Report of NSS (2024-25)



Mehr Chand Mahajan DAV College for Women

Sector-36/A, Chandigarh

www.mcmdavcw-chd.edu

0172-2603355, 0172-2624921

Index

S. No.	Date	Event Name	Context	Participants	Venue
1	1 August 2024	A youth-led discussion and discourse on the Union Budget 2024-25	Employment and Skilling for Women and Students	52	MM Hall, MCM DAV College, Sec 36, Chandigarh
2	9 August 2024	An interactive session on Eve Teasing	Women empowerment and self-defence tactics	141	MM Hall, MCM DAV College, Sec 36, Chandigarh
3	10 August 2024	Azadi Ke Rang	Tricolour Dress Competition	40	Celebration Ground, MCM DAV College, Sec 36, Chandigarh
4	10 August 2024 to 13 August 2024	Azadi Ka Swaad	Tricolour Food Donation Drive	-	IQAC Room, MCM DAV College, Sec 36, Chandigarh
5	12 August 2024	Ek Ped Ma Ke Naam	Tricolour Plantation Drive	23	Front Lawn, MCM DAV College, Sec 36, Chandigarh
6	14 August 2024	Cyber safety video competition	Short Video Competition on Cyber Safety	2	Online
7	19 August 2024 to 30 August 2024	Project Saarthi with PGIMER Chandigarh	Internship with PGIMER, Chandigarh	24	PGIMER, Chandigarh
8	20 August 2024	Think Before Click (Day 1)	Cyber Safety Awareness Session	200	Government Model Senior Secondary School Sector 37B, Chandigarj
9	21 August 2024	Think Before Click (Day 2)	Cyber Safety Awareness Session	80	Government Model Senior Secondary School, Sector

					37D, Chandigarh
10	23 August 2023	Think Before Click (Day 3)	Cyber Safety Awareness Session	180	Government Model Senior Secondary School, Sector 35D, Chandigarh
11	24 August 2024	Think Before Click (Day 4)	Cyber Safety Awareness Session	80	Government Model Senior Secondary School, Sector 22A, Chandigarh
12	24 August 2024	AIDS Awareness Rally	Awareness Rally	100+	MCM DAV College, Sec 36, Chandigarh
13	27 August 2024	Think Before Click (Day 5)	Cyber Safety Awareness Session	80	Government Model Senior Secondary School, Sector 23(NYC), Chandigarh
14	28 August 2024	Think Before Click (Day 6)	Cyber Safety Awareness Session	80	Government Model Senior Secondary School, Sector 38 West, Chandigarh
15	29 August 2024	Cyber Awareness Session by Mr Rajesh Rana	Awareness Session	100+	College Campus
16	30 August 2024	Think Before Click (Day 7)	Cyber Safety Awareness Session	50	Government Model Senior Secondary School, Sector 40B, Chandigarh
17	2024 to 15	Project Saarthi with PGIMER Chandigarh Batch-2	Internship with PGIMER, Chandigarh	22	PGIMER, Chandigarh

18	2 September 2024	Mental Wisdom through scriptures	Interactive Session on Personality Development	156	MM Hall, MCM DAV College, Sec 36, Chandigarh
19	7 September 2024	Think Before Click (Day 8)	Cyber Safety Awareness Session	100	Government Model Senior Secondary School, Sector 16 D, Chandigarh
20	9 September 2024 to 14 September 2024	Poshan Maah	Day 1: Nukkad Natak, Day 2: Awareness Session and Nukkad Natak, Day 3: Door-to- door Survey, Day 4: Session, Day 5: Meal distribution and interaction with co- workers, Day 6: Door to door survey	150+	Badheri Village and College Campus
21	10 September 2024	Farming as a Career for Women in Contemporary Society	Awareness Session	150	MM Hall, MCM DAV College, Sec 36, Chandigarh
22	20 September 2024	Blood donation Camp	Blood donation Camp in collaboration with PGI	130+	MCM DAV College, Sec 36, Chandigarh
23	21 September 2024	Outreach to Veterans	Volunteer presented on how to combat cyber frauds	1	PWD, Rest House, Sector 1, Panchkula
24	23 September 2024, 26 September 2034, 28 September 2024	Be Fearless	Self Defence Training	50+	MCM DAV College, Sec 36, Chandigarh
25	26 September 2024	Menstrual hygiene and care	Session on menstrual hygiene		MCM DAV College, Sec 36, Chandigarh

26	26 September 2024	Cyber Swachhta Awareness	Interactive session on cyber hygiene	80	MCM DAV College, Sec 36, Chandigarh
27	26 September 2024	Cyber Hygiene Awareness	Session at Government College	3	Government College, Sector 20, Chandigarh
28	28 September 2024	Plastic Collection Drive	Plastic Collection Drive	25	Sector 36, Chandigarh
29	30 September 2024	Nukkad Natak on waste segregation	Awareness through Nukkad natak	25	Badheri Village
30	1 October 2024	Eco Peace	Essay Writing Competition	20	MCM DAV College, Sec 36, Chandigarh
31	1 October 2024	Cyber Hygiene Awareness Rally	Awareness Rally	50+	Sector 36, Chandigarh
32	10 October 2024	Mock Drill	Disaster Managment	50+	MCM DAV College, Sec 36, Chandigarh
33	15 October 2024 to 16 October 2024	Diwali Fest	Guilt Free Sweets Competition, Rangoli Competition and Fest		MCM DAV College, Sec 36, Chandigarh
34	24 October 2024	Door to Door Anti Cracker Awareness	Awareness Initiative	70+	Sector 36, Chandigarh
35	24 October 2024	Nukkad Natak on Anti-Cracker Awareness	Nukkad Natak	70+	MCM DAV College, Sec 36, Chandigarh
36	24 October 2024	Anti-Cracker Awareness Rally	Awareness Rally	70+	MCM DAV College, Sec 36, Chandigarh
37	25 October 2024	Cyber Hygiene Awareness Rally	Rally at Sukhna Lake along with human chain	30+	Sukhna Lake, Chandigarh
38	25 October 2024	Cyber Safety Awareness Session	Session by a volunteer at a school NSS Camp	1	SGGS Sr. Sec. School, Sector 35 B, Chandigarh

39	28 October 2024	Cleanliness Drive	In collaboration with Market Association sector 36 Chandigarh	30	Sector 36, Chandigarh
40	28 October 2024	Traffic Safety	Traffic Safety Awareness	30	Sector 36, Chandigarh
41	29 October 2024	MyBharat Outreach Programme	Awareness and Outreach Session	40+	MCM DAV College, Sec 36, Chandigarh
42	29 October 2024	National Unity Day Pledge	Pledge	40+	MCM DAV College, Sec 36, Chandigarh
43	29 November 2024	Sakhi	Awareness Session, Door to door survey		Badheri Village Chandigarh
44	21st Dec to 27th Dec 2024	NSS CAMP	NSS Annual Camp	100	College Campus
45	12 January 2025	National Youth Day Open Dialogue		10	
46	12 January 2025	National Youth Day Essay Competition		10	
47	14 January 2025	Nutritious Meal Donation Drive	Meal Distribution	15	
48	11 January 2025	Cyber Hygiene Awareness	Cyber Security Session		Sri Guru Gobind Singh College, Chandigarh
49	16 January 2025	Cyber Safety Session	Cyber Security Session		DAV Sr Secondary School, Chandigarh
50	17 January 2025	Winter Clothes Donation Drive	Donation Drive	-	Outside College Campus
51	21 January 2025	Cyber Hygiene Awareness Session	Cyber Security Session		Sri Guru Gobind Singh Public School, Sector 35, Chandigarh

52	22 January 2025	Cyber Safety Session	Cyber Security Session		DAV School Sector 15, Chandigarh
53	22 January 2025	Cyber Safety Session	Cyber Security Session		Government Model Sr Secondary School, Sector 8, Chandigarh
54	23 January 2025	Session on Social Science Research	Awareness Session	100	College Campus
55	24 January 2025	Session on Women Empowerment	Session	150+	College Campus
56	25 January 2025	Constitutional Milestones in Empowering Women	Awareness Session	45	Golden Jubilee Conference Hall, College Campus
57	25 January 2025	Workshop on Gender Sensitization	Awareness Session	50	Golden Jubilee Conference Hall, College Campus
58	25 January 2025	Meeting for Project Saarthi	Meeting	10+	PGIMER, Chandigarh
59	25 January 2025	Importance of Thalassaemia Screening	Meeting	8	PGIMER, Chandigarh
60	3 February 2025 - 9 February 2025	Thalassemia Awareness Camp	Awareness Camp	25	Chandigarh
61	4 February 2025	World Cancer Day and TB Awareness	Awareness	20	Badheri Village
62	4 February 2025	Breathe Easy and Fight TB Poster Competition	Competition	10	College Campus
63	10 February 2025	Pariksha Pe Charcha	Session	500+	College Campus

64	14 February 2025	Positive Pulse session with Brahma Kumaris	Awareness Session	30	
65	15 February 2025	Nukkad Natak on Cyber Security	Nukkad Natak	15+	Sukhna Lake
66	15 February 2025	Traffic Workshop	Workshop	25	Children Traffic Park, Sector 23- A Chandigarh
	4 March 2025	Cyber Safety Awareness Session at GRIID	Awareness Session		Government Rehabilitation Institute for Intellectual Disabilities in Chandigarh
67	7 March 2025	Cyber Security Session and Felicitation	Cyber Security Session and Felicitation of Cyber Soldiers by Chandigarh Police		College Campus
68	8 March 2025	Be the Voice of the Nation	Women-led discourse to commemorate Women's Day		UIET, Sector 25, Chandigarh
69	21 March	Dental Camp	Dental Camp at Badheri		Badheri Village
70	18 March 2025 to 22 March 2025	Capacity Building Programme for Youth Employability Skills	5 day-and-night Workshop	2	RGNIYD, Rgional Centre, Chandigarh
	22 March	Nukkad Natak on Nasha Mukt Bharat	Nukkad Natak		
71	2 April to 11 April 2025	Cyber Security Survey	Survey and Field Report	25	Chandigarh
72	13 April 2025	Nukkad Natak on Cyber Security and Ghibli Scam	Nukkad Natak		Sector 17, Chandigarh
73	17 April 2025	Workshop on Preventive	Awareness Workshop		Badheri Village

		Healthcare at Badheri			
74	2 May 2025	Tree of Life	Anti-Drug Campaign	15	College Campus
75	5 May	Project Saarthi's First Anniversary	Project Saarthi's First Anniversary	80	PGIMER, Chandigarh
76	13 May	Nukkad Natak on Cyber Security	Nukkad Natak		Government Schools in Tricity
77	17 May	Nukkad Natak on Cyber Security	Nukkad Natak		Government schools in tricity
78	1 June	World Bicycle Day	Cycle Awareness Rally	30	Chandigarh

A youth-led discussion on

'Employment and Skilling for Women & Students'

Date: - 1 August 2024

The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a youth-led discussion on 'Employment and Skilling for Women and Students' on 1st August, 2024. This initiative aimed to provide a platform for dynamic and insightful exchanges on critical issues facing the youth. This event highlighted key aspects of the Union Budget 2024-25, particularly focusing on employment and skilling initiatives for women and students, which are crucial for shaping India's economic future. The budget has earmarked significant funds for creating new job opportunities across various sectors and a major highlight was the allocation for skill development programs tailored for women. The volunteers provided details on the three employment-linked initiatives included in the package: Scheme A for first-time job seekers, Scheme B for promoting job creation in the manufacturing sector, and Scheme C for providing support to employers. The budget allocation encompasses vocational training, internships, improvement of industrial training institutes, entrepreneurship programs, digital literacy initiatives, women-specific skilling programs and facilitation of market access for women's SHG enterprises. By focusing on these areas, the discussion successfully set a promising course for empowering the next generation, ensuring that they are well-equipped to contribute and benefit from India's growth. The College Principal Dr. Nisha Bhargava

ma'am lauded the efforts of the volunteers in highlighting the importance of empowering

women and students through targeted programs, as it significantly enhances the workforce's productivity and creativity.











Project Sarathi,

A Joint Initiative of NSS Units of Mehr Chand Mahajan DAV College for Women and PGIMER, Chandigarh

Date: - 21 August 2024 - 30 September 2024

.The NSS volunteers of Mehr Chand Mahajan DAV College for Women, Chandigarh, participated in Project Sarathi at PGIMER, Chandigarh, from August 21 to September 30, 2024. A total of 46 volunteers, divided into two batches, contributed to the initiative. They assisted with patient registration, directed patients to relevant departments, and provided crucial information about hospital procedures. The volunteers' efforts significantly improved the hospital environment, ensuring smoother transitions for patients and enabling medical staff to focus on providing care. The project provided valuable insights into hospital operations and helped the volunteers develop essential skills in managing patient flow and improving hospital efficiency. Through this initiative, the NSS volunteers gained hands-on experience in public health, contributing to community service projects that promote health awareness and social welfare. The project fostered active citizenship and demonstrated the college's commitment to social responsibility. The volunteers' dedication and teamwork led to a successful outcome, showcasing the importance of collaboration between educational institutions and healthcare organizations. The project served as a valuable learning experience for the volunteers, equipping them with practical skills and knowledge that can be applied in future endeavors. By participating in Project Sarathi, the NSS volunteers of Mehr Chand Mahajan DAV College for Women, Chandigarh, made a positive impact on the hospital environment and patient care, reflecting the college's commitment to community service and social welfare.



















Cyber Security Awareness Initiatives by NSS Units (August 2024 - May 2025)

The NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, have been proactively engaged in spreading awareness about cyber security through a range of impactful initiatives. These efforts have been designed to educate students and the community about the importance of safe online practices, cyber threats, and best practices. Through Nukkad Natak performances, interactive sessions, and awareness programs, the NSS Units have effectively highlighted critical issues such as digital arrest, cyber scams, cyberbullying, and online safety. The college has hosted expert sessions, including the "Think Before You Click" event with Mr. Rajesh Rana, a National Cyber Security Expert, which provided students with valuable insights and practical tips on safe social media and e-banking app usage. Additionally, a cyber swachhta awareness session conducted by Dr. Minakshi Rana, NSS Program Officer, at College Campus, GRIID and Panjab University, equipped students with essential cyber safety knowledge, covering topics such as password management, avoiding phishing scams, and protecting personal data. The SAKSHAM project has been a significant initiative, promoting responsible digital citizenship and awareness about cyber threats and best practices through interactive sessions and Nukkad Natak performances in various government schools. By empowering individuals with the knowledge and skills to navigate the digital world safely and responsibly, the NSS Units have made a positive impact on the community. These initiatives have not only promoted cyber awareness and digital literacy but also fostered a sense of digital responsibility, contributing to a safer online environment. The college's commitment to promoting cyber security awareness

demonstrates its dedication to empowering students and the community with essential skills and knowledge for the digital age.

Cyber Security Sessions Delivered By NSS Volunteers in various schools and colleges

 GOVERNMENT MODEL SENIOR SECONDARY SCHOOL, SECTOR 37B, CHANDIGARH

Date:- 20 August 2024 Evidence Of Success:-









• GOVERNMENT MODEL SENIOR SECONDARY SCHOOL ,SECTOR 37D, CHANDIGARH

Date: - 21 August 2024







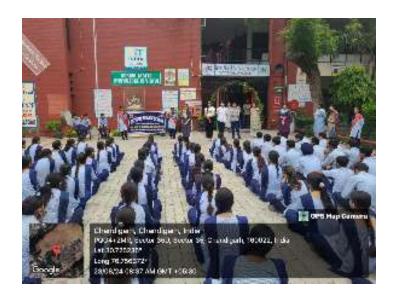


• GOVERNMENT MODEL SENIOR SECONDARY SCHOOL ,SECTOR 35D, CHANDIGARH

Date: - 23 August 2024









• GOVERNMENT MODEL SENIOR SECONDARY SCHOOL ,SECTOR 22A, CHANDIGARH

Date:- 24 August 2024









• GOVERNMENT MODEL SENIOR SECONDARY SCHOOL ,SECTOR 23A (NYC), CHANDIGARH

Date: - 27 August 2024











• GOVERNMENT MODEL SENIOR SECONDARY SCHOOL, SECTOR- 38 WEST, CHANDIGARH

Date:- 29 August 2024











• GOVERNMENT MODEL SENIOR SECONDARY SCHOOL, SECTOR- 40B, CHANDIGARH

Date:- 30 August 2024











• GOVERNMENT MODEL SENIOR SECONDARY SCHOOL, SECTOR- 16 D, CHANDIGARH

Date:- 7 September 2024

Evidence Of Success:-







• SECTOR 1 PANCHKULA





Date:- 21 September 2024











• GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20D ,CHANDIGARH

Date: - 26 September 2024



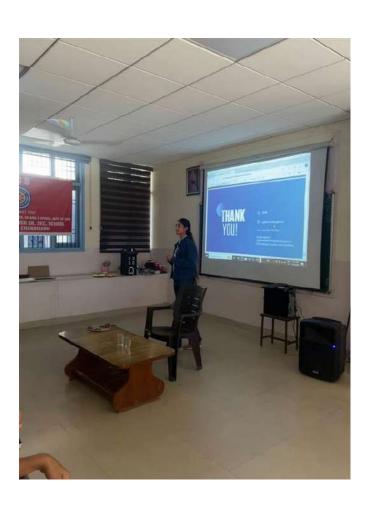


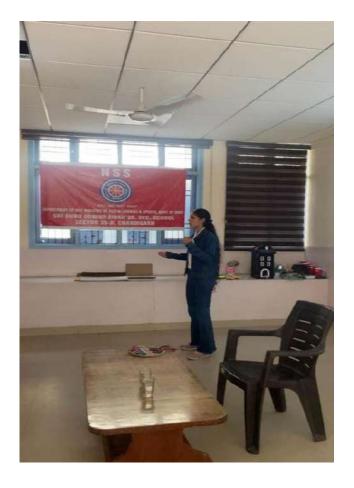




• SRI GURU GOBIND SINGH SCHOOL, SECTOR 35B CHANDIGARH

Date: - 25 October 2024





• RYAN INTERNATIONAL SCHOOL ,SECTOR 49, CHANDIGARH

Date: - 18 November 2024







• GOVERNMENT MODEL SENIOR SECONDARY SCHOOL, SECTOR 47D ,CHANDIGARH

Date:- 19 December 2024









• GOVERNMENT MODEL SENIOR SECONDARY SCHOOL, SECTOR 23A ,CHANDIGARH

Date: - 20 December 2024









Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.)





Don't wait for the breach to teach Think before you Click

An initiative of

NSS Units

under the aegis of

State NSS Cell, Dept of Higher Education Chandigarh Administration

Date: 29 August 2024 Time: 10:30 AM

Venue: Multi-media Hall



Join us for interactive session on safe usage of social media & e-banking apps with a renowned National Cyber Security Expert







Dr Nisha Bhargava Convener & Principal

Dr Minakshi Rana & Dr Preeti Gambhir
NSS Programme Officers

Cyber Awareness Session Conducted by Mr. Rajesh Rana

Date:- 29 August 2024











Nukkad Natak and Cyber Awareness

Date: - 30 September 2024

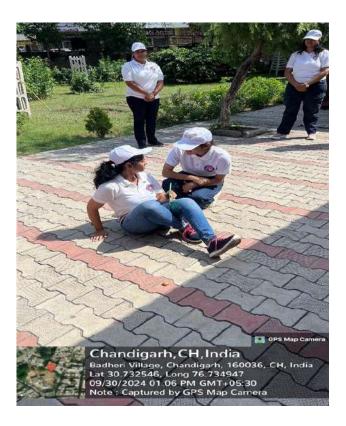
















Nukkad Natak About Cyber /Digital Arrest at Sukhna Lake Date:- 15 February 2025













Nukkad Natak about Ghibli Scam

Date:- 13 April 2025







Nukkad Natak on Cyber Security

Date:- 13 May 2025 & 17 May 2025

























Cyber Awareness Rally

Date:-1 October 2024

Social Media Link:-

https://www.facebook.com/share/v/CnB1VqPiwUEBYk7F/?mibextid=oFDknk

























Cyber Awareness Rally at Sukhna Lake

Date: - 25 October 2024

















Project Saksham: Cyber Safety Awareness Initiative

Date:- 11 January 2025 to 25 January 2025

• SRI GURU GOBIND SINGH COLLEGE, SECTOR 26 CHANDIGARH

Date: - 11 January 2025









• DAV SENIOR SECONDARY SCHOOL, SECTOR 8C, CHANDIGARH

Date: - 16 January 2025









• SRI GURU GOBIND SINGH PUBLIC SCHOOL , SECTOR 35B, CHANDIGARH

Date:- 21 January 2025







• D.A.V MODEL SCHOOL, SECTOR 15A, CHANDIGARH

Date: - 22 January 2025















• GOVERNMENT MODEL SENIOR SECONDARY SCHOOL, SECTOR 8B, CHANDIGARH

Date: - 22 January 2025

Evidence Of Success:-









GOVERNMENT MODEL SENIOR SECONDARY SCHOOL, RAM DARBAR

Date: - 25 January 2025







Cyber Security Session delivered by Dr. Minakshi Rana at Panjab University

Date: - 21 March 2025









Cyber Awareness Survey

Date: - 2 April 2025 to 11 April 2025

Evidence Of Success:- The victimization survey conducted at Police Station Sector 17, Chandigarh, provided valuable insights into cyber fraud patterns and causes, enabling the development of targeted awareness strategies. The survey's findings helped identify vulnerabilities and areas for improvement, contributing to a more effective approach to cyber crime prevention. This collaboration with the police department demonstrated the initiative's impact in informing policy and practice.













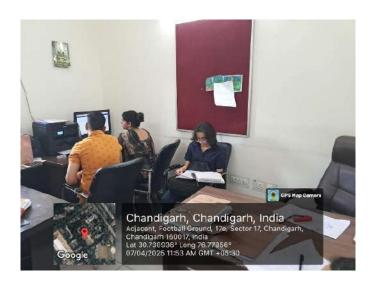
















Evidence Of Success:- The elderly survey gathered valuable insights from senior citizens across Chandigarh, informing targeted strategies to prevent cyber fraud. Key findings revealed password management and two-factor authentication practices, enabling data-driven conclusions to support police initiatives and enhance community safety.































Empowering through Awareness: NSS AIDS Awareness Rally Date:- 24 August 2024

The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the Red Ribbon Club, organized an AIDS Awareness Rally on August 24, 2024. The event aimed to promote HIV prevention, education, and community involvement while reducing stigma and fostering empathy towards those affected by the disease. The rally emphasized the importance of health education, safe practices, and HIV testing, dispelling myths and encouraging informed behaviors. The College Principal, Dr. Nisha Bhargava, highlighted the crucial role of education and collective responsibility in reducing stigma and promoting preventive measures. The event demonstrated the college's commitment to promoting health advocacy and social responsibility, encouraging students and the community to take an active role in the fight against AIDS. By organizing this rally, the NSS units and Red Ribbon Club reinforced their dedication to educating students about critical health issues and promoting social awareness. The AIDS Awareness Rally effectively promoted awareness about HIV prevention, treatment, and stigma, concluding with a call to action for further involvement in health advocacy. The event underscored the importance of community engagement and well-informed advocacy in propelling progress against the epidemic. Overall, the initiative was a significant step towards promoting health education, reducing stigma, and fostering empathy towards those affected by AIDS. The event's impact extended beyond the college, contributing to a broader awareness and understanding of the disease in the community.









