

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



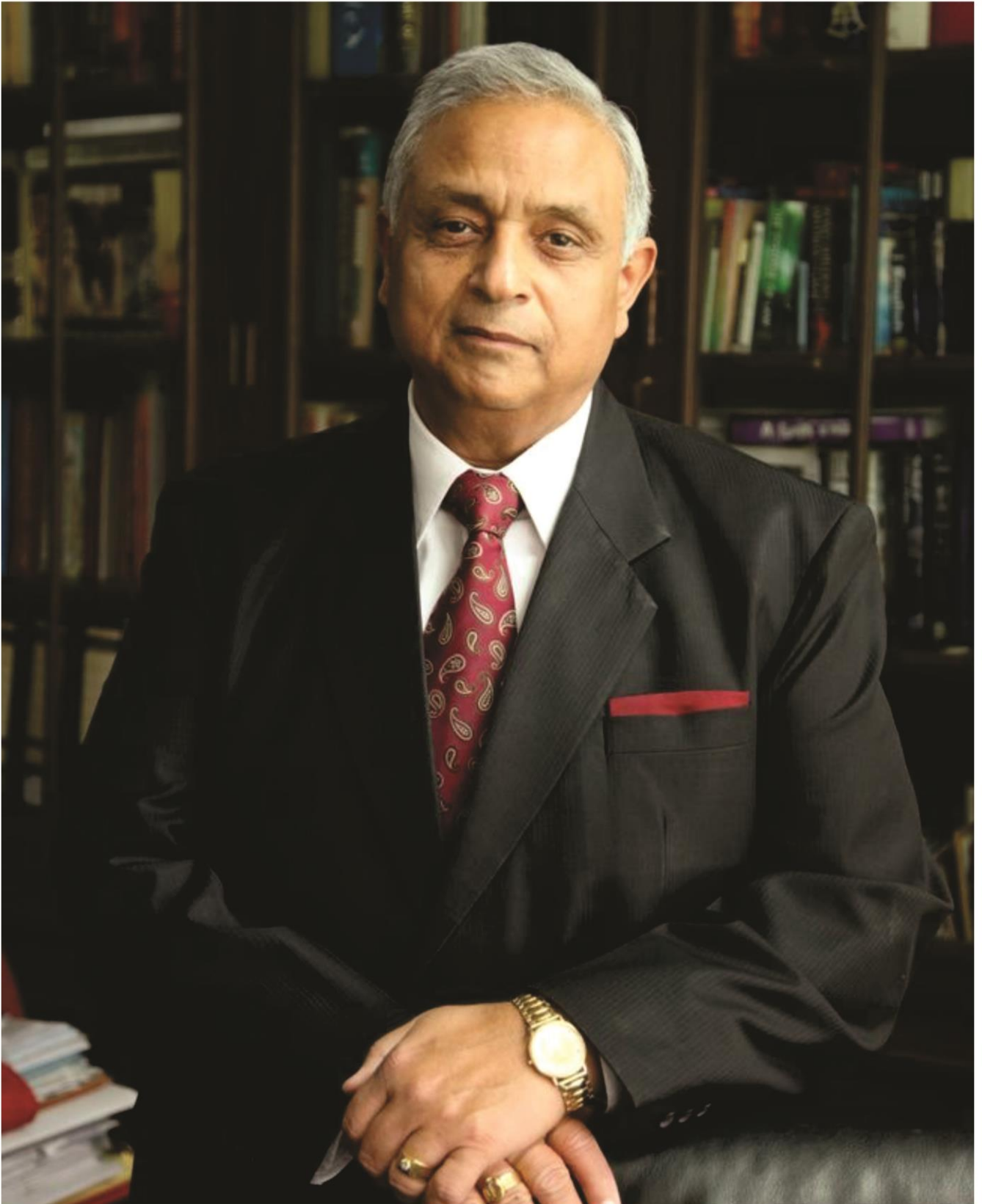
Report of Cultural Activities
July 2021 - June 2022

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

National Musical Instruments' Working Model Making Competition



The Department of Music and Cultural Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised 'Srijan'- an online National level Musical Instruments' Working Model Making Competition. The aim of the competition was to

develop a deeper sense of understanding of musical instruments among the budding artists. The competition witnessed enthusiastic participation wherein the participants made working models of musical instruments and submitted their videos of playing their respective instrument. From working models of snake charmer bean to flute, damru, tumbi, the participants made awe-inspiring models of traditional Indian musical models, showcasing their creative acumen. The winners were awarded cash prizes and e-certificates. Principal Dr. Nisha Bhargava lauded this initiative of the Music Department and Cultural Committee to promote artistic talent. She added that such competitions are important for bringing out the creative potential of students and motivating them to excel in their field.

The results of the competition:

First Prize-

Arshjot Singh (Instrument- Snake Charmer Bean), Govt. College, Sunam

Second Prize –

Satinder Singh (Instrument- Tumbi), Panjab University, Chandigarh

Third Prize-

Samridhi (Instrument- Damru), Mehr Chand Mahajan DAV College for Women, Chandigarh

MCM celebrates Independence Day



Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated 75th Independence Day with great enthusiasm and zeal. The NSS units and Character Building Committee of the college organised a national level Digital Poster Making Competition on 'Azadi ka Amrit

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

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

MCM celebrates Hindi Utsav



To mark Bharatendu Harishchandra Jayanti, the Hindi Department of Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated 'Hindi Utsav' here today. Organised in collaboration with Indian Oil Corporation, Chandigarh and Shuruat Samiti, the celebration was dedicated to the journey of Hindi literature from Bhartendu Harishchandra to Dr. Virendra Mehndiratta. The celebration was graced by Mr. Nirmal Nagar, Joint Transport Commissioner (Road Safety), Haryana, Dr. Gurmeet



Singh, Department of Hindi, Panjab University and Mr. Ashutosh, Official Language Officer, IOCL.



