



Activities Report

July 2022 - September 2022



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

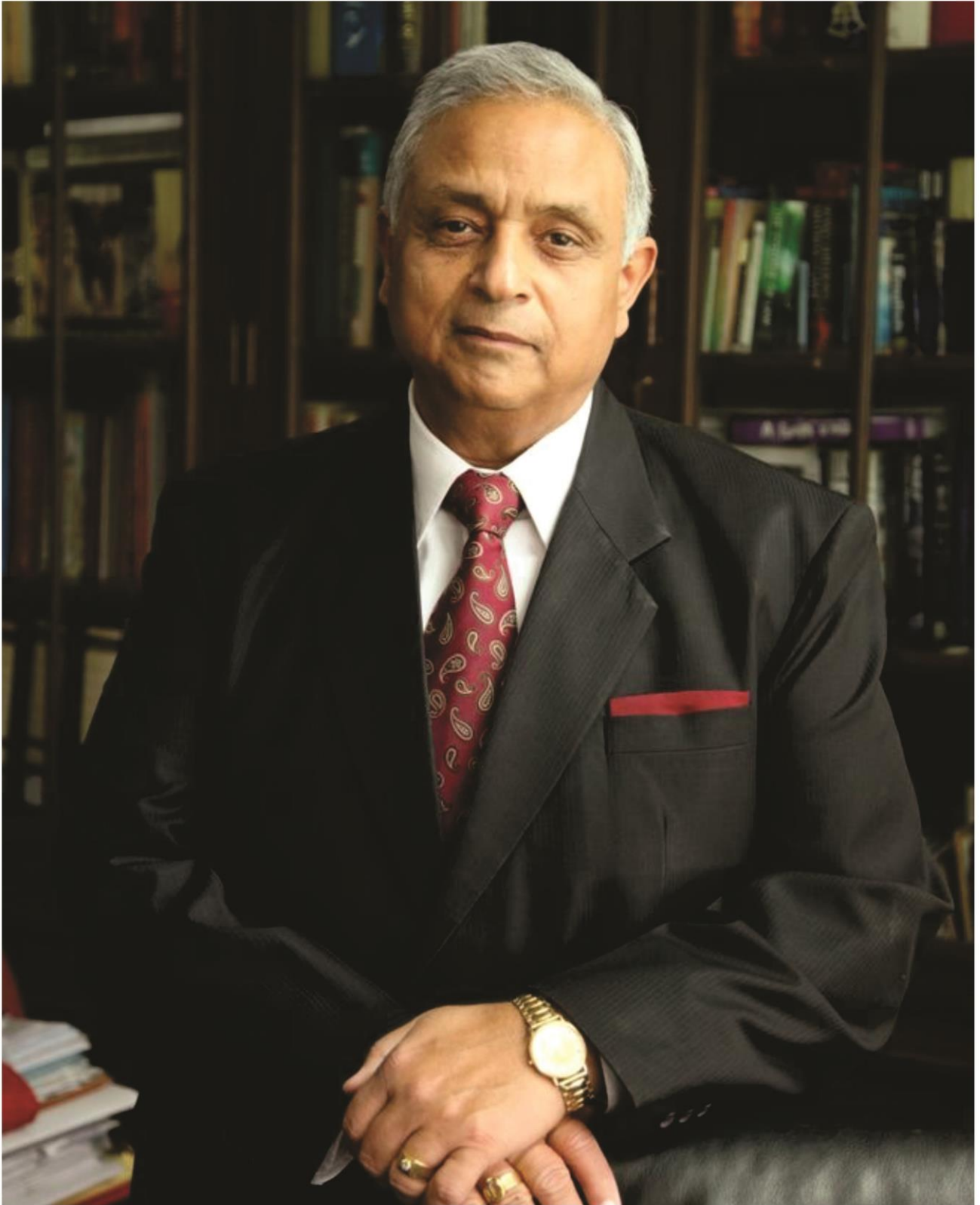
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Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

Our Guide and Mentor



Dr. Punam Suri Ji, Padma Shree Awardee

Hon'ble President

DAV College Managing Committee

New Delhi



A Leading Luminary

Sh. Ajay Suri

Hon'ble General Secretary
DAV College Managing Committee
New Delhi



A Visionary Educationist

Sh. H.R. Gandhar

Hon'ble Vice President
DAV College Managing Committee
New Delhi



Our Guiding Light

Sh. Shiv Raman Gaur

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



Principal's Message

The Hawan in the new Golden Jubilee Hall in September 2022 was a tribute to new beginnings. The quarter July-September 2022 was marked by new initiatives and several activities and events organized by various committees of the College including the NSS, Swachhta Committee, UBA Cell and IIC. The quarter was also dotted with several accolades at different platforms. The innovative activities of IIC of our college were appreciated by a representative of MoE and our college also received the green audit certificate by an ISO-9001 company. Our NSS Programme Officer was honoured with the State NSS Award of Best NSS Unit for the year 2021-22 organized by Chandigarh NSS Cell. With a renewed emphasis on offline activities, students enthusiastically participated in various events arranged by the college. Celebrations of festivals were also marked with the usual fervor and brought back life to the campus.

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 July to September 2022.


Dr. Nisha Bhargava
Principal

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MCM holds 2-day workshop on Spectroscopic Techniques



The Postgraduate Department of Chemistry at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a two-day lecture-cum-workshop and hands-on training on Basic Learning and Handling of Spectroscopic Techniques (UV-VIS, FTIR, NMR) under the aegis of Skill Development Committee of the college. Dr. Swatika Sharma, Dr. Yesbinder Kaur and Dr. Manjot Kaur, Assistant Professors at the Department delivered lectures on UV-Visible spectroscopy, FTIR Spectroscopy, and NMR Spectroscopy. The lectures focused on basics of spectroscopic techniques and application of spectroscopic techniques in various field of basic chemistry and research field. Hands-on training was also given to all the participants individually by practically doing small experiments based on spectroscopic techniques. Around 51 students from B.Sc. and M.Sc. Chemistry from different colleges and faculty members participated in this initiative. Principal Dr. Nisha Bhargava applauded the efforts and encouraged the department to keep organising such skill based activities to enhance the learning quotient of the students. She highlighted the importance of such skill development initiatives by adding that skills enhance the employability quotient of the students.

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



The Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised donation drives in the adopted villages of Buterla, Badheri and Attawa. In Buterla and Badheri, the UBA Cell team organised 'Ripples in the Fun Pond' for the students of the Government Schools wherein volunteers of the UBA team donated toys, games and stationery items, and played with the school students. The students understood the importance of games as an integral part of honing their cognitive skills and



academic learning in a holistic manner. During the donation drive in Attawa village, the student volunteers of the UBA team donated crayons, colouring books, notebooks, pencils and other stationery items to the students of the village anganwadi and also played with them. The little children were overjoyed to receive the stationery items. In another initiative, the UBA Cell team organised an inspection of the NCERT textbooks donated earlier to the Government High School, Kajheri. The objective of the activity was to assess the usefulness of the books provided to the students under the Book Bank facility set up by UBA Cell and to monitor the procedure adopted by the school authorities to collect, store, organise and retrieve the donated books to the students. Headmistress of the school Ms. Gurmeet Kaur appreciated the praiseworthy initiative of the college authorities in establishing the Book Bank. Principal Dr. Nisha Bhargava applauded the exemplary work being done by the UBA Cell in the direction of rural upliftment. She added that through these donation drives, the Cell endeavoured to instil in village students love for learning, thereby helping in the accomplishment of the goals of quality education for all.

MCM organized EUREKA-2022



The Physics Department of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of the college's Institution Innovation Council, organised its annual fest Eureka 2022. Inaugurating the fest, Principal Dr. Nisha Bhargava lauded the Physics Department's endeavour

to bring to fore the creativity of the students and prompting them to brainstorm for applicability of ideas, methods and quantitative approaches from physics. She added that such activities are imperative for widening the horizons of the students.



Invited speakers on this occasion were Dr. Manas Kulkarni, Research Scientist, International Centre for Theoretical Sciences, Bengaluru and Dr. Daljeet Kaur, Department of Physics, DAV University, Jalandhar. Dr. Kulkarni delivered a lecture on 'Engineering Exotic States of Light and

Matter' and Dr. Kaur talked about 'Basics of Quantum Physics and Quantum Computers'.

Both the lectures intrigued the young audience and motivated them to pursue their career in scientific research. During the fest, the students participated in various competitions that included Poster Making, Power Point presentations, Essay Writing, Physics Quiz, Innovative Working Models and Scientific Rangoli wherein they showcased their innovative ideas and scientific knowledge.

MCM holds Karigari



plastic bags.

The Department of Home Science at Mehr Chand Mahajan DAV College for Women, Chandigarh organised Karigari- a skill based workshop on cloth bag making. The aim of the workshop was to promote the use of eco-friendly cloth bags instead of single use



and creation of design features like tassels, pompoms, bows and fabric hangings, etc. by using old materials at home. At the end of the workshop, the participants' work was displayed and the best entries were awarded cash prizes.

