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HANS RAJ MAHILA MAHA VIDYALAYA JALANDHAR (PUNJAB) INDIA



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HMV NEWS

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Dr. Ekta Khosla Joins HMV as the New Principal



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

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डी ए वी गान

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

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

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

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

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As we step into the historic 100th year of our institution, we pause with gratitude and pride, even as we look ahead with renewed purpose. This centenary moment invites us to reaffirm our journey from tradition to transformation—carrying forward our timeless values while embracing meaningful change.

Our centenary vision resonates deeply with the spirit of NEP 2020 and the national aspirations of Viksit Bharat 2047. We envision our institution as an active contributor to India’s growing knowledge capital, nurturing informed, skilled, and ethically grounded citizens.

Sustainability remains central to our growth. We are committed to academic integrity, inclusivity, innovation, and long-term institutional resilience. As we progress, equal emphasis will be placed on the promotion and propagation of Indian Knowledge Systems—integrating indigenous wisdom, cultural consciousness, and holistic ways of knowing into teaching, research, and community engagement.

The centenary year is not merely a celebration of the past but a collective resolve for the future. I extend my heartfelt best wishes to our students, faculty, alumni, and stakeholders as we undertake this landmark journey together. May this year inspire excellence, harmony, and transformative ideas.

With warm regards and best wishes for continued success,

Dr. (Mrs.) Ekta Khosla

Principal

Hans Raj Mahila Maha Vidyalaya, Jalandhar

From the Editors



As we step into the promising dawn of 2026, my heart is filled with deep gratitude and renewed hope. The year gone by confronted humanity with profound challenges—international conflicts, natural disasters, and the unmistakable realities of climate change. These vicissitudes did not merely test us; they humbled us, awakened our conscience, and made us wiser.

This moment calls upon us to pause, reflect, and realign. It urges us to build peace—first within ourselves, and then in the world around us. Today, more than ever, it is imperative to shift our collective goals:

- from competition to cooperation,
- from individualism to the common good,
- from being confined members of communities to becoming responsible world citizens.

Let us transcend barriers—geographical, ideological, and emotional—and connect with one another to co-create a better world for a better tomorrow.

Dear students, think globally and act locally, for every mindful action contributes to the larger goal of oneness, peace, and shared prosperity. The peace our planet longs for can only be achieved when we choose compassion over selfishness, empathy over indifference, and love over fear.

Today, love, peace, and oneness are no longer lofty ideals or rhetorical expressions—they are urgent necessities of our times.

Let us therefore pledge to be worthy torchbearers of the timeless wisdom of *“Vasudhaiva Kutumbakam”*—the world is one family.

Together, with purpose and conviction, let us move forward to shape a harmonious and sustainable future for all.

Jai Bharat

Dr. Ramnita Sharda

From the Editors

With a deep sense of pride and fulfilment, we unveil the 56th issue of *HMV News*. This edition marks a significant milestone in our publication's journey and reflects the sustained dedication, creativity, and editorial rigour invested in its making. As custodians of this institutional chronicle, we are privileged to contribute to the evolving legacy of HMV - an institution that continues to leave an indelible imprint on the landscape of higher education.

Each edition of *HMV News* serves as a vibrant platform to celebrate the exemplary achievements of our students and faculty. Their scholastic, co-curricular, and professional accomplishments mirror their dedication, resilience, and immense potential. By chronicling these milestones, we aim not only to acknowledge merit but also to motivate and inspire the wider academic community. The successful publication of this issue is the result of the collective efforts of a devoted team of editors, designers, and numerous contributors who work diligently behind the scenes.

We extend our sincere gratitude to our esteemed Principal, Dr (Mrs) Ekta Khosla, whose visionary leadership, academic foresight, and unwavering support have steered HMV towards new horizons of excellence. Her guidance remains a constant source of inspiration. We also express our heartfelt appreciation to Mrs Ritu Bajaj, In-Charge, Publications, for her invaluable insights and continued encouragement, which have greatly enriched this edition.

- Mr Neeraj Aggarwal
- Dr Jaspreet Kaur



University First Positions



Aditi
M.Sc (IT)
Sem-IV



Harsimrat Kaur
M.Voc (MHC)
Sem-IV



Loveleen Kaur
M.Sc (Bio-Info)
Sem-IV



Meenal Pahwa
M.Voc (Cosm & Wellness)
Sem-VI



Rajni Rani
M.Sc (Botany)
Sem-IV



Sahibpreet Kaur
M.Sc (Physics)
Sem-IV



Tavleen Kaur
M.Voc (WT & M)
Sem-IV



Gursehajpreet Kaur
M.Sc (Botany)
Sem-II



Gursimar Kaur
M.Voc (Cosm & Wellness)
Sem-II



Pooja Chugh
M.Voc (MHC)
Sem-II



Rajdeep Kaur
M.Sc (Physics)
Sem-II



Jahanvi Mahajan
B.D (Multimedia)
Sem-VIII



Shruti
B.Voc (Cosm)
Sem-VI



Jasleen Kaur
B.Sc (Bio-Tech)
Sem-VI



Manmeet Kaur
B.Voc (MHC)
Sem-VI



Shamli Sharma
B.Com
Sem-VI

University First Positions



Tanisha
BBA
Sem-VI



Gaytri Sharma
B.Voc (FT)
Sem-IV



Gurleen Kaur
B.Voc (FT)
Sem-IV



Zeenat
BD
Sem-IV



Ishu
B.Voc (Cosm)
Sem-IV



Parampreet Kaur
B.Voc (J & M)
Sem-IV



Seema Kumari
B.Voc (J & M)
Sem-IV



Shafreen
B.D (Multimedia)
Sem-IV



Simran Kaur
B.Voc (MHC)
Sem-IV



Vishav Kirti
BA
Sem-IV



Bhavya Khosla
B.Sc (C.Sc)
Sem-II



Sampita Angral
B.Voc (J & M)
Sem-II



Khushi Rana
B.Voc (B & FS)
Sem-II



Manvi Devi
B.Voc (FT)
Sem-II



Ramanpreet Kaur
B.Lib
Sem-II



Riya Attri
B.Voc (WT & M)
Sem-II

University First Positions



Sheryl Salhotra
B.Voc (MHC)
Sem-II



Vidhi
BD Sem-II



Sujainpreet Kaur
B.P.E.S.
Part-III

University Second Positions



Anubhuti Mittal
M.Voc (WT & M)
Sem-IV



Gulnaar Grewal
M.Sc (Chem)
Sem-IV



Kiran Chouhan
M.Sc (Physics)
Sem-IV



Meenal Mahandru
M.Sc (Bio-Info)
Sem-IV



Nehal Jain
M.Voc (Cosm and Wellness)
Sem-IV



Prerna Singh Sahota
M.Voc (MHC)
Sem-IV



Riti
M.Sc (Botany)
Sem-IV



Sakshi Sharma
M.Sc (CS)
Sem-IV



Gurneet Kaur
M.Voc (MHC)
Sem-II



Neha
M.Sc. (Botany)
Sem-II



Shreya Sharma
M.Sc (CS)
Sem-II



Simran
M.Voc (Cosmo. & Wellness)
Sem-II

University Second Positions



Aarushi
B.Sc (Bio-Tech)
Sem-VI



Harshdeep Kaur
B.Com
Sem-VI



Kanishka
B.Voc (FT)
Sem-VI



Pearl Sekhri
B.Voc (MHC)
Sem-VI



Reena
B.Voc (J & M)
Sem-VI



Saloni Kumari
B.Voc (BFS)
Sem-VI



Himali
B.Voc (Cosm)
Sem-IV



Mansi Gupta
B.Voc (J & M)
Sem-IV



Mishika Oberoi
BD
Sem-IV



Palvi
B.Voc (MHC)
Sem-IV



Taman
B.Voc (BFS)
Sem-IV



Tanu Kumari
BD (MM)
Sem-IV



Khushpreet Kaur
B.Voc (FT)
Sem-II



Ramneek Kaur
B.Voc (MHC)
Sem-II



Shahista Ali
B.Voc (J & M)
Sem-II



Simran Devi
B.Voc (WT & M)
Sem-II

University Second Positions



Mehak Manhas
B.P.E.S.
Part-III

University Third Positions



Dhriti Malhan
B.Com
Sem-VI



Suhani Bhau
B.A.
Sem-IV



Navjot Kaur
B.Sc (Medical)
Sem-II



Simranjit Kaur
B.A.
Sem-II



AWARDS & HONOURS

Dated : 21/07/2025

HMV Principal Dr. Ajay Sareen Honoured with Best Principal Award at Sustainability Excellence Awards by National EduTrust of India



In a landmark recognition of leadership in sustainability and education, Principal Dr. Ajay Sareen of Hans Raj Mahila Maha Vidyalaya (HMV), Jalandhar, was honoured with the Best Principal Award by the National EduTrust of India at a prestigious ceremony hosted at Chitkara University, Punjab. The Sustainability Excellence Awards Ceremony, organized by the National EduTrust of India—a registered body under the Ministry of MSME, Government of India—celebrated outstanding contributions in environmental protection, sustainable practices, and innovation in education. HMV proudly secured multiple accolades, including: Overall Sustainability Excellence Award (Punjab) Water Guardian Award Green Campus Award District Green Champion Award Zero Waste Campus Award. Additionally, Dr. Anjana Bhatia was conferred the Best Nodal Officer Award for her exemplary efforts in spearheading eco-initiatives and promoting green values on campus. The occasion was enriched by the presence of Guest of Honour, Ar. Jit Kumar Gupta, a renowned expert with over five decades of contribution in architectural education, urban planning, sustainability, and smart infrastructure. Mr. Samarth Sharma, CEO, National EduTrust of India, praised Dr. Sareen and the HMV faculty for their impactful sustainability programs and their role in inspiring systemic change within the academic landscape. Dr. Sareen extended her heartfelt thanks to Dr. Punam Suri, Padma Shri Awardee and President, DAV College Managing Committee; Sh. Shiv Raman Gaur (IAS Retd.), Director Higher Education, DAVCMC; Justice N.K. Sud, Chairman, Local Advisory Committee; and all mentors at DAVCMC for their continuous support and encouragement. She expressed pride and joy in HMV's clean sweep of awards and its No. 1 position in Punjab, reaffirming the institution's dedication to building a sustainable and environmentally conscious future.

Dated : 24/07/2025

HMV Declared as Special College under DBT Star College Programme, Showcases Journey at Hindu College, Delhi



Hans Raj Mahila Maha Vidyalaya (HMV), Jalandhar, achieved another proud milestone as it was declared a Special College and invited to present its achievements at the Meeting of the Task Force under the DBT Star College Programme, held at Hindu College, University of Delhi. HMV was featured in the prestigious Panel Discussion titled “Transformative Journeys of Colleges under the Star College Programme.” Dr. Anjana Bhatia, DBT Star College Coordinator, delivered a powerful presentation highlighting HMV’s transformational journey through the programme. The presentation focused on the college’s key achievements, including the development of a vibrant research culture, upgradation of laboratories, and increased student engagement in scientific activities. HMV celebrated this proud recognition with great enthusiasm, where all Science faculty members came together to mark the occasion. Dean Academics Dr. Seema Marwaha, Mrs. Deepshikha, Dr. Saloni, Dr. Sangeeta Arora, Dr. Jatinder, Dr. Harpreet Singh, and the entire Science faculty were present at the event, showcasing the strength, unity, and commitment of the institution. The celebration reflected the collaborative spirit and academic dedication that drives the institution’s excellence. Principal Dr. Ajay Sareen congratulated the Science faculty for this national honour and commended Dr. Anjana Bhatia for articulating HMV’s accomplishments with clarity and impact. She praised the team's ongoing efforts toward promoting scientific innovation, research-based education, and student empowerment. This recognition as a Special College under the DBT Star College Programme is a testament to HMV’s enduring commitment to fostering excellence in science education and research.

Dated : 25/07/2025

HMV: Punjab's Pride, India's Rising Star



The rising star of India and Pride of Punjab Hans Raj Mahila Maha Vidyalaya has once again proved its mettle by scoring excellent rank in The Week-Hansa survey 2025. Principal Prof. Dr. (Mrs.) Ajay Sareen proudly shared that HMV has achieved 1st rank in Punjab in Arts, Science and Commerce, 2nd Rank in Fashion Designing and 3rd rank in Mass Communication among the colleges of Punjab. Principal Dr. Sareen congratulated HMV family for this great achievement. She also congratulated the visionary leadership of DAVCMC Padamshree Dr. Punam Suri, President DAVCMC, Director Higher Education IAS (Retd.), Sh. Shiv Raman Gaur, Chairman LAC and Vice President DAVCMC Justice (Retd.) Sh. N.K. Sud. She dedicated this ranking to the staff and students of the college. On this occasion, Nodal Officer Dr. Anjana Bhatia and entire team Ms. Sonia Mahendru, Dr. Rama Sharma, Ms. Jyotika Minhas, Dr. Rakhi Mehta, Mrs. Navneeta, Dr. Jiwan Devi, Dr. Simmi, Dr. Shuchi Sharma were also present. It is worth mentioning that HMV has been awarded top most rank by India Today, The Tribune and National Edutrust of India.

Dated : 02/08/2025

HMV Receives National Recognition for Gratitude Day Celebrations



Hans Raj Mahila Maha Vidyalaya, Jalandhar, received Certificate of Appreciation from the National Edu Trust of India, registered under the Ministry of Micro, Small, and Medium Enterprises, Government of India, for successfully organizing and completing Parents' Day 2025 activities with enthusiasm, creativity, and

community engagement. The prestigious appreciation was awarded under the dynamic leadership of Principal Dr. (Mrs.) Ajay Sareen, in recognition of her dedicated efforts toward promoting value-based education and strengthening bonds between institutions, students, and parents. The National Edu Trust lauded HMV's active participation in the nationwide initiative aimed at holistic development. The Gratitude Day celebration, held in alignment with National Parents' Day, was a moving tribute to the unconditional love, sacrifices, and irreplaceable role of parents in their children's lives. The event was coordinated by Dr. Anjana Bhatia, Nodal Officer and Dean, Innovations & Research, with Dr. Urvashi Mishra, Dean, Student Council, serving as the teacher in charge. Under their guidance, the Student Council prepared impactful gratitude videos featuring Principal Dr. Ajay Sareen and Deans including Dr. Navroop (Youth Welfare), Mrs. Deepshikha (Examinations), and Dr. Rama Sharma (PRO), each expressing heartfelt tributes to their parents. In her message, Principal Dr. Sareen remarked "Parents are the silent architects of our lives. Their sacrifices often go unnoticed, but they are the reason we are able to stand tall and shine. On this day, we must pause and reflect on their unconditional love, selflessness, and guidance. Honouring them is not just a tradition, it is our moral duty." The celebration saw enthusiastic participation from students including Gurleen Kaur Chana, Gurjot Kaur, Komal Ghai, Himanshi, Tania, Ridhima, Yuvika Sharma, Nazam, Komal Mehra, and Diksha Thakur, who creatively expressed their love and appreciation through: Video messages dedicated to their parents homemade cards with emotional notes, preparing breakfast or home-cooked meals as gestures of love, spending quality time with their parents to strengthen bonds. Dr. Anjana Bhatia thanked Mr. Samrath Sharma CEO of the National Edu Trust of India, for his support and collaboration in making the celebration impactful. Adding to the honour, Justice N.K. Sud expressed his joy and appreciation for the value-driven practices and holistic activities being carried out at HMV, especially the way students are nurtured in an environment that respects tradition while embracing innovation. This recognition stands as a testament to HMV's ongoing commitment to fostering gratitude, empathy, and moral values—principles that lie at the heart of holistic education.

Dated: 05/09/2025

Dr. Anjana Bhatia of HMV Honoured with National Award to Teachers 2025



Dr. Anjana Bhatia, Associate Professor and Head of PG Department of Botany at Hans Raj Mahila Maha Vidyalaya, Jalandhar, was conferred the National Award to Teachers 2025 at a grand ceremony held on 5 September 2025, Teachers' Day, at Vigyan Bhavan, New Delhi. The award was presented by the Hon'ble President of India, Smt. Droupadi Murmu, in the presence of Union Ministers, Members of Parliament, and senior dignitaries. Earlier, on 4 September, awardees were invited to the Hon'ble Prime Minister's residence, 7, Lok Kalyan Marg, for an interactive session. The Prime Minister personally congratulated the educators and said: "Teachers are the nation-builders. By fostering curiosity, innovation, and ethical values, you are shaping India's future." The session was also attended by senior ministers - Sh. Dharmendra Pradhan, Union Minister of Education, Sh. Jayant Chaudhary, Minister of Skill Development and Entrepreneurship, Sh.

Sukanta Majumdar, Minister of State for Education, Dr. Bhatia described the session as “deeply inspiring, reinforcing the importance of innovation and engagement in teaching.” Dr. Bhatia’s award highlights her gamified and nature-camp-based approach to teaching, which creates immersive, student-centered learning experiences. Her other contributions include - Serving as DBT Coordinator and DST CURIE Coordinator at HMV, Leading projects in collaboration with the National Commission for Women, conducting research through the ANRF-funded TARE Research Project, Mentoring students in research, skill-building, and community outreach programs, ensuring learning translates into social impact. The elated Principal Dr. Ajay Sareen informed that a total of 21 teachers from higher education institutions across the country were selected through a rigorous process, including interviews by a jury appointed by the Ministry of Education. Dr. Bhatia is the only teacher from Punjab to receive this prestigious honour and is the first teacher among all higher education institutes associated with DAVCMC and GNDU to achieve this recognition. Dr. Bhatia expressed heartfelt gratitude - “I first thank my Principal, Dr. Ajay Sareen, for his continuous support. I also share this honour with my parents, teachers, family, and the entire HMV family, especially my students, whose enthusiasm and curiosity continually inspire me.” She further acknowledged President, DAVCMC Dr. Punam Suri, Chairman Local Advisory Committee and Vice President, DAVCMC Justice (Retd.) N.K. Sud, Sh. Shiv Raman Gaur, Director Higher Education, DAVCMC and mentors at DAVCMC for their guidance. Principal Dr. Sareen, faculty, and students hailed this recognition as a historic achievement and a proud moment for the institution.

STUDENTS' HIGHLIGHTS

Dated : 22/07/2025

Students Gain Hands-on Computer Skills under DBT Star College Scheme at HMV



Under the dynamic leadership of Principal Dr. Ajay Sareen, Hans Raj Mahila Maha Vidyalaya, Jalandhar, continues to strengthen its commitment to digital empowerment and experiential learning. As part of the DBT Star College Scheme, a hands-on session on essential computer skills was organized to equip students with practical knowledge relevant to academics and future careers. Mr. Pardeep Mehta, Assistant Professor in Computer Science, engaged students in a session on Google Forms, explaining its application in designing online surveys, quizzes, and feedback forms. He highlighted the platform's simplicity, flexibility, and wide usage in both academic and professional settings. Dr. Ravinder Mohan Jindal, Associate Professor in Computer Science, provided a detailed overview of computer hardware and explained the complete working mechanism of a computer system. He also introduced students to the utility of PDF documents and demonstrated the use of free productivity tools such as WPS Office that enhance efficiency on computers and laptops. The session was effectively coordinated by DBT Coordinator Dr. Anjana Bhatia, who emphasized the relevance of digital literacy in today's learning environment. Dr. Sangeeta Arora, Head of the PG Department of Computer Science, also motivated students and encouraged them to adopt technology-driven approaches to learning. The initiative was widely appreciated and reflected HMV's continued focus on nurturing 21st-century skills among its students through the DBT Star College Scheme.

Dated : 13/08/2025

Orientation Programme for Scholarships Organized at HMV



The Department of Student Welfare of Hans Raj Mahila Maha Vidyalaya organised an orientation program for scholarships available for the session 2025-26 of UG SEM -1& PG SEM- 1 of all the streams under the able guidance of Principal Prof.Dr. (Mrs.) Ajay Sareen . The overall incharge of the event was Dean Student Welfare Mrs. Binoo Gupta. She told students about various scholarships in brief and made them aware regarding anti ragging committee of the college and earn while you learn scheme initiative of department of Student welfare along with Helping Hands initiatives of scholarship beneficiary students. In the orientation session the incharges discussed the scholarship related to their functional areas. Dr. Mandeep Kaur told students about the HMV Brilliance Award scholarship, Mrs Shefali Kashyap told students about HMV others scholarships, Dr. Jaspreet told about government funded scholarships, Dr Ravinder Mohan Jindal, Dr. Simmi Garg and Mrs. Rishav Bhardwaj told students about non government funded scholarships. They explained the eligibility and documentation required and the process of scholarships funding in detail to the students during the orientation programme. After this Dr. Ravinder Mohan Jindal told students about the deadlines of the scholarship which was followed by answer/queries being asked by students there. Principal Prof. Ajay Sareen in her address emphasized on the need of focusing on academic excellence and assured that needy students will always be helped by department of Student Welfare. Dean Student Welfare Mrs. Binoo Gupta told that about 700 students of various streams benefitted by the orientation. On this occasion Dr. Mamta, Dr. Ashmeen, Miss Ritu, Mrs Twinkle and Mr. Arvind Chandi and office bearers : Tanisha Sachdeva, Anushka Pal and Muskaan were also present.

Dated : 23/08/2025

Installation Ceremony Held at HMV Collegiate School



HMV Collegiate Sr. Sec. School proudly hosted its installation Ceremony to mark the formal induction of the newly elected student council for the academic session 2025-26 under the stewardship of Principal Dr (Mrs) Ajay Sareen. The event began with the ceremonial lighting of the lamp to invoke the blessings of the Almighty followed by reciting DAV Gaan. Principal madam was welcomed with a planter and memento by Dr Seema

Marwaha, Dean Academics and School Coordinator, Mrs Arvinder Kaur, School Co- Coordinator & Mrs Urvashi Mishra, Dean Student Council. Thereafter, the newly elected members undertook their responsibilities as new office bearers and they were conferred with badges respectively. They pledged to bestow their duties to the best of their abilities and hold the motto of loyalty, truth and honour in high esteem. Ridham Nagpal of SSC 2 Commerce was pinned the badge of Head Girl. The post of Joint Head Girl was held by Palak Summan of SSC 2 Commerce, Shrishti Kumar of SSC 2 Science, & Furleen Kaur of SSC 2 Humanities. The post of Assistant Head Girl was held by Shreya Dubey of SSC 1 Commerce, Diya Vaid of SSC 1 Science & Pragati of SSC 1 Humanities. 12 students were elected for the HMV Task Force & 12 students were elected as the Class Representatives. Principal Prof. Dr. (Mrs.) Ajay Sareen addressed the students and congratulated them on receiving the prestigious offices designated to them. She enlightened the students with the value of discipline in life to achieve success and peace. She also encouraged them to carry their responsibilities with humbleness, sincerity, dedication and also to remain deep rooted with their moral and ethical values. A vote of thanks was presented by Dean Academics & School Coordinator Dr Seema Marwaha. She advised the students to be impartial and honest in discharging their duties. The event concluded with the recital of National Anthem.

