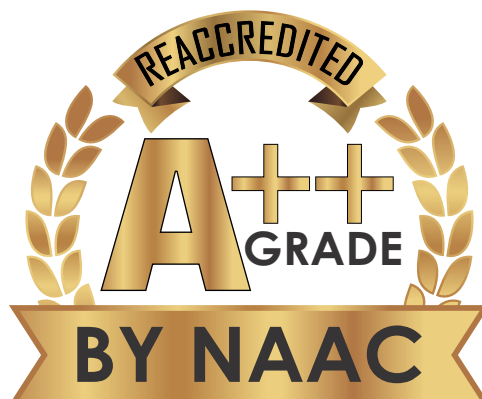


HMV NEWS

VOL 48 MARCH 2022

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



For Internal Circulation Only



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 चहुँदिश उद्घोष अभय ॥
॥ डी ए वी जय जय ॥

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

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

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

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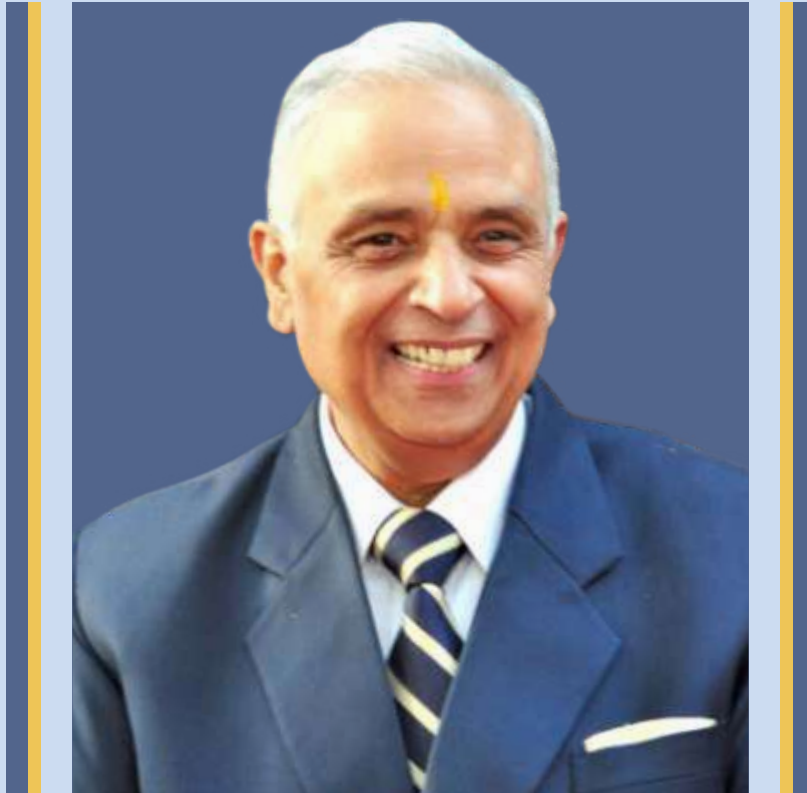
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President's Message



I wish all my colleagues friends at the DAV College Managing Committee and at the Arya Samaj, the very best in the coming year, 2022. May all have a peaceful, healthier and a fruitful year ahead.

New Year is the time to make resolutions. Let us all resolve to create a better, healthier, and a peaceful environment. May all five elements of Nature be at peace with one another so that we can live without fear of this dreaded disease, COVID and all its variants.

Let us all resolve that we shall all work in greater cooperation to improve our DAV and create an environment conducive to build the future global citizens. I am certain that if each of us does his bit, DAV will soon become an organisation to be reckoned with and not only be the largest non-governmental educational organisation in India, but also be the best in the world.

Dear friends, the task before us today is to meet the challenges that COVID and Omicron are continuously throwing at us by forcing the educational system to change and evolve itself. Yet, we have to remain steadfast in our goal of man-making. I, on my behalf, assure you that I will work with all the energy to try to provide a more efficient , a more competitive, and a more robust DAV"

I pray to the Almighty to give us the health, strength and the wisdom to work towards our common goal to carry the flag of DAV to higher pedestals while the sound of AUM resonates from every heart.

**Punam Suri
President
DAV College Managing Committee,
and Arya Pradeshi Pratinidhi Sabha**

Principal's Message



It is my proud privilege to share my views with my dear students and parents who share with us our dream to make HMTV one of the best institutions of India. The only success mantras is to follow your passion and challenge your limits. The urge to excel does come with its own set of challenges. Life has a nasty habit of throwing curve balls at the most inopportune times. With the blessings of God Almighty and tireless efforts of our faculty and students we have overcome the dark period of COVID successfully and are now entering a new era of light and peace. These times have tested our resilience and flexibility that differentiates the extraordinary from the mundane. Challenges can be the trampoline which launches us into the air, or they can be the reason for us to retreat into submission. The comfort zone is a beautiful-but a barren place, nothing grow there. Each and everyone of us is capable of moving mountains, it is just a matter of mindset and extending your limits. If you are doing everything right everytime, you are not testing your threshold. Make mistakes but make them count; learn from them, grow with them and make them your launch pad for future success. This compilation of events and activities in HMTV news is a reflection of our dedication, hard work and devotion towards a higher goal. But the best is yet to come.

Best Wishes

Prof. Dr. (Mrs.) Ajay Sareen
Principal

From the Editors' Desk . . .



It gives me immense pleasure and gratification to present before you the 48th Volume of HMV News. Post-pandemic while heading back to campus may be a welcome relief, it's normal to feel a little unsettled. However, there are still additional safety procedures that must be taken. Your health and safety will still be at risk after the coronavirus has passed, therefore it's critical to keep up your healthy habits after the pandemic is over.

I am thrilled to have you at HMV and excited by the return of our vibrant campus life! We look forward to learning, exploring, and growing with you, whether you are just starting out or continuing your education with us.

I hope you will find the contents of HMV News as motivating as I do.

My sincerest thanks to our respected Principal Prof. Dr (Mrs) Ajay Sareen for her constant support and belief in us. I also express my gratitude to Mrs Ritu Bajaj, In Charge Publication for her guidance.

Mr. Neeraj Aggarwal
Editor

From the Co-Editors' Desk . . .



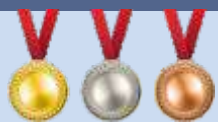
Dear Reader,

Greetings to you!!

Being one of the editors, I feel delighted to present you the 48th edition of HMTV News. HMTV always played a pivotal role in inculcating social, cultural and moral values among students. The main endeavour of our college is all-round progress of our young students and to assist them to empower our country through quality education. The resolve of our students is evident in the NEWS we have compiled. It proudly shows how they manage the delicate balance of academic studies along with extra and co-curricular activities. Further, HMTV has a strong, dedicated, motivated and fearless faculty who are making the society aware pertaining to the curb of Covid-19. In the post-lockdown period, a positive outlook can be seen in every sphere of life and we have been accepting a New Normal attitude of life. We wish, this pandemic would come to an end as soon as possible.

I express my gratefulness to our eminent Principal Prof. Dr. (Mrs.) Ajay Sareen under whose administration our young buds bloom into flowers. I am also thankful to Mrs. Ritu Bajaj, In-charge of Publication, for her support and guidance.

Mr. Parminder Singh
Co-Editor



LEGACY OF EXCELLENCE



Nandika Mehra
B.Voc (B & FS) Sem-II



Yukta
B.Voc (B & FS) Sem-IV



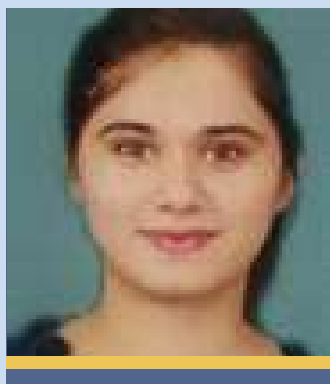
Yukti Dhiman
B. Com Sem-VI



Harmanpreet Kaur
BBA Sem-VI



Sonali
B.Voc (FT) Sem-II



Harmanpreet Kaur
B.Voc (FT) Sem-IV



Jasvir Kaur
B.Voc (J & M) Sem-II



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



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



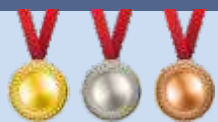
Namarata
M.Sc (Mathematics) Sem-II



Nandini
M.Sc Sem-II



Tanya
M.Sc Sem-II



LEGACY OF EXCELLENCE



Pratibha Saini
M.Sc Sem-IV



Hanu
M.A (music vocal)



Prabhdeep Kaur
B.A (Hons) Hindi Sem-VI



Sakshi
B.A. (Hons) Hindi Sem VI



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



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



Ranchana Kumari
M.A Hindi Sem-IV



Bishakha
M.Sc. (Botany) Sem-II



Shanu Sharma
M.Sc. (Botany) Sem-IV



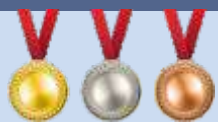
Teena
B.D.(Multimedia) Sem-IV



Suman
**B. Vocational (WebTech & MM)
Sem-VI**



Zenia Arora
**M. Vocational (WebTech &MM)
Sem-II**



LEGACY OF EXCELLENCE



Simran
B.Voc (Banking & FS) Sem-IV



Ramanjit Kaur
BBA Sem-VI



Amisha
B.Com Sem-VI



Sanjana
B.Com (Hons) Sem-IV



Janvi Sehgal
B.Com (Hons) Sem-IV



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



Radhika Verma
B. Com (Hons.) Sem-VI



Sumit Kaur
B.Voc (FT) Sem-II



Palveen Kaur
B.Voc (J & M) Sem-II



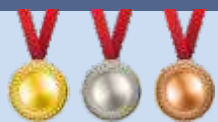
Meenu
B.Voc (J & M) Sem-IV



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



Kamini
M.Sc. Sem-II



LEGACY OF EXCELLENCE



Rakhi
M.Sc. Sem-II



Arvinpreet Kaur
M.Sc. Sem-IV



Sneha
B.A (Hons) Hindi Sem-IV



Amarpreet
M.Sc. (Botany)



Palk Sharma
M.Sc. (Botany)



Shweta
B.D. (Multimedia) Sem-II



Jaspreet
B.D. (Multimedia) Sem-IV



Khushi Kalash
B.D. (Multimedia) Sem-VI



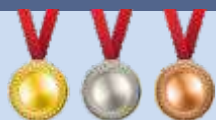
Randeep Kaur
B.Voc (Web Tech & MM) Sem-II



Kanika Sagar
M.Voc (Web Tech & MM) Sem-IV



Tanisha Ahuja
M.Sc (Chemistry)
Sem-IV



LEGACY OF EXCELLENCE



Shafali
B.Voc (Banking & FS) Sem-IV



Jyot Sifat Kaur
B.Com (FS) Sem-IV



Bindu Rani
B.Voc (Banking & FS) Sem-VI



Sukhmani
M. Com Sem-II



Ratika Sharma
B. Com Sem-VI



Varleen Kaur
B.Com (Hons) Sem-IV



Sujata Bharti
BFA Sem-VI



Manpreet Kaur
M.SC. (FD) SEM-II



Sumandeep Kaur
B.Voc (FT) SEM-II



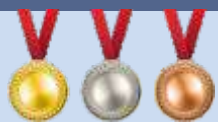
Sakshi
B.Voc (FT) Sem-IV



Harmanjot Kaur
B.Com (Hons) Sem-IV



Palak
B.Com (Hons) Sem-IV



LEGACY OF EXCELLENCE



Meghna Shahi
B.Com (Hons) Sem-IV



Komal
B.Com (Hons) Sem-IV



Khushdeep Kaur
B.Com (Hons) Sem-IV



Yukti Dhiman
B.Com (Hons) Sem-VI



Riya
B.Voc(J&M) Sem-II



Yashika
B.Voc (J & M) Sem-IV



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



Akarshita
M.Sc. Sem -IV



Anchal Sharma
M.A (MV) Sem-II



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



Diksha
B.A (Hons) Hindi Sem-IV



Neeru
M.Sc. (Botany) Sem-II



**Kajal
M.Sc. (Botany)
Sem-IV**



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



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



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



Gurveen Kaur
M. Voc ((Web Tech & MM)
Sem-II



Neha Vashisht
M. Voc (Web Tech & MM)
Sem-IV



Harleen Kaur
B.Sc (NM) Sem-II



AWARDS AND HONOURS



HMV RECEIVED ONE DISTRICT ONE GREEN CHAMPION AWARD



Hans Raj Mahila Maha Vidyalaya, Jalandhar has been declared as Green Champion by Department of Higher Education, Ministry of Education, Govt of India on August 12, 2021. Principal Prof Dr. (Mrs.) Ajay Sareen received the award from Sh Jaspreet Singh, ADC, and Development under the able guidance of Deputy Commissioner Sh. Ghanshyam Thori ji, IAS in an event organised by MGNCRE, Ministry of Education, Govt of India.

