

Activities Report

January to March 2024



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

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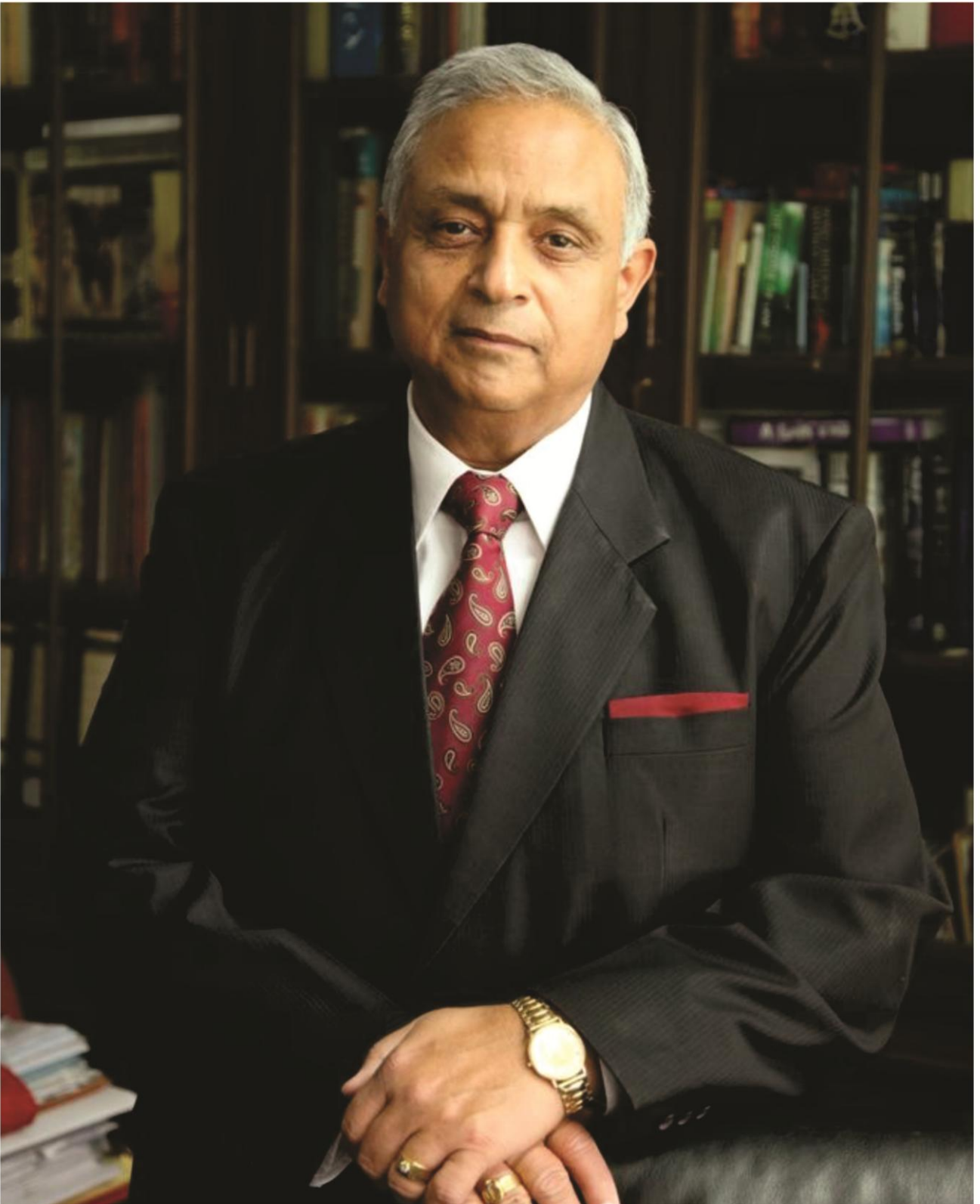
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Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

Our Guide and Mentor



Dr. Punam Suri Ji, Padma Shree Awardee

Hon'ble President

DAV College Managing Committee

New Delhi



A Leading Luminary

Sh. Ajay Suri

Hon'ble General Secretary
DAV College Managing Committee
New Delhi



A Visionary Educationist

Sh. H.R. Gandhar

Hon'ble Vice President
DAV College Managing Committee
New Delhi



Our Guiding Light

Sh. Shiv Raman Gaur

Hon'ble Director Higher Education
DAV College Managing Committee
New Delhi



Principal's Message

It gives me immense pleasure to present this comprehensive report of our institutional milestones during the last quarter. This is a glimpse of a reaffirmation of our steadfast commitment to the cause of empowering young women through holistic education rooted in our Vedic wisdom. We are proud and privileged to have hosted the pious culmination of bicentennial anniversary of Swami Dayanand Saraswati ji. This momentous occasion witnessed a 200- kundiya Hawan followed by the chanting of mantras, spiritual discourses, Vedic Quiz, declamation contest and hymn- singing competitions centred around women emancipation, inclusive education, youth engagement, nation- building and sustainable development, to name just a few. We reiterate our to commemorate the ideals envisioned by Swami ji. With your blessings, Sir, our sports stars also continued their winning streak and brought home the coveted Panjab University Women's General Efficiency Shield in Sports for the 41st time since our inception. This unique feat is a testimony to the sustained endeavours of our mentors entwined with the grit and determination of our sports students.

I am deeply indebted to our visionary mentors who continue to guide us in all our efforts. I am thankful to Dr. Punam Suri ji, Padma Shree Awardee, Hon'ble President, DAV College Managing Committee, New Delhi for guiding us at every step and for exhorting us to remain the aspirational destination of our stakeholders. I express my gratitude to Shri H.R. Gandhar ji, Senior Governing Body member of the College and Vice President DAV CMC for motivating us with his relentless energy and zealous enthusiasm to walk towards our objectives. I am beholden to Shri Shiv Raman Gaur ji, Director Higher Education, DAVCMC for his blessings and unwavering support. With a deep sense of gratitude to the Almighty, I present this report which provides a panoramic view of our glorious journey during the months of January to March 2024.

NBhargava

Dr. Nisha Bhargava
Principal

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7-Day and Night NSS Camp begins at MCM

A 7-Day and Night NSS Camp began at Mehr Chand Mahajan DAV College for Women, Chandigarh. True to its theme- 'Shakti: Building Potential Through Upskilling', the camp aims to ignite the innate strength of the girl students and empower them by equipping them with practical skills, instilling confidence, and promoting innovation and collaboration. Dr. Nemi Chand, NSS State Liaison



Officer, Chandigarh Administration, was the Chief Guest for the inaugural of the camp. Addressing the students as the architects of the future, Dr. Nemi Chand emphasised the significance of NSS in nation building and social upliftment. He encouraged the students to build a world reflective of their values, ingenuity, and commitment to positive change. Auspicious lamp lighting ceremony was followed by showcasing of a video depicting the work done by the NSS units of the college. Keeping in view the importance of self-defence adeptness in instilling a sense of empowerment and independence, the participants were trained in self-defence techniques by Chandigarh Police Department. This was followed by a session on 'Lifestyle Management based on Lokayurveda' by Ms. Shyampriya wherein she emphasised the importance of Ayurveda and Prakriti in offering a holistic approach to promoting health and well-being. The last session of the inaugural day was conducted by Mr. Gurprakash on latest developments and careers in farming. He highlighted that choosing farming as a career allows individuals to preserve and pass on traditional agricultural knowledge along with adopting new techniques, and added that sustainable farming practices play a crucial role in preserving ecosystem, soil health, and biodiversity.

Principal Dr. Nisha Bhargava informed that at the core of this camp's vision is the commitment to providing students with skills that go beyond academic knowledge and empower them to thrive in a rapidly evolving world. She added that the camp incorporates a dynamic mix of skill-building sessions, team activities, and mentorship opportunities.

Day 2 of NSS Camp at MCM

The 7-Day and Night NSS Camp at Mehr Chand Mahajan DAV College for Women, Chandigarh, entered its second day today. The day's events were tailored to align with the camp's aim to nurture growth and ignite a passion for continuous development among the students. A session on 'Vedic Vichardhara' by Dr. Seema Kanwar, Head of Sanskrit Department of the college, marked the beginning of day two. Unlocking the door to timeless wisdom, Dr. Kanwar highlighted that Vedic thinking is the bridge between man and the divine that helps cross the realms of the material world and explore the vastness of our spiritual essence.



This was followed by an interactive session on 'PCOS - Preventive Healthcare' by Dr. Priyanka Sharma, Fortis Hospital, Mohali. She gave valuable insights into the diagnosis, prevention and management of PCOS to improve overall well-being and also busted several myths regarding this syndrome. The key components highlighted were regular check-ups, immunizations, healthy lifestyle promotion, risk factor management, etc.



The second session of self-defence training by the Chandigarh Police witnessed demonstration and practice of self-defence techniques to promote personal safety and preparedness. This was followed by a session on Youth Development by Dr Nemi Chand, NSS State Liaison Officer, Chandigarh Administration. He emphasized that personality development transforms dreams into reality,



equipping the younger generation with the tools needed to navigate the uncharted waters of the future. Dr. Nemi Chand added that fostering a strong and empathetic personality in students is an investment in their ability to thrive in the world. A discussion session wherein the participants shared their thoughts on the significance of social service in creating life-changing experiences was also held.

Subsequently, to unleash the artistic flair of students, a Hand Painting Competition on the theme 'Viksit Bharat' was held. As palms transformed into canvases, the competition became a platform for showcasing talent, originality, and views on what the future holds for India. Dr. Meenu Singla, the Teacher Incharge of the day, concluded with a session on stress management wherein she delved into the importance of time management tools like proactive planning and organisation, effective delegation of tasks, etc.



