



Report of Initiatives taken under  
**Swachh Bharat Abhiyan**  
July 2023 to September 2023



Submitted by

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

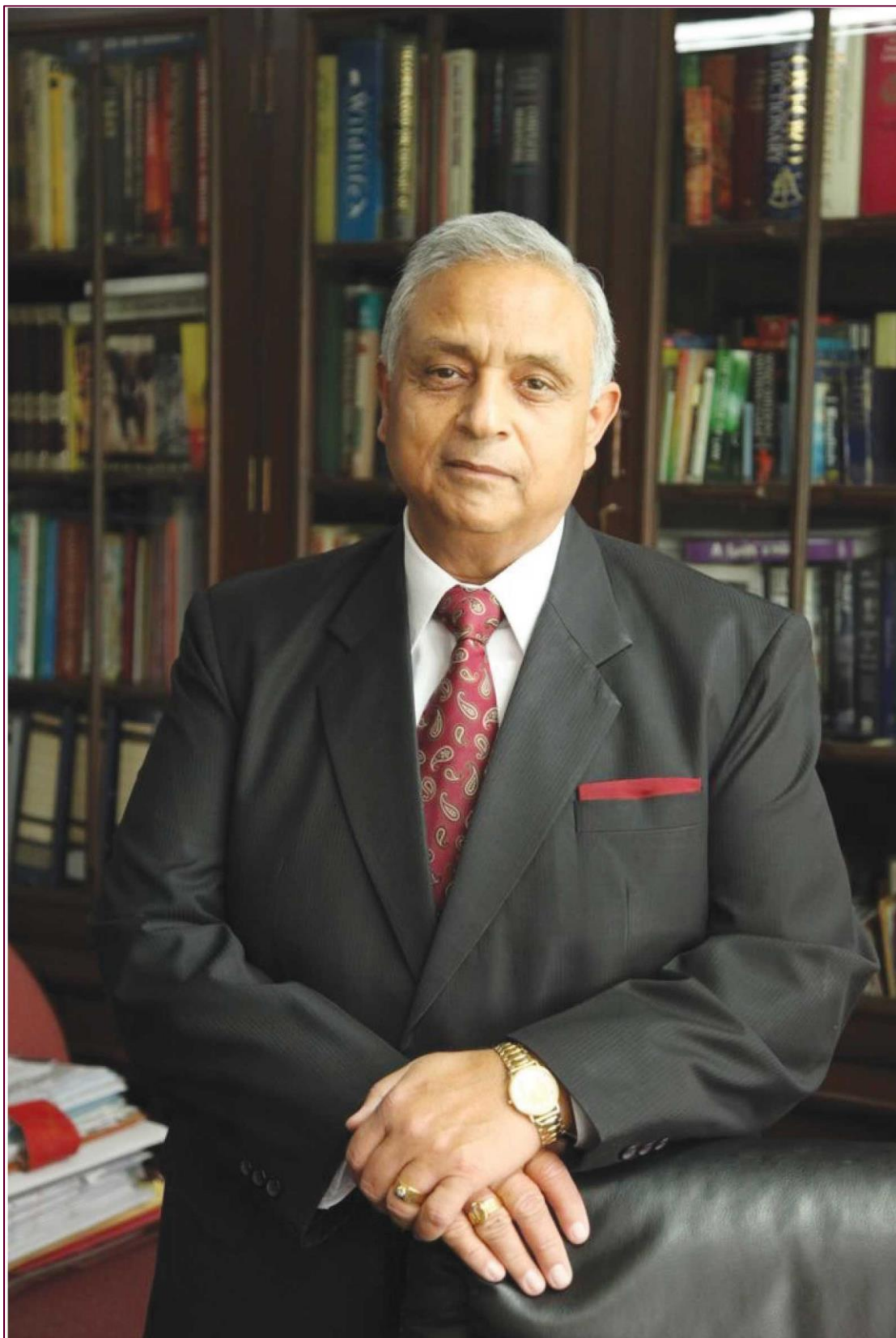




# Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI



*Dr Punam Suri Ji, Padma Shree Awardee  
Hon'ble President  
DAV College Managing Committee, New Delhi*



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER II: APRIL - JUNE 2023)**

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*From The Principal's Desk*

As the nation offered Swachhjanjali to Mahatma Gandhi, the father of the Nation, the Swachhta Committee of Mehr Chand Mahajan DAV College for Women, arranged events, drives, sessions, and various other activities befitting the occasion. Swachhta, in all walks of life, remains a guiding factor for our college. The various endeavours of the Committee were a humble tribute to Gandhiji who advocated Swachhta in all spheres.

The activities were woven around various facets of Swachhta. These included inculcating clean eating habits which were inculcated by activities like *Healthy Food, Healthy Family; Poshan Maah; Sampuran Swasthya Maah; National Nutrition Week, or various Drives to ensure segregation of E-waste including an E-Waste Collection Drive*. Various activities were undertaken to increase the green cover of the surrounding areas including Plantation Drive at Buterla and competition based on the theme 'पर्यावरण संरक्षण-समस्या एवं समाधान'. Efforts were made to clean up and disinfect the campus by undertaking the cleaning of hostel premises and cleaning of water tanks in the college. The Swachhta warriors also celebrated days including *World Ozone Day and World Bamboo Day* which reinforced Swachhta of environment at a global level.



*From The Principal's Desk (Contd...)*

Various events were conducted in the college by volunteers to create awareness regarding the initiatives of the Government to strive for Swachhta including the celebration of Azadi ka Amrit Mahotsav Week under the aegis of Meri Mati Mera Desh Abhiyan, Ministry of Youth Affairs and Sports, Government of India in which Panch Pran were undertaken as a promise of a cleaner tomorrow apart from various other events marking the celebrations. In addition, an activity to ensure citizen participation in the Swachh Survekshan Survey which aims to assess the cleanliness and hygiene practices in the local community was conducted. These two activities were arranged by the NSS Units of the college in collaboration with the Swachhta Committee.

I am grateful to Dr. Punam Suri ji, Padma Shree Awardee, Hon'ble President, DAV College Managing Committee, New Delhi for illuminating our path with his lofty ideals of Swachhta in all respects. I am indebted to Shri H.R. Gandhar ji, Senior Governing Body member of the College and Vice President DAVCMC for guiding us during the organization of various activities and for being the pillar of support at all times. I also express my greetings to Shri Shiv Raman Gaur ji, Director Higher Education, DAVCMC for his kind blessings. I am indebted to the members of the Swachhta Committee who not only ideate ways to ensure Swachhta but also actively implement various Government initiatives. Swachhta is an ongoing commitment of all the stakeholders to ensure clean and green surroundings and my blessings to members of the Swachhta Team of our college as they strive for Swachhta in all aspects!

**Dr Nisha Bhargava**  
**Principal**

## Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.)

### Swachhta Committee

**Chairperson:** Dr Nisha Bhargava (Principal)

**Convenors:** 1. Mrs. Suman Mahajan (Arts)  
2. Ms Raman Ghuman (Commerce)  
3. Dr Vandana Sharma (Sciences)

Stream/Department/Cell/Committee	Coordinators and Members	Stream/Department/Cell/Committee	Coordinators and Members
<b>Arts:</b>	1. Dr Anju Lata 2. Dr Ritu Khosla 3. Dr Manjit Sidhu 4. Dr Ramandeep Kaur 5. Dr Minakshi Rana 6. Ms. Richa (Pol Sci.)	<b>Swachhta Report and Uploading information:</b>	1. Dr Komil Tyagi 2. Dr Vidushi Jaswal 3. Dr Sunaina Jain 4. Dr Purnima Bhandari 5. Dr Gurjeet Virk Sidhu 6. Dr Ketaki Dwivedi 7. Dr Nisha Dawra 8. Dr Preeti Gambhir 9. Dr Aparna Sharma 10. Mr Ashish Mudgal
<b>Science:</b>	1. Dr Neetu 2. Dr Shefali 3. Dr Sagarika Dev 4. Dr Purnima Bhandari 5. Dr Anchal Batra		
<b>Commerce:</b>	1. Ms Disha Sharma 2. Dr. Vandita Kapoor 3. Dr. Arshdeep		1. Dr. Nitasha Khehra 2. Dr. Vandita Kapoor
	4. Dr. Rupinder Kaur 5. Dr. Meenu Singla		1. Dr. Preeti Gambhir 2. Dr. Minakshi Rana All members of NSS team
<b>Computer Science:</b>	1. Dr. Indu Arora 2. Ms Deepti Sharda 3. Dr Mandeep Kaur Chawla 4. Dr. Navdeep Kaur	<b>Library:</b>	1. Ms Reena Thakur 2. Ms. Neha Sharma (Library) 3. Mr Arjun Singh
<b>Hostel:</b>	1. Ms Baljeet Kaur Tiwana 2. Dr. Jasmine Anand 3. Dr Mamta Ratii 4. Ms Shailey Bhagi 5. Ms Sonika Srivastava 6. Ms Sushma Rani	<b>Administration Staff for overall Coordination</b>	1. Ms. Kuldeep Singh 2. Mr. Pawan Sharma 3. Mr. Ashish Mudgal 4. Mr. Sanjiv Sharma 5. Ms. Nancy Garg 6. Ms. Namita Sharma