Dated : 13/09/2025

HMV Student Won 1st Prize in Radio Feature Competition Second Time Consecutively



Sakshi Badola student of MA (JMC) Sem III of Hans Raj Mahila Maha Vidyalaya won 1st prize in Radio Feature Competition organized by Pushpa Gujral Science City, Kapurthala. Around 20 students of PG Department of Mass Communication and Video Production also participated in a seminar on “AI in Journalism” Asstt. Prof. Ms. Gaytri accompanied them. The objective of this seminar was to tell the students about the role of Artificial Intelligence in Journalism. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Sakshi Badola for achievement. She told that Sakshi was honoured with trophy, certificate and a cash prize of Rs. 3000/-. Dr. Rama Sharma, Head of Department apprised that the topic of competition was “Impact and Challenges of Climate Change.” The duration of Radio feature was 3-4 minutes. She won this prize for the 2nd time consecutively. Many Colleges and Universities of Punjab participated in the competition and feature by Sakshi Badola was adjudged the best. On this occasion, Asstt. Prof. Mrs. Jyoti Sehgal and Ms. Gaytri also congratulated Sakshi.

Dated : 06/10/2025

HMV Organized Study Tour



The Department of Fine Arts of Hans Raj Mahila Maha Vidyalaya organised an Educational Trip (Study Tour) to “Ceramic Art by Maa Beti” a Ceramic Studio in Model Town, Jalandhar. The Owner of the Studio is Miss Ekankshi, A professional Ceramic Artist and an Alumini of HMV College. The students of Final year (Sem-7) visited the Studio along with their Respective teachers, Dr. Neeru Bharti Sharma, Head of Fine Arts Department & Dr. Shailender Kumar. The visit turned out to be very useful for the students as they learnt different processes related to Ceramic & also have Hands-on Experience under the guidance of Miss Ekankshi. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the department.

Dated : 08/10/2025

Sunakhi Punjaban Pratiyogita-2025 Organised at HMV



Hans Raj Mahila Maha Vidyalaya, Jalandhar, organized Sunakhi Punjaban Pratiyogita 2025 under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen and Dr. Navroop HOD Pynjabi Department. The event was an initiative of the PG Department of Punjabi and Youth welfare Department in collaboration with Radio City, Jalandhar. The event aimed to celebrate the rich cultural heritage of Punjab, promote traditional attire, language, and values, and instill pride among young women for their roots. Principal Prof. Dr. (Mrs.) Ajay Sareen was the Chief Guest for the occasion. The distinguished guests included Ms. Seema Soni, Regional Director, Radio City, and RJ Sandy. The panel of judges comprised Ms. Sheetal Thakur, Ms. Harmanpreet, and Ms. Manpreet Jawanda. The event commenced with the lighting of the ceremonial lamp and DAV Anthem. Dr. Navroop and Mrs. Kuljit Kaur welcomed Principal Dr. Sareen with a planter. Principal Dr. Sareen

extended a warm welcome to the guests and honoured the judges. In her address, she highlighted the importance of preserving and promoting Punjabi culture, traditions, and values. She encouraged the youth to become ambassadors of their heritage, stating that such initiatives help in nurturing a stronger, value-driven society. Around 50 participants from the college and collegiate school enthusiastically participated in the event. The competition was held in three rounds showcasing the beauty, talent, and grace of Punjabi womanhood. The winners were as follows: Sunakhi Punjaban 2025 – Monika, BCA Sem V, 1st Runner Up – Gursimran Preet Kaur, 2nd Runner Up – Muskan Kaur, B.Com Sem I, Special Titles: ਸੁੰਦਰ ਪੰਜਾਬੀ ਪਹਿਰਾਵਾ – Parneet Kaur, ਸੁਰੀਲੀ ਅਵਾਜ਼ – Pratibha, ਗਿੱਧੇ ਦੀ ਰਾਣੀ - Tavleen Kaur, ਲੰਮ ਸਲੰਮੀ ਮੁਟਿਆਰ – Kamalpreet Kaur, ਮੇਰਕ ਮੁਸਕਾਨ - Kanika Chandel, ਸੁਗੜ ਸਿਆਣੀ ਮੁਟਿਆਰ- Ridham, ਹਰਨੇਟੇ ਨੈਣ – Harshita Verma. The winners were presented with trophies and traditional gifts as a token of appreciation. The event was coordinated by Ms Satinder Kaur, Dr. Sandeep, Ms. Pawan, Dr. Rama Sharma, Dr. Mandeep, Ms. Lovleen, Ms. Protima, Ms. Deepali and Dr. Meenu Talwar. The Vote of Thanks was delivered by Dr. Mandeep Kaur.

Dated : 22/10/2025

Installation Ceremony of the Student Council Organized at HMV



The Installation Ceremony of the Student Council was enthusiastically organized at Hans Raj Mahila Maha Vidyalaya, Jalandhar, under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The ceremony commenced with the *DAV Gaan*, followed by the formal welcome of the Madam Principal by the faculty

members of the Student Council, led by Dr. Urvashi Mishra, Dean, Student Council. Further, Principal Dr. Ajay Sareen, along with Dean Academics Dr. Seema Marwaha and Dean Youth Welfare Dr. Navroop, welcomed the Chief Guest of the day, former Head Girl Ms. Sakshi Vaid. Principal Dr. Ajay Sareen addressed the new members of the Student Council, recognizing the team's formation as a pivotal moment. She congratulated them warmly and motivated them to embrace their roles with vision and vigour. While congratulating the badge recipients, Dr. Sareen also commended the former Head Girl for her contributions to the college and appreciated her inspiring journey. She emphasized the importance of leadership, responsibility, and service to the college community. The principal further urged the newly appointed leaders to uphold the institution's values and work collaboratively to create a positive and inclusive environment. Chief Guest Ms. Sakshi Vaid highlighted the importance of teamwork, responsibility, and humility while holding a position of authority. In her address, she reflected on her own journey as a student leader, sharing the challenges, lessons, and personal growth she experienced during her tenure. Her words served as both guidance and motivation for the new council members as she urged them to lead by example, listen actively, and be the voice of their peers. Around 300 students attended the ceremony. Gurleen Kaur Chana was formally declared the Undergraduate Head Girl, Kriti as the Postgraduate Head Girl, and Kamalpreet as Head of the HMV Task Force. Badges were presented to the Joint Head Girls, Assistant Head Girls, Task Force Members, Discipline Committee Members, and Office Bearers of 52 societies. IQAC Coordinator Dr. Anjana Bhatia, Faculty Heads Mrs. Deepshikha, Dr. Ashmeen Kaur, Dr. Sangeeta Arora, and Mrs. Meenu Kohli, along with in-charges of various clubs and societies, graced the occasion. The ceremony concluded with a Vote of **Thanks** by Mrs. Savita Mahenderu, Co-Dean, Student Council, followed by refreshment.

Dated : 23/10/2025

HMV Collegiate School Inspires Brilliance Through 'Prayaas – Searching Gems' An Inter School Competition





The campus of HMV Collegiate Sr. Sec. School came alive with colors, creativity, and cheerful enthusiasm as the school hosted its much-awaited inter-school event, Prayaas – Searching Gems under the visionary guidance of Principal Dr. (Mrs.) Ajay Sareen. The day was a vibrant celebration of youthful energy, innovation, and artistic brilliance. Students from various schools participated wholeheartedly in a range of competitions including on-the-spot painting, rangoli, best out of waste, science model presentations, singing, and dance. Each event reflected the spirit of talent, teamwork, and healthy competition. A special highlight of the day was the engaging session by World Record Holder Dr. Jaswinder Singh Shiksha Ratan, a dynamic and multi award- winning resource person who captivated the audience with his live demonstrations of physics experiments, blending science with wonder and sparking curiosity among young learners. The event was graced by the esteemed Principal and Chief Guest, Dr. Mrs. Ajay Sareen, who applauded the participants for their creativity and confidence. She was welcomed with a green planter by Dr Seema Marwaha, Dean Academics and school coordinator and Mrs Arvinder Kaur, School Co- Coordinator. A token of gratitude – a green planter and a momentum was presented to esteemed Resource person Dr Jaswinder Singh. The respected judges of the event- Dr Rakhi Mehta, Dr Shailender, Dr Sushil Kumar, Mrs Rishav, Mrs Vandana Gupta, Mrs Amanpreet, Ms.Gunjan & Ms. Vanita were felicitated with a green planter too. In her inspiring address, Dr. Sareen reminded students that education is not confined to classrooms alone- it is also about exploring passions, expressing oneself, and learning to appreciate the beauty of every experience. Her words resonated deeply, motivating the students to continue striving for excellence with humility and joy. The valedictory ceremony witnessed the announcement of results, celebrating the brilliance of young achievers. In the event Best out of Waste, Ayushi of Shree Mahavir Jain Sr. Sec.School secured the first position, Goonj of United Christian Girls Sr. Sec. School secured the second position, the third position was jointly grabbed by Sonakshi & Vaishnavi of Shiv Devi Girls High school and Ronish of Sai Dass Sr. Sec. School. In Poster Making Competition, Laksh of Sant Raghbir Singh AIMS Sr.sec.school stood first, Taruna of Lala Jagat Narayan DAV Model school stood second & Bhavna of A.N. Gujaral Sr.sec school and Vansh of Dayanand Model Sr. Sec. School stood third. In Rangoli Competition, Raja Ram and Dhara of Lala Jagat Narayan DAV Model school stood first, Rohit and Ashish of sain Dass AS Sr.sec. school stood second and Bhavika & Nidhi Sharma of Shiv Jyoti Public school and Anshika & Paras of Sant Raghbir Singh AIMS Sr.Sec. school stood third. In Science Model Competition, Avika and Manika of Dayanand Model Sr. Sec. School secured the first position, Janvi & Keerti of Shiv Devi Girls High school second , Lovepreet & Kunal of School of Eminence secured the third position and the consolation prize was won by Sumit and Rahul of A. N. Gujral Sr. Sec. school . In Singing competition, Anshuman of St. Soldier School and Dhanu of Dayanand Model Sr Sec school both won the first prize, Japneet Kaur of Shiv Devi Girls High school won the second prize and Jaisika of Shiv Parvati Jain Sr Sec school won the third prize. In Dance competition, Divyanshi of Dayanand Model Sr Sec school

won first, Roopsandeep kaur of Shiv Devi Girls High School second and Komal of Guru Harikrishan Public school won the third prize. Dayanand Model Sr Sec school proudly bagged the trophy of Prayaas – 2025 Overall Winner. The atmosphere turned festive with melodious singing and captivating dance performances that added rhythm and radiance to the occasion. The event concluded with a heartfelt vote of thanks by Mrs Arvinder Kaur, School Co- Coordinator, who appreciated the collective efforts of students, teachers, and the organizing committee for making “Prayaas – Searching Gems” a memorable success. The stage was deftly conducted by Ms Rashmi Sethi & Ms Sukriti Sharma. The day beautifully reflected the school’s commitment to holistic education — nurturing not only intellect but also imagination, artistry, and the joy of learning.

Dated : 24/10/2025

M.Sc. Chemistry Students of HMV Thrive to Achieve Excellence



Three M.Sc. Chemistry students of HMV Jalandhar were selected for project/internship at Guru Nanak Dev University. Ms. Priyanka Sharma, M.Sc. Chemistry, 1st year did her project with Dr. Prabhpreet Singh on the “Rylene imide base radical anions and their photothermal applications”. Ms. Gulnaar Grewal and Ms. Nancy Sahota, M.Sc. Chemistry 2nd year, completed their summer internship with Dr. Vipin Kumar on the “Synthesis and Characterization of DHPM precursors for Antimalarial potential”. They gained practical experience in synthetic Organic Chemistry performing different organic reactions and their purification using techniques such as coulumn chromatography. They became familiar with characterization tools such as NMR spectroscopy, MesterNova, Chemdraw, UV-VIS spectroscopy, Flourescence meter etc. Principal, Professor, Dr. (Mrs.) Ajay Sareen congratulated and appreciated the students for their remarkable efforts.

Dated : 29/10/2025

HMV Shines at GNDU Zonal Youth Festival-2025





Hans Raj Mahila Maha Vidyalaya, Jalandhar has once again etched its name in the golden letters by securing the 2nd Runners-Up Trophy at the Guru Nanak Dev University Zonal Youth Festival 2025. The college showcased its extraordinary talent, creativity and spirit of excellence by clinching 21 prestigious positions across various events. The vibrant HMV contingent made a powerful mark in a wide array of competitions, including Quiz, Painting and Elocution, Poetical Symposium, Classical Vocal, Group Song, Folk Song, Folk Orchestra, Costume Parade, Group Shabad, Ghazal, Debate, Play, Poster Making, Group Dance, Vaar, Kawishri, Cartooning, Classical Dance, Western instrumental and Mime. Each performance reflected the perfect blend of skill, passion and dedication that HMV is renowned for. Principal Prof. Dr. (Mrs.) Ajay Sareen expressed immense pride and joy at this remarkable achievement. She extended heartfelt congratulations to Dean Youth Welfare Dr. Navroop and the entire HMV team for their outstanding performance and tireless efforts. Dr. Sareen also conveyed deep gratitude to President DAVCMC Padma Shri Dr. Punam Suri, Chairman LAC Justice (Retd.) Sh. N.K. Sud and all mentors at DAVCMC for their constant guidance, motivation and blessings that continue to inspire excellence at HMV. Dean Youth Welfare Dr. Navroop lauded the students for their team spirit, discipline and creativity, which together brought this glorious victory home. She remarked that every performance was a celebration of art, culture and the indomitable HMV spirit.

Dated : 07/11/2025

HMV Students Cleared CA Exam



The students of PG Department of Commerce & Management brought laurels by clearing CA Inter Group II and Foundation exam in September, 2025. Prabhnoor Kaur, Deepali Buggal and Nancy Gupta cleared CA Inter Group II exam and Sneha cleared CA Foundation in September, 2025. Principal Prof. Dr. (Mrs.) Ekta Khosla congratulated the students and said that the students of HMV are always making the college proud. It

is a great moment for all of us. On this occasion, HOD Mrs. Meenu Kohli and Mrs. Binoo Gupta, Associate Prof. in commerce were also present.

Dated : 13/11/2025

HMV Students Won Prizes in State Level Competition



The students of Red Ribbon Club and Fine Arts Department of Hans Raj Mahila Maha Vidyalaya participated in State Level Competition organized by Punjab State AIDS Control Society and Youth Welfare Department Jalandhar. Dr. Deepali, Incharge Red Ribbon Club escorted the students for competition. Gurasis Kaur, student of BFA Sem III got 3rd prize in Poster Making and Jasmeen Mahey of BFA Sem III got 3rd prize in Slogan Writing Competition. Principal Prof. Dr. (Mrs.) Ekta Khosla congratulated the winners and incharges. The winners were awarded with Trophies and Certificates. On this occasion, Head of Fine Arts Department Dr. Neeru Bharti Sharma was also present.

Dated : 17/11/2025

HMV Collegiate Savours Success at Food & Nutrition Show



The students of HMV Collegiate Sr. Sec. School brought laurels to the institution by securing a Consolation Prize at the Food & Nutrition Show held at Pushpa Gujral Science City, catalysed and supported by Ministry of Environment, Forest and Climate Change. The team of HMV collegiate comprised of Arti, SSC 1 Non-Med and Krishna, SSC 1 Medical impressed the judges with their delectable sweet dish, earning a consolation trophy and cash prize. The competition, centered on the theme "Nutri-Licious Creation: Blending Taste, Tradition & Nutrition", witnessed enthusiastic participation from various institutions. The achievement of our students stands as a testament to their talent, teamwork, and passion. Principal Dr. (Mrs.) Ekta Khosla congratulated the students and their mentors and appreciated the commendable efforts of all participants, while Coordinator Mrs. Arvinder Kaur extended heartfelt congratulations for their spirited performance and well-deserved recognition. HOD Home science Mrs. Vandana Gupta also accompanied them.

Dated : 18/11/2025

Experiential Learning for HMV Collegiate Students



Under the inspiring leadership of Principal Prof. Dr. (Mrs.) Ekta Khosla, the Home Science Department of HMV Collegiate Sr. Sec. School organised an educational visit to Ambassador Hotel. The initiative was appreciated and encouraged by Coordinator Mrs. Arvinder Kaur, who emphasized the importance of hands-on learning for skill development. More than 20 Home Science students participated in this enriching experience. During the visit, students explored the hotel's professional kitchen, interacted with the chief chef, and observed the functioning of various culinary stations. They also learnt salad-making techniques, table manners, and table layout etiquette, gaining valuable insights into hospitality management and food presentation. The visit proved highly beneficial, offering students practical exposure and strengthening their understanding of culinary arts and professional decorum. Principal Dr. Ekta Khosla appreciated the efforts of coordinators.

Dated : 26/11/2025

HMV Participated in Folk Art Exhibition



The students of Hans Raj Mahila Maha Vidyalaya participated in the Folk Art Exhibition “Our Heritage, Our Pride” in the Heritage Centre of Guru Nanak Dev University under the guidance of Principal Prof. Dr. Mrs. Ekta Khosla. The aim of this exhibition was to raise awareness about Punjabi Heritage among the young generation. This exhibition was organised on the occasion of Guru Nanak Dev University’s Foundation Day by the university. Head of PG department of Punjabi Dr. Navroop Kaur led the students to participate in this exhibition. The incharge of HMV team was Mrs. Kuljeet Kaur along with faculty of the Punjabi Department Mrs. Satinder Kaur, Dr. Mandeep Kaur and Ms. Sukhwinder Kaur. Vice Chancellor Prof. Dr. Karamjit Singh, Dean Colleges Dr. Saroj, and other senior officials were present on the occasion. They appreciated the efforts of HMV team. Principal Prof. Dr. Ekta Khosla said that HMV always celebrate culture, creativity and excellence. The college has preserved rich culture of Punjab through “Amri da Vehra” maintained in its premises. The college has displayed heritage culture of Punjab in a beautiful way. The Head of the University’s Punjabi Department, Dr. Manjinder Singh, and Dr. Baljit Kaur Riar also visited the exhibition.

Dated : 1/12/2025

Field Visit by HMV Collegiate School Girls



Under the guidance of Principal Dr. Ekta Khosla, HMV Collegiate Senior Secondary School organized a one-day field visit to Sadda Pind at Amritsar, providing students with a meaningful blend of culture and learning. At Sadda Pind, students experienced the vibrant heritage of Punjab through traditional exhibits, folk performances, and rural crafts, gaining first-hand exposure to village life and Punjabi culture. The students learnt about Punjabi culture and heritage. They danced to the tunes of Dhol and enjoyed a lot. Principal Dr. Ekta Khosla added that these visits help students grow not only academically but also culturally, emotionally, and socially. Coordinator Mrs. Arvinder Kaur highlighted that such experiential trips play a vital role in the holistic development of students. The students thoroughly enjoyed the day, and the trip helped them break the monotony of routine, leaving them refreshed, energized, and more positively engaged.

Dated : 3/12/2025

Fine Arts Student of HMV Shines at Intervarsity Youth Festival-2025



The Department of Fine Arts, Hans Raj Mahila Maha Vidyalaya, Jalandhar, has brought pride to the institution with the remarkable achievement of Preeti Gupta, a dedicated and talented student of BFA 7th Semester, who has brought immense glory to the institution through her outstanding artistic excellence. Preeti Gupta secured First Prize in the Zonal Youth Festival 2025 followed by an exceptional performance at the Inter-Zonal Youth Festival 2025, again securing First Position, both organized under the aegis of Guru Nanak Dev University, Amritsar. Carrying forward her streak of excellence, Preeti has now achieved the First Position at the Intervarsity Youth Festival held at GNDU, Amritsar. Competing against students of top universities of India, she has represented the institution with dignity, confidence, and exceptional skill. Hans Raj Mahila Maha

Vidyalaya extends its warmest congratulations to her and wishes her a continued success in all her future endeavors. Over the years, Preeti has consistently excelled in various prestigious competitions. She secured 2nd prize in the Art and Science Competition at Science City (2022), 3rd prize in the Foundation Day Competition at GNDU, Amritsar (2022), 1st prize at the District Level Painting Competition (2024), 2nd prize in the Zonal Youth Festival (2024), and 3rd prize in Lit Fiesta at Khalsa University (2024). In 2025, she received a consolation prize in the International Women's Day Competition held at Science City, 1st prize in the Flowers Day Competition held at LPU, 2nd prize in the Inter-College Fiesta held at CT Group of Institutions, a cash prize of ₹5000 in the KT Kala competition and many more. The department expressed its heartfelt gratitude to the respected Principal Dr. (Mrs.) Ekta Khosla, whose constant encouragement, vision, and support have been instrumental in shaping an environment where creativity and excellence flourish. Principal Dr Ekta Khosla extended her heartiest congratulations to the entire and Dean Youth Welfare Dr Navroop and Fine Arts faculty Dr Neeru Bharti Sharma (HOD, Fine Arts), Dr Shailender Kumar, Miss Chahat, Miss Bhawna whose mentorship, dedication, and guidance have played a vital role in nurturing and honing Preeti's artistic growth. The Department of Fine Arts proudly celebrates this achievement and remains committed to encouraging talent, fostering creativity, and upholding the rich artistic legacy of Hans Raj Mahila Maha Vidyalaya.

Dated : 9/12/2025

HMV Collegiate Senior Secondary School Shines at the 18th Inter-District Music, Dance and Art Competition



HMV Collegiate Senior Secondary School added another proud milestone to its legacy by lifting the prestigious Running Trophy at the 18th Inter-District Music, Dance and Art Competition organised by Satyug Darshan Sangeet Kala Kendra. The students displayed remarkable talent, emerging ahead of other schools through their winning performances in Luddi, Devotional singing, Nukkad Natak, Music categories, along with noteworthy presentations in Rangoli and Classical Dance. Congratulating the students, Principal Dr. Ekta Khosla expressed immense pride, stating that this achievement reflects the school's enduring commitment to nurturing creativity, discipline and cultural excellence. She applauded the dedication of teachers and the unstoppable spirit of the young performers. School Coordinator Mrs. Arvinder Kaur and Head of Music Vocal department Dr. Prem Sagar also extended their heartfelt appreciation, praising the hard work, teamwork and artistic maturity displayed by the students, and encouraging them to continue striving for excellence with the same passion and humility. The glorious victory of the Running Trophy has once again illuminated the name of HMV Collegiate Sr. Sec. School, reinforcing its stature as a hub of cultural excellence. On this occasion, Mrs. Renu, Ms. Sukriti, Dr. Gunjan and other teachers were also present.

