



A DAV Institution empowering women since 1927...
HANS RAJ MAHILA MAHA VIDYALAYA
JALANDHAR (PUNJAB) INDIA



College of Excellence by UGC



Kaushal Kendra by UGC



CURIE Grant by DST



Star Scheme College by DBT



College with 4 Gold Star Ranking by IIC



For Internal Circulation Only

HMV NEWS

Volume - 55 (Jan-July 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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Blessings From The Desk



Dear Students,

It gives me immense pride and joy to extend my warm greetings to all the readers of HMV News- a publication which is a reflection of our students' creativity, intellect, and passion. It showcases the passionate spirit of our campus and the many achievements of our students and faculty. As the Principal of this esteemed Women's Institute, I feel honored to witness the incredible growth, talent, and determination of our young women, who continue to break barriers and redefine excellence in every sphere.

Hans Raj Mahila Maha Vidyalaya is not just a place of learning—with its vibrant and happening environment it is a nurturing space where dreams are encouraged, voices are heard, and individuality is celebrated. We are committed to empowering women through quality education, holistic development, and values that shape them as strong, confident, and compassionate leaders of tomorrow.

Everyday, when you step into this institution, you take powerful steps towards defining yourself and shaping your destiny. Remember, your education is not just about acquiring information, but about discovering your purpose and building the courage to pursue it.

As women, you may encounter challenges unique to your journey—but never let them define your limits. Instead, let them fuel your determination. You should know that your voice matters, your dreams are valid, and your strength is immeasurable.

I congratulate everyone who has contributed to this edition and wish all the success to all our students. May you continue striving for excellence with integrity and resilience!

Let us move forward with the belief that empowered women empower the world.

Prof. Dr. (Mrs.) Ajay Sareen
Principal

Editors' Message

Dear Students,

It gives us a great pleasure to bring out the new edition of HMV News- a regular feature of the institute with a long and impressive history of its inception since the beginning of the institute in 1927. It is a report of the great number of events, achievements, activities that buzz in the college campus during the academic session.

This edition is a compilation of the events that have taken place during the even semester of the session 2024-25. It is, indeed, a very satisfying experience to look back and find that during all these months of the even semester, ranging from January to May, 2025, the entire campus with its students and faculty remained vibrant with innovative and zealous activities.

We, also, take this opportunity to address the brilliant young women of our college. Dear students as our future leaders, innovators, educators, entrepreneurs, and change-makers of society, you must put your utmost effort to use this much coveted chance of attaining education in Hans Raj Mahila Maha Vidyalaya, a much renowned institution of the entire North India. Your stay here is short, therefore you need to pack a lot in this duration. Studies, vocational training, personality building social service and participation in the extra-curricular and co-curricular activities- the list of things you can engage in is endless. May God bless you with health and strength for all this!

Believe in yourself. Support each other. And never stop striving for excellence. The world needs your passion, your intellect, and your courage. Come and learn, strengthen your abilities and then go out and shine—not just for yourselves, but for the generations that will follow in your footsteps.

It will be imperative to mention here that the achievements of every institute reflect the personality of its head. It is the guidance of Principal, Dr (Mrs) Ajay Sareen that breathes life and motivation in the students and staff and urges them to achieve new milestones. We express our gratitude to her for keeping her faith in us.

With pride and hope,



**Dr. Mamta
Chief Editor**



**Mr. Parminder Singh
Co-editor**



**Dr. Deepti Dhir
Co-editor**

Gloria: Awards and Honours

Principal Dr. Ajay Sareen honoured with Best Principal Award



Hans Raj Mahila Maha Vidyalaya, Jalandhar, celebrated a moment of pride as Principal Dr. (Mrs.) Ajay Sareen was conferred the prestigious Best Principal Award by the National Edu Trust of India. The award was handed over by Sh. Sunil Phogat, IAS, Assistant Commissioner, Jalandhar, during the National Youth Day celebrations. This accolade recognizes Dr. Sareen's exceptional contributions to environmental sustainability, skill-based education, and youth empowerment under the Skill-to-Entrepreneurship Program 2024-25. Mr. Samarth Sharma, CEO of National Edu Trust of India, applauded Dr. Sareen's visionary leadership, stating, "Her dedication to nurturing talent and promoting innovation makes her a trailblazer in education and a role model for others."

Principal Dr. Ajay Sareen honoured as Punjab's Overall Winner for Outstanding Contributions



Hans Raj Mahila Maha Vidyalaya (HMV), Jalandhar, achieved yet another milestone as Principal Dr. (Mrs.) Ajay Sareen was honored as the Overall Winner in Punjab by the National Edu Trust of India. The event, held at HMV, was graced by Chief Guest Shri Deepak Bali, Advisor, Government of Punjab, who enthralled the audience with his appreciation for HMV's excellence in education, sustainability, and innovation. Dr. Sareen's visionary leadership has driven groundbreaking initiatives in waste management, paper recycling, green energy, and digital education, reinforcing HMV's reputation as a leader in holistic learning. Principal Dr. Sareen extended special appreciation to Dr. Anjana Bhatia, Mrs. Meenu Kohli, Dr. Rakhi Mehta, and Mrs. Navneeta for their relentless efforts. Distinguished academicians across Punjab were also honored, including: Dr. Karamjeet Kaur (Dasmesh Girls College), Dr. Rekha Sood Handa (Gopichand Arya Mahila College), Dr. Sangeeta (Dev Samaj College for Women, Ferozepur), Dr. (Mrs.) Neeru Sharma (Pt. Mohan Lal S.D. College for Women, Gurdaspur), Mr. Samarth Sharma, CEO, National EduTrust of India, applauded the awardees for their dedication to education, sustainability, and youth empowerment.

Dr. Harpreet Singh of HMV got the prestigious "Dr. Roshan Lal Aggarwal Best Science Teacher Award (Colleges)"



Hans Raj Mahila Maha Vidyalaya, Jalandhar feel honored to share that one of its faculty members, Dr. Harpreet Singh, Head PG Department of Bioinformatics, has been bestowed with the Best Science Teacher (Colleges) Award in form of Merit Certificate, Gold Medal and a Cash prize of Rs. 7500/- by the Punjab Academy of Sciences (PAS) during the 28th Punjab Science Congress held at Khalsa College, Amritsar. It is notable to mention here that this prestigious award is given to the

person who has contributed exceptionally well in the field of sciences taking into consideration various components including high impact research, professional development, societal outreach and achievements of the students. Dr. Harpreet Singh felt motivated to get this honor from Dr. Mehal Singh, Vice Chancellor, Khalsa University, Amritsar, Mrs. Kahlon, Principal Khalsa College, Amritsar, President Prof. Tarlok Singh, Secretary Dr. NR Dhaliwal in the presence of his role models in Science, Prof. Arvind (Former VC Punjabi University Patiala & Professor at IISER Mohali), Prof. Adarsh Pal Vig (Chairman Punjab Pollution Control Board), Prof. Manoj Kumar, Prof. Vandana Bhalla (Professor, Department Chemistry Guru Nanak Dev University, Amritsar) and Prof. Rajeev Sood (Vice Chancellor Baba Farid University of Health Sciences, Faridkot). Dr. Harpreet Singh expressed his gratitude towards DAV College Managing Committee, New Delhi, Local Committee, Principal Prof. Dr. (Mrs.) Ajay Sareen, his colleagues, friends, students, and family members for their constant motivation and support.

HMV honored with the Water Sustainability Award 2025-26 by the National Edu Trust of India



Under the visionary leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen, the institution continues to inspire with its commitment to a greener, more sustainable future. On this World Water Day - 22nd March 2025, we are thrilled to announce that Hans Raj Mahila Maha Vidyalaya, Jalandhar has been honored with the Water Sustainability Award 2025-26 by the National Edu Trust of India. This prestigious recognition celebrates the college's outstanding contribution to Water Management through its Best Action Research Plan: Best Out of Waste Water. Their remarkable efforts in sustainable water conservation have set a benchmark for environmental stewardship. In a special ceremony, Principal Dr. Ajay Sareen honored Nodal Officer Dr. Anjana Bhatia for her dedication and contributions. Principal Prof. Dr. (Mrs.) Ajay Sareen and Dr. Anjana Bhatia thanked President DAVCMC Padamshree Dr. Punam Suri, Director Higher Education DAVCMC, Sh. Shiv Raman Gaur, IAS (Retd.), Chairman Local Advisory Committee Justice (Retd.) Sh. N.K. Sud and all the members of DAVCMC. She also dedicated this award to the faculty and non-teaching staff of this college. On this occasion, Dr. Ashmeen Kaur, Dr. Rama Sharma, Dr. Rakhi Mehta and Dr. Shailendra were also present.

HMV Honored as Best Institute in Skill Development and Education in the Prestigious Education World Grand Jury Awards



Hans Raj Mahila Maha Vidyalaya, Jalandhar has once again carved a niche for itself on the national stage, being honored with the Award for the Best Institute in Skill Development and Education by Education World under the Grand Jury Higher Education Rankings 2025-26. Under the dynamic and visionary leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen, the college has entered in a golden era of academic and skill-based excellence, adding yet another glorious feather to its shining crown. With this remarkable recognition, HMV proudly stands on No. 1 in Punjab and No. 7 in India, a testament to its cutting-edge, career-focused and innovative skill development initiatives. Project Coordinator Dr. Anjana Bhatia highlighted that the award was based on HMV's pioneering skill development

projects, with a special focus on women empowerment and inclusive outreach for skill enhancement among marginalized sections. The grand award ceremony, held in New Delhi, celebrated the achievements of India's most outstanding higher education institutions. On receiving the honor, Principal Dr. Ajay Sareen expressed heartfelt gratitude to the mentors at DAVCMC, New Delhi and extended warm congratulations to the dedicated faculty, diligent staff, spirited students and supportive stakeholders.

