

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

Webinar on “Woman Health Care”

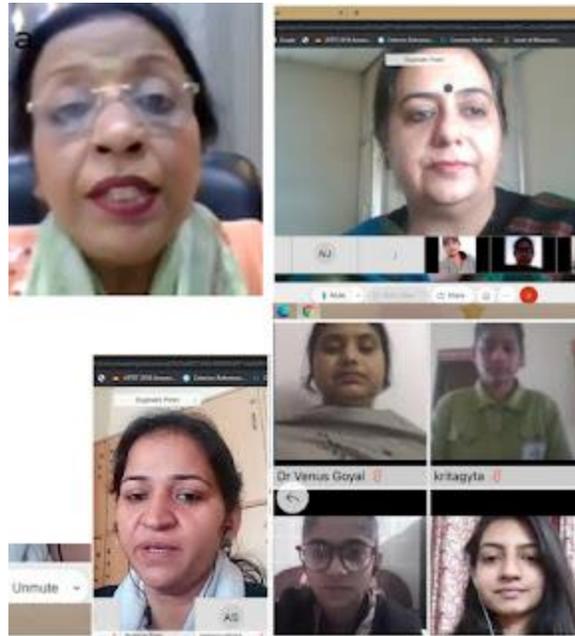
25/11/2020



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.



