

				2017-18	
1	Swachhta Hi Seva	30 September 2017	<p>College organized an awareness programme on “Swachhta Hi Seva” under the UGC programme through Video Conferencing. Mrs. Aastha Sayal, Founding Partner, Gaia Smart Cities (part of the National Program Management Unit PMU for Swachh Bharat Mission with the Ministry of Urban Development) was the resource person. Mrs. Aastha discussed the aim of Swachh Bharat like use of toilets, modern and scientific municipal waste management, behavioural change regarding health sanitation practices and industry participation in making the country clean. At the end, the “Swachhta Pledge” was taken and signed by all the students.</p> <p>Teachers involved–2, Students involved–15 Collaborating agency-National Program Management Unit PMU Beneficiaries of activity-Village Pacharnga and karali</p>		
2	Swachh Sankalp	18 September 2017	<p>NCC army wing cadets won national level prizes in essay writing competition on ‘What can I do for clean India?’ under 'Swachh Sankalp se Swachh Siddhi' new India movement (2017-2022). In this national level competition, about one lakh cadets from Punjab, Haryana, Himachal Pradesh and Chandigarh participated and cadets of HMV won first and second prizes</p> <p>Teachers involved–1, Students involved–2 Collaborating agency-NCC with 2 Punjab Girls Battalion</p>		

3	AIDS Awareness	23 October 2017	<p>The Red Ribbon Club and NSS department of college organized a Speech Competition on the topic AIDS Awareness. The students of different colleges participated enthusiastically in this competition. The students expressed their views in Hindi, Punjabi and English languages.</p> <p>Teachers involved–3, Students involved–31 Collaborating agency-NSS with Red Ribbon Club Beneficiaries of activity-Students</p>	
4	Seven Day NSS Social Service Camp	21 December 2017	<p>Seven day NSS Social Service Camp was inaugurated in college. 5 teachers and 65 students attended this camp. During the camp, various activities were organized to raise awareness &amp; sensitization among the students.</p> <p>Teachers involved–5, Students involved–65 Collaborating agency-NSS with NGO PAHAL Beneficiaries of activity-Gakhal villagers</p>	
5	10 Day NCC Camp	8 July 2017	<p>10-day CAT camp was held in the premises of college in collaboration with 2 Punjab Girls Battalion. In this camp, about 499 NCC cadets from various schools and colleges of Doaba region participated.</p> <p>Teachers involved–3, Students involved–22 students of our college Collaborating agency-NCC with 2 Punjab Girls Battalion Beneficiaries of activity-499 NCC cadets from various schools and colleges of Doaba region</p>	

6	Free Medical camp by NSS	5 January 2018	<p>The NSS Unit arranged a Free Medical Camp at Gakhal village. Medial Officer of the college and NSS volunteers conducted the free camp at the village in which the college doctor and NSS Volunteers enlightened the villagers about the communicable and non-communicable diseases in women. The students also participated in sport activities and had great fun with a lesson of physical fitness.</p> <p>Teachers involved–3, Students involved–27  Collaborating agency-NSS with Gakhal Village  Beneficiaries of activity-Women of Gakhal Village</p>	
7	Tree Plantation	11 August 2017	<p>The NCC Army &amp; Air Wing of the college organized tree plantation under innovative programmes in collaboration with 2 Punjab Girls Battalion. The chief guest of the occasion was Mr. Avtar Singh Junior (Henry), M.L.A. 75 NCC cadets and 39 class representatives planted 37 saplings.</p> <p>Teachers involved–4, Students involved–114  Collaborating agency-NCC with 2 Punjab Girls Battalion  Beneficiaries of activity-Adjoining Community</p>	

8 Eco Friendly Diwali 16 October 2017 Students of Innovation Cell organised Green Diwali. The objective of celebrating Green Diwali was primarily to check air pollution caused by crackers and also to give a message of responsibility towards the environment and human health to the society. On this occasion Dy. Commissioner Sh. Varinder Kumar, IAS said that saying no to crackers will be helping our next generations in having clean environment. On this occasion, Mr. Paramvir Singh, IAS SDM, all the teachers, non-teaching staff members and students of the college exchanged plants. They also took a pledge that they will not burn crackers and inspire others too for the same.

