



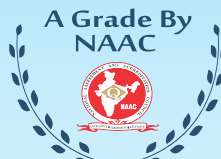
HMV NEWS

VOL 43 JUNE 2019

PATRON : PRINCIPAL PROF. DR. (MRS.) AJAY SAREEN



HANS RAJ MAHILA MAHA VIDYALAYA



Mahatma Hans Raj Marg, Jalandhar (Punjab) India

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डी ए वी गान

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

प्रबल प्रवाहमयी नित-नूतन,
जीवन दायिनी सदा सनातन,
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 ॥

The Unflagging HMVians



YOUTH WELFARE COMMITTEE



STUDENT COUNCIL



DISCIPLINE COMMITTEE

*Empowering Women
since 1927...*



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Dean Publications : Mrs. Mamta (HOD English Department)

Editors : Dr. Nitika Kapoor, Mrs. Lovleen Kaur Lehal

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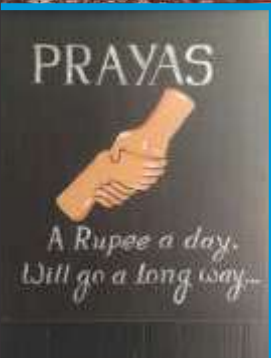
An Honour by the Honour...



Hon'ble Padamshree Dr. Punam Suri, President DAVCMC, New Delhi
released the Planner 2019 with his pious hands
on January 6, 2019



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Hans Raj Mahila Maha Vidyalaya.... where excellence is the catchphrase

Hans Raj Mahila Maha Vidyalaya, Jalandhar is a premier institution committed to imparting value-based, employment-oriented quality education to women. One of the oldest institutions established by DAV College Managing Committee, is presently under the supervision and guidance of a great visionary leader Dr. Sh. Punam Sutti, Padmashree, President, DAVCMC, New Delhi. Under the stewardship of Principal Dr. (Mrs.) Ajay Sareen, HMV is set to become one of the finest educational institute of the world.

PROF. (DR.) MRS. AJAY SAREEN
Principal, Hans Raj Mahila Maha Vidyalaya, Jalandhar





Words of Wisdom

“Hans Raj Mahila Maha Vidyalaya has entered the 93rd year of its glorious service to the society. Governed with passion and zeal, complemented with a fine blend of tradition and modernity, the value based and holistic education imparted at HMV makes it a unique place among educational institutions and gives an unparalleled HMV edge to the students who pass through its portals. A number of awards and honours received by the institution reflect the phenomenological growth attained in all possible spheres.

Undoubtedly academic excellence stands at the core, but education is also instrumental in preparing students to tackle uncertainties of life, help them form self-identities and create self-awareness. Our pedagogical structure catering to the physical, emotional, social and intellectual development make the students confident and flexible to cope with the accelerating pace of the world. Students are nurtured in a highly personalized environment to contribute towards the upliftment of the society and commit to social responsibility.

I extend my best wishes to the young aspirants to begin with the new session. May the Almighty be our Inspiration and Strength throughout the years to come!

*Prof. Dr. (Mrs.) Ajay Sareen
Principal*

A word from the Editors



Dr. Nitika Kapoor
Editor

I am elated to present before you yet another issue of HMV news which showcase the axiomatic skills and achievements of HMV family. It is my great pleasure to be one of the editors of HMV news reflecting the tradition of excellence of the institution. HMV provides ample opportunity to participate in a multitude of activities complemented with inculcation of moral fibre grooming young girls into leaders of tomorrow.

I express my gratitude to our vivacious Principal Prof Dr. Ajay Sareen under whose guidance the young girls bloom into empowered women. I am thankful to Mrs. Mamta, Dean Publications for her guidance through the entire process.



Mrs. Lovleen Kaur Lehal
Editor

Dear Readers

You have in your hands the 43rd volume of HMV News. It captures the momentous moments of HMV journey through the session. We have put in every effort to recapitulate the eventful journey. It was another splendid year with the students bringing laurels in all spheres.

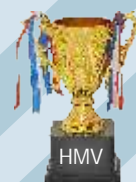
HMV is continuously working for the holistic development of the students and to make them professionally competent and responsible citizens by imparting most modern education and strengthening the roots of our culture.

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.



Legacy of Excellence

GNDU Examinations Dec 2018



1st Positions



Nifty
MA (Hindi)
Sem-I



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



Muskaan Viridi
M.Com,
Sem-I



Poonam Salotra
M.Sc (BIF)
Sem-I



Simrandeep Kaur
M.Sc (BIF)
Sem-III



Vishaldeep Kaur
M.Sc (Botany)
Sem-I



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



Radhika
M.Voc (Web Tech)
Sem-I



Ridham Sharma
PGDGC&FD
Sem-I



Tanvi Khurana
PGDBM
Sem-I



Anupriya
B.Com (Hons)
Sem-V



Nikita
BA
Sem-V



Kanupriya Sharma
B. Design
Sem-V



Sujata Bharti
BFA
Sem-I



Vrishti Gill
BFA
Sem-I



Sarvpriya Kaur
BFA
Sem-V



Tanya
BFA
Sem-VII



Vishali
B.Sc.(Med)
Sem-V



Surabhi
B.Voc(J&M)
Sem-I



Prabjot Kaur
B.Voc (Cosmo.
& WN) Sem-I



Priya Bala
B.Voc (Mental
Health) Sem-I,



Simran
B.Voc (Web Tech
and MM), Sem-I



Bhumiika Sharma
B.Voc (Web Tech
and MM) Sem-V



Kusam
B.Voc(BFS)
Sem-V



Muskan
B.Voc (BFS)
Sem-III



Anjali
B.Voc(Web Tech
and MM) Sem III



Harmanpreet Kaur
B.Voc (Fashion
Technology), Sem-V



Shruti Sharma
BA (Hons) English
Sem V



Aarti
B.A.(Hons)Hindi
Sem-V,



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

2nd Positions



Gursimran Kaur
MA (MV)
Sem-I



Jaskirat Kaur
M.Com
Sem-III



Robandeep Kaur
M.Sc (BIF)
Sem-I



Radha Chopra
M.Sc (BIF)
Sem-III



Harleen Kaur
M.Sc (Botany)
Sem-I



Navdeep Kaur
M.Sc (Botany)
Sem-III



Jyoti
M.Sc (I.T)
Sem-I



Ujwal
M.Voc (Web.Tech)
Sem-I



Ruksana Bano
B A Sem-III & B.A
(Hons) Hindi Sem III



Deepika Sharma
B.Com,
Sem-III



Bhavisha Bhanot
B.Com
Sem-III



Kusamdeep Kaur
B.Com
Sem-V



Damanpreet Kaur
BD(MM)
Sem-I



Preeti Bhasin
B.Design
Sem-V



Aparna Lath
B.Sc (Med)
Sem-I



Pavneet Kaur
B.Sc (C.Sc)
Sem-I



Brahmjot Kaur
B.Sc (I.T)
Sem-V



Ravneet Kaur
B.Voc (Cosmo &
WN) Sem-I



Aashima Salhotra
B.Voc (Mental
Health)Sem-I



Radhika
B.Voc(J&M) Sem-I



Himani
B.Voc (Fashion Tech.)
Sem-I



Deepshika Thapar
B.Voc (Web Tech
and MM) Sem-I



Tapsi
B.Voc (Web Tech
and MM) Sem-III



Simran Choudhary
B.Voc (Web Tech
and MM) Sem III



Riya Sethi
B.Voc (Web Tech
and MM) Sem-III



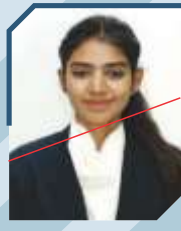
Neha
B.Voc (BFS)
Sem-III



Ulfat
B.VOC(Web Tech
and MM)SemV



Seema
B.Voc(BFS)
SemV



Anchal Malhotra
B.A/B.Sc Eco. (Hons)
Sem-V



Simaranveer Kaur
B.A.(Hons)
Pol.Sc., Sem-V



Ranchana Kumari
B.A (Hons) Hindi
Sem V

3rd Positions



Laj
M.A(M.V)
Sem-I



Bhawna Chauhan
MA (JMC)
Sem-I



Manisha
MA (M.V)
Sem-III



Manpreet Kaur
M.Sc (BIF)
Sem-I



Prabhjeet Kaur
M.Sc (BIF)
Sem III



Kirandeep Kaur
M.Sc (BIF)
Sem-III



Rohini Sharma
M.Sc (Botany)
Sem-I



Navpreet Kaur
M.Sc (Botany)
Sem-III



Jasmine Thakur
M.Sc (C.Sc)
Sem-I



Lovely
M.Sc (FD)
Sem-III



Megha
M.Voc (Web Tech)
Sem-I



Saizal Goyal
PGDBM
Sem-I



Jyoti Rawat
B.Com (Hons)
Sem-III



Manju Kumari Gahlot
B.Com (Hons)
Sem-V



Shweta Thakur
B.Com (Hons)
Sem-V



Twinkle
B.Com (Hons)
Sem-V



Prabhsimran Kaur
B.Com (Hons)
Sem-V



Saloni Chopra
BA
Sem-V



Priya
B.Com
Sem-III



Muskan Kaur
BFA
Sem-I



Daljit Kaur
B.Sc (I.T)
Sem-I



Garima,
B.Voc (J&M)
Sem-I



Satwinder Kaur
B.Voc (Fashion Tech.)
Sem-I



Chelsi Dudeja
B.Voc(BFS)
Sem-I



Divya Kumari
B.Voc (BFS)
Sem-III



Sonia
B.Voc (BFS)
Sem-V



Suman
B.Voc
(Web Tech and MM)
Sem-I



Manpreet Kaur
B.Voc
(Web Tech and MM)
Sem-III



Himakshi Sharma
B.VOC
(Web Tech and MM)
Sem-V



Aditi Arora
B.Voc
(Cosmo & WN)
Sem-I

3rd Positions



Livejot Kaur
B.Voc
(Mental Health)
Sem-I



Kawalpreet Kaur
B.A Sem-V (Hons)
Eco.



Pallavi
BA (Hons) English
Sem V



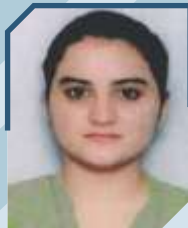
Shivani
B.A (Hons) Hindi
Sem III



Preeti
B.A (Hons) Hindi
Sem III



Riya
B.A (Hons) Hindi
Sem III



Aakcee Sall
B.A(Hons) Psy.
Sem-III



Yogita Bhagat
B.A(Hons) Psy.
Sem-V



Blue Ribboned Performance of Honours Students



Honours in Commerce



Honours in English



Honours in Hindi



Honours in Economics



"Principal Prof Dr. Mrs. Ajay Sareen is a futuristic, vibrant and innovative educationist" Outlook

HONOURS

- Honoured by Sh. Brahm Mohinder, Health Minister, Sh. Gurpreet Singh Bhullar, Commissioner of Police, Jalandhar, Sh. Varinder Kumar, DC, Jalandhar and Sh. Jitendra Jorwal ADC Dev. for commendable work in the field of women empowerment
- Honoured by Sh. Arvind Mishra, Chairman, Sarv Sukh Sewa Mission, in the presence of Mrs. Shruti Shukla, State Coordinator, Guidance and Counselling, Government of Punjab, Sh. Sushil Rinku, M.L.A. West, IPS Sh. Gurpreet Singh Bhullar, Commissioner of Police, Jalandhar and Sh. Harsimranjit Bunty, Deputy Mayor for her valuable contribution in the field of girl education.
- Honoured by Sh. Jagdish Raj Raja, Mayor, MC Jalandhar, Sh. Diprava Lakra, Commissioner, MC, Jalandhar and Mrs. Ashika Jain, Joint Commissioner, MC, Jalandhar for successfully organizing Kala Sirjan, the first wall graffiti competition in collaboration with the District Administration

MEMBERSHIPS

- NAAC PEER Team Assessor since 2012.
- Observer for UGC NET Examination since 2010.
- 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).
- 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, Government of India
- Member, District Anti Ragging Committee
- Member, District Police Advisory Committee
- Member District Peace Committee, Jalandhar
- Member Policy Holders's Council of LIC, Jalandhar Division for the period 2018-2020
- Member, Committee for utilization of donation, Women Shelter home, Gandhi Vanita Ashram, Jalandhar
- 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

Dr. Kanwal Deep Kaur	Member, Academic Council Member, Faculty of Economics and Business
Mrs. Navroop	Member of the Board of Studies in the subject of Punjabi
Dr. Neelam Sharma	Member, Board of Studies in the subject of Chemistry Member, Faculty of Life Sciences
Mrs. Deepshikha	Member, Board of Studies in the subject of Chemistry
Mrs. Kranti Wadhwa	Member, Board of Studies in the subject of English
Mrs. Sunita Dhawan	Member, Faculty of Languages
Dr. Jyoti Gogia	Member of the Board of Studies in the subject of Hindi
Mrs. Meenu Kohli	Member, Faculty of Economics & Business
Mrs. Meenu Kundra	Member, Faculty of Economics and Business
Mrs. Binoo Gupta	Member, Faculty of Economics & Business
Dr. Seema Khanna	Member, Faculty of Economics and Business
Dr. Sangeeta Arora	Member, Board of Studies in the subject of Computer Sciences Member, Faculty of Engineering & technology
Mr. Jagjit Bhatia	Member, Faculty of Engineering & technology
Dr. Anjana Bhatia	Member, Faculty of Life Sciences
Mrs. Rama Sharma	Member, Board of Studies in the subject of Journalism and Mass Communication Member, Faculty of Arts and Social Sciences
Dr. Jatinder	Member, Board of Studies in the subject of Biotechnology
Dr. Nitika Kapoor	Member, Board of Studies in the subject of Botany and Environmental Sciences
Mr. Harpreet Singh	Member, Board of Studies in the subject of Biotechnology
Mrs. Purnima	Member, Board of Studies in the subject of Biotechnology
Mrs. Asha Gupta	Member, Faculty of Sciences Member, Academic Council
Mrs. Nita Malik	Member, Faculty of Arts & Social Sciences
Dr. Neeru Bharti Sharma	Member, Faculty of Visual and Performing Arts
Mrs. Ritu Bajaj	Member, Board of Studies in the subject of English
Mrs. Navneeta	Member, Board of Studies for Community College
Dr. Prem Sagar	Member, Faculty of Visual Arts & Performing Arts Member, Board of Studies in the subject of Music

An Invocation, A Beginning



Havan Yajna was performed in the premises of HRMMV at the commencement of new session to seek the blessings of the Almighty. Principal Prof. Dr. (Mrs.) Ajay Sareen gave a hearty welcome to Justice (Retd.) N.K. Sud Chairman Local Committee and Vice President DAV CMC, New Delhi and his wife Mrs. Arunima Sud. Principal Dr. Sareen addressed the august audience and conveyed the good wishes of Padamshree Dr. Punam Suri, President DAVCMC, New Delhi for the new semester. She motivated the members to come out of comfort zone and put in their best in the interest of the institution. Retd. Justice Sh. Sud said that we should make our short term goals to achieve long term goals. He also congratulated planner committee for releasing it in time. The planner was released by Padamshree Dr. Punam Suri in Delhi. Office Supdt. Sh. Amarjit Khanna said that we should be focused towards our goal. On this occasion, HMV News was also released.

Lohri Dhiyan Di: Changing the Trends

Setting up novel traditions and leading the way to women empowerment, Hans Raj Mahila Maha Vidyalaya, celebrated 'Lohri Dhiyan Di' in collaboration with Sarv Sukh Sewa Mission. Principal Prof. Dr. (Mrs.) Ajay Sareen, Dean Academics Dr. Kanwaldeep Kaur, Dean Youth Welfare Mrs. Navroop and Coordinator of the event Dr. Nidhi Bal welcomed Sh. Arvind Mishra, Chairman, Sarv Sukh Sewa Mission, Mrs. Shruti Shukla, State Coordinator, Guidance and Counselling, Punjab, Mr. Sushil Rinku, M.L.A. West, IPS Gurpreet Singh Bhullar, Commissioner of Police, Mr. Harsimranjit Bunty, Deputy Mayor and Mr. Ramesh Lakhanpal with planter. Elaborating on the concept of the event, Principal Prof. Dr. Ajay Sareen highlighted the role played by Arya Samaj, Swami Dayanand Saraswati and Mahatma Hans Raj Ji in the field of girl education. Inspired by these stalwarts and motivated by Dr. Punam Suri, Padmashree Awardee, President, DAVCMC, New Delhi, HMV is dedicated to empower and strengthen girls. Sarv Sukh Sewa Mission honoured Principal Prof. Dr. (Mrs.) Ajay Sareen for her valuable contribution in the field of girl education. 10 outstanding artists of HMV were also honoured. Mr. Sushil Rinku, MLA West announced a sum of Rs.21000/- on the said event. Towards the end everybody enjoyed the warmth of holy bonfire and recited Lohri couplets.



JANUARY 13

In the Support of the Supporting Staff

The administration of Hans Raj Mahila Maha Vidyalaya distributed jackets to its supporting staff on the occasion of Lohri. Principal Prof. Dr. (Mrs.) Ajay Sareen said that supporting staff is the backbone of the institution for making any programme a success. The jackets bear the college Logo to give a feeling of belongingness. The supporting staff members thanked Principal Prof. Dr. (Mrs.) Ajay Sareen.



JANUARY 14

State's First College to have a diesel pump

Hans Raj Mahila Maha Vidyalaya will be opening a Diesel Pump in its premises with the help of Indian Oil. Its foundation stone was laid by Vice President, DAVCMC and Chairman Local Committee Justice (Retd.) Sh. N.K. Sud and his wife Mrs. Arunima Sud. Principal Prof. Dr. (Mrs.) Ajay Sareen told that Indian Oil has already granted its permission for the pump and the permission from local administration is under process which will be soon granted. She also told that college buses and college staff vehicles will be getting diesel at subsidized rates. The purity of diesel will also be taken care of. She said that with this innovation, HMV has become the state's first college to have its diesel pump for college vehicles and staff vehicles.



JANUARY 15

Captured the aureate

Athlete Km. Manpreet Kaur participated in Khelo India Youth Games held at Pune, Maharashtra and won Gold Medal in Javelin Throw event. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the coach Mr. Bikramjit Singh and Mr. Sarbjit Singh Happy and faculty members Miss Harmeet Kaur, Miss Sukhwinder Kaur and Miss Baldeena D. Khokhar.