HMV Sweeps National Edu Trust Awards with Overall Sustainability Excellence and Leadership Honors

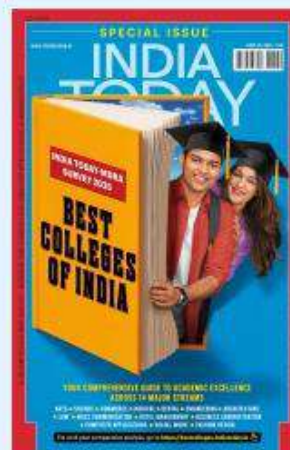


Hans Raj Mahila Maha Vidyalaya Jalandhar, has once again affirmed its status as a frontrunner in academic innovation and sustainability, winning the prestigious Overall Sustainability Excellence Award 2025–26 conferred by the National Edu Trust of India. Among all participating institutions from across the country, HMV stood out as a beacon of environmental commitment and academic excellence, sweeping every category it applied for. Under the visionary leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen, the college was also lauded with top honors in the following award categories: Zero-Waste Campus Award 2025–26, Green Campus Award 2025–26, Water Guardians Award 2025–26, Sustainable Entrepreneurship & Innovation Award 2025–26. In another proud moment for the institution, Dr. Anjana Bhatia, a faculty member, received the Award of Honor for 2025–26. The college's resounding success was acknowledged by Chief Patron Dr. Punam Suri, Padma Shri Awardee and President, DAV College Managing Committee (DAVCMC), New Delhi, who extended heartfelt congratulations to Principal Dr. Sareen and the entire team. Principal Dr. Ajay Sareen, while expressing her gratitude for the national recognition said that "This award is not mine alone—it belongs to the entire HMV family, our dedicated teaching and non-teaching staff, our vibrant students, and every stakeholder whose tireless efforts make excellence a way of life at HMV."

History rewritten by HMV in India Today Ranking 2025

**INDIA
TODAY**2025
MDRA Survey

Stream	Rankings
✓ Arts	RANK 1st IN PUNJAB
✓ Science	RANK 1st IN PUNJAB
✓ Commerce	RANK 1st IN PUNJAB
✓ Fashion	RANK 3rd IN PUNJAB
✓ Mass Comm.	RANK 3rd IN PUNJAB



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen Hans Raj Mahila Maha Vidyalaya created history with a sweeping first position amongst all colleges of Punjab. HMV got 1st rank in Arts, Science, Commerce amongst all colleges of Punjab, 3rd Rank in Fashion Design and Mass Communication. It is ranked among top colleges in Punjab in BCA. Principal Dr. Ajay Sareen congratulated DAVCMC, LAC, faculty, non-teaching members and students of the college and said that HMV has a legacy of excellence. HMV always aims for its for-excellence performance and progress. She congratulated the visionary leadership of DAVCMC, Padamshree Dr. Punam Suri, President DAVCMC, Director Higher Education, IAS (Retd.) Sh. Shiv Raman Gaur, Chirman LAC and Vice President DAVCMC Justice (Retd.) Sh. N.K. Sud. She dedicated this ranking to the staff and students of the college. On this occasion Nodal Officer Dr. Anjana Bhatia and the entire team Ms. Sonia Mahendru, Dr. Rama Sharma, Mrs. Jyotika Minhas, Dr. Rakhi Mehta, Mrs. Navneeta. Dr. Jiwan Devi, Dr. Simmi, Dr. Shuchi Sharma were also present.

Students' Highlights

HMV won GNDU Inter College Handball Championship



The Handball team of Hans Raj Mahila Maha Vidyalaya, Jalandhar won GNDU Inter College Handball Championship organized by Guru Nanak Dev University, Amritsar. HMV team defeated Khalsa College Amritsar for Women and GNDU Campus teams. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated team coach Mr. Amritpal Singh and players. On this occasion, faculty members of Sports Department, Dr. Navneet Dhadda, Mrs. Ramandeep Kaur and Ms. Pragati were also present.

Overall Trophy of General Sports Championship (Women) 'A' Division Comes Home





Hans Raj Mahila Maha Vidyalaya has brought home the prestigious Overall General Women Champions Trophy, marking a golden moment in our sports legacy. Principal Prof. Dr. (Mrs.) Ajay Sareen received this trophy from Vice Chancellor GNDU Dr. Karamjeet Singh. Principal Dr. Sareen extends heartfelt congratulations to the sports department and expresses deep gratitude to President DAVCMC Dr. Punam Suri, Padma Shri Awardee, Justice (Retd) N.K. Sud (Chairman, LAC), Sh. Shiv Raman Gaur; (IAS Retd), Director Higher Education, DAVCMC, and all the mentors at DAVCMC, New Delhi for their unwavering support and encouragement. The entire college erupted in grand celebrations as students, faculty, non-teaching staff, and supporting staff came together, dancing to the electrifying beats of dhol, rejoicing in this historic achievement.

HMV Athletes Clinch Gold and Bronze Medals in National Games 2025

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Dr.



Raj Mahila Maha Vidyalaya, Jalandhar, has again demonstrated its sporting excellence at National Games 2025. The institution takes immense pride in the stellar achievements of athletes, who have brought laurels at the prestigious national event. Harmanpreet displayed exceptional strength and determination, securing a Gold Medal in Weightlifting, while Surbhi showcased outstanding precision and skill, winning Bronze Medals in the 3P 50m Rifle category another Rifle Shooting event. Principal Prof. (Mrs.) Ajay Sareen extended her heartfelt

congratulations to the winners, stating, "Our players continue to make us proud, proving that HMV is a


powerhouse of talent and determination. These victories are a testament to the hard work of our athletes and the relentless support of our sports faculty.” The celebration of this historic victory was marked by the presence of Sports faculty members Dr. Navneet, Mrs. Ramandeep Kaur, and Ms. Pragati, who applauded the dedication and perseverance of the champions. With these remarkable achievements, HMV continues to inspire and empower young athletes, solidifying its legacy as a premier institution for sports and academics.

Students of HMV Collegiate School Won First position in Wipro Earthian Educator Programme



The students of HMV Collegiate Sr. Sec. School bagged 1st position in State in Wipro Earthian Educator Programme, one of the India’s largest programmes regarding Environment sustainability. Competing with the 1550 schools across the countr, our students under the guidance of Ms. Vandana Sethi, Chemistry Department won 1st position. Our students of SSC-I Ranchita Sharma, Shrishti Kumar, Snehpreet and SSC-II Ashmeet Kaur presented their project under Solid Waste Management themed, “Study on Sustainability and Waste in and around Our Locality.” The team and guide teachers Ms. Vandana Sethi were appreciated with Certificates. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the team of HMV Collegiate School and encouraged the students to keep on participating in these kinds of events and activities which contribute to make sustainability in environment. School Coordinator Dr. Seema Marwaha and Co-Coordinator Mrs. Arvinder Kaur Beri also appreciated the achievement of the whole team and guide teachers Ms. Vandana Sethi.


HMV Collegiate Students topped in SSC 1 Examinations







































HMV COLLEGIATE SR. SEC. SCHOOL

STUPENDOUS RESULTS SSC I (Session 2024-25)

Congratulations to Students, Parents, Faculty and Stakeholders



Commerce	Commerce	Commerce	Commerce	Commerce	Commerce	Commerce	Commerce	Commerce
								
1st Palak Summan 96.6%	2nd Tania 94.4%	3rd Anamika 93.8%	4th Rehmi Kimari 92.8%	5th Jahnavi 90.2%	6th Nancy 89%	7th Nisha 88.6%	8th Ridham 88.2%	9th Arushi 86.4%
Commerce	Commerce	Science	Science	Science	Science	Science	Science	Science
								
10th Sujan 85.6%	11th Shalini 85%	1st Shrishti Kumar 93%	2nd Ranchita Sharma 91.8%	3rd Ishmeet Kaur 91.4%	4th Navrith Choudhary 91.2%	4th Panya 91.2%	5th Snehpreet Kaur 85%	6th Prisha 84.8%
Science	Science	Science	Science	Science	Humanities	Humanities	Humanities	Humanities
								
7th Mehek 84.2%	8th Nandini 83%	9th Damanpreet Kaur 81.4%	10th Kritika Sharma 80.2%	10th Sharon Saini 80.2%	1st Komalpreet Kaur 96.2%	2nd Prabhjot Kaur 92.6%	3rd Khushi 90.2%	4th Ikroop Kaur 90%
	Humanities	Humanities	Humanities	Humanities	Humanities	Humanities	Humanities	
								
	5th Disia Pasi 89.8%	6th Garima 89%	7th Simranjit Kaur 88.8%	8th Furleen Kaur 88.4%	8th Khushi 88.4%	9th Sohani 88%	10th Jasmeen Kaur 87.2%	

Under the dynamic leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen HMV Collegiate Sr. Sec. School is adding one after the other milestones. Recently, the school has been declared as the Green School by CSE, India for contributing immensely in sustainable development. Keeping this string of success in continuation, the students of 10+1 of HMV Collegiate School secured top positions in various streams. In 10+1, commerce, Palak Summan secured the first position with 96.6%, Tania secured the second position with 94.4% and Anamika attained the third position with 93.8%. In 10+1, Humanities Komalpreet Kaur attained the first position with 96.2%, Prabhjot Kaur secured the second position with 92.6% and Khushi achieved the third position with 90.2%. In 10+1, Science, with 93% Shrishti Kumar got the first position, with 91.8% Ranchita Sharma achieved the second position and with 91.4%, Ishmeet Kaur secured the third position. Principal Prof. Dr. (Mrs.) Ajay Sareen and School Coordinator Dr Seema Marwaha, School Co- Coordinator Mrs. Arvinder Kaur congratulated the students, and encouraged them to perform better in future. The school coordinator Dr Seema Marwaha said that various skills of the students are developed through Quiz, Group discussion, writing competitions, sports competitions and various other activities. Students also get a chance to participate in English, Science, Commerce, Mathematics Olympiads so that they can achieve newer heights at International, National, and regional level.