Teachers involved-3, Students involved-234  
Collaborating agency-Innovation Cell with District Administration  
Beneficiaries of activity-Adjoining Community

9 Session on Sexual Harassment at Workplace 26 March 2018 Innovation cell and placement cell of the college organised a session on "SEXUAL HARASSMENT AT WORKPLACE" in collaboration with Punjab Police Academy Phillaur. The event was organized as the maiden interactive session under the innovative practice of monthly mind churning interactive sessions called "Manthan". In the event. Mrs. Anita Punj, IPS connected with the students and eloquently discussed about the laws to curb the menace of sexual harassment at work place.

Teachers involved-2, Students involved-155  
Collaborating agency-Innovation Cell with PAP, Phillaur  
Beneficiaries of activity- Students

10	Awareness programme against social evils	16 August 2017	<p>College organized a program in collaboration with National Crime Investigation Bureau for the youth of different colleges on the importance of education. In this program the message was conveyed to the youth by a Nukkad natak. The title of Nukkad Natak was Vehngi Vehngi.</p> <p>Teachers involved-3, Students involved-9 Collaborating agency-National Crime Investigation Bureau. Beneficiaries of activity-Youth</p>	<p><b>नाटक से सामाजिक बुराइयों पर कटाक्ष</b></p>  <p>जालंधर : हंसराज महिला महाविद्यालय में राष्ट्रीय अपराध जांच ब्यूरो द्वारा कॉलेज परिसर में नुककड़ नाटक 'वैंगी वैंगी का' मंचन किया गया। कलाकारों ने नाटक से संदेश दिया कि युवा पीढ़ी शिक्षा के महत्व से अज्ञान होती जा रही है। वह उसूलों व कर्तव्यों से भटक रही है। कलाकारों ने प्राचीन व आधुनिक शिक्षा प्रणाली के अंतर को दर्शाया। पढ़ लिख कर भी नौकरी प्राप्त करने के लिए किए जाने वाले संघर्ष को दर्शाया। प्रिंसिपल डॉ. अजय सरीन ने युवाओं को शिक्षा के महत्व को समझने के लिए प्रेरित किया। इस अवसर पर प्रो. वीना अरोड़ा, डॉ. निधि बल व अन्य स्टाफ उपस्थित था।</p>
11	Peace March on Save Girl Child	24 April 2018	<p>Students of college participated in a peace march to strengthen the mission of Beti Bachao, Beti Padhao and give a message to society to save girl child.</p> <p>Teachers involved-7, Students involved-87 Collaborating agency-District Administration Beneficiaries of activity-Adjoining Community</p>	

12	Women empowerment through skill building	20 June 2018	<p>The college joined hands with Kanya Shiksha Prasar Sangathan (NGO) under extension activities. Kanya Shiksha Prasar Sangathan is an NGO dedicated to needy girls/female candidates. It aims to educate and empower the girls for their self dependence. This NGO is running six months courses under CDTP scheme (Community Development through Polytechnic) for women i.e. Cosmetology, Cutting and Stitching (tailoring) and Computer Fundamentals. The students of this NGO visit the college twice a month and get exposure of state-of-art infrastructure. Our well qualified and experienced faculty trains them with latest techniques.</p> <p>Teachers involved–1,Students involved–34  Collaborating agency-Kanya Shiksha Parsar Sangathan  Beneficiaries of activity-Needy Girls of Society</p>	
13	Donation camp	20 November 2017	<p>NCC (Army Wing and Air Wing) cadets of the college visited Pingalwara and Apahaj Ashram as per the action plan forwarded by 2 Punjab Girls Battalion, NCC, Jalandhar. All the NCC cadets of the college visited Pingalwara and Apahaj Ashram to distribute fruits and biscuits to more than 200 persons and spent some quality time with them.</p> <p>Teachers involved–3, Students involved–25  Collaborating agency-NCC with 2 Punjab Girls Battalion  Beneficiaries of activity-Persons residing in Pingalwara and Apahaj Ashram</p>	