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN**  
**(QUARTER III: JULY-SEPTEMBER 2023)**

<b>Stream/Department/Cell/Committee</b>	<b>Coordinators and Members</b>	<b>Stream/Department/Cell/Committee</b>	<b>Coordinators and Members</b>
<b>Sanitisation:</b>	Dr Vandana Sharma	<b>Official Correspondence for Reports:</b>	Dr Sandeep Kaur (MFT)
	Dr Sarabjeet Kaur		Ms Nancy Garg
	Dr Qudrat Hundal		
	Dr Gunjan Sud		
	Mr Kuldeep Singh		
	Mr Pawan Sharma		

## **1. Healthy Food, Healthy Family (by Swachhta Committee - Arts)**

**Date:** 02 July 2023

**Number of participants:** 04

**Objective:** The main objective of the competition was

- To inform students about the nutritive aspect of food
- To acknowledge nutrition as a commonly used term at the household level
- To bring out innovative recipes to enhance immunity and prevent infections using raw materials easily available at home.

**Practice:** 04 students participate in the competition. Participants were awarded certificates.

**Evidence of Success:**



**EGG CURRY**



**SAMBHAR DOSA**



**INDIAN FRIED RICE**

**INGREDIENTS TAKEN**

Rice  
Onion  
peas  
Bell pepper  
Corn  
Tomato  
Mushroom  
Cabbage  
Salt  
Turmeric  
Sauces

**NUTRITIONAL BENEFITS**

As it contains combination of ingredients. These components can offer:  
Vitamins  
Mineral  
Fiber  
Protein  
Carbohydrate  
Healthy fat



**POHA**



## 2. Swachh Bharat Mission Urban 2.0- Citizen Feedback - Swachh Survekshan 2023

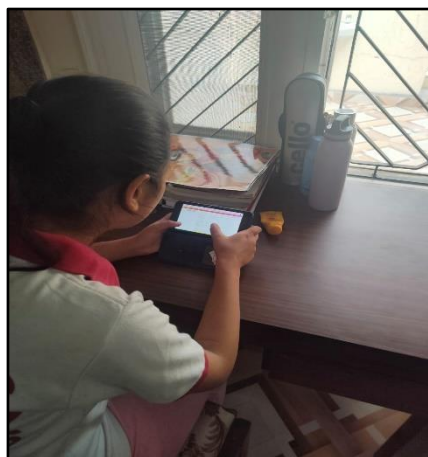
**Date:** 25 July 2023 – 28 July 2023

**Number of Entries:** 755

**Objectives:**

- To motivate citizens to participate in the Swachh Survekshan Survey and make it a success.
- To evaluate the overall cleanliness levels of the area surveyed.
- To identify areas which require immediate attention and improvement in terms of sanitation.
- To gauge the awareness and adoption of proper waste disposal and segregation methods among the residents.
- To determine the effectiveness of past cleanliness initiatives and campaigns.

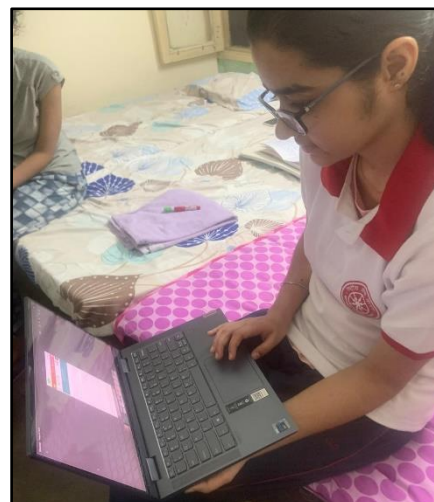
**Context:** Swachh Survekshan Survey is being organized by the Ministry of Housing and Urban Affairs, Government of India, to assess the cleanliness and sanitation of cities and towns across the country. The primary goal of Swachh Survekshan is to encourage large scale citizen participation and create awareness amongst all sections of society about the importance of working together towards making towns and cities better



places to reside in. Conducted under the ambit of the Swachh Bharat Mission (Urban), the annual survey has managed to mobilise people, resources and authorities in an effort to prove that their city, of all cities in India, is the cleanest and that sustainable practices, both by citizens and ULBs, are being encouraged and promoted. The National Service Scheme (NSS) Units at Mehr Chand Mahajan DAV College for Women, Chandigarh, conducted an activity to ensure citizens' participation in Swachh Survekshan Survey that aims to assess the cleanliness and hygiene practices in the local community.

**Practice:** As per the directions of Director of Higher Education (DHE), Chandigarh Administration, the NSS Units of Mehr Chand Mahajan DAV College for Women,

Sector 36-A, Chandigarh, raised awareness about Swachh Survekshan Survey with the objective of ensuring maximum participation in the Survey. The NSS Units helped in conducting the survey by registering 755 participants and encouraging their friends, siblings, and neighbours to participate in it. The NSS Volunteers of the college not only participated in the survey but also encouraged citizens to participate in it. 755 citizens filled the survey that provided valuable insights into the cleanliness and hygiene practices within the surveyed area.



**Evidence of Success:** The survey witnessed an enthusiastic participation of 755 citizens.



### 3. Tree Plantation Drive and Pledge Ceremony

**Date:** 09 August 2023

**Number of NSS Volunteers participated:** 70

**Venue:** Near Poly House, the backside of Golden Jubilee Hall of the College

**Objective:**

- To develop an Amrit Vatika for a greener and sustainable future
- To sensitize students towards the need to preserve our environment and ecology
- To develop a sense of national pride and feel inspired to protect India's cherished heritage

**Context:** The NSS units of the College, under the aegis of Meri Mati Mera Desh Abhiyan, Ministry of Youth Affairs and Sports, Government of India, began the celebration of Azadi Ka Amrit Mahotsav Week. The celebration, marking the culmination of the glorious 75 years of India's Independence, focuses on paying homage to the motherland through events dedicated to the 'Mitti of the Motherland'.

**Practice:** To mark the celebration of the 75th Independence Day, the NSS Units hosted a week-long celebration on August 9, 2023. A tree plantation drive and pledge ceremony were organised under the aegis of Meri Maati Mera Desh, Ministry of Youth Affairs. The event started with a plantation drive in Amrit Vatika within the college premises wherein a plantation of 75 saplings of indigenous varieties along with medicinal plants was undertaken. The event was organised in the esteemed presence of the principal Dr. Nisha Bhargava, under the supervision of NSS programme officers - Dr.



Dr. Preeti Gambhir and Dr. Minakshi Rana, and Programme Coordinator Dr. Meenu Singla. The Amrit Vatika was inaugurated by Dr. Nisha Bhargava by planting the first sapling. Thereafter, the staff and NSS volunteers, along with everyone present at the event, took the 'PANCH PRAN' pledge stating-

- I pledge to play my part in building a developed India.
- I pledge to remove any trace of colonial mindset.

- I pledge to take pride in the promotion & preservation of our rich cultural heritage.
- I pledge to strive for the unity and solidarity of the country.
- I pledge to fulfill my duties and responsibilities towards my nation.
- I pledge to honour the sacrifice of our country's brave hearts and devote myself to the nation's defense & progress.

Volunteers also uploaded 'SELFIES WITH DIYAS' on the government portal of Meri Maati Mera Desh.

