

Best Practices

Session: 2023-24



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

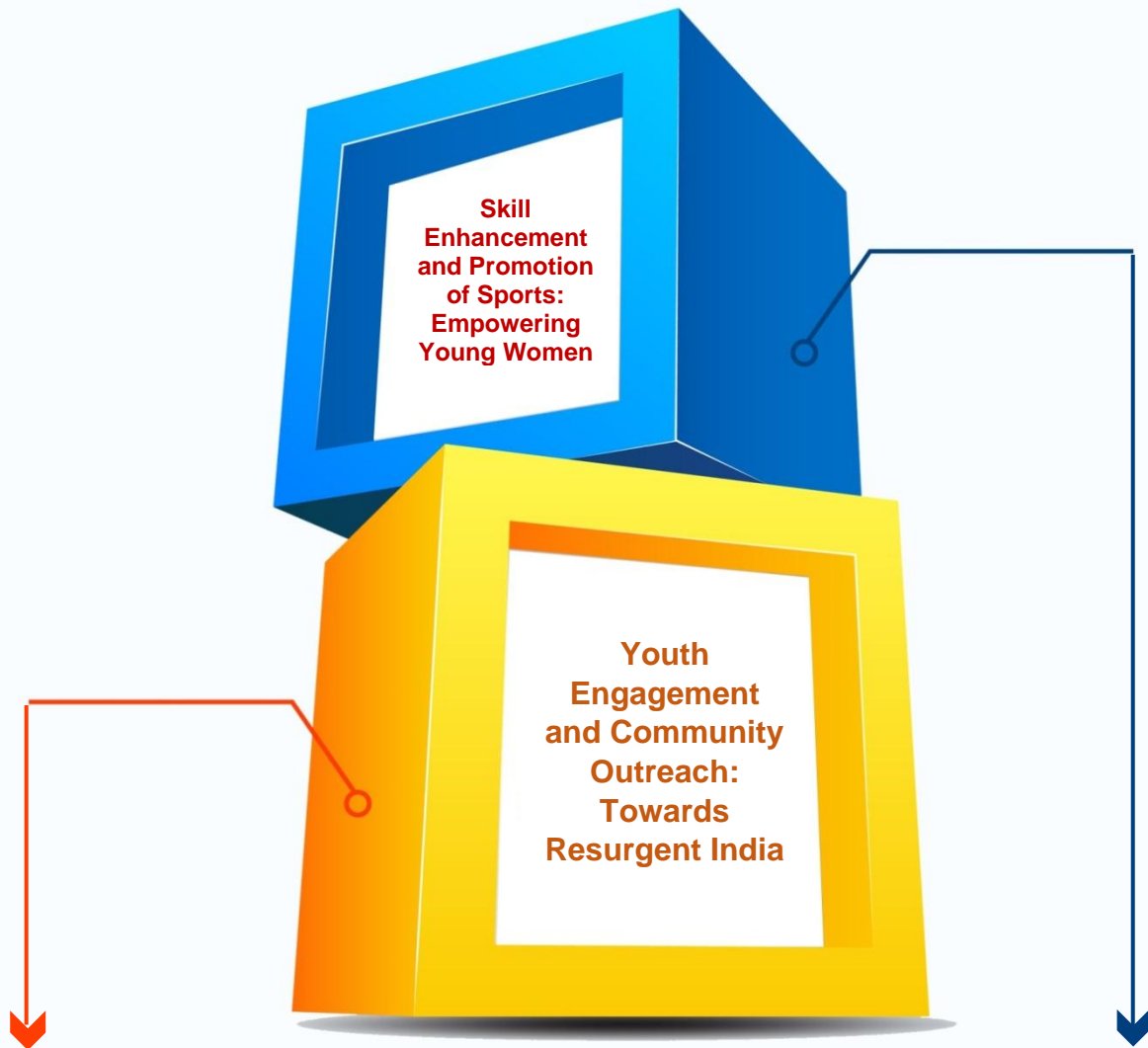


Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

Best Practices implemented by our institution: *An Overview*



- Celebration of Independence Day – *Meri Maati Mera Desh Abhiyan*
- Promoting Constitutional duties
- Shaping an inclusive society through celebration of International and National days such as National Youth Day, National Girl Child Day, International Literacy Day, by the institutional committees like NSS, Ek Bharat Shrestha Bharat, UBA, Women Development Cell, Equal Opportunity Cell, Geetanjali Counselling Helpline, Swachhta Committee, Electoral Literacy Club, Character Building Committee
- Poshan Maah - Health and Hygiene, Cancer Awareness, Mental Health Programme and Environmental Consciousness - World Environment Day, Earth Day, Swachhta Rallies,
- State NSS Award - 2022-23 – Best NSS Programme Officer & Best NSS Volunteers
- Lifelong Skills – Skill Development & Sports
- Registered Skill Provider on the Portal of National Skill Development Corporation (NSDC), Ministry of Skill Development and Entrepreneurship, Govt. of India under Pradhan Mantri Kaushal Vikas Yojana (PMKVY)
- Affiliated to Chandigarh Skill Development Mission (CSDM) under the aegis of National Skill Development Mission
- Entrepreneurship, research and innovation
- Women Empowerment, Promotion of well-being of women
- ***Winner of the prestigious All Round Panjab University Women's General Efficiency Trophy in Sports 42 times in 2023-24***

7.2 Best Practices

I. Skill Enhancement and Promotion of Sports: Empowering Young Women

Sports and skill development empower by fostering self-reliance, enhancing teamwork, and preparing the individuals for personal and professional success. The existing National Sports Policy, 2001 aimed to broaden sports participation and achieve excellence at national and international levels. Recognizing the evolving sports ecosystem and current needs, the Government of India has recently drafted the National Sports Policy 2024 (NSP 2024) that emphasizes sports as a tool for nation-building, holistic development, and promoting citizens' well-being. It aims to drive excellence, economic growth, and social progress, aligning with current needs and aspirations.

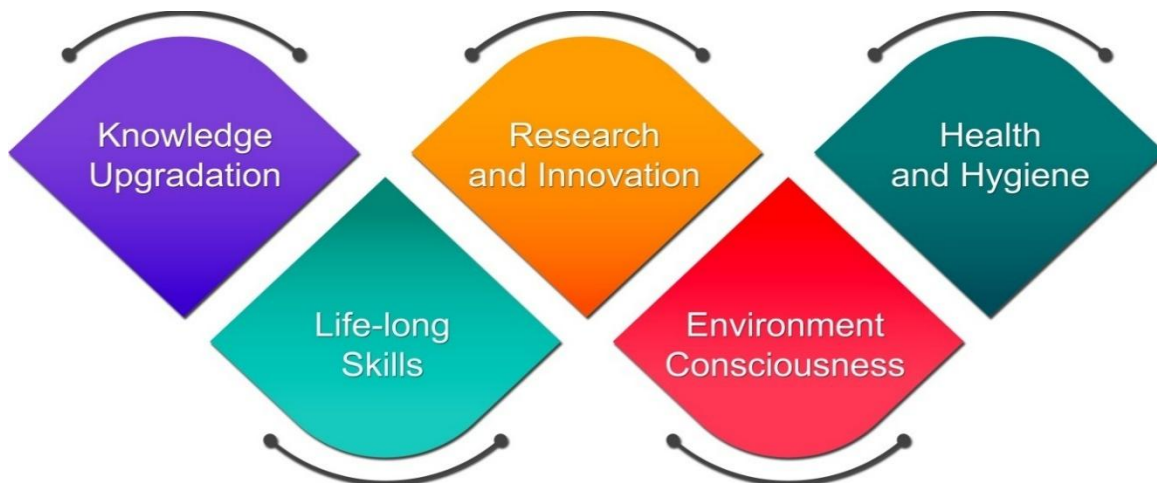
Aligning with the ethos of National Sports Policy, Mehr Chand Mahajan DAV College for Women, Chandigarh, has long championed sports and skill development as integral to its educational philosophy. The college blends hands-on training with physical education, helping women build resilience and confidence while gaining skills that are valuable both professionally and personally. Initiatives by Government of India like *Khelo India* and *Fit India Movement* etc. reflect the college's dedication to supporting India's goal of creating a skilled and self-reliant workforce. The college propagates Life - Skills through sports that teach teamwork, compassion, discipline, hard work, resilience, confidence, leadership, patience, respect, sportsmanship, responsibility, adversity, handling criticism and managing thoughts and criticism.

Objectives:

- **Building Confidence:** Assist the students gain skills and confidence to succeed in any field.
- **Supporting National Programs:** Actively engage in initiatives like Khelo India and Fit India to create inclusive opportunities in sports.
- **Encouraging Innovation:** Foster creativity and entrepreneurial thinking through hands-on training.
- **Focusing on Holistic Growth:** Balance academics with physical fitness to nurture well-rounded individuals.
- **Backing Women Athletes:** Provide guidance, mentorship, scholarships, and resources to help them reach their goals.

7.2 Best Practices

- **Ensuring Equal Access:** Make sports and skill-building programs accessible to all, regardless of background.



The Context: In this rapidly changing world, both sports and skill-building are essential for women's empowerment. Sports promote fitness, leadership, and equality while breaking stereotypes. Similarly, skill-based education opens doors to financial independence, whether through jobs or entrepreneurial ventures. Keeping in view the following points, sports and skill development were considered as one of the best practices adopted by our institute.

1. **Demand for Skilled and Resilient Individuals:** In a rapidly evolving world, there is a growing need for individuals who combine specialized skills with physical and mental resilience to meet diverse challenges.
2. **Significance of Experiential Learning and Physical Education:** Traditional methods of education often overlook the importance of hands-on learning and physical well-being. By integrating skill-based education with sports, the institution ensures students develop problem-solving, critical thinking, and fitness competencies.
3. **Promoting Self-Reliance and Team Spirit:** Skill development encourages entrepreneurial thinking and job creation, while sports instill values like perseverance, teamwork, and collaboration, preparing students for dynamic professional and personal environments.
4. **Focus on Excellence and Inclusivity:** The college fosters an environment of excellence in both skill-based and athletic domains. Inclusive practices ensure every student benefits, whether through competitive sports, vocational training, or recreational activities.
5. **Global Competitiveness and Holistic Growth:** Combining technical expertise, physical fitness, and leadership skills ensures students remain globally competitive while contributing meaningfully to their communities.

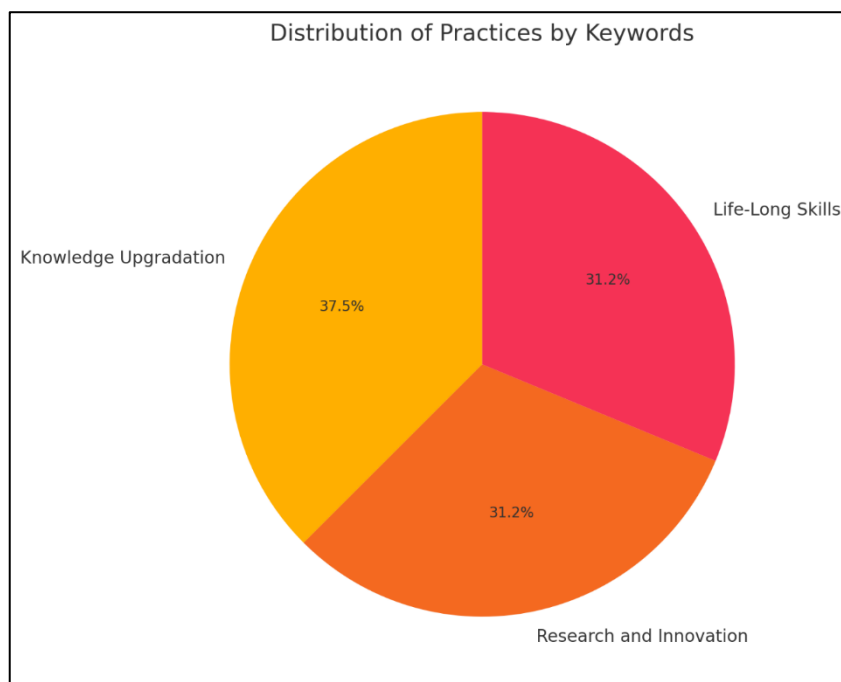
7.2 Best Practices

6. Alignment with National Initiatives: Programs align with initiatives like *PMKVY, Fit India Movement, and Atmanirbhar Bharat*, promoting a skilled, healthy, and self-reliant workforce that supports national objectives.

The Practice: Mehr Chand Mahajan DAV College for Women, Chandigarh is working endlessly for the upliftment and promotion of women well-being through skill development programs and sports. In this respect Department of Sports, Skill Development Committee, Placement Cell, startup cell, IIC, and other clubs/departments are providing platform to the students for their holistic growth. To support its students, the college provides scholarships and top-notch facilities for women athletes, enabling them to perform at national and international levels. These efforts align with government programs such as the PMKVY, Fit India Movement and Khelo India Women's Leagues, which focus on strengthening sports infrastructure and training. Skill-building is also woven into the academic curriculum, ensuring students leave with both theoretical knowledge and practical experience. In sports, **Number of Beneficiaries:** 200+

Total amount of Scholarships: 14 lakhs (by college); 7-8 lakhs (by Panjab University); Up to 4-5 lakhs (by Chandigarh Sports Department)

Concerted efforts have been directed towards skill enhancement of our students. In the session 2023-24, total of 49 students were successfully placed in leading organizations such as Accenture, Airtel, and Arvind Textiles. The highest salary package offered during the placement drive was an impressive ₹5.7 LPA, reflecting the growing value of graduates from the college in the job market.



7.2 Best Practices

Evidence of Success:

Committed for endorsing holistic development and women entrepreneurship, the Department of Sports and Skill Development Committee in collaboration with several other clubs and departments of our college such as IIC, placement cell, Start-up Cell are working tirelessly for promoting well-being of women and upgrading existing skill of the students, thus empowering them with the tools to achieve greater economic independence. The means *via* which college nurture's student's skills include:

1. Knowledge Upgradation:

- On September 23, 2023 the Renewable Energy Committee and the Department of Physics organized an educational visit to the Science Exhibition on "Renewable Energy and Electric Vehicles," hosted by CREST (Chandigarh Renewal Energy and Science & Technology



Promotion Society) at Sector 17 Parade Ground, Chandigarh. The main objective was to apprise the students of recent advancements made in the field of energy. 30 students from BSc non-medical and BSc Computer Applications participated. The exhibition featured demonstrations of renewable energy applications, including solar-powered streetlights, gas stoves using kitchen waste, and electric vehicles.

- Renewable Energy Committee & MCM Eco-Club 'Parivesh' organized a Two days' Workshop and Exhibition on 'Renewable energy for sustainable development' on August 22 – 23, 2023 to celebrate Akshay Urja Diwas-2023. The aim of the event was to revitalize scientific innovative skills among the students while tapping various sources of Renewable Energy.



7.2 Best Practices

The resource person of the workshop was Dr. R. Ridhi, Assistant Professor, Department of Physics. As many as 50 students participated in the workshop. Around 6 working models were prepared by the students in groups under the supervision of Dr. R. Ridhi and Dr. Pallavi Gupta.

MCM celebrates Akshay Urja Diwas

CHANDIGARH, AUG 24

To mark the celebration of Akshay Urja Diwas, the Renewable Energy Committee and Eco Club- Parivesh of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised 2-day workshop and exhibition on 'Renewable Energy for Sustainable Development'.

The resource persons for the 2-day event were Dr. R. Ridhi, Assistant Professor (Department of Physics at the college and Former Research Associate, DRDO, Delhi), and Dr. Pallavi Gupta, Assistant Professor (Department of Physics at the college). Inaugrating the workshop, Principal Dr. Nisha Bhargava mentioned that there is an imperative need to work in the domain of energy storage applications utilising renewable sources of energy. She highlighted the impediments and challenges of utilising dams,



wind turbines, grids on solar panels, and asserted that there is a need for better alternative sustainable source to contribute significantly in achieving UN sustainable development goals (SDGs). The inaugural session was followed by the training session in which around 50 students participated.

Dr. R. Ridhi mentioned that it's imperative in current scenario to train students at their early stage of education to work for the alleviation of societal problems and utilise their knowledge and skills in

contributing for their nation's development. The participants prepared working models on various themes like wind energy based on electromagnetic induction, irrigation system using solar power, hydraulic machine based on Pascal's law and night street sensors. On day 2, exhibition and demonstration of the models prepared was held. Witnessing enthusiastic participation, the workshop successfully achieved its objective of motivating the students to correlate science theory with practical training.

- The Literary Society, Xpressions, collaborated with the Chandigarh Literary Society on September 22, 2023 to host a creative writing workshop. 60 participants refined their writing skills through interactive exercises and discussions with experts like Dr. Deviyan Singh and Ms. Shubhangi Singh. The event underscored the significance of creative expression.

Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati

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

Unleash the writer within you & explore the horizons of your words...

XPRESSIONS
 English Literary Society
 under the aegis of
 Department of English
 in collaboration with
 Chandigarh Literary Society
 organizes

Creative Writing Workshop

Date: 22 Sept. 2023 | Time: 10:00 a.m. to 1:00 p.m.
 Venue: Golden Jubilee Conference Hall

Resource Persons:
Dr Deviyan Singh & Ms Shubhangi Singh
 Special Address by:
Dr Sumita Misra, IAS
 Chairperson, Chandigarh Literary Society

- Certificates will be given to all registered participants.
- Limited Seats are available. • No registration Charges.
- Prior Registration is Mandatory. [Click here](#) to register.