Ms. Rati Arora, Assistant Professor, Home Science Department of the college was the resource person for this workshop. The participants learnt the art of making different types of cloth bags with varied embellishments. Ms. Arora demonstrated various techniques

Principal Dr.Nisha Bhargava appreciated the initiative of the department to promote eco-friendly, sustainable way of life. She motivated the students to adopt the habit of using cloth bags instead of plastic bags and also to generate awareness about eco-friendly alternatives to plastic.

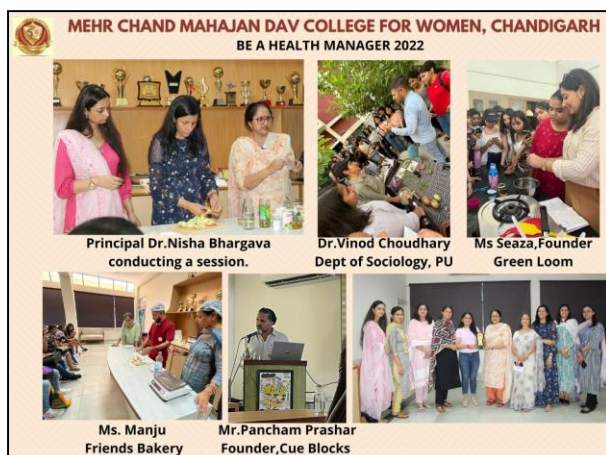
MCM holds session on Female Health and Lecture on Waste Management



The Equal Opportunity Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Swachhta Committee (Commerce), organised an online interactive session on Female Health and Wellness. The resource person for the session was Dr. Ananya Kumar,

Faculty, Department of Pharmacology, AIMS, Mohali. Dr. Ananya covered various aspects of women's health in detail including menstrual health, breast cancer, birth control and mental health. Various mental health issues like anxiety of menarche, relationship anxieties and depression were also discussed in detail. Dr. Ananya made the students aware about the eight dimensions of wellness i.e. social, emotional, spiritual, intellectual, physical, environmental, financial, and occupational. The session had 118 participants. In another event, the PG Department of Economics and Swachhta Committee (Arts) organised an expert lecture on 'Economic Indigenous Techniques in Waste Management' to raise awareness about the importance of waste management. The resource person, Dr. Sandeep Kaur, Assistant Professor, Department of Food Science of the college, highlighted the benefits of circular economy in waste management. Dr. Kaur discussed the latest case studies of innovations in waste management including the innovations of Plastic Man of India Dr. Rajagopalan Vasudevan, Recycle Man of India Binish Desai, etc. She also elaborated the waste management practice in the college wherein dual waste management system has been adopted to use the mess waste in order to produce biogas and compost. Principal Dr. Nisha Bhargava lauded the endeavours of the organising teams for sensitising the stakeholders about the important aspects of female health and waste management. She added that such initiatives help in widening the horizons of the students and empower them to deal with various challenges.

4th edition of MCM's 'Be a Health Manager' receives overwhelming response



The Skill Development Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, successfully organised the 4th edition of the annual workshop- Be a Health Manager 2022, with over 140 students registering for it. Based on the theme 'Food as Medicine', the 7-day workshop was held in collaboration with Nutrition Society of

India, Chandigarh Chapter. The week-long workshop started with a visit to in-house food forest at Panjab University maintained by Dr. Vinod Choudhary, Department of Sociology. He explained the importance of chemical free practices of agriculture and emphasised on consumption of plant based food for healthy mind and body. On the same day, during visit to Delight Snacks, Ms. Reena Rana apprised the participants about organic millet based savory snacks and desserts. On the second day, Ms Seaza Bharadwaj, Founder, Green Loom conducted session on natural hair care and skincare. In another session, she taught the participants mouth watering yet healthy recipes on the theme 'Sweets without Sugar'. Mr. Pancham Prashar, Founder, Cue Blocks delivered a very informative lecture on food adulteration on day 3 and Dr. Nancy Sahni, Senior Dietician, PGIMER Chandigarh shared her insights on preventive diet care on day 4. The enterprising Principal of the college Dr. Nisha Bhargava conducted a session 'Ethnic Twist' wherein she taught the participants highly nutritious and delicious smoothies and salads. Ms. Manju from Friends Bakery, Zirakpur demonstrated baking healthy and nutritious bread at home. For the participants, a competition Toss Your salad was also organised on the concluding day wherein the participants were required to present a theme based salad. Principal Dr Nisha Bhargava praised the efforts of the organising team of Be a Health Manager, stating that over the years, this unique endeavour has not only evolved as a sustainability initiative but has also helped the participants learn various culinary & life skills, with its scope extending to include healthy lifestyles and mansik swachhta.

MCM celebrates Van Mahotsav



To mark the celebration of Van Mahotsav, the NSS units and Parivesh Eco Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with State Bank of India, Sector 36-A, Chandigarh, celebrated Van Mahotsav. Organised under the aegis of Swachhta Committee (Sciences) of the college, Van Mahotsav celebration was held by planting fruit bearing, medicinal and

air purifying plants.

The event kick started with a plantation drive in the premises of Government Model High School, Sector 41-D, Village Badheri, wherein NSS volunteers along with NSS Programme Officers and school students planted saplings of fruit bearing trees like lemon, kathal, bael and air purifying plants such as bamboo. The event was graced by the presence of Mrs. Sanjogita, Headmistress of the school and SBI officials Ms. Manpreet Kaur, Manager and Ms. Vibha. The volunteers apprised the school students about the benefits of planting fruit bearing and medicinal plants, and the students promised to take care of the saplings planted during the drive.

Principal 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. She added that even seemingly insignificant individuals acts like planting trees, following sustainable practices can contribute to making our planet cleaner and greener.

MCM empowers students with self-defence training



The Women Development Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Swayam Academy, Women and Child Support Unit of Chandigarh Police, organised a week-long self-defence training programme titled Be Fearless. Mr. Sanjay and the team from Swayam Academy conducted this programme that aimed to educate the participants about various types of threats and violence against them, and to empower them by teaching them self-defence techniques. Over 145 students benefitted from this programme, learning self-defence techniques for safeguarding oneself from potential attackers.



Principal Dr. Nisha Bhargava said that it is important to sensitise females about self-protection as there has been an increase in the cases of domestic violence, eve-teasing and several other forms of violence against women. She added that the knowledge about self-defence techniques not only helps in defending oneself against potential attacks but also helps in building self-confidence.

MCM holds session on Sexual Harassment and Law



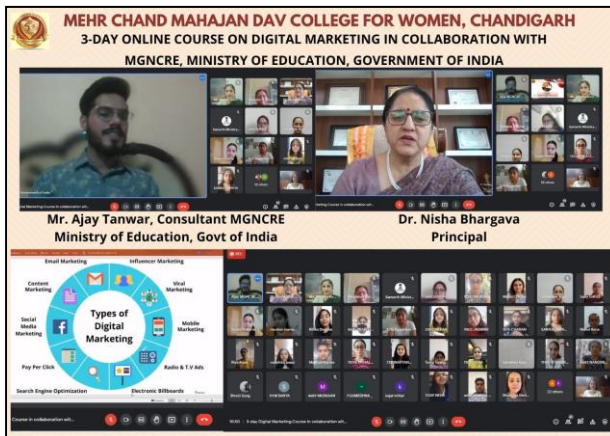
The Legal Literacy Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an awareness session on Sexual Harassment and Law with the objective of educating young women about the provisions in the Indian law that protect them against sexual harassment. Dr. Upneet Lalli,

Head- Training and Research, Institute of Correctional Administration was the resource person for this enlightening session.

Dr. Lalli discussed in detail the Indian law on sexual harassment including provisions in the Indian Constitution, IPC 1860 and the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act 2013. She further discussed the object of Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act 2013, and the definitions of aggrieved woman, employee, employer, workplace and sexual harassment as per the law. Enlightening the students about the grievance redressal process, Dr. Lalli motivated the participants to speak up against sexual harassment as silence is the biggest instigator of such offences to continue. The highly informative event ended with an interactive session wherein the participants' queries were answered by the expert. The session witnessed enthusiastic participation of over 94 students.

Principal Dr. Nisha Bhargava lauded the Legal Literacy Cell of the college for working towards empowering students with knowledge of various legal provisions in our country. Highlighting the importance of this session, Dr. Bhargava asserted that in order to make workplace safer for women, it is imperative to make women aware about behaviour that constitute sexual harassment of women and the legal safeguards against such acts.

MCM holds 3-day online course on Digital Marketing



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

organised a three-day skill based online course on 'Digital Marketing'. The resource person for the course was Mr. Ajay Tanwar, Consultant, MGNCRE. A total of 63 participants from Chandigarh, Punjab and Haryana enthusiastically attended the course.

