

I. Soft Skills

International Webinar on Maintaining Beauty and Fitness in COVID Times

30/07/2020

International Webinar on Maintaining Beauty and Fitness in Covid Times Organized at HMV

Jalandhar-The PG department of Cosmetology and Sports and Physical education department of Hans Raj Mahila Maha Vidyalaya organized an international webinar on the topic "Maintaining Beauty and Fitness in Covid times" under the aegis of Internal Quality Assurance Cell of the college. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed them. She said that in this tough time of pandemic, being creative and remain positive is the need of the hour. We must enhance our creativity by utilizing this time properly and must remain internally and externally beautiful by remaining positive and doing exercises. Webinar series coordinator Dr. Ramnita Saini Sharda gave a brief introduction of the college and welcomed all guests and participants. Mrs. Mukti, Head of Cosmetology department was coordinator and moderator, Ms. Sukhwinder, Head of Sports and Physical education department was also the Webinar coordinator and Moderator. HOD of Cosmetology Department, Ms. Mukti welcomed delegates and participants. She also introduced resource persons for the day. Madam Mukti paid her regard and gratitude to Dr. Punam Suri, Padma Shree Awardee, President DAVCMC, New Delhi, Sh.

Shiv Raman Gaur, IAS (Retd.), Director Higher Education DAVCMC, New Delhi, Principal Prof. Dr. (Mrs.) Ajay Sareen, IQAC coordinator Dr. Kanwaldeep and webinar series coor-



ordinator Dr. Ramnita Saini Sharda for providing such a platform. There were three resource persons for the day. The first one was Ms. Ritu Kolentine, International Make up Artist and MD and founder of Ritu Kolentine Make over Studio and Academy in Pjnjab . Madam Ritu delivered her talk regarding the importance of using safety measures while handling clients in salon and also told that how the hygienic points must be followed

by different means in salon. She also suggested to use home remedies in this era of Covid-19 to remain beautiful and told the importance of fitness as outer beauty comes only if we are beautiful and healthy internally. The second resource person was Mr. Sarabjit Singh Happy, International Athletics Coach, Punjab Institute of Sports, Mohali. He told the importance of fitness in covid times to improve our immune system and suggested to do exercises. The third resource person was Ms. Pragati, National level Athlete, Freelance News Anchor, Toronto, Canada who told about the importance of mental fitness along with physical fitness and also emphasised on healthy lifestyle which we can achieve through healthy diet and positive thinking which is the need of hour. All the lectures were rich in knowledge and very helpful for students, researchers and faculty members. All the experts have contributed their best and astonishing experience. The vote of thanks was delivered by HOD, department of Sports and Physical education department Ms. Sukhwinder. She also mentioned sense of appreciation for Technical coordinator Mr. Jagjit Bhatia and his whole team for their support.

