



### **7.1.10**

**Details of the monitoring committee for checking adherence to the code of conduct/professional ethics**

**DETAILS OF MONITORING COMMITTEE COMPOSITION AND PROGRAMMES ORGANIZED WITH REPORTS**

## Discipline committee & its composition

### Discipline Committee

Discipline committee works as Monitoring Committee for adherence to code of conduct by the students. The Discipline committee is responsible for the co-ordination of policies, procedures and activities that encourage good behavior in the College. Students are expected to adhere to guidelines for discipline, prohibition of ragging and gender sensitization. For any complaints regarding discipline the Discipline committee members and Grievance Redressal Cell can also be contacted..

<b>Composition</b>	
<b>Members</b>	<b>No.</b>
Dean	2
Co-Dean	2
<b>Block Wise Incharges</b>	
Science Block	1
IT Block	1
Arts Block	1
Performing Arts Block	1
Commerce Block	1
Skill Development Centre	1
School Block	1
<b>Students Representatives</b>	
Secretary	1
Joint Secretary	6
Assistant Secretary	6

## **FunctionsofDisciplineCommittee**

The Discipline Committee functions as per the code of conduct of the college. **DisciplinecommitteeensuresthatthefollowingRules arefollowedandpracticed by the studentson daily basis:**

Comingontime

Possess identitycard

Useofmobilephones inthecampusprohibited

CompulsoryAttendanceatprayerinthemorningassembly

Vehiclestobeparked attheparkinglot

Dayscholarsnottovisithostel

InFreeperiodsgo tolibrary&studentcommonrooms

Cleanlinessstobemaintainedinthecampus

Not to use college name in any publication without principal's permission  
 Form a habit of making queue  
 Ragging is strictly prohibited  
 Not to leave college before 1:30pm  
 Not to give gifts to any employee of the college

## **Duties performed by the members & volunteers of the Discipline Committee**

Perform disciplined duty in their free periods  
 Disciplined duties during morning assembly  
 Take rounds and check that there is no mobile usage in the corridors and classrooms  
 Perform disciplined duty in the college functions

## **List of members of Discipline Committee Session 2020-21**

Dean 1	Dr. Ashmeen Kaur
Dean 2	Ms. Shallu Batra
Co- Dean 1	Mr. Ravinder M. Jindal
Co- Dean 2	Mrs. Gagandeep
<b>Block Wise Incharges</b>	
Incharge Science Block	Dr. Neelam Sharma
Incharge IT Block	Mr. Gurmeet Singh
Incharge Humanities Block	Mrs. Ritu Bajaj
Incharge Performing Arts	Dr. Santosh Khanna
Incharge Commerce Block	Mrs. Kajal Puri
Incharge Skill Development Centre (SDC)	Dr. Neeru Bharti Sharma
Incharge School Block	Mrs. M. Syal, School Coordinator
<b>Students</b>	
Secretary	NAME: Shraddha Chhabra CLASS:- B.A Sem. VI ROLL NO. :- 4156
Joint Secretary	NAME: Mansi Loachotra CLASS:- M.Com. Sem. IV ROLL No. :- 8941
	NAME: Diksha CLASS:- MSc. (CS) Sem. II

	ROLL NO. :- 45004
	NAME: Namarta CLASS:- MSc. Maths Sem. II ROLL NO.:-25408
	NAME: Tania CLASS:-M.A. Eco. Sem II ROLL NO.:- 15502
	NAME: Netra Bhatia CLASS:-B.A. Sem. VI ROLL NO.:- 4218
	NAME: Ishpreet Kaur CLASS:- B.A Sem. VI ROLL NO.:- 4223
AssistantSecretary	NAME: Komalpreet Kaur CLASS:- BD Sem. VI ROLL NO.:- 5912
	NAME: Tripti CLASS:- BCA Sem. IV ROLL NO.:-8008
	NAME: Aman CLASS:-B.Com. Sem. IV ROLL NO.:- 2709
	NAME: Purna CLASS:- Bsc. Sem IV ROLL NO.:-6733
	NAME: Manveen CLASS:-BSc. Sem. II ROLL NO.:-21003
	NAME: Pooja CLASS:- BD Sem. II ROLL NO.:- 53014

### COMPOSITION OF STUDENT COUNCIL

<b>Dean</b>	Mrs. Urvashi
<b>Co-Dean</b>	Mr. Pardeep Mehta
<b>Members</b>	Mrs. Nita Malik

	Dr. Nitika
	Mrs. Savita Mahendru
	Mrs. Jyotika Minhas
	Mrs. Deepali
	Ms. Harmanu
<b>STUDENT</b>	<b>MEMBERS</b>
<b>Head Girls</b>	<b>02</b>
<b>Joint Head Girls</b>	<b>10</b>
<b>Assistant Head Girls</b>	<b>08</b>

## **OFFICE BEARERS OF STUDENT COUNCIL 2020-21**

Sr. No	Designation	Name	Class	Roll No.
<b><u>HEAD GIRLS</u></b>				
O1	HEAD GIRL UG	Ishpreet Kaur	BA Sem VI	4223
O2	HEAD GIRL PG	Gurkeerat Kaur	M.A. (Eng.) Sem IV	9914
<b><u>JOINT HEAD GIRLS</u></b>				
O3	JOINT HEAD GIRL UG	Navjot Kaur	BA Sem IV	6031
O4	JOINT HEAD GIRL UG	Vani Middha	BCA Sem VI	7062
O5	JOINT HEAD GIRL UG	Jyot Sifat Kaur	B.Com.(FS) Sem IV	4703
O6	JOINT HEAD GIRL UG	Komalpreet Kaur	BD Sem VI	5912
O7	JOINT HEAD GIRL UG	Gauri Jindal	B.Sc.(BT) Sem IV	7922
O8	JOINT HEAD GIRL PG	Mansi Loachotra	M.Com Sem IV	8941
O9	JOINT HEAD GIRL PG	Palk Sharma	M.Sc. (Bot.) Sem IV	9404

O10	JOINT HEAD GIRL PG	Ranchana Kumari	MA(Hindi) Sem IV	9262
O11	JOINT HEAD GIRL PG	Pallavi	M.Sc.(CSc.) Sem IV	9501
O12	JOINT HEAD GIRL PG	Sandeep Kaur	MA (Pbi.) Sem IV	3959
<b><u>ASST. HEAD GIRLS</u></b>				
O13	ASST. HEAD GIRL UG	Prabhnoor Kaur	B.Design Sem VI	5919
O14	ASST. HEAD GIRL UG	Tripti	BCA Sem IV	8008
O15	ASST. HEAD GIRL UG	Gursimar Choudhary	BA Sem II	10082
O16	ASST. HEAD GIRL UG	Arshiya Arora	BBA Sem II	33003
O17	ASST. HEAD GIRL UG	Sahibpreet	B.Sc. Sem II	21004
O18	ASST. HEAD GIRL PG	Tania	MA(Eco.) Sem II	15502
O19	ASST. HEAD GIRL PG	Simran Chawdhary	M.Sc.(IT) Sem II	45061
O20	ASST. HEAD GIRL PG	Namarta	M.Sc(Maths) Sem II	25408

## **List of professional ethics programmes organized by the institution**

### **HMV organized a webinar on Guru Teg Bahadur Ji**

Dated: 13<sup>th</sup> July, 2020

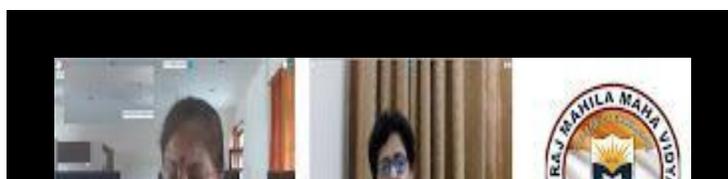


<http://hmvnews.blogspot.com/2020/07/hmv-organized-webinar-on-guru-teg.html>

The History department of Hans Raj Mahila Maha Vidyalaya organized a webinar on Guru Teg Bahadur ji under the aegis of DPI and under the leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen. The main speaker of the webinar was Former Deputy DPI Colleges, Punjab Dr. Lakhwinder Singh Gill. Principal Prof. Dr. Mrs. Ajay Sareen welcomed him and told about this special webinar. **This webinar was dedicated to 400<sup>th</sup> Birth Anniversary of 9<sup>th</sup> Guru Sri Guru Teg Bahadur Ji. A video presentation was shown to the participants on life, travel, teachings and martyrdom of Guru ji by Head of History department Mrs. Protima Mander. Head of PG department of Punjabi Mrs. Navroop Kaur addressed the participants and said that we should follow the path shown by Guru ji and read his Bani. Dr. Lakhwinder Singh Gill said that the life of Guru ji is an example for us. He gave logical facts based on Guru ji's bani. Associate Prof. Punjabi department Mrs. Kuljeet Kaur also encouraged the participants to follow the bani of Guru ji in life.** This webinar was also shown through facebook live with the help of technical team under the guidance of Technical Coordinator Mr. Jagjit Bhatia.

## **International Webinar on “Gender Equity Issues in Pandemic Times” at HMV**

Dated: 19<sup>th</sup> July,2020



<http://hmvnews.blogspot.com/2020/07/international-webinar-on-gender-equity.html>

The department of Psychology and Sociology of Hans Raj Mahila Maha Vidyalaya organized an International Webinar on Gender Equity Issues in Pandemic times in collaboration with NGO APAAR under the aegis of IQAC as per the directions of Principal Prof. Dr. (Mrs.) Ajay Sareen. Webinar series coordinator Dr. Ramnita Saini Sharda stressed upon the need and significance of holding the webinar on this theme in the pandemic times. Dr. Baljinder Singh, HOD, Sociology, coordinator of the webinar introduced the topic of the webinar. Dr. Ashmeen Kaur, HOD Psychology, introduced the speakers of the webinar and moderated the sessions. **The key speaker of the webinar was Dr. Vandna Sharma, Former Dean Social Sciences and HOD, Psychology, Punjabi University, Patiala, Professor of Eminence, Akal University, Talwandi Sabo. Through a very structured presentation, starting from vedic times to pandemic times, she raised issues pertaining to gender equity especially in context to Indian set up.** The questions raised by the participants were answered very well.

