



HANS RAJ MAHILA MAHA VIDYALAYA JALANDHAR (PUNJAB) INDIA



- CURIE Grant by DST
- Kaushal Kendra by UGC
- Star Scheme College by DBT
- 4 Star Ranking by Innovation Cell (GOI)



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HIMV NEWS

A JOINT VENTURE OF PG DEPARTMENT OF ENGLISH & PG DEPARTMENT OF MULTIMEDIA
VOL 52 JAN 2024

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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Dear Students!

As I welcome you to the college in this brilliant new year, I bless you with immense positivity, love and happiness. May you realise your potential and shine bright in every aspect of your life. May you make all your elders proud with your accomplishments, good deeds and values.

Dear young ladies, we have left the year 2023 behind us but all that we learned from it is with us, we have gained experience and we now are a year older, and four seasons wiser! This is my new year message to you, that our elders who have marched into this new year with us are carrying experience of many seasons and their wisdom is our treasure house. Let us learn to respect our elders not superficially but through connection. Once you establish a connection with the elders, you would realise how rich you are, and in what great advantage! You have their wisdom and your enthusiasm. Believe me, it's a great combination to celebrate life and create life that you desire. So let us move ahead with the blessings of our elders, wishes of our friends and hopes of our little hearts.

I wish you success, harmony and joy!

**Dr Ajay Sareen
Principal**

FROM THE EDITOR



Dear Students

Greetings of the new year!

The year 2024 is filled with hopes and good vibes. You are nearing your academic goals and looking forward to a bright future. As we move ahead, let us do so with a sense of awareness and conscience.

Inauguration of Shri Ram Chandra Janam Bhoomi temple fills us with joy and also fills our hearts with a sentiment of respect and reverence for the values that Shri Ram stood for. Righteousness and truthfulness must find place in our lives too. We must learn to stand up for Dharma.

Let us take a pledge to uphold the values of Shri Ram in our character and try to follow the path of righteousness wholeheartedly. Let us seek blessings of Almighty for a better future. May we become His light, May we bring a positive change in this world.

Best wishes.

**Dr. Ramnita Saini Sharda
Editor-in-chief
HMV News**

FROM THE EDITORS



Dear Students,

It gives us immense pleasure to present you with the 52nd volume of HMV News. Through the medium of this magazine, we have endeavoured to reflect the journey of holistic development of the students, the faculty and of course the values and quality of the institute. This newsletter marks our growth, and gives life to the thoughts and aspirations of the students. We express our profound gratitude to our patron Principal Dr. (Mrs.) Ajay Sareen who is the biggest source of energy and inspiration for us. We also extend our sincere thanks to Dr. Ramnita Saini Sharda, Editor-in-Chief for her support and guidance.

Wishing you all a very happy and prosperous New Year!

**Mr. Neeraj Aggarwal
Editor**

**Dr. Jaspreet Kaur
Editor**

Our Shining Stars



***University Position
Holders***

MAY 2023



Gaurika
B.B.A. Sem-VI



Isha Arora
B.C.A. Sem-IV



Gursimar kaur
B.Voc(C. & W.) Sem-IV



Manveer Kaur
B.Voc(C. & W.) Sem-VI



Navneet Kaur
M.Sc.(F.D.) Sem-II



Roohani
B.Voc(M. H. & C.) Sem-IV



Manmeet Kaur
B.Voc(M. H. & C.) Sem-II



Mehkash
B.Voc(M. H. & C.) Sem-VI



Sakshi
M.Voc(C. & W.) Sem-II



Simranjit Kaur
M.Voc(C. & W.) Sem-IV



Shruti
B.Voc(B. C. & C.) Sem-II



Gurpreet Kaur
PGD in Bioinformatics Sem-II



Suhani
M.Voc(M.H.& C.) Sem-II



Mann Kamal Kaur
M.Voc(M.H.& C.) Sem-IV

MAY 2023



Manleen Kaur
B.Voc(W.T. & M.M.) Sem-II



Sakshi Badola
B.Voc(J. & M.) Sem-IV



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



Gaytri Sharma
B.Voc(F.T.) Sem-II



Mehar Sekhon
D. in Counselling Sem-II



Tanya Suri
Bachelor of Arts Sem-IV



Priyanka
M.Sc.(Botany) Sem-II



Jobanveer Kaur
B.Sc.(Non-Medical) Sem-VI



Shamli Sharma
B.Com. Sem-II



Sonali
B.Voc(F.T.) Sem-VI



Jasneet Dhanjal
B.F.A. Sem-II



Nandika Mehra
B.Voc(B. & F. S.) Sem-VI



Neha Jassal
B.Voc(W.T. & M.M.) Sem-II



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

MAY 2023



Palak Soni
B.Voc(W.T. & M.M.) Sem-IV



Tania Sethi
M.Sc.(Bio-informatics) Sem-II



Heena Dhir
M.Sc.(C.S.) Sem-IV



Kriti
B.Com Honours Sem-IV



Aanchal
B.A Pol. Sci. Hons Sem-IV



Gagandeep Kaur
M.Sc.(Botany) Sem-IV



Randeep Kaur
B.Voc (W.T. & M.M.) Sem-VI



Jasleen Kaur
B.Sc.(Bio-technology) Sem-II



Tarunika Rampal
B.A Pol. Sci. Hons Sem-VI



Manpreet Kaur
M.Voc (W.T. & M.M.) Sem-II



Jahanvi Mahajan
B.D.(Multimedia) Sem-IV



Kumakshi
M.Sc.(I.T.) Sem-IV



Aanchal
M.Sc.(Bio-info.) Sem-IV



Taruna Kumari
PGD in Cosmetology Sem-II

MAY 2023



Shweta
B.D.(Multimedia) Sem-VI



Sadhana Kumari
B.A/B.Sc Eco. Hons Sem-IV



Ritika
B.A/B.Sc Eco. Hons Sem-VI



Ritika
B.A English Honours Sem-IV



Himanshi
B.A English Honours Sem-VI



Sonali Beri
M.Voc (WT & MM) Sem-IV



Khushi Kumari
B.A Hindi Honours Sem-VI



Muskan
B.Voc (B. & F.S) Sem-IV



Ayushi Juneja
B.A Psy. Hons. Sem-IV



Bipneet Manaise
B.A Psy. Hons. Sem-VI



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21

MAY 2023



Kajal
B.Com. Sem-VI



Manyata Kalsi
B.Voc(C. & W.) Sem-IV



Snigdha
B.Voc(C. & W.) Sem-VI



Sakshi Sharma
M.A (Hindi) Sem-II



Prabhdeep kaur
M.A (Hindi) Sem-IV



Manpreet Kaur
M.A (Political sc.) Sem-II



Basma Nudrat
B.Voc(M.H. & C.) Sem-IV



Navpreet Kaur
B.Sc.(Bio-tech.) Sem-II



Pearl Sekhri
B.Voc(M. H. & C.) Sem-II



Shirleen Kaur
B.Voc(M. H. & C.) Sem-VI



Hritika
M.Voc(C. & W.) Sem-II



Aanchal
M.Voc(C. & W.) Sem-IV



Simranjeet Kaur
PGD in Bioinfo. Sem-II



Bharti
PGD in B.M Sem-II

MAY 2023



Bhumika
PGD in B.M. Sem-II



Gurpreet Kaur
B.Voc(M.H. & C.) Sem-II



Navi Sharma
M.Voc(M. H. & C.) Sem-IV



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



Riya Khurana
B.Voc(J. & M.) Sem-IV



Manpreet Kaur Kooner
B.Voc(J. & M.) Sem-VI



Kanishka
B.Voc(F.T.) Sem-II



Manpreet Kaur
Dip.in Counselling Sem-II



Dhanyashree
Bachelor of Arts Sem-II



Amrita
M.Sc.(Botany) Sem-II



Harshdeep Kaur
B.Com. Sem-II



Nargis Jaitwani
M.A English Sem-II



Sumandeep Kaur
B.Voc(F.T.) Sem-VI



Ankita Jain
Bachelor of Fine Arts Sem-II

MAY 2023



Bhavya Arora
B.Voc (B. & F. S.) Sem-VI



Paramjeet Kaur
B.Voc (WT & MM) Sem-IV



Jagroop Kaur
M.Sc.(Bio-info.) Sem-II



Ruchika
M.Voc (WT & MM) Sem-II



Sabreen Khatun
B.D.(Multimedia) Sem-IV



Jaspreet Kaur
B.D.(Multimedia) Sem-VIII



Kirmanbir Kaur
B.A Pol. Sci. Hons Sem-IV



Reema
M.Sc.(Botany) Sem-IV



Srishti
B.Voc (WT & MM) Sem-VI



Mankiran Kaur
B.Sc.(Bio-technology) Sem-II



Mishtha Katyal
B.Com Honours Sem-IV



Mansi
B.Com Honours Sem-IV



Simrandeep Kaur
M.Sc.(Bio-info.) Sem-IV



Kajal
PGD in Cosmetology Sem-II

MAY 2023



Priya
M.A Economics Sem-IV



Sehajdeep Saini
B.Sc.(Bio-tech.) Sem-IV



Krishika Chauhan
B.D.(Multimedia) Sem-VI



Shagufta Akhter
B. P. E. S. Part - II



Neeru Sharma
B.A/B.Sc Eco Hons Sem-IV



Sakshi
B.A/B.Sc Eco Hons Sem-IV



Mehak
B.A English Honours Sem-IV



Srishti Bhagat
M.Voc (WT & MM) Sem-IV



Isha Kumari
B.A Hindi Honours Sem-IV



Mehak
B.A Hindi Honours Sem-VI



Manpreet Kaur
B.Voc (B. & F. S.) Sem-IV



Jaisnoor Kaur
B.A Psy. Hons Sem-IV



Lashmi Devi
B.A Psy. Hons Sem-IV



Sejal VEDI
B.A Psy. Hons Sem-VI



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

MAY 2023



Deepali
B.Sc. (I. T.) Sem-VI



Harleen Kaur
B.Sc. (Non-Med) Sem-VI



Manveen Kaur
B.Sc. (Non-Med) Sem-VI



Kanchan
B. C. A. Sem-II



Satinder Kaur
B. B. A. Sem-IV



Gaganpreet Kaur
M.Sc. (Maths) Sem-IV



Dhriti Malhan
B.Com. Sem-II



Shaina Sachdeva
M.Com. Sem-IV



Anshdha
B. A. Pol. Sci. Hons. Sem-IV



Bhavika Jindal
B.Com. Hons. Sem-IV



Prachi Sharma
B.Com. Hons. Sem-IV



Tanisha Soi
B.Com. Hons. Sem-IV



Sakshi Sharma
B.Com. Hons. Sem-IV



Deepali Sharma
B. P. E. S. Part-II



Dhriti
B.A./B.Sc. Eco. Hons. Sem-IV



Anamika
B.A./B.Sc. Eco. Hons. Sem-IV



Surbhi
B.A./B.Sc. Eco. Hons. Sem-VI



Damanpreet Kaur
B.A. English Hons. Sem-VI



Pooja
B.A. Hindi Hons. Sem-VI



Priyanshu
B.A. Psychology Hons. Sem-VI



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

AWARDS & HONORS

Dated : 13/07/2023

HMV: The only institution under GNDU to hold the highest A++ grade by NAAC in the third cycle

HMV is a leading institution in women's education, providing exemplary academic programs and a nurturing environment for students. With admissions going on its peak, HMV is committed to empowering women and fostering their intellectual growth. It has reaffirmed its status as the pinnacle of academic excellence for women across the nation. Accredited with the highest A++ grade with highest score by the National Assessment and Accreditation Council (NAAC) in the third cycle, HMV continues to be the sole institution under GNDU to receive this prestigious recognition. HMV's commitment to providing exceptional education is further evidenced by its participation in the DBT Star Scheme, solidifying its position as a leading college in the field of Biotechnology and Sciences. The college has also been honoured with the esteemed Innovation Gold Stars, emphasizing its dedication to pioneering innovation, research and development. Recognizing it as an iconic institution, the Ministry of Human Resource Development (MHRD) has chosen it to mentor other educational establishments. This privilege showcases HMV's exceptional standards and serves as a testament to its exceptional faculty and academic programs. The institution has consistently been ranked as the topmost college in the country by renowned agencies such as India Today, The Week, Education World, and Academic Insights. These rankings reflect the college's unwavering commitment to providing quality education. HMV's relentless pursuit of excellence has been further acknowledged by the Mahatma Gandhi National Council of Rural Education (MGNCRE), which has awarded it with the prestigious Green Champion Award. This accolade recognizes the sustainable practices and its efforts in creating an environmentally conscious campus. The institution boasts state-of-the-art infrastructure that caters to the diverse needs of students from all corners of the country. HMV's world-class hostels provide comfortable and secure accommodation, fostering an inclusive and supportive community for all students. The distinguished faculty, comprising high-profile experts in various fields, enriches the learning experience through their guidance and mentorship. It encourages and supports numerous research projects, empowering students to explore their interests and contribute to the advancement of knowledge. It possesses a glorious legacy of grooming and giving talented personalities to the society which includes names of Cricketer Harmanpreet, Surbhi Jyoti, Sarghi, Nimrat Khehra, many an Olympians, academicians and bureaucrats. With its unparalleled achievements, HMV continues to raise the bar in women's education, offering a transformative learning environment that prepares students for success in their chosen fields and leading a life of values.



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Dated : 22/07/2023

HMV Achieves Remarkable Milestones on its Journey to its centennial celebrations

Hans Raj Mahila Maha Vidyalaya, a distinguished institution with an illustrious history of nearly a century, proudly announces its recent achievements, marking it as an icon of excellence in the field of education. The college has made strides towards greatness and has been duly recognized by national and international platforms for its outstanding performance. The Open College Survey Rankings, 2023, have once again recognized Hans Raj Mahila Maha Vidyalaya's



supremacy in the educational landscape. The college has retained its position in Science and secured the top spot and achieved an impressive second position in Arts, Commerce, and Mass Communication. It has garnered the third rank in Fashion Designing and the fifth rank in BCA, solidifying its standing as an all-round institution offering diverse fields of study. Project coordinator Dr. Anjana Bhatia told that HMV Jalandhar has achieved excellence in various parameters like legacy, academic brilliance, collaborations, research, personality development of students, co-curricular activities etc. Principal Prof.Dr. (Mrs.) Ajay Sareen attributed these remarkable achievements to the unwavering support of the mentors at DAVCMC, New Delhi, and the unrelenting dedication and hard work of the faculty and staff. Their passion for nurturing young minds and fostering an environment conducive to learning has been instrumental in shaping the college's success. Expressing her heartfelt appreciation, Principal Prof.Dr. (Mrs.) Ajay Sareen extended congratulations to all the Head of Departments, faculty members, staff, students, and stakeholders for their pivotal roles in contributing to the college's accomplishments. These momentous strides have been made possible through the visionary guidance of President DAVCMC, Padma Shri Dr.Punam Suri, Director Higher Education (Retd.) IAS Sh. Shiv Raman Gaur, and Vice President DAVCMC Justice (Retd.) Sh. N.K. Sud. Their unwavering support and commitment to educational excellence have been a driving force behind the college's journey to greatness. Hans Raj Mahila Maha Vidyalaya takes great pride in its journey so far and eagerly looks forward to continuing its legacy of excellence, innovation, and holistic development for generations to come. On this occasion Dr. Sareen also congratulated the members of ranking team which included Mrs. Rama Sharma, Ms. Jyotika Minhas, Ms. Sonia Mahendru, Dr. Rakhi Mehta, Mrs. Navneeta, Dr. Simmi, Dr. Jiwan, Dr. Minakshi Duggal and Dr. Shuchi Sharma.

Dated :26/09/2023

Principal Prof. Dr. Ajay Sareen Honoured with 'The Most Dynamic Educator Award 2023'



In a momentous occasion that radiated inspiration, Principal Prof. Dr. Mrs. Ajay Sareen of HMV was awarded The Most Dynamic Educator Award 2023. The esteemed accolade was presented by the Constitution Awareness Forum Jalandhar and the Ex-Servicemen Welfare Association Bhogpur. The award ceremony was held with grandeur at DAVIET, Jalandhar, and graced by the presence of distinguished

guests, including S. Sarbjit Singh Rai, SP Rural Jalandhar, and Gursharan Singh, District Education Officer. Principal Dr. Ajay Sareen's exceptional leadership and unwavering commitment to educational and social causes have propelled her into the spotlight. Her visionary approach and dedication have not only benefited the students of HMV but have also enriched the entire community. Some of her remarkable initiatives include spearheading environmental conservation, promoting sustainability through the installation of a waste paper recycling unit, reaching out to underprivileged students in slum areas and adopting villages under UBA (Unnat Bharat Abhiyan), providing skill enhancement programme to empower youth, creating awareness for voting and instilling a sense of civic duty, celebrating Indian culture, pioneering the launch of many initiatives of social welfare and innovation. This impressive list of achievements has garnered Principal Dr. Sareen several prestigious awards, including the latest one. This recognition stands as a testament to Principal Dr. Sareen's unwavering dedication to education, social causes and the empowerment of the community. In her gracious acceptance speech, Principal Dr. Sareen expressed her profound gratitude to the Almighty and the DAV College Managing Committee. She reaffirmed her unwavering commitment to the betterment of society and the nation, vowing to continue her efforts in driving positive change.

Dated : 10/10/2023

HMV proudly hoists the National Overall General Championship

HMV is basking in the radiant glow of a remarkable achievement as it clinched the National Overall General Championship Trophy for the academic year 2022-23. This monumental win not only symbolizes the college's commitment to nurturing talent, sportsmanship, and holistic development among its students but also reaffirms its sterling reputation for excellence in academics, sports, and extracurricular activities. In a spectacular display of prowess, HMV secured an impressive tally of 14 gold, 7 silver, and 8 bronze medals across a total of 29 games. This outstanding performance is a testament to the relentless dedication and hard work of the students, who have trained diligently under the guidance of their coaches. Principal Prof. Dr. (Mrs.)



Ajay Sareen expressed heartfelt gratitude to Padmashree Dr. Punam Suri, President DAVCMC New Delhi, Vice-Chancellor Dr. Jaspal Singh and Director of Sports at Guru Nanak Dev University (GNDU) Dr. KanwarMandeep Singh Dhillon. Dr. Jaspal Singh, Vice Chancellor congratulated HMV on recording the historic win. Furthermore, HMV College takes immense pride in the achievements of five of its students: Harmilan, Radhika, Seen, Kaveri, and Mayuri, who represented the nation in the Asian Games. Their remarkable performances not only brought glory to HMV but also to the entire nation. This extraordinary feat underscores institution's commitment to nurturing well-rounded individuals who excel not only academically but also athletically and artistically. It is a moment of immense pride and it will continue to inspire future generations to strive for excellence.

Dated : 31/10/2023

HMV Bags DST-CURIE Grant from Centre for PG Science Departments



Hans Raj Mahila Maha Vidyalaya, Jalandhar has bagged DST-CURIE grant from the U Ministry of Science and Technology, New Delhi. Under the scheme PG Departments will receive research funding from Department of Science and Technology (DST). Principal Prof Dr Ajay Sareen said that HMV has become the first college affiliated to GNDU, Amritsar to receive the approval. The elated Principal told that the approval has been granted by the

project advisory committee on the basis of presentation made by Project Coordinator DrAnjana Bhatia after the first-round screening. She further added that PG Science Departments would get a non-recurring grant for purchase of equipment along with a recurring grant over a period of three years for holistic improvement of science education with special emphasis on practical training at the postgraduate and research level and thereby nurture excellence in science education. Principal Sareen congratulated DrAnjana Bhatia, Project Coordinator, MsHarpreet Kaur, Cocordinator, Dr. SeemaMarwaha, Dean Academics, Mrs. Deepshikha, Faculty Incharge, Mrs. Saloni Sharma, Dr. Jatinder, Dr. Gagandeep and entire Science Faculty and She said that the Science Departments of HMV will continue to produce high quality women scientists for the nation. Under the out-reach component of the scheme, the college will provide students of other colleges the opportunity to make use of the various equipment. The scheme is intended to provide basic infrastructure and enabling facilities of science departments for promoting R&D activities in new and emerging areas and attracting fresh talents in women educational institutions, she added. She said that the grant was intended to invigorate the interdisciplinary research through the up-gradation of the postgraduate teaching and training laboratories; evolving a comprehensive curriculum without gaps and overlaps and enhancement of the hands-on practical training to students so that they develop expertise in their respective fields. Principal Sareen thanked the Dr. Punam Suri, President DAVCMC, New Delhi, Justice (Retd.) N.K Sud, Chairman, LAC and all the mentors at DAVCMC, New Delhi and LAC, HMV. On this occasion members of Local Advisory Committee Sh. Y.K. Sud, Sh. Kundan Lal Aggarwal, Sh. Surendra Seth and Sh. Sudhir Sharma were also present.

ACADEMIC HIGHLIGHTS

Dated : 01/07/2023

HMV Organized a Workshop

Hans Raj Mahila Maha Vidyalaya, Jalandhar is constantly on the move to empower the students on Professional fronts and to prepare them well for Competitive Exams. Workshop on 'Aptitude of Reasoning' was organised under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Resource Person Mr. VipinKhandwal, Director TIME Institute was welcomed by the organising Committee. Mrs. Binoo Gupta, Incharge of HMV



Competitive Examination Hub and Dr. Gagandeep, Incharge, Coaching for Banking SSC and other competitive exams. Dr. Gagandeep told 20 students were benefitted by this workshop in which they learnt tricks of mental ability, verbal ability and quantitative aptitude. Mrs Binoo Gupta, incharge HMV Competitive Examination HUB told Coaching Classes for Banking Exam and other Competitive Exams are going to start in first week of July in which even boys can also take admission. The class will be conducted offline in HMV 5G Jio enabled campus. The registration is open on first come first serve basis. The study material shall be distributed and students will be provided full year subscription to TIME current affairs magazine and online tests and guidance support. The workshop was an interactive session followed by question answer round. Principal Dr. Ajay Sareen said such workshops and coaching classes are need of the hour and it creates confidence in the minds of the aspirants.

Dated : 02/07/2023

HMV organized One Day Workshop cum Hands on Training



Zoology Department of Hans Raj Mahila Maha Vidyalaya under DBT Star College Scheme organized **One Day Workshop cum Hands on Training** on the topic '**Isolation, Preservation and Identification of Parasites of Vertebrates**'. This workshop was conducted to provide practical experiences to the students regarding identification and preservation of various Protozoan and Helminthes parasites. The Resource Person of the workshop was Dr. Harpreet Kaur, Professor, Dept. of Zoology, Panjab

University, Chandigarh. The workshop started with the green welcome of the guest with a planter presented by Dean Academics and Head of Zoology Department, Dr. SeemaMarwaha. Dr. Harpreet Kaur, an expert

Parasitologist, explained about the various kinds of ecto- and endoparasites of animals including man. She emphasised on the protective measures against these parasites. She elaborated the methods of isolation, recent approaches of identification, fixation and staining of various parasites. Dr. Kaur provided Hands on Training to the students on isolation and fixation of myxozoanparasites. The practical session was also assisted by the research fellows, Mr. Susheel Kumar and Mr. Nitin Ghai from Parasitology Lab., Dept. of Zoology, PU Chandigarh, working under the guidance of Dr. Kaur. They also helped the students in staining and preparation of permanent mount of Helminths. Hands on Training was also given on the sectioning and staining of histological sections by the resource person. All students of B.Sc. (Medical) and B.Sc. BT enthusiastically participated in the workshop and gave encouraging feedback to organize more workshops in future. Principal, Prof. Dr. (Mrs.) Ajay Sareen motivated the students to participate in such workshops in order to improve their thorough knowledge of subject through hands on training. Dr. SeemaMarwaha, presented the vote of thanks and emphasised on the importance of enhancing practical skills through workshop and Hands on Training. Dr. SakshiVerma, from Zoology Department conducted the stage. Mr. Ravi Kumar, from Zoology Department assisted in organizing the workshop. Lab attendant Mr. Sachin helped in setting of venue and arrangement of chemicals and other requirements for the workshop.

Dated : 04/07/2023

Workshop on Multiomics Data Integration and Visualization

Under the able guidance of Principal Prof. Dr. Ajay Sareen, PG Department of Bioinformatics and the Department of Biotechnology organized workshop on “**Multiomics Data Integration and Visualization using CYTOSCAPE**” as a part of their “**Innovative Teaching Pedagogies**” initiative under the aegis of ‘DBT Star College Scheme. Inaugural session of workshop started with lamp lighting followed by DAV Gaan. Dr. Anjana Bhatia, Dean Innovation and Research, introduced resource person of the workshop, Dr. Gitanjali Yadav, Group leader, NIPGR, New Delhi and Professor (Data Sciences) IISER Bhopal. After this, Dr. SeemaMarwaha, Dean Academics, Dr. Jitendra Kumar, Covener and HOD Biotechnology, Dr. Harpreet Singh, Organizing secretary and Head of Bioinformatics Department, Mrs. Saloni Sharma, HOD, PG department of Physics extended green welcome to resource person of workshop. Dr. SeemaMarwaha gave the formal welcome address while Dr. Harpreet Singh, summarized the concept of the workshop to all the participants. Dr. Jitendra



highlighted the importance of such skill development workshops in overall career development path of a student. Dr. Yadav addressed the participants to inculcate research aptitude and self-confidence among themselves. She had also motivated them to pursue their carrier in data sciences research for the welfare of humanity. She emphasized on critical need of Data science and Data scientists to integrate diverse datasets in biology. Inaugural session followed by technical session 1 and 2 where students learns about latest skills of bioinformatics viz. data extraction from different sources like STRING, UNIPORT, PDB, and Bio Grid etc.; visualization and analysis of data using CYTOSCAPE tool. Dr. Yadav taught all the concepts related to network biology followed by hands-on training using case studies on Cytoscape. It is notable that more than

40 trainees from various institutes of Punjab and Chandigarh participated in this workshop to enhance their skills related to Bioinformatics. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated this initiative and congratulated the Departments of Bioinformatics and Biotechnology for organizing such an informative and skill enhancing workshop on latest tools of bioinformatics. Technical assistance was given by Mr. Arvind chandi and Mr. VidhuVohra. Mr. Sumit Sharma, member organizing committee presented formal vote of thanks to resource person, all the participants, non-teaching staff, technical staff and supportive staff to make this workshop a successful event. On this occasion Ms. Diksha, Dr. Shaveta, Dr. Nitika Kapoor, Mr. Sushil Kumar, Mrs. Ramandeep, Dr. Simmi, Dr. Shuchi Sharma and Ms. Harpreet, Dr. SakshiVerma, Mr. Ravi Kumar, Dr. Vandana and Ms. Tanisha were also present.

Dated : 06/07/2023

HMV Conducted a Market Survey for Interior Design Specialization Students



Bachelor of Design Department of Hans Raj Mahila Maha Vidyalya conducted a market survey with Interior Design Specialization Students. Students visited to local Market Producers, Dealers and Wholesalers along with Faculty Member MsHarpreet Kaur. Students interacted, interviewed and analyzed interior design Materials Like Marbles, Granite, Tiles, PVC sheets, HPL sheets, Artificial Grass and Glass. Renowned Dealers, Suppliers and Manufacturers were visited during the survey like **Cheap Matting House PVT Ltd, Kwality Glass & Plywood Store, Arena Interior and Exterior.** Students got Information About Granite

designs, Handmade Marble Types, latest designs of wallpapers, UV sheets, 3D Highlighting wall, PVC panels, HPL sheets, toughen glass, security Glass, Crystal Glass and Acid wash Glass, Mosaic tile sheets and embossed customized wallpaper with price details. Information was very fruitful for students to understand currents design possibilities of market in Interior world. Principal Prof. Dr. (Mrs.) Ajay Sareen said that the students should have knowledge through knowledge about the materials available in the market only then they will be able to create new designs.