Dated : 10/12/2025

HMV Shines at Punjab State Art Exhibition 2025



KT Kala Museum, Amritsar organized the prestigious Punjab State Art Exhibition 2025 on 28 November 2025 at Lawrence Road, Amritsar. The grand event witnessed the participation of 500 artists from across Punjab, making it one of the most significant art gatherings of the year. The exhibition featured two major sections — Professional Category and Budding Artist Category, encompassing five fields of Photography, Drawing, Painting, Sculpture, and Printmaking. In each category, 10 artists were honoured with cash prizes and certificates, celebrating their creative excellence. The exhibition was inaugurated by the esteemed Chief Guest Er. Ram Pal Chatrath, Retired Engineer, Irrigation Department, Punjab. In his address, he appreciated the efforts of KT Kala Museum in promoting the rich cultural and artistic heritage of Punjab. Hans Raj Mahila Maha Vidyalaya marked a proud moment as two members of its Fine Arts Department were honoured at the event. Dr. Shailender Kumar, Assistant Professor, Fine Arts, received the Punjab State Cash Award of ₹10,000/- along with a Certificate in the Drawing Category. Similarly, Preeti Gupta, a talented student of BFA Semester VII, was awarded a Cash Prize of ₹5,000/- in the Painting Category. Principal Dr. Ekta Khosla congratulated both awardees for their remarkable achievement and praised the Fine Arts Department for consistently nurturing creativity and excellence. Dr. Neeru Bharti Sharma (HOD, Fine Arts), along with faculty members Ms. Chahat and Ms. Bhawna, congratulated the members.

Dated : 19/12/2025

HMV Records Excellent Placement Success



Hans Raj Mahila Maha Vidyalaya's commitment to academic excellence, skill development, and career readiness becomes explicit in the placement drive conducted by Knowledge Academy. As many as 23 students

of HVM were successfully selected after clearing multiple rigorous rounds of selection, reflecting the institution's strong academic foundation and industry-oriented training. The selected students secured placements across diverse profiles including Accounts, Credit Control Department, IT, Sales, and Web Designing, showcasing their multi-disciplinary competence. Km. Tamanna (B.Voc BFS) brings glory to the institution by being selected for the Dubai office of Knowledge Academy. Principal Dr. Ekta Khosla warmly appreciate the success of the students , and congratulated the Placement Officer, Mr. Jagjit Bhatia for his dedicated efforts in facilitating career opportunities for students. The occasion was graced by the presence of Mrs. Sangeeta Bhandari, Dr. Rama Sharma, Mrs. Shefali Kashyap, Mrs. Navneeta, Mr. Ashish, and Mr. Parminder Singh.

CAMPUS BUZZ

Dated : 06/08/2025

HMV Institution Innovation Council Engages with Visionary Leader Nivruti Rai in National Innovation Dialogue



Under the dynamic leadership of Principal Dr. Ajay Sareen, Hans Raj Mahila Maha Vidyalaya, Jalandhar, actively participated in Rashtra Pratham, an inspiring leadership podcast series hosted by Dr. Abhay Jere, Vice Chairman, AICTE and Chief Innovation Officer, MoE's Innovation Cell. The session featured Ms. Nivruti Rai, Managing Director & CEO of Invest India and former Vice President at Intel. Ms. Rai, a pioneering force in shaping India's technology and startup landscape, shared valuable insights on leadership, innovation, and the importance of building transparent and ethical governance systems. With nearly three decades at Intel, including her tenure as Country Head of Intel India and her work in autonomous systems and semiconductor development, she remains a powerful voice in advancing India's digital and industrial future. MoE's Innovation Cell at HMV participated with great enthusiasm. Dr. Anjana Bhatia, IIC Incharge, along with Innovation Ambassadors Ms. Harpreet and Dr. Simmi, motivated students to engage deeply with the session and gain inspiration from one of India's top changemakers. The event was a meaningful step in strengthening the innovation culture at HMV, aligning with national goals of Atmanirbhar Bharat and technological self-reliance.

Dated : 07/08/2025

HMV Celebrates Vrikshabandhan & Rakhi Sakhi in Collaboration with National EduTrust of India



Under the visionary leadership of Principal Prof. Dr. Ajay Sareen, Hans Raj Mahila Maha Vidyalaya celebrated Vrikshabandhan and Rakhi Sakhi in collaboration with the National Edu Trust of India at Prerna Punj. The celebration beautifully blended the sacred bond of Raksha Bandhan with themes of environmental care, women empowerment, and institutional commitment. The event revolved around the heartfelt theme of "Kartavya Bandhan", signifying the duties and responsibilities we owe to our institution. Students and faculty pledged to uphold values of harmony, sustainability, and mutual respect. In a unique initiative of "Rakhi Sakhi", girls tied Rakhis to each other, symbolizing the strength of sisterhood, shared journeys, and the promise of support. Principal Dr. Ajay Sareen tied Rakhis to trees, reinforcing our bond with nature, and extended the gesture to faculty and students, embodying leadership rooted in love and responsibility. Speaking on the occasion, Dr. Sareen emphasized that "Rakhi is not just a thread, it is a reminder of our lifelong commitment to protect, nurture, and uplift one another and the world around us." The Design Department, under the creative guidance of Dr. Rakhi Mehta, crafted beautiful eco-friendly Rakhis for trees, adding a unique artistic dimension to the event. A soulful poem was recited by Dr. Urvashi, capturing the emotional and ecological spirit of the occasion. Esteemed faculty members including Dr. Navroop, Dr. Seema Marwaha, Dr. Veena Arora, Dr. Anjana Bhatia, Dr. Gagan, Dr. Sakshi, Mr. Ravi and staff members Mr. Pankaj, Mr Ravi Maini and Mrs. Seema Joshi took part enthusiastically. The event also witnessed active involvement of the Institution Innovation Council (IIC) and the Department of Zoology, reinforcing interdisciplinary unity in celebrating cultural and ecological values. The Student Council and Eco Club added vibrant energy with handmade Rakhis, smiles, and commitment to green values. The college extended sincere thanks to Mr. Samarth Sharma, CEO, National Edu Trust of India, for supporting the initiative and nurturing a culture of emotional and environmental bonding. The event beautifully reflected that true bonds are formed not just with threads, but with values, care, and collective responsibility for each other, for the environment and for the institution we cherish.

Dated : 08/08/2025

HMV Celebrated Eco-Friendly Rakhi



HMV Environment Club and Department of Zoology at Hans Raj Mahila Maha Vidyalaya, Jalandhar organized an Eco-Friendly Rakhi celebration, under the visionary leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen. This unique initiative was designed to cultivate environmental awareness among students by encouraging the use of sustainable and biodegradable materials in festive traditions. As part of the celebration, a series of competitions were held including Eco-Friendly Rakhi Making, Slogan Writing, and Eco-Themed Rangoli Making. These events provided students with an opportunity to express their creativity while promoting ecological responsibility. Participants from various academic streams enthusiastically engaged in the activities, utilizing materials such as dried leaves, paper, cotton, jute, seeds, and other recyclable items. The judging panel for the competitions included Dr. Rakhi, Head of the Department of Design, and Dr. Sakshi Verma, Incharge of the Environment Club. They commended the students for their innovative ideas and dedication to sustainability. All participants received e-certificates in recognition of their efforts, while the winners were awarded. A heartfelt moment during the event included students presenting handmade greeting cards to Principal Dr. Ajay Sareen and tying eco-friendly Rakhis on her wrist, symbolizing their pledge to celebrate Rakshabandhan in a sustainable way. Principal Madam emphasized the importance of integrating environmental values into cultural traditions, reinforcing the commitment of College to sustainability. Dr. Seema Marwaha, Dean Academics and Head of Department of Zoology, also highlighted how such events not only spark creativity but also deepen students' understanding of eco-conscious living. The event was successfully coordinated by Environment Club incharges Dr. Sakshi Verma and Mr. Ravi Kumar, with support from Lab Technician Mr. Sachin, who ensured smooth arrangements for the celebration.

Dated : 12/08/2025

HMV Collegiate School Celebrated International Commerce Day



International Commerce Day was celebrated with great enthusiasm at HMV Collegiate Sr. Sec. School under the guidance of Principal Dr. Mrs. Ajay Sareen. The in- charges of the event were Dr Seema Marwaha, Dena Academics & School Coordinator and Mrs. Arvinder Kaur, School Co - Coordinator. Thought -provoking PPT Competition and Commerce Canvas were organised which adjudged skilfully with the expertise of Mrs Binoo Gupta, Dean Student Welfare & Associate Professor, PG Department of Commerce and Management. Principal madam appreciated the efforts of Faculty and students and said that events like commerce Day are not only a celebration of knowledge but also a platform for the students to think beyond textbooks and connect with real world business practices. In PPT Competition, Palak Summan of SSC 2 Commerce attained the first position and Tania of SSC 2 Commerce grabbed the second position. The consolation prize was given to Harleen Kaur of SSC 1 commerce. In Commerce Canvas, the first position was secured by Jahnvi and Ridham of SSC 2 Commerce and the second position was attained by Ikroop and Furleen Kaur of SSC 2 Humanities. Mrs Binno Gupta wholeheartedly praised the remarkable efforts of all the students and said that Commerce is not just a stream but it's a vision that drives economies, builds futures and opens door to innovation. The vote of thanks was given by Mrs Arvinder Kaur. She thanked principal madam, esteemed judge of the event, the convenors Mrs Upma Gupta and Ms. Sukriti Sharma and all the students. The programme was a grand success,

inspiring students to develop their skills in business, finance, and trade practices. The stage was deftly conducted by Ms. Sukriti Sharma.

Dated : 16/08/2025

HMV Collegiate School Celebrated Independence Day



HMV Collegiate Sr.Sec. School celebrated Independence Day with full enthusiasm in its premises. The motive of this celebration was to inculcate the feeling of National Harmony and Integrity among students. The students were wearing tri-color on this occasion. Principal Dr. Ajay Sareen congratulated everyone on Independence eve. She said that on this day we should remember all the veers who have sacrificed their life to get independence. Senior Faculty and Dean Youth Welfare Dr. Navroop Kaur appreciated the enthusiasm of the students. The students presented Nukkad natak, Song, Dance items. She said that Independence is not only our right but it is a responsibility also and we should respect it. The students of Music department presented songs of patriotism. On this occasion School Co-Coordiantor Mrs. Arivnder Kaur and all the teachers of school section were present. Stage was conducted by Ms. Sukriti. The programme concluded with National Anthem.

Dated : 18/08/2025

Sri Krishan Janamashtmi Celebrated in HMV Hostel



Shri Krishan Janamashtmi was celebrated in the hostel of Hans Raj Mahila Maha Vidyalaya under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The resident scholars presented Tableau of Shri Krishan & Radha. Saiman, Mehak B.Sc. Medical, Ranjeet B.A. II and Siddhi BA II presented dance on this occasion. Mangal Arti was performed by Principal Dr. Ajay Sareen and Prasadam of Makhan Mishri was presented to Shri Krishan. The students organized this celebration with full enthusiasm. Special dinners was also organized for the students. On this occasion Dean Youth Welfare Dr. Navroop, Supdt. Admin Mr. Ravi Maini, Mrs. Jasbir Kaur, Ms. Roshni, Ms. Aman, other members of teaching and non-teaching staff and their family

members were also present. Dr. Sareen congratulated Dean Resident Scholars Dr. Meenu Talwar for the successful organization of the programme. She also distributed token of appreciation among the participants.

Dated : 21/08/2025

Star Cast of Movie 'Mehar' Visited HMV



The Star Cast of 'Mehar', an upcoming Punjabi movie, visited the premises of Hans Raj Mahila Maha Vidyalaya. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed all the stars with planters, phulkari & handmade garlands prepared by Fashion Designing Department. The coordinators of the event were Dr Navroop, Dean Youth Welfare and Dr Anjana Bhatia, Dean Innovation and Research. The star cast included Raj Kundra, Geeta Basra and others. The producers of the film are Divvyia Bhatnagar Digitainment, Acur Media & Dreams Music. Director of the film is Rakesh Mehta. The film is going to release on 5th September, 2025. Principal Prof. Ajay Sareen gave her best wishes to the film for its success. On this occasion, a sapling was also planted by the stars wishing the success of their movie. Teaching and non-teaching staff members and students enjoyed the performance of stars of the film. The stage was conducted by Dr Anjana Bhatia, Dean Innovation and Research. On this occasion, Mrs. Kuljit Kaur, Dr Gagandeep, Mr. Pankaj Jyoti and Mr. Ravi Maini were also present among others.

Dated : 25/08/2025

HMV Celebrated National Space Day



Under the esteemed guidance of Principal Dr. (Mrs.) Ajay Sareen, the Chandrayaan Vipnet Club of the PG Department of Physics commemorated National Space Day. The primary objective of this celebration was to enlighten students about the numerous milestones accomplished by ISRO and to inspire them to pursue careers in the field of space exploration. Dr. Saloni Sharma, Head of the PG Department of Physics, along with Dr. Sushil, the In-charge of the Chandrayaan Vipnet Club, cordially welcomed Dr. Seema Marwaha, Dean

Academics, Mrs. Deepshikha, Science Faculty In-charge and Dr. Anjana Bhatia, Dean Innovation, with a planter. Dr. Saloni Sharma articulated the purpose behind the National Space Day festivities, while Dr. Sushil Kumar elaborated on the club's various initiatives. Principal Dr. (Mrs.) Ajay Sareen extended her congratulations to the department for the successful orchestration of the event. Also present on this occasion were Dr. Simmi Garg, Dr. Vandna, Dr. Sakshi, and Ms. Purnima. The event featured a series of competitions, including: Poster Making Competition and Rangoli Competition. Poster-Making competition was arranged around the theme of "Space Achievements of India." Students from B.Sc Non-Med and C.Sc of Sem I, III and V participated enthusiastically. Participants provided detailed explanations of their posters. Dr. Vandna and Dr. Simmi served as the judges for this competition. The first prize was awarded to Mannat, Muskan, and Ankita from B.Sc Sem III, while Mehak and Akshi from B.Sc Sem V secured the second prize. The third prize was jointly awarded to two teams: Ankita and Palak from B.Sc Sem V and Aditi and Bhavya from B.Sc Sem III. Rangoli competition was conducted with the theme of "Past, Present, and Future of Space Technology." Students exhibited remarkable enthusiasm in this event. Dr. Sakshi and Ms. Purnima presided as judges. The first prize was claimed by Harshita and Parinita from B.Sc Sem III, while Plaksha from B.Sc Sem I was honored with the second prize.

Dated : 27/08/2025

HMV Celebrated Anti Ragging Day and Week



Under the aegis of Department of Student Welfare, The Anti-Ragging Committee of Hans Raj Mahila Maha Vidyalaya, celebrated Anti-ragging day and week as per UGC, C4Y and AICTE Guidelines, under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Anti-Ragging Day celebration program began with the DAV Gaan, creating an atmosphere of pride and unity. As part of the event, a special planter ceremony was held to honor and appreciate the guests. Green welcome planters were accorded to Mrs. Binoo Gupta (Dean

of Student Welfare), Mrs. Meenu Kohli (Head, PG Department of Commerce), and Dr. Meenu Talwar (Head, Department of Sanskrit). An orientation programme was organized on Anti ragging Day in which Dean Students Welfare Mrs. Binoo Gupta, in her address, reiterated the Anti Ragging committee's commitment to encouraging a healthy atmosphere on campus. She apprised students about composition and working of Anti ragging Committee and UGC guidelines in this regard. Addressing the first year students she highlighted that every year, seniors warmly welcome their juniors with enthusiasm and affection by means of Fresher's Party and Rakhi Sakhi celebration. In orientation insightful speeches were delivered on anti-ragging, along with useful advice related to academics and health. Mrs. Meenu Kohli also shared her three mantras for success: keep a diary, write the name of God on its first page, and note down your goals — especially those related to health and personal growth. It was followed by workshop on "Building a Positive Mindset" in which was hosted by Dr. Meenu Talwar, Head of the Department of Sanskrit, who spoke about emotional well-being, mindfulness, gratitude, holistic growth, and emotional intelligence. The workshop featured interactive discussions and group activities, encouraging students to participate actively and connect with each other. The weeklong celebration started with screening of UGC documentary on Anti-Ragging for students to raise awareness about the harmful effects of ragging and the strict legal consequences it carries. Instagram reel made by HMV Students on Anti -Ragging which got National Award by UGC was also presented. The aim was to reinforce the importance of maintaining a safe, respectful, and inclusive campus environment. Around 200 students attended the event, finding it an open and supportive platform to learn, interact, and express themselves. Riya (B. Com, Sem 1, K2), Anushka (B. Com, Sem 1, K1), and Bhavleen (BBA, Sem 1) shared their appreciation for HMV's warm and supportive environment, describing it as highly positive, student-friendly, and motivating. Next day In order to inspire the environment of college , a Nukkad Natak on the theme "Say No to Ragging, Say Yes to Respect" was presented by students of the Commerce Department — Deeksha Devi, Alisha, Aditi, Nazam, Benika, Yagima, Diksha, Mohini, Pahul, Japnaaz under the guidance of Dr. Kajal Puri. The Nukkad Natak was applauded by everyone present, successfully delivering the message to reject ragging and embrace mutual respect. The participating students pledged never to indulge in ragging and to spread awareness about its harmful effects. The event was graced by Principal Prof. Dr. (Mrs.) Ajay Sareen, Dr. Seema Marwaha, Mrs. Binoo Gupta, Dr. Kajal Puri, Dr. Meenu Talwar, Mrs. Deepshikha, Dr. Urvashi Mishra, and special guests from the Inner Wheel Club, whose presence added to the significance of the occasion. Then on next day "Digital poster making Competition" on Anti - Ragging was organized. First prize in digital poster making given to Muskann Kaushal (BBA sem 3) second prize to Jaspreet kaur (BDMM sem 3). The Judges of the event were Dr. Shallu Batra and Mr. Ashish. "Instagram Reel Making" and "YouTube Video Making" Competitions were organized, where students created awareness videos on the theme of anti-ragging. The initiative helped in spreading the message against ragging effectively through social media platforms. The Judges of the event were Mrs Shefali Kashyap and Dr. Rama Sharma. Frist Prize in Instagram reel making given to Team 1 - Mansi Gupta (B voc Sem 5), Parampreet kaur (B voc Sem 5), Riya (B voc Sem 5), Harpreet kaur (B voc Sem 5), Niharika (B voc Sem 5). Second prize to Team 4- Nazam Jafri(BBA sem 5), Deeksha Devi (B com sem 5),Muskaan (BBA sem 3),Pahul (B voc (MHC) sem 3),Benika (BA sem 3), Himanshi(BA sem 3), Garisha(BCA sem 3), Yagima (B voc (MHC) sem 1), Japnaaz(B com sem 1), Anuska (B com sem 1) . First prize in YouTube video making given to - Nazam Jafri (BBA sem 5), Deeksha Devi (B com sem 5),Muskaan (BBA sem 3),Pahul (B voc (MHC) sem 3),Benika (BA sem 3), Himanshi(BA sem 3), Garisha(BCA sem 3), Yagima (B voc (MHC) sem 1), Japnaaz(B com sem 1), Anuska (B com sem 1). The weeklong celebration ended with "Poster Making"and "Slogan Writing" Competitions, for igniting a wave of enthusiasm among students to creatively express their thoughts on the pressing issue of Anti-Ragging. First prize in poster making was given to Jasneet Dhanjal (BFA sem 7), second prize to Bhumika (BFA SEM 1). First prize in slogan writing to Palak (BFA sem 5), second prize to Rabia Mahala (BFA sem 5). The Judges of the event were Dr. Rakhi Mehta, Dr. Neeru Bharti and Mr. Shailendra. Principal Prof. Dr. Mrs. Ajay Sareen praised the students' performance, emphasizing that HMV is a zero-tolerance institution towards ragging, where healthy and respectful relations between juniors and seniors are nurtured.

The principal also commended Mrs. Binoo Gupta and all members of the Anti-Ragging Committee for their continuous efforts in fostering a safe, supportive, and friendly campus environment where every student feels at home. She noted that the committee organizes various activities and competitions annually during Anti-Ragging Week, with students participating enthusiastically. The event was well managed by the hardworking office bearers — Deeksha Devi, Muskaan Kaushal, Anushka, Nazam Jafri and Alisha — all of whom worked tirelessly to ensure its success. They were given Appreciation Award trophy along with the prize winners of competitions held during the week.

Dated : 29/08/2025

Entrepreneurship Development Cell of HMV Celebrated World Entrepreneurship Day



Entrepreneurship Development Cell and Institution Innovation Cell of Hans Raj Mahila Maha Vidyalaya under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen organised Slogan Writing Competition and Poster Making competition to celebrate World Entrepreneurship Day. The participants were given two topics - Digital Age , Digital Dreams : Rise of New Entrepreneur and Women Entrepreneurs : Building Dreams, Breaking Barriers . Almost 30 students participated in the event. The judgement was done by Dr. Shallu Batra, Head, PG Dept. of Economics and Dr.Shailinder Kumar, Assistant Prof., Dept. of Fine Arts . In poster making competition, first prize was won by Sneha (B.Com Sem 1 K1),Second prize was bagged by Meena Devi (Bcom Sem 3), third prize won by Siya Gupta (B.Com FS Sem 3) and consolation prize was given to Khushi Rana (B.Voc BFS Sem III). The winners of Slogan writing competition were Shehnaz (BBA Sem I) , Riya Badola (B.Voc cosmo Sem I), Mehakpreet Kaur (B.Com Sem I K1), and Muskan (B.com sem I). They won first, second, third and consolation prize respectively. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the In charge, Entrepreneurship Development Cell and Head of PG Department of Commerce and Management Mrs. Meenu Kohli. She appreciated the efforts of the students. On the occasion members of Entrepreneurship Development Cell and Dr. Anjana Bhatia Co-ordinator IQAC, Incharge Institutions Innovation Council was also present.

Dated : 30/08/2025

HMV Organizes Theatrical Tribute to Maharani Ahilya Bai Holkar



Hans Raj Mahila Maha Vidyalaya, under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, in collaboration with Kshetriya Samajik Samrasta Vibhag and Samvad Theatre Group, Chandigarh, organized a powerful and moving theatrical tribute to one of India's most visionary historical figures – Maharani Ahilya Bai Holkar. Renowned for her exceptional leadership, profound wisdom and unwavering commitment to public welfare, Maharani Ahilya Bai remains a timeless symbol of India's constitutional and cultural legacy. The play, directed by Mr. Mukesh Sharma and scripted by Ms. Rajni Bajaj, vividly brought to life the inspiring journey of the great queen, highlighting her contributions to society, her spiritual strength, and her role in rebuilding temples while promoting justice and harmony. The event was graced by distinguished guests, including Mrs. Akarshi Jain (IPS), ADCP Jalandhar, Mr. Pramod from Kshetriya Samajik Samrasta Vibhag, Dr. Madhurima Bhagat, Mrs. Parveen Angrish and Mr. Ramesh Sharma. Principal Dr. Sareen Dr. Navroop and Dr. Anjana Bhatia extended a warm welcome to the dignitaries and congratulated the organizers for bringing forth the pivotal role of women in India's glorious history. All dignitaries were honoured with Pehchan Patras. The function was smoothly coordinated by Mrs. Alka and Mrs. Protima, whose meticulous efforts ensured the success and grandeur of the tribute. UG and PG students from the department of Political Science and History along with students and faculty from HMV Collegiate School formed the part of it and enjoyed the engrossing performance. The event stood as a memorable celebration of India's rich cultural heritage and the empowered leadership of women.

