

## Life Skills

2018-19

### Medical Check up Camp on Hormonal Imbalance (30-08-2018)



Youth Red Cross society of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized a medical check up camp under the guidance of Prof. Dr. (Mrs.) Ajay Sareen on Hormonal Imbalance. On this occasion, Dr. Harinder Kaur Oberoi, a renowned gynecologist was the chief guest. Madam Principal accorded a warm welcome to Dr. Harinder Kaur and Mr. Navneet Kumar from Abott Pharma. She said that these kinds of medical check up camps are the need of hour as the students undergoes lot of stress these days. She motivated the students to understand the causes of hormonal imbalance & to find solution that would help them to live a balanced life. Dr. Oberoi gave a presentation on Hormonal Imbalance to explain causes like diabetes, hypo thyroidism, hyper thyroidism. She told that students to incorporate hormonal friendly food in their diet to balance hormones. A large number of students & staff members were examined by the doctor. She gave tips to the students regarding a healthy lifestyle. On this occasion, Mrs. Asha Gupta and Dr. Aarti Sharma were also present.

## Youth Emowerment Programme (02-09-2018)



Hans Raj Mahila Maha Vidyalaya organized Youth Empowerment Programme under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. On this occasion, Mrs. Archana from the Art of Living, NGO was the chief guest. She was welcomed by seminar co-ordinator Dr. Anjana Bhatia. Mrs. Archana gave the detailed information about Art of Living to the students. She said that Art of Living helps one create lasting happiness. She emphasized that the quality of your mind determines the quality of your life. Positive thoughts create a happy and good life and thoughts imbued with negative emotions diminish life's quality. She encouraged the students to change their state of mind so that their outlook could be changed naturally. The college will soon be organizing a 4 day workshop on Art of Living. Students were also taught meditation techniques. Principal Prof. Dr. (Mrs.) Ajay Sareen said that in this fast forward life, understanding the nature of the mind gives one a more comprehensive perspective on life. Such programmes motivate the students to follow the path of calmness and positivity. On this occasion, teaching staff of the college was also present.

## Health Awareness programme -Being Health Conscious(07-09-2018)



Red Ribbon Club of Hans Raj Mahila Maha Vidyalaya organized Health Awareness Programme in collaboration with Civil Hospital under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. On this occasion, Mrs. Neety Sood, Senior Faculty Member welcomed by the club members. Club Incharge Mrs. Kuljit Kaur Athwal welcomed District Medical Officer Dr. Satish Kumar and Kripal Singh from health department. Mrs. Kuljit said that the health awareness drives are the need of hour. It is important to pay attention to the physical as well as mental health. Dr. Satish Kumar, while addressing the students said that health is an asset to all of us and, hence, we should preserve it. He gave health tips to the students through presentation. Making the right food choices, physical exercise, regular check ups and hygiene are important to lead a healthy life. During interactive session with students, Mr. Kripal Singh answered the queries of students regarding their health issues. He advised the students to follow a healthy lifestyle. On this occasion, Mr. Bhavjeet Singh, Mr. Naresh Kumar, Club Co-Incharge Mrs. Gagandeep, Mrs. Alka were also present. The programme was successfully conducted by Club Secretary Mansi, Joint Secretary Radhika and Asstt. Secretary Simranbir.

## Seminar on World Suicide Prevention Day (11-09-2018)



Freudian Psychological Society of Hans Raj Mahila Maha Vidyalaya observed **World Suicide Prevention Day** under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. On this occasion, the resource person for the seminar was Dr. Davinder Singh Johal, Head, Department of Psychology, GNDU Amritsar. Dr. Ashmeen Kaur, HOD Psychology welcomed him with a planter. Dr. Davinder Singh Johal gave a presentation on causes of suicide and prevention of suicide. He gave detailed information about the suicides rates in India. He encouraged the students to live a simple, happy and healthy life. He gave day to day life examples supported with adequate theoretical models of stress and stress management. He emphasized that the focus should be on changing ourselves than changing others. The seminar was followed by the practical tips on managing stress and depression. During interactive session, he answered queries of the students. A poster making competition was also organized on this occasion. Ms. Roopam and Ms. Urvi conducted the stage. Dr. Anjana Bhatia gave the vote of thanks. . Ms. Anjana and Ms. Aastha were also present.