**Evidence of Success:** Overall, the event was successful and volunteers were apprised of the benefits of planting trees and feeling of concern for the nation. The volunteers uploaded their selfies on their social media with the hashtags- #Maatikonaman, #Veeronkavandan and #MeriMaatiMeraDesh.

Planting trees for a greener and sustainable future is a small step with a BIG impact. Let's nurture our environment and fly towards a greener tomorrow!





## Media Coverage:



एमसीएम कॉलेज चंडीगढ़ में अमृत महोत्सव सप्ताह के शुभारंभ मौके प्रिंसीपल डॉ. निशा भार्गव व विद्यार्थी पौधे लगाते हुए। (छाया : गुरिन्द्र सिंह)

## एमसीएम में आज़ादी के अमृत महोत्सव सप्ताह का शुभारंभ

चंडीगढ़, 9 अगस्त (राम सिंह बराड़): मेहर चंद महाजन डीएवी महिला महाविद्यालय चंडीगढ़ की एनएसएस इकाइयों ने मेरी माटी मेरा देश अभियान, युवा मामले और खेल मंत्रालय, भारत सरकार के तत्वावधान में आज़ादी के अमृत महोत्सव सप्ताह का शुभारंभ किया। भारत की आज़ादी के 75 वर्ष पूरे होने के उपलक्ष्य में 'मातृभूमि की मिट्टी' को समर्पित कार्यक्रमों के माध्यम से मातृभूमि को श्रद्धांजलि अर्पित की। उत्सव के पहले दिन, एनएसएस इकाइयों ने परिसर में 'अमृत वाटिका' स्थापित की, जिसमें स्वदेशी किस्मों के 75 पौधों का रोपण किया गया। स्वयंसेवकों ने पौधों के साथ सैल्फी भी ली और उन्हें अपने सोशल मीडिया पर हैशटैग- माटिकोनमन, वीरोंकावन्दन और मेरीमाटीमेरादेश के साथ पोस्ट किया। इस अवसर पर डॉ. निशा भार्गव ने स्वतंत्रता दिवस समारोह की शानदार शुरुआत के लिए एनएसएस इकाइयों को बधाई दी। उन्होंने कहा कि भारत की समृद्ध माटी, वीरता का यह एकीकृत उत्सव राष्ट्रीय गौरव की भावना पैदा करेगा और भावी पीढ़ियों को भारत की विरासत की रक्षा करने के लिए प्रेरित करेगा।

## एमसीएम में आज़ादी के अमृत महोत्सव सप्ताह का शुभारंभ हुआ



समारोह के दौरान स्थापित अमृत वाटिका।

**सवेरा न्यूज़/नीना चंडीगढ़:** एमसीएम डीएवी कॉलेज फॉर वूमैन सैक्टर 36 की एनएसएस इकाइयों ने मेरी माटी मेरा देश अभियान, युवा मामले और खेल मंत्रालय, भारत सरकार के तत्वावधान में, आज़ादी के अमृत महोत्सव सप्ताह का शुभारंभ किया। उत्सव के पहले दिन, एनएसएस इकाइयों ने परिसर में अमृत वाटिका स्थापित की, जिसमें स्वदेशी किस्मों के 75 पौधों का रोपण किया गया। सर्वप्रथम प्राचार्या डॉ. निशा भार्गव द्वारा पौधारोपण किया गया। इस अवसर पर डॉ. निशा भार्गव ने स्वतंत्रता दिवस समारोह की शानदार शुरुआत के लिए एनएसएस इकाइयों को बधाई दी।

## Azadi ka Amrit Mahotsav Week begins at MCM



**CHANDIGARH (CS JOLLY):** The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Meri Mati Mera Desh Abhiyan, Ministry of Youth Affairs and Sports, Government of India, began the celebration of Azadi ka Amrit Mahotsav Week, here today. The celebration, marking the 75 years of India's Independence, focuses on paying homage to the motherland through events dedicated to the 'Mitti of the Motherland'. On the first day of the celebration, the NSS units set up 'Amrit Vatika' in the campus wherein plantation of 75 saplings of indigenous varieties was undertaken. Principal Dr. Nisha Bhargava planted the first sapling. Thereafter, the staff and students took 'Panch Pran' holding 'matti' in their hands, pledging to make India a developed country, eliminate the mentality of slavery, be proud of our rich heritage, uphold unity and solidarity, fulfill duties as citizens, and respect those who protect the nation. The volunteers also took selfies with the saplings and posted them on their social media with the hashtags- #Maatikonaman, #Veeronkavandan and #MeriMaatiMeraDesh. Speaking at the occasion, Dr. Nisha Bhargava congratulated the NSS units for beginning the Independence Day celebrations on a befitting note.

## Azadi ka Amrit Mahotsav Week begins at MCM

August 09, 2023 02:36 PM



**CHANDIGARH, 09.08.23-** The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Meri Mati Mera Desh Abhiyan, Ministry of Youth Affairs and Sports, Government of India, began the celebration of Azadi ka Amrit Mahotsav Week, here today. The celebration, marking the 75 years of India's Independence, focuses on paying homage to the motherland through events dedicated to the 'Mitti of the Motherland'. On the first day of the celebration, the NSS units set up 'Amrit Vatika' in the campus wherein plantation of 75 saplings of indigenous varieties was undertaken. Principal Dr. Nisha Bhargava planted the first sapling. Thereafter, the staff and students took 'Panch Pran' holding 'matti' in their hands, pledging to make India a developed country, eliminate the mentality of slavery, be proud of our rich heritage, uphold unity and solidarity, fulfill duties as citizens, and respect those who protect the nation. The volunteers also took selfies with the saplings and posted them on their social media with the hashtags- #Maatikonaman, #Veeronkavandan and #MeriMaatiMeraDesh.

Speaking at the occasion, Dr. Nisha Bhargava congratulated the NSS units for beginning the Independence Day celebrations on a befitting note. She added that this unified celebration of India's soil and valour will instill a sense of national pride and inspire future generations to protect India's cherished heritage.



#### 4. Inter College Power Point Presentation Competition on the theme 'पर्यावरण

##### संरक्षण-समस्या एवं समाधान'

**Date:** 12 August 2023

**Number of participants:** 38

**Objective:** To bring awareness amongst the students about environmental protection for a sustainable future

**Context:** The NSS Units and Character-Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized an Inter-College PowerPoint Presentation Competition on the theme 'पर्यावरण संरक्षण-समस्या एवं समाधान' to celebrate India's 77th Independence Day and to mark the culmination of Azadi ka Amrit Mahotsav.

**Practice:** Under the theme of environmental conservation, the participants were asked to present the issues and prospective solutions of environmental issues in the modern times on various sub themes through power point presentation. The competition received entries from various colleges who came up with very relevant concerns pertaining to the environment along with innovative and effective solutions. The honourable judge for this competition Dr. Neetu, Assistant Professor, Department of Zoology, Mehr Chand Mahajan DAV College for Women, patiently viewed the presentations and announced the results about the position holders. A total of 21 participants turned up for the event.



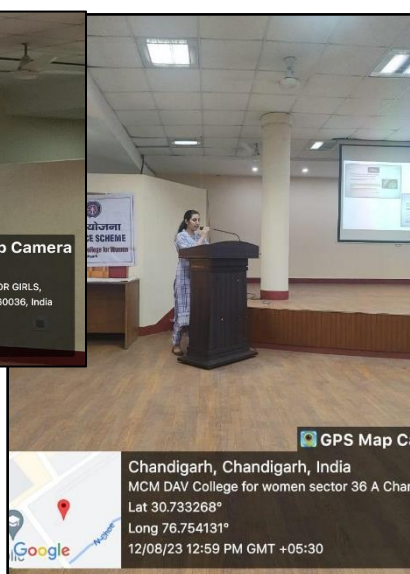
**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN**  
**(QUARTER III: JULY-SEPTEMBER 2023)**

The position holders of this competition are as follows:

- **1<sup>st</sup> Prize (Rs. 2000/-):** Ashmeet Kaur (BSC 3 Medical)
- **2<sup>nd</sup> Prize (Rs. 1500/-):** Havisha (BA 1)
- **3<sup>rd</sup> Prize (Rs. 1000/-):** Nitya Abrol (BCOM 1)
- **Consolation Prize (Rs. 500/-):** Gurleen Kaur (BA 3)
- **Consolation Prize (Rs. 500/-):** Shreya Garg (BA 2)



**Evidence of Success:** There was an overwhelming response in terms of participation. The contestants enthusiastically presented their well-researched PPTs and shared their insights. The event was successfully organized and well received by the audience.