Dr Nisha Bhargava, Convener & Principal
 Ms Neena Sharma, Co-convener
 Dr Unvi Sharma & Ms Amrta Mishra, Coordinators
 Mr Ashish Mudgal, Activity Incharge (Convener)

For queries, contact:
 70066 14058
 97790 55970

दैनिक भास्कर सिटी लाइफ 23-09-2023

जहन में छुपी कहानी को शब्दों के जरिए बाहर लाना चाहिए

Writing Workshop
 शुक्रवार को चंडीगढ़ सेक्टर-36 में चंडीगढ़ लिटरेरी सोसायटी की ओर से क्रिएटिव राइटिंग वर्कशॉप परिसरोत आयोजित की गई।

चंडीगढ़ लिटरेरी सोसायटी की ओर से शुक्रवार को चंडीगढ़ सेक्टर-36 के एमसीएच डीएच में क्रिएटिव राइटिंग वर्कशॉप परिसरोत आयोजित की गई। इसमें कक्षा तक कि विद्यार्थी सहित चंडीगढ़ लिटरेरी सोसायटी की ओर से प्रवेश किया जा सकता है। वर्कशॉप को संबोधित करते हुए चंडीगढ़ लिटरेरी सोसायटी की अध्यक्ष, कविताओं को पढ़ें। जितना

पढ़ते जायें उतना ही ज्यादा लिखने की शक्ति को संजोते जायें। हर दिन कुछ लिखने की कोशिश करें और अपने भावों को सचनों में पिरोने की कोशिश करें। इसमें विमोचन डॉ. निराला भार्गव, अरुणमन यादवी भी मौजूद रहे। कार्यक्रम में सुमित मिश्रा ने अनासन्न करते हुए कहा- जन्म ही संघर्षरस

शून्य विद्यार्थियों के लिए इंटरनेट संवर्धन प्रोग्राम शुरू करने का रहा है। हमने स्टूडेंट्स के लिए इंटरनेट प्रोग्राम भी शुरू कर दिए हैं। नवंबर में हम लिटरेरी की शुरुआत कर रहे हैं जिसमें स्टूडेंट्स को खास न्यौता है। हम चाहते हैं कि आप आएँ और लेखकों व कविताओं से मिलकर बात करें।

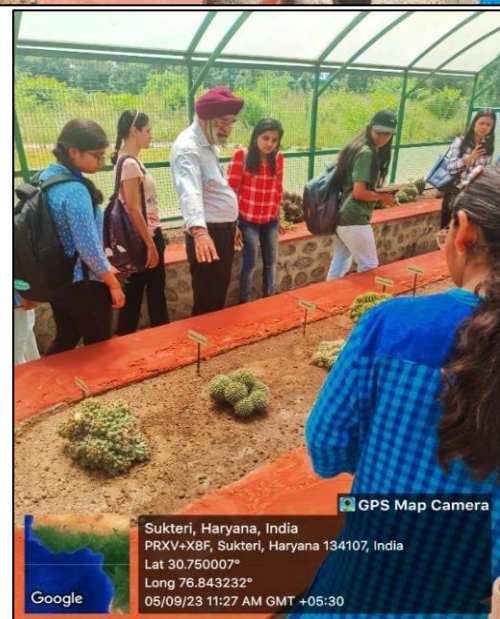
क्रिएटिव राइटिंग से जुड़े कुछ टिप्स

- लिखने से पहले पहले की हुरजात करी। लिखने का जरा खूब भी पढ़ना नहीं छोड़ें।
- अपने रीटर को कभी खान न अरोके। कोई भी लिखने को इतना आनंद नहीं देता जितना ही न हो। लिखते हो रुके, एडिट जाकर करे। फूटनेडिशन आर के काज को केपट बनवाएँ।
- हर एक लिखकर का बाबे-उठा उसे तैयार करें जैसे कि वह कोई अलग हीन हो। उसकी हर पंख से तैयार न-प्राइड और बात करने का तरीका पता होना चाहिए।
- शब्दों के सत खोलेरु सार काजी भी ऐसे खूब न इस्तेमाल करें जो पढ़ने वाले को समझ ही न सके।
- अपने बात को लें कोई भी कह सकता है, सार आर कथने की कला ऐसे लिखने की कलाओं अरोके के अरोके लेट जात।
- कहानी की हुरजात को दुरुक कहा जात है। पहले ही पढ़ने वाले को लेखन से जुड़े देते लें क्या बंटोय नहीं।
- एडिट का भी बेहद ध्यान रखें।

7.2 Best Practices

- A workshop on the Art of Bonsai Making was organized by the Department of Botany and the Add-on Course in Floriculture and Landscaping on September 5, 2023, to acquaint the participants the intricate art of bonsai making.

21 participants explored techniques to cultivate bonsai trees, fostering a love for plants and entrepreneurial skills. The event was led by Maj. Gen. C.S. Bewli, who showcased the bonsai-making process and guided a visit to the Botanical Garden's Bonsai Home and Cactus House.



- Focusing on essential skills for careers in financial services, a certificate programme in Banking, Finance & Insurance was conducted by Placement Cell in collaboration with (CPBFI) -Bajaj Finserv Ltd., on September 18, 2023, to 14 November



2023. 46 students participated in this initiative, which included topics like retail banking, self-management, and workplace skills. Mock interviews were held, and participants were awarded certificates based on their performance, with 38 receiving HRW Certificates and 28 earning Star Certificates.

7.2 Best Practices

- On October 20, 2023, the NSS Units and Home Science Department hosted a workshop on Khadi Bag Making for 20 participants. Resource person Ms. Rati Arora demonstrated crafting tote bags, connecting students with Gandhian ideals of self-reliance and promoting sustainable practices.



'Khadi Bag Making' Workshop organised at MCM



CHANDIGARH: The NSS Units of Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh, in collaboration with the Department of Home Science of the college, organized a "Khadi Bag Making" workshop. Khadi is one of the symbols of our freedom struggle and the workshop aimed at channeling the creativity of students in a productive way to sensitize the youth towards the uses of Khadi and also inculcate pride in our heritage. Resource person, Ms Rati Arora, Assistant Professor, Department of Home Science, initiated the workshop wherein the participants learned the skill of making Khadi tote bags, thereby reinforcing the skill-oriented initiatives envisioned by the Government of India to empower the youth. It was attended by 25 students. The workshop included a briefing on the government's initiatives towards promoting local artisans in the Khadi industry. It was followed by a pledge to promote the use of locally-made products.

- The Career Counselling Cell and Commerce Department organized a Workshop on Tally Accounting Software on October 26,



2023, for 112 students. CA Neetu Kapoor introduced the fundamentals of computerized accounting using Tally, focusing on creating company accounts and handling various features.

7.2 Best Practices

- Two-day Skill Enhancement Workshop on Block Printing was Held on February 2–3, 2024 by the Fine Arts Department where 46 students were acquainted with traditional block printing techniques on



fabrics like scarves, t-shirts, and dupattas. The session commemorated the bicentennial of Swami Dayanand Saraswati and promoted entrepreneurial skills.

- Problem-Solving and Ideation Workshop was organized by IIC on National Pollution Control Day (November 11, 2023). 60 participants explored innovative waste management methods. Dr. Reena Chadha emphasized



environmental sustainability.

- With the primary objective of upskilling the students and providing hands on training in detection of environmental pollutants in soil and water, Five-day workshop on “Detection of Environmental Pollutants” was organized from March 12–16, 2024, organized by the Vigyan Manch, funded by the Department of Science and Technology. 33 participants were trained in detecting soil and water pollutants. The hands-on sessions covered essential techniques like reagent preparation, data analysis, and troubleshooting.

Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

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

MCM Vigyan Manch
Organises

Department of Science and Technology and Renewable Energy
Chandigarh Administration, Chandigarh (U.T.)
Sponsored

Inter-College Five Days-Hands on Training on

Detection of Environmental Pollutants in Soil and Water
12 March 2024 to 16 March 2024

Seats are limited to 35 only. Prior Registration is mandatory. [CLICK HERE to Register.](#)

Dr. Nisha Bhargava
Convener and Principal
Dr. Indu Arora
Co-convenor & Dean, Sciences
Dr. Kirti Singla, Dr. Deepika Malik, Dr. Gurpreet Kaur, Dr. Sandeep Kaur, Dr. Vandana Sharma
Coordinators

7.2 Best Practices



- The Department of Home Science, Mehr Chand Mahajan DAV College for Women, Sector 36, Chandigarh organised a 3-day Workshop (January 23 -25, 2024) 'कलाUtsav' in collaboration with Fevicryl (Pidilite Industries) to mark the celebration of National Girl Child Day. A total of 40 students participated. The workshop was conducted by Ms. Santosh Verma, an artist from Fevicryl.



2. Research and Innovation:

- Inter-College Business Plan Competition for Early-Stage Entrepreneurs (August 11, 2023) was organized by the IIC that aimed to motivate young entrepreneurs to showcase innovative ideas. With 17 entries, 8 finalists presented their plans, and winners received cash prizes. It encouraged creativity and entrepreneurial skills, fostering a platform for aspiring business minds to think innovatively.

Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

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

Institution's Innovation Council 5.0
organizes Inter-college
**Business Plan Competition for
"Early-Stage Entrepreneurs"**

An opportunity to showcase your start-up and win attractive prizes.
**First Prize: Rs 10,000, Second Prize: Rs 8,000
Third Prize: Rs 5,000 and a Consolation Prize:
Rs 2,000.]**

Rules:

- The competition is open for Early-Stage Entrepreneurs including students from all the colleges / Alumni of Mehr Chand Mahajan DAV College for Women, Chandigarh.
- The entries should be in the form of a PowerPoint Presentation [PPT] should have maximum of 20 slides
- The PPT should cover various aspects of the Business Plan like :
 - About the Start-Up
 - What makes your Start-Up different from others
 - Contribution to the Society
 - Growth Potential
 - SWOT Analysis
- Entries are to be sent at iic20232024@gmail.com on or before 9 August 2023

Presentation of the shortlisted entries and the declaration of the result will be on 11 August 2023 in Golden Jubilee Conference Hall at 10:00 am.

Prior registration is mandatory. Click below to register

REGISTER NOW

for any query, please call:
Ms Amandeep Kaur: 9876A38768 / Ms. Sahiba Sharma 9780925742

Dr Nisha Bhargava
Principal & President IIC@5.0

Dr Shefali Dhiman
Vice President IIC@5.0

Ms Disha Sharma
Dr Amandeep Kaur
Ms Sahiba Sharma
Coordinators IIC@5.0



Mr Ashish Mudgal
Activity Incharge (Creative)

7.2 Best Practices



- Session on Mentoring Support to Entrepreneurial/Start-up Aspirants was organized on August 12, 2023, by the IIC. This session was attended by 83 participants, which provided insights into entrepreneurship. Led by Mr. Manish Saini, it debunked myths about startups, inspired innovation, and guided participants through the entrepreneurial journey.

Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

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

Institution's Innovation Council 5.0
organizes a session on

**Mentoring Support to the
Entrepreneurial/Start up Aspirants**

Date: 12 August 2023
Time: 10:00 am
Venue: Multimedia Hall

Resource Person:
Mr. Manish Saini
Associate Director
Blinkit, Gurgaon (Hr.)


Dr Nisha Bhargava
Principal & President IIC@5.0

Dr Shefali Dhiman
Vice President IIC@5.0

Dr Kiran Jindal
Dr Ritu Rani
Coordinators IIC@5.0

Mr Ashish Mudgal
Activity Incharge (Creative)

The students from all the streams and faculty members are cordially invited to attend.



7.2 Best Practices

- A Poster Making Competition on Start-up and Entrepreneurship was organized by IIC on August 14, 2023, with an objective of promoting entrepreneurial themes. With 27 participants, it highlighted government initiatives like 'Make in India.' Winning posters reflected innovative ideas and understanding of entrepreneurship.



Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

G20 INDIA 2023

INSTITUTION'S INNOVATION COUNCIL
University of Education, India

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

Institution's Innovation Council 5.0
organizing

Poster Making Competition

Theme: "Start up & Entrepreneurship"

Date: 14 August 2023 Time: 11:00 am
Venue: Departmental Room - Commerce (Room No. 100)

Guidelines:

- The competition is open to all the UG & PG students of all the streams.
- Each participant can submit only one entry.
- The poster must be based on the theme of the start up and entrepreneurship initiatives of GOI.
- The participants are required to present their posters on scheduled date, time & allotted venue.
- The poster must contain the details of the presenter.
- Best 3 entries will be rewarded.

Dr Nisha Bhargava
Principal & President IIC@5.0

Dr Shefali Dhiman
Vice President IIC@5.0

Dr Kiran Jindal
Dr Ritu Rani
Coordinators IIC@5.0

Mr Ashish Mudgal
Activity Incharge (Creative)

- On August 21, 2023, IIC hosted World Entrepreneur Day – Unveiling the Journey of an Entrepreneur that featured entrepreneur Ms. Shubhdeep Kaur Bill. Attended by 119 students, the session provided inspiration through her challenges and achievements, emphasizing perseverance in entrepreneurship.



7.2 Best Practices

- Session on Lean Start-up and Minimum Viable Product/Business was organized on August 25, 2023. This IIC session was attended by 50 students, educated participants on start-ups, intellectual property, and career opportunities. Dr. Shweta Sen Thalwal discussed startup essentials and patent filing.



Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

G20 **INDIA** **INSTITUTION'S INNOVATION COUNCIL**

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

To mark the World Entrepreneur Day
Institution's Innovation Council 5.0
organizes a mentoring session on
Lean Start-up & Minimum Viable Product/Business

Date: 25 August 2023
Time: 11.00 am onwards
Venue: Multimedia Hall

Resource Person:
Dr Shweta Sen Thalwal
Founder & CEO, Integrum IP, Mohali

The students from all the streams and faculty members are cordially invited to attend.
For any query, please contact: 99140 84438, 9878114892

Dr Nisha Bhargava
Principal & President IIC@5.0
Dr Shefali Dhiman
Vice President IIC@5.0
Dr Vandana Sharma
Dr Aanchal Batra
Dr Sandeep Kaur
Dr Kirti Singla
Coordinators IIC@5.0
Mr Ashish Mudgal
Activity Incharge (Creative)

- In collaboration with Innovation Mission Punjab, the Start-Up Cell launched the IM Punjab Campus Ambassador Program. This initiative sought to establish a network of enthusiastic students dedicated to promoting innovation and entrepreneurship. Out of 43 ambassadors selected across 17 institutions, four were from MCM DAV College. These ambassadors played a key role in fostering an entrepreneurial ecosystem on campus and engaging peers in innovation-driven activities.
- Celebrating Dr. A.P.J. Abdul Kalam's legacy, IIC celebrated Innovation Day on October 20, 2023. This event focused on research-driven innovation. Dr. Naveen Gupta engaged 55 participants in discussions on innovative societal projects and teamwork.



Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

G20 **INDIA** **INSTITUTION'S INNOVATION COUNCIL**

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

Institution's Innovation Council 6.0
organizes a session on
Innovation Day
To commemorate the birth anniversary of
former President of India
Dr. A. P. J. Abdul Kalam
Bharat Ratna Awardee

Date: 20 October 2023 | Time: 11.30 am | Venue: Golden Jubilee Conference Hall

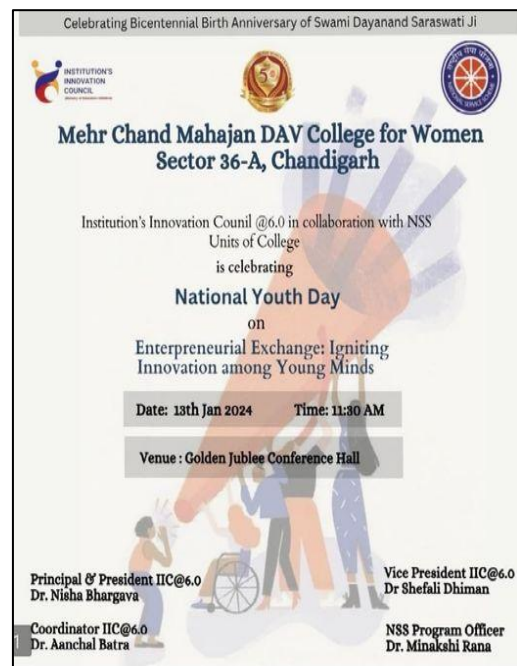
Resource Person:
Dr Naveen Gupta
Department of Microbiology
Panjab University, Chandigarh

The students from all the streams and faculty members are cordially invited to attend.

Dr Nisha Bhargava
Principal & President IIC@6.0
Dr Shefali Dhiman
Vice President IIC@6.0
Dr Vandana Sharma
Dr Sonica
Dr Sandeep Kaur
Coordinators IIC@6.0
Mr Ashish Mudgal
Activity Incharge (Creative)

7.2 Best Practices

- On National Youth Day, a session on Entrepreneurial Exchange: Igniting Innovation was organized by IIC on January 13, 2024. This IIC lecture, attended by 52 participants, featured women entrepreneurs who shared insights into startups, inspiring creativity and innovation among students.



3. Life- Long Skills:

To refine students' skills and prepare them for the job market, the Placement Cell conducted various employability enhancement programs. Collaborating with IMS Learning Resources Pvt. Ltd., Times Institute, and others, these sessions focused on soft skills, interview techniques, teamwork, time management, and professional communication. Industry experts offered valuable insights, addressing queries and helping students transition smoothly into their careers.



- Besides, multiple placement drives were organized that successfully placed 49 students in reputed organizations such as Accenture, Airtel, and De Facto Infotech Mohali. With an annual salary package reaching up to ₹5.7 LPA, the drives provided excellent job opportunities, bridging the gap between students and the corporate world.

