

2016-17				
1	Swachhta Abhiyan in Village Gakhal	18 December 2016	<p>The NSS volunteers visited village Gakhal for the cleanliness of village roads under Swatch Bhart Abhiyan. They cleaned the roads and give the message to villagers keep clean the roads clean. The volunteers also planted trees on the village road side.</p> <p>Teachers involved-2, Students involved-37  Collaborating agency-NSS  Beneficiaries of activity-Village Gakhal</p>	<p><b>NEWS AT GLANCE</b></p> <p><b>HMV NSS Volunteers organises Social activities</b></p> 
2	Tree Plantation Campaign	5 September 2016	<p>A Tree Plantation campaign was organized by NCC unit on Teachers Day. 34 NCC Cadets planted different trees on the road side outside college. All the Cadets took an oath to take care of these planted plants.</p> <p>Teachers involved-3, Students involved-34  Collaborating agency- NCC with 2 Punjab Girls Battalion  Beneficiaries of activity-Adjoining Community</p>	

3	Seven Day NSS Special Social Service Camp	21 to 25 December 2016	<p>The NSS organizes Seven Day Special camp in the Govt. school of village Gakhal in collaboration with Pahal NGO. The camp was inaugurated by Prof. Lakhbir Singh, Chairman of Pahal NGO. The Volunteers did various social work activities during the camp. The volunteers undertook cleanliness tasks under Swachh Bhart Abhiyan. They whitewashed the tree trunks, performed awareness activities regarding water conservation, painted inspiring slogans on the walls and planted new trees in the Govt. School. During this camp, the school girls got knowledge about various career oriented courses through the sessions held by faculty members of the college. In this camp, the NSS volunteers expressed their personality and talent in cultural programme activities.</p> <p>Teachers involved-5, Students involved-98 Collaborating agency-NSS with Pahal NGO Beneficiaries of activity-Gakhal village</p>
4	Awareness Program on Swachh Bharat	19 January 2017	<p>The Red Ribbon Club and NSS organized an awareness program on Swachh Bharat App in collaboration with Nagar Nigam Jalandhar. On this occasion, Sanitary Inspector Municipal Corporation, Jalandhar Mrs. Monika Sekhri, Community Officer Mr. Pardeep Kumar and Director S. Ajit Singh Foundation, Jalandhar, Ms. Ramanpreet Kaur were present. Ms. Ramanpreet Kaur provided information about Swachh Bharat App of Municipal Corporation, Jalandhar. She told that through this App, we can take the help of MC, Jalandhar to keep our area clean.</p> <p>Teachers involved-2, Students involved-48 Collaborating agency-Municipal Corporation Beneficiaries of activity-Students and Community</p>

## गांव गाखलां में चल रहा एन.एस.एस. विभाग का कैंप सम्पन्न

### नुक्कड़ नाटक में छात्राओं ने 'जल संरक्षण' का दिया संदेश –राजविन्द्र कौर बनी 'बैस्ट कैंपर'



जलंधर, 25 दिसम्बर (विनीत): हंसराज महिला महाविद्यालय के एन.एस.एस. विभाग द्वारा गांव गाखलां में लगाया गया कैंप आज सम्पन्न हुआ जिसका समापन समारोह गांव के सरकारी स्कूल में सम्पन्न हुआ। कार्यक्रम की अध्यक्षता प्रि. डा. अजय सरिन ने की, जबकि पहल संस्था के प्रो. लखबीर सिंह बतौर मुख्यातिथि शामिल हुए।

कैंप के दौरान छात्राओं ने स्कूल कैंपस में स्वच्छ अभियान चलाकर सफाई व्यवस्था को सुधारा और सभी को स्वच्छता अपनाने का संदेश दिया। इसके अलावा उन्होंने स्कूल की छात्राओं को कौशल विकास के प्रति भी जागरूक किया। छात्राओं ने नुक्कड़ नाटक पेश करके 'जल संरक्षण' का संदेश दिया तथा एन.एस.एस. वालंटियर अमीशा, कनुप्रिया और दिव्या ने लोकगीत व कविताएं सुनाकर सभी का मनोरंजन किया। इस दौरान राजविन्द्र कौर को 'बैस्ट कैंपर' के खिताब से नवाजा गया, सपना को श्रेष्ठ प्रदर्शन के लिए पुरस्कृत किया गया तथा सभी वालंटियर्स को प्रमाण पत्र बंटा दिए गए। कार्यक्रम में सरपंच महिन्द्र सिंह, स्कूल के वाइस प्रिन्सीपल जगजीत सिंह, पप्पू गाखल, जसपाल सिंह, प्रो. कुलजीत कौर, प्रो. वीना अरोड़ा व अन्य गण्यमान्य भी मौजूद थे।