### 5. Awareness lecture on “Personal Hygiene and Health” for the students of Govt Model High School, Sec. 41, Village Badheri, Chandigarh

**Organized by:** MCM ECO Club (Parivesh) in association with NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh

**Date:** 08 September 2023

**Number of participants:** A total of 80 school students (Classes 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> )

**Objectives:**

- To apprise the students on personal hygiene, its aspects and significance in a fun filled and interactive way
- To study the general behavioural, attitude and awareness level of students towards personal hygiene
- To also apprise them of the benefits of maintaining sound mental health and the possible ill effects of excessive use of mobile phones

**Context:** To understand the level of awareness on personal hygiene and health among the students and acquaint them with the different aspects of maintaining good personal hygiene as a means of preventing diseases essential for achieving an optimal physical, mental and emotional well-being.

**Practice:** With the primary objective of acquainting the school students with personal hygiene and health while raising awareness on the same, MCM Eco Club of the college under the community campaign program, organised an awareness lecture cum interaction session with Govt. Model school, village Badheri on 8th



September 2023. The session was focused on giving knowledge and updating the young students on practices of handwashing, using masks, eating healthy, nutritious and correctly stored and cooked food. Further, the students were apprised of the aspects of mental health and role of recreation, sports and yoga in maintaining an optimal balance between mind and body. The limited usage of mobile phones was

recommended and the related ill effects on eyes and brain were also discussed. The students interacted well and responded to the session in an enthusiastic manner.

**Evidence Of Success and Learning Outcomes:**

- The participants actively participated in the session and responded well to the session and different topics.
- They were enthusiastic about future sessions on related topics of health and nutrition.



## **6. Celebration of International Literacy Day**

**Date:** 8 September 2023

**Number of Volunteers participated:** 25

**Objective:**

- To bolster the public sentiment in favour of continuous efforts to combat illiteracy.
- To promote girl education and various Government schemes
- To raise awareness about literacy and its importance among individuals, communities, and societies

**Context:** The NSS Units of Mehr Chand Mahajan DAV College for Women in collaboration with the Swachhta Committee of Arts of the College performed a Nukkad Natak to promote girls' education on the occasion of international Literacy day. The natak emphasized on the right to education for all. It was performed to make people aware about the different government schemes related to education. The volunteers participated whole-heartedly in Nukkad Natak.



**Practice:** To promote girl's education on the occasion of International Literacy Day, the NSS Units of Mehr Chand Mahajan DAV College for Women, in collaboration with the Swachhta Committee of Arts of the College, hosted a day celebration on September 8, 2023. The performance focused on various government schemes like compulsory education and fee relaxation for economically weaker sections of society. It promoted a valuable message for girl's education. It was a small initiative from the volunteers to bolster the public sentiment in favour of continuous efforts to combat illiteracy.



**Evidence of Success:** Overall, the event was successful, and volunteers participated wholeheartedly.



## **7. Importance of Personal Hygiene**

**Date:** 8 September 2023

**Number of Volunteers participated:** 25

**Objective:**

- To keep your body healthy
- To prevent spreading germs to other people and prevent illness.
- To keep one's living space and workplace clean and germ-free

**Context:** The NSS Units of Mehr Chand Mahajan DAV College for Women in collaboration with the Swachhta Committee of Arts of the College and under the aegis of Poshan Maah, a flagship program of Ministry of Women and Child Development, Govt of India, organised a सम्पूर्ण स्वास्थ्य सप्ताह, 8<sup>th</sup> -14<sup>th</sup> September 2023. Importance of personal hygiene was celebrated on 8th September 2023.

**Practice:** To mark the celebration of the bicentennial birth anniversary of Swami Dayanand Saraswati Ji, the NSS Units of Mehr Chand Mahajan DAV College for Women, in collaboration with the Swachhta Committee of Arts of the College, organised a Poshan Maah week program. It was a flagship program of Ministry of Women and Child Development, Govt. of India, organised a सम्पूर्ण स्वास्थ्य सप्ताह, 8 September -14 September 2023. Day 1 focused on 'Importance of personal hygiene'. The resource person for this event was Dr Sandeep Kaur. Dr.

Sandeep told students and volunteers about self-care and personal hygiene. Students were enlightened about waste management and personal health care. Less screen time, more outdoor games, mental peace, waste segregation, excess use of electronic devices, etc. were suggested as improving measures. The lecture was followed by a small interactive session.

**Evidence of Success:** Overall, the event was successful, and volunteers participated wholeheartedly.





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**(QUARTER III: JULY-SEPTEMBER 2023)**



## **8. Preventive Diet Care for Anaemia**

**Date:** 9 September 2023

**Number of volunteers:** 60

**Objective:**

- To make students aware about preventive diet care for anaemia
- To make volunteers aware about the symptoms and iron requirement for the body

**Context:** The NSS Units of Mehr Chand Mahajan DAV College for Women organised सम्पूर्ण स्वास्थ्य सप्ताह under the aegis of Poshan Maah, a flagship program of Ministry of Women and Child Development, Govt. of India from 8<sup>th</sup> -14<sup>th</sup> September 2023. This session was conducted in collaboration with the Women Development Cell of College to spread awareness about anaemia.



**Practice:** The NSS Units of Mehr Chand Mahajan DAV College for Women organised सम्पूर्ण स्वास्थ्य सप्ताह under the aegis of Poshan Maah. An awareness session was conducted with Dr. Kirti Singla on the Topic “Preventive Diet Care for Anaemia”. The volunteers learned about the symptoms, iron requirement and preventions from anaemia. An activity was also conducted during the session where students were asked to plan their meal for the day such that the meal has sufficient iron to fulfil the body's requirement.

**Evidence of Success:** The event went smoothly and volunteers interacted with the resource person with a great zeal.



## 9. Plantation Drive in Village Butrela by the Department of Botany and Add-on Course in Floriculture and Landscaping

**Date:** 9 September 2023

**Objective:** To create awareness and spread the message of saving our planet- 'Protecting our environment is the need of the hour, and to help nature and Mother Earth regain its natural beauty and components.

**Context:** Mehr Chand Mahajan DAV College for Women, Sector 36-A Chandigarh is committed to the cause of making Earth a better place to live. Keeping pace with this tradition the Department of Botany & Add-on Course in Floriculture & Landscaping carried out this outreach activity of plantation drive.



Natural resources are the greatest gift of nature to mankind. Creating awareness about saving this grant with unparalleled utility is challenging and requires constant efforts. This plantation cum plant distribution drive was a small attempt in this direction.

Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh is committed to the cause of a “Green Sustainable Earth.” Keeping in pace with the tradition of the college, the Department of Botany and Add-on Course in Floriculture and Landscaping, in collaboration with



the team of locals led by the area councillor & ex-Deputy Mayor Sr. Hardeep Singh Butrela, organized a plantation drive on 9th September 2023 in Butrela village, Chandigarh. 450 free plants including Tecoma, Chandani (Single and Double), Cassia, Duranta, Kaner, Hibiscus, and Biota procured by the institution from the Department of Forests and Wildlife, Chandigarh administration were planted at different locations in the village.



Eleven students, two faculty members Dr. Gunjan Sud (Activity Coordinator & Head of the Department of Botany & Add on Course in Floriculture & Landscaping) and Dr. Ruby Singh (Department of Botany) along with a team of 25 locals including the area councillor



participated in the drive. The aim of the outreach activity was to spread the message of a clean, green, and healthy environment for a sustainable future in society. The activity was a huge success and Sr. Hardeep Singh Buterla and the locals highly appreciated the efforts made in organizing the activity.

**Practice:** The plantation-cum-plant distribution drive was organized with the aim of spreading the message of the relevance of our natural resources, their conservation, and restoration for sustainability and ecological stability.

**Evidence of Success:** The activity was a huge success and Sr. Hardeep Singh Buterla and the locals highly appreciated the efforts made to organize this activity.

**Problems encountered and resources required:** The biggest concern was the safe procurement of the plants and handling of the plantation cum plant distribution drive.



