



# HANS RAJ MAHILA MAHA VIDYALAYA JALANDHAR (PUNJAB) INDIA



- CURIE Grant by DST
- Star Scheme College by DBT



- Kaushal Kendra by UGC
- 4 Star Ranking by Innovation Cell (GOI)

**The Week-Hansa Survey 2024**

RANK 1 IN PUNJAB	<b>Arts</b>	✓
RANK 1 IN PUNJAB	<b>Science</b>	✓
RANK 1 IN PUNJAB	<b>Commerce</b>	✓
RANK 1 IN PUNJAB	<b>Mass Communication</b>	✓
RANK 2 IN PUNJAB	<b>Fashion Technology</b>	✓

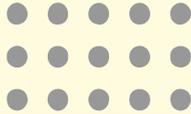
**India Today 2024 MDRA Survey**

RANK 1 IN PUNJAB	<b>Arts</b>	✓
RANK 1 IN PUNJAB	<b>Science</b>	✓
RANK 1 IN PUNJAB	<b>Commerce</b>	✓
RANK 3 IN PUNJAB	<b>Fashion Technology</b>	✓

# HMV NEWS

A JOINT VENTURE OF PG DEPARTMENT OF ENGLISH & PG DEPARTMENT OF MULTIMEDIA

**VOL 53 JULY 2024**



# डी ए वी गान

अविरल निर्मल सलिल सदय,  
ज्ञान प्रदायिनी ज्योतिर्मय,  
हो चहुँदिस 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 ॥

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## Blessings from the Desk



It is with immense pleasure that I extend my heartfelt congratulations to the editors and contributors of HMV News on the release of its 53rd issue. As we embark on the new academic session 2024-25, I welcome you all with a renewed sense of hope and enthusiasm. This year holds the promise of new opportunities, fresh challenges, and the boundless potential that lies within each one of you. When passion drives our hearts and vision guides our minds, no obstacle can hinder our progress.

The introduction of the National Education Policy (NEP) marks a significant and positive transformation in our educational landscape. This policy brings forward innovative changes that will reshape our approach to teaching and learning, fostering a more holistic and inclusive education system.

In this era of rapid development, it is crucial for us to adopt and promote sustainable practices to protect our environment. Our actions today will determine the future health of our planet, and it is our responsibility to lead by example in preserving and nurturing the natural world around us.

I congratulate everyone on their glorious achievements and urge you all to continue striving for excellence. Together, let us embrace the new academic year with determination and a shared commitment to making a positive impact in our community and beyond.

Best wishes for a successful and fulfilling year ahead.

Prof. Dr. (Mrs.) Ajay Sareen

Principal

## From the Editors

It is with immense joy that we present to you the 53rd issue of our HMV News. This milestone fills us with pride as we see our relentless efforts and creative visions culminate in this edition. We are honored to contribute to the grand narrative of our institution's success. HMV has made a remarkable impact, etching an everlasting mark in the realm of education, and we are privileged to be a part of this legendary journey.

Each issue brings us great satisfaction as we showcase the remarkable achievements of our students and faculty. Their accomplishments reflect their tremendous potential and capabilities, uplifting their spirits and inspiring others to follow in their footsteps. The making of HMV News is a testament to the collective efforts of our dedicated team of editors, designers and numerous behind-the-scenes contributors.

We are profoundly grateful to our esteemed Principal, Prof. Dr. (Mrs.) Ajay Sareen, whose dynamic leadership has propelled HMV to extraordinary heights. Her exemplary vision and unwavering guidance continue to inspire us all. We also extend heartfelt thanks to Mrs. Ritu Bajaj, In Charge Publications for her valuable inputs.



- Ms. Lovleen Kaur Lehal
- Dr. Deepti Dhir
- Mr. Parminder Singh

## **Gloria: Awards and Honours**

**10/01/2024**

### **“Prestigious Arjuna Award Bestowed upon HMV’s Para Canoeing Sensation Prachi Yadav”**

In a luminous celebration of victory, Hans Raj Mahila Maha Vidyalaya proudly unveils the remarkable success – the prestigious Arjuna Award conferred upon the gifted para canoeist, Km. Prachi Yadav. With a heart brimming with pride, Principal Prof. Dr. (Mrs.) Ajay Sareen extended her heartfelt congratulations to Prachi Yadav for achieving this monumental milestone.

Prof. Sareen applauded her for her exceptional dedication, resilience, and indomitable spirit that have set her apart on the path to excellence. Dr. Sareen also extended her thanks and felicitations to



DAVCMC, New Delhi, Local Advisory Committee, faculty, staff and students. Prachi Yadav's recent triumphs at the Asian Para Games-2023 in China, where she clinched Gold and Silver medals in the Para Canoeing event, further underscore her prowess on the international stage. The Sports Authority of India, recognizing Prachi's outstanding achievements, joined in the chorus of accolades, extending their congratulations through their official Facebook Page. The triumphs of Prachi Yadav serve as a beacon of inspiration for aspiring Sports Women, resonating with HMV's commitment to nurturing talent and fostering excellence in the realm of sports. President DAVCMC Padamshree Dr. Punam Suri and Chairman Local Advisory Committee Justice (Retd.) Sh. N.K. Sud also congratulated her on her success.

**11/01/2024**

### **HMV's Pivotal Contribution Leads GNDU to 25th MAKA Trophy Victory**

In a historic achievement, Guru Nanak Dev University, Amritsar has clinched the prestigious

MAKA Trophy for the 25th time, cementing its position as a powerhouse in the world of sports. Vice-Chancellor, Dr. Jaspal Singh, was honored to receive the trophy from the esteemed President, Smt. Droupadi Murmu, marking a momentous occasion for the university. At the heart of this remarkable success stands the unwavering support and unparalleled dedication of the sports enthusiasts at Hans Raj Mahila Maha Vidyalaya, whose collective efforts have propelled GNDU to the pinnacle of sporting excellence by contributing maximum points. HMV, known as ‘Nursery of Olympians,’ with its rich history and commitment



to holistic development, has consistently demonstrated a deep-seated passion for nurturing athletic talent. The institution's sports programme, under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, dedicated coaches and mentors, has been instrumental in honing the skills of the athletes, contributing significantly to their stellar performances on the International and National stage. Speaking about HMV's role in this remarkable achievement, Dr. Jaspal Singh, the Vice-Chancellor of GNDU, expressed his gratitude, stating, "HMV has been a cornerstone in our journey to success. The commitment and hard work of the athletes, coupled with the support and infrastructure provided by HMV, have been pivotal in achieving this milestone." The administration and faculty at HMV extend their heartfelt congratulations to GNDU on this historic win.

18/01/2024

### HMV Clinches the title of Best College

Hans Raj Mahila Maha Vidyalaya, Jalandhar proudly cherishes its latest achievement as it has been declared as the Best Arts, Science, and Commerce College in a recent survey conducted by the esteemed monthly magazine, Academic Insights. The achievement reflects the collaborative efforts of the entire HMV family and the leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen, whose guidance has been instrumental in steering the institution toward success. Principal Dr. Sareen commended the dedicated efforts of the project coordinator, Dr. Anjana Bhatia, as well as all Heads of Departments, faculty members, staff, students, and stakeholders who played a crucial role in this success. Vice President DAVCMC and Chairman Local Advisory Committee Justice (Retd.) Sh. N.K. Sud honoured Principal Ajay Sareen and said that HMV is a glorious institution that is continuously scaling new zeniths under the visionary leadership of Principal Dr. Sareen.



23/04/2024

### The Knowledge Review declares HMV as the best destination to study Psychology and Commerce -2024 at the national level

Continuing its legacy of attaining greater heights in the field of education, HMV has successfully added another feather in its cap. PG Department of Commerce and Management has been honoured by the Knowledge Review Magazine in an annual listing of the most excellent institute to study commerce, 2024. Furthermore, the PG department of Psychology has also registered its compelling presence as the best department at the national level. The elated and jubilant HMV family congratulated Principal Dr. Sareen for the glorious achievement. Principal Prof. Dr. (Mrs.) Ajay Sareen said that the accolade comes as no surprise to the stakeholders of HMV as the institute has gloriously established itself as a bastion of educational innovation and intellectual growth. With state-of-the-art facilities and a dynamic curriculum designed to meet the demands of the modern workforce, the college has consistently raised the bar for educational standards in the region. The elated principal congratulated Dr. Ashmeen Kaur, IQAC Coordinator and Head of PG Department of Psychology, Mrs. Meenu Kohli, Head of the PG Department of Commerce and Management, project Coordinator Dr. Anjana Bhatia and all the faculty members, staff, students and stake holders. She said that HMV feels blessed to work under the inspiring directions of President DAVCMC Padamshri Dr. Punam Suri, Director Higher Education (Retd.) IAS Sh. Shiv Raman Gaur and Vice President DAVCMC and Chairman Local Advisory Committee Justice (Retd.) Sh. N.K. Sud. On the occasion, Sh. Ajay Kumar Goswami, Secretary, DAVCMC, Dr. Pawan Gupta, Sh. S.P. Sehdev, Dr. Sushma Chawla, Dr. Sudhir Sharma, Sh. Atul Mayor and Mr. Surjit Lal were present.



30/05/2024

### HMV Earns A+ Grade in DBT Star Scheme Review

Hans Raj Mahila Maha Vidyalaya has achieved an impressive A+ grade in the DBT Star Scheme Task Force review conducted by the Department of Biotechnology, Government of India at Coimbatore. This prestigious recognition highlights the institution's excellence in

education and research. Principal Prof. Dr. (Mrs.) Ajay Sareen expressed her pride in this significant achievement. The presentation during the review was led by Dr. Anjana Bhatia, the coordinator of the Star Scheme, along with Mr. Jagjit Bhatia, Associate Professor from the PG Department of Computer Science. Dr. Garima Gupta, Scientist from the Department of Biotechnology, Government of India updated the progress and advancements made by HMV. This accolade reaffirms HMV's commitment to fostering academic excellence and innovative research in the field of Sciences. On this occasion Dr. PK Pati, Professor, Department of Biotechnology, GNDU, Amritsar motivated the faculty to keep excelling. The jubilant Principal thanked Dr. Punam Suri, Padma Shri Awardee, President DAVCMC, Justice NK Sud, Chairman, LAC and all the mentors at DAVCMC and Local Advisory Committee. She congratulated the entire team for the dedicated work. Mrs. Deepshikha, Dr. Seema Marwaha, Mrs. Saloni, Dr. Sangeeta Arora, Dr. Gagandeep, Dr. Jatinder, Dr. Harpreet Singh, Dr. Urvashi, Mrs. Purnima, Mrs. Ramandeep, Ms. Harpreet, Dr. Simmi, Dr. Sakshi, Dr. Shuchi and all the teachers of Star Scheme Sponsored Departments were present.

**10/06/2024**

**HMV Wins Prestigious District Environment Award 2024-25**

Hans Raj Mahila Maha Vidyalaya has been honoured with the District Environment Award for 2024-25, recognizing its outstanding contributions to environmental conservation and sustainability. The accolade was awarded by the National EduTrust of India. Principal Dr. Ajay Sareen expressed her gratitude to Dr. Punam Suri, President of DAVCMC, and Justice (Retd.) N.K. Sud, Chairman of the Local Committee (LC), along with all other mentors from DAVCMC and LC, for their unwavering support and guidance. Principal Sareen further added that various environment initiatives like Aashiyana, Aabo Hawa, HMV eTREE, paper recycling have been taken up to raise awareness regarding Environment Conservation and Restoration. She congratulated HMV Stakeholders for their consistent support. Dr. Anjana Bhatia, the project coordinator, highlighted that HMV was selected based on several key parameters, including resource conservation, recycling efforts, and environmental awareness initiatives. Samarth Sharma, Chief Executive Officer of the National EduTrust of India states that HMV has remarkably contributed to promotion of environmental conservation and their efforts towards sustainability are truly commendable.

**23/06/2024**

**HMV became the best college of Punjab in The Week Hansa Research Survey**

RANK	1	Arts	✓
IN PUNJAB			
RANK	1	Science	✓
IN PUNJAB			
RANK	1	Commerce	✓
IN PUNJAB			
RANK	1	Mass Communication	✓
IN PUNJAB			
RANK	2	Fashion Technology	✓
IN PUNJAB			

HMV has once again affirmed its strong presence in education by securing the first rank in Punjab in Arts, Science, Commerce, Mass Communication, and second rank in Fashion Technology in The Week Hansa Research Survey 2024 of Best Colleges. Principal Dr Ajay Sareen expressed expressed gratitude to Dr. Punam Suri, President DAV CMC, for his continued blessings, Justice NK Sud, Chairman, LAC, for steadfast support, and all mentors at DAVCMC and LAC for their encouragement. Principal Sareen extended heartfelt congratulations to every member of the HMV family for their collective efforts and dedication. She

acknowledged the exceptional efforts of the ranking team, including Dr. Anjana Bhatia, Project Coordinator, Mrs. Jyotika Minhas, Mrs. Meenu Kohli, Dr. Rama Sharma, Ms. Sonia Mahendru, Dr.

Rakhi Mehta, Mrs. Navneeta, Dr. Jiwan Devi, Dr. Simmi, Dr. Shuchi, and Dr. Minakshi Duggal, whose dedication played a pivotal role in achieving these remarkable rankings. This achievement underscores HMV's commitment to excellence in education and its position as a leader in the field.

25/06/2024

### HMV topped the charts of India Today Rankings 2024



HMV got First Rank in Punjab in Arts, Science and Commerce streams, Third rank in Fashion, Fourth rank in Mass Communication and Fifth Rank in BCA. Principal Dr. Ajay Sareen expressed gratitude to Padmashri Dr. Punam Suri, President DAV CMC, Director Higher Education IAS (Retd.) Shri Shiv Raman Gaur, Chairman Local Advisory Committee Justice (Retd.) Sh. N.K. Sud and all the members of DAV CMC and Local Advisory Committee for their encouragement. She extended heartfelt congratulations to every teaching and non teaching member of HMV family. She acknowledged the exceptional efforts of ranking

team, including Dr. Anjana Bhatia, Project Coordinator, Mrs. Jyotika Minhas, Mrs. Meenu Kohli, Dr. Rama Sharma, Miss Sonia Mahendru, Dr. Rakhi Mehta, Mrs. Navneeta, Dr. Jiwan Devi, Dr. Simmi, Dr. Shuchi Sharma Dr. Minakshi Duggal Mehta, whose dedication played a pivotal role in achieving these remarkable rankings.

27/01/2024

### Honouring Excellence in Sports: Principal Prof. Dr.(Mrs.) Ajay Sareen honoured on 26 January,2024

On the auspicious 26th of January 2024, Principal Prof. Dr. (Mrs.) Ajay Sareen was bestowed with a prestigious honour for her exceptional contributions to the realm of sports. The recognition was graciously presented by the Honourable Deputy Commissioner of Jalandhar, Shri Vishesh Sarangal, in the esteemed presence of Honourable Shri Harpal Singh Cheema, Minister of Finance for the Government of Punjab, and MLA Shri Sushil Rinku, alongside revered Sant Seechewal. Dr. Sareen's dedication, leadership, and commitment have not only sculpted the sports culture but have also been a wellspring of inspiration for countless students to pursue excellence. Dr. Navneet and Mrs. Ramandeep from the Sports Department, were yet another among the chosen one to receive the Appreciation for their dedication and diligence. In her gracious acceptance speech, Principal Dr. Sareen expressed her profound gratitude to the Almighty and the DAV College Managing Committee. She congratulated the Sports Department for its exceptional achievements and bringing honour to the name of the institution.



07/06/2024

### National EduTrust of India Honours Principal Dr. Ajay Sareen with Award of Honour for Best Principal

The National EduTrust of India awarded Principal Prof. Dr. (Mrs.) Ajay Sareen with the prestigious Award of Honour for Best Principal. This accolade celebrates her exceptional dedication and innovative contributions to integrating environmental education into the holistic growth of students. Project Coordinator Dr. Anjana Bhatia informed that following an extensive review process, the selection committee unanimously recognized Dr. Ajay Sareen for outstanding leadership and commitment to fostering environmental consciousness among students. Under her guidance, students have engaged in meaningful learning experiences and taken positive actions towards sustainability. Samarth Sharma, Chief Executive Officer of the National EduTrust of India, remarked, “Dr Ajay Sareen’s ability to inspire students and peers alike with their passion for environmental stewardship is commendable. Their efforts are not only transforming the educational landscape but also setting a benchmark for future generations” The management, staff and students congratulated her on this achievement. Principal Sareen thanked Dr. Punam Suri, President, DAVCMC, New Delhi, Justice NK Sud , Chairman, LAC and all the stakeholders for their encouragement and blessings.

**18/03/2024**

### **Mrs. Navroop Kaur took part in World Punjabi Conference at Lahore**

Mrs. Navroop Kaur, Head of Punjabi Department of Hans Raj Mahila Maha Vidyalaya participated in 33<sup>rd</sup> World Punjabi Conference held at Lahore. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Mrs. Navroop Kaur for this achievement, Mrs. Navroop Kaur told that this conference was a 3 days conference. During the valedictory session of the conference all the participants from India were honoured by Pakistan dignitaries. She said that Indian writers and poets were given a very warm welcome there in Lahore. Pakistani Punjabi writers are also doing great job for Punjabi Language. During this conference, cultural programmes were also organized by singers of Pakistan and India. The contingent from India also visited Nankana Sahib and Kartarpur Sahib. Mrs. Navroop Kaur also presented her paper titled “Punjab De Lok Nayak Parampare Ate Pratiman.” She also shared her experience of visiting Lahore with her colleagues.



## **Students’ Highlights**

**08/02/2024**

### **Overall 2nd Runners up Trophy at Rangmanch 3.0**

The students of Hans Raj Mahila Maha Vidyalaya participated in “Rangmanch 3.0”, an inter college competition organized by CT Group of Institution under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The team of Business Plan stood 1<sup>st</sup> comprising of Sakshi Vaid and Kris Sondhi. Gursimar Kaur won 1<sup>st</sup> prize in Mehandi, Sofia got 1<sup>st</sup> prize in Gazal. Group dance team won 3<sup>rd</sup> prize which consisted of Mansi, Ragini Kapur, Alphansa, Charanjeet, Manroop, Gargi, Jashan and Sunakshi. HVM bagged 2<sup>nd</sup> Runners Up Trophy along with a cash prize of Rs. 5000/-. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team and Dean Youth Welfare Mrs. Navroop and respective incharges for the prizes. She said that the students of HVM are talented and they always make us proud.



**06/02/2024**

**Quiz Team won First Position**

The Quiz team brought laurels by bagging first position in Inter-College Quiz Competition organised by Sri Guru Teg Bahadur University College, Sathiala. Quiz was conducted in two rounds comprising of preliminary written test and main round. Team of Hans Raj Mahila Maha Vidyalaya comprising Nazam of BBA sem II, Alisha of BBA sem II And Pooja Kumari of B.com sem II won First Prize by scoring 145 marks. They were awarded with certificates, Individual trophies and cash prize of Rs.7000. Principal Prof Dr. Mrs Ajay Sareen congratulated the teams and Teacher in Charge Mrs. Binoo Gupta, Associate Prof. in Commerce, Dean Student Welfare, and Incharge Commerce Club. Principal Dr. Sareen also appreciated the efforts of Mrs. Protima, Asst. Prof in History and Mrs. Anchal Mahajan, Asst. Prof. in Commerce.



**03/05/2024**

**Exceptionally Outstanding 12th Board Results of HMV Collegiate School**



HMV Collegiate Senior Secondary School is a hallmark on its journey of success and has added various achievements and recognitions since its advent. The results this year too mark a new milestone in its history by the stellar performance of its students at all fronts; overall, Stream wise and individually. To start with, the heart winning efforts of Tamanna Lata Lal of +2 Commerce enabled her to score 97.80% and she stood first bagging 12 th rank in the

State Merit List, Palak secured the second position with 97.4% and obtained 14 th rank in the State Merit List and Riya Jamra secured the third position in the school with 96.8%. First position from the Science Stream was bagged by Tanima Suri with 94.4% marks followed by Priyal with 91.2% marks at the second position and Muskan with 90% marks attained the third position. An exceptional achievement was gained by Tanima Suri of Science stream by obtaining 100 out of 100 in Chemistry. Students from the Humanities Stream too added to the share of glory. Ruhani bagged 94.2% marks and stood first, Sukhleen scored 93.8% as second position and third position was obtained by Komal with 93.2% marks. The overall result reflected brilliantly as 42 students secured marks between 90% to 95%. The students were congratulated by Principal Prof. Dr. (Mrs) Ajay Sareen for their fabulous performance and showcasing of the excellent educational intelligence with their discipline and dedication.