Our Shining Stars : First in University



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



Shamli Sharma
B.Com Sem V



Neha Jassal
B.Voc(Web.Tech & M.M) Sem V



Seema Kumari
B.Voc(J & M) Sem V



Manmeet Kaur
B.Voc(MHC) Sem V



Tanisha
BBA Sem V



Khushi Gogna
B.Com(Hons.) Sem V



Gaytri Sharma
B.Voc(FT) Sem V



Navneet Kaur
B.SC(C.Sc) SEM V



Navneet
BA(Hindi Hons.) Sem V



Divya
BA(Psy. Hons.) Sem V



Nandini Rishi
BA(Eng Hons.) Sem V

Our Shining Stars : Second in University



Aarushi
B.Sc(Bio-Tech) Sem V



Amritpal Kaur
B.Sc(Bio-Tech) Sem V



Tamanna
B.Voc(Web.Tech & M.M) Sem V



Gurleen Kaur
B.Voc(BFS) Sem V

Our Shining Stars : Second in University



Saloni Kumari
B.Voc(BFS) Sem V



Richa Kumari
B.Voc(J & M) Sem V



Pearl Sekhri
B.Voc(MHC) Sem V



Kanupriya
B.Sc(N.M) Sem V



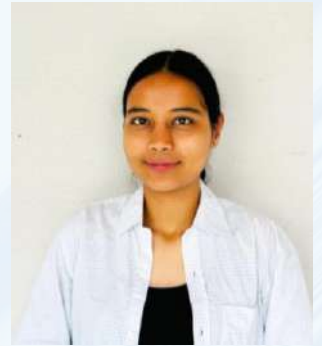
Isha
B.Com(Hons.) Sem V



Urvashi
B.Voc(FT) Sem V



Preeti Gupta
BFA Sem V



Arshdeep Kaur
BA(P.SC.HONS.) SEM V



Sneha Sharma
BA(P.SC.HONS.) SEM V



Riya
BA(P.SC.HONS.) SEM V



Neha
BA(Hindi Hons.) Sem V



Aditi
BA(Psy. Hons.) Sem V

Our Shining Stars : Third in University



Sonam
B.Com Sem V



Manleen Kaur
B.Voc.(Web.Tech & M.M) Sem V



Shilpi Kumari
B.Voc(BFS) Sem V

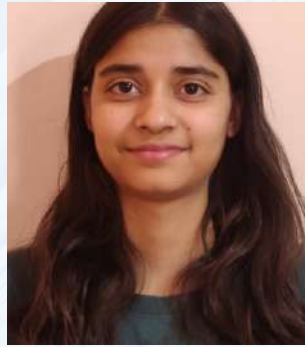


Reena
B.Voc(J & M) Sem V

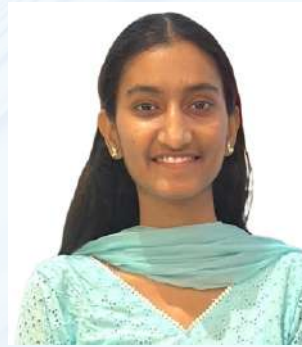
Our Shining Stars : Third in University



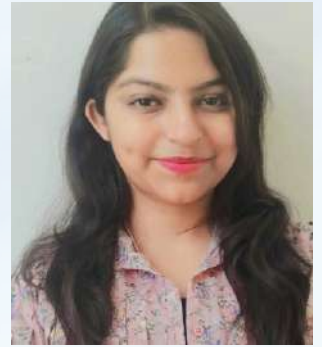
Tanudeep Kaur
B.Voc(MHC) Sem V



Samriti Sharma
BFA Sem VII



Amreet Kaur
B.Com(Hons.) Sem V



Shruti
B.Voc(Cosmo.) Sem V



Komalpreet Kaur
B.D(Multimedia) Sem VII



Jahanvi Mahajan
B.D(Multimedia) Sem VII



Monika Devi
B.Sc.(IT) Sem V



Sheetal Sharma
B.Sc.(C.Sc) SEM V



Arpandeeep Kaur
BA(P.SC.HONS.) SEM V



Sana
BA(Hindi Hons.) Sem V



Pranjali
BA(Psy. Hons.) Sem V



Smridhhi
BA(Eng Hons.) Sem V



Simranjit Kaur
B.Voc(FT) Sem V

List of Toppers Students Examination December 2024

NAME	CLASS	UNIV. ROLL NO.	MARKS/SGPA
PRIYANKA	B.COM SEM I	12112432514	8.22
MUSKAN	B.COM SEM III	12112326296	8.71
KHUSHI GOGNA	B.COM(H) SEM V	10852230214	44/50
ZEENAT	B.D SEM III	11732326206	9.33
JAHNAVI	B.D(MM) SEM I	11722432406	9.04
RAMANPREET KAUR	B.LIB SEM-I	11622432403	9.64
AMISHA KUMARI	B.SC(FD) SEM III	11962326220	9.10
ISHU	B.VOC(COSMO) SEM III	11992326228	9.50
VISHAV KIRTI	BA SEM III	12122326435	9.00
JASLEEN KAUR	BA SEM III	12122326443`	9.00
PRABHLEEN KAUR	BBA SEM I	12172432447	8.43
TANISHA NAYYAR	BBA SEM-III	12172326239	8.00
TANISHA	BBA SEM-V	10542230111	279/350
MANPREET KAUR	BCA SEM-I	11792432408	8.0
KOMALPREET KAUR	BCA SEM-III	11792326201	8.0
TIYA	BCA SEM-III	11792326206	8.0
SHAMLI SHARMA	BCOM SEM-V	10852230204	280/350
ARSHIYA BHAGAT	BCOM(FS) SEM-I	12162432405	7.43
VIDHI	BD SEM-I	11732432427	8.83
SHAFREEN	BD(MM) SEM III	11722326211	9.5
JASMEEN MAHEY	BFA SEM I	11712432409	8.80
GURPREET KAUR	BFA SEM III	11712326206	9.42
MISTHI	BSC(BT) SEM I	12062432402	8.43
GOPIKA	BSC(BT) SEM III	12062326221	8.95
JASLEEN KAUR	BSC(BT) SEM-V	10742230110	330/360
KHUSHBOO	BSC(FD) SEM-I	11962432405	8.0
SANYA	BSC(IT) SEM-I	11802432423	7.83
JASMEEN KAUR	BSC(IT) SEM-III	11802326209	8.20
NANDIKA	BVOC(BFS) SEM-I	12072432415	7.86
KHUSHI RANA	BVOC(BFS) SEM-I	12072432418	7.86
ANANYA BANDRAL	BVOC(BFS) SEM-III	12072326226	8.1
RUBALDEEP KAUR	BVOC(COSM) SEM-I	11992432439	8.30
RIYA SHARMA	BVOC(E-COM) SEM-I	12182432412	8.5
MANVI DEVI	BVOC(FT) SEM-I	11982432418	8.20
MUSKAN	BVOC(FT) SEM-III	11982326211	9.20
VISHALY	BVOC(FT) SEM-III	11982326213	9.20
POONAM	BVOC(FT) SEM-III	11982326214	9.20
MANDEEP KAUR	BVOC(FT) SEM-III	11982326215	9.20
GURLEEN KAUR	BVOC(FT) SEM-III	11982326220	9.20
GAYTRI SHARMA	BVOC(FT) SEM-V	11062230101	355/400
SAMPITA ANGRAL	BVOC(J&M) SEM-I	11652432471	8.13
MANSI GUPTA	BVOC(J&M) SEM-III	11652326213	9.00
SHERYL SALHOTRA	BVOC(MHC) SEM-I	11632432420	8.08
GUNREET KAUR	BVOC(MHC) SEM-III	11632326215	8.80

