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HANS RAJ MAHILA MAHA VIDYALAYA JALANDHAR (PUNJAB) INDIA



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HIMV NEWS

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

VOL. 54 January 2025



डी ए वी गान

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

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

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

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

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As we step into the New Year, I extend my warmest greetings to all members of the Hans Raj Mahila Maha Vidyalaya family—students, faculty, staff, and alumni. The year 2024 has been a year of remarkable achievements for HMV. Our students have excelled not only in academics but also in sports, cultural events, and social initiatives, bringing pride to our institution. These accomplishments reflect our unwavering commitment to nurturing holistic development and empowering young minds. We have also made significant strides in the field of academic research. Our faculty and students have engaged in cutting-edge research, contributing to new knowledge and innovations in various disciplines. The growing number of academic collaborations with renowned institutions has further strengthened our academic ecosystem. These partnerships provide our students and faculty with invaluable opportunities to exchange ideas, broaden their perspectives, and engage in groundbreaking research. As we move into 2025, I encourage all members of the HMV family to continue pushing the boundaries of knowledge and excellence. Let us build on the momentum of 2024, embrace new challenges, and continue to foster a spirit of inquiry, creativity, and collaboration. I am confident that this year will bring even greater achievements, both in academics and beyond.

Let us remain committed to the values of integrity, discipline, and empowerment, and continue making HMV a beacon of knowledge and progress.

Wishing everyone a prosperous and fulfilling New Year ahead!

Prof. Dr. (Mrs.) Ajay Sareen

Principal, Hans Raj Mahila Maha Vidyalaya, Jalandhar

From The Editors



As we usher in the New Year, it is with immense pride and joy that I extend my warm greetings to the Hans Raj Mahila Maha Vidyalaya family. The year 2024 has been one of tremendous achievements for our institution. Our students have excelled in every sphere—be it academics, sports, cultural activities, or environmental initiatives. Whether it was clinching awards at inter-college competitions, securing top ranks in academic pursuits, or actively participating in environmental conservation drives, each of these feats speaks volumes about the caliber, creativity, and commitment of our student body.

While we celebrate these accomplishments, it is also essential to reflect on the values that have guided us through this journey. In a world of rapid change, it is easy to lose touch with our roots. However, it is through our traditions, culture, and heritage that we find our true strength. As we stand on the threshold of a new year, let us reconnect with the values that have shaped us and continue to inspire us. The upcoming Maha Kumbh, a symbol of unity, faith, and spiritual awakening, reminds us of the importance of staying grounded and embracing our shared cultural legacy.

I encourage all members of the HMV community to not only strive for excellence in their respective fields but also to remain rooted in the wisdom of our ancestors, which will guide us to a brighter and more harmonious future.

Wishing you all a year filled with success, peace, and enlightenment.

Dr. Ramnita Sharda

Editor, HMV News

From The Editors



It is with immense pleasure that we present to you the 54th volume of HMV News. Through this magazine, we aim to encapsulate the journey of holistic development undertaken by our students, faculty, and the institute as a whole. This newsletter is a testament to our growth and serves as a platform to bring to life the thoughts and aspirations of our vibrant student community. We would like to express our heartfelt gratitude to our esteemed patron, Principal Dr. (Mrs.) Ajay Sareen, whose unwavering energy and inspiration continue to guide us. Our sincere thanks also go to Dr. Ramnita Saini Sharda, Editor-in-Chief, for her invaluable support and guidance in bringing this edition to fruition.

Mr. Neeraj Aggarwal

Editor, HMV News

Dr. Jaspreet Kaur

Editor, HMV News

University First Positions



Riya Sharma

Bachelor in Business
Administration Sem-VI



Tanya Suri

B.A Sem VI



Jasneet Dhanjal

Bachelor of Fine Arts
Sem-IV



Manmeet Kaur

B.Voc(Mental Health &
Counselling) Sem-IV



Sehajdeep Saini

B.Sc(Bio-Tech) Sem-VI



Komal

B.Sc(IT) Sem VI



Roohani

B.Voc(Mental Health &
Counselling) Sem-VI



Manpreet Kaur

M.Voc(Web Tech &
Multimedia) Sem-IV



Isha Arora

BCA Sem VI



Amrita

M.Sc. Botany Sem IV



Shruti

B.Voc(Beauty Culture &
Cosmetology) Sem-IV



Hritika

M.Voc(Cosmo &
Wellness) Sem-IV



Bhavya Jain

Bachelor of Fine Arts
Sem-VIII



Gursimar Kaur

B.Voc(Cosmetology &
Wellness) Sem-VI



Sakshi

M.Voc(Cosmo &
Wellness) Sem-IV



Gurpreet Kaur

M.Voc(Mental Health &
Counselling) Sem-IV

University First Positions



Tanisha

BBA Sem IV



Shamli Sharma

B.Com Sem-IV



Manpreet Kaur

B.Voc(Banking & Financial Services) Sem-VI



Isha

B.Com(Hons) Sem IV



Seema Kumari

B.Voc(Journalism & Media) Sem-IV



Sakshi Badola

B.Voc(Journalism & Media) Sem-VI



Neha Jassal

B.Voc(Web Technology & Multimedia) Sem-IV



Jahanvi Mahajan

B.D.(Multimedia) Sem-VI



Manpreet Kaur

MA(Pol.Sc) Sem IV



Smily

Bachelor of Computer Application Sem-IV



Naina

B.D.(Multimedia) Sem-IV



Palak Soni

B.Voc(Web Technology & Multimedia) Sem-VI



Gurseerat Kaur

B.Voc(Fashion Technology) Sem-VI



Gaytri Sharma

B.Voc(Fashion Technology) Sem-IV



Kriti

B.Com Honours Sem-VI



Tania Sethi

M.Sc.(Bio-informatics) Sem-IV

University First Positions



Shweta

B.D. (Multimedia)
Sem -VIII



Sujainpreet Kaur

BPES Part II



Aanchal

BA Pol. Science Hons.
Sem VI



University Second Positions



Bhavya

Bachelor of Computer
Application Sem-IV



Mankiran Kaur

B.Sc(Bio-Tech) Sem IV



Ishmanpreet Kaur

M.Voc(Mental Health &
Counselling) Sem-IV



Richa Kumari

B.Voc(Journalism &
Media) Sem-IV



Simran

B.Voc(Cosmetology &
Wellness) Sem-VI



Nargis Jaitwani

M.A (English) Sem-IV



Sahibpreet Kaur

B.Voc(Journalism &
Media) Sem-VI



Kanishka

B.Voc(Fashion
Technology) Sem-IV



Sakshi Sharma

M.A (Hindi) Sem-IV



Basma Nudrat

B.Voc(Mental Health &
Counselling) Sem-VI



Saloni Kumari

B.Voc(Banking & Financial
Services) Sem-IV



Muskan

B.Voc(Banking & Financial
Services) Sem-VI



Saiqa Irshad

B.Sc.(Fashion Dsg.)
Sem-VI



Pearl Sekhri

B.Voc(Mental Health &
Counselling) Sem-IV



Manleen Kaur

B.Voc(Web Technology
& Multimedia) Sem-IV



Krishika Chauhan

B.D.(Multimedia) Sem-VIII

University Second Positions



Paramjeet Kaur

B.Voc(Web Technology & Multimedia) Sem-VI



Shamli Sharma

B.Com Honours Sem-IV



Jagroop Kaur

M.Sc.(Bio-informatics)
Sem-IV



Jahanvi Mahajan

B.D.(Multimedia) Sem-VI



Muskan

B.Com Honours Sem-IV



Kashish

B.Com Honours Sem-IV



Tanvi Aggarwal

M.Voc(Web Tech & Multimedia) Sem IV



Priyanka

M.Sc. Botany Sem IV



Mehak
BPES Part II



University Third Positions



Yogita

**Bachelor of Computer
Application Sem-IV**



Kriti

B.Com Sem VI



Deepali Buggal

B.Com Honours Sem-VI



Rhythm

**BA Pol. Sci. Honours
Sem VI**



Arshdeep Kaur

**BA Pol. Sci. Honours
Sem IV**



Leakzes Angmo

BPES Part- II



AWARDS & HONORS

Dated : 01/08/2024

Principal Prof. Dr. Ajay Sareen honoured by Department of Higher Education Govt. of Punjab



Prof. Dr. (Mrs.) Ajay Sareen, Principal Hans Raj Mahila Maha Vidyalaya has been honoured by Department of Higher Education, Govt. of Punjab during a ceremony organized at Guru Nanak Dev University, Amritsar by Director Higher Education Govt. of Punjab. This honour was given for earning the coveted NAAC A++ rating. The chief guest of the ceremony was Sh. Harjot Singh Bains, Honourable Minister Higher Education and Languages Punjab. GNDU in collaboration with APAC News Network bestowed the excellence in education award and a certificate of excellence to Hans Raj Mahila Maha Vidyalaya. Principal Prof. Dr. (Mrs.) Ajay Sareen received this prestigious award from Higher Education Minister Sh. Harjot Singh Bains and Vice Chancellor, GNDU Dr. Jaspal Singh Sandhu. Dr. Sareen thanked Almighty for this award and recognition. She also thanked President DAVCMC Padamshree Dr. Punam Suri, DHE Sh. Shiv Raman Gaur, IAS (Retd.) Chairman LAC Justice (Retd.) N.K. Sud and all the mentors for their continuous support. She dedicated this award to the teaching, non-teaching staff of the college and the students.

Teachers and Students of HMV Collegiate were Honoured with the Awards by Bharat Vikas Parishad



The teachers and students of HMV Collegiate Sr. Sec. School were awarded with the gracious blessings of Principal Dr (Mrs) Ajay Sareen by Bharat Vikas Parishad under the title Guru Vandan Chatra Abhinandan. By shining a spotlight on the exemplary teachers, as well as on their students in all the three streams- Science, Commerce and Humanities of HMV, Bharat Vikas Parishad celebrated the traits of passion, dedication and discipline. The event was commenced with lamp lighting followed by recital of DAV Gaan. The worthy dignitaries of Bharat Vikas Parishad including Mr Shammi Kapoor, President, Mr Umesh Aggarwal, Treasurer, Mr Rakesh Babbar, Distt. Coordinator, Adv. Shiv Kumar Sonik, State Convener, Mr Vikram Arora, State Convener were welcomed by the Principal madam and School Co – Coordinator Mrs Arvinder kaur with green planters and HMV planners. The keynote speaker- Adv. Shiv Kumar Sonik congratulated the students on being the part of such a great institution which echoes with pristine and sagacious vibes. He greatly applauded the greenery of HMV Campus and the keen dedication of HMV members. In his address to the gathering, he focused on the role of Guru in students' life as path illuminator and guider by unfolding examples from history. Mr Vikram Arora, State Convener was in full admiration for HMV which keeps on gathering one after the other accolades. Principal Dr. (Mrs) Ajay Sareen cordially welcomed the guests and congratulated the teachers and students. She inspired them to continue striving towards achieving greater heights of success. Mrs Anuradha Thakur, Mrs. Renu Walia, Mrs. Upma Gupta, Ms. Rashmi Sethi, Ms. Vandana Sethi, and Ms. Sukriti Sharma were honoured with the Best Teacher Awards. Km Riya and km Navjeet kaur of Science stream, km Tanvi and Km Sukriti Miglani of Humanities stream, Km Manpreet and Km Simran of Commerce stream were given away the awards for their brilliant acumen. The event was memorable for its saluting spirit to the unwavering dedication of teachers and students towards their duties. The stage was handled by Mr Rakesh Babbar. The event was ended with the recital of the National Anthem.

Principal Dr Ajay Sareen honoured as Eco Visionary Principal by National EduTrust of India



Hans Raj Mahila Maha Vidyalaya, the premier institute of North India, in collaboration with National EduTrust of India (registered under Ministry of MSME, Govt. of India) organized 'Awards Ceremony of 30-Day Environment Challenge' under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The chief guest of the occasion was Dr. Harsimrat Kaur Grewal, Assistant Commissioner, GST Ludhiana and the guest of honour was Mr. Samarth Sharma, CEO, National EduTrust of India. The coordinator of the event was Dr. Anjana Bhatia. The event started with the lighting of lamp and DAV gaan. Principal Dr. Sareen welcomed the guests with green planter and 'phulkari'. Dr. Harsimrat Kaur delivered a lecture on the crucial topic of women's empowerment, with a special emphasis on financial independence. She eloquently highlighted the importance of women achieving financial autonomy as a key aspect of empowerment. She emphasized that a woman can handle everything with a positive attitude. HMV was honoured with several prestigious certificates in recognition of its commitment to excellence and sustainability. The institution got state level award for outstanding performance and eco-friendly college certificate in 30-day environment challenge. These certificates included the "Eco-Friendly College Certificate" for our dedication to environmental sustainability, a certificate to HMV College for outstanding participation, and the "National EduTrust of India – Eco-visionary Certificate" presented to Principal Dr. Ajay Sareen for her visionary leadership in promoting eco-friendly practices within the college. Dr. Anjana Bhatia was greeted with green guide certificate. Among students, Sushila Gupta of B.Sc. stood 1st in Instagram video making competition with the maximum likes. Students of B.Com Sem-5 (Sakshi Vaid, Dilpreet Kaur, Nandini Dhiman, Harshdeep Kaur) were honored with certificates for standing 2nd in state level Instagram reel making competition related to sustainable environment. The stage was conducted by Dr. Anjana Bhatia. The event ended with the recitation of National Anthem.

HMV Eco Club Honoured as Best Performing College Eco-Club by GNDU under EEP



Under the visionary leadership of Principal Dr. Ajay Sareen, Hans Raj Mahila Maha Vidyalaya , Jalandhar, has been recognized as the Best Performing College Eco-Club under the Environment Education Programme (EEP) of Guru Nanak Dev University . The award was presented at a distinguished event presided over by Dr. Shweta Shenoy, Dean of GNDU. The event also featured a workshop for eco-club in-charges from seven districts, organized by the College Development Council of GNDU in collaboration with the Punjab State Council for Science and Technology (PSCST) and supported by the Ministry of Environment, Forests, and Climate Change. As part of this initiative, 100

eco-clubs were established across colleges affiliated with GNDU, with HMV being commended for its outstanding contributions. The workshop, led by Prof. Dr. Saroj Arora, Dean of the College Development Council, and Dr. Astha Bhatia, Assistant Professor and Programme Coordinator, provided comprehensive guidance on EEP components and the registration process for eco-clubs. Dr. K.S. Bath and Dr. Mandakini Thakur from PSCST reviewed the programme's progress and conducted informative sessions on eco-club activity reporting. Dr. Anjana Bhatia from HMV, one of the resource persons, facilitated discussions on eco-skills development, waste reuse, entrepreneurship in environmental sustainability, and ideation for EEP activities. Principal Dr. Ajay Sareen expressed immense pride in this achievement and congratulated Dr. Anjana Bhatia for her pivotal role as Eco Club Coordinator. He emphasized HMV's unwavering commitment to raising environmental awareness and advancing sustainability efforts. This recognition highlights HMV's dedication to environmental education and leadership, setting a high standard for other institutions in the region.

Principal Dr. Ajay Sareen Champions HMV's Environmental Excellence



It is matter of joy and pride that Hans Raj Mahila Maha Vidyalaya has been recognized as the Best Institution in Environment by the Service Export Promotion Council (SEPC), Ministry of Commerce and Industry, Govt. of India at a prestigious ceremony held at India Habitat Centre. Principal Dr. Ajay Sareen received the award from Dr. Abhay Sinha, Director General, SEPC, Dr. Vidya Yeravdekar, Education Chair - SEPC, Ms. Meenakshi Lekhi, Fmr. Member of Parliament, Sh. Shrikant Sinha, CEO, Telangana Academy of Skill & Knowledge & Prof. Ashutosh Sharma, President, Indian National Science Academy. Dr. Sareen expressed her immense pride and gratitude to President Dr. Punam Suri, Padma Shri Awardee, Sh. Shiv Raman Gaur, Director of Higher Education, Justice NK Sud, Chairman, LAC and the mentors at DAVCMC for their unwavering support. She also congratulated the entire HMV Family for their collective efforts. Project Coordinator Dr. Anjana Bhatia, Dean of Innovation and Research, highlighted that HMV's recognition came from seven key parameters, especially Principal Sareen's outstanding leadership in establishing the Paper Recycling Unit in the college. Dr. Ajay Sareen congratulated the faculty and staff members of the college for this achievement.

ACADEMIC HIGHLIGHTS

Dated : 08/07/2024

One Month Skill Enhancement Course organized by HMV



One Month Skill Enhancement Course was organized by Skill Section of Hans Raj Mahila Maha Vidyalaya, Jalandhar. Students from various streams joined the course. Students learned various creative art and skill techniques. Skill faculty conducted live demonstrations and students work and explore various possibilities. Students participated with great enthusiasm and explored various skills like Printing, Designing, Painting, Make ups, Multimedia, Dance and Music. On the last day students showcased their skills to Principal Prof. Dr. (Mrs.) Ajay Sareen. Principal Dr. Sareen encouraged the students and appreciated their work. She also appreciated the efforts of Skill Faculty Incharge Dr. Rakhi Mehta and her team for successfully completing one month Skill enhancement course. Dean Innovation and Research Dr. Anjana Bhatia also valued the students' amazing creative works and the efforts of the skill faculty.

HMV organized Capacity Building Workshop on Wipro Earthian Awards in collaboration with Punjab State Council for Science & Technology



Hans Raj Mahila Maha Vidyalaya organized a Capacity Building Workshop under Wipro Earthian Awards in collaboration with Punjab State Council for Science & Technology (PSCST) under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The Chief Guest of the workshop was Dr. K.S. Bath, Joint Director PSCST. DEO Sh. Suresh Kumar Ji was special guest of Eminence. He motivated the teachers to work diligently for the cause of environment. The special guest was Mr. Ashish Shah, Expert Wipro Foundation. Dr. Mandakini (Project Scientist) and Sh. Rajeev Joshi (Deputy DEO) were also present there as guest of eminence. The programme started with lighting of lamp. The guests were welcomed with planters by Principal Prof. Dr. (Mrs.) Ajay Sareen. The guests were told about the achievements of the college. Principal Dr. Sareen congratulated the team of Earthian awards and said success of teachers will result in creating more possibilities for the students. She also congratulated the winners of Earthian award. Dr. Navroop Kaur, Dean Youth Welfare and Dr. Seema Marwaha Dean Academics welcomed the guests with green greetings. Dr. K.S. Bath felt elated on his visit in HMV. He said that many teachers have been benefitted with this project. The award winning teachers shared their experience with all the participants. In Technical Session, Mr. Ashish Shah, Expert, Wipro Foundation shared wonderful knowledge about biodiversity. He said that our main objective is to make people capable to for the challenges regarding environment. Dr. Mandakini also provided brief information. Total 60 participants were there. Stage was conducted by Dr. Anjana Bhatia. On this occasion, Dean Academics Dr. Seema Marwaha was also present. Workshop Coordinator Dr. Anjana Bhatia thanked PSCST for their efforts.

HMV Organized Literary Session of Dr. Gurbaksh Bhandal



The Post Graduate Punjabi Department of Hans Raj Mahila Maha Vidyalaya organized a literary session under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The incharge of the session was Dr. Navroop Head of Punjabi Department. The Resource Person was Shiromani NRI Punjabi Writer Dr. Gurbaksh Singh Bhandal. Dr. Bhandal has contributed 22 books to Punjabi Literature. He is also Prof. in Physics at Queen Land University, Ohio (America). He recited many of his poems based on deep feelings and emotions. He told the students about his life journey from village to America and from being a student to Professor. He encouraged the students not to fear from any failure and should continuously do the efforts. He also gave answers to the questions of students. Principal Dr. Ajay Sareen congratulated the Programme Organizing Team and welcomed Dr. Gurbaksh Singh Bhandal to the Institution. She said that Punjabi Language makes us aware of our feelings. Words that cannot be expressed directly can be expressed through poems. She said that such programmes will continue to be organized in future also. Head of Punjabi Department Dr. Navroop welcomed him and encouraged the students to learn from his life. The stage was conducted by Mrs. Kuljit Kaur from Punjabi Department. She encouraged the students to unite with literature. Incharge Punjabi Sahitya Sabha Dr. Veena Arora presented vote of thanks. On this occasion, Asst. Prof. Dr. Mandeep Kaur, Dr. Sandeep Kaur, Mrs. Pawandeep Kaur and Ms. Amanpal Kaur were also present.

HMV makes History by organizing second International Conference abroad



Hans Raj Mahila Maha Vidyalaya has once again made history by organizing an International conference abroad. The International Conference on Research and Innovation in Social Sciences and Humanities (ICRISH) 2024, a multidisciplinary conference, was held from August 21-25 at the Bangkok campus of Assumption University, Thailand. The event was jointly organized by HRMMV, Nehru Arts and Science College Coimbatore, and Assumption University, drawing participation from over 100 delegates representing various educational institutions worldwide. Principal Dr. Ajay Sareen, who served as the Organizing Chair welcomed the keynote speaker, Dr. Tewin Tencomnao, Chair of the B.Sc. Program in Medical Technology at Chulalongkorn University, Bangkok. A delegation of sixteen members from Punjab, including prominent scholars and educators, attended the conference. Dr. Ramnita Saini Sharda, Associate Prof. Department of English acted as a member of the organizing team, she also chaired Track 04, where 15 papers were presented on diverse topics. Dr. Ramnita herself presented a paper titled "Holistic Education in the Global Scenario," highlighting the importance of teaching English through literature to achieve the sustainable development goals of the United Nations Development Programme (UNDP). Other notable contributions included Dr. Jyoti from the Hindi Department, who presented on the "Havan Yajna and its Scientific Utility," and Dr. Kajal, who won the Best Paper Award in Track 03, focused on business and management. Dr. Kajal's paper, "Conceptual Review of Exploring the Antecedents of Employee Empowerment Affecting Job Satisfaction," received significant acclaim. Mrs. Protima from the History Department presented on "E-Learning," and Dr. Rakhi from the Design Department explored "Traditional Indian Textile Designs in the Contemporary World." Additionally, two students from HRMM made their mark: Ms. Suchita, an MA English student, presented on "Cracking India: The Psychological Impact of Partition," while Ms. Meghna, an undergraduate, discussed "Political Representation of the Transgender Community in India: A Contemporary View." Contributions from other institutions included papers by Dr. Simran Sidhu from Doaba College and Dr. Priyanka Marwaha from CT College. Ms. Mehreen, a class 11 student, stood out as the youngest presenter at the conference. The successful organization of ICRISH 2024 by HRMM not only underscores its commitment to fostering international academic collaboration but also highlights its role in promoting multidisciplinary research and innovation on a global platform.