HMV HONOURED DURING 75TH INDEPENDENCE DAY



Hans Raj Mahila Maha Vidyalaya, Jalandhar added another jewel to its embellished crown. Principal Prof. Dr. (Mrs.) Ajay Sareen received award for outstanding contributions to the society and as District Green Champion during 75th Independence Day celebrations at Guru Gobind Stadium, Jalandhar on August 15, 2021. This award was presented by Sh. O.P. Soni Hon'ble Minister for Medical Education and Research, Freedom Fighters and Food Processing Punjab. On this occasion Member Parliament Sh. Santokh Chowdhary, Mayor Sh. Jagdish Raj Raja, Deputy Commissioner Sh. Ganshyam Thori, IAS and Commissioner of Police S. Gurpreet Singh Bhullar IPS were also present. Principal Prof. Dr. (Mrs.) Ajay Sareen was awarded with Medal and Certificate.

HMV RANKED AS THE TOP MOST COLLEGE OF ARTS, SCIENCE AND COMMERCE



Moving from one illustrious feat to another, Hans Raj Mahila Maha Vidyalaya, Jalandhar has earned another glory to its credit by being ranked as the Topmost College in Punjab in the categories of Arts, Science and Commerce Streams in the prestigious rankings by 'The Week' in August 2021. Celebrating the occasion, Dr. Ramesh Arya, Vice President DAV College Managing Committee and Justice (Retd.) Sh. N.K. Sud, Vice President DAV College Managing Committee & Chairman, Local Committee congratulated Principal Prof. Dr. (Mrs.) Ajay Sareen and the entire HMV family.

HIGHEST A++ NAAC SCORE NATIONWIDE



Hans Raj Mahila Maha Vidyalaya added another feather in its cap by scoring highest NAAC Grade A++ nationwide. HMV scored 3.65 marks out of 4 in 3rd cycle. A celebration was held in college premises regarding the same on Sep 30, 2021. The Chief Guest of the occasion was Chairman Local Committee and Vice President DAVCMC Justice (Retd.) Sh. N.K. Sud & his wife Mrs. Arunima Sud. On this occasion, Secretary DAVCMC Mr. Arvind Ghai, his wife Mrs. Rashmi Ghai, Secretary, DAVCMC Mr. Ajay Goswami, Member Local Committee Sh. Irwin

Khanna, Sh. Surendra Seth, Sh. Ashok Pruthi, Sh. Kundan Lal Aggarwal, Dr. Sushma Chawla, Sh. S.P. Sehdev, Dr. Pawan Gupta, Principal Anup Vats, Principal Kiran, Principal Dr. Ekta Khosla, Dr. Rajeev Deol, MLA Sushil Rinku, Councillor Sh. Harjinder Singh Ladda were also present. From HMV Alumnae Association Mrs. Sarvinder Kaur, Ms. Ramanpreet Kaur, Mrs. Kiranpreet Kaur Dhami and Dr. Sarla Bhardwaj were also present. In her address Principal Dr. Ajay Sareen first of all thanked the Almighty for this day. She thanked President DAVCMC Arya Rattan Dr. Punam Suri, Padam Shri Awardee for his continuous support. She also expressed her gratitude towards whole Managing Committee for their continuous support and assured that HMV will maintain this position in future also. Cultural programme was also organized on this occasion. The students presented folk orchestra, folk song, classical dance, Choreography.

BEST SCHOOL OF THE YEAR AWARD



Adding another golden feather to its embellished cap, HMV Collegiate Sr. Sec. School is accorded with the Best School of the Year Award (Indian Shiksha Award) by Education Sensations on the virtual platform on October 21, 2021. The award has been conferred in the presence of honourable personalities Maria Lopez. International Education Expert, Spain Dr. (Prof.) Regunath Parakkal, International Nobel Ambassador Nigeria, Dr. Ulyses Yu. Manila Phillippines, Mithshu Chavda, the renowned motivational speaker. The award has been bestowed after the strict scrutiny and minute analysis by the judges on the basis of different criteria set by them related to Academics, sports, Extra-Curricular Activities, Experiential learning, Basic Research, Innovative practices and infrastructure and HMV Collegiate Sr. Sec. School proves to be the ultimate on all the benchmarks. The force behind this is the commendable leadership and progressive vision of the worthy Principal Prof. Dr. (Mrs.) Ajay Sareen and the School Coordinator Mrs. Meenakshi Sayal for which they have been honoured with special award.

PRINCIPAL PAR EXCELLENCE AWARD BY IIHM



The prestige of HMV Collegiate Sr. Sec. School gets escalated as the Principal Prof. Dr. (Mrs.) Ajay Sareen has been awarded with the Principal Par Excellence Award by IIHM (International Institute of Hotel Management, New Delhi) for her immensely gratified contribution in the field of Education on October 26, 2021. Mrs. Meenakshi Sayal, School Coordinator also got felicitated for putting her persistent and dedicated efforts in the field of education. The teachers Mrs. Upma, Mrs. Divya, Ms. Richa, Ms. Sukriti, Ms. Nisha, Ms. Vandana, who constantly work under their sagacious guidance got honored for their passionate and untiring efforts. Dr. Suborna Bose, Chairman IIHM, New Delhi congratulated the award winners for their skills and efforts. Honored with the award of Principal Par Excellence the Principal Dr. Ajay Sareen averred that the award conferred on HMV affirms the progressive vision and mission of HMV towards the holistic development of students and to contribute the best to the society. Principal Dr. Ajay Sareen showed her gratitude to DAV College Managing Committee whose blessings turn every effort of HMV into fruitful reward. She congratulated each and every member of HMV for putting their relentless efforts in achieving the aim with high integrity.

HMV- A PERFORMER INSTITUTE IN ARIIA RANKINGS



Hans Raj Mahila Maha Vidyalaya, Jalandhar was declared as a Performer Institute in Atal Ranking of Institutions on Innovation Achievements (ARIIA) rankings which were announced by the Ministry of Education on 29th December, 2021. Hon'ble Minister of State, Dr. Subhas Sarkar, Ministry of Education, and Govt. of India graced the occasion as Chief Guest. Principal Prof. Dr. (Mrs.) Ajay Sareen said: "Today, HMV is a brand of its own. This achievement is due to the sheer hard work of the students, staff, faculty members, our alumni and the vision of the torch bearers of this institute, our mentors at DAVCMC New Delhi and our mentors of Local Committee."

HMV - THE BEST INSTITUTION IN IIC ACTIVITIES DECLARED BY MINISTRY OF EDUCATION'S INNOVATION CELL (MIC) AND ALL INDIA COUNCIL OF TECHNICAL EDUCATION (AICTE)

Maintaining its spectacular glory and continuing with the tradition of excellence, the Institution Innovation Council of Hans Raj Mahila Maha Vidyalaya, Jalandhar achieved the highest 4 star rating accorded by Institution's Innovation Council, Ministry of Education's Innovation Cell (Government of India) and All India Council for Technical Education (AICTE) for its excellent performance in Innovation activities in 2020-21. This also earns it the credit of being the first and the only DAV institution of Punjab to achieve this rating. The result was declared on 1st Dec, 2021 in which Prof. Anil D. Sahasrabudhe, Chairman, AICTE and Prof. Rajneesh Jain, Secretary, UGC addressed all the IIC members, Innovation Ambassadors (IAs) and student participants of National Innovation Contest (NIC). Principal Prof. Dr. (Mrs.) Ajay Sareen said that "All stakeholders of the institute are elated with the astounding success of HMV-IIC.



GRANT FROM INNOVATION CELL OF MINISTRY OF EDUCATION

HMV added another feather to its embellished cap by receiving Funding Support to Organize Impact Lecture Session 2020-21 from Innovation Cell of Ministry of Education, Govt of India. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team of Institution's Innovation Council for the achievement. The evaluation committee approved Hans Raj Mahila Maha Vidyalaya, Jalandhar as the finalist for the same. The objective of supporting the institution to organize impact lectures is to aware students and faculty members about innovation ecosystem in their surrounding and at national level. The entire team of Innovation Council expressed their delight over the accomplishment.

RED RIBBON CLUB TEAM WINS OVERALL TROPHY



The Red Ribbon Club Volunteers of Hans Raj Mahila Maha Vidyalaya, Jalandhar won overall trophy in District Level Declamation, Poster Making, Quiz and Slogan writing competition organized by Punjab State Aids Control Society on September 23, 2021. Students from around 10 colleges of the District participated in this competition. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team and coordinator Red Ribbon Club Mrs. Kuljit Kaur.

H.M.V. WON BADMINTON CHAMPIONSHIP



Badminton Team of Hans Raj Mahila Maha Vidyalaya, Jalandhar participated in GNDU Inter College Championship held from 21st Nov, 2021 to 23rd Nov, 2021 at Doaba College, Jalandhar in which H.M.V got first position. Badminton Team members were Km. Simran Dhiman, Km. Kushman, Km. Surbhi, Km. Vanshika. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team and Team's Coach Mr. Gagan Ratti and gave best wishes to the team for winning the All India Inter University Badminton Championship. On this occasion, faculty members of Physical Education Mrs. Ramandeep Kaur, Ms. Navneet Dhabha and Ms. Harpreet Kaur were present.

SEVENTH INTERNATIONAL HUMANITY OLYMPIAD-2021



As per the vision of DAV Managing Committee, to provide value-based skill oriented quality education to women, HMV Collegiate Sr. Sec. School organized Seventh International Humanity Olympiad-2021 on 28th & 29th Aug, 2021, in order to instill moral and humane values among the young students to make them mentally and emotionally empowered. The Olympiad was organized in two levels. After scoring 90% in the first level, the students appeared in the 2nd level which was held on 28th and 29th August, 2021. In this Olympiad, Urvashi of +1 Commerce received medal as the topper in the school, Jhanvi Sharma of +2 Arts secured 122nd Position in India out of 500. Principal Prof. Dr. (Mrs.) Ajay Sareen and School Coordinator Mrs. Meenakshi Sayal congratulated the winners and encouraged them to take part in these sorts of activities in future too.

INTER-COLLEGE WEIGHT LIFTING COMPETITION



Weight Lifting Team of Hans Raj Mahila Maha Vidyalaya, Jalandhar won first position in GNDU Inter College Championship held on 3rd Oct, 2021. In this championship, students of HMV won 8 Gold Medals and 2 Silver Medals. Km. Ravneet, Km. Gulsherry, Km. Chhinder Kaur, Km. Gurleen Kaur, Km. Ramandeep, Km. Santoshjit, Km. Harmanjit, and Km Ruby won gold medal while Km. Himani and Km. Anjali secured silver medal. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the Coach of the team, Satwant Singh and other team members.

International Webinar on 'The Contribution of Arya Samaj and Hindi in the Freedom Struggle'



The PG Department of Hindi and Department of Sanskrit hosted an International Webinar on 'Contribution of Arya Samaj and Hindi in the Freedom Struggle' under the Amrit Mahotsav Series marking the celebration of 75th Independence Day on August 11, 2021. The Webinar began on a pious note with the lighting of lamp and recital of Gayatri Mantra. Principal Dr. Ajay Sareen offered a warm welcome to the worthy guests Dr. Sushma Malhotra, Adjunct Lecturer Queen's College, City University, New York, Dr. Udyan Arya, Principal Guru Virjanand Gurukul Sanskrit College Kartarpur and Dr. Brahmved Sharma, Head Department of Hindi, DAV College Malout. Dr. Sushma Malhotra held an elaborative discussion on the role of Arya Samaj and Hindi poets and scholars in the freedom struggle. She also presented the ideology of Swami Dayanand Ji. Dr. Udyan Arya propagated the view that change is initiated through ideas. Dr. Brahmved Sharma detailed on historical perspective of Arya Samaj and Hindi Literature.