Principal Dr. Nisha Bhargava lauded the exceptional endeavours of the NSS units aimed at instilling sense of social responsibility among the youth. She expressed hope that with their minds expanded, skills sharpened, and connections deepened, the participants of the camp will be able to harness the wealth of opportunities the camp holds for their personal and collective development.



Sessions on Cyber safety, Disaster Management, Self-defence mark day 3 of NSS Camp at MCM



The third day of the 7-Day and Night NSS Camp at Mehr Chand Mahajan DAV College for Women, Chandigarh, unfurled with various activities that stretched the participants' limits and made them explore new horizons. Starting the day with yoga enhanced the participants' flexibility, boosted energy, and promoted mental clarity, setting a positive tone for the day ahead. Dr. Sandeep Kaur, the Teacher Incharge of the day, delved into the significance of maintaining a healthy diet in managing stress as she highlighted that nutritious choices provide the body with essential nutrients that contribute to overall well-being and resilience.



The next session was on 'Cybersafety' by Mr. Amandeep Singh and Ms. Muskan under Cyber Swachhata Mission by Chandigarh Police Department. They highlighted the importance of digital vigilance and gave practical tips to fortify online defences against potential threats. This was followed by a session of self-defence training by Chandigarh Police Department wherein the mentors demonstrated techniques for personal safety, physical fitness and mental toughness.



An interactive session on Disaster Management, by Ms. Gulshan Hira, Senior Disaster Management Instructor and Mr. Yogesh, Disaster Management Instructor, MGSIPA, apprised the participants that disaster management is about proactive planning to minimise the impact of the unpredictable. This was followed by a hands-on session wherein the students were trained to use fire extinguisher, finding appropriate evacuation strategies, etc. The day wrapped up with a Slogan Competition on 'Human Rights in Contemporary World' which was the perfect platform for creative outpour as students got the opportunity to express their ideas and make words resonate with impact.



Principal Dr. Nisha Bhargava expressed appreciation for the endeavours of the NSS units of the college

that envisage to make a significant difference in the society. She added that the exemplary work of the NSS units has received due recognition in the form of awards for Best NSS units in 2018 by Panjab University and in 2022 by Chandigarh Administration, and also for Best Program Officer and Best Volunteer Awards in 2023.



Sessions on Preventive Healthcare, Social Entrepreneurship, Stress Management through Storytelling, First Aid mark day 4 and 5 of NSS Camp at MCM

Day 4 and 5 of the 7-Day and Night NSS Camp at Mehr Chand Mahajan DAV College for Women, Chandigarh, were as eventful as the preceding days. Early morning exercise session, followed by an engaging group discussion on 'Traditional vs Vocational Education' and 'AI: Boon or Bane', marked the beginning of day 4.



The next session was on 'Preventive Healthcare: Psychological Well Being' by Dr. Anubhuti Sharma, Assistant Professor (Psychology) at the college. This session aimed to highlight the nuances and dangers of internet addiction, illustrating the subtle ways in which excessive digital engagement can impact one's connection to reality and well-being. Thereafter, self-defence training session was held wherein the participants learnt self-defence techniques from the officials of Chandigarh Police. The last session of the day was on 'Social Entrepreneurship' by Dr. Sandeep Kaur, Assistant Professor (MFT) at the college. She highlighted the essence of social entrepreneurship, which is commitment to addressing social issues and creating positive impact alongside business objectives. She cited numerous examples of entrepreneurs who forged solutions that not only addressed the social needs but also empowered individuals and societies. The day concluded with a Talent Hunt Competition wherein the rhythmic dance moves, melody of music, eloquence of poetry, stroke of art and the power of elocution converged into a grand celebration of artistic creativity.



The fifth day began with a session on yoga by Ms Keisham Monarita, a Gold medalist in yoga at National and International level. She demonstrated Surya Namaskar to cultivate mindfulness, boost energy and create a positive mindset for the day. This was followed by demonstration and practise of Bhujang Asana, Makar Asana, Kapaal Asana and Bhramari Pranayama.

The next interactive session on 'Stress Management through Storytelling' was conducted by Dr. Sunita Kumari, Assistant Professor (Hindi) at the college. She created a conducive environment for stress analysis through the creative art of storytelling and gave insights into the method of acquiring universal wisdom from stories. After this session, the self-defence training by Chandigarh Police Department went beyond physical techniques, encompassing valuable life skills such as discipline, respect and



perseverance. The last session of the day was on 'First Aid Training' by Mr. Sushil Kumar Taank, Training Supervisor, St. John Ambulance (India), Indian Red Cross Society. He enlightened the students on how to assess and address injuries promptly, helping to prevent the escalation of minor issues into severe conditions. The day wrapped up with a Food-Making Competition that provided the participants the opportunity to showcase their skill to create not just delicious but nutritionally powerful meals. The participants presented innovative dishes that could help to manage anemia, cater to thyroid health, and contribute to effective weight management. Principal Dr. Nisha Bhargava lauded the NSS units for working with focused determination for the cause of nation building and social upliftment while promoting holistic development of girls and instilling in them the values to be responsible citizens. She added that the weeklong camp is a fine amalgam of thoughtfully curated activities that endeavour to ignite the innate strength of the girl students and empower them by equipping them with practical skills, instilling confidence, and promoting innovation and collaboration.

7 Day and Night NSS Camp culminates at MCM



The 7 Day and Night NSS Camp, held on the theme 'Shakti: Building Potential Through Upskilling', culminated at Mehr Chand Mahajan DAV College for Women, Chandigarh, here today. The Chief Guest for the valedictory session was Dr. Parveen Goyal, NSS Programme Coordinator, Panjab University. Speaking on this occasion, Dr. Parveen expressed appreciation for the diverse range of activities conducted during the camp. Highlighting the fact that the NSS volunteers uphold the motto of 'Not Me But You' in its true spirit, Dr. Goyal shared with the participants the significance of the three colours and eight spokes in the NSS logo. He also made a special mention to the college NSS volunteer Husanveer Kaur who is to participate in the Republic Day parade in New Delhi this year.



Principal Dr. Nisha Bhargava lauded the NSS units for empowering the girl students to be responsible citizens who contribute effectively to nation building. She added that the laudable work of the college NSS units has received recognition in the

form of awards for Best NSS units in 2018 by Panjab University and in 2022 by Chandigarh Administration, and for Best Program Officer and Best NSS Volunteer in 2023.



The ceremony began with the invocation of the divine through a classical dance performance. The participants demonstrated the self-defence techniques learnt during the camp. This was followed by showcasing of a video presenting glimpses of the camp. The report of a survey on Cybersecurity conducted by the NSS volunteers at adopted village Badheri was also presented on this occasion. The winners of various competitions and Ms. NSS held during the camp were felicitated by the dignitaries.



With the aim to ignite the innate strength of the girl students and empower them by equipping them with practical skills, instilling confidence, and promoting innovation and collaboration, the week-long camp witnessed a host of activities including self-defence training, first aid training, disaster management training, invigorating sessions on 'Vedik Vichardara', social entrepreneurship, stress management through storytelling, time management, lifestyle management preventive healthcare, cybersaftey, yoga, electoral literacy, academic writing and competitions like Hand Painting on Viksit



Bharat, Food Making Competition, Talent Hunt Competition.

MCM celebrates National Youth Day



The NSS units and Philosophy Department of the College marked the celebration of National Youth Day to honour the ideals and thoughts of Swami Vivekananda. The NSS units organised screening of the live telecast of the inauguration of 27th National

Youth Festival by Prime Minister Shri Narendra Modi at Nashik, Maharashtra. NSS volunteers and students watched avidly as Shri Narendra Modi addressed the youth of the nation. The Philosophy Department organised a lecture by Sh. Lallan Singh Baghel, Department of Philosophy, Panjab University, Chandigarh, under the Indian Council of Philosophical Research (ICPR) sponsored World Philosophy Day Lecture Series. Inaugurating the lecture, Principal Dr. Nisha Bhargava asserted that Swami Vivekananda gave a powerful message for the youth as he said that all the power is within the youth. Remembering Swamiji as a revolutionary thinker, Dr. Bhargava shared that he advocated combining of western science and technology with Indian asceticism and humanism, and promoted education that led to an individual's holistic growth. In his enlightening lecture, Sh. Lallan Baghel referred to Swami Vivekananda as one of the early architect of Indian modality. He said that during a period marked by internal churning and a colonial system that produced colonial subjects, Swamiji created critical consciousness, challenged materialism and questioned what was ailing India during the colonial rule. Sh. Baghel highlighted that Swamiji's philosophy was that of engagement of self with the other and the spirit of public participation came from him. Asserting that this day is an apt opportunity to promote the spirit of inquiry and to not just celebrate but also to understand Swami Vivekananda, Sh. Baghel said that we need to move from 'avidya' to 'vidya'. The lecture was followed by an engaging interactive session wherein the expert answered the queries of the audience.

MCM holds Lohri celebrations



Mehr Chand Mahajan DAV College for Women, Chandigarh, celebrated the festival of Lohri with traditional fervour and zeal. Exuding festive spirit in its true sense, Principal Dr. Nisha Bhargava and staff members gathered around the traditional bonfire to mark the festival. Dr. Bhargava lit the auspicious fire and wished the staff members on this occasion. She prayed for everyone's good health, happiness and prosperity in the coming year. Everyone present offered prayers to the holy fire and rejoiced in its warmth.