SIMRAN KAUR	BVOC(MHC) SEM-III	11632326221	8.80
KAMALJEET KAUR	BVOC(MHC) SEM-III	11632326224	8.80
MANMEET KAUR	BVOC(MHC) SEM-V	11362230103	330/400
SOHANGI	BVOC(WT) SEM-III	11822326205	9.00
PRABHJOT KAUR	BVOC(WT) SEM-III	11822326209	9.00
NUSRAT FATIMA	BVOC(WT) SEM-III	11822326213	9.00
NEHA JASSAL	BVOC(WT) SEM-V	11002230102	363/400
KAMALPREET KAUR	DCA SEM-I	40882432402	8.75
MUSKAN SHARMA	DIP. IN COSM SEM-I	40942432402	9.0
NISHU	DIP. IN COSM SEM-I	40942432403	9.0
JASMEEN KAUR	DIP. IN COSM SEM-I	40942432414	9.0
NAVPREET KAUR	DIP. IN COSM SEM-I	40942432418	9.0
PRIYANKA SHARMA	M.SC(CHEM) SEM I	22472432403	8.34
GURNEET KAUR	M.VOC(MHC) SEM I	22112432408	8.40
POOJA CHUGH	M.VOC(MHC) SEM I	22112432409	8.40
PRIYANKA	MA(DANCE) SEM-III	22352326202	8.75
SHRUTI TALWAR	MA(EC) SEM-III	22562326205	8.0
SIMRAN KAUR	MA(ENGLISH) SEM-I	22262432409	6.60
SOFIA MAHAJAN	MA(ENGLISH) SEM-III	22262326205	6.20
LOVIKA	MA(ENGLISH) SEM-III	22262326213	6.20
JANVI	MA(HINDI) SEM I	22282432405	7.8
AAKRITI	MA(HINDI) SEM-III	22282326201	7.40
DOLLY	MA(HINDI) SEM-III	22282326202	7.40
MALIKA SHARMA	MA(JMC) SEM III	22122326204	7.45
SADIKA	MA(MV) SEM-I	22332432401	9.25
DARSHAN KAUR	MA(MV) SEM-I	22332432405	9.25
SRISHTI BEHL	MA(MV) SEM-I	22332432402	9.25
USHA DEVI	MA(MV) SEM-I	22332432408	9.25
GURLEEN KAUR	MA(PBI) SEM-I	22272432405	7.60
RAJINDER KAUR	MA(PBI) SEM-III	22272326203	7.0
MANDEEP KAUR	MA(PBI) SEM-III	22272326205	7.0
AANCHAL	MA(POLSC) SEM-I	22082432407	8.0
GURPREET KAUR	MA(POLSC) SEM-III	22082326206	7.80
SHIVANI	MCOM SEM-I	22582432406	7.95
JASJEET KAUR	MCOM SEM-III	22582326223	8.36
HARMAN KAUR	MCOM SEM-III	22582326228	8.36
RAJNI RANI	MSC(BOTANY) SEM-III	22512326202	9.3
SAKSHI SHARMA	MSC(C.SC) SEM III	22372326205	8.0
GULNAAR GREWAL	MSC(CHEM) SEM III	22472326207	8.81
RAJWINDER KAUR	MSC(FD) SEM-I	22462432406	9.62
ADITI	MSC(IT) SEM III	22382326203	8.0
GAURVI	MSC(MATHS) SEM-I	22492432409	8.2
RAJDEEP KAUR	MSC(PHYSICS) SEM-I	22482432401	8.9
SAHIBPREET KAUR	MSC(PHYSICS) SEM-III	22482326202	8.55
HARSIMRAT KAUR	MVOC(MHC) SEM-III	22112326202	8.20
PRIYA	MVOC(WT) SEM-I	22422432401	9.60
KRISHKA CHAUHAN	MVOC(WT) SEM-I	22422432403	9.60

KHUSHI	MVOC(WT) SEM-I	22422432405	9.60
PALAK SONI	MVOC(WT) SEM-I	22422432409	9.60
ANKITA	MVOC(WT) SEM-I	22422432410	9.60
ANKITA	MVOC(WT) SEM-I	22422432411	9.60
RIYA ATTRI	BVOC(WT) SEM-I	11822432419	8.05
TAVLEEN KAUR	MVOC(WT) SEM-III	22422326203	9.60
NAVJOT KAUR	PGDCA SEM-I	30572432407	8.75
NEHA JANAGAL	PGDCA SEM-I	30572432410	8.75
JASVIR KAUR	MA(JMC) SEM I	22122432402	7.82
KOMAL	MSC(IT) SEM I	22382432410	8.0
GURSEHAJPREET KAUR	MSC(BOT)SEM I	22512432408	9.13
LOVELEEN KAUR	MSC(BIF) SEM III	22542326204	9.88
DALJEET KAUR	MSC(BIF) SEM I	22542432403	9.17
SHREYA SHARMA	MSC(C.SC) SEM I	22372432410	8.0
SIMRANJIT KAUR	BA Sem I	12122432579	8.82
TANIYA	BSC (MED) SEM I	12132432414	8.24
ANJLI	BSC(N.MED) SEM I	12132432503	8.44
BHAVYA KHOSLA	BSC(C.SC) SEM I	12132432450	8.83
POOJA	BSC(ECO) SEM I	12132432435	8.09
GURLEEN KAUR	BSC (MED) SEM III	12132326212	9.0
DHRA MAHAJAN	BSC (ECO) SEM III	12132326294	8.35
PALAK ARORA	BSC (C.SC) SEM III	12132326260	7.96
ANU CHOUDHARY	BSC (N.MED) SEM III	12132326274	7.69
RAMA SGHARMA	BSC SEM V(Med) SEM V	10332230161	338/400
KANUPRIYA SHARMA	BSC SEM V(N.M) SEM V	10332230149	339/400
NAVNEET KAUR	BSC SEM V(C.SC) SEM V	10332230116	349/400
YASHIKA	BA SEM V	10322230276	320/400
ARSHDEEP KAUR	BA(P.SC HONS) SEM V	10322230213	84/100
SNEHA SHARMA	BA(P.SC HONS) SEM V	10322230265	84/100
RIYA	BA(P.SC HONS) SEM V	10322230216	84/100
DIKSHA VERMA	BSC SEM V (ECO)	10332230167	288/400
BHAVYA	BCA SEM V	10722230111	326/400
MONIKA DEVI	BSC(IT) SEM V	10572230114	328/400
KANIKA	BD SEM V	10602230109	536/600
ANU ANVID	BD SEM VII	10602130814	578/600
NAINA	BD MM SEM V	11212230107	528/600
KOMALPREET KAUR	BD MM SEM VII	11212130806	554/600
JAHNVI MAHAJAN	BD MM SEM VII	11212130810	554/600
PREETI GUPTA	BFA SEM V	10812230108	567/600
SAMRITI SHARMA	BFA SEM VII	10812130815	547/600
MEENAL PAHWA	MVOC (COSMO) SEM III	22442326201	9.88
MUSKAN SINGH	BSC (FD) SEM V	10862230107	411/500
NEETIKA	MA (ECO) SEM I	22562432407	6.4
GURLEEN KAUR	BVOC SEM V(BFS)	11012230109	269/350
SALONI KUMARI	BVOC SEM V(BFS)	11012230124	269/350
SEEMA KUMARI	BVOC(J&M) SEM V	11342230105	332/400
SHRUTI	B.VOC(COSMO) SEM V	11592230136	368/400

HARJOT KAUR	PG DIP COSMO. SEM I	30592432401	8.33
NANDINI	BA(ENG. HONS) SEM V	10322230204	80/100
NAVNEET	BA(HINDI HONS.) SEM V	10322230259	71/100
DIVYA	BA(Psy HONS.) SEM V	10322230281	92/100
DIKSHA VERMA	BA(ECO HONS.) SEM V	10332230167	61/100
GURSIMAR KAUR	MVOC (COSMO) SEM I	22442432410	9.6
VIBHUTI BHARDWAJ	B.COM(H) SEM III	12112326353	9.6
JAHNAVI	BA(P.SC HONS) SEM III	12122326316	9
YASHVI SHOREY	BA(P.SC HONS) SEM III	12122326346	9
PALAK	BA(P.SC HONS) SEM III	12122326350	9
YOGITA	BA(P.SC HONS) SEM III	12122326396	9
MEGHNA NADDA	BA(P.SC HONS) SEM III	12122326413	9
VISHAV KIRTI	BA(P.SC HONS) SEM III	12122326435	9
MALIKA SHRESTHA	BA(Psy HONS.) SEM III	12122326262	10
RHEA SHARMA	BA(ENG. HONS) SEM III	12122326239	8
ISHITA	BA(ENG. HONS) SEM III	12122326315	8
PRIYA	BA(ENG. HONS) SEM III	12122326326	8
RIYA BANERJEE	BA(ENG. HONS) SEM III	12122326328	8
SUHANI SHARMA	BA(ECO HONS.) SEM III	12122326420	9
KUMARI SONIA	BA(HINDI HONS.) SEM III	12122326381	7

Workshops/Seminars/Programmes

HMV Organized “Hands on Training on Vermicomposting” under DBT Star Scheme

Zoology Department of Hans Raj Mahila Maha Vidyalaya, Jalandhar successfully organized a Hands-on Training



on Vermicomposting under DBT Star Scheme of the School teachers. Teachers attended Nature Study Camp during 3-day residential Workshop on “Building Skills for Nature: Cluster Level Master Trainers Workshop”. The training aimed to provide practical knowledge and skills in sustainable waste management, empowering educators to integrate eco-friendly practices into their schools. Principal, Prof. Dr. (Mrs.) Ajay Sareen, emphasized the importance of vermicomposting in fostering environmental stewardship and sustainable waste management. Dr.

Seema Marwaha, Head of the Department, elaborated on the scientific principles underlying vermicomposting and its relevance in addressing organic waste challenges. Mr. Ravi Kumar, Assistant Professor and In-Charge of the Vermicomposting Unit provided hands-on demonstrations, covering all stages of vermicomposting, from preparation and maintenance to harvesting nutrient-rich compost. Mr. Sachin from Lab provided assistance in making the necessary arrangements for the workshop. The session concluded with an interactive question-answer session where participants shared their experiences, clarified their doubts and expressed plans to initiate vermicomposting projects in their schools.