### **10.E- Waste Collection Drive**

**Date :** 11 September 2023 – 15 September, 2023 (extended till 20 September 2023)

**Number of participants:** 9 (student volunteers), 500 students approximately were made aware of e-waste and its proper disposal, Approximately 50 students and 50+ staff members contributed towards disposing off e-waste

**Objective:** The primary objective of the e-waste collection drive is to raise awareness about the importance of proper e-waste disposal and to provide a convenient and environmentally friendly way for students and staff members to dispose of their old electronic devices.

**Context:** E-waste also known as techwaste (old CDs, electronics etc) can be toxic, is not biodegradable and is dangerous to the environment and thus, needs to be recycled. The context of an e-waste collection drive typically revolves around addressing the growing problem of electronic waste (e-waste) in a responsible and sustainable manner. E-waste collection drives are organized to encourage students and staff members to dispose of their old or unused electronic devices in an environmentally friendly way rather than discarding them in landfills or improper disposal methods.



**Practice:** With an aim to protect the environment from the ill-effects of e-waste, the Swachhta Committee (Commerce) in collaboration with the Sustainable Practices Committee of the College, organized an "E-Waste Collection Drive" from 11th-15th



September 2023 in the College. The drive started with Principal Dr. Nisha Bhargava



donating e-waste and setting the example for others to emulate. An awareness generation program was also carried out by student volunteers to sensitize the students of the college about the meaning of e-waste and the importance of recycling it. The staff members and students enthusiastically participated in the drive that was extended beyond 15th September 2023. A wide range of electronics devices, including mobile phones, set-top boxes, remotes, microwave, cables etc., were collected and safely transported to certified recycling company Ortech India Corporation.



#### **Evidence of Success:**



## 11. Food for mind

**Date:** 11 September 2023

**Objective:**

- To educate school students about the impact of food on mental health
- To promote healthy eating habits
- To encourage acts of kindness

**Context:** The theme for 11<sup>th</sup> September was 'Food for mind' where school students were told about the importance of good food for a healthy mind. Dr. Meenu Singla, was the resource person for this activity.

**Practice:** Day 3 focused on 'Food for mind'. The resource person for this event was Dr. Meenu Singla. It was an interactive session where the school students were told about how eating healthy can turn into a superfood for their mind along with other activities like exercise, acts of kindness etc. They were encouraged to intake healthy food and avoid junk

food to avoid negative impact on their health, moods and lifestyle. After the session, 50 tiffin boxes with healthy food were distributed among students.

**Evidence of Success:** Overall, the event was successful. We received warm responses from students and the staff members for the initiative.





**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER III: JULY-SEPTEMBER 2023)**



## **12. Nutrition during adolescence**

**Date:** 12 September 2023

**Number of participants:** 19

**Objective:**

- To highlight the importance of nutrition and exercise for the proper growth of students.
- To educate students about the early stages of body development

**Context:** The main aim of the interactive session held on 12<sup>th</sup> September was the requirement of imperative nutrients during adolescence.

**Practice:** The day commenced with bursting energy from 19 NSS volunteers under the charge of the NSS leaders, Kavya and Kirti. The resource person was Dr. Harjot



who gave a helpful lecture on nutrition required during adolescence to almost 60 students from classes 8<sup>th</sup> and 9<sup>th</sup> of Govt. High school, Sector 41D. Her session was insightful and intended to inculcate healthy eating habits in students. Her expertise provided students with a manual to lead a new juncture of their growth effectively.



Students were eager to ask questions and pose queries which were satisfactorily by the resource person.

**Evidence of success-** The staff and students were happy to receive the NSS team.



### 13. My Lunch Box

**Date:** 13 September 2023

**Number of Volunteers participated:** 15

**Objective:**

- To raise awareness about the need for a healthy lunch box
- To develop lifelong healthy eating habits
- To make students understand the nutritional values of healthy food

**Context:** The NSS unit of Mehr Chand Mahajan DAV College for women under the occasion of Poshan Maah, a flagship program initiated by the Ministry of Women and Child Development, Govt. of India, organised a संपूर्ण स्वास्थ्य सप्ताह, 8<sup>th</sup> September – 14<sup>th</sup> September 2023.

**Practice:** To mark the occasion of Poshan Maah, a flagship program initiated by the Ministry of Women and Child development, Govt. of India. A competition was

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organised to present innovative ideas for healthy and tasty lunch boxes. Volunteers participated whole heartedly and came up with innovative and healthy ideas of an ideal lunch box.

Following are the position holders of this competition:

**1<sup>st</sup> position:** Ishnoor Kaur, Class Bcom1, Roll no. 5874

Pahulreet Kaur, Class BSC MFT 1, 7339

**2<sup>nd</sup> position:** Yashita Malli, Class MFT1, 7336

**3<sup>rd</sup> position:** Eknoor Gill, MFT 3, 4907

Gunjan, BA2, 4320

**Evidence of Success:** Overall, the event was successful, and volunteers participated wholeheartedly.





## 14. Reading Food Labels

**Date:** 14 September 2023

**Number of Participants:** 100

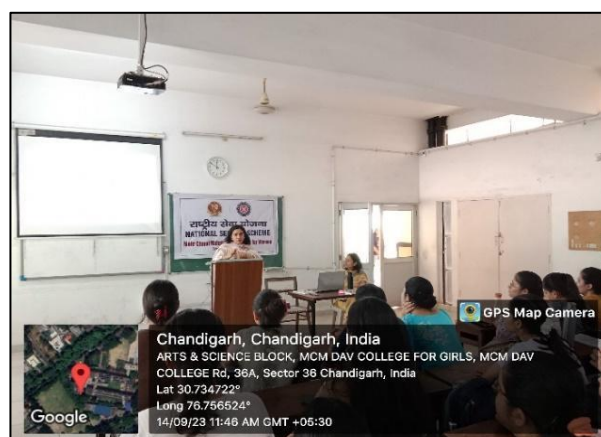
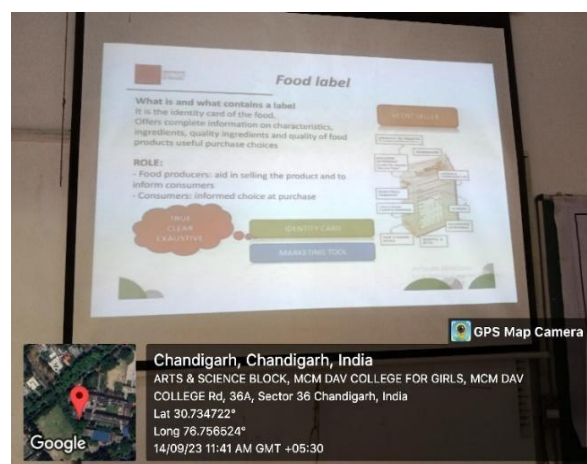
**Objectives:**

- To make students aware about the importance of reading food labels
- To make students aware about healthy food habits

**Context:** The NSS Units of Mehr Chand Mahajan DAV College for Women organised सम्पूर्ण स्वास्थ्य सप्ताह under the aegis of Poshan Maah, a flagship program of Ministry of Women and Child Development, Govt. of India from 8th September to 14th September 2023. This session was conducted in collaboration with the Sustainable Practices Committee of College about the importance of reading food labels.

**Practice:** The NSS Units of Mehr Chand Mahajan DAV College for Women organised सम्पूर्ण स्वास्थ्य सप्ताह under the aegis of Poshan Maah. An interactive session was conducted with Dr. Aanchal Batra on the topic "Reading Food Labels". The volunteers were made aware about the importance of reading food labels, eating healthy meals, avoiding preservatives etc. They were also told about eating healthy food to live a healthy lifestyle.

**Evidence of success:** The event went smoothly, and the volunteers participated and interacted with the resource person enthusiastically.



### 15. Celebration of International Day for the Preservation of the Ozone layer

**Date:** 16 September 2023

**Number of participants:** 120 students & 10 staff members

**Objective:**

- To raise awareness about the protection of the stratospheric ozone layer by phasing out the production and consumption of Ozone depleting substances (ODS).

**Context:** The Ozone layer, also known as Ozone shield, is a delicate layer of gas in the Earth's stratosphere that contains a relatively high concentration of ozone (O<sub>3</sub>) molecules, and it plays a critical role in protecting the planet from the harmful effects of ultraviolet radiation from the sun which otherwise can cause numerous skin diseases. World Ozone Day, also known as the International Day for the Preservation of the Ozone Layer, is dedicated to raising awareness about the importance of the ozone layer in protecting life.



