

Activities Report

April 2024 to June 2024



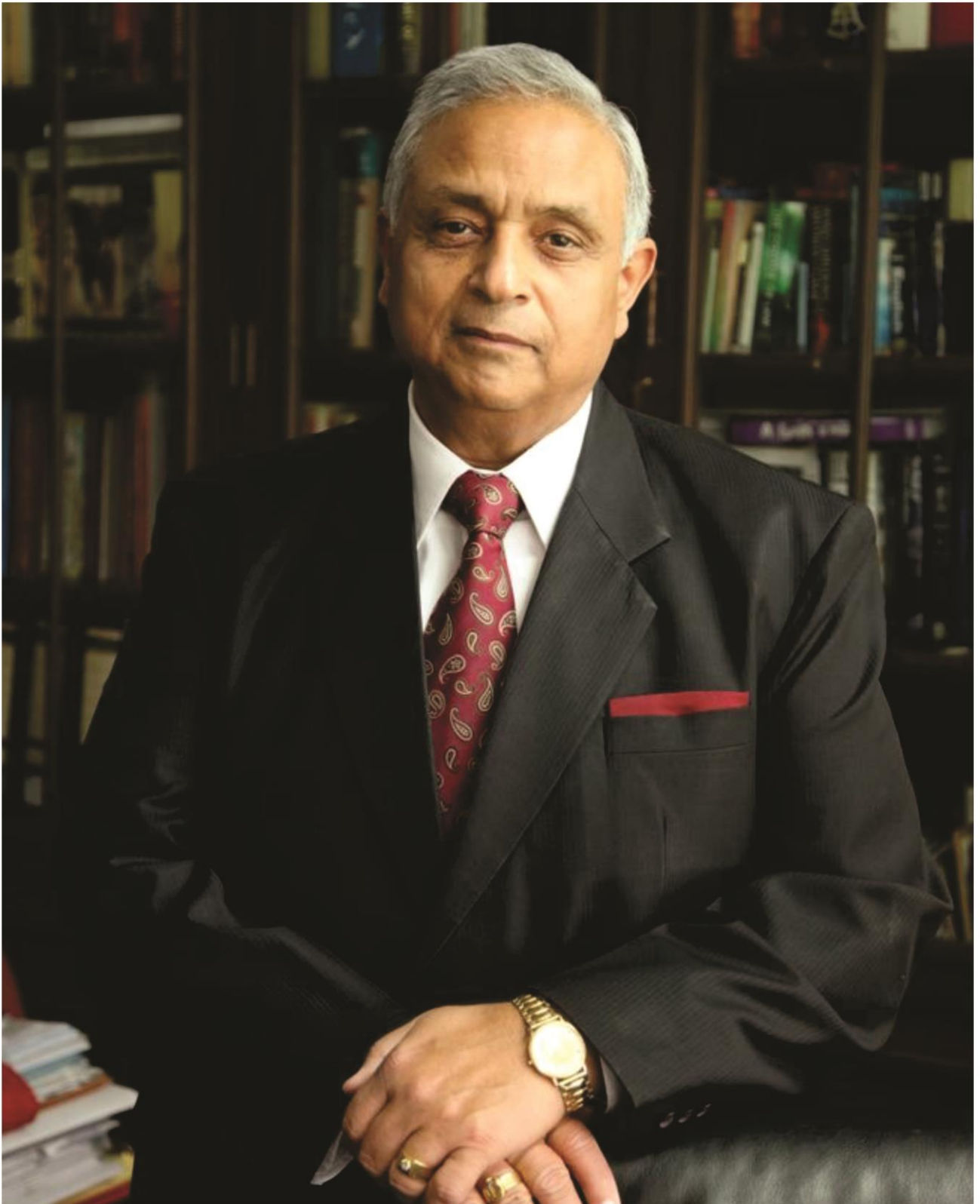
Mehr Chand Mahajan
DAV College for Women
Sector 36-A, Chandigarh (U.T.)

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

Sh. Ajay Suri

Hon'ble General Secretary
DAV College Managing Committee
New Delhi



A Visionary Educationist

Sh. H.R. Gandhar

Hon'ble Vice President
DAV College Managing Committee
New Delhi



Our Guiding Light

Sh. Shiv Raman Gaur

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



Principal's Message

I feel immensely privileged to share this comprehensive report of our sustained endeavours to ensure holistic education and maintain a legacy of excellence in both academic and co-curricular spheres during the second quarter of the calendar year 2024. Our enviable institutional milestones such as the top positions bagged by students in the Panjab University examinations, our sports students continuing their winning streak and our faculty members contributing to research, community outreach and curriculum design for various courses under New Education Policy, make us a force to reckon with in the academic landscape. We have consistently figured among the most-coveted institutions in the country as the national ranking agencies such as *The Week* and *India Today* have also showcased.

I am deeply indebted to our visionary mentors who continue to guide us in all our efforts. I am thankful to Dr. Punam Suri ji, Padma Shree Awardee, Hon'ble President, DAV College Managing Committee, New Delhi for guiding us at every step and for exhorting us to remain the aspirational destination of our stakeholders. 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 April to June 2024.

Nisha

Dr. Nisha Bhargava
Principal

INDEX		
S. No.	Subject / Item / Event	Pg. No
1.	MCM holds Medical Camp	1
2.	MCM holds lecture on Buddhist Philosophy	2
3.	MCM holds workshop on Self-Healing and Meditation	3
4.	MCM holds Essay Writing on Swami Dayanand; Patriotic Poetry Recitation	4
5.	MCM holds workshop on Self-Management	5
6.	MCM holds Parent Teacher Association Meet	6
7.	MCM holds session on 9 day Challenge for Positive Health	7
8.	MCM holds Poster Making Competition on Gender Equality	9
9.	MCM holds News Reading Competition	10
10.	MCM holds session on the journey from story to screen	11
11.	MCM VADA Club holds felicitation ceremony	13
12.	MCM holds monthly Havan Yajna	14
13.	MCM's final year students and hostellers given a warm send-off	15
14.	MCM holds annual convocation 2024	17
15.	Annual Prize Distribution at MCM- a celebration of excellence	19
16.	MCM holds 3-day skill development workshop 'Kayakalp'	21
17.	A 6-day bridge course on 'Biological Tools and Techniques', organised by Departments of Zoology & Botany.	22
18.	MCM marks World Environment Day with plantation drives on the occasion of World Environment Day	24
19.	MCM holds 10-day bridge course "Pathway to Academic Brilliance"	25
20.	MCM releases prospectus for session 2024-25	26
21.	MCM students' dreams get wings- 3 selected for training at AFA	27
22.	MCM holds 4-day online bridge course on Holistic Health	28
23.	MCM celebrates 10th International Yoga Day with fervour	30
24.	MCM holds 6-day online bridge course on Indian Constitution	31

