

# Activities Report

January to March 2023



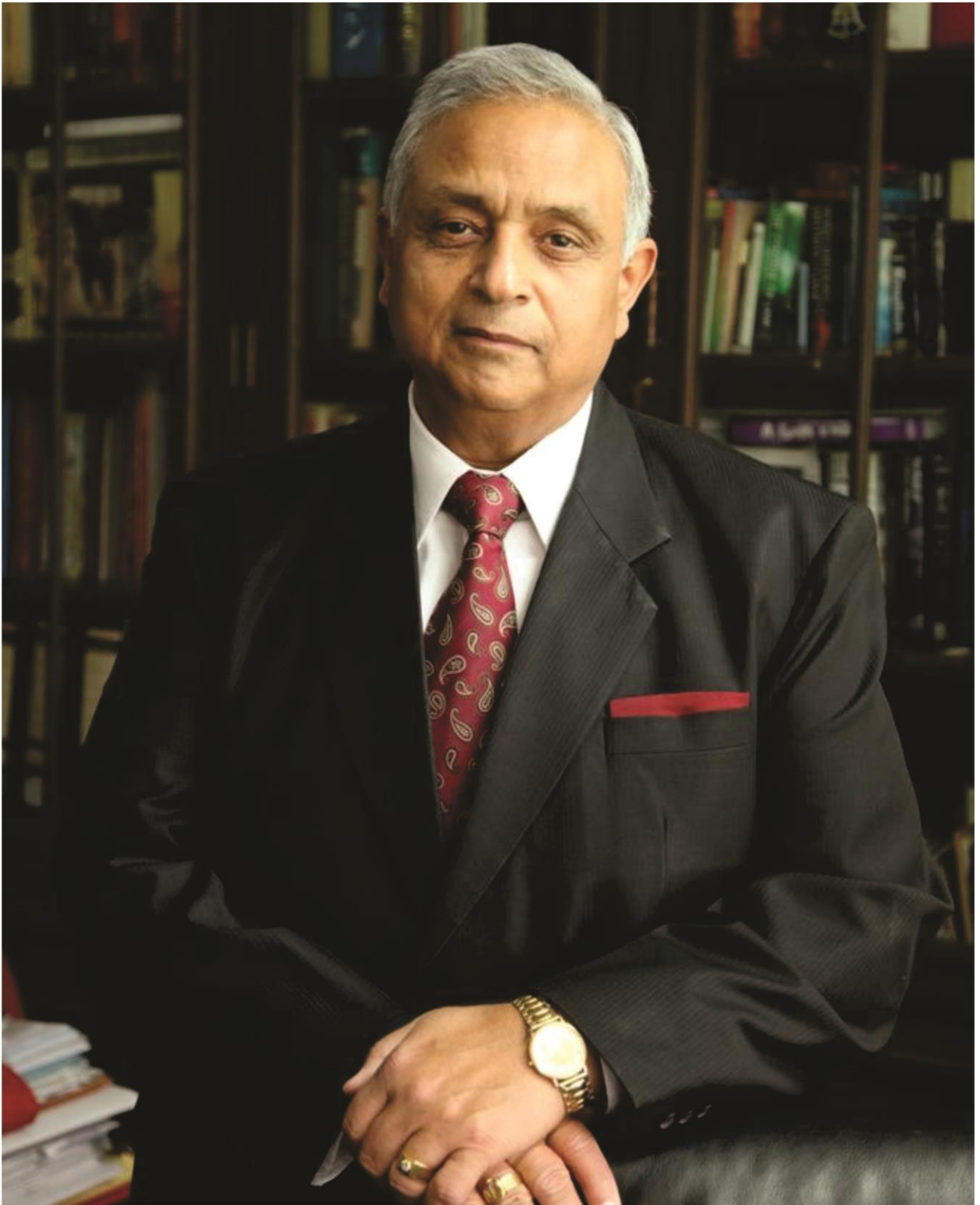
Mehr Chand Mahajan DAV College for Women  
Sector 36-A, Chandigarh (U.T.)

# 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*

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**Sh. Ajay Suri**

Hon'ble General Secretary  
DAV College Managing Committee  
New Delhi



*A Visionary Educationist*

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**Sh. H.R. Gandhar**

Hon'ble Vice President  
DAV College Managing Committee  
New Delhi



*Our Guiding Light*

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**Sh. Shiv Raman Gaur**

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



## Principal's Message

A new year brings in its wake a promise of new opportunities, fervent dreams and countless hopes of achieving new milestones. More so in an educational institution which remains steadfast in its commitment to empowering young minds through education, sports and lifelong skills. It gives me immense pleasure to share the success stories of our dynamic stakeholders who continue to be the agents of a socio-cultural transformation. They remain our brand ambassadors and carry forward the Vedic traditions which we inculcate among them. This quarter saw a resplendent array of programmes featuring new pedagogical skills to foster critical thinking, innovation and holistic growth.

I am deeply indebted to our torch bearers 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 motivating us to keep bettering our previous performance. I express my gratitude to Shri H.R. Gandhar ji, Senior Governing Body member of the College and Vice President DAVCMC for enthusing us with energy and enthusiasm to walk towards our objectives. I am beholden to Shri Shiv Raman Gaur ji, Director Higher Education, DAVCMC for his blessings and support. With a deep sense of gratitude to the Almighty, I present this report which provides a panoramic view of our journey during the months of Oct. to Dec. 2022.

*Nisha*

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

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## MCM holds workshop series on Research Methodology



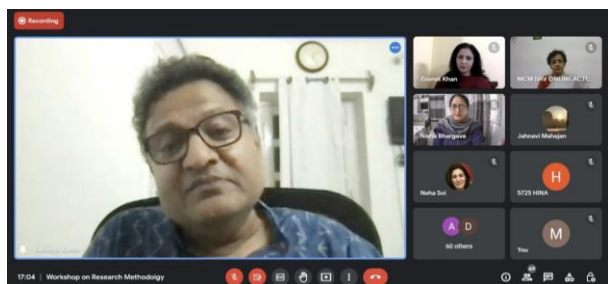
The Postgraduate Department of English at Mehr Chand Mahajan DAV College for Women, Chandigarh, in association with Mahatma Gandhi National Council for Rural Education (MGNCRE), Ministry of Education, Government of India, organised a workshop series on Research Methodology in blended mode to reinforce research aptitude among the students in view of NEP 2020.



During the inaugural session, Principal Dr. Nisha Bhargava highlighted the significance of this endeavour as she asserted that research expands our knowledge base and propels humanity forward. She appreciated the collaborative initiative undertaken by the Department to reinforce the research endeavours in the institution and expressed gratitude to Mr. Samarth Sharma, MGNCRE, for his consistent support to the institutional growth. The eminent resource persons for the series included Panjab University's Department of English and Cultural Studies' Prof Akshaya Kumar (Chairperson), Prof Deepti Gupta, Dr. Meenu Gupta and Prof Aneel Kumar Raina (Retd), Dr. Neeraj



Kumar Singh, Deputy Librarian, AC Joshi Library, Panjab University and Prof. Dilip Barad, Department of English, M.K. Bhavnagar University, Gujarat.

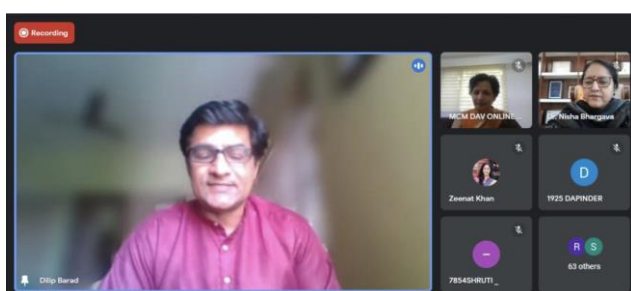


In the inaugural lecture 'An Introduction to Research: Emerging Areas in Academic Scholarship', Prof Akshaya Kumar introduced the participants to the latest and emerging trends in research.



Dr. Neeraj delivered a very informative and enlightening talk on 'Open Educational Resources and Research'. Dr. Meenu Gupta dealt with the nuances of technical writing of dissertation for Postgraduate students. In the workshop on 'Research Ethics', Prof Deepti Gupta

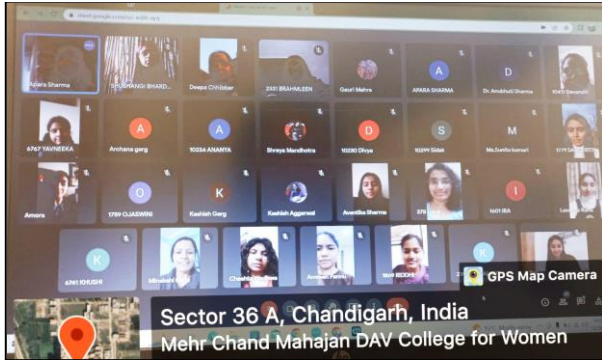
highlighted the problem of plagiarism in research and also gave hands-on training to the budding researchers on attribution while referring to the online knowledge repository. Prof Aneel Kumar Raina deliberated on the strategies of writing 'References and Bibliography' and apprised the young scholars of the rationale behind citing sources, whether online, digital or printed.



The series culminated with a session titled 'Research Publication: Guidelines for Beginners' by Prof Dilip Barad. Around 95 students and faculty members of the Department of English benefitted from this workshop that

proved to be a fruitful endeavour to initiate the young learners into critical thinking and innovative perspectives.

## MCM holds session on 'Overcoming the Summit Within'



The Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an online session titled 'Overcoming the Summit Within'. The session aimed to inspire students to strive to achieve their dreams despite the hurdles. The

resource person for this invigorating session was Ms. Shubhangi Bhardwaj, alumnae of the college, who is currently pursuing Post Graduate studies at McGill University, Montreal, majoring in Educational Psychology. Ms. Shubhangi shared with the participants her journey from being a student in the college to going abroad for further studies; enlightening the participants about how she stayed focused on her goals despite the failures she had to face. She asserted that there is a lot of struggle and hard work which forms the backdrop of any successful endeavour.

Ms. Shubhangi reminded the participants of the importance of moving out of one's comfort zone in order to evolve. She also warned the students against constantly seeking validation from outside as it is detrimental to one's mental health. Around 100 participants registered for the session. The participants felt motivated to stay upbeat despite the challenges and learnt to take the ups and downs in their stride while staying focused on their goals. The queries of the participants were suitably taken up by the resource person.