Dated : 31/08/2025

Poster Making Competition by Unnat Bharat Abhiyan Team



Unnat Bharat Abhiyan Team of Hans Raj Mahila Maha Vidyalaya organized Poster Making Competition Emerging Young Change Makers: A Health Conclave under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The students participated enthusiastically and presented posters on the topics zoonotic diseases, nutrition and agriculture linkages, climate and nectar ecology, clean environment solutions. Through the

posters, the students insisted on the need to maintain a clean and green environment and created awareness about the health diseases. In the competition Gurasis Kaur of BFA Sem III got first prize followed by Khyati Saini B.Voc BFS Sem III and Radha BFA Sem III who got second and third prize respectively. The competition was judged by Mrs. Deepshikha, faculty incharge Science and Dr. Shailendera Kumar, Asstt. Prof. Fine Arts Department. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Dr. Navroop Dean Youth Welfare, Dr. Minakshi Duggal Mehta Coordinator Unnat Bharat Abhiyan, Mrs. Shifali Kashyap member Unnat Bharat Abhiyan and encouraged them to organize such competition in future also. On this occasion Ms. Akarshi Jain, IPS ADCP was also present. She motivated the students and congratulated them for being part of the competition.

Dated : 09/09/2025

HMV Collegiate Organised Freshers' Party Khushamdeed



Filling the atmosphere with verve and vibes and students flaunting best of their attires, the Freshers' Party Khusamdeed was organized at HMV Collegiate Sr Sec. School to welcome the new entrants of SSC 1 under the visionary guidance of Principal Prof. Dr (Mrs.) Ajay Sareen. The event was coordinated by Dr Seema Marwaha, Dean Academics & School coordinator, Mrs Arvinder Kaur, School Co- Coordinator, Dr Urvashi Mishra, Dean Student Council. The programme began on a pious note with DAV Gaan and lighting the lamp of knowledge. Principal madam was welcomed with a green planter by the coordinators of the event. The exuberant students put up a splendid show with their songs, dances, guitars and ramp walk in the modelling rounds. The judges of the event were Dr Navroop Kaur, Dean Youth Welfare & Head, Punjabi Department, Mrs Meenu Kohli, Head PG Department of Commerce and Management, Dr Sandeep, Assistant Professor in Punjabi, Dr Deepali, Assistant professor in Mathematics Conveying her best wishes on the occasion, Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students on joining the illustrious institution which has been reaccredited with A++ grade and highest score nationwide in the third cycle of NAAC. She stated that HMV aims to make its students globally competent, empowered and good humans by leading them towards excellence in academics as well as inculcating values and ethics in them. HMVians bear the stamp of a good number of qualities which give them an edge above others. She wished them best of health and luck for success in their lives. Towards the conclusion, the names of the tag winners were announced. Ms. Artsy was won by Bhagay, Ms. Tech Fairy by Harshita, Ms. Biz Girl by Rose, Ms Fresher Second Runner up by Ashika, Ms Fresher First Runner Up by Tavleen and Ms. Fresher HMV Collegiate Tag was won by Sushma. Principal Dr. Ajay Sareen and the organizers congratulated and crowned the winners. The event was co- coordinated by Mrs Renu Walia and Mrs. Anuradha Thakur. The vote of thanks was presented by Mrs Anuradha Thakur.

The stage was conducted by students of students council under the supervision of Ms Rashmi Sethi and Ms Sukriti Sharma.

Dated : 15/09/2025

HMV Celebrated Hindi Diwas



The PG department of Hindi of Hans Raj Mahila Maha Vidyalaya celebrated Hindi Diwas under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The students of Hindi department enthusiastically participated in the celebration. Principal Prof. Dr. (Mrs.) Ajay Sareen gave her best wishes to Hindi department and said that we all are Indian and we should feel proud about that. She encouraged the students to adopt Swadeshi and own language so that India can become a developed nation. Head of Hindi department Dr. Jyoti Gogia said that Hindi deserves all the respect and by using it in our daily life, we should fulfill our duty and become true Indians. On this occasion, a Nukkad Natak was also presented which was written and directed by Dr. Jyoti Gogia. The title of Nukkad was “Hindi Ki Kahani Nukkad Natak Ki Zubani.” Signature Campaign was also organized on this occasion. All the faculty members put their signatures in Hindi and expressed their feelings towards Hindi. An oath was also taken to respect and protect Hindi throughout the life. An awareness rally was also organized within the campus. On this occasion faculty members Dr. Navroop, Dr. Veena Arora, Dr. Anjana Bhatia, Mrs. Pawan Kumari and Dr. Deepti Dhir also gave their best wishes to the students.

Dated : 16/09/2025

Freshers’ Party ‘Shubhaarambh-2025’ organized at HMV



Freshers' Party 'Shubharambh-2025' was organized for all the UG first year and PG first year students of Humanities and Skilled Courses in the premises of Hans Raj Mahila Maha Vidyalaya, Jalandhar under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The event started with lighting of the lamp followed by DAV song. The chief guest of the event, Principal Sareen was welcomed by presenting a green planter to her. The welcome address was delivered by Dr. Ashmeen Kaur. Students organized cultural events and made the environment enthusiastic and full of zest. Young girls participated in modeling, singing, traditional dance and Punjabi Bhangra. Dr. Sangeeta Arora, Mrs. Meenu Kohli and Dr. Saloni Sharma played the role of judges. Under modeling, the students were honoured with various titles. Mehak Bains of UG was selected as Miss Fresher, Jaspreet Kaur as First Runner Up, Vanshita Sharma as Second Runner Up, Sukriti Miglani as Woman of Letters and Riya Badola as Miss Creative. Ritika of PG was selected as Miss Fresher, Kritika Goswami as First Runner Up, Gurpreet as Second Runner Up and Ritika Bhagat as Miss Ethnic. Principal Dr. Ajay Sareen, in her address, blessed the rookie students. She motivated the students to study hard as per the standards of HMV, an Institution with A++ grade. Further, she advised the new buds to attain success through determined mind and by following the honest and true path in life. Moreover, Principal Dr. Ajay Sareen insisted the students to inculcate cultural and moral values in their life and also wished them for their bright future. She also suggested the students to avail the opportunity to do value added courses in addition to the curriculum. She congratulated the organizing team for the program. The entire program was organized under the supervision of Dr. Ashmeen Kaur, Mrs. Ritu Bajaj and Mrs. Navneeta and Dean Student Council Dr. Urvashi. The stage was conducted by the students of the Student Council under the guidance of Mrs. Loveleen Kaur, Mrs. Protima Mander and Mrs. Jyoti Sehgal. On this occasion, all the members of Humanities and Skill Department were present.

Dated : 20/09/2025

Talent Carnival 2025 Organised at HMV Collegiate School



HMV Collegiate Sr. Sec. School organised Talent Carnival- 2025 to enhance and amplify the talent and skills of young and energetic students of SSC 1 & SSC 2. More than 350 Students of SSC-I and SSC-II utilized this opportunity enthusiastically and showcased their talent pertaining to multiple facets ranging from Declamation Contest, Poem recitation, Sound of Music, Poster and Collage Making Contest, Dance, Nail Art, Mehndi, Art & Rangoli Competition, Photography, Mono Acting Comedy to Quiz Contest. The Chief Guest of the event was Principal Prof. Dr. (Mrs.) Ajay Sareen. Dean Academics and School Coordinator Dr. Seema Marwaha & Mrs Arvinder Kaur, School Co- Coordinator welcomed the esteemed Chief Guest with a planter. The event was commenced with lamp lighting followed by DAV Gaan. The dynamic force behind this event Principal Dr. Ajay Sareen expressed her immense pleasure to watch the wonderful performances of the students. She apprised that the aim of organizing such events is to make the students not only academically brilliant but creative thinkers too and this is what HMV stands for to provide life skills to the students so that by the virtue of them they can tackle real life situations effectively and know how to use every ounce of their potential. The students showcased their talent with full zeal and zest. School Coordinator Dr. Seema Marwaha congratulated all the participants and apprised that these co-curricular activities assist the students to inculcate in them artistic qualities, sound communication skills and confidence so that they can become adaptable and productive human beings. She expressed her heartiest thanks to all the judges. Mrs Arvinder Kaur, School Co-Coordinator congratulated all the participants and encourage them to understand their passion and work on it. The declamation contest as well as Poem Recitation was adjudged by Dr Anjana Bhatia, Incharge IQAC, Dean Innovation & Research and Head, Department of Botany & Dr Jyoti Gogia, Head Department of Hindi in which the students eloquently expressed their oratory skills . In Declamation contest, Ridham secured the first position, Diya Vaid Got the second and Jiya attained the third position. In poem recitation they recited poems spontaneously in which ,Nancy , Dronika and Kashish Paul secured first, second and third positions respectively. Dr. Anjana Bhatia, and Dr Jyoti Gogia were the judges of Mono Acting too in which Nandini got first & Jahnavi got the second position. In Ad- Making Competition, the team Kali kaluti Beauty Queen got the first position. In Quiz Competition, Neha secured first, Ishneet Kaur second and Ridham secured third position. The sharp acumen in Mehandi competition, Fresh Flower Arrangement, Nail Art and Rangoli Competition was given by Mrs. Mukti Arora. Sanchi got the first position in Fresh Flower Arrangement. In Rangoli Competition, Nishtha & Khushi secured the first position . In Mehandi competition, Garima attained the first position, Priya secured the second position and in the third position stood Rose. In Nail Arts Competition, Aeshleen Kaur, Ekroop Kaur and kamakshi secured first, second and third positions respectively. Photography competition was assessed by Dr. Rama Sharma, Head of Mass Communication and Journalism Department, in which Sushma secured the first position, Gurbani Kaur attained the second position and Khushbu attained the third position. The keen and artistic judgement in Poster Making, Collage making, and Best Out of Waste was given by Dr. Rakhi Mehta, Head BD Department & Mrs Navneeta . In Poster Making, Liza stood first, Loveleen Second and Nandini Sharma stood at the third position. In Best out of Waste, Harshita, Jaskirat & Nishtha secured first, second and third position respectively. In College Making,

khushi stood first, Ridham second and Punita held the third position. The Singing Contest was adjudged by, Dr. Prem Sagar, Head Music Department, and Mrs Amanpreet in which Aanchal secured first, Sehaj secured second and Nirjla, Krishika & Ritika altogether secured the third position. The judges of dance competition were Ms Vanita and Ms Lakshita in which Ridham attained the first position, Giddhe diya Shoukena group secured second and Doabe Diya Jatiyaan group secured third position. The stage was conducted by Ms. Sukriti Sharma and the student Furleen. All the members of teaching and non teaching staff were present in the event.

Dated : 22/09/2025

HMV Celebrated International Day for the Preservation of the Ozone Layer



Hans Raj Mahila Maha Vidyalaya observed the International Day for the Preservation of the Ozone Layer. The program was organized by the PG Department of Economics with the aim of spreading awareness about the need to protect the ozone layer and safeguard the environment. Principal Dr. Ajay Sareen addressed the gathering and inspired students to adopt sustainable practices, stressing that even small individual steps can contribute to global change. Students showcased their creativity through a poster-making competition on the theme “International Day For Ozone Layer Preservation”. The Judges of the Competition were Dr. Neeru Bharti, Head of PG Department of Fine Arts, Dr.Shaveta, PG department of Botany, Dr. Shallu Batra, Head of PG Department of Economics. The first prize goes to Komalpreet Kaur, B.Com Sem 1 and Gurpreet Kaur BFA Sem 5. The second prize goes to Diksha Kumari, B.Com Sem 1. The third prize goes to Neha Sharma, B.Com Sem 1. The Consolation Prizes goes to Aishwarya B.Com FS Sem 1 and Sumanpreet Kaur B.Com FS Sem 1. Dr Shallu Batra (Head of PG Department of Economics) motivated students and under her able guidance the competition was successfully conducted. Other faculty members Mrs. Jyotika Minhas , Ms. Harmanu , Mrs. Chandrika , Ms. Shruti were also present. The Planning Forum and its entire team which includes Dhra Mahajan, Onam, Himani and Jaya managed and organized all the work so efficiently that competition was conducted successfully. The program concluded with a vote of thanks. The enthusiastic participation of students and the dedicated efforts of the Economics Department made the observance meaningful and impactful, reminding everyone of the shared responsibility to protect the planet.

Dated : 24/09/2025

HMV Celebrated World Ozone Day



DD Pant Botanical Society of PG Department of Botany in collaboration with the Eco Club celebrated World Ozone Day at Hans Raj Mahila Maha Vidyalaya. To mark this occasion, the department held week long celebrations by organizing Poster Presentation, Slogan Writing and a Quiz Competition. The theme for the celebration was "From Science to Global Action". 40 entries for poster and slogans and 22 teams for quiz from various streams participated in the events. In Poster Presentation Taniya, Ankita and Trishla bagged 1st, 2nd and 3rd prize respectively. In Slogan Writing Kamini, Taniya and Prabhdeep were adjudged 1st, 2nd and 3rd prize respectively. In Quiz Bhawna, Shadya and Simran of B.Sc. (Med) Sem 1 stood first, Gurleen, Gurjot and Himanshi of B.Sc. Med Sem 5 stood 2nd and Jobanjeet, Muskan and Sakshi of BCA Sem 1 stood 3rd. On this occasion Principal Prof. Dr. (Mrs). Ajay Sareen congratulated the winners and gave away the medals. She stressed on the need to create awareness among the youth to save environment. Dr. Anjana Bhatia, HOD, Dr. Ramandeep, Society Incharge, Dr. Shaveta and Ms. Harpreet Quiz Incharge and Dr. Shuchi, Incharge Poster Presentation were also present. Dr.Sakshi and Dr. Simmi acted as judge for poster and slogan presentation. Dr. Anjana Bhatia talked about air pollution and challenges world is facing due to it. Dr. Ramandeep presented vote of thanks.

Dated : 01/10/2025

HMV Hostel Organized Mata ki Chowki on the Occasion of Navratre



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, Hostel of Hans Raj Mahila Maha Vidyalaya organized Mata Ki Chowki on the sacred occasion of Navratra. Principal Dr. Sareen along with Wardens and Resident Scholars prayed to Goddess Durga for the success of the institution in every project. She addressed the students and said that all the students should work hard and make their parents and institution proud. The students also presented Bhajans and they were mesmerized with the positive vibes. Dean Resident Scholars

Dr. Meenu Talwar prayed to Goddess Durga for the well being of the whole world and Peace and Harmony. On this occasion all the Deans, Faculty Heads and members of non-teaching staff were also present.

Dated : 09/10/2025

HMV Organised Nutrition and Health Awareness Programme



PG Department of Zoology successfully organised a Nutrition and Health Awareness Programme on campus with the inspiring theme “Eat Right for a Better Life” under the able guidance of Principal, Prof. Dr. (Mrs.) Ajay Sareen. Principal Dr. Ajay Sareen emphasised the need for adopting a balanced diet and a healthy lifestyle, especially among young adults. She appreciated the efforts of the department in taking the initiative to spread nutritional awareness among students. The event aimed to promote healthy eating habits and create awareness among students about the importance of nutrition in maintaining overall well-being. Dr. Seema Marwaha, Head of Zoology Dept., highlighted the significance of understanding food choices and their impact on health. She encouraged students to take small but consistent steps toward better eating habits. The programme featured Poster presentations competition for students on various topics related to Nutrition and healthy living. Students showcased creative and informative posters that highlighted the role of nutrition in preventing lifestyle diseases. A highlight of the event was the Healthy Fireless Cooking Competition, which encouraged students to prepare nutritious dishes using millets, green vegetables, and fruits etc. promoting healthy and innovative cooking methods. Participants prepared a variety of tasty and healthy recipes, which were judged based on creativity, nutritional value, and presentation. The Judges for Poster Presentation were Dr. Saloni Sharma, Head, PG Dept. of Physics and Dr. Sakshi Verma, Assistant Prof., PG Dept. of Zoology while as for cooking competition, the judges were Mrs. Deepshikha, Head, PG Dept. of Chemistry and Mrs. Purnima Sharma, Assistant Prof., PG Dept. of Bioinformatics. The winners were awarded and e-certificates were given to all the participants. Dr. Sakshi Verma and Mr. Ravi Kumar, Assistant Professors, Zoology Dept. were the conveners of these events. Lab technician, Mr. Sachin assisted in making all necessary arrangements for the event. The event received enthusiastic participation from students of different streams. The initiative not only enhanced awareness but also motivated students to practice mindful eating for a healthier future.

Dated : 11/10/2025

HMV Organized Poster Making Competition



The department of Fine Arts of Hans Raj Mahila Maha Vidyalaya participated in a Poster Making Competition on Topic- Plastic Free Future and Air Pollution Control. The students of Multimedia and Fine Arts (BFA, BA) actively participated in this competition showing their concern about environment and its sustainability. Dr Neeru Bharti Sharma, Head of Fine Arts Department, Dr. Shailendra Kumar, Ms. Chahat, Ms. Bhawna were also present there. Principal Prof. Dr. (Mrs.) Ajay Sareen encouraged the students.

Dated : 13/10/2025

HMV Celebrated International Programmers' Day



The PG Department of Computer Science and IT, Hans Raj Mahila Maha Vidyalaya, celebrated International Programmers' Day with great zeal and enthusiasm. The event was aimed at fostering programming skills, technical knowledge, and creativity among students. Various technical competitions were organized to test the proficiency of the participants in multiple domains of computing. The events included Web Development (HTML & JavaScript), Programming in C/C++/Python, Office Automation using MS Word. The students participated enthusiastically, displaying their innovative ideas and technical competence. The winners of the competitions were Web Development: Tiya and Komalpreet (BCA Semester V) – First Position, Office Automation: Renu and Kavita (BCA Semester I) – First Position - C/C++/Python Programming: Mannat and Rhishita (B.Sc. IT Semester III) – First Position. The competitions were judged by a panel of eminent experts: Mr. Jagjit Bhatia, Ms. Sonia Mohindru, Mr. Gullagong, Dr. Ravinder Jindal, Mr. Gurmeet Singh, and Mr. Pardeep, who evaluated the students on their technical knowledge, problem-solving ability, and presentation skills. The overall incharges of the event were Dr. Sangeeta Arora, Head of Department and Dr. Anil Bhasin, Incharge Computer Club, who guided and supervised the smooth conduct of the celebration. Principal Prof.

Dr. (Mrs.) Ajay Sareen graced the occasion with her presence, blessed the students, and congratulated the department for the successful organization of the event. She emphasized the importance of programming and technical knowledge in today's digital era and motivated the students to continue excelling in the field of computer science and IT. The event concluded with a vote of thanks to all participants, judges, and faculty members for making the celebration of International Programmers' Day 2025 a grand success.

Dated : 17/10/2025

UBA Team of HMV Organized Nukkad Natak



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, Unnat Bharat Abhiyan team of Hansraj Mahila Maha Vidyalaya, Jalandhar, organized a Nukkad Natak in collaboration with the NSS Unit and Red Ribbon Club at Village Gill. The Nukkad Natak was performed under the "One Health" theme on the topic of Cleanliness. Through the performance, students highlighted the urgent need for a clean environment, emphasizing its direct impact on health, as many diseases spread due to pollution and unhygienic surroundings. They also conveyed the importance of maintaining good mental health and staying away from drug consumption. The powerful message was summed up with the tagline: "Gandagi Hatao, Bimari Bhagao – Swachh Bharat, Swasth Bharat". Mrs. Shefali Kashyap, member of the Unnat Bharat Abhiyan team expressed gratitude to Mrs. Amandeep Kaur, Sarpanch of the village for allowing to organize the event. Principal Dr. (Mrs.) Ajay Sareen appreciated the efforts of Dr. Navroop, Dean Youth Welfare and incharges of the committees, Dr. Minakshi Duggal Mehta (Unnat Bharat ABhiyan), Ms. Harmanu (NSS Unit), Dr. Deepali (Red Ribbon Club).

Dated : 18/10/2025

HMV Organized Grand Diwali Mela under the aegis of National Edutrust of India



Hans Raj Mahila Maha Vidyalaya, Jalandhar hosted a vibrant Diwali Mela under the aegis of National Edutrust of India. On this occasion, CEO of National Edutrust of India Mr. Samarth Sharma was the Chief

Guest. Tehsildaar Mr. Parveen Singla was also present. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed them. Mr. Samarth Sharma praised HMV's efforts in promoting vocational education. Diwali Mela 2025 featured handcrafted items like artistic furnishings, Diwali theme greeting cards, gift hampers, a variety of food stalls. The highlight of the event was that this mela was a zero plastic mela which is the need of the hour for safe environment. Skill Departments such as Design, Multimedia, Fashion, Cosmetology, Home Science and Fine Arts participated and showcased their creative products. All the products were displayed under the supervision of Faculty Incharge Skill Dr. Rakhi Mehta, Dean Academics Dr. Seema Marwaha, Dean Youth Welfare Dr. Navroop and IQAC Coordinator Dr. Anjana Bhatia and all other Deans were also present there. Dr. Anjana Bhatia extended her thanks to National Edutrust of India. The event was skillfully managed by Dr. Rakhi Mehta, Faculty Incharge Skill alongwith Mrs. Navneeta, Dr. Neeru Bharti, Mr. Ashish, Dr. Shailendra, Ms. Mukti and other faculty members. The event truly provided a platform for students to showcase their skills and transition into budding entrepreneurs.

