



HMV NEWS

VOL 40 DECEMBER 2017

Patron : Principal Prof. Dr. (Mrs.) Ajay Sareen
Editor : Mrs. Lovleen Kaur

जीवन निर्माण के वैदिक सूत्र

1. सब सत्य विद्या और जो पदार्थ विद्या से जाने जाते हैं उन सब का आदि मूल परमेश्वर है।
2. ईश्वर सच्चिदानन्दस्वरूप, निराकार, सर्वशक्तिमान, न्यायकारी, दयालु, अजन्मा, अनन्त, निर्विकार, अनादि, अनुपम, सर्वाधार, सर्वेश्वर, सर्वव्यापक, सर्वान्तर्यामी, अजर, अभय, अमर, नित्य, पवित्र और सृष्टिकर्ता है, उसी की उपासना करनी योग्य है।
3. वेद सब सत्य विद्याओं की पुस्तक है। वेद का पढ़ना-पढ़ाना और सुनना-सुनाना सब आर्यों का परम धर्म है।
4. सत्य को ग्रहण करने और असत्य को छोड़ने में सर्वदा उद्यत रहना चाहिये।
5. सब काम धर्मानुसार अर्थात् सत्य और असत्य को विचार करके करने चाहिये।
6. संसार का उपकार इस समाज का मुख्य उद्देश्य है, अर्थात् शारीरिक, आत्मिक और सामाजिक उन्नति करना।
7. सबसे प्रीतिपूर्वक धर्मानुसार यथायोग्य वर्तना चाहिये।
8. अविद्या का नाश और विद्या की वृद्धि करनी चाहिए।
9. प्रत्येक को अपनी ही उन्नति से सन्तुष्ट न रहना चाहिये किन्तु सबकी उन्नति में अपनी उन्नति समझनी चाहिये।
10. सब मनुष्यों को सामाजिक सर्वहितकारी नियम पालने में परतन्त्र रहना चाहिए और प्रत्येक हितकारी नियम पालने में सब स्वतन्त्र रहें।



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डी ए वी गान

अविरल निर्मल सलिल सदय,
ज्ञान प्रदायिनी ज्योतिर्मय,
हो चहुँदिश उद्घोष अभय ॥
॥ डी ए वी जय जय ॥

प्रबल प्रवाहमयी नित-नूतन
जीवन दायिनी सदा सनातन
वेद प्रणीता परम पुनीता,
यह धारा अक्षय ॥
॥ डी ए वी जय जय ॥

दयानन्द से प्रेम-भक्ति ले,
हंसराज से त्याग-शक्ति ले,
धर्म-भक्ति का राष्ट्र-शक्ति का,
हो दिनमान उदय ॥
॥ डी ए वी जय जय ॥

सुख समृद्धि इसकी लहरें,
प्रेम शान्ति इसके तट ठहरें,
सघन शान्तिमय प्रबल कान्तिमय,
लिए अटल निश्चय ॥
॥ डी ए वी जय जय ॥





From the Principal's Desk

To quote Nobel Laureate Malala Yousafzai “I raise up my voice not so I can shout, but so that those without a voice can be heard. We cannot succeed when half of us are held back” aptly describes the need for women education and empowerment in the contemporary scenario. Empowerment entails confident women who can think and speak for themselves at every front and education is a key element contributing in this direction.

Women empowerment is an essential element in the development of a nation as empowered women lay foundation of an empowered nation. No doubt women have utilized the chances given to them and made considerable progress; yet there are miles to be covered. We at HVM are dedicated to the cause of women education since 1927. The main aim of the institution is to impart training to women in order to enable them to become responsible, self-sufficient and independent. Myriad activities like workshops, seminars, competitions, camps, sports definitely help girls to grow in the real sense of the word.

I congratulate the entire HVM family for the glorious achievements and wish you a Happy New Year filled with immense happiness and good health. May every new morning help us achieve greater heights of success!

Prof. Dr. (Mrs.) Ajay Sareen
Principal

Through the Editor's Pen A SAGA OF SUCCESS

It gives me immense pleasure to present you with December 2017 issue of HMV News. The academic session 2017-18 proved to be an incredible year of growth with the institute being bestowed with many prestigious awards. The newsletter in hand provides a glimpse into a happening campus which paves the way for such breathtaking success stories. We strive to bring to our doorstep a wide range of opportunities which provide to the students an exposure and realistic outlook towards the competitive nature of real life. The students get ample chances to showcase their talents and hone their skills.

I express my profound gratitude to our patron Principal Dr. Mrs. Ajay Sareen who is an epitome of success and a constant source of inspiration for us. I extend my sincere thanks to Mrs. Mamta, Dean Publications for her invaluable support and guidance.

Mrs. Lovleen Kaur Lehal
Editor

Exemplars of Success

Excellence is our benchmark in every field and our students outshine year after year in the University results. With constant focus on academics we strive to imbue and develop our students into ideal graduates.



Anjali Dhall
M.Sc. (BIF)
Sem-IV



Arshpreet Kaur
M.A.(MI)
Sem-IV



Priyanka
PGD Cosmotology
Sem-II



Baljit Kaur
M.A.(MV)
Sem-II



Bhavika Garg
M.Sc. (Botany)
Sem-IV



Monika
M.Sc. (Botany)
Sem-II



Satnam Kaur
M.A. (MI)
Sem-IV



Payal
M.Sc.(BIF)
Sem-II



Priya
M.A. (Hindi)
Sem-IV



Gurneet Kaur
M.A. (Pol. Sc.)
Sem-II



Priya Ralhan
M.A. (Pol. Sc.)
Sem-IV



Sumandeep Kaur
B.Sc. (BT)
Sem-IV



Kumari Hans
PGD (Buss. Mgmt.)
Sem-II



Dipika Mehra
B.Voc. (Web Tech.
& MM)sem-VI



Vaishali Arora
B.Sc. (Med)
Sem-II



Priya
B.Voc. (Banking &
Fin.), Sem-IV



Radhika
B.Voc (Web Tech.
& MM), Sem-IV



Simranjeet Kaur
BFA Sem-VI



Kamaljit Kaur
B.Com.(Hons)
Sem-IV



Divya
B.Sc. (IT)
Sem-IV



Archana Luthra
B.Sc. (IT)
Sem-II



Neha
B.Voc. (Web Tech.
& MM) Sem-II



Mandeep Kaur
PGD (Garment
Const.) Sem-II



Shivani Sharma
B.Com. (Hons)
Sem-IV



Muskan Viridi
B.Com. (Hons)
Sem-IV



Jobanpreet Kaur
B.Com. (Hons)
Sem-IV



Harnoor Kaur
B.Com. (Hons)
Sem-IV



Tanvir Kaur
B.Com. (Hons)
Sem-IV



Hanisha Katra
B.Com. (Hons)
Sem-IV



Sukarnita Mehta
B.Com. (Hons)
Sem-IV



Radha Chatrath
B.A. (Hons)
Psy Sem-IV



Rafia
B.A. (Hons)
Pol.Sc. Sem-IV



Diksha Pahwa
B.A. (Hons)
Eng. Sem-IV



Kawalpreet Kaur
B.Com. (Hons)
Sem-IV



Preety Sharma
B.Com. (Hons)
Sem-IV



Riya Gautam
B.Com. (Hons)
Sem-IV



Mandeep Kaur
BFA (Painting)
Sem-VIII



Sonali Jain
Dip. Counselling
Sem-II

SECOND POSITIONS



Jaspreet Kaur
M.Sc. (BIF)
Sem-II



Marjeena
M.Sc. (Bot)
Sem-II



Neha
M.A. (MV)
Sem-II



Pawandeep Kaur
MSc. (Botany)
Sem-IV



Khushboo Grover
M.A. (MI)
Sem-IV



Tanvi
M.Sc. (BIF)
Sem-IV



Shabnam
M.Sc. (CS)
Sem-IV



Ritu Batra
B.Sc. (IT)
Sem-IV



Swati Mahajan
BMM
Sem-VIII



Vaasvi Amar
BBA
Sem-IV



Simran Chandra
PGD Counselling
Sem-II



Bindia Garg
B.Com (R)
Sem-VI



Apeksha Bajaj
PGD Cosmetology
Sem-IV



Gulfam Viridi
B.Com (Prof)
Sem-VI



Tanya
BFA
Sem-IV



Harsimran Kaur
B.Com (Hons.)
Sem-IV



Komal Choudhary
B.Com (Hons.)
Sem-IV



Akanksha
B.Com (Hons.)
Sem-IV



Simranjeet Kaur
B.Com (Hons.)
Sem-IV



Jyoti Bala
B.Com (Hons.)
Sem-IV



Tamanna Juneja
B.Com (Hons.)
Sem-IV



Smily
B.Voc (Web Tech.
&MM) Sem-VI



Himakshi Sharma
B.Voc (Web Tech.
& MM) Sem-II



Ashna Jain
B.A. (Hons) Eng.
Sem-VI



Taniya
B.Voc (Web Tech.
& MM) Sem-IV



Srishti Bains
B.A. (Hons.)
Psy Sem-IV



Radhika Malhotra
B.A. (Hons.)
Eng. Sem-IV



Harnoor
B.Com (Hons.)
Sem-IV

THIRD POSITIONS



Laj
B.A. Sem-IV



Sarvpriya Kaur
BFA Sem-II



Neha Berna
M.A. (Pol.Sc.)
Sem-II



Vishali
B.Sc. (Med)
Sem-II



Manisha Punj
M.Com, Sem-II



Honey Sabharwal
B.Voc (Web Tech.
& MM) Sem-IV



Bhavana Sibbal
B.Com (Hons.)
Sem-IV



Anu
B.Com (Hons)
Sem-IV



Roohi Arora
B.Com (Hons)
Sem-IV



Chhaya
B.Com (Hons)
Sem-IV



Yashica
B.Com (Hons)
Sem-IV



Pragya Sharma
B.A. (Hons) Psy.
Sem-IV



Amandeep Kaur
B.A. (Hons) Pol.Sc.
Sem-IV



Anju
B.Voc (Banking
& Fin.) Sem-VI



Rajwinder Kaur
B.Com (Hons)
Sem-IV



Hitakshi Sharma
B.Com.
Sem-IV



Harmanjot Kaur
B.Com (Hons)
Sem-IV



Ishita
B.A. (Hons) Psy.
Sem-VI



Anchal
B.A. (Hons) Hindi
Sem-IV



Supreena
B.Voc (Web Tech.
& MM) Sem-VI



Yogita
M.Sc. (Botany)
Sem-IV



Mandeep Kaur
M.Sc. (BIF)
Sem-IV



Sunali
B.Voc (Banking
& Fin.) Sem-IV



Anjali
M.Sc. (Botany)
Sem-II



Shashi Kala
M.Sc. (BIF)
Sem-II



Tanvi
B.Voc (Banking
& Fin.) Sem-II



Sargun Kaur
B.Com (Hons)
Sem-IV



Anupriya
B.Com.
Sem-II



Bhanupriya
B.Sc. (Biotech)
Sem-II

ACHIEVEMENTS A GALORE



Conferred with the Award of Edupreneurs, Award of Best Principal, Award of Appreciation and honoured by Indian Red Cross Society for donating blood 20 times, Principal Dr. Mrs. Ajay Sareen is an epitome of unparalleled dedication, monumental achievements and commitment to the cause of education. She has a number of memberships and honours to her credit.

- President of Indian Olympic Association, Punjab
- NAAC PEER Team Assessor since 2012
- Observer for UGC NET Examination since 2010
- Observer All India Pre Medical/Pre Dental Entrance Exam

Prestigious Member of:

- Sub Committee to Court Management System by Punjab & Haryana High Court
- Advisory Committee of College Development Council
- Academic Council
- Advisory Committee, Youth Welfare Department
- Examination & Evaluation Committee, GNDU Amritsar
- Principal's Federation, Punjab
- Punjab State Legal Services Authority, Department of Legal & Legislative Affairs, Government of Punjab
- District Level Monitoring Committee of Information and Broadcasting Department, Government of India
- District Community Services of Police, Batala
- District Anti Ragging Committee
- District Police Advisory Committee
- Association of Indian College Principals
- Finance Secretary, Principal' Association GNDU wing
- Executive Member, Sports Committee, GNDU Amritsar
- Life Member DAV College Trust & Management Society, New Delhi
- President, Arya Samaj, College Vibhag, Batala
- Manager/ Member of LMC's of 21 DAV Institutions of Batala, Gurdaspur, Pathankot, Amritsar, Qadian, Bheri, Kalanaur and Dasuya

Crème de la Crème

Memberships held by Faculty Members in GNDU

Mrs. Neety Sood

Member of Board of Studies in Home science Common Board
Member of Faculty of Sciences

Dr. Kanwaldeep Kaur

Member Faculty of Economics & Business
Member Board of Moderation GNDU Amritsar

Mrs. Jyoti Kaul

Member of Board of Studies in Chemistry (UG)
Member Academic Council
Member Faculty of Sciences

Mrs. Kawaljit Kaur

Member of Board of Studies, Punjabi
Member Academic Council

Mrs. Mamta

Member of Board of Studies, English (PG)

Mrs. Sunita Dhawan

Member of Board of Studies, Sanskrit (UG)

Dr. Seema Marwaha

Member of Board of Studies, Zoology (UG)

Dr. Jyoti Gogia

Member of Board of Studies in Hindi (UG)

Mrs. Chandrika

Member Faculty of Economics & Business
Member Board of Moderation GNDU Amritsar
Member of Board of Studies

Mrs. Meenu Kohli

Member Faculty of Economics & Business

Dr. Ashmeen Kaur

Member of Board of Studies, Psychology (UG)

Dr. Sangeeta Arora

Member of Board of Studies, Computer Science
Member Faculty of Engineering & Sciences

Ms. Shama Sharma

Member Faculty of Visual Arts & Performing Arts

Mr. Gulla Gong

Member of Board of Studies, Computer Science

Crème de la Crème

Memberships held by Faculty Members in GNDU

Dr. Meena Sharma

Member PG Board of Studies Department of Botany and EVS
Member Moderation Committee GNDU Amritsar
Member Life Sciences

Mr. Jagjit Bhatia

Member CDC
Special Invitee Board of Studies Computer Sc.& Engg.

