness Committee and Red Ribbon Club to generate awareness about diseases like AIDS and TB, and to stress on the importance of blood donation. She added that such initiatives are imperative for developing sensitivity among the youth towards various social issues.



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

Phone: 0172-2603355, Fax: 0172-2613047

Email: principal_mcmdavcollege@yahoo.com Website: <https://mcmdavcwchd.edu.in/>

Narrative by

Dr. Preeti Gambhir

Asst. Professor

Department of Mass Communication

Compiled, designed and edited by

Ashish Mudgal

Manager IT