

### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

7.1.8 Describe Institutional Efforts/initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic

**1. Van Mahotsav Celebration : It was celebrated** to engage and motivate school students as well as residents of Village Badheri to plant saplings of native fruit varieties, air purifying plants as well as medicinal plants at their respective places or at community spaces. Van Mahotsav is an annual tree planting festival in India that is celebrated in the first week of July (from 1-7 July). This festival is organized to encourage the people to support tree plantation, spread awareness of forest conservation and to save the environment.



**2. Special Plantation Drive – Mega Afforestation & Greening Initiative in Chandigarh (MAGIC) Mela – 2022** on 29-30 July, 2022 to connect and motivate the students and people to participate in the greening activities

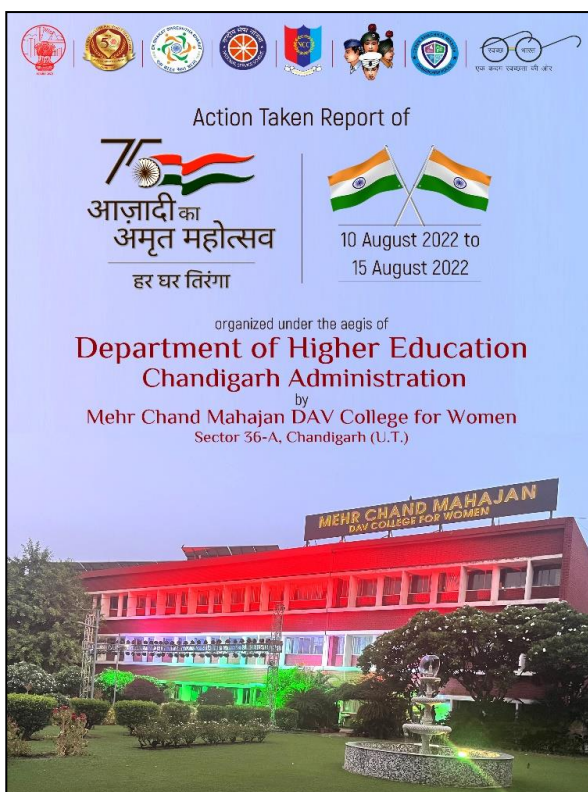
As per the directions of Director of Higher Education (DHE), a special plantation drive - MAGIC Mela – 2022 was organized by NSS Units, MCM Eco-Club 'Parivesh' in collaboration with Swachhta Committee (Sciences) of Mehr Chand Mahajan DAV College



for Women, Chandigarh, on 29-30 July, 2022 where 15 saplings of avenue plants namely - *Terminalia arjuna*, *Artocarpus* sps and *Tamarind*, procured from Patiala Ki Rao Beat Nursery, Dhanas were planted under the esteemed guidance of Principal Dr Nisha Bhargava.

### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

3. **Har Ghar Tiranga Campaign** from 10- 15 August 2022 to mark the 75<sup>th</sup> year of independence 'Har Ghar Tiranga' is a campaign under the aegis of Azadi Ka Amrit Mahotsav @75 to encourage people to bring the Tiranga home and to hoist it to mark the 75th year of India's independence. Under this campaign, events like distribution of National flags, Awareness Rally and Door to Door awareness campaigns were organized.



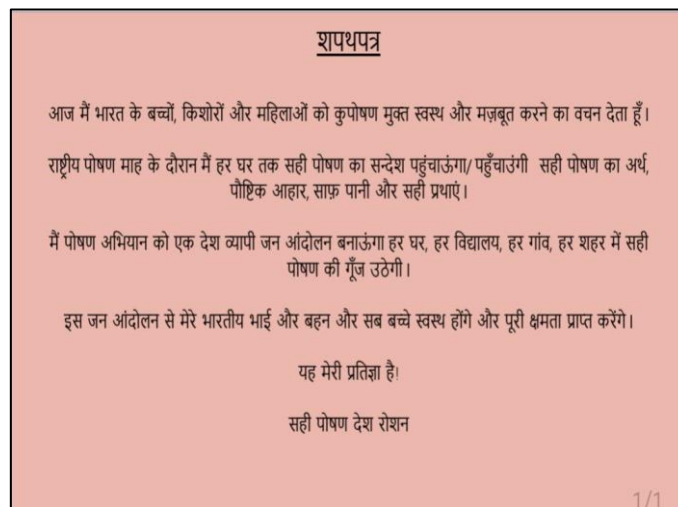
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#### 4. POSHAN MAAH PLEDGE – as part of ongoing POSHAN ABHIYAN 2022 on 01<sup>st</sup> September 2022