Dr. Anjana Bhatia

Member PG Board of Studies Department of Botany and EVS
Member Moderation Committee GNDU Amritsar
Member of Board of Studies, Khalsa College Amritsar

Dr. Shaveta Chauhan

Member of Board of Studies in Botanical &
Environmental Sciences (UG, PG)

Mrs. Rama Sharma

Member of Board of Studies in Journalism
& Mass Comm. (UG, PG)

Dr. Nitika Kapoor

Member of Board of Studies in Botanical &
Environmental Sciences (UG)

Mrs. Asha Gupta

Member of Board of Studies in Chemistry (UG)

Ms. Saroj Mahajan

Member of Board of Studies in Mathematics (UG)
Member Academic Council

Mrs. Nita Malik

Member of Board of Studies, Political Science
Member Faculty of Arts and Social Sciences

Mrs. Savita Mahindru

Member Faculty of Economics & Business





ARMY WING CADETS PARTICIPATED IN INTERNATIONAL YOGA DAY HELD AT TRINITY COLLEGE JALANDHAR



CADET MANPREET KAUR WON SECOND PRIZE IN FIRING

JULY 7

Exploring the world

7-day Summer School in Biological Sciences



Chaired by Dr. Umesh Kumar Sharma, Scientist E, DST, New Delhi the 7-day long DBT sponsored Summer School in Biological Sciences came to a phenomenal close. Poster Making Competition and Quiz Competition were also organized for participating students. In Valedictory Session Dr. Meena Sharma, Convener presented glimpses of summer school. To inculcate scientific temper and research aptitude amongst students, renowned scientists Dr. Upma Bagai, Dr. N.K. Srivastava, Dr. Prasanth, Dr. Rajesh Tandon interacted with students.

Principal Dr. (Mrs.) Ajay Sareen appreciated the faculty of life sciences for organizing summer school which has enlightened students about latest research development and career options in the field of Biological Sciences.

JULY 8

Learning, Honing, Achieving

NCC Cadets brought laurels in 10-day NCC CATC Camp

NCC Cadets of 2nd Punjab Girls Battalion brought laurels to the college by winning prizes in a 10-day CATC camp for their outstanding performance. The camp concluded in the premises of HMV in which about 499 NCC cadets from various schools and colleges of Doaba region participated. 8 NCC cadets won Group Dance competition by getting first position. 10 cadets won first prize in Drill competition. Cadets Mandeep, Jaspreet, Jasmeet, Sakshi, Manpreet, Rishika, Ishpreet and Jayati won first prize in Group Song competition. Cadet Mandeep Kaur of Army wing won first prize in Group Dance Competition. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated NCC Incharge Dr. Rajiv Kumar, Mrs. Saloni Sharma and Ms. Sonia Mohindru. She said that the NCC cadets always bring laurels to the college and it is a matter of great pride and honour for HMV fraternity that HMV also won Best Institute Award in this camp. Commanding Officer Col. Atul Shah gave prizes to the winners.



JULY 11

An invocation to the Almighty Havan Yajna to commence the new session



Havan Yajna was performed in the premises of Hans Raj Mahila Maha Vidyalaya at the commencement of the new session to seek the divine grace of the Almighty. The Principal, teaching and non-teaching staff; and the supporting staff gathered at the Yajnashala to perform Havan and pray to the Almighty. Principal Prof. Dr. (Mrs.) Ajay Sareen addressed the august audience and conveyed the good wishes of Dr. Punam Suri, Padmashree, President, DAV College Managing Committee, New Delhi for the upcoming session.

- ▶ Mrs. Navroop Kaur attended 18th Conference of Punjabi Sahit Sabha at California.
- ▶ Mrs. Navroop presented a paper titled "Punjabi Sahit ate Punjabia vich Naitik Kadra Keemta" at World Punjabi Conference Brampton Canada.
- ▶ Mrs. Jyotika Minhas published a paper titled "India's Exports and Economic Growth : An Empirical Investigation" in UGC approved refereed Journal " Researcher's World" Vol VIII ISSN 2231-4172.
- ▶ Mrs. Jyotika Minhas published a paper titled "Solid Waste Management-Community Perception, Attitude and Participation" in UGC approved Asian Journal of Research in Social sciences and Humanities Vol 7 ISSN: 2249-7315.
- ▶ Mrs. Cheena Gupta HOD FD acted as a subject expert at Lajpat Rai DAV College Jagraon.
- ▶ Dr. Neeru Bharti Sharma published a paper on "A comparative Study of Paradigm Shift in Modern Indian Art, IJMER Vol 6 Issue 7(5)pp 153-162.
- ▶ Dr. Neeru Bharti Sharma published a paper on "Aesthetics and Beauty : A study of life and nature", Journal of Advance Research and Development Vol 2 issue 4.pp 378-380.
- ▶ Mrs. Cheena Gupta acted as a subject expert at DAV College Phillaur.
- ▶ Mrs. Navneeta acted as subject expert at KMV Jalandhar.
- ▶ Mrs. Cheena Gupta was an expert in the Inspection team for new courses at Guru Nanak National College Nakodar.

JULY 12

Spreading Awareness World Population Day celebrated



World Population Day was celebrated under the aegis of NSS Unit of Hans Raj Mahila Maha Vidyalaya.

Principal Dr. (Mrs.) Ajay Sareen guided the unit to hold panel discussion on the challenges and prospects of population of India. More than 200 students participated in the panel discussion.

Programme Officer Dr. Anjana Bhatia informed the students that population growth needs to be checked in order to solve the problems of unemployment, pollution, poverty and depletion of natural resources.

Students came up with wonderful ideas for creating awareness regarding family planning.

JULY 14

Leading the way HMV conducted AIFF 'D' Licence Coaching Course



Hans Raj Mahila Maha Vidyalaya conducted AIFF 'D' Licence Coaching Course for Female Coaches of Punjab. All India Football Federation in collaboration with Punjab Football Association conducted this first ever AIFF 'D' Licence Women's Coaching Course which is as per FIFA's Coach Education Policy.

In this specialized course, 24 girls of Punjab took part to become professional coach. The resource person was Mr. Hilal Rasool Parrray who took the classes.

Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Sports Department of the college and said that HMV has achieved another landmark by organizing this coaching course. The participants were awarded with certificates.

JULY 15

Happiness lies in the joy of achievement 86th Annual Convocation held



A total number of 1129 students, 965 who graduated and 164 who postgraduated in 2015-16 received their degrees from His Excellency, Sh. V.P. Singh Badnore, Hon'ble Governor of Punjab and Administrator, UT, Chandigarh in 86th Annual Convocation of Hans Raj Mahila Maha Vidyalaya. Dr. A.K. Sharma, Vice President, DAV College Managing Committee, New Delhi was the Guest of Honour. Other dignitaries present on the dais were Sh. Arvind Ghai, Secretary, DAVCMC New Delhi and Dr. Satish K. Sharma, Director (Colleges), DAVCMC New Delhi. 46 students with university positions and roll of honour were honoured for their achievements. 3 faculty members who received their doctoral degrees in 2015-16 were also honoured.



Principal Prof. Dr. (Mrs.) Ajay Sareen accorded a formal welcome to the Hon'ble Guests and presented the Annual Report of the institution highlighting its achievements, its innovative practices and the zeal for heading towards a better tomorrow.

Focussing on the DAV values of peace, love and universal harmony, she exhorted the students to lead a life of righteousness inspired by the Vedas and envisioned by our Hon'ble President, Dr. Punam Suri, Padmashree Awardee.

The audience was enthralled by the motivating speech of the chief guest, Sh. V.P. Singh Badnore. He applauded the efforts of the institution in pioneering the cause of women education and felicitated it for its accomplishments and all round development.

He emphasized on the need of realizing the Make in India vision and leading a value based life on the personal level also to get rid of corruption in our country. He highlighted the fact that the horizons of opportunities have gradually increased for women.

Dedication, sincerity and truthfulness are the hallmarks of women folk. Clear cut goals, hard work and not short cuts are the key to success. A standing ovation was paid to His Excellency for his thought provoking words. On this occasion, the college newsletter 'HMV News' was also released by the dignitaries.



JULY 17

General Orientation Programme

A general orientation programme was organized for the students of TDC I, II and III and PG classes/diplomas in the Ragini Auditorium under the stewardship of Principal Prof. Dr. (Mrs.) Ajay Sareen. Students gathered in big numbers to get apprised with the various rules and regulations of the institution.

JULY 18

Playing with full decks

HMV students won prizes in Youth Leadership Camp



The students of Hans Raj Mahila Maha Vidyalaya outshined in Youth Leadership Training/Hiking Trekking Camp held from 10th to 16th July at Dalhousie.

11 students of the college participated in the camp and won various prizes. Km. Radha and Km. Prabhjot won second prize in Debate competition, Km. Manisha won second prize in Song competition, Km. Radha stood second and Km. Manisha stood third in Poem Recitation. Km. Radha also received Best Camper Award

JULY 21

Making the world a better place to live in

Police Commissionerate organized a Conference



The Police Commissionerate Jalandhar organized a conference on Making Public Places Safe for Women in the premises of Hans Raj Mahila Maha Vidyalaya. Chief Guest of the occasion was ADGP (Law & Order) Sh. Rohit Chaudhary.

Dean Academics and Head of Commerce Deptt. Dr. Kanwaldeep Kaur welcomed him with bouquet of flowers. On this occasion, Police Commissioner Sh. P.K. Sinha IPS, Gurpreet Singh PPS, ADCP-II Ms. Sudarvizhi IPS, ACP Deepika Singh, Mrs. Parminder Beri, Incharge Sanjeevani Home, Mrs. Anjana Talwar and Mrs. Anupama Bawa Trustee Nari Niketan were also present. ADCP Sudarvizhi told about helpline for protection of

women and Shakti Mobile App. She said that more than 5000 cases are registered in Punjab related to women protection.

It is need of the hour that everybody should feel responsible towards safety. ADGP Sh. Rohit Chaudhary, IPS said that this problem can be better solved with the help of youth only. Women should feel safe at public places, this is their aim. Social activist Mrs. Parminder Beri gave vote of thanks. The conference was attended by more than 200 students of various colleges which included HMV, KMV, DAV, SD College and Khalsa College for Women.

JULY 22

HMV feels proud of its alumnae

Harmanpreet Kaur

scored 171 runs (not out) in ICC World Cup Semi Finals

Harmanpreet Kaur, who scored not out 171 runs off 115 balls in ICC Women World Cup Semifinals and made India won the match against 6 times champion Australia, is a proud alumnae of Hans Raj Mahila Maha Vidyalaya. She was announced 'Player of the Match'. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated her and prayed to Almighty for her best performance in finals. Harmanpreet Kaur, basically from Moga District, took admission in HMV in 2008. She was selected in Indian Cricket team and participated in ICC Women's World Cup 2009 in Australia. She was also a member of Indian Team which participated in ICC 20-20 World Cup in England Tour of India in 2010. India got third position in this tournament.

She participated in India V/s West Indies ODI series in India in 2011 and India won by 3-2. She was appointed as Vice Captain of Indian Cricket Team for ICC World Cup 20-20 in 2012 held at Sri Lanka. President DAV College Managing Committee New Delhi Dr. Punam Suri, Padmashree congratulated Harmanpreet Kaur, her parents, Principal Prof. Dr. (Mrs.) Ajay Sareen and HOD Sports Mrs. Sudarshan Kang. He said that HMV is proud of its daughters.

Harmanpreet Kaur brought Indian Cricket and HMV on International arena with her smashing innings. In 2008, after her admission in HMV, under the guidance of sports department and Coach Mr. Roop Basant, she started achieving her goals. She has played 3 World Cups till now and her ideal is Virender Sehwag. She made the college proud with her batting.

- ▶▶ Mr. Amit Mahajan from Punu Synthetics Amritsar gave a seminar on Fashion and IT trends for the students of FD department.
- ▶▶ Principal Prof. Dr. Mrs. Ajay Sareen attended Group Monitoring Workshop for the INSPIRE Internship Camp Organizers held at Sri Venkateswara University, Tirupati by Deptt. of Science and Technology, New Delhi from 26th to 27th August, 2017
- ▶▶ Ms. Shama Sharma acted as subject expert for inspection of new courses at Mata Gujri College, Kartarpur.



JULY 28

NCC ARMY WING
CADET VISHALI OF
B.A. SEM. V WON
GOLD MEDAL
IN INTERBATALION
DRILL AND GUARD
OF HONOUR
COMPETITIONS
HELD AT SANT
BABA BAGH SINGH
UNIVERSITY.



JULY 29

An Awareness drive

World Nature Conservation Day

The Environment Club of Hans Raj Mahila Maha Vidyalaya carried out an awareness drive to create awareness regarding fast deteriorating natural resources. Principal Prof. Dr. (Mrs.) Ajay Sareen expressed her concern over the stability of nature in the current scenario when mindless use of natural resources is bringing unprecedented changes in climate. To bring the students closer to nature, they were shown documentaries and they also participated in panel discussion.

Mrs. Jyoti Kaul, Incharge of Environment Club said that the time is already ripe and action must be taken to conserve nature. Dr. Anjana Bhatia, Co-Incharge, Environment Club also stressed on the fact that the ice caps are melting fast and climate changes are inevitable. The conservation of nature is the only way for a healthier future of the planet. Dr. Shweta Chauhan also motivated the students to Go Green. The students signed a petition to take care of nature and conserve natural resources.





August 5

Investiture Ceremony of Student Council of HMV Collegiate School

Ms. Abha Nagar, a motivational speaker and First lady of Distt. Bar Council, Jalandhar and Principal Prof. Dr. (Mrs.) Ajay Sareen gave badges to Head Girl, 2 Joint Head Girls, 3 Assistant Head Girls and 11 Class Representatives in the Investiture Ceremony of Student Council of HMV Collegiate Sr. Sec.



August 6

Sanskrit department celebrated 193rd anniversary of Swami Dayanand Saraswati

August 6

Being Eco-friendly Organic Rakhi celebrated at HMV

Environment Club of Hans Raj Mahila Maha Vidyalaya celebrated Organic Rakhi in which eco-friendly Rakhis made by tribal women were promoted for sale. Principal Prof. Dr. (Mrs.) Ajay Sareen said that such endeavours are a step towards organic and eco-friendly living.