## Mental Health Awareness Programme (22-10-2018)



Frudian Psychological Society of HMV organized Mental Health Awareness Programme under the able guidance of Principal Dr. (Mrs.) Ajay Sareen. Keeping in mind the present scenario of rising stress levels, depression and mental illness. Principal Dr. (Mrs.) Ajay Sareen said it is the need of the hour and appreciated the efforts of Psychology department for organizing such an event. Students of the department very enthusiastically participated in the programme by sharing their views on mental health, stress related disorders & mental illness. Students gave Power Point presentations and speeches supported by poetical verses on the topic. Around 20 participants shared their views on significance of mental health, causes of mental illness, kinds of stress related disorders, coping strategies, stress management techniques and the stigma attached to mental illness. In the interactive session, the teachers and students shared and discussed their personal experiences and experiences of their near and dear ones. Dr. Ashmeen Kaur, Head Department of Psychology, summed up the event by summarizing the inputs of the students. She motivated students to live a happy healthy and contented life. Its important to spend time with yourself dream, have goals, focus, work hard, count your blessings and have faith in the almighty, search for strength within yourself. Stage was conducted by Rupam and Urvi of B.A. Sem. III Psychology Hons. On this occasion, A Poster Making competition was also organized. Certificates were given to the best posters and best speakers. Miss Anjana and Ms. Aastha Angrish from Psychology department were also present.

## World AIDS Day (07-12-2018)



World AIDS Day was celebrated by Red Ribbon Club. Students participated in Poster Making competition regarding AIDS awareness. They express their ideas through Slogan's and Pictures about effect of AIDS on our body, cause and precautions of AIDS. 15 students participated in this activity. Shifali Sharma got first position, Akanksha Sharma second, Namisha was third and Kulwinder Kaur won consolation prize in this competition.

## Workshop on Hematology (18-12-2018)



Zoology Department of Hans Raj Mahila Maha Vidyalaya under the able guidance of Principal Prof. Dr. (Mrs.)Ajay Sareen organized a workshop on **Hematology**. Dr. Parvinder Kaur, Veterinary Officer, Civil Hospital was the resource person for the workshop. Dr. Kaur enlightened students about composition of blood, its function and about various blood tests including TLC, DLC, CBC, tests for parasitic infection.

## Seminar on Breast Cancer Awareness (23-10-2018)



Red Cross Society in collaboration with Student Council organized a One day Seminar on Breast Cancer Awareness. The keynote speaker Dr. Bhargava gave a comprehensive presentation on general well-being of women and focused on the importance of exercise and balanced diet. Dr. Bhargava emphasized that it is crucial to diagnose the breast cancer at initial stages to save the country from the irreparable loss it causes. He briefed the students on the tips to detect the lumps, prevention and treatment of breast cancer. He dismantled the myths and taboos related to the disease and advised the students to consult the doctors immediately if they find any of the symptoms of it. 193 students and 4 teachers participated in this seminar.

## Workshop on Individual Differences and Psychological Assessment(12-11-2018)



The Freudian Psychological society of Hans Raj Mahila MahaVidyalaya organized a workshop on Individual Differences and psychological Assessment under the able guidance of principal Prof. Dr. (Mrs .) Ajay Sareen. On this occasion, the resource person for the workshop was Mrs. Sangeeta Bhatia, Senior Counsellor, MGN Public School. Mrs. Sangeeta Bhatia gave a detailed description of Individual Differences and also introduced various psychometric tests. She also showed a power point presentation regarding psychological assessment. She emphasized on the application of psychological assessment tools in career counselling and enlightened the students how personality intelligence, aptitude in interest play a vital role in understanding individual differences. Along with this, she also introduced various psychometric tools to the students like DAT, DABT, EPQ-R, RPM etc. this helped the students to understand the working in application of the psychological tools in education and occupational settings. During the interactive session, she assured the queries of the students.