MCM holds Medical Camp



The Medical Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Fortis Hospital, Mohali, organised a one-day Medical Camp. During the camp, the medical team of Fortis Hospital, comprising of a panel of doctors and medical technicians, conducted a number of screening tests including blood glucose testing, blood pressure, diet counselling, ECG, bone mineral density, eye check-up, weight measurement, etc. Free consultation on Cosmetic Surgery, Gynaecology and Obstetrics, Orthopaedics, Dietetics and Internal Medicine was also provided on this occasion.

Principal Dr. Nisha Bhargava congratulated the Medical Committee on the successful organisation of the camp. She said that a healthy mind resides in a healthy body and this is the philosophy that guides this endeavour to ensure holistic health of the college's stakeholders.

MCM holds lecture on Buddhist Philosophy



The Department of Philosophy at Mehr Chand Mahajan DAV College for Women, Chandigarh, organised Indian Council of Philosophical Research (ICPR) sponsored lecture on Buddhist Philosophy under its World Philosophy Day Lecture Series. The resource person for this lecture was Acharya Yoesel Nima, Faculty Member, Deer Park Institute, Bir, Himachal Pradesh. Beginning with chanting a shloka, he apprised the audience about Gautam Buddha's life and his journey towards enlightenment. Acharya Nima explained the four noble truths as given by Buddha and talked about how ignorance is the root of 'dukha' in human life. Further, he explained how Buddhist ethics aren't just black or white as it depends on how much knowledge one has and how aware one is. He also shed light on the ten virtues that an individual must live by. Speaking about the importance of meditation in an individual's life, he asserted that the constant state of restlessness of our mind causes hindrance in our ability to attain peace and the only method for the removal of this hindrance is meditation. The lecture ended with a short meditation session. Principal Dr. Nisha Bhargava expressed appreciation for this endeavour of the Philosophy Department to expose and educate students to diverse philosophical thoughts through these Lecture Series. She added that such knowledge is essential to groom students into well-rounded individuals who are equipped with the wisdom to handle life.

MCM holds workshop on Self-Healing and Meditation



The Women Development Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the Cosmetology and Beauty Care Add-on Course, organised a workshop on Self-Healing and Meditation. Ms. Ravneett, a renowned spiritual sage, certified pranic healer and tarot card master, conducted the workshop that aimed to empower women by providing them with tools and techniques to enhance their mental, emotional, and spiritual well-being. The workshop included sessions on holistic healing and meditation. The participants had the opportunity to learn from experts who shared their knowledge and insights on self-healing techniques and meditation practices.



Principal Dr. Nisha Bhargava expressed appreciation for this endeavour to equip students with the much required skills for promoting well-being and growth. She added that such endeavours are a regular feature of the college aimed at ensuring holistic development of its students.

MCM holds Essay Writing on Swami Dayanand; Patriotic Poetry Recitation



As part of the bicentennial commemoration event series dedicated to the 200th birth anniversary of Swami Dayanand Saraswati, an Essay Writing competition titled 'Abhinandan' was organised under the auspices of the Postgraduate Department of Hindi at Mehr Chand Mahajan DAV College for Women, Chandigarh. The theme of the competition was 'Swami Dayanand Saraswati Ji- the pioneer of social upliftment'. In another event, the Hindi Department organised Patriotic Poetry Recital to mark the martyrdom day of Bhagat Singh, Rajguru and Sukhdev. As part of the event, students recited poems related to patriotism and sang songs based on patriotism.



Principal Dr. Nisha Bhargava also regaled the audience with her self-composed poem on Shaheed Bhagat Singh. She appreciated the efforts of the Hindi Department to make the students aware of the teachings of Swami Dayanand Saraswati ji and also remind them of the great sacrifices of our freedom fighters. She encouraged the students to take inspiration from such visionary figures and follow their footsteps.

The results of the Essay competition were as follows: First prize - Asha Devi (M.A. 2)
Second prize - Suman Bhardwaj (B.A. 2) and Third prize - Garima Joshi (B. A. 2).

MCM holds workshop on Self-Management



The Foreign Students Cell and Equal Opportunity Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Government College, Chamba (Himachal Pradesh) organised a workshop titled 'Self-Management for Personal Growth'. Dr. Savneet Bedi, Head, Department of Psychology, Guru Gobind Singh College for Women, Sector 26, Chandigarh, was the resource person for this workshop that aimed to develop the students' ability to manage their behaviours, thoughts, and emotions in a conscious and productive way. The expert delved into the psychological aspects of self-development, focusing on the strategies and factors influencing effective personal growth. She explained various parameters of self management such as embracing one's strengths, adapting to challenges, nurturing relationships, setting goals, understanding one's emotions, being patient and prioritising one's well-being. Over 45 students participated in the session and benefitted from it.

Principal Dr. Nisha Bhargava appreciated the efforts of both the cells for showing the youth the path of knowing self, managing behavioural aspects, thereby leading to well-rounded individuals. Highlighting the importance of the session, she added that the future belongs to those who can manage oneself.

MCM holds Parent Teacher Association Meet



The Parent Teacher Association (PTA) of Mehr Chand Mahajan DAV College for Women, Chandigarh, held its annual meeting with the objective of forging constructive collaboration between the institution and the parents for ensuring students' success in every sphere of life. The meeting was well attended by parents of students from diverse disciplines. An annual feature of the college, the PTA Meet is a unique platform to deliberate on issues of common concern and formulate policies inculcating the feedback of valuable stakeholders. The meet began with a presentation highlighting the illustrious academic and co-curricular achievements and extension activities of the college, followed by introduction of Deans of various faculties, Heads of Departments, and Conveners of different committees. The event was interspersed with musical renditions by the students of Department of Music, mesmerising the audience with Sufi songs and instrumental music performances. During the interactive session, parents were all praises for the college's efforts to ensure overall development of the students as they shared their experiences and views. The parents were appreciative of the fact that the college provides exposure of various fields to the students while also nurturing moral values in them.