Dated : 27/10/2025

HMV Celebrated Wildlife Week



PG Department of Zoology and Environment Club, Hans Raj Mahila Maha Vidyalaya, Jalandhar, celebrated Wildlife Week to raise awareness about the importance of wildlife conservation and environmental protection. The event was organized under the expert guidance of Principal Prof. (Dr.) Mrs. Ajay Sareen, and witnessed active participation from students across various departments. This year's theme, "Human-Wildlife Coexistence," emphasized the need for harmonious living between humans and animals. To mark the occasion, a series of engaging competitions including Photography, PowerPoint Presentation, and Slogan Writing competitions were organized to encourage creativity and inspire students to contribute to wildlife conservation. Students showcased thought-provoking slogans and presentations highlighting the vital role of wildlife in maintaining ecological balance. Besides, a virtual trip to Nehru Zoological Park, Hyderabad was also organized for students where students explored the fascinating diversity of mammals, reptiles, and birds. The activity aimed to nurture compassion and appreciation for the animal kingdom. Addressing the participants, Madam Principal, Prof. (Dr.) Ajay Sareen emphasized that such events provide students with valuable opportunities to reflect on the significance of conservation while enhancing their artistic and creative skills. Dr. Seema Marwaha, Dean Academics and Head of PG Department of Zoology, highlighted the purpose of observing Wildlife Week and emphasized the urgent need to protect the world's most endangered plants and animals. She also spoke about India's key wildlife conservation initiatives launched during Wildlife Week 2025, including Project Dolphin Phase II, Project Sloth Bear, Project Gharial, and the Tigers Outside Reserves Initiative, all aimed at promoting species protection and encouraging human-wildlife coexistence. Dr. Anjana Bhatia, IQAC coordinator and Head of PG Department of Botany, highlighted various Government of India initiatives, including the Dolphin and Gharial Projects, and discussed their relevance and

implementation in Punjab. The competitions were judged by Dr. Simi (Assistant Professor, PG Department of Physics), Ms. Harpreet Kaur (Assistant Professor, PG Department of Botany), and Mr. Ravi Kumar (Assistant Professor, PG Department of Zoology). Winners were awarded prizes, and all participants received e-certificates. Dr. Sakshi Verma, incharge and Mr. Ravi Kumar, co-incharge Environment Club, were the conveners of the event. Lab technician, Mr. Sachin assisted in making all arrangements for the event.

Dated : 30/10/2025

HMV Grandly Hosts its 94th Convocation



In a magnificent celebration of academic brilliance and the spirit of learning, Hans Raj Mahila Maha Vidyalaya, Jalandhar, hosted its 94th Convocation with great pride and splendour. The grand ceremony, held within the sacred precincts of the institution, marked a defining moment for 767 graduates, postgraduates, and diploma holders as they stepped into a new chapter of their lives. Under the visionary leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen, the Convocation was a confluence of intellect, inspiration, and accomplishment. The event was graced by Honourable Vice Chancellor of Guru Nanak Dev University, Prof. (Dr.) Karamjeet Singh, as the Chief Guest, along with Guest of Honour Sh. Y.K. Sud, Sh. Sudhir Sharma, members of the Local Advisory Committee, and media personnel. The ceremony commenced with the lighting of the ceremonial lamp and the DAV Gaan, invoking an atmosphere of reverence and celebration. In her heartfelt welcome address, Principal Prof. Dr. Ajay Sareen extended a warm welcome to the distinguished guests and congratulated the graduating students for their perseverance and excellence. She eloquently reflected on the transformative power of education and the institution's unflinching commitment to holistic growth and women empowerment. Presenting a comprehensive report of the college's achievements, she highlighted HMV's milestones in academics, innovation, research, and social outreach. Prof. (Dr.) Karamjeet Singh, Vice

Chancellor, Guru Nanak Dev University, delivered a profound and thought-provoking convocation address. His words, rich in wisdom and humility, resonated deeply with the young graduates. He commended HMV for its remarkable contributions to education and its consistent pursuit of excellence, calling it a true symbol of empowerment and progress. Dr. Singh inspired the graduates to embrace life's challenges with courage, reminding them that the real journey of a woman begins after education, when she steps into the world of opportunities and responsibilities. He emphasized the timeless philosophy of Karma, urging students to work with sincerity, passion, and purpose while remaining grounded in human values. He encouraged them to not only strive for personal success but also to become instruments of change and compassion in society. Encouraging the students to be lifelong learners, he concluded by saying that every graduate should serve as a torchbearer of knowledge, illuminating the path for others while bringing pride to their institution, university, and nation. His address left an indelible impression on the audience, encapsulating the essence of wisdom, service, and moral strength. Guest of Honour Sh. Y.K. Sud also addressed the gathering with deep warmth and wisdom. He commended the graduates for their perseverance and scholarly spirit, urging them to carry forward the torch of knowledge with humility, integrity, and compassion. His words echoed the timeless truth that education finds its true purpose when it serves humanity. The Convocation also honoured Dr. Anjana Bhatia, Dr. Mamta, Dr. Urvashi and Dr. Kajal. The day concluded on a vibrant note with the pledge by the degree holders. The Convocation was successfully organized under the able guidance of Advisor Dr. Seema Marwaha, Coordinator Mrs. Meenu Kohli, and Co-Coordinator Mrs. Ritu Bajaj. The ceremony was conducted gracefully by Dr. Anjana Bhatia, Dr. Ramnita Saini Sharda, and Dr. Ashmeen Kaur, whose eloquence and poise added to the event's splendour.

Dated : 31/10/2025

HMV Inaugurates Renovated “Sneh Auditorium”



Hans Raj Mahila Maha Vidyalaya, Jalandhar proudly announced the inauguration of its newly renovated Sneh Auditorium, formerly known as Ragini Auditorium in a ceremony graced by faculty, students and distinguished guests. The renovation marks a significant milestone in the college's ongoing efforts to enhance its academic and cultural infrastructure. The state-of-the-art Sneh Auditorium now features advanced sound and lighting systems, modern seating arrangements and improved acoustics, making it an ideal venue for seminars, cultural programmes and institutional events. The auditorium has been renamed Sneh Auditorium in loving memory of Mrs. Sneh Lata Sharma the revered mother of Sh. Sudhir Sharma, philanthropist, whose generous contribution and support made the renovation possible. The name reflects warmth, affection and the nurturing spirit that aligns with the institutions values. Speaking at the event Principal Prof. Dr. (Mrs.) Ajay Sareen expressed heartfelt gratitude to Sh. Sudhir and his family for their benevolent gesture. She said the Sneh Auditorium is not just a renovated space it symbolize love, dedication and the enduring bond between

generations who believe in the power of education and culture. Sh. Sudhir Sharma shared his sentiments stating “This dedication to my mother Mrs. Sneh Lata Sharma, is a tribute to her values of compassion and learning. I am honoured to see her legacy continue through this institution that empowers young women.” The event concluded with a cultural performance by the college’s performing arts students, on this occasion Chairman LAC Justice (Retd.) Sh. N.K. Sud and Sh. Kundan Lal Aggarwal was also present. The atmosphere was filled with pride and gratitude as HMV celebrated yet another chapter in its illustrious history.

Dated : 04/11/2025

Glorious Farewell of Principal Prof. Dr. (Mrs.) Ajay Sareen upon her Superannuation



HMV family gathered to bid a heartfelt farewell Principal Prof. Dr. (Mrs.) Ajay Sareen who is moving on to new endeavours. The farewell function was a grand celebration of Principal’s dedication, leadership and contribution to the institution. Dr. Sareen retired after 36 years of dedicated service in teaching and more than 9 years of committed service as Principal HMV. Dr. Ekta Khosla has assumed charge as the new Principal of HMV, marking a new chapter in the college’s legacy. Principal Dr. Ajay Sareen’s tenure at HMV was described as illustrious during which the college achieved numerous milestones and recognitions. The ceremony begins with a warm welcome address by Dr. Ekta Khosla highlighting the Principal’s achievements and impact on the institution. Faculty members, staff members shared their personal anecdotes, memories and appreciation for the Principal’s guidance and support. On this occasion mother of Dr. Sareen Smt. Nirmal Dhawan, Husband CA Sh. Ashok Sareen, Brother Mr. Puneet Dhawan and Mukesh, Bhabi Mrs. Meeru and Mrs. Bhawna, Son IAS Lakshit Sareen, daughter in law Dr. Pankhudi, Daughter Dr. Ishita, Son in law Mr. Sanjay were also present. During the ceremony, several dignitaries including Sh. Arvind Ghai Secretary DAVCMC, Sh. Surendra Seth, Member LAC, MLA Sh. Bawa Henry, Sh. K.D. Bhandari, Sh. Chandan Grewal and Sh. Sushil Rinku felicitated Dr. Sareen for her invaluable contributions to the institution’s growth and her role in nurturing generations of students. Dr. Navroop Kaur, Dean Youth Welfare, Dr. Seema Marwaha, Dean Academics, Dr. Ramnita Saini Sharda, Dean MOU, Mrs. Binoo Gupta, Dean Student Welfare, Dr. Rakhi Mehta Dean Aesthetics, Mrs. Ramandeep, Incharge Sports, Dr. Urvashi, Dean Student Council, Mr. Ravi Maini Supdt. Admin. Mrs. Kuljeet Kaur, Staff Secretary shared their memories. The dance department students added a cultural touch to the occasion with performances of classical and Punjabi folk dances. Dh. Gunjan Kapoor and his team presented Bollywood Guldasta in honour of Dr. Sareen. Citation and Silver Salver were presented to Dr. Sareen as a token of gratitude and respect for her outstanding service. In her address Dr. Sareen thanked the staff and students for her unwavering support and expressed her hopes for the continued success of the institution. The farewell function concluded with a sense of appreciation for the Principal’s dedication and service. Dr. Saloni Sharma proposed vote of thanks. On this occasion Principal J.K. Sidhu,, Principal Satwant Bhullar, Principal Vinod Kumar, Principal Rakesh Kumar, Principal Anita Nanda,

Principal S.K. Gautam, Principal Anuja Bhardwaj, Dr. Shilpi Jaitley, Principal Kiran Randhawa, Principal Pardeep Bhandari, Dr. Rajeev Deol, Dr. Salil Uppal, Sh. Rajesh Marwaha, Dr. Bhutani, Dr. Puja Kapoor, Principal Subhash Sharma were also present.

Dated : 11/11/2025

350th Centenary Martyr Anniversary Celebrated at HMV to Commemorate Sri Guru Tegh Bahadur Ji



As per the guidelines of Guru Nanak Dev University and under the able leadership of Principal Prof. Dr. (Mrs.) Ekta Khosla, Punjabi Sahitya Sabha of Post Graduate Punjabi Department of Hans Raj Mahila Maha Vidyalaya celebrated Shaheedi Hafta dedicated to the 350th martyrdom anniversary of Sri Guru Tegh Bahadur Ji under which Punjabi Sahitya Sabha organized a special lecture on the life, works and heroism of Sri Guru Tegh Bahadur Ji. On this occasion, eminent Sikh thinker Prof. Dr Sewak Singh attended the event as the chief guest. Dr. Navroop Head Punjabi Department, Mrs. Kuljit Kaur and Dr. Mandeep Kaur Incharge Punjabi Sahitya Sabha welcomed the guests by presenting planters. Addressing the students, Dr Sewak Singh shared subtle insights related to the relevance of Guru Tegh Bahadur Ji's martyrdom, humanistic values, and ideological policies of Aurangzeb. He inspired the students to become the bearers of good values by linking martyrdom and humanity with the present era. Finally, Mrs Satinder Kaur gave the vote of thanks. On this occasion, Dr Sandeep Kaur, Mrs Sukhwinder Kaur, Ms Simran, Ms Amanpreet, Ms Mandeep Kaur were also present. In the second program in this series, Punjabi Sahitya Sabha Punjabi Department, Hindi Department and History Department organized a poster making competition on writing verses of Guru Tegh Bahadur Ji in which about 50 students wrote verses and made various posters and presented their art beautifully. During this competition, Mrs Deepshikha Head of Chemistry Department, Dr Jyoti Gogia Head of Hindi Department and Dr Sangeeta Arora Head of Computer Department played the role of judges. In this competition, Nisha and Jasleen Kaur won the first place, Sofia and Amandeep won the second place, Nidhi, Preeti and Mehakpreet won the third place. On the third day, the Hindi Department organized a special lecture by Dr Tanuja Tanu, Senior Editor Punjab Kesari. She shared valuable information by keeping the teachings of Sri Guru Tegh Bahadur Ji and the protection of religion in the centre. Dr. Jyoti Gogia welcomed the guest by presenting her a green planter. Mrs Pawan Kumari presented a vote of thanks. Dr. Deepti Dhir was also present on the occasion. In this episode, the fourth program was organized under the guidance of the Head of the History Department, Mrs Protima Mander under which a special online program was organized on the topic of Life and Philosophy of Guru Tegh Bahadur Ji. The resource person of the event was Dr. Kunal Associate Professor DAV College, Jagraon. Keeping in mind the martyrdom of Guru Tegh Bahadur Ji, he spoke to the students about faith in God, love and humanity, opposition to injustice, respect for all religions, discipline etc. Under this link, a quiz competition was also organized by Punjabi Sahitya Sabha, Hindi Department and History Department on the subject of Guru Tegh Bahadur Ji's life, works and martyrdom. In this competition, Palak won first, Komalpreet Kaur second and Simranjit Kaur third place. Principal Dr Ekta Khosla welcomed these

visiting guests by presenting planters and badges of honor and she motivated the students participating in various competitions. She motivated the students to adopt good values and constructive thinking so that they can bring glory to the college and the country. She also congratulated the Punjabi Department, Hindi Department and History Department for the events organized to celebrate the Martyrdom Week and said that such events not only provide good information to the students but also inspire them with human values. Dr. Navroop thanked the head of the institution for the encouragement given by her regarding the events and encouraged the students to participate actively in such events.

Dated : 14/11/2025

HMV Organized a Welcome Party in the Honor of Newly Appointed Principal Dr. Ekta Khosla



The teaching and non-teaching members of Hans Raj Mahila Maha Vidyalaya family organized a welcome party in the honor of newly appointed Principal Dr. Mrs. Ekta Khosla. The ceremony started with lighting of the lamp. IQAC Coordinator Dr. Anjana Bhatia welcomed Dr. Khosla on behalf of HMV family and said that under the guidance of Principal Dr. Khosla, HMV will surely attain newer heights. Dr. Khosla is an excellent administrator, balanced personality and a very good teacher. Dean Academics Dr. Seema Marwaha, Dean Youth Welfare Dr. Navroop, Staff Secretary Mrs. Kuljit Kaur and Joint Staff Secretary Dr. Saloni Sharma presented a bouquet to Madam Principal. Faculty Incharges Mrs. Deepshika, Dr. Ashmeen, Mrs. Meenu Kohli, Dr. Sangeeta Arora, Dr. Rakhi and Dr. Mamta also presented a planter to Dr. Khosla. Dr. Ramnita Saini Sharda, Dr. Gagandeep, Dr. Shalu Batra, Mrs. Binoo Gupta, Mr. Jagjit Bhatia, Mr. Gurmeet Singh, Dr. Meenu Talwar, Superintendent Mr. Pankaj Jyoti, Mr. Ravi Maini and Mrs. Seema Joshi also welcomed her. Dr. Navroop Kaur expressed her feelings and gave best wishes to Dr. Khosla for her new innings and presented a poem. Dr. Mamta said that Dr. Khosla has many qualities in her personality like sensitivity and dedication. Mrs. Deepshikha, Mrs. Kuljit Kaur, Dr. Harpreet Singh and Dr. Gagandeep also expressed their feelings. The staff members gave assurance to her to work with full commitment. Principal Dr. Ekta Khosla expressed her gratitude for such a warm welcome and said that she is feeling blessed on her appointment as Principal of such a great institution. She said that she is feeling proud on getting the responsibility of a top notch institute. HMV is recognized as the top most institution of northern India. She paid gratitude to Mahatma Hans Raj ji, Maharishi Dayanand ji and thanked President DAVCMC Dr. Punam Suri ji and said that as Team HMV we will together work for making this institution top most institution of the whole country. On this occasion, Music Vocal Department presented songs in the form of Guldasta. Dr. Saloni Sharma presented vote of thanks and gave assurance on behalf of HMV family for full support and cooperation.

Dated : 20/11/2025

Night Sky Watch Organized by Chandrayaan VIPNET Club of the PG Department of Physics, HMV



The Chandrayaan VIPNET Club of the PG Department of Physics, Hans Raj Mahila Maha Mahavidyalaya, Jalandhar, organized an enchanting Night Sky Watch for all the students of the college. The event aimed to spark curiosity about astronomy and offer students an opportunity to experience the wonders of celestial observation firsthand. The session began with an introductory address by Dr. Saloni Sharma (HOD, PG Department of Physics) who explained the significance of night-sky observation and guided students in identifying visible celestial bodies. A high-powered CELESTRON 8SE telescope, equipped with a 203 mm aperture, 2032 mm focal length, 480x magnification, and 0.57 arc-second resolution, was meticulously installed in the college lawn by Dr. Sushil Kumar (Incharge, Chandrayaan Vipnet Club) to enable precise and insightful celestial observations for the students. Through this powerful instrument, participants were thrilled to witness Saturn's magnificent rings, the Moon in its Waning Gibbous phase with about 97.3% illumination shone brilliantly and captured everyone's attention. Students were also thrilled to observe the distant Uranus which was also visible using binoculars. The experience filled the evening with excitement, wonder, and discovery. The event was conducted under the guidance of Dr. Simmi Garg, ensured smooth and enthusiastic participation. The event was held under the inspiring leadership and guidance of Dr. (Mrs.) Ekta Khosla, Principal, whose dynamic vision and constant encouragement have been instrumental in promoting scientific awareness and experiential learning among students. Dr. Khosla graced the occasion with her presence, keenly engaging with students and posing insightful questions. Her inquisitive spirit and interactive approach not only enriched the experience but also motivated students to think critically and deepen their understanding of celestial phenomena. Principal Dr. (Mrs.) Ekta Khosla, appreciated the efforts of the Chandrayaan Vipnet Club and the Department of Physics for organizing such a meaningful and inspiring activity. She encouraged students to continue exploring scientific phenomena with enthusiasm and curiosity. This was an evening of awe, learning, and shared wonder, leaving students inspired and fascinated by the beauty of the universe.

Dated : 27/11/2025

NSS Unit Celebrated Constitution Day at HMV



The NSS Unit of Hans Raj Mahila Maha Vidyalaya, Jalandhar, under the able guidance of Principal Dr. (Mrs.) Ekta Khosla, celebrated Constitution Day with great enthusiasm and patriotic spirit. To mark this significant national occasion, the NSS volunteers participated in a collective reading of the Preamble of the Constitution of India. On this occasion, Principal Dr. (Mrs.) Ekta Khosla addressed the volunteers and highlighted the importance of Constitution Day. She emphasized that the Constitution is not merely a legal document but the foundation of India's democracy, guiding citizens toward responsible participation in nation-building. She encouraged students to understand their roles as informed citizens and to uphold constitutional principles in their daily lives. NSS Programme Officers Ms Harmanu and Dr. Deepti were also present and motivated the volunteers to actively participate in such meaningful activities. They appreciated the enthusiasm of the students and reminded them that the Constitution is a living document that shapes the nation's journey forward.

Dated : 29/11/2025

HMV Organizes Inter-School Competition 'Oorja 2025' with Great Fervour



The campus of Hans Raj Mahila Maha Vidyalaya, Jalandhar came alive with youthful vibrancy as the institution hosted its mega Inter-School Competition, Oorja 2025, under the dynamic and visionary leadership of Principal Prof. (Dr.) Mrs. Ekta Khosla. The event drew an overwhelming participation of more than 200 students from more than 35 renowned schools. Oorja 2025 served as a dynamic platform where young learners showcased their skills and artistic brilliance across nine competitions of Poster Making, On-the-Spot Reel Making, Idea Pitching, Science Model Making, Code Champs, Swadeshi Swag, Melody Queen, Theatre Queen and Jodi da Gidha. Principal Dr. Ekta Khosla visited the competition venues, encouraging and motivating the young participants. She reiterated her belief that the boundless energy of youth, when channelized in the right direction, holds the potential to transform the nation. She emphasized the significance of instilling confidence, awareness, and positive ideas in young minds to help them grow into responsible and creative individuals. She applauded the efforts of the Convener Dr. Seema Marwaha, Coordinator Dr. Anjana Bhatia and the entire team involved in the event. Each competition witnessed remarkable performances, reflecting the dedication and preparation of the participants. The results in the sequence of first, second and third position are as follows: Idea Pitching- Gurnoor Kaur, Cambridge Int School Nakodar, Navya Arora, DAV Public School, Ludhiana and Kirti Sharma, Shiv Devi Girls High School, Jalandhar. Melody Queen- Suhani, Kamla Nehru Public School, Phagwara, Rehat Reet, DAV Public School Ludhiana, Simranjeet KRJDAV Public School, Kapurthala. Code Champs- Angel and Manisha, Swami Sant Dass Public School Jalandhar, Neha and Manmeet, Cambridge Int School, Nakodar, Alisha, Kamla Nehru Public School Phagwara. Swadeshi Swag- Divyanshi Goel, DAV Public School Ludhiana, Ridhi Syal, Swami Sant Dass Public School Jalandhar and Preeti Kumari Govt. High School Kot Sadique, Jalandhar. Theatre Queen- Namrata Bansal, Kamla Nehru Public School Phagwara, Jasmeet Kaur, DAV Public School Ludhiana and Shriya Kanda, Dayanand Model School, Jalandhar. Poster Making- Harmeet Kaur, DAV School Pakhowal Ludhiana, Anshika, Dayanand Model School, Jalandhar and Neelam, Sanskriti KVM School, Jalandhar. Reel Making- Rehanika and Jasleen, Swami Sant Dass Public School Jalandhar, Prachi, Cambridge Int School Jalandhar and Garima Sharma, Shivalik Model High School. Science Model Making- Pranjal and Ipsa, Swami Sant Dass Public School Jalandhar, Ishrat and Smilesheen Sharma, DAV Public School, Ludhiana and Ramnik and Jahnvi, Swami Sant Dass Public School Phagwara. Jodi Da Gidha- Navneet Kaur Gill and Sukhmeen Kaur, Divine Public School Phagwara, Anushka and Kanika, Dayanand Model School, Jalandhar and Harshita Ralh and Ishmeet Rattu, SR Tangri DAV Public School, Bilga. Overall trophy was won by DAV Public School, BRS nagar, Ludhiana. The event concluded on a high note, with teachers and students applauding the initiative and receiving the prizes. On this occasion, Dean Youth Welfare Dr. Navroop, Dean Academics Dr. Seema Marwaha and IQAC Coordinator Dr. Anjana Bhatia were present. Oorja 2025 truly lived up to its name—celebrating the spark, spirit, and strength of the youth.

Dated : 2/12/2025

HMV NSS Unit and Red Ribbon Club Observed World AIDS Day



The NSS Unit, in collaboration with the Red Ribbon Club of Hans Raj Mahila Maha Vidyalaya, Jalandhar, organized an awareness programme to observed World AIDS Day under the able guidance of Principal Dr. (Mrs.) Ekta Khosla. On this occasion, a pledge was taken followed by an Awareness Rally aiming to educate the community about prevention, care and the importance of eliminating stigma related to AIDS. Around 100 volunteers participated in this program. Principal Dr. Ekta Khosla emphasized the need for awareness, compassion, and responsible behaviour to build a healthy society. Ms. Harmanu, NSS Incharge and Dr. Deepali, Incharge Red Ribbon Club also shared their views .of understanding the realities of AIDS and encouraged students to participate actively in such awareness campaigns. Mrs. Arvinder Kaur, School Coordinator, Mrs. Satinder Kaur Member NSS, Dr. Sandeep, Member Red Ribbon Club, Ms. Sukritii, Ms. Anju and Ms. Muskaan were also present and extended their support to make the event successful.