The POSHAN Abhiyaan aims to make India a malnutrition-free country. The Abhiyaan aims to reduce stunting in children with its main focus on “Mahila aur Swasthya” and “Bacha aur Shiksha”. To mark the beginning of Poshan Abhiyaan month 2022 and motivate the students, and generate the sense of responsibility towards making India a malnutrition free country, a **Poshan Maah pledge taking ceremony** was organized by the NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh on 01.09.2022. In total 49 volunteers participated in the activity with full enthusiasm.



Students were alarmed regarding the need for proper nutrition especially for pregnant women, children and senior citizens. It was a great beginning and students were excited for participation in further activities under Poshan Maah.

#### 5. AWARENESS RALLY ON NUTRITION IN VILLAGE BADHERI AS PART OF ONGOING POSHAN ABHIYAAN-2022 on 8<sup>th</sup> September 2022. NSS Units of Mehr;Chand Mahajan DAV College for Women, Chandigarh organized an awareness rally on nutrition in their adopted in Village Badheri as part of ongoing POSHAN Abhiyaan 2022 on 08.09.2022. *Poshan Maah* is being celebrated as part of the POSHAN Abhiyaan, the



### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

Central Government's flagship programme which aims to improve nutritional outcomes for children under 6 years of age, pregnant women and lactating mothers. The Ministry of Women and Child Development will celebrate the 5<sup>th</sup> Rashtriya Poshan Maah 2022 from 1<sup>st</sup> to 30<sup>th</sup> September 2022 as part of the POSHAN Abhiyaan. This year, as India celebrates the Azadi Ka Amrit Mahotsav, the theme of Poshan Maah 2022 is "*Mahila aur Swasthya*" and "*Bacha aur Shiksha*".

### 6. Door to Door Survey as part of Dengue Awareness Campaign in adopted Village Badheri, Chandigarh on 8<sup>th</sup> September 2022 to create awareness about the prevention of vector borne disease - Dengue

In order to spread the word on dengue prevention, **NSS Units of the college** in collaboration with **MCM Eco-Club 'Parivesh'** organized a **Door to Door Survey as part of Dengue Awareness Campaign** in their adopted Village Badheri, Sector 41-D, Chandigarh on 08.09.2022 where **NSS volunteers and Programme Officer along with official - Sh. Subash Chander, Multi-Purpose Health Worker (MPHW)** and his team from **Health Department, U.T. Chandigarh** visited **more than 160 houses** and sensitized residents about the preventive measures of controlling Dengue.



The event included door to door interaction with residents, inspection of coolers, trays behind refrigerators that serves as breeding grounds for vectors, closure of stagnant water containing areas, removal of broken containers, tyres and distribution of dengue prevention cum awareness pamphlets to the residents. They urged the residents to eliminate areas that contains stagnant water and suggested the ideas of timely intervention.



### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

7. **Awareness campaign on POSHAN ABHIYAAN through poster presentation and poem recitation on September 14, 2022.** In the series of Poshan Maah celebrations, under the able guidance of Principal Dr. Nisha Bhargava and NSS Programme officers – Dr Pallvi Rani and Dr Purnima Bhandari, NSS volunteers created awareness of the importance of healthy nutrition among college students in the college campus. During this initiative, volunteers prepared posters and apprised the students that how nutrition is very important for adolescent girls, pregnant women, and children. They urged them to take proper care of them and their families in future.