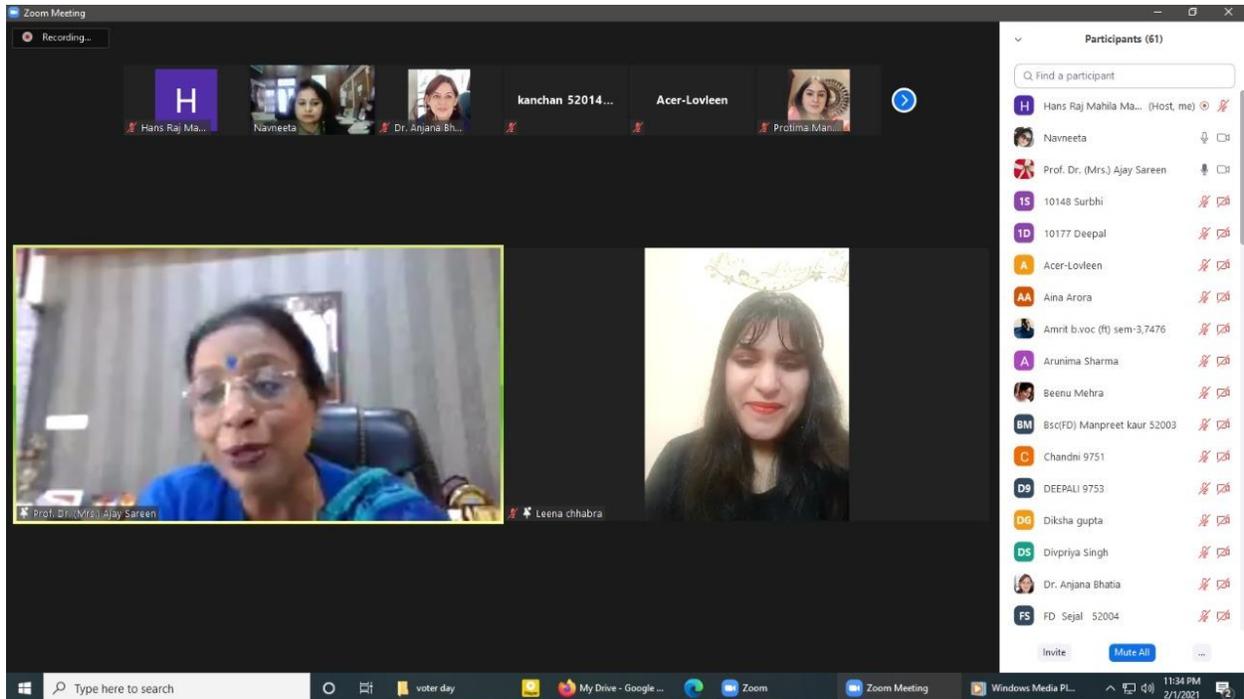
Online Logo Designing
2/2/2021

The C.V. Raman Science Society of Hans Raj Mahila Maha Vidyalaya organised a Logo Design Competition under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The logo was to be based on Scientific Theme. This competition was organised through online mode. Dean Faculty Science & Head of Chemistry Department Dr. Neelam Sharma told that 137 entries from different colleges and universities were received. B. Pharma second year student of Guru Nanak Dev University Mr. Rajanpreet Singh's logo was adjudged as the best logo. He was awarded with certificate and a cash prize of Rs. 1000/-. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the winner and the organizers of the event.

<http://hmvnews.blogspot.com/2021/02/scientific-logo-designing-competition.html>

Workshop on Entrepreneurship Development phases 6/2/2021

The Internal Innovation Council (IIC) organized a workshop on “Entrepreneurship development phases”. The resource person on the workshop was Ms. Leena Chhabra, Director Clients Code and State President Punjab Digital Media Council and also an alumna of HMV. Principal Dr. Ajay Sareen accorded a warm welcome to Ms. Leena and expressed her delight over the arrangement of this unique initiative by Innovation Council. Ms. Leena Chhabra acquainted the students with the basic steps to start any business by selecting an idea and then studying the target audience, market viability proceeding towards the valuation of opportunity and execution of ideas. The first real task for a beginner is to think of a good idea and then to think about the profit ability and viability of the idea over the long term in order to develop a successful business.



Online session on Start Up

23/02/2021



Institutional Innovation cell of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized another virtual innovative session on Start Ups under the aegis of MHRD to acquaint the students with the know-how of the Start Ups. The session was organized with the benign support of Principal Prof. Dr. (Mrs.) Ajay Sareen. The Resource Person Mr. Manish Sehgal was accorded a warm welcome by Mrs. Navroop, Faculty Incharge Humanities and Innovation Ambassadors Mrs. Alka and Mrs. Lovleen Kaur. Principal Dr. Ajay Sareen conveyed her best wishes and congratulated the Innovation Cell for its incessant efforts. Dr. Anjana Bhatia, President Institutional Innovation cell presented a warm welcome to the Resource Person and highlighted the features of innovative policies issued by Government of India. Mr. Manish Sehgal gave a comprehensive introduction to the National Innovation Policy and how to open a Start Up venture. He emphasized on the uniqueness of the idea which is the backbone of a successful venture. He told that there are four Incubator units in Punjab which provide all kind of support to the young entrants and ensure that deserving proposals gets seed funding at minimum interest rates. The proposal should be convincing enough to attract the attention of the venture capitalists as well. Mr. Sehgal also proposed to constitute a Start Up committee in the Institute where students can be given necessary guidance. He was given a vote of thanks by Mrs. Protima HOD history and an Innovation Ambassador. The session was moderated by Mrs. Alka Sharma, Assistant Professor Political Science.