Dated : 6/12/2025

HMV Successfully Hosts NCW's "Campus Calling" POSH Training Program



Under the able guidance of Principal Dr. Ekta Khosla and the coordination of Dr. Anjana Bhatia, ICC Coordinator, Hans Raj Mahila Maha Vidyalaya, Jalandhar, hosted the prestigious "Campus Calling" POSH Training Program in collaboration with National Commission for Women. The landmark initiative was conducted with outstanding participation and immense enthusiasm. The event was enriched by the distinguished presence of Justice (Retd.) N. K. Sud, who presided over the programme and offered deep insights into legal protections and mechanisms ensuring women's safety and dignity. Ms. Sana Kaushal, Media Head, NCW, addressed the gathering with impactful perspectives on communication, awareness, and women-centric outreach. The session featured a powerful Keynote Address by Mr. Ramawatar Singh, Principal Private Secretary, NCW, who highlighted NCW's national efforts in strengthening POSH awareness and creating safer, more gender-sensitive educational spaces. Adding further prestige to the occasion, ADC

Mrs. Navdeep Kaur attended as the Chief Guest, inspiring students with her dynamic and empowering words. Principal Dr. Ekta Khosla delivered a warm and heartfelt Swagat Address, welcoming all dignitaries and reaffirming HMV's commitment to fostering an environment of respect, equality, and safety. Students presented impressive cultural programme Soulful Poem, vibrant Luddi and Folk Song. Five Campus Ambassadors were also nominated which included Himanshi, Pahul Jabbal, Kiran, Mohini and Kamalpreet. Dr. Anjana Bhatia, as ICC Coordinator, ensured meticulous planning and smooth execution of the entire program. The training included interactive activities, expert-led discussions, and awareness modules that strengthened students' understanding of POSH guidelines, workplace ethics, and mechanisms of complaint redressal. With this landmark event, HMV once again emerged as a frontrunner in championing women's empowerment, safety, and progressive campus culture across Punjab. The event concluded with pledge ceremony and National Anthem. On this occasion Dr. Navroop, Dean Youth Welfare, Dr. Seema Marwaha, Dean Academics, Dr. Urvashi Mishra, Dean Student Council, Lt. Sonia Mahindru ANO, Incharge NCC, Dr. Rama Sharma, PRO, Dr. Rakhi Mehta, Dean Aesthetics, Mrs. Jyotika Minhas, Mr. Ashish Chadha, Mrs. Arvinder Kaur, Mr. Ravi Maini and all other teaching and non-teaching staff members were present.

Dated : 11/12/2025

HMV Collegiate Senior Secondary School Organised a Six-Day Character-Building Camp



Hans Raj Mahila Maha Vidyalaya, Jalandhar, successfully organised a six-day Character-Building Camp under the visionary leadership of Principal Prof. (Dr.) Mrs. Ekta Khosla. The camp was held under the aegis of the Arya Pradeshik Pratinidhi Sabha, New Delhi, and the auspices of the Arya Pradeshik Pratinidhi Upsabha, Punjab, with active support from the Vedic Study Committee, Sanskrit Department, and Arya Yuvati Sabha. The week-long camp aimed at strengthening the moral, spiritual, and cultural foundation of students while connecting them with India's rich Vedic heritage. Each day of the camp focused on a unique dimension of character building. The camp commenced with an introduction to the Yajna Process, where students learned about the method of performing Hawan Yajna, its spiritual significance, and its scientific impact on health and the environment. The second day featured a profound discussion on Vedic Values, highlighting teachings of truth, righteousness, non-violence, discipline, and knowledge embedded in the Vedas. On the third day,

students shared insightful reflections on the inspiring lives and contributions of Maharishi Dayanand Saraswati ji, Mahatma Hansraj ji, Mahatma Anand Swami ji, and Swami Shraddhanand Ji. The fourth day witnessed enthusiastic discussions on the rules of Arya Samaj, with students interpreting and sharing the relevance of each rule in present times. The fifth day was dedicated to Gayatri Mahima, where students offered heartfelt prayers and chanted mantras in praise of the Divine. The camp culminated in a grand 31 kundiya Yajna, in which all students participated with devotion and discipline, performing the Yajna themselves and resolving to embrace vedic culture in their daily lives. Principal Prof. (Dr.) Mrs. Ekta Khosla appreciated the efforts of Dean Vedic Studies Dr. Mamta and Head , Sanskrit Department Dr. Meenu Talwar for successfully organising the camp. She expressed that many students got the opportunity for the first time to understand the depth and relevance of Vedic culture. She added that *bookish knowledge alone is not enough to build a holistic personality. Understanding one's own culture and adopting its values is equally essential for today's youth.* She encouraged the department to hold more such meaningful initiatives in the future. Dr. Mamta, motivated students to reflect deeply on the learnings received throughout the camp. Dr. Meenu Talwar, conducted the sessions, shared details of upcoming programs, and extended a vote of thanks. School Coordinator Mrs. Arvinder Kaur, Mrs. Anuradha, Mrs. Roma, Ms. Anju, and other faculty members were also present during the camp.

Dated : 16/12/2025

HMV Organised Short-Term Certificate Course in Interactive French Learning



The Skilled Courses Hub of Hans Raj Mahila Maha Vidyalaya successfully organized a short-term certificate course on Interactive French Learning (Basic Level), aimed at enhancing students' language skills. A total of 11 students enrolled in the course and successfully cleared the examination. Simranpreet Kaur secured the first position with 90% marks, followed by Vanshika Bhandari who bagged the second position with 88% marks. Sunidhi and Ashu jointly secured the third position with 85.5% marks. The students were evaluated on four key parameters—Listening, Reading, Writing, and Speaking—ensuring a comprehensive assessment of their language proficiency. Principal Dr. Ekta Khosla congratulated the students and appreciated the efforts of the course coordinators Mrs. Binoo Gupta, Course in-charge Dr. Shaveta Chauhan, and Course instructor Ms. Jatinder for the successful completion of the course. She emphasized the importance of such skill-based courses in equipping students with global competencies and enhancing their employability.

Dated : 24/12/2025

HMV Celebrated National Mathematics Day



The PG Department of Mathematics of Hans Raj Mahila Maha Vidyalaya, Jalandhar and HMV Collegiate Sr. Sec. School celebrated National Mathematics Day under the able guidance of the Principal Dr. (Mrs.) Ekta Khosla, who consistently motivates the organization of such academic events from time to time. On this occasion, a seminar was conducted by Dr. Gagandeep, Associate Professor and Head of the PG Department of Mathematics, to commemorate the 138th birth anniversary of Srinivasa Ramanujan. The seminar highlighted Ramanujan's extraordinary journey in mathematics, detailing his transformation from a self-taught prodigy to a global icon. Dr. Gagandeep discussed key milestones in Ramanujan's life and his enduring impact on modern science. She also demonstrated the remarkable properties of Ramanujan's Magic Square. The seminar included a workshop session in which Dr. Gagandeep taught the general formula for creating a "Birthday Magic Square" for any given date. She encouraged participants to use these patterns to promote mathematical playfulness and explore number theory beyond conventional textbooks. This programme will certainly inculcate and promote a positive attitude and help develop a passion for mathematics among the present generation. On this occasion, School Coordinator Mrs. Arvinder Kaur and Deptt. Members Dr. Deepali, Dr. Gaurav and Mrs. Charan were also present.

TEACHERS' ACHIEVEMENTS

Dated : 23/07/2025

HMV Joins Nation-wide Innovation Movement “Rashtra Prabal” with Enthusiastic Participation in “Celebrating Failures” Series



Under the visionary guidance of Principal Dr. Ajay Sareen, Hans Raj Mahila Maha Vidyalaya, Jalandhar, reaffirmed its strong commitment to innovation and student empowerment by actively participating in the debut episode of the Ministry of Education’s Innovation Cell (MIC) and AICTE’s inspirational series “Celebrating Failures.” The episode featured a thought-provoking conversation between Mr. Mayank Bidawatka, Co-founder of Koo, and Dr. Abhay Jere, Vice Chairman, AICTE. Through a candid discussion on entrepreneurial highs and lows, the session offered powerful lessons on perseverance, grit, and learning from setbacks. The event was part of the broader national initiative “Rashtra Prabal”, which aims to nurture a resilient, future-ready generation of young innovators and leaders. Principal Dr. Ajay Sareen shared, “Real stories of courage in the face of failure spark true learning. Our students must understand that setbacks are not stumbling blocks but stepping stones to greatness.” Dr. Anjana Bhatia, Dean, Innovation and Research, and IIC Incharge, stated, “This series reinforces the value of innovation and perseverance. Students must see challenges as powerful teachers.” Ms. Sonia Mahendru, NCC Incharge, and Mrs. Alka, Head, Department of Political Science, also took active part in the session and addressed the students, motivating them to embrace failure as a catalyst for growth. All members of HMV’s Institution Innovation Council (IIC) participated enthusiastically.

Dated: 02/09/2025

HMV Organized Online Faculty Development Programme

Day-1
01-09-25

A DAV institution empowering Women since 1927...

HANS RAJ MAHILA MAHA VIDYALAYA, JALANDHAR

organizes

A Six-day Online Faculty Development Programme
on
Sustainable Innovative Practices for a Better Future
1st - 6th September 2025

Sponsored by
AICTE Training and Learning Academy (ATAL)
under the aegis of
Internal Quality Assurance Cell (HMV)

Hans Raj Mahila Maha Vidyalaya marked the beginning of a six-day online Faculty Development Programme on "Sustainable Innovative Practices for a Better Future" sponsored by AICTE Training and Learning Academy (ATAL) as on 1 September, 2025. The programme commenced with a virtual "Jyoti Parjlan" prayer, followed by the soulful "DAV Gaan." Prof. Dr. Mrs. Ajay Sareen, Principal, extended a warm welcome to all participants and graciously offered her blessings for the successful conduction of the FDP. Co-ordinator of FDP Dr. Gagandeep delivered the concept note of the programme. Dr. Seema Khanna, Co-Co-ordinator of this programme provided a comprehensive briefing on the programme's objectives and schedule. The inaugural session was well co-ordinated by Dr. Anjana Bhatia, IQAC Co-ordinator and Head, PG Department of Botany. The incharge of the day Dr. Kajal Puri introduced the esteemed resource person, Prof. Asif M. Khan, Professor and Associate Dean, University of Doha for Science and Technology who delivered an insightful session on "AI and Machine Learning for Sustainability." Prof. Khan explored key themes, including: the era of disruption, technology revolution, climate change, globalization, geo-politics, and demographic shifts, big data, bioinformatics in relation to Industrial Revolution 4.0, and Society 5.0 keeping in view the concept of sustainability. In the second session of the series, Dr. Abhishek Ojha delivered an insightful talk on "Sustainable Finance and Innovation: Driving a Resilient and Prosperous Future." The session emphasized the importance of integrating Environmental, Social, and Governance (ESG) factors into investment decisions to foster positive social and environmental outcomes. Dr. Ojha highlighted key drivers of sustainable finance in India, including corporate consciousness, innovation in financial instruments, growing awareness of ambitious climate goals, and the need for increased transparency. He also discussed challenges and opportunities in areas such as renewable energy, green finance, clean mobility, sustainable investments, and blended finance. Both these sessions provided valuable insights into the intersection of technology and sustainability, offering participants a deeper understanding of AI and machine learning's potential in driving sustainable practices. This programme aims to equip faculty members with the knowledge and skills necessary to integrate sustainable practices into their teaching and research. Almost 150 participants attended this Faculty Development Programme with many of them engaging in fruitful discussions making the sessions livelier and more interesting. Appreciable efforts were made by Dr. Harpreet Singh, Head PG Department of Bioinformatics and Mr. Pardeep Mehta, Assistant Professor and Mr. Arvind Chandi, Technical Assistant to smoothly handle various aspects of this online event.

Dated : 08/09/2025

Six Day Atal FDP Organized by HMV Concluded with a Great Learning Experience



The Hans Raj Mahila Maha Vidyalaya successfully concluded its six-day online Faculty Development Program (FDP) on "Sustainable Innovative Practices for a Better Future," sponsored by the All India Council for Technical Education (AICTE). The final day featured a session by Dr. Sonika Tyagi, Associate Professor in AI at RMIT University, Australia. Dr. Tyagi's presentation on "Artificial Intelligence in Digital Health and Bioinformatics" covered key topics, including: Artificial Intelligence, AI in Healthcare, Cancer Prediction, Big Data in Healthcare, Genomics, health data, electronic medical records, Generative AI in healthcare and potential transformation, AI Innovations: China's Agent Hospital: the world's first AI hospital, marking Asia's leadership in healthcare innovation, Challenges and Hurdles: AI bias, promises vs. challenges, and standardization. Dr. Tyagi concluded that AI has the potential to transform healthcare and improve patient outcomes, emphasizing the need for inclusivity, sustainability, governance, and human-centric approaches. This session provided valuable insights and knowledge to faculty members, promoting sustainable development and technological advancements. Ms. Sonia Arora's talk in the second session regarding key principles of Sustainability: Reducing waste, Conserving energy, Promoting social responsibility, Sustainable Business Practices focussing on reducing waste, conserving energy, and promoting social responsibility. She also highlighted the Government Incentives for Sustainable Business Practices in India: ADEETIE scheme (Energy Efficiency for MSMEs), Critical Mineral Recycling Scheme, Renewable Energy and Green Tech Incentives, Green Credit Programme, MSME Finance, Income Tax and Indirect Tax Benefits, key Government Policies. She also pointed out the benefits of Sustainable Business Practices: Cost savings, Improved brand loyalty, Enhanced employee satisfaction and Challenges in Implementing Sustainability: High initial costs, Lack of consumer awareness, Resistance to change. She concluded the session saying that Sustainability itself is the biggest asset, and waste is the biggest liability and our balance sheet with the planet needs urgent reconciliation." Ms. Sonia Arora's powerful conclusion emphasized the critical importance of prioritizing sustainability in business practices, recognizing its value as a key asset, and addressing the urgent need for environmental accountability. The third session was conducted by Ms. Richa Sodhi and her topic was, "Sustainable entrepreneurship building businesses for a better future." She discussed about sustainable entrepreneurship which is creating impactful enterprises with lasting social benefits. She discussed the key characteristics by focussing on ethical leadership, innovation for sustainability, stakeholder engagement and supply chain management. Her idea was conversed around importance of sustainability in the modern economy which had impact on sustainable entrepreneurship, competitive advantage and addressing global challenges. In earlier sessions, on various days, Dr. Vikram Sandhu and Dr. Manoj Kumar Sharma, Dr. Bibhu Prasad Sahu, Ms. Divya Nanda, Dr. Naresh Sachdeva, Dr. Vikram, Sandhu, Ms. Sonika Tyagi, Ms. Sonia Arora and Ms. Richa Sodhi were the resource persons. The day incharges were Dr. Kajal Puri, Dr. Jaspreet Kaur, Dr. Shaveta Chauhan, Mrs. Protima, Mrs. Jyotika Minhas, and Dr. Harpreet Singh. Technical support was provided by Dr. Harpreet Singh, Mr. Pardeep, Mr. Ashish and Mr. Arvind. In the feedback session, the

participants Dr. Nidhi Sabharwal and Dr. Manisha Batra expressed their thanks to the entire team for organizing such an engaging, insightful, enriching and informative FDP. They specifically pointed out about the valuable insights they gained during this event. The valedictory session began with Gayatri Mantra then DAV Gaan. In this session Dr. Anjana Bhatia, IQAC Co-ordinator and receiver of the National Teacher Award, 2025 by Govt. of India thanked participants for attending FDP with full enthusiasm and dedication. Dr. Gagandeep summarized about some of the unique and key aspects of this FDP including the diversity of speakers as well as participants from across the country together deliberating on different facets of sustainability during all the six days. Dr. Seema Khanna presented the vote of thanks recognizing the efforts of each and everyone involved in the success of this maiden ATAL FDP organized by Hans Raj Mahila Maha Vidyalaya, Jalandhar. Principal Prof. Dr. Mrs. Ajay Sareen congratulated the coordinators of the FDP for the successful completion of the course. She said that it is the aim of HMV to achieve academic excellence and provide valuable information to others also through such platforms. FDP continues to provide a platform for faculty members to enhance their knowledge and skills, aligning with the institution's mission to deliver quality education and contribute to societal development. Hans Raj Mahila Maha Vidyalaya Jalandhar remains dedicated to fostering academic excellence and innovation through such initiatives.

Dated : 24/11/2025

HMV Hosts Inspiring Faculty Enrichment Programme on Green Campus Vision and SDGs under the aegis of IQAC



Under the able guidance of Principal Dr Ekta Khosla, Hans Raj Mahila Maha Vidyalaya, Jalandhar, through its Internal Quality Assurance Cell, organised a high-impact One-Day Faculty Enrichment Programme on 'Green Campus Initiatives'. The initiative aimed to equip faculty members with practical strategies to integrate sustainability into campus operations and support the nation's vision of Viksit Bharat. Dr. Ashwani Luthra, Professor, Guru Ram Dass School of Town Planning, GNDU, Amritsar, and a renowned expert in urban sustainability and climate-resilient planning, delivered an insightful session highlighting green infrastructure, efficient land use, biodiversity conservation, energy and water management, and responsible waste practices. He emphasized the role of educational institutions as living laboratories of sustainability and connected campus initiatives with key SDGs, including SDG 6, 7, 11, 12, 13, and 15. The programme began with the ceremonial lamp lighting. Principal Prof. Dr. Ekta Khosla welcomed Dr. Luthra with a green planter, reflecting HMV's commitment to environmental stewardship. In her address, Principal Khosla stressed that Green Campus Initiatives are vital for aligning education with national and global priorities. She stated, *"Sustainable practices on campuses directly advance multiple SDGs. Energy efficiency, enhanced green cover, reduced waste, and water conservation are essential steps toward building an environmentally conscious Viksit Bharat."* Faculty members actively engaged in the interactive session and appreciated Dr. Luthra's practical, implementable recommendations for making HMV a model green institution. The event was organised under the guidance of Dean Academics Dr. Seema Marwaha, with Dr. Anjana Bhatia as the coordinator. Principal Dr. Ekta Khosla applauded the efforts of IQAC and encouraged faculty to adopt

sustainable practices both professionally and personally. The programme concluded with a vote of thanks by Dr. Anjana Bhatia. The event reaffirmed HMV's strong commitment to environmental responsibility, academic excellence, and national development through sustainability.

Dated : 4/12/2025

HMV Faculty Member Delivered a Keynote Talk During the 9th International Symposium on Bioinformatics-2025 at the University of Doha for Science & Technology



Dr. Harpreet Singh, Head PG Department of Bioinformatics, Hans Raj Mahila Maha Vidyalaya Jalandhar visited Doha, Qatar as a keynote speaker during the 9th International Symposium on Bioinformatics-2025 (InSyB2025) conducted by the University of Doha for Science & Technology (UDST), Doha, Qatar from 25-26 November, 2025 in collaboration with the Asia Pacific Bioinformatics Network (APBioNET) Society and the Centre for Clinical Precision Medicine and Genomics, Hamad Medical Corporation. As the President of the APBioNET Society, Dr. Harpreet Singh highlighted his research work related to drug discovery to develop novel drugs against Malaria parasites using the drug repurposing strategy. Dr. Harpreet Singh expressed his heartfelt gratitude to the DAV College Managing Committee, the Local Advisory Committee, and Principal Prof. Dr. (Mrs.) Ekta Khosla for their constant support, motivation and guidance which made it possible for Dr. Harpreet Singh to represent Hans Raj Mahila Maha Vidyalaya on such a big platform. Dr. Harpreet Singh also expressed his sincere thanks to the organizing committee of the InSyB2025 and APBioNET leadership, especially UDST President Dr. Salem Al Naemi, UDST Vice President of Academics, Dr. Rachid Benlamri, Dean College of Computing & IT Dr. Zakaria Maamar; and Co-Dean Dr. Asif. M. Khan for giving him this excellent opportunity. Principal Prof. Dr. (Mrs.) Ekta Khosla congratulated Dr. Harpreet Singh for this achievement and bringing this honor for the institute. Dean Academics Dr. Seema Marwaha, IQAC Coordinator and Dean Innovations and Research Dr. Anjana Bhatia were also present.

FACULTY PROFILE

Dr Gagandeep

- Samundra Regmi, Ioannis K. Argyros, Gagan Deep (Corresponding Author), ‘High convergence order methods with no derivatives for equations’, *Journal of Applied and Numerical Analysis* (Web of Science indexed) 2025, Vol. 3, pp. 135–148, doi:10.30970/ana.2025.3.135
- Ioannis K. Argyros, Gagan Deep, Samundra Regmi, Christopher I. Argyros, ‘Local and semi-local convergence analysis of a multi-step method’, *Electron. J. Math.* Vol. 10 (2025) pp. 23–30, doi: 10.47443/ejm.2025.043
- Ioannis K. Argyros, Gagan Deep (Corresponding Author), ‘Two step Steffensen-type methods with or without memory for nondifferentiable equations’, *Journal Of Numerical Analysis and Approximation Theory* (Scopus indexed), 54(2) 2025, pp. 197-210, doi.org/10.33993/jnaat542-1457 ictp.acad.ro/jnaat

Dr Shaveta Chauhan

- Patent granted for Design no. 466785-001, Multifunctional Funnel for fluid dispensing and bolt fastening by the Patent Office Govt. of India on 11/12/2025.
- Attended NPTEL E-learn Workshop on Tools and Techniques of Molecular Cloning, IIT Madras (20-21 Dec, 2025)

Dr Rakhi Mehta

- Participated and Completed AICTE Training and Learning (ATAL) Academy Faculty Development Program on Sustainable Innovative Practices for a Better Future. (1 September 2025 to 6 September 2025).

Dr Rama Sharma

- Selected as Casual Announcer for Primary Channel of All India Radio. Cleared written examination as well as voice audition. Got appointment in November 2025.
- Acted as Paper setter in Khalsa University, Amritsar.
- Acted as Paper setter in Guru Nanak Dev University, Amritsar.

Mr Sumit Sharma

- Sumit Sharma Assistant professor in Biotechnology completed a 12 weeks MOOC course in Experimental Biotechnology scoring 79% with a silver rating.

Mr Neeraj Aggarwal

- Attended Refresher Course – Multidisciplinary (Online) conducted from 26.11.2025 to 09.12.2025 at the UGC- Malaviya Mission Teaching Training Centre, Guru Nanak Dev University, Amritsar.