The second speaker was Dr. Navneet Bhullar, Physician from U.S and founder of NGO APAAR (Altering Perceptions of Autism and assisting in rehabilitation). She discussed the issues of women at Global level and in specific context to people with intellectual disabilities. Both the speakers emphasized on the need for gender equity citing present statistics and suggesting models for reaching towards gender equality. Principal Prof. Dr. Ajay Sareen congratulated both the departments for successfully organizing the webinar. Dr Ashmeen Kaur gave a formal vote of thanks to the speakers, IQAC Coordinator Dr. Kanwaldeep Kaur, Webinar series Coordinator Dr. Ramnita Saini Sharda and the technical team.

## 2 days FDP on Online teaching concluded at HMV

Dated: 7<sup>th</sup> August, 2020



**Two days Faculty Development Program on Online Teaching tools and techniques was organized by Hans Raj Mahila Maha Vidyalaya under the aegis of Internal Quality Assurance Cell of the college. IQAC coordinator Dr. Kanwaldeep Kaur welcomed all the participants. Principal Prof. Dr. Mrs. Ajay Sareen gave inaugural address and Dr. Ashmeen Kaur, Convenor of the workshop gave concept note. The Resource persons of the workshop were Dr Harpreet Singh , Head Bioinformatics dept., Dr Ekta Khosla, Mr Anil Bhasin, Mr Jagjit Bhatia, Mrs Urvashi and Dr Minakshi Duggal. The FDP on teaching online tools and techniques was initiated and organized keeping the pandemic situation in mind in order to upgrade the skills of the teaching faculty. All the faculty members of the college were given training about usage of online teaching platforms and the resource persons cleared their doubts also. The faculty members were given hands on practice sessions on different online platforms. The associated team was Mr. Aashish Chadha, Mr. Rishabh Dhir , Mr. Rajesh, Mr. Arvind, Mr. Vidhu Vohra and Mr. Kewal.**

## **Sanskrit Day celebrated at HMV**

Dated: 8<sup>th</sup> August, 2020



<http://hmvnews.blogspot.com/2020/08/sanskrit-day-celebrated-at-hmv.html>

**The Sanskrit department of Hans Raj Mahila Maha Vidyalaya celebrated Sanskrit Day in order to aware the students about the importance of Sanskrit language. On this occasion, inter class essay writing competition was organized. The topics of competition were “Importance of Sanskrit in Modern Era” and “Ved- the Basis of Morality”. The students of other languages also participated in this competition. Rishis are the source of Sanskrit literature. Sawan Purnima is being celebrated as Rishi Parv and Sanskrit diwas. Principal Prof. Dr. Mrs. Ajay Sareen said that Sanskrit is our heritage. Its importance should be known to young generation. We get knowledgeable material from Vedic Sanskrit Studies. In present era, for computer programming, Sanskrit language is known as the best language. She congratulated Sanskrit department and the winners of the competition. She also encouraged the students to take part in such competitions. Km. Khushi of sem 4 got 1<sup>st</sup> prize, Km. Aditi Rana of B.Com. sem 4 got 2<sup>nd</sup> prize and Km. Simmi Aggarwal of B.Com. Sem 5 got 3<sup>rd</sup> prize. In Collegiate wing, Km. Softy Kashyap got 1<sup>st</sup> prize, Km. Gurpreet Kaur got 2<sup>nd</sup> prize and Km. Sakshi Badola got 3<sup>rd</sup> prize. Dean Vedic Adhyayan Society Mrs. Mamta, Coordinator HMV Collegiate School Mrs. Meenakshi Sayal and Head of Sanskrit Department Ms. Meenu Talwar congratulated the winners.**

**Veda promotional week organized by HMV**

Dated: 21<sup>st</sup> August, 2020



<http://hmvnews.blogspot.com/2020/08/veda-promotional-week-organized-by-hmv.html>

Hans Raj Mahila Maha Vidyalaya organized Veda Promotional week with full enthusiasm. Sanskrit Department and Vedic Adhyayan Society of the college organized various competitions on this occasion which included Vedic Mantra recitation competition, importance of veda and vedic quiz. A feature film on the life and teachings of Maharishi Dayanand Saraswati was also shown to the students. Head of Hindi department Dr. Jyoti Gogia told the students about the life of Mahatma Hansraj Ji and encouraged the students to follow his footsteps. Head of Sanskrit Department Dr. Meenu Talwar gave her talk on “Importance of Vedas” and answered the queries of the students. History department and Sanskrit Department jointly organized Vedic quiz for the students. The students participated in this competition with full enthusiasm and they also made posters of vedic shlokas. In poster making competition, Km. Chahat got 1<sup>st</sup> prize, in vedic quiz, Km. Harshita got 1<sup>st</sup> prize and in mantra recitation competition, Km. Khushi and Km. Komal got 1<sup>st</sup> prize.

On this occasion, Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Sanskrit Department and Vedic Adhyayan Society and said that it is our moral duty to tell our students about the great lives of our Maharishis. She said that our institution has maintained a balance between Vedic traditions and Modernity. We should enlighten our girls if we want to have the light of Vedas in each and every house. Dean Vedic Adhyayan Society Mrs. Mamta said that we should assimilate Vedic teachings. She also congratulated

Dr. Meenu Talwar, Dr. Prem Sagar, Dr. Jyoti Gogia and Mrs. Protima. On this occasion, Mrs. Pawan Kumari, Dr. Deepti Dhir and other faculty members were also present.

## National webinar conducted by HMV

Dated: 27<sup>th</sup> August, 2020



<http://hmvnews.blogspot.com/2020/08/national-webinar-conducted-by-hmv.html>

The Political Science department of Hans Raj Mahila Maha Vidyalaya organized a national webinar on 400th Birth Anniversary of Shri Guru Teg Bahadur Ji under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The webinar was started by Webinar series co-incharge Mrs. Kuljit Kaur. Resource persons were Dr. Karamjit Kaur Malhotra, Assistant Professor in department of Punjab Historical Studies, Punjabi University, Patiala and Dr. Maneshwar Singh Kondal, an Engineer and motivational speaker. **Dr. Karamjit Kaur beautifully depicted the life of Guru Teg Bahadur Ji from their early life to martyrdom.** She also highlighted the socio-political aspect prevailing at the time of martyrdom of Guru Ji. **Dr. Maneshwar Singh Kondal, elaborate the philosophy and teachings of Guru Teg Bahadur Ji. He said that today's youth should walk on the path of Guru Ji.**

Mrs. Navroop Kaur Webinar series incharge and Head of Punjabi Department recited a beautiful and emotional poem on Guru Teg Bahadur Ji. Mrs. Protima HOD of History Department conducted question hour session. Teachers, students and research scholars participated in this webinar. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the coordinator Mrs. Nita Malik HOD, Political Science Department and Moderator Mrs. Alka Sharma Assistant Professor, Political Science Department for the success of the webinar. She said that such webinar helps to

motivate our youth towards moral values. Dr. Jeevan Devi was also present.

## **NSS unit and sports department of HMV participating in Fit India Freedom Run program**

Dated: 28<sup>th</sup> August, 2020



<https://hmvnews.blogspot.com/2020/08/nss-unit-and-sports-department-of-hmv.html>

The NSS unit and Sports Department of Hans Raj Mahila Maha Vidyalaya are participating in Fit India Freedom Run Program of Youth and Sports Ministry, Government of India under the guidance of Principal Prof. Dr. Mrs. Ajay Sareen. This program will be organized till 2<sup>nd</sup> October. The NSS volunteers of HMV NSS unit are enthusiastically participating in this program. On the first day of the program, they were told about the importance of exercise and yoga in order to have a balanced and healthy body. The participant students were also encouraged to tell their neighbours and relatives about the

importance of yoga in this stressful time of COVID.

**Principal Prof. Dr. Mrs. Ajay Sareen appreciated this campaign of government of India and said that this campaign will help in increasing the immunity of people in pandemic times. She said that it will also change the lifestyle of the people and will help them in living a healthy life. She also congratulated NSS volunteers and sports department for this participation.**

**NSS program officer Mrs. Veena Arora and Ms. Harmanu Paul also encouraged the participants to remain with this campaign with full enthusiasm. They said that if we will remain healthy only then we can expect a healthy society. On this occasion, Head of sports department Ms. Sukhwinder Kaur and Assistant Program officer NSS Mrs. Pawan Kumari were also present.**

## **National webinar conducted by H MV on 400<sup>th</sup> Birth Anniversary of Shri Guru Teg Bahadur ji**

Dated: 31<sup>st</sup> August, 2020



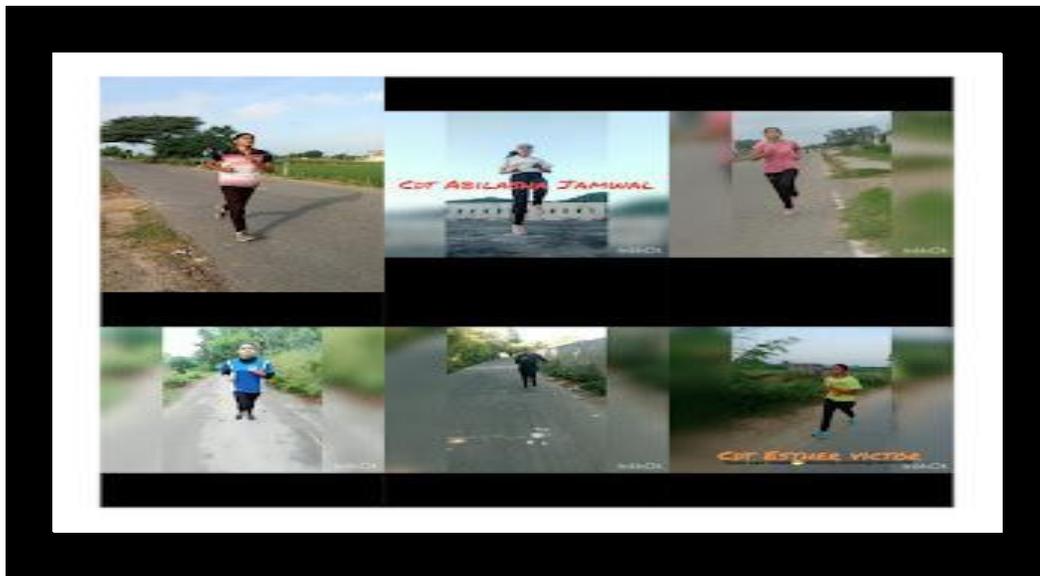
[http://hmvnews.blogspot.com/2020/08/national-webinar-conducted-by-hmv\\_31.html](http://hmvnews.blogspot.com/2020/08/national-webinar-conducted-by-hmv_31.html)

