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HANS RAJ MAHILA MAHA VIDYALAYA

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HMV NEWS

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Patron : Principal Prof. Dr. (Mrs.) Ajay Sareen



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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 ॥

A Day written in Golden Letters



Inauguration of 'Prerna Punj'

through the pious hands of
Hon'ble Dr. Punam Suri (Padma Shree Awardee),
President, DAV College Managing Committee, New Delhi
and **Mrs. Mani Suri**

Members of Local Managing Committee



Justice N.K. Sud
Vice President, DAVCMC
& Chairman LC



Sh. Arvind Ghai
Secretary, DAVCMC &
Member



Sh. Kundan Lal Aggarwal
Member



Sh. S.N. Mayor
Member



Sh. Vijay Chopra
Member



Sh. Shital Vij
Member



Sh. Surendra Seth
Member



Sh. Irwin Khanna
Member



Sh. Ajay Kumar Goswami
Member



Sh. Ashok Paruthi
Member



Prof. S.S. Johal
Member



Mrs. Purnima Beri
Member



Sh. Y.K. Sud
Member



Dr. Rishi Arya
Member



Dr. Pawan Gupta
Member



Dr. Sushma Chawla
Member



Dr. Vijay Mahajan
Member



Dr. S.K. Sharma
Member



Dr. Sushma Chopra
Member



Sh. Inderjit Talwar
Member



Dr. S.K. Arora
Member



Dr. Manoj Kumar
Member



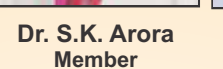
Dr. Sanjeev Sood
Member



Dr. Pushpinder Walia
Member



Dr. Kanwaldeep Kaur
Staff Representative



Dr. Meena Sharma
Staff Representative

Pearls of Wisdom



When a child is small, the mother takes care of it and when the child grows up s/he takes care of the mother. Nature has been a compassionate companion to our evolutionary history and now it's our turn to be grateful to our nurturer. We may accord a litany of problems to the deteriorating effects of the massive technological advancements but it is time to take action to save the environment. Saving the environment has

become a survival truth for us. And it does not require big leaps as compared to the enormity of the problem. By simply planting a tree, we contribute towards this cause.

We have dedicated this year entirely to the protection of environment under the canopy of Unnat Bharat Abhiyan and other government ventures. Establishing the first food forest of the region, maintaining no plastic zone, recycling old paper, celebrating green diwali, distributing organic rakhis, planting trees and organizing awareness rallies, are some efforts to save the ailing planet.

Dear students, I wish you a very Happy New Year; May the new dawn usher in a cleaner and greener earth.


Prof. Dr. (Mrs.) Ajay Sareen
Principal

Putting words into action...



It makes me feel proud and exuberant to present before you the 42nd issue of the biannual HMV News which provides a peep into the academics, co-curricular and sports activities of the Institute. The twofold purpose it serves, is to provide a sense of fulfilment to the achievers and to inspire the rest to follow the lead. Channelizing their verve and occupying their vehement minds lest they be devils workshop, the students are actively engaged into plenitude of activities which drives home the fact that the idea of holistic development is thoroughly put into practice at HMV. Along with maintaining strong curricular records, every effort is done to lead the present digital generation to the light of knowledge and truth of life.

I take this opportunity to thank our respected Principal Prof. Dr. (Mrs.) Ajay Sareen for entrusting me with the responsibility of being a part of the Editorial Board. I also extend my thanks to Mrs. Mamta, Dean Publications for her constant support and guidance.

I heartily wish all the readers a Happy New Year.

Ms. Lovleen Kaur Lehal
Editor

Jewels in the Crown

Every year our nonpareil students maintain the legacy and take it a step ahead by proving their mettle in the University results.

FIRST POSITIONS



Vaasvi Amar
BBA Sem-VI



Samita Sahni
B.Sc.(IT)Sem-VI



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



Bhanupriya
B.Sc.(BT)Sem-IV



Vishali
B.Sc.(Med)Sem-IV



Sarvpriya Kaur
BFA Sem-IV



Gagreen Kaur
B.Sc. FD Sem-II



Nidhi
B.Design Sem-II



Gurveen Kaur
B.Design (Multimedia)
Sem-VI



Jasleen Kaur Gill
B.A.(Psy. Hons.) Sem-IV



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



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



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



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



Muskan
B.Voc. (BFS) Sem-II

FIRST POSITIONS



Simran Behal
B.Voc. (BFS) Sem-IV



Somya
B.Voc.(BFS) Sem-VI



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



Neha
B.Voc. (Web Tech MM)
Sem-IV



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



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



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



Sumandeep Kaur
M.Sc. (C.Sc.) Sem-IV



Radha Chopra
M.Sc.(BIF) Sem-II



Payal
M.Sc.(BIF) Sem-IV



Ishani Sharma
M.Sc.(Botany)Sem-II



Monika
M.Sc.(Botany)Sem-IV



Pragati Chadha
M.A.(Eng) Sem-II



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



Jaspreet Kaur
PGD Cosmet. Sem-II



Aabha Loachotra
PGD Business Mgt. Sem-II



Harpreet Kaur
PGD GCFD Sem-II



Harjas Kaur
Dip. Counselling Sem-II



SECOND POSITIONS



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



Priya Kumari
B.Sc. (Non Med.) Sem-VI



Rafia
B.A. Sem-VI & B.A.
(Pol. Sc.) Sem-VI



Yashika Kochar
B.Sc. (BT) Sem-IV



Ekanshi Tiwana
BFA Sem-IV



Aanchal Malhotra
B.A./B.Sc. (Eco. Hons.)
Sem-IV



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



Amritpal Kaur
B. Design (MM)
Sem-IV



Harpreet Kaur
B. Design (MM)
Sem-II



Simranjeet Kaur
BFA Sem- VIII



Manpreet Kaur
B.A. (Psy. Hons.) Sem-IV



Deepti Rani
B.A. (Hindi. Hons.) Sem-IV



Hashika Bhagotra
B.A. (Hindi.Hons.) Sem- IV



Radhika
M.A. (M.V.) Sem-II



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



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



Jaskirat Kaur
M.Com. Sem- II



Sarbjeet Kaur
M.Sc. (BOT) Sem-II



Marjeena
M.Sc. (BOT) Sem-IV



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

SECOND POSITIONS



Kanchan
M.A. (Hindi) Sem- IV



Divya Kumari
B.Voc. (BFS) Sem-II



Sonia
B.Voc. (BFS) Sem-IV



Tanvi
B.Voc. (BFS) Sem-IV



Kiranpreet Kaur
B.Voc. (BFS) Sem-VI



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



Himakshi
B.Voc. (Web Tech
and MM) Sem-IV



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



Lovepreet Kaur
PGD Cosmet. Sem-II



Seema Gupta
PGDCA Sem-II



Neetu
PGDBM Sem-II

THIRD POSITIONS



Ridhima Nagpal
B.A. Sem II



Anupriya
B.Com. Sem-IV



Tanya
BFA Sem VI



Kiranpreet Kaur
B.Sc. (FD) Sem IV



Ashmita
B.Sc. (IT) Sem II



Anjali Anand
B.A. Sem IV



Megha
B. Design (MM)
Sem-VIII



Zenia Arora
B. Design (MM)
Sem-IV



Ranchana Kumari
B.A. (Hindi Hons.) Sem IV



Aanchal
B.A. (Hindi Hons.) Sem VI

THIRD POSITIONS



Neha
B.Voc. (BFS) Sem-II



Ashu
B.Voc. (BFS) Sem-IV



Kusum
B.Voc. (BFS) Sem-IV



Sonali
B.Voc. (BFS) Sem-VI



Tapsi
B.Voc. (Web Tech & MM)
Sem II



Ulfat
B.Voc. (Web Tech & MM)
Sem IV



Harpinder Kaur
B.Voc. (Web Tech & MM)
Sem VI



Amritpal Kaur
M.Sc. (BIF) Sem II



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



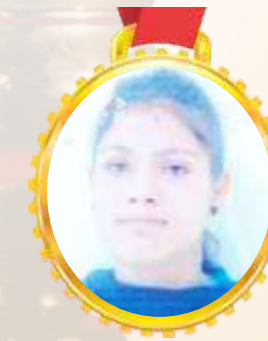
Navdeep Kaur
M.Sc. (BOT) Sem II



Anjali
M.Sc. (BOT) Sem IV



Manisha Rana
M.Sc.(IT) Sem-II



Neha Barna
M.A. (Pol.Sc.) Sem IV



Neha
M.A. (MV) Sem IV



Chesta
Diploma in Counselling Sem II



Gurpreet Kaur
PGD Cosmet. Sem-II



An Able Hand, A Noble Heart



Winning a number of awards for the Institute and donating blood a score and a one times, speaks volumes of the prowess, fervency and ardour possessed by Best Principal Awardee Prof. Dr. Mrs. Ajay Sareen. She has many positions of responsibilities to her credit.

IN ACADEMICS

- NAAC PEER Team Assessor since 2012
- Observer for UGC NET Examination since 2010
- President, Sports Committee of GNDU, Amritsar for 2017-18
- President, Indian Women Olympic Association Punjab for 2017-18
- Vice President of Principal's Association, GNDU Area
- Member, Advisory Committee of College Development Council, GNDU, Amritsar
- Member, Academic Council, GNDU, Amritsar
- Member, Advisory Committee, Youth Welfare Department, GNDU, Amritsar
- Member, Examination & Evaluation Committee of GNDU, Amritsar
- Member, Principal's Federation, Punjab
- Finance Secretary, Principal's Association of GNDU Wing
- Secretary, Society for Education and Economic Development, Punjab (SEED)
- Executive Committee Member, Association of Indian College Principals (AICP)

IN ALLIED FIELDS

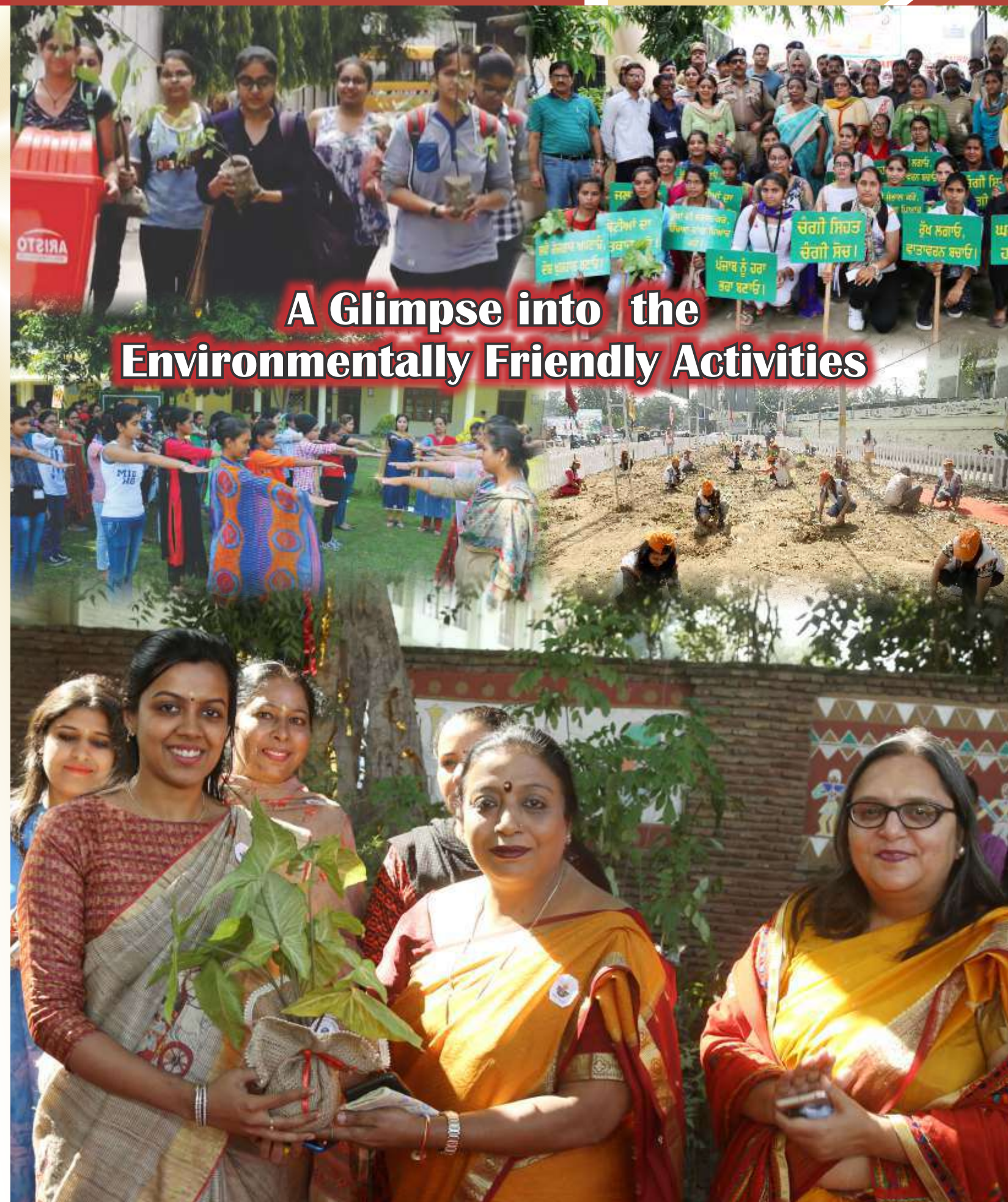
- Member of Sub-committee to Court Management System by Hon'ble Punjab and Haryana High Court, Chandigarh
- Member, Punjab State Legal Services Authority, Department of Legal & Legislative Affairs, Government of Punjab
- Member, National Lok Adalat, Jalandhar
- Former Member, Zonal Advisory Board (ZAB), LIC of India, Ministry of Finance, Government of India
- Member, District Level Monitoring Committee of Information and Broadcasting Department, Govt. of India
- Member, District Anti Ragging Committee
- Member, District Police Advisory Committee
- Member District Peace Committee, Jalandhar

ARYA SAMAJ

- Life Member, DAV College Trust & Management Society, New Delhi
- President, Arya Samaj, College Vibhag, Batala
- Member, Arya Pradeshik Pratinidhi Sabha, New Delhi

Membership held by Faculty

Mrs. Neety Sood	Member, Board of Studies in the subject of Home Science Member, Faculty of Sciences
Dr. Kanwaldeep Kaur	Member, Academic Council Member, Faculty of Economics and Business
Mrs. Mamta	Member, Board of Studies in the subject of English
Mrs. Sunita Dhawan	Member, Faculty of Languages
Dr. Jyoti Gogia	Member, Board of Studies in the subject of Hindi
Mrs. Navroop	Member, Board of Studies in the subject of Punjabi
Mrs. Kranti Wadhwa	Member, Board of Studies in the subject of English
Mrs. Ritu Bajaj	Member, Board of Studies in the subject of English
Mrs. Nita Malik	Member, Faculty of Arts & Social Sciences
Mrs. Binoo Gupta	Member, Faculty of Economics and Business
Mrs. Meenu Kohli	Member, Faculty of Economics and Business
Dr. Rajiv Kumar	Member, Board of Studies in the subject of Political Science Member, Academic Council
Dr. Sangeeta Arora	Member, Faculty of Engineering and Sciences Member, Board of Studies in the subject of Computer Sciences
Dr. Meena Sharma	Member, Board of Studies in the subject of Botany Member Moderation Committee
Mr. Jagjit Bhatia	Member, Faculty of Engineering and Sciences
Mrs. Asha Gupta	Member, Faculty of Sciences Member, Academic Council
Dr. Anjana Bhatia	Member, Board of Studies in the subject of Botany and Environmental Sciences Member, Board of Studies in the subject of Life Sciences
Dr. Nitika Kapoor	Member, Board of Studies in the subject of Botany and Environmental Sciences
Mrs. Rama Sharma	Member, Board of studies in the subject of Journalism and Mass Comm. Member, Faculty of Arts and Social Sciences
Ms. Shama Sharma	Member, Faculty of Visual Arts and Performing Arts
Mrs. Chandrika	Member, Faculty of Economics and Business
Mr. Harpreet Singh	Member, Board of Studies in the subject of Biotechnology
Mrs. Purnima	Member, Board of Studies in the subject of Biotechnology



A Glimpse into the Environmentally Friendly Activities

JULY 1

A Day for Health

The NCC Army Wing Cadets accompanied by Mrs. Saloni Sharma participated in a Yoga Camp organized by 2 Punjab Girls Battalion NCC, Jalandhar on International Yoga Day.



JULY 2

Seeking the Blessings



The members of the HMV family performed Havan Yajna and prayed to the Almighty to shower His blessings on the inauguration of newly built General Office Block of the college. The Chief Guest of the occasion was Vice President DAVCMC and Chairman Local Committee Retd. Justice N.K. Sud, Dr. S.R. Arora, Secretary DAVCMC and Mrs. Arora. Principal Prof. Dr. Sareen congratulated Retd. Justice N.K. Sud on his birthday and prayed to the Almighty for his good health. She also congratulated General Office employees for the new office. The foundation stone of Juice bar was also laid.