Inaugurating the celebrations, Principal Dr. Nisha Bhargava eulogised the immensely significant contribution of Bhartendu Harishchandra to Hindi literature. She added that besides playing an important role in popularising Hindi as the language

of masses by laying emphasis on simplicity of expression, Bhartendu ji played a crucial role in awakening feelings of nationalism among Indians by highlighting the economic, social and political conditions during British rule in his plays.

Dr. Bhargava said that a true tribute to him would be to work towards the promotion of our national language. She ended her address on a poetic note with recitation of a self composed poem 'Jeena unhi ka hai'.



In a befitting tribute to Bharatendu Harishchandra, the students of the department performed his play 'Andher Nagri' that drew thunderous applause from the audience. An exhibition on Hindi books by National Book Trust of India and competitions including Kavita Gayan, Biography Presentation of Favourite Writer, Portrait making of Favourite Writer, Poetry Recitation of Favourite Writer and Painting based on work of Favourite Writer added to the celebrations. The event concluded with honouring of winners of various competitions by the dignitaries.

MCM holds national poster making competition on drugs



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

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

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

The prize winners are:

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

2nd: Preeti (PU, Chandigarh)

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

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

MCM celebrates Hindi Diwas

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



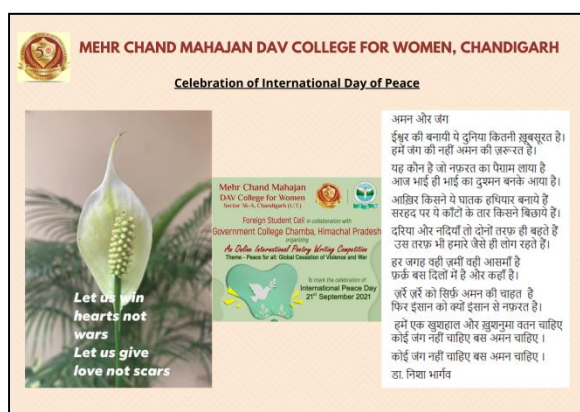
The programme also provided glimpses of the rich cultural diversity of India through presentation of folk songs and folk dances by the students. The students participated enthusiastically in the celebrations.



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

about the career opportunities available in the field of Hindi.

MCM celebrates International Peace Day with poetry

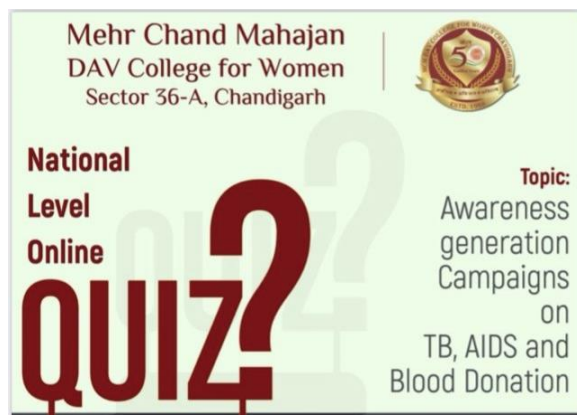


The Foreign Students Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Government College Chamba, Himachal Pradesh, organised an online International Poetry Writing Competition to celebrate International Day of Peace. More than 80

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

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

MCM holds National Quiz on TB, AIDS and Blood Donation



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

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

MCM hosts Induction cum Freshers 2021



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 Induction Programme cum Freshers programme in blended mode. Sh. Praveer Ranjan, DGP, UT Chandigarh graced the infotainment extravaganza as the Chief Guest, and Sh. Kuldeep Singh Chahal, SSP, Chandigarh and Dr. Gurdip Sharma, Former Panjab University Senior Senate and Syndicate Member were the Guests of Honour. Speaking on

the occasion, Sh. Praveer Ranjan expressed appreciation for the great service to the nation that is being rendered by the college. In his motivational address, Sh. Ranjan shared with the students that the mantra of success in life lies in adopting the principles of honesty, sincerity and faith in oneself. Adding that college life is that crucial phase wherein one develops one's individuality, he advised the newcomers to make the most of their college days and work towards accomplishment of their vision with determination and dedication. He ended his inspiring address with lines from Maithili Sharan Gupt's famous poem 'Swades', giving the youth the message of working towards nation building. Principal Dr. Nisha Bhargava welcomed the newcomers to this great seat of learning and apprised them of the countless international and national laurels earned by the college. She further implored them to carry forward the rich legacy of this illustrious institution in a befitting manner and to write this new chapter of their life pragmatically. Motivating the students to realise their potential, she asserted that the college is working incessantly for their holistic development. With the aim to

raise awareness on the crucial and pertinent issue of cyber crimes, Ms. Rashmi Yadav, DSP (Cyber Cell), Chandigarh educated the students about various crimes in cyberspace and shed light on the role of civic society and law enforcement agencies in curbing this menace. An introductory video of the college provided the newcomers glimpses of the great institution that they have become a part of now. The Deans and Conveners of various committees and clubs were also introduced to the students. 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 with aplomb. After various rounds, the shortlisted finalists went on to the question-answer round wherein they answered the questions in an immaculate and poised manner, showcasing their eloquence and confidence. The winners of the contest were:

Ms. Fresher: Eknoor Gill

1st Runner Up: Mehramaat

2nd Runner Up: Paridhi

Ms. Elegant Walk: Chhavi

Ms. Radiant Smile: Punya

MCM celebrates World Food Day



The Department of Food Science at Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated World Food Day with various inter-college competitions. The competitions included Extempore, Poster making and Food Quiz. The event witnessed enthusiastic

participation as 150 students registered for it. The programme began with Extempore wherein the participants shared their views on topics related to food safety, hunger, malnutrition, food labeling, probiotics, sustainable green packaging, etc.