## **Awareness Campaign on Cancer (02-02-2019)**

An awareness campaign on cancer was Organized by Youth Red Cross Society to observe World Cancer Day. In this awareness campaign 4 teachers and 145 students participated. Dr Shikha Chawla, Oncologist Patel Hospital gave an informative lecture on cancer. Cancer is one of the leading causes of morbidity and mortality worldwide. World Cancer Day is an International Day which is marked to increase awareness of cancer and to encourage its prevention, early detection and treatment. The theme for World Cancer Day 2019 is, "I am and I will" Dr. Shikha Chawla explained the various carcinogens like synthetic products created by industries, components of smoke, pesticides residues and chemicals used in food Industries. She advised the students to adopt a healthy lifestyle by taking nutritious diet and doing exercise daily.

## Health Awareness Seminar on H1N1 Virus (11-03-2019)



Health Awareness Seminar on Swine Flu (HINI Virus) was organized by department of Zoology and Botany in collaboration with Civil Hospital, Jalandhar. Dr. Satish Kumar, District Medical Officer and Dr. Shobhna Bansal, IDST. Dr. Satish enlightened the students about the abbreviation of HINI used for swine flu, its mode of transmission, symptoms and precautions to be followed. He emphasized on personal hygiene, household cleanliness which are small measures that can be very useful in preventing breeding ground of mosquito which are vectors for swine flu. S. Manjit Singh demonstrated the five step rules for washing hands as recommended by WHO. Dr. Shobhna Bansal informed that facility for confirmatory test only available in Chandigarh, Patiala and Ludhiana. If it is positive then one should cover the face with cotton dupatta throughout to avoid transfer or spread of virus to others through sneezing. Mr. Naresh Kumar, Multipurpose Help Supervisor distributed brochures to students that contained detailed information about swine flu and major precautions to be followed.

**International Workshop on Relaxation Techniques(12-03-2019)**



## Yoga and Meditation Session (03-06-2019)



Under the able guidance of Principal Prof. (Dr.) Mrs. Ajay Sareen, Yoga and Meditation session for resident scholars was organized on **3-6-2019**. Mrs. Sunita Dhawan and Mrs. Meenakshi Sayal, Coordinator resident scholars welcomed the resource person Mrs. Bindu Kohli, Assistant Prof. in Cosmetology.

# एचएमवी में डेंगू- मलेरिया से बचाव पर सेमिनार टायरों, गमलों में जमा पानी है सेहत के लिए खतरनाक

जालंधर | एचएमवी में रेड क्रॉस सोसाइटी की ओर से सिविल अस्पताल के सौजन्य से स्टूडेंट्स के लिए डेंगू, मलेरिया और चिकनगुनिया जैसी बीमारियों के बचाव पर सेमिनार करवाया गया। प्रिंसिपल डॉ. अजय सरिन ने सिविल सर्जन डॉ. रघुवीर सिंह रंधावा और उनके सह-चिकित्सक के इस कदम के लिए सराहा।

डॉ. रंधावा ने पूर्ण स्वच्छता, आस-पास की सफाई और संतुलित आहार पर ध्यान देने की बात की। उन्होंने टीचर्स और स्टूडेंट्स को इस बीमारी के प्रति जागरूक किया। डॉ. सतीश कुमार,