**The PG department of Hindi of Hans Raj Mahila Maha Vidyalaya organized a national webinar on 400<sup>th</sup> Birth Anniversary of Shri Guru Teg Bahadur ji. This webinar was organized as per the directions of DPI colleges and under the able guidance of Principal Prof. Dr. Mrs. Ajay Sareen. Webinar Co-ordinator Mrs. Kuljeet Kaur gave a brief introduction of college and the resource persons. Webinar coordinator Mrs. Navroop Kaur read a brief note**

about the webinar series organized by the college. The resource persons of the webinar were Dr. Sunil Kumar from Hindi Department, Guru Nanak Dev University and Dr. Vinod Kumar, Lovely Professional University. **Principal Prof. Dr. Ajay Sareen said that organizing such webinar enhance our knowledge. Simplicity of Guru Ji always inspires us. She encouraged the participants to follow the path shown by Guru ji.**Dr. Sunil Kumar from GNDU highlighted the key features of life and bani of Guru ji. He said that if we adopt his teachings in our life, we can live a prosperous life. He said that Guru ji is protector of India's self esteem. Dr. Vinod Kumar said that bani of Guru ji inspires us to lead a simple life. The moderator of the webinar was Head of Hindi Department Dr. Jyoti Gogia. Vote of thanks was presented by Assistant Professor Mrs. Pawan Kumari.

## **NSS, NCC and Sports department of HMV participated in “Fit India Freedom Run” campaign**

Dated:8<sup>th</sup> September, 2020



<https://hmvnews.blogspot.com/2020/09/nss-ncc-and-sports-department-of-hmv.html>

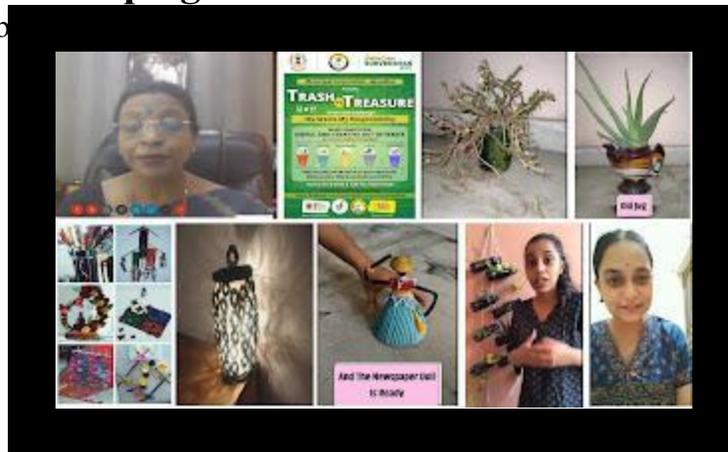
The NSS, NCC and Sports Departments of Hans Raj Mahila Maha Vidyalaya participated in **Fit**

**India Freedom Run** campaign of Youth and Sports Ministry, Government of India under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. **Under this campaign, the participants made the people of their neighborhood aware about the importance of doing exercise, eating balanced nutritious diet and having a positive attitude in these pandemic times. Participants followed the rules of social distancing, wearing masks and sanitizers.** Principal Dr. Sareen told that during this campaign, the NCC cadets participated in a 24 km run. It is worth mentioning that NCC unit of HMV has been declared as the best unit in recent times. Dr. Sareen said that the spirit of volunteers, players and cadets is appreciable and they are doing commendable work. **In this pandemic time, it is the duty of NGOs, Social organizations to aware the people about the precautions to be taken in CORONA and help the government in controlling the situation.**

NSS program officer Mrs. Veena Arora and Ms. Harmanu Paul said that we should remain positive in this tough time. They said that we can lead a healthy life by doing exercise regularly and taking healthy diet. NSS volunteers also shared various yoga asans through social media. On this occasion, ANO Lieutenant Sonia Mahendru, Mrs. Pawan Kumari and Dr. Meenu Talwar were also present.

## **NSS Volunteers of HMV participated in “My waste My Responsibility” Campaign**

Dated: 22<sup>nd</sup> September



<https://hmvnews.blogspot.com/2020/09/nss-volunteers-of-hmv-participated-in.html>

The NSS Volunteers of Hans Raj Mahila Maha Vidyalaya participated in “**Trash to Treasure**” “**My waste my responsibility**” campaign under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen & Dean Student Welfare Dr. Anjana Bhatia. **This campaign is being organised by Municipal Corporation, Jalandhar from 22<sup>nd</sup> September to 15 October, 2020. It is a matter of pride for HMV that many volunteers have participated in this campaign.**

**Principal Dr. Mrs. Ajay Sareen congratulated the volunteers and encouraged them.**

**She said that it is our prime duty to clean our surroundings. We should understand our responsibility and contribute whole heartedly in this campaign. She appreciated this campaign of Municipal Corporation, Jalandhar & assured that HVM will always be a part of their endeavour.**

Programme Officer Dr. Anjana Bhatia encouraged the volunteers and congratulated them. She told that Km. Ishpreet Kaur made a beautiful doll with waste newspapers. Km. Harmanpreet Kaur also made decorative pieces with waste material. Programme Officers Mrs. Veena Arora & Ms. Harmanu Paul also appreciated their efforts. Asst. Programme Officers Mrs. Pawan Kumari and Dr. Meenu Talwar also encouraged the volunteers.

## **NSS unit of HVM participated in next phase of “Fit India Freedom Run” movement**

Dated: 23<sup>rd</sup> September, 2020



<https://hmvnews.blogspot.com/2020/09/nss-unit-of-hmv-participated-in-next.html>

The NSS unit of Hans Raj Mahila Maha Vidyalaya participated in next phase of “Fit India Freedom Run” movement as per the directions of Youth and Sports Ministry, Government of

India. In this campaign, the NSS volunteers encouraged people through social media to maintain their physical and mental balance in this COVID times. They educated their neighbors to take proper diet and do exercise regularly. They can remain safe from CORONA by staying at home and following all safety protocols. Principal Prof. Dr. Mrs. Ajay Sareen appreciated the efforts of volunteers and said that in this tough time, educating people about their physical and mental balance is very essential. She said that NSS volunteers are doing great work for the society. NSS unit program officer Mrs. Veena Arora and Ms. Harmanu Paul also appreciated the enthusiasm of NSS volunteers. On this occasion, Assistant program officers Mrs. Pawan Kumari and Dr. Meenu Talwar were also present.

## **Art of Living workshop inaugurated at HMV**

Dated: 24<sup>th</sup>September, 2020



<https://hmvnews.blogspot.com/2020/09/art-of-living-workshop-inaugurated-at.html>

A one week online Workshop by Art of Living organization on How to maintain Harmony in Corona times and How to become a successful leader was inaugurated at Hans Raj Mahila Maha Vidyalaya, Jalandhar under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen on 23<sup>rd</sup> September 2020. The workshop was conducted by the Madam Vashali Punj, facilitator of Art of Living. Principal Dr. Mrs. Ajay Sareen accorded warm welcome to the resource person. Ms Vaishali apprised the students about techniques of coping with mental stress with light practical exercises. The first sessions were attended by students and teachers of science and commerce classes. In the upcoming sessions, the students of Humanities group will take the online sessions. Coordinator Dr Anjana Bhatia, Madam Binoo gupta and other

teachers emphasized on the importance of managing stress in the COVID times.

## **Psychology department of HMV organised a webinar on World Mental Health Day**

Dated: 11<sup>th</sup> October, 2020



<https://hmvnews.blogspot.com/2020/10/psychology-department-of-hmv-organised.html>

**PG Psychology department of Hans Raj Mahila Maha Vidyalaya organised a webinar on the occasion of World Mental Health Day under the able guidance of Principal Prof. Dr. Mrs. Ajay Sareen on 10<sup>th</sup> october 2020.** As per the instructions of DPI Colleges, Punjab the college is organising a series of webinars on the occasion of 400<sup>th</sup> Birth Anniversary of Shri Guru Teg Bahadur Ji under the guidance of Mrs. Navroop Kaur, Head Punjabi department. The main speaker of this webinar was Dr. Davinder Singh Johal, Head, Psychology Department, Guru Nanak Dev University, Amritsar. **Principal Prof. Dr. Sareen welcomed him and gave a very positive message to be aware regarding mental health. She said that if we fulfil our responsibilities with interest, only then we will remain mentally healthy. Dr. Johal shared his views with reference to Gurbani. He said we should always take encouragement from**

our holy scriptures in order to keep our mind happy and healthy. Good health and positive thoughts are the food for mind. Head Psychology Department Dr. Ashmeen Kaur thanked him and said that the theories of Gurbani, i.e. Naam Japo, Vand Chhako, Keert Karo, are the basis of mental satisfaction and good health. She said that we should have positive thinking and progressive attitude. The moderator of the webinar was Mrs. Kuljit Kaur, Associate Prof. Punjabi. This webinar was attended by many teachers and students of various colleges.

## **HMV organised a workshop on Swachhta in collaboration with MHRD**

Dated: 23<sup>rd</sup> October, 2020



<https://hmvnews.blogspot.com/2020/10/hmv-organised-workshop-on-swachhta-in.html>

**The NSS unit of Hans Raj Mahila Maha Vidyalaya organised a workshop on Swachhta in collaboration with Ministry of Human Resource Development, Government of India under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen on 23<sup>rd</sup> October 2020. The main objective of this workshop was to make the students aware and educate about swachhta.**

The workshop started with Gayatri Mantra and lighting of the lamp. The chief guest of the workshop was Joint Commissioner, Municipal Corporation, Jalandhar, Ms. Inayat (PCS) and main speaker was Dr. Rajni (Mahatma Gandhi National Council Rural Education, Government of India). **Principal Dr. Sareen welcomed all the guests and said that HMV has always contributed in Swachhta campaign and made the students aware about the**

campaign. In H MV, we have installed waste paper recycling unit. The students prepare beautiful bags with this recycled paper. She told that 70% area of the campus is full of greenery. The college has green belts also. The college also prepares compost with dried leaves, give planters as gifts and celebrating green diwali are regular features at the college.