Principal of the college, Dr. Nisha Bhargava, reinforced the need to stay optimistic and always feel grateful for the bounties of life rather than wallowing in complaining mode. She lauded the efforts of Character Building Committee directed at instilling in the students values that make them better humans with a strong character and positive outlook.

## MCM ushers new semester with havan



Lending an auspicious start to the new semester, the Arya Samaj Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised havan yajna here today. A monthly ritual, havan yajna is organised at the college at the beginning of each month with the objective of inculcating Vedic values in

the students. Principal Dr. Nisha Bhargava, staff members and students offered prayers to the holy fire amidst the chanting of shlokas and hymns. A Speech Competition, conducted on this occasion, witnessed enthusiastic participation of the students who eloquently shared their views on 'Youth of India: Mission and Vision'.



Speaking at this occasion, Dr. Nisha Bhargava apprised students of the role of Swami Dayanand Saraswati ji, Arya Samaj and DAV movement in the fields of education, social reform, women empowerment and nation building. She motivated the students to carry forward this rich legacy and spread the

fragrance of Vedic values in this world. The staff members and students whose birthdays fall in the month of January received blessings as Dr. Bhargava garlanded them with beautiful flowers.

The winners of Speech Competition are:

First Prize: Bramleen BA II

Second Prize: Ekam BA I

Third Prize: Prerna BCom III

## MCM celebrates National Youth Day



Marking the celebration of National Youth Day, the Postgraduate Department of Chemistry at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Institution Innovation Council, organised a Poster Making Competition. Over 27 participants registered for the

competition that aimed to inspire students to learn from the teachings of Swami Vivekananda. The participants showcased their creativity in the form of posters highlighting the role of youth icons in the Indian innovations and technology. The winners were awarded cash prizes and certificates.

Principal Dr. Nisha Bhargava lauded the creativity displayed by the participants and said that it is a befitting tribute to Swami Vivekananda who believed in the potential of youth to change the world. Reminding the youth of Vivekananda's saying "Arise! Awake! And stop not till the goal is reached", Dr. Bhargava called on the youth to unite and work ceaselessly for the cause of nation building.

The result of the competition is:

First Prize: Varsha Saini, Archisha Sharma, M.Sc-II

Second Prize: Mehak Saini and Namisha, M.Sc-II

Third Prize: Ankita, Aarzo, M.Sc-I

## MCM holds workshop on Academic Writing



The Skill Development Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Bhopal School of Social Sciences, Madhya Pradesh, organised a national level online workshop on 'Academic Writing'. Dr. Neeraj Kumar, Deputy

Librarian, A.C. Joshi Library, Panjab University shared his valuable insights as the resource person. The various topics covered in the workshop included writing good quality research papers, process of publishing in quality journals, various online tools that can be helpful while writing a research paper and plagiarism checker. Dr. Neeraj shared in-depth knowledge covering various other aspects of academic writing.

The resource person enlightened the participants about various important softwares namely Endnote, Mendley, Latex available free of cost online which can be used for formatting, language editing and managing references. He also shed light on how to avoid plagiarism while writing a research article with the help of para-phrasing and in-text citation. The importance of a covering letter at the time of submission of the research paper for publication was also discussed by the expert. The session was very informative and helpful for all the participants including students, research scholars and faculty members.

Principal Dr. Nisha Bhargava lauded the consistent efforts of the Skill Development Committee for promotion of skills in varied fields. She added that academic research holds immense relevance for the society and thus, such an endeavour is highly beneficial.

## MCM holds Rock Climbing Camp



The NCC (Naval Unit) of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with NCC Naval Unit of Chandigarh, organised a five-day Rock Climbing Training Camp at the campus. The training was conducted on the 12 metre high artificial climbing wall at the college which is the only wall of its kind in the entire region, the nearest one being in Delhi, and meets all international standards. 35 NCC Naval cadets from the college as well as other colleges and schools of Chandigarh attended the camp and learnt rock climbing, belay and about climbing equipment in general. Principal Dr. Nisha Bhargava lauded this initiative to motivate girls to explore this unique sport and develop their skills in it. She added that a pioneer on many fronts, the college introduced the adventure sport of rock climbing in the year 2005 with the objective of promoting fitness, agility and mental fortitude that comes with conquering an ascension.

## MCM holds 'Prakriti aur Jeevan'



The Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the college's Swachhta Committee (Arts) conducted a competition titled 'Prakriti aur Jeevan'. In this competition, the participants were directed to make

art pieces with eco-friendly material such as newspaper, stones, handmade paper, dry leaves, nuts, etc. There were four themes for the competition namely, Swachhta, Prakriti, Hamara Shahar Chandigarh, and Spirituality and Me. The students participated enthusiastically in the activity, using eco-friendly material creatively to make awe-inspiring artistic pieces reflecting the themes specified.

Principal Dr. Nisha Bhargava lauded this unique collaborative endeavour aimed at infusing in students environmental consciousness through the impactful medium of art. She added that in view of increasing exploitation of nature and environmental degradation, this is a very relevant initiative as nature nurtures life and we need to conserve nature if life is to sustain.

The winners of the competition are:

First Position– Kriti Kaur, BA III

Second Position– Palak Soni, BSc III

Third Position– Brahmleen Kaur, BA II

## Patriotic fervour marks Republic Day celebrations at MCM



Infusing patriotic fervour, Mehr Chand Mahajan DAV College for Women, Chandigarh, marked the celebration of 74th Republic Day in a befitting manner. Major General Jasbir Singh Sandhu (Retired), AVSM, Director, Mai Bhago Armed Forces Preparatory Institute, Mohali graced the celebration as the Chief Guest. The programme began with a flag hoisting ceremony wherein Major General Sandhu unfurled the tricolour, making the hearts of everyone present swell with pride for being the citizens of one of the largest democracies of the world. This was followed by the March Past ceremony that further energised the audience with feelings of patriotism and zeal.



In his address, Major General Sandhu asserted that celebration of Republic Day and Independence Day are such occasions that inspire each Indian and re-energise us to serve our beloved nation. Sharing his views on the imperative role of women in nation building, he said that it is heartening to



witness more and more women shouldering different kinds of responsibilities in the Armed Forces, including the combat oriented ones. He further lauded the role of the college in grooming women leaders who are contributing effectively towards the nation's development as he pointed out the fact that the alumni of the college are serving the Armed Forces.



Dr. Nisha Bhargava paid rich tributes to the founders of Indian Constitution and the freedom fighters and said that today is a historic day for Indians that fills our hearts with immense pride and gratitude. She motivated the students to follow in the footsteps of our visionary nation builders and chart a path of glory

for our nation, taking it to unprecedented heights of magnificence. A cultural programme including melodious rendition of patriotic songs by students of Music Department and dance performance on patriotic songs like 'desh rangeela' and 'Jai Ho' by NSS volunteers enthralled the audience as they sang along in unison saluting the ethos and essence of the Republic of India. The winners of various competitions held on the eve of Republic Day, and Bhavna (NCC Naval wing Cadet who won DG NCC Award and attended Nau Sainik Camp), Avantika (NCC Naval wing Cadet who was adjudged Best Cadet of 1 CHD Naval Unit) and Srishti Sahi (UBA volunteer who donated Rs. 15000/- for Book Donation Drive at Kajheri) were awarded certificates and cash prizes during the event by the dignitaries. In the run-up to Republic Day, the college organised a host of activities to make the celebration all the more memorable. These activities included Online National level Quiz by Ek Bharat Shreshtha Bharat and NSS units on the theme Atmanirbhar Bharat with special emphasis on Armed Forces, National level Painting Competition titled 'Incredible India' on the theme 'Journey of India since Independence' by Character Building Committee and Swachhta Committee, Patriotic Song Competition by Music Department and Prakriti aur Jeevan by the Character Building Committee and Swachhta Committee.

## 7-day and night Special NSS Camp begins at MCM



A seven Day/Night NSS Special Camp under the theme 'Swachh Bharat Abhiyan and Fit India Campaign' began at Mehr Chand Mahajan DAV College for Women, Chandigarh. The Chief Guest for the camp's inaugural was Dr Nisha Bhargava, Principal of the college. The inaugural began on an auspicious note with a lamp-lighting ceremony, along with the recitation of the Gayatri mantra. In her motivational address, Dr. Nisha Bhargava apprised the volunteers of the importance of social service in one's life and substantiated it with the example of her work towards service of humanity. She praised the volunteers for their

enthusiastic participation and lauded their efforts and services rendered during the year. Enlightening the volunteers about the concept of Swachh Bharat Abhiyan, Dr. Bhargava apprised them about the college's swachhta and sustainability oriented efforts and the awards bagged by the college for its dedicated work in this direction. A patriotic dance performance aroused feelings of nationalism in the volunteers. This was followed by a pledge ceremony wherein the staff and volunteers were administered Swachhta Pledge and Fit India Pledge wherein they resolved to devote time to voluntary work for cleanliness, and to keep their body, mind and soul healthy. Books and stationery items for an upcoming donation drive were also collected on this occasion.



The inaugural session of the camp was followed by celebration of National Girl Child Day by visiting the adopted village Badheri where an awareness programme was organised 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 Mrs Sanjogita, Headmistress of the school. The NSS Programme Officers Dr. Pallvi and Dr. Purnima Bhandari educated the school girls about the significance of Girl Child Day, girl's rights and how girl education can bring substantial change in the society.



The NSS volunteers also donated stationery kits to the school girls. Thereafter, the NSS units also organised an awareness rally at Badheri wherein the volunteers raised slogans like 'Beti Bachao Beti Padhao', 'Beti Hai Kudrat Ka Uphar, Jeene Ka Do Usko Adhikar', that were aimed to sensitise the village residents regarding the rights of girls. In the evening session of day 1 of the camp, an orientation cum ice-breaking session was organised. During the session, NSS Programme Officers discussed the opportunities offered in NSS that not only help the students in serving the society but also promote their holistic development.

## MCM holds webinar on the process of writing and publishing quality research



Keeping in mind the significance of quality research for expanding human knowledge base, the Internal Quality Assurance Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a webinar on 'Process of Writing and Publishing Quality Research Papers in Indexed Journals'.