Principal Dr.Nisha Bhargava welcomed parents' feedback and while highlighting the importance of reciprocal cooperation said that the participation of parents is imperative for progress of the college and assurance of quality education.

MCM holds session on 9 day Challenge for Positive Health



The Hostel Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Internal Quality Assurance Cell, organised an awareness session on '9 day Challenge for Positive Health'. Alumna Ms. Tavishi Kumar, Health and Wellness Coach, Motivational Speaker, Author and Entrepreneur conducted this invigorating session. 9 day Challenge for Positive Health is an initiative, supported by organisations like the Boston Center of Excellence for Health and Human Development, SVYASA University, and the Global Citizens Forum, the thrust of which is to embark on a transformative journey towards better health and wellness with holistic integration of physical, mental, and spiritual well-being by fuelling the body, engaging the mind, and nurturing the spiritual powerhouse.



Inspired by Prime Minister Shri Narendra Modi's vision of 'Sarve Bhavantu Sukhinah, Sarve Santu Niramayah', the 9 day challenge encompasses eat once a day (possibly millets), minimum 9 glasses or bowls of liquid, minimum 9 minutes of meditation or silence, minimum 9 minutes with mother/motherly figure and motivating 9 family or friends to join the health initiative.

Ms. Tavishi apprised the participants about the program and motivated them to adopt it with an aim to bring discipline in terms of good food habits and thought process, and to improve mental, physical and spiritual health.



Principal Dr. Nisha Bhargava appreciated the efforts made by the Hostel Committee. She emphasised the importance of physical, mental and spiritual health, and the need to sensitise everyone about the importance of each of these aspects of health.

MCM holds Poster Making Competition on Gender Equality



The Victory against Drug Abuse (VADA) Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a Poster Making Competition on Gender Equality and Gender Sensitisation. The event aimed to commemorate the spirit of woman empowerment and foster awareness about the pressing issues surrounding gender equality. Students from various disciplines enthusiastically participated in the competition, showcasing their creativity and

sensitivity through thought-provoking posters. The themes of the posters ranged from challenging gender stereotypes to advocating for equal rights and opportunities for all genders. The competition served as a platform for students to express their perspectives on gender equality and raise awareness about the importance of the same. The entries were judged on the basis of creativity, relevance to the theme, and effectiveness in conveying the message of gender equality. The winners of the competition were awarded cash prizes and certificates.

Principal Dr. Nisha Bhargava lauded the VADA Club for its invaluable contribution in generating awareness about pressing issues like drug abuse, gender inequality, etc. Commending this initiative of the club, she highlighted the need for inclusivity, respect, and empowerment regardless of gender identity.

MCM holds News Reading Competition



The Personality Development Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised 'News-o-Reader' Competition. The competition required the participants to present a video showcasing their news reading skills. The competition witnessed enthusiastic participation of 23 students from across various disciplines. Stuti (BA-2), Leonika (BA-2) and Saanvi (BA-2) got the first, second and the third prize, respectively. Cash prizes were awarded to the winners.

Principal Dr. Nisha Bhargava commended the efforts of the Personality Development Cell and said that such activities go a long way in chiselling the personalities of the students and preparing them for the professional world.

MCM holds session on the journey from story to screen



The Punjabi Department of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised an interactive session titled 'From Story to Screen: A Journey from Moh Pash to Sade Aale'. The session envisioned to enlighten the students about the nuances of the adaptation of a story into a film through the example of the adaptation of Moh Pash into Sade Aale. The enriching session was conducted with experts- Balwinder Singh Grewal, Punjabi Story Writer and writer of Moh Pash, Dr. Daljit Ami, Director, EMRC, Punjabi University, Patiala and Jatinder Mauhar, Story Writer, Script Writer and Director. Beginning the discussion with an insight into his creative process of conception of a story from a thought, Balwinder Singh Grewal went on to lament the prevalence of fleeting emotions in the present age of social media which has robbed people of the sensitivity to devour the sensibilities of

literature. He further added that the battle that the story has lost is being fought by cinema. Pointing out to the difference of the medium, Balwinder said that a story speaks only through words while a film's landscape is much more vivid in terms of the various techniques available for putting across a point. On adapting the story for the screen, Daljit Ami said that the film can relate to and retain the core of the story when the film maker fully understands the thought behind the story or the question it raises. He added that the ecology of the story writer and that of the film makers are different, and thus, they visualise and shape the characters differently.



Adding that a story exists in allegory and there are different layers in a film's narrative, Daljit asserted that material changes are bound to be made in the story when it is made into a film. Daljit also discussed the subversive potential of fiction and shed light on how the rendering of characters' interiority can help in using them as agents to highlight positive things like peace, solidarity, etc. Jatinder Mauhar brought out the difference between the medium of story writing and that of film making, and highlighted that the impactful visuals in the film do not need words. Taking the example of his film *Sade Aale*, Jatinder said that it was a challenge to decide the end of the film i.e. whether to keep the original story's end or to make it aligned with the commercial compulsions. The session ended with the experts answering the inquisitive queries of the participants.

Principal Dr. Nisha Bhargava congratulated the Punjabi Department for providing students an opportunity to explore the realms of story writing and film making through the lens of a story writer and a film maker. She added that such initiatives are imperative for widening the horizons of the students.

MCM VADA Club holds felicitation ceremony



The Victory against Drug Abuse (VADA) Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a felicitation ceremony to honour the efforts of the faculty members and students for promoting awareness about the menace of substance abuse.

The event was graced by Principal Dr. Nisha Bhargava as the Chief Guest. Speaking at the occasion, Dr. Bhargava lauded the proactive role of VADA Club in the fight against drug abuse by raising awareness and fostering a supportive environment. Highlighting the transformative power of unity, compassion, and proactive engagement in addressing pressing societal issues, she motivated the students to be the ambassadors of *Nasha Mukta Bharat* and raise awareness about the detrimental effects of drug abuse on an individual, family and the nation. The faculty members and students were felicitated for their exceptional contributions to the club's endeavours, ranging from organising awareness campaigns to providing peer support and counselling. The event concluded with a reaffirmation of collective commitment towards fostering a safe, healthy, and drug-free environment.