Mr Ashish Chadha

- Attended FIP – Multidisciplinary (Online) conducted from 20.11.2025 to 18.12.2025 at the UGC- Malaviya Mission Teaching Training Centre, Bhagat Phool Singh Mahila Vishwavidyalaya, Khanpur Sonapat

CONFERENCES, SEMINARS & WORKSHOPS

Dated : 18/07/2025

Workshop on “Reusing the Textile Waste for Cloth Bag Making” Organized at HMV



The Eco Club and Institution Innovation Council of Hans Raj Mahila Maha Vidyalaya organized a successful one day workshop on “Reusing the Textile Waste for Cloth Bag Making”. The State Nodal Agency was the Environment Information, Awareness, Capacity Building and Livelihood Programme (CIACP) Punjab, Punjab State Council for Science and Technology in collaboration with Ministry of Environment, Forest and Climate Change, Govt. of India. The institution gratefully acknowledges the invaluable support extended by Er. Pritpal Singh, Executive Director, PSCST, whose encouragement has consistently motivated educational institutions to adopt sustainable practices. Special appreciation is due to Dr. K.S. Bath, Joint Director PSCST, for his visionary leadership in promoting environmental awareness and livelihood based green initiatives. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomes guests with planters. She briefed the objective of the workshop and stressed on innovation based on sustainability. Coordinator of the workshop and Dean Innovation, HMV Dr. Anjana Bhatia told the audience about the initiatives taken by HMV in the field of sustainability. She said that we should adopt recycle, reuse and downcycle. We are rather adopting the throwaway culture, which should be declined. Coordinator Capacity Building Programme for Environment Problems run by ECP Ms. Ranjeet talked about Green livelihood with employment opportunities. She said that today’s workshop is action oriented which is focused “Conscious living IT officer EIACP, Ms. Alisha briefed about “Conscious living.” Green Sparrows Project Director Ms. Ramanpreet Kaur told about the work of recycling done by Green Sparrows. Head of Design Department Dr. Rakhi Mehta presented vote of thanks. During the Hands-on-training session, Dr. Rakhi Mehta, Mrs. Rishav and Mrs. Navneeta gave demo of cloth bag and planter making in an innovative style. More than 100 women and girls from Sadana village and HMV participated in the workshop. The workshop was a complete success. An exhibition of bags was also organized on this occasion.

Dated : 29/07/2025

HMV Organized One-Day Workshop on The Role of Academics in Music Education and Research Methodology



A one-day workshop on The Role of Academics in Music Education and Research Methodology was organized by the Department of Music Vocal, Hans Raj Mahila Maha Vidyalaya. The event aimed to highlight the significance of academic contribution in the field of music and to introduce participants to the fundamentals of research in this discipline. The session commenced with a soulful Saraswati Vandana, invoking the blessings of the Goddess of learning. The workshop featured two insightful sessions conducted by Dr. Ravi Sharma, retired Professor and former Head, Department of Music, Maharshi Dayanand University, Rohtak. In the first session, Dr. Sharma discussed The Role of Academics in Music Education, emphasizing the importance of a structured academic framework in nurturing musical talent and preserving traditional knowledge through formal teaching. The second session focused on Research Methodology in Music, where Dr. Sharma elaborated on topic selection, research ethics, and the role of both primary and secondary sources. His practical insights and simplified explanations helped the students understand the academic process involved in music research. The sessions witnessed enthusiastic participation from postgraduate and research scholars who raised thoughtful queries and engaged in interactive discussions. The workshop concluded with a formal vote of thanks. The workshop was graced by the presence of faculty members from the Department of Music Vocal Dr. Prem Sagar Head of Music Vocal Department, Ms. Gunjan Kapoor, Mr. Praduman, and Mr. Jasmal, whose active participation enriched the academic atmosphere of the event. Adding to the academic dignity of the occasion, distinguished heads of departments Dr. Mamta, Head, Department of English; Dr. Ashmeen, Head, Department of Psychology; and Dr. Navroop, Head, Department of Punjabi were also present. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the department for the workshop and said that such workshops will inspire the students to become researchers in future.

Dated : 11/08/2025

HMV in Collaboration with PSCST Organizes Second Cluster Level Master Trainers Workshop on Building Skills for Nature



Under the able guidance of Principal Prof. Dr (Mrs) Ajay Sareen, Hans Raj Mahila Maha Vidyalaya, Jalandhar, in collaboration with the Punjab State Council for Science & Technology (PSCST) and supported by the Ministry of Environment, Forest and Climate Change (MoEFCC), Government of India, organised the second edition of the Cluster Level Master Trainers Workshop on Building Skills for Nature (11th–14th August 2025) under the Environment Education Programme. The workshop brought together master trainers from Barnala, Fatehgarh Sahib, Mansa, Malerkotla, Muktsar Sahib, Roopnagar, Patiala, Sangrur, and SAS Nagar. The inaugural day commenced with flag hoisting with NCC cadets, tree plantation, and feeding of birds at ‘Aashiyaana’, a specially developed corner of the HMV campus dedicated to bird care. Water bowls, feeders, and nesting spaces are maintained here to provide a safe haven for local and migratory birds. Faculty members and guests symbolically placed grains and filled water bowls, reinforcing the message of co-existing with urban biodiversity. This was followed by a green welcome and formal addresses. Principal Dr. Ajay Sareen emphasised HMV’s dedication to environmental protection and biodiversity conservation, stating, “At HMV, we believe that nurturing a deep connection with nature through hands-on learning is essential to fostering responsible environmental citizens. This workshop, supported by PSCST and MoEFCC, is a significant step toward empowering educators who will lead the way in preserving our biodiversity for future generations.” Dr. K.S. Bath, Joint Director, PSCST, highlighted the council’s vital role as the state nodal agency implementing MoEFCC’s environmental education initiatives in Punjab and appreciated the institution for its support. Dr. Aashaq Hussain, Associate Professor, Govt. Gandhi Memorial Science College, Jammu, spoke about experiential learning in nature. The keynote address was delivered by Dr. B.K. Tyagi, Ex-Senior Scientist, Vigyan Prasar, Govt. of India, who inspired participants to adopt creative approaches in nature camp activities. He motivated the participants to coin questions than merely looking for answers. Dr. Jafar from Jammu also shared his views. Day-I technical sessions began with an Introductory Lecture on Conducting Nature Camps by Dr. B.K. Tyagi, followed by a practical segment Fun with Plants covering plant identification and profile drawing. The afternoon featured demonstrations and experiment setups in the Botanical Garden for identifying plant types. The workshop is being coordinated by Dr. Anjana Bhatia (Overall Coordinator) and Ms. Harpreet Kaur (Co-Coordinator). Speaking on the occasion, Dr. Anjana Bhatia stated, “Small actions like feeding birds and providing them shelter reflect a deeper respect for life and inspire the spirit of environmental stewardship we hope to cultivate in our trainers.” Dr. Seema Marwaha presented the vote of thanks and said that “Empowering educators with hands-on skills is key to fostering a sustainable future, and this workshop exemplifies our commitment to nurturing environmental leadership at the grassroots.” Faculty members including Dr. Shaveta Chauhan, Dr. Ramandeep Kaur, Dr. Shuchi Sharma, Dr. Rama Sharma, Dr Jitender, Mr Sumit, Dr. Rakhi Mehta, Dr. Meenu Talwar, Dr. Minakshi Duggal, Mrs. Purnima, Ms. Sonia Mahendru, Dr, Urvashi Mishra, Mrs. Lovleen Kaur, Mrs. Navneeta, Dr Shailendra, Mr Parminder and Mrs. Aman were present and actively contributed to the smooth conduct of the inaugural day.

Over the next three days, participants will engage in biodiversity mapping, creative eco-activities, field-based studies, and nature-inspired skill-building to enhance their capacity as master trainers.

Dated : 14/08/2025

HMV in collaboration with PSCST Concludes 4-Day Cluster Level Master Trainers Workshop on Building Skills for Nature with Memorable Kanjli Visit



Under the able guidance of Principal Dr. Ajay Sareen, Hans Raj Mahila Maha Vidyalaya, Jalandhar, in collaboration with the Punjab State Council for Science & Technology (PSCST) and supported by the Ministry of Environment, Forest and Climate Change (MoEFCC), Government of India, successfully concluded the Second Cluster Level Master Trainers Workshop on Building Skills for Nature (11th–14th August 2025) under the Environment Education Programme. The four-day workshop brought together passionate master trainers from Barnala, Fatehgarh Sahib, Mansa, Malerkotla, Muktsar Sahib, Roopnagar, Patiala, Sangrur, and SAS Nagar. Day 1 began with a symbolic celebration of co-existence at Aashiyaana, HMV's specially developed bird care corner. Participants joined in feeding birds, refilling water bowls, and placing nesting material, followed by a green welcome and inaugural addresses. Eminent experts, Dr. B.K. Tyagi, Ex-Senior Scientist, Vigyan Prasar; Dr. Aashaq Hussain, Associate Professor, Govt. Gandhi Memorial Science College, Jammu; Dr. K.S. Bath, Joint Director, PSCST shared their insights on experiential learning, biodiversity education, and innovative nature camp methods. The day ended with practical plant identification and profile drawing in the college's lush Botanical Garden. Day 2 immersed participants in the biodiversity of plants, the fascinating world of insects, and nature-based classification techniques. Interactive sessions on eco-activities and creative environmental education tools kept the energy high. Day 3 was the most awaited with an exhilarating field visit to Kanjli Wetland, a Ramsar site teeming with life. Guided by Mr. Jaswant Singh and Mr. Bobinder, participants observed wetland flora and fauna, discussed conservation challenges, and learnt how to integrate real-life biodiversity mapping into teaching modules. The sight of migratory birds skimming over the serene waters, the call of wetland species, and hands-on plant and insect sampling made the day both educational and soul-stirring. Day 4 wrapped up with nature-inspired skill-building sessions, creative eco-poster making, and biodiversity mapping exercises. Participants reflected on their learnings and pledged to take back practical conservation skills to their schools and communities. The workshop was coordinated by Dr. Anjana Bhatia, co-coordinated by Ms Harpreet with the active involvement of Dr. Shaveta Chauhan, Dr. Jitender, Mr. Sumit, Dr. Prem Sagar, Dr. Rama Sharma, Mrs. Purnima, Dr. Kajal, Dr. Rakhi Mehta, Dr. Ramandeep Kaur, Mrs. Navneeta, Mrs. Lovleen Kaur, Dr. Shailendra, Dr. Shuchi Sharma, Dr. Meenu Talwar, Dr. Minakshi Duggal, Mr. Parminder and Ms. Gunjan. In her closing remarks, Principal Dr. Ajay Sareen praised the participants' enthusiasm and reiterated HMV's commitment to biodiversity conservation through experiential education. Resource persons lauded the college's role in fostering grassroots environmental leadership. The workshop ended with a formal Vote of Thanks by Dr Seema Marwaha, Dean Academics acknowledging the support of PSCST, MoEFCC, resource persons, participants, and the dedicated HMV team. The participants departed with not just memories of Kanjli's beauty, but also a renewed commitment to be ambassadors of nature in their regions.

Dated : 20/08/2025

HMV Organized Workshop on World Photography Day



The PG Department of Mass Communication and Video Production at Hans Raj Mahila Mahavidyalaya, Jalandhar, organized an engaging and enriching Workshop on Photography, aimed at enhancing students' creative and technical skills in visual storytelling under the able guidance of Principal Prof. Dr. Mrs. Ajay Sareen on the occasion of World Photography Day. The workshop was led by acclaimed photography expert Mr. Karamveer Sandhu, who captivated the audience with his deep knowledge, live demonstrations, and creative insights into the art and technique of professional photography. He encouraged students to go beyond just taking photos—to tell stories, evoke emotions, and see the world through a new lens. Adding vibrancy to the event, a Photography Exhibition featuring the works of the students of the department was also organized. The exhibition showcased a wide range of themes and perspectives—from portraits and landscapes to conceptual frames—demonstrating the budding talent and artistic expression of the young photographers. Visitors appreciated the creativity, composition, and storytelling elements displayed in each photograph. Mr. Karamveer Sandhu was honoured by Dr. Navroop Kaur, acknowledging his valuable contribution to the field of photography and his inspiring interaction with the students. Principal Prof. Dr. Mrs. Ajay Sareen congratulated the Department and said that such workshops are important to provide practical insight to the students. The program concluded with a vote of thanks by Dr. Rama Sharma, who expressed gratitude to the guest speaker, faculty members, and students for their enthusiastic participation and support in making the event a resounding success. The event highlighted Hans Raj Mahila Maha Vidyalaya's commitment to providing practical exposure and fostering creative excellence among its students.

Dated : 22/08/202

Red Cross Society of HMV Organized a Seminar on Breast Feeding and Vaccination



The Red Cross Society of Hans Raj Mahila Maha Vidyalaya in collaboration with Inner Wheel Club of Jalandhar West organized a seminar on “Breast Feeding and Vaccination.” The Resource Person was Dr. Pooja Kapoor, Ortheopaedic Surgeon and President Rotary Club. Along with her members of Inner Wheel Club Ms. Ritu Chopra (Secy), Ms. Manisha Sikka, Ms. Kirti Gupta, Ms. Tejinder Kaur were also present. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed them with Green Planter. Tree Plantation was also done keeping in view the environment protection. Principal Dr. Sareen said that the subject of the seminar is related to latest time and the future of girls can be secured by making them aware about such issues. Dr. Pooja Kapoor gave information to the girls about Breast Feeding and Vaccination. She said that such information will prove to be beneficial for the girls in future. Dr. Pooja Kapoor said that breast milk is best diet for a child which provide all the necessary nutrients. Breast feeding is also beneficial for the mother. Breast milk has Protein, Vitamins, Minerals and all the nutrients. It also saves the child from a number of diseases. Advisor Red Cross Society Mrs. Deepshikha presented vote of thanks. On this occasion, Incharge Red Cross Society Mrs. Pawan Kumari and College Medical Officer Dr. Jasbir Kaur were also present.

Dated : 10/09/2025

Workshop on Suicide Prevention “HOPE” Organized at HMV



The Freudian Psychological Society of Hans Raj Mahila Maha Vidyalaya organized a workshop on Suicide Prevention titled “HOPE” under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Renowned psychotherapist and life coach Mr. Jatinderpal Singh conducted the session, he was welcomed by Dr. Ashmeen Kaur, Head of the P.G. Department of Psychology and other faculty members. Beginning with the simple yet powerful question, “How are you?”, Mr. Singh emphasized how people often conceal their true feelings. He sensitized students about the signs of distress, causes, statistics, and preventive measures of suicide, while sharing real-life cases to inspire hope and awareness. The workshop featured interactive activities such as a screaming exercise to release inner pain, reflective writing, grounding practices, creative visualization, and empowering talks on the mind’s strength. The session concluded with students creating a symbolic “Hope Board.” Principal Dr. Sareen praised the initiative, commending the department for addressing such a sensitive issue. The event was anchored by Ms. Pahul Jabal and Ms. Yagima Sawhney and concluded with a vote of thanks by Ms. Priya Seth. Over 100 students from various streams and Ms. Nandita Sharma, Ms. Ishamanpreet Kaur and Mrs. Gurpreet participated enthusiastically from the department of Psychology.

Dated : 12/09/2025

HMV Organized One-Day Workshop on “Fashion Makeovers”



Fashion Design Department of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized one day workshop on Fashion Makeovers. The workshop aimed to provide students with practical insights into the latest trends, techniques, and professional tips related to fashion styling and fashion transformations. The session was conducted by renowned fashion experts and stylists as Resource Persons Ms. Himanshi Madaan and Ms. Kriti Jain, our Proud Alumni, who shared their vast experience in the field of fashion, styling, and makeovers. They guided the students on how to enhance their appearance through appropriate clothing choices, grooming techniques and makeup trends suitable for different occasions. The workshop included live demonstrations on styling, color coordination and modern makeover techniques, enabling students to learn hands-on skills and gain a better understanding of industry practices. The resource persons also discussed current fashion trends, body shape analysis, and personalized styling tips, making the session highly interactive and engaging. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the Department of Design for organizing such an enriching workshop and encouraged students to take full advantage of such opportunities to enhance their creative skills. She also congratulated Head of Department Dr. Rakhi Mehta and the faculty members Ms. Ritika, Ms. Manika & Ms. Ravneet for their consistent efforts in bridging the gap between academic learning and industry exposure. The event received an overwhelming response from students, who expressed their gratitude for the valuable insights and practical exposure provided by the resource persons. The workshop concluded with an interactive Q&A session followed by Vote of thanks by Head of Dept Dr. Rakhi Mehta.

Dated : 18/09/2025

An Online Webinar ‘Drive Your Passion’ Organized at HMV



The Placement Cell of Hans Raj Mahila Maha Vidyalaya, Jalandhar, in collaboration with Ikipendence, organized an online webinar on the topic 'Discover Your Passion' under the dynamic leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen. The webinar was organized under the guidance of Placement Cell Coordinator Mr. Jagjit Bhatia. The chief guest of the event was Mr. Mohit, Director Ikipendence. The distinguished guest of the event was Ms. Sanchita Ruhela. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the Placement Cell for this endeavour and gave her best wishes to all the students. During the webinar, the chief guest introduced the students to chat with iki, an AI assisted App to know the passion of students. This app helped the students to develop ideas which come alive together. The resource person also demonstrated ikiverse psychology games through which students can enjoy and learn. While playing these games, the AI evaluated the personality and passion of students. On this occasion, Mr. Pradeep Mehta, Mrs. Jyotika Minhas, Mr. Sumit Sharma, Ms. Priyanka, Ms. Jasveer and Dr. Rama Sharma were also present.

Dated : 30/09/2025

Podcasting Workshop Held at HMV



A workshop on Podcasting was organized by PG Department of Mass Communication and Video Production on the occasion of International Podcasting Day. The resource person of the workshop was Mr. Gurvinder Singh, a renowned Radio, TV Artist and Podcaster. The theme of the workshop was "Craft your voice, Tell your stories, Launch your Podcast." Mr. Gurvinder Singh provided valuable insights into the world of podcasting. He shared his experiences and knowledge on various aspects of podcasting, including podcast planning and production, audio production techniques, storytelling and audience engagement. The workshop featured interactive session, allowing participants to engage with the speaker and gain practical knowledge. The event aimed to equip students with the skills and confidence needed to produce high-quality podcasts and

build a loyal listener base. Participants praised the workshop for its informative content and engaging format. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the department and said that such workshop will support and empower content creators in the region. Head of Department Dr. Rama Sharma presented vote of thanks. Stage was conducted by Mrs. Jyoti Sehgal. Ms. Gaytri was also present there. The workshop was attended by around 50 students.

Dated : 03/10/2025

Workshop Conducted by HMV



The Design Department of Hans Raj Mahila Maha Vidyalaya, Jalandhar, successfully organized a one-day workshop on Fashion Nail Art and Nail Extension. The workshop aimed to enhance students' practical skills, creativity, and latest techniques in the growing field of fashion styling. The resource person for the workshop was Ms. Bhavneet Kaur, a renowned fashion stylist and a proud alumnae of HMV. She shared her expertise, innovative techniques and industry insights with the students, guiding them through various modern nail art trends and professional nail extension methods. During the interactive session, students were given hands-on training and learned about different styles, textures, and designs that are currently in vogue. The workshop not only boosted their creative confidence but also provided exposure to industry-relevant skills required for professional growth in the fashion sector. Principal Dr. Ajay Sareen appreciated the efforts of the Design Department for organizing such a skill-enhancing session. congratulated Head of dept Dr. Rakhi Mehta for highlighting that such initiatives that help students stay updated with current fashion trends and prepare them for successful careers in the fashion industry. The workshop concluded with a vote of thanks delivered by the Head of the Design Department. Students and Faculty members Manika, Ms. Ritika, Ms. Ravneet learnt the art and experimented with various techniques and textures.

Dated : 04/10/2025

HMV Organized Workshop on Decoding Emotions



The Freudian Psychological Society of PG Department of Psychology of Hans Raj Mahila Maha Vidyalaya Jalandhar held a workshop titled "Decoding Emotions." The event was organized under the able guidance of Principal Dr. (Mrs.) Ajay Sareen and featured Ms. Harshita Paul, a Counselor and the founder of Satvikta, as the Resource person. Dr. Ashmeen Kaur, Head of the P.G. Department of Psychology, along with other faculty members, formally welcomed Ms. Paul. Ms. Paul began the session with a story, which she used to illustrate how various brain structures contribute to emotional regulation. Throughout the workshop, she emphasized to the students that there are no "right" or "wrong" emotions, as feelings are subjective experiences. The workshop included several interactive activities to help students explore their emotional responses. Participants were asked to identify and write down the three emotions they experience most frequently, and they also participated in an activity called "emotional hijack." Other engaging segments included a rapid-fire question round and a reflection activity. Principal Prof Dr. (Mrs.) Ajay Sareen praised the Freudian Psychological Society for organizing the workshop, highlighting the importance of promoting awareness and understanding of emotions. The event was anchored by Ms. Sahejpreet Kaur and Ms. Yagima Sawhney, and Ms. Priya Seth delivered the vote of thanks. The workshop saw enthusiastic participation from over 100 students from various academic streams, as well as faculty members from the Department of Psychology, including Ms. Nandita Sharma, Ms. Ishamanpreet Kaur and Mrs. Gurpreet.

Dated : 07/10/2025

A Workshop on 'Employability Skills' for Final Year Students Organized at HMV



The Placement Cell of Hans Raj Mahila Maha Vidyalaya, in collaboration with Ansh Infotech Ludhiana, organized a workshop on 'Employability Skills' for Final Year Students of Science, Computer Science, Commerce & Skilled Courses under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The event started with Mr. Jagjit Bhatia motivating the students and informing them of the placement procedure. Mr. Ansh Aneja, CEO of Ansh Infotech along with one member, Mr. Luxman member of Ansh Infotech, were also present to provide the students with necessary insight. The session was divided into two parts, first part focusing on apprising the students of job opportunities and interviews, and the second part focusing on AI. Mr. Ansh Aneja, CEO of the company, made students aware about their company. He interacted with students and provided students important information about AI and roles of AI in present time and future time. The Ansh Infotech team gave several demonstrations by involving students, making it easier to understand with fun activities. The event ended with all the students having learnt something. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the Placement Cell for this endeavour and said that students always get benefitted from such drives. She also said that the placement cell of the college is continuously working by providing the students awareness and career opportunities through various campus placement drives. Dean Placement Cell Mr. Jagjit Bhatia, and Mr. Sumit Sharma and Mr. Parminder Singh were the coordinators of the event. On this occasion, Mr. Pradeep Mehta, Mrs. Shefali Kashyap, Mrs. Navneeta, Mr. Ashish Chadha and Ms. Yaagrika Bhatti were also present.