The second session included various thematic rounds under the Food Quiz that tested the food related knowledge of the participants. In the Poster making competition, the participants conveyed their ideas through posters on topics related to hunger, food insecurity, malnourishment, recent trends to tackle these issues, etc. The events enabled the students to sharpen their scientific communication skills. The event concluded with prize distribution ceremony wherein the winners were presented prizes.

Principal Dr. Nisha Bhargava lauded this endeavour of Food Science Department aiming at raising awareness about the problem of global hunger and drawing attention to the issue of access to safe and nutritious food. She added that this occasion should be utilised to educate masses about the need to have a robust food system that provides healthy and sustainable diets for everyone.

MCM celebrates Rashtriya Ekta Diwas

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

Department of Political Science
and Debating Club
organises
**An Online Inter-College
Declamation Competition**

Topic:
**Is pluralism a threat to
Indian unity?**

Rules:

- Students can send video recordings of their speech (3-4 minutes) in Hindi, English or Punjabi.
- Paper reading is not allowed.
- All entries must be sent through Google form only.
- Every college can send up to 3 entries of bonafide students.
- Decision of judges is final and binding.
- Entries must reach latest by **31 October 2021**.
- Cash prizes will be given to first five positions (First Prize-2000/-, Second Prize-1500/-, Third Prize- 1000/- and Two Consolation Prizes- 800/- each) and E-certificates will be awarded to all participants

Click the following link to submit your entry: [CLICK HERE](#)

Dr Neha Soi and Dr Ritu Khosla
Coordinators

Dr Nisha Bhargava
Convener & Principal

To mark the celebrations of Rashtriya Ekta Diwas, the Department of Political Science and the Debating Club of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an inter-college online Declamation Contest as a tribute to the great visionary Sardar Vallabhbhai Patel on his birth anniversary. The contest was held on the topic 'Is pluralism a threat to Indian unity?'. The contest witnessed enthusiastic response as students from across the country participated in it. The participants sent in

their recorded videos expressing their views on the given topic in English, Hindi or Punjabi. The first three winners and two consolation winners were awarded cash prizes.

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

MCM celebrates Vigilance Week with Debate Competition



Marking the celebration of Vigilance Awareness Week, the Vigilance Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a Debate Competition on the theme 'Independent India@75: Self Reliance with Integrity' under the aegis of Azadi ka

Amrit Mahotsav. The event was conducted in association with the Vigilance Cell of Chandigarh Administration and sponsored by the Central Bank of India.

The guests on the occasion were Shri Ranbir Singh, Vigilance Officer, Central Bank of India, and Shri Gian Singh from the Vigilance Cell, Chandigarh Administration. The competition drew an enthusiastic response from students across different streams of the college. The programme commenced with an oath taking ceremony and proceeded with the speeches of the participants. The participants spoke both for and against the motion and answered the questions put forth to them by the audience.

Principal Dr. Nisha Bhargava lauded this initiative of the Vigilance Cell of the college. She said that the theme of self-reliance with integrity is a very relevant one and asserted that all the countrymen should adopt the mantra of 'Quit Corruption' for transforming our country into a corruption-free progressive nation.

The results of the competition are:

First prize: Jasmine (B.A.)

Second prize: Riddhi Shrivastava (B.A.)

Third prize: Dhanu (B.Com.)

MCM celebrates Green Diwali, participates in Anti Cracker Campaign



Ushering the festival of lights in a unique and meaningful manner, Mehr Chand Mahajan DAV College for Women, Chandigarh organised a host of events aiming to not only spread festive cheer but also to raise awareness about green Diwali celebrations. The Character Building Committee of the college organised a 6-day event titled 'Deepmala Utsav' that included various competitions and activities, and culminated with a vibrant cultural extravaganza and an exhibition. The competitions that were part of the Deepmala Utsav included Poshak Mithai, Slogan Writing, Diya Decoration and Card Making on the theme of 'Safe and Green Diwali', and Lessons for Life- a video competition on favourite character from Ramayana. Besides the competitions, a Stone Painting Workshop was also organised and a nukkad natak on 'Say no to crackers' was also presented to sensitise students about the harmful effects of crackers. On the final day of the event, an exhibition was held that was inaugurated by Principal Dr. Nisha Bhargava. The grand utsav culminated with an exciting cultural programme comprising of enthralling dance and song performances, and a felicitation

ceremony. Speaking on this occasion, Principal Dr. Nisha Bhargava highlighted the origin of Diwali festival in the epic Ramayana- an eternal source of guidance to mankind. She impressed upon the students to assimilate the learnings from Ramayana in their lives, like maintaining equanimity in the face of challenges, importance of dharma over emotions, significance of persistence and dedication, and so on.



Seeking to spread the message of an eco-friendly Diwali, the college also participated enthusiastically in the Department of Environment and Department of Education, Chandigarh Administration's Anti Cracker Campaign on the theme 'Swachh Diwali Green Diwali'. The activities conducted under this campaign included Anti Crackers Oath, Anti Cracker Rally by the Swachhta Committee and NSS units, Painting, Poster making and Slogan Writing Competitions by Character Building Committee, Poem Recitation and Essay Writing on Air Pollution by Swachhta Committee.