Dr. Neeraj Kumar Singh, Deputy Librarian, AC Joshi Library, Panjab University was the resource person for this highly informative webinar which sought to enlighten faculty, research scholars and students about various aspects of quality research. Over 310 people viewed the webinar and benefitted from the expertise of the expert who has published 12 papers in Scopus indexed journals. Covering comprehensively the various aspects of writing a quality research paper, Dr. Neeraj impressed upon the need to develop an understanding of the reviewer's perspective by trying to comprehend the criteria reviewers apply for selecting research papers. With publish or perish as the guiding principle, Dr. Neeraj dwelt upon the nuances of writing good quality research papers including selecting the title of the paper, tools for literature search, writing the abstract, introduction and literature review, research methodology, presentation of data for maximum impact and data visualisation tools. He also shed light on sources for finding peer reviewed indexed journals for publication of one's research. The participants were also apprised about various metrics for assessing a journals' performance like Journal Impact Factor and H-5 Index, as well as author level metrics like H-Index and Altmetrics. The webinar was well received by the participants. Principal Dr. Nisha Bhargava, who is also a reviewer of an Elsevier journal, lauded this endeavour for decoding the crucial process of writing and publishing good quality research, for the benefit of various stakeholders in the academic world.

## The 7 Day and Night NSS Special Camp culminated at MCM



Chandigarh Administration.

The seven Day and Night NSS Special Camp, held on the theme of 'Swacch Bharat Abiyan' and 'Fit India Campaign', culminated at Mehr Chand Mahajan DAV College for Women, Chandigarh. The Chief Guest for the valedictory session was Dr. Nemi Chand Golia, State Liason Officer, State NSS Cell,



Speaking on this occasion, Dr. Golia expressed appreciation for the efforts of the college's NSS units for accomplishment of the dual objectives of empowerment of volunteers and service to the society. He highlighted the significance of seemingly small efforts in bringing about positive change in the society and motivated the volunteers to work for social upliftment. Adding that healthy youth is imperative for a healthy nation, Dr. Golia advised the students to focus on their own holistic development and well-being. Principal Dr. Nisha Bhargava congratulated NSS units for successfully organising such an expansive camp that not only developed the personality of volunteers but also promoted their physical, mental and holistic well-being, and taught them dignity of labour. She added that the exposure provided to the volunteers during the camp will go a long way in widening their horizons and empowering them to be individuals with a strong value system. NSS Programme Officer Dr. Pallvi showcased the college's achievements through an impressive presentation and Programme Officer Dr. Purnima presented the glimpses of the entire activities of the camp. A cultural dance performance by the

volunteers portrayed India's diverse cultural heritage and demonstrated unity in diversity. The volunteers also performed a nukkad natak on Swachh Bharat Swasth Bharat. The valedictory ended with a prize distribution function.

The seven days of the camp were an amalgam of meaningful activities that included lectures and workshops on various topics related to the theme. With Principal Dr. Nisha Bhargava as the Chief Guest for the inaugural, the first day of the camp included administration of Swachhta Pledge and Fit India Pledge, celebration of National Girl Child Day with awareness session and rally at adopted village Badheri, and ice-breaking session followed by online quiz on Atmanirbhar Bharat. Day 2 of the camp included awareness session on Fit India Movement, lecture on "Motivation and Dietary Interventions for Regular Voluntary Non Remunerated Donations", lecture on "HIV/AIDS Awareness and Voluntary Blood Donation", Workshop on Eco Bricks and Zero Waste Management, and Rehearsal for Republic Day celebration. Day 3 began with Republic Day Parade and Flag Hosting, followed by Food Festival 'Bharat Parv' and an awareness session on "History and Career Opportunities through NSS and Role of NSS volunteers in National Building". Fourth day of the camp included lecture on 'Carbon Watch App', awareness session on NSS, interactive session on NSS National Adventure Camp, live telecast of 'Pariksha pe Charcha', workshop cum visit on Floral Waste Transformation in village Maloya, awareness lecture on Prevention of cervical cancer, and sports activities.

Prabhat pheri marked the beginning of the fifth day of the camp that included interactive sessions on State Pre RD selection and National Integration Camp, workshop on menstrual health and hygiene, awareness session on waste management with special reference to composting, and Cross Fit Training under Fit India Campaign. Day 6 began with interactive session with Mr Hardeep Singh, Councillor, Village Badheri, followed by Swachhta survey and waste collection drive in the village.

## MCM celebrates Girl Child Day with Kalakriti



To mark the celebration of National Girl Child Day, the Home Science Department of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a skill based three-day workshop 'Kalakriti- Waste to Art'. The workshop was held in association with Mahatma Gandhi National Council of

Rural Education (MGNCRE), Ministry of Education, Government of India. Mr. Samarth Sharma, Consultant, MGNCRE was the guest speaker for the inaugural session. He motivated the students to upgrade their skill sets and also made them aware about the activities being conducted under VENTEL for skill upgradation. Ms. Darpanjot Kaur from the Department of Home Science was the resource person. The participants were trained to create beautiful art pieces like bouquets and arrangement by utilising dry natural plant material collected from and around the college campus. Only waste material was utilised during the workshop. 34 students from various streams participated in the workshop. The best creations were awarded prizes and certificates.

Principal Dr. Nisha Bhargava appreciated the efforts of the Department to promote sustainable practices by converting waste into art. She further added that empowering girls by equipping them with skills that enhance their employability quotient is a befitting way to mark the celebration of Girl Child Day.

The prize winners were-

1st Prize: Niharika (B.A. I)

2nd Prize: Sonali (B.A. I)

3rd prize : Pranat (B.A.I)

Special Prize: Nupur (B.A. I)

## MCM celebrates National Voters' Day; G20 awareness events organised



The Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, celebrated National Voters' Day with enthusiasm. A voter card registration booth was set up in the campus where queries of the students were addressed and voter registration was also done. It was followed by a pledge ceremony wherein

Principal Dr. Nisha Bhargava, 70 students and teachers pledged to vote with integrity. The song 'Main Bharat hoon' released by Election Commission of India was played after the pledge. The Club also conducted an online Essay Writing Competition on the theme 'Nothing like Voting, I Vote for Sure'. The winners were awarded cash prizes and participation certificates were given to all the participants. A wall magazine on the theme 'Nothing like Voting, I Vote for Sure' was also created to generate awareness among the students about their electoral rights and duties. In another event, the Department of Political Science conducted activities and competitions to create awareness about G20 and India's G20 Presidency- 'Vasudhaiva Kutumbakam'. An online lecture on 'G20 and India' was conducted by Dr Ritu Khosla, Head of the Department. She discussed about the functioning of G20 and made the audience aware about the major agendas that would be taken up by India during its Presidency. The lecture was followed by screening of video on G20 and its Legacy. The Department also conducted a Quiz on G20 and Poster Making competition on 'India and G20'. Principal Dr. Nisha Bhargava lauded the efforts of Electoral Literacy Club and Political Science Department directed towards promoting electoral literacy and educating students about G20. She said that the knowledge about democratic processes, diplomacy and international affairs is imperative for raising conscious global citizens.



## MCM holds 3-day workshop on Installation Art



The Department of Fine Arts and Horticulture Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Mahatma Gandhi National Council of Rural Education, Ministry of Education, Government of India, organised a three-day skill development workshop on

'Installation Art'. The workshop aimed to hone the students' skills in installation art while promoting sustainable practices by teaching students to create installation art using waste material and cement. Dr. Pooja Sharma, Head of the Fine Arts Department and Ms. Robina, Assistant Professor, Fine Arts were the resource persons for the workshop. The participants learnt to create different formations using cement like big leaves, foot prints, tortoise, lady bugs and mushrooms. A waterfall effect was given by using curtains dipped in cement mixture. Soft toys like teddy bears and parrot were also dipped in cement mixture and settled on a fallen tree. Pots of different sizes were painted with different colours and styles which were installed on the fallen tree. An oversized swan was made with cement, truck tyre and stones in which planters were planted to complete the garden look. The participants were also taught the technique of lippan art using shilpkar, colours and mirrors. Different motifs were made on the entrance door of Fine Arts Lab like, fish, elephants, flowers, peacocks, etc.

Principal Dr. Nisha Bhargava lauded this initiative for honing the artistic skills of the students. She added that such intensive hands-on workshops not only help students gain insights on the nuances of the topic but also makes them adept in the practice of that particular skill.

## MCM holds workshop on Entrepreneurship Skill, Attitude and Behaviour Development



The Postgraduate Department of Economics at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of the college' Institution Innovation Council (IIC), organised a workshop on the topic "Entrepreneurship Skill, Attitude and Behaviour Development". The guest

speakers for the workshop were Mr. Paramjit Singh, Founder and Director, Regional Centre for Entrepreneurship Development (RCED), Mr. Gursharan Singh, Director, True Success and Mr. Satwinder Singh Bagga, Senior Consultant, RCED. A total of 98 students from various courses attended the workshop. In the first technical session, Mr. Paramjit Singh highlighted the importance of entrepreneurial skills for youth. The students were familiarised with an interesting concept of 5x5x5 which refers to 5 targets of people, 5 flagship programs of the Government of India and 5 emerging industries of the future.

The 5 targets refer to the areas in which people want to have a career after they complete their education, the 5 flagship programs of the Gol include Make in India, Start-up India, Stand-up India, Skill India and Digital India. The speaker quoted Dr. APJ Abdul Kalam and enumerated the 5 industries which will prove to be game-changers in the future namely Food Technology, Fashion, Fitness, Fun and Fineness (The 5 Fs). Mr. Singh encouraged and inspired the students to become entrepreneurs and become employment generators. Mr. Gursharan Singh was the speaker for the second technical session and focused on the attitude and behaviour development for entrepreneurship. He stressed upon the significance of having a right mindset and clarity of objectives for excelling as an entrepreneur.



The participants were apprised about the tenets followed by successful entrepreneurs and were also shown the power of belief through a video. By using the under 4-mile story of Olympian Roger Bannister, Mr. Singh told how it is possible to create something which doesn't exist. In the third technical session, Mr. Satwinder Singh familiarised the students with the Pradhan Mantri Employment Generation Programme (PMEGP) and also explained about the usefulness of the programme for budding entrepreneurs. Mr. Bagga also shed light on the structure of this scheme and the agencies which are implementing it. Furthermore, the nature of financial assistance which is provided through the scheme and the steps to be taken to avail the benefit of the scheme were explained in detail. The workshop culminated with an interactive session where the queries of the audience were answered by the guest speakers.



Principal Dr. Nisha Bhargava lauded the efforts of the Economics Department and IIC for organising an informative workshop that motivated the students to choose the path of entrepreneurship and guided them how to traverse that path. She informed that the college is working consistently, through its IIC and Start-up Cell, to systematically promote the culture of entrepreneurship and innovation among the students.