International Webinar on Punjabi Language



In collaboration with Bhasha Vibhag Punjab, Hans Raj Mahila Maha Vidyalya, Jalandhar organized an International Webinar on 30th Nov, 2021. Principal Prof. Dr. (Mrs.) Ajay Sareen accorded a warm welcome to Dr. Veerpal Kaur, Deputy Director Bhasha Vibhag. Principal Sareen elaborated on the role of Media and Radio in our lives and stressed on that Radio belongs to all ages and our day breaks by listening the soulful melodies and news upon the Radio. Dr. Veerpal Kaur appreciated the efforts of the institution for promoting Punjabi language. The event was organized by Ms. Rama Sharma, Head of MCVP Department and moderated by Ms. Kuljit Kaur from Punjabi Department.

E-Academia



Workshop on Psychological Therapies



Freudian Psychological Society of Hans Raj Mahila Maha Vidyalaya, Jalandhar organised an online eight-day workshop for students of Psychology on various Psychological Therapies: Psychotherapy, Rational Emotive Behaviour Therapy, Cognitive Behaviour Therapy and Family Therapy. It was organized to enhance counseling skills of students. The Resource Person, Dr. Daisy Sharma from Keshav Maha Vidyalaya, Delhi enlightened the students with all the concepts and techniques of Psychoanalysis, Humanistic, Behavioral and cognitive approaches of psychology. She engaged the students with activities, practical demonstration and quizzes.

National Workshop on Entrepreneurship in Herbal Products

Workshop on Herbal Products

HANS RAJ MAHILA MAHA VIDYALAYA
JALANDHAR

Welcome Entrepreneurs from Botany
We have set up a exciting and informative week opening for 30th September.

Entrepreneurial Botany is the study of how new businesses are created using plant resources as well as the actual process of starting a new business.

An **entrepreneur** is someone who has an idea and who works to create a product or service that people will buy, by building an organization to support the sales.

Entrepreneurship is now a popular topic for students, with a focus on developing ideas to create new ventures among the young people.

Ethnobotany is the study of a region's plants and their practical uses through the traditional knowledge of a local culture and people.

Entrepreneurship development in medicinal and aromatic plants is an approach of developing human resource and train the youth for taking risk and managing resources in efficient way.

- The objective of the study is to understand the current situation, trends and potential of medicinal and aromatic plants for development of entrepreneurship.
- Entrepreneurship in medicinal and aromatic plant includes
 - production,
 - processing,
 - marketing,
 - trade, and
 - distribution of raw materials, also including supply of inputs and services.

PG Department of Botany organized one-day National Workshop on 'Entrepreneurship in Herbal Products' under DD Pant Botanical Society on September 20, 2021. Principal Prof. Dr. (Mrs.) Ajay Sareen stressed upon the need of getting the knowledge about herbal products, their production and empowering the women by setting up small set ups by utilizing the knowledge based on these herbal products. During COVID-19 people are looking on ayurveda for boosting immunity which is based on this traditional knowledge of plants & plant based products. She congratulated the department for organizing such a successful event. The Resource Person was Dr. Anjana Bhatia. More than 700 students, teachers, researchers from various institutes registered for the workshop.

Writers' Conclave-2021 organized



PG Department of Mass Communication and Video Production along with HMV Alumnae Welfare Association organized Writers' Conclave 2021 to stimulate young writers under the sagacious guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen on October 22, 2021. The occasion witnessed the presence of Mrs. Sarvinder Kaur, President HMV Alumnae Welfare Association and Chief Executive Ajit Newspaper Groups, eminent writers, Mr. Des Raj Kali, Mrs. Preet Inder Dhillon and Media Strategist Mr. Naveen Sharma. The guests were accorded green and warm welcome by Principal Dr. Ajay Sareen. Mrs. Savita Mahendru presented the vote of thanks and thanked all the dignitaries.

Awareness Campaign on Breast Cancer



Youth Red Cross Society of Hans Raj Mahila Maha Vidyalyaya, Jalandhar organized a seminar on Breast Cancer awareness to observe Breast Cancer awareness month for the resident scholars under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen on October 14, 2021. Mrs. Meenakshi Sayal, Coordinator resident scholars and Mrs. Deepshikha, Incharge Red Cross Society welcomed Dr. Shikha Chawla, Head of Department of Radiation Oncology, Patel Hospital, Jalandhar. Dr. Shikha Chawla delivered a talk to create awareness about early signs and symptoms of Breast Cancer. She also discussed about advancements in treatment of Breast Cancer. She advised that with proper diagnosis and treatment in the initial stages, Breast Cancer can be one of the most treatable forms of Cancer. She also encouraged women to get regular mammogram after the age of 40. She responded to the queries raised by the students to their satisfaction.

Extension Lecture on “Ayurveda and Lifestyle”

With the vision and mission of creating healthy and sound society, an extension lecture on 'Ayurveda and Lifestyle' was organised at H.M.V. Collegiate Sr. Sec. School, Jalandhar. The Lecture was based on the 75th anniversary of India's independence 'Azadi ka Amrit Mahotsav' and headed by Ayush Department of Indian Government and Guru Ravidas Ayurvedic University. The Resource Person was Dr. Gayatri M. Prakash of Dayanand Ayurvedic College who was cordially welcomed by the School Coordinator with planter as per the tradition of H.M.V. The Resource Person discussed in detail about the evolution of Ayurveda, significance of Yoga and Meditation, ways to increase concentration level and role of diet on healthy life. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the School Coordinator Mrs. Meenakshi Syal, for organizing such thought-provoking extension lectures.

One Day Workshop on Story Telling

The PG Department of Mass Communication and Video Production of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized one day workshop on “Story Telling”, on the occasion of the 3rd Anniversary of Radio Awaaz, on 18th Nov, 2021. A renowned media personality Mr. Gurvinder Singh was the Resource Person. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed him and congratulated the department for 3rd Anniversary of Radio Awaaz. Mr. Gurwinder said that Radio has played a large role in popularizing the art of storytelling. He also stressed upon voice modulation and sound effects. Mrs. Rama thanked to Mr. Gurwinder Singh for all his support and motivation for the students.

A Special Book Discussion Programme

The Sanskrit and Hindi Department of Hans Raj Mahila Maha Vidyalaya, Jalandhar, in collaboration with Ms. Beenu Rajput Films, organized a special book discussion programme on 20th Nov, 2021. The book, Sh. Udham singh charitam, which is written by Dr. Rishiraj Pathak was discussed on the occasion. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Dr. Rishiraj Pathak for his book and said that this book will definitely help the students in increasing their knowledge. Dr. Rishiraj Pathak initiated the discussion and said this book was originally written in Sanskrit but its each para has also been translated in English, Hindi and Punjabi. The character of the book S. Udham Singh was discussed in this programme. Stage was conducted by Head of Hindi Department Dr. Jyoti Gogia. Vote of thanks was presented by Head of Sanskrit Department Dr. Meenu Talwar. On this occasion, Mrs. Pawan Kumari from Hindi Department and Mrs. Protima Mander from History Department were also present.



Education Fair Inaugurated at HMV



The Career Counselling Cell of Hans Raj Mahila Maha Vidyalaya, Jalandhar inaugurated two-day Education Fair in the premises on August 4-5, 2021. The students were apprised of various courses run by the college & their future prospects. The students asked various career related questions. The Psychology Department of the college also arranged Psychometric tests for the students in the fair. In open Mike Competition, the students also showcased their talent in Singing, Dancing, Poetry, Mimicry, etc. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the organizers for the successful fair. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the organizers for the successful fair.

Campus Placement Drive



The Placement Cell of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized a Campus Placement Drive under the dynamic leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen on August 28, 2021. The placement drive was organized under the guidance of Placement Cell Advisor Mr. Gullagong, Incharge Mr. Jagjit Bhatia, members Mr. Sumit Sharma, Dr. Harpreet Singh, Mr. Pardeep Mehta. TCY Learning Solutions Company selected the students. General Manager of the company Mr. Sanjeet Thapar and Deputy General Manager Mr. Atul Kumar selected the students on the basis of academic qualifications and interview. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the Placement Cell for this endeavor.

Coaching Batch of HMV Competitive Examination Hub Completed



The HMV Competitive Examination Hub of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized Coaching Classes for the preparations of Recruitment of Punjab Police Constables for one-month duration from 5th August to 3rd September, 2021 under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Twenty-seven students enrolled and successfully completed the coaching. Mrs. Protima Mander, Dr. Jiwan Devi, Ms. Harmanu Paul, Dr. Shuchi Sharma, Mr. Neeraj Aggarwal, Dr. Mandeep Kaur, Dr. Gaurav Verma and Lt. Sonia Mahendru equipped the students with various curricular aspects and also discussed previous years question papers. Principal Prof. Dr. (Mrs.) Ajay Sareen and Mrs. Binoo Gupta, Incharge HMV Competitive Examination Hub gave blessings to the students on the completion of coaching classes and gave best wishes for the exam as well.

Counselling Session on Civil Services Exam



An informative and interactive Counselling Session on How to Crack Civil Services Exam was conducted at HMV Collegiate Sr. Sec. School, Jalandhar for the collegiate students who aspired to adopt career in Civil Services under the guidance of the Principal Prof. Dr. (Mrs.) Ajay Sareen. The Resource Person of the session was an inspiring young officer, Mr. Lakshit Sareen IAS, who has cleared Civil Services exam recently. Mr. Lakshit shared comprehensive details about how to commence the preparation, which subjects are to be chosen in graduation for better results, marks weightage of various subjects and each and every aspect of preparation in elucidated manner. The School Coordinator, Mrs. Meenakshi Syal, said that this session was immensely beneficial for the students. The stage was conducted by Ms. Sukriti.

Seven Students of HMV got placement in Knowledge Academy



Seven Students of Hans Raj Mahila Maha Vidyalaya, Jalandhar got placement in Knowledge Academy with the package of 2 lacs per annum on 26th Nov, 2021. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students and the Placement Cell Incharge Mr. Jagjit Bhatia. She told Riya Sethi, Pooja from B.Voc. Web Technology & Multimedia, Devanshi, Sravni, Shruti, Radhika, Vaishali from BCA got placements. Further, she told that for the first 6 months, students will do paid internship in the company and then they will be hired as an employee after the completion of an internship. Their package will be Rs. 2 lacs per annum. Placement Cell Incharge Mr. Jagjit Bhatia said that the Placement Cell of the College works for the placement of the students and guides the students for the job opportunities.

Commencement of New Batch for CA Foundation Course Coaching

HMV Competitive Hub is going to start its next batch of CA Foundation Course Coaching for May 2022 batch in the second week of January. Principal Prof. Dr. (Mrs.) Ajay Sareen told that HMV is accredited with the institute of Chartered Accountants of India (ICAI) New Delhi. Course coordinator, Mrs. Seema Marwaha shared that the students of CA Foundation Course had got excellent results in previous years also. During the course, Mock Tests of all the subjects, each of 3 hours duration will also be conducted.



Co-Curriculaire

National Handloom Day Celebrated

The Design Department of Hans Raj Mahila Maha Vidyalaya, Jalandhar celebrated National Handloom Day by conducting a one-day Handloom Workshop for the students of Design, Fine Arts & Multimedia on August 7, 2021. Dr. Rakhi Mehta, Head Design Department was the Resource Person. She demonstrated the handloom operations and importance of Handloom Fabrics in our life. Various Handloom fabrics like Banaras Brocades, Khadi, Kanjivaram, etc. were discussed in detail during the workshop. Principal Prof. Dr. (Mrs.) Ajay Sareen encouraged the students.



Chetna Diwas Celebrated



Scouts and Guide unit of HMV Collegiate Sr. Sec. School celebrated the birth anniversary of the founder of Indian Scouting Pt. Sri Ram Vajpayee by organizing Chetna Diwas on August 10, 2021 under the sagacious guidance of the Principal Prof. Dr. (Mrs.) Ajay Sareen. The rally was organized by the enthusiastic students in which students exhibited the message of precautionary measures to be taken in COVID-19 like wearing masks, getting vaccinated and maintaining social distancing by presenting their hand made posters and slogans. The tree plantation was also done to follow the string of green positivity.

Independence Day



The Students of HMV Collegiate Sr. Sec. School celebrated the Red Letter Day in the history of India, Independence Day Eve with fervour and enthusiasm in the campus on August 14, 2021. The students came all dressed in tricolour to express their patriotic feelings. True to the theme of this year's celebration, 'Nation First, Always first', the patriotic movie was shown to them. Students were also given a detailed lecture on how India gained its freedom. The lecture was followed by an interactive discussion on 'What do you mean by Independence' and 'How the students felt the day should be celebrated'.