JANUARY 16

Dress for Success

The PG Department of Fashion Designing organized 4 Days Seminar Cum-workshop on Professional Men's Wear. The Resource person was Mr. Jasvir Singh from Lawrance Tailors, Jalandhar. The students of PG Diploma in Fashion Designing and M.Sc. (Fashion Designing) learnt about designing, marking, cutting and sewing of professional men's blazer. They had an interactive session on Colour, Concept, Fabric selection, trend analysis and measurements related to men's wear. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of HOD Miss Rishav Bhardwaj & Mrs. Navneeta.



JANUARY 17

Shaping the future



The Placement Cell organized an in-campus Placement Drive by Concentrix which witnessed an overwhelming response. Ms. Ankita from Concentrix told the students that Concentrix is a business service company, which is a subsidiary of Synnex Corporation. Around 70 final year students participated in the drive and 38 got selected after a rigorous selection process including interview, MCQs, telephone round and passage writing. Principal Dr. (Mrs.) Ajay Sareen wished luck to the students. She congratulated Mr. Gullagong, Incharge Placement Cell, Mr. Ravinder Mohan Jindal, Mr. Pardeep Mehta, Dr. Ashmeen Kaur and Dr. Seema Khanna.



Km. Simranpreet Kaur won silver medal in Judo in Khelo India games held at Pune

JANUARY 18

Howling success: Four Students of HMTV Qualified UGC NET

Principal Prof. Dr. (Mrs.) Ajay Sareen happily shared the news of the success of Gulfam Viridi and Navpreet, students of M.Com. 4th Semester who have qualified the JRF and UGC NET Exam respectively in the first attempt. Palak and Ashna Dhiman of May 2018 batch also brought laurels to the college. These students have taken coaching from the competitive exam centre of the college. Dr. Sareen and Dr. Kanwaldeep congratulated the students and faculty of the college for this significant success and wished them a better future.



Hit a Home Run

Km. Navjot Kaur of B.A. Sem IV, HMV participated in the 9th Bhartiya Chatra Sansad (Indian Youth Parliament) held at MIT University Pune from 18-20 January, 2019. She spoke on the topic, 'Social Media and Fake News- a Lethal Combination' on the coveted platform in the presence of 5000 youth leaders of the country. She was honoured with a trophy, a certificate and a shawl.



JANUARY 19

Get, Set and Win



Hans Raj Mahila Maha Vidyalaya's Canoeing team participated in GNDU Inter-college Canoeing Championship held at Dhar Kalan, Pathankot (Water Sports Centre) in which HMV won First position. Team members Km. Rajeshwari won 6 Gold Medals, Km. Priya got 3 Gold and 3 Silver Medals, Km. Navdeep won 3 Gold and 1 Silver Medal, Km. Pragati won 3 Gold Medals, Km. Arshpreet and Km. Mansi won Silver Medals. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team faculty members and the coaches.

JANUARY 20

Being fit as a fiddle

Dr. Renu Sharma, Associate Prof. Dayanand Ayurvedic College, Jalandhar enlightened the resident scholars regarding health issues in a seminar on health issues. She gave valuable tips regarding many diseases which are constantly spreading these days. She also told about the remedies for common diseases like cold, fever etc. She gave the knowledge of all vitamins and nutrients which are essential for a healthy living. The students also satisfied their thirst by asking questions regarding common health issues. Coordinator Resident Scholars Mrs. Meenakshi Syal thanked her for sharing her views with the students.





Faculty of Languages (English, Hindi, Punjabi, Sanskrit) organized an extension lecture on Linguistics : Why Study it in which Prof. Rishi Nagar from Department of Anthropological Linguistics, University of Calgary, Canada was the resource person. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed him with a planter and presented him a painting made by B.D. Department. Dean Innovation Dr. Ramnita Saini Sharda welcomed Mr. Pramod with a planter. Prof. Rishi Nagar explained the importance of using language in the right manner and told the students about pronunciation of words. He stressed on various concepts related to linguistics. He also shared his personal experiences about the education system of Canada. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of Dean Innovation, Dr. Ramnita Saini Sharda and said that these kinds of lectures are of utmost importance for the students. She congratulated faculty of languages for organizing such learning session for the students. On this occasion, HOD English Mrs. Mamta, HOD Punjabi Mrs. Navroop, HOD Hindi Dr. Jyoti Gogia, HOD Sanskrit Mrs. Sunita Dhawan and faculty members of the language departments were present.

The students of SSC I (Medical) qualified the district level Children's Science Congress and participated in 26th State Level Children's Science Congress - 2018 at CSIO, Chandigarh. They also qualified for the next level and participated in 106th National Indian Science Congress held at Lovely Professional University under Rashtriya Kishore Vaigyanik Sammelan (Children's Science Congress 2018-19). They presented project on the topic - An Experimental Examination of Ground Water Quality and Assessment of necessity for Reverse Osmosis filters in Jalandhar. The students completed their research project in two and half months by collecting the water samples from various regions of Jalandhar City under the guidance of Mrs. Meenakshi Sayal. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the participation of students in research at such young stage and said that such activities will inculcate scientific aptitude in the students.



The Names Immortal

The Student Council celebrated the 122nd Birth Anniversary of Netaji Subhash Chander Bose. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the Chief Guest, Dr. Shobha Gulati from St. Soldier Law College with a planter. The members paid their tribute to Netaji. Dean Student Council Mrs. Urvashi Mishra told the students about the life of Netaji. UG Head Girl Ms. Geetanjali recited a poem on Netaji. Principal Prof. Dr. (Mrs.) Ajay Sareen encouraged the students to follow the path shown by Netaji. On this occasion, Co-Dean Student Council Mr. Ravinder Mohan Jindal and members Mrs. Nita Malik, Mrs. Savita Mahendru, Dr. Nitika, Mrs. Jyotika Minhas were also present.



The Sweet Smell of Success

The Innovation Cell in collaboration with Municipal Corporation, Jalandhar organized various competitions under the name Kala Sirjan 2018 (Junior) in which 23 schools from across Jalandhar participated and painted various city walls. On this occasion, Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed Mayor, Municipal Corporation Jagdish Raj Raja, Commissioner MC Jalandhar Mr. Diprava Lakra, IAS, Joint Commissioner Mrs. Ashika Jain, IAS, Health Officer Dr. Shri Krishan with a planter. Dean Innovation and Coordinator of the programme Dr. Ramnita Saini



Sharda read the concept note. Principal Prof. Dr. (Mrs.) Ajay Sareen, in her welcome address, applauded the efforts of Municipal Corporation Jalandhar and congratulated the winners. 155 students were awarded with appreciation certificates. Principals of various schools and winning teams, the judges of the competition Mrs. Guranjal Pal, Mr. Amit Zurff, Mrs. Parveen Abrol and Mr. Mohan Lal Viridi were honoured by Principal Prof. Dr. (Mrs.) Ajay Sareen. HMTV, under its 'Ban Plastic Mission' presented bags to the teams that were made by Fashion Designing Department. Municipal Corporation Jalandhar also honoured Programme Director Principal Dr. Ajay Sareen, Coordinator Dr. Ramnita Saini Sharda and the team members for their efforts.

To make democracy work, we must be a nation of participants

The 9th National Voters' Day was successfully celebrated by Coordinators Dr. Ramnita Saini Sharda and Mrs. Nita Malik, in collaboration with District Administration, Jalandhar. Principal Prof. Dr.(Mrs.) Sareen welcomed the chief guest Sh. Varinder Kumar Sharma, IAS (Deputy Commissioner-cum-Distt. Election Officer), Dr. Sanjeev Sharma, SDM I Jalandhar, Sh. Baljinder Singh PCS, DDLG, Smt. Navneet Bal, PCS SDM Shahkot, Sh. Jatinder Jorwal, IAS ADC (Development), Sh. Jasbir Singh, ADC (General) and Dr. Narinder, Registrar GNA University with planters. Principal Dr. Sareen addressed the gathering and said that it is a matter of honour to host this event for the fourth time. She motivated the students to make right use of their votes and participate in the democratic structure of the country in order to build up a strong nation.

Sh. Varinder Kumar Sharma, IAS briefed about the process of elections and asked the voters to cast their votes thoughtfully. He also told about the inauguration of VV Pad voter machine, voter helpline number 1950 and voter awareness mobile van. The Department of Fine Arts organized 'A Play of Colours' competition and exhibited the paintings made by the students for the awareness of voters. A skit titled 'Mera Vote Mera Adhikaar' was also presented in the event. Towards the end of the event, Sh. Varinder Kumar Sharma, IAS honoured Principal Dr.(Mrs.)Ajay Sareen in the capacity of Programme Director, Dr. Ramnita Saini Sharda and Mrs. Nita Malik as Programme Coordinators and the whole organizing team.



Extension Lecture

Hindi Sahitya Parishad organized an extension lecture on 'Life and Philosophy of Swami Vivekananda'. Sh. Shiv Kumar Sonic, Advocate, Punjab and Haryana High Courts, the resource person was welcomed by Principal Dr. Ajay Sareen. She motivated the students to adopt the philosophy of Swami Vivekananda into their lives. Sh. Shiv Kumar elaborated on the life and teachings of Swami ji. He motivated the students to take inspiration from his life.

Workshop on Medical Laboratory



The Zoology Department organized a workshop on Medical Lab Techniques. The resource person of the workshop was Dr. Deeksha Chaudhary (M.D. Synergy Laboratory, Jalandhar) who was given green welcome by School Co-ordinator Mrs. Meenakshi Sayal and Dr. Seema Marwaha, HOD Zoology Deptt. Dr. Seema Marwaha introduced Dr. Deeksha as alumna of the college. She spoke upon the correct methods of collecting blood sample and different types of diagnostic tests alongwith maintaining standards of labs and precautions. The students of Diploma in Medical Laboratory Technician got enlightened and they got knowledge about the importance of a

technician as a mild negligence can alter the report and in turn diagnosis of the patient. Mr. Jiwan trained the students about the procedure to withdraw veins blood sample. Principal Dr. Ajay Sareen appreciated the efforts of Zoology Deptt.

JANUARY 25

Workshop on Behaviour Therapy

Freudian Psychological Society organised a one day workshop on Behaviour Therapy and techniques for the students of psychology. The resource person was Ms. Gurseerat Kaur, an alumina of HVM and an intern from Indian Institute of Psychology and Research IIPR Bangalore. She introduced behaviour therapy and techniques to the participants starting from the pioneers of behaviorism, their contributions in the four major areas of development and cognitive behaviour therapy. An interactive session in the end included a storming session of queries which were answered well by the resource person.

JANUARY 26

5 Awards in a Row

Hans Raj Mahila Maha Vidyalaya won quintet acclaim in the celebrations of 70th Republic Day on 26 January, 2019. Leading the group, Principal Prof. Dr.(Mrs.) Ajay Sareen received an Appreciation Certificate and a Medal from the District Administration for Community services and commendable work in the field of women empowerment. The honour was bestowed by Sh. Brahm Mohinder, Health Minister, Sh. Gurpreet Singh Bhullar, Commissioner of Police, Jalandhar, Sh. Varinder Kumar, DC, Jalandhar and Sh. Jitendra Jorwal ADC Dev. Jalandhar. Following the lead, Dr. Ramnita Saini Sharda, Dean Innovations, received a Medal and an Appreciation Certificate for her outstanding contribution to Community services under Unnat Bharat Abhiyan. Two medals were presented to Km. Rajeshwari and Km. Manpreet for achievements in sports. The college also lifted the Overall Trophy in cultural performances.



JANUARY 28

A buoyant and peppy noon with Jassi Gill

Radiant with vibrant energy, the students zestfully welcomed the renowned singer and actor Jassi Gill. The visit was arranged under the dynamic directions of Principal Prof. Dr. (Mrs.) Ajay Sareen and Coordinators Mrs. Navroop Kaur and Dr. Ramnita Saini Sharda. Principal Dr. (Mrs.) Sareen welcomed and honoured Jassi Gill with a phulkari. She said that such respites from the routine rejuvenate the mind. Going nostalgic Jassi Gill recollected his college days and remarked that college days are always the best and students should enjoy them to the fullest. Along with it they need to work hard to fulfill their dreams as well. He wished them all the best for their lives. He recited his famous songs and invited the students to watch his upcoming movie 'High End Yaariyan' which is directed by Mr. Pankaj Batra. The students presented him with best wishes card for the success of his movie.



JANUARY 28

Ru-Ba-Ru

The PG Department of Punjabi organized Ru-Ba-Ru dedicated to 550th anniversary of Guru Nanak Dev Ji. Principal Prof. Dr. (Mrs.) Ajay Sareen and Head of Punjabi department Mrs. Navroop Kaur welcomed, the resource person, Mr. Dalvir Singh Nijjar, an eminent poet from California.

Mr. Dalvir Singh Nijjar shared his views about the life style of America. He enlightened the students about women rights and encouraged them to face the challenges of life with full strength. The students had an interactive session with him. Stage was conducted by Mrs. Kuljeet Kaur and Mrs. Satinder Kaur gave vote of thanks.



Three Cadets of NCC Army Wing Nishtha, Ritika And Neha attended 10 Day DCATC on SSB Coaching at NCC Academy Ropar from Jan 20-29, 2019 organized by 2 Punjab Naval Unit NCC, Amritsar.

JANUARY 29

AD-MAD Competition

Students from Commerce faculty participated in the inter class Ad-Mad competition and presented awareness advertisement on various topics like black money, save girl child, clean India and education for all and non- social topics like deodorants, mosquito repellents etc. Principal Prof.Dr.Mrs. Ajay Sareen presided over the function. Mrs. Beenu Gupta, Dr Seema Khanna and Mrs. Rama Sharma were the judges. Principal Dr. Ajay Sareen appreciated the efforts of the department for taking up and discussing the most promising topics affecting our economy and society these days.



JANUARY 29

A direct linked online interactive session with Hon'ble PM Narendra Modi

Hans Raj Mahila Maha Vidyalaya aired the direct linked online interactive session with Hon'ble Prime Minister Sh. Narendra Modi with the students. The Hon'ble Prime Minister discussed about examination stress via his talk 'Pariksha Pe Charcha 2.0'. 250 students of HMV along with teachers, Dean Publication Mrs. Mamta, Dean Innovation Dr. Ramnita Saini Sharda, Dean Student Council Mrs. Urvashi Mishra, Dean Equal

Opportunity Dr. Anjana Bhatia, Mr. Ashish Chadha and Mr. Vidhu Vohra joined 7 crore people linked with the session. The Hon'ble Prime Minister gave a slogan 'Play Station to Playfield' on this occasion. The Prime Minister answered the queries of students, parents and teachers from all over the country.

JANUARY 30

Inter Class Choreography Competition

The Commerce Club organized an inter class choreography competition on '70 years of Indian Republic- SWOC analysis'. The judges of the event were Mrs. Navroop, Ms.Shallu Batra and Dr. Nidhi Bal. Principal Prof. Dr. Mrs. Ajay Sareen praised the Commerce department as the most happening department of the institution. She congratulated the students for their tireless efforts and putting up a spectacular show. HOD, Dr. Kanwaldeep felt proud that the students have proved their mettle in academic as well as co-curricular activities. Mrs. Binoo Gupta, Incharge Commerce Club gave the vote of thanks.

JANUARY 30

The Toil, The Result

Six students of PG department of Commerce and Management have cleared CA Foundation Course. The students are Km. Sameeksha, Km. Harsimran Kaur, Km. Khushwant Kaur and Km. Aparna Aggarwal of B.Com. Sem. II, Km. Samreen Kaur and Km. Nitika of B.Com. Sem. IV. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students and Co-ordinator Dr. Seema Khanna. She told that Km. Sameeksha and Km. Samreen Kaur have passed the exams with distinction. It is worth mentioning that Km. Harsimran Kaur and Km. Khushwant Kaur have taken coaching from HMV only. She also congratulated teachers CA Ms. Sonia Chhabra, CA Ms. Rashmi, Mrs. Manisha Chawla and Ms. Nandini.



JANUARY 30

A tribute to the Father of the Nation



Principal Prof. Dr. (Mrs.) Ajay Sareen, Dean Academics Dr. Kanwaldeep Kaur, Dean Youth Welfare Mrs. Navroop Kaur, Dean Student Council Mrs. Urvasi Mishra, Dean Student Support Services Ms. Shallu Batra along with Head Girls of the college paid a tribute to the Father of the Nation, Mahatma Gandhi on his Martyrdom Day. Two minutes silence was observed in the memory of those who gave their lives in the struggle for Nation's freedom. On this occasion, Office Bearers of Student Council, wearing tri-colour duppatta presented choreography on the life of Mahatma Gandhi.

JANUARY 31

There is no other teacher but your own soul

A spiritualizing and enlightening Ved Katha session and Bhajan sandhya was organized at HMV under the patronage of Arya Samaj Bikrampur. A spiritual orator Mahatma Chetanya Muni ji and revered Mata Satya Priya ji graced the occasion 133rd annual session as the Chief Guests. Principal Dr. Ajay Sareen welcomed Mahatma Chetanya Muni ji, Mata Satya Priya ji, Sh. Arvind Ghai, Mrs. Rashmi Ghai, Sh. S.K. Arora, Mrs. Sapna Arora, Sh. Ravinder Kumar, Sh. Rajesh Premi and Sh. Mayar ji by offering planters. Setting the aura, event began with the recital of hymns. Mahatma Chetanya ji in his divine address said that humans should walk on the path of religion along with fulfilling their worldly responsibilities. They should not leave the threads of faith and hope. On similar notes, Dr. Ajay Sareen urged the students to give love and respect to the elders. The event concluded with the Shanti Path.

Consecutively fourth time Winners

Hans Raj Mahila Maha Vidyalaya, Jalandhar participated in GNDU Inter-college Football Championship 2018-19 held at GNDU Campus Amritsar and won 1st position consecutively for the fourth year. In the final match HMV defeated BBK DAV College for Women, Amritsar with 1-0.

FEBRUARY 1



FEBRUARY 1



Integrated meditation program

An integrated meditation program for the resident scholars was organised and facilitated by Mr. Narinder and Mrs. Shweta from Amrita University Kerala. They informed the students about the benefits of meditation for human beings and added that meditation is necessary for attaining inner peace and to raise the mental ability.