## MCM students learn the nuances of Photography during 4-day workshop



Giving an impetus to its endeavour of providing holistic education and opening up varied vistas for its students, a 4-day skill development Photography Workshop was held at Mehr Chand Mahajan DAV College for Women, Chandigarh. Organised under the aegis of Mass Communication Department

and Institution Innovation Council of the college, the workshop was conducted by seasoned photographer Mr. Rajnish Katyal. The workshop aimed at familiarising the participants with basics of photography including various parts of camera, different types of cameras, types of lenses, the working of a camera, aperture, shutter speed, ISO and different techniques of photography. Speaking about the importance of photography, Mr. Katyal said that with the advent of technology, the art of photography has evolved to be a highly specialised craft. Mr. Katyal also encouraged the students to consider taking up photography as it is a blooming alternative career choice among young entrepreneurs these days. Each session was complemented with suitable examples to make the participants understand the nuances of exposure techniques and composition techniques. A practical shooting session on the final day provided the participants hands-on training in clicking aesthetic pictures using the techniques taught during the first three days. Over 30 students participated enthusiastically in the workshop and were awarded participation certificates.

Principal Dr. Nisha Bhargava exhorted the students to utilise the exceptional opportunities made available to them under the banner of Mass Communication Department to nurture their talent and skills in the vast field of Mass Communication. She motivated them to explore the wide world of knowledge and opportunities beyond the classrooms and become employment generators instead of employment seekers.

## MCM releases Economics Newsletter- Arth Samvaad



Arth Samvaad- a weekly newsletter of the Postgraduate Department of Economics at Mehr Chand Mahajan College for Women, Chandigarh, was released by Principal Dr. Nisha Bhargava. Focusing on providing the information relevant to the economic activities of the country, the newsletter is a first-of-its kind initiative. The objective of the newsletter is to give students in-depth knowledge about the economic activities, affairs and issues of our country. It will cover a wide variety of areas depicting India's economic relations with other countries, export-import status, programmes and policies, opinions, and inspiring stories of innovators.

Principal Dr. Nisha Bhargava expressed appreciation for this unique initiative of the Economics Department. She added that through the newsletter, the budding economists' understanding of various economic concepts and issues would become more nuanced, thus, widening their horizons.

## MCM holds 2-day Soft Skills course



With the primary objective of enhancing students' understanding of the key soft skills and how these help to complement one's existing skill set for a better future, a two-day course on Soft Skills was organised by Mehr Chand Mahajan DAV College for Women, Chandigarh. A recognised Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan Institution, the college organised the course in association with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Govt of India.



The resource person for the event was Ms. Deepika Sharma, Assistant Professor, Communications at Chandigarh College of Hospitality, CGC Landran, Mohali. Ms. Deepika emphasised the importance of learning and strengthening soft skills. She shed light on the various soft skills including communication skills, presentation skills, body language, etc., that are essential for a successful career. Interactive assignments and tasks on team work made the participants learn the art of decision making, adaptability and confidence. The event witnessed participation of 50 students.

Principal Dr. Nisha Bhargava stressed on the importance of honing soft skills for providing an edge to one's career in this era of cut-throat competition. She added that such initiatives are a regular feature at the college as it strives to ensure holistic development of its students.

## MCM holds session on Vocabulary Building



The Career Counselling Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Career Launcher, organised a session on 'Vocabulary Building'. The resource person for the session was Mr. Vineet Sharma, Faculty, Career Launcher. The session aimed to spread awareness among the students about the importance of communication and the role played by good vocabulary in effective communication. Mr. Vineet Sharma elaborated on aspects like logical association, diction, suffixes and prefixes. A total of 147 students participated enthusiastically in the session and learnt the best use of words in the simplest possible manner.

Principal Dr. Nisha Bhargava expressed appreciation for this relevant endeavour as she pointed out that a good vocabulary is imperative for effective communication which in turn is essential for success in professional as well as personal life. She said that the college organises such sessions on a regular basis to ensure holistic development of its students.

## MCM NSS celebrates World Cancer Day with flash mob



Marking the celebration of World Cancer Day, the NSS units and the Medical Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Fortis Hospital, Mohali, organised a flash mob at the hospital premises. The flash mob aimed to spread awareness about cancer, its early detection and treatment. The message of the flash mob supported the theme of World Cancer Day i.e. 'Close the Care Gap'. A total of 17 NSS volunteers performed, showcasing the various stages of the life of a person suffering from cancer and the preventive measures that can save precious lives. The performance received huge appreciation from the audience and the message was well received.

Principal Dr. Nisha Bhargava lauded the spirit of selfless service of the NSS volunteers, whose efforts were efficacious in raising awareness regarding cancer and its prevention. She added that awareness is crucial for fighting this dreaded disease and thus, such endeavours are of paramount importance.



## MCM holds lecture on drug abuse and mental health



The Victory Against Drug Abuse (VADA) Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Nasha Mukta Bharat Abhiyan of the Department of Social Justice and Empowerment, Government of India, organised a lecture titled 'Drug Abuse and Mental Health'. Dr. Nemi Chand

Golia, State Liaison Officer (NSS), Chandigarh Administration was Special Guest on this occasion. Dr. Nelu, Licensed Psychotherapist with a speciality in Addiction and Mental Health, USA, was the resource person. She acquainted the participants with detrimental effects of drug abuse on mental health. Dr. Nelu also emphasised upon the need to nip the evil in the bud by finding out the underlying reasons behind youngsters resorting to drugs. She explained in detail how the mechanism and mind of an individual changes when one consumes drugs on regular basis and also discussed the myths related to drugs. Shedding light on different ways and methods to handle such situations, Dr. Nelu highlighted the role of institutions in spreading awareness about the same. The session was followed by an interactive session with the students wherein they discussed their issues and shared their queries. Over 150 students attended the session and found it highly insightful.



Principal of the college Dr. Nisha Bhargava applauded the efforts of VADA Club to create awareness about the menace of drug abuse. She said that since drug abuse is on the rise, it is extremely important to put the spotlight on mental health and how it is impacted by drug abuse.

## 7-day Research Methodology workshop begins at MCM



The Post Graduate Department of Commerce at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of IQAC of the college, began a week-long state level workshop titled 'Research Methodology: Concepts and Applications'. The workshop is sponsored by College Development Council, Panjab University, Chandigarh, and is designed to nurture research-oriented mindset of the students and help them have an in-depth understanding of the various dimensions of investigative explorations. The inaugural session was graced by the august presence of Prof. Sanjay Kaushik, Chairperson, University Business School and Dean, College Development Council, Panjab University, as the Chief Guest.

Inaugurating the workshop, Principal Dr. Nisha Bhargava appreciated the efforts of the Commerce Department for structuring such a relevant workshop encompassing various paradigms of research. She expressed hope that the workshop will be able

to accomplish its objective of developing the research acumen of the students and motivating them to undertake research for the greater good of the society.

Prof. Sanjay Kaushik initiated his thought-provoking address by apprising the participants about the importance of research and advising the young researchers to pursue research that is practically applicable and benefits the nation and the society. He emphasised on the need to focus equally on qualitative and quantitative research, and also highlighted the importance of multidisciplinary research.



The workshop took off to an enthusiastic start, with 64 student registrations. Following the inaugural, the technical sessions were conducted by Dr. Kiran Jindal, Assistant Professor, Department of Commerce at the college and Dr. Harpreet Singh, Principal, GHG College, Gurusar Sudhar, Ludhiana. While Dr. Jindal shed light on the basics of research and the research process, Dr. Singh deliberated on review of literature, research gaps and the need of research. The participants' queries were taken up by the resource persons at the end of their respective sessions.

## 200th birth anniversary of Swami Dayanand Saraswati celebrated with fervour at MCM



Paying rich tributes to Swami Dayanand Saraswati ji on his 200th birth anniversary, Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a host of activities. The celebration began on a divine note with the monthly havan yajna by the Arya Samaj Committee of the college. Amidst

the chanting of hymns and mantras, Principal Dr. Nisha Bhargava, staff and students offered prayers to the holy fire. This was followed by an online special lecture on the topic 'Contribution of Swami Dayanand Saraswati in Nation Building and Social Development' by Dr. Nisha Bhargava. Starting her enlightening lecture with a background on how the British rule led to decline in the importance of indigenous languages, vedic values and spirituality, Dr. Bhargava educated the participants about how Swamiji gave the message of returning to the Vedas and laid the foundation for a just and equitable society. She apprised the participants of the immensely significant contribution of Swami Dayanand Saraswati ji towards promotion of vedas and education, women empowerment, rekindling spirit of nationalism through vedas, fighting discrimination, social upliftment and nation building. Referring to Swamiji as one of the main architects of modern India, Dr. Bhargava asserted that a true tribute to him would be a resolve to walk on his path and to motivate others also to carry forward his legacy. This was followed by a plantation drive wherein Dr. Bhargava planted in the memory of Swamiji.

The other activities held on this occasion included Online Quiz on Vedic Values, Bhajan Singing Competition, Poster Making Competition and Satvic Thali Competition. The winners of these competitions were awarded certificates and cash prizes.

## MCM holds session on Professional Skill Development



The Career Counselling Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Edu Corp, organised the introductory session of a workshop series on 'Professional Skill Development'. The resource person for the session was Mr. Amit Hans, Founder Director, Edu Corp. The theme of the first session of the six session workshop series was personality development and it aimed at making the students aware about the qualities of good personality in the context of management. He discussed in detail about personality identification, locus of control, the role of learning and confidence. A personality test was conducted for the students and the personality traits were discussed on the basis of test scores. Mr. Amit Hans made the session very interactive and 95 students from various streams participated in the session.

Principal Dr. Nisha Bhargava expressed appreciation for this highly relevant initiative of the Career Counselling Cell in this era where professional skills can make or mar a career. She motivated the students to make the most of such opportunities to learn from experts and provide an edge to their career.