8. **Awareness session on importance of nutrition through traditional games (like Gully Danda, Kho-Kho, Stapu etc) on 13 September 2022.** Total number of **Beneficiaries:** 71 School students + 2 school teachers

**The main objective of the drive was to create awareness about the importance of good nutrition among school students through traditional games such as Gully**

### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

Danda, Kho-Kho, Stapu. Keeping in the view the objective of the programme, NSS Units of Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh organized an **awareness session on importance of nutrition** through traditional games like Gully Danda, Kho-Kho, Stapu etc. in the premises of Government Model High School, Sector 41-D, Village Badheri, Chandigarh (U.T.) on 13.09.2022. The session was organized under the dynamic leadership of **Principal Dr Nisha Bhargava**. It was graced by the presence of **Mrs Sanjogita - Headmistress, Govt Model High School, Sector 41-D, Village Badheri, Chandigarh (U.T.)**.



### 9. Two-day eye care awareness camp - *Interactive cum Awareness Session on Eye Care and Eye Check-Up Camp – 2022 on 15<sup>th</sup> – 16<sup>th</sup>*



September 2022. Keeping in view the prevalence of eye related issues and disorders, a **two-day eye care awareness camp** that included - an **Interactive cum Awareness Session on Eye Care and Eye Check-Up Camp – 2022** was organized by NSS Units and Medical Committee in collaboration with SGHS Sohana Hospital, SAS Nagar, Punjab in the college premises on 15<sup>th</sup> and 16<sup>th</sup> September, 2022 for the benefit of students, teaching and non-teaching staff.



### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

#### 10. **Bache and Shiksha: Poshan Bhe Padhai Bhe** on September 16, 2022.

Volunteers conducted various activities to tackle the malnutrition problem prevalent in society. Special focus was done to help Anganwadi centers to understand the importance of holistic nutrition and to ensure a healthier future. There was one-to-one interaction between NSS volunteers, staff of Anganwadi and Residents of the



nearby area. The volunteers also spread awareness among the families so they can further take the initiative.

#### 11. **Two-day eye care awareness camp - Interactive cum Awareness Session on Eye Care and Eye Check-Up Camp – 2022** on 15 – 16 September 2022

**The Number of participants/Beneficiaries were:**

- For interactive cum awareness Session = 750*
- For Eye Check-up Camp = More than 250 (including 60 teaching and non-teaching staff)*

The main objective was to spread awareness on eye disorders, early detection of ailments, refractive errors and provide free consultation for solutions to the students and staff of the college. Keeping in view the prevalence of eye related issues and disorders, **a two-day eye care awareness camp** that included - an **Interactive cum Awareness Session on Eye Care and Eye Check-Up Camp – 2022** was organized by NSS Units and Medical Committee in collaboration with SGHS Sohana Hospital, SAS Nagar, Punjab in the college premises on 15.09.2022 & 16.09.2022 for the benefit of students, teaching and non-teaching staff.



**12. Human Chain Formation as part of Swachh Amrit Mahotsav on 15<sup>th</sup> and 17<sup>th</sup>**

September, 2022. On 17.09.2022, NSS Volunteers of Mehr Chand Mahajan DAV College for Women, Chandigarh participated in **Human Chain Formation**, in Rose Garden, Sector 16, Chandigarh that was organized by NSS Cell,



Education Department, Chandigarh Administration in collaboration with Municipal Corporation, Chandigarh. It was organized with an aim to promote the concept of Zero Waste Policy and apprise residents with the Indian Swachhta League. It was a two-day event where rehearsal was done on 15.09.2022 while final Chain formation was done on 17.09.2022.

**13. Bache and Shiksha: Poshan Bhe Padhai Bhe on 16 September 2022**

**Number of beneficiaries (residents of adopted Village Badheri, Chandigarh): 50**

**The main Objective** of the drive was to create awareness about the importance of good nutrition among residents of Village Badheri, Chandigarh

In the series of Poshan Maah celebrations, under the able guidance of Principal Dr. Nisha Bhargava and NSS Programme Officers – Dr Pallvi Rani and Dr Purnima Bhandari, a team consisting of 5 NSS volunteers went to the adopted village Badheri, Chandigarh. Volunteers conducted various activities to tackle the



malnutrition problem prevalent in society. Special focus was done to help Anganwadi centres to understand the importance of holistic nutrition and to ensure a healthier future. There was one-to-one interaction between NSS volunteers, staff of



### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

Anganwadi and Residents of the nearby area. The volunteers also spread awareness among the families so they can further take the initiative.