Speaking during the inaugural, Principal Dr. Nisha Bhargava shared valuable insights on the relevance of online means of marketing in today's dynamic world. She informed that the course aimed at developing requisite skills in the participants to pursue a career in the field of digital marketing- a burgeoning field that has gained greater relevance in this era of digitalisation.

The resource person provided conceptual as well as hands-on training on various aspects of digital marketing. The participants were also trained on how to make their own websites and blogs. Clarification on important concepts of marketing was also provided during the course. The participants found the course highly beneficial and some of the participants who are entrepreneurs said that the digital media marketing tools learnt during the course will help them to upscale their business.

MCM holds Case Study Competition on innovative techniques for waste management



The Institution Innovation Council and Department of Computer Science and Applications at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Swachhta Committee of the college, organised a competition on

'Case Study on Innovative techniques used to manage waste'. The primary purpose of this competition was to raise awareness among students about the various innovative approaches for waste management being adopted by organisations, cities, villages and individuals. This activity required the students to conduct research about innovative waste management strategies and encouraged them to apply those in their areas.

A total of 14 teams comprising of students from different streams enthusiastically participated in the competition. The participants submitted case studies on zero waste project, innovative model of Alappuzha, oil from plastic waste, flower recycling, solid waste management by Chandigarh, waste management in Leh, Asia's cleanest village Mawlynnong, Indian startups' waste management techniques and the innovative practices adopted by MCM to manage waste. The first three teams were awarded cash prizes.

Principal Dr. Nisha Bhargava lauded this initiative to sensitise students about the different approaches to innovative waste management. She informed that a pioneer on various fronts, MCM has also adopted waste management techniques like biogas production from mess waste, sewage treatment plant, production of oyster mushroom from kitchen waste, vermicomposting and composting.

MCM holds online workshop on Proficiency Techniques

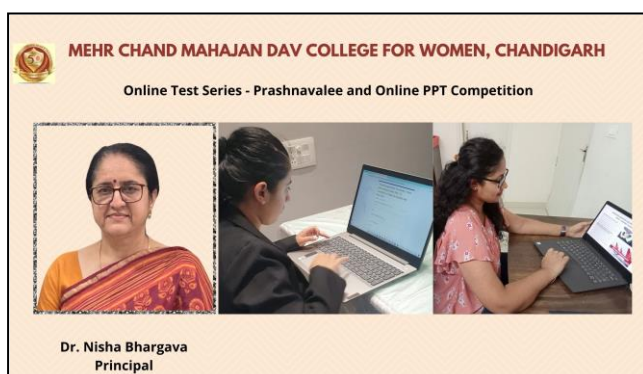


The Foreign Student Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the college's Postgraduate Department of Sociology, organised a three-day online workshop titled 'Decoding the Proficiency Techniques'. The aim of the workshop was to equip

the participants with presentation skills and techniques of conducting themselves during physical and online interviews, and group discussions, so as to enhance their job avenues. In order to strengthen the participants' understanding of the proficiency skills and their importance in the present times, this three-day workshop was conducted by eminent resource persons from varied fields including Mrs. Neha Seth (Language Trainer), Dr. Bhavneet Bhatti (Assistant Professor, School of Communication Studies, Panjab University) and Ms Titeeksha Pathania (Consultant, British Council of India). On the first day, Mrs. Neha Seth elucidated on the various aspects of physical and online interviews and ethics of the workplace. Dr. Bhavneet Bhatti focused on the importance, planning, preparation and the techniques of group discussions and its role in the present times for amplifying the job avenues. On the last day, Ms Titeeksha Pathania shed light on personality development and body language during interviews and group discussions. She also provided the participants with a hands-on-experience of the elevator pitch and the techniques of writing a resume. A total of 45 participants attended the workshop and benefitted from it.

Principal Dr. Nisha Bhargava expressed appreciation for this highly relevant initiative as cut-throat competition requires one to be highly proficient in communication and presentation skills in order to make a mark. She added that such endeavours hold immense significance in terms of widening the horizons of the students and ensuring their holistic development.

MCM holds Prashnavalee and PPT Competition



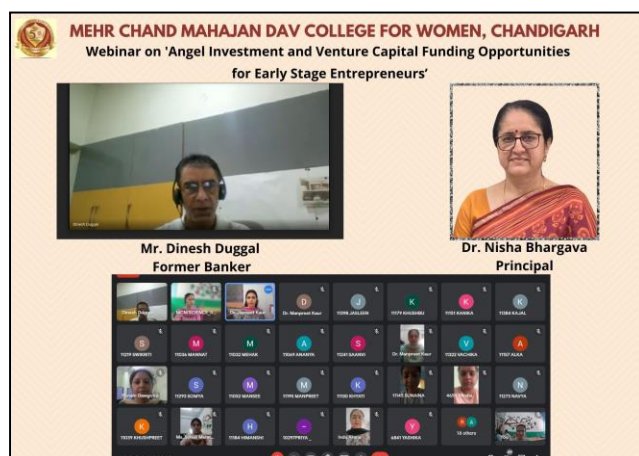
In a unique initiative aimed at helping students prepare for various competitive examinations, the Department of Public Administration at Mehr Chand Mahajan DAV College for Women, Chandigarh, conducted a test series titled 'Prashnaavalee'.

Organised for the postgraduate as well as undergraduate students, the series was held in two parts.

The first part of the test series included questions based on Constitution of India, its evolution, basic facts, preamble, fundamental rights, fundamental duties and directive principles of state policy. The second part of the series comprised of topics like parts of Constitution, schedules, articles and amendments. The different sections covered under these topics were constitutional amendments, GST, schedules relating to languages and parts of the Constitution, All India Services and Welfare State. A total of 205 students from different colleges across the city participated enthusiastically in the test series. The participants were awarded participation certificates. In another event, the Department organised an online PowerPoint Presentation Competition on the topic 'Privatization in India: Current Scenario'. The basic objective of the competition was to give an understanding of the potential benefits of privatization in various sectors in the present era. 33 students from different institutions participated in this competition. First three prize winners were awarded cash prizes.

Principal Dr. Nisha Bhargava expressed appreciation for the praiseworthy initiative of the Public Administration Department to prepare students for success in competitive exams. She asserted that such endeavours are a reflection of the college's commitment to ensuring holistic development of the students.

MCM holds webinar on funding opportunities



The Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a webinar on the topic 'Angel Investment and Venture Capital Funding Opportunities for Early Stage Entrepreneurs'. The resource person for the event was Mr. Dinesh Duggal, a former banker.

The webinar sought to acquaint the participants with the role of venture capitalists and angel investors in the innovation ecosystem. Various sources of venture capital like venture capital firms, investment banks and high net-worth individuals were discussed by the expert. Further, the process of venture capital funding highlighting its reliance on human relationship, pattern recognition and judgement was also deliberated upon.

The resource person also elucidated the lucrative return incentives earned by venture capitalist and investors from the start-up. Mr. Duggal also shed light on the advantages and disadvantages of venture capital funding and the reasons for interest and increased activity in venture capital space. Finally, he shared success and failure stories of various start-up ventures. The students found the session very interesting and informative.

Principal Dr. Nisha Bhargava lauded the consistent efforts of the IIC to introduce the students to newer concepts and promote a culture of innovation and entrepreneurship among them. She added that an 'Atmanirbhar Bharat' can become a reality through such meaningful initiatives that equip the youth with the know-how of innovation and entrepreneurship.

MCM IIC holds session on Accelerators and Incubators



The Institution Innovation Council (IIC), Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an online awareness session on 'Accelerators/Incubators- Opportunities for Students and Faculty (Early-Stage Entrepreneurs)'. The aim of the session was to familiarise the

participants with the role of accelerators and incubators in promoting entrepreneurship.

The resource person for the session was Dr. Neetu, Innovation Ambassador, MCM IIC. Dr. Neetu introduced the participants to the concept of business incubators and accelerators, and briefed about their significance in overcoming the numerous hurdles an entrepreneur might face during the early stages of a venture. She deliberated upon the steps to create Minimum Viable Product so as to get feedback from the customers in early stage of the start-up. The active involvement of the Government of India in encouraging and motivating citizens to come up with innovative ideas and creating start-ups was also discussed by the expert. She further apprised the participants about the various schemes available specifically for women which help them in their business planning. Dr. Neetu shared with the participants a list of academic incubators and accelerators in and around Chandigarh and encouraged them to be creative and innovative. Over 64 students and faculty members attended the session and benefitted from it.

Principal Dr. Nisha Bhargava expressed appreciation for the endeavours of MCM IIC directed towards promotion of innovation and entrepreneurship among students. She urged the students to contribute towards the nation's development by coming up with sustainable ideas which would help the community to grow and improve.