Dated : 07/07/2023

Skill Department of HMV Conducted a Session under Faculty Enrichment Programme

The skill departments of Hans Raj Mahila Maha Vidyalya conducted a session for the faculty under Faculty Enrichment Programme. The Resource Person were Dr. Rakhi Mehta, Faculty Head Skill Course and Head of Design Department, Mrs. Navroop Kaur, Creative Artist from Pidilite Company and Ms. Mukti, Head of Cosmetology Department. The day started with the inaugural session. Dr. Rakhi Mehta explained and discussed the art of printing and surface ornamentation to the staff



members. Various techniques of printing and ornamentation were discussed in detail. The session became more interesting by dyeing techniques explained by Mrs. Navroop Kaur. Various dyes, fabrics, printing posts, fixers were experimented by all staff members and various artifacts were developed by the staff. The

2nd session was carried out by Ms. Mukti. She explained various types of makeups and materials used in Cosmetology world. The staff enjoyed both the sessions. Dr. Rakhi Mehta gave vote of thanks. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the departments and said that providing training in various fields to the staff is the need of the hour. It is a tradition in HMV to keep the staff updated.

Dated : 10/07/2023

HMV Offering Skill Based Community College Courses

In order to reduce the gap between higher education and employability, it is the need of the hour to equip the youth with requisite knowledge and skills required for employment and entrepreneurship. Hans Raj Mahila Maha Vidyalaya, Jalandhar is offering one year skill based Diploma courses under the initiative of Community College scheme of UGC approved by Ministry of Human Resource Development. HMV is running Community College since 2014 very successfully. The courses run under this scheme are Diploma in Journalism and Media, Diploma in Nanny and Elderly Health Care, Diploma in Organic Farming, Diploma in Tourism and Hospitality, Diploma in Communication Skills, Diploma in Applied Music and Dance, Diploma in Cooking and Catering Management and Advance Diploma in Fashion Designing. These programmes are designed to create employment for women by empowering them with the skills needed for industry. Principal Prof. Dr. Mrs. Ajay Sareen apprised that curriculum for these courses have been designed according to job roles in association with industry partners and approved by Guru Nanak Dev University. Dr. Sareen said that emphasis is given on practical training, industry visits and internships so that there is no gap between Industry and Academics. Students are also assessed by Sector Skill Council and Certification of Sector Skill Council is globally recognized. These skill based courses are running under Skill India Mission. She informed that candidate of any age group with qualification of SSC II pass can join Diploma under community college at nominal fee structure of Rs. 1000/- per month. Students can also avail the opportunity to upgrade qualification by joining B.Voc. Second year after completion of diploma course. Students of previous batches shared their views and expressed that training was provided to them from experts of national repute as guest faculty and adjunct faculty. Parents appreciated the efforts of institution for collaborations with different industry sectors for training and placements. A large number of students of last year batch have been placed.

Dated : 19/07/2023

A Virtual Seminar on 'Future Skills Prime' organized at HMV

A virtual seminar on 'Future Skills Prime' was organized by NASSCOM and Ministry of IT, Govt. of India in Hans Raj Mahila Maha Vidyalaya, Jalandhar under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The resource person of the event was Mr. Sankalp Madaan. He discussed about skills demanded by the industries. On the bases of that the industries have designed some courses in association with NASSCOM. He talked about



career portal for certification, Artificial Intelligence (AI), various foundation courses and bridge courses available, professional skills and software tools and programming languages. He also apprised the teachers of various programmes so that the teachers make their students aware of these courses. He also satisfied all

the queries of the teachers. At the end of the seminar, the coordinator of the seminar Mr. Jagjit Bhatia presented a vote of thanks to the resource person and hoped to conduct more such seminars.

Dated : 20/07/2023

Workshop on Wipro Earthian Awards organized at HMV



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, a workshop on “Wipro Earthian Awards” was organized at Hans Raj Mahila Maha Vidyalaya. The coordinators of the workshop were Dean Academics Dr. SeemaMarwaha and Dean Innovation Dr. Anjana Bhatia. The Workshop started with lighting of the lamp. The chief guest of the occasion was Director Punjab State Council of Science and Technology Dr. K.S. Bath. Sh. Ashish Shah and Dr. Mandakini from Wipro were also present there. Principal Dr. Sareen welcomed them with planter and painting. Dr. Sareen appreciated the dedication and

enthusiasm of all the members. She said that only dedication and loyalty can make a project successful. She said that we all should concentrate to complete our task. She gave her best wishes to the organizers. Dr. S.K. Bath felt elated on coming to HMV and gave brief information about Wipro Earthian Awards. He told that many teachers are getting benefitted by this project. Mr. Ashish Shah gave detailed information about the foundation. He said that our main objective is to make people capable to face the challenges regarding environment. Dr. Mandakini also provided brief information. Total 60 participants were there for the workshop. They also shared their experiences. Stage was conducted by Dr. Anjana Bhatia.

Dated : 21/07/2023

Students of HMV Collegiate School achieved brilliant International and Zonal ranks in International English Olympiad

Holding the mission of providing value oriented, skill based, and globally competent education in sync with Nation's march towards sustainable growth and prosperity, the students of HMV Collegiate Sr. Sec. School achieved brilliant international and zonal ranks in International English Olympiad which is organized by Science Olympiad Foundation, New Delhi in collaboration with British Council. The Olympiad mainly focuses on the practical use of English language and communication. Riya Banerjee applauded with Certificate of Zonal Excellence by securing 17th Zonal rank in Punjab and Chandigarh



zone, Jahnvi attained 30th Zonal rank and Sukhleen secured 61st zonal rank. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students for their achievement. She also encouraged the winners to work with commitment to be successful in all walks of life. School coordinator Dr. SeemaMarwaha also gave best

wishes to students and motivated students to endeavour for better and deeper understanding of language to participate in such competitions for their mental growth and international exposure.

Dated :24/07/2023

The Freudian Psychological Society of HMV organised a workshop on ‘An Introduction to Brain Gym’

Under the able guidance of Principal Prof.Dr. (Mrs.) Ajay Sareen, the PG Department of Psychology, Hans Raj Mahila Maha Vidyalaya organised a Workshop on ‘An Introduction to Brain Gym’. The resource person Mrs. Grace Daniel, Internationally Certified Brain Gym Instructor and Special Educational Needs Coordinator at SENCO Cambridge International School Co-ed, Jalandhar, was welcomed by Madam Principal and Dr.Ashmeen Kaur, Head of the PG Department of Psychology, with a planter and a painting by the students of HMV as a token of appreciation. Over



the course of the workshop, Ms. Grace Daniel talked about the basic components of the human brain, which is “the source of all the qualities that define humanity” and the part the hemispheres of our brain plays to facilitate learning by various movements. Ms. Daniel also talked about how certain physical activities like “the lazy 8” and “PACE” helps activate our brain leading to optimal storage and retrieval of information in the longer run. The Brain Gym comprises of 26 such exercises that not only help in learning but also helps regulate stress, calms the nervous system, helps in focusing and being more attentive to the present and moreover feel more energized. On this occasion Principal Dr. (Mrs.) Ajay Sareen discussed the importance of talking care of our brain and the pathway it creates enhancing the learning experience. Mrs. Daniel also demonstrated few exercises during the workshop. This event was attended by around 100 students from the department of psychology who participated with great enthusiasm. Ms. Parul from B.Voc (MHC) Sem 6 anchored the event. Faculty members Ms. Niharika, Ms. Shruti, Ms. Harpreet and Ms. Vanshika were present. Ms. Meekash from B.Voc (MHC) Sem 6 gave the vote of thanks.

Dated :25/07/2023

Deekshaarambh-2023 held at HMV

Hans Raj Mahila Maha Vidyalaya organized General Orientation Programme “Deekshaarambh-2023” for



UG Sem-I/UG Diplomas Sem-I students of the institution under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The Chief Guest of the ceremony was Sh. Surendera Seth, Member Local Advisory Committee. The overall Coordinator of the event was Dean Academic Dr. SeemaMarwaha. Principal Dr. Sareen welcomed the neophytes in the college premises and apprised them of the activities and achievements of the institution. She also informed the students that they have got this opportunity to get admission in one of the prestigious institutions of North India. She

wished the students that they would progress brightly and weave for themselves a colourful future. She also assured the students that the institution will always extend its help for the holistic development of the students. She blessed the students for their bright future. On this occasion, Sh. Surendera Seth also addressed the students and blessed them for achieving newer heights. Holy threads were tied on the wrists of the

students representing all the faculties. VidyaJyoti was also transferred to the new entrants of the students. The students of UG sem I also brought plants for the college as their gesture towards clean and green environment. Madam Principal and the Chief Guest presented Angvastras to the representatives of UG Sem I students. Dean Academics Dr. SeemaMarwaha introduced the students to the activities of the college and gave formal introduction of the college. She also provided information about various courses available in the college. Dean Youth Welfare Mrs. Navroop Kaur apprised the students of the activities of youth welfare department of the college. Dr. Ashmeen Kaur IQAC Co-ordinator counselled the students. Mrs. Binoo Gupta gave information about Student Welfare. Dr. ShalluBatra introduced the students to the college discipline. While Mr. Jagjit Bhatia gave a brief introduction to placements. Dr. Anjana Bhatia provided information about entrepreneurship, start-ups and discussed in detail about innovation. Dr. Veena Arora provided valuable information about NSS programme and Ms. Sonia Mahendru provided valuable information about NCC. The chief motive of the orientation programme was to impart knowledge and to wish students a brighter future. The stage was successfully conducted by Dr. Anjana Bhatia.

Dated :03/08/2023

HMV Attended the Akhil Bhartiya Shiksha Samagam (ABSS) 2023

Innovation Council of HMV attended the AkhilBhartiyaShikshaSamagam (ABSS) 2023 addressed by Prime Minister Sh. Narendra Modi. The session aimed to transform India into an equitable and vibrant knowledge society. The event was graced by Union Minister of Education Shri Dharmendra Pradhan, Ministers of State for Education Smt. Annpurna Devi, Dr. Subhas Sarkar, and Dr.Raj Kumar Ranjan Singh, along with other prominent figures from the education sector. During the event, PM Modi inaugurated the ABSS at Bharat Mandapam in Delhi, coinciding with the 3rd



anniversary of the National Education Policy 2020. He also released the 1st installment of funds under the PM SHRI Scheme, benefitting 6207 schools with a total of 630 crore Rupees. Additionally, education and skill curriculum books were translated into 12 Indian languages. In the valedictory session, Shri Dharmendra Pradhan expressed the commitment of ShikshaParivar to implement the NEP and make India a knowledge-based superpower. He emphasized converting the education gathering into an All India Institution and strengthening the school ecosystem. He also stressed the importance of skilling in Indian languages and converting NCF guidelines into textbooks. Capacity building of teachers was highlighted as a priority, with plans to develop 300 institutions as centers-of-excellence. Dr. Raj Kumar Ranjan Singh praised the event for advancing India's honor, time, and future-ready workforce, showcasing a unique education system blending tradition, logic, and culture. Dr. Subhas Sarkar acknowledged the significance of NEP 2020 in addressing education challenges and fulfilling aspirations, appreciating the dedicated efforts of the Education Ministry. Smt. Annapurna Devi emphasized India's potential for new possibilities and advocated using mother tongue as a method of instruction in schools as a vital component of NEP 2020. The event featured 16 thematic sessions, engaging various stakeholders to discuss and strategize NEP 2020 implementation. Significant MoUs were signed, covering higher education, school education, and skilling sectors. An exhibition showcasing educational initiatives and the skill ecosystem attracted 2 lakh attendees, including students and youth volunteers. The ABSS 2023 celebrated achievements, deliberated on challenges, and fostered collaboration among education stakeholders, reinforcing the commitment to make India a knowledge powerhouse. Principal Prof. Dr. (Mrs.) Ajay Sareen and IIC Incharge Dr. Anjana Bhatia motivated the team members to contribute towards realizing the vision of skilled and developed India.

HMV Jalandhar invited to participate in Akhil Bhartiya Shiksha Samagam 2023



AkhilBhartiyaShikshaSamagam 2023 was inaugurated on 29th July 2023 by Hon'ble Prime Minister, Shri Narendra Modi at Bharat Mandapam, PragatiMaidan, New Delhi on the occasion of third anniversary of the National Education Policy (NEP) 2020. The event started with the inaugural address by the Prime Minister Shri Narendra Modi, showcasing the achievement made by India in implementation of NEP 2020 in last three years and way forward. The two-day AkhilBhartiyaShikshaSamagam, scheduled for July 29 and July 30, aimed to create a platform for various

stakeholders in the education sector. Academics, thematic experts, policymakers, industry representatives, teachers, and students from schools, higher education institutions, and skilling organizations came together to share their valuable insights, success stories and best practices in implementing the NEP 2020. Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, HMV was invited to participate and showcase the innovative practices like Paper Recycling StartUP and waste management practices. Dr. Anjana Bhatia, Dean Innovation and Research told that Principal Dr. Ajay Sareen has envisioned various innovative practices to mitigate the waste production from the college. Dr. Jatinder, Head Biotech Department participated in the event and said that HMV has always been the forerunner in implementation of education reforms.

Dated :18/08/2023

Tête-e-Tête with Writer and Poet Dr. Gurpartap Singh at HMV

Readers' Club and English Department of Hans Raj Mahila Maha Vidyalaya under the dynamic guidance of Principal Prof Dr. Mrs. Ajay Sareen organized a captivating and enlightening session featuring accomplished writer and poet, Dr. Gurpartap Singh, who shared insights into his debut novel titled "When Dinkar Lost his Job and Found a Life." Dr. Gurpartap Singh, currently a faculty member at Hindu College, Amritsar, is celebrated for his literary contributions and has graced prestigious events with his soul-stirring poetry. Presenting the welcome note, Principal Prof. Dr. (Mrs.) Ajay Sareen remarked that writers shape the mind and touch the hearts through their words. The greatest stories are not only those found in books, but also those we create through our experiences, interactions, and aspirations. This interactive session is aimed at inspiring and learning about creative writing. The interactive session was arranged by Dr. Ramnita Saini Sharda and marked by an insightful discussion on Dr. Gurpartap Singh's maiden novel, which centers on the life journey of a young man named Dinkar. The English Department was thrilled to welcome Dr. Gurpartap Singh. He was greeted with a planter and a painting by Mrs. Navroop, Dr. Mamta, HOD English and Dr. Ramnita Saini Sharda. Dr. Gurpartap Singh eloquently shared the narrative and themes of his novel, offering attendees a glimpse into the creative process that brought the story to life. Additionally, he graced the audience with recitations of his renowned poems, captivating the listeners with his evocative verses that touch the heart and mind. The highlight of the event was the spirited interaction between Dr. Gurpartap Singh and the enthusiastic students. The students eagerly posed questions about the nuances of creative writing and the



challenges he encountered while crafting his novel. Dr. Gurpartap Singh's responses were filled with wisdom, providing aspiring writers and literature lovers with valuable insights into the world of storytelling and expression. Students left the session with a deeper appreciation for creative writing and the transformative power of storytelling. The English Department expressed its gratitude to Dr. Gurpartap Singh for gracing the occasion and inspiring students to pursue their literary aspirations. The English Department is committed to fostering a rich literary environment and nurturing the creative talents of its students. Events such as these provide an invaluable platform for students to engage with renowned authors and gain insights into the world of literature and writing. Dr. Ashmeen, Dr. Veena Arora, Mrs. Lovleen Kaur, Mr. Neeraj Aggarwal, Mr. Parminder Singh, Ms. Yamini and Ms. Himani attended the session along with the students.

Dated :08/09/2023

One-day seminar on Glam Makeup organised at HMV



PG department of Cosmetology of Hans Raj Mahila Maha Vidyalaya organized one day seminar on Glam Makeup by Mr. Amit from Amit Makeovers, Jalandhar. Principal Prof. Dr. Mrs. Ajay Sareen and Head of Cosmetology Department Ms. Mukti Arora welcomed Mr. Amit. He addressed the students and told the importance of make-up in today's fashion era. He shared various beauty hacks related to make-up. He gave step-by-step demonstration of Glam Make-up look along with detailed knowledge of Make-up products & tools on model. He demonstrated the

art of makeup and applied makeup on one model. Around 200 students were present in this seminar. Principal Dr. Ajay Sareen honoured the guest and appreciated the work done by Resource person. She said that such endeavors by the department are good for enhancing the practical knowledge of the students and motivated the faculty of the department to continue such practices in future also. Ms. Trisha, Ms. Navjot and Ms. Prabhjot Kaur Assistant professor in Department of Cosmetology were also present.

Dated :10/09/2023

Workshop on Fight fear and achieve goals



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, Freudian Psychological Society organized a one day workshop on "Fight fear and achieve goal" on the eve of World Suicide Prevention Day. The Resource Person was an esteemed Psychotherapist Mr. Jatinder Pal Singh. He was welcomed by Mrs. Navroop, Dean Youth Welfare and Dr. Ashmeen Kaur, Head P.G. Department of Psychology with a planter. Mr. Jatinder Pal Singh started the workshop by interacting with students. He explained how we can

recondition our brains by seven steps which are tranquility, awareness, accepting pattern, know your triggers, commitment to change, repeat and resolve. He said that if you make a conscious effort for 21-90 days you can get a new You. Sometimes people commit suicide due to the fear of failure so, the person

should remember that failure is an event, not a person. He also revealed a shocking fact that there is one suicide attempt in every two second globally. During the interactive session he asked students to present their thoughts on the topic "Is suicide a Personal Failure or Social Debacle?" Principal Prof. Dr. Ajay Sareen appreciated this initiative and congratulated the Department of Psychology and said that it may seem like there's no way to solve your problems and that suicide is the only way to end the pain, but every problem has a solution and life is precious. Ms. Ayushi, B.A. Sem 5 conducted the stage. Ms. Vanshika gave the formal vote of thanks .On this occasion Ms.ShrutiBidani and Ms. Nidhi Sharma also participated in the workshop.More than 100 students from various streams participated in the workshop.

Dated :22/09/2023

Financial Literacy Workshop organized by Commerce Club of HMV



Commerce Club of PG Department of Commerce & Management of Hans Raj Mahila Maha Vidyalyaya, Jalandhar organized Two days 10 hours Financial Literacy Workshop 1st September- 2nd September 2023 on the topic “Career in Securities Market Sector and Developing Good Investment Habits”. It was organized in collaboration with NISM- An Educational Initiative by SEBI and Kotak Securities Ltd., under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Resource Persons of this workshop

were Mrs. Anita Saini, Financial Market Trainer and Mr. Nagesh Kumar, Company Secretary, Chartered Financial Analyst. The session began with formal welcome and green greetings by Ms. MeenuKohli (Head, PG Dept. of Commerce), Coordinator Ms. Binoo Gupta (Dean Student Welfare) Ms. MeenuKundra and Ms. Kanika Sharma, Incharges of workshop. Ms. Binoo Gupta, Coordinator of the programme briefed that such programs aimed promoting gender equality by enabling students to become Financial Independent and for this students must know about the various financial avenues and opportunities available, learn about budgeting, financial planning, establishing and using credit, preventing identity theft, and loan options. She told more than 50 students were benefitted by the workshop. On 1st September 2023 CS Nagesh Kumar educated the students regarding Investment habits and encouraged students to invest their money wisely. He also gave knowledge to students about various investment schemes and to start investing timely to reap good retirement benefits. He discussed various aspects of securities in market sector. He provided useful tips on how to save money, avoid impulsive buying and educated students about financial investment schemes tending in the market. On 2nd September 2023 Mrs. Anita Saini from NISM talked about the pros & cons of investing in securities market, what are the various Mutual Fund and Equity Schemes available and various career options in Security Markets were also discussed with the students for their career growth. Students attended workshop very enthusiastically and were very much satisfied. In between students asked their doubts and made the session interactive. On the valedictory day Principal Dr. Prof. (Mrs.) Ajay Sareen congratulated the participants and the Organising Committee and told that the prime focus of our institution is to make the students self-sufficient & independent and it was achieved through such programmes. Ms. MeenuKohli, Head PG Department of Commerce and Management encouraged students to learn more about the Financial Opportunities and grow financially secured by using the helpful tips discussed in the workshop. Vote of thanks on the concluding day was given by workshopincharge Ms. MeenuKundra, Stage was conducted by Ms. Kanika Sharma. Technical assistance was provided by Mr. Vidhu Vohra. Dr. Seema

Khanna, Mrs. Anchal, Ms. Yaagrika ,Mrs. Parneet and other faculty members graced the occasion with their presence.

Dated :27/09/2023

Guest Lecture on ‘Cancer: A multifaceted disease with novel insights’ and Poster Making competition



Under the able guidance of Principal Prof. Dr. Ajay Sareen, PG Department of Bioinformatics and the Department of Biotechnology under the aegis of ‘DBT Star College Scheme’ organized a guest lecture on ‘**Cancer: A multifaceted disease with novel insights’ and a Poster Making competition**. The session was started with lamp lighting followed by DAV gaan. The resource person, Dr. Manpreet Kaur, Associate Professor & Head of Human Genetics Department, GNDU, Amritsar gave a detailed

overview of Cancer, factors leading to cancer, its diagnosis and innovations to treat cancer. A poster making competition was also organized on this occasion in the area of Cancer Biology & Bioinformatics in which students from various science disciplines participated with great enthusiasm. Dr. Seema Marwaha, Dean Academics, Mrs. Saloni Sharma, Head of Physics Department, Dr. Jitendra Kumar, Convener and Head of Biotechnology Department, Dr. Harpreet Singh, Head of Bioinformatics Department, Mrs. Purnima, Organizing secretary, Mr. Sumit Sharma and Ms. Taniya extended green welcome to the resource person. Dr. Seema Marwaha gave the formal welcome address while Dr. Harpreet Singh, summarized the concept of the guest lecture to all the participants. Dr. Anjana Bhatia, Head of Botany Department, Mrs. Saloni Sharma, Head of Physics Department and Dr. Sakshi Verma, Assistant Professor in Zoology acted as judges for the poster making competition. Ms. Ishita, Ms. Pavneet and Ms. Tanya of B. Sc. Biotechnology Sem-I won the first prize while Ms. Tania Sethi of M.Sc. Bioinformatics won second prize while Ms. Palak Pahwa of B.Sc. Biotechnology Sem-I won third prize. The consolation prizes were won by Ms. Arushi, B.Sc. Biotechnology Sem-3, Ms. Lavanya B.Sc. Medical with Bioinformatics Sem-I and Ms. Antima of B.Sc. Biotechnology Sem-V. Principal Prof. Dr. (Mrs.) Ajay Sareen honored the guest and congratulated the Departments of Bioinformatics and Biotechnology for organizing such an informative Lecture. Technical assistance was given by Mr. Vidhu Vohra, Mr. Arvind Chandi, Mr. Manoj and Mr. Tirath. Dr. Jitendra Kumar, member organizing committee presented formal vote of thanks to resource person, all the participants, non-teaching staff, technical staff and supportive staff to make this workshop a successful event. Special thanks was extended to the students Ms. Sehaj Saini, Ms. Palak Sharma and Ms. Tania Sethi for their stage conduct and Ms. Khushboo, Ms. Komal Chaudhary and Ms. Mankiran for display of posters and Ms. Lavanya for the beautiful Rangoli. On this occasion Ms. Deepshikha, Dr. Shaveta, Mr. Sushil Kumar, Mrs. Ramandeep Kaur, Dr. Simmi Garg, Dr. Shuchi Sharma, Ms. Harpreet Kaur, Mr. Ravi Kumar, Dr. Vandana and Ms. Tanisha were also present.

Dated :04/10/2023

Workshop on ‘Safety Measures in Chemistry Lab’ at HMV

R. Venkataraman Chemical Society of Chemistry Department of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized DBT-STAR sponsored Workshop on ‘Safety Measures in Chemistry Lab’ under the able guidance of Principal Prof. Dr. (Mrs) Ajay Sareen. The workshop was designed to instill safer lab practices among students, staff and all the laboratory attendants of Chemistry Department. Mrs. Deepshikha,

Head of Chemistry Department and Incharge of R. Venkatraman Chemical Society shed light on the importance of safety measures in Labs. The focus was to create awareness about chemical hazards, first aid measures for accidental chemical exposure, safe handling of various commonly used chemicals, safety rules (Labcoats, shoes, plain glasses, tying long hairs) while performing experiments in Chemistry Labs. Students were made aware about the MSDS (Material Safety Data Sheet) of chemicals, meaning of various symbols/labels on chemical bottles etc. All the members of discipline of Chemistry were benefitted from this workshop. Total 64 students participated in Slogan Writing, Poster Making, and Power Point competitions held on the occasion. Jasleen (B.Sc. NM sem III), Gurishrat (B.Sc. NM Sem III), Kavya (B.Sc. NM Sem I and Gulnaar (M.Sc. chemistry Sem I) placed first, second and third position respectively in powerpoint presentation competition. In slogan writing competition, Gurleen (B.Sc. Med Sem I), Yashika (B.Sc. Med Sem V), Rashi and Rajni (M.Sc. chemistry Sem III) were awarded first, second and third position respectively. Nancy (M.Sc. chemistry sem I), Gulnaar (M.Sc. chemistry Sem I) and Jasleen Kaur (B.Sc. Biotech Sem III) were placed first, second and third prize in poster making competition. Dr. SeemaMarwaha, Mrs. Saloni Sharma, Dr. Shaveta Chauhan, Dr. Simmi Garg, Dr. Vandna Thakur. Ms. Tanisha, Ms. Chetna, Ms. Ekta and Ms. Renu, faculty of Science Department were also present on the occasion.



Dated : 13/10/2023

2-day workshop on 'Camera Handling Techniques' organized at HMV

The PG Department of Mass Communication and Video Production of Hans Raj Mahila Maha Vidyalaya



organized a 2-days workshop on "Camera Handling Techniques" on 12-13 October, 2023. The Resource Person was Mr. Suraj Raj Dogra, renowned Photographer and Cinematographer. Head of Department Mrs. Rama Sharma, Ms. Priyanka Jain and Mrs. Priya welcomed him and his associates Mr. Vishal Sabharwal and Mr. Sahil. Mr. Suraj Raj Dogra told the students that photograph is the ultimate thing which comes out of our mind with the help of camera. He said that for best result, perspective of photographer should be very clear. A good photograph is a combination of good camera, lights, angles, subject etc. He said that some types of photography includes details of everything. He also showed some of his best clicks and video and explained the shots. Mrs. Rama Sharma presented vote of thanks. On 2nd day, Mr. Dogra held a practical session with students. All the students clicked the photographs on the topic given to them. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the department and said that photography is not only restricted

to hobby rather is a profession now. Photographs give us life long memories. Stage was conducted by Ms. Mallika and Ms. SakshiBadola.

