



Activities Report

October-December 2022

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

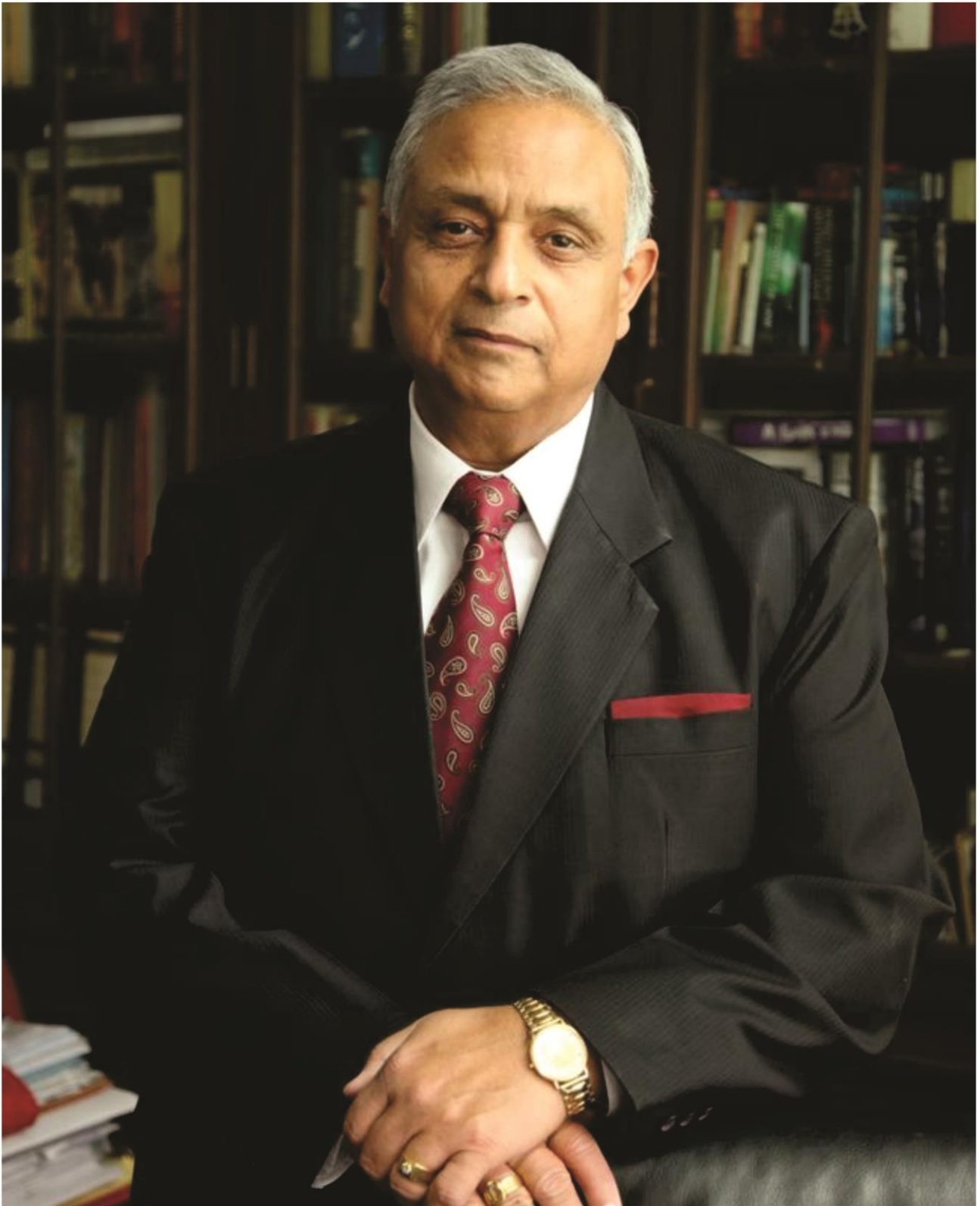
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Our Beacon of Light



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

As the year 2022 draws to a close, it also heralds new beginnings. The last quarter in the year was quite productive with many accolades coming our way. Apart from keeping up with the academic rigour, various clubs and committees continued to make strides in all spheres. Despite the chill in the air, the faculty contributed wholeheartedly towards making all the endeavours of the college a success.

I am deeply indebted to our torch bearers who continue to guide us in all our efforts. I am thankful to Dr. Punam Suri ji, Padma Shree Awardee, Hon'ble President, DAV College Managing Committee, New Delhi for guiding us at every step and for motivating us to keep bettering our previous performance. I express my gratitude to Shri H.R. Gandhar ji, Senior Governing Body member of the College and Vice President DAVCMC for enthusing us with energy and enthusiasm to walk towards our objectives. I am beholden to Shri Shiv Raman Gaur ji, Director Higher Education, DAVCMC for his blessings and support. With a deep sense of gratitude to the Almighty, I present this report which provides a panoramic view of our journey during the months of Oct. to Dec. 2022.

Nisha

Dr. Nisha Bhargava
Principal

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MCM welcomes newcomers with an infotainment extravaganza



In a unique event to induct the newcomers into the quintessential culture and ethos of the institution, Mehr Chand Mahajan DAV College for Women, Chandigarh hosted an Infotainment Extravaganza. Ms. Shruti Arora, IPS, SP, Chandigarh graced the event as the Chief Guest, and Sh.

Amardeep Singh Gujral, Deputy Director cum ADC Development, Mohali, accompanied by Mrs. Gujral, was the Guest of Honour. Ms. Honour India International 2022 winner and a student of the college Ms. Jannat, and Ms. Honour India International 2022 1st Runner-up and alumna of the college Ms. Tejaswini were also present on this occasion. Welcoming the newcomers to this great seat of learning, Principal Dr. Nisha Bhargava said that this year's Fresher's event holds special significance as it not only signifies beginning of a new chapter in the lives of students but also ushers positivity and hope after a long period of Covid enforced gloom and despondency when such celebration was not possible. Working incessantly for ensuring students' holistic development, Dr. Bhargava informed the newcomers that being one of the premier institutions of the country, the college is already working in the thrust areas of National Education Policy including vocational education, skill development, innovation and lifelong learning.

The Deans and Conveners of various committees and clubs of the college were introduced on this occasion. A feisty skit with a touch of humour introducing the freshers to the college rules, melodious song performances and dance performances won the hearts of all the viewers. Ms. Fresher Contest was the highlight of the event wherein the newcomers walked down the ramp, vying for the coveted title. After various rounds, the shortlisted finalists went on to the question-answer round wherein the beauties with brains answered the questions in an immaculate and poised manner, showcasing their eloquence and confidence.

MCM celebrates Gandhi Jayanti



Marking the celebration of Gandhi Jayanti, the Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an array of activities as a tribute to the Father of the Nation. The activities included Poetry Recitation Competition, Quiz on Gandhian Life and Philosophy, and administering oath of Swadeshi and Swachhta.

Over 30 students recited self-composed poems, in Hindi and English, based on the life and teachings of Mahatma Gandhi. Quiz on Gandhian Life and Philosophy also witnessed enthusiastic participation of the students. The oath of Swadeshi and Swachhta was administered to the students on this occasion wherein they pledged to use Swadeshi and promote 'Vocal for Local', and also to promote and practice Swachhta.

Principal Dr. Nisha Bhargava recited a self-composed poem, paying tribute to Mahatma Gandhi and addressed him as the ambassador of peace, truth and non violence. She reiterated the need to remember his ideals as their relevance transcends the barriers of time and space.

MCM holds sessions on LinkedIn and, College and Career Connections



The Career Counselling Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a session titled 'Leveraging LinkedIn' that aimed at equipping students with expertise in leveraging LinkedIn platform for their career enhancement. The resource person for the session

was Dr. Prashant Sharma, Associate Professor and Program Director, Jaipuria Institute of Management, Noida. The participants were apprised about the relevance and importance of having a profile on LinkedIn for career and professional growth. Prof. Sharma highlighted the various features of making a LinkedIn profile and gave useful tips for ensuring an effective presence on the platform. 128 students from various streams benefitted from the session and were motivated to use LinkedIn for showcasing professional skills and for identifying relevant job opportunities. In another event, the Career Counselling Cell organised an interactive session titled 'College and Career Connections' by Ms. Manvee Bansal, Director, Career Width. She explained the connection between college and career choices, and also conducted a personality assessment test for the participants to assess their personality type and suitability of career options according to their personality. Over 180 students of undergraduate level of multiple streams attended and benefitted from the session.

Principal Dr. Nisha Bhargava appreciated the efforts of the Career Counselling Cell for providing guidance to students for effective career planning and thereby, aiding them in the crucial task of chalking out their career paths. She advised the students to timely draft a plan for their career after due consideration of their strengths, abilities and interests.

MCM UBA holds notebooks donation drive at Kajheri school



The Unnat Bharat Abhiyan Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh conducted a Donation Drive of Notebooks at Government Model High School, Kajheri. The aim of the activity was to sensitise the students about the importance of quality education. The noble initiative, backed by the raising of funds at the college level, endeavoured to contribute towards lessening of the financial hiccups acting as constraints in the ability of the students to buy the books. Over 300 notebooks comprising 99 complete sets (each set consisting of 3 note books for the subjects viz. English, Hindi and Maths) to students of Nursery and Primary classes. Ms. Gurmeet Kaur, Principal of the school, appreciated the noble initiative undertaken by the UBA Cell of the college and underscored the role of rise in literacy level in triggering economic growth. Principal Dr. Nisha Bhargava lauded the efforts of the UBA Cell aimed at contributing to national development. She highlighted the pivotal role played by education towards attainment of stability both at micro as well as macro level, and appreciated this initiative for fulfilling the social responsibility of achieving quality education goals by giving an impetus to the learning instincts of the underprivileged students.