World Photography Day: 'Show us Your Best Shot'

P G Department of Mass Communication and Video Production and PG Department of Multimedia jointly celebrated World Photography Day by organizing Photography Competition 'Show us Your Best Shot' on August 19, 2021. The participants were given the freedom to click photographs on any topic/subject and submit them till 5.00 p.m. The coordinators of the event were Mrs. Rama Sharma, Head of Mass Communication & Video Production Department and Mr. Ashish Chadha, Head of Multimedia Department. The entries were received from teachers of HMV, students of HMV, DAV College, Cambridge International Co-ed School, Apeejay School, Free Lance entries from Kashmir and Army Public School Beas. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the winners.



'Akshay Urja Diwas'



To explore and celebrate the power of renewable sources of energy, Akshay Urja Diwas was organized in HMV Collegiate Sr. Sec. School on August 20, 2021 under the able stewardship of the Principal Prof. Dr. (Mrs.) Ajay Sareen. The day commemorates the birthday of former Prime Minister Mr. Rajiv Gandhi and the objective of this event is to generate mass awareness and popularization of need, benefits and uses of renewable energy devices and systems in all spheres of life. The students of Senior Secondary classes participated with great enthusiasm in a vast array of activities. Different sources of energy were represented creating colourful posters, slogans and models. The level of enthusiasm was seen in the documentary prepared by the students related to Solar Energy. Students prepared still model as well as working models. Their eye-catching models like flower pot, windmill pen stand, AC Generator, Bird Feeder, Smart City, Accessory stand, Electronic generator received appreciation by everyone.

NATIONAL NUTRITION WEEK



With the aim of propagating holistic approach towards a healthier society, National Nutrition Week was celebrated at HMV collegiate Sr. Sec. School from 1st to 7th September, 2021. Students actively participated in gamut of activities such as fireless cooking competition and poster making competition to highlight the significance of hygienic and balanced diet. Many mouth-watering, delectably hygienic snacks like sprouts, salad, sandwiches, bhel puri, healthy drinks and biscuit pudding were prepared by the students. Along with that they gave the message of eating healthy food, avoiding junk food, value of sound health and breast feeding by making vibrant and fascinating posters. In the fireless cooking competition the taste, cleanliness and presentation of the dish was scrupulously considered. Principal Prof. Dr. (Mrs.) Ajay Sareen admired the efforts of the students and motivated them to consume healthy and nutritious diet and adopt sustainable lifestyle to strengthen the immune system of the body.

Hindi Diwas Celebrated



The PG Department of Hindi of Hans Raj Mahila Maha Vidyalaya, Jalandhar celebrated 'Hindi Diwas' with full enthusiasm on Sep 14, 2021. The department organized Hindi Signature Campaign and Rajbhasha Bandhan. Principal Prof. Dr. (Mrs.) Ajay Sareen along with faculty & staff members took an oath to respect our mother tongue and to take steps to promote it. Awareness Rally was also organized on this occasion. The students & teachers participated in it. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Head of Hindi Department Dr. Jyoti Gogia and faculty members.

World Ozone Day Celebrated



On the occasion of World Ozone Day, PG Department of Botany of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized an online quiz competition on September 16, 2021 in which more about 200 students from all over India participated. This day is celebrated annually at HMV as an annual reminder of what can be achieved when every country on the planet works together. Dr. Anjana Bhatia, Head of the Botany Department said that the day commemorates the signing of the Montreal Protocol in 1987, the most successful ecological agreement till date. The Montreal Protocol has virtually eliminated chlorofluorocarbons (CFCs) and other ozone depleting substances (ODS), which were widely used as refrigerants/ coolants. Ms. Harpreet from Botany Department acted as quiz master. Students from various parts of the country like Punjab, Haryana, Jammu and Kashmir, Himachal Pradesh, Rajasthan, Maharashtra, Kerala, Tamil Nadu participated enthusiastically.

World Heart Day



Department of Zoology of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized an awareness seminar on 'World Heart Day' on Sep 29, 2021. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed Dr. Nitish Garg, Senior Consultant and International Cardiologist and Director, CIMS. Dr. Garg highlighted the purpose behind the World Heart Day and advised to take great care of this precious organ. He elaborated on the causes and risk factors involved in the heart diseases. He listed the foods to be avoided as prevention is always better than cure. He also pointed out that the current sedentary life style and unhealthy diet are the major causes of heart disease. He also presented valuable tips on being healthy. To conclude the seminar, Dr. Seema Marwaha presented the vote of thanks to Dr. Nitish for sparing time from his busy schedule and creating awareness of the heart diseases. A Poster Making and Slogan Writing Competition was also organized on the occasion.

Wildlife Week Celebrated



HMV celebrated Wildlife Week from 2nd to 8th October, 2021 organised by Department of Zoology, under the able guidance of Principal, Prof. (Dr.) Mrs. Ajay Sareen. On 5th October, video of virtual trip to Nehru Zoological Park, Hyderabad was shown to science students. On 6th, 7th and 8th October, quotes on wild life were displayed by students of B.Sc Medical/Biotechnology and certificates were given to winners. Power point presentations were also made by students on the theme Conservation of wild life and Biodiversity. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the winners and appreciated the efforts of participants and Zoology Department for organising such awareness programmes.

World Mental Health Day



Freudian Psychological Society of Hans Raj Mahila Maha Vidyalaya, Jalandhar observed World Mental Health Day under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen on October 11, 2021. The event was organized by the department of Psychology to create awareness regarding mental health. The theme was 'Normalizing the Mental Stigma'. The students presented skits, speeches, poetry and posters for creating awareness. Various mental health issues like Generalized, anxiety disorders, conduct disorder, eating disorder, depression, schizophrenia etc. were shown through small skits. Students also shared their personal experience relating to mental health. Awareness regarding mental health issues, their therapeutic treatment and significance of counseling were also emphasized in the acts, poetry and speeches. Dr. Ashmeen Kaur, Head of Department gave tips regarding keeping positive mental health and normalizing the mental stigma and also gave vote of thanks.

International Programmers Day Organized



Computer Club of PG Department of Computer Science and IT celebrated International Programmers Day by organizing special programming events on September 13, 2021. Two separate competitions were organized, one on 'HTML and JavaScript' for testing Web Designing Skills and other on 'C Language' for testing Logic Building Skills. Students of second and third year participated with full enthusiasm. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Dr. Sangeeta Arora, Head of Department, Mr. Anil Bhasin, Incharge Computer Club, all faculty members and students of the department for successful conduct of the event.

Children's Day Celebration



Fun and Frolic was at the pinnacle in the celebration of Children's Day organized on 14th Nov, 2021 in the premises of HVM Collegiate Sr. Sec. School. The day marks the birthday of Pt. Jawahar Lal Nehru, India's first Prime Minister. On this Occasion, students of the school participated in plethora of activities such as singing, dancing, reciting poetry etc. The event was commenced with the lighting of holy lamp and the recitation of the Gayatri Mantra. Principal Prof. Dr. (Mrs.) Ajay Sareen, in her gleeful gesture appreciated the students and wished them Happy Children's Day. She said, Nehru's life always inspires us to keep alive the childlike innocence in heart to praise the wonders of life. School's Coordinator Mrs. Meenakshi Sayal said that children of today will determine the future of country. The stage was conducted by Mrs. Veena Arora.

Best Out of Waste Competition



Students of HMV Collegiate Sr. Sec. School, Jalandhar participated in the exhibition 'Best Out of Waste' organized under Swachh Bharat Mission by Municipal Corporation, Jalandhar on September 28, 2021. Total 25 students participated in it boisterously and exhibited the beautiful objects made from trash like water bubble fountain, tyre automan, peacock, water dispenser with house and so on. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated all the participants.

Video Making Competition



Km. Jyot Sifat Kaur and Km. Sonamdeep Kaur of Hans Raj Mahila Maha Vidyalaya, Jalandhar brought laurels to the college by getting second prize in the regional level Video Making competition organized by NITTTR, the Regional Coordinating Institute (RCI) for Unnat Bharat Abhiyan on October 13, 2021. The video made by the students will be used for creating awareness among the Rural/Urban population related to vaccination, prevention and protection. The students have qualified for the next round and will be considered for National Level Award. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students and the team members of Unnat Bharat Abhiyan.

Competitions on 'Election, Democracy & People'



Hans Raj Mahila Maha Vidyalaya, Jalandhar organized various competitions in collaboration with Deputy Commissioner cum District Election Officer under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen on October 12 and 13, 2021. The students participated in these competitions with full enthusiasm. The topic of competitions was 'Election, Democracy & People'. Essay Writing Competition, Debate Competition and Skit Competition were organized. Principal Dr. Ajay Sareen congratulated coordinator Mrs. Nita Malik, Dr. Anjana Bhatia and Co-Coordinator Dr. Jiwan Devi. She also congratulated the winners.

Special Olympics



HMV became the proud host of the Special Olympics, India-Punjab Chapter in association with S. Ajit Singh Foundation Society under the encouraging command of Principal Prof. Dr. (Mrs.) Ajay Sareen on October 28, 2021. The Chief Guest of the prestigious occasion were Mr. Himanshu Jain, IAS ADC, Urban Development, Jalandhar, Major Amit Sareen PCS, Joint Commissioner, MC, Jalandhar and Mr. Deepak Bali, Advisor Art, Culture and Languages Govt. of Delhi and consultant Punjabi Academy New Delhi. Welcoming the guests Principal Dr. Ajay Sareen expressed that HMV which is hailed as the 'Nursery of Olympians', feels honoured to host this unified sports meet. IAS Mr. Himanshu, Jain appreciated the efforts of HMV and S. Ajit Singh Foundation for organizing this mega event. Major Amit Sareen and Mr. Deepak Bali also applauded the unique initiative and congratulated Principal Dr. Ajay Sareen and Dr. Anjana Bhatia, Dean Innovation and Research for the innovative venture. Around 250 participants working under National Child Labour Project and Special Athletes along with 100 sports girls of HMV participated in the event. Special educators Ms. Navjot Kaur and Ms. Rekha Kashyap from Special Olympics India-Punjab Chapter spoke about the special children and the need of unified sports meet. Ms. Ramanpreet Kaur, President S. Ajit Singh Foundation Society urged that children with disabilities and special needs be treated as normal children in the society. She thanked HMV for organizing this event successfully.

Inter Class Competitions Organized



PG Department of Cosmetology of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized Inter Class Competitions of Mehandi, Nail Art and Hair Styling on festive occasion under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen on October 22, 2021. The students of various streams got chance to show their skills. Around 200 students participated in the event. The judges were very impressed to see unique and innovative skills. Principal Prof. Dr. (Mrs.) Ajay Sareen gave certificates and prizes to the winners and appreciated their skills.

Festive Fiesta celebration



Festive Fiesta was celebrated by Home Science department of Hans Raj Maha Maha Vidyalaya on 26th Oct, 2021 by organising activities such as Rangoli Making Competition and Gift Wrapping Competition. The overall incharge of the event was Ms. Sakshi Kaushal from the Home Science Department. In Rangoli Making competition, Vani, B.A. SEM III and Ritika, B.A. SEM III secured the first position, Kritika, BA SEM V and Mehak, B.Sc. Eco SEM V attained second position and third position was secured by Gurleen Kaur and Geetanjali of B.A SEM I. In Gift Wrapping competition, the first position was achieved by Mandira and Damini, B.A. SEM III, Palak Aggarwal and Manmeet, B.A. SEM V bagged second position and third position was attained by Neetu Kumari and Ishwar, B.A. SEM V. Principal Prof. Dr. (Mrs.) Ajay Sareen admired the efforts of the participants and motivated them.

Online Quiz and Essay Writing Competition

Chandrayan Vipnet Club of the PG Department of Physics celebrated 90th Birth Anniversary of the Missile Man of India, Dr. A.P.J Abdul Kalam on 15th Oct, 2021. An online Quiz competition and an Essay writing competition was held on this occasion. About 230 students participated in online Quiz competition on the topic- "SPACE EXPLORATION" and about 50 students appeared in essay writing competition on the topics "Contribution of women in space exploration, Space travel and Life beyond Earth". All the participants were given E-Certificates for participating in these events. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the department and congratulated all the members for successful completion of the event. On this occasion, Head of the Department Mrs. Saloni Sharma, Mr. Sushil Kumar and Dr. Simmi were also present.