**14. Visit to Census Museum Gallery, Sector-19 A, Chandigarh as part of Census Awareness Programme on 03 October 2022** to aware the volunteers about the upcoming census of India 2022 under census awareness programme and to broaden the knowledge of volunteers regarding census of India. Population Census is the total process of collecting, compiling, analysing and disseminating demographic, economic and social data pertaining, at a specific time, of all persons in a country or a well-defined part of a country. As part of **Census Awareness Programme**, organized by Chandigarh NSS Cell, Education Department in collaboration with Directorate of Census Operations, Chandigarh Administration, NSS Volunteers of Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh visited **Census Museum Gallery, Sector-19 A, Chandigarh** on 03.10.2022.



**15. State/University Level Pre Republic-Day Selection of NSS Volunteers for NSS Pre-Republic Day Parade Camp 2022** on 07 October to inculcate a sense and spirit of patriotism, national integration, solidarity, brotherhood and communal harmony among the volunteers and to select NSS volunteers who are best in parade and cultural activities.



Pre Republic-Day (RD) Selection Camp is organized before the Republic Day Camp to select the NSS volunteers who can prove their mettle in the parade and cultural activities. There are five Pre-RD Camps, which are organized throughout the country comprising the north zone, south zone, east zone, west zone and central zone.



### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

#### 16. State/University Level Selection of NSS Volunteers for NSS Pre-Republic Day Parade Camp 2022 on 07

October 2022 to inculcate a sense and spirit of patriotism, national integration, solidarity, brotherhood and communal harmony among the volunteers and to select NSS volunteers who are best in parade and cultural activities.



#### 18. Plastic Collection Drive – I as part of Clean India 2.0 Programme on 10<sup>th</sup> October,

2022 with objective of - to collect waste mainly single use plastic and create awareness about the harmful effects of plastic and to raise awareness, mobilize people and ensure their participation in making India clean. Keeping in view the



above-mentioned objectives, NSS Units in collaboration with MCM Eco-Club 'Parivesh' of Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh, under the able guidance of Principal Dr Nisha Bhargava and supervision of NSS Programme officers – Dr Pallvi Rani and Dr Purnima Bhandari organized a **Plastic Collection Drive -I** in their adopted Village Badheri, Sector 41-D, Chandigarh on 10.10.2022 as part of Clean India 2.0 Programme.

The event was graced by the presence of Mr Hardeep Singh Butrela – Counsellor, Village Badheri, Chandigarh. This activity was initiated to spread awareness about the harmful effects of the single use plastic and collect plastic waste from the area.



**19. Plastic Collection Drive – II as part of Clean India 2.0 Programme on 15<sup>th</sup>**

October, 2022 to collect waste mainly single use plastic and create awareness about the harmful effects of plastic and to raise awareness, mobilize people and ensure their participation in making India clean. During the drive, NSS Volunteers visited every nook and corner of the locality and collected more than 20 Kg of plastic waste material that included plastic bottles, single use wrappers, spoons, disposable cups and plates.



They apprised the shopkeepers and residents of Clean India 2.0 Programme and urged them to stop the usage of plastic especially single use plastic in their daily lives. The waste was weighed properly and handed over to the officials from Municipal Corporation, Chandigarh for proper disposal.

**20. Swachh Survekshan on**

14- 18 October 2022 to encourage large-scale citizen participation in cleanliness, to create awareness amongst all sections of society about the importance of working together towards making towns and cities better places to reside in, to foster a spirit of healthy competition among



villages and cities to improve their service delivery to citizens, towards creating a clean India and to bring about an improvement in the lifestyle of people by promoting cleanliness, and hygiene and eliminating Open defecation.

### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

**21. Visit To Rozgar Mela on 22.10.2022** with an aim to create awareness regarding the release of 10 Lakh jobs by Hon. Prime Minister Mr. Narendra Modi on the eve of Dhanteras (nationwide). NSS volunteers of Mehr Chand Mahajan DAV College for Women, Chandigarh along with their Programme Officers Dr Pallvi Rani and Dr Purnima Bhandari attended Rozgar Mela, held on 22.10.2022 at Law Auditorium, Panjab University, Chandigarh where they interacted with Sh. Anurag Singh Thakur Ji, Hon'ble Union Minister for Ministry of Information & Broadcasting and Youth Affairs & Sports, Government of India. Volunteers participated with full zeal while the interaction session. The volunteers were able to put up valuable suggestions and queries directly to Mr. Anurag Thakur which were addressed by him.



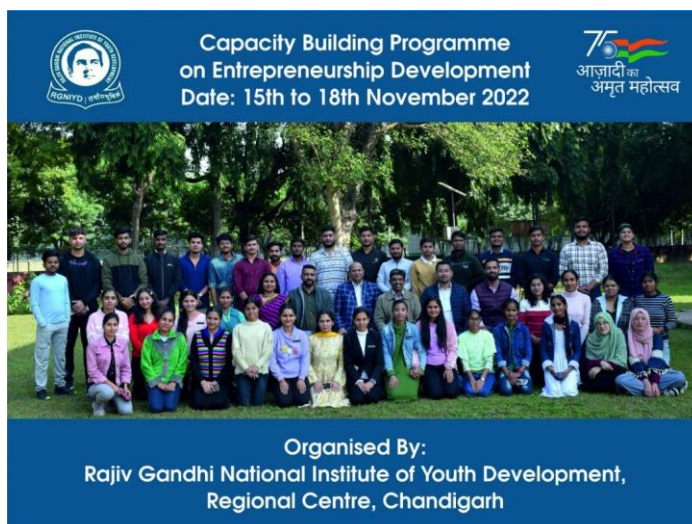
**22. Blood Donation Camp – 2022 on 15 March 2022** to instil the spirit of service to humanity among the volunteers and motivate them to come forward for noble cause – Blood donation. The NSS Units, Red Ribbon Club, AIDS Awareness Committee and Medical Committee of Mehr Chand DAV College for Women, Chandigarh organized a Blood Donation Camp - 2022, in collaboration with Post Graduate Institute of Medical Education & Research, Chandigarh (PGIMER), Chandigarh (UT) on 15<sup>th</sup> November 2022 in the Multimedia Hall of college premises. Blood donation drive was supported by Lions Club Chandigarh Prosperity.





### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

23. **4 day and Night Leadership and Community Development Training Programme at Rajiv Gandhi National Institute of Youth Development, Sector 12, (PEC Camps) Chandigarh** to provide a comprehensive understanding of entrepreneurship and to motivate the youth volunteers to consider the opportunities and possibilities for entrepreneurial initiatives. In view of the above, Rajiv Gandhi National Institute of Youth Development (RGNIYD), Sector 12, (PEC Camps) Chandigarh organized 4 day and Night Leadership and Community Development Training Programme for the NSS Volunteers from 15<sup>th</sup> – 18<sup>th</sup> November, 2022.



24. **Pledge taking ceremony as part of Constitution Day Celebration on 26<sup>th</sup> November, 2022** to commemorate the adoption of the Constitution of India and to spread awareness of fundamental duties across the masses by mobilizing youth of the country. To commemorate the adoption of the Constitution of India and mark the celebration of Constitution Day - 2022, Department of Political Science in collaboration with NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh organized an event where Preamble was read out among all the students and staff of the college under the able guidance of Principal Dr Nisha Bhargava, and supervision of Dr Ritu Khosla and NSS Programme Officer Dr Pallvi Rani and Dr Purnima Bhandari. The main aim of this event was to reiterate the values and principles enshrined in the Indian constitution.



### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

**25. North Zone Pre Republic Day (RD) Parade Camp – 2022 at Lovely Professional University (LPU), Phagwara, Jalandhar from 26<sup>th</sup> November – 05<sup>th</sup> December, 2022.** During the camp, besides various cultural sessions, several academic sessions were also planned that included NSS (rules, objectives, functions, history, working and importance), Disaster Management, AIDS awareness, Drug Abuse, Environment Sustainability, Personality Development, Cyber Crime etc. During the cultural performance of the team, Ms. Shagun and Ms. Prerna performed Naati and Bhangra respectively. Ms. Prerna was able to represent her art in the form of Rangoli with colors, flowers, used paper cups and pebbles while Ms. Shagun recited a beautiful and heartfelt patriotic poem. The team also managed to make arrangements during fruit break and tea break and gave their duty during breakfast, lunch and dinner.



**26. Awareness Session and Donation Drive in adopted Village Badheri, Chandigarh as part of National Girl Child Day Celebration on 24<sup>th</sup> January 2023** to create awareness about the rights of girls, discuss various issues about inequalities that girls face in their daily lives and to increase awareness about the importance of girl education, nutrition, and health.

On 24<sup>th</sup> January 2023, **NSS Units** of the College celebrated National Girl Child Day by visiting their adopted Village Badheri where an awareness programme was organized on the theme '*Beti Bachao Beti Padhao*' in the premises of Government Model High School, Sector 41-D, Chandigarh. The event was graced by the presence of Headmistress Mrs Sanjogita - Headmistress, Govt Model High School, Sector 41-D, Village Badheri, Chandigarh (U.T.) and NSS Programme Officers – Dr. Pallvi Rani and Dr. Purnima Bhandari were also present during the event.





### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

**27. Awareness Rally in adopted village Badheri, Chandigarh as part of National Girl Child Day Celebration on 24<sup>th</sup> January 2023** to increase awareness about the importance of girl education, nutrition, and health among the residents of Village Badheri, Chandigarh.

On 24<sup>th</sup> January 2023, NSS Units of the College celebrated National Girl Child Day by visiting their adopted Village Badheri, Chandigarh where an awareness rally was organized. During the rally, volunteers raised slogans - *Beti Bachao, Beti Padaoo, Beti Hai Kudrat Ka Uphar, Jeene Ka Do Usko Adhikar*, that were aimed to



sensitize residents of that area regarding the rights of girls for education.

**28. National Online Quiz on Aatmnirbhar Bharat with special emphasis on Armed Forces on 24 January 2023** to celebrate the Patriotic fervour and pride in

India's Armed Forces. To apprise the participants with the concept of Government of India's programme - Aatmnirbhar Bharat with special emphasis on Armed Forces and infused the patriotic fervour among the participants, a **National Online Quiz on Aatmnirbhar Bharat with special emphasis on Armed Forces** was organized by **Ek Bharat Shreshtha Bharat Club** and **NSS Units** of Mehr Chand Mahajan DAV College for Women, Chandigarh on 24.01.2023 (evening). It comprised 20



questions, each question carrying 1 mark. The questions spanned a diverse scope ranging from the glory on the battlefields to peacetime initiatives of our brave heroes. Participants were given 30 minutes to attempt. The Principal Dr. Nisha Bhargava congratulated the EBSB and NSS Units for their unique endeavour to instil among youth a sense of pride in their glorious nation and exhorted them to work for the cause of nation-building.

### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

**29. Lecture on “HIV/AIDS Awareness and Voluntary Blood Donation”** on 25 January 2023 to disseminate knowledge regarding HIV/AIDS and Blood donation. The main objective was to highlight the role of Youth in controlling and preventing HIV/AIDS. To sensitize volunteers about HIV/AIDS, an awareness session on **“HIV/AIDS and Blood Donation”** was organized by **NSS Units in collaboration with the Red Ribbon Club of the college** where **Mr. Sunil Panghal**, Assistant Director (Youth Affairs), Chandigarh State AIDS Control Society and Programme Officer (Blood Safety Programme) and overall, In-charge of Red Ribbon Clubs was the resource person.



**30. Republic Day Parade and Flag Hosting Ceremony** on 26 January 2023 to mark the celebration of Republic Day and to inculcate the feeling of patriotism and brotherhood among NSS Volunteers.