Mathematics Department of HMV Organized Workshop



The PG Department of Mathematics of Hans Raj Mahila MahaVidyalaya organized One day Workshop-cum-Extension Lecture on “Mathematical Computations using SCILAB and MATLAB and it's Applications ” under DBT Star Scheme of Colleges under the able guidance of Principal Prof. Dr.(Mrs.) Ajay Sareen. The overall Incharge of the workshop was Head of Department of Mathematics Dr. Gagandeep. The resource person for the workshop was Dr. R. Sivaraj, Associate Professor, Department of Mathematics and Computing, Dr. B.R Ambedkar NIT, Jalandhar. Prof. Sivaraj gave the lecture on the topic “Mathematical Computations using SCILAB and MATLAB and it's Applications”. SCILAB and MATLAB both are high performance software packages for computing and he provided a hands on practical information on these softwares. Dr Sivaraj gave information which is the need of the hour for students who are dealing with problems of mathematics and require software knowledge for the same. Dr. Sivaraj has explained about the different career opportunities in mathematics in different countries and have also elaborated the benefits of career in mathematics comparative to other sectors like IT. Dr. R. Sivaraj told a mathematician career as the most opportunists and multi talented in every sector. On the same day Mathematics department also organised 'Mathematical Rangoli ' making competition. Students of Mathematics department participated in this competition with full enthusiasm. They prepared very beautiful and attractive Rangolis using mathematical symbols, Patterns, formulas and concepts etc. Prof. Sivaraj and Dr. Gagandeep acted as judge for this competition. In this competition Mrs. Ishika and Mrs. Roshni of B.Sc Non Med Sem V got first prize, Jasmine and Bharti of B.Sc Comp Sc Sem III got second prize, Harshita and Parinika of B.Sc Non Med Sem I got third prize and two teams got consolation prize. Dr. Seema Marwaha, Dean Academics and Head of Zoology Department, Mrs. Deepshikha, Dean Examination and Head of PG Department of Chemistry congratulated Mathematics department to organize this workshop. Students of B.Sc Sem II, IV, VI and M.Sc (Mathematics) participated in this workshop with full enthusiasm. Dr. Gaurav Verma presented vote of thanks for the event. The other faculty members of Mathematics Department Dr. Deepali, Ms. Charanjit and Mrs. Geeta were also present in this workshop.

Installation Ceremony held at HMV Collegiate School



HMV Collegiate Sr. Sec. School hosted the Installation Ceremony in collaboration with Student Council. 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. The Chief Guest was welcomed with a green planter by Dr. Seema Marwaha, Dean Academics and School Coordinator and Mrs. Arvinder Kaur, School Co- Coordinator. In her formal welcome address, Dr. Seema Marwaha paid her gratitude to the untiring efforts of madam Principal under whose able stewardship Student Council is touching the pinnacle of success. She congratulated all the badge holders and told them to implement all the duties sincerely, dedicatedly and responsibly. 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. 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. Dippenpreet Kaur of SSC 2 Commerce was pinned the badge of Head Girl by Principal Dr. Ajay Sareen, School coordinator Dr. Seema Marwaha, School Co- Coordinator Mrs. Arvinder Kaur. Arshdeep Kaur of SSC 2 Arts, Lakshita Den of SSC 2 Commerce and Ashmeet Kaur of SSC 2 Non- Medical were designated as Joint Head Girls. The post of Assistant Head Girls was held by Palak Suman of SSC 1 Commerce, Farleen Kaur of SSC 1 Arts and Nitya of SSC 1 Medical. 12 students were elected for HMV Task Force and 12 students were elected as the class representatives. In her vote of thanks, Mrs. Arvinder Kaur 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 thanked Principal Dr. Ajay Sareen, Dr. Seema Marwaha, Dean Student Council Dr. Urvashi Mishra, technical staff, Collegiate staff and the students of task force. The stage was conducted by members of college student council- Sakshi Vaid, Nazam and Krish. The event ended with the National Anthem.

HMV Organized Three day workshop



Designing Hub Society of Design Department of Hans Raj Mahila Maha Vidyalaya conducted a three days workshop on “Expressions 2024 – Entrepreneurs & Startups” in collaboration with Pedilite under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Renowned artist Mrs. Navdeep Kaur & Mr. Vikas Vohra, cluster market development officer from Pedilite were the resource persons of the workshop. Various design possibilities and entrepreneur startup aspects were discussed. Creating Value, Innovations, Market expansions, Business plan, achieving Financial Stability and establishing a brand were discussed with students and faculty. Various sustainable Products were created by students. Very important principles of empathy, thinking and experiments with various mediums was the objective of the workshop. Various textures, surfaces, effects etc are developed by students. Paint surfaces, dyeing method are experimented to shape the designer thinking. A fruitful workshop was end up with the word of appreciation and enthusiasm with Principal Dr. Sareen. Head of Department Dr. Rakhi Mehta discussed the startups for budding Designers in Design world during workshop. and other faculty members. A MOU was also signed successfully on last day of the workshop with Pidilite Industries Limited. Faculty of the Design Department Ms. Manika , Ms. Ritika and Ms. Ravneet Kaur also attended the workshop.

HMV Organized Workshop on “Techniques for preparation of solutions”



R. Venkatraman Chemical Society of Chemistry Department of Hans Raj Mahila Maha Vidyalaya organized DBT-STAR sponsored workshop on the “Techniques for preparation of solutions” under the able guidance of “Principal Prof. Dr. (Mrs) Ajay Sareen. The workshop was designed to develop skills in students and all the laboratory attendants of science department to prepare analytical solution independently. Mrs. Deepshikha Head of Chemistry Department welcomed the participants and introduced them about the objectives of the workshop. Further she explained the importance of standard solutions and accurate solution preparation methods in various chemistry experiments. She explained the chemistry behind the preparation of various types of solution. After, that a hand on training session was also conducted in which Mrs. Deepshikha, Ms. Tanisha Sharma, Ms. Hemlata and Dr. Rajneet Kaur assisted the students to make different type of solutions. The students were very contented with work put ahead by all the team. The event was a huge success. In workshop 30 students and all lab attendants of science department were benefitted. Dr. Seema Marwaha, Dr. Saloni Sharma were also present during the workshop.

Advisory Committee Meeting Inspires New Research Initiatives at Hans Raj Mahila Maha Vidyalaya



The halls of Hans Raj Mahila Maha Vidyalaya buzzed with enthusiasm and inspiration as esteemed members of the Advisory Committee convened for a meeting chaired by Dr. Garima Gupta, Scientist F from the Department of Biotechnology (DBT), with Dr. Partap Pati, Professor and Head of the Department of Biotechnology at GNDU Amritsar, serving as the External Member. Principal Dr. Ajay Sareen and DBT STAR Scheme Coordinator Dr. Anjana Bhatia warmly welcomed the Advisory Committee and departmental coordinators to discuss and evaluate ongoing and future initiatives under the DBT STAR Scheme. In her welcome address, Principal Dr. Ajay Sareen extended heartfelt greetings to the dignitaries, setting the stage for insightful discussions. Dr. Anjana Bhatia presented an impressive progress report on the DBT STAR Scheme, highlighting significant advancements in scientific research and educational initiatives. Dr. Partap Pati actively engaged with the committee, raising pertinent questions on key performance indicators and benchmarks achieved under the DBT STAR Scheme, to which Dr. Bhatia provided detailed insights. In a compelling address, Dr. Garima Gupta encouraged faculty members to embrace impactful research that addresses societal challenges. She talked about DBT Biomanufacturing and Bio3 policies, urging faculty to explore these avenues. “Scientific research should be more than knowledge-building; it must serve society,” Dr. Gupta stated, igniting a spark among faculty and students alike. She motivated everyone to actively contribute towards advancing science, research, and innovation. The committee members visited various departments, where Dr. Gupta personally interacted with students engaged in research projects and experimental work. Her words of encouragement resonated deeply with the students, sparking enthusiasm to pursue innovative solutions.

The meeting concluded on a high note, with a shared vision for harnessing the DBT STAR Scheme to its fullest potential. The Advisory Committee left HMV inspired and hopeful, anticipating further strides in scientific research that will benefit both academia and society. On the occasion, Dr. Seema Marwaha, Dean Academics & Head Zoology Department, Mrs.

Deepshikha, Head Chemistry Department, Dr. Sangeeta Arora, Head Computer Science Department, Dr. Saloni Sharma, Head Physics Department, Dr. Jitender Kumar, Head Biotechnology Department, Dr. Gagandeep, Head Mathematics Department and Dr. Harpreet Singh, Head Bioinformatics Department were also present. The event marked a milestone in HMV's journey towards fostering a vibrant research culture and strengthening its scientific community.

Dated : 11/11/2024

Department of Student Welfare of HMV organized GREAT Scholarship Disbursement Ceremony



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, the Department of Student Welfare of Hans Raj Mahila Maha Vidyalaya organized Scholarship Disbursement Ceremony for the distribution of The GREAT Scholarship of Guru Ravidass Educational Assistance Trust. S. Sewa Singh, Coordinator of GREAT Charity and Mr. Jaagir Chand were present as Chief Guest. Principal Prof. Dr. (Mrs.) Ajay Sareen and Mrs. Binoo Gupta, Dean Student Welfare welcomed the guest with green planter. The occasion began with a formal welcome and a sincere gratitude to the sponsors whose persistent support has made these scholarships possible, by Mrs. Binoo Gupta, Dean of Student Welfare. Dr. Charan Bunger, MBE, Chairman of the Guru Ravidass Educational Assistance Trust Charity UK, was specifically mentioned by her. She said that he is the charity's founder and trustee and was named a Member of the Most Excellent Order of the British Empire for his contributions to the education of underprivileged and mistreated children in India. With his unwavering support, Dr. Charan Bunger is assisting the HMV girls students in pursuing their dreams of education and becoming strong, independent women who may significantly impact the development of a better future. She said that with the generous support of The GREAT Scholarship, many needy students are able to pursue their studies further without the worry of financial constraints. Further, Ms. Dilpreet Kaur, Secretary of Student Welfare gave power point presentation and explained about The GREAT Scholarship in detail. The coordinator of the GREAT team S. Sewa Singh encouraged the students and said that our trust is providing scholarship to needy students from many years so that the students continue their studies without any financial worry. He addressed students and motivated to become self sufficient

and become successful in life. S. Sewa Singh disbursed scholarship amount on behalf of GREAT Charity of Rs. 566000 to 48 beneficiary students. Principal Prof. Dr. (Mrs.) Ajay Sareen extended deepest gratitude to the GREAT Charity for generous contribution to our students. She said the GREAT Scholarship has helped alleviate one of the most significant barriers i.e the financial burden of pursuing an academic career. She told students to utilise the scholarship for studies and get good results in exams. She further said This scholarship is an investment in their futures and by extension in the future of our society. She also congratulated the the Department of Student Welfare for this successful ceremony and appreciated the efforts of whole team. Some of the beneficiary students Rajni (Bsc Botany Sem I), Zeenat (BD Sem III), Naina (Bvoc MHC Sem III), Pooja Kumari (Bcom Sem III) and Jaspreet Kaur (BFA Sem VIII) expressed heartfelt gratitude for the support given by the GREAT Charity and promised to use this opportunity to the fullest and to give back to community in meaningful ways in the future. The stage was successfully conducted by Dr. Jaspreet Kaur. Mrs. Shefali Kashyap extended the vote of thanks. On this occasion, Mrs Rama Sharma, Dr. Rishav, Dr. Mandeep, Dr. Simmi Garg, Ms. Dilpreet Kaur (Secretary DSW), Ms. Muskaan (Assistant Secretary DSW) and Executive Members of DSW Ms. Pooja and Ms. Priyanka and Ms Sakshi Vaid (Head girl) were also present. The whole event was captured in video recording by students of mass communication department Ms Sakshi and team.

Dated : 16/11/2024

HMV concluded Certificate Programme in Banking, Finance & Insurance



The HMV Skilled Courses Hub of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized 100-hours Skilled Course Certificate Programme in Banking, Finance and Insurance (CPBFI2024) in collaboration with Bajaj Finserv under the able guidance of Principal Prof. Dr.

(Mrs.) Ajay Sareen, Mrs. Binoo Gupta, Coordinator of the course told the purpose of conducting this course was to enhance the employability skills of the students. She told that during the span of 100 hours, the students were given insights into the practical aspects of Banking, Finance, insurance and interview conduct. The course was divided into four modules comprising managing Self Swaroop, Communication and workplace skills, overview of retail banking and overview of finance. Overall 79 students were benefitted from the programme .They will be eligible for the Bajaj Finserv Employment Initiatives. Principal Dr. Ajay Sareen appreciated the efforts of the team members comprising Mrs. Meenu Kohli, Head of Department, Mrs. Binoo Gupta, Incharge Commerce Club and Course Coordinator and Course Incharges – Mrs. Shefali Kashyap and Ms. Kanika Sharma, Resource persons 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, who enlightened students regarding Personality Development, Mock telephonic conversation, group Discussions and Presentations.

Dated : 19/11/2024

Workshop on Soft Skills and Leadership at HMV



The PG Mass Communication and Video Production Department of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized a DBT sponsored workshop on Soft Skill and Leadership. The resource person was Mr. Ishan Sood, Founder of Advant Edge and alumnae of Christ University, Bangalore. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed him with planter. Mr. Ishan Sood told the students in detail about public speaking. He also gave tips on Hard and Soft Skills. He said that 70% communication done by us in non-verbal, 20% is the content and 10% communication is the art of delivering a message. He told the students about Power of Pauses in speech and unique Value Proposition. He told that a speaker can be judged on the basis of content voice modulation, body language and fillers. He also conducted an activity on Public Speaking with the students. Head of Department Dr. Rama Sharma presented vote of thanks and told the students about the importance of Public Speaking. Mrs. Jyoti Sehgal, Ms. Radhika, Ms. Gaytri were also present.

Extension Lecture at HMV



The Internal Quality Assurance Cell of Hans Raj Mahila Maha Vidyalaya organized an Extension Lecture in collaboration with World Human Rights Organization. The Resource Person was Ms. Yasni Bowaneedin Puttoo- an International Ambassador, WHRO, Mauritius. On this occasion, Mrs. Vani Vij, Member IQAC & Mr. Vivek Aggarwal were also present. Principal Prof. Dr. (Mrs.) Ajay Sareen, IQAC Coordinator Dr. Ashmeen Kaur & Dean Youth Welfare Dr. Navroop Kaur welcomed her with Planter & Phulkari. Madam Puttoo talked about condition of women in Mauritius & the privileges being given to women & children. She told about various opportunities available in Mauritius. She told that women should be able to tie their family in one knot by maintaining a balance between professional & personal life. In every woman's life, there are ups & downs. Without empowerment, we are incomplete. She stressed that women should be aware of her rights. Principal Dr. Sareen said that it is the need of the hour to be aware of your rights & we should stand for our rights. IQAC Coordinator Dr. Ashmeen Kaur presented vote of thanks. Stage was conducted by Dr. Anjana Bhatia. On this occasion, all the faculty members were present there.

Workshop on Mindfulness Magic Organized at HMV



Hans Raj Mahila Maha Vidyalaya, under the aegis of IQAC and the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, successfully organized a workshop on "Mindfulness Magic." The session, aimed at promoting mental well-being, was led by Mr. Jatinder Pal Singh, a psychotherapist and mindfulness expert. Dr. Navroop Kaur, Dean Youth Welfare, Dr. Ashmeen Kaur, Incharge IQAC, and Mrs. Meenu Kohli, Head of the PG Department of Commerce, accorded a green welcome to the guest. In her address, Principal Dr. Sareen highlighted the importance of mindfulness for educators, emphasizing that a stress-free mind is essential for leading healthy and fulfilling lives. Mr. Jatinder Pal Singh introduced mindfulness as the art of being intensely aware of the present moment without judgment. He elaborated on techniques such as JPMR (Jacobson's Progressive Muscle Relaxation) to relax the mind and actively engaged the faculty in various de-stressing activities. He also underlined the significance of forgiveness as a vital tool for mental peace, encouraging everyone to let go of negative emotions, break mental cords, and set their minds free to reach their full potential. The workshop witnessed enthusiastic participation from the faculty members, who found the session highly interactive and beneficial. The event was coordinated by Dr. Ashmeen Kaur, Mrs. Meenu Kohli, Mr. Sumit Sharma and Mrs. Lovleen Kaur. The workshop was another milestone in HMV's continuous efforts to foster personal growth and holistic development among its faculty and staff.

Dated : 25/11/24

Workshop on "Safety Measures and First Aid 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 and First Aid in Chemistry Lab” under the able guidance of Principal Prof. Dr. (Mrs) Ajay Sareen. The workshop was designed to introduce safer lab practices among students, staff and all the laboratory attendants of Chemistry Department. Mrs. Deepshikha, Head of Department and Incharge of R. Venkataraman 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 30 students participated in Poster Making, and Power Point competitions held on the occasion. Gurleen Kaur (B.Sc. medical sem III), Navjot kaur (B.Sc. NM Sem I), Kanupriya (B.Sc. NM Sem V) placed first, second and third position respectively in powerpoint presentation competition. Nancy (M.Sc. chemistry sem III), Saloni (Bsc Sem I) and Tanya Mehta (B.Sc. Biotech Sem III) were placed first, second and third prize in poster making competition. Mrs. Saloni Sharma, Dr. Shaveta Chauhan, Mrs. Purnima, Ms. Tanisha, and Ms. Hemlata, Dr Rajneet Kaur Saini faculty of Science Department were also present on the occasion.

Dated : 28/11/2024

HMV organized Guest Lecture on “MicroRNA and induced pluripotent stem cells”



Under the aegis of the DBT Star College scheme, Government of India, Departments of Biotechnology and Bioinformatics of Hans Raj Mahila Maha Vidyalaya organised a guest lecture on “MicroRNA and induced pluripotent stem cells”. Dr. Jaspreet Singh, Scientist, Henry Ford Health System, Michigan, USA was the resource person of the event. Dr. Jaspreet explained about the concept of micro RNAs and Stem Cells and their applications in developing novel therapeutics for paediatric brain diseases. He also emphasized on the importance of multi-OMICS approaches and the vital role of bioinformatics in discovering novel insight into various biological processes. The story about his journey from Amritsar to Michigan, USA as Scientist in one of the top research institute in the world was very inspiring for the student. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the entire organizing committee for taking this initiative to make students aware about the latest concept of micro RNA based drug discovery. Mrs. Deepshikha, Faculty Head Sciences & Head PG Department

of Chemistry, Dr. Seema Marwaha, Dean Academics & Head Department of Zoology, Dr. Saloni Sharma Head PG Department of Physics, Dr. Jitendra Kumar Head Department of Biotechnology and Dr. Harpreet Singh, Head Department of Bioinformatics welcomed Dr. Jaspreet Singh to the premises of Hans Raj Mahila Maha Vidyalaya, Jalandhar. Dr. Seema Marwaha presented formal welcome on behalf of Madam Principal. Dr. Jitendra Kumar presented the vote of thanks. The guest lecture was attended by students from various science departments. During this occasion Dr. Anjana Bhatia, Dr. Shweta Sharma, Mr. Sumit Sharma, Mrs. Purnima, Dr. Ramandeep Kaur, Dr. Simmi Garg, Ms. Harpreet Kaur, Dr. Sakshi Verma, Dr. Shuchi Sharma, Mr. Ravi Kumar, Mr. Arvind Chandi and Mr. Tirath were also present.

Dated : 30/11/2024

Interior Designing Add-on-Course concluded in HMV



Department of Design of Hans Raj Mahila Maha Vidyalaya organised a value added course in interior designing in odd semester. Duration of the course was 30 hours. Students from various streams joined the course and learnt the art of interior designing. This course booms the creativity of students and allows them to transform empty spaces into beautiful spaces. Students learnt the Basics of interior Design, various materials of interiors, basics of AutoCAD software and product designing skills during the course. Students created beautiful designer Recycled Products using old college furniture. The main focus of the course is innovation, creativity and environment friendly spaces and designs. Students learnt Aesthetics and utility through traditional and contemporary concepts. Market Survey was also conducted during the course in order to provide brief knowledge of field. Prof. Dr. (Mrs.) Ajay Sareen congratulated Mrs. Binoo Gupta, Coordinator of HMV Learning Hub and Dr. Rakhi Mehta, Incharge of the course for successfully completion of the course.

Commerce Club of HMV organized a seminar on 'Success Mantra: Be Skillful'



The Commerce Club of Hans Raj Mahila Maha Vidyalaya under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen organized a seminar on 'Success Mantra: Be Skillful'. Ms. Richa Sodhi, Senior OT Executive, Nestle India, Mumbai, and the proud alumnae was the resource person of this seminar. Mrs. Meenu Kohli, Head PG Department of Commerce and Management, Mrs. Binoo Gupta, Incharge Commerce Club and Mrs. Savita Mahendru, Co-Dean Student Council welcomed the guest with green planter. Mrs. Meenu Kohli, Head PG Department of Commerce and Management delivered the concept note for the event and inspired the students to gain the best out of such regular ambitiousness of the Commerce Club. Ms. Richa Sodhi stated that she got her first placement from HMV, which marked the beginning of her successful journey. She beautifully taught students about the importance of both hard and soft skills and also shared her own experiences, from her college days to her corporate life. She told that the success mantra in any field of life is our own skills and faith in ourselves. She motivated students that the education is the foundation for gaining success in life. Mrs. Binoo Gupta, Incharge Commerce Club revived some of the memories with Richa Sodhi as student in HMV. She also encouraged students to take part in various activities to enhance their skills and inspired the students to explore their hidden talents and be successful. 210 students enthusiastically attended this session. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of Commerce Club and congratulated the organizing team for success of this session. The stage was successfully conducted by Mrs. Baljinder Kaur and Ms. Ritu. On this Occasion, Dr. Shallu Batra, Mrs. Shefali Kashyap, Mrs. Preeti and Mrs. Garima were also present.

Dated : 02/12/2024

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 Vidyalyaya 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 RBL Bank Jalandhar. Ms. Divya Arora, Deputy Vice President, RBL Bank welcomed the students. Ms. Mitali Julka, Operations Head 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. She also showed the ultra virus machines to check cheque genuinity. The workshop ended with a doubt clearing session. Principal Prof. (Dr) Mrs. Ajay Sareen congratulated Head of Department, Mrs. Meenu Kohli and appreciated the efforts of the department. Ms. Yaagrika from Commerce Department accompanied the students.