जिला महामारी विशेषज्ञ ने डेंगू से बचाव संबंधित जानकारी प्रदान की। उन्होंने कूलर में टायर और पॉट्स में खड़े पानी को बीमारी का मुख्य कारण बताया। डॉ. प्रीत कमल ने स्वाइन फ्लू के लक्षणों और बचने के तरीकों के बारे में बताया। रेडक्रॉस सोसाइटी प्रेसिडेंट दीपशिखा, डॉ. आरती शर्मा और डॉ. संतोष खन्ना मौजूद रही।

The Youth Red Cross Society organized an awareness seminar for students on Prevention of Dengue/Malaria and Chikungunya in collaboration with Civil Hospital, Jalandhar. S. Raghubir Singh Randhawa, Civil Surgeon, Jalandhar and his medical associates. Dr. Randhawa stressed on the need to maintain proper hygiene, cleanliness of surroundings and healthy diet. The district epidemiologist Dr. Satish Kumar explained about the preventive measures to be taken for dengue. Dr. Preet Kawal also shared his views about prevention of Swine flu.

# एच.एम.वी. में डेंटल चैकअप कैम्प लगाया



डा. विक्रान्त भंडारी को सम्मानित करते मीनाक्षी स्याल, दीपशिखा, डा. आरती शर्मा व होस्टल सुपरिंटेंडेंट लखविन्दर सिंह। (संदीप)

जालंधर, 5 अक्टूबर (कुश): हंसराज महिला महाविद्यालय के प्रांगण में यूथ रेडक्रॉस सोसायटी की ओर से कालेज प्राचार्या प्रो. डा. अजय सरीन के निर्देशानुसार डेंटल चैकअप के लिए कैम्प का आयोजन किया गया। इस अवसर पर मुख्यातिथि डा. विक्रान्त भंडारी को आमंत्रित किया गया। मीनाक्षी स्याल एवं दीपशिखा ने मुख्यातिथि का स्वागत किया। काफी संख्या में छात्राओं ने अपने दांतों का चैकअप

करवाया। उन्होंने छात्राओं को दांतों की देखभाल के लिए कई सुझाव भी दिए। उन्होंने छात्राओं को बताया कि दिन में कम से कम दो बार दांतों को ब्रश अवश्य करें एवं सन्तुलित आहार भी लें। उन्होंने नियमित रूप से डाक्टर के पास चैकअप के लिए जाने को भी कहा। इस अवसर पर दीपशिखा, डा. आरती शर्मा, होस्टल सुपरिंटेंडेंट लखविन्दर सिंह, होस्टल स्टाफ एवं रेडक्रॉस सोसायटी के वालंटियर्स भी उपस्थित थे।

जालंधर सवेरा

Fri, 06 October 2017

[dainiksaveratimes.epapr.in//c/2](http://dainiksaveratimes.epapr.in//c/2)



Youth Red Cross Society organized a Dental Check up Camp in college hostel. Dental Surgeon Dr. Vikrant Bhandari examined a large number of students. He attended the complaints of the students and advised them accordingly. He gave numerous tips to the students regarding dental hygiene. He told the students about the need to brush twice a day as well as to have nutritious diet. In this event 2 teachers and 76 students participated.

## AIDS Awareness Programme (10-11-2017)



The Red Ribbon Club of college organized a seminar on AIDS Awareness in which the main speaker was Captain I.S. Dhama, Asstt. Director, Youth Services Punjab. Dean Youth Welfare of the college Mrs. Navroop gave a floral welcome to the guest. Captain Dhama encouraged the students to take part in cultural activities along with studies. He created awareness of AIDS and its precautionary measures among students and Coordinator Red Ribbon Club Mrs. Kuljeet Kaur told about the contribution of Captain Dhama in the overall development of youth. She also discussed new plans and policies of the government for development of youth.

## Two Day Yoga Workshop ( 15-11-2017 to 16-11-2017)



College organized 2-day workshop on Yoga for resident scholars. 300 students from Hostels participated with full enthusiasm. This gave an opportunity to the students and faculty to imbibe the value of discipline, harmony, peace and happiness. Dr. Vinod Kumar(President of Yog Path Sansthan) and Mrs. Anudeep (Vice president of Yog Path Sansthan)were the resource persons.