FEBRUARY 2

Sangeet Sandhya

5th Classical Music Concert was organized by Pt. Surinder Kumar Dutta (Sitar Maestro) under Shakuntla Dutta Music Circle, Jalandhar in the Ragini Auditorium in which Hon'ble Dr. Iqbal Singhji, Former Lieutenant Governor, Pondicherry and Principal Dr.(Mrs.) Ajay Sareen were the honoured guests.



FEBRUARY 2

Prizes galore: Colors - 2019

The team of Hans Raj Mahila Maha Vidyalaya won various prizes in Colors 2019, Inter College Fiesta organized by CT Group of Institution, Jalandhar. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Dean Youth Welfare Mrs. Navroop Kaur and the students for bringing laurels to the college.

FEBRUARY 3

Fiesta - The Trade Fair 2019

Speckled with the colours of a variety of stalls and the vibrant garbs of the students, the much awaited Annual Fete Fiesta - The Trade Fair 2019 was organized at Hans Raj Mahila Maha Vidyalaya. The chief guest Smt. Parveen Sharma and Sh. Varinder Kumar Sharma, IAS, Deputy Commissioner, Jalandhar, Guest of Honour Smt. and Sh. Arvind Ghai, Secretary DAVCMC, Mrs. Pratibha Jorwal W/o Mr. Jatindra Jorwal, IAS, ADC (Dev.) Jalandhar, members of Local committee Dr. Pawan Gupta, Sh. Kundan Lal Aggarwal, Sh. S.P. Sehdev and Mrs. Nirmal Dhawan were accorded green welcome by Principal Prof. Dr. (Mrs.) Ajay Sareen and Dr. Seema Marwaha, Fete Incharge. The honoured judges of the fashion show were Mrs. Navroop, Coordinator Fashion Show, Mrs. Mamta, Dr. Ekta Khosla, Mrs. Veena Arora and Dr. Sangeeta Arora. RJ Garry entertained the audience.



Adding to the grandeur of the show was the presence of eminent singers Feroz Khan and Ranjeet Rana. In the evening session, the chief guest Dr. M.C. Sharma, Hony. Treasurer, DAVCMC and Guest of Honour Dr. Satish Kumar Sharma, Director (Colleges), DAVCMC New Delhi, Sh. Surendra Seth, Member Local Committee, Dr. Rajeev Deol, Offg. Principal of DRV DAV Cent. College, Phillaur graced the occasion. Raffle draw worth various prizes was organized.

World Cancer Day

FEBRUARY 4



A cancer awareness rally was organised by Youth Red Cross Society to observe World Cancer Day. Dr Shikha Chawla, Oncologist Patel Hospital gave an informative lecture on cancer. Dr. Shikha Chawla explained the various carcinogens like synthetic products created by industries, components of smoke, pesticides residues and chemicals used in food industries. On this occasion Mrs. Deepshikha In charge Red Cross Society, Dr. Aarti Sharma and Ms. Simi were present.

Preparing for a Room at the Top

Ashu Gugneja, Pawanpreet Kaur, Nandini Joshi, Sonia Arora and Tanvi Verma of B.Voc. (Banking and Financial Services) Sem.VI have been selected as Business Executive in Apex Financial and Marketing services. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students, Head of the Department, Dr. Kanwaldeep Kaur, Placement Incharge Mr. Gullagong and Dr. Minakshi Duggal.



FEBRUARY 4



HMV signed MOU with Amrita Vidyapeeth, Kerala

FEBRUARY 5

An MoU was signed between HMV Mr. Narinder Anand and Ms. Shweta from Amrita Vidyapeeth for Administration linkages and Student Exchange Programmes. It was decided to organize creative workshops for the benefit of the students.

FEBRUARY 6

Km. Laj of HMV outshined in National Youth Festival

Km. Laj of M.A. Sem. II Music Vocal enthralled the judges and audience with her performance in Gazal and bagged first position in Inter University National Youth Festival held at Chandigarh University, Mohali. Principal Prof. Dr. (Mrs.) Ajay Sareen and Mrs. Navroop, Dean Youth Welfare Dept., congratulated Laj and Head of PG Dept. of Music Vocal Dr. Prem Sagar for this outstanding performance at the National level. Km. Laj gave the credit of her success to her mentor Principal Prof. Dr. (Mrs.) Ajay Sareen and Mr. Parduman Narang.



FEBRUARY 6

Seminar on GST



The Commerce Club organized a seminar on Goods and Service Tax: An overview, in order to make the students aware of the practical implications of the tax. Principal Prof. Dr. (Mrs.) Ajay Sareen and Mrs. Binoo Gupta, Incharge Commerce Club offered green welcome to the resource persons and State Tax Officers, Mr. Shalinder Singh, Dr. Harbhajan Singh and Mr. Sumit Thapar. Mrs. Binoo Gupta told that the Commerce club remains vibrant by conducting various workshops and seminars. In the technical session an overview of GST act and its components were discussed. Mr Shailendra Singh told the students when and how to register under the GST act.

Overall Trophy in Inter School Fiesta Colors 2019

FEBRUARY 7

Students won Overall Trophy, cash prize of Rs.11000/- and individual prizes in Colors 2019, Inter School Fiesta organized by CT group of Institutions, Jalandhar. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated school coordinator Mrs. Meenakshi Syal and the students for bringing laurels to the school. More than 800 students of 33 schools of Punjab State participated in Inter School Fiesta.



FEBRUARY 8

Workshop on Counselling Skills



The Freudian Psychological Society organised a Workshop on Counselling skills and techniques in which Dr. Daisy Sharma Assistant Professor Keshav Mahavidyalaya University of Delhi helped the students in understanding how to imbibe the skills and characteristics that are required to become a successful Counselor. She showed a video depicting various kinds of clients that are encountered by a counselor.

The Story of Food

FEBRUARY 9

"The world has 60 years of top soil left with the current level of cultivation, either stop or starve", said Rishi Miranshah, an organic farmer and a member of Chandigarh Organic Farmer's Market while speaking on the topic, 'The Story of Food', an initiative of the Innovation Cell lead by Dr. Ramnita Saini Sharda. Miranshah, through a presentation, narrated the importance of biological sustainability. He said that the premise of the possibility of a better future is solely in the hands of humans who, by all means, have triggered the downside of a beautiful landscape, harbouring interdependent species.



FEBRUARY 9

Champions 2019

Continuing its legacy of inter-disciplinary excellence and overall growth of its students, Hans Raj Mahila Maha Vidyalaya, a distinguished name in the field of sports, organized its Annual Sports Meet 'Champions 2019' with full zeal and excitement. The chief guest of the occasion,

respected Mr. Gurpreet Singh Bhullar, IPS, Commissioner of Police, Jalandhar was offered green welcome by Principal Prof. Dr. (Mrs.) Ajay Sareen and Justice (Retd.) N.K. Sud, Vice President, DAVCMC and Chairman Local Committee. Principal Dr. Sareen felt proud to share that HMV has given maximum contribution towards the lifting of National MAKATrophy by GNDU. Dr. Ramnita Saini Sharda, Dean Innovations unfolded the glorious saga of the achievements of the sports students in the Annual Sports report. Mr. Gurpreet Singh Bhullar declared the event open and released colourful balloons carrying the sports mascot 'Basanti Bubble' into the air. The students of the college marched with military precision to the tune of the band from DAV Centenary Public School, Batala. In his presiding address, Mr. Gurpreet Singh eulogized Dr. Sareen as a dedicated and visionary Principal and remarked that HMV is a name well-known and well-appreciated. The students competed in a variety of events. The event also witnessed the presence of Sh. Sushil Rinku, MLA, Sh. Satish Kumar Mittal, Deputy Circle Officer, Sh. Bhupinder Jain, Chief Manager PNB and Ms. Jaspreet. The valedictory function was presided by Dr. Sukhdev Singh, Director Sports and Head GNDU. Ms. Rajwinder, an Olympian and an alumnae of HMV was the Guest of Honour. Dr. Sukhdev, an illustrious sportsman motivated the students to follow the precedence set by Ms. Rajwinder Kaur.



Students brought laurels in International English Olympiad

Tarunika Rampal, Gurnaaj Kaur Sandhu, Tanya Khurana, Sugandhi Behl, Jasmeet Kaur, Kritika Sharma, Kritagyta, Dhritika and Dhreeti won laurels in 9th SOF, International English Olympiad.

FEBRUARY 10



FEBRUARY 11



Spring reminds how beautiful the change can truly be

Saraswati Pujan was done by Principal Prof. Dr. (Mrs.) Ajay Sareen to celebrate the Basant Panchmi Festival organized by the Student Council. The students of Music Vocal department recited Saraswati Vandana. Student Council members prepared and distributed the Prasadam (sweet yellow rice). The teachers and students wore yellow clothes and offered flowers to Maa Saraswati.

Campus Placement

FEBRUARY 12

10 students of B.Sc. Biotechnology 3rd year got placed in Compact Diagnostic Private Limited in campus placement. Principal Prof. Dr. Mrs. Ajay Sareen congratulated the students on their selection in campus placement drive and wish them luck for their future.



FEBRUARY 12



HMV won 19th Senior National Sqay Championship

Km. Sujata Jassi and Km. Gargi Kaushal participated in 19th Senior National Sqay Championship held at Panchkula (Haryana). Km. Sujata Jassi got silver medal in K1 event and Km. Gargi Kaushal got silver medal in Loba event. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated them.

Visit to RBI

FEBRUARY 12

The PG Department of Commerce and Management organized a visit to RBI, Chandigarh for 85 students with the aim to understand the working of the Central bank of the country. Sh. NJ Nampoothiri, General Manager HR Department accorded a warm welcome to the students and teacher escorts Mrs. Binoo Gupta and Dr. Minakshi Duggal. The students also visited Elante Mall.



FEBRUARY 12

Seminar on Drug Free India

YES organized a seminar on Drug Free India to make the youth aware of the consequences of drug addiction and to motivate them to prevent others from taking drugs. SWAJ Club was launched on the occasion.



FEBRUARY 13

World Radio Day celebrated



The PG department of Mass Communication organized an interactive session on Radio Programming on the occasion of World Radio Day. Mrs. Gurpreet Kaur Sarai, RJ from Red FM, Canada said that this day gives an opportunity to honour the role radio plays in bringing communities together and promoting a positive dialogue for change. Principal Dr. Ajay Sareen said the college aim to provide hands on experience in Radio broadcasting through its campus Radio 'Radio Awaaz'.

Achievers' Day 2019

To acknowledge the efforts of the students, Achievers' Day 2019 was organized under the virtuoso guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Principal Dr. Sareen and school coordinator Mrs. Meenakshi Syal extended green welcome to the chief guest, Sh. Paramvir Singh, IAS, SDM Jalandhar, the guest of honour Sh. N.K. Sharma, DM, LIC, Sh. Sushil Kapoor, ADM, LIC, Smt. Reena Chadha, Principal Arya Kanya High School, Kartarpur, Smt. Neeraj Saini, Principal SD Phullarwan Girls Sr. Sec. School, Smt. Gurinderjit Kaur, Principal Govt. Sr.Sec. School, Nehru Garden, Smt. Alka, HOD Commerce Dept., Govt. Sr.Sec.School Nehru Garden, Km. Nidhi, SD Phullarwan School. Sh. Paramvir Singh, IAS, SDM Jalandhar advised the students to adopt right approach towards life, to become environmentally and socially conscious and most importantly, he emphasized that competition is to be taken in right spirit.



FEBRUARY 13



FEBRUARY 14

MoU signed with All India Ladies League, Ministry of Design, Delhi

A 6- day computer course in Punjabi Typing

The postgraduate Punjabi department organized a 6 days computer course in Punjabi typing. The resource person was Dr. C.P. Kamboj from Punjabi University, Patiala, Head of Department. Mrs. Navroop Kaur, Course Coordinator Mrs. Veena Arora and Mrs. Poonam Sharma welcomed him with planter. Dr. Kamboj said that in this hi-tech world, Punjabi language plays a very important role and typing in Punjabi is the need of the hour. Asstt. Prof. DAV College Jalandhar Dr. Ravneet Kaur told the students about various Punjabi websites on internet.



FEBRUARY 16

Jo Shaheed huye hai Unki Jara Yaad Karo Kurban

The teaching, non-teaching staff members and students of HMV paid tribute to martyrs of Pulwama attack. The students observed two minutes of silence under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The resident scholars of the college also lighted candles outside their rooms. Principal Prof. Dr. (Mrs.) Ajay Sareen said that the Local Committee has taken decision to provide free education to the girls of these families.

The Library is the Temple of Learning

One day educational trip was organized by the Department of Mathematics to the Library of Guru Nanak Dev University. The students became acquainted with a complete platter of pure and applied Mathematics books. They visited different sections of the library and collected information from rare and valuable books.



FEBRUARY 17 Utilising the Waste



A poster making competition was organized by the resident scholars. The competitions were judged by Dr. Ramnita Saini Sharda and Mr. Sushil Kumar. Students showcased their talent by making useful articles from waste material. A nukkad naatk was performed by the students.

FEBRUARY 18 Workshop on Nail Art



The Cosmetology Department organised one day workshop on different types of Nail art, Water Decals Free hand art, Water marbling art, Stamping nail art, Glitter nail art, Colour French nail art and Advanced hair-cuts under Kaushal Kendra scheme of UGC. Ms. Sukhjit Kaur and her team from Lakme Academy provided valuable information to the students on the above subjects

FEBRUARY 18

Voting Awareness Campaign

A Voting Awareness Campaign was organized by Akhil Bhartiya Vidyarthi Parishad. The programme was coordinated by Mrs. Kuljit Kaur, Coordinator, Dr. Anjana Bhatia and Mrs. Alka Sharma. Chiranju Ratan, State Secretary ABVP, Vikrant Khandelwal, Zonal Secretary ABVP, Ashwani Sharma, President ABVP, Jalandhar were the chief guests. Principal Prof. Dr. (Mrs.) Ajay Sareen motivated the students to cast their vote righteously. Mr. Ashwani, President, ABVP, Jalandhar said it is the need of the hour that every citizen should exercise their right to vote as it will strengthen the democracy of our country. The students presented Nukkad Natak on the importance of voting.



FEBRUARY 19

Hamdard Virasati Mela

Km. Harmanpreet Kaur won first runners up trophy, a Silver Saggi and Rs.3100/- cash prize in Hamdard Virasati Mela 2019. Km. Sumandeep Kaur was honoured with doe-eyed award and Jasleen Kaur was honoured for best performance.

FEBRUARY 19

Fazal 2019

Filled with curiosity and zeal, the students of HMV Collegiate School organized farewell Fazal 2019. Mrs. Meenakshi Syal and Mrs. Urvashi Mishra welcomed Principal Prof. Dr. (Mrs.) Ajay Sareen by presenting a token of gratitude. Guest of honour Mrs. Manju Joshi, Principal Shiv Devi Girls High School and Ms. Shivani were also welcomed by presenting planters. The mesmerizing performances and modelling enthralled the audience. Principal Dr. Sareen, showered her blessings and expressed her strong belief that the girl of this institute will be the ambassadors of the values and ethics, they have learnt from the institute.



FEBRUARY 20

HMV students selected in Infosys

Three students got selected in Multi National Company Infosys. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated them and gave her best wishes for bright future ahead.

FEBRUARY 21

ASSOCHAM Education Excellence Award

Hans Raj Mahila Maha Vidyalaya, the premier institute of North India was awarded with the prestigious, ASSOCHAM Education Excellence Award in 12th ASSOCHAM National Education Summit 2019. Prof. Dr. (Mrs.) Ajay Sareen received the award from Sh. Suresh Prabhu, Hon'ble Minister of Commerce and Industry and Civil Aviation and Sh. Pranab Mukherji, Hon'ble Former President of India. The inaugural session was addressed by Hon'ble Minister for HRD, Govt. of India Sh. Prakash Javadekar. Among the dignitaries present were Prof. Dr. M.P. Poonia, Vice Chairman, AICTE, Padmashri Dr. Prof. Pritam Singh, Hony. DG, MREI and Chairman Strategic Mentoring Board, Sh. Uday Verma, Secretary of General ASSOCHAM, Dr. Prashant Bhalla, President, MREI, Prof. G.D. Sharma, Former Secretary, UGC, Dr. Ramaswamy, Professor University of New York among a galaxy of other educationalists. The institution was rewarded for its achievements in Higher Educational Sector and received special honour for its contributions in Excellence in Serving for a social cause by the jury. Principal Prof. Dr. (Mrs.) Ajay Sareen said that Hans Raj Mahila Maha Vidyalaya has become the first institution of Punjab and first women institution to receive this award. Principal Prof. Dr. (Mrs.) Sareen thanked Hon'ble President DAV College Managing Committee Padmashree Dr. Punam Suri for his guidance and continuous support and also congratulated the staff and faculty of HMV.

**FEBRUARY 21**

Workshop on Resin Furniture

A workshop was conducted by the BD department and facilitated by Mr. Himanshu Mittal, CEO, Shree Ram Coatings and Chemicals. He demonstrated various techniques, textures and designing skills of Resin furniture.

FEBRUARY 22

Two day International Conference (INBIX 2019)

A two day International Conference on Bioinformatics was inaugurated in collaboration with Bioclues. Principal Dr. Ajay Sareen accorded green welcome to the chief guest Sh. B. Purushartha, IAS, Commissioner, Jalandhar Division, Keynote Speaker Sh. N. Srinivasan, Indian Institute of Science, Bangalore, Sh. Prash Survajhala, Founder Vice President Bioclues and Dr. Satish Kumar Sharma, Director Colleges DAV College Managing Committee and presented Phulkaris to them.

Principal Dr. Ajay Sareen remarked that such events act as milestones in the field of research and inspire the researchers to move further. In his address, the keynote speaker Sh. B. Purushartha foregrounded the significance of Youth's will power and interest. Sh. Prash Survajhala presented societal address to the gathering while Sh. N. Srinivasan enlightened the audience with his keynote address on Protein Evolution. Dr. Satish Kumar Sharma, Director Colleges DAVCMC gave vote of thanks. A pre-International Conference workshop was also organized in which Dr. V.S. Sundarajan, NEA, Singapore graced with his presence as keynote speaker. The participants gave oral presentations on their respective topics. The sessions concluded with cultural performances in the evening.



FEBRUARY 22

Seminar on Effective Public Speaking

The Planning Forum, Department of Economics, organised a Seminar on Effective Public Speaking. The resource person of the seminar was Mr. Sharad Manocha, Associate Professor, PG department of English DAV College Jalandhar.