JULY 3

Winning Moves

Km. Salomi, Water Sports (Kayaking) got selected for World University Games Kayaking, which is going to be held at Hungary.

Camp Followers

JULY 9

Army Wing cadets Cdt. Ritika and Cdt. Supriya attended 'Military Hospital Camp' at Jalandhar Cantonment. Cdt. Supriya got second position in the test conducted on the last day of the camp.

On Line Trading Simulation Lab



JULY 8

Mrs. Divya Arora, Senior Manager, Axis Bank, Model Town Branch, Manager, Jalandhar delivered a series of guest lectures on online trading in a simulated environment for the students of B.Voc (Banking and Financial Services) sem III. The main thrust of the lab was to explain the trading of shares to the students. The different areas such as depository, NSDL, CDSL, Demat, Clearing and settlement procedure, SENSEX, NIFTY etc. were explained to the students.

JULY 12



Havan Yajna Performed at the Commencement of the New Session

Havan Yajna was performed in the Yajnasala to mark the commencement of the new session and seek the blessings of the Almighty for the healthy growth of the institution. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the worthy guest Sh. S.R. Arora, Secretary, DAV College Managing Committee New Delhi, the faculty members, Non-teaching staff and the supporting staff on this auspicious day. She thanked Sh. S.R. Arora and Padmashri Dr. Punam Suri, who is a constant source of inspiration. Sh.S.R. Arora described himself as a part of the institution and prayed for its well-being.



World Population Day

JULY 13

A Poster Making competition on the occasion of World Population Day was organized. The judgement of Posters was done by Mrs. Rama Sharma, HOD Mass Communication and Dr. Nidhi Bal, Asstt. Prof. in Hindi. Principal Prof. Dr. (Mrs.) Ajay Sareen and School Coordinator Mrs. Meenakshi Sayal gave certificates to the students.



JULY 17

Shoot Out

The Shooting Team (Pistol & Rifle) participated in District Shooting Championship held at P.A.P. Shooting Range Jalandhar and won two gold and two bronze medals.

Bank Credit Management



JULY 14

Guest lectures on Bank Credit Management were conducted by Mr. Anmol Rattan Narang, Retired Principal, UCO Bank Staff Training Institute, Chandigarh. The students were given practical insights into the credit management practices followed by the banks, dealing with credit defaults, corporate debt restructuring, SARFAESI, NPAs, recovery options, write off, disclosure of the list of defaulters: objectives and procedures and consortium finance.

In the Process of Learning

JULY 18

Cdt. Harvinder and Cdt. Gurpreet Kaur attended PVSC Classes at 01 PB AIR SQN NCC Jal from 18 to 19 July, 2018.

JULY 19

Basking in Glory



19 Army Wing cadets of NCC participated in Combined Annual Training Camp (CATC) held at Jalandhar. Cdt. Lovepreet Kaur won Gold Medal in firing competition. In group competition, Bhangra team won 1st prize. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated all the cadets, NCC Coordinator Dr. Rajeev Kumar, Mrs. Saloni Sharma and Mrs. Sonia Mahendru.

Getting Acquainted

JULY 16

An Orientation Programme for new students of TDC Part I (all streams) was conducted to make them aware about the college rules and academic information. Under this programme, Dean Academics, Dr. Kanwaldeep Kaur told the students about various subjects, leave rules, scholarships available and other facilities available in the college. Dr. Ashmeen Kaur, Dean Discipline, Mrs. Navroop Kaur, Dean Youth Welfare, Mrs. Veena Arora, Coordinator NSS, Dr. Rajeev Kumar, Dr. Ramnita Saini Sharda, Dean Innovations, Mr. Gullagong, Placement Officer, Mrs. Urvashi Mishra, Dean Student Council and Dr. Sangeeta Arora apprised the students with different aspects.



Bragging Rights:

JULY 20

HMV Adopted 5 Villages under Unnat Bharat Abhiyan



Hans Raj Mahila Maha Vidyalaya is the only college in the region that has been selected for Unnat Bharat Abhiyan, a campaign to uplift the villages by the Ministry of Human Resource Development (MHRD). A meeting with the Panchayat members of the five adopted villages – Dhaliwal, Lamba Pind, Tajpur, Gillan and Khambra was organized in the college. Team Coordinator Dr. Ramnita Saini Sharda gave the overview of campaign, highlighting the major problems of villages that need to be solved on the urgent basis. The Chief Guest, Himanshu Jain, IAS, said that it is only with the support of each and everyone from the community which will help us to achieve our goals. Principal Dr. (Mrs.) Ajay Sareen said that the students are the real agents of change who can develop, empower and brighten the future of villages.

Guest Lecture by Dr. Atul Khanna

JULY 21



Chandrayaan Vipnet Club of Physics Department organized a guest lecture on the topic 'Indian Space, Nuclear and Defence Programmes: Challenging Career Opportunities for science graduates. Dr. Atul Khanna from GNDU Amritsar interacted with students and informed about the various space programmes run and maintained by India. He told that now India has designed its own launch vehicle. The Indian launch vehicle PSLV-C-9 carried 10 rockets of different countries into space. He made students aware of various career opportunities in the field of space, nuclear programmes and defense programmes like ISRO, DRDO and how to prepare for them.

Money Matters

JULY 22

The students of PG Deptt. of Commerce and Management along with their teacher incharge Mrs. Binoo Gupta participated in Income Tax Day celebration 2018, organized by Income Tax Department, Jalandhar. Mr. Dalip Singh Rana (The Great Khali) inaugurated the Aayekar Jyoti Rally. Students participated with full enthusiasm and raised slogans like 'Income Tax Pay Karo, Desh Ki Sewa Karo', 'Vandey Matram', etc.



A Red-Letter Day

JULY 23

Hans Raj Mahila Maha Vidyalaya has added another feather in its cap by getting Kaushal Kendra from UGC which has been granted only to one university and three colleges of the country. A special assembly session was organized by the college which was also the first assembly of the session. Principal Prof. Dr. (Mrs.) Ajay Sareen told the students that 5 new courses are started in HMV under Kaushal Kendra with a grant of Rs.5.00 Crores. Mr. Arvind Ghai, the Chief Guest congratulated all and said that it is a matter of pride for DAV Managing Committee and HMV to get this status. On this occasion, Dean Academics Dr.

Kanwaldeep Kaur, Incharge Kaushal Kendra and UGC Coordinator Dr. Ekta Khosla, Advisor Mrs. Meenakshi Syal, Coordinators of all courses, members of Non-teaching and supporting staff involved in it were honoured.



5th DST Inspire Science Camp

JULY 23

Gaining credit and confidence of DST, HMV received an honour to conduct the Inspire Science Camp twice a year. Consequently the 5th edition of the camp was inaugurated in the honoured presence of Sh. Varinder Kumar, Deputy Commissioner Jalandhar, Sh. Himanshu, IAS Officer, Sh. Arvind Ghai, Secretary DAV College Managing Committee and Principal Prof. Dr. (Mrs.) Ajay Sareen. Principal Dr. Ajay Sareen welcomed more than 200 students from different schools participating in the camp.

The Second Day

JULY 24

The second day of 5th Inspire Internship Science Camp witnessed the presence of eminent guests Dr. G.S. Sodhi, Associate Prof. Department of Chemistry and Forensic Science at Sri Guru Tegh Bahadur Khalsa College, Delhi and Dr. Atul Khanna, Prof. Department of Physics, GNDU Amritsar



The Third Day

JULY 25

The students enthusiastically participated in the proceedings of 3rd day of Inspire Internship Science Camp. Dr. Amrik Singh Ahluwalia, an eminent scientist from Panjab University, Chandigarh. addressed the budding scientists on the theme of Global Warming and Climate Change. The students were excited to see the demonstrations presented by Mr. Jaswinder Singh, who is recipient of 'Shiksha Ratna Award' by Punjab Govt. along with 70 other awards in the field of science.

The Fourth Day

JULY 26

The fourth day was graced by the presence of District Science Supervisor Mr. Baljinder Singh, Mr. Ramandeep, Principal Meritorious School Jalandhar, Dr. Daisy R. Batish, Professor Department of Botany, Panjab University, Chandigarh. The day hosted the enthralling lectures by Dr. Daisy R. Batish, who is the recipient of Young Scientist Award in the Environmental Sciences and an Award for Excellence in Research by UGC. The pre-lunch session was conducted by Dr. Sher Ali, Professor, Centre for Interdisciplinary Research, Jamia Millia Islamia, New Delhi and former Head Molecular Genetics Division National Institute of Immunology, New Delhi.



5th Inspire Camp Came to a Phenomenal Close

The 5th edition of DST sponsored Inspire Internship Camp came to a phenomenal close on 27th July. Students put up enthusiastic participation in the quiz conducted by Dr. Anjana Bhatia. The quiz was followed by a lecture of Dr.

Inderjeet Kaur on 'Role of Science and Scientists in our life'. The valedictory session was chaired by Principal Prof. Dr. (Mrs.) Ajay Sareen and distinguished guests Dr. S.K. Dogra and Mr. Baljinder Singh. Addressing the students Dr. Sareen motivated them to possess a scientific temperament and share the experience of the camp with their friends to create awareness among them. The students called the camp a great success in their feedback of the camp.

87th Annual Convocation at HMV

JULY 28



'Dream, Create and Serve' the words marked the occasion of 87th Convocation of Hans Raj Mahila Maha Vidyalaya. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the Guest of Eminence Justice N.K. Sud, Vice President, DAV College Managing Committee, New Delhi, Guest of Honour Dr. Satish Kumar Sharma, Director Colleges, DAVCMC and Sh. Arvind Ghai, Secretary, DAV CMC and representative of Local Committee with green greetings. A total number of 840 students with 673 graduates and 167 postgraduates received their degrees. In her report, Principal Dr. Sareen highlighted the achievements of the institution which has a number of awards and firsts to its credit. Justice (Retd.) N.K. Sud blessed and congratulated the students saying that hard work is the only key to success. Extolling the efforts of HMV Dr. Satish K. Sharma remarked that 'Nothing is Impossible has become possible at HMV'. His Excellency Hon'ble Governor Sh. Kaptan Singh Solanki conveyed his blessings in absentia. In his message he appreciated the DAV organization which is successfully running more than 800 institutions. Calling it an amalgam of East and West, he said that it provides a complete package of success to the students. The convener of the function was Dean Academics Dr. Kanwaldeep. The stage was conducted by Dr. Anjana Bhatia, Dr. Ekta Khosla and Dr. Ramnita Saini Sharda.



Crowning Glory

JULY 29

Km. Rajeshwari represented Indian Dragon Boat Team in 5th Asian Dragon Boat (Water Sports) Championship held at China and won a silver and a bronze medal. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated her and the Department of Physical Education for bringing laurels to the college. She told that Km. Rajeshwari belongs to Bhopal, Madhya Pradesh and studies in HMV.



JULY 30

A Penny for your Thoughts



Commerce Club of PG Department of Commerce and Management celebrated the 158th Income Tax Day. Dr. Kanwaldeep Kaur, Dean Academics, HOD Commerce formally welcomed Principal Prof. Dr. (Mrs.) Ajay Sareen. Dr. Sareen appreciated the efforts to be the first among all colleges to celebrate 'Income Tax Day' and spread awareness among youth. Mrs. Binoo Gupta, Incharge of Commerce Club told that Poster Making competition on the 'Role of Income Tax in Nation Building' and 'Nukkad Natak competition' has been organized to celebrate the day. Judges for Poster Making competition were Ms. Shama Sharma and Dr. Seema Khanna. Dr. Nidhi Bal and Mrs. Meenu Kohli efficiently judged Nukkad Natak competition.

Lets Go Clean and Green

JULY 31



Under the patronage of Principal Prof. Dr. Mrs. Ajay Sareen, NSS volunteers devoted 100 hrs to Swachhta during Summer Internship Camp. NSS volunteers worked in the village Jandu Singa and created consciousness regarding cleanliness. Nodal officer Dr Anjana Bhatia and volunteers went from house to house to create awareness regarding diseases and preventive measures. Students cleaned roads, public places, planted trees and gifted planters and dustbins also.

Rolling out the Welcome Mat

JULY 31



The senior students hosted the Freshers' Party 2018 in the welcome of the fresh batch of UG and PG (Humanities and Fashion Designing) students under the banner of Youth Welfare and Student Council. Principal Prof. Dr. Ajay Sareen extended warm welcome to all the new entrants. She blessed them and inspired them to maintain the tradition of excellence in the field of academics as well as extra-curricular activities.

Agaaz 2018

AUGUST 1



Commerce, Multimedia and Fine Arts Departments organized Freshers' Party 'Agaaz 2018'. Principal Prof. Dr. (Mrs.) Ajay Sareen said that the students are hereby given a platform to prove themselves in the academics as well as in extra curricular activities so that they can develop a holistic personality.

AUGUST 2



Computer Science, Science and Cosmetology Departments organized Day-3 of Freshers' Party 'Agaaz-2018'. Principal Prof. Dr. Sareen motivated the students with her wise words to inculcate moral values in their lives and always respect their grandparents by showing them love and affection.



Demo Class on Skin Treatments

AUGUST 3

One Day Demo class on Skin Treatments and Massage Techniques by Skin Expert Ms. Shampa and her team from VLCC, Jal was organized by the Department of Cosmetology.

Tree Plantation

AUGUST 3



Tree Plantation was done under the Guidance of Jwo J Chaturvedi and Sgt Manish Kumar (01 PB Air Sqn NCC Jal).

Seminar on 'E-resources and its Dissemination'

AUGUST 4

An informative and captivating seminar on 'E-resources and its Dissemination' was delivered by Dr. Gurvinder Singh, Dean, Faculty of Engg. & Technology, GNDU Amritsar. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the guest by presenting a planter.

Dr. Anjana Bhatia introduced Dr. Gurvinder as an eminent educationist who has achieved laurels in the field of teaching and learning. Dr. Gurvinder emphasized on the use of innovative methods with special focus on MOOCs. Mr. Jagjit Bhatia was the coordinator of the seminar.



NCC Camp

AUGUST 4

Cdt. Veerpal Kaur and Cdt. Ramandeep attended the first Ek Bharat Shreshth Bharat Camp (EBSB) at Hyderabad in RBVRR State Police Academy, Telangana. They won First Prize in Tug of War and received certificate of appreciation for their victory.

Guest Lectures on Operational Risk Management

AUGUST 6

Mr. Kamaljit Singh, Investment Trainer, Centre for Investment Education Learning (CIEL), delivered a series of guest lectures on Operational Risk Management. The various topics covered in the lectures were basic recommendations for Operational Risk Management, Operational Risk Identification, Business Line Identification and Operational Risk Management Policy.



Virasat-e-Punjab 2018

AUGUST 7

Various competitions like Antique products, Scrap books, Poster and Chart making were conducted in Virasat-e-Punjab 2018. Principal Prof. Dr. (Mrs.) Ajay Sareen motivated the students to continue with such practices in future while praising the things made by them. Mrs. Kawaljit, HOD Punjabi, Mrs. Kuljit Kaur Athwal, Dean Holistic Development and Miss Shama Sharma, HOD Fine Arts played the role of honourable judges.

NSS Orientation Programme **AUGUST 8**



Under the directions and benign guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, an orientation programme for NSS Volunteers was organized in the premises of the college. The programme was presided over by Mr. Paramveer Singh SDM II, Jalandhar, Mr. Surjit Lal, District Guidance Counsellor, Jalandhar and Mr. Ranjit Singh Mahli, Sarpanch village Jandu Singha. Programme Officer Dr. Anjana Bhatia threw light over the significance of NSS unit orientation programme. Students were shown the motivational documentary named "Swachhta ke 100 Ghante" for dedicating themselves to the cause of selfless service. The programme coordinator Mrs. Veena Arora motivated the students and shared previous year's activities of NSS unit.

An Insightful Workshop on 'Digital Marketing'



AUGUST 8

Relevant to the era of technology and rapid automation, the PG Department of Commerce and Management hosted a two day workshop on Digital Marketing in collaboration with i5 Summit IIM Indore and Makeintern. A charismatic and highly motivated facilitator, Mr. Ujjwal has a number of awards and honours to his credit. Addressing the students Principal Dr. Ajay Sareen encouraged them to ignite the spark of innovation and creativity in them. In four insightful sessions, Mr. Ujjwal imparted clear understanding of the techniques to develop cohesive market strategies, listing of websites, social media marketing and execution of effective digital marketing campaigns. It is an honour for the institute that 6 students were selected for participation in the finale of i5 Summit at IIM Indore. Principal Dr. Sareen, Dr. Kanwaldeep Kaur, HOD Commerce and Mrs. Binoo Gupta Coordinator of the event congratulated the students and awarded certificates to all the 43 participants.



Treasury Management **AUGUST 9**

A series of guest lectures were organized for the students of B. Voc. (Banking and Financial Services) Sem V. Mr. Kanwaljit Singh, Investment Trainer, Centre for Investment Education Learning (CIEL) was the resource person. The various areas of Treasury Management such as movement of money, domestic clearing and settlement system, cross border payment and and collection system were explained to the students.