# University First Positions



**Amrita**  
M.Sc Botany  
Sem-III



**Tania Sethi**  
M.Sc Bio-informatics  
Sem-III



**Tanvi Aggarwal**  
M.Voc(Web Technology & Multimedia)  
Sem-III



**Gurpreet Kaur**  
M.Voc(Mental Health & Counselling)  
Sem-III



**Sakshi**  
B.Voc(Cosmetology & Wellness)  
Sem-III



**Sakshi Sharma**  
M.A Hindi  
Sem-III



**Shweta**  
B.Design (Multimedia)  
Sem-VII



**Sakshi Badola**  
B.Voc(Journalism & Media)  
Sem-V



**Roohani**  
B.Voc(Mental Health & Counselling)  
Sem-V



**Palak Soni**  
B.Voc(Web Technology & Multimedia)  
Sem-V



**Gursimar Kaur**  
B.Voc(Cosmetology & Wellness)  
Sem-V



**Sabreen Khatun**  
B.Design (Multimedia)  
Sem-V



**Tanya Suri**  
Bachelor of Arts  
Sem-V



**Khushi Kumari**  
B.A (Hindi Hons.)  
Sem-V



**Saiqa Irshad**  
B.Sc(Fashion Designing)  
Sem-V



**Jaspreet**  
B.Com(Honours)  
Sem-V

# University First Positions



**Aanchal**  
B.A (Political Sc. Hons.)  
Sem-V



**Komal**  
B.Sc(Information Technology)  
Sem-V



**Seema Kumari**  
B.Voc(Journalism & Media)  
Sem-III



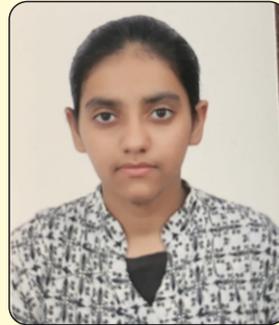
**Kriti**  
B.Com(Honours)  
Sem-V



**Manleen Kaur**  
B.Voc(Web Technology & Multimedia)  
Sem-III



**Arshdeep Kaur**  
B.A (Political Sc. Hons.)  
Sem-III



**Manmeet Kaur**  
B.Voc(Mental Health & Counselling)  
Sem-III



**Mankiran Kaur**  
B.Sc(Bio-technology)  
Sem-III



**Naina**  
B.Design (Multimedia)  
Sem-III



# University Second Positions



**Shreya Aggarwal**  
M.Voc(Web Technology & Multimedia)  
Sem-III



**Aditi Sharma**  
M.Sc Botany  
Sem-III



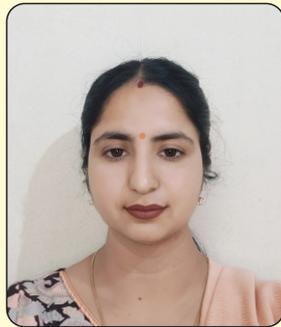
**Yashjit Kaur**  
M.Voc(Cosmetology & Wellness)  
Sem-III



**Pranika Jain**  
M.Voc(Mental Health & Counselling)  
Sem-III



**Manpreet Kaur**  
M.A Political Science  
Sem-III



**Jagroop Kaur**  
M.Sc Bio-informatics  
Sem-III



**Krishika Chauhan**  
B.Design (Multimedia)  
Sem-VII



**Bhavya Jain**  
Bachelor of Fine Arts  
Sem-VII



**Basma Nudrat**  
B.Voc(Mental Health & Counselling)  
Sem-V



**Palak Sharma**  
B.Sc(Information Technology)  
Sem-V



**Bhavika**  
B.Com(Honours)  
Sem-V



**Ishita**  
Bachelor of Design  
Sem-V



**Jaisnoor Kaur**  
B.A (Psychology Hons.)  
Sem-V



**Priyanka**  
B.Voc(Cosmetology & Wellness)  
Sem-V



**Kashish**  
B.A (Economics Hons.)  
Sem-V

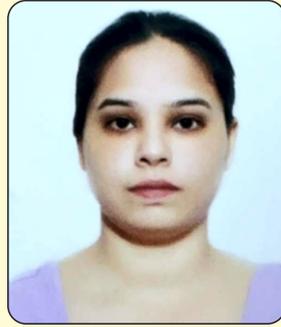


**Sehajdeep Saini**  
B.Sc(Bio-technology)  
Sem-V

# University Second Positions



**Simran Verma**  
B.Com(Honours)  
Sem-V



**Paramjeet Kaur**  
B.Voc(Web Technology & Multimedia)  
Sem-V



**Sahibpreet Kaur**  
B.Voc(Journalism & Media)  
Sem-V



**Mehak**  
B.A (English Hons.)  
Sem-V



**Simran**  
B.Voc(Cosmetology & Wellness)  
Sem-V



**Rhythm**  
B.A (Political Sc. Hons.)  
Sem-V



**Divya**  
B.A (Psychology Hons.)  
Sem-III



**Pearl Sekhri**  
B.Voc(Mental Health & Counselling)  
Sem-III



**Shamli Sharma**  
B.Com(Honours)  
Sem-III



**Anushka Jaiswal**  
B.A (Psychology Hons.)  
Sem-III



**Reena**  
B.Voc(Journalism & Media)  
Sem-III



**Isha**  
B.Com(Honours)  
Sem-III



**Neha Sharma**  
B.A (Hindi Hons.)  
Sem-III



**Kris Sondhi**  
B.Com(Honours)  
Sem-III



**Kashish**  
B.Com(Honours)  
Sem-III



**Bhumika**  
Bachelor of Design  
Sem-III

# University Second Positions



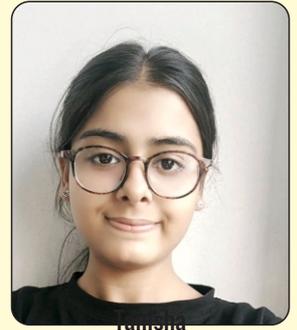
**Akanksha Choudhary**  
**M.Sc(Fashion Designing)**  
**Sem-III**



**Navneet Kaur**  
**B.A (Hindi Hons.)**  
**Sem-III**



**Tamanna**  
**B.Voc(Web Technology & Multimedia)**  
**Sem-III**



**Tamanna**  
**Bachelor of Business Administration**  
**Sem-III**



**Muskan**  
**B.Com(Honours)**  
**Sem-III**



# University Third Positions



**Manpreet Kaur**  
M.Voc(Web Technology & Multimedia)  
Sem-III



**Pallavi Jain**  
M.Sc Bio-informatics  
Sem-III



**Priyanka**  
M.Sc Botany  
Sem-III



**Ishmanpreet Kaur**  
M.Voc(Mental Health & Counselling)  
Sem-III



**Lovleen**  
M.Voc(Cosmetology & Wellness)  
Sem-III



**Bhawna**  
Bachelor of Fine Arts  
Sem-VII



**Amandeep Kaur**  
B.Voc(Mental Health & Counselling)  
Sem-V



**Deepa Pardhan**  
B.Voc(Journalism & Media)  
Sem-V



**Deepali Buggal**  
B.Com(Honours)  
Sem-V



**Komalpreet Kaur**  
B.Design (Multimedia)  
Sem-V



**Isha Arora**  
Bachelor of Computer Application  
Sem-V



**Amanjot Kaur**  
B.Com(Honours)  
Sem-V



**Anshdha Bhagat**  
B.A (Political Sc. Hons.)  
Sem-V



**Richa Verma**  
B.Com(Honours)  
Sem-V



**Payal Kumari Dubey**  
B.Voc(Fashion Technology)  
Sem-V



**Mehak Gupta**  
B.A (English Hons.)  
Sem-V

# University Third Positions



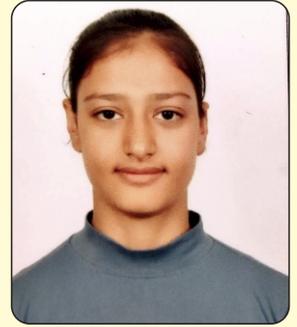
**Mansi**  
B.Com(Honours)  
Sem-V



**Mansi Sharma**  
B.A (Economics Hons.)  
Sem-V



**Manyata Kalsi**  
B.Voc(Cosmetology & Wellness)  
Sem-V



**Aditi**  
B.A (Psychology Hons.)  
Sem-III



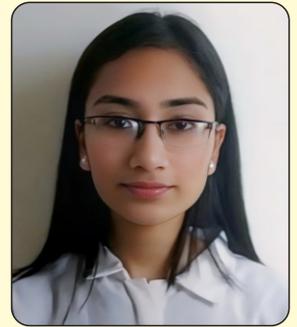
**Manisha**  
B.Design (Multimedia)  
Sem-III



**Neha Jassal**  
B.Voc(Web Technology & Multimedia)  
Sem-III



**Neha Kumari**  
Bachelor of Design  
Sem-III



**Aarushi**  
B.Sc(Bio-technology)  
Sem-III



**Ankita Jain**  
Bachelor of Fine Arts  
Sem-III



**Pranjali Sekhri**  
B.A (Psychology Hons.)  
Sem-III



**Navneet Kaur**  
B.Com(Honours)  
Sem-III



**Harsimriti Sodhi**  
B.Com(Honours)  
Sem-III



**Shruti**  
B.Voc(Beauty Culture & Cosmetology)  
Sem-III



**Smily**  
Bachelor of Computer Application  
Sem-III



**Tanudeep Kaur**  
B.Voc(Mental Health & Counselling)  
Sem-III

## Workshops/Seminars

11/02/2024

### HMV Organized a Seminar on Cancer Awareness

The Red Cross Society and R. Venkataraman Chemical Society organized a Seminar on “Cancer Awareness” on the occasion of Cancer Day. The coordinator of the Seminar were Mrs. Deepshikha and Mrs. Pawan Kumari. The Resource Person of the Seminar was Dr. Naveen Nanda, Senior Consultant Radiation Oncology. In his address he gave information about the symptoms of cancer and its medication. He said that we can win over this disease with caution and awareness. He told students that with the help of Yoga and Meditation, we can keep ourselves for from such diseases. He encouraged the students to adopt qualities of forgiveness, thankfulness and unconditional love in their life so that they can lead a happy life. Principal, Prof. Dr. (Mrs.) Ajay Sareen thanked Dr. Naveen for giving such useful information. Mrs. Deepshikha presented vote of thanks.



15/02/2024

### Department of Design of HMV Conducted One Day Interactive Session

Department of Design conducted one day interactive session on Role of **Prehistoric Period in the World of Design** by Art Historian Ms. Nishita as Resource Person. Various aspects of Pre historic Period and its role in the Design world was discussed in detail. Students and faculty attended the session and discussed various facts of Prehistoric Period. Principal Prof. Dr. (Mrs). Ajay Sareen appreciated the efforts of students with words of enthusiasm and blessings. Head of department Dr. Rakhi Mehta concluded the session with a quiz and vote of thanks.



18/02/2024

### Workshop on Overview of Clinical Internship

Freudian Psychological Society of PG Department of Psychology organized a one day workshop on overview of Clinical Internship. The Resource persons were two budding Psychologist, Ms. Shreya Dogra and Mrs. Yashika Jain. They were welcomed by Dr. Ashmeen Kaur, Head of PG Department of Psychology. Ms. Shreya Dogra gave an introduction of clinical psychology and importance of clinical psychology. She said that students should do internship in clinical psychology so that they get practical exposure and learn how to deal with clients. She also insisted that anyone can be a Psychologist but not everyone can be a good Psychologist. Mrs. Yashika elaborated on the skills of clinical psychologist. She also told students about the scope of clinical psychology. She shared about her startup which is called “Together we heal. Principal Dr. Sareen appreciated this initiative and emphasized the importance of such workshops in today’s time.



**19/02/2024**

### **Seminar on Water Conservation**

CV Raman Science Society organized One day Seminar on Water Conservation in which Mr. Vinod Milana, Area Coordinator, Rajasthan, Hariawal Punjab was the Resource Person. Mrs. Saloni Sharma (Incharge, CV Raman Science Society), Mrs. Deepshikha (Incharge, Science Faculty) along with other faculty members welcomed the guests with a planter. Mr Vinod Milana informed the students about the importance of water conservation in our lives. He made students aware about the minor changes that they can bring in their lives to conserve water. The resource person discussed about the steps taken by their department for rain water harvesting in their native place. He also put light on the initiatives taken by him to create a model for rain water harvesting in a rural area and afterwards his success at installation place which was also appreciated by Mr. Kejriwal, CM of Delhi. He emphasized to plant more and more trees even indoor plants to receive fresh air all the time. He educated the students to throw garbage in the dustbins, avoid using plastic bags etc. He concluded his lecture with words that the government of every country must implement strict laws for industries, those are releasing the toxic wastes for proper waste management. Around 110 students of science stream attended the event.



**22/02/2024**

### **Workshop on Artistic Pour**

Department of Fine Arts organized a workshop for students on the theme 'Artistic Pour'. On this occasion, Ms. Chahat Mahajan, HMV alumni and free lance artist was invited to share her expertise with students and encouraged them to do more creative works. Students from different departments attended it. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the staff members and students of Fine Arts Dept. Dr. Neeru Bharti Sharma, Dr. Shailender Kumar, Miss. Chahat, Miss. Twinkle and Miss. Manpreet formed a part of the workshop.



**23/02/2024**

### **Workshop on Potli Massage**

PG Department of Cosmetology organized two days' workshop of Potli Massage and Hot stone massage therapy by massage therapist, Mrs. Jatinder kaur. The resource person gave basic knowledge of massage techniques and various types of massage therapies. She gave proper demonstration of Potli massage and hot stone massage therapy along with its product knowledge and its endless benefits. She encouraged not to use chemicals and market products for skin, hair and body as she motivated to use homemade oils and kitchen ingredients for skin, hair and body. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the guest. HOD Mukti Arora, Ms. Trisha Sharma, Ms. Navjot and Ms. Manveer Kaur, were also present.



**27/02/2024**

### **HMV Successfully Hosted Art Eco 2024 Workshop**

Hans Raj Mahila Maha Vidyalaya's Visual and Performing Arts and Sciences departments successfully concluded the two-day DBT-sponsored Interdisciplinary International Workshop on the Science of Sustainability, titled "Art Eco 2024." This significant event was held in collaboration with the esteemed Shryansy International Art and Culture organization, India, under the invaluable guidance from Principal Prof. Dr. (Mrs.) Ajay Sareen. The workshop, convened by Dean Academics, Dr. Seema Marwaha, Dr. Rakhi Mehta, Faculty Head of Skilled Courses and Dean, Innovation and Research, Dr. Anjana Bhatia, provided a platform for artists to showcase and demonstrate their live artwork in the lush green lawn, surrounded by enthusiastic students.



This immersive experience allowed students to glean insights from the techniques employed by the artists, incorporating them into their own artistic endeavours. Distinguished guests who graced the occasion, included Shryansy Singh Manu, Director of Shryansy International Art and Culture organization; Sirotina Natalia, Director of Tver Art College, Russia; Pygarkina Evegency Anotolievna; Prof. Associate Sandin-Ooi Galina; Zalenia Nadezhda; Selegneva Lidia; and Indian Artist Kavita Hastir. Principal Dr. Sareen extended a warm welcome to the guests and honored them for their invaluable contributions to the event. She attributed this workshop as a gesture to work together on a global front and realise the dream of women empowerment. The guests appreciated the efforts put forth by HMV and expressed their wish to work in unison with HMV to preserve traditions and culture of their countries. Two MoUs were signed on the occasion to work in collaboration with each other. The workshop was attended by around 200 students from 20 different colleges of the region. Research Scholars from Panjab University Chandigarh, CT University Shahkot, Guru Kashi University, Talwandi Sabo, M.K. College of Education, Akal Degree College for Women, Dashmesh Girls College, Mukerian attended the workshop.

**02/03/2024**

### **Workshop on Mastering Emotional Intelligence**



Freudian Psychological Society organised a one day workshop on "Mastering Emotional Intelligence". The resource person was a life coach and an esteemed author Mr. Shivam. He was welcomed by Dr. Ashmeen Kaur, Head P.G. department of Psychology with a planter and a painting. He started the workshop by giving an introduction about Emotional Intelligence and told the students how they can master it. He discussed the relevance of understanding and managing emotions. He said that the emotion of fear which we consider to be

an irrelevant emotion is important in certain situations. He also explained the concept of fight and flight with emphasis on Darwin's theory of evolution. He also explained the art of over thinking. He ended the session with an interactive question answer round. Principal Prof. Dr. Ajay Sareen appreciated this initiative and congratulated the Department of Psychology. Ms. Ayushi ( B.A. sem 6) conducted the stage and gave the formal vote of thanks. Ms. Shruti Bidani Mrs. Anjali Nandan and Ms. Nidhi Sharma also participated in the workshop.

09/03/2024

### Seminar on Indigenous Cancer Care Equipments for Societal Benefits

PG Department of Physics and Department of Zoology organized a seminar on Indigenous Cancer Care Equipments for Societal Benefits under the aegis of IQAC in collaboration with IAPT RC-02 under DBT Star Scheme, Govt. of India. The resource person was Sardar Manjit Singh, Ex-Director of Design, Manufacturing and Automation Group, BARC Mumbai. Principal, Prof. Dr. Mrs. Ajay Sareen, Dean Academics and Head of Zoology Department-Dr. Seema Marwaha, Mrs. Saloni Sharma-Head of PG department of Physics, IQAC Co-ordinator Dr. Ashmeen Kaur, Faculty Incharge Sciences-Mrs. Deepshikha and Executive member IAPT RC-02-Mr. Sushil Kumar gave floral welcome to the guest. Dean Innovation and Head of PG Department of Botany Dr. Anjana Bhatia, introduced the resource person to the students. S. Manjit Singh explained about the Indigenous Teletherapy Cobalt Machine-Bhabhatron I and II which were developed by BARC for cancer treatment in the year 2005 and 2006, respectively. This Indigenously developed Cancer care equipment was much advanced than the imported machines in terms of low power consumption, advanced battery backup to overcome the power cuts especially in rural areas, enhanced safety by automatic and full collimator closure during emergency, asymmetric collimator with 60 tungsten leaves which provides improved conformity and possibility to adjust to variety of shapes and sizes of desired organ in focus and remote monitoring of machine. He further added that this Indigenous machine has reduced the cost for establishing radiotherapy facility since most of the components/spares were made in India. All students of B.Sc. Medical, Non-Medical and C.Sc. and all the science faculty members attended the seminar.



04/05/2024

### Workshop on “Diet and Ayurveda”



The IQAC and Unnat Bharat Team organized a workshop on “Diet and Ayurveda” under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The Resource Person was Dr. Nishu Raina, Deputy Medical Superintendent, Associate Prof. Kayachakre, Dayanand Ayurvedic College, Jalandhar. Dr. Nishu Raina told the faculty members about Aahar Kranti in detail. She made them aware about taking appropriate and healthy diet. She said that by incorporating minor changes in our dietary habits, we can save ourselves from diseases,

our wrong dietary habits affect our health. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated IQAC Coordinator Dr. Ashmeen Kaur, Dean Academics Dr. Seema Marwaha, Unnat Bharat Abhiyan Advisor Dr. Anjana Bhatia and Incharge Dr. Meenkashi Duggal Mehta for successfully organizing the workshop. She said that such workshops enlighten us about our diet and health issues caused by taking wrong diet.

**14/03/2024**

### **Workshop on Self-Defence**

Hans Raj Mahila Maha Vidyalaya organized a one day workshop on Self Defence dedicated to International Women Day. This workshop was organized in collaboration with Women Helpers Organization, Jalandhar. Students of Planning Forum, NSS, Dynamic Growth Society, NCC, Red Ribbon Club and Sports participated in it. Principal Dr. Sareen encouraged the participants and told them about the importance of Women's Day. Chairman Women Helpers Organization Mr. Parmeshwari Das, President Advocate Navjot Kaur Rakhra and Legal Advisor Ms. Nikita were also present. Mr. Ganesh and Mr. Parminder Singh from Cobra Karate Centre taught the students about the techniques of Self-Defence. The students were also given some tips about taking care of health. Women Helpers Organization honoured Principal Prof. Dr. (Mrs.) Ajay Sareen for her achievements. The organization also honoured faculty members of the college which included Dr. Shallu Batra, Head of Economics Department, Mrs. Kuljit Kaur, Dean Holistic Cell, Ms. Sonia Mahendru, ANO NCC, Mrs. Purnima, Incharge NCC, Ms. Harmanu, Incharge NSS, Dr. Deepali, Coordinator Red Ribbon Club. In this workshop around 200 students participated.



**27/03/2024**

### **Workshop on MATLAB Tools and it's Applications**

The PG Department of Mathematics organized One day Workshop on “Matlab Tools and It's Applications” under DBT Star Scheme of Colleges. The overall Incharge was Head of Department of Mathematics Dr. Gagandeep. The first resource person for the workshop was Dr. Jitendra Kumar, Professor and Head, Department of Mathematics, IIT Ropar. Prof. Jitendra Kumar gave the lecture on the topic “MATLAB Tools and its Applications” which is a high performance software package for computing and he provided a hands on practical information on the software. Principal Prof. Dr. (Mrs.) Ajay Sareen said that every student of maths should know the application of software. Mrs. Navroop Head of Punjabi Department & Dean Youth Welfare also congratulated Mathematics department for the workshop. Students of B.Sc Sem II, IV, VI and M.Sc (Mathematics) participated in this workshop with full enthusiasm. The faculty members of Mathematics Department Dr. Deepali, Dr. Gaurav, Ms. Charanjit and Mrs. Geeta were also present in this workshop.



**28/03/2024**

### **International Webinar on “An amazing World of Scientific Illustrations: A Journey from Research to Entrepreneurship”**

PG Department of Bioinformatics and Biotechnology organized an International Webinar on “An Amazing World of Scientific Illustrations: A Journey from Research to Entrepreneurship” under the aegis of DBT Star Scheme, Govt. of India. Dr. Radhika Patnale, Director Sci-illustrate, Founder and CEO, Endosymbiont, Munich Germany was the resource person of the webinar. Dr. Radhika beautifully explained how the fields of Science and Art be combined to explain a scientific idea in a much simpler and interesting manner for a wide range of audience. She motivated the participants with her journey from a neuroscientist to an entrepreneur in the field of science communication. She also made students aware of excellent career opportunities in the field of science communication. More than 100 participants joined this webinar from different institutes across India and other countries. Dr. Anjana Bhatia, Dean Research & Innovations introduced the resource person. Dr. Harpreet Singh Head, Department of Bioinformatics gave concept note on webinar. Dr. Jitender Head,



Department of Biotechnology gave vote of thanks at the end of this webinar. Mrs. Purnima, Mr. Sumit, Mrs. Ramandeep, Dr. Sakshi, Dr. Shuchi, Ms. Harpreet, Mr. Ravi faculty members of various science departments attended the webinar.