FEBRUARY 23

A phenomenal close to International Conference INBIX-2019



The second day of the two day International Conference on Bioinformatics witnessed the presence of Shri Haja Kadarmideen, Technical University of Denmark as a keynote speaker. Under the leadership of Prof. S. Venkatramana, 8 students from Management and Science University Malaysia presented a video abstract from Malaysia. The Valedictory session was chaired by Dr. T.S. Benipal, Dean, College Development Council, GNDU Amritsar. He congratulated the college for hosting this inspiring intra disciplinary conference. The conference concluded on thanks giving note by Principal Prof. Dr. (Mrs.) Ajay Sareen.

Demo Class

FEBRUARY 23

The Cosmetology Department organised one day demo class on basic knowledge of skin care and skin treatments under the Kaushal Kendra scheme of UGC. Skin Expert Ms. Monica from Cheryl's company gave theoretical and practical knowledge about skin care and treatments.



FEBRUARY 24



HMV lifts Overall Trophy

Hans Raj Mahila Maha Vidyalaya lifted the Overall Trophy of Tech Symphonic 2019 organized at KCL Institute of Management and Technology. The students bagged the first prize in Quiz, B-Plan, Face Painting, Blind Coding and Mimicry. Group Dance got second position. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students and wished them good luck for future. She also congratulated Dean Youth Welfare Mrs. Navroop for the efforts and dedication. On this occasion, Team Incharges and other teachers were also present.

Km. Kirandeep and Km Gurpreet represented GNDU in All India Inter-University Rowing Championship held at Sukhna Lake, Chandigarh. Kirandeep won 2 silver medals and Gurpreet won a bronze medal.





FEBRUARY 25

Inter Class Competitions

A Portrait Making Competition was organized by the Department of English in the categories of Fine Arts, Non-Fine Arts and Digital Portraits category. The competition was judged by Mrs. Ritu Bajaj, Mrs. Binoo Gupta and Dr. Rakhi Mehta.

FEBRUARY 25

Peace March



To spread the message of love, peace and harmony among nations, 111 NSS and NCC Volunteers joined the Peace March organized for the martyrs of Pulwama Attack in collaboration with Dainik Jagran.

Hands on Training for Cosmetology students

One day hands-on-training on physicochemical analysis of cosmetics was organized by R.Venkataraman Chemical Society, PG department of Chemistry. Dr Neelam Sharma, Head of the Department told students that pH of skin is less than 7.0, so the cosmetics should also be mildly acidic for healthy and glowing skin. Poster and Slogan writing competition was also organized on topic 'Chemistry and Cosmetics' by Mrs Deepshikha and Dr Ekta Khosla.



FEBRUARY 26



FEBRUARY 26

Participation in Inter College Quiz Competition

Km.Anchal and Km.Jasleen Kaur participated in an Inter-College Economics Fest 'Econoverse 2019' organized by MCM DAV College for Women, Chandigarh. Students got a chance to learn and explore varied concepts of Economics. Ms. Sukriti Sharma (Assistant Prof. in Economics) accompanied the students.



FEBRUARY 27

Anmol won First prize in Declamation Contest

Km. Anmol brought laurels to the college by bagging the first prize in Declamation contest on the topic 'Peer Pressure in Modern Society' organized by Rotary Club, Jalandhar West.

FEBRUARY 27

Blood Donation Camp organized at HMV

Red Ribbon Club, Red Cross Society and NSS organized Blood Donation Camp in collaboration with NGO PAHAL in which 62 students donated blood in this camp. Principal Prof. Dr. (Mrs.) Ajay Sareen said that blood donation is a noble cause in the service of humanity. President of NGO PAHAL, Mr. Lakhbir Singh motivated the students to become part of this NGO for social cause. On this occasion, Co-Director of Youth Service Deptt. Mr. Gurkaran Singh and Mr. Sarvan Singh were also present. The faculty members of the college, Mrs. Mamta, HOD English, Mr. Sumit Sharma, Ms. Harpreet Kaur also donated blood.

**FEBRUARY 27**

Project "Drug free India"

33 NSS volunteers participated in Project "Drug free India" Campaign organized by Chandigarh University in collaboration with Government of Punjab, SWAJ Club on 18th February 2019 and an NGO Art of Living. Celebrities like Sanjay Dutt, Gurdas Maan, Kapil Sharma, Badshah, Sri Sri Ravi Shankar ji motivated the students.

FEBRUARY 27

Career Counselling Program

A career guidance program on "Interview Skills" was organized. The resource person was Mr. Pardeep Singh (Director IBT) from IBT, Jalandhar accompanied by Mr. Gurcharan Singh & Ms. Monica. Around 200 students of final year B.Com, BCA, M.com & MSc IT attended the program.

**FEBRUARY 28**

National Science Day celebration

5 Students participated in Power Point Presentation and Quiz competition organised by Physics department of GNDU, Amritsar on 28 Feb, 2019. Km. Jaspreet Kaur and Km. Ravneet participated in Power point presentation. Km. Garima, Km. Rakhi and Km. Harpreet Kaur participated in Quiz Competition and won second prize.

FEBRUARY 28**FEBRUARY 28**

Visit to CSIO- CSIR Labs Chandigarh

Chandrayaan Vipnet Club of Physics Department organized one day educational visit to CSIO-CSIR labs. The students interacted with the Scientists of the prestigious labs and gained knowledge about the various projects being carried out in their labs.

Farewell to Mr. Jit Masih

Mr. Jeet Masih, gatekeeper who gave a glorious service of 34 years to the institution was given a warm send off

FEBRUARY 28

Rendezvous with Mrs. Paramjeet Deol



The PG Department of Punjabi organized an interactive session with NRI Punjabi poetess Mrs. Paramjeet Deol. Principal Prof. Dr. Mrs. Ajay Sareen, Mrs. Navroop Kaur, HOD, Mrs. Kuljit Kaur and Mrs. Veena Arora greeted her with a planter. Congratulating the Department, Principal Dr. Sareen said that such initiatives act as beacons of light for enhancing the knowledge of the students. Mrs. Deol shared her life and experiences in Canada and recited her poems. She said that her poems are an expression of her fears, frustrations, hopes and aspirations.

FEBRUARY 28

The Tinkling Success

Weightlifter Km. Sehaj represented Punjab state in School National weightlifting held at Andhra Pradesh in which she won bronze medal in 87 + kg weight category. She also won gold medal in School State weightlifting.

FEBRUARY 28

National Science Day Celebrated

C.V. Raman Science Society celebrated National Science Day on the Theme- "Science for People and People for Science." Chemistry department organized Workshop on Checking Adulteration in Food Stuffs like milk, spices, grains. Botany department organized Fireless cooking, Power of senses and Planter decoration. Bioinformatics department organized a Video Lecture by Michael Rosbash (Nobel Prize in Physiology/Medicine 2017). Biotechnology department organized Poster making and Slogan writing competition, Testing of milk for Fat analysis, SNF, adulteration and Blood testing for Blood groups, Haemoglobin count and Rh-factor. Zoology department

celebrated this day by organizing an awareness campaign regarding 'Modes of Spread and Prevention of Swine flu'. Physics Department organized Poster making and Slogan writing competitions and set up the laboratories for experiments on Light.





Showering the Blessings

The Best Wishes Card were distributed in morning and evening sessions to the students wishing success in the annual examinations. In the morning, cards were distributed by Mrs. Meenakshi Syal, School Coordinator, Mrs. Deepshikha, Mrs. Meenu Kundra, Mrs. Urvashi Mishra, Dean Student Council, Mr. Raman Behl, Supdt. Gen., Mr. Pankaj Jyoti, Supdt. Accounts. In the evening session, cards were distributed by Mrs. Navroop Kaur, Dr. Neelam Sharma, Mrs. Meenu Kohli, Dr. Sangeeta Arora, Dr. Rakhi Mehta, Mr. Amarjit Khanna.



Inter Class Case Study Analysis Competition

MARCH 1

Department of Sociology lead by Ms. Nandini Organised an Inter Class Case Study competition in which 17 teams comprising of 80 students participated. Judges of the event were Dr. Minakshi Duggal, Ms. Harmanu, Mrs. Alka Sharma and Ms. Harmanpreet.

MARCH 2 International Workshop on Dance

An international workshop on Dance was organized by the department of Dance in which Dr. Anjul Sharma, a renowned name in Kathak hailing from Canada gave effective tips for classical dances and provided training to 98 participants. Principal Prof Dr. Mrs. Ajay Sareen presented planters and paintings to honour Dr. Anjul and Prof. Ritika. She felt elated that Dr. Anjul is an alumna of HMV. Principal Sareen congratulated Dr. Pooja Manhas for the organization of the workshop. Dr. Anjul is giving training of Kathak to students in Canada from the last ten years. Prof. Ritika also told the students about different taal and mudra of dance. Dr. Anjul felt honoured to be at HMV and thanked Dr. Ajay Sareen for giving her an opportunity to train the students



MARCH 2

An extension lecture on Legal Awareness

The Legal Literacy Club and Adult Education Society organized an extension lecture on Legal Awareness: An Essential Attribute of Education in Modern. On this occasion, Sh. Jaapinder Singh, Chief Judicial Magistrate-cum- Secretary District Legal Services Authority, Jalandhar and Mrs. Ritu Grover, Deputy District Attorney (Legal), Maharaja Ranjit Punjab Police Academy Phillaur were the chief guests. Sh. Jaapinder Singh gave the details of public benefitting policies initiated by the department. Mrs. Ritu Grover spoke on the rights of women in the constitution. Principal Prof. Dr. (Mrs.) Ajay Sareen said that the aim of this lecture was to familiarize the students about their rights. Students of Adult Education society were given kits which would be used for teaching the illiterate adults. Mrs. Alka, Incharge Legal Literacy Club were also present.



Mr. Jaganath, Dr. Nidhi Bal, Incharge Adult Education

MARCH 4

Rishi Bodhutsav celebrated with Langar

To mark the celebrations of Rishi Bodhutsav a langar was served by the Faculty and Staff. The ambience gave a spiritual feel with everyone donning the saffron Om Patakas and reciting the Gayatri Mantra. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the members and told that Maharishi Dayanand Saraswati got enlightened on this very day and henceforth this day is celebrated as Rishi Bodhutsav.



Visit of students of Cosmetology to Dr. Harpreet's Skin Aesthetics Centre for the demonstration of Botox treatment, Face fillers, Hair transplant, Laser hair removal, Thread lifting & Liposuction.

One day SSB Training Programme

NCC Unit conducted a one day Service Selection Board (SSB) training workshop. Principal Prof. Dr. (Mrs.) Ajay Sareen, Guest of Honour Col. Jasbir Singh and Speaker of the day Er. Ankitpal Singh lighted the knowledge lamp. Col. Jasbir Singh encouraged the students to become good citizens. Er. Ankitpal Singh gave the students tips to crack SSB interview and developing leadership qualities. About 200 students attended the workshop along with Incharge NCC Mrs. Saloni Sharma, Ms. Sonia Mahendru, Caretaker Army Wing, Mrs. Purnima Caretaker Air Wing, NCC Unit of HMV.

**MARCH 5**

Km. Harmanpreet Kaur, BA Sem-IV, was selected to conduct research on 'Role of Indian Youth in Shaping Italian Society: Positive or Negative' under the supervision of Ms. Nandini and sponsorship of Shaheed Baba Deep Singh Seva Trust in Bergame, Italy.



Km. Ginni Rana, BA Sem II, has been selected for paper presentation in International Conference on 'Social Movements' at Chicago. The conference is being organised by IIERD (International Institute of Education, Research and Development).

MARCH 6

Visit to Verka Milk Plant

P.G Department of Commerce and Management organized an educational cum industrial visit to Verka milk Plant, Jalandhar. Total 52 students from B.Com visited the plant along with faculty members Mrs. Yuvika and Mrs. Ritu Bahri. The team was accorded a warm welcome by Er. Rakesh Joshi. The Production incharge explained various processes for preservation and pasteurization of milk, production of cheese, curd, kheer, butter, lassi and desi ghee. In afternoon students visited Sada Pind and experience flavours of Punjab in a Punjabi Culture Living Village Museum.



MARCH 6

Whirl and Twirl with Tarsem Jassar at HMV



The ebullient students of Hans Raj Mahila Maha Vidyalaya enjoyed the visit of 'Rab Da Radio' fame singer and actor Mr. Tarsem Jassar to their heart's content. The spirited Principal of the college Prof. Dr. (Mrs.) Ajay Sareen, Mrs. Navroop, Dean Youth Welfare, Dr. Ramnita Saini Sharda, Dean Innovations, Dr. Ekta Khosla, Dean Examinations, Mrs. Kuljit Kaur Athwal, Dean Holistic Growth and Mrs. Veena Arora, Dean Outreach Programmes presented a planter and phulkari to Mr. Tarsem Jassar. Mr. Kulbir Jhinjer was also gifted with a planter. The event was organized and coordinated by Mrs. Navroop and Dr. Nidhi Bal. Very enthusiastically Mr. Tarsem Jassar invited the students to watch

his new movie which is grounded in culture and tradition. He made the occasion vibrant by reciting his famous songs.

NCC Cadets participated in Republic Day Parade and PM Rally

It is a matter of great pride that NCC students of HMV participated in Republic Day camp and PM Rally. Republic Day camp represents all parts of India and is a 'Mini India' in itself. Cadet Parneet Kaur was selected as a Senior Air Wing Cadet out of 12 Lakh cadets from Punjab, Haryana, Himachal Pradesh and Chandigarh. Her National Integration Awareness Programme (NIAP) team won first position. She was honoured by Vijayendra Pal Singh Badnore, Governor of Punjab and ADG of Punjab, Haryana, Himachal Pradesh and Chandigarh - Maj. Gen. R.S. Maan. Cadet Parneet Kaur and Cadet Nitika Singh presented cultural programme presided by PM Sh. Narendra Modi.



MARCH 7

MARCH 8

International Women's Day



Chandrayaan Vipnet Club, Physics department celebrated International Women's Day in association with Fine Arts department. Various competitions like card making, painting, artificial flower making, pot designing, photography, best out of waste, cooking without fire were organized to enhance the artistic qualities of the students. 200 students of different classes of the college participated in the event. Judges of the events were Dr. Neelam Sharma, Dr. Rakhi Mehta, Mrs. Deepshikha, Mrs. Navneeta, Dr. Seema Marwaha, Mrs. Rama Sharma, Mrs. Purnima and Mrs. Aishwarya. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the winners.

MARCH 8

National Symposium on "Algebra and Number Theory"

The P.G Department of Mathematics organized one day Symposium on "Algebra and Number Theory" sponsored by National Academy of Sciences, India. Prof. Gurmeet Kaur Bakshi (Chairperson, Deptt. of Mathematics, Panjab University, Chandigarh) and Prof. Madhu Raka (CSIR Emeritus Scientist, Deptt. Of Mathematics, Panjab University, Chandigarh) were the resource persons for the day

**MARCH 9**

Essay Writing Competition

To celebrate the International Women's Day, the Department of History organised Essay Writing Competition on the topic, "My Favourite Dynamic Women Ruler of The World".

**MARCH 9**

Workshop on Design and Silhouttes

One day workshop was organized by Bachelors of Design department on Design and Silhouttes facilitated by technical expert Mr. Pritpal Singh. The workshop opened with the words of encouragement by Principal Dr. Ajay Sareen. The faculty members headed by Dr. Rakhi Mehta learnt the techniques of designing, stitching and cutting.

Health Awareness Seminar on HINI Virus

Health Awareness Seminar on Swine Flu (HINI Virus) was organized by department of Zoology and Botany in collaboration with Civil Hospital, Jalandhar. Principal Prof. Dr. (Mrs.) Ajay Sareen, Dr. Seema Marwaha and Dr. Anjana Bhatia extended green welcome to Dr. Satish Kumar, District Medical Officer and Dr. Shobhna Bansal, IDST who were the resource persons of the day. Dr. Satish enlightened the students about the abbreviation of HINI used along swine flu, its mode of transmission, symptoms and precautions to be followed

**MARCH 11**

Salok Writing Competition

**MARCH 11**

Department of Sanskrit organized inter class Salok writing and poster making competition which was judged by Mrs. Navroop, Dr. Ramnita Saini and Dr. Jyoti Gogia.

MARCH 11

Workshop on Knitting

Mrs. Arunima Sood, the First lady of HMV was invited as a guest to conduct a workshop on Knitting. The students of B.Sc Sem-IIInd, B.Voc Sem-IIInd & ADFD Sem-IIInd attended the workshop where they learnt about making knit & quarter stitches. She told that studies have found the rhythmic and repetitive action of hand knitting helps to prevent and manage stress, pain and depression, which in turn strengthens the body's immune system.



International Workshop on Relaxation Techniques

The Freudian Psychological Society organized an International Workshop on Relaxation Techniques for Coping with Stress. The resource person for the workshop was Dr. Hina Chatha, Registered Psychologist, College of Alberta, Canada. Principal Dr. Ajay Sareen and Dr. Ashmeen Kaur, HOD Psychology welcomed her with a planter. Dr. Hina Chatha helped the students to understand what exactly stress is and how to overcome and cope with the various kinds of stressors.



Two day workshop on 3Ds Max by Bachelor of Design department was organized in which Ms. Smiley unfolded the intricacies of residential modeling, front elevation, 3D view, rendering etc.

MARCH 12

Trip To BDM Industries

A one day industrial visit to BDM industries Gagret District Una Himachal Pradesh was arranged to impart the students with the practical knowledge about how the industries work. Total 52 students of B.Com along with faculty members Mrs. Anchal and Mrs. Maha Arora visited the industry and were greeted warmly by General manager. Mr. K. C. Katna and HR manager Mr. Rajesh Soni. The industrial visit was followed by the visit to Bombay picnic spot.

MARCH 13

Cheers and Screams for Binoo Dhillon and Mandy Takhar

The bubbly throng of students erupted into screams and cheers when they caught the glimpse of Binoo Dhillon and Mandy Takhar entering the Ragini Auditorium. The visit which formed a part of the promotion of their upcoming movie 'Band Vaaje' was organized under the dynamic guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen and coordinators Mrs. Navroop and Dr. Nidhi Bal. Principal Dr. Ajay Sareen gave best wishes to the star cast for their movie and appreciated the movie for its depiction of culture and traditions of Punjab.