MCM holds camp for linking Aadhar with EPIC



The Electoral Literacy Club of Mehr Chand Mahajan DAV College For Women, Chandigarh, in collaboration with Election Department, Chandigarh Administration, organised a Special Camp for staff and students to link Aadhar card with EPIC (Voter Card). During the camp, new voters' registration was also done. More than 70 students

and staff members benefitted from the camp.

Principal Dr. Nisha Bhargava expressed appreciation for this endeavour of the Electoral Literacy Club for sensitising students about the importance of voting. She expressed hope that the process of linking Aadhar and Voter Card will help in cleaning up the electoral rolls by weeding out duplicate entries, bogus voters and making the electoral process more credible.



MCM holds Poster Making Contest



The Swachhta Committee (Commerce) of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a Poster Making Competition on the theme 'Dussehra: Commemorative of the Annihilation of the Ten Evils in the Environment- A Portrayal'. The competition witnessed participation of 26 students from different streams who prepared artistic portraits exhibiting the metaphoric connection between good and evil exemplified in the mythological narration of the festival of Dussehra. All the entries showcased the ingenuity of the participants in their myriad expressions of eradicating the deep-rooted evils plaguing the environment and the society. The winners were awarded cash prizes.

Principal Dr. Nisha Bhargava appreciated the theme of the competition which served to cast an overarching influence of festivals on the minds of the students in the contemporary scenario. She said that sensitising the youth about the problems in our society is imperative for the eradication of these problems.

The results of the competition are:

First Prize: Ananya, BA I

Second Prize: Bharti Yadav, BBA-I

Third Prize: Anubha, BA-III

Consolation Prizes: Chhavi, BSc (Medical) II and Vidhushi, BA-III

MCM holds Slogan Writing Competition on Start Up India



In order to mark the celebration of India Start Up Day, the Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the Start-up Cell of the college, organised a Slogan Writing Competition based on the

theme of Start Up India initiative of the Government of India. Around 65 students participated in this activity with their innovative slogans. The aim of conducting this competition was to draw the attention of students towards the phenomenal support given to start ups that has propelled a surge in innovative jobs, funding and breakthrough solutions that address everyday problems. This competition proved fruitful as it enriched the students with up to date knowledge of Start Up India initiative.

Principal Dr. Nisha Bhargava lauded this endeavour of the IIC and Start Up Cell to raise awareness among students about the importance of building a self reliant India through entrepreneurship and innovation. She motivated the students to dream global while innovating for India and innovating from India.'

On the basis of content and presentation, three entries were selected. Winners of this competition are:

1st: Sonali Rawat BA III

2nd: Jashanpreet Kaur B.Com III

3rd: Arshia Mahajan B.Com III,

MCM celebrates National Wildlife Week



The Character Building Committee and Parivesh- the Eco Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, celebrated National Wildlife Week with a host of events under the theme of 'Recovering key species for ecosystem restoration'. The week-long celebration aimed to sensitise the students about the importance of flora and fauna, and their conservation and protection through

various events like Documentary Screening, competitions like Flower Photography, Extempore Speech, Power Point Presentation, Butterfly Pebble Painting, Debate, Wildlife Search in the Backyard and Face Painting, and Nukkad Natak. The celebration began with screening of documentary titled 'One Hour of Amazing Animal Moments' based on the diversity of wildlife in different habitats. On the next day, a Flower Photography Competition was organised with the objective of motivating students to explore different species of flowering plants, and to spread the message about the relevance of all types of flowers, their conservation and restoration for sustainability and ecological stability. The Extempore Speech Competition included topics like religion based sacrifice of animals, slaughtering of animals for food, effect of tourism on wildlife, disadvantages of technology on flora and fauna, exploitation of plants in cosmetic and skincare industry, and so on. In the 'Wildlife Search in the Backyard' event, the participants clicked photographs of wildlife in their respective backyards. The Power Point Presentation Competition was held on the topic "Threat to aquatic wildlife", which witnessed presentation of thought provoking views by the participants on climate change as the greatest threat to ocean health, ill effects of ocean dumping, dredging, land run off, oil spills, water and noise pollution from ships, plastic pollution and so on. In the Pebble Painting Contest, the participants painted butterflies of different genera on pebbles.

A Debate Competition was also organised on the topic 'Pros and Cons of Genetically modified organisms (Plants/Animals)'. In the E-Posters Competition, the participants presented posters on the topic 'New animal/plant species discovered in 2020-2022'. Face Painting Competition on the theme 'Endangered Wildlife' gave the participants the opportunity to demonstrate their artistic acumen while raising awareness about the endangered animals. In an effort to enhance awareness about wildlife conservation, the student volunteers of Parivesh staged a nukkad natak highlighting the issues related to wildlife.



Principal Dr. Nisha Bhargava highlighted the role played by wildlife in maintaining the ecological balance in Nature and asserted that any harm to the wilderness can pose a threat to the entire ecosystem. She motivated the students to work towards safeguarding the lives of the endangered and threatened species of animals, and also raise awareness about the same.

MCM shines on Day 1 of PU Zonal Youth & Heritage Festival 2022



Mehr Chand Mahajan DAV College for Women, Chandigarh made its mark on the inaugural day of the Panjab University Zonal Youth and Heritage Festival 2022 being held at Guru Gobind Singh College for Women, Chandigarh, by grabbing top positions in different competitions. The stellar performances of the college's participants in various competitions resulted in 5 first positions, 8 second positions and 3 third positions. Showcasing their exceptional talent, the participants secured first positions in Quiz, Poster Making, Still life, Photography and On the spot painting. In Classical Vocal, Geet, Group Song (Individual), Still life, Cartooning, Collage making, On the spot painting and Installation, the college bagged 2nd positions. Continuing its winning spree, the college secured third positions in Group Shabad, Folk Song Solo and Collage making.

Principal Dr. Nisha Bhargava congratulated the participants for their stupendous performance. She said that it is a matter of immense pride that the students of MCM bring laurels to the college at various prestigious platforms, taking the college's rich legacy of excellence forward.

MCM holds an awareness session and competitions on Drug Abuse



The Victory against Drug Abuse (VADA) Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Nasha Mukta Bharat Abhiyan, held an awareness session on 'Drug Abuse among Youth'. The session was conducted by Dr. Debasish Basu, Professor and Head, Department of Psychiatry, PGIMER, Chandigarh. Beginning this enlightening session by defining the terms drug and abuse, Dr. Basu shed light on the prevalence of drug abuse. He further discussed in detail the sociological, psychological and biological reasons for the youth's vulnerability to drug abuse. To prevent the menace of drug abuse, Dr. Basu asserted that the youth should make life a priority, focus on mind and body, give back to the society and inculcate in themselves a sense of spirituality. The session ended with an interactive session wherein the queries of the participants were addressed by the expert. In another event, the VADA Club conducted Elocution, Essay Writing and Painting Competitions on the themes- 'Is Substance Use Addiction: A Disease or a Choice?', 'Nasha Mukta Bharat Abhiyan and Road Map Ahead for its Success' and 'Impact of Substance Use on Individuals', respectively. The event aimed to strengthen the actions and cooperation in achieving the goal of a sustainable world free from substance abuse. The competitions received enthusiastic response from students who participated in large numbers.

Principal Dr. Nisha Bhargava highlighted the importance of concerted efforts in curbing the problem of drug abuse and building a healthier society. She asserted that each individual has to play a positive role in the fight against drugs by raising awareness in their community regarding this menace and educating people about ways to prevent drug abuse.

MCM holds JAM and RJ Hunt Competitions



The Mass Communication Department at Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Mirchi 98.3, organised a Talent Hunt Competition. The competition, including Just a Minute (JAM) and RJ Hunt, received overwhelming response as 370 students registered for it. In JAM, the participants showcased their quick-thinking skills as they spoke on the topic given to them on the spot. As part of the RJ Hunt, the participants were required to exhibit their talent in the form of singing, mimicry, etc. and present a link for a radio programme. A fun-filled 'Sawal pe Sawal' round had the audience in splits as the answer to question was supposed to be a question only. Mirchi RJs Vishal, Shanky and Manisha interacted with the students during the event, and showcased their talent as well. The winners of JAM and RJ Hunt were felicitated at the end of the event.

Principal Dr. Nisha Bhargava lauded this initiative of the Mass Communication Department to provide the students an opportunity to explore their talent in the dynamic and creative world of radio jockeying. She informed that the Department lays immense emphasis on imparting practical knowledge to the students and that the college proudly figures among top Mass Communication institutions of the country in surveys by India Today, Outlook, Open Magazine and The Week.