Dated : 19/10/2023

HMV Organized One Day Workshop onHappiness Forever

Under the able guidance of Principal Prof. (Dr.) Mrs. Ajay Sareen, Freudian Psychological Society of Psychology Department organised a one day workshop on "Happiness Forever - Let's crack the code". The resource persons were Mr. Atul Madan, Clinical Psychologist, Mrs. Sonu Aggarwal , Clinical Psychologist and Dr. Kamalpreet Singh, Pediatrician. They were welcomed by Dr. Ashmeen Kaur, Head P.G. department of Psychology with a planter as a token of love and appreciation. In the workshop Mr. Atul Madan talked about whether life is hard or easy. People become very negative because of expectations and lack of gratitude. He also talked about forgiving people not because they deserve it but because you want your peace of mind. There are three keys to a problem - Control, Quit, Accept. After this session a Panel Discussion was held on the topic Neuro developmental Disorders in which Mrs. Sonu Aggarwal talked about Learning disabilities like dyslexia, dysgraphia and dyscalculia and how to treat them. Dr. Kamalpreet Singh talked about ADHD in which he talked about three types of ADHD and how to treat them. Principal Prof. Dr. Ajay Sareen appreciated this initiative and said it is the need of the hour to create mental health awareness and congratulated the



Department of Psychology for organising workshop on such a relevant topic. Ms. Anushka, B.A. Sem 3 conducted the stage. Ms. Drishti B.A. Sem 3 gave the formal vote of thanks. On this occasion Ms. ShrutiBidani, Ms. Anjali Nandan, Ms. Nidhi Sharma and MsVanshika participated in the workshop.

Dated :01/11/2023

HMV Organized lecture on the occasion of Ayurveda Diwas

Hans Raj Mahila Maha Vidyalaya organized a special lecture in association with DAV Ayurvedic College on the occasion of "Ayurveda Diwas". This lecture was organized by Vedic Adhyayan Samiti, Sanskrit Department and PG Department of Hindi under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The topic of the lecture was "Skin Treatment". The Resource Person was Dr. Neeshu Raina, M.D. Skin Department, Associate Prof., DayanandAyurvedic College. She was



welcomed with a planter. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of organizers for such lectures and said that our young generation should be familiar with our rich ayurved. They should understand its importance as well as adopt it in their daily lives. Dr. Neeshu Raina told the students about the basis of Ayurved. She also told about various skin treatments available in Ayurved. She also assured the queries of the students. Head of Sanskrit Department Dr. MeenuTalwar also shared valuable information about Gurus of Ayurved. She also extended vote of thanks. Stage was conducted by Head of Hindi

Department Dr. JyotiGogia. On this occasion, Mrs. Navroop, Mrs. PawanKumari and all the members of Arya Yuvti Sabha were also present.

Dated :03/11/2023

HMV hosted the grand ceremony of its 92nd Convocation



Amidst the hallowed halls of learning and a beacon of educational excellence, Hans Raj Mahila Maha Vidyalaya, stood resplendent as it hosted its 92nd Convocation, a testament to its unwavering commitment to nurturing knowledge. In a momentous occasion for 838 aspiring graduates of both Undergraduate and Postgraduate programs, the academic year 2021-22 was brought to a grand culmination, under the dynamic and visionary leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen. The event was graced by a distinguished

garland of dignitaries, each a luminary in their own right. Sh. SushilRinku, Member Parliament (Jalandhar Lok Sabha Constituency) held the esteemed position of Chief Guest. Dr. NeelimaJerath, Director General, PushpaGujral Science City, Kapurthala and Justice (Retd.) Sh. N.K. Sud, Vice President, DAVCMC, and Chairman LAC, added their grace as Guests of Eminence and Guest of Honour, forming a formidable trio of distinction. Sh. Ashok Pruthi, Sh. Sudhir Sharma, Sh. SP Sehdev, Sh. Ajay Goswami, Dr. Pawan Gupta, Dr. Sanjeev Sood, Principal Kiranjit Kaur and Mrs. ShilpiGoyal formed a part of the occasion. Principal Dr. Ajay Sareen extended a warm and verdant welcome to the august assembly of guests and the media, setting the tone for the day's proceedings. The Convocation commenced with the ceremonial lighting of the lamp, an age-old tradition that symbolizes the illumination of knowledge, followed by a heartfelt recital of the DAV Anthem and Krishna Vandana. Principal Dr. Ajay Sareen, in her poised and articulate manner, offered a formal welcome to the revered guests and eloquently presented a comprehensive report of the institution, meticulously detailing the saga of its glorious journey. With grace and authority, she declared the Convocation officially open, marking the beginning of a momentous chapter in the lives of the graduating students. The Chief Guest of the occasion, Sh. SushilRinku, a figure of resplendent stature, delivered an

emphatic Convocation address, inspiring the young graduates with words that resonated with wisdom and hope. He congratulated the degree holders on being a part of the esteemed institution as HMV. Expressing great compassion, he advised the students to be aware of life and its values. He lauded the talented students of HMV and the prestigious place women hold in the society. He also announced a grant of 10 lacs to the Computer Science Department. Dr. NeelimaJerath, renowned for her illustrious career as a scientist, cherished the joy of success and proclaimed that the path to achievement is paved with unwavering dedication and relentless effort. She described this journey as the true



commencement of life, a voyage where one must embrace both success and failures as invaluable lessons. Justice (Retd.) Sh. N.K. Sud, in his own inimitable style, extended his warm congratulations to the students on their red-letter day. Applauding their confidence, he urged them to keep the flame of motivation alive within them, to serve as seekers as well as beacons of inspiration. As the day's proceedings drew to a close, Principal Dr. Ajay Sareen took the honor of declaring the Convocation closed, symbolizing the completion of one journey and the commencement of another. The culmination of the formalities heralded a vibrant display of cultural performances, a fitting tribute to the diversity and talent that thrives within the institution. The 92nd Convocation of Hans Raj Mahila Maha Vidyalaya was a tapestry of tradition, excellence, and inspiration, painting a vivid picture of academic achievement and the promise of a bright future for the graduating students. It will forever be remembered as a day of triumph, as these scholars step forward to shape the world with their newfound knowledge and aspirations. The vote of thanks was presented by Convocation Co-ordinator. The stage was conducted by Dr. Anjana Bhatia, Dr. Ramnita Saini Sharda and Dr. Ashmeen Kaur. The Coordinator was Dr. ShalluBatra and Co-Incharge was Dr. Jiwan Devi. All the Faculty Members, Superintendents Sh. Pankaj Jyoti, Sh. Lakhwinder Singh, Sh. Ravi Maini, Non-Teaching and Supporting Staff became a part of the success of the Convocation.

Dated : 16 November 2023

HMV Organized Workshop on Paint and Splash

The Department of Fine Arts of Hans Raj Mahila Maha Vidyalaya organized a one-day workshop for



students on the theme 'Paint and Splash'. On this occasion, Ms. Aakriti Kapoor, freelance artist and owner of Not So White Clothing Brand was invited to share her expertise with students and encourage them to do works that are more creative. Students from different departments had attended it. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated all the staff members and students of Fine Arts Department. Dr. Seema Marwaha, Dean Academics, Dr. Neeru Bharti Sharma, Head of Fine Arts Department, Dr. Shailender Kumar, Miss. Chahat, Miss. Twinkle and Miss. Sarita were present there.

Dated : 18 November 2023

HMV grandly hosted its 93rd Convocation



In a splendid celebration of academic achievement and the pursuit of knowledge, the prestigious Hans Raj Mahila Maha Vidyalaya, Jalandhar, hosted its 93rd Convocation with great fervour. The event, held within the esteemed walls of the campus, served as a beacon of educational excellence and marked the culmination of the academic journey for 870 accomplished graduates, postgraduates and diplomas across various disciplines. Under the dynamic leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen, the Convocation witnessed a distinguished gathering of luminaries, each contributing to the grandeur of the occasion. Renowned entrepreneur, educationist and philanthropist, Sh. VishvaNath Sharma with his better half Smt. Kamlesh Sharma graced the event as the Chief Guest, imparting words of wisdom and inspiration to the graduating class. The ceremony also welcomed Guests of Eminence, S. Balkar Singh, Minister of the Local Government and Parliamentary Affairs and Guest of Honour Justice (Retd.) Sh. N.K. Sud, Vice President, DAVCMC and Chairman LAC along with Principal (Retd.) Sh. M.L. Aeriji, Dr. Sushma Chawla, Dr. Pawan Gupta, Sh. SP Sehdev and media personnel. The



ceremonial lighting of the lamp and the DAV Gaan set the stage for a day filled with pride and accomplishment. Principal Dr. Ajay Sareen offered a warm welcome to the guests in her eloquent address and commended the graduates for their dedication and hard work, emphasizing the transformative power of education. She highlighted the institution's milestones in a comprehensive report and its commitment to shaping future leaders and thinkers. Sh. V.N. Sharma in his address, shared valuable insights on navigating the professional landscape and encouraged the graduates to embrace challenges as



stepping stones to success. He felt delighted on being the part of the event and lauded the institution for its marvellous achievements. S. Balkar Singh conveyed his best wishes to the students and announced a generous contribution of Rs. 10 lacs towards the development of infrastructure of the institution. Justice (Retd.) Sh. NK Sud and Sh. M.L Aeri, echoed the sentiments of encouragement and urged the graduates to carry forward the torch of knowledge with integrity and compassion. Their words resonated with the essence of resilience and continuous learning. Smt. Kamlesh congratulated the graduates and motivated the girls to become an embodiment of women empowerment and inspire others. Dr. Veena Arora and Dr. Gagandeep received honour for upgrading their qualification to doctoral level. As the curtains descended on the formal proceedings, Principal Dr. Sareen officially declared the convocation closed, signifying not just an end but a commencement of new endeavours for the graduates. The day concluded with a vibrant display of cultural performances, showcasing the diverse talents nurtured within the institution. Convocation successfully concluded under the guidance of Advisor, Dr. SeemaMarwaha, Coordinator, Dr. Seema Khanna and Co-Coordinator Dr. Sandeep Kaur. The vote of thanks was graciously delivered by the Convocation Coordinator, Dr. Seema Khanna expressing gratitude to all contributors who made the event a resounding success. The organizing committee, faculty members, and supporting staff were acknowledged for their tireless efforts in making it a memorable day. The stage was conducted by Dr. Anjana Bhatia, Dr. Ramnita Saini Sharda and Dr. Ashmeen Kaur. The 93rd Convocation will be etched in the annals of academic history as a testament to the institution's commitment to excellence and the bright futures awaiting its graduates as they embark on their respective journeys.

Dated : 22/11/2023

HMV Competitive Examination Hub Organized Guest Lecture



The HMV Competitive Examination Hub under the aegis of Principal Prof. Dr. (Mrs.) Ajay Sareen, organised a guest lecture on the topic, 'How to prepare for UPSC/PPSC Exam'. The resource person of the day was Dr. Malkiat Singh, Deputy Director AIS centre, Guru Nanak Dev University. The event began with the formal welcome of the resource person with a green planter. Mrs. Binoo Gupta, Coordinator of the HMV Competitive Examination Hub highlighted the role of the Hub in motivating the students for various competitive exams and cited

example of HMV IAS Alumnae Bhawna Garg, Smita Dawra and PCS HMV Alumnae Sarojini Gautam Sharda, Babita Kler and Anupam Kler to encourage the students. She also told that Hub is providing Students with Banking coaching and CA foundation coaching classes have high success rate, as It's the difference in preparation which gives remarkable results. Dr. Malkiat Singh talked about the power and charm of Civil Services. He guided the students on what to study, how to study and when to study. He also strongly highlighted that there is no need for coaching if we start our preparation during graduation. He gave his 5 mantras for success. First mantra to success is reading newspaper daily with focus on editorial and main international/national/ state news with reference to all the government schemes. Second mantra is working on the vocabulary, which can be gained only and only through reading good books. Third mantra is to gain basic knowledge of various topics by going through the NCERT books from 6th to 10th. His Fourth Mantra was be sincere, focussed and disciplined towards the goal of clearing UPSC/PPSC. Last but not least he advised students that they should make a proper study plan by allotting time for studying, physical and mental rejuvenation. They should take short breaks after long hours of study. His 5 Mantras were the sure shot success capsule in clearing UPSC/PPSC examinations. Jasveen Sandhu, student of BA Sem III Sociology conducted the stage. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the department. She said that success rate is more in HMV Competitive Hub. She gave her best wishes to the students. The event ended with vote of thanks by Dr. Baljinder, Head of Sociology Department, who thanked Principal Prof. Dr. (Mrs.) Ajay Sareen for always motivating and encouraging the faculty for organising such lectures. He asked the students to have the thrust of becoming an IAS officer. They should just not dream, but should be ready to work really hard to accomplish their goal. He told 75 students were benefitted by the lecture. He also cited the recent appointments of the judges in PCS(J) and inspired to students to be one of them. It was a very fruitful lecture on the whole. On this Occasion Mrs. Protima Mander, Mr Vidhu were also present.

Dated : 29/11/2023

HMV Organized Workshop on Banking Software 'FINACLE'



A workshop on Banking Software 'Finacle' was organised by the PG Department of Commerce and Management of Hans Raj Mahila Maha Vidyalaya under the able guidance of Principal Prof. Dr. (Mrs) Ajay Sareen for the students of B.Voc (Banking and Financial Services). On this occasion, the students visited the circle office of RBL Bank Jalandhar. Mr. Johny Bhatia, Operations Manager welcomed the students. He explained the use of latest version of Finacle and the

commands which are used in Finacle Software in order to operate customer transactions like how to check Balance, Print Passbook, Accounts Ledger enquiries etc. He also showed the ultra virus machines to check Chequegenuity. The branch manager also told about E-Banking. The workshop ended with a doubt clearing session. Principal Prof. (Dr) Mrs. Ajay Sareen congratulated Head of Department, Mrs. MeenuKohli and appreciated the efforts of the department. Mrs. Pranet Kaur from Commerce Department accompanied the students.

Dated : 18/12/2023

HMV Organized certificate programme on Computerised Accounting 'CATPRO'



Commerce Club of PG Department of Commerce and Management of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized A certificate programme of 30 hours of duration Computerised Accounting 'CATPRO' in collaboration with Ingeniero World Institution, Jalandhar under the able guidance of Principal Prof. Dr. (Mrs) Ajay Sareen. The resource persons of the session were Mr. Rahul Puri, (Director of Institution), Miss Neha & Mr. Mukesh (Software Trainers). Total 53 students of B.com Sem1 were participated in this course.

The session began with formal welcome of Resource Persons and Green greetings presented by Mrs. MeenuKohli (Head, PG Department of Commerce and Incharge of course), Mrs. Bino Gupta, Dean Student welfare (Incharge, Commerce Club and Co-ordinator of course) and told the students that aim behind conducting this course is to gain practical knowledge of accounting aspects with the help of accounting softwares along with urtheoretical concepts and motivated them towards digital learning. After that Mr Rahul Puri briefed the students about course content and other practical training exposures during the course. Madam Neha and Mr. Mukesh Guided the students toward various accounting softwares and provided practical training through CATPRO software and cover various aspect like creation of company, creation of bills, bank entries, bill creation, stock handling and creation of direct and indirect expenses etc. The course was successfully completed. Principal Dr. Mrs. Ajay Sareen appreciated the efforts of the Commerce Club for taking this initiative and congratulated Mrs. MeenuKohli (Head, PG Department of Commerce and Incharge of course), Mrs. Bino Gupta, Dean Student Welfare (Incharge, Commerce Club and Co-ordinator of course) and other faculty members for organising such kind of session for the practical exposure to students. The stage was conducted by Mrs. AnchalMahajan .Technical assistance was provided by Mr. Arvind Chandi.

Dated : 19/12/2023

HMV Organized Spoken English and Personality Development Course

HMV Competitive Examination Hub organized 40hrs of Spoken English and Personality Development Course under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Mrs. Ritu Bajaj, Course Incharge told that during the course a comprehensive curriculum was covered that included the topics i.e. Basic Grammar and Vocabulary, Phonetics, Conversational English, Listening and Speaking Exercises, Role Plays and Group Discussions, Pronunciation and Accent



Improvement. Various teaching methods were employed to ensure effective learning, such as interactive discussions, audio visual aids and practical exercises. HVM Competitive Examination Hub Incharge Mrs. Binoo Gupta told the aim of this course is to help students develop positivity in attitude and thinking and for this effective communication skill are required. She thanked Principal Prof. Dr. (Mrs.) Ajay Sareen for always motivating and encouraging the faculty for organizing such courses. 51 students were benefitted by this course. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated students and incharges for successfully conducting the course and told that single of speaking English makes tremendous impact on personality and it help in studentsplacement too. Teachers Incharges of Courses were Ms. YaminiKukreja and Ms. HimaniBhalla.

Dated : 20/12/2023

Successful conduct of Value Added Short Term Course on 'Ecofriendly Lifestyle' in HVM



The P.G. Department of Chemistry of Hans Raj Mahila Maha Vidyalaya organized 30 hrs value added short term course titled 'Ecofriendly lifestyle' under the able guidance of Principal, Prof. Dr. (Mrs) Ajay Sareen. The course Incharge

Mrs. Deepshikha, Head, Chemistry Department discussed that a comprehensive approach of theory and practical demonstration was included in the course curriculum. The course laid emphasis on the various aspects which affect our health and environment as later plays a major role in deciding our lifestyle. The focus of the course is to encourage the participants and the masses to follow a healthy lifestyle which causes no or minimum harm to our environment. The aspects of curriculum included environmental hazards on human health, environment protection and various government initiatives, awareness on sustainable living Drinking water quality analysis and parameters, food adulteration, sustainable fashion and its importance. The hands on training to check drinking water quality and food adulteration in common food items like milk products, honey, ghee, turmeric etc. to the participants was also organized during the course. HVM Skilled Courses Hub Incharge, Mrs. Binoo Gupta, told the aim of this course is to create awareness among masses about sustainable living: Reduce, Recycle and Reuse, and emphasize especially on Zero or minimum waste to environment. Total 10 students were benefitted from this course. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the incharges and students for successfully ccompleting the course and encouraged the faculty for organizing such courses. The teacher incharges of the course were Mrs. Deepshikha and Ms. Tanisha.

FACULTY PROFILE

Mrs. Navroop

- Sharomanikavipurskaar, 'GiaaniGurmukh Singh MusafirPurskaar' by BhashaVibhag Punjab on 1st Nov, 2023.
- Research paper 'Aurattemanosantaap: new jarh de sandarbhvich' published in UGC Approved journal *Sheerazaank* 04 May/June 2023, edited by Popinder Singh Paras r.n.no.28873/76.

Mrs. Kuljit Kaur

- Acted as Anchor in the Programme 'KavSath' organised in collaboration with Language Department Punjab on 22nd Sep, 2023.
- Performed Judgement duty in zonal youth festival of GNDU Amritsar on 5th Oct, 2023.
- Participated as Anchor in Doordarshan programme 'Ajj Di Gall' on 7th Sep, 2023 and 13th Oct, 2023.
- participated as Anchor in the programme 'Sirjana De Aar Paar' in the months of Sep/Oct/Nov organised by Punjab Sahit Academy and AnterRashtriSahitikSanjha, Brampton Canada.

Dr. Veena Arora

- Book *Rangmanch De Sirnawen-1* published in the month of August 2023.
- Special Honour by Azad Theatre Group Phagwara for contribution in Punjabi Rangmanch on 28th Sep, 2023.
- Honoured by BhashaVibag Patiala (Jalandhar Unit) for Literature in the month of September.
- Coordinated a trip to Mumbai at the Sets of Kaun Banega Crorepati (KBC), Participation as Audience dated 30 Sep, 2023.

Dr. Mandeep Kaur

- A research paper 'LokDharm Ate LokShstar: VibhinPripek' published in UGC Approved journal *Sheerazaank* 04 May/June 2023, edited by Popinder Singh Paras r.n.no.28873/76.

Dr. Sandeep Kaur

- Online international lecture series 'Participation in Role of Religious Text in the Promotion of Punjabi Language and Literature, Allama Iqbal Open University, Department of Pakistan Studies, Pakistan, July 25, 2023.
- ParvasiPustakVicharCharcha, KAGZI KIRDAR: EK MULAKAN, Gujranwala Guru Nanak Khalsa College, Ludhiana, Aug 5, 2023.
- Presented the research paper the national seminar 'Socio-cultural Perspective and Importance in Indian Literature' on the topic of Shiv Kumar Batalvikaav de bhashai ate samajiksrokar, at Dyal Singh College, Delhi, on Nov 04, 2023.
- Present the research paper in international seminar series, *21vi Sadi Di Parvasi Punjabi Kahani: EkSanvaad*, on the topic of 'Parle Pull: ManukhiEhsaasdaPratibimb', in Vancouver VicharManch, B.C. Canada on Dec 04, 2023.

Dr. Gagandeep

- Published a paper on Generalized Iterative Method of Order Four with Divided Differences In *Foundations* 2023, 3(3), 561-572; <https://doi.org/10.3390/foundations3030033>.

- Attended a Five Day Online FDP on Modelling of Complex systems using mathematics organized by Vellore Institute of Technology from 6-10 November 2023

Dr. Gaurav Verma

- successfully completed NPTEL- AICTE approved Faculty Development Programme on 'Introduction to Probability Theory and Statistics' with silver Elite certification.

Dr. Seema Marwaha

- Awarded with Nation Builders award by City Group of Institutes on Teacher's Day, 5th Sept, 2023.

Dr. Sakshi Verma

- Chapter published in the book *Beneficial Role of Naringenin Alleviates Cadmium Toxicity* by S. Verma, S. Sharma, and S. Batoye, 2023. Corvete Press, 50.
- Chapter published 'Piloting the Future of Research and Innovation in India: An Analysis of the National Education Policy 2020' S. Vij, S. Verma, and P. Rishi In: *Navigating New Horizons: Unravelling the Challenges, Ideas and Teacher Perceptions in the Implementation of NEP 2020*, edited by Anuradha Sekhri and Richa Aggarwal. I P Iterative International Publishers, 2023, Vol. 1, pp- 202-211.

Mr. Ravi Kumar

- Delivered an extension lecture on the topic 'Theories of organic Evolution' at GKSM Govt. College Tanda on 26th September, 2023.

Dr. Harpreet Singh

- Singh, H., Almaazmi, S. Y., Dutta, T., Keyzers, R. A., & Blatch, G. L. (2023). *In silico* identification of modulators of J domain protein-Hsp70 interactions in Plasmodium falciparum: a drug repurposing strategy against malaria. *Frontiers in Molecular Biosciences*, 10. doi:[10.3389/fmolb.2023.1158912](https://doi.org/10.3389/fmolb.2023.1158912)
- Işık, E.B., Brazas, M.D., Schwartz, R., Gaeta, B., Palagi, P.M., van Gelder, C.W., Suravajhala, P., Singh, H., Morgan, S.L., Zahroh, H. and Ling, M., 2023. Grand challenges in bioinformatics education and training. *Nature Biotechnology*, 41(8), pp.1171-1174. (SCOPUS, Web of Science indexed, Impact factor: 59.1 as on 25-08-2023), ISSN 1087-0156 (print). <https://doi.org/10.1038/s41587-023-01891-9>
- Chopra C, Yodun T, Singh H, Singh B, Singh SK, Goutam U. Raloxifene, a SERM targets PD-L1: an in-silico study. *Am J Transl Res*. 2023 Aug 15;15(8):5206-5215. PMID: 37692949; PMCID: PMC10492081. (Web of Science indexed, Impact factor: 2.20 as on 25-11-2023), ISSN 19438141 (print),
- Singh, M., Singh, H., Kaur, K. et al. Characterization and regulation of salt upregulated cyclophilin from a halotolerant strain of *Penicillium oxalicum*. *Sci Rep* 13, 17433 (2023). (SCOPUS, Web of Science indexed, Impact factor: 4.6 as on 25-11-2023), ISSN: 2045-2322 (online). <https://doi.org/10.1038/s41598-023-44606-5>
- Purnima Sharma, Harpreet Singh, Rupinder Preet Kaur, Kamini, Rakhi, Taniya, Nandni Kanwar (2023). Experimental and Bioinformatics approaches to predict Off-Targeting of programmable nucleases (ZFNs, TALENs, and CRISPR-Cas9). In *Genome Editing for Crop Improvement*, edited

by Rahul Kumar, Ashutosh Sharma, Yogesh Kumar, and Indu Sharma, *Nova Science Publishers, New York, USA*. 77-126,(ISBN: 979-8-88697-740-0). DOI: <https://doi.org/10.52305/RZCJ7386>

- Jaspreet Kaur and Harpreet Singh (2023). Reserved quotas for women in corporate boardrooms: Are they enough to crack the glass ceiling, or are they merely a show?.In *Gender Diversity in Corporate Boardrooms Myths, Realities, Experiences and Expectations*, edited by Sumanta Dutta and Jasveen Kaur. *Bharti Publications*.
- Received Nation Builders Award on 5th September, 2023 from the Learning Hub Society.
- Acted as a session chair for the session ‘Omics data to green innovation for the 21st century agriculture: A prediction of carbon journey to biomass production’ conducted on 5th November (Virtual mode), 2023 during the 4th Bioinformatics and Biodiversity (BBC 2023) held from November 4-5 2023 held at Jakarta, Indonesia in hybrid mode.
- Acted as the member of the Steering Committee for the International Conference on Bioinformatics 2023 (InCoB 2023) held at the Translational Research Institute (TRI), Brisbane, Australia from 12-16 November 2023.
- Appointed as a topic editor for the journal ‘Frontiers in Genetics’ for the special topic ‘The 22nd International Conference on Bioinformatics (InCoB 2023) Translational Bioinformatics Transforming Life’.
- Attended DBT sponsored guest lectures on ‘Cancer: A multifaceted disease with novel insights’ and a Poster Making competition on 23-09-2023.
- Presented research work in the field of Malaria Drug Discovery during the 22nd International Conference on Bioinformatics 2023 (InCoB 2023) at the Translational Research Institute, Queensland University of Technology, Brisbane, Australia from November 12-16, 2023. The work presented is a part of the research project funded by the UAE Government with a grant of about Rs. 43 Lacs.
- Attended DBT sponsored guest lectures on ‘Cancer: A multifaceted disease with novel insights’ and a Poster Making competition on 23-09-2023.
- Cleared the certification exam for the SWAYAM/NPTEL course on ‘Foundations of R Software’ for the period July-October 2023 (12 weeks course) conducted by IIT Kanpur.
- Dr. Harpreet Singh and Mrs. Purnima Sharma attended the 7th **International Symposium on Bioinformatics (InSyB)**, an online event conducted by the Asia Pacific Bioinformatics Network (APBioNET) on 14-12-2023.
- Part of the organizing team for the Mega Inter-School Competitions ‘**Yuvan-2023**’ held on 20th October, 2023 in which students from more than 50 schools participated in different competitions.
- Acted as in charge of the team of Career Counseling Cell & Admission committee which represented the college at the Mega Education Fare, SPARK 2023 held from 12th and 13th December, 2023 organized by the District Administration Jalandhar.
- Organized the DBT sponsored guest lecture on ‘Cancer: A multifaceted disease with novel insights’ and a Poster Making competition on 23-09-2023 as a part of the ‘Innovative teaching Pedagogies’ initiative, under the aegis of ‘DBT Star College Scheme’.

- Acted as a resource person during the certificate course on ‘Computer Assisted Drug Design’ (six-month), session-2023-24, conducted at Bioinformatics Centre, BISR, Jaipur in Hybrid mode. This programme was Jointly organized by DIC, Birla Institute of Scientific Research and DIC, University of Rajasthan under the ‘Designed and Innovation Centre’ Project sponsored by Department of Education, Ministry of Human Resource Development, Government of India. Delivered two talks on the topics ‘Drug Design for Malaria - Computational Approach’ on 29th September 2023 and ‘Protein structures basics, PDB format and its conversion’ on 13th October 2023.