MCM holds monthly Havan Yajna



Keeping up with its tradition of monthly havan, the Arya Samaj Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised havan yajna to seek divine blessings as the students gear up for the upcoming University examinations. Principal Dr. Nisha Bhargava, staff and students offered prayers to the holy fire as chanting of shlokas and mantras soaked the entire atmosphere in spirituality. The staff and students whose birthdays fall in the month of April were blessed with garlands by the Principal. Speaking at the occasion, Dr. Bhargava wished the students success in the upcoming examinations and shared valuable tips on acing their exams. She asserted that the college has adopted a holistic approach to educating students wherein besides preparing the students for success, emphasis is also laid on inculcating moral values in them. A Speech Competition on the topic 'Bhartiya Gyan Parampara' was also organised after the havan. The winners of the competition were: First prize: Manila Sharma (BA II), Second prize: Shreya Goel (BA II) and Third prize: Muskan Devi (BCom I).

MCM's final year students and hostellers given a warm send-off



The outgoing batch of 2023-24 received a heartwarming send-off at Mehr Chand Mahajan DAV College for Women, Chandigarh, during the College Farewell and Hostel Farewell 2024. The farewells- cultural, fun-filled extravaganzas were befitting adieu to the students who would be leaving the portals of the college to explore the real world. The Hostel Farewell was graced by Mrs. Ekta Thakur and Mr. Vishal Singh Thakur, Advocates, Punjab and Haryana High Court, as the Guests of Honour, and by Dr. Gurdip Sharma, General Secretary, SD Pratinidhi Sabha, as the Special Guest.

In her affectionate and motivating address, Principal Dr. Nisha Bhargava said that the college has discharged its responsibility, with utmost sincerity, of grooming the students to take on the world and now it is their turn to achieve landmarks through the strength of character imbibed in them



during their tenure at the institution. She motivated them to stay focused on their life goals and advised them to navigate through life by always staying positive and happy. Her rendition of self-composed poem- 'Poonam ka chand' provided the students beautiful insights into the philosophy of life.

Mrs. Ekta asserted that women education is crucial for laying the foundation of a better nation and implored the young women to realise their strength as they are the future of Bharat. She motivated them to remain optimistic in life and to look forward enthusiastically to the milestones that lie ahead.



The star attraction during the Hostel Farewell was Punjabi actor Gippy Grewal and during the College Farewell, Punjabi singer and actor Jassie Gill enthralled the audience. Foot tapping, electrifying dance performances, including Haryanvi, Manipuri, Bollywood themed, added to the exuberance of the students who sang and danced along, making cherishable memories to last a lifetime.



The highlight of the two events was MCM Queen Contest and MCM Hostel Queen Contest, that witnessed beautiful confident young women walk down the ramp in style, upping the glamour quotient of the event.

MCM holds annual convocation 2024



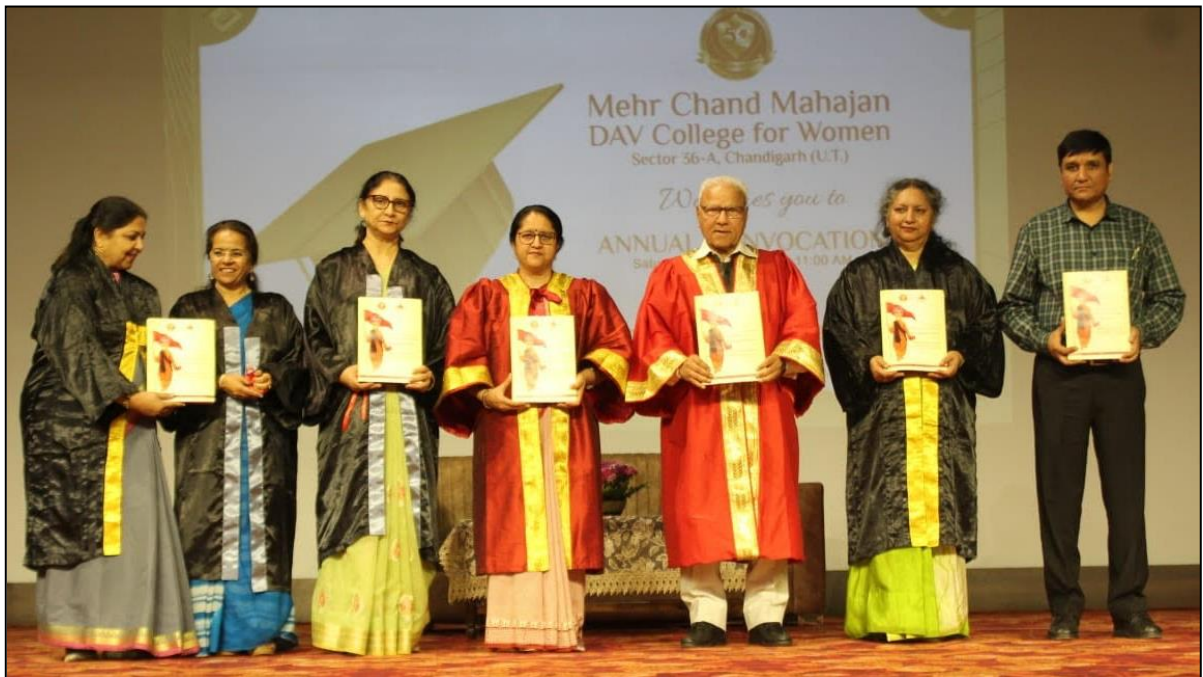
Mehr Chand Mahajan DAV College for Women, Chandigarh, hosted its Annual Convocation here today wherein graduates and postgraduates received their degrees, marking a significant milestone in their lives. Hon'ble Justice (Retd.) Pritam Pal, Vice President, DAV College Managing Committee, made the event even more memorable for the degree holders with his inspiring presence as the Chief Guest. The function commenced with the presentation of the college by Principal Dr. Nisha Bhargava, which provided glimpses of the commendable achievements of the college in academic, sports and cultural areas.