MARCH 13

Umanita 2019

NSS Unit organized Umanita for the NSS volunteers in which the Chief Guest, Principal Dr. Ajay Sareen motivated the students to dedicate their lives to the service of the society and the nation. Helping others lead to a sense of satisfaction and lends a positivity to the personality. She distributed prizes to the winners of the competitions organized by the unit.

MARCH 14

National Seminar on Amrita Pritam : Golden Memories

The PG department of Punjabi organized National Seminar on Amrita Pritam: Golden Memories. The chief guest of the occasion was Padamshri Surjit Patar. Principal Dr. Sareen said that our precious Punjabi literature should be translated into Hindi and English language so that everybody can read that literature. Secretary DAVCMC Sh. B.K. Mittal appreciated the efforts of Punjabi department and congratulated the college authorities. Chief guest Padamshri Surjit Patar said that Amrita Pritam is a very bright name in the world of literature. He said that Punjabi is not the language of five rivers rather it is the language of seven oceans now. Vote of thanks was presented by Secretary DAVCMC Sh. Arvind Ghai. Mrs. Amia Kunwar, Biba Balwant and Dr. Ravinder shared their memories of the times spent with Amrita Pritam. A documentary film made by Dr. Harjit Singh, Film Director and Producer was also shown which presented the life of Amrita and Imroj. A Kavi Darbaar was organized towards the end of the day.



MARCH 14 Pie Day

Department of Mathematics celebrated Pie Day by organizing Paper writing competition on application of Maths in various fields. Students discussed the application of Maths in real life.

MARCH 15 Trip to Dainik Jagran

PG department of Commerce & Management organized one day trip to Dainik Savera (printing press), Jalandhar to impart the students with the practical knowledge about the working in printing press and the publication of newspaper.



National Seminar on Increasing Participation of Women in Science and Technology



MARCH 16

The Equal Opportunity Cell organized a National Seminar on Increasing Participation of Women in Science and Technology in collaboration with National Commission for Women, Govt. of India. The inaugural function was graced in presence of illustrious personalities Dr. H.S. Bhalla, Deputy Director DPI(C), Pb., Dr. Vinita Sharma, Former Advisor and Head DST and Dr. Purnima Sharma, Managing Director Biotech Consortium. The galaxy of stars present on the occasion included the names of Dr. Saroj, Dr. Jitender, Dr. Sharda, Dr. Ragbir, Dr. Upma and Dr. Prabhjit. Dr. Ramnita Saini Sharda, Dean Innovation, in the capacity of the master of ceremonies elaborated on the glorious history and unique ventures of the institution. Introducing the concept note Dr. Anjana Bhatia, Dean Equal Opportunity Cell and coordinator of the seminar, expressed concern for the slight number of women in STEM. An inspiring message for the seminar by Ada Yonath Nobel Laureate and an encouraging video by first woman Vice Chancellor Dr. Pankaj Mittal were showcased. The lady with a scientific temper and vision, Dr. Ajay Sareen welcomed the distinguished guests and told that the aim of this seminar is to work for gender neutralization in every field. Hon'ble Justice (Retd.) N. K. Sud gave his blessings saying that women themselves can empower their self. The esteemed chief guest, Dr. H.S. Bhalla congratulated the institution and addressed the gathering by saying that women are in fact superior to men. Though our societal set up poses a threat to women safety but the women need to overcome these problems and prove true to their capability. The keynote speaker Dr. Vinita Sharma asserted that no nation can progress if half of its population i.e. women are held back. She offered a comprehensive view of the situation in India and shared her experiences.

The valedictory session was presided over by esteemed Mrs. Kavita Khanna, a social worker and wife of Ex. Member Parliament Late Sh. Vinod Khanna Ji. Dr. Seema Marwaha, HOD Zoology and Convener gave a vote of thanks.

MARCH 16

Societe en Cadre organized at HMV

The department of Sociology organized a multi-hued Inter College competition entitled Societe en Cadre in the events of poster making, choreography, short story writing, news reading and photography. Principal Prof. Dr. (Mrs.) Ajay Sareen graced the occasion as the chief guest and was accorded a warm welcome and presented a planter by Dr. Ramnita Saini Sharda and Ms. Nandini Budhia. The event witnessed the presence of Mr. Sahil Ohri, Mrs. Anuradha Thakur, Mr. Nikhil Basson, Mr. Sukhwinder Singh, Mr. Inderjit Singh, Ms. Damanjeet Kaur, Mr. Sony, Mrs. Nidhi Mittal, Mrs. Ritika and Mr. Rahul Saini as Judges. Principal Prof. Dr. Sareen, Dr. Ramnita Saini Sharda and Ms. Nandini congratulated the winners and distributed medals and certificates to them.

**MARCH 18**

HMV students won First Runner-up Trophy at Khalsa College

The students of Mathematics department won first Runner up trophy at Lyallpur Khalsa College Jalandhar. They participated in the event of National Mathematics Day. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Head of Mathematics department Mrs. Gagandeep and the students.



Km. Amandeep, Km. Saraswati and Km. Manpreet won a gold and a silver medal each in All India Inter- University Pencak-Silat Championship.

HMV bagged first prize in Wizards'2019

The students of the department of English participated in the Wizards' Quiz competition 2019 organized by JC DAV College, Dasuya. 28 teams from various colleges participated in this inter-state competition.

**MARCH 19**

Shivani Bhadula, Arshia, Muskaan Viridi, Shalini, Pallavi Pahwa and Jasleen bagged first position. Muskaan Viridi received the award of 'The Best Participant'. Principal Prof. Dr. Sareen and Mrs. Mamta, HOD English and Mrs. Binoo Gupta congratulated the winners for their achievement.

MARCH 19

Workshop on Organic Farming

PG Department of Botany organized one day workshop on Organic farming as a part of Industry Academia Interface. Sh. Umendra Dutt, Executive Director Kheti Virasat Mission was accorded green welcome by Dr. Ramnita Saini Sharda, Dean Innovations, Mrs. Meenakshi Sayal, Co-ordinator, Dr. Anjana Bhatia and Dr. Nitika Kapoor. Sh. Dutt explained that organic farming is food system with harvesting of nature with agrobiodiversity and managing the crops ecologically.



MARCH 19

National Seminar on Hindi Rangmanch, Media and Chitrakala



The PG department of MCVP, Hindi Sahitya Parishad and Lalit Kala Parishad organized National Seminar-cum-Workshop on Vaishvik Hindi, Rangmanch, Media and Chitrakala. Dr. Harish Naval, renowned writer and Dr. Sneha Sudha Naval, renowned artist were the resource persons. Introducing the guests, Principal Prof. Dr. (Mrs.) Ajay Sareen said that it is the need of the hour that youth should spend time with elders so that they can learn from their experiences.

MARCH 20

World Sparrow Day celebrated

World Sparrow Day was celebrated by the Innovation cell. Principal Prof. Dr. (Mrs.) Ajay Sareen expressed her concern that our house sparrows are vanishing from our environment and the need of the hour is to take immediate and effective steps to safeguard the life of these birds who have been close companion of humans for numerous centuries. Dr. Ramnita Saini Sharda, Dean Innovation Cell told students that we need to ensure the safety of birds. Co-Dean, Innovation Cell, Dr. Anjana Bhatia told the students that the most important causes of the disappearance of sparrows is increasing radiations from mobile towers, loss of their habitat and lack of grain outside our houses.



Industrial Visit to Kitty Industries

MARCH 21

PG Department of Commerce & Management organised a one day Industrial visit to Kitty Industries Pvt. Ltd., Ludhiana to impart the students with the practical knowledge about how the industries work.

MARCH 22

International Water Day



The Student Council and Multimedia Club celebrated International Water Day by organizing various Inter-class competitions on the theme 'Water is Life-Save it'. These events were adjudged by students. Principal Prof. Dr. (Mrs.) Ajay Sareen honoured the judges and appreciated the students for their efforts and motivated them to take little steps to save water when and wherever is possible. The members of Student Council distributed stickers on Save Water and a rally was also held.

MARCH 22

Lecture on Advancements in Education system

The department of Multimedia organized a guest lecture on Advancements in Education system and Role of Digital Content facilitated by Mr. Gurvinder Singh, HOD CSC, GNDU. He discussed the use of digital content and latest technologies used in industries. He advised students to read and write digital content which will prove beneficial for them in future.



MARCH 23

Mera Rang de Basanti Chola

The Student Council organized Shradhanjali Samaroh to pay homage to Shaheed Bhagat Singh, Rajguru & Sukhdev, the great freedom fighters of our country. On this occasion, Principal Prof. Dr. (Mrs.) Ajay Sareen along with faculty members and staff lighted the candles to pay tribute to the freedom fighters.

MARCH 23

Basant Utsav

Sri Baba Harivallabh Sangeet Maha Sabha organized a musical concert in the Ragini Auditorium to celebrate the Basant Utsav in which Principal Dr.(Mrs.) Ajay Sareen graced as the Chief Guest. Dr. Bhairavi gave a spectacular Sitar performance and mesmerized the audience. Vocal Performance of Arnab Chatterjee brought more colour to the event.

Workshop on Wider Career Perspectives

PG Department of Fashion Designing organized a workshop on Wider Career Perspectives of Computer Aided Designing under Industry Academic Interface. Mr. Manoranjan Singh Sidhu, Ms. Sheena and Mr. Pradeep from Reach technologies Delhi acknowledged the students on the role of CAD in Apparel industry and imparted knowledge of various CAD softwares.

MARCH 23



MARCH 25

Trip to Jagatjit Industry

Department of Biotechnology arranged one day trip to Jagatjit Industry Hamira where students got the opportunity to learn about malting, fermentation, distillation etc.

Workshop on "Industrial Academia Interface"

Two day workshop on "Industrial Academia Interface" was organized by the Department of Zoology. The resource persons were Dr. Rajeshwari (Gynecologist, Chawla Nursing Home, Jalandhar), Mr. Jagjiwan (Senior Lab. Technician, Synergy Lab., Jalandhar) and Ms. Jatinder Kohli (Lab. Technician, Satyam Hospital, Jalandhar).



MARCH 26

Nukkad Natak 'Vehengi'

On the occasion of World Theatre Day, The Red Art Theatre Team of Patiala presented play 'Vehengi' in Kirti Hostel. Coordinator Mrs. Meenakshi Syal, Incharge Maharishi Kalidas Dramatic Club Mrs. Veena Arora and Hostel Supdt. Mr. Lakhwinder Singh welcomed Red Art Team with planters. Mrs. Veena Arora said that theatre plays an important role in social, economical and political changes.

MARCH 27

HMV Rugby Players selected for Indian Coaching Camp

HMV Rugby Players represented GNDU Amritsar in All India Inter University Rugby Championship 2018-19 held at Bhubneshwar (Orissa) and got 2nd position. 6 Players got selected for Indian Coaching Camp Rugby which was held at Bhubneshwar. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team and Coach Mr. Sunil Kumar, Sports Co-ordinator Miss Harmeet Kaur.



MARCH 28

Industrial trip to Printwell Printing Press



One day Industrial visit by the Department of Multimedia to Printwell Printing Press, Golden temple and Qila Gobindgarh

MARCH 29

National Workshop on Data Screening and Data Transformation



Department of Economics organized a National Workshop on Data Screening and Data Transformation. Principal Dr. (Mrs.) Ajay Sareen, Dean Academics Dr. (Mrs.) Kanwaldeep Kaur, Head of department of Economics Ms. Shallu Batra welcomed the resource person Dr. (Ms) Priyanka Singh, Academic Associate, Indian Institute of Management, Udaipur. The workshop focused on data preparation, screening and transformation.



MARCH 30

To fill the minds with courage, determination and patriotism the history students of undergraduate classes were shown movie Manikarnika, a saga of Rani Lakshmi Bai. The students were delighted to watch a spectacular show on the undaunting spirit of Rani of Jhansi.



MARCH 31

47 students of BBA and B.Com accompanied by Mrs. Subha and Ms. Karishma visited Madame factory Ludhiana, a leading ladies clothing brand with 121 outlets in the world. The industrial visit was followed by visit to F2 raceways where students had a thrilling experience.



MARCH 31

MARCH 31

An Interactive Session was organized with NCC Cadets during the visit of college alumna Squadron Leader Aradhana Bedi.

PG Department of Commerce and Management organized an Industrial visit to Vardhaman Special Steel Industries, Ludhiana

APRIL 01

Film Award at First Film Festival held at PTU

The students of PG Department of Mass Communication and Video Production clinched two awards at the 1st Film Festival organized by PTU, Kapurthala. "Logout Zindagi", a short film on virtual and real world got the second best film award. Through the film, students showcased the ill effects of technology. Surbhi Tandon received best actress award for the film.



Havana Yajna and release of School Prospectus on April 1, 2019.

**APRIL 02**

Km. Suman got first position in Mini Marathon



Km. Suman participated in 'Run for Vote' Mini Marathon at Jalandhar in which she got first position. This Mini Marathon started from Guru Gobind Singh Stadium. She was honoured with a Medal and cash prize of Rs.5000/-.

APRIL 04

Workshop on Film Making Techniques

The PG Department of Multimedia organized a workshop on "Film Making Techniques" in collaboration with Municipal Corporation Jalandhar under the innovation cell. The resource persons were Mr. Raj Kumar Tuli, Senior Announcer, All India Radio, Mr. Kimti Lal, International Awardee in field of Music and Dance, and Mr. Baljeet Singh, Head of Animation and Multimedia Department, GNE. Prof. Dr. (Mrs.) Ajay Sareen welcomed the guests along with Ms. Aashika Jain (IAS), Joint Commissioner, MCJ. Dr. (Mrs.) Ramnita Saini Sharda said that it will be very beneficial for the students as they will get to know the different techniques and ideas used while making films. During workshop, the resource persons cleared all the concepts of videography, lighting, dialogues, ideas to be used while making a film. They also showcased how movie impacts ones life.

**APRIL 05**

Inter-Class Essay Writing Contest



Planning Forum' organised 'Inter-Class Argumentative Essay Writing Contest' on the topics:- 'Agrarian Crisis in India: The Path Ahead', 'Development in India- With or Without Reservations?' and 'Brexit- Its Worldwide Implications'. Around 70 students of different streams participated in this contest. Mrs Ritu Bajaj, Associate Professor, PG Deptt. of English of the college was the judge of the contest.

APRIL 08

93rd Foundation Day celebrated with exuberance

Hans Raj Mahila Maha Vidyalaya completed its glorious 93 years on 7th April, 2019. To mark the occasion a special assembly was held. Justice (Retd.) Sh. N.K. Sud, Vice President, DAVCMC and Chairman Local Committee graced the occasion as chief guest along with the presence of Sh. S.N. Mayor, Sh. Kundan Lal Aggarwal, Sh. Ashok Paruthi, Sh. Surendra Seth and Dr. Pawan Gupta. The event began with the pious lighting of lamp and recital of DAV Anthem. An inspirational video prepared by the department of Mass Communication depicting the luminous achievements of the institution was showcased. Addressing the gathering, Principal Prof. Dr. (Mrs.) Ajay Sareen bowed to all the stalwarts of Arya Samaj and conveyed the blessings of Padmashree Dr. Punam Suri, President, DAVCMC, New Delhi. Quoting a Chinese proverb, Justice (Retd.) Sh. N.K. Sud said that 'paths are made by walking'. The event proceeded towards the launching of donation boxes under 'Prayas', an initiative of the Innovation Cell, capably lead by Dr. Ramnita Saini Sharda, Dean Innovation. Another venture of the Innovation Cell is the setting up of indigenous earthen water pots for the passer bys, in the green belt area at the entrance of the college. Yet another inauguration witnessed on the eminent day was of the Inno Tech Centre for the use of students.

**APRIL 09**

NCC Awards Day 2019



The NCC Unit organized NCC Awards Day 2019 to honour the achievements of NCC Cadets. On this occasion, the chief guest was Brig. Advitiya Madan, Group Commander, NCC Headquarter, Jalandhar accompanied by his wife Mrs. Nidhi Madan. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed them with planters. Brig. Madan said that NCC not only prepare cadets to join armed forces but also to become leaders in all the fields and excel. He said that he has gone to many institutes but HMV is the only institute in the region which recognizes the achievements of NCC cadets by organizing awards day. On this occasion, 50 cadets of NCC Army and Air Wing were honoured.

**APRIL 10**

Lighting the holy fire in the Havan Kund Justice N.K. Sud, Vice President DAV CMC and Principal Prof. Dr. Mrs Ajay Sareen on the occasion of opening of Swimming pool for the session.

**APRIL 11**

Awards Ceremony under Unnat Bharat Abhiyan

Hans Raj Mahila Maha Vidyalaya organized Awards Ceremony for the students of Certificate Course in Youth Community Service and Sustainable Rural Development, under the aegis of Unnat Bharat Abhiyan. Principal Prof. Dr. (Mrs.) Ajay Sareen and Unnat Bharat Abhiyan Coordinator HMV Dr. Ramnita Saini Sharda welcomed chief guest Prof. Dr. U.N. Roy, Head, Dept. of Rural Development, NITTTR, Chandigarh and Regional Officer, Unnat Bharat Abhiyan. Chief guest Prof. Dr. U.N. Roy motivated the students to think and direct themselves towards building their future in such a way that they could think beyond region, community and nation.



APRIL 11

Syllabi through Reel

'Syllabi through Reel' a trip was organised by the department of Sociology. Students were taken to PVR, MBD Neopolis for the screening of movie 'Kesari' with an objective to provide visual evidence of how a society creates warriors and also to give a diachronic view of heroism of Punjabi community.



Glam girls rock the ramp in Fashionista

APRIL 12

With all their glitter and dazzle the students showcased unique styles designed and created by the students of department of Fashion Designing in the Fashionista – A Glam Show. The chief guests of the glam show Sh. Varinder Kumar Sharma, IAS Deputy Commissioner Jalandhar and Mrs. Parveen Sharma were accorded a warm welcome by Principal Dr. (Mrs.) Ajay Sareen. Dr. Jasmine Bhatara, Mrs. Universal 2016(second runners up) and Mrs. World Earth 2016 underlined the event with her dapper look, as the showstopper. The show flashed the talent and creations of students mentored by renowned designers Mr. Nikhil, Alumni HMV Chitwan and Mrs. Bhupinder Kumar, International Paper Crafter. The glamorously clad girls gracefully strut on the runway in eight diverse round in the presence of distinguished guests, fashion cognoscenti of the city, media partners and sponsors. The round of the tiny tots enhanced

the beauty of the show. The elegant guest round with Dr. Sareen, Mr. Varinder Kumar Sharma and Mrs. Parveen Sharma to be the first to walk on the ramp brought grace and charm to the event.