Online Session on Business Model Canvas 18/03/2021

Institutional Innovation Cell of Hans Raj Mahila Maha Vidyalaya, Jalandhar in collaboration with PG Department of Multimedia organized an online session on **Business Model Canvas** under the aegis of MHRD to acquaint the students towards Entrepreneurship. The session was organized with the favourable support of Principal Prof. Dr. (Mrs.) Ajay Sareen. Dr. Anjana Bhatia introduced the concept of the session and briefed about the MHRD's motive of Innovation Council which is prompted towards training the youth of the country and gave a formal welcome to the Resource Person Ms. Leena Chhabra. Ms. Leena Chhabra a young entrepreneur, Director Clients Code Working actively as WICCI -State President Punjab Digital Media Council started the session by explaining the basic concept of Business Model Canvas in a very simple way. She emphasised that the concept of entrepreneurship. Right from the basic level of Entrepreneurship to all the 9 blocks of Business Model Canvas. She explained all the nine blocks step by step along with a real life example which helped the students to link the virtual concept with the real world. Every Block of Model Canvas highlighted one phase of startup of business and its various aspects. She also prepared an animated video for students to understand the concept with the help of Multimedia and compared the working and management of a small scale Flight business on the basis of how they reach their customers, how they maintained relationship with them and also how new and new offers are being introduced not effecting the financial condition of the system



25/06/2021

The Commerce Club of PG Department of Commerce and Management of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized “Vigyaapan Srijana : A Blend of Creativity and Madness”- An Online Ad-Mad Competition, under the able guidance of Prof. Dr. (Mrs.) Ajay Sareen. In this competition, students have participated with full zeal. Mrs. Binoo Gupta-Incharge Commerce Club, Mrs. Shefali Kashyap-Coordinator, Mrs. Yuvika-Incharge of Sem 6 classes, Mrs. Ritu Bahri-Incharge of Sem 4 classes, Ms. Anjali-Incharge of Sem 2 classes were the part of the organizing team along with 3 student assistants Radhika Verma, Jyot Sifat Kaur and Arshiya. Mrs. Binoo Gupta told that the objective was to inculcate marketing and advertising skills in the students to develop their personality as a tool adopted for innovative teaching pedagogy. Mrs. Shefali told that videos were invited from the students in which they had to present the advertisements on a product/ service along with a tagline and students had to create an original content. The competition was judged by Dr. Anjana Bhatia and Mrs. Rama Sharma. Principal Dr. Ajay Sareen and Dr. Kanwaldeep Kaur, Head of the Department congratulated the winners and the organizers of the event, and gave blessings to the students and motivated them to participate in more events in future.



