

## Initiatives taken by the institution regarding **Life Skills**

S. No.	Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
<b>2021-22</b>				
1	An awareness session on 'Tuberculosis'	3/27/2022	100	NSS Units of the college
2	Celebration of International Day Of Yoga - 2022	6/21/2022	200	NSS Units of the college
3	Online Lecture on Importance of Yoga as part of Fit India Run	8/14/2021	76	NSS Units of the college
4	Awareness session on 'Importance of healthy diet and lifestyle'	9/23/2021	59	NSS Units of the College in collaboration with Fortis Hospital, Mohali
5	Awareness session on 'Overview of Blood Lymphoma'	10/1/2021	60	NSS Units and Medical committee of the college in collaboration with the Shalby Multi-Specialty Hospital, Mohali
6	Yoga Session on Surya Namaskar as part of Azadi ka Amrit Mahotsav	1/14/2022	40	NSS Units of the college
7	Webinar on 'Cancer: An overview' on the occasion of International Women's Day	3/8/2022	70	NSS Units and Medical Committee of the College in collaboration with Chandigarh Cancer & Diagnostic Center (CCDC)
8	Workshop on 'Menstrual Hygiene and reusable Pad making'	3/24/2022	100	NSS Units of the college
9	Yoga Cum Meditation Session	3/27/2022	100	NSS Units of the college
<b>2020-21</b>				
1	Online Yoga Classes	01/07/2020 to 30/06/2021	15	Department of Physical Education
2	Online Bridge Course - Human Immune System Explained	21-07-2020 to 26-07-2020	85	Department of Food Science
3	Workshop on "Entrepreneurship and Innovation as Career Opportunity"	11/21/2020	70	Institution's Innovation Council under the aegis of MoE's Innovation Cell
4	Webinar on the theme 'Mental Health and Emotional Wellness in the COVID-19 Pandemic: Coping with anxiety and depression' for NSS Volunteers	11/5/2020	40	Geetanjali Counselling Helpline

5	Online workshop on Yoga and Meditation titled 'Food for Mind, Body and Soul'	3/17/2021	51	RUSA
6	Workshop on growing organic food- Eat What You Can Trust	3/22/2021	81	NSS
7	Workshop on Neuro-Linguistic Programming	13-04-2021 to 14-04-2021	40	Skill Development Committee
8	Workshop cum awareness programme on 'Be a Health Manager'	08-05-2021 to 14-05-2021	1835	Skill Development Committee
9	Workshop on Guidance for Psychosocial Counselling and COVID Helper Skills	5/25/2021	500	Department of Food Science in collaboration with MGNCRE, Ministry of Education, Government of India
10	My Story - Motivational Session by Successful Innovators	11/11/2020	68	Institution's Innovation Council under the aegis of MoE's Innovation Cell

### 2019-20

1	Mentorship Programme for UGII & PGII: Importance of Balanced diet & Healthy food	9/28/2019	1720	Mentorship committee
2	Mentorship Programme for UGII & PGII: Three essentials of learning- Critical Thinking, Creative Writing and Communicative Expression	8/21/2019	1720	Mentorship committee
3	Mentorship Programme on 'Stress Management'	11/4/2019	1881	Mentorship Committee
4	Mentorship Programme on 'Stress Management'	12/4/2019	1733	Mentorship Committee
5	Poster Making Competition on the theme 'Promoting Mental Health Awareness and Fighting Stigma Against Mental Illness' to celebrate the 150th Birth Anniversary of Mahatma Gandhi	11/15/2019	45	Geetanjali Counselling Helpline
6	Workshop on Yoga and Lifestyle under Fit India Campaign	1/18/2020	189	NCC, NSS and Department of Physical Education
7	Workshop on 'Crusade for Mental Hygiene Movement: Psychological Perspective on Swachhta'	1/22/2020	80	Department of Mass Communication & Geetanjali Counselling Helpline
8	Culinary Therapy And Mindfulness Cooking	30-04-2020 to 30-06-2020	80	Geetanjali Counselling Helpline

9	Launched an online mental health helpline 'Geetanjali Student Forum' on the theme 'Mental Health during COVID 19' for first year students of all academic streams .	30-04-2020 to 30-06-2020	500	Geetanjali Counselling Helpline
10	Workshop on 'Psychological Healing with Creative Writing'	9/20/2019	182	Geetanjali Counselling Helpline
11	7-day Online Workshop series on 'Be A Health Manager-II'	25-05-2020 to 01-06-2020	138	Skill development committee

### 2018-19

1	Meditation-The most important life skill	5-10-2018	400	Department of Psychology
2	Proactive safety programme 6-day	11-10-2018 to 16-11-2018	100	Department of Sociology
3	Leadership skills : In the face of challenges of HE in 21 <sup>st</sup> century			Skill Development Committee
4	Cognitive skills, design thinking and Critical thinking	4-04-2019	47	Institution Innovation Council
5	Nutrition and diet skills for life	31-05-2019 to 06-06-2019	50	Department of MFT
6	Be a Health Manager	16 -02-2019 to 6 -04-2019	57	Skill Development committee
7	Workshop on Interior Designing and Vaastu shastra	03-06-2019 to 14-06-2019	32	Skill Development committee

### 2017-18

1	Interactive session on 'Women Health and Nutrition'	10/31/2017	150 (approx.)	Women Development Cell
2	Interactive session on 'Living a Healthy and Stress Free Life'	11/14/2017	100 (approx.)	Club of MCM Public Administration Students (COMPASS), in collaboration with Bharat Vikas Parishad (BVP),
3	10-day Self-defence Training course	20-11-2017 onwards	100	NSS Unit and the faculty of Police Administration in collaboration with Swayam- Women Self-Defence Training Cell of Chandigarh Police (Women Cell)
4	Workshop on 'Recent Advances in Nutrition and Food Safety	11/24/2017	135	Department of Food Science
5	Workshop on 'Chiselling Personalities: Communication, Grooming and Life Skills'	2/16/2018	102	Alumni Committee
6	Application of Somatic Inkblot series (SIS)	3/17/2018	45	Department of Psychology, in collaboration with the Social Sciences Committee

**2016-17**

1	Workshop on 'Women Empowerment Through Life Skills'	11/2/2017	275	Department of Sociology
2	One-day Workshop on 'Stress Management'	12/30/2016	75	RUSA



2021-22

It was followed by an interactive session on **National Youth Parliament** by Ms. Aditi, an NSS volunteer, who shared the experience that she gained during State level National Youth Parliament, held virtually on 26<sup>th</sup> February, 2022. She shared tips to clear the hurdles that come during the selection procedure of Youth Parliament.



After that two of the NSS Volunteers – Ms. Sukhmanjot Kaur (Roll No: 9655) and Ms. Ashima (Roll No: 9904) of B. Com II year presented a **PowerPoint Presentation on Daman and Diu** and enlightened the audience with the facts such as culture, dance, food etc. of the state that has been paired under **Ek Bharat Shreshtha Bharat scheme**.



In addition, an awareness session on **Tuberculosis** was organized where three NSS Volunteers – Ms. Prachi (Roll No: 265), Ms. Avni (Roll No: 265) and Ms. Aditi (192) of B.Sc. Medical II year apprised their fellow mates of Tuberculosis; its causes, symptoms, preventive measures and line of treatment through their powerpoint presentations.



## 22. Workshop cum Lecture on 'How to Make Compost using MATKA Composter'

**Date:** 27 March 2022

**Number of NSS Volunteers participated:** 100

### **Objectives:**

- To apprise the volunteers of waste management and give training about the process of compost made from the daily waste generated in their kitchen as well as house
- To encourage volunteers to adopt the composting practice as an important component to improve existing solid waste management systems in the region and educate more people about it

**The Context:** Composting is the best way to handle our food and green waste via which one can convert our daily dustbin contents into rich, organic manure and grow flowers, vegetables or plants with it, thus lowering our carbon footprint.

**The Practice:** In the subsequent session of Day 6 of Seven Day/Night NSS Special Camp – 2022, a Workshop cum Lecture on 'How to Make Compost using MATKA Composter' was organized by NSS Units of the college where the resource person of the session was Dr. Purnima Bhandari, NSS Programme Officer and Assistant Professor, Department of Botany Mehr Chand Mahajan DAV College for Women, Chandigarh.

During her interactive cum enlightening session, Dr. Purnima apprised the volunteers of the dos and don'ts of burning dry litter, the importance of compost and the several steps involved in composting process, what type of waste can be recycled into compost and types of containers such as terracotta composter that can be utilized to make compost. In addition, volunteers got hands-on exposure to composting process. In the end, she highlighted the sustainable initiative taken up by our college in



## 9. Celebration of 7<sup>th</sup> International Day of Yoga - 2021 (#BewithYogaBeathome, #YogaforWellness)

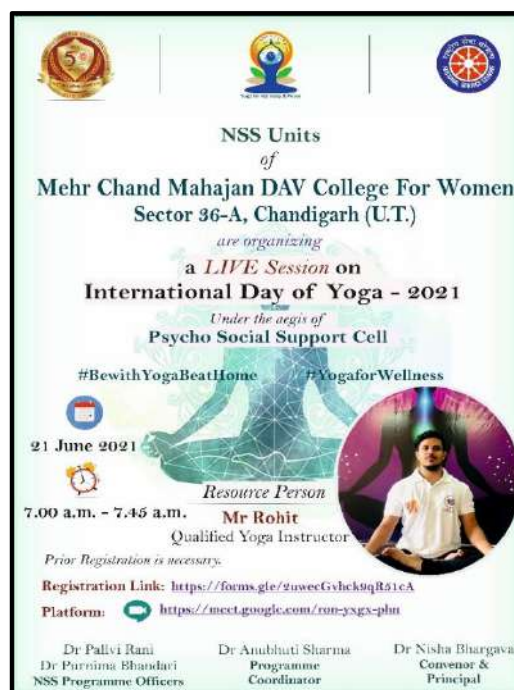
**Date:** 21 June 2021

**Number of Volunteers:** 76

### Objectives:

- To promote emotional as well as psychological wellness of the students during the stressful times
- To apprise the volunteers of the benefits of Yoga during COVID-19 pandemic especially post-COVID recovery
- To make students learn how Yoga helps to keep the internal organs in the body function properly by increasing the oxygen and blood flow

**The Context:** Globally, International Yoga Day is observed on June 21 to highlight the importance of Yoga and the pivotal role it plays in rejuvenating our mind and the body, leading to a healthier lifestyle. This year, the theme of the event is **“Yoga For Wellness, Yoga at Home and Yoga with Family”** which emphasizes practising Yoga for physical and mental well-being harmonized with global concerns around the COVID-19 pandemic, but within constraints of social distancing. Currently, the resurgence of COVID-19 pandemic has added stress and anxiety among the people, where the prevalence of disease and isolation are not only affecting a patient's physical health, but also taking a toll on the psychological or emotional well-being including his family members.



**The Practice:** Keeping in view the objectives, **NSS Units** of the College organized a **live yoga session on 7<sup>th</sup> International Day of Yoga** i.e., 21<sup>st</sup> June, 2021 under the aegis of Psycho Social Support Cell. The session was organized virtually in the early

morning hours - 7.00 a.m. to 7.45 a.m. where the resource person was a qualified Yoga Instructor Mr. Rohit who has been to his credit many National and International awards. The session was organized under the able guidance of our worthy Principal – **Dr. Nisha Bhargava** and the supervision of NSS Programme Officers – Dr. Pallvi Rani and Dr. Purnima Bhandari, with Dr. Anubhuti Sharma being the Programme Coordinator. More than 120 participants including faculty members as well as students got themselves registered for the event.

The session started with Dr. Anubhuti Sharma introducing the resource person which was followed by a brief introduction about the relevance of the Yoga Day celebration by Dr. Pallvi Rani. In her inaugural address, Principal, Dr. Nisha Bhargava, who herself is an ardent follower of Yoga, inspired students and the faculty members to follow the yoga protocols in their daily lives for holistic well-being. She emphasized on the practice of doing *Pranayam* and other yoga asanas along with the family members and urged them to make yoga as part of their life style.

During the session, Mr. Rohit discussed about the importance of yoga and its aspects especially in this prevailing COVID-19 pandemic and demonstrated asanas as mentioned in common yoga day protocol (Government of India) including *Ustrasana*, *Shashankasana*, *Bhujangasana*, *Dhanurasana*, *Makarasana*, *Trikonāsana*. During the session, Mr Rohit explained the correct way of doing breathing exercises including *KapalBhati*, *Anulom-Vilom* and highlighted the implication of practicing yoga asanas particularly in post COVID-19 recovery period. The session concluded with a vote of thanks proposed by NSS Programme Officer Dr. Purnima Bhandari.

Besides, some of the volunteers participated in various quiz competitions which were organized at the state as well as National levels by different agencies.

**Evidence of Success:** 76 volunteers along with faculty members participated enthusiastically in the session and performed various yoga asanas along with their family members and friends, and understood the importance of yoga and its effect on mental as well as psycho-social well-being. Links to the event uploaded at various social handles:

[https://youtu.be/7XkErnMG\\_7I](https://youtu.be/7XkErnMG_7I)

<https://www.facebook.com/MCMDAVCW/posts/1141503469649238>

[https://www.instagram.com/p/CQXeqyXBAvQ/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CQXeqyXBAvQ/?utm_source=ig_web_copy_link)

<https://twitter.com/MCMDAVCW/status/1406815000996372483>



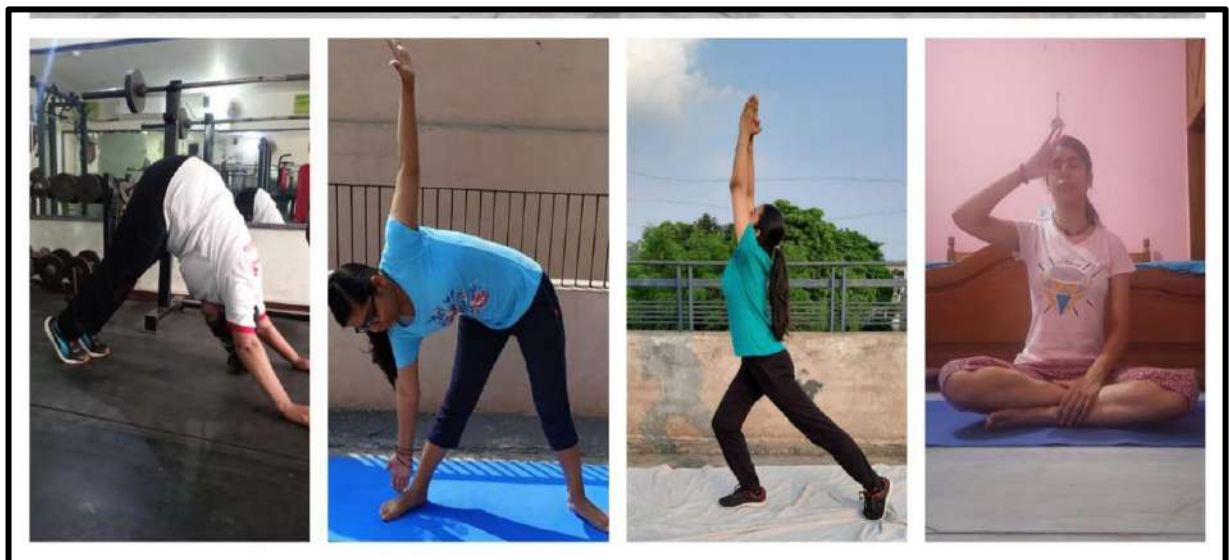


Principal Dr. Nisha Bhargava – ardent follower of Yoga, practising Yoga with her family. [#BewithYogaBeathome](#), [#YogaforWellness](#)



Principal Dr Nisha Bhargava – ardent follower of Yoga, practising Yoga on 7<sup>th</sup> International Day of Yoga – 2021.

[#BewithYogaBeathome](#), [#YogaforWellness](#)



***#BewithYogaBeathome, #YogaforWellness***

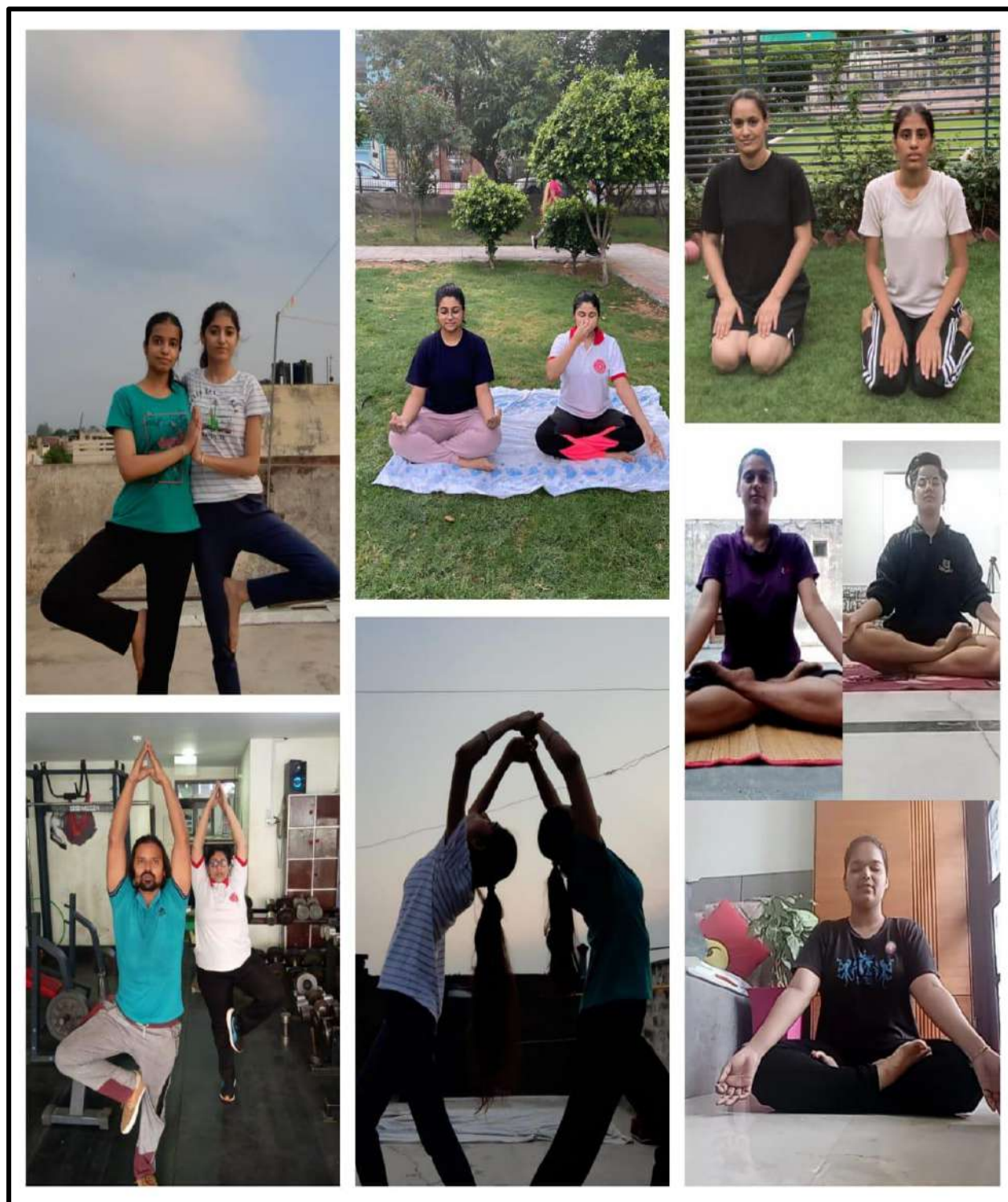




***#BewithYogaBeathome, #YogaforWellness***





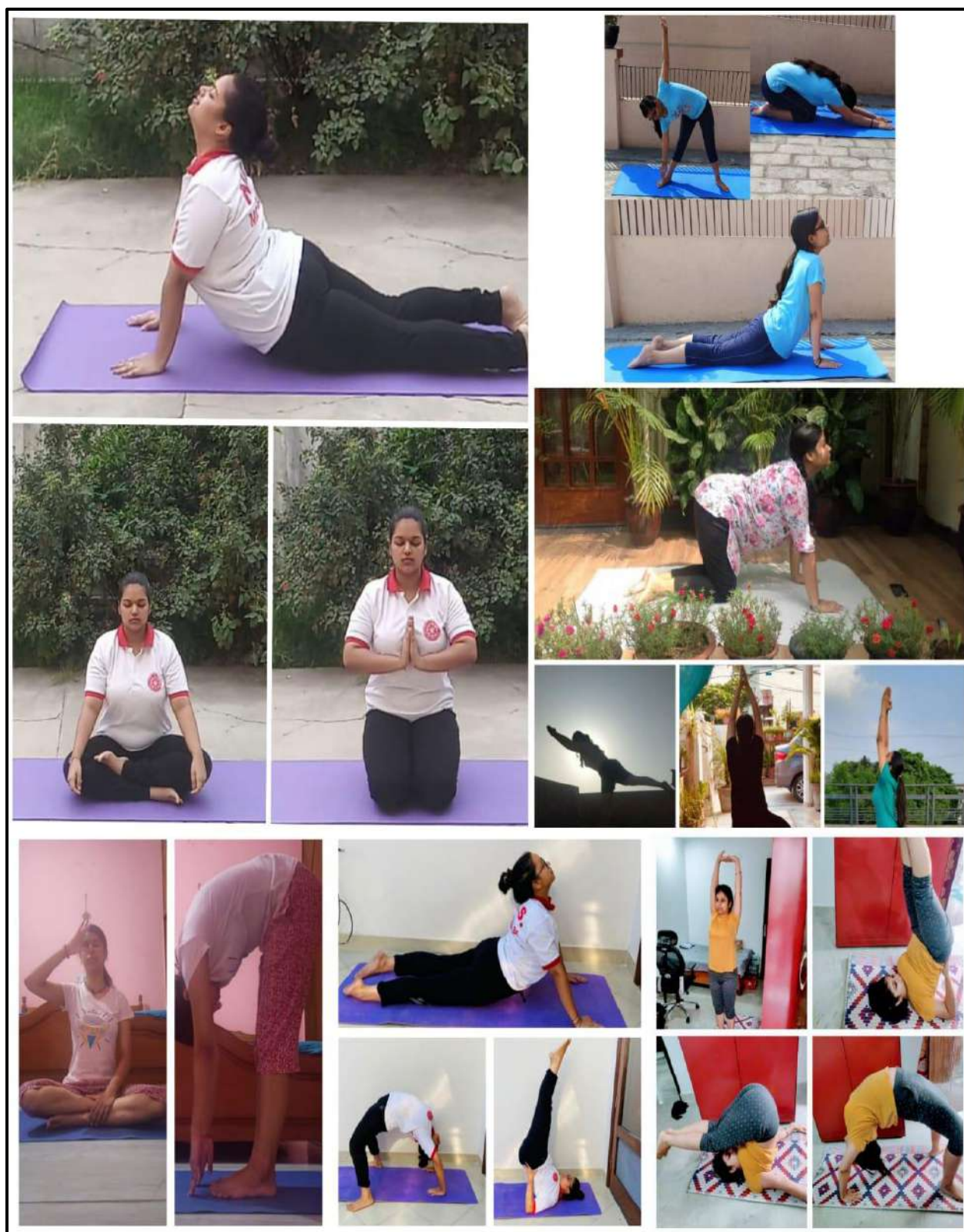


***#BewithYogaBeathome, #YogaforWellness***



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***#BewithYogaBeathome, #YogaforWellness***





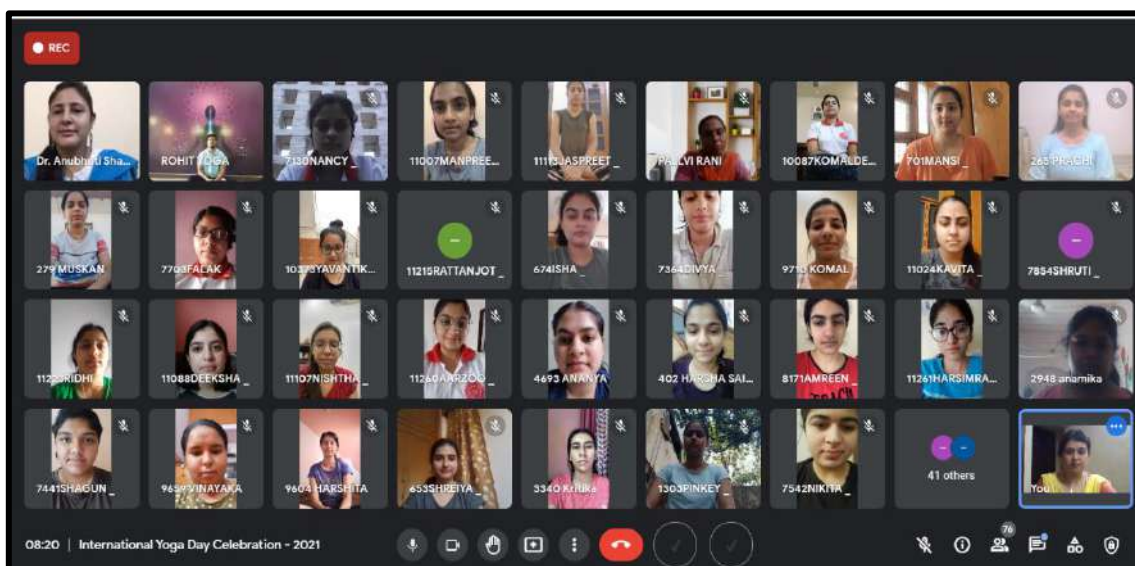
***#BewithYogaBeathome, #YogaforWellness***



***#BewithYogaBeathome, #YogaforWellness***









## 14. Online Lecture on Importance of Yoga as part of Fit India Run - Amrit Mahotsav@75

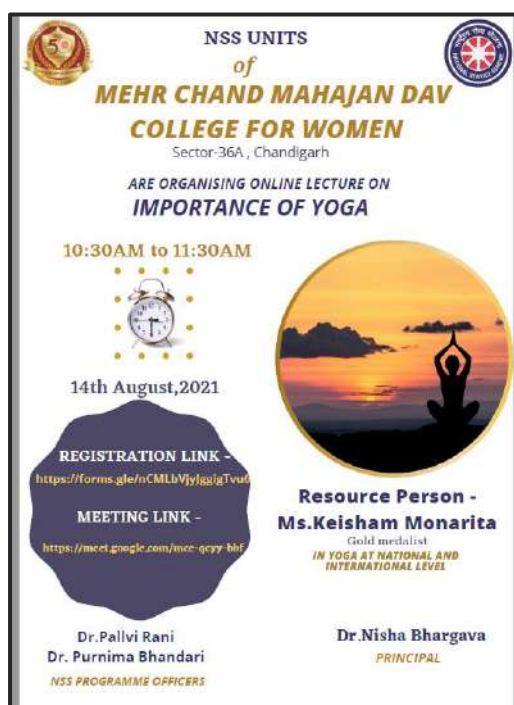
**Date:** 14 August 2021

**Number of Volunteers:** 76

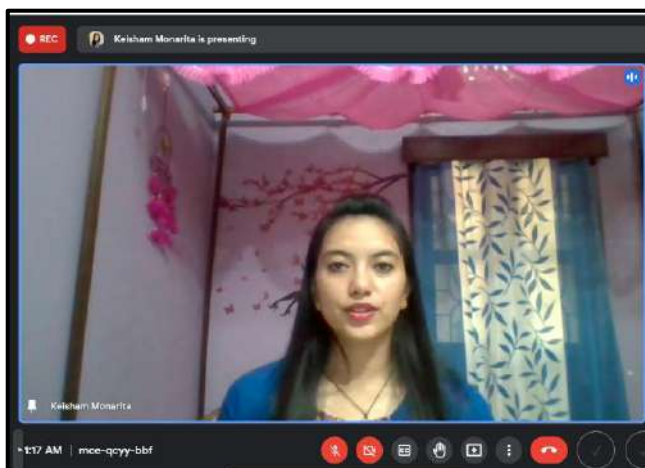
**Objectives:**

- To apprise the volunteers of the benefits of Yoga
- To make students learn that how Yoga helps to keep the internal organs in the body function properly by increasing the oxygen and blood flow

**The Context:** FIT INDIA Movement was launched by the Honourable Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move toward a more physically active lifestyle. The concept is to celebrate 4 to 6 days of a week towards health and fitness by engaging in any kind of physical activities and/or events including the yoga day celebration. Yoga plays a pivotal role in rejuvenating our mind and the body, leading to a healthier lifestyle.