MCM unveils College and Hostel Prospectus for session 2022-23



Setting in motion the admission process for the new academic session 2022-23 with full vigour, Mehr Chand Mahajan DAV College for Women, Chandigarh released its college and hostel prospectuses here today. Principal Dr. Nisha Bhargava and the members of Prospectus Committee unveiled both the prospectuses. Speaking at the unveiling, Dr. Bhargava said that with DAV ideals as the guiding principles, the college is working incessantly towards its mission of providing holistic education and grooming women of substance. She added that upholding its tradition of excellence in quality education through an amalgamation of modern education and traditional values, the college offers a multitude of courses and the best of facilities to cater to the needs of different students. The aspiring students can find all the relevant information in the prospectus pertaining to admission including glimpses of the laudable international and national achievements of the college, a lowdown on the multifarious courses offered by the premier institution, the fee structure of different courses, the admission process and important timelines.

MCM UBA holds plantation drive at Buterla



In response to the universal call of replenishing our planet's sylvan quotient, the Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a massive plantation activity at the adopted village Buterla, Sector 41, Chandigarh. About 300 plants, sponsored by the Department of Forests and Wildlife, Chandigarh Administration, were planted on this occasion. The activity was an earnest endeavour in the direction of contributing towards enhancing of the Earth's green cover so as to aid in the fight against the issue of global warming. The saplings planted included 100 saplings each of 'Rat ki Rani' and 'Kaner', along with 50 plants each of 'Chandni' and 'Cassia Glauca'. Village Councillor Shri Hardeep Singh was also a part of this noble activity.

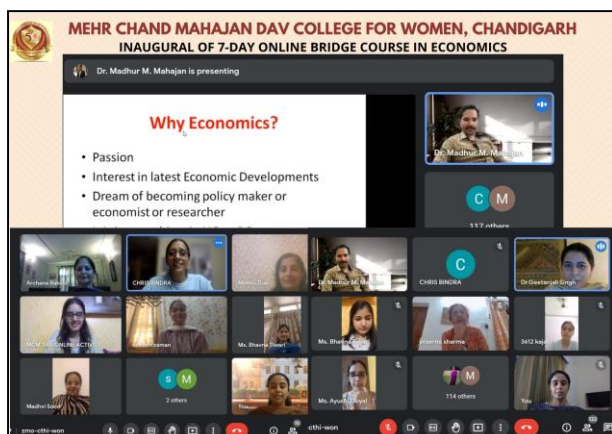
Principal Dr. Nisha Bhargava lauded the yeoman's service being rendered by the college's UBA team in the area of rural upliftment. She added that the problem of global warming has become a cause of grave concern and concerted efforts are required to save our planet from further damage.

MCM signs MoU with Skill Labs Resource Services



With the objective of enhancing the employability quotient of the students, Mehr Chand Mahajan DAV College for Women, Chandigarh signed a Memorandum of Understanding with Skill Labs Resource Services Pvt Ltd. Through the agreement, the college envisions to create an ecosystem of experiential learning whereby students' engagement beyond the classroom is promoted by working on various tools, techniques, projects, internships and add-on industry certifications. This, in turn, will lead to better employability quotient and meaningful placement opportunities, promotion of culture of entrepreneurship and self-employment amongst the students, enabling them to start their own ventures and become job providers rather than job seekers. Principal Dr. Nisha Bhargava appreciated the consistent efforts of the college's Placement Cell to promote industry-academia partnerships through meaningful exchange of resources for mutual value creation and promoting research and consultancy suited to mutual needs. She asserted that this MoU is part of the college's commitment to ensuring holistic development of its students.

MCM begins Bridge Course in Economics



The Postgraduate Department of Economics at Mehr Chand Mahajan DAV College for Women, Chandigarh, as part of its skill enhancement initiatives, began a 7-day online Bridge Course in Economics. The aim of the course is to bridge the gap in the understanding of the basic economic

concepts due to the uncertain academic environment in the wake of COVID-19 and strengthen the undergraduates' conceptual understanding before entering the new session. The inaugural day of the course had Dr. Madhur M. Mahajan, Associate Professor- Economics, GGSDS College, Sector-32, Chandigarh as the resource person. Dr. Madhur's lecture was based on career and avenues in economics for undergraduates as well as for the postgraduate students. He motivated the students to study economics with passion and interest. The participants were acquainted with the scope of and avenues in economics like IES, UGC NET, UPSC, RBI grade B, higher studies in India and abroad, research and many more. The over 125 participants took active interest in the session and put forth their queries that were suitably addressed by the expert.


Principal Dr. Nisha Bhargava expressed appreciation for this initiative of the Economics Department to enhance the conceptual knowledge of students in the domain of economics. She encouraged the students to excel in the subject and to become great policy makers, economists, researchers and academicians in the future.




MCM bags prize in SEBI's National Quiz Contest






Mehr Chand Mahajan DAV College for Women, Chandigarh bagged third prize in a nation-wide Quiz Contest organised by Securities and Exchange Board of India (SEBI). Organised to celebrate Azadi ka Amrit Mahotsav, the quiz aimed at promoting financial awareness among the youth. 153 students of the college actively participated in the first round of the contest. Consequent to its meritorious performance, the college was selected for the regional round in Mumbai. The regional and national rounds of the Financial Markets Quiz Contest were organised by SEBI at National Institute of Securities Markets (NISM) Campus, Patalganga, Maharashtra. Around 3 lakh students of 2800 colleges and universities across the country participated in the first round of the Quiz Contest, out of which, 110 students from 55 colleges from different regions of the country were selected. The team of Vinakshi Grover of M.Com-II and Sonali of B.Com-III represented the college. The team of the college competed with students of eminent institutions like IITs and IIMs. The teacher coordinator Dr. Manika Kohli was also felicitated by SEBI dignitaries for her efforts to mentor and guide the students. The team was awarded a cash prize of ₹30,000 along with medals, certificates and mementos. Principal Dr. Nisha Bhargava appreciated the hard work and efforts of the team. She said that the college will continue to actively participate in such meaningful initiatives in the future also.

5-day 'Integrated Yog and Ayurved Wellness Capacity Building Programme at MCM

 **MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH**
Inaugural of 5-Day Integrated Yog and Ayurved Wellness Capacity Building Programme
for Educators in Higher Education Institutions

Mr. Vivek Atray, Author, Motivational Speaker & Former IAS **Dr. Sapna Nanda, Principal Govt College of Yoga Education & Health** **Dr. Nisha Bhargava, Principal Mehr Chand Mahajan DAV College for Women**

(L-R) Principal Dr. Nisha Bhargava welcoming resource persons Ms. Shampriya, Mr. Kulwant Singh & Mr. Roshan Lal

Mehr Chand Mahajan DAV College for Women, Chandigarh, in association with Government College for Yoga Education and Health, Chandigarh, and with Lokayurved Wellness Concept as knowledge partner, began a 5-day 'Integrated Yog and Ayurved Wellness Capacity Building Programme for Educators in Higher Education Institutions'. Author, motivational speaker and former IAS Mr. Vivek Atray graced the inaugural as the Chief Guest. Dr. Sapna Nanda, Principal, Government College of Yoga Education and Health was also present on this occasion.

The programme envisions to make the educators in higher education aware about enhancement of yog and pranayam practices with the adoption of right diet and lifestyle planning as mentioned in the timeless Ayurved scripture.

Inaugurating the programme, Principal Dr. Nisha Bhargava impressed upon the relevance of this programme by reminding the participants of the saying- 'make time for your wellness or you will have to make time for illness'. She asserted that change in our present day lifestyles and incorporation of healthy practices like yoga in our daily lives is extremely important for our holistic well-being.

Mr. Vivek Atray highlighted the significance of receptivity in the learning of yoga and advised the participants to receive the energy of yoga consciously. In his philosophical take on yoga, Mr. Atray said that yoga is a path to union with God and not just a practice involving the physical self of a being. He further motivated the participants to find time for self-actualisation as it makes life meaningful.

Terming yoga as a journey of the self to the self and through the self, Dr. Sapna Nanda impressed upon the participants to make yoga part of their lives. She added that the Indian treasure of ancient wisdom has gained recognition worldwide, and the National Education Policy integrating Indian knowledge into the education system is a welcome step.

The inaugural session was followed by a session on Health Wisdom by Ms. Shyampriya, Wellness Trainer, Lokayurved Wellness Concept and a session on Yoga Asana by Mr. Roshan Lal, Yoga Instructor, Government College of Yoga Education and Health. The participants found the sessions highly enlightening and enthusiastically looked forward to the forthcoming informative sessions during the programme.

MCM inks pact with Gillco International School



Mehr Chand Mahajan DAV College for Women, Chandigarh signed a Memorandum of Understanding with Gillco International School, Kharar. The MoU aims to widen the horizons of students as well as teachers through opportunities like summer/winter camps, international exposure, teacher training programmes, joint research programmes, expert lectures, workshops, conferences, counselling, internships and placements. The MoU will pave way for enabling the school teachers and students aware about various higher education academic programmes, research initiatives and educational resources, so as to facilitate smooth transition of students from school to higher education.