Extension Lecture Organized at HMV



An Extension lecture was organized at Hans Raj Mahila Maha Vidyalaya, Jalandhar under the able guidance of Principal Dr. (Mrs.) Ajay Sareen. The Resource Person was renowned writer Biba Balwant. Principal Dr. Sareen

and Head of Punjabi Department Dr. Navroop welcomed him with planter. Biba Balwant congratulated Dr. Navroop for her new book “Bhar Vehnda Dariya” which is based on selected poetry of Biba Balwant. He said that a poet can express his/her emotions beautifully through poetry. He also introduced the book to the students of M.A. Punjabi. He told the students about various forms of poetry. Dr. Navroop gave brief introduction of the book. On this occasion, Biba Balwant recited his selected poems. Faculty members Mrs. Kuljit Kaur, Dr. Mandeep Kaur and Dr. Sandeep Kaur were also present.

Theatre Workshop organized at HMV



Mahatma Kalidas Dramatic Club and PG Department of Hindi of Hans Raj Mahila Maha Vidyalaya organized a 7 days theatre workshop under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The participants got a chance to learn the techniques of theatre art. The resource person was Rang Manch Artist Sh. Sunil Kumar. The participants learnt Dialogue Delivery, Body Language, Nav Ras Expression and Theatre Presentation. Principal Prof. Dr. (Mrs.) Ajay Sareen told the students

to spread awareness about social evils through theatre. Renowned theatre artist Dr. Satish Verma and Biba Balwant gave very useful information to participants about theatre. The participants also got the chance to meet Punjabi film artist and anchor of voice of Punjab Mr. Navdeesh Arora. They gathered useful information from him. On this occasion, Dean Youth Welfare Dr. Navroop Kaur, Workshop Coordinator Dr. Jyoti Gogia, Co-Coordinator Dr. Kajal Puri, Mrs. Pawan Kumari and Dr. Deepti Dhir were also present.

Interactive Session with Dr. Satish Kumar Verma Organized at HMV

The Post Graduate department of Punjabi of Hans Raj Mahila Maha Vidyalaya organized an interactive session with Dr. Satish Kumar Verma, a famous writer, under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The programme started with DAV Gaan and lighting of the lamp. As per the tradition of HMV, the Chief Guest was welcomed with Green Planter and souvenir. Principal Dr. Ajay Sareen welcomed Dr. Satish Kumar Verma and congratulated Punjabi Department for this successful programme. She said that our mother tongue



Punjabi has a rich tradition. The literature in Punjabi language is very precious and historical. She encouraged the students to remain connected with the Punjabi language, literature and culture. Head of the Punjabi Department-Dr. Navroop also welcomed Dr. Satish Kumar Verma. Dr. Verma talked about women empowerment and said that a woman and God is identical. Punjabi Sahitya Sabha also organized Cultural Art Exhibition. The students showcased their talent by exhibiting art work made from waste things. Incharge Punjabi Sahitya Sabha Dr. Mandeep

Kaur presented vote of thanks. The stage was conducted by Dr. Sandeep Kaur. On this occasion, faculty members of Punjabi Department Mrs. Kuljit Kaur, Dr. Veena Arora, Ms. Amandeep and Ms. Simranjeet Kaur were also present.

One day Master Class of Airbrush bridal makeup organized at HMV



The PG Department of Cosmetology of Hans Raj Mahila Maha Vidyalaya organized a one-day master class of Airbrush bridal makeup led by the renowned makeup artist Mr. Amit from Amit makeovers, Jalandhar. Mr. Amit was welcomed by Head of Department Mrs. Mukti Arora and other faculty members. Mr. Amit imparted knowledge on both basic and advanced makeup techniques as well as insights into Budget friendly & high and products. He provided guidance on skin colour correction, colour theory and

application, benefits and intricacies of airbrush makeup. Around 200 students participated in this master class. Principal Prof. Dr. (Mrs.) Ajay Sareen honoured the guest and appreciated his work. She said that organizing such events is the need of the hour as it is very essential to give updated knowledge and skill to the students. On this occasion, Asst. Prof. Ms. Navjot Kaur, Ms. Gursimar Kaur were also present.

HMV Hosts ‘Rebooting Punjab – Nav Sirjana’ in Collaboration with Punjab Arts Council, Chandigarh



Hans Raj Mahila Maha Vidyalaya (HMV), in association with Punjab Arts Council, Chandigarh, successfully organized a two-day National Seminar under the banner of ‘Rebooting Punjab – Nav Sirjana’, dedicated to the literary and cultural legacy of Mahinder Singh Randhawa, Dr. Surjit Patar, and the promotion of the mother tongue. The event, held with the inspiration of Principal Prof. Dr. (Mrs.) Ajay Sareen, brought together eminent scholars, poets, and intellectuals, fostering meaningful discourse on Punjab’s literary and linguistic richness. The second day of the seminar witnessed a captivating session on ‘Tu te Main’, exploring the nuances of male-female identity in literature and beyond. The discourse was graced by distinguished speakers Dr. Sakoon Singh (DAV Chandigarh) and Dr. Ramnita Saini Sharda (HMV), with the session presided over by Dr. Tajinder Harjeet. Dr. Sakoon Singh’s analysis of Shiv Kumar’s ‘Luna’ added profound depth to the discussion. The session was skillfully conducted by Dr. Veena Arora. The event saw an intellectually stimulating exchange of ideas, featuring an esteemed panel comprising of Ms. Sarabjit Kaur Kahlon (Canada), Ms. Sheetal Thakur (Journalist) and Ms. Simranpreet Kaur (GNDU College, Jalandhar). The second session, presided over by Dr. Navjot (Principal, Lyallpur Khalsa College for Women, Jalandhar), featured insightful presentations by Dr. Megha Salwan (GNDU Amritsar) and Dr. Amardeep Kaur (MCM DAV College, Chandigarh). Principal Dr. Ajay Sareen lauded the collaborative efforts of the Punjab Arts Council, Dr. Navroop and the PG Department of Punjabi, emphasizing the importance of such initiatives in preserving and revitalizing Punjab’s rich literary heritage.

HMV organized Seminar on “Exploring the Career Trends in Banking, Finance, and Insurance Sector”

The Commerce Club of P.G. Department of Commerce and Management of Hans Raj Mahila Maha Vidyalaya, Jalandhar, under the aegis of HMV Skilled Courses Hub, organized a seminar on the topic “Exploring the Career Trends in Banking, Finance, and Insurance Sector” in collaboration with “Bajaj Finserv”, under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The resource persons of the seminar were Mr. Kanwaljit, Lead Trainer of Punjab Cluster of Bajaj Finserv Limited and Mrs. Preeti Jain, the founder of AURA – The Finishing Edge, an internationally certified Image Consultant, Coach, and Soft Skill Trainer.



The session began with the 'DAV Gaan'. Green greetings were presented to the resource persons by Mrs. Binoo Gupta, Dean Student Welfare (Incharge, Commerce Club & HMV Skilled Courses Hub). In the first session, Mr. Kanwaljit highlighted about the skills required for being employable and told the students to have updated knowledge. He further encouraged the students to develop the ability to take risks in order to have a successful career. Mrs. Meenu Kohli, Head, P.G. Department of Commerce and Management, gave blessings to the students and motivated them to join the course for their holistic development. In the second session, Mrs. Preeti Jain explained about the importance of self-grooming. She motivated the students to reach their fullest potential by focusing on what truly matters: impactful personal and professional development. The seminar concluded & certificates were distributed to all the participants. Principal Prof. Dr (Mrs.) Ajay Sareen congratulated the teachers and students on the successful completion of the seminar. She motivated students to optimally utilize their time for professional growth. The session ended with the vote of thanks by Mrs. Shefali Kashyap.

National Seminar on 'Viksit Bharat @2047: Achieving Sustainable Development Goals' organized at HMV

The PG Department of Economics of Hans Raj Mahila Maha Vidyalaya, Jalandhar, in collaboration with ICSSR North Western Regional Centre, organized a national seminar on 'Viksit Bharat @2047: Achieving Sustainable Development Goals' under the vibrant leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen. The seminar aimed to foster innovation, sustainability, and disciplined growth among the youth, with participation. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the resource persons and all the participants. In her address, Dr. Ajay Sareen said that HMV is always committed to fostering a culture of research, innovation, and academic excellence, encouraging students and scholars to actively contribute to India's progress and sustainability. Dr. Shallu Batra, Head of PG Department of Economics and seminar coordinator, introduced the resource persons and the seminar topics.



The inaugural session was graced by Dr. Shiv Kumar, Principal Scientist and Head, Division of Markets and Trade-ICAR-National Institute of Agricultural Economics & Policy Research (NIAP), New Delhi, as the Keynote Speaker, who emphasized the role of research, innovation, and skill development in nation-building. Chief Guest Mr. Y.K. Sud, a philanthropist and a Chartered Accountant, was recognized for his unwavering support and contributions to the institution. His generous donations towards the college have significantly aided in its growth and academic excellence. The next session featured distinguished experts, including: Prof. Surinder Mor (Senior professor BPS Mahila University, Sonipat, Haryana); Prof. Gurjeet Kaur (Professor of Marketing, University of Jammu, Jammu and Kashmir); Dr. Swati Mehta (Asst. Professor, Punjab School of Economics, Guru Nanak Dev University, Amritsar); Shri Pradeep Kumar Verma (Principal Director Central Institute of Hand Tools Jalandhar, Ministry of MSME); Ms. Manisha (Senior Statistical Officer, NSO (FOD), Regional Office, Jalandhar). Ms. Jyotika Minhas, Co-Coordinator of the seminar extended formal vote of thanks to the eminent speakers and resource persons.