**The Practice:** On 14<sup>th</sup> August, 2021, the **NSS Units** organized an **Online Lecture on Importance Of Yoga**. It was organized as part of FIT INDIA Run-Amrit Mahotsav@75. The resource person of the event was

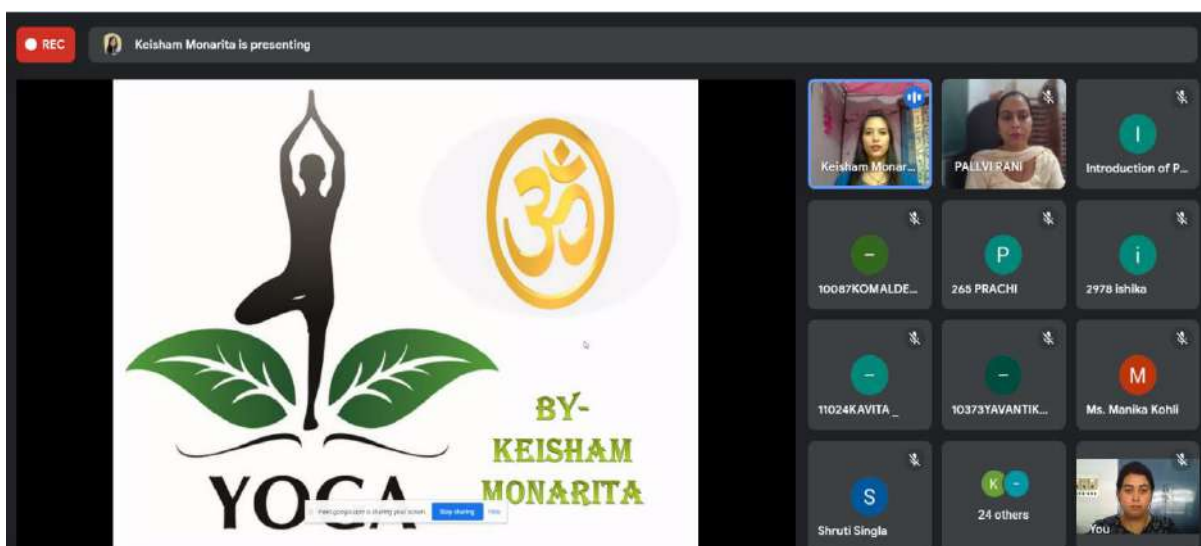
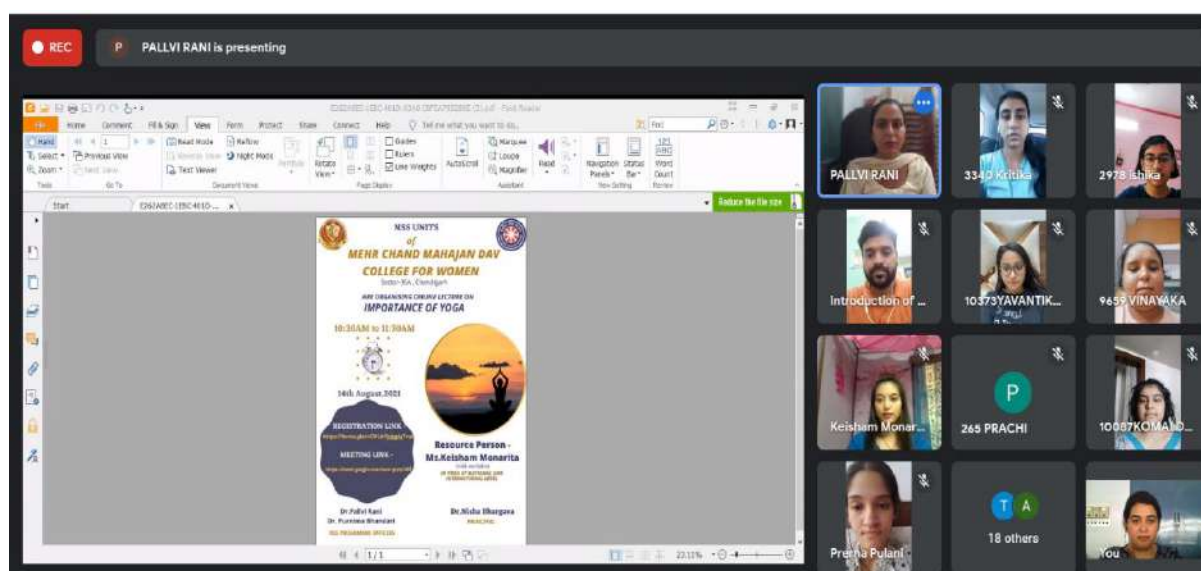


Ms. Keisham Monarita, Gold Medalist in Yoga at the National and International Level. The session was organized under the guidance of Principal Dr. Nisha Bhargava and the supervision of NSS Programme Officers – Dr. Pallvi Rani and Dr. Purnima Bhandari.



The session started with 3 times OM chanting to make the students active for the upcoming session. During the session, meaning and the origins of yoga were explained. It was followed by a discussion about the different types of yoga i.e. Karma Yoga (Yoga through action), Jnana Yoga (yoga through knowledge), Hatha yoga, Raja yoga (king/ supreme yoga) and Bhakti yoga (yoga through devotion), Astang yoga. Further, the benefits and correct techniques of doing Pranayama were explained along with practical demonstration of the different types of pranayama. The session concluded with the brief explanation about the benefits of practising Yoga daily.

**Evidence of Success:** 76 Volunteers along with NSS Programme Officers participated enthusiastically in the session and understood the importance of yoga and its beneficial effects on mental as well as psycho-social wellbeing.





## 21. Awareness session on Importance of healthy diet and lifestyle

**Date:** 23 September 2021

**Number of NSS Volunteers involved:** 10

**Number of beneficiaries:** 4 school teachers + 45 school children

**Objectives:**

- To create awareness about the importance of good nutrition for growing children
- To disseminate knowledge about the relevance of nutrients required to meet the demands of physical and cognitive growth and development of children

**The Context:** POSHAN Abhiyaan, Mission Poshan 2.0 (Saksham Anganwadi and Poshan 2.0) is an integrated nutrition support programme that aims to strengthen nutritional content, delivery, outreach and outcomes with focus on developing practices that nurture health, wellness and immunity to disease and malnutrition. As part of the POSHAN Abhiyan, every year, the month of September is observed as **Poshan Maah**. This month highlights the importance and role of the right nutrition for the human body. A balanced diet with a combination of essential nutrients and calories is pivotal for the smooth working and growth of the human body.

This year, as India celebrates the Azadi Ka Amrit Mahotsav, to ensure speedy and intensive outreach, the entire month has been subdivided into weekly themes for focused and assimilated approach toward improving holistic nutrition.

**The Practice:** Keeping in view the importance of good nutrition among growing school children, **NSS Units**, under the able leadership of Principal Dr. Nisha Bhargava and supervision of NSS Programme Officers – Dr. Pallvi Rani and Dr. Purnima Bhandari, organized an **awareness session on Importance of Healthy Diet and lifestyle** in collaboration with **Fortis Hospital, Mohali**, at Government Model High School, Sector 41-D, Village Badheri, Chandigarh. The aim of the session was to disseminate the knowledge about nutrients and implementation of healthy dietary habits as well as adopting healthy lifestyle, especially among school-going students. The resource person was Dietician Sonia Gandhi, Head, Department of Nutrition and Dietetics, Fortis Hospital, Mohali. Around 45 students along with 4 teachers and headmistress Mrs. Sanjogita attended the session.



During the session, Dt Sonia Gandhi discussed the factors pertaining to teenage such as peer pressure, emotional habits, self-independence, physical appearance etc. that affect the overall health of the children. In addition to obesity-related problems, teens often face other health issues like anaemia, weak bones, oral cavities, fatigue, dehydration, poor immunity, diabetes, hormonal related as well as psychological related eating disorders as a result of inadequate and imbalance in the intake of required nutrients. She highlighted the need of sensitizing students about the role of nutrition in their overall health and well-being by teachers and parents. She concluded that this is the time to support child with healthy eating habits that last for rest of their lives.

Besides, children were acquainted with the importance and relevance of good hygiene practices that should be adopted during food handling operations as they are considered to be the foundation for ensuring food safety.

**Evidence of Success:** School children were apprised of the importance to have proper nutrients and adopt healthy lifestyle especially during their teenage years.

**Links to the activity uploaded at various social networking sites are as follows:**

<https://www.facebook.com/MCMDAVCW/posts/1206446889821562>

[https://www.instagram.com/p/CUW6no2PW1N/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CUW6no2PW1N/?utm_source=ig_web_copy_link)

<https://twitter.com/MCMDAVCW/status/1442764311500255233>







## Media Clippings:

### एमसीएम में एनएसएस यूनिट ने छात्रों के लिए स्वस्थ आहार पर सत्र का आयोजन किया



**चंडीगढ़।** भारत सरकार के पोषण अभियान कार्यक्रम के तहत, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की एनएसएस इकाइयों ने फोर्टिस अस्पताल, मोहाली के सहयोग से सरकारी मॉडल हाई स्कूल, ग्राम बधेरी, चंडीगढ़ में स्वस्थ आहार और जीवन शैली के महत्व पर जागरूकता सत्र का आयोजन किया। सत्र का मुख्य उद्देश्य विशेष रूप से स्कूल जाने वाले छात्रों के बीच पोषक तत्वों की भूमिका, स्वस्थ आहार की आदतों और स्वस्थ जीवन शैली के महत्व के बारे में ज्ञान का प्रसार करना था। डायटेशियन व हेड, डिपार्टमेंट ऑफ न्यूट्रिशन एंड डायटेटिक्स, फोर्टिस हॉस्पिटल, मोहाली से सोनिया गांधी, इस कार्यक्रम में मुख्य वक्ता थीं। स्कूल की प्रधानाध्यापिका संजोगीता ने शिक्षकों और छात्रों के साथ इस सत्र में बड़े उत्साह के साथ भाग लिया। सत्र के दौरान, सोनिया गांधी ने किशोरों से संबंधित कारकों जैसे साथियों के दबाव, भावनात्मक आदतों, आत्म-स्वतंत्रता, शारीरिक उपस्थिति आदि पर चर्चा की, जो बच्चों के समग्र स्वास्थ्य को प्रभावित करते हैं। उन्होंने कहा कि आवश्यक पोषक तत्वों के सेवन में अपर्याप्त और असंतुलन के परिणामस्वरूप, किशोरों को मोटापे से संबंधित समस्याओं, एनीमिया, कमजोर हड्डियों, धकान, निर्जलीकरण, खराब प्रतिरक्षा, मधुमेह और हार्मोनल के साथ-साथ मनोवैज्ञानिक संबंधी समस्याओं का सामना करना पड़ता है। उन्होंने छात्रों को उनके समग्र स्वास्थ्य और कल्याण में पोषण की भूमिका के बारे में जागरूक करने में माता-पिता और शिक्षकों की भूमिका पर प्रकाश डाला। छात्रों को स्वच्छता की अच्छी आदतों के महत्व और प्रासंगिकता से भी परिचित कराया गया, जिन्हें खाद्य प्रबंधन कार्यों के दौरान अपनाया जाना चाहिए, क्योंकि उन्हें खाद्य सुरक्षा सुनिश्चित करने के लिए आधार माना जाता है। प्राचार्या डॉ. निशा भार्गव ने अच्छे पोषण के महत्व के बारे में जागरूकता पैदा करने और बच्चों के शारीरिक व संज्ञानात्मक विकास की मांगों को पूरा करने के लिए आवश्यक पोषक तत्वों की प्रासंगिकता के बारे में ज्ञान का प्रसार करने के उद्देश्य से कॉलेज की एनएसएस इकाइयों के प्रयासों की सराहना की। उन्होंने कहा कि ये प्रयास समग्र पोषण में सुधार को दिशा में एक केंद्रित और समेकित दृष्टिकोण अपनाते हैं।

### स्कूल के छात्रों के लिए स्वस्थ आहार पर सत्र का आयोजन किया

**फास्ट मीडिया, चंडीगढ़।** भारत सरकार के पोषण अभियान कार्यक्रम के तहत, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की एनएसएस इकाइयों ने फोर्टिस अस्पताल, मोहाली के सहयोग से सरकारी मॉडल हाई स्कूल, ग्राम बधेरी, चंडीगढ़ में 'स्वस्थ आहार और जीवन शैली के महत्व' पर जागरूकता सत्र का आयोजन किया। सत्र का मुख्य उद्देश्य विशेष रूप से स्कूल जाने वाले छात्रों के बीच पोषक तत्वों की भूमिका, स्वस्थ आहार की आदतों और स्वस्थ जीवन शैली के महत्व के बारे में ज्ञान का प्रसार करना था। डायटेशियन व हेड, डिपार्टमेंट ऑफ न्यूट्रिशन एंड डायटेटिक्स, फोर्टिस हॉस्पिटल, मोहाली से सोनिया गांधी, इस कार्यक्रम में मुख्य वक्ता थीं। स्कूल की प्रधानाध्यापिका संजोगीता ने शिक्षकों और छात्रों के साथ इस सत्र में बड़े उत्साह के साथ भाग लिया। सत्र के दौरान, सोनिया गांधी ने किशोरों से संबंधित कारकों जैसे साथियों के दबाव, भावनात्मक आदतों, आत्म-स्वतंत्रता, शारीरिक उपस्थिति आदि पर चर्चा की।

### एमसीएम में एनएसएस यूनिट ने बधेरी के सरकारी स्कूल के छात्रों के लिए स्वस्थ आहार पर सत्र का आयोजन किया

» मंदलैड संवाददाता

**चंडीगढ़।** भारत सरकार के पोषण अभियान कार्यक्रम के तहत, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की एनएसएस इकाइयों ने फोर्टिस अस्पताल, मोहाली के सहयोग से सरकारी मॉडल हाई स्कूल, ग्राम बधेरी, चंडीगढ़ में 'स्वस्थ आहार और जीवन शैली के महत्व' पर जागरूकता सत्र का आयोजन किया। सत्र का मुख्य उद्देश्य विशेष रूप से स्कूल जाने वाले छात्रों के बीच पोषक तत्वों की भूमिका, स्वस्थ आहार की आदतों और स्वस्थ जीवन शैली के महत्व के बारे में ज्ञान का प्रसार करना था। डायटेशियन व हेड, डिपार्टमेंट ऑफ न्यूट्रिशन एंड डायटेटिक्स, फोर्टिस हॉस्पिटल, मोहाली से सोनिया गांधी, इस कार्यक्रम में मुख्य वक्ता थीं। स्कूल की प्रधानाध्यापिका श्रीमती संजोगीता ने शिक्षकों और छात्रों के साथ इस सत्र में बड़े उत्साह के साथ भाग लिया। सत्र के दौरान, सोनिया गांधी ने किशोरों से संबंधित कारकों जैसे साथियों के दबाव, भावनात्मक आदतों, आत्म-स्वतंत्रता, शारीरिक उपस्थिति आदि पर चर्चा की, जो बच्चों के समग्र स्वास्थ्य को



प्रभावित करते हैं। उन्होंने कहा कि आवश्यक पोषक तत्वों के सेवन में अपर्याप्त और असंतुलन के परिणामस्वरूप, किशोरों को मोटापे से संबंधित समस्याओं, एनीमिया, कमजोर हड्डियों, धकान, निर्जलीकरण, खराब प्रतिरक्षा, मधुमेह और हार्मोनल के साथ-साथ मनोवैज्ञानिक संबंधी समस्याओं का सामना करना पड़ता है। उन्होंने छात्रों को उनके समग्र

स्वास्थ्य और कल्याण में पोषण की भूमिका के बारे में जागरूक करने में माता-पिता और शिक्षकों की भूमिका पर प्रकाश डाला। छात्रों को स्वच्छता की अच्छी आदतों के महत्व और प्रासंगिकता से भी परिचित कराया गया, जिन्हें खाद्य प्रबंधन कार्यों के दौरान अपनाया जाना चाहिए, क्योंकि उन्हें खाद्य सुरक्षा सुनिश्चित करने के लिए आधार माना जाता है।

प्राचार्या डॉ. निशा भार्गव ने अच्छे पोषण के महत्व के बारे में जागरूकता पैदा करने और बच्चों के शारीरिक व संज्ञानात्मक विकास की मांगों को पूरा करने के लिए आवश्यक पोषक तत्वों की प्रासंगिकता के बारे में ज्ञान का प्रसार करने के उद्देश्य से कॉलेज की एनएसएस इकाइयों के प्रयासों की सराहना की। उन्होंने कहा कि ये प्रयास समग्र पोषण में सुधार को दिशा में एक केंद्रित और समेकित दृष्टिकोण अपनाते हैं।



## MCM NSS holds session on healthy diet for Government school students of Badheri



CS JOLLY  
CHANDIGARH, SEPT 27

As part of the Poshan Abhiyan programme of Government of India, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an awareness session on 'Importance of Healthy Diet and Lifestyle' in collaboration with Fortis Hospital, Mohali, at Government Model High School, Village Badheri, Chandigarh. The main aim of the session was to disseminate knowledge about the role of nutrients, healthy dietary habits and importance of healthy lifestyle especially among school going students.

The resource person was Dietician Sonia Gandhi, Head, Department of Nutrition and Dietetics, Fortis Hospital, Mohali. Headmistress of the school Mrs. Sanjogita, along with the teachers and students, attended the session with great fervour. During the session, Dt Sonia Gandhi discussed the factors pertaining to teenagers such as peer pressure, emotional habits, self-independence, physical appearance, etc., that affect the overall health of the children. She said that as a result of inadequate and imbalance in the intake of required nutrients, teenagers face health issues including obesity related problems.



## MCM NSS holds healthy diet Session for Government school Badheri students

The Aman Sandesh Times Network

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During the session, Dietician Sonia Gandhi discussed the factors pertaining to teenagers such as peer pressure, emotional habits, self-independence, physical appearance, etc., that affect the overall health of the children

and said that as a result of inadequate and imbalance in the intake of required nutrients, teenagers face health issues including obesity related problems, anaemia, weak bones, oral cavities, fatigue, dehydration, poor immunity, diabetes and hormonal related as well as psychological related eating disorders.

During the session dietician also highlighted the role of parents and teachers in sensitising students about the role of nutrition in their overall health and well being.

The students were also acquainted with the importance and relevance of good hygiene practices that should be adopted during food handling operations as they are considered to be the foundation for ensuring food safety.

Principal Dr. Nisha Bhargava expressed appreciation for the efforts of NSS units of the college aimed at creating awareness about the importance of good nutrition and to disseminate knowledge about the relevance of nutrients required to meet the demands of physical and cognitive growth and development of children.

## एमसीएम में एनएसएस यूनिट ने बडहेड़ी स्कूल छात्रों के लिए स्वस्थ आहार पर किया सत्र का आयोजन

चंडीगढ़, 27 सितंबर (राम सिंह बराह): भारत सरकार के पोषण अभियान कार्यक्रम के तहत, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ की एनएसएस इकाइयों ने सरकारी मॉडल हाई स्कूल, ग्राम बडहेड़ी, चंडीगढ़ में 'स्वस्थ आहार और जीवन शैली के महत्व' पर जागरूकता सत्र का आयोजन किया। सत्र का मुख्य उद्देश्य विशेष रूप से स्कूल जाने वाले छात्रों के बीच पोषक तत्वों की भूमिका, स्वस्थ आहार की आदतों और स्वस्थ जीवनशैली के महत्व के बारे में ज्ञान का प्रसार करना था। डायटिशियन व हेड, डिपार्टमेंट ऑफ न्यूट्रिशन एंड डायटेटिक्स, सोनिया गांधी, इस कार्यक्रम में मुख्य वक्ता थीं। स्कूल की प्रधानाध्यापिका संजोगिता ने शिक्षकों और छात्रों के साथ इस सत्र में बढ़े उत्साह के साथ भाग लिया।



ग्राम बडहेड़ी के स्कूल में विद्यार्थियों को पोषक आहार संबंधी जानकारी देते माहिर।

(छया : गुरिंदर सिंह)

सत्र के दौरान, सोनिया गांधी ने किशोरों से संबंधित कारकों जैसे साधियों के दबाव, भावनात्मक आदतों, आत्म-स्वतंत्रता, शारीरिक उपस्थिति आदि पर चर्चा की, जो बच्चों के समग्र स्वास्थ्य को प्रभावित करते हैं। उन्होंने कहा कि आवश्यक पोषक तत्वों के सेवन में अपर्याप्त और असंतुलन के परिणामस्वरूप, किशोरों को मोटापे से संबंधित समस्याओं, एनीमिया, कमजोर हड्डियाँ, थकान, निर्जलीकरण, खराब प्रतिरक्षा, मधुमेह और हार्मोनल के साथ-साथ मनोवैज्ञानिक संबंधी समस्याओं का सामना करना पड़ता है। उन्होंने छात्रों को उनके समग्र स्वास्थ्य और कल्याण में पोषण की भूमिका के

बारे में जागरूक करने में माता-पिता और शिक्षकों की भूमिका पर प्रकाश डाला। छात्रों को स्वच्छता की अच्छी आदतों के महत्व और प्रासंगिकता से भी परिचित कराया गया, जिन्हें खाद्य प्रबंधन कार्यों के दौरान अपनाया जाना चाहिए क्योंकि उन्हें खाद्य सुरक्षा सुनिश्चित करने के लिए आधार माना जाता है। प्राचार्या डॉ. निशा भार्गव ने अच्छे पोषण के महत्व के बारे में जागरूकता पैदा करने और बच्चों के शारीरिक व संज्ञानात्मक विकास की माँगों को पूरा करने के लिए आवश्यक पोषक तत्वों की प्रासंगिकता के बारे में ज्ञान का प्रसार करने के उद्देश्य से कॉलेज की एनएसएस इकाइयों के प्रयासों की सराहना की। उन्होंने कहा कि ये प्रयास समग्र पोषण में सुधार की दिशा में एक केंद्रित और समेकित दृष्टिकोण अपनाते हैं।

## 24. Awareness session on “Overview of Blood – Lymphoma”

**Date:** 1 October 2021

**Number of NSS volunteers participated:** 60

### Objectives:

- To create awareness and motivate volunteers to come forward for blood donation

**The Context:** National voluntary Blood Donation Day is celebrated each year on October 1 to highlight the need and importance of blood in the life of an individual. Donating blood is one of the noblest things one can do for humanity, especially for the patients who are suffering from leukaemia, lymphoma, and myeloma that require periodic blood transfusions for several reasons.

**The Practice:** An awareness session on the topic “Overview of Blood–Lymphoma” was organized by the NSS Units and Medical committee of the college in collaboration with the Shalby Multi-Specialty Hospital, Mohali on 1<sup>st</sup> October 2021 through the online mode. The session was attended by more than 60 students. The resource person of the session was Dr. Priyanshu Chaudhary, Consultant Medical Oncology, Shalby Multi-Specialty Hospital, Mohali.

During the session, the resource person discussed various basic symptoms in the body which should be considered seriously as they help in the early diagnosis of the disease. Dr. Priyanshu also discussed the preventive measures to be followed and emphasized a healthy diet, active lifestyle and routine general checkups of the body. The session was followed by interaction with the students.

**Evidence of Success:** The session was beneficial as it helped all to gain insights into the blood parameters and related health disorders.



**NSS Units and Medical Committee**  
of  
**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN,**  
SECTOR 36-A, CHANDIGARH (U.T.)  
are organizing an awareness session on  
**OVERVIEW OF BLOOD - LYMPHOMA**

**DATE:**  
Friday  
October 1, 2021

**Timings:**  
11.00 A.M. - 12.00 noon

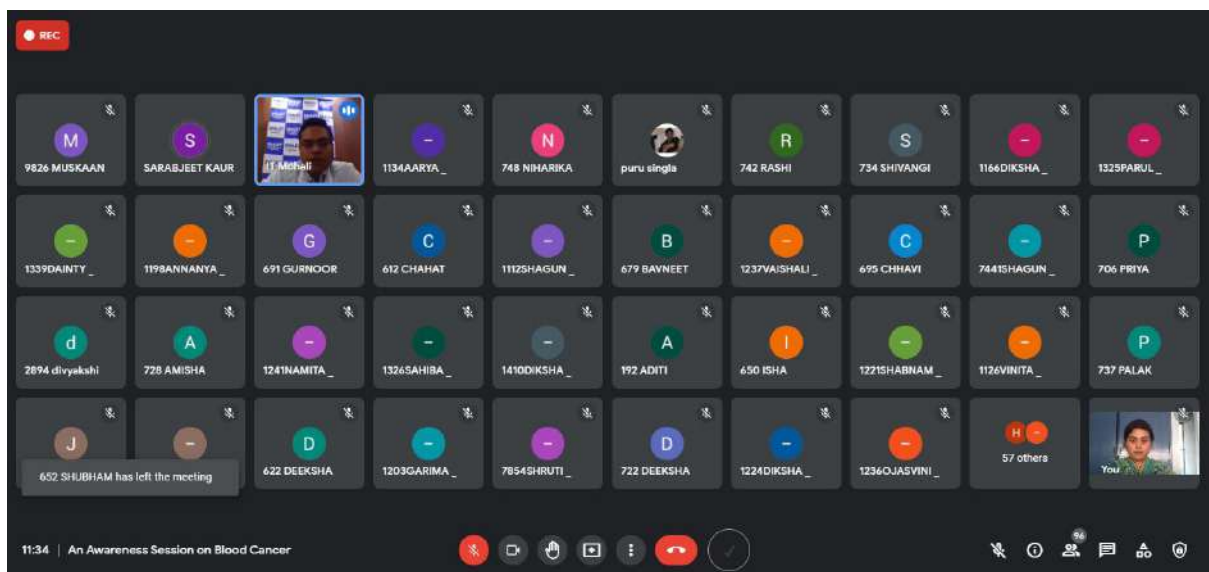
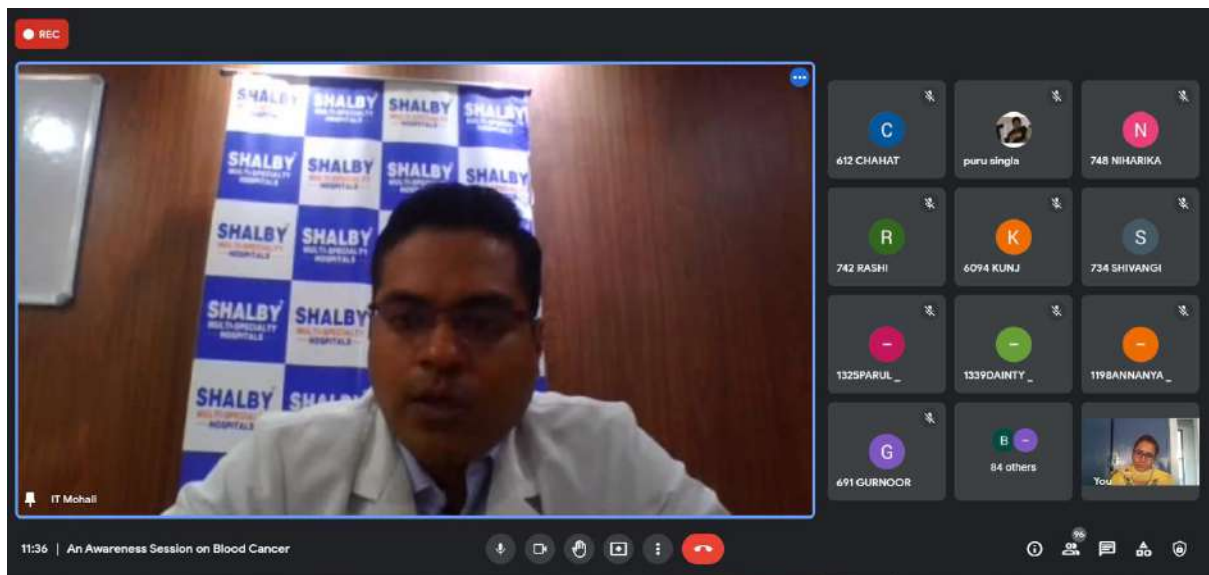
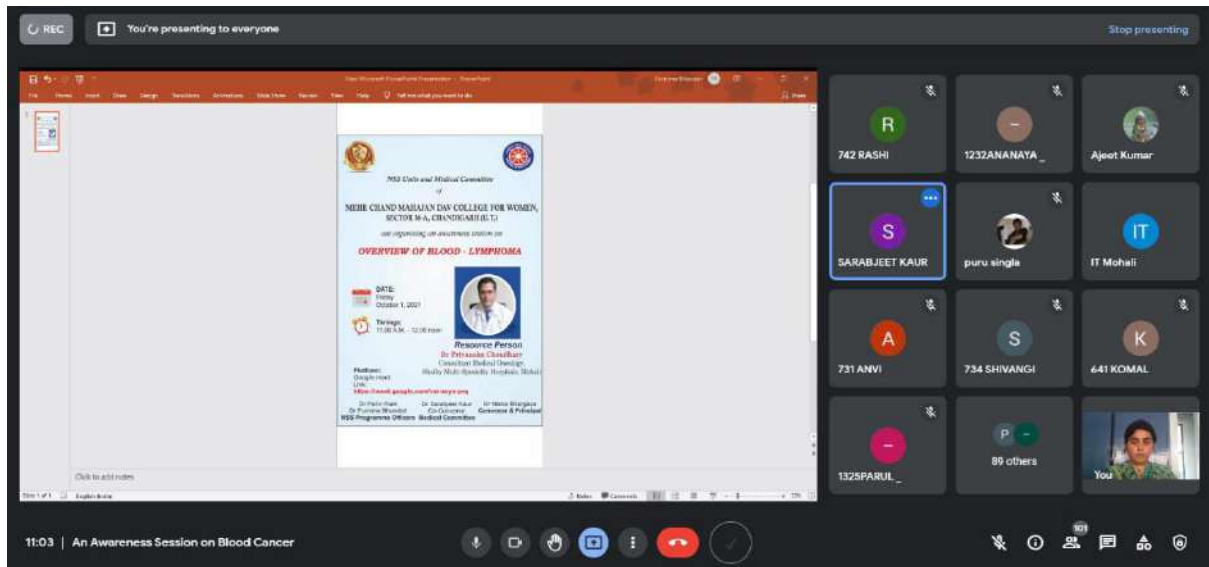
**Platform:**  
Google meet  
Link:  
<https://meet.google.com/vxr-zeyn-prq>

**Resource Person**  
**Dr. Priyanshu Choudhary**  
Consultant Medical Oncology,  
Shalby Multi-Specialty Hospitals, Mohali

**NSS Programme Officers**  
Dr. Pallvi Rani  
Dr. Sarabjeet Kaur  
Dr. Purnima Bhandari  
Dr. Nisha Bhargava  
Co-Convenor  
Convenor & Principal



## NSS ANNUAL REPORT (2021-22)



## 46. Yoga Session on Surya Namaskar as part of Azadi ka Amrit Mahotsav

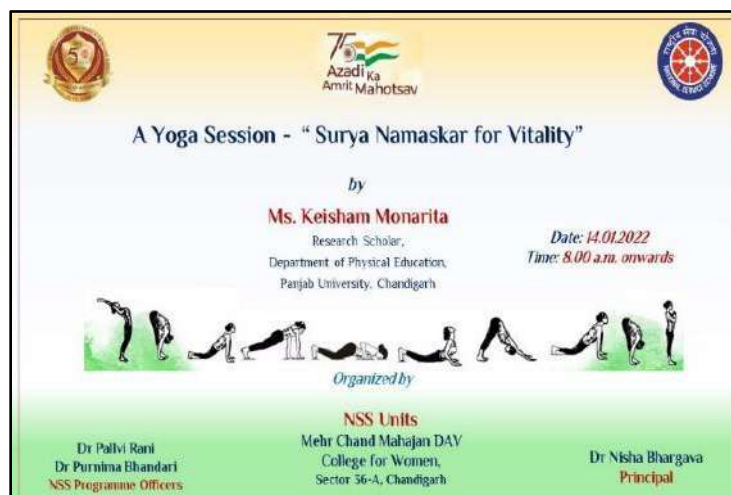
**Date:** 14 January 2022

**Number of NSS volunteers participated:** 40

### Objectives:

- To mark the holy occasion of Makar Sankranti under Azadi ka Amrit Mahotsav
- To promote emotional as well as psychological wellness of the students during the stressful times
- To create a culture of fitness and promote a healthy lifestyle through the practice of Yoga asana

**The Context:** To mark the holy occasion of Makar Sankranti on 14<sup>th</sup> January 2022, the Ministry of Ayush, Government of India has launched a nationwide 75 crore Surya Namaskar initiative under Azadi ka Amrit Mahotsav. Makar Sankranti is a festival which comes as a thanksgiving to mother nature for spreading health, wealth and happiness around.