Principal Dr. Nisha Bhargava appreciated the consistent efforts of Placement Cell of the college directed towards making available career enhancement opportunities to the students. She expressed hope that the activities to be carried out under this MoU will help the school students make nuanced decisions about higher education thereby, laying the foundation of successful career.

5-day Integrated Yog and Ayurved Wellness Capacity Building Programme culminates at MCM



The 5-day 'Integrated Yog and Ayurved Wellness Capacity Building Programme for Educators in Higher Education Institutions', being conducted by Mehr Chand Mahajan DAV College for Women, Chandigarh, in association with Government College for Yoga Education and Health, Chandigarh, and with Lokayurved Wellness Concept as knowledge partner, culminated here today. Dr. Palika Arora, PCS, Joint Inspector General of Prisons, Chandigarh, graced the valedictory session as the Chief Guest. Dr. Sapna Nanda, Principal, Government College of Yoga Education and Health was also present on this occasion.

Applauding this novel initiative, Dr. Palika Arora said that such programmes are the need of the hour in the present stressful times. She laid stress on the fact that paying attention to both the mental health and physical health is important for one's holistic well-being. Principal Dr. Nisha Bhargava expressed appreciation for the efforts of the



organising team for conducting such a meaningful programme. She highlighted the importance of this initiative by stating that an individual's overall well-being is of paramount importance for a fulfilling life, and added that we need to turn to our ancient wisdom for this. Dr. Sapna Nanda expressed hope that the knowledge gained by the educators during this programme will be transferred to the students. She also stressed upon the need for integration of shastras into our education system for the greater good of the society.

With the vision to empower educators in higher education through sharing of knowledge about Ayurved scripture and its role in enhancement of yog practices, the 5-day event comprised of enlightening discourses on Ayurveda, lifestyle planning, diet planning, yogasanas and mudras, and practical sessions on various yog practices like tratak, neti and so on. The resource persons for the different sessions included Ms. Shyampriyaa, Wellness Trainer, Lokayurved Wellness Concept, and Yoga Instructors from Government College of Yoga Education and Health Ms. Sargi Kohli, Mr. Roshan Lal, Mr. Kulwant Singh, Mr. Mohinder Kumar and Mr. Sumant Batish. A video showcasing the entire event and the feedback of the participants was also shown during the valedictory. The valedictory session culminated with distribution of certificates to the participants.



MCM holds plantation drive under MAGIC Mela



The NSS units, Eco Club 'Parivesh' and Swachhta Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a special plantation drive under the Chandigarh Administration's initiative- Mega Afforestation and Greening Initiative in Chandigarh (MAGIC) Mela 2022. The MAGIC Mela initiative of the Department of Forests and Wildlife, Chandigarh Administration aims to give a boost to greening activities in Chandigarh. 15 saplings of avenue plants namely terminalia arjuna, artocarpus sps and tamarind were planted in the college campus by Principal Dr. Nisha Bhargava, staff and students.

Speaking on this occasion, Dr. Bhargava informed that the college is committed to the cause of environmental conservation, which is reflected in its initiatives like these. She motivated the students and staff to plant trees for a sustainable future.

MCM begins 6-day programme under Har Ghar Tiranga



Kickstarting the celebration of Har Ghar Tiranga under Azadi ka Amrit Mahotsav, Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Department of Higher Education, Chandigarh Administration, began a 6-day programme comprising of thoughtfully curated series of events and competitions. With a vision to invoke feeling of patriotism, the programme is a befitting tribute to the glorious 75 years of independence. During the inauguration ceremony, Principal Dr. Nisha Bhargava said that Bharat is the birthplace of many civilizations and we all grew up listening to the stories of bravery, valour and heroic deeds of our freedom fighters in the face of extreme challenges. She added that we owe our deep gratitude to our forefathers due to whose sacrifices we are proud citizens of a free nation. Dr. Bhargava distributed the Indian tricolour among staff members during the inaugural. The flag distribution ceremony was followed by Inter-College Rakhi for Soldiers Contest by the Fine Arts Department of the college. Students from different colleges of Chandigarh registered for the competition, wherein they made beautiful rakhis for our soldiers with the aim of showcasing love and respect for the selfless service rendered by the soldiers of our country.

MCM holds Selfie with Tiranga Contest as part of Har Ghar Tiranga



Infusing patriotic fervour, Mehr Chand Mahajan DAV College for Women, Chandigarh organised 'Selfie with Tiranga' Contest on the second day of its 6-day programme celebrating Har Ghar Tiranga under Azadi ka Amrit Mahotsav. Being organised under the aegis of Department of Higher Education, Chandigarh Administration, the 6-day programme comprises slew of events aimed at marking the celebration of 75 years of India's Independence. Students and staff enthusiastically participated in the Selfie with Tiranga Contest, showcasing their reverence for the tricolour and love for the nation.

Principal Dr. Nisha Bhargava said that Har Ghar Tiranga is symbolic of not only our personal connection to the Tiranga but also an embodiment of our commitment to nation-building. She added that the idea behind this 6-day programme is to invoke the feeling of patriotism in the hearts of the people and to promote awareness about the Indian National Flag.

Awareness Rally, Patriotic Song Competition and Pledge against Drugs marks day 3 of Har Ghar Tiranga at MCM



The third day of 6-day programme celebrating Har Ghar Tiranga under Azadi ka Amrit Mahotsav at Mehr Chand Mahajan DAV College for Women, Chandigarh, witnessed a host of activities replete with the spirit of patriotism. Organised under the aegis of Department of Higher Education,

Chandigarh Administration, the 6-day programme is a celebration of 75 years of India's independence. Awareness Rally on Har Ghar Tiranga at adopted village Badheri by NSS units, Inter-College Online Patriotic Song Competition by Music Department and Pledge against Drugs by Victory Against Drug Abuse Club of the college. The Awareness Rally at Badheri was graced by the presence of Dr. Nemi Chand Golia, State Liaison Officer (State NSS Cell) Chandigarh, who briefed the NSS volunteers about the Har Ghar Tiranga programme. During the rally, the NSS volunteers sensitised the village residents about the significance of Tiranga. The volunteers also undertook door-to-door awareness campaign wherein they urged the residents to unfurl the national flag in their households between August 13-15 to mark 75 years of independence. They also motivated the villagers to post their selfies with Tiranga on <https://harghartiranga.com>. The Inter-College Online Patriotic Song Competition witnessed enthusiastic participation of students from different educational institutions. The participants submitted videos of themselves singing patriotic songs in their melodious voices. During the Pledge against Drugs, the staff members pledged to fight the menace of drugs by staying away from drugs and also raising awareness about the same. Principal Dr. Nisha Bhargava lauded the organising committees for marking the celebration of 75th year of India's independence in such a befitting manner. She added that the enthusiastic participation of the students and staff in the Har Ghar Tiranga Abhiyan is a reflection of the citizens' love for the nation and their commitment towards nation building.

Day 4 of 6-day Har Ghar Tiranga Programme at MCM begins with Prabhat Pheri



Day 4 of the 6-day Har Ghar Tiranga Programme, under Azadi ka Amrit Mahotsav, at Mehr Chand Mahajan DAV College for Women, Chandigarh began early morning with 'Prabhat Pheri'. Principal Dr. Nisha Bhargava, Dr. Gurdip Sharma, Secretary, GGSDS College Managing Committee, Haryana, Punjab and Former PU Senior Senator and Syndic, NSS volunteers, NCC (Army Wing & Naval Wing) cadets, staff and students participated enthusiastically in the pheri. Raising slogans like 'Bharat Mata ki Jai', 'Har Ghar Tiranga, Ghar Ghar Tiranga', the pheri started from the college and culminated at the college after a round of Sector 36. The day also witnessed organisation of Inter-College Poem Writing Competition on the topics 'Akhand Bharat, Sashakt Bharat', 'Bharat ki Jai Bol' and 'Badalta Bharat'. The competition received enthusiastic response from the colleges of Chandigarh and entries were received in English, Hindi and Punjabi. The poems centred around varied themes including the glorious heritage of our nation, the sacrifices made by freedom fighters, the indefatigable spirit of our soldiers, resurgence of a 'New India', and the gratitude that every Indian owes to the motherland. Principal Dr Nisha Bhargava appreciated the efforts of the participants and said that the 6-day programme, being organised under the aegis of Department of Higher Education, Chandigarh to mark the celebration of 75 years of India's independence, reinforces the essence of pride and gratitude for our great nation. She motivated the students to develop a vision for a better & more empowered Bharat.