MCM celebrates festival of lights with Diwali Fest and Anti-Cracker Awareness Rally



In keeping with the festive spirit, the Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a two-day Diwali Fest. On the first day, the Committee conducted competitions namely, Prerna, Green Embellishment,

Rangoli Making and Guilt Free Sweets. Under the competition Prerna, the young creative minds enacted their favourite female characters from Epic Indian Literature. The Green Embellishment Competition, held in collaboration with the Department of Fine Arts, required the participants to make home decor items while following the concept of Reduce, Reuse and Recycle. In Rangoli Making, the participants made beautiful and impactful rangolis on the theme 'Swacch Bharat'. Guilt Free Sweets Competition was held in collaboration with the Department of Home Science, wherein the participants created healthy sweets. On the second day of the fest, students showcased their entrepreneurial acumen as they put up around 40 stalls of different items such as food, handloom, tarot reading, nail art, games, jewellery,

accessories, etc. Open Mic was also organised wherein the participants mesmerised the audience with their amazing performances. In another meaningful event, the NSS units of the college, in collaboration with Eco-Club 'Parivesh', organised an Anti-Cracker Awareness Rally in the adopted village Badheri, Sector 41-D, Chandigarh. The main aim of the rally was to sensitise people about the ill effects of crackers that include noise and air pollution, health hazards to human beings and animals, and the overall impact on environment. Around 42 NSS volunteers along with the office bearers participated in the rally, carrying colourful posters and placards, and raised thought-provoking slogans like प्रदूषण मुक्त दिवाली, हर जगह खुशहाली; इस दिवाली पेड़ लगाये, पटाखे को न जलाये. These enthusiastic young eco-warriors also reached out to the residents especially children and urged them to celebrate a joyous, bright and pollution free Diwali.



Principal Dr. Nisha Bhargava highlighted the need to adopt a proactive stance for saving the Earth by adopting practices that ensure sustainable environment and said that celebrating Diwali in an eco-friendly way is one such practice. She also expressed hope that the youth will recognise their responsibility towards planet Earth and celebrate various occasions in eco-friendly manner.

MCM holds Poster Making Contest on Ragging



The Anti-Ragging Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of its Internal Quality Assurance Cell, organised a Poster Making Contest on the theme of 'Say No to Ragging'. Aiming to sensitise the students about the menace of ragging, the contest drew an enthusiastic response from students of all streams and classes. As many as 58 young artists painted colourful posters with innovative and meaningful messages highlighting the ills of ragging. The first three prize winners were awarded cash prizes.

Principal Dr.Nisha Bhargava lauded this initiative and said that the college is proud to be a ragging free zone wherein emphasis is laid on grooming the students to be responsible citizens who respect the individuality and rights of others. The posters by Ms. Samiksha (BA-III), Ms. Anubha Sharma (BA-III) and Ms. Ravneet (BA-III) were adjudged first, second and third respectively. Ms. Kashvi (BCom-I), Ms. Manpreet (BA-III) and Ms. Anushka (BCom-I) were given Consolation Prizes for their contributions.

MCM NSS volunteers perform flash mob on Swachhta Anthem



The NSS volunteers of Mehr Chand Mahajan DAV College for Women, Chandigarh performed a flash mob on Swachhta Anthem during the Zero Waste event organised by Chandigarh Municipal Corporation at Sector 17 Plaza. The aim of the flash mob was to spread awareness about Swachh Bharat Mission and about proper disposal of waste. The volunteers performed with full confidence and enthusiasm, and the onlookers seemed impressed by their performance. All the people present during the performance also took an oath to maintain clean surroundings. The NSS volunteers also apprised the people present about the use of different colored dustbins.

Principal Dr. Nisha Bhargava lauded the efforts of the college's NSS units for promotion of Swachh Bharat Abhiyan among the masses. She added that the institution is working incessantly and contributing towards realisation of the dream of a clean and green India through various initiatives like adoption of sustainable practices at the institution level and awareness generation among the masses.

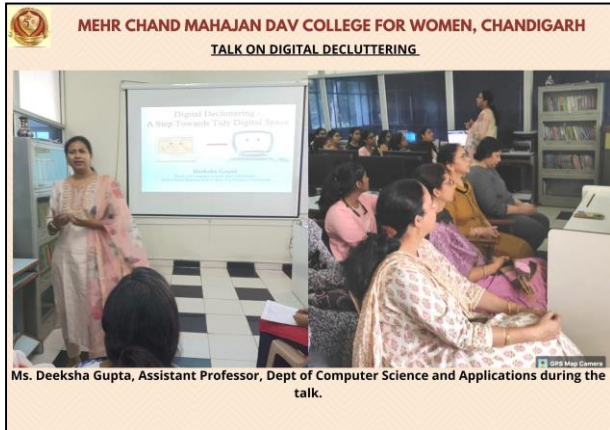
MCM celebrates Rashtriya Ekta Diwas



Marking the celebration of the birth anniversary of Sardar Vallabhbhai Patel, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, observed Rashtriya Ekta Diwas under Azadi ka Amrit Mahotsav. As part of the celebration, a pledge ceremony was organised wherein the NSS volunteers took Rashtriya Ekta pledge. The volunteers pledged to do their best for the benefit of the country by upholding 'Unity in Diversity', and following the values and ideals of Sardar Vallabhbhai Patel. Dedicating themselves to preserving the unity and integration of the nation, the volunteers paid a befitting tribute to the Iron Man of India and his efforts in unification of the nation.

Principal Dr. Nisha Bhargava wished fellow countrymen on the birth anniversary of the great leader Sardar Vallabhbhai Patel. She exhorted the students and staff to live by the ideals of Sardar Patel and motivated them to reaffirm commitment to strengthening the democratic fabric of our great nation.

MCM holds talk on Digital Decluttering



The Swachhta Committee of the Department of Computer Science and Applications at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Institution Innovation Council (IIC), organised a talk titled 'Digital Decluttering: A step towards tidy digital space'. Over 92 students and

faculty members attended the talk that aimed to address the issue of management and cleaning of digital space/computer/laptop and its memory space optimally and innovatively. The resource person Ms. Deeksha Gupta, Assistant Professor in the Department of Computer Science and Applications, provided a thorough visual depiction of the different issues associated with cleaning computers' hardware and memory. Ms. Deeksha also answered the participants' queries and urged them to adhere to safety and maintenance guidelines specific to all digital devices.

Principal Dr. Nisha Bhargava expressed appreciation for this initiative and added that it is important to have a thorough understanding of the specifics of cleaning the hardware and memory of computers/laptops because every facet of modern life is dependent on them. She expressed hope that this talk would help participants in formulating a regular maintenance strategy for their devices' efficient operation, this providing them a good return on investment.

MCM holds 2-day Macrame Art workshop



The Women Development Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a three-day skill development workshop on macrame art titled 'Knotty Knots'. The resource person for this workshop was macrame enthusiast Mrs. Vandana Syal, Associate Professor in Computer Science and Applications at the college. A total of 22 students participated in the workshop and got hands-on training in the techniques of this versatile form of fiber art. The participants created beautiful and artistic wall hangings and plant hangers with cascade of patterns using this art form. The unique artistic pieces created by the participants were appreciated by everyone.

Principal Dr. Nisha Bhargava expressed appreciation for the efforts of the Women Development Cell to empower students by equipping them with skills that will not only help them develop their creative acumen but also provide employment. She asserted that skill development is one of the important aspects of higher education and the college lays great emphasis on this aspect so as to enhance the employability quotient of its students.

MCM NSS holds plastic collection drives in Badheri



As part of Clean India 2.0 programme, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the college's Eco Club Parivesh, organised two plastic collection drives in the adopted village Badheri, Chandigarh. The aim of these drives was to spread awareness about the harmful effects of single-use plastic. The event was graced by the presence of Mr. Hardeep Singh Butrela, Councillor, Badheri. During the drives, the NSS volunteers sensitised residents about the harmful effects of single-use plastic via a rally wherein they raised slogans like 'hariyali ko badhana hai, plastic ko hatana hai', 'hum sab ka hai ek hi nara, plastic mukt ho desh hamara'. They also apprised the shopkeepers and residents about Clean India 2.0 programme and urged them to stop the usage of plastic especially single-use plastic in their daily lives. The NSS volunteers visited every nook and corner of the locality during both the drives and collected more than 41 kg of plastic waste material that included plastic bottles, single use wrappers, plastic spoons, disposable cups and plates. The waste this collected was handed over to the officials from Municipal Corporation, Chandigarh for proper disposal. Principal Dr. Nisha Bhargava expressed appreciation for the efforts of the NSS units for raising awareness about the menace of single-use plastic, which poses a major threat to environmental as well as human health. She impressed upon prioritising reusable products for fighting this menace and preserving our environment.

MCM holds 5-day workshop 'Seed, Lead, Grow'



The Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a five-day workshop titled 'Seed, Lead, Grow'. The resource person for this engrossing workshop was award winning entrepreneur and certified wellness coach Ms. Tavishi, ShriShiksha Founder and Mentor. The workshop witnessed enthusiastic participation of over sixty students. Ms. Tavishi began by introducing the concept of 'Holistic Wellness' and asked the participants to identify the components of complete wellbeing. Over the course of the workshop, the resource person covered topics including Personal Development, understanding the physical body, developing the mind for overall wellbeing, nurturing and developing the self, and tapping into greatness. Each of the topics was followed by a practical exercise to enable the participants to apply the concepts to their day to day lives. On the last day, a few participants were chosen by Ms. Tavishi for outstanding performance in various activities. These included Jahnvi Sayal (BA II), Gurjas Preet Kaur (BA I), Divya Gupta (B.Com I), Nancy Somani (B.Com I), Roshni (B.Com I) and Ridhima (B.Com I).