7.2 Best Practices

- With the primary objective of imbibing the culture and spirit of Mahatma Gandhiji's Nai-Talim and Experiential learning concept, Mehr Chand Mahajan DAV College for Women, Chandigarh – a recognized Vocational Education-Nai Talim-Experiential Learning (VENTEL) Action Plan Institution under the aegis of SES REC cell of the college in association with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Govt of India, organized a two-day skill-based course on “Digital Marketing” on September 26 - 27 2023. The skill-based course were organized and planned with the objective of equipping and providing hands on training to each participant on various basic and applied aspects of digital marketing

Celebrating the Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji




Mehr Chand Mahajan DAV College for Women,
Sector 36-A, Chandigarh
[A recognized Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan Institution] under the aegis of SESREC cell

in association with
Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Govt. of India is Organizing

A SKILL BASED COURSE ON
“DIGITAL MARKETING”

26- 27 SEPT, 2023



Mr Ajay Tanwar
(Keynote Speaker)

Course Fee
Rs 300

[REGISTER HERE](#)

Nodal Officer:
Dr Vandana Sharma

Coordinators:
Dr Sandeep Kaur
Dr Kirti Singla

Dr. Nisha Bhargava
(Convener and Principal)



Skill Based Courses organised

THE AMAN SANDESH TIMES

Chandigarh: Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh, a recognized Vocational Education-Nai Talim-Experiential Learning (VENTEL) Action Plan Institution under the aegis of Social Entrepreneurship, Swachhata and Rural Engagement Cell (SES REC) in association with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Govt of India, conducted two-day skill-based courses on “Video Editing” and “Digital Marketing”. The skill-based courses were organised and planned to equip and provide hands-on training to each participant on various basic and applied aspects of video making and digital marketing. Principal of the college,





Dr. Nisha Bhargava inaugurated the session and highlighted the need to integrate Vocational Education and training as part of learning and teaching. She emphasized the need to adopt and promote such VENTEL activities for upskilling the students. The keynote speakers cum resource persons for the

courses were Mr. Samarth Sharma (Consultant, MGNCRE, Ministry of Education, Govt of India) and Mr. Ajay Tanwar (Consultant, MGNCRE, Ministry of Education, Govt of India). The workshop witnessed the active participation of 98 students from various streams.

7.2 Best Practices

- Mehr Chand Mahajan DAV College for Women, Chandigarh a recognized Vocational Education-Nai Talim-Experiential Learning (VENTEL) Action Plan Institution under the aegis of SES REC cell of the college in association with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Govt of India, organized a two-day skill-based course on "Video Editing" on September 26 -27 2023. The skill-based course was organized and planned with the objective of equipping and providing hands on training to each participant on various basic and applied aspects of video making and video editing.

Celebrating the Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

**Mehr Chand Mahajan DAV College for Women,
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in association with
**Mahatma Gandhi National Council of Rural Education
Ministry of Education, Govt. of India**

is Organizing


**A SKILL BASED COURSE
ON
"VIDEO EDITING"**

**26 -27 Sept 2023
(Offline)**

Mr. Samarth Sharma
KEYNOTE SPEAKER

REGISTER HERE

COURSE FEE: RS 300



Nodal Officer:
Dr Vandana Sharma

Coordinators:
Dr Sandeep Kaur
Dr Kirti Singla

Dr. Nisha Bhargava
(Convenor and Principal)



मान्यता प्राप्त वेंटेल एक्शन प्लान इंस्टीट्यूशन एमसीएम में कौशल आधारित पाठ्यक्रम का आयोजन किया गया



ह्यूमन इंडिया / अमृत्या चण्डीगढ़। मेहर चंद महाजन डीएवी महिला महाविद्यालय सेक्टर 36-ए, चंडीगढ़, मान्यता प्राप्त व्यावसायिक शिक्षा-नई तालीम-अनुभवात्मक शिक्षण (वेंटेल) एक्शन प्लान संस्थान है

जिसने सामाजिक उद्यमिता, स्वच्छता और ग्रामीण जुड़ाव सेल (एसईएस आरईसी) के तत्वावधान में महात्मा गांधी राष्ट्रीय ग्रामीण शिक्षा परिषद (एमजीएनसीआरई), शिक्षा मंत्रालय, भारत सरकार के सहयोग

से, वीडियो एडिटिंग और डिजिटल मार्केटिंग पर दो दिवसीय कौशल-आधारित पाठ्यक्रम का आयोजन किया। जिसमें वीडियो मेंकिंग और डिजिटल मार्केटिंग के विभिन्न बुनियादी और व्यावहारिक पहलुओं से प्रत्येक प्रतिभागी को

अवगत करते हुए व्यावहारिक प्रशिक्षण प्रदान किया गया। कॉलेज की प्राचार्या, डॉ. निशा भार्गव ने सब का उद्घाटन किया और व्यावसायिक शिक्षा और प्रशिक्षण को शिक्षण एवं अधिगम के हिस्से के रूप में एकीकृत करने की आवश्यकता पर प्रकाश डाला। उन्होंने विद्यार्थियों को कुशल बनाने के लिए वेंटेल गतिविधियों को अपनाने और उन्हें बढ़ावा देने की आवश्यकता पर जोर दिया।

इस कोर्स में एमजीएनसीआरई, शिक्षा मंत्रालय, भारत सरकार के सलाहकार श्री समर्थ शर्मा और एमजीएनसीआरई, शिक्षा मंत्रालय, भारत सरकार के सलाहकार श्री अजय तंवर बतौर मुख्य वक्ता शामिल हुए। कार्यशाला में विभिन्न संकायों के 98 विद्यार्थियों को सक्रिय भागीदारी देखी गई।

7.2 Best Practices

- With the primary objective of imbibing the culture and spirit of Mahatma Gandhiji's Nai-Talim and Experiential learning concept, Mehr Chand Mahajan DAV College for Women, Chandigarh – a recognized Vocational Education-Nai Talim-Experiential Learning (VENTEL) Action Plan Institution under the aegis of SES REC cell of the college in association with Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Govt of India, organized a “Laboratory Diagnostics Education and Hands-on-Training” from January 08 - 12 2024 with an aim to upskill the knowledge and practical skills of

students in the field of lab diagnosis and fundamental of immunology based diagnostic techniques.

Celebrating the Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji



**Mehr Chand Mahajan DAV College for Women,
Sector 36-A, Chandigarh**
[A recognized Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan Institution] under the aegis of VENTEL cell

in association with
Mahatma Gandhi National Council of Rural Education
Ministry of Education, Govt. of India

is organising

**FIVE DAYS SKILL WORKSHOP
ON
“LABORATORY DIAGNOSTICS EDUCATION &
HANDS-ON-TRAINING”**

08 -12 Jan , 2024

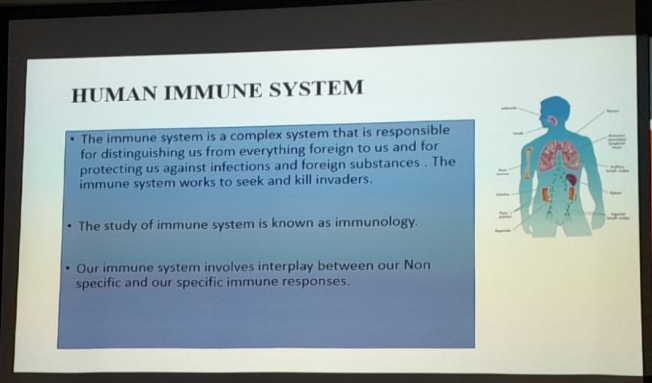


Course Fee
Rs 700/-

[Register Here](#)


Nodal Officer:
Dr Vandana Sharma
Coordinators:
Dr Sandeep Kaur
Dr Kirti Singla

Dr. Nisha Bhargava
(Convenor and Principal)




HUMAN IMMUNE SYSTEM

- The immune system is a complex system that is responsible for distinguishing us from everything foreign to us and for protecting us against infections and foreign substances. The immune system works to seek and kill invaders.
- The study of immune system is known as immunology.
- Our immune system involves interplay between our Non specific and our specific immune responses.



GPS Map Camera



Chandigarh, चंडीगढ़, India
ARTS & SCIENCE BLOCK, MCM DAV COLLEGE FOR GIRLS, MCM DAV College Rd, 36A, Sector 36,
Chandigarh, चंडीगढ़ 160036, India
Lat 30.734642°
Long 76.756442°
08/01/24 12:45 PM GMT +05:30

7.2 Best Practices

- With the primary objective of imbibing the culture and spirit of Mahatma Gandhiji's Nai-Talim and Experiential learning concept, Mehr Chand Mahajan DAV College for Women, Chandigarh – a recognized Vocational Education-Nai Talim-Experiential Learning (VENTEL) Action Plan Institution under the aegis of SES REC cell of the college in association with Microbiologists Society, India (MBSI) – Chandigarh Unit, organized a six days online summer bridge course titled “Life Threatening Microbial

Pathogens and Vaccinology” with an aim to understand disease prevention, diagnostics, and treatment interventions available.

Mehr Chand Mahajan DAV College for Women
Sector 36-A, Chandigarh (U.T.)
(A recognized Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan Institution)

In association with
Microbiologists Society, India (MBSI) - Chandigarh Unit
organizes A 6-DAY ONLINE SUMMER BRIDGE COURSE on
Life-Threatening Microbial Pathogens & Vaccinology
(Understanding Disease, Prevention and Therapy)

Dates: 3 June 2024 to 8 June 2024
Timings: 11:00 AM to 2:00 PM

Course Fee: Rs. 700/-

Course Highlights:

- Course content carefully designed to meet MSc. Entrance test syllabus.
- Course content will be given to each student.
- Industrial Trip to Pharmaceutical Organisation and Vaccine Development unit.

Limited Seats. Prior Registration is mandatory.

Payment Details: Name of the Account: Principal, MCM DAV College for Women, Chandigarh. Bank: State Bank of India. A/C No. 3077217538. IFS Code: SBIN0010609. After payment, please attach the screenshot of the Transaction in the Registration Form to register on or before 2 June 2024.

Certificates will be awarded after successful completion of the course.

Dr Vandana Sharma, Co-convenor; Dr Nisha Bhargava, Convenor & Principal; Mr Ashish Mudgal, Activity Incharge (Creative); Dr Kirti Singla, Dr Deepika Malik & Dr Sandeep Kaur, Resource Persons & Programme Coordinators.

एमसीएम ने वैक्सीनोलॉजी पर 6 दिवसीय ब्रिज कोर्स आयोजित किया

मदरलैंड संवाददाता

चंडीगढ़। मेहर चंद महाजन डीएवी महिला महाविद्यालय, चंडीगढ़ ने माइक्रोबायोलॉजिस्ट सोसाइटी, इंडिया (एमबीएसआई) - चंडीगढ़ यूनिट के सहयोग से ह्यालाइफ-थ्रेटनिंग माइक्रोबियल पैथोजेस एंड वैक्सीनोलॉजी- अंडरस्टैंडिंग डिजीज, प्रिवेंशन एंड थेरेपी ह्व शीर्षक से 6 दिवसीय ऑनलाइन ब्रिज कोर्स आयोजित किया। इस ब्रिज कोर्स को माइक्रोबायोलॉजी और संबंधित विज्ञान के क्षेत्र में उत्कृष्टता प्राप्त करने के लिए आवश्यक माइक्रोबियल रोगजनकों और वैक्सीनोलॉजी के बारे में ज्ञान एवं समझ प्रदान करने के लिए डिजाइन किया गया था। इसका उद्देश्य उच्च माध्यमिक शिक्षा प्राप्त व स्नातकों और उन्नत शोध एवं व्यावसायिक पाठ्यक्रमों के बीच की खाई को पाटना था। इस कोर्स के माध्यम से विद्यार्थियों को मूल्यवान अंतर्दृष्टि और व्यावहारिक ज्ञान प्रदान किया गया। कॉलेज के छात्र विज्ञान विभाग की डॉ. वंदना शर्मा ने रोगजनकों पर एक परिचयात्मक व्याख्यान के साथ पाठ्यक्रम की शुरुआत की, जिसमें उनके प्रकार और संचरण के तरीकों का विवरण दिया गया। डॉ. संदीप कौर ने विषाणु कारकों पर गहन चर्चा की और महत्वपूर्ण जोषाणु, कवक और वायरल संक्रमणों और उनके रोगजनक तंत्र और उपयोग की जाने वाली उपचार विधियों पर विस्तृत चर्चा की। डॉ. दीपिका मलिक ने टीकाकरण पर अपनी विशेषज्ञता साझा की, जिसमें उनके तंत्र, प्रकार और वैक्सीनोलॉजी में नवीनतम रुझानों को शामिल किया गया। व्यापक समझ सुनिश्चित करने के लिए, डॉ. कीर्ति सिंगला ने पूरे पाठ्यक्रम के दौरान प्रतिभागियों द्वारा प्राप्त ज्ञान का गहन मूल्यांकन किया। उन्होंने प्रतिरक्षा तंत्र को मजबूत करने और संक्रमण को शुरुआत को रोकने में आहार की भूमिका पर भी प्रकाश डाला। पाठ्यक्रम के दौरान, स्नातकों पर प्रवेश परीक्षाओं के पाठ्यक्रम को कवर करने पर भी विशेष जोर दिया गया। प्रतिभागियों ने पाठ्यक्रम को अत्यधिक प्रसंगिक पाया और इस पहल के लिए आयोजकों को धन्यवाद दिया। प्राचार्या डॉ. निशा भार्गव ने प्रतिभागियों को वैक्सीनोलॉजी के महत्वपूर्ण क्षेत्र में करियर की दृष्टि से उत्कृष्टता प्राप्त करने के लिए गहन ज्ञान और कौशल से लैस करने के लिए मुख्य वक्ताओं के प्रति आभार व्यक्त किया। उन्होंने आशा व्यक्त करते हुए कहा कि यह पाठ्यक्रम न केवल प्रतिभागियों की शैक्षणिक साख बढ़ाएगा, बल्कि सूक्ष्म जीव विज्ञान के क्षेत्र में उनके भविष्य के प्रयासों में भी महत्वपूर्ण योगदान देगा।

7.2 Best Practices

Sports is an integral part of holistic wellbeing that not only contribute to universal values of equality but also, empower people and defy long-seated stereotypes. We, at Mehr Chand Mahajan DAV College for Women, Chandigarh have channelized our efforts towards developing empowered women *via* promoting their well-being through sports.

- In the session 2023-24, our college is the proud winner of the prestigious **All Round Panjab University Women's General Efficiency Trophy in Sports 42 times.**



The college sportswomen have performed exceptionally well in the session 2023-24 and have participated in various state, national, inter-college, inter-university, and international competitions. The team performances in various inter-college competitions are as follows:

- In Athletics, our college team secured the first position in the Panjab University Athletics Inter-College Competitions.



7.2 Best Practices

- In Badminton, the college lifted the trophy in the Badminton Inter-college Competitions.
- In Artistic Gymnastics, the college team secured the first position in the Panjab University Inter-College Competition for the second consecutive year.

- In Mallakhamb, our college team secured the first position in the Panjab University Inter-College Competition for the fourth consecutive year.



- In Wushu, our college team secured the first position in the Panjab University Inter-College Competition for the fifth consecutive year.



- In Pencak Silat, our college team secured the first position in the Panjab University Inter-College Competition.



7.2 Best Practices

- In Football, our college team secured the first position in the Panjab University Inter-College Football Competition.
- In Rowing, Canoeing & Kayaking, our college rowing team secured the first position in the Panjab University Rowing Competition for the third consecutive year.



- In Dragon Boat, our college team lifted the trophy in the Panjab University Inter-College Competition for the second consecutive year.
- In Fencing, Cross Country, our college team secured the first position in the Panjab University Inter-College Competition.
- In Judo, Hockey, Sailing, Kabbadi, our college secured second position in the Panjab University Inter-College Competitions.

- In Boxing, Yoga, Rhythmic Gymnastics, Cricket, Volleyball, our college team secured the third position in the Panjab University Inter-College Competitions.



Overall, our college team secured the first position in the Panjab University Inter-College Competition.

7.2 Best Practices

At individual level, following are the achievements of students at International and National events:

Sr. No	Name	Event	Prize
INTERNATIONAL ACHIEVEMENTS			
1.	Raiza Dhillon	Asian championship shooting championship	Silver medal
2.	Raiza Dhillon	Junior world cup	Silver medal
3.	Raiza Dhillon	Olympic games	Participating
4.	Purvasha	Fencing	Participants in junior cadet commonwealth games
NATIONAL ACHIEVEMENTS			
1.	Komal	Boxing	First in Khelo India university games Jan 2024
2.	Mahit	Shooting	2 nd and 3 rd place in All India Interuniversity competition
3.	Mahit	Shooting	Silver medal in Khelo India inter-university competition
4.	Amandeep	Fencing	Bronze in all India inter-university competition
5.	Mehak Walia	Fencing	Silver in Khelo India inter-university games
6.	Mehak Walia	Fencing	Bronze in Khelo India inter-university competition
7.	Kalpana	Pencak Silat	Bronze medal in ALL India interuniversity competition
8.	Anjali	Pencak Silat	Bronze medal in All India interuniversity competition
9.	Kavita	Pencak Silat	Bronze medal in All India interuniversity competition
10.	Sada Shiv Wodke	Rowing	Silver medal in All India interuniversity competitions
11.	Nikki	Canoeing and Kayaking	Silver medal in All India inter-university competition
12.	Kalpana	Pencak Silat Pumsu	Silver medal in senior nationals
13.	Purvasha	Fencing	Gold in junior nationals
NCC NAVAL WING ACHIEVEMENTS			
1.	Nandini	Youth exchange programs	International camp
2.	Naveksha	Ek Bharat Shreshtha Bharat	Gold medal in cultural events
3.	Roshini	Sailing regatta camp	Chilka

7.2 Best Practices

From January 2024 to July 2024, significant achievements were recorded in national and international sports competitions:

International Achievements.