**01/04/2024**

### **Workshop on Fine Tuning Foundations.**

Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen and the aegis of IQAC a one day workshop organised on "Fine Tuning Foundations" for the members of non teaching staff of HMV. The resource person was Mr. Jatinder Pal Singh, a renowned Psychologist, Founder of Happiness Clinic. He was welcomed by Principal Dr. Mrs Ajay Sareen and IQAC Coordinator Dr. Ashmeen Kaur with a planter. He started the workshop by explaining the topic of not to just survive but to thrive in life. He gave an important take away to work on relationships at workspace and even told about the importance of the pillars of a relationship to give a good tune to life. He emphasised on the leadership qualities like inclusion which plays a crucial role in the lives of every person. The session was very informative and interactive and he made the staff do a lot of activities. First activity was of introspection in which he told the staff members to write down their three negatives and three positives and then he gave a chance to them to speak up of what they wrote. He also told about how one should manage anger and should practice few techniques of anger management in any life situation. He ended the session with a mindfulness exercise by telling everyone to shut their eyes and imagine the radiance of Supreme power around them while focusing on the breathing exercise. Principal Prof. Dr. Ajay Sareen appreciated this initiative and congratulated the IQAC Coordinator Dr. Ashmeen Kaur for the efforts. The formal vote of thanks was given by Mr. Ravi Maini, Superintendent, Admin and the non teaching staff enthusiastically participated in the workshop.



**04/04/2024**

### **Workshop on Therapy in action**

Freudian Psychological Society organised a one day workshop on "Therapy in action". The Resource Person was Ms. Harshita Paul. She was welcomed by Dr. Ashmeen Kaur, Head P.G. department of Psychology with a planter and a painting. She started the workshop by telling about an important rule of therapy that is 'there is nothing right, there is nothing wrong'. Session was very interactive and she made students do a lot of activities. First activity was of Introspection in which she told students to make a drawing of what is your purpose behind psychology and then she interpreted some of those drawings. Then she did another activity in which students have to add an adjective to the initial letters of their name. Apart from these activities she said that you have to be a great listener in your therapy sessions. Then she explained the difference between hearing and listening. She also added that if you listen and validate your client it will take you a long way. Also, you have to validate your client's feelings objectively and not from your perspective and personal biases. She also told about some of the questioning techniques like Socratic questioning, cost benefit analysis, down arrow technique, breathing technique and ABC model of CBT.



**09/04/2024**

### **Workshop on Implementing Cognitive Behavioral Therapy: Practical Strategies for Positive Change**

Freudian Psychological Society organised a one day workshop on "Implementing Cognitive Behavioral Therapy: Practical Strategies for Positive Change". The resource person was Dr. Radhika Gupta. She was welcomed by Dr. Ashmeen Kaur, Head P.G. department of Psychology with a planter and a painting. She started the workshop by telling about anger management techniques using Cognitive Behavioral Therapy. She told that CBT focuses on changing the automatic negative thoughts. We should not have negative thought patterns in which we try to control our emotions instead we should manage our emotions. To manage them we can use a grounding technique in which we activate our five senses. We should also focus on our breathing patterns so, that more and more oxygen reaches our brain. She also highlighted the patterns of over thinking among adolescents. Ms. Priyanshu (M voc. sem 2) conducted the stage and Harsimrat (M voc. sem 2) gave the formal vote of thanks.



**18/04/2024**

### **Workshop on "Aahaar Kranti: Uttam Aahaar-Uttam Vichar" attended by Unnat Bharat Abhiyan Team of HMV**

The Unnat Bharat Abhiyan team attended a workshop on "Aahaar Kranti: Uttam Aahaar-Uttam Vichar" organized by Unnat Bharat Cell of NITTTR, Chandigarh. While giving a brief introduction about the workshop, Prof. U.N. Roy, Head, Rural Development Department stated that it aims at creating awareness about the use of traditional food and nutritional value of millets as GOI launched the initiative Aahaar Kranti to meet the UN Sustainable Development Goal 3. Dr. Vishita Khanna from Anand Agriculture University, Gujrat talked about prospects of traditional food business and startups. She discussed about some start-ups such as Swati Snacks, Go Desi, Dadi's Jeera Khakra etc in the traditional food industry. Dr. Pummy Kumari from Chaudhary Charan Singh University, Hissar discussed about Millets: Climate resilient grains cultivation and improvement. She highlighted the benefits of millets since traditional times and the health benefits associated with the same. Dr. Asha Kwatra from the Department of Food and nutrition, CCS, Hissar explained about millets and their nutritional value for better human health. She also focused on the preservative value of millets. The workshop was attended by members of Unnat Bharat Abhiyan Team comprising Dr. Anjana Bhatia, Dr. Urvashi, Dr. Minakshi Duggal Mehta, Mrs. Alka Sharma and 51 students.



**28/04/2024**

### **Workshop Cum Hands on Training in Medical Lab Techniques**

Zoology Department in collaboration with Synergy Pathology Lab., Jalandhar organized "Workshop cum Hands on Training on Medical Lab Techniques" under the inspiring guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The workshop was aimed to enrich the students with the skills of performing various medical Techniques with special emphasis on Histopathology. The resource person of the workshop, Mr. Jagjiwan (Senior Lab. Technician) was presented green welcome by Dr. Seema Marwaha, Dean Academics and Head of Zoology Department. Principal, Prof. Dr. (Mrs.) Ajay Sareen congratulated the organizers. The students enthusiastically participated in the workshop and received hands on training



on the methods of collection of blood samples, the procedure of sample collection, block preparation, cutting of thin section using microtome, staining and preparation of permanent slides for histological studies. Additionally, Mr. Jagjiwan explained in detail the possible errors that may occur and precautions need to be taken during performing the various Laboratory tests. Mr. Sachin assisted in making all arrangements for the event.

**12/05/2024**

### **Workshop on “Design Process and Prototypes in Design World”**

One day workshop on “Design Process and Prototypes in Design World” was organized by



Department of Design. Resource Person was Fashion Designer Ms. Simranjeet. The design process and its implementation on the product was the emphasis of the workshop. Various sampling techniques and use of Technology in design industry and creating prototypes for consumers was discussed and explained. Head of

Department Dr. Rakhi Mehta extended the workshop with Quiz to make it more interesting and to learn the advancement in the technology use in world of design. Design students and faculty members Ms. Ritika, Ms. Manika, and Ms. Ravneet attended the fruitful workshop and learnt the various aspects of Design Process and Prototypes of Design world. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the department and said that the knowledge of latest technology according to industry needs is given to the students at HMV which is the need of the hour.

**13/05/2024**

### **HMV Organized Awareness Programme on ‘Segregation of Domestic Waste’**



An awareness Programme on ‘Segregation of Domestic Waste’ was organized by Unnat Bharat Abhiyan team. Dr. Minakshi Duggal Mehta, Incharge Unnat Bharat Abhiyan Team explained that there are different types of domestic waste and it is very important to ensure that these are disposed off in a proper way. Ms. Garima, (Student, M.Com) Office Bearer, UBA explained the concept of different colour dustbins for the disposal of waste i.e. dry waste, wet waste, hazardous waste, and e-waste. The

team also distributed dustbins of different colours. A demonstration of disposal of different types of wastes was also given. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of UBA team and said that providing awareness to the people about waste management is the need of the hour.

19/05/2024

### Awareness Programme for Paddy Straw Burning by Unnat Bharat Abhiyan Team



The Unnat Bharat Abhiyan team organised an awareness programme in Gillan Village regarding burning Paddy Straw in the field. Dr. Minakshi Duggal Mehta, Incharge UBA addressed the villagers and explained that each one of us play the role of a responsible citizen and work for the safety of environment. The harmful effects of burning paddy straw such as pollution of environment,

reducing the fertility of land were also explained to the villagers. They were also told that paddy straw can be used as fertilizer instead of burning. Dr. Minakshi Duggal Mehta expressed gratitude to Mrs. Balwinder Kaur, Sarpanch Gillan Village for providing the opportunity to interact with the villagers. Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of team and said such initiatives are the need of the hour to achieve the objective of clean and green environment and hence contribute for the growth of the nation.

21/05/2024

### Expert Talk on Biological Hydrogen Production from Organic wastes: Bioprocess Engineering and Biorefinery Approaches



CV Raman Science Society organized Expert talk on “Biological Hydrogen Production from Organic Wastes: Bioprocess Engineering and Biorefinery approaches” under DBT Star Scheme, Govt. of India. The resource person was Dr. Nitai Basak, Associate Professor, Department of Biotechnology, Dr. B. R. Ambedkar, NIT, Jalandhar. Prof. Dr. Mrs. Ajay Sareen, Principal, Dr. Seema Marwaha, Dean Academics and Head of

Zoology Department, Mrs. Deepshikha, Incharge Faculty of Sciences and Mrs. Saloni Sharma, Incharge of CV Raman Science Society gave floral welcome to the guest. The event aimed to inspire and empower individuals to unleash their potential, overcome obstacles, and achieve their goals. Dr. Nitai Basak emphasized the ethics, academic integrity and honesty in research and publication. Motivating the Science students, he further stressed on the importance of knowledge of Mathematics, Chemistry, Physics and Biology to progress in research and develop interdisciplinary approach. Dr. Basak detailed about the Hydrogen production through Purple Sulfur Bacteria and associated challenges. He explained the various concepts with life examples and emphasized on updating the knowledge to avoid being outdated. Students actively participated in the lecture by interacting with Dr. Basak.

**28/05/2024**

**Institution Innovation Council and Eco Club of HMV Celebrated International Biodiversity Day and World Environment Day**



The Institution Innovation Council and Eco Club, in collaboration with the Punjab Biodiversity Board, PSCST, and NBA, celebrated International Biodiversity Day and World Environment Day. An expert talk dedicated to the Environment Education Programme of the Ministry of Environment, Forest and Climate Change (MoEFCC) was delivered by Dr. Gurharminder Singh, Principal Scientific Officer of the Punjab Biodiversity Board and State Nodal Officer of the Tandarust Punjab Programme, a flagship initiative of the Government of Punjab. Dr. Gurharminder Singh was warmly

welcomed by Dr. Anjana Bhatia, Dean, Research and Innovations. Dr. Gurharminder Singh's insightful presentation focused on the Kumming-Montreal Global Biodiversity Framework, addressing critical topics such as climate vulnerabilities in Punjab, accelerating action on land restoration, combating desertification, enhancing drought resilience, and promoting healthy ecosystems and climate change mitigation. The virtual event was attended by more than 100 students accompanied by their teachers. Mrs. Arvinder Kaur, Coordinator of the School, extended a heartfelt vote of thanks to the esteemed speaker.

**29/05/2024**

**HMV organised cloth bag making workshop under vocational training**

Unnat Bharat team in collaboration with Ajit Singh Foundation organised a cloth bag making workshop in Gillan village under Green Sparrow Project. This event was organised on the occasion of International Biodiversity Day and World Environment Day courtesy Punjab Biodiversity Board, PSST and NBA. A 3-day vocational training workshop was organised in Gillan village in which women were taught to make cloth bags. The aim of this workshop was to make the women of the village self-reliant so that they can earn a livelihood while managing waste. Ms. Ramanpreet Kaur from Ajit Singh Foundation and Mrs. Navneeta from the Fashion Designing Department were present as resource persons. The women of the village were given hands-on training in making bags. Mrs. Navneeta informed the women about various ways of decorating bags like painting, patch work, embroidery etc. Dr. Meenakshi Duggal Mehta, Incharge of Unnat Bharat Team, thanked all the women including the Sarpanch of the village Mrs. Balwinder Kaur. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the UBA team members and Environmental Education Program Coordinator Dr. Anjana Bhatia. She thanked the Punjab Biodiversity Board and Punjab State Council for Science and Technology.

**05/06/2024**

**One Day Seminar cum Workshop on Limnological investigations with special reference to Plankton Diversity**

Zoology Department organized 'One Day Seminar cum Workshop on Limnological investigations with special reference to Plankton Diversity'. The Resource Person of the workshop was Dr. Rajinder Jindal, Former Chairperson of Environmental Sciences and Professor, Dept. of Zoology, Panjab University, Chandigarh. The workshop started with the green welcome of the guest with a planter presented by Dr. Seema Marwaha, Dean Academics and Head of Zoology Department. Dr. Marwaha introduced the guest to the students and laid emphasis on the importance of seminars and workshops provide a platform for the students to interact with the experts and develop the scientific aptitude. Dr. Jindal, a Limnologist with expertise in water pollution and bio-monitoring, emphasised about the importance of water quality parameters in determining the diversity of phytoplankton in any aquatic ecosystem. He explained the various methods of parameters to analyse water quality such as

Biological Oxygen Demand, Dissolved Oxygen (using DO meter), pH (using pH meter), water hardness, alkalinity etc. Further, Dr. Jindal elaborated the methods of identification of various planktons which acts as water quality indicators and gave Hands on Training on the correct way of collecting planktons from Pond water, preparation of slide and viewing under the microscope to identify them. Students of B.Sc. (Medical) and B.Sc. BT enthusiastically participated in the workshop and gave encouraging feedback to organize more workshops in future. Principal, Prof. Dr. (Mrs.) Ajay Sareen inspired the students to take part in such workshops in order to gain practical training and a deeper understanding of the subject. Dr. Sakshi Verma, presented the vote of thanks.

**06/06/2024**

### **Interactive Session Organized at HMV**

The Staff Welfare Society organized an Interactive Session for faculty and staff by officials of Postal Department and HDFC Bank. The topic of the session was “Saving Schemes”. Dr. Shallu Batra and Dr. Seema Khanna welcomed the officials with Green Planter. The resource persons were Sh. Vishal Mahajan, Public Relation Inspector, Jalandhar and Mr. Bharat Kataria, Development Officer, Postal Life Insurance from Postal Department and Mr. Nishant Gupta, Branch Manager, HDFC and Smt. Aanchal Chopra, Corporate Salary Head, HDFC Bank. They told the faculty and staff about various saving schemes offered by Postal Department and HDFC Bank. They provided a detailed comparison of savings done with Postal Department and HDFC Bank. Sh. Vishal Mahajan from Postal Department told about the Life Insurance schemes of his department. Smt. Aanchal Chopra told about the various benefits offered by HDFC Bank to its A/C holders. The faculty and staff members enquired about various benefits of these saving schemes. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of Welfare Society and said that everyone should start saving some amount for a relaxing future after retirement.

## **Career Advancements/Placements**

**20/01/2024**

### **HMV Students cleared CA Inter Exam**

Students of Hans Raj Mahila Maha Vidyalaya, Jalandhar brought laurels to the institution by clearing CA Inter Exam, November, 2023. Muskan Jagpal of B.Com sem V has cleared CA Inter Group II and Ridhima Mahotra and Gurleen Kaur, students of B.Com Sem III have cleared CA Inter Group I. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the Head of the Department Mrs. Meenu Kohli, faculty members and students for this achievement. Mrs. Binoo Gupta and Dr. Seema Khanna were also present on this occasion.



**31/01/2024**

### **Harmony with Guitar Course launched by HMV**

The HMV Skilled Courses Hub organized a Demo Class of “Harmony with Guitar”. The Resource Person was Mr. Dhiraj Takhi (Professional Guitarist). HMV Skilled Courses Hub Incharge Mrs. Binoo Gupta said told about launching a professional course of Guitar by HMV Skilled Courses Hub. Principal Prof. Dr. (Mrs.) Ajay Sareen said that now a days empowering our youth with all types of skills is very necessary. This course is a



step forward in achieving this goal. She congratulated Mrs. Binoo Gupta and Mrs. Amanpreet Kaur for taking this initiative.

**01/02/2024**

### **HMV to organize Two Week Placement Fair**

The Placement Cell inaugurated 2 week Placement Fair starting from 1<sup>st</sup> February, 2024 under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. During the first day, a virtual Pre-Placement talk of Concentrix was organized. Resource Person was Mr. Vishal Kumar. He told the students about importance of employment and told them about the profile of his company. He told about the various qualities to be possessed by the candidates for getting job in Concentrix. He told them about the company profile, the job role, job description, selection process and the salary package offered. Principal Prof. Dr. (Mrs.) Ajay Sareen said that it is a great initiative of Placement Cell. Placement Officer Mr. Jagjeet Bhatia told that 18+ companies visited the campus with more than 300 job openings.



**05/02/2024**

### **Second Day of Pre-Placement Talk**

Mr. Jagjit Bhatia, the Placement Officer welcomed the resource persons Mr. Abhishek Kumar, Mr. Sankalp and Mr. Akash Kumar from Nasscom; Mr. Kartik Bhardwaj from CISCO; Mr. Santhosh Rebello from Salesforce with the formal words. The seminar commenced with Mr. Abhishek Kumar giving the brief introduction of Nasscom - Transforming the Tech Industry in India. Mr. Sankalp continued the talk by giving the importance of Nasscom platform as digital talent has become critical for India. The session was taken over by Mr. Santhosh from Salesforce through the virtual meet where he introduced the gathering with the "Salesforce - The Customer Company". He also described the various SF certified programs and courses on NASSCOM Future Skills Prime. Mr. Kartik Bhardwaj from CISCO laid emphasis on Cyber Security and introduced Cyber Security as one the crucial job opportunities in this digital world.



**16/02/2024**

### **8 Students of HMV cleared CA Foundation Exam**

Eight students brought laurels to the institution by clearing CA Foundation Exam, December, 2023 in the first attempt. The students of B.Com I Komaldeep Kaur Chhabra, Ekta Gupta, Harpreet Kaur, Prabhnoor Kaur, Aarushi Sharma, Eshita Goyal, Sakshi and Anhad Preet Kaur cleared exam with flying colours. Out of these four students had done coaching of CA Foundation Classes in the campus of HMV only. Their coaching classes were taken by CA Rashmi Kathapl, CA Nishu Arora and Mr. Rajat Taneja. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the Head of the Department Mrs. Meenu Kohli, Dr. Seema Khanna (Incharge CA Foundation Coaching Classes), faculty members and students for this achievement.



**25/02/2024**

**HMV students Passed CSIR NET Exam**

2 students of Chemistry Department cleared CSIR NET exam with flying colour. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students. She told that Ms. Alka cleared NET, JRF and Lecturership exam All India Rank 100. Navjeet Kaur cleared lecturership with All India Rank 46. She also congratulated Head of Department Mrs. Deepshikha and Dr. Vandana Thakur.



**12/04/2024**

**M.Sc (Physics) Student qualified UGC-NET Exam**

Km. Tanuja, Student of PG Department of Physics qualified UGC-NET exam. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated her and said that she has been a very energetic and enthusiastic student throughout her UG and PG in HMV. She congratulated the student and faculty of the Physics department for this significant success and wished them a better future. On this occasion, Mrs. Saloni Sharma (HOD, Physics Department), Mr. Sushil and Dr. Simmi Garg were also present.



**18/05/2024**

**Successfully completed value added course in Interior Design**

Department of Design successfully completed 30 hours Value added course in Interior Design. Students from different colleges joined the course and learnt the aspects of Interior design. Students learnt how to conceptualize, illustrate, and execute design projects. Dr. Rakhi Mehta and Mrs. Misha Sareen was the Incharges of the Course. The course covered basic methods and refined them into more sophisticated skills. Topics covered in interior design course included Construction materials and furniture design, Light and colors in interior design, Building construction for interior designers, Drawing techniques, Furnishings of interiors, Advance building services, Design principles, Space management, Color theories, etc. students received certificates after completing the course.

**25/05/2024**

**Skill Course on Shahmukhi Script completed successfully**

A 30 hrs Skill Course on “Shahmukhi Script” was successfully concluded under the series of Skill Courses. The students enthusiastically participated in this course. Principal Prof. Dr. (Mrs.) Ajay Sareen said that language always enhances the personality of a person. Every person should try to learn new languages. Urdu Shahmukhi is a very rich language. This course was started under Skill Course Incharges Mrs. Binoo Gupta. The advisor of this course Mrs. Navroop encouraged the students to learn something new every time they get a chance. Course Incharge Dr. Mandeep Kaur told that the students of this course prepared various posters, greeting cards and videos to thank Principal Prof. Dr. (Mrs.) Ajay Sareen for giving them this opportunity to learn a new language.

**04/06/2024**

**Short Term Course of 100 hours Completed Successfully**

The HMV Skilled Courses organized 100-hours Skilled Course Certificate Programme in Banking, Finance and Insurance (CPBFI2024) in collaboration with Bajaj FinServ. The purpose of conducting this course was to enhance the employability skills of the students. She told that during the span of 100 hours, the students were given insights into the practical aspects of Banking, Finance, Insurance, personal grooming and related aspects. The course was divided into four modules comprising managing Self SwaRoop, Communication and workplace skills, overview of retail banking and finance. Overall 39 students benefitted from the programme. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the team members comprising Mrs. Meenu Kohli, Head of

Department, Mrs. Binoo Gupta, Incharge Commerce Club and Course Coordinator, Course Incharges – Dr. Kajal Puri and Mrs. Kanika Sharma. Course Incharges expressed gratitude to the Resource Persons Mr. Kanwaljit Singh, Lead Trainer of Punjab Cluster of Bajaj Finserv Limited and Mrs. Preeti Jain, Image consultant, Coach and Soft Skill trainer, Founder of AURA-The Finishing Edge and all the faculty members for coordinating in the successful completion of the programme.