**पंजाब केसरी** Mon, 26 December 2016  
ई-पेपर epaper.punjabkesari.in//c/15623871

## एच.एम.टी. में स्वच्छ भारत एप्प संबंधी जागरूकता कार्यक्रम



नगर निगम की सैनेटरी इंस्पेक्टर मोनिका सेखड़ी व कम्युनिटी ऑफिसर प्रदीप कुमार तथा अजीत सिंह, फाऊंडेशन से रमनप्रीत कौर का स्वागत करते हुए प्रिन्सीपल डा. अजय सरिन तथा विद्यार्थियों को संबोधित करते हुए प्रिन्सीपल डा. अजय सरिन। (संदीप)

जलंधर (कुश): हंसराज महिला महाविद्यालय के रेड रिबन क्लब व एन.एस.एस. विभाग की ओर से नगर निगम के स्वच्छ भारत एप्प संबंधी जागरूकता हेतु कार्यक्रम का आयोजन किया गया। इस अवसर पर निगम के सैनेटरी इंस्पेक्टर मोनिका सेखड़ी व कम्युनिटी ऑफिसर प्रदीप कुमार तथा अजीत सिंह, फाऊंडेशन से रमनप्रीत कौर उपस्थित थीं। रमनप्रीत कौर ने छात्राओं को निगम के स्वच्छ भारत एप्प के बारे में जानकारी दी। उन्होंने बताया कि इस एप्प के माध्यम से हम अपने आस-पास सफाई रखने के लिए निगम की सहायता ले सकते हैं। इस एप्प को डाऊनलोड करके हम साफ-सफाई रखने के लिए सुझाव भी निगम को भेज सकते हैं। कालेज प्राचार्या डा. अजय सरिन ने छात्राओं को स्वच्छ भारत मुहिम के साथ जुड़ने के लिए प्रेरित किया। इस अवसर पर रेड रिबन क्लब व एन.एस.एस. की इंचार्ज कुलजीत कौर व वीना अरोड़ा भी उपस्थित थीं। छात्राओं ने अपने शहर को साफ-सुथरा रखने की शपथ भी ली।

**जालंधर सवेरा** Sat, 21 January 2017  
dainiksaveratimes.epapr.in/c/16

5	Blood Donation Camp	23 March 2017	<p>The Red Ribbon Society, NSS Wing and Red Cross Society organized a Blood Donation Camp in collaboration with NGO Pahal on the occasion of martyrs day of Shaheed Bhagat Singh. Prof. Lakhbir Singh, President NGO PAHAL, Dr. Gagandeep Singh, BTO, Civil Hospital, Jalandhar and Mrs. Sudeep Dhillon, Councillor, Jalandhar inaugurated the camp. Principal, college employees and students donated blood in this camp for the blood bank which will help needy people. 52 college students donated blood for blood bank of Civil Hospital.</p> <p>Teachers involve-7, Students involved-52</p> <p>Collaborating agency- The Red Ribbon Society, NSS Wing and Red Cross Society with NGO PAHAL</p> <p>Beneficiaries of activity-Needy Patients</p>	
6	Voters' Awareness Campaign	27 January 2017	<p>Voters Awareness Campaign was organized by the college in collaboration with District Administration at NIT Jalandhar. On this occasion, the students performed a Nukkad Natak 'Meri Vote Meri Awaz' and awakened the youth for casting their vote in true spirit. The chief guest of the occasion, Sh. G.S. Khera, Commissioner, Municipal Corporation Jalandhar and Sh. Arpit Shukla, Police Commissioner appreciated the efforts of Nukkad Natak team.</p> <p>Teachers involved-2, Students involved-9</p> <p>Collaborating agency-NSS with District Administration</p> <p>Beneficiaries of activity-Students and Teachers of NIT Jalandhar</p>	