International Seminar on Nanotechnology

R.Venkataraman Chemical Society organized an International Seminar on Nanotechnology: A Science beyond Barrier with Implications. Dr. Mandeep Singh Bakshi from the Department of Natural and Applied Sciences, University of Wisconsin, USA, the resource person told that nanotechnology is the science of extremely small structures and has application in the field of energy, medicines and electronics that improved our life and environment. He not only explained the glamorous picture of nanotechnology but also explained the nanotoxicity in aquatic life, plant growth, human health and environment.



AUGUST 10

AUGUST 11

Jashan-E-Hunar

A Talent Hunt Jashan-E-Hunar was organized by Youth Welfare Department. Mrs. Navroop Kaur, Dean Youth Welfare, Miss Shama Sharma, Coordinator, Mrs. Meenu Kundra, Co-Dean welcomed Principal Prof. Dr. (Mrs.) Ajay Sareen with planter. Students showcased their talent in various categories such as Poetical Recitation, Debate, Declamation, Dance, Theatre, Singing etc. Principal Prof. Dr. (Mrs.) Ajay Sareen encouraged the students for excelling in academics and co-curricular activities along with their academic growth.



AUGUST 14

Into that Heaven of Freedom, my Father, Let my Country Awake

To celebrate Independence Day with unprecedented patriotic fervour, a Poster Making Competition was organized. The students exhibited their patriotic feelings and love for their country through colourful posters. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students and reminded the students about the sacrifices made by our great freedom fighters. The competition was judged by Dr. Rakhi Mehta, Fine Arts Department, Ms. Anuradha Thakur, Hindi Department and Ms. Jaspreet Kaur, English Department.



Overall Trophy in 72nd Independence Day Celebrations

AUGUST 16



The students of Hans Raj Mahila Maha Vidyalaya, Jalandhar put up a spectacular show during Independence day parade at Guru Gobind Singh Stadium, Jalandhar and received accolades for their outstanding performance in different competitive presentations marking the celebrations. Principal Dr. (Mrs.) Ajay Sareen received the honour from Sports Minister of Punjab, Rana Gurmit Singh Sodhi for the excellent and energetic contributions of the institution to the flagship scheme of the government "Tandaarst Punjab Mission". The vigorous students of HMV were chosen as best marching contingent. The patriotic and jingoistic dance performance of HMV students not only won the first prize in the competitive presentations but also won the hearts. Principal Dr. Sareen also received appreciation for the contribution of the institution to the unique initiative DAPO (Drug Abuse Prevention Officer) and "Tu Mera Buddy" program. The District Administration lauded the efforts of Principal and staff of HMV for working towards eradication of drug abuse.

Flying High

AUGUST 12



HMV students brought laurels to the institution by winning Overall Trophy at National Mathematics Day organized by DAV University, Jalandhar.

AUGUST 14

Tree Plantation by UBA Team

100 saplings of Neem, Amla, Arjun, Babool, Tulsi and a Triveni were planted in villages Tajpur and Bhagwanpur. This drive was led by ADC Rural Development Mr. Jitendra Jorwal, IAS and Dr. Ramnita S. Sharda. The villagers were made aware of the condition of drugs in Punjab and were motivated to live drug free healthy life. As the drive was commenced at Sr. Sec. School of the village so students were asked about and were made aware of buddy groups and their benefits.

On a Spiritual Note

Hans Raj Mahila Maha Vidyalaya organized Havan Yajna and Satsang at the Arya Samaj Bikrampura to seek the blessings of Almighty. Principal Inderjit Talwar, Secretary Arya Samaj Bikrampura thanked the congregation and said that Arya Samaj inculcate values in the life of people. Expressing her gratitude for getting a chance to organize the Satsang at Arya Samaj Mandir, Principal Dr. Sareen said that the place is full of positive vibes that not only feed the mind and soul with positivity but also encourage to follow the path shown by Swami Dayanand. Principal DAV College and President Arya Samaj Bikrampura Dr. S.K. Arora gave vote of thanks.

AUGUST 13



A Session on Soft Skills and GDP

The Career Counselling Cell organized a student knowledge sharing programme on Soft Skills and GDP. On this occasion, Prof. Dr. Nidhi Tak from IBS, Gurugram told the students about personality enrichment. She said that attitude, skills and knowledge are the three main aspects of personality. She focussed on communication and interpersonal skills. She also encouraged the students for enhancing team spirit. Career Counselling Cell Incharge Dr. Seema Khanna gave a vote of thanks.

AUGUST 17



Aero Modelling Show

AUGUST 18



NCC (Air & Army Wing) organized Aero Modelling Show. Brig. Harmeet Singh Chatwal, Mrs. Parveen Chatwal, Wing Commander Sh. S.K. Sharma and Col. Jasbir Singh graced the occasion. Different aero models were exhibited for the students. The cadets of Air Wing flew models of air crafts and gave information about the working of different air crafts. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the cadets and encouraged them to join air force as pilots. Brig. HMS Chatwal motivated the students to join the armed forces. They also planted tree in the college sports ground. The cadets celebrated Raksha Bandhan by tying Rakhis on wrist of Brig. HMS Chatwal, and also sent Rakhis for the soldiers on the borders through Raksha Parv Rath in association with Dainik Jagran, Environment Club and Student Council.

Senior Citizen Day Celebrated

AUGUST 20



The Holistic Development Cell became the proud host in the celebrations of Senior Citizen Day organized by an NGO Trust Udaan Zindagi Ki in collaboration with 92.7 Big FM. Principal Prof. Dr. (Mrs.) Ajay Sareen extended a cordial welcome to the guests and urged the youngsters to revere the elderly people and receive their blessings. Principal Dr. Sareen was honoured by the Udaan Zindagi Ki Trust. The event witnessed a special performance by music virtuoso Master Saleem. On this occasion, Mrs. Kuljit Kaur Athwal, Dean Holistic Development Cell was present along with other staff members.

Badges of Honour

AUGUST 21



Installation Ceremony of Student Council (2018-19) was held under stewardship of Principal Prof. Dr. (Mrs.) Ajay Sareen. Principal Prof. Dr. (Mrs.) Ajay Sareen addressed the students and congratulated them on receiving the prestigious offices designated to them. She enlightened the students with the value of discipline in life to achieve success and peace. Principal Prof. Dr. (Mrs.) Sareen and Mrs. Urvashi Mishra, Dean Student Council, Mrs. Sudarshan Kang, and Dr. Neelam Sharma adorned the students with badges. Km. Geetanjali and Km. Gulfam Viridi were adorned as Head Girl UG and PG of the institution respectively.

Akshay Urja Diwas

AUGUST 23

'Ecomatic' Akshay Urja Diwas was celebrated in which various competitions like role play and model preparations were organized. Students displayed 24 models that depicted scientific mechanism for energy conservation. Principal Dr. Sareen appreciated the knowledge, concern and efforts of students and was overwhelmed by the performances. The judges of role play were Dr. Neelam Sharma and Mr. Sushil Kumar and the models were judged by Dr. Seema Marwaha and Mrs. Saloni Sharma.

Rakhi Sakh

AUGUST 24



The Innovation Cell and Women Empowerment cell celebrated the festival of Rakshabandhan by tying organic rakhis. Mrs. Aashika Jain, Joint Commissioner Municipal Corporation, the Chief Guest tied Rakhi to Principal Prof. Dr. (Mrs.) Ajay Sareen and Principal Dr. Sareen tied rakhi to her. Rakhis were tied by the girls to each other. Dr. Ramnita Sharda, Dean Innovation and In-charge Women Empowerment Cell, said that celebrating Rakhi by tying Organic Rakhis, the students have further saved the environment and cottage industry, as they have helped tribal women of Madhya Pradesh and women from Maharashtra whose hand made rakhis were used. Principal Prof Ajay Sareen felicitated the Innovation cell for their yet another innovative practice. Mrs. Aashika Jain, the Joint Commissioner of Municipal Corporation said that this is a unique endeavour by HMV and must be replicated at the District as well as State level.

HMV Unnat Bharat Team Adopts a Multidimensional Development Approach

Adopting a multidimensional approach the UBA team joined hands with the Police Commissioner and the District Administration to start various developmental and reformative programmes in the Khambra village. The UBA Coordinator of HMV team Dr. Ramnita Saini Sharda said that their aim is to work at the grass root level to ensure positive change in all the five points of UBA i.e. Education, Health, Hygiene, self-sufficiently and prospects of the village. The gathering at the Sr. Sec. School Khambra included the Police Commissioner Mr. Parveen Sinha, DAPO's and NHRCs of the village Khambra, ADC Development Mr. Jitendra Jorwal, BDO Mr. Mahesh, Panchayat Secretary Mr. Charanjeet Singh, Principal Dr. Ajay Sareen and students of HMV. The Unnat Bharat team of HMV conducted a household survey of some houses; the guests planted 100 trees. They carried out a rally against the drug abuse.



Eco-friendly Rakhi Making Competition

AUGUST 25



More than hundred students participated in Eco-friendly Rakhi Making competition. Rakhis were made using various biodegradable and organic material like ash gourd seeds, nutshells, plant material, cotton, old clothes, custard apple seeds, paper quills etc. to make colourful and designer Rakhis. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the Environment Club for this successful endeavor. The judges of the event were Mrs. Saloni Sharma, Dr. Anjana and Dr. Sakshi.



AUGUST 27

Installation Ceremony

HMV Collegiate Sr. Sec. School hosted the Installation Ceremony in collaboration with Student Council. This event was presided over by Hon'ble Guest of Honour Mrs. Parveen Abrol, Founder and President of NGO 'Divya Drishti'. Mrs. Parveen Abrol in her address invoked a sense of self respect among students. She also said that woman is a central pillar of society. Thereafter, the newly elected members undertook their responsibilities as new office bearers and they were conferred with badges by Mrs. Parveen Abrol, Principal Prof. Dr. (Mrs.) Ajay Sareen, Dean Student Council Mrs. Urvashi Mishra and Coordinator School Mrs. Meenakshi Syal. Donning the mantle of accountability, they also pledged to bestow their duties to the best of their abilities and to hold the motto of loyalty, truth and honour in high esteem.

The Silver Night

AUGUST 28

Khush Amdeed 2018 was organized by Resident Scholars. Mrs. Meenakshi Syal, Coordinator of Resident Scholars welcomed Principal Prof. Dr. (Mrs.) Ajay Sareen, the chief guest and guests of honour Mrs. Navroop, Dean Youth Welfare and Ms. Gural, Ex-Head Girl. Mrs. Veena Arora, Dean Outreach Programmes and Staff Secretary, Mrs. Bindu Kohli, Asstt. Prof. in Cosmetology and Miss Rishav Bhardwaj, Asstt. Prof. in Fashion Designing were the judges. Miss Harmanpreet Kaur was selected as Miss Fresher 2018. Miss Talented was Sumandeep Kaur, Miss Confident was Manvi, Miss Elegant was Harsimran and Best Attire Award was given to Simran.



In the Service of Society

AUGUST 29

NSS unit and District Administration launched a special drive to enhance the efficiency of students at Government Primary School, Gandhi Camp in Jalandhar. NSS volunteers worked as teachers in their adopted school to bridge the educational gap of primary students. It was a unique endeavour to improve the quality of education. During the program the volunteers celebrated Independence day, Raksha Bandhan with full enthusiasm and zeal. Volunteers also conducted handwriting & essay writing competition.



Zonal Wrestling Matches

AUGUST 30

Principal Prof. Dr. (Mrs.) Ajay Sareen inaugurated the Zonal Wrestling Matches Zone no.6 in Under 14, Under 17 and Under 19 age group categories. She motivated the participants to give their best and encouraged to play with zeal and enthusiasm. Head of the Physical Education Deptt. Mrs. Sudarshan Kang, Co-ordinator Mrs. Meenakshi Sayal, DPE Miss Harmeet Kaur, Miss Sukhwinder Kaur, Miss Baldeena D. Khokhar and Mrs. Ramandeep Kaur, Co-convenor of Wrestling Matches Mrs. Paramjeet Kaur PTI GSSS Maqsudan, Mr. Ashwani Kumar from GGSS School, Adarsh Nagar, Mrs. Sharandeep Kaur, Mr. Rajinder Singh, Wrestling Coach from GSS School, Wariana were also present at the occasion.



Visit to Punjab Vidhan Sabha, Chandigarh

AUGUST 31



An educational tour to Punjab Vidhan Sabha, Chandigarh was organised by the Pol. Science Deptt. The students were accompanied by the school coordinator Mrs. Meenakshi Sayal, Dr. Rajiv Kumar (Pol. Sc. Deptt.), Ms. Avantika Randev (Zoology Deptt.), Ms. Jaspreet Kaur (Eng. Deptt.). The students witnessed the live proceedings of the Legislative Assembly as well as learned about the functioning of Vidhan Sabha. It was their first hand experience of the system of governance.

Sanskrit Diwas Celebrations



SEPTEMBER 1

Sanskrit Diwas was celebrated by performing the pious Havan Yajna at Yajnashala. Alumnae Mrs. Gurbinderjit Kaur and Mrs. Sarita were the Chief Guests of the day. Sanskrit Declamation competition were organized under the supervision of Head of the Sanskrit Department Mrs. Sunita Dhawan. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the department and motivated the students to learn this rich language as it connects us to our roots.

YES Programme

SEPTEMBER 2

Hans Raj Mahila Maha Vidyalaya organized Youth Empowerment Programme under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. On this occasion, Mrs. Archana from the Art of Living, NGO was the chief guest. She was welcomed by seminar co-ordinator Dr. Anjana Bhatia. Mrs. Archana gave the detailed information about Art of Living to the students. She said that it helps one create lasting happiness. Students were also taught meditation techniques. Principal Prof. Dr. (Mrs.) Ajay Sareen said that in this fast forward life, understanding the nature of the mind gives one a more comprehensive perspective on life. A four day camp for students was also organized.



Scientific Competition for Students

SEPTEMBER 4



Chandrayaan Vipnet Club of Physics Deptt. organized Power Point Presentation, Poster Making and Slogan Writing competition. Students gave power point presentations on the topics of Contribution of India in Space Technology and Research, Laser Technology and its applications in different fields of science, Discovery of Higgs boson and Nuclear Energy: A blessing or a curse. Students also presented posters on the topics Nanotechnology and its applications, lasers and its applications, great scientists and their contribution in Physics and also participated in slogan writing competition on save earth, save environment and conservation of energy. Principal Prof. Dr. (Mrs.) Ajay Sareen encouraged the students to participate in more such events. She also motivated the students to be focused in their life and work whole heartedly to achieve their goals.

Jashn-e-Ustaad

SEPTEMBER 5

Adding another milestone to its history, the students of Hans Raj Mahila Maha Vidyalaya organized Jashn-e-Ustaad under the benign guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Dating back to 1962, the birthday of S. Radhakrishnan is being celebrated as a Teachers' Day and it is a great honour that the inauguration of HMV was done by Sh. Radhakrishnan. Highlighting the relevance of Teachers' Day in the present context, Principal Dr. Ajay Sareen spoke at length about the intensity and piousness of student-teacher relationship. She also conveyed the blessings of Padmashri Awardee Dr. Punam Suri, honourable President DAV College Managing Committee on this auspicious occasion.

The volunteers of the Students Council came up with an entertaining show full of hilarious events. Rib-tickling performances by Dr. Kanwaldeep, Mrs. Navroop, Dr. Ramnita Saini Sharda, Mrs. Veena Arora and Dr. Pooja Minhas were the spotlights of the day. A poster making competition was also organized to mark the celebrations of Teachers Day. Dr. Nidhi Bal, Mrs. Navneta and Mrs. Lovleen acted as judges of the competition.



HMV Lends a Helping Hand to Kerala

SEPTEMBER 6



Hans Raj Mahila Maha Vidyalaya joined hands with the NGO Shakti Foundation to send relief to Kerala Flood victims. On this occasion, Principal Dr. Sareen said that HMV has always supported the social work programmes and wanted to do its best to assist the flood affected people in rebuilding their lives.

Rule your Mind or it will Rule you

SEPTEMBER 7



Dean Sports Mrs. Sudarshan Kang was welcomed by Dean Discipline Committee Dr. Ashmeen Kaur, Mrs. Meenu Kohli, Co-Dean, Mrs. Gagandeep, Co-Dean with a planter in the Installation Ceremony of Discipline Committee. The event started with DAV Gaan and the badges were given to 1 Secretary, 6 Joint Secretaries and 6 Assistant Secretaries and 101 discipline volunteers. Oath ceremony of the students showcased their dedication to the discipline committee.

Pre Vayu Sainik Camp

SEPTEMBER 7

Cdt Gurpreet Kaur attended Pre Vayu Sainik Camp -1 at NCC Academy, Ropar.