II. Language and Communication skills

International Webinar on Communication Skills and Personality Development

17/12/ 2020



The PG Department of English organized an International Webinar on Communication Skills and Personality Development under the banner of Community College with benign support of Principal Prof. Dr. (Mrs.) Ajay Sareen. The event commenced with traditional lamp lighting ceremony followed by Gayatri Mantra. Mrs. Mamta, Head of Department of English, accorded a formal welcome to the honourable Principal Prof. Dr. (Mrs.) Ajay Sareen as the Presiding guest and the Resource Person, Mr. Harjinder Singh Bhugtaana, CELTA qualified English tutor from Australia. She mentioned that it is quite important for the students to hone their soft skills which are the need of the hour. She expressed her gratitude to the worthy resource person for giving an insight into the topic and to Mrs. Meenakshi Sayal, Cordinator Community College for her motivation to hold such sessions. Mr. Harjinder Singh updated the students about the relationship between communication skills and personality. He illustrated through a presentation that these skills refine and enhance the personality from every aspect. People with great communication skills tend to have a better and impressive personality than those who have problems in communicating as interacting with others is not a challenge for them. Individuals with effective communication skills can easily converse with other people and it strengthens the bond among individuals. It is also said to improve the interpersonal relationships with other people.

International Mother Language Day **18/02/2021**

The PG Punjabi Department of Hans Raj Mahila Maha Vidyalaya celebrated International Mother Language Day as per the instructions of University Grants Commission and under the able guidance of Principal Prof. Dr. Mrs. Ajay Sareen and HOD Punjabi Mrs. Navroop Kaur. The department organised competition on Poem recitation. In this competition, around 30 students recited self written poems and poems of renowned poets depicting love for our mother language. The judges of the competition were Dr. Harpreet Kaur and Dr. Mandeep Kaur. Principal Prof. Dr. Ajay Sareen told the students about the importance of our mother language Punjabi. Head of Department Mrs. Navroop Kaur encouraged the students to read Punjabi literature for their holistic growth. Incharge Punjabi Sahit Sabha Mrs. Kuljit Kaur told the students about the historical background of International Mother Language Day. Km. Simran of B.Com Sem 4 got 1st prize, Km. Republin got 2nd prize and Km. Maneesha got 3rd prize. Principal Madam gave prizes to the students. On this occasion, Mrs. Veena Arora and Mrs. Satinder Kaur, Associate Professors in Punjabi were also present. It is worth mentioning that during the morning assembly also, Ms. Mandeep Kaur presented her views on Mother Language and encouraged the students to read Punjabi literature.



III Life skills(Yoga, physical fitness, health and hygiene)

Webinar on “Woman Health Care”

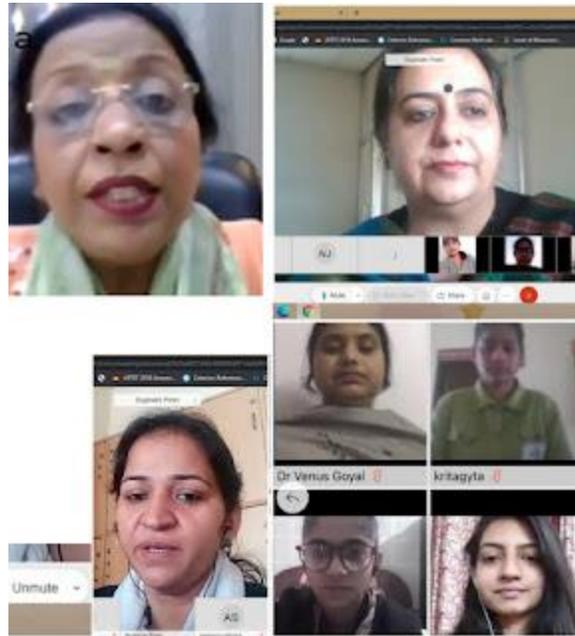
25/11/2020



The Red Ribban Club and Red Cross society of Hans Raj MahilaMahaVidyalaya, organized a webinar on “Woman Health Care” under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Coordinator Red Ribban Club Mrs. KuljitKaur and Coordinator Red Cross Society Mrs. Deepshikha jointly organized this webinar in which Dr. VimalTrikha was the Resource Person. Principal Dr. Sareen welcomed her and said that women should be made aware about their health. She said that young generation girls are eating lack of nutritious food which is a matter of concern. She encouraged all the students to follow all the rules & take precautions during COVID-19. Dr. Trikha advised the girls to be physically, mentally & emotionally strong. She advised them to do exercise regularly, eat healthy food & do not think too much. Km. GursimarChaudhary told about the challenges for women in health care. Mrs. KuljeetKaur said that a woman can make a family healthy. Mrs. Deepshikha gave vote of thanks. This webinar was attended by approximately 300 students.