एम.सी.एम.डी.ए.वी. की छात्राएं जागरूकता रैली में हिस्सा लेती हुई।

(परमजीत)

चंडीगढ़, 2 सितंबर (आशीष): सैक्टर-36 स्थित मेहर चंद महाजन डी.ए.वी. महिला महाविद्यालय के रेड रिबन क्लब और एन.एस.एस. इकाइयों ने एड्स जागरूकता समिति के सहयोग से परिसर में एड्स जागरूकता रैली का आयोजन किया। इस रैली का उद्देश्य एड्स को जन चेतना के केंद्र में लाना, मिथकों को दूर करना और जागरूक व्यवहार को प्रोत्साहित करना था।

कार्यक्रम का समापन स्वास्थ्य के प्रति जनचेतना और बीमारी के खिलाफ लड़ाई जारी रखने की प्रतिबद्धता के आह्वान के साथ हुआ। प्राचार्या डॉ. निशा भार्गव ने इस तरह के महत्वपूर्ण मुद्दे के बारे में जागरू कता बढ़ाने के लिए आयोजकों के प्रयासों की सराहना की। उन्होंने इस बीमारी से जुड़ी भ्रांतियों को कम करने और एड्स से लड़ने में मदद करने के लिए निवारक उपायों को बढ़ावा देने में शिक्षा और सामृहिक जिम्मेदारी के महत्व पर प्रकाश डाला।



एमसीएम कालेज चंडीगढ़ में एक जागरूकता रेली निकालती छात्राएं। (छाया : गुरिंद्र सिंह)

एमसीएम ने निकाली एड्स जागरूकता रैली

चंडीगढ़, 2 सितम्बर (राम सिंह बराड़): मेहर चंद महाजन डीएवीं मिहिता महाविद्यालय, चंडीगढ़ के रेड खिन क्लब और एनएसएस इकाइयों ने कॉलेज की एड्स जागरूकता समिति के सहयोग से परिसर में एड्स जागरूकता रैली का आयोजन किया। इस रैली का जेर्रथ एड्स को जनचेतना के केंद्र में लाना, मिथकों को दूर करना और जागरूक व्यवहार को प्रोत्साहित करना था। इसने एड्स से जुड़ी भ्रांतियों के प्रति जागरूक सामुदायिक जुड़ाव और सुविचारिता पर प्रभावी छा से जोर दिया, साथ ही इस बीमारी के खिलाफ भ्रांतियों को समाप्त कर आगे बढ़ने के लिए प्रोत्साहित किया। कार्यक्रम का समापन स्वास्थ्य के प्रति जनचेतना और बीमारी के खिलाफ लड़ाई जारी रखने की प्रतिबद्धता के आह्वान के साथ हुआ। प्राचार्य डॉ. निशा भार्यि ने इस तरह के महत्वपूर्ण मुद्दे के बारे में जागरूकता बढ़ाने के लिए आयोजकों के प्रयासों की सराहना की। उन्होंने इस बीमारी से जुड़ी श्रांतियों को कम करने और एड्स से लड़ने में मदद करने के लिए निवासक उपायों को बढ़ावा देने में शिक्षा और सामृहिक जिम्मेदारी के महत्व पर प्रकाश डाला।

एमसीएम ने एड्स जागरूकता रैली निकाली



चंडीगढ़, स्टेट समाचार। विज

मेहर चंद महाजन डीएबी महिला महाविद्यालय, चंडीगढ़ के रेड रिबन क्लब और एनएसएस इकाइयों ने कॉलेज की एड्स जागरूकता समिति के सहयोग से परिसर में एड्स जागरूकता रैली का आयोजन किया। इस रैली का उद्देश्य एड्स को जन चंतना के केंद्र में लाना, मिथकों को दूर करना और जागरूक व्यवहार कें प्रोत्साहित करना था। इसने एड्स से जुड़ी ध्रांतियों के प्रति जागरूक सामुदायिक जुड़ाव और सुविचारिता पर प्रभावी ढंग से जोर दिया, साथ ही इस बीमारी के खिलाफ धाँतियों को सम्माप्त कर आगे बढ़ने के लिए प्रोत्साहित किया। कार्यक्रम का सम्मापन स्वास्थ्य के प्रति जनचेतना और बीमारी के खिलाफ लड़ाई जारी रखने की प्रतिबद्धता के आहान के साथ हुआ। प्राचायां डॉ. निशा भागव ने इस तरह के महत्वपूर्ण मुद्दे के बारे में जागरूकता बढ़ाने के लिए आयोजकों के प्रयासों की सराहना की। उन्होंने इस बीमारी से जुड़ी धाँतियों को कम करने और एड्स से लड़ने में मदद करने के लिए निवारक उपायों को बढ़ावा देने में शिक्षा और सामृहिक जिम्मेदारी के महत्व पर प्रकाश खला।

MCM holds AIDS Awareness Rally

September 02, 2024 02:46 PM



CHANDIGARH 02.09.24-The Red Ribbon Club and NSS units of Mehr Chand Mahajan **DAV** College for Women, Chandigarh, in collaboration with college AIDS Awareness Committee, organised an AIDS Awareness Rally in the college campus. This rally aimed to bring AIDS to the forefront of public

consciousness, dispel myths and encourage informed behaviours. It effectively emphasised the crucial role of community engagement and well-informed advocacy in the ongoing battle against the stigma surrounding AIDS, along with propelling progress in the fight against the disease. The event concluded with a call to action for further involvement in health advocacy and a commitment to continue the fight against the disease.

Principal Dr. Nisha Bhargava expressed appreciation for the organisers' efforts to raise awareness about such an important issue. She highlighted the importance of education and collective responsibility in reducing stigma and promoting preventive measures to help fight AIDS

एमसीएम ने एड्स जागरूकता रैली निकाली



स्वेरा न्यूज/नीना चंडीगढ़, 2 सितंबर: एमसीएम डीएवी कॉलेज फॉर वूमैन सैक्टर 36 के रैंड रिबन क्लब और एनएसएस इकाइवों ने कॉलेज की एड्स जागरूकता सिमित के सहयोग से परिसर में एड्स जागरूकता रैली का आयोजन किया। इस रैली का उद्देश्य एड्स को जन चेतना के केंद्र में लाना, मिथकों को दूर करना और जागरूक व्यवहार को प्रोत्साहित करना था। इसने एड्स से जुड़ी भ्रांतियों के प्रति जागरूक सामुदायिक जुड़ाव और सुविचारिता पर प्रभावी ढंग से जोर दिया, साथ ही इस बीमारी के खिलाफ भ्रांतियों को समाप्त कर आगे बढ़ने के लिए प्रोत्साहित किया। कार्यक्रम का समापन स्वास्थ्य के प्रति जनचेतना और बीमारी के खिलाफ लड़ाई जारी रखने की प्रतिबद्धता के आह्वान के साथ हुआ। प्राचार्या डॉ. निशा भागंव ने इस तरह के महत्वपूर्ण मुद्दे के बारे में जागरूकता बढ़ाने के लिए आयोजकों के प्रयासों की सराहना की।

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







Character Building Committee

in collaboration with NSS Units organizes

An Interactive Session on

Mental Wisdom from Scriptures

Date: 2 September 2024

Time: 11:30 AM

Venue: Multimedia Hall

Resource Person



Ms Shyampriyaa
Wellness Trainer / Speaker
Lokayurved Wellness Concept

Dr Nisha BhargavaConvener & Principal

Ms Suman Mahajan Co-convener

Dr Preeti Gambhir & Dr Minakshi Rana NSS program Officers

> Dr Pallvi Rani & Dr Ritu Rani Coordiators

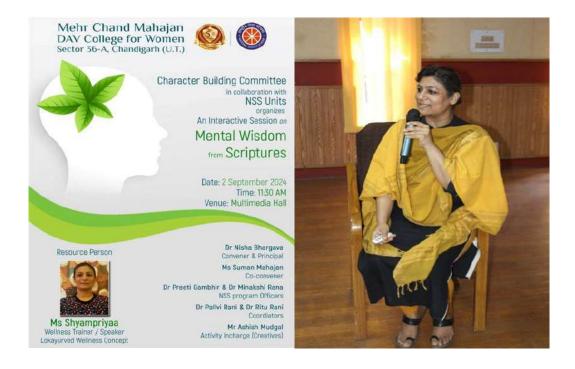
Mr Ashish Mudgal Activity Incharge (Creatives)

SESSION ON 'MENTAL WISDOM FROM SCRIPTURES'

Date: - 02 September 2024

Mehr Chand Mahajan DAV College for Women, Chandigarh, hosted an interactive session on "Mental Wisdom from Scriptures" on September 2, 2024. The session, led by Ms. Shyampriyaa, Wellness Speaker/Trainer, focused on personality development from an inner perspective, emphasizing mental health and well-being. The speakers highlighted the importance of controlling the mind's pace and introduced the concept of the three gunas (sattva, rajas, and tamas) that influence one's mental state and behavior. They encouraged the practice of Sattvik living, which includes positive actions, spiritual practices, and creating a peaceful environment. The session covered topics such as the speed of the mind, the impact of the three gunas, and practical steps to develop a Sattvik mind. The speakers provided advice on incorporating these teachings into daily life, emphasizing good deeds, spiritual growth, and reciting Sattvik mantras. The event, attended by 156 students, faculty members, and staff, aimed to promote mental wellbeing and inner peace through the teachings of scriptures. Principal Dr. Nisha Bhargava welcomed the speakers and appreciated their efforts in promoting mental health awareness. The session successfully introduced students to the concept of personality development from an inner perspective, highlighting the importance of mental health and spiritual growth. By incorporating these teachings into their lives, students can cultivate a more positive and peaceful mindset.

Evidence Of Success:- The session on 'Mental Wisdom from Scriptures' was a great success, offering students valuable insights into the importance of inner personality development. The speakers' engaging delivery, combined with practical examples and ancient wisdom, left a profound impact on the attendees. The session concluded with a call to action, encouraging students to embrace a lifestyle that fosters mental and spiritual well-being, emphasizing that true personality development is rooted in the mind and spirit.











Mehr Chand Mahajan DAV College for Women





Sector 36-A, Chandigarh (U.T.)

To mark the celebration of International Literacy Day NSS Units in collaboration with Women Development Cell

are organising an Interactive session on

Farming as Career for Women in Contemporary Society

Date: 10 September 2024 | Time: 10.30 AM | Venue: Multimedia hall



Session on

"Farming as a Career for Women in Contemporary Society"

Date: - 10 September 2024

The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized an interactive session titled "Farming as a Career for Women in Contemporary Society" on September 10, 2024. The event aimed to challenge traditional gender roles in agriculture and promote farming as a viable profession for women. Dr. Vinod Kumar from the Department of Sociology, Panjab University, highlighted diverse opportunities for women in agriculture, including crop cultivation, organic farming, and agricultural entrepreneurship. The session focused on breaking gender stereotypes and encouraging innovation and entrepreneurship in the sector. Dr. Kumar also discussed support systems and resources available for women pursuing careers in agriculture. The event successfully inspired students to view farming as a progressive and rewarding career option. Principal Dr. Nisha Bhargava applauded the initiative's focus on empowering women and promoting gender equality. The session was part of the college's celebration of International Literacy Day and was organized in collaboration with the Women Development Cell. By promoting farming as a career option for women, the event aimed to empower women and challenge traditional gender roles. The initiative demonstrated the college's commitment to promoting gender equality and empowering women through education and awareness. The event's impact was evident in the students' newfound perspective on farming as a viable career option. By encouraging women to pursue careers in agriculture, the session contributed to promoting innovation and entrepreneurship in the sector.

















NSS Poshan Maah Initiative: Empowering Community Health

Date: 9 September 2024 to 14 September 2024

The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized a week-long Poshan Maah event from September 9 to September 14, 2024. The event aimed to promote nutrition awareness and healthy eating habits among the community. The event kicked off on Day 1 with a Nukkad Natak performance, which effectively conveyed the importance of nutrition to the audience. On Day 2, an awareness session was conducted, followed by another impactful Nukkad Natak performance. The NSS volunteers then conducted a door-to-door survey on Day 3 to gather information on nutrition practices and challenges faced by the community. On Day 4, a session was organized to discuss the significance of nutrition and its impact on overall health. The volunteers distributed nutritious meals and interacted with co-workers on Day 5, promoting healthy eating habits and providing essential nutrition information. The event concluded with another door-to-door survey on Day 6, which helped to assess the community's understanding of nutrition and identify areas for improvement. Through this Poshan Maah event, the NSS units of Mehr Chand Mahajan DAV College for Women successfully promoted nutrition awareness, encouraged healthy eating habits, and empowered the community with essential knowledge. The event's diverse activities, including Nukkad Natak performances, awareness sessions, door-to-door surveys, and meal distribution, made a positive impact on the community, fostering a culture of nutrition and well-being. The initiative demonstrated the college's commitment to community service and health promotion.































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







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



Mr Ashish Mudgal
Activity Incharge (*Creative*)

Dr Nisha Bhargava
Convener & Principal
Dr Bhavna Sood
Coordinator, Red Ribbon Club
Dr Purnima Bhandari & Dr Sarabjit Kaur
Coordinators, Medical Committee
Dr Minakshi Rana & Dr Preeti Gambhir
NSS Programme Officers
Dr Akwinder Kaur & Dr Aanchal Batra
Coordinators

BLOOD DONATION CAMP.

Date: - 20 September 2024

The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized a Blood Donation Camp on September 20, 2024, in collaboration with the Red Ribbon Club, Medical Committee, and PGIMER, Chandigarh. The camp aimed to motivate students and community members to voluntarily donate blood, highlighting its importance in saving lives. The event was graced by Chief Guest Dr. Vipin Koushal, Medical Superintendent at PGIMER, who emphasized the significance of blood donation. Over 300 students registered for the camp, and a remarkable 140 units of blood were collected, showcasing the students' strong sense of community responsibility. The Sukh Foundation, a charitable organization, supported the event, and all blood donors received discount vouchers from local businesses as a token of appreciation. Principal Dr. Nisha Bhargava lauded the NSS units, Medical Committee, and volunteers for their outstanding efforts, emphasizing the power of collaboration and the impact on public health and welfare. The Blood Donation Camp was a huge success, demonstrating the college's commitment to community service and social responsibility. The event promoted unity, empathy, and a spirit of selfless service among students and the public, contributing to the noble cause of saving lives. The initiative highlighted the importance of regular blood donation and addressed blood shortages, fostering a sense of social responsibility among the students. The college's efforts in organizing such events reflect its dedication to promoting public health and welfare.













































Blood donation camp at MCM

BUREAU CHANDIGARH, SEPT 21

The NSS units, Red Ribbon Club and the Medical Committee of Mehr Chand Mahajan DAV College for Woolaboren, Chandigarh, in Collaboration with Department of Transfusion Medicine, PGIMER, Chandigarh, organised a Blood Donation Camp. The Chief Guest on this occasion was Dr. Vipin Koushal, Medical Superintendent, PGIMER, Over 300 students registered for the camp and contributed to the donation of 140 units of blood. Principal Dr. Nisha Bhargava, leading by example, also donated blood on this occasion. The camp proved to be an overwhelming display of community support, with the generous backing of Sukh Foundation, a charitable organisation dedicated to



making a positive impact in the community. In recognition of their vital contribution, all the blood donors were given vouchers from local businesses, symbolising the community's gratitude for their selfless acts.

their selfless acts.

Dr. Nisha Bhargava expressed her appreciation for the outstanding efforts of the organising Committees for contributing to the noble cause. She added that the

collaboration between the college and PGIMER exemplifies a profound dedication to community welfare and the vital cause of blood donation. Dr. Bhargava asserted that the yearly blood donation amp not only offers crucial assistance to individuals in need but also showcases the power of concerted endeavours in promoting healthcare and improving public welfare.

The NSS units, Red Ribbon Club and the Medical Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Department of Transfusion Medicine, PGIMER, Chandigarh, organised a Blood Donation Camp.

September 21, 2024 04:04 PM



CHANDIGARH, 21.09.24-The NSS units, Red Ribbon Club and the Medical Committee of Mehr Chand Mahajan DAV College for Women Chandigarh, in collaboration with Department of Transfusion Medicine, PGIMER, Chandigarh, organised a Blood Donation Camp.



एमसीएम में लगाए गए स्क्तदान शिविर के अवसर पर स्क्तदाताओं से मिलती हुई प्राचार्य डॉ. निशा भार्गव। (छाया : कमलजीत सिंह)

मेहर चंद महाजन महिला महाविद्यालय में रक्तदान शिविर आयोजित

चंडीगढ़, 21 सितम्बर (राम सिंह बराड्): चंडीगढ़ स्थित मेहर चंद महाजन डीएवी महिला महाविद्यालय की एनएसएस इकाइयों, रेड दिवन कलब और मिडिकाल कमेटी ने ट्रांसप्प्युजन मेडिसिन विभाग, पीजीआईएमईआर, चंडीगढ़ के सहयोग से रक्तदान शिविस का आयोजन किया। इस अवसर पर पीजीआईएमईआर के चिकित्सा अधीक्षक डॉ. विपिन कौशल मुख्य अतिथि थे। शिविर के लिए 300 से अधिक विद्यार्थियों ने पंजीकरण कराया और 140 यूनिट रक्तदान में योगदान दिया। कॉलेज प्राचार्या डॉ. निशा भागव ने भी इस अवसर पर रक्तदान के या। इस शिविर ने समुदाय के समर्थन का एक सार्थक उदाहरण प्रस्तुत किया, जिसमें समुदाय पर सकारात्मक प्रभाव डालने में सुख फाउंडेशन का विशेष योगदान रहा । उनके महल्वपूर्ण योगदान के सम्मान में, सभी रक्तदाओं को स्थानीय व्यवसायों से वाउचर दिए गए, जो उनके निस्वार्थ कार्यों के लिए समुदाय की क्तज़ता को दशित है। इस अवसर पर प्राचार्या डॉ. निशा भागव ने इस नेक काम में योगदान देने के लिए आयोजन समितियों के उत्कृष्ट प्रयासों की सराहाना की। उन्होंने कहा कि कॉलेज और पीजीआईएमईआर के बीच सहयोग सामुदायिक कल्याण और रक्तदान के महत्वपूर्ण उद्देश्य के प्रति समर्पण का उदाहरण है।



सैक्टर-36 स्थित एम.सी.एम. डी.ए.वी. कालेज फॉर वूमैन में सुख फाऊंडेशन के सहयोग से एन.एस.एस. यूनिट, रेड रिबन क्लब, एड्स अवेयरनैस कमेटी और मैडीकल कमेटी ने रक्तदान शिविर का आयोजन किया। पी.जी.आई. के डाक्टरों की टीम ने 140 यनिट स्क्त एकत्रित किया। 40 छात्राओं और शिक्षकों ने अंगदान की शपथ भी ली। (राणा)

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







'The best protection any woman can have is courage.' - EC Stanton

The NSS Units

in association with

Swayam Academy of Chandigarh Police are organizing



There is no registration fee. CLICK HERE to join WhatsApp group for latest updates.

Dates: 23 September 2024 to 28 September 2024 | Timings: 4 pm to 5 PM Venue: Hockey Ground

for any query please contact Ms Nancy 9034246230 Ms Parnika 73475 65650 Ms Mridula 9041395939 Ms Navneet 73475 59840 NSS Student Leaders Dr Nisha Bhargava
Convenor and Principal
Dr Minakshi Rana
NSS Program Officer
Mr Ashish Mudgal
Activity Incharge (Creative)

'Be Fearless' Self-Defense Training Program under the aegis of Chandigarh Police

Date: - 23 September to 28 September 2024

The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Swayam Academy of Chandigarh Police, organized a week-long training program titled "Be Fearless." The program aimed to equip students with selfdefense techniques and strategies to enhance their confidence and personal safety. Experienced instructors from the Chandigarh Police Department conducted the training sessions, teaching students various self-defense methods, including physical techniques and psychological strategies. The program helped students develop a sense of selfreliance and confidence, enabling them to respond effectively in potentially threatening situations. The "Be Fearless" program was a huge success, with students appreciating the practical and valuable skills they acquired. The initiative empowered students with the knowledge and skills necessary to prioritize their personal safety and well-being. By organizing this program, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, demonstrated their commitment to promoting students' overall development and safety. The collaboration with Swayam Academy of Chandigarh Police added significant value to the initiative, providing students with expert guidance and training. The program's impact extended beyond the acquisition of self-defense skills, as it also fostered a sense of confidence and self-assurance among the participants. Overall, the "Be Fearless" program was a valuable initiative that contributed to the empowerment and safety of the students.

























NSS Units of Mehr Chand Mahajan DAV College for Women- Sector 36

are organizing

An Interactive Session On Menstrual Hygiene and Care

Time: 11 am to 12 pm

Date: September 26, 2024

Venue: Multi-media Hall









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

The NSS Units in collaboration with Medical Committee and Red Ribbon/AIDS Awareness Committee are organizing an Interactive session on

Menstrual Health, Hygiene & Care

Date: 26 September 2024

Time: 11:00 AM

Venue: Multimedia Hall



Resource Person:
Dr Sonia Sharma
U.I.C.E.T.
Panjab University
Chandigarh (U.T.)

Coordinator (Creative)

Dr Nisha Bhargava
Principal & Convener
Dr Bhavna Sood
Co-convener, Red Ribbon/AIDS Awareness Committee
Dr Sarabjit Kaur
Co-convener, Medical Committee
Dr Kiran Jindal
Coordinator
Dr Preeti Gambhir & Dr Minakshi Rana
NSS Programme Officers
Mr Ashish Mudgal

An Interactive Session on Menstrual Hygiene and Care

Date: - 26 September 2024

The NSS unit of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized an interactive session on menstrual hygiene and care on September 26, 2024. Led by resource person Miss Sonia, the session aimed to educate young women about menstrual health, addressing topics such as PCOD, adolescence, and hygiene practices. The event attracted over 100 participants, who engaged in open discussions, awareness generation, and Q&A sessions. The session provided valuable insights and practical tips on managing menstrual health, dispelling myths and promoting healthy habits. The interactive format fostered a sense of community and support, empowering young women with knowledge and confidence to manage their menstrual health effectively. The session reflected the college's commitment to women's health and education, promoting awareness and education on menstrual health issues. By addressing these issues in a supportive and inclusive environment, the session contributed to the overall development and empowerment of young women. The impact of the session extended beyond the college, promoting a culture of awareness and understanding about menstrual health in the community. The initiative demonstrated the importance of education and awareness in promoting menstrual health and well-being among young women. By organizing such initiatives, the NSS unit of Mehr Chand Mahajan DAV College for Women, Chandigarh, reinforces its commitment to promoting women's health, education, and empowerment. The session served as a valuable platform for young women to gain knowledge, build confidence, and develop healthy habits, ultimately contributing to their overall well-being.























Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.)



Ministry of Youth Affairs and Sports Government of India









28 September 2024

Plastic Collection Drive in residential area of Sector-36 to promote Plastic Free Environment.

30 September 2024 at 11:00 AM Onwards

Nukkad Natak on the theme importance of Waste Segregation at Badheri Village, Chandigarh

1 October 2024 at 10:00 AM Onwards

Cyber Hygiene Awareness Rally in Sector-36, Chandigarh

Mr Ashish Mudgal Activity Incharge (Creatives) Dr Minakshi Rana NSS Programme Officer Dr Nisha Bhargava Convener & Principal

For any query, please feel free to contact NSS Student leaders
Ms Saba – 9815950914 or Ms Nandini - 8728910722

DAY-1

Plastic Collection Drive outside College Campus ,Sector 36 Chandigarh

Date: - 28 September - 30 September 2024

The NSS volunteers of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized a Plastic Collection Drive outside the college campus, with the objective of promoting environmental awareness, reducing plastic waste, and encouraging responsible recycling practices. The drive, conducted under the aegis of the Ministry of Youth Affairs and Sports, Government of India, was a resounding success, with active participation from the volunteers. They collected plastic waste from surrounding areas, contributing significantly to environmental preservation efforts and raising awareness about the harmful effects of single-use plastics. The event fostered a sense of responsibility among students and staff, promoting sustainable practices and contributing to a cleaner, greener environment around the campus. College Principal Dr. Nisha Bhargava praised the volunteers for their dedication, while NSS Programme Officer Dr. Minakshi Rana provided additional support. The Plastic Collection Drive demonstrated the college's commitment to environmental sustainability and community engagement. By engaging students and the community in reducing plastic pollution, the initiative promoted eco-friendly habits and supported sustainable recycling practices. The event's success highlights the importance of collective efforts in promoting environmental conservation and sustainability. The NSS volunteers' enthusiasm and dedication to the cause made the initiative a meaningful and impactful experience, contributing to a cleaner and healthier environment for the community.

Social Media Links:

https://x.com/nssmcmdavcw36?t=xazhINDErCQHbDvfY8TE2Q&s=09

https://youtube.com/@mcmdavnss?si=mDg6DmA9NO4XBc-3

https://www.instagram.com/reel/DAoG_6JSFkD/?igsh=MXI0NWtnaWoweDB4Nw=

Ξ

Evidence of Success- 28 September 2024





























Evidence Of Success: 30 September 2024





























DAY-2

Nukkad Natak on importance of Waste Segregation and Cyber Awareness

Date: - 30 September 2024

The NSS volunteers of Mehr Chand Mahajan DAV College for Women, Chandigarh, successfully performed a Nukkad Natak on waste segregation and cyber awareness in Badheri Village, Sector 40, Chandigarh. The event aimed to raise awareness about the importance of waste segregation for environmental protection and promote safe and responsible digital practices. Through engaging street performances, the volunteers creatively conveyed the critical need for waste segregation, demonstrating how proper waste management can lead to a cleaner and greener future. Additionally, the natak emphasized the importance of cyber awareness, educating the audience about safe online behavior and the dangers of cyber threats. The event was organized under the aegis of the Ministry of Youth Affairs and Sports, Government of India, and was wellreceived by the community. The NSS volunteers' enthusiastic participation helped spread crucial awareness on both waste segregation and cyber awareness, making the event an impactful and meaningful initiative. By promoting environmental sustainability and digital responsibility, the Nukkad Natak contributed to creating a more informed and aware community. The initiative demonstrated the college's commitment to promoting social responsibility and community engagement through creative and innovative approaches. The event's success highlights the importance of awareness-raising initiatives in promoting positive change and encouraging community members to adopt sustainable and responsible practices.