## MCM students placed in reputed company



In pursuance of its objective to get its students placed in reputed companies, the Placement Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised various placement drives in which a total of 48 students were selected for various posts. The highest pay package was

offered by Algomill IT Solutions which recruited 5 students for the post of Business Associates at a pay package of 4.5 lac pa. Algomill- a leading Fintech Company of India conducted the recruitment drive comprising of orientation session, written test, GD and personal interviews. 17 students were selected by Amazon during a placement drive held in online mode for the post of Customer Service Associate. The selection process included Pre-Placement talk followed by Personal Introduction Round/English Test and then Online Test. Aviva Life Insurance Co. held recruitment drive for the post of Agency/Sales and Recruitment (Sourcing manager) wherein 5 students were selected. In another drive, ICICI Prudential hired 9 students for the post of Graduate trainees. 8 students were selected by Beyond Codes as Associate-Inside Sales Development Representatives after two rounds of the placement process- preliminary round and final round. In an online placement drive by IDS Infotech Pvt Ltd for the position of Medical Scribe, 4 students were selected. All the selected students were ecstatic at their selection and thanked the college for kickstarting their career in reputed companies. Principal Dr. Nisha Bhargava expressed appreciation for the efforts of the college's Placement Cell to help students realise their dream of self reliance by making available employment opportunities in national and international companies of repute. She informed that in the past also companies of great standing like Infosys, E&Y, Amazon, Deloitte USI Tech, Calvin Klein, Wipro, IndiGo, Tommy Hilfiger, etc. have reposed their faith in the talent and professional acumen nurtured at MCM by recruiting its students.

## 7-day Research Methodology workshop concludes at MCM



The week-long state level workshop on 'Research Methodology: Concepts and Applications', being organised by the Postgraduate Department of Commerce at Mehr Chand Mahajan DAV College for Women, Chandigarh, culminated here today. The workshop was sponsored by College Development Council, Panjab University, Chandigarh, and held under the aegis of IQAC of the college. The valedictory session of the workshop was graced by the esteemed presence of Shri Satya Pal Jain, Additional Solicitor General of India and Member, Law Commission of India, as the Chief Guest. Reminiscing his first ever visit to the college as a student of Political Science for participation in a competition and then years later accompanying the then Deputy Prime Minister Shri L K Advani and Narendra Modi ji to the convocation at the college, Shri Jain lauded the progress made by the college over the years and the great stature attained by it. He motivated the students to strive for excellence in their respective areas of interest, adopt a positive mindset and learn time management for success in life. Shri Jain also commended the Commerce Department for having organised a highly relevant workshop to spark the research aptitude of students.



The Principal of the college Dr. Nisha Bhargava appreciated the efforts of the Department, and informed that the college is promoting responsible research through provision of research seed money and by joining hands with organisations like PGIMER, Chandigarh and CCPCR for undertaking socially responsible research. She expressed the hope that the participants must have developed an insight into research and would be able to utilise the same in pursuing research projects for the benefit of the society at large.

The workshop's inaugural session was graced by the presence of Professor Sanjay Kaushik, Chairperson, University Business School and Dean, College Development Council, Panjab University. The workshop chiselled the research acumen of the participants with the detailed explanation and hands on applications, presented by the intelligentsia of distinguished resource persons from different affiliations in the span of six days. It proved to be a fruitful exercise for the 64 participants who gave a concrete shape to their understanding of the spectrum of research-based concepts in the form of project reports and their concurrent presentations.



## MCM holds 2-day course on Scientific Research Writing



Mehr Chand Mahajan DAV College for Women, Chandigarh, in association with Mahatma Gandhi National Council of Rural Education, Ministry of Education, Government of India, organised a two-day course on 'The Art of Scientific Research Writing' under Vocational Education, Nai Talim and Experiential Learning (VENTEL) Action Plan. The

aim of this workshop was to empower the participants in characterising research ideas and selecting an appropriate Research Design. The workshop also envisioned to enhance the knowledge of students regarding various tools and techniques for comprehending research paper writing. The resource persons for this workshop were Mrs. Kiran Chandel from MGNCRE and Dr. Gurpreet Kaur, Dr. Deepika Malik and Dr. Anila from the Food Science Department of the college. On day 1 of the workshop, Mrs. Kiran Chandel conducted an enriching session to help participants understand the meaning of research and research methodology. She shed light on the five W's of research and discussed the case studies on some of the best researches around the world. On the second day, various sessions were conducted by Dr. Gurpreet Kaur, Dr. Deepika Malik and Dr. Anila on the format of report writing, basic search engines, referencing, different reference management tools and plagiarism in research writing. Various hands on exercises were conducted after each session to help the participants grasp the concepts effectively through practice. The workshop witnessed participation of over 40 students.

Principal Dr. Nisha Bhargava highlighted the importance of scientific research writing for the students that will not only enable them to publish quality papers, reports and articles but will also play an important role in bridging the gap between scientists and the general public.

## MCM UBA holds workshop on millets-based tiffin recipes at Kajheri school



The Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a workshop on Millets based Tiffin Recipes at Government Model Senior Secondary School, Kajheri. The main objective of the activity was to make the school students and members of the staff gain knowledge about millets, their

classification, and their nutritional benefits. The resource person Dr. Gurpreet Kaur, Assistant Professor, Department of Food Science at the college, highlighted the non-glutinous potency and rich nutritional value of different millets that are great source of zinc, magnesium, calcium, iron and phosphorous. She demonstrated four millet-based delicacies that included dalia, bhel-puri, chilla and idli. The Principal of the school Ms Gurmeet Kaur was all praises for the innovative way of popularising millets among school students.

Principal Dr. Nisha Bhargava expressed appreciation for this endeavour of the college's UBA Cell to educate students about the importance of indigenous millets for holistic health. She added that with changing lifestyle, diseases have become rampant and there is a need to create awareness regarding incorporation of sustainable crops like millets in day to day life to restore a healthy life.

## MCM VADA Club holds Pledge ceremony and Poster Making Competition



The Victory Against Drug Abuse (VADA) Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, as per the directions of Director Higher Education, Chandigarh Administration, organised a Pledge Ceremony and Poster Making Competition under the aegis of Nasha Mukht Bharat Abhiyan. More than 100 students pledged against drug abuse with the aim to make themselves, their family and the nation drug free. Students also enthusiastically participated and displayed their



creativity in Poster Making Competition, the theme of which was 'The importance of family in preventing substance abuse and promoting healthy and positive attitude towards life'. The best three posters were awarded cash prizes.

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 Nasha Mukht Bharat and raise awareness in the society about the detrimental effects of drug abuse on an individual, the family and the nation.

## 3-day Food Preservation workshop held at MCM



The Home Science Department of Mehr Chand Mahajan DAV College for Women, Chandigarh, in association with MGNCRE, Ministry of Education, Government of India, organised a 3-day skill based workshop on Food Preservation. The workshop, organised under the aegis of Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan, envisioned to equip the participants with skills in food preservation and to motivate them to start their own ventures in food preservation. Ms. Jyotsna and Dr. Harjot Kaur Mann from the Home Science department were the resource persons. Over the course of 3 days, the participants were acquainted with the causes and prevention of food spoilage, various methods of preservation of fruits and vegetables, and were imparted hands-on training in the preparation of different types of pickles, jams and chutneys.

Principal Dr Nisha Bhargava lauded this initiative to teach students the techniques of food preservation and also show them the way to self-reliance by providing them technical know how of setting up own food preservation ventures. She added that such workshops that promote entrepreneurship are highly significant for creating more and more employment generators.

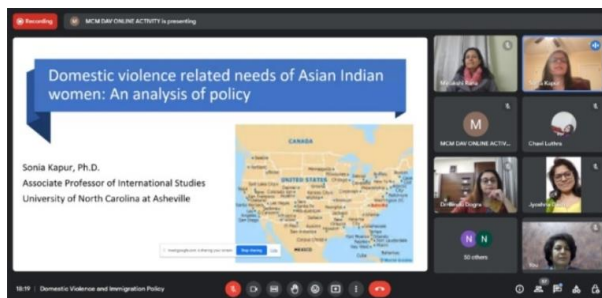
## MCM students undergo internship programme



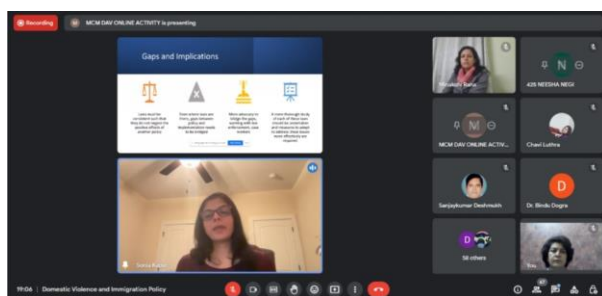
The Institution Innovation Council (IIC) and Start-Up Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Mint Skills- a start-up, organised an internship programme for its students. Students of different streams applied for the programme and following interviews, 25 students were selected for internship. Mint Skills owners Dr. Swati Dhawan and Mr. Vikram Dhawan conducted 3-day orientation and training sessions for the selected interns wherein they were educated about academia-industry gap, the problem of unskilled workforce in India, ways to provide skill training in an economically feasible manner and participation of corporates in imparting practical training. The selected students would reach out and collaborate with more than 100 colleges in India for the Campus to Corporate Training Programme.

Principal of the college Dr. Nisha Bhargava appreciated this endeavour to bridge the industry-academia gap. She expressed hope that through this programme, the students will get an opportunity to emerge as job ready professionals by the time they graduate from the college.

## MCM holds online lecture on domestic violence and immigration policy for Asian Indian Marriage Immigrants in US



The Postgraduate Department of Sociology at Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online lecture titled 'Domestic Violence and Immigration Policy for Asian Indian Marriage Migrants in US'. The resource person was Dr. Sonia Kapur, Associate Professor, International Studies, University of North Carolina, Asheville.



Dr Kapur remarked that the federal as well as state policy in the US have created critical barriers to justice for immigrant women. She suggested that Indian migrant married women, in order to keep intact the cultural stereotypes of functional family, never come out and discuss domestic violence perpetrated by their husbands. She added that for the financially dependent spouse, the conditions may be even more severe. Dr. Kapur also highlighted cultural and linguistic barriers as a deterrent to reporting cases of assault. Citing high rates of domestic violence among Indian diaspora, Dr. Kapur concluded that gaps between laws, policy and implementation should be bridged and advocacy may be helpful in the processes. The lecture was attended by over 75 students.

Principal Dr. Nisha Bhargava expressed appreciation for this initiative to raise awareness about a socially relevant cause. She added that the monster of domestic violence needs to be tackled through such awareness sessions and sensitising the youth.

## Skill development workshop in Beekeeping held at MCM



The Department of Zoology at Mehr Chand Mahajan DAV College for Women, Chandigarh, in association with Mahatma Gandhi National Council of Rural Education, Ministry of Education, Government of India, organised a 3-day skill-based workshop titled 'Beekeeping for Beginners' under VENDEL Action Plan.