- Raiza Dhillon claimed a silver medal in shooting at the Asian Championship and the Junior World Cup and got qualified for Olympic Games 2023-24.



- Purvasha represented in fencing as a participant at the Junior Cadet Commonwealth Games.

7.2 Best Practices

National Achievements:

- Komal secured first place in boxing at the Khelo India University Games in January 2024.
- Mahit earned second and third places in shooting at the All-India Inter-University competition, alongside a silver medal at the Khelo India Inter-University competition.
- Kalpana earned a silver medal in Pencak Silat Pumsa at the Senior Nationals
- Amandeep won a bronze medal in fencing at the All-India Inter-University competition.
- Mehak Walia achieved a silver medal in fencing at the Khelo India Inter-University Games and a bronze medal at the Khelo India Inter-University competition.
- Kalpana, Anjali, and Kavita each secured bronze medals in pencak silat at the All-India Inter-University competition.
- Sada Shiv Wodke won a silver medal in rowing at the All-India Inter-University competition.
- Nikki achieved a silver medal in canoeing and kayaking at the All-India Inter-University competition.
- Purvasha won gold in fencing at the Junior Nationals.
- Amanjot won gold medal in cricket Asian Games 2023-24



MCM in Sports News!

पीयू एथलीट मीट : पदक जीतने के साथ खिलाड़ियों ने बना डाले कई नए रिकॉर्ड

संवाद न्यूज एजेंसी

चंडीगढ़। पीयू में दो दिवसीय पंजाब यूनिवर्सिटी वार्षिक एथलीट मीट की शुरुआत शनिवार को हुई। मुकाबले पीयू के एथलेटिक्स ग्राउंड पर खेले गए। एशियन गेम्स में गोला फेंक के गोल्ड मेडलिस्ट तजिंदर सिंह तूर समारोह का उद्घाटन किया।

ऊँची कूद में पुरुष वर्ग में जीजीडीएसडी कॉलेज-32 के मनदीप सिंह ने 2.04 मीटर की छलांग लगाते हुए पहले स्थान के साथ नया रिकॉर्ड भी बना डाला। डीएवी कॉलेज सेक्टर-10 के चिराग गुप्ता 1.95 मीटर की छलांग लगाते हुए दूसरे स्थान पर रहे। महिला वर्ग में 1500 मीटर दौड़ में जीटीवी खालसा कॉलेज दसूआ की अमनदीप कोर ने 4.33.20 सेकंड का समय लेकर

पीयू में आयोजित दौड़ प्रतियोगिता में भाग लेती महिला खिलाड़ी। अमर उजाला

पीयू के एथलेटिक्स ग्राउंड पर खेले गए मुकाबले

पहला स्थान हासिल किया। 4.37.20 सेकंड का समय लेकर एमसीएम डीएवी कॉलेज चंडीगढ़ की तन्नु दूसरे स्थान पर रहीं। इसी कॉलेज की विनीता ने 4.38.10 सेकंड का समय लेकर तीसरा स्थान हासिल किया। वहीं, 10 हजार मीटर रेस एमसीएम डीएवी कॉलेज की रन्नु सिंह ने रिकॉर्ड 32.54.92 सेकंड का समय लेकर पहला स्थान हासिल किया। डीएवी दसूआ की सुगुति 36.47.82 सेकंड का समय लेकर दूसरे और जीटीवी दसूआ की किरण कुमारी 37.47.82 सेकंड का समय लेकर तीसरे स्थान पर रहीं।

7.2 Best Practices



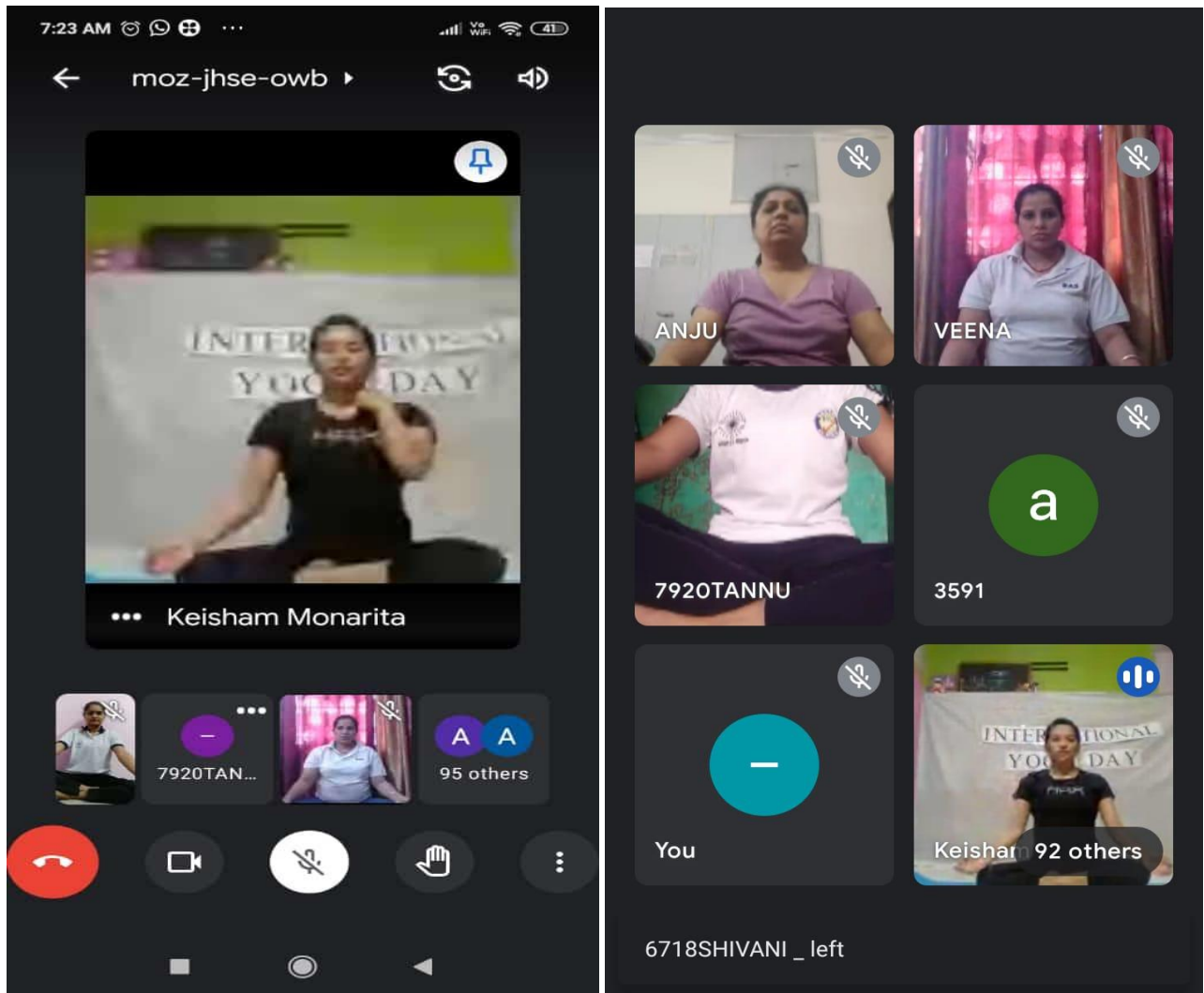
The college provides rock climbing facility for promoting wellbeing.



Recreational Room equipped with games like chess, carrom etc. is there for staff as well as students for recreational activities

7.2 Best Practices

For promoting physical and mental wellbeing of staff, online yoga classes are held every morning and evening.



Problems encountered and the resources required:

Skill development and sports initiatives often encounter challenges in balancing their implementation with the demands of the academic curriculum. The semester system, which necessitates a rigorous focus on classroom teaching and adherence to a tight schedule, poses constraints on integrating extensive skill enhancement programs. Consequently, these initiatives must be carefully curated to align with the academic calendar, limiting the scope for prolonged vocational training and comprehensive sports development activities. This makes it difficult to organize and execute extensive programs while maintaining academic priorities.

For more information:

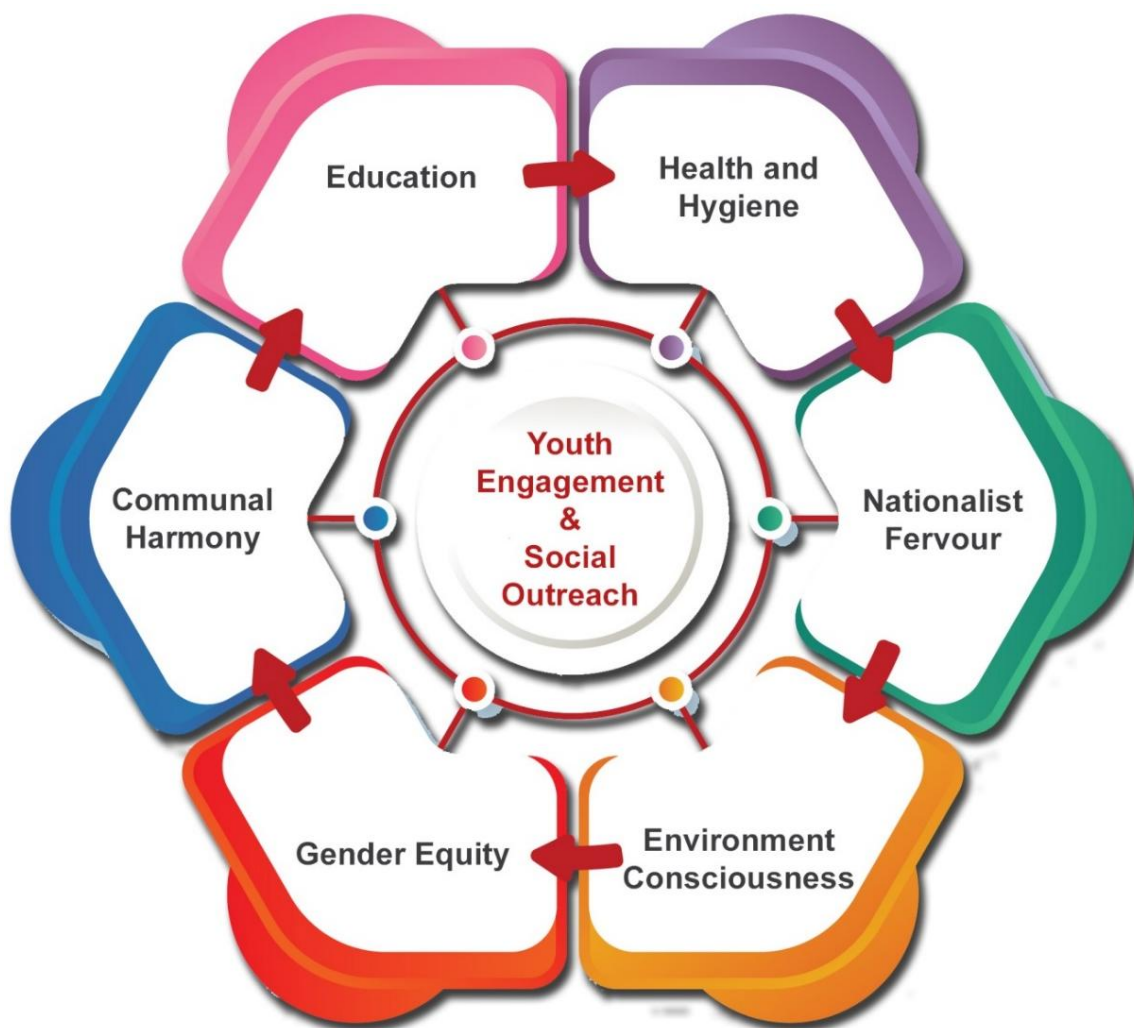
Skill Development Committee: <https://mcmdavcwchd.edu.in/skill-development/#1570422613897-49bc4692-6bec>

Placement Cell: <https://mcmdavcwchd.edu.in/placements/#1669789471823-70017caf-3a22>

7.2 Best Practices

II. Youth Engagement and Community Outreach: Towards Resurgent India

Youth development lies at the core of Mehr Chand Mahajan DAV College for Women's mission to empower students as catalyst of change. The institution recognizes the transformative potential of young minds in addressing social, environmental, and cultural challenges. Through comprehensive initiatives under its Youth Engagement and Community Outreach programs, the college aims to inculcate values of inclusivity, civic responsibility, and sustainability. By combining grassroots outreach with global perspectives, the college prepares its students to become compassionate leaders and proactive contributors to society. These initiatives, rooted in the principles of equity and community service, underscore the institution's commitment to holistic education and societal well-being.



7.2 Best Practices

Objectives.

- To inspire students to become proactive contributors to social equity and sustainability by participating in community-driven initiatives.
- To engage youth in activities that promote inclusivity, environmental responsibility, and holistic personal growth.
- To develop a strong sense of civic duty and social consciousness among students through meaningful outreach programs.
- To foster awareness of critical social issues like gender equity, health and hygiene, and environmental sustainability.
- To empower students to be change-makers in their communities by addressing pressing global challenges with local action.
- To provide students with platforms to demonstrate leadership, creativity, and collaboration in addressing community needs.

The Context: Keeping in view the following points, Youth Engagement and Community Outreach was considered as the one of the best practices adopted by our institution.

1. **Global Relevance:** In today's interconnected world, youth engagement plays a pivotal role in addressing societal challenges. With India at the helm of global dialogues like the G20, it is essential to channel the potential of young minds towards creating a sustainable and inclusive future.

2. **Balancing Dual Identities:** Youth today navigate between individuality and societal expectations, often overwhelmed by information overload. It is imperative to guide this energy positively, encouraging innovative thinking and moral responsibility.

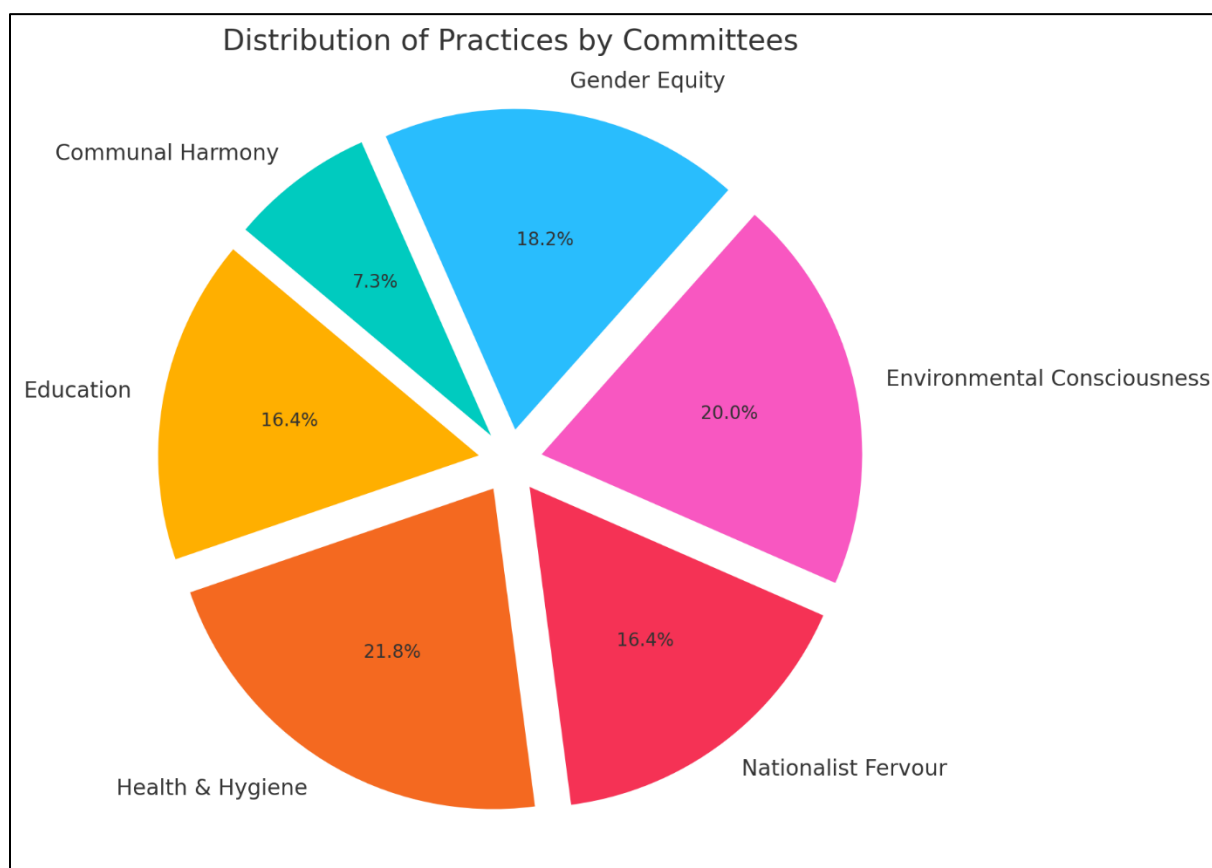
3. **Holistic Education:** Beyond academic excellence, education must inculcate values of social equity, environmental stewardship, and cultural sensitivity, ensuring students are well-rounded global citizens.

4. **Local Action for Global Impact:** Through outreach programs in adopted villages, initiatives like tree plantations, awareness campaigns, and health drives serve as platforms to link grassroots efforts with broader societal goals.

7.2 Best Practices

5. Challenges of Modern Living: Rapid urbanization and environmental degradation demand an educated, aware, and active youth population that can address issues such as climate change, public health, and gender disparity.

The Practice: The college is committed to helping students grow by focusing on skills, sports and community involvement. These initiatives aim to boost creativity, teamwork, and problem-solving while ensuring students are socially aware and physically fit. In line with NEP-2020, the idea is to prepare students for the real world, making them adaptable, responsible and holistic individuals. The college takes an active learning approach to education. Community activities focus on topics like public health, equality, and sustainability, encouraging students to make a positive impact in the society.



