

Report of Personality Development Cell (2023-24)



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

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Personality Development Club Report(July 2023- June 2024)

1.The Personality Development Cell and Character-Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized an interactive session on **“Treasuring Life- Body, Mind and Spirit” on September 19, 2023**. The speaker, Mr. Satinder Sharma, Founder & Cultivator, Diexcel Consulting Group explained that the alignment of body and mind can remove any kind of illness from human life. He focused on the concept of sound health that is a combination of spiritual aspects, intellectual aspects, and physical aspects and purifying these aspects can bring about the desired positive change. The six universal causes of illness such as deep-rooted negative tendencies, work of internal devils, external microorganism, disharmony of basic life elements, improper eating & drinking, irregular rhythm of daily life, were conversed about in the session and the speaker elucidated about the role of healthy diet and healthy routine in attainment of holistic health. Satinder also emphasized upon the importance of Character and competency in human’s life and highlighted the importance of character amongst all other traits to achieve the real goal in life and ultimate happiness. The young participants were informed about the key aspects of a balanced life. In whole, the speaker, Mr. Satinder Sharma enlightened life’s complete equation-a sum of intelligence in the spirit, working through a mind engineered to holistic learning, anchored in the umbrella of healthy physical permutations, percolating down and around. His humanistic multi-faceted approach to conglomerate management applications in organisations has driven home the message of cohesive learning to our students. The talk lasted over one and a half hour where the students raised queries, to which the resource person responded adequately. The session spanning around one and a half hour brought in about 180 participants who took keen interest in, nicely, the concept of balancing body, mind and soul put across to them. The session received an overwhelming response. Principal Dr. Nisha Bhargava appreciated the efforts of both

the cells for showing the youth the path of healthy life and good character, thereby leading to well- rounded individuals. Highlighting the importance of the session, she added that the future belongs to those who work consistently on their character building and healthy life.

Celebrating Bicentennial Birth Anniversary of Swami Dayanand Saraswati Ji


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




Character Building Committee
in collaboration with
Personality Development Cell
is organizing an Interactive Session on

Treasuring Life - *Body, Mind and Spirit*

Date: 19 September 2023 | Time: 10:00 am
Venue: Multimedia Hall



Resource Person
Mr Satinder Sharma
Founder & Cultivator
DAIEXCEL Consulting Group



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

Dr Ritu Rani & Dr Sonica Dr Vandita Kapoor & Ms Nidhi Sharma Dr Nisha Bhargava
Coordinators Co-Conveners Convener & Principal

Mr Ashish Mudgal - Activity Incharge (Creative)





एमसीएम में समग्र कल्याण पर सत्र का किया आयोजन



फास्ट मीडिया, (अमूल्या), चंडीगढ़। सुखी एवं संतुष्ट जीवन के सार तत्व को जानने के लिए मेहर चंद महाजन डीएवी महिला महाविद्यालय, सेक्टर 36-ए, चंडीगढ़ की चरित्र-निर्माण समिति और व्यक्तित्व विकास सेल के संयुक्त प्रयास से 'ट्रेजरिंग लाइफ - बॉडी माइंड एंड स्पिरिट' विषय पर एक इंटरैक्टिव सत्र का आयोजन किया। इस सत्र में डायएक्सेल कंसल्टिंग ग्रुप के संस्थापक और कल्टीवेटर श्री सतिंदर शर्मा बतौर मुख्य वक्ता शामिल हुए उन्होंने बताया कि कैसे शरीर एवं दिमाग का सामंजस्य हर प्रकार की बीमारी को दूर कर सकता है। उन्होंने बीमारी के छह सार्वभौमिक कारणों पर प्रकाश डाला जिसमें व्यक्ति के भीतर गहरी जड़ें जमा चुकी नकारात्मक प्रवृत्तियाँ, आंतरिक शैतानों के

कार्य, बाह्य सूक्ष्मजीव, बुनियादी जीवन तत्वों में असंतुलन, अनुचित खान-पान और दैनिक जीवन में अनियमितता शामिल हैं। उन्होंने समग्र कल्याण की प्राप्ति में स्वस्थ आहार और स्वस्थ दिनचर्या की भूमिका के बारे में भी विस्तार से बताया। श्री सतिंदर ने जीवन में अपने लक्ष्य को प्राप्त करने और परम आनंद के लिए चरित्र की अखंडता पर बल दिया। इस सत्र में विभिन्न धाराओं के 180 से अधिक विद्यार्थियों ने भाग लिया। सत्र का समापन एक प्रेरक गीत के साथ हुआ। कॉलेज प्राचार्या डॉ. निशा भार्गव ने दोनों समितियों के संयुक्त प्रयासों की सराहना की और यह भी कहा कि परम आनंद एवं समग्र कल्याण का स्रोत मन, शरीर और आत्मा का सामंजस्य ही है।