**Practice:** Swachhta Committee (Sciences) in collaboration with MCM Eco-Club 'Parivesh' celebrated International Day for the Preservation of the Ozone layer on 16th September 2023 with an aim to highlight the significance of ozone layer. During the event, a skit was staged by the



Eco-Club Volunteers where they familiarized the participants with the Montreal Protocol that came into force on this day in 1987. The Skit was followed by a pledge taking ceremony, where 10 staff members and 120 students, under the guidance of



Principal Dr. Nisha Bhargava, were administered a pledge for protection and preservation of the ozone layer for our future generations. An awareness quiz based on Ozone layer depletion was also organized where faculty and students of different streams participated enthusiastically.



Principal Dr. Nisha Bhargava expressed appreciation for the efforts of Swachhta Committee (Sciences) and MCM Eco-Club 'Parivesh' to raise awareness about the problem of depletion of the ozone layer. She further added that human activity has damaged the Earth's protective layer and it is our responsibility to heal it by phasing out ozone depleting substances.

**Evidence of Success:** Students promised to promote use of ozone friendly products, to sensitize the society about the ill effects of ozone depleting substances, and to protect the Earth and all living beings of the present and future generations.







## Media Coverage:

### MCM celebrates 'International Day for the Preservation of Ozone Layer'



**CHANDIGARH:** Eco-Club 'Parivesh' of Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh, in collaboration with the Swachhta Committee (Sciences) of the college celebrated International Day for the Preservation of the Ozone Layer to raise awareness among students about the importance of the ozone layer and its significance. During the event, a skit was staged by the Eco-Club Volunteers where they familiarized the participants with the ongoing efforts to counter the ozone layer depletion and the climate change crisis. They also shed light on The Montreal Protocol that came into force on this day in 1987.

The skit was followed by a pledge-taking ceremony, where 10 staff members and 120 students, were administered a pledge for the protection and preservation of the ozone layer. An awareness quiz based on Ozone Layer Depletion was also organized in which faculty and students from different streams participated. Principal of the college, Dr. Nisha Bhargava expressed appreciation for the efforts of Eco-Club.

### अंतराष्ट्रीय ओजोन परत संरक्षण दिवस मनाया 'जलवायु परिवर्तन से उत्पन्न संकट का मुकाबला' के प्रयासों से कराया परिचित



कॉलेज की छात्राएं शपथ ग्रहण करती हुई।

(परमजीत)

चंडीगढ़, 21 सितम्बर (आशीष): सेक्टर-36 स्थित मेहर चंद महाजन डी.ए.वी. महिला महाविद्यालय के ईको क्लब परिवेश ने कॉलेज की स्वच्छता समिति के सहयोग से विद्यार्थियों के बीच ओजोन परत के महत्व के प्रति जागरूकता बढ़ाने के लिए अंतराष्ट्रीय ओजोन परत संरक्षण दिवस मनाया।

कार्यक्रम के दौरान ईको-क्लब के स्वयंसेवकों द्वारा एक नाटक का मंचन किया गया, जिसके माध्यम से उन्होंने प्रतिभागियों को ओजोन परत के क्षरण और जलवायु परिवर्तन से उत्पन्न संकट का मुकाबला करने के लिए चल रहे प्रयासों से परिचित

कराया। नाटक के बाद एक शपथ समारोह आयोजित किया गया, जिसके तहत 10 स्टाफ सदस्यों और 120 विद्यार्थियों को ओजोन परत के संरक्षण के लिए शपथ दिलाई गई। ओजोन परत क्षरण पर आधारित एक जागरूकता प्रश्नोत्तरी भी आयोजित की गई, जिसमें विभिन्न संकाय सदस्यों और विद्यार्थियों ने भाग लिया।

कॉलेज प्राचार्या डॉ. निशा भार्गव ने कहा कि मानवीय गतिविधियों ने पृथ्वी की सुरक्षात्मक परत को नुकसान पहुंचाया है और इसलिए यह हमारा नैतिक दायित्व है कि उन पदार्थों का उपयोग न करें जिससे ओजोन-परत का क्षरण हो।

### एमसीएम ने मनाया 'अंतराष्ट्रीय ओजोन परत संरक्षण दिवस'

फास्ट मीडिया, (अमृतसरा), चंडीगढ़। मेहर चंद महाजन डी.ए.वी. महिला महाविद्यालय, सेक्टर 36-ए, चंडीगढ़ के ईको-क्लब 'परिवेश' ने कॉलेज की स्वच्छता समिति (विज्ञान) के सहयोग से विद्यार्थियों के बीच ओजोन परत के महत्व के प्रति जागरूकता बढ़ाने के लिए अंतराष्ट्रीय ओजोन परत संरक्षण दिवस मनाया। कार्यक्रम के दौरान, ईको-क्लब के स्वयंसेवकों द्वारा एक नाटक का मंचन किया गया, जिसके माध्यम से उन्होंने प्रतिभागियों को ओजोन परत के क्षरण और जलवायु परिवर्तन से उत्पन्न संकट का मुकाबला करने के लिए चल रहे प्रयासों से परिचित कराया। उन्होंने गैलियन प्रोटोकॉल पर भी प्रकाश डाला जो 1987 में इसी दिन लागू हुआ था। नाटक के बाद एक शपथ समारोह आयोजित किया गया, जिसके तहत 10 स्टाफ सदस्यों और 120 विद्यार्थियों को ओजोन परत के संरक्षण के लिए शपथ दिलाई गई। ओजोन परत क्षरण पर



आधारित एक जागरूकता प्रश्नोत्तरी भी आयोजित की गई जिसमें विभिन्न संकाय सदस्यों और विद्यार्थियों ने भाग लिया। कॉलेज प्राचार्या डॉ. निशा भार्गव ने ओजोन परत के क्षरण की समस्या के बारे में जागरूकता बढ़ाने के लिए ईको-क्लब और स्वच्छता समिति (विज्ञान) के प्रयासों की सराहना की। उन्होंने कहा कि मानवीय गतिविधियों ने पृथ्वी की सुरक्षात्मक परत को नुकसान पहुंचाया है और इसलिए यह हमारा नैतिक दायित्व है कि उन पदार्थों का उपयोग न करें जिससे ओजोन-परत का क्षरण हो।



## **16. Celebration of World Bamboo Day – 2023**

**Date:** 18 September 2023

**Number of participants:** More than 160

**Objectives:**

- To create awareness to protect and safeguard the bamboo plants and forests, as well as to promote more cultivation of bamboo for future uses and happy existence.
- To recognize the role of bamboo in people's livelihoods and its potential to contribute to the achievement of the Sustainable Development Goals (SDGs)

**Context:** Every year around the globe, 18<sup>th</sup> September is observed as World Bamboo Day with an aim to build awareness and emphasize the need for bamboo plants along with our existence. Bamboo plants are known to be naturally growing and sustainable ones with many traditional uses. One key advantage of bamboo is that it costs virtually nothing to grow, so even a small revenue stream translates into profit. Wherever bamboo produces consistently, bamboo has been a regular part, but its utilization has not ever been sustainable. Thus, the World Bamboo Organization strives to produce the potential of bamboo to a higher display, to preserve natural sources and the atmosphere, to secure sustainable utilization, to develop new cultivation of bamboo. This year, the theme of the World Bamboo Day – 2023 celebration includes - A Call to Action for environmental preservation.



**Practice:** In commemoration of the Bicentenary Birth Anniversary of Swami Dayanand Saraswati Ji, Department of Botany and Add-on Course in Floriculture and Landscaping celebrated World Bamboo Day on 18th September 2023. During the event, a talk entitled - Bamboo: A Precious Gift of Nature was organized where the resource person was World Bamboo Ambassador Dr. Nirmala Chongtham, Professor, Department of Botany, Panjab University, Chandigarh. During her talk, Dr. C. Nirmala emphasized the critical importance of bamboo in our ecosystem. Further, she highlighted that bamboo, often referred to as "green gold," offers numerous benefits to our planet. As a rapidly renewable resource, bamboo can be harvested without causing deforestation, making it an ideal choice for sustainable construction, furniture production, and a wide range of eco-friendly products. Its ability to sequester carbon dioxide and

promote biodiversity also contributes to mitigating climate change and preserving our natural ecosystems. Prof. Nirmala also highlighted the high nutritional benefits of bamboo shoots due to which it is being projected as a superfood, and provided insights about the health-promoting bioactive compounds found in bamboo and offers practical guidance on how this vegetable, bamboo shoot, is used for food fortification.