7.2 Best Practices

Evidence of Success: We at Mehr Chand Mahajan DAV College for Women, Chandigarh, believe that useful application of academic knowledge can be comprehended through the indispensable skills of critical thinking, problem solving, and ideation that can be utilized for addressing public concerns and driving social change. The College organizes various social outreach activities through NSS, Unnat Bharat Abhiyan, Women Development Cell, Equal Opportunities Cell, Geetanjali helpline, Swachhta Committee, Rotaract Club, Electoral Literacy Club, and its teaching departments throughout the year and ensure a holistic and synergistic learning experience. The means *via* which college nurture's student's learning experience include:

1. Education:

- An Awareness Session on Eye Donation was held on August 25, 2023, with 100 participants. Organized by the Medical Committee and NSS units in collaboration with GMCH, the session aimed to educate about eye donation, dispel myths, and celebrate National Eye Donation Fortnight. Led by Dr. Suresh Kumar Arya, the event highlighted the significance of eye donation, addressed misconceptions, and engaged participants through an interactive Q&A, inspiring many to pledge as donors.



- International Literacy Day Celebration Collaboratively organized by the NSS and Swachhta Committee on September 8, 2023, this event promoted education through street plays involving 25 participants. These plays advocated literacy, girl education, and government schemes, aiming to combat illiteracy and promote equal educational opportunities.



7.2 Best Practices

- On September 09, 2023, as part of the संपूर्ण स्वास्थ्य सप्ताह (8th–14th September 2023) under the Poshan Maah initiative by the Ministry of Women and Child Development, Government of India, the NSS Units of Mehr Chand Mahajan DAV College for Women, in collaboration with the



Women Development Cell, organized an awareness session on Preventive Diet Care for Anaemia. A total of 60 volunteers participated in the event. The session was led by Dr. Kirti Singla, who provided valuable insights into the symptoms of anaemia, the body's iron requirements, and effective dietary measures to prevent the condition.

- On September 12, 2023, an interactive session on “Nutrition During Adolescence” was organized as part of the संपूर्ण स्वास्थ्य सप्ताह initiative under the Poshan Maah program. The session aimed to highlight the



importance of nutrition and exercise for proper growth and educate. A total of 19 NSS volunteers, under the leadership of Kavya and Kirti, participated in the event held at Govt. High School, Sector 41D, engaging with nearly 60 students from classes 8th and 9th.

- The Showcasing of Best Practices of NSS Units was held on September 12, 2023, at Mehr Chand Mahajan DAV College with 14 volunteers. A



Government of India and State NSS Cell team assessed initiatives, including a Nukkad Natak on cyber safety and the “Cyber Safe Selfie” campaign. These activities emphasized online safety, responsible behaviour, and awareness through engaging performances and pledges, earning commendation for their innovative and impactful approaches.

7.2 Best Practices

- On September 14, 2023, the NSS Units of Mehr Chand Mahajan DAV College for Women, in collaboration with the Sustainable Practices Committee, organized an interactive session on “Reading Food Labels.” The session aimed to educate students on the importance of making informed food choices by understanding nutritional labels and adopting healthy eating habits. The session, attended by 100 participants, was led by Dr. Aanchal Batra, who provided valuable insights into the significance of reading food labels, avoiding preservatives, and consuming balanced, nutritious meals for a healthy lifestyle.



- The Trash Hunt (Swachhata Ke Khiladi) competition was held on September 16, 2023, with 7 volunteers from Mehr Chand Mahajan DAV College participating. Organized by the NSS



State Cell and Municipal Corporation Chandigarh, the event aimed to promote cleanliness. This initiative highlighted collective responsibility and encouraged sustainable environmental practices, earning praise from city mayor Shri Anup Gupta.

- The Lokayurved – Ayurveda Wellness Awareness Program was organized on September 18, 2023 in the Multimedia Hall with 100 volunteers. Led by resource person Ms.



Shyampriyaa, the session addressed health and well-being issues for young girls. Organized by NSS Units and the Character-Building Committee, the program focused on holistic wellness of body, mind, and soul through interactive

7.2 Best Practices

discussions, providing enriching insights and fostering awareness about Ayurvedic practices for healthier lifestyles.

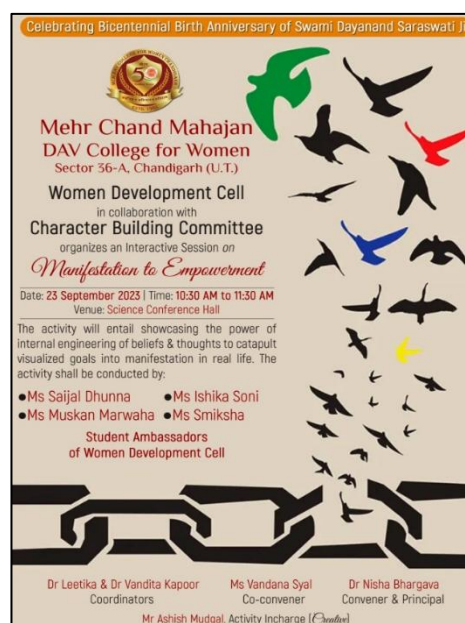
- Awareness Drive on Environment and Sustainability

was organized on September 22, 2023, in Buterla village by UBA Cell. This dynamic campaign engaged 13 students and teachers in fostering environmental awareness and sustainable practices.



Focused on afforestation, eco-friendly habits, hygiene, and waste management using the 3Rs, the drive effectively inspired the community to embrace sustainable living, highlighting the transformative potential of grassroots education and engagement.

- A session on Manifestation and Empowerment was held on September 23, 2023, Women Development Cell and Character Building Committee that showcased the power of internal beliefs in achieving empowerment. 70 students participated in the session, where Student Ambassadors from the WDC illustrated concepts like the Law of Attraction and examples of women luminaries.



- The Group Discussion on “Degree vs Vocational Skills” and “AI: Boon or Bane” was held on January 6, 2024 during the NSS Camp. Volunteers debated AI’s transformative impact, emphasizing its benefits when used judiciously alongside human intervention. Discussions on vocational skills versus degrees highlighted the relevance of New Education Policy 2020, promoting a balance between qualifications and practical expertise. The session fostered critical thinking and dialogue on technology and education in the modern world.

7.2 Best Practices



- Yuva Samvad – India@2047 Dialogue was conducted by the NSS Units on February 19, 2024. This dialogue engaged 80 participants in envisioning India's future. It aimed to inspire leadership, innovation, and strategic thinking among youth, aligning their aspirations with national development goals.



- On February 28, 2024, the Department of Zoology, under the aegis of the Department of Science & Technology and Renewable Energy, Chandigarh Administration, organized a Popular Talk on 'Latest Avenues of Jobs and Entrepreneurship in Environment and Waste Management in India for Professionals of Other Fields' as part of the National



7.2 Best Practices

Science Day celebrations. The event was attended by 125 students and 20 staff members. Dr. Reena Chadha, the resource person, highlighted the diverse opportunities in waste management, including collection, handling, sorting, storage, transportation, transformation, and energy recovery.

2. Health & Hygiene:

- Awareness Lecture on Personal Hygiene and Health was organized by the Swachhta Committee (Sciences) in collaboration with the NSS Units on September 8, 2023, at Government Model High School, Village Badheri, that engaged 80 students



from classes 7th to 9th. Dr. Sandeep Kaur led the interactive session, which highlighted personal hygiene practices like handwashing, using masks, and eating nutritious food. The lecture also addressed mental health, encouraging recreation and yoga, while discussing the negative effects of excessive mobile phone usage.

- The Blood Donation Camp was held on September 26, 2023, with 300 volunteers participating. Organized by the NSS Units in collaboration with the Red Ribbon Club and PGIMER, the 20th annual camp collected 70 units of blood. Volunteers were also encouraged to pledge organ donation under Sewa Pakhwada. Supported by Sukh Foundation, the event highlighted the importance of regular blood donation, dispelled myths, and promoted health awareness, showcasing a strong commitment to community service.

Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

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

NSS Units, Red Ribbon Club / AIDS Awareness Committee
& Medical Committee
in collaboration with
PGIMER, Chandigarh (U.T.)
are organizing
BLOOD DONATION CAMP
supported by
Sukh Foundation

Date: 26-09-2023 | Time: 10:30 am | Venue: Multimedia Hall

• Registrations will start at 9.30 am onwards. • Donors should be above the age of 18 & healthy. • All the staff members & students are requested to come forward & donate blood for the noble cause. • Donors will be provided with refreshments and attractive gift vouchers.

Dr Nisha Bhargava, Convener & Principal
Dr Bhavna Sood, Coordinator, Red Ribbon Club
Dr Sarabjit Kaur & Dr Purnima Bhandari, Coordinators, Medical Committee
Dr Preeti Gambhir & Dr Minakshi Rana, NSS Programme Officers
Dr Akwinder Kaur & Dr Sandeep Kaur, Activity Incharges (NSS)
Mr Ashish Mudgal, Activity Incharge (Creative)

7.2 Best Practices



एमसीएम में स्वयंसेवकों ने 70 यूनिट रक्तदान किया



ह्यूमन इंडिया/अमृत्या चंडीगढ़। मेहर चंद महाजन डीएवी महिला महाविद्यालय, चंडीगढ़ की एनएसएस इकाइयों ने कॉलेज के रेड रियन क्लब और मेडिकल कमेटी के सहयोग से एक रक्तदान शिविर का आयोजन किया। कॉलेज ने ट्रांसस्प्यूजन मेडिसिन विभाग, पोस्टग्रेजुएट इंस्टीट्यूट ऑफ मेडिकल एजुकेशन एंड रिसर्च

(पीजीआईएमईआर) के सहयोग से अपना 20वां वार्षिक रक्तदान शिविर आयोजित किया। इसका नेतृत्व ट्रांसस्प्यूजन मेडिसिन विभाग की सहायक प्रोफेसर डॉ. संगीता ने किया। दोनों संस्थाओं के संयुक्त प्रयास ने पिछले बीस वर्षों में अनगिनत लोगों को जीवनदान दिया। रक्तदान और स्वास्थ्य देखभाल के प्रति दोनों संस्थानों का यह प्रयास

उनकी प्रतिबद्धता का परिचायक है। राज्य एनएसएस सेल के राज्य संपर्क अधिकारी डॉ. नेमीचंद ने शिविर का उद्घाटन किया और इस नैतिक प्रयास के लिए अपनी शुभकामनाएँ दीं। चंडीगढ़ राज्य एड्स नियंत्रण सोसायटी के सहायक निदेशक श्री सुनील कुमार भी इस अवसर पर विशेष रूप से उपस्थित थे। लगभग 300 विद्यार्थियों ने उत्साहपूर्वक

शिविर के लिए पंजीकरण कराया और 70 यूनिट रक्त दान में योगदान दिया। इस शिविर के सफल आयोजन में सुख फाउंडेशन ने अपना योगदान दिया। इसके अलावा, गौरवान्वित रक्तदाताओं को स्वास्थ्य और परिवार कल्याण मंत्रालय के प्रमुख कार्यक्रम आयुष्मान भव: सेवा पखवाड़ा के तत्वावधान में अंग दान की शपथ लेने के लिए भी प्रेरित किया गया। प्रतिज्ञा ने स्वयंसेवकों में अंगदान की भावना जागृत की। कॉलेज प्राचार्या डॉ. निशा भार्गव ने रक्तदान शिविर के आयोजन के लिए राष्ट्रीय सेवा योजना (एनएसएस) और कॉलेज की मेडिकल कमेटी के अथक प्रयासों की सराहना की। उन्होंने यह भी कहा कि वार्षिक रक्तदान शिविर जरूरतमंद लोगों के लिए आशा की किरण है और स्वास्थ्य देखभाल एवं कल्याण को बढ़ावा देने में सामूहिक शक्ति को रेखांकित करता है।

7.2 Best Practices

- On 07 October 2023, 50 NSS volunteers from Mehr Chand Mahajan DAV College for Women participated in a Breast Cancer Awareness Rally organized by the Chandigarh NSS Cell in collaboration with the Sahayta Charitable Welfare Society at Sukhna Lake. The event, with Mr. Nemi Chand, State Liaison Officer NSS, as the chief guest, aimed to raise awareness about breast cancer, emphasizing early detection, treatment, and the pursuit of a reliable permanent cure.



- On October 14, 2023, the NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the Health and Family Welfare Department, UT Chandigarh, organized



an Anti-Dengue Awareness Programme at Badheri village, Sector 41-D, Chandigarh. Led by Dr. Meenu Singla, the initiative aimed to combat the rising trend of dengue cases by educating the



community about safety measures and effective remedies. A total of 25 participants, including faculty members and officials from the Health Department,

7.2 Best Practices

actively participated in the program. The event was a successful step in promoting public health and fostering awareness within the community.

Social Media Links:

https://m.facebook.com/story.php?story_fbid=pfbid02nBxBAnros4q5dQbLAXDnZrRvu_aFiQfrL893FatKZra42Z7dHNS3bjcLDKNIUVXD8l&id=100057400811133&mibextid=Nif5oz

- NSS Units in collaboration with Eye Centre, PGIMER, Chandigarh, organized a Free Eye Check-Up Camp at the Government Health and Wellness



Centre, Badheri, Sector 41-D, Chandigarh on October 14, 2023. Led by Dr. Minakshi Rana, with active participation from NSS student leaders, 15 volunteers, and 6 wardens, the camp aimed to raise awareness about common eye disorders, promote early detection of ailments, and address refractive errors. The camp witnessed an overwhelming response, with over 100 individuals availing themselves of the free services. The camp successfully highlighted the significance of preventive eye care and demonstrated the college's commitment to community health and wellness.

- The Blood Donation Camp and Free Mammography Test was held on October 7, 2023, with 10 NSS volunteers at the Community Centre, Sector 41-B, Chandigarh. Organized in collaboration with Amrit Cancer Foundation, the camp collected 105 blood units and conducted 25 mammography tests alongside free checkups for BP, diabetes, and cholesterol. Supported by notable dignitaries, the initiative raised awareness about health checkups, early diagnosis, and blood donation, successfully promoting community health and well-being.

7.2 Best Practices



- The Preventive Healthcare (PCOS) session was conducted on January 04, 2024, during the NSS Camp. Delivered by Dr. Priyanka Sharma from Fortis Hospital, Mohali, the



session highlighted causes, diagnosis, and treatment of PCOS/PCOD. Participants were educated on maintaining an active lifestyle, even during menstrual cycles. Queries on breast cancer and reproductive health were addressed. The event emphasized preventive care, promoting healthier lifestyles among young women, and raising awareness on critical health issues.

7.2 Best Practices

- The Preventive Health Care (Psychological Well-Being) session was conducted on January 6, 2024, during the NSS Camp. Led by



Ms. Anubhuti, it emphasized mental health's role in overall happiness and addressed challenges like peer pressure, social media influence, anxiety, and depression. The session highlighted the importance of self-worth, early intervention, and counselling. Volunteers actively participated in the interactive discussion, gaining insights into maintaining psychological well-being in today's complex, tech-driven world.

- On February 7, 2024, the Women Development Cell hosted a seminar at the Multimedia Hall with 130 participants. Expert speakers, Dr. Naval Bansal and Dr. Shweta Tahlan, emphasized the importance of early detection and prevention of breast and cervical cancer through screenings, self-examinations, and lifestyle changes. The session included an interactive Q&A segment and highlighted the importance of HPV vaccination and regular health check-ups.

Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji

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

Women Development Cell
Organizes
Wellness Waves: Surfing Through Cervical and Breast Health

Date: 7 February 2024
Time: 10:00 AM
Venue: Multimedia Hall

Resource Persons

Dr. Shweta Tahlan
Consultant, Surgical Gynaecology Oncology
Fortis Hospital, Mohali

Dr. Naval Bansal
Consultant, Breast and Endocrine Surgery
Fortis Hospital, Mohali

Students from all the streams and
faculty members are cordially invited to attend in their free periods.

Dr. Ritika Bansal & Ms. Deepti Sharda
Coordinators

Ms. Vandana Syal
Co-convenor

Dr. Nisha Bhargava
Convener & Principal

Mr. Ashish Mudgal, Activity Incharge (Executive)



7.2 Best Practices

- Women Development Cell conducted two-day pad collection drive on February 29 and March 1, 2024, followed by distribution in the slum area of Sector 25, Chandigarh, on March 4, 2024. Donation boxes placed in the college helped collect a variety of sanitary pads, which were distributed by 10 student volunteers and 4 teachers. The initiative raised awareness about menstrual hygiene and provided essential health information underserved communities.