Session on achieving holistic well-being conducted at MCM

THE AMAN SANDESH TIMES

Chandigarh: To explore and treasure the virtues of a happy and contented life, the Character-Building Committee and Personality Development Cell of Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh organized an interactive session 'Treasuring Life – Body Mind & Spirit'. The speaker, Mr. Satinder Sharma, Founder & Cultivator, Diexcel Consulting Group explained how the harmony of body and mind can remove any kind of illness. He talked about the six universal causes of illness: deep-rooted negative tendencies, the work of internal devils, external



microorganisms, disharmony of basic life elements, improper eating and drinking and irregular rhythm of daily life. He further explained the role of a healthy diet and routine in attaining holistic well-being. Mr. Satinder emphasized the importance of integrity of character as a virtue to achieve one's goal in life and for ultimate happiness.

The session was attended by more than 180 students from different streams. The session ended with an inspiring song. Principal of the college, Dr. Nisha Bhargava appreciated the efforts of both the Committees and added that the road to happiness and well-being begins and ends with harmony of mind, body and soul.

2. The Personality development Cell of Mehr Chand Mahajan DAV College for Women in collaboration with the Medical Committee of the college, organized an expert talk on the title, “Promoting Positive Personality Development among Youth” by the resource person, Dr. Prabhjot Malhi, Consultant (Child Psychology) Fortis Medcentre, Chandigarh on 26th September 2023. Dr. Prabhjot initiated her lecture by discussing a few case studies which were a clear reflection of the challenges faced by the younger generation today. She mentioned that the youth is getting distracted due to excessive intervention of social media. The unrealistic virtual media is promoting a self-centered, irresponsible new generation. She urged the students to develop a sense of responsibility towards their bigger goals and forge internal and external assets viz competence, values and relationships, opportunities etc. apart from a disciplined life. The adverse effects of growing anxiety in life can be combated by opening the door of one’s heart to friends and parents. The lecture also focused on good parenting where too much of “helicopter Parenting” affects the holistic development of children. This would lay a sound foundation for both the child and the parent. The lecture which lasted an hour, was attended by around 56 students from both the UG and PG streams of the college. Dr. Nisha Bhargava, Principal of the college, appreciated the efforts of both the committees and congratulated the stake holders on the successful completion of the event.

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



The Personality Development Cell

in collaboration with

Medical Committee

organizes an Expert Talk on

 **Promoting**
Positive Personality
Development
among Youth

Date: 26 September 2023 | Time: 10:30 am

Venue: Golden Jubilee Conference Hall

Resource Person

Dr Prabhjot Malhi

Psychiatrist

Fortis Hospital, Mohali



Dr Madhuri Tanaji Patil & Dr Rishu | Dr Sarabjeet Kaur & Ms Nidhi Sharma | Dr Nisha Bhargava
Coordinators Co-conveners Convener & Principal

Activity Incharge [*Creative*]: Mr Ashish Mudgal



MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, CHANDIGARH Talk 'Promoting Positive Personality Development among Youth' organised at MCM





Talk 'Promoting Positive Personality Development among Youth' organised

THE AMAN SANDESH TIMES

Chandigarh: The Personality Development Cell of Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh in collaboration with the Medical Committee of the college, organized an expert talk, "Promoting Positive Personality Development among Youth". The resource person for the talk was Dr. Prabhjot Malhi, Consultant (Child Psychology) at Fortis Medcentre, Chandigarh. Dr. Prabhjot said that the youth is getting distracted due to excessive



intervention in social media. She urged the students to develop a sense of responsibility towards their bigger goals and nurture competence and values. The adverse effects of

anxiety in life can be combated by opening the door of one's heart to friends and family. The lecture also focused on good parenting where "helicopter Parenting" adversely affects the holistic development of children. The lecture was attended by 56 students from all streams. Dr. Nisha Bhargava, the principal of the college, appreciated the efforts of both Committees in organising the talk. She encouraged students to move the spotlight from the negative aspects of life to the blessings that they have been bestowed upon and also adopt a healthy lifestyle.