Dated : 04/12/2024

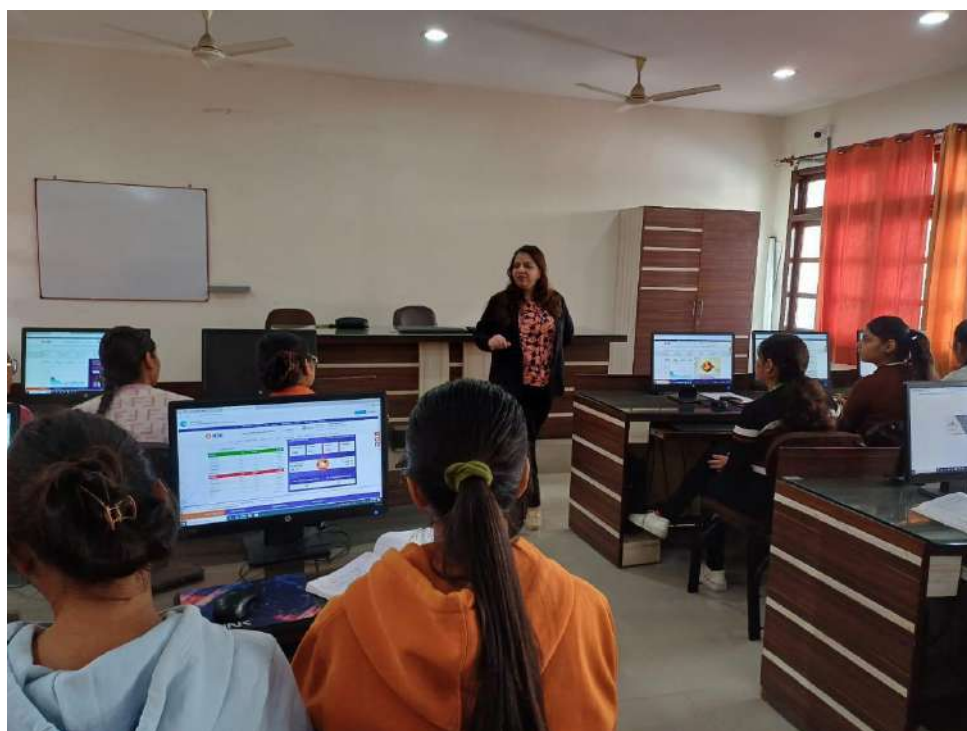
HMV Organized Spoken English and Personality Development Course



HMV Skilled Courses 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, Speaking and Writing 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. HMV Skilled Courses Hub Incharge Mrs. Binoo Gupta told the aim of this course is to help students develop intense thinking process and the ability to voice it effectively. She thanked Principal Prof. Dr. (Mrs.) Ajay Sareen for always motivating and encouraging the faculty for organizing such courses. 30 students were benefitted by this course. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated students and incharges for successfully conducting the course and told that speaking English makes tremendous impact on personality and it help in placement too. Resource persons of Course were Mrs. Jyoti Sharma and Mrs. Gurpreet Kaur Chouhan.

Dated : 05/12/2024

HMV organized Guest Lecture on ‘Online Trading Operations’



A series of guest lectures on ‘Online Trading Operations’ were organized by the PG Department of Commerce and Management of Hans Raj Mahila Maha Vidyalaya, Jalandhar for the students of B.Voc (Banking and Financial Services). Mrs. Divya Nanda, Deputy Vice President, RBL Bank, Model Town Branch, Jalandhar was the resource person. The students were given practical insights into the online trading operations such as depository, NSDL,CDSL, Demat, Clearing and settlement procedure ,SENSEX, NIFTY, stop loss, order booking etc. The students were also explained about other avenues of investment such as mutual funds. They were also given insights into the importance of early investment with the example of compounding. College Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Head of the Department Mrs. Meenu Kohli and motivated to organize such events in future also.

Commerce Club organized Certificate Programme of 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 Computerized Accounting “CATPRO” under the aegis of HMV Skilled Courses Hub from 22nd August, 2024 to 7th November 2024 in collaboration with Ingeniero World Institution, Jalandhar under the able guidance of Principal Prof. Dr. (Mrs) Ajay Sareen. The resource person of the session was Mr. Rahul Puri. Total 52 students of B.Com and B.Voc participated in this course. The session began with formal welcome of Resource Persons and Green greetings presented by Mrs. Meenu Kohli (Head, PG Department of Commerce and Incharge of course), Mrs. Binoo Gupta, Dean Student welfare (Incharge, Commerce Club and Co-coordinator of course) and told the students that aim behind conducting this course is to provide hands-on experience and foundational knowledge in computerized accounting, focusing on widely-used software, accounting principles gain practical knowledge of accounting aspects with the help of accounting soft wares along with theoretical concepts and motivated them towards digital learning. During the course tenure Mr Rahul Puri briefed the students about course content and the essential topics and applications, such as accounting principles, financial management, and software utilization. He Guided the students toward various accounting software 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. it is a comprehensive program aimed at equipping participants with essential accounting software skills that has been successfully completed on 7th November 2024. . Principal Prof. Dr. (Mrs.)

Ajay Sareen told that the successful completion of the CATPRO Computerised Accounting Short-Term Course has empowered participants with essential skills in digital accounting, contributing to their career development. Overall, the course achieved its objectives, preparing participants to confidently enter the workforce with valuable computerized accounting skills. Mrs. Navroop (Dean Youth Welfare) appreciated the efforts of the Commerce Club for taking this initiative and congratulated Mrs. Meenu Kohli (Head, PG Department of Commerce and Incharge of course), Mrs. Binoo Gupta, Dean Student Welfare (Incharge, Commerce Club and Co-ordinator of course) and Mrs. Anchal Mahajan. (Incharge of Course) along with other faculty members for organising such kind of session for the practical exposure to students.

Dated : 17/12/2024

Short Term Skilled Course in French Learning Concluded at HMV



The Skilled Courses Hub at Hans Raj Mahila Maha Vidyalaya organized a short term skilled course in “Interactive French Learning Basic Level”. The students completed this course by clearing both written and spoken exam. The students were awarded certificates by Principal Prof. Dr. (Mrs.) Ajay Sareen. She congratulated the students for completing the course. She also stressed on the importance of learning atleast one foreign language. She also congratulated course coordinator Mrs. Binoo Gupta and Course Incharge Dr. Shaveta Chauhan for successfully completing the course.

FACULTY PROFILE

Dr. Rakhi Mehta

- Presented paper on Topic "Traditional Indian Textile Designs in Contemporary World" in the 8th International conference on interdisciplinary Research Innovation in Science and Humanities at Assumption University Thailand on 23rd August 2024.
- Attended International Conference on Interdisciplinary Research Innovation in Science and Humanities at Assumption University Thailand, August 2024.
- paper Published "Traditional Indian Textile Design In Contemporary World" in Book MULTIDISCIPLINARY EDUCATION : THE FUTURE with ISBN : 978-93-92032-94-3 published and Printed by Laser Park Publishing house, vadavalli, Coimbatore, Tamilnadu, India. Pg 325-329

Dr. Kajal Puri

- Attended 8th International Conference on Interdisciplinary Research Innovation in Science and Humanities [IC-IRISH'24] Organized by Nehru Arts and Science College, Tamil Nadu, In Association with Assumption University, Thailand on 23rd August 2024.
- Paper titled " Conceptual Review Of Exploring The Antecedents Of Employee Empowerment Affecting Job Satisfaction" is published in proceedings "Multidisciplinary Education: The Future", 1st Edition ISBN 978-93-92032-94-3.
- Best Paper was Awarded entitled " Conceptual Review Of Exploring The Antecedents Of Employee Empowerment Affecting Job Satisfaction" in 8th International Conference on Interdisciplinary Research Innovation in Science and Humanities [IC-IRISH'24] Organized by Nehru Arts and Science College, Tamil Nadu, In Association with Assumption University, Thailand on 23rd August 2024.
- Paper titled " Gamification Stimulates Customer E-Purchase Intention: A Conceptual Analysis " is published in book titled Marketing and Gamification- Applications, Challenges, and Ethics, ISBN 9781032694177, October 28th, 2024, Routledge Taylor & Francis Group.

Dr. Rama Sharma

- Published a book chapter titled “नैतिक शिक्षा में सोशल मीडिया का महत्त्व” in a peer reviewed edited book titled “Future ready education: Adapting Teaching, Learning and Evaluation for Tomorrow’s Challenges” with ISBN no. published by Gaur Brahman College of Education, Rohtak.
- Published a paper in titled हिंदी भाषा में सोशल मीडिया का विस्तार & quot; in UGC care list journal संकल्प, October-December 2024 edition with ISSN no. 2277-9264.

Dr. Harpreet Singh

- Bhardwaj, T., Singh, R., Singh, H., Bhanwaria, R., Gandhi, S.G., Bhardwaj, R., Ahmad, A. and Ahmad, P., (2024). Pseudomonas consortium improves soil health and alleviates cadmium (Cd) toxicity in Brassica juncea L. via biochemical and in silico approaches. Plant Stress, p.100611.

<https://doi.org/10.1016/j.stress.2024.100611>. (ISSN: 2667-064X, Date of Publication: 19-09-2024 (online), Impact factor: 6.8 (as on 11-10-2024).

- Daniyan, M. O., Singh, H., & Blatch, G. L. (2024). The J Domain Proteins of Plasmodium knowlesi, a Zoonotic Malaria Parasite of Humans. International Journal of Molecular Sciences, 25(22), 12302. <https://doi.org/10.3390/ijms252212302>. (ISSN: 1422-0067, Date of Publication: 16-11-2024), Impact factor: 4.9 (as on 2-12-2024).
- Loveleen Kaur, Ria Dhiman, Rupinder Preet Kaur, Sehajpreet Kaur, Lavanya Gupta, **Harpreet Singh** (2024). Protein Structure Databases. Encyclopedia of Bioinformatics and Computational Biology 2nd Edition, Academic Press, 2024 ISBN 9780128114322.
- Ravisha Birwal, Kajal, Loveleen Kaur, Rekha Goyal, Dilpreet Kaur, **Harpreet Singh (2024)**. Databases of protein families and superfamilies. Encyclopedia of Bioinformatics and Computational Biology 2nd Edition, Academic Press, 2024 ISBN 9780128114322.
- Harvinder Singh, Parampal Singh, Gajendra Chaudhary, **Harpreet Singh (2024)**. Protein Structure Modelling and Refinement. Encyclopedia of Bioinformatics and Computational Biology 2nd Edition, Academic Press, 2024 ISBN 9780128114322.
- **Harpreet Singh**, Rupinder Preet Kaur (2024). Preclinical: Drug Target Identification and Validation in Human. Encyclopedia of Bioinformatics and Computational Biology 2nd Edition, Academic Press, 2024 ISBN 9780128114322.
- Received certificate of appreciation in recognition of my contribution to APBioNET as Vice President to the Executive Committee Member (2022 – 2024).
- Dr. Harpreet Singh and Mrs. Purnima Sharma organized the **DBT sponsored** Guest Lecture on “**Let’s stop Cervical Cancer: Get informed, Get Screened and Get Vaccinated**” on **31-08-2-24**. **Dr. Md. Kausar Nyaz Founder, Aabir Bio Services Foundation**, was the resource person of the event.
- Dr. Harpreet Singh and Mrs. Purnima Sharma organized the **DBT sponsored** Guest Lecture on Guest Lecture on “**MicroRNA and induced pluripotent stem cells**” on **18-11-2024**. **Dr. Jaspreet Singh, Scientist, Henry Ford Health System, Michigan, USA** was the resource person of the event.
- Attended 3 Days National Level Faculty Orientation Programme cum Workshop (**online**) titled “**OBE & CO-PO/PSO Mapping**” held from 25.07.2024 to 27.07.2024.

- Attended 2 Day National Level Faculty Workshop (online) on "**Leveraging Artificial Intelligence in Conducting Literature Reviews: A Methodological Approach**" on 04 & 05 September 2024.
- Acted as an invited speaker during the inaugural session and judge of poster presentation during the **8th International Symposium on Bioinformatics 2024 (InSyB2024)**, supported by APBioNET and hosted by University of Delhi and Bennett University (The Times Group) on Nov 29, 2024 in New Delhi.

Mrs. Purnima Sharma

- **Purnima Sharma (2024)**. Nucleic-Acid Structure Database. Encyclopedia of Bioinformatics and Computational Biology 2nd Edition, Academic Press, 2024 ISBN 9780128114322.
- Ravisha Birwal, Karan Sharma, **Purnima Sharma (2024)**. Biological databases. Encyclopedia of Bioinformatics and Computational Biology 2nd Edition, Academic Press, 2024 ISBN 9780128114322.
- Harsharan Singh, Karan Sharma, Ekta Kumari, **Purnima Sharma (2024)**. Genome Annotation and analysis. Encyclopedia of Bioinformatics and Computational Biology 2nd Edition, Academic Press, 2024 ISBN 9780128114322.

Dr. Prem Sagar

- Upgraded from B to B High grade in the category of Hindustani Light Music (Shabad/Bhajan gayan) at Prasar Bharti (9/9/2024 to 13/9/2024)
- Upgraded from B High to A grade in the category of Hindustani Classical Vocal Khayal Gayan) at Prasar Bharti (8/7/2024 to 12/7/2024)
- Classical Vocal recitation and Shabad Gayan paying tribute to the Great martyrs who sacrificed their lives for the sake of the self – respect of the mankind at Sh. Harivallabh Sangeet Mahasabha, Devi Talab Mandir Jalandhar (23/12/2024)

CAREER ADVANCEMENTS/ PLACEMENTS

Dated : 16/07/2024

HMV Students cleared CA Inter Exam



Students of Hans Raj Mahila Maha Vidyalaya, Jalandhar brought laurels to the institution by clearing CA Inter Exam, May 2024. Students of B.Com Gurleen Kaur, Ridhima Malhotra, Khushi, and Arshia Jain have cleared CA Inter Group II and Dhriti Malhan cleared CA Inter Group I. Harshdeep of M.Com Sem II also cleared CA Inter Group I. Principal Prof. Dr.(Mrs.) Ajay Sareen congratulated the Head of the Department Mrs. Meenu Kohli, Mrs. Binoo Gupta (Incharge HMV Competitive Examination Hub), Dr. Seema Khanna (Incharge CA Foundation Coaching Classes) and students for this marvellous achievement.

Dated : 20/07/2024

HMV SIGNED MOU WITH ROZGAAR MAP FOR JOB PLACEMENT



Hans Raj Mahila Maha Vidyalaya, Jalandhar has signed on MOU with Rozgar Map for providing job placement to its students. This MOU is signed in

order to open a training centre in the college premises. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the Founder and CEO of Rozgar Map Sh. Sanjeev Sarpal with a planter. Principal Dr. Sareen told that skilled courses like Digital Marketing, Website Development, Data Entry and Personality Development will be run in the college only. She told that Rozgar Map has tie ups with more than 300 companies, so it will be easier for the students to get placement. The students of the college and even outside students can also get training from here. The Placement Cell of the college also work continuously for the placement of the students. On this occasion, Dean Innovation & Research Dr. Anjana Bhatia, Head of Computer Science Department Dr. Sangeeta Arora and Supdt. Admn. Sh. Ravi Maini were also present.

Dated : 27/07/2024

HMV Students Excel in BA Final Year Exams securing 12 positions in Merit



Hans Raj Mahila Maha Vidyalaya, Jalandhar proudly announces the outstanding achievements of its BA final year students, with 12 students being placed in merit. Tanya Suri has secured the prestigious first position, while Lashmi Devi, Gurleen, and Jahnvi have achieved the fourth, seventh, and ninth positions respectively. The other meritorious

students include Aanchal, Baljeet, Ritika, Rhythm, Ayushi, Geetanjali, Jaisnoor, and Shehnaz Fatma. These students have demonstrated exceptional dedication and hard work, bringing honour to the institution. Principal Prof. Dr. (Mrs.) Ajay Sareen extended heartfelt congratulations to the students on their remarkable success and wished them the very best for their future endeavours. She also conveyed that HMV has received the maximum number of positions in the University merit list. The students attributed their success to the relentless efforts and guidance of the dedicated faculty members. Dr. Navroop, Dr. Prem Sagar, Dr. Mamta, Mrs. Kuljit Kaur, Dr. Ramnita Saini Sharda, Dr. Shallu Batra, Ms. Lovleen, Mrs. Alka, Mrs. Protima, Dr. Meenu Talwar, Dr. Sandeep and Ms. Mukti also conveyed their congratulations and best wishes to the students.

Dated : 06/08/2024

5 Students of HMV Cleared CA Foundation Exam



Five students of Hans Raj Mahila Maha Vidyalaya, Jalandhar brought laurels to the institution by clearing CA Foundation Exam, June 2024. The students of B.Com Sem III Bhavna Verma, Harnoor Kaur, Nishita Kakkar, Isha and Urvashi cleared the exam with flying colours. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Mrs. Meenu Kohli, Head, PG Department of Commerce and Management, faculty members and the students for this achievement. Mrs. Binoo Gupta, Incharge, HMV Competitive Exam Hub and Dr. Seema Khanna, Incharge CA Foundation Coaching Classes were also present on this occasion.

Entrepreneurship Development Cell of HMV Celebrated World Entrepreneurship Day



Entrepreneurship Development Cell and Institutions Innovation Council of Hans Raj Mahila Maha Vidyalaya under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen organized Slogan Writing Competition and Poster Making competition to celebrate World Entrepreneurship Day. On this day, students showcased their talent through beautiful posters and attractive slogans. The participants were given two topics - Entrepreneurship in the digital age and Women in Entrepreneurship: Breaking Barriers. More than 40 students enthusiastically participated in the competition. The judgement was done by Dr. Shallu Batra, Head PG Department of Economics and Dr. Shailendra Kumar, Assistant Prof., Department of Fine Arts. In poster making competition, first prize was won by Muskan Kaushal (BBA Sem I), Second prize was bagged by Bipasha Rana (Bvoc FT Sem III), Third prize won by Pawani (Bcom Sem I) and consolation prize was given to Priyanka (BA Sem I). In slogan writing competition, first prize was won by Shreya Sharma (Msc CS Sem I), Second by Gautmi (Bcom Sem III), Third by Pawani (Bcom Sem I) and Consolation was won by Bhumika (BA Sem I). Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of students and congratulated Mrs. Meenu Kohli, Incharge Entrepreneurship Development Cell and Dr. Anjana Bhatia, Incharge Institutions Innovation Council. On this occasion, IQAC Coordinator Dr. Ashmeen Kaur was also present.

HMV Organizes Workshop on 'Employability Skills' for Final Year Students



The Placement Cell of Hans Raj Mahila Maha Vidyalaya, in collaboration with Ansh Infotech Ludhiana, organized a workshop on 'Employability Skills' for final year students under the dynamic leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen. The event started with Dr. Anjana Bhatia motivating the students and informing them of the placement procedure. Mr. Ansh Aneja, CEO of Ansh Infotech along with three members, Mr. Ashish Arora director of Ansh Infotech, Mr. Faisal cyber analyst and Mr. Aman Biswal business manager, were also present to provide the students with necessary insight. The session was divided into two parts, first part focusing on apprising the students of job opportunities and interviews, and the second part focusing on cyber security. Mr. Ansh Aneja, CEO of the company, made students aware about their company. He interacted with students and provided students important information about resume builders and resume checkers along with information about ATS compliance of resume. After providing such insight, he moved towards second part of the session – cyber security. With the help of his team, he took one of the students' phone and showed how easy it is to hack one's devices, emphasizing on severity of the problem. The Ansh Infotech team gave several demonstrations by involving students, making it easier to understand with fun activities. Various topic like hacking involving wi-fi networks, phishing, price tempering, etc. were covered. The team also shared various safety parameters to safeguard oneself. They also shared some codes to check whether your phones are hacked or not. The event ended with all the students having learnt something. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the Placement Cell for this endeavour and said that students always get benefitted from such drives. She also said that the placement cell of the college is continuously working by providing the students awareness and career opportunities through the various campus placement drives. Placement Cell Incharge Mr. Jagjit Bhatia and Mr. Parminder Singh were the coordinators of the event. On this occasion, Mr. Sumit Sharma, Mrs. Sangeeta Bhandari, Mrs. Jyotika Minhas, Dr. Baljinder Singh, Mrs. Shefali Kashyap, Mrs. Navneeta, Mr. Ashish Chadha and Ms. Yaagrika Bhatti were also present.

Dated : 02/10/2024

Cosmetology Department of HMV Organized Stall under Start up “Kaaya”



PG Department of Cosmetology of Hans Raj Mahila Maha Vidyalaya organized a start up cum sale counter of Hair Revitalizer oil under the aegis of start up “Kaaya”. This oil is crafted from pure kitchen ingredients and is free from harmful chemicals and packed with fatty acids that harmonise hair’s natural oils. Head of Department Ms. Mukti Arora told that it is enriched with sulfur for strength and thickness, while vitamin C & D, proteins and antioxidants work together to revitalize the hair. The stimulating properties promote healthy blood circulation to the scalp, encouraging hair growth and decrease hair fall. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated this unique and innovative practice of department. On this occasion, Asstt. Prof. Ms. Navjot Kaur, Instructor Ms. Manmeet, Demonstrator Ms. Manveer and Ms. Gursimar were also present.

Dated : 16/10/2024

One Day Interactive Session cum Workshop on Entrepreneurship and Startups



One day interactive session cum workshop on Entrepreneurship and startups was organized by Department of Design, Hans Raj Mahila Maha Vidyalaya. Owner of the Fashion brand “The Violent Dresser” Mrs. Harleen Kaur and Head Designer Mrs. Daljit Kaur were the resource person. Design possibilities and business startup ideas were discussed in detail. Changing fashion industry through innovative business models, use of technology, and sustainability initiatives were main focus of the session. Various aspects of Designing Skills, Marketing Strategies, branding, AI in Design world, visual Assistance, social media, etc. were discussed. The session was further extended by lecture on innovations in startups by Head of Design Department Dr. Rakhi Mehta. Session was concluded with question-answer round. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated and appreciated the department for the fruitful interaction. Faculty members Ms. Ravneet Kaur, Ms Manika and Ms. Ritika were also present.

Dated : 24/10/2024

Google Developer Groups One-Day Pre Dev Fest on 26th October at HMV

The Placement Cell of Hans Raj Mahila Maha Vidyalaya is organizing a One Day Pre Dev Fest with Google Developer Groups on 26th October, 2024 in its premises. Principal Prof. (Dr.) Mrs. Ajay Sareen told that it is one of its kind Fest. The experts from Google will come and tell the students about job prospects. Placement Officer Mr. Jagjit Bhatia told that more than 200 students will be attending this Fest. The students will be from HMV, DAVIET, DAV University and other institutes. The resource persons will be making them ready for jobs in corporate world. This Pre Dev Fest will be attended by students of Science, Commerce and Comp. Sci. streams. Principal Prof. (Dr.)



Mrs. Ajay Sareen appreciated the efforts of Placement Cell.