Delivering the convocation address, Justice Pritam Pal said that this day marks a significant milestone in the life of students, for which they have tirelessly worked, and they should be incredibly proud as they stand on threshold of future. Urging the students to



reflect on the transformative role of education, he asserted that the institution has played an important role by imparting them quality education, imbibing life lessons, inculcating skills and teaching the importance of critical thinking. He further reminded the students that with the privilege of education comes the responsibility of being the

catalysts for positive change. Justice Pritam Pal motivated the students to be confident of their unlimited potential that can help them accomplish anything in any field. Sharing the mantra of TAB- thought, action, behaviour as the greatest assets in life, he inspired the students to think big, think positive and keep smiling. Justice Pritam Pal's motivating and wisdom laden address ended with the advice to staying true to oneself, following one's passion and never stop learning.



On this occasion, the report of the activities marking the celebration of momentous 200th birth anniversary of Swami Dayanand Saraswati was also released by the dignitaries. Besides awarding of degrees, Special Prizes were awarded to academic toppers and NCC cadets. The faculty members who completed their PhD degree and alumni achievers were also awarded during the event.

Dr. Nisha Bhargava congratulated the students for keeping alive the institution's inimitable tradition of excellence through their awe-inspiring achievements. Advising the students to never rest on their laurels, Dr. Bhargava exhorted them to work towards their goals with focused determination and wished them luck for their future endeavours.



Annual Prize Distribution at MCM- a celebration of excellence



Celebrating the exceptional achievements of its students in academics, sports and cultural activities, MCM DAV College For Women awarded prizes to students during its Annual Prize Distribution function here today. Prof. Rumina Sethi, Dean of University Instruction, Panjab University, graced the occasion with her presence as the Chief Guest. The function commenced with lamp lighting and a Youth Festival prize winning Orchestra presentation by the students of Music Department of the college. This was followed by the presentation of Annual Report by the Principal of the college Dr. Nisha Bhargava wherein she showcased the stellar accomplishments of the college during the academic year.



Prof. Rumina, an alumna of the college, called MCM a temple that has shaped her into what she is today. In her thought-provoking address focusing on the ideal education system, Prof. Rumina began with a reference to the great educationist

Rabindra Nath Tagore who spoke about inclusivity, 'vidya Bhavna', world peace, interdisciplinarity, integration of learning, opening of minds and borders. Sharing the views of various visionaries on education, including that of educationist Paulo Freire, English authors E M Foster and Francis Bacon, she said that as NEP 2020 implementation in PU affiliated colleges is on the anvil, it is contextual to remember these people as they advocated holistic education. Quoting Paulo Freire's words 'there should not be a culture of silence', Prof Rumina urged the students to sharpen their cognitive abilities and challenge the status quo. She further added that it is equally important to dwell upon the type of teaching practices in order to promote dialectic relation between the teacher and the taught. Referring to art and life, work and play and other similar binaries, she asserted that real learning is the fusing of these binaries, and advocated that a university should be a free and fair marketplace of ideas wherein students are aware of the big world out there.



Motivating the prize winners to see the path in front of them, Prof. Rumina said that they should look forward to making new rules and remember the role of education in facing those challenges. During the function, the dignitaries also unveiled the latest edition of the college

journal New Horizons and Swachhta Report. To honour and motivate the meritorious students, cash prizes and trophies, college colours and special prizes were awarded.



Dr. Nisha Bhargava, MCM Principal congratulated the prize winners for keeping alive the inimitable tradition of excellence of MCM. Advising the students to never rest on their laurels, Dr. Nisha exhorted them to work towards their goals with focused

determination.

MCM holds 3-day skill development workshop 'Kayakalp'



The Department of Home Science at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Government of India, organised a 3-day skill development workshop titled 'Kayakalp- Upcycled Treasures'. Dr. Harjot Kaur Mann and Dr. Rati Arora were the resource persons for the workshop. The participants were taught the art of repurposing discarded and unwanted garments, and transforming them into unique, artistic and functional items, thereby equipping them with techniques of reducing waste and minimising the environmental impact. Under the guidance of resource persons, the participants up-cycled their used garments to create various creative items and apparels like saree to lehenga, jeans to skirts and tote bags, T-shirt to frock and bags, shirt to apron and kurti to table mats, etc.

Principal Dr. Nisha Bhargava expressed appreciation for the creativity of the participants and lauded the resource persons for this highly relevant initiative that aimed to inculcate environmental consciousness among the students.

**A 6-day bridge course on 'Biological Tools and Techniques',
organised by Departments of Zoology & Botany.**



The Departments of Zoology and Botany at Mehr Chand Mahajan DAV College for Women, Chandigarh, culminated here today. The aim of the course was to develop scientific curiosity among students by educating them about the recent trends in the field of life sciences. On the valedictory day, Principal Dr. Nisha Bhargava, along with the participants and faculty of both the departments, planted saplings in order to raise awareness about the pressing issue of global warming. Dr. Bhargava gave away certificates to the participants and motivated them to take up a career in academic research in different upcoming fields of Biology.

The course was designed to provide a comprehensive overview of the various research tools and techniques used by the Biologists. On the first day, Ms. Srishti, Research Scholar under Prime Minister's Research Fellowship (PMRF), IISER Mohali, conducted an intensive hands-on training session focused on essential laboratory skills and knowledge. Day 2 commenced with a hands-on training session titled 'Histopathological Techniques' by Dr. Sandeep Kaur.



The aim of this session was to provide a complete overview of fundamental principle, techniques and applications of Histopathology to the participants. On Day 3, lecture cum demo on the techniques used in the propagation of plants

was conducted by Dr. Ruby Singh for both indoor and outdoor air purifying plants including Syngonium, Pothos, Snake Plant and others. Day 4 was dedicated to the topics of Molecular techniques and Bioinformatics, wherein Dr. Divya Sharma shed light on solution preparation for molecular biology experiments, DNA extraction, Electrophoresis and Polymerase Chain Reaction. On day 5, Dr. Jasleen Kaur conducted two sessions, the first relating to Taxonomy of a few common Flowering Plants of Chandigarh and the second on Herbarium Techniques (Plant Collection, preservation and preparation of Herbarium). To further enhance the participants' knowledge and enrich their learning experience, a short video related to the topic was also shown. On day 6, a quiz was conducted to evaluate the knowledge gained by the participants throughout the course and feedback was taken for further improvisation. The participants expressed gratitude to the institution for opening up new vistas of learning and exploring for them.