Mr. Madan Sharma, Founder, Global Apiaries India, conducted the workshop that witnessed keen participation of 40 students. On day 1, Mr. Sharma shed light on the fundamentals of beekeeping including information about different species of honeybee, their life span, breeding, feeding, reproductive cycle and life history. He apprised the participants about the diversity in honey bee species which includes *Apis dorsata* (Rock bee), *Apis laboriosa* (the Himalayan giant honey bee), *Apis cerana indica* (Indian hive bee), *Apis florea* (dwarf bee), *Apis mellifera* (European or Italian bee) and *Tetragonula iridipennis* (Dammar or stingless bee).



He also shared some life-saving tactics as a means of protection from honeybee swarms along with his intriguing personal experiences in this field. Special emphasis was laid on ecological significance of beekeeping. On the second day, Mr. Sharma educated the participants about various

bee products including the highly nutritional royal jelly, medicinal products such as honeybee venom, bee wax, bee bread and propolis.

The participants were also shown various documentaries and video clips on honey harvesting, capturing a swarm and beekeeping business. Essential apiculture equipment such as a bee smoker, hive scrapper, honey extractor, beehive frame, queen excluder and a beehive were also shown to the students. On the third day of the workshop, Mr. Sharma guided the participants about seasonal management of bee boxes and protection of beehives during adverse conditions. He informed the participants that honey production is a lucrative business, economically profitable enterprise that generates employment opportunities, and added that with the current skyrocketing demand of honey, bee product manufacturing has a wide scope in today's market. The participants found the workshop immensely useful as it widened their horizons by providing knowledge about various aspects of apiculture.

Principal Dr. Nisha Bhargava highlighted the significance of the workshop as she said that it is a relevant step towards motivating the youth to explore entrepreneurial opportunities in beekeeping and to help in conserving biodiversity. She informed that the college undertakes various skill development initiatives like this one with the objective of promoting innovation and entrepreneurship, and enhancing employability quotient of the students.



## MCM holds Bookmark Making, Book Hunt and Slogan Writing competitions



The Library Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a host of competitions with the objective of rekindling the love for books and promoting reading habits among students. The competitions included Bookmark Making, Book Hunt and Slogan Writing and witnessed enthusiastic participation of students of diverse streams. Participants created beautiful bookmarks showcasing their creativity and wrote meaningful slogans on the importance of books in life. In the Book Hunt competition, the participants searched the library for specific titles of specific authors. The winners were awarded certificates.

Principal Dr. Nisha Bhargava lauded this initiative for motivating students to explore the exciting world of books. She urged the students to make books their best friends as they open the doors to the world of infinite knowledge and success in life.

## MCM celebrates National Mathematics Day



To mark the celebration of National Mathematics Day 2022, the Postgraduate Department of Mathematics at Mehr Chand Mahajan DAV College for Women, Chandigarh, organised MathSight- an event sponsored by Punjab State Council for Science and Technology (PSCST), and National Council for Science and Technology Communication, DST, Government of India. Dr. K.S. Bath, Joint Director, Science and Environment Outreach, PSCST graced the celebration as the Chief Guest. Alumna Dr. Mandakini Thakur, Project Scientist, PSCST was Special Guest on this occasion.

Inaugurating the event, Principal Dr. Nisha Bhargava lauded the efforts of Mathematics Department to apprise the students of the rich legacy of Indian Mathematics. She added that the contribution of the great Indian mathematician Srinivasa Ramanujan should be an inspiration for the young mathematicians to work for advancement of this discipline. Dr. K. S. Bath congratulated the college for being at the forefront of organising such events that widen the horizons of the students. Paying tribute to Srinivasa Ramanujan, Dr. Bath motivated the students to develop scientific aptitude. The event included Inter-College PPT Competition and Quiz that witnessed enthusiastic participation of students from across the tricity. The event culminated with certificate award ceremony.

## MCM celebrates Panjab University G20 fortnight



To mark the celebration of Panjab University G20 fortnight, Mehr Chand Mahajan DAV College for Women, Chandigarh, organised various competitions. The competitions envisioned to raise awareness among students about India's G20 presidency, composition and functioning of G20 and its importance. The Department of Political Science conducted an online Essay Writing Competition on the theme 'Tradition of Local Self Governance'. Poster Making Competition was organised by the Department of Fine Arts on the theme 'Youth and Democracy'. In another event, the Electoral Literacy Club of the college organised Quiz on the theme 'Democracy in India'. Over 73 students participated enthusiastically in these events.



Principal Dr. Nisha Bhargava lauded this initiative of the organising team to educate students about G20, its functioning, agenda, etc. She said that it is important for the youth to know about G20 as it plays an important role in shaping and strengthening global governance on all major international economic issues.

## MCM holds Declamation on 'Say No to Drugs, Say Yes to Life'



The Victory Against Drug Abuse (VADA) Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a Declamation contest under the aegis of Department of Social Justice and Empowerment, Government of India. The theme of the declamation was 'Say No to Drugs, Say Yes to Life'. Participants expressed their views on the need to fight this menace since its

detrimental effects are far reaching. The event ended with a hope of making 'Nasha Mukh Bharat' a reality. The winners were awarded cash prizes.

Principal of the college, Dr. Nisha Bhargava applauded the efforts of VADA Club and reinforced that the youth must stay away from substance abuse. She urged the youth to raise mass awareness about the drug abuse problem and make the nation drug free.

The winners were:

Husanpreet Kaur (BA III) – First Position

Ramanpreet Kaur (BA I) – Second Position

Riya Chaturvedi (BA I) – Third Position

## MCM wins laurels for video on 'Skill and Entrepreneurship'



Mehr Chand Mahajan DAV College for Women, Chandigarh, earned recognition from Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Government of India, for a video on 'Skill and Entrepreneurship' and for promoting student self-help groups. The video showcases the initiatives

undertaken by the college to equip students with entrepreneurship skills and to promote a culture of innovation and entrepreneurship among them. Through interviews of 3 student entrepreneurs- Ms. Tavishi (Founder, ShriShiksha), Ms. Kajal Dubey (Founder, Our Virtual Solution) and Ms. Shruti (Owner, Smriti- A Sweet Memory), the video showcases their entrepreneurial journeys and the role the college played in empowering them to be entrepreneurs.

Principal Dr. Nisha Bhargava expressed gratitude to the Ministry for this recognition. She added that through its Institution Innovation Council and Start-Up Cell, the college strives to develop students' entrepreneurial spirit and abilities, and informed that the college even provides funding for students' ventures.

Dr. Bhargava appreciated the concerted efforts made by Dr. Preeti Gambhir, Head and Assistant Professor, Department of Mass Communication in creating this video and also admired Dr. Vandana Sharma, MGNCRE Nodal Officer for her efforts in the direction of realisation of MGNCRE's objective to promote resilient rural India through Higher Education interventions.

## MCM celebrates Women's Day and Holi



Mehr Chand Mahajan DAV College for Women, Chandigarh, marked the celebration of International Women's Day and Holi with great enthusiasm. As part of International Women's Day celebrations, the NSS Units and Health Committee of the college organised a Mammography and Bone Density Analysis Camp at adopted village Badheri, in collaboration with Amrit Cancer Foundation, Chandigarh. The camp was organised along with Blood Donation Camp and Medical Check Up Camp that was organised by Councillor Mr Hardeep Singh.

The dignitaries present during the camp included Mr. Anup Gupta, Mayor, Chandigarh, Ms. Harinder Kaur, Regional Director, Ministry of Youth Affairs and Sports, Government of India, and Dr. Nemi Chand Golia, State Liaison Officer, State NSS Cell, Chandigarh Administration.

A mammography bus equipped with the latest testing techniques and a team of doctors/technicians and nurses was stationed at the village community centre for the camp. More than 154 female residents underwent mammography test and bone density analysis test. The Women Development Cell of the college organised a Sanitary Pads Donation drive wherein the faculty and students donated pads generously that were distributed among women residents of Attawa village and Sector 25 slum area. A nukkad natak on the theme 'Child marriage and domestic violence' was also performed by the Women Development Cell volunteers. In another event, the Young Communicators Club, under the aegis of PRCI Chandigarh Chapter, organised a Poster Making Competition on the theme 'Let's Redefine Equality'.



The colourful festival of Holi was celebrated with gusto by the Student Council of the college. Showcasing their entrepreneurial spirit, students put up different stalls of herbal holi colours, decorative items, jewellery, crochet items, eatables, etc. that added to the festive vibe. The campus reverberated with Holi songs as the students spread the colours of happiness playing gulal.

Principal Dr. Nisha Bhargava appreciated the efforts of the organising Committees to celebrate International Women's Day in a befitting manner through thoughtfully planned activities. She added that though women have come a long way, still much needs to be done for ensuring an equitable and just society that treats women as equal members of the society. She also wished everyone a joyous festival of colours and urged them to spread the colours of happiness, love and compassion in this world.

## MCM celebrates the indefatigable women power with 'Veerangana'



Saluting the inimitable essence of womanhood, Mehr Chand Mahajan DAV College for Women, under the aegis of Department of Higher Education, Chandigarh Administration and in collaboration with Yuvsatta, organised 'Veerangana: The Indefatigable Women Power' to mark the celebration of International Women's Day. Illustrious alumna of the college Prof. Nishtha Jaswal, Vice Chancellor, Himachal Pradesh National Law University, Shimla, graced the event as the Chief Guest. Ms.Somya Thakur, Ms. Wheelchair India 2022 was the Special Guest on this occasion. Mr. Deepak Dhiman, Channel Head (Punjab, Himachal, Haryana, Chandigarh), Zee Media Corp. Ltd. and Mr. Pramod Sharma, Founder, Yuvsatta NGO were also present on this occasion as the collaborating partners.

Inaugurating the event, Principal Dr. Nisha Bhargava drew attention to the fact that women enjoyed position of reverence in the Indian society during the ancient times but years of British rule destroyed the indigenous social fabric, leading to assigning of secondary role to women.



She exhorted the women to recognise their inherent power and asserted that this imbalance can be reversed by bringing about change in the mindsets of the people. In her energising address, Prof. Nishtha Jaswal said that a single day dedicated to women is not enough as each day of the year is a celebration of womanhood for the way she touches different lives with her quintessential compassion, love and care.