Placement Cell of HMV organized Dev Community Road Show 2024



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, the Placement Cell of Hans Raj Mahila Maha Vidyalaya organized Dev Community Road Show 2024 under Google Developer Groups, Jalandhar. This road show aimed to bring together a mix of Google Practitioners from industry experts, academic researchers, data scientists and self- taught individuals to help learn, discover and build. The event started with the Lighting of lamp and followed by DAV Gaan. Principal Prof. Dr. (Mrs.) Ajay Sareen presented green greetings to the resource persons. She welcomed young resource persons and encouraged the students to gain maximum knowledge through this road show. There were seven sessions in which different resource persons shared their expertise with students. The first session was taken by Mr. Simar Preet Singh who is a Front End Engineer at Redaptive Incorporations. He delivered welcome keynote and introduced Google Developer Groups. Then, second session was taken by Mr. Suraj Pandey who is an aspiring Software Engineer with a robust foundation in full- stack development. He shared his insights on full- stack development and his journey in the tech industry. Ms. Amanpreet Kaur introduced students about Kotlin- A game Changer in her third session; an Android Developer at intellisence, she has successfully contributed to 17 projects. Mr. Sagar Malhotra who is android developer and specialized in Kotlin and android development took the Forth session. He discussed about Compose Multi-Platform: What? How? Why? Other sessions were taken by resource person Mr. Ashwani Kumar, Ms. Jyoti KM and Mr. Pranav Singh Parmar who shared their insights on “Cyber security”, “Technologies to improve user experience of your product” and “Introduction to the hybrid world with flutter” respectively. More than 200 students participated in the event. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of Placement Cell and congratulated the organizing team for success of this event. Mr. Jagjit Bhatia, Incharge Placement Cell extended vote of thanks. The stage was successfully conducted by Dr. Anjana Bhatia. On this occasion, Dr. Rama Sharma, Mrs. Shefali Kashyap, Mr. Sumit Sharma, Mr. Parminder Singh, Mrs Navneeta and Dr. Rakhi Mehta were also present.

Students of H MV Cleared CA Inter and CA Foundation Exam



Students of Hans Raj Mahila Maha Vidyalaya, Jalandhar brought laurels to the institution by clearing CA Inter and CA Foundation Exam. Student of B.Com Anchal cleared CA Inter Group 1&2 simultaneously and Harshdeep from M. com also cleared CA Inter Group II , Arshia and Himani singla from B.com cleared CA Inter I and Vidhi Uppal and Harsimran Kaur also cleared CA Foundation and eligible for further CA Inter exams. Principal Prof. Dr.(Mrs.) Ajay Sareen congratulated the Commerce Department and the students. Dr. Navroop, Dean Youth Welfare also applauded the miraculous achievement of students. On this occasion Head of the Department Mrs. Meenu Kohli, Mrs. Binoo Gupta (Incharge H MV Competitive Examination Hub), Dr. Seema Khanna (Incharge CA Foundation Coaching Classes) were also present.

CO-CURRICULAR ACTIVITIES

Dated : 02/07/2024

HMV Won overall trophy in Cultural Programme of Red Cross Camp at Solan



Indian Red Cross Society Punjab State Branch organized a State Level Camp at Solan. The students of Hans Raj Mahila Maha Vidyalaya participated in this camp in various items which included Group Song, Folk Song and Poem Recitation. The students won 1st prize in Group Song, Folk Song and Poem Recitation and 2nd prize in Folk Dance and Bhangra. Total 8 teams came in this camp for participation from various institutions and universities of Punjab. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the winners and encouraged them to perform well in future too. On this occasion Mrs. Deepshikha Advisor Red Cross Society, Dean Academics Dr. Seema Marwaha, Head of Music Vocal Department. Dr. Prem Sagar, Dr. Sandeep Kaur, Mrs. Amanpreet Kaur, Mrs. Surbhi, Mr. Praduman, Mr. Sunny and Mr. Ajay Kumar were also present.

Dated : 05/08/2024

Scholarships Orientation Programme and Anti Ragging Awareness Campaign organized at HMV



In the premises of Hans Raj Mahila Maha Vidyalaya, the Department of Student Welfare organized an orientation programme for scholarships available for the session 2024-25 of UG Sem-I & PG Sem-I of all streams under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The overall incharges of the event were Dean Student Welfare Mrs. Binoo Gupta and Co-Dean Dr. Ravinder Mohan Jindal. The scholarships available for the students were Nikhil Singal Scholarship, HMV Scholarship, GREAT Scholarship, Lions Club Scholarship, Smt. Sham Lal Garg Scholarship, Manav Sehyog Society Scholarship, various Govt. funded scholarships like Dr. B.R. Ambedkar Scholarship for SC Students National Scholarship Portal Scholarships & Nishkam Sikh Welfare Council Scholarship. Teachers on orientation duty were incharge of scholarships of Computer, Skilled courses, Humanities, Science and Commerce Dr. Ravinder Jindal, Dr. Rishav, Dr. Mandeep, Dr. Simmi Garg and Dr. Jaspreet Kaur respectively. They explained the eligibility & documentation requirement and the process of scholarships funding in detail to the students during orientation programme. Dean Student Welfare Mrs. Binoo Gupta told about 473 students of various streams were benefitted by this orientation. They were made aware of Anti Ragging Committee of the college, and also showed the anti ragging awareness films slides. The students took oath of always being Happy and spread happiness around. They also vowed to create positive environment with positive thoughts and be of help to their peers and seniors. They were also encouraged to join earn while you learn scheme of the college. Principal Prof. Dr. (Mrs) Ajay Sareen gave her good wishes to the students. She also emphasized on the need of focusing on academic excellence and assured that needy students would always be helped by Department of Student Welfare. The programme was conducted by Mrs. Binoo Gupta. On this occasion Mr. Ravi Kumar, Dr. Prem Sagar and students Dilpreet, Vibhuti and Robinpreet were also present.

National Handloom Day celebrated at HMV



Design Department of Hans Raj Mahila Maha Vidyalaya, Jalandhar Celebrated National Handloom Day by conducting a one day handloom workshop for the students of Design, Fine Arts, and Multimedia. Dr. Rakhi Mehta, Head of Design Department was the resource person. She demonstrated the handloom operations and importance of handloom In India history and culture. She also explained the role of handloom fabrics in our life. Various fabrics like khadi, kanjivarm, brocades, Cotton handloom durries etc. were discussed in detail during the workshop. Students experimented with various kinds of yarns and create hand woven design pieces. Principal Professor Dr. (Mrs.Ajay Sareen) encouraged the students. She said that in our life we should give importance to handloom fabric and also appreciate the efforts of students to develop handloom products. Dr. Anjana Bhatia, Dean Innovations and faculty members Ms. Manika, Ms. Ritika, Ms. Ravneet were present at the time of workshop.

14/08/2024

HMV Celebrated Independence Day

The Student Council of Hans Raj Mahila Maha Vidyalaya in collaboration with Fashion Designing and Political Science Departments celebrated Independence Day. The students of Student Council prepared Handmade tricolor badges and distributed tricolor sweets to the HMV family. Ms. Kris Sondhi recited a poem on Independence Day. The students of Fashion Designing department under the guidance of Mrs. Navneeta prepared hand made painted flags.



The Political Science Department organized a declamation contest on the topic India towards 100 years of Independence. Jhanvi of BA won this contest. Department of History and Post Graduate Department of Hindi organized Poetry recitation Competition. The event celebrated the ultimate freedom, the spirit of Independence and honoured the specific and valour of our freedom fighters. On this occasion Mrs. Kuljit Kaur, Dr. Jyoti Gogia, Mrs. Protima Mander, Mrs. Pawan Kumari and Dr. Deepti Dhir were present. The students of Music Department sang a beautiful patriotic song under the guidance of Dr. Prem Sagar. Face and hands were painted in tri colour by students of Student Council. The teaching and non-teaching staff members were wearing tri color clothes. Principal Prof. Dr. (Mrs.) Ajay Sareen addressed the gathering and said that we all should feel proud about being a citizen of a country like India. We have sacrificed a lot to attain freedom and we all should understand its importance. The cadets of NCC and Volunteers of NSS were shouting "Bharat Mata Ki Jai". On this occasion Dean Student Council Dr. Urvashi Mishra, and all members of teaching and non-teaching staff were also present.

16/08/2024

HMV Collegiate School Celebrated Independence Day with Utmost Enthusiasm



Celebrating the rich tapestry of our nation's heritage, the students of HMV Collegiate brought the spirit of Independence Day to life with vibrant performances. The Special Guest of the celebration was Principal Prof. Dr. (Mrs.) Ajay Sareen. She was welcomed by School Co- Coordinator Mrs. Arvinder Kaur, and by the event incharges Mrs. Renu Walia & Mrs. Anuradha Thakur with handcrafted paper flower bouquet depicting the colours of our National Flag. Paying homage to the valiant spirit of soldiers, the students prepared the one-act play which depicted the pure love resided in the heart of every soldier towards his motherland. Soldiers' dauntless courage, indomitable spirit, unparalleled devotion to duty

were aptly described by the students through their smashing performance. The patriotic songs were sung by the students under the guidance of Dr Prem Sagar which filled the air with patriotic fervour. Principal Prof. Dr. (Mrs.) Ajay Sareen addressed the gathering and said that liberation must be attained from intellectual bondage and it can be done by awakening of knowledge in the heart and mind. She emphasised that the real service to nation is performing one's duty with sincerity and dedication. All the faculty members were present in this exuberant event dipped in patriotic zeal. The stage was conducted by Ms Rashmi Sethi. The celebration was ended with the recitation of the National Anthem.

18/08/2024

HMV Organized events under Anti Ragging Week



The Anti Ragging Committee of Hans Raj Mahila Maha Vidyalaya organized Anti Ragging Week under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The whole events were organized by Dean Students Welfare Ms. Binoo Gupta and team. She told that Poster Making, Slogan Writing, Essay Writing, nukkad natak and Screening of Documentary was organized under this week. Students said they were proud to be part of reputed institution HMV where seniors welcome their juniors with open hearts and open arms. Principal Prof. Dr. (Mrs.) Ajay Sareen addressed the audience by saying that HMV is a Zero-tolerance ragging college. Mentoring Sessions, buddy groups, fresher parties and resident scholars help in building a cohesive environment in the college. On the 2nd day, essay writing competition was organized on the topic 'Ragging is a social curse'. The judges of the event were Mrs. Loveleen kaur and Dr. Meenu Talwar. More than 30 students participated in this event. Jaspreet Kaur got 1st prize, Jhanvi got 2nd prize, Robonpreet got 3rd prize. On 4th day, nukkad natak was organised on anti-ragging to raise awareness about the detrimental effects of ragging and to promote anti-ragging culture. Sakshi Vaid, Dilpreet, Nandani, Nazam, Vibhuti, Aditi, Khushi and Harsh performed the nukkad natak under the able guidance of Dr. Kajal Puri and Mrs. Binoo Gupta. On 5th day, a poster making and slogan writing competition was organized on the topic 'Ragging Free Campus' and 'Evils of Ragging'. The judges of the event were Dr. Shailendra Singh and Dr. Neeru Bharti. 57 students participated out of which Jasneet got 1st prize in Poster Making Competition, Khushi got 2nd prize and Harshdeep got 3rd prize. In Slogan Writing Competition, Jaspreet won 1st prize, Jhanvi got 2nd and Harshdeep got 3rd prize. On 6th day, workshop on positive psychology was organised by student welfare and expert Dr. Ashmeen Kaur delivered the speech. On this occasion, teaching staff members were also present.

Dated : 19/08/2024

HMV Collegiate celebrated Raksha Bandhan by organizing Eco- Friendly Rakhi and Card Making Competition



The festival to cherish the loving relation of brothers and sisters – Raksha Bandhan was celebrated by the students of HMV Collegiate Sr. Sec. School in exuberance manner by organizing Eco- Friendly Rakhi and Card Making Competition. The Chief Guests of the event were principal Prof. Dr. (Mrs.) Ajay Sareen and Dr. Seema Marwaha, Dean Academics and School Coordinator were welcomed warmly with mangal tilak by Mrs. Arvinder kaur, School Co- Coordinator. Reinforcing the purity and sanctity of the festival, the students in utterly artistic way created hand made dazzling rakhis and cards depicted love and veneration towards their siblings. The rakhis revealed the various features explored by the young minds ranging from colour selection, theme selection, designing and dimensioning. The cards showcased the thoughtfulness and imagination of the students. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the aesthetic efforts of the students and congratulated them on occasion of pious festival. She was in full praise for the students' creative way of exhibiting love for their siblings. She applauded the initiative of the students with her kind words. Dr. Seema Marwaha , School Coordinator commended all the students for their efforts and averred that these sorts of competition 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 in future. The competition was adjudged by Mrs. Anuradha Thakur and Mrs. Renu Walia. In Rakhi Making, the first position was attained by Km. Simran and In Card Making Competition km. Aarti bagged the first position. Mrs Arvinder kaur, school co – coordinator congratulated the students and faculty on auspicious festival of Rakhsha Bandhan symbolises love and affection of siblings. The event was graced with the presence of all the faculty members.

Dated : 20/08/2024

HMV Celebrated World Photography Day



The PG Mass Communication and Video Production Department of Hans Raj Mahila Maha Vidyalaya celebrated World Photography Day in collaboration with DD Pant Botanical Society of PG Department of Botany. The participants were asked to click pictures on any topic. The students of Humanities, Journalism, Botany, Commerce, Medical & Non-Medical streams participated in the contest. The judgement was done by Mr. Ashish Chadha, Head PG Department of Multimedia. 1st prize was won by Seema, 2nd prize was won by Anjani, 3rd prize was won by Priyanka Kashyap. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the winners and both the departments. On this occasion, Head of Mass Communication Department Dr. Rama Sharma, Head of Botany Department Dr. Anjana Bhatia, Incharge DD Pant Botanical Society Dr. Ramandeep, Asstt. Prof. Dr. Shaveta Chauhan, Mrs. Jyoti Sehgal and Ms. Radhika were also present.

Dated : 22/08/2024

National Space Day Celebrated at HMV



Under the able guidance of Principal Dr. (Mrs.) Ajay Sareen, Chandrayaan Vipnet Club of PG Department of Physics celebrated National Space Day under DBT Star scheme. The theme of National Space Day is "Touching Lives while touching the moon." The aim of the celebration was to aware the students about the various milestones achieved by ISRO and motivate them to make their career in the space field. Dr. Saloni Sharma, Head of PG department of Physics, Mr. Sushil, Incharge Chandrayaan Vipnet Club welcomed Dr. Seema Marwaha, Dean Academics, Mrs. Deepshikha, Science Faculty Incharge and Dr. Anjana Bhatia, Dean Innovation and Research with a planter. Dr. Saloni Sharma informed the students about the aim of National Space Day celebrations. Mr. Sushil Kumar apprised the students about the activities of the club. On this occasion, Space gallery was set up in which various posters were displayed to educate the students about various functions, missions and projects taken up by ISRO. Posters showing timeline progress of various launch vehicles being used in launching of satellites were also exhibited. Students made number of Models related to Space and Chandrayaan-3. Students also demonstrated projects showing applications of science and technology for solving problems of society in day to day life. Along with this, a Quiz competition was also organized on the theme of "Exploring Solar System." Students of First, second and third year of B.Sc Non Med and C.Sc. and participated in the competition. Ms. Prinita, Ms. Kanchan and Ms. Nikita of B.Sc Sem 1 stood first in the competition. Students also attended the Online lecture organized by Punjab State Council of Science and Technology. Dr. T.V Venkateswaran, Eminent Science Communicator was the resource person of the day. He explained the students about the history of Indian Space Research Organization (ISRO) and that ISRO was established on August 15, 1969. He explained the principle behind working of rockets and step by step development of Launch vehicles. The

missions of ISRO were also discussed beginning from Chandrayaan 1 to Chandrayaan 3. The lecture was very informative. Around 80 students of Science stream attended the event. On this occasion, Dr. Simmi Garg, Ms. Harpreet and Ms. Jaskarandeep were also present. Principal Dr. Ajay Sareen congratulated the department for successful organization of the event.

Dated : 23/08/2024

HMV Organized Plogging to celebrate Swachhta Pakhwada



Hans Raj Mahila Maha Vidyalaya, in collaboration with Municipal Corporation Jalandhar, organized 'Plogging', a special drive for cleanliness, in Maqsudan Mandi under the dynamic guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen in order to preserve the natural beauty of the world. Addressing the young cadets of NSS and NCC, who geared up themselves wholeheartedly and enthusiastically in a team of more than one hundred cadets and took part in creating the awareness in regard to disposal of plastic waste, Prof. Dr. (Mrs.) Ajay Sareen said that it is our moral responsibility to contribute valuably in the National cleanliness campaign initiated by Prime Minister Sh. Narendra Modi. She emphasized that the purpose of this movement is to clean the physical environment and it should be extended to clean the polluted minds and thoughts as well, so that with the shaping of healthy environment, healthy mindsets can also be formed. Bringing to light the plight of waste picking children, she motivated the students to realize their responsibility not for just one day but making it a habit that can bring glory to the world. Every citizen should move from self to society and fulfill their duties. She said that DAV organizations are known for their ethical and moral practices and it is their duty to educate youth about cleanliness. The cadets under the supervision of Lt. Sonia, Dr. Krishna Sharma and Dr. Sumita gave their bit to the mother Earth by taking an initiative of making the surroundings clean believing that small steps taken can make huge impact. The teams were inspired from Shri Gautam Jain an IAS who motivated and inspired people to join or engage themselves in creating green and clean environment. The aim was to spread awareness in a creative manner such as using banners and slogans so that people pay attention towards this significant issue. The team was provided masks, gloves and trash bags for the sanitation purpose. Under the supervision of Lt. Sonia Mohindru, ANO and NSS Programme Officer Ms. Harmanu the cleaning tasks were completed effectively. The coordinator of the event was Dr. Anjana Bhatia. On this occasion, Dr. Veena Arora and Mrs. Purnima were also present.

Dated : 29/08/2024

HMV Student won 1st prize in Radio Feature Competition



Sakshi Badola, student of M.A. (JMC) Sem I of Hans Raj Mahila Maha Vidyalaya won 1st prize in Radio Feature Competition organized by Pushpa Gujral Science City, Kapurthala. Around 20 students of PG Department of Mass Communication and Video Production also participated in a workshop on Science Journalism organized there only. Asstt. Prof. Ms. Radhika and Ms. Gaytri accompanied them. The objective of this workshop was to enhance the skills of budding journalists in Science Communication. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Ms. Sakshi Badola for this achievement. She told that Sakshi was honoured with a trophy, certificate and cash prize of Rs. 3000/-. Head of Department Dr. Rama Sharma apprised that the theme of the competition was “India’s Achievement in Space”. The duration of the radio feature was 3-4 minutes. Many Colleges and Universities of Punjab participated in this conference and feature by Sakshi Badola was adjudged the best. On this occasion Asstt. Prof. Mrs. Jyoti Sehgal was also present.

Dated : 31/08/2024

HMV Student Brought Glory to College



Student of Bachelors of Arts (Semester VII) of Hans Raj Mahila Maha Vidyalaya, Reeva Sharma brought glory to college by participating in Punjab State Poster Making Competition

organised by Election Commission of Punjab Chandigarh. More than 100 participants from all over Punjab participated in the competition. Reeva Sharma Awarded 1st with 5000/ cash Prize. Principal Prof. Dr. (Mrs) Ajay Sareen congratulated Dr. Neeru Bharti Sharma, Head of Fine Arts Department and Dr. Shailendra Kumar. She appreciated the student for her achievements and also encouraged her to shine more brightly in future. Miss. Bhawna and Miss Naina Sharma were also present there.

Dated : 01/09/2024

HMV Students visited HP Orthocare Hospital



The students of Robotics Club of Hans Raj Mahila Maha Vidyalaya visited HP Orthocare Hospital Jalandhar to explore their Robotics Department. This department specializes in hip and knee replacement surgeries. Incharge Robotics Club Dr. Ravinder Mohan Jindal told that this field visit aimed to provide hands-on experience and insight into the latest robotic technology in orthopedic care. The head of Robotic Department of HP Orthocare Hospital Dr. Soneet Aggarwal, himself is a specialist in hip and knee replacement surgeries. He told the students that the robotic arm is designed to perform surgeries with precision and accuracy reducing recovery time and scarring. The students learnt about robotic technology and gained experience with the robotic arm and its applications in orthopedic care. The students also observed knee replacement surgery using the robotic arm. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Robotic Club and said that the aim of robotic club is to make the students witness the latest advancements in robotic technology and its applications in orthopedic care. Head of Department Dr. Sangeeta Arora also congratulated the students. On this occasion, Ms. Chetna also accompanied the students.

Dated : 02/09/2024

**HMV student won National Contest 2024
Won 1st prize in India in Reel Making Competition**



Deepa Pardhan, student of Hans Raj Mahila Maha Vidyalaya won 1st prize in India in National Contest 2024 of Instagram Reel Making Competition organized by UGC in context of Anti Ragging Week. Deepa Pardhan is a student of B.Voc Journalism and Media Sem V. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated her and told that UGC organized various national level competitions during Anti Ragging Week. HMV participated in Instagram Reel Making Competition and uploaded it as per instructions. This reel was prepared by Deepa and her team. Team members were Seema, Reena, Damanpreet, Seher, Mehak, Anjali, Anjani, Diksha. These students prepared 60 Second Reel through which they spread social and legal awareness against ragging. Anti ragging incharge HMV Mrs. Binoo Gupta told that there were 3290 participants in this competition and HMV stood in 23 finalists. Finally, HMV won 1st prize in India level. Head of department Dr. Rama Sharma told that it is quite evident from this award that there is lot of creativity in our students. On this occasion, members of Anti Ragging Committee Dr. Navroop, Dr. Ashmeen Kaur, Dr. Shalu Batra, Mrs. Deepshikha, Mrs. Shefali, Dr. Rakhi, Dr. Meenu Talwar, Dr. Deepti Dhir, Secretary Anti Ragging cell Ms. Dilpreet Kaur and Joint Secretary Ms. Vibhuti were also present.