Inter Class Punjabi Poetry Competition



The Punjabi Sahit Sabha of Post Graduate Department of Punjabi of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized an Inter Class Poetry Recitation Competition on 13th Oct, 2021, in context with 75th years celebration of India's Independence. The topics of the poems were love for country, importance of relations, social evils, women sensitivity and environmental issues. Around 30 students participated in this competition. The judgement was done by Dr. Jyoti Gogia, Mrs. Kuljit Kaur and Mrs. Lovleen Kaur. Head of the Punjabi Department, Mrs. Navroop Kaur, encouraged students to be more sensitive towards literature. Principal Prof. Dr. (Mrs.) Ajay Sareen inspired the students and told them about the importance of literature in the development of society. On this occasion, Mrs. Veena Arora, Mrs. Satinder Kaur, Dr. Mandeep Kaur, Dr. Sandeep Kaur, Ms. Manpreet Kaur, Ms. Pawandeep Kaur were also present. The stage was conducted by Sahitya Sabha Secretary Ms. Rajinder Kaur.

Quiz Team Won First Position In Gndu Inter Zonal Youth Festival



Maintaining the Tradition of Excellence, the students of Hans Raj Mahila Maha Vidyalaya, Jalandhar again brought laurels to the institution by bagging First position in Inter Zonal Youth Festival, 2021 Quiz Competition organized by Guru Nanak Dev University Amritsar on 9th Dec, 2021. HMV team was consisted of Shivani Bhadula of MA Political Science Sem III, Avleen Kaur BA Sem III and Vidhi Jain of BBA Sem V. The team scored 100 marks and defeated the second and third team by a margin of 45 marks and 60 marks respectively. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students and told that HMV feels pride of having quiz team at the National level.

HMV bagged prizes in State level Bhai Vir Singh Flower and Plants Exhibition



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, P.G Department of Botany of Hans Raj Mahila Maha Vidyalaya, Jalandhar bagged many prizes under different categories in Bhai Vir Singh flower and Plants show dedicated to the birth centenary celebrations of philosopher and environmentalist, Bhai Vir Singh, organized by GNDU, Amritsar from 15th Dec, 2021 to 17th Dec, 2021. Students of HMV participated in various categories like flowering Plants (Salvia, Chrysanthemum), foliage plants like Aglonema, Crotons, Dieffenbachia, Dracaena, Ferns, Ficus, ornamental plants and Succulents etc. Principal Prof. Dr. (Mrs.) Ajay Sareen motivated the students and said that it's important for the youth to maintain connection with nature. She congratulated Head of the Botany Deptt. Dr. Anjana Bhatia & other members of the staff.

Rakhi celebrated as 'Vrikshabandhan'



Carrying on with its tradition, Hans Raj Mahila Maha Vidyalaya celebrated the indigenous festival of Raksha bandhan with a difference. Under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, the Innovation Cell, Environment Club & Student Council celebrated the festival as 'Vrikshabandhan' on September 21, 2021. On this Occasion Dr Sushma Chawla was the chief guest and Ms. Ramanpreet was the guest of honour. Sharing the concept of Vrikshabandhan, Principal Prof. Dr. (Mrs.) Ajay Sareen said that we have taken oath not to cut trees but to protect them. The students tied threads to trees & pledged to take care of them.

'Teeyan Da Mela'



The Heritage Centre of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized 'Teeyan Da Mela' on August 20, 2021. The ceremony was coordinated by Head of Punjabi Department Mrs. Navroop Kaur, Incharge Heritage Centre Mrs. Satinder Kaur & Co-Incharge Mrs. Veena Arora. The Chief Guest of the occasion was Dr. Sushma Chawla, Gynaecologist and Social Worker and Ms. Ramanpreet Kaur, President S. Ajit Singh Foundation. Students presented Gidha, Geet and Songs. Kheer-Poore were also given as sweet.

Aagaaz -2021 (UG)



The Freshers' Party Aagaaz-2021 was organized at Hans Raj Mahila Maha Vidyalaya for the UG students of Humanities and Skilled courses by Student Council and Student Welfare Departments on October 21, 2021. The event was successfully coordinated by Mrs. Kuljit Kaur, Dean Holistic Development and Dr. Shallu Batra, Dean Discipline under the dynamic guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The programme began on a pious note with DAV Gaan and lighting the lamp of knowledge. The exuberant students put up a splendid show with their songs, dances, guitars and catwalk in the modelling rounds. Conveying her best wishes on the occasion, Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students on joining the illustrious institution. 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. Graceful was won by Parul, Ms. Gorgeous by Gulnaaz, Ms. Proficient by Mehkash, Ms. Ethical by Srishti, Second Runner up by Karishma, First Runner Up by Khushi and Ms. Freshers' Tag was won by Tanya. Principal Dr. Ajay Sareen and the organizers congratulated and crowned the winners. Dr. Shallu Batra presented the vote of thanks.

Botanical Bonanza-Prakarti celebrated



PG Department of Botany of Hans Raj Mahila Maha Vidyalaya, Jalandhar celebrated 'Botanical Bonanza-Prakarti' under DD Pant Botanical Society on October 22, 2021. Various events/competitions like Fireless Cooking, Poster/Slogan Writing on Themes like Miracles of Plants, Plastic Free Environment, Go Green & Planter Decoration. Students from various stream participated enthusiastically in all the events. More than 45 entries for Poster Slogans, 14 teams for fireless cooking & 10 entries for planter decoration were received. Dr. Meena Sethi NJSA College, Kapurthala, Dr. Seema Marwaha, Dean Academics, Mrs. Deepshikha from Chemistry Department acted as judges for the events. On the occasion Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the winners. She appreciated the work of students.

Diwali celebration by launching Innovative Beej Patakha Startup



Carrying forward its tradition of celebrating Green Diwali, Hans Raj Mahila Maha Vidyalaya, Jalandhar launched Beej Patakha startup under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen on 4th Nov, 2021. The startup was inaugurated by Justice (Retd.) Sh. N.K. Sud, the Vice- President of DAVCMC, New Delhi. Principal Prof. Dr. (Mrs.) Ajay Sareen awarded that Beej Patakha Box was a new addition to the innovative practices of HMV. Beej Patakhas were prepared akin to traditional fire crackers such as Sutli Bomb, Anars, Fire Crakers, Chakris etc. HMV also celebrated Diwali as Voter Awareness Diwali. Diyas painted with a message of “No Voter to Be Left Behind” were lighted. Principal Dr. Ajay Sareen congratulated Dr. Anjana, Dean Innovations & Research, Dr. Rakhi Mehta and her entire team for the unique & innovative venture

Diwali Utsav-2021 Celebration by Skill Departments



Diwali Utsav-2021 was organized by Skill Departments of Hans Raj Mahila Maha Vidyalaya, Jalandhar on 30th Oct, 2021. The event was inaugurated by Principal Prof. Dr. (Mrs.) Ajay Sareen. Students of Interior Design, Fashion Design and Fine Arts exhibited artistic and designer products, apparels, accessories, furniture and Diwali utilities. Department of Multimedia displayed and sold greetings, graphic artifacts. Department of Cosmetology have live stalls of Mehendi and Nail Art. Students from the Department of Home Science have live stalls of delicious, healthy and tempting food. Students and faculty members enjoyed Diwali Utsav. Principal Dr. Ajay Sareen congratulated Faculty Head Dr. Rakhi Mehta, Dean Academics Dr. Seema Marwaha, Dr. Neeru Bharti Sharma, Mrs. Navneeta, Mrs. Mukti Arora, Dr. Shailendra Kumar, Ms. Sakshi, Mrs. Divya Chadha for a wonderful artistic, vibrant Diwali Utsav 2021.

Environment Club Celebrated Green Diwali



The Environment Club of HMV celebrated Green Diwali on 3rd Nov, 2021. On this occasion, Diwali Card, Decorative Diya, Rangoli and Airbreathing Necklace Competitions were organized. A pledge was taken by all to celebrate Diwali without crackers and with compassion. In Rangoli Competition, Yashika & Pratishta got 1st prize, Sehajdeep and Simarpreet got 2nd prize, team of Harmanjot, Saranpreet, Arshdeep and team of Isha Thakur & Muskaan got 3rd prize. In Decorative Diya Competition, Sakshi Badola got 1st prize. In Diwali Card Competition Isha Arora got 1st & Khushboo got 2nd prize. In Airbreathing Necklace Competition, Charru got 1st prize & Joshika got 2nd prize. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Dr. Seema Marwaha, Incharge the Environment Club for the initiative. Dr. Seema Marwaha & Dr. Anjana Bhatia motivated the students to celebrate Diwali in an ecofriendly manner.

Fresher Party Aagaaz-2021 (PG)



Aagaaz 2021, a Fresher Party for all the Post Graduate Classes was organized in the premises of HMV on 21st Oct, 2021 for humanities and skilled courses while for commerce, science and computers students, it was organized on 23rd Oct, 2021. The function was started with lighting the holy lamp by Principal Prof. Dr. (Mrs.) Ajay Sareen to invoke the blessings of the Almighty. Principal Sareen welcomed the new rookies and motivated them to stay focused and work hard to achieve their goals. On this occasion, Km. Ishpreet was declared Ms. Fresher 2021, Km. Trisha first runner up and Km. Raunika second runner up. The organizers of this vibrant evening were Mrs. Binoo Gupta, Dean Student Welfare and Mrs. Urvashi, Dean Student Council.

An Exhibition Organized by Fine Arts Department

The Fine Arts Department of HMV Collegiate School organized an exhibition, to exhibit the creative works of the students in the form of paintings and portraits. Students of SSC-I and SSC-II displayed their artistic skills with their captivating and enhancing works. Their works covered various aspects of animal study i.e. beautiful pictures of animals and birds. Along with them, the students exhibited portraits too in which the portrait of Amrita Pritam deserved special applause. Principal Prof. Dr. (Mrs.) Ajay Sareen gleefully appreciated the efforts and creative skills of young students. She motivated them to keep sharpening their skills. School Coordinator Mrs. Meenakshi Sayal congratulated the students by saying that a picture carries thousand words in it and displays the profound emotions of the artist. The exhibition was organized by Ms. Gurdeep Kaur from the Fine Arts Department

Star Cast Visit of Punjabi Film “Kade Haan, Kade Naa”



The star cast of upcoming Punjabi movie “Kade Haan, Kade Naa” visited Hans Raj Mahila Maha Vidyalaya, Jalandhar on 29th Nov, 2021. Principal Prof. Dr. (Mrs.) Ajay Sareen presented planters to the Hero of the film Mr. Singha, Heroine Ms. Sanjana, and Director Mr. Sunil Thakur. Madam Principal gave them best wishes for their film. Mr. Singha gave a brief introduction of the film and sang his famous songs. The stage was conducted by Dr. Anjana Bhatia, Dean Innovation and Research.

Students of HMV enjoyed the thrilling visit of Tarsem Jassar



The ebullient students of Hans Raj Mahila Maha Vidyalaya, Jalandhar enjoyed the promotional campaign of singer and actor Mr. Tarsem Jassar for his upcoming movie 'Galwakdi' to their heart's content on 17th Dec, 2021. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the star cast Mr. Tarsem Jassar, Mr. Harby Sangha, Mr. Harpreet Jakhwali, Mr. Karam Johal and team Vehli Janta with planters and phulkari. Mr. Tarsem Jassar suggested the students to watch his new movie which is grounded in culture and tradition. He made the occasion vibrant by reciting his famous songs. Mr. Harby Sangha added to the enjoyment with his humorous punches and jokes. The members of faculty and non-teaching staff also attended the event.

Release of Hostel Information Brochure



Hostel Information Brochure was released in Hans Raj Mahila Maha Vidyalaya, Jalandhar on August 07, 2021. Principal Prof. Dr. (Mrs.) Ajay Sareen apprised that three aesthetically designed on-campus hostels Ojasvi, Kirti and Pragati are housed in lush green, secure, vibrant campus of HMV. State-of-art infrastructure and latest amenities create the ambience to provide the best possible stay and best possible learning environment. Furnished A.C. Rooms with attached washrooms is the first choice of the resident scholars. Bathrooms are provided with modern fittings, geysers and incinerators. Wi-fi enabled separate computer lab provided in the hostel help the students to remain technologically connected to their studies. Hostellers can avail central library facility of college in evening also. Indoor Gym, Yoga Room, Swimming Pool, Badminton Courts and Outdoor Sports facilities are available to the students for physical outfit. 24 x 7 power back up is provided through solar generators. Mrs. Meenakshi Sayal, Coordinator Resident Scholars averred that healthy hygienic food is served to the hostellers. Mess Menu is decided by the students only which is changed from time to time according to their wish. This institution is first choice of the students. Students from Bihar, Uttarakhand, U.P., Rajasthan, Delhi, Jharkhand, Himachal Pradesh. M.P., Jammu & Kashmir and all regions of Punjab reside in the hostels. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team members Mrs. Meenakshi Sayal, Mr. Sushil Kumar and Mrs. Lovleen Kaur.