Surya Namaskar is a set of asanas in a combination of 12 steps. These steps comprise 8 asanas in which 4 asanas are repeated. All the 12 steps are to be done stepwise to complete the process of one round of Surya Namaskar. It serves an individual



with various benefits like Strengthens muscles and joints; ensuring better functioning of the digestive system; helping with weight loss etc.

**The Practice:** Keeping in view the above objectives, **NSS Units** organized a Yoga session with the tagline “**Surya namaskar for Vitality**” on the Makar Sankranti (14 January 2022) as part of Azadi Ka Amrit Mahotsav. The session was



organized virtually in the early morning hours - 8.00 a.m. to 9.00 a.m. where the resource person was a qualified Yoga Instructor - Ms Keisham Monarita, Research scholar, Department of Physical Education, Panjab University Chandigarh and Gold medallist in Yoga at National and International level. The session was organized under the able guidance of our worthy Principal – **Dr. Nisha Bhargava** and the supervision of NSS Programme Officers – Dr. Pallvi Rani and Dr. Purnima Bhandari.

The session started with a little warm-up and stretching. During the session, Ms Keisham Monarita discussed the importance of yoga and its aspects, especially in this prevailing COVID-19 pandemic and demonstrated 12 different steps of Surya Namaskar. During the session, she explained the benefits and correct way of doing Surya Namaskar and highlighted the implication of practising yoga asanas in daily life. In the end, certain cooling asanas and pranayama were also demonstrated by her. The session concluded with a vote of thanks and queries raised by participants were solved by the resource person.



**Evidence of Success:** NSS volunteers of the College participated enthusiastically in this yoga session and were able to gain knowledge of doing Surya Namaskar correctly. **Links to the activity uploaded on social media handles include:**

<https://www.facebook.com/MCMDAVCW/posts/1277431072723143>

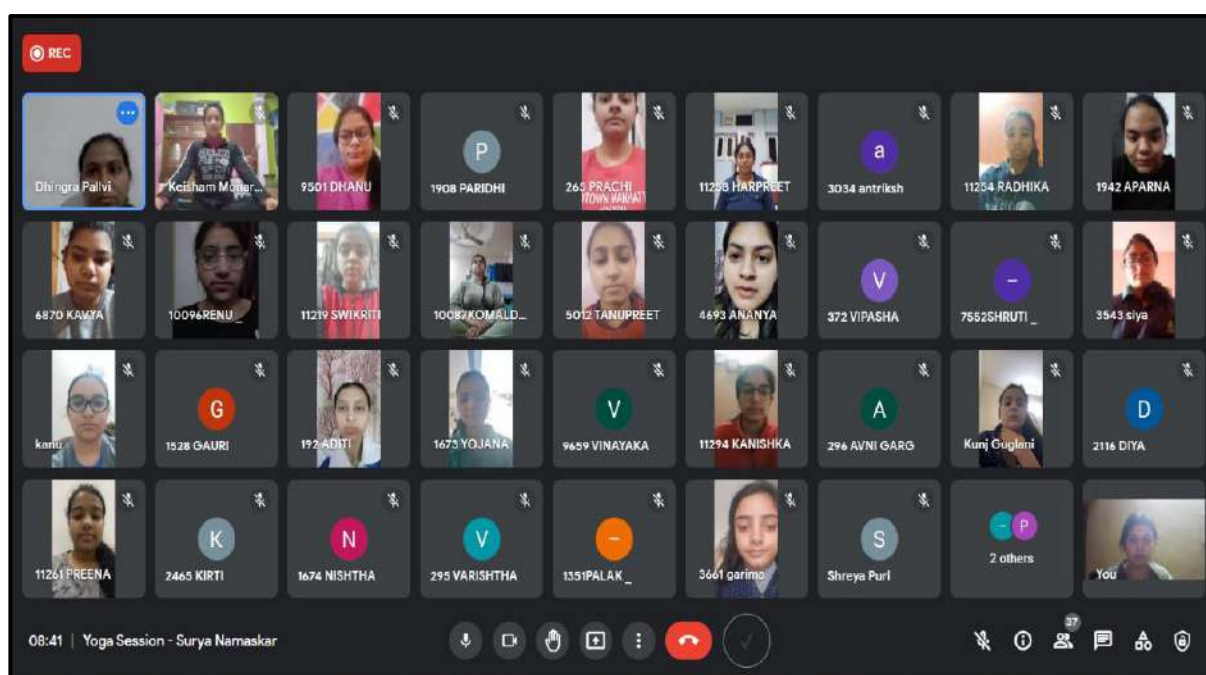
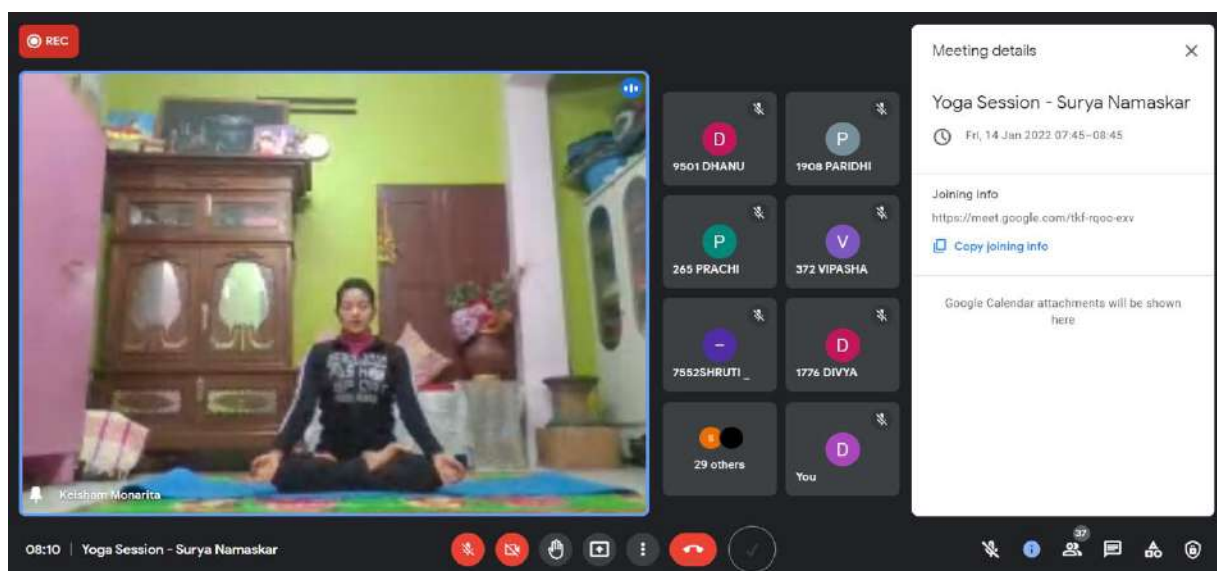
[https://www.instagram.com/p/CY1m1nPIMtk/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CY1m1nPIMtk/?utm_source=ig_web_copy_link)

<https://twitter.com/MCMDAVCW/status/1483112554629308419>

<https://twitter.com/MCMDAVCW/status/1483112635902345216>

<https://twitter.com/MCMDAVCW/status/1483112684954722304>





## Media Clippings:

# एमसीएम की एनएसएस इकाइयों ने योग सत्र के साथ मनाई मकर संक्रांति

चंडीगढ़, 14 जनवरी (राम सिंह बराड़): आजादी का अमृत महोत्सव के तहत मकर संक्रांति के पवित्र अवसर को चिह्नित करने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन, चंडीगढ़ की एनएसएस इकाइयों ने 'सूर्य नमस्कार फॉर वायटैलिटी' पर एक ऑनलाइन योग सत्र का आयोजन किया। सत्र का उद्देश्य इस तनावपूर्ण समय के दौरान छात्रों के भावनात्मक और मनोवैज्ञानिक कल्याण को बढ़ावा देना और योगासन के अभ्यास के माध्यम से फिटनेस और स्वस्थ जीवन शैली की संस्कृति बनाना रहा।

इस सत्र के लिए प्रमुख वक्ता कैशम मोनारिता थीं, जो राष्ट्रीय और



कार्यक्रम की ऑनलाइन तस्वीर।

अंतर्राष्ट्रीय स्तर पर योग में स्वर्ण पदक विजेता रह चुकी हैं।

सत्र के दौरान, कैशम ने योग के महत्व और इसके विभिन्न पहलुओं पर चर्चा की, विशेष रूप से मौजूदा

कोविड-19 स्थितियों में और सूर्य नमस्कार के 12 विभिन्न चरणों का प्रदर्शन किया। उन्होंने सूर्य नमस्कार करने के लाभों और सही तरीके के बारे में विस्तार से बताया और दैनिक

जीवन में योग आसनों के अभ्यास के निहितार्थ पर प्रकाश डाला। अंत में कुछ शीतलासन और प्राणायाम का भी प्रदर्शन किया गया। सत्र का समापन प्रतिभागियों के प्रश्नों के साथ हुआ जिन्हें मुख्य वक्ता द्वारा उपयुक्त रूप से हल किया गया था।

प्राचार्या डॉ. निशा भार्गव ने प्रकृति के प्रति आभार प्रकट करने वाले पर्व मकर संक्रांति के अवसर पर सभी को शुभकामनाएं दीं। इस सत्र की उपयोगिता पर प्रकाश डालते हुए, डॉ. भार्गव ने जोर देकर कहा कि सूर्य नमस्कार मांसपेशियों और जोड़ों को मजबूत बनाने, पाचन तंत्र के कार्य को बेहतर करने और वजन कम करने जैसे विभिन्न लाभ प्रदान करता है।

## MCM NSS celebrates Makar Sankranti with yoga session



**RN KHERA  
CHANDIGARH, JAN 14**

To mark the holy occasion of Makar Sankranti under Aza-di 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.



## एमसीएम की एनएसएस इकाइयों ने योग सत्र के साथ मकर संक्रांति मनाई

» मदरलैंड संवाददाता

लुधियाना। आजादी का अमृत महोत्सव के तहत मकर संक्रांति के पवित्र अवसर को चिह्नित करने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की एनएसएस इकाइयों ने सूर्य नमस्कार फॉर वायटैलिटी पर एक ऑनलाइन योग सत्र का आयोजन किया। सत्र का उद्देश्य इस तनावपूर्ण समय के दौरान छात्रों के भावनात्मक और मनोवैज्ञानिक कल्याण को बढ़ावा देना और योगासन के अभ्यास के माध्यम से फिटनेस और स्वस्थ जीवन शैली की संस्कृति बनाना रहा। इस सत्र के लिए प्रमुख वक्ता सुश्री कैशम मोनारिता थीं, जो राष्ट्रीय और अंतर्राष्ट्रीय स्तर पर योग में स्वर्ण पदक विजेता रह चुकी हैं। सत्र के दौरान, सुश्री कैशम ने योग के महत्व और इसके विभिन्न पहलुओं पर चर्चा की, विशेष रूप से मौजूदा कोविड-19 स्थितियों में और सूर्य नमस्कार के 12 विभिन्न चरणों का प्रदर्शन किया। उन्होंने सूर्य नमस्कार करने के लाभों और सही तरीके के बारे में विस्तार से बताया और दैनिक जीवन में योग आसनों के अभ्यास के निहितार्थ पर प्रकाश डाला। अंत में कुछ शीतलासन और



प्राणायाम का भी प्रदर्शन किया गया। सत्र का समापन प्रतिभागियों के प्रश्नों के साथ हुआ जिन्हें मुख्य वक्ता द्वारा उपयुक्त रूप से हल किया गया था।

प्राचार्या डॉ. निशा भार्गव ने प्रकृति के प्रति आभार प्रकट करने वाले पर्व मकर संक्रांति के अवसर पर सभी को शुभकामनाएँ दीं। इस सत्र की उपयोगिता पर प्रकाश डालते हुए, डॉ. भार्गव ने जोर देकर कहा कि सूर्य नमस्कार मांसपेशियों और जोड़ों को मजबूत बनाने, पाचन तंत्र के कार्य को बेहतर करने और वजन कम करने जैसे विभिन्न लाभ प्रदान करता है।

## योग सत्र के साथ मनाई मकर संक्रांति

**चंडीगढ़ (ट्रिब्यून) :** आजादी का अमृत महोत्सव के तहत मकर संक्रांति के पवित्र अवसर को चिह्नित करने के लिए एमसीएम डीएवी कॉलेज फॉर वूमेन की एनएसएस इकाइयों ने सूर्य नमस्कार फॉर वायटैलिटी पर एक ऑनलाइन योग सत्र का आयोजन किया। सत्र का उद्देश्य इस तनावपूर्ण समय के दौरान छात्रों के भावनात्मक और मनोवैज्ञानिक कल्याण को बढ़ावा देना और योगासन के अभ्यास के माध्यम से फिटनेस और स्वस्थ जीवन शैली की संस्कृति बनाना रहा। इस सत्र के लिए प्रमुख वक्ता कैशम मोनारिता थीं। प्राचार्या डॉ. निशा भार्गव ने जोर देकर कहा कि सूर्य नमस्कार मांसपेशियों और जोड़ों को मजबूत बनाने, पाचन तंत्र के कार्य को बेहतर करने और वजन कम करने जैसे विभिन्न लाभ प्रदान करता है।

## न्यूज इन ब्रीफ

### एमसीएम की एनएसएस इकाइयों ने योग सत्र के साथ मकर संक्रांति मनाई

चंडीगढ़ (जगमार्ग न्यूज)। आजादी का अमृत महोत्सव के तहत मकर संक्रांति के पवित्र अवसर को चिह्नित करने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, की एनएसएस इकाइयों ने 'सूर्य नमस्कार फॉर वायटैलिटी' पर एक ऑनलाइन योग सत्र का आयोजन किया। सत्र का उद्देश्य इस तनावपूर्ण समय के दौरान छात्रों के भावनात्मक और मनोवैज्ञानिक कल्याण को बढ़ावा देना और योगासन के अभ्यास के माध्यम से फिटनेस और स्वस्थ जीवन शैली की संस्कृति बनाना रहा। इस सत्र के लिए प्रमुख वक्ता कैशम मोनारिटा थी, जो राष्ट्रीय और अंतर्राष्ट्रीय स्तर पर योग में स्वर्ण पदक विजेता रह चुकी हैं। सत्र के दौरान, कैशम ने योग के महत्व और इसके विभिन्न पहलुओं पर चर्चा की, विशेष रूप से मौजूदा कोविड-19 स्थितियों में और सूर्य नमस्कार के 12 विभिन्न चरणों का प्रदर्शन किया। उन्होंने सूर्य नमस्कार करने के लाभों और सही तरीके के बारे में विस्तार से बताया और दैनिक जीवन में योग आसनों के अभ्यास के निहितार्थ पर प्रकाश डाला। अंत में कुछ शीतलासन और प्राणायाम का भी प्रदर्शन किया गया। सत्र का समापन प्रतिभागियों के प्रश्नों के साथ हुआ जिन्हें मुख्य वक्ता द्वारा उपयुक्त रूप से हल किया गया था। प्राचार्या डॉ. निशा भार्गव ने प्रकृति के प्रति आभार प्रकट करने वाले पर्व मकर संक्रांति के अवसर पर सभी को शुभकामनाएँ दीं। इस सत्र की उपयोगिता पर प्रकाश डालते हुए, डॉ. भार्गव ने जोर देकर कहा कि सूर्य नमस्कार मांसपेशियों और जोड़ों को मजबूत बनाने, पावन तंत्र के कार्य को बेहतर करने और वजन कम करने जैसे विभिन्न लाभ प्रदान करता है।

## एमसीएम की एनएसएस इकाइयों ने योग सत्र के साथ मकर संक्रांति मनाई



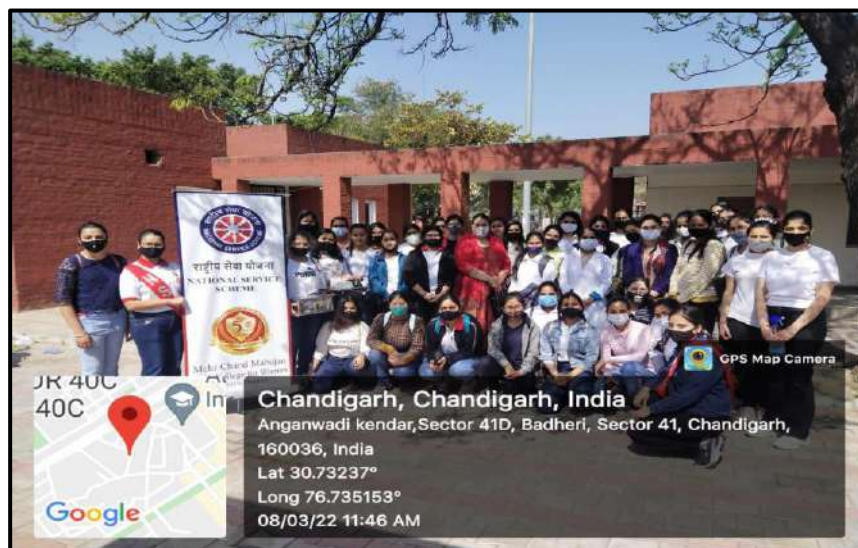
**हयूमन इंडिया/ब्यूरो चंडीगढ़।** आजादी का अमृत महोत्सव के तहत मकर संक्रांति के पवित्र अवसर को चिह्नित करने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर विमेन, चंडीगढ़ की

एनएसएस इकाइयों ने सूर्य नमस्कार फॉर वायटैलिटी पर एक ऑनलाइन योग सत्र का आयोजन किया। सत्र का उद्देश्य इस तनावपूर्ण समय के दौरान छात्रों के भावनात्मक और मनोवैज्ञानिक कल्याण को बढ़ावा

देना और योगासन के अभ्यास के माध्यम से फिटनेस और स्वस्थ जीवन शैली की संस्कृति बनाना रहा। इस सत्र के लिए प्रमुख वक्ता सुश्री कैशम मोनारिटा थी, जो राष्ट्रीय और अंतर्राष्ट्रीय स्तर पर योग में स्वर्ण

पदक विजेता रह चुकी हैं। सत्र के दौरान, सुश्री कैशम ने योग के महत्व और इसके विभिन्न पहलुओं पर चर्चा की, विशेष रूप से मौजूदा कोविड-19 स्थितियों में और सूर्य नमस्कार के 12 विभिन्न चरणों का प्रदर्शन किया। उन्होंने सूर्य नमस्कार करने के लाभों और सही तरीके के बारे में विस्तार से बताया और दैनिक जीवन में योग आसनों के अभ्यास के निहितार्थ पर प्रकाश डाला। अंत में कुछ शीतलासन और प्राणायाम का भी प्रदर्शन किया गया। सत्र का समापन प्रतिभागियों के प्रश्नों के साथ हुआ जिन्हें मुख्य वक्ता द्वारा उपयुक्त रूप से हल किया गया था। प्राचार्या डॉ. निशा भार्गव ने प्रकृति के प्रति आभार प्रकट करने वाले पर्व मकर संक्रांति के अवसर पर सभी को शुभकामनाएँ दीं। इस सत्र की उपयोगिता पर प्रकाश डालते हुए, डॉ. भार्गव ने जोर देकर कहा कि सूर्य नमस्कार मांसपेशियों और जोड़ों को मजबूत बनाने, पावन तंत्र के कार्य को बेहतर करने और वजन कम करने जैसे विभिन्न लाभ प्रदान करता है।





## 56. International Women's Day Celebration – Webinar on Cancer: An overview

**Date:** 8 March 2022

**Number of NSS Volunteers participated:** 70

### Objectives:

- To sensitize volunteers and raise awareness regarding cancer
- To help people in getting the right information about cancer - its prevention, detection, and treatment

**The Context:** International Women's Day is celebrated every year on March 8 to recognize the social, economic, cultural and political achievements of women, and raises awareness about women's equality and lobbies for accelerated gender parity.

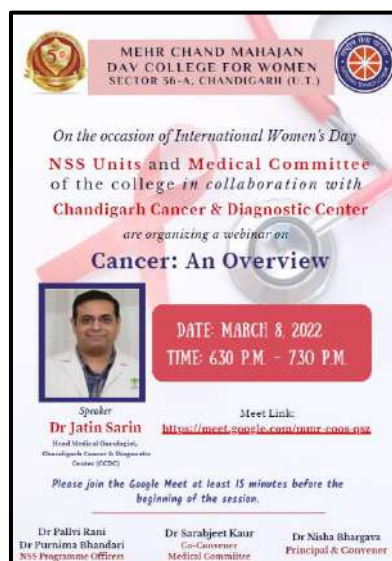
**The Practice:** On the occasion of International Women's Day Celebration, **NSS Units** and **Medical Committee** of the College in collaboration with Chandigarh Cancer & Diagnostic Center (CCDC) organized a webinar on “**Cancer: An Overview**” on



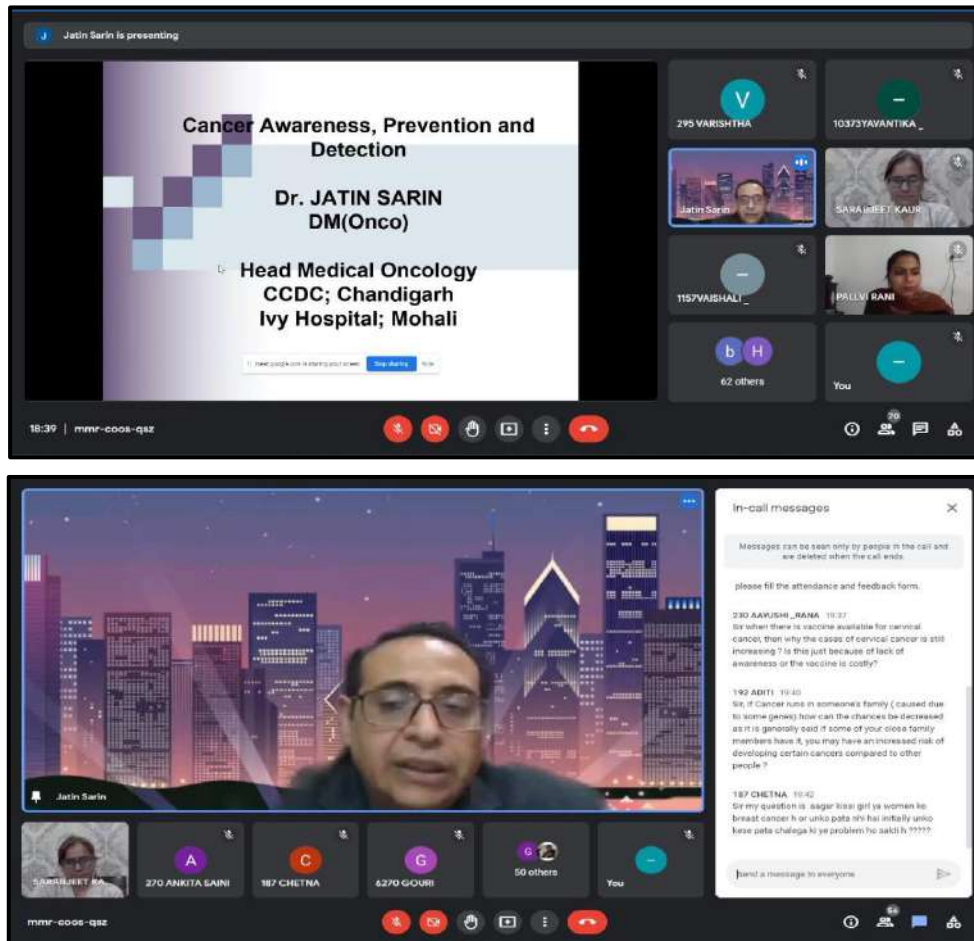
8<sup>th</sup> March, 2021 2022 as a part of ‘**Azadi Ka Amrit Mahotsav**’ under the guidance of **Principal Dr. Nisha Bhargava**. The speaker for the session was Dr. Jatin Sarin, Head Medical Oncologist, CCDC. More than 70 NSS volunteers along with their NSS Officers officer's Dr. Pallvi Rani and Dr. Purnima Bhandari and Co-Convener, Medical Committee Dr. Sarabjeet Kaur attended the webinar.