14	Programme on Making Public Places Safe for Women	21 July 2017	<p>The Police Department of Jalandhar organized a conference on 'Making Public Places Safe for Women' in collaboration with Punjab Police in the premises of the college. Chief Guest of the occasion was ADGP (Law &amp; Order) Sh. Rohit Chaudhary. On this occasion, Police Commissioner Sh. P.K. Sinha IPS, Gurpreet Singh PPS, ADCP-II Ms. Sudarvizhi IPS, ACP Deepika Singh, ADCP Sudarvizhi told about helpline for protection of women and Shakti Mobile App.</p> <p>Teachers involved-6, Students involved-35 Collaborating agency-Police Department, Jalandhar Beneficiaries of activity-Women</p>	
15	Walk For Values	31 October 2017	<p>College participated in Walk For Values organized by Sri Sathya Sai Seva Organization, Punjab. The motto of the walk was 'All for One; One for All'. The assembly point was Guru Gobind Singh Stadium, Jalandhar. Students of the college participated in this 1.7 Kms walk. The event was basically focussed on promoting 5 values i.e. Dharma, Ahinsa, Satya, Prem and Shanti.</p> <p>Teachers involved-2, Students involved-56 Collaborating agency-Sri Sathya Sai Seva Organization Beneficiaries of activity-Students and Community</p>	



18	Run For Unity	31 October 2017	<p>National Service Scheme observed Rashtriya Ekta Diwas to commemorate the birth anniversary of Sardar Vallabhbhai Patel. NSS unit organized a “RUN FOR UNITY”, with a thought to foster dedication to conserve and empower unity, integrity and security of the nation. The motive of this rally was that the youth upholds the ideals of unity and integrity as envisioned and upheld by Sardar Patel.</p> <p>Teachers involved–2, Students involved–72 Collaborating agency-NSS Beneficiaries of activity-Students and Community</p>	<p><b>एच.एम.वी में मनाया राष्ट्रीय एकता दिवस</b></p>  <p><b>राष्ट्रीय एकता दिवस पर एच.एम.वी. कालेज से रन फॉर यूनिटी की रैली में हिस्सा लेते विद्यार्थी। (संदीप)</b></p> <p>जालंधर (कुश): हंसराज महिला महाविद्यालय के नेशनल सर्विस स्कीम यूनिट एन.एस.एस. ने सरदार वल्लभ भाई पटेल के जन्मदिवस को राष्ट्रीय एकता दिवस के रूप में मनाया। प्राचार्या प्रो. डा. अजय सरिन के निर्देशानुसार एन.एस.एस. यूनिट की ओर से रन फॉर यूनिटी का आयोजन किया गया। प्राचार्या डा. सरिन ने कहा कि यही सही समय है जब युवा वर्ग सरदार पटेल के दिखाए एकता व अखण्डता के आदर्शों को अपनाए। उन्होंने कहा कि अखण्ड भारत को बनाने वाले वास्तव में सरदार पटेल ही हैं। प्राचार्या, स्टाफ सदस्यों व छात्राओं ने सरदार वल्लभ भाई पटेल को पुष्प अर्पित किए तथा भारत की एकता बनाए रखने की शपथ ली। प्रोग्राम ऑफिसर वीना अरोड़ा व डा. अंजना भाटिया ने भी छात्राओं को एकता का महत्व समझाने के लिए प्रेरित किया। इस दौरान करवाई निबंध लेखन प्रतियोगिता में छात्राओं ने बद्ध-चढ़ कर भाग लिया। इस अवसर पर स्पोर्ट्स विभागाध्यक्ष सुदर्शन कंग, सुखप्रीत कौर भी उपस्थित थे।</p> <p><b>जालंधर सवेरा</b> Fri, 03 November 2017 dainiksaveratimes.epapr.in//c/234 </p>
19	Helping Hands for Physically Challenged	25 December 2017	<p>The NSS volunteers visited Apahaj Ashram and donated eatables, clothes, daily need items to the needy. To help a needy old lady who asked a NSS volunteer to provide shoes for her, an NSS volunteer gave her own shoes and came back bare-feet from the ashram.</p> <p>Teachers involved–1, Students involved–24 Collaborating agency-NSS with Apahaj Ashram Beneficiaries of activity-Physically Challenged residents of Apahaj Ashram</p>	