Principal Dr. Nisha Bhargava emphasised the need to focus on holistic wellbeing that comes from the harmony of mind, body and soul. She felicitated the selected students and appreciated their efforts to learn the art of holistic wellness.

MCM holds Breast Cancer Awareness Camp



In an endeavour to create awareness about breast cancer, the Medical Committee and NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a one-day Breast Cancer Awareness Camp. Organised in collaboration with Multi Super Speciality Hospital, Sohana, Mohali, the camp was held specifically for the college's female staff above the age of 40 years who are more prone to the disease. A team of doctors and nurses headed by Dr. Piyush, Oncologist were present during the camp. A mammography bus equipped with the latest testing techniques was stationed in the college campus. Simultaneous counselling sessions for students and faculty were also conducted to sensitise them about the symptoms and precautions of breast cancer. More than 42 female teaching and non-teaching staff members benefitted from this camp.

Principal Dr. Nisha Bhargava lauded this initiative for raising awareness about the importance of early diagnosis of breast cancer in treating and overcoming this dreaded disease. She asserted that breast cancer being one of the most common cancers among women, it is immensely important for women to be aware of its warning signs and to undergo regular check-ups.

MCM's Economics Society holds Debate



The newly instituted Economics Society of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an intra-college Debate. The theme of the debate was based on current affairs, including national and international economic issues in the spheres of healthcare, education, technology, crypto currency, government policies and the public sector. 26 students from various disciplines participated in the debate. The topic for the final round was 'Tertiary education is a prerequisite for growth in a developing nation'. The first, second and third positions were awarded to Dhanu (B.Com III), Kareena Sant (BA III) and Vinus Thakur (BA III), respectively. The winners were awarded cash prizes and certificates.



Principal Dr. Nisha Bhargava said that the establishment of Economics Society is an excellent initiative of the Economics Department and its students. She motivated all the participants to keep up the enthusiasm and participate in the future events of the society.

MCM holds workshop on millets



The Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Inner Wheel Club, Chandigarh Central, organised a workshop on millets titled 'A Date with Millets'. The main objective of the workshop was to initiate the students and faculty

members into the use of millets and motivate them to shift towards a more nutritional alternative to wheat and rice. The resource person Mrs. Poonam Pratibha Sharma, with her expertise and profound knowledge on the topic, highlighted the importance of leading a healthy lifestyle by adopting millets in one's daily meals. She approached the subject in a scientific manner and enlightened the audience about the different varieties of millets. The session was followed by a demonstration of beverages and cookies made of millets, which were not only wholesome but also delicious. Ms. Poonam Pratibha exhibited the possible ways that can be undertaken at a personal level to shift from negative millets to positive millets. As many as 60 participants benefitted from the workshop. The event was also graced by the members of the Inner Wheel Club– President Ms. Deepa Tangri, ISO Ms. Yashica Jain, Ms. Neelu Walia, Ms. Shweta Gupta, among others. Towards the end of the workshop, packets of bio-degradable sanitary napkins were distributed to the participants by the club.

Principal Dr. Nisha Bhargava applauded the efforts of the Character Building Committee and the Inner Wheel Club in joining hands for a fruitful activity on millets. She asserted that food is one of the important components of holistic health and thus, we should be mindful of our dietary choices.

MCM holds visit to Senior Citizens Home



The Sustainable Practices Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a visit to the Senior Citizens Home, Sector 15, Chandigarh under its programme Hamare Apne Buzurg. A group of over 40 students, accompanied by Principal Dr. Nisha Bhargava and faculty members, partook in the visit. Dr. Bhargava lauded this initiative of the Sustainable Practices Committee for spreading joy in the lives of senior citizens and for motivating the students to express gratitude, love and respect for the elderly. She added that the youth can understand a lot about life from the experiences of senior citizens and benefit from those. The group distributed refreshments, sweets and handmade cards and conducted fun games and activities. The inmates enthusiastically participated in



the festivities by singing songs, dancing with students, and playing games. They were touched by the loving gestures of the students and even gave inspirational talks and blessings to them. They happily shared their experiences of life which were the real pearls of wisdom. The students promised to attend more

such visits where they can provide support to the inmates and have an enriching experience.

MCM holds lecture by alumna on Communication Skills



The Association of Mehr Chand Mahajan DAV College for Women Alumni (AMDA) organised an online lecture titled 'Communication Skills: Need of the Hour' as a part of the Global Alumni Meet 2022 of Panjab University. The resource person for the session was alumna of the college Dr. Bharti Uppal (MBBS, DCH), Professor Biochemistry and Dean Academics, MMU, Solan.

Dr. Bharti Uppal, in a very engaging and interactive session, shared practical tips with the participants to hone their communication skills. She emphasised that effective communication skills are very crucial for success and fulfillment in one's professional and personal life. She also discussed the importance of non-verbal cues in the process of communication. The engaging lecture was followed by an interactive session wherein the queries of the participants were taken up by Dr. Bharti. The lecture was attended by around 100 participants.

Principal Dr. Nisha Bhargava reinforced the need to develop good communication skills especially in a world where technological advancements offer many new tools of communication be it social media or other similar platforms. She motivated the students to work consistently towards honing their soft skills as these help one to stand out in this era of cut-throat competition.

MCM administers oath to newly elected Student Council and Class Representatives



The Student Council Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised the oath ceremony of the newly elected Student Council and Class Representatives of various classes. Principal Dr. Nisha Bhargava and the members of the Student Council Committee presided over the ceremony. Taking the oath, the Student Council and Class Representatives pledged to dedicate themselves to the service of the institution and uphold its values of integrity, discipline and morality. They also resolved to support the administration, teachers and fellow students in maintaining the highest standards.

Addressing the students on this occasion, Dr. Bhargava motivated them to work for the best interests of the student community as well as the institution. She said that the institution is committed to holistic development of its students and assured them complete support of the institution in every sphere.



MCM and Nivedita Trust hold event 'Role of Women in Nation Building'



Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Nivedita Trust for Aahar Kranti, organised an event titled 'Role of Women in Nation Building'. A galaxy of dignitaries graced this mega event, including Chief Guest Sh. Som Parkash, Minister of State for Commerce and Industry, Government of India, and Guests of Honour Justice Daya Chaudhary, Former Punjab and Haryana High Court Judge, Dr. Varinder Garg, OSD to Union Health Minister at PGIMER, Chandigarh, Pracharak Sh. Prem Chand Goyal, Prant Pracharak Sh. Narender Kumar, Ms. Mallika Nadda, Social Activist, Singer Jaspinder Narula. Sh. Gian Chand Gupta, Speaker, Haryana Vidhan Sabha presided over the event.

The event began with lamp lighting and welcome address by Principal Dr. Nisha Bhargava. Dr. Bhargava apprised the audience of the accomplishments of the glorious institution and said that the college is working incessantly towards the cause of women empowerment. She also highlighted the importance of the event as it celebrated women achievers and their role in nation building. The unveiling of a book titled 'Processed Food- Implications for Human Health and Sustainable

Development' authored by Dr. Nisha Bhargava, Dr. Minakshi Rana, Dr. Aanchal Batra, Dr. Shafila Bansal and Dr. Shubhmangla Acharya, and the release of the documentary on Aahar Kranti were the highlights of the event.



Speaking at the event, Sh. Som Parkash hailed the supreme place of women in the society and cited historical references to point out the greatness of women. He added that women empowerment is taking our nation to greater heights and India is well on its way to becoming 'vishav guru'. Sh. Gian Chand Gupta lauded the role being played by Nivedita Trust in promoting Indian culture and ethos. He further impressed upon the significance of right food for holistic health as well as for future generations. Highlighting the fact that in Indian culture, the virtues of wisdom, knowledge, strength and wealth are attributed to Goddesses, Sh. Prem Chand Goyal reminded the audience of the prominent place of women in Indian society. Sh. Narender Kumar said that there can be no world without women and motivated the women to realise their innate strength and abilities. Justice Daya Chaudhary reminded the women of their inner strength and resilience, adding that no one except women themselves can empower themselves. During the event, women achievers who are inspiration to other women, including Principals of different colleges and schools, women in media and the field of social service, etc. were awarded for their service to the society. The event culminated with national anthem.

MCM holds workshop on Digital Tools for Research in Social Sciences



The Postgraduate Department of Economics at Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a workshop on the topic 'Digital Tools: A Gateway for Research in Social Sciences'. The resource person for the workshop was Dr. Anuradha Sekhri, Associate Professor,

Institute for Development and Communication, Chandigarh. Dr. Sekhri highlighted the importance of technology and, digital tools and resources in research. The expert explained the research process in a lucid manner and also discussed numerous ways by which one can enhance research productivity. Various methods of data collection such as Survey Monkey, Mentimeter, Kwik Surveys, etc. and different tools and softwares for data analysis such as SPSS, R, SciPy, Orange, etc. were discussed during the workshop. Furthermore, the significance of data analysis in research was elucidated by the resource person and various problems in data analysis faced by researchers were also discussed. Dr. Sekhri acknowledged the growing role of AI-based tools which can be used for data collection in the present times. The students were also explained about plagiarism and the ways by which one can check it.