Celebrations started with Flag hoisting Ceremony where Major General (Retd.) Jasbir Singh Sandhu, AVSM, Director, Mai Bhago Armed Forces Preparatory Institute, Mohali graced the celebration as the Chief Guest. It was followed by March past where NSS volunteers along with NCC cadets - Army and Naval Wing participated with great fervour.





### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

#### 31. Food Festival 'Bharat Parv' on 26

Republic Day and to provide a platform to explore new areas of interest. To display 'Bharat Parv' was organized by the NSS Shreshtha Bharat Club of the college in Day/Night NSS Special Camp. NSS volunteers that included Saag- Makki ki roti, Dhoklas, Sambhar Idli, etc. Dishes were



#### 32. Awareness Session on "History and Career Opportunities through NSS and Role of NSS volunteers for National Building on 26 January 2023 to promote the

idea of selfless service toward society and to appraise the volunteers with the role of NSS and career opportunities offered. In the last session of Day 3 of Seven Day/Night NSS Special Camp, an awareness session on "History and Career Opportunities through NSS and Role of NSS volunteers for National Building" was organized by



the NSS Units of the college where the resource person was **Mr Rohit Kumar**, an NSS National Awardee, Social Activist & Founder, Swarmani Youth Welfare Association, Chandigarh.

33. **Lecture on Carbon Watch App** on 27 January 2023 with objective to promote the concept of Swachh Bharat Abhiyan and to appraise the volunteers of ways of reducing Carbon footprints in our live. To apprise the volunteers to the usage of carbon watch app thus lowering their carbon footprints, a **lecture on Carbon Watch App** was



### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

organized by NSS Units in collaboration with MCM Eco-Club 'Parivesh' of Mehr Chand Mahajan DAV College for Women, Chandigarh on 27.01.2023. The resource person of the session was Dr. Sandeep Kaur, Assistant Professor, Department of Zoology, Mehr Chand Mahajan DAV College for Women, Chandigarh.

During the session, Dr. Sandeep apprised volunteers of the need to assess the carbon footprint generated by any individual and urged them to minimize their carbon footprints in their daily lives via calculating through this app.

**34. Awareness lecture on the Prevention of Cervical cancer on 27 January 2023** With the objective to sensitize volunteers and raise awareness regarding cancer, to help people in getting the right information about cancer - its prevention, detection, and treatment and to make the volunteers aware of the vaccination for young adolescents against the HPV virus that causes cervical cancer.



To generate awareness about Cervical Cancer and its preventive measures, **an awareness lecture on the Prevention of Cervical cancer** was organized by **NSS Units** and the **Medical Committee** of the college in collaboration with Fortis Hospital, Mohali. The resource person of the session was **Dr. Shweta Tahlan, Consultant- Gynae Oncosurgery, Fortis Hospital, Mohali.**





**35. Workshop on Menstrual Health and Hygiene on 28 January 2023** with objective to create awareness about menstrual hygiene and to break the menstrual taboos that jeopardize the health of millions of girls every day. In the fourth session of Day 5 of the Seven Day/Night NSS Special camp, a Workshop on Menstrual Health and Hygiene was organized by NSS Units and the Medical Committee of the college in collaboration with Enactus, SSBUI CET, Panjab University on 28.01.2023. The resource person of the event was Professor Seema Kapoor, Enactus Faculty Advisor. The workshop was attended by 100 NSS volunteers and 20 Enactus members.



**36. Awareness session on waste management with special reference to composting on 28 January 2023** with objective To appraise 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 and 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



In the subsequent post-lunch session of Day 5 of Seven Day/Night NSS Special Camp, **an Awareness session on waste management with special reference to composting** was organized by NSS Units under the aegis of Swachhta Committee (Sciences) 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 types of waste generated, their management methods adopted, the importance of compost and the several steps involved in the composting process,

### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

what type of waste can be recycled into compost and types of containers such as terracotta composter that can be utilized to make compost. She also urged volunteers to adopt the usage of 3 R's – Reduce, Reuse and Recycle in their daily lives.