20	Blood Donation Camp	22 March 2018	<p>Red Ribbon Club, Red Cross Society and NSS of college organized Blood Donation Camp in collaboration with NGO PAHAL. 57 students donated blood in this camp.</p> <p>Teachers involved–6 Students involved–57  Collaborating agency- Red Ribbon Club, Red Cross Society and NSS with NGO PAHAL  Beneficiaries of activity-Needy patients</p>	
21	Computer Workshop for Women Constables	11 to 16 June 2018	<p>Taking one more step in the field of women empowerment, College conducted a free 6 day Computer Workshop for Women Constables in collaboration with Police Administration. This workshop was held from 11 to 16 June in 2 batches. The workshop was inaugurated by ADCP Headquarters and Security PPS Mr. Guatam Singhal.</p> <p>Teachers involved–7, Students involved–26  Collaborating agency-Computer and IT Department with Punjab Police  Beneficiaries of activity-Women Constables</p>	

22	Computer Workshop for Visually Challenged People	15 June to 15 September 2018	<p>Drishti Cell for Physically Challenged in collaboration with Saksham Punjab organized a computer workshop for visually challenged people. The duration of the workshop was two and a half month. 17 persons participated in the workshop and got training in computers. 15 persons were given HCL sponsored Laptops at subsidized rates. General Secretary of Saksham Punjab Mrs. Deepika Sagar explained the relevance of computer training for visually challenged.</p> <p>Teachers involved–1, Students involved-7, Collaborating agency-NGO Saksham, Punjab Beneficiaries of activity-17 disabled persons from Punjab</p>	
23	Indian Student Parliament	24 January 2018	<p>Km. Priyanka Marwaha of college got the best speaker award at National Youth Parliament held at Pune. 22 student speakers were selected from all over India and participating foreign countries after two rounds. Priyanka Marwaha had spoken on the topic 'Casteism in India Democracy: Problems and Prospects'. She had the honour of addressing more than 5000 participants from across the country and the world. The valedictory function was presided over by Chief Minister of Orissa, Mr. Naveen Patraik, Hon'ble Former President Mrs. Pratibha Patil, Senior Politician, Mr. Murli Manohar Joshi and Mr. Karad.</p> <p>Teachers involved–1, Students involved–2 Collaborating agency-NSS and MIT, Pune</p>	 <p><b>JALANDHAR, JAN 24</b></p> <p>Priyanka Marwaha of Hans Raj Mahila Maha Vidyalaya got the best speaker award at National Youth Parliament, Pune. 22 student speakers were selected from all over India and participating foreign countries after two rounds. In the first round, the students sent their videos and in the second round they made presentations to the selection panel at MIT Pune. Priyanka Marwaha had spoken on the topic 'Casteism in India Democracy: Problems and Prospects'. There were 6 categories and in her category she competed with 65 selected candidates and got the position of first speaker. She had the honour of addressing more than 5000 participants from across the country and the world. She had a special honour of interacting with the best of the best in India polity. Priyanka Marwaha describes it as a once in a lifetime experience and is filled with gratitude towards her mentors and Madam Principal Prof. Dr. Ajay Sareen for not only inspiring and motivating but also supporting her to participate in the event. The valedictory function was presided over by Chief Minister of Orissa, Naveen Patraik, Former President Pratibha Patil, Senior Politician, Murli Manohar Joshi and Karad.</p> <p><b>YUGMARG, CHANDIGARH, THURSDAY, JANUARY 25, 2018</b></p>