MCM holds Shloka Writing Competition



In a series of 2-year long commemorative events dedicated to the 200th birth anniversary of Swami Dayanand Saraswati, the Sanskrit Department of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a Shloka Writing Competition. The competition aimed to pay tribute to the great visionary Swami Dayanand Saraswati ji and to develop among students a sense of appreciation and understanding for our rich linguistic and Vedic tradition. The participants were required to write any two Sanskrit Shlokas and their meaning. The competition witnessed enthusiastic participation.

Principal Dr. Nisha Bhargava lauded the endeavours of the Sanskrit Department to keep the students rooted to our Vedic values. She motivated the students to learn from the teachings and philosophy of Swami Dayanand Saraswati ji and work towards making the entire world noble based on the principle of 'Krinvanto Vishvam Aryam'.

The result of the competition is:

First : Geeta and Harshita (BA 2), Second : Ruby (BA 2) and Third : Garima Joshi (BA 2)

MCM holds Hand painting Competition on Vision India

The Viksit Bharat Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a Hand Painting Competition on the theme 'Vision India'. As hands transformed into canvases, the competition became a platform for the participants to portray their vision regarding development and progress of our country. Unleashing their artistic flair, the participants used the medium of hands to showcase their aspirations for a prosperous and advanced India. The artworks reflected a sense of shared commitment to build a harmonious



and developed India, focusing on the principles of progress, unity, sustainability, innovation, inclusivity and environmental stewardship. The competition not only provided a platform for students to express their thoughts on 'Viksit Bharat' through art but also facilitated a dynamic exchange of ideas, fostering a deeper understanding of the multifaceted aspects of our nation's development. The participants who demonstrated exceptional insight and eloquence were awarded prizes.

Principal Dr. Nisha Bhargava said that 'Viksit Bharat' is not merely an abstract vision but a collective responsibility and a journey which requires active contribution of each individual. She added that the competition served as a visual manifestation of the theme, emphasizing that the development of the nation requires the commitment and efforts of every citizen.

The winners of the competition are: 1st : Simarpreet Kaur, 2nd : Palak Narang, 3rd: Ishnoor Kaur and Sejal and Consolation Prize- Jasmine and Garima

MCM holds 5-day skill workshop on Laboratory Diagnostics



Mehr Chand Mahajan DAV College for Women, Chandigarh, a recognized Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan Institution, in association with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Government of India, organised a 5-day skill development workshop titled 'Laboratory Diagnostics Education and Hands-on Training'. The aim of the workshop was to enhance the knowledge and upskill the practical skill set of students in the field of lab diagnosis and fundamental of immunology based diagnostic techniques. The workshop kickstarted with a lecture by Dr. Vandana Sharma, Assistant Professor, Food Science Department at the college. She gave a detailed insight into the basics of lab diagnostic techniques, scope and future prospects of lab diagnosis as a career choice. Dr. Sandeep Kaur, Assistant Professor, Food Science Department at the college, gave a comprehensive lecture on immune system of human body, immune cells, their working, and how to restore and maintain immune health. The following days of the workshop focused on providing hands-on training wherein the students were demonstrated the various microbiological and immunological diagnostic techniques such as staining, antibiotic susceptibility assays, radial immunodiffusion, differential leucocyte count, agglutination and precipitation reactions, ELISA in detail. The participants performed the assays under supervision of the faculty in charge. The workshop witnessed enthusiastic participation of 33 students. Principal Dr. Nisha Bhargava expressed appreciation for this endeavour to equip students with the skills that enhance their employability quotient.

MCM celebrates National Voters' Day



The Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, celebrated National Voters' Day with great enthusiasm. The celebration began with the playing of the Election Commission of India's official song titled 'Main Bharat Hoon, Hum Bharat Ke Matdata Hain'. Thereafter, the Club organised a Mock Campaigning Face-Off Competition wherein the participants posed as imaginary political personalities. The participants showcased their potential as they presented their fictitious party names, party symbols and party manifestos. The Club also organised an Electoral Awareness Rally on the college campus. During the rally, a team of students informed their fellow students about their right to vote. Student members of the Club raised slogans like "Nothing Like Voting, I Vote For Sure", "Bharat Ki Awaz Hai Bharat Ka Matdan", "Voting Ballots Are Powerful Than Shooting Bullets". The students also displayed handmade informative posters that sought to educate the students about the democratic processes, especially right to vote. The students and the staff members of the college were also administered the Voter's Day Pledge. Principal Dr. Nisha Bhargava enlightened the students about the power of casting vote judiciously and advised them to perform this national duty in letter and spirit. She urged the students to uphold the dignity of democratic traditions where elections are free, fair and peaceful.

The result of Mock Campaigning Face-Off Competition is:

First position: Riya Chaturvedi of BA II Second position: Karika of BA I

Third position: Saanvi of BA II

The consolation prize was awarded to Ms Shruti Pathania of BA III

MCM holds session on Financial Literacy



The Viksit Bharat Abhiyan Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an online session on 'Financial literacy' in collaboration with National Stock Exchange (NSE). Mr Amit from NSE was the resource person for the session, who guided the participants about the importance of financial literacy and the ways to make their money work for them.

Various aspects of financial planning were discussed along with the working process of mutual funds and financial planning strategies to meet the post retirement monetary requirements. The session concluded with clarification of queries focusing on various small savings from students' point of view and the investment options.

Principal Dr Nisha Bhargava appreciated this endeavour to equip students with knowledge of the crucial aspect of financial skills. Highlighting the importance of the session, she asserted that practical awareness of financial matters is imperative as it ensures future financial independence through right planning.

MCM celebrates National Girl Child Day with Kala Utsav



To mark the celebration of National Girl Child Day, the Department of Home Science at Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a 3-day workshop 'Kala Utsav' in collaboration with Fevicryl (Pidilite Industries).

The workshop was conducted by Ms. Santosh Verma, an artist from Fevicryl. She demonstrated different techniques to make permanent rangoli using easily accessible material. The resource person also demonstrated recycling of waste material like plates, cups and jars to create planters, wall decor items and pen stands. 40 students participated in the workshop and honed their artistic skills.

Principal Dr Nisha Bhargava appreciated the initiative of the department to undertake skill development initiatives for the benefit of the students. She added that such skill development programm.

200-kundiya havan at MCM marks 200th birth anniversary celebrations of Swami Dayanand



To mark the pious celebration of bicentenary birth anniversary of Swami Dayanand Saraswati ji, the Arya Samaj Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised 200-kundiya havan here today. Sh. H R Gandhar, Vice President, DAV College Managing Committee, Mrs. Sudesh Gandhar, Senior Governing Body Member, DAV College Managing Committee and Principals of various DAV colleges and schools graced the occasion with their benign presence. The entire atmosphere soaked in divinity as the corridors of the college reverberated with the chants of holy mantras.



Speaking about the immensely significant contribution of visionary Swami Dayanand ji, Sh. H R Gandhar asserted that it was Swamiji who first sowed the seeds of freedom. Sh. Gandhar hailed Swamiji's role as a reformist and revolutionary who talked about Swadeshi, raised voice against untouchability, advocated scientific temper and fought for the cause of women education. He further impressed upon Swamiji's ability to solve problems through establishment of dialogue with people.



Principal Dr. Nisha Bhargava paid rich tributes to the founder of Arya Samaj. She reminded students of Swamiji's message of 'Go back to the Vedas', and motivated them to take inspiration from Swamiji's life and walk on the path of truth.



MCM holds awareness rally against drug abuse



The Victory Against Drug Abuse (VADA) Club and Student Council of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Department of Social Justice and Empowerment, Government of India, organised a rally focused on raising mass awareness against drug abuse. The rally, marked by spirited slogans and a solemn pledge ceremony, not only showcased the students' commitment to creating a drug-free society but also served as a powerful platform to educate and inspire change. The rally commenced with an enthusiastic gathering of more than 100 student volunteers displaying banners and posters adorned with anti-drug messages. The slogans conveyed the gravity of the drug menace problem while instilling a sense of responsibility among the participants and the onlookers. The students took oath to resist the allure of drugs and contribute to the creation of a drug-free environment. The President of Student Council Ms. Benazirsana, headed the pledge taking ceremony that reinforced the gravity of the issue and emphasised upon the shared responsibility in eradicating drug abuse from the society. Principal Dr. Nisha Bhargava appreciated the VADA Club's tireless efforts and the students' unwavering commitment that demonstrated the transformative power of grassroots initiatives in fostering positive change.

MCM undertakes geotagging of trees using QR code and digital labelling on Google Earth



The Department of Botany, Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of IQAC, has undertaken a first-of-its kind project which includes identification and Geotagging of 500 trees at the campus. This initiative was inaugurated by Sh. H R Gandhar, Hon'ble Vice President, DAV College Managing Committee in the presence of Principal Dr. Nisha Bhargava and the IQAC team. The project was conceptualized as part of Green Environment Audit conducted by M/s The Ridge Environment Consultants. As part of the project, the related information about the trees including their scientific names, common names, geographical distribution, uses has been furnished in the form of e-pages which can be opened by scanning the QR codes embossed on the special metal plates placed on each of them. All the trees have also been pin labelled on Google Earth. This facility will not only help in identification and dissemination of information about the trees of the campus among the students and other stakeholders but will also showcase the location of each of these trees through the Google Maps. Principal Dr. Nisha Bhargava asserted that the college has been playing a significant role in spreading the message of a clean and green environment through varied activities within and beyond the campus. She added that this initiative will serve as a base line for future research including biodiversity assessment in the campus, spreading awareness, assist in planning for tree plantation and also help in calculating carbon sequestration.