MCM marks World Environment Day with plantation drives on the occasion of World Environment Day



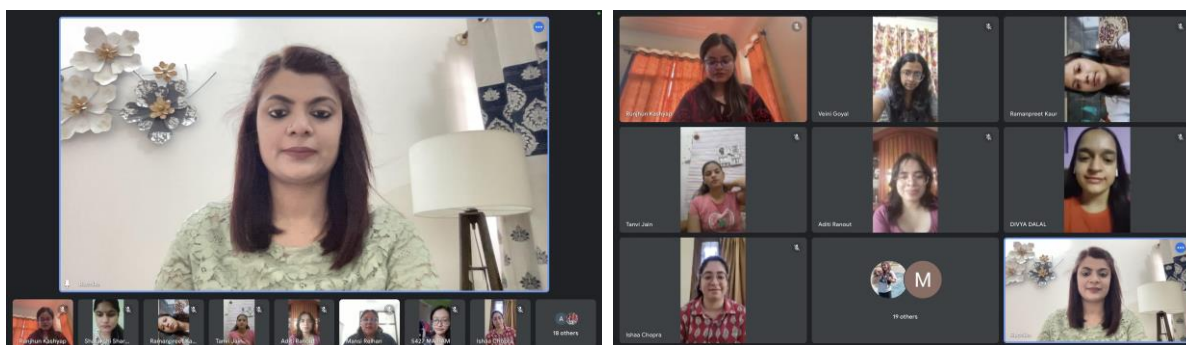
The Horticulture and Landscaping Committee, and Eco Club 'Parivesh' of Mehr Chand Mahajan DAV College for Women, under the aegis of Swachhta Committee, organised 'Triveni' plantation in the college premises. With the

objective of improving atmospheric oxygen, soil health and maintenance of greenery, the trio set of 'Triveni' saplings comprising Bargad, Neem and Peepal, were planted by Principal Dr. Nisha Bhargava along with members of Horticulture and Landscaping Committee.

The Committee also organised Best Lawn Competition on this occasion, wherein the most well maintained lawns on the campus were awarded. In another celebration of World Environment Day, the Department of Botany in collaboration with Eco Club Parivesh, organised a plantation drive that began with the plantation of a sapling of Sita Ashok by Principal Dr. Nisha Bhargava. Following this, tree saplings were planted in different areas of the college.

Dr. Nisha Bhargava asserted that the plantation drives hold immense relevance in the present scenario when the entire world is bearing the brunt of global warming. She added that the trees with a capacity to absorb the carbon content from the atmosphere can be a solution to this grave problem.

MCM holds 10-day bridge course “Pathway to Academic Brilliance”



In an effort to empower aspiring candidates for NTA-NET, CUET (PG) English, Pre-PhD Entrance Exams and various Service Commission Exams in English Literature, the Postgraduate Department of English at Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a 10-day intensive online bridge course titled "Pathway to Academic Brilliance". The course witnessed the active participation of 45 aspiring scholars from diverse backgrounds. The comprehensive course, spanning over 30 hours, covered various essential topics, ranging from literary theory and criticism to research methodologies and contemporary trends in English literature. Ms. Ruchika Singh, the resource person for the course, provided valuable insights that enriched the participants' learning experience. The bridge course served as a platform for participants to engage in rigorous academic discussions, receive personalised guidance, and benefit from expert insights. The interactive sessions, group activities, and mock tests provided a conducive learning environment that fostered intellectual growth and boosted the participants' confidence. Participants expressed their gratitude for the well-structured course that not only expanded their subject knowledge but also enhanced their critical thinking abilities.

Principal Dr. Nisha Bhargava expressed gratitude to Ms Ruchika Singh for meticulously executing this course. She also expressed her utmost satisfaction with the efforts put forth by the participants throughout the course. She commended their dedication, perseverance, and eagerness to enhance their academic knowledge and skills. Dr. Bhargava emphasised the importance of such bridge courses in equipping students with the necessary tools and confidence to excel in their respective examinations.

MCM releases prospectus for session 2024-25



Gearing up for the upcoming admission process for the session 2024-25, Mehr Chand Mahajan DAV College for Women, Chandigarh, released its college and hostel prospectus today. Principal Dr. Nisha Bhargava and the members of Prospectus Committee unveiled both the prospectuses. Speaking on this occasion, Dr. Bhargava asserted that the college is working ceaselessly in the direction of providing holistic education and grooming women of substance. She further added that the college is all geared up to implement NEP 2020 from this session and will be offering 4-year undergraduate degree in various disciplines along with a host of skill enhancement, value added and multidisciplinary courses. The aspiring students can find all the relevant information in the prospectus pertaining to admission including glimpses of the laudable international and national achievements of the college, a lowdown on the multifarious courses offered by the premier institution, the fee structure of different courses, the admission process and important timelines.

MCM students' dreams get wings- 3 selected for training at AFA



Adding another feather to the cap of Mehr Chand Mahajan DAV College for Women, Chandigarh, 3 of its students, who are Lady Cadets of Mai Bhago Armed Forces Preparatory Institute (MBAFPI), Mohali, have been selected for pre-commission training at the prestigious Indian Air Force Academy (AFA), Dundigal. Their training will commence from July 2024 onwards. Harnoor Singh, Kritee S Bisht and Alisha cleared the Air Force Common Admission Test (AFCAT)

and qualified for the training at Indian Air Force Academy. With the selection of these 3, the number of MCMites making it to the Armed Forces has reached 18. Besides the current selections, the list of MCM students who made it to the Armed Forces includes Ms Harnoor (2021), Ms Komalpreet (2021), Ms Ayushi Mahajan (2021), Ms Sharon Singh (2022), Ms Bhawna (2022), Ms Manvi (2022), Ms Niharika (2022), Ms Tabassum Khan (2022), Ms Mehak (2022), Ms Sehaj (2022), Ms Pawandeep (2022), Ms Prabhsimran (2022), Ms Ivraj (2023), Ms Anshika Sharma (2023) and Ms Dilpreet (2023). The college has an MoU with MBAFPI under which all the cadets being trained at the institute pursue their undergraduate degree at the college. Infact, the college is the one and only educational institution in North India selected by the Government of Punjab for the academic learning of MBAFPI's yearly batch of 30 candidates who are selected from among thousands of applicants after a rigorous selection procedure and then trained for the Armed forces. Principal Dr. Nisha Bhargava congratulated the achievers for making it to the prestigious Indian Air Force Academy and added that the MCM family takes immense pride in the glorious achievements of its students and reaffirms its commitment to groom women of substance. She said that their success will motivate more girls to explore opportunities in serving the nation as commissioned officers in the defence services.