24	Aadhar Card Mobile Updation	June 2018	<p>One day camp of Aadhar Card Mobile Updation Unit was held at college in collaboration with Post Office ,Jalandhar. Sr. Supdt. Post Offices Jalandhar Mohd. Haneef and his team upgraded the Aadhar cards of the public. Mohd. Haneef said that this is the first camp of this mobile unit. In this camp anybody can get it Aadhar Card updated or get new Aadhar Card. This mobile unit is launched under Pradhaan Mantri Yojna. In this camp, staff members, students and outsiders got their Aadhar Card updated.</p> <p>Teachers involved-3, Students involved-6  Collaborating agency-Post Office  Beneficiaries of activity-Students, Staff and Community</p>	
25	Beautification of City Walls	30 March 2018	<p>The students of Fine Arts department of the college in collaboration with District Administration painted the walls of the city (Workshop Chowk) under clean and green city mission. The pictures depicted women empowerment and independence.</p> <p>Teachers involved-1,Students involved-10  Collaborating agency-District Administration  Beneficiaries of activity-Public</p>	<p><b>Beautification of chowk</b></p>  <p>To mark its foundation day and give the message of clean and green city, students of Hansraj Mahila Maha Vidyalaya (HMV) engaged in the beautification of Workshop Chowk . A group of art and crafts girls was making beautiful images on the wall of the chowk in the noon hours. The pictures depicted themes of freedom and independent woman.</p> <p><b>JALANDHAR Tribune</b> Sat, 31 March 2018  epaper.tribuneindia.com//c/27532 </p>



28	Combined Annual Training Camp	11 November 2017	<p>The Cadets of NCC Army Wing participated in CAT Camp at GN Banga and won various prizes. Total 23 students participated in this camp. Komalpreet Kaur of the college also got selected as best cadet of the camp.</p> <p>Teachers involved–1, Students involved–23 Collaborating agency-NCC with 2 Punjab Girls Battalion Beneficiaries of activity-NCC Cadets</p>	
29	Organic Holi Celebration	1 March 2018	<p>Students of Innovation Cell and Environment Club prepared organic colours to celebrate organic Holi. Organic colours were made available to the staff, students and nearby locality. The colours were made from the Pink (Gulal) of Rose Petals, the Yellow of Amaltash flower (Golden Shower), the Green of tree leaves and the Orange of Palash leaves.</p> <p>Teachers involved–3, Students involved-17 Collaborating agency-Innovation Cell with Environment Club Beneficiaries of activity-Students and Community</p>	

30	Awareness drive on Road Accidents and Traffic Discipline Values	14 January 2018	<p>NCC cadets of Air Wing in collaboration with NCC Air Squadron participated in Awareness Rally on Road Accidents and Traffic Discipline Values in the city. The cadets controlled the traffic at Mahatma Hans Raj Chowk with the help of 2 lady constables.</p> <p>Teachers involved–2,Students involved–35 Collaborating agency-NCC Air Squadron Beneficiaries of activity- Students, Traffic Police and Community</p>	
31	Organic Rakhi Celebration	6 August 2017	<p>Environment Club of the college celebrated Organic Rakhi in collaboration with KVM, Jaiton. On this occasion, eco-friendly Rakhis made by the tribal women were sold in the college and revenue was sent to KVM, Jaiton. These Rakhis hold an indigenous seed in it, so it symbolized the environmental conservation along with strengthening of bonds. During the celebrations, an eco-friendly Rakhi making competition was also organized. Such activities are meant to create awareness regarding indigenous products so that local farmers and weavers become the beneficiaries.</p> <p>Teachers involved–2,Students involved–16 Collaborating agency- Environment Club with KVM, Jaiton Beneficiaries of activity-Tribal Women</p>	