7	Human Chain for Voter Awareness	1 February 2017	<p>NSS volunteers and the students of Political Science Department were a part of Limca Book of Records by participating in Human Chain to make aware public to cast their vote on G T Road in collaboration with District Administration. This is worth mentioning that on Voter's Awareness Day, 1,03,255 students of different district Jalandhar, Ludhiana, Kapurthala and Fatehgarh Sahib made a human chain by holding hands motivated and aware public about their voting rights. This is recorded in Limca Book of Records.</p> <p>Teachers involved-7, Students involved-289 Collaborating agency-NSS with District Administration Beneficiaries of activity-Students and Community</p>	
8	Registration of new voters: National Voters Day	25 January 2017	<p>National Voters' Day was celebrated by college in collaboration with District Administration. The chief guest of the event was Deputy Commissioner Sh. Kamal Kishore Yadav. The message of Chief Election Officer Dr. Naseem Zaidi was also telecasted. The students of college presented Nukkad Natak "Meri Vote-Meri Awaz". 25 new voter cards were also given to the fresh voters from district Jalandhar. On this occasion, a song 'Voter Jugni' was also launched which is a joint venture of District Administration, Shamsheer Communications &amp; HMV. Deputy Commissioner Sh. K. K. Yadav also released the poster of 'Voter Jugni'.</p> <p>Teachers involved-7, Students involved-354 Collaborating agency-District Administration Beneficiaries of activity-25 new voters, students and Community</p>	
9	Signature Campaign for voting	6 January 2017	<p>A voter awareness programme 'Signature Campaign' outside the college campus was organized under the SVEEP programme of district administration. The chief guest of the event was Sh. K.K.</p>	

			<p>Yadav, IAS, Deputy Commissioner-cum-Distt. Election Officer, Sh. Moh. Hanif, SSP, Indian Postal Services, Sh. Rajiv Verma, SDM I Jalandhar, Sh. Surjit Lal, Distt. Guidance and Counsellor, Sh. Watan Singh, Lead Distt. Manager, DPRO and other administrative officers of DC office also participated in the event. The motive of this campaign was to aware people about the right use of their right to vote so that they could elect the dedicated candidates to serve the nation.</p> <p>Teachers involved-4, Students involved-251  Collaborating agency-District Administration  Beneficiaries of activity-Students, staff and community</p>	
10	Water Awareness Campaign	22 March 2017	<p>Water Awareness Campaign was organized by Botany department of the college in collaboration with Forest department, Phillaur. Environmentalist Mr. Narinder Singh Mand was the Chief Guest of the event. The students planted 150 trees at outside college on the occasion and took oath to own responsibility of looking after them so that they could be helpful for society.</p> <p>Teachers involved-4, Students involved-64  Collaborating agency-Botany Deptt with Deptt of Forest and Wildlife Preservation, Punjab  Beneficiaries of activity-Students and Community</p>	

11	Pollution Check Drive	21 March 2017	<p>DD Pant Botanical Society of PG Deptt. of Botany organized a two day Environment Awareness Drive in collaboration with Traffic Police, Jalandhar. On first day of the drive, a pollution check campaign was organized to mark the event. ADCP Head Quarters Amneet Kondal was the Chief Guest of the occasion. ACP Traffic Digvijay Kapil along with his team from Traffic Deptt. briefed the students and public about traffic rules and regulation ADCP Amneet Kondal addressed the students &amp; stressed on women empowerment &amp; urged them to come forward and play their role in saving our environment. The pollution check certificates were distributed.</p> <p>Teachers involved–3, Students involved–45 Collaborating agency-Traffic Police, Jalandhar Beneficiaries of activity-Students, Staff and Community</p>	
12	Mother Language Chetna Rally	21 February 2017	<p>The students of Punjabi department participated in Mother Language Chetna Rally organized by Punjabi Jagriti Manch. This rally was related to International Mother Language Day.</p> <p>Teachers involved–4, Students involved–76 Collaborating agency-Punjabi Jagriti Manch Beneficiaries of activity-Punjabi Community</p>	<h2 style="text-align: center;">एच.एम.वी.की छात्राओं ने मां-बोली चेतना रैली में भाग लिया</h2> <p><b>जालंधर/ रोकेश गंधी</b> हंसराज महिला महाविद्यालय, जालंधर के पंजाबी विभाग की ओर से कॉलेज प्राचार्या डॉ. अजय सरिन के निर्देशानुसार छात्राओं ने पंजाबी जागृति मंच द्वारा आयोजित मां-बोली चेतना रैली में भाग लिया। इस रैली में छात्राओं ने पंजाबी विभागाध्यक्षा कवलजीत कौर की अध्यक्षता में बद्ध-चढ़ कर भाग लिया। इस अवसर पर प्राचार्या डॉ. अजय सरिन ने छात्राओं को कहा कि वही समाज तरकी कर सकता है जिसकी जड़ें अपनी मातृ भाषा व संस्कृति से जुड़ी रहती हैं। पंजाबी विभागाध्यक्षा कवलजीत ने भी</p> <p>रैली में भाग लेने वाली टीम। छात्राओं को रैली में भाग लेने के लिए शुभकामनाएं दी तथा मातृ भाषा में लिखे साहित्य को पढ़ने तथा मातृ भाषा के विकास के लिए सही उच्चारण व सही शब्द जोड़ का प्रयोग करने के लिए प्रेरित किया। इस रैली में जाने पर कुलजीत कौर, नवरूप, वीना अरोड़ा व प्रभजोत कौर ने छात्राओं को शुभकामनाएं दी। इस अवसर पर सुखविन्दर कौर व हरमनप्रीत कौर भी उपस्थित थीं।</p> <p>उत्तम-हिन्दू Wed, 22 February 2017 uttamhindu.epapr.in/c/17055848</p> 