Mrs. Purnima

- Appreciation certificate for Participation in ‘Swachh Bharat Mission’ between 15th September 2023 to 2nd October, 2023 as CTO NCC Air Wing.
- Appreciation award for Organizing Shakti Utsav @HVM in the Honor of Yashasvini-CRPF All Women Motorcycle Expedition at HVM, Jalandhar on 12th Oct, 2023.
- Attended DBT sponsored guest lectures on ‘Cancer: A multifaceted disease with novel insights’ and a Poster Making competition on 23-09-2023.
- Mrs. Purnima as CTO NCC Air Wing Organized Kargil Vijay Diwas by Honouring the Veer Naris in collaboration with Ex-servicemen Welfare Association, Bhogpur at HVM, Jalandhar.
- Mrs. Purnima as CTO NCC Air Wing Organized Shakti Utsav @HVM in the Honor of Yashasvini-CRPF All Women Motorcycle Expedition at HVM, Jalandhar on 12th Oct, 2023.
- Organized the DBT sponsored guest lecture on ‘Cancer: A multifaceted disease with novel insights’ and a Poster Making competition on 23-09-2023 as a part of the ‘Innovative teaching Pedagogies’ initiative, under the aegis of ‘DBT Star College Scheme’.

Dr. Shailender Kumar

- Awarded Nation Builders Award on Teachers Day by Creative Events, Jalandhar on 5th Sep, 2023.
- Awarded 1st prize in The Wall Painting (Indian Swachhta league-2.0) Organized by Municipal Cooperation Jalandhar on 17th Sep, 2023.
- Participated in the IIC Regional Meet Organized By Panjab University, Chandigarh on 21st Nov, 2023.

Mrs. Meenu Kohli

- Attended workshop on ‘Research Writing’ organised by GNA University on 14th Oct, 2023.

Mrs. Binoo Gupta

- honoured with Outstanding Teacher Award by Lions International Jalandhar Branch on 13th Sep, 2023.
- Acted as Resource Person for Guest Lecture on the topic ‘Understanding the Process of Group Learning and Group Dynamics’ in Induction Programme organised under the guidelines of Ministry of AYUSH by Dayanand Ayurvedic College, Jalandhar on 24th Nov, 2023.
- Conferred Certificate of Appreciation by Bajaj Finserv Limited for invaluable contribution, as Coordinator of the course, with expertise planning and coordination for the CPBFI batch by Mr. Kanwaljit, Lead Trainer of North India Chapter of Bajaj Finserv Limited.

Dr. KajalPuri

- Successfully defended her Ph.D viva. Her research topic was 'Employee Empowerment as Antecedent of Job Satisfaction: A study of Teachers in private universities in Punjab'. She did her Ph.D from IKGPTU, Kapurthala.

Mrs. Deepshikha

- Presented Appreciation Award by The Learning Hub Society on Teacher's Day on 5th Sep, 2023.
- Presented Appreciation Award by Punjab State Red Cross Society on International First Aid Day on 9th Sep, 2023.

Mrs. Rama Sharma

- Participated in 86th webinar of the webinar series of Communication Today on "Mrinal Sen@100" held on 9th July, 2023.
- Participated in 87th webinar of the webinar series of Communication Today on "SahityakKritiyaaur Cinema" held on 16th July, 2023.
- Participated in workshop on Science Journalism held on 24 august, 2023 organized by PushpaGurjral Science City.
- Won Appreciation Certificate in National Short Film Festival 2023 organised by RD Productions, New Delhi for the movie "PakkiVekhkeKacchiNahiyoDhaidi".

Mrs. Mukti Arora

- An article published in Punjabi Jagran on the topic 'Use and selection of Perfumes' on 29.07.23.
- An article published in Punjabi Jagran on the topic 'Vit D and Skin' on 07.10.23.
- An article published in Punjabi Jagran on the topic 'Selection of Hair Brushes and Combs' on 21.10.23.
- An article published in Punjabi Jagran on the topic 'Skin Care in Winters' on 04.11.23.
- An article published in Punjabi Jagran on the topic 'Effect of emotions on Skin' on 18.11.23.
- An article published in Punjabi Jagran on the topic 'Diet in depression' on 02.12.23.
- An article published in Punjabi Jagran on the topic 'Importance of Conditioner in Hair Care on 16.12.2023.

CAREER ADVANCEMENTS/ PLACEMENTS

Dated :15/07/2023

HMV student cleared CA Examination

Sameeksha, Student of Hans Raj Mahila Maha Vidyalaya has brought laurels to the institution by clearing CA Final Examination May 2023. She is now a certified Chartered Accountant. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Ms. Sameeksha and said that HMV is providing coaching for CA and is already accredited with ICAI. On this occasion, Head of Department Mrs. MeenuKohli, Mrs. Binoo Gupta and Dr. Seema Khanna applauded the student for her achievement.

Dated :29/07/2023



HMV Student registered her brand in MSME



Km. Pooja, student of Bachelor of Design Sem-7 of Hans Raj Mahila Maha Vidyalaya got her brand name register under Ministry of Micro, Small and Medium Enterprises, Govt. of India. Her brand name is GLAM NAILS by Pooja. She is a Fashion Designer and Nail Artist of the city. Principal Prof. Dr. (Mrs.) Ajay Sareen and Member Local Advisory Committee Sh. Surendra Seth congratulated her. Dr. Sareen told that she is hardworking, creative and enthusiastic designer of Design Department. She works under

the guidance of her mentor Dr. Rakhi Mehta. Principal Dr. Sareen also congratulated Dr. Rakhi Mehta and wished Pooja a bright future ahead.

Dated :27/08/2023

M.Sc. Botany students of HMV cleared NET/JRF Examinations

M.Sc. Botany students of Hans Raj Mahila Maha Vidyalaya brought laurels to the college. Keeping their institute legacy alive, 2 students crack NET/JRF examinations. This examination is one of the toughest examination of the country designed to determine the eligibility of Indian nationals for positions as “Assistant Professors” and “Junior Research Fellows” in Indian Universities and Colleges. Ms. Neha Devi cleared JRF/NET with All India Rank 197 while Ms. Kajal Sharma cleared NET with AIR 54. The exam results were cleared by NTA. On this occasion, Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students for bringing laurels to the institution. She said it is a moment of immense pride for us. She also attributed this success to the dedicated efforts of faculty members of Botany Department. Dr. Anjana Bhatia, Head of Botany Department also congratulated the students for this remarkable achievement.



the guidance of her mentor Dr. Rakhi Mehta. Principal Dr. Sareen also congratulated Dr. Rakhi Mehta and wished Pooja a bright future ahead.

HMV Signed MOU with NASSCOM

The Placement Cell of Hans Raj Mahila Maha Vidyalaya organized a student interaction programme with the executives of NASSCOM under DBT Star Scheme. The Deputy Director Sector Skill Council NASSCOM and his team signed an MOU with the institute on the basis of strengthen the students of HMV



with employability skill and also to provide Employability opportunities. The team members of NASSCOM were Mr. Karan Singh, Deputy Director, SSC, NASSCOM, Mr. Aditya, Sr. Associate and Mr. Sandeep Marketing Development Executive. NASSCOM is the premier body and Chamber of Commerce of Tech. Industry of India. Its member companies are over 3000. Mr. Karan Singh addressed the students and said that we need to be in continuous learning state. The students must look for internships in government sector. He told the students to know about the trends in the sector in which you are interested and look for opportunities in them. He advised the students to make their profile on professional apps. He said that there are many avenues to update yourself. He told that NASSCOM is providing industry oriented courses. The students asked their queries from them. Principal Prof. Dr. (Mrs.) Ajay Sareen and Placement Officer Mr. Jagjit Bhatia honoured the guests and said that this MOU is going to strengthen the students of every field with internship, Industrial Visit as well as placement of opportunities. On this occasion, Placement Cell members Mrs. Shefali Kashyap, Mrs. Rama Sharma, Ms. Jyotika Minhas and Mr. Sumit Sharma, Mr. Ashish Chadha were also present.

Dated : 08/12/2023

HMV Faculty member attended International Conference on Bioinformatics 2023 (InCoB 2023) at Brisbane Australia



Dr. Harpreet Singh, Head PG Department of Bioinformatics, Hans Raj Mahila Maha Vidyalaya Jalandhar presented his research work in the field of Malaria Drug Discovery during the 22nd International Conference on Bioinformatics 2023 (InCoB 2023) at the Translational Research Institute, Queensland University of Technology, Brisbane, Australia from November 12-16, 2023. The work presented is a part of the research project funded by the UAE Government with a grant of about Rs. 43 Lacs in which Dr. Harpreet Singh is

acting as a co-investigator. The InCoB conference series is a flagship event of the Asia Pacific Bioinformatics Network (APBioNET) of which Dr. Harpreet Singh is the Vice President. Dr. Harpreet Singh received an honor of representing APBioNET in the inaugural ceremony as well during the annual general Body meeting of the APBioNET society. Dr. Harpreet Singh expressed his heartfelt gratitude to the DAV College Managing Committee, New Delhi and Principal Prof. Dr. (Mrs.) Ajay Sareen for their guidance, support and motivation to represent Hans Raj Mahila Maha Vidyalaya at this mega event. Dr. Harpreet Singh also expressed his gratitude towards Prof. Margaret Sheil AO, Vice Chancellor, Queensland University of Technology, Brisbane; Prof. Scott Bell, Director of the Translational Research Institute; Prof. Lyn Griffiths, Director of the Centre for Genomics and Personalized Health; Conference Chair Prof. Jyotsna Batra, members of the organizing committee Prof. ShobaRanganathan, Dr. Asif M. Khan, Dr. Latha Narayanan, Ms. NurulSalwanie. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Dr. Harpreet Singh and the PG Department of Bioinformatics this rare achievement at International level and bringing laurels to the college.

CO-CURRICULAR ACTIVITIES

Dated : 08/07/2023

PG Fashion Designing Department of HMV Provided Consultancy



The PG Department of Fashion Designing of Hans Raj Mahila Maha Vidyalaya provided consultancy to DAV Institute of Physiotherapy and Rehabilitation by stitching the Angvastra (Convocation Gowns) for their convocation. The students of B.Sc. (FD) and PGDGCFD stitched Angvastra for guests, staff and students under the guidance of Mrs. Rishav, Head of Department and Mentor Ms. Bindia from FD Department. Principal Prof. Dr. (Mrs.) Ajay Sareen said that it is a part of practical training of the students and it boosts their morale too.

Dated : 18/07/2023

HMV organized College Tour for Newly admitted students

Hans Raj Mahila Maha Vidyalaya organized a college tour for the newly admitted students of session 2023-24. This tour was organized by student council of the college. The main aim of organizing this tour was to show the students the various blocks of the college and other amenities available in the college. Principal Prof. Dr.(Mrs.) Ajay Sareen welcomed the new students and said that HMV is spread over an area of 28 acres. So many courses are being run by the college. Through this tour, the various blocks are shown to the students so that they do not face any problem when the regular teaching will start. Dean Student Council Mrs. Urvashi Mishra showed the whole campus to the newly admitted students. The faculty members distributed roll numbers and time table to the students.



Dated :26/07/2023

Kargil Vijay Diwas Celebrated at HMV

Kargil Vijay Diwas Celebrated at NCC Unit of Hans Raj Mahila Maha Vidyalaya Jalandhar, in collaboration with Ex-Serviceman Welfare Association Bhogpur, celebrated Kargil Vijay Diwas by honouring the Veer Naris under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The event started with the lighting of the lamp followed by DAV Gaan. The chief guest of the event was Commanding Officer Colonel M. S. Sachdev. Other guests of the event



were Commissioner Major Irwin (PCS), Captain Gurmail Singh from ex-serviceman association, Smt. Satwant Bhullar Principal DAV Public School Ludhiana and Sh. Surjit Lal. The media partner of the event was Dainik Sawera. The event was sponsored by HDFC Bank and Sahara Sewa Samiti Jalandhar. On this occasion, Principal Dr. Ajay Sareen bowed down to the martyrs of Kargil War and showed respect for the veer naris. She also inspired youngsters to take pledge for complete devotion to the pride of India. She also appreciated the efforts of Lieutenant Ms Sonia Mahendru and Mrs Purnima of NCC Unit of HMV. Commander Sachdev felt honoured to be the part of the event. He said that every woman is a brave woman and we all should perform our work with honesty and devotion. Commissioner Major Irwin also addressed the audience and paid his tribute to the martyrs of Kargil. On the occasion, the veer naris Smt. Dalvinder Kaur, Kamaljit Kaur, Harpreet Kaur, Kulwant Kaur, Manjeet Kaur, Hakko Kaur, Harjinder Kaur, Seetal Kaur, Surinder Kaur, Mahinder Kaur and Mohinder Kaur were felicitated. On the occasion, Retired officers Major Singara Singh, Sh. Surjit Lal, Kishan Singh, Sh. Tej Rajinder Singh and Sh. Anil Kumar were also honoured. At the end of the event Captain Gurmail Singh apprised the audience of facilities provided by Ex-Serviceman Welfare Association. The event ended with the recitation of the National Anthem.

Dated :02/08/2023

Installation Ceremony held at HMV Collegiate School



HMV Collegiate Sr. Sec. School hosted the **Installation Ceremony** in collaboration with Student Council under the guidance of Dean Student Council Mrs. Urvashi Mishra and Coordinator School Dr. Seema Marwaha. The event was presided over by the worthy Chief Guest Principal Prof. Dr. (Mrs.) Ajay Sareen. The ceremony commenced with traditional lamp lighting ceremony followed by reciting DAV Gaan. It was conducted with high degree of earnestness and passion. School coordinator and Dean Student Council welcomed the

worthy guest by presenting planter. Mrs. Urvashi Mishra, Dean Student Council paid her gratitude to the untiring efforts of Principal under whose able stewardship Student Council is touching the pinnacle of success. She briefed about various best practices of student council. She said that student council is link between students and administration that helps to develop administrative and leadership qualities among students. Leaders are not born but they are made and this is possible because of student council. Principal Prof. Dr. (Mrs.) Ajay Sareen addressed the students and congratulated them on receiving the prestigious offices designated to them. In her address she motivated the students to imbibe good qualities like truthfulness, humbleness and sense of gratitude to bring positive change in society and nation. She inspired students to maintain balance between power and responsibilities which further help them to be a successful person in life. Badges are sign of responsibilities which help students to differentiate between good and bad and to discharge their duties with more efficiency. Office bearers are messengers of any institution who will help to inculcate good qualities among other students and also to society. She also told students to visualize what they wish to implement. Thereafter, the newly elected members undertook their responsibilities as new office bearers and they were conferred with badges respectively. Donning the mantle of accountability, they also pledged to bestow their duties to the best of their abilities and to hold the motto of loyalty, truth and honour in high esteem. Shrishti of SSC 2 Commerce was pinned the badge of Head Girl by Principal Prof. Dr.(Mrs.) Ajay Sareen, School coordinator Dr. Seema Marwaha, Mrs. Urvashi Mishra, Dean Student Council, Mrs. Savita Mahindru, Co Dean Student Council. Saumya of SSC 2 Arts, Muskaan of SSC 2

Commerce and Muskan of SSC 2 Non- Medical were designated as Joint Head Girls. The post of Assistant Head Girls was held by Hargun Kaur of SSC 1 Commerce, Sukriti Miglani of SSC 1 Arts and Mannat of SSC 1 Non- Medical. 13 students were elected for the HMV Task Force and 11 students were elected as the class representatives. Dr. Seema Marwaha congratulated the newly elected office bearers and said that the aim of the institution is to develop administrative skills of the students for the overall development of their personalities. She emphasises that patience is a beautiful trait to be engrossed in commendable leader. In her vote of thanks, she thanked the Chief Guest Madam Principal Dr. (Mrs.) Ajay Sareen, Dean Student Council Mrs. Urvashi Mishra, Co- Dean Mrs. Savita Mahindru, technical staff, Collegiate staff and the students of task force. The stage was conducted by members of college students council. The event ended with the National Anthem.

Dated :10/08/2023

HMV Environment Club organizes Online Quiz to mark ‘World Nature Conservation Day’

Environment Club and Zoology Department of Hans Raj Mahila Maha Vidyalaya organized an Online Quiz in order to mark ‘World Nature Conservation Day’ celebrated on 28th June of year, under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen who always motivate to hold such events. The quiz included 20 multiple type questions on Nature and its conservation based on this year’s theme i.e. 'Forests and Livelihoods: Sustaining People and Planet'. Principal Dr. Ajay Sareen said that such activities would raise awareness among the students to protect and preserve our Mother Nature and enhance their knowledge regarding the sustainable use of natural resources. E-certificates are provided to all the participants. Principal Dr. Ajay Sareen congratulated Dr. Seema Marwaha, Dean Academics and Head of Zoology Department, Incharge Environment Club, Dr. Sakshi Verma and Mr. Ravi Kumar.



Dated : 11/08/2023

HMV Collegiate School Organized ‘Shubharambh 2023’



Fresher Party ‘Shubharambh 2023’ was organized in the premises of HMV Collegiate Senior Secondary School for newcomer students under the encouraging guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The main objective was to make every new student feel connected as an integral part of the HMV family and prepare them for the challenges of the coming years. The entire programme was organized under the supervision of Dr. Seema Marwaha, School Coordinator and Mrs. Urvashi Mishra, Dean, Student Council. Function was started with lamp lighting followed by DAV Gaan. In her address,

Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed all and especially students and gave them her blessings. She said that HMV will help students to achieve their goals and provide wings too to fly high in the sky. After passing out, they will remember golden period of college days so they should participate in each and every activity for their growth. According to her, faculty members are role models for students and they

work so hard to inculcate talent in them but for this coordination from students is also needed. She talked about SWOC analysis according to which students should work on both their strengths and weaknesses and build confidence to meet the challenges of life. She also prayed to the Almighty that all students achieve their goals by moving forward on the path of progress. HMV is not only known for its excellence in academics but also for the overall personality development of its students. Furthermore, she told the students that they have entered HMV with hopes and aspirations so she assured all that in this institution they will be successful in fulfilling their all ambitions under the guidance of the teachers and who will turn them into chiseled diamonds. She asked them to be assured about their discipline, regularity and punctuality in classes to be a pleasing global citizen. She admired the cultural items performed by participants and congratulated entire school team for arranging such a beautiful function. To make the environment more exciting and enjoyable, modelling rounds were conducted in which the students enthusiastically participated. Along with this dance, Punjabi, Giddha, Bhangra, Games, Singing, Mimicry, Comedy etc. were also performed. Mrs. Kuljit Kaur, (Punjabi) Dean Holistic Growth, Dr. Anjana Bhatia, Head of Botany Department & Dean Innovation and Research and Dr. Sangeeta Arora Head of Computer Science Department played the role of Judges. In modelling, students were given different titles. Ashmeet Kaur Miss Freshers, Hargun Kaur 1st Runner-up, Gauri 2nd Runner-up, Sukriti Miglani Miss Artsy Queen, Dippenpreet Kaur Miss Biz Girl, Suhani Miss Tech Fairy respectively. Principal Dr. Ajay Sareen congratulated and distributed crowns, planters and prizes among winners. On this occasion, Mrs. Arvinder Kaur Beri while presenting the vote of thanks, thanked all the members wholeheartedly and said that these types of events give confidence and help in intellectual development of the students, which is very necessary in today's modern and competitive world. In the end, she motivated the students to get successful and reach at heights by adopting positive thinking in life so by this they can make their institution, teachers and parents proud. The stage was conducted by Ms. Rashmi Sethi and Ms. Vanshika. On this occasion the teachers of college and school sections were present.

Dated :14/08/2023

‘Maati Ko Naman – Veeron Ka Vandan’ organized at HMV

Under the able guidance of the Principal Prof. Dr. (Mrs.) Ajay Sareen, the NSS department of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized an Orientation Programme ‘Maati Ko Naman – Veeron Ka Vandan’ under Meri Maati Mera Desh by the direction of Ministry of Youth Affairs and Sports, Government of India and in collaboration with ‘PAHAL’ NGO. Captain Gurmail Singh-an Ex. Service Man was the chief guest for the occasion. On this occasion, Freedom fighter Ashok Kumar and Tej Rajinder Singh also made their special



appearance and showed students the Prime Minister award which were awarded to them for their selfless service to our country. The programme commenced with the tree plantation campaign at the institution and Principal of the college Prof. Dr. (Mrs.) Ajay Sareen welcomed the chief guests and other dignitaries by presenting them Green Planters. The orientation started with the lighting of the holy lamp. Principal Dr. Ajay Sareen said the value of joining NSS programme to newly joined NSS volunteers. Programme Coordinator Dr. Veena Arora said the importance of NSS Programme and told that how it is beneficial for the welfare of students. The chief guest Captain Gurmail Singh inspired female students and told that there

is 50% ratio of female population in our country and they must participate in elections for the welfare of society. After that, a patriotic song “Teri Mitti Meh Mill Java” was presented by the students of music department. Prof. Harwinder Kaur, The founder Head of NGO ‘PAHAL’ made the NSS volunteer aware pertaining to the Principles of their NGO and motivated all to donate blood for noble cause. Operator of the NGO ‘PAHAL’ cum young artist Mr. Mohit told NSS volunteers to raise voice against the evils of the society. A pledge toward the responsibility of our nation was also taken by all. Programme Advisor Dr. Anjana Bhatia gave a vote of thanks at the end of the event. Dr. Jyoti Gogia conducted the stage enthusiastically. On this event, Programme coordinator Ms. Harmanu Paul, Mr. Parminder Singh, Mr. Praduman were also present.

Dated :16/08/2023

HMV Students Celebrate Independence Day with a Patriotic Rally

In a spirited display of patriotism and reverence for the nation's freedom struggle, the students of Hans Raj Mahila Maha Vidyalaya came together to commemorate India's Independence Day with a vibrant rally. The event organized by PG Department of Political Science and Student Council under the motivation of Principal Prof.Dr. (Mrs.) Ajay Sareen, was a powerful testament to the enduring spirit of freedom and unity that continues to define the nation. Marking the



solemn occasion, the students raised fervent slogans that echoed the sacrifices of the countless freedom fighters who valiantly battled for India's independence. With voices raised in unison, the participants paid a heartfelt tribute to the brave men and women who selflessly dedicated their lives to securing the nation's liberty. The event saw an outpouring of patriotic fervor, as faculty and students proudly donned handmade badges emblazoned with the tricolour and wore the tricolour attire, symbolizing the unity of the nation and the collective aspirations of its people. A student under the banner of Student Council brought a cake which marked her maiden product initiating her start up. Mrs. Navroop, Head of Punjabi Department and Dr. Seema Marwaha Dean Academics cut the cake and wished their best for her success. Speaking about the event, Dr. Ajay Sareen said, "The Independence Day rally at HMV is not just a celebration, but a heartfelt homage to the sacrifices of our forefathers who bestowed upon us the gift of freedom. It is heartening to witness our students coming together with such enthusiasm and unity to honor the values that our nation stands for." Mrs. Alka Sharma Head of Political Science Department and Mrs. Urvashi Mishra, Dean Student Council also conveyed their warm wishes to all on the occasion. The event concluded with a renewed sense of commitment to the nation's progress, as the students departed with a shared resolve to contribute positively to the growth and development of India. HMV remains dedicated to nurturing not only academic excellence but also a sense of national pride among its students. The Independence Day rally served as a reminder that the youth of today are the torchbearers of tomorrow's India, and their unity and dedication will shape the destiny of the nation.

HMV Collegiate School Celebrated Independence Day with utmost enthusiasm



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. The students came all dressed in tricolour to express their patriotic feelings. Tricolour badges were put on the Principal Prof. Dr. (Mrs.) Ajay Sareen, School Co-ordinator Dr. Seema Marwaha, Mrs. Arvinder Kaur Beri. Continuing with the celebration, the students displayed the posters depicting the patriotic fervour. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the organising

team for celebrating nationalistic feelings and appreciated the artistic and creative aspect of the students. She further added that it's the moral duty of every citizen to serve the nation with heart, mind and soul. She said that Independence Day celebrations should not be limited to just one day, rather each day of the year should be celebrated in the light of patriotism. On this pious occasion, Dr. Prem Sagar and his team from music department along with the students touched the hearts by singing patriotic songs. Dr. Seema Marwaha, school coordinator wished independence day to all the vigorous students present there and added that independence is the responsibility which must be articulated with honesty, sincerity, and integrity. She conveyed that these events are fruitful in instilling the feeling of national integration among the students. She further said that we must make every possible effort to lead the country towards the path of progress and development. The faculty members from college and collegiate sections were present in this exuberant event dipped in patriotic fervour. The stage was conducted by Ms. Shrishti and Ms. Ashu. The celebration was ended with the recitation of the National Anthem.

Dated :19/08/2023

HMV Celebrated World Photography Day

The PG Mass Communication & Video Production Department of Hans Raj Mahila Maha Vidyalaya celebrated World Photography Day with Photography Competition. The participants were given 3 topics to click the photographs. The topics were – Nature, Colour and Texture. 70 students participated in this competition. These students were from HMV Collegiate Sr. Sec. School, HMV, CT Institute, Maqsudan, GNDU Regional Campus Ladhewali and Makhan Lal Chaturvedi University, Bhopal. The judgement was done by Head of Department Mrs. Rama Sharma. Ist Prize was won by Richa and Seema, 2nd Prize was won by Deepa and Anjali, 3rd Prize was won by Lovepreet Singh and Riya.



Appreciation Certificate was given to Harshita. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the department and said that art of Photography is widely appreciated in the whole world. Photography not only click the movements but preserve them also. She appreciated the efforts of the department.

HMV wins trophy in 77th Independence Day celebration at Guru Gobind Singh Stadium

The students of Hans Raj Mahila Maha Vidyalaya, Jalandhar put up a spectacular show during Independence Day parade at Guru Gobind Singh Stadium, Jalandhar and received accolades for their outstanding performance in the patriotic and jingoistic dance performance. HMV students won the hearts of all those present in the stadium. The students and teacher Incharge Ms. Ritika received trophy and certificates.



Principal Prof. Dr. (Mrs.) Ajay Sareen gave a word of appreciation for the teachers and students involved in the mega event of Independence Day. Punjab Vidhan Sabha Deputy Speaker Jai Krishan Singh Rouri was the chief guest of the occasion. The event was graced by Lok Sabha MP Sushil Kumar Rinku, MLA Raman Arora, Divisional Commissioner Gurpreet Kaur Sapra, ADGP Amardeep Rai, Deputy Commissioner Vishesh Sarangal, Commissioner of Police Kuldeep Singh Chahal, Punjab State Container and

Warehousing Corporation Chairperson Rajwinder Kaur Thiara and others.

Dated :24/08/2023

HMV Organized Sensitisation Drive

Under the able guidance of Principal Prof. Dr. Mrs. Ajay Sareen, Freudian Psychological Society and Drishti Technology Centre for the visually challenged organised a Sensitisation Drive : A Compassionate step towards inclusion. The resource persons were Mrs. Seema Chopra (Social Activist) S. Amarjeet Singh Anand (State Disability Activist) Mrs. Deepika Sood (NGO Saksham Punjab). They were welcomed by Dr. Ashmeen Kaur, Head P.G. department of Psychology and Dr. Prem Sagar, Head, Department of



Music, with a planter and an art work prepared by the students of HMV as a token of love and appreciation. Students of Department of Music sang a wonderful composition in order to celebrate the 77th Independence month. In the workshop Dr. Prem Sagar talked about the challenges faced by visually challenged people . He told students about "Be my eyes" app where they can volunteer and help visually challenged people. Mrs. Deepika shared her words of wisdom and told students about how visually challenged people use laptops and how they can read with screen reading softwares. Mr. Amarjeet Singh Anand shared incidents where government turns a blind eye towards the needs of special children and how people should be empathetic towards these children. Mrs. Seema Anand Chopra talked about how people should be sensitive and empathetic towards people who are visually challenged or challenged in any other way. The session ended with an interactive question answer round with all the resource persons and students sharing their stories how they helped people with special needs. Ruhani of B voc. Sem 5 recited a wonderful poem on this topic.