## Faculty Profile

### Dr. Prem Sagar

- Trained 40 students from different parts of the country in Intensive Class of Music Training at Devi Talab Mandir, Jalandhar under SPIC MACAY from 25-12-2023 to 31-12-2023
- Paid tribute to Veer Baals in the form of a shabad in 148<sup>th</sup> Harivallabh Sangeet Sammelan dedicated to the Martyrdom Baba Zoravar Singh and Baba Fateh Singh on 25-12-2023 at Devi Talab, Jalandhar
- Published a Research Paper 'संगीतकलाकी साधनातथाप्रस्तुतकरण मेंउपलब्धप्रौद्योगिकीकी भूमिका' in co-authorship with Dr.Ibrahim Ali, Professor Department of Music Kalidaas Government College of Ujjain. Naad-Nartan, Journal of Dance and Music, Vol.12, January 2024 ISSN 2349-4654
- Recorded a self-composed Bhajan 'Satya hi Shiv Hai,' released by Padam Shree Vijay Kumar Chopra Ji (Chief Editor, Hind Samachar Group) for You tube Channel of Harroop Studio, Jalandhar on 08-03-2024
- Acted as Resource Person in National Seminar on Multiple Disciplinary aspect of Music Education organized at Arya Girls College, Ambala Cantt. Director of Higher Education, Govt. of Haryana. 04-04-2024

### Dr. Ashmeen Kaur

- Acted as Resource person on the topic Building Resilience and enhancing self-confidence for managing stress at Dayanand Ayurvedic College Jalandhar on 23 November, 2023
- Participated in 5th National level Workshop on NIRF INDIA Rankings 2024 on 12th December and 13th December, 2023 organised by Institute of Academic Excellence, Hyderabad
- Acted as Subject expert on the topic Rising Stress in youth on BBC Toronto Gaunda Punjab live on 8th February, 2024
- Acted as Subject expert on the topic Psychosomatic disorders on BBC Toronto Gaunda Punjab live on 10th February, 2024
- Participated in Financial Wellness Webinar organized by Knowise Learning Academy, Delhi on 29th March, 2024
- Acted as Subject expert on the topic Bipolar disorder on World Bipolar Day on 94.3 MY FM on 30th March, 2024
- Acted as subject expert in the selection committee for selection of Counsellor/ wellness teacher at Dayanand Model School, Jalandhar on 29th June, 2024
- Acted as Subject expert in the selection committee for selection of Assistant professor in Department of Psychology at GNDU Amritsar on 1st July, 2024
- Acted as Subject expert in the selection committee for the selection of Counsellor at Police DAV Public school, Jalandhar on 4th July, 2024

### **Mrs. Meenu Kohli**

- Presented a paper titled 'Aligning education with industry needs' in Two-day Multidisciplinary National seminar on "Future Ready education: Adapting teaching, learning and evaluation for tomorrow's challenges" (Hybrid mode) from 20-21st March 2024 organised by Gaur Brahman College of Education, Rohtak
- Presented a paper titled "India's Digital Economy to bridge Innovation and Ethics" in National conference on India's Growing Stature: Roadmap to a Sustainable future on 30th April 2024 organised by KRM DAV College, Nakodar
- Participated in the Seven Days National Level PDP on "Effective & Quality Research Writing - Phase V" organized by the Departments of Commerce and Accounting & Finance (Shift II), Patrician College of Arts & Science from 6th June to 12th June 2024.
- Participated in on week Faculty Development Program on Data Analysis using SPSS and AMOS (online mode) organized by GNA University from June 24, June 29, 2024.

### **Dr. Harpreet Singh**

- Khan AM, Singh H, Ranganathan S, Gojabori T and Gao X (2024) Editorial: 21<sup>st</sup> International Conference on Bioinformatics (InCoB 2022)—accelerating innovation to meet biological challenges: the role of bioinformatics. *Front. Genet.* 15:1365223. doi:10.3389/fgene.2024.1365223, (SCOPUS, Web of Science indexed, Impact factor: 3.7 as on 25-01-2024), ISSN: 1664-8021 (online).
- Tanveer Ahmad, Bushra A. Alhammedi, Shaikha Y. Almaazmi, Sahar Arafa, Gregory L. Blatch, Tanima Dutta, Jason E. Gestwicki, Robert A. Keyzers, Addmore Shonhai, Harpreet Singh (2024). Plasmodium falciparum heat shock proteins as antimalarial drug targets: An update, *Cell Stress and Chaperones*, 29 (2), 326-337 (ISSN 1355-8145, <https://doi.org/10.1016/j.cstres.2024.03.007>.) Date of Publication 20-03-2024, Impact Factor: 3.7
- Bhardwaj, T., Kour, J., Chouhan, R., Devi, K., Singh, H., Gandhi, S.G., Ohri, P., Bhardwaj, R., Alsahli, A.A. and Ahmad, P. (2024)s. Integrated Transcriptomic and Physio-Molecular Studies Unveil the Melatonin and PGPR Induced Protection to Photosynthetic Attributes in Brassica juncea L. Under Cadmium toxicity. *Journal of Hazardous Materials*, p.134875. (ISSN:0304-3894) Date of Publication 19-06-2024 (online), Impact factor: 12.2
- Acted as a resource person for the Capacity Building Workshop titled "Hands-on Training in Advanced Bioinformatics Techniques in Molecular Biology" on 8th March 2024 conducted from 7th to 12th March 2024 by Department of Zoology, University of Jammu. Sponsored by the HEC, University of Jammu

### **Mrs. Saloni Sharma**

- Presented a paper entitled "Nano particles of Ag doped ZnO for ethanol gas sensing" in National Conference- India's Growing Stature: Road Map to Sustainable Future organized by KRM DAV College Nakodar on 30th April, 2024.
- Defended Ph.D Thesis entitled "Synthesis and Characterization of Polyaniline/PVC Composites for Microwave Absorbers" on 3rd June 2024.

### **Dr. Urvashi Mishra**

- Certificate of Appreciation presented by ADC for active participation in Systematic Voter's Education and Electoral Participation (SVEEP) awareness during bye election Lok Sabha 2023 (04 SC Jalandhar) from District Administration Jalandhar.
- Certified as International Mentor with International Institute of Organized Research (I2OR) India under International Mentorship Programme.
- Attended Webinar on Technology Trends and Revolution in Web and Mobile on January 20, 2024 organized by Bharti Vidyapeeth's Institute of Computer Applications and Management (BVICAM), New Delhi
- Completed One year PG Diploma in Information Security from IGNOU New Delhi

### **Dr. Kajal Puri**

- Attended " Online Training Programme " at Shri Mata Vaishno Devi University, Katra, Jammu and Kashmir" from 2024-01-08 to 2024-01-17 sponsored by UGC- Malaviya Mission Teacher Training Centre-SMVDU during session 2023-24
- Received Award Of Appreciation by Agency Office of Deputy Commissioner Cum District Election Officer, Jalandhar on 25th January, 2024 during session 2023-24

### **Dr. Rama Sharma**

- Participated as a delegate in Bhartiya Bhasha Conference, Sponsored by IKG PTU, Kapurthala from 2024-03-22 to 2024-03-22
- Participated as a delegate in National conference on "India's Growing Stature: Roadmap to a sustainable Future" organized by KRM DAV COLLEGE, NAKODAR on 30 April, 2024
- Presented paper online on the topic "Women Empowerment in Digital India" in Interdisciplinary National Seminar organized and Sponsored by IQAC and Department of Commerce and Economics of Dev Samaj College for women, Sector 45-B, Chandigarh from 2024-03-15 to 2024-03-15
- Successfully defended Ph.D. thesis on 18th march, 2024 at IKG PTU Kapurthala.
- Presented Paper online on "Global Citizenship Education" in a Two Day Multidisciplinary National Seminar organized and Sponsored by Gaur Braman College of Education, Rohtak from 2024-03-20 to 2024-03-21
- Presented a paper on "Role of Social Media in Empowering Women" in International Conference on "Exploring Media, Law and AI in the Post-Evolving Ecosystem and Sponsored by SOLH and SOL, Woxen University, Hyderabad in collaboration with Ahram Canadian University, Egypt and University of SINOP, Turkiye from 2024-04-12 to 2024-04-14
- Attended FDP /NEP 2020 Orientation and sensitization programme under Malaviya Mission Teacher Training Programme of UGC organized by UGC-MMTTC Shri Mata Vaishno Devi University, Katra, Jammu from 22/01/2024 to 31/01/2024

### **Mr. Sushil Kumar**

- Published a paper titled, 'Structural, Optical, Dielectric and Magnetic Behaviour of Cu<sub>1-x</sub>CoxO Nanocomposites,' in Material Today Communication. ISSN/ISBN 2352-4928. Impact factor of 3.8
- Published a paper titled, 'Study of Chemical Effects on L X-rays spectra of 59Pr compounds,' in Applied Radiations and Isotopes. ISSN/ISBN number 0968-8043 with impact factor of 1.6.

- Published a paper titled, 'X-Ray analysis of Ag nanoparticles on Si wafer and influence on Gas Sensor,' in Applied Physic. ISSN/ISBN 0947-8396. Impact factor of 2.7
- Published a Textbook titled Waves and Optics. Pragati Prakashan. ISBN number 978-93-5854-198-4

#### **Mr. Sumit Sharma**

- Completed an online certificate course in CAR T- Cell Translation :The State of The Art(Recording) From Stanford University School of Medicine, 23-6-2024

#### **Dr. Shaveta Chauhan**

- Attended FDP /NEP 2020 Orientation and sensitization programme under Malaviya Mission Teacher Training Programme of UGC organized by UGC-MMTTC Shri Mata Vaishno Devi University, Katra, Jammu from 22-31 January, 2024
- Presented paper titled E-waste management in one day interdisciplinary national seminar on "Digital India: Empowerment and Transformation towards inclusive growth" held at Dev Samaj College For Women, Chandigarh 15 March, 2024
- Presented paper titled "Virtual Classrooms: Transforming learning environment" in 2 day multidisciplinary national seminar on "Future-Ready Education; Adapting Teaching, Learning and Evaluation for Tomorrow's Challenges(hybrid Mode) held at Gaur Brahman College Of Education, Rohtak 20-21 March,2024

#### **Dr. Rakhi Mehta**

- Attended two week Refresher course in Liberal Arts from 15-28 February, 2024 by UGC MMTTC, Guru Nanak Dev University, Amritsar
- Received Amrita Sher Gill women Artist Award of the year 2024 on the occasion of International Women's Day on 8th March 2024 by Utkarsh Lalit Kala Academy, UP
- Published A Book "EcoArt"- An International collection of Sustainability Muses as Editor with ISBN- 978-81-971113-2-7

#### **Mrs. Lovleen Kaur Lehal**

- Award of Appreciation for rendering immense contribution in creating awareness among voters on 14<sup>th</sup> National Voters' Day on 25<sup>th</sup> January 2024, given by Office of Deputy Commissioner-cum- District Election officer in collaboration with Hans Raj Mahila Maha Vidyalaya, Jalandhar
- Published a book chapter 'Embracing Creativity: Transforming Waste into Artistic Marvels' in EcoArt- An International collection of Sustainability Muses ISBN- 978-81-971113-2-7
- Published a paper titled 'Navigating the threats and solutions in the rise of Artificial Intelligence, in International Conference on Frontiers in Education, Management and Information Technology on 6 April, 2024 at Lyallpur Khalsa College, Kapurthala
- Acted as Subject Expert for the selection of teachers at Guru Nanak Public DAV School, Bhikhiwind on 29 June, 2024

#### **Dr. Deepali**

- Attended Refresher Course in Mathematics from 31st March to 13th April, 2024 organised by Teaching Learning centre, Ramanujan College, University of Delhi

- Published a chapter titled, “Relevance of Vedic Mathematics in Education” in edited book Embracing the Chance: Technology, Management and Social Dimensions, ISBN No. 9788196471187
- Received certificate of honour for outstanding contribution in the “Women Self Defence workshop” held on 1st March, 2024 at Hans Raj Mahila Maha Vidyalaya, Jalandhar organised by Women helpers organisation
- Acted as Resource person for an Extension Lecture on Research Methodology organized by IQAC in collaboration with IIC of Babbar Akali Memorial Khalsa College, Garshankar on 11th March 2024

#### **Ms. Harmanu**

- Attended Online Two Week Interdisciplinary Refresher Course in “Research Methodology & Data Analysis” from 14 December – 28 December, 2023 organized by Teaching Learning Centre, Ramanujan College, University of Delhi under the aegis of Ministry of education, Pandit Madan Mohan Malaviya National Mission of Teachers and Teaching
- Certificate of Participation for participating in the “Indian Swachhta League 2.0” conducted by Municipal Corporation, Jalandhar on 17<sup>th</sup> September, 2023
- Award of Appreciation for rendering immense contribution in creating awareness among voters on 14<sup>th</sup> National Voters’ Day on 25<sup>th</sup> January 2024, given by Office of Deputy Commissioner-cum- District Election officer in collaboration with Hans Raj Mahila Maha Vidyalaya, Jalandhar
- Organized and attended Seven Day NSS Special Camp from 21<sup>st</sup> Dec to 27<sup>th</sup> Dec 2023 at village Gill organized by NSS department, Hans Raj Mahila Maha Vidyalaya, Jalandhar
- Certificate of Honour for outstanding contribution in the “Women Self Defence Workshop” held on 1<sup>st</sup> March 2024 at Hans Raj Mahila Maha Vidyalaya, Jalandhar organized by Women Helpers Organization
- Certificate of Participation for participating in the Investor Awareness Program organized by Knowise Learning Academy in association with Hans Raj Mahila Maha Vidyalaya, Jalandhar, Punjab on 29<sup>th</sup> March, 2024

#### **Dr. Ramandeep Kaur**

- Awarded with degree of doctorate in field of Bioenergy from IKGPTU, Jalandhar.
- Attended 5 Days National Level Online FDP titled “Applied Microbiology and Medicinal Chemistry from 14 May -19 May, 2024, organized by Academic Director, PROGREZZ Academic Training & Research Institute, Tamil Nadu.
- Kaur, R., Bhatia A. Mahajan A. (2023), ‘Biodiesel production from the microalga Chlorella pyrenoidosa to use it as green fuel,’ . Book chapter for Sustainable development: challenges and A way forward
- Got Best Presentation Award in oral presentation on topic Biodiesel production from Microalga Chlorella Pyrenoidosa to use it as green fuel” in International Conference on Environment & Life Sciences organized by International Group of Conferences ARAVALLI

#### **Ms. Pawan Kumari**

- Appreciation certificate by Election Commission on 25 January 2024 National Voters Day

- Appreciation certificate for participation in “India Swachhta League 2.0 on 17 sept 2023 by Municipal Corporation Jalandhar
- Published a chapter in Book ‘Hindi Mahila Sahityekar: Jivan Sangharsh or Sahitye Chetna , Editor of book is Dr Parvati Kasyap with ISBN No 978-93-5506-701-2 ,First Edition 2024. Chapter title is ‘ Raji Seth ka jivan sangharsh aur sahitye chetna’
- Published a paper, titled, ‘Punjab ke lok nritye – Sammi aur jhumer’ in Journal ‘ Kashf’ with ISSN No.2231-3869 December 2023
- Attended one Day Workshop on the topic ‘Understanding the Learner’ organized by Lyallpur Khalsa College of Education for Women on 20 April, 2024

#### **Dr. Sakshi Verma**

- Acted as a Resource Person of Workshop on Vermicomposting under Green Action during Environment Education Programme “Eco-vibes@HMV” organized by HMV, Jalandhar and supported in collaboration with Punjab State Council for Science and Technology supported by Ministry of Environment, Forest and Climate Change, Govt. of India held on 5th -6th April, 2024.
- Kumar, M., S. Verma, S. Rawat, and S. K. Dhatwalia. &quot;Exploring integrative approaches: EGCG’s potential in combating prostate cancer.&quot; WCRJ 11 (2024): e2744.
- Kapoor, N., Verma, S., Sondhi, N., Bhardwaj, R. and Sharma, P. PGPR (Plant Growth promoting Rhizobia) Mediated Heavy Metal tolerance in Plants In: PGPR for Stress management, edited by Indu Sharma, Ashutosh Sharma, Renu Bhardwaj and Geetika Sirhindi. Nova Science Publishers, 2024, Vol. 1, pp- 19-40.
- Presented paper entitled “Nature’s Cleanup Crew: Microbial Remediation of Hexavalent Chromium” in National Seminar on One Health for Sustainable Future: Issues and Challenges” organized by Govt. College for Girls, Ludhiana held on 16<sup>th</sup> March, 2024.
- Attended “National Seminar on One Health for Sustainable Future: Issues and Challenges” organized by Govt. College for Girls, Ludhiana held on 16<sup>th</sup> March, 2024.
- Attended Online National Level seminar cum Lecture titled “Recent Developments and Research in Phyto Medicines” organized by Progrezz Academic Training & Research Institute, Tamil Nadu on 23-06-2024.
- Attended 5 Days National Level Faculty Development Programme (Online) titled Applied Microbiology and Medicinal Chemistry from 14.05.24 to 19.05.24 conducted by Progrezz Academic Training and Research Institute, Tripura, Tamil Nadu.
- Attended the 5 Days National Level Faculty Workshop Cum Faculty Recharge Programme on “Innovative Teaching Strategies and Tools in the Digital Age” conducted by PROGREZZ ACADEMIC TRAINING & RESEARCH INSTITUTE, Tamil Nadu from 19.06.2024 to 23.06.2024.

#### **Ms. Mukti Arora**

- Presented paper on e-start up in Interdisciplinary National Seminar on 15th March, 2024
- Attended ten days NEP 2020 Orientation Sensitisation Programme under Malaviya Mission Teacher Training Programme of UGC organized by UGC-MMTTC Shri Mata Vaishno Devi University, Katra, Jammu from 22-01-24 to 31-01-24
- Articles published on How to do make up in winters on 13th Jan ,2024 and Diet for good health on 10th Feb,2024 in Punjabi Jagran
- Acted as a Subject expert to interview the PGT in Beauty and Wellness on 4th July, 2024

## Amplus: Co-Curricular Activities

### Campus Buzz

15/01/2024

#### HMV Hostel Celebrated Dhiyan Di Lohri

Dhiyan Di Lohri was celebrated in the hostel under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Dr. Sareen congratulated the hostel members and shared her views on the importance of girls in the family and the Lohri Festival. The resident scholars showcased their talents, which were highly appreciated by Dr. Sareen. Dr. Meenu Talwar thanked Dr. Sareen for her continual encouragement in celebrating all festivals. The resident scholars performed Giddha and Bhangra, adding to the festive mood. Moongfali, Rewari, and sweets were distributed among the non-teaching staff and students. Dr. Sukhjeet Kaur, Amandeep Kaur, Jasbir Kaur and Mrs. Jyoti were also present.



24/01/2024

#### HMV Organized Dhiyan Di Lohri



Under the able guidance of Principal Prof. Dr. Mrs. Ajay Sareen, Sarv Sukh Sewa Mission organized “Dhiyan Di Lohri” in Hans Raj Mahila Maha Vidyalaya, Jalandhar. The Chief Guest of the occasion was DIG Sh. Inderbir Singh, IPS, Punjab, MLA Sh. Raman Arora and Mrs. Vani Vij from Dainik Saveria. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed all with planters as per the tradition of the institute. The coordinators of the programme were President Sarv Sukh Sewa Mission Sh. Arvind Sharma, Chairman Mandeep Jassal, Head of Punjabi Department Mrs. Navroop and Member Mrs. Kuljit Kaur. On this occasion, Mr. Vijay Sampla, Mr. Happy Lamba, Mr. Ajaypal Bhugamia, Shiv Malri, Gurmukh Duaniya were also present. Mr. Deepak Raja from Kapil Sharma show Mumbai was also present there who said that HMV is such a prestigious institution which has changed the lives of many students. Principal Dr. Sareen congratulated Sarv Sukh Sewa Mission for this programme and said that there is no difference in son and daughter now a days, we should treat them equal, only then our society can progress. Renowned Singer Mr. Rai Jujhar sang various songs and entertained the audience. The students of Music Vocal Department presented Jugni and Guldasta on this occasion. The students of Dance Department presented Bhangra. These items were prepared under the guidance of Dr. Prem Sagar and Mrs. Surbhi. The stage was conducted by Mrs. Protima Mander and Dr. Sandeep Kaur.

22/01/2024

### HMV Inaugurated Various Competitions for celebrating National Voters' Day

Hans Raj Mahila Maha Vidyalaya, Jalandhar conducted various competitions for celebrating National Voters' Day in collaboration with Deputy Commissioner-cum-District Election Officer. Students from different colleges of District Jalandhar participated in these competitions. The topic for the competitions of Painting/Drawing/Poster Making was "Voters Awareness and Participation in Election in India". Principal Dr. Ajay Sareen gave best wishes to Coordinators Dr. Anjana Bhatia Dean Innovation and Mrs. Alka Sharma Head of Political Science Department and Co-Coordinator Dr Jiwan Devi for conducting these competitions and motivated the students to take part in the events for the boosting their confidence and to become more self reliant. The students participated in the event with full enthusiasm. In Poster competition Reeva Sharma, BFA Sem- VI, HMV got first position, Gursharandeep Singh, B.Sc FD, CT group of Institution got second position ,Diya Sharma, BALLB, GNDU, Regional Campus got third position. In Painting competition Simranjeet Kaur BCA Sem- II, CT group of Institution got first position Namandeep Kaur, B.Tech Sem- III, GNDU, Regional Campus got second position and Isha, BFA Sem- II, HMV got Third Position. The judges of the event were Dr Rakhi Mehta, Dr Neeru Bharti Sharma and Dr Shailender Kumar.



25/01/2024

### HMV Organized 14th National Voters' Day

Hans Raj Mahila Maha Vidyalaya, Jalandhar organized 14<sup>th</sup> Voters Day in collaboration with District Election Office, Jalandhar under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The chief guest of the event was Deputy Commissioner Jalandhar Sh. Vishesh Sarangal, IAS. The event started with the lighting of lamp. The other guests of the event were ADC (Rd) Sh. Jasveer Singh, JDA Sh. Darbar Singh, SDM-I Sh. Balbir Raj, Sh. Sukhdev Singh Election Tehsildar. All the guests were welcomed and felicitated with planters. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated all on the National Voters Day. She also urged all the citizens of India to be aware of our National duties. Principal Dr. Ajay Sareen expressed her gratitude towards Election Commission for assigning this event to HMV for consecutively 10<sup>th</sup> time. On this occasion, the folk song 'Voter Jugni' was presented. Then the CEC of India Sh. Rajeev Kumar addressed the audience in a video message. It was followed by a speech on the importance of casting a vote by Astt. SVEEP Nodal Officer Dr. Ashok Sahota. A Nukkad Naatak 'Vote Pao, Desh Bachao' was presented by the students of HMV. It was followed by a group song 'Hum Vote Dene Jayenge Is Desh Ke Liye' sung by the members of Chanaan Vocational & Skill Training Centre. The chief guest of the occasion Sh. Vishesh Sarangal encouraged the voters to cast their vote for the bright future of their country. It was followed by voters' pledge and honouring ceremony of the members who contributed in the smooth conduct of coming Lok Sabha elections. At the end of the event, Sh. Sukhdev Singh Election Tehsildar thanked the audience for participating in the event. The Coordinators of the event were Dr. Anjana Bhatia, Mrs. Alka Sharma and Dr. Jiwan Devi. The event concluded with the recitation of National Anthem.