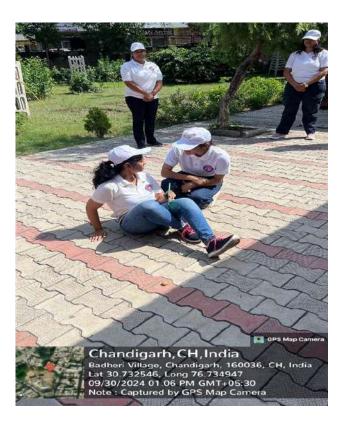
















DAY-3

Cyber Hygiene Awareness Rally

Date:- 1 October 2024

The NSS volunteers of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized a Cyber Hygiene Awareness Rally to educate the public on safe online practices and promote digital security. The rally, led by Dr. Nemi Chand and Dr. Minakshi Rana, focused on essential cyber security measures such as password protection, recognizing online threats, and safeguarding personal information. The event aimed to promote responsible internet usage and encourage the community to adopt safe online practices. Dr. Nemi Chand and Dr. Minakshi Rana engaged with the public, highlighting the growing need for cyber hygiene in today's digital world. The rally successfully spread awareness on safeguarding against cyber threats and promoting responsible digital behavior. The NSS volunteers' efforts were lauded by Principal Dr. Nisha Bhargava, who appreciated their dedication to spreading awareness on critical issues. The initiative demonstrated the college's commitment to promoting digital literacy and cyber security awareness in the community. By educating the public on safe online practices, the rally contributed to creating a safer digital environment. The event's success was a result of the collaborative efforts of the NSS volunteers, Dr. Nemi Chand and Dr. Minakshi Rana. Their enthusiasm and dedication to promoting cyber hygiene awareness made the rally a significant step towards empowering the community with essential knowledge on digital security.

Social Media Link:-

https://www.facebook.com/share/v/CnB1VqPiwUEBYk7F/?mibextid=oFDknk













































Essay Writing Competition to promote Environmental Conservation and World Peace

Date: - 1 October 2024

The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized an essay writing competition on the theme "Eco-Peace: A World United by Nature" to commemorate the International Day of Peace. The event aimed to promote awareness and inspire young minds to contribute to environmental conservation and world peace. Students from various disciplines participated enthusiastically in the competition, showcasing their creativity and concern for the planet. The event provided a platform for students to express their thoughts and ideas on the importance of eco-peace and its relevance in today's world. The competition fostered teamwork, critical thinking, and effective communication among the participants, serving as a valuable learning experience. College Principal Dr. Nisha Bhargava applauded the organizing committee's efforts and encouraged students to continue working towards a more peaceful and sustainable world. The event highlighted the importance of eco-peace and the need for collective action to protect the environment and promote world peace. By inspiring young minds to contribute to environmental conservation and peace, the competition contributed to creating a more aware and responsible generation. The essay writing competition demonstrated the college's commitment to promoting sustainability, peace, and environmental awareness among students. The event's success showcased the potential of young minds to make a positive impact on the world and encouraged them to continue working towards a better future.

Mock Drill on Fire Fighting and Safety

Date: 10 October 2024

The Disaster Management Committee, NSS units, and NCC wings of Mehr Chand Mahajan DAV College organized a mock drill on fire fighting and safety on October 10. The drill aimed to educate students and staff on emergency response procedures, promote awareness on fire safety, and ensure preparedness in case of emergencies. The session, conducted by a resource person, taught students valuable strategies on responding to fire emergencies, including evacuation procedures, fire extinguishing methods, and first aid response. NCC cadets and NSS volunteers actively participated in the drill, providing support and guidance to the students. The students were engaged and focused throughout the session, asking questions to clarify their doubts. The drill demonstrated various techniques, and the students appreciated the learning experience. The presence of NCC cadets and NSS volunteers added to the effectiveness of the drill. The mock drill was a success, achieving its objective of preparing students to respond to fire emergencies. The session was informative, interactive, and helpful in promoting fire safety awareness. By conducting such drills, the college ensures that students are equipped with the knowledge and skills necessary to respond to emergencies effectively. The event demonstrated the college's commitment to promoting safety and preparedness among students and staff. The mock drill was a valuable learning experience, and the students benefited from the knowledge and skills imparted during the session.











Diwali Fest : A Celebration of Women Entrepreneurship and Environmental Awareness

Date: - 16 October 2024

The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the Character Building Committee, organized a dazzling Diwali Fest on 8th October 2023 on the theme of promoting women entrepreneurship and environmental citizenship. Our college's Diwali Fest on Oct 14-15 featured a Rangoli competition and Gift-Free culinary challenge. Students showcased creativity in designs and recipes. Winners were announced, and Principal Dr. Nisha Bhargava praised participants' enthusiasm and skills. The events were a resounding success, filled with talent, joy, and creativity. Transforming the campus with beautifully intricate rangolis and a spectacular play of lights, the college radiated with enthusiasm, brilliance, and vibrant community engagement. This dynamic and culturally immersive event not only united the community for a day of festivities but also showcased a diverse array of experiences. From a thoughtprovoking nukkad natak to an open-mic extravaganza, every facet of this event sparkled. Kushagra Thakur captivated the audience with his soulful songs, and the festive spirit continued to soar with an enchanting dance performance. Diwali Fairs are not only a celebration of Indian culture and traditions but also an opportunity to ignite the entrepreneurial flame amidst the festivities. The Institution's Innovation Council 6.0, in tandem with the NSS Units, orchestrated the "Best Women Entrepreneurship Contest" as a stellar ode to National Entrepreneurship Day on the eve of Diwali Fest. Budding entrepreneurs had set up 60 stalls to display and sell their handmade jewellery, clothing,

pottery, paintings, and the food stalls had offered a wide array of culinary delights and mouth watering dishes. The prizes were as follows:-

First Prize- Rs 5100

Stall no. 19 (Aesthetically Crafted)

Second Prize- Rs 4100

Stall no. 39 (Enactus PU)

Third Prize- Rs 3100

Stall no. 17 (Chesta and Khushi Arts)

Fourth Prize- Rs 2100

Stall no. 16 (MI Biscuits)

Fifth Prize- Rs 1100

Stall no. 14 (Tint of Vanilla -Sugar Rush)

The attendees immersed themselves in captivating dance performances, the echoes of soulful music and dynamic artistic showcases, making it a remarkable event that fostered the entrepreneurial spirit amongst the students and made it a day to remember.

Guilt Free Competition and Rangoli Making Competition Pictures























Diwali Fest Pictures





































Diwali with My Bharat: A Cleanliness Drive for a Healthier Community

Date: - 28 October 2024

The NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized a impactful cleanliness drive in Sector 36 market on October 28, 2024, as part of the "Diwali with My Bharat" initiative. Thirty enthusiastic volunteers actively participated, meticulously cleaning various market areas and engaging with vendors and shopkeepers to spread awareness about the importance of maintaining cleanliness in commercial spaces. Through their efforts, the volunteers not only enhanced the overall environment of the market but also emphasized the significance of cleanliness in safeguarding public health. By working closely with the Market Association, the NSS volunteers demonstrated the power of community engagement and youth-driven initiatives in fostering positive change. This cleanliness drive served as a testament to the commitment of the NSS Units towards community service and youth empowerment. By taking small yet significant steps towards creating a cleaner and healthier environment, the volunteers embodied the spirit of "Diwali with My Bharat," celebrating the values of community, cleanliness, and collective responsibility. The initiative left a lasting impact on the market community, inspiring others to join hands in maintaining a clean and hygienic environment.

















Traffic Safety Movement: A Community Outreach Initiative

Date: - 28 October 2024

The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized a traffic safety movement to promote awareness about traffic rules among the society. The event aimed to educate the public about the importance of following traffic rules and reducing the number of road accidents. NSS volunteers visited Sector 36 market, interacting with shopkeepers and customers, and sharing their knowledge about traffic safety. They distributed pamphlets and stickers with catchy slogans and traffic safety messages, engaging with the public and addressing concerns about road safety. The response from the public was overwhelmingly positive, with many expressing gratitude for the initiative. The volunteers' efforts helped create a sense of awareness and responsibility among the public, promoting a safer and more responsible driving culture. The event was a huge success, with the volunteers feeling proud of their contribution. By promoting traffic safety awareness, the NSS units of the college contributed to creating a safer community. The initiative demonstrated the college's commitment to social responsibility and community engagement. The traffic safety movement was an effective way to educate the public about the importance of following traffic rules, and the NSS volunteers played a vital role in spreading awareness about road safety. The event's impact was evident in the positive response from the public, and it is hoped that such initiatives will continue to promote a culture of road safety in the community.















National Unity Day Observance

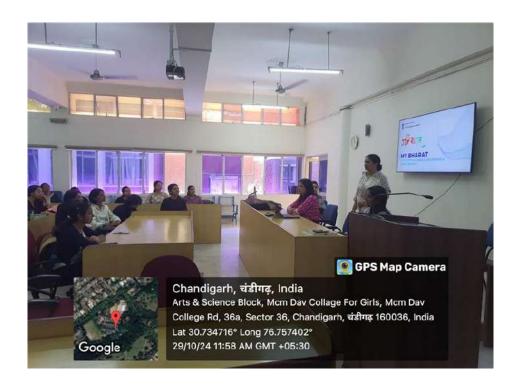
Date: 29 October 2024

The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, celebrated National Unity Day on October 31st with a pledge ceremony to promote national unity and integrity among students. The event commemorated the birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India. The ceremony began with a pledge, where participants took an oath to uphold the unity and integrity of India. A presentation showcasing India's diverse features, including its rich culture, history, and geography, followed the pledge. The presentation aimed to educate participants about the country's diversity and promote national pride. The event inspired students to register and make a personal commitment to work towards national unity and integrity. By promoting national unity and integrity, the event fostered a sense of patriotism and responsibility among the youth, encouraging them to become active contributors to the country's progress. The pledge ceremony was a successful initiative that strengthened the bonds of unity among citizens and promoted a sense of shared identity. By celebrating National Unity Day, the NSS units of the college reaffirmed their commitment to promoting national unity and integrity. The event demonstrated the college's dedication to fostering a sense of national pride and responsibility among students. By educating students about India's diversity and promoting national unity, the event contributed to creating a more united and integrated society.













Sakhi: A Door-to-Door Awareness Initiative for Women's Empowerment

Date: - 29 November 2024 & 30 November 2024

The NSS Units of Mehr Chand Mahajan DAV College for Women, in collaboration with the Women Development Cell, organized a series of events to mark the International Day for the Elimination of Violence Against Women and Human Rights Day. The initiative, titled "Sakhi: Nurturing Care and Compassion," aimed to raise awareness about human rights and promote a culture of care and compassion among women. The events began with an interaction with married female residents of Badheri on November 29, 2024, where postcards were distributed to raise awareness about human rights. This was followed by an open dialogue with female house helpers across the city from November 30 to December 5, 2024, providing a platform for them to share their experiences and learn about their rights at the workplace and home. Through these door-to-door awareness sessions and interactions, the NSS Units and Women Development Cell successfully empowered women and promoted a culture of mutual support and respect. A video promoting the idea of caring and sharing among females to fight against violence was shared on social media handles on December 10, 2024, further sensitizing the society. The initiative created a positive impact, inspiring women to stand up for their rights and support one another in the fight against violence.











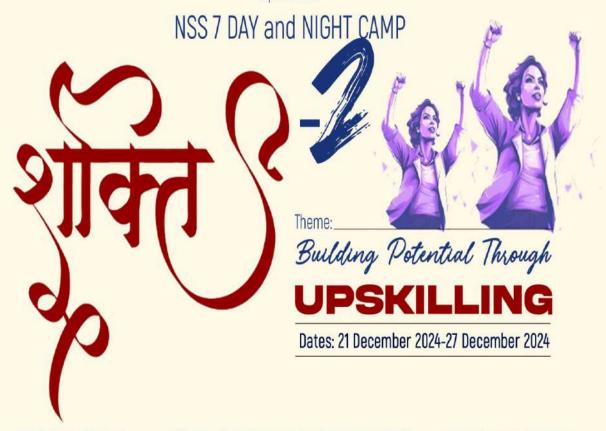
Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.)



State NSS Cell, Dept of Higher Education, Chandigarh Administration

Sponsored



Mr Ashish Mudgal
Activity Incharge (Creative)

Dr Minakshi Rana & Dr Preeti Gambhir NSS Programme Officers Mrs Suman Mahajan Convener & Offg. Principal

DAY 1 of NSS CAMP

Inaugural Ceremony of NSS Seven Day/Night Camp

Date:- 21 December, 2024

Activity:- 1

The NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, launched the "Shakti 2.0—Building Potential Through Upskilling" camp on December 21, 2024. The seven-day camp aims to empower participants by equipping them with practical skills, fostering confidence, and promoting creativity and collaboration. The inaugural day was marked by an auspicious lamp-lighting ceremony, graced by Dr. Parveen Goyal, Associate Professor at Panjab University. A video presentation showcased the NSS Units' impactful initiatives and social welfare projects, highlighting their commitment to community service. The camp's objective is to develop character, social consciousness, and commitment among students and youth, while promoting discipline, health, and helpful attitudes towards the community. Through thoughtfully curated sessions and engaging activities, participants will build confidence, expand their skill sets, and contribute meaningfully to their communities. The "Shakti 2.0" camp reflects the NSS's commitment to nurturing socially conscious and skilled individuals who can lead with purpose and responsibility. By bringing together experts and participants, the camp provides a platform for holistic development and growth. The first day set the tone for an enriching week ahead, providing participants with essential skills and knowledge. The camp's success will depend on the active participation and engagement of the volunteers, who will benefit from the expertise and guidance provided. Overall, the "Shakti 2.0" camp is a valuable initiative that will have a positive impact on the participants and the community.









Health Care Session by Fortis

Date: - 21 December, 2024

Activity:- 2

A healthcare session educated attendees on cervical cancer prevention and equipped them with life-saving skills. Dr. Shweta Tahlan discussed HPV vaccines and their role in preventing cervical cancer. Ms. Amrit Kaur conducted Basic Life Support (BLS) training, teaching attendees critical techniques to respond in emergency situations. The session promoted awareness about cervical cancer prevention and empowered attendees with practical skills. By combining HPV vaccine awareness with BLS training, the session provided a comprehensive approach to healthcare education. The event demonstrated the importance of education and training in promoting health and well-being, empowering attendees with knowledge and expertise to make a positive impact.









Meditation Session

Date:- 21 December, 2024 Activity:- 3

A calming meditation workshop, led by Ms. Paulomi Mukherjee from the Art of Living, initiated the day's activities. The session aimed to reduce stress and anxiety, cultivate mindfulness, and promote emotional balance. Under Ms. Mukherjee's expert guidance, participants relaxed, released stress, and focused their minds. The meditation workshop set a tranquil tone for the day, enabling attendees to approach subsequent activities with clarity and composure. By fostering mindfulness and presence, the session helped participants improve their focus and concentration, preparing them for a productive day ahead. The workshop's serene atmosphere and expert guidance contributed to a harmonious and positive start.





Basics of Investment session

Date:- 21 December, 2024 Activity:- 4

Dr. Ritu Rani led a session on "Basics of Money Management & Investment," equipping participants with essential skills in financial management and investment. As an Assistant Professor in the Department of Commerce, Dr. Rani shared her expertise to empower participants with practical knowledge. The session provided participants with tools to manage personal finances effectively and make informed investment decisions. Dr. Rani's guidance enabled attendees to gain a better understanding of financial management, enhancing their ability to make smart financial choices. The session was informative and practical, benefiting participants in their personal and professional lives.





Cyber Security Awareness Session

Date: - 21 December 2024

Activity:-5

Gurpreet Kaur, a former NSS volunteer, presented a session on "Cyber Hygiene, Youth & Social Media," focusing on essential online safety practices. The session equipped participants with valuable digital safety tips to protect themselves on social media and maintain online safety. Gurpreet Kaur highlighted the importance of cyber hygiene and responsible social media behavior, enabling participants to navigate the online world safely. The session provided practical advice on managing online presence, safeguarding personal data, and avoiding cyber threats. By promoting awareness about cyber hygiene, the session empowered attendees to make informed decisions about their online activities and maintain a positive online reputation. Participants gained essential knowledge and skills for digital safety.







DAY 2 of NSS CAMP

Interactivity activity with NSS Units

Date: - 22 December, 2024

Activity:- 1

The NSS camp commenced with engaging activities, including a fun session and a movie screening, designed to foster teamwork and social awareness among volunteers and students. The activities captivated participants, setting a productive tone for the camp. The movie's impactful narrative resonated deeply, promoting reflection and awareness. The interactive sessions encouraged teamwork and social responsibility, laying the foundation for a successful camp experience. The enthusiastic response of volunteers and students underscored the event's effectiveness in promoting bonding and social consciousness. The activities achieved their objective of fostering a sense of unity and responsibility among participants.







Movie Screening

Date: - 22 December, 2024

Activity:- 2

The NSS camp began with a fun-filled activity and a movie screening of "Laapata Ladies," engaging volunteers and fostering teamwork. The activity set a lively tone, while the movie's narrative resonated deeply with participants, providing entertainment and social insight. The interactive sessions promoted teamwork, social awareness, and enthusiasm among volunteers and students. The engaging morning laid the groundwork for a productive and successful camp experience, achieving the objective of fostering unity and community engagement. The activity and movie screening effectively contributed to a positive and collaborative atmosphere, setting the stage for the camp's activities and outcomes.





Workshop by NGO on Prevention of Child Abuse

Date:- 22 December 2024 Activity:- 3

A session on "Prevention of Child Sexual Abuse" was conducted by NGO "Bachpan – Save the Innocence" at the 7-Day and Night NSS Camp, "Shakti 2.0". Led by Mr. Rahul Singla and Ms. Renu, the session aimed to educate and empower youth to recognize and prevent child sexual abuse. NSS units from various colleges participated, demonstrating their commitment to social causes. The interactive session provided valuable insights into recognizing signs of abuse, understanding various forms of abuse, and effective strategies for intervention. The initiative empowered youth to become change-makers, striving towards a safer, abuse-free world for children. The camp organizers appreciated the NGO's valuable contribution to promoting a brighter future for all.





Field Survey

Date: - 22 December 2024

Activity:- 4

NSS volunteers conducted a field survey to identify key barriers and areas for improvement in empowering working women. Divided into 10 teams, they gathered insights on challenges faced by working women in various localities using a Google Form. The survey focused on issues such as work-life balance, gender discrimination, and access to workplace support. The collected data aimed to highlight the key challenges and provide a foundation for future initiatives promoting the empowerment of working women. This exercise enabled volunteers to understand the concerns of working women and contribute to developing targeted solutions to address their needs and promote their well-being.







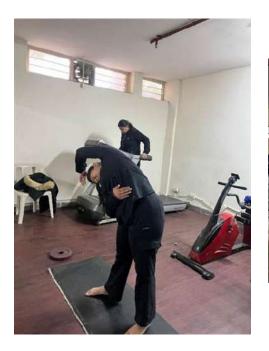
DAY 3 of NSS CAMP

Yoga

Date: - 23 December, 2024

Activity:-1

The third day of the NSS Camp commenced with a yoga session led by Ms. Anju Lata, promoting physical and mental well-being among participants. This practice set a positive tone for the day's activities, focusing on community engagement and social responsibility. The session aimed to empower youth and foster holistic development, contributing to their overall well-being. By incorporating yoga, the NSS Camp emphasized the importance of mental and physical balance in achieving social responsibility and community engagement. The day's activities were designed to promote youth empowerment and community service, aligning with the NSS Camp's objectives.







Disaster Management

Date:- 23 December, 2024 Activity:-2

A session on disaster management, led by Mr. Arpit Kumar Dubey, equipped NSS volunteers with essential life-saving skills and techniques. The session included a hands-on demonstration of CPR, empowering volunteers with the skills to respond effectively in emergencies. By learning crucial life-saving techniques, volunteers gained the confidence and ability to potentially save lives in critical situations. The session's practical approach enabled participants to understand the importance of disaster management and the role they can play in emergency response. The training empowered volunteers to take immediate action in emergency situations, making them more effective in their roles.







Traffic Awareness Programme

Date:- 23 December, 2024 Activity:- 3

The Chandigarh Traffic Police conducted an informative session, educating students on vital traffic rules and road signs. The session emphasized the importance of adhering to traffic regulations and understanding various road signs. Students participated actively, gaining valuable knowledge that enhanced their safety awareness and promoted responsible road behavior. The session aimed to equip students with the necessary skills and knowledge to navigate roads safely, reducing the risk of accidents and promoting a culture of road safety. By imparting essential traffic knowledge, the Chandigarh Traffic Police contributed to creating a more aware and responsible community of road users.







Tech Addiction and Communication Basics

Date: - 23 December, 2024

Activity:- 4

As part of the NSS camp, Dr. Anubhuti Sharma and Dr. Apra Sharma led sessions on tech addiction and communication basics. Dr. Anubhuti Sharma's session highlighted the detrimental effects of excessive screen time, while Dr. Apra Sharma's session focused on essential communication skills and effective interview techniques. The volunteers gained valuable insights into responsible digital habits and confident self-expression. The sessions equipped them with practical skills to enhance their personal and professional growth, promoting a healthy balance between technology use and effective communication. The engaging sessions fostered a deeper understanding of the importance of digital responsibility and communication in today's world.





Talent Hunt Competition

Date:-23 December, 2024

Activity:- 5

A talent hunt was organized as part of the NSS camp, providing a platform for students to showcase their creative skills through various art forms. Participants expressed themselves through videos, paintings, singing, and dancing, fostering teamwork, creativity, and social awareness. The winners were recognized and rewarded for their outstanding talents. Sanskriti secured the first prize for her artwork and videography, while Bhavya Bhardwaj and Manila took the second prize for painting and playing the ukulele. Radhika and Harleen shared the third prize for their artwork. The event encouraged students to think creatively and develop their skills, promoting self-confidence and social awareness among participants. It was a successful initiative that motivated students to pursue their passions.

Evidence: - Sanskriti for her artwork







i.) Bhavya Bhardwaj for Painting and Manila for playing Ukulele







ii.) Radhika and Harleen Kaur for artwork





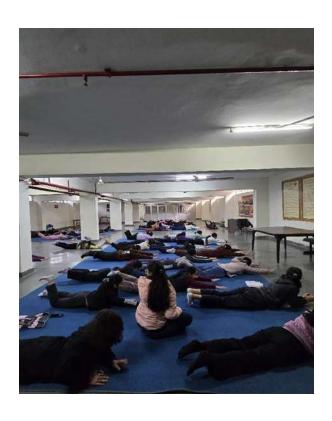


DAY 4 of NSS CAMP

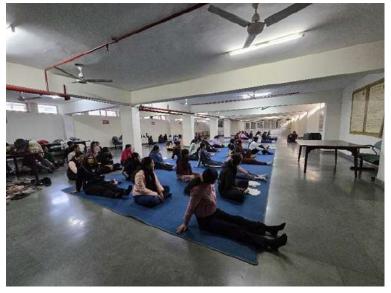
Yoga

Date: 24 December, 2024

Activity:- 1







Session on "Introduction to Vedas"

Date: - 24 December, 2024

Activity:-2

Dr. Seema Kanwar from the Department of Sanskrit led an enlightening session on the Vedas, delving into their cultural and historical significance in Indian heritage. The discussion underscored the Vedas' pivotal role in shaping traditional values and fostering spiritual growth. Participants acquired valuable insights into ancient Indian wisdom, cultivating a deeper appreciation for the nation's rich cultural legacy. The session inspired exploration of India's spiritual roots, promoting a nuanced understanding of the nation's heritage. Through this engaging session, participants developed a profound appreciation for India's ancient traditions and cultural values, enriching their knowledge and broadening their perspective on the country's storied past.







Talk On Role Of Youth In Nation Building By Dr. Nemi Chand

Date: - 24 December, 2024

Activity:- 3

Project Saksham was launched in the presence of Dr. Nemi Chand, SLO, State NSS Cell, Chandigarh, to promote cyber security and hygiene among youth. The initiative aims to empower youth with knowledge and skills to become responsible digital citizens. Dr. Chand highlighted the significant role of youth in nation-building and development. A 6-minute video presentation by NSS volunteers showcased the efforts of the college's NSS Units. The project seeks to leverage the potential of youth in promoting cyber security and hygiene, contributing to the nation's growth and development. It emphasizes responsible digital citizenship.







Session on Academic Writing

Date: - 24 December, 2024

Activity:- 3

Dr. Ruchika, Assistant Professor of English, conducted a session on academic writing for NSS volunteers. The session covered essential topics such as plagiarism, tone, diction, and punctuation, equipping volunteers with skills to produce well-structured and engaging written content. The interactive and informative session empowered volunteers to enhance their academic writing skills, promoting effective communication and academic excellence. By focusing on critical aspects of academic writing, Dr. Ruchika's session enabled NSS volunteers to improve their writing abilities, contributing to their overall academic growth and development. The session was beneficial for the volunteers.