Principal Prof. Dr. Ajay Sareen appreciated this initiative and congratulated the Department of Psychology and Drishti Technology Centre for organising workshop on such a sensitive topic. Ms. Ayushi (B.A. sem 5) conducted the stage. Ms. Vanshika gave the formal vote of thanks. On this occasion Ms. Shruti Bidani, Ms. Anjali Nandan, Ms. Nidhi Sharma were also present.

Dated :25/08/2023

HMV Collegiate School Celebrated AkshayUrjaDiwas

To explore and celebrate the power of renewable sources of energy-Akshay Urja Diwas was organized in HMV Collegiate Sr. Sec. School under the able stewardship of 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 event was commenced with lighting of the lamp to spread divine grace.



The Green Champion Awardee Dr. Ajay Sareen conveyed her felicitation of Akshay Urja Diwas to the young learners and motivated them to be considerate towards environment. She put forth the catchword “Save Energy and Make the Earth Greener” and emphasized to be highly conscious while using energy resources. She inspires every student to use energy resources prudently by saying that in HMV alternate energy resources are taken into great consideration like Solar Generator, Solar Light, Solar Gysers, Rain Water Harvesting Unit and Recycling Paper

Machine are used with the purpose of reducing wastage of energy resources so that these can be saved for posterity. She concluded her words by saying that the progress of any nation depends on the use of energy resources wisely. Dr. Seema Marwaha, School Coordinator congratulated the students and all faculty members and apprised that wind, earth and water are the most precious blessings the mankind has and it is our solemn duty to conserve them and use them with wisdom as they are far better renewable resources than traditional energy resources that are exhaustible and take millions of years to replenish. She told the students to always focus on conserving nature so that we can make our Earth greener and cleaner. The students of Senior Secondary classes participated with great enthusiasm in poster and model making competitions. Different sources of energy were represented creating remarkable models. Students prepared still model as well as working models. Their eye-catching models like water free energy, wind mill energy, harvesting from rain water, ocean wave power generator, agriculture farming working model etc. received appreciation. The judgement was provided by the worthy judges – Dr. Neelam Sharma, Head of Chemistry Department, Dr. Anjana Bhatia, Head of Botany Department and Dean Innovation and Research, Mrs. Saloni Sharma, Head of Physics Department and Ms. Vandana Sethi. In Model Making Competition, Ashmeet and Sanvi stood first, Kashish attained second position, Kritika secured third position and Ritika received consolation prize. In poster making competition, Bhawana got first position, Khushi secured second position, Simon attained the third position and the consolation prizes were given to Himani and Muskan. Kiranjeet of SSC 2 Medical shared her powerful views on energy resources and its conservation which is the absolute need of today’s hour. Her thoughts provided an insight to all the students present there. ‘The stage was conducted by Km. Ashmeet and Km. Kiranjeet commendably. All the teaching and non-teaching members were present in the function.

Freshers' Party 'Shubharambh-2023' organized at HMV

Freshers' Party 'Shubharambh-2023' was organized for all the UG first year and PG first year students of Humanities and Skilled Courses in the premises of Hans Raj Mahila Maha Vidyalaya, Jalandhar. Principal Prof. Dr. (Mrs.) Ajay Sareen commenced the event by lighting the holy lamp. Followed by the DAV Gaan, Principal Dr. Ajay Sareen, in her address, welcomed and blessed the rookie students. She motivated the students to study hard as per the standards of HMV, an Institution with A++ grade. Further, she motivated the new buds to attain success through determined mind and by following the honest and true path in life. Moreover, Principal Dr. Ajay Sareen advised the students to inculcate cultural and moral values in their life and also wished them for their bright future. Students organized cultural events and made the environment

enthusiastic and full of zest. Young girls participated in modeling, song singing, traditional dance and Punjabi Bhangra. Dr. Arvinder Kaur Beri, Mrs. Upma Gupta, Ms. Sukriti Sharma acted the role of judges for the eve. In the field of modeling contest of UG Classes, Zeenat was declared Ms. Fresher while Himanshi Sandhu and Ragini were given the title of first and second runner up in UG modeling respectively. On the other hand, Mandeep Kaur was declared as the Ms. Fresher in



modeling competition from PG Classes while Manpreet and Muskan bagged the position of first and second runner up in PG modeling respectively. Additionally, Km. Jaspreet Kaur was given the title of Ms. Charming, Km. Kanika Verma was announced as Ms. Punjaban, Km. Prabhpreet Kaur was declared as Ms. Creative. This beautiful event was organized by Dr. Ramnita Saini Shardha, Mrs. Kuljit Kaur, Dr. Neeru Bharti Sharma. The stage was conducted by Mrs. Loveleen Kaur, Mrs. Protima Mander, Dr. Deepti Dheer and Students of student council Kirman, Sakshi, Yashika and Devangi. Dr. Ramnita Saini Shardha gave a vote of thanks to all at the end of the event. On this occasion, Dr. Veena Arora – Incharge of NSS, Mrs. Navroop Kaur-Dean youth welfare, Dr. Ashmeen Kaur-Coordinator IQAC and Mrs. Urvashi Mishra-Dean students' council and faculty from Humanities and Skilled department were also present. DJ party for the students was also organized by Mr. Ashish Chadha and Ms. Trisha Sharma.

Dated :29/08/2023

HMV Celebrated Festival of Rakshabandhan as Shaktibandhan

Hans Raj Mahila Maha Vidyalaya celebrated the festival of **Rakshabandhan** today in an innovative manner. Under the guidance of the Principal Prof. Dr. (Mrs.) Ajay Sareen, the Student Council and Institutional Innovation Cell celebrated the festival as SHAKTI BANDHAN. On this occasion, Dr. Shikha Bhagat, Joint Commissioner Municipal Corporation was the Chief Guest. Mr Bilga, Horticultural Officer was the guest of honour. Dr. Shikha Bhagat tied Shakti Bandhan thread to Principal Prof. Dr. (Mrs.) Ajay Sareen and Principal Dr. Sareen tied the same to her. Dr. Shikha Bhagat said that women can play the most supportive role in each others lives. She congratulated Principal Dr. Sareen for her innovative thought dedicated to women empowerment. Principal Dr. Sareen also tied rakhi to Dr. Seema Marwaha,



Dean Academics, all the Faculty Heads, Mrs. Navroop, Dr. Neelam Sharma, Dr. Sangeeta Arora, Mrs. Meenu Kohli, D.r Rakhi Mehta as well as to Mrs. Urvashi, Dean Student Council and Dr. Anjana Bhatia, Dean Innovations and Research. The students also tied the thread to each other. Dr Anjana Bhatia, told that Shakti Bandhan is to encourage women in bonding, supporting, nurturing and protecting one another. Principal Dr. Ajay Sareen said that Shakti Bandhan signifies our vision of women empowerment and that no woman should ever feel alone. On this day, Vrikshabandhan was also

celebrated. Sacred threads were tied on trees to signify our bond with trees. Horticultural Officer from MCJ Mr Bilga, Dean Campus Maitenance Mr. Gurmeet Singh, Superintendents Mr. Lakhwinder Singg, Mr. Pankaj Jyoti and Mr. Tarun along with Student Council of HMV were present on the occasion.

Dated :31/08/2023

HMV started the Celebration of World Sanskrit Day

Hans Raj Mahila Maha Vidyalaya started the celebration World Sanskrit Day and Shravani Upakaram under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The celebration will continue till 3rd September. The Chief Guest of the occasion was Pracharya Gurukul Kartarpur Dr.



Udyan Arya. The students participated in Poster Making Competition, Sanskrit G.K. Quiz, Debate Competition, Bhajan Recitation Competition. Principal Dr. Ajay Sareen said that Sanskrit language is the basis for Indian Culture. Yoga, Ayurved, Arthshastra, Mathematics, Astrology, all are in the Sanskrit language. Sanskrit is the mother of all languages. It is our duty to tell its importance to the young generation. She also congratulated Vedic Adhyayan Samiti and Sanskrit Department for making the students aware about this pious language. Dean Vedic Adhyayan Samiti Dr. Mamta also congratulated all on this occasion. Dr. Udyan addressed the students and said that Sanskrit is mother of all languages. It is the most suitable language for Computer Programming. It should be known by all the people of the world. Head of Sanskrit Department Dr. Meenu Talwar said that Sanskrit is a very rich language of traditional India. Stage was conducted by Dr. Meenu Talwar. On this occasion faculty members of Hindi Department were also present. Dr. Mamta gave vote of thanks.

Dated :01/09/2023

HMV Students won at Eco Art Competition



The students of Hans Raj Mahila Maha Vidyalaya participated in Eco Art Competition held at DAV College, Jalandhar and won overall trophy. Km. Ishita and Km. Khushi Pandey won 2nd prize in Plastic Waste Art. Km. Payal and Km. Arti won 1st prize in Upcycled Fashion Show. Km. Reeva Sharma and Km. Alina won 2nd prize in Nature Art- Mandala. Km. Ishika and Km. Neha won 1st prize in Energy Efficient Housing Model. Km. Simran, Km. Vanshika and Km. Purnima got appreciation certificates for excellent

efforts. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students, faculty members, Dr. Anjana Bhatia, Dr. Rakhi Mehta, Dr. Shailendra and Mrs. Navneeta for excellent efforts and skills.

Dated :02/09/2023

Talent Carnival 2023 organized at HMV Collegiate School

Giving wind to the wings of the young talent, HMV Collegiate Sr. Sec. School, Jalandhar organised Talent Carnival 2023. More than 420 Students of SSC-I and SSC-II utilized this opportunity enthusiastically and showcased their talent pertaining to multiple facets ranging from Declamation Contest, Poem recitation, Sound of Music, Poster and Collage Making Contest, Dance, Nail Art, Puppetry, Mehndi, Art & Rangoli Competition, Photography, Calligraphy, Stand-up Comedy to Quiz Contest. The Chief



Guest of the event was Principal Prof. Dr. (Mrs.) Ajay Sareen. School Coordinator and Dean Academics Dr. Seema Marwaha welcomed the esteemed Chief Guest with a planter. The event commenced with lamp lighting followed by DAV Gaan. The students showcased their talent with full zeal and zest. School Coordinator Dr. Seema Marwaha congratulated all the participants. The declamation contest as well as Poem Recitation was adjudged by Prof. Loveleen Kaur and Ms. Rashmi Sethi in which the students eloquently expressed their oratory skills on the relevant topics. Arshdeep kaur secured the first position, Angel Got the second and Kiranjeet kaur attained the third position. In spontaneous poetry recitation competition, Gurnoor, Varsha and Tanvi secured first, second and third positions respectively. Calligraphy Competition was scrutinized by Dr. Shailendra Kumar and Mrs. Anuradha Thakur in which Saumya grabbed the first position, Harpreet Kaur secured the second, Jaismine Dhadhwal got the third position and Shrishti Jain got consolation prize. In Stand-up Comedy, Jasleen, Simranjeet and Saumya got first, second and third positions

respectively. In Photography competition, Muskaan secured the first position and Ritika attained the second position. Sanghya Randev, Tanina Suri and Bhawna secured the first, second and the third positions respectively in Mind Blogger- Quiz Competition. In Poster Making, Jappreet, Gunpreet and Koshi and Riya Badola secured the first, second and the third positions respectively. In Ad making Competition, the team of Parpilious Shampoo got the first position. In Rangoli Competition, Simran Kumari secured the first, Mannat and Khushi jointly secured the second, and Khushi and Aarti secured the third position. Muskaan got the first prize in Puppet Making. In Mehandi competition, Muskaan attained the first position, Palak secured the second position and in the third position stood Palak. In Nail Arts Competition, Simranjeet Kaur Dhaliwal, Manvi and Aana Sethi secured first, second and third positions respectively. Simran kumari bagged the first position, Mannat & Khuspreet secured the second position and Khushi & Aarti attained the third position in Rangoli Making Competition. In Collage making competition, Sukriti Miglani stood first, Muskaan stood at second position, and Harpreet Kaur secured the third position. In classical vocal category, Sukriti Miglani stood at first position, Hargun Kaur bagged the first position in Sufi Song category, in folk song category, Pavini attained the first position, and in geet category Kashish grabbed the first position. In the dance competition, Bhangralicious attained the first position, Fab RV secured second and Ruh Punjab Di secured third position in Group dance. In solo dance category, Mansi, Riya Badola, and Simran attained first, second and third positions respectively. The vote of thanks was given by Mrs. Arvinder Kaur. The stage was conducted by Ms. Sukriti Sharma and the students Jaspreet and Ragini.

Dated :04/09/2023

Entrepreneurship Development Cell of HMV organized Slogan Writing and Poster Making Competition



Entrepreneurship Development Cell of Hans Raj Mahila Maha Vidyalaya organized Slogan Writing Competition and Poster Making competition to celebrate World Entrepreneurship Day. The participants were given two topics - Entrepreneurship for Self Reliant India and Start up Ecosystems. Almost 30 students participated in the event. The judgement was done by Dr. Rakhi Mehta and

Dr. Neeru Bharati Sharma. In poster making competition, first prize was won by Neha (B.Com Sem V). Second prize was bagged by Komal (B.Com Sem III), third prize won by Prachi (B.Com Sem V) and consolation prize was given to Bhavna (B.Com Sem I). The winners of Slogan writing competition were Kriti (B.Com Sem V), Bhoomika (B.A Sem I), Chanda (B.Com Sem V) and Vani (BBA Sem I). They won first, second, third and consolation prize respectively. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the In charge, Entrepreneurship Development Cell, Mrs. Meenu Kohli. She appreciated the efforts of the students. On the occasion members of Entrepreneurship Development Cell, Dr. Ashmeen Kaur and Dr. Anjana Bhatia were also present.

Chandrayaan Mahotsav celebrated by Chandrayaan Vipnet Club of HMV



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, Chandrayaan Vipnet Club of PG Department of Physics, Hans Raj Mahila Maha Vidyalaya, Jalandhar organized Chandrayaan Mahotsav to celebrate successful soft landing of Chandrayaan-3 on moon. On this occasion department organized scientist talk. Mrs. Saloni Sharma, Head of PG Department of Physics informed the students about the event. Students dressed up as Women scientists working in Chandrayaan-3 Mission. They informed the audience about the contributions of women scientists in the successful soft landing of Chandrayaan-3. Ms. Sahibpreet Kaur of M.Sc Sem I acted as Dr. Ritu Karidhal Srivastava who is known as Rocket women of India and had played a crucial role in Chandrayaan -3 Success. Ritika of B.Sc Sem III played the role of **Kalpana K, Deputy Project Director and informed the students about her** vital role in designing and optimising the lander system for Chandrayaan-3. Kanupriya acted as Nandini Hrainath who had occupied the role of Project manager and Mission designer. Role of Rima Ghosh, ISRO's Scientist was played by Hargun. Rima ghosh was the member of Pragyan team. Role of Moumita Dutta is played by Kritika who is an Indian Physicists working at ISRO as an Engineer. She specializes in the development and testing of optical and IR sensors, instruments, and payloads. Ms. Ishika acted as Anuradha TK who is a retired scientist with specialization in communication satellites. **VR Lalithambika** director of Gaganyaan, has been part of more than 100 missions in ISRO. *Along with these role of Nidhi, Reddy, Tessy Thomas, Mangla Maniand many others scientists and their contributions towards this historic success of India and ISRO were depicted by other students. This event has helped to motivate to work hard and achieve success in their life to make their country and parents proud. Flash mob was also organized in which the students gathered in the college lawn. Principal Dr. (Mrs.) Ajay Sareen inquired the students about recent achievements of Chandrayaan 3 and she was very happy to see the response of the students. She encouraged the students to imbibe within themselves the spirit and character of these women scientists and also motivated them to be a part of ISRO one day. Around 150 students attended the event. On this Occasion, Mr. Sushil Kumar and Dr. Simmi Garg were also present.*

HMV Celebrated Teachers' Day with full enthusiasm



The Student Council of Hans Raj Mahila Maha Vidyalaya, Jalandhar celebrated Teacher's Day "Jashn-e-Ustaad" with full enthusiasm and zeal under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The event started with lighting of the lamp. Teachers performed various dances and acts to celebrated this day. Mrs. Kuljit Kaur, Dr. Jyoti Gogia and Ms. Kanika recited poems. Dr. Jyoti Gogia, Ms. Surbhi, Mrs. Urvashi Mishra, Mrs. Shefali Kashyap, Dr. Minakshi Duggal Mehta gave dance performance. Mrs. Protima, Dr. Deepali, Dr. Sandeep and Mrs. Lovleen Kaur performed an act to showcase the importance of teacher in our life. All the teachers performed modelling and showcased their talent. The title of Ms. HMV was won by Ms. Shruti Bidani and Mr. HMV was won by Mr. Pardeep Mehta. The title of HMV Ambassadors @happiness was given to

Dr. Neeru Bharti Sharma, Mrs. Saloni, Dr. Shailendra and Mr. Ravi Kumar. Principal Prof. Dr. (Mrs.) Ajay Sareen, Dean Academics Dr. Seema Marwaha, Faculty Incharge Humanities Mrs. Navroop and IQAC Coordinator Dr. Ashmeen Kaur gave the titles to the winners. Principal Prof. Dr. (Mrs.) Ajay Sareen addressed the teachers and said that teachers are guiding light for the students. They show them right path in their lives. All should respect their teachers and follow their directions. On this occasion, the September edition of the monthly newspaper of PG Department of Mass Communication and Video Production "HMV Vision" was also released under Mrs. Rama Sharma and team. The poster and teaser of upcoming movie of MCVP department was also released. Dean Student Council Mrs. Urvashi Mishra thanked all for their presence and participation. On this occasion, all the members of Student Council and all the staff members were present there.

Red Cross Society organized Medical Check-Up Camp

Red Cross Society of Hans Raj Mahila Maha Vidyalaya, Jalandhar under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, organized a medical check-up camp in collaboration with Medanta-The Medicity, Gurugram. Dr. Sonu Singh, orthopedics, Dr. Rahul, cardiologist accompanied by the supporting staff from Medanta Hospital conducted the check up camp for the staff of college. The facilities of ECG, RBS, BMD, BP, PFT tests were extended to the staff and various concerns of testresults were dealt by



the concerned doctors and appropriate advice and prescription was given by them. Mrs. Deepshikha, Advisor and Mrs. Pawan Kumari, Incharge, Dr. Vandna Thakur, Member, Red Cross Society ensured the smooth functioning of camp. More than 75 members of teaching and non-teaching staff were benefitted from this camp. The organization of Medical Check-Up Camp was appreciated by all the staff members and they acknowledged that such activities boost up the morale and give a feeling of security.

Dated :09/09/2023

HMV celebrated International Literacy Day

On 8th September, 2023 International Literacy Day was celebrated by Planning Forum, PG Department of Economics, Hans Raj Mahila Maha Vidyalaya, Jalandhar under the able guidance of Principal Prof. Dr.



(Mrs) Ajay Sareen. The celebration was marked by poster-making competition in which students participated with great enthusiasm and showcased their talent and zeal for the spread of literacy drive in the society. The themes related to Education, Knowledge, Literacy, Empowerment were artistically presented on colourful posters. On this day, the faculty members of Department of Economics made the students aware about the latest facts and figures relating to literacy scenario in India and discuss the far-reaching effect of a literate society on various developing parameters. Dr. Neeru Bharti Sharma (Head, Department of Fine Arts), Dr. Mamta, Dean Vedic Studies were the judges of the competition. Mrs. Navroop, Dean Youth Welfare, Dr. Ashmeen Kaur, IQAC Coordinator were also present on this occasion. Dr. Shallu Batra stressed upon upgrading the level of quality education among students in an endeavour to make India a knowledge power. Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of Economics Department for creating awareness among students and society about the significance of the literacy world. The first position was bagged by Km. Ekta student of BA Sem-V. Km. Neha student of BA Sem-III and Km. Geetanjali student of B.Com Sem I won the second and third positions respectively. Km. Zeenat student of BA Sem-I and Km. Harpreet student of BA Sem-V got the consolation prizes. Incharge of planning forum Dr. Shallu Batra, Ms. Joytika Minhas, Mrs. Chandrika, Ms. Harmanu, Ms. Rinku and Ms. Priya were present on the Occasion.

Star Cast of 'Buhe Bariyan' Visited HMV



The star cast of Punjabi Film “Buhe Bariyan” visited Hans Raj Mahila Maha Vidyalaya along with Ms. Neeru Bajwa and other stars. The star cast included Neeru Bajwa, Nirmal Rishi, Rubina Bajwa, Parminder Maan, Simran Chahl, Gurpreet Bhangu, Prabhjot Kaur and Rupinder Rupinder. The Coordinators of the event were Dean Youth Welfare Mrs. Navroop, Mrs. Kuljit Kaur, Dr. Sangeeta Arora, Dr. Rakhi Mehta, Supdt. Admin Sh. Ravi Maini. Principal Prof. Dr.(Mrs.) Ajay Sareen welcomed all the artists with Phulkari and Planters. She gave her best wishes to Ms. Neeru Bajwa and her team for the success of the movie. She said that Punjabi Films depict Punjabi culture in a beautiful manner. Such films always give a positive direction to our youth. Ms. Neeru Bajwa and her team felt elated on their visit to HMV. The team also performed on the songs of the movie. Teaching and non-teaching staff members gave their best wishes for the movie. The stage was conducted by Dean Innovation and Research Dr. Anjana Bhatia.

Dated :12/09/2023

HMV Organized State Level International First Aid Day in collaboration with Red Cross Society



Hans Raj Mahila Maha Vidyalaya organized State Level International First Aid Day in collaboration with Red Cross Society, Punjab State Branch, Chandigarh under the able guidance of Principal Prof. Dr.(Mrs.) Ajay Sareen. Principal Dr. Sareen welcomed Chief Guest Sh. Shivdular Singh Dhillon, Retd. IAS, Secretary State Red Cross Branch Chandigarh, Sardar Amarjeet Singh, Field Officer, State Red Cross Branch Chandigarh, Sardar Inderdev Singh Minhas Tehsildar, Retd. Secy. Red Cross, Jalandhar, Sh. Kulwinder Singh, Coordinator First Aid Training, Punjab State Branch Chandigarh. Programme started with lighting of the lamp and DAV Gaan. Principal Dr. Sareen congratulated Red Cross Society for organizing this event. She said that human life is very precious and we can contribute in saving it. She appreciated Red Cross Society for their commendable work. Chief Guest Sh. Shivdular Singh Dhillon explained the working of Red Cross. He encouraged the youth for serving humanity. He said that we can save lives by joining this society. Sardar Inderdev Singh Minhas also gave brief information about Red Cross Society. Stage was conducted by Dr. Anjana Bhatia. Students got practical knowledge of First Aid under the guidance of Instructor Sh. Pawan Kumar. Programme Coordinator and Red Cross Advisor Mrs. Deepshikha gave vote of thanks. On this occasion, Red Cross Incharge Mrs. Pawan Kumari, Member Dr. Vandana Thakur, Distt. Training Officer

Ms. Sunita, Asstt. Commissioner Set Zone Ambulance Mr. Pawan Kumar Sharma were also present. The programme ended with National Anthem.

Dated :13/09/2023

HMV Innovation Council attended the inaugural session of G20 Summit

HMV IIC attended the inaugural session of the historic milestone India created by hosting the 18th G20 Summit, held at the prestigious Bharat Mandapam Convention Center in Pragati Maidan, New Delhi on September 9, 2023. The summit attended by world leaders, including US President Joe Biden, German Chancellor Olaf Scholz, French President Emmanuel Macron, Saudi Arabia's Mohammed Bin Salman, and Japan's



Fumio Kishida, among others, was a momentous event, underscoring India's growing prominence on the global stage. During the inaugural session, Prime Minister Shri Narendra Modi, along with leaders from Singapore, Bangladesh, Italy, USA, Brazil, Argentina, Mauritius and the UAE, unveiled the Global Biofuel Alliance, a significant initiative aimed at advancing sustainable and environmentally friendly energy solutions. Prime Minister Modi expressed confidence that the New Delhi G20 Summit would pave the way for a more human-centric and inclusive approach to global development. He emphasized India's commitment to addressing the concerns of the Global South and the importance of emulating Mahatma Gandhi's mission of serving the underprivileged. One of the key highlights of the summit was Prime Minister Modi's leadership in chairing sessions on 'One Earth,' 'One Family,' and 'One Future.' These discussions covered a wide range of critical issues of global importance, including strong, sustainable, inclusive, and balanced economic growth. In addition to the plenary sessions, Prime Minister Modi engaged in bilateral meetings with several world leaders and Heads of Delegation to strengthen international friendships and cooperation. The 18th G20 Summit hosted by India was a remarkable gathering, setting the stage for collaborative efforts to build a better, more equitable future for all. India's presidency was characterized by inclusivity, ambition, decisiveness, and a commitment to taking meaningful action on the world stage. As the summit concluded, it left an indelible mark on India's role in shaping a more prosperous and harmonious world, reaffirming its position as a global leader dedicated to the well-being of humanity. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the nation on this historic event and motivated the Innovation ambassadors to continue their dedication towards innovation and global engagement. The session was attended by Dr. Anjana Bhatia, Dr. Rakhi, Ms. Navneeta, Ms. Lovleen, Ms. Harpreet, Dr. Meenakshi, Dr. Simmi and students with great enthusiasm.

Dated :14/09/2023

HMV Celebrated Hindi Diwas



Hans Raj Mahila Maha Vidyalaya celebrated Hindi Diwas under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. A Guest Lecture was organized on this occasion. The topic of the lecture was “Golden Rules of Life Skills in Hindi and Sanskrit Literature.” The programme started with Saraswati Vandana. Principal

Prof. Dr. (Mrs.) Ajay Sareen welcomed the Resource Person Mr. Raju Vagyanik with a planter. Principal Dr. Ajay Sareen congratulated all on the occasion of Hindi Diwas. She said that simplicity is the key to happy life. She said that Hindi is everyone’s language and it is a very simple medium of expressing. She encouraged the students to contribute fully in the promotion of Hindi Language. Chief Guest Sh. Raju Vagyanik gave his best wishes on this occasion. He said that Art and Culture is the lifeline of literature. He said that man is a social animal and he can be dynamic with society. We should leave superstitious and darkness which make our life pathetic. We should all try to get knowledge in our life. On this occasion, a Nukkad Natak was also presented devoted to Hindi Diwas. The students presented their views on the importance of Hindi Language. The Nukkad Natak was written and directed by Head of Hindi Department. Dr. Jyoti Gogia. Signature Campaign was also organized. Head of Sanskrit Department Dr. Meenu Talwar, Hindi Faculty members Mrs. Pawan Kumari, Dr. Deepti Dhir and others were also present.

Dated :15/09/2023

HMV students got 1st prize in Reel Making Competition of Red Ribbon Club

The students of Hans Raj Mahila Maha Vidyalaya won First prize in Reel Making Competition of Red Ribbon Club of Jalandhar. The students were from B.Voc Journalism and Media Sem III. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students and told that the topic of reel making was HIV/AIDS Awareness. The students made a reel of 60 seconds based on the theme of promoting HIV testing. The winning team members were Reena, Richa, Mehak and Seema. Their associates were



Damanpreet, Deepa, Sehar, Diksha. The winners were awarded with medals, certificates and cheque of Rs. 3000/-. They were awarded at a well attended function. On this occasion, Dr. Anish Dua, Professor, Zoology Department, GNDU, Amritsar, Incharge Red Ribbon Club of HMV Mrs. Kuljit Kaur, Co-Incharge Dr. Deepali and Head of MCVF Department Mrs. Rama Sharma were also present.