## Health Awareness Seminar (28-01-2018)



Health Awareness Seminar on **H1N1/Dengue/Chikungunya/Malaria** was organized by Department of Zoology in the premises of Hans Raj Mahila Maha Vidyalaya. Principal Prof. Dr.(Mrs.) Ajay Sareen extended floral welcome to Dr. Satish Kumar, Medical Officer, Civil Hospital, Jalandhar who was the resource person for the day. Under the direction and guidance of Dr. Raghubir Singh Randhawa, Civil Surgeon, Civil Hospital, a lecture was given by Dr. Satish Kumar under Integrated Disease Surveillance programme launched by Ministry of Health and Family Welfare, Govt. of India. Dr. Kumar delivered a talk on prevention of spread of H1N1/Malaria/Dengue and other mosquito born disease. He emphasized on household cleanliness, personal hygiene which are small measures which can be very useful in preventing breeding of larva mosquito which are vectors for swine flu, chikungunya, Dengue and Malaria. He also discussed about first-aid for minor injuries and balanced diet which are very important in our day to day life. Health supervisor Sh. Sansar Chand talked about personal cleanliness including the five-step rules for washing hands as recommended by WHO. Vote of thanks was given by HOD, Zoology, Dr. Seema Marwaha. Faculty members of Zoology department were also present. Dr. Kanika Sharma conducted the stage

## Seminar on Breast Cancer (06-02-2018)



Youth Red Cross Society and Home Science Club organized a seminar on Breast Cancer to observe World Cancer Day. Dr. Archana Dutta, Oncologist, PIMS was invited for same. Dr. Archana Dutta delivered a very informative lecture on Breast Cancer. Cancer is one of the leading causes of morbidity and mortality worldwide. She listed various factors responsible for causing the disease. She explained the five stages of breast cancer. She also explained various screening methods available for timely diagnosis. She advised the students to adopt a healthy life style by taking nutritious diet and doing exercise daily. Regular exercise may increase the life expectancy of breast cancer survivors. At the end she answered the queries of students. She motivated the students to become Pink Ribbon Ambassador and spread the message in society to make it aware of dreaded disease. 3 teachers and 89 students participated in this seminar.

# एच.एम.वी. में महिला स्वास्थ्य व स्वच्छता पर जागरूकता अभियान का आयोजन



## एनएस/जालंधर

हंसराज महिला महाविद्यालय में महिला स्वास्थ्य व स्वच्छता पर जागरूकता अभियान का आयोजन किया गया। कॉलेज प्राचार्या प्रो. डॉ. (श्रीमती) अजय सरिन ने छात्राओं को संबोधित

करते हुए समाज में नारी की समानता पर बात की। पी एंड जी कंपनी की कैंपेन मैनेजर वंदना पटयाल ने मासिक धर्म व स्वच्छता पर लेकर दिया। उन्होंने व्यक्तिगत स्वच्छता पर बात करते हुए छात्राओं के प्रश्नों के उत्तर भी दिए तथा विषय से संबंधित

उनकी जिज्ञासाओं को शांत किया। इस अभियान से छात्राओं को काफी जानकारी प्राप्त हुई। इस अवसर पर श्रीमती दीपशिखा, डॉ. अंजना भाटिया, श्रीमती सलोनी शर्मा, श्रीमती बबनू गुप्ता, सुश्री सोनिया महेन्द्र व डॉ. आरती शर्मा भी उपस्थित थे।



Sat, 24 February 2018

[www.readwhere.com/read//c/26518581](http://www.readwhere.com/read//c/26518581)



Yourth red cross society organized an awareness campaign on Women Health and Hygiene. Ms. Vandana Patyal, Campaign Manager of P and G company gave an informative lecture about Menstruation and Female Hygiene. She discussed about proper methods of sanitation and personal hygiene. She also answered the queries of students and satisfied their curiosity about many issues related to menstruation.. 84 students and 2 teachers participated in this campaign.