Pointing out the way Shiva and Shakti are one, Prof. Jaswal said that men and women are one and they should complement each other instead of competing with each other. Her rendition of a self composed poem on women left the audience spellbound. Mr. Deepak Dhiman said that women are in no way inferior to anyone and they themselves need to believe in their innate abilities, and empower themselves through



knowledge. Ms. Somya spoke about the importance of small steps in making women empowered and said that education holds the key to empowerment and liberation.

The event was a befitting tribute to the indomitable spirit of womanhood as a total of 54 underprivileged girl students with exceptional performance in the field of sports/academics/community outreach/creative arts/music from across the tricity were felicitated with cash prizes. A booklet titled 'Veerangana' comprising the accomplishments of these 54 students was released in this occasion.



The audience's emotions reached a crescendo as the faculty and students of the college's Music Department rendered a stimulating song based on Principal Dr. Nisha Bhargava's poem 'Nari Shakti' which echoes the theme of Veerangana and calls upon women folk to realise their innate strength. A thought-provoking skit by the Women Development Cell of the college highlighted various issues like child marriage, gender discrimination, sexual harassment, domestic violence, etc. and drew a thunderous applause as it closed with the motivating lines 'bekhauf, azaad hai rehna tujhe'- summoning the women to fearlessly break all the shackles that hold them back.

A lecture on 'Contribution of Women in Framing Constitution' by Dr. Manisha Pandey Tiwari, Assistant Professor of History at the college, enlightened the audience about illustrious women like Hansa Mehta, Sarojini Naidu, Leela Roy, Vijay Laxmi Pandit, Sucheta Kriplani and many more who played an instrumental role in laying the foundation of a strong India. Displaying their entrepreneurial spirit, the young student entrepreneurs of the college put up different stalls of their products. Amazing cultural performances enthralled the audience.

## MCM students emerge champions in All India Interuniversity Gymnastics Competitions



Adding another feather to its cap, Mehr Chand Mahajan DAV College for Women, Chandigarh, won team gold for Panjab University, Chandigarh at the All India Interuniversity Gymnastics Competitions held at Panjab University. Four students of the college, namely, Sushmita Haldar, Tamanna Sharma, Khushi and Sandhya were part of the Panjab University team which won the overall team Championship. The students of the college won 1 Gold, 2 Silver, 1 Bronze and all round 1st position under women's category. Susmita Haldar won Gold medal in Table Vault, Silver medal in Uneven bar and Bronze medal in Balancing beam. She was declared all round 1st in the women's category. Tamanna Sharma won Silver medal in Table vault.

Principal Dr. Nisha Bhargava congratulated the Physical Education Department of the college and the winners for bringing laurels to the college. She informed that in keeping with its tradition of excellence in various areas, the college is doing exceptionally well in the field of sports as well and its students like Team India cricketers Taniya Bhatia, Harleen Kaur, Amanjot and Ridhima, have won international and national accolades.

## Media visit for MCM students



The Department of Mass Communication at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of the college's Institution Innovation Council (IIC), organised a visit to the office of a national English daily. The visit envisioned to provide the budding journalists experiential knowledge of the working of a newspaper organisation. The visit began with a stimulating interactive session with the Editor of the newspaper, that witnessed discussion on a wide range of topics including a day in the life of an Editor, online journalism, ethics in journalism, the essential qualities of a journalist, and much more. This was followed by a tour of the newsroom wherein a Senior News Editor interacted with the students. Thereafter, the students were shown the press where they got to know about the newspaper printing process.

The over 43 students who were part of the visit found it highly informative as they witnessed the working of newspaper organisation from close quarters.

Principal Dr. Nisha Bhargava expressed appreciation for this initiative to provide students insights into the world of print journalism. She added that it is a matter of pride that the college ranks among the top Mass Communication institutions of the country.

## MCM wins Short Video Contest on Solar Chandigarh



The students of the Add-on Course of Video Reporting at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the guidance of Assistant Professor Sukarma Verma, participated in a Short Video Inter-College Contest organised by CREST and Yuvsatta, Chandigarh Administration. The theme of the contest was 'I love my Solar Chandigarh: Blue Chandigarh'. The contest required the entries to suggest adoption, usage and benefits of solar energy. The video of the college was well received and declared one of the best entries of the contest. CREST & Yuvsatta of Chandigarh Administration awarded the college in an event organised to commemorate Science Day. Sh. Debendra Dalai, IFS, CCF, Director Department of Environment and CEO CREST, Chandigarh Administration was the Chief Guest of the event.

Principal Dr. Nisha Bhargava congratulated the winner for making the video on such a relevant topic. She added that keeping in mind the importance of green energy for a sustainable future, the college has set up solar energy system and is harnessing its benefits.

## MCM Annual Sports Day- a colourful celebration of sportsmanship spirit



In a sterling display of the fine blend of sporting acumen and spirit of sportsmanship coupled with fun and frolic, Mehr Chand Mahajan DAV College for Women, Chandigarh, held its Annual Sports Day. Principal Dr. Nisha Bhargava motivated the staff and students with her presence as the Chief Guest. Release of tricolor balloons to spread the message of sovereignty, peace and harmony, and hoisting of flag by Dr. Nisha Bhargava marked the beginning of the eventful day. Dr. Bhargava inspired the audience with her words on the paramount importance of sports in life that includes imparting valuable lessons in spirit of life, discipline, alertness, team work and camaraderie. Recounting the outstanding achievements of the college in sports including accolades in various sports events at international, national, inter-zonal, zonal, university and inter-college levels, she congratulated the Physical Education Department of the college for keeping alive the MCM tradition of excellence.



Zealous contingents marched diligently during the March past ceremony demonstrating the glory and zenith of the institution. The college sports ground resonated with energetic vibes of sportsmanship and teamwork as students and staff competed in various events including 100m race, Long jump, Shot put, 100 m relay race, and Spoon and lemon race (for students), and Tug of war, 3 legged race, Musical chairs and 100m race (for staff). The event culminated with a prize distribution ceremony. Himanshika was adjudged Best athlete and the Physical Education Contingent was declared the Best Contingent .



## MCM students visit Le Corbusier Museum



In a collaborative initiative, the Add-on courses in French and Interior Designing and Decoration at Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an educational visit to the Le Corbusier Museum. The purpose of the visit was to acquaint the students with the city's heritage and its architecture. The museum displays the works of the renowned French-Swiss architect Le Corbusier and exhibits his life, hence it was an interesting and informative experience for the students of both the courses. What caught the students' attention was the huge installation of the map of Chandigarh and its surrounding areas; they were awe inspired to see the planning of the different sectors. The field trip ended up with an equally delightful experience of visiting the souvenir shop located in the premises of the museum itself.

Principal Dr. Nisha Bhargava applauded the organisers for widening the horizons of the students through this visit that brought them closer to the City Beautiful's unique heritage. She added that the college organises such visits on a regular basis with the objective of ensuring holistic development of the students.



## MCM holds session on Academic Avenues Abroad in Literature and Media Studies



The Postgraduate Department of English, Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an awareness programme 'Literature and Media Studies: Academic Avenues Abroad'. Mr. Arun Bhatia, an eminent Career Counsellor and Operations Manager for Delhi/ NCR and Chandigarh in Jamboree, a Career Guidance Institute was the resource person for the session. He apprised the students of the various opportunities and the process of applying for higher education to the universities abroad. The programme began with the curtain raiser of College Book Club Mavericks-2023 and Investiture ceremony of X-pressions, the English Literary Society of the college. The interactive session by Mr. Arun Bhatia was followed by a brief introduction of YCC PRCI Chandigarh Chapter. The session was attended by around 75 participants. Principal of the college, Dr. Nisha Bhargava graced the event and handed over the badges to the student event curators of the English Literary Society. She applauded the efforts of the Department for organising the session and also for mentoring the students to become their best versions.

## MCM holds lecture on 'Freezing Molecules in Motion' and Poster Making Competition on Clean Earth



The Postgraduate Department of Chemistry at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of the college's Institution Innovation Council, organised a special lecture titled 'Freezing molecules in motion by shedding light on them'. Dr. Arijit Kumar De, Associate Professor, Department of Chemical Sciences, IISER, Mohali delivered the lecture. Dr. De started his lecture with the inspirational stories of Dr. C. V. Raman, illustrating the concept of Raman Effect and his contribution to science that made him a Noble laureate in the year 1930. He stressed on the fact that Chemistry is the central Science and a major connector for the various interdisciplinary fields viz., Medicinal Chemistry, Biochemistry and Nanotechnology.



Dr. De's lecture emphasised the pioneering steps in the field of optical trapping that led to a new branch of Science known as Quantum Biology. He also discussed his ongoing research in the field of Photovoltaic materials (quantum dots, perovskites) and Fluorescent proteins. The lecture was highly appreciated by the participants. The Department also held a Poster Presentation Making Competition on the theme 'Keen to be clean' under the aegis of MCM Vigyan Manch. The participants presented posters that highlighted the importance of clean, green earth for the existence of not only human beings but also other living species. Through their posters, the students tried to spread awareness about Biomedical waste, Plastic Waste, Organic Waste, Glass Waste, Paper waste and E-waste and highlighted the importance of waste segregation at the source itself. They also discussed the importance of the 7R viz Rethink, Refuse, Reduce, Repair, Re-gift, and Recycle. The winners were awarded cash prizes and certificates. Principal Dr. Nisha Bhargava applauded the efforts of the Department and emphasised on the fact that such efforts bring awareness among students and help them to understand and appreciate the subject in a much better manner. She added that it was really inspiring to see such awareness among the students for litter-free India and their willingness to take responsibility to make a healthier and cleaner India.

## MCM UBA educates Badheri school students about Millets and Entrepreneurship



The Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Institution Innovation Council of the college, organised a visit to Government Senior Secondary School, Village Badheri, Chandigarh, for Innovation and Entrepreneurship Outreach Program on 'Millets and Entrepreneurship'. The objective of the program was to kindle the entrepreneurial streak in the students of senior classes of the school by advocating the cause of mainstreaming millets in the food and industry basket. The resource person, Ms. Harinder Jaspal, Millets Chef and Expert, gave an interesting presentation on various millets-based recipes. She also highlighted the marketing strategies that would propagate the multiple benefits of millets. Some examples of successful entrepreneurs like Chef Natasha Gandhi (Owner of the bakery 'House of Millets') were shared with the students. About 90 students from grade VII and higher classes of the school interacted with the resource person and felt motivated to add millets to their diet, and also explore them as an option of making a living. The career opportunities channelling into small business proposals and ventures caught the attention of the students.