Dated : 07/09/2024

HMV celebrated National Nutrition Week



Zoology Department celebrated National Nutrition Week from 1st to 7th Sept. This week-long celebration aimed to raise awareness about the significance of nutrition, promote healthy eating habits, and enhance understanding of balanced diets and their critical role in maintaining overall health. Under the expert guidance of Principal, Prof. Dr. (Mrs.) Ajay Sareen the event was a resounding success, with active and enthusiastic participation from students and faculty members. The week began with a PowerPoint presentation competition where participants showcased their knowledge and creativity on topics related to nutrition. Topics included "Balanced Diet for a Healthy Lifestyle," "Importance of Micronutrients," "Sustainable Eating" and "Nutrition and Mental Health". A Seminar on "The Importance of a Balanced Diet" was conducted on the following day by Dr. Ranjana, a renowned nutritionist and health expert working as Chief Dietician in Golden Hospital Jalandhar and Shangara Singh Hospital, Jalandhar. She provided an in-depth presentation on the essential components of a balanced diet, including carbohydrates, proteins, fats, vitamins, and minerals. The dietician also stressed the importance of portion control, the inclusion of a variety of food groups, and the benefits of a plant-based diet. Participants were introduced to the concept of mindful eating and the importance of staying hydrated, as well as avoiding processed foods and added sugars. The event was well-received, with attendees gaining valuable insights on how to incorporate balanced nutrition into their daily lives. A quiz was also conducted, testing students' knowledge of nutrition, diet, and wellness. The quiz was highly competitive and encouraged participants to expand their understanding of nutrition in an interactive manner. In line with the theme of promoting healthy, traditional, and sustainable food options, a stall dedicated to showcasing various millet-based dishes was set up. Students and faculty members were encouraged to taste and explore recipes using millets such as Ragi, Jowar, and Bajra. To promote creativity and the importance of fresh, wholesome ingredients, a Salad Plating and Recipe Writing competition was held. Participants brought colourful and nutrient-rich salads, beautifully plated, and accompanied them with unique and nutritious recipes. The focus was on including seasonal vegetables, legumes, and grains, promoting the use of fresh and locally sourced ingredients. As part of the celebrations, faculty members actively participated by preparing healthy and nutritious dishes dedicating the day to this year's theme "Nutritious diet for everyone", for creating awareness among faculty members as well and highlighting the importance of including nutritious meals in daily routines. To emphasize the role of physical activity in maintaining good health, a **Fitness Workshop** was organized. Led by fitness trainers, the session included exercises and tips on staying active, emphasizing the need for a balance between diet and physical fitness. The Judges for the various events were Mrs. Deepshikha, Dr. Saloni Sharma, Dr. Anjana Bhatia, Mrs. Purnima, Dr. Ramandeep Kaur and Dr. Sakshi Verma. The winners were awarded with prizes and e-certificates were presented to all the participants. Madam Principal, Dr. (Mrs.) Ajay Sareen congratulated Zoology Department and appreciated the efforts of faculty members and the enthusiastic participation of students. Dr. Seema Marwaha, Head of Department, emphasised that such kinds of events focus on promoting healthy eating habits and fostering a deeper understanding of nutrition's critical role in overall well-being among the students. Dr. Sakshi Verma and Mr. Ravi Kumar were the conveners of these events. Lab technician, Mr. Sachin assisted in making all necessary arrangements for the event.

Dated : 10/09/2024

HMV celebrated World Literacy Day



Under the guidance of Principal Prof. Mrs Ajay Sareen, the Planning Forum of PG Department of Economics organised Poster Making and Slogan writing Competition on the occasion of World Literacy Day. The themes were "Digital Literacy" and "Financial Literacy". The students from various departments prepared posters and slogans depicting importance of "FINANCIAL LITERACY" and "DIGITAL LITERACY". The Judges for the competition were Dr. Shailendra and Dr. Shallu Batra. The winners for the Slogan Writing Competition were Poonam of BSc. Economics Sem I who bagged first position, Lavanya of BA Sem I, who stood second and Sukhleen Kaur of BA Sem I was third. Ridhi Thapar of BSc. Economics Sem V, Mehak Jain of BA Sem I, Narmada of BBA Sem I stood respectively first, second and third in the Poster Making Competition. On this occasion members of Planning Forum, Hansika Soni (Secretary) and Mauli Sharma (Joint Secretary) along with Head of Economics department Dr. Shallu Batra, Mrs. Chandrika, Ms. Jyotika Minhas, Ms. Harmanu, Ms. Marium and Ms. Shilpa were present. Principal Dr. Ajay Sareen congratulated the faculty and students. Dr. Shallu Batra, Head of the Department motivated the students to organise such events to create awareness amongst students and society.

Dated : 11/09/2024

HMV Organized Workshop on World Suicide Prevention Day



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, Freudian Psychological Society organised a one day workshop on Suicide Prevention Day. The resource person was an esteemed Project Lead for Inclusion and Communication, Keystone Institute, India, Mrs. Grace Daniel. She was welcomed by Dr. Ashmeen Kaur, Head P.G. Department of Psychology with a planter. Mrs. Grace Daniel initiated the workshop with an interactive

session, engaging the students in various interactive activities. She explained How we can recognize warning signs and help people who has suicidal ideation and intent to do the same. How we can help them by listening them actively. She said according to World Health Organization (WHO), suicide is a significant global health concern, ranking as the seventh leading cause of death worldwide. The students also made posters to commemorate this event and spread awareness among all. Principal 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. Jahnvi and Meghna (B.A. sem 3) conducted the stage. Ms. Ishita (Assistant Professor) gave the formal vote of thanks .On this occasion More than 100 students from various streams along with Ms. Priya Seth, Ms. Parul Sharma and Ms. Ishmanpreet Kaur from PG department of Psychology participated in the workshop.

Dated : 14/09/2024

HMV Celebrated Hindi Diwas with Nukkad Natak



Hans Raj Mahila Maha Vidyalaya celebrated Hindi Diwas under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen by performing Nukkad Natak. Principal Dr. Sareen congratulated Head of Department Dr. Jyoti Gogia, Asstt. Prof. Mrs. Pawan Kumari and Dr. Deepti Dhir along with other faculty members on the occasion of Hindi Diwas. She said that Hindi Language is the symbol of our culture and tradition. Hindi has merged as a Global Language. It is a language of expression. She said that we should feel proud of our national language. On this occasion, Nukkad Natak was performed by the students written and directed by Dr. Jyoti Gogia. Signature campaign was also organized in which Principal Dr. Sareen and all other teaching and non-teaching members did their signatures in Hindi and felt proud. A rally showcasing the importance of Hindi language was also organized.

Dated : 19/09/2024

HMV Celebrates World Ozone Day 2024 with Passion and Purpose



Hans Raj Mahila Maha Vidyalaya marked World Ozone Day 2024 with a vibrant and meaningful celebration under the dynamic leadership of Principal Prof. Dr. Ajay Sareen. The event, themed "Serving Green to Blue Ozone," was organized by the D.D. Pant Botanical Society and featured a series of exciting competitions that fostered creativity and environmental consciousness among students. Over 100 enthusiastic participants showcased their talents through slogan writing, poster making, and fuel-less cooking competitions, all with the shared goal of protecting the ozone layer. The energy and passion throughout the event were a testament to the students' commitment to a greener, cleaner future. Principal Dr. Sareen urged students to become Green Ambassadors of HMV, while Dr. Anjana Bhatia, Head of the Department, encouraged them to adopt a sustainable lifestyle. Dr. Ramandeep, in charge of the D.D. Pant Botanical Society, expressed gratitude to all the stakeholders for their support. Manpreet and Kamini of M.Sc Botany delivered the Welcome Address, and the competitions were judged by a distinguished panel, including Mrs. Deepshikha, Dr. Harpreet Singh, Dr. Jatinder, Mr. Sumit, Mrs. Purnima, and Dr. Sakshi. Dr. Shaveta took charge of the fuel-less cooking competition, Ms. Harpreet managed the venues and Dr. Shuchi oversaw the poster and slogan. Dr. Rama Sharma, Mr. Ravi, and Dr. Simmi further motivated the students with their inspiring words. The Mass Communication Department contributed by creating outreach videos, raising awareness about the importance of protecting the ozone layer. Proud winners of the competitions included Kamini, Gurleen, Ankita, Harshita, Navjor, Jassica, Yashika, Pallavi, Ankita, Gagandeep, Tanya, Kiran, Manpreet, and Sumanpreet and their respective teams. Their efforts turned this event into a movement for environmental action.

Dated : 20/09/2024

HMV Collegiate Sr. Sec. School organized Talent Carnival – 2024



HMV Collegiate Sr. Sec. School organized Talent Carnival- 2024 to enhance and amplify the talent and skills of young and energetic students under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The Chief Guest of the event was Dr. Navroop Kaur, Senior Most Faculty and Dean Youth Welfare. Dr. Seema Marwaha, Dean Academics & School Coordinator and Mrs. Arvinder Kaur School Co- Coordinator welcomed the esteemed Chief Guest with a planter. The event was commenced with lamp lighting followed by DAV Gaan. Dr. Navroop said that the aim of organizing such events is to make the students not only academically brilliant but creative thinkers too and this is what HMV stands for to provide life skills to the students so that by the virtue of them they can tackle real life situations effectively who know how to use every ounce of their potential. The students showcased their talent with full zeal and zest. The declamation contest as well as Poem Recitation was adjudged by Dr. Navroop, Dr Anjana Bhatia, Dr. Jyoti Gogia & Mr.s Kuljeet kaur in which the students eloquently expressed their oratory skills. In declamation contest, Hargun Kaur of SSC 2 Commerce bagged first position, and Arshdeep kaur of SSC-2 Humanities got second position. In poem recitation, Arshdeep Kaur of SSC 2 Arts and Nancy SSC 2 Commerce jointly secured first position. Quiz Competition was presided over by Mrs Binoo Gupta, Dean Student Welfare in which Tanvi of SSC 1 attained the first position, Sanghya Randev secured the second position and Palak Jaiswal of SSC 2 Medical secured the third position. Fresh Flowers Arrangement, Mehendi, Rangoli and Nail Art competitions were adjudged by Ms Mukti Arora, Head Cosmetology Department. In Mehendi Competition, Janvi of SSC 2 Commerce secured the first position, Bhavna of SSC 1 Humanities secured the second and Garima of SSC 1 Commerce bagged the third position. In Rangoli competition, Simran Kumari of SSC 2 Commerce and Komalpreet kaur of SSC 1 Humanities secured the first and second positions respectively. In Nail Art Competition, kirandeep of SSC 1 Humanities attained the first position and Japji Malhi of SSC 1 Commerce secured the second position. Banipreet Sethi of SSC 2 Humanities and Karina of SSC 1 Humanities attained the first and the second positions respectively in Fresh Flowers Arrangement competition. Best Out of Waste, Collage and Poster Making Competitions were adjudged by Dr Rakhi Mehta, Dean, Aesthetics, Head, Department of Design and Mrs Navneeta, Head Fashion Designing Department. In Best out of Waste, Jaismeen and Ramanjeet bagged the first position, Jaspreet secured the second and Roshni & Akansha secured the third position. In Poster Making Competition, Jahnvi of SSC2 Commerce, Jaspreet kaur of SSC 2 Humanities and Anmol Kaur of SSC 2 Humanities secured the first, second and third positions respectively. In collage making competition, Manpreet Kaur of SSC 2 Commerce secured the first position. Ad Making Competition was adjudged by Mrs Binoo Gupta, Dean Student Welfare in which Janvi, komal, Preeti, Akansha & Ashmita secured the first position and Janvi was honoured as the best actress. The judge of photography competition was Dr Rama Sharma, Public Relation Officer and Head, Department of Mass Communication in which Malikka of SSC 1 Humanities won the first prize, Bharti of SSC 2 Arts attained the second position and Jaspreet Kaur of SSC 1 Humanities won the third prize. Hargun Kaur of SSC 2 Commerce secured the first position in Mono Acting Competition which was adjudged by Dr. Navroop & Dr. Anjana Bhatia. The judges of Music Competition were Dr. Prem Sagar, Head Music Department & Mrs Amanpreet kaur, Asst. Prof. In Music. In Sufi Singing category, Hargun was at the first position, in Folk song category Pavni secured the second position and Bollywood singing, Kashish won the third prize. Dance competition was adjudged by Mrs. Surbhi, Asst. Prof. In Dance in which Simran Kaushal of

SSC 2 Medical stood first, Sneha Sharma of SSC 1 Humanities stood second and Riya Badola of SSC 2 Humanities stood third in Solo Dance Category. In Group Dance Category Giddhe de Shoukeen, Bhangralicious, & Dhamal Girls attained first, second and third positions respectively. School Co- Coordinator Mrs Arvinder Kaur congratulated all the participants and apprised that these co-curricular activities assist the students to inculcate in them artistic qualities, sound communication skills and confidence so that they can become adaptable and productive human beings. She expressed her heartiest thanks to all the judges. The stage was conducted by Ms. Ms Sukriti Sharma. All the members from teaching and non teaching staff of collegiate section were present there.

Dated : 21/09/2024

HMV Organized Special Dance Programme



A special program was organized under the banner of Post Graduation Dance Department of Hans Raj Mahila Maha Vidyalaya Jalandhar under the direction of Principal Prof. Dr. (Mrs.) Ajay Sareen. A special dance program organized in association with the Indira Gandhi National Center for Art was organized in which Dr. Ashish Mohan Khokhar was the chief guest. Mr. Deepak Bali, President of Samaj Sevi and Harivallabh Sangeet Sammelan, was the chief guest. Famous Kathak artist Vishwadeep captivated everyone by performing Kathak dance. At the beginning of the program, the ceremony of lamp lighting was followed by a welcome with a green planter. Later, the convener of this program, Dr. Ramnita Sharda, informed about this program. She gave information about Dr. Ashish Khokhar and his father Mr. Mohan Khokhar. She said that Mr. Ashish Khokhar has written 51 books and has written more than 5000 research papers related to Indian classical dance and other arts. He is a diligent personality from whom students should take inspiration. Welcoming Mr. Deepak Bali

ji, who arrived as a special guest in the program, Dr. Ramnita said that he is associated with social service, music service and art. Principal Dr. Ajay Sareen while welcoming the chief guest and special guest described them as personalities associated with the art field and appreciated the work done by Dr. Ashish Mohan Khokhar and described his personality as an inspiration for the students. She said that artist give guidance and creates new ways. They appreciated the performance of the young artist Vishwadeep and wished him to make more progress in the future. Then Mr. Deepak Bali ji in his address told the importance of teachers in his life and asked the students to respect their teachers and parents and fulfill their dreams. Praising Dr. Ajay Sareen, Principal of Hansraj Mahila Maha Vidyalaya, he spoke of the support she had given and taking the institution to greater heights. Deepak Bali inspired the students to use their time properly in the era of social media and while welcoming Mr. Ashish Khokhar ji, he described the research work done by him and the creation of books as very special. He said that works and research papers written by Khokhar ji will guide the students coming in the field of art. On this occasion, Dr. Ashish Khokhar released a book on the life and art of his father, Mr. Mohan Khokhar, titled 'Father Figure of Indian Dance History'. He said that he is feeling happy and proud while carrying forward the intellectual legacy of his father. He described art as the main source and mission of his life and gave information about classical dance and art. He encouraged girls to take initiative in the field of art as well, calling female education helpful in the development of society. On this occasion, Mr. Ashish Khokhar also screened a documentary film based on his father's work in the field of classical dance named Tracing Dance. The entire program was very beneficial to the students and also asked some questions which were related to the mission of Dr. Ashish Khokhar and about the contribution of the new generation in classical dance. Dr. Navroop, Dean Youth Welfare and Dr. Rakhi Mehta, Program Coordinator were present in this program. This program was conducted by program coordinator Mrs. Kuljit Kaur. On this occasion, Ms. Surbhi and Ms. Kanika Marwaha from Dance Department were also present.

Dated : 24/09/2024

HMV Organized 'Speech Contest' in Collaboration with Leaders & Solutions



Hans Raj Mahila Maha Vidyalaya, Jalandhar organized 'Speech Contest' in collaboration with Leaders & Solutions under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The event started with the lighting of the lamp by Principal Dr. Sareen, Mr. PKS Bhardwaj of

Buland Bharat Foundation Chandigarh, S. Nau Nihal Singh of seventeenth generation of Sri Guru Gobind Singh Ji and other dignitaries. The convener of the event Mr. Mrudul Sondhi welcomed all the guests and audience. Twenty-six participants from different societies and educational institutions presented their views on various problems of the society like environment, agriculture, road safety, women empowerment, etc. Principal Ajay Sareen in her address to the audience inspired them to be a good leader in all walks of life. Mr. Jagjit Singh, former DEO Ropar and Dr. Ashok Sharma encouraged the students to enhance their skills with hard work. On this event, Fine Arts department of the college conducted an exhibition of beautiful painting made by college students. In addition, a book exhibition was also held. The special attraction of this exhibition was that at the end of the event all the books were distributed among all the students. The first five winners of the speech contest were awarded with the amount of Rs. 10,000/- each. Three paintings by Ms. Ankita, Ms. Preeti & Ms Yangchen also attracted the guests and were awarded with mementoes. The judges of the event were Mrs. Suman Kalia the chairperson of Social Group of Institutions, Mr. Amit Kumar, & Pricipal Sandhya Dhawan Cambridge School Nakodar. The stage was conducted by Dr. Jyoti Gogia. On the occasion, Mr. Ranjit Arya, vice-president Arya Pradeshik Sabha Punjab, Mr. R. K. Monga, Dr. Rajesh Bharara, Mr. Prakash Aggarwal, Mr. K. K. Thakur & Mr. Davinder Thakur were also present.

Dated : 25/09/2024

Student of HMV Won 1st Position in Punjab Skills Competition 2024



Hans Raj Mahila Maha Vidyalaya College proudly announces that its student, Khushi Gakhar, has achieved the 1st position in the 3D Digital Game Art Skill category at the India Skills 2024 State-Level Competition, organized by the Punjab Skill Development Mission. This recognition is a testament to Khushi's outstanding abilities and commitment in the realm of digital art and gaming. The Felicitation Ceremony took place on the 17th of September 2024 at the Hyatt Regency, Chandigarh. Winners across various skill categories were awarded medals and certificates in a grand event graced by Sh. Aman Arora, Minister of Employment Generation, Skill Development, and Training, Government of Punjab, serving as the Chief Guest. Khushi's achievement not only marks a significant milestone in her artistic journey but also exemplifies the high caliber of training provided by HMV. This accomplishment underlines the college's commitment to nurturing talent and supporting comprehensive skill development in line with national educational goals. Khushi made the college even prouder

by being the only female participant, competing against all male participants in the IndiaSkill 2024 National Level Competition. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students and Head of the Department, Mr. Ashish Chadha. On that occasion, Ms. Heena Dhir and Ms. Srishti Bhagat were also present.

Dated : 26/09/2024

Guest Lecture on “Let’s stop Cervical Cancer: Get informed, Get Screened and Get Vaccinated”



Under the aegis of the DBT Star College scheme, Government of India, Departments of Biotechnology and Bioinformatics and Red Cross Society of Hans Raj Mahila Maha Vidyalaya, Jalandhar in collaboration with Phulkari foundation organised a guest lecture on “**Let’s stop Cervical Cancer: Get informed, Get Screened and Get Vaccinated**”. Dr. Md. Kausar Nyaz Founder, Aabir Bio Services Foundation, was the resource person of the event. He explained the basic knowledge about the cervical cancer and its treatment and vaccines to the students and aware them regarding the risk factors of this disease. He also told about various services provided by his foundation for the cervical cancer patients. Mrs. Dipti Sardana, Head Conquer Cancer Programme made participants aware about various initiatives taken by the Phulkari foundation in the field of women health and awareness. Mrs Puja Arora Special Educator and Conquer Cancer Programe facilitator and other team members from team Phulkari Jalandhar also marked their presence during the event. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Dr. Nyaz, Mrs. Deepti Sardana and the entire organizing committee for taking this initiative by collaborating various stakeholders on a single platform. Mrs. Deepshikha, Faculty Head sciences and Advisor of the Red Cross society welcomed the speaker and the participants. A poster presentation competition was also organized on this occasion in which students of various science streams participated. Ms. Komal from B. Sc. Sem. III Bioinformatics won first prize, Jayantika from B.Sc. Biotechnology Sem. V got second prize and Lavanaya from B.Sc. Sem. III Bioinformatics got 3rd Prize, while Arushi from B.Sc. Sem V Biotechnology and Ridhima from B.Sc. Sem I Bioinformatics Voc. got consolation prizes. Dr. Jitendra Kumar Head Department of Biotechnology presented the vote of thanks. Dr. Seema Marwaha, Dean Academics, Dr. Harpreet Singh, Head Department of Bioinformatics, and other member of the organizing team Mr. Sumit Sharma, Mrs. Purnima, Mrs. Pawan Kumari, Ms. Pallavi Jain, Mr. Arvind Chandi and other faculty members were also present in this event.

Dated : 27/09/2024

Installation Ceremony of the Student Council @HMV



Installation Ceremony of the Student Council was enthusiastically organized at Hans Raj Mahila Maha Vidyalaya, Jalandhar under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The ceremony commenced with the DAV Gaan, followed by the formal welcome of the Principal and the Chief Guests, the former Head girl Ishpreet Kaur and Joint Head girl Anisha by the members of Student Council, led by Dr. Urvashi Mishra, Dean Student Council. Principal Dr. Ajay Sareen addressed the gathering, extending heartfelt congratulations to the students for being entrusted with the prestigious positions. While congratulating the badge recipients, Dr. Sareen also commended the former head girls for their contributions. She stressed upon the institution's commitment to nurturing leadership qualities and character development. By wishing the students to inculcate qualities like determination, compassion, and strength, she also underscored their role as ambassadors of the institution, representing its ethos to the wider world. Former Head Girl, Ishpreet inspired the students to aim for great heights in life, emphasizing that the first step toward success is setting clear and focused goals. By having a strong sense of direction, students can channel their energy and efforts towards achieving their aspirations and realizing their full potential. Around 250 students were present in the ceremony. Sakshi Vaid was formally declared the UG Head Girl while Diksha was declared as PG Head Girl and Drishti Katyal was declared Head of HMV Task Force . The badges were given to Joint Head Girl, Assistant Head Girl UG PG, members of Task Force and Office Bearers of 51 societies. IQAC coordinator Dr. Ashmeen, Faculty heads Dr. Navroop, Mrs. Deepshikha, Mrs. Meenu Kohli, Dr. Sangeeta Arora, Dr. Rakhi were present there. The ceremony ended with the vote of thanks by Dr. Urvashi Mishra.