HMV Organized National Seminar in Collaboration with National Edu Trust of India



Hans Raj Mahila Maha Vidyalaya, Jalandhar, under the visionary leadership of Principal Dr. Ajay Sareen, successfully hosted a National Seminar on “Innovative Pathways for a Sustainable Future: Bridging Environment, Entrepreneurship, and Sustainability” in collaboration with the National Edu Trust of India. Dr. Dipan Sahu, Assistant Innovation Director, Ministry of Education’s Innovation Cell, Govt. of India, graced the occasion as the Chief Guest and Resource Person. He emphasized, “Sustainability is no longer an option but a necessity. Green innovations and technology-driven solutions must be at the core of future entrepreneurship to ensure economic growth without compromising the environment.” Mr. Samarth Sharma from the National Edu Trust of India highlighted the importance of integrating sustainability into corporate frameworks, stating, “Businesses must embrace green investments and sustainable models to create lasting economic and social impact. The role of policy, industry collaboration, and research in this domain is indispensable.” Speaking on the occasion, Principal Dr. Ajay Sareen expressed her pride in hosting this landmark event, stating, HMV is committed to fostering innovation and environmental responsibility. Convener Dr. Anjana Bhatia remarked, “Our goal is to inspire young minds to explore sustainable solutions and integrate them into their entrepreneurial and research pursuits. The insights shared today will significantly contribute to shaping future policies and practices.” Coordinator Mrs. Meenu Kohli emphasized, “This seminar was a step forward in igniting meaningful conversations and collaborations that can transform sustainability challenges into opportunities.”

HMV Organized Workshop on Self-Discovery through Expressive Art



Under the able guidance of Principal Prof. Dr (Mrs.) Ajay Sareen, Freudian Psychological Society organized a one-day workshop on Self Discovery through Expressive Art. The resource person was an esteemed counselling psychologist and expressive art therapist facilitated by UNESCO, Ms. Harshita Paul. She was welcomed by, Dr. Ashmeen Kaur, Head P.G. Department of Psychology with a planter. Ms. Harshita Paul initiated the workshop with an interactive session, engaging the students in various interactive activities. She explained how we can express ourselves with using different art modalities. How we can express our emotions and feelings. The

students also made drawings commemorate this event and understand themselves. Principal Prof. Dr. Ajay Sareen appreciated this initiative and congratulated the Department of Psychology. Ms. Ramneek Kaur and Pahul Jabal (B.Voc MHC Sem 2) conducted the stage. Ms. Priya Seth (Assistant Professor) gave the formal vote of thanks. On this occasion more than 100 students from the department of psychology and Ms. Parul Sharma, Ms. Ishmanpreet Kaur and Mrs. Gurpreet Kaur PG department of Psychology participated in the workshop.

Workshop on Machine Learning and AI conducted at H MV

The PG Department of Computer Science and IT at Hans Raj Mahila Maha Vidyalaya, Jalandhar, organized a one-



day workshop on Machine Learning and Artificial Intelligence (AI) under the DBT Star College Scheme. The event, held under the dynamic and visionary leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen, aimed to provide students with a deeper understanding of cutting-edge technologies. The workshop was led by Mr. Karan Arora, Founder & CEO of Itonoix Solutions and Founder of Filmy Cave Productions. Principal Dr. (Mrs.) Ajay Sareen emphasized that Artificial Intelligence and Machine Learning are the future of technology

and urged students to focus on these areas to stay ahead in their careers. Mr. Arora began the session by introducing the fundamentals of Python and C languages, highlighting their importance in the field of programming. He also shared valuable tips and tricks for students, particularly those looking to improve their chances in placement interviews. In an engaging segment, Mr. Arora explained how popular platforms like YouTube and Netflix use algorithms to recommend videos to users, as well as how traffic is analyzed, and even how online challans can be automatically filed using computer vision technology. The event was coordinated by Dr. Sangeeta Arora and co-coordinated by Mr. Gullagong. The vote of thanks was presented by Dr. Sangeeta Arora, Head of the Department. The workshop was also attended by faculty members from the Computer Science Department, including Dr. Anil Bhasin, Mr. Gurmeet, Mrs. Sangeeta Bhandari, Dr. R. Jindal, Mr. Bhatia, Dr. Urvashi Mishra, Miss Sonia, and Mr. Pardeep.

HMV Organized National Seminar on High Energy Physics and Career Prospective



Chandrayaan Vipnet club of PG Department of Physics, in collaboration with IAPT RC-02 organized one day national seminar on “High Energy Physics and Career Prospective” under DBT STAR Scheme. Dr. Manjit Kaur Prof. (Emiretus) Amity University, Mohali was the resource person. Principal Prof. Dr. (Mrs.) Ajay Sareen and the faculty of Physics department welcomed the resource person with a planter. Dr. Saloni Sharma, Head PG department of Physics acquainted the students about the theme of seminar and also introduced the resource person. Starting with the Big Bang theory and composition of the universe, Dr. Manjit illustrated the fundamental constituents of matter at atomic, nuclear and particle level. She also elaborated the role of high energy physics for understanding the composition of elementary particles like protons and neutrons etc. using Quarks and Leptons. She briefed the students about the constitution of LHC which is spread over a circumference of 27 km in Geneva, Switzerland and elaborated its role in unfolding the mystery of creation of the universe, matter and anti-matter. Principal Dr. Sareen congratulated the faculty for the successful event and motivated them to arrange more such talks to keep the students updated with the latest developments in their field. Mr. Sushil Kumar, Incharge Chandrayaan Vipnet Club, presented the vote of thanks.

HMV Organized Workshop on Chem Draw



R.Venkataraman Chemical Society of Chemistry Department of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized DBT-STAR sponsored Workshop on “ChemDraw: A software application for Drawing Chemical Structures” under the able guidance of Principal Prof. Dr. (Mrs) Ajay Sareen. Mrs. Deepshikha, HOD and Incharge of R. Venkataraman Chemical Society shed light on the importance and application of modern

techniques/software in Chemistry. ChemDraw is a widely used chemical drawing software application that allows users to create chemical structures, reactions, and diagrams and facilitate visualization of complex chemical compounds and reactions. The objective of workshop was to familiarize participants with the basic and advanced features of ChemDraw and better understanding of molecular geometry and spatial arrangement through 3D visualization. We focused on providing hands-on experience with ChemDraw and promote effective communication of chemical structures. The workshop was conducted by the faculty Dr. Vandna Thakur, Dr. Rajneet Kaur, Ms. Tanisha. Total 35 students participated enthusiastically in the workshop.

HMV organized Workshop on Therapeutic Alliance



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, Freudian Psychological Society organized a one-day workshop on Therapeutic Alliance: The Soul of Successful Therapy. The resource person was Dr. Atul Madaan,

MAAP, MBA, MPhil (Clin. Psy.), PhD (Psy.), UGC-NET Qualified, Clinical Psychologist (RCI Regd). He is an HOD (Clin Psy) - NHS Hospital, Jalandhar. Operational Head - Care for Autism Foundation, Jalandhar. Director - Autism Alliance Pvt. Ltd (Care for Autism), Ludhiana. Co-founder - ZenTree - A remedial intervention center for the children with Learning Disability. He was welcomed by, Dr. Ashmeen Kaur, Head P.G. Department of Psychology with a planter. Dr. Atul Madan initiated the workshop with an interactive session, engaging the students in interactive discussions. He explained How we as a therapist can establish a connection between us and the client for the effective therapeutic process. He also discussed the qualities and skills of an effective counselor. He also engaged the students in role play for better understanding. Principal Prof. Dr. Ajay Sareen appreciated this initiative and congratulated the faculty of PG Department of Psychology. She said there is dearth of counselors and it is the need of the hour to organize such workshops. Ms. Ramneek Kaur and Ms. Pahul Jabal (B. Voc MHC Sem 2) conducted the stage. Ms. Priya Seth (Assistant Professor) gave the formal vote of thanks. On this occasion around 100 students along with Ms. Parul Sharma, Ms. Ishmanpreet Kaur and Mrs. Gurpreet Kaur from PG Department of Psychology participated in the workshop.

Guest Lecture on Competitive Examination Organized at HMV



The HMV Competitive Examination Hub under the aegis of Principal Prof. Dr. (Mrs.) Ajay Sareen, organised a guest lecture on the topic, 'Preparation for UPSC & PPSC Exam'. The resource person of the day was Mr. Dev Raj Kaushik, Centre Head, AAA Bright Academy, Chandigarh. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the department. She said that success rate is more in HMV Competitive Hub. Mrs. Binoo Gupta, Coordinator of the HMV Competitive Examination Hub highlighted the role of the Hub in motivating the students for various competitive exams and cited various examples of IAS and PCS HMV Alumnae. Mr. Dev Raj Kaushik apprised the students of various strategies of preparation for preliminary, mains and interview. He also said that with right strategy and time management, it is very easy to clear the exam. He also guided the students for best books for preparation. He concluded his talk by satisfying the queries of students. Principal Prof. Dr. (Mrs.) Ajay Sareen gave her best wishes to the students. The event ended with vote of thanks by Mrs. Protima Mander. The

organizing committee comprised of Mrs. Binoo Gupta, P.G. Department of Commerce and Dr. Baljinder Singh, Head of Sociology Department.