13	Opening of Firing Range	June 2017	<p>College inaugurates "Firing Range" in its premises. This Firing Range is constructed in collaboration with 2 Punjab Girls Battalion NCC, Jalandhar. It was inaugurated by Dr. Satish Kumar Sharma, Director (Colleges), DAV CMC, Mrs. Kusum Sharma, Sh. Arvind Ghai, Secretary, Local Committee, Sh. Atul Shah and staff members. This shooting range will be one of its kinds in the state. This shooting range is for cadets of NCC from all over Punjab.</p> <p>Teachers involved-2, Students involved -23</p> <p>Collaborating agency-NCC with 2 Punjab Girls Battalion</p> <p>Beneficiaries of activity-Cadets of NCC all over Punjab</p>	
14	Workshop e-Pub Training For The Visually Impaired Persons	6 December 2016	<p>Two days workshop on Accessible e-pub training for the visually impaired persons and low sighted persons was organized by Drishti cell of college in collaboration with Saksham Punjab. The objective of the workshop was to provide skills and knowledge of creating e-books in e-pub format so that they are usable by even persons with disabilities. Mr. Prashant Ranjan Verma, General Secretary, National Association for the Blind, Delhi and Mr. Amit Verma, an entrepreneur, running a design and development house 'spirit noise' at Delhi were the resource persons of this workshop.</p> <p>Teachers involved-2, Students involved-9</p> <p>Collaborating agency-NGO Saksham Punjab</p> <p>Beneficiaries of activity-Visually Impaired Persons</p>	<p><b>दृष्टिहीन छात्राओं को ई बुक्स के बारे में बताया</b></p> <p>जालंधर : एचएमवी में दृष्टि सेल सक्षम पंजाब की ओर से दिव्यांग बच्चों के लिए विश्व दिव्यांग दिवस पर दो दिवसीय वर्कशॉप करवाई गई। इसमें मुख्य वक्ता नेशनल एसोसिएशन फॉर ब्लाइंड दिल्ली के जनरल सेक्रेटरी प्रशांत राजन वर्मा ने नेत्रहीन व अल्प दृष्टि छात्राओं को ई बुक्स व विभिन्न तरह के कौशल के बारे में जानकारी दी गई। प्रिंसिपल डॉ. अजय सरीन ने कहा कि हमें कभी भी किसी भी व्यक्ति को कम नहीं समझना चाहिए।</p>  <p>दिव्यांग बच्चों के लिए लगाई वर्कशॉप में उपस्थित सदस्य।</p>
15	Workshop Android Training for Visually	1 March 2017	<p>Drishti Cell of the college organized 3-day workshop Android Training for Visually Impaired in collaboration with Saksham Punjab. 25 participants attended this workshop from Chandigarh, Punjab and Haryana. In this workshop, training was provided on</p>	

	Impaired		<p>accessing smart phone. The resource person of the workshop was Mr. Sunil, Implement Officer at Saksham Delhi. The project was funded by WIPO Accessible Books Consortium.</p> <p>Teachers involved–2, Students involved–12  Collaborating agency-NGO Saksham Punjab  Beneficiaries of activity- 25 participants of workshop from Chandigarh, Punjab and Haryana</p>	
16	Vigilance Awareness Programme	28 November 2016	<p>Vigilance Awareness Program was organized by the college in collaboration with Punjab National Bank. A demonstration on the cyber crime was given to the students and bank customers. On this occasion, a declamation contest was organized on the topic ‘Eradicate Corruption-Build a new India’.</p> <p>Teachers involved–2, Students involved–45  Collaborating agency-Punjab National Bank  Beneficiaries of activity-Bank customer</p>	