Dated :16/09/2023

World Ozone Day Celebrated at HMV



DD Pant Botanical Society of PG Department of Hans Raj Mahila Maha Vidyalaya celebrated World Ozone Day under DBT Star Scheme. The Resource Person of the day was Prof. Dr. Anish Dua, Professor at Zoology Department, GNDU, Amritsar. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed him with a planter. She said that Dr. Dua is a role model, a great researcher and a teacher. Dr. Dua said that Science and Arts goes hand in hand. Science unfolds hour things open. He talked about unorganized development taking place during last few years and the relation of natural calamities which we are facing every year now. He urged the students to the committed and take social responsibility to save our mother earth. He urged everyone to abide law and participate in sustainable development. Stage was conducted by Dr. Anjana Bhatia. On this occasion, interclass competition on Ecorangavalli and fuel less cooking and 22 teams for Rangoli Competition participated. In Rangoli Manpreet and Siya got 1st Prize, Gurleen, Geetanjali, Riti and Rajni got 2nd prize. Khushboo, Suhani, Aarushi, Kiran and Palak got 3rd prize. Consolation prize was won by Akansha, Kiran, Riya, Jasleen, Gurleen and Pavani. In fuel less cooking 1stprize was won by Najam, Hitasha, Bhumi, Bipasha and Neha. 2nd prize was given to Ishita, Tanya and Vridhi. 3rd prize was given to Devangi, Yashika and Ravneet. Consolation prize was won by Chhavi, Saloni, Kiran, Komal, Bhavna and Daljeet. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the department for wonderful event. The judges were Dr. Seema Marwaha, Mrs. Deepshikha, Dr. Jatinder, Mrs. Saloni and Mrs. Purnima. On this occasion, Dr. Anjana Bhatia, Dr. Shaveta Chauhan, Mrs. Ramandeep, Ms. Harpreet and Dr. Shuchi Sharma were also present.

Dated :18/09/2023

HMV Participated in 'Indian Swachhta League 2.0'

NSS Volunteers, students and faculty of Hans Raj Mahila Maha Vidyalaya, Jalandhar participated in the "Indian Swachhata League, Season 2", organized by the Municipal Corporation Jalandhar in collaboration with the Ministry of Housing and Urban Affairs (MOHUA), Government of India at Sodal Mandir Jalandhar. The event aimed to promote cleanliness and environmental awareness among the community. The chief guest of the occasion, Shri Puneet Sharma, PCS, Joint Commissioner Municipal Corporation Jalandhar, emphasized the importance of cleanliness and sustainability. The NSS wing of the college participated in the event highlighting their potential in various events. A walkathon for mother earth (Rally

for plastic free India) was held in which participants marched through the streets of SodalMandir, raising



awareness about Swachh Bharat. After that, numerous other competitions such as Quiz, Slogan Writing, Drawing competition, Declamation, Best Out-of Waste, Nukaad Natak, Rangoli Making, Graffiti competition and Song Competition on Swachhta also held throughout the day to engage participants and spread the message of cleanliness. The winners of various competitions were recognized and rewarded for their outstanding performances. HMV College secured the first position in Graffiti competition,

transforming walls into vibrant canvases conveying messages of cleanliness. NSS Volunteer Ms. Saloni won first position in Declamation Contest. The College also captured the audience's hearts, earning the second spot in NukkadNatak competition and Best out of waste. One of the volunteers of NSS wing of the college also got prize in Quiz competition. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students and encouraged them to succeed in all walks of life. The event concluded on a high note, leaving everyone inspired to contribute to a cleaner and greener India. The faculty members, among others, Dr. Jyoti Gogia and Ms. Harmanu were the overall incharges of the event.

Dated :19/09/2023

Shagun of HMV Collegiate School stood second in District Level Quiz Competition

Adding one more golden feather in the shimmering cap of achievements of HMV Collegiate Sr. Sec. School, Shagun of SSC-2 Commerce attained the second position in District Level Quiz Competition organized by Bhasha Vibhag, Punjab in which students from Government, aided, private schools and colleges participated. The competition was in three categories and she stood second in senior category. She was awarded by Bhasha Vibhag with appreciation certificate, books and cash prize. Principal Dr. (Mrs.)



Ajay Sareen congratulated her and faculty members on this success. She encouraged the winner to work with commitment to be successful in all walks of life. School coordinator Dr. Seema Marwaha also gave her best wishes to the student and motivated her to endeavour for better and deeper understanding of every concept and keep participating in such competitions for mental growth and exposure. Mrs. Binoo Gupta, Dean Student Welfare and Mrs. Arvinder Kaur Co-Coordinator applauded the effort of Shagun to bedeck the glory of school.

Star Cast of 'Gaddi Jandi Eh Challangan Mardi' and 'Rab Di Mehar' Visited HMV



The star cast of two Punjabi films 'Gaddi Jandi Eh Challangan Mardi' and 'Rab Di Mehar' visited the campus of Hans Raj Mahila Maha Vidyalaya. Ammy Virk, Jasmine Bajwa, Binu Dhillon and Mahi were from the star cast of "Gaddi Jandi Eh Challangan Mardi". The star cast of "Rab Di Mehar" included Ajay Sarkaria and Kashish Rai. The coordinators of the event were Mrs. Navroop, Dean Youth Welfare, Mrs. Kuljit Kaur, Dr. Rakhi Mehta, Mrs. Shefali Kashyap and Mr. Ravi Maini. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed all the stars with planters and phulkari. She gave her best wishes to both the films for their success. Mr. Ajay Sarkaria, Ms. Kashish Rai told that their movie "Rab Di Mehar" is a family entertainer with a social message. Ammy Virk and Binoo Dhillon told that Jandi Eh Challangan Mardi is a comedy film which will fully entertain its audience. On this occasion, a sapling was also planted by the stars wishing the success of their movie. Teaching and non-teaching staff members and students enjoyed the performance of Ammy Virk. The stage was conducted by Mrs. Kuljit Kaur, Dean Holistic and Dr. Anjana Bhatia, Dean Innovation and Research.

HMV Organized Welcome Party 'Shubharambh' for Resident Scholars



Hans Raj Mahila Maha Vidyalaya, Jalandhar organized welcome party 'Shubharambh' for the Resident Scholars of Kirti, Pragati and Ojasvi Hostel. The ceremony started with lighting of lamp by Principal Prof. Dr. (Mrs.) Ajay Sareen, All Deans, IQAC Coordinator, PRO, Coordinator Resident Scholars and Superintendents. Hostel Coordinator Dr. Meenu Talwar welcomed Principal Prof. Dr. (Mrs.) Ajay Sareen with planter. Resident Scholars showcased their talent through Modelling, Solo Singing, Bengali Dance, Dogri Dance, Classical, Hip-Hop, Giddha, Bhangra,, Mimicry and Group Dance. Dr. Meenu Talwar welcomed all the guests, Deans, IQAC Coordinator, PRO, Staff Secretary, Joint Staff Secretary, Superintendents and gave her best wishes to the students. Principal Prof. Dr. (Mrs.) Ajay Sareen gave her blessings to the students and said that students should set an example for their juniors. She gave her blessings to the students for their future. Badges were also given to the Hostel Head Girl, Incharge Mess Committee, Sports Committee, Cultural Committee, Task Force and Discipline Committee Members. Amanpreet Kaur was declared as Ms. Elegant, Riddhi was declared as second runner up, Dhara Mahajan was declared as First Runner Up and Kritika won the title of Ms. Fresher. The girls were awarded with Sashes and Crowns. The programme ended with Dance and Dinner.

Dated :28/09/2023

Students of HMV Participated in National Level Quiz Competition

Chandrayaan Vipnet club of PG Department of Physics and Institutional Innovation Council of Hans Raj Mahila Maha Vidyalaya, Jalandhar under DBT Star Scheme participated in quiz competition on Chandrayaan 3 organized by My Gov. Around 60 students of various classes participated in the event. This event enabled the students to explore about Country's lunar mission and made them feel proud about history created by their motherland India, by being the first to land on the Moon's south Pole. Along with students, Principal Dr. (Mrs.) Ajay Sareen,



Dr. Anjana Bhatia, Dean IIC and faculty members of Physics department also participated in the event. Principal Dr. (Mrs.) Ajay Sareen congratulated the students for participating in the National level quiz competition and motivated them to keep themselves updated about the recent progress of Chandrayaan 3.

Dated :29/09/2023

HMV Organized Kavi Darbaar

The PG Department of Punjabi of Hans Raj Mahila Maha Vidyalaya organized a Kavi Darbaar under the aegis of Language Department, Punjab and Distt. Language Office with the support of Principal Prof. Dr. (Mrs.) Ajay Sareen. The Coordinators of the programme were Mrs. Navroop, Head of Punjabi Department and Mrs. Jaspreet Kaur, Distt. Language Officer. The programme started with Language Department song "Dhan Likhari Nanka" and DAV Gaan. On this occasion, Sh. Darshan Buttar, President





Sahitya Academy, Ludhiana was the Chief Guest. Special Guests of the occasion were Mrs. Manjeet Indra, Sh. Surinder Sunnar and Dr. Lakhwinder Johal, Chairman Lok Manch Punjab. The guests were welcomed with planters. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed all the guests and said that Post Graduate Punjabi Department always endeavours to organize such programmes which help in promoting Punjabi Language and Culture. She said that we all should read healthy literature so that right direction can be given to the society. A poet possess the quality to

say more in less words. The poets always give useful message to the society through their writings. She also congratulated Head of Department and faculty members of Department. Mrs. Navroop briefed about the activities of the Department and said that the Department will always work for the upliftment of Punjabi literature. Chief Guest Sh. Darshan Buttar presented his poems and encouraged the students to read good literature. Mrs. Manjeet Indra also presented her poems. Sh. Lakhwinder Johal felt honoured to present his poems in a great institution like HMV. Poetic poster of Mrs. Navroop was also released. On this occasion, Amarjeet Kaur Amar, Ritu Vasudev, Dr. Ram Murti, Shehbaaz Khan, Ominder Johal, Naksh Variyanvi,, Jagdish Rana, Mrs. Navroop, Dr. Sandeep Kaur, Manjeet Kaur Meesha presented their poems. Language Department organized exhibition of books. Stage was conducted by Mrs. Kuljit Kaur. Vote of thanks was presented by Dr. Veena Arora and Mrs. Jaspreet Kaur.

Dated :30/09/2023

Installation Ceremony of the Student Council at HMV



Installation ceremony of Student Council (2023-24) was held under the stewardship of Principal Prof. Dr. (Mrs.) Ajay Sareen. The ceremony started with DAV Gaan followed by formal welcome of Chief Guest Principal Dr. Ajay Sareen by Mrs. Urvashi Mishra, Dean Student Council and Mrs Savita Mahendru , Co-dean Student Council. Principal Dr. Ajay Sareen addressed the students and congratulated them on receiving the prestigious offices designated to them. Badges are symbols of responsibility which help students to differentiate between good and bad and to discharge their duties with more efficiency. In her address she motivated the students to imbibe good qualities like truthfulness, humility and sense of gratitude to bring

positive change in society and nation. She also highlighted the college's top facilities, including 28 acres of a lush campus, committed professors, and first-rate infrastructure. However she insisted that moral standards and character are something that the younger generation lacks and need to build so as to emerge as strong and determined human beings with a sensitive heart. She wished each and every student should be strong, determined, compassionate, caring and full of energy. She also added that every HMV student serves as an ambassador in the outer world. The Chief Guest, Sukhmandeep, former head girl of the college, also addressed the students. She insisted on the power of 'we' instead of 'I' and persuaded students to work in a team for holistic growth of the institution. She walked down her memory lane as the former Head Girl of the college, inspiring students to do their utmost for the institution. Principal Dr. Ajay Sareen, Mrs. Urvashi Mishra, Dean Student Council, Faculty Heads, Dean Academics Dr. Seema Marwaha, IQAC coordinator Dr. Ashmeen adorned 316 students with badges. Km. Aditi Sharma and Km. Kriti were adorned as Head Girl PG and UG of the institution respectively. 18 students were designated with titles of Joint Head girl and Assistant Head Girl. Student Council also consists of Class Representatives, HMV Task Force, Secretaries, Joint Secretaries and Assistant Secretaries of various clubs and societies. On this occasion faculty heads, Incharges of the various societies and members of student council, Mrs. Jyotika Minhas, Dr Deepali, Ms. Harmanu, Dr. Jiwan and Mrs. Protima were also present. Mrs Savita Mahendru, Co- Dean presented vote of thanks. The event ended with a group photograph of newly formed student council.

Dated :05/10/2023

Students of HMV Collegiate School Brought Laurels in District Level Competitions - Kala Utsav 2023-24



Maintaining the rich legacy of always stand brilliantly in curricular and extra-curricular activities, the students of HMV Collegiate Senior Secondary School proudly secured remarkable positions in different events in the District Level Competitions- Kala Utsav 2023-24 organized by State Government instructions and approved by Central Government. The students performed with their utmost dedication and fetched applause and admiration. Shrishti Jain won the first prize in Solo Drama Acting, and Mehak Bains also

secured the first position in the category Classical Vocal. In Non- Percussion Melody category, Sukriti Miglani attained the second position. In Percussion and in Classical Dance category, Kashish and Prateeksha secured the third positions respectively. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated School Coordinator Dr. Seema Marwaha, the coordinator of the event Mrs. Arvinder Kaur Beri, the entire team and the winners. With the gleaming smile, she appreciated the immense conscientious of the students and motivated them to keep participating in such activities to polish their personalities. Dr. Seema Marwaha apprised that school is providing excellent platform to the students for their holistic growth by participating in these extracurricular activities along with their regular studies.

Dated : 08/10/2023

HMV organized Hydra Face Mist Sale Counter

PG Department of Cosmetology of Hans Raj MahilaMahaVidyalyahas organised sale counter of HMV Hydra face mist under the aegis of start up KAAYA. The product has been made from kitchen ingredients,

100 % natural without chemical. The product has been tested in chemistry lab and it's PH came between 4.5 -5.5 which is safe for all skin types and got certification from chemistry lab for the same. This incredible product is formulated using a unique blend of ingredients that work together to provide your skin with a



multitude of benefits. Hydra face mist is not just an average skin care product- it's a multitasking wonder! Alongside its ability to balance PH level, exfoliate and moisturize, this face mist also works as a sunscreen, toner and cleanser whose shelf life is around six months. It has been very successful event and all stock has been sold. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated for this innovation endeavor of department and congratulated Head of Department Mrs. Mukti Arora and motivated the students and faculty. On this occasion, Mrs. Navroop, Head of Punjabi Department, Ms. Trisha

and Ms. Prabhjot were also present.

Dated : 09/10/2023

Psychology Department of HMV Organized a visit to Autism Foundation

Under the able guidance of Principal Prof.Dr.(Mrs.) Ajay Sareen PG Department of Psychology of Hans Raj MahilaMahaVidyalyahas organised an Educational Visit to the Care for Autism Foundation, Jalandhar. The students were welcomed by Mr. Atul Madaan, Clinical Psychologist and Chief Advisor, Care for Autism and his team at the facility. Mr. Madaan briefed the students about autism



spectrum disorders, early signs, behavioural factors, identification criterion and how early intervention helps children better. The students were then shown occupational therapy and multi sensory rooms and informed about the uses of every equipment present there. Mr. Atul Madaan discussed the importance and types of therapeutic avenues that are required for a child under the spectrum of autism. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the students for creating awareness and encouraged them to take part in such visits in the future as well. On this occasion Dr. Ashmeen Kaur, Head of Psychology Department and Ms. Shruti were also present.

Dated : 11/10/2023

HMV Won Overall Trophy in Dr. J.S. Bawra Music Competition



Hans Raj Mahila Maha Vidyalaya won overall trophy in Dr. J.S. Bawra Music Competition organized by Sangeet Kala Manch. Kirandeep Kaur, Navkiran, Mandeep, Neha, Ritika, Dhanyashree, Amandeep won 1st prize in Shabad Gayan Competition. Jaskiran won 2nd prize in Ghazal Competition. Kirandeep Kaur won Consolation Prize in

Solo Singing Competition. Participants from all over India participated in this competition and HMV won overall trophy. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Head of Music Vocal Department Dr. Prem Sagar and told the students to perform well in all spheres of life. On this occasion, Dean Youth Welfare Mrs. Navroop, Dr. Jyoti Gogia and Mr. Sunny were also present.

Dated : 14/10/2023

Hmv Collegiate students outshone in Kala Utsav 2023-24 Zonal Level Competitions

Maintaining the rich stand brilliantly in curricular activities, Collegiate Sr. Sec. secured first positions 24 Zonal Level successfully attaining District Level. The by State Government approved by Central students performed dedication and admiration. Shrishti



legacy of always curricular and extra-the students of HMV School proudly in Kala Utsav 2023-Competitions after the first positions in event was organized instructed and Government. The with their utmost fetched applause and Jain won the first

prize in Solo Drama Acting, and Mehak Bains secured the first position in the category Music Vocal Classical. As supernova star outshine all the stars in the galaxy in the same manner the students of HMV Collegiate Sr. Sec. School shine radiantly brighter under the guidance, support and blessings of Principal Dr. (Mrs.) Ajay Sareen. Principal Dr. Ajay Sareen congratulated the winners Shrishti Jain and Mehak Bains, school coordinator Dr. Seema Marwaha, the coordinator of the event Mrs. Arvinder Kaur Beri, the incharge of the event Mrs. Renu Walia, and the entire team- Dr. Prem Sagar, Mrs. Anuradha Thakur, Mr. Sunny (Tabla Player). With the gleaming smile, she appreciated the immense conscientious of the students and motivated them to keep participating in such activities to polish their personalities. Dr. Seema Marwaha apprised that school is providing excellent platform to the students for their holistic growth by participating in these extra-curricular activities along with their regular studies so the empowered women of future be created who contribute their best to the society and nation at large.

Dated : 15/10/2023

Fine Arts Students of HMV Visited Jang-e-Azadi

The students of Fine Arts Department of Hans Raj Mahila Maha Vidyalaya visited Jang-e-Azadi Kartarpur on a one day educational trip. Total 39 students of BFA (Sem I, III, V, VII) and BA (Sem I, III) along with Head of Department Dr. Neeru Bharti Sharma, Ms. Twinkle and Ms. Chahat



visited there. Students did outdoor sketching with full enthusiasm. Principal Dr. (Mrs.) Ajay Sareen appreciated the efforts of the department.

Dated : 16/10/2023

Red Ribbon Club of HMV Organized Declamation Contest



The Red Ribbon Club of Hans Raj Mahila Maha Vidyalaya organized Inter Class Declamation Contest under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. 35 students participated in this competition. The topics of competition were “Meri Mati Mera Desh.” The effect of social media on “Youth Mentolity and AIDS - a curse.” The students presented their views in English, Hindi, Punjabi under the guidance of Mrs. Kuljeet Kaur, Incharge Red Ribbon Club and Dr. Deepali. The judges of the event were Mrs. Lovleen Kaur, Mrs. Pawan Kumari and Mrs.

Kuljit Kaur. Prisha Juneja stood first, Damini Sharma stood 2nd, Janhvi stood 3rd in the competition. Chahat and Sukhleen Kaur got consolation prize. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the winners and gave away the prizes.

Dated : 17/10/2023

Blood Donation Camp organized at HMV

NSS Unit and Red Ribbon Club of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized a Blood Donation Camp in collaboration with PAHAL, an NGO under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The chief guest of the occasion was S. Balkar Singh (Cabinet Minister, Punjab Govt) Mrs. Rajwinder Kaur and Sh. Raman Arora (MLA). Principal Prof. Sareen welcomed the guests with green planters. In her address, she praised the initiative promoted by the government of Punjab. On the occasion, the NSS



volunteers and the students of Red Ribbon Society contributed to the cause of society by donating their blood. S. Balkar Singh, the chief guest of the event, thanked the volunteers of HMV for showing their enthusiasm in donating their blood. He also encouraged the students to participate regularly in social welfare activities. Smt. Harvinder Kaur of PAHAL NGO presented a jute bag to all the donors and gave a message of environment conservation. On the occasion, Dr. Raman Sharma (Civil Surgeon), Dr. Geeta (MS), Dr. Varinder Kaur (SMO), Dr. Gurbinder Kaur, Sh. Dinesh Dhall, Sh. Anil Dhall were also present as special guests. Dr. Veena Arora, the convener of the Event, Mrs. Kuljit Kaur, Incharge and Ms. Harmanu thanked the guests and the volunteers for successful organization of the camp.

Dated : 18/10/2023

HMV Celebrated International Programmer Day

PG department of Computer Science and IT organized Programming Competitions to celebrate International Programmer Day. Students participated in Programming events with full zeal and enthusiasm. The competition included two segments : Programming in HTML & Javascript and Programming in C/C++.



Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the winners and motivated all the participants. Dr. Sangeeta Arora, Head of Department and Dr. Anil Bhasin, Incharge Computer Club, were overall Incharge of these competitions. Mr Gullagong Mr Gurmeet Singh, Mr. Jagjit Bhatia and Mr. Pardeep Mehta judged the events. In HTML & Javascript Programming Anushika of BCA Sem V stood first and Avneet, Taran of BCA Sem V stood second. In C/C++ programming Kanchan and Neha from BCA Sem III stood first, Sakshi of MSc (C.Sc) Sem I stood second, Roopneet & Muskan Bajaj of BCA Sem I stood third.

Dated :20/10/2023

Inter School Competitions ‘Yuvan 2023’ Organized at HMV

Hans Raj MahilaMahaVidyalaya, Jalandhar organized magnificent Inter-School Competition ‘Yuvan-2023’ - The Young Talent, under the inspiring leadership of Principal Prof. (Dr.) Mrs. Ajay Sareen. The sheer scale and grandeur of the event can be measured by the participation of over 750 plus students from 50 plus schools across Punjab. This event was a platform for budding talents to showcase their skills and boost their self-confidence. The vibrant, youthful energy of the participants transformed the campus into a colorful



spectacle. The event started with the traditional lighting of the lamp and the melodious rendition of the DAV Anthem. Principal Dr. Ajay Sareen, Dr. SeemaMarwaha, Dean Academics and Event Coordinator, and Dr. Anjana Bhatia, Dean Innovations and Event Convener, extended a warm welcome to the esteemed Chief Guest, Mr. SushilRinku, Member Parliament, Jalandhar. Principal Dr. Ajay Sareen expressed her gratitude to Mr. SushilRinku Ji and commended the diligent efforts of the organizing committee, led by Dr. SeemaMarwaha. She emphasized that the event aimed to guide the youth towards their destinations. Every

endeavour of HVM is dedicated to fulfilling its vision and mission of empowering women and contributing to a better nation. HVM stands as a paragon of excellence, blending academics with values and tradition with modernity. Mr. SushilRinku Ji acknowledged the institution's role in promoting young talent and activities of social welfare. He took a round of all the competition venues and advised the young participants to pursue careers aligned with their interests, not influenced by external pressures. The students showcased their talents across eight competitions, which included Poster Making, Best Out of Waste, Nail Art, Instagram Reel Making, Rangoli, Science Working/Still Models, Idea Pitching, and Quiz. The event concluded with the distribution of cash prizes and e-certificates to the winners, while all participants received certificates of appreciation. The Overall Trophy was lifted by Police DAV Public School by bagging maximum first positions. Dr. SeemaMarwaha expressed the vote of thanks, and the event was gracefully conducted by Dr. Anjana Bhatia. The event concluded amid resounding cheers and celebratory chants from the victorious participants.

Dated :21/10/2023

Students of HVM Collegiate won remarkable positions in Vedic Competitions

Under the sagacious guidance of Principal Dr. (Mrs.) Ajay Sareen, the students of HVM Collegiate Sr. Sec. School participated in 53rd Annual celebration organised by Guru VirjanandaGurukulMaha Vidyalya, Kartarpur. The students showed their immense dedication and talent in different events - Essay writing in Sanskrit, Sanskrit group song, Vedic Bhajan, and Vedic Quiz Competition and attained remarkable positions. Gunpreet and Harman won the first position in Vedic Quiz competition. SukritiMiglani,



MehakBains, Hargun, Madhu, Riya, Kashish sang melodious Bhajan on patriotism, Arya Samaj, and Swami Dayanand and secured the first position. With the gleaming smile Prof. Dr. (Mrs.) Ajay appreciated the immense conscientious of the students and motivated them to keep participating in such activities to polish their personalities and connected to the roots of rich Indian heritage.

Dr.SeemaMarwaha, Dean Academics and School Coordinator apprised that school is providing excellent platform to the students for their holistic growth by participating in these extra curricular activities along with their regular studies.

Dated :22/10/2023

International Girl Child Day Celebrated at HVM by Organizing Educational Visit to NIBE

Students of PG Department of Botany of Hans Raj Mahila Maha Vidyalaya, Jalandhar celebrated International Girl Child Day by attending 4th International Conference on Recent Advance in Bioenergy Research (ICRABR) under the guidance of Principal Prof. Dr. Ajay Sareen. A team of students accompanied by Ms. Harpreet Kaur went to Sardar Swaran Singh National Institute of Bio-Energy (SSS-NIBE), Kapurthala, (Punjab). The Conference was supported by PSCST. The conference provided a forum

to discuss Bio-energy options and also the emerging technologies & solutions as well as innovations in waste to energy. The students learnt about various exhibits based on research activities in the area of bio-energy including biodiesel, bioethanol, biomethanation, biohydrogen, bio-refinery, biomass-derived electrodes for energy generation, biomass gasification, biomass cookstove, carbonaceous materials etc. There were various tracks in the conference, which mainly focuses on the Energy, Power and Environment. Students visited various stalls where they learnt about the application of Solar Panels for heating water in



Solar Water heaters/Geysers, various start ups in field of bio energy, use of paddy straw in making bio fuel etc. Students also saw the working model of Bio Gas Plant. They learnt about the various processes for production of Bio-fuel, use of house waste in producing Bio Fuel, different models of Cook Stoves developed at NIBE .They attended Poster and Presentation sessions where they interacted with Post Doc researchers as well as Research Scientists, to learn from their experience. Some students also enquired about the various study paths to get into such research institutes. The visit was very informative and students were motivated to undertake research as a career and utilize their knowledge for betterment of Society. Dr. Anjana Bhatia, Head of Botany Department was the coordinator of event. She said that event was aimed to promote a big message of participation of women in research. Principal Prof. Dr. (Mrs.) Ajay Sareen motivated the students to participate in more such visits to have practical experience and exposure with such research labs. She also congratulated the Faculty of the department on successfully organizing the trip.

Dated :23/10/2023

HMV Organised Motivational Talk on Entrepreneurship



Institution Innovation Council and Entrepreneurship Development Cell of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized “A talk with Chetna Sharma- Motivational story of an entrepreneur” under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Dr. Anjana Bhatia, Incharge, Institution Innovation Council gave a formal introduction of resource person Ms. Chetna Sharma, founder of LISTENACT. She is also an alumna of the institution. Ms. Chetna Sharma shared her incredible journey of being successful entrepreneur with the students and

inspired them to be resilient and work hard to convert their dreams into reality. She motivated students to be fearless and meet challenges of life with broad smile on the face. Mrs. Meenu Kohli, Incharge, Entrepreneurship Development Cell proposed vote of thanks and motivated the students to choose the path of entrepreneurship and be role models for others. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of Institution Innovation Council (IIC).