Behaviour Modification techniques for Addicts

26/02/2021



Freudian Psychological Society of Hans Raj Mahila Maha Vidyalaya, Jalandhar organised a online workshop on “Behaviour Modification techniques for Addicts” under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Dr. Ashmeen Kaur, Head of the Department welcome the Resource Person Dr. Nisha Chhabra, Asstt. Prof. in Psychology, GNDU College Verka, Amritsar. The faculty members Dr. Venus Goyal, Ms. Anjana and Ms. Deepsha also attended the workshop. All the students of the Psychology Department participated in the workshop. Dr. Ashmeen Kaur concluded the session and thanked Dr. Nisha Chhabra for her presence and the informative session.

Workshop on Life and Professional Skills

5/5/2021

Hans Raj Mahila MahaVidyalaya, Jalandhar provided a golden opportunity to students by starting a Programme of 10 days on “Life and Professional Skills”. The Programme was coordinated by Mrs. Meenu Kohli and Ms.Shallu Batra. Dean Academics Dr. Kanwaldeep Kaur said that we should utilize our time fruitfully during Pandemic. She also said that the staff of HMV is so efficient that they are making students skilled through virtual platform. Head of Psychology Department Dr. Ashmeen Kaur took first session on Mental Health. Mrs. Sukhwinder Kaur from Sports Department took a practical session on Yoga. The programme was attended by almost 100 participants. Mr. Parminder Singh from English Department, Dr. Rakhi Mehta and Dr. Shailender Kumar from Fine Arts Department, Mrs. Sangeeta Bhandari from Computer Science Department, P G Deptt. of Cosmetology Mrs. Mukti Arora, Mr. Ashish Chadha from Post Graduate Department of Multimedia, Dr. Nitika Kapoor from Post Graduate Department of Botany and Dr. Pooja Manhas, Department of dance delivered lectures on their areas of expertise.



Workshop on Life and Professional Skills 23/05/2021

Hans Raj Mahila Maha Vidyalaya organised a Programme on “Life and Professional Skills”. As per the tradition of HMV, function started with Gaytri Mantra and Lightning of Lamp to seek blessings of God Almighty. Principal Prof. Dr. (Mrs.) Ajay Sareen addressed the students and emphasized that work done with passion and commitment always helps to achieve results. Dr. Ashmeen Kaur, HOD Psychology and Ms.Sukhwinder, Sports Department were the experts for the Day which was on Yoga and Mental Health. Mrs. Meenu Kohli, Associate Prof, PG Department of Commerce and Management and Dr. Shallu Batra, Head, Department of Economics were the organizers of the programme.



Workshop on Counselling Skills 13/06/2021

A three days virtual workshop on Counselling Skills was organised by Psychology Department under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The workshop was conducted by Dr. Sheba Singh, Ph.D. Psychologist, Mumbai. The students of Diploma in Counselling, B.Voc Mental Health Counselling & Psychology (Hons.) along with faculty of the department participated in the workshop. Dr. Ashmeen Kaur, Head of Psychology Department said that such workshops and interactive sessions give practical exposure to students & help them when they step out to work in their respective fields. Dr. Sheba Singh gave beautiful & detailed explanation on various topics such as child & adolescent counselling, Adult & Marital Counselling, Case History Taking & Mental Status Examination (MSE). She mentioned that people come for therapy when they face academic or behavioural difficulties, psychological stress, bullying, divorce, grief, experienced traumatic events or sexual, emotional abuse. She further added that during this pandemic psychologists saw an increase in mental disorders among people due to which they are looking forward for counselling. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the department. Head of Department Dr. Ashmeen Kaur presented vote of thanks.