These Rakhis hold an indigenous seed in it, so it symbolized the environmental conservation along with strengthening of bonds. Rakhis made by the students were sent to soldiers fighting for the nation.

Ms. Shama Sharma, HOD, Deptt. of Fine Arts acted as judge in Inter College competition at MGN College of Education, Kapurthala



August 8

A glimpse of the glorious culture A Cultural Exhibition

HMV Collegiate Sr. Sec. School organized an **Exhibition of Punjabi Culture** in which the students exhibited hand made things related to Punjabi Culture. Principal Prof. Dr. (Mrs.) Ajay Sareen told that the main motive of this exhibition is that the students should not forget their rich culture and praised the students for the beautiful exhibit.



August 9

India of my dreams A Pledge for New India

Hans Raj Mahila Maha Vidyalaya organized a pledge ceremony under New India Movement 2017-2022. On this occasion, all the students of HMV took pledge on the **75th anniversary of Quit India Movement** for making India, a new India.

Principal Prof. Dr. (Mrs.) Ajay Sareen addressed the students and said that in the year 1942, our freedom fighters started Quit India Movement in 1942 and on its 75th anniversary, it is our duty to take a pledge and start the programme of making New India.

August 10

Play 'Main! Se Badh Kar' staged at HMV

The **Budding Bronte English Literary Society** of Hans Raj Mahila Maha Vidyalaya organized Hindi adaptation of Arthur Miller's Play '**All my Sons**' by Yuva Theatre Group under innovative programmes. The play titled '**Main! Se Badh Kar**' was directed by Dr. Ankur Sharma.

Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the initiative taken by English Department towards a better teaching learning process. Dean Innovative Practices Mrs. Ramnita Saini Sharda said that in one way, theatre is promoted and we gave a feeling to the students what a real play is like.



August 11

Harbingers of life Tree Plantation Drive



The NCC Army & Air Wing organized **Tree Plantation** under Innovative Programmes. The chief guest of the occasion was Mr. Avtar Singh Junior (Henry), M.L.A. 75 NCC cadets and 39 class representatives planted 37 saplings. Mr. Avtar Singh Junior (Henry) appreciated the efforts of the college and said that tree plantation is the need of the hour. It is an appreciable step by the college. Principal Prof. Dr. (Mrs.) Ajay Sareen motivated the students for planting trees.

August 12

Aagaaz-2017

On 12th August, 2017, the Fresher's Party 'Aagaaz-2017' was organized to welcome the UG and PG new comers. Principal Prof. Dr. (Mrs.) Ajay Sareen wished the new comer students for their shining future and motivated the students to be focused about their goals in life and try to achieve the new heights.



- ▶ 2-day workshop on "Execution and Production of men's Formal wear was conducted by Mr. Manjit Singh, Green Star Tailors and Mr Jasveer Singh from Lawrence Tailors, Jalandhar.
- ▶ Dr. Ashmeen Kaur was a resource person in a Counselling workshop for school counselors at Budha Dal Public School, Patiala

August 13

Cultural Extravaganza



The Youth Welfare Deptt. of Hans Raj Mahila Maha Vidyalaya organized **Talent Hunt 2017** under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Students showed their talent by participating in various items enthusiastically. Competitions for Giddha, Dance, Music Vocal, Debate, Declamation, Poem Recitation, Theatre, Fine Arts, Photography, Rangoli, Phulkari and Quiz were organized.

August 15

On the canvas



PG Department of Bioinformatics, conducted a poster competition on "Women Icons in Bioinformatics" on 14-08-2017. Students made posters on various Women Scientists and entrepreneurs working in the field of Computational Biology and Bioinformatics. Students also came to know how women from diverse backgrounds, including, Biology, Medical Sciences, Engineering and Agriculture have now chosen the upcoming Bioinformatics as their career.

HMV Collegiate Sr. Sec. School celebrated Independence Day by conducting Slogan & Poster Making Competition. Principal Prof. Dr. (Mrs.) Ajay Sareen gave prizes to the winners.

She addressed the students and said that we should feel proud on our country and the sacrifices made by our countrymen for achieving independence.



A quiz on Quit India Movement

NCC ARMY WING CADETS BHARTI & NEHA WON COMMENDATION CERTIFICATE IN INDEPENDENCE DAY PARADE. Air wing drill team comprising of cadets Tanvi, Priya, veerpal and Mansi sharma won first prize in drill in Independence day parade.



August 16



Street Play

Hans Raj Mahila Maha Vidyalaya organized a Nukkad Natak in collaboration with National Crime Investigation Bureau. The title of Nukkad Natak was Vehngi Vehngi. Which showed that today's youth has forgotten the importance of education.

Through Nukkad Natak, they showed the difference between traditional and modern education system. They also showcased the struggle done by educated youth for getting a suitable job.

August 17

Orientation Programme for NSS Volunteers

NSS Department organized an Orientation Programme for the Volunteers. On this occasion, Principal Prof. Dr. (Mrs.) Ajay Sareen oriented the volunteers and reminded them that NSS, in HMV, has had glorious history. She encouraged the new team to work with zeal and enthusiasm to improve the condition of underprivileged section of the society. The students were shown motivational documentaries for dedicating themselves to the cause of selfless service.

Office bearer students of NSS were decorated with badges by Principal Prof. Dr. (Mrs.) Ajay Sareen. All the volunteers pledged to dedicate hundred hours for social welfare.

▶▶ FD Department organized 2-day workshop on Working of Usha Automatic Sewing machines.



August 19

Workshop on Entrepreneurship



Two day workshop on Entrepreneurship organized in collaboration with Makeintern Carpe Diem IIM, Calcutta concluded at Hans Raj Mahila Maha Vidyalaya. During the workshop, Certified Entrepreneurship and Soft Skill Mentor Mr. Kartik Mehta gave detailed information about entrepreneurship to the students. He told the students how to start a business from a scratch, generating ideas for new business, raising the funds, defining business plan, activating business, recruiting, partnership and branding. He said that choosing right investors for the business is very important. He also made the students develop business plan practically and students enthusiastically performed these exercises. Through various motivational videos, the students learnt that adversity cannot stop a person from pursuing what one loves. For this, regular practice is needed. In this workshop, 111 students from PG Department of Commerce, B.Voc. (Banking & Financial Services) and B. Design participated. 7 students were selected who will be representing HMV in Carpe Diem IIM Calcutta Championship 2017 which is a national championship. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the selected students.

August 21

Reduce, Reuse, Recycle Akshay Urja Diwas

HMV Collegiate Sr. Sec. School celebrated Akshay Urja Diwas to sensitize the students about energy conservation and renewable energy resources under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Mrs. Neelam Kumari, District Education Officer was the Chief Guest. Mrs. Arvinder Kaur, Principal Govt. Sr. Sec. School, Mrs. Kulwinder Kaur, Principal Akal Academy Bholath and Mr. Lakhbir Singh, Lecturer Akal Academy Bholath were guest of honour and judges. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the guests and enlightened the students about the use of renewable energy sources. She apprised the audience that solar generator, solar lights and solar geysers are already installed in the institution & LED lights are used to reduce energy consumption.



August 23

Like a Diamond in the sky
**NCC Air Wing Cadets of HMV
 won Best Contingent Award**

NCC Air Wing and Army Wing Cadets of Hans Raj Mahila Maha Vidyalaya participated in Independence Day Parade and won various awards. NCC Air Wing I Punjab Air Sq. NCC Jalandhar won Best Contingent Award. NCC Army Wing 2nd Punjab Girls Battalion Jalandhar, won Commendation Certificate. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the cadets for their achievement.

August 24

Unparalleled, Unstoppable...
**Prof. Dr. (Mrs.) Ajay Sareen
 awarded with Edupreneurs Award**

The Edupreneurs Awards, 2017 organized by India's leading media and marketing group, Times of India, to recognize, celebrate and encourage excellence in education and learning were held at Chandigarh, amidst the elites of education sector.

This year, the Edupreneurs Award is presented to Prof. Dr. (Mrs.) Ajay Sareen, Principal, Hans Raj Mahila Maha Vidyalaya by Mr. Navjot Singh Sidhu, Minister of Local Government, Tourism, Cultural Affairs, Archives and Museums, Punjab. Prof. Dr. (Mrs.) Ajay Sareen said that HMV has got the highest grade by NAAC, Bangalore. This institute has a glorious history of 90 years and continuously working towards women education. The aim of college is to provide skill based education to the girls.

With each passing year, HMV is achieving new milestones and is emphasizing on the holistic growth of the students. On this occasion, a painting made by Fine Arts Deptt. was also presented to Mr. Navjot Singh Sidhu and he appreciated the work of students.



August 22

Mrs Anu , NIIFT Mohali conducted a workshop on yarn Craft for the students of FD Department

A workshop was organized by FD department in which Mr Prem Chaurasia Alumnae of NIIFT Chennai acquainted students of ADFD on Entrepreneurship.

August 25

Beating the Buzzzzz...
HMV celebrated World Mosquito Day

A plethora of events were held on World Mosquito Day. The resource person of the occasion Dr. Jagbir Singh, Professor from Deptt. of Zoology, Punjabi University, Patiala stressed upon the rising incidences of Dengue, Chikungunya, Zika Virus and other mosquito borne diseases. He discussed the solutions and precautions related to mosquito borne diseases.

An awareness campaign regarding diseases caused by mosquitoes was carried out by the Deptt. of Zoology by organizing Poster Making and Slogan Writing competition. Students of Science department enthusiastically participated in the campaign. A documentary on mosquito borne diseases was also shown to students.



August 28

Seminar on Right to Service Act 2011



Hans Raj Mahila Maha Vidyalaya organized a seminar on Right to Service Act 2011. Principal Dr. (Mrs.) Ajay Sareen welcomed the Chief Guest Advocate Sh. Shiv Kumar Sonik.

She focused on how right to service can make dream of corruption free India come true. Sh. Sonik enlightened the students with the laws related to right to service in different departments.

August 29

Workshop on Excel Modeling

The Planning Forum of Hans Raj Mahila Maha Vidyalaya organized a one day workshop on Excel Modeling. Principal Prof. Dr. (Mrs.) Ajay Sareen gave a floral welcome to the resource person, Dr. Harpreet Singh Bedi, Associate Prof., School of Business and COD Training and Placement at Lovely Professional University. During the workshop, Dr. Bedi equipped the students with the ability to analyze big data sets and to develop an insight for strategic decision making



August 30

Students of Fine Arts participated in Inter College competition at B D Arya college Jalandhar. Sarvpriya of BFA sem III won second prize in collage making and Reshmin BFA sem V won consolation prize

August 31

Seminar on Prevention of Dengue/Malaria/Chikungunya

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

**A ray of hope****Valedictory Function of Computer Workshop for Visually Challenged**

Dishti Cell for Physically Challenged in collaboration with Saksham, Punjab organization, organized a computer workshop for visually challenged people. The duration of the workshop was two and a half month. 17 persons participated in the workshop and got training in computers. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the social activist Mrs. Seema Chopra and State Convener of Viklang Camps Bharat Vikas Parishad, Mr. Rajiv Jain and his wife. She said that this workshop is our contribution towards community service. On this occasion, 15 persons were given HCL sponsored Laptops at subsidized rates. General Secretary of Saksham Punjab Mrs. Deepika Sagar explained the relevance of computer training for visually challenged.



September 1

The students of HMV Jalandhar lifted the over all trophy at BD Arya College Jalandhar. Vaishali and Komal of BSc got first prize in Laser Politron Model making at BD Arya College. Manpreet and Garima presented ISRO model and got consolation prize. Aakriti of B.Sc. sem III won first prize in power point presentation. Ms. Shama Sharma acted as subject expert at DAV University

Extension Lecture on "India-China Relations"



September 2

The PG Department of Political Science organized an Extension Lecture on the topic "India China Relations Economic and Military Dimension of China". Principal Prof. Dr. Mrs. Ajay Sareen welcomed the resource person Major General (Retd.) Vijay Panday VSM with a bouquet of flowers. Major General Panday talked about perspective of China on Economic dimension and military aspects.

He said that knowing the enemy enables you to take the offensive and knowing yourself enables you to stand on the defensive. He also talked about Sino-Indian Border dispute, conflict management measures, Doklam & Future Prospects. He also answered the queries of the students on India China relations.

September 3

HMV Athlete selected for National Indian Athletic Camp

Km. Shivani of Hans Raj Mahila Maha Vidyalaya has been selected for Training with National Indian Athletic Camp (Race walk 20 Km.). This camp is to be organized at Dharamshala (Himachal Pradesh) in which the athletes will be given national level training. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated her for this achievement and encouraged her for giving her best during the training.



September 4

Passing on the baton
Installation Ceremony of Student Council

Hans Raj Mahila Maha Vidyalaya organized the installation ceremony for newly constituted Students Council. The programme commenced with the floral welcome of Principal Prof. Dr. (Mrs.) Ajay Sareen. Gurpal Kaur, Head Girl PG briefly explained the role of Student Council in the successful working of an institution. Principal Dr. Sareen adorned Ms. Navdeep, B.Sc. III Medical and Gurpal Kaur, M. Com. Sem. III with the badges of Head Girl (undergraduate) and (postgraduate) respectively. The student council then took an oath to live upto the expectations and work efficiently keeping in mind the mission of the college. This event was also special in its own way as it introduced two new societies, 'Innovation@HMV' and 'Cleanliness@HMV' taking the count upto 42 in total.

September 5



PG students of Botany department visited Jagatjit Industry Hamira and Centre of Excellence of Vegetables, Kartarpur. Students learned about preparations of energy boosters, organic farming, soil less culture of tomato, brinjal, cherry and drip irrigation system.

With love to
the worthy teachers

Head Girl Navdeep Kaur, Joint head girl Anisha Verma and Asst. head Girl Rittu Batra presented a card to Principal Madam in the morning assembly followed by the speech as a symbol of respect on Teacher's day. The office bearers of the Student Council distributed Teacher's day cards along with sweets to all the teachers of the college

September 6

A La Mode Miss Punjab 2017



The Managers Network, a leading event management company organized Jalandhar auditions for **Miss Punjab 2017** in the premises of Hans Raj Mahila Maha Vidyalaya, Jalandhar. Principal Prof. Dr. (Mrs.) Ajay Sareen gave floral welcome to the judges and said that these competitions are very valuable these days as youth get the chance to get attached to the roots of their culture. The participants from HMV and Jalandhar City showcased their talent under the keen observation of revered judges Ms. Ritu Kolentine (renowned International Make up artist); Mr. Gaurav Nagpal, famous actor and director; Ms. Simrat Kathuria, dietician and Mr. Dilraj Grewal, eminent singer and actor.