Dated :26/10/2023

HMV Organized Art Simpson Painting Competition-2023

The Alfa Mahendru Fountain has organized 'Art Simpson Painting Competition-2023' in Fine Arts Department. The students from fine arts departments took part in this competition. Kiranjot, BFA Sem.5, Anjali, BFA Sem.1 and Poorvi, BD Sem.1 put great effort and hard work for making wonderful poster and secured 1st, 2nd and 3rd position respectively. Reeva, BFA Sem.5 awarded with consolation prize. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated all the staff and students of Fine Arts Department. On this occasion, Dr. Anjana Bhatia, Dr. Neeru Bharti Sharma, Dr. Shailender Kumar, Miss. Twinkle, Miss. Chahat and Miss. Sarita were also present.



Dated :04/11/2023

HMV students won State Level Reel Making Competition



The students of PG Department of Mass Communication and Video Production and Red Ribbon Society of Hans Raj Mahila Maha Vidyalaya won state level reel making competition organized by Red Ribbon Society, Department of Youth Affairs, District Jalandhar The topic of the reel was HIV Aids. The students were Richa and Reena. They won

certificates, medals and cash prize of Rs. 6000/-. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students and gave them best wishes for the national level of this competition. On this occasion, Dean Youth Welfare Mrs. Navroop, Incharge Red Ribbon Society Mrs. Kuljit Kaur, Co-Incharge Dr. Deepali, Head of Mass Communication and Video Production Mrs. Rama Sharma were also present.

Dated : 07/11/2023

Historic Win of HMV Quiz Team in Inter Zonal Youth Festival Won Inter Zonal Quiz with a margin of More than 550 marks

The Quiz Team of Hans Raj Mahila Maha Vidyalaya won Inter Zonal Quiz Competition held at GNDU Amritsar with a huge difference of more than 550 marks. Team members were Shivani Bhadula, Saloni



Metlaw and Alisha Bamrah. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team members and teachers associated with the team. She told that HMV won first position in Quiz by defeating the teams of GNDU Campus, BBKDAV College Amritsar and APJ College of Fine Arts, Jalandhar, on main stage. Principal Prof. Dr. (Mrs.) Ajay Sareen said that Quizzing showcases intellectual talent and skill, hard work and perseverance. She congratulated the team for record breaking historic win. Principal Dr. Sareen said that it is the hard work of the teachers and students because of

which HMV won first position in Inter Zonal. She also congratulated Dean Youth Welfare Mrs. Navroop, Quiz Incharge Mrs. Binoo Gupta, Co-Incharge Dr. Anjana Bhatia members Dr. Jiwan Devi, Mrs. Anchal and others.

Dated :08/11/2023

HMV Organised Diwali Utsav 2023 Exhibition cum Sale of Artistic and Design Products



Diwali Utsav 2023 was organized by skill courses of Hans Raj Maha Vidyalaya. Diwali Utsav was inaugurated by Principal Prof. Dr. (Mrs.) Ajay Sareen along with Dean Academics Dr. Seema Marwaha and Youth welfare Dean Mrs. Navroop Kaur. Students of Interior Design, Fashion Design, Home science and Fine Arts Exhibited artistic and designer products, apparels accessories, Furniture and Diwali utilities. Department of Multimedia displayed and Sold greetings, graphic certificates. Department of Cosmetology had live stall of mehandi and nail art.

Students of Home Science Department had live stalls of delicious , healthy and tempting food. Students and Faculty members enjoyed Diwali Utsav. Principal Prof. Dr. (Mrs.) Ajay Sareen said that Skill and hard work of the student and guidance of Faculty members are beautifully rendered and reflected the Diwali Utsav 2023. Principal Dr. Sareen Congratulated Faculty Head Dr. Rakhi Mehta and other faculty members Dr. Neeru Bhartu Sharma, Ms. Mukti, Dr. Shailendra, Mrs. Navnita , Mrs Rishav, Mr. Ashish Chadha for a wonderful efforts and an excellent exhibition.



Dated :10/11/2023

Students of HVM Collegiate School organized exhibition- cum- sale at Diwali Mela 2023

Students of HVM Collegiate Sr. Sec. School organized exhibition-cum-sale of beautiful hand made diyas, cards, candles, torans, and impressive Diwali Mela- 2023 in the Eco Garden of HVM Collegiate under the sagacious guidance of Principal Prof.Dr. (Mrs.) Ajay Sareen. The main objective was to make the girls empowered by providing conducive platform to their talent and the exhibition brought out the creative best of the young minds. The students displayed charming key- rings, purses, wall hangings, paintings, lights etc. They also arranged stalls of delectable eatables like golgappe, bhel puri,



cupcakes, chocolate muffins, besan laddoo. The Principal Dr. Sareen visited all the stalls and appreciated the initiative of the students with her kind words. She said that the motive of this exhibition is not only to enhance the creativity of young mind but to promote entrepreneurship as well. Through her words, she conveyed that women are the real architects of society and the financial empowerment help them highly to reach their goals. Dr. Seema Marwaha, School Coordinator commended all the students for their efforts and averred that these sorts of exhibitions assist a lot in the holistic development of students. Soft skills, management skills, aesthetic skills are developed in young learners which ultimately make them successful women of future. Mrs. Arvinder Kaur, the event coordinator congratulated the students for putting their best efforts to bring vibrancy in Diwali Mela and make it a gala event.

Dated :11/11/2023

Mehak Bains Proudly Bagged the First Position in Kala Utsav 2023-24 State Level Competitions



Amidst the applause and enthusiasm, the marvelous performance in Music Vocal Classical of Mehak Bains of +1 Arts bagged the first position in Kala Utsav 2023-24 State Level Competition after successfully attaining number one positions in the District and the Zonal level. Kala Utsav is an initiative of the Ministry of Education (MOE) under Rashtriya Madhyamik Shiksha, to promote arts in education by nurturing and showcasing the artistic talent of school students at the secondary stage in the country. She received the trophy and certificate by distinguished dignitaries Mr. Harjot

Singh Bains, Minister of School Education of Punjab, IAS Kamal Kishore, Secretary School Education, IAS Vinay Bublani, Special Secretary School Education and by esteemed Judges. Shrishti Jain also received the certificate of participation in Solo Drama Acting. As supernova star outshine all the stars in the galaxy in the same manner the students of HVM Collegiate shine radiantly brighter under the guidance, support and blessings of Principal Dr. (Mrs.) Ajay Sareen. Principal Dr. Sareen congratulated Mehak Bains and Shrishti Jain, school coordinator Dr. Seema Marwaha, the coordinator of the event Mrs. Arvinder Kaur Beri, the incharge of the event Mrs. Renu Walia, and the entire team- Dr. Prem Sagar, Mr. Sunny (Tabla Player) . With the gleaming smile, she appreciated the immense conscientious of the students and motivated them to keep participating in such activities to polish their personalities. Dr. Seema Marwaha apprised that school is

providing excellent platform to the students for their holistic growth by participating in these extra-curricular activities along with their regular studies so the empowered women of future be created who contribute their best to the society and nation at large.

Dated 14/10/2023

HMV Collegiate organised a one- day trip to Chandigarh



The break you take from work pay you back manifold with a fresher mind and newer thinking. Considering the importance of learning beyond the four walls of classroom and to enable students to have enriched experience a one- day trip to vibrant city, Chandigarh was organized by HMV Collegiate Sr. Sec. School under the dynamic guidance of Principal Dr(Mrs.) Ajay Sareen. Total 176 students of SSC-I and SSC-II participated in the trip. The sightseeing

included Sukhna Lake, Rock Garden and Elante Mall. The students felt immensely delighted to step into a world of enchantment where the shimmering waters of Sukhna Lake weave a magical tapestry of serenity and splendour. Thereafter, students visited Rock Garden, which was again a delighting experience to see creative stuff made out of recycled material spread over an area of 40 acres. The complex interlinked courtyards were filled with hundreds of pottery- covered concrete sculptures of dancers, musicians and animals which held the students captive throughout. After it, the students had shopping spree at Elante Mall, the largest shopping mall in Northern India and the third largest in India. The students captured the moments by clicking selfies and photographs with their friends. Stressing upon the important of educational trips, Principal Dr. Sareen said that an interest driven learning experience always offers better results than curriculum driven experiences. School Coordinator Dr. Seema Marwaha also encouraged the students to acquire a more integrated information through new experiences. The excursion was coordinated by Mrs. Arvinder kaur and faculty members of Collegiate School Mrs. Anuradha Thakur, Ms. Rashmi Sethi, Ms. Vandana Sethi, Ms. Sukriti, Ms. Palak and Ms. Divya accompanied the students in the trip.

Dated :15/11/2023

HMV Organized SVEEP Activities

Hans Raj Mahila Maha Vidyalaya organized SVEEP Activities under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The PG Department of Political Science has conducted an Interclass Essay Writing Competition on the Topic, “MY Vote, My Responsibility”. 30 students of HMV Collegiate Sr. Sec. School, College and Resident



Scholars participated in this competition. The judges of the event were Mrs. Lovleen Kaur, Mrs. Pawan Kumari and Dr. Sandeep. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the winners. On this occasion School Coordinator Dr. Seema Marwaha, Incharge of the event Mrs. Alka, Coordinator Resident Scholars Dr. Meenu Talwar and Dr. Jiwan Devi were also present.

Dated : 20/11/2023

Legal Literacy Club and Past Perfect Club of HMV Organized Declamation Contest

The Legal Literacy Club and Past Perfect Club of Hans Raj Mahila Maha Vidyalaya Organized Declamation Contest under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The conveners of the event were Mrs. Alka and Mrs. Protima. The topic of the contest was “Meri Maati Mera Desh”. The students participated in the event with full enthusiasm. First prize was won by Janhvi, 2nd prize was won by Aanchal, 3rd prize was won by Mehak. Janhvi and Rhythm won consolation prize. The judges of the event were Mrs. Ritu Bajaj, Mrs. Kuljeet Kaur and Mrs. Pawan Kumari. Principal Prof. Dr. (Mrs.) Ajay Sareen said that such competitions help in overall development of the students. She also congratulated the winners and conveners of the event. The programme ended with National Anthem.



Dated : 21/11/2023

Market Survey conducted by Budding Entrepreneurs of Design Department of HMV

Department of Bachelor of Design of Hans Raj Mahila Maha Vidyalaya conducted a Market Survey with Fashion and Textile



Designing budding entrepreneurs in local Jalandhar market. Survey was done in which students visited wholesalers, distributors, producers and interviewed the consumers of Fashion products, accessories and construction materials, along with faculty member Mrs. Gurdeep kaur and Ms. Ritika. Students got knowledge of different Sustainable Fabrics, Prints, Fashion Trends, Recycled Accessories, etc. Local fabrics market Rainak Bazaar, Sheikhan Bazaar, Meena Bazaar and famous stores Bee Kay Textile, Fashion Hut, Kids Camp Store were covered. Students interacted with consumers, shopkeepers and sales persons who explained about latest trends and fabric utilization in various fashion world. Information was very helpful for the students to understand current scenario of the fashion world. Students discussed positive and negative aspects with the Faculty, experts, craftsmen and with the consumer which is very helpful for students to work on their projects. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the department and said that giving exposure to the students is very important. She apprised the efforts of Head of Department Dr. Rakhi Mehta.

Dated : 23/11/2023

HMV Students Visited KBC as Audience



The Tour and Excursion Committee of Hans Raj Mahila Maha Vidyalaya organized a trip to Mumbai under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. 15 students of HMV visited “Kaun Banega Crorepati” show along with incharge Dr. Veena Arora, Ms. Sonali, Ms. Heena Dhir and Dr. Gagandeep. The group attended shooting of KBC as audience and met Mahanayak Mr. Amitabh Bachchan. They presented a Pencil Sketch of Mr. Bachchan to him made by Fine Arts Department of the college. Mr. Bachchan liked it so much and directed KBC team to send the sketch at his home. The group had a great time with Mr. Bachchan during interaction with him. Apart from KBC the group also visited Siddhi Vinayak Temple, Haji Ali Dargah and Juhu Beach during their trip. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team

members for the trip and meeting Mr. Bachchan. She said that such breaks from daily routine are really important for making ourselves fresh and motivated.

Dated : 24/11/2023

HMV Organized Recycled Card Making Competition



Recycled Card making competition was organized by Bachelor of Design Department to celebrate 76 Glorious years of Independence Day. The Greeting Cards were made with recycling papers only (old used papers of the department) Beautiful creative greetings were made by students. Zeenat of BD I got First Prize, Vanya, BD I got Second Prize, Deepika got Third Prize. Harpreet, Chavvi and Liza got Consolation Prize. Principal Prof. Dr. (Mrs.) Ajay Sareen Appreciated the efforts of all the students and appreciated for the use of old

paper for the activity. She said that recycling is the need of hour and little steps will make wonders. Principal Dr. Sareen congratulated Dr. Rakhi Mehta, Head Design Dept for excellent efforts. Mrs Gurdeep, Ms. Ritika, faculty members of Design Dept was also present at the moment.

Dated : 25/11/2023

HMV Organized Best Wishes Card Ceremony



The Student Council of Hans Raj Mahila Maha Vidyalaya organized Best Wishes Card Ceremony under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The Principal, Deans, Heads of Departments and Superintendents blessed the students for their University Semester Examination in both morning and evening session by distributing best wishes cards and sweets. This gesture serves to energize the students and infuse

positively in them so that they can put forward the best of their efforts. Principal Prof. Dr. (Mrs.) Ajay Sareen emphasized that the cards are handmade using recycled paper prepared in HMV and designed by student members of the Student Council. In the morning session Coordinator IQAC Dr. Ashmeen Kaur, Dr. Veena Arora, Incharge NSS, Head of Economics Department Dr. Shallu Batra, Co-Dean Student Council Mrs. Savita Mahendru and Superintendent Account Mr. Pankaj Jyoti conveyed their best wishes to the students. In the evening session Sh. Sudhir Sharma, a renowned philanthropist, Dean Student Council Dr. Urvashi, Dean Youth Welfare Mrs. Navroop, Dean Vedic Studies Dr. Mamta, Head of Comp. Sci. Department Dr. Sangeeta Arora, Dean Research and Innovation Dr. Anjana Bhatia and Superintendent Admin Mr. Ravi Maini gave their best wishes to the students.

Dated : 28/11/2023

HMV Participated in IIC Regional Meet at Chandigarh



One day Institution Innovation Council (IIC) Regional Meet was organized by Punjabi University, Chandigarh. Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, members of IIC HMV participated enthusiastically in this meet. The members were Dr. Jitender Kumar, Dr. Shailender, Dr. Minakshi Duggal Mehta and Dr. Jaspreet Kaur. The meet started with registration and campaign for innovation and start up. This was followed by open house events like demonstration of Yukti innovation/start up, display of IIC

posters, Kartvyabodh platform, interactive sessions and Udhami Bazaar (entrepreneur Market). Dr. Jatinder Kumar presented the start ups innovation under Kartvyabodh platform. He attended the interactive session on the working of paper recycling process and its product. It was highly appreciated by the young innovators present in the meet. Under Udhami Bazaar platform, team HMV displayed the products under the name "Creative Den". These products were organized under 3 categories i.e. Track I (Innovation Round Table Discussion), Track II (Knowledge Sharing session by IIC Institutions) and Track III (Orientation Session for Yukti Innovation Challenge and one to one mentoring cum pitching session). Dr. Jitender Kumar presented a start up in bioengymes under Track III in Auditorium of Zoology department of the university. Participants from various universities, technical institutions, etc. were present. All the participants were given certificates too. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Dr. Anjana Bhatia, Dean Innovation and Research and IIC members Dr. Rakhi Mehta, Ms. Harpreet, Mrs. Navneeta, Dr. Minakshi, Mrs. Lovleen, Mr. Ashish, Dr. Jaspreet, Dr. Simmi, Ms. Sonia Mahindru and Mr. Vidhu Vohra.

Dated : 30/11/2023

HMV participated in Constitution Day celebration



The PG Department of Political Science has celebrated Samvidhan Divas - Constitution Day to commemorate the adoption of the Constitution of India and to honour the values and principles of the Founding Fathers of the Constitution of India. As per the directives of University Grant Commission, Ministry of Education, Govt. of India, to

celebrate Samvidhan Diwas (Constitution Day) Principal Prof. Dr. Mrs. Ajay Sareen, Mrs. Alka, Head of Department, Dr. Jiwan Devi faculty member and the students of PG and UG classes of PG Department of Political Science became the part of an online Activity to 'Read the Preamble ' of the constitution of India in 22 Official languages and English on My Gov.Portal. All the participants got an online Certificate of Participation from the Ministry of Parliamentary Affairs. Principal Prof Dr. (Mrs.) Ajay Sareen read the Preamble in Hindi language. 100 students participated in this activity. All students got online certificates in the respective language in which they read the Preamble as in English, Hindi and Punjabi. Principal Prof. Dr. Mrs. Ajay Sareen said that being a responsible citizen of the country, we all should participate in such activities.

Dated : 01/12/2023

HMV organized AIDS Awareness Campaign on World AIDS Day

Zoology Department of Hans Raj Mahila Maha Vidyalaya under DBT Star Scheme and the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen organized an AIDS Awareness Campaign on World AIDS Day. On this day, various competitive events such as Poster Making, Slogan Writing, Declamation and Power Point Presentation were organized on the theme 'Let communities lead'. Students enthusiastically participated in different events and provided knowledge and awareness to other students regarding the spread and preventive measures of HIV/AIDS. A video film was also shown to the students regarding HIV virus and life cycle in humans. Principal Prof. Dr. (Mrs) Ajay Sareen congratulated Zoology Department for taking the initiative for spreading awareness amongst community and emphasized that communities should come together to dismantle the stigma surrounding AIDS, spread awareness and break down stereotypes. Dr. Seema Marwaha, Head of Zoology Department and Dean Academics, appreciated the efforts of students for preparing thought provoking Posters and Slogans. She said that these kinds of events provide the platform for reminding us the global struggle to end HIV-related stigma, an opportunity to honor those we have lost and to unite in the fight against HIV and AIDS. The event ended with the Judgment done by Mrs. Deepshikha and Mrs. Saloni (Poster Making Competition), Dr. Jatinder and Mr. Sushil (Slogan writing Competition) and Dr. Simmi and Dr. Sakshi (Declamation/PPT Competition). Dr. Sakshi Verma, Mr. Ravi kumar and Ms. Divya Sarangal were the conveners of the event. Mr. Ashish chadha, Assistant Professor in PG Department of Multimedia designed Brochure and e-certificates. Mr. Vidhu Vohra, Senior Lab Technician cum Programmer, provided Technical assistance. Mr. Sachin assisted in making all arrangements in Lab for the event.



Dr. Seema Marwaha, Head of Zoology Department and Dean Academics, appreciated the efforts of students for preparing thought provoking Posters and Slogans. She said that these kinds of events provide the platform for reminding us the global struggle to end HIV-related stigma, an opportunity to honor those we have lost and to unite in the fight against HIV and AIDS. The event ended with the Judgment done by Mrs. Deepshikha and Mrs. Saloni (Poster Making Competition), Dr. Jatinder and Mr. Sushil (Slogan writing Competition) and Dr. Simmi and Dr. Sakshi (Declamation/PPT Competition). Dr. Sakshi Verma, Mr. Ravi kumar and Ms. Divya Sarangal were the conveners of the event. Mr. Ashish chadha, Assistant Professor in PG Department of Multimedia designed Brochure and e-certificates. Mr. Vidhu Vohra, Senior Lab Technician cum Programmer, provided Technical assistance. Mr. Sachin assisted in making all arrangements in Lab for the event.

Dated : 02/12/2023

Commerce Club HMV organized Orientation session for CPBFI in collaboration with 'Bajaj Finserv'

Commerce Club of PG Department of Commerce and Management of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized orientation session for 100 hours Certificate Programme in Banking, Finance and Insurance (CPBFI) in collaboration with 'Bajaj Finserv' under the able guidance of Principal Prof. Dr. (Mrs) Ajay Sareen. The resource persons of the session were Mr. Kanwaljit Singh, Lead Trainer of Punjab Cluster of Bajaj Finserv Limited and Mrs. Preeti Jain, Image consultant, Coach and Soft Skill trainer & Founder of AURA- The Finishing Edge. The session began with lighting the lamp and was followed by DAV Gaan. Mrs. Meenu Kohli (Head, PG Department of Commerce), Mrs. Binoo Gupta, Dean Student welfare (Incharge, Commerce Club and Co-ordinator of course), Dr. Seema Khanna and Mrs. Shefali Kashyap

(Incharges of the course) presented green greetings to the resource persons. Mrs. Binoo Gupta (Incharge,



Commerce Club and Co-ordinator of course) told that aim behind conducting this session was that CPBFI is a core component of Bajaj Finserv employability initiative, aimed at making graduates employable for Banking, financial services and insurance industry which inter links with the beliefs of our institution i.e To impart the kind of education that enables women to become responsible, self-sufficient and independent. Dr. Seema Khanna gave formal

welcome to the resource persons and highlighted the importance of the course. She highlighted the core aspects & importance of the course that to building the correct attitude in various situations professionally and how to overcome or manage stress and situations in the right way, Other addition training was Communication and Workplace Skills Development CPBFI is the right choice. Mr. Kanwaljit Singh, Lead Trainer emphasized on the need of emotional quotient, stress management, effective communication and other such skills, apart from the formal degree, in the present banking & insurance industry. He briefed the students about course content and SWAROOP sessions and other practical training exposures during the course. Mrs. Preeti Jain, Image consultant guided and motivated them to take initiative and enrol for the program for their overall personality development. She told the importance of communication, body language and above all gaining confidence to elevate their self esteem. On this occasion Mr. Kanwaljit Singh presented Certificate of Appreciation to Mrs. Binoo Gupta for her support in successful completion of the last year's batch of the course. Principal Dr. Ajay Sareen appreciated the efforts of the commerce club for taking this employability initiative and told students that dedication reaps rewards and more can be achieved by extra hard work. Some hours training can reform your life. She thanked the resource faculty for their cooperation. The session ended with the vote of thanks by Mrs. Binoo Gupta (Incharge, Commerce Club and Co-ordinator of course). She told more than 150 students attended the session Dr. Kajal Puri, Ms. Sonal, Mrs. Anchal, Mrs. Parneet, Ms. Ritu, Ms. Yagrika, Dr. Isha Bajaj and other faculty members graced the occasion with their presence. The stage was conducted by Mrs. Shefali Kashyap. Technical assistance was provided by Mr. Vidhu Vohra and Mr. Arvind Chandi.

Dated : 04/12/2023

Star Cast of Razaa-e-Ishq visited HMV



The Star Cast of Razaa-e-Ishq, upcoming Punjabi movie visited the premises of Hans Raj Mahila Maha Vidyalyaya. Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, the young and dynamic team enthralled one and all at HMV. Dean Youth Welfare Mrs. Navroop and Dean Innovation and Research Dr. Anjana Bhatia welcomed them. The team included young and talented star cast Harp Farmer and Aanand Priya. The producers of the film are Sardarni Darshan Kaur, Sherry Saini and Harp Farmer. Director of the

film is Amit Sanouria and he himself has written it too. Mrs. Navroop welcomed the team with planters. The film is going to release on 8th December, 2023. She gave her best wishes to the film for its success.

Dated : 05/12/2023

HMV Organized a Talk on World Disability Day

Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, Freudian Psychological Society along with Drishti Technology Center (Cell for Physically Challenged Persons) observed World Disability Day. This year's theme for International Day of Persons with Disabilities was "United in action to rescue and achieve the SDGs for, with, and by persons with disabilities". Dr. Ashmeen Kaur, Head PG Department of Psychology delivered a talk to students of HMV Collegiate Senior Secondary School regarding this sensitive issue. She talked about the level of sensitivity required to deal with persons with disabilities. She also emphasized on the values of emotional intelligence, compassion and empathy. She encouraged students to actively participate in the activities of Drishti Technology Center (Cell for Physically Challenged Persons) and Saksham, Punjab. Principal Dr. Ajay Sareen said that this day is observed to promote the full and equal participation of persons with disabilities and to take action for the inclusion of persons with disabilities in all aspects of society and development. She added that such events should be conducted in future also in order to create awareness among the students. Dr. Seema Marwaha, School Coordinator, Mrs. Arvinder Kaur, Incharge, Ms. Nidhi Sharma from Psychology Department were also present on this event.



Dated : 06/12/2023

AIDS Awareness Programme Organized at HMV



The Red Ribbon Club of Hans Raj Mahila Maha Vidyalaya organized AIDS Awareness Programme on the occasion of World AIDS Day under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The Resource Person was Dr. Manisha Sachar from Sachar Hospital, Jalandhar. Principal Dr. Sareen welcomed the resource person and said that we should adopt a healthy lifestyle by eating healthy diet, doing exercise regularly so that mental development can be attained also. Advisor Red Ribbon Club Mrs.

Kuljit Kaur and Coordinator Dr. Deepali told the participants that it will be very useful for them to attend this lecture. Dr. Manisha Sachar told the students about the causes, symptoms, precautions to be taken in this disease with the help of a PPT. She made the students aware about cleanliness. She told them to eat fresh food always. The students asked so many questions about women health. This programme was organized especially for resident scholars. On this occasion, Resident Scholar Coordinator Dr Meenu Talwar and Hostel Wardens were also present. Around 100 students participated in the lecture.

HMV Organized 4-day Camp of Red Cross Society

The Red Cross Society and R. Venkataraman Chemical Society of Hans Raj Mahila Maha Vidyalaya jointly organized 4 days "First Aid Training Camp" in collaboration with Indian Red Cross Society (Punjab State Branch) Chandigarh under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. On this occasion, Ms. Sunita (Distt. Training Officer, Red Cross, Jalandhar) and Sh. Pawan Kumar Sharma (Asstt. Commissioner) Set Zone Ambulance were present. Sh. Pawan Kumar Sharma gave training to students about providing first aid in different



situations. Around 50 students participated in this camp. An online exam of students was also conducted on the last day of the camp. This exam was conducted by Indian Red Cross Society and students were given certificates for the same. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the advisor of Red Cross Society, HMV Mrs. Deepshikha and Incharge Mrs. Pawan Kumari. She said that such camps help the students in becoming responsible citizens. She also thanked Indian Red Cross Society for the camp.