17	Seminar On Traffic Rules	June 2017	<p>NCC unit of college organized a seminar on traffic rules in collaboration with Jalandhar Police under the guidance of Sh. Praveen Kumar Sinha, IPS, CP Jalandhar &amp; Sh. Rajinder Singh PPS DCP Jalandhar. On the occasion Sh. Harbinder Singh PPS ACP Traffic Jalandhar was the resource person .All the NCC Cadets from Punjab were made aware about traffic rules. After this seminar, NCC Cadets distributed pamphlets on traffic road signs outside college.</p> <p>Teachers involved-2, Students involved-72 Collaborating agency-Traffic Police, Jalandhar Beneficiaries of activity-NCC cadets and community</p>	
18	Medical Camp	6 December 2016	<p>Free Medical camp was organized by Youth Red Cross in the Primary block of the Government school for Gakhla village women. In this camp, college doctor diagnosed various health problems related to women. This camp helped to create knowledge among women regarding various diseases.</p> <p>Teachers involved-2, Students involved-23 Collaborating agency-Youth Red Cross with Government school Beneficiaries of activity-Gakhla Village women</p>	

19	Eye Donation Awareness Camp	7 March 2017	<p>The NCC Army wing of the college organized a camp on Creating Awareness about Eye Donation among Youth in collaboration with 2 Punjab Girls Battalion. The chief guest of the occasion was Brig. I.M.S. Parmar, Group Commander NCC Punjab. Capt. Avinashi Patwal was also present on this occasion. Brig. Parmar motivated the girls for eye donation and said that it is such a noble cause with which who are less fortunate will get to see the world.</p> <p>Teachers involved-2, Students involved-27 Collaborating agency-NCC with 2 Punjab Girls Battalion Beneficiaries of activity-NCC cadets of other colleges</p>	
20	Voters' Awareness Campaign	3 February 2017	<p>The Theatre team of the college presented a Nukkad Natak under Voters' Awareness Campaign in collaboration with the artists of Yuva Theatre Group in order to aware the city youth regarding their right to vote.</p> <p>Teachers involved-1, Students involved-12 Collaborating agency- District Administration Beneficiaries of activity-City Youth</p>	 <p>जालंधर, 3 फरवरी (कृष्ण): युवा थियेटर ग्रुप की ओर से वोटर जागरूकता अभियान के अंतर्गत हंसराज बहिलवा महाविद्यालय के प्राणम में नुक्कड़ नाटक पेश किया गया। प्राधान्य प्रो. डा. अजय शरीन ने युवा थियेटर ग्रुप के कलाकारों का स्वागत किया। उन्होंने कहा कि वोटर डालने के अधिकार के प्रति युवाओं को भ्रम-भ्रान्त तरीकों से जागरूक करने के अभियान में एच.एम.वी. व युवा थियेटर टीम का सहयोग प्रशंसनीय है। युवा थियेटर के कलाकारों ने कालेज प्राणम में अयोध्याओं व छात्रों की उपस्थिति में नाटक पेश किया जिसे सभी ने खूब सराहा। इसी नुक्कड़ नाटक की प्रस्तुति उन्होंने सर्वकाल कलेज होस्टल में दी जिसमें कालेज की छात्राओं ने भी बहुत-बहुत सराहा। डॉन नृप वैल्फेयर नवकन ने युवा थियेटर ग्रुप का धन्यवाद किया।</p> <p>वोटर जागरूकता अभियान के अंतर्गत नुक्कड़ नाटक पेश करने वाले कालेज के विद्यार्थी। (संदीप)</p> <p>Sat, 04 February 2017 जालंधर सवेरा dainiksaveratimes.epapr.in/c/16590490</p>