APRIL 13

Interactive Session on TV News Reporting

The PG Department of Mass Communication and Video Production organized an Interactive Session on Television News Reporting.

Community College Incharge Mrs. Meenakshi Syal and Head of the department Mrs. Rama Sharma welcomed Mr. Aseem Bassi from ABP News with a planter. Mr. Aseem Bassi discussed the current and burning issues that make news. He suggested students to read newspapers and keep themselves upto date about what is happening in the society.



Seminar on sewing machines for the students of BD

APRIL 15

New Session of HMV Collegiate School started with Havan Yajna

The new session of HMV Collegiate Sr. Sec.School started with Havan Yajna. On this occasion, Acharya Dharmabandhu from Gujarat was present. With the chanting of Ved Mantras, Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the new students and sought the blessings of Almighty. Acharya Dharmabandhu also blessed the students and motivated them to work hard in life.

**APRIL 16**

Sports Trials

Hans Raj Mahila Maha Vidyalaya organized Sports Trials in order to select the outstanding players for the session 2019-20. Trials were organized in the field of Athletics, Archery, Swimming, Badminton, Basketball, Boxing, Canoeing, Cricket, Cycling, Fencing, Football, Gymnastic, Handball, Hockey, Judo, Kabaddi (National Style), Karate, Kayaking, Kho-Kho, Tennis, Rowing, Shooting, Softball, Rugby, Taekwondo, Volleyball, Weight Lifting, Wrestling, Wushu and Penchak Silat. Principal Prof. Dr. (Mrs.) Ajay Sareen told HMV offers free boarding, lodging, free equipment and coaching in games concerned.

APRIL 16

Guest Lecture on Financial Risk Management

Mr. Kamaljit Singh, Investment Trainer, Centre for Investment Education Learning (CIEL), delivered a series of guest lectures on financial risk management. The various topics covered in the lectures were Mechanics of future trading, Major characteristics, Trading process' price quotation, Hedging and speculation with commodity futures, Interest rate futures, Currency futures and stock index futures, Types of Option- Stock options, Interest Rate Options, Currency options and trading strategies, Option Pricing Models and swaps.

APRIL 17

Rukhsat 2019

Rukhsat 2019, a farewell party for postgraduate students was organized at HMV. Incharge of the event Mrs. Kuljit Kaur Athwal and Co-Incharge Dr. Sangeeta Arora welcomed Principal Prof. Dr. (Mrs.) Ajay Sareen with a planter. Principal Prof. Dr. (Mrs.) Ajay Sareen emphasized upon work is worship and encouraged the students to leave no stone unturned to come out with flying colours in their future life. Mrs. Kuljit Kaur and Dr. Sangeeta Arora honoured the judges of fashion show Dean Academics Dr. Kanwaldeep Kaur, Dr. Jyoti Gogia and Dr. Anjana Bhatia by presenting them planters. The extravaganza witnessed modelling, dance and fun games.

**APRIL 18**

Farewell-2019 for UG students

HMV organised Farewell-2019 for UG Final Year students. The Farewell Incharge Dr. (Mrs.) Mamta, Co-incharge Dr. Seema Marwaha, Dr. Ashmeen Kaur, Mrs. Sunita Dhawan, Ms. Shallu Batra, Mrs. Urvashi Mishra, Dean Student Council welcomed Principal Prof. Dr. (Mrs.) Ajay Sareen with planter. Principal Prof. Dr. (Mrs.) Ajay Sareen motivated the students and said that for women empowerment, higher education is the only way.



APRIL 18

Inter-Class 'Reel to Real' Competition



Km. Rafia stood first in Essay Writing Competition

Inter-Class 'Reel to Real' Competition in the month of March was organised. Under this competition, a series of internationally acclaimed movies based on Indian social issues was screened and then the students were to submit an analysis based project. Km. Harsimran stood first, Km. Ginni bagged second position, Km. Jaspreet received Third prize and Km. Harmanjit Kaur got br. Third prize.



Workshop by Department of Mass Communication and Journalism

APRIL 19

Inauguration of International Conference on ELT

The Two Day International Conference on Rewriting Methodology: Media and Teaching of English in Modern Culture and Society was inaugurated amongst erudite scholars from Asian countries. Principal Prof. Dr. Ajay Sareen accorded green welcome to the chief guest Sh. B. Purushartha, IAS, Commissioner Jalandhar Division, Justice (Retd.) N.K. Sud, Vice President, DAVCMC and Chairman Local Committee, keynote speaker Dr. Deepti Gupta, HOD English and Cultural Studies, Panjab University and Dr. Shravan Kumar National Vice President ELTAI. Dr. Ramnita Saini Sharda, Convener of the conference and Dean Innovations introduced the concept of the conference. Dr. Sareen conveyed the blessings of Padmashree Awardee Dr. Punam Suri, President, DAV College Managing Committee New Delhi for the conference.



Elaborating on the concept of English Language Teaching the chief guest Sh. B. Purushartha detailed that the methodology needs to be rewritten because language is continuously changing. The keynote speaker Dr. Deepti Gupta drew a comparison between the development of English language in India and European countries. Justice (Retd.) Sh. N.K. Sud conveyed his wishes and said that language is the most powerful tool of communication and every language has its own importance. The guests were honoured by presenting traditional phulkaris, paintings and mementoes. Dr. Z.N. Patil, Dr. Anita Sharma, Sh. Hemanta Raj, Dr. Srinivas, Sh. Hendiwanto, Dr. Saiwaroon, Dr. Darshana, Ms. Motikala Dewan, Ms. Sarita Dewan, Sh. Sirawich were honoured towards the end. A cultural evening was also organized.

**APRIL 20**

International Conference concluded

The valedictory session of the International Conference on Rewriting Methodology: Media and Teaching of English in Modern Culture and Society was presided by Dr. Yubee Gill, Head of Dept. of English, GNDU Amritsar. The convener of the conference Dr. Ramnita Saini Sharda expressed her gratitude towards the guests and said that they have re-learned and reinvented themselves through the medium of this conference. She also told about the MOU signed between Mr. Hendriwanto (Indonesia) and HMV. In his valedictory address Dr. Z.N. Patil thanked all the organizers and said that such platforms bring together scholars from diverse cultures and thus provide an opportunity for great learning.

Chief guest Dr. Yubee Gill also praised the organization and Principal Dr. (Mrs.) Ajay Sareen in particular for the conduct of such intellectual events. Dr. Darshana Samaraweera (Sri Lanka) and Ms. Motikala Dewan (Nepal) felt honoured to be a part of the conference and praised the institution especially for its hospitality in their impressions of the conference. Principal Prof. Dr. (Mrs.) Ajay Sareen expressed her thanks saying that this conference provided ample scope for learning about the culture of other countries along with an enhancement of knowledge.



APRIL 20

Punarmilan 2019



HMV Alumnae Welfare Association (Regd.) organized Alumnae Meet 'Punarmilan 2019' in its campus to reconnect with Alumnae and celebrate their achievements. Principal Prof. Dr. (Mrs.) Ajay Sareen gave her best wishes to the HMV Alumnae Welfare Association (Regd.). She welcomed the gathering to their Alma Mater and said that they all are the inseparable part of the college. Dr. (Mrs.) Rashmi Khurana, President, HMV Alumnae Welfare Association addressed the alumnae through a video message. Mrs. Binoo Gupta, Secretary of the association said that HMV Alumnae Association is the first association which has been registered as HMV Alumnae Welfare Association.

APRIL 22

Workshop on Modern Office Practices for Non-Teaching Staff

Under the IQAC Cell DDU Kaushal Kendra, a one day Hands-on-Training Workshop on Modern Office Practices (MOP) for Non-Teaching staff members of various colleges was organized. The Chief Guest of the occasion was Sh. Arvind Ghai, Secretary, DAVCMC, New Delhi. In her welcome address Principal Prof. Dr. (Mrs.) Ajay Sareen said that it is the first workshop of its kind. Coordinator of the workshop & Dean Academics Dr. Kanwaldeep Kaur said that in order to be successful we need to sharpen our tools, techniques & skills. The objective of this programme is to update new skills with IT tools. The resource person, Ms. Neetu Bhardwaj from 3D Zone told the participants about Corel Draw, Graphics, Vectors and tools. Vote of thanks & report of the programme was presented by organizing Secretary Dr. Ekta Khosla.

**APRIL 23**

Prati-Abhaar for the supporting staff



Paving novel ways, Hans Raj Mahila Maha Vidyalaya organized a thanks giving episode 'Prati-Abhaar' to appreciate the enormous significance of the supporting staff under the benevolent espousal of Principal Prof. Dr. (Mrs.) Ajay Sareen and Coordination of Mrs. Urvasi Mishra, Dean Student Council, Mr. Amarjit Khanna, Office Supdt. and Mr. Ravi Maini, Steno. Principal Dr. Sareen congratulated the organizers and said that it is another step ahead towards the creation of a society where there is no discrimination and HMV feels proud to be the initiator. The members of the supporting staff walked gracefully on the ramp and enhanced the vivacity of the programme. Dr. Kanwaldeep, Dean Academics, Dr. Seema Marwaha Dean Hospitality and Mr. Amarjit Khanna

were vested with the responsibility of judges and were honoured by Principal Dr. Ajay Sareen

APRIL 24

Golden Night for resident scholars

Hans Raj Mahila Maha Vidyalaya organized Golden Night 'Rukhsat 2019' for the outgoing resident scholars. The chief guest of the occasion was Principal Prof. Dr. Mrs. Ajay Sareen. Mrs. Meenakshi Sayal extended a green welcome to the guests. The students showcased their talent by displaying various cultural dance performances-Bhangra and Himachali folk dance. The outgoing students presented an emotional skit on their stay in the hostel.



APRIL 25

Google fake news verification workshop



Two days workshop on Fake News Detection was conducted by PG department of Mass Communication and Video Production. The workshop was conducted by a Google certified trainer Ms. Parul Jain. Principal Dr. Ajay Sareen said that in the era of digitalization, it has now become mandatory for us to differentiate between misinformation and disinformation. Ms. Parul Jain said that fake and misleading news can be prevented on social media with the help of technology and basic principles of journalism. Many other tools are available on google platform, which can help in curbing this trend. A workshop on Assessment of Beliefs, Values and Attitudes was conducted by Ms. Neeti, Head, Department of Psychology, Kamla Nehru College for women Phagwara

APRIL 26

Earth Day Celebrated

The earth does not belong to us, we belong to the earth, keeping this in mind and to sensitize students about promoting a healthy, sustainable habitat for people and wildlife alike. Principal Prof. Dr. (Mrs.) Ajay Sareen and School Co-ordinator Mrs. Meenakshi Sayal extended green welcome to the chief guest of the event Sh. Ajay Goswami, member of Local Committee and industrialist and Arya Samajist and Mrs. Goswami. Students participated in various activities like slogan writing on the topic water conservation, Nest making and Power Point Presentation on environmental issues like global warming, Plastic Pollution and stubble burning in Punjab.

**APRIL 27**

Voters Awareness Rally



Hans Raj Mahila Maha Vidyalaya, Jalandhar organized "Voters Awareness Rally under SVEEP Campaign with the motivation and guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The students and faculty members of Political Science Department hold a rally in the college campus to motivate the students to cast their votes. The students of the age 18 or above 18 who had yet not made their voter cards were made aware to do it timely. They were given information about the online portal.

APRIL 27

Workshop on Stress Management

With the aim of guiding the students about how to relieve themselves from stress, a workshop on "Stress Management" was organized. The resource persons were Mr. Puneet Mahajan, a motivational learner from Batala, Ms. Ridhima, Lecturer in Fine Arts from Khalsa College, Ms. Sheetal and Ms. Shweta. While addressing the students, Mr. Puneet Mahajan laid emphasis on the importance of friendly relationship between parents and children.



APRIL 29

Voter Awareness Campaign

Voter Awareness Campaign was successfully organised at HMV. The Chief guest of the occasion Mr. Jasbir Singh ADC was accorded a green welcome by Principal Prof. Dr. Mrs. Ajay Sareen. The students



formed a human chain and prepared a splendid rangoli on SVEEP in order

to spread a wave of awareness. Encouraging the students to cast their votes Dr. Ajay Sareen said that voting is the fundamental form of civic engagement in democracy which enables people to shape a better future of the nation. Mr. Jasbir Singh urged the young voters to use their voting right and contribute in the democratic set up of the country. The gathering took an oath to cast their votes honestly and unprejudicedly.



APRIL 30

"Clean Sweep in International Cyber Olympiad."



The students brought laurels in SOF, International Cyber Olympiad. Around 60 students of SSC-I and SSC-II participated in the Olympiad. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students for their remarkable achievements. School Coordinator Mrs. Meenakshi Syal also appreciated the efforts of the students.



APRIL 30

Trip to Anandpur Sahib

In order to inculcate the moral values in the students, Chandrayaan Vipnet Club of Physics Department organized a trip to Anandpur Sahib. 40 students of B.Sc final year were escorted by teachers of Physics department Mrs. Saloni Sharma, Mr. Sushil Kumar and Ms. SimmiGarg. Students also visited Virasat-e- Khalsa.



MAY 01

Oscar Winning Documentary Shown to Mass Communication students

The students of PG Dept. of Mass Communication and Video Production were shown Oscar Winning Documentary Short Film Period-End of Sentence. The Indian based documentary short film is based on menstruation and how Indian women fight the stigma of menstruation.

MAY 01

Hobby Classes

A hobby class was organised by the Fashion Designing Department for the students from Shahpur and ladies from rural area to enhance their creative skills. Articles like denim bags, clutch, wall hanging, rangoli (techniques), jewellery etc. were demonstrated by the faculty members.

MAY 01

Faculty Development Programme on Visual and Performing Arts

A seven day Faculty Development Programme on Visual and Performing Arts organized by Department of Music, Dance, Designing and Fine Arts was inaugurated at Hans Raj Mahila Maha Vidyalaya. Mrs. Purnima Beri, a



renowned social worker and Member Local Committee graced the occasion as Chief Guest and was accorded a green welcome by Principal Dr. Sareen, Dr. Kanwaldeep Kaur, Dr. Ekta Khosla and Dr. Ramnita Saini Sharda. Addressing the gathering Mrs. Beri praised the unique and novel ventures initiated by the institution. The keynote speaker Dr. Varinder Kaur, Department of Chemistry, GNDU, Amritsar elaborated on natural dyes and fibres. She discussed the health benefits of cotton, jute and bamboo fibres. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the guests formally and congratulated Dr. Rakhi Mehta, Convener and Dr. Pooja Manhas, Co-Convener for organizing this FDP.

MAY 01

Guest lecture on Market Risk Management

Mr. Kamaljit Singh, Investment Trainer, Centre for Investment Education Learning (CIEL), delivered a series of guest lectures on market risk management. The various topics covered in the lectures were Value at Risk: Historical simulation, model building, stress testing, benefits of managing market risk, scenario analysis and mechanical stress testing. The students were given practical examples of the market risk management practices being followed by the banks.



MAY 02

2nd day of FDP on Visual and Performing Art

The second day of the seven day Faculty Development Programme on Visual and Performing Arts witnessed the presence of Dr. Monika, NIT Jalandhar and Mr. Amit Zurff, Artist, Dainik Bhaskar. Principal Dr. Sareen gave her best wishes to the participants. The first session was facilitated by Dr. Monika Sikka on the topic Innovative Textile. She detailed on innovative and unusual fibres and fabrics used around the world. In the second session, Mr. Amit Zurff elaborated on the topic Moods of Colours and talked about the effect of music on the artists.



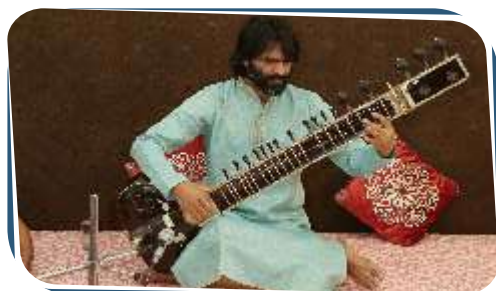
MAY 03

3rd day of Faculty Development Programme

The third day of the seven day Faculty Development Programme was dedicated to Folk Dance and named as 'Steps and Beeps'. Principal Prof. Dr. (Mrs.) Ajay Sareen accorded a green welcome to the resource persons Dr. Sneha Lata Badhwar, Principal Govt. College Ropar and Mr. Harjot, a renowned Folk artist. Principal Dr. Ajay Sareen said that this programme will enable participants to acquaint themselves with recent developments in visual and performing arts. Dr. Sneha delivered a stimulating talk on origin of Folk Dance. The practical session was conducted by Mr. Harjot Singh who gave a demonstration of steps on Dhol.

**MAY 04**

4th day of Faculty Development Programme



The fourth day entitled as 'Rhythms' witnessed the presence of Dr. Neelam Mahendru, Associate Prof., KMV Jalandhar and Dr. Ashok Kumar, Associate Professor, Govt. College, Chandigarh. Dr. Neelam Mahendru addressed the members on the topic 'Music is Meditation' and said that Music requires complete devotion and dedication like meditation. In the second session, Dr. Ashok Kumar elaborated on the topic 'Importance of Rhythm in Sitar Vaadan'. He conducted a practical session on Sitar and mesmerized the members with his spectacular performance.

MAY 05

Thundering Success

National Interactive Science Olympiad (N.I.S.O.) was organised for students of SSC+1 & SSC+2 in which 30 students of Medical Stream participated. Principal Prof. Dr. (Mrs.) Ajay Sareen awarded students with medals and certificated to all participants and appreciated their dedication and hard work. She also motivated the students to continue their efforts and become a keen observer in the field of science.



6th Day of FDP on Visual and Performing Arts

MAY 06

The 6th Day of the FDP was devoted to Fine Arts and witnessed the presence of Dr. Gurcharan Singh, Department of Fine Arts, Kurukshetra University and Mr. Rakesh Sen, World renowned artist and freelancer. In the opening session, Mr. Rakesh Sen spoke on the topic 'Play with Colours'. He dedicated his talk to depiction of Nature, fleeting aspects of colours, shading, new techniques and human expressions in and through colours. In the second session, Mr. Sen discussed the depiction and drawing of flowers under the title Mystic Rose. Dr. Gurcharan Singh expressed his views on 'Transparency of Nature and abstract art'. The day concluded on a positive feedback from the participating members who learnt innovative ways of using colours to express the feelings and ideas.