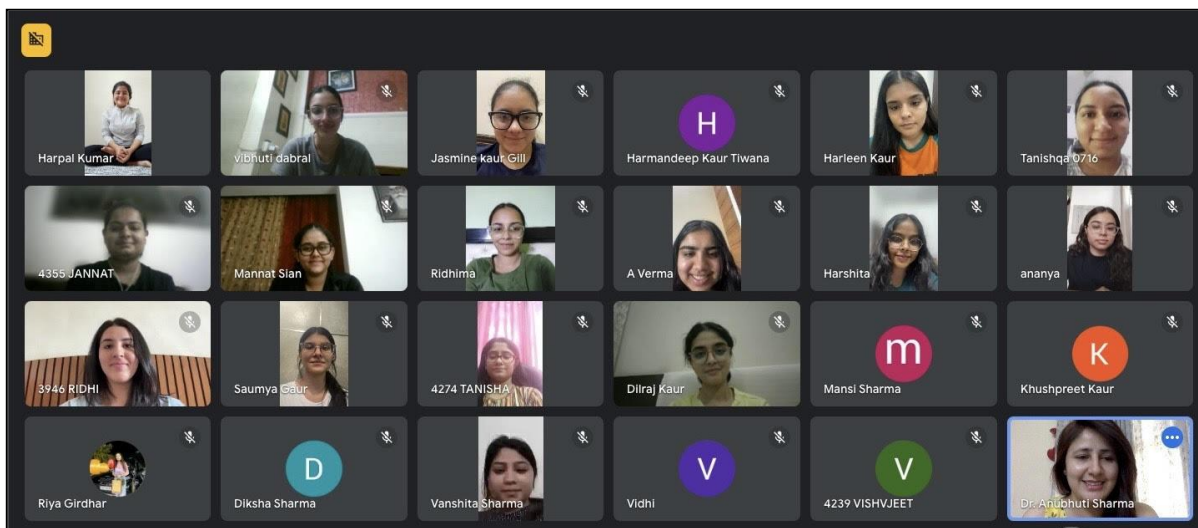
MCM holds 4-day online bridge course on Holistic Health



The Postgraduate Department of Psychology at Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a 4-day online bridge course on 'Holistic Health and Wellness'. The course was designed to equip the participants with an in-depth understanding of holistic approaches to health and wellness, integrating physical, mental, emotional, and spiritual well-being. About 30 participants enthusiastically contributed to the success of the bridge course by their keen participation in the embedded activities.

The resource person for the course was Dr. Anubhuti Sharma. Day 1 of the course was dedicated to 'Stress Management and Time Management' wherein Dr. Anubhuti shed light on common stressors in daily life, physiological and psychological impact of stress, stress management techniques like breathing exercises, mindfulness and relaxation, and time management skills for reducing stress.

On the second day, session on 'Tech Addiction' was held that apprised the participants about the symptoms and effects of technology addiction, and provided strategies for managing and reducing the dependency on technology among the youth.



Day 3 revolved around the alternative healing practice of Reiki. The participants were introduced to Reiki, its history, principles and importance in stress reduction. The session was made engrossing with demonstration of basic techniques of Reiki.

On the last day, session on 'Need for Change through Self-Awareness- Yoga, Meditation and Pranayama' was held. This session focused on self-awareness, its role in initiating positive change and personal growth, and also introduced practices such as yoga, meditation, and pranayama to foster holistic health.

The practical demonstration of yogasanas, mindfulness meditation and pranayama techniques was given by Ms. Charu Tomar, B.Ed. in Yogic Science. The feedback from the participants was overwhelmingly positive, indicating a strong impact on their understanding and application of holistic health principles.

Principal Dr. Nisha Bhargava asserted that the 4-day bridge course on 'Holistic Health and Wellness' successfully provided the participants comprehensive knowledge and practical skills to enhance their well-being. Expressing gratitude to Dr. Anubhuti Sharma for this much needed initiative, Dr. Bhargava highlighted the relevance of this course in the present era of stressful living and underscored the need to strive for holistic health.

MCM celebrates 10th International Yoga Day with fervour



The NSS units and Physical Education Department of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the Viksit Bharat Abhiyan Committee of the college, marked the celebration of 10th International Day of Yoga with an event on the theme 'Yoga for Women Empowerment' under the overarching theme of 'Yoga for Self and Society'.



The event was graced by Ms. Kanwardeep Kaur, SSP, Chandigarh, as the Chief Guest. Ms. Kanwardeep, who herself has been practising yoga since the last 11 years, highlighted the fact that today's fast paced lifestyle makes health take a backseat. She added that our thoughts guide our body, thereby impacting our health, and this is where yoga comes into play as it cleanses our thoughts, relieves stress and not just promotes physical health but also takes care of our mind and soul.

Ms. Kanwardeep reiterated that keeping negative thoughts at bay and focusing on one's goal is the essence of life and is also the greatest learning from yoga.