September 7

A step towards Cleanliness



Under Swachatta Abhiyaan the students of HMV hostels organized competitions of Slogan Writing, Cleanliness in the ambience of the block. Principal Dr. Sareen appreciated the efforts of students and hostel wardens and emphasized the students to keep their surroundings clean.

▶ Students of Home Science department visited verka milkplant and learnt about processing of milk products.



Principal Dr. (Mrs.) Ajay Sareen attended 23rd National Conference on Challenges Before Higher Education in Emerging Fourth Industrial Revolution Digitalization of Education organized by Indian Colleges Forum from 8th 10th Sept., 2017 at RG Kedia College, Hyderabad and also Chaired a Session titled Role of Colleges in Harnessing New Technology in Education.

Physics department organized one day workshop on "Physics through Experiment" in which Prof MS Marwaha, President IAPT RC-3 superannuated Principal SGGGS College Sector B Chandigarh.

September 8

Garima of B.Sc. sem III stood first in NAEST 2017 at SGGSIAPT Anveshika Centre held at KMV

September 8



International Literacy Day celebrated

On 8th September, 2017, International Literacy Day was celebrated by Planning Forum under Department of Economics. The celebrations were marked by a poster-making competition in which students participated with great enthusiasm and showcased their talent and zeal for the spread of literacy drive in the society.

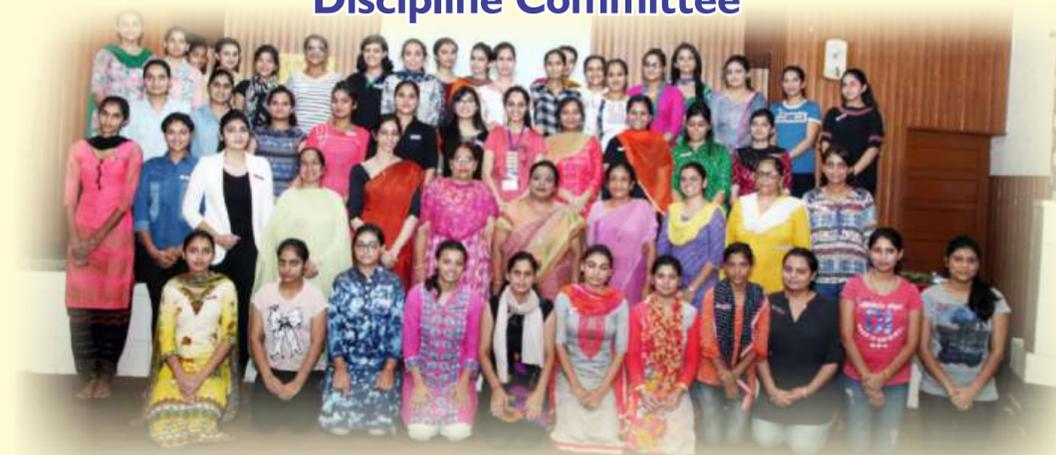
Students of Mass Communication & Video Production visited the office of Dainik Bhaskar and learnt about the process of printing. They also visited My FM 94.3.

Bandna won first position in Classical Vocal at Sangeet Kala Manch Jalandhars

Seeing and learning Industrial visit to Yarn Plus Ludhiana for the students of FD department

September 9

Installation Ceremony of Discipline Committee



The Installation Ceremony of Discipline Committee was organized at Hans Raj Mahila Maha Vidyalaya. Principal Prof. Dr. (Mrs.) Ajay Sareen gave the badges to Secretary, Joint Secretaries, Asstt. Secretaries and around 200 discipline volunteers.

September 10

Ncc Army Wing Cadets Won National Level Prizes in Essay Writing Competition on 'What Can I Do For Clean India?' Under swachh sankalp se swachh siddhi new India movement (2017-2022). In this national level competition, about one lakh cadets from punjab, haryana, himachal pradesh and chandigarh participated and cadets of HMV won first and second prize.



September 11

Saving Lives

A function on Suicide Awareness and Prevention was organized on the occasion of World Suicide Prevention Day by Freudian Psychological Society of Hans Raj Mahila Maha Vidyalaya under the directions of Principal Prof. Dr. (Mrs.) Ajay Sareen. The HOD of Psychology Deptt., Dr. Ashmeen Kaur gave a presentation on stress management to prevent suicides. The students of the Department presented their view on the theme 'Take a Moment, Save a Life' in the form of speeches and poems. A poster making competition was organized on the same theme as well.



September 12

Pen-n-Pastels

Paper Presentation and Poster Making Competition

Computer Club of Hans Raj Mahila Maha Vidyalaya organized a paper presentation and poster making competition in its premises. Principal Dr. Sareen appreciated the efforts of staff for organizing such event that boost the confidence level in students.



September 13

Prof. Dr. (Mrs.) Ajay Sareen elected as President GNDU Sports Committee (Women)

The Principal of Hans Raj Mahila Maha Vidyalaya Prof. Dr. (Mrs.) Ajay Sareen has been elected as President of GNDU Sports Committee (Women). DAV College Managing Committee New Delhi, Local Committee and Staff members congratulated her for this achievement. Prof. Dr. (Mrs.) Sareen unfolded the future plan of the Committee saying that their prime objective is to win MAKA Sports Trophy.

September 13-14

Mrs. Saloni Sharma presented a paper on the topic Polyanylene and PVC in two day National Conference on "Scientific and Technical Terminology" organized by Ministry of Human Resources and Development, Government of India at DAVIET Jalandhar.

Ms. Nandini Budhia
Stood first in the
university in
MA Sociology

Ms. Mukti Arora
completed MA
Sociology



Poem recitation competition organized by English department

September 14

Hindi Diwas

The Postgraduate Hindi Department celebrated Hindi Diwas by organizing a seminar. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the chief guest Ms. Binu Rajput (Film Maker & Director). with a bouquet of flowers. Ms. Binu Rajput elaborated the students on the topic 'Increasing Opportunities of Hindi in the field of Cinema'.

She said there are a lot of career opportunities in the field of script writing, dialogue writing and story writing. She also showed her films to the students. Principal Dr. Sareen said that Binu Rajput is the Ex-student of this college, so she shares a wonderful relation with us. She also released the Hindi film of Ms. Binu Rajput, titled 'Main Hindi Hoon'. Binu Rajput Films signed an MOU with the college under which the students of the college will be involved in film making and research.



September 16

In the lap of Nature Creative Writing Competition in Open Air

Hans Raj Mahila Maha Vidyalaya is a Centre for Innovative Practices. Keeping this in mind, HMV Collegiate Sr. Sec. School organized a Creative Writing Competition in open air on the topics 'Usage of Mobile Phone, Student and Discipline and Student & Fashions'.

Principal Prof. Dr. (Mrs.) Ajay Sareen said that these days children spend a lot of time indoors which is breaking their harmony with nature. On the other hand, writing and reading outdoors is a great way to spark creativity. She further added that just like in Shantiniketan where Rabindranath Tagore envisaged outdoor learning such open air competitions would encourage learning in a natural environment in a more fruitful and enjoyable manner.



Department of Mathematics organized an educational trip to Punjab University Chandigarh.

September 18

Heads held high HMV made hatrick by winning Dr. J.S. Bawra Trophy

The students of Hans Raj Mahila Maha Vidyalaya made a Hatrick by winning Dr. J.S. Bawra Overall Trophy for the third time in a row. It is a national level competition which is organized by Sangeet Kala Manch. Around 150 candidates participated in this competition as a whole and the students of HMV won Overall Trophy. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the teachers and the students.



September 17

Dr. Rakhi acted as judge in Inter School Art competition in Environment conclave organized by Uttam Hindu publication

September 18

Garima of BSc CSc Sem III got Rank IV at National Level in Anveshika at Kanpur.

September 19



Reap the fruit of thy labour Twin Sisters, Anupriya and Bhanupriya won Cash Prize in Quiz

The Youth Welfare Quiz Department of Hans Raj Mahila Maha Vidyalaya organized Quizzomania in collaboration with Jaipuria Institute of Management & JQL 2017 in which 300 students participated. Anupriya and Bhanupriya got First prize. They were awarded with certificate of merit and digital money gift card worth Rs.5000/-.

September 21

Tete-a-Tete with Rahul Saini

HMV Readers Club organized a Discussion Session on Books, Must Read for Readers in collaboration with the eminent writer Mr. Rahul Saini. The objective of this session was to inculcate the habit of reading among the students and discussion upon the must read pieces of literature. Mr. Rahul Saini said that one must always be careful while choosing books and what is inside them, for words have the power to change. He also gifted them a dozen of must read books and thus the college library now has a Rahul Saini recommended corner. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the members of Readers Club. Mrs. Ramnita Saini Sharda said that books help in understanding the life's paradoxes, joys, pains and truths. She motivated the students to invest their time in reading.



- ▶ Dr. Nidhi Kochhar directed street play Khud ki Khoj which won third prize in National theatre festival organized by YUVAA Theatre.
- ▶ Cdt. Anmol Minhas and Cdt. Mansi Sharma attended PVSC I held at Ropar. Cdt. Anmol won three gold medals and topped in the written test from the entire directorate. She got selected for PVSC II.

September 22

Grooming them up Professional Development Course organized at HMV

The Career Counselling Cell of Hans Raj Mahila Maha Vidyalaya organized Professional Development course Level I for the students. The resource person of the course Mr. Rajneesh Dev Sehajpal, Professional Trainer from Kalptaru Professional and Educational Institute, Gurgaon told the students about Personal Grooming, Time Management, Stress Management, Relationship Management, Behavioural Study and Communication Skills. He said that personality of a person means the qualities of his/her character that make him/her 'interesting and attractive'.



September 23

Ru-Ba-Ru

The Postgraduate Punjabi Department organized Ru-Ba-Ru with Mr. Balbir Parwana (Literature Editor, Nawan Zamana). Mr. Balbir Parwana was welcomed by Principal Prof. Dr. (Mrs.) Ajay Sareen and Head of Punjabi Deptt. Mrs. Kawaljit Kaur. The students asked questions about the novel 'Sisakada Akash' which forms a part of the syllabus. The students came to know about the communist thinking between the years 1970 to 1990 and other theories prevalent at that time.



Industrial visit to Super Fine Knit wear Ludhiana for the students of FD Department



NCC UNIT ORGANISED 'NCC AWARDS DAY' ON SEPT 23, 2017. PARVINDER KAUR DSP AMRITSAR, WHO IS ALSO AN ALUMNI OF THE COLLEGE, GRACED THE OCCASION AS THE CHIEF GUEST. SHE GAVE BADGES TO THE CADETS OF THE ARMY AND AIR WING. SHE ALSO GAVE BEST CADET TROPHIES TO CADET VISHALI (ARMY WING) AND CADET SURBHI KOHLI (AIR WING) AND MEDALS OF APPRECIATION TO 30 CADETS. SHE MOTIVATED THE CADETS TO FOCUS ON THE GOALS OF LIFE AND WORK ENDLESSLY TO ACHIEVE THEM.

September 24

Winning is our forte HMV won First position in Senior Open State Athletics Championship

The Athletics team of Hans Raj Mahila Maha Vidyalaya participated in Senior Open State Athletics Championship held at Sangrur and got First position. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the winners.



September 25

Stop, Start, Go



A seminar on Traffic Rules was organized by NSS Unit of Hans Raj Mahila Maha Vidyalaya to mark the NSS Foundation Day Celebration. An awareness drive in regard to traffic rules was carried out amongst the staff and students of the college. The chief guest of the occasion was Sh. Gautam Singal, PPS, ADCP HQ, Security and Traffic accompanied by Mr. Jaspreet Singh, ACP. Speaking on the occasion, Sh. Gautam Singal stressed upon the need to wear helmets not just to avoid police challan but also to avoid any risk of life. He further added that helmets used should be of superior quality so that in case of injury, the helmet should not break and cause havoc. Principal Prof. Dr. (Mrs.) Ajay Sareen assured that in coming times, helmets would be made mandatory for every staff member or student coming to the college on two wheeler. Dr. Sareen further guided the students to take an oath that they would wear helmets while riding a two wheeler. Shamsher Singh ASI and Ramesh Kumar head constable also made the students aware about traffic rules.

Dr. Anish Dua, GNDU Amritsar gave a seminar on "Mastering the soft skills" to the students of FD department

September 25

Career Counselling Cell organized a professional development programme for the students of Commerce IT and Sciences. Mr Rajneesh Dev Sahajpal, Kalpatru Professional Educational Services Gurgaon enhanced the knowledge of students on Social dynamics, Group behavior, Communication and Soft skills

Vedic quiz competition organized by Sanskrit department

September 26

NCC Awards Day



Mrs. Parvinder Kaur, DSP, Amritsar who is also an Alumnae of the college gave badges to the cadets of Army and Air Wing on NCC Awards Day. She also gave best cadet trophies to Cdt. Vishali (Army Wing) and Cadet Surbhi Kohli (Air Wing) and Medals of appreciation to 30 cadets. She motivated the cadets to focus on the goals of life and work endlessly to achieve them. She said that the most glorious and best time was her days at HMV, which enabled her to achieve success in her professional and personal life. Principal Prof. Dr. Sareen motivated the cadets to join NCC and make their career as officers in defence forces.

Cadet Richika Sharma of Army wing WON FIRST PRIZE IN BALLE DANCE AND CADET JASPREET KAUR DECLARED FIRST IN MIKE CONTROLLING DURING INTERBATTALION CULTURAL GROUP COMPETITION HELD ON SEPT 26, 2017 AT PHAGWARA. Cdt Mansi Cdt Veerpal and Cdt Ramandeep won first prize in Bhangra.



The Student Council celebrated the Birth Anniversary of Shaheed Bhagat Singh on September 26, 2017 in the form of a role play on the life of S. Bhagat Singh Ji by the office bearers and Task force of Student Council. The tricolor dupatta along with the badge of Bhagat Singh Ji was presented to Madam Principal. The office bearers of the Council distributed the badges to teachers also.