**29/01/2024**

### **Achievers' Day 2023-24**

To acknowledge the efforts of the students and to give a pat on their back to continue their quest for excellence, Achievers' Day 2023-24 was organized in HMV Collegiate Sr. Sec. School. The event commenced with an invocation to the Almighty by kindling the lamp of knowledge and wisdom. Principal Dr. Ajay Sareen and school coordinator Dr. Seema Marwaha, coordinator of the event Mrs. Arvinder Kaur Beri extended green welcome to the Guests of Eminence Smt. Gurinderjit Kaur, Principal Govt. Sr. Sec. School, Nehru Garden, Sh. Sunil Sharma, Principal Shishu Model School, Bholath, Smt. Rajinder kaur, Vice – Principal Govt. Sr. Sec. School, Nehru Garden were welcomed with planters, mementoes and gifts made by Fine Arts Dept. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students for their achievements and inspired them to keep soaring high for the attainment of their goals. School Coordinator Dr. Seema Marwaha presented Annual Report 2023-24, throwing light on academics, co-curricular, sport and various activities organized for holistic development of students and future commitments towards quality education to the budding minds. Hon'ble Guest of Eminence Smt. Gurjinderjit Kaur congratulated HMV for maintaining the rich legacy in Sports by winning Sports Overall trophy for since last 23 years. In her address, she advised the students to adopt right approach towards life, to become environmentally and socially conscious and most importantly, she emphasized that competition is to be taken in right spirit and make every day an achievers day of life. She also congratulated the winners by saying that values are the best ornament and wished them success in future. On this occasion, Sh. Sunil Sharma exhorted students to work hard and be disciplined in life. Around 200 students were awarded with prizes for their remarkable achievements in academics and co-curricular activities. Certificates were also given away to 11 class representatives, 13 members of task force and 07 office bearers namely head girl, joint head girls and assistant head girls. The Student of the Year award was bestowed to Shrishti Jain and the Player of the Year award to Raveena for their remarkable performance at every aspect. The students felt elated for being honoured by the eminent guests. Vote of thanks was given by Mrs. Arvinder Kaur.



**10/02/2024**

### **Multimedia Club of PG Department of Multimedia Hosts Educational Visit to Machinex – 2024**

The Multimedia Club of PG Department of Multimedia organized a highly informative visit to Machinex – 2024 for the students of B. Design (Multimedia), B. Vocational & M. Vocational (Web Tech. & Multimedia). The visit provided an excellent opportunity for students to explore the fascinating world of 3D printing and related technologies. Dr. Charanjit Singh, an expert from Modern Manufacturers, Ambala, played a pivotal role in guiding the students through the intricacies of 3D printing and processing. His insights into 3D scanning were particularly enlightening, offering the students a comprehensive understanding of this cutting-edge technology. The visit also included a session at BEE Prints, where students witnessed firsthand the processes of impression and laser printing on various materials such as pens, book covers, and metal. This practical exposure allowed students to grasp the practical applications of these technologies in industries.



**02/02/2024**

### **'Jashan-e-Parwaaz' 2024**

The farewell party 'Jashan-e-Parwaaz 2024' was held at HMV Collegiate Senior Secondary School for the outgoing students. The event, filled with joyous memories, began with a lamp lighting and DAV Gaan. Dr. Seema Marwaha, School Coordinator, welcomed Dr. Sareen along with Mrs. Arvinder Kaur Beri and Mrs. Renu Walia. In her address, Dr. Sareen praised the students' talent and wished them success, emphasizing HMV's role in their overall development. Dr. Seema Marwaha encouraged students to balance enjoyment and studies, work hard, and embrace both success and failure. Mrs. Binoo Gupta, Dean Student Welfare, highlighted the importance of being good humans and staying connected to HMV. The event featured cultural performances, modeling rounds, dances, games, and more, making it a vibrant and memorable occasion. Dippenpreet and Neha of SSC-1 (Commerce) presented an emotional poem "Dear Seniors" for their Seniors. Mrs. Binoo Gupta, (Commerce) Dean Student Welfare, Mrs. Purnima, (Bioinformatics) and Mrs. Rishabh (Fashion Designing) played the role of Judges. Ashu Miss Farewell, Jia Arora 1st Runner-up, Kritika 2nd Runner-up, Saumya Miss Artsy Queen, Shrishti Miss Biz Girl, Amandeep Miss Tech Fairy respectively. Principal Dr. Sareen congratulated and distributed crowns, planters and prizes among winners. Following the tradition of institution, the dignitaries passed on the light of wisdom- DivyaJyoti from the outgoing students to the students of SSC 1.

**13/02/2024**

### **HMV celebrated World Radio Day**

The PG Department MCVP organized a workshop on "World Radio Day" under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The Resource Person of the workshop was Mr. Paras Chadha, Radio Jockey in All India Radio. Head of Mass Communication Department Mrs.

Rama Sharma welcomed him and gave his brief introduction. Mr. Paras advised the students to know their capabilities and set the goals accordingly. He said that in radio pronunciation should be accurate and one should know the culture of their society. Radio uses language of everyday use. There are a lot of opportunities in Mass Communication. He said that words once spoken cannot come back. RJ should not be over confident. Rather, he/she should be well prepared. On this occasion, students Simran, Shivani, Sahibpreet recited their self composed poems. Mr. Paras shared his personal experiences. Mrs. Rama Sharma



gave vote of thanks. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the department for this initiative. Dean Youth Welfare and Head of Punjabi Department Mrs. Navroop along with Mrs. Rama Sharma, Ms. Priyanka Jain and Mrs. Priya Sharma honoured him.

**14/02/2024**

### **Basant Panchmi Festival Celebrated**

Basant Panchmi Festival was celebrated by the Student Council of the College under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Saraswati Vandana was recited by the students of Music Vocal department under the guidance of Dr. Prem Sagar, Head of Music Vocal Department. Dr. Sagar said that Basant is a symbol of happiness and prosperity. Dr. Prem Sagar, Dr. Jyoti Gogia, Dr. Gagandeep, Mr. Praduman recited Bhajans and songs on this occasion. The teachers and students were wearing yellow clothes and offered flowers to



Maa Saraswati-the Goddess of Wisdom and Knowledge. The stage was conducted by Dr. Jyoti Gogia. Vote of thanks was given by Coordinator IQAC, Dr. Ashmeen Kaur. The Prasadam was also distributed among the students faculty and staff members of the college.

17/02/2024

### Movie Cast “Oye Bhole Oye” visited HMV Campus

The Star Cast of Punjabi Movie “Oye Bhole Oye” visited the campus of Hans Raj Mahila Maha Vidyalaya, Jalandhar for promotion of their film. The whole programme was organized under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The team was welcomed with green planters. The team members were Jagjeet Sandhu, Irwinpreet Kaur, Ms. Soumya and Pradeep Cheema. They mesmerized the audience with their performance. Principal Dr. Sareen gave her best wishes to the team and appreciated their efforts to preserve Punjabi Culture. The advisor of the programme was Mrs. Navroop, Dean Youth Welfare and Coordinators were Mrs. Rama Sharma, Dr. Rakhi Mehta and Mr. Ravi Maini. Stage was conducted by Mrs. Protima Mander. The students enjoyed the performance of the stars.



21/02/2024

### Mother Language Day celebrated

The International Mother Language Day was celebrated by PG Department of Punjabi under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The Chief Guests of the occasion were Sh. Pyara Singh Kudowal and Mrs. Surjeet (Canada). The guests were welcomed with Green Planters. Principal Prof. Dr. (Mrs.) Ajay Sareen addressed the audience and said that Punjabi language is language of our mind, heart and soul. A person takes birth with mother language, we develop with our mother language. We should always contribute in the development of our mother language. She encouraged everyone to feel proud on mother language. She motivated the students to serve mother language. She congratulated Punjabi Department for organizing the event successfully. Head of Punjabi Department Mrs. Navroop made the students aware towards mother language. She told the students about various opportunities available in Punjabi Language. Chief Guest Sh. Pyara Singh Kudowal and Mrs. Surjeet motivated the students to use Punjabi Language in day to day work. The students of the department presented poems and songs in Punjabi language. Dr. Veena Arora presented vote of thanks. The stage was conducted by Mrs. Kuljeet Kaur. On this occasion Dr. Mandeep Kaur, Dr. Sandeep Kaur and Mrs. Pawandeep Kaur were also present.



24/02/2024

### HMV Organized One Day Trip at Naina Devi, Anandpur Sahib and Virasat-e-Khalsa

The Department of Fine Arts organized one day Educational Trip to Naina Devi, Anandpur Sahib and Virasat-e-Khalsa. Total 34 students from BFA (Sem. II, IV, VI, VIII) and BA (Sem. II and IV) along with Dr. Neeru Bharti Sharma (Head of the Department), Dr. Shailendra, Ms. Twinkle and Ms. Chahat visited there. Students did outdoor sketching there with full enthusiasm. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated all staff members and students of Fine Arts Department.



**28/02/2024**

### **National Science Day-2024 Celebrated at HMV**

Faculty of Sciences “National Science Day-2024” in collaboration and support of Punjab State Council for Science & Technology (PSCST), National Council for Science & Technology (NCTSC), Dept. of Science & Technology (DST), Govt. of India on the theme ‘Indigenous Technologies for Viksit Bharat.’ The day witnessed the celebration of many events – quiz, fancy dress and slogan writing organized by C.V. Raman Science Society. The event started with the witnessing of live celebration of National Science Day at Vigyan Bhawan, New Delhi. The themes for slogan writing were Artificial Intelligence, Astronomy, Biofuels and Renewable Energy, Semiconductors, Climate Research, Space Research and Biotechnology. Judges for the slogan writing were Dr. Jitender and Dr. Harpreet Singh. The winners were Priyanka, Gurleen and Yashika Arora. Consolation prize went to Nancy, Hadiya, Amar Kaur, Khushi and Roshni. Dr. Sakshi and Mrs. Ramandeep conducted the quiz. First prize went to Aditi, Avantika and Priyanka; second prize to Bhawna, Trishla and Gurleen. The fancy dress competition was conducted on the theme of ‘Women in Science & Renowned Scientists’. In this competition, twenty-six students participated. Judges of the event were Mrs. Deepshikha and Dr. Shaveta Chauhan. The winners were Shreya Rana, Jasleen and Bhawna. Consolation prizes went to Sahibpreet and Prachi. The chief guest of the event was Dr. T. V. Venkateswaran, IISER, Mohali. Principal Dr. Sareen congratulated the Science Faculty for successful organization of such a big and creative event. Dr. T.V. Venkateswaran, the chief guest, talked about universe, its formation, Dark matter which constitute 80% of universe. Mrs Saloni Sharma, incharge C.V. Raman Science Society gave the welcome speech and highlighted the importance of celebration of National Science Day. Prizes were given to the winners. Mrs Deepshikha, Faculty Head Sciences, gave the vote of thanks.



**29/02/2024**

### **Industrial Visit to Shiva Polymers, Jalandhar**

PG Department of Physics and Chemistry organized an industrial visit to Shiva Polymers, Jalandhar, under the able guidance of Principal Dr. (Mrs.) Ajay Sareen. Mrs Deepshikha Head of Chemistry Department, Mrs Saloni Sharma Head of Physics Department and Dr. Simmi Garg accompanied students of M.Sc. Chemistry and Physics to visit the Shiva Polymers which is a leading manufacturer of various grades of Special PVC Films in India. Mr. Raghav Dhir, M.D. facilitated the visit to the company. Students took tour of the Industry and learned the complete process starting from raw material to the preparation and its packaging. Mr. Gaurav Kumar, Production Manager explained every step and process of the production of PVC Lamination Films along with the working of machinery in detail to the students. He also explained about the maintenance of equipment and ethics considered during preparation of Films. Students also visited the quality control laboratories and learned about the various tests done to check the quality of raw materials and the final products. Students interacted with the experts during the visit who shared their knowledge resulting in very informative discussion.



**01/03/2024**

### **Inter College Competition “HMV Utsav” Organized at HMV**

Hans Raj Mahila Maha Vidyalaya, Jalandhar organized magnificent Inter-College Competition HMV UTSAV under the inspiring leadership of Principal Prof. (Dr.) Mrs. Ajay Sareen. The sheer scale and grandeur of the event can be measured by the participation of over 150 plus students from 20 plus institutions across Punjab. This event was a platform for budding talents to



showcase their skills and boost their self-confidence. The vibrant, youthful energy of the participants transformed the campus into a colorful spectacle. Principal Dr. Ajay Sareen commended the diligent efforts of the organizing committee, led by the convener of the event Dr. Harpreet Singh and the co-convener Mrs. Saloni Sharma. She emphasized that the event aimed to guide the youth towards their destinations. The students showcased their talents across ten competitions, which included Debate Competition, Quiz, Poster Presentation, RJ Hunt, Shutter Bug, Extempore, Idea Pitching, Ad Mad Show, On the Spot Writing and Software Development. A panel of esteemed judges presided over the competitions which included names of Dr. Ramnita Saini Sharda, Mrs. Ritu Bajaj, Dr. Rakhi Mehta, Dr. Shailender Kumar, Dr. Sangeeta Arora, Mrs. Meenu Kohli, Mrs. Navneeta and Mrs. Saloni Sharma. In Debate Competition, Ms. Harmanpreet Kaur of PCMSD College for Woman, Jalandhar won first prize, Ms. Priyachi of GNDU College, Ladowali Road, Jalandhar won second prize and Mr. Akhil Kapoor of City Institute, Shahpur, Jalandhar won third prize. In Quiz Competition, Khalsa College, Kapurthala won first prize and GNDU College, Verka won second prize. In Software Development, LKC, Jalandhar and HMV, Jalandhar won first and second prize respectively. In Poster Presentation, Ms. Neha of PCMSD College won first prize, Ms. Bipasha of Doaba College, Jalandhar won second prize and Ms. Srishti Malhotra of GNDU College, Verka won third prize. In RJ Hunt (Dil Khol Ke Bol), Mr. Kartik Viridi of LKC, Jalandhar and Ms. Diksha of HMV, Jalandhar won first and second prize respectively. In Shutter Bug Competition, Ms. Manjot of Kamla Nehru College, Phagwara and Ms. Deepa of HMV, Jalandhar won first and second prize respectively. In Extempore, Ms. Richa of NIT, Jalandhar won first prize, Mr. Akhil Kapoor of City Institute, Shahpur won second prize and Ms. Ritika of SGGs Khalsa College, Mahilpur won third prize. In Idea Pitching Competition, Ms. Yashika and Ms. Chhavi of HMV, Jalandhar won first prize and Ms. Khushi and Ms. Muskan of PCMSD College won second prize. In Ad Mad Show, Trinity College, Jalandhar and PCMSD College won first and second prize. In On the On the Spot Writing, Mr. Neeraj Kumar of GNDU College, Jalandhar won first prize, Mr. Himanshu of GNDU College, Verka won second prize and Ms. Bhawna of HMV, Jalandhar won third prize. The Overall Trophy was lifted by PCMSD College for Woman, Jalandhar. Mrs. Saloni Sharma expressed the vote of thanks. During Valedictory function, the stage was gracefully conducted by Dr. Anjana Bhatia. The event concluded amid resounding cheers and celebratory chants from the victorious participants.

**03/03/2024**

### **Trade Fair- Fiesta 2024**

Splashed with the colours of a variety of stalls and the vibrant garbs of the students, the much awaited annual fete Trade Fair - Fiesta 2024 was organized at Hans Raj Mahila Maha Vidyalaya under the dynamic guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen and with the blessings of Justice (Retd.) N.K. Sud, Vice President, DAVCMC and Chairman Local Committee. The chief guest of the inaugural event Mrs. Neeru Rajinder Kapoor, JMP Enterprises Pvt. Ltd, Jalandhar was accorded a floral welcome by Principal Dr. Ajay Sareen. The Fiesta began with mangal tilak and lighting of lamp to evoke the blessings of the Almighty. In her address, Principal Dr. Ajay Sareen said that the Trade Fair serves as a launch pad for the students to begin their journey to success. She felicitated PG Department of Commerce and Management for organizing the event which helps to enhance the skills and capabilities of the students. In the morning event Dr. Sushma Chawla, Dr. Pawan Gupta, Sh. Kundan Lal Aggarwal, Sh. Y.K. Sud were also present. Special attraction of Fiesta was celebrity singers Master Saleem, Kuldeep Sandhu & Prabh Gill. Audience enjoyed the thumping beats of their melodious songs. Celebrity RJ Sandy also entertained them adding more to the colours of the festival. Fashion show was a cherry upon the cake in the event. The Chief Guest of the Fashion Show were Dr. Sudhir Sharma, a renowned philanthropist. The guests took a round of the stalls which included Nail Art, Selfie Corner, Fun Rides & Swings, Tambola, Tasty Food Corner, DJ-Song on Demand, Handicraft Haat, Skill & Knowledge Point, Apparel Spot & Jewellery Joint. The guest of the valedictory session was business tycoon & member DAVCMC, Mr.



Ram Krishan Gupta. The winners of the Kids Modelling Round and Fashion Show were awarded with Crowns and Gifts. The event was successfully conducted under the lead of the advisor Dr. Seema Marwaha, overall incharge Dr. Sangeeta Arora and Dr. Veena Arora & in-charge Trade Fair Mrs. Meenu Kohli and Dr. Seema Khanna. The stage was deftly handled by Dr. Anjana Bhatia, Dr. Ramnita Saini Sharda, Mrs. Kuljit Kaur and Mrs. Binoo Gupta.

**05/03/2024**

### **HMV Organized Educational Trip for the Students of Mathematics**

One day educational trip was organised by PG Department of Mathematics to visit the Pushpa Gujral Science City, Kapurthala and Gurudwara at Sultanpur Lodhi under the DBT Star Scheme of Colleges. The contingent of 51 students was led by two faculty members Dr. Deepali and Ms. Charanjeet Kaur. The trip to Science City was a wonderful experience, full of knowledge of Maths, Science, Biology and much more, making Science simple and interesting. After collecting all rare and valuable information, students headed towards Dinosaur Park. Students also enjoyed refreshment at cafeteria of Science City. After that students visited Gurudwara Sahib at Sultanpur Lodhi. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the faculty of Mathematics and said that they have made a beautiful amalgamation of Science and Math by visiting Science City. Thus trip was a fruitful and memorable experience for students.



**06/03/2024**

### **HMV Organized a trip to Jaipur for the students**

Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, a trip to Jaipur was organized for the students. The students visited places like City Palace, Jantramantar, Hawa Mehal, Jal Mahal, Amer Fort and Albert Hall Museum. The students come to know about history of Indian Kings and their Kingdoms. Students were enriched with the culture of Rajasthan by enjoying the cultural events, dance, food, shopping, magic shows, camel rides in Chokhi Dhani. They also felt pleasure at Zohri Bazaar and Bapu Bazaar by buying various items representing the image of Jaipur. Faculty members Dr. Seema Khanna, Dr. Ravinder Mohan Jindal, Mrs. Mukti, Dr. Baljinder Singh visited with the students under the convenership of Dr. Veena Arora.



**07/03/2024**

### **HMV launched a campaign titled Mera Pahla Vote Desh ke Liye**

Hans Raj Mahila Maha Vidyalaya, Jalandhar launched a campaign titled **Mera Pahla Vote Desh ke Liye** under the able guidance of Principal Prof. Dr. Mrs. Ajay Sareen. This initiative, in accordance with the guidelines of the UGC in collaboration with The Ministry of Education (MoE) and Ministry of Youth Affairs, aimed to inspire first-time voters to cast their votes wisely and become strong nation builders. The campaign commenced on March 2nd, 2024, with Miss Komal Jangir, a student of MA (Political Science) SEM-I, participating in a talk show at DD Jalandhar as a first-time voter. On March 4th, 2024, 100 students who were first-time voters from UG classes of the Political Science Department participated in an online campaign, pledging on the mygov.in portal, Mera Pahla Vote Desh ke Liye on March 5th, 2024, witnessed students from both PG and UG classes of the Political Science Department



participating in a SVEEP (Systematic Voters Education and Electoral Participation) awareness program in collaboration with the District Administration in Jalandhar. First-time voters were educated on how to use Electronic Voting Machines (EVMs) during their first visit to the polling booths, guiding them through the process of casting their votes. Finally, on March 6th, 2024, a workshop was conducted on Mera Pahla Vote Desh ke Liye in partnership with the Young India Foundation. First-time voters actively participated, guided by resource person Miss Geetika Sharma, who enlightened them on the significance of casting their votes wisely. Through a comprehensive PowerPoint presentation, she discussed the process of obtaining voter cards and emphasized how their participation in the electoral process can contribute to nation-building. On this occasion, Head of Department Mrs. Alka Sharma and Dr. Jiwan Devi were also present. Principal Dr. Sareen congratulated the department and said that every member and student of HMV family will definitely cast vote by exercising their right of voting.

**10/03/2024**

### **PG Department of English organized one day trip to Naina Devi, Virast-e- Khalsa and Anandpur Sahib**

PG Department of English organized a one-day trip to Naina Devi, Virasat-e- Khalsa, and Anandpur Sahib. The primary objective was to provide an enriching cultural experience to the students. A total of 54 students enthusiastically participated in the trip, accompanied by Head of English Department Dr. Mamta, Mr. Neeraj Aggarwal, Mr. Parminder, Ms. Yamini and Ms. Himani. The trip commenced with a visit to Naina Devi, a sacred Hindu temple dedicated to Goddess Naina Devi. The students immersed themselves in the spiritual ambience and enjoyed the picturesque surroundings. The next destination was Virasat-e-Khalsa, a museum that showcases the rich cultural heritage of Punjab. Students had the opportunity to explore exhibits depicting the history, art, and traditions of Punjab, contributing to their academic and cultural knowledge. The final destination of the trip included a visit to Anandpur Sahib, a significant Sikh pilgrimage site. The students experienced the tranquility of the Gurudwara, participated in prayers, and learned about the historical significance of the place. It provided a break from the routine academic environment and allowed participants to bond outside the classroom. The cultural exposure enhanced their understanding of the diverse heritage of India.