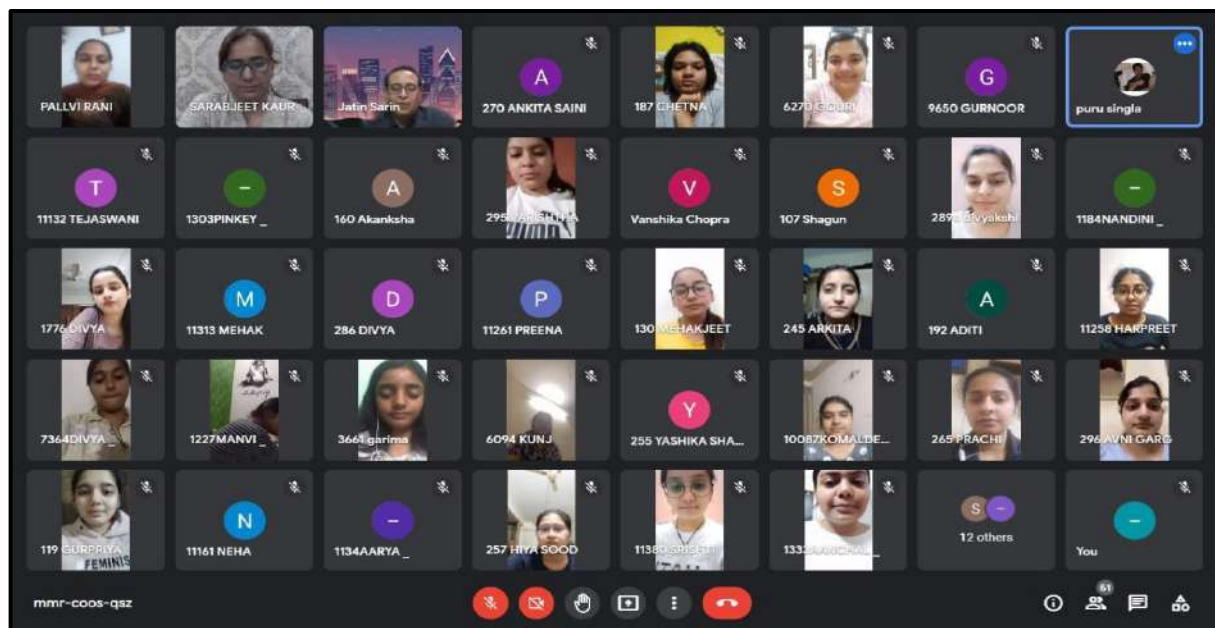
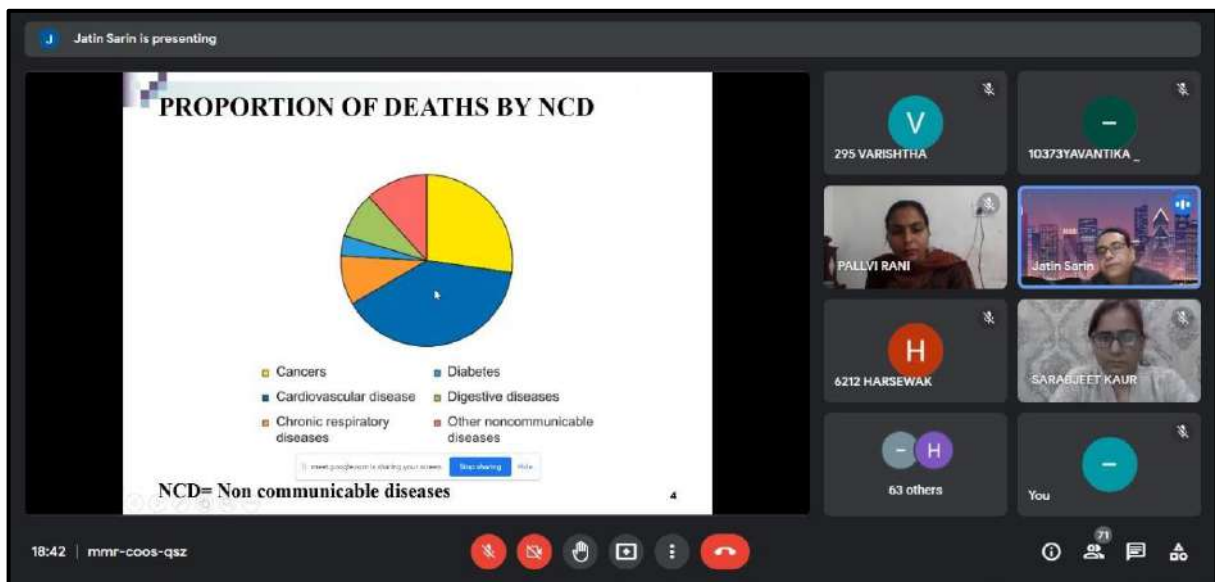
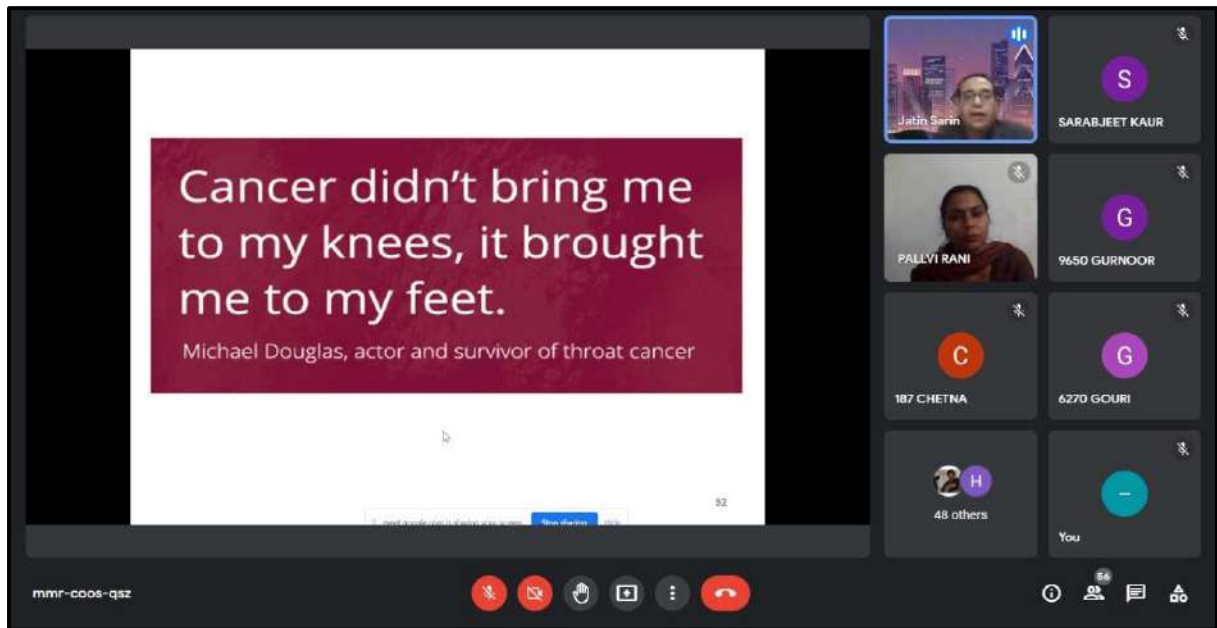


In the beginning of the session, Dr. Sarabjeet apprised NSS volunteers of the objectives, spirit and vision on the International Women's Day. During the session, Dr. Jatin Sarin provided a detailed insight on cancer while laying major emphasis on its types, causes, pre-symptoms of different types of cancer such as Breast Cancer, Cervical cancer, Ovarian cancer and Leukemia. He also highlighted the importance of early detection and available techniques to cure the disease. He laid emphasis on periodic screening and diagnosis of the diseases for timely treatment and apprised the audience of the available techniques. At the end of the session, queries by the audience were addressed by the resource person. Session ended with the vote of thanks by Dr. Pallvi Rani.



**Evidence of Success:** The webinar was a successful one as it was able to create awareness regarding cancer and its types among the audience.





## 12. Workshop on Menstrual Hygiene and reusable Pad making

**Date:** 24 March 2022

**Number of NSS Volunteers participated:** 100

### Objectives:

- To sensitize volunteers about menstrual hygiene
- To discuss the effects of using sanitary pads and their alternatives such as reusable cloth pad

**The Context:** Menstrual hygiene is a vital aspect of health education for adolescent girls. Despite being an important issue concerning women and girls in the menstruating age group, menstrual hygiene is often overlooked in post-disaster responses. Moreover, disposal of single-use pads, and tampons has become a serious environmental concern as most of them are made up of non-biodegradable plastic material. Alternatives for single-use disposal pads include reusable cloth pads that are made up of environment-friendly materials, are skin and pocket friendly and are biodegradable.

**The Practice:** With this objective, the last session of Day 3 of Seven Day/Night NSS Special Camp -2022 included a Workshop on Menstrual Hygiene and reusable Pad making that was organized by NSS Units on 24<sup>th</sup> March, 2022. The resource person of the session included Ms. Sakshi, Co-founder,



Samvaad, an NGO and Mr. Aman Singh, Menstrual Hygiene Trainer and Social Activist. During the session, Ms. Sakshi highlighted major taboos and busted myths associated with mensuration that exist in society. She discussed menstrual hygiene practices such as proper and regular bathing and the correct way of using sanitary pads. She also enlightened the volunteers about the composition and harmful effects of using single-use disposable menstrual pads and tampons.



In the second part of the session, Mr. Aman Singh suggested several alternatives to the usage of sanitary pads, tampons and menstrual cups, such as reusable cloth pads, and generated awareness regarding their composition and benefits among volunteers. In the end, a workshop on making reusable cloth pad was organized where with the help of visuals and material, he displayed the making of cloth pads.

**Evidence of Success:** This session was very informative as many myths related to menstrual hygiene were busted. Volunteers learnt many new concepts about menstrual hygiene management, the correct way of disposal of single-use pads and its various substitutes such as Cloth pads.



constructing compost pits on the college premises.

**Evidence of Success:** By the end of the workshop, volunteers were well versed in composting process and were determined to adopt this sustainable practice under Swachh Bharat Abhiyan in the adopted Village Badheri, Chandigarh. The **link to the event uploaded on the social media handle is as follows:**

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324713294661587/?type=3>



## 23. Yoga Cum Meditation Session

**Date:** 27 March 2022

**Number of NSS Volunteers participated:** 100

**Objectives:**

- To promote the Fit India campaign and encourage people to remain healthy and fit by including physical activities and sports in their daily lives
- To increase mobility and body balance, build harmony between mind and body by practicing Yoga

**The Context:** For ensuring the mental well-being of people, especially of students, the Government of India has launched Fit India Movement where several physical activities including Yoga sessions have been organized. Yoga not only enhances the

physiological as well as psychological well-being, but also relieves stress and anxiety thereby improving strength and harmony between mind and body.

**The Practice:** With this objective, a Yoga Cum Meditation Session was organized by NSS Units where the resource person of the event was Ms. Keisham Monarita, a gold medallist at National and International levels, and research scholar, Department of Physical Education, Panjab University, Chandigarh. Ms. Keisham started the session with warm-up exercises. She discussed the importance of yoga and its



aspects and demonstrated several asanas such as Suryanamaskar, Ustrasana, Shashankasana, Bhujangasana, Dhanurasana, Makarasana, Tadasanas,



Trikonāsana. All the enthusiastic volunteers did the asanas with great zeal.

Besides, she also enlightened the volunteers about different stretching and calming exercises which strengthen the body, reduce stress, anxiety, fatigue and help in building stamina.

**Evidence of Success:** The session concluded with an interactive session between the instructor and the volunteers in which the instructor addressed several queries of the volunteers. The session was very refreshing and reviving, enabling the participants to rejuvenate themselves. The link to the event uploaded on the social media handle is as follows:



<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1324713471328236/?type=3>



## RECYCLING FLORAL WASTE INNOVATIVELY

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The **Environment Committee** under the aegis of **Institution's Innovation Council (IIC) 4.0** organized an online Workshop on 'Recycling Floral Waste Innovatively' on April 22, 2022. The resource person, Ms. Poonam Sehrawat, demonstrated step wise procedures of making agarbattis, dhoop, swastik, from floral waste generated from various places. 74 students participated in the event.

## INTERNATIONAL YOGA DAY

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The **Department of Physical Education, NCC, NSS units** and **Ek Bharat Shreshtha Bharat Club**, with a view to infuse spirituality and good health among the stakeholders, undertook a 60-day Yoga programme from May 5 to June 20, 2022, to initiate fitness with fun. The programme provided hands-on training on various Yoga Asanas and Meditation to mark the celebration of International Yoga Day. The workshop was organized under the aegis of Fit India Movement and conducted by Dr. Anju Lata, Head, Department of Physical Education, Dr. Veena, Assistant Professor, and Ms. Jyoti, Assistant Professor, Department of Physical Education. 65 students and staff members benefitted from this workshop.



## FABRIC BAG MAKING

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The **Department of Home Science** organized 'कारीगरी' a workshop on fabric bag making' on May 24, 2022. The objective of the workshop was to spread awareness about the use of eco-friendly cloth bags instead of single use plastic bags. The resource person Ms. Rati Arora, Assistant Professor, Department of Home Science, demonstrated the technique of making bags out of new fabric as well as worn out fabric. They were also acquainted with the importance of recycling for environment protection. A total of 21 students learnt the art of making tassels, pompoms, bows and fabric hangings. At the end of workshop, best entries were awarded cash prizes.



## BE FEARLESS

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The **Women Development Cell** in collaboration with **Swayam Academy of Chandigarh Police**, organized 'Be Fearless', a one-week long self-defense training programme from May 30 to June 4, 2022. The aim of the programme was to empower girls with self-defense skills so as to enable them to respond effectively to potential safety threatening situations. The programme empowered 150 girls with self-defense techniques.

## BE A HEALTH MANAGER 2022

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The **Skill Development Committee** organized 'Be A Health Manager 2022' from May 30 to June 4, 2022 to promote holistic health. Its sessions were designed to accommodate taste and health in the same plate. The sessions on guilt free cakes, whole grain cookies, seasoned smoothies and ethnic pizza were conducted by eminent resource persons including Prof. Vinod Chaudhary, Department of Sociology, Panjab University, Chandigarh, Ms. Seaza, founder Green Loom; Mr. Pancham Prashar, Founder, Cue Blocks; Dr. Nancy Sahni, Senior Dietitian, PGIMER Chandigarh; Dr. Nisha Bhargava, Principal, Mehr Chand Mahajan DAV College for Women, Chandigarh, and Ms. Manju from Friends Bakery, Zirakpur. More than 140 volunteers participated in this workshop.



## WORKSHOP ON EXCEL MADE EASY

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The **UGC Committee** under the aegis of the **Internal Quality Assurance Cell** organized a Workshop for teaching faculty on 'Excel Made Easy' on 10 February, 2022. The Resource Person, Dr. Swati Sidana, Assistant Professor, Postgraduate Department of Mathematics, provided hands-on training to 40 members of teaching faculty from varied disciplines on various functions and commands of MS Excel to facilitate the compilation of data. She also gave a practical demonstration in the application of various formulas to maintain data regarding attendance, marks and internal assessment of the students.



## YOGA AND AYURVEDA

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A five-day, Integrated Yoga and Ayurveda Wellness Capacity Building Programme for Educators in Higher Education Institutions' was organized in the College from August 2 to 6, 2022 with a vision to promote holistic well-being among educators through Indian knowledge system. The resource persons of the programme were Mr. Vivek Attray; Ms. Shyampriya; Mrs. Sarghi Kohli; Mr. Roshan Lal; Mr. Kulwant Singh; Mr. Mohinder Kumar and Mr. Sumant Batish. Author, motivational speaker and former IAS officer Mr. Vivek Atray graced the inaugural session as the Chief Guest. Ms. Shyampriya, a Wellness Trainer, Lokayurved Wellness Concept, emphasised the significance of Tridosha /Panchmahabhoot and their conglomeration in one's body as the Vata, Pitta and Kapha. Mrs. Sarghi Kohli, Yoga Instructor from Government College of Yoga Education, Chandigarh emphasized on the Shatkriya /Shatkarma. She demonstrated the 6 cleansing techniques namely - Dhauti (Upper abdomen), Nauli (churning of the abdominal muscles), Basti (Lower abdomen), Trataka (steady eyesight gazing), Neti and Kapalbhati. More than 50 staff members enthusiastically participated and benefited from the programme.

## WORKSHOP ON PLANT DISEASES

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The **IQAC** in collaboration with the **Department of Botany** and the **Add On Course in Floriculture and Landscaping** organized a workshop for the teaching and technical staff on various plant diseases on February 22, 2022. Titled 'An Overall View of Vegetable and Ornamental Plant Diseases: Symptoms and Management, the workshop was conducted by Dr. Kishore Sharma, Scientist - Plant Pathology, College of Horticulture and Forestry, Thunag Distt. - Mandi, HP. In this event, 35 students, 10 members of the faculty, 8 gardeners and 3 members of the non-teaching staff participated enthusiastically.



2020-21

## Online Yoga Classes at MCM



With the stressful pandemic situation bringing into spotlight the need for holistic healing, the Physical Education Department of Mehr Chand Mahajan DAV College for Women undertook the novel initiative of organised online yoga classes for faculty and students. The objective of the classes is to introduce the participants to the nuances of yoga so as to enable them to strengthen their immunity and thus, enhance their wellbeing. The classes are organised daily in the morning and evening by various yoga experts including Ms. Pinki, an International Yoga World Championship winner and alumni of MCM and Dr. Anju Lata, Head, Department of Physical Education.

Principal Dr. Nisha Bhargava, herself a follower of yogic practices, asserted that yoga is our ancient way of life which is now hailed worldwide for its ability to induce holistic healing. She added that in the light of the present stressful times, this endeavour of the Physical Education Department is praiseworthy.

# एमसीएम में ऑनलाइन योग कक्षाएं



चंडीगढ़ (हिमप्रभा ब्यूरो)। तनावपूर्ण महामारी की स्थिति में शारीरिक एवं मानसिक स्वास्थ्य को संतुलित बनाये रखने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन के शारीरिक शिक्षा विभाग ने कॉलेज के फैकल्टी मेम्बर्स और छात्राओं के लिए ऑनलाइन योग कक्षाएं आयोजित की। इन योग कक्षाओं का उद्देश्य प्रतिभागियों को योग की बारीकियों से परिचित कराना है ताकि वे अपनी आंतरिक प्रतिरक्षा को मजबूत कर सकें। यह योग कक्षाएं, एमसीएम के पूर्व छात्रा एवं एक अंतर्राष्ट्रीय योग विश्व चैम्पियनशिप विजेता, सुश्री पिकी, कॉलेज के शारीरिक शिक्षा विभाग की प्रमुख डॉ अंजु लता सहित विभिन्न योग विशेषज्ञों द्वारा सुबह और शाम को दैनिक रूप से आयोजित की जाती हैं। इन कक्षाओं में प्रतिभागियों को योग विशेषज्ञों द्वारा विभिन्न आसनों से परिचित कराया जाता है तथा इन आसनों का उचित निर्देशों के साथ व्यवहारिक प्रदर्शन भी किया जाता है। प्रिंसिपल डॉ निशा भार्गव, जो स्वयं योगाभ्यास में रुचि रखती हैं ने कहा कि योग एक विज्ञान है, जीवन जीने की कला है, जिसके जरिए प्रत्येक व्यक्ति अपने जीवन को निरोगी एवं व्यवस्थित बना सकता है और अब यह समग्र चिकित्सा उपचार की क्षमता के लिए दुनिया भर में प्रसिद्ध है। उन्होंने कहा कि वर्तमान तनावपूर्ण समय में शारीरिक शिक्षा विभाग का यह प्रयास सराहनीय है।

## ऑनलाइन योग क्लासेज आयोजित

चंडीगढ़, 13 अगस्त (आशीष): कोरोना की इस तनावपूर्ण स्थिति में शारीरिक एवं मानसिक स्वास्थ्य को संतुलित बनाए रखने के लिए सैक्टर-36 स्थित एम.सी.एम. डी.ए.वी. कॉलेज फॉर वीमेन के फिजिकल एजुकेशन डिपार्टमेंट ने कॉलेज के फैकल्टी मेम्बर्स और छात्राओं के लिए ऑनलाइन योग कक्षाएं आयोजित की। योग कक्षाओं का उद्देश्य प्रतिभागियों को योग की बारीकियों से परिचित कराना है। प्रिंसिपल डॉ. निशा भार्गव, जो स्वयं योगाभ्यास में रुचि रखती हैं ने कहा कि योग एक विज्ञान है, जीवन जीने की कला है। जिसके जरिए प्रत्येक व्यक्ति अपने जीवन को निरोगी एवं व्यवस्थित बना सकता है।



Report of Initiatives taken by Department of Physical Education (2020 to 2021)

Mehr Chand Mahajan DAV College for Women, Chandigarh



# एमसीएम में ऑनलाइन योग कक्षाएं शुरू

चंडीगढ़, 13 अगस्त (राकेश): तनावपूर्ण महामारी की स्थिति में शारीरिक एवं मानसिक स्वास्थ्य को संतुलित बनाए रखने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमैन के शारीरिक शिक्षा विभाग ने कॉलेज के फैकल्टी मेंबर्स और छात्राओं के लिए ऑनलाइन योग कक्षाएं आयोजित की। इन योग कक्षाओं का उद्देश्य प्रतिभागियों को योग की बारीकियों से परिचित कराना है, ताकि वे अपनी आंतरिक प्रतिरक्षा को मजबूत कर सकें। यह योग कक्षाएं, एमसीएम के पूर्व छात्रा एवं एक अंतर्राष्ट्रीय योग विश्व चैम्पियनशिप विजेता पिंकी, कॉलेज के शारीरिक शिक्षा विभाग की प्रमुख डा. अंजु लता सहित विभिन्न योग विशेषज्ञों द्वारा सुबह और शाम को दैनिक रूप से आयोजित की जाती हैं। इन कक्षाओं में प्रतिभागियों को योग विशेषज्ञों द्वारा विभिन्न आसनों से परिचित कराया जाता है तथा इन आसनों का उचित निर्देशों के साथ व्यावहारिक प्रदर्शन भी किया जाता है। प्रिंसिपल डा. निशा



तनावपूर्ण स्थिति में शारीरिक एवं मानसिक स्वास्थ्य को संतुलित रखने के लिए ऑनलाइन योग करती छात्राएं। - अनिल

भार्गव, जो स्वयं योगाभ्यास में रुचि रखती हैं ने कहा कि योग एक विज्ञान है, जीवन जीने की कला है, जिसके जरिए प्रत्येक व्यक्ति अपने जीवन को निरोगी एवं व्यवस्थित बना सकता है

और अब यह समग्र चिकित्सा उपचार की क्षमता के लिए दुनिया भर में प्रसिद्ध है। उन्होंने कहा कि वर्तमान तनावपूर्ण समय में शारीरिक शिक्षा विभाग का यह प्रयास सराहनीय है।

## एमसीएम डीएवी कॉलेज में ऑनलाइन योग कक्षाओं का किया आयोजन



चंडीगढ़। तनावपूर्ण महामारी की स्थिति में शारीरिक एवं मानसिक स्वास्थ्य को संतुलित बनाये रखने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन के शारीरिक शिक्षा विभाग ने कॉलेज के फैकल्टी मेंबर्स और छात्राओं के लिए ऑनलाइन योग कक्षाएं आयोजित की। इन योग कक्षाओं का उद्देश्य प्रतिभागियों को योग की बारीकियों से परिचित कराना है ताकि वे अपनी आंतरिक प्रतिरक्षा को मजबूत कर सकें। यह योग कक्षाएं, एमसीएम के पूर्व छात्रा एवं एक अंतर्राष्ट्रीय योग विश्व चैम्पियनशिप विजेता, सुश्री पिंकी, कॉलेज के शारीरिक शिक्षा विभाग की प्रमुख डॉ. अंजु लता सहित विभिन्न योग विशेषज्ञों द्वारा सुबह और शाम को दैनिक रूप से आयोजित की जाती हैं। इन कक्षाओं में प्रतिभागियों को योग विशेषज्ञों द्वारा विभिन्न आसनों से परिचित कराया जाता है तथा इन आसनों का उचित निर्देशों के साथ व्यवहारिक प्रदर्शन भी किया जाता है। प्रिंसिपल डॉ. निशा भार्गव, जो स्वयं योगाभ्यास में रुचि रखती हैं ने कहा कि योग एक विज्ञान है, जीवन जीने की कला है, जिसके जरिए प्रत्येक व्यक्ति अपने जीवन को निरोगी एवं व्यवस्थित बना सकता है।

## एमसीएम में ऑनलाइन योग कक्षाएं आयोजित



चंडीगढ़, 13 अगस्त। तनावपूर्ण महामारी की स्थिति में शारीरिक एवं मानसिक स्वास्थ्य को संतुलित बनाये रखने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन के शारीरिक शिक्षा विभाग ने कॉलेज के फैकल्टी मेंबर्स और छात्राओं के लिए ऑनलाइन योग कक्षाएं आयोजित की। इन योग कक्षाओं का उद्देश्य प्रतिभागियों को योग की बारीकियों से परिचित कराना है ताकि वे अपनी आंतरिक प्रतिरक्षा को मजबूत कर सकें। यह योग कक्षाएं, एमसीएम के पूर्व छात्रा एवं एक अंतर्राष्ट्रीय योग विश्व चैम्पियनशिप विजेता, सुश्री पिंकी, कॉलेज के शारीरिक शिक्षा विभाग की प्रमुख डॉ. अंजु लता सहित विभिन्न योग विशेषज्ञों द्वारा सुबह और शाम को दैनिक रूप से आयोजित की जाती हैं। इन कक्षाओं में प्रतिभागियों को योग विशेषज्ञों द्वारा विभिन्न आसनों से परिचित कराया जाता है तथा इन आसनों का उचित निर्देशों के साथ व्यवहारिक प्रदर्शन भी किया जाता है। प्रिंसिपल डॉ. निशा भार्गव, जो स्वयं योगाभ्यास में रुचि रखती हैं ने कहा कि योग एक विज्ञान है, जीवन जीने की कला है, जिसके जरिए प्रत्येक व्यक्ति अपने जीवन को निरोगी एवं व्यवस्थित बना सकता है और अब यह समग्र चिकित्सा उपचार की क्षमता के लिए दुनिया भर में प्रसिद्ध है। उन्होंने कहा कि वर्तमान तनावपूर्ण समय में शारीरिक शिक्षा विभाग का यह प्रयास सराहनीय है।



## एमसीएम डीएवी कॉलेज में ऑनलाइन योग कक्षाएं आयोजित



**विनोद कुमार, (फास्ट मीडिया)**  
**चंडीगढ़।** तनावपूर्ण महामारी की स्थिति में शारीरिक एवं मानसिक स्वास्थ्य को संतुलित बनाये रखने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन के शारीरिक शिक्षा विभाग ने कॉलेज के फैकल्टी मेम्बर्स और छात्राओं के लिए ऑनलाइन योग कक्षाएं आयोजित की। इन योग कक्षाओं का उद्देश्य प्रतिभागियों को योग की बारीकियों से परिचित कराना है ताकि वे अपनी आंतरिक प्रतिरक्षा को मजबूत कर सकें। यह योग कक्षाएं, एमसीएम के पूर्व छात्रा एवं एक अंतर्राष्ट्रीय योग विश्व चैम्पियनशिप विजेता, सुश्री पिकी, कॉलेज के शारीरिक शिक्षा विभाग की प्रमुख डॉ. अंजु लता सहित विभिन्न योग विशेषज्ञों द्वारा सुबह और शाम को दैनिक रूप से आयोजित की जाती हैं। इन कक्षाओं में प्रतिभागियों को योग विशेषज्ञों द्वारा विभिन्न आसनों से परिचित कराया जाता है तथा इन आसनों का उचित निर्देशों के साथ व्यवहारिक प्रदर्शन भी किया जाता है। प्रिंसिपल डॉ. निशा भार्गव, जो स्वयं योगाभ्यास में रूचि रखती हैं ने कहा



कि योग एक विज्ञान है, जीवन जीने की कला है, जिसके जरिए प्रत्येक व्यक्ति अपने जीवन को निरोगी एवं व्यवस्थित बना सकता है और अब यह समग्र चिकित्सा उपचार की क्षमता के लिए दुनिया भर में प्रसिद्ध है। उन्होंने कहा कि वर्तमान तनावपूर्ण समय में शारीरिक शिक्षा विभाग का यह प्रयास सराहनीय है।

## एमसीएम डीएवी कॉलेज में ऑनलाइन योग कक्षाएं आयोजित

**विनोद कुमार, चंडीगढ़।** तनावपूर्ण महामारी की स्थिति में शारीरिक एवं मानसिक स्वास्थ्य को संतुलित बनाये रखने के लिए, मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन के शारीरिक शिक्षा विभाग ने कॉलेज के फैकल्टी मेम्बर्स और छात्राओं के लिए ऑनलाइन योग कक्षाएं आयोजित की। इन योग कक्षाओं का उद्देश्य प्रतिभागियों को योग की बारीकियों से परिचित कराना है ताकि वे अपनी आंतरिक प्रतिरक्षा को मजबूत कर सकें। यह योग कक्षाएं, एमसीएम के पूर्व छात्रा एवं एक अंतर्राष्ट्रीय योग विश्व चैम्पियनशिप विजेता, सुश्री पिकी, कॉलेज के शारीरिक शिक्षा विभाग की प्रमुख डॉ. अंजु लता सहित विभिन्न योग विशेषज्ञों द्वारा सुबह और शाम को दैनिक रूप से आयोजित की जाती हैं। इन कक्षाओं में प्रतिभागियों को योग विशेषज्ञों द्वारा विभिन्न आसनों से परिचित कराया जाता है तथा इन आसनों का उचित निर्देशों के साथ व्यवहारिक प्रदर्शन भी



किया जाता है। प्रिंसिपल डॉ. निशा भार्गव, जो स्वयं योगाभ्यास में रूचि रखती हैं ने कहा कि योग एक विज्ञान है, जीवन जीने की कला है, जिसके जरिए प्रत्येक व्यक्ति अपने जीवन को निरोगी एवं व्यवस्थित बना सकता है और अब यह समग्र चिकित्सा उपचार की क्षमता के लिए दुनिया भर में प्रसिद्ध है। उन्होंने कहा कि वर्तमान तनावपूर्ण समय में शारीरिक शिक्षा विभाग का यह प्रयास सराहनीय है।

## एमसीएम डीएवी कॉलेज में ऑनलाइन योग कक्षाएं

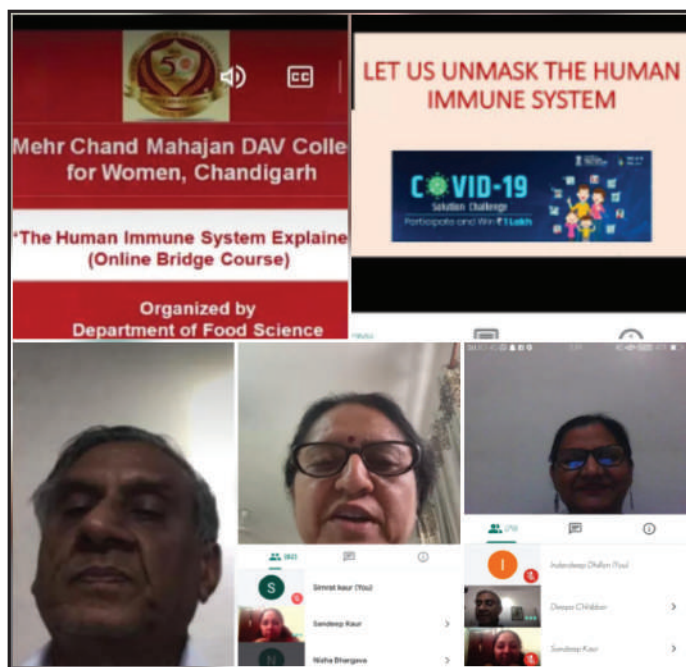
**चंडीगढ़।** तनावपूर्ण महामारी की स्थिति में शारीरिक एवं मानसिक स्वास्थ्य को संतुलित बनाए रखने के लिए मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन के शारीरिक शिक्षा विभाग ने कॉलेज के फैकल्टी मेम्बर्स और छात्राओं के लिए ऑनलाइन योग कक्षाएं लगाई। इन योग कक्षाओं का उद्देश्य प्रतिभागियों को योग की बारीकियों से परिचित कराना है, ताकि वे अपनी आंतरिक प्रतिरक्षा को मजबूत कर सकें। यह योग कक्षाएं एमसीएम की पूर्व छात्रा पिकी, कॉलेज के शारीरिक शिक्षा विभाग की प्रमुख डॉ. अंजु लता सहित विभिन्न योग विशेषज्ञों द्वारा सुबह और शाम को दैनिक रूप से आयोजित की जाती हैं। प्रिंसिपल डॉ. निशा भार्गव ने कहा कि योग एक विज्ञान है, जीवन जीने की कला है, जिसके जरिए प्रत्येक व्यक्ति अपने जीवन को निरोगी एवं व्यवस्थित बना सकता है।

### एमसीएम में ऑनलाइन योग कक्षाएं आयोजित

**चंडीगढ़।** सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज फॉर वीमेन में वीरवार को शारीरिक शिक्षा विभाग ने कॉलेज के फैकल्टी मेम्बर्स और छात्राओं के लिए ऑनलाइन योग कक्षाओं का आयोजन किया। इन कक्षाओं का संचालन अंतरराष्ट्रीय योग विश्व चैम्पियन पिकी और कॉलेज के शारीरिक शिक्षा विभाग के प्रमुख डॉ. अंजु लता ने किया।

बता दें कि इन योग कक्षाओं को चलाने का उद्देश्य है कि प्रतिभागियों को योग की बारीकियों से परिचित कराया जाए। इससे उनकी आंतरिक प्रतिरक्षा मजबूत हो सके। इन कक्षाओं के माध्यम से प्रतिभागियों को योग के विभिन्न आसनों परिचित कराया गया है। प्रिंसिपल डॉ. निशा भार्गव ने शारीरिक शिक्षा विभाग के इस प्रयास की सराहना की। यूट्यू

## BRIDGE COURSE ON THE HUMAN IMMUNE SYSTEM



An online Bridge Course on the Human Immune System was organized by the **Department of Microbial and Food Technology** from July 21 to 26, 2020. Prof. Vijay Prabha from the department of Microbiology, Panjab University, Chandigarh; Dr. Jyoti, Senior Assistant Professor, Dr. Harvansh Singh Judge, Institute of Dental Sciences and Hospital, Panjab University, Chandigarh; Dr. Vandana Sharma and Dr. Sandeep Kaur, Assistant professors, Mehr Chand Mahajan DAV College for Women, Chandigarh were the resource persons. 60 students participated in the event that was aimed at understanding the diverse aspects related with the human immune system and the measures to boost it.