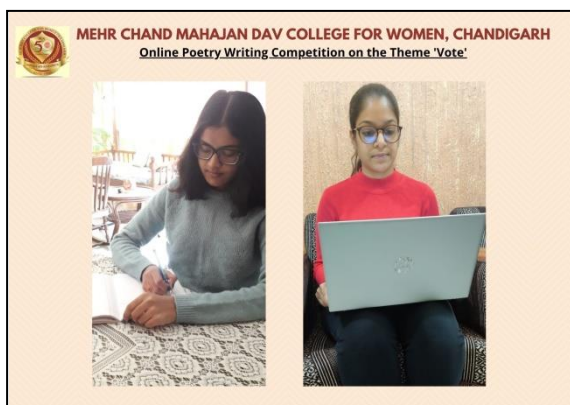
Havan held at MCM



In keeping with its tradition of monthly havan yajna, the Arya Samaj Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised havan. Organised with the objective of inculcating vedic values in the students, havan is a monthly ritual at MCM wherein the staff and students offer prayers to the holy fire amidst chanting of shlokas and mantras. The havan was conducted by adhering to COVID appropriate behaviour.

Principal Dr. Nisha Bhargava informed that MCM has adopted a holistic approach to educating students wherein besides preparing the students for success, emphasis is also laid on inculcating moral values in them. She added that with the aim of keeping students in touch with our rich traditions and vedic practices, havan is organised every month.

MCM holds Poetry Writing Competition on vote



With the aim of sensitising the youth about the importance of franchise for a vibrant democracy, the Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online Poetry Writing Competition. Held on the theme 'Vote', the competition elicited enthusiastic

response from students of diverse streams.

The participants wove a thought-provoking poetic tapestry of words to share their nuanced thoughts on the right to vote and its importance for a nation. The entries were to be submitted in either Hindi or English, and all the winners and participants were awarded e-certificates.

Principal Dr. Nisha Bhargava lauded this initiative for driving home the message of the importance of vote in a novel manner and providing the students a platform to share their thoughts while showcasing their creativity. She added that an informed and responsible electorate is immensely significant for a thriving democracy.

MCM celebrates Constitution Day



On the occasion of Constitution Day, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of college's IQAC, organised a national-level online Quiz. The quiz, envisioning to motivate the youth to uphold the values enshrined in our Constitution, included questions based on the fundamentals and features of Indian Constitution. The quiz recorded an enthusiastic participation of around 349 students from over 10 states and UTs including Himachal Pradesh, Punjab, Haryana, Maharashtra, Tamil Nadu, Rajasthan, Manipur, Ladakh, Uttarakhand, Jharkhand and Chandigarh. The first three position holders and two consolation prize winners were awarded cash prizes. E-certificates were given to those who secured 80% and above. Principal Dr. Nisha Bhargava appreciated the efforts of NSS and IQAC to celebrate this day with great fervour. She asserted that this is a day to express gratitude to the makers of our Constitution and urged the youth to commit themselves to building the India of our dreams.

The results of the Quiz are:

First: Hiranmaiye R, B.Tech, Velammal Engineering College, Tamil Nadu.

Second: Gurleen Kaur, B.A. I, Mehr Chand Mahajan DAV College for Women

Third: Radhika Kansal, B.A. II, Mehr Chand Mahajan DAV College for Women

Consolation Prizes:

1. Radhika Sharma, B.Com. I, Mehr Chand Mahajan DAV College for Women,
2. Divya, B.Sc. Medical II, Mehr Chand Mahajan DAV College for Women,

MCM shines at PU Zonal Youth & Heritage Festival



Mehr Chand Mahajan DAV College for Women, Chandigarh made its mark at the PU Zonal Youth and Heritage Festival 2021 held at Guru Gobind Singh Khalsa College for Women, Jhar Sahib, as it grabbed the overall 2nd Runner-up trophy at the festival. The stellar performances of the college's participants in various competitions resulted in 11 first positions, 15 second positions and 9 third positions. Showcasing their exceptional talent, the participants secured first positions in Story writing, Cartooning, On the Spot Painting, Quiz, Collage making, Poster making, Muhavredar Vartalap, Histrionics, Geet, Indian Orchestra (Team) & Indian Orchestra (Individual).

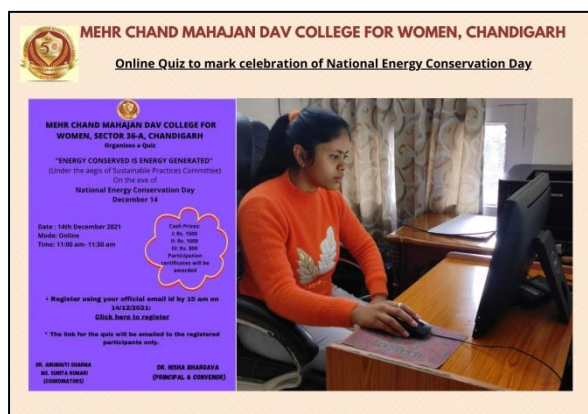
In Debate, Ennu making, Pranda making, Cartooning, Still life, Installation, Clay Modelling, Poster making, Mitti de Khidone, Group Shabad, Classical Vocal, Folk Song, Percussion, General dance (Individual Prize) and Indian Orchestra (Individual Prize), the college bagged 2nd positions.



Third positions were secured in Elocution, Peerhi, Collage making, Heritage Quiz, Skit (Team Prize), Skit (Individual Prize), General Dance (Team Prize), Indian Orchestra (Individual Prize) and Non percussion.

After their grand success, the winners were also felicitated at the college by Dr. A. K. Sharma, Vice President, DAV College Managing Committee, who was present on this occasion, and Principal Dr. Nisha Bhargava. Dr. A. K. Sharma congratulated the winners and expressed appreciation for the college's efforts directed towards ensuring holistic development of the students. He added that it is heartening to note that due to its various laudable international and national accomplishments, the college has established itself as a brand that commands a prominent place in the academic map of the country.