**Chief Guest Ms. Inayat (Joint Commissioner) said that swachta is responsibility of not only government but it is the responsibility of every citizen. Each one of us will have to contribute in this campaign only then we can make a swacch and beautiful society.** She appreciated the contribution of H MV in every campaign and said that this institution has set an example by participating whole heartedly in this campaign. Dr. Rajni made the students aware about the swachta campaign. She said that NSS is not only a social work but it can be a source of income too. She elaborated this point with the help of demonstration.

NSS programme officer and moderator of the workshop Dr. Anjana Bhatia encouraged the students to become a part of this campaign and establish their own personality. This online workshop was attended by NSS Unit Programme officer Mrs. Veena Arora, Harmanu Paul, Pawan Kumari and Dr. Meenu Talwar along with more than 100 student volunteers.

## **Innovative plantation done in the campus of H MV**

Dated: 29<sup>th</sup> October, 2020



<https://hmvnews.blogspot.com/2020/10/innovative-plantation-done-in-campus-of.html>

**Principal Prof. Dr. Ajay Sareen in yet another innovative venture carried out the plantation of Parijat tree near the Yajnashtala in the premises of Hans Raj Mahila Maha Vidyalaya, Jalandhar. The plantation was done to spread the message of water conservation. During the plantation, Parijat tree, also called the Kalpavriksh was planted along with a traditional unglazed Matka filled with water. The water oozing out from the pot can be enough for one week. Such method conserves water and uses drip irrigation technique to water the plants.**

Speaking on the occasion Principal Dr. Ajay Sareen said that it is our prime concern to conserve and manage water while maintaining lush greenery in the college campus. She added that more than 70% area of the college campus has the green cover. On this occasion, ornamental plants were also planted in the campus under the aegis of PG Department of Botany. Dr Anjana Bhatia, Head Botany department said that drip irrigation is our ancient wisdom and we must derive knowledge from our roots and manage a sustainable way of life. An online workshop on medicinal herbs was also inaugurated in which more than 500 participants from various parts of the country took part enthusiastically. On this occasion, Dr. Shweta, Dr. Nitika, Ms. Ramandeep, Ms. Harpreet, Dr. Shuchi, Mr. Lakhwinder Singh, Mr. Pankaj Jyoti, Mr. Ravi Maini, Mr. Vidhu Vohra, Mr. Tarun Mahajan, Mr. Ajay Kumar, Mr. Doodh Nath and Mr. Nand Lal were also present.

## Commemorate the Birth Anniversary of Sardar Vallabhbhai Patel

Dated: 31<sup>st</sup> October, 2020

The Student Council of Hans Raj Mahila Maha Vidyalaya in collaboration with Gandhian Studies celebrated Rashtriya Ekta Divas (National Unity Day) on October 31, 2020 to commemorate the Birth Anniversary of Sardar Vallabhbhai Patel. The quiz containing 20 questions on the life of Sardar Patel was conducted. The link for the quiz was opened at 11:30 a.m. The timer was applied and the maximum time to attempt the quiz was 10 minutes. 119 students attempted the quiz and the first 10 winners were given e-certificates. The purpose of conducting quiz was to make students aware about the life of 'Iron Man of India' who was awarded India's highest civilian award – Bharat Ratna and who served the country as the first Deputy Prime Minister of India.

## HMV pays homage to Mahatma Hans Raj Jion his Nirwan Diwas

Dated: 16<sup>th</sup> November, 2020

<http://hmvnews.blogspot.com/2021/11/hmv-pays-homage-to-mahatma-hans-raj-ji.html>

Sanskrit and Vedic Adhyan organized an lecture to pay



Department Society extension homage to

Mahatma Hans Raj Ji on his Nirwan Diwas at Hans Raj Mahila Maha Vidyalaya, Jalandhar under the able guidance of Principle Prof. Dr. (Mrs.) Ajay Sareen. Principal Dr. Ajay Sareen, Dean Vedic Adhyan Society Mrs. Mamta and Head of Sanskrit Department Dr. Meenu Talwar extended a green welcome to the speaker Acharya Jayendra from Gurukul Noida. **Principal Dr. Ajay Sareen paid homage to the pious soul by saying that the institution stands firmly and proudly for the ideals preached by Mahatma Hans Raj ji after whom it is named. He was an epitome of love, sympathy, deep insight and self-confidence.** Dr. Meenu Talwar introduced the Resource Person and also throw light on the honest life led by Mahatma Ji. Acharya Jayendra praised the personality of Mahatma Hans Raj Ji and called him a saint in the truest sense of the word. He was one among those enlightened souls who understood the truth of life and taught others to follow the right path. **DAV institutions have brought about a revolution in education with the strenuous efforts of such worthy precursors of the movement. He urged the students to adopt values and virtues in their character because a person is known by his deeds and actions and not by his appearance.** Mrs. Mamta extended a vote of thanks and said that the institution is putting constant efforts to keep the students rooted and grounded in values. Km. Raunika also expressed her views on Mahatma Hans Raj Ji. The faculty members offered floral tribute to Mahatma Hans Raj Ji. Mrs. Lovleen Kaur, Mrs. Pawan Kumari, Dr. Deepti Dhir and students from different classes were present on the occasion.

## **COVID Test of HMV Staff Members**

Dated: 18<sup>th</sup> November, 2020



<https://hmvnews.blogspot.com/2020/11/covid-test-of-hmv-staff-members.html>

As per the Government guidelines, the teaching & non-teaching staff members of Hans Raj Mahila Maha Vidyalaya underwent mandatory COVID Test. Principal Prof. Dr. (Mrs.) Ajay Sareen told that including Principal 101 teaching members & 83 non-teaching members had given their sample. This test was RT-PCR Test & the report will come in two days. Principal Dr. Sareen said college administration is ready for offline teaching. The college has sent consent forms to all its students. The students, who wish to come to college, have to fill this consent form with the signature of parents.

The college administration is also making policies for offline teaching in order to start offline classes to maintain social distancing as well. The students will be allowed to enter college premises after thermal scanning. The college premises have been sanitized and sanitizers have been placed at various places within college campus.

## NSS Unit of HMV Observed Communal Harmony Campaign Week

Dated: 19<sup>th</sup> -25<sup>th</sup> November, 2020



<https://hmvnews.blogspot.com/2020/12/nss-unit-of-hmv-observed-communal.html>

The NSS Unit of Hans Raj Mahila Maha Vidyalaya observed “Communal Harmony Campaign Week” from 19-25 November 2020, under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen as per the guidelines of National Foundation for Communal Harmony, Home Ministry, Govt. of India, NSS Volunteers participated in various competitions during this week long observance and expressed their views on it. Principal Prof. Dr. (Mrs.) Ajay Sareen encouraged NSS unit for such a great work and said that in order to maintain peace and harmony in our country, young generation should be made aware. Such campaigns can change the thinking of the youth and will help in the foundation of united society. She encouraged the volunteers to take part in competitions with enthusiasm. NSS Programme Officers Mrs. Veena Arora and Dr. Anjana Bhatia also encouraged the volunteers. On this occasion, Essay Writing and Painting Competitions were organized on the topic “Communal Harmony”. In Essay Writing Competition Km. Manpreet stood 1<sup>st</sup>, Km. Khushdeep Kaur stood 2<sup>nd</sup> & Km. Priya Sharma stood 3<sup>rd</sup>. In Painting Competition, Km. Akshreeti got 1<sup>st</sup>, Km. Sumandeep got 2<sup>nd</sup>, Km. Garima & Km. Neha Luthra got 3<sup>rd</sup> Prize. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated all the winners.

On this occasion, Flag stickers were also distributed among volunteers. Ms. Harmanu, Mrs. Pawan Kumari and Dr. Meenu Talwar also appreciated the efforts of NSS Volunteers.

## **National Webinar on Water Conservation hosted by HMV**

Dated: 3<sup>rd</sup> December, 2020



<https://hmvnews.blogspot.com/2020/12/national-webinar-on-water-conservation.html>

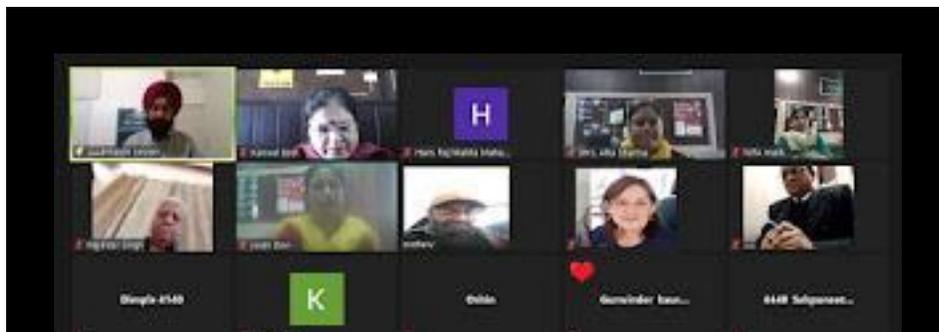
**To bring home the maxim that Water is the driving force of all nature, the Environment Club of Hans Raj Mahila Maha Vidyalaya organized a National webinar on “Challenges and Opportunities in Water Management” under the visionary guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen on 3<sup>rd</sup> dec 2020.** The webinar began on a pious note with the lighting of the holy lamp and recital of Gayatri Mantra. Dr. Seema Marwaha, Coordinator of the webinar reflected upon the concept of water conservation as necessitated by the current situation and told about the various tasks undertaken to save the environment. Prinicipal Dr. Ajay Sareen hailed a warm welcome and expressed her delight to host the persons of great eminence, Sh Shiv Raman Gaur,IAS, Director Higher Education, DAV College Managing Committee as the Chief Guest and Dr. Rajendra Singh- the Waterman of India as the resource person of the webinar. She emphasized that water is the elixir of life and water conservation movement initiated by Padam Shree Dr. Punam Suri, President, DAV College Managing Committee was a step towards this direction.