Research in Social Sciences by Dr. Minakshi Rana

Date: - 24 December, 2024

Activity:- 4

Dr. Minakshi Rana, Assistant Professor of Sociology and NSS Program Officer, led an informative session on research basics in social sciences. The session introduced NSS volunteers to research fundamentals, fostering critical thinking and analytical skills. Dr. Rana explored various avenues and opportunities in social sciences, enabling volunteers to contribute to social research and development initiatives. The engaging session inspired future careers in social sciences and research, providing valuable insights into research methodologies and applications. By highlighting the significance of social research, Dr. Rana empowered volunteers to pursue their interests and make a positive impact in their communities.







Insights from life by Ms. Nancy Garg

Date: - 24 December, 2024

Activity:- 5

Ms. Nancy Garg from the Administration Branch of MCM DAV College led an engaging session on overcoming public speaking fright. She shared personal anecdotes, highlighting that mistakes are a natural part of the learning process. Ms. Garg provided valuable tips on building confidence and conquering stage fear, empowering participants to become more articulate and assured communicators. The interactive session fostered a growth mindset, enabling participants to effectively overcome public speaking anxiety and become more persuasive in personal and professional settings. The session was informative and beneficial, helping participants to develop their public speaking skills and confidence.







UPSC planning and preparations by Mr. Kuldeep Singh Topwal

Date: - 24 December, 2024

Activity:- 6

Mr. Kuldeep Singh Topwal conducted an engaging session on UPSC planning and preparations on December 24, 2024. The session aimed to promote effective strategies for UPSC exams, providing valuable insights to participants. Interactive doubt sessions were held to address queries, and Mr. Topwal concisely explained key pointers, covering crucial aspects of UPSC preparation. This session was part of the NSS camp organized by Mehr Chand Mahajan DAV College for Women, reflecting the college's commitment to holistic development. The session benefited NSS volunteers and other participants, equipping them with essential knowledge and skills for UPSC exams and enhancing their academic and professional pursuits.







Fun Activity

Date:- 24 December, 2024

Activity:- 7

During the tea break, an engaging activity was organized to test the participants' knowledge on various fascinating topics. The quiz focused on Indian heritage, space exploration, and pharmacy advancements, aiming to assess the NSS students' awareness and enthusiasm for learning. The students eagerly participated, demonstrating their knowledge and national pride. Navneet stood first, showcasing exceptional understanding of the topics. The activity fostered a sense of curiosity and enthusiasm among the participants, highlighting India's remarkable achievements in space exploration and significant advancements in pharmacy. The quiz provided a fun and interactive learning experience, encouraging students to appreciate India's rich heritage and accomplishments. By participating in the quiz, the NSS students gained a deeper understanding of the country's contributions to various fields, promoting a sense of pride and appreciation for India's achievements. The activity was a valuable experience for the students.

DAY 5 of NSS CAMP Yoga

Date: 25 December, 2024 Activity:- 1







Session on Financial Management

Date: 25 December, 2024 Activity:- 2

Dr. Anchal Mehta, Assistant Professor in the Department of Economics at MCM DAV College, led an insightful session on effective financial planning and management. The presentation emphasized the importance of prudent financial decision-making to achieve long-term stability and security. Dr. Mehta educated participants on managing financial resources, mitigating risks, and securing future benefits. The session enabled participants to make informed decisions about their financial planning, ultimately contributing to their overall well-being. By highlighting the significance of effective financial management, Dr. Mehta's session provided valuable insights and practical knowledge, empowering participants to secure their financial future. The session was informative and beneficial.







Singing and Dance Competition

Date: 25 December, 2024 Activity:- 3

The NSS volunteers participated in a song and dance competition, showcasing their talents and creativity. The event featured a diverse array of songs and choreographed dance routines, captivating the audience with energy and enthusiasm. The competition provided a platform for volunteers to express themselves, build confidence, and foster teamwork, while promoting cultural awareness and self-expression. The vibrant display of music and dance entertained the audience, highlighting the volunteers' remarkable talents. The event was a celebration of creativity and enthusiasm, allowing participants to shine and showcase their skills in a fun and engaging way. It was a memorable experience.











Session on Stress Management

Date: 25 December, 2024 Activity:- 4

The Brahma Kumaris organized a comprehensive stress management session, focusing on life's deeper purpose and practical techniques for stress alleviation. The session aimed to promote emotional resilience and overall well-being through reflective discussions, meditation, and mindfulness exercises. Participants engaged in a holistic approach to managing stress, fostering a deeper understanding of themselves and their place in the world. The serene and supportive environment allowed individuals to reconnect with their inner selves, cultivating inner peace, clarity, and mindfulness. The session empowered participants to adopt a balanced lifestyle and navigate life's challenges effectively, promoting overall well-being and emotional resilience.











Session on Social Entrepreneurship

Date: 25 December, 2024 Activity:- 5

Ms. Satvikaa Singh, Good Governance Fellow, led an engaging session on social entrepreneurship, focusing on community issues. Participants were divided into groups to identify and examine social challenges, brainstorming innovative solutions. The interactive session fostered critical thinking, creativity, and collaboration, creating a dynamic atmosphere. Through lively discussions, participants developed practical solutions to address community issues, promoting positive social change. The session empowered participants with knowledge and skills to drive social innovation, encouraging them to think creatively and work collaboratively to address social challenges. By doing so, participants gained valuable insights into social entrepreneurship and its potential to create meaningful impact.







Self-Defense Training

Date: 25 December, 2024 Activity:- 6

A self-defense session was conducted to empower volunteers with vital skills, enhancing their safety and confidence. The session equipped participants with essential techniques to protect themselves in various situations. The event concluded with a team party, fostering camaraderie and teamwork among the participants. The social gathering promoted a positive and supportive team environment, allowing volunteers to bond and develop a sense of unity. The combination of self-defense training and team-building activities created a valuable experience for the volunteers, promoting their overall development and well-being. The session and party were a resounding success, achieving their objectives effectively.









DAY 6 of NSS CAMP

Career Counselling

Date: 26 December, 2024 Activity:- 1

The morning counselling session, led by Abhinav Dogra from Chetanya Careers, empowered participants to navigate academic, career, and professional challenges. In a safe and supportive environment, individuals explored their struggles, fears, and aspirations, gaining a deeper understanding of themselves and their goals. The session fostered resilience, adaptability, and confidence, equipping participants to overcome obstacles and achieve success. With valuable insights and practical advice, participants developed a clear vision for their future, making informed decisions about their pursuits. The session laid the foundation for a journey of self-discovery and growth, empowering participants to reach their full potential and achieve their goals effectively.







Meditation Techniques by Brahma Kumaris

Date: 26 December, 2024

Activity:- 2

The Brahma Kumaris conducted a serene and introspective session on meditation techniques, aiming to cultivate inner peace and mental resilience. The session empowered participants to quiet their minds and connect with their inner selves, fostering mindfulness, self-awareness, and emotional balance. Through meditation, participants developed mental clarity and a deeper sense of purpose, enabling them to navigate life's challenges with greater ease and equanimity. The session provided valuable tools for managing stress and promoting overall well-being. By cultivating inner peace and mental resilience, participants were better equipped to handle life's complexities and achieve their goals with clarity and purpose.







Self-Styling Workshop

Date: 26 December, 2024 Activity:- 3

Dr. Rati Arora led a self-styling workshop, empowering participants to express themselves confidently and authentically. The interactive session provided practical tips on grooming and styling, enabling individuals to project their best selves in personal and professional spheres. Participants learned to embrace their individuality and boost their confidence through self-presentation. Dr. Arora's expertise helped attendees develop a positive self-image, allowing them to showcase their authenticity and uniqueness. The workshop equipped participants with essential skills to enhance their overall appearance and attitude, fostering a more confident and self-assured persona. It was a valuable experience for all involved.







Self-Defense Session

Date: 26 December, 2024 Activity:- 4

The Chandigarh Police conducted an invigorating self-defense session, empowering participants with essential skills and knowledge for personal safety. The session equipped individuals with practical techniques to respond effectively in emergency situations, fostering confidence and self-reliance. By highlighting potential threats and promoting awareness, participants learned to prioritize their safety and assert themselves with confidence. The session was a valuable initiative to promote the safety and empowerment of young girls, emphasizing the importance of family and community support in making them self-reliant. The session was informative, practical, and empowering, providing participants with vital skills for personal safety.





Storytelling Activity

Date: 26 December, 2024 Activity:- 5

The day concluded with a storytelling session over high tea, where participants shared personal anecdotes and reflections from the camp. This meaningful activity fostered camaraderie and deepened connections among participants, promoting personal growth and inspiration. Through shared storytelling, individuals reflected on their experiences and learned from one another, creating a sense of community and belonging. The warmth and inspiration from these stories provided a fitting close to a day dedicated to growth, self-care, and collaboration. The session ended on a lighter yet impactful note, leaving a lasting impression on the participants and reinforcing the day's objectives.







DAY 7 of NSS CAMP

Session on संवाद : हर कहानी कुछ कहती है

Date: 27 December, 2024 Activity:- 1

The session "Samvad: Har Kahani Kuchh Kahati Hai" was a thought-provoking interactive storytelling experience led by Dr. Sunita. The session aimed to foster effective communication, empathy, and self-expression among participants, promoting personal growth and community building. Through the art of storytelling, individuals shared their experiences and perspectives, gaining a deeper understanding of themselves and others. The interactive session encouraged participants to express themselves authentically, building connections and empathy with others. By sharing stories, participants learned valuable lessons, gained new insights, and developed a sense of community, aligning with the NSS units' theme of "Shakti 2.0—Building Potential Through Upskilling".







Session on "Healthy Food For Sustainable Living"

Date: 27 December, 2024 Activity:- 2

The session on healthy eating habits, led by Dr. Gurpreet Kaur, educated NSS volunteers on the significance of nutritious food options and encouraged them to adopt healthy lifestyle choices. The interactive session engaged volunteers in discussions and activities, providing valuable insights and tips on maintaining a balanced diet. Dr. Kaur's expertise made the session informative and enjoyable, promoting awareness about healthy eating habits. The session aligned with the "Shakti 2.0—Building Potential Through Upskilling" theme, empowering volunteers to make informed choices about their health and well-being. The session was a valuable addition to the seven-day night camp.







Session On Financial Literacy

Date: 27 December, 2024 Activity:- 3

The financial literacy session, led by Dr. Meenu Singla, empowered volunteers to make informed decisions about personal finance, budgeting, and investing. The interactive session shared valuable insights on managing finances, investing wisely, and avoiding debt traps. Through real-life examples, group discussions, and Q&A, participants gained practical knowledge and skills to promote financial independence and responsibility. The session was an engaging and impactful experience, equipping volunteers to take control of their financial lives. It was a valuable addition to the "Shakti 2.0—Building Potential Through Upskilling" theme, fostering financial literacy and empowerment among the participants.





NGO Awareness Session

Date: 27 December, 2024 Activity:- 4

The session on NGOs, led by Ms. Namrata from Empowering Hands Foundation, provided NSS volunteers with a comprehensive understanding of the social sector. Through interactive discussions, real-life examples, and case studies, participants gained insights into NGOs' functioning, challenges, and impact. The session inspired volunteers to become active contributors to positive social change, encouraging critical thinking about social issues and exploration of potential solutions. By fostering a deeper understanding of NGOs, the session empowered volunteers to make a meaningful difference in their communities. The session was an informative and engaging experience, aligning with the "Shakti 2.0—Building Potential Through Upskilling" theme, and promoting social awareness and responsibility among volunteers.





Celebrating National Youth Day:

Open Dialogue and Essay Writing Competition

Date: 14 January 2025 to 15 January 2025

The NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized events to commemorate National Youth Day, celebrated on January 12th to mark Swami Vivekananda's birth anniversary. On January 14, 2025, an Essay Writing Competition on "Waste Management in Metropolitan Cities" was held, followed by an Open Dialogue on "Role of Youth in Nation Building" on January 15, 2025. A "Pledge for Vision for Nation" was also conducted, where students and faculty members took an oath to work towards the nation's betterment, upholding unity, integrity, and social responsibility. The events aimed to inspire and empower youth, promoting critical thinking, responsibility, and civic engagement. Students actively participated, showcasing their creativity, writing skills, and critical thinking. The events encouraged students to share their thoughts and opinions on nation-building and social issues. College Principal, Madam Suman Mahajan, praised the efforts of volunteers and participants, highlighting the college's commitment to fostering social responsibility and civic engagement. She encouraged students to continue addressing social issues and promoting positive change in their communities. The events were a testament to the college's dedication to empowering youth and promoting nationbuilding. By participating in these events, students developed a deeper understanding of their role in shaping the nation's future and addressing social issues. The events inspired students to become active contributors to positive change, fostering a sense of responsibility and civic engagement among them.

Meal Distribution Program

Date: 14 January 2025

The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized a meal distribution program to provide food assistance to underprivileged communities in Chandigarh. The program aimed to promote food security, social welfare, and community engagement among volunteers. The initiative targeted areas with significant economic and social needs, including Angadwadi and Sector 37, which have a sizable population of daily wage workers, slum dwellers, and marginalized groups. Volunteers distributed meals to local people and communities, ensuring everyone received essential support. Through this hands-on experience, students connected with the community and understood the importance of food security. The program fostered empathy and social responsibility among the volunteers, empowering them to make a positive impact in their community. The meal distribution program was a meaningful initiative that addressed the immediate needs of the underprivileged while promoting a sense of social welfare and community engagement. By participating in this program, the NSS volunteers gained valuable experience and insight into the challenges faced by marginalized communities. The initiative reflected the college's commitment to social responsibility and community service, highlighting the importance of collaborative efforts to address social issues. The program's impact extended beyond providing food assistance, as it also promoted a

sense of compassion and civic engagement among the volunteers.

























Winter Clothes Donation Drive

Date: - 17 January 2025

The NSS Units of Mehr Chand Mahajan DAV College for Women conducted a clothes donation drive, demonstrating their commitment to social responsibility. A total of 55 students generously donated winter clothes, including warm garments and accessories. The donated items were distributed to underprivileged individuals in various sectors outside the college campus, providing them with essential clothing items and warmth during the harsh winter months. This initiative showcased the students' empathy and willingness to make a positive impact in their community. By donating winter clothes, the students helped bring comfort and relief to those in need. The drive promoted social awareness and responsibility among college students, fostering community engagement and outreach through volunteer work. The clothes donation drive was a successful initiative that achieved its objectives of collecting and distributing clothing to underprivileged individuals, promoting social awareness, and fostering community engagement. The event highlighted the college's commitment to social responsibility and community service, encouraging students to continue making a difference in the lives of others. Through this initiative, the students developed a sense of empathy and social responsibility, which will have a lasting impact on their lives and the community they serve. The drive's success demonstrates the power of collective efforts in creating positive change.































Mehr Chand Mahajan DAV College for Women

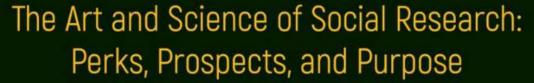
Sector 36-A, Chandigarh (U.T.)





in collaboration with

Postgraduate Department of Sociology are organising a workshop on



Venue: Multimedia Hall Date: 23 January 2025 Time: 11:00 AM



Resource Person:



Ms Oshia Garg

MCM Alumna and Research Associate Access Healthcare International, New Delhi

Join us to know the career prospects of a Social Scientist in India and abroad.

Dr Minakshi Rana & Dr Preeti Gambhir NSS Programme Officers

Dr Bhavna Sood

Ms Suman Mahajan Head, PG Dept. of Sociology Convener & Offg. Principal

Mr Ashish Mudgal, Activity Incharge (*Creative*)

Workshop on "The Art and Science of Social Research" Date:- 23 January 2025

The NSS Units of Mehr Chand Mahajan DAV College for Women, in collaboration with the Postgraduate Department of Sociology, organized a workshop on "The Art and Science of Social Research: Perks, Prospects, and Purpose." The event aimed to equip students with knowledge and skills in social research, enabling them to design and conduct research studies effectively. The workshop featured Ms. Oshia Garq, Research Associate at Access Healthcare International, New Delhi, as the resource person. Ms. Garg shared her expertise on social research, highlighting its importance, methods, and applications. The interactive session encouraged participants to engage in discussions and ask questions, providing a valuable learning experience. The workshop successfully achieved its objective, providing students with a comprehensive understanding of social research and its applications. Participants appreciated the insightful session, gaining valuable perspectives on social research. The event was well-organized, and the expert's presence enhanced the participants' understanding of the subject. The workshop served as a platform for students to learn from an expert in the field, enhancing their knowledge and skills in social research. The event's success was evident in the enthusiastic participation and engagement of the students. Overall, the workshop was a resounding success, and the NSS Units of Mehr Chand Mahajan DAV College for Women are commended for organizing a valuable and informative event. By providing students with a deeper understanding of social research, the workshop empowered them to design and conduct research studies effectively, contributing to their academic and professional growth. The event's impact is expected to be long-lasting, benefiting the students in their future endeavors.





























Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.)

On the occasion of

NATIONAL GIRL CHILD DAY



The NCC & NSS Units under the aegis of

Internal Quality Assurance Cell in collaboration with

SUVICHAR - Think Tank are organizing a Session on

Women Empowerment

Date: 24 January 2025 | Time: 11:20 AM Venue: Multimedia Hall

Chief Guest

Hon'ble Gen VP Malik PVSM AVSM Former Chief of Army Staff

Special Guests

Dr Ranjana Malik Motivational Speaker & Social Worker Mr Vivek Atray ex-IAS officer & TED Speaker

Mrs Neena Singh Former ED, HDFC Bank Ms Saguna Jain Author & Member, Suvichar

Organizing Team

Mrs Suman Mahajan Convener & Offg. Principal

Mrs Neena Sharma
Co-convener & Coordinator-IQAC

Lieutenant Dr Anju Lata Coordinator- NCC (Naval Wing)

Dr Manjot Josan Coordinator- NCC (Army Wing) Dr Minakshi Rana & Dr Preeti Gambhir NSS Programme Officers

Mr Ashish Mudgal: Activity Incharge (Creative)

Celebration of National Girl Child Day by NSS and NCC Wings Date: - 24 January 2025

The NCC and NSS units of Mehr Chand Mahajan DAV College for Women, in collaboration with the Internal Quality Assurance Cell and Suvichar Think Tank, organized a session on women's empowerment on January 24, 2025, to commemorate National Girl Child Day. The event featured a distinguished panel of speakers, including Hon'ble Gen. V.P. Malik and Dr. Ranjana Malik, who shared their insights and experiences on women's empowerment, leadership, and self-awareness. The session aimed to inspire and motivate students, particularly girls, to become confident, independent, and socially responsible individuals. The event promoted gender equality, women's rights, and leadership among students, providing a platform for them to engage with esteemed guests and gain valuable perspectives. Other notable speakers included Mr. Vivek Atray, Mrs. Neena Singh, and Ms. Saguna Jain, who shared their expertise and experiences. The event was a testament to the college's commitment to promoting gender equality and women's rights. Students expressed their gratitude for the inspiring talks and the opportunity to learn from the speakers. The session was a resounding success, empowering students to become change-makers in society. By providing a platform for students to engage with renowned speakers, the college fostered a deeper understanding of women's empowerment and leadership. The event's impact will be felt beyond the campus, as students apply the insights and inspiration gained to make a positive difference in their communities.























महिलाओं को सशक्तिकरण की कमी की मावना से छुटकारा पाना होगा : जनरल वी.पी. मलिक

चंडीगढ़, 24 जनवरी (आशीष): राष्ट्रीय बालिका दिवस के अवसर पर सैक्टर-36 स्थित मेहर चंद महाजन डी.ए.वी. महिला महाविद्यालय के एन.सी.सी. और एन.एस.एस. इकाईयों ने आई.क्यू.ए.सी. के तत्वावधान में सविचार-थिंक टैंक के सहयोग से महिला सशक्तिकरण पर प्रेरणादायक सत्र का आयोजन किया। कार्यक्रम में भारतीय सेना के पूर्व प्रमुख जनरल वी.पी. मलिक मुख्य अतिथि के रूप में शामिल हुए।

कार्यक्रम की शोभा बढ़ाने वाले विशेष अतिथियों में मोटिवेशनल स्पीकर और समाज सेविका डॉ. रंजना मलिक, पर्व आई. ए. एस. और टेडएक्स स्पीकर विवेक अत्रे, एच.डी.एफ.सी. बैंक की पूर्व कार्यकारी निदेशक नीना सिंह और सविचार की सदस्य व लेखिका सगुना जैन शामिल थीं। कार्यक्रम की शुरूआत एन.एस.एस. इकाईयों के साइबर सुरक्षा जागरूकता पहल के तहत प्रोजैक्ट सक्षम पर एक वीडियो के साथ हुई। एक छात्रा

महिलाएं अच्छी नेता बनने का प्रयास करें और अपने ज्ञान का सही उपयोग करें

जनरल मलिक ने कहा कि महिलाओं का सशक्तिकरण परिवार से शुरू होता है और हमारे समावेशी समाज के लिए अत्यंत



कार्यक्रम के दौरान मुख्य अतिथि व अन्य।(परमजीत)

महत्वपूर्ण है। उन्होंने अपनी बेटी नमिता मलिक का उदाहरण देते हुए दर्शकों को प्रेरित किया, जिन्होंने ६० वर्ष की आयु में विश्व के प्रतिष्ठित आयरनमैन ट्रायथलॉन को पूरा किया। उन्होंने महिलाओं से कहा कि वे किसी भी प्रकार की ग्लास सीलिंग का विचार मन से निकालें और सशक्तिकरण की कमी की भावना को त्याग दें। उन्होंने कहा कि महिलाएं अच्छी नेता बनने का प्रयास करें और अपने ज्ञन का सही उपयोग करें। डॉ. रंजना मलिक ने कहा कि बिना लक्ष्य के शिक्षा का कोई महत्त्व नहीं है। उन्होंने महिलाओं को प्रेरित करते हुए कहा कि प्रगति केवल

शब्दों में नहीं बल्कि कर्मों में भी होनी चाहिए। उन्होंने अपने जीवन का उदाहरण देते हुए बताया कि कैसे उन्होंने घर, परिवार और एक रक्षा अधिकारी की पत्नी की भूमिका निभाने के साथ-साथ अपना करियर बनाया। विवेक अत्रे ने कहा कि वास्तविक सशक्तिक रण तभी संभव है जब व्यर्क्ति योग्य बनक र समाज की सेवा करता है। उन्होंने भारत में मौजूद पुरानी मानसिकता का उदाहरण देते हुए कहा कि आंतरिक संघर्षों को जीतने के लिए आतिमक कार्य करना चाहिए। नीना सिंह ने कहा कि वास्तविक संशक्तिक रण स्वतंत्र निर्णय लेने और अपनी भावनात्मक. मानसिक, शारीरिक और आर्थिक आवश्यकताओं के अनुसार सही विकल्प चुनने की क्षमता है। उनाई क्यू ए.सी. की संयोजिका नीना शर्मा ने अतिथियों का धन्यवाद किया। कार्यवाहक प्राचार्या समन महाजन नै कॉलेज की विभिन्न योजनाओं पर प्रकाश डाला जो महिलाओं को चुनौतीपूर्ण परिस्थितियों का सामना करने और जलास सीलिंग को तोहने के लिए तैयार करने पर केंद्रित हैं।

द्वारा महिला सशक्तिकरण पर प्रस्तुत की गई मार्मिक कविता ने दर्शकों के दिलों को छु लिया। एन.सी.सी. नौसैनिक विंग

की एसोसिएट एन.सी.सी. ऑफिसर और शारीरिक शिक्षा विभाग की प्रमख लेफ्टिनेंट डॉ. अंजू लता को राष्ट्रीय स्तर

पर एन.सी.सी. में उत्कृष्ट योगदान के लिए जनरल वी.पी. मलिक द्वारा सम्मानित किया गया।

महिलाओं को सशक्तिकरण की कमी की भावना से छुटकारा पाना होगा : जनरल वी.पी. मलिक

चंडीगढ, 24 जनवरी : राष्टीय वातिका दिवस पर एमसीएम डीएवी कॉलेज फॉर वूमैन सैक्टर 36 के एनसीसी और एनएसएस इकश्रवों ने आईक्यूएसी के तत्तवाववधान में मुखिवार विक टैक के सहयोग से महिला सहिवतकरण पर एक प्रचारायक ग्रंज का आयोजन किया। इस कार्यक्रम में भारतीय सेना के पूर्व प्रमख जन्सल वो.पी. मलिक रीबीएसएम, एबीएसएम मुख्य अतिथि के रूप में शामिल हुए।