Dated : 15/10/2025

HMV Organized Webinar



Hans Raj Mahila Maha Vidyalaya organised a webinar on the topic “Financial Literacy: A Key to Economic Well-Being.” This program was organised by the PG Department of Economics. The session began with a welcome address by our respected Principal , Dr. Ajay Sareen, who highlighted the importance of financial literacy in today’s world. Her encouraging words motivated the participants and set the tone for the webinar. The main aim of this webinar was to create awareness about the importance of financial literacy among students, research scholars, and faculty members. The session focused on developing skills to manage personal finances, savings, investments, credit, and digital transactions effectively in today’s changing economic environment. The session was conducted by Mrs. Gauri Amit Geet, registered SEBI smart trainer. She is an expert in the field of finance and economics with wide experience in spreading awareness on financial inclusion and literacy. She is currently working with different MII BSE,NSE,NSDL,CSDL from 2021. The webinar was successfully conducted on the Zoom platform, which enabled active participation from students and faculty. The online mode made it convenient for participants to interact with the resource person and engage in the discussion effectively. Dr. Shallu Batra, Head of the PG Department of Economics, addressed the gathering and motivated the students to enhance their knowledge of financial literacy. She emphasized the relevance of such webinars in preparing students for practical financial decision-making. Other faculty members—Mrs. Jyotika Minhas, Mrs. Harmanu, Mrs. Chandrika, and Miss Shruti—were also present. The Planning Forum team, including Dhra Mahajan, Onam, Himani, and Jaya, managed and organised all the work so efficiently that the webinar was conducted successfully. The event concluded with a formal vote of thanks,

expressing gratitude towards the speaker, faculty members, and participants for making the webinar a grand success.

Dated : 16/10/2025

HMV Organized Workshop on “Mindful Pathways: Cultivating Calm and Creativity”



The Freudian Psychological Society of Hans Raj Mahila Maha Vidyalaya, Jalandhar, organized an enlightening workshop on Mindfulness and Well-being, titled Mindful Pathways: Cultivating Calm and Creativity under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Ms. Prachika Chopra, Counselling Psychologist, Career Counsellor, Play Therapist Trainee, and Academic Counsellor was warmly welcomed by members of faculty of PG Department of Psychology. The workshop focused on exploring the power of mindfulness for inner peace, awareness, and emotional support. Ms. Chopra introduced the basics of mindfulness, highlighting its importance in developing self-awareness, emotional regulation, and calmness in daily life. The session was highly interactive and engaging, involving various hands-on activities such as: Raisin Exercise Participants were guided to consciously observe the texture, structure, and sweetness of a raisin, emphasizing the importance of being present in the moment. Empty Chair Technique A role-playing exercise that helped participants, especially students, to express their inner critic and work through fears and emotions in a safe, reflective manner. Mirroring Activity Encouraged students to connect with themselves, analyze their emotions and feelings and enhance self-understanding. Principal Dr. Sareen appreciated the initiative, commending the department for promoting mindfulness practices that nurture both emotional and creative growth. The session inspired students to integrate mindfulness into their personal and academic lives for holistic well-being. The event was skillfully anchored by Ms. Yagima Sawhney and Sahejpreet Kaur and concluded with a heartfelt vote of thanks by Ms. Priya Seth. Over 100 students from various streams participated enthusiastically, along with Ms. Nandita Sharma, Ms. Ishamanpreet Kaur and Mrs. Gurpreet from the Department of Psychology.

Dated : 26/10/2025

HMV Organized Extension Lecture



The PG Department of Mathematics of Hans Raj Mahila Maha Vidyalaya organized an Extension Lecture cum Workshop on “Analysis Laboratory” under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Principal Dr. Ajay Sareen motivated the students to participate in such kind of activities and congratulated the department for organising the workshop. The overall Incharge of the workshop was Head of Department of Mathematics Dr. Gagandeep. The resource person for the workshop was Dr. Jitender, Professor and Head of Department of Mathematics, GNDU, Amritsar. Prof. Jitender gave the lecture on the topic “Analysis Laboratory”. SCILAB and MATLAB both are high performance software packages for computing and he provided a hands-on practical information on these softwares. He gave information which is the need of the hour for students who are dealing with problems of Mathematics and require software knowledge for the same. He also explained the students that Mathematics is very important branch of Science and Humanities. Dr. Jitender has explained about the different career opportunities in Mathematics all over the world and have also elaborated the benefits of career in mathematics comparative to other sectors like IT and AI. Dr. Jitender told a Mathematician career as the most opportunist and multi-talented in every sector. Dr. Gagandeep, Head of PG Department of Mathematics, presented a beautiful poem on the importance of Mathematics in day-to-day life and other fields very well. Dr. Seema Marwaha, Dean Academics and Head of Zoology Department, Mrs. Deepshikha, Faculty Head, Science and Head of PG Department of Chemistry congratulated Mathematics department to organize this workshop. Students of B.Sc and M.Sc participated in this workshop with full enthusiasm. Dr. Gaurav Verma presented vote of thanks for the event. The other faculty members of Mathematics Department Dr. Deepali, Mrs. Charanjit and Mrs. Chandan were also present in this workshop.

Dated : 06/11/2025

Three Day Design Workshop Organized by HMV



The Design Department of Hans Raj Mahila Maha Vidyalaya organized a three-day Design Workshop titled “Expressions of Budding Entrepreneurs and their start-ups” in collaboration with Pidilite. Renowned artist Mrs. Navdeep Kaur was the resource person of the workshop. Various Design possibilities and thinking aspects were discussed. Empathize, define, ideate, prototype and final design product is explained and experimented with artists and designers. The goal of the workshop is to come up with solutions, products or services that are desirable for the design user, economically viable from a business perspective technologically feasible. Very important principles of empathy, thinking and experimentation were the keywords of the workshop. Various textures, surfaces, effects etc. are developed by the students. A fruitful workshop ended up with the words of appreciation and enthusiasm by Principal Prof. Dr. (Mrs.) Ekta Khosla. She said that learning about new techniques is very important for the students. On this occasion, Head of Department Dr. Rakhi Mehta and faculty members Ms. Ritika, Ms. Manika and Ms. Ravneet Kaur were present there.

Dated : 10/11/2025

PG Hindi Department of HMV Organized Extension Lecture



The PG Hindi department of Hans Raj Mahila Maha Vidyalaya organized an Extension Lecture dedicated to 350th Martyrdom Day of Guru Teg Bahadur ji as per the directions of Guru Nanak Dev University, Amritsar. The resource person was Dr. Tanuja Tanu, Sr. Editor, Punjab Kesari. Principal Dr. Ekta Khosla welcomed her with green planter and a souvenir. She said that Sikh Culture includes social equality, justice, bravery & sacrifice. This series initiated by Guru Nanak Dev University is really important. This initiative will help students to get information about Sikh History. Dr. Tanuja Tanu presented her views on the martyrdom of Guru Teg Bahadur ji and said that “Hind Di Chadr” Guru Teg Bahadur ji sacrificed his life for religious

freedom & human values. His sacrifice is important not only in Sikh history but in world history. His sacrifice is an example of Dharma & justice. She also talked about his Bani. Head of Hind department, Dr. Jyoti Gogia also appreciated the initiative of Guru Nanak Dev University & said that Guru Ji was a great poet & philosopher. His writings have special place in Hindi literature. Km. Damini (MA Hindi Sem I) and Km. Muskan (BA Sem I) presented poems on Guru Teg Bahadur ji. On this occasion, Hindi Department faculty Mrs. Pawan Kumari, Dr. Deepti Dhir, Dr. Mandeep Kaur from Punjabi Department & Mrs. Protima from History Department were also present.

Dated : 12/11/2025

UBA Team of HMV Organized Informative Lecture on “Health and Nutrition”



Unnat Bharat Abhiyaan (UBA) team of Hans Raj Mahila Maha Vidyalaya organized an informative/awareness lecture on “Health & Nutrition” in Gill Village in collaboration with Red Ribbon Club and NSS. The aim was to educate the residents about the importance of balanced diet and healthy lifestyle, hygiene and disease prevention. Mrs. Shefali Kashyap, member UBA team highlighted the importance of organic and home made food to maintain good health. Retired Master Jagir Singh, member Govt. School Managing Committee also contributed by expressing that it is the need of the hour to have drug free India for which youth can play a crucial role. The event was followed by a rally on Anti Drugs highlighting “Say no to drugs”. Dr. Minakshi Duggal Mehta, Coordinator UBA expressed thanks to Mrs. Amandeep Kaur, Sarpanch of Village and Mr. Surjit Singh, Social Worker. Principal Prof. Dr. (Mrs.) Ekta Khosla appreciated the efforts of the team. Incharges of the teams were Ms. Harmanu (Incharge NSS) and Dr. Deepali (Incharge Red Ribbon Club).

Dated : 12/12/2025

HMV Collegiate School Organised an Extension Lecture on Cyber Crime Awareness



Under the visionary guidance of Principal Dr. Ekta Khosla, HMV Collegiate Senior Secondary School organized an impactful Extension Lecture on Cyber Crime, aimed at equipping students with awareness in today's rapidly evolving digital world. The resource person, Dr. Urvashi Sharma Mishra, Associate Professor and Dean, Student Council, HMV, delivered an informative and engaging session. She shed light on the rising concerns of identity theft, phishing attacks, cyber bullying, online financial frauds, weak password practices, and the legal consequences associated with cyber offenses. Through real-life examples and practical tips, she encouraged students to follow responsible digital behaviour, maintain strong cyber hygiene, and remain vigilant while using social media and digital payment platforms. School Coordinator Mrs. Arvinder Kaur highlighted that in an era driven by technology, awareness and caution serve as the strongest defense against cyber threats. She appreciated the initiative, noting that such educational efforts play a crucial role in shaping digitally aware, safe, and responsible young citizens. The session concluded with an interactive question-answer round, where students participated enthusiastically, seeking clarity on various cyber issues.

Dated : 17/12/2025

HMV Organised District Level Skilling Workshop



Aligning with the objectives of Eco Clubs, Hans Raj Mahila Maha Vidyalaya (HMV) organized a two-day District Level Skilling Workshop for school teachers of District Jalandhar, in association with the State Nodal Agency, Punjab State Council for Science and Technology, and with the support of the Ministry of Environment, Forest and Climate Change. The workshop aimed at strengthening environmental awareness and equipping Eco Club coordinators with practical skills for sustainable action. The workshop was held under the visionary leadership of Principal Dr. Ekta Khosla and was convened by Dr. Anjana Bhatia, with Ms. Harpreet as the Co-Convener. The primary objective of the programme was to sensitize educators about the

urgent need for environmental protection and to empower them as change-makers within their institutions and communities. Extending a green welcome to the eminent resource person, Dr. Adarsh Pal Vig, Professor, Department of Botanical and Environmental Sciences, Guru Nanak Dev University, Amritsar, Principal Dr. Ekta Khosla emphasized that educational institutions must go beyond academic instruction and inculcate strong environmental values among students. She asserted that environmental initiatives should not be episodic but action-oriented and sustained, adding that teachers can act as “soldiers of environmental protection” by creating awareness and inspiring responsible behaviour. Introducing the concept note of the workshop, Dr. Anjana Bhatia elaborated on the pivotal role of Eco Clubs in nurturing environmental consciousness and fostering sustainable practices at the grassroots level. The workshop was attended by 50 eco club coordinators of various schools of Jalandhar district. During his insightful session, Dr. Adarsh Pal Vig began by defining the role of a guru as instrumental in character building, which ultimately contributes to nation building. He stressed that environmental protection is an individual responsibility and a collective moral duty. He further elaborated on the techniques of vermiculture and vermicomposting, explaining the vital role of earthworms in the bioconversion of garden waste into nutrient-rich manure. Referring to earthworms as “ecological engineers,” he highlighted their immense contribution to sustainable waste management. The session was followed by a hands-on training component, where participating teachers actively engaged in the preparation of compost, gaining practical exposure and experiential learning. The two-day workshop proved to be a meaningful step towards enabling Eco Club coordinators with practical skills and experiential knowledge, reinforcing HMV’s commitment to environmental sustainability. On this occasion Dean Academics Dr. Seema Marwaha was also present. Stage was conducted by Dr. Sakshi Verma.

Dated : 18/12/2025

Two-Day District Level Skilling Workshop Concluded Successfully at HMV



Hans Raj Mahila Maha Vidyalaya successfully concluded the two-day District Level Skilling Workshop for School teachers of District Jalandhar. The workshop was organized in collaboration with the State Nodal Agency, Punjab State Council for Science and Technology, and with the support of the Ministry of Environment, Forest and Climate Change. The programme focused on enhancing environmental consciousness and imparting practical skills to Eco Club coordinators for promoting sustainable practices. The concluding day featured a series of interactive and informative sessions. Ar. Meenal Verma, a recipient of the prestigious “Water Hero” recognition by the Ministry of Jal Shakti, Government of India, demonstrated an innovative method of preparing eco-friendly household cleaners using kitchen waste. She encouraged participants to reduce the use of chemical-based products and adopt natural alternatives to support environmental sustainability and water conservation. A session on e-waste management was conducted by Mr. Gaurav from Switch to Change, NPO, who stressed the importance of transforming individual behaviour by shifting from disposal to donation and reuse of newspapers, plastic, wood, old electronics, thereby strengthening the concept of a circular economy. Dr. Jatinder and Mr. Sumit conducted a practical session on

waste paper recycling, while Ms. Navneeta showcased creative upcycling by demonstrating the preparation of bags from discarded t-shirts. The day proved to be enriching, offering participants exposure to diverse methods of waste utilization. During the valedictory session, Principal Dr. Ekta Khosla lauded the active participation of the teachers and appreciated their commitment towards adopting green practices. She stated that the workshop aimed at sensitising educators towards the pressing need for environmental protection and empowering them to act as agents of change. Certificates were awarded to all participants, along with “Grow Your Own Garden” kits as a token of encouragement. Dr. Seema Marwaha, Dr. Anjana Bhatia, Ms. Harpreet, along with other faculty members were present on the occasion. The participants expressed their satisfaction and gratitude to HVM for organizing a meaningful and impactful workshop and acknowledged the institution’s efforts in promoting sustainable development.

SPORTS

Dated : 19/09/2025

HMV Collegiate School Won Distt. Football Championship



The Football Team of HMV Collegiate Sr. Sec. School won the distt. Football Competition held at Doaba Khalsa School Jalandhar. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated all the members of the team and team coach Mr. Lakhvir Singh. On this occasion faculty members of Physical Education Department Mrs. Ramandeep Kaur, Ms. Pragati and Ms. Gurminder Kaur and from School Section Mrs. Arvinder Kaur were also present.

Dated : 14/10/2025

Renovated Sports Hostel of HMV Inaugurated



The inauguration of renovated Sports Wing in Ojasvi Hostel of Hans Raj Mahila Maha Vidyalaya was organized. This renovation took place with the financial help provided by Sud family. The inauguration was done by Dr. Inder Sud, Philanthropist. The renovated Sports Wing was named as “Margaret Sud Champions Nest”, in the name of wife of Dr. Inder Sud. On this occasion, Justice (Retd.) Sh. N.K. Sud, Chairman Local Advisory Committee, Mr. Y.K. Sud and whole Sud family, Sushma Sud, Mrs. Manorma Mayor, Jai Sud along with other members of Local Advisory Committee, Mr. Ajay Goswami, Dr. Sushma Chawla, S.P. Sehdev and Dr. Sudhir Sharma were present. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed Sud family and said that

God always help those who have positive intentions. People always think twice while giving their hard earned money for the benefit of others. But Sud family is an epitome of selfless service. Sud family always spread positive vibes in the college by saying us to all our projects. Mr. Y.K. Sud said that this project was completed in the best possible way. Justice (Retd.) Sh. N.K. Sud thanked Dr. Inder Sud for contributing so much for making sports women of HMV more comfortable. Dr. I.K. Sud said that women's education is most important aspect of the world. He said that Sud family has a long history with HMV. He would love to help HMV in every possible way. Principal Prof. Dr. (Mrs.) Ajay Sareen thanked Sud family for their generosity and contribution. On this occasion, Dean Academics Dr. Seema Marwaha, IQAC Coordinator Dr. Anjana Bhatia, Dean Youth Welfare Dr. Navroop and Faculty Incharges and all the Deans along with Superintendents and faculty members of Sports Department were present there. Stage was conducted by Dr. Anjana Bhatia.

Dated : 25/10/2025

HMV Won GNDU Inter College Overall Championship Trophy 2024-25



Hans Raj Mahila MahaVidyalaya has again won the GNDU Inter College Overall Championship Trophy 2024-25. With pride and honour, Principal Prof. Dr. (Mrs.) Ajay Sareen told that the college has won 19 Gold Medals in Badminton, Shooting Rifle, Shooting Pistol, Volleyball, Kabbadi, Fencing, Archery, Karate, Boxing, Kho-Kho, Athletics, Wrestling, Judo, Handball, Wushu, Gymnastic (F), Gymnastic (A), Track Cycling, Cricket. HMV won 6 Silver Medals in Taekwando, Rughby, Weight Lifting, Rowing, Canoeing, Cycling and 01 Bronze Model. HMV also won Shaheed Bhagat Singh Trophy and a cash prize of Rs. 50,000/- from University. The Sports department faculty members and players were honoured during morning assembly. The whole college danced to the tunes of Dhol and celebrated the moment. Dr. Sareen said that trophy is the result of hard work and efforts of sports faculty and players. On this occasion Mrs. Ramandeep, Ms. Pragati and Ms. Gurminder Kaur were also present.

Dated : 28/11/2025

Golden Glory for HMV at Khelo India Games



Hans Raj Mahila Maha Vidyalaya celebrates a moment of immense pride as our student Km. Aakhri clinches the Gold Medal in Fencing at the prestigious Khelo India University Games, Kota, Rajasthan. Km. Aakhri is the rising star for our country as she has already participated in Cadets and Juniors Asian Fencing Championship 2025 at Kuwait and won appreciation certificate. Earlier she had also participated in Asian Junior and Cadet Fencing Championship held at Bahrain. Her present achievement showcases exceptional talent, dedication and true spirit of HMV excellence. Principal Prof. Dr. Mrs. Ekta Khosla extended heartfelt felicitations on this outstanding victory. She also congratulated her coach Ms. Shamipreet Kaur and Faculty members of the department Mrs. Ramandeep Kaur and Ms. Pragati.

Dated : 8/12/2025

HMV's Niya Sebastain Shines at Khelo India University Games with three Gold Medals

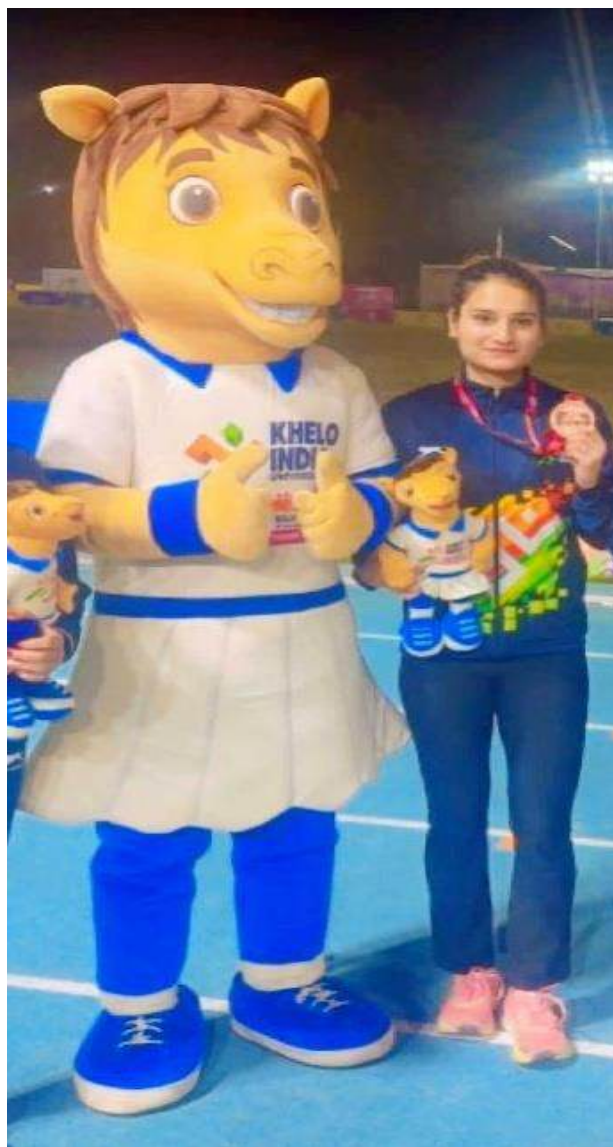


Hans Raj Mahila Maha Vidyalaya proudly celebrates the stellar achievement of its outstanding cyclist, Niya Sebastain, who has brought laurels to the institution by winning three gold medals at the Khelo India University Games 2025. She secured 1st position in Team Sprint, 1st in Individual Sprint, and 1st in Keirin, showcasing determination, strength, and technique. Niya's victory at the national platform is a continuation of her remarkable journey which includes Gold Medal in Team Sprint, Asian Championship 2024, 6th Position

in World Championship 2024. She secured a silver medal in Individual Sprint, bronze in Team Sprint and Individual Team Trial in National Championship 2024. Her exemplary performance at both national and international levels stands as an inspiration for young athletes and reflects her unwavering commitment to her sport. Principal Prof. (Dr.) Ekta Khosla congratulated Niya on her glorious victory and applauded the dedicated efforts of Sports department. She expressed pride in Niya's consistency and hard work, stating that her achievements reinforce HMV's legacy of nurturing talent and empowering young women to excel globally.

Dated : 13/12/2025

Sukhveer Kaur of HMV Won Bronze Medal in 4x100 Meter Relay in Khelo India University Games



Hans Raj Mahila Maha Vidyalaya proudly celebrates the stellar achievement of its athlete, Sukhveer Kaur who has brought laurels to the institution by winning Bronze Medal at Khelo India University Games 2025. She won Bronze in 4x100 inter relay competition. Sukhveer Kaur has a remarkable journey which includes Gold Medal in Punjab Senior State 100 mtr, 2 medals in Kheda Watan Punjab State 100 mtr. Grand prix in 3rd 100 meter, participation in Inter State National and Open National. Principal Prof. Dr. Mrs. Ekta Khosla congratulated Sukhveer on her glorious victory and appreciated the dedicated efforts of Sports department. On this occasion, faculty members of Sports department Mrs. Ramandeep Kaur and Ms. Pragati were also present.

Dated : 15/12/2025

HMV Girls Won Silver Medal in Khelo India University Games



The players of Hans Raj Mahila Maha Vidyalaya played in Football Team of GNDU in Khelo India University Games 2025 and team won Silver Medal. The students were Pallavi Rawat, Nitika, Kirpa Bhandari and Divya. These players displayed remarkable skill, team work and sportsmanship, showcasing their talent and dedication to the sport. Principal Prof. Dr. Mrs. Ekta Khosla congratulated the players, coaches and the faculty of Sports Department. She said that their hard work and perseverance have paid off. Their efforts have brought pride to our institution. She wished the players continued success in their future endeavours. On this occasion, faculty members of Sports department Mrs. Ramandeep Kaur and Ms. Pragati were also present.