HMV Organized One Day Workshop on Handling Machines “Cut & Sewing”



Department of Design of Hans Raj Mahila Maha Vidyalaya conducted a one-day workshop on Handling Machines “Cut and Sewing”. Students of Design Department learn the machine setting, lubrication, cleaning, Needle, replacement, bobbin issues, seam issues, proper maintenance and troubleshooting of manual and automatic Stitching machines. This workshop improves the efficiency and productivity of the design students, which is very essential for good output and safety. The resource person of the workshop was technical expert Mr. Yashpal Sakarwal. A special lecture on sewing technology in design world was also taken by Dr. Rakhi Mehta, Head of Design Department during the workshop. Students of Design Dept. and faculty Ms. Manika and Ms. Ritika learn the important aspects of sewing and technology. Principal Prof. Dr. Ajay Sareen congratulated the Department for wonderful initiative and such fruitful workshops in future.

Student Exchange Programme with Nehru Arts and Science College, Coimbatore concluded successfully at HMV



Hans Raj Mahila Maha Vidyalaya concluded a memorable and enriching week-long Student Exchange Programme with Nehru Arts and Science College, Coimbatore, Tamil Nadu, held from 21st to 28th March 2025.

Organized under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen and coordinated by Dr. Ramnita Saini Sharda, the programme ended on a nostalgic and heartfelt note. A total number of 21 students from Nehru Arts and Science College, accompanied by their mentors, Dr. Smitha C.R., Head of the Malayalam Department and Director of the Centre for Indian Knowledge System, and Ms. R. Malthi, Associate Professor and Head of the English Department as well as Director of the Centre for Culture, Heritage, and Human Excellence, actively participated in the exchange programme. The valedictory function was graced by the esteemed Chief Guest, Sh. Deepak Bali, Advisor to Punjab Heritage and Tourism Promotion Board. He was warmly welcomed by Principal Prof. Dr. (Mrs.) Ajay Sareen. In her address, Dr. Sareen expressed her heartfelt gratitude to the delegates for their active involvement and wished them success in their future endeavors. Speaking on the occasion, Sh. Deepak Bali praised India's cultural versatility, emphasizing that languages reflect our identity and should be cherished. Principal Dr. Ajay Sareen extended her appreciation to the coordinators, faculty members, and students for making this initiative a resounding success.

HMV Organized Two Days Workshop on 'Raag and Creativity'



The Department of Music, Hans Raj Mahila Maha Vidyalaya, successfully organized a two-day workshop on 'Raag and Creativity' under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, which witnessed enthusiastic participation from students and faculty members. The workshop aimed to deepen the understanding of musical nuances and enhance students' creative expression through Raag-based compositions. The esteemed resource person for the workshop was Prof. C.L. Verma, an eminent scholar, renowned musician, and former Dean & Chairman, Department of Music, Himachal Pradesh University, Shimla. With his vast experience and expertise, he provided invaluable insights into the intricate aspects of Indian classical music. Through live demonstrations and discussions, Prof. Verma enriched the participants' knowledge, making the learning process both insightful

and inspiring. Besides classical compositions, light music was also explored during the workshop. Prof. Verma shared glimpses of folk singing and group singing with students, providing them with a holistic learning experience that blended tradition with contemporary musical expressions. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of the Department and encouraged to organize more such events. On this occasion Head of the Department Dr. Prem Sagar, Ms. Gunjan Kapoor and Mr. Praduman were also present.

HMV Hosts Workshop on “Environmental Journalism for Aspiring Women”



Hans Raj Mahila Maha Vidyalaya Jalandhar hosted first-of-its-kind a two-day workshop on environmental journalism for aspiring women media professionals in collaboration with the Punjab State Council for Science & Technology (PSCST) & CMS Vatavaran, New Delhi under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The resource person of the event was Mr. Manish Chandra Mishra Assistant Editor at Mongabay-India. The honorary guests of the event were Mr. Sabyesachi Bharti Deputy Director CMS Vatavaran, Mr. Kencho Dorji Associate CMS. They were welcomed with green planters by Dr. Navroop Dean Youth Welfare, Dr. Seema Marwaha Dean Academics, Dr. Anjana Bhatia Advisor of the event, Dr. Rama Sharma & Mr. Ashish Chadha Conveners of the event. The co-conveners of the event were Ms. Sonali Beri & Ms. Jyoti Sehgal. The title of the workshop was ‘Empowering Women in Media: Future Journalists for a Greener Punjab’. Organized under the Environment Education Programme (EEP) of the Ministry of Environment, Forest and Climate Change (MoEF&CC), Government of India, this unique initiative aimed to build the journalistic capacities of young women pursuing media studies. The inaugural session was conducted by Mr. Manish Chandra Mishra, Assistant Editor at Mongabay-India, a DW Akademie Fellow, and a graduate of the Oxford News Marketing Program. He

brought extensive experience in covering environmental issues and led the participants through an immersive and skill-driven training. This initiative was part of CMS Vatavaran's broader mission to empower co-creation of innovative solutions for planetary well-being by leveraging communication technologies, strengthening capacities, curating collaborative spaces, and enabling transformative engagements. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of PG Department of Mass Comm. & Video Production and PG Department of Multimedia.

Valedictory Day of Workshop on 'Empowering Women in Media: Future Journalists for a Greener Punjab' at HMV



The valedictory session of the highly anticipated two-day workshop, 'Empowering Women in Media: Future Journalists for a Greener Punjab,' concluded today at the Skill Development Centre, Hans Raj Mahila Maha Vidyalaya (HRMMV), Jalandhar, marking a significant step towards fostering environmental awareness and journalistic excellence among young women under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The workshop, a

collaborative initiative by the Punjab State Council for Science & Technology (PSCST), CMS VATAVARAN, New Delhi, and Hans Raj Mahila Maha Vidyalaya, Jalandhar, was organized under the Environment Education Programme (EEP) of the Ministry of Environment, Forest and Climate Change (MoEF&CC), Government of India. Principal Prof. Dr. (Mrs.) Ajay Sareen, said, 'Empowering young women to become bold, informed storytellers is at the heart of our institution's mission. Through this workshop, we are not only strengthening their journalistic

skills but also inspiring them to become champions for environmental sustainability. We are proud to partner in this important initiative that nurtures leadership, responsibility, and positive change.' The workshop session was led by Mr. Manish Chandra Mishra, Assistant Editor at Mongabay-India, a DW Akademie Fellow, and a graduate of the Oxford News Marketing Program. Mr. Mishra, with his extensive experience in environmental journalism,



provided immersive training in critical areas such as fact-checking, storytelling, multimedia journalism, data analysis, digital safety, and social media engagement. The workshop concluded with a felicitation ceremony, where Mr. Sabyesachi Bharti Deputy Director CMS Vatavaran, Mr. Kencho Dorji Associate CMS, Dr. Simran Sidhu, HoD PG Department of Journalism Doaba College Jalandhar, Dr. Rama Sharma HoD PG Department of Mass Comm. & Video Production HMV & Mr. Ashish Chadha HoD PG Department of Multimedia HMV were present.

HMV organized Workshop on Hair Colouring and Lightening



The PG Department of Cosmetology of Hans Raj Mahila Maha Vidyalaya organized one day workshop on "Hair Colouring and Lightening," conducted by Mr. Rahul from Hizziz Unisex Salon and Academy. The workshop provided attendees with valuable insights into the techniques of hair colouring, including an indepth understanding of hair levels and the products used. Mr. Rahul demonstrated the hair colouring and lightening processes, highlighting both the advantages and potential drawbacks. He also explained the chemical reactions that occur during the treatment and how artificial colors are deposited in the hair. The workshop was inaugurated by Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the guest speaker and encouraged the continuation of such informative sessions in the future. The event was also attended by the Head of Department, Mukti Arora, along with faculty members Ms. Navjot Kaur, Ms. Manmeet Kaur, Ms. Manveer Kaur, and Ms. Gursimar Kaur, Assistant Professors in the Cosmetology Department.

Guest Lecture on “Career Opportunities in Hindi” organized at HMV



The PG Department of Hindi of Hans Raj Mahila Maha Vidyalaya organized a Guest Lecture on “Career Opportunities in Hindi” under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The resource person was Head of Hindi Department GNDU, Dean Languages, President Akhil Bhartiya Sahitya Parishad Punjab Dr. Sunil Kumar. The lecture started with lighting of lamp and presenting green planter to the guest. Dr. Sunil Kumar addressed the student and said that there are lots of career opportunities available in the field of Hindi. He said that Hindi is not only a language but a culture and Hindustan is made up of Hindi. Without Hindi, Hindustan can't be imagined. He told the students that opportunities are available in Hindi in the field of Teaching, Competitive Exams, Advertising, Newspaper, Script Writing and Translation. Today's era is commercialized. The students can make their future through online modes also. Principal Dr. Ajay Sareen welcomed resource person and said that today's lecture will be beneficial for the students. The students will be capable to dream about their golden future and achieve further heights. The Stage was conducted by Dr. Jyoti Gogia and a Vote of thanks was delivered by Mrs. Pawan Kumari.