**37. District Youth parliament on 31 January 2023** with objectives to hear the voice of youth between 18-25 years of age, through deliberations in Youth Parliaments at District, State and National levels, to encourage the youth to engage with public issues, understand the common man's point of view, form their opinions and express it in an articulate manner, to develop and enhance decision making abilities



and to obtain and document their opinions on Vision of New India. District youth parliament was conducted through virtual mode on 31.01.2023. Various students from different districts participated and presented their views on three different topics that included (i) Health, Wellbeing & Sports: Agenda for Youth; (ii) Skill Development - One of the keys to empower youth and (iii) social media - Youth Perspective. This year, two of our NSS Volunteers of our college – **Ms. Gurleen Kaur, B.A. II** and **Ms. Jasmine, B.A. II** participated and secured first and second position at District Youth parliament respectively and qualified for State level Youth Parliament.

**38. Flash Mob Performance on the occasion of World Cancer Day on 3 February 2023 with the objective** to spread the awareness about Cancer and support the theme 'Close the Care Gap' and to encourage the prevention, early detection, and treatment of the Cancer. A total of 17





### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

students along with two faculty members - Dr. Ritu Rani, Dr. Geetanjali Singh from NSS participated in Flash Mob at fortis hospital, Mohali. They performed a dance to highlight the various stages of the life of a person suffering from Cancer. They made people aware that the early detection and treatment can certainly save a valuable life. The performance opened about the preventive measures and explained how prevention can confine the spread of the ailment. The message of the performance supported the theme of World Cancer Day 'Close the Care Gap.'

**39. Participation in NSS National Integration Camp on 16 - 22 February 2022 and** with the objective to make the NSS volunteers aware of the rich cultural diversity of India and History of our culture and to inculcate a sense and spirit of patriotism, national integration, solidarity, brotherhood, and communal harmony among the volunteers.

The camp witnessed participation of 210 volunteers from different states of India. The camp was based on the theme "Azadi ka Amrit Mahotsav and Culture and Youth Exchange Programme". Participants were welcomed by Ms. Harinder Kaur, Regional Director, National Service Scheme, Chandigarh. During the camp, NSS volunteers attended a series of sessions including First Aid Training- CPR, Awareness on Road Safety, Expert talk on cyber security etc.



**40. Mammography and Bone Density Analysis Camp as part of International Women's Day Celebration On 03 March 2023**

The objective was to encourage more women to get their screening done and educate them on breast cancer risk



### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

reduction and cure and to identify people who are at risk of osteoporosis, a condition where bones become weak and brittle, and to educate them on how to prevent or manage this condition.

**As part of International Women's Day Celebrations, NSS Units and Health Committee** of the Mehr Chand Mahajan DAV College for Women, Chandigarh, under the able guidance of **Principal Dr Nisha Bhargava** and supervision of Dr Sarabjit Kaur – Co-Convener (Health Committee), NSS Programme Officers Dr Pallvi Rani and Dr Purnima Bhandari organized a **Mammography and Bone Density Analysis Camp** in collaboration with **Amrit Cancer Foundation, Sector 35, Chandigarh** on 03.03.2023 in their adopted Village Badheri, Sector 41-D, Chandigarh.

The camp was organized along with **Blood donation camp and Medical Check Up Camp** that was organized by Counsellor Mr Hardeep Singh, President Shiromani Akali Dal, Chandigarh in sweet memory of his father Late S. Gurnam Singh Buterla.

Before the camp, with an aim to make residents of that area aware of this camp, NSS Volunteers conducted door-to door awareness in village Badheri, Chandigarh. During the camp, a mammography bus equipped with the latest testing techniques and a team of doctors/technicians and nurses were stationed in the village community centre for the same. Besides, a bone testing analysis machine was also made available for the detecting bone related deficiencies for the persons





### 7.1.8 Institutional Efforts/initiatives in providing an inclusive environment

above the age of 25. More than 50 female residents for mammography test and 103 residents for bone density analysis test were benefitted from this camp. Simultaneous counselling cum awareness sessions for residents was conducted to cater the needs of the people facing related problems. At the end, dignitaries as guests praised the efforts of the NSS Units and NSS volunteers of our college for their dedication and hard work in making the event a success.