Principal Dr. Nisha Bhargava motivated the budding researchers to undertake research and innovation for nation's growth and development. She informed that the college promotes research by students and faculty, and has provision of research seed money for the same.

MCM holds workshop on Gender Responsive Approach to Climate Change



The Foreign Students Cell and Women Development Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an online workshop on 'Gender Responsive Approach to Climate Change'. The eminent resource person, Prof. Namita Gupta from the Department of Human

Rights, Panjab University, Chandigarh, lent an exhaustive narrative to the contemporary and sensitive issue of women being the lead victims of climate changes and natural disasters. She highlighted that the burgeoning statistics have been a precursor to the emergence of various environmental movements of India like Bishnoi movement, Chipko movement, Aapiko movement, Silent Valley movement and Narmada Bachao Andolan. Prof. Gupta corroborated her talk with research-based constructs in the domains of agriculture, plantation, mining, household chores, migration, politics, etc., all bearing testimony to the gender-based discrimination in society. She highlighted the significance of equal opportunities to cast a strong influence in the sphere of Land and Property Governance, and the overall polity of the country and the world at large. Around 85 participants were part of this online workshop.

Principal Dr. Nisha Bhargava appreciated the efforts of both the Cells, to have worked in tandem, towards strengthening the awareness about gender inequality, that can serve to translate into a strong foothold of women in the environment projects and policies. She expressed hope that the well-structured event will be an apt move in the desired direction.

MCM celebrates World Philosophy Day



The MCM SOPHIES Club, under the aegis of Philosophy Department of Mehr Chand Mahajan DAV College for Women, Chandigarh, celebrated World Philosophy Day with great enthusiasm. The celebration was graced by Sh. Lallan Singh Baghel, Chairperson, Philosophy Department, Panjab University, as the Chief Guest. The

celebration included Debate on Free Will vs Determinism, Rediscovering Philosophers (Enactment of a Philosopher/Elucidating Philosophy of a Philosopher), Play on 'Plato's Allegory of Cave' and a talk by Sh.. Baghel on 'Philosophy as Dialogue about Critical Thinking'. Sh. Baghel began his engrossing talk by elucidating the meaning of philosophy, how it offers the opportunity to enter into dialogue and its relationship with critical thinking. Highlighting the fact that philosophy is inherently transformative and opens up our minds, Sh. Baghel said that philosophy offers enabling condition to master language, understand concepts and develop coherence. He added that in the present scenario wherein more importance is ascribed to knowledge than virtue, and spaces of learning have turned into spaces creating structures of power, critical pedagogy is a challenge that can be faced by reviving the Indian tradition of 'anuveshikee' (investigation) that existed in the times of Takshila and Nalanda. The expert also delved into how philosophy offers the opportunity to re-envision the nature of dialogue between the intellectual traditions of the East and the West. The talk was followed by an interactive session wherein the participants' queries were taken up by the expert.

Principal Dr. Nisha Bhargava expressed appreciation for this endeavour of the Philosophy Department to carry forward the spirit of philosophy in such a befitting manner. She further motivated the students to develop spirit of inquiry and transform the world with their critical thinking.

Two day International Conference on Beyond the Contemporary Sciences inaugurated at MCM



A 2-day International Conference on 'Beyond the Contemporary Sciences (BCS-2022)', being organised jointly by the Department of Physics, Mehr Chand Mahajan DAV College, Chandigarh and School of Physical Sciences, Amrita Vishwa Vidyapeetham, Mysuru, began here today. The inaugural session was graced by Prof. Arun K. Grover, Emeritus Professor, PEC as Chief Guest and Prof. Navdeep Goyal, Department of Physics, Punjab University was the keynote speaker. Inaugurating the conference, Principal Dr. Nisha Bhargava said that innovative and practical demonstration teaching methodology has been scientifically proven to promote efficient learning, and thus, the college follows this methodology in letter and spirit. She added that this conference is an extension of the approach to integrate theory and practice, and is an effort to correlate science, technology and innovation. In his address, Prof. Arun K. Grover mentioned that contemporary science is an organic unity of science as knowledge, science as an activity and science as a social institution, and therefore each educational institution should inculcate self learning amenities among students to make them innovative, creative and self-reliant to work independently in future. He highlighted the role of emerging demand, scope and development in the area of Quantum Computing that has the potential to revolutionise computation by making certain types of classically intractable problems solvable. He related his expertise in the field of supercomputers, semiconductors and nanotechnology to coherence, fidelity, and

ultimate scalability to large systems for utility in Quantum computers. Prof. Navdeep Goyal explained the role of solar simulators as a prerequisite in current digital world and their utilisation challenges with their efficiency enhancing factors. He also explained the role of Li-Ion batteries and replaceable ions like Na⁺ ions to understand the factors affecting the photovoltaic parameters of the devices. He incentivised the students and research scholars to understand and execute their learning skills by correlating them with day-to-day applications, thereby developing innovative ideas to tackle challenging research areas and contributing to the society. After the inaugural session, invited lectures by Prof. Ravindra Pandey from Michigan Technical University, USA (Topic- Nanomaterials: Synthesis, Characterisation and Application), Prof. B.R.K.Nanda from IIT Madras (Topic- Computational design of cathode materials for AI based rechargeable batteries), Prof. Ajay Singh from IIT Roorkee (Topic- Josephson Quantum Transport across Hybrid Nanostructures: Prospects and Promises), Dr. B.Muralikrishna from Khalifa University, Abu Dhabi (Topic- Astrochemistry: A New Frontier in Computational Chemistry) and Prof. Sanjeev Kumar from PEC, Chandigarh (Topic: Piezomagnetic Composites), were held in online mode. Being held in blended mode (offline and online), the conference has over 600 registered participants and invited speakers from prestigious institutions across the globe including Michigan Tech University, USA, Pharma



CADD Busan, Korea, Khalifa University, Abu Dhabi, IIT Madras, IIT Roorkee, Punjab Engineering College (PEC), Kurkshetra University, Central University, Haryana and Panjab University, Chandigarh.

MCM becomes the first college in tricity to launch the International Year of Millets 2023 celebrations



The Skill Development Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Kheti Virasat Mission, launched the calendar for the celebration of the International Year of Millets 2023 under the aegis of its annual workshop series- Be a Health Manager. The theme of the celebration- 'Let's Millet: A clarion call to the youth to be millets ambassadors' succinctly underlines the objective of the celebration i.e., to educate youth about millets and their benefits, and to motivate them to further generate mass awareness about the same. Mrs. Sarbjit Kaur Dhillon, Mayor, Chandigarh graced the event as the Chief Guest. Dr. Suman Ishwar Singh, Director Health Services, Chandigarh and Mr. Umendra Dutt, Executive Director, Kheti Virasat Mission were the Guests of Honour. On this occasion, Ms. Purujit Kaur, the first student of the college who got an internship as well as employment as the Security and Safety Communications Focal Point in UN Women Security and Safety Services at the United Nations headquarters in New York City, was honoured by the Mayor Mrs. Sarbjit Kaur.



Principal Dr. Nisha Bhargava spoke about the initiatives that the college has undertaken towards sustainable practices and urban farming. She added that with the changing lifestyle, lifestyle diseases have become rampant and there is a need to create awareness regarding the need to incorporate indigenous and

sustainable crops like millets in day to day life to restore a healthy life. Mrs. Sarbjit Kaur lauded this appreciable initiative of the college, adding that it is the need of the hour for promoting holistic health. Dr. Suman Ishwar Singh asserted that billions of people the world over are experiencing malnutrition and food insecurity, and thus, there is a need to transfer food system to ensure food and nutrition safety. She added that millets are a superfood and their comeback is necessary to counter the problems of malnutrition and food insecurity. Mr. Umendra Dutt highlighted that the reductionist approach to food production has wiped away diversity in food from our plates as well as our memories. In the light of such a scenario, Mr. Dutt said that the sustainability and food security angle of millets make it desirable to adopt them in our daily lives. The calendar launched by the college enlists a number of activities, events, workshops and unique initiatives; be it the special edition of Health Manager, Intra College Quiz, awareness programmes, and talks on Millet entrepreneurship and startups, public programme on millets cooking, nukkad natak, visit to millet field, imparting training to underprivileged women on millets cooking and short video making competition on millets.



MCM UBA holds free Mammography Camp at Maloya



The Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a free Mammography Screening Camp for early diagnosis of breast cancer at Government Model Senior Secondary School, Maloya. It was an endeavour undertaken in collaboration with Sohana Multi Speciality Hospital, Mohali, along with the NSS unit of the school. The medical team, constituting 12 members of Sohana Hospital, engaged the women of the village in a healthy interaction to make them aware of the rising instances of breast cancer and the importance of its early diagnosis. About 39 women of the village along with the staff members of the school above the age of 40 years, were counselled by the medical staff and were screened for breast cancer. The camp proved to be a productive initiative with the cohesive efforts of the Sohana Hospital team and NSS volunteers.

Principal Dr. Nisha Bhargava expressed appreciation for this noble and timely initiative to raise awareness about the dreaded disease. She asserted that breast cancer being one of the most common cancers among women, it is immensely important for women to be aware of its warning signs and to undergo regular check-ups.