September 27

Giving wings to thoughts One day workshop on Creative Writing in Literature



A one day workshop on Creative Writing in Literature was organized by Hindi Sahitya Parishad. On this occasion, renowned novelist Dr. Ajay Sharma was present as Chief Guest and Resource Person of the workshop.

Dr. Ajay Sharma said that language is a medium, not only to express thoughts but it expresses our feelings too. A writer gets fame after a long period of time. It is only the practice that makes him an expert. He motivated the students towards writing and expressing their feelings.

On this occasion, a book exhibition was also organized which was inaugurated by Principal Prof. Dr. (Mrs.) Ajay Sareen and Chief Guest Dr. Ajay Sharma. An inter college Slogan Writing, Translation and Signature Competition was also organized.

September 29

World Vegetarian Day



DD Pant Botanical Society of PG Deptt. of Botany of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized an inter class competition on the occasion of World Vegetarian Day. Competitions on Slogan Writing & Fireless Cooking were organized. The topic of the competition was "Immunity Boosting Platter from the nature".

50 students participated in Slogan Writing Competition while 40 teams in fireless cooking. On this occasion, Principal Prof. Dr. Mrs. Ajay Sareen laid stress on importance of vegetarian diet. She told the students to go for healthy organic food & avoid eating junk food. Dr. Meena Sharma, HOD Botany & Incharge of DD Pant Botanical Society told the students about the ill effects of changing life style & eating habits on our health. Dr. Shaveta Chauhan co-incharge of the society told students about some immunity boosting food like citrus fruits, broccoli, bell peppers, ginger, garlic, turmeric etc. Special food stalls on Navratras was also organized by Home Sc. Deptt. of the college, under "Earn While Learn Scheme".

September 30

Awareness Programme on "Swachhta Hi Seva"

Hans Raj Mahila Maha Vidyalaya organized an awareness programme on "Swachhta Hi Seva" under the UGC programme through Video Conferencing. The Head girl of the college Ms. Gurpal Kaur welcomed the resource person Mrs. Aastha Sayal, Founding Partner, Gaia Smart Cities (part of the National Program Management Unit PMU for Swachh Bharat Mission with the Ministry of Urban Development). The resource person started her speech by telling the importance of cleanliness. She said that cleanliness is directly related to health and to have a healthy country, first we need a clean country. Mrs. Aastha discussed the aim of Swachh Bharat like use of toilets, modern and scientific municipal waste management, behavioural change regarding health sanitation practices and industry participation in making the country clean. Various ideas like "Trash-to-Treasure", Composting, Swachhta pin-ups to fulfill this aim were also shared.

Principal Prof. Dr. Mrs. Ajay Sareen motivated the students to join hands together for this mission of Swachh Bharat and to start it from our homes, institutes and our surroundings. At the end, the "Swachhta Pledge" was taken and signed by all the students.





October 1

Khush-Amdeed Freshers Night for Hostel Students

Hans Raj Mahila Maha Vidyalaya Jalandhar organized Fresher Night "Khush-Amdeed" for the welcome of new entrants in the hostel. Principal Prof. Dr. Mrs. Ajay Sareen blessed the students & motivated them to work hard to achieve their goals and also inspired them to move ahead in life by ignoring small things.



October 2

Homage to Mahatma Gandhi

The centre for Gandhian study of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized a prayer meeting to pay homage to Father of the Nation on his birth anniversary. On this occasion, students of music (vocal) deptt. recited favorite bhajans of Mahatma Gandhi 'Vaishnav Jan To Tere Kahiye' and 'Raghupati Raghav Raja Raam'. Principal Prof. Dr. Mrs. Ajay Sareen told the students to follow the guidelines of Gandhi ji. She said that his guidelines are more important for the present time because moral values are being degraded. She also said that Swachh include clean environment and clean thoughts. Coordinator Dr. Rajiv Kumar also encouraged the students to follow the path of truth & non-violence. On this occasion, students and teachers were also present.

October 1-3

PG students of Botany visited Dalhousie and Khajjiar to study flora and fauna of the area. Students collected specimens and preserved them in the form of Herbarium.

October 3

NCC Cadets won various prizes

The NCC Air Wing Cadets of Hans Raj Mahila Maha Vidyalaya brought laurels to the college by winning medals in various competitions. Cdt. Anmol Minhas of B.Sc. Comp.Sc. II won 3 Gold Medal in Flying at Pre Vayu Sainik Camp, held in NCC Academy, Ropar. She topped in all the 8 units. NCC Cadets also participated in combined Annual Training Camp at EMM AAR International School, Adampur. They got second position in Drill competition, second position in Cultural Event (Bhangra), first position in Kho Kho, second position in Tug of War.

In addition, Cdt. Anmol got first prize for dance. Cdt. Nitika got Gold Medal for Dance, Silver Medal in 100 Mtrs. Race and Bronze Medal for 200 Mtrs Race. Cdt. Surbhi Kohli was given Sergeant Rank in the Rank Ceremony during the camp. Cdt Himanshi Kalra of Air Wing attended SNIC at Andhra Pradesh and won the best cadet trophy along with a bronze medal in debate.



October 4



Slogan Writing Competition

Hindi Sahitya Parishad of Hans Raj Mahila Maha Vidyalaya organized a Slogan Writing Competition under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The students participated in the competition with full enthusiasm and wrote various slogans.

October 5

Dental Check up Camp

Youth Red Cross Society of Hans Raj Mahila Maha Vidyalaya organized a **Dental Check up Camp** in college hostel. Dental Surgeon Dr. Vikrant Bhandari examined a large number of students.

He attended to complaints of the students and advised them accordingly. He gave numerous tips to the students regarding dental hygiene. He told the students about the need to brush twice a day as well as to have nutritious diet.



October 6

Karwachauth special Mehandi and Nail Art Exhibition-cum-Competitions



The Fashion Designing and Cosmetology departments organized Karwachauth Special Exhibition-cum-competitions in the college premises. The students of Fashion Designing department made beautiful Thali Sets, Thali Covers and jewellery items. Special stalls of Nail Art and Mehandi were also arranged.

The Cosmetology department also organized an Inter class competition of Mehandi, Nail Art and Hair Styling. Total 150 students participated in the competition. On this occasion, Principal Prof. Dr. (Mrs.) Ajay Sareen said that creativity is the need of the hour. She appreciated the efforts of both the departments. Students and faculty members visited the exhibition and appreciated the art of the students.

- ▶ Students participated in PCTE Ehsaas organized by PCTE Ludhiana. Bandana BA sem V won first prize in solo song. Priyanka MA sem III won third prize in JAM sessions. Navjot BA sem I won third prize in extempore.
- ▶ Home Science department organized hobby classes on cake making.

October 7



Inter Class Quiz Competition

An Inter class Quiz competition was organized by the Department of English. The students participated with full preparation and enthusiasm. There were 5 teams, namely, team Spencer, team Wordsworth, team Browning, team Yeats and team Harrison.

The first position was bagged by team Spencer, comprising of Vinita, Vanshika, Ishita, Megha and Nitika. Team Harrison bagged second position. Its members were Jyotika, Ashmita, Bhavya, Manshika and Shweta. Principal Prof. Dr. (Mrs.) Ajay Sareen and Head of English Deptt. Mrs. Mamta gave away the prizes.

October 8

Poster Making Competition on Digital India



The PG Deptt. of Commerce and Management of Hans Raj Mahila Maha Vidyalaya organized a Poster Making competition on the theme Digital India and Demonetization. The competition was conducted in four categories i.e. Seedlings for first year students, saplings for second year students, plants for third year and trees for PG students. Principal Prof. Dr. (Mrs.) Ajay Sareen gave the prizes to the winners and appreciated their efforts. These students also presented their posters in various classes and described the motive behind their posters.

October 10



Seminar on Formal Make up

The Cosmetology department organized one day seminar on Formal Make Up with Formal Hair Style by the resource person Ms. Sonam from 99 Salon & Spa Academy.

October 9

DBT sponsored Indo-American Programme on Educational Linkage



In an innovative venture to inculcate paramount international research experience into the scheme of education, Research Promotion Cell of Hans Raj Mahila Maha Vidyalaya organized a DBT sponsored Indo-American programme on Educational Linkage. World renowned scientist and cancer biologist, Prof. Rajendra G. Mehta, Asstt. Vice President, Illinois Institute of Technology, Chicago, USA was the keynote speaker. Principal Prof. Dr. Sareen welcomed the guest and said that her vision and efforts are aimed at enhancing the existing academic resources and elevating the region's scientific capacity to international competence and excellence.

Speaking on the occasion, Mr. Mehta said that there is a direct correlation between diet, nutrition and cancer. He deliberated on the issues of cancer and all biology. Dr. Raksha Mehta from Chicago and Prof. Saroj Arora from GNDU were also present there. An MOU was signed between the college and Prof. Dr. Rajendra Mehta, Professor (Emeritus) Illinois Institute of Technology, Chicago, USA for academic and research pursuits. Dr. Ajay Sareen said that such an understanding between HMV and IIT Research Institute, Chicago will definitely go a long way in escalating the research and academic excellence of the students.

Sarvpriya of BFA Sem III won second prize in collage and Radhika of BFA sem I won first prize in pot making in Spectrum-2017 held at Lyallpur Khalsa College Jalandhar. Shanti BA Sem III won first prize in fresh flower arrangement. Jasica of Bsc sem I got 1st prize in Thali Making and Gaganpreet Kaur PGDFCD and Mohini of BSc Sem V got second prize in Rangoli.

October 10

World Mental Health Day



World Mental Health Day was observed at Hans Raj Mahila Maha Vidyalaya by the department of Psychology. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the resource person Dr. Vandana Sharma, Professor and Dean Social Sciences, Punjabi University, Patiala. Dr. Vandana Sharma conducted a workshop-cum-interactive session with the students in which she explained the importance of mental health in an individual's life.

Ms Shalu Batra delivered an extension lecture on 'Goods and Services Tax' at Sant Baba Dalip Singh Memorial Khalsa College, Domeli

October 11

Celebration of Wildlife Week

Department of Zoology of Hans Raj Mahila Maha Vidyalaya celebrated Wild Life Week (2nd to 8th October). Mrs. Meenakshi Sayal, Coordinator Collegiate School and Dr. Seema Marwaha, HOD Zoology extended a floral welcome to Principal Dr. (Mrs.) Ajay Sareen. Different activities were organized including Essay Writing Competition, Slogan Writing Competition, Poem Recitation and a Slide Show on wildlife and its conservation.

A short documentary on significance of wildlife and its conservation was also shown to bring awareness amongst the students as they can take creative measures to conserve wildlife. Principal Prof. Dr. Ajay Sareen emphasised on conservation of natural resources like air, water and to make judicious use of these resources to save them for our future generations as well.



» Cdt Anmol Minhas attended PVSC III at NCC Academy Ropar.

October 15 Cultural Evening "Sargam"

NGO Saksham (Punjab) in collaboration with Drishti Cell for Physically Challenged organized a fund raiser musical evening "Sargam" by eminent Sufi Gayak Padamshree Hans Raj Hans in Ragini Auditorium. The programme was organized for raising funds for the production of accessible digital talking books of under graduation level of Guru Nanak Dev University, Amritsar, PU Chandigarh, PU Patiala and Punjab School Education Board. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed Padamshree Hans Raj Hans and Chief Guest Sh. Vijay Chopra, Chief Editor, Hind Samachar Group of Publications and Guest of Honor Sh. Arvind Ghai, Secretary DAVCMC New Delhi. She said that Saksham Punjab has done significant work in the area of talking books production. It allows people with vision and print disabilities to navigate an audio book virtually line by line.



Padamshree Hans Raj Hans mesmerized the audience with his performance. He sang many Sufi songs and appealed to society to come forward and support this mission of education for the visually challenged. Chief Guest Sh. Vijay Chopra said that it is a mindset of the society to consider people with vision impairment as a separate section of the society, who cannot be integrated with the mainstream of society. These persons are getting benefit by the services being provided by Saksham Punjab. The sponsors of Saksham Punjab were invited and their contributions were recognized. General Secy. Saksham Punjab Mrs. Deepika Sood said that it has been possible only with cooperation & contribution being made by the society at individual as well as organizational level.

October 16

Green Diwali : A Breath of Fresh Air



Hans Raj Mahila Maha Vidyalaya celebrated Green Diwali: A Breath of Fresh Air under Innovative Cell. It was inaugurated by Deputy Commissioner of Jalandhar Sh. Varinder Kumar, IAS. The objective of celebrating Green Diwali is primarily to check air pollution caused by crackers and also to give a message of responsibility towards the environment and human health to the society. On this occasion Dy. Commissioner Sh. Varinder Kumar, IAS said that this is an excellent initiative taken by the college. He said that saying no to crackers will be helping our next generations in having clean environment.

Dean Innovative Cell Mrs. Ramnita Saini Sharda said that through Green Diwali, they are appealing to all the citizens of Jalandhar to celebrate Green Diwali by saying no to crackers. On this occasion, Mr. Paramvir Singh, IAS SDM, all the teachers, non-teaching staff members and students of the college exchanged plants. They also took a pledge that they will not burn crackers and inspire others too for the same.

▶ Dr. Prem Sagar formed a part of the SPICMACAY Series at IIT Delhi and acted as resource person for intensive class in International Convention on Music. He also recited classical vocal at AIR Jalandhar.

October 18

Diwali Exhibition



The Fine Arts, Design, Home Science and Fashion Designing departments organized Diwali Exhibition in the campus under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Students made and exhibited various items like handmade Diyas, Candles, Wall Hangings, Lamps, Pots, Cushions, Bed Sheets, Furniture, handmade jewellery, T-shirts and craft items.

October 21

Logic Development Event



Computer Club of PG Deptt. of Computer Science and IT organized a Logic Development event for its classes. Principal Dr. Sareen appreciated the students for actively participating in the event and encouraged them to do well in every field. Almost 70 students participated in the event. Efforts made by students were much appreciated by the judges. The event also witnessed the presence of all the members of the computer department.



CADET VISHALI ATTENDED PRE REPUBLIC DAY CAMP AT ROPAR FROM OCT 20, 2017 TO OCT 29, 2017

October 22

Competitions on Vedic Mantra Writing



The Sanskrit department organized a competition on Vedic Mantra writing. Principal Dr. Sareen gave the prizes to the winners and encouraged the students to adopt vedic values and traditions in life.