**13/03/2024**

### **International Women's Day Celebrated**

Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, and in collaboration with Innovation Cell and Women Empowerment Cell of the college, International Women's Day was organized in the premises. Mrs. Navjot Dhillon and Sh. Inderjit Singh Dhillon were the chief guests for the occasion. Mrs. Kanwaljit Kaur, Dr. Lakhwinder Singh Johal, Sh. Sukirat Anand, Sh. Jatinder Nijjar, Mrs. Parveen Abrol, Ms. Sonia Virdi, Sh. Jasbir, Mrs. Ramanpreet Kaur founder of the Green Sparrow project made their special appearance on this occasion. As per the HMV tradition, the event was started with lighting the holy lamp and subsequent following the DAV Gaan. Principal Dr. Ajay Sareen welcomed all the guests with Green Planters and congratulated them for witnessing and being the part of this memorable International Women's Day. Principal Dr. Sareen told that, in this contemporary time, women are leading in any field of the society. She said, the ideology of society pertaining to the Woman has been changing for some years and the credit for this also goes to the Male members of the society. Mrs. Navjot Dhillon released a short film 'Vihsal' based on the life of women. She also gave the slogan "Accept Yourself, World will accept you." She said that if we



educate girls, then they will be conscious about their life and they would be able to change themselves. She also felt gratitude towards the institution for making the female students empowered. Sh. Sukirat Anand told that males should change their thinking toward women and it is only then that a positive change is possible in the society. Dr. Lakhwinder Singh Johal congratulated the entire team of short movie 'Vihsal' and said, this movie would help all women to identify their potentials in them. Mrs. Kanwaljit Kaur also appreciated the efforts made by the team 'Vihsal' and said that such sorts of movies can bring a positive change in our society. Sh. Jatinder Nijjar advised girls to remain positive in their life so that they can achieve their goal. On this occasion, supporting staff of the college, Neetu, Charanjit Kaur, Manjit Kaur, Sudesh, and Tania were awarded for their incessant efforts made for the institution. This entire programme became successful because of the tireless efforts of Dr. Anjana Bhatia- overall in-charge, Dr. Ramnita Saini Sharda- Convener, Mrs. Protima Mander- Co-convener.

**15/03/2024**

### **HMV Celebrated Pie Day**

The PG Department of Mathematics celebrated  $\pi$ -day and International Mathematics day (under DBT Star scheme). Mathematics Department organized a Poster Making and Power-Point Presentation competition. Dr Anjana Bhatia, Co-ordinator DBT Star Scheme, Dean Innovations addressed the students and encouraged the girls to rise more in STEM as researchers. Mrs. Navroop Kaur, Dean Youth Welfare motivated the students to participate in these kind of events. Dr. Gagandeep, Head of Mathematics department introduced about the event and encouraged the students to pursue for research using the softwares Mathematica and MATLAB which are highly used softwares for numerical computations. Power point presentation was given by the students by using various softwares and their applications in variety of fields. Dr. Deepali and Ms. Charanjit were In-charges for Poster Making competition and Dr. Gaurav Verma and Mrs. Geeta Sharma were In-charges for Power-Point Presentation competition. 14 teams participated in Poster Making competition and 9 teams participated in Power-Point Presentation competition in which students presented the importance of Mathematics in varied disciplines and importance of Pi. Dr. Gagandeep welcomed Principal Dr. Ajay Sareen with a green planter. In Poster Presentation competition Simardeep got first prize, Akriti got second prize and Jashmeen and Komal got third prize and Bhanvi got consolation prize. In power point presentation competition Rajdeep Kaur got 1st position, Priyanka and Palak and Naman both teams got 2nd position and Gaurvi stood at third position. Principal Prof. (Dr.) Mrs. Ajay Sareen and Philanthropist Sh. Sudhir Sharma congratulated the winners and faculty members of the department.



**16/03/2024**

### **SHEROES Awards 2024 Organized in HMV**

Hans Raj Mahila Maha Vidyalaya Jalandhar, in collaboration with Radio City and Lakme Academy, organized SHEROES Awards 2024. SHEROES Awards is an uplifting event where women and young girls from all walks of life who inspire, empower and impact are celebrated equally in one big award ceremony. The event commenced with the lighting of the lamp followed by DAV Gaan. The guest and the Jury Panelists of the event were Principal Prof. Dr. (Mrs.) Ajay Sareen, Dr. Sushma Chawla, Ms. Parveen Abrol, Social Activist, Mrs. Seema Chopra, Journalist & Social Activist. Principal Prof. Dr. (Mrs.) Ajay Sareen honored the guests with the green planters. In her address, she encouraged the audience to always keep on going to uplift their identity in the society since the best is yet to come. The stage was taken over by RJ Loveena and RJ Sandy and RJ Himanshu from Radio City. RJ Loveena threw light on the title of the event



Sheroes. Ms Seema Soni presented a token of love and respect to the jury panelists. Total twenty-three awardees who excelled in various fields, including sports, social media influencing, life-style coaching and NGO, were appreciated and honoured with souvenirs by the jury panelists. The names included Harpal Kaur, Meena Kumari, Priya Tiwari, Hashmat Sultana, Kamyani, Mallika Handa, Manpreet Kaur Patti, MK Sanjh, Neha Manhas, Sudesh Kumari, Trishla Sharma, Anamika Sandhu, Farah Sanjna, Jaspreet, Jyoti Nooran, Neeru Jairath, Rasneet, Sugandha Sharma, Swati Sabharwal, Anvita Chatwaal, Dolly Mehta, Dr. Randeep Kaur Sidhu, Harmillan Kaur Bains. It was followed by various cultural performances and songs. The overall in-charges of the events were Mrs. Navroop and Dr. Anjana Bhatia.

**19/03/2024**

### **HMV Organized Art Exhibition**

The Department of Fine Arts organized three days Art Exhibition. More than 40 students of Fine Arts Department put their efforts in making mesmerizing paintings on various themes like Mahabharata, Hindu deities, Sikh Gurus, Women Empowerment and many more along with their customized jewellery products. Teachers and students from other schools and colleges also visited the exhibition. Principal Prof. Dr. (Mrs.) Ajay Sareen inaugurated this great event and appreciated all students and teachers of Fine Arts Department for their hardwork. Dr. Seema Marwaha, Mrs. Navroop, Dr. Ramnita Saini Sharda, Dr. Neeru Bharti Sharma, Dr. Shailendra Kumar, Miss. Chahat, Miss. Twinkle and Miss. Manpreet were present there.



**22/03/2024**

### **HMV organized Field Trip to Chhatbir Zoo**

Zoology Department and HMV Environment Club under DBT Star Scheme organised a field trip to Mohendra Chaudhry Zoological Park, Chhatbir Zoo. Chhatbir Zoo is an integral part of Department of Forests & Wildlife Preservation, Punjab and is under the control of Field Director. The highlights of the visit were Lion Safari, Nocturnal House, Reptile House and various other land animals. The students were excited to see a wide variety of animals including White Tiger, Leopard, Cheetah, Bear, Hyena etc. The Zoo provided a great opportunity for students to learn about different species, their habits and habitats. The Dinosaur Park, followed by the Lion Safari proved to be the most captivating spots. On this occasion, Principal Prof. Dr. Mrs. Ajay Sareen gave her best wishes to students to rejoice in the lap of nature and learn interesting facts about animals. Head of Zoology Department and Dean Academics, Dr. Seema Marwaha said that such trips are important because they spark curiosity and enhance students' interest in wildlife and its conservation. The students were accompanied by Dr. Sakshi Verma and Mr. Ravi Kumar, Assistant Professors in Zoology. Student Office Bearers of Environment Club; Yashika, Secretary and Riya, Joint Secretary as well as Class Representatives assisted in coordinating the groups and maintaining discipline. Lab Technician, Mr. Sachin also accompanied the students and assisted in making arrangements for the trip.



**26/03/2024**

### **Zoology Dept. and HMV Environment Club Celebrates Organic Holi**

Zoology Dept. and Environment Club celebrated Organic Holi under DBT Star Scheme. All the faculty members and students celebrated the Festival of Colours by using natural, eco-friendly colors and flower petals focusing on the health of individuals and the environment. Further to spread awareness and wish everyone healthy and happy Holi, a message corner for teachers and students was set up. Student office bearers of 'Environment Club' Yashika Arora, Riya, Kiran, Gurleen and Bhawna prepared beautiful cards and badges on this occasion. With great enthusiasm, students from different streams took part in the activities such as Flameless cooking and Eco-friendly Rangoli Making competition and made stunning rangolis out of environment friendly materials such as rice, beans, corn flour, leaves, flowers, etc. Additionally, students made vibrant, immunity-boosting meals using natural herbs, citrus fruits, broccoli, bell peppers, ginger, garlic, turmeric, and other components, demonstrating effortless healthy eating. Also, the students prepared natural colours using rice flour, turmeric, beetroot, sandalwood and marigold. Prof. Dr. (Mrs.) Ajay Sareen appreciated Zoology Dept. and Environment Club for the initiative and congratulated students for their efforts to spread awareness regarding use of eco-friendly, herbal and skin-safe colours to avoid the exposure to harmful chemicals. Head of Zoology Department and Dean Academics, Dr. Seema Marwaha, urged the students to inform their loved ones about the risks that artificial colouring products may pose to their health and the environment. Incharge Faculty of Sciences and HOD Chemistry Dept., Mrs. Deepshikha was the guest of Honour and she explained that chemical-based colours are mostly industrial dyes or oxidized metals mixed with oil and include the harmful elements thus motivating the students to use biodegradable materials for making colors and for decorations. Environment Club Incharge, Dr. Sakshi Verma and Co-Incharge Mr. Ravi Kumar guided the students to prepare organic colours and in co-ordinating the various events. The judges for the day were Mrs. Saloni, Mrs. Purnima, Dr. Simmi and Ms. Harpreet Kaur.



**30/03/2024**

### **HMV Celebrated ECO-CARE Day**

C.V. Raman Science celebrated "ECO-CARE" under the able guidance of Principal Prof. Dr. Mrs. Ajay Sareen. On this occasion, Environmental Awareness was created among the students by organizing Poster Presentation & Slogan Writing competitions in which students from various classes of entire college participated enthusiastically. The theme of the event was Bio Energy, Conservation of Environment, Exploring Ecology and Biodiversity and Waste Management. About 75 students participated with great interest and enthusiasm in both the competitions. In Poster & Slogan Presentation, Ankika of B.F.A Sem II got 1<sup>st</sup> prize, Rabia of B.F.A Sem II bagged 2<sup>nd</sup> position and Lavanya and Khushi of B.Sc Sem II got third position in Slogan making, Consolation prize was given to Navreen Kaur of B.Sc (Bio Tech) Sem VI. In Poster Making Competition, Reeva Sharma and Nandini of B.F.A Sem VI bagged first and second position respectively. Shiwani of B.A Sem IV got third position and consolation prize was given to Bharti of B.Sc (C.Sci.) Sem II. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of Science Department and also encouraged students to work in the field of Science and Environment. Dr Sakshi and Dr. Shuchi acted as event in charges of Slogan Writing and Poster Making Competitions respectively. Mrs. Saloni Sharma (Incharge, C.V. Raman Society) & Mrs. Deepshikha (Dean, Sciences) informed about the objective of Eco Care event. Dr. Seema Marwaha, Head of Zoology Department, Dr. Jatinder, Head of Biotech Department and Dr. Rakhi Mehta, Head of Design Department acted as judge for Poster Competition. Dr. Anjana Bhatia, Head of Botany Department and Dr. Harpreet Singh Head of Bioinformatics Department acted as judge for Slogan Competition.



**31/03/2024**

### **Students of HMV Visit Kwality Pharmaceuticals Ltd., Amritsar**

PG Department of Commerce & Management organised one day Industrial Visit to Kwality Pharmaceuticals Ltd., Amritsar. Total 82 students of B.Com and BBA participated in tour. The students were escorted by Mrs. Savita Mahendru, Mrs. Kanika Sharma and Ms. Yaagrika. HR head Ms. Rachna was accorded Green Planter and Planner as green tradition of HMV. She addressed the students about the importance of educational skills and financial independence. Mr. Abhilok from Quality Control Department, explained the students about how medicines undergo quality testing at various levels of Production. Students gained insights into the quality check process and actively participated by asking questions. Following the industrial visit, the group visited Sada Pind in Amritsar, they enjoyed Punjabi Culture, including traditional attire, instruments, and various shows such as puppet shows, Magic shows etc. The students enjoyed lunch, rides, fun games, and DJ floor. The trip was quite knowledgeable and enriching for the students. Prof. Dr. (Mrs.) Ajay Sareen congratulated HOD Mrs. Meenu Kohli & faculty members for giving such exposure to the students.



**02/04/2024**

### **Red Cross Society of HMV Organized Health Check up Camp**

The Red Cross Society organized Health Check up Camp under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Gynecologist from Patel Hospital Dr. Pooja Kiran did the Check ups. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed her with green planter. She congratulated Red Cross Society Advisor Mrs. Deepshikha, Incharge Mrs. Pawan Kumari and Member Dr. Jasbir Kaur for organizing the camp. She said that females should get their health check up done on regular basis. Mrs. Deepshikha told that around 70 students and faculty members benefitted from this camp. They discussed their health issues with Dr. Pooja Kiran.



**05/04/2024**

### **ECO Vibes inaugurated at HMV**

Amidst the serene ambience of Hans Raj Mahila Maha Vidyalaya, Jalandhar, a beacon of environmental consciousness illuminated the hearts and minds of all present, with Eco Vibes, a vibrant initiative aimed at nurturing environmental awareness among the youth, under the inspiring guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen on 5 April, 2024. In harmonious collaboration with the Punjab State Council for Science and Technology, and supported by the Ministry of Environment, Forest and Climate Change, Government of India, Eco Vibes embarked on a mission to sow the seeds of ecological responsibility. The two-day extravaganza unfolded with an array of enlightening workshops and spirited competitions, captivating the imagination of all participants. Gracing the occasion as the esteemed Chief Guest was Dr. KS Bath, Joint Director of PSCST, Chandigarh, whose presence lent credence to the importance of such initiatives. Dr. Ravinder Khaiwal, Professor of Environmental Health at PGI, adorned the event as the keynote speaker and Presiding Guest. The galaxy of guests, including names such as Dr. Mandikini, Er. Lupinder, Er. VK Kapoor, Ms. Anuradha, Mr. Harjit Bawa, Mr. Sarbjit, Ms. Ramandeep, Ms. Bhoomika, Ms. Rasneet, and Ms. Sarbjit Saggi, added luster to the event with their invaluable presence. The inauguration commenced with the ceremonial lighting of the lamp, followed by the rendition of DAV Gaan, resonating with the ethos of preserving traditions. Principal Dr. Ajay Sareen, in her warm welcome address, highlighted the eco-friendly endeavours undertaken



by HMV. She urged the younger generation to make the earth greener and hence beautiful and sustainable. Dr. KS Bath commended HMV for its pioneering efforts in environmental conservation, while Dr. Ravinder Khaiwal underscored the symbiotic relationship between humanity and the environment. He underlined the challenges and solutions to address the critical issues which are proving detrimental to environment. He highlighted the impact of climate change on human health and advocated for individual action as a potent solution. The event reached its crescendo with the unveiling of 'Life,' the mascot symbolizing the essence of environmental preservation, and a solemn pledge to safeguard our planet. An environment Jugni stimulated everyone to love and save the planet. Prinaipal Dr. Sareen honoured the guest with planter, paintings and mementoes. As the day unfolded, teachers engaged in enriching workshops while participants enthusiastically participated in a myriad of competitions ranging from Poster making, Slogan writing, Rangoli, Quiz, Face Painting, Dress from waste and Nukkad Natak , each endeavouring to leave an indelible mark on the canvas of environmental stewardship. The coordinator of the workshop is Dr. Anjana Bhatia and Co-Coordinator is Mr. Sumit Sharma. Total 896 students from 13 schools and 45 colleges participated in this program.

**Dated : 06/04/2024**

### **Eco Vibes Successfully Concluded at HMV**

Eco Vibes, a dynamic environmental education programme, drew to a close on April 6th at Hans Raj Mahila Maha Vidyalaya, Jalandhar, under the inspiring guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The initiative, organized in collaboration with the Punjab State Council for Science and Technology and supported by the Ministry of Environment, Forest, and Climate Change, Government of India, aimed to foster environmental awareness among the youth. The second day of Eco Vibes witnessed a series of engaging workshops and exhibitions designed to empower



participants with practical knowledge and skills. Workshops such as Hastakaagaz, Green Action, and Eco Preneurs provided hands-on training in paper recycling, vermicomposting, and entrepreneurship in agricultural waste and herbal products respectively. These workshops were facilitated by experts from the Skill Department, Botany Department, and Dr. Anjana Bhatia. Principal Dr. Ajay Sareen congratulated the organizers, including Dr. Seema Marwaha, Dean Academics and Advisor, Dr. Anjana Bhatia, Dean Innovations and Research, Eco Club Coordinator Mr. Sumit Sharma, Convener, as well as all the faculty members, staff, and students for their dedication and efforts in making the event a resounding success. The competitions held during Eco Vibes were adjudicated by esteemed judges, Architect Meenal Verma, Ms. Ramanpreet, from Green Sparrow NGO, and Mr. Harjit Bawa. The highlight of the closing ceremony was the recognition and awarding of prize winners who demonstrated exceptional talent and commitment to environmental conservation. The winners were presented with trophies and certificates in acknowledgment of their achievements. The names of winners include **Slogan Writing School Category** : Nandini Kumari DRVDAV Centenary Pb. School, Phillaur first, Prabhleen Kaur SD Model School, Jal. Second, Bani, Cantt Board Girls Sr. Sec. School, Jal, third, **In College Category** : Vinita, KMV Jal. First, Rajwinder Kaur- GNN College for Women Nakodar Second, Prabhdeep Singh – GNDU Verka Third, **Quiz Competition (School)** SD Model School Jal, First, Govt. Model Co-Ed. Sr. Sec Smart School, Ladowali Second, HMV Collegiate Sr. Sec. School, Jal. Third, **College Section** : HMV Jalandhar First, DAV Jalandhar Second, Guru Nanak College of Education Kapurthala Third, Innovative Fashion : **School Category** : Khooshriti Prashar, Tagore Model School First, **College** : Arshita Thakur and Palak Thakur Khalsa College Goindwal First, Ashu – Khalsa College of Education, Amritsar, Harshdeep and Yukti, RR Bawa Batala, Second, Manpreet Kaur GNDU College Verka Third, **Nukkad Natak** : Guru Nanak

College of Education for Women, Kapurthala first, Tagore Model School, Nakodar Second, HMV Jalandhar Third, **Face Painting (School)** Khushal – St. Soldier School– First, Niharika Cantt Board Girls Sr. School, Jal. Second, Harsimrat – SD Model School Third, **College-** Harsimran- C.T. Institutes First, Sandeep – MGN College of Education Second, Amisha – St. Soldier College – Third, **Rangoli** – St. Soldier Law College First, Lyallpur Khalsa College Jal. Second, Hindu Kanya College Kapurthala/BUC Third, **Poster Making (School)** :Aysuhi – SD Model School Jal. First, Disha – Dayanand Model School, Jal. Second, Karamjit- DRVDAV Pb. School, Phillaur, Third, **Exhibition Creative Den** BD Department First, **History and Environment** – History Department – Second, Botany Department – Third, GN College of Education for Women stood first in External Exhibitions, **Poster (College)** : Gonika – St. Soldier Ed. College, Prabhjot – Lyallpur Khalsa College, Jalandhar Second, Sourabhdeep – KRM DAV College, Nakodar, Third, Madanjit Kaur BUC Batala Third. The Overall Trophy for School Section was lifted by SD School, Jalandhar and in College Section Guru Nanak College of Education, Kapurthala Captured the Overall Trophy. Eco Vibes stands as a testament to the power of collective action and innovation in addressing environmental challenges. The event not only provided a platform for learning and skill development but also inspired a deeper sense of responsibility towards preserving our planet for future generations.

**11/04/2024**

### **HMV Celebrated 98<sup>th</sup> Foundation Day**

Full of zest and gusto, 98<sup>th</sup> foundation day of Hans Raj Mahila Maha Vidyalaya Jalandhar was celebrated under the able guidance of Principal Dr. (Mrs.) Ajay Sareen. The event began with lightning the holy lamp followed by DAV Gaan. Justice (Retd.) N.K. Sud, Vice President DAVCMC and Chairman DAV Local Advisory Committee, Dr. Sushma Chawla, Mr. Atul Mayor, Sh. Ajay Goswami, Sh. S.P. Sehdev, Sh. Surjit Lal, Dr. Pawan Gupta and Dr. Sudhir Sharma graced as the guests of the occasion. Principal Dr. Sareen welcomed all the guests by presenting them planters. Principal Dr. Sareen, in her speech, told about the journey of HMV from Lahore to Jalandhar. While addressing, Dr. Sareen focused upon the achievements of HMV and said that HMV scored A++ in NAAC accreditation with the highest score among other colleges. Dr. Sareen Said that HMV does not only impart quality education but also inculcate moral values among its' students. Principal Sareen also made the students aware pertaining to their voting rights. On this eve, Mrs. Kuljit Kaur, from the Department of Punjabi and Mrs. Lovleen Kaur, from the Department of English praised HMV through their poems. Head Girl of the college presented her views on HMV and shared her experience. On this occasion, member of Teaching, Non-Teaching and Supporting Staff were awarded for rendering 25 years of their service to the institution. On this gala day, the publications HMV Vision, Commerce Insight, Artist and Science Gravity were released by the Department of Journalism and Mass Communication, Commerce, Skill Development, and Science respectively. 'Kartavya @ HMV', Main Visitor Hall, Sweep, IOT, Happy Hand Outreach, Kaaya, Environment Protection Ashiana and I Love HMV Life were inaugurated. Classical dance, Nukkad Natak, with the assistance of Dr. Beenu Gupta, and HMV glory by Student council were presented beautifully. Sh. Atul Mayor sponsored sweets and expressed gratitude to all. Dr. Anjana Bhatia and Dr. Urvashi Mishra were the coordinators who made their great endeavours for making the entire programme successful.