MCM holds monthly havan yajna



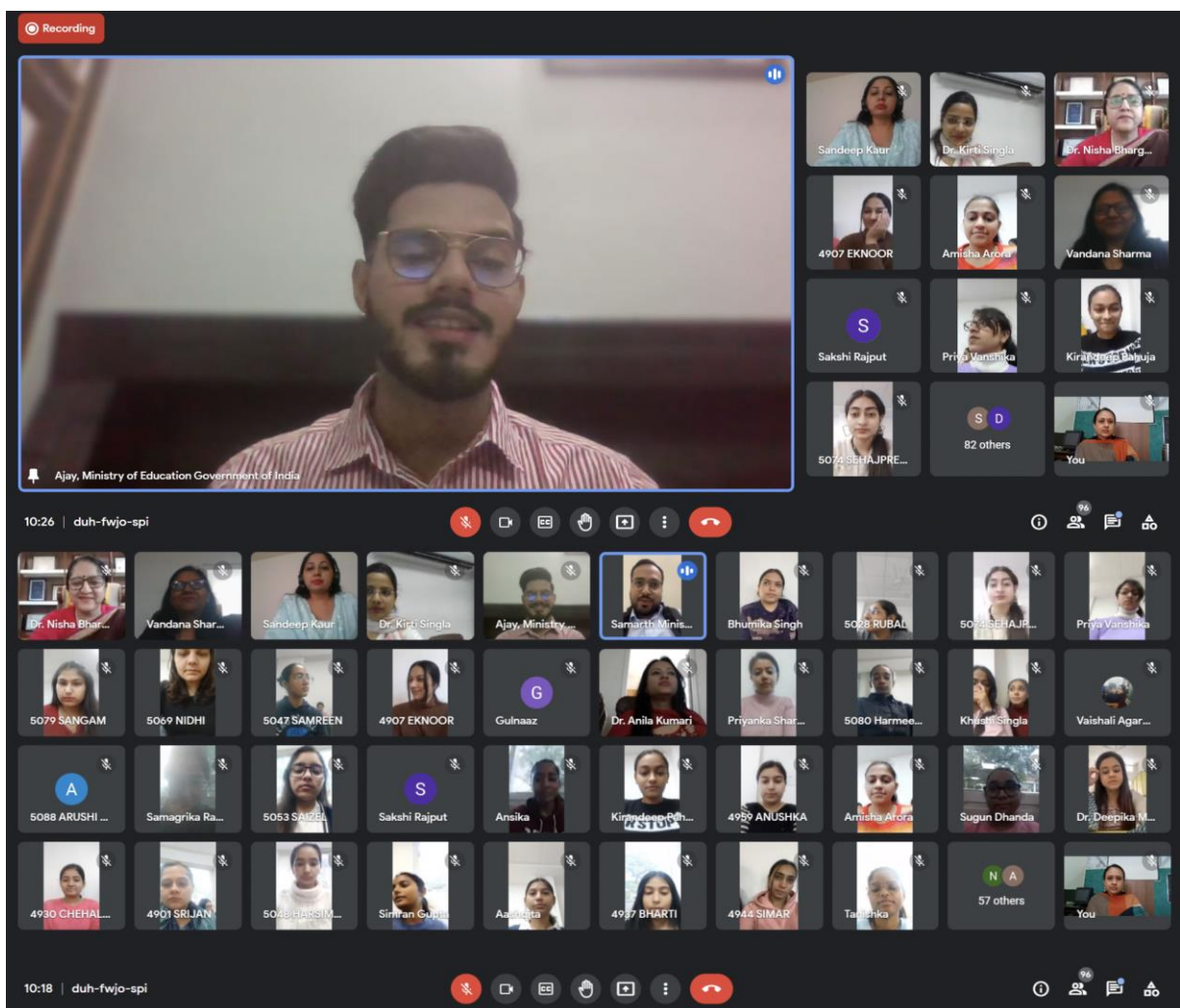
The Arya Samaj Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised the monthly havan yajna. The tradition of monthly havan at the college aims to inculcate vedic values in the students and to keep them in touch with rich Indian culture and vedic practices. Principal Dr. Nisha Bhargava alongwith the staff and students offered prayers to the holy fire amidst the chanting of shlokas and mantras. The staff members and students whose birthdays fall in the month of November were blessed with garlands in this occasion by the Principal. A Speech Competition on the topic 'Spirit of Resilience and Revival of Life after COVID' was conducted after the havan, wherein the participants expressed their nuanced views on the topic. Dr. Nisha Bhargava showered the students with best wishes for the upcoming examinations. Highlighting the spirit of resilience of the faculty and students during COVID, Dr. Bhargava asserted that the college's holistic approach to education not only prepares the students for success but also inculcates moral values and life skills in them. The result of Speech Competition is: First: Ms. Bramleen, Second: Ms. Nancy and Third: Ms. Jahnavi.

MCM celebrates Women Entrepreneurship Day with 3-day workshop on Oyster Mushroom Cultivation



To mark the celebration of Women Entrepreneurship Day, Mehr Chand Mahajan DAV College for Women, Chandigarh, a recognised Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan Institution, organised a 3-day skill development workshop on Oyster Mushroom Cultivation, in association with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Government of India. The workshop was organised with the objective of promoting the spirit of Mahatma Gandhi's Nai Talim and experiential learning concept, and instilling in the participants the culture of entrepreneurship and sustainable development. The workshop kickstarted with an interactive online session on Women Entrepreneurship. Principal Dr. Nisha Bhargava inaugurated the workshop, wherein she highlighted the need to integrate vocational education and training as part of learning and teaching. She also underscored the importance of acquiring entrepreneurial skills and mindset essential for enhancing future avenues and for nation's development. Adding that women have the innate abilities of an entrepreneur, she said that more and more women need to take up entrepreneurship and become employment generators. Mr. Samarth Sharma (Consultant, MGNCRE) also partook in the inaugural session. The resource person for the inaugural session Mr. Ajay Tanwar, Consultant, MGNCRE, discussed entrepreneurship and its

importance, the traits of an entrepreneur, the challenges faced by entrepreneurs and mantras for success in entrepreneurship. On day 2, the faculty members of the college's Department of Food Science- Dr. Vandana Sharma, Dr. Sandeep Kaur, Dr. Anila and Dr. Kirti Singla, imparted training on the techniques involved in oyster mushroom cultivation, including knowledge of raw materials required, bottle/bag filling, spawning spawn production, harvesting, nutritional analysis, etc. On the third day of the workshop, hands on training was imparted to prison inmates of Model Jail, Sector 51, Chandigarh. The students volunteers along with faculty members of the Department of Food Science visited the jail and demonstrated the entire process of oyster mushroom cultivation to the prison inmates with live demonstration of each step and protocol involved. The workshop was a huge success as the participants felt motivated to build their careers in the field of entrepreneurship and generate employment opportunities for others as well.



MCM NSS holds Induction for new volunteers



The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised the Induction event for the 2022-23 batch NSS volunteers. Principal of the college Dr. Nisha Bhargava graced the event as the Chief Guest. The event began with lamp lightening ceremony and Saraswati Vandana. Addressing the new NSS volunteers on this occasion, Dr. Nisha Bhargava apprised them of the appreciable work being done by the NSS units of the college and the laurels won by the units including the Best NSS Unit Award 2018 by Panjab University and Best NSS Unit Award 2022 by Chandigarh Administration. She motivated the volunteers to imbibe in themselves the dignity of labour and work for the upliftment and welfare of the community. Dr. Pallvi Rani, NSS Programme Officer enlightened the volunteers about the essence of the National Service Scheme, its motto, logo and objectives, and the activities conducted so far under the aegis of NSS including special 7-day and night camps, national camps, etc. This was followed by recitation of a beautiful poem by NSS leader Vinayaka Sharma, that summed up her journey in NSS. An amazing dance performance on Swachhta Anthem by the existing NSS volunteers headed by NSS leader Purna Pulani stole the show. The event culminated with interactive session between the group leaders and their group members. The volunteers were highly enthusiastic about the upcoming activities and their journey in NSS.

MCM celebrates Constitution Day



To mark the celebration of Constitution Day, Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a host of activities aimed at reiterating the values and principles enshrined in the Indian Constitution. The Department of Political Science and NSS units of the college organised an event wherein the Preamble of the Indian Constitution was read out in the presence of Principal Dr. Nisha Bhargava, staff and students. In another event, the Department of Political Science, in collaboration with Electoral Literacy Club of the college, conducted Poster Making Competition on the theme 'Elections and Indian Democracy'. An online Essay Writing Competition was also held by the Department of Political Science on the theme 'India- Mother of Democracy'. Both the competitions witnessed enthusiastic participation of the students of various streams.

Expressing appreciation for the efforts to celebrate Constitution Day with great fervour, Principal Dr. Nisha Bhargava motivated the youth to uphold the principles and values enshrined in our Constitution. She asserted that this is a day to express gratitude to the makers of our Constitution and urged the students to commit themselves to building the India of our dreams.