IV. ICT/Computing skills

Workshop on Banking Software 'Finacle'

1/2/2021



A workshop on Banking Software 'Finacle' was organized by the PG Department of Commerce and Management of Hans Raj Mahila Maha Vidyalaya under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen for the students of B.Voc (Banking and Financial Services). On this occasion, the students visited the circle office of Punjab National Bank Jalandhar. Mr. Sunil Kumar, Chief Manager welcomed the students. Ms. Riya Makkar (Manager, Department of IT) explained the use of latest version of Finacle. She explained core banking solution, modules and user access system in Finacle. She gave information to students regarding account opening, CIF (Customer Information File). She also explained the relevance of accurate CIF. Mr. Gagandeep Singh (Manager, Department of IT) explained the Concepts of CRM, Transaction Maintenance System of Banks, Account Enquiry System, Banker Customer Relationship. He also discussed various shortcut commands used in Finacle and also explained the latest upgradations in banks like Aadhar Linked Bank Accounts, Continuity Plan Software, Investment Status Report, NEFT and RTGS settlement system. The workshop ended with a doubt clearing session. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Head of the Department, Dr. Kanwaldeep Kaur and appreciated the efforts of the Department. On this occasion Mr. Gaurav (Sr. Marketing Manager) and Ms. Anjali Bedi were also present.

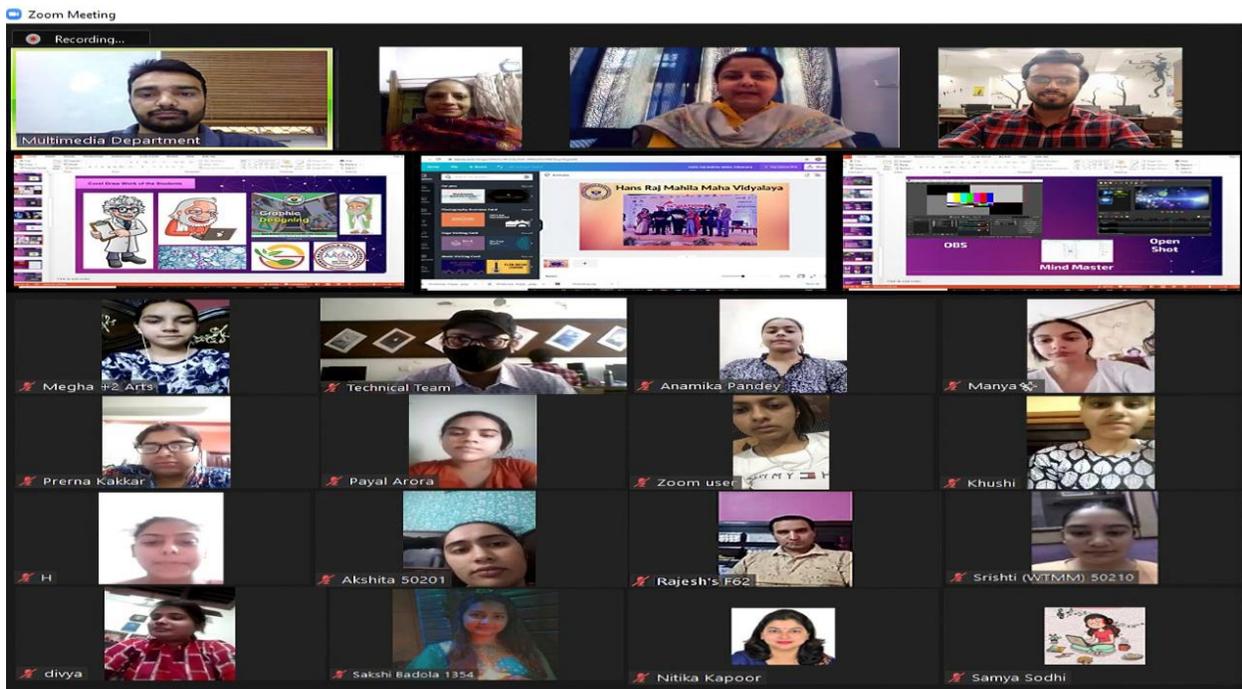
Factshala, India Media Literacy Network Workshop 18/03/2021



