

Report of Sustainable Practices Committee (2020-21)



**Mehr Chand Mahajan
DAV College for Women
Sector-36 (Chandigarh)**

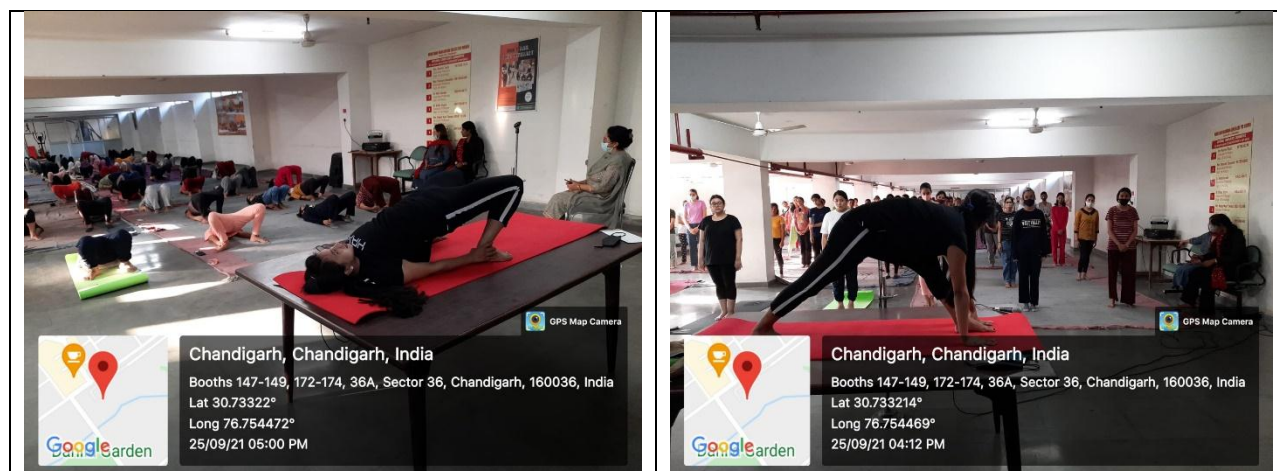
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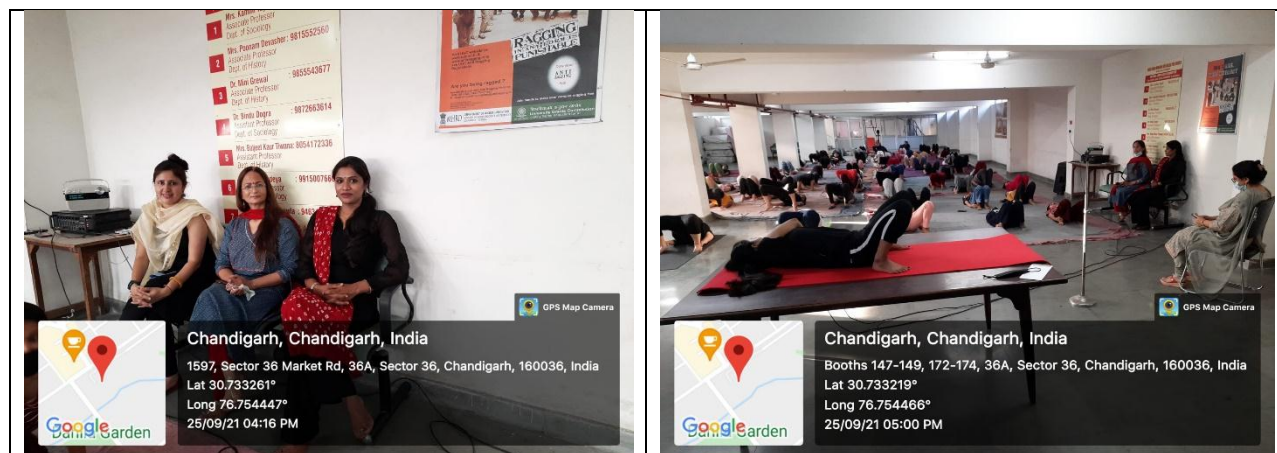
YOGA AND MEDITATION- A SUSTAINABLE SKILL

Mehr Chand Mahajan DAV College for Women, Chandigarh organised the Grand finale of the Hands on Training - Cum - Workshop on YOGA AND MEDITATION- A SUSTAINABLE SKILL titled as "FOOD FOR MIND, BODY AND SOUL" under the aegis of Sustainable Practices and Skill Development Committees on the 25th of September 2021 from 4.00 pm to 5.30 pm.