**Arya Samaj Chandigarh holds
200-kundiya havan to mark bicentennial birth anniversary
celebration of Swami Dayanand Saraswati**



Marking the 200th birth anniversary celebration of Swami Dayanand Saraswati ji in a befitting manner, Arya Samaj and Stree Samaj, Sector 16, Chandigarh, paid rich tributes to the founder of Arya Samaj by holding a grand 200-kundiya vaidik havan. Sh. H R Gandhar, Vice President, DAV College Managing Committee, Mrs. Sudesh Gandhar, Senior Governing Body Member, DAV College Managing Committee, Sh. B C Josan, President, Arya Samaj, Mrs. Rani Josan, Dr. Nisha Bhargava, Senior Vice President, Arya Samaj and President, Stree Samaj, Dr. Gurdip Sharma, Working President SD Pratinidhi Sabha, Punjab, and Heads, staff and students of various DAV institutions from the tricity partook in this divine ceremony. Chanting of soulful mantras and shlokas soaked the entire atmosphere in divinity as the participants offered prayers to the holy fire. Each and every participant seemed deeply engrossed in the ceremony and paid homage to Swami Dayanand ji, resolving to walk on the path shown by him and uphold his ideals. The ceremony culminated with prasad distribution.

MCM holds Poster Presentation Competition on Applications of Mathematics



The Postgraduate Department of Mathematics at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of MCM Vigyan Manch, organised Poster Presentation Competition. The competition was sponsored by Department of Science and Technology and Renewable Energy, Chandigarh Administration. The objective of this competition was to generate awareness about various trends of Mathematics in other disciplines. The theme of the poster presentation for the Undergraduate students was 'Applications of Mathematics in other disciplines' and for the Postgraduate students, it was 'Mathematics in Artificial Intelligence'. The competition witnessed enthusiastic participation wherein the participants presented their ideas in a creative manner. The winners were awarded cash prizes.

Principal Dr. Nisha Bhargva appreciated the efforts of the department to widen the horizons of the students with regard to the vast applicability of mathematics. She added that such events that go beyond the curriculum are imperative for adding more depth to the cognitive skills of the students.

Soft Skills session conducted at MCM



The Postgraduate Department of English at Mehr Chand Mahajan DAV College for Women, Chandigarh, conducted a session on Soft Skills. The resource person for the session was Ms. Navneet Grewal, an alumna, who is a Soft Skills Trainer, Affiliate Partner of ICBI, Member of IMPA, Published Author, Certified Language Instructor, Poet and Translator. Her survey-based observations, tips for grooming and anecdotal style of disseminating knowledge were appreciated by the participants. She quoted real-life examples to help participants understand soft skills better. She also elucidated how our hard skills must be complemented with soft skills to be successful in today's world. The session was attended by over 150 students.

Principal Dr Nisha Bhargava congratulated the department for making consistent endeavours towards holistic development of the students. She lauded this as a skill-centred initiative in accordance with the New Education Policy 2020.

MCM holds session on 'Mastering Techniques for Language and Logic'



The Career Counselling Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with EduCorp organised a session on the topic 'Mastering Techniques for Language and Logic'. The resource person for the session was Mr. Amit Hans, Director, EduCorp and a TEDx Speaker. During the session, the expert explained the difference between knowledge and logic, discussed the importance of communication skills and briefly explained the psychology of communication. Mr. Hans engaged the participants into solving a quick language-based test with the purpose of self-evaluation. He also discussed aptitude tests and offered insight into the importance of verbal section of various competitive tests by bifurcating such tests into language and logic based section. Emphasising the importance of positive attitude in unpredictable situations, Mr. Hans elucidated differences between facts and judgement, and shed light on subjectivity of a situation. Principal Dr. Nisha Bhargava expressed appreciation for the efforts of the Career Counselling Cell aimed at enhancing the employability skills of the students and aiding in shaping their careers. She added that such sessions and workshops are important in widening the horizons of the students and ensuring their holistic development.

'Serene Grove Run'- MCM Meraki pre-event on women safety



In the run-up to its annual cultural extravaganza Meraki 2024, Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a meaningful pre-event 'Serene Grove Run'- a marathon that endeavoured to raise awareness about the cause of women safety and cybercrime. Organised in collaboration with Chandigarh Police, the event was graced by Sh. Dalbir Singh Bhinder, DSP (South), Chandigarh, as the Chief Guest. Sh. Bhinder flagged off the marathon in the presence of the faculty conveners and coordinators of the event.

In his address, Sh. Bhinder apprised the youngsters about the lurking danger in the cyberspace and advised them to tread carefully, taking appropriate precautions in order to safeguard themselves against cybercrimes. 30 women police officials enthusiastically joined the over 350 participants in the marathon, sending across the pertinent message of the need to ensure women safety and to fight cybercrime.

Principal Dr. Nisha Bhargava lauded this praiseworthy initiative of the Meraki Organizing Committee since the issues of women safety and cybercrime have garnered global concern and it is imperative to sensitise people about them. She added that such thoughtful initiatives signify that the youth is cognizant of its responsibility and hold the promise of a better tomorrow.

MCM holds 2-day Block Printing workshop



The Department of Fine Arts at Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a two-day skill enhancement workshop on 'Block Printing'. The workshop was organised as part of the bicentennial birth anniversary celebration of Swami Dayanand Saraswati. Dr. Pooja

Sharma and Ms. Robina, Department of Fine Arts were the resource persons for the workshop. The workshop began with introduction to the history of block printing that creates vibrant designs with traditional techniques. The participants were taught different techniques and the nuances of block printing. Using blocks and colours creatively on handkerchiefs, table runners, kurtis, t-shirts, pouches, jeans, dupattas and scarfs, the participants turned ordinary pieces of cloths into beautiful pieces of art. Principal Dr. Nisha Bhargava lauded this skill enhancement initiative of the Fine Arts Department. She asserted that skill development is the present age mantra for success and such workshops that equip students with skills are imperative for providing them an edge over competition and making them self-sufficient.



MCM holds seminar on Cervical and Breast Health



The Women Development Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a seminar on the topic 'Wellness Waves: Surfing through Cervical and Breast Health'. The resource persons for the seminar were Dr. Naval Bansal, Consultant- Breast and

Endocrine Surgery and Dr. Shweta Tahlan, Consultant- Surgical Gynaecology Oncology, Fortis Hospital, Mohali. Dr. Bansal and Dr. Tahlan shared valuable insights about the significance of regular screenings, self-examination techniques, and lifestyle modifications that can significantly reduce the risk of developing breast and cervical cancer. Speaking on this occasion, Dr. Bansal highlighted, "Early detection is the key to combating breast cancer. Regular screenings and self-examinations can help in identifying any abnormalities at an early stage when treatment is most effective."

Dr. Tahlan impressed upon the need for comprehensive awareness campaigns to educate women about the importance of cervical health. She said that cervical cancer is largely preventable with timely screening and vaccination against human papillomavirus (HPV), and it's crucial for girls to receive the HPV vaccine before the age of 26. The seminar concluded with an interactive session, wherein the attendees had the opportunity to seek clarifications and additional information from the experts.

Lauding this endeavour, Principal Dr. Nisha Bhargava asserted that it reflects the institution's unwavering commitment towards raising awareness among students, aiming to bolster the well-being of women. She added that such awareness initiatives are crucial in ensuring a healthy society.

MCM holds lecture on Laboratory Safety and Green Practices



The Postgraduate Department of Chemistry at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Institution Innovation Council and MCM Vigyan Manch, organised a special lecture on Laboratory Safety and Green Initiatives. Dr. S. C. Sahoo, Assistant Professor,

Department of Chemistry, Panjab University, was the resource person. Pointing out to the exponential growth of industries to meet the demands of ever-growing population, Dr. Sahoo said that the major drawback of this is that our environment is being adversely affected.

He asserted that this is such an alarming situation that if not taken care of will affect the existence of future generations and the ecosystem as a whole. Dr. Sahoo mentioned that the major industries responsible for generating pollution are pharmaceutical, dye, fertilizer and pesticide industry. He further emphasised on adopting greener lifestyles and sensitised young minds to focus on sustainable practices. Around 135 students and faculty members attended the session.

Principal Dr. Nisha Bhargava appreciated the efforts of the Chemistry Department for generating awareness about such a relevant topic. She added that conscious of its responsibility, the college undertakes a host of green and sustainable initiatives including harnessing of solar energy, biogas production from food waste, rain water harvesting, sewage treatment and many more.

MCM celebrates Basant Panchmi with fervour



In a melodious celebration of Basant Panchmi, the Music Department of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised 'Raag-e-Basant' marking the festival that heralds the beginning of spring season. The event was a lecture cum demonstration by resource persons Dr. Alankar Singh, Vocalist and Mrs. Vanita Kale Ram, Sitarist, Panjab University, Chandigarh. Lamp lighting and offering of prayers to goddess Saraswati lent a divine start to the event. The budding musicians of the Department showcased their talent as they presented Saraswati Vandana. Dr. Alankar introduced Raga Basant and explained this Raga thoroughly to the students through lecture and demonstration. Mrs. Vanita presented Raga Basant on Sitar. They were accompanied by Mr. Jaidev on Tabla. The audience thoroughly enjoyed the soulful performances by the experts, soaking themselves in the divinity of music.

Speaking on this occasion, Principal Dr. Bhargava said that through this celebration, the college envisioned to celebrate what spring symbolises- the spirit of resilience and positivity. She expressed hope that the spring will herald a welcome change that will alleviate all the suffering of humanity.