Dated : 03/10/2024

HMV Hosts Waste to Wealth Exhibition Under Swachhta Hi Seva Mission



Hans Raj Mahila Maha Vidyalaya organized a grand Waste to Wealth exhibition under the Swachhta Hi Seva Mission, with the initiative spearheaded by Principal Dr. Ajay Sareen. The event reflected the institution's ongoing commitment to promoting environmental awareness and sustainability. The event was inaugurated with great enthusiasm. Principal Dr. Sareen, while addressing the participants, emphasized the importance of implementing the Swachhta Hi Seva ethos in daily life, stating, "We must focus not only on cleaning our physical surroundings but also on cleansing our minds and hearts." Her leadership has been instrumental in advancing HMV's environmental initiatives. She urged all attendees to adopt cleanliness as a way of life, fostering a culture of responsibility toward the environment. Dr. Anjana Bhatia, Dean of Innovation, echoed these sentiments, reiterating HMV's deep commitment to the cause of environmental conservation. She highlighted the importance of innovative approaches to waste management, and how creativity can transform junk into useful items, which contributes to reducing carbon footprints. The exhibition, overseen by Dr. Rakhi Mehta, Mrs. Navneeta, and Dr. Shailendra, encouraged students to be resourceful, turning waste into items of value. This event was a true celebration of ingenuity, as students created a variety of functional products from discarded materials, demonstrating how waste could be repurposed creatively. The NSS unit played a significant role in the event. NSS in-charges, Dr. Veena and Ms. Harmanu, motivated students to actively participate in the Swachhta Hi Seva mission. NSS volunteers not only prepared useful items from waste but also organized a rally to promote the segregation of waste at the source. The rally aimed to spread awareness about the importance of sorting waste for better recycling and disposal practices. To further solidify their commitment, a pledge was taken by all participants to implement Swachhta Hi Seva practices in their daily lives, making cleanliness an integral part of their lifestyle. In collaboration with Team Unnat Bharat Abhiyan, Dr. Minakshi Duggal also participated in the event, contributing to the educational aspect of the exhibition by showcasing how such initiatives align with national goals of sustainable development. Her involvement emphasized the broader impact of local initiatives on national missions. Adding to the diverse participation, students from HMV Collegiate Senior Secondary School took part under the guidance of Co-Cordinator Mrs. Arvinder. Their involvement highlighted the enthusiasm of younger students in embracing environmental causes and contributing to the broader mission of waste management. At the conclusion of the event, Principal Dr. Ajay Sareen distributed planters to all participants, symbolizing the ongoing commitment to nurturing a greener future. The planters were a fitting reminder of the need to care for the environment as we nurture plants—both acts requiring consistent care and attention. The Waste to Wealth exhibition was a resounding success, drawing attention to the importance of sustainability and creative waste management. It not only raised awareness among the students but also inspired the community to adopt cleaner, greener practices. The event is part of HMV's larger effort to integrate environmental consciousness into the institution's ethos, fostering a generation of eco-conscious leaders.

HMV Celebrated International Programmer Day

The PG Department of Computer Science and IT celebrated International Programmer's Day on 12th September 2024 by organizing a series of competitions to showcase the talents of its students. The event witnessed enthusiastic participation in multiple categories, including Web Development using HTML / JavaScript, Programming using C/C++ and Office Automation using MS Word. Over a hundred students took part, making it a vibrant and competitive celebration. In the Web Development competition, Ms. Bhavya, Ms. Mehak, and Ms. Surbhi from BCA Semester V outshined others by securing the first position with their innovative project designs and coding skills. Ms Kanishka and Ms Tiya from BCA Semester III stood first in Programming Using C/C++ competition. In the Office Automation category, Ms. Hitika Arora and Ms Navina Sharma from BCA Semester I stood first. The event was graced by the presence of Dr. (Mrs.) Ajay Sareen, Principal of the institution, who congratulated the students for their remarkable achievements and praised the faculty for their efforts in organizing such an engaging event. Principal reiterated the importance of such events in nurturing the technical and professional skills of students. Dr. Sangeeta Arora (HOD) and Dr. Anil Bhasin served as the overall Incharge, ensuring the smooth conduct of all competitions and motivated them to strive for excellence. The various competitions were evaluated by a distinguished panel of judges, including Mr. Gullagong, Mr. Gurmeet, Mr. Jagjit Bhatia, Dr. Ravinder Jindal, Ms. Sonia Mahindru, and Mr. Pardeep Mehta. Their expertise and fair assessment contributed to the success of the event. The faculty members, Mrs. Sangeeta Bhandari and Dr. Urvashi, were also present to support and encourage the participants.

Dated : 05/10/2024

HMV Organized Inter School Competition, Yuvan-2024 : The Young Talent



Hans Raj Mahila Maha Vidyalaya, Jalandhar, organized the grand Inter-School Competition, Yuvan-2024: The Young Talent, under the visionary leadership of Principal Prof. (Dr.) Mrs. Ajay Sareen. The magnitude and splendour of the event were truly reflected by the enthusiastic participation of 400 plus students from 40 plus schools across Punjab. Yuvan-2024 provided a vibrant platform for young talent to showcase their skills, fostering self-confidence and creativity. The campus buzzed with youthful energy, transforming into a colourful celebration of talent and innovation. Principal Dr. Ajay Sareen, alongside Dr. Seema Marwaha, Dean Academics and Event Coordinator, Dr. Anjana Bhatia, Dean Innovations and Event Convener, extended a warm and heartfelt welcome to the esteemed Chief Guest, Sh. Sushil Rinku, Former Member, Parliament. He praised HMV's significant role in nurturing young talent and its contributions to social welfare. As he toured the competition venues, he encouraged the enthusiastic participants to follow career paths driven by their passions, free from the pressures of external influences. The students showcased their talents across eight competitions, which included On the Spot Poster Making, Nail Art, Instagram Reel Making, Rangoli, Working Science Models, Code Queens, AdMad Show and Jodi da Gidha. A panel of esteemed judges presided over the competitions which included names of Ms. Ramanpreet, Founder NGO Green Sparrows, Mrs. Binoo Gupta Dean Student Welfare, Mrs. Navjot Kaur, Folk Dance Expert, Dr. Sandeep, Assistant Professor HMV, Mr. Vikas Vohra Cluster Head, Mr. Pidilite, Mr. Rajan, Dr. Rakhi, HOD, Department of Design, HMV, Dr. Saloni Sharma, HOD PG Department of Physics, HMV, Dr. Shaveta Chauhan, Assistant Professor, HMV, Mrs. Sonia Mahendru, Associate Professor, HMV, Dr. Urvashi, Dean Student Council, Dr. Rama Sharma, HOD PG Department of Mass Communication, Dr. Shailendra Kumar, Assistant Professor, HMV, Ms. Mukti, HOD, PG Department of Cosmetology and Ms. Jyoti, Assistant Professor, HMV. The Valedictory session commenced with the ceremonial lighting of the lamp, followed by a soulful rendition of the DAV Anthem. Principal Dr. Ajay Sareen, Dr. Seema Marwaha, Dean Academics and Event Coordinator, and Dr. Anjana Bhatia, Dean Innovations and Event Convener, extended a warm welcome to the esteemed Chief Guest, Sh Y K Sud Member LC. Principal Dr. Ajay Sareen expressed her gratitude to the guest and commended the diligent efforts of the organizing committee. She emphasized that the event aimed to guide the youth towards their destinations. She expressed her gratitude to Sh YK Sud for gracing the occasion and lauded the tireless efforts of the organizing committee. She emphasized that Yuvan-2024 serves as a guiding light, helping the youth navigate their journeys toward success, while nurturing their talents and aspirations beyond academics. Sh. Y.K Sud motivated the

participants to continue their pursuit of success and recognize the areas of their strength. He said that every initiative at HMV is a testament to its unwavering commitment to empowering women and contributing to nation-building. The institution stands as a beacon of excellence, seamlessly integrating academic rigor with strong values, and tradition with modern innovation. The event concluded with the distribution of certificates to the winners, while all participants received certificates of appreciation. Dr. Seema Marwaha 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. The vibrant organizers of the competition included Dr. Seema Marwaha, Dr. Anjana Bhatia, Mr. Gulla Gong, Ms. Sonia Mahendru, , Dr. Rama Sharma, Dr. Kajal Puri, Dr. Harpreet Singh, Dr. Rakhi Mehta, Mrs. Binoo Gupta, Mr. Jagjit Bhatia, Dr. Urvashi Mishra Mrs. Jyotika Minhas, Mr. Sushil Kumar, Mrs. Lovleen Kaur, Dr. Shailendra Kumar, Mr. Ashish Chadha, Ms. Harpreet Kaur, Mr. Parminder Singh, Dr. Minkashi Duggal Mehta, Dr. Meenu Talwar, Mr. Ravi Maini, Mrs. Seema K. Joshi, Mr. Tarun Mahajan and Mr. Vidhu Vohra. The results of various events were as follows: The Overall trophy was lifted by Swami Sant Dass School Jalandhar.

Sr.	Event	First	Second	Third
1	Paper Bag	Sakshan Singh Muwalg, Swami Sant Dass Pb. School, Jal.	Zoha Firdouse, Seth Hukam Chand SD Pb. Sr. Sec. School, Jal.	Raja Ram, Lala Jagat Narayan DAV Model School
2	Nail Art	Devika Ahuja, Cambridge Innovative School, Jal.	Harleen, Seth Hukam Chand SD Pb. Sr. Sec. School, Jal.	Karan, Dayanand Model School, Dayanand Nagar, Jal.
3	Jodi da Gidha	Himanshi, Arshpreet Dayanand Model Sr. Sec School Anand Nagar, Jal.	Mehakpreet, Ridhima, Swami Sant Dass Pb. School, Jal.	Simran, Radhika, HMV Collegiate School

Dated : 08/10/2024

HMV celebrated Wildlife Week



The Department of Zoology and Environment Club, Hans Raj Mahila Maha Vidyalaya, Jalandhar, under DBT Star Scheme, celebrated Wildlife Week to raise awareness about the importance of wildlife conservation and environmental protection. The event, held under the expert guidance of Principal, Prof. (Dr.) Mrs. Ajay Sareen, witnessed enthusiastic

participation from students across various Departments. The theme of the Wildlife week 2024 was '**Safeguarding Our Natural Heritage**'. On this occasion Poster making and slogan writing competitions were organized to foster engagement and creativity among the younger generation and encourage them to contribute towards wildlife conservation. Students prepared informative and beautifully designed Posters and creative slogans to educate the campus community about the critical role wildlife plays in maintaining ecological balance. Besides, students also recited poems related to conserve Wildlife. A virtual trip to National Zoological Park, Delhi was also organized for students to introduce them to various wild animals including mammals, reptiles and birds and promote love for animals. Madam Principal, Prof. (Dr.) Mrs. Ajay Sareen emphasised that these events provide wonderful opportunity for students to reflect on the importance of conservation while honing their creative and artistic skills. Dr. Seema Marwaha, Dean of Academics and Head of the Zoology Department, highlighted the purpose behind observing Wildlife Week annually, and stressed on this year's theme i.e. focusing on raising awareness about the conservation status of some of the world's most critically endangered species of both flora and fauna, calling for immediate attention and action to safeguard their future. E-certificates were given to all the participants. Dr. Sakshi Verma, incharge and Mr. Ravi Kumar, co-incharge Environment Club, were the conveners of the event. Mr. Sachin assisted in making all arrangements for the event.

Dated : 10/10/2024

HMV observed World Mental Health Day



Hans Raj Mahila Maha Vidyalaya Jalandhar, Punjab celebrated Mental Health Day. A workshop was organized for the students on Power of subconscious mind : Practical techniques for personal growth by Dr. Radhika Gupta. Dr. Gupta is a clinical psychologist with an illustrious academic background, holding a Ph.D. in Psychology from Guru Nanak Dev University. Her research, which focused on Adolescents' Emotional Autonomy in the Context of Parents and Peer Relationships, has provided valuable insights into youth psychology. She was welcomed by Head of the Department Dr. Ashmeen Kaur with a planter. Key Benefits of the workshop were on understanding the Subconscious Mind: How it works and how we can overcome our negative thoughts and personality. Furthermore the topics like- Habits Formation: Recognizing how habits are formed can help individuals cultivate positive behaviors. Goal Achievement: Aligning subconscious beliefs with conscious goals enhances focus and motivation. Emotional Healing: Techniques like everyday journaling, meditation

and affirmations. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the department for organising the event on such a relevant issue and also said that such events are a reminder to self and society for maintaining good mental health. Ms. Pahul Jabal and Tannu Kumar (Bvoc. MHC sem 1) conducted the stage. Ms. Bhoomi Sharma (BA sem5) gave the formal vote of thanks .On this occasion more than 100 students and Ms. Priya Seth, Ms. Parul Sharma Ms. Ishmanpreet Kaur and Ms Ishita PG department of Psychology participated in the workshop.

Dated 11/10/2024

HMV girls won several prizes



Various competitions were organized by Jalandhar administration on completion of 10 years of Swachh Bharat Campaign. The students of Hans Raj Mahila Maha Vidyalaya won several prizes in these competitions. The students won 1st prize in Wall Painting, 1st prize in Waste to Wealth, 1st prize in Kavita Path, 1st prize in Slogan Writing, 2nd prize in Nukkad Natak, 2nd prize in Poster Making, 3rd prize in Rangoli. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students and encouraged them to work with dedication and hard work. On this occasion Dr. Anjana Bhatia, Dr. Veena Arora, Dr. Jyoti Gogia, Dr. Rakhi Mehta, Ms. Harmanu, Ms. Monika were also present. The students were honoured by Joint Commissioner Dr. Mandeep Kaur, Additional Commissioner Mr. Rajesh Khokhor, Health officer Dr. Krishan Sharma, Dr. Sunita Abrol and entire team.

Dated : 19/10/2024

Performance Par excellence by HMVIANS in UBS Quiz contest



Quiz teams of Hans Raj Mahila Maha Vidyalaya participated in Inter-State Quiz competition “Gyanmanthan–2024” organised by University Business School, Panjab University Regional Campus, Ludhiana. Multiple rounds were conducted comprising of preliminary written test, quarter final, semi final and final round. Competing against numerous teams students of Hans Raj Mahila Maha Vidyalaya comprising Nazam of BBA sem III Alisha of BBA sem III and Pooja Kumari of B.com sem III brought laurels by bagging first position. They were awarded with a Cheque of Rs. 12000/- , certificates and Individual trophies. Their efforts were appreciated by Hero Cycles and Bicycles were given as token of reward . Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the teams and Teacher Incharge Mrs. Binoo Gupta Associate Prof. in commerce), Mrs. Anchal Mahajan on this brilliance achievement. She said that students deserve a warm applaud for their exemplary efforts leading to this outstanding win.

Dated : 21/10/2024

Poetry Recitation Competition Organized in HMV



The Budding Brontes Society of Post Graduate English Department of Hans Raj Mahila Maha Vidyalaya, Jalandhar organised an Poetry Recitation Competition. Students from various

streams and classes enthusiastically participated in this competition. The topics of the poems were importance of relations, love for parents, social evils, self love, women sensitivity and environmental issues. Around 30 students participated in this competition. Some of the poems were self composed. Thus, the students displayed their creative abilities. The judges were Dr. Mamta, Mrs. Ritu Bajaj, Mrs. Jyoti Sharma and Mrs. Lovleen Kaur. Head of English Department Dr. Mamta encouraged the students to be more sensitive and voice their opinions on different themes. She encouraged them to become better versions of themselves through their writing. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the department for organising the event. Jahnavi (BA-3), Meghna Nadda (BA sem 3) got the first position. Harleen (BBA SEM 1) and Arzoo (BA sem 5) got the second position. Dhra Mahajan (B.Sc eco sem 3) and Manya Taneja (B.com sem 1) got the third position. Mannat (B.Sc eco sem 3) got the consolation prize. Incharge of The Budding Brontes Society, Mr. Parminder Singh congratulated the winners. On this occasion Mrs. Gurpreet Kaur Chouhan was also present. Dr. Ramnita Saini Sharda and Mr. Neeraj Aggarwal gave their blessings for the participants. The event ended on a note of new beginning for the budding poets.

Dated : 23/10/2024

HMV Organized an awareness Programme on Health and Cleanliness



The Red Cross Society and Hostel of Hans Raj Mahila Maha Vidyalaya organized an awareness programme on Health and Cleanliness in collaboration with Smile Please NGO and AFZA Venture under the able guidance of Principal Prof. (Dr.) Mrs. Ajay Sareen . On this occasion Ms. Reema Guglani, Ms. Gurpreet and Ms. Meenakshi were present from Smile Please NGO and AFZA Venture. They discussed and shared their views on Cleanliness and Health. They discussed on the usage of Sanitary Pad specially during pandemic. They told that 7 women per minute are dying because of Cervical Cancer and the main reason behind this is not taking care of health and sanitation. They told that being women is God's blessing. Woman is creator of life. So one should not hesitate to share their health problems with doctor. Principal Dr. Sareen welcomed all the guests with planters as per the tradition of the institution. She congratulated Advisor Red Cross Society Mrs. Deepshikha, Incharge Mrs. Pawan Kumari and Coordinator Hostel Dr. Meenu Talwar and said that such kind of interaction was need of the hour. The guests also had an interactive session with the students and questions were asked by the students. Stage was conducted by Dr. Meenu Talwar.

Dated : 26/10/2024

HMV Organized Grand "Skill to Entrepreneurship" Diwali Mela under the aegis of National EduTrust of India



Hans Raj Mahila Maha Vidyalaya hosted a vibrant Diwali Skill and Entrepreneurship Mela as part of the Skill-to-Entrepreneurship Project 2024. The event was a resounding success, inaugurated by the esteemed Chief Guest, Sh. Mohinder Bhagat, Minister of Defence Services welfare, Freedom Fighters & Horticulture, Punjab. He commended HMV's efforts in promoting vocational education and announced his support for the renovation of College Virsa Vihar and internal roads of the college with a promise to convey these needs to the Chief Minister Punjab. He also assured to visit of Chief Minister Punjab to this prestigious institution. Principal Dr. Ajay Sareen warmly welcomed the Cabinet Minister and praised the students' entrepreneurial spirit. The mela featured handcrafted products such as artistic furnishings, Diwali-themed diyas, greeting cards, gift hampers, and a variety of food stalls. The highlight of the event was the recycled handmade furniture inspired by Mughal and Rajasthani miniature themes, which captivated visitors with its unique blend of traditional art and sustainability. Departments such as Design, Multimedia, Fashion, Cosmetology,

Home Science, and Fine Arts participated, showcasing and selling their creative products. The focus was on fostering entrepreneurship, with students learning to "earn while they learn." Additionally, special organic spices, diya and food stalls by Chanan Vocational Centre and Durga Dass School for Special Children added a meaningful, inclusive touch to the event. Dr. Navroop, Dr. Seema Marwaha, and Dr. Anjana Bhatia, were present. Dr. Bhatia extended her thanks to the National EduTrust of India and Mr. Samarth Sharma for their unwavering support and guidance. The event was skillfully managed by Dr. Rakhi, Incharge Skill Courses, along with Ms. Navneeta, Dr. Neeru Bharti, Ms. Rishav, Mr. Ashish, Dr. Shailendra, Ms. Mukti, Ms Sukhdeep who motivated the students to explore entrepreneurial ventures. A total of 152 students participated, with 62 stalls set up, and an impressive 1860 items were sold. The success of the mela is attributed to the dynamic leadership of Principal Dr. Ajay Sareen. The event truly provided a platform for students to showcase their skills and transition into budding entrepreneurs.

Dated : 28/10/2024

HMV won 2nd runners up trophy in GNDU Zonal Youth Festival



Hans Raj Mahila Maha Vidyalaya has been crowned with 2nd runners up trophy in Guru Nanak Dev University Zonal Youth Festival. The college won 14 positions. HMV made its mark in Classical Vocal, Painting, Clay Modelling, Group Song, Folk Song, Poetical Symposium, Folk Orchestra, Collage, Costume Parade, Mimicry, Group Shabad, Ghazal, Debate and Mime. Principal Prof. Dr. (Mrs.) Ajay Sareen shared heartfelt congratulations with Dean Youth Welfare Dr. Navroop and the entire team for their outstanding performance. She also expressed deep gratitude to President DAVCMC Padma Shri Dr. Punam Suri, Justice (Retd.) N.K. Sud, Chairman LAC, Sh. Shiv Raman Gaur, Director Higher Education and all mentors at DAVCMC for their unwavering support on this journey. Dean Youth Welfare Dr. Navroop congratulated the entire team of Youth Festival for their brilliance and teamwork.

Dated : 31/10/2024

Students of HMV Collegiate School organized exhibition-cum-sale at Jashan-E- Diwali-2024



Jashan-E- Diwali was celebrated at HMV Collegiate Sr. Sec. School in which students organized exhibition-cum-sale of beautiful hand made diyas, cards, candles, torans under the sagacious guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. They put up scintillating stalls of nail art, mehandi, tarot card reading, hand-made bracelets, organic honey etc. They also arranged stalls of delectable eatables like golgappe, bhelpuri, cupcakes, chocolate muffins etc. 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 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, Dean Academics and 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 Jashan- E- Diwali and make it a gala event. The Co-coordinators of event were Ms. Anju, Mrs. Julie & Mrs. Sukhdeep kaur.

Dated : 08/11/2024

HMV Students Shine at 2nd Edition of IDE Bootcamp, Amity University



Under the inspiring leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen, three talented students from Hans Raj Mahila Maha Vidyalaya - Kris Sondhi, Deepa Pardhan, and Sakshi Vaid along with their dedicated mentor, Ms. Naina Sharma participated in the 2nd Edition of the Innovation Design and Entrepreneurship (IDE) Bootcamp (Phase I) at Amity University Rajasthan, Jaipur. This prestigious event held in collaboration with the Wadhvani Foundation, spanned five days filled with enriching entrepreneurial learning and hands-on experience. The bootcamp provided a unique opportunity for students to delve into the entrepreneurial landscape. On Day I, the team explored Problem Identification and Opportunity Discovery, setting the stage for their entrepreneurial journey. The following day, they mastered essential aspects of Business Model Development, learning how to structure and scale ideas effectively. Day III saw an engaging session on Revenue Models followed by a visit to the Bhamasha Techno Hub—a vibrant center for startups and innovation in Jaipur. This dynamic environment inspired creativity and technological advancement among participants, offering HMV students a firsthand experience in the startup ecosystem. On Day IV, the students engaged in a practical session on Design and Product Presentation, refining their ideas with constructive feedback. The final day of the bootcamp saw Team The Pastel.Laces—comprising Kris, Deepa, and Sakshi—impressively pitch their entrepreneurial idea before a panel of judges, earning high praise and commendation. Their outstanding participation also led to a win in the Social Media Contest, where they were declared one of the top-performing teams at the bootcamp. Prof. Dr. (Mrs.) Ajay Sareen congratulated the students on their remarkable achievement and encouraged them to continue to excel. Dr. Anjana Bhatia, Incharge of the Institution's Innovation Council, appreciated the team's innovative efforts and extended her best wishes for their future endeavors. Mrs. Binoo Gupta, Dean of Student Welfare, celebrated their success, highlighting how the IDE Bootcamp offered students a transformative platform to learn the art of entrepreneurship. Mrs. Rama Sharma, Head of the Department of Mass Communication and Video Production (MCVP), also appreciated the students' efforts, commending their dedication and innovative spirit. Also present on this proud occasion were faculty members, staff and fellow students who celebrated HMV's budding entrepreneurs, wishing them continued success and growth.