The resource person of the event was Ms. Keisham Monarita, Gold medalist Yoga instructor and an International player of Yoga. 90 participants actively took part in learning the ashtanga yoga, Pranayama, Asanas and Meditation techniques. The workshop started with OM/AUM chanting done 3 times to bring calmness, attention and consciousness to the mind of the students. This was followed by Surya-Namaskar for the movements of all the body parts.



The asanas and pranayamas were mainly focused on Post-Covid recovery and boosting of the immune system, relieving back pain, diabetes, thyroid problems, improving digestion, weight loss and overall strengthening of the muscles. Some of the asanas included Tadasana, Vrikshasana, Trikonasana, Natarajasana, Ardha Chandrasana, Ardha Chakrasana, Padahastasana for standing poses. Further, sitting poses Baddha konasana, Vakrasana, Eka pada Rajakapotasana, Janusirasana, Ardha Ustrasana, Ardha Kurmasana, Eka pada Pavanamuktasana, Setu Bandhasana and Naukasana were performed. The final session of asanas were performed in prone position which included Bhujangasana, Naukasana and Dhanurasana.



The pranayama session started with Kapalbhati (60 strokes) and continued with Shitali pranayama, Shitkari pranayama, Anulom Vilom pranayama and Bhramari pranayama. The session concluded with OM/AUM chanting 3 times alongwith practice of stress reduction and mindfulness techniques for a holistically fruitful life. The resource person resolved the participant's queries and doubts regarding the issues that they were facing.

Madam principal, Dr. Nisha Bhargava stressed the fact that Yoga is not just a daily practice but a way of life that needs to be adopted in order to lead a healthy and fulfilling life. She also emphasised the benefits of yogic asanas and pranayama in the overall development of mind, body and soul.

MCM DAV conducts 'EXPRESSIONS' as a social outreach workshop

The Sustainable Practices Committee of the College conducted EXPRESSIONS: An Introspective Analysis through Storytelling at the sister concern DAV SCHOOL, Sector 39 , Chandigarh on 22/1/22 at the school premises.



Dr. Gurvinder began the session stating that workshop was a part of social sustainability practices of the College wherein the College faculty aimed to share their interdisciplinary knowledge with the school children and teachers.

Dr. Anubhuti Sharma , the resource person from Department of Psychology of the College , highlighted for the teachers , the procedure of child development that takes place in stages. Through her presentation, she took to explaining the various areas of psychological growth that are vital for maintaining a fully functioning personality. Her session included a plethora of activities and tasks that had the participants give in their best. The second session had the expert, Ms. Sunita Kumari from the Department of Hindi, who eloquently narrated Munshi Premchand's story- Eidgaah , that has many elements of child psychology. Both children and teachers participated. At the end children were asked some questions based on the story. They also filled a questionnaire. Dr Sunita briefly explained the thought process of child characters in the story to teachers. Thereafter, Dr. Anubhuti Sharma had a discussion with the students about their understanding of the story and their answers on various areas were recorded. The teachers were then engaged in the understanding of the children's responses and their underlying meanings were reflected upon. Dr. Gurvinder Kaur concluded by urging the school teachers to adopt story telling as a strategy to understand students and use the tool while teaching. She also impressed upon use of stories as a way to sustain culture. Dr. Reena Singh , Principal of DAV School thanked Dr. Nisha Bhargava, Principal , Mehr Chand Mahajan DAV College for her able guidance for getting the Workshop organised in the school.

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 wherein Best Attired Staff members, winners of various games, children of staff members and the members of organising team were felicitated.