MCM celebrates National Energy Conservation Day



To mark the celebration of National Energy Conservation Day, the Sustainable Practices Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online Quiz on the theme 'Energy Conserved is Energy Generated'. The event aimed to encourage students to

adopt energy conservation practices and to motivate others to do the same for a sustainable future. The quiz covered various areas where it is possible to save energy on a day-to-day basis and also touched upon various efforts of the Government of India regarding energy efficiency and conservation in appliances, buildings, transportation, agriculture and so on. A total of 376 students registered for the online quiz.

Principal Dr. Nisha Bhargava, an expert in Energy Economics, drew attention to the global shortage of energy resources and reiterated the importance of individual efforts in conserving energy that drives the world. She added that we need to judiciously conserve energy by substituting non-renewable energy resources with renewable ones and reducing the overall energy consumption.

The results of the Quiz are :

- 1st: Dilnoor Ghai of BA II
- 2nd: Tanya Goel of BA III
- 3rd: Arshiya Mehta of BA II

3-day Electoral Awareness Programme at MCM



Under the aegis of the Electoral Awareness Programme of Chandigarh Administration, the NSS units and the Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh held a 3-day long awareness programme that comprised of various activities seeking to

strengthen the spirit of democracy. On day one, Electoral Pledge was administered virtually to over 100 students and faculty members of the college. All the participants committed themselves to uphold the ideals of democracy. On the second day, an online Quiz on the topic 'Elections and Electoral Process in India' was organised that tested the participants' knowledge of the process of elections in our country. Around 161 students took part in the quiz. The programme culminated with an online Declamation Contest on the topic 'Importance of Local Bodies Election (Municipal Corporation - 2021) in Chandigarh'. Students took part enthusiastically in the contest. Over 35 entries were received for the contest wherein the participants reiterated that it is crucial to vote for the right candidates to ensure the development of the city in terms of infrastructure, safety and facilities. The contest created the much needed awareness amongst the first time voters to vote for and support the right candidates in the Municipal Corporation Elections scheduled in December, 2021. Principal Dr. Nisha Bhargava expressed appreciation for this initiative of NSS and Electoral Literacy Club to promote awareness among the youth regarding the electoral process and its importance. She added that since fair and free elections are the backbone of any democracy, the event will go a long way in nurturing the spirit of democracy among the youth.

Havan at MCM marks beginning of New Year



In keeping with its tradition of monthly havan yajna and marking the beginning of new year, the Arya Samaj Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised havan here today. Organised with the objective of inculcating

vedic values in the students, havan is a monthly ritual at MCM wherein the staff and students offer prayers to the holy fire amidst chanting of shlokas and mantras. The havan was conducted by adhering to COVID appropriate behaviour.

The staff members whose birthday falls in the month of January were blessed with garlands on this occasion by Principal Dr. Nisha Bhargava. Speaking during the havan, Dr. Bhargava wished everyone a fulfilling year ahead and prayed for



universal peace and prosperity. She informed that MCM has adopted a holistic approach to educating students wherein besides preparing the students for success, emphasis is also laid on inculcating moral values in them. She added that with the aim of keeping students in touch with our rich traditions and vedic practices, havan is organised every month.

MCM NSS celebrates Makar Sankranti with yoga session



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

aimed to promote emotional as well as psychological wellness of the students during these stressful times and to create a culture of fitness and healthy lifestyle through the practice of yogasanas.

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

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

Music Video, Radio Drama, Story Telling and Informative Programme Competitions at MCM



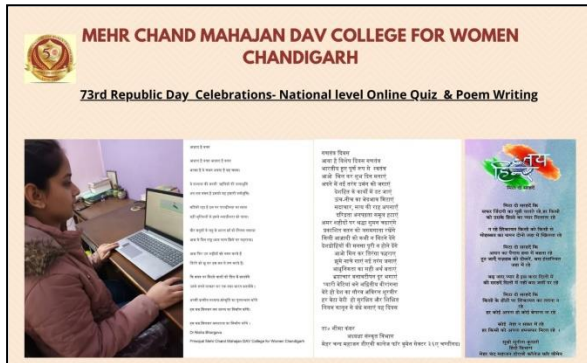
The Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a host of online competitions for promoting electoral awareness among students. The competitions included Awareness Music Video, Radio Drama, Story Telling and Informative Programme

Competitions.

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

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

MCM celebrates Republic Day with online National Quiz & poem writing



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

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

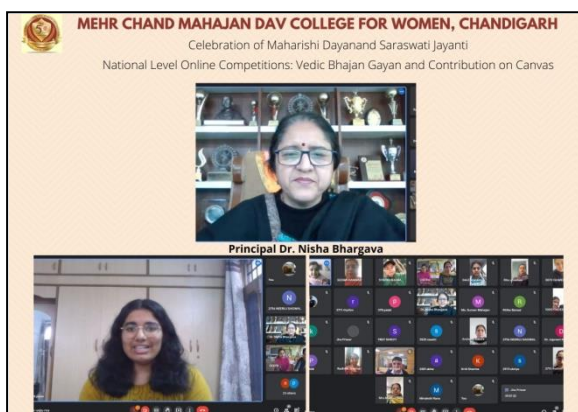
MCM celebrates Basant Panchmi with fervour