**13/04/2024**

### **Pollywood Glitterati visits HMV**

Satinder Sartaj and Neeru Bajwa the leading stars of "Shayar" film enthralled the HMV audience with their visit to the institution for the promotion of their latest film. The renowned singer Sartaj also sang the song Rutba his



timeless melody. Neeru Bajwa the heroine of the film invited the Principal Prof. Dr. (Mrs.) Ajay Sareen and the staff and students to watch the film. Principal Dr. Sareen appreciated Sartaj for his contribution to Punjabi music and film industry. The students enjoyed the performance and assured their support for the upcoming film 'Shayar' Principal Dr. Ajay Sareen, and Dean Youth Welfare Mrs. Navroop, presented the team with Phulkari. Keeping the tradition of HMV, Sartaj and Neeru Bajwa planted a tree sapling in the college. The team was accompanied by their managers and media advisors. The stage was conducted by Dr. Anjana Bhatia. All the members of teaching and non teaching staff were present.

**16/04/2024**

### **Jashan- e- Baisakhi organized at HMV Collegiate School**

The festivities, cheer and vibrancy were at the peak in Jashan- e- Baisakhi organized at HMV Collegiate Sr. Sec. School. The students completely dazzled in Punjabi attires welcomed the worthy guest Principal Prof. Dr. (Mrs.) Ajay Sareen with Punjabi folk songs and the beats of dhol. School Co-Coordinator Mrs. Arvinder Kaur and Event Incharges Mrs. Renu and Mrs. Anuradha felicitated the Chief guest Principal Prof. Dr. (Mrs.) Ajay Sareen and Mrs. Navroop, Head of Punjabi Department with the green planters. The students enthusiastically showcased glory of Punjab by presenting giddha, bhangra, luddi, tappe exhibiting rich Punjabi heritage and Culture. The heart-winning enactment on Bhandis stole the show. The singing of folk songs swayed the audience with total admiration to Punjab's vibrant energy. On this occasion, the students of the Students Council presented the marvelous choreography depicting the journey of HMV winning many accolades in the session 2023-24. While congratulating the students on the occasion of Baisakhi, Principal Dr. (Mrs.) Ajay Sareen beautifully explained the rich legacy of Punjab which made us feel proud on our Punjabi roots. Mrs. Arvinder Kaur, School Co- Coordinator presented the vote of thanks.



**Dated : 22/04/2024**

### **Farewell 2024 for Humanities and Skilled Courses organized at HMV**

Hans Raj Mahila Maha Vidyalaya hosted a memorable farewell event 'Kabhi Alvida Na Kehna' for its outgoing undergraduate and postgraduate students from the Humanities and Skilled Courses. The occasion, Farewell-2024, was a beautiful blend of celebration and nostalgia, filled with heartfelt moments and exuberant performances. The event was coordinated by Dr. Jyoti Gogia, Dr. Rama Sharma, and Dr. Neeru Bharti Sharma. The venue buzzed with excitement and began on a spiritual note with the lighting of the traditional lamp, accompanied by the soulful recital of DAV Gaan. Principal Prof. Dr. (Mrs.) Ajay Sareen extended her best wishes to the students, hailing them as esteemed guests and integral members of the HMV family. She praised their contributions to the institution's rich history and encouraged them to continue being its proud ambassadors as they ventured into the world. Dean Youth Welfare Mrs. Navroop gave an inspirational and heartening address to the students. She urged the students to embrace positivity, cherish fond memories, and be in touch with their alma mater. She emphasised on the beauty of character which defines the person and lead them to a meaningful life. The event was filled with vibrant performances and heartfelt speeches that brought cheers and a few tears from the outgoing girls. The highlight of the evening was the captivating modelling round, where participants showcased their talent and style. The rounds were judged by Dr. Mamta, Mrs. Ritu Bajaj and Dr. Shallu Batra. The winners were: Ms. Farewell UG Khushi, 1st Runner Up UG Tanya Suri, 2nd Runner Up UG Srishti, Ms. Creative Payal, Woman of Letters Saloni, Ms. Farewell PG Kashman, 1st Runner Up PG Aakriti, 2nd Runner Up PG Niharika. Each of the winners received crowns, planters, and gifts, signifying the appreciation and respect of their peers and faculty. Adding to the sense of tradition, the outgoing students passed the 'Light of



Knowledge' to the second-year students, symbolizing the continuity of learning and the enduring spirit of HMV. Dr. Ramnita Saini Sharda and Mrs. Kuljit Kaur, along with the students, guided the evening's proceedings with grace and poise.

**Dated : 24/04/2024**

### **Farewell-2024 for Comp. Sci., Science and Commerce's Students Organized at HMV**

A Nostalgic Farewell "Kabhi Alvida Na Kehna" 2024, for the final year students of Computer Science, Science, and Commerce, was organized in the premises of Hans Raj Mahila Maha Vidyalaya. The occasion was conducted successfully under the direction and leadership of dexterous Principal Prof. Dr. (Mrs.) Ajay Sareen. The event was commenced with lighting the holy lamp and following the DAV Gaan. In her address, Principal Dr. Sareen blessed all the students present over there and wished for their successful career ahead. Principal Sareen advised students to participate positively in the welfare of society. The occasion was made memorable by students. Students of Undergraduate and Postgraduate classes presented captivating performances through Dance, Music, Singing, and Modelling. Dr. Anjana Bhatia, Dr. Meenakshi Duggal Mehta and Mr. Gullagong acted as judges for the event. Among the students of Postgraduate classes, Km. Amrit was given the title of Ms. Farewell while Ms. Teena and Ms. Aditi were awarded with first and second runner up respectively. On the other hand, Ms. Kriti was entitled with Ms. Farewell from undergraduate classes while Kamalpreet kaur and Amanpreet Kaur became successful for attaining the position of first and second runner up respectively. In addition, Ms. Jasleen as Ms. Glem, Ms. Gaurvi as Ms. Technophile, Ms. Sehajdeep as Ms. Dynamic, Ms. Anamika as Ms. Charming, Ms. Mannat as Sweet Voice and Ms. Yashika was given the title of Ms. Inventor. On this occasion, Principal Dr. Sareen released various newspapers. Newspapers 'Zeal and Wellness', 'Sanvaad', and 'Tech. Watch' were released by the Department of Sports, Humanities and Computer Science respectively. On this eve, Dean Publication Mrs. Ritu Bajaj, Sh. Gurmeet Singh, Dr. Ravinder Mohan Jindal, Mrs. Lovleen, Dr. Deepti Dhir, Mrs. Protima Mander, Dr. Sandeep Kaur, Dr. Navneet and Mrs. Ramandeep Kaur were present there. The entire programme was organized by Mrs. Binoo Gupta, Dr. Sangeeta Arora and Dr. Shweta Chauhan. The stage was conducted by Mrs. Sangeeta Bhandari, Dr. Kajal Puri and by the students of 'Student Council.' Dr. Shweta Chauhan delivered a vote of thanks at the end of the event.



**29/04/2024**

### **Farewell Party for Resident Scholars Organized at HMV**

A Farewell Party "Kabhi Alvida Na Kehna" was organized for the Resident Scholars of Hans Raj Mahila Maha Vidyalaya under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Hostel Coordinator Dr. Meenu Talwar welcomed Principal Dr. Sareen and all the Deans with planter. The Resident Scholars presented various cultural programmes like Bhangra, Dogri, Dance, Bhojpur Dance and Modelling. Principal, Prof. Dr. (Mrs.) Ajay Sareen gave blessings to the students and said that hostel life is unforgettable. It gives us strong relations which lasts for lifetime. She gave her best wishes to all the students for their future endeavours and said that HMV is like their parental house. They can come to HMV at any time without any hesitation. Kiranbir Kaur (BA Sem 6) Was adjudged as Ms. Farewell, Ms. Shreya Rana, M.Sc. Botany Sem 4 became Ist Runner up and Ms. Shivali, B.Com (Hons) Sem 6 was given the title of 2<sup>nd</sup> Runners up. The judges were Mrs. Kuljit Kaur, Mrs. Savita Mahendru and Mrs. Protima Mander. The students were honoured with trophies by Principal Dr. Sareen. On this occasion, Dean Youth Welfare Mrs. Navroop, Dean Academics Dr. Seema Marwaha, Dr. Shallu Batra, Dr. Sangeeta Arora, Dr. Veena Arora, Mrs. Binoo Gupta, Dr.



Anjana Bhatia, Dr. Rama Sharma, Dr. Shaveta Chauhan, Superintendents Mr. Lakhwinder, Mr. Pankaj Jyoti, Mr. Ravi Maini were also present.

**07/05/2024**

### **Star Cast of “Shinda-Shinda No Papa” Visited HMV**

The Star Cast of new Punjabi Movie “Shinda Shinda No Papa” visited Hans Raj Mahila Maha Vidyalaya for the promotion of their movie. In star cast actors were Gippy Grewal, Prince Kamaljeet and beautiful actress Hina Khan. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed them as per Punjabi tradition with Phulkari. They also planted a tree and gave the message of nature conservation to the society. She said that Punjabi movies always promote Punjabi Culture and traditions. The teaser of the movie was also shown to the students. On this occasion, Gippy Grewal and Hina Khan mesmerized the audience with their performance. Stage was conducted by RJ Karan. Incharges of the event were Dr. Rama Sharma and Mrs. Arvinder Beri. On this occasion, Dean Youth Welfare Mrs. Navroop, Dean IQAC Dr. Ashmeen Kaur, Dr. Jyoti Gogia, Dr. Shallu Batra, all the teaching staff members were also present.

**11/05/2024**

### **HMV Organized Visit to Synergy Pathology Lab**

Department of Zoology organized visit of students (B.Sc. Med. IIIrd Yr.) to Synergy Pathology Laboratory, Jalandhar, under the inspiring guidance of Principal, Prof. (Dr.) Mrs. Ajay Sareen. The focus of visit was to give the students hands-on experience with the different tools and methods utilised in medical laboratory technology. The head of the Zoology Department, Dr. Seema Marwaha, encouraged the students to participate enthusiastically in the Lab visit and gave them instructions on how to write a project report about it. During an introductory talk, Synergy Lab’s Director, Dr. Deeksha Choudhary (M.D. Pathology), explained about various Lab. safety rules, techniques of collection, handling and storage of samples, precautions to be taken while collecting and processing of samples and proper disposal of bio-waste. The laboratory staff guided the students through a Lab. tour starting from the Registration counter, sample collection Lab., Hematology Lab., Microbiology Lab. and Histopathology Lab. Students learnt about the working and application of different automated instruments for blood testing and received first-hand experience of the working of a Pathology Lab.



**17/05/2024**

### **PG Department of Multimedia organized a Photowalk**

PG Department of Multimedia organized a photowalk to the Jung-e-Azadi Memorial, Kartarpur. This educational excursion aimed to provide students with a unique opportunity to explore and capture the historical significance of our country and architectural marvels. Principal Prof. Dr. (Mrs.) Ajay Sareen extended her heartfelt congratulations to the department for their commendable efforts in organizing such an insightful and engaging activity. Led by Mr. Ashish Chadha, Head of the Multimedia Department, along with faculty members Ms. Sonali Beri and Ms. Prabhjit Kaur, the photowalk was a resounding success. The students had the chance to immerse themselves in the rich heritage and cultural heritage of the memorial, further enriching their academic experience. We believe that experiences like these play a pivotal role in fostering a deeper understanding and appreciation for our cultural heritage among our students.

**20/05/2024**

### **HMV Organized Industrial Visit to ZIBO Paper Industry (Amritsar)**



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, PG Department of Physics and PG Department of Chemistry organized an industrial visit to ZIBO Paper industry, District Amritsar. Mrs. Saloni Sharma Head of Physics Department and Ms. Alka (Assistant Professor, Chemistry department) accompanied 48 students of B.Sc Sem-IV and B.Sc Sem-VI to visit ZIBO Paper Industry (Amritsar),

which is a leading manufacturing of textiles in Punjab. The Unit incharge described the works of various units such as cloth dying jet, drying unit to heating of cloth to remove excess stains of colors. Currently they are producing a special type of paper named as ZIBO paper for printing of different patterns on the clothes. Unit Incharge explained the process of formation of Zibo papers, by coating glue prepared from the raw material on the paper roll and then drying it using sublimation unit. It is due to this coating that the different patterns that are created by design department are firstly printed on Zibo papers then this print is transferred onto the cloth using fusing machine. Unit Incharges also explained about the maintenance of equipment and ethics considered during preparation of final products. Students also visited Durgyana Temple, Golden temple, Jallian Wala Bagh and Galiara.

**27/05/2024**

### **HMV Organized One Day Trip to Pot-Uh-Ree**

The Department of Fine Arts organized one day Educational Trip to Pot-Uh-Ree, V.P.O Kot Kalan. Total 12 students from BFA (Sem.VIII) along with Dr. Neeru Bharti Sharma (Head of the Department) and Dr. Shailendra Kumar visited there. Students did outdoor sketching and learnt many things about pottery there with full enthusiasm.



**11/06/2024**

### **Field Study Trip of HMV Students**



A field study trip of M.Sc. (Botany) and B.Sc. (Medical) students was organized to Dehradun and Mussorie. During the visit students trek to Kempty Fall at Lal Tibba. They collected various plant specimens. Students also visited Company Garden, Mussorie Lake and Mall Road. To closely study the conservation and preservation techniques of plants students visited herbarium and botanical garden at Forest Research Institute Dehradun. They also visited Robber's cave at Dehradun. Students also pay obeisance at Gurdwara Paonta Sahib. Dr. Shaveta Chauhan and Dr. Ramandeep

Kaur accompanied the students.

**15/06/2024**

### **Financial Wellness Session Organized at HMV**

Financial Wellness Session was organized by Planning Forum, PG Department of Economics.



The resource person for the session was Ms. Namrata Arora, Finance Educator Director, and Business Development. The Seminar was attended by a total of 60 students via Zoom Meeting App from 12:00 pm to 1:00 pm. The Speaker focused on how to understand Indian Securities and Create Wealth. She discussed the importance of Financial Literacy. There was a detailed discussion on share market, Mutual Funds and other Securities as well.

The main objective of the session was to provide valuable insights about financial wellness. She provided comprehensive inputs on various aspects of financial wellness. She spoke on exploring potential and identifying techniques to grow financially. The students learnt key difference between Primary and Secondary Market. Securities and Exchange Board of India (SEBI) and the various provisions of it were also discussed. She pointed out that having adequate money and managing it

wisely will result in financial well-being which is very essential for creation of happiness, wealth and peace. The session witnessed an enthusiastic participation and all the queries were answered by the speaker. The session ended with a vote of thanks given by Head of the department Dr. Shallu Batra.

## Sports

04/02/2024

### Wushu Team won Inter College Competition

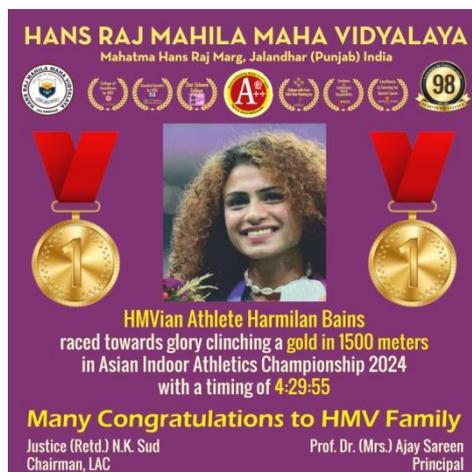
The Wushu Team won Inter College Championship held at Guru Nanak Dev University. The team members won Gold and Silver Medals. Simran and Suman Kumari won Gold Medals. Other team members won 8 Silver Medals. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team, their coach Mr. Wisham Kashyap and gave best wishes to the team. On this occasion, faculty members of Sports Department Dr. Navneet Dhadda, Mrs. Ramandeep Kaur and Ms. Pragati were also present.



20/02/2024

### Harmilan Bains Clinches Gold in Asian Championships, Adding to Asian Games Success

Harmilan Bains, the promising athlete representing HMV, has once again etched her name in the annals of sporting history by securing the gold medal in the prestigious Asian Indoor Athletics Championship in 1500 metres with a timing of 4:29:55. Harmilan, who had initially made waves with her remarkable performance in the Asian Games, continues to soar to greater heights, showcasing her prowess on the international stage. With this latest victory, she adds yet another milestone to her illustrious career, solidifying her position as one of the most formidable athletes in the region. Principal Prof. Dr. (Mrs.) Ajay Sareen extended warm congratulations to Harmilan Bains for her outstanding performance. She commended her dedication, hard work, and exemplary representation of the institution on the international stage, expressing pride in her achievement. Commenting on her victory, Harmilan Bains expressed gratitude to Principal Dr. Ajay Sareen, teachers, supporters, coaches, and sponsors for their unwavering support throughout her journey. She dedicated her success to her team and vowed to continue pushing boundaries and striving for greater achievements in the future.



07/04/2024

### HMV won Inter College Swimming Tournament

The Swimming Team won Inter College Swimming (M&W) Tournament organized by Guru Nanak Dev University, Amritsar. This Tournament was held at Hans Raj Mahila Maha Vidyalaya, Jalandhar. In this championship, HMV defeated Khalsa College for Women, Amritsar. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team coach Mr. Umesh Sharma and Players. On this occasion, from GNDU Mr. Rajesh Kumar and Mr. Pishora



Singh, Dean Youth Welfare HMV Mrs. Navroop, from HMV Dr. Navneet Dhadha, Mrs. Ramandeep Kaur and Ms. Pragati were also present.

**22/05/2024**

### **Cycling Team Won Gold**



The Cycling Team won Gold in Cycling Championship in Inter College held at GNDU Campus. The team members were Shiya, Sanskriti, Sadnya, Leakes. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the coach of the team Mr. Rajesh, cyclists and faculty members. On this occasion Dr. Navneet Dhadha, Mrs. Ramandeep Kaur and Ms. Pragati were also present.

**21/06/2024**

### **International Yoga Day Celebrated at HMV**

International Yoga Day was celebrated in the premises of Hans Raj Mahila Maha Vidyalaya, Jalandhar with great enthusiasm in collaboration with National Service Scheme, Ministry of Ayush and 2PB Girls Battalion, NCC Jalandhar. It was an initiative of Student Council and Sports Department of the institution. The Yoga Day was celebrated on the theme “Yoga for Women Empowerment”. The Yoga Day celebration was presided over by Principal Prof. Dr. (Mrs.) Ajay Sareen. Under the guidance of the Yoga instructor Mr. Narinder Kumar, various Yoga Asans were practised. On this day, Principal Prof. Dr. (Mrs.) Ajay Sareen, representatives from 2PB Girls Battalion, NCC, NSS, Sports students also performed the Yoga Asans along with teaching, non-teaching and supporting staff of HMV. Principal Dr. Ajay Sareen motivated the students and asked them to make Yoga an integral part of their lives. Commanding Officer Col. M. S. Sachdev 2PB(G) BN also motivated the participants to live a healthy life.



## **Valorem: Values Added Services**

### **Instilling Values**

**16/01/2024**

### **Havan Yajna performed at HMV**

A Havan Yajna was held to initiate the new academic semester. Vice President DAVCMC and Chairman Local Advisory Committee, Justice (Retd.) Sh. N.K. Sud, attended the ceremony. Principal Prof. Dr. (Mrs.) Ajay Sareen, along with the HMV family, circled the Yajnakund, recited Shalokas, and sought blessings. Dr. Sareen welcomed everyone to the New Year and conveyed the blessings of Padamshree Dr.



Punam Suri Ji, President DAVCMC, emphasizing the power of collective prayers. Justice Sud congratulated HMV on the past year's achievements and extended best wishes. The 2024 year planner and HMV News were released. The Music Department, led by Dr. Prem Sagar and Mr. Praduman, along with talented students, performed a melodious Bhajan. The Yajna was conducted by Dr. Meenu Talwar and Dr. Anjana Bhatia, with participation from all faculty and non-teaching staff.

**23/01/2024**

### **HMV Commemorates Netaji Subhash Chandra Bose Jayanti with Painting Competition**

To celebrate Netaji Subhash Chandra Bose Jayanti, the Legal Literacy Club and PG Department of Political Science in collaboration with the District Legal Services Authority, Jalandhar, organized a Painting Competition. Held under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, the event saw enthusiastic participation from both UG and PG students. The competition aimed to honor Netaji Subhash Chandra Bose through artistic expressions, providing a platform for students to showcase their talents. Principal Dr. Sareen commended the students' involvement and encouraged them to draw inspiration from Netaji's ideals of truth, honesty, and dedicated service to the nation. Mrs. Alka, Head of the Political Science Department and Incharge of the Legal Literacy Club, highlighted Netaji's significant legacy and expressed gratitude to all participants and contributors. The event was a fitting tribute, inspiring the younger generation to uphold Netaji's values of patriotism and selfless service.



**30/01/2024**

### **HMV pays Homage to the 'Father of the Nation'**

The faculty and students of Hans Raj Mahila Maha Vidyalaya, Jalandhar observed the Martyrdom Day of Father of Nation Mahatma Gandhi under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Two minutes silence was observed in the memory of those who gave their lives in the struggle for Nation's freedom. Later, the faculty members and students gathered to pay homage to Mahatma Gandhi, a beacon of peace and non-violence, whose life is a testament to the power of truth and compassion. The event began with the recitation of poem by Sakshi Vaid, Assistant Head Girl. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the initiative of the Student Council and inspired them to keep alive the memory and legacy of the Father of Nation. She remarked as we strive for a world where harmony prevails over discord, Gandhi ji's legacy lives on inspiring us to pursue justice, equality and love for all. His commitment to Ahimsa, remains a guiding light in today's turbulent world. It was followed by the floral homage by Mrs. Navroop, Faculty Head and Dean Youth Welfare, Dr. Seema Marwaha, Dean Academics and Dr. Ashmeen Kaur, Coordinator IQAC, Mrs. Arvinder Kaur, Co-Coordinator Collegiate School, Office Superintendents Mr. Pankaj, Mr. Lakhwinder, faculty members and Head Girls of the College and Collegiate School. Department of Music presented a melodious group song under the guidance of Dr. Prem Sagar, Head Music Vocal. Vote of thanks was presented by Dr. Urvashi Mishra, Dean Student Council.