## Millet Fest (15-03-2018)



**Millet Fest** was organized by Home Science Department and Innovation Cell of Hans Raj Mahila Maha Vidyalaya. Celebrity Chef Mr. Ram Babu and his team members Shailendra, Ajay and Sreekant from Hyderabad the master chefs were present. The students and faculty members enjoyed the scrumptious food prepared from millets. Chef Rambabu and his team members prepared around 15 different dishes and also shared the recipes. During interactive session with the students, Chef Ram babu discussed all aspects pertaining to the use of millets and its consumption in various forms to become healthy.

## Eye Check-up Camp (01-05-2018)



An Eye Check-up Camp was organized by Hans Raj Mahila Maha Vidhyalya.. The initiative was taken by Dr N.K. Gupta, MBBS, FCLI, AMA from AKAL Eye Hospital. Around 80 students got their eye check-up done. Dr N.K. Gupta gave numerous tips to the students regarding eye care. He highlighted the need for an annual eye check-up for everyone.

2016-2017

An awareness Campaign on Diabetes (16-08-2016)



Youth Red Cross Society organized an awareness Campaign regarding Diabetes. During this campaign the students were made aware of this common lifestyle related disease. Poster and chart making competition was also organized. Awareness amongst students, teaching and non-teaching staff was created. Secretary, Youth red cross society Ms. Rajwinder also gave awareness speech on the occasion. Dr. Arti gave tips on prevention and management of diabetes. 3 teachers and 76 students attended this campaign.

# एच.एम.वी. में मासिक धर्म संबंधित स्वास्थ्य परीक्षण अभियान



## जालंधर/ राकेश गांधी

हंसराज महिला महाविद्यालय, जालंधर के यूथ रेडक्रस सोसाइटी द्वारा मासिक धर्म के विकार से संबंधित स्वास्थ्य जांच अभियान का आयोजन प्राचार्या डॉ॰ अजय सरौन के दिशानिर्देश में

किया गया। इस मौके पर जाली माली स्त्री रोग विशेषज्ञ डॉ॰ सीमा पसरिचा (पसरिचा अस्पताल) को आमंत्रित किया गया। श्रीमति ज्योति कौल और श्रीमति मौनक्षी स्वस्त ने उनको पुष्पगुच्छ भेंटकर स्वागत किया। इसमें

कॉलेज की छात्राओं और अभ्यापको को डॉ॰ द्वारा जांच की गई और उनके रोग के अनुसार सुझाव दिए गए। इसके अतिरिक्त उन्होंने मासिक धर्म के कई विकार जैसे डिस्पैन्ोरिया, मैनेरेजिया, असामान्य गर्भाशय रक्तस्राव एवं मासिक धर्म के पूर्व होने वाले परिवर्तन के विषय में जानकारी दी। उन्होंने छात्राओं को अपनी व्यक्तिगत स्वास्थ्य की स्वच्छता के विषय में बहुत सारे सुझाव दिए एवं छात्राओं को अपनी जीवन शैली में पोषिक आहार को शामिल करने के लिए प्रोत्साहित किया। डॉ॰ सीमा पसरिचा ने छात्राओं को मासिक धर्म चक्र से संबंधित विभिन्न मुद्दों पर उनके द्वारा पूछे गए प्रश्नों के उत्तर देकर उनकी संतुष्ट किया। इस अवसर पर यूथ रेडक्रस सोसाइटी की अध्यक्षता श्रीमति दीपशिखा एवं डॉ॰ आरती शर्मा भी उपस्थित रही

**उत्तम हिन्दू** Thu, 27 October 2016  
uttamhindu.epapr.in/c/14238332



Youth Red Cross Society organized a Health check up on menstrual disorders. Dr. Mrs. Seema Pasricha, a renowned gynaecologist from Pasricha Hospital was invited for the same. A large number of students and staff members were examined by the doctor who attended to their complaints and advised them accordingly. Besides this, she also discussed about many menstrual disorders like dysmenorrhoeal, menorrhagia, abnormal uterine bleeding and premenstrual syndrome. She gave numerous tips to the students regarding personal hygiene and encouraged the students to have a nutritious diet and adopt a healthy life style. 4 teachers and 79 students participated in this event.