21	International Yoga Day	21 June 2016	<p>NCC Army wing cadets participated in International yoga day held at Trinity College Jalandhar.</p> <p>Teachers involved–1, Students involved–11 Collaborating agency-NCC</p>	
22	Joy of giving: Donation Camp	26 November 2016	<p>N.S.S. volunteers and 2 NSS Program Officers distributed groceries in Apahaj Ashram to help needy people. Students distributed wheat, cereals, rice, soap clothes and other necessary things in Apahaj Ashram.</p> <p>Teachers involved–2, Students involved–19 Collaborating agency-NSS with Apahaj Ashram Beneficiaries of activity-Needy People of Apahaj Ashram</p>	<p><b>छात्राओं ने किया अपाहिज आश्रम का दौरा</b></p>  <p>एचएमवी के एनएसएस वालंटियर्स ने शनिवार को अपाहिज आश्रम की विजिट की। इस मौके पर कालेज प्रिंसिपल डा. अजय सरीन व स्टाफ सदस्यों ने आश्रम में रह रहे लोगों को जरूरत का सामान दिया। जागरण</p>
23	Awareness activity among rural students regarding knowledge regarding skills development courses	December 2016	<p>The NSS unit organized seven days special camp in the adopted village Gakhhal. Volunteers imparted knowledge among the rural students regarding skill oriented courses and their scope in future. 4 teachers and 10 students attended this camp.</p> <p>Teachers involved–4, Students involved–10 Collaborating agency-NSS with Sarpanch Gakhhal Beneficiaries of activity-Village People of Gakhhal</p>	

24	Unity in Diversity: Inter State Tour for Nationalistic Awareness	5 April 2017	<p>Red Ribbon Society and Youth Services department organized 10 days Inter State Tour Programme in Rajasthan and Gujarat. 12 students of our college participated in this camp. In this educational tour, students of different colleges of Punjab were also there.</p> <p>Students involved-12 Collaborating agency-NSS</p>	 <p>जालंधर (विनीत): एच.एम.वी. की छात्रा प्रभलीन कौर, काजल, कविता, प्रिया, सिमरनजीत, मनदीप, आरजू, साबिया, अक्षिता, अनुजा, इशिता व श्रुति ने रेड रिबन सोसाइटी एवं यूथ सर्विसिज विभाग की ओर से राजस्थान व गुजरात के 10 दिवसीय इंटर स्टेट टूर प्रोग्राम में भाग लेकर विभिन्न ऐतिहासिक स्थानों का दौरा किया।</p> <p>पंजाब केसरी ई-पेपर Thu, 06 April 2017 epaper.punjabkesari.in//c/18093030 </p>
25	Voters Awareness Event	28 September 2016	<p>Red Ribbon Club and Political Science department in collaboration with NSS organized a Voters Day awareness program. The students were made aware of the worth of their votes and new voters were inspired to get their voter identities. Principal elaborated on the role of voters in forming a stronger nation and motivated the students to make use of their right to vote. 55 students and 3 teachers held a rally outside college to aware the people to cast their votes.</p> <p>Teachers involved-3, Students involved-55 Collaborating agency-Red Ribbon Club with NSS Beneficiaries of activity-Students and Community</p>	