**Raising the slogan, ‘Jal hai to kal hai’, Sh. Shiv Raman Gaur pointed out the alarming facts about the decreasing levels of water table.** He stressed that no doubt we are very vocal about the problem but we lack initiatives on our part to put theory into practice. He said that we should inculcate the habit of saving water and follow it in our daily routine. These small steps can make a big difference.

The moderator of the webinar, Dr. Anjana Bhatia introduced the Waterman Dr. Rajendra Singh with the help of a presentation depicting the great efforts made by him and tallied a number of awards that were conferred upon him for the noble cause. **Dr. Rajendra presented a brief view of the current scenario which has led to the critical situation and the pandemic of COVID in particular. He highlighted the fact that we need to link ecology and education so that we can understand the challenges posed by nature. With his efforts and reforms, he is able to rejuvenate ground water recharge and convert barren lands to green lands.** His mission under Tarun Bharat Sangh was admired and supported by COP 21 at Paris. He appealed to the students to take care of the mother nature as she has the cure to all our diseases. Dr. Neelam Sharma, Faculty Head Science thanked the dignitaries for their gracious presence in the event.

## **HMV Celebrated International Human Rights Day**

Dated: 10<sup>th</sup> December, 2020



<https://hmvnews.blogspot.com/2020/12/hmv-celebrated-international-human.html>

**PG Department of Political Science and Legal Literacy Club celebrated International Human Rights Day under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen.** The webinar started with the blessings from the Almighty in the form of Gayatri Mantra.

Officiating Principal and Dean Academics Dr. Kanwaldeep Kaur accorded a warm welcome to the Chief Guest of the occasion Sh. Jaapinder Singh, Chief Judicial Magistrate-cum-Secretary, DLSA, Jalandhar. Dr. Kanwaldeep Kaur raised a voice against the violation of Human Rights and urged to protect rights of Women and Children.

The Webinar was hosted by Mrs. Alka Sharma, Assistant Professor who commenced by expressing gratitude towards our Chief Patron Dr. Punam Suri, Padmashree awardee President DAVCMC & Patron Sh. Shiv Raman Gaur, IAS (Retd.) Director Higher Education DAVCMC.

**The Webinar started with Sh. Jaapinder Singh's wonderful insight in to the theme of Human Rights Day 2020 is to "Recover Better Stand up for Human Rights."** He told about the vision of freedom, justice equality and highlight the classification of the Human Rights Article. He also talked about the significance of Human Right Day which was adopted and proclaimed the General Assembly of the United Nation on 10<sup>th</sup> December 1948 as the shared standard yard stick to protect Human Rights across the globe Students asked questions about how to protect themselves against injustices.

Moving further Retd. DGP Mr. Rajender Singh associated with Human Rights Organization, Sh. Aman Mittal, Director Human Rights Organization, Advocate Amrit Paraj and Advocate Ramji also shared their views on the practical implementation of the Rights.

## **'Neki Ki Deewar' inaugurated at HMV**

Dated: 15<sup>th</sup>December, 2020



<https://hmvnews.blogspot.com/2020/12/neki-ki-deewar-inaugurated-at-hmv.html>

**The name of HMV has been synonymous with setting novel trends and undertaking & campaigns for social welfare. Marching forward with its noble mission, 'Neki Ki Deewar' was inaugurated under the altruistic guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The wall was inaugurated by Sh. Avtar Singh Junior (Bawa Henry), MLA, Sh. Mohinder Singh Gullu, Councillor and Sh. Manbir Singh. Principal Prof. Dr. (Mrs.) Ajay Sareen accorded a warm welcome to the guests by presenting Planters and told that this wall is an initiative undertaken under the canopy of Mahatma Hans Raj Samvedna Samiti. She appealed to all to donate generously and help the poor people in the cold weather. People can donate the things which remain unused and thus help those who are in need of them. She also thanked Sh. Avtar Singh Junior for being a constant support.**

**The Chief Guest Sh. Avtar Singh Junior lauded the efforts of the institution and said that, these efforts make our living worthwhile. It is the biggest service to mankind as it is selfless and the path is already shown to us by our gurus. He also urged to sustain and maintain this project so that it keep on running continuously and set an example for others to follow. The project will be maintained under the guidance of Dr. Baljinder Singh, Incharge, Mahatma Hans Raj Samvedna Samiti. Principal Prof. Dr. (Mrs.) Ajay Sareen expressed special thanks to Dean Academics Dr. Kanwaldeep Kaur for her motivation. The stage was hosted by Dr. Anjana Bhatia. The members of teaching, non-teaching staff and students of NSS were present on the occasion.**

**HMV organized Plogging to celebrate Swachhta Pakh wada**

Dated:10<sup>th</sup> January, 2021



<http://hmvnews.blogspot.com/2021/01/hmv-organized-plogging-to-celebrate.html>

**NCC unit of Hans Raj Mahila Maha Vidyalaya under 2PB (G) BN NCC Jalandhar, PHHPC Directorate organized Plogging event to celebrate Swachhta Pakhwada as per guidelines received from DGNCC, following all protocols of COVID- 19. Total 35 cadets of Army and Air Wing along with ANO Lt Sonia Mahindru (Army wing) and CTO Mrs Purnima (Air Wing) participated in the activity. Cadets jogged around the HMV campus and picked the trash to keep the surroundings clean. Principal Prof. Dr. (Mrs) Ajay Sareen encouraged cadets for such activities, which keeps them physically fit and environment clean. Commanding Officer Col NPS Toor 2Pb(G) BN NCC also motivated and appreciated the cadets.**

## **Havan Yajna Organized at HMV**

Dated: 14<sup>th</sup> January, 2021



<https://hmvnews.blogspot.com/2021/01/havan-yajna-organized-at-hmv.html>

With hearts full of hope, a Havan Yajna was organized at Hans Raj Mahila Maha Vidyalaya 14<sup>th</sup> Jan 2021 to invoke the blessings of the Almighty to bring back life to the normal in the context of not so fortunate 2020. The students, faculty members and staff offered intense prayers by performing the rituals of the Yajna under the guidance of Principal Prof. Dr. Mrs. Ajay Sareen. The Yajna was co-ordinated by Dr. Meenu Talwar.

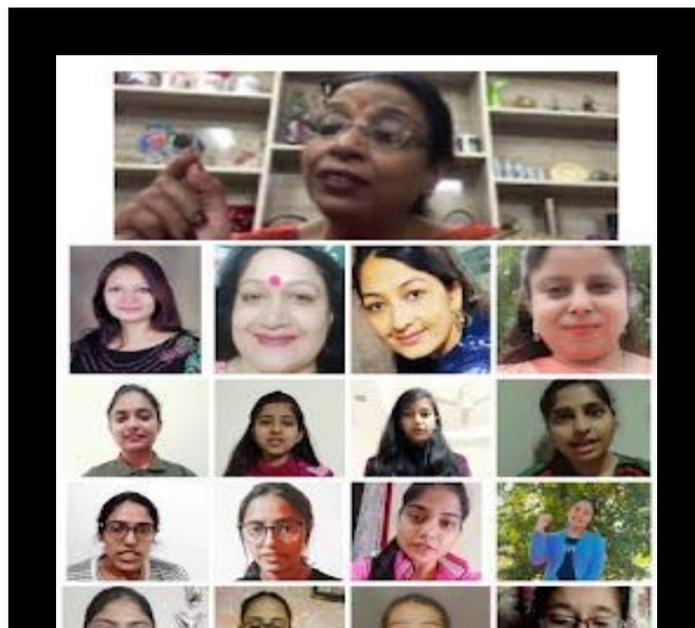
Giving her blessings to the HMV Family, Principal Prof. Dr. Mrs. Ajay Sareen prayed for the good health of the members. She vented the view that introspection is the first step to success. We need to analyse our strength as well as weaknesses. She also elaborated on the views expressed by Padma Shree Dr. Punam Suri, President DAVCMC New Delhi that nature has disillusioned the pursuits of man who tried to trespass the bounds and to diverted from the path. Our sense of ego has proved detrimental to our lives and giving up this pride leads satisfaction and peace of mind. She energised everyone by saying that collective efforts will lead to the progress of the institute.

Paving a new tradition, Dean Academics Dr. Kanwaldeep Kaur shared her inspirational thoughts and narrated the hackneyed race and tortoise story in a new dimension to convey the message of adapting to the changing trends and working collaboratively. On similar note Mr. Ravi Maini, exclaimed that let all the members take a vow to prove true to the meanings of their names in the new year.

Principal Dr. Sareen also released the planner 2021 and congratulated the team comprising of Mr. Sushil Kumar, Dr. Anjana Bhatia, Dr. Meenu Talwar, Mr. Ravi Maini. Dr. Anjana Bhatia also read the messages of venerable Dr. Punam Suri, Rakhi Sakhi revered Mrs. Mani Suri and respected Dr. Ajay Sareen quoted in the Planner. The students recited bhajan under the the co-ordination of Dr. Prem Sagar. The Yajna was successfully held in the inchargehip of Dr. Santosh Khanna & Dr. Meenu Talwar.

## **E-Declamation Competition organised by Planning Forum of HMV**

Dated: 18<sup>th</sup> January, 2021



<http://hmvnews.blogspot.com/2021/01/e-declamation-competition-organised-by.html>

The Planning Forum, the subject society of PG Department of Economics of Hans Raj Mahila Maha Vidyalaya, Jalandhar organised an e-declamation contest under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The topics chosen were the contemporary issues prevailing in the society, viz. “Farm Bills 2020 : Challenges for the society and farmers”, “New Education Policy : Challenges and Opportunities”, “Impact of COVID-19 on the Indian Economy”.

Students from various departments, actively participated in the competition, Vidhi Jain of BBA Sem- III, Mamta Chingotra of MA (Economics) Sem III and Kashika Jain of B.Sc. Economics Sem Vth got I, II & III prizes respectively. Judges of the competition were Mrs. Nita Malik & Mrs. Ritu Bajaj. They congratulated all the winners.

Ms. Shallu Batra, Head, PG Department of Economics appreciated all the participants. Principal Prof. Dr. (Mrs.) Ajay Sareen also congratulated the winners and said that discussing these issues is the need of the hour. Faculty members Mrs. Chandrika, Mrs. Jyotika Minhas & Ms. Harmanu Paul were also present during the event.