**MAY 07**

Valedictory Function 'Alvida'

Seven day Faculty Development Programme on Visual and Performing Arts successfully concluded on Tuesday, May 7, 2019. In the Valedictory session Principal Prof. Dr. (Mrs.) Ajay Sareen accorded a green welcome to the Chief Guest Dr. Sushma Chawla, a social activist and a benevolent personality. Dr. Ajay Sareen urged the participants to share and spread the knowledge they have gained during these seven days. Dr. Sushma Chawla felt honoured to be a part of the HMV family and said that the institution is a source of inspiration for others. The participants shared their views and positive feedback calling the FDP as a spectacular conjugation of different forms of Art. Dr. Ajay Sareen, Dr. Sushma Chawla, Dr. Rakhi Mehta and Dr. Santosh Khanna distributed certificates to the participants.



MAY 08

Workshop on Verbal Communication

To develop effective communication skills and to make students aware of the dynamics of communication a workshop on communication skills was organized. School Coordinator Mrs. Meenakshi Sayal extended warm welcome to the resource person Ms. Meenakshi and Ms. Priyanka. The workshop encouraged the students to upgrade their communication skills and shed their inhibitions and negativity.

**MAY 09**

Soaring high

Students of B.Sc. Biotechnology got placed in Compact Diagnostic Pvt. Ltd. in campus placement. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students on being selected and wished them luck for their future and asked students to rise in their future professional endeavours.

**MAY 12**

A mother is like a flower, each one beautiful and unique

The students made their mothers feel wonderfully special as they celebrated the Mother's Day. On this special day, Principal Prof. Dr. (Mrs.) Ajay Sareen inspired the students saying that mothers are the emotional backbone of the family, who have the magic touch to heal and make all things beautiful. School Coordinator Mrs. Meenakshi Syal appreciated the efforts of the students for displaying their creativity. Students participated in card making competition. The competition was adjudged by Dr. Nidhi Bal, Asstt. Prof. in Hindi, Dr. Rakhi Mehta, Asstt. Prof. in Fine Arts, Mrs. Divya Chadha, Home Sc. Dept.



With a Flourish of Trumpets

MAY 14

Students of 12th class brought laurels by their brilliant performance in board results. In Non-Medical, Jaskeen Kaur stood first scoring 95% marks, Kasman got 2nd position scoring 93.1% and Kajal got 3rd position by scoring 87% marks. In Arts Stream, Manika Parmar stood first by scoring 91.5% marks, Puneet Mittal got third position by scoring 90.2% marks. In Commerce Stream, Sanya stood first by scoring 91%, Neha and Palak got 2nd position by scoring 89.3%, Nitika got 3rd position by scoring 89.1% marks. In Medical Stream, Mehak got 1st position by scoring 89.7%, Sakshi Kumari and Kritika Juneja got 2nd position by scoring 87.1% and Aastha got third position by scoring 84% marks.

**MAY 15**

A visit to Pracheen Kala Kendra



40 students from the Department of Dance got the chance to experience and explore deeper levels of classical dance in an educational trip to Pracheen Kala Kendra, Chandigarh organized under the motivational guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen and Coordinated by Dr. Pooja Manhas, HOD, Dance. The enthusiastic students gained information about Pracheen Kala Kendra which is doing yeoman service for the promotion and preservation of Indian Performing and Visual Arts. Students also visited Sukhna Lake and the temple of Mansa Devi to add up to the memories of the trip.

MAY 17

One of the greatest talent is recognizing talent in others and giving them forum to shine

To discover the hidden talents in the fresh students 'Pratibha Khoj-2019' was organized. The students participated in various competitions like Declamation Competition, Poetry Recitation, Cultural Performance, Rangoli Making and Still Life. Addressing the students Principal Dr. (Mrs.) Ajay Sareen said that every student is unique and everyone possesses skill and talent. She advised the students to explore their hidden potential and assured them that they will be guided and supported by the team of experts in various fields.

**MAY 23**

Vedic Chetna Shivir

A five days Vedic Chetna Shivir was organised for the students to make the students aware about moral values, their role and responsibility for the country and culture and to understand the glory of India. Mrs. Meenakshi Sayal and Incharge Mrs. Sunita Dhawan performed the ritual of offering the Havana samagri into the Havana Kund, praying for the welfare and bright future of the students.

**MAY 24**

Flying High

Four students of M. Sc. Bioinformatics Semester-II Ms. Robandeep Kaur, Ms. Pardeep Patra, Ms. Manpreet Kaur & Ms. Diksha Thakur completed 12 weeks NPTEL certification course on "Bioinformatics: Algorithms & Applications" (July 2019). Ms. Robandeep Kaur made a record of clearing another 8 weeks NPTEL course on "Descriptive Statistics with R Software" with 64% marks.

MAY 25

128 students participated in All India Netik Shiksha Exam conducted by Department of Sanskrit.

MAY 27

Guest Lecture on Organ Donation

To raise awareness among students about donating organs and also to encourage general public to sign up to save lives, a guest lecture on 'Organ Donation' was organized. Mr. Aadit Mittal, aged 15, from Doon School, Dehradun encouraged students to improve quality of Human lives through greater organ donation and consciousness. He told students that anyone, regardless of age or medical history can donate organs and one donor can donate upto 25 organs. He also encouraged students to join NOTTO : National Organ and Tissue Transport Organisation and pledge to donate & save lives.

**MAY 28**

5 day Vedic Chetna Shivir comes to a close

The 5 day Vedic Chetna Shivir organized under the generous support of Principal Prof. Dr. (Mrs.) Ajay Sareen came to a successful close. Sh. Kundan Lal Aggarwal (a businessman and member of Local Committee) showed up as the motivational speaker and guest of the occasion. The Shivir began with the sacred ritual of Havan Yajna. Sh. Kundan Lal Aggarwal narrated incidents from the life of Swami Dayanand Saraswati to motivate the students.



MAY 29

National Biodiversity Day

Hans Raj Mahila Maha Vidyalaya, Jalandhar was selected by National Biodiversity Board to create awareness



regarding "Our Biodiversity, Our Food and Health" with the assistance of Punjab Biodiversity Board, Chandigarh. Principal Dr. (Mrs.) Ajay Sareen thanked National Biodiversity Board and said that the institution stands committed for promotion of cultural, traditional and local knowledge about our indigenous varieties. Under this grant, Dr. Anjana Bhatia and Dr. Monika Mahajan carried out a research study and prepared a report on disappearing millets of Punjab. On this occasion, a workshop on Punjab Biodiversity was organized. Ms. Roopsi Garg from Kheti Virasat Mission apprised the students about Biodiversity of Punjab and need to increase diversity in crops.

MAY 30

Fashion Designing students ready for a start-up

Giving wings to the young designers the Incubation Cell of the HMV organized a mentoring workshop of Fashion Designing students. This is a first of its kind workshop in the region said Ms. Winky Singh, the mentor who is owner of 'Ministry of Design', a unique boutique at New Delhi. The students have been provided a platform to work while they study and by the time they will finish their degree they will be earning a handsome amount and be ready for a start-up while they are studying. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Dr. Ramnita Saini Sharda, Incharge Incubation Cell and Mrs. Navneeta Coordinator of the mentoring programme for taking this initiative.

**MAY 31**

An HMV Edge

Leading the students to the realization of their full potential and giving them an edge above others, Hans Raj Mahila Maha Vidyalaya organized a series of verbal ability classes. The prize distribution function for honouring the brilliant performers of the classes was organized in which Mr. Irwin Khanna, Member Local Committee graced as the chief guest. Dr. Ramnita Saini Sharda, Coordinator of the classes briefed that the classes were conducted in collaboration with trainers from Terra-Education. This massive drive lead by HMV made it the first college in the region to impart the training of soft skills to all the students of the institution. Principal Prof. Dr. (Mrs.) Ajay Sareen conveyed her thanks to Terra-Education for putting untiring efforts for the benefit of the students. Calling it an HMV-edge a self devised yardstick, she wished the students to reflect the image of HMV through their modesty and deportment. Mr. Irwin Khanna, Member Local Committee emphasized on the role played by teachers in moulding the life of the students. Mr. Rohan Mehra expressed his thanks for the support he received from the institution. Students heaped high praise on the institution for giving them the wonderful opportunity. Terra Education honoured Dr. Ajay Sareen and Dr. Ramnita Saini Sharda for undertaking this novel venture.



JUNE 01



Amidst the reverberations of Om Dhvani the Non-teaching staff of Hans Raj Mahila Maha Vidyalaya organized the monthly Havan Yajna under the benign support of Principal Prof. Dr. Mrs. Ajay Sareen



HMV celebrated "World No Tobacco Day" with an intent to spread awareness amongst citizens

JUNE 03

Yoga and Meditation Session for the resident scholars

Yoga and Meditation session was organised for resident scholars. Mrs. Sunita Dhawan and Mrs. Meenakshi Sayal, Coordinator resident scholars welcomed the resource person Mrs. Bindu Kohli, Assistant Prof. in Cosmetology. Mrs. Kohli informed the students about the importance of Yoga and Meditation in human life. Principal Prof. Dr. (Mrs.) Ajay Sareen motivated the students to make Yoga and Meditation, a part of their routine for happy and healthy life.



JUNE 07



Under the umbrella of Summer Finishing School hobby class was conducted on sustainable fashion designing to mark world environment day. Principal Dr. Ajay areen congratulated the students and wished them a pleasant and gainful learning experience.

JUNE 08

Scholarships to the students of HMV Community College

Diploma for Medical Lab Technician, Diploma in Tourism and Hospitality, Diploma in Organic farming, Diploma in Journalism and Media, Advance Diploma in Fashion Designing are running under Community College Scheme of UGC approved by Ministry of Human Resource Development. Students who have successfully completed their first semester were given scholarship worth Rs. 6000/- by Principal Prof. Dr. (Mrs.) Ajay Sareen.



JUNE 09

A motivational lecture organized at HMV

Nurturing a culture of excellence Hans Raj Mahila Maha Vidyalaya is committed to providing value based education to its students. Motivating the students Principal Prof. Dr. (Mrs.) Ajay Sareen advised them to instil positive thoughts and lead to fearless life living in harmony with others. Dr. Anjana Bhatia, HOD Botany, Mrs. Mamta, HOD English, Mrs. Sunita Dhawan, HOD Sanskrit and Mrs. Meenakshi Sayal, Co-ordinator Resident Scholars inspired the students to walk righteously on the paths of life.



JUNE 12

Psychological Testing for Career Counselling during admission



Hans Raj Mahila Maha Vidyalaya has added another feather to its cap by introducing psychological testing for career counselling during admission. Under the able guidance of Principal Prof. Dr. Mrs. Ajay Sareen, the department of psychology is rendering services of psychometric testing to students seeking admission in undergraduate and post graduate programs. Principal Prof. Dr. Sareen congratulated HOD Dr. Ashmeen Kaur for this endeavour.

JUNE 13

HMV organized Chabeel on Nirjala Ekadashi

Marking the occasion of Nirjala Ekadashi, which falls on the eleventh lunar day of the waxing fortnight in the month of Jyestha, Hans Raj Mahila Maha Vidyalaya organized a chabeel and served sweetened cold water to the passers-by, under the benevolence and generosity of Principal Prof. Dr. (Mrs.) Ajay Sareen. Emphasizing the significance of this sacred Indian practice of serving water, Dr. Ajay Sareen said that it is a pious and virtuous duty which provide relief to the people from scorching heat wave.

**JUNE 16**

HMV declared Excellent College by Outlook

Recognizing the scads of humanitarian efforts and altruistic initiatives to promote social conscience, and calling Principal Prof. Dr. Mrs. Ajay Sareen a futuristic, vibrant and innovative educationist, Outlook, a reputed magazine, ennobled Hans Raj Mahila Maha Vidyalaya by declaring it as an excellent college. The magazine enumerated the copious ventures undertaken in collaboration with District Administration, NGOs, MNCs, educational institutes which include starting Project Green Jalandhar, installing waste paper recycling unit, teaching students of slum areas, adopting villages under UBA, providing free skill enhancement programmes, creating awareness for voting, establishing first food forest and IT enabled campus, replacing convocation gowns with traditional Angvastras, launching Legal Literacy Cell, Cyber Law Cell, HMV On-campus Radio, HMV Mobile App and many more in the list. All this sums up just a period of three years since Principal Dr. Ajay Sareen joined this college. It goes without saying that Principal Dr. Ajay Sareen has ushered a belle epoque of Hans Raj Mahila Maha Vidyalaya.

JUNE 18

Bridging Industry-academia Gap

Taking cognizance of the need for building a specialized workforce for strong sustainable and balanced growth of the economy, PG Department of Commerce and Management of Hans Raj Mahila Maha Vidyalaya, Jalandhar has introduced B.Com Financial Services from the current academic Session i.e. 2019-20. College Principal Prof. Dr. (Mrs.) Ajay Sareen said that HMV has always been working towards bridging the industry academia gaps and giving its students wings to fly. The course is aimed at imparting the skills to students and making them specialists particularly in the field of financial services. Dean Academics and Head of the Department, Dr. (Mrs.) Kanwaldeep Kaur said that the financial services play a crucial role in the development of an economy. There is no scarcity of workforce in India. The only thing required is their proper training.

JUNE 20

CATC camp organized at HMV

A 10 days combined annual training camp for NCC cadets was organised by 2 Pb. Girls BN at HMV College Jalandhar. 400 Cadets from various institutions are there to attend the camp. Training would be imparted to the cadets on various subjects such as drill, weapon training, map reading, first aid, adventure, self defence, military history, physical fitness, field craft and battle craft. The Commanding Officer Col. Jasbir Singh gave the presidential address and spoke about training, discipline and motto of the camp. GCI Sandeep gave knowledge about Aim, Structure and the flag of NCC. On this occasion, Incharge NCC Mrs. Saloni Sharma and CTO Army Wing Miss Sonia Mahendru were also present.



JUNE 21

International Yoga Day celebrated with enthusiasm at HMV

International Yoga Day was celebrated in the premises of Hans Raj Mahila Maha Vidyalaya, Jalandhar with great enthusiasm under the aegis of 2nd Pb. Girls Battalion, NCC Jalandhar. The Yoga Day celebrations were presided over by Dr. Satish Sharma, Director, DAV College Managing Committee, New Delhi, Mrs. Kusum Sharma & Principal Prof. Dr. (Mrs.) Ajay Sareen. Under the guidance of Commanding Officer Col. Jasbir Singh & Adm. Officer Major Viji, the Yoga asans were practised by Lt. Keemti. 550 students from different institutions participated energetically in the Yoga Camp. HMV has been selected as Nodal Centre for Yoga by 2nd Punjab Girls Battalion, Jalandhar. Principal Dr. Ajay Sareen motivated the students and asked them to make Yoga an integral part of their lives.

**JUNE 25**

NCC cadet of HMV earned accolades

NCC cadet Rajveer Kaur, Air Wing brought honour to the name of Hans Raj Mahila Maha Vidyalaya by winning prizes in the National level camp "EK BHARAT SHRESHTHA BHARAT – I" held at Madhav Vidya Niketan, Amritsar from 4th June to 15th June 2019. She participated in various activities and won a Gold Medal in Mike-co-ordinator competition. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the cadet and co-ordinator Mrs. Saloni Sharma and Incharge Air Wing Mrs. Purnima.

**JUNE 26**

Awareness Campaign against Drug Abuse

Contributing towards elimination of drugs from the country, the NSS and NCC units of Hans Raj Mahila Maha Vidyalaya organised a special event "Drugs – The Destroyer" on International Day against Drug Abuse and Illicit Trafficking. Calling it a psychological disease Principal Dr. Ajay Sareen said that drugs weaken the mind and heart and ultimately the body succumbs to it. She motivated the students to participate in the movement to curb the menace of drugs and seek values from Indian culture and traditions. On similar notes NSS Programme Officer. Dr. Anjana Bhatia urged students to fully support the awareness campaigns. Ms. Sonia Mahindru, NCC Incharge also encouraged the students to lead the society towards the right direction and make the people aware of the consequences of drugs intake. The volunteers and cadets were also shown a video depicting the evil of drug abuse and an awareness rally was organised.

JUNE 27

Cdt. Mansi brings laud and honour to HMV

Cdt. Cpl. Mansi Sharma of NCC Air Wing Hans Raj Mahila Maha Vidyalaya got second position in Inter-Battalion Best Cadet Competition and brought glory to the name of the Institution. She received a cash prize of Rs. 3500/- for winning the competition. She performed spectacularly in events of 22 firing, drill test, written test and interview and secured second position among participants from 8 battalions under the Jalandhar group. She accentuated the moment by giving the credit of her success to the motivation received from Principal Prof. Dr. (Mrs.) Ajay Sareen, Mrs. Saloni Sharma (NCC Incharge) and Mrs. Purnima.



Faculty Corner

Appreciations

Mrs. Navroop Kaur received Appreciation Certificate for Judgement on National Voter's Day-2019 by Office of Deputy Election Commissioner -cum -District Election Officer, Jalandhar

Mrs. Navroop Kaur received Special Honour from Bhai Kahn Singh Nabha Rachna Vichar Munch in 22nd Nabha Kavita Utsav 2019 on 12 March, 2019

Mrs. Navroop Kaur received Appreciation Certificate from Rotary International at District Conference held from 23-24 Feb. 2019

Dr. Ramnita Saini Sharda was honoured by District Administration in recognition of her outstanding dedication and contribution towards Community Service on Republic Day, 2019

Dr. Ramnita Saini Sharda is the Founder Convener of Jalandhar Chapter of ELTAI, Vice Chairperson of All Ladies League, Jalandhar, Joint Secretary (Punjab), EFSLE, Master Trainer Buddy Program, Master Trainer Gender Issues Ministry of Environment, Forest and Climate Change, Govt. of India, Member Committee Jalandhar Active Citizens

Dr. Ramnita Saini Sharda received an Appreciation Certificate in the capacity of Over All Co-ordinator of events on National Voters' Day from Sh. Varinder Kumar Sharma, IAS, Deputy Commissioner-cum District Election Officer, Jalandhar

Dr. Prem Sagar received 'Sadhna Rattan' Award in Annual Prize distribution function at Mehar Chand Polytechnic College, Jalandhar

Mrs. Navneeta received special Guest of Honour recognition from DAV Centenary College, Phillaur for conducting Workshop on Sustainable Fashion.