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

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

MCM pays rich tribute to Swami Dayanand Saraswati

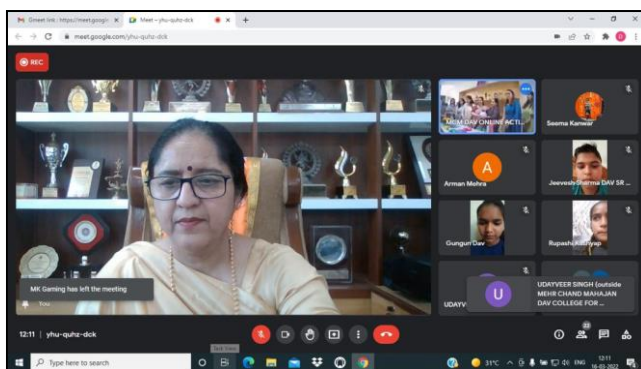


Marking the celebration of Maharishi Dayanand Saraswati Jayanti, the Character Building Committee and Arya Samaj Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised national level online competitions titled 'Vedic Bhajan Gayan Pratiyogita' and 'Contribution on Canvas'. Besides paying tribute to the great philosopher, social reformer and the founder of Arya Samaj, the competitions aimed to enlighten students about the teachings and legacy of Swami Dayanand Saraswati ji.

Speaking on this occasion, Principal Dr. Nisha Bhargava apprised the students of the immensely significant contribution of Swami Dayanand Saraswati ji towards promotion of vedas and education, women empowerment, rekindling spirit of nationalism through vedas, fighting discrimination, social upliftment and nation building.

Referring to Swamiji as one of the main architects of modern India, Dr. Bhargava asserted that a true tribute to him would be a resolve to walk on his path and to motivate others also to carry forward his legacy. The competitions witnessed enthusiastic participation of over 47 students. In the online Vedic Bhajan Gayan Pratiyogita, the participants' soulful renditions of bhajans spellbound the audience. For the Contribution on Canvas Competition, the participants submitted their creative artworks showcasing the contributions of Swamiji.

MCM celebrates Holi eco-friendly way



The Personality Development Club and Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in association with Arya Samaj, Sector 16, Chandigarh, celebrated Holi with

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

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

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

MCM marks World Poetry Day the poetic way



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

Kalam Club of Punjabi Department at the college, in collaboration with Samvaad Sahitya Manch, Chandigarh. Inaugurating the Kavi Sammelan, Principal Dr. Nisha Bhargava said that the celebration is an ode to poetry which is one of the humanity's most treasured forms of cultural and linguistic expression and identity. Stressing upon the importance poetry, she added that poems are a powerful catalyst for dialogue and peace.

Dr. Bhargava's rendition of her poems struck a chord with the audience as she eloquently shared the power of dreams and reality of life through her two poems. During the Kavi Sammelan, Mr. Prem Vij, Mr. Shams Tabrezi, Ms. Neeru Mittal, Ms. Sarita Mehta, Mr. Aneesh Garg, Mr. Deepak Chanarthal, Mr. Gurdarshan Singh Mawi, Ms. Neelam Trikha, Mr. Vinod Sharma, Mr. Ashok Nadir, faculty members Dr. Vibha Sharma, Dr. Prasoon Prasad, Dr. Mridula Sharma, Dr. Komil Tyagi, Dr. Amardeep Kaur, Dr. Zeenat Khan, Dr. Sunaina Jain and Dr. Seema Kanwar mesmerised the audience with the heart touching renditions of their poetry. From philosophy of life to nature, women empowerment, relationships, childhood, values to love for country, the poets weaved a magical tapestry of words on a wide range of topics. The Kavya Path Pratiyogita witnessed enthusiastic participation of students from various disciplines. The winners of the competition were awarded cash prizes.

MCM celebrates World Health Day

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



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

Day, Dr. Bhargava highlighted the interconnectedness between humans and the planet and the need to keep both healthy, and the importance of creating societies focused on well-being.

Poster Making Competition at MCM marks 'Swachh Mann Abhiyan'



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

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

MCM celebrates World Atmosphere Day



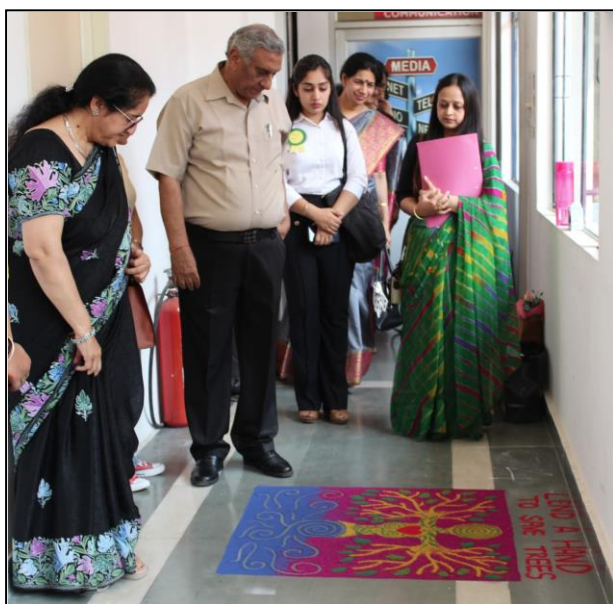
On the occasion of World Atmosphere Day, the Department of Environment Science, Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a host of Inter-college activities sponsored by Chandigarh Pollution Control Committee. Organised under 'Azadi

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

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



integrating it into country's planning processes, increase in funding for pollution



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

to educate others about this menace.