MCM glows in tricolour splendour



As part of the ongoing 6-day Har Ghar Tiranga Programme at Mehr Chand Mahajan DAV College for Women, Chandigarh, under Azadi ka Amrit Mahotsav, the college building was illuminated in the colours of the national flag on day 5. Resplendent in tricolour, the lit up college building symbolised the pride we all Indians carry in our hearts for being the citizens of this great nation. The tricolour hues added to the splendour of the college building, making it a sight to behold and evoking feeling of patriotism. In another event, an Inter-College Online Quiz on the theme 'Har Ghar Tiranga' was conducted to commemorate 75 years of India's independence. 85 students from various colleges participated in the competition. The 6-day programme is being organised under the aegis of Department of Higher Education, Chandigarh Administration. Principal Dr. Nisha Bhargava said that our national flag carries great historical significance and meaning, and Har Ghar Tiranga Campaign is a befitting tribute to the Tricolour on the occasion of 75th Independence Day. Adding that the saffron in the Tricolour signifies courage and sacrifice, white indicates peace and truth, green represents prosperity and the navy blue Ashoka Chakra depicts Laws of Dharma, Dr. Bhargava asserted it is important to be aware of the facts related to Tiranga in order to instil a sense of pride in our rich heritage.

Patriotic spirit pervades Independence Day celebrations



Marking the celebration of 75 years of India's independence, patriotic fervour reached its crescendo as the 6-day Har Ghar Tiranga Programme, under Azadi ka Amrit Mahotsav, culminated successfully at Mehr Chand Mahajan DAV College for Women, Chandigarh. Organised under the aegis of Department of Higher Education, Chandigarh Administration, the final day of the programme began with hoisting of Tricolour in the college campus by Ms. Harjinder Kaur, Regional Director, Ministry of Youth Affairs and Sports, Regional Directorate of NSS, UT Chandigarh.

Speaking at the occasion, Ms. Harjinder paid rich tributes to the architects behind India's struggle for freedom, the supreme sacrifices of whom brought the dawn of independence. She laid emphasis on the responsibility of the young generation to take India to greater heights and build a better, self reliant India for the future generations. Principal Dr. Nisha Bhargava highlighted the significant role of Arya Samaj and DAV



stalwarts in the Indian freedom struggle. Dr. Bhargava motivated fellow citizens to work towards building India of our dreams, adding that it would be the real tribute to our great freedom fighters. Her rendition of self-composed poem evoked feelings of love and admiration for our beloved nation among the audience. The flag hoisting ceremony was followed by a cultural programme. The members of Commonwealth Games 2022 silver medal winning Indian cricket team and alumni of the college Ms. Harleen Deol and Ms. Tania Bhatia were felicitated and awarded cash prizes on this occasion. Tania's mother received the honour on the behalf of Tania. The cultural programme included group song and speech by NCC cadets (Army Wing & Naval Wing), patriotic song renditions by faculty and musical presentation by the students of Music Department. The winners of various competitions held during the 6-day programme were felicitated during a prize distribution ceremony organised on this occasion. On the 6th day, a Video Making Competition on 'Cyber Crime se Azadi' was also held. The competition recorded enthusiastic response from the students who made informative videos pertaining to cyber hygiene. A selfie point on the theme Azadi ka Amrit Mahotsav was also set up on this occasion. The 6-day programme consisted of thoughtfully curated and immaculately executed events aimed at infusing patriotic fervour and reiterate commitment towards nation building.



Report of Activities (July 2022 to September 2022)

Mehr Chand Mahajan DAV College for Women, Chandigarh

MCM holds workshop on practical Chemistry



The Postgraduate Department of Chemistry at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a skill based activity on 'Basic Practical Chemistry: Fundamental Facts and Applications to Modern Life'. The resource persons of the event were Mr. Sachin Kumar and Mr. Sahib Singh, Co-founders Rancho Chemistry, Chandigarh. The workshop covered certain basic and interesting concepts from Inorganic, Organic and Physical Chemistry. The resource persons demonstrated experiments based on tomato going red-less spectroscopy, role of chiral centre in our life: Leavo and Dextro- Cetirizine, kidnapping medicine: chloroform, branching medicine chemistry, theory of hot and cold, thermodynamics of burning balloon and hydrophobic world. The workshop gave important insights to the students about the basic theoretical concepts of chemistry. A total of 125 students and faculty members participated in the workshop. Principal Dr. Nisha Bhargava applauded the efforts of the department and emphasised that such workshops inculcate the spirit of science and students become more inclined towards the subject. She added that such workshops aid in expanding the horizons of students.

MCM holds skill development workshop on Electronic Equipments



The Physics Department of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Skill Development Committee of the college, organised a skill development workshop on Electronic Equipments. The resource person for the workshop was Mr. Balwinder Singh Rawat, Managing Director, Lab Tech Equipments, Ambala. The workshop aimed to impart practical knowledge of various electronic components used in household appliances such as fan, bulb, mixer-grinder, electronic iron, etc. The participants were apprised about the uses of different components in such appliances followed by a practical session in which repairing of such devices was carried out by the students themselves. In the later session, students put into practice the practical knowledge imparted by the resource person by making a bridge rectifier. More than 40 undergraduate students enthusiastically participated in the workshop. Principal Dr. Nisha Bhargava expressed appreciation for this initiative to equip students with life skills as well as professional skills. She added that the skills learnt during this workshop will not only make them self sufficient in repairing their household equipments but also nurture their career as an electronic technician.

US Prof discusses e-literature at MCM



The Research Centre of the Postgraduate Department of English at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Department of English and Cultural Studies, Panjab University, organised a lecture titled 'Literature in the Age of Intelligent Machines'. Prof. John Shanahan, Associate Dean, Director of Liberal Studies and Professor of English, De Paul University, Chicago, USA was the resource person for this enlightening lecture. Prof. Akshaya Kumar, Chairperson, Department of English and Cultural Studies, Panjab University, graced the occasion as the Guest of Honour. Principal Dr. Nisha Bhargava, in her welcome address, highlighted the contemporary relevance of the topic of the lecture. She drew attention to the fact that artificial intelligence is encroaching upon human consciousness and creativity, and asserted that it is important to weigh the pros and cons of the same.

In his riveting lecture, Prof John Shanahan shed light on the changing scenario in today's post-press literary world wherein flipping pages has become a new part of heritage. Citing examples like the poem 'Taroko Gorge', Jennifer Egan's short story 'Black Box', etc., Prof. John discussed the highlights of electronic literature. He elaborated on the practical applications of artificial intelligence in the realm of literature like augmented reality literature, automated text generation, etc., and also discussed the challenges of electronic literature in terms of literary analysis and literary theory. The lecture was well-received by the audience and culminated with an interactive session wherein the participants put forth their queries that were suitably addressed by Prof. John.

MCM begins Poshan Maah with Pledge



To mark the beginning of 5th Rashtriya Poshan Maah 2022, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a Pledge ceremony. During the ceremony, the students were motivated to assume the responsibility of making India a malnutrition-free country.

The participants were also apprised about the need for proper nutrition, especially for pregnant women, children, and senior citizens. In total, 49 volunteers participated in the pledge with full enthusiasm. It was a great beginning and students were excited to participate in further activities under Poshan Maah.

Expressing appreciation for the efforts of the NSS units, Principal Dr. Nisha Bhargava said that such initiatives are imperative to drive home the message of the importance of holistic nutrition. She expressed hope that these endeavours would help in bolstering people's participation in the national mission of fighting malnutrition in a targeted manner.

MCM celebrates Teachers' Day



Celebrating the inimitable contribution of teachers to nation building, the Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated Teachers' Day with 'Ehsaas'- an event to honour the teachers' spirit of nurturance and devotion towards their profession. The event included showcase of gratitude towards teachers through recitation of self-composed poetry and release of a video tribute to teachers. Rashtriya Mahila Jagriti Manch, an NGO, felicitated Principal Dr. Nisha Bhargava and senior teachers on this occasion for their selfless service towards promotion of the cause of education. Mrs. Savita Khindri, President, Mission India Welfare, Mrs. Suparna Sachdev, Owner, Golden Bird and members of Rashtriya Mahila Jagriti Manch were also present on this occasion. A cultural programme enthralled the audience. Principal Dr. Nisha Bhargava hailed the prominent role of a teacher in a student's life and lauded the students' efforts to showcase their reverence towards the nation builders. She added that the way the teaching fraternity rose to the occasion during the pandemic and adapted to new teaching methods deftly for keeping the students gainfully engaged at their homes, is highly commendable and goes on to show the superlative devotion and dedication of teachers.

MCM NSS holds nutrition awareness rally at Badheri



The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an awareness rally on nutrition in the adopted village Badheri as part of the ongoing Poshan Maah 2022 under the aegis of Poshan Abhiyan of Government of India. The objective of the rally was to create awareness about the importance of good nutrition at the grassroot level. During the rally, over 38 NSS volunteers raised slogans including 'लहर लहर घर घर' and created awareness regarding the importance of nutrition among the residents of that area.