Dated : 13/11/2024

Three- Day Parali Prabhadan Chetna Yatra was organized in HVM Collegiate Sr. Sec. School



HVM Collegiate Sr. Sec. School organized Parali Prabhadan Chetna Yatra in collaboration with Krishi Vigyan Kendra, Jalandhar and Punjab Agriculture University, Ludhiana under the able stewardship Principal Prof. Dr. (Mrs.) Ajay Sareen. Students enthusiastically participated in three day event. There were essay writing, slogan writing, poster making competitions. The young ideas against rising pollution due to stubble burning depicted creatively. The Chief Guest of the event was Dr. Kanchan Sandhu from Punjab Agriculture University working at Krishi Vigyan Kendra, Jalandhar. She was welcomed with a green planter. After the lamp lighting and recital of DAV Gaan, Award Ceremony was taken place. The winner were given away the prizes. Sonakshi, Jasmine and Riya Badola secured the first, second and third positions respectively in Slogan Writing Competition and Harshita got a consolation prize in the same. In Poster Making Competition, Kiranbir attained the first, Jaspreet got second and Riya Badola achieved the third position. The consolation prizes were given to Jasmine and Khushi in the same competition. Arshdeep kaur, Furleen, and Muskaan got the first, second and third positions respectively in the Essay Writing Competition. Ridham and Tanvi secured the consolation prizes in the same competition. Principal Dr. Ajay Sareen warmly welcomed the Chief Guest and showed her unflinching faith in the just and prudent actions of young students of HVM that they always take into consideration the protection of environment at their top- most priority. Dr. Kanchan Sandhu, Young Scientist Awardee appreciated the creative efforts of all the students and averred that HVM provides pragmatic knowledge to students in order to save environment in every possible way. The coordinators of the event Mrs. Anuradha Thakur, Ms. Anju & Ms. Julie were honoured with trophies. Mrs. Renu, Mrs. Prabhjot, Ms. Ridhima, Ms. Sukriti, Ms. Vandana, Ms. Charan were also honoured. In her Vote of thanks, Mrs Arvinder Kaur conveyed her gratitude towards Principal Madam, the Chief Guest, teaching and Non- teaching staff of school. The stage was conducted by Ms. Sukriti.

Dated : 23/11/2024

HMV organized Best Wishes Card Ceremony



The Student Council of Hans Raj Mahila Maha Vidyalaya organised Best Wishes Card Ceremony under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The Principal, Deans, and Superintendents blessed the students for their University Semester Examinations in both morning and evening sessions by distributing Best Wishes Cards and sweets. This innovative gesture serves to energise the students and infuse positivity into them so that they can put forward the best of their efforts. Principal Dr. Ajay Sareen emphasised that the cards/badges are handmade using recycled paper prepared in HMV and designed by student members of Student Council. In the morning session Dr. Ashmeen Kaur, IQAC Coordinator, Dr. Urvashi Mishra, Dean Student Council, Mr. Pankaj Jyoti, Superintendent Accounts, Mrs. Seema K. Joshi, Supdt. General conveyed their wishes to the students. In the afternoon session, Dr. Navroop, Dean Youth Welfare, Dr. Seema Marwaha, Dean Academics, Mrs. Deepshikha Dean Examination, Mrs. Binoo Gupta, Dean Student Welfare, Dr. Anjana Bhatia, Dean Innovations and Research, Dr. Shallu Batra, Dean Outreach Programmes encouraged the students to work hard by showering their wishes upon them.

Dated : 26/11/2024

Harmony with Guitar Course concluded in HMV



The Skilled Courses Hub of Hans Raj Mahila Maha Vidyalaya successfully concluded the skilled course “Harmony with Guitar”. The duration of this course was 40 hours. The Resource Person of the course was Mr. Samuel Professional Guitarist. HMV Skilled Courses Hub Incharges Mrs. Binoo Gupta told that the fee for this course was Rs. 2500/-. The course was conducted under Head of Music Instrumental Department Mrs. Amanpreet Kaur. Outsiders were also allowed in this course. Even the boys were also allowed to learn Guitar under this course. Principal Prof. Dr. (Mrs.) Ajay Sareen told that it is the need of the hour that our youth should be equipped with all types of skills. This course was a step towards the achievement of this goal. She congratulated Mrs. Binoo Gupta and Mrs. Amanpreet Kaur for successful completion of the course.

Dated : 27/11/2024

Constitution Day Celebrated at HMV



Constitution Day was celebrated at Hans Raj Mahila Maha Vidyalaya Jalandhar under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The day marks the adoption of the Constitution of India. The PG Department of Political Science organized an online activity - Reading the Preamble and taking the pledge to commit ourselves to the Constitutional Values, Rights and Duties. Principal Dr. Ajay Sareen, Mrs. Alka, Head of Department, Dr. Jiwan Devi faculty member and 70 students of PG and UG classes of Political Science department participated in this online Activity. The participants pledged to remain committed to and respect the Constitutional Values and carry forward these Values to the next generation. They were told how our great Constitutional makers protected our freedom, Rights and Duties by framing the Constitution of India. Principal Dr. Ajay Sareen appreciated the efforts of Political Science Department.

Dated : 03/12/2024

HMV students participated in “Desh Ka Prakriti Pareekshan”



Under the able guidance of Principal Prof. Dr. (Mrs) Ajay Sareen and in collaboration with Dayanand Ayurvedic College, the resident scholars of Hans Raj Mahila Maha Vidyalaya participated in “Desh Ka prakriti Pareekshan” programme, an initiative of Honourable Prime Minister Sh. Narendra Modi. Dr. Nishu Raina from Dayanand Ayurvedic College told the students about this diagnosis in detail. She listened to their problems and gave them appropriate solutions. Principal Dr. Ajay Sareen said that a healthy mind resides in healthy body. It can be a big positive change in their life and the youth can remain healthy by changing their eating habits. The certificates of the students were also generated by participating in this diagnosis. On this occasion, Hostel Coordinator Dr. Meenu Talwar, Hostel warden Mrs. Jasbir, Ms. Amanpreet, Ms. Kajal and others were also present.

Dated : 09/12/2024

HMV Collegiate School Organized an Extension Lecture



Under the sagacious guidance of Principal Dr. (Mrs.) Ajay Sareen, HMV Collegiate Sr. Sec. School organised profound discussion on the ‘Role of Child Protection in Fulfilling the Child's Rights in India’. The event was commenced with lamp lighting and recital of DAV Gaan. The resource person of the event was Dr Simranjeet kaur, founder and President of DAAT foundation (Charitable Trust). She was welcomed with a green planter by Principal Dr Mrs Ajay Sareen and Mrs Arvinder Kaur, School co-coordinator. The Principal Dr (Mrs) Ajay Sareen made the students aware about Child abuse and stated that it is the duty of every citizen living in the society to uphold and protect child's rights. She said that awareness is

increasing about violence against children, especially sexual abuse and we should contribute in every possible way. Dr. Simranjeet Kaur, the resource person of event informed the different aspects of this issue. She discussed the reasons and solutions of this major problem elaborately and provided valuable knowledge about laws related to child rights and protection. Dr Anjana Bhatia, Dean Innovation and Head of Botony Department also apprised students about this problem. The students participated in slogan writing, essay writing and poster making enthusiastically. Discussion was also taken place in which students' queries were answered by Dr Simranjeet Kaur. Mrs Arvinder Kaur gave vote of thanks. The stage was conducted by Ms Sukriti Sharma.

Dated : 10/12/2024

HMV organized Empowering Educators: Nature Workshop under the aegis of PSCST



Hans Raj Mahila Maha Vidyalaya , Jalandhar, witnessed the inauguration of a 3-day residential workshop on "Building Skills for Conducting Nature Camps" under the MoEFCC's Environment Education Programme in collaboration with Punjab State Council of Science & Technology (PSCST). Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the esteemed guests and participants and expressed gratitude to PSCST, saying, "The perpetual trust of PSCST in HMV reinforces our commitment to environmental stewardship and academic excellence." She was delighted to have participation from more than 9 districts of Punjab. Retd. Justice NK Sud, Chairman, Local Advisory Committee called it a golden opportunity to enhance knowledge and skills. Under the expert leadership of Dr. KS Bath (Joint Director, PSCST), this workshop aims to develop innovative approaches for fostering environmental consciousness through nature camps. Dr. KS Bath called this workshop as a step forward in empowering educators to guide future generations toward environmental sustainability. Resource

persons, including Dr. BK Tyagi (Ex-Senior Scientist, Vigyan Prasar, DST), highlighted the importance of experiential learning and congratulated the institution for adopting sustainable practices. Dr. Aasaq Hussain emphasized building awareness through engaging activities, while Dr. Kuldeep Gupta underscored the role of educators as environmental change-makers. Dr. Mandakini highlighted the shared mission of PSCST and HMV to safeguard the environment, reflecting the collective effort to inspire action for a greener tomorrow. Nodal Officer, Dr. Anjana Bhatia, stated that the workshop aims to enhance the skills of teachers in conducting impactful nature-based programs. Dr. Seema Marwaha, Dean Academics, added that the initiative equips educators with tools to seamlessly integrate environmental education into their teaching practices. Various workshops on 'Autograph of tree, Leaf zoo Designing, Your own Nature kit' were organized in the afternoon session. All the participants and faculty members attended the sessions enthusiastically. The guests were given Guard of Honour by NCC cadets. The performances by Department of Music and Dance brought more colour to the event.

Dated : 11/12/2024

Immersive Hands-On Experiences Mark Day 2 of Nature Camp Workshop at HMV



The second day of the three-day residential workshop on "Building Skills for Conducting Nature Camps" at Hans Raj Mahila Maha Vidyalaya (HMV), Jalandhar, in collaboration with the Punjab State Council of Science & Technology (PSCST), witnessed a series of immersive and practical activities aimed at empowering educators to conduct impactful nature camps. Principal Prof. Dr.(Mrs.) Ajay Sareen commended the participants for their active participation and felt proud to inspire educators across Punjab to lead by example and create a greener tomorrow. Dr. BK Tyagi (Ex-Senior Scientist, Vigyan Prasar, DST) emphasized the role of hands-on learning in fostering a deeper connection with nature and inspiring

proactive environmental stewardship. Dr. S.K. Bath, Joint Director PSCST motivated to work towards greener future. Dr. Assaq Hussain also gave expert training on making terrariums. Sh. Kuldeep guided the teachers towards making tree maps. Dr. Mandakini highlighted the significance of collaborative efforts between PSCST and HMV in driving meaningful environmental change. Nodal Officer, Dr. Anjana Bhatia, encouraged educators to implement the learnings in their classrooms stating that these practices help in shaping a more sustainable future. Participants delved into HMV's sustainable green practices through an engaging Nature Study Camp that highlighted the institution's innovative efforts in environmental conservation. Botanical Garden: The participants explored diverse plant species in the Botanical garden and discussed strategies to integrate plant-based learning into their curricula. A live demonstration of Vermicomposting Unit showcased how organic waste can be transformed into nutrient-rich compost, promoting waste-to-wealth practices. Visit to the serene Eco Park served as a living laboratory for the participants to learn about biodiversity conservation and eco-friendly landscaping. Participants also learned the techniques of transforming used paper into reusable products in Paper Recycling Unit. The day focused on experiential learning, with practical sessions designed to make nature camps interactive and engaging for students. Master trainers were trained to make ant houses, nature kits and equipment for conducting nature camps. A guided Nature Walk deepened participants' understanding of inspiring students to connect with and protect their environment. Hands-on modules emphasized activity-based learning, equipping participants to design impactful environmental education programs. The day concluded with an interactive session where participants shared insights and experiences, fostering a spirit of collaboration for advancing environmental education. The workshop continues to empower educators with tools and strategies to make a significant impact in shaping environmentally conscious students and communities.

Dated : 12/12/2024

Grand Finale of the Nature Camps Workshop at HMV Jalandhar



The three-day residential workshop on "Building Skills for Conducting Nature Camps" concluded on a high note at Hans Raj Mahila Maha Vidyalaya, Jalandhar. Organized in collaboration with the Punjab State Council of Science & Technology (PSCST), the workshop empowered educators to revolutionize environmental education and foster sustainability in their teaching practices. The final day showcased an array of creative and innovative exhibits

crafted during the workshop. From visually captivating charts on biodiversity and waste management to self-sustaining terrariums, and intricate leaf art arrangements, the participants displayed their ingenuity. Highlights included insect traps, ant houses, and beautifully compiled nature diaries, reflecting their journey into experiential learning. Principal Dr. Ajay Sareen, in her address, appreciated the participants' dedication and creativity. "You are not just educators but green ambassadors who will ignite a passion for sustainability in future generations," she said while presenting handcrafted phulkari gifts as tokens of appreciation. Experts Praise the Workshop's Impact Several distinguished experts shared their thoughts on the initiative: Dr. BK Tyagi: "These exhibits beautifully bridge the gap between nature and the classroom." Dr. K.S. Bath: "These practical tools embody the essence of experiential learning, encouraging students to explore, question, and cherish the natural world." Dr. Aashiq Hussain: "This initiative fosters a profound understanding of environmental stewardship, ensuring educators are empowered to mentor the next generation effectively." Dr. Kuldeep: "By blending creativity with environmental education, we are sowing seeds for a greener, more responsible society." Dr. Seema Marwaha: "These exhibits are a testament to the transformative power of collaboration and innovation in education." Dr. Anjana Bhatia, Nodal Officer, emphasized the workshop's hands-on approach, remarking, "These creations demonstrate how teaching tools can inspire students to connect deeply with the environment." Dr. Mandakini added, "Today's exhibits prove that meaningful change begins with small, creative steps." The event concluded with a certificate distribution ceremony and a collective pledge by participants to integrate sustainable practices into their teaching. In her closing remarks, Principal Dr. Sareen stated, "Workshops like these transform educators into catalysts of change, spreading HMV's green vision far and wide." The Nature Camps Workshop at HMV has set a precedent for environmental education, empowering educators to lead a movement toward sustainability across Punjab.

Dated : 13/12/2024

Trip to Agra, Mathura, Vrindavan organized by HMV



A trip to Agra, Mathura and Vrindavan was organized by Hans Raj Mahila Maha Vidyalaya for the students. This trip was of 5 days. 29 students were a part of this trip. The students were overwhelmed and fascinated by watching Taj Mahal, Agra Fort, Banke Bihari Temple,

Barsana, Gokul, Raman Reti, Radha Vallabh, Nidhi Van, Prem Mandir and Iskcon Temple. Visiting Agra added to their knowledge about old Indian rulers and their administration. The students got historical, spiritual and religious experiences. They thanked Principal Prof. Dr. (Mrs.) Ajay Sareen for organizing such a wonderful trop. Dr. Seema Khanna and Mrs. Sangeeta Bhandari accompanied the students.

Dated : 28/12/2024

Joviality at the pinnacle in Sparkle – 2024, a Get Together Event of SSC 1 & SSC 2



A little lilting music, smiles all along, resounding laughter – yes, all these feelings have been amalgamated in HMV Collegiate Sr. Sec. School on the event of Sparkle 2024, a get together of SSC 1 & SSC 2 students of all streams under the dynamic directions of Principal Prof. Dr. (Mrs.) Ajay Sareen. The entire programme was artistically and beautifully conducted with the

guidelines of Dr. Seema Marwaha, Dean Academics and School Coordinator and Mrs. Arvinder Kaur, School Co- coordinator, incharges of the event and the Co-incharges Mrs. Renu Walia and Mrs. Anuradha Thakur. The programme was commenced with the lighting of the lamp by the Principal Madam which was followed by DAV Gaan, as per the tradition of HMV Family. Green Welcome was given to the inspiring lady Madam Dr. Ajay Sareen by the Incharges of the event. The responsibility of judging the burst of talent was on the shoulders of Mrs. Navroop Kaur, Dr. Anjana Bhatia, Dr. Rakhi Mehta & Mrs. Urvashi Arora. The formal welcome to the Principal Madam and to worthy judges was given by Mrs. Arvinder Kaur. In her warm address to the students the Principal Madam heartily welcomed all the young learners and inspired them to be the believer of their own selves. She congratulated the incharges on organizing a wonderful and energetic event. She focused on the self-introspection which instills in us the confidence to choose what is right and what is wrong. She emphasis that male and female both equally contribute in the development of any society and to envision the betterment is imperative as Mahatma Hans Raj ji envisioned years ago to impart education to women which realistically stands as grand Hans Raj Mahila Maha Vidyalya. The students showcased their talent in singing, dancing and modelling. The stage was phenomenally conducted by the students Sakshi, Diksha, Dippenpreet and Arshdeep Kaur under the guidance of Ms. Rashmi Sethi and Ms. Sukriti Sharma. The event was coming to an end with the crowning of Wonder girls Ms. Fresher – Ekroop Kaur, Ist Runner Up – Rashika Mahajan, 2nd Runner up – Bhawna, Baljeet Kaur Won the title of Ms. Artsy, Ms. Biz title was given to Amandeep Kaur, Miss Tech title was attained by Snehpreet Kaur. The vote of thanks was given by Ms Renu Walia. All the facility members graced the event with their presence.

SPORTS

Dated : 18/09/2024

HMV's Nancy strikes Gold and Silver at South Asian Games-2024



Nancy, a student of Hans Raj Mahila Maha Vidyalaya, has brought success for the country by winning 1 Gold and 1 Silver in Athletics in South Asian Federation Games 2024 being organized in Pakistan. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated her and her family and said that Nancy is the student of BPES Sem I in our college. She is the shining star of the college. She has not only brought laurels for the country but made the institution proud. It is her passion and perseverance that has brought her success. Principal Dr. Sareen told that she has previously won medals in Senior Nationals and Senior Inter State 2024 Championship. She has also won Gold Medal in Junior Saaf Championship 2024. DAVCMC President Padamshree Dr. Punam Suri, DHE Sh. Shiv Raman Gaur, Chairman Local Advisory Committee Justice (Retd.) Sh. N.K. Sud also congratulated her. Principal Dr. Sareen also congratulated Athletic Coach of the college Sh. Sandeep Singh, faculty members Dr. Navneet, Mrs. Ramandeep and Ms. Pragati and whole HMV family.

HMV Shines on Global Stage



It is a matter of immense pride that Ekta, student of Hans Raj Mahila Maha Vidyalaya won 3 medals in Archery at the prestigious Asian Youth Championship 2024 in Taiwan. Under the dynamic leadership of Principal Prof. Dr. (Mrs) Ajay Sareen, this victory has elevated HMV's legacy of excellence in sports to new heights. Principal Dr. Sareen extended heartfelt thanks to President Dr. Punam Suri, Padam Shree Awardee, Sh. Shiv Raman Gaur, Director Higher Education, Justice (Retd.) N.K. Sud, Chairman LAC and all mentors at DAVCMC for their unwavering support. She said that special congratulations for Dr. Navneet and Mrs. Raman faculty Sports Department for their tireless efforts in nurturing this outstanding achievement. Dr. Sareen said that this accomplishment not only brings glory to HMV but also inspired us to reach for greatness.

HMV Weight Lifter Harmanpreet Kaur sets National Record



The Weight Lifter of Hans Raj Mahila Maha Vidyalaya Km. Harmanpreet Kaur set a national record in 76 kg category in National Senior Weight Lifting Championship held at Kangra. Harmanpreet Kaur won Gold Medal in 76 KG Category and in Clean and Jerk Category set a national record. Her best lift was 127 kg and she lifted total weight of 223 kg in the tournament and set national record. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Harmanpreet Kaur and her coach Sukhwinder Pal Singh. Sports department faculty members Dr. Navneet Kaur and Mrs. Ramandeep Kaur were also present there.

Dated : 04/11/2024

HMV Student Krisha Clinches gold at World Cup Boxing Championship



Hans Raj Mahila Maha Vidyalaya is thrilled to share that Krisha Verma, a talented boxer from BA 3rd Sem has proudly represented India at the World Cup in America and has won Gold Medal. Principal Prof. Dr. (Mrs.) Ajay Sareen said that her strength, skill and unwavering dedication have made her a true champion, bringing immense pride and glory to HVM and our country. She extended heartfelt gratitude to Dr. Punam Suri, PadmaShri Awardee and President DAVCMC, Justice (Retd.) N.K. Sud, Chairman LAC, Sh Shiv Raman Gaur, Director Higher Education DAVCMC and Coaches of Krisha for their continuous support that empowered her to shine on global stage. She also congratulated faculty members of Sports Department Dr. Navneet Kaur, Mrs. Ramandeep and Ms. Pragati and the entire HVM Family.

Dated : 07/11/2024

Foundation Stone Laying Ceremony of Renovation of Sports Wing at HVM



The Foundation Stone Laying Ceremony of Renovation of Sports Wing in Ojasvi Hostel of Hans Raj Mahila Maha Vidyalaya was organized in the Hostel. Principal Prof. Dr. (Mrs.) Ajay Sareen told that this renovation has been offered by Sud family. It is their generosity that they have offered the renovation and undertook this project. From Sud family, Justice (Retd.) Sh. N.K. Sud, Mrs. Arunima Sud, Sh. Y.K. Sud, Mrs. Manorama Mayor, Ms. Sushma Sud, LAC members Sh. Kundan Lal Aggarwal, Sh. S.P. Sehdev, Dr. Sushma Chawla were present. From California Dr. Inder Sud was also present online. Dr. Ajay Sareen thanked Sud family for this contribution and said that Sports faculty and students will always remain thankful to them. Sud family assured that this project will be completed by the end of March. On this occasion, the Deans, faculty Incharges, PRO, Faculty members of Physical Education Department, Superintendents, Hostel Wardens and players were also present.

HMV Swimming Team Won Gold Medal



The swimming team of Hans Raj Mahila Maha Vidyalaya won Gold Medal in Inter College Swimming Championship held at Sports College, Jalandhar. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the teams & Coach Mr. Umesh Sharma. On this occasion, faculty members Dr. Navneet Dhadda, Mrs. Ramandeep Kaur & Ms. Pragati were also present.

Dated : 18/11/2024

HMV Won Gold Medal in Inter College Badminton Championship



The Badminton Team of Hans Raj Mahila Maha Vidyalaya, Jalandhar won Gold Medal in Inter College Badminton Championship organized by Guru Nanak Dev University. This championship was held at Doaba College Jalandhar. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team members and coach. On this occasion, faculty members of Sports Department Dr. Navneet, Mrs. Ramandeep and Ms. Pragati were also present.