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



MCM celebrates Baisakhi with 'Savour the Flavours of India'



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

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

MCM celebrates World Heritage Day



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

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

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

MCM holds Intercollege Flower Arrangement Competition



The Department of Botany and Add-on course in Floriculture and Landscaping, Mehr Chand Mahajan DAV College for Women, Chandigarh organised an Inter-College Flower Arrangement Competition on the theme 'Floral Diversity and Rejuvenation'. The competition aimed at harnessing the talent and creativity of the students while educating them about floral diversity. Keeping in mind the theme of the competition, the participants prepared floral layouts with apt titles such as 'Des Rangila', 'Like a wild flower, she spent her days allowing herself to grow', 'Life is short so make everyday an adventure', 'Kudrat ne adhar banaya, jeevo ne ghar banaya', etc. The entries were judged on the metrics of creativity and concept. In all, 21 participants belonging to the different colleges of Chandigarh took part in the event. Principal Dr. Nisha Bhargava expressed appreciation for the creativity displayed by the participants. She said that such competitions are imperative for holistic development of the students and providing them a platform for showcasing their talent.

MCM holds quiz on Ambedkar Jayanti



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

enthusiastic participation of over 64 students. The quiz was conducted covering several aspects of Dr Ambedkar's life including early life, achievements, career, struggle, etc.

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

The results of the competition are as follows:

First Position: Shagun Choudhary, BA III

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

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

MCM celebrates Mother's Day



To mark the celebration of Mother's Day, the Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised Scrap Book Making and Scroll Making Competitions. The competitions required the participants to create scrolls and scrap books showcasing the significant role of mother in one's life. The competitions recorded enthusiastic participation of students who poured their love and reverence for their mothers in their heart warming creations as an ode to motherhood. The winners were awarded certificates.

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

MCM holds monthly Havan Yajna



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

MCM celebrates National Technology Day with Declamation Contest



To mark the celebration of National Technology Day, the Department of Computer Science and Applications at Mehr Chand Mahajan DAV College for Women, Chandigarh organised a Declamation Contest on the theme 'Technology for Inclusive and Sustainable Growth'. Organised under the aegis of Institution Innovation Council of the college, the contest witnessed enthusiastic participation of students. The participants eloquently shared their views on the theme, stressing on the imperative role of technology in the promotion of growth that is both inclusive and sustainable.

Principal Dr. Nisha Bhargava gave away the prizes to winners. Speaking on this occasion, she emphasised that such events build confidence, team spirit and leadership qualities in students. She added that the youth should get inspiration from the contributions and achievements of scientists, researchers, engineers and all others associated with the field of science and technology.

MCM lifts overall trophy at Zeitgeist 2022



In a reaffirmation of excellence as the hallmark of the institution, the Postgraduate Department of Psychology at Mehr Chand Mahajan DAV College for Women, Chandigarh lifted the overall trophy and secured first rank at the Annual Inter College Psychology Fest- Zeitgeist 2022 organised by PGGCG-11, Chandigarh. It was a clean sweep for the meritorious Psychology

students of the college, who clinched top positions in almost all the events.

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

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

MCM celebrates DAV Foundation Day



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

Paying rich tributes to Mahatma Hansraj ji, Principal Dr. Nisha Bhargava said that the DAV fraternity of 1000+ institutions in India and abroad is indebted to this great teacher for laying the foundation of this illustrious institution that has produced stalwarts in diverse fields. She paid rich tributes to Mahatma Hansraj ji as she shared the story of his exemplary dedication to the cause of DAV movement and to education.

Adding that presently the DAV institutions are scaling new heights under the visionary leadership of Padam Shree Dr. Punam Suri ji, Dr. Bhargava motivated the students and staff to work towards carrying forward the legacy of the founding fathers. The celebration culminated with shanti path.

Alumni reminiscence life at MCM Alumni Meet 2022



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

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

Rooms, etc. She added that MCM is proud of its alumni who are spreading the institution's fragrance worldwide and adding to the institutional legacy with their laudable accomplishments. Informing that the Association of MCM DAV Alumni (AMDA) donated Rs. 1 lac to the medical fraternity during COVID, Dr. Bhargava reminded the alumni of their responsibility to give back to the institution that nurtured them in their formative years.



Dr. Bharti Uppal said that an alma mater nourishes students with knowledge and intellect, and she is proud to be an alumna of MCM that is nurturing countless women of substance. She added that MCM has emerged as an institution of eminence due to the DAV ethos

and value system, its leader's vision, faculty's intellect, staff's dedication and students' commitment. In a gesture expressing her gratitude towards her alma mater, Dr. Bharti gave a contribution of Rs.1 lac for providing scholarship to deserving students and also donated the prize money, that she got for winning the title of Ms. Alumna of the Year, for AMDA's cause of installation of solar lights at Badheri village under Unnat Bharat Abhiyan. The alumni had a gala time as scintillating dance performances, soulful song recital and a host of fun games added to the fun element of the meet. A highlight of the event- Alumna of the Year Contest drew an enthusiastic response with alumni of different batches gracefully walking down the ramp to grab the title. The latest issues of AMDA's e-books 'Agastya' and 'Liaquat' were also unveiled on this occasion.

The results of Ms. Alumna are:

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

MCM holds Online Quiz and Poster Making on Lord Buddha



The Philosophy Department at Mehr Chand Mahajan DAV College for Women, Chandigarh organised an Online Quiz and Poster Making Competition on Lord Buddha. The aim of the activities was to enlighten students about the life of Lord Buddha and to make them emulate his qualities in their lives. The students of the department also gave a presentation depicting the life, spiritual journey and teachings of Lord Buddha. The Online Quiz and Poster Making Competition received enthusiastic response as students from diverse streams participated in them. On this occasion, the members of MCM SOPHIES- Philosophy Students Club were also awarded certificates for organising various departmental activities throughout the session.