2-day workshop on Financial Markets at MCM



The Postgraduate Department of Commerce at Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a two-day workshop on financial markets. The workshop was conducted in collaboration with National Institute of Security Markets and Aditya Birla Capital. The resource person for the workshop, Ms. Shweta Camma, enlightened the students about the significance of investments and various avenues of investments available. The process of investing was also explained to the students in a lucid manner along with the technical aspects such as DEMAT account and Trading account. Ms. Shweta guided the the students about the various types of investment avenues like stocks, debt, mutual funds and the process of investing in the same. The students were also given knowledge about the do's and don'ts of investing and were equipped with the knowledge of grievance redressal in the financial markets. The resource person emphasised on the variety of career roles prevalent in the financial markets and guided the students on career development in the financial markets. The workshop turned out to be rewarding for the 67 participants who were able to grasp the various nuances and practical aspects of the financial markets. Principal Dr. Nisha Bhargava commended the efforts of the Department for meticulously planning and executing the workshop on a very important topic. She emphasised on the practical utility of investing in the financial markets and also expressed the hope that the participants must have grasped the process of investing and the related aspects of the same.

MCM holds session on women's legal literacy



The Legal Literacy Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the Internal Complaints Committee of the college conducted an interactive session on 'Gender Equity and Women's Rights: Exploring Legislative Frameworks'. Ms. Devpreet Singh, Advocate and Indian Information

Service Officer (Retd.) was the resource person for the event. The session, falling a month ahead of International Women's Day, added significance since the theme for Women's Day 2024 is 'Count Her In: Accelerating Gender Equality Through Economic Empowerment' which aligns with the fulcrum of the session which stressed upon the need to legally strengthen and empower women. Ms. Singh apprised the participants about various statutes pertaining to the protection of women and spoke at length about the relevant penal provisions under the IPC, regarding sexual offences such as stalking, voyeurism, acid attacks and sexual harassment. Students were also made aware of the Vishaka Guidelines against sexual harassment of women at workplace. The intricacies of the Domestic Violence Act and dowry death were also touched upon during the session. Ms. Singh infused the interaction with several practical experiences from her journey as an IIS Officer to boost the legal awareness of the audience. Posters on anti sexual harassment prepared by members of the IIC were also displayed during the event.

Principal Dr. Nisha Bhargava lauded this endeavour of the Legal Literacy Cell aimed at empowering students with knowledge of various legal provisions in our country. Highlighting the importance of this session, Dr. Bhargava asserted that it is imperative to make women aware about the legal safeguards available to them for ensuring equity and upholding their rights.

MCM holds camp on Aesthetics and Dermatology



The Medical Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in association with SCULPT, Aesthetics and Cosmetic Clinic, Panchkula, organised a workshop-cum-consultation camp on Aesthetics and Dermatology. The event began with an interactive session by Dermatologist Dr. Anisha Sethi from Sculpt Clinic. Dr. Sethi discussed different types of skin problems, particularly focussing on acne and rosacea and relevant treatments. She also shared tips for keeping skin glowing and healthy. The session was followed by a free derma check-up camp, wherein the students were given consultation for their skin related problems and were screened for their type of skins using a skin analyser.



Principal Dr. Nisha Bhargava lauded the efforts of the Medical Committee focussed on promoting health and wellness of staff and students. She

added that considering the rise in skin related problems due to pollution, stress and other factors, this camp assumes significance.

Meraki- MCM's annual cultural fest kickstarts on a vibrant note



Mehr Chand Mahajan DAV College for Women campus transformed into a fantasyland reverberating with energy, cheer and festivity as its annual cultural fest Meraki began with a bang here today. A two-day affair, the most happening fest of the tricity embarked on its 6th edition this year with participants from over 12 institutions from across the tricity. Sh. Hari Kallikat, IAS (AGMUT Cadre), Chandigarh, graced the inaugural as the Chief Guest and Dr. Gurdip Sharma, General Secretary, SD Pratinidhi Sabha partook in the event as Special Guest. Lamp lighting and invocation of Goddess Saraswati lent an auspicious beginning to the mega event that had an unprecedented number of visitors making a beeline to witness this infusion of soul and creativity into the fest. Reminiscing his college days, Sh. Kallikat emphasised on the significance of college life in shaping one's personality and success in life. In his anecdotal address that resonated with the young audience, Sh. Kallikat motivated the students to follow their dreams and be the best in whatever they do. The highlight of the inaugural was a performance by 9-year old Kathleen who played the traditional dhol deftly, much to the delight of the audience. Special guest performance by Aastik Band had the audience swaying to melodious songs. A host of exciting events lined up for the day one comprised of Dance Competition, Face Painting Competition, Open Mic and Hackathon. The fest reached its crescendo with an electrifying Star Night that had everyone dancing to the rhythmic beats as singer Gurnazar Chhatha performed live.

Principal Dr. Nisha Bhargava conveyed her best wishes to the Meraki Organizing Committee for a splendid show and acknowledged the heart and soul put in by the students in organising the fest that has prepared them to face the vagaries of life. She added that this fest is a manifestation of various arts and a fine amalgamation of talent, creativity, intellect and entertainment.

Meraki 2024 reaches its crescendo with EDM Concert



Pulsating with youthful energy, the second day of the annual cultural fiesta Meraki 2024 at Mehr Chand Mahajan DAV College for Women, Chandigarh, was as electrifying and fun filled as the inaugural day. Prof. Sanjay Kaushik, DCDC, Panjab University, was the Chief Guest and actress Sargun Mehta was the star attraction of the day. Sh. Hitesh Pathak, PCS (Retd.) And Dr. Anita Kaushal, Principal, PGGCG-11 graced the event as Special Guests. Keeping up with the tempo of day one, a plethora of events on day 2 kept the competitive spirit of participants ticking and the audience mesmerised. The day's events kicked off with an interactive session 'Meet the Author' with author Rachna Singh. Ruhaniyat Live Band had the audience swaying to their enthrallingly melodious performance. Inter-College Fashion Show saw confident participants walking down the ramp with aplomb and grace competing for the coveted title. The other events of the day included Treasure Hunt and Hog it All, and online events- Writer's Posse, Lenspiration (Photography Competition) and Face of MERAKI. The second day witnessed a befitting end with an enthralling EDM Concert featuring Kryso winning the evening with eclectic music. Principal Dr.Nisha Bhargava gave away prizes to the winners of various competitions held during the day. She was all praises for the organisers of the fest for having put up a splendid show and congratulated the winners of various events and motivated all the students to emulate the qualities of leadership and excellence displayed during the fest.

MCM holds workshop on LaTeX



To enhance the STEM (Science, Technology, Engineering and Mathematics) and scientific writing skills of students, the Postgraduate Department of Mathematics at Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a workshop on scientific writing software LaTeX. Dr. Leetika, Assistant Professor- Mathematics and Dr Nisha Sharma, Assistant Professor- Mathematics at the college were the resource persons for this hands-on workshop. Around 57 students participated in this workshop that comprised of two sessions followed by a tutorial session in which hands on training was provided to the students.

The speakers broadly covered almost all the aspects of LaTeX, from the history, nomenclature, basic syntax to the advanced aspects such as table of contents, title page, mathematical formulas, equations, tables, arrays and bibliography. The participants found the workshop highly informative, practical and fruitful.

Principal Dr. Nisha Bhargava expressed appreciation for the efforts of the department to equip students with practical skills in scientific writing. She added that such skills are essential for providing students an edge in this competitive world.

MCM holds workshop on Soft Skills and Critical Thinking



The Foreign Students Cell and Postgraduate Department of Sociology at Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a workshop titled 'Navigating Success through Building Soft Skills and Critical Thinking'. The resource person for the workshop was Mr. Wemsley B.W. Okuku, Special Educator and Counselor from Kenya. Mr. Okuku talked about the importance of choices and innate qualities of individuals in ensuring success. He further elaborated that soft skills are based on how one works and interacts with people, adding that these are non-technical skills that impact performance at workplace. He emphasised that a blend of both soft skills and critical thinking is imperative for success, and these can be honed by emotional intelligence, problem solving, collaboration, teamwork, leadership skills, etc. The participants found the workshop highly enriching.

Principal Dr. Nisha Bhargava lauded this endeavour to help students understand the importance of critical thinking and soft skills in their lives. She asserted that in this competitive era, it is pertinent for the students to stand out by building their soft skills and critical thinking.

MCM holds workshop on eco-friendly fabric bag making



The Department of Home Science at Mehr Chand Mahajan DAV College for Women, Chandigarh, organised Karigari- a skill based workshop on eco-friendly fabric bag making. The workshop was organised as part of the bicentennial birth anniversary celebration of Swami Dayanand Saraswati and to spread awareness about the use of eco-friendly cloth bags instead of single-use plastic bags. Clothing and textiles expert Ms. Rati Arora, Assistant Professor from the Department of Home Science was the resource person. She demonstrated the cutting and stitching technique of different styles of cloth bags like sling bags, tote bags, shoulder bags, flap bags, etc. The participants made and decorated different types of bags getting tips and guidance from the resource person. They were also familiarised with computerised fashion maker machines to create beautiful creative patterns on the cloth. At the end of the workshop, all the creative and colourful bags created by the participants were displayed and the best creations were selected and awarded with prizes by Dr. Nisha Bhargava, Principal of the college. Dr. Bhargava appreciated the work done by all the participants and the initiative of the department for motivating the students to adopt the sustainable practice of using cloth bags instead of plastic bags.