UGC sponsored Faculty Enrichment Programme on "Rural Development, Community Programmes & Role of Media"

SEPTEMBER 8



The Department of Sociology & the PG Deptt. of Mass Communication organized a UGC sponsored Faculty Enrichment Programme on "Rural Development, Community Programmes & Role of Media". Dr. Kanwaldeep and Dean Innovation/ Nodal Officer Unnat Bharat Abhiyan Dr. Ramnita Saini Sharda gave a green welcome to the chief guest, IAS ADC Development Mr. Jitendra Jorwal. Dr. Ramnita Saini emphasized on the need of rural development & the media's role for the betterment of the rural parts of the region. Dr. Kanwaldeep, in her welcome address focused on the need of the rural development. On this occasion Mr. Jitendra Jorwal said that nearly 70% of Indian population lives in rural parts & it is the need of the hour to develop community programmes for them that will bring them a level up. In his keynote address, Prof. U.N. Roy, HOD Rural Development National Institute Technical Teacher Training, Chandigarh said that issues of environment & rural development are the need of the hour. Prof. Dewinder Laddhar, Consultant, Outreach hog & media expert said that media should follow ethics. The stage was conducted by Ms. Nandini Budhia and Mrs. Shaina. The vote of thanks was given by Mrs. Jyoti Sehgal.

Literacy is a Bridge from Misery to Hope

SEPTEMBER 9

International Literacy Day was celebrated by Planning Forum by Deptt. of Economics. Mr. Jitender Jorwal, IAS, ADC Development, Jalandhar graced the occasion as the chief guest. Dr. Kanwaldeep Kaur, Dean Academics, Dr. Ramnita Dean Innovations and faculty members of department of Economics gave a warm welcome to the distinguished dignitaries. The celebrations were marked by a poster making competition in which students participated with great enthusiasm and showcased their talent and zeal for the spread of literacy drive in the society. Principal Dr. (Mrs.) Ajay Sareen highlighted the need for upgrading the levels of quality education among students in an endeavour to make India a knowledge power. Chief guest Mr. Jitender Jorwal appreciated the efforts of the Department of Economics in spreading awareness about the significance of a literate world.

Gray Matters Quiz Competition

SEPTEMBER 10

Constantly motivated by the dynamic leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen, the PG Department of Commerce and Management organized a Quiz Competition 'B-Inquizzitive – let the spirit of knowledge and wisdom win'. Principal Prof. Dr. (Mrs.) Ajay Sareen inspired the students to participate in such competitions to enhance their confidence and skills. Prompting the students, Mrs. Binoo Gupta, Incharge Commerce Club and organizer of the competition said that they should keep themselves updated with the current times. The students presented a surprise gift to Dr. Kanwaldeep Kaur, HOD Commerce and gave her the title of 'A Great Teacher'.



SEPTEMBER 11



Life is Worth Living

Freudian Psychological Society organized a seminar on World Suicide Prevention Day. Dr. Ashmeen Kaur, HOD Psychology welcomed the resource person, Dr. Davinder Singh Johal, Head, Department of Psychology, GNDU Amritsar with a planter. Dr. Davinder Singh Johal gave a presentation on causes of suicide and prevention of suicide. He gave detailed information about the suicide rates in India. He encouraged the students to live a simple, happy and healthy life. A poster making competition was also organized on this occasion.

A Stitch on Time

SEPTEMBER 12

The PG Deptt. of Fashion Designing organized a workshop on the working of sewing machines. The resource person for the workshop was Mr. Shahjeet and Mr. Mithlesh. Mrs. Navneeta of Fashion Designing department welcomed the guests. Students learnt the use of creative accessories. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the initiative of the Department.



Quizmania

SEPTEMBER 13



An exuberant event called Quizmania in association with Jaipuria Quiz League, Noida was organized with the kind support and encouragement of Principal Prof. Dr. (Mrs.) Ajay Sareen. Boosting the morale of participants the Principal said that such events lead to over all development and polish the personality of the young girls and HMV provides ample of such opportunities to them. Around 132 vivacious and enthusiastic participants tested their skills in the competition. Dr. Vanita associated with Jaipuria quiz League delivered an informative lecture. Mrs. Binoo Gupta, Co-ordinator of the event told that HMV has been a breeding ground for the quizzers and provides impetus to the participants. Dr. Anjana Bhatia said that Quizzing greatly enhances the inquisitiveness of students helping them to explore and read more, increasing their daily awareness.

Nutrition Week

SEPTEMBER 14

The Department of Home Science organised a range of competitions to celebrate the nutrition week. Poster making, slogan writing, declamation and innovative healthy fireless cooking was organised on themes like junk food, lifestyle disorders and nutrition. The judges of the event were D. Seema Narwana, Ms. Shama Dr. Rakhi, Dr. Nidhi Bal and Dr. Arti.



Annual Awards Day SEPTEMBER 16

The jubilant cheers of the achievers marked the solemn occasion of the Annual Awards Day of Hans Raj Mahila Maha Vidyalaya. Principal Prof. Dr. (Mrs.) Ajay Sareen extended green greetings to the chair of the occasion Hon'ble Governor of Odisha His Excellency Prof. Ganeshi Lal Ji and Guest of Honour Sh. M.L. Sekhri, Vice-President, DAV College Managing Committee. Justice (Retd.) Sh. N.K. Sud, Vice-President, DAVCMC and Chairman Local Committee and Sh. Arvind Ghai, Secretary DAVCMC were also welcomed with green planters by Dean Academics Dr. Kanwaldeep Kaur and the staff members of the institution. The event began with an invocation to the Almighty by traditional lighting of Gyan Jyoti and recital of DAV Anthem.

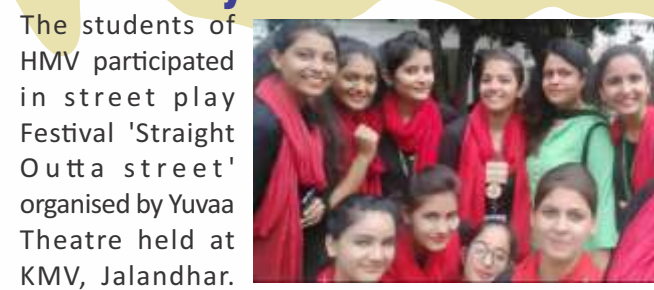
Principal Dr. Sareen briefed about the unequalled achievements of the institution which has a number of awards and firsts to its credit. A total of 357 prizes were distributed to the students for their exemplary achievements. The dynamic flag bearer of DAV organization Sh. M.L. Sekhri remarked that the college has shown immense progress under the vibrant leadership of Principal Dr. Sareen. Quoting profusely from the ancient texts and elevating the stature of a woman to the highest level, the Hon'ble Governor Prof. Ganeshi Lal said that girls are not born but incarnated. He inspired the students to live in the present as youth is not the leader of tomorrow but the leader of today. Giving a vote of thanks Sh. Arvind Ghai said that the achievements of the girls are the realization of the dream of Swami Dayanand Saraswati. The stage was conducted by Dr. Ramnita Saini Sharda and Dr. Anjana Bhatia.

Hindi Diwas SEPTEMBER 14



Department of Hindi organized a caption writing competition to celebrate Hindi Diwas. Students from various streams actively participated in the contest and proved their caliber. Madam Principal congratulated the faculty members of Hindi Deptt. and addressed that Hindi is language of one and all. It is a language that is used to express one's feelings and it is the need of the hour to respect this language. On this auspicious day all the faculty members, Non-teaching and students tied 'Bandhan' and pledged to respect Hindi language and also to take it to higher level.

Street Play SEPTEMBER 15



The students of HMV participated in street play Festival 'Straight Outta street' organised by Yuva Theatre held at KMV, Jalandhar. The team of ten students presented the thought-provoking play titled 'Humse Mile' which mirrored many social issues like poverty, corruption, unemployment, domestic violence, drug abuse. The play was highly applauded by the audience and the students.

Workshop on Android Application Development

SEPTEMBER 17

A workshop on Android Application Development was organized by Computer Club of PG Department of Comp. Sc. and IT. Principal Prof. Dr. (Mrs.) Ajay Sareen and Dr. Sangeeta Arora, HOD of Computer Sc. and IT welcomed Ms. Ankita Jain, Business Developer Manager and Mr. Chetan Sharma, Software Engineer from, Walkwell Technology, Mohali. The workshop was conducted for students to learn required skills and latest tools for Android Application Development.



Medical Check-up Camp on Hormonal Imbalance

SEPTEMBER 18



Youth Red Cross society organized a medical check up camp on Hormonal Imbalance. Madam Principal accorded a warm welcome to Dr. Harinder Kaur & Mr. Navneet Kumar from Abott Pharma. She said that these kinds of medical check up camps are the need of hour as the students undergo lot of stress these days. Dr. Oberoi gave a presentation on Hormonal Imbalance to explain its causes like diabetes, hypo thyroidism, hyper thyroidism. She told students to incorporate hormonal friendly food in their diet to balance hormones. A large number of students & staff members were examined by the doctor.

The Glittering Gold SEPTEMBER 19

Cdt. Neha of NCC Army wing won Gold Medal in the district level competition in shooting held at PAP, Jalandhar. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated her for her achievement and sought the blessings of Almighty. On this occasion, CTO NCC Army Wing, Sonia Mahendru told that she has also been honoured by District Administration, Jalandhar. NCC Army Wing Cadets Ritika, Kanika and Monika attended Personality Development and Life Skills (PDLs) cadre at Lyallpur Khalsa College Jalandhar. Total 80 cadets from different groups from Jalandhar, Ambala, Ludhiana, Chandigarh, Amritsar, Shimla and Patiala participated in this cadre. Cadet Ritika of HMV commanded over 42 girl cadets as camp senior.



Played to Win SEPTEMBER 20

Km. Salomi represented Indian Kayaking team in World University Kayaking Championship held at Hungary and got selected in Semi finals in K2 500 mtr. event. Principal Prof. Dr. (Mrs.) Ajay Sareen told that Km. Salomi has also represented Guru Nanak Dev University in All India Inter-University Kayaking Championship held at Pong Dam, Talwara. She won 1 Gold and 1 Silver medal in K4 & K2 events respectively. She also won 1 Gold & 8 Silver Medals in Inter College Kayaking Championship which was held at Guru Gobind Sagar Dam, Bilaspur. She congratulated her for her achievements and encouraged her to perform consistently in the future championships.



Being Health Conscious

Red Ribbon Club of Hans Raj Mahila Maha Vidyalaya organized Health Awareness Programme in collaboration with Civil Hospital. Club Incharge Mrs. Kuljit Kaur Athwal welcomed District Medical Officer Dr. Satish Kumar and Kripal Singh from health department. Mrs. Kuljit said that the health awareness drives are the need of hour. Dr. Satish Kumar, while addressing the students said that health is an asset to all of us and, hence, we should preserve it. He gave health tips to the students through presentation.



Leaders in the Make

SEPTEMBER 22



Commerce Club of PG Deptt. of Commerce and Business Administration organized two competitive events on Eloquent Leaders and Leadership & Mentoring Lessons. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the department and said that leadership is the capacity to translate vision into reality. Head of Department Dr. Kanwaldeep Kaur inspired the students by saying that successful leaders see the opportunities in every difficulty rather than difficulty in every opportunity. Mrs. Kajal Puri and Mrs. Savita Mahendru were the judges for the event. Vote of thanks was presented by Mrs. Binoo Gupta, Incharge Commerce Club.

Creative Writing Competition

SEPTEMBER 23

An Essay Writing Competition was organized to promote Swachh Bharat Abhiyan which is a mega venture undertaken by the Govt. of India to clean the country. Principal Prof. Dr. (Mrs.) Ajay Sareen addressed the students saying that being the future of the country, students should lead the clean India campaign by initiating cleanliness in their society, community and all the surrounding areas to restore the beauty of mother earth. The faculty members and the students signed the 'Pledge Board'.



Inter Class Competitions

SEPTEMBER 26



The Budding Brontes, a literary society, Department of English organized a series of Inter class competitions. Students participated in events of Poetry Recitation, Double agent and English songs. The judges of these events Mrs. Mamta, HOD English and Mrs. Kranti Wadhwa appreciated the efforts put in by the participants. Manvi Chopra, Raman, Nidhi, Ramanjit, Manvinder, Mannat, Jaspreet, Radhika, Jasleen, Arveen, Jaskeerat and Muskan were awarded with certificates.



Science Marathon 2018

CV Raman Science Society organized Science Marathon 2018 in which more than 500 students of Science departments participated in Quiz, Extempore, Quotation Writing, Scientific Skit, Scientific Rangoli Making and Science Choreography. Students presented their views on latest topics like Artificial Intelligence, Rob Insects, Artificial Carbon leaf concept. Coordinator of function Dr. Neelam Sharma congratulated all the prize winners and participants and presented vote of thanks to all the teaching and non-teaching staff. Stage was conducted by Dr. Anjana Bhatia. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the initiative of Science Department and also congratulated the students for their creative skills and participation in huge number.

Lecture on Prevention of Drug Abuse

SEPTEMBER 28

NCC unit organized a lecture on Prevention of Drug Abuse. On this occasion Col. Jasbir Singh from 2 Pb. Girls Bn, NCC Jalandhar was the guest of honour. Dr. Manoj Kumar Sharma, Asstt. Prof. in Law at Rajiv Gandhi National University of Law, Patiala was the resource person. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the guests and also motivated the students to come forward and make the society around them aware of the bad effects of drugs.



Dr. Manoj Kumar told the students about the drug abuse and its harmful effects. Col. Jasbir Singh told the students that NCC will always stand with them in their plans for eradication of drug abuse.

Gussy Up

SEPTEMBER 30



Cosmetology Department organized one day seminar on Make up and Hair Styling. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed Mr. Rajan from Stunning Looks and encouraged the students to learn new methods of hair styling and make up. Mr. Rajan gave demonstration of basics to advanced make up with formal hair styling. He also gave the latest updates of the cosmetics. Head of the department Mrs. Mukti Arora thanked the guests.

Quiz Team Brought Laurels in 'Gyanmanthan – 2018' OCTOBER 1



Two quiz teams of Hans Raj Mahila Maha Vidyalaya participated in Inter State Quiz competition 'Gyanmanthan – 2018' organized by University Business School, Panjab University Regional Campus, Ludhiana. Total 42 teams from different states participated in this event. Mrs. Binoo Gupta, Quiz Incharge told that our team comprising of Shivani, Jasleen and Muskan bagged second runner's up position. They were awarded with certificates, individual trophies, gift vouchers of Rs.1500/- and also cash prizes of Rs.2000/-. Our second team comprising of Shalini, Arshia and Gulfam Viridi was also shortlisted in top eight teams. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the teams and teachers.

A Tribute to Mahatma Gandhi OCTOBER 2



A special prayer was organized by the resident scholars to celebrate the 150th birth anniversary of Mahatma Gandhi. Dr. Rajiv Kumar told the students about the teachings of Mahatma Gandhi. On the occasion, a short movie named 'The Other Pair' was shown to the students. Principal Prof. Dr.(Mrs.) Ajay Sareen emphasized on the ideologies of Mahatma Gandhi of 'simple living and high thinking'.

Nukkad Natak on Swachhta Abhiyan OCTOBER 2

Maharishi Kalidas Dramatic Club performed Nukkad Natak on 'Swachhta Abhiyaan' organized by District Administration Jalandhar at Guru Gobind Singh Stadium. The Nukkad Natak covered the various social issues of society especially cleanliness. IAS Varinder Kumar Sharma, Deputy Commissioner and other dignitaries present congratulated the team and appreciated their performance. Principal Prof.

Dr. (Mrs.)Ajay Sareen said that HMV is always ready to be a part of such events organized by the administration that contributes to the society. The team was escorted by Mrs. Veena Arora, Dean Outreach Programme.



Jashn-e-Hunar OCTOBER 3

An innovative activity under the leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen and Dr. Ramnita Saini Sharda, Dean Innovative Practices Jashn-e-hunar capacity building of Safai karamchari under Swachh Bharat Mission and Survekshan 2019 in collaboration with HMV was organized by Municipal Corporation Jalandhar at Company Bagh.

Surgical Strike Day OCTOBER 4

NCC Army Wing observed the Surgical Strike Day with great fervour to mark the second anniversary of the Indian Army's surgical strike. The students participated in the campus rally to honour the sacrifice of our brave soldiers. Principal Prof. Dr. (Mrs.) Ajay Sareen said the government recently decided to celebrate two years of the strike as 'Parakarm Parv'. The events like Surgical Strike Day or Parakaram Parv are the great opportunities for us to pay our tribute and gratitude towards the defence forces.



Saving Environment OCTOBER 4

NSS Unit of Hans Raj Mahila Maha Vidyalaya held a rally for creating awareness among farmers regarding paddy burning. NSS volunteers created awareness by holding placards and by raising slogans.

Workshop by DST OCTOBER 5



Once again in the history of education HMV has maintained its flagship by providing platform for the District Level Orientation Training Workshop for teachers. This workshop was held for the teachers on the theme: science, technology and innovation for clean, green and healthy nation. Principal HMV Prof. Dr. (Mrs.) Ajay Sareen graced the event as the chief guest of the workshop. Principal Dr. (Mrs.) Sareen and Mrs. Syal presented planter to the resource persons, Mr. Rakesh Kumar, Chemistry teacher, Mr. Gurmeet Singh, National Awardee, Mr. Santokh Pitara and Distt. Coordinator, DST Chandigarh Mr. Sanjiwan Dadwal. Around

50 teachers from different schools participated in this workshop. Principal Dr. Sareen appreciated whole heartedly the different projects in the field of science initiated by DST. Recently, the school has established Innovative Hub in the field of science. She also apprised that HMV has already conducted 5 Inspire Science Camps for the students of science. The workshop started with an introductory lecture by Mr. Sanjiwan Dadwal. Mr. Rakesh Sharma presented the details regarding the project. Mr. Gurmeet Singh told about the focal theme of the project.