It was followed by a stimulating quiz competition - "Do You Know About Bamboo?" by her team that aimed to test participants' knowledge about this remarkable plant. Prizes were awarded to those who demonstrated their expertise in the quiz. Besides, participants were treated to a captivating exhibition showcasing a diverse range of bamboo products. From intricately designed handicrafts to eco-





friendly products, the exhibition emphasized manifold applications of bamboo in modern life. Food items such as bamboo cookies, muffins, and pickles were also displayed during the event. Principal Dr. Nisha Bhargava expressed her delight at the success of the event and lauded the efforts of the Department of Botany in working towards the goal of sustainable environment.

**Evidence of Success:** The event was successful as more than 150 students participated enthusiastically.





## Media Coverage:

## एमसीएम डीएवी कॉलेज में विश्व बाँस दिवस मनाया गया



## » मदरलैड संवाददाता

चंडीगढ़। स्थिरता के प्रति अपनी प्रतिबद्धता दर्शाते हुए मेहर चंद महाजन डीएवी महिला महाविद्यालय, सेक्टर 36-ए, चंडीगढ़ के वनस्पति विज्ञान विभाग और फ्लोरीकल्चर एंड लैंडस्केपिंग में ऐड-ऑन कोर्स द्वारा स्वच्छता समिति के तत्वावधान में विश्व बाँस दिवस मनाया गया। इस कार्यक्रम में विश्व अर्थव्यवस्था को बदलने की क्षमता रखने वाले बाँस की बहुमुखी उपयोगिता के बारे में जागरूक किया गया। यह कार्यक्रम तीन सत्रों में हुआ पहले सत्र में विश्व बाँस राजदूत प्रोफेसर निर्मला चोंगथम ने रबैबू : ए प्रिंशियस गिफ्ट ऑफ

नेचरर विषय पर ज्ञानवर्धक व्याख्यान प्रस्तुत किया। दूसरे सत्र में कार्यक्रम में शामिल दर्शकों के लिए व्याख्यान से संबंधित प्रश्नोत्तरी और तीसरे सत्र में बाँस से बने उत्पादों की प्रदर्शनी लगायी गई। प्रोफेसर निर्मला चोंगथम ने इस कल्पवृक्ष के गुणों पर प्रकाश डालते हुए इसके पंद्रह सौ ज्ञात उपयोग बताए। उन्होंने यह भी विस्तार से

बताया कि कैसे उद्योग में बाँस का उपयोग हमें स्वच्छ, हरी-भरी, टिकाऊ और समृद्ध पृथ्वी बनाने में मदद कर सकता है। उन्होंने सुपरफूड के रूप में, सब्जी के रूप में, निर्माण सामग्री के रूप में, कपड़ा उद्योग में, मिट्टी के सुधार, कार्बन पृथक्करण के लिए, वायु शोधक के रूप में और सजावट के लिए इस पौधे की बढ़ती माँग के बारे में भी बात की।

इस कार्यक्रम में विद्यार्थियों, शिक्षकों, गैर-शिक्षण कर्मचारियों एवं मेहमानों सहित 160 लोगों ने उत्साहपूर्वक भाग लिया। कॉलेज प्राचार्या डॉ. निशा भार्गव ने कल्पवृक्ष बाँस के बारे में जागरूकता बढ़ाने और युवाओं को इसके उपयोग से परिचित कराने के लिए आयोजक टीम को बधाई दी।

## बाँस की बहुमुखी उपयोगिता के प्रति किया जागरूक



बैबू के व्याख्यान में उपस्थित प्रतिभागी।

सवेरा न्यूज/नीना चंडीगढ़ : स्थिरता के प्रति अपनी प्रतिबद्धता दर्शाते हुए एमसीएम डीएवी कॉलेज फॉर वुमन सेक्टर 36 के वनस्पति विज्ञान विभाग और फ्लोरीकल्चर एंड लैंडस्केपिंग में ऐड-ऑन कोर्स द्वारा स्वच्छता समिति के तत्वावधान में विश्व बाँस दिवस मनाया गया। इस कार्यक्रम में विश्व अर्थव्यवस्था को बदलने की क्षमता रखने वाले बाँस की बहुमुखी उपयोगिता के बारे में जागरूक किया गया। यह कार्यक्रम तीन सत्रों में हुआ पहले सत्र में विश्व बाँस राजदूत प्रोफेसर निर्मला चोंगथम ने बैबू ए प्रिंशियस गिफ्ट ऑफ नेचरर विषय पर ज्ञानवर्धक व्याख्यान प्रस्तुत किया। दूसरे सत्र में कार्यक्रम में शामिल दर्शकों के लिए व्याख्यान से संबंधित प्रश्नोत्तरी और तीसरे सत्र में बाँस से बने उत्पादों की प्रदर्शनी लगायी गई। प्रोफेसर निर्मला चोंगथम ने इस कल्पवृक्ष के गुणों पर प्रकाश डालते हुए इसके पंद्रह सौ ज्ञात उपयोग बताए। उन्होंने यह भी विस्तार से बताया कि कैसे उद्योग में बाँस का उपयोग हमें स्वच्छ, हरी-भरी, टिकाऊ और समृद्ध पृथ्वी बनाने में मदद कर सकता है। इस कार्यक्रम में विद्यार्थियों, शिक्षकों, गैर-शिक्षण कर्मचारियों एवं मेहमानों सहित 160 लोगों ने उत्साहपूर्वक भाग लिया। कॉलेज प्राचार्या डॉ. निशा भार्गव ने कल्पवृक्ष बाँस के बारे में जागरूकता बढ़ाने और युवाओं को इसके उपयोग से परिचित कराने के लिए आयोजक टीम को बधाई दी।

## एमसीएम डीएवी कॉलेज में मनाया विश्व बाँस दिवस

## फास्ट मीडिया

(अमृतसर)। चंडीगढ़। स्थिरता के प्रति अपनी प्रतिबद्धता दर्शाते हुए मेहर चंद महाजन डीएवी महिला महाविद्यालय, सेक्टर 36-ए, चंडीगढ़ के वनस्पति विज्ञान विभाग और फ्लोरीकल्चर एंड लैंडस्केपिंग में ऐड-ऑन कोर्स द्वारा स्वच्छता समिति के तत्वावधान में 'विश्व बाँस दिवस' मनाया गया। इस कार्यक्रम में विश्व अर्थव्यवस्था को बदलने की क्षमता रखने वाले बाँस की बहुमुखी उपयोगिता के बारे में जागरूक किया गया। यह कार्यक्रम तीन सत्रों में हुआ पहले सत्र में विश्व बाँस राजदूत प्रोफेसर निर्मला चोंगथम ने रबैबू : ए प्रिंशियस गिफ्ट ऑफ नेचरर विषय

पर ज्ञानवर्धक व्याख्यान प्रस्तुत किया। दूसरे सत्र में कार्यक्रम में शामिल दर्शकों के लिए व्याख्यान से संबंधित प्रश्नोत्तरी और तीसरे सत्र में बाँस

बताए। उन्होंने यह भी विस्तार से बताया कि कैसे उद्योग में बाँस का उपयोग हमें स्वच्छ, हरी-भरी, टिकाऊ और समृद्ध पृथ्वी बनाने में मदद कर सकता है। उन्होंने सुपरफूड के रूप में, सब्जी के रूप में, निर्माण सामग्री के रूप में, कपड़ा उद्योग में, मिट्टी के सुधार, कार्बन पृथक्करण के लिए, वायु शोधक के रूप में और सजावट के लिए इस पौधे की बढ़ती माँग के बारे में भी बात की। इस कार्यक्रम में विद्यार्थियों, शिक्षकों, गैर-शिक्षण कर्मचारियों एवं मेहमानों सहित 160 लोगों ने उत्साहपूर्वक भाग लिया। कॉलेज प्राचार्या डॉ. निशा भार्गव ने कल्पवृक्ष बाँस के बारे में जागरूकता बढ़ाने और युवाओं को इसके उपयोग से परिचित कराने के लिए आयोजक टीम को बधाई दी।