Dr. Nidhi received an Appreciation letter as Co-ordinator District Conference organized by Rotary Club

Mrs. Alka received an Appreciation Certificate for Administrative Assistance on National Voters' Day from Sh. Varinder Kumar Sharma, IAS, Deputy Commissioner-cum District Election Officer, Jalandhar

Ms. Nandini received a Certificate of Appreciation as Event Co-ordinator on National Voters' Day from Sh.



Varinder Kumar Sharma, IAS, Deputy Commissioner-cum District Election Officer, Jalandhar

Ms. Nandini received a Certificate of Appreciation as Correspondence Co-ordinator in Kala Sirjan

Research Profile

Publications/Presentations

Mrs. Navroop Kaur presented a paper in International Conference at Gujranwala Guru Nanak Khalsa College, Ludhiana & Parvasi Sahit Adhiyan Kendra and Punjab Bhavan, Surrey (Canada) on the topic "Parvasi Nari Kavita Vich Utter Adhunikta" (21-22 Feb. 2019)

Mrs. Navroop Kaur presented a paper in Vishav Punjabi Sahit Conference at Punjabi Sahit Adhiyan Vibhag Punjabi University, Patiala on topic of "Parvasi Punjabi Kavita: Samkali Smajik Sarokar" (9-11 Jan. 2019)

Dr. Neelam Sharma presented a Paper Titled "Potential of triorganotin derivatives of ligands containing Sulphur and carboxylic acid groups as anticarcinogenic agents." in the 8th National Symposium on Advances in Chemical Sciences held during 16 March, 2019 at Department of Chemistry, Guru Nanak Dev University, Amritsar.

Dr. Ekta Khosla presented a paper titled "Green Synthesis of Gold Nanoparticles using Eucalyptus Leaves" in INBIX-2019 during 22nd and 23rd February 2019 at Hans Raj Mahila Maha Vidyalaya Jalandhar

Dr. Ekta Khosla Presented a paper Titled "Green Synthesis of gold nanoparticles" in 22nd Punjab Science Congress during 7th to 9th February 2019 at DAVIET Jalandhar



Dr. Seema Marwaha published a chapter "Epidemiology of AIDS" in the Book 'Current reviews in Science and Technology'

Dr. Seema Marwaha published a paper entitled "Promoting Media Advocacy for Women in Science" in Book 'Development in Science and Technology', UNIMAX Publications, ISBN No. 978-93-83730-71-1

Dr. Seema Marwaha published a paper entitled "Gender inequality in Science and Technology" in Book 'Development in Science and Technology', UNIMAX Publications, ISBN No. 978-93-83730-71-1.

Dr. Ramnita Saini Sharda presented a paper titled Literature in Translation: Lost in Translation on bridging the gaps and acted as a Chairperson in National Conference on Language and Literature: Transgressing Boundaries, organized by The Foundation for the Study of Literature and Environment (A Chapter of ASLE-USA) at MREI Campus Faridabad, Haryana.

Dr. Ramnita Saini Sharda presented a paper titled 'AWoman: Indigenous Technology and Sustainability' in National Seminar on "Increasing participation of Women in Science and technology" on 16 March, 2019 at Hans Raj Mahila Maha Vidyalaya, Jalandhar.

Mrs. Saloni Sharma presented a paper titled "Effect of Gamma radiations on Structural properties of PVC/PANI composites" during 22nd Punjab Science Congress held at DAV Institute of Engg. And Technology, Jalandhar on 7-9 February, 2019, (ISBN: 978-81-923858-8-4).

Mrs. Saloni Sharma presented a paper entitled "Modifications in structural, optical and thermal properties of PVC-Polyaniline composites thin films" in National Symposium on Nano structured materials: Structure, Properties and Applications" on 22-23 Feb, 2019 at KVM Jalandhar

Mrs. Saloni Sharma presented a paper entitled "Conducting polymers for Energy Storing and Energy saving devices" in National Seminar on "Increasing participation of Women in Science and technology" on 16 March, 2019 at Hans Raj Mahila Maha Vidyalaya, Jalandhar

Mrs. Kuljit Kaur published 5 book reviews and 4 articles in Daily Ajit

Mrs. Veena Arora presented a paper in International Conference at Punjabi University Patiala on the Topic of Parvas Diyaan Samsaysava te Punjabi Rangmanch on 9 January, 2019.



Mrs. Veena Arora presented a Paper in International Conference on the topic Ravinder Ravi de Natak Bimaar Sadi da Theemak Adyan on 21 February, 2019 at GGN Khalsa College, Ludhiana.

Mrs. Gagandeep presented a paper titled Ball Convergence Theorem and Dynamical study of an Iterative method in Banach Spaces in 22nd Punjab Science Congress organized by DAVIET Jalandhar on February 7-9, 2019.

Mrs. Kajal Puri presented a paper in International Conference on "Emerging Trends in Engineering And Management" (ICETEM-2019) Titled "Ehrm- As A Tool For Job Satisfaction" on April 27, 2019 organized by Lyallpur Khalsa College of Engineering & KCLIMT in association with IKGPTU, Kapurthala & University Of Kwazulu-Natal, South Africa and awarded with Best Paper Award in Management Category.

Mr. Harpreet Singh published a paper titled Effect of Cyclization on Bond Dissociation Enthalpies, Acidities and Proton Affinities of Carbamate molecules: A Theoretical Study. Results in Chemistry, 2019.

Ms. Sonia Mahindru presented a paper titled 'Impact of Virtual Classroom Teaching on Education' in Interdisciplinary One day National Conference on E-Learning: Current Trends and Future Innovations organized by KRM DAV College Nakodar on March 30, 2019.

Mrs. Meenakshi Sayal published a chapter Hybrid Micro Grid Systems Drivers and Challenges in Book recent Developments in Science and Technology ISBN 978-93-83730-71-A, Unimax Publications.

Mrs. Meenakshi Sayal presented a paper in National Seminar on "Increasing participation of Women in Science and Technology" on 16 March, 2019 at Hans Raj Mahila Maha Vidyalaya, Jalandhar.

Dr. Nitika Kapoor and Bhardwaj, R. published a paper on Homobrassinolide induces the expression of salt stress responsive proteins and improves the adaptation of

Zea mays L. to salt stress. Golden Jubilee National Symposium on "Current Interventions to plants and microbes for environmental and agricultural sustainability (CIPME-2019)" organized by Department of Botanical and Environmental Sciences, Guru Nanak Dev University, Amritsar (March 6-8, 2019).

Dr. Nitika Kapoor and **Bhardwaj, R.** published a paper on Induction of stress protective proteins and improvement in activities of antioxidative enzymes in salt stressed Zea mays L. seedlings by 28-homobrasinolide. Two day International conference- "Inbix'19 Indian conference on Bioinformatics" organized by Hans Raj Mahila Maha Vidyalaya, Jalandhar in association with Bioclues Organization held from Feb 22-23, 2019.

Dr. Nitika Kapoor published a paper on Salinity Stress: Causes and Tolerance Mechanisms. National seminar on "Increasing Participation of women in science and technology" organized by Equal opportunity cell, Hans Raj Mahila Maha Vidyalaya, Jalandhar in association with National Commission for Women, Govt. of India on March 16, 2019.

Ms. Shallu Batra presented a paper titled 'Empirical Study of Size and Distribution of Child Labour in Tourism Industry in Punjab' in National Seminar on 'Tourism Economics and Sustainable Development in India' organized by KRM DAV College, Nakodar on March 16, 2019.

Mrs. Jyotika presented a paper titled 'Empirical Study of Size and Distribution of Child Labour in Tourism Industry in Punjab' in National Seminar on 'Tourism Economics and Sustainable Development in India' organized by KRM DAV College, Nakodar on March 16, 2019.

Mr. Sushil Kumar presented a Paper entitled "Conducting polymers for Energy Storing and Energy saving devices" in National Seminar on "Increasing participation of Women in Science and technology" on 16 March, 2019 at Hans Raj Mahila Maha Vidyalaya, Jalandhar.

Mr. Sushil Kumar presented a paper titled "Fabrication of Cr doped ZnO nanocomposites thin films using sol-gel method for photocatalytic application" during 22nd Punjab Science Congress held at DAV Institute of Engg. And Technology, Jalandhar on 7-9 February, 2019, (ISBN: 978-81-923858-8-4).

Mrs. Lovleen Kaur Lehal presented a paper titled 'The tragedy of Jallianwala Bagh' in International Conference at SBDS Memorial Khalsa College Domeli April, 2019.

Ms. Simmi Garg published a paper titled "BER reduction in DWT-OFDM systems using a Novel Error Correction Scheme" in Research & Reviews: Journal of Physics, Vol. 8, No. 2 (2019), ISSN: 2278-2265(UGC Indexed) Journal No.47118

Ms. Simmi Garg published a paper titled "Two Efficient Schemes for Providing feedback connection to Recursive Convolution Encoder" in IUP Journal of Electrical and Electronics Engineering, Vol. 12, No. 1 (2019), 16-31. ISSN: 0974-1704(UGC Indexed) Journal No. 49171

Ms. Simmi Garg published a paper titled "BER analysis of Convolutional Encoded DWT-OFDM and coded FFT-OFDM under different simulation conditions", in Research & Reviews: Journal of Physics, Vol. 8, No. 1 (2019), 7-16. ISSN: 2278-2265(UGC Indexed) Journal No. 47118

Ms. Simmi Garg published a paper titled "Selection of Parameters of QPP interleavers of Turbo codes" in International Journal of Modern Electronics and Communication Engineering, Vol. 6, No. 6 (2018), 47-53. ISSN: 2321-2152(UGC Indexed) Journal No. 62465

Ms. Simmi Garg presented a paper titled "A Study of Proposed Error Correction scheme using QAM modulation" during 22nd Punjab Science Congress held at DAV Institute of Engg. And Technology, Jalandhar on 7-9 February, 2019, (ISBN: 978-81-923858-8-4).

Ms. Simmi Garg presented a paper titled "Performance analysis of an efficient error correction scheme coded DWT-OFDM under different simulation conditions" in National Seminar on "Increasing participation of Women in Science and technology" on 16 March, 2019 at Hans Raj Mahila Maha Vidyalaya, Jalandhar

Dr. Sakshi Verma presented a paper titled "Genotoxicity assessment using comet assay and micronuclei in peripheral erythrocytes of Labeo rohita (Hamilton)" in two day International conference, INBIX'19 at Hans Raj Mahila Maha Vidyalaya, Jalandhar on 22nd to 23rd February, 2019.

Dr. Sakshi Verma published a paper entitled "Role of fish biomarkers in aquatic environmental health assessment" in the book 'Development in Science and Technology', UNIMAX Publications, ISBN No. 978-93-83730-71-1.

Dr. Sakshi Verma published a Chapter "An overview on cadmium toxicity in fish: Transportation, metabolism" in book 'Current reviews in Science and Technology'

Mrs. Pawan published a paper Sarveshavar Dyal Saxsena ke Kavye ka Vicharata Paksh in Journal sahitye link-179. ISSN 0973-1628

Dr. Sandeep presented a paper in International Conference at GGN Khalsa College, Ludhiana in association with Parvasi Sahit Adhiyan Kendra and Punjab Bhavan, Surrey (Canada) on the topic "Parvasi Punjabi Kavita de much sarokar" on 22 February, 2019

Ms. Manpreet Kaur presented a paper in International Conference at GGN Khalsa College, Ludhiana in association with Parvasi Sahit Adhiyan Kendra and Punjab Bhavan, Surrey (Canada) on the topic "parvasi Punjabi

Ms. Anchal Bawa published a Chapter "Epidemiology of AIDS" in Book 'Current reviews in Science and Technology'.

Ms. Anchal Bawa published a paper entitled "Gender inequality in Science and Technology" in Book 'Development in Science and Technology', UNIMAX Publications, ISBN No. 978-93-83730-71-1.

Ms. Avantika Randev published a paper entitled "Promoting Media Advocacy for Women in Science" in Book 'Development in Science and Technology', UNIMAX Publications, ISBN No. 978-93-83730-71-1

Mrs. Saloni Sharma participated in Two Days National Workshop on "Academic Writing and research Productivity" held at I.K. Gujral Punjab Technical University, Kapurthala on 4th and 5th February, 2019.

Ms. Sonia Mahindru participated in Hands on Workshop on IOT and Drones conducted by Bennett University, Greater Noida held at SBBS University Hoshiarpur from February 9-10, 2019.

Mrs. Gagandeep attended Two-Day workshop on "Academic Writing & Research Productivity" on 4th to 5th Feb. 2019 at IKG Punjab Technical University, Kapurthala.

Mrs. Purnima attended Two-Day workshop on "Academic Writing & Research Productivity" on 4th to 5th Feb. 2019 at IKG Punjab Technical University, Kapurthala.

Mr. Harpreet Singh attended One Week Workshop on "Research Methodology in Life Sciences", January 4-10, 2019, HRDC, GNDU, Amritsar.

Mr. Sushil Kumar participated in District level Workshop cum Exhibition on Energy Efficient Building Materials/Appliances on 15 Feb., 2019 at MC Amritsar.

Dr. Sakshi Verma attended National Level Faculty development Programme on 'Global Trends in Education

and Research' at Doaba College, Jalandhar on 3rd to 9th January, 2019.

Certifications

Dr. Shweta completed NPTEL online certification course entitled 'Cell culture technologies' under the MOOCs scheme of the Govt. of India

Dr. Nitika Kapoor completed NPTEL online certification course entitled 'Cell culture technologies' with a consolidated score of 88% marks and received Elite + silver medal

Mr. Harpreet Singh, Mrs. Purnima and Shashi Kala completed the 12 weeks NPTEL certification course on 'Bioinformatics: Algorithms & Applications' in ELITE category. Mr. Harpreet Singh scored the top position in the entire country with 91% marks and got the Gold medal.

Mrs. Gagan completed the NPTEL Online Certification on 'Basic Linear Algebra' with a consolidated score of 90% and received Elite + Gold medal

Mrs. Kajal Puri completed NPTEL Online Certification 'On Principles Of Human Resource Management' with "Elite" Certificate

Dr. Sakshi Verma completed 8 weeks NPTEL course on 'Roadmap for Patent Creation'

Resource persons/Lectures/Experts

Mrs. Navroop Kaur participated in Kavi Darbar Program on DD Panjabi on 5 March, 2019

Dr. Prem Sagar

- Participated in International convention on music organized by SPICMACAY at Devi Talab Mandir, Jalandhar
- Presented Shabad Gayan in 'Srijan -19' Annual Prize distribution function at Mehar Chand Polytechnic College, Jalandhar
- Presented Shabad in a Kritan darabar dedicated to celebration of 550th Prakash Utsav of Sri Guru Nanak Dev Ji at Lyallpur Khalsa College, Jalandhar
- Performed in Sa-Re-Ga-Ma, a musical concert organized by Sangeet Manch Nadaun, Himanchal Pradesh
- Dr. Ashmeen Kaur
- Delivered a talk in Ghar Bahar on the topic 'New Year New Resolution' on January 8, 2019
- Delivered a talk in Aj da Masala on the topic social media and their psychological effects on youth on January 12, 2019

- Chaired a session of workshop on mindfulness based stress reduction techniques at International Workshop and Conference on Mental Well being — A state of Mental health, its Relation with Education and Society on February 6, 2019
- Chaired a session of Paper presentation at International Conference and Workshop on Mental Well being — A state of Mental health, its Relation with Education and Society.
- Acted as subject expert for the post of counselor in Kendriya Vidyalaya Suranusi on March 1, 2019
- Acted as subject expert for the post of Counselor, PGT psychology, Special Educator in DAV School, Ludhiana, on March 10, 2019
- Acted as subject expert for the post of PGT Psychology, Counselor in DAV School, Ludhiana on March 6, 2019
- Acted as a Resource Person at Lions Club, Jalandhar on the topic Role of Mother in Parenting on World Health Day on April 7, 2019
- Delivered a talk in Nari Manch on the topic Examination stress and Management in Girls on April 22, 2019

Mrs. Kuljit Kaur participated in Special Programme on International Women's Day on Ajit web TV and programme Sahitdhara on DD Panjabi

Ms. Shallu Batra

- Member, Selection Committee for the selection of Social Science Teacher at Pathseekers, Beas, District Amritsar on March 10 and 11, 2019.
- Member, Selection Committee for the selection of PGT in Economics at HMV Collegiate Sr. Sec. School on March 26, 2019.

Mrs. Navneeta

- Gave a talk on 'Correct selection of Fabric according to Season and Fashion Trends' at Punjabi Doordarshan
- Acted as subject expert for the recruitment of PGT teachers at DAV Public School, Ludhiana

Mrs. Mukti Arora

- Invited as a judge for the judgement for Bridal Makeup Competition on March,3,2019 in Kanya Shiksha Prasar Sangathan, Jalandhar City
- Deputed as a convener of the inspection committee for the Inspection of Diploma in Cosmetology in Shri Raghunath girls College, Jandiala guru, Amritsar
- Deputed as a convener of the inspection committee for the inspection of diploma in cosmetology in Majha

College for Women, Tarantaran, GNDU, Amritsar.

- Invited as a member of Board of Studies in Life long learning, Department of Adult Education, GNDU, Amritsar.

Mrs. Bindu Kohli

- Invited as an expert in programme 'Ghar Bahar' on topic Skin Care with Home Remedies on Doordarshan on 24 September 2018
- Invited as a judge for the judgement for Bridal Makeup Competition on 3 March, 2019 in Kanya Shiksha Prasar Sangathan, Jalandhar City.
- Invited for the Extension Lecture at Kamla Nehru college for Women, Phagwara on the Topic ' Lymphatic System & Aromatherapy' on 27 April 2019
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Mrs. Navneeta acted as subject expert for the recruitment of PGT teachers at DAV Public School, Ludhiana

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- Invited as a member of Board of Studies in Life long learning, Department of Adult Education, GNDU, Amritsar

The Unflagging HMVians



YOUTH WELFARE COMMITTEE



STUDENT COUNCIL



DISCIPLINE COMMITTEE

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since 1927...*



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