



**MEHR CHAND MAHAJAN DAY COLLEGE FOR WOMEN  
SECTOR 36, CHANDIGARH**



**SUSTAINABLE PRACTICES COMMITTEE**

**CEASELESS EFFORTS TOWARDS ALL ROUND  
SUSTAINABILITY  
ECONOMIC | SOCIAL | CULTURAL | ECOLOGICAL**

## Great Men and Women of India

A portrait making competition was organised on 5th September 2022 on the theme 'Great men and women of India' as a part of celebration of teacher's day. 18 participants from different streams registered for the competition. The central idea of the competition was to pay a tribute to the great personalities of India by remembering their teachings and imbibing them into our lives. The participant could choose to draw the portraits from among the different eras of history i.e. ancient, medieval and modern. The event witnessed an enthusiastic participation who made portraits of Maharishi Valmiki, Guru Nanak Dev Ji, Aurobindo Ghosh, Bhagat Singh etc.

The Prize winners received cash awards of rupees 1200 (first prize) rupees 1000 (second prize) and rupees 800 (third prize) and rupees 500 (consolation prize). All the participants were given certificate of participation.

Madam Principal Dr. Nisha Bhargava loved the initiative of the Sustainable Practices Committee for conducting such a competition which infuses a spirit of respect and pride towards the great men and women of our country. She also congratulated the students on their praiseworthy efforts and dedication.

### Prize winners:

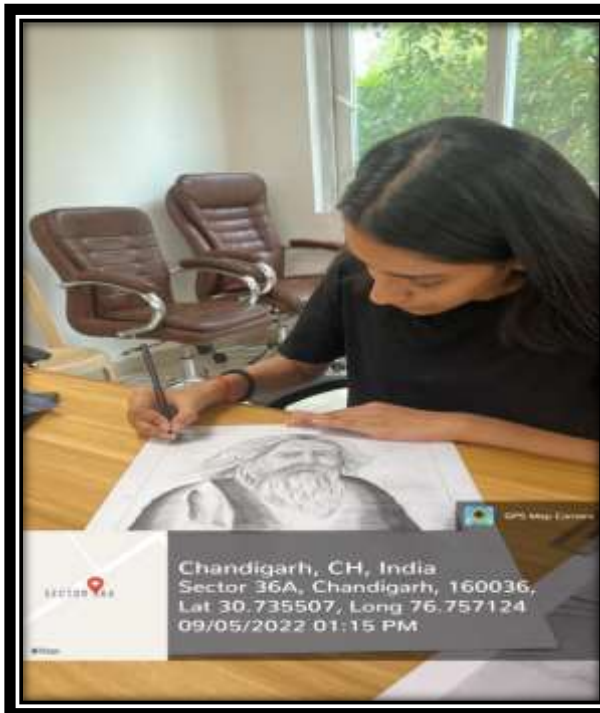
Ist Ms. Anubha Sharma (BA-III)

IInd Ms. Harshita Pandey (BA-III)

IIIRD Ms. Manjeet Kaur (MA-II)

Consolation Ms. Sehaj Tiwana (BA-I)









प्रेम अधिकार का  
द्रवा नहीं करता, बल्कि  
स्वतंत्रता देता है।  
स्वीडनार्थैगोर



अज्ञानी होना गलत नहीं है,  
अज्ञानी बने रहना गलत है।  
स्वामी दयानंद सरस्वती



The first principle of true  
teaching is that nothing  
can be taught!  
- Sri Aurobindo



O Nanak, one who  
understands His command,  
does not speak in ego.  
- Guru Nanak Dev Ji



### HAMARE APNE

A visit to the Senior citizens home, Sector 15, Chandigarh was organised by the Sustainable Practices Committee to celebrate Diwali with HAMARE APNE BUZURG. Permissions were sought from the Chandigarh administration and the old age home authorities; and they happily agreed. Around 40 college students registered to go for the visit which took place on the 20th of October 2022 from 3.00pm to 4.30 pm.

The group distributed refreshments, sweets, diyas, handmade diwali cards and conducted some 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.

Madam principal, Dr. Nisha Bhargava and, Dr. Madhvi Bajaj, HOD, Dept of Economics also became a part of the celebrations and joined in the festivities. They heartily encouraged the inmates and sought their blessings.

The students were filled with gratitude, love and respect for the elderly and thanked the team for the initiative. They promised to attend more such visits where they can provide support to the inmates and have an enriching experience.





## **Sustainable Urban Farming**

Sustainable urban farming is an innovative way to promote healthy eating and eco-friendly living in urban communities. The college has been a pioneering institution committed to this cause since the year 2018. In a month-long initiative, beginning from 6 March 2022, a group of hostel students of the college embarked on an exciting project to grow their own plants in pots, which they will nurture and obtain food from. The initiative aims to not only provide students with fresh and organic produce but also to reduce the carbon footprint associated with food transportation and packaging. Through this project, students have learned valuable skills in gardening and sustainable living, as well as gained a deeper appreciation for the food they consume. Overall, sustainable urban farming has the potential to transform the way we think about food and agriculture in urban environments. By growing their own plants in pots, these



students have an opportunity to nurture their own food and learn valuable skills such as watering, fertilizing, and pruning. This project serves as a great example of how small-scale urban farming can contribute towards sustainable living, and how even those living in small spaces can play a role in promoting a greener and more sustainable future.



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

*Is Organising*

**GROW YOUR OWN  
GREENS**

*An initiative of SUSTAINABLE PRACTICES COMMITTEE*

*Let the hostel be your home to provide you with nutrition.*

**INSTRUCTIONS:**

- Only for hostellers (UG/PG).
- Participants are required to adopt food plants in their respective block and put a name slip including name, roll no, class, contact)
- Participants are required to take care and observe the growth of plants.
- Saplings can be planted on the basis of their nutritional value. Participants are required to keep the record of geotagged pictures with them. (While caring the plant, sowing the plants, watering it etc.)
- The pots will remain in the college.

**HIGHLIGHTS**

- ★ Certificate of Participation.
- ★ A Chance to appear on the college's channel.
- ★ A Prize for the pictures getting maximum likes on the Instagram post.
- ★ Orientation Class on March 4, 2023 from 2:00 - 3:00 p.m.
- ★ Observation Period : 4th - 31st March, 2023
- ★ Thereafter students will take care of their respective plants till the duration of their stay in the hostel.
- ★ Proper Guidance will be given by Maals.

**CLICK HERE! To register!**

Dr. Minakshi Rana      Dr. Gurvinder Kaur      Dr. Nisha Bhargava

Dr. Anubhuti Sharma      Ms. Sunita Kumari



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