## National Voters' Day Celebrated at HMV

Dated:25<sup>th</sup> January, 2021



<https://hmvnews.blogspot.com/2021/01/national-voters-day-celebrated-at-hmv.html>

Hans Raj Mahila Maha Vidyalaya successfully hosted the National Voters' Day in association with District Election Office under the guidance of Principal Prof. Dr. (Mrs.)

**Ajay Sareen.** The event witnessed the presence of Deputy Commissioner Sh. Ghanshyam Thori, IAS Jalandhar as the Chief Guest, accompanied by ADEO, Additional Deputy Commissioner Sh. Vishesh Sarangal, IAS, Dr. Sanjeev Sharma (PCS, SDM Shahkot), Sh. Jasbir Singh (PCS, ADC (Gen.)), Sh. Jai Inder Singh (PCS SDM-I), Mrs. Anupam Kaler (PCS, ACA), Sh. Surjit Lal (District Guidance Officer) and Sh. Rakesh Kumar. The event began with the recital of prayer under Dr. Prem Sagar followed by Saraswati Vandna, lighting of lamp and recital of DAV Anthem. Principal Dr. (Mrs.) Ajay Sareen welcomed the guests by presenting Planters and HMV Planners. In her address Dr. Sareen offered a warm welcome to the guests on the behalf of DAV College Managing Committee. Addressing the gathering, Deputy Commissioner, Sh. Ghanshyam Thori, IAS in his presiding address expressed his thanks to HMV for being a host to the event. **He elaborated that the voting process has undergone many reforms. He also briefed about the fundamental problems faced by the citizens and asked the voters to comply by the oath in practice. A message by Chief Election Officer Sh. Sunil Arora was also telecasted. The District Election Office also honoured Principal Dr. Ajay Sareen for her immense contribution for creating awareness among voters.** Dr. Anjana Bhatia, Mrs. Nita Malik, Sh. Vivek Kaura, Sh. Jasbir Singh, Sh. Surjit Lal, Sh. Parminder Singh, Sh. Vivek Joshi, Master Saleem, Ms. Suman Kaur, Sh. Amarjeet Singh, Sh. Manish Aggarwal, Sh. Raju Chaudhary, Sh. Amit Khushwah, Ms. Manmeet Kaur, Ms. Gurwinder Kaur and Raunika also received certificates of appreciation along with organizing team of HMV. **The occasion also witnessed the release of E-epic (e-voter identity card). The gathering enjoyed the voter Jugni song an initiative of HMV and Shamsheer productions. The event concluded with the National Anthem.**

## **Martyrdom Day of Mahatma Gandhi observed in HMV**

Dated: 30<sup>th</sup> January, 2021



<http://hmvnews.blogspot.com/2021/01/martyrdom-day-of-mahatma-gandhi.html>

**The Student Council of Hans Raj Mahila Maha Vidyalaya observed the Martyrdom Day of Father of Nation Mahatma Gandhi. Two minutes silence was observed in the memory of those who gave their lives in the struggle for Nation's freedom.** Principal Prof. Dr. (Mrs.) Ajay Sareen, Dean Student Council Mrs. Urvashi Mishra along with all the faculty members, non-teaching staff members paid tribute to Gandhi Ji. On this occasion, the students of Music Department recited a beautiful Bhajan under the guidance of Dr. Prem Sagar. The members of Student Council were wearing Tricolour Dupattas. Mr. Gurkeerat & Ms. Navjot recited a poem. Principal Dr. Ajay Sareen encouraged the students to follow the path of Gandhi Ji. **She said that our life will take a shape as per our thinking. If our thinking is positive, all good will happens to us and vice versa. The loss of Gandhi ji is the loss of whole world.** The stage was conducted by Ms. Mansi. On this occasion, all the members of teaching and non-teaching staff were present.

## **A demonstration on Disaster Management organized at HMV**

Dated:1<sup>st</sup> February, 2021



<https://hmvnews.blogspot.com/2021/02/a-demonstration-on-disaster-management.html>

To help the students respond to the disaster situations, a demonstration on fire fighting techniques was held by Department of Fire Brigade at Hans Raj Mahila Maha Vidyalaya under the aegis of IQAC and vibrant guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen on 1<sup>st</sup>feb 2020. Principal Dr. Ajay Sareen accorded a warm welcome and presented a planter to Mr. Rajender, the facilitator for the demo. **In her address Principal Dr. Ajay Sareen focused on the need to be prepared for the worst situations. She told that such sessions help to put**

theory into practice and make the students aware of the techniques to protect themselves as well as others around, thus ensuring safety for all.

## WEBINAR ON SWACHH SARVEKSHAN 2021 at HMV

Dated: 13<sup>th</sup> February, 2021



<https://hmvnews.blogspot.com/2021/02/webinar-on-swachh-sarvekhshan-2021-at.html>

A Webinar on “Importance of Citizen Feedback Form Swachh Sarvekhshan-2021” was successfully organized at Hans Raj Mahila MahaVidyalaya, Jalandhar with collaboration of Municipal Corporation Jalandhar. The webinar was conducted under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen and Seminar Coordinator and Moderator Dr. Anjana Bhatia gave a warm welcome to all the dignitaries. Sh. Karmesh Sharma, IAS Commissioner, Municipal Corporation Jalandhar, S. Harcharan Singh, PCS, Joint Commissioner, Municipal Corporation Jalandhar, Sh. Dr. Puran Singh Yadav, Project Director, Swachh Bharat Mission, Punjab, Ms. Ramanpreet Kaur, CF & Programme Coordinator, SBM, (PMIDC) MCJ, Jalandhar graced the event with their presence.

The webinar started with the blessings of Almighty as per tradition of college with Gaytri Mantra and Lightning of lamp. Principal Prof. Dr. (Mrs.) Ajay Sareen heartily welcomed the guests. She applauded and appreciated the commendable contribution of Municipal Corporation Jalandhar in making the city smart and beautiful. She emphasized on the scenario of looking smart as well as working smart as well. She encouraged everyone to fill the Citizen Feedback form as it will enhance the contribution both qualitatively and quantitatively. **As head of the institution and eminent educationist she highlighted that it is very important that we should make our surroundings beautiful. Most importantly she very firmly said that purity of thoughts and expression is an important aspect. She previously gave the slogan – “Beti Padao, Beti Bachao” but on this special eve she gave a thought provoking slogan – Beta Samjhao, Buzurg Apnao” which has a strong message for the society. She even assured Municipal Corporation that college will always stand with them in taking this project to new heights. With all pride she applauded Ms. Ramanpreet , CF & Programme**

Coordinator, SBM, (PMIDC) MCJ and Alumnae of the college for the beautiful song written on Jalandhar City.

**The key speaker Sh. Dr. Puran Singh Yadav, Project Director, Swachh Bharat Mission, Punjab appreciated the contribution of the college in Swachh Sarvekshshan- 2021. He elaborated the objective and working of the project Swachh Sarvekshshan and requested everyone to fill the feedback form and give their contribution in the mission.**

In the same light, Sh. Karmesh Sharma, IAS Commissioner, Municipal Corporation Jalandhar, also highlighted the importance of Swachh Sarvekshshan and was deeply thankful to the college. He discussed in detail about all the concerned matters of Feedback Form. The webinar was ended by Vote of Thanks of Ms Ramanpreet Kaur, CF & Programme Coordinator, SBM, (PMIDC) MCJ, Jalandhar. She being alumnae of college gave all credit to the institute for her deeds. She has been lyricist for the song “Mera Shehar Jalandhar.....Mere Dil De Andar” which was played in the beginning of the event. She thanked all the eminent guests and Principal Prof. Dr. (Mrs.)Ajay Sareen in making the webinar a huge success.

## **Birth Anniversary of Swami Dayanand Saraswati Ji celebrated at H MV**

Dated: 12<sup>th</sup> March, 2021



<https://hmvnews.blogspot.com/2021/03/birth-anniversary-of-swami-dayanand.html>

A Havan Yajna was performed at Hans Raj Mahila Maha Vidyalaya, Jalandhar in order to celebrated Birth Anniversary of Swami Dayanand Saraswati Ji under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The event was organised in collaboration with Vedic Adhyan Society and Sanskrit Department. All the members of teaching and non-teaching staff performed Havan Yajna and prayed to the Almighty to shower his blessings on everyone. Dr. Meenu Talwar (Head, Sanskrit Department) recited the Havan Mantras. Dean Vedic Studies Mrs. Mamta, School Coordinator Mrs. Meenakshi Sayal, Mrs. Navroop (Head, Punjabi Department), Dr. Seema Marwaha (Head, Zoology Department) also graced the occasion with their presence. **Principal Prof. Dr. (Mrs.) Ajay Sareen gave her blessings and motivated students to work hard to attain their goal in life. She told students about the principles and teachings of Swami Dayanand that they should have firm belief in God and follow the path of righteousness.** Mrs. Meenakshi Sayal and Mrs. Mamta gave her blessings to the students and wished them success in their future endeavours. On this occasion teaching and non-teaching staff of the college was also present.

## HMV Celebrated Birth Anniversary of Mahatma Hansraj Ji

Dated: 19<sup>th</sup> April, 2021

<http://hmvnews.blogspot.com/2021/04/hmv-celebrated-birth-anniversary-of.ht>



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**Hans Raj Mahila Maha Vidyalaya celebrated Birth Anniversary of Mahatma Hans Raj with all protocols and social distancing. On this occasion with a special permission of Local Administration, in collaboration with International Human Rights organization, a Special Vaccination Camp (COVID-19) was also organized. Principal Prof. Dr. (Mrs.) Ajay Sareen addressed the faculty and staff with the moral values of Mahatma Hansraj Ji. She highlighted that his life has been epitome of inspiration for all. He was dedicated and committed towards his profession without any expectation. His idea of social welfare and contribution in education has been commendable.** The name of the institution is after his name only and the institution is working on his ideas only. She also talked about the message of Hon'ble President DAVCMC Dr. Punam Suri Ji, Padma Shree Awardee which has been shared on college website, facebook and other Social Medias.