COVID Manual released by HMV



The Zoology Department of Hans Raj Mahila Maha Vidyalaya, Jalandhar released COVID manual 'COVID-19 Explained' in collaboration with Synergy Lab on September 22, 2021, Jalandhar. This manual was released in the presence of Principal Prof. Dr. (Mrs.) Ajay Sareen, famous Gynaecologist Dr. Sushma Chawla, Ms. Ramanpreet Kaur, Director Shamsheer Communication, Dr. Seema Marwaha, Head of Zoology Department, Dr. Anjana Bhatia, Head of Botany Department and others. Various symptoms of COVID, its diagnostic tests, precautions during quarantine period, treatment, vaccines etc. all are discussed in detail in this manual. Dr. Seema Marwaha thanked Dr. Deeksha Chowdhary, Director Synergy Lab for the collaboration.

Installation Ceremony



HMV Collegiate Sr. Sec. School, Jalandhar celebrated Installation Ceremony (2021-22) with the collaboration of Student Council on September 29, 2021. This auspicious occasion commenced with lamp lighting and with DAV Gaan. The Resource Person of this occasion were Ms. Deepika Sharma, District Rotract Representative and Ajit Pal Singh, Rotaractor. Principal Dr. Ajay Sareen welcomed the guests. She appreciated the extraneous efforts of Mrs. Meenakshi Sayal and Mrs. Urvashi Mishra. She inspired all the students to rise in their lives with a positive approach. Ms. Deepika Sharma shared her experience with the students and also motivated them for social services. Mr. Ajitpal Singh appreciated the institution to take an initiative and encouraged the students for social services.

Scouts and Guides Camp



H.M.V. Collegiate Sr. Sec. School organized three-day Scouts and Guides Camp, PRAVESHKA CAMP, in collaboration with Hindustan Scouts and Guides in the school premises from 29th September to 1st October, 2021. The camp started with the welcome clap presented by the campers. It was followed by the flag unfurling ceremony by the Principal Prof. Dr. (Mrs.) Ajay Sareen. During this three-day camp, students were introduced with the basics of scouting and guiding, faith prayer, scout song, scouts clap, welcome clap, rules of flags etc. The students also learnt various lifesaving skills during camp. They learnt making different stretchers with hands, for the injured person till they receive professional medical care. First aid tricks also included preparing various bandages for the injured people. The students also learnt the art of preparing different knots like reef knot, bowline knot, fisherman knot. The camp also included many adventurous activities like rope climbing and hurdle crossing activities. Students also enjoyed many games like circle game, frog jump, shoulder game etc. Mr. Deepak Redhu, Trainer (Hindustan Scouts and Guides) guided the students during this camp. Principal Dr. Ajay Sareen congratulated the participants.

Value Added Services

A Pious Beginning with Havan Yajna



The pious chants of the mantras and the incensed air set the right aura for the start of the new Academic Session at Hans Raj Mahila Maha Vidyalaya, Jalandhar on Sep 01, 2021. Principal Prof. Dr. Ajay Sareen, Dean Academics Dr. Seema Marwaha, IQAC Coordinator Dr. Ashmeen Kaur, Dean Outreach Mrs. Veena Arora, Dean Vedic Study Mrs. Mamta, Superintendents Sh. Raman Behl, Sh. Pankaj Jyoti, Sh. Lakhwinder Singh and Sh. Ravi Maini circled around the holy yajna kund to recite the shlokas and seek the blessings of the Almighty. Principal Dr. Ajay Sareen in her address offered a warm welcome to the new entrants and motivated them to work hard and fulfill their dreams. Conveying the blessings of Padmashri Dr. Punam Suri Ji, President DAV College Managing Committee, she prayed for the success of the students. The occasion also witnessed the release of HMV News-Vol. 47 edited by Mrs. Ritu Bajaj, Dr. Nitika Kapoor and Mrs. Lovleen Kaur. Principal Dr. Ajay Sareen presented gifts to the faculty, staff and students whose birthday falls in the month of September.

Ved Prachar Saptah organized



Hans Raj Mahila Mahavidyalaya, Jalandhar marked the Ved Prachar Saptah under the aegis of Arya Pradeshik Pratinidhi Sabha, Punjab reverentially and enthusiastically with the guidance and motivation of Principal Prof. Dr. (Mrs.) Ajay Sareen from 25th August to 1st September, 2021. Vedic Adhyayan Society and Sanskrit Department held a series of activities. In collaboration with the history department, a session was organized to update our students with the history of the Arya Samaj, the great visionaries - Maharishi Dayanand, Swami Virjananda, Swami Shraddhnand, Mahatma Anand Swami, who laid the sturdy foundation of a social movement committed to humanitarianism and also introduce them with the richness of the Vedas. Students participated in the quiz meant to test students' knowledge of Vedas, Arya Samaj, and great personalities' lives and philosophy. Students also participated in a Poster-making competition. The topic was the Sanskrit Hymns and Mantras. Arya Yuvti Sabha, Hans Raj Mahila Mahavidyalaya arranged a movie show for students in which a movie was shown based on the Life and Teachings of Maharishi Dayanand Saraswati. The week-long celebrations ended with a Havan-Yagya.

Inauguration of New Session for Post-Graduate Classes



New Academic Session for Post Graduate Classes started by Hans Raj Mahila Maha Vidyalaya with a Havan Yajna on September 07, 2021. Dean Academics Dr. Seema Marwaha, IQAC Coordinator Dr. Ashmeen Kaur, Dean Youth Welfare Mrs. Navroop, Dean Vedic Studies Mrs. Mamta along with all the PG Heads and students performed the Havan Yajna and got the blessings of Almighty. The students were informed about their time table and classes.

Vedic Chetna Shivir



The Vedic Adhyayan Society and Sanskrit Department of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized a Vedic Chetna Shivir for the resident scholars of the college from 5th to 9th October, 2021. More than 100 students participated in the Shivir. The students were made aware about Moral Values, good behaviour, Yoga and our ancient Vedas. Principal Prof. Dr. (Mrs.) Ajay Sareen addressed the students. The Resource Person of the first day was Dr. Anup Vats, Principal KRM DAV College, Nakodar. Dr. Vats told the students that balance is very important in life. To maintain this balance, physical fitness, mental fitness and emotional stability are very essential. Yogacharya Sh. Dheeraj Kumar apprised the students of various Yoga Asans and gave them practical knowledge too. On third day, social worker Mrs. Parveen Abrol was the resource person. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the organizers for the successful Shivir. Mrs. Meenakshi Sayal presented report of the Shivir. On this occasion, Dean Vedic Studies Mrs. Mamta presented Vote of Thanks.

Mahatma Anand Swami Remembered



The Sanskrit Department of HMV Collegiate Senior Secondary School, Jalandhar organized a lecture on Life, Literature & Teachings of Mahatma Anand Swami Ji under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen on October 24, 2021. Principal Dr. Ajay Sareen addressed the students and apprised them of Mahatma Ji's teachings.

95th Martyrdom of Swami Shradhanand Observed



A Tribute to Swami Shradhanand was paid on his 95th death anniversary by organizing Havan Yajna on 23rd Dec, 2021. Officiating Principal Mrs. Navroop Kaur paid floral tribute to Swami Shradhanand Ji. On this occasion, she said that Swami Shradhanand was an Indian educationist and an Arya Samaj Missionary who propagated the teachings of Dayanand Saraswati. Mrs. Mamta, Dean Vedic Adhyan Society and Dr. Meenu Talwar, Head of Sanskrit Department also paid tribute to this great personality. At the end, members of Teaching and Non-Teaching staff paid floral tribute to Swami Shradhanand. Havan Yajna ended with the recitation of Shanti Path.

Women Empowerment



Hans Raj Mahila Maha Vidyalaya is working towards 'Women Empowerment' by making Bags from old clothes in collaboration with Ajit Singh Foundation (NGO) under Green Sparrow Mission. Under this campaign, students & teachers of HMV Collegiate Sr. Sec. School gave old Sarees, Bedsheets, etc. for this mission on August 07, 2021. The Chief Guest of the occasion, Sh. Bawa Henry MLA, also appreciated the work done by the college.

Unnat Bharat Abhiyan: 'Disposal of Hazardous Domestic Waste'



An awareness Programme on 'Disposal of Hazardous Domestic Waste' was organized by Unnat Bharat Abhiyan Team of Hans Raj Mahila Maha Vidyalaya in collaboration with Municipal Corporation, Jalandhar under the able guidance of Principal, Prof. Dr. (Mrs.) Ajay Sareen on August 27, 2021.

NSS Volunteer participated in Republic Day Camp



Km. Tina, student of B.Com Sem-I of Hans Raj Mahila Maha Vidyalaya, Jalandhar made the college proud by participating in North Zone NSS Pre Republic Day Parade Camp-2021 which was organized at Jaipur under the aegis of Youth & Sports Ministry, Govt. of India on 27th Oct, 2021. Km. Tina represented her institution by participating in various competitions such as Parade, Cultural Competitions and Interview. She got selected after clearing all the rounds. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Km. Tina and prayed to Almighty for her bright future. NSS Programme Officers Mrs. Veena Arora & Dr. Anjana Bhatia also congratulated her and gave her blessings.

7 Days NSS Camp inaugurated at HMV



The NSS unit of Hans Raj Mahila Maha Vidyalaya, Jalandhar inaugurated a 7 day camp from 23rd Dec 2021 to 29th Dec, 2021. The camp was organized by Unit Advisor Dr. Anjana Bhatia, Programme Officer Mrs. Veena Arora and Ms. Harmanu. During the first day of the camp, the Chief Guest Ms. Ramanpreet Kaur gave detailed information about Swachh Bharat Mission. On this occasion, Mrs. Pawan Kumari, Dr. Meenu Talwar, Ms. Manpreet Kaur and Ms. Pawandeep Kaur were also present.

NCC Cadets participated in Fit India Freedom Run 2.0



NCC Army Wing Cadets of Hans Raj Mahila Maha Vidyalaya, Jalandhar participated in Fit India Freedom Run 2.0 under the aegis of 2 Punjab Girls BN NCC Jalandhar to celebrate 75 years of Independence on September 02, 2021. This run was organized under the guidelines of Youth Affairs and Sports, Government of India. Commanding Officer Col. NPS Toor, Adm. Officer Major Pratima, ANO Lt. Sonia Mahindru, members of PI Staff and cadets took part in the run and covered a distance of 2 km. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated NCC Cadets for such enthusiasm.

Enrollment Drive 2021-22 for NCC Army Wing



NCC Army Wing of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized Enrolment Drive for the session 2021-22 on October 11, 2021. Enrolment process was conducted in two screenings. Screening 1 was conducted by ANO Lt. Sonia Mahendru. The shortlisted candidates appeared for screening 2 before Commanding Officer Col. NPS Toor & Adm Officer Major Pratima from 2 PB (G) BN NCC Jalandhar. Students were tested for their physical fitness, communication skills & other extracurricular activities. Principal Prof. Dr. (Mrs.) Ajay Sareen thanked Col. Toor & Major Pratima for their cooperation. She congratulated the selected candidates.

NCC Army Wing Cadets won 6 Gold, 8 Silver Medals in CATC



2PB (G) BN NCC Jalandhar organized CATC cum RDC Training Camp from 22th Oct, 2021 to 31st Oct, 2021. Cadets were provided training for drill, firing, weapon training, map reading and various competitions were held to inculcate sportsman spirit among them. HMV won Best College Trophy in camp, 5 Gold Medals in Guard of Honour, 4 Silver Medals in Tug of War and 4 Silver Medals in Volley Ball Game. Commanding Officer Col. NPS Toor congratulated ANO Lt. Sonia Mahindru and the entire team. Principal Prof. Dr. (Mrs.) Ajay Sareen also congratulated NCC Wing and give them best wishes.