Principal Dr. Nisha Bhargava expressed appreciation for this initiative with two-pronged objective of educating young minds about the importance of millets and motivating them to consider entrepreneurship as a career option. She added that year 2023 has been declared as the International Year of Millets and such efforts are important to raise awareness about the health and nutritional benefits of millets.

## MCM holds 5th edition of Be a Health Manager



To mark the International Year of Millets, the Skill Development Committee and Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised the 5th edition of its annual workshop titled 'Be A Health Manager 2023', in association with Department of Dietetics, GMCH, Sector 32, Chandigarh. The workshop aimed to promote the use of the mighty grains among students on the theme 'Swachh Ann, Swachh Mann'.

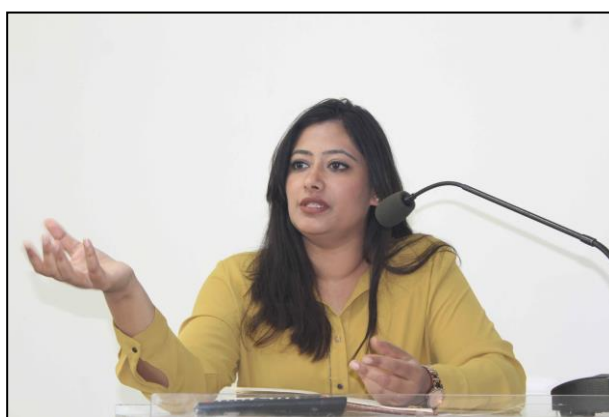
Principal Dr. Nisha Bhargava inaugurated the workshop, enlightening the young minds about the importance of food for a healthy body, mind and soul. She emphasised on the inclusion of more of millets in one's daily diet because of their several health benefits and because of the fact that millets are considered to be the sole crop that will handle critical challenges in the future such as food, fuel, malnutrition, health, and climate change.



The workshop comprised of sessions by experts from different fields like dietetics, skincare, hair care, prevention of diseases, culinary skills, etc. The first session was delivered by Dr. Gurvinder Kaur, Assistant Professor at the college, who gave a fresh perspective to all the participants about dietary choices for a

healthy life.

The session on Preventive Diet Care by Dietician Raman Benipal was extremely insightful wherein she elaborated upon the use of millets in day to day routine to prevent diseases. The next session was conducted by Ms. Reena, who demonstrated the preparation of millet based dishes like bajra ladoos, granola



bars from millets and ragi cutlets. Founder of The Green Loom, Ms. Seeza conducted session on Organic Hair and Skin Care wherein she shared her expert knowledge about the use of natural products for a beautiful, healthy and glowing skin.

The participants were also taken for a visit to community based farming model 'Sanjhi Mitti Tribe' to provide them an opportunity to understand the eco-friendly model of farming and witness harmonious coexistence of humans and nature. The culmination of the workshop was done with Millet Food Fest, in which the participants displayed interesting millet based dishes. The participants were awarded certificates.

## MCM students learn nuances of self grooming in 4-day workshop



The Add-On course in Cosmetology and Beauty Care at Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the college's Women Development Cell, organised a 4-day workshop on Self Grooming. The resource persons for this hands-on workshop were Ms. Shalini, Nail Technician, Mr. Rajat, Hair Expert and the course's faculty at the college Ms. Sarvjit Kaur and Ms. Priyanka Sharma. Ms. Shalini conducted session on nail art and also demonstrated the application of artificial nails. Mr. Rajat explained about latest hair cuts and styling, and later conducted a hands-on training session. Ms. Sarvjit Kaur and Ms. Priyanka Sharma held sessions on self grooming, demonstrating techniques of skin care, hair care, etc. The workshop witnessed participation of over 65 students.

Principal Dr. Nisha Bhargava expressed appreciation for this initiative to help students attain positive self image through personal grooming. She highlighted the importance of the workshop as she pointed out that grooming is an important life skill and imperative for career development as well.

## MCM holds Mrs. Shakuntala Roy Memorial Oration Lecture on Impact of Technology on Society



Be masters of technology and keep humanitarian values intact: Prof Renu Vig Commemorating the birth centenary year of its Founder Principal, Mehr Chand Mahajan DAV College for Women, Chandigarh, organised Mrs. Shakuntala Roy Memorial Oration Lecture (4th in Series) on 'Impact of Technology on Society'. Prof. Renu Vig, Vice Chancellor, Panjab University graced the event as the Chief Guest. Sh. Harjinder Singh Bhatti, Senior Superintendent of Post Office, Chandigarh was the Guest of Honour and, Prof. Arun K. Grover, Professor Emeritus, PEC, Chandigarh, Justice (Retd.) Pritam Pal and Sh. H R Gandhar, Vice Presidents, DAV College Managing Committee, New Delhi, Mrs. Sneh Mahajan, 2nd Principal of the college, Dr. Gurdip Sharma, General Secretary, GGSDS College Managing Committee, Haryana, Punjab and Former PU Senior Senate and Syndicate Member, Mrs. Manju Gosain and Maj. Gen. (Retd.) P K Gosain, Daughter and son-in-law of Mrs. Shakuntala Roy, and Sh. Pradeep Gosain, son of Mrs. Shakuntala Roy were Special Guests on this occasion.



As a befitting tribute to Mrs. Roy, a special cover on her centennial year was released during the event. Prof. Arun Grover, recalling his personal association with Mrs. Roy and her family, lauded her courage, sense of commitment and hardwork in establishing MCM on a firm footing. Fondly recounting Mrs. Roy's immensely significant role in giving shape to the educational institution dedicated to the memory of the great educationist and philanthropist Justice Mehr Chand Mahajan, Principal Dr. Nisha Bhargava said that Mrs. Roy was a remarkable lady who planted the MCM sapling that has now grown into a great tree. Referring to Mrs. Roy as a pillar of MCM who worked tirelessly to make it what it is today, Dr. Bhargava said that her selfless service and key role in promoting women education is immensely crucial and appreciable.

In her enlightening keynote address, Prof. Renu Vig shared the story of evolution of communication technology from wired to wireless, highlighting the constant evolution in technology. Quoting the examples of big data technologies, digital revolution, Artificial Intelligence, robotics, etc., Prof. Vig pointed out the way technology has profoundly impacted the way humans live. She added that despite all the defining changes brought about by technology, no machine can match human brain and there should be no fear of redundancy of humans as they are endowed with creativity and intelligence. Prof. Vig said that it is up to humans to be not enslaved by technology and to uphold humanitarian values. Sh. H.R. Gandhar recalled with great admiration as to how Mrs. Roy converted every adversity into opportunity, and added that her spirit and intellectual quest are unparalleled. He commended the college for keeping her spirit alive through this lecture series. An overwhelmed Mrs. Manju Gosain thanked the MCM family for keeping Mrs. Roy's memory alive in a befitting manner. A video showcasing the illustrious alumni of the college whose achievements are a tribute to the spirit of Mrs. Roy was shown towards the end of the event.

## MCM holds day-long Millet Bazaar



With the primary objective of given an impetus to the culture of entrepreneurship among students, the Students' Self Help Group (SSHG) of Mehr Chand Mahajan DAV College for Women, Chandigarh, a recognised Social Entrepreneurship, Swachhata and Rural Engagement Cell (SES-REC) Institution, in association with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Govt of India, organised a day-long 'Millet Bazaar'. Principal Dr. Nisha Bhargava inaugurated the bazaar and visited the stalls of various millet based food products put up by the students. She expressed appreciation for the students' entrepreneurial spirit and informed that the college organises many such activities for promotion of innovation and entrepreneurship culture among students.

The MCM SSHG teams developed healthy millet-based food products such as jowar ladoos, millet salad and lemonade, millet-based biryani and chat, sorghum appe, bajra momos, etc. The event witnessed active participation with a total of 50 students divided among 17 self-help groups. The stalls were highly appreciated by all the stakeholders and there was profitable sale at each stall.

## MCM holds interactive session on the art of writing



The Young Communicators Club at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Public Relations Council of India (Chandigarh Chapter) and in collaboration with Mavericks- the Book and Film Club of Postgraduate Department of English, organised a

programme 'Let's Talk about Writing and Beyond'. Mr. Vivek Atray, ex-IAS, Author and Motivational Speaker, and Mr. Jupinderjit Singh, Writer and Special Correspondent, The Tribune engaged in an enthralling conversation about the art of creative writing. The talk focused on the creative process wherein the authors shared their techniques and insights into how they approach the writing process. The authors recounted their experiences and how their penchant to pen down every thought culminated into their writing styles. Mr. Vivek Atray shared how writing helps in processing emotions and finding meaning in strenuous circumstances. He emphasized the importance of self-reflection in creative writing and the role it plays in catharsis. Mr. Jupinderjit Singh shared a deep insight into the creative process of writing non-fictional and investigative works through his writings 'Butchered for Love', based on a real life honour killing of a Canadian born Indian girl Jassi, and 'Discovery of Bhagat Singh's Pistol and his Ahimsa'. The event was attended by a diverse audience of 250 students, ranging from avid readers to aspiring writers, all eager to hear the perspectives of these two esteemed authors. Principal Dr. Nisha Bhargava applauded both the clubs for undertaking this initiative to broaden the horizons of young aspiring writers and initiating them into the subtleties of creative writing. Dr. Bhargava, a poet herself, recited her self-composed poem, encouraging the students to take up new challenges.

## MCM holds session on 'Top B Schools and MBA Programs'



The Career Counselling Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a session on 'Top B Schools and MBA Programs'. The resource person, Mr. Ketan Tiwari, Regional Manager of

Indian School of Business (ISB), Mohali, started the session with a discussion on the reasons because of which students pursue MBA. This was followed by a detailed analysis of the integrated learning and career advancement opportunities at ISB. The students were also told about the importance of an appealing profile including academics, extracurricular activities and work experience to get admission to a B school.

The qualities that top B schools look for in the candidates as well as the important points while filing applications for top B schools were also discussed. At the end of the session, the students were acquainted with the Young Leader Program at ISB. The session provided awareness and valuable insights about B schools and MBA programs to 108 students from various stream.

Principal Dr. Nisha Bhargava lauded the efforts of Career Counselling Cell of the college directed towards widening the horizons of students and providing them support for making judicious career decision. She added that focused approach and appropriate guidance are important for carving a successful career.

# Activities Report

January to March 2023



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