26	First Aid Training Camp	1 May 2017	<p>A First-Aid Training Camp was organized by NSS unit of the college. During the camp, training was imparted to more than 200 students of various institutions by Mr. Kaka Ram, Former Secretary of the Red Cross Society, Patiala. Mr. Kaka Ram told the students that first-aid requires readiness of brainpower and a certain fixed rules so that precious lives may be saved by some protective measures. For such situations requisite training must be obtained. He also demonstrated how a patient should be treated in various emergency situations.</p> <p>Teachers involved–3,cStudents involved–62</p> <p>Collaborating agency-NSS with Red Cross Society, Patiala</p> <p>Beneficiaries of activity- Students and Community</p>	<p><b>ट्रेनिंग कैंप   प्राथमिक सहायता न मिलने से हो जाती है कई जख्मियों की मौत</b>  <b>धर्म-जाति पीछे छोड़ आपात स्थिति में मरीज को फर्स्ट एड देना ही इंसानियत</b></p> <p>विशेष रिपोर्टर   जालंधर</p> <p>हंसराज महिला महाविद्यालय में फर्स्ट एड पर ट्रेनिंग कैंप लगाया। इस दौरान रेड क्रॉस सोसायटी, पटियाला के पूर्व सचिव काका राम ने 200 से अधिक छात्रों को ट्रेनिंग दी। छात्रों को बताया कि प्राथमिक उपचार में दिमाग को तैयारी व कुछ पक्के नियम होते हैं ताकि कुछ सुस्थित तरीके अपनाकर जीवन को बचाया जा सके।</p> <p>उन्होंने कहा कि आपात स्थिति में हाट अटैक, रक्त की कमी, सड़क दुर्घटना व अन्य स्थिति से निपटने के लिए तैयार रहना चाहिए। प्रिंसिपल प्रो. डॉ. अनजय सरिन ने कहा कि प्राथमिक चिकित्सा से मृत्यु को रोकना जा सकता है। धर्म</p> <p>आपात स्थिति में हाट अटैक, रक्त की कमी, सड़क दुर्घटना व अन्य स्थिति से निपटने के लिए तैयार रहना चाहिए। प्रो. डॉ. अनजय सरिन ने कहा कि प्राथमिक चिकित्सा से मृत्यु को रोकना जा सकता है। धर्म</p> <p>रक्तचाप तथा शूगर लेवल पर टेस्ट भी दिए गए।</p> <p>प्रोग्राम अफसर बीना अरोड़ा ने कहा कि आपात स्थिति में प्राथमिक चिकित्सा देना हर नागरिक का परम धर्म व कर्तव्य है। प्रोग्राम अफसर</p> <p>डॉ. अंजना भाटिया ने कहा कि प्राथमिक चिकित्सा की जानकारी छात्रों के लिए व पूरे समाज के लिए अत्यंत महत्वपूर्ण है। इस मौके पर सहायक प्रोग्राम अफसर अल्का शर्मा, हरमनु मौजूद रहे।</p> <p><b>एचएमवी में 200 स्टूडेंट्स को दी गई बचाव की जानकारी</b></p>  <p>दैनिक भास्कर जालंधर, बुधवार 02 मई, 2018   05</p>
27	National Integration Camp	4 May to 16 May 2017	<p>NCC Cadet attended National Integration Camp held at Sanik School, Satara in Maharashtra. Cadets participated in cleaning campaigns, health awareness, debate Competition, national integration awareness programs, group songs, group dance. NCC Cadet visited many places along with all the cadets of all directorates. Cdt Surbhi Kohli got appreciation certificate from Brig. IMS Parmar for attending AIVSC.</p> <p>Students involved-1</p> <p>Collaborating agency-NCC with PB AIR SQN JAL</p> <p>Beneficiaries of activity-NCC Cadets and Community</p>	

28	Promoting Organic Holi	10 March 2017	<p>Students of environment club sold Organic Holi colours prepared by tribal women. These organic colours were prepared flowers of Rose, Cassia, Mehndi leaves, Palash. The revenue generated was sent to tribal women through NGO Kheti Virasat Mission.</p> <p>Teachers involved-1, Students involved-57 Collaborating agency- Environment Club with KVM, Jaiton Beneficiaries of activity-Tribal women and community</p>	
29	Inspire Internship Science Camp	November 15 - 19, 2016	<p>Third Inspire Internship Science Camp (November 15 -19, 2016) was organized in the college. 200 students from about 20 schools of Jalandhar and other districts attended this camp. The five day schedule of the camp comprised a variety of innovative way to transfer knowledge about latest scientific innovations through interactive sessions and lectures by the experts from various disciplines. Arrangements were made for skill development in students through hands-on practical sessions, demonstrations and workshops. Eminent scientists from the top research and academic institutes from India including Indian Institute of Variable Energy, Tropical Meterology, Pune, North-Eastern Hill University, Shillong, PGI Chandigarh, National Institute of Immunology, New Delhi, JNU, New Delhi, Nirma University of Science and Technology, Gandhinagar, PU, Chandigarh, GNDU, Amritsar acted as resource persons. Students learnt basics and advances in various fields of sciences including Physics, Chemistry, Mathematics, Biology, Biotechnology and Bioinformatics</p>	 <p><b>एच.एम.वी. में हुआ इन्सपायर इंटरनशिप साइंस कैम्प का शुभारम्भ</b></p> <p><b>20 स्कूलों के 200 छात्रों ने लिया भाग</b></p> <p>जालंधर, 15 नवम्बर (विनीत): हंसराज महिला महाविद्यालय में साइंस एंड टेक्नोलॉजी विभाग, भारत सरकार के सौजन्य से 5 दिवसीय इन्सपायर इंटरनशिप साइंस कैम्प का शुभारम्भ गुरु नानक देव यूनिवर्सिटी, अमृतसर के कालेज विकास कॉमिटी के डीन डा. आर.के. महाजन ने किया, जबकि डा. राकेश कुमार तुली (सीनियर रिसर्च सलाहकार) विशेष रूप से पहुंचे। प्रिंसिपल डा. अजय सरिन ने सभी महापुरुषों का स्वागत करते हुए उन्हें साइंस कैम्प संबंधी विस्तार सहित जानकारी दी। डा. तुली ने शिबिर में आए छात्रों को अपनी योग्यताओं को सही दिशा में लगाने पर बल दिया। शिबिर में पंजाब के 20 स्कूलों के 200 छात्र भाग लेने पहुंचे। इस अवसर पर शिबिर संचालक हरप्रीत सिंह, मीनाक्षी स्याल, ज्योति कोल, राकेश उप्पल, डा. नीलम शर्मा, डा. मीना शर्मा, डा. सीमा मरवाहा, डा. एकता खोसला, सलोनी शर्मा, डा. जतिन्द्र कुमार, डा. श्वेता, डा. नीतिका, सुमित कुमार, पुष्पिमा, अंजना भाटिया भी मौजूद थे।</p> <p>डा. आर.के. महाजन, डा. राकेश कुमार तुली का स्वागत करती डा. अजय सरिन।</p> <p>Wed, 16 November 2016 epaper.punjabkesari.in//c/14668459</p>