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

MCM holds havan to bless students before exams



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

Expressing appreciation for the college's endeavour to instill a strong value system and spiritual intelligence among students, Sh. H.R. Gandhar asserted that besides intelligence quotient and emotional quotient, it is imperative to enhance one's spiritual quotient. He further added that the students should be appreciative of the fact that they are a part of an institution like MCM that has a special aroma of ethos, ethics, culture, and values. He also advised the students to be grateful to their parents for their sacrifices and untiring efforts, and to the teachers- the priests of knowledge for guiding them on their path to success.



In his motivational address, Sh. Gandhar urged the students to develop in themselves the qualities of compassion, confidence, determination, perseverance, tolerance, focus and much more for carving a niche for themselves. Prayers to the holy fire amidst chanting of shlokas and mantras soaked the atmosphere in divinity. The staff members whose birthdays fall in the month of June were also blessed with garlands on this occasion. The winners of Bhor Suhani organised by Character Building Committee of the college were also felicitated after the havan.

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

MCM holds Hostel Farewell 2022



Mehr Chand Mahajan DAV College for Women, Chandigarh bid adieu to the outgoing hostellers in a glittering and heartwarming Hostel Farewell 2022. Prof. Baldev Setia, Director, Punjab Engineering College (Deemed to be University), Chandigarh graced the event as the Chief Guest. Prof. Saraswati Setia, Department of Civil Engineering, NIT, Kurukshetra, Ms. Manisha Chaudhary, IPS, SSP (Traffic and Security), UT Chandigarh and Ms. Shruti Arora, IPS, SP (City) were Special Guests at the event. Ms. Baljeet Tiwana, Dean, Hostel was also present on this occasion.

Addressing the outgoing hostellers, Principal Dr. Nisha Bhargava wished them success in all the upcoming exams and in their future endeavours. She said that it is a matter of immense pride that generations come to study at MCM which reflects the inimitable reputation of the institution. Dr. Bhargava informed that even during COVID-19, the college ensured that the teaching-learning process

remains unaffected and the holistic development of the students continues unabated. Prof. Baldev Setia showered praises on the college for being an institution of eminence and, for the immaculate organisation of the event and the talent nurtured at MCM.

Reminiscing his own hostel life, Prof. Setia said that hostel life is the best part of life and it is that component which completes the circuit of education. He wished success to the outgoing students and motivated them to chase their dreams. Enthralling and foot tapping dance performances had the audience swaying in amusement.

The highlight of the event was MCM Hostel Queen Contest that had a bevy of beauties with brains walking the ramp with aplomb. The crowd cheered for the contestants as they vied for the coveted title. The winners were felicitated by the dignitaries.

The results of MCM Hostel Queen Contest are:

MCM Hostel Queen: Anahat Gill, BA III

1st Runner Up: Shreya Prashar, BA III,

2nd Runner Up: Gurleen Kaur, BA III,

Miss Radiant Smile: Th.Malemnganbi, BA III

Miss Elegant Walk: Sandeep Kaur, BA III

MCM bids adieu to final year students



With dreams of a bright future in their eyes and sadness of leaving the college in their hearts, the outgoing batch of 2021-22 at Mehr Chand Mahajan DAV College for Women, Chandigarh attended the College Farewell 2022.

The farewell- a cultural, fun-filled extravaganza was a befitting and warm send-off to the students who would be leaving the portals of MCM to explore the real world. Hon'ble Justice Pritam Pal, Vice President DAV College Managing Committee (DAV CMC) graced the event as the Chief Guest and was accompanied by his spouse Mrs. Maya Pritam Pal. Sh. Shiv Raman Gaur, Director Higher Education, DAV CMC was the Guest of Honour on this occasion. The Special Guests at the event included Sh. H.R. Yadav, Chief Architect, HUDA and Mrs. Sarita Yadav, Principal, CVRM DAV School, Derabassi.

Justice Pritam Pal lauded the confidence displayed by the students during the event and said that it is reflective of the fact that the college has been successful in empowering them. Addressing the outgoing students, he said that entering the practical life is going to be challenging for them and the quintessential DAV values and discipline are going to help them in facing the challenge. He said that constructive thoughts lead to great actions and behaviour which ultimately lead to success, thus familiarising the students with TAB (thought, action and behaviour)- the mantra for success. Quoting from vedas, he urged the students to become good human beings as being a good human leads to happiness and peace.



Expressing appreciation for the students' remarkable spirit of participation, Sh. Shiv Raman Gaur asserted that the real world awaits them with their same gusto and enthusiasm. He motivated the students to ARISE to the challenges, i.e. Attempt, Reattempt with Intensity and, then one Succeeds and sets an Example for others to emulate. He also advised the students to be unfettered by failures and just enjoy the process and their journey. Alumna Ms. Rupali Jagga, Sa Re Ga Ma Pa 2016 finalist mesmerised the audience with her scintillating renditions. Foot tapping, electrifying dance performances added to the exuberance of the students who sang and danced along, making cherishable memories to last a lifetime. The highlight of the event was MCM Queen Contest that witnessed beautiful confident young women walk down the ramp in style, upping the glamour quotient of the event. In her address replete with motherly affection and blessings for the students, Principal Dr. Nisha Bhargava advised them to love their challenges as they are the chapters of their success story.



MCM holds 3-day workshop on Lippan Art



The Fine Arts Department of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a 3-day hands-on workshop on Lippan Art. Ms. Santosh Verma, Artist, Pidilite Industries Ltd. was the resource person for this workshop. The expert demonstrated to the participants this clay art form from the state of Gujarat, which is mostly done by the village ladies from Kutch to decorate their homes. The participants decorated the wall of the Heritage Corner of the college with lippan art, showcasing a more contemporary way of lippan with different geometrical patterns and, images of parrot, peacock and humans.

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

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



Report of Cultural Activities
July 2021 - June 2022