HMV starts Campus Chapter with All Ladies League OCTOBER 6



Hans Raj Mahila Maha Vidyalaya (HMV) has started campus chapter with All Ladies League (ALL), an international women chamber under Women Studies and Gender Sensitization Cell. Vice Chairman Jalandhar Chapter, Dr.Ramnita Sharda extended her hearty welcome to all the members. She said that they wanted to join hands with women of substance and bring about a positive change in the society by providing a business platform to our students". Sharing about the organization, Leena Chabhra Chairperson All Ladies League Jalandhar said that All Ladies League is a global movement for the welfare, Wealth and Wellbeing of all by empowering women's leadership at all levels. During the closing ceremony, every member present in the hall tied the sacred Shakti Bandhan to each other. Principal Dr. Sareen appreciated whole heartedly the efforts of the ALL and joined hands as Campus Director from HMV.

Security Awareness Day Celebrated at HMV

OCTOBER 7

Security Awareness Day was celebrated by Computer Club of PG Department of Computer Science and IT. On this occasion, Poster Making and Slogan Writing competition was organized on the topics e-mail phishing, social networking dangers, secure e-transactions using HTTPs, Logout your login. The judges were Miss Shama Sharma, HOD Fine Arts, Mr. Gullagong and Mr. Ravinder Mohan Jindal from Computer Science and IT department. The students participated with enthusiasm and were honoured by hand made badges. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the winners and gave perceptions about the security related issues.



Students' Council of Resident Scholars

OCTOBER 8



Hans Raj Mahila Maha Vidyalaya held its Badge Ceremony to bestow the resident scholars with responsibility. The event was presided over by Principal Prof. Dr. (Mrs.) Ajay Sareen. Mrs. Meenakshi Syal, Coordinator Resident Scholars gave details of the various activities performed by the resident students. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the office bearers and encouraged them to become an example for others to follow. Further, she laid emphasis students to concentrate on their studies.

Strike Gold

OCTOBER 9

The students of Hans Raj Mahila Maha Vidyalaya once again proved their mettle in the music competition by winning the Overall Trophy 4 times in a row in Sangeeta Kala Manch, Jalandhar organized Dr. J.S. Bawra Music Competition at the National level. Km. Ridhima stood first in Sitar instrumental. Km. Kiranpreet stood second in Classical Vocal competition. Km. Laaj stood first in Bhajan singing and second in classical singing. Km. Anushka stood third in the competition. Km. Kiranjpreet bagged second position in Shabad Gayan. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team and sought the blessings of Almighty.



Seminar on Design Thinking

OCTOBER 10

The Fashion Designing department organized a seminar on the topic "Problem solving by Design Thinking", "Building creative confidence to solve complex problems" On this occasion, Prof. A.N. Bhattacharya, Ms. Devika and Ms. Heena Verma from School of Business Designs were the resource persons. Principal Prof. Dr. (Mrs.) Ajay Sareen said that these kinds of seminars are of great help for students to know about the latest things happening in the field of designing. Prof. A.N. Bhattacharya and other resource persons demonstrated various creative ideas.



HMV Students Shine in Inter College Swimming Competition Consecutively for 5 Years

OCTOBER 11



Our students emerged as champions in Inter College Swimming Championship organized by GNDU Amritsar consecutively for 5 years. Mansi won 12 Gold medals, 2 Silver medals and 3 Bronze medals. Km. Komal got 4 gold and 2 silver medals. Km. Himani got 4 gold medals, 2 silver medals. Km. Priya got 3 gold medals. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team and the team coach for commendable work done by them. She said that this win is the result of excellent coaching and hard work of swimming team. On this occasion, team coach Om Parkash, Shiv Kumar, DPE Sukhwinder Kaur and Mrs. Ramandeep were also present.

International Programming Day

OCTOBER 12

International Programming Day was celebrated by Computer Club under the Department of (Computer Science and IT). Students from various departments participated in the Web Development event using HTML/Javascript, Logic development event using C/C++ and Database Handling event using ASP.Net/PHP/Java. Events were judged by Mr. Gurmeet Singh, Mrs. Sangeeta Bhandari and Mr. Jagjit Bhatia. Dr. (Mrs.) Sangeeta Arora, (HOD Comp. Sc.) At the concluding note, Principal Dr. Ajay Sareen motivated the students to become logically strong and perform the better tasks in life.



The First Food Forest of the Region

OCTOBER 13



The Innovation Cell of HRMMV establishes the First Food Forest of the region 'Atulya Vatika'. Sh. Santokh Singh Chaudhary, Member Parliament and Mr. Himanshu Jain, IAS inaugurated the First Food Forest of the region planted by the students. It was the joint venture of the college, Jalandhar Administration and Forest Department. Mrs. Purnima Beri (Member Local Managing Committee) was the Guest of Honour. Extending a warm welcome to the dignitaries Prof. Dr. (Mrs.) Ajay Sareen apprised the gathering about this innovative concept of Food Forest which is the first of its kind in the region. Dr. Ramnita Saini Sharda said that they are simply following the UN Goals of 'Food for All' and 'Sustainable Development'. Site commentary was done by Dr. Anjana Bhatia.



On a Serious Note **OCTOBER 14**

The Unnat Bharat Abhiyan team held a meeting at Gillan village on the stubble burning of the paddy under the able guidance of Principal Dr. (Mrs.) Ajay Sareen. The meeting was attended by ADC Jatinder Jorwal and Unnat Bharat Abhiyan Coordinator Dr. Ramnita Sharda and member Vidhu Vohra. The Additional Commissioner (ADC) Jatinder Jorwal appreciated the efforts taken by the college and village to curb stubble burning. Ensuring the village people, Coordinator Dr. Ramnita Saini Sharda said, "We will soon be successful in changing this village into a model village and motivate the neighbouring villages to turn as like."



Faculty Enrichment Programme on Pension Plans **OCTOBER 15**

Hans Raj Mahila Maha Vidyalaya organized a Faculty Enrichment Programme on Pension Plans under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. On this occasion, Mr. Ganesh Lalji, Sr. Divisional Manager, LIC, Jalandhar, Mr. Munish Angrish and Mr. Rajesh Duggal, Development Manager were welcomed by the senior faculty member Mrs. Neety Sood and Dean Academics Dr. Kanwaldeep Kaur. Mr. Munish Angrish talked about the Jeevan Shanti Plan launched by LIC. He further motivated the faculty to plan the pension plans wisely and secure their life financially post retirement. Principal Prof. Dr. (Mrs.) Ajay Sareen also motivated and guided the faculty to secure their future with these kinds of plans.



An Interactive Session on Biography – a Multi Layered Text

OCTOBER 16



The Readers Club organized an interactive session on Biography – A multi layered text on the book 'Rags to Ragas and Beyond' authored by Mrs. Preet Inder Dhillon in collaboration with mindrain.org. Readers Club Incharge and Dean Innovation Cell, Dr. Ramnita Saini Sharda welcomed Mrs. Preet Inder Dhillon, Mr. Raghubir Gill and Mr. Rahul Saini. Introducing Mrs. Preet Inder Dhillon to the students Dr. Ramnita Saini Sharda told that she has penned the biography of Sufi Singer Hans Raj Hans in her book. It is the journey of a man from penury to riches. She is a UK based writer, a radio presenter and an alumna of the college. The students participated in interactive session enthusiastically and came up with a number of questions about the challenges she faced during writing. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated her work and encouraged the students to work hard towards their goal.

Quiz Team Got Selected for State Level Competition **OCTOBER 17**

The quiz team once again brought laurels to the college. Four students of the college participated in District Level Punjabi Quiz competition organized by Jalandhar District Language Department, Jalandhar and got selected for State Level Competition which is going to be organized by Punjab State Language Department, Patiala. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team and encouraged the students to work hard for the state level competition. Quiz Incharge Mrs. Binoo Gupta also congratulated the students for their success.



Book Fair **OCTOBER 17**

Chandrayaan Vipnet Club organized a book fair in Physics lab. On this occasion various books related to the syllabus of B.Sc. classes were displayed and students were allowed to get them issued for whole session. This fair was very helpful for the needy students. Moreover, a number of books related to Fundamental Physics were also displayed and students showed keen interest in them.

A Dig for Victory **OCTOBER 18**



The Cricketers of Hans Raj Mahila Maha Vidyalaya Km. Priyanka Malik and Neetu Singh got selected for All India Inter University Cricket Championship which is going to be held at Rohtak (Haryana). Team participated in GNDU Inter College Cricket Championship. They stood second in the championship. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team members and gave best wishes to the selected girls for their bright future. On this occasion, team coach Mr. Ashutosh, Harmeet Kaur and Ramandeep Kaur were also present.

Workshop on Web Technologies SEO Software Testing **OCTOBER 19**

A workshop on "Web Technologies, Search Engine Optimization and Software Testing" was organized by Multimedia Department. Principal Prof. Dr. (Mrs.) Ajay Sareen and Mr. Jagjit Bhatia welcomed Mr. Anshu Aneja, Mr. Naveen and Mr. Gaurav from Ansh Infotech Technology, Ludhiana. The workshop was conducted for students to learn required skills and latest techniques for Software Testing, SEO techniques and Digital Marketing. Students were encouraged to develop their own website using tags, links and SEO techniques. Principal Prof. Dr. (Mrs.) Ajay Sareen encouraged the participants to utilize the opportunity to fullest and congratulated the Multimedia Department on their initiative to organize this workshop.



One Day Seminar on Evolution OCTOBER 20

Department of Zoology organized one day seminar on Evolution. The guest and main speaker of the day was Prof. Dr. Anish Dua, GNDU Amritsar. Dr. Anish Dua was welcomed by Principal Prof. Dr. (Mrs.) Ajay Sareen and Dr. Seema Marwaha, Head Zoology Deptt. with a planter. During his talk on the topic he enlightened the students with the mystery lying behind the process of evolution i.e. the change in the gene frequency of the different species on earth. He emphasized that in the past few people like Darwin, Wallace and Malthus had the wisdom who attempted to explain the mechanism of evolution through Natural Selection Genetic Drift, Mutation, Inbreeding etc. when all these evolutionary forces goes on ultimate; they cause speciation.



A Rally on Environment Issues OCTOBER 21



Red Ribbon Club and NSS department participated in Awareness Rally organized by Asstt. Director Youth Services Punjab. Around 60 students participated in the rally and created awareness on Environmental issues using placards and banners. On this occasion, Principal Prof. Dr. (Mrs.) Ajay Sareen said that everybody should understand the importance of clean environment. She motivated the students to make sure that their surroundings are clean and green. On this occasion, Red Ribbon Club, Coordinator Mrs. Kuljit Kaur, NSS Coordinator Mrs. Veena Arora, Dr. Anjana Bhatia, Mrs. Bindu Kohli, Harmanu were also present.

Ring a Ring a Gladiolus, a Pocket Full of Medals OCTOBER 23



Army Wing cadets brought laurels to the college by winning 8 Gold and 3 Silver medals in different activities held during Combined Annual Training Camp (CATC) organized by 2 Punjab Girls Battalion NCC Jalandhar at G.N College Banga. Principal Prof. Dr (Mrs) Ajay Sareen congratulated the cadets for their achievements. On this occasion, NCC Incharge Mrs. Saloni Sharma and Care Taker Officer (CTO) Ms. Sonia Mahindru were also present.

Glory and Praise OCTOBER 23

NSS volunteers were honored for undertaking a unique mission in association with District Administration Jalandhar & NGO Pratham to educate & strengthen the basic skills of primary students of Government Schools. Under the inspiration & able guidance of Principal Dr. (Mrs.) Ajay Sareen, the NSS Volunteers participated in the student bridge gap program to impart basic learning skills in Mathematics, Science and English. The volunteers toiled hard to address the gap in Education system especially in early years of the children and were awarded certificates by Chief Guest Sh Paramveer Singh, SDM-II. Principal Dr. (Mrs.) Ajay Sareen said that it is the mission and duty of HMV to inculcate the sense of social responsibility amongst its students. Program Officer Dr. (Mrs.) Anjana Bhatia said that due to lack of infrastructure in some rural & slum area schools, the students suffer a lack of exposure to the latest & innovative methods of teachings.



Mental Health Awareness Programme OCTOBER 24



Freudian Psychological Society organized Mental Health Awareness Programme. Principal Dr. (Mrs.) Ajay Sareen said it is the need of the hour and appreciated the efforts of Psychology department for organizing such an event. Students gave Power Point presentations and speeches supported by poetical verses on the topic. Dr. Ashmeen Kaur, Head Department of Psychology, summed up the event by summarizing the inputs of the students. On this occasion, A Poster Making competition was also organized.

A Workshop on Photography OCTOBER 25

The PG Department of Mass Communication and Video Production organized a workshop on Photography. Renowned photographer Amritpal Singh Luthra conducted the workshop. The expert covered various aspects of photography with focus on camera, lenses, shutter speed, aperture, depth of field, ISO and composition. The students also learnt nature photography during outdoor session. Students clicked photographs using different angles. Principal Prof. Dr. Sareen said that workshop is an effort to help students learn skills directly from the professionals.



Elocution Competition Organized at HMV OCTOBER 25



The Department of Sociology organized an Elocution Competition under the vibrant directions of Principal Prof. Dr. (Mrs.) Ajay Sareen. Miss Nandini Budhia, Asstt. Prof. in Sociology and Incharge of the event extended a green welcome to the judges Dr. Ramnita Saini Sharda, Dean Innovative Practices, Mrs. Lovleen Kaur, Asstt. Prof. in English and Mrs. Pawan Kumari, Asstt. Prof. in Hindi. Around 30 exuberant students participated in the competition and presented their views on topics ranging from environment, social media to 'Me Too' campaign. Addressing the students Dr. Ramnita elaborated upon the different topics of the competition. Principal Dr. (Mrs.) Ajay Sareen motivated as well as appreciated the students for their enthusiastic participation in the event.



Health Check-up Camp **OCTOBER 26**

Zoology Department organized Health Check up Camp. The introduction regarding the health check up camp was given to students by Head of the department, Dr. Seema Marwaha. In this camp, the various parameters such as Blood group, Hemoglobin, Blood Sugar, Blood Pressure and weight were analyzed. Around 100 students from different streams of B.Sc. (Med./Non-Med./Comp.Sc.) First year and B.Sc. Biotech got their health check up done. A video on different types of blood cells and their role was also shown to the students. Principal Dr. Sareen motivated the students for participating in the camp and insisted on the practical knowledge gained through hands on training in addition to the theoretical knowledge.

MoU Signed between Pratham NGO and HMV **OCTOBER 26**

An MoU was signed between NGO Pratham and HMV for conducting survey regarding Annual Status of Education Report (ASER report), a household-based survey that collects information on children's schooling status and basic learning outcomes in almost every rural district in the country. The ASER survey is an enormous participatory exercise that has involved about 500 organizations since 2005. Estimates of children's schooling and learning status are generated at district, state and national levels. Dr Anjana Bhatia was appointed the nodal officer for the survey.



Journalist Day Celebrated **OCTOBER 27**



The students of PG Department of Mass Communication and Video Production celebrated Journalist Day with the renowned Editor Varinder Singh Walia. During his interaction with students, he shared his experiences and encouraged the students to opt journalism as their profession. The purpose of this interaction was to provide the students with first hand knowledge of workings of newspaper organization and its management. Students also had an interaction with Chief Sub Editor Shridhar Raju who provided detail knowledge of Digital Journalism and its scope in the present scenario. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the department.

Seminar on Nanoscience and Nanoscale **OCTOBER 27**

Chandrayaan Vipnet Club organized a seminar on "Nanoscience and Nanoscale". Dr. Inderpreet Kaur, Senior Scientist, Ubiquitous Analytical Techniques and R and D Support CSIO Chandigarh, was the resource person for the seminar. Dr. Inderpreet informed the students about the unique properties of Nanoparticles and various factors responsible for their amazing properties. She demonstrated how nanotechnology can be used for improving the quality of Commercial products like Self-healing material, Bucky Paper, Super dry surface, Nano fuel cells and Cosmetics.



An Educational Trip to Panjab University **OCTOBER 28**

The students escorted by Mrs. Saloni Sharma and Ms. Simmi Garg visited Physics Department, Panjab University, Chandigarh to see the world's largest Cyclotron. Dr. Ashok Kumar from Physics Department explained theoretical concepts behind the working of Cyclotron. The students visited various research labs and experimental set up of the cyclotron. Research scholar Mr. Sidhanshu explained to the students the construction and working of the cyclotron and its application in the research.



Green Diwali, Once Again **OCTOBER 29**



Carrying forward its tradition, Hans Raj Mahila Maha Vidyalaya celebrated Green Diwali- Light the lamp of compassion and Let it glow, under Innovative Cell with the collaboration of District Administration, Jalandhar. On this occasion, Deputy Commissioner Varinder Kumar Sharma, IAS said that this is an excellent initiative taken by the college. It's our duty to make people aware about environmental pollution and hazards caused due to extensive bursting of fire. Principal Prof. Dr. (Mrs.) Ajay Sareen urged the students to celebrate Diwali with less privileged class of society and spread message of compassion with giving them any gift from their pocket money. This will inculcate a feeling of caring and sharing.