12/02/2024

### HMV celebrated 200th Birthday Anniversary of Maharishi Dayanand Ji

Hans Raj Mahila Maha Vidyalaya celebrated the 200<sup>th</sup> Birth Anniversary of Maharishi Dayanand Ji under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Principal Dr. Sareen said that Maharishi's birthday should be celebrated as "Gyan Utsav". His words are like lessons for others. His literature is guiding lamp for all of us. Students of all the streams should learn from his life. She appreciated the efforts of Vedic Adhyan Samiti, Arya Yuvti Sabha and Sanskrit Department for organizing this ceremony. On this occasion, a series of events were organized to mark the celebration. Principal Dr. Sareen congratulated the winners of various competitions and encouraged them. She thanked Dr. Jyoti Khanna, Principal Santoor International School for her address. A Poster Making Competition was also organized in which more than 40 students participated. A declamation contest on the



contribution of Maharishi Dayanand, his life, importance of his teachings in modern day world was also organized in which 20 students took part. In her address Dr. Jyoti Khanna said that it was curiosity of Maharishi that converted Mulshankar into Maharishi Dayanand. She said that everyone should be curious and follow the path of truth and righteousness in life. Head of Sanskrit Department Dr. Meenu Talwar shared the views of Maharishi with the students. Stage was conducted by Dr. Jyoti Gogia. Incharge Vedic Adhyan Samiti Dr. Mamta thanked all. On this occasion Secretary and Joint Secretary of Arya Yuvti Sabha, Mrs. Pawan Kumari and Dr. Deepti Dhir were also present.

11/03/2024

### Havan Yajna performed on the commencement of Academic Session 2024-25 of SSC-2

The inaugural Havan for the new academic session 2024-25 for SSC 2 of Collegiate School was performed at HMV Collegiate Sr. Sec. School. The new session as well as the day began on a very enthusiastic note. Everyone joined hands in chanting the holy mantras and invoking the blessings of the Almighty for the new session. Principal Prof. Dr. (Mrs.) Ajay Sareen paid homage to the great visionary and social reformer Maharishi Dayanand Saraswati ji on the auspicious occasion of Rishi Dayanand Bodh Utsav. She inspired them to follow his ideals and uplift the status of society with the power and light of knowledge. With her powerful words, she inspired the young students to develop sustainably with diligence, self-control, and knowledge. She told the students to leave no stone unturned and be the epitome of success so that every other girl feel inspired. Dr. Seema Marwaha, Dean Academics and School Coordinator congratulated the students on the commencement of new session and held firmly that success is definitely be achieved through focused attitude combined with persistent hard work and the blessings of Almighty and parents. Mrs. Arvinder kaur School Co- Coordinator said that devotion, passion and love are the core values to be nurtured in young mind and heart. She advised students to meditate and keep the mind away from negative thoughts and worries. On this event, Sh. Pankaj Jyoti, Accounts Superintendent said that knowledge is luminous power of one's mind. So always radiate this power with immense knowledge. Sh. Lakhwinder Singh, General office Superintendent said that self confidence is extremely important component to achieve success and every obstacle in the path of success be treated as stepping stone. Sh. Ravi Maini, Superintendent Admin encouraged the students to be invincible in life and with unflinching dedication only success can be achieved. Dr. Mamta, Dean Vedic Adhyan gave the vote of thanks. She thanked Principal Prof. Dr. Sareen for her constant support and inspiration and assured



her of the relentless and whole hearted efforts of the faculty. The havan ceremony was ended with recital of Shanti Path by Dr. Meenu Talwar.

**12/03/2024**

### **Rishi Bodh Utsav Celebrated at HMV**

Hans Raj Mahila Maha Vidyalaya organized Rishi Bodh Utsav on the occasion on 200<sup>th</sup> Birth Anniversary of Maharishi Dayanand Saraswati Ji. Vedic Pataka was hoisted in the premises and Havan Yajna was performed. All the teaching and non-teaching staff members gave floral tribute to Maharishi Dayanand Ji. Principal Dr. Sareen said that Maharishi Dayanand Ji performed various great deals for women education. He did great work during that era in which mobile, internet were not there, still he struggled a lot without proper means of communication, members of Arya Yuvti Sabha Ms. Jhanvi and Ms. Aditi presented their views on. Maharishi Dayanand Ji's great contribution in the upliftment of society. Stage was conducted by Dr. Meenu Talwar, Head of Sanskrit Department and Vote of thanks was presented by Dr. Mamta, Dean Vedic Studies. Rishi Langar was also organized in which Chief Guest was Mr. Lakshit Sareen, SDM Kalka. Principal Dr. Sareen said that we all should follow the path shown by Vedas and we should try to become Arya. On this occasion, Dean Academics Dr. Seema Marwaha, School Coordinator, Mrs. Arvinder, Dean Student Welfare Mrs. Binoo Gupta, Mr. Sushil Kumar, members of non-teaching staff and students were also present.



**23/03/2024**

### **Paying Homage on Martyrdom Day of Shaheed Bhagat Singh, Rajguru and Sukhdev**

The martyrdom day of Bhagat Singh, along with Rajguru and Sukhdev, is a significant occasion in India. Paying a tribute to the sacrifice of these heroes, Unnat Bharat Abhiyan Team of Hans Raj Mahila Maha Vidyalaya observed this day with the school children of Gillan village. The students were reminded about the struggle and sacrifice of these freedom fighters. They participated actively in the event. UBA incharge, Dr. Minakshi Duggal Mehta addressed the students and said that all of us should learn lessons from these great leaders and that everyone can contribute in one way or other to make our country proud. We should learn from them to be fearless and raise our voice if something wrong happens around us. She also expressed her gratitude to the village Sarpanch, Mrs. Balwinder Kaur for allowing to organise the event. Kriti, College Head girl also shared the life stories of Bhagat Singh and his struggle for freedom. College Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of team and said that these kinds of events not only honour the sacrifice of such great personalities but also promote awareness about their ideals, courage and patriotism especially among the youth.



**24/03/2024**

### **HMV organized a Tribute Ceremony on Shahidi Diwas**

The NSS Department, Student Council and Music Vocal Department organized a ceremony to pay tribute to Shaheed Bhagat Singh, Rajguru and Sukhdev under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. In the morning, 100 NSS Volunteers and Sports Women of the college organized a Cycle Rally along with Programme Officer Dr. Veena Arora, Mrs. Navroop, Dr. Ashmeen Kaur, Dr. Navneet Kaur and Mrs. Ramandeep Kaur. They all were reciting "Inqulab Zindabad", Bhagat Singh, Sukhdev, Rajguru Amar Rahe. They took a round of whole college. All the teaching and non-teaching staff members paid tribute to Shaheed Bhagat Singh, Rajguru and Sukhdev by lighting candles in front of their pictures. The students of Music Department sang patriotic song under the guidance of Dr. Prem Sagar. The students of Student Council performed Nukkad Natak directed



by Dr. Veena Arora showcasing the life and courage of Shaheed Bhagat Singh. Principal Prof. Dr. (Mrs.) Ajay Sareen said that we all should learn from his short but courageous life.

### **‘Prati-Abhar’ 2024 for Supporting Staff Organized in HMV**

Under the direction and able guidance of Principal Dr. (Mrs.) Ajay Sareen, and with the assistance of Mrs. Savita Mahendru (Coordinator of student’s council cell) and supported by Mr. Ravi Maini (Superintendent Admin), a programme named ‘Prati-Abhar’ 2024 was successfully organized for Supporting Staff. Principal Dr. Ajay Sareen was the chief guest of the occasion. Dr. Sareen was warmly welcomed with a green planter. Principal Dr. Sareen welcomed all the Non-Teaching staff of the college and said that HMV is the first institution to organize such sort of programme for its’ Non-Teaching staff. Further, in her address, Dr. Sareen congratulated the entire team of student’s council and all the members of Non-Teaching staff for making the occasion successful. In addition to this, Principal Sareen told that the main endeavor for organizing this function is to convey that work is worship and we must not consider any work high or low. Principal Sareen said that it is with the incessant efforts of staff members that any institution grows and become successful. Members of supporting staff presented dance, modeling, and played various games. Mrs. Navroop, Mrs. Deepshikha, and Mr. Lakhwinder Singh acted as judges for modeling competition. Sh. Madan Lal as ‘Bade Dilwala’, Sh. Raj Kiran as ‘Gatisheel’, Sh. Vikas as Khiladi No. 1. and Sh. Vipin Kumar as ‘Pratibasheel’ were selected in Male while in Female, Smt. Rajni as ‘Sweet Smile’, Smt. Sona as ‘Mutiyar’, Smt. Manisha as ‘Pratibavaan’ were selected. All the winners were awarded with planters and various attractive prizes.



**09/05/2024**

### **Distribution of Notebooks to Students of Government School by Unnat Bharat Abhiyan Team**

With the motto of spreading education amongst the village children and discharging its social responsibility, Unnat Bharat Abhiyan Team distributed notebooks to the students of Government Primary- Middle Smart School, Gillan Village under the able guidance of Principal, Prof. Dr. (Mrs.) Ajay Sareen. Dr. Minakshi Duggal Mehta, Incharge Unnat Bharat Abhiyan Team addressed the students and motivated them to put their heart and soul into studies so that they can make their nation proud of them. The students were motivated with the success stories of people who have outperformed even in odd situations and have made the nation proud such as our President Honourable, Ms. Droupadi Murmu. Dr. Minakshi Duggal Mehta expressed gratitude to Mrs. Balwinder Kaur, Sarpanch Gillan Village for providing the opportunity to interact with the students. Principal, Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of team and said such initiatives are the need of the hour to attain the objective of quality education through the students who are the real ambassadors of education.



**15/05/2024**

### **Celebrations of Mothers Day**

The pious love of mother was celebrated euphorically in HMV Collegiate Sr. Sec. School under the guidance of Prof. Dr. (Mrs.) Ajay Sareen. On this occasion, Principal Prof. Dr.(Mrs.) Ajay Sareen conveyed her heartiest wishes on Mother’s Day. She elaborated beautifully to celebrate every day the feminine power of nurturing and nourishing. She emphasised on the profound cultural heritage of India in which we never negate the affection and love of mothers and pay them obedience on all days, not just on one day. To mark the moment, a card making, declamation and poem recitation competitions were also organized. Students prepared alluring and exquisite greeting cards showing their oodles of love towards their mothers. The cards were really a piece of immense love in



which devoted and serene picture of mother was presented in the various forms like of flower, an angel, a nurturer, the best companion and so on. The card making competition was adjudged by the worthy judges – Ms. Upma Gupta and Ms. Julie. The soul felt and extremely eloquent poems were recited dedicated to selfless love of mothers and speeches were delivered covering the power and dedication of mothers. The poem recitation and speech competitions were adjudged by- Ms. Anuradha Thakur, Ms. Renu Walia and Ms. Rashmi Sethi. In poem

recitation the first position was attained by Manya Chawla of SSC 2 (Humanities) and declamation contest was won by Rabjot Kaur of SSC 1 ( Medical). The card making competition was won by Ridham of SSC 1 ( Commerce).The school co- coordinator Mrs Arvinder Kaur felt elated with the talent shown by the students and appreciated their creativity.

**31/05/2024**

**HMV Organized one day Educational trip to Nakodar**

One day educational trip to Nakodar was conducted by Department of Design to visit



handloom weaving units, Market Survey and Outdoor study. Handloom unit Raj Durrie Factory was visited. Students and faculty interacted with weavers, Yarn Dyers and unit owner. Local market of Nakodar for cotton yarns, furnishing materials and handloom-powerloom fabric was surveyed. Beautiful Architecture Building of great Sufi Saint Baba Murad Shah Ji was visited by students for outdoor study. Watercolor demonstrations, pencil and charcoal study, Architectural study and photography

were done at Baba Muradh Shah Ji building. Faculty members and students of Design, Music and Dance enjoyed the trip. Dr. Rakhi Mehta, Mrs. Ritika, Mrs. Amanpreet, Ms. Manika visited with students and explain various aspects to the students. The Trip was very fruitful and students explore new dimensions of world. Principal Prof. Dr. (Mrs.) Ajay Sareen said that giving practical exposure to the students is very important so that they can work as per the demand of the industry.

**01/06/2024**

**Pink Model Booth established at HMV**

Hans Raj Mahila Maha Vidyalaya continues to be the icon of women empowerment for a better nation with establishment of Pink Booth in its premises under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Hon'ble Sh. Himanshu, IAS, Deputy Commissioner of Jalandhar visited the Pink Booth along with Major Amit Mahajan, ADC General, Mr. Jasbir Singh, ADC, Mr. Jai Inder, SDM, Mr. Rajeev Sekhri, Election Incharge, Mr. Navdeep Singh, Zonal Supervisor, Mr. Rajeev Khadwal, Sector Supervisor, Mr. Sukhdev Singh, BLO. Voters were accorded a warm welcome by Dhol beats. Chon Mitras of HMV aided the voters. Cold drinks were served in the scorching heat to voters. To encourage voting, stalls of nail art, mehndi and tattoo were organized for women. The model booth was decorated with flowers, plants, pink banner, ribbons and paper craft. It is one of the unique noting venues. A festive welcome was given to the voters in booth with elegantly decorated gazebos, red carpets, selfie points, nail art corner, refreshment arrangements, PWD friendly facilities. Volunteers from HMV task force, NSS and NCC acted as Chon Mitars and have been given special training to help PwD and elderly voter's wheel chairs and e-



vehicles are also provided. Deputy Commissioner Sh. Himanshu said that all the facilities provided at the Pink Pooling Booth will make voting a very soothing experience for the voters. Planters were given to the elderly voters. Deputy Commissioner Sh. Himanshu further said that beautiful paintings, rangoli, queue Management etc. will give pleasant vibes to the voters. On this occasion, Principal Dr. Ajay Sareen said that the pink polling booth established at Hans Raj Mahila Maha Vidyalaya, Jalandhar is a step towards women empowerment and gender equality and HVM has always been a pioneer in women empowerment initiatives. Dr. Navroop Kaur, Dean Youth Welfare, Dr. Seema Marwaha, Dean Academics, Dr. Anjana Bhatia, Dean Innovation and Research, Dr. Ashmeen Kaur, IQAC Coordinator, Mrs. Kuljit Kaur, Mrs. Urvashi Mishra, Dean Student Council, Mr. Sushil Kumar, Ms. Mukti Arora, Mrs. Surbhi, Mrs. Aman, Ms. Pragati, Accounts Supt. Mr. Pankaj Jyoti, Supt. Admin Mr. Ravi Maini and Mr. Tarun Mahajan were also present.

**03/06/2024**

### **HMV Collegiate Celebrated Bio Diversity Day**

For increasing understanding and awareness about the importance, role and issues concerning biodiversity and to connect students with nature, HMV Collegiate Sr. Sec. School celebrated

International Biodiversity Day under the dynamic guidance of Principal Dr. (Mrs) Ajay Sareen. Diverse activities were conducted including poster making, slogan writing, photo with nature, tree plantation and poem recitation. This competition was organized in collaboration with Punjab Biodiversity Board, PSCST and NBA. Students also visited to botanical garden as well as paper recycling unit of HVM to get thorough understanding of bio-diversity. Principal Dr. (Mrs) Ajay



Sareen in her address emphasized that our world is evolving without consideration and the result is loss of biodiversity mainly to our rich flora and fauna. She further said that celebrating International Biodiversity Day every year affirms our resolve and reflects on our responsibility to safeguard the precious heritage of bio-resources for future generations on the earth. She insisted that it is only with a cross-cutting and ambitious approach that we can build a more ecologically sustainable future. Dr. Seema Marwaha, Dean Academics and School Coordinator also added to the importance of biodiversity that only collective human actions can transform current loss by preserving every scrap of biodiversity. Students created vibrant and eye-catching posters and wrote catchy slogans to spread awareness regarding conserving bio-diversity. The poster making and slogan writing competition was adjudged by Mrs. Anuradha Thakur and Mrs Julie. Riya Badola of SSC 2 Arts, Ramanjeet Kaur of SSC 2 Arts, Avani of SSC 1 Medical secured first, second and third positions respectively in poster making competition. Ashmeet Kaur, SSC 2 non medical, Diksha SSC 2 Arts, Riya Badola SSC 2 Arts attained first, second and third positions respectively in slogan writing competition. The judges for Poem Recitation and Photography competition were Mrs Upma and Mrs Renu and the first prize in Poem Recitation was won by Nancy of SSC 1 commerce and in photography Sonal of SSC 2 Medical won the first prize, Anubha of SSC 1 Medical won the second position. And the third position was grabbed by Avani of SSC 1 Medical. School Co – Coordinator Mrs Arvinder Kaur congratulated the winners and motivated all the students that this fact should be realized that only sustainable development can sustain human life for all of us and for that we need to work together. On this occasion, all the faculty members of collegiate section were present. The entire event was conducted by the faculty members of Science Department- Mr Ravi Kumar, Ms Vandana Sethi, Ms Ridhima, Ms Divya, and Ms Charanjeet Kaur.

## NCC



06/01/2024

### **Dispersal of Ten-day NCC Combined Annual Training Camp**

The ten-day CATC Camp at Hans Raj Mahila Maha Vidyalaya, Jalandhar, was a comprehensive and eventful training session organized by the 2 Punjab Girls Battalion NCC under the direction of Commanding Officer Col. M.S. Sachdev and Adm Officer Major Amanpreet Kaur, with the cooperation of Principal Prof. Dr. (Mrs.) Ajay Sareen.

Lectures on handling a .22 rifle, map reading, and field craft were conducted by the PI Staff. ANO Capt. Ashu Dhawan delivered a lecture on Biography. The camp also featured a chess competition, firing by Bravo Company, and cultural performances. Dr. Vani Dutt Sharma gave a motivational talk. Lt. Sonia Mahindru thanked all participants. The activities included PT, Drill, an obstacle course, tent pitching, and firing by Charlie Company. A workshop by the 7th NDRF Bathinda covered disaster management. A poster-making competition was organized, with Sr. GCI Parvati Chauhan ensuring effective training. Lt. Sonia Mahindru expressed gratitude to the participants. The camp included PT, arms drill, a lecture on camouflage and concealment by Subedar Davinder Pal Singh, and practical demonstrations. GCI Anju Sharma explained the new OMR sheet pattern for A & B cert exams. Dr. Anamica Lall delivered a talk on health care issues. The camp concluded with a ceremony attended by Brig. Ajay Tewari and Principal Dr. Ajay Sareen. Cadets presented cultural items, and prizes were distributed for various competitions. Delta Company was declared the overall winner. Principal Dr. Ajay Sareen was honored by group commander NCC group Headquarters Brig Ajay Tewari for her never ending support to NCC. A motivational talk by Col. K.D. Singh and a closing address by Maj. Amanpreet Kaur highlighted the importance of the camp. HMV Cadets won two Gold Medals in Guard of Honour, Three Silver Medals in Drill, two Silver Medals in Group Dance. Cadet Anchal was awarded with two Gold Medals for being Company Senior and Best Turnout. Principal Dr. Sareen congratulated Deputy Camp Commander Lt Sonia Mahindru, ANO, HMV, Camp Adjutant Lt Sunita Devi, ANO, GNN College for Women, Nakodar and all the ANOs from different institutions who were detailed for the camp. She thanked Senior GCI Parvati Chauhan, Senior GCI Sandeep and GCI Anju Sharma for their wholehearted support. Team of 2 Punjab Girl BN present in the camp included Sub Maj Banwari Lal Meena, Sub Maj Gurcharan Singh, Sub Maj Jasbir Singh, Sub Maj Parmjeet Singh, NB Ris Shaitana Ram, Nb/Sub Davinder Pal Singh, Nb/Sub M K Pohanker, Hav Rattan Singh, Hav Gurdeep Singh, Hav Satnam Singh, Hav

Tarsem Singh, Hav Bablu Ram Sharma, Hav R S Parihar, Hav P K Khushwaha, Hav Yogendra Kumar, Hav Gurdeep Singh, Hav Aman Singh, Sub Parmjeet Singh, NK Vishal Singh, NK Chandrika Yadav

**07/02/2024**

**HMV Student attended RDC Camp**

Lakshita, a student and NCC Cadet of Hans Raj Mahila Maha Vidyalaya attended the Republic Day camp at DG, NCC, New Delhi Cantt in Cultural Event. She is a student of B.A. Sem 6. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated her and said that she represented cultural team of PHHP and CHD Directorate. She enthusiastically told that Lakshita also attended a tea party with Chief of Naval Staff and Chief of Defence Staff. She also attended the house visit of Chief of Air Staff. Lakshita also got selected for YEP Presentation. Principal Dr. Sareen told that NCC unit of HMV is declared as the best NCC Unit. On this occasion ANO Lt. Sonia Mahendru was also present.



**08/06/2024**

**NCC unit Planted Saplings**

The NCC unit of Hans Raj Mahila Maha Vidyalaya Jalandhar under the aegis of 2 PB(G) BN NCC Jalandhar and under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen and Commanding Officer Col M.S. Sachdev celebrated World Environment Day. On this occasion Adm Officer Maj Amanpreet Kaur along with NCC staff from 2 PB (G) BN and 75 cadets from different institutions of Jalandhar planted about 100 saplings in the premises of college and boundary area outside the college. Maj Amanpreet Kaur briefed the cadets about Environmental Issues and told them about different measures for protecting the environment. Each cadet was encouraged to plant at least one sapling at their residence and observe its growth. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of NCC unit. She said that institution has always encouraged Green Initiatives and educated students to Say No to Use of Plastic. On this occasion Lt Sonia Mahindru ANO Army Wing was also present.



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