Army Wing Cadets Attended National Trekking Camp



Eight cadets of Hans Raj Mahila Maha Vidyalaya, Jalandhar, under the aegis of 2PB (G) BN NCC participated in All India Trekking Expedition at Ajmer Rajasthan from 8 Nov, 2021 to 15th Nov, 2021. Cadets were taken for trekking at Nareli, Arawali Hills and Taragarh Trekking Hill. Cadets from different directorates participated in this trekking expedition with great enthusiasm. They also got the opportunity to visit Pushkar, Sonuji ki Nasiyan, Jheel, Pushkar Sarovar. Principal Prof. Dr. (Mrs.) Ajay Sareen motivated them to go for such camps as they keep oneself both physically and mentally. Commanding Officer Col. NPS Toor congratulated all the cadets for completing the expedition successfully.

HMV pays Homage to Mahatma Hans Raj Ji



Sanskrit Department and Vedic Adhyan Society of the college organized an extension lecture in order to pay homage to Mahatma Hans Raj Ji on 15th Nov, 2021. Principal of the college Dr. (Mrs.) Ajay Sareen, Mrs. Mamta, Dean Vedic Adhyan Society and Dr. Meenu Talwar, Head of the Sanskrit Department, extended a green welcome to the speaker Acharya Jayendra from Gurukul Noida. Principal Sareen paid homage to the pious soul by saying that the institution still stands firmly and proudly because of the ideals preached by Mahatma Hans Rajji. Acharya Jayendra, resource person of the day, praised the personality of Mahatma Hans Raj Ji and called him a saint in the truest sense of the word. Mrs. Mamta extended a vote of thanks and said that the institution is putting constant efforts to keep the students rooted and grounded in values. Mrs. Lovleen Kaur, Mrs. Pawan Kumari, Dr. Deepti Dhir and students from different classes were present on the occasion.

Condolence Meet for CDS Bipin Rawat



The NCC Army and Air Wing Cadets of Hans Raj Mahila Maha Vidyalaya, Jalandhar expressed grief on the sudden and sad demise of Chief of Defense Staff General Bipin Rawat, his wife and 11 other armed forces personnel in an unfortunate helicopter accident. In this regard, a condolence meet was held in the premises of Hmv on 15th Dec, 2021. Principal Prof. Dr. (Mrs.) Ajay Sareen paid floral tribute and the staff member, NSS volunteers, NCC Cadets and Non-Teaching Staff Members observed two minutes silence for the peace of the souls. Speaking on the occasion, Madam Principal said that India will never forget their exceptional services. Dr. Anjana Bhatia, Dean Innovation & Research also given an insight into General Bipin Rawat's exceptional services.

Innovations



Exhibition on Best Out of Waste



Hans Raj Mahila Maha Vidyalaya, Jalandhar organized one-day exhibition on 'Best Out of Waste' in collaboration with Municipal Corporation, Jalandhar under Azadi Ka Amrit Mahotsav on September 28, 2021. People from different areas of Jalandhar participated in the exhibition. Number of artistic articles were displayed in the exhibition using waste material. There were two categories i.e. Entrepreneur and Common Society. The Chief Guest of the exhibition was Dr. Sumita Abrol, Assistant Health Officer, Municipal Corporation, Jalandhar. Ms. Ramanpreet Kaur, Programme Coordinator Swachh Bharat Mission (Urban), Mrs. Rekha Kashyap, T.V. artist & Mrs. Monika Sekri, Sanitary Inspector, Municipal Corporation, Jalandhar were also present. Around 100 schools participated in this exhibition. The students made different things with Paper Brush, Bottles, Old mats, Newspapers, CDs etc. Principal Prof. Dr. (Mrs.) Ajay Sareen gave her blessings to all the participants.

Induction Publicity Exhibition Vehicle of Indian Air Force arrived at HMV



Disha Cell of Indian Air Force, in collaboration with 1Pb Air Squadron and Hans Raj Mahila Maha Vidyalaya, Jalandhar, organized an Awareness Drive on Career Opportunities in Indian Air Force on 15th Dec, 2021. On this occasion, CO Wing Commander Deepak Sharma, 1Pb Air Sqn. Jalandhar, Sqn. Leader Prashant Verma and Wing Commander Ranjan were present. They addressed the cadets and cleared the doubts of the cadets about the procedure of selection in SSB (Service Selection Board). The representatives from Air Force Station Adampur and 1Pb Air Sqn. NCC Jalandhar coordinated the event. Stage was conducted by Dr. Anjana Bhatia.

HMV Celebrated Vijay Diwas



ANO Lt Sonia Mahindru and Army wing cadets of Hans Raj Mahila Maha Vidyalaya, Jalandhar under the aegis of 2PB (G) BN NCC Jalandhar celebrated Vijay Diwas on 16th Dec, 2021 by participating in Webinar on 'Swarnim Vijay Varsh of 1971 War and Azadi Ka Amrit Mahotsav' which was organized by Regional Outreach Bureau, Ministry of Information and Broadcasting, Government of India Chandigarh. Brig. MPS Bajwa, a veteran of 1971 & Kargil War talked about insights of both wars shared his experiences of battle field and finally glorious victory which led to the creation of Bangladesh. Principal Dr. (Mrs.) Ajay Sareen said that such webinars are a big motivation for cadets which help in inculcating patriotic feelings and social responsibilities among youth of our nation.

Teachers' Achievement

Teachers' Achievements

1. Dr. Kuljit Kaur

- Acted as judge in zonal youth festival of Punjab University Chandigarh in literary items on December 03, 2021.
- Participated in international webinar organised by Language Department Punjab in collaboration with Hans Raj Mahila Maha Vidyalyaya Jal on November 30, 2021.

2. Dr. Harpreet Singh

Participated in and organized a “Birds of a Feather meetup” at the 2021 Galaxy Community Conference, Virtual and Global from July 06-08, 2021.

Acted as a session chair (“Session 1: Advances in Biotechnology, November 11, 2021) and panelist (Panel discussion 2: Galaxy India, November 12, 2021) during the Indian Conference on Bioinformatics 2021 (#InBix2021) Organized by Bioclues.org and hosted by CSIR-NEIST.

Attended the online meeting of the “Board of Studies PG Biotechnology” conducted by the Department of Biotechnology, GNDU Amritsar on October 27, 2021.

Attended the online meeting of the “Board of studies UG Biotechnology” conducted by the Department of Biotechnology, GNDU Amritsar on October 26, 2021.

Attended online 20th International Conference on Bioinformatics (InCoB 2021) conducted by APBioNET and hosted by Kunming University of Science and Technology (KMUST), Kunming, China from November 06-08, 2021.

Acted as a program committee member during the online “Pre-Conference Galaxy Workshop” held from November 09-10, 2021 Organized by Bioclues.org, TMS Foundation and hosted by CSIR-NEIST.

Attended UKRN (UK Reproducibility Network) Preprints Train-the-Trainer course workshop (online) on November 16, 2021.

Resource Person

Acted as a session chair (“Session 1: Advances in Biotechnology, November 11, 2021) and panelist (Panel discussion 2: Galaxy India, November 12, 2021) during the Indian Conference on Bioinformatics 2021 (#InBix2021) Organized by Bioclues.org and hosted by CSIR-NEIST.

Acted as a resource and delivered a talk on “Protein-Ligand Docking using Autodock Vina” during the online “Computer Aided Drug Design” workshop conducted by BSIR, Jaipur on October 30, 2021.

Acted as a Speaker on the topic “Open Mind, Open Science: The Mantra of Future Science and Innovation” during the in 'Sci'versation, an online event conducted on October 08, 2021 (7.00 PM IST) conducted by Bioclues.org.

3. Mrs. Purnima

- Attended International Conference (online mode) on “Plant Biodiversity and Environment Conservation” conducted by the “PG Department of Botany” HMV, Jalandhar in collaboration with the Punjab Biodiversity Board from May 20-21, 2021.

· Participated in International Webinar Series - Season II on Research and Technological Advancements in Bioinformatics (Webinar 2: Research Data Management and FAIR Principles for Healthcare Data) organized by Centre of Excellence in Health Care Technologies and Informatics (CEHTI), Department of Biotechnology and Bioinformatics, JUIT on October 09, 2021.

- Attended the online meeting of the “Board of Studies PG Biotechnology” conducted by the

Department of Biotechnology, GNDU Amritsar on October 27, 2021.

- Organized an Awareness Drive for the students for career opportunities in Indian Air Force in collaboration with 1 Pb Air Sqn, Jalandhar and DISHA CELL, IAF at Hans Raj Mahila Maha Vidyalaya, Jalandhar on Dec 15, 2021.
- Attended the online meeting of NCC Airwing conducted by Group Commander for the Agenda about State of NCC Alumni Registration and various allowances given to the cadets on Dec 21, 2021.

4. Dr. Sakshi Verma

Research Publications:

- Sakshi Verma, Smriti Batoye and Rajinder Jindal. Protective efficacy of naringenin against cadmium-induced redox imbalance in *Labeo rohita*: an integrated biomarker approach. *Environmental Science and Pollution Research*. 2021. doi.org/10.1007/s11356-021-17703-z.
- Smriti Batoye, Rajinder Jindal and Sakshi Verma (2021). Ameliorating effect of ascorbic acid on fenvalerate induced ultrastructural changes in scales, erythrocytes and gills of *Ctenopharyngodon idella* (Valenciennes, 1844). *Environmental Science and Pollution Research*. 28, 36472-36492 (2021). doi.org/10.1007/s11356-021-13257-2

5. Mrs. Meenakshi Syal

- Honoured by Ex-Servicemen Welfare Association Bhogpur on August 10, 2021 with shawl and Memento for community services in terms of career guidance and free coaching to underprivileged students.
- Acted as Resource Person and delivered a talk on Paradigm Shift from Traditional Education to skill based education at Dayanand Model School Model Town, Jalandhar on September 22, 2021.
- Received Teacher Par Excellence Award by International Institution of Hotel Management, New Delhi on September 23, 2021.
- Acted as Resource Person and delivered a talk on Outcome Based Education according to Bloom Taxonomy at Dayanand Ayurvedic College, Jalandhar on November 18, 2021.

6. Mrs. Kajal Puri

- Paper Presented titled "Role of Educational Technology in Equality, Diversity and Inclusivity" in International Conference on Equality, Diversity and Inclusivity: Issues and Concerns at School of Education & School of Humanities, Lovely Professional University, Phagwara on September 25, 2021.
- Paper Published titled "Employee Empowerment- Strategy Towards Job Satisfaction" in Vidyabharti International Interdisciplinary Research Journal, Peer Reviewed and Refereed with ISSN 2319- 4979 , indexing Web Of Science/ UGC CARE LIST II in November 2021.

7. Dr. Shaveta Chauhan

- Awarded certificate for evaluator of Toycathon 2021 by AICTE and Ministry of Education Innovation Cell.
- Participated in E-Training programme on 'Biodiversity Governance in India' organized by National Institute of Rural Development and Panchayati Raj, Ministry of Rural development, Govt. Of India from August 30 to September 03, 2021.
- Participated in E-Training programme on 'Sustainable Management of Ground Water' organized by National Institute of Rural Development and Panchayati Raj, Ministry of Rural development, Govt. Of India from September 27 to October 01, 2021.
- Attended 2-days National workshop (online) on Plant Identification and Herbarium Methodology

jointly organized by Botanical Survey of India, Central National Herbarium, Howrah and Bareilly College, Bareilly on October 29 and November 01, 2021.

- Convener for International conference on Plant Biodiversity and Environment Conservation organized at HRMMV, Jalandhar in collaboration with Punjab Biodiversity Board from May 20-21, 2021.
- Book chapter published titled "Environment Degradation and Human Displacement" in Book Environment in 21st century published by Kripa Drishti Publications.
- Received appreciation certificate on Teachers Day for exceptional teaching during covid-19 at Sub divisional level state function at Govt. Middle School, Seechewal.

8. Dr. Prem Sagar

- Acted as resource person in an online workshop on voice culture and improvisation of raag for PG department of Government College, Amritsar on April 27, 2021.
- Acted as Jury member for a reality show of film music organized by NAB, Delhi and Golden Shine Trust on 3-12-2021. (The International Day for the physically challenged persons)

9. Dr. Mandeep Kaur

- BOOK: Dr. Darya : Lokdhara Te Sahit Chintan (Ed.) published by Ravi Sahit Parkashan Amritsar 2021. ISBN 978-81-7143-669-9
- Research Paper: "Dagistani Lokdhara Ate Sbhyachar" published in Pravachan (with UGC Care list) Punj Aab Prkashan Jalandhar July-September 2021 and 84.