कार्यक्रम की शीभा बढाने वाले विशेष अतिथियों में मोटिवेशनल स्पीकर और समाज सेविका डॉ. रंजना मिलक, पूर्व आईएएस और टेडएक्स स्पीकर विवेक अत्रे, एचडीएफसी र्वेक को पूर्व कार्वकारी निदेशक नीना सिंह, और सुविचार की सदस्य व लेखिका सगुना जैन शामिल भाँ। कार्यक्रम को शुरूआत एनएसएस इक्संबों के साइबर सुरक्षा जागरूकता ग्रहल के तहत प्रोजेक्ट सक्षम पर एक गामिक कविता ने दर्शकों के दिलों को ड लिया।



समारोह में उपस्थित अविधि और छात्राएं।

एनसीसी नीसैनिक विंग की एसोसिएट एनसेसो ऑफसर और शारीरिक शिक्षा विभाग की प्रमुख लेफ्टिनेंट डॉ. अंजू लता को राष्ट्रीय स्तर पर एनसीसी में उत्कृष्ट योगदान के लिए, जनरल बी.पी. मलिक द्वारा कहा कि महिलाओं का और यह हमारे समवेशों समाज के उदाहरण देते हुए दर्शकों को प्रेरित में नहीं

विश्व के प्रतिष्ठित आयरनमैन ट्रायचलॉन को पूरा किया। उन्होंने महिलाओं से कहा कि वे किसी भी प्रकार की ग्लास सीलिंग का विचार मन से निकालें और सम्बन्धिकरण की कमी की भावना को त्वाग दें। उन्होंने सम्मानित किया गया । असने यह भी कहा कि महिलाएं अच्छी नेता प्रेरणाद्यपक एंक्रोपन में अनरस मितक अपने का प्रवास करें और अपने ज्ञान का सही उपयोग करें। डॉ. रंजना सशक्तिकरण परिवार से हरू होता हैं मिलक ने अपने संबोधन में कहा कि बिना लक्ष्य के शिक्षा का कोई महत्त्व वीडियों के साथ हुई। एक छात्रा द्वारा िलए अलंत महत्त्वरूप हैं। उन्होंने नहीं हैं। उन्होंने महिलाओं को प्रेरित महिला सर्वाब्तकरण पर प्रस्तुत की गईं अपनी बेटी निमता मिलक का करते हुए कहा कि प्रगति केवल शब्दी करते हुए कहा कि प्रगति केवल शब्दी बल्कि कर्मों में भी होनी किया, जिन्होंने 50 वर्ष की आर् में चहिए। विवेक अने ने इस कार्यक्रम

में अपने विचार व्यक्त करते हुए कहा कि वास्तविक संशक्तिकरण तभी संभव है जब व्यक्ति वाय बनका समाज को सेवा करता है। नीना सिंह ने अपने विचार सद्देश करते हुए कहा कि वास्तविक सरावितकरण स्वतंत्र निर्णय लेने और अपनी भावनात्मक मानसिक, छारीरिक और आर्थिक भावस्वकताओं के अनुसार सही विकल्प चुनने की क्षमता है। सगुन जैन ने सर्शवितकरण को एक समावेशी प्रक्रिय के रूप में परिभाषित किया, जिसमें न केवल स्वयं का सर्शक्तकरण बल्कि उन लोगों का भी सर्जावतकरण गामिल है जो वचित है।

राष्ट्रीय बालिका दिवस पर एमसीएम में कार्यक्रम, मुख्य अतिथि जनरल वीपी मलिक बोले-

संवाद न्यूज एजेंसी

चंडीगढ। राष्ट्रीय बालिका दिवस के मौके पर मेहर चंद महाजन डीएवी महिला महाविद्यालय के एनसीसी और एनएसएस इकाईयों ने आईक्यएसी के तत्वावधान में सविचार-धिक टैंक के सहयोग से महिला सशक्तीकरण पर एक प्रेरणादायक सत्र का आयोजन किया।

कार्यक्रम में भारतीय सेना के पूर्व प्रमुख जनरल बीपी मलिक (पीवीएसएम, एवीएसएम) मुख्य अतिथि के रूप में शामिल हए। विशेष अतिथियों में मोटिवेशनल स्पीकर और समाज सेविका डॉ. रंजना मलिक, पूर्व आईएएस और टेडएक्स स्पीकर विवेक अत्रे, एचडीएफसी बैंक की पूर्व कार्यकारी निदेशक नीना सिंह, और सविचार को सदस्य व लेखिका सगुना जैन शामिल थीं।

वनरल मलिक ने कहा कि महिलाओं का सशक्तीकरण परिवार से शुरू होता है। यह



कार्यक्रम के दौरान मौजूद अतिथि व अन्य शिक्षक। स्रात : आयोज्य

महत्वपूर्ण है। उन्होंने अपनी बेटी नमिता मलिक का उदाहरण देते हुए दर्शकों को प्रेरित किया, जिन्होंने 50 वर्ष की आयु में विश्व के प्रतिष्ठित आयरनमेन ट्रायधलॉन को पूरा किया।

उन्होंने महिलाओं से कहा कि वे किसी भी प्रकार की 'ग्लास सीलिंग' का विचार मन से निकालें और सज्ञवतीकरण की कमी की भावना को त्याग दें। कार्यक्रम की शुरुआत एनएसएस हमरे समावेशी समाज के लिए अत्यंत इकाईयों के साइबर सुरक्षा जागरूकता पहल के

तहत प्रोजेक्ट सक्षम पर एक वीडियो के साथ हुई। एक छात्रा ने महिला सशक्तीकरण पर प्रस्तुत की गई मार्मिक कविता ने दर्शकों के दिल को छुआ। एनसीसी नौसैनिक बिंग की एसोसिएट एनसीसी ऑफिसर और शारीरिक शिक्षा विभाग की प्रमुख लेफ्टिनेंट डॉ. अंज् लता को राष्ट्रीय स्तर पर एनसीसी में उत्कृष्ट योगदान के लिए जनरल वीपी मलिक द्वारा सम्मानित

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







The NSS Units are organising a Awareness Session on

EMPOWERING WOMEN: CONSTITUTIONAL MILESTONES

Date: 25 January 2025 Time: 10:00 AM Venue: Golden Jubilee Conference Hall



Resource Person:

Ms Havisha Singh NSS Student Leader Creative Lead, Mavericks: The Book and Film Club



Join us for this informative event that seeks to inspire and educate attendees on the importance of constitutional rights for women empowerment.

Dr Minakshi Rana & Dr Preeti Gambhir
NSS Programme Officers

Ms Suman Mahajan Convener & Offg. Principal

Mr Ashish Mudgal, Activity Incharge (Creative)

Session on "Empowering Women, Constitutional Milestones" Date:- 25 January 2025

The NSS Units of Mehr Chand Mahajan D.A.V. College for Women, Chandigarh, organised a session on "Empowering Women, Constitutional Milestones" on 25th January 2025 to commemorate the Republic Day of India. Ms. Havisha Singh, NSS Student Leader, was the resource person for the event and highlighted the significant constitutional provisions and legal frameworks designed to advocate for and safeguard women's rights in India. The primary objective of the session was to educate NSS volunteers on the importance of constitutional rights in fostering an environment conducive to women's empowerment. The event aimed to inspire volunteers to become aware of their rights and responsibilities, and to empower them to become agents of change in promoting gender equality. The session focused on pivotal topics such as the importance of the Constitution of India in ensuring gender equality, landmark legislations that have significantly advanced women's empowerment and the importance of amendments. The event not only inspired the volunteers but also educated them on the critical role that constitutional rights play in fostering an environment conducive to women's empowerment.









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





The NSS Units and Character Building Committee under the aegis of

Internal Quality Assurance Cell (IQAC)

in collaboration with

Bachpan Save The Innocence (BSTI)

organizes 1 Day Workshop on

ROLE OF YOUTH IN PREVENTING VIOLENCE

Venue: Golden jubilee conference Hall

Date: 25 January 2025

Time: 11:00 AM





Resource Person: Mr Rahul Singla POSCO Trainer & Founder - Bachpan Save The Innocence Panchkula (Haryana)

Coordinator

Dr Ritu Rani Dr Minakshi Rana & Dr Preeti Gambhir Ms Neena Sharma NSS Programme officers

Ms Suman Mahajan Coordinator, IQAC Convener & Offg. Principal

Mr Ashish Mudgal Activity Incharge (Creative)

Workshop on "Role of Youth in Preventing Violence" Date:- 25 January 2025

The NSS Units and Character Building Committee of Mehr Chand Mahajan DAV College for Women, in collaboration with बचपन Save the Innocence (BSTI), organized a workshop on the role of youth in preventing violence. The event aimed to educate and empower students to promote a culture of peace and harmony, raising awareness about the importance of safeguarding human rights and preventing violence. Mr. Rahul Singla, a POSCO trainer and founder of BSTI, shared valuable insights and expertise on the topic, highlighting the critical role of youth in preventing violence. The interactive session covered crucial issues such as gender equality, gender expression, and sexuality, providing tips and strategies to promote inclusivity and challenge stereotypes. Through engaging discussions and activities, participants gained a deeper understanding of complex issues and developed a stronger commitment to promoting social justice and equality. The workshop reflected a shared commitment to promoting empathy, respect, and inclusivity, aiming to create a positive impact on the lives of young people and the wider community. The collaboration between the college and BSTI demonstrated a collective effort to empower students as change-makers and leaders. By sensitizing students to issues of violence and inequality, the workshop inspired a new generation of leaders to promote peace, harmony, and social justice. The event's outcome was a testament to the power of collective action in shaping a more inclusive and compassionate society.











Project Saarthi: NSS Volunteers and PGIMER Team Up for Success

Date:- 25 January 2025

NSS Programme Officers and Volunteers recently attended a meeting at PGIMER, Chandigarh, with Prof. Parveen Goyal ji to discuss Project Sarathi. The meeting aimed to strategize and strengthen the project's initiatives, aligning with our commitment to serve the nation. During the meeting, we engaged in fruitful discussions, sharing insights and ideas to enhance Project Sarathi's impact. Prof. Parveen Goyal ji's guidance and expertise were invaluable, and we appreciate their dedication to our shared goals. As NSS volunteers, we are committed to contributing our time, skills, and efforts to make a positive difference in society. Project Sarathi is a significant initiative that aligns with our values, and we are eager to work together to achieve its objectives. The meeting concluded with a renewed sense of purpose and determination. We are focused on implementing the plans and strategies discussed, and we look forward to collaborating with Prof. Parveen Goyal ji and the PGIMER team to drive meaningful change.





पीजीआई और थैलेसीमिक ट्रस्ट के कैंप में 96 यूनिट ब्लड डोनेशन



चंडीगढ़. थैलेसीमिक चैरिटेबल ट्रस्ट एमसीएम कॉलेज, सेक्टर 36 ने ट्रांसफ्यूजन मेडिसिन विभाग चंडीगढ़ के स्टूडेंट्स के एक ग्रुप ने पीजीआई के सहयोग से शनिवार को 310वां रक्तदान शिविर आयोजित किया। कैंप 76वें गणतंत्र दिवस और सुभाष चंद्र बोस के जन्मदिन के विनी सूद ने 25वीं बार ब्लड डोनेट मौके पर आयोजित किया गया। किया। पीजीआई के ब्लड थैलेसीमिक मरीजों को 15-20 दिन के बाद जीवन भर ब्लंड चेंज प्रो. रित राम शर्मा, ट्रस्ट के मेंबर करवाने की जरूरत पड़ती है। स्वैच्छिक रक्त दाताओं से 96 यूनिट प्रो. शर्मा और कालरा ने वॉलंटियर एकत्रित किया गया। शिविर में आए

थैलेसीमिया अवेयरनेस सेशन और थैलेसीमिया वार्ड का दौरा किया। इस शिविर में ट्रस्ट के वित्त सचिव डॉ. ट्रांसफ्यूजन डिपार्टमेंट के एचओडी सेक्रेटरी राजिंदर कालरा मौजूद रहे। ब्लड डोनर्स का आभार जताया।

Thalassemia Awareness Campaign

Date: - 3 February 2025 to 9 February 2025

The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, conducted a thalassemia awareness campaign from February 3rd to 9th, 2025. During this initiative, NSS volunteers visited various locations across the city, including sectors and villages, to educate the community about thalassemia, its causes, symptoms, and prevention. Through interactive sessions, pamphlet distribution, and personal interactions, the volunteers emphasized the importance of genetic testing, healthy marriage choices, and regular blood transfusions. The campaign had a positive impact on the community, with many individuals expressing gratitude for the initiative. The volunteers' efforts helped dispel myths and misconceptions about thalassemia, promoting a more informed and supportive community. By educating people about the disease, its prevention, and management, the campaign contributed to creating awareness and promoting healthy practices. The success of the campaign demonstrates the impact of community-based initiatives in promoting health awareness and education. The NSS volunteers' efforts showcased their commitment to social responsibility and community service. The campaign serves as a model for future community-based health initiatives, highlighting the importance of collaborative efforts in addressing public health concerns. Overall, the thalassemia awareness campaign was a commendable effort by the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh. It not only educated the community about thalassemia but also promoted a sense of social responsibility among the volunteers, contributing to a more informed and supportive community.

Evidence Of Success:- The NSS units of Mahajan College for Women, Chandigarh, organized this drive from 3rd to 9th February 2025. We visited various locations across the city, including Sector 36, Sector 37, Sector 38, Sector 15, Sector 17, Badheri, Kacheri, and Bapudham village.

Sector 15 Chandigarh



















Sector 17 and Sector 26, Chandigarh













Badheri Village, Sector 40 Chandigarh















Kajheri Village, Sector 52 Chandigarh















Sector 36 Chandigarh















Sector 37 Chandigarh















Sector 38 Chandigarh













World Cancer Day with Cancer Awareness Drive Date:- 4 February 2025

The NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized a cancer awareness drive on February 4th, 2025, in Badheri, Chandigarh, to commemorate World Cancer Day. The initiative aimed to educate and empower the community about cancer, its types, risk factors, and the importance of early detection and prevention. Through meaningful conversations and interactions, volunteers engaged with the community in various local settings, highlighting the significance of regular check-ups and screenings. The volunteers emphasized the importance of early detection, discussed various types of cancer, and shared preventative measures. By raising awareness and promoting education, they sought to empower individuals to take charge of their health and well-being. The awareness drive aimed to reduce the stigma associated with cancer, promote healthy behaviors, and encourage individuals to take proactive steps towards their health. The initiative demonstrated the college's commitment to community service and health awareness, inspiring people to prioritize their health and schedule regular check-ups. By educating the public about cancer, its types, and risk factors, the volunteers aimed to promote a culture of health and well-being in the community. The cancer awareness drive was a significant step towards promoting health awareness and education, highlighting the importance of collaborative efforts in addressing public health concerns. Overall, the initiative was a commendable effort by the NSS Units, contributing to a more informed and health-conscious community.













NSS Awareness Drive on "Tuberculosis" Date:- 4 February 2025

The NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized a tuberculosis awareness drive to educate the community about the disease, its symptoms, transmission, and prevention. The initiative aimed to promote a healthy and aware community, fostering a sense of community responsibility and health consciousness. Through informative posters and active community engagement, the volunteers disseminated crucial information about tuberculosis. The posters, featuring striking visuals, were displayed in public areas, serving as a visual reminder about the importance of tuberculosis awareness. The volunteers also interacted with the community, encouraging people to seek testing and treatment. The awareness drive made a meaningful impact on the community, inspiring individuals to take action against tuberculosis. By promoting healthy practices and encouraging testing and treatment, the volunteers contributed to the national effort to control and eliminate tuberculosis. The initiative demonstrated the college's commitment to community service and health awareness, highlighting the importance of collaborative efforts in addressing public health concerns. The NSS awareness drive on Tuberculosis was a significant step towards promoting health awareness and education in the community. By leveraging creative and engaging practices, the volunteers fostered a sense of community responsibility and health consciousness, promoting a collaborative approach to addressing the threat of tuberculosis. The initiative served as a model for future community-based health initiatives, emphasizing the importance of education, awareness, and community engagement in promoting public health.













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





The NSS Units are organising

Poster Making & Slogan Writing Competition

BREATHE EASY, FIGHT TB

A Youth driven Sensitisation Campaign to Promote the National TB Elimination Programme of Government of India

Date: 4 February 2025 | Timings: 10:00 AM to 12:00 Noon | Venue: Room Number 90 Awareness Camp at Badheri Village from 1:00 PM Onwards



Tuberculosis (TB) is a contagious airborne disease that poses a serious health risk. TB is curable, but delayed diagnosis and incomplete treatment can lead to severe complications. Early detection and timely treatment can save lives.

Certificates will be given to the top three performers in the poster making and slogan writing competitions. The interested NSS Volunteers are required to report at the venue with all the required material.

Mr Ashish Mudgal Activity Incharge (Creative) Dr Minakshi Rana Activity Curator & NSS Programme Officer Mrs Suman Mahajan Convener & Offg. Principal

For any query, please contact: Ms Parnika: 73475 65650 / Ms Nandini: 8728910722

Poster Making and Slogan Writing Competition Date:- 4 February 2025

The NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized slogan writing and poster making competitions on the theme "Breathe Easy, Fight TB" to promote national TB elimination. The event aimed to engage students and the community in spreading awareness about Tuberculosis, its symptoms, transmission, and prevention. Through creative expressions, participants created innovative and informative posters and slogans that highlighted the importance of TB awareness. The competitions encouraged community involvement, fostering a sense of responsibility and health consciousness. By promoting awareness about Tuberculosis, the event contributed to the national effort to eliminate TB. The initiative demonstrated the college's commitment to community service and health awareness, providing a platform for creative expression and social engagement. The "Breathe Easy, Fight TB" theme resonated with participants, inspiring them to take an active role in promoting TB awareness and prevention. The event was a significant step towards promoting health awareness and education, highlighting the importance of community participation in addressing public health concerns.



PARIKSHA PE CHARCHA 2025: AN INTERACTIVE SESSION ON EXAM STRESS AND WELLNESS

Date:- 10 February 2025

The eighth edition of Pariksha Pe Charcha (PPC) 2025 was held on Monday, livestreamed across schools nationwide. Hosted by Prime Minister Narendra Modi at Bharat Mandapam in New Delhi, the event aimed to alleviate exam-related stress among students, parents, and teachers. This initiative encourages a celebratory approach to exams, providing practical advice on stress management, time management, and effective learning strategies. The event engaged school students from classes 6 to 12, with 36 students from all states and UTs selected for the interaction. Students from various schools, including state/UT board government schools, Kendriya Vidyalaya, Sainik School, Eklavya Model Residential School, CBSE, and Navodaya Vidyalaya, participated in the discussion. Mehr Chand Mahajan DAV College for Women, Chandigarh, participated in the live-streamed session, with students attending at various locations across the campus, including the Arts Conference Hall, Multimedia Hall, and several laboratories. The session aimed to build confidence, promote holistic well-being, and create a supportive ecosystem for students by engaging all stakeholders, including parents and teachers. By providing a platform for students to discuss their concerns and anxieties, Pariksha Pe Charcha promotes a positive approach to exams. The initiative emphasizes the importance of managing stress and adopting effective learning strategies, ultimately contributing to the overall well-being of students. The event's success lies in its ability to bring together students, parents, and teachers, fostering a collaborative approach to addressing exam-related stress. Pariksha Pe Charcha plays a

vital role in promoting a supportive and nurturing environment for students to thrive. By transforming exam-related stress into a joyful learning experience, the initiative contributes to the holistic development of students, enabling them to approach exams with confidence and positivity. The event's impact extends beyond the students, influencing the entire education ecosystem.

Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.)



The Internal Quality Assurance Cel (IQAC)

is organizing a workshop to

Promote Holistic Wellbeing of the Staff Members & Students



POSITIVE PULSE

Ensuring Work Life Balance with a feeling of Contentment

Date: 14 February 2025 | Time: 12:00 Noon | Venue: Multimedia Hall

Resource Person:



Brahma Kumari Sister Neha

Mrs Suman Mahajan:

Convener & Offg. Principal

Mrs Neena Sharma:

Co-convener & Coordinator, IQAC

Dr Minakshi Rana & Dr Vandita Kapoor:

Event Coordinators (Teaching)

Ms Nancy Garg & Mr Kuldeep Singh:

Event Coordinators (Non teaching)

Workshop on Holistic Well-being and Work-Life Balance Date:- 14 February 2025

The Internal Quality Assurance Cell of Mehr Chand Mahajan DAV College For Women, Chandigarh, organized a workshop on February 14, 2025, to promote holistic well-being and work-life balance among staff and students. The workshop, led by Brahma Kumari Sister Neha, aimed to equip participants with practical tips and spiritual perspectives to achieve a sense of contentment and balance in their personal and professional lives. Sister Neha shared valuable insights and practical advice on maintaining a healthy worklife balance, emphasizing the importance of holistic practices for overall well-being. The session was highly impactful, benefiting both students and staff members. Participants appreciated the practical advice and spiritual perspectives shared by Sister Neha, which encouraged them to adopt holistic practices to improve their well-being. The workshop was a significant initiative by the Internal Quality Assurance Cell to promote the well-being of the college community. By focusing on holistic well-being and work-life balance, the workshop addressed the importance of mental and emotional health in achieving overall success. The Internal Quality Assurance Cell plans to organize more such workshops, demonstrating its commitment to fostering a supportive and healthy environment for staff and students. The workshop was a valuable experience for the participants, providing them with tools and strategies to enhance their well-being and productivity.

Traffic Safety Workshop with Chandigarh Traffic Police Date:- 15 February 2025

The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the Chandigarh Traffic Police, organized a traffic workshop to promote road safety awareness among the youth. The workshop, held at the Children Traffic Park in Sector 23-A, Chandigarh, aimed to educate participants about essential traffic rules, safety precautions, and responsible road behaviour. The interactive session featured hands-on activities, discussions, and guizzes that enabled students to practice and reinforce their understanding of traffic rules and safety guidelines. Participants simulated traffic scenarios, sharing perspectives on road safety and responsible road behavior through group discussions. Real-life examples and case studies illustrated the importance of road safety, providing a comprehensive learning experience. The workshop's engaging format allowed participants to think critically and develop problem-solving skills. By testing their knowledge of traffic rules and safety precautions through interactive quizzes, participants gained a deeper understanding of responsible road behavior. The workshop's objective was to empower the youth to become responsible road users, promoting road safety awareness and reducing accidents. The collaboration between the NSS units and the Chandigarh Traffic Police demonstrated a commitment to promoting road safety and community engagement. The workshop's success highlights the importance of such initiatives in educating the youth about road safety and responsible behavior. By instilling these values, the workshop contributed to creating a safer and more responsible community.























Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.)

To mark the celebrations of

International Women's Day

Health Committee

Fortis Hospital, Mohali

Organizes

One Day Free Medical Camp

Date:

6 March 2025

Time:

10.00 am - 3.00 pm

Venue:

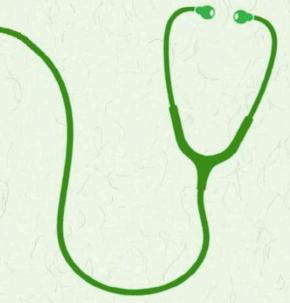
Multimedia Hall and Science Conference Hall

Camp includes:

- Blood Pressure Monitoring Test
- Random Blood Sugar Test
- Bone Mineral Density (BMD)
- ECG

Free Consultation include:

- Dermatology
- Cosmetic Surgery
- Gynaecology
- Orthopaedics
- Dietetics
- General Medicine



All the staff members and students can avail the benefit of this free Medical Camp

Ms Suman Mahajan: Convenor & Offg. Principal Dr Sarabjeet Kaur: Co-convener, Health Committee Dr Purnima Bhandari: Coordinator, Health Committee Dr Rishu & Dr Madhuri Tanaji Patil: Event Coordinators Mr Ashish Mudgal: Activity Incharge(Creative)

Free Medical Camp on International Women's Day

Date: - 6 March 2025

The Health Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with Fortis Hospital, Mohali, organized a free medical camp to commemorate International Women's Day. The camp aimed to provide medical services and promote health awareness among college staff and students. A team of doctors from Fortis Hospital, including specialists in dermatology, gynaecology, general medicine, and orthopaedics, conducted various screening tests. These tests included blood glucose testing, blood pressure measurement, diet counselling, ECG, Bone Mineral density, and weight measurement. The medical team, comprising Dr. Prabha Bansal, Dr. Arsh Kaur, Dr. Shikha Gupta, and Dr. Ritesh Khokhar, was supported by a team of paramedical staff. The camp benefited over 300 individuals, including teaching and non-teaching staff members and students. The majority of health issues addressed were related to skin and gynaecology, which were patiently handled by the reputed doctors. The camp provided an opportunity for women to receive medical attention and guidance on maintaining their health. The collaboration between the college and Fortis Hospital demonstrated a commitment to promoting health awareness and providing medical services to the college community. The free medical camp was a significant initiative, contributing to the wellbeing of women and promoting a healthy lifestyle. The event was a commendable effort by the Health Committee, highlighting the importance of health awareness and medical care for women.