Principal Dr. Nisha Bhargava expressed appreciation for NSS units for promoting awareness about health, wellness and immunity to disease and malnutrition. She added that by undertaking such social outreach activities, value of social responsibility is ingrained in students while promoting their holistic development.

MCM NSS holds dengue awareness campaign at Badheri



In order to spread awareness about dengue prevention, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the college's Eco-Club Parivesh, organized a Dengue Awareness Campaign in the adopted village Badheri, Sector 41-D, Chandigarh. Sh. Subash Chander, Multi-Purpose Health Worker (MPHW) and his team from Health Department, U.T. Chandigarh, along with the NSS Programme Officers and volunteers visited more than 160 houses and sensitised the residents about the measures for preventing dengue. The campaign included door-to-door interaction with the residents, inspection of coolers and trays behind refrigerators that serve as breeding grounds for vectors, closure of areas with stagnant water, removal of broken containers and tyres, and distribution of dengue prevention cum awareness pamphlets to the residents. Principal Dr. Nisha Bhargava lauded this timely initiative of college's NSS units to draw attention to dengue. She informed that the NSS units of the college contribute effectively towards the society by undertaking appreciable work in varied fields including Swachhta Abhiyan, rural resurgence, disease awareness programmes, sensitisation programmes and the like.



MCM holds workshop on Make-up Techniques



The Add-on Department of Cosmetology and Beauty Care at Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a workshop on Make-up Techniques. Mr. Subham and Ms. Deepika from Tress Lounge Academy, Sector 8, Chandigarh conducted this hands-on workshop that sought to equip students with skills in the art of make-up. The experts apprised the participants about the latest techniques of party make-up, giving them step-by-step demonstration. Over 30 students participated enthusiastically in the workshop and benefitted from it.

Principal Dr. Nisha Bhargava commended this initiative to impart skills to the budding cosmetologists. She said that such skills not only help in making one self-reliant but also help in enhancing personal grooming, thereby adding to the individual's personality.

MCM participates in Ministry of Social Justice and Empowerment's live event under Nasha Mukh Bharat Abhiyan



The Victory Against Drug Abuse (VADA) Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the college's NCC (Naval Wing and Army Wing), participated through live streaming in the Ministry of Social Justice and Empowerment, Government of India's event held

under Nasha Mukh Bharat Abhiyan.

The event, livestreamed by the Ministry from BHIM Auditorium, Dr. Ambedkar International Centre (DAIC) in New Delhi, included interaction with NCC Cadets and mass pledge against drug abuse. The interaction event was jointly presided over by Union Defence Minister Shri Rajnath Singh and Union Minister for Social Justice and Empowerment Dr. Virendra Kumar. The livestream was viewed by more than 200 NCC cadets and students of the college. The main purpose of the event was to sensitise the NCC Cadets, VADA members and other student volunteers to channelise their efforts for achieving the goal of a sustainable world free from substance abuse.

Principal Dr. Nisha Bhargava asserted that considering the urgent need to convey the dangerous implications of the menace of drugs to the youth and recognising the huge influence of the NCC among the youth, the active involvement of NCC Cadets in fighting the drug menace is the need of the hour. She added that the NCC Cadets' involvement can be helpful in achieving the target of Nasha Mukh Bharat.

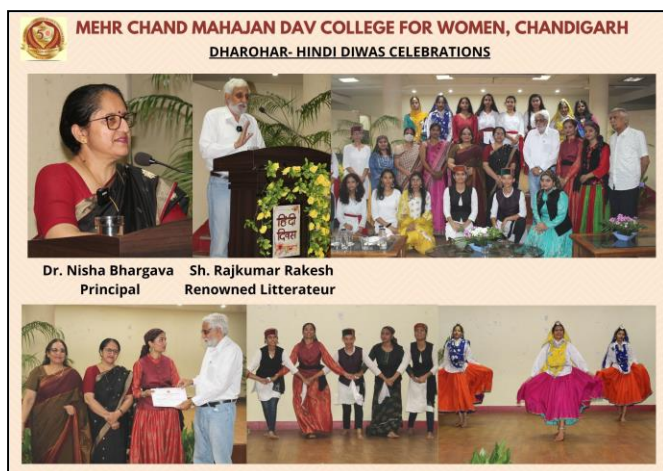
MCM holds workshop on skills for applying to institutes of higher learning



The Skill Development Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Edcosmo Education Advisors, Chandigarh organised a workshop titled 'Acquiring the Skills to Apply to an Institute of Higher Learning'. The resource person for the workshop was Dr. Neeru Bali, Director, Edcosmo Education Advisors. Dr. Neeru shared tips on building a resume and adding weightage to it by registering for internships in one's chosen field. She shared insightful information about various courses to pursue after graduation. Interacting with the participants, Dr. Neeru took up their queries with regard to the requirements of universities and other institutes of higher learning. Around 50 participants attended the workshop.

Principal Dr. Nisha Bhargava appreciated the efforts of the Skill Development Committee in helping the students acquire the skill of upgrading their resumes and also building their profiles for successful career. She encouraged them to participate in various activities to hone their skills and upgrade their candidatures.

'Dharohar' marks Hindi Diwas at MCM



The Postgraduate Department of Hindi at Mehr Chand Mahajan DAV College for Women, Chandigarh, celebrated Hindi Diwas with 'Dharohar'- an event to mark the adaptation of Hindi as the official language by the Constituent Assembly on September 14, 1949. Renowned litterateur Sh. Rajkumar

Rakesh graced the occasion as the Chief Guest. Sh. Desh Nirmohi, Editor, Adarsh Prakashan was also present during the event.

Sh. Rajkumar began his talk on the topic 'Contribution of Hindi in Nation's Development' by tracing the origin of Hindi language and its development. He said that besides fostering feeling of connectedness and belongingness, Hindi transforms humans into better beings by developing their inner as well as intellectual strength and cultivating sympathy in them. The talk was followed by a cultural programme that included 'natti' and haryanvi dance performances, folk songs renditions, doha antakshari and quiz on Hindi. The celebration witnessed enthusiastic participation of the students. The participants of various events were awarded certificates by the dignitaries.

Principal Dr. Nisha Bhargava lauded this initiative of the Hindi Department to sensitise students about the importance of Hindi in our lives. She added that while it is a matter of immense pride for us Indians that foreign countries are now recognising the greatness of Indian languages and literature, we need to work towards upliftment of our language and preserving our rich linguistic heritage. Dr. Bhargava also recited self-composed poem 'Krishn aur Arjun' on this occasion.

Havan marks beginning of new academic session at MCM



Mehr Chand Mahajan DAV College for Women, Chandigarh, began the new academic session on an auspicious note with a havan ceremony here today. Organised under the aegis of Arya Samaj Committee of the college, the ceremony was organised in keeping with the college's timeless tradition of seeking divine blessings on the commencement of the new session. Principal Dr. Nisha Bhargava,



staff members and students offered prayers to the holy fire for a fulfilling session ahead. Soulful hymns reverberated the campus, filling everyone present with spiritual energy.

Speaking on the occasion, Dr. Bhargava welcomed the newcomers and apprised them of the illustrious history of the institution. She shared some of the outstanding innumerable accomplishments of the college with the students and motivated them to carry forward the rich legacy by adhering to the ethos of the institution and striving for excellence in their chosen domains.

MCM NSS holds awareness sessions on nutrition




As part of the Poshan Maah celebration under the Union Government's flagship programme- Poshan Abhiyan, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh organised awareness sessions at adopted village Badheri as well as the campus.

The NSS units held an awareness session on importance of nutrition through traditional games like 'gulli danda', 'Kho-Kho', 'stapu', etc. in the premises of Government Model High School, Sector 41-D, village Badheri, Chandigarh. The event was graced by the presence of Mrs Sanjogita, Headmistress of the school. During the session, NSS Programme Officer Dr. Purnima Bhandari apprised the school students about the objective of the session and urged them to include good nutrition in their daily lives. The NSS volunteers then played traditional games with the students and with the help of posters explained the importance of such activities in improving physical fitness, increasing stamina, boosting immunity as well as improving mental fitness, inculcating the spirit of teamwork and leading to healthier choices of food. In another event, the NSS volunteers created awareness about the importance of healthy food among the college students. Under this, the volunteers designed posters and went around the campus, guiding the students about importance of nutrition for adolescent girls, pregnant women and children.

Principal Dr. Nisha Bhargava expressed appreciation for the endeavours of the college's NSS units in the direction of community service and national development. She added that nutrition is one of the most vital aspects of human health that ensures physical as well as mental well-being and thus, such awareness campaigns are much needed to educate people.