32	International Yoga Day	21 June 2018	<p>International Yoga Day was celebrated in college in collaboration with NSS. The yoga trainer laid emphasis that regular yoga practice leads to better physical, mental and spiritual health of a person and the students must perform Yoga on daily basis. The students learnt various yoga asanas. On this occasion, members of teaching and non-teaching staff of college and students from other institution were also present. Yoga was performed by students of NSS and NCC.</p> <p>Teachers involved–2, Students involved–34  Collaborating agency-NSS  Beneficiaries of activity-NSS Volunteers from other institutions</p>	
33	Declamation Contest and Seminar on Beta Beti Ek Samaan	6 April 2018	<p>College in collaboration with NGO Alfa Mahendru Foundation, Jalandhar organized a Declamation Contest on Beta Beti Ek Samaan ‘Save the Girl Child’. Chief Guest of the occasion was DIG PAP Dr. S.K. Kalia. On this occasion, 14 students of our college and 25 students of other colleges participated. Through the seminar, equality of both the genders was stressed.</p> <p>Teachers involved–7, Students involved–14  Collaborating agency-NGO Alfa  Beneficiaries of activity-Students and community</p>	 <p><b>HMV organises declamation contest</b></p> <p>JALANDHAR, APRIL 6</p> <p>NGO Alfa Mahendru Foundation, Jalandhar in association with Hans Raj Mahila Maha Vidyalaya organized a Declamation Contest and Seminar on Beta Beti Ek Samaan ‘Save the Girl Child’. Chief Guest of the occasion was DIG PAP Dr. S.K. Kalia. Principal Prof. Dr. Ajay Sareen welcomed him. On this occasion, Chief Speaker Dr. Mrs. Kiran Arora, Principal PCM SD College for Women, Amit Kukreja, Joint Secretary, Gymkhana Club Jalandhar and Ramesh Mahendru, Chairman, NGO Alfa Mahendru were also present. In declamation contest, 14 students participated. Judges of the contest were Dr. Rannita Saini Sharda (Dean Innovation, HMV), Ranjeet Singh (Volunteer NGO Alfa) and Prof. Jaspreet Singh.</p> <p><b>YUGMARG, CHANDIGARH, SATURDAY, APRIL 7, 2018</b></p>

34	AIDS Awareness Event	13 November 2017	<p>The Red Ribbon Club of college organized AIDS Awareness event. The main speaker of the event was Captain I.S. Dhama, Asstt. Director, Youth Services Punjab. Captain Dhama discussed the new plans and policies of the government for development of youth. During the event students asked questions and Capt. Dhama gave answers and satisfied the queries of the students.</p> <p>Teachers involved-3, Students involved-22 Collaborating agency-Youth Services Punjab Beneficiaries of activity-Students and Community</p>	
35	International Yoga Day	21 June 2018	<p>The NCC Army Wing Cadets of the college participated in a Yoga Camp organized by 2 Punjab Girls Battalion NCC, Jalandhar on International Yoga Day. This camp was organized by 2 Punjab Girls Battalion NCC, Jalandhar in which total 365 cadets, 5 ANO, Commanding Officer Col. Jasbir Singh &amp; Group Commander Brig. H.M.S. Chatwal were present. Commanding Officer Col. Jasbir Singh encouraged the NCC Cadets to perform Yoga on daily basis.</p> <p>Teachers involved-1, Students involved-11 Collaborating agency-NCC with 2 Punjab Girls Battalion Beneficiaries of activity-NCC cadets of various colleges</p>	