एमसीएम में वक्ता को सम्मानित करतीं प्राचार्य डॉ. निशा। स्रोत : संस्थान

सोशल मीडिया के प्रयोग से भटक रहे युवा

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी कॉलेज के व्यक्तित्व विकास प्रकोष्ठ ने मेडिकल कमेटी के सहयोग से युवाओं में 'सकारात्मक व्यक्तित्व विकास को बढ़ावा देना' विषय पर सत्र का आयोजन किया गया। इसमें बाल मनोविज्ञान सलाहकार डॉ. प्रभजोत मल्ही बतौर प्रमुख वक्ता शामिल हुए।

उन्होंने बताया कि सोशल मीडिया के अत्यधिक प्रयोग के कारण युवा वर्ग भटक गया है। उन्होंने विद्यार्थियों को अपने लक्ष्यों के प्रति जिम्मेदारी की भावना विकसित करने, अपनी क्षमताओं और मूल्यों का विकास करने का आग्रह किया। कहा कि जीवन में प्रतिकूल परिस्थितियों से बचने के लिए आवश्यक है कि हम अपने दिल के द्वार अपने मित्रों और परिवारजनों के लिए सदा खुले रखें। उन्होंने कहा कि सोशल मीडिया से युवाओं में अवसाद बढ़ रहा है। फेसबुक से डिप्रेशन का खतरा 7% और चिड़चिड़ापन का खतरा 20% बढ़ा है। सोशल मीडिया ने मोटापा, अनिद्रा और आलस्य की समस्या बढ़ा दी है। व्याख्यान में सभी संकायों के 56 विद्यार्थियों ने भाग लिया। कॉलेज प्राचार्य डॉ. निशा भार्गव ने दोनों समितियों के संयुक्त प्रयासों की सराहना की। ब्यूरो

3.The Personality Development Cell of Mehr Chand Mahajan DAV College for Women, Sector 36-A, Chandigarh organized a “NEWS-O-READER” competition in which the participants had to present the news by recording a video of themselves and showcase their qualities via this activity. The competition was a great success, with enthusiastic participation from students across various courses. Around 23 students participated in the same and submitted their interesting news pieces through these videos. Stuti (BA-2), Leonika (BA-2) and Saanvi (BA-2) got the first, second and the third prize respectively. Prize money was given to the winners as a token of appreciation for their hard work and dedication. The principal of the college Dr. Nisha Bhargava commended the efforts of the Personality Development Cell and said that such activities go a long way in chiselling the personalities of the students and prepares them for the professional environment of today.

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



Personality Development Cell
is organising
NEWS-O-READER



About the competition:

Present a news by recording a video of yourself...
A News Anchoring / A News Reading Competition
& Win exiting prizes

[First Prize: Rs. 1000/-, Second Prize: Rs. 800/- & Third Prize Rs. 500/-]

- Rules:
- Duration of the video : 2-5 minutes
- Language: English, Hindi, Punjabi
- Participants should create and submit a solo video
- Participants can choose a current affair as a topic
- No group participation allowed.
- Any sort of editing can be done to make your video more presentable
- Video entries along with personal details (Name, class, Contact No.) should be submitted on or before 14 March 2024 via mail: personalitydevelopmentmcm@gmail.com or whatsapp only on the below numbers
- 9815633724, 9780925742
- For any enquiry, Contact: 9815633724, 9780925742



Dr Nisha Bhargava
Convener & Principal

Ms Nidhi Sharma
Co-convener
Personality Development Cell

Dr Deeksha
Ms Sahiba Sharma
Coordinators

Mr Ashish Mudgal
Activity Incharge (Creatives)





समाचार वाचन में स्तुति ने दी शानदार प्रस्तुति



समाचार वाचन प्रतियोगिता में पुरस्कार जीतने वाली छात्राएं। अमर उजाला

चंडीगढ़। सेक्टर-36 स्थित एमसीएम डीएवी महिला महाविद्यालय में न्यूज-ओ-रीडर प्रतियोगिता का आयोजन किया। प्रतिभागियों ने अपने समाचार वाचन कौशल को प्रदर्शित करते हुए एक वीडियो प्रस्तुत की गई। इसमें विभिन्न विषयों से 23 विद्यार्थियों ने भाग लिया। इसमें बीए द्वितीय वर्ष की छात्राओं ने पुरस्कार जीते। इस दौरान स्तुति ने प्रथम, लियोनिका को द्वितीय और सानवी को तृतीय पुरस्कार प्राप्त किया। विजेताओं को नकद इनाम प्रदान किए गए। प्राचार्या डॉ. निशा भार्गव ने व्यक्तित्व विकास प्रकोष्ठ के प्रयासों की सराहना की। ब्यूरो

MCM holds news reading competition



CHANDIGARH, APR 19

The Personality Development Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised 'News-o-Reader' Competition. The competition required the participants to present a video showcasing their news reading skills. The competition witnessed enthusiastic participation of 23 students from across various disciplines.

Stuti (BA-2), Leonika (BA-2) and Saanvi (BA-2) got the first, second and the third prize, respectively. Cash prizes were awarded to the winners. Principal Dr. Nisha Bhargava commended the efforts of the Personality Development Cell and said that such activities go a long way in chiselling the personalities of the students and preparing them for the professional world.