डीएवी महिला महाविद्यालय में महिलाओं को सैनेटरी पैड बांटती छात्राएं। अमर उजाला

महिलाओं को बांटे सैनेटरी पैड

डीएवी कॉलेज की छात्राओं ने चलाया सैनेटरी पैड दान अभियान

माई सिटी रिपोर्टर

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी महिला महाविद्यालय में छात्राओं ने सैनेटरी पैड दान अभियान चलाया। नैपकिन एकत्र करने के लिए परिसर में दान पेटियां रखी गईं।

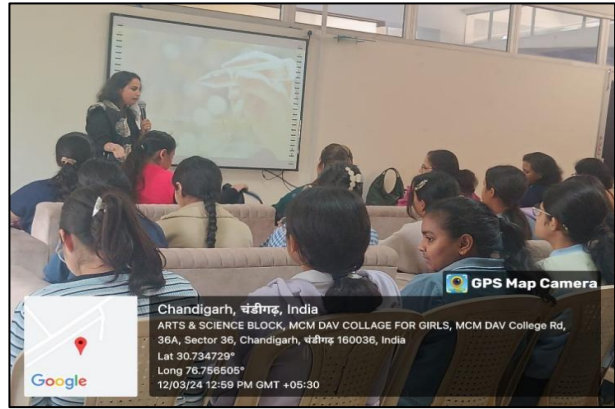
पेटियों से एकत्रित नैपकिन को सेक्टर-25 के क्षेत्र में महिलाओं को वितरित कर छात्राओं ने स्वच्छता के प्रति जागरूक किया। महाविद्यालय के महिला विकास प्रकोष्ठ द्वारा

चलाए अभियान का प्राथमिक उद्देश्य समाज के वंचित वर्ग की महिलाओं में माहवारी के दौरान स्वच्छता के बारे में जागरूकता बढ़ाना रहा। अभियान के दौरान स्वयंसेवक महिला समुदाय के साथ जुड़े और माहवारी से संबंधित स्वास्थ्य एवं स्वच्छता प्रथाओं पर आवश्यक जानकारी दी।

प्राचार्या डॉ. निशा भागवत ने महिलाओं को माहवारी के समय स्वच्छता पर जागरूक करने पर छात्राओं के प्रयास की सराहना की।

7.2 Best Practices

- Self-Healing and Meditation Workshop was held on March 12, 2024, in the Science Conference Hall, with sessions led by Ms. Ravneet Kaur, a certified Pranic Healer. Organized by the Women Development Cell and Cosmetology Department, it aimed to empower



women with self-healing and meditation techniques to enhance mental, emotional, and spiritual well-being. The workshop provided participants with insights into holistic healing practices, benefiting their overall development.

3. Nationalist Fervour:

- On August 09, 2023, the NSS Units of Mehr Chand Mahajan DAV College for Women organized a Tree Plantation Drive and Pledge Ceremony as part of the *Meri Maati Mera Desh Abhiyan*, commemorating Azadi ka Amrit Mahotsav Week. The event saw the enthusiastic participation of 70 NSS volunteers. To mark 75 years of India's Independence, the drive focused on developing an Amrit Vatika by planting 75 saplings, including indigenous and medicinal varieties. A pledge ceremony followed, where volunteers and attendees recited the 'PANCH PRAN' pledge, committing to build a developed India, preserve cultural heritage, and honour the sacrifices of India's brave hearts. The event successfully instilled a sense of environmental responsibility and national pride among participants, fostering a vision for a greener and sustainable future.



7.2 Best Practices

- *Desh Bhakti ke Rang, Rangolike Sang Rangoli* Making Competition was held on August 10, 2023, by NSS Units, under the aegis of *Meri Mati Mera Desh Abhiyan*, Ministry of Youth Affairs and Sports, Government of India at the Arts Block with 31



NSS volunteers. Organized to commemorate 76 years of freedom, the event celebrated the 77th Independence Day. Participants created vibrant rangolis symbolizing positivity and patriotism using themes like '*Aatmanirbhar Bharat*' and 'Unity in Diversity,' spreading messages of cultural pride and national unity through creative expressions. Social media links:

https://m.facebook.com/story.php?story_fbid=pfbid0q1BiWTDcoZXAdAChz5ZfB7YouNUxP2txCxEWEC7FnGsfa9mjhuGenzkqWi75tUijl&id=100057400811133&mibextid=Nif5oz

- The *Vasudha Vandan, Veero ko Chandan* Rakhi-Making Competition was held on August 11, 2023, in the Science Seminar Hall with 20 participants. Organized as part of Independence Day celebrations, the event expressed gratitude to soldiers through handmade rakhis and heartfelt messages. Volunteers used creative materials to craft 25 rakhis, which were sent to troops, symbolizing respect and affection for India's brave defenders, fostering a deep sense of national pride.



7.2 Best Practices

- The Flag Hoisting and Prize Distribution Ceremony was held on August 15, 2023 in the Multimedia Hall with 150 participants. Marking the 77th Independence Day, the event began with flag hoisting by Principal Dr.



Nisha Bhargava, followed by salutes from NSS and NCC contingents.

- On October 13, 2023, the NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized the Amrit Kalash Yatra under the “मेरी माटी, मेरा देश, माटी को नमन” Campaign launched by the Government of



India. The event, led by Dr. Rupinder Kaur and Dr. Anubhuti Sharma, saw the participation of 66 individuals, including faculty members, and aimed to pay tribute to India’s freedom fighters and martyrs who selflessly contributed to the nation’s independence and progress.

- On January 12, 2024, National Youth Day was celebrated with great enthusiasm at the Ramakrishnan Mission, Sector-15, Chandigarh, to commemorate the Birth Anniversary of Swami Vivekananda, a visionary who introduced Indian philosophies of Vedanta and Yoga to the Western



world and emphasized the critical role of youth in shaping the future of society. The event brought together NSS volunteers, NCC cadets, and students from

7.2 Best Practices

various educational institutions across Chandigarh, fostering a spirit of reflection on Swami Vivekananda's transformative ideals.

4. Environment Consciousness:

- On September 18, 2023, the Department of Botany and the Add-on Course in Floriculture and Landscaping at Mehr Chand Mahajan DAV College for



Women celebrated World Bamboo Day in commemoration of the Bicentenary Birth Anniversary of Swami Dayanand Saraswati Ji. The event, attended by more than 160 participants, aimed to raise awareness about the critical role of bamboo in sustainable development and its immense potential to contribute to livelihoods, environmental preservation, and the Sustainable Development Goals (SDGs).

- On February 16, 2024, the Department of Zoology under the aegis of MCM Eco-Club 'Parivesh' organized an educational visit to Sukhna Wetland and Chandigarh Bird Park for 30 B.Sc. III Medical students, accompanied by two teachers and a laboratory attendant, in collaboration with the Department of Forest and Wildlife, Chandigarh Administration, and Yuvsatta. The visit sensitized students to the significance of wetlands and bird conservation, offering firsthand insights into bird migration, nesting, and rearing behaviours.



The experience deepened the students' understanding of the ecological value of wetlands and their role in sustaining biodiversity.

7.2 Best Practices

- On February 28, 2024, as part of Science Fiesta 2024, the Department of Zoology at Mehr Chand Mahajan DAV College for Women organized an AD MAD Show on the theme “Innovative Sustainable Products” to mark



National Science Day. The event aimed to foster creative expression and familiarize students with promotional strategies for marketing sustainable products through advertisements.

- The Department of Botany at Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of IQAC, has launched an innovative project for the identification and



geotagging of 500 trees on campus. This first-of-its-kind initiative in Chandigarh was inaugurated by Sh. H R Gandhar, Hon'ble Vice President of the DAV College Managing Committee, in the presence of Principal Dr. Nisha Bhargava and the IQAC team. As part of the Green Environment Audit conducted by M/s The Ridge Environment Consultants, trees were geotagged with QR codes embossed on metal plates. Scanning these QR codes provides detailed information such as scientific and common names, geographical distribution, and uses. Additionally, all trees are pin labelled on Google Earth, enabling precise location identification and promoting environmental awareness.

7.2 Best Practices

- On March 6, 2024, the Department of Botany and the Add-on Course in Floriculture and Landscaping at Mehr Chand Mahajan DAV College for Women organized “A Nature’s Walk” to the Nepli Forest Reserve, a protected area on the outskirts of



Chandigarh. 21 students, accompanied by two faculty members—Dr. Gunjan Sud and Dr. Jasleen Kaur, a lab attendant, and a gardener, participated in this enriching excursion. This hands-on activity highlighted the significance of forest conservation while fostering a deeper appreciation for environmental sustainability. The walk successfully combined education, awareness, and respect for nature, leaving students inspired to contribute to ecological preservation.

- On March 20, 2024, the MCM Eco-Club ‘Parivesh’ and the Department of Zoology organized a Bird Walk for B.Sc. II Medical students to commemorate World Sparrow Day. The event sensitized



participants to the critical role birds play in maintaining ecological balance and the urgent need for conservation efforts. Besides, a Pledge Taking Ceremony was organized with the participation of 50 students and 4 teachers. Where students pledged to contribute towards



the conservation of sparrows, recognizing them as vital ambassadors /nature. The students committed to planting native trees, providing water and food, installing nest boxes, and actively spreading the message of sparrow

7.2 Best Practices

conservation. The ceremony reinforced the collective responsibility of ensuring a hospitable environment for sparrows, safeguarding their survival for future generations.

- On March 22, 2024, to commemorate World Water Day, the NSS Units of Mehr Chand Mahajan DAV College for Women, in collaboration with the UBA team and MCM Eco-Club 'Parivesh,'



organized an Awareness Rally on Water Conservation at Maloya village. With 30 students and 2 teachers, participants carried vibrant banners and slogans, emphasizing the importance of sustainable water management and collective action to safeguard water resources for future generations. The event effectively raised awareness and inspired actionable steps toward global water security.

- On March 21, 2024, the Department of Botany and the Add-on Course in Floriculture and Landscaping, under the aegis of MCM Eco Club 'Parivesh,' celebrated the International Day



of Forests by showcasing the documentary "How to Build Forests". The event, attended by 40 students and 2 teachers, focused on the theme "Forests and Innovation: New Solutions for a Better World." The documentary highlighted innovative practices like Miyawaki plantations, showcasing their potential to restore ecosystems and create forests in urban areas. Enthusiastic participants pledged to implement these techniques for a sustainable future.

Link to the documentary: <https://youtu.be/cljOD7vb2Ik?si=pD9KD6G0tfv1jHP1>

7.2 Best Practices

- As part of Environment Week Celebrations on May 30, 2024, the Department of Botany and MCM Eco Club 'Parivesh' involved 16 students and 8 faculty members in planting trees to combat carbon emissions and raise awareness about environmental conservation.



- On June 5, 2024, the Horticulture & Landscaping Committee collaborated with MCM Eco Club to plant Neem, Peepal, and Bargad trees. The drive aimed to improve soil health, purify the environment, and enhance campus greenery.



एक नजर

एमसीएम डीएवी कालेज ने रोपी हरियाली



चंडीगढ़। मेहर चंद महाजन डीएवी महिला महाविद्यालय चंडीगढ़ में विश्व पर्यावरण दिवस के अवसर पर हार्टिकल्चर, लैंडस्केपिंग समिति और इको क्लब परिवेश ने स्वच्छता समिति के तत्वावधान में महाविद्यालय परिसर में त्रिवेणी पौधारोपण किया। वातावरण में ऑक्सीजन की मात्रा बढ़ाने, भूमि

को बेहतर तथा हरा भरा बनाए रखने के उद्देश्य से प्राचार्या डा. निशा भार्गव ने हार्टिकल्चर एंड लैंडस्केपिंग समिति के सदस्यों के साथ मिलकर त्रिवेणी के तहत बरगद, नीम तथा पीपल के तीन पौधे लगाए। इस अवसर पर समिति ने सर्वश्रेष्ठ लॉन प्रतियोगिता का भी आयोजन किया, जिसमें परिसर में सबसे बेहतरीन लॉन को पुरस्कृत किया गया। विश्व पर्यावरण दिवस के एक अन्य समारोह में वनस्पति विज्ञान विभाग ने इको क्लब शपरिवेश के सहयोग से वृक्षारोपण अभियान चलाया, जिसकी शुरुआत प्राचार्या डा. निशा भार्गव ने सीता अशोक का पौधा लगाकर की। इसके बाद महाविद्यालय के विभिन्न क्षेत्रों में पौधारोपण किया गया। डा. निशा भार्गव ने कहा कि वर्तमान परिदृश्य में जब पूरी दुनिया ग्लोबल वार्मिंग की मार झेल रही है।

7.2 Best Practices

- The Puneet Sagar Abhiyan, organized by the NCC Naval Wing, focused on environmental conservation, particularly on cleaning and preserving water bodies. The activity



aimed to inculcate a sense of responsibility among cadets towards ecological sustainability.

5. Gender Equity:

- On November 08, 2023, the NSS Units of Mehr Chand Mahajan DAV College for Women, in collaboration with the Character-Building Committee, organized Diwali Fest 2023, a grand celebration of the festival of lights. The event, presided over by Principal Dr. Nisha Bhargava as the Chief Guest, was attended by over 100 participants, including faculty members. Dedicated to women development and environmental citizenship, the fest symbolized the victory of light over



darkness, good over evil, and knowledge over ignorance, reflecting the true essence of Diwali. Innovation Council 6.0, in collaboration with the NSS Units, hosted the Best Women Entrepreneurship Competition, marking



National Entrepreneurship Day on the eve of Diwali. 60 stalls displayed a

7.2 Best Practices

variety of products and culinary delights, with cash prizes awarded to the top entrepreneurs:



- Self-Defence Training session was conducted on January 03-06, 2024, as part of the 7-day NSS Day and Night Camp. The activity trained students in self-defence techniques with the support of Chandigarh Police, emphasizing awareness,



empowerment, and preparedness for unexpected situations. It aimed to instil independence and confidence in volunteers, promoting physical and mental well-being while addressing safety concerns in today's social environment.



7.2 Best Practices

- From January 23-25, 2024, the Department of Home Science at Mehr Chand Mahajan DAV College for Women, Chandigarh, organized a three-day skill-based workshop, 'कला उत्सव,' in collaboration with Fevicryl (Pidilite Industries) to celebrate National Girl Child Day. The workshop aimed to nurture artistry and empowered young girls by enhancing their creative skills. The event saw enthusiastic participation from 40 students, who explored their artistic talents and crafted colourful, innovative articles. The workshop not

only honed the students' skills but also fostered creativity and sustainability, making it a meaningful celebration of National Girl Child Day.

- On February 15, 2024, to commemorate the Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji and promote eco-friendly alternatives to plastic, the Department of Home Science at Mehr Chand Mahajan DAV College for Women organized "कारीगरी," a workshop on fabric bag making. Ms. Rati Arora, Assistant Professor, demonstrated techniques for creating sling, tote, and shoulder bags. Students crafted and decorated bags using computerized fashion machines. Principal Dr. Nisha Bhargava awarded the best creations, lauding the initiative's impact on encouraging sustainable practices.

MCM celebrates National Girl Child Day with Kala Utsav



**BUREAU
CHANDIGARH , JAN 31**

To mark the celebration of National Girl Child Day, the Department of Home Science at Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a 3-day workshop 'Kala Utsav' in collaboration with Fevicryl (Pidilite Industries). The workshop was conducted by Ms. Santosh Verma, an artist from Fevicryl. She demonstrated different techniques to make permanent rangoli using easily accessible material. The resource

person also demonstrated recycling of waste material like plates, cups and jars to create planters, wall decor items and pen stands. 40 students participated in the workshop and honed their artistic skills. Principal Dr Nisha Bhargava appreciated the initiative of the department to undertake skill development initiatives for the benefit of the students. She added that such skill development programmes are the need of the hour as skills are of immense significance for enhancing employability of the students.



बैग की विभिन्न शैलियों की कटिंग और सिलाई तकनीक सीखती महिलाएं। अमर उजाला

इको-फ्रेंडली बैग बनाने और प्रयोग करने के बारे में बताया

माई सिटी रिपोर्टर

एमसीएम डीएवी महिला कॉलेज में कार्यशाला का आयोजन

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी महिला कॉलेज के गृह विज्ञान विभाग ने पर्यावरण के अनुकूल कपड़े के बैग बनाने पर एक कौशल आधारित कार्यशाला 'कारीगरी' का आयोजन किया। कार्यशाला स्वामी दयानंद सरस्वती की द्विशताब्दी जयंती समारोह के उपलक्ष्य में और एकल-उपयोग प्लास्टिक बैग के बजाय पर्यावरण-अनुकूल कपड़े से बने बैग के उपयोग के बारे में जागरूकता फैलाने के लिए किया था।

गृह विज्ञान विभाग की सहायक प्रोफेसर, वस्त्र एवं टेक्सटाइल्स विशेषज्ञ रति अरोड़ा कार्यशाला में बतौर मुख्य वक्ता शामिल हुईं। उन्होंने स्लिंग बैग, टोट

बैग, शोल्डर बैग, फ्लैप बैग आदि कपड़े से बने बैग की विभिन्न शैलियों की कटिंग और सिलाई तकनीक का प्रदर्शन किया।

प्रतिभागियों ने प्रमुख वक्ता के सुझाव और मार्गदर्शन में विभिन्न प्रकार के बैग बनाए और सजाए। कार्यशाला में शामिल विद्यार्थी कपड़े पर सुंदर रचनात्मक पैटर्न बनाने के लिए कंप्यूटरीकृत फैशन मशीनों से भी परिचित हुए। अंत में प्रतिभागियों को ओर से बनाए गए सभी रचनात्मक और रंगीन बैग प्रदर्शित किए। सर्वश्रेष्ठ बैग बनाने वाले प्रतिभागियों का चयन किया और कॉलेज प्राचार्या डॉ. निशा भार्गव ने उन्हें पुरस्कृत किया।

7.2 Best Practices

- On March 9, 2024, the Women Development Cell and NSS Units commemorated International Women's Day by organizing a workshop in Badheri, Chandigarh. The event involved 20 NSS volunteers, 4 WDC volunteers, and 1 teacher who educated women on cyber safety and security. A Cyber Saheli Helpline Desk was set up to address online safety queries and provide guidance on avoiding cyber threats, empowering women to navigate the digital landscape securely.



- To mark International Women's Day on March 15, 2024, the VADA Club organized a poster-making competition focusing on gender equality. 27 participated, creatively expressing themes of inclusivity and empowerment. The event celebrated women's achievements and fostered dialogue on gender sensitization.