On this eve Principal DAV College Dr. S.K.Arora also said about life of Mahatma Hans Raj Ji and his elder brother Sh. Mulk Raj Ji and their valuable contribution. **Dean Academics Dr. Kanwaldeep also presented her views and said that life of Mahatma Hans Raj Ji inspire us to have cordial relations among each other.** Dr. Meenu Talwar in her speech illustrated that it s very difficult to keep the vision for 58 years and work constantly with dedication which is a sign of bravery on the part of Mahatma Hans Raj Ji. Advocate Vikrant, Director International Human Rights Organization also presented his views on the occasion and being in female institution also talked about women empowerment. His mother Madam Manju Rana , Formal Chairperson Permanent Lok Adalat cum Additional District and Session Judge and younger sister Vibha Rana, PCS Judge are both alumnae of Hans Raj Mahila Maha Vidyalaya. In the end Dean Vedic Studies Mrs. Mamta thanked Principal Prof. Dr. (Mrs.) Ajay Sareen, Principal DAV College Dr. S.K.Arora, Advocate Vikrant and his team for their gracious presence.

## **Labour Day celebrated as 'Pratiabhaar Diwas' at HMV**

Dated:1<sup>st</sup> May 2021

<http://hmvnews.blogspot.com/2021/05/labour-day-celebrated-as-pratiabhaar.html>

To celebrate the of the labour tirelessly, the



painstaking effort force, that works International

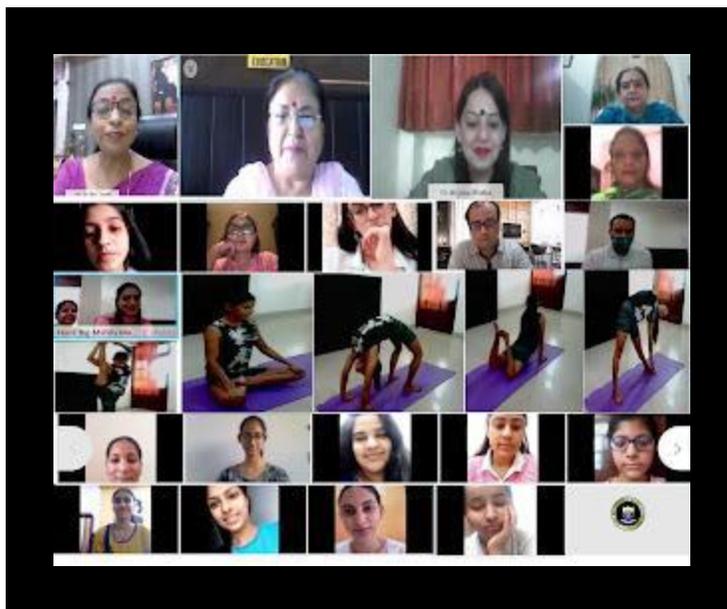
Worker's Day also called as Labour Day was celebrated at Hans Raj Mahila Maha Vidyalaya with great zeal under the able guidance of Principal Prof. Dr. Mrs. Ajay Sareen. Principal Dr. Sareen said that Labour Day is a reminder for us that our supporting staff is the real architect of our institution, and they deserve their due respect. We have always believed that it is small acts of kindness that count and we attempt to inculcate that same virtue in our students. The members of supporting staff were appreciated and presented with floral honour as a token of gratitude. On this day, Mr. Lakhwinder Singh, Superintendent General said that a worker is a creator and the real designer of the nation. He, on behalf of supporting staff, expressed his happiness and thanked Principal Dr.Sareen for providing all kinds of help and facilities for the supporting staff.

On this occasion, Superintendent Admn. Mr. Ravi Maini, Mr. Manohar Lal, Mr. Madan Lal, Mr. Sachin Kumar, Mr. Kamaljit, Mr. Tej Kumar, Mr. Doodh Nath, Mr. Shiv Lal, Mr. Bechan Lal, Mr. Ajay Kumar, Mr. Ravinder Singh, Mr. Manoj Kumar, Mrs. Rajni, Mrs. Sona Rani, Mr. Balwinder Singh, Mr. Avtar Singh, Mr. Joginder Prasad and Mr. Tirath Kumar were also present.

## Online Induction Programme inaugurated at HMV

Dated: 5<sup>th</sup> May, 2021

<http://hmvnews.blogspot.com/2021/05/2nd-online-induction-programme-on-life.html>



Hans Raj Mahila  
Vidyalaya,

provided a golden opportunity to students by starting an Induction Programme of 10 days on "Life and Professional Skills". This programme is divided in two modules. The first module was

Maha  
Jalandhar

inaugurated today. This Induction Programme is being organized under the direction of Principal Prof. Dr. (Mrs.) Ajay Sareen and its incharges are Mrs. Meenu Kohli and Ms. Shallu Batra. The programme started with lighting of the lamp & recital of Gayatri Mantra. 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. Induction Programme Incharge Ms. Shallu Batra gave brief introduction of the programme. She said that such programmes enhance your critical and analytical skills. Head of Psychology Department Dr. Ashmeen Kaur took first session on Mental Health. She said that we should help each other in this critical situation. Mrs. Sukhwinder Kaur from Sports Department took a practical session on Yoga. She also showed various Yog Asanas to the participants. The moderator was Dr. Anjana Bhatia. This programme is being attended by almost 100 participants.

## 2nd ONLINE INDUCTION PROGRAMME ON LIFE AND PROFESSIONAL SKILLS inaugurated at HMV

Dated: 23<sup>rd</sup> May, 2021

<http://hmvnews.blogspot.com/2021/05/2nd-online-induction-programme-on-life.html>

Hans Raj Mahila



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Vidyalaya inaugurated 2<sup>nd</sup> Series of an Online Induction Programme on Life and Professional Skills under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen . 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. She was empathetic towards future of students and said that this endeavour has been done by faculty to organize an induction programme and appreciated the team. She emphasized that we should move towards positivity of life and try to inculcate the things which make our life happy and peaceful. DAV organization across the globe are working and fulfilling their social responsibility. She also mentioned that to undertake caring and sharing gratitude during this pandemic best of lectures of HMV faculty have been uploaded on HMV-ELMS that is providing great help to students .

Dr. Ashmeen Kaur, HOD Psychology Department and Ms. Sukhwinder , Sports Department were the experts for the Day which was on Yoga and Mental Health. Dr. Ashmeen addressed the session on Self Enhancement. She explained that everyone is unique and to achieve success one has to recognize his or her potential. She gave many valuable tips on self control, mental health, to lead stress free life, never give up attitude etc. Ms. Sukhwinder illustrated practical yoga techniques for relaxing mind , body and soul.

Mrs. Meenu Kohli, Associate Prof, PG Department of Commerce and Management and Dr. Shallu Batra HOD Economics Department were the organizers of the programme. The main highlights of Programme will be on Communication and Personality Development, Yoga and Mental Health, Smart tricks for Internet and Social Media, Self Grooming, Design and Painting, Multimedia Tools and Tricks, Terrace/ Kitchen Gardening and Folk Dancing.

## 2nd Dose of Vaccination Camp organized at HMV

Dated: 27<sup>th</sup> May, 2021

<http://hmvnews.blogspot.com/2021/05/2nd-dose-of-vaccination-camp-organiz>



[ed.html](#)

A special vaccination camp for 2<sup>nd</sup> dose of vaccine was organized by Hans Raj Mahila Maha Vidyalaya, Jalandhar with the special permission of local administration and Civil Hospital. In this camp, 67 staff members of the college got vaccinated for 2<sup>nd</sup> dose of vaccine. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of Dr. Seema Marwaha, Head of Zoology Department for organizing second camp in college premises. She said that HMV has always committed itself to safeguard humanity against the COVID virus by arranging first vaccination camp in the month of April. Now it is the 2<sup>nd</sup> phase of vaccination. Principal Dr. Sareen also thanked Civil Surgeon Jalandhar Dr. Balwant Singh, Dr. Rakesh Chopra DIO, Dr. Surbhi and their team members for the support given by them to make this camp successful. On this occasion Superintendents Sh. Raman Behl, Sh. Pankaj Jyoti, Sh. Lakhwinder Singh and Sh. Ravi Maini were also present.

## Vaccination Camp started by District Administration at HMV

Dated: 1<sup>st</sup> June, 2021



<http://hmvnews.blogspot.com/2021/06/vaccination-camp-started-by-district.html>

Paid Vaccination Camp by District Administration was started at Hans Raj Mahila Maha Vidyalaya, Jalandhar. The District Administration is offering Covaxin at nominal cost of Rs. 500/- to the general public. The camp was visited by Deputy Commissioner Sh. Ghanshyam Thori, IAS and SDM-I Sh. Jai Inder Singh. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed them. Dr. Ajay Sareen said that Vaccination is our responsibility. We all have to be aware to fulfill this responsibility, the citizens are getting vaccinated. Nodal Officer Dr. Seema Marwaha and Asstt. Nodal Officer Mr. Ravi Maini told that around 100 people got vaccinated on first day. They pre-booked the slots of vaccination. Social distancing and other norms of COVID-19 are followed at vaccination centre. Principal Prof. Dr. (Mrs.) Ajay Sareen thanked District Administration for believing in HMV & choosing it as Vaccination Centre.