## ORIENTATION COURSE ON SOCIOLOGY AND ITS FUNDAMENTALS

The **Postgraduate Department of Sociology** organized a comprehensive 10-day Introductory Online Orientation Course on “Sociology and its Fundamentals” from July 23 to August 1, 2020. The resource persons for the course were Ms. Pallavi Kapila, Dr. Minakshi Rana and Miss Shabnam. A total of 30 students from across the country benefitted from the course which focused on the understanding of the fundamental concepts of Sociology.

## BRIDGE COURSE FOR BEGINNERS IN RESEARCH

A ‘Bridge Course for Beginners in Research’ was held under the aegis of the **Postgraduate Department of Sociology** from August 4 to 18, 2020. Dr. Neeraj Kumar, Deputy Librarian, Panjab University, Dr. Minakshi Rana, Ms. Pallavi Kapila and Ms. Shabnam, Assistant professors in the department, were the resource persons. A total of 66 participants registered for the course which focused on an understanding of basic concepts of research, writing a research proposal, data collection tools, statistical analysis of findings, and use of computer to facilitate research.







## **Workshop on Entrepreneurship & Innovation as Career Opportunity**

**(21 November 2020)**

A workshop on “Entrepreneurship & Innovation as Career Opportunity” was organized on 21 November 2020. Mr. Sidhant Banura, Director at Ashvamegha Solutions with a demonstrated history of knowledge in the food processing industry was the speaker for the session. Around 70 students and 10 faculty members attended the session. Mr. Banura highlighted the tenets and values of entrepreneurship with the participants. Having gained expertise in the areas of Food Labeling, Food Safety, Plasma Treatment, Market Research; he shared his personal insights and experiences in the area. Furthermore, he emphasized on the imperativeness of risk-taking in the field of entrepreneurship. Mr. Banura highlighted that in order to have entrepreneurship as career, one need to have a clearly laid out plan and must have thorough self-introspection to tackle the challenges of managing an entrepreneur. He emphasized on personal traits like persistence, focus, discipline, and hard work which are absolutely irreplaceable to have a successful career in any field. Being himself an entrepreneur, he inspired participating students to convert their ideas into innovative products or solutions and start a career of their own. He also suggested the students to join online courses on Innovation and Entrepreneurship offered by various online platforms like SWAYAM, NPTEL etc. Overall it was a successful workshop to foster the culture of entrepreneurship skills and innovation and guided them to have successful professional futures.



**Mehar Chand Mahajan DAV College for Women**  
 Sector 36-A, Chandigarh  
[www.mcmcdavcwchd.edu.in](http://www.mcmcdavcwchd.edu.in)



**Institution's Innovation Council 3.0**  
 Organizes  
**Workshop on**  
**Entrepreneurship & Innovation as Career Opportunity**  
**Resource Person: Sh. Sidhant Banura**  
 Director, Ashvamegha Solutions

**GENERAL INSTRUCTIONS FOR THE PARTICIPANTS**

- The session will begin at 2:00 p.m. sharp.
- Join the session five minutes prior to the scheduled time through your Institutional Id.
- Only first hundred participants will be allowed to join.
- Remain on Mute Mode and switch off your personal video throughout the session.
- In case of any problem or query during the session, post it in the chat box.
- Attendance Form will be shared in the Chat box during the webinar. It will be available for half an hour.
- Meeting Link: <https://www.zoom.us/j/92045678901>


Dr. Vandana Sharma  
Coordinator

Dr. Neetu  
Convener, IIC

Dr. Indu Arora  
Vice President, IIC


Dr. Nisha Bhargava  
President (IIC) & Principal

REC Sidhant Banura is presenting






Chitra Gurgani Dhoga  
Co-Founder, Ashvamegha Solutions

Entrepreneurship excites me and the more I do it, the more I love it.











It is not to stand for those women who want to be beautiful for themselves, but for men or other women.










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






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







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REC Sidhant Banura is presenting



**5+1 S Formula**

SADHNA (Domain Expertise)

SEVA (Helping)

SUCCESS

SOFT SKILLS

SMILE (Be Happy)

SATSANG (Good Company)

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**Title of the Activity: WORKSHOP ON “MENTAL HEALTH AND EMOTIONAL WELLNESS IN THE COVID-19 PANDEMIC: COPING WITH ANXIETY AND DEPRESSION”**

**Name of the Committee: Geetanjali Counselling Helpline & NSS Units**

**Activity Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology, Dr Pallvi Rani and Dr Purnima Bhandari, NSS Programme Officers**


**Date of the Activity: 11<sup>th</sup> May, 2020**

**Number of participants: 40 NSS Volunteers**

**Objective:** The main objectives of the webinar include providing significant insights on the various risk factors of psychological distress during this pandemic, psychoeducation on vulnerability to various mental health disorders arising during the COVID 19 pandemic, managing the effects of uncertainty and social isolation, effective coping strategies for controlling anxiety and depression in youth during this challenging time.

**Practice:** With a view to impart psychoeducation on management of mental health issues arising during the pandemic, the NSS units and Geetanjali Counselling Helpline Committee of Mehr Chand Mahajan DAV College for Women organized a highly relevant webinar titled 'Mental Health and Emotional Wellness in the COVID-19 Pandemic: Coping with Anxiety and Depression'. Dr. Nitasha Khehra, Assistant Professor, Postgraduate Department of Psychology and Convenor, Geetanjali Counselling Helpline Committee conducted the webinar that witnessed an enthusiastic participation of 40 NSS volunteers. Dr Nitasha Khehra provided the participants with significant insights on the various risk factors of psychological distress during this COVID 19 Pandemic, managing the effects of social isolation and vulnerability to various mental health disorders arising during the pandemic. She elucidated the symptoms, causes, associated specific brain areas and neurochemical imbalances responsible for the mental disorders such as anxiety, depression, obsessive compulsive disorder, hypochondriasis, etc. Dr. Khehra enlightened the volunteers about various critical aspects of managing one's psychological well-being including effective coping strategies for management of dysfunctional beliefs & negative emotions and constructive techniques for promoting positive mental health and emotional well-being among family members during the lockdown. Dr. Khehra also touched upon the importance of sleep hygiene, gratitude activities, attention centering techniques, mindfulness, and self-care activities in keeping oneself afloat during these trying times. The NSS volunteers deeply appreciated the webinar, gave wonderful feedback and found the contents extremely beneficial. All their psychological concerns and mental health related queries were resolved effectively by the resource person.

**WEBINAR ON MENTAL HEALTH & EMOTIONAL WELLNESS DURING COVID 19: COPING WITH ANXIETY & DEPRESSION**



Organized by NSS UNITS in collaboration with  
**GEETANJALI COUNSELLING HELPLINE**  
Mehr Chand Mahajan DAV College for Women, Chandigarh

Convener: Dr Nisha Bhargava (Principal)  
Co-ordinators: Dr Nitasha Khehra  
Ms Pallvi Rani  
Dr Purnima Bhandari

As the human race battles one of the biggest pandemics in recent history, it is fighting not just the virus but also weathering its psychological impact. The uncertainty about the immediate future, need for social distancing and isolation brought about by the crisis have led to an increase in mental distress.

**Webinar Objectives:**

1. Psychoeducation on vulnerability to various mental health disorders arising during the pandemic
2. Management of negative emotions and effective coping strategies for controlling anxiety and depression
3. Strategies for maintaining positive mental health and emotional wellbeing during this challenging time

Date: 11<sup>th</sup> May, 2020 Time: 4:00 to 5:30 pm

Registration: NSS Volunteers are requested to register on <https://bit.ly/3ecpxQB>. The webinar would be conducted through WebEx. Interested participants would be provided with the login ID and password.



## Webinars on mental health, emotional wellness and mindfulness by MCM

**CHANDIGARH (RAJIV JAIN) :** With a view to impart psychoeducation on management of mental health during the pandemic, the NSS units and Geetanjali Counselling Helpline Committee of Mehr Chand Mahajan DAV College for Women organized a highly relevant webinar titled 'Mental Health and Emotional Wellness in the COVID-19 Pandemic: Coping with Anxiety and Depression'. Dr. Nitasha Khehra, Assistant Professor, Postgraduate Department of Psychology and Convenor, Geetanjali Counselling Helpline Committee, MCM DAV College conducted the webinar that witnessed enthusiastic participation of over 40 NSS volunteers. Aiming to create mental and emotional awareness during the current crisis, Dr. Nitasha Khehra enlightened the volunteers about various critical aspects of managing one's psychological and emotional well-being including the management of negative emotions, effective coping strategies for controlling anxiety and depression, and strategies for maintaining positive mental health and emotional well-being.

### मेंटल हेल्थ, इमोशनल वेलनेस पर वेबिनार

**चंडीगढ़।** कोविड - 19 महामारी के दौरान मानसिक स्वास्थ्य के प्रबंधन पर मनोचिकित्सा प्रदान करने के उद्देश्य से, मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन की एनएसएस इकाइयों और परामर्श हेल्पलाइन समिति ने मेंटल हेल्थ एंड इमोशनल वेलनेस इन द कोविड - 19 पेंडेमिक - कोपिंग विद एक्सआईटी एंड डिप्रेशन विषय पर एक अत्यधिक प्रासंगिक वेबिनार का आयोजन किया। एमसीएम डीएवी कॉलेज के पोस्टग्रेजुएट डिपार्टमेंट ऑफ साइकोलॉजी की असिस्टेंट प्रोफेसर तथा गीतांजलि परामर्श हेल्पलाइन समिति की कन्वीनर डॉ. नताशा खेहरा ने इस वेबिनार का संचालन किया जिसमें चालीस से अधिक एनएसएस स्वयंसेवकों ने उत्साहपूर्वक भाग लिया। वर्तमान संकट के दौरान मानसिक और भावनात्मक जागरूकता बढ़ाने के उद्देश्य से आयोजित इस वेबिनार में डॉ. नीतिशा खेहरा ने स्वयंसेवकों को मनोवैज्ञानिक और भावनात्मक कल्याण के विभिन्न महत्वपूर्ण पहलुओं के बारे में बताया, जिसमें नकारात्मक भावनाओं का प्रबंधन, चिंता और अवसाद को नियंत्रित करने के लिए प्रभावी रणनीति शामिल हैं। सकारात्मक मानसिक स्वास्थ्य और भावनात्मक कल्याण बनाए रखने के लिए मस्तिष्क को संतुलित करने में ध्यान की भूमिका पर चर्चा करते हुए डॉ. खेहरा ने अच्छी नींद, शारीरिक व्यायाम, पौष्टिक भोजन, सकारात्मक सोच और खुद को बचाए रखने में आत्म-देखभाल के महत्व पर जोर दिया। इस वेबिनार में स्वयंसेवकों ने लॉकडाउन के दौरान चिंता और अवसाद से निपटने के लिए किए जाने वाले उपायों के बारे में सीखा और अपनी विशेषज्ञ से प्रश्न पूछकर अपनी जिज्ञासाओं का समाधान भी प्राप्त किया।

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## छात्राओं ने मानसिक स्वास्थ्य पर की चर्चा

एमसीएम डीएवी कॉलेज फॉर वुमन में वेबिनार का आयोजन



मेंटल हेल्थ वेबिनार में भाग लेती एमसीएम की छात्राएं। संवाद

संवाद न्यूज एजेंसी

**चंडीगढ़।** कोविड-19 महामारी के दौरान मानसिक स्वास्थ्य के प्रबंधन पर मनोचिकित्सा प्रदान करने के उद्देश्य से एमसीएम डीएवी कॉलेज फॉर वुमन में वेबिनार का आयोजन किया गया।

एनएसएस इकाइयों और परामर्श हेल्पलाइन समिति ने मेंटल हेल्थ एंड इमोशनल वेलनेस इन द कोविड-19 पेंडेमिक : कोपिंग विद एक्सआईटी एंड डिप्रेशन विषय पर वेबिनार करवाया। कैंपस के पोस्ट ग्रेजुएट डिपार्टमेंट ऑफ साइकोलॉजी की असिस्टेंट प्रोफेसर और गीतांजलि परामर्श हेल्पलाइन समिति की कन्वीनर डॉ. नताशा खेहरा ने इसका संचालन किया। इसमें 40 से अधिक

एनएसएस स्वयंसेवकों ने भाग लिया। डॉ. नताशा खेहरा ने स्वयंसेवकों को मनोवैज्ञानिक और भावनात्मक कल्याण के विभिन्न महत्वपूर्ण पहलुओं के बारे में बताया। डॉ. खेहरा ने अच्छी नींद, शारीरिक व्यायाम, पौष्टिक भोजन, सकारात्मक सोच और खुद को बचाए रखने में आत्म देखभाल के महत्व पर जोर दिया। वेबिनार का मुख्य उद्देश्य छात्राओं को माइंडफुलनेस की अवधारणा, इसके विभिन्न प्रकारों और इसके अभ्यास से परिचित करना था। कॉलेज प्रिंसिपल डॉ. निशा भार्गव ने कहा कि वर्तमान संक्रमण के दौर में हमारे मानसिक स्वास्थ्य की सुरक्षा के लिए ये मूल्यवान, विवेकपूर्ण चिंतन हमारी जीवन शैली को पुनः नवीनीकृत करने में सहायक हैं।

### छात्राओं को बताया गया कैसे रहें तनाव से दूर

जासं, चंडीगढ़ : एमसीएम डीएवी कॉलेज फॉर वुमन-36 में वीरवार को मेंटल हेल्थ एंड इमोशनल वेलनेस इन द कोविड-19 पेंडेमिक शीर्षक पर छात्राओं को जानकारी दी गई। कॉलेज के पोस्ट ग्रेजुएट डिपार्टमेंट ऑफ साइकोलॉजी की असिस्टेंट प्रोफेसर डॉ. नताशा खेहरा ने इस वेबिनार का संचालन किया। इसमें 40 से अधिक एनएसएस स्वयंसेवकों ने भाग लिया। छात्राओं को बताया गया कि सकारात्मक मानसिक स्वास्थ्य और भावनात्मक कल्याण बनाए रखने के लिए मस्तिष्क को संतुलित करने के लिए अच्छी नींद, शारीरिक व्यायाम, पौष्टिक भोजन, सकारात्मक सोच जरूरी हैं। सहायक प्रोफेसर



एमसीएम डीएवी कॉलेज में वेबिनार में हिस्सा लेती हुई छात्राएं • कॉलेज

डॉ. आकांक्षा त्रिपाठी ने छात्राओं को माइंडफुलनेस के बारे में जानकारी दी। छात्राओं को भ्रम, बेचैनी, भविष्य की चिंता, सामाजिक और अलगाव की विशेषता के इस कठिन समय के दौरान माइंडफुलनेस जैसी महत्वपूर्ण तकनीक से अभ्यस्त होने पर जोर दिया।

### माइंडफुलनेस पर वैबिनार आयोजित

**चंडीगढ़, 15 मई (आकृति) :** कोविड-19 महामारी के दौरान मानसिक स्वास्थ्य के प्रबंधन पर मनोचिकित्सा प्रदान करने के उद्देश्य से एम.सी.एम. डी.ए.वी. कॉलेज फॉर वुमन की एन.एस.एस. इकाइयों और परामर्श हेल्पलाइन समिति ने मेंटल हेल्थ एंड इमोशनल वेलनेस इन द कोविड-19 पेंडेमिक : कोपिंग विद एक्सआईटी एंड डिप्रेशन विषय पर अत्यधिक प्रासंगिक वेबिनार का आयोजन किया। पोस्ट ग्रेजुएट डिपार्टमेंट ऑफ साइकोलॉजी की असिस्टेंट प्रोफेसर तथा गीतांजलि परामर्श हेल्पलाइन समिति की कन्वीनर डॉ. नताशा खेहरा ने वेबिनार का संचालन किया। इसमें 40 से ज्यादा स्वयंसेवकों ने हिस्सा लिया। डॉ. नीतिशा खेहरा ने स्वयंसेवकों को मनोवैज्ञानिक और भावनात्मक कल्याण के विभिन्न महत्वपूर्ण पहलुओं के बारे में बताया। वेबिनार में स्वयंसेवकों ने लॉकडाउन के दौरान चिंता और अवसाद से निपटने के लिए किए जाने वाले उपायों के बारे में सीखा। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने कहा कि वर्तमान संक्रमण के दौर में अस्तित्व के लिए जूझते मानव जीवन के इस दौर में, इस तरह के वेबिनारों की आवश्यकता है।

In her session on Practice of Yoga for Mindfulness, Dr. Sapna Nanda spoke about how the practice of yoga helps in leading fulfilling lives. She also talked about elements like Vairagya and Karuna which help to create self awareness.

Reflecting upon rich Indian History and Culture for Character Building, Dr. Sudhi Mandloi spoke about how our rich tradition guides us to remain focused on the sublime values that our 'Dharma' teaches us. She said that composite culture is the hallmark of our culture and we should continue to live up to these ideals.

### **e-Workshop on Yoga and Meditation** **17<sup>th</sup> March, 2021**

**Mehr Chand Mahajan**  
**DAV College for Women**  
Sector 36-A, Chandigarh

**Food For Mind, Body and Soul**  
A Hands-on Training-cum-workshop on  
**Yoga and Meditation**  
Organized under the aegis of  
Rashtriya Uchchatar Shiksha Abhiyan (RUSA)

**Resource Persons:**  
**Dr. Gunanidhi Sharma**  
Govt. College of Yoga Education & Health  
Chandigarh (U.T.)

**Ms. K. Monarita**  
Yoga Instructor &  
International Player of Yoga

The word "yoga" means "to unite" and refers to the fusion of body, mind and soul through meditation, breathing and physical postures. The postures, also called asanas, belong to a branch of yoga called hatha yoga. Although yoga has been around for centuries, reaping its rewards doesn't take long at all: Just a few minutes of practice at the end of a long day can help stretch and relax sore muscles. Practiced regularly, yoga can be a powerful way to relieve anxiety and cope with everyday stress. Mehr Chand Mahajan DAV College for Women invites you to participate in Rashtriya Uchchatar Shiksha Abhiyan (RUSA) – Sponsored A Hands-on Training-cum-workshop on Yoga and Meditation on 17 March 2021 at 4:00 pm. e-Certificates will be awarded to those who fill up the feedback form. The link of the feedback form will be shared during the session.

Join us on 17th March 2021 at 4:00 pm by clicking the following link  
<https://meet.google.com/lookup/gsn7ccmoio>

**Dr. Anubhuti Sharma**  
Ms. Sunita Kumari  
Programme Coordinators

**Ms. Neena Sharma**  
Institutional Coordinator(RUSA)

**Dr. Nisha Bhargava**  
Convener & Principal

Mehr Chand Mahajan DAV College for Women organised a Rashtriya Uchchatar Shiksha Abhiyan (RUSA) sponsored online workshop on yoga and meditation titled 'Food for Mind, Body and Soul'. The resource persons for the workshop were Dr. Gunanidhi Sharma, Government College of Yoga, Education and Health, Chandigarh and Ms. K. Monarita, Yoga Instructor with Gold in Yoga at National and International level. 51 participants actively took part in learning the history of yoga, ashtanga yoga, asanas and meditation techniques. Dr. Gunanidhi emphasised on the concept of yoga, shatkarma, holistic health and wellbeing, Pranayama, Jal neti and Om japa. Ms. Aarti gave practical demonstrations of various asanas of hatha yoga

and rubber neti explaining their unmatched benefits including effectiveness in the treatment of sinus alongwith numerous other physical and mental health ailments. Ms. K. Monarita did a practice session with the





participants demonstrating the standing asanas like Tadasana, Vrikshasana, Trikonasana and the sitting asanas like the Gomukhasana, Vakrasana and Ustrasana. The workshop concluded with practice of stress reduction and mindfulness techniques for a holistically fruitful life. The resource persons resolved the participant's queries and doubts regarding the issues that they were facing.

Expressing appreciation for this thoughtful endeavour, Principal Dr. Nisha Bhargava, an ardent yoga follower, asserted that yoga is an invaluable gift from our ancient tradition that embodies unity of mind and body, thought and action, and is a way to discover the sense of oneness with one's own self, the world and the nature.

### **Workshop on Online Assessment Tools** **22<sup>nd</sup> March, 2021**

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

**Rashtriya Uchchatar Shiksha Abhiyan**  
Sponsored  
Online Workshop  
on  
Online Assessment Tools:  
*A step forward...*

**Resource Person**  
**Dr. K. Thiyagu**  
Department of Education  
Central University of Kerala  
(Kerala) India

Prior registration is mandatory.  
Click below to register yourself:  
<https://forms.gle/unApzjiMolunRU27>

**Ms. Neena Sharma**  
Institutional Coordinator (RUSA)

**Dr. Nisha Bhargava**  
Convener & Principal

**Date:**  
22 March 2021  
**Time:**  
11:30 am to 1:00 pm

Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a RUSA-Sponsored Faculty Development Workshop on '**Online Assessment Tools: A Step Forward**' to apprise the teaching fraternity about various Assessment tools which can make a qualitative addition to the Online Assessment in view of COVID 19. Dr K Thiyagu, Instructional Design Expert from the Central University of Kerala deliberated on the challenges involved in Online Assessment and dwelt on the relevance of various testing tools. This academic endeavour saw an overwhelming response as more than 2300 enthusiastic participants from all the Indian states and from 29 countries registered for

this workshop.

Dr Thiyagu reinforced the need for teachers to develop DQ, that is, Digital Quotient as the pandemic has altered the academic spectrum all across the globe. He emphasised that teachers can add quiz and polls and use tools like Slido, Testzmov, Meeting Pulse and



**TITLE OF THE ACTIVITY: WORKSHOP ON GROWING ORGANIC FOOD**

**Date:** 22 March 2021

**Number of NSS Volunteers:** 81

**Objectives:**

- To promote POSHAN ABHIYAAN, the flagship program of NITI Aayog on Holistic Nutrition along with the concept of Swachhta
- To sensitize the students about the importance of growing chemical free food from seeds for healthy living
- To motivate the volunteers to work towards saving the environment.

**The Context:** With the rapid increase in population coupled with urbanization, there is scarcity of food and nutrition that needs to be tackled using sustainable approaches. Moreover, due to industrialization, soil is being contaminated with different toxic ions including arsenic, cadmium that need to be reclaimed for farming purpose. With this objective, **a workshop on growing organic food** was organized as an awareness session to apprise the participants about the benefits and technique of growing chemical free nutritious food. This workshop was organized under the POSHAN Abhiyaan that also highlighted the concept of growing *Swachh* – chemical free food for individuals.

**The Practice:** The workshop was conducted by Dr. Gurvinder Kaur, Associate professor, Department of Public Administration, Mehr Chand Mahajan DAV College for Women, Chandigarh who highlighted the importance of growing chemical free food in the current times. She



highlighted the importance of consuming protein rich food such as lentils, green leafy vegetables that are rich source of proteins and iron. She also briefed the volunteers about the impact of using pesticides as fertilizers on human food chain as well on environment. Further, the volunteers were made aware of the concept of industrialization and the commercialization of agriculture and its impact on food

nutrition. She promoted the idea of organic farming (i.e., growing chemical free food) and encouraged the volunteers to grow their own food in their respective places and protect themselves from the harmful effects of unhealthy food.

At the end of the session, volunteers were shown patches of land where our College has been growing nutritious food organically even under lockdown conditions.

**Evidence of Success:** The volunteers were extremely motivated to grow their food and protect themselves from the harmful effects of unhealthy food. Link of the event uploaded on social media handle:

<https://www.facebook.com/MCMDAVCW/photos/a.239819746484286/1088923824907203/>



एमसीएम कॉलेज में जल संरक्षण पर जागरूकता व्याख्यान में भाग लेते विद्यार्थी व टैली कार लोगों को जागरूक करते हुए। (छाया : गुरिंद सिंह)

## एमसीएम में एनएसएस शिविर दौरान जल शक्ति, पोषण एवं स्वच्छ भारत अभियान को प्रोत्साहन

चंडीगढ़, 31 मार्च (रणजीत सिंह): मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन में 7 डेनटाइट एनएसएस कैम्प के 5वें दिन कॉलेज के इको क्लब के सहयोग से जल संरक्षण पर जागरूकता व्याख्यान का आयोजन किया गया। व्याख्यान के आयोजन का उद्देश्य स्वच्छता के इस नए चरण के विश्व जल दिवस की थीम पानी, ताजे पानी के महत्व तथा स्वच्छ एवं स्वस्थ गृह के बारे में जागरूक करना था। इस अवसर पर चंडीगढ़ पॉलिटेक्निक कॉलेज बोर्ड के राहुल सिंह जी, सुशील खेहर ने जल संरक्षण के लिए विभिन्न तरीकों पर चर्चा की जैसे बर्बाद जल संयंत्र, जल गुणवत्ता निगरानी योजना इत्यादि। इसके बाद महिला और बाल विकास मंत्रालय, भारत सरकार के पोषण अभियान के तहत 'पोषण' पर एक वार्ता हुई। कॉलेज के गृह विज्ञान विभाग की साहयक प्रोफेसर डॉ. हरजीत कौर मान ने स्वच्छता के दैनिक जीवन में पोषण के महत्व से अवगत कराया। स्वच्छता के जो ऊर्जा और प्रेस्टीज बर बचाना भी सिखाया गया। इसके साथ-साथ सभी आवश्यक कोविड-19 दिशानिर्देशों का पालन करते हुए, एनएसएस स्वच्छता के अगले अडॉप्टेड गांव बंदी का दौरा किया जहां उन्होंने स्वच्छ भारत अभियान और जल शक्ति अभियान के आधार पर एक सर्वेक्षण किया। इसके अलावा एमसीएम इको क्लब के सहयोग से विभिन्न सरकारी पक्षों जैसे स्वच्छ भारत अभियान, जल शक्ति अभियान और एचआईवी/एड्स पर गांव के निवासियों को जागरूक करने के लिए रैली निकाली गई। स्वच्छता के जरूरतमंद व्यक्तियों को साबुन, सैनेटाइजर, मास्क भी वितरित किए और भारत सरकार द्वारा निर्धारित सभी आवश्यक कोविड दिशानिर्देशों का पालन करने का आग्रह किया। दिन के तीसरे सत्र में, पोषण अभियान के तहत 'सस्टेनेबल अर्बन फार्मिंग' पर एक व्याख्यान का आयोजन किया गया। व्याख्यान के दौरान, कॉलेज की लोक प्रशासन विभाग की एसोसिएट प्रोफेसर डॉ. गुरविंद कौर ने वर्तमान समय में बीजों के महत्व और रसायनिक-मुक्त भोजन पर प्रकाश डाला। दिन का समापन एक प्रतिभा खोज स्पर्धा के साथ हुआ, जिसमें स्वच्छता के नृत्य, गीत, कविता आदि के रूप में अपनी प्रतिभा प्रदर्शित की। कॉलेज की प्रिंसिपल डॉ. निता भार्गव ने कोविड-19 सुरक्षा निर्देशों का कड़ाई से पालन करते हुए एमसीएम के एनएसएस कार्यक्रम अधिकारियों को शिविर के समस्त संस्कारों के लिए बधाई दी।

उन्होंने बताया कि कॉलेज की एनएसएस इकाईयां स्वच्छ भारत अभियान, पोषण अभियान, जल शक्ति अभियान और इसी तरह की विभिन्न राष्ट्रीय योजनाओं में महत्वपूर्ण योगदान देने के साथ-साथ इस तरह के प्रयासों के माध्यम से छात्राओं के चरित्र निर्माण की दिशा में प्रशंसा योग्य कार्य कर रही है।

## Workshop on Neuro-Linguistic Programming

The college organized a two day National workshop on Neuro- Linguistic Programming, on the 13th and 14th of April, 2021 under the aegis of Skill Development Committee. This workshop was held in collaboration with Mindlogs Psychological Services. Counseling Psychologist and Certified NLP practitioner, Dr. Sakshi Mehrotra, Founder of Mindlogs Psychological Services was the Resource Person. The workshop was attended by a cluster of 40 participants that included professors from varied colleges, Research Scholars and students from all streams. In the two day practicum they learnt the basic tenets of Neuro Linguistic Programming, the auditory, visual and kinesthetic frameworks of language comprehension, predicate phrases used in NLP and ways of improving communication patterns. The participants were engaged through interaction and practical exercises.