MCM celebrates National Science Day



Mehr Chand Mahajan DAV College for Women, Chandigarh, celebrated National Science Day under the aegis of MCM Vigyan Manch and Institution Innovation Council on the theme- 'Scientific Innovations for Sustainable Future'. As part of the celebration, different Science departments of the

college organised various inter-college competitions and events. The celebration aimed to sensitise students about the different ecofriendly innovative ideas and sustainable practices to provide a healthy and pollution free environment. As many as 150 students from different institutions of the Chandigarh region enthusiastically participated in the events. Dr. Reena Chaddha, General Manager, Indian Pollution Control Association graced the celebration as Chief Guest. Ad Mad Competition by the Zoology Department on the theme 'Innovative Sustainable Products', Poem Recitation Competition by Mathematics Department on the theme 'Mathematics', Innovative Science Model Making Competition by Physics Department on the theme 'Science for Society', Quiz on the theme 'Science, Technology and Environment' and Scientific Rangoli Making Competition by Chemistry Department on the theme 'Science for Sustainable Future', Poster Making Competition on the theme 'Green Innovations for Sustainability' and Flower Arrangement Competition by Botany Department and Science in Action by the Food Science Department drew overwhelming response. The participants were given participation certificates and winners were awarded with cash prizes. Principal Dr. Nisha Bhargava encouraged the students to participate in such scientific and innovative theme-based events as these widen their horizons. She emphasised that scientific innovations play a significant role in developing a sustainable future and the students should endeavour to adopt an innovative outlook.

MCM holds 'Yuva Samvad' and session on Women Empowerment



The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Ministry of Education, Government of India, organised 'Yuva Samvad-India@2047, India's Panch Pran- A Youth Dialogue'. The purpose of the event was to encourage meaningful engagement of the youth in a constructive dialogue regarding the future of India and how the Panch Pran can be applied to shape the country's future growth and development. The event commenced with a stimulating discourse delving into the core tenets of Panch Pran. The participants shared their insights on pivotal themes such as the envisioned goals of a developed India, the imperative to eradicate colonial mentality, fostering a sense of appreciation for our rich heritage and enduring legacy, promoting unity and solidarity along with nurturing a sense of civic duty among citizens. This was followed by an open-house discussion amongst the winners and the audience. In another event, the NSS units, in collaboration with Project Kartavya, organised an interactive session on 'Women Empowerment and Personality Development'. Mr. Vikas, Founder, Project Kartavya, familiarised the students with the Project, its goals, scope and future direction. The event helped to inculcate important values of empowerment, independence and self-confidence among the audience. They were also provided with practical tips and tools for developing their personalities and improving their overall well-being.

Principal Dr. Nisha Bhargava commended these endeavours of the NSS units as they successfully infused a sense of vigour and enthusiasm among the participants and served as a catalyst for constructive dialogue and societal engagement.

Alumni reminiscence life at MCM Alumni Meet 2024

Mehr Chand Mahajan DAV College for Women, Chandigarh, welcomed its alumni in a grand celebration of alumni-alma mater bond as it organised the annual extravaganza 'Rendezvous and Reminiscences 2024' on the theme 'Folk'. Euphoria and nostalgia was writ large on the beaming faces of the alumni as they converged



at the campus from different parts of the country to relive the unforgettable journey at MCM. Taking the alumni on an inspiring journey of the college's progress so far, Principal Dr. Nisha Bhargava added that MCM is proud of its alumni who are spreading the institution's fragrance worldwide and adding to the institutional legacy with

their laudable accomplishments. Dr. Bhargava reminded the alumni of their responsibility to give back to the institution that nurtured them in their formative years. Her rendition of self-composed poem 'Aaj hum laut ke phir aaye hain' struck a chord with the alumni present on the occasion.

The alumni had a gala time as scintillating kalbeliya, bhavai and matka dance performances, soulful song recital, puppet show and a host of fun games added to the fun element of the meet. A highlight of the event- MCM Folk Queen Contest drew an enthusiastic response with alumni of different batches gracefully walking down the ramp to grab the title. Another highlight of the meet was Folk Bazar wherein stalls by self-help groups, Model Jail Chandigarh, Food Science Department and student entrepreneurs, were put up. A special stall by Alumni Committee was also set up wherein e-waste was collected. Various offline and online competitions, including Qissa Kahani Aapki Zubaani, Tradition on Canvas, Mathematical Rangoli, Lok Chal Chitra, Bhoole Bisre Sawal Jawab, Paramparik Khushboo and Camera ki Nazar se, drew overwhelming response from the alumni.

MCM holds 2-day Swami Dayanand Saraswati Mahotsav



Mehr Chand Mahajan DAV College for Women, Chandigarh, marked the celebration of 200th birth anniversary of Swami Dayanand Saraswati with a grand 2-day Mahotsav, paying a befitting tribute to the Maharishi.

Day 1 of the celebration began on a divine note with Pushpanjali (Prabhat Pheri), followed by Divyanjali (havan yajna). Various competitions, themed on Swamiji's life and ideology, were also held on day 1 that included Swaranjali (Bhajan Competition),



Kavyanjali (Mantra and Poem Recitation Competition), Gyananjali (Quiz) and Chitranjali (Poster Making Competition). Vidyanjali (Book Exhibition), Geetanjali (Bhajan Recital), Rachnanjali (Video on Swamiji) and Natyanjali (Short Drama on Swamiji) marked the second day of the

celebration. On this occasion, 'Shradhanjali'- an Indian Council of Philosophical

Research (ICPR) sponsored special lecture titled 'Swami Dayanand Saraswati-Great Indian Philosopher' was delivered by Dr. Arvind Kumar, Mantri, Bhartiya Shikshan Mandal. Dr. Arvind referred to Swamiji as a revolutionary saint who, in the backdrop of the period of chaos marked by rampant prevalence of vices, became a harbinger of renaissance. Eulogising Swamiji as a great social reformer who gave the important message of 'Go back to the Vedas', Dr. Arvind apprised the audience of the unparalleled contributions of Swamiji including promotion of women education and Vedic knowledge, upliftment of the downtrodden, awakening of consciousness and renouncing of evil practices. Dr. Arvind lauded the DAV institutions for carrying forward Swamiji's legacy by providing holistic education that inculcates values in students while making them self-reliant. Commenting that the world is drifting from 'yog marg' towards 'bhog marg', he added that we need to walk on the path shown by Swamiji i.e. 'gyan avem ved marg'. The event culminated with a prize distribution ceremony wherein the winners of various competitions were felicitated.

Principal Dr. Nisha Bhargava paid rich tributes to the founder of Arya Samaj, hailing the role of Swami Dayanand ji as a great visionary who worked for the extrication of 'sanatan'. She motivated the students to take inspiration from Swamiji's life and walk on the path of truth.



MCM holds Essay Writing Competition on 'Vision of Developed India by 2047'



The Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an Essay Writing Competition on the theme 'Ideas on the Vision of Developed India by 2047' under Viksit Bharat Abhiyan. The competition envisioned to encourage students to think critically about the future of India and to promote a sense of responsibility and commitment towards the cause of nation building among the student community. The competition witnessed sharing of diverse perspectives on the topic, reflecting the profound ideas of young minds.

Principal Dr. Nisha Bhargava expressed appreciation for the efforts of the Character Building Committee to chisel students into conscious, responsible citizens with a strong value system. She added that the key to future lies in the hands of youth and thus, it is crucial to educate them about their responsibilities towards the society and the nation.

MCM VADA Club holds Inter-College Poster Making Competition on drugs



The Victory Against Drug Abuse (VADA) Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an Inter-College Poster Making Competition on the theme 'Say No to Drugs, Say Yes to Life'. The event brought together over 26 talented individuals from various colleges across Chandigarh, fostering a collaborative spirit in the fight against substance abuse. The competition unfolded with enthusiasm and energy as participants showcased their artistic prowess to raise awareness about the menace of drug abuse. The winners of the competition were awarded with cash prizes and certificates.

Principal Dr.Nisha Bhargava lauded the highly appreciable role of VADA Club in the fight against drug abuse. She motivated the students to be the ambassadors of the Nasha Mukta Bharat and raise awareness in the society about the detrimental effects of drug abuse on an individual, the family and the nation.

MCM holds Sanitary Napkin Donation Drive



The Women Development Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a Sanitary Napkin Donation Drive. The primary objective of the drive was to raise awareness about menstrual hygiene among the women from underprivileged sections of the society. Donation boxes were placed in the campus for collecting the napkins. The drive witnessed an overwhelming response from students, faculty and staff of the college. The enthusiastic participation and generosity of the college community greatly contributed to the success of the collection drive. On completion of the collection drive, the Cell donated the sanitary napkins to women in the slum area of Sector 25, Chandigarh. During the donation drive, the volunteers engaged with the community and provided essential information on menstrual health and hygiene practices.

Principal Dr. Nisha Bhargava expressed appreciation for this endeavour of the Women Development Cell to educate underprivileged women about the crucial issue of menstrual hygiene. She highlighted the importance of the drive as she added that the drive provided an opportunity for open conversations about women's health, breaking taboos and promoting a supportive environment.

MCM celebrates World Philosophy Day



The Department of Philosophy at Mehr Chand Mahajan DAV College for Women, Chandigarh, celebrated World Philosophy Day with Indian Council of Philosophical Research (ICPR) sponsored lecture on Buddhist Philosophy. The resource persons were Prof. Shivani Sharma, Department of Philosophy, Panjab University, Dr. Ajay Kumar Singh, Director, Centre for Comparative Religions and Civilisations, Central University of Jammu Tawi, Jammu and Dr. Sudhir Kumar Baweja, Former Coordinator, Department of Philosophy, Panjab University, Chandigarh.