At the end, all the dignitaries, Principal, staff members and students of the college exchanged saplings. They also took a pledge and held a rally in the college that they will not burn the crackers and inspire other too for the same. On this occasion, Diwali making cards competition was also organized.

The Super califragilisticexpialidocious Quiz Team **OCTOBER 30**

Hans Raj Mahila Maha Vidyalaya, first college of North India with the status of college of Excellence by UGC has carried forward the legacy of eminence in performance to another step by winning Quiz for the fifth time consecutively in Zonal Youth Festival 2018. Eleven teams from various colleges participated in Quiz (Preliminary) round and only four teams reached the finals. The college bagged first position by defeating the second team by a margin of 25 marks. Principal Prof.Dr.(Mrs.)Ajay Sareen congratulated the Dean Youth Welfare, Mrs. Navroop and Quiz team Incharge Binoo Gupta, Dr Anjana Bhatia, Dr. Rajiv Kumar, Mr. Gullangong, Dr.Jiwan Devi, Ms.Karishma Sangra and Ms. Parul.



National Unity Day **OCTOBER 31**



A pledge taking ceremony was organized on National Unity Day in the premises of Hans Raj Mahila Maha Vidyalaya, Jalandhar. A number of students under the banner of NCC, NSS & Red Ribbon Club took the oath to dedicate themselves to preserve & strengthen the unity, integrity & security of the nation. The day was observed as National Unity Day to commemorate the birth Anniversary of Sardar Vallabh Bhai Patel. The oath was administered by Dr. (Mrs.) Anjana Bhatia, Programme Officer NSS.

NOVEMBER 1

Honour Lies in Honest Toil

Hans Raj Mahila Maha Vidyalaya, the premier institute of North India, has been awarded with prestigious "FICCI Higher Education Excellence Award," which aims to celebrate and honor educational institutes for their initiatives that have changed the course of Higher Education in India. Principal Dr. (Mrs.) Ajay Sareen received the award from Mr. R Subhramanyam, Secretary-Higher Education, Govt. of India. The event organised by FICCI, India in collaboration with the Ministry of Human Resource Development, Government of India and Ministry of Commerce & Industry, Government of India was inaugurated by Union Commerce, Industry and Civil Aviation Minister, Mr. Suresh Prabhu. Principal Dr. Ajay Sareen said that Hans Raj Mahila Maha Vidyalaya, Jalandhar has become the first college of India to receive this award as previously the said awards have been given to universities and research institutes like IITs, NITs and Universities. On this occasion, Prof. Dr. (Mrs.) Ajay Sareen congratulated the faculty and staff members and said that all this is possible because of guidance of DAV mentors and continuous efforts of faculty members.



Students keep the Sparks Alive in GNDU Zonal Youth Fest

NOVEMBER 3

Students added glories to the enigma of their alma mater, performing with all the vigour and zeal on all the four days of Zonal Youth Festival held at Khalsa College. Amongst a total of 17 colleges participating in the fest, HMV grabbed 23 positions out of 29 events. Girls ensnared first positions in Vaar Gayan, Folk Song, Geet/Gazal, Quiz, Phulkari and second positions in Classical (Non-Percussion), Mimicry, Kawishri, Classical Vocal, Photography, Painting on the Spot, Installation, Giddha and bagged third positions in Group Shabad, Collage Making, Cartooning, Poetical Symposium, Costume Parade, Folk Orchestra, General Dance, Mime and Classical (Percussion).

Prof. Mohan Singh, 'Kavita Diwas'

NOVEMBER 3

The PG Department of Punjabi organized 'Prof. Mohan Singh, Kavita Diwas' in collaboration with Punjab Sahit Academy. Principal Prof. Dr. (Mrs.) Ajay Sareen and Mrs. Navroop Kaur, Head Punjabi Department welcomed chief guest of the occasion Mrs. Artinder Sandhu, Editor Sahitak Ekam, Amritsar. She praised Mrs. Sandhu for her contribution towards Punjabi literature and persuaded students to read and write literature. Mrs. Veena Arora also gave intense knowledge about the life of Prof. Mohan Singh. Mrs. Artinder Sandhu spoke about her journey in the field of literature and shared her experiences with students.



The Inquisitives

NOVEMBER 3

The quiz team comprising of Kirandeep, Arshia, Jasleen, Shivani, Shalini and Indira participated in Sweden Indian Nobel Memorial quiz organized by the Embassy of Sweden at Indraprasth College, Delhi

NOVEMBER 2



Mrs Harsimrat Kaur Badal Union Cabinet Minister of Food Processing and Member Parliament visited Hans Raj Mahila Maha Vidyalaya under Support and Outreach Programme

Mission Sahasi - Making of the Fearless in Collaboration with Akhil Bhartiya Vidyarthi Parishad

NOVEMBER 2

HMV organized a Mega Demonstration Event-Mission Sahasi-Making of the fearless in collaboration with Akhil Bhartiya Vidyarthi Parishad. The honourable Chief Guests Mrs. Purnima Beri and Miss Sara Gurpal were given green greetings by Principal Dr. Sareen. In her speech Prof. Dr. (Mrs.) Ajay Sareen gave credit for the success of the event to the students. The Chief Guest Mrs. Purnima Beri raised the slogan of Vande Matram. The special guest Miss Sara Gurpal gave her views on women empowerment. The event marked the conclusion of 5 Days Self Defense training in the college premises.



Always on their Toes

NOVEMBER 4

HMV added yet another feather to its cap when Principal Dr Mrs Ajay Sareen motivated the NSS unit of HMV to participate in ASER (Annual Status of Education Report) survey to provide annual estimate of children's schooling status and basic learning levels for each district of India. The enthusiastic, resilient and dedicated volunteers in collaboration with Pratham NGO went for a call-to-action field survey in a number of villages of Kapurthala. NSS volunteers of HMV along with program officer Dr Anjana Bhatia and other teachers contributed enthusiastically in the survey.



Workshop by Psychology Department

NOVEMBER 4

A workshop on Career Counselling was conducted by Mrs. Rajwinder Kaur, Counselor, K.V. School, Jalandhar. She emphasized on the significance of choosing the right career, career planning and the role of intelligence and aptitude testing as diagnostic tools.



Success is where Preparation and Opportunity Meet **NOVEMBER 5**

The majestic glory of Hans Raj Mahila Maha Vidyalaya has been unfurled again radiantly by proudly lifting the overall winners trophy at Doaba Youth Festival 2018 under the sagacious and able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The students showcased their multiple talents brilliantly by participating in various events related to Theatre, Fine Arts, Music, Literary, Photography and Dance. HMV secured first position in Mimicry, Skit, Choreography, Gazal, Sufi Kalam, Landscape Painting, Poster Making, Still Life and Clay Modelling, which proved to be gleeful moment for everyone. In Folk Dance, Flower arrangement, Phulkari, Installation, Cartooning, Photography HMV procured the second position. HMV grabbed the third position in Mime, Fancy Dress, Folk Song and Collage making. The consolation prizes were given away to Rangoli and Poetry. The Principal Madam congratulated Mrs. Navroop, Dean, Youth Welfare Department', Mrs. Meenu Kundra Co-Dean, Miss Shama Sharma Co-ordinator and all the teachers and participating students on their outstanding accomplishments. She said that the students deserved a great applaud for their immense efforts to carry forward the legacy of eminence in performance.

Festivity and Vibrancy Marked the Diwali Mela **NOVEMBER 5**



Students of the Department of Design, Bachelor of Fine Arts, Fashion Design, Multimedia, Home Science of Hans Raj Mahila Maha Vidyalaya organized one day Diwali exhibition-cum-Sale Mela. It was inaugurated by Mrs. Ashika Jain, Joint Commissioner Municipal Corporation, Jalandhar and Principal Prof. Dr. (Mrs.) Ajay Sareen. To accentuate the festive fervor, students showcased and sold exclusive products and put up a 'Foodies Street'. All Ladies League, Jalandhar Chapter ladies also graced the occasion and admired the efforts of students. Principal Prof. Dr. (Mrs.) Ajay Saeren said that it was a good platform for the students to showcase their creative skills and boost their self-confidence". She appreciated the efforts of HOD Home Science Prof. Neety Sood, Dean Innovation Dr. Ramnita Saini Sharda, HOD Fine Arts Department Ms. Shama Sharma, HOD Fashion Designing Mrs. Navneeta. Planters were distributed to teaching and non-teaching staff to promote healthy and eco-friendly Diwali.

Performance Par Excellence in Rugby **NOVEMBER 9**

Hans Raj Maha Vidyalaya Rugby team brought laurels to the institution by participating in Kalaghan Cup Rugby Championship and winning first position. This championship was held at GHG Khalsa College, Gurusar Sudhar, Ludhiana. Ramandeep, Aarti, Sapna, Amandeep and Saraswati were the members of winning team who have been selected for the Rugby Indian Coaching Camp.



Bedecking the Glory of Alma Mater **NOVEMBER 10**



Perna and Sujata represented Punjab State in All India Taekwondo Championship held at Bikaner (Rajasthan). Perna, won a Gold and Bronze medal in +70 weight category. Sujata won a Gold and Bronze in 57 Weight Category. Both the winners have been honoured with Gold Sarswati Idol. Principal Prof. Dr (Mrs) Ajay Sareen congratulated the winners for this outstanding achievement and lauded the efforts of Coach Mr. Dinesh Bhatti and Physical Education Department Miss Harmeet Kaur, Miss Sukhwinder Kaur, Miss Baldeena. D. Khokhar and Miss Ramandeep Kaur.

Winners all the Way **NOVEMBER 11**

Swimmer Sumanpreet bagged two Gold (200 m), (400 m freestyle) and one Silver (800 m freestyle) medals in School State Swimming Championship held at Sangrur. It is worth a mention here that Suman got selected for National Swimming Championship. Principal Prof Dr. Ajay Sareen, said,"We deliver high quality sports training to our sports students with all the best facilities."



HMV Shines in Power and Weight Lifting Championship **NOVEMBER 12**



Power Lifting and Weight Lifting team bagged runner-up positions in GNDU power lifting and weight lifting championship held at DAV Sports Complex, Amritsar. Gulshery bagged two gold Medals, Anjali and Jasmine bagged one gold Medal, Tejinder, Gurleen Kaur, Amanpreet Kaur and Jaspreet Kaur bagged two silver medals. Gagandeep and Mandeep bagged one Silver medal. Ramanpreet Kaur bagged two bronze medals. Chhinder Kaur and Ramandeep Kaur bagged one Bronze medal.

A Workshop on Individual Differences **NOVEMBER 12**

A workshop on Individual Differences and psychological assessment was held by Mrs. Sangeeta Bhatia, Senior counselor, MGN Public School and organized by the Department of Psychology. She elaborated on the concept of Individual Differences and psychological assessment. She introduced the assessment tools related to personality and interest.

Nothing Succeeds like Success **NOVEMBER 13**

The Wrestling team won the GNDU Inter College Wrestling Championship. Manpreet, Suneha, Nisha won Gold Medal and Sukhpreet, Sukhvir, Manpreet, Radhika and Aarti won Silver Medal in different weight categories. Manpreet, Suneha and Nisha participated in All India Inter University Wrestling Championship held at Maharashtra. In addition, HMV Wrestlers got first position in Sr. State Wrestling Championship held at Phagwara. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the winners for outstanding achievement. On this occasion, Mr. Gurmeet Singh, Wrestling Coach, Ms. Harmeet Kaur, Ms. Sukhwinder Kaur and Ms. Ramandeep Kaur from Sports department were also present.



HMV Students Enthralled by Sharry Maan's Songs

NOVEMBER 14



The excitement of the students buzzed full volume during the colourful event organized under the benevolence of Principal Prof. Dr. (Mrs.) Ajay Sareen. The occasion witnessed the presence of renowned Punjabi Folk Singer and Actor Sharry Maan as the Chief Guest. The star performer combines singing with acting and created sensation with his debut song 'Yaar Anmulle'. The whole event was arranged by Dean Youth Welfare Deptt. Mrs. Navroop Kaur and Coordinator Dr. Nidhi Bal and Miss Shama Sharma. Expressing

galore of her love, Dr. Sareen conveyed her best wishes to the students for their university examinations. She also congratulated the star cast for their upcoming movie 'Marriage Palace which includes HMV alumni Ekta Gulati. Sharry Maan in his affable tone wished the best to the students and motivated them. The students danced to the tune of the song of his movie released on the occasion. The stage was hosted by RJ Rajan and RJ Reet from the Radio City along with Dr. Nidhi Bal.

HMV lifts 'Sabyatech' Overall Trophy with Rs.51000 Cash Prize

NOVEMBER 15



Hans Raj Mahila Maha Vidyalaya marked its presence at 'Sabyatech-2018' with a performance of virtuosity. Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, Youth Welfare Department showcased another brilliant staging at the event organized by C.T. Group of Institutions, Shahpur Campus, Jalandhar. Proving its flair once again, the youth welfare team uplifted Overall trophy with a cash prize of Rs.51,000/-. The team won first prize in 08 events; second prize in 05 events; third in 03 events. Quiz team received accolades for securing 90 marks whereas other teams stood at negative score. Principal Dr. Sareen applauded and congratulated the entire team for such a commendable win.

Workshop on Finacle

NOVEMBER 15



A one-day workshop on Banking Software 'Finacle' was organized by the Department of B.Voc. (Financial and Retail Management). The students visited the circle office of Punjab National Bank Jalandhar. Mr. Daljit Singh, Deputy Circle Head, Punjab National Bank, Jalandhar welcomed the students and explained the working of Punjab National Bank. Mr. Navjinder Singh, Senior Manager IT, PNB and Ms. Riya, Officer IT explained the various digital banking products as well as their practical usage. Ms. Jaspreet, Branch Head, HMV Branch, PNB explained the use of Finacle by banks and its applications such as core banking solutions, account opening, treasury solution, wealth management. Mr. Gaurav, Senior Marketing Manager and Mr. Aman, Officer, IT were also present. The workshop ended with a doubt clearing session.

The Anniversary Bells

NOVEMBER 16



On the occasion of National Press Day, Post Graduate Department of Mass Communication and Video Production celebrated the first anniversary of Radio Awaaz with gaiety and fervor where RJ Jassi from Chandigarh featured as the resource person. Head of the Department Mrs. Rama Sharma welcomed Principal Prof. Dr. (Mrs.) Ajay Sareen and all the dignitaries with due formal obeisance. Principal Prof. Dr. (Mrs.) Ajay Sareen thanked the Guest RJ Jassi by presenting him a robe and a planter. She also accorded a warm welcome to Editor Dr. Varinder Walia, Programming Head Madam Seema Soni, Rj Mannat, RJ Garry and RJ Rajan. An interactive session on "Job avenues in Radio Industry" was also organized.

Open Mic Competition on the Preachings of Sri Guru Nanak Dev Ji

NOVEMBER 17

Forming a part of the celebrations of 550th birth anniversary of Sri Guru Nanak Dev Ji, the PG Department of Punjabi organized a remarkable Open Mic event in collaboration with Dainik Jagran. Dr. Varinder Singh Walia, Chief Editor Dainik Jagran, graced the occasion as the chief guest. Principal Prof. Dr. (Mrs.) Ajay Sareen accorded a green welcome of planters to Dr. Varinder Walia, Mrs. Tajinder Kaur Thind and Mr. Pawandeep Singh and extolled the efforts of the organizers for the event. Highlighting the similarities between the vast ideology of Arya Samaj and Sri Guru Nanak Dev Ji she said that he strongly protested against ritualism and inequalities on the basis of caste and creed along with elevating the position of women in the society. Calling him an iconic man of the era, Mrs. Navroop praised his ideology. Dr. Walia called him a great revolutionary and reformer. Quoting Rabinder Nath Tagore who said that nobody could surpass Guru Nanak's description of Nature, he said that the 'Aarti' composed by him is a scientific exploration of the universe.



NOVEMBER 19

International Men's Day

A panel discussion on positive contribution of men to a healthy society was organized on International Men's Day by the Innovation cell. The honourable guest Mrs. Ashika Jain, Joint Commissioner, Municipal Corporation, Jalandhar was presented green greetings by Dr. Kanwaldeep and Dr.



Ramnita Saini Sharda. Sharing the concept of celebration of International Men's Day Dr. Ramnita Saini Sharda, Dean Innovation, said that the slogan for discussion was 'Together we can; Together We will; create a better Tomorrow for us all'. Mrs. Ashika Jain appreciated and congratulated the efforts of Innovation Cell. She further said that to create a better and peaceful society we have to come out from our orthodox mentality. Felicitating the male staff on their contribution to the institution Principal Prof. Dr. (Mrs.) Ajay Sareen said that women can be doubly successful in life if men supported them with full gust.