# एच.एम.वी. में प्राध्यापक कल्याण कार्यक्रम का आयोजन

जालंधर/ राकेश गांधी

हंसराज महिला महाविद्यालय, जालंधर के परिसर में कॉलेज प्राचार्या डा. अजय सरिन के दिशा-निर्देश में शारीरिक भार नियन्त्रण एवं उचित शारीरिक आकृति विषय पर प्राध्यापक कल्याण कार्यक्रम का आयोजन किया गया। इस कार्यक्रम में श्री रवि शर्मा (स्वास्थ्य एवं पोषक विशेषज्ञ) और श्री हरजीत सिंह (हर्बल लाइफ से) आमंत्रित थे। उन्होंने बड़ी संख्या में छात्राओं एवं प्राध्यापकों के शरीर में उत्पन्न मोटापे के कारणों का निरीक्षण किया जिसके अंतर्गत बी.एम.आई, बॉडील, बी.एफए. और आर.एम. को मापा। उन्होंने यह भी कहा कि आजकल बहुत सी बीमारियों के बढ़ने का मुख्य कारण अस्वस्थ भोजन प्रणाली एवं अस्वस्थ जीवन शैली है। उन्होंने छात्राओं एवं प्राध्यापकों को बिना किसी परहेज एवं दवाईयों के सेवन से वजन कम करने हेतु कई सुझाव दिए। इसके साथ-साथ छात्राओं को अपनी जीवन शैली में व्यायाम और पोषक भोज्य पदार्थों को स्थान देकर अपने जीवन को स्वस्थ एवं खुशहाल बनाने संबंधी ज्ञान दिया। उन्होंने छात्राओं के उत्साहपूर्वक प्रश्नों के समाधान देकर एवं शारीरिक भार नियन्त्रण संबंधी जिज्ञासा को सन्तुष्ट किया। इस अवसर पर कॉलेज मैडीकल आफिसर डॉ. आरती शर्मा व अन्य स्टाफ सदस्य उपस्थित थे।



उत्तम हिन्दू  
एक नवजात शक्ति का प्रतीक  
सत्य हीरो, सत्य हीरो व सत्य हीरो व सत्य हीरो

Wed, 09 November 2016

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Faculty Welfare Programme on Weight Management and Reshape your Shape organized . Mr. Ravi Sharma, Wellness & Nutrition Expert and Mr. Harjit Singh from Herbal Life were invited for the same. A large number of staff members were examined for Body Fat analysis in which BMI, Body %, VFA and RM were measured. They also said that now a days many diseases are caused due to unhealthy diet and life style. They gave numerous tips to the staff members to lose their weight without dieting, medicine and with best nutrition. They also encouraged them to have nutritious diet and do exercise for a healthy and happy life. They answered their queries and satisfied their curiosity about weight management. 79 faculty members and 10 students of student council participated in this programme.

**December 2**



## **AIDS Awareness Campaign**

Zoology Department organized an AIDS Awareness Campaign on World AIDS Day. Science students presented posters and wrote slogans to bring awareness against deadly disease. A video film was shown regarding HIV virus and life cycle in humans. Miss Jashan and Ms. Kirti presented informative power point presentation on spread and preventive measures of AIDS. Speaking on the occasion, Principal Dr. Ajay Sareen stressed upon the need to create awareness regarding AIDS and motivated the students to follow healthy practices in life.