MCM alumna is youngest recipient of Indo-American Leadership Award



Adding to the awe-inspiring list of illustrious accomplishments of its alumnae, Ms. Tavishi Kumar of BBA (batch 2019-22) at Mehr Chand Mahajan DAV College for Women, Chandigarh, became the youngest recipient of the Indo-American Leadership Award at the Indian Consulate-NewYork, USA at this distinguished delegation. A holistic health and wellness coach, Tavishi is the Founder of ShriShiksha- a start up providing impactful health and wellness solutions. An excited Tavishi said that it is a matter of great pride for her company- ShriShiksha to be represented at such a grand global platform in the presence of the most esteemed nobilities from India and the US- Ambassador Wisner, Ambassador Kenneth Juster, Ambassador Judy Reinke, Commercial Officers and Consul Generals. She added that she is looking forward to working towards strengthening the relationship between the two democracies. Mr Kapil Kaul (Immediate Past President-Indo American Chamber of Commerce) led this amazing delegation with exemplary vitality. Principal Dr. Nisha Bhargava congratulated Tavishi, her family and mentors, and said that the institution is proud of her achievement. She added that the long list of the college's alumnae who have carved a niche for themselves in various fields is reflective of the college's dedicated efforts towards grooming women of substance by providing holistic education. Dr. Bhargava also expressed gratitude to Ms. Tavishi for motivating over 1000 students of the college during the Covid pandemic as she gave inspiring online lectures and demonstrations without charging any remuneration for almost 4 months.

MCM holds awareness session on Agniveer



The NCC (Army Wing and Naval Wing) of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a session on Agniveer Vayu with the aim to generate awareness about Agniveer Vayu intake-01/2023 for recruitment of eligible youth (both males and females) as Agniveers (Vayu). The speaker for the session was CPL Rajendra Kumar, Airmen Selection Centre, Air Force Ambala. CPL Kumar discussed the eligibility criteria and selection procedure for Agniveers, and the benefits and privileges offered to them. He also apprised the students about the career options after leaving the forces as Agniveers. The students from various disciplines attended the session that was truly motivational, encouraging and led to awareness regarding one of the most attractive and transformative reform in the recruitment policy of Armed Forces i.e. Agniveer.

Principal Dr. Nisha Bhargava lauded this initiative of the NCC of the college to educate students about this great opportunity to serve the country and contribute in nation building. She added that the scheme will truly benefit the youth and lead to much more aware, youthful and technically adept and experienced personnel in the armed forces.

MCM holds talk on Career in Radio and the Art of Voice Modulation

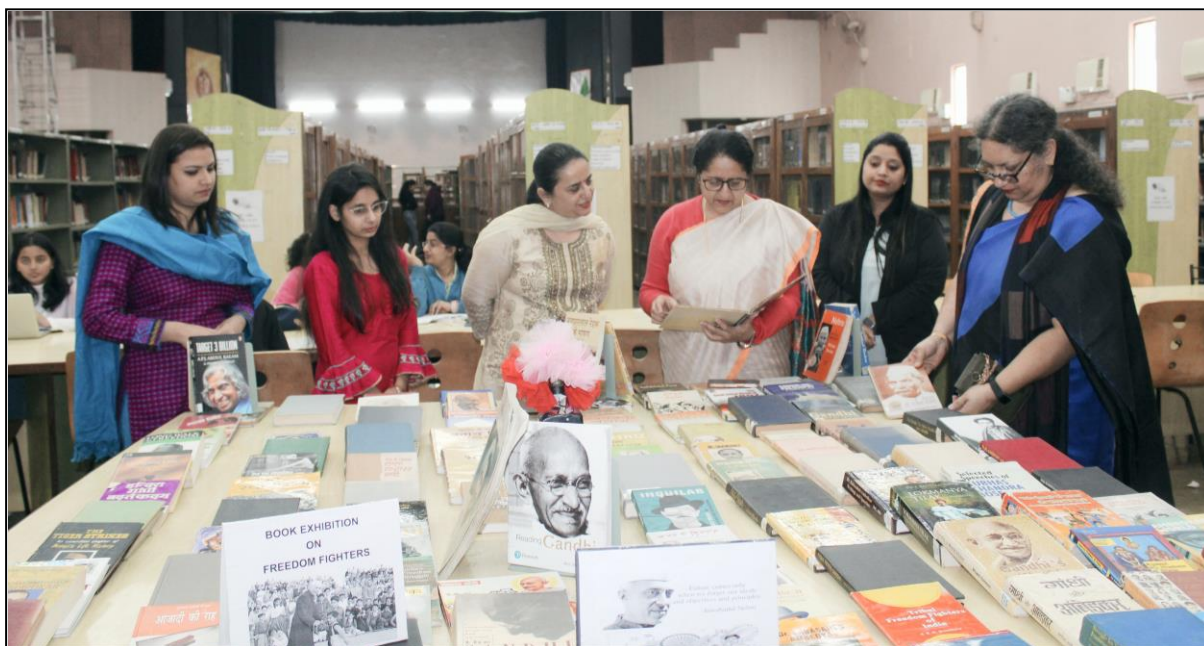


The Department of Mass Communication at Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a talk on 'Career Prospects in Radio and the Art of Voice Modulation'. Mr. Sarvpriya Nirmohi, a Broadcasting expert with over 25 years of experience in All India Radio, was the resource person for this engrossing talk that aimed to educate students about the



opportunities in the exciting world of radio broadcasting and to introduce them to the nuances of voice modulation. From Broadcast and Sound Engineers to Announcers, Directors, Station Managers and Operations Managers, Mr. Nirmohi shed light on the plethora of career options in radio industry in the key areas of technology, content and creative, and management. Adding that besides being an exciting career option voice modulation is also a crucial life skill, Mr. Nirmohi discussed at length and also demonstrated voice modulation techniques. The participants found the talk highly beneficial as it enriched their knowledge base. Principal Dr. Nisha Bhargava lauded this initiative of the Mass Communication Department to help students discover the possibilities in radio and sharpen their skill of voice modulation. She further informed that the Department consistently endeavours to bridge the industry-academia gap for enhancing students' employability quotient and the college proudly figures among the top Mass Communication institutions of the country in surveys by India Today, Outlook, Open Magazine and The Week. youth (both males and females) as Agniveers (Vayu). The speaker for the session.

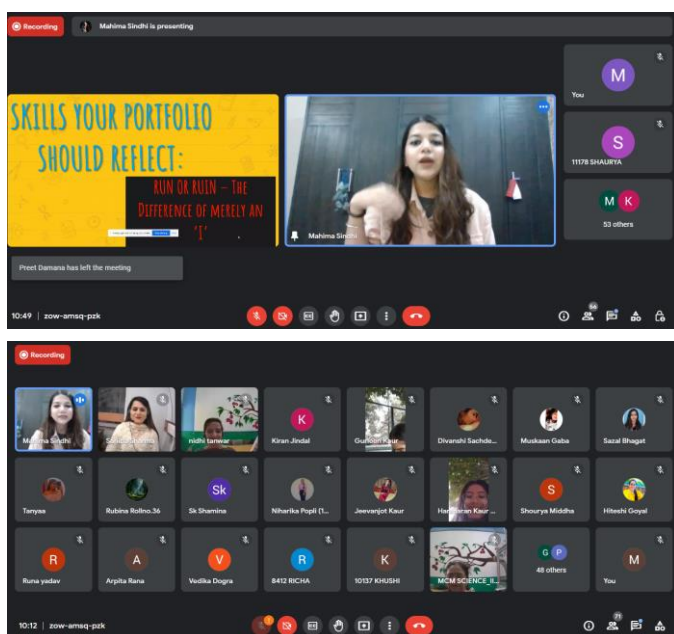
MCM holds book exhibition on Indian freedom fighters



The Library Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an exhibition of books on Indian freedom fighters with the aim of kindling love for the nation among the students and inspiring them to contribute in nation building. Books on the life and saga of sacrifices of great freedom fighters like Mahatma Gandhi, Jawaharlal Nehru, Sardar Vallabhbhai Patel, Bhagat Singh and so on were exhibited on this occasion. The exhibition was a treat for bibliophiles as books in three languages i.e. English, Hindi and Punjabi, related to our illustrious freedom fighters, were showcased. The exhibition witnessed enthusiastic response from the staff members.

Principal Dr. Nisha Bhargava lauded this highly relevant endeavour of the Library Committee to instil in students a sense of pride in the supreme sacrifices of our freedom fighters and inspire them to work towards safeguarding the hard earned freedom. She said that this initiative is a great endeavour to reinforce the responsibility of us Indians to take our nation to the heights envisioned by the freedom fighters.

MCM holds session on Portfolio Management for Budding Entrepreneurs



The Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the Start-Up Cell of the college, organised an online session on 'Budding Entrepreneurs: Is Your Portfolio Bespoke Enough'. The resource person for this session was Ms. Mahima Sindhi, Personality Shaper and Skills Sculpturist. The session witnessed participation of 76

students who took keen interest in portfolio building as demonstrated elaborately by the resource person. Ms. Mahima enlightened the participants about the importance of entrepreneurship and portfolio management. She added that creating a good digital profile, setting personal goals and self-learning exercises are some of the essentials for being a successful entrepreneur. She also discussed Ikigai- an ancient Japanese philosophy that focuses on the journey of self-discovery, and explained as to how a growth mindset focused on constructive feedback, positive attitude and determination is better than a fixed mindset.

Principal Dr. Nisha Bhargava hailed this initiative as a meaningful effort towards sowing the seeds of entrepreneurship in the young minds, thereby laying the strong foundation for Atmanirbhar Bharat. She lauded the concerted efforts of IIC and Start-Up aimed at promoting the culture of innovation and entrepreneurship among the students.