Vigilance Awareness Week Celebration

NOVEMBER 19



Vigilance Awareness Week was celebrated in collaboration with Punjab National Bank. The guest of the event Mr. Bhupinder Jain, Chief Manager Circle Office Jalandhar, Ms. Jaspreet Branch Head PNB, HMV Branch were welcomed with planter by School Coordinator Mrs. Meenakshi Sayal and Mrs. Neety Sood. On this occasion a declamation contest was organized on the topic 'Eradicate Corruption-Build a new India'. The competition was adjudged by Mrs. Nita Malik, Head of Pol.Sc. Deptt. and Mrs. Jyotika Minhas, Asstt. Prof. in Economics. Mr. Bhupinder Jain while addressing the students said that the

major onus of freeing India from all social evils lies on the shoulders of our youth who are the torchbearers of our nation. Thereafter, a pledge was taken by the students to be vigilant and commit to the highest standards of honesty and integrity and follow rules of law in all walks of life.

Two Day Education Fair Kicks Off

NOVEMBER 20



The Career Counselling Cell organized a 2-day Education Fair under the able guidance of Prof. Dr. (Mrs.) Ajay Sareen. The education fair was inaugurated by Justice (Retd.) Sh. N.K. Sud Vice President, DAV College Managing Committee and Chairman Local Committee. Justice (Retd.) Sh.N.K. Sud said that the HMV Education Fair organized by Career Counselling Cell was one of the best initiatives by the college. He said this was the best plan for the students to clear the doubts about various courses. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of Dr. (Mrs.) Seema Khanna, Incharge, Career Counselling Cell and Co-ordinator Mrs. Meenakshi Syal for organizing well planned education fair. She further said, the whole purpose of the fair is to give a platform to the students so that they can blossom as per their talent and skills.

Best Wishes for the Final Examinations

NOVEMBER 21

The Best Wishes Cards were distributed to students for success in their GNDU Semester Examinations. On this occasion, Principal Prof. Dr. (Mrs.) Ajay Sareen along with the Deans of College and Superintendents were present for blessing the students. Principal Dr. Sareen motivated the students to give the best performance in their examinations. In the morning session, Dean Holistic



Development Mrs. Kuljit Kaur Athwal, Miss Shallu Batra, Dean Student Support Services, Mrs. Urvashi Mishra, Dean Student Council were present in the evening session, Dr. Kanwaldeep Dean Academics, Dr. Seema Marwaha, Dean Hospitality, Dr. Ekta Khosla, Dean Exams, Dr. Ramnita Saini Sharda Dean Innovation, Dr. Ashmeen Kaur Dean Discipline and Miss Shama Sharma Dean Campus Aesthetics were present. Mr. Ashish Chadha, Office Supdt. Mr. Amarjit Khanna, Supdt. General Mr. Raman Behl, Supdt. Accounts Mr. Pankaj Jyoti and Supdt. Hostel Mr. Lakhwinder Singh were also present.

Workshop on Projective Techniques

NOVEMBER 22

A workshop on Projective Techniques for measurement of personality was facilitated by Ms. Anjana. She explained the difference between psychometric and projective techniques and introduced Rorschach Inkblot Test and tat Thematic Apperception test to students.

Kala Sirjan

NOVEMBER 22

Under the guidance of Prof. Dr. (Mrs.) Ajay Sareen and untiring efforts of Dr. Ramnita Saini Sharda, Dean Innovative Practices, first Wall Graffiti Inter-School competition 'Kalasirjan 2018' was organized in the city in collaboration with Municipal Corporation, Jalandhar. Immensely young artists from 23 participating institutions painted the walls of the city.



Seminar on Electronic Spectroscopy of Transition Metal Coordination Compounds

NOVEMBER 23



R.Venkataraman Chemical Society organized a seminar on Electronic Spectroscopy of Transition Metal Coordination Compounds. Prof. Dr. (Mrs.) Geeta Hundal, Head of Chemistry Department, Guru Nanak Dev University, Amritsar was the resource person. Principal Dr. Mrs. Ajay Sareen welcomed the guest with a planter. Dr. Geeta Hundal remained a brain pool scientist in Korean Research Institute of Chemical Technology. She explained the basic concepts of crystal field theory and its applications in daily life. She also gave presentation to explain electronic spectra of coordination compounds. She mesmerized the students by demonstrating experiments showing fascinating colors of coordination compounds. All the students took keen interest and felt highly motivated after having face to face interaction with Dr. Geeta Hundal.

Special Skill Based Computer Workshop for Senior Citizens

NOVEMBER 23

PG Department of Computer Science and IT of Hans Raj Mahila Maha Vidyalaya organized a Special Skill Based Computer Workshop for Senior Citizens. The workshop was a great success and a positive venture. Total 25 senior citizens from various respectable fields, participated in this workshop and made it worthwhile.



The main objective of the workshop was to make senior citizens IT savvy and provide them knowledge about technology and digitization. At the concluding day all the participants were awarded with certificates for their successful and eminent participation. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of Computer Science and IT Department and thanked all the participants for joining the workshop inspite of their busy schedule. HOD Dr. Sangeeta Arora expressed her thanks to the Principal Dr. Sareen for her motivation and positive spirit for contributing towards society.

NOVEMBER 24



Seminar on Breast Cancer Awareness Organized at HMV

Forming a part of the worldwide initiative to curb the menace of breast cancer, the Student Council in collaboration with Red Cross Society organized a One day Seminar on Breast Cancer Awareness. The keynote speaker Dr. Ruchi Bhargava and the resource person, Dr. Rupinder Bhargava were offered green greetings by Principal Prof. Dr. Mrs. Ajay Sareen, Mrs. Urvashi Mishra (Dean Student Council and Co-ordinator) and Mrs. Deepshikha (Co-Coordinator). In her welcome address, Principal Dr. Sareen extolled the ethical standards maintained by the Bhargava couple. She further prompted the students to be the agents of change and ambassadors of HMV to spread awareness for the deadly disease. Dr. Ruchi Bhargava gave a comprehensive presentation on general well-being of women and focused on the importance of exercise and balanced diet. Dr. Rupinder Bhargava emphasized that it is crucial to diagnose the breast cancer at initial stages to save the country from the irreparable loss it causes. The judges Mrs. Savita Mahindru, Dr. Nitika Kapoor and Mrs. Jyotika Minhas adjudged Bhavya Middha and Shipra Rana's papers as Best papers.

An Extension Lecture NOVEMBER 24



PG Department of Mathematics organized an extension lecture on Mathematical Statistics and Distribution Theory. Dr. Raghav Raman Sinha, Asstt. Prof. in Mathematics from NIT, Jalandhar was the resource person. Mrs. Neety Sood, HOD Home Sc. and Mrs. Gagandeep, HOD Mathematics welcomed the resource person with a planter. Dr. Sinha discussed the significance of different techniques of statistics. He shared with the participants exclusive examples on how statistics is useful in planning, economics, marketing, engineering etc. He told the participants about scope of statistics in different areas of research. He also explained the concept of probability to students with many interesting examples.

An interactive Workshop on Creative Classroom Teaching NOVEMBER 26



A workshop on Creative Classroom Teaching was organized by the Innovation Cell under IQAC. Principal Prof. Dr. (Mrs.) Ajay Sareen, Dr. Kanwaldeep Kaur Dean Academics, Dr. Ekta Khosla, UGC Coordinator, Dr. Ramnita Saini Sharda, Dean Innovation gave green greetings to Mr. Rahul Sharma, Life Skills Trainer. Dr. (Mrs.) Ajay Sareen said that the goal of this workshop is to enhance the effectiveness and efficiency of methods used by teachers to promote creative thinking in the classroom with their students. Mr. Rahul Sharma held a very interactive workshop. He said that the creative teachers bring more to the class than just a knowledge of teaching. He also explained different pedagogies of teaching and motivated the faculty members to make their classroom a more responsive place. He advised them to set their classrooms as a stage for powerful learning with the help of role play. The stage was conducted by Dean Innovation, Dr. Ramnita Saini Sharda.

NOVEMBER 27



26th Children's Science Congress

HMV Collegiate Sr. Sec. School organized 26th Children's Science Congress in collaboration with DST, Govt. of India. The focal theme of this science congress was 'Science, Technology and Innovation for a Clean, Green and Healthy Nation'. Around 15 schools presented research based projects on various topics related to science and technology. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the special guest of the event S. Sukhbir Singh Ahluwalia, Registrar, IK Gujral PTU. Mr. Sanjeevan Singh Dadhwal, Distt. Coordinator of Children Science Congress, Mr. Rakesh Sharma, Academic Coordinator DST Chandigarh. Sh. Santokh Singh Patara Committee Member, Distt. Organizing Committee also presided over the event. Research work of students was adjudged by Sh. Jatinder Tiwari, Coordinator Hoshiarpur, Sh. Gurmeet Singh, Coordinator Distt. Kapurthala, Sh. Santokh Singh Patara, Committee Member. Principal Dr. (Mrs.) Ajay Sareen honoured the evaluators.

Industrial Visit for M.Sc. (Chemistry) Students NOVEMBER 28



R. Venkatraman Chemical Society organized an industrial visit at Jagatjit Industries Hamira for students of M.Sc. Chemistry. Jagatjit Industries is well known in the field of liquor and milk food products markets. Dr. Neelam Sharma and Mrs. Deepshikha along with Attendant Mr. Madan Lal escorted the students. Mr. Gurinder Singh of distillery section explained the basic processes like fermentation, batch and continuous distillation and use of various raw materials for production. The students were highly benefitted by the visit as they correlated theory with practical.

Yoga Team won District Yoga Championship NOVEMBER 29

The Yoga Team won Distt. School Yoga Championship by securing first position. Team members were Km. Simran, Km. Komal, Km. Kiran, Km. Sakshi and Km. Anchal. In Rhythmic Yoga Km. Kamalpreet Kaur got first prize. In Artistic Yoga, Km. Suman Kumari got first position. Km. Komal, Km. Suman and Km. Kiran got selected for School State Yoga Championship. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team members.



Skill Training NOVEMBER 30

In another innovative practice, HMV joined hands with MCJ and provided skill training to the women of self-help groups. The women were trained in Workshops organized on November 16, 19 and 30, 2018 by the teachers of the department of Fashion Designing under the supervision of Dr. Ramnita Saini Sharda, Dean Innovative Practices. Later these ladies also set up a stall at the exhibition in Jalandhar.

Night Sky Watch

NOVEMBER 30



The Chandrayaan Vipnet club of Physics Department, Hans Raj Mahila Maha Vidyalaya, Jalandhar organized "Night Sky Watch" at IT Conference Hall. Total 107 students of various streams of the college participated in this life time experienced event. Mrs. Saloni Sharma, HOD Physics welcomed the Resource Person Mr. Akashdeep Singh, Incharge of Night Sky Watch from Pushpa Gujral Science City with a planter.

December 1

HMV Organized AIDS Awareness Campaign

Zoology Department organized an AIDS Awareness Campaign on World AIDS Day under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen and School Coordinator Mrs. Meenakshi Sayal. Dr. Seema Marwaha, HOD Zoology extended a green welcome to Principal Prof. Dr. (Mrs.) Ajay Sareen and red ribbon as symbol of awareness and support for those living with HIV. The poster presentation and slogan writing competition was organized to bring awareness against deadly disease. A video film was shown regarding HIV virus - its mode of transmission and preventive measures. Speaking on the occasion, Principal Dr. Sareen stressed upon the need to create awareness regarding AIDS and motivate the students to follow healthy practices in life. The judges of Poster Presentation were Dr. Neelam Sharma, Dr. Harpreet Singh and Mr. Sushil Kumar and for slogan writing were Dr. Meena Sharma and Mrs. Saloni Sharma.

Spreading Awareness December 1

The Red Ribbon Club celebrated World AIDS Day by organising a Poster Making competition regarding AIDS awareness. They expressed their ideas through slogans and pictures about effect of AIDS on our body, its causes and precautions. Shifali Sharma got first position, Akanksha Sharma second, Namisha was third and Kulwinder Kaur won consolation prize in this competition. Prof. Dr. Mrs. Ajay Sareen, Mrs. Meenakshi Syal and Mrs. Kuljit Kaur (Red Ribbon Incharge) encouraged the participants.

International Workshop on Syntheses of Literatures at HMV December 3



An International Workshop on Syntheses of Literature was organized by the Departments of Hindi, Punjabi and English under the motivation and vibrant directions of Principal Prof. Dr. (Mrs.) Ajay Sareen. Principal Dr. Sareen welcomed Mrs. Kusum Sharma, the Presiding Guest, Guest of Honour Mrs. Rita Sekhon, the resource person, Mrs. Sushma Malhotra, Retd. Assistant Principal, New York City, Mr. Ved Vyas Malhotra and Dr. Sarabjit Kaur Sohal, President Punjabi Sahit Academy. Introducing the concept note, Mrs. Mamta, HOD English highlighted the conjugation of cultures and languages into world literatures. Elaborating the concept of workshop, Principal Dr. Sareen said that literature is the expression of feelings and thus not restricted to language boundaries. She introduced Mrs. Kusum Sharma as a globally acknowledged citizen and a symbol of women empowerment. Dr. Ramnita Saini Sharda, Dean Innovation Cell and a poetess who wakes up with a poem written on her soul rendered a beautiful love poem. Mrs. Sushma Malhotra felt honoured and touched on coming to the workshop. She spoke on 'Hindi as one of the world languages in the United States'. Dr. Sarabjit Kaur Sohal emphasized on the importance of literature in life. Mrs. Kusum Sharma remarked that words possess abundance of power thus our speech should be marked with wisdom, thought and conviction. She called the workshop an amalgam of three rivers.

Wedding Bells December 4



Principal Prof Dr(Mrs)Ajay Sareen congratulated and extended her warm wishes to Ginni Chatrath, a proud alumna of Hans Raj Mahila Maha Vidyalaya, Jalandhar who is all set to tie a nuptial knot with Comedy king cum Actor cum Producer Kapil Sharma on 12th December, 2018.

Gleeful Moments December 8



60 students of History department spent gleeful yet informative time at Jung-E-Azadi, Kartarpur. Students thanked Principal Dr. Sareen for providing them the great opportunity of reviving the history of freedom fighters. They visited six galleries of the history of freedom fighters and one watched a movie regarding that very topic. They also enjoyed sound and laser show. They were flooded with the feeling of Nationalism.

Knowledge Makes a Man Unfit to be a Slave December 10

The Political Science Department organized a poster making and slogan writing competition on the occasion of International Human Rights Day. In poster making competition, the first position was won by Ekta Kapoor and the second position was bagged by Kareena Sareen. In stop child labour, the first position was won by Cammey. In slogan writing competition, the first position was won by Dilpreet Kaur, second position by Geetanjali, third position was bagged by Gurleen Kaur and consolation was won by Navpreet Kaur. Principal Dr. (Prof.) Mrs. Ajay Sareen appreciated the efforts and said that every individual should be aware about fundamental human rights as they are based on shared values like dignity, equality, respect and independence.



Seminar on Bio Processing and Bioremediation Organized at HMV

December 11



The Biotechnology department organized one day seminar on Bio processing and Bioremediation in which Dr. Sachin Kumar, Deputy Director, National Institute of Renewable Energy (NIRE), Kapurthala was a resource person. He discussed all the treatments which are being used for biorefining of lignocelluloses biomass for biofuels and value added products in India. He said that 80% of crude oil is being imported from other countries and if we start making biofuels from agriculture, industrial and domestic, we will be able to report it. He also detailed about metabolic engineering and genetic engineering. He made students familiar with the innovative work done by NIRE. On this occasion, Dr. Jitender Kumar, HOD Biotechnology, Dr. Anjana Bhatia, Mr. Sumit Sharma, Dr. Monica Mahajan, Mrs. Meenakshi were also present.

Made her Mark December 12

Sanya Aggarwal bagged first Runners up trophy in Sanskarshala Inter School Debate Competition organized at CT Public School, Maqsdan. The topic for debate was 'Gender discrimination leads to gender inequality or vice-versa'. Principal Dr. (Mrs.) Ajay Sareen congratulated the prize winner for her outstanding achievement and lauded the efforts of coordinator Mrs. Meenakshi Syal, Dr. Anjana Bhatia and Ms. Aastha Angrish. She said that the college gives immense priority to extra-curricular activities and encourage students to enthusiastically participate in such activities for the holistic development of the students.



An International Interactive Talk on Netaji Subash Chander Bose December 14



Under the motivation and guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, an International Interactive Talk was organized on 'Netaji Subash Chander Bose' by the Innovation Cell and Department of History. Gardiner Professor of Oceanic History and Affairs at Harvard University and M.P. (Lok Sabha) Sugata Bose was the resource person. Moderator of the entire session was Dr. Ramnita Saini Sharda who introduced the recipient of the Guggenheim Fellowship by telling about all his publications. The eloquent orator shared about the life and works of Netaji Subash Chander Bose. He said, "The credit for preserving and presenting Netaji's biography to the world belongs entirely to my father Dr. Sisir Kumar Bose who was ably helped by my mother Krishna Bose and a small band of dedicated workers. He collected letters, documents, speeches, photographs, audio recordings and film footage connected with Netaji from all over the world.

Banking Operations Simulation Lab December 15

Ms. Anmol Rattan Narang, Retired Principal, UCO Bank Staff Training Institute, Chandigarh delivered a series of guest lectures on banking operations in a simulated environment. The students were given practical insights into the various banking operations.