Prof. Shivani focused her discourse on the life and teachings of Mahatma Buddha, discussing the historical background of Buddhism, Buddhist pali scriptures and schools. She shared insights on the significant teachings of Buddha including ethical virtues (moral conduct, meditation and wisdom) and the 3 kinds of karmas i.e. kayika, vachika and Mansika. Prof. Shivani also shed light on the Indian knowledge system and the axiological quest, eudemonia, excellence in actions, virtuous life, temperance, phenomenon of suffering, shreyas and preyas, anasakti and general features of Vedic culture. Speaking about the importance of serving the society rather than oneself, Dr. Ajay discussed dharma, artha, kama, moksh and the achievement of ultimate purpose of life. Adding that improper knowledge can lead to destruction, Dr. Ajay implored the students to be free from the cycle of limited knowledge and walk on the path of dharma.



Dr. Sudhir focused on Buddhist ethics and the moral pathway for millennials. He enlightened the participants about the Indian schools of philosophy- vedic/Vedic systems, the 3 universal truths, the 4 noble truths given by Buddha, the 8 fold path, 5 precepts (Panchsheel) and core Buddhist beliefs.

Principal Dr. Nisha Bhargava expressed appreciation for this endeavour of the Philosophy Department to educate students about the tenets of Buddhism. She added that though Buddhism is an ancient wisdom, the core principles and practice can solve the contemporary social, ethical, human problems and crises caused by the intensity of the digital delusion.



MCM holds screening of PM's address on the occasion of laying of foundation stone of 3 semiconductor projects



Mehr Chand Mahajan DAV College for Women, Chandigarh, organised the screening of live telecast of the address of Prime Minister Shri Narendra Modi during 'India's Techade: Chips for Viksit Bharat' programme wherein he laid the

foundation stone of 3 semiconductor facilities via videoconferencing. Terming it a special day in India's efforts to become a hub for semiconductors, Shri Narendra Modi said that these projects are in line with the vision to position India as a prominent global centre for semiconductor design, manufacturing, and technology development, thereby creating numerous employment opportunities for the country's youth. Students watched the live telecast with rapt attention and benefitted from the inspiring thoughts shared by the Prime Minister. On this occasion, the Viksit Bharat Abhiyan Committee of the college organised a lecture on 'Building a Sustainable Society'. Dr. Meenu Singla, Coordinator, Viksit Bharat Abhiyan Committee, delivered this lecture that aimed to address the pressing need for societal transformation for the promotion of sustainability. The presentation highlighted the importance of sustainable practices in various aspects of life and emphasised the role of individuals, communities, and institutions in fostering sustainable development. The main points covered during the lecture included understanding sustainability, challenges to sustainability, principles of sustainable development, building a sustainable society and engaging the stakeholders. The lecture concluded by underscoring the urgency of transitioning to a more sustainable society to ensure the well-being of current and future generations. Principal Dr. Nisha Bhargava underscored the importance of collective action and encouraged students to foster a deeper understanding of the complexities involved in achieving sustainability goals. She motivated the youth to serve as a catalyst for raising awareness and inspiring action towards creating a more sustainable future.

MCM organises 'Cyber Saheli' at Badheri



The NSS units and Women Development Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised 'Cyber Saheli' in the adopted village Badheri to commemorate International Women's Day. The event aimed to promote good cyber hygiene practices among women residing in Badheri and raise awareness about the importance of staying safe online. As part of the initiative, the volunteers created a Cyber Saheli Helpline Desk to offer assistance to the people in case they had any doubts or queries about online safety. They also provided guidance on how to steer clear of potential cyber threats and resolved any issues that residents were facing with respect to their online activity. The initiative proved to be an effective way of empowering women to take control of their online presence and stay safe in the ever-evolving digital landscape.

Principal Dr. Nisha Bhargava highlighted the importance of the initiative as she drew attention to the growing instances of cyber crimes. She added that such sensitisation programmes are the need of the hour to empower women.

2-day International Conference on Happiness begins at MCM



'The Soul in Symphony: Journey of Happiness through Self Actualization and Self Realization'- a two-day multidisciplinary international conference began at Mehr Chand Mahajan DAV College for Women, Chandigarh, here today. Held under the aegis of Department of Higher Education, Chandigarh Administration, the conference is second in the series of Happiness Conferences, the first being held in the Golden Jubilee year of the college in 2018. Introduction of the college and concept note followed by ceremonial lamp lighting marked the beginning of the conference that sought to unfold varied paradigms of happiness. Inaugurating the conference, Principal Dr. Nisha Bhargava thanked Department of Higher Education for the support in organising the conference.

Referring to self-actualization as the highest level of psychological development, Dr. Bhargava shared thoughts of Swami Paramhansa Yogananda on self-actualization and called upon everyone to realise the power within one's own self. Through her self-composed poem 'Sapno ka Ghar', Dr. Bhargava impressed upon the fact that



dreams turn into reality through self-actualization. She asserted that true happiness can be found through self-actualization and self-realization as she regaled the audience with her another self-composed poem on happiness.



The presidential address was delivered by Brig. (Retd.) Dr. Rajiv Sethi, Advisor, ICFAI Group on the topic 'Leadership Lessons: A Path to Self-Actualization'. Quoting the example of Capt. Vikram Batra (PVC) who spearheaded an offensive that was sure to lead to death, Dr. Sethi asserted that it is top class leadership that makes someone be a part of such offensives. He added that

transformational leadership wherein everyone is treated as a part of one family, lays the path to self-actualization. Dr. Sethi ended his inspiring address by motivating the audience to become leaders who support others and help them realise their true potential.



Keynote address on the topic 'Harmonizing Happiness: Integrating Gross National Happiness with Self-Actualization' was delivered by Prof. Samdu Chetri, Senior Leader Director and Professor, Shoolini University, Solan. Advising to not make happiness a goal, Prof. Chhetri said that one needs to practice, visualize and feel happiness to

become skilled in it. With the story of a king and his four wives (symbolising body, possessions, friends and family, and soul), Prof. Chetri highlighted the fact that we never take care of our souls and added that for soul to be in symphony, we need to bring transformation within. Imploring everyone to become aligned with nature and others, Prof. Chetri pointed out that separating self from self, from others and from the environment leads to unhappiness. He further delved into the power of self-affirmation and asserted that one cannot set foot on the journey of self-actualization without self-realization.



Guests of Honour on this occasion were Commandant Kamal Sisodiya, 13 BN Central Reserve Police Force and Prof. Satish Verma (Retd.), Theatre Director. Commandant Sisodiya shared her own story of trysts with life's ups and downs, and her mantra for navigating them. Urging everyone to connect with the higher superpower, she said that self-affirmation has to come from within and happiness is a state of mind. She further gave the audience simple steps to achieve self-realization and self-actualization, that included embracing one's strengths, smiling often, shunning negative thinking, helping others, trusting the author of life i.e. God, among other ways. Prof. Satish Verma reiterated that happiness lies within one's own self and we should not look for it externally. Emphasising the fact that one has to live one's life him/herself, he opined that happiness is not something to be acquired but something that happens.



The inaugural session was followed by an enriching panel discussion on 'Self and Creativity' that included eminent panelists Ms. Indira Naik, Sufi and Ghazal Singer, Mr. Jas Grewal, Film Writer and Movie Maker, Ms. Balpreet Kaur, Writer, Director

and Actor, and Mr. Ravinder Sharma, Vice Chairman, Chandigarh Lalit Kala Akademi as the panelists. The discussion witnessed stimulating exchange of nuanced views on various aspects including but not limited to the process of creativity, how to make pain as an aesthetic experience, and the question of creativity as an intuitive journey or a journey of discipline.



The inaugural day also treated the audience to invigorating online sessions on the overarching topic of philosophy and simple ways to happiness by international speakers including Dr. Sarab Kochar, Senior Communications Officer, Bill and Melinda Gates Foundation, Seattle, USA, Dr. Aastha Sharma, Child Intervention Practitioner, Government of Alberta, Canada, Dr. Ashima Soni, Psychologist, Australian Health Practitioner Regulation Agency, Prof. Barbara Mroz Gorgen, Wroclaw University of Business and Economics, Poland, and Dr. Divya Sharma,

Professor of Justice and Law Administration, Western Connecticut State, University of Connecticut, USA.

Mr. Rohit Sharma, Fatloss Transformation Specialist and Founder, @coachedbyrohitsharma conducted a session titled 'Happiness Plate' that shed light on positive eating. The day culminated with a workshop on 'Happier-ness: Unleash your Inner Joy' by Ms. Jas K Shan, Founder, Dance Dacha and Motivational Speaker.



MCM celebrates International Happiness Day with culmination of 2-day International Conference on Happiness

Mehr Chand Mahajan DAV College for Women, Chandigarh, marked the celebration of International Happiness Day in a befitting manner with the culmination of 'The Soul in Symphony: Journey of Happiness through Self Actualization and Self Realization'- a two-day multidisciplinary international conference. Held under the aegis of Department of Higher Education, Chandigarh Administration, the conference witnessed confluence of erudite scholars, eminent personalities, academicians, researchers and students to deliberate upon the existing points of congruence and convergence, and discover more such points, leading to the optimization of happiness.

Setting the tone of the day, an elevating meditation session by Dr. Aviva Robibo, Teacher, Advanced Meditation, marked the soulful beginning of day two of the conference. This was followed by a session titled 'Inner Spaces' with resource persons Dr. Aviva Robibo



and Dr. Deepika Gandhi, Architect and Former Professor, Chandigarh College of Architecture. Taking the audience on a spiritual journey into the world of self-realization, Dr. Robibo quoted from the Upanishads to show that the knowledge peculiar to India establishes that the soul is the indestructible Brahma.