			<p>Teachers involved–8, Students involved–61 students of our college</p> <p>Collaborating agency- Department of Science and Technology, Govt. of India.</p> <p>Beneficiaries of activity- 200 students from about 20 schools of District Jalandhar</p>	
30	Van Mahotsava	21 July 2016	<p>NSS unit of college in collaboration with Dr. Sushma Chawla, renowned gynecologist of the city celebrated Van Mahotsava by planting trees on the roadside spreading the message that trees are the real saviors which can help to prevent environmental pollution.</p> <p>Teachers involved–2, Students involved–17</p> <p>Collaborating agency-NSS</p> <p>Beneficiaries of activity-Students, Staff and Community</p>	
31	Promoting Organic Rakhi	17 August 2016	<p>The Environment club made efforts to promote eco-friendly Rakhis prepared by tribal women. The revenue generated was sent to tribal women through NGO Kheti Virasat Mission, Jaiton. Each Rakhi was made from organic cotton and dyed using natural dyes. Further, the Rakhis contained a seed to be planted after using them.</p> <p>Teachers involved-1, Students involved–56</p> <p>Collaborating agency-NGO Kheti Virasat Mission, Jaiton</p> <p>Beneficiaries of activity-Tribal women</p>	

32	International Yoga Day	21 June 2016	<p>International Day of Yoga was celebrated in college by NSS in collaboration with Yoga guru, Sh. Pawan Kumar . Yoga guru and his team demonstrated different asanas like garuda asana, shashank asana, adhomukh swan asan, akarna dhanurasana, ardh ustara asana etc. The importance and benefits of each asana were also explained. In the end pranayam, shanti path and sankalp were performed. All students pledged to make Yoga an integral part of their lives.</p> <p>Teachers involved-2, Students involved-78  Collaborating agency-NSS  Beneficiaries of activity-NSS volunteers and community</p>	
33	Haem-Up Campaign	15 to 20 March, 2017	<p>A one week Haem-up campaign was started by Red Cross Society in collaboration with NGO PAHAL from 15th to 20th March, 2017. In this campaign 760 girls from inside and outside the college campus got checked up for their Hemoglobin and Blood Group.</p> <p>Teachers involved-2, Students involved-102  Collaborating agency- Red Cross Society with NGO Pahal  Beneficiaries of activity-Adjoining Community</p>	

34	Voters Mela	28 November 2016	<p>Political Science Department of the college organized Voter Mela in the college campus in collaboration with District Administration. This mela is for students and the youngsters above 18 years old of local locality. New Voters were registered.</p> <p>Teachers involved-4, Students involved-78  Collaborating agency-District Election Office  Beneficiaries of activity-New voters of the locality</p>	
35	Model United Nations	4 to 6 November 2016	<p>The college organized Model United Nations Conference (HVM MUN) from 4th to 6th November, 2016 in its premises in collaboration with Queen Bees, India. HVM MUN hosted 15 committees to bring out the best debating, diplomatic and leadership skills in the students of various institutions and give a new dimension to the education system and exposure to the students. HVM-MUN had the distinction of getting recognized by United Nations itself.</p> <p>Teachers involved-16, Students involved-325  Collaborating agency-Queen Bees, India  Beneficiaries of activity-765 delegates from every corner of the country</p>	