"Empowering Women-Stay Safe Online"





Chandigarh Police's

Awareness Session on

CYBER SECURITY

and Felicitation Ceremony of Cyber Security Volunteers

in collaboration with

Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.)

to mark the celebration of

International Women's Day

Date: 7 March 2025 Time: 4:00 PM

Venue: Golden Jubilee Auditorium

"There's no silver bullet with cybersecurity;

a layered defense is the only viable option." - James Scott.

Empowering Women in Cyber Security: A Session To Mark International Women's Day

Date:- 7 March 2025

Mehr Chand Mahajan DAV College for Women, Chandigarh, collaborated with the Chandigarh Police to organize a cyber security awareness session on March 7, 2025. The event, held as part of International Women's Day celebrations, aimed to empower women with knowledge on cyber security and promote online safety. The theme "Empowering Women: Stay Safe Online" underscored the importance of digital literacy and safety for women. The ceremony was inaugurated by Ms. Neena Sharma, the college's officiating principal, alongside the resource persons. Two cyber soldier leaders, Ms. Bhavya Bhardwaj and Ms. Lovya Bawa, were felicitated for their outstanding work in delivering cyber awareness sessions across various colleges and schools in the city. A Nukkad Natak team, which performed to raise awareness about cyber safety tips, was also awarded a trophy. The awards were presented by the Director-General of the Chandigarh Police. The event provided a platform for women to learn about cyber security best practices and online safety measures. By promoting awareness and education, the organizers aimed to empower women to navigate the digital world safely and confidently. The collaboration between the college and the Chandigarh Police demonstrated a commitment to promoting cyber security awareness and protecting women from online threats. The event was a significant step towards creating a safer digital environment for women.





















LEAD THE PATH TO VIKSIT BHARAT

VIKSIT BHARAT

PARLIAMENT

Parliament House, New Delhi

Are you ready to lead and be a voice for

India's Yuva Shakti?

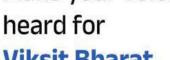


REGISTER NOW FOR THE VIKSIT BHARAT

RLIAMENT

09th March 2025

Make your voice **Viksit Bharat**





'Be the Voice of Nation': Viksit Bharat Youth Parliament Celebration at Panjab University

Date:- 8 March 2025

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The NSS Units of Panjab University and Mehr Chand Mahajan DAV College for Women, Chandigarh, successfully organised 'Be the Voice of Nation', a special event under the aegis of Viksit Bharat Youth Parliament, an initiative of the Ministry of Youth Affairs and Sports, Government of India on 8 March 2025. The event was conducted to mark International Women's Day, celebrating the spirit of women-led leadership and encouraging enhanced participation of women in parliamentary processes. The event witnessed enthusiastic participation from female students representing various colleges. Each participant selected a state of India and presented significant achievements, social issues, or policies related to women empowerment and challenges in the respective state. The presentations were limited to three minutes per participant, and many students added creativity by dressing up in traditional attire representing the culture and identity of the chosen state. The UIET Seminar Hall, Sector 25, Panjab University Campus served as the venue for this enriching discourse, where young women voiced their opinions, highlighted regional concerns and showcased inspiring success stories from across the country. The participants brought forward a wide spectrum of perspectives: from grassroots success stories and pioneering policy initiatives to persistent social challenges, offering a comprehensive overview of the status of women empowerment across states. All participants were awarded certificates of participation along with refreshments, while the top three performers were felicitated with trophies in recognition

of their exemplary presentations. The event successfully provided a platform for young women to express their perspectives and contribute meaningfully to the larger dialogue on women's empowerment and political representation in India. The NSS Units of Panjab University and Mehr Chand Mahajan DAV College for Women, Chandigarh extend their heartfelt gratitude to all participants, volunteers, and faculty members whose efforts made this event a resounding success.





























A Four Day Training Program On "Capacity Building For Youth Employability Skills"

Date: - 18 March 2025 to 21 March 2025

A four-day capacity building training session was conducted at Rajiv Gandhi National Institute for Youth Development from March 18th to 21st, 2025. Two students, Havisha Singh and Bhavya Bhardwaj, from Mehr Chand Mahajan DAV College for Women, Chandigarh, participated in the program along with other NSS volunteers. The training program aimed to enhance the skills, knowledge, and capacities of NSS volunteers, covering key sessions on effective communication skills, adaptability, conflict management, and leadership skills. Experienced facilitators, including Mr. Deepak Kumar, Ms. Purnima Bhardwaj, Mr. Thokchom Reaganchandra Singh, and Col. Jasjeet Singh Kalo, conducted the sessions. Practical exercises, tasks, and group activities enabled participants to engage actively and apply their learning in real-world contexts. The program's structured approach ensured a thorough understanding of topics, encouraging collaboration, creativity, and problem-solving. The training session empowered young individuals to excel in their respective fields and make a meaningful difference in their communities. The final day featured a vibrant cultural extravaganza, showcasing students' talents in dance, mimicry, and rap performances. The certification ceremony followed, where students received participation certificates and special recognition for outstanding contributions. The program concluded on a high note, with participants feeling motivated and inspired. By combining theoretical learning with practical application and creative expression, the training session enhanced participants' capacities and prepared them for future challenges. The event was a valuable experience

for the NSS volunteers, equipping them with essential skills and knowledge to make a positive impact in their communities.















Free Dental Check-Up Camp

Date: - 21 March 2025

The NSS Units of Mehr Chand Mahajan D.A.V. College for Women, Chandigarh, in collaboration with the Department of Public Dentistry, Panjab University, successfully organised a Free Dental Check-Up Camp on 21st March 2025 at the Civil Dispensary and Aanganwadi, Sector 41, Chandigarh. The initiative aimed to promote oral health awareness and provide free dental check-ups to the local community, particularly children. With an overwhelming response, the camp witnessed participation from over 100 individuals, including young children. A team of dental experts conducted comprehensive oral examinations, provided consultations, and educated attendees on proper dental hygiene practices. In addition to the check-ups, NSS volunteers actively engaged with the community by distributing and assisting in filling out dental hygiene surveys. The collected data will help assess oral health awareness levels and guide future initiatives to improve dental care accessibility. This initiative reflects the NSS Units' commitment to community welfare and health awareness, reinforcing the importance of preventive dental care.





























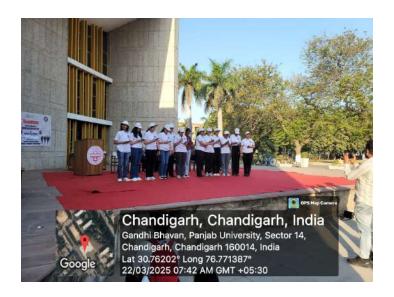
Nasha Mukt Bharat: A Step Towards a Healthier Tomorrow

Date: - 22 March 2025

Mehr Chand Mahajan DAV College for Women, Chandigarh, organized a impactful Nukkad Natak performance at Panjab University on March 22nd, promoting the theme "Nasha Mukt Bharat" (Drug-Free India). A team of 9 enthusiastic participants from the college delivered a powerful street play, highlighting the ill effects of substance abuse and advocating for a healthy, drug-free lifestyle. The performance was well-received by the audience, who appreciated the college's efforts in raising awareness about this crucial social issue. As a token of gratitude, Dr. Minakshi Rana was honored for her support and guidance. The event showcased the college's commitment to fostering awareness and promoting positive change in the community. By leveraging the medium of street theatre, the participants effectively conveyed the message of Nasha Mukt Bharat, inspiring the audience to make informed choices and support the cause.















Harnessing Nature's Blessings: Ayurvedic Insights for Wellbeing Date:- 17 April 2025

The NSS Units of Mehr Chand Mahajan DAV College for Women organized a workshop on Preventive Health Care at Civil Dispensary, Badheri, Chandigarh. The workshop aimed to educate female residents on preventive healthcare practices based on the Indian Knowledge System, focusing on nutritional home-cooked food, seasonal fruits, and Ayurvedic home remedies. Expert sessions highlighted the significance of wholesome meals and seasonal fruits in promoting healthy growth and development in children under 5 years. Practical tips on preparing nutritious meals using locally available ingredients were shared. Additionally, Ayurvedic home remedies for lactating mothers were discussed, emphasizing the importance of natural products like amla, neem, and bel fruit in boosting immunity. The workshop provided a platform for women to learn about simple, effective, and natural ways to care for their children's health and their own. Participants engaged enthusiastically with the resource persons, clarifying doubts and gaining valuable knowledge. The interactive sessions encouraged active participation, empowering women to take charge of their health and wellbeing. By promoting awareness about traditional Indian practices in maintaining health and wellbeing, the workshop contributed to the empowerment of women. The initiative demonstrated the college's commitment to promoting health awareness and education, highlighting the importance of preventive healthcare practices in achieving overall wellbeing. The workshop was a significant step towards promoting healthy practices and lifestyles among women.











Promoting a Healthy Lifestyle through Tree of Life

Date: - 2 May 2025

The NSS unit of Mehr Chand Mahajan DAV College for Women, Chandigarh, organized an impactful anti-drug campaign under the "Tree of Life" initiative on May 2, 2025. The campaign aimed to educate students about the risks associated with drug abuse and promote a healthy lifestyle. During the event, volunteers actively participated in spreading awareness about the dangers of drug abuse, engaging students through interactive sessions. The campaign encouraged students to make informed choices and empowered them to adopt a healthy lifestyle. The College Principal, Ms. Neena Sharma, appreciated the volunteers' efforts, acknowledging their dedication to the cause. The campaign concluded successfully, marking a significant step in promoting awareness and fostering a sense of responsibility among students. The "Tree of Life" initiative aimed to create a ripple effect, inspiring a drug-free culture among young minds. With enthusiasm and commitment, the volunteers made the campaign a success, contributing to the initiative's mission. The event empowered youth to make positive life choices, promoting a healthy and responsible lifestyle. Through this campaign, the NSS unit demonstrated its commitment to promoting awareness and social responsibility among students. The success of the event highlights the potential of such initiatives in shaping young minds and inspiring positive change. The "Tree of Life" initiative serves as a valuable platform for promoting a drug-free culture and empowering youth to make informed choices.

Evidence Of Evidence:-









Empowering Healthcare through Volunteerism: Project Sarathi's First Anniversary

Date: - 5 May 2025

Project Sarathi's practice involves engaging over 80 volunteers from Mehr Chand Mahajan College for Women to support hospital operations, including patient registration, direction, and information dissemination. Volunteers are assigned to specific areas, ensuring efficient support to staff and patients. The project recognizes and rewards dedicated service, with six NSS volunteers awarded for over 120 hours of service. Principal Mrs. Neena Sharma emphasized that appreciation comes with responsibility, encouraging the volunteers to uphold their commitment and spirit. She congratulated the awardees and assured that the college will continue to provide wholehearted support to Project Sarathi in the best possible way. This commitment underscores the college's dedication to fostering social responsibility and community engagement. The project's practice demonstrates a successful collaboration between PGIMER and the college, promoting selfless service and improving hospital efficiency. By empowering volunteers and recognizing their contributions, Project Sarathi sets a positive example for community-driven initiatives. The project's impact extends beyond the hospital, encouraging volunteers to develop a sense of social responsibility and commitment to serving others. With continued support, Project Sarathi is poised to make a lasting difference in the community.

Evidence Of Success:-









प्रोजेक्ट सारथी की पहली वर्षगांठ पर एमसीएम कॉलेज को सम्मानित किया

चंडीगढ, स्टेट समाचार। विज

चंडीगढ़ के मेहर चंद महाजन डीएवी महिला महाविद्यालय की एनएसएस इकाइवों द्वारा राष्ट्रीय स्तर पर प्रशसित प्रोजेक्ट सारथी में किए गए उत्कृष्ट योगदान के लिए, पंजाब के माननीय राज्यपाल और चंडीगढ़ के प्रशासक श्री गुलाब चंद कटारिया ने पोस्ट ग्रेजुएट इंस्टीट्यूट ऑफ मेडिकल एजुकेशन ऐंड रिसर्च (पीजीआईएमईआर) में आयोजित प्रथम वर्षगाँठ समारोह के दौरान कॉलेज को सम्मानित किया। सभा को संबोधित करते हुए श्री गुलाब चंद कटारिया ने कहा, छोटे-छोटे अच्छे कर्मों से ही महान कार्य बनते हैं।

छात्र स्वयंसेवकों की सेवा, समन्वय और समर्पण के लिए कॉलेज को विशेष रूप से सराहा गया। इसके साथ ही एनएसएस की छह उत्कृष्ट स्वयंसेवकों – मृदुला आहूजा, नैनसी, मन्नत भंडारी, कृषिका, आरती और



नवजोत कौर - को विशेष रूप से सम्मानित किया गया, जिन्होंने पिछले शैक्षणिक सत्र में 120 से अधिक घंटे की निऱ्स्वार्थ सेवा दी। एमसीएम कॉलेज की एनएसएस इकाइयों ने प्रोजेक्ट सारथी की सफलता में अहम भूमिका निभाई। कॉलेज के 80 से अधिक स्वयंसेवकों ने मरीजों का पंजीकरण करने, उन्हें सही विभाग तक पहुँचाने और अस्पताल की प्रक्रियाओं कीं महत्त्वपूर्ण जानकारी देने में निरंतर सेवा दी। इस अवसर पर कार्यवाहक प्राचार्या नीना शर्मा ने स्वयंसेवकों की उपलब्धियों पर गर्व व्यक्त करते हए जोर टेकर कहा कि सम्मान प्रतिबद्धता और सेवा के उच्च मानकों को बनाए रखने की बड़ी जिम्मेदारी लेकर आता है। उन्होंने पुरस्कार प्राप्त करने वाले सभी स्वयंसेवकों को बधाई दी और प्रोजेक्ट सारथी के लिए कॉलेज के निरंतर समर्थन का आश्वासन दिया।

ਪ੍ਰਾਜੈਕਟ ਸਾਰਥੀ ਦੀ ਪਹਿਲੀ ਵਰ੍ਹੇਗੰਢ ਦੌਰਾਨ ਐਮ.ਸੀ.ਐਮ. ਕਾਲਜ ਦਾ ਸਨਮਾਨ

ਚੰਡੀਗੜ. 5 ਮਈ (ਬਠਲਾਣਾ): ਮੋਹਰ ਚੰਦ ਡੀ.ਏ.ਵੀ. ਮਹਾਜਨ ਕਾਲਜ ਵਾਰ ਵੂਮੈਨ, चंडी वाड ਦੀ ਯੂਨਿਟ ਐਨ ਐਸ.ਐਸ. ਵਲੋਂ ਰਾਸ਼ਟਰੀ ਪੱਧਰ 'ਤੇ ਮਾਨਤਾ ਪ੍ਰਾਪਤ ਪ੍ਰਾਜੇਕਟ ਸਾਰਥੀ ਵਿਚ ਕੀਤੇ ਗਏ



ਯੋਗਦਾਨ ਦੀ ਕਦਰ ਕਰਦਿਆਂ ਪੰਜਾਬ ਦੇ ਰਾਜਪਾਲ ਅਤੇ ਚੰਡੀਗੜ ਪਸ਼ਾਸਕ ਸੀ ਗੁਲਾਬ ਚੰਦ ਕਟਾਰੀਆ ਨੇ ਕਾਲਜ ਨੂੰ ਪੀ.ਜੀ.ਆਈ. (ਪੋਸਟ ਗ੍ਰੈਜੂਏਟ ਇਸਟੀਚਿਊਟ ਆਫ਼ ਮੈਡੀਕਲ ਐਜਕੇਸ਼ਨ ਐਂਡ ਰਿਸਰਚ) ਵਿਖੇ ਹੋਈ ਪਾਜੈਕਟ ਦੀ ਪਹਿਲੀ ਵਰ੍ਹੇਗੰਢ ਸਮਾਰੋਹ ਦੌਰਾਨ ਸਨਮਾਨਤ ਕੀਤਾ। ਕਾਲਜ ਨੂੰ ਪਿਛਲੇ ਇਕ ਸਾਲ ਦੌਰਾਨ ਵਿਦਿਆਰਥੀ ਸੇਵਾਦਾਨੀਆਂ ਦੀ ਕੋਆਰਡੀਨੇਸ਼ਨ ਅਤੇ ਨਿਸ਼ਕਾਮ ਸੇਵਾ ਲਈ ਵਿਸ਼ੇਸ਼ ਤੌਰ 'ਤੇ ਸਨਮਾਨਤ ਕੀਤਾ ਗਿਆ। ਇਨ੍ਹਾਂ ਵਿਚੋਂ ਛੇ ਬੈਸਟ ਐਨ.ਐਸ.ਐਸ. ਵਲੰਟੀਅਰਾਂ ਮਿਦਲਾ ਆਹਜਾ, ਨੇਂਸੀ, ਮੇਨਤ ਭੰਡਾਰੀ, ਕ੍ਰਿਸ਼ਿਕਾ, ਆਰਤੀ ਅਤੇ ਨਵਜੋਤ ਕੌਰ ਨੂੰ ਵਿਸ਼ੇਸ਼ ਪੁਰਸਕਾਰ ਦਿਤੇ ਗਏ ਜਿਨ੍ਹਾਂ ਨੇ ਪਿਛਲੇ ਸੈਸ਼ਨ ਦੌਰਾਨ 120 ਘੰਟਿਆਂ ਤੋਂ ਵੱਧ ਨਿਸ਼ਕਾਮ ਸੇਵਾ ਕੀਤੀ। ਇਸ ਮੌਕੇ ਉਪ ਪ੍ਰਿੰਸੀਪਲ ਮਿਸ ਨੀਨਾ ਸ਼ਰਮਾ ਨੇ ਸੇਵਾਦਾਨੀਆਂ ਦੀ ਪ੍ਰਸ਼ੰਸਾ ਕਰਦਿਆਂ ਕਿਹਾ ਕਿ ਇਹ ਸਨਮਾਨ ਉਨ੍ਹਾਂ 'ਤੇ ਹੋਰ ਵੱਧ ਜ਼ਿੰਮੇਵਾਰੀ ਲਿਆਉਂਦਾ ਹੈ ਕਿ ਉਹ ਭਵਿੱਖ ਵਿਚ ਵੀ ਇਮਾਨਦਾਰੀ ਅਤੇ ਸਮਰਪਣ ਨਾਲ ਸੇਵਾ ਕਰਦੇ ਰਹਿਣ।

प्रोजैक्ट सारथी में योगदान के लिए एम.सी.एम. कॉलेज सम्मानित

चंडीगढ़.5 मई (आशीप): सैस्टर 36 के मेहर चंद महाजन डी.ए.वी. महिला महाविद्यालय की एन. एस. एस. इकाइयों द्वारा पी.जी.आई. के प्रोजेक्ट सारथी में दिए गए उत्कृष्ट योगदान के लिए सम्मानित किया गया। पंजाब के राज्यपाल और चंडीगढ़ के प्रशासक गुलाब चंद कटारिया ने मोमवार को पी जी आई में आयोजित सारथी प्रोजेक्ट की प्रथम वर्षगांट पर हुए समारोह के दौरान कॉलेज को सम्मानित किय।

प्रशासक गुलाब चंद कटारिया ने कहा कि छोटे-छोटे अच्छे कमाँ से ही महान कार्य बनते हैं। यहां पर छात्रों द्वारा स्वयंग्रेवकों की सेवा, सपन्वय और समर्पण के लिए कॉलेज को विशेष रूप से सराहा गया। इसके साथ ही एन. एस. एस. की छह उत्कृष्ट



कार्यवाहक प्रिसीपल नीना शर्मा प्रशासक से पुरस्कार हासिल करते हुए। (परमजीत)

स्वयंसेवकों मुदला आहजा, नैनसी, पन्नत भंडारी, कषिका, आरती और नवजीत कौर को सम्मानित किया गया। इन्होंने पिछले जैक्षणिक सत्र में पी.जो.आई. जाकर इस प्रोजेक्ट में गर्व व्यक्त करते हुए जोर देकर कहा

120 में अधिक घंटे की नि:स्वार्थ

कार्यवाहक प्राचार्या नीना शर्मा ने स्वयंसेवकों की उपलब्धियों पर कि सम्मान प्रतिबद्धता और सेवा के उच्च मानकों को बनाए रखने की बड़ी जिम्मेदारी लेकर आता है। उन्होंने पुरस्कार प्राप्त करने वाले सभी स्वयंसेवकों को बधाई दी और प्रोजेक्ट मारथी के लिए कॉलेज के निरंतर समर्थन का आश्वासन दिया।

पी.जी.आई. में शुरू किया गया

प्रोजेक्ट मारधी स्वयंमेवी कार्यक्रमों और सामुदायिक जुड़ाव गतिविधियों सहित विभिन्न पहलों के माध्यम से निस्वार्थ मेवा की भावना को रेखांकित करता है। इस परियोजना का उद्देश्य मरीज के अनुभव को बेहतर बनाना, प्रतीक्षा समय को कम करना और स्वास्थ्य सेवा संचालन में स्वयंसेवी सहायता को एकीकत करके अस्पताल के कर्मचारियों के कार्यभार को कम

Guy Kataria hails 'Sarathi Day' as beacon of hope and service

Network

Chasdigarh: In a remarkable celebration of youth-led volunteerism and patient-centric care, the Postgradend Education and Research (Foliable), tondegoth, marked as interaction and Norshi Day today. The occasion was greated by the Administrator of Transligant See Colon (Transligant See Col



day, SARATH is more than a helpdesk—it's a human bridge of centiert, ore, and compassion." All Risk is model, what began at entropy and the provinger antional movement. I believe the potential and the potential contracts the three potential contracts the contract that the potential contracts the contract that the potential contracts the contract that the con

प्रोजेक्ट सारथी की पहली वर्षगाँठ पर एमसीएम कॉलेज् को सम्मानित् कि्या गया, पंजाब के राज्यपाल ने स्वयंसेवकों के योगदान की सराहना की

हिन्द जनपश

चंडीगढ़ (ब्यूरों)। चंडीगढ़ के मेहर चंद नारोह महाजन डीएवी महिला महाविद्यालय की गुरथी एनएसएस इकाइयों द्वारा राष्ट्रीय स्तर पर प्रशंसित प्रोजेक्ट सारधी में किए गए उत्कष्ट योगदान के लिए, पंजाब के माननीय राज्यपाल और चंडीगढ़ के प्रशासक श्री गुलाब चंद कटारिया ने पेस्ट ग्रेजुएट इस्टीट्यूट ऑफ मेडिकल एज्केशन एंड रिसर्च (पीजीअईएम्ईआर) में आयोजित प्रथम वर्षगाँठ समारोह के दौरान कॉलेज को 🥻 सम्मानित किया। सभा को संबोधित करते हुए

श्री गुलाब चंद कटारिया ने कहा, "छोटे-छोटे अच्छे कर्मों से ही महान कार्य बनते हैं।"

छात्र स्वयंसेवकों की सेवा, समन्वय और समर्पण के लिए कॉलेज को विशेष रूप से सराहा गया। इसके साथ ही एनएसएस की छह उत्कृष्ट स्वयंसेवकों — मृदुला आहूजा, नैनसी, मञ्जत भंडारी, कृषिका, आरती और नवजोतकौर — को विशेष रूप से सप्पानित किया गया,



जिन्होंने पिछले शैक्षणिक सत्र में 120 से अधिक घंटे की नि:स्वार्थ मेवा दी।

एमसीएम कॉलेज की एनएसएस इकाइयों ने प्रोजेक्ट सारथी की सफलत में अहम भागका निभाई। कॉलेज के 80 से अधिक स्वयंगेवकों ने मरीजों का पंजीकरण करने, उन्हें सही विभाग तक पहुँचाने और अस्पताल की प्रक्रियाओं की महत्त्वपूर्ण जानकारी देने में निरंतर सेवा

दी। उनके इस योगदान से अस्पताल की कार्यक्षमता में उल्लेखनीय सधार हुआ, जिससे चिकित्सा कर्मी गरीजों की देखभाल पर अधिक ध्यान केंद्रित कर सके। इस अवसर पर कार्यवाहक प्राचार्या श्रीमती नीना शर्मा ने स्वयंसेवकों को उपलब्धियों पर गर्व व्यक्त करते हुए जोर देकर कहा कि सम्मान, प्रतिबद्धता और सेवा के उच्च मानकों को बनाए रखने की बडी जिम्मेदारी लेकर आता है।

उन्होंने पुरस्कार प्राप्त करने वाले सभी स्वयंसेवकों को बंधाई दी और प्रोजेक्ट सारथी के लिए कॉलेज के निरंतर समर्थन का अञ्चासन दिया। पीजीआईएमईआर में शरू किया गवा प्रोजेक्ट सारथी स्वयंसेवी कार्यक्रमों और सामुदायिक जुड़ाव गतिविधियों सहित विभिन्न पहलों के माध्यम से निस्वार्ध सेवा की भावना को

Governor lauds PGI's Sarathi project, 22 NSS volunteers feted for service

HT Correspondent

CHANDIGERS: The Post Cradular Institute of Medical Education and Research (Picible A) celebrated the first aminersary offs community out each initiative, Sarathi, by felicitating National Service Scheme (NSS) voluniteers and institutions for their exemplary service in patient assistance and crowd management.