She added that when one touches depth in meditation is when one touches one's true self. Terming the knowledge contained in the Vedas as the saving grace of the world, she implored the youth to cherish, uphold and practice this knowledge that is part of their rich heritage. Her rendition of mangla charan 'Om purnam adah purnam idah' from Brihdaranyak Upnishad immersed the audience in a state of blissfulness.



In an interesting take on the concept of happiness, Dr. Gandhi spoke on 'Chandigarh: The City of Happiness' wherein she demonstrated how cities and spaces influence how we feel and how city becomes an important part of our life. She shed light on the objective and subjective measures of

a happy city and exemplified, through Chandigarh, how some places are more conducive to happiness. Acquainting the audience with the four functions of a city as proposed by Le Corbusier, that include care of body and spirit, Dr. Gandhi shared practical ways of making one's city a partner in one's happiness.



Thereafter, a panel discussion was held on 'Negotiating Obstacles, Exploring Opportunities: Pathways to Self-Realization' with Brig. Sanjiv Chopra, Station Commander, Guwahati Military Station, Maj. D P Singh, Motivational Speaker and first Blade Marathon Runner, and Mr. Vishal Batra, National Business Head, Defence and Paramilitary Forces Ecosystem, ICICI, as the panelists. In a motivating discussion, the panelists shared that obstacles are an inevitable part of human existence and quintessential for growth. With the help of examples from his life in the armed forces, Brig. Chopra demonstrated transforming obstacles into opportunities, while Maj. Singh advised to change one's outlook by not brooding over the obstacles

and taking the challenges in one's stride, and Mr. Batra inspired the audience to be the star of one's life. In a soul-stirring talk on 'The Body and Its Ideas', artist and choreographer Mr. Navtej Johar took the audience on an enlightening journey into the realm of 'body' and the ideas about it. Tracing the etymology of 'sukh', Dr. Johar highlighted that 'sukh' has become elusive as we adopt a reductive approach to it. Asserting that 'sukh' is an immersive experience wherein one becomes unself-conscious, Dr. Johar said that the essence of spaciousness is essential for 'sukh'. Drawing attention to the constant conflict between 'rajas' and 'tamas', and the state of non-agency of 'satva', he said that our inherent state of joyfulness is overwhelmed by the constant drama in our life. Dr. Johar said that freedom from forced ideas about 'body', and sensitivity- the means to connect with nature and self are ways to attain 'sukh'. The technical session comprised of paper presentations on varied sub-themes and sharing of stories on journey to self-realization.



The valedictory of this enriching conference was graced by accomplished writer and poet Dr. Surjit Patar, Padma Shree Awardee, Dr. Jaspal Singh, Principal (Retd.), Dr. Sarabjit Sohal, Chairperson, Punjab Sahitya Academy, Dr. Gurdip Sharma, General Secretary, SD Pratinidhi Sabha, Dr. Vinod Sharma and Sh. Prem Vij. In his address interspersed with his poetic creations and verses from Gurbani, Dr. Patar impressed

upon the therapeutic power of poetry and showed how poetry teaches the way of living life. Terming true poetry as a sure shot way to self-realization, he asserted that the silences within a human come out as metaphors in the form of poetry, and poetry that is 'satyam', 'shivam', 'sundaram' brings true happiness. His soulful rendition of his poetry exemplified how creativity is a highly potent way to happiness. Categorizing happiness into two types, namely worldly happiness and spiritual happiness, Dr. Jaspal highlighted the fleeting nature of happiness and said that complete surrender to the divine ensures happiness. Quoting extensively from Gurbani, Dr. Jaspal pointed out the similarities between the scientific and spiritual perspectives of soul as he talked about Darwin's Theory of Evolution and the Big Bang Theory, and how Gurbani makes a mention of these two. He concluded on the note that eternal happiness can be attained through God's name. Dr. Sohal said that self-realization occurs when we become conscious of our thoughts as these shape us into what we are. She shared simple, practical steps to happiness that include living in the moment, deleting negative thoughts, giving happiness to others, doing good, practicing thankfulness, being grateful for the blessings in life and bringing qualitative change in one's consciousness. Principal Dr. Nisha complimented the organizing committee for bringing the spotlight on happiness- a state, the pursuit of which acquires centre stage in human's life, and yet remains so elusive. She enlisted finding one's purpose in life, striking balance in life, realization of one's potential, great literature, healthy food, good company and expression of gratitude as some of the ways to achieve happiness. Her rendition of the self-composed poem 'Dosti Dushmani' illustrated that diminishing the difference between the self and the other helps in reaching the destination of happiness.



MCM holds lectures on Innovation in Synthetic Organic Chemistry, and Green Hydrogen



The Postgraduate Department of Chemistry under the aegis of Institution Innovation Council (IIC) and MCM Vigyan Manch organised a special lecture on 'Innovation in Recent Synthetic Organic Chemistry'. Dr. Prabal Banerjee, Associate Prof., IIT Ropar was the resource person for this lecture that envisioned to inculcate research aptitude in students and to motivate them to adopt sustainable practices in synthetic organic chemistry. Dr. Banerjee talked about focusing on problems associated with routine chemical synthesis that is causing adverse effects on the environment. He encouraged the adoption of eco-friendly approach for synthesizing pharmaceutically important molecules. The students were highly inspired by his talk that directed them to apply their knowledge in laboratory practical in a disciplinary manner. In another event, the Department of Chemistry, under the aegis of IIC and Sustainable Practices Committee, organised a special lecture by Dr. Tarak Mondal, Assistant Prof., IIT Ropar on 'Green Hydrogen for Sustainable Industrial Development'. Dr. Mondal introduced the concept of green hydrogen and various methods of its preparation. He encouraged the use of renewable sources such as biomass obtained from forest waste, agricultural waste and household waste to produce hydrogen via eco-friendly synthesis which can be used as a fuel for various vehicles. Dr. Mondal thus emphasised on developing such high yielding greener methodologies for sustainable future. The lectures were well received by the students. Principal Dr. Nisha Bhargava appreciated the efforts of the Department of Chemistry for organising such beneficial lectures that apprise the youth about the importance of sustainable practices. She added that the college is a conscious contributor to the cause of sustainability as it undertakes practices like harnessing of solar power, biogas production from mess food waste, sewage treatment, sustainable urban farming and many more.

MCM holds lecture on Drug Awareness



The Victory Against Drug Abuse (VADA) Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a lecture on Anti-Drug Awareness, under the aegis of Department of Social Justice and Empowerment, Government of India. Prof. Mamta Sharma, Department of Psychology, Punjabi University, Patiala, delivered this lecture. Prof. Sharma, while recognising the vulnerability of youth to drug abuse, emphasised upon the importance of awareness among youth as it is them who can steer the society in the fight against drug abuse. She advocated the strategy of positive knowledge, attitude and practice towards reducing drug abuse in the country, and emphasised upon Harm Reduction Approach for rehabilitation. Over 80 students attended the session.

Principal Dr. Nisha Bhargava appreciated the efforts of VADA club for organising such relevant events in college. She added that the Club has been organising series of programmes, events and sessions to create awareness regarding detrimental effects of drug abuse.

MCM scripts history, lifts PU Women's General Efficiency Sports Shield for record 41st time



Living up to its reputation of excellence in sports, Mehr Chand Mahajan DAV College for Women, Chandigarh, lifted the Panjab University Women's General Efficiency Shield for the 41st time in its existence of 56 years. During the Panjab University Annual Sports Prize Distribution event, Principal Dr. Nisha Bhargava and the faculty members of the Physical Education Department received the trophy. Dr. Bhargava and the faculty members were also awarded Sports Promoter Award on this occasion. Breaking its own record, the college won 13 trophies this time. With 23 medals in All India and North Zone Inter University and 5 medals in Khelo India University Games, the college remains the rightful claimant to the Shield.

Dr. Nisha Bhargava lauded the concerted efforts of the college's Physical Education Department and sportspersons that have resulted in innumerable laurels at the international and national levels. She added that it is extremely gratifying that the college has given the country illustrious players like Taniya Bhatia, Harleen Deol, Amanjot, Ridhima and more.

MCM holds electoral awareness activities



The Electoral Literacy Club and the Political Science Department of Mehr Chand Mahajan DAV College for Women, Chandigarh, hosted a declamation contest on the topic 'Social Media and Elections'. The theme spurred contestants to explore various facets of this contemporary issue, ranging from information dissemination to the mobilisation of voter turnout. The participants' speeches offered a unique insight into the complex interplay between social media dynamics and democratic processes. They highlighted the potential of social media to amplify voices, facilitate political discourse, and promote civic engagement. However, they also cautioned against its susceptibility to manipulation, polarisation, and the spread of false information. The winners were awarded cash prizes and certificates. In another event, the Electoral Literacy Club, in collaboration with the NSS community units of the college, organised a 'Vote for Sure' Selfie Competition, 'Chunav ka parv, desh ka garv' Essay Writing competition and 'Voters Pledge' as a part of the Electoral Literacy and Awareness Programme under the aegis of the campaign on 'Mera Pehla Vote Desh Ke Liye' by Ministry of Youth Affairs and Sports, Government of India. The event aimed to educate students about the democratic process of the nation and inspire them to become an integral part of it. As part of their civic duty, volunteers willingly participated in a 'Voters Pledge' to showcase their dedication towards actively engaging in the electoral process and motivating others as well. Their enthusiastic involvement in this initiative highlighted the significance of citizen participation in ensuring a vibrant and inclusive democracy. Principal Dr. Nisha Bhargava appreciated the efforts to promote awareness and educate the youth about the significance of exercising their right to vote.



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