**Mehr Chand Mahajan DAV College for Women**  
IS ORGANISING A TWO-DAY NATIONAL WORKSHOP  
under the aegis of  
**Skill Development Committee**  
in collaboration with  
**Mindlogs Psychological Services**

**“ ALL THAT WE SAY: DOES IT MAKE SENSE? ”**  
Communication through the lens of Neuro-Linguistic Programming  
by **Dr. Sakshi Mehrotra**  
Founder, Mindlogs and NLP Practitioner  
on 13th and 14th April 2021 from 11:30 am - 1:00 pm  
Registration fee - Rupees 200/-  
Teach your brain to use language efficiently for:

- Networking
- Self Engineering
- Personal Branding
- Relationship Building
- Co-workspace Communication
- Interviews & Group Discussions

**| Certificates will be awarded |**

Register at: <https://forms.gle/7gKTQ9QQz3zHcXW7> by 11th April 2021  
Name of the account: Principal, MCM DAV College for Women, Chandigarh  
Bank: State Bank of India Branch: MCM DAV College for Women, Sector- 36-A Chd  
Account Number - 30772717538 IFSC code: SBIN0010609  
After transferring registration fee, send the screenshot of your transaction (with UTR number) in the registration form.

Coordinator Ms. Vishakha Goyal	Chief-Coordinator Dr. Komil Tyagi	Co-Convenor Dr. Gurvinder Kaur	Convenor & Principal Dr. Nisha Bhargava
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For any queries contact: 8054256509, 9855105755, 9417993859

**Mehr Chand Mahajan DAV College for Women**  
Sector 36-A, Chandigarh

**CERTIFICATE OF PARTICIPATION**

This is to certify that Aditi of Mehr Chand Mahajan DAV College for Women, Chandigarh attended the Two-Day National Workshop: **ALL THAT WE SAY: DOES IT MAKE SENSE ?** Communication through the lens of Neuro-Linguistic Programming held on 13th & 14th of April, 2021, organized by Skill Development Committee in collaboration with Mindlogs Psychological Services.

 Coordinator Ms. Vishakha Goyal	 Chief-Coordinator Dr. Komil Tyagi	 Co-Convenor Dr. Gurvinder Kaur	 Convenor & Principal Dr. Nisha Bhargava
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## एमसीएम में जागरूकता कार्यक्रम आयोजित

**आस, चंडीगढ़ :** एमसीएम डीएवी कॉलेज फॉर वूमैन सेक्टर-36 के समाजशास्त्र विभाग और चारित्र निर्माण समिति ने क्रिटिकल सिटीजनशिप – अर्निंग एंड लर्निंग सेसिवली' नामक ऑनलाइन कार्यशाला एवं जागरूकता कार्यक्रम का आयोजन किया। इसमें उभरते हुए क्षेत्रों में वैश्विक दृष्टिकोण के बारे में श्रोताओं को जागरूक करने का प्रयास किया गया। ताकि उचित सम्मान के साथ कमाई, शिक्षा और बेहतर जीवन यापन किया जा सके। कार्यक्रम में भारत और जॉर्डन के अलावा फिलीपींस, पाकिस्तान, घाना, बांग्लादेश, श्रीलंका सहित विभिन्न देशों के 400 से अधिक शिक्षकों, पेशेवरों, अनुसंधान विद्वानों और छात्रों ने भाग लिया। इसमें पंजाब यूनिवर्सिटी से मुख्य वक्ता के तौर पर समाजशास्त्र विभाग से प्रो. विनोद चौधरी शामिल हुए। प्रिंसिपल डा. निशा भार्गव ने क्रिटिकल

सिटीजनशिप के बारे में बताया कि यह विषय आज पूर्ण रूप से प्रासंगिक है, क्योंकि वर्तमान जीवनशैली सतत विकास को दरकिनार कर प्राकृतिक संसाधनों के संरक्षण और कार्याकल्प पर ध्यान दिए बिना उनकी अनुचित लूट का कारण बन रही है। उन्होंने उम्मीद जताई कि यह प्रासंगिक पहल निश्चित रूप से इंसानों को जिम्मेदारी से जीने के बारे में संवेदनशील बनाने में मदद करेगी। प्रो. विनोद ने सामाजिक, राजनीतिक और आर्थिक संरचनाओं का आलोचनात्मक आकलन करने में क्रिटिकल सिटीजनशिप के महत्व पर जोर दिया और नागरिकों को मूल कारणों को हल करने के लिए प्रेरित किया। उन्होंने आगे चलकर बांस, गांजा और वीट ग्रास जैसे पर्यावरण के अनुकूल पौधों की खेती के बारे में प्रतिभागियों को बताया जो न केवल पारिस्थितिक संतुलन को बहाल करने में मदद करते हैं।

## क्रिटिकल सिटीजनशिप पर जागरूकता सत्र

**चंडीगढ़ (ट्रिब्यु) :** मेहर चंद महजन डीएवी कॉलेज फॉर वूमैन के समाजशास्त्र स्नातकोत्तर विभाग और चरित्र निर्माण समिति ने क्रिटिकल सिटीजनशिप- अर्निंग एंड लर्निंग सेसिवली' नामक एक ऑनलाइन कार्यशाला एवं जागरूकता कार्यक्रम का आयोजन किया। इस कार्यक्रम ने उभरते हुए क्षेत्रों में वैश्विक दृष्टिकोण के बारे में श्रोताओं को जागरूक करने का प्रयास किया, जहाँ उचित सम्मान के साथ कमाई, शिक्षा और बेहतर जीवनयापन किया जा सके। पूरे भारत और जॉर्डन, फिलीपींस, पाकिस्तान, घाना, बांग्लादेश और श्रीलंका सहित विभिन्न देशों के 400 से अधिक शिक्षकों, पेशेवरों, अनुसंधान विद्वानों और छात्रों ने कार्यक्रम के लिए पंजीकरण कराया। कार्यक्रम के प्रमुख वक्ता पंजाब विश्वविद्यालय के समाजशास्त्र विभाग से प्रो. विनोद चौधरी थे। कार्यक्रम का उद्घाटन प्राचार्य डॉ. निशा भार्गव ने किया।

## MCM holds awareness session on Critical Citizenship

CHANDIGARH, MAY 13

The Postgraduate Department of Sociology and Charitra Nirman Committee of Mehr Chand Mahajan DAV College for Women organised an online workshop cum awareness programme titled 'Critical Citizenship- Earning and Learning Sensibly'. The programme endeavoured to enlighten the audience about global perspectives on the emerging fields in an environment where earning, learning and better living can be pursued with due respect to nature. More than 400 educators, professionals, research scholars and



students from all over India and from different countries including Jordan, Philippines, Pakistan, Ghana, Bangladesh and Sri Lanka registered for the programme. The resource person for this highly enlightening programme was Prof. Vinod Chaudhary, Department of

Sociology, Panjab University. Inaugurating the programme, Principal Dr. Nisha Bhargava highlighted its significance by saying that the theme of critical citizenship has profound contemporary relevance as the present lifestyles have bypassed sustainable development

wherein there is mindless plunder of natural resources without bothering about their conservation and rejuvenation. She expressed hope that this contextual initiative will definitely aid in sensitising human beings about living responsibly. Prof. Vinod stressed on the importance of critical citizenship in critically assessing social, political and economic structures to seek out and address areas of injustice, and implored the citizens to act to solve the root causes. The expert encouraged the participants to develop an amalgam of civic sense and scientific aptitude,

## A Workshop cum awareness programme “Be a Health Manager”

A seven-day workshop cum awareness programme “Be a Health Manager” with an aim to promote holistic health and wellness was organized from 8 May to 14 May, 2021 under the aegis of Skill Development Committee. With 1835 online registrations from almost all states of India and professionals, faculty members and students from Estonia, Australia, USA Bangladesh, Pakistan, Sri Lanka, Nigeria, Switzerland, Philippines, Jordan, Ghana and Oman, in coordination with experts from PGIMER Chandigarh, the wonderful workshop received huge participation on the virtual platform. The workshop which was comprehensively spread over seven days delved in detail into multiple topics which need attention and awareness.

### **Day 1: Preventive Eye Care**

Dr. Parul Chawla Gupta, Assistant Professor at the Advanced Eye Centre at PGIMER, talked about how 60% of the people suffer from the digital eye strain, eye fatigue, headaches, itchy eyes, and blurring of vision lead to computer vision syndrome. Adults and children alike have dry eyes. She suggests the 20-20-20 rule which signifies: while working take a 20 seconds break, look at something 20ft far, every 20 minutes. For those having a hectic schedule, a software is available called “PAUSE” which notifies the user to take breaks. The interactive session ended with queries regarding undergoing any kind of eye surgery during the pandemic as well as diet for improving vision.

### **Day 2: Understanding PCOS Symptoms and Treatment**

The session conducted by Dr. Nirja Chawla, MD, covered all the aspects of PCOS (Polycystic Ovary Syndrome) and its symptoms followed by treatments. It can be found in about 60% of the teenage girls having symptoms and signs such as delayed or irregular menstruation, obesity, androgen excess and infertility. About delayed ovulation she stated “excess of everything is bad”, be it eating, fasting, exercising, not exercising, weight gain or weight loss. Other reasons can include pregnancy, stress or hormonal imbalance. The session was a detailed study of female hormones and the changes going on in the female body. Participants talked their hearts out and sought guidance from the expert.

### **Day 3: Hair and Skin Care**

Starting the session with some general hair and skin care tips, Dr. Raihan Ashraf, Senior Resident with Department of Dermatology, Venereology and Leprology at PGIMER, suggested a balanced diet with lots of fluid intake. Basic skin and hair care routines were shared. She discouraged excessive use of chemicals on hair and skin. She addressed queries regarding oiling of hair and implied that choosing your products wisely was the key to getting nourished hair. Participants’ worries regarding sunscreens even on cloudy days, dandruffs, acne, skin pigmentation etc., were also put to rest in the interactive session.

### **Day 4: Balanced diet to maintain right weight**

Dr. Nancy Sahni, Senior Dietician at PGIMER and an executive member of the Nutritional Society of India, provided all the information regarding all groups of foods. Metabolism, healthy gut and a cut on the calories was what she focused on. Major take-away from the seminar was that before taking things off the shelf, one should properly examine the contents of the food package and mindful eating. Questions asked included worries regarding excessive weight and also underweight conditions. Diets were suggested for diabetic, PCOS patients and even for women in their post pregnancy phase.

### **Day 5: Oral Health Care**

The session gave an insight to our participants on the oral health one should maintain by Dr. Ashima Goyal, Professor at Oral Health Sciences Centre, PGIMER. She talked about what happens when we develop habits that are in no way healthy for our teeth. She reiterated that all new trends, including the consumption of herbal hookahs etc, in no way are healthier or tobacco free. She suggested a proper routine to be followed for oral care. Queries regarding maintaining the whiteness of their teeth were clarified to a great extent. Strengthening of the teeth, bleeding gums etc were some of the many questions asked during the session.

### **Day 6: Understanding Food through Growing it: Towards Holistic Health**

Dr. Gurvinder Kaur, Associate Professor in the Department of Public Administration in our college, delivered an informative session on Sustainable Urban Farming. As the name suggests, she explained how farming can be made sustainable even in the smallest corners of the houses.

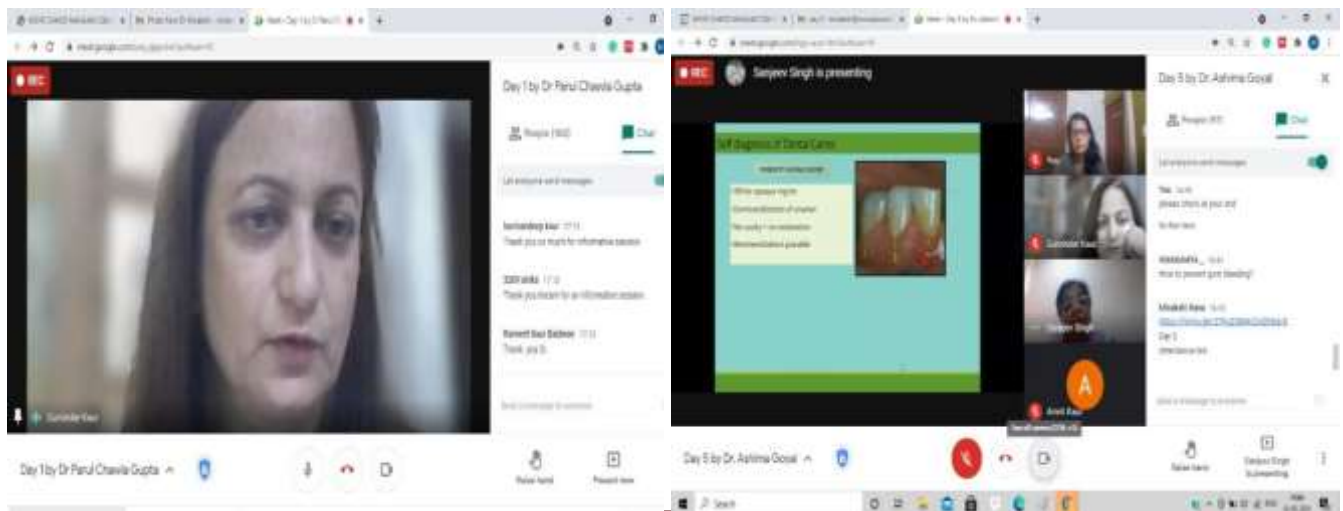
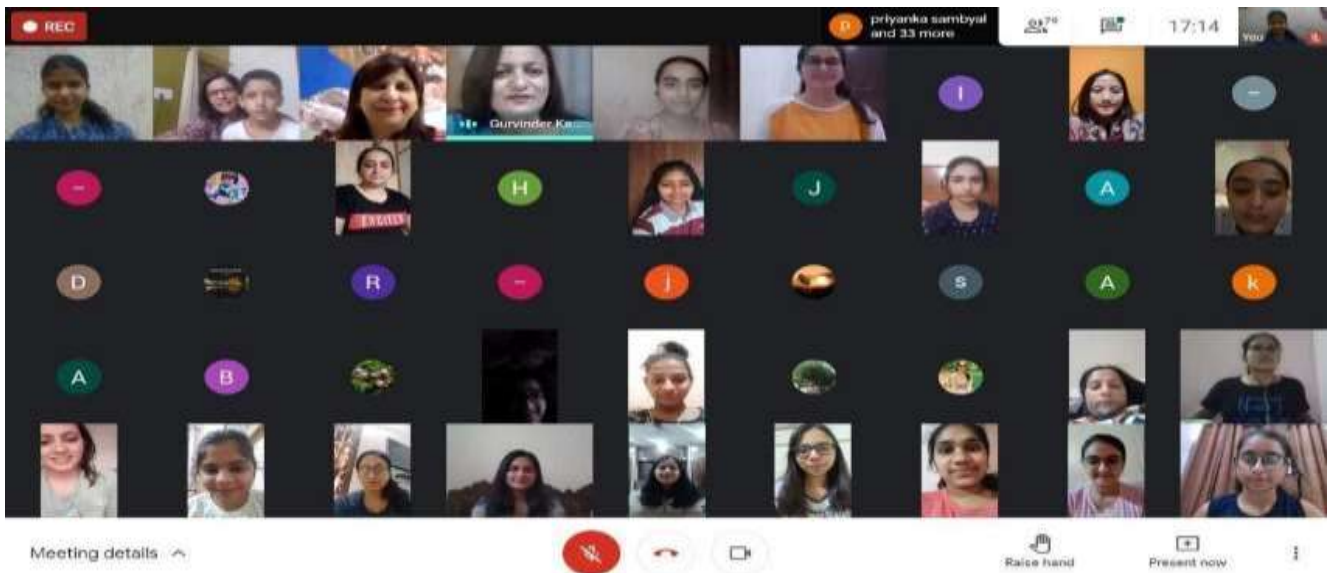
She instilled the idea of going organic into the participants. She talked in great detail about all the processes and factors involved in the growth of plants. She mentioned beautifully how gardening helps maintain a healthy heart, builds confidence, reduces stress, anger, fatigue, depression and anxiety. She talked about the microgreens and plants used as air purifiers. Dr. Gurvinder Kaur filled everyone with so much enthusiasm that people literally started asking whether there are any online courses available for it. It was indeed an insightful and an inspiring session.

### **Day 7: Hints for Holistic Well-being**

Physical, mental, social, emotional and spiritual wellness together contribute to holistic wellness, as explained by our last day's speaker, respected madam principal of our college, Dr. Nisha Bhargava. The session was built on providing tips for "striking a balance". She recited her poetic and meaningful compositions which made relevance of the topic more effective. The last day of the workshop was about how the last 6 days' teachings can be put together, their interrelation and interdependence. Dr. Nisha Bhargava concluded the workshop in a beautiful manner and motivated people to recognize the divine intervention that lies within them. She mentioned that dreams inspire us, so we should keep trying to achieve our dreams. She gave a mantra "multiply happiness by sharing virtues of contentment and joy". With the befitting conclusion of this session, the workshop also successfully culminated. The workshop was a resounding success, and 660 participants gave excellent feedback. The participants were heartily grateful to the organizers for such an engaging, enlightening and much-needed session that drew attention towards health and care.







**14. Skill-based Workshops/Extension Lectures/Panel Discussions organized by the department in the session:**

<b>Title of the Workshop/ Extension Lectures/Panel Discussions</b>	<b>Date</b>	<b>Objectives</b>	<b>No. of Beneficiaries</b>	<b>Name/Designation/ Organization of Resource Person/s</b>
<b>Four day training programme on “Training Program in Bakery &amp; Confectionary”</b> under the Pradhan Mantri Formalisation of Micro Food processing Enterprises scheme launched by Ministry of Food Processing Industries (MoFPI), GOI	<b>17-20 March, 2021</b>	<ul style="list-style-type: none"> <li>● To enhance the competitiveness of existing individual micro-enterprises in the unorganized bakery segment and apprise them of the present PM-FME scheme, its need, benefits and process of applying.</li> <li>● To impart skill related training and to apprise the beneficiaries/participants in detailed technical aspects of ODOP ranging from raw materials , working process flow, packaging requirements, equipment required to initiate bakery unit, plant layout etc.</li> <li>● To demonstrate core concepts in baking theory and methodology via providing hands-on training to the participants in making the various ODOP i.e. Bakery related products following the set guidelines of safety and hygiene while detailing the new evolving technologies.</li> </ul>	26	<ul style="list-style-type: none"> <li>● Dr Vandana Sharma</li> <li>● Dr Sandeep Kaur</li> <li>● Dr Gurpreet Kaur (Assistant Professor, Dept. of Food Science, MCM DAV College for Women, Chandigarh)</li> </ul>
<b>Online PowerPoint Presentation event on</b> Reuse of the wastewater of Reverse Osmosis water purifying systems for gardening purposes to celebrate ‘Bharat Ka Amrut Mahotsav’ - The 75 <sup>th</sup> Anniversary of India Independence.	<b>20 June, 2021</b>	<ul style="list-style-type: none"> <li>● To understand the importance of reusing wastewater.</li> <li>● To spread awareness of reusing wastewater generated from Reverse Osmosis water purifying systems for gardening purposes.</li> </ul>	40	Deepika Malik, (Assistant Professor, Dept. of Food Science, MCM DAV College for Women, Chandigarh)
<b>Awareness campaign on COVID-19 Vaccine awareness and general awareness against COVID-19 infection which is called “COV-विजय”</b> organized by Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with MGNCRE, GOI.	<b>28 June, 2021</b>	<p>This campaign aims at providing support and create awareness among public on issues related to this pandemic which include :</p> <ul style="list-style-type: none"> <li>● vaccine awareness</li> <li>● busting the general myths and raising awareness on the facts related to COVID-19</li> <li>● c) providing authentic information on Vaccine drives, oxygen support systems available, food and COVID-care center availability etc</li> </ul>	210 Houses covered	<ul style="list-style-type: none"> <li>● Dr. Vandana Sharma</li> <li>● Dr. Sandeep Kaur</li> <li>● 15 Students volunteers from BSC MFT II yr.</li> </ul>
<b>Online workshop on “Guidance for Psychosocial Counselling and Covid Helper Skills”</b> organized by Mehr Chand Mahajan DAV College for Women, Chandigarh in collaboration with MGNCRE, Ministry of Education, Government of India.	<b>25 May, 2021</b>	<ul style="list-style-type: none"> <li>● To focus on providing information and psychosocial support for the COVID-19 affected people.</li> <li>● To enable the creation of different teams and structured groups with specific roles to achieve outcomes related to COVID help (Hospital and non-hospital), sharing authentic information through networking and other support and awareness.</li> <li>● To empower the students and faculty to help distressed people in these Pandemic times and impart these skills and train others.</li> </ul>	570 Students (Through You tube and Google meet)	Dr Vandana Sharma; Dr Sandeep Kaur



## My Story- Motivational Session by Successful Innovator" (11 November 2020)

A Session “My Story- Motivational Session by Successful Innovator” was organized on 11 November 2020. Ms. Shivanshi Vashisht, innovator and Senior Scientific Officer at the BioNEST, Panjab University was the resource person for the session. The session was attended by 78 participants in all. With 7 patents to her name, a demonstrated history of working in the biotechnology industry and various academic fellowships and accolades to her name, Ms. Vashisht shared her pragmatic journey with the students in an attempt to encourage the knowledge excellence and exploration. She elaborated the various struggles and hardships faced by the researchers in the field of science. She emphasized a great deal on the significance of perseverance in the face of failure. Further, she encouraged the students to always have a contingency plan ready. Drawing numerous instances from her personal experience, she encouraged the students to innovate the solutions for real-time problems around them.



**Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh**  
www.mcmdavcwchd.edu.in

**Institution's Innovation Council 3.0**  
Organizes

**My Story- Motivational Session by Successful Innovator**  
by  
**Dr. Shivanshi Vashisht**  
Managing Director, MicroRadical 360 Pvt. Ltd

**Date**  
11<sup>th</sup> November 2020

**Time**  
2:00 PM - 3:30 PM

**GENERAL INSTRUCTIONS FOR THE PARTICIPANTS**

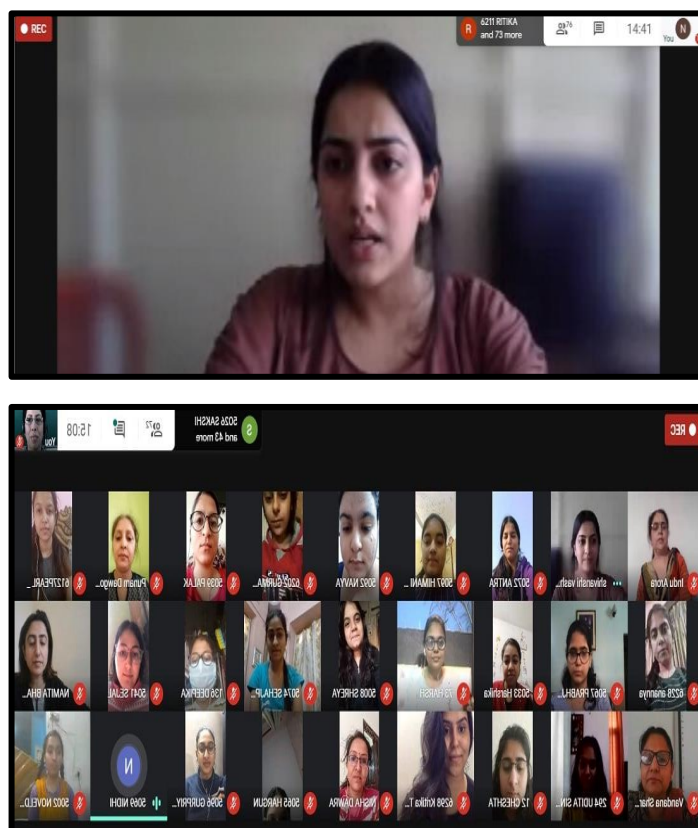
- ❖ The session will begin at 2.00 p.m. sharp.
- ❖ Join the session five minutes prior to the scheduled time through your Institutional Id.
- ❖ Only first hundred participants will be allowed to join.
- ❖ Remain on Mute Mode and switch off your personal video throughout the session.
- ❖ In case of any problem or query during the session, post it in the chat box.
- ❖ Attendance Form will be shared in the Chat box during the webinar. It will be available for half an hour.
- ❖ Meeting Link: <https://meet.google.com/abw-ndm-afm>

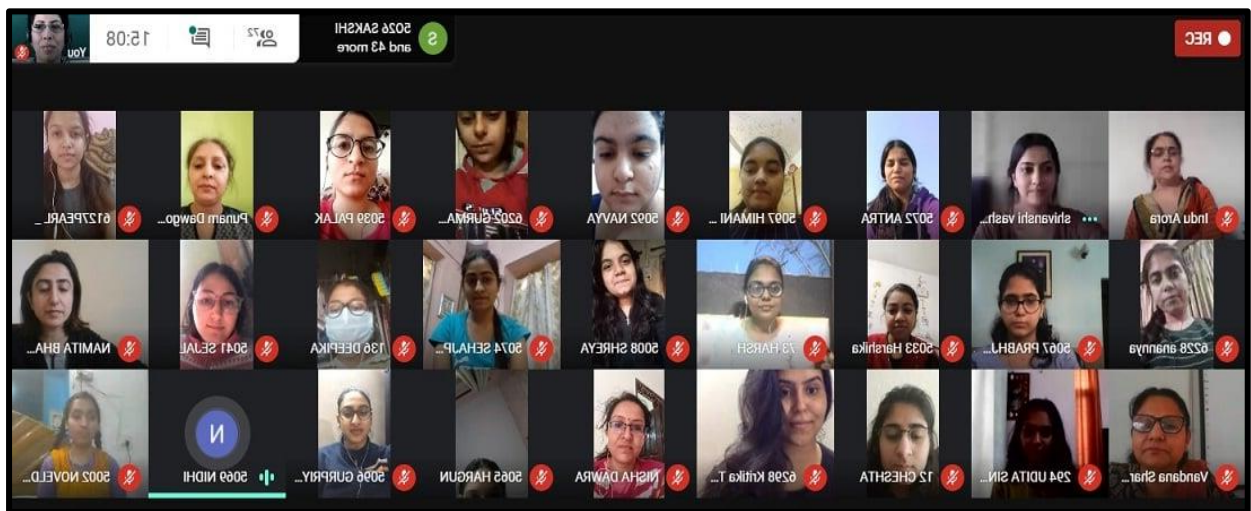
**Dr. Vandana Sharma**  
Coordinator

**Dr. Neetu**  
Convener, IIC

**Dr. Indu Arora**  
Vice President, IIC

**Dr. Nisha Bhargava**  
President (IIC) & Principal





2019-20



**MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH**

**MENTORSHIP COMMITTEE REPORT**

**(2019-2020)**

The Campus Mentoring Program has already been functional in the college since 2017 and needless to say, it has met with a great zeal on the part of the students. It aims to enrich students' lives on the campus and empower them to continue with their studies and other activities unencumbered by any social or psychological constraint. The aim of the Campus Mentorship Program suitably harmonizes with the creative vision and mission of the college.. The Program intends to create a required space for students where their personalities can blossom and prosper to their full potential. The mentors have one-to-one interaction with the students and they support them systematically in their academic as well as personal growth. The mentors act as guides, friends and role models for the students and they imbibe values and ethics central to living a harmonious life.

At the commencement of the session 2019-20, mentors were assigned new students in addition to the previous ones. The formation and assignment of groups was executed in a meticulous manner after much thoughtful planning of matching the students with their teachers. The summary of the newly formed Groups in 2019 and previously existing groups is as follows:

**NUMBER OF GROUPS**

<b>Streams</b>	<b>Batch (2019-2022)</b>		<b>Batch (2018-2021)</b>	
	<b>Number of Groups</b>		<b>Number of Groups</b>	
	<b>UGI</b>	<b>PGI</b>	<b>UGII</b>	<b>PGII</b>
Commerce	21	02	21	02
Science	19	04	19	04
Arts	47	09 & PGDMC (01)	47	08
Computer Applications	04	PGDCA (01)	04	-

In addition to this, all the mentors were required to meet third year undergraduate students (Batch 2017-2020) at least once a month as per their convenience in free periods.

**MENTORSHIP MEETS**

Though mentors were required to be in contact with mentees once a month for an hour's duration as per assigned schedule, they could adjust the frequency based on the needs of the mentees. The mentors also formed WhatsApp groups so that there could be an uninterrupted flow of communication whenever required. The students could discuss their problems with the mentors through telephonic exchange apart from the scheduled meet hours.