Launched in May 2024, project Sarathi is a healthcare and community service initiative aimed at improving patient experience by deploying student voluniteers for assist in managing dally crowds, guiding patients within the hospital, and easing OPD operations. The event to mark the milestenewas grand by UT administrator Gulab Chand Kataria who commended the efforts of the youth and the institution in integrating community service with healthcare delivery.

"Through Sarathi Vigiana, PGI is not just facilitating patients, it is cultivating future



UT administrator and Punjab governor Gulab Chaml Kataria being honoured during first annual celebration of project Sarathi at PGIMER on Monday, CESSAYSING

citizens with a spirit of human-ity. When young volunteers help someone for the first time, they begin to understand the true joy of service" said Kauaria.

PGIMER witnesses a daily footfall of 8,000 to 10,000 patients in its OPD, with peak

rush during morning registra-tion and consultation hours. Volunteers under the Sarathi initiative play a crucial role in maintaining patient flow and reducing waiting times in the new OPD block. At the event, 22 NSS volun-teers were honoured for their teers were honoured for their

DAV College for Women, Sec-tor, 36, received awards for completing over 120 hours of voluntary service. Additionally, MCM DAV Col-lege was specially ellicitated for its continuous institutional support throughout the year. The college's NSS units contrib-uted over 30 volunteres who supported patient registration, guided pathents to various departments and helped dis-sentance essential hospital procedure information. Providing an overview of the

project, PGIMER Deputy
Director (Administration), Pankaj Rai, noted that Sarathi has
expaniced significantly and is
now operational in 442 hospitals across the country, underlining its growing national relevance. Providing an overview of the oject, PGIMER Deputy

The anniversary event high-lighted not just achievements, but also the evolving role of youth in bridging healthcare

Pedaling Towards a Greener Future: Mehr Chand Mahajan DAV College Celebrates World Bicycle Day

Date: - 1 June 2025

On the occasion of World Bicycle Day, the NSS Units, in collaboration with the Department of Physical Education and the Eco Club of Mehr Chand Mahajan DAV College for Women, Chandigarh, organised a vibrant cycling rally centred around the themes of "Fitness" and a "Plastic-Free Environment" on 1st June 2025. The rally started from the college campus and concluded at Tiranga Urban Park, Sector 17, Chandigarh, witnessing enthusiastic participation from students, faculty, and volunteers. The initiative aimed to encourage healthy lifestyle practices and raise awareness about environmental sustainability. With slogans and placards promoting green practices and active lifestyles, the rally spread awareness about the urgent need to reduce plastic usage and embrace fitness through everyday habits like cycling. It also celebrated the bicycle as a simple, affordable, and eco-friendly mode of transport that aligns with both health and sustainability goals. Cycling, as highlighted through this initiative, is not just a mode of mobility. It is a movement towards cleaner air, healthier bodies, and a more sustainable future. The event also reinforced the role of young citizens in championing environmental consciousness through small yet impactful actions. It reflected the institution's dedication to holistic education by integrating health, sustainability, and civic responsibility.

Evidence Of Success:-







MCM celebrates World Bicycle Day with Cycle Rally Promoting Fitness and Sustainability

CHANDIGARH. June 1: To mark World Bicy-cle Day, the Department of Physical Education at

bers, and volunteers, al well-being and plane-all united in their com- tary health. mitment to promoting Officiating Principal healthy living and envi- Ms. Neena Sharma laudronmental awareness. With meaningful plac- the event underscored

Principal ed the effort, noting that Chand Mahajan ards and spirited slogans, cycling as a catalyst for



DAV College for Women, Chandigarh, in collabo-ration with NSS units and Eco Club- 'Parivesh', organised a Cycle Rally centred around the themes of 'Fitness' and 'Plastic-Free Environment'.

The rally began at the college campus and concluded at Tiranga Urban Park, Sector 17, Chandigarh. It witnessed enthustudents, faculty mem-

participants championed change-paving the way sustainable habits and ac-tive lifestyles, highlighting the urgent need to re-duce plastic consumption and adopt environmentfriendly modes of trans-port like cycling. The bicycle was celebrated not just as a means of mobility, but as a symbol of affordability, health, and ing environmental initia-eco-consciousness—a tives through everyday siastic participation from simple tool with the power to support both person- ingful impact

for cleaner air, healthier communities, and a greener future, thereby inte-grating sustainability, grating physical fitness, sustainability, and civic responsibility into the student ex perience. She added that it also emphasised the critical role of youth in leadactions that create mean

एमसीएम ने साइकिल रैली के माध्यम से फिटनेस और सतत विकास को बढ़ावा देते हुए विश्व साइकिल दिवस मनाया



ह्यमन इंडिया/ब्युरो

चण्डीगढ़। विश्व साइकिल दिवस के उपलक्ष्य में, चंडीगढ स्थित मेहर चंद महाजन डीएवी महिला महाविद्यालय शारीरिक शिक्षा विभाग एनएसएस इकाइयों और इको क्लब 'परिवेश' के सहयोग से 'फिटनेस' और 'प्लास्टिक मुक्त पर्यावरण' विषयों पर केंद्रित साइकिल रैली का आयोजन

यह रैली कॉलेज परिसर से आरंभ होकर सेक्टर 17, चंडीगढ़ संधत तिरंगा अबंन पार्क पर सम्पन्न हुई। इस आयोजन में विद्यार्थियों, संकाय सदस्यों और स्वयंसेवकों ने उत्साहपूर्वक भाग लेकर स्वस्थ जीवनशैली और

पर्यावरण जागरूकता को बढ़ावा देने के प्रति प्रतिबद्धता दिखाई। प्रतिभागियों ने अर्थपूर्ण पोस्टर और साहसी नारों के माध्यम से सतत जीवनशैली और सकिय दिनचर्या को अपनाने का संदेश दिया, साथ ही प्लास्टिक के उपयोग को कम करने और जैसे अनुकूल यातायात साधन को अपनाने की आवश्यकता पर बल दिया। साइकिल को न केवल परिवरन माध्यम के रूप में वल्कि सस्ते, स्वास्थ्यवर्धक और पर्यावरण अनुकूल साधन के रूप में प्रस्तत किया गया जो व्यक्तिगत कल्याण और पृथ्वी के स्वास्थ्य दोनों का समर्थन करता है। कॉलेज की कार्यवाहक

प्राचार्या श्रीमती नीना शर्मा ने इस प्रयास की सराहना करते हुए कहा कि यह आयोजन साइकिल को परिवर्तन के माध्यम के रूप में प्रस्तृत करता हैं जो स्वच्छ वायु, स्वस्थ समुदाय और हरित भविष्य की दिशा में एक महत्त्वपूर्ण कदम है। उन्होंने यह कहा कि यह कार्यक्रम विद्यार्थियों के अनुभव में सीधरता, शारीरिक फिटनेस और नागरिक जिम्मेदारी जैसे मूल्यों समावेश करता है। साथ ही उन्होंने कहा कि इसने दैनिक गतिविधियों के माध्यम से पर्यावरण संबंधी पहलों का नेतत्व करने में युवाओं की महत्त्वपूर्ण भूमिका पर भी जोर दिया. सार्थक प्रभाव पैदा करते हैं।

एमसीएम ने साइकिल रैली के माध्यम से फिटनेस और सतत विकास को बढ़ावा देते हुए मनाया विश्व साइकिल दिवस



विश्व साइकिल दिवस के उपलक्ष्य में, चंडीगढ़ स्थित मेहर चंद महाजन डीएवी महिला महाविद्यालय के शारीरिक शिक्षा विभाग ने एनएसएस इकाइयों और इको क्लब 'परिवेश' के सहयोग से 'फिटनेस' और प्तास्टिक मुक्त पर्यावरण' विषयों पर केंद्रित साइकिल रैली का आयोजन किया। यह रैली कॉलेज परिसर से आरंभ होकर सेक्टर 17, चंडीगढ़ स्थित तिरंगा अर्बन पार्क पर सम्पन्न हुई। इस आयोजन में विद्यार्थियों, संकाय सदस्यों और स्वयंसेवकों ने उत्साहपूर्वक भाग लेकर स्वस्थ जीवनशैली और पर्यावरण जागरूकता को बढ़ावा देने के प्रति प्रतिबद्धता दिखाई। प्रतिभागियों ने अर्थपूर्ण पोस्टर और साहसी नारों के माध्यम से सतत जीवनशैली और सक्रिय दिनचर्या को अपनाने

करने और साइकिल जैसे पर्यावरण-अनुकृत यातायात साधन को अपनाने की आवश्यकता पर बल दिया। साइकिल को न केवल परिवहन माध्यम के में. बल्कि सस्ते. स्वास्थ्यवर्धक और पर्यावरण अनुकूल साधन के रूप में

प्रस्तत किया गया जो व्यक्तिगत कल्याण और पथ्वी के स्वास्थ्य दोनों का समर्थन करता है। कॉलेज की कार्यवाहक प्राचार्या नीना शर्मा ने इस प्रयास की सराहना करते हुए कहा कि यह आयोजन साइकिल को परिवर्तन के माध्यम के रूप में प्रस्तुत करता है-जो स्वच्छ वायु, स्वस्थ समुदाय और हरित भविष्य की दिशा में एक महत्त्वपूर्ण कदम है। उन्होंने यह भी कहा कि यह कार्यक्रम विद्यार्थियों के अनुभव में स्थिरता, शारीरिक फिटनेस और नागरिक जिम्मेदारी जैसे मुल्यो का समावेश करता है। साथ ही उन्होंने कहा कि इसने दैनिक गतिविधियों के माध्यम से पर्यावरण संबंधी पहले का नेतृत्व करने में युवाओं की महत्त्वपूर्ण भूमिका पर भी जोर दिया, जो सार्थंक प्रभाव पैदा करते हैं।

एमसीएम ने साइकिल रैली के माध्यम से फिटनेस को बढ़ावा देते हुए विश्व साइकिल दिवस मनाया



जगमार्ग न्यज

चंडीगढ़। विश्व साइकिल दिवस के उपलक्ष्य में, एमसीएम डीएवी महिला महाविद्यालय के शारीरिक शिक्षा विभाग ने एनएसएस इकाइबी और इको कलव 'परिवेश' के सहयोग से 'फिटनेस' और 'प्लास्टिक मुक्त पर्यावरण' विषयों पर केंद्रित साइकिल रैली का आयोजन किया।

यह रैली कॉलेज परिसर से आरंभ होकर सेक्टर 17, चंडीगढ़ स्थित तिरंगा अर्बन पार्क पर सम्पन हुई। इस आयोजन में विद्यार्थियों, संकाय सदस्यों और स्वयंसेवकों ने उत्साहपर्वक भाग लेकर स्वस्थ जीवनशैली और पर्यावरण जागरूकता को बहावा देने के प्रति प्रतिबद्धता दिखाई। प्रतिभागियों ने अर्थपूर्ण पोस्टर और साहसी नारों के माध्यम से सतत



जीवनशैली और सक्रिय दिनचर्या को अपनाने का संदेश दिया, साथ ही प्लास्टिक के उपयोग को कम करने और साइकिल नैसे पर्यावरण-अनुकूल यातायात साधन को अपनाने की आवश्यकता पर बल दिया। साइकिल को न केवल परिवहन गाध्यम के रूप में, बल्कि सस्ते, स्वास्थ्यवर्धक और पर्यावरण अनुकृत साधन के रूप में प्रस्तुत किया गया जो व्यक्तिगत कल्याण और पृथ्वी के स्वास्थ्य देनों का समर्थन करता है।

कॉलेज की कार्यवाहक प्राचार्या नीन। शर्मा ने इस प्रयास की संग्रहना करते हुए कहा कि यह आयोजन साइक्लि को परिवर्तन के मध्यम के रूप में प्रस्तुत करता है-जो स्वच्छ वायु, स्वस्थ समुदाय और हरित भविष्य को दिशा में एक महत्त्वपूर्ण कदम है। उन्होंने यह भी कहा कि यह कार्यक्रम विद्यार्थियों के अनुभव में स्थिरता, शारीरिक फिटनेस और नागरिक जिम्मेदारी जैसे मुल्यों का समावेश करता है। साथ हो उन्होंने कहा कि इसने दैनिक गतिविधियों के माध्यम से पर्यावरण संबंधी पहलों का नेतृत्व करने में द्वाओं की महत्त्वपूर्ण भूमिका पर भी जोर दिया, जो सार्थक प्रभाव पैदा करते हैं।

एमसीएम ने विश्व साइकिल दिवस मनाया



चंडीगढ (विज्ञ): विश्व साइकिल दिवस के उपलक्ष्य में, चंडीगढ़ स्थित मेहर चंद्र महाजन डीएवी महिला महाविद्यालय के शारीरिक शिक्षा विभाग ने एनएसएस इकाइयों और इको वलब 'परिवेश' के सहयोग से 'फिटनेस' और 'प्लास्टिक मुक्त पर्यावरण' विषयों पर केंद्रित साइकिल रैली का आयोजन किया। यह रैली कॉलेज परिसर से आरंभ होकर सेक्टर 17, चंडीगढ़ स्थित तिरंगा अर्बन पार्क पर सम्पन्न हुई। इस आयोजन में विद्यार्थियों, संकाय सदस्यों और स्वयंसेवकों ने उत्साहपूर्वक भाग लेकर स्वस्थ जीवनशैली और पर्यावरण जागरूकता को बढ़ावा देने के प्रति प्रतिबद्धता दिखाई। प्रतिभागियों ने अर्थपूर्ण पोस्टर और साहसी नारों के माध्यम से सतत जीवनशैली और सिक्रय दिनचर्या को अपनाने का संदेश दिया, साथ ही प्लास्टिक के उपयोग को कम करने और साइकिल जैसे पर्यावरण-अनुकूल यातायात साधन को अपनाने की आवश्यकता पर बल दिया। कॉलेज की कार्यवाहक प्राचार्या श्रीमती नीना शर्मा ने इस प्रयास की सराहना करते हुए कहा कि यह आयोजन साइकिल को परिवर्तन के माध्यम के रूप में प्रस्तुत करता है—जो स्वच्छ वायु, स्वस्थ समुदाय और हरित भविष्य की दिशा में एक महत्त्वपूर्ण कदम है।

साइकिल जैसे पर्यावरण-अनुकूल यातायात साधन को अपनाने की आवश्यकता



कॉलेज की छात्राएं साइकिल रैली में हिस्सा लेते हुए। (परमजीत)

फिटनैस और सतत विकास को बढ़ावा देते हुए विश्व साइकिल दिवस मनाया

चंडीगढ़, 1 जून (आशीप): विश्वय साइकिल दिवस के उपलक्ष्य में सैक्टर-36 स्थित में हर चंद्र महाजन डी. ए. वी. महिला महाविद्यालय के शारीरिक शिक्षा विभाग ने एन.एस.एस. इकाइयों और इको क्लाब परिवेश के सहयोग से एन.स्टिक मुक्त पूर्वावरण विषयों पर साइकिल रैली का आयोजन किया।

रैली कॉलेंज परिसर से शुरू होकर सैक्टर-17 स्थित तिरंगा अर्कान पार्क पर सम्पन्न हुई। प्रतिभागियों ने अर्थपूर्ण पोस्टर और साहसी नारों के माध्यम से सतत जीवनशैली और सक्रिय दिनवर्या अपनाने का संदेश दिवा। साथ ही प्लास्टिक के उपयोग को कम करने और साइनिक्त जैसे प्रवीवरण-अनुकूल यातायात साधन को अपनाने की आवश्यकता पर बल दिया। साइकिल को न केवल परिवहन माध्यम के रूप में ब्रलिक सन्ते, स्वास्थ्यकर्षक और पर्यावरण अनुकूल साधन के रूप में प्रस्तुत किया गया, जो व्यक्तिगत कल्याण और पृथ्वी के स्वास्थ्य दोनों का समर्थन करता है।

कार्यवाहक प्रिंसीपल नीना शर्मा ने कहा कि साइकिल को परिवर्तन के माध्यम के रूप में प्रस्तुत करता है, जो स्वच्छ वायु, स्वस्थ समुदाय और हरित भविष्य की दिशा में महत्वपूर्ण कदम है। उन्होंने कहा कि कार्यक्रम विद्यार्थियों के अनुभव में स्थिरता, शारीरिक फिटनैस और नागरिक किम्मेदारी जैस मूल्यों का समावेश करता है।

एमसीएम ने साइकिल रैली के माध्यम से फिटनेस और सतत विकास को बढ़ावा देते हुए विश्व साइकिल दिवस मनाया



ब्यूरो/गुड़गांव मेल

चंडीगढ। विश्व साइकिल दिवस के उपलक्ष्य में, चंडीगढ़ स्थित मेहर चंद महाजन डीएवी महिला महाविद्यालय के शारीरिक शिक्षा विभाग ने एनएसएस इकाइयों और इको क्लब 'परिवेश' के सहयोग से 'फिटनेस' और 'प्लास्टिक मुक्त पर्यावरण' विषयों पर केंद्रित साइकिल रैली का आयोजन किया। यह रैली कॉलेज परिसर से आरंभ होकर सेक्टर 17, चंडीगढ़ स्थित तिरंगा अर्बन पार्क पर सम्पन्न हुई। इस आयोजन में विद्यार्थियों, संकाय सदस्यों और स्वयंसेवकों ने उत्साहपूर्वक भाग लेकर स्वस्थ जीवनशैली और पर्यावरण जागरूकता को बढावा देने के प्रति प्रतिबद्धता दिखाई। प्रतिभागियों ने अर्थपर्ण पोस्टर और साहसी नारों के माध्यम से सतत जीवनशैली और सक्रिय दिनचर्यां को अपनाने का संदेश दिया,

साध ही प्लास्टिक के उपयोग को कम करने और साइकिल जैसे पर्यावरण-अनुकूल यातायात साधन को अपनाने की आवश्यकता पर बल दिया। साइकिल को न केवल परिवहन माध्यम के रूप में, बल्कि सस्ते, स्वास्थ्यवर्धक और पर्यावरण अनुकूल साधन के रूप में प्रस्तत किया गया जो व्यक्तिगत कल्याण और पृथ्वी के स्वास्थ्य दोनों का समर्थन करता है। कॉलेज की कार्यवाहक प्राचार्या नीना शर्मा ने इस प्रयास की सराहना करते हुए कहा कि यह आयोजन साइकिल को परिवर्तन के माध्यम के रूप में प्रस्तुत करता है-जो स्वच्छ वायु, स्वस्थ समुदाय और हरित भविष्य की दिशा में एक महत्त्वपूर्ण कदम है। उन्होंने यह भी कहा कि यह कार्यक्रम विद्यार्थियों के अनुभव में स्थिरता, शारीरिक फिटनेस और नागरिक जिम्मेदारी जैसे मृल्यों का समावेश

MCM celebrates World Bicycle Day with Cycle Rally promoting fitness and sustainability



CHANDIGARH: To mark World Bicycle Day, the Department of Physical Education at Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with NSS units and Eco Club- 'Parivesh', organised a Cycle Rally centred around the themes of 'Fitness' and 'Plastic-Free Environment'.

The rally began at the college campus and concluded at Tiranga Urban Park, Sector 17, Chandigarh. It witnessed enthusiastic participation from students, faculty members, and volunteers, all united in their commitment to promoting healthy living and environmental awareness. With meaningful placards and spirited slogans, participants championed sustainable habits and active lifestyles, highlighting the urgent need to reduce plastic consumption and adopt environment-friendly modes of transport like cycling.

The bicycle was celebrated not just as a means of mobility, but as a symbol of affordability, health, and eco-consciousness—a simple tool with the power to support both personal well-being and planetary health.

Officiating Principal Ms. Neena Sharma lauded the effort, noting that the event underscored cycling as a catalyst for change-paving the way for cleaner air, healthier communities, and a greener future, thereby integrating sustainability, physical fitness, sustainability, and civic responsibility into the student experience.

एमसीएम ने साइकिल रैली से फिटनेस और विकास को बढ़ावा देते विश्व साइकिल दिवस मनाया

चंडीगढ़, 1 जून (राम सिंह बराड़): विश्व साइकिल दिवस के उपलक्ष्य में, चंडीगढ़ स्थित मेहर चंद महाजन डीएवी महिला महाविद्यालय के शारीरिक शिक्षा विभाग ने एनएसएस इकाइयों और इको क्लब 'परिवेश' के सहयोग से 'फिटनेस' और 'प्लास्टिक मक्त पर्यावरण' विषयों पर

केंद्रित साइकिल रैली का आयोजन किया। यह रैली कॉलेज परिसर से आरंभ होकर सैक्टर 17, चंडीगढ़ स्थित तिरंगा अर्बन पार्क पर संपन्न हुई। इस आयोजन में विद्यार्थियों, संकाय सदस्यों और स्वयंसेक्कों ने उत्साहपूर्वक भाग लेकर स्वस्थ जीवन शैली और पर्यावरण जागरूकता को बढ़ावा देने के प्रति प्रतिबद्धता दिखाई। प्रतिभागियों ने अर्थपूर्ण पोस्टर और साहसी नारों के माध्यम से सतत जीवन शैली और सिक्रय दिनचर्या को अपनाने का संदेश दिया, साथ ही प्लास्टिक के



क्लब 'परिवेश' के सहयोग से विश्व साइकिल दिवस के उपलक्ष्य में निकाली रैली में हिस्सा लेती एमसीएम 'फिटनेस' और 'प्लास्टिक की छात्राएं। (छाया: गुरिंदर सिंह)

उपयोग को कम करने और साइकिल जैसे पर्यावरण-अनुकूल यातायात साधन को अपनाने की आवश्यकता पर बल दिया। साइकिल को न केवल परिवहन माध्यम के रूप में, बल्कि सस्ते, स्वास्थ्यवर्धक और पर्यावरण अनुकूल साधन के रूप में प्रस्तुत किया गया जो व्यक्तिगत कल्याण और पृथ्वी के स्वास्थ्य दोनों का समर्थन करता है। कॉलेज की कार्यवाहक प्राचार्य नीना शर्मा ने इस प्रयास की सराहना करते हुए कहा कि यह आयोजन साइकिल को परिवर्तन के माध्यम के रूप में प्रस्तुत करता है जो स्वच्छ वायु, स्वस्थ समुदाय और हरित भविष्य की दिशा में एक महत्वपूर्ण कदम है। उन्होंने यह भी कहा कि यह कार्यक्रम विद्यार्थियों के अनुभव में स्थिरता, शारीरिक फिटनेस और नागरिक जिम्मेदारी जैसे मूल्यों का समावेश करता है। साथ ही उन्होंने कहा कि उसने दैनिक गतिविधियों के माध्यम से पर्यावरण संबंधी पहलों का नेतृत्व करने में युवाओं की महत्त्वपूर्ण भूमिका पर भी जोर दिया, जो सार्थक प्रभाव पैदा करते हैं।

एमसीएम ने साइकिल रैली के माध्यम से फिटनेस और सतत विकास को बढ़ावा देते हुए विश्व साइकिल दिवस मनाया



» मदरलैंड संवाददाता

चंडीगढ़। विश्व साइकिल दिवस के उपलक्ष्य में, चंडीगढ़ स्थित मेहर चंद महाजन डीएवी महिला महाविद्यालय के शारीरिक शिक्षा विभाग ने एनएसएस इकाइयों और इको क्लब ह्यपरिवेशह्न के सहयोग से ह्यफिटनेसह्न और ह्यप्लास्टिक मुक्त पर्यावरणह्नविषयों पर केंद्रित साइकिल रैली का आयोजन किया।

यह रैली कॉलेज परिसर से आरंभ होकर सेक्टर 17, चंडीगढ़ स्थित तिरंगा अर्बन पार्क पर सम्पन्न हुई। इस आयोजन में विद्यार्थियों, संकाय सदस्यों और स्वयंसेवकों ने उत्साहपूर्वक भाग लेकर स्वस्थ जीवनशैली और पर्यावरण जागरूकता को बढ़ावा देने के प्रति प्रतिबद्धता दिखाई। प्रतिभागियों ने अर्थपूर्ण पोस्टर और साहसी नारों के माध्यम से सतत जीवनशैली और सिक्रय दिनचर्या को अपनाने का सदेश दिया, साथ ही प्लास्टिक के उपयोग को कम करने और साइकिल जैसे पर्यावरण-अनुकूल यातायात साधन को अपनाने की आवश्यकता पर बलदिया।

साइकिल को न केवल परिवहन माध्यम के रूप में, बल्कि सस्ते, स्वास्थ्यवर्धक और पर्यावरण अनुकूल साधन के रूप में प्रस्तुत किया गया जो व्यक्तिगत कल्याण और पृथ्वी के स्वास्थ्य दोनों का समर्थन करता है।

कॉलेज की कार्यवाहक प्राचार्या श्रीमती नीना शर्मा ने इस प्रयास की सराहना करते हुए कहा कि यह आयोजन साइकिल को परिवर्तन के माध्यम के रूप में प्रस्तुत करता है—जो स्वच्छ वायु, स्वस्थ समुदाय और हरित भविष्य की दिशा में एक महत्त्वपूर्ण कदम है।उन्होंने यह भी कहा कि यह कार्यक्रम विद्यार्थियों के अनुभव में स्थिरता, शारीरिक फिटनेस और नागरिक जिम्मेदारी जैसे मूल्यों का समावेश करता है। साथ ही उन्होंने कहा कि इसने दैनिक गतिविधियों के माध्यम से पर्यावरण संबंधी पहलों का नेतृत्व करने में युवाओं की महत्त्वपूर्ण भूमिका पर भी जोर दिया, जो सार्थक प्रभाव पैदा करते हैं।













Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.)