Dated : 14/12/2024

HMV team won Gold Medal in Rifle and Pistol tournament



The shooting (Rifle and Pistol) team of Hans Raj Mahila Maha Vidyalaya won Gold Medal in Inter College Shooting (Rifle and Pistol) tournament organized by Guru Nanak Dev University, Amritsar. HMV won Gold Medal in Rifle and Pistol Shooting both. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team members and their coach. On this occasion, faculty of Sports Department Dr. Navneet, Mrs. Ramandeep and Ms. Pragati were also present.

VALUE ADDED SERVICES

Dated : 01/07/2024



Havan Yagna was performed at HMV Collegiate School on the recommencement of SSC 1 and SSC 2 classes after summer Vacations

With high energy and fresh vibes, Havan was performed under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The day began on a very enthusiastic note. Everyone joined hands in chanting the holy mantras and invoking the blessings of the Almighty. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the students in the premises echoed with sincerity, discipline and dedication. She congratulated the entire HMV family on being ranked number one in all aspects. With her powerful words, she inspired the young students to develop sustainably with diligence, self- control, and knowledge. She blessed the girls to spread the fragrance of goodness just like the divine fragrance of Havan and make the name of parents, teachers and nation proud. She also held firmly HMV builds up the strong character and then success is definitely be achieved through focused attitude combined with persistent hard work and the blessings of Almighty and parents. The school coordinator Dr. Seema Marwaha addressed the students by saying that self – discipline and patience are extremely important components to achieve success and every obstacle in the path of success be treated as stepping stone. She encouraged them to be invincible in life. She thanked Principal Prof. Dr. Sareen for her constant support and inspiration and assured her of the relentless and whole hearted efforts of the faculty. Mrs. Arvinder Kaur, School Co - Coordinator advised students to be disciplined and committed to the duties and responsibilities. Mr Ravi Maini, Superintendent Admin in his address told students to accept criticism with open heart to be constructive in thinking and

becoming better. Mrs Seema Joshi, Superintendent General Office focussed on using time prudently and imbibing positive values in life. On this event, Dr. Prem Sagar from the Music Department sang a Bhajan and filled the air with mellifluous divinity. The havan ceremony was ended with recital of Shanti Path by Dr. Meenu Talwar. The Havan was attended by all the members of collegiate faculty – teaching and non-teaching, the supporting staff and the students. Principal Dr. Ajay Sareen was congratulated on receiving the Best Principal Award too.

Dated : 22/07/2024

New Academic Session begins with Havan and Orientation at HMV



The Academic Session 2024-25 commenced on the pious notes of Havan Yajna at Hans Raj Mahila Maha Vidyalaya, Jalandhar under the dynamic guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The inaugural Havan was organized by Vedic Society under Dr. Mamta and Dr. Meenu Talwar. Everyone joined hands in chanting the holy mantras and invoking the blessings of the Almighty for the new session. Principal Dr. Ajay Sareen extended a warm welcome to the new entrants to HMV. Principal Dr. Ajay Sareen expressed her delight over the numerous awards to the credit of HMV and she acknowledged the contribution of every HMVian in taking HMV to the apex of glory. She felicitated the new students on joining the institution and assured them that the faculty and staff of HMV will help them fulfill their dreams and achieve their goals. HMV will carve them like diamonds to bring out their luster and sheen. She also said that HMV is a pioneer institution of DAV and a great name in the field of education. Dean Academics Dr. Seema Marwaha also extended best wishes to the students and motivated them to work hard to achieve success. Continuing with its

innovative practices, HMV saw the release of 20th edition of HMV Vision, the newspaper to be published by HMV. It is a venture of Mass Communication Department headed by Dr. Rama Sharma. HMV News Vol. 53 edited by Mrs. Ritu Bajaj, Mrs. Lovleen Kaur, Mr. Parminder Singh and Mr. Ashish Chadha was also released on the occasion. The stage was conducted by Dr. Anjana Bhatia. The Havan Yajna concluded with the recital of Shanti Path. It was followed by an orientation programme for the new students. In this session, students were provided their timetable, ID cards and any other information they needed.

Dated : 23/07/2024

Saksham Preparatory School Inaugurated with Zeal and Enthusiasm



Hans Raj Mahila Maha Vidyalaya, Jalandhar, in collaboration with Saksham Punjab (an NGO working for the education and all-round development of visually challenged persons in the region), has been providing continuous support for the production of books in accessible formats, computer training, and mobility workshops for the visually challenged community. Principal Prof. Dr. (Mrs.) Ajay Sareen, taking a new initiative, provided a room with all types of support to resume 'Saksham Preparatory School' in the premises of the institution. Saksham Punjab, with its vision and mission, trains visually challenged kids to be integrated into mainstream schools of the city and the region. After inaugurating the school, the Principal Dr. Sareen, along with Dean of Academics Dr. Seema Marwaha, IQAC Coordinator Dr. Ashmeen Kaur, Dean Innovations and Research Dr. Anjana Bhatia, and Dean College Campus Mr. Gurmeet Singh, visited the Drishti Technology Centre where they observed the Experience Zone, developed to display different items useful for the study, daily living skills, and recreation of the visually challenged community. On this occasion, Dr. Prem Sagar, Associate Professor & HOD Music Vocal and Mrs. Deepika Sood, General Secretary Saksham, Punjab briefed the audience about different activities being executed at the centre for the growth of visually challenged persons. The Honorable Principal keenly interacted with the kids and the team members of Saksham Punjab. The establishment of the Saksham Preparatory School at Hans Raj Mahila Maha Vidyalaya marks a new chapter in providing

inclusive education and comprehensive support to visually challenged students, ensuring their integration into mainstream society with confidence and competence.

Dated : 02/08/2024

Havan Yajna performed for PG Students at HMV



Havan Yajna was performed for PG students at Hans Raj Mahila Maha Vidyalaya to invoke the blessings of the Almighty. The students, faculty members and staff offered prayers by performing the rituals of the Yajna under the able guidance of Principal Prof. Dr. Mrs. Ajay Sareen. The Yajna was co-ordinated by Dr. Mamta and Dr. Meenu Talwar. Giving her blessings to all the students of PG classes, Principal Prof. Dr. Mrs. Ajay Sareen welcomed them at the start of their new session. She energized everyone by saying that their hard work and efforts will lead to their progress in future. She also advised them to be disciplined in the institution. The students recited bhajan under the co-ordination of Dr. Prem Sagar. The stage was conducted by Dr. Anjana Bhatia. All the deans, teaching and non-teaching staff of the institution were also present on the occasion.

Saksham Punjab organized sensitization drive and Techno Cultural Fest in HMV



The Psychology and Music Department of Hans Raj Mahila Maha Vidyalaya organized sensitization drive in collaboration with Saksham Punjab, an organization devoted to the blind people. Around 100 students were sensitized by telling them about the problems being faced by blind people. To achieve this objective, Project Director Dr. Aarti and her team sensitized the students through various activities. These activities were walking blindfoldedly and using Brail script for studying so that students should understand the problems faced by blind people in their life. A quiz on blind people was also organized. Poster Making and Slogan Writing Competitions were also organized. Mrs. Divya Kharbanda from Nivia Sports was the Chief Guest of the occasion. She appreciated the efforts and assured her full support. Tiny tots of Saksham School sang "Hum Honge Kamyab." And everyone was filled with hope and energy. The 2nd day was a day of Techno Cultural Fest in which a number of activities were organized for the blind people. Blind persons from all over India participated in these activities. Director Punjab Kesari Group Mr. Abhijay Chopra, Mrs. Parveen Abrol and Mr. Aghosh Mittal were the guests of the day. 25 blind students were given Smart Phones with Android Tablets and Keyboard. 4 days training was given to apprise them about the usage of these devices. Mr. Krishan from Delhi Saksham showcased the usage of Laptop for reading and writing. Chief Guest was really surprised and happy with the initiatives of the organization. This programme was organized under the guidance of General Secretary Saksham Punjab Mrs. Deepika Sood and Head of Music Department HMV Dr. Prem Sagar. Dr. Aarti, Mrs. Sonali, Mr. Vikas and Mr. Yatin gave their full support. The winners of various competitions were given Smart Watches, Bluetooth Speakers and Ear Pads as prizes. Principal Prof. Dr. (Mrs.) Ajay Sareen, Dr. Ashmeen Kaur, Head of Psychology Department, Dr. Navroop Kaur, Head of Punjabi Department felt elated on the success of this programme.

Free Consultation Camp Organized by Red Ribbon Club



The Red Ribbon Club organized a highly successful Free Consultation Camp under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The camp focussed on women's health issues such as PCOD, PCOS, thyroid disorders and drug deaddiction. The camp was held in collaboration with Dr. Manisha Sachar, a renowned expert in the field. The event saw enthusiastic participation from the faculty, staff, and students, with around 40 members attending the session. The event commenced with a warm welcome extended to Dr. Manisha Sachar, where Dr. Navroop Senior Most Faculty and Dean of Youth Welfare, Dr. Deepali, Incharge of the Red Ribbon Club, and Mrs. Chandrika presented a planter to the guest as a token of appreciation for her valuable time and expertise. Dr. Manisha Sachar's session was insightful and highly informative. She began by explaining Polycystic Ovarian Disease (PCOD) and Polycystic Ovarian Syndrome (PCOS), highlighting the symptoms, causes, and the impact these conditions can have on women's health. She emphasized the importance of early diagnosis and lifestyle changes in managing these disorders. Her talk also covered thyroid disorders, another common issue affecting both men and women. Dr. Sachar discussed the symptoms of hypothyroidism and hyperthyroidism, the role of hormonal balance, and how proper medical guidance can help manage these conditions effectively. She also talked about drug addiction and the ways to protect our loved ones from this. The consultation camp allowed participants to gain a better understanding of these health issues, and many attendees took the opportunity to seek personalized advice from Dr. Manisha. The interactive nature of the camp encouraged open discussions, where students and staff were able to ask questions and clarify their doubts. Overall, the camp was a great success, offering much-needed awareness and guidance on PCOD, PCOS, and thyroid issues. The Red Ribbon Club plans to continue organizing such health-focused events in the future, contributing to the well-being of the institution's community.

Food Distribution at HMV



Hans Raj Mahila Maha Vidyalaya under the visionary leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen, continues to inspire students with initiatives that combine education and social responsibility. As part of the college's ongoing efforts to inculcate moral values, the Internal Quality Assurance Cell (IQAC) launched the initiative Care @HMV on the foundation day of the college. This initiative focuses on providing food to the needy every month, with different departments participating in the effort. Commerce Department, in collaboration with the Student Council, led the charge in preparing and distributing food to those in need. Around 250 food rolls were distributed outside the college. The event was graced by the presence of IQAC Coordinator Dr. Ashmeen Kaur, Head of the Commerce Department Mrs. Meenu Kohli, Dean of Student Council Dr. Urvashi Mishra, along with faculty members and students. Principal Dr. Ajay Sareen praised the efforts of the students, noting that such noble causes bring real happiness by spreading smiles and making a positive impact on the lives of others. She emphasized that HMV remains committed not only to academic excellence but also to fostering empathy and compassion among its students.

Awareness Programme on Life Journey of Mahatma Anand Swami Ji organized at HMV



Under the bale guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, Vedic Adhyan Samiti in collaboration with Hindi and Sanskrit Departments organized an awareness programme on Life Journey of Mahatma Anand Swami Ji. Principal Dr. Sareen said that Mahatma Anand Swami devoted his whole life for the upliftment of human and society. He worked tirelessly for the spread of Vedas so that people should feel connected spiritually. She encouraged the students to follow the teachings of Swami Ji. Dr Navroop Kaur, Senior Most Faculty and Dean Youth Welfare also encouraged the students to follow the footsteps of Swami Ji. Dean Vedic Adhyan Samiti Dr. Mamta gave a brief overview of Life journey of Swami ji and said that spiritual progress is also very important for everyone. On this occasion , students discussed the various life phases of Swami Ji. Stage was conducted by Mrs. Pawan Kumari, Dr. Meenu Talwar gave vote of thanks. Dr. Deepti Dhir was also present there.

Blood Donation Camp organized at HMV



NSS Unit and Youth Red Cross Society of Hans Raj Mahila Maha Vidyalaya organized one day **Blood Donation Camp** in collaboration with NGO PAHAL under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The motto of the event was 'A Single Drop of Your Blood Could be a Drop of Life for Someone Else'. Principal Dr. Sareen accorded a warm welcome to all the guests and inaugurated the camp. Sixty-four students had themselves registered in this camp. Principal Prof. Dr. (Mrs.) Ajay Sareen said that blood donation is a noble cause in the service of humanity. She motivated the students to come forward for this noble cause. President of NGO PAHAL, Mrs. Harwinder Kaur motivated the students to become part of this NGO for social cause. She also encouraged the students to participate in these kinds of blood donation camps with full zeal and enthusiasm. Dr. Rupinderjit Kaur, BTO, Shaheed Babu Labh Singh Civil Hospital, Jalandhar, with her team members was also present there. In this blood donation camp, HDFC Bank also extended its cooperation by providing refreshment to the donors. On this occasion, Dr. Anjana Bhatia, in-charge Red Cross Society Mrs. Deepshikha, in-charge NSS Dr. Veena Arora and Ms. Harmanu were also present. The faculty member of the college, Dr. Mamta also donated blood. Principal Dr. Ajay Sareen appreciated faculty and students and encouraged them to donate blood in future too as one unit of blood can save lives.

Commencement of a Seven Day NSS Camp at HMV



A seven-day NSS Camp is being organized in Hans Raj Mahila Maha Vidyalaya Jalandhar. The camp began as usual with DAV Gaan and NSS song. This day was entirely dedicated to apprising the volunteers of the function and purpose of NSS. Ms. Harmanu delivered a lecture on what we can contribute for the society through NSS. Principal Prof. Dr. (Mrs.) Ajay Sareen addressed the entire NSS unit and made the NSS volunteers aware regarding the importance of NSS camp and its role for overall development in one's life. Programme Officer Ms. Harmau, in her address, told the volunteers that we must think for the welfare of others and always be one step ahead to serve our society. Further, she informed the volunteers of

NSS Camp pertaining to the activities to be performed on during the whole camp days. Dr. Jyoti Gogia also informed the volunteers of the rules and regulations of the camp. She also informed the students of previous year experiences of the volunteers during the past camps. Ms. Harmanu also guided the students about team building and guided about the activities to be undertaken in the following days of NSS seven-day camp. Dr. Urvashi Mishra delivered a lecture on cyber awareness and cybercrimes. After that, students had their lunch in college mess. Later, students assembled in the ground. Several team building activities were performed. Ms. Harmanu and Dr. Jyoti Gogia provided them with the details of the activities to be conducted the following days. On this occasion, Mr. Neeraj Aggarwal, Dr. Baljinder Singh, Mrs Gurpreet Kaur were also present.

Dated : 19/12/2024

Second Day of NSS Camp at HMV



The second day of NSS camp was organized under the able guidance and surveillance of Principal Dr. Prof. (Mrs.) Ajay Sareen in Hans Raj Mahila Maha Vidyalaya Jalandhar. The day started with DAV Gaan and subsequent formal address of Principal Ajay Sareen to the NSS volunteers. Dr. Sareen motivated and blessed students for their concerted efforts being made for the welfare of society. On the second day of the camp, NSS volunteers visited village Gillan in order to perform distinct duties. Sarpanch of the village Gillan welcomed all the NSS volunteers and other associated members of the HMV with full of gusto. Volunteers made the students of local primary school about the healthy habits like to wake up early, to keep ones body clean, to exercise regularly, to wash ones hands, not to eat junk food, and eat healthy food only, and to cover ones mouth while sneezing with use of mask when necessary. It was followed by awareness rally on drug abuse. Cleanliness drive in the village was also conducted to promote 'Swacch Bharat Abhiyan'. There was an extensive interaction with the students and their teachers about the social problems of society. Indoor and outdoor games for girls and boys were also conducted. Consumer awareness programme 'Jago Grahak Jago' was also conducted to spread the awareness among consumers. At the end of the day, NSS adviser Dr. Anjana Bhatia and NSS coordinators Dr. Veena Arora, Ms. Harmanu Paul and Dr. Jyoti Gogia appreciated the efforts of the volunteers made on the second day and motivated them to keep the spirit high ahead. On this occasion, Mr. Neeraj Aggarwal and Mrs Gurpreet Kaur were also present.

Third day of NSS camp in HMV



NSS department of Hans Raj Mahila Maha Vidyalaya organized Seven-Day special camp under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The theme of the third day of the camp was **Education and Environment: Building Knowledge**. The volunteers went to Gillan village and made the villagers aware about cleanliness and environmental protection. The rules of health protection were explained to the children of the government school and the importance of cleanliness was discussed with them. Programme Officer Dr. Veena Arora encouraged the children to plant trees to protect the environment. Mrs. Rajneet from the Fashion Designing Department of the college provided information about various embroidery stitches to the rural women. NSS Advisor Dr. Anjana Bhatia inspired them to use eco-friendly items. After lunch, the volunteers cleaned the botanical garden of the college. Dr. Meenu Talwar, Head of Sanskrit Department, presented a meaningful lecture on the topic of **Service, Dedication and Culture: The Need of Today's Time** and highlighted the importance of human values to the Volunteers. Principal Dr. Ajay Sareen motivated the students to contribute back to the society by being better individuals. Dr. Anjana Bhatia boosted the morale of the students with her inspiring words. The stage was conducted by Dr. Jyoti Gogia. Ms. Harmanu, Ms. Gurpreet were also present on this occasion.

Dated : 23/12/2024

Fourth day of NSS camp in HMV



The theme of the fourth day of the special camp 'Seven Day NSS Camp: Service and Growth' organized by the NSS department at Hans Raj Mahila Maha Vidyalaya under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen was Environment and Sustainability: Eco-Friendly Living, Our Rights and Duties. On this day, the volunteers went to village Gillan and planted fruit trees in the Gurudwara. They also got information about the mulching machine used in the village to protect the environment instead of burning stubble. Since this day was voting day, the volunteers themselves voted and inspired others and shared their photos which were shared as a collage on the My Bharat portal. An essay writing competition was also organized on the topic NSS-A Way of Life. Program Officer Dr. Veena Arora gave information on the importance of casting vote. All the volunteers also made a 30-second video on the topic of the right to vote. Dr. Anjana Bhatia expressed her views on the topic Vote is our right, vote is our duty. Dr. Jyoti Gogia and Mrs. Gurpreet were also present on the occasion.

Dated : 24/12/2024

Fifth Day of NSS Camp at HMV



Hans Raj Mahila Maha Vidyalaya, Jalandhar organized 'Seven Day NSS Camp: Service and Growth'. The theme of the fifth day was Promoting Wellness and Skill Development. The volunteers started the day practicing Yoga. Students pledged to practice Yoga daily. All the volunteers went to village Gillan and made the villagers aware of wellness with cleanliness. They went door-to-door to sensitize the villagers. They also encouraged the villagers to dispose of dry and wet waste separately. On this day, poetry recitation, story telling, and elocution were also conducted. Outstanding students were rewarded. Dr. Anjana Bhatia, advisor of NSS, apprised the volunteers of the importance of cleanliness, the foundation of a developed nation. The stage was conducted by Dr Jyoti Gogia. On the occasion, Dr. Veena Arora, Ms Harmanu, Mr. Neeraj Aggarwal and Mrs. Gurpreet Kaur were also present.

Dated : 26/12/2024

Sixth Day of NSS Camp at HMV



The sixth day of NSS special camp 'Seven-day NSS Camp: Service and Growth' was organized under the able guidance and surveillance of Principal Dr. Prof. (Mrs.) Ajay Sareen in Hans Raj Mahila Maha Vidyalaya Jalandhar. The theme of the day was Infrastructure and Social Bonding. On this day, the NSS volunteers taught the students and the ladies of the village handicraft and knitting skills. The volunteers also taught the students how to create from papers objects of art like flowers, trees, balls etc. Volunteers also learnt from the villagers how to make environmentally friendly fertilizer. Mrs. Sangeeta Bhandari performed the duty of a judge in the competition of making PPTs. by the volunteers. NSS adviser Dr. Anjana Bhatia appreciated the efforts of the volunteers made on the day and motivated them to keep the spirit high ahead. Under the guidance of Dr. Shailendra, the volunteers painted a wall in the village Gillan spreading the message to quit drug addiction. On the college campus in the evening, a cultural programme was organized. Volunteers and students danced and sang around the camp fire in front of the college hostel. Programme officer

Dr. Veena Arora encouraged the volunteers to note down their experiences in a diary for future reference. The stage was conducted by Dr. Jyoti Gogia. On this occasion, Mr. Neeraj Aggarwal, Ms Harmanu, Dr. Baljinder Singh and Mrs. Gurpeeet Kaur were also present.

Dated : 27/12/2024

The Validation Ceremony of Seven-Day NSS Camp in HMV



A Valedictory Session of a Seven Day Special NSS camp was conducted in Hans Raj Mahila Maha Vidyalaya Jalandhar. In this concluding day, the certificate and prize distribution function was organized under the leadership and able guidance of industrious Principal Prof. Dr. (Mrs.) Ajay Sareen. The theme of the closing ceremony was to express gratitude to the residents of village Gillan and also celebrate Christmas. The closing ceremony was held at the Government School of village Gillan. Diary making and Best out of Waste competitions were organized. NSS volunteers also interacted with the villagers. After this, Sarpanch of village Gillan, Mrs. Amandeep Kaur shared her educational and professional experiences with everyone. She encouraged the youth to participate enthusiastically in the process of national development and she also emphasized on important issues like women empowerment. Program Officer Dr. Veena Arora presented the report of the camp and said that during this camp, NSS volunteers did various cleaning works under Swachh Bharat Abhiyan. They wrote inspirational slogans, took out a drug de-addiction rally and planted trees in village Gillan, making people aware of health issues. On this concluding day, NSS volunteers participated in diary writing, Best Out of

the Waste competition and also presented their experiences of the camp through power point presentation. On this day, NSS volunteers were awarded certificates and prizes by the chief guest for their selfless services towards the society during this camp. Principal Dr. Sareen motivated the NSS volunteers to make the spirit of social service an important part of life. NSS Advisor Dr. Anjana Bhatia motivated the students to join the NSS programs wholeheartedly. Program Officer Ms. Harmanu expressed her gratitude and gave a message to all the NSS volunteers to maintain this spirit in future as well. Street play on the topic of cleanliness was presented by the volunteers and children of government school presented Gidda, Bhangra, Geet, Vaar. Dr. Jyoti Gogia from Hindi Department conducted the stage on this occasion. On this occasion from the teaching staff, Mr. Neeraj Aggarwal, Dr. Baljinder Singh and Ms. Jasbir Kaur along with former Sarpanch Raghubar Singh Gill from village Gillan, Panch Surjeet Singh, Panch Bahadur Singh, Panch Manpreet Singh, Panch Ruby were also present.