Students' Day Out December 16



To enable the students to build closer bonds with their classmates, experience new environments and enjoy a day off from the classroom, an educational tour to Naina Devi and Virsat-E-Khalsa Heritage complex was organized under the amiable guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, Mrs. M. Syal, School Coordinator and Dr. Rajiv Kumar (Pol.Sc. Deptt.). Around fifty students visited Naina Devi and enjoyed the natural surrounding and felt solace and peace in the abode of devotion and faith. Thereafter, students visited Virasat-E-Khalsa, a masterpiece of rich sikh culture and religious history. It left the students awe-struck and kept them going to know more and more about history and culture of Punjab.

NSS Camp December 17

Principal Prof. Dr.(Mrs.).Ajay Sareen elucidated the mission of the National Service Scheme in the inauguration of seven day NSS camp. She addressed the volunteers and emphasized upon the motto of the programme. She further said, "Youth is the most important part of society and nation. The change in the nation lies in the hands of today's youth and they should realize it."Speaking on this occasion, Programme Officers Dr. Anjana Bhatia and Mrs. Veena Arora, made the volunteers aware about the objectives of NSS and the purpose behind organizing the camp. On this occasion, Km. Harmanu Paul, Mrs. Pawan Kumar and Km. Harmanpreet from NSS Department were present.



A Workshop on Hematology December 18

Zoology department organized a workshop on Hematology. Dr. Seema Marwaha, Head of Zoology Department, Mrs. Meenakshi Syal, School Coordinator and other faculty members of Zoology department accorded green welcome to Dr. Parvinder Kaur. Dr. Kaur enlightened students about composition of blood, its function and about various blood tests including TLC, DLC, CBC, tests for parasitic infection. She also discussed in detail about the precautions to be taken and the errors occurred during Lab testing procedures. Principal Prof. Dr. (Mrs.) Sareen congratulated and appreciated the efforts of the department.



Career Guidance Fair Spark 2018 December 19



Hans Raj Mahila Maha Vidyalaya, College of Excellence, participated in 2-day Career Guidance Fair Spark 2018 organized by the District Administration to guide students of various schools of Jalandhar for career opportunities that they can opt for after 10th and 12th. HMV – the premier institution dedicated to the cause of women education for past 92 years is the only institution in the region to provide 12 skill based courses. The college teachers put up a stall to acquaint the students with various skill based courses available under Kaushal Kendra at HMV along with various other vocational and degree courses. Principal Prof.

Dr. (Mrs.) Ajay Sareen appreciated the efforts of District Administration and said that it is quite an appreciable step to motivate the youth to steer the wheel of their career in the right direction. Principal Dr. Sareen congratulated the team of teachers, Mrs. Meenakshi Syal, School Coordinator, Dr. Seema Khanna, Dr. Neeru Bharti Sharma, Mrs. Mukti Arora, Mrs. Bindu, Mrs. Navneeta, Ms. Mangla, Dr. Meenakshi Duggal for their contribution.

HMV Established Solid Waste Management Plant December 20



The Innovation Cell in collaboration with Municipal Corporation Jalandhar established Solid Waste Management Plant at the premises of Hans Raj Mahila Maha Vidyalaya. This is a unique green initiative of the college in which the waste generated by the college will be decomposed organically and converted into organic fertilizers. Commissioner Municipal Corporation Jalandhar Sh. Diparva Lakra, IAS inaugurated this plant. Joint Commissioner Mrs. Ashika Jain, IAS and Vice President, DAVCMC & Chairman Local Committee Justice (Retd.) Sh. N.K. Sud were also present on this occasion. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Dean Innovation Dr. Ramnita Saini Sharda for this project.



December 21

A Unique Venture

NSS volunteers took the unique initiative of establishing libraries in villages on the 4th day of seven day NSS Camp organized under the motivation and guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The occasion witnessed the honourable presence of Sh. Deeparva Lakra, IAS, Commissioner, Municipal Corporation, Mrs. Ashika Jain, Joint Commissioner and Justice (Retd.) Sh. N.K. Sud, Vice President, DAVCMC and Chairman Local Committee. Extolling the efforts of HMV, Mrs. Ashika Jain said that it is a unique endeavour undertaken by Principal Dr. Ajay Sareen and Dr. Ramnita Saini Sharda, Dean Innovation under the banner of Unnat Bharat Abhiyan. The Corporation aims to establish libraries with around 27 thousand books in co-operation with the NSS volunteers. Sh. Deeparva Lakra appreciated the efforts done by HMV and ensured full co-operation towards this noble cause.

Inauguration of Boundary Wall of HMV December 22



Under valuable guidance of, The foundation stone for the reconstruction of boundary wall of the college was laid in the presence of Vice President, DAVCMC and Chairman Local Committee Justice (Retd) Sh.N.K. Sud, Commissioner Municipal Corporation Jalandhar, Sh. Diparva Lakra, Joint Commissioner Ashika Jain and Principal Prof. Dr. (Mrs.)Ajay Sareen, all the Deans, Heads of Departments and Non-teaching members Mr. Amarjeet Khanna, Sh.Raman Behl, Sh. Pankaj Jyoti, Sh. Lakhwinder Johal and Ravi Maini. Principal Dr. Sareen congratulated each and every member as well as student. All others members extended their heartfelt wishes to the institution.

HMV Bagged Prizes in GNDU December 23

Hans Raj Mahila Vidyalaya, Jalandhar bagged five prizes under different categories at Bhai Vir Singh flower and Plants show-Cum-Seminar organized by GNDU, Amritsar in collaboration with PAU, Ludhiana at GNDU, Amritsar. Ms. Harleen Kaur of M.Sc. I Botany bagged 2nd prize in fresh flower rangoli while college got 4 prizes under the categories foliage/ornamentals plants. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Head of Botany department, Dr. Meena Sharma and other members of the staff and students.



Awards and Honours

Dr. (Mrs.) Ajay Sareen



Principal Dr. (Mrs.) Ajay Sareen received 'FICCI Higher Education Excellence Award', for Hans Raj Mahila Mahavidyalaya from Mr. R Subhramanayam, Secretary-Higher Education, Govt. of India in an event organised by FICCI, India in collaboration with the Ministry of Human Resource Development and Ministry of Commerce & Industry, Government of India.

Mrs. Neety Sood

Awarded with the Best Teacher Award on the occasion of Teacher's Day by Lions Club Kartarpur on September 8, 2018

Dr. Ramnita Saini Sharda

Honoured by Centre for Environmental Education, Lovely Professional University for her active participation as an Environmentalist

Dr. Santosh Khanna



Honoured by Ramgarhia Sikh Foundation of Ontario and Member Parliament Canada Mr. Kamal Khara for her contribution in the field of music at Brampton (Canada)

Mrs. Meenakshi Sayal

Received Bharat Gaurav Award from Vikramshila Hindi Vidyapeeth at Ujjain on December 13, 2018

Mrs. Sunita Dhawan

Received Best Teacher Award from International Association of Lions Club

Dr. Ekta Khosla

Awarded with Best Teacher Award by Dainik Bhaskar Group on Teachers' day

Mrs. Binoo Gupta

Recognized as Best Teacher by PCTE Group of Institutes

Mrs. Urvashi Mishra

Received Best Teacher Award on the occasion of Teacher's Day by Lions Club Kartarpur on September 8, 2018

Mr. Shailendra Kumar

Honoured by Rotary Club Amritsar in Painting exhibition at Urban Haat

Expanding the Horizons of Knowledge

Dr. (Mrs.) Ajay Sareen



Merian Gallan Mere Geet featuring Principal Prof. Dr. Mrs. Ajay Sareen on FM 102.7

- Attended 4th International Conference on Inter Disciplinary Research Innovations in Science & Humanities by Nehru Arts and Science College (Autonomous), Coimbatore at Hotel Swiss Bell Rain Forest, Bali, Indonesia
- Attended 24th Annual National Conference on Higher Education for Empowering People and Developing India' by Indian Colleges Forum from 7th to 9th September, 2018 at Xavier School of Management, Jamshedpur, Jharkhand

Dr. Anjana Bhatia

Successfully guided her Ph.D student Punam Devi for doctoral degree on the research topic "Phytochemical Characterisation of Euphorbia cotinifolia And Its Suitability As Biodiesel". Scientist Dr Rakesh from NBPGR acted as expert and recommended the work to be filed for a patent

Mrs. Navroop Kaur



- Presented a paper on "Bhai Veer Singh de Sahitak Den" in two day National Seminar on "Bhai Veer Singh te Ohna da Yug, by Bhai Veer Singh Khoj Kender, Amritsar, 4 November 2018
- Formed a part of the organizing committee of the Two Day World Punjabi Conference on the topic Vishav Punjabi Bhaichara: Present and Future at Bricksfield Kuala Lumpur Malaysia and

presented a paper Vishav Punjabi Bhaichara –Vartman ate Bhavikh
 • Participated as Associate member of Punjabi Sahit Academy in Creative writing workshop held at Lyallpur Khalsa College Jalandhar

Mrs. Kuljit Kaur

- Published articles in Ajit titled Bhain kolo veer ve bna lai rakhri, Mapyian da bachian prati vihar
- Published book reviews of Sarpos, Jeevan pandh, Vaadiyan to Vatarni tak, Timtimaundi Lo
- Participated in a discussion on Ajit web TV and Shabad Lok programme on DD Punjabi

Dr. Ekta Khosla

- Published a paper entitled, "Role of Surfactants Cetyl Pyridinium Chloride (CPC) and Cetyltrimethyl Ammonium Bromide (CTAB) in the Reverse Micellar Extraction of Tertiary Mixture of Acid Dyes from Textile Effluent." Tenside Surfactants Detergents 55.6 (2018): 498-503
- Published a paper entitled "Green and Efficient Reverse Micellar Extraction and Recovery of Mixed Ionic Dyes from Textile Effluent." Tenside Surfactants Detergents 55.4 (2018): 281-286
- Presented a paper titled "Reverse Micellar extraction of Direct Yellow-4 from textile effluent" in 4th International multi-track conference on Sciences, Engineering and Technical Innovations held at CT Group of institutions on October 6, 2018.
- Participated in workshop by NAAC on Revised Accreditation Framework at GNDU, Amritsar on October 12, 2018.
- Delivered an Invited Talk on "Sustainability and Science" under ATAL

INNOVATION MISSION Program ATL at DAV International School, Amritsar on October 5, 2018

- Delivered an Invited Talk on "Chemistry Teaching-Advance tools and Techniques "in Kendriya Vidyalaya Chemistry teacher training Programme of North zone at KV-1, Hussainpur on 31.12.18

Mrs. Veena Arora

- Presented a paper on "Raja Lakh Data da Themik Adhiyan in two day National Seminar on "Bhai Veer Singh te Ohna da Yug, by Bhai Veer Singh Khoj Kender, Amritsar, 4 November, 2018
- Invited as an expert in a National Seminar on Punjabi Kala, Sahit, Bhasha ate Sabyachar: Samkaali Drish organized by Punjab Kala Parishad, Chandigarh 24 November, 2018

Mrs. Kajal Vij

- Co-authored a book titled Financial Markets and Operations ISBN 978-93-272-9256-5

Mrs. Urvashi Mishra

- Published a paper entitled "Law and Technology on Handwriting Evidence", in the UGC enlisted Journal 'Indian Bar Review', (Bar Council of India Trust, New Delhi) vol. 45 (2), April-June 2018, ISBN: 978-81-931981-0-0
- Published a paper entitled "Plagiarism in Research: The Source and Solution", in the UGC Approved Journal 'International Journal of Research and Analytical reviews (IJRAR)', vol. 5, Issue 2, April-June 2018, p 749-753, ISSN: 2349-5138, E-ISSN: 2348-1269
- Published a paper entitled "Application of Cyber Forensics in Crime Investigation", in the UGC enlisted Journal, 'International Journal of Research and Analytical reviews (IJRAR)', vol. 5, Issue 3, July -Sept. 2018, ISSN: 2349-5138, E-ISSN: 2348-1269
- Published a paper entitled "Menace of Drug Abuse and the Law: An Analysis", in the UGC enlisted Journal, 'International Journal of Scientific Research and Reviews', Vol. 7, Issue 3, July-Sept. 2018, ISSN: 2279-0543
- Attended National Workshop on "Forensic Psychology – Application in Civil and Criminal Justice Administration" organized by Centre for Continuing Education, Nirma University, Ahmedabad on October 20, 2018

Mr. Harpreet Singh

- Published a paper titled Computational analysis of Thioglycine Molecule: A Theoretical Study. Asian Journal of Chemistry. 30(12): 2723-2730. (UGC approved Journal No. 8774)
- Successfully completed the 8 weeks NPTEL course on "Computer Aided Drug Design" under the MOOCs scheme of the Govt. of India, became the first teacher in the college to get certification from NPTEL

Mrs. Sonia Mahindru

- Published Paper titled "Social Media a platform for uplifting or lowering students Academics: A Survey" in International Journal of Research and Analytical Reviews (Vol 5 Issue 2 April-June 2018 Edition) Peer Reviewed, Refereed, Indexed with E ISSN -2348-1269 Print ISSN-2349-5138.
- Published Paper titled "Use of Social Media By Police Personnel's : A Survey" in International Journal of Research and Analytical Reviews (Vol 5 Issue 3 July-Sept 2018 Edition) Peer Reviewed, Refereed, Indexed with E ISSN -2348-1269 Print ISSN-2349-5138

Mrs. Ramandeep Kaur

- Published a paper titled Optimization of Concentration of Two Different Nitrogen Sources to Enhance Biofuel Potential of Chlorella pyrenoidosa. International Journal of Life Sciences Research. 6(3), 554-560.
- Published a paper titled A study to augment biofuel potential of Chlorella pyrenoidosa using different culture conditions. International journal of basic and applied research. 8(10), 440-454.
- Published a paper titled Comparison of different methods of lipid extraction for microalgae Chlorella pyrenoidosa. Journal of Emerging Technologies and Innovative Research. 5(6), 115-120.

Dr. Sandeep Kaur

- Presented a paper on "Amrita Pritam di Kahani vichle Samajik Sarokaar" in One Day National Seminar at Dyal Singh College, Delhi. 1 November, 2018
- Presented a paper on "Bhai Veer Singh Kaav da kirya Visleshni Adhyan" in two day National Seminar on "Bhai Veer Singh te Ohna da Yug, by Bhai veer Singh Khoj Kender, Amritsar, 4 November, 2018

Accomplishments

Dr. Ramnita Saini Sharda



- State Co-ordinator of FSLE (International agency), India
- Vice Chair of Jalandhar chapter of All India Ladies League (International agency)
- Invited by Doordarshan, Jalandhar for an expert talk-cum-interview 'Samwad' on the topic Green Diwali
- Attended Buddy Master Training sessions held at Chandigarh
- Participated in Buddy Training Programme as Master Trainer organised by DAPO, Jalandhar
- Participated in Buddy Training Programme as Master Trainer for teachers from Technical Institutions
- Participated in Buddy Training Programme as Master Trainer for the teachers in HMV Collegiate School
- Verbal and Soft Skills classes were introduced in the college for all the students under the initiative by Dr. Ramnita Saini Sharda to provide holistic growth to all the students within the premises of the institution

Mrs. Meenakshi Sayal

- Participated in 14th FICCI Higher Education Summit at New Delhi where delegates from 35 Countries participated
- Nominated as Member of Advisory Committee for Community Colleges at B.D. Arya Girls College, Jalandhar Cantt.

Mrs. Rama Sharma

- Acted as Judge in Open MIC competition at IKG Punjab Technical University on 30th November, 2018

Mrs. Navneeta

- Designed syllabus of B. Voc which was approved by UGC
- Designed and had inhouse production of convocation gowns under earn while you learn scheme
- Acted as subject expert at Lajpat Rai DAV College Jagraon
- Participated in a talk on Punjabi Doordarshan on the topic Credit and storage of garments during changing season.
- Worked as Designer and instructor with Municipal Corporation Jalandhar for making fabric bags

Ms. Mukti Arora

- Acted twice as a judge in Kanya Shiksha Prasar Sanghathan in Bridal make up competition
- Formed a part of Inspection committee from GNDU, Amritsar for the inspection of B. Voc. in Cosmetology and Wellness
- Delivered an extension lecture on Hair science at Guru Nanak Khalsa College, Baba Sangh Dhesian, Goraya

Mrs. Bindu Kohli

- Acted twice as a judge in Kanya Shiksha Prasar Sanghathan in Bridal make up competition
- Acted as an expert on Skin Care in Changing Weather in Jalandhar Doordarshan in Gharbar programme which was recorded on 25th September, 2018

Ms. Nandini Budhia



- Received Certificate of Appreciation from Municipal Corporation, Jalandhar for being the part of the co-ordinating team of 'Jashn-e-Hunar' a capacity building of Safai Karamcharis under Swachh Bharat Mission and Survekshan
- Invited by All India Radio to deliver Expert Talk on 'Indigenous People - a Neglected Lot' as Subject Expert

Mr. Jitender Thorat

- Participated in Pen International Art Exhibition at Jawahar Lal Nehru Cultural Center Pune