Ministry of Social Justice and Empowerment
Department of Social Justice and Empowerment
Government of India

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

To mark the International Women's Day
Victory Against Drug Abuse (VADA) Club
under the aegis of
Department of Social Justice & Empowerment, Govt. of India
organizes

POSTER MAKING COMPETITION

Theme: Gender Equality

Date: 15 March 2024 | Time: 11.00 AM to 1.00 PM | Venue: Golden Jubilee Conference Hall

Cash Prizes
(First Prize: Rs. 2000/- Second Prize Rs. 1500 and Third Prize
Rs. 1000) and Certificates will be awarded to the winners.

Mr Ashish Mudgal Dr Gurjeet Kaur Virk Dr Nisha Bhargava
Activity Incharge (Creative) Nodal Officer, VADA Club Convener & Principal

7.2 Best Practices

एमसीएम में लैंगिक समानता पर पोस्टर मेकिंग प्रतियोगिता



पोस्टर मेकिंग प्रतियोगिता में भाग लेती छात्राएं। अमर उजाला

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी महिला महाविद्यालय में लैंगिक समानता पर पोस्टर मेकिंग प्रतियोगिता का आयोजन किया। वाडा क्लब ने लैंगिक समानता और लैंगिक संवेदनशीलता पर प्रतियोगिता करवाई। विभिन्न विषयों के विद्यार्थियों ने पोस्टर के विषय लैंगिक रूढ़ियों को चुनौती देने से लेकर सभी लिंगों के लिए समान अधिकारों और समान अवसरों पर आधारित रहे। ब्यूरो

- International Yoga Day was celebrated in on June 21, 2024, by the NSS Units and Physical Education Department. This event had 70 participants and focused on “Yoga for Women Empowerment.” The session included yoga demonstrations, medallist felicitation, and motivational talks on holistic health and resilience.



7.2 Best Practices

6. Communal Harmony:

- On September 21, 2023, the Department of Political Science and the Swachhta Committee Arts of Mehr Chand Mahajan DAV College for Women organized an Intra-College Declamation Competition on the theme



'Dialogue – A Path to Peace' to mark the International Day of Peace. The event was attended by 21 students and aimed to sensitize young minds about the repercussions of war and violence while promoting peace, open-mindedness, and acceptance across gender, race, and territories. The competition highlighted the power of dialogue in fostering understanding and peace, successfully inspiring participants to embrace non-violence and global solidarity.

- The NSS Day Celebration was held on September 24, 2023, with 50 volunteers, centred around the theme Heart Full of Gratitude. The event emphasized



compassion and encouraged donations for those in need, fostering joy and gratitude. Interactive sessions with schoolchildren also raised awareness about environmental cleanliness, promoting empathy and community service.

- On International Human Solidarity Day, the NSS Units and the Character-Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized 'सौहार्द', the annual woollen clothes donation drive, on December 20, 2023, to extend warmth and care to the underprivileged during the cold weather. A donation box was placed on the college premises, inviting students and staff to contribute woollens as a gesture of solidarity and support for those in need. The act of giving and the joy reflected in the smiles of the recipients highlighted the transformative power of kindness and compassion.

7.2 Best Practices

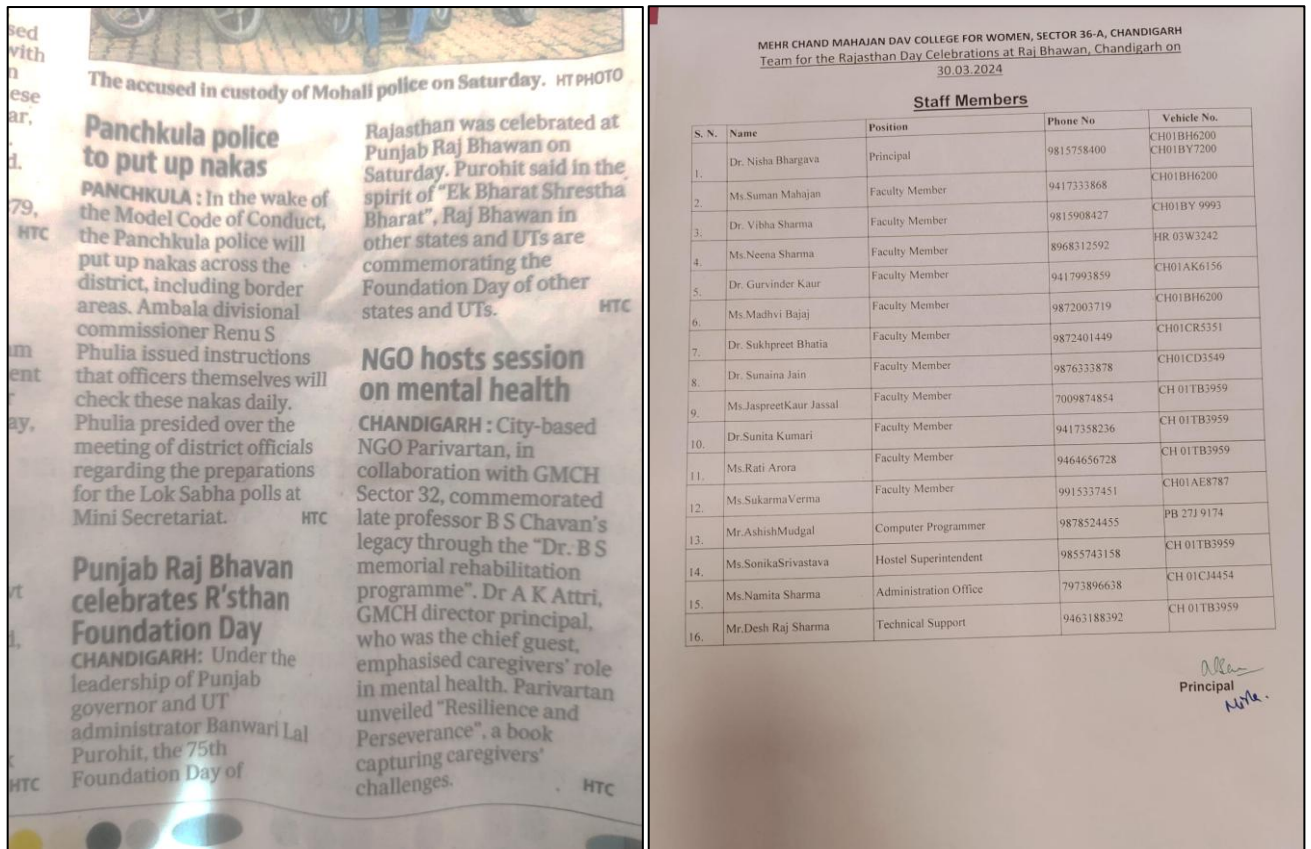
The event was a resounding success, reaffirming the college's commitment to fostering a culture of empathy and community support.



Mehr Chand Mahajan DAV College for Women, Chandigarh Celebrated Rajasthan Day at Raj Bhavan, Chandigarh on 30.03.2024.

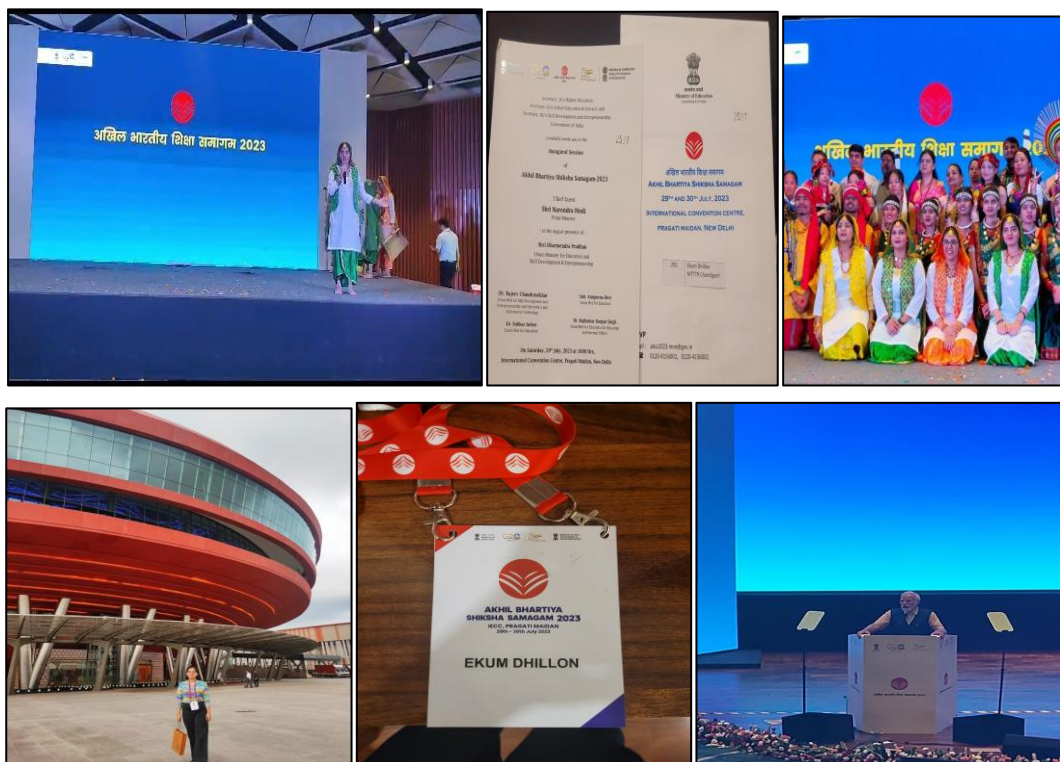


7.2 Best Practices



One of our Student Ms. Ekum, BA III has brought laurels to the college in the field of youth engagement and community outreach. Her achievements include:

- Represented Chandigarh at the Akhil Bharatiya Shiksha Samagam (3rd Anniversary of New Education Policy) held at Bharat Mandapam, New Delhi (G20 venue) from July 27-31, 2023. Under the aegis of Ministry of Education, EBSB & G20 Conference.

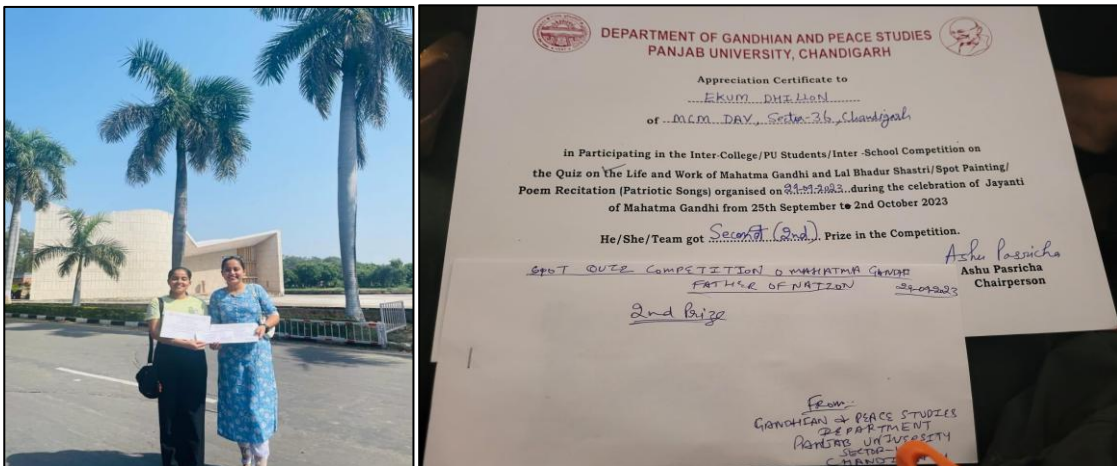


7.2 Best Practices

- Felicitated by the Director of NITTTR Chandigarh on September 6, 2023, for showcasing Cultural Performance based on Assam's and Chandigarh's Cultural Amalgamation through Folk Dance & Poetry.



- Bagged Second Prize in the Inter College Quiz held at Gandhi Bhawan, Panjab University, Chandigarh on September 29, 2023, a neck-to-neck competition comprising of 130 students.



- Won Second Prize in the Panjab University Zonal Youth Festival in the General Quiz Category held at Mehr Chand Mahajan DAV College, Chandigarh on October 8, 2023.



7.2 Best Practices: नारी (NAARI) - निपुणता और आत्मविश्वास के साथ राष्ट्रीय एकता

- Adjudicated as the Vice Chairperson of UN Security Council at UTTARAKHAND YUVA SANSAD (Youth Parliament) held at DPSG, Dehradun from February 3-4, 2024.



SCC Nandini received DG NCC Awards and secured All India Rank four in Best Cadet completion. She also participated in Youth Exchange International camp in Nepal.

7.2 Best Practices



SCC Bhawana also honoured with DG NCC award for Nau Sainik Camp



Lady Cadet Shruti attended Ek Bharat Shreshtha Bharat programme from 25th October 2023 to 5th November 2023 at Ropar (Punjab) and bagged Silver Medal in Firing. Her Group was also awarded Overall Best Group at the above-mentioned programme.

7.2 Best Practices



Lady Cadet Sushmi Yengkhom attended Personality Development and Life Skill Capsule (PDLS) at Lovely Professional University, Phagwara (Punjab) from July 15 to July 24, 2023.

She was also the part of the Prime Minister Rally at Chandigarh and her contingent secured 1st Position and awarded for Overall Best Cultural Performance.



Lady Cadet Anali Kumari and Lady Cadet Sushmi Yngkhom participated in Independence Day Parade – 2023 and bagged Third Prize in Best Contingent category.

7.2 Best Practices



Lady Cadet Diksha Bhatia and Lady Cadet Sushmi Yngkhom attended Pre Nau Sainik-Camp at Ropar (Punjab) from August 8- 30, 2023. In the above stated camp Lady Cadet Diksha Bhatia was awarded for Firing and Lady Cadet Sushmi Yngkhom was awarded for Drill.

पंजाब केसरी 13.10.2023

नौकायान करने रायपुर मैदान के लिए निकले नौसेना एन.सी.सी. कैडेट्स

बिलासपुर, 12 अक्तूबर (विशाल): 1-एच.पी. नेवल यूनिट एन.सी.सी. बिलासपुर द्वारा 10 दिवसीय जलतरंग नौकायान मैनुअल-2023 के पांचवें दिन सभी 60 एन.सी.सी. कैडेट्स सुबह 7 बजे शारीरिक व्यायाम और योगा के उपरान्त अपने प्रशिक्षकों और लाइफ जैकेट्स के साथ गोविंदसागर झील में तीन सोलिंग बोट, दो रेस्क्यू बोट और एक

सेफ्टी बोट्स लेकर रायपुर मैदान जिला ऊना के लिए नौकायान करते हुए रवाना हुए। बिलासपुर लुहणू मैदान से रायपुर मैदान तक कैडेट्स ने लगभग 80 किलोमीटर तक का सफर तय किया। इस अभियान में कैडेट्स अगले तीन दिनों तक रायपुर मैदान के आसपास नौकायान करेंगे। कमान अधिकारी ने बताया कि

यह कैडेट्स विभिन्न सामाजिक क्रियाकलापों जैसे स्वच्छ भारत अभियान, जल संरक्षण, बेंटी बचाओ-बेंटी पढ़ाओ और ड्रग के बारे में जागरूकता और इसके दुरुपयोग व रोकथाम इत्यादि का विभिन्न स्थानों पर रुकते हुए प्रचार करते हुए जाएंगे और स्थानीय लोगों को जागरूक करेंगे। इस दौरान ए.एन.ओ. सब लीफ्टनेंट डा. सुरेश कुमार जम्वाल,

मुख्य अनुदेशक भरत भूषण, पी.ओ. अनिल शर्मा, मनीष ठाकुर, राजेश कुमार, संजीव कुमार, विक्रम, ओम प्रकाश, बी.डी. दास, जी.सी.आई. अकिता, ए.एन.ओ. केवल सिंह, सी.टी.ओ. अब्दुल मजीद, नर्सिंग ऑफिसर अमित कुमार, शिप मॉडलिंग इंस्ट्रक्टर अमित ठाकुर व नौ सेना यूनिट एन.सी.सी. बिलासपुर के अन्य सदस्य मौजूद रहे।

बिलासपुर : रायपुर मैदान जिला ऊना के लिए नौकायान हेतु रवाना होते नौसेना एन.सी.सी. कैडेट्स सामूहिक चित्र में।

7.2 Best Practices



Lady Cadet Roshni attended All India Yachting Regatta conducted at INS Chilka from October 4 -26 November 2023. She secured 7th Position in her Overall Directorate.