Dated : 09/12/2023

75th Anniversary International Human Rights Day celebrated at HMV Collegiate School

75th International Human Rights Day was celebrated at HMV Collegiate Sr. Sec. School by the Department of Political Science and Political Science Forum and the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The programme started with DAV Gaan. On this day, various competitive events such as Poster Making, Slogan Writing, Declamation and Quiz Competition were organized



on the theme 'Importance of Human Rights and Fundamental Rights: Freedom, Equality and Justice for All'. Students enthusiastically participated in different events and provided knowledge and awareness of Human Rights. A video clip was also shown to the students regarding Why we Celebrates Human Rights day and brief history of Human Rights. The chief guest of the day was Principal Prof. Dr. (Mrs.) Ajay Sareen. While addressing the students, Dr. Sareen said that Human Rights are based on the Principles of Human Solidarity, Cooperation and Development. She said that universal declaration of human rights is a milestone document that proclaimed the inalienable rights which everyone is inherently entitled to as human being, regardless of race, colour, religion, birth, etc. Dr. Seema Marwaha, Dean Academics and School Coordinator, While addressing the students, the NHRC is responsible for the protection and promotion of human rights, defined by the act as Rights Relating To Life, liberty, equality and dignity of the individual

guaranteed by the constitution or embodied in the international covenants and enforceable by courts in India. Mrs. Arvinder said that we should not only enjoy all our rights but also perform our duties. Dr. Jiwan Devi said that International Human Rights Day is turning 75. It is the day, i.e. 10th December, 1948, when United Nations General Assembly adopted the Universal Declaration of Human Rights. The event ended with the Judgment done by Mrs. Ritu Bajaj, Dept. of English, Dr Jyoti Gogia Head of Hindi Dept. and Dean Innovation Dr. Anjana Bhatia (Poster Making/Slogan writing and Declamation Competition). Quiz conduct two rounds Preliminary and Stage round conduct by Dr. Jiwan Devi. In poster making/ slogan writing competition, the first position was won by Anushka Gosain, second position was bagged by Himanshi, third position was bagged by Hezal Kapoor and consolation was won by Harpreet Kaur and Mandeep Kaur. In declamation competition, the first was won by Angel, second position was won by Simranjit Kaur Dhaliwal, third position was bagged by Divyanshi. In Quiz competition, the first was won by Shagun and Riya, second position was won by Sakshi and Puneet Kaur, third position was bagged by Simranjit Kaur Dhaliwal and Ridhi. On this occasion of 75th International Human Rights Day “A Human Chain” is made by the students. Stage was conducted by Dr. Jiwan Devi and student Ritika Sharma. Mrs. Roma gave vote of thanks.

Dated : 11/12/2023

HMV Collegiate School celebrated the death anniversary of Dr. Bhimrao Ambedkar



HMV Collegiate Senior Secondary School organized a Declamation and Essay Writing Competition on the death anniversary of Dr. Bhim Rao Ambedkar under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The main objective of the event was to make the students aware of the philosophy and ideals of the great wise scholar and the creator of Indian Constitution. Students of SSC-I and SSC-II participated enthusiastically in it. Tanvi and Arshdeep won first prize in Declamation and Ashu and Sehaj Vij won first prize in Essay Writing Competition. The winners were awarded with certificates by Sh. Vishesh Sarangal, IAS, Deputy Commissioner, Jalandhar. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the winning students.

Dated : 12/12/2023

HMV IIC Attended Virtually the launch of Viksit Bharat @2047

HMV Innovation Council attended the Video Conference launch of Prime Minister Narendra Modi's initiative of Viksit Bharat. All the members of Innovation Council and around 160 students attended the workshop virtually under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Prime Minister Sh. Narendra Modi addressed the educational fraternity with the aim to create a stronger nation by focusing on the youth. The youth need to be creative, innovative and follow the rules and regulations of the country.



Principal Prof. Dr. (Mrs.) Ajay Sareen hailed this as a welcome step to empower the youth and assured that HMV would encourage the students to share their ideas through this platform. The event witnessed the participation of Dr. Anjana Bhatia, Mr. Sushil Kumar, Mrs. Navneeta, Dr. Simmi, Ms. Harpreet, Mr. Ashish Chadha, Dr. Shailender, Dr. Jaspreet, Mr. Tarun Mahajan, Mr. Vidhu Vohra, Mr. Arvind Chandi along with the students.

Dated : 15/12/2023

HMV Participated in SPARK Career Counseling Mela 2023



The staff members and students of Hans Raj Mahila Maha Vidyalaya participated in 2 day SPARK-Career Counseling Mela 2023 organized by District Administration at Guru Gobind Singh Stadium, Jalandhar at 12-13 December, 2023. Principal Prof. Dr. (Mrs.) Ajay Sareen encouraged the staff and students to create awareness in the youth about career planning. The team of HMV encouraged the students of 10th, 11th, 12th classes from all over Jalandhar District to develop their personality so that they are able to face all the situations in their life. The team of HMV put a stall to spread awareness regarding various academic courses, skill oriented courses and career opportunities available at Hans Raj Mahila Maha Vidyalaya, an institution dedicated to women education and empowerment for 97 years. The students of dance department also gave spectacular performance at the inaugural and valedictory ceremony of the SPARK mela. The students were honoured for their performance. Dr. Anjana Bhatia gave a special lecture on various courses available in HMV to all the present students there. Deputy Commissioner Mr. Vishesh Sarangal honoured Principal Prof. Dr. (Mrs.) Ajay Sareen for her contributions in SPARK Mela 2023. On this occasion coordinator Dr. Harpreet Singh, Co-Coordinator Mrs. Rama Sharma and team members Dr. Kajal Puri, Mr. Pardeep Mehta, Mrs. Purnima, Mr. Sumit Sharma, Mrs. Rishav, Mrs. Shefali, Mrs. Ramandeep Kaur, Mrs. Navneeta, Mr. Ashish Chadha, Mr. Parminder Singh, Mrs. Mukti Arora, Ms. Ritika and Ms. Aman were present there.

SPORTS

Dated :23/08/2023

Km. Khushboo got 2nd position in Open State Karate Championship



The Karate Player of HMV Collegiate Sr. Sec. School Km. Khushbooparticipated in Open State Karate Championship held at Pathankot and won 2nd position. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the student and School Coordinator Dr. SeemaMarwaha. She gave her best wishes to the student. Faculty of Sports Department Dr. NavneetDhadda, Mrs. Ramandeep Kaur and Ms. Pragati were also present.

Dated :26/08/2023

HMV Players will participate in Asian Games



Sareen told that Km. Kaveri (Canoeing), Km. Shikha Mayuri (Cycling) and Km. Radhika (Wrestling) will participate in Asian Games, 2023. She congratulated the players, coaches and faculty members of Sports Department Dr. NavneetDhadha, Mrs. Ramandeep Kaur and Ms. Pragati.

The players of Hans Raj Mahila Maha Vidyalaya will participate in Asian Games to be held at Hangzhou from 23rd September, 2023 to 8th October, 2023. Principal Prof. Dr. (Mrs.) Ajay Chauhan (Kayak), Km. Lute

Dated :17/09/2023

Students of HMV Collegiate School Won Medals



The students of HMV Collegiate Sr. Sec. School won medals in District Competition held at Hans Raj Stadium. Ishita of SSC-I got Gold Medal in 65 KG (Weight Category) and Km. Vanshika of SSC-I got Bronze Medal in 46 Kg (Weight Category) in Wrestling. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students. On this occasion, Dr. SeemaMarwaha, Mrs. Arvinder Kaur Beri and Ms. Pragati were also present.

HMV Student Won Silver Medal in Asian Games - 2023

It is matter of great pride that student of Hans Raj Mahila Maha Vidyalaya Km. Harmilan Bains won silver medal in 1500 mtr. event in Asian Games at China. Principal Prof. Dr. (Mrs.) Ajay Sareen said that HarmilanBains is a student of M.A. English IstSem in the college. She has not only made her college proud but won accolades for the whole DAV fraternity. Her timing was 4:12:74. She will be participating in 800 mtr. Event on Tuesday. She congratulated her coach Mr. Sunil Kamboj. DAVCMC President Padamshree Dr. Punam Suri also congratulated her and gave his best wishes for the next event. HMV family felt elated on her success. On this occasion, faculty from Sports Department Dr. NavneetDhadda, Mrs. Ramandeep Kaur and Ms. Pragati were also present.



Dated :25/10/2023

HMV Student won Gold and Silver Medals in Asian Para Games-2023



Km. Prachi Yadav, a student of Hans Raj Mahila Maha Vidyalaya has brought laurels by winning Gold and Silver medals in Asian Para Games-2023. These games are being organized in China in which Prachi Yadav won Gold and Silver Medals in Para Canoeing event. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Prachi Yadav on her success and said that Prachi has made the entire nation and HMV proud of her rare achievement. Sports Authority of India has also congratulated her through their Face book Page. Principal Prof. Dr. (Mrs.) Ajay Sareen further said that Prachi has also qualified for Para Olympics. This is a proud moment for the country. Prachi has given this golden moment to us. Dr. Sareen also congratulated the faculty of Sports Department Dr. Navneet and Mrs. Ramandeep Kaur. She also congratulated Local Advisory Committee and DAV College Managing Committee.

Dated: 28/10/2023

Km. Harmanpreet Kaur of HMV won Silver Medal in National Games



Km. Harmanpreet Kaur, a student of M.Com. First year in Hans Raj Mahila Maha Vidyalaya won Silver Medal in National Games held at Goa. She won silver medal in weightlifting. The players of HMV have always made HMV proud by winning in all the games. Principal Prof. Dr. Mrs. Ajay Sareen congratulated Km. Harmanpreet Kaur and gave her best wishes for future endeavours. On this occasion, Sports Department faculty Dr. Navneet Kaur Dhadda, Mrs. Ramandeep Kaur and Pragati were also present.

Dated :30/10/2023

Asian Games Silver Girl HarmilanBains in HMV



HarmilanBains of Hans Raj Mahila Maha Vidyalaya won 2 silver medals in Asian Games in 1500 meter and 800 meter events. HarmilanBains is a student of M.A. English Sem-I in HMV. She was given a very warm welcome on her reaching HMV. On this occasion, Chairman Local Advisory Committee Justice (Retd.) Sh. N.K. Sud, Mrs. ArunimaSud, Sh. Y.K. Sud, Sh. Kundan Lal Aggarwal, Sh. Surendra Seth, Sh. Sudhir Sharma were also present. Harmilanwas given a warm welcome with the beats of Dhol. She was accompanied by her parents. HMV organized a special assembly on this occasion. Principal Prof. Dr. (Mrs.) Ajay Sareenhonoured her with a planter and phulkari. She also planted a sapling in the memory of her fabulous performance. Principal Prof. Dr. (Mrs.) Ajay Sareen encouraged all the girls to get inspiration from her life. Harmilan, on being emotional said that she is overwhelmed with the welcome she received. HMV is lucky for her as she won 2 silver medals in Asian Games after taking admission here. She also danced with the students and faculty members on the beats of Dhol. Principal Prof. Dr. (Mrs.) Ajay Sareen thanked DAVCMC President Padamshree Dr. Punam Suri for continuous support. She also congratulated the faculty members of Sports Department Dr. Navneet, Mrs. Ramandeep Kaur and Pragati. Stage was conducted by Dr. Anjana Bhatia.

Dated :05/11/2023

HMV Student won Bronze Medal in Fencing in National Games

Aakhri, student of BPES Sem. I of Hans Raj Mahila Maha Vidyalaya won Bronze Medal in Fencing Competition in National Games being held at Goa. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Aakhri and prayed to almighty for her bright future. On this occasion, faculty of Sports Department Dr. Navneet, Mrs. Ramandeep



Kaur and Ms. Pragati were also present.

Dated : 06/11/2023

Lili Das of HMV Won Gold in Athletics in National Games



Lili Das, a student of BPES Sem-I of Hans Raj Mahila Maha Vidyalaya won Gold Medal in Athletics in National Games being held in Goa. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated her and said that HMV players have always made us feel proud. On this occasion, Sports faculty members, Dr. Navneet, Mrs. Ramandeep Kaur and Ms. Pragati were also present.

Dated : 09/11/2023

HMV student won Gold in 500 Meter in National Games, Goa

KaveriDimar of Hans Raj Maha Vidyalaya has brought laurels by winning Gold Medal in 500 meter in National Games being held in Goa. Kaveri covered 500 meter distance in 2:22.920 time. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated KaveriDimar for her achievement. She said that HMV players have always made us feel proud. On this occasion, Sports Department faculty members Dr. Navneet, Mrs. Ramandeep and Ms. Pragati were also present.



VALUE ADDED SERVICES

Dated :11/07/2023

HavanYajan marks the new session of HMV



The academic community at Hans Raj Mahila Maha Vidyalaya, Jalandhar, eagerly anticipates the new academic session, infused with spirituality and determination to achieve excellence in education and beyond. A havanyajna was performed to initiate the session on a pious note. The serene atmosphere of the yajnasala was filled with the holy chants and the incense. The entire ceremony was a soulful tribute to Sh. S.N. Mayor ji, Senior Member Local Advisory Committee who has left for heavenly abode recently and his family members got the yagyashala renovated to eternalise his name and memory. The worthy guests included the entire Mayor family, Justice (Retd.) Sh. N.K Sud, Vice President DAVCMC and Chairman LAC, Sh. Kundan Lal Aggarwal, Sh. Ajay Goswami, Sh. Surender Seth, Sh. SP Sehdev, Dr. Pawan Gupta, Sh. Sudhir Sharma, Sh. Gurcharan Singh and Mrs. Daljeet of Punjab National Bank. Principal Prof. Dr. Ajay Sareen and all circled around the sacred yajnakund and all joined together to recite shlokas and seek the blessings of the Almighty. Principal Dr. Ajay Sareen, in her address, extended a warm welcome to the guests and HMV family. She conveyed the blessings of Padmashri Dr. Punam Suri Ji, President of the DAV College Managing Committee, and reiterated his statement that collective prayers are truly effective for the success of a task. She remarked that Mayor ji was an inspiration towards dedication and hard work. Dr. Sareen expressed her gratitude and thanks towards Mayor Family and for the renovation of Yajnasala. She also conveyed her best wishes for the success and progress of the institution. Sh. Atul Mayor and Mrs. Suman expressed their respect for their father and gratefulness towards HMV. The event also marked the release of HMV Vision edited by Mrs. Rama Sharma and HMV News-Vol. 51, edited by Mrs. Lovleen Kaur, Dr. Deepti Dhir, Mr. Parminder Singh and Mr. Ashish under the guidance of Mrs. Ritu Bajaj. The team that contributed towards attaining top ranking in India Today Survey were congratulated on the occasion. Team from Punjab National Bank was also honoured on the occasion. Principal Dr. Ajay Sareen presented gifts to the faculty and staff who have their birthdays in the month. Mrs. Sonia and Ms. Ritika from the non-teaching staff shared thoughts for the month. The Music Department, led by Dr. Prem Sagar, Mr. Parduman and the talented students, graced the occasion with a melodious Bhajan. The yajna and the stage were gracefully conducted by Dr. Meenu Talwar, Head of the Sanskrit Department, and Dr. Anjana Bhatia, Dean, Innovation & Research. The holy yajna saw the participation of all the faculty and non-teaching staff creating a sense of unity and devotion.

Dated :31/07/2023

HMV Cadets won 25 medals in CATC Camp

Army Wing Cadets of Hans Raj Mahila Maha Vidyalaya, Jalandhar attended combined Annual Training Camp (CATC) under 2PB (G) BN NCC, Jalandhar at LPU Phagwara in the month of July. 12 cadets of HMV participated in the camp and won 25 medals in different competitions organized during the camp. Cadet Devangi, Cadet Samiksha, Cadet Arshdeep and Cadet Jasmine won gold medals in Tug of War. Cadet Lakshita won Gold Medal in Solo Dance. Cadet Samiksha and Cadet Arshdeep won Gold Medal in Guard of Honour. SUO Arshdeep won Silver Medal in



Poster Making. Cadet Devangi Sharma was awarded with Gold for acting as MC. Cadet Mansi won Silver Medal in Extempore. 9 Cadets won Bronze Medals in group song. SUO Arpaneeep and UO Baljeet Devi were awarded Gold Medal for being seniors in camp. SUO Arpandeeep and Cadet Lakshita were awarded Gold for attending National Integration Camp. Cadet Samiksha was honoured with 2 Gold Medals for volunteering herself for different duties in camp. Commanding Officer 2 PB (G) BN NCC Col. M.S Sachdev congratulated the cadets and motivated them for future ventures. Principal Prof. Dr. (Mrs.) Ajay Sareen also congratulated the Cadets and ANO Lt. Sonia Mahindru.

Dated : 01/10/2023

HMV Students participated in various activities at SodalMandir

The students of Fine Arts Department of Hans Raj Mahila Maha Vidyalaya participated in various activities organized by Municipal Corporation, Jalandhar under India Swachhta League 2.0 at SodalMandir. The students painted the outer wall of SodalMandir beautifully and won first position. Bhawna, Samriti, Niya Sharma, Vanshi, Bhavya, Bhawna were a part of this team. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the staff and the students. On this occasion, Head of Department Dr. Neeru Bharti Sharma, Dr. Shailendra Kumar, Ms. Twinkle, Ms. Chahat and Ms. Sarita were also present.

HMV successfully organized Swachhata Hi Sewa Campaign

As per the directions of Honourable Director, Higher Education, Punjab SAS, Nagar and the Government of India, Guidelines, Swachhata Hi Sewa Campaign from **15th September** to **2nd October** was held successfully at Hans Raj Mahila Maha Vidyalaya, Jalandhar under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. NSS Volunteers participated in various activities organized by NSS unit. On 18th September NSS Volunteers participated in CYCLE RALLY to promote environmental conservation and raise awareness about the benefits of cycling. The initiative emphasizes the importance of preserving nature and maintaining a healthy lifestyle. NSS volunteers on September 20th, 2023, took part in the campaign by focusing on the harmful impacts of single-use plastic and advocating for its ban. They in their speech highlighted ill-effects of single-use plastic on human life, animal life, and marine life. NSS volunteers, aimed to inspire individuals and communities to reduce their dependence on single-use plastic and adopt eco-friendly alternatives. NSS volunteers encouraged people to reduce their consumption of single-use plastic items, such as shopping bags, straws, and cutlery, by opting for reusable alternatives. They promoted the concept of reusing plastic items whenever possible. Proper disposal and recycling of plastic waste were emphasized, as recycling helps reduce the environmental impact of plastics. NSS volunteers on 25th September participated in Cleanliness Drive and engaged in cleaning activities within the college campus which involve collecting and disposing of litter and maintaining the cleanliness of the Punjabi Virsa and Library section of the college. Under the series of Swachhata Hi Sewa Campaign, NSS department of Hans Raj Mahila Maha Vidyalaya (HMV) Jalandhar organized a seminar on 'Waste Management' on September 26, 2023 with the vision of fostering eco-friendly initiatives and creating a safer, greener environment for future generations. Principal Dr. Ajay Sareen emphasized the importance of preserving our environment and



expressed the college's resolve to contribute to this noble cause. The seminar was delivered by Mr. Sumit Sharma from Department of Biotechnology. He imparted practical knowledge to the NSS volunteers, shedding light on various techniques for effective solid waste management. As part of the programme, NSS volunteers had the opportunity to visit HMV's Solid Waste Management Unit and Waste Paper Recycling Unit. Mr. Sumit highlighted HMV's unique green initiative, wherein waste generated by the institution is organically decomposed and transformed into valuable organic fertilizers. The visit to the Waste Paper Recycling Unit provided volunteers with insights into how recycled waste and used paper from students and offices are creatively repurposed to produce various eco-friendly items. Recycled paper is used to craft office files, folders, envelopes, gift wraps, packing material, and more, demonstrating the endless possibilities of recycling. Hans Raj Mahila Maha Vidyalaya's 'Waste Management' seminar served as a powerful reminder of the importance of responsible waste management, inspiring volunteers to play their part in protecting environment and promoting a more sustainable future. On 29th September. NSS volunteer

participated in Declamation contest on the topic of "Environment Protection" with a focus on the themes of "Cleanliness is next to Godliness" and the "Evil Influence of Trash/Dirtiness." In this Competition Palkit Sharma of BA sem V stood first, MantripKaur of BA sem V stood second and DilpreetKaur of B.Com Sem III bagged the third position. On 30th September 2023, NSS volunteer participated in Poster Making Competition on the topic "Environment Protection" to raise awareness about environmental issues and encouraging students to express their thoughts and creativity in promoting sustainable practices. In this competition GurpreetKaur of BFA (54159) stood first, RajvirKaur of BD (54363) bagged second position, IshikaBawa of B.Com Sem I (30163) stood third and SakshiVaid of B.com Sem III (31003) won consolation prize. NSS unit continues its efforts towards cleanliness and sanitation through the "Swachhata Hi Sewa" campaign. NSS Volunteers devote one hour of Shramdhaan for Swachhata on 1st October 2023 under Cleanliness Drive 'EkTarikhEkGhanta', as a tribute to Mahatma Gandhi who was a staunch advocate for cleanliness and sanitation. This kind of community service and dedication to cleanliness is in line with Gandhi Ji's vision for a clean and hygienic India. Such initiatives not only contribute to a cleaner and healthier environment but also help in still the values and principles of Mahatma Gandhi among the youth, emphasizing the importance of cleanliness and community service. On this Shramdhaan Abhiyan NSS Incharge motivates NSS volunteers that these kinds of efforts inspire others to join in and make a positive impact on society through cleanliness and sanitation initiatives. Principal Prof. Dr. (Mrs.) Ajay Sareen said that the enthusiasm of NSS volunteers show that Swachhata hi Sewa. She appreciated the efforts of NSS unit. On this occasion, Advisor Dr. Anjana Bhatia, Incharge Dr. Veena Arora, members Dr. JyotiGogia and Ms. Harmanu were also present.

Dated : 12/10/2023

‘Yashasvini: All Women Motorcycle Expedition-2023’ welcomed at HMV

NCC Unit of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized Shakti-Utsav@HMV in the honour of “Yashasvini: All Women Motorcycle Expedition-2023” in collaboration with CRPF on 12th October, 2023. The Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed CRPF All Women Motorcycle Expedition outside the Ragini Auditorium with Military Band. Tilak ceremony was also performed inside the auditorium. Lighting of the lamp was followed by DAV Gaan. The expedition, which comprises of 75



bikes driven across 15 states and 2 UTs covering 10000 kms across Sri Nagar, Shillong and Kanyakumari to Ekta Nagar Gujarat, was welcomed by Dr. Anjana Bhatia. The contingent comprised of DIGP Sh. Gurshakti Singh Sodhi, Group Center CRPF Jalandhar, DIG Ops./Int Smt. Nitu D. Bhattacharya, Group Center CRPF Srinagar, Commandant Officer Sh. Jatinder Pal Singh, Group Center CRPF Jalandhar and all present officers and other ranks of CRPF and Team Leader of Yashasvini Deputy Commandant Smt Tara Yadav. They were also accompanied by Commanding officer Col M S Sachdev 2 PB(G) BN NCC Jalandhar and Commanding officer Wing Cdr Manish Kumar 1 PB Air Squadron NCC Jalandhar. The guests were honoured with green welcome by Principal Dr. Sareen. On the occasion, members of the Yashasvini CRPF Women Motorcyclist planted a tree under the leadership of their Deputy Commandant Smt. Tara Yadav. It was followed by a brief introduction about Women Motorcycle Expedition. A documentary on CRPF was also shown to the audience. The students of HMV also performed cultural items like patriotic song, cultural

dance, nukkadnatak and bhangra. A motivational speech was delivered by team leader of the expedition Smt. Tara Yadav, CO Col. M. S. Sachdev and CO Wing Cdr Manish Kumar. On this occasion, Principal Dr. Sareen was presented a memento by DIGP Sh. Gurshakti Singh Sodhi. Vote of thanks was given by ANO Army Wing Lt. Sonia Mahindru. The stage was conducted by Dr. Anjana Bhatia. The event concluded with the National Anthem.

Dated :16/12/2023

HMV organized a Seminar on ‘Add Spirituality to complete your Personality



Hans Raj Mahila Maha Vidyalaya, Jalandhar organized a motivational seminar on ‘Add Spirituality to complete your Personality’ under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The Chief Guest of the seminar was Dr. Vrindavan Chandra Das, founder of GIVE (Gauranga Institute for Vedic Education) & his wife Smt. Vishnu PriyaDevi Dasi. Tiny Krishna lover Bhakt Bhagwat & his parents were also present there. On this occasion, the documentary film “Bhakt Bhagwat – A Tiny Lover of Lord Krishna” was also screened which is directed by Ms. Beenu Rajput, Media Partner, Sadhna TV & produced by Beenu Rajput Films, Delhi. Chairman, Local Advisory Committee, Justice (Retd.) Sh. N.K. Sud & Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed them with planters & Krishna paintings. Tiny Krishna lover Bhakt Bhagwat mesmerized the audience with Krishna Sankirtan. Guru Dr. Vrindavan Chandra Das started his discourse with Mantras. He told the audience that Dharma of every human is to serve. Faith is the base of every religious. He said that everyone should think about purpose of life. He said that we should live a purposeful life. Principal Prof. Dr. (Mrs.) Ajay Sareen thanked all the guests and said that today’s seminar has given us life long memories. She gave special thanks to Ms. Beenu Rajput for organizing this event. She also congratulated the Co-ordinators of the event Dr. JyotiGogia & Mrs. Savita Mahendru. Stage was conducted by Dr. Anjana Bhatia.

Dated :21/12/2023

Commencement of a Seven Day NSS Camp at HMV

A seven day special NSS camp has been started in the premises of Hans Raj Mahila Maha Vidyalaya Jalandhar. NSS adviser Dr. Anjana Bhatia and NSS coordinators Dr. Veena Arora and Ms. Harmanu Paul welcomed the Principal Prof. Dr. (Mrs.) Ajay Sareen. On the first day of the camp, the inauguration ceremony was addressed by Principal Prof. Dr. (Mrs.) Ajay Sareen. Principal Sareen congratulated the entire NSS unit and its volunteers for this pious work. Further, she said that such sorts of activities are mandatory for the welfare of our society. On the first day of this camp, NSS coordinators Dr. Veena Arora and Ms. Harmanu Paul addressed and motivated all the volunteers and briefed them pertaining to the activities to be done for the next seven days. On this day, More than 89 NSS Volunteers, alongwith their coordinators and



other members visited Red Cross School for the deaf and dumb near new SabziMandiMaqsudan. Principal of the school Sh. Pushpinder Sharma welcomed the Principal Dr. Ajay Sareen and others wholeheartedly and also thanked her for sending NSS team in their school. Further, Principal Pushpinder told us that, this school is aided by ministry of social justice which's president is the Deputy Commissioner of Jalandhar. Additionally, He told that Inderdev Singh is the secretary of the school and more than 70 deaf and dumb students, who are not only from Punjab but also from Himachal and Haryana, are taught in this school.

NSS volunteers spent quality time with these special students and distributed eatables among them. Volunteers also made a mural painting inside the school with the help of Dr. Shailender. Some of the volunteers engaged themselves in colouring trees and planted some plants in the garden of the school. After that, students reached the college where the coordinator Dr. Veena Arora and Ms. Harmanu Paul shared the experience of the day with NSS volunteers. Dr. JyotiGogia delivered a vote of thanks and congratulated all the NSS volunteers for their endeavours made on the first day of the camp.

Dated :23/12/2023

HavanYajna at HMV on BalidanDiwas of Swami Shradhanand Ji



Hans Raj Mahila Maha Vidyalaya organized HavanYajna in its premises on the occasion of BalidanDiwas of Swami Shradhanand Ji. All the teaching and non-teaching members of the college took part in this Havan. Principal Dr. Prof. (Mrs.) Ajay Sareen said that Swami Ji was a great personality. He was a fearless editor, symbol of communal harmony and successor of Maharishi Dayanand Ji. She said that we all should take inspiration from his life. She said that it is our humble duty to inspire others from Swami Ji's life. Head of Sanskrit Department Dr. MeenuTalwar shared some of events of Swami Ji's life and said that we should all bow our head in front of such mesmerizing personality who donated his wealth for society. On this occasion all the deans, teaching staff, Superintendents Mr. Pankaj Jyoti, Mr. Lakhwinder Singh and Mr. Ravi Maini were present. All the teaching and non-teaching staff members paid floral tribute to Swami Shradhanand Ji. Shanti Path was also recited at the end of the Havan and Prasad was distributed.



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