The PG departments of Mass Communication and Video Production and Multimedia of Hans Raj Mahila Maha Vidyalaya organised “Factshala, India Media Literacy Network workshop. The resource person of the workshop was Prof. Umesh Arya, Chairman, Department of Communication Management and Technology, Guru Jameswar University of Science and Technology, Hisar, Haryana. Principal Prof. Dr. Mrs. Ajay Sareen welcomed him and said that while it is difficult to control the flow of information, media and information literacy can lessen the impact of this problem by developing media and information literacy competencies amongst people. She said that there is a need to have concerted efforts to make people media and information literate so that they can sail smoothly in the sea of information and media messages. Mrs. Rama Sharma, Head of PG department of Mass Communication and Video Production department welcomed him and gave his brief introduction. She also gave the concept note of the workshop. Prof. Arya said that Media literacy is the ability to understand the different types of media and the messages it gives. He said that once a message has been received it is important to ask 5 questions: who created the message, why was the message created, who is the target of the message, what is the information included and excluded in the message, and what is the message making the reader feel. He made his session very interactive with feedback sessions simultaneously which he took through various online modes.

Online session on Multimedia tools and tricks 14/05/2021

Mr. Ashish Chadha from Post Graduate Department of Multimedia was the Resource Person who delivered a lecture on Multimedia Tools and Tricks. Mr. Ashish Chadha shared his knowledge about various tools used in Multimedia which act as the back bone of any Digital Media Production. He made the students aware about the various free online services which can be used along with their emails. He also gave a Practical Session on how to use these free tools/websites to get their work done in day to day life and making it very easy and less time consuming. He made them aware about use of G-Drive, Docs, Jam Board, Slides, Form, Keep, Mind master, Canva and other various online apps and websites available free on the internet. Other recording tools like OBS Studio and Open Shot were also explained. It was really an interesting and interactive session in which students participated with full of gusto. Students felt this session quite helpful as at the end there was one to one query session. They also provided their valuable feedback. Incharges of this induction programme, Mrs. Meenu Kohli, Post Graduate Department of Commerce and Management and Ms. Shallu Batra, Post Graduate Department of Economics delivered a vote of thanks at the end of the session.



National level online Power Point Presentation 9/6/2021

Planning Forum PG Department of Economics of Hans Raj Mahila Maha Vidyalaya Jalandhar organised national level online Power Point Presentation Competition on the Topic- Evolution of Indian Economy in Post Independence Era – A Critical Appraisal to celebrate the 75th year of Indian Independence “Azadi Ka Amrut Mahotsav” on 9th June 2021 under the able guidance of Madam Principal Prof. Dr. Mrs. Ajay Sareen. Dr. Shallu Batra, Head PG Department of Economics welcomed participants from various colleges all over India. Participants presented their PPTs on various topics- trends in growth in various sectors of Indian economy, development policies formulated and implemented, challenges faced by Indian economy since independence etc. Km Ishpreet, Km Tania and Km Mehak conducted the stage. Judges of the competition were Dr. Kamaljeet, Associate Professor, DAV Nakodar and Dr. Shallu Batra, Head Department of Economics, Hans Raj Mahila Maha Vidyalaya, Jalandhar. Radhika Chopra and Mamta Chingotra bagged first positions, Arjun Singh and Kritika Sharma bagged second position, Aman Raj stood third and Anmol Kaur Khaira got Consolation Prize. Madam Principal and congratulated all the winners as well as the participants.