The entire annual program spanned across several integral concerns of the students. The mentors could certainly go beyond the suggested themes and customize the same as per the requirement of the mentees. Apart from this, mentors addressed students' problems, traced their progression during mid-semester exams, motivated them to participate in co-

curricular and extra-curricular activities, and counselled them at all levels.  
The details of the **MAIN TOPICS** discussed during the mentorship meets are as follows:

Topic	Date of Implementation	Classes involved
Three essentials of learning- Critical thinking, Creative writing and Communicative expression	21.08.2019	UGII & PGII
Students' conduct rules (College & PU)	16.09.2019	UGI & PGI
Importance of Balanced diet & Healthy food	28.09.2019	UGII & PGII
Time management	11.11.2019 13.11.2019	UGI & PGI UGII & PGII
Swachh Bharat Abhiyan: Individual responsibility vis- à-vis a National mission	21.01.2020 22.01.2020	UGI & PGI UGII & PGII
Awareness of Student satisfaction survey: A NAAC Requirement	13.02.2020 14.02.2020	UGI & PGI UGII & PGII

The mentorship programme continued through WhatsApp groups in trying times of social isolation during Covid-19 crisis. The mentors were just a call away and were ready to discuss not only academic but personal issues of the mentees too.

### ***MENTORSHIP MEET IN PROGRESS***



**Title of the Activity: POSTER MAKING COMPETITION ON THE THEME “PROMOTING MENTAL HEALTH AWARENESS AND FIGHTING STIGMA AGAINST MENTAL ILLNESS” to celebrate the 150<sup>th</sup> BIRTH ANNIVERSARY OF MAHATMA GANDHI**

**Activity Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology**

**Name of the Committee: Geetanjali Counselling Helpline**

**Date of the Activity: 15<sup>th</sup> November, 2019**

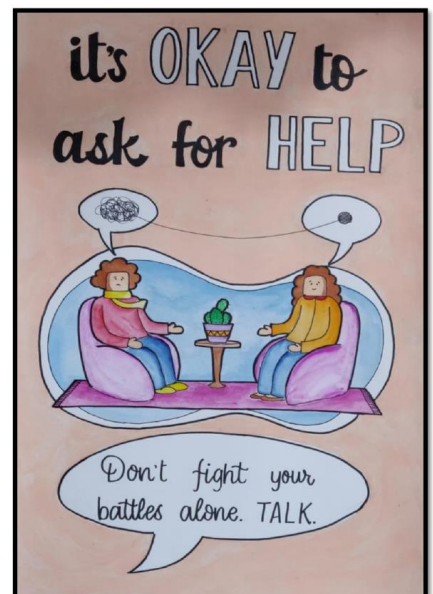
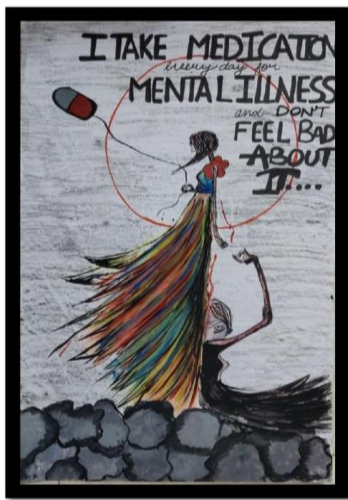
**Number of participants: 45**

**Objective:** Mental illness has surged to epidemic proportions in the recent decades and due to myriad reasons people are reluctant to seek professional help primarily being social stigma and discrimination. The Geetanjali Counselling Helpline launched their mental health initiative of “Swachh Mann Abhiyan” to celebrate the 150<sup>th</sup> Birth Anniversary of Mahatma Gandhi. It is a promising and innovative concept to weave Gandhian philosophy into mental hygiene movement.

**Practice:** The Geetanjali Counselling Helpline of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a Poster Making Competition for the students on 15<sup>th</sup> November, 2019 on the theme “Promoting Mental Health Awareness and Fighting Stigma Against Mental Illness”. The theme strived to elucidate the significance of educating, understanding and supporting mental health. 45 students from varied streams enthusiastically participated in the competition and showcased their brilliance in conceptual thinking coupled with creativity. Students voiced their sentiment resonating with the imperative need to address self-compassion, unashamed acceptance of their mental condition, symptom identification, self-care practices, prevention strategies and seeking professional help as a potential strategy, etc. Radhika Verma (BA II), Tanveer Kaur (MA II) and Rajita Kaushal (BA III) were awarded the first, second and third prize respectively. Shivangi Kohli (BA III), Aarohi Mathur (B Com I) and Vanshika Sethi (B Com I) received the consolation prizes. Principal Dr Nisha Bhargava appreciated the laudable efforts of the Geetanjali Helpline Committee for its brilliant innovative concept of “Swachh Mann Abhiyan” and its endeavors to empower students by improving their coping mechanisms in dealing with psychological concerns. She emphasized that mental health is an integral part of health and we must encourage open dialogue in this regard.











### पोस्टर द्वारा किया मानसिक स्वास्थ्य के प्रति जागरूक

जगरूक संवाददाता, चंडीगढ़ : एमसीएम डीएवी कॉलेज फॉर वूमन सेक्टर-36 में वीरवार को गीतांजलि हेल्पलाइन ने 'स्वच्छ मन अभियान' स्वास्थ्य जागरूकता पहल शुरू की। महात्मा गांधी की 150वीं जयंती के उपलक्ष्य में मानसिक स्वास्थ्य के प्रति छात्रों को जागरूक करने के उद्देश्य से आयोजित पोस्टर मेकिंग प्रतियोगिता में विभिन्न संकायों की पैतालीस से अधिक छात्रों ने भाग लिया और अपनी रचनात्मकता को असंख्य विचारों प्रदर्शित किया। इस पोस्टर मेकिंग प्रतियोगिता में वीर सेक्टर डायर की राधिका वर्मा ने पहला स्थान हासिल किया। तनवीर कौर, एमए द्वितीय और रजिता कौशल, वीर फाइनल ने क्रमशः दूसरा व तीसरा स्थान प्राप्त किया। शिवांगी कोहली, वीर फाइनल, अरोही माधुर, वीर फाइनल और वीरिका सेठी, वीर फाइनल ने इस अवसर पर प्रशंसा पत्र प्राप्त किया। कॉलेज प्रिंसिपल डॉ. निशा भार्गव ने इस अभिनव अभिव्यक्ति की सराहना की।

### मानसिक स्वास्थ्य जागरूकता पर पोस्टर मेकिंग प्रतियोगिता

चंडीगढ़ (ट्रिब्यून) : गांधीवादी दर्शन को मानसिक स्वच्छता आंदोलन के साथ जोड़ने के एक अभिनव प्रयास में मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन की गीतांजलि हेल्पलाइन ने 'स्वच्छ मन अभियान' विषय के तहत अपनी मानसिक स्वास्थ्य जागरूकता पहल शुरू की। महात्मा गांधी की 150 वीं जयंती को के उपलक्ष्य में मानसिक स्वास्थ्य के प्रति अपनी छात्रों को जागरूक करने के उद्देश्य से आयोजित इस पोस्टर मेकिंग प्रतियोगिता में विभिन्न संकायों की पैतालीस से अधिक छात्रों ने भाग लिया। बीए द्वितीय वर्ष की राधिका वर्मा को पहला स्थान, तनवीर कौर (एमए द्वितीय) और रजिता कौशल (बीए तृतीय) ने क्रमशः दूसरा व तीसरा स्थान मिला। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने कहा कि मानसिक स्वास्थ्य भी शारीरिक स्वास्थ्य का अभिन्न अंग है और छात्रों को आत्मनिर्भर बनाने,

## Poster making competition on mental health awareness held



CHANDIGARH, NOV 21

In an innovative endeavour to interweave Gandhian philosophy with mental hygiene movement, the Geetanjali Counselling Helpline of Mehr Chand Mahajan DAV College for Women launched its mental health awareness initiative under the theme "Swachh Mann Abhiyan".

Marking the 150th birth anniversary of Mahatma Gandhi, the theme strived to underline the significance of educating, understanding and supporting mental health.

As part of this Abhiyan, the committee organized a Poster Making Competition on the topic "Promoting Mental Health Awareness and Fighting Stigma Against Mental Illness". 45 students from varied streams enthusiastically participated in the competition and showcased their creativity through myriad ideas resonating issues like self compassion, acceptance of one's mental condition, symptom identification, self-care practices, prevention strategies and seeking professional help as a potential strategy.

## एमसीएम में मानसिक स्वास्थ्य जागरूकता पर पोस्टर मेकिंग प्रतियोगिता



अर्थ प्रकाश संवाददाता

चंडीगढ़। गांधीवादी दर्शन को मानसिक स्वच्छता आंदोलन के साथ जोड़ने के एक अभिनव प्रयास में, मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन की गीतांजलि हेल्पलाइन ने 'स्वच्छ मन अभियान' विषय के तहत अपनी मानसिक स्वास्थ्य जागरूकता पहल शुरू की। महात्मा गांधी की 150 वीं जयंती के उपलक्ष्य में मानसिक स्वास्थ्य के प्रति अपनी छात्रों को जागरूक करने के उद्देश्य से आयोजित इस पोस्टर

मेकिंग प्रतियोगिता में विभिन्न संकायों की पैतालीस से अधिक छात्रों ने उत्साहपूर्वक भाग लिया और अपनी रचनात्मकता को असंख्य विचारों जैसे कि आत्म करुणा, मानसिक स्थिति की स्वीकार्यता, स्व-देखभाल प्रथाओं, रोकथाम रणनीतियों और संभावित रणनीति आदि को प्रदर्शित किया। इस पोस्टर मेकिंग प्रतियोगिता में बी ए द्वितीय वर्ष की राधिका वर्मा ने पहला स्थान तथा तनवीर कौर, एम ए द्वितीय तथा रजिता कौशल, बीए तृतीय ने क्रमशः दूसरा व तीसरा स्थान प्राप्त किया।

## Yoga session under Fit India Campaign held at MCM



As a part of the Fit India Campaign, the NSS unit and Physical Education Department of Mehr Chand Mahajan DAV College for Women organized a yoga awakening session for the students. Around 100 students of the college including NSS volunteers participated in the programme, which aimed to build strength of and harmony between the mind and body. During the programme, Dr. Anju Lata, Head, Department of Physical Education, MCM DAV, Dr. Veena, Assistant Professor, Department of Physical Education, MCM DAV and their team made students aware about the benefits of yoga in daily life. The session started with warm-up exercises which were followed by introduction to different asanas including suryanamaskar, tadasana, trikonasana, gomukhhasana, etc. The students were explained the techniques and benefits of each asana in detail. The session concluded with meditation.

College Principal Dr. Nisha Bhargava asserted that such sessions on the practice of yoga are immensely significant for an overall sense of well-being as these aid in not only improving physical well-being but also in boosting self-esteem, confidence and strengthening of mental health of the students.



# फिट इंडिया कैंपेन के तहत योग सत्र का आयोजन

अर्थ प्रकाश संवाददाता

चंडीगढ़, 20 जनवरी। केंद्र सरकार के फिट इंडिया अभियान के तहत मेहर चंद महाजन डीएवी कॉलेज फॉर वुमन के फिजिकल एजुकेशन विभाग तथा एनएसएस यूनिट्स ने छात्राओं के लिए एक योग सत्र का आयोजन किया। एनएसएस स्वयंसेवकों सहित कॉलेज के लगभग सौ से अधिक छात्राओं ने इस कार्यक्रम में भाग लिया, जिसका उद्देश्य मन और शरीर के बीच सामंजस्य स्थापित करना था। कार्यक्रम के दौरान फिजिकल एजुकेशन विभाग की



अध्यक्ष डॉ. अंजू लता तथा इसी विभाग की सहायक प्रोफेसर डॉ. वीना ने दैनिक जीवन में योग के लाभों के बारे में छात्राओं को

जागरूक किया। सत्र की शुरुआत वार्म-अप असासों के साथ हुई, जिसके बाद विभिन्न आसन जैसे कि सूर्यनमस्कार, तड़ासन,

त्रिकोणासन, गोमुखासन आदि का व्यवहारिक प्रदर्शन छात्राओं के समक्ष कर उन्हें अभ्यास कराया गया। इस सत्र के दौरान छात्राओं को प्रत्येक आसन की तकनीकों और लाभों के बारे में विस्तार से बताया गया।

कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने कहा कि योग के अभ्यास पर इस तरह के सत्र का आयोजन अति आवश्यक है क्योंकि योगाभ्यास ये न केवल स्वास्थ्य में सुधार करते हैं बल्कि आत्म-सम्मान, आत्मविश्वास और मानसिक स्थिति को मजबूत करने में भी सहायक है।

## Yoga session organised at MCM DAV College

**CHANDIGARH:** The NSS unit and physical education department of Mehr Chand Mahajan DAV College for Women organised a yoga awakening session for students as a part of the Fit India Campaign. As many as 100 students of the college including NSS volunteers participated in the programme. Head, department of physical education, Anju Lata, and assistant professor Veena made students aware of the benefits of yoga in their lives. The session started with warm-up exercises which were followed by introduction to different asanas. The session concluded with meditation.

## एमसीएम में छात्राओं ने किया योग

चंडीगढ़। एमसीएम डीएवी कॉलेज-36 की छात्राओं ने फिट अभियान के तहत सोमवार को योग सत्र में भाग लिया। इस सत्र में एनएसएसएस स्वयंसेवकों के साथ कॉलेज की 100 से अधिक छात्राओं ने योगासन किए। कार्यक्रम का उद्देश्य छात्राओं को स्वस्थ शरीर के प्रति जागरूक करना था। फिजिकल एजुकेशन विभाग की अध्यक्ष डॉ. अंजू लता व सहायक प्रो. डॉ. वीना ने योग के लाभों के बारे में छात्राओं को बताया। सत्र के दौरान विभिन्न आसन जैसे कि सूर्यनमस्कार, तड़ासन, त्रिकोणासन, गोमुखासन आदि का व्यवहारिक प्रदर्शन कर छात्राओं को अभ्यास करवाया। प्रिंसिपल डॉ. निशा भार्गव ने इस अभियान की सराहना की।

## ‘फिट इंडिया अभियान’ के तहत छात्राओं के लिए योग सत्र

चंडीगढ़, 20 जनवरी (पटानिया) : केंद्र सरकार के फिट इंडिया अभियान के तहत मेहर चंद महाजन डीएवी कॉलेज फॉर वुमन के फिजिकल एजुकेशन विभाग तथा एनएसएस यूनिट्स ने छात्राओं के लिए एक योग सत्र का आयोजन किया।



योग सत्र में भाग लेती एनएसएस यूनिट्स की छात्राएं। (छाया: गुरिन्दर सिंह)

एन एस एस स्वयंसेवकों सहित कॉलेज के लगभग सौ से अधिक छात्राओं ने इस कार्यक्रम में भाग लिया, जिसका उद्देश्य मन और शरीर के बीच सामंजस्य स्थापित करना था। कार्यक्रम के दौरान फिजिकल एजुकेशन विभाग की अध्यक्ष डॉ. अंजू लता तथा इसी विभाग की सहायक प्रोफेसर डॉ. वीना ने दैनिक जीवन में योग के लाभों के बारे में छात्राओं को जागरूक किया। सत्र की शुरुआत वार्मअप अभ्यासों के साथ हुई, जिसके बाद विभिन्न आसन जैसे कि

सूर्यनमस्कार, तड़ासन, त्रिकोणासन, गोमुखासन आदि का व्यवहारिक प्रदर्शन छात्राओं के समक्ष कर उन्हें अभ्यास कराया गया। इस सत्र के दौरान छात्राओं को प्रत्येक आसन की तकनीकों और लाभों के बारे में विस्तार से बताया गया। कॉलेज प्रिंसिपल डॉ. निशा भार्गव ने कहा कि योगाभ्यास से न केवल स्वास्थ्य में सुधार होता है बल्कि यह आत्म-सम्मान, आत्मविश्वास और मानसिक स्थिति को मजबूत करने में भी सहायक है।

## Yoga session under fit India campaign held at MCM



ISHA UPADHYAY  
CHANDIGARH, JAN 20

As a part of the Fit India Campaign, the NSS unit and Physical Education Department of Mehr Chand Mahajan DAV College for Women organized a yoga awakening session for the students.

Around 100 students of the college including NSS volunteers participated in the programme, which aimed to build strength of and harmony between the mind and body. During the programme, Dr. Anju Lata, Head, Department of Physi-

cal Education, MCM DAV, Dr. Veena, Assistant Professor, Department of Physical Education, MCM DAV and their team made students aware about the benefits of yoga in daily life.

The session started with warm-up exercises which were followed by introduction to different asanas including suryanamaskar, tadasana, trikonasana, gomukhasana, etc. The students were explained the techniques and benefits of each asana in detail. The session concluded with meditation.

## फिट इंडिया मुहिम के तहत छात्राओं ने किया योगासन

जासं, चंडीगढ़ : केंद्र सरकार द्वारा फिट इंडिया अभियान के तहत एमसीएम डीएवी कॉलेज फॉर वुमन-36 के फिजिकल एजुकेशन विभाग तथा एनएसएस यूनिट्स ने छात्राओं के लिए एक योग सत्र का आयोजन किया। एनएसएस स्वयंसेवकों सहित कॉलेज के लगभग 100 से अधिक छात्राओं ने इस कार्यक्रम में भाग लिया। जिसका उद्देश्य मन और शरीर के बीच सामंजस्य स्थापित करना था। कार्यक्रम के दौरान फिजिकल एजुकेशन विभाग की अध्यक्ष डॉ. अंजू लता तथा सहायक प्रो. डॉ. वीना ने दैनिक जीवन में योग के लाभ से छात्राओं को अवगत करवाया। सत्र की शुरुआत वार्म-अप के साथ हुई, जिसके बाद विभिन्न योगासन जैसे कि सूर्यनमस्कार, तड़ासन, त्रिकोणासन, गोमुखासन आदि का व्यवहारिक प्रदर्शन छात्राओं के समक्ष कर उन्हें अभ्यास कराया गया। छात्राओं को प्रत्येक आसन की तकनीकों और लाभों के बारे में बताया गया। प्रिंसिपल डॉ. निशा भार्गव ने कहा कि योग के अभ्यास पर इस तरह के सत्र का आयोजन अति आवश्यक है, क्योंकि योगाभ्यास ये न केवल स्वास्थ्य में सुधार करते हैं, बल्कि आत्म-सम्मान, आत्मविश्वास और मानसिक स्थिति को मजबूत करने में भी सहायक है।



**Title of the Activity: WORKSHOP ON “CRUSADE FOR MENTAL HYGIENE MOVEMENT AND PSYCHOLOGICAL PERSPECTIVE ON SWACHHTA” during the SWACHHTA PAKHWADA 2019**

**Name of the Committee: Department of Mass Communication and Geetanjali Counselling Helpline**

**Date of the Activity: 22nd January, 2020**

**Number of participants: 50**

**Objective & Practice:** Spearheading the cause of Swachh Bharat Abhiyan, Mehr Chand Mahajan DAV College for Women observed Swachhta Pakhwada 2020 in its true spirit with various events aiming to bring about behavioural change in the society in relation to the concept of Swachhta. Carrying forward this mission, the Department of Mass Communication, organized a talk show that was envisioned to create awareness among students about different aspects of Swachhta including Physical, Psychological, Environmental and Social. Shedding light on the psychological aspect of Swachhta, Dr Nitasha Khehra, Assistant Professor, Department of Psychology and Convener, Geetanjali Helpline was invited as the resource person. Dr Khehra elucidated about the mental health initiative of “Swachh Mann Abhiyan” launched by the Geetanjali Helpline Committee to weave Gandhian philosophy into mental health movement. Dr Khehra discussed the prevalence, symptoms, risk factors and treatment modalities of various psychiatric disorders. Mental Health is seen as fundamental to physical health and quality of life. In an interactive session, she urged the students to rise above the system of orthodox mental evaluations, make a concerted effort to spread mental health awareness, debunk myths, work to de-stigmatize mental health issues in our society, encourage help seeking behaviour, and understand signs of certain mental health conditions will aid in early intervention. She stated that providing support and resources to struggling individuals and their loved ones are all integral parts of mental health awareness. Principal Dr. Nisha Bhargava lauded the efforts and vision of the Geetanjali Counselling Helpline towards a more open-minded approach for acknowledging mental health crisis in India, especially among the youth today.





**Title of the Activity: CULINARY THERAPY AND MINDFUL COOKING DURING COVID 19**

**Name of the Committee: Geetanjali Counselling Helpline**

**Activity Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology**

**Date of the Activity: 30<sup>th</sup> April, 2020 to till date (Covered 792 days till 30.6.2022)**

**Number of participants: 127**

**Objective & Practice:** Cooking therapy/culinary therapy has been defined by some experts as “the therapeutic technique that uses arts, cooking, gastronomy, and an individual’s personal, cultural, and familial relationship with food to address emotional and psychological problems.” The “Geetanjali Student Online Forum” under the aegis of Geetanjali Counselling Helpline, Mehr Chand Mahajan DAV College for Women, Chandigarh has successfully achieved its goal as our college students are reviving their Inter-generational unique recipes learnt from their parents/ grandparents and also cooked cuisines of other cultures using healthy, organic ingredients and with immense nutritional benefits helps in fighting ailments. In our unique online mental health initiative, our college students were encouraged to showcase their culinary skills and effective tool to boost positive mood in them during the lockdown. Stuck at home, our students rustled up more than 200 home-cooked dishes that are easy to put together, focusing on ingenuity and the use of ingredients available in new fun ways. The main objectives achieved on this interactive platform was to share their own unique recipes, sense of accomplishment, maintaining a healthy routine, social connection, stress busting and appreciating each other’s achievements. Cooking mindfully helped our students to transform a repetitive chore into a meditative experience. We have received amazing feedback from our students for providing an excellent opportunity to reveal their talents and creativity by helping them to channelize their energies towards positive goal states.



**Title of the Activity: GEETANJALI STUDENT ONLINE FORUM on the theme “MENTAL HEALTH WELLNESS PROGRAM DURING COVID 19”**

**Name of the Committee: Geetanjali Counselling Helpline**

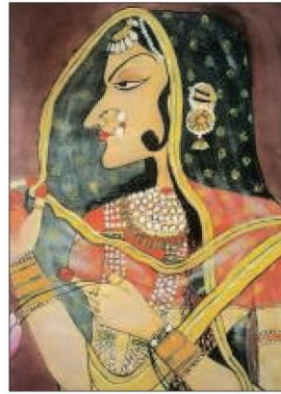
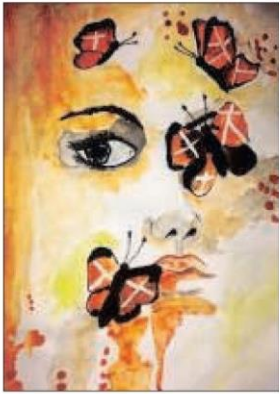
**Activity Co-ordinator: Dr Nitasha Khehra, Assistant Professor, Department of Psychology**

**Date of the Activity: 30<sup>th</sup> April, 2020 to till date (Covered 792 days till 30.6.2022)**

**Number of participants: 500 UG and PG students**

**Objective & Practice:** As per the directions of University Grants Commission (UGC), to combat the potential impact of the pandemic outbreak and the resultant lockdown on the students' psychological wellbeing and emotional health, the Geetanjali Counselling Helpline Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh launched an innovative online initiative “Geetanjali Student Online Forum” on 30th April 2020 on the theme “Mental Health Wellness Program during COVID-19” as a part of Student Support Services. This online forum was created under the leadership of our honorable Principal Dr Nisha Bhargava and Dr Nitasha Khehra, Assistant Professor, Department of Psychology. This mental health helpline envisioned to empower our first-year college students residing in various geographical regions across the country through regular 24 x 7 interaction on an online platform. The primary objectives of the helpline were to extend valuable mentorship, effective group counseling, strong social connections, emotional support as a buffer to overcome stress, isolation and hopelessness, enhanced motivation and increased resilience to handle unprecedented changes during the pandemic. We also provided telephonic individual counselling to students staying in hostel or outside campus during the COVID-19 outbreak. We regularly conducted a series of gratitude enhancing, meaning based, optimism, positive relationships, resilience building, journaling, personality and self-exploration-based activities in the group during these challenging circumstances. This online forum provided knowledge on various mental health conditions to create awareness, fight associated stigma, daily motivational messages and effective coping strategies to manage psychological problems such as stress, anxiety, depression and interpersonal difficulties, etc. and information about relaxation techniques such as yoga, mindfulness etc. Another important objective was promoting peer mentorship, social support and foster group cohesiveness. The students were given an opportunity to express their ideas on varied topics of interest, share their personal experiences and psychological concerns. On this forum, the students were provided with an excellent opportunity to showcase their exceptional talent and creativity during the lockdown in the form of handmade / digital art work, collages, paintings, sketching, creative writing, book club, poetry, culinary delights, photography, best out of waste, gardening, musical renditions, yoga, short film making, to name a few. We have received exceptional and valuable feedback from our students on the contribution of this mental health helpline in providing positivity and unflinching support during this pandemic.

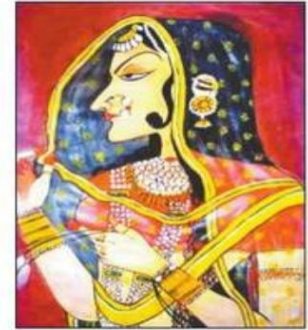
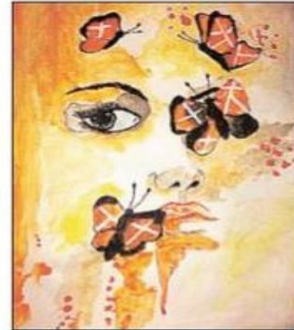




### MCM COLLEGE (LAUNCHES)

Keeping in mind the potential impact of coronavirus outbreak and the resultant lockdown on the students' psychology, the Gitanjali Helpline Committee of Mehr Chand Mahajan DAV College for Women has launched a unique and timely initiative in the form of an interactive Online forum- 'Mental Health during COVID-19'. The forum envisions, through interaction and timely counselling, to empower students in the light of unprecedented changes brought about by the pandemic in their lives. Catering to over 260 undergraduate students of first year, the forum is an endeavour to create an opportunity for tackling mental health problems.

## एमसीएम में छात्राओं ने ऑनलाइन प्रतियोगिता में दिखाई प्रतिभा



एमसीएम की छात्राओं की ओर से बनाई गई पेंटिंग। संवाद

**चंडीगढ़।** एमसीएम डीएवी कॉलेज फार वुमन सेक्टर-36 में गीतांजलि हेल्पलाइन कमेटी ने मानसिक स्वास्थ्य के लिए एक ऑनलाइन इंटरैक्टिव फोरम मेंटल हेल्थ ड्यूरिंग कोविड-19 की शुरुआत की है।

इस इंटरैक्टिव फोरम का उद्देश्य इस महामारी द्वारा लाए गए परिवर्तनों पर विचार-विमर्श, बातचीत और समय पर परामर्श के माध्यम से

छात्राओं को मनोवैज्ञानिक तरीके से सक्षम बनाना है। यह फोरम स्नातक स्तर की लगभग 260 से अधिक छात्राओं को मानसिक स्वास्थ्य से सम्बंधित विषयों जैसे कि मानसिक स्वास्थ्य समस्याओं, भावनात्मक कल्याण, सार्थक सामाजिक संबंध और सामुदायिक भावना को बढ़ावा देना इत्यादि पर बातचीत करने का एक मंच प्रदान करेगा।

## एमसीएम में ऑनलाइन इंटरैक्टिव फोरम

**चंडीगढ़।** कोरोना वायरस प्रकोप और छात्राओं के मनोविज्ञान पर परिणामी लॉकडाउन के संभावित प्रभाव को ध्यान में रखते हुए मेहर चंद महाजन डीएवी कॉलेज फॉर वूमन की गीतांजलि हेल्पलाइन कमेटी ने मानसिक स्वास्थ्य के लिए एक ऑनलाइन इंटरैक्टिव फोरम 'मेन्टल हेल्थ ड्यूरिंग कोविड-19' के रूप में एक अनूठी पहल की है। इस इंटरैक्टिव फोरम का उद्देश्य इस महामारी द्वारा लाए गए अभूतपूर्व परिवर्तनों पर विचार-विमर्श, बातचीत और समय पर परामर्श के माध्यम से छात्राओं को मनोवैज्ञानिक तरीके से सक्षम बनाना है। इस फोरम स्नातक स्तर की लगभग 260 से अधिक छात्राओं को मानसिक स्वास्थ्य से संबंधित विषयों जैसे कि मानसिक स्वास्थ्य समस्याओं, भावनात्मक कल्याण, सार्थक सामाजिक संबंध और सामुदायिक भावना को बढ़ावा देना इत्यादि पर बातचीत करने का एक मंच प्रदान करेगा। गीतांजलि हेल्पलाइन कमेटी के इस प्रयास पर प्रशंसा व्यक्त करते हुए कालेज की प्रिंसिपल डा. निशा भार्गव ने कहा कि कोविड-19 के



## मानसिक स्वास्थ्य पर ऑनलाइन इंटरैक्टिव फोरम शुरू

**चंडीगढ़।** कोरोनावायरस प्रकोप और छात्राओं के मनोविज्ञान पर परिणामी लॉकडाउन के संभावित प्रभाव को ध्यान में रखते हुए, मेहर चंद महाजन डीएवी कॉलेज फॉर वीमेन की गीतांजलि हेल्पलाइन कमेटी ने मानसिक स्वास्थ्य के लिए एक ऑनलाइन इंटरैक्टिव फोरम 'मेन्टल हेल्थ ड्यूरिंग कोविड-19' के रूप में एक अनूठी पहल की है। इस इंटरैक्टिव फोरम का उद्देश्य इस महामारी द्वारा लाए गए अभूतपूर्व परिवर्तनों पर विचार-विमर्श, बातचीत और समय पर परामर्श के माध्यम से छात्राओं को मनोवैज्ञानिक तरीके से सक्षम बनाना है। इस फोरम स्नातक स्तर की लगभग 260 से अधिक छात्राओं को मानसिक स्वास्थ्य से सम्बंधित विषयों जैसे कि मानसिक स्वास्थ्य समस्याओं, भावनात्मक कल्याण, सार्थक सामाजिक संबंध और सामुदायिक भावना को बढ़ावा देना इत्यादि पर बातचीत करने का एक मंच प्रदान करेगा। इस ऑनलाइन फोरम के माध्यम से छात्राओं को अपनी रचनात्मकता और प्रतिभा का पता लगाने, अपने व्यक्तिगत अनुभव, मनोवैज्ञानिक और भावनात्मक चिंताओं को साझा करने और ऑनलाइन परामर्श प्रदान करने के लिए प्रोत्साहित किया जाता है।



**Title of the Activity: WORKSHOP ON “PSYCHOLOGICAL HEALING WITH CREATIVE WRITING”**

**Name of the Committee: Geetanjali Counselling Helpline**

**Activity Co-ordinators: Dr Nitasha Khehra, Assistant Professor, Department of Psychology and Dr Bhavna Sood, Assistant Professor, Department of Sociology**

**Date of the Activity: 20<sup>th</sup> September, 2019**

**Number of participants: 183**

**Objective:** The main objective to conduct this activity for our college students was to promote the concept of “Creative Writing” for the purpose of psychological healing which is evinced as an extremely helpful adjunctive therapy to improve mental health and enhance personal growth. The mental health conditions of anxiety, depression, grief, low self-esteem, adjustment or stress related disorders have shown improvement with this technique.