## एमसीएम डीएवी कॉलेज में विश्व बाँस दिवस मनाया गया

## जगमार्ग न्यूज

चंडीगढ़। स्थिरता के प्रति अपनी प्रतिबद्धता दर्शाते हुए मेहर चंद महाजन डीएवी महिला



महाविद्यालय, सेक्टर 36 के वनस्पति विज्ञान विभाग और फ्लोरीकल्चर एंड लैंडस्केपिंग में ऐड-ऑन कोर्स द्वारा स्वच्छता समिति के तत्वावधान में 'विश्व बाँस दिवस' मनाया गया। इस कार्यक्रम में विश्व अर्थव्यवस्था को बदलने की क्षमता रखने वाले बाँस की बहुमुखी उपयोगिता के बारे में जागरूक किया गया। यह कार्यक्रम तीन सत्रों में हुआ पहले सत्र में विश्व बाँस राजदूत प्रोफेसर निर्मला चोंगथम ने 'बैबू : ए प्रिंशियस गिफ्ट ऑफ नेचरर' विषय पर ज्ञानवर्धक व्याख्यान प्रस्तुत किया। दूसरे सत्र में कार्यक्रम में शामिल दर्शकों के लिए व्याख्यान से संबंधित प्रश्नोत्तरी और तीसरे सत्र में बाँस से बने उत्पादों की प्रदर्शनी लगायी गई। प्रोफेसर निर्मला चोंगथम ने इस कल्पवृक्ष के गुणों पर प्रकाश डालते

हुए इसके पंद्रह सौ ज्ञात उपयोग बताए। उन्होंने यह भी विस्तार से बताया कि कैसे उद्योग में बाँस का उपयोग हमें स्वच्छ, हरी-भरी, टिकाऊ और समृद्ध पृथ्वी बनाने में मदद कर सकता है। उन्होंने सुपरफूड के रूप में, सब्जी के रूप में, निर्माण सामग्री के रूप में, कपड़ा उद्योग में, मिट्टी के सुधार, कार्बन पृथक्करण के लिए, वायु शोधक के रूप में और सजावट के लिए इस पौधे की बढ़ती माँग के बारे में भी बात की। इस कार्यक्रम में विद्यार्थियों, शिक्षकों, गैर-शिक्षण कर्मचारियों एवं मेहमानों सहित 160 लोगों ने उत्साहपूर्वक भाग लिया। कॉलेज प्राचार्या डॉ. निशा भार्गव ने कल्पवृक्ष बाँस के बारे में जागरूकता बढ़ाने और युवाओं को इसके उपयोग से परिचित कराने के लिए आयोजक टीम को बधाई दी।



### 17. Celebration of 'International Day of Peace'

**Date:** 21 September 2023

**Number of Students:** 21

**Objective:** To sensitize the young minds/ students about the repercussions of war and violence and the necessity to promote peace and open-mindedness for acceptance across gender, race, and territories.

**Context:** Each year the International Day of Peace (IDP) is observed around the world on 21st September. The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire. This year's theme is Actions for Peace: Our Ambition for the #GlobalGoals. It is a call to action that recognizes our individual and collective responsibility to foster peace.

**Practice:** To mark the celebration of 'International Day of Peace', the Department of Political Science and Swachhta Committee Arts of the College organised an Intra-College Declamation Competition on the theme 'Dialogue- A Path To Peace.'

**Evidence of Success:** First Position was bagged by Paavni of BA III, Second by Gurleen of BA III, Third by Ritika and consolation by Navdeep Kaur of BA I.



### 18. Mosquito Spray in Hostel

**Date:** July-September 2023

- **Anti-Malaria spray:** 28 July 2023, 19 August 2023, 21 August 2023, 21 September 2023
- **Dustbins cleaned:** 21 September 23, 22 September 2023, 23 September 2023
- **Water coolers cleaned:** 9 September 2023

**Number of Participants:** 6 hostel superintendents and the cleaning staff of the hostel

**Objective:** The activity minimized the chances of mosquito breeding and ensured supply of clean water for the students.

**Context:** Anti-Malaria spray drives were aimed at eradicating any chances of mosquito breeding in the hostel campus. As a result of the activity, the hostels became mosquito-free. Dustbins were cleaned to prevent mosquito breeding. Water coolers were cleaned to ensure the supply of clean water.

**Practice:** The College hostels disinfected their key areas of washrooms, common rooms, rooms, kitchens and corridors/lawns by getting them treated with Anti-Malaria spray and cleaning all the dustbins.

**Outcome:** Mosquito free hostel campus and clean drinking water.



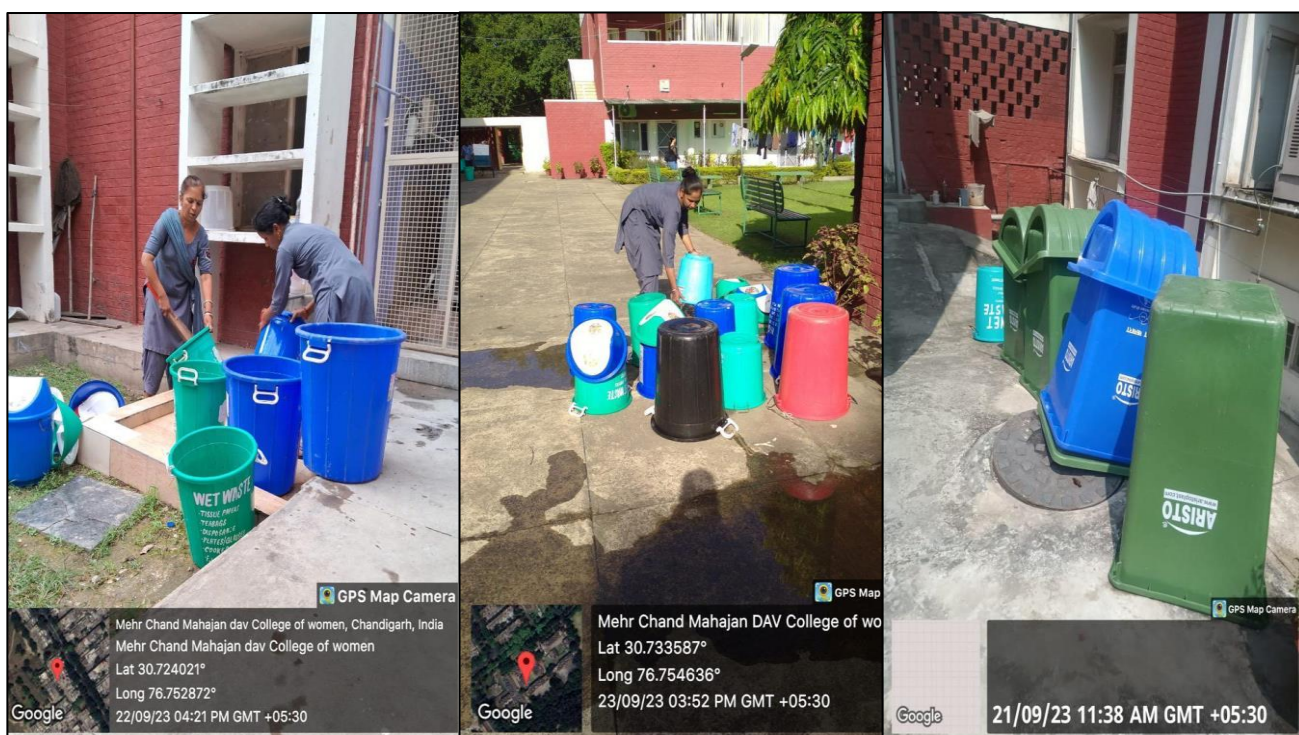
### ANTI-MALARIA SPRAY



**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER III: JULY-SEPTEMBER 2023)**



**ANTI-MALARIA SPRAY**



**CLEANING OF DUSTBINS**

**REPORT ON INITIATIVES TAKEN UNDER SWACHH BHARAT ABHIYAN  
(QUARTER III: JULY-SEPTEMBER 2023)**

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**CLEANING OF WATER BODIES**





Report of Initiatives taken under  
**Swachh Bharat Abhiyan**  
July 2023 to September 2023



Submitted by

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