MCM holds Blood Donation Camp



The NSS units, Red Ribbon Club, AIDS Awareness Committee and Medical Committee of Mehr Chand DAV College for Women, Chandigarh organised a Blood Donation Camp, in collaboration with Post Graduate Institute of Medical Education and Research, Chandigarh. The camp was supported by Lions Club Chandigarh Prosperity. Principal Dr. Nisha Bhargava welcomed Chief Guest Sh. Nemi Chand, State Liaison Officer, State NSS Cell, Chandigarh Administration, and officials from Lions Club Chandigarh Prosperity- Lion R K Rana, Lion Surinder Pal Singh Safari, Lion Ashwani Wig, Lion N K Vasudev, Lion Vinod and Lion Uma Kant Mehta. The students and staff members participated enthusiastically in this camp, with collection of more than 50 units of blood.



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

MCM inspires students to be entrepreneurs with 'My Story'



In the series of 'My Story' programme aimed to inspire students through sharing of success stories of entrepreneurs, the Institution Innovation Council (IIC) and Start-up Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an interactive session with Start-up Founder Ms. Aakanksha Dhawan. Ms. Aakanksha Dhawan is the Founder of Smash Queen and Franchise Owner of Superdonuts, Elante Mall, Chandigarh. The insightful and motivational session acquainted the participants with the story of her journey to be a successful entrepreneur. Highlighting the fact that she practically applied the theoretical knowledge into her ventures, she impressed upon the participants the crucial role of higher education in student's life. Ms. Aakanksha substantiated this by stating that college provides an environment to build various skills and develop one's personality. She also advised the students to do internships with companies as this provides them practical training to work in a challenging environment. The participants were also enlightened about the importance of social media marketing and the types of franchise business models. The session was very informative and engaging. Principal Dr. Nisha Bhargava expressed gratitude to the resource person for motivating the students through her inspiring story. She added that a self-reliant India can be built only if the enterprising and creative youth of today recognise the importance of innovation and entrepreneurship, and become employment generators.

MCM holds personality development session



The Personality Development Cell and Equal Opportunity Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an interactive session titled 'Deciphering the Generation Z- New rules for The Gen Z Personality to be Future Ready'. Mrs. Punita Vadhera, a motivational speaker and founder of Edusensei was the resource person. The session covered a spectrum of personality tenets ranging from the essence of reading, making personal observations, accepting imperfections to disengagement from the social media. Mrs. Vadhera highlighted the importance of listening to one's inner self. She touched on the different quotients of one's persona, especially in context of the present times that call for greater resilience to combat adverse circumstances. The expert engaged the over 100 participants in a lively session to help them rehearse the principles governing their success fibre in sublime ways.

Principal Dr. Nisha Bhargava appreciated the efforts of both the Cells for showing the youth the path to self-discovery and personality development, thereby leading to well-rounded individuals. Highlighting the importance of the session, she added that the future belongs to those who work consistently on their personality and skill sets.

MCM holds session on techniques for being young and healthy



The AIDS Awareness Committee and Medical Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an awareness session titled 'Techniques for being young and healthy as you age'. Dr. Preeti Jindal, Senior Gynaecologist, The Touch Clinic was the resource person for this informative session.

The session began with the expert explaining the concept of adolescence and then discussion on menstruation, issue of irregular periods, discomfort during periods, PMS and HPV vaccination. Dr. Preeti stressed that women above 40 years should get PAP smear test every 2 years and mammography every 3 years. She also shed light on the different issues responsible for acne and their treatment. The issue of incontinence was also discussed by Dr. Preeti. Over 120 students and faculty members attended the session. The session proved to be a fruitful one as the students interacted with the expert for advice on different women health related issues. Principal Dr. Nisha Bhargava highlighted the importance of the session as she said that health is the greatest wealth and should not be ignored at any cost. She added that as one ages and the body functions gradually slow down, it is all the more important to care for one's health by adopting a healthy lifestyle that includes good nutritious diet and adequate amount of exercise.



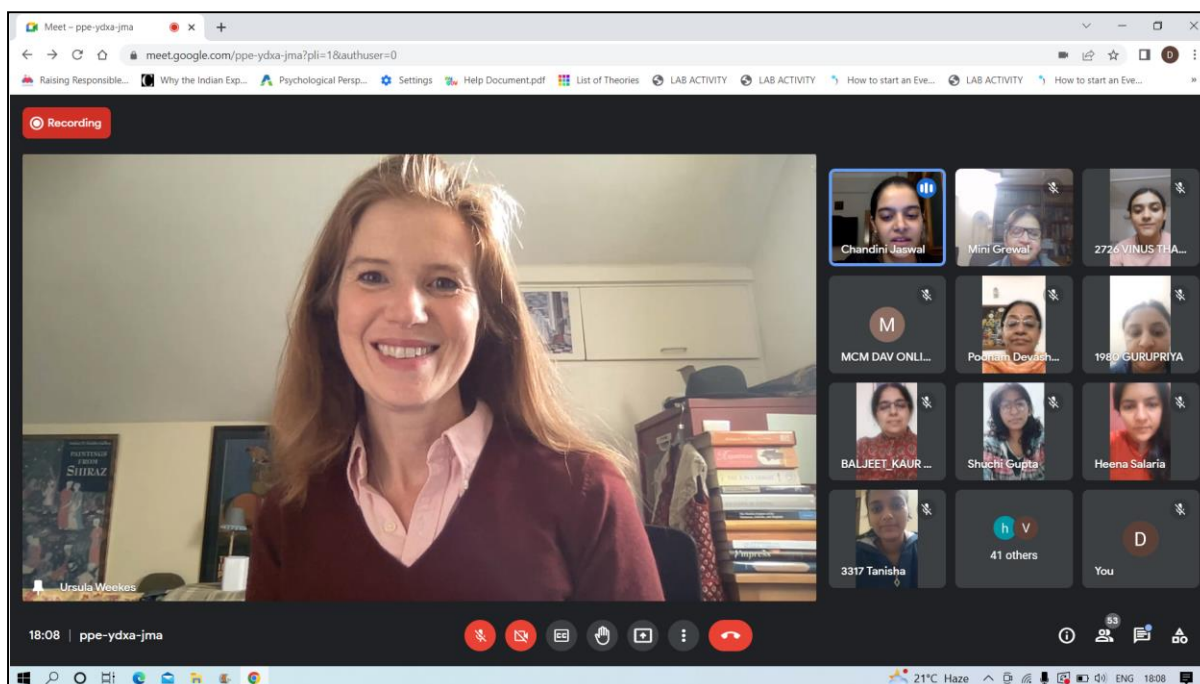
MCM UBA holds awareness Campaign on Good and Bad Touch at Attawa



The Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an awareness campaign on 'Good and Bad Touch' at the Anganwari of the adopted village Attawa. The campaign sought to sensitise the village children about the social evil of the touch related unscrupulous malaise plaguing the society in hidden ways. The program entailed detailed explanation of the nuances attached with deciphering the signals flagging the evil practice. The students of the village were made to note down the helpline number for registering a complaint in case of any such incident.

Principal Dr. Nisha Bhargava expressed appreciation for this timely initiative of the UBA Cell. She asserted that the knowledge about good touch and bad touch will empower the innocent children by helping them recognise bad touch and thus, save their impressionable minds from any trauma due to bad touch incidents.

MCM holds online lecture on Mughal Portraiture



Tarikh- the History Association of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an online lecture titled 'In and Out of Time: Mughal Portraiture'. London based acclaimed Art Historian on Mughal Art- Dr. Ursula Weekes was the speaker for this enlightening lecture. Dr. Weekes traced the development of Portraiture over the centuries, sharing insights into several masterpieces from the Mughal era. She also discussed the origin and characteristics of several regional schools of art like the Rajasthani, Pahari and Bundi schools in detail. The lecture was followed by an interactive session wherein the queries of the participants were addressed by the expert.

Principal Dr. Nisha Bhargava lauded this initiative of the History Association to keep the budding historians engaged in intellectual pursuits. She added that history is important to understand how events in the past made things the way they are today and to create better paths for our societies.

MCM holds live screening of UGC's talk on 'Consulting Students'



Mehr Chand Mahajan DAV College for Women, Chandigarh, held the live screening of an online talk titled 'Consulting Students' organised by University Grants Commission's (UGC) under its online lecture series on Best Practices in Higher Education. Ms. Meeta Rajiv Lochan, IAS, Secretary, Ministry of Youth Affairs, Government of India, delivered this engaging talk. Ms. Meeta said that there is a constant need to generate skilled workforce and emphasised on the need to upskill students so that the dream of becoming a self reliant nation can be fulfilled. Highlighting the importance of curriculum that enhances both knowledge and skills, Ms. Meeta stressed on promotion of value addition courses. She also discussed the need to focus on startups and incubation cells to inculcate and promote innovation and entrepreneurship. With small businesses bearing the brunt of COVID, Ms. Meeta urged the students to engage in a meaningful way with small businesses. The queries of online participants were taken up at the end of the talk.

Principal Dr. Nisha Bhargava said that this endeavour of UGC, Ministry of Education, Government of India, assumes great significance in the light of the increasing importance of innovation and entrepreneurship in the realisation of Atmanirbhar Bharat. She added that the industry-academia gap has to be bridged through value additions in curriculum and making the students industry ready through vocational training.



Activities Report

October-December 2022

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