Department of Physical Education in association with NSS Units and NCC Naval & Army Wing

under the aegis of
Fit India Movement
celebrates



INTERNATIONAL YOGA DAY

Date: 21 June 2025 | Time: 7:00 am to 8:00 am | Venue: Golden Jubilee Auditorium

Resource Person: Ms Amit Chahal, General Secretary Chandigarh Yoga Association

Dr Akwinder Kaur & Dr Veena Rani Dr Anju Lata Ms Neena Sharma
Coordinators Head, Dept. of Physical Education Convener & Principal

Mr Ashish Mudgal Dr Minakshi Rana & Dr Preeti Gambhir Dr Manjot Kaur Activity Incharge (Creative) NSS Programme Officers NCC Incharge-Army Wing

International Yoga Day Celebration at Mehr Chand Mahajan DAV College Chandigarh

Date: - 21 June 2025

Mehr Chand Mahajan DAV College for Women celebrated International Yoga Day on June 21, 2025, at the Golden Jubilee Auditorium. 150 participants came together to practice yoga and promote physical and mental well-being. The event was organized in collaboration with the NSS Units and NCC Naval & Army Wing under the Fit India Movement. Ms Amit Chahal, General Secretary of Chandigarh Yoga Association, was the resource person. The celebration aimed to promote physical and mental well-being through yoga, fostering a culture of wellness and mindfulness among participants. Yoga's benefits, including improved flexibility, balance, and strength, as well as reduced stress and anxiety, were highlighted. As a token of gratitude, planters were presented to the college principal, Ms Neena Sharma, and Ms Chahal, symbolizing appreciation for their support. The event encouraged participants to adopt yoga as a regular practice for a healthier lifestyle. By coming together to celebrate yoga's benefits, the college community took a step towards prioritizing their well-being. The celebration was a success, promoting a positive impact on the participants. Overall, the event was a great way to promote health and wellness among the college community. It was a wonderful experience for all involved.

Social Media Links :-

https://www.instagram.com/p/DLJvAt_vQLR/?igsh=MW9taW53bHJxMzAyYQ==https://www.facebook.com/share/p/1As9JiJKPw/?mibextid=wwXIfrhttps://x.com/mcmdavcw/status/1936306036136378854?s=48

Evidence Of Success:-













एमसीएम ने मनाया ११वाँ अंतर्राष्ट्रीय योग दिवस



मदरलैंड संवाददात

चंडीगढ़। मेहर चंद महाजन डीएवी महिला महाविद्यालय, चंडीगढ़ के शारीरिक शिक्षा विभाग ने एनएसएस इकाइयों और एनसीसी (आर्मी और नेवल विग्स) के सहयोग से फिट इंडिया मूवमेंट के अंतर्गत 11वें अंतर्राष्ट्रीय योग दिवस का आयोजन किया।

इस अवसर पर एक विशेष योग सत्र आयोजित किया गया, जिसका नेतृत्व चंडोगढ़ योग संघ को महासचिव श्रीमती अमित चहल ने किया। उन्होंने कार्यक्रम की रिसोर्स पर्सन के रूप में भाग लेते हुए सभी प्रतिभागियों को कॉमन योगा प्रोटोकॉल के अंतर्गत विभिन्न योगासनों और श्वास तकनीकों का अभ्यास करवाया। सत्र की शुरूआत प्रार्थना से हुई, जिसके बाद, ताडासन, त्रिकोणासन, वकासन और मुजंगासन जैसे आसनों का अभ्यास कराया गया। इसके साथ ही कपालमाति और अनुलोम-विलोम जैसे प्राणावाम मी कराए गए। सत्र का समापन हार्सकल्पइ और हाशांति पाठक के साथ हुआ, जिसने सभी के बीच शांति और सामृहिक कल्याण का वातावरण निर्मित किया।

इस योग सत्र में विद्यार्थियों और संकाय सदस्यों ने उत्साहपूर्वक भाग लिया, जो शारीरिक और मानसिक स्वास्थ्य को बढ़ावा देने के प्रति कॉल्ज की प्रतिबद्धता को दशाता है। इस अवसर पर कॉल्ज की कार्यवाहक प्राचार्या श्रीमती नीना शर्मा ने योग के महत्व को रेखांकित करते हुए इसे मन और शरीर, विचार और कर्म तथा मानव और प्रकृति के बीच सामंजस्य का प्रतीक बताया। उन्होंने विद्यार्थियों को स्वस्थ और संतुलित जीवनशैलों के लिए थोग को अपने दैनिक जीवन में अपनाने के लिए प्रेरित किया।

एमसीएम ने मनाया अंतर्राष्ट्रीय योग दिवस



चंडीगढ़/विज : मेहर चंद महाजन डीएवी महिला महाविद्यालय, चंडीगढ़ के शारीरिक शिक्षा विभाग ने एनएसएस इकाइयों और एनसीसी (आर्मी और नेवल विंग्स) के सहयोग से फिट इंडिया मूवमेंट के अंतर्गत 11वें अंतर्राष्ट्रीय योग दिवस का आयोजन किया। इस अवसर पर एक विशेष योग सत्र आयोजित किया गया, जिसका नेतृत्व चंडीगढ़ योग संघ की महासचिव श्रीमती अमित चहल ने किया। उन्होंने कार्यक्रम की रिसोर्स पर्सन के रूप में भाग लेते हुए सभी प्रतिभागियों को कॉमन योगा प्रोटोकॉल के अंतर्गत विभिन्न योगासनों और श्वास तकनीकों का अभ्यास करवाया। सत्र की शुरुआत प्रार्थना से हुई, जिसके बाद, ताड़ासन, त्रिकोणासन, वक्रासन और भुजंगासन जैसे आसनों का अभ्यास कराया गया। इस अवसर पर कॉलेज की कार्यवाहक प्राचार्या श्रीमती नीना शर्मा ने योग के महत्व को रेखांकित करते हुए इसे मन और शरीर, विचार और कर्म तथा मानव और प्रकृति के बीच सामंजस्य का प्रतीक बताया।

एमसीएम ने मनाया ११वाँ अंतर्राष्ट्रीय योग दिवस



ब्यूरो/गुड़गाव मेल

चंडीगढ़। मेहर चंद महाजन डीएवी महिला महाविद्यालय, चंडीगढ़ के शारिरिक शिक्षा विभाग ने पनएसएस इकाइयों और एनसीसी (आर्मी और नेवल विग्या) के सरुयोग से फिट इंडिया मूवमेंट के अंतर्गत 11वें अंतर्गष्ट्रीय योग दिवस का आयोजन किया। इस अवसर पर एक विशेष योग सत्र आयोजित किया गया, जिसका नेतृत्व चंडीगढ़ योग संघ की महासचिव श्रीमती अभित चहल ने किया। उन्होंने कार्यक्रम की रिसोर्स पर्सन के रूप में भाग लेते हुए सभी
प्रतिभागियों को काँगन योगा प्रोटोकांल के
अंतर्गत विभिन्न योगासनों और श्वास
तकनीकों का अध्यास करवाया। सत्र की
शुरुआत प्रार्थना से हुईं, जिसके बाद,
ताड़ासन, त्रिक्तेणासन, वक्रासन और
भुनंगासन जैसे आसनों का अध्यास कराया
गया। इसके साथ ही कपालभाति और
अनुलोम-विलोग नीसे प्राणायाम भी कराए
गए। सत्र का स्मापन 'संकर्त्य' और 'शांति
पाठ' के साथ हुआ, जिसने सभी के बीच
शांति और सामहिक कल्याण का वातावरण

निर्मित किया। इस योग सत्र में विद्यार्थियों और सकाय सदस्यों ने उत्साहपूर्वक भाग लिया, जो शारीरिक और मानस्कि स्वास्थ्य को बह्मवा देने के प्रति कॉलेज की प्रतिबद्धता को दर्शाता है। इस अक्सर पर कॉलेज की कार्यवाहक प्राचार्यों नीना शर्मा ने योग के महत्व को स्वांक्तित करते हुए इसे मन और शरीर, विचार और कर्म तथा मानव और प्रकृति के बीच सामजस्य का प्रतीक बताया। उन्होंने विद्यार्थियों को स्वस्थ और संतुत्तित जीवनशैलों के लिए योग को अपने दैनिक जीवनशैलों के लिए योग को अपने दैनिक जीवनशैलों के लिए योग को अपने दैनिक

एमसीएम ने मनाया 11वां अंतरराष्ट्रीय योग दिवस

जगमार्ग न्यूज

चंडीगढ़। मेहर चंद महाजन डीएवी महिला महाविद्यालय, चंडीगढ़ के शारीरिक शिक्षा विभाग

ने एनएसएस इकाइयों और एनसीसी (आर्मी और नेवल विग्स) के सहयोग से फिट इंडिया मुवमेंट के अंतर्गत 11वें अंतरराष्ट्रीय योग दिवस का आयोजन किया। इस अवसर पर एक विशेष योग सत्र आयोजित किया गया, जिसका नेतृत्व चंडीगढ़ योग संघ की महासचिव अमित चहल ने किया। उन्होंने कार्यक्रम की रिसोर्स पर्सन के रूप में भाग लेते हुए सभी प्रतिभागियों को कॉमन योगा प्रोटोकॉल के अंतर्गत विभिन्न योगासनों और श्वास तकनीकों का अभ्यास करवाया। सत्र की शुरुआत प्रार्थना से हुई, जिसके बाद, ताडासन, त्रिकोणासन, वक्रासन और भुजंगासन जैसे आसनों का अभ्यास कराया गया। इसके साथ ही कपालभाति और अनुलोम-विलोम



जैसे प्राणायाम भी कराए गए। सत्र का समापन 'संकल्प' और 'शांति पाठ' के साथ हुआ, जिसने सभी के बीच शांति और सामृहिक कल्याण का वातावरण निर्मित किया। इस योग सत्र में विद्यार्थियों और संकाय सदस्यों ने उत्साहपूर्वक भाग लिया, जो शारीरिक और मानसिक स्वास्थ्य को बढ़ावा देने के प्रति कॉलेज की प्रतिबद्धता को दर्शाता है। इस अवसर पर कॉलेज की कार्यवाहक प्राचार्या नीना शर्मा ने योग के महत्व को रेखांकित करते हुए इसे मन और शरीर, विचार और कर्म तथा मानव और प्रकृति के बीच सामंजस्य का प्रतीक बताया। उन्होंने विद्यार्थियों को स्वस्थ और संतुलित जी के लिए योग को अपने दैनिक में अपनाने के लिए प्रेरित किया।

My Bharat Portal Links For All The Events in Session 2024-2025

Think Before Click (Day 1)

http://mybharat.gov.in/pages/event_detail?event_name=Think%20Before%20You%20C lick%20%28Day%201%29&key=33535777335

Think Before Click (Day 2)

http://mybharat.gov.in/pages/event_detail?event_name=Think%20Before%20You%20C lick%20%28Day%202%29&key=48235780482

Think Before Click (Day 3)

http://mybharat.gov.in/pages/event_detail?event_name=Think%20Before%20You%20C lick%20%28Day%203%29&key=42836806428

Think Before Click (Day 4)

http://mybharat.gov.in/pages/event_detail?event_name=Think%20Before%20You%20C lick%20%28Day%204%29&key=48336807483

Think Before Click (Day 5

http://mybharat.gov.in/pages/event_detail?event_name=Think%20Before%20You%20C lick%20%28Day%205%29&key=75436808754

Think Before Click (Day 6)

http://mybharat.gov.in/pages/event_detail?event_name=Think%20Before%20You%20C lick%20%28Day%206%29&key=33236810332

Cyber Awareness Session by Mr Rajesh Rana

http://mybharat.gov.in/pages/event_detail?event_name=Cyber%20Awareness%20Session%20&key=14238165142

Think Before Click (Day 7)

http://mybharat.gov.in/pages/event_detail?event_name=Think%20Before%20You%20C lick%20%28Day%207%29&key=96337139963

Think Before Click (Day 8)

http://mybharat.gov.in/pages/event_detail?event_name=Think%20Before%20You%20C lick%20%28Day%208%29&key=20237140202

Outreach to Veterans

http://mybharat.gov.in/pages/event_detail?event_name=Outreach%20to%20Veterans% 20-%20Combating%20Cyber%20Frauds&key=86061965860

Cyber Swachhta Awareness

http://mybharat.gov.in/pages/event_detail?event_name=Cyber%20Swachhta%20Awareness%20&key=67353602673

Cyber Hygiene Awareness

http://mybharat.gov.in/pages/event_detail?event_name=Cyber%20Hygiene%20Awaren ess%20&key=71953593719

Cyber Hygiene Awareness Rally

http://mybharat.gov.in/pages/event_detail?event_name=Cyber%20Swachhta%20Aware ness%20Rally&key=17347321173

Cyber	Hygiene	Awareness	Rally

http://mybharat.gov.in/pages/event_detail?event_name=Cyber%20Hygiene%20Awaren ess%20-%20Diwali%20with%20My%20Bharat&key=54371011543

Cyber Safety Awareness Session

http://mybharat.gov.in/pages/event_detail?event_name=Cyber%20Safety%20Awarenes s%20Session&key=16371022163

Cyber Hygiene Awareness

http://mybharat.gov.in/pages/event_detail?event_name=Cyber%20Safety%20Awarenes s%20Session&key=48188088481

Cyber Safety Session

http://mybharat.gov.in/pages/event_detail?event_name=Cyber%20Hygiene%20Awareness%20&key=61688087616

Cyber Hygiene Awareness Session

http://mybharat.gov.in/pages/event_detail?event_name=Cyber%20Hygiene%20Awareness%20Session&key=62890262628

Cyber Safety Session

http://mybharat.gov.in/pages/event_detail?event_name=Cyber%20Safety%20Awarenes s%20Session&key=21790264217

Cyber Safety Session

http://mybharat.gov.in/pages/event_detail?event_name=Cyber%20Hygiene%20Awareness%20&key=96490266964

Cyber Safety Awareness Session at GRIID

http://mybharat.gov.in/pages/event_detail?event_name=Cyber%20Safety%20Awarenes s%20Session%20at%20GRIID&key=139102776139

Cyber Security Session and Felicitation

http://mybharat.gov.in/pages/event_detail?event_name=Cyber%20Security%20Session %20and%20Felicitation%20of%20Cyber%20Security%20Volunteers&key=9351027829 35

Cyber Security Survey

http://mybharat.gov.in/pages/event_detail?event_name=Cyber%20Security%20Survey %20in%20Collaboration%20with%20Chandigarh%20Cyber%20Cell&key=21310605921 3

Nukkad Natak on Cyber Security and Ghibli Scam

http://mybharat.gov.in/pages/event_detail?event_name=Nukkad%20Natak%20on%20C yber%20Security%20and%20Ghibli%20Scam&key=437108311437

Nukkad Natak on Cyber Security

http://mybharat.gov.in/pages/event_detail?event_name=Nukkad%20Natak%20on%20C yber%20Hygiene&key=988111848988

Nukkad Natak on Cyber Security

http://mybharat.gov.in/pages/event_detail?event_name=Nukkad%20Natak%20on%20C yber%20Hygiene&key=593111849593 -----

A youth-led discussion and discourse on the Union Budget 2024-25

http://mybharat.gov.in/pages/event_detail?event_name=A%20youth-

led%20discussion%20and%20discourse%20on%20Union%20Budget%202024-

25&key=82533495825

An interactive session on Eve Teasing

http://mybharat.gov.in/pages/event_detail?event_name=Interactive%20session%20on% 20eve-teasing&key=24035767240

Azadi Ke Rang

http://mybharat.gov.in/pages/event_detail?event_name=Azadi%20Ke%20Rang&key=46 735769467

Azadi Ka Swaad

http://mybharat.gov.in/pages/event_detail?event_name=Azadi%20ka%20Swaad&key=9
3435770934

Ek Ped Ma Ke Naam

http://mybharat.gov.in/pages/event_detail?event_name=Ek%20Ped%20Ma%20Ke%20 Naam&key=65235771652

Project Saarthi with PGIMER Chandigarh

http://mybharat.gov.in/pages/event_detail?event_name=Project%20Saarthi%20with%20
PGIMER%20%28Batch%201%29&key=78436814784

AIDS Awareness Rally

http://mybharat.gov.in/pages/event_detail?event_name=AIDS%20Awareness%20Rally &key=62136816621

Project Saarthi with PGIMER Chandigarh Batch-2

http://mybharat.gov.in/pages/event_detail?event_name=Project%20Saarthi%20with%20
PGIMER%20%28Batch%202%29&key=75846832758

Mental Wisdom through scriptures

http://mybharat.gov.in/pages/event_detail?event_name=Mental%20Wisdom%20through %20Scriptures&key=77737143777

Poshan Maah

http://mybharat.gov.in/pages/event_detail?event_name=Poshan%20Maah%20%28Day %201%29&key=23246848232

Blood donation Camp

http://mybharat.gov.in/pages/event_detail?event_name=Blood%20Donation%20Camp& key=76146952761

Be Fearless

http://mybharat.gov.in/pages/event_detail?event_name=Selfdefence%20training%20Da y%201&key=15867995158

Menstrual hygiene and care

http://mybharat.gov.in/pages/event_detail?event_name=Interactive%20Session%20on %20Menstrual%20Hygiene%20and%20Care&key=31046972310

Plastic Collection Drive

http://mybharat.gov.in/pages/event	detail?event	name=Plastic%20Collection%20Drive
&key=82947307829		

Nukkad Natak on waste segregation

http://mybharat.gov.in/pages/event_detail?event_name=Nukkad%20Natak%20on%20th e%20importance%20of%20Waste%20Segregation&key=93147314931

Eco Peace

http://mybharat.gov.in/pages/event_detail?event_name=Eco%20Peace%20Essay%20 Writing%20Competition&key=18846966188

Mock Drill

http://mybharat.gov.in/pages/event_detail?event_name=Disaster%20Management%20 Mock%20Drill%20&key=25167999251

Diwali Fest

http://mybharat.gov.in/pages/event_detail?event_name=Diwali%20Fest&key=26368005

Door to Door Anti Cracker Awareness

http://mybharat.gov.in/pages/event_detail?event_name=Door-to-

Door%20Awareness%20Initiative%20-

%20Diwali%20with%20My%20Bharat&key=48171002481

Nukkad Natak on Anti-Cracker Awareness

http://mybharat.gov.in/pages/event_detail?event_name=Nukkad%20Natak%20on%20A nti-cracker%20Awareness%20-

%20Diwali%20with%20My%20Bharat&key=26170990261

Anti-Cracker Awareness Rally

http://mybharat.gov.in/pages/event_detail?event_name=Awareness%20Rally%20-%20Diwali%20with%20My%20Bharat&key=82170998821

Cleanliness Drive

http://mybharat.gov.in/pages/event_detail?event_name=Cleanliness%20Drive%20-%20Diwali%20with%20My%20Bharat&key=55969845559

Traffic Safety

http://mybharat.gov.in/pages/event_detail?event_name=Traffic%20Safety%20Awarenes s%20-%20Diwali%20with%20My%20Bharat&key=62369799623

MyBharat Outreach Programme

http://mybharat.gov.in/pages/event_detail?event_name=My%20Bharat%20Outreach%2 0Programme%20-%20Diwali%20with%20My%20Bharat&key=26172207261

National Unity Day Pledge

http://mybharat.gov.in/pages/event_detail?event_name=National%20Unity%20Day%20 Pledge&key=92772213927

Sakhi

http://mybharat.gov.in/pages/event_detail?event_name=Sakhi%20-%20Awareness%20Session%20and%20Door-to-Door%20Visit&key=67577678675

NSS CAMP

http://mybharat.gov.in/pages/event_detail?event_name=Shakti%20II%20NSS%20Camp %20Day%201%20&key=55382247553

National Youth Day (Jpen i	Dialoque
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http://mybharat.gov.in/pages/event_detail?event_name=National%20Youth%20Day%20
Open%20Dialogue&key=12485045124

National Youth Day Essay Competition

http://mybharat.gov.in/pages/event_detail?event_name=National%20Youth%20Day%20 Essay%20Writing%20Competition&key=66685042666

Nutritious Meal Donation Drive

http://mybharat.gov.in/pages/event_detail?event_name=Nutritious%20Meal%20Donation%20Drive&key=40886490408

Winter Clothes Donation Drive

http://mybharat.gov.in/pages/event_detail?event_name=Winter%20Clothes%20Donation%20Drive%20&key=39688097396

Session on Social Science Research

http://mybharat	.gov.in/pages/event	detail?event	name=Session%20on%20Social%20	<u>)S</u>
cience%20Res	earch%20&kev=144	90268144		

Session on Women Empowerment

http://mybharat.gov.in/pages/event_detail?event_name=Session%20on%20Women%2 0Empowerment&key=39190269391

Constitutional Milestones in Empowering Women

http://mybharat.gov.in/pages/event_detail?event_name=Constitutional%20Milestones% 20in%20Empowering%20Women%20&key=27390846273

Workshop on Gender Sensitization

http://mybharat.gov.in/pages/event_detail?event_name=Workshop%20on%20Gender% 20Sensitization&key=89690855896

Meeting for Project Saarthi

http://mybharat.gov.in/pages/event_detail?event_name=Meeting%20for%20Project%20
Saarthi&key=41690859416

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http://mybharat.gov.in/pages/event_detail?event_name=Importance%20of%20Thalasse mia%20Screening%20&key=28290864282

Thalassemia Awareness Camp

http://mybharat.gov.in/pages/event_detail?event_name=Thalassaemia%20Awareness% 20Camp&key=40797040407

World Cancer Day and TB Awareness

http://mybharat.gov.in/pages/event_detail?event_name=World%20Cancer%20Day%20and%20TB%20Awareness%20&key=57497325574

Breathe Easy and Fight TB Poster Competition

http://mybharat.gov.in/pages/event_detail?event_name=Breathe%20Easy%20and%20Fight%20TB&key=11897326118

Pariksha Pe Charcha

http://mybharat.gov.in/pages/event	detail?event	name=Pariksha%20Pe%20Charcha&k
ey=60698345606		

Nukkad Natak on Cyber Security

http://mybharat.gov.in/pages/event_detail?event_name=Nukkad%20Natak%20on%20C yber%20Security&key=20798352207

Traffic Workshop

http://mybharat.gov.in/pages/event_detail?event_name=Responsible%20Driving&key=8 2198349821

Be the Voice of the Nation

http://mybharat.gov.in/pages/event_detail?event_name=Be%20the%20Voice%20of%20 the%20Nation&key=297104083297

Dental Camp

http://mybharat.gov.in/pages/event_detail?event_name=Dental%20Camp&key=829104 084829

Capacity	/ Building	Programme	for \	Youth	Employ	vabilit√	/ Skills

http://mybharat.gov.in/pages/event_detail?event_name=Capacity%20Building%20Programme%20for%20Youth%20Employability%20Skills&key=245104417245

Nukkad Natak on Nasha Mukt Bharat

http://mybharat.gov.in/pages/event_detail?event_name=Nukkad%20Natak%20on%20Nasha%20Mukt%20Bharat&key=589106058589

Workshop on Preventive Healthcare at Badheri

http://mybharat.gov.in/pages/event_detail?event_name=Workshop%20on%20Preventivee%20Health%20Care%20at%20Badheri&key=477108960477

Tree of Life

http://mybharat.gov.in/pages/event_detail?event_name=Tree%20of%20Life&key=8381 10461838

Project Saarthi's First Anniversary

http://mybharat.gov.in/pages/event_detail?event_name=First%20Anniversary%20of%20
Project%20Saarthi%20by%20PGIMER&key=339110537339

World Bicycle Day

http://mybharat.gov.in/pages/event_detail?event_name=World%20Bicycle%20Day&key =934111850934