ARMY WING CADETS PARTICIPATED IN BSF HALF MARATHON ON OCT 22, 2017 AT FRONTIER HEADQUARTERS BSF CHOWK JALANDHAR CANTT.

October 23 HMV organized Speech Competition

The Red Ribbon Club and NSS department organized a Speech Competition on AIDS Awareness. The students participated enthusiastically in the competition. The judges were Dr. Anjana Bhatia, Mrs. Gagandeep and Ms. Harmanu. Karman Kaur got first, Harsimran and Mansi got second prize, Kirandeep Kaur got third and Mansi got consolation prize. Principal Dr. Sareen gave prizes to the winners



October 24 Motivational Lecture-cum-Workshop



HMV Collegiate Sr. Sec. School organized a motivational lecture-cum-workshop for the students on the topic Achieving your Highest Potential. Coordinator Mrs. Meenakshi Sayal welcomed the resource persons Mr. Simerjeet Singh and Mrs. Tarveen Kaur, Managing Partner and Co-founder Cutting Edge Learning Systems with bouquet of flowers. Mr. Simerjeet Singh encouraged the students to live a purposeful life, take risk for achieving your target, be self-confident, work diligently for the opportunities. He involved the students in light exercises so as to make the things clear.

Mrs. Tarveen Kaur gave tips about Time Management and how to lead an aimful life.

October 25 Workshop on Macreme



Fashion Designing Department organized a workshop on Macreme a popular yarn craft technique for the students of fashion designing. The resource person was Ms. Anu, an entrepreneur and designer from New Delhi. A NIIFT, Mohali alumnae from textile technology background taught the students about various knots and techniques. The students along with all the faculty members attended the workshop.



CATC CAMP HELD AT GN COLLEGE BANGA FROM OCT 24, 2017 TO NOV 2, 2017. CADET KOMALPREET KAUR WON FIRST PRIZE IN SOLO SONG AND WAS SELECTED AS BEST CADET. SHE ALSO ATTENDED BEST CADET CAMP AT ROPAR.

SU/O MANDEEP KAUR WON FIRST PRIZE AS CAMP SENIOR and WON SECOND PRIZE IN DRILL.

Cdt Anmol Minhas attended All India Vayu Sanik Camp at Barkatullah Khan Stadium, Jodhpur.

October 26

Inter Class Competition

Home Science department of HMV Collegiate Sr. Sec. School organized Inter Class Competition. 28 students of SSC I and II from different streams participated in the competition with great zeal and enthusiasm. They made healthy, nutritious snacks with mocktails and with table setting. Principal Prof. Dr. (Mrs.) Ajay Sareen highly appreciated the work of the students and encouraged them to work hard and guided them that young generation like creative cooking by using Aesthetics in their work with modern approach.



October 27 Hattrick and a one HMV shines in Zonal Youth Festival

Hans Raj Mahila Maha Vidyalaya, first college of North India with the status of College of Excellence by UGC has carried forward the legacy of eminence in performance to another step by winning Quiz for the 4th time consecutively in Zonal Youth Festival 2017. 13 teams from various colleges participated in Quiz (preliminary) round and only four teams reached the finals. Students of HMV turned victorious with a major lead.

The college participated and won positions in all other events too with first prize in Poster Making, second prize in Group Song (Indian), Mimicry, Cartooning, Phulkari. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the fervour and commitment exhibited by the students in their performance and further motivated them to attain the optimum level in their presentation.

October 28

Creative Writing Competition

The Punjabi Sahit Sabha of Punjabi Deptt. organized Creative Writing Competition. The students of different classes participated in in categories like story writing, poem writing and essay writing.

The topics were given on the spot which were 'Social Evils' for story and poem and 'Impact of Social Media on Punjabi Culture' for Essay. Principal Dr. Sareen and Mrs. Kuljeet Kaur, Incharge Punjabi Sahit Sabha congratulated the winners and gave them prizes.



October 29

Mastering the Soft Skills

The Fashion Designing department organized a seminar on the topic Mastering the Soft Skills by resource person Dr. Anish Dua from GNDU Amritsar. He enlightened the audience with positive attitude, effective communication, pleasant body language and many other traits required for Mastering the Soft Skills.



October 30

2-day workshop on Recycled Paper

The Fine Arts department organized a two day workshop on Waste Recycled Paper for the students of BFA, BD and BMM foundation classes. The students experimented various textures, colours and effects in the making of handmade papers. Students made various types of products like file folders, bags, lamps, packing boxes, etc out of this handmade paper. Students and faculty enjoyed and experiment the fruitful workshop.



October 31

HMV outshines at District Level Quiz

The Quiz team of Hans Raj Mahila Maha Vidyalaya has added yet another feather in the cap of HMV by winning District Language Quiz conducted by District Language Department at SD Phullarwan School, Jalandhar. In College category competition Ms. Gagandeep and Ms. Neeru of BBA Sem. V won first and second prize respectively.

They were awarded cash prize of Rs.1000/- and Rs.750/- each along with merit certificate. In school category competition Ms. Priya won third prize comprising cash prize of Rs.300/- along with merit certificate.





November 1

Walk for Values



The students of Hans Raj Mahila Maha Vidyalaya participated in Walk For Values organized by Sri Sathya Sai Seva Organization, Punjab. The motto of the walk was 'All for One; One for All'.

The assembly point was Guru Gobind Singh Stadium, Jalandhar. Around 80 students of the college participated in this 1.7 Kms walk. The event was basically focused on promoting 5 values i.e. Dharma, Ahinsa, Satya, Prem and Shanti. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students for being a part of such event.

November 2

Rashtriya Ekta Diwas

With a thought to foster dedication to conserve and empower unity, integrity and security of the nation Principal Prof. Dr. (Mrs.) Ajay Sareen directed the NSS unit to organise a "RUN FOR UNITY", to commemorate the birth anniversary of Sardar Vallabhbhai Patel, one of the institutors' of the Republic of India. She said that its time that the youth upholds the ideals of unity and integrity as envisioned and upheld by Sardar Patel. She stressed that Patel is the real founder of the integrated India. Principal, staff and students of offered floral tribute to Sardar Patel and undertook a pledge to stand for a united India.

Dr Shaveta Chauhan, Department of Botany, presented a paper on "Medicinally Important Orchids reported from Shimla Hills (Tara Devi) and their Conservation through Asymbiotic Culture" at National Conference for Interdisciplinary Aspects of Plant Sciences at Shri Mata Vaishno Devi University, Jammu.



November 3

Essay Writing Competition on 'Corruption free India'

HMV Collegiate Sr. Sec. School organized Essay Writing Competition in association with Punjab National Bank on occasion of Vigilance Awareness Week. The topic of competition was 'My Vision Corruption free India'. The chief guest of the occasion was Principal Prof. Dr. (Mrs.) Ajay Sareen. In her presidential remarks, she discussed the main causes of corruption. She said that the behaviour of the person changes in accordance with time, place and occasion as per the punishment on breaking of rules. She inspired the young generation to come forward to prevent the spreading of such infectious disease. She said that the efforts of every individual will lead to corruption free society and hence corruption free India. Students, faculty, staff and bank officials took the pledge to eradicate corruption from India.



November 4

Prabhat Pheri on Guruparb

The Hostellers of Hans Raj Mahila Maha Vidyalaya organized Prabhat Pheri on the occasion of Birth Anniversary of Sri Guru Nanak Dev Ji. The students started Prabhat Pheri at 5.00 a.m. from college hostel and recited Kirtan. Prasad was distributed after the Prabhat Pheri and Langar was organized for Hostellers and staff members.



November 6

The Athletic Team of Hans Raj Mahila Maha Vidyalaya won the 48th GNDU Inter College Athletics Championship held at Guru Nanak Dev University, Amritsar from 1st to 4th November. The team got winning position with 77 points.

The college has won this championship after 5 years by defeating Khalsa College for Women, Amritsar and Khalsa College, Amritsar. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the coaches and the winners for their achievement.



November 7

Students won prize in Mela Gadri Baba



Hans Raj Mahila Maha Vidyalaya participated in Mela Gadri Baba organized by Desh Bhagat Yadgar Committee, Jalandhar. The students participated in various competitions and won prizes. Km. Latika won 1st Prize in Painting Competition and Km. Arshdeep won consolation prize in Singing Competition.

HMV won 28 positions in Zonal Youth Festival

Hans Raj Mahila Maha Vidyalaya gave brilliant performance in Zonal Youth Festival held at GNDU Amritsar. Quiz team won First position for the 4th time consecutively with a considerate margin. Ms. Harman of Giddha team received the first prize as Best Performer.

The college participated in 33 items and won first, second and third positions in 28 items. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Youth Welfare Department for this achievement. She said that it is because of hard work of the teachers and students that the college has won so many positions.

November 8

Mr. Harpreet Singh received the award of "Mr. Bioinformatics" during the Indian Conference on Bioinformatics (Inbix) 2017 held at Birla Institute of Scientific Research (BISR) Jaipur from November 7th to 9th, 2017, organized by Bioclues.org.

Mr. Harpreet Singh was selected as a member of the program committee and acted as Industry Liaison for the Indian Conference on Bioinformatics (Inbix) 2017. He has also been proposed as the Finance Chair/Treasurer of the Bioclues.org Society

A group of 28 students of M. Sc. Bioinformatics, B. Sc. Med/Non-Med with Bioinformatics and add-on course in Bioinformatics visited the Birla Institute of Scientific Research (BISR) Jaipur. They also attended the Indian Conference on Bioinformatics (Inbix) 2017 from November 7th to 9th, 2017 organized by Bioclues.org at BISR, Jaipur. They witnessed the Research & Development facilities at BISR, Jaipur and had a great chance to interact with icons in the field of Bioinformatics including Dr. Temple F. Smith, Boston University, USA; Dr. Thomas Sicheritz-Ponten, Denmark Technical University, Denmark, Dr. R. Sowdhamini, NCBS, Bangalore, Dr. G. P. S. Raghava, IIT, New Delhi, Dr. Andrew Lynn, JNU, New Delhi, Dr. Raveev, Varshney, ICRISAT, Hyderabad etc.

Mr. Harpreet Singh, T Dutta, H Kaur, S Kumari, A Pareek, P Singh published a paper: Molecular cloning and characterization of genes encoding FK506-binding proteins (FKBPs) in wheat (*Triticum aestivum* L.). *Journal of Plant Biochemistry and Biotechnology* 26 (4), 467-477 (5 Year Impact Factor 1.086).

Mr. Harpreet Singh, G Kaur, K Kaur, S Roy, A Pareek, P Singh published a paper: Role of cysteine residues in regulation of peptidyl-prolyl cis-trans isomerase activity of wheat cyclophilin TaCYP1. *Protein and peptide letters* 24, 551-560 (5 year Impact Factor 1.046).

Ms. Pawan Kumari published a research paper titled 'Alapcharchit Sufi Sadhak' in *Research Journal 'KASHF'*, ISSN:2231-3869.

November 8

Poster Making and Slogan Writing Competition



Poster Making and Slogan Writing Competition were organized by the History Deptt. under the directions of Principal Prof. Dr. (Mrs.) Ajay Sareen on the Legend of Shaheed Bhagat Singh. Beautiful posters were made and inspirational slogans were written in remembrance of Bhagat Singh.

November 9

Clean Sweep Football Team won GNDU Inter College Football Championship



Defeating BBK DAV College for Women, Amritsar by 2-0, the Football team of Hans Raj Mahila Maha Vidyalaya added another feather in its cap by winning GNDU Inter College Football Championship. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team and the coach. 7 players of the team were also selected for North Zone Inter University held at Mandi Gobindgarh, Khanna and they got second position.

Dr. Ekta Khosla published three books : Kapila's Comparative study of effluent Treatment Technologies 978-81-925888-9 Kapila Publishers Delhi, Students' laboratory companion for characterization of water and waste water 978-93-85450-16-07 Bookman publishers Delhi, Step by step SCILAB for Novices 978-93-85450-07-05 Bookman Publishers Delhi

Dr. Ekta Khosla, Narinderjit Kaur, Sangeeta Sharma published a paper: Efficient Micellar Extraction of Ternary Mixture of Cationic dyes from aqueous medium, *Journal of surface science and Technology* pp.106-114 Vol.33 0976-9420, 0970-1893

Dr. Ekta Khosla, Ridhi Salotra, Priya Kumari published a paper: Kinetic and Equilibrium Studies of Cr(VI) removal from Tannery Effluent using green absorbents, 2278-179x, *Journal of Environment Science, Computer Science and Engineering Technology* 6(3)pp.187-202

Dr. Ekta Khosla, Pragnesh Dave, Parul N. Marvaniya, Vijay Ram, G. Thirumaran published a paper on Antibacterial and Antioxidant Activity of Sulphated Polysaccharides from selected seaweeds of Vainar Coast Actachimia and Pharamceutica Indica 7(2) pp. 1-13.

November 9

Department of Home Science organized one day workshop on Baking with IBI cooking institute.

Dr. Prem Sagar conducted a workshop on music and yoga at St. Soldier College, Jalandhar.

November 10

HMV lifts the Overall Trophy at "DOABA YOUTH FEST-2017"

Hans Raj Mahila Maha Vidyalaya, Jalandhar won the overall trophy and mesmerized the audience with its exuberant performances at Doaba Youth Festival-2017. Principal Prof. Dr. Mrs. Ajay Sareen congratulated Dean Mrs. Navroop, Co-Deans Ms. Shama Sharma and Mrs. Veena Arora, Staff and students on their achievement. Amidst a scale of participating teams, HMV bagged first position in Fancy Dress, Skit, Choreography, Folk Song, Sufi Kalam, Debate, Poster Making, Clay Modelling and Phulkari.

It won second position in Mime, Folk Dance, Geet/Gazal, Flower Arrangement, Painting (Landscape), Still Life, Sketching, Collage Making, Cartooning, Installation and third position in Mimicry and Rangoli. Dr. Ajay Sareen told that our teams have won amongst 550 students of 19 colleges which is a big achievement. She prayed to almighty for the success of the students in every phase of life.