**Practice:** The Geetanjali Counselling Helpline of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a workshop on “Psychological Healing with Creative Writing” on 20<sup>th</sup> September, 2019 which was conducted by corporate trainer, facilitator and reputed author, Ms. Suditi Jindal. Ms. Suditi Jindal is the founder and CEO of Philyra Training and Consultancy promoting creative writing. Besides being a corporate trainer and facilitator of repute, she is an acclaimed author and has two published fiction books in her repertoire namely “*Grow Up Moon*” (2012) and “*The Adulteress*” (2016). She is the feature editor of *Asian Lite* magazine published from UK and Dubai. She has completed her Masters in Creative Writing from the University of Durham, UK. She elucidated on the various components of creative writing and the process of expressive therapy which can be a dynamic tool for personal growth and healing from emotional trauma. Furthermore, attempting to weave a creative composition from their life experiences, the students can perfect their craft by using their ability to introspect situations, use personal or traumatic events as a catalyst for creative expression, constructive outlet to pent-up emotions, develop their creative writing skills and communication skills.





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(Skill Development Committee)

**You are What you Eat, Don't be Fast, Fake or Free!**

*Remembering the physical mode of teaching-learning before COVID-19: a glimpse of Be a Health Manager-I, 2019*







A seven-day workshop cum awareness programme promoting the interconnectedness of all of our body systems towards a holistic growth was organized from May 25, to June 1, 2020 under the able guidance of the convenor Principal Dr. Nisha Bhargava. The objective of this second in series programme was to approach overall wellness with an understanding of the interplay between our emotional, and physical health. The workshop received appreciation and accolades with an overwhelming participation of 138 students during the unprecedented times of the pandemic. This seven-day workshop focused on the development of holistic health which encompasses not only good nutrition, but a balanced way of life which includes a healthy body and an emotionally fit mind.

### **Day 1: Immunity across age and gender by Ms. Seeza Bhardwaj**

The session commenced with the keynote address by Principal Dr. Nisha Bhargava who pressed upon the inclusion of natural remedies to tackle the problems related to heart, stomach, skin and hair. Further, the resource person Ms. Seeza Bhardwaj apprised the participants of what immunity is and how it is compromised with preservatives, processed white sugar, salt, flour, etc. She acquainted the audience with specific fitness regimes including meditation, yoga, fasting, etc to build immunity and develop resistance. She



2018-19



## **6. Name of the Course- Meditation - The Most Important Life Skill**

**Department-**Department of Philosophy

**Vision/Mission-** To teach that evolution is the purpose of life and understand it by transitioning from moral consciousness to God consciousness. To achieve superiority of mind over body.

### **Objectives-**

- To cope with and overcome the challenges of a fast-paced and potentially stressful life style and achieve life's ultimate goal- Self Realization.
- To raise our consciousness to perceive the spiritual dimension in us.
- To make the mind calm and experience the true bliss.

**Date wise topics/ schedule-** 5.10.2018

**Duration-** One Day (3 Hours)

**Resource Person-** Swami Krishnananda Giri

**Number of Participants-** 400 (Staff and Students)

**Venue-** Gymnasium Hall

**Fee-** No

**Expenditure-** -

**Physical Output/Practical Application Demonstrated by Participants-** Meditation and concentration techniques of Kriya yoga were well received.

**Feedback-** The participants appreciated the program as it offered guidance on how to lead a life filled with joy.



## **7. Name of Activity-Workshop Mural Making on Lippan Art**

**Department-** Department of Fine Arts

**Vision/ Mission-** With an aim to train students in the field of art so that they can make their own art products with a purpose to sale and also put on exhibitions.

**Objective-** The main objective of this workshop was to linked the young students with traditional art. As this workshop was on the Mural making based on Lippan Art .Lippan art is a clay art form from the state of Gujarat, India. It is mostly done by the village ladies from Kutch to decorate their homes. Traditionally lippan is made by adding mud and cow dung and done on the walls. but here students learned this technique by using canvas board as the base and shilpkaar clay which is used to create designs. To decorate the designs created with Shilpkaar, glass pieces were used. Also acrylic paint to paint for final creation.



## 11. Name of Activity-Pro-active safety programme

**Department-** Department of Sociology

**Vision-** To empower the girls with self-defense skills that enables them to respond effectively to potential safety threatening situations

**Objective –** To equip the girls with self-defense techniques

**Duration –** training sessions for the students in 15 batches, each batch comprising 100 students was imparted six days' training. The sessions were conducted from 11 August to 16 November, 2018.

**Resource Person-** SSP Nilambari Jagadale, DSP Anjitha Chandigarh police, and the SWAYAM self-defense team headed by Mr. Sanjay from Chandigarh police.

**Number of participants-** 1500 students

**Number of trainees-** 15

**Fee-** none

**Expenditure-** sponsored by Chandigarh police

**Venue-** Gymnasium hall and Cricket ground of the College

**Practical application demonstrated by participants-** Yes (A Demonstration of self-defense tactics learnt during the programme was presented on the grand finale of this programme by the students on **16<sup>th</sup> November, 2018**. The chief guest were Punjab Governor and Chandigarh administrator Sri V. P. Singh Badnore and DGP Chandigarh Police Sanjay Beniwal

### Detailed Report

The post graduate Department of Sociology initiated a **Pro-active safety programme** in collaboration with Chandigarh Police on 11 August, 2018. The aim of the programme was to 'empower the girls we love' with self-defense skills that enables them to respond effectively to potential safety threatening situations. The inaugural of the programme was graced by Chandigarh SSP Nilambari Jagadale and DSP Anjitha, women and child support unit Chandigarh. The SWAYAM self-defense team demonstrated the self-defense techniques and conducted training sessions for the students in 15 batches, each batch comprising 100 students was imparted six days' training. The programme empowered 1500 girls with self-defense techniques.

On 16<sup>th</sup> November, 2018, the **Grand Finale** of this programme was held. Honorable Punjab Governor and Chandigarh administrator Sri V. P. Singh Badnore graced the event as the chief guest.

Board Member, LSME, Dr. Ravi Kumar, Executive Director, LSME, Dr. Sarita Parhi, Principal, LSME, Prof. Suresh Sharma, Department of Statistics and COORDINATOR, Centre for Systems Biology and Bioinformatics, Panjab University, Chandigarh and Prof. Suresh K. Chadha, UBS and Honorary Director, Central Placement Cell, PU were noted guests present on the occasion.

#### **17. 17. Name of the Activity: Interaction on ‘Leadership Skills in the face of Challenges of Higher Education in the 21st Century’.**

Ms Margaret Solomon from La Sierra University had an interaction with students on ‘Leadership Skills in the face of Challenges of Higher Education in the 21<sup>st</sup> Century’. Enlisting Leadership as one of the basic life and professional skills, she emphasized its relevance in the contemporary times more than ever. Her emphasis was on both the teacher and the taught developing leadership qualities in their respective roles. She opined that the qualitative purposes of higher education could be achieved in terms of education broadening mental horizons and being relevant to solving the issues of its time. (2018)

#### **18. 18. Name of the Activity: Photography Workshop**

**Vision:** To equip the participants with skills in Photography.

**Objective:** To familiarise the participants with the nuances of photography including types of cameras, lenses, exposure, photography techniques and picture composition.

**Date:** August 27, 2018

**Duration:** 3 hours

**Resource Person(s):** Mr.Rajnish Katyal, Renowned Professional Photographer

**Number of participants:** 30

**Venue:** Room No.8

**Fee:** Nil

**Expenditure:** Rs.1500/- remuneration paid to the expert.

**Output:** During the workshop, the expert explained various technicalities related to photography with the help of photographs to elucidate upon the concepts of exposure, composition, etc. which helped the participants in gaining a better understanding of the art and science of photography.

#### **19. 19. Name of the Activity: Organic Farming**

The Skill Development Committee continuing its on-going efforts since 2017, started new workshop series on sustainable urban farming. More than 100 students attended the

She also apprised the students that a new CV should be created for every new opportunity and should be updated regularly. (February 2019)

## **24. Name of the Event : Workshop on Curriculum Development**

**Committee/ Department:** Skill Development Committee

**Vision/Mission:** To make the academicians skilled at Curriculum Design and Development

**Objectives:**

- To train the participants in the basics and Mechanics of Curriculum Design
- To discuss the planning, designing, implementation, evaluation and challenges involved in the process of Curriculum Design
- To make the participants adept in the skill of Curriculum Development

**Duration** (hours / days): 1 Day (3.30 hours)

**Collaboration with an outside agency, if any:** None

**Date wise topics/schedule:** 30<sup>th</sup> May, 2019

Session I: 10.00am to 11.30 am

Session II: 12.00 noon to 2.00 pm

**Resource person(s) (name/ designation, organization):**

Prof P.K. Tulsi, NITTTR

Prof. A.B. Gupta, Head, Curriculum Development Centre, NITTTR

**Number of trainees/participants** , 40 participants from Various colleges/schools of Northern India

**Venue/timings:** Room No 8

**Physical output /practical application demonstrated by participants:** Participants learnt to design need-based curricula

**Feedback/ Analysis/action taken/outcome:** Feedback taken through Google forms and duly recorded

## **25. Name of the Event: Be a Health Manager**

A workshop series was organized to train participants to be a health manager Through the Workshop Series, it was intended to expand understanding of diet regulations, food handling safety and sanitary standards and develop understanding of different body systems and basic information.



## WORKSHOP ON 'WARLI' ART

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The **Department of Fine Arts** in collaboration with **NSS Unit** of the college organized a 5-day workshop on Warli Art from February 16-20, 2019 with the aim of honing the skills of students in this specialized art form which is reflective of rich Indian culture and traditional art. Dr. Pooja Sharma, Head, Department of Fine Arts, conducted this workshop to teach the students various nuances of Warli Art. Showcasing the artistic skills learned during the workshop, the participants gave an aesthetic look to the walls of the college Administration Block by painting them with intricate Warli figures engaged in different activities of daily routine.

## RESUME WRITING

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The **Skill Development Committee** organized a workshop for students on Resume Writing on February 17, 2019 to hone their skills in the art of writing effective resumes according to the latest norms. The workshop was conducted by Prof. Deepti Gupta, Chairperson, Department of English and Cultural Studies, PU, Chandigarh. Prof. Gupta apprised the participants about the diverse elements of an ideal resume, and dwelt upon each element in detail seeking to make them proficient in the art of resume writing. A personalized CV making and evaluation session was also held to give the participants hands on experience in drafting their resumes.

## CULTIVATION OF OYSTER MUSHROOM

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The **Department of Food Science** in collaboration with **Skill Development Committee** organized a two-day Workshop on “Cultivation of Oyster Mushroom (Dhingri)” on March 13 and 14, 2019 to impart hands-on-training in the cultivation of oyster mushrooms in used plastic bottles using combination of agro and garden waste. The students were taught all technical and theoretical aspects of mushroom cultivation in four modules to give training in spawn production, substrate collection and sterilization, filling of bottles and bags through spawn layering technique, identifying and optimizing spawn run, pinning and harvesting stages. A total of 47 students from various colleges participated in this workshop.

## COGNITIVE SKILLS, DESIGN THINKING AND CRITICAL THINKING

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The **Institution Innovation Council (IIC)** organized a workshop on the theme 'Cognitive Skills, Design Thinking and Critical Thinking' on April 4, 2019. Dr. Shilpa Suri, Deputy Chairperson, CII Indian Women Network, Tricity Chapter sensitized 47 students and 16 members of faculty about the cognitive skills that are required for the making of a successful entrepreneur. The participants also explored various techniques and activities to enhance their latent cognitive, creative and critical thinking skills.

## NUTRITION AND DIET SKILLS FOR LIFE

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The **Department of Food Science** conducted a seven-day Workshop on Nutrition and Diet Skills for Life from May 31–June 6, 2019 with a vision to strengthen and promote the concept of healthy foods and the role of nutrition in our everyday lives. Dietician Deepti Goyal, a member of Indian Dietetic Association, generated awareness on issues relevant to health and nutrition including PCOD, obesity, thyroid disorders, FAD Diets, eating disorders, importance of mindful eating etc. She also imparted hands-on-training on superfood recipe making, customized diet management and diet planning for different age-groups.

## BE A HEALTH MANAGER

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A series of workshops across 60 hours from February 16 to April 16, 2019 titled 'Be a Health Manager' was initiated by the **Skill Development Committee** to equip women with skills in the area of food and nutrition through 23 intensive sessions that included 12 interactive sessions and 11 hands on training sessions on issues pertaining to nutritional deficiencies, meditation, yoga and healthy cooking. Hands-on workshops on making organic body-care products, multigrain cookies, guilt free cakes, etc. were also held. The programme was an amalgamation of practical and theoretical knowledge to help women manage the health of those around them apart from their own.



## ENGLISH LANGUAGE AND COMMUNICATION SKILLS

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The **Postgraduate Department of English** held a 4-day workshop on English language and Communication Skills on June 15-18, 2019. It witnessed an enthusiastic participation of 25 participants including students, research scholars, social workers and housewives. The sessions focused on acquiring and strengthening communication skills, creative writing skills and skills to navigate effectively through group discussions and personal interviews.

## ENERGY CONSERVATION AND ASSEMBLING OF LED BULBS

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The **Department of Physics** conducted a two-day workshop on Energy Conservation and Assembling of LED Bulbs on April 17, 2019. Under this initiative the participants were sensitized about the importance and ways of energy conservation. They were also made aware of the benefits of LED lights in reducing power consumption. Providing hands on experience to the participants, practical sessions on assembling of LED bulbs were conducted in the Physics Lab under the guidance of Dr. Yogita Batra. An exhibition of the LEDs prepared was also put up after the completion of the workshop.

## INNOVATIVE COURSES

### BRIDGE COURSE IN ECONOMICS

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The **Skill Development Committee** began a 7-day bridge course for beginners in Economics from June 24, 2019 to July 1, 2019. Aiming to acquaint the freshers with the basic nuances in the field of Economics, the course aimed to introduce aspiring economists to its varied dimensions. Principal Dr. Nisha Bhargava, an expert in Energy Economics, delivered the inaugural lecture on the topic- 'An Introduction to Economics,' and introduced the students to the definitions, main branches and career options in the field of Economics. She also shed light on the role of scholars such as Adam Smith, Alfred Marshall, Lionel Robbins, Paul Samuelson and Kautilya apart from introducing the learners to Micro and Macro Economics. The participants also got an insight into the career avenues in IAS, IES, State Civil Services, Banking and Insurance, National and International Financial Services, Ministry of Agriculture, Planning and Implementation, and various other fields.

### SHORT TERM COURSE ON AESTHETIC LIVING

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Under the aegis of the **Skill Development Committee**, an 11-day skill enhancement workshop on interior designing and Vastu Shastra was organized from June 3 to June 14, 2019 with the aim to equip participants with both - skill in interior design and the knowledge of Vastu. Ms. Munmun, Vastu and Numerology expert; Ms. Kashish Mahajan, Founder, Kama Design Studio, Chandigarh and Ms. Aarushi Jain conducted seven insightful sessions wherein the participants learnt about the fundamentals of vastu, architecture and design, space planning and visualizing design. The highlight of the Course was Studio Day wherein all the 32 participants displayed their interior mood boards. The best presentation was awarded an internship at Kama Design Studio, Chandigarh.

## NEW ENDEAVOURS

### SKA-ASIA QUIZ COMPETITION 2018

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The **Department of Food Science**, in association with Confederation of Indian Industry's Surakshit Khadya Abhiyan (CII-SKA) and Food Safety and Standards Authority of India (FSSAI), hosted the 17th round of SKA-Asia Quiz Competition 2018 supported and sponsored by Star College Scheme, DBT, Ministry of Science and Technology on December 7, 2018. SKA - is a Pan-India initiative of CII to provide Food Safety through Awareness and Capacity building of stakeholders. It initiated a Quiz Competition on Food Safety for Colleges to promote awareness on Food Safety and hygiene practices amongst college students and inspire them to work towards preventing and reducing the risk of food-borne diseases.



2017-18

## WOMEN HEALTH AND NUTRITION

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**The Women Development Cell** organized an interactive session on ‘Women Health and Nutrition’ on 31 October, 2017 with the objective of sensitizing young women about the importance of nutrition in leading a healthy life. The session was conducted by Dt. Sonia Gandhi, Head, Department of Clinical Nutrition and Dietetics, Fortis Hospital, Mohali. She apprised the audience of the various metabolic, physiological and psychological changes that women experience at different stages of life and the significance of diet in each stage. The lecture was followed by an interactive session.

## IMPORTANCE OF VEGETARIANISM

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**The Department of Hindi** organized an interactive session on the ‘Importance of Vegetarianism’ in collaboration with Humane Society International (HSI) - a global animal protection organization on 12 November, 2017. Mrs. Swarnali Roy, Campaign Outreach Coordinator (Farm Animals), HSI conducted this educative session along with her colleagues Mr. Devinder and Mr. Altaf. They apprised the students of the importance of adopting a vegetarian lifestyle for a longer and healthier life. Through an informative power-point presentation on the topic, Mrs. Roy demonstrated how vegetarian diet is favourable for, and in accordance with the nature and physical structure of the humans.

## STRESS-FREE LIVING

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**The Club of MCM Public Administration Students (COMPASS),** in collaboration with Bharat Vikas Parishad (BVP), organized an interactive session on ‘Living a Healthy and Stress Free Life’ on 14 November, 2017 which was conducted by Mr. Rakesh Sehgal, BVP’s National Secretary and Mr. Tarun Kumar Garg, a Corporate Trainer. The speakers highlighted BVP’s role in nation building and character building. Mr. Tarun shared various time-management skills with students, and other techniques for managing stress in their personal as well as professional lives.



## PHOTOGRAPHY AS A MEDIUM FOR COMMUNICATION & STORYTELLING

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**The Skill Development Committee** organized an interactive session on ‘Photography as a Medium for Communication and Storytelling’ on 16 November, 2017. The session was conducted by Mr. Samar Viridi, a Chandigarh based professional Photographer and Filmmaker. Speaking about the power that photography commands as a medium of communication, Mr. Samar apprised the young photographers of the theoretical, philosophical and technical aspects of the art of photography.

# NEW ENDEAVOURS

## SELF-DEFENCE TRAINING



The **NSS Unit** and the faculty of **Police Administration** organized a 10-day Self-Defence Training course from 20 November 2017 in collaboration with Swayam - Women Self-Defence Training Cell of Chandigarh Police (Women Cell) in which a combination of activities like drill and karate were taught to the volunteers. Focussing on augmenting the physical strength as well as alertness of the participants, the training session received an enthusiastic response from more than 100 students.

## ARTIFICIAL FOREST

In an innovative initiative, the **Department of Botany** and **NSS Units**, under the aegis of the ‘Swachhata Mission’ introduced by the Government of India, created an artificial forest on a patch of land (approximately 95× 30 feet) on the campus. The initiative is a move towards a cleaner, greener and a healthier environment. Plants being a vital source of water in the ecosystem, remain active players in the water cycle as they absorb ground water through their stems and roots, and return it to the environment through their leaves by the invisible process of transpiration. Thus, they add the much-needed moisture to the environment and maintain temperature balance of the atmosphere. Inaugurated by the Honorable Mayor of Chandigarh, Shri Daves Moudgil, the forest has more than 40 plants of medicinal and economic relevance, including *Simarouba glauca* DC., *Withania somnifera* (L.) Dunal, *Pyrus communis* L., *Cascabela thevetia* (L.) Lippold, *Butea monosperma* (Lam.) Taub. etc. were obtained from the botanical garden at Sarangpur with the support of the Forest Department, Chandigarh.





## **STUDENT ENRICHMENT PROGRAMMES ORGANIZED BY THE DEPARTMENT**

### **12. Skill-based Workshops/ Extension Lectures/Panel Discussions organized by the department in the session:**

<b>Title of the Workshop/ Extension Lectures/Panel Discussions</b>	<b>Date</b>	<b>Objectives</b>	<b>No. of Students benefited</b>	<b>Name/Designation/Organization of Resource Person/s</b>
<b>Workshop: Startup/stand up for potential young entrepreneurs organized in collaboration with Rajiv Gandhi National Institute of Youth Development (RGNIYD), Regional Centre, Chandigarh</b>	10-13 Oct, 2017	<ul style="list-style-type: none"> <li>● To equip and empower the participants with enhanced understanding of starting a venture more adequately to meet the needs of the beneficiaries.</li> <li>● And to build up a clear body of theory, understanding and skills for various aspects of initiating and managing a business, so that by the end of the training the participants will have a clear competence across all stages.</li> </ul>	<b>58</b>	<ul style="list-style-type: none"> <li>● Prof. Amarjeet Singh, Community Medicine, PGIMER, Chandigarh.</li> <li>● Dr. Bharat, UILS, Panjab University</li> <li>● Mr. Rajneesh Mehra, Head – MBA,GJIMT, Mohali</li> <li>● Dr. Anil Angrish,NIPER, Mohali</li> <li>● Mr. Pawan Kamra, CEO, Chandigarh Agritech Pvt.Ltd.</li> <li>● Mr. Ashish, Institute of Hotel Management, Bathinda</li> <li>● Mr. Sukhvinder, Food Safety Inspector, Chandigarh</li> <li>● Mr. Chandan Chandana, NIPER, Mohali</li> </ul>
<b>Workshop on “Awareness Generation &amp; Dissemination of Knowledge &amp; Skills about Recent Advances in Nutrition &amp; Safety” catalyzed and supported by Rashtriya Vigyan Evam Prodyogiki Sanchar Parishad, DST and Star college Scheme, DBT, Ministry of Science and Technology in collaboration with School of Public Health, PGIMER, Chandigarh</b>	23 Nov 2017	<ul style="list-style-type: none"> <li>● To equip and empower the participants with enhanced understanding of food safety issues and challenges.</li> <li>● To provide a platform for students to gain clarity about the newer innovations and ideas in the field of food safety through direct interactions with eminent scientists, academicians and industry personnel.</li> </ul>	<b>135</b>	<ul style="list-style-type: none"> <li>● Prof. Amarjeet Singh, Community Medicine, PGIMER, Chandigarh.</li> <li>● Prof. Sanjay Chhibber, Professor, Dept. of Microbiology, Panjab University, Chandigarh.</li> <li>● Mr. Sukhwinder Singh, Designated officer, Food Safety Cell, UT.</li> <li>● Dr. Sukhpal Kaur, National Institute of Nursing Education, Chandigarh.</li> <li>● Dr. Jayanti Dutta Roy, Deputy Director, Human Resource Development Centre, PU, Chandigarh.</li> <li>● Mr. Anish Slath, Assistant Professor, University Institute of Hotel &amp; Tourism Management, Panjab University, Chandigarh.</li> </ul>



**Ms. Renuka Salwan, Director, Public Relations, Panjab University**

A workshop on “**Chiselling Personalities:** Communication, Grooming and Life Skills” was organised by the alumni committee on 16th February, 2018. The resource persons who enthralled the audience were: Mr. Vivek Atray (retd. IAS), Ms Aprajita (Miss India finalist) and Mr. Vishal Kalia (Hospitality Trainer, Institute of Hotel Management and Catering, Chandigarh).



**Vivek Atray, Retd. IAS Officer**

Alumni Committee coordinated the alumni of the college for the “Samarpan Divas” organised by DAV CMC on 21st April, 2018 at Parade Ground, Sector 5, Panchkula in commemoration of anniversary of Mahatma Hans Raj.

On 28th February, 2018, on the Golden Jubilee Celebration of the college, Hon’ble President of India Sh. Ram Nath Kovind felicitated the following illustrious alumni: Sonia Narang (IPS), Mother of Late Harita Deol ( first woman IAF pilot to fly solo), Dilasha Vasudev (IES), Captain Ruchi Sharma (Retd. first woman paratrooper in the Indian Army).

## APPLICATION OF SOMATIC INKBLOT SERIES

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The Department of Psychology, in collaboration with the Social Sciences Committee, organized a workshop on 'Application of Somatic Inkblot Series' (SIS) on 29 March, 2018. This skill-based workshop was conducted by Prof. B L Dubey, Adjunct Faculty, University of Alaska, USA, and President, Somatic Inkblot Society to familiarize the participants with the fundamentals of the projective technique of SIS, and the applicability of the test that is used internationally to assess one's personality, facilitate diagnostic assessment and therapeutic intervention. The workshop was spread over 4 sessions which included introduction to projective technique and tests, comparison of Rorschach and SIS administration, scoring and interpretation of SIS, analysis of case studies and psychotherapy.



## SUSTAINABLE URBAN FARMING

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The Skill Development Committee held a series of six workshops on 'Sustainable Urban Farming' from February to April, 2018 in which students were familiarized with varied techniques in agriculture by Mr. Rahul Sharma and Ms. Ashreen. The participants were imparted knowledge and skill in using non-chemical methods of growing vegetables in small areas and pots. They were also encouraged to shift to chemical-free farming at the macro level. Apart

from visiting the farms, the students also visited an Organic Mandi. The workshop was open to women from outside the college also.

## SEVEN DAY WORKSHOP ON SKETCH-UP

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The Internal Quality Assurance Cell of the college organized a Seven Day 'Sketch-Up Workshop' for the students of Interior Designing and Decoration from 7 June to 13 June, 2018. Ms. Arushi Jain conducted the workshop and explained the intricacies of interior designing to the students with the help of the specialized software of Sketch Up.



2016-17

Dr. Dapinder Kaur Bakshi, Principal Scientific Officer, Biotechnology Division, Panjab University, Chandigarh State Council for Science and Technology, Chandigarh and an MCM alumna enlightened the audience on the topic of 'Women Empowerment and Funding for Women Entrepreneurship'. She made the participants aware of the various funding agencies like DBT, DST, CSIR, MSME, DRDO, etc. which promote entrepreneurship.

Prof. R. Gadagkar, Year of Science Chair Professor, Centre for Ecological Sciences, Indian Institute of Science, Bangalore dealt with the practical aspect of designing experiments. He stressed on the fact that science is a democratic process and can be practiced by anyone as inquisitiveness is the foundation of knowledge.



Prof. Arun Kumar Grover, Vice Chancellor, Panjab University, Chandigarh, who was the Chief Guest in the valedictory session, congratulated the college for this novel initiative of enabling the creation of academic environment for excellence in education. He lauded the efforts of the institution in holding such programmes to benefit the teaching faculty.

## WORKSHOPS FOR SUPPORT STAFF

The thrust of IQAC on capacity building of the teaching faculty and support staff continued in the form of a RUSA-sponsored workshop on Stress Management organized to ensure a qualitative change in the personalities of participants. Mr. K. S. Chatwal, a Management Trainer with SBI and a Life Coach conducted a stimulating programme to help the participants inculcate life skills. He maintained that fruitful channelization of our time and energy fosters a sense of well-being and leads to healthy interpersonal relationships.



Led by the same goal, the **Department of Computer Science and Applications** conducted a seven day Workshop on 'Digital Literacy' for the non-teaching employees of the college. It included topics like Digital Payments, use of Office and Web applications and apprised the support staff of their usage in a series of lectures and practical sessions. Prof. B. S. Ghuman from the Department of Public Administration, PU was the Chief Guest.

## 2. **Workshop on “women empowerment through life skills”**

A workshop on “women empowerment through life skills” was conducted on 11.2.17, by Reeta Kohli additional Advocate General, Punjab and Haryana high court and Dr. Upneet Lalli Deputy Director ICA. Dr. Upneet lalli elaborated the details of Sexual Harassment Act at work place. Advocate Reeta kohli demonstrated the importance of life skills and martial art for the empowerment of women. Two documentaries titled ‘The Brave Girl’ and ‘Delhi police’ were also screened in this workshop. Around 275 students passionately participated and shared their personal experiences in the interactive session of this workshop.



Chief- Coordinator IQAC

Principal