## Online Workshop on Beat COVID-Helpers Skills organised by HMV

Dated: 2<sup>nd</sup> June 2021

<http://hmvnews.blogspot.com/2021/06/online-workshop-on-beat-covid-helpers.html>

The NSS Unit of Mahila Maha Jalandhar Online workshop COVID-Helpers association with Gandhi National Rural Education, Higher Education, Education, Govt. the aegis of IIC, Resource Person Sandhya Tuti from Ministry of



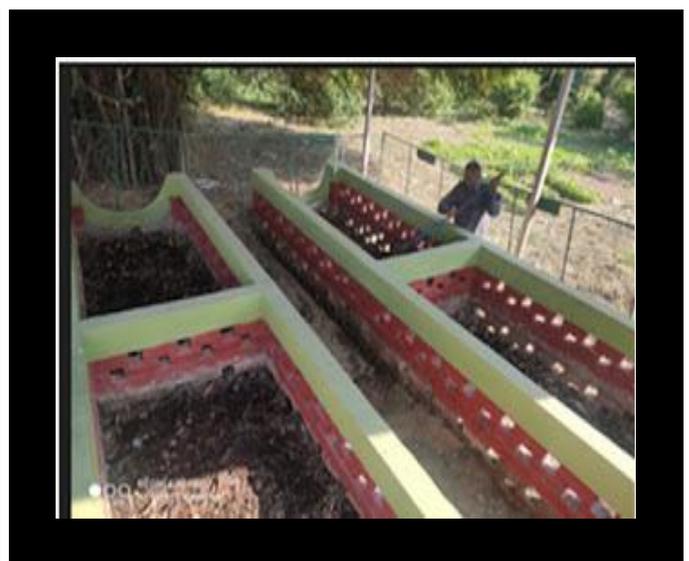
Hans Raj Vidyalaya, organised an on Beat Skills in Mahatma Council of Department of Ministry of of India under HMV. The was Mrs. MGNCRE, Education,

Govt. of India. The workshop started with Gayatri Mantra and lighting of the lamp. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the Resource Person Mrs. Sandhya Tuti and said that in

this time of COVID-19 this workshop will prove to be every effective. She appreciated the efforts of NSS Programme Officer Mrs. Veena Arora, Ms. Harmanu Paul and Dean Innovation Council Dr. Anjana Bhatia. Mrs. Sandhya Tuti gave detailed information on the subject. **She discussed the various steps taken by Local Managing Committees in this pandemic. She said helping people mentally & socially is the need of the hour. She gave useful information on various teams like Medicine Team, Family Related Team, Communication with COVID Patient Team, Hospital Management Team etc. She also had an interactive session with NSS Volunteers. She educated the students through various case studies.** At the end of the programme, NSS Programme Officer Mrs. Veena Arora presented vote of thanks. She said that this useful information will be spread in society through our NSS volunteers. We will be more aware towards this disease. The moderators of the workshop were Dr. Anjana Bhatia and Dr. Meenu Talwar. In this workshop, Asstt. NSS Programme Officer Mrs. Pawan Kumari was also present. This workshop was attended by NSS Volunteers, NCC Cadets and students of Student Council with full enthusiasm.

## **HMV becomes the role model institution of Punjab under Swachh Bharat Mission Urban**

Dated: 9<sup>th</sup> June, 2021



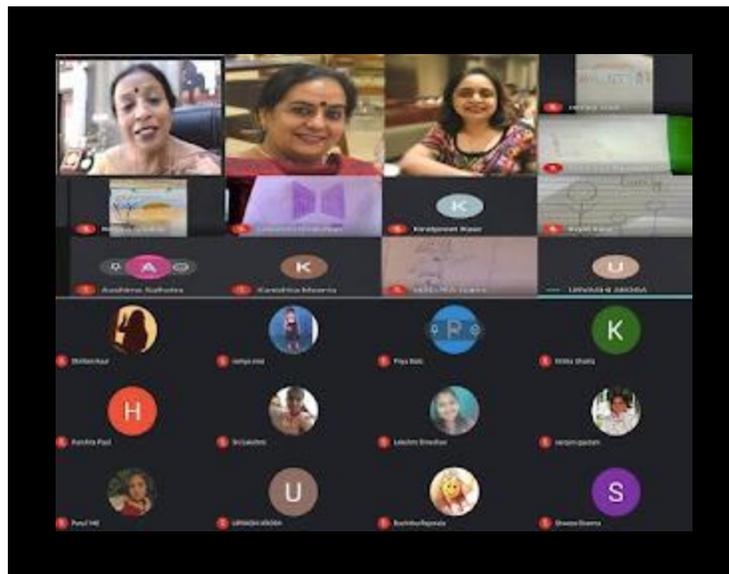
<http://hmvnews.blogspot.com/2021/06/hmv-becomes-role-model-institution-of.html>

**Municipal Corporation Jalandhar started the project of establishing role model in various wards, colonies and institutions of Jalandhar under Swachh Bharat Campaign. Hans Raj Mahila Maha Vidyalaya, Jalandhar became the first role model institution of not only Jalandhar but Punjab by fulfilling all the criteria under Swachh Bharat Mission Urban.** Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated all the teaching & non-teaching staff members and the students. She said that this is the result of hard work done by HMV family to make our environment clean.

It is worth mentioning that HMV is actively working under Swachh Bharat Mission from the last 5 years. Under this, the wet & dry waste of the institution is source segregated and treated accordingly. Dr. Anjana Bhatia, Dean Innovation and Research said that earlier all the waste of the college was sent to dump. Even the garden waste was also sent along with other waste. However, now the college prepares fertilizer with the waste. The college also has a project to make fertilizer from leaves also. The garden waste is also mulched within the college. In addition, the college is having various projects to work with Plastic, Wood, Iron, Cardboard, Paper, Clothes & Rubber. She told that all the boards regarding Swachhta Mission placed inside the college are made up of waste material. In this effort thousands of students, their families, 300 faculty members and non-teaching staff members got this message. She said that Safai Karamchari have played a significant role in this project. They are being motivated from time to time. They are given proper training along with mask, sanitizers & other things. Honourable Municipal Commissioner Sh. Karnesh Sharma, IAS, Incharge Dr. Shree & Programme Coordinator Ms. Ramanpreet Kaur provided full cooperation in this project. Principal Dr. Ajay Sareen said that HMV will continue its effort for protecting the environment. She said that we inspire our institution to put their efforts in making themselves a role model.

### **3 Days workshop on Counselling Skills organised by HMV**

Dated: 13<sup>th</sup> June 2021



<https://hmvnews.blogspot.com/2021/06/3-days-workshop-on-counselling-skills.html>

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.

## HMV EMERGES AS FIRST MODEL INSTITUTION OF JALANDHAR UNDER SWACCHH BHARAT MISSION URBAN

Dated:15<sup>th</sup> June, 2021



<http://hmvnews.blogspot.com/2021/06/hmv-emerges-as-first-model-institution.html>

**Municipal Corporation Jalandhar started the project of establishing role model in various wards, colonies and institutions of Jalandhar under Swachh Bharat Campaign. Hans Raj Mahila Maha Vidyalaya, Jalandhar became the First Model Institution of Jalandhar by fulfilling all the criteria under Swachh Bharat Mission Urban.** Honorable Commissioner Sh. Karnesh Sharma, IAS inaugurated the project and congratulated HMV family for meeting all the Swachhta standards successfully. He further urged all the residents to play their role in maintaining cleanliness of the city and nation. Principal Prof. Dr. (Mrs.) Ajay Sareen said that it imperative that we not only keep our surroundings clean but also our mind healthy for overall progress. **On this occasion, Hon'ble Sh Karnesh Sharma, inaugurated the Eco-feminism project in this campus. In this project, connections between women and nature will be studied. To mark the beginning of the project, some of the old trees of the campus were named after empowered women like Maa Gayatri, Mata Gujri, Mother Teresa, Maa Dharni and Beebi Fatima. Sh Karnesh Sharma tied rakhis to the trees to mark Vrikshabandhan.. Dr Anjana Bhatia, Dean Innovations and Research said the eco-feminism emphasizes that both women and nature must be respected.**

It is worth mentioning that HMV has been actively working under Swachh Bharat Mission from the last 5 years. Under this, the wet & dry waste of the institution is source segregated and treated accordingly. The college also has a project to make fertilizer from leaves also. The garden waste is also mulched within the college. In addition, the college is having various projects to work with Plastic, Wood, Iron, Cardboard, Paper, Clothes & Rubber. She told that all the boards regarding Swachhta Mission placed inside the college are made up of waste material. In this effort thousands of students, their families, 300 faculty members and non-teaching staff members got this message. She said that Safai Karamchari have played a significant role in this project. They are being motivated from time to time. They are given proper training along with mask, sanitizers & other things. Honourable Municipal Commissioner Sh. Karnesh Sharma, IAS, Incharge Dr. Shree & Programme Coordinator Ms. Ramanpreet Kaur provided full cooperation in this project. On this occasion, Dr Shree, CMO, Dr Sumita Abrol, Ms Ramanpreet, Community facilitator were also present. Principal Dr. Ajay Sareen said that HMV will continue its effort for protecting the environment. She said that we inspire our institution to put their efforts in making themselves a role model. She extended a welcome to the members of other institutions or citizens to visit HMV.

## Art of Living Session organized at HMV

Dated: 16<sup>th</sup> June 2021



<https://hmvnews.blogspot.com/2021/06/art-of-living-session-organised-at-hmv.html>

Hans Raj Mahila Maha Vidyalaya in collaboration with Art of Living organized workshop under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen on how to handle stress and increase immunity for stress free teaching during Covid times. The Resource Person for the workshop was Dr. Minakshi Gupta, MD Gynae and Mr. Vivek Vansal from Art of Living. A practical session was taken by Dr. Minakshi Gupta where she emphasized upon the usage of Sudarshan Kriya that is quiet helpful to increase our immunity and is very essential for our daily life balance. She gave practical session on certain yoga Aasanas which is helpful in releasing stress. One of the participant Ms. Renu shared her life experiences that how Sudarshan Kriya has changed her life. All the faculty members enjoyed the session and made sure that they will inculcate Sudarshan Kriya in their daily lives. It was an interactive session. Dr. Ashmeen Kaur, Head of Psychology Department was the organizer for the session. She also emphasized that stress should be released so to have a healthy life. She thanked all the Resource Persons and their team for a wonderful session. Principal Prof. Dr. (Mrs.) Ajay Sareen also gave her thoughts on the objective behind the workshop and emphasized on healthy living. She thanked the whole team for the session.

## HMV Celebrated International Yoga Day

Dated: 21<sup>st</sup> June, 2021



<http://hmvnews.blogspot.com/2021/06/hmv-celebrated-international-yoga-day.html>

Hans Raj Mahila Maha Vidyalaya in collaboration with Ministry of Aayush celebrated International Yoga Day under the able guidance of Principal Prof. Dr. Mrs. Ajay Sareen. In this ceremony, the students of Student Council, NCC, NSS and Sports Department of the college along with teaching, non-teaching staff and supporting staff took part with full enthusiasm. Yoga Guru Mr. Dheeraj made the participants perform various Asans of Yoga. He said that in order to remain healthy and free from diseases, we should do yoga everyday.

Principal Dr. Ajay Sareen said that yoga maintains our mental balance. It gives us physical and mental purity. We should make yoga an integral part of our lives. She also shared the message of President DAVCMC Padam Shree Dr. Punam Suri that yoga is connecting link with ancient wisdom. Yoga should be done by all everyday.

Yoga session ended with National Anthem. Stage was conducted by Dr. Anjana Bhatia.