November 11

NCC CADETS WON PRIZES

Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the cadets of NCC Army Wing on winning prizes in CATC Camp at GN Banga. Dr. Rajiv Kumar, Mrs. Saloni Sharma and Miss Sonia Mahendru also motivated and appreciated the efforts of the students.

November 12

Art is their Muse

The students of Fine Arts Deptt. participated in Painting competition organized by Sant Namdev Kashtriya (Tank) Sabha Distt. Jalandhar at Sant Namdev Bhawan, Jalandhar.

In this competition, Priya of BFA VII Sem. got first prize in Life Drawing. She received a cash prize of Rs. 1000/-. Nisha got consolation prize of Rs.300/- in life drawing, Mandip and Kavita of BFA VII Sem. got consolation prize of Rs.300/- in composition painting. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the students.



November 13

Seminar on AIDS Awareness

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



Students of computer science department participated in Inter college competition organized by DAV university Lovepreet Kaur and Shalini Jha won first prize

November 14

Seminar on Financial Literacy and Planning

A seminar on Financial Literacy and Planning was organized by PG Deptt. of Commerce and Management. Dr. Kanwaldeep Kaur, Head of Commerce Deptt. welcomed the resource person Mr. Kanwaljit Singh, Investment Trainer, Centre for Investment Education and Learning. Principal Prof. Dr. (Mrs.) Ajay Sareen encouraged the faculty to organize such events in future as well. The resource person explained the various ways of becoming financially secure such as term insurance, heater insurance and investment in mutual funds. He also explained the various tools of financial planning. The seminar ended with an interactive session with the faculty.



November 15

2-day workshop on Yoga

Prestigious institution of North India always cares about holistic growth of the students. In this chain, college organized 2-day workshop on Yoga for resident scholars under the able guidance of Principal Dr. Mrs. Ajay Sareen. 300 students from Hostels participated with full enthusiasm. This was a great opportunity for the students as well as teachers to imbibe the value of discipline, harmony, peace and happiness. Dr. Vinod Kumar (President of Yog Path Sansthan) and Mrs. Anudeep (Vice President of Yog Path Sansthan) were given a floral welcome by Principal and Hostel Coordinator Mrs. Meenakshi Syal.

Different Yoga postures like Tadasana, Ardh Chandra Asan, Muktaasana, Bhujangasana and many more were practiced by resource persons of Yog Path Sansthan. Principal Dr. Mrs. Ajay Sareen addressed the students and said that Yoga is considered as one of the best way of living a healthy and spiritual life. Yoga is very much popular in foreign countries. Hostel Coordinator Mrs. Meenakshi Syal encouraged the students by telling them the importance of Yoga which embodies unity of mind and body. Resource Person also discussed about the remedies of health issues. Programme ended with pranayam and soothing meditation. Mr. Manohar Dhawan, Sh. Anil Ahuja, Mr. Krishan Dhawan from Yoga Path Sansthan and Hostel Wardens were also present.

November 16

Tune into Radio 'Awaaz'



The Mass Communication and Video Production Department of Hans Raj Mahila Maha Vidyalaya launched HMV Campus Radio 'Radio Awaaz Awaz Se Hai Parwaaz' on National Press Day. Radio Awaaz was inaugurated by Eminent Punjabi Singer Manmohan Waris. The Guest of Honour was Director All India Radio Mrs. Santosh Rishi and Special Guests were Mrs. Rishi Nagar, News Director RED FM, Canada and MD Plasma Records Sh. Deepak Bali.

On this occasion, Secretary DAV CMC Sh. Arvind Ghai, Local Committee Members Sh. S.N. Mayor, Dr. Pawan Gupta, Dr. Sushma Chawla were also present. Mr. Manmohan Waris inaugurated Radio Awaaz and gave his best wishes for the same. He said that this initiative will provide a big platform to the students to showcase their talent. President DAV CMC Padamshree Dr. Punam Suri Ji extended his best wishes through telephonic conversation. He said that with this radio, HMV has added one more feather in its cap. Sh. Arvind Ghai, Sh. S.N. Mayor, Dr. Pawan Gupta, Dr. Sushma Chawla also gave their best wishes through a live session. Principal Prof. Dr. (Mrs.) Ajay Sareen said that HMV believes in innovation and Radio Awaaz is a part of that. She encouraged the students to make use of this platform and fly high in sky. She honoured the guests with memento and shawls



Head of Mass Communication and Video Production department Mrs. Rama Sharma said that initially two hours programme will be broadcast through Radio Awaaz on various subjects by students. Live show was done by Mrs. Jyoti Sehgal and Mrs. Nivedita Khosla, Asstt. Prof. in Mass Comm. and Video Production. On this occasion, Ms. Ramanpreet Kaur, Director Shamsheer Communications Pvt. Ltd., Mrs. Seema Soni, Programming Head, Radio City 91.9 FM, Deans of the college, all the teaching and non teaching staff members of the college were also present.

November 17

ADFD students awarded with scholarships

Hans Raj Mahila Maha Vidyalaya is running a two year Advanced Diploma in Fashion Designing under Community College course of UGC. The students of this course are not only evaluated by the college but also by Sector Skill Council for skill part. After the course, the students are working with industries as Sampling Tailor, Asstt. Fashion Designer, etc. by the placement assistance of the college.

On this occasion, the students were awarded certificate and scholarships by Principal Prof. Dr. (Mrs.) Ajay Sareen and Dr. Gurpreet Kaur, Dean Visual and Performing Arts, GNDU Amritsar in the presence of panel members Mrs. Meenakshi Syal, Course Coordinator Mrs. Navneeta and Industry Partner Mr. Amit Mahajan. Along with this experts from different fields keeps on visiting and fortify students knowledge by guest lectures, seminars, workshops and conferences. The college has also signed MOU's with different industries under this course.



November 18

Workshop on REVIT software



A one day workshop on REVIT software was organized for the students of B.D. (Interiors). The resource person of the workshop was Ms. Mini Verma from CAD Centre, Hoshiarpur. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the resource person. Resource person Ms. Mini Verma told the students about 3-D Modelling and Isometric views. She also told about ground floor and first floor plans in 2-D plans and rendering views and facade. The students asked their queries from her.



CADETS SHWETA AND JASPREET KAUR HAVE BEEN SELECTED FOR ATTENDING SPECIAL NATIONAL INTEGRATION CAMP TO BE HELD FROM NOV 15, 2017 TO NOV 26, 2017 AT NAGERCOIL TAMIL NADU.

Mrs Navroop Kaur Mago delivered a guest lecture on Parwasi kavita at Khalsa College for women Jalandhar

November 19

Living is an Art

Hans Raj Mahila Maha Vidyalaya organized one day Examination Special workshop of Art of Living for resident scholars under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The workshop was conducted by Dr. Ajay Sukheeja, Facilitator, Art of Living. Principal Dr. Mrs. Ajay Sareen and Hostel Coordinator Mrs. Meenakshi Syal gave floral welcome to the resource person. Dr. Ajay Sukheeja apprised the students about enhancing of concentration to sharp the memory with light practical exercises. Principal Dr. Sareen emphasized on importance of life skills. The workshop ended with an interactive session with the students.



CADETS JAYATI ARYA AND ISHPREET KAUR HAVE BEEN SELECTED FOR ATTENDING SPECIAL NATIONAL INTEGRATION CAMP TO BE HELD FROM NOV 18, 2017 TO NOV 29, 2017 AT RAJASTHAN , JAISALMER.

November 20

Lending a helping hand



The NCC (Army Wing and Air Wings) Cadets of Hans Raj Mahila Maha Vidyalaya visited Pingalwara and Apahaj Ashram as per the action plan forwarded by 2nd Pb. Girls Battalion, NCC, Jalandhar. All the NCC cadets of HMV visited Pingalwara and Apahaj Ashram to distribute fruits and biscuits to more than 200 persons. NCC Coordinator Dr. Rajiv Kumar told them National Cadet Corps (NCC) is celebrating NCC week from 19th to 25th November and NCC Day on 26th November. The NCC cadets distributed fruits among the persons residing in Pingalwara and Apahaj Ashram and spend some quality time with them. Principal Prof. Dr. (Mrs.) Ajay Sareen said that such activities inculcate the feeling of serving the elderly people. During the visit, the cadets were accompanied by HAV K. Kumar from 2nd Pb. Girls BN, Dr. Rajiv Kumar, Mrs. Saloni Sharma, Ms. Sonia Mahendru, Ms. Purnima, Mrs. Rama Sharma and Mr. Pankaj Jyoti, Supdt. Accounts.

▶ Dr. Jyoti Gogia (HOD, Hindi) presented a paper in International level conference held at Sanatkar Rajkiya Mahavidyalaya, Chd. on 18th Nov, 2017 on the topic Ramkavya ki Mahatvapuran Sarni Gurumukhi Lipi mein Rachit Ram Kavya.

November 21



Shivangi of HMV declared Best Swimmer

The Swimming Team of Hans Raj Mahila Maha Vidyalaya participated in Inter College Swimming Championship and got first position. Km. Shivangi was declared Best Swimmer of GNDU Amritsar for the fourth year consecutively. She has won 15 Gold Medals in different events. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Km. Shivangi, the coach and teachers. On this occasion, Coach Mr. Om Parkash, Mr. M.S. Dhall, HOD Physical Education Deptt. Mrs. Sudarshan Kang, DPE Ms. Harmeet Kaur, Ms. Sukhwinder Kaur, Ms. Baldeena D. Khokhar were also present.

November 22

Faculty Enrichment Programme



Hans Raj Mahila Maha Vidyalaya, Jalandhar organized a lecture on "Life is Good" as part of faculty Enrichment programme. Dr. Ajay Sareen envisioned that such faculty enrichment programmes encourage the professional development of faculty and improve the teaching learning practices. She emphasized that it is important for the teachers to keep themselves up to date regarding new techniques. The resource person for the first day of the programme was Professor Anish Dua, Director Hospitality and Professor Zoology, GNDU, Amritsar.

Speaking on the occasion Dr. Anish dua stressed upon the fact that we all must understand that life is good and it should be our everyday endeavour to make life better. Enrichment of life can be done by staying cheerful, energetic and positive. The lecture was followed by a brief meditation session.

Dr. Ashmeen Kaur presented a paper at an International Conference: Women in the changing world of work on the topic 'Women in the changing world: Menat health and Well-being' organized by Women Studies Centre, Punjabi University, Patiala on 22 November, 2017. Dr. Ashmeen was a paneleist in the event, 'Unity among Educationists: Awakening Within at CT Group of Institutions on Nov 30, 2017.

November 23

Blessings

The Best Wishes Cards were distributed to students for success in their GNDU Semester Examinations by Principal Prof. Dr. (Mrs.) Ajay Sareen along with the Deans of College and Superintendents. In the morning session, Dean Exams Dr. Ekta Khosla, Dean Youth Welfare Mrs. Navroop, Dean Innovative Practices Mrs. Ramnita Saini Sharda, Dean Students Support Services Miss Shallu Batra, Dean Student Council Mrs. Urvashi Mishra, Co-Dean Dr. Anjana Bhatia, Mr. Ashish Chadha, Office Supdt. Mr. Amarjit Khanna and Supdt. Gen. Mr. Raman Behl were present. The present members prayed to the Almighty for the success of students in the examinations and encouraged them to perform better in their life.



November 24

Bhajan Sandhya and Vedopadesh

An uplifting session of Bhajan Sandhya and Vedopadesh was hosted by Hans Raj Mahila Maha Vidyalaya. Mahatma Chaitanyamuni Ji, Mata Satya Priya Ji, Vice President, DAVCMC and Chairman Local Committee Justice (Retd.) N.K. Sud, Sh. Arvind Ghai, Dr. Rekha Kalia Bhardwaj, Mrs. Purnima Beri, Mrs. Rashmi Ghai, Sh. S.N. Mayor, Sh. Kundan Lal Aggarwal, Principal Inderjit Talwar, Sh. S.P. Sehdev, Principal Ravinder Sharma, Sh. Rajesh Premi graced the occasion with their presence. Setting the aura the evening began with the recital of hymns by the students followed by Sh. Rajesh Premi and Mrs. Rashmi Ghai.

Speaking on the occasion Dr. Rekha Kalia Bhardwaj emphasized on the need of being positive and being good humans. Principal Dr. Ajay Sareen in her welcome address said that a mother is reflection of God and thus deserves respect.

Mahatma Chaitanyamuni Ji also stressed upon positivity in life which leads humans through troubled waters. God has blessed us with a blissful life and we should look at others through the glasses of goodness. Introspecting the self one will find more vices inside than in others. Mata Satya Priya Ji also recited a bhajan on the occasion. Justice (Retd.) N.K. Sud also said that self introspection is necessary and he thanked the guests for their arrival.

November 25

Enhancing Personal Efficiency



Hans Raj Mahila Maha Vidyalaya organized a lecture by Mrs. Neetu Mahajan under the Faculty Enrichment Programme. The topic of the lecture was Enhancing Personal Effectiveness. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the resource person and motivated the faculty to keep enriching and enhancing their personal effectiveness. Speaking on the occasion, Mrs. Neetu Mahajan said that the most important time is now and we must live and give our hundred percent to the present moment rather than thinking about past and present. She also said that it is very important to take care of our physical, mental and spiritual well being for maximum effectiveness.

- ▶ Dr. Jyoti Gogia (HOD, Department of Hindi) presented a paper at national level conference held at Devaki Devi Jain memorial college for women on 25th Nov, 2017 on the topic Vaishwikaran Bazaarewaad aur Anuvaad. She also participated in radio discussion on the topic Hindi Sahitya ke Badalte Sarokar at All India Radio. Dr. Jyoti Gogia was in the Panel of Judges for creative writing competition in Punjab university Youth Festival held at Sidhwa Khurd, Ludhiana and in Punjab Technical University.
- ▶ Radio Discussion- participated in radio discussion on 20th on the topic Hindi Sahitya ke Badalte Sarokar at All India Radio.
- ▶ Acted As Judge- was in the Panel of Judges for creative writing competition in Punjab university Youth Festival held at Sidhwa Khurd, Ludhiana and in Punjab Technical University.

November 27



Eyes on the Target

The Archery team of Hans Raj Mahila Maha Vidyalaya won GNDU Archery Inter College Championship in Recurve Event. HMV Archery team beat BBK DAV College for Women, Amritsar with 6-0 points and in finals, the team beat St. Soldier College, Jalandhar with 6-2 points.

Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the players and said that the players of HMV always brought laurels to the college. Km. Mamtaj Khatun, Manisha and Gurminder Kaur were selected for Super Eight Round and bagged top positions in 70 m distance.

November 30

HMV Collegiate School students brought laurels to the institution



HMV Collegiate Sr. Sec. School provides platform to the students for their talent exposure. In this series, school students participated in Inter School Competition organized by Hindu Kanya Collegiate School focused on Nature and Environment. Principal Dr. (Mrs.) Ajay Sareen lauded the efforts of Coordinator Mrs. Meenakshi Syal and said that participation in such events speed up the learning outcomes and also provide them with various facets of knowledge.

Ms. Shallu Batra and Dr. Ashmeen Kaur formed the part of panel in Panel Discussion on Unity among Educationists: Awakening Within at C.T. College of Education, Jalandhar.

November 28

Personal Financial Planning



Hans Raj Mahila Maha Vidyalaya, Jalandhar organized a lecture by Mr. Vikram Sood, Vice President cum Chief Manager at UTI Mutual Fund, Jalandhar under the Faculty Enrichment Programme on 'Personal Financial Planning'. Mr. Vikram Sood explained the various investment schemes alongwith return on investment. He suggested that to be financially secure one must take up health insurance, term insurance and invest in mutual funds. While advising to go for long term investments he have mantras of 'Be patient', 'Invest & forget' and 'Start early'.



December 1



Guru Mantras for Gurus

Mr. Surendra Sethgave a motivational lecture on 'Guru Mantras for Gurus' under the canopy of Faculty Enrichment Programme. He explained the various mantras by which a teacher can become a Guru in the real sense.

He explained the points of 'Abhivadan' and motivation and had an interactive session. The teachers shared their views with them and asked various questions from him.

December 2

Workshop on Banking Software Finacle

A workshop on Banking Software Finacle was organized by the PG Deptt. of Commerce and Management for the students of B.Voc. (Banking and Financial Services). The students visited the circle office of Punjab National Bank, Jalandhar. Mr. Navjinder Singh, Senior Manager, IT explained how the use of Finacle has revolutionized the banking operations and its difference from the earlier system of managing banking operations.

Ms. Jaspreet Kaur, Manager, HMV Branch, Jalandhar explained the practical usage of Finacle by PNB in different areas such as customer account maintenance, customer queries, online banking, core banking solutions etc.



December 3



Yoga Team won First position in District Yoga Championship

The Yoga Team of HMV Collegiate Sr. Sec. School got first position in Jalandhar School District Yoga Championship. The team won first position in Artistic Yoga and Rhythmic Yoga Events. Km. Suman also won a Gold Medal for Artistic Yoga in the School State Level. Km. Kamalpreet Kaur won a Silver Medal for Rhythmic Yoga in school State level.

December 4

Industrial Visit to Nakodar Weaving Units

The students of Bachelor of Design of Hans Raj Mahila Maha Vidyalaya visited weaving units at Nakodar. The students visited Raj Durrie Factory and Powerloom Durries, Nakodar. Yarns, weaving techniques, colour combinations, weaving calculations, pre and post loom preparations are studied thoroughly by the students. Students and faculty members interacted with the weavers, manufacturers and marketing persons.



December 5



Workshop on Using MS Excel under Faculty Enrichment Programme

A workshop on ICT enabled Teaching and Learning was organized under the Faculty Enrichment Programme. The resource person of the session Mr. Anil Bhasin told the faculty members about the usage of MS-Excel. He elaborated various commands of MS-Excel and entering data in Excel in tabular form.

Principal Prof. Dr. (Mrs.) Ajay Sareen said that being updated is very important. This ICT enabled Teaching and Learning Workshop series is an effort of the institute in the same direction.

December 6

HMV Collegiate School student participated in Youth Leadership Camp

A 10-day Youth Leadership Camp was organized by Youth Service Punjab at Naggar, Manali (HP) in which 3 students of HMV Collegiate Sr. Sec. School were selected out of 175 students from 22 schools. Students participated in various activities like Poster Making, Painting, Slogan Writing, Pencil Sketch, Story Writing, Poem Writing and Drama. Nitjap got first prize in Pencil Sketch, Rashmeet Kaur and Ananniya Rai got second prize in Slogan Writing and Poster Making.

Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students and inspired them to participate in such camps for their holistic growth. Dean Youth Welfare Mrs. Navroop and Coordinator Mrs. Meenakshi Syal interacted with the participating students and they shared their thrilling experiences.



December 7

Lecture on E-Banking organized under Faculty Enrichment Programme

Next in the series of ICT enabled Teaching and Learning workshop, a lecture on E-banking was organized under the Faculty Enrichment Programme. Mr. Ravinder Mohan Jindal and Mr. Pardeep Mehta told the faculty members about MS-Word software. They gave practical knowledge of using all the commands of MS-Word.

In addition, they also told about E-banking and how to do all transactions of banking while sitting at home, like E-shopping, E-ticket booking etc. Principal Prof. Dr. (Mrs.) Ajay Sareen said that E-banking has made our life very simple and everyone should have its knowledge.

December 9

Lecture on E-Content under Faculty Enrichment Programme

Asstt. Professor Mr. Jagjit Bhatia from Comp. Sc. Department delivered a lecture on 'E-content' under ICT enabled Teaching Learning Workshop during Faculty Enrichment Programme. Mr. Jagjit Bhatia told the faculty members about the projects of Ministry of Human Resource and Development related to education.

He said that all the content is being converted into E-content because it is a digital era so that students can take the help of E-content while studying. These are known as E-modules. He also gave detailed information of SWAYAM project of Ministry of HRD. During practical session, he told the faculty members how to do voice recording of their lectures.

December 8

3rd Constitution Day and 125th Birth Anniversary of Dr. B.R. Ambedkar celebrated



The Postgraduate Department of Political Science celebrated 3rd Constitution Day and 125th Birth Anniversary of Dr. B.R. Ambedkar. Mrs. Nita Malik, Head of Pol.Sc. Deptt. welcomed chief guest of the 3rd Constitution Day Principal Prof. Dr. (Mrs.) Ajay Sareen and Mrs. Meenakshi Syal. Principal Dr. (Mrs.) Ajay Sareen talked about 'Preamble of Indian Constitution'. The constitution of India is the Supreme Law in India. The Constitution is the framework for political principles, procedure and power of government. She read text of the preamble (as it exists today) and all teachers, students took the oath of the preamble of Indian constitution. The students presented papers on 'Importance of Preamble', 'Preamble in English', 'Preamble in Hindi', 'Soul of Preamble', 'About Indian Constitution', 'Indian Constitution'. Mrs. Nita Malik also responded in detail the queries of the students.

December 10



HMV won GNDU Archery Inter College in Compound Event

Hans Raj Mahila Maha Vidyalaya won Guru Nanak Dev University Archery Inter College Championship in Compound Event. HMV defeated Khalsa College Amritsar in Final Round. Km. Rajat won one Silver and two Bronze medals in individual round. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the players and HOD Physical Education department Mrs. Sudarshan Kang, DPE Ms. Harmeet Kaur and Ms. Baldeena.

December 11

Mrs. Kuljeet Kaur Athwal conferred with Niranjn Singh Noor Award

Mrs. Kuljeet Kaur Athwal, Associate Professor of Punjabi Department of Hans Raj Mahila Maha Vidyalaya received Niranjn Singh Noor Award at Baba Darbara Singh Collegiate School, Tibba, Kapurthala. The college Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Mrs. Kuljeet Kaur Athwal for her achievement. Mrs. Kuljeet Kaur, said that the environment of the college always motivate her for her writings in the field of literature. She is also being conferred with Bal Lekhika Award from Bhasha Vibhag, Punjab, Likhari Sabha, Barnala, Batala and Sahitak Manch Dhyampur. The Niranjn Singh Noor Award has also been presented to the renowned poets Dr. Surjit Patar, Dr. Jagtar, Dr. Jaswinder Singh, Sukhwinder Amrit, Amarjit Konke etc.

Mrs. Kuljeet Kaur has authored two poetry books, edited tri monthly magazine Palaangh for several years and wrote many features in Daily Ajit newspaper.



December 12

Career Advancement Lecture Series to celebrate Awareness Week



HMV Collegiate Sr. Sec. School celebrated Awareness Week by organizing Career Advancement Lecture series. Resource Person for first day was Mrs. Meenakshi Syal, Coordinator of the school who imparted knowledge on the topic 'How to be successful'. She discussed the key points i.e. Desire, Goal Setting, Determination, Planning, Discipline, Milestones, Oral Expression, Writing Ability, Creativity, Positive Attitude and Networking required for attaining success in life for a particular target. She involved the students with light exercises. Principal Prof. Dr. (Mrs.) Ajay Sareen motivated the faculty and she told that such type of activities are adding wings to the personality and holistic growth of the students.

December 13

A lecture on filling ITR

A lecture on filling Income Tax Return online was given by Dean Academics Dr. Kanwaldeep Kaur and Associate Prof. of Commerce department Mrs. Binoo Gupta. Dr. Kanwaldeep Kaur told the participants about Income Tax and discussed about various types of income to be filled in Income Tax Return form. Associate Professor Mrs. Binoo Gupta told the participants about filling ITR form online during practical session. The participants filled ITR form taking figures as example of income. Principal Prof. Dr. (Mrs.) Ajay Sareen said that filling ITR online is quite easy if you know the procedure.

December 14

Being Thankful

The administration of Hans Raj Mahila Maha Vidyalaya had requested Jalandhar Municipal Corporation for displacement of unipoles adjoining college boundary wall and in the green belt maintained by the college.

Municipal Corporation has accepted their request and displaced the unipoles from both the sites. College Principal Prof. Dr. (Mrs.) Ajay Sareen thanked Corporation Commissioner Sh. Basant Garg and MLA Sh. Avtar Henry (Junior). Dr. Sareen said that commercial unipoles affect the sanctity of an educational institute. Principal Dr. Sareen hoped for such cooperation in future also and said this is an appreciable step.

December 15

Lecture on Knee Problems under Faculty Enrichment Programme

Hans Raj Mahila Maha Vidyalaya organized a lecture on Knee Problems under Faculty Enrichment Programme. The resource person of the session was Dr. Ajaydeep, Orthopedic Surgeon and Knee Replacement Specialist, at Joshi Hospital talked about knee replacement and success rate associated with it. He also showed videos of some patients being able to climb stairs and sit cross legged after surgery, who were not even able to walk. He talked about how we can make others aware about social stigma attached with surgery. He said that patients are ready to bear the pain in knee but they do not agree for the surgery. They should consult doctors and know about the latest techniques so that they can lead an independent life. During interactive session, he answered queries of the teachers. Principal Prof. Dr. (Mrs.) Ajay Sareen said that the age factor is also one of the reasons of Knee problems. Such interactive sessions make us aware about knee problems and replacement.

December 15

International Human Rights Day



International Human Rights Day was celebrated at HMV Collegiate Sr. Sec. School by the department of Political Science. While addressing the students, Dr. Sareen said that Human Rights are based on the Principles of Human Solidarity, Cooperation and Development. She said that universal declaration of human rights is a milestone that proclaimed the inalienable rights which everyone is inherently entitled to as human being, regardless of race, colour, religion, birth, etc. Mrs. Meenakshi Syal, School Coordinator said that we should not only enjoy all our rights but also perform our duties. Head of Pol. Sc. department Mrs. Nita Malik said that International Human Rights Day is turning 70.

All teachers and students paid tribute to those brave soldiers who lost their lives in the terrorist attack on Indian Parliament on 13th December, 2001.

December 17

HMV Collegiate School won medals in Distt. Weight Lifting Championship

Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the Weight Lifting Players Km. Gulshery and Km. Jasmine won Gold Medals in Distt. Weight Lifting Championship.

Km. Jasmine also won a Gold Medal in School State Level Competition in 53 kgs weight category.

Km. Gulshery won silver medal in School State Level Competition in 48 kgs weight category, held at Khanna. Km. Jasmine has also been selected for National School Games.



December 18

Bash-n-Splash 2017

A joyful Bash-n-Splash event was organized during Faculty Enrichment Programme in which the faculty members and non-teaching staff enjoyed to their hearts. The function was presided by Principal Prof. Dr. (Mrs.) Ajay Sareen who stressed upon the need of introspection for self-improvement. It was followed by the fun-filled Bash-n-Splash which was organized in the Heritage Centre 'Saada Virsa Saada Maan'. The members of the teaching and non-teaching staff lead by Principal Dr. Sareen merrily participated in games like Balloon versus glasses, slow racing, dance rounds, lucky dips to name a few. Principal Dr. Ajay Sareen conveyed her best wishes for the coming year and appreciated the efforts of the organizers Dean Academics Dr. Kanwaldeep and Mrs. Binoo Gupta for the success of the event.

December 22



The PG department of Hans Raj Mahila Maha Vidyalaya participated in two day Bhai Vir Singh Flower and Plants Exhibition-cum-seminar organized by Guru Nanak Dev University Amritsar in collaboration with Punjab Agricultural University, Ludhiana at Amritsar. In this event, Ms. Gagandeep of HMV won second prize in Rangoli competition and Botany department won second prize in Foliage/Ornamental Plants Display competition

December 23



Dr. Nidhi Kochhar was honoured with two awards for her contribution to Hindi literature by Canadian government in the celebrations of 150th year of WSO Canada. Principal Prof. Dr. Mrs. Ajay Sareen congratulated her for this achievement. The awards were conferred by city councilor of Brampton S. Gurpreet Singh Dhillon and Member Parliament Canada Mr. Raj Grewal.

December 25



The football team of HMV defeated Jandiala Club and team of Samrawan and won first prize

December 28



The basketball players won first prize in District Sports Competitions organized by Punjab Sports department.

December 27

**In the service of the Nation**

Dr. Lakhbir Singh, President NGO 'PAHAL' and Principal Prof. Dr. (Mrs.) Ajay Sareen inaugurated NSS Camp at Hans Raj Mahila Maha Vidyalaya. Principal Dr. (Mrs.) Ajay Sareen encouraged NSS Volunteers to follow the NSS motive Not we, but you, whole heartedly.