**.Seminar on Health and Nutrition Awareness (01-02-2017)**



The Home Science Club and Youth Red Cross Society organized a seminar on Nutrition for You. Dr. Bhawna Vasudev, Registered Dietician from PIMS delivered a lecture on Nutrition and Diet. Dr. Bhawna Vasudev explained about different kinds of health problems due to malnutrition and guided the students about the good diet plan, adequate nutrition and different strategies of weight balancing. 5 teachers and 54 students participated in this event.

## Health and Nutrition Awareness Campaign (13-02-17)



Youth Red Cross Society and Home Science Club of Hans Raj Mahila Maha Vidyalaya organized a Health & Nutrition Awareness Campaign under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen.

Mrs. Neety Sood, HOD Home Science delivered a motivating lecture in the morning assembly on Importance of Diet. She gave numerous tips to the students regarding healthy diet. She discussed about the importance of breakfast and the need of right diet for healthy and happy life. She emphasized that taking two glasses of water empty stomach and a high fibrous diet can go a long way in improving our digestion and for glowing skin. She also encouraged the students to eat breakfast like a king, lunch like a prince and dinner like a pauper. Vaishali of B.Sc.II Medical, a Youth Red Cross Society volunteer also delivered a lecture on importance of exercise. She mentioned that exercise can give instant glow, reverse the ageing process and provided good sleep. She also told that exercise should be a part of routine but should a routine itself. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the faculty. On this occasion, Mrs. Deepshikha, Incharge Red Cross Society, Dr. Santosh Khanna and Dr. Aarti Sharma were also present.

## Yoga Session (19-07-2015)



Mr. Pawan Kumar. A yoga trainer provided guidance to the students regarding physical exercises and fitness of the body. The program was held in the college hostel. In the month of 19 July 2015. It was organized by Mrs. Sunita Dhawan from Sanskrit Department with the involvement of sports department of the institution.

## Seminar on Menstrual disorders (04-09-2015)



The Youth Red Cross Society organized an awareness event on Menstrual Disorders on 4<sup>th</sup> Sept., 2015. Dr. (Mrs.) Shail Kaur, a renowned gynaecologist from PIMS explained about the irregular and painful menstrual cycle. She said that polycystic ovarian disease can even cause menstrual disorders, acne, obesity and infertility. She encouraged the students to have a nutritious diet and adopt a healthy life style. She answered the queries of students and satisfied their curiosity about many issues related to menstrual cycle. 176 students were made aware about female health and hygiene along with 3 teachers in this event.

## Workshop on Health Awareness (03-03-2016)



C.V Raman Science Society organised a DBT sponsored workshop on Health Awareness on occasion of National Science Day on 3<sup>rd</sup> March 2016. The cheif guest and the resource persons for the workshop were Dr. Amit Jain ;Cardiologist and Interventionist, and Dr. Ganganjot Kaur, Gynaecologist from Panacea Hospital.

## Dental check up camp (26-08-2014)



Youth red cross society organized a dental check up camp in the college campus on 26<sup>th</sup> August, 2014 dental surgeon Dr. Vikrant Bhandari was invited for the same.

## Anti Stress Programme (11-03-2015)



A lecture on stress management was organised by NSS department on 11th March 2015 in which Swami Vivekananda Director Yog Darshan Maha Vidyalaya Ahmedabad, Gujarat motivated the students to remain stress free, be positive and to be a good citizen. On this occasion ,Dr Kumud Pasricha ,Vice President Alumnae Association and Director Satyam Hospital and Trauma Centre and Shivam IVF centre was also present. 158 students participated in this lecture.

## Awareness Campaign on Food Safety (04-04-2015)



Youth Red Cross Society organized an awareness campaign on the theme food safety to observe world health day. Under this campaign, students carried out awareness regarding maintaining hygiene and ensuring intake of healthy food for girl child as well as female adolescents. 5 teachers and 57 students participated in this event.