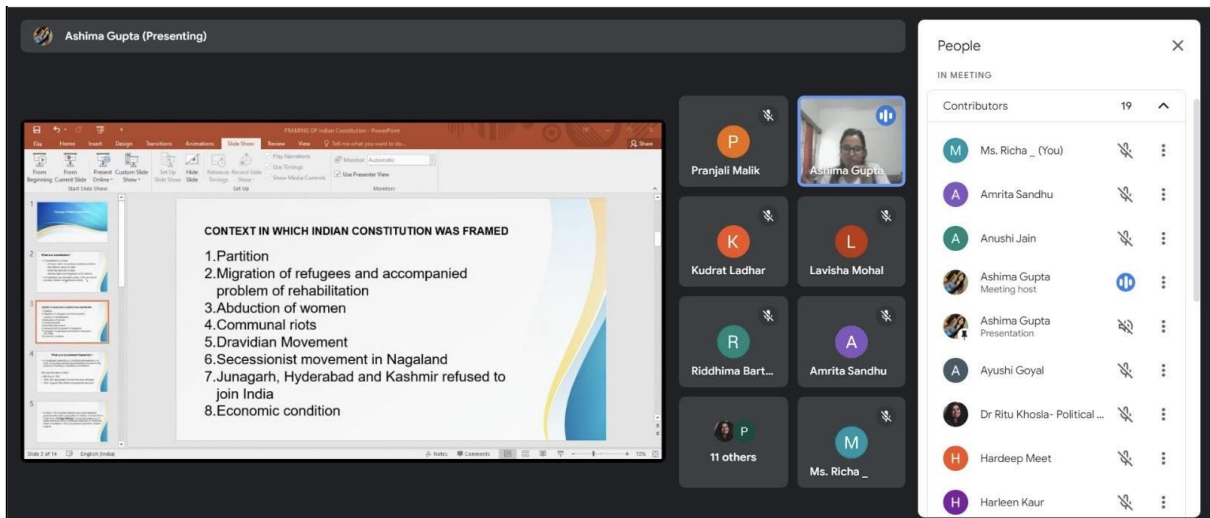
As part of the celebration, Ms. Keisham Monarita, a Gold Medalist in Yoga at National and International level, conducted a yoga session. Ms. Monarita demonstrated asanas as mentioned in common yoga day protocol. The participants performed asanas like tadasana, vrikshasana, trikonasana, etc. and also practised breathing exercises like kapalbhati and anulom-vilom. Over 100 participants including students and staff participated enthusiastically in the session. This was followed by felicitation of sports

persons of the college who had achieved medals in various sports at Panjab University Inter-College and All India Inter-University level, Khelo India Games and North Zone All India University Games. Around 40 achiever sports persons were awarded cash prizes as an acknowledgment of their accomplishments.



Principal Dr. Nisha Bhargava, who is an ardent follower of yoga practice for more than four decades, asserted that yoga symbolises the unity of mind and body; thought and action; harmony between human and nature, and a holistic approach to health and well-being. She motivated the students to adopt yoga in their everyday life for ensuring holistic health.

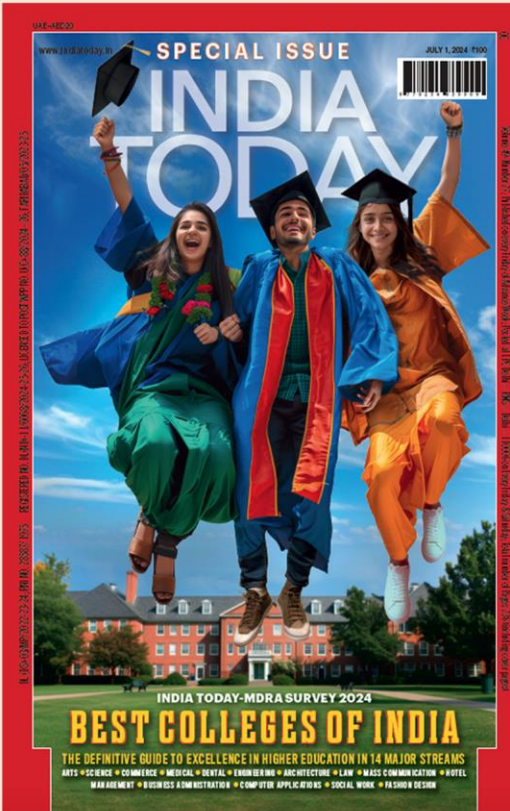
MCM holds 6-day online bridge course on Indian Constitution



With a vision to empower the aspiring candidates for Indian Civil Services and various other competitive examinations, the Department of Political Science at Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a 6-day online Bridge Course on 'Introduction to Indian Constitution'. The course comprehensively covered topics related to the Indian Constitution ranging from Political Science as a discipline to fundamental rights, legislature, executive, judiciary, elections and Election Commission of India. Dr Ashima Gupta, Dr Hardeep Kaur and Ms Chinar Thakur were the resource persons for this enlightening course. They provided valuable insights that enriched the participants' knowledge and understanding of the Indian Constitution. Interactive online sessions, assessments, and quizzes were conducted to foster the participants intellectual growth and boost their confidence.

Principal Dr. Nisha Bhargava expressed gratitude to the resource persons for their efforts to equip students with knowledge that will help them in cracking competitive exams. She informed that committed to ensuring students' holistic growth and help them utilise their vacations time productively, the college has organised various such bridge courses specially curated and designed to enhance their skill sets and widen their knowledge base.

And the Legacy continues...



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

BEST COLLEGES OF INDIA 2024
INDIA TODAY
College Rankings

STREAM	Ranking
Mass Communication	28
BCA	32
SCIENCE	35
ARTS	36
COMMERCE	52
BBA	54

NATIONAL RANKING 2024

STREAM	Ranking
ARTS	1
BCA	1
Mass Communication	1
SCIENCE	2
COMMERCE	2
BBA	2

REGIONAL RANKING 2024 (Chandigarh)

The College has been ranked 1st in Arts and BCA, 2nd in Science & Mass Communication and 3rd in Commerce & BBA in North India excluding Delhi NCR.



BEST colleges COVER STORY

THE WEEK-HANSA RESEARCH SURVEY 2024

INDIA'S BEST COLLEGES

RANK	COLLEGE	CITY	SCORE
30	Ramnarain Ruia College	Mumbai	297
31	Kishinchand Chellaram College	Mumbai	286
32	Mehr Chand Mahajan D.A.V. College for Women ✓	Chandigarh	272
33	Osmania University College For Women	Hyderabad	270

ARTS COLLEGES ALL INDIA

RANK	COLLEGE	CITY	SCORE
23	K J Somaiya College of Arts and Commerce	Mumbai	353
24	Indraprastha College for Women	Delhi	351
25	Mehr Chand Mahajan DAV College for Women ✓	Chandigarh	341
26	Women's Christian College	Chennai	340

SCIENCE COLLEGES ALL INDIA

RANK	COLLEGE	CITY	SCORE
30	Sri Ramakrishna College of Arts & Science (Formerly SNR Sons College)	Coimbatore	354
31	Presidency College	Bengaluru	343
32	Mehr Chand Mahajan DAV College for Women ✓	Chandigarh	330
33	St. Aloysius College	Mangaluru	329

COMMERCE COLLEGES ALL INDIA