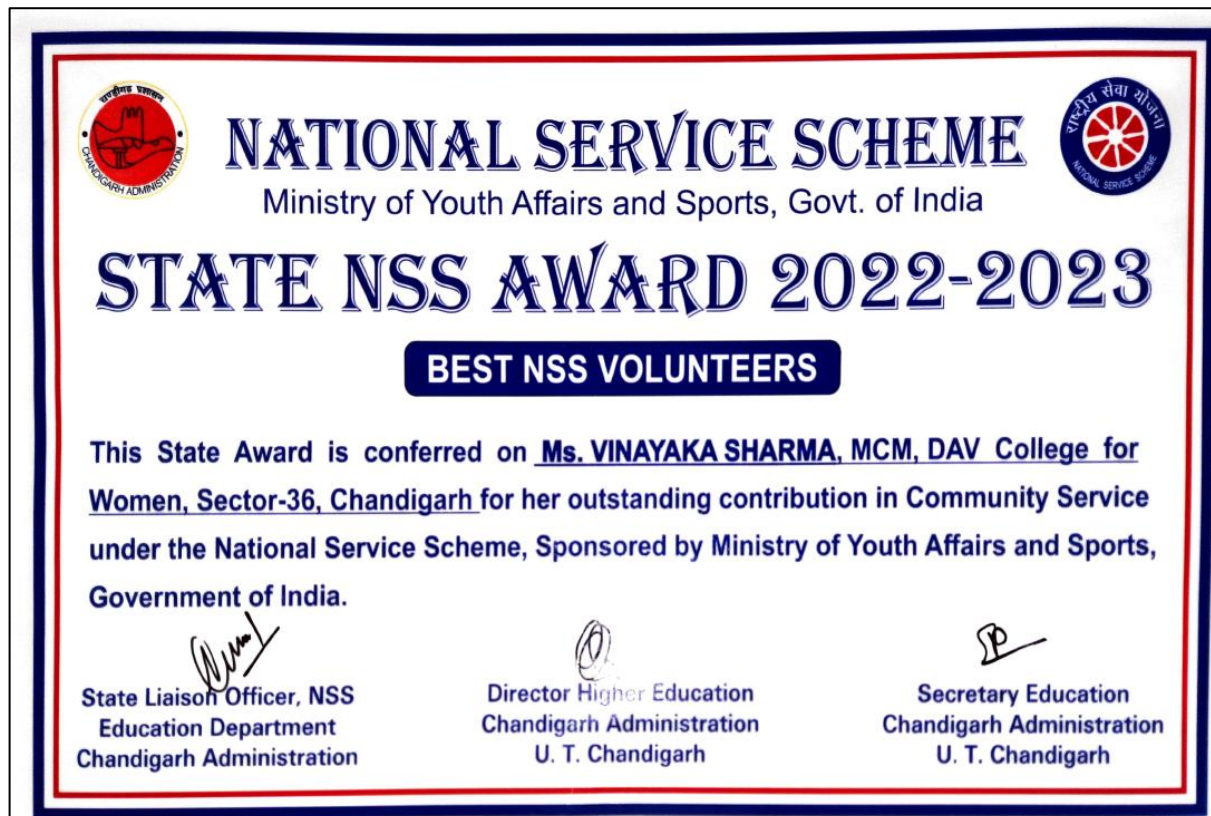
Lady Cadet Shweta and Lady Cadet Anjali Kumari attended Special Yachting Training Camp in November 2023 at Vishakhapatnam (Andhra Pradesh).



In Annual Training Camp held in month of July 2023 in Punjab Engineering College, Chandigarh, our college contingent won following prizes

- Best in Drill
- Best in Tent Pitching
- Best in Quiz
- Second in Volleyball
- Second in Relay Races

7.2 Best Practices



Our college student Ms. Vinayaka was awarded with Best NSS Volunteers State NSS Award 2022-23 on 24.09.2024 held at PGGCG-42, Chandigarh for her outstanding contribution in Community Service under National Service Scheme.

7.2 Best Practices

Not only the mentees, but mentors of our college are also contributing the success of the institution in the field of youth engagement and community outreach.



- Our faculty member ANO Anju Lata was honoured with the DG NCC Award, announced by the Directorate General of NCC, Ministry of Defence, India.
- ANO Anju Lata also secured the first position in merit during her NCC training at the Officers Training Academy, Gwalior.

7.2 Best Practices





NATIONAL SERVICE SCHEME

Ministry of Youth Affairs and Sports, Govt. of India

STATE NSS AWARD 2022-2023

BEST NSS PROGRAMME OFFICER

This State Award is conferred on Dr. PURNIMA BHANDARI, MCM, DAV College for Women, Sector-36, Chandigarh for her outstanding contribution in Community Service under the National Service Scheme, Sponsored by Ministry of Youth Affairs and Sports, Government of India.

 State Liaison Officer, NSS Education Department Chandigarh Administration	 Director Higher Education Chandigarh Administration U. T. Chandigarh	 Secretary Education Chandigarh Administration U. T. Chandigarh
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One of our faculty member Dr, Purnima Bhandari was awarded with Best NSS Programme Officer State NSS Award 2022-23 on 24.09.2024 held at PGGCG-42, Chandigarh for her outstanding contribution in field of Community Outreach under National Service Scheme.

7.2 Best Practices

Problems encountered and the resources required:

- Despite their impactful intent, our social initiatives often face constraints due to insufficient funding, which limits their reach and effectiveness.
- Resistance or lack of proactive engagement from civil and social organizations often creates barriers to achieving the full potential of our activities.
- The demanding academic curriculum restricts students' availability, necessitating the careful scheduling of outreach programs to align with their academic commitments.

For more information:

NSS Units Report: <https://mcmdavcwchd.edu.in/wp-content/uploads/2024/08/Report-of-NSS-Units-2023-24.pdf>

VADA Club Report:

https://mcmdavcwchd.edu.in/wp-content/uploads/2024/06/Report-of-VADA-Club-2023-24-1_240515_102522.pdf

Women Development Cell Report:

<https://mcmdavcwchd.edu.in/women-development-cell/>

Character Building Report:

<https://mcmdavcwchd.edu.in/character-building-committee/>

Medical committee Report:

<https://mcmdavcwchd.edu.in/wp-content/uploads/2024/12/Report-of-Medical-Committee-2023-24.pdf>

7.2 Best Practices

Sports Achievements at a Glance!

The sports achievements for the academic year 2023–24 reflect the exceptional performance and dedication of students across various competitions. Medallists from Panjab University’s Inter- College competitions have demonstrated excellence in diverse sports disciplines, securing top positions in state, inter-university, and international events. The following sections detail the individual medallists and the prize distributions for their remarkable achievements.

Sr. No.	Game/Sports	Name	Position
1	Boxing	Komal	Gold
2		Benazir Sana Yumkhaibam	Bronze
3		Saina	Silver
4		Anjali	Bronze
5	Karate	Ishika Bhasin	Bronze
6		Arshita	Bronze
7	Judo	Kamini Yadav	Silver
8		Mehak Singh	Silver
9		Saina	Bronze
10		Tamanna Sharma	Silver
11		Saniya Rai	Silver
12	Swimming	Nitika (50 m fly)	Gold
13		Nitika (50 m Brest)	Gold
14		Nitika (2000 Indi. Medlay)	Silver
15		Nitika (50 m Free)	Bronze
16		Bhavjot (50 m Back)	Gold
17		Bhavjot (100 m Back)	Gold
18		Bhavjot (50 m free)	Silver
19	Wushu	Krishma	Silver
20		Krishma	Bronze
21		Anjali	Gold
22		Anjali	Silver
23		Kiran	Silver
24		Manita	Bronze
25		Manita	Bronze
26		Kalpana	Bronze
27		Kalpana	Bronze

7.2 Best Practices

Sr. No.	Game/Sports	Name	Position
28	Wushu	Rukhsar	Silver
29		Ankita	Gold
30		Ankita	Silver
31		Ankita	Silver
32	Artistic Gymnastics	Tamanna Sharma	Gold
33		Tamanna Sharma	Gold
34		Tamanna Sharma	Gold
35		Tamanna Sharma	Silver
36		Tamanna Sharma	Silver
37		Sneha Ghosh	Bronze
38		Sneha Ghosh	Bronze
39		Khushi	Bronze
40		Khushi	Bronze
41		Khushi	Bronze
42	Rhythmic Gymnastics	Ashanpreet Kaur	Bronze
43		Ashanpreet Kaur	Bronze
44		Ashanpreet Kaur	Bronze
45		Ashanpreet Kaur	Bronze
46		Ashanpreet Kaur	Silver
47	Taekwondo	Arshita	Bronze
48		Kalpana	Bronze
49		Aanchal	Silver
50	Shooting	Mahit Sandhu (10 m air rifle)	Gold
51		Mahit Sandhu (50 m 3p)	Gold
52	Fencing	Mehak Walia (epee)	Silver
53		Aman (Sabre)	Silver
54	Mallakhamba (Pole)	Sandhya	Silver
55	Mallakhamb (Rope)	Hemlata	Bronze
56		Hemlata	Silver
57		Sandhya	Bronze
58	Yoga	Ankita	Bronze
59	Weightlifting	Ishika Bhasin	Bronze
60		Riya Singh	Silver
61	Pencak Silat (Tunggal)	Krishma	Gold
62	Pencak Silat (Ganda)	Kalpana	Gold

7.2 Best Practices

Sr. No.	Game/Sports	Name	Position
63	Pencak Silat (Ganda)	Krishma	Gold
64		Kalpana	Gold
65		Krishma	Gold
66		Anjali	Gold
67		Rukhsar	Silver
68	Cross Country	Latika Talwar	Gold
69		Tannu	Silver
70		Vineeta Gurjar	Bronze
71	Rowing	Nikita Gavhani (W1X 500 m)	Gold
72		Bodke Anita (Lw1 X 500 mtr)	Gold
73		Nikita Gavhane (Single Skull)	Silver
74		Bodke Anita (LW1 X 2 km)	Silver
75	Canoeing	Nikita	Gold
76		Tannu	Gold
77	Wrestling	Annu	Bronze
78		Nandini	Bronze
79		Sonali	Silver
			Total
Panjab University Team Medalist (State)			
Sr. No.	GAME/SPORTS	NAME	POSITION
1	Badminton	Yashica	Gold
2		Apoorva	Gold
3		Mahnoor	Gold
4		Naina Trehan	Gold
5		Tejaswani Thakur	Gold
6	Football	Bulbul Sharma	Gold
7		Priyanka Yadav	Gold
8		Komal	Gold
9		Aarti	Gold
10		Anjali	Gold
11		Harveer Kaur	Gold
12		Mandeep Kaur	Gold
13		Sunaina	Gold
14		Ankita	Gold

7.2 Best Practices

Sr. No.	Game/Sports	Name	Position
15	Football	Vanshita Sharma	Gold
16		Manisha Kumari	Gold
17		Reena	Gold
19		Stonskit Dolma	Gold
20		Manisa Kumari	Gold
23	Table Tennis	Vishakha	Bronze
24		Kirti	Bronze
25		Esther	Bronze
26	Volleyball	Mahima	Bronze
27		Poonam Saini	Bronze
28		Bhawna	Bronze
29		Kunjna Singh	Bronze
30		Riya Saini	Bronze
31		Vaishali	Bronze
32		Neha	Bronze
33		Tanvir Kaur	Bronze
36	Artistic Gymnastics	Hemlata	Gold
37		Sandhya	Gold
38		Hemlata	Gold
39	Mallakhamb	Khushi	Gold
40		Sneha Ghosh	Gold
41		Ankita	Gold
42		Ashu	Gold
43	Hockey	Poonam Rani	Silver
44		Sakshi	Silver
45		Nisha	Silver
46		Tanya	Silver
47		Mamta	Silver
48		Monishka	Silver
49		Anjali	Silver
50		Ashu	Silver
51		Anshul	Silver
52		Poonam	Silver
53		Sonu	Silver
54		Suman	Silver

7.2 Best Practices

Sr. No.	Game/Sports	Name	Position
55	Hockey	Palak	Silver
56		Ritu	Silver
57		Sonika	Silver
58		Tannu	Silver
59		Twinkle	Silver
60		Dimple	Silver
61	Rugby	Priyanka Yadav	Gold
62		Monishka	Gold
63		Sakshi	Gold
64		Mamta Rani	Gold
65		Palak	Gold
66		Mandeep Kaur	Gold
67		Suman	Gold
68		Suman	Gold
69		Reena	Gold
70		Aarti	Gold
71		Dimple	Gold
72		Sonika	Gold
73	Rhythmic Gymnastics	Ankita	Bronze
74		Ankita	Bronze
75		Payal	Bronze
76	Cricket	Ishita	Bronze
77		Tanya Verma	Bronze
78		Jashandeep Kaur Baidwan	Bronze
79		Shivani Thakur	Bronze
80		Arshbaani	Bronze
81		Bhawana	Bronze
82		Tamanna	Bronze
83		Vanshita Sharma	Bronze
84		Manvi mehra	Bronze
85		Harshita Gusain	Bronze
87		Twinkle	Bronze
88		Sakshi	Bronze
89		Priya Bhattacharjee	Bronze
90		Ishana Chadha	Bronze

7.2 Best Practices

Sr. No.	Game/Sports	Name	Position
91	Cricket	Manu Rana	Bronze
92	Kabaddi	Anjali	Silver
93		Sonali	Silver
94		Nandini	Silver
95		Annu	Silver
96		Manisha	Silver
97		Aarti	Silver
98		Priyanka	Silver
99		Monika	Silver
100		Tannu	Silver
101		Jaya	Silver
102		Monisha	Silver
103		Kajal	Silver
122		Dragon Boat	Ashu Kirar
123	Devika S. Nair		Gold
124	Vanshita Sharma		Gold
125	Nikita Rawat		Gold
126	Nitika		Gold
127	Ritika		Gold
128	Hemlata		Gold
129	Gurleen Kaur		Gold
130	Bhavjot kaur		Gold
131	Pushpa Yadav		Gold
132	Salam Chaoba Devi		Gold
133	Tannu		Gold
134	Tejinder Kaur		Gold
135	Bhawna		Gold
136	Fencing	Amanjot Kaur	Gold
138		Lavanya	Gold
139		Riya	Gold
140		Purvasha	Gold
141	Yoga	Reena	Bronze
142		Ankita	Bronze
143		Damini	Bronze
144		Payal Verma	Bronze

7.2 Best Practices

Sr. No.	Game/Sports	Name	Position	
145	Yoga	Astha	Bronze	
146		Kajal	Bronze	
147	Cross Country	Latika Talwar	Gold	
148		Vineeta Gurjar	Gold	
149		Tannu	Gold	
150		Gurdeep Kaur	Gold	
151		Kajal	Gold	
152		Shreya	Gold	
153	Rowing	Nikita Gavhani (LW2X 500 metre)	Bronze	
154		Bodke Anita (LW2X 500 metre)	Bronze	
155		Nikita Gavhani (LW2 X 500 metre)	Gold	
156		Bodke Anita (Lw2 X 500 metre)	Gold	
157		Nikita Gavhani (W4 500 metre)	Silver	
158		Bodke Anita (W4 500 metre)	Silver	
159		Nikita Rawat (W4 500 metre)	Silver	
160		Gurleen Kaur (W4 500 metre)	Silver	
161		Nikita Gavhani (Quardpull)	Gold	
162		Bodke Anita (Quardpull)	Gold	
163		Nikita Rawat (Quardpull)	Gold	
164		Gurleen Kaur (Quardpull)	Gold	
165		Nikita Rawat (Double Skull)	Silver	
166		Gurleen Kaur (Double Skull)	Silver	
167		Bodke Anita Sadashiv (2km w-2)	Silver	
168		Nikita Gavhani (2km w-2)	Silver	
169		Nikita Gavhani (W4 X 2 Km)	Silver	
170		Bodke Anita (W4 X 2Km)	Silver	
171		Nikita Rawat (W4 X 2 Km)	Silver	
172		Gurleen Kaur (W4X 2 Km)	Silver	
173		Bodke Anita sadashiv (LW2X 2km)	Bronze	
174		Nikita Gavhani (LW2X 2km)	Bronze	
175		Bodke Anita sadashiv (LW2X 2km)	Bronze	
176		Nikita Gavhani (LW2X 2km)	Bronze	
177		Canoeing	Nikita (C2)	Silver
178		Canoeing	Tannu	Silver

7.2 Best Practices

Sr. No.	Game/Sports	Name	Position
179	Kayaking	Nitika (K-4)	Gold
180		Ritika	Gold
181		Niktika	Gold
182		Tannu	Gold
183		Nitika (K-2)	Silver
184		Tannu	Silver
185	Sailing	Roshni	Silver
186		Anjali	Silver
187		Hasanpreet	Silver
ALL INDIA INTER UNIVERSITY MEDALISTS (National)			
Sr. No.	Game/Sports	Name	Position
1	Boxing	Komal	Gold
2	Shooting (10 m Air rifle)	Mahit Sandhu	Bronze
3	Shooting (50 m 3P)	Mahit Sandhu	Bronze
4	Shooting (Trap)	Anmol	Silver
5	Fencing	Mehak Walia	Bronze
6		Aman	Bronze
7	Rowing (LW-2)	Bodke Anita Sadashiv	Silver
8	Rowing	Gavhane Nikita Dnyaneshwar	Silver
9	Rowing (LW-2 2000mtr)	Bodke Anita Sadashiv	Bronze
10	Rowing	Gavhane Nikita Dnyaneshwar	Bronze
11	Rowing (W4-500m)	Nikita Rawat	Bronze
12	Rowing (W4-500m)	Bodke Anita Sadashiv	Bronze
13	Rowing (W4-500m)	Gavhane Nikita Dnyaneshwar	Bronze
14	Volleyball	Kunjna Singh	Silver
15		Bhavna	Silver
16	Badminton	Apoorva	Silver
17		Mehnoor Kaur	Silver
18		Afreen Bishnoi	Silver
19	Dragon Boat	Tannu	Silver
20		Nikita	Silver
KHELO INDIA INTER UNIVERSITY MEDALISTS (National)			
Sr. No.	Game/Sports	Name	Position
1	Fencing	Aman	Bronze
2	Shooting	Mahit Sandhu	Silver

7.2 Best Practices

Sr. No.	Game/Sports	Name	Position
3		Mahit Sandhu	Silver
4		Mahit Sandhu	Silver
5	Boxing	Komal	Gold
6	Fencing	Mehak Walia	Silver
INTERNATIONAL ACHIEVERS			
Sr. No.	Game/Sports	Name	Position
1	Asian Championship Shooting	Raiza Dhillon	Gold, Silver, Broze
2	World Championship Shooting(junior)	Raiza Dhillon	Gold
3	ISSF World Cup Shooting	Raiza Dhillon	Silver
4	Qualified For Olympics	Raiza Dhillon	
5	Asian Games Cricket	Amanjot	Gold
6	World Ranking Golf tournament	Heena Kang	International Ranking 10
7	Junior Commonwealth Fencing Championship	Purvasha	Participation

Best Practices

Session: 2023-24



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