10. Dr. Meenu Talwar

- Published a research paper in international peer reviewed refereed journal "Vedanjali" issn 2349-364x impact factor 3.178 July-December 2020 on the topic "Rigved Samhita Mein Pran Tatva Vishyak Charcha Ek Aadhyan"
- On August 30, 2021 participated in "Shravni Upakarm" on the occasion of Janamashtmi at Arya Samaj Vikramapura, Jalandhar.
- On October 03, 2021 participated as a coordinator in inter school "Sanskrit Geet Gaan Pratiyogita" at Gurukul Virjanand Smarak, Kartarpur.
- Participated in 136th annual function of Arya Samaj Vikramapura organized from November 22-28, 2021 at Arya Samaj Vikramapura.
- On November 19 an extension lecture was organized by "abvp" in D.A. V. Ayurveda college on the occasion of birth day of "Rani Jhansi." Dr Meenu Talwar delivered an expert talk on contribution of Rani Jhansi who is the best and bravest of all and talked about life of Rani.
- On November 19 participated in 72 annual function of Arya Samaj Model Town Jalandhar.

11. Dr. Sandeep Kaur

- Book: Adhunik Punjabi Kavita De Bhashai Srokar, Saptrishi Publication Chandigarh, Isbn 9789391236649
- Participated in International Webinar On Contemporary Relevance of Life and Bani of Shri Guru Teg Bahadur Ji on July 25, 2021
- Participated in National Webinar On the Topic of Bhasha Ate Sahit at G.G.N Khalsa College, Ludhiana On September 08, 2021
- Presented Paper in one-day National Seminar "Amrita Pritam Kaav Chetna Di Utam Purkhi Sur" at Mata Sundry College, New Delhi on September 20, 2021

- Presented Paper in one-day International Seminar “Do Pakhta Di Dehleez Te Khade Rishte: Ek Sogi Pal Di Dastaan De Sandharbh Vich” At Dyal Singh College, New Delhi on September 28, 2021

12. Dr. Minakshi Duggal Mehta

- Paper titled "Manifesting hope in despair: Exploring prosocial behavioural outcomes of COVID-19" published in International Social Science Journal." (August 2021)

13. Mrs. Saloni Sharma

- Published a paper titled “Structural, Optical and Thermal Properties of PVC/Polyaniline Composite Thin films” in Journal of Material Science, September 2021.
- Participated in webinar “Connecting to Connect- A Physics Faculty Meet” organized by Bhavan's Vivekananda College of Science, Humanities and Commerce on November 20, 2021.
- Published a paper entitled “Influence of Gamma Radiations on PVC /PANI composites” in “Journal of Physics: Conference Series” 1531 (2020)
- Presented a paper on the topic “PVC/PANI Composites thin films: Structural, Optical and Thermal Properties” in 21st National Conference of Solid State Nuclear Track Detectors and Their Applications Jointly organized Deptt. of Physics, Ramjas College and Deptt. of Physics & Astrophysics, Univ of Delhi, on January 29-31, 2021.
- Presented a paper on “Elastical properties of Gamma Irradiated PANI/PVC Composite thin films” in International Conference on “Recent Advances in Fundamental and Applied Sciences” (RAFAS-2021) from June 25-26 2021, Organized by Lovely Professional University, Punjab.
- Participated in webinar on “Hybrid Nanomaterials for Super Capacitor Applications” organized by PG Deptt. Of Physics, DAV College Abhohar, on July 27, 2020.
- Attended International Polymer Scientists meet 2021 and Symposium on Challenges and future of Polymer Science Conducted by St. Xavier's College Vaikom from 08-09 January, 2021.
- Participated in National level 5 Days Faculty development Programme on “Material Characterization Techniques” Organized by Department of Physics and Electronics Bhavan's Vivekananda College, Secundrabad in association with Indian association of Physics teachers from March 2-6, 2021.
- Participated in International Research Seminar on Innovations in Nanotechnology organized by Department of Electronics and Communication, Amity school of engineering and technology, Amity University on June 12, 2021.
- Co-ordinated the online training course on “Advances in SAR- Polarimetre interferometry” conducted by ISRO-IIRS, Dehradun, from December 14-18, 2020.
- Co-ordinated the online training course on “Remote Sensing of Land Degradation” conducted by ISRO-IIRS, Dehradun, from December 01-07, 2020.
- Acted as convener of “two days National Seminar cum e-Workshop on Experimental Electronics” organized by department of physics, Hans Raj Mahila Maha Vidyalaya, Jalandhar from July 31- August 01, 2020.

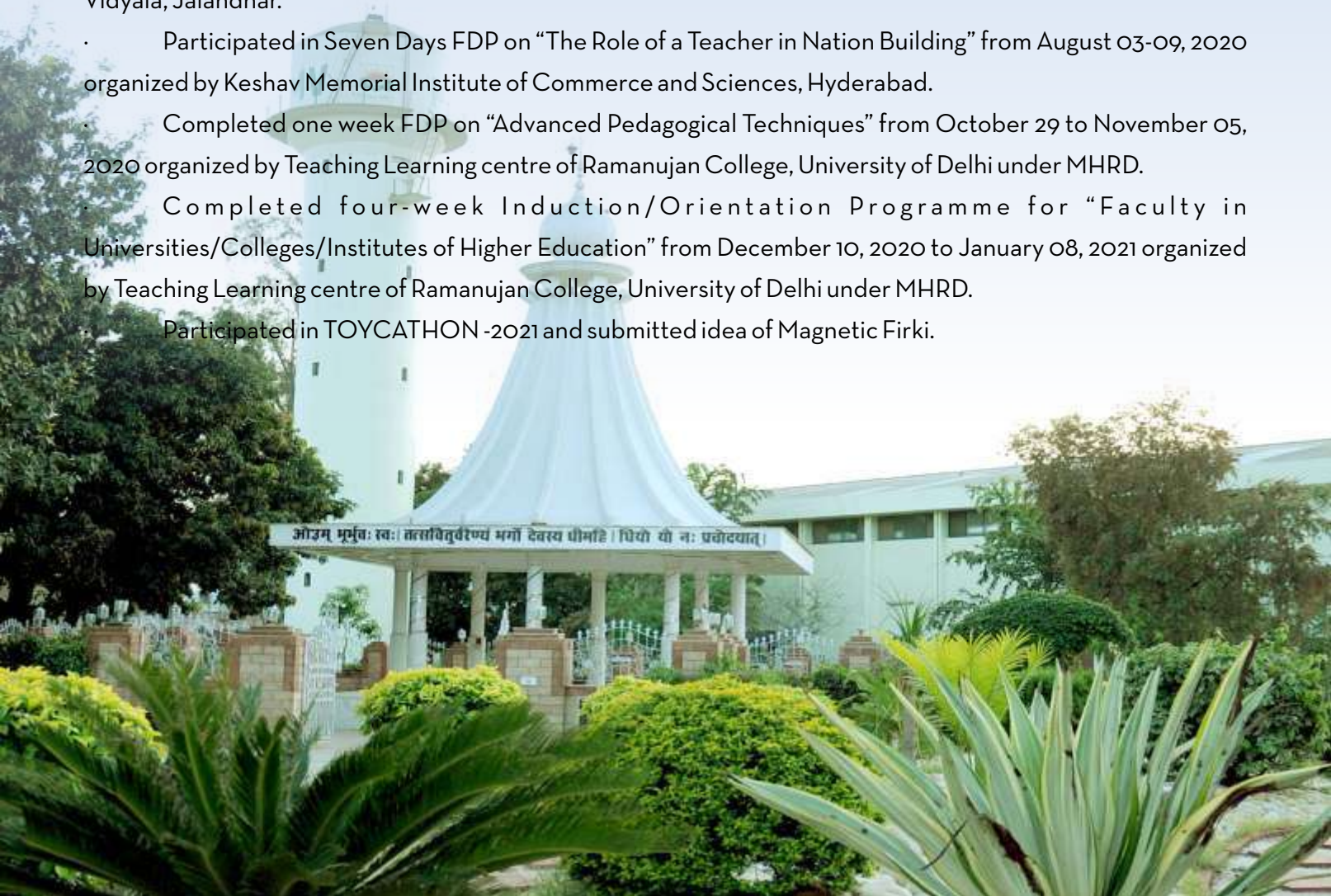
14. Mr. Sushil Kumar

- 1. Defended Ph.D Synopsis on September 20, 2021 at Department of Physics, Panjab University, Chandigarh.

15. Dr. Simmi Garg

- Participated in The Online Course On “Geo-informatics for Biodiversity Conservation Planning” from December 06 to 17, 2021 organized by ISRO-IIRS, Dehradun.

- Participated in Advanced Materials Webinar Series-2021 organized by Department of Physics, St. Joseph's College, Trichy.
- Dr. Simmi Garg, Anuj Kumar Sharma, Anand Kumar Tyagi, "Performance Comparison of Proposed Scheme Coded DWT-OFDM System with that of Conventional OFDM", Journal of University of Shanghai for Science and Technology, Volume 22, Issue November 11, 2020, ISSN: 1007-6735, pp. 920-930 (SCOPUS Indexed)
- Dr. Simmi Garg, Anuj Kumar Sharma, Anand Kumar Tyagi, "Study of the Discrete Wavelet Transform based Designed System under different simulation conditions" International Journal of Circuits, Systems and Signal Processing, Vol.14, pp. 990-995, 2020 ISSN:1998-4464 (SCOPUS Indexed)
- Dr. Simmi Garg, Anuj Kumar Sharma, Anand Kumar Tyagi, "On the Optimization of Number of Sub-interleavers for Turbo Codes", International Journal of Applied Physics, Volume 5, 2020 ISSN: 2367-9034
- Participated in one day webinar on "Smart Mathematical Tools for Physics" held on July 02, 2020 organized by S L Bawa DAV College, Batala.
- Participated in International Webinar on "Impact of Novel Corona Virus around the Globe; Future of Higher Education" held on July 18, 2020 organized by Govt. Digvijay Autonomous PG College, Chattisgarh.
- Participated in National Webinar cum e-workshop on "Unique way to Physics" held on October 12, 2020 organised by HMV Collegiate S. Sec. School, Jalandhar.
- Presented a Poster Entitled "Impact of Technology on Environment" in E-International Conference on Plant Biodiversity and Environment Conservation on May 20-21, 2021 organized by Hans Raj Mahila Maha Vidyala, Jalandhar.
- Participated in Seven Days FDP on "The Role of a Teacher in Nation Building" from August 03-09, 2020 organized by Keshav Memorial Institute of Commerce and Sciences, Hyderabad.
- Completed one week FDP on "Advanced Pedagogical Techniques" from October 29 to November 05, 2020 organized by Teaching Learning centre of Ramanujan College, University of Delhi under MHRD.
- Completed four-week Induction/Orientation Programme for "Faculty in Universities/Colleges/Institutes of Higher Education" from December 10, 2020 to January 08, 2021 organized by Teaching Learning centre of Ramanujan College, University of Delhi under MHRD.
- Participated in TOYCATHON -2021 and submitted idea of Magnetic Firki.





The 10 Principles of Arya Samaj

1. God is the efficient cause of all true knowledge and all that is known through knowledge.
2. God is existent, intelligent and blissful. He is formless, omniscient, just, merciful, unborn, endless, unchangeable, beginning-less, unequalled, the support of all, the master of all, omnipresent, immanent, un-aging, immortal, fearless, eternal and holy, and the maker of all. He alone is worthy of being worshiped.
3. The Vedas are the scriptures of all true knowledge. It is the paramount duty of all Aryas to read them, teach them, recite them and to hear them being read.
4. One should always be ready to accept truth and to renounce untruth.
5. All acts should be performed in accordance with Dharma that is, after deliberating what is right and wrong.
6. The prime object of the Arya Samaj is to do good to the world, that is, to promote physical, spiritual and social good of everyone.
7. Our conduct towards all should be guided by love, righteousness and justice.
8. We should dispel Avidya (ignorance) and promote Vidya (knowledge).
9. No one should be content with promoting his/her good only; on the contrary, one should look for his/her good in promoting the good of all.
10. One should regard oneself under restriction to follow the rules of society calculated to promote the well-being of all, while in following the rules of individual welfare all should be free.



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