MCM celebrates International Day for the Preservation of Ozone Layer

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

MCM ECO-Club 'PARIVESH' & Swachhta Committee - Sciences
Organize
Online Quiz competition
to mark the celebration of
International Day for the
Preservation of the
Ozone Layer
16 September 2022

Theme: "Montreal Protocol@35: Global Cooperation Protecting Life on Earth"

Guidelines :

- Quiz is open to all the students of Mehr Chand Mahajan DAV College for Women.
- No prior registration is required.
- Responses will be recorded only once.
- Winners will be intimated through mail.
- Cash prizes (First prize- Rs. 1000, Second prize- Rs. 800/-, Third prize- Rs. 500/-) and certificates will be awarded to first three position holders.
- Quiz link for participation will be opened on 16 September 2022 from 4.00 PM to 4.20 PM.

Click on the following link to participate on scheduled date & time.

Dr. Divya Sharma (9815699798)
Ms. Kadambari Pathania (9501784327)
Co-Coordinator

Dr. Neetu
Dr. Sarabjeet Kaur
Coordinators

Dr. Nisha Bhargava
Convener & Principal

To mark the celebration of International Day for the Preservation of the Ozone Layer, Parivesh- the Eco Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the college's Swachhta Committee (Sciences), organised an online Quiz Competition and a Pledge ceremony. The quiz, aimed at raising awareness among students about the importance of the ozone layer and the need to preserve it, was based on the theme 'Montreal Protocol@35: Global Cooperation Protecting Life on Earth'. It consisted of multiple choice questions to test the knowledge of participants pertaining to the ozone layer, climate

change and the current scenario of tackling the issues related to ozone depletion. The quiz witnessed enthusiastic participation of 45 students from different streams. The winners were awarded cash prizes and certificates. A pledge ceremony was also organised by Parivesh Club as per the guidelines of Chandigarh Pollution Control Committee. The students pledged to make efforts to restrict and control the emission of ozone depleting substances (ODS), to promote use of ozone friendly products, to sensitise the society about effects of ODS and to protect Earth and all living beings of the current and the coming generations. Principal Dr. Nisha Bhargava expressed appreciation for the efforts of Eco Club and Swachhta Committee 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 International Peace Day



To mark the celebration of International Day of Peace, the Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an Inter-College PPT Competition on the theme 'Mere Sapno ka Bharat'. The participants were required to present an issue impacting peace and progress of our nation and propose a plan of action to resolve the problem. The event witnessed enthusiastic response from the students across the city. The participants highlighted some of the grave issues impacting nation's peace and development, and well-being of citizens including violence against women, unemployment, border disputes, cyber crimes, plastic pollution, child abuse, superstitions and many more.



Principal Dr Nisha Bhargava expressed appreciation for the efforts of Character Building Committee in channelising the creative thinking of youth for deliberating upon issues posing threat to peace and bringing about positive social change to support progress and peace in the nation. She added that the innovative solutions suggested by young minds can pave way for propelling future course of action that would involve the three pillars of society that include the government, civil society and non-government agencies including the masses as the major stakeholders.

MCM begins Swachhta Pakhwada



In keeping with its commitment to the cause of swachhta, Mehr Chand Mahajan DAV College for Women, Chandigarh, observed Swachhta Pakhwada with a Quiz on Water Conservation and Posters Display on Swachhta Abhiyan. The Swachhta Committee (Arts) of the college organised the Quiz on Water

Conservation that witnessed enthusiastic participation of more than 100 students from different colleges of Chandigarh.

Through the quiz, students were made aware about various water conservation techniques and were motivated to adopt these techniques in their daily lives. The students of the Fine Arts Department of the college displayed posters to raise awareness about Swachh Bharat Abhiyan and the menace of plastic. The posters thus displayed depicted the importance of Swachh Bharat Abhiyan and highlighted the dangers posed by plastic pollution.

Principal Dr. Nisha Bhargava appreciated the efforts of Swachhta Committee and Fine Arts Department for organising awareness activities related to swachhta. She impressed upon the students that given the current scenario wherein Earth's resources are rapidly depleting and conservation is the only way to ensure sustainable future, it is imperative to think of real time solutions to tackle the problems being faced by our planet.

MCM bags Best NSS Unit Award



The NSS unit of Mehr Chand Mahajan DAV College for Women, Chandigarh, was awarded the Best Unit Award 2021-22 in a state level award function to mark the celebration of NSS Day by Chandigarh NSS Cell, Department of Education, Chandigarh Administration. The function was graced by Ms. Purva Garg, IAS, Education Secretary, Chandigarh as the Chief Guest. Shri A S Bhatti, Director Higher Education, Chandigarh Administration, Mrs. Harinder Kaur, Regional Director NSS and other dignitaries were also present on the occasion. The award comes as a recognition of the college's exemplary work in the field of community service and youth development.

The college's NSS Programme Officer Dr. Pallvi Rani was also awarded on this occasion for her outstanding contribution in the field of community service. Principal Dr. Nisha Bhargava, Mrs. Deepa Chhibber, Dean, Cultural Committee of the college, and NSS Programme Officers Dr. Pallvi Rani and Dr. Purnima Bhandari received the award on behalf of the college. The college's NSS unit has been working consistently towards the cause of social welfare and upliftment, including contributing to Swachh Bharat Abhiyan, Swachhta Pakhwada, Poshan Maah, Saarthi Project and doing praiseworthy work in rural areas during Swachh Bharat Summer Internship.

Principal Dr. Nisha Bhargava lauded the efforts of the college's NSS unit that have been instrumental in grooming students to be responsible citizens and work for the betterment of the society. She added that the college remains committed to nation building by empowering the future generations through holistic education.

MCM holds awareness session at Badheri under Poshan Maah, Eye Check Up Camp at campus



The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, conducted an event at adopted village Badheri as part of the Poshan Maah celebrations. With the slogan 'Poshan Bhi Padhai Bhi', the volunteers conducted various activities, to tackle the malnutrition problem prevalent in

the society, including one-to-one interaction between NSS volunteers and staff of anganwadi at the village. The volunteers played various educational games with children at the anganwadi, educating them about various malnutrition problems and their solutions. Interaction with the village residents was also held wherein the volunteers spread awareness about right nutrition for a healthier life. In another event, the NSS units and Medical Committee of the college, in collaboration with SGHS Sohana Hospital, SAS Nagar organised a two-day eye care awareness camp that included an interactive session on Eye Care and an Eye Check-Up Camp for students, faculty and non-teaching staff. The team members from SGHS Sohana Advanced Eye Care Centre comprised Dr. Amanpreet Kaur (COO), Dr. Madhu (Ophthalmologist), Dr. Rashmi, Mr. Puneet and other members. The interactive session on Eye Care witnessed participation of more than 750 hostellers who were apprised about eye refractive errors and treatment including importance of Contoura vision system (LASIK) by Dr. Rashmi. During the Eye Check-Up Camp more than 250 beneficiaries availed the facility of computerised vision testing, refraction test, vision testing manual, dry eye diagnosis, consultation and treatment free of cost.

Principal Dr. Nisha Bhargava lauded the initiatives of the NSS units and Medical Committee aimed at promoting holistic well-being of different stakeholders. She added that such awareness campaigns regarding nutrition and health are imperative for ensuring a healthier today as well as a healthier tomorrow.

Swachhta Walk and Cleanliness drives mark Swachhta Pakhwada at MCM



Mehr Chand Mahajan DAV College for Women, Chandigarh, organised different activities under the fortnightly event- Swachhta Pakhwada with the objective of contributing to Swachh Bharat Abhiyan by promoting the cause of swachhta. The Department of Mass Communication of the college

organised 'Swachhta Walk' wherein the students went around the campus clicking pictures of the lush green areas of the college. As part of the Swachhta Walk, the students of the Video Reporting add-on course also made a video of the green and picturesque areas of the campus. The idea behind the walk was to highlight the college's commitment to maintain sustainable surroundings and to sensitise the students to uphold the same. In another activity, cleanliness drives were undertaken in various labs of different departments of the college and in the hostel campus. The drive aimed to sensitise students about and inculcate in them good lab practices. This special lab cleanliness drive was apart from the regular cleaning of the labs and focused primarily on segregation of waste, cleaning of shelves, floors, walls, ceiling, fans etc., cleaning and maintenance of lab instruments and labelling of cupboards and shelves for keeping glassware/chemicals/other relevant materials. Instructions for lab safety, SOPs and first aid measures were also shared with the students and lab staff. Informative posters about good lab practices were also displayed on this occasion. In the hostel cleanliness drive, students cleaned their rooms thoroughly and the best rooms were judged. The hostel libraries were also cleaned thoroughly under this drive. Principal Dr. Nisha Bhargava appreciated the efforts of the Swachhta Committee of the college in bringing about behavioural change towards cleanliness- a concept that has evolved into a wider phenomenon encompassing sustainable development and environment conservation. She shared that individual responsibility is of essence in realising the dream of a clean India and thus, each individual should voluntarily shoulder this responsibility.



Activities Report

July 2022 - September 2022



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