HMV Organized Special Lecture with H.E. Mr. Reuben Gauci, High Commissioner of Republic of Malta



Hans Raj Mahila Maha Vidyalaya, Jalandhar, organized a special lecture on Indo-Malta Relationships under the visionary guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The college had the honour of hosting his Excellency Mr. Reuben Gauci, High Commissioner of the Republic of Malta, as the Chief Guest for the occasion. The Guests of Honour included Mr. Sahil Tandon, Managing Director of A & Z Exports International, Jalandhar, Mr. J.K. Tandon, Chairman A & Z Exports International and Mrs. Rekha Tandon, Director A & Z Exports International. The dignitaries were formally escorted by NCC cadets and accorded a Guard of Honour, symbolizing the warm hospitality and disciplined spirit of the institution. Principal Dr. Ajay Sareen, along with Dr. Navroop, Senior Faculty & Dean Youth Welfare, and Dr. Ramnita Saini Sharda, Coordinator of the event, extended a green welcome to the esteemed guests by presenting saplings. In her welcome address, Dr. Sareen expressed heartfelt joy at strengthening the Indo-Malta bond, referring to the guests as “brothers and sisters,” thereby emphasizing the spirit of global kinship. His Excellency Mr. Reuben Gauci, in his address, thanked India for being the first nation to recognize Malta’s independence and initiate diplomatic ties. Expressing admiration for HMTV, he remarked, “Where women lead, things happen,” and praised the college as a model of women empowerment. The dignitaries were honoured with mementoes and traditional Phulkaris, reflecting Punjabi warmth and culture. The Vote of Thanks was delivered by Dr. Ramnita Saini Sharda, while the event proceedings were efficiently anchored by Mrs. Protima. The lecture was attended with great enthusiasm by faculty members and students.

One Day Workshop on “Photography – The Fleeting Aspects of light”



Department of Design conducted a one-day Workshop on “Photography – The Fleeting Aspects of light”. The resource persons for the workshop and subject experts were Ms. Harrachneet Kaur, Relationship Manager at Tech CADD Computer Education Institute, Jalandhar and Mr. Harjashan Singh, Film making expert faculty at Tech CADD Computer Education Institute, Jalandhar. The main objective of workshop is to equip the students with foundational and advanced skills to utilize photography effectively in their design works, fostering a deeper understanding of its role in visual communication and Design Aesthetics. The fruitful workshop updates the students with technical proficiency, Design Communication, Aesthetic Understanding, Critical thinking, Hands on experience to capture fleeting aspects of light in the design creations, creative exploration, portfolio Development and industry knowledge. Students work on different projects during the workshop. The fruitful workshop ends up with word of appreciation by Principal Dr. (Mrs.), Ajay Sareen. Head of Department Dr. Rakhi Mehta Discussed about the photography possibilities and its aspects in Design world. Other faculty members Ms. Ritika, Ms. Manika, and Ms Ravneet Kaur also attended the workshop.

Workshop cum Hands on Training for faculty organized at HMV



The Internal Quality Assurance Cell of Hans Raj Mahila Maha Vidyalaya organized two workshops cum Hands on Training for the faculty under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. In the first workshop the

resource person was Mr. Gullagong, Associate Prof. in Comp. Sci. The topic was Cyber Security Awareness. He told about various cyber threats and the precautions to be taken while doing online transactions. He said that Cyber Crime is increasing day by day. October is observed as Cyber security awareness month throughout the world. He said that Cyber Crimes are massively underreported. We should believe in getting the anti-virus softwares for our cyber security. 2nd workshop was delivered by Dr. Anil Bhasin, Associate Prof. in Comp. Sci. He explained all the technicalities of making google form. He explained how we can easily collect massive data with the help of google form in one go. Both the resource persons were honoured by Senior Most Faculty Dr. Navroop Kaur and Dr. Ashmeen Kaur, IQAC Coordinator said that it is always the objective of IQAC to provide useful information to the faculty time to time. Principal Dr. Ajay Sareen also appreciated the efforts of IQAC. Stage was conducted by Mrs. Protima Mander, Head of History Department.

Team Haryawal Punjab delivered a lecture at HMV



The Internal Quality Assurance Cell of Hans Raj Mahila Maha Vidyalaya organized a lecture of team Haryawal Punjab under the series of lectures being organized for the faculty. Director team Haryawal Punjab Sh. Ajay Sharma, Coordinator Jalandhar District Dr. Amit Sharma, Green Home Expert Sh. Kewal Sharma & Herbal Garden and Millets Expert Sh. Roshan Lal Sharma were present there. Senior most faculty Dr. Navroop Kaur welcomed them. Sh. Kewal Sharma told that Green Home is that home which has provisions for Rain water Harvesting, Kitchen Garden and Provision for Kitchen Garbage, Solar System and Bird Conservation. Sh. Roshan Lal Sharma said that we all should have a herbal garden at home. We should have plants of Nirgundi, Bhoomi Amla, Tulsi, Ajwain, Karhi Patta, Elovera, Moringa etc. in our herbal garden. Principal Prof. Dr. (Mrs.) Ajay Sareen said that we

all should understand our responsibility as Indian citizens to plant more plants and should take care of them. On this occasion, Coordinator IQAC Dr. Ashmeen Kaur was also present. Stage was conducted by Dr. Anjana Bhatia.

Lecture on Sustainable living Organized in HMV



The Internal Quality Assurance Cell of Hans Raj Mahila Maha Vidyalaya organized a lecture on the topic “Sustainable living through ancient wisdom”. The resource person was Ms. Meenal Verma, an architect by profession and an environmentalist by passion. Senior Most Faculty Dr. Navroop Kaur and IQAC Coordinator Dr. Ashmeen Kaur welcomed her with planter. Ms. Meenal told the participants that waste management is very important, which includes composting. She advised the participants that vegetable peels should be

fed to the animals. Fruit peels should be used to prepare Bio enzymes. Ratio of Jaggery, Fruit Peel and Water to prepare bio enzymes, should be 1:3:10. Ms. Meenal told that don't put dry leaves to fire, rather mulch them in soil to provide extra nutrients to the plants. She also talked about right usage of compost that it should be dry otherwise fungus will be there. Principal Prof. Dr. (Mrs.) Ajay Sareen said that such lectures are the need of the hour to make people aware about sustainable living. The stage was conducted by Dr. Anjana Bhatia.

HMV organized Seminar cum Workshop on Entomology under DBT Star Scheme



Department of Zoology under DBT Star Scheme organized Seminar cum Workshop in the premises of Hans Raj Mahila Maha Vidyalaya under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, providing an enriching experience for students and faculty members. Formal welcome to the resource persons Prof. Dr. Jagbir Singh, Department of Zoology and Environmental Sciences, Punjabi University, Patiala and Harsimranjeet Singh, Assistant Professor, Department of Zoology, Mata Gujri College, Fatehgarh Sahib was given

by Principal Prof. Dr. (Mrs.) Ajay Sareen and Dr. Seema Marwaha, Dean Academics and Head of Zoology Department. Dr. Jagbir Singh delivered an informative seminar on **entomology**, highlighting the significance of insects in ecological balance, agriculture, and scientific research. The seminar was followed by a **hands-on training session** conducted by **Dr. Harsimranjeet Singh** on the **collection, stretching, and preservation of insects for further study**. The participants actively engaged in the practical session, gaining first-hand experience in handling and studying insect specimens. Madam Principal, Dr. (Mrs.) Ajay Sareen congratulated and

encouraged the Department to further organize such informative and beneficial workshops. Dr Seema Marwaha presented the vote of thanks. Dr. Sakshi Verma and Mr. Ravi Kumar, Assistant Professors in Zoology Department were the conveners of this seminar. Mr. Sachin assisted in making all arrangements for the seminar.

Seminar on “AI Enhancing Every Day Life” organized at HMV



The Internal Quality Assurance Cell (IQAC) of Hans Raj Mahila Maha Vidyalaya organized a seminar on “AI Enhancing Everyday life”. The resource person was Dr. Urvashi Mishra, Associate Prof. in Comp. Sci. & IT. Senior Most Faculty Dr. Navroop Kaur and IQAC Coordinator Dr. Ashmeen Kaur welcomed her with a planter. Dr. Urvashi said that Artificial Intelligence is very old. It is not a new technology. Concept of AI was given by John Mc Carthy in 1956. We all are using AI in one way or the other. AI is being used in homes, as Voice

Assistant, for scheduling work and reminders, health and fitness, transportation, Customer support, Finance & Shopping, Google Map, Robotic Surgery, Navigation, Security, Entertainment, Video Games, Smart input keyboards, AI generated clip arts and many more. The participants came to know about various uses of AI. They were excited to get this useful information. Principal Prof. Dr. (Mrs.) Ajay Sareen said that IQAC of the college always provide useful insights to the faculty. Stage was conducted by Mrs. Protima Mander.

Lecture on Machine Learning & Ethics organized at HMV



The Internal Quality Assurance Cell (IQAC) of Hans Raj Mahila Maha Vidyalaya organized a lecture on “Machine Learning & Ethics” under Faculty Lecture Series. The PG Department of Punjabi organized this lecture and resource person was Dr. Amarjit Singh Grewal, Advisor, Punjab Kala Parishad, Chandigarh. Senior Most Faculty Dr. Navroop and Coordinator IQAC Dr. Ashmeen Kaur welcomed him with a planter. Dr. Grewal addressed the participants and said that in this era of Globalization, every single man is affected by AI. AI has made our life easy but it has negatively affected

the ethics. Present time man is totally commercialized and we don't think about our neighborhood. AI has not only affected our relations but the nature also. The Stage was conducted by Dr. Sandeep Kaur. Vote of thanks was given by Mrs. Protima Mander. All the teachers of the college were present there. Principal Prof. Dr. (Mrs.) Ajay Sareen said that in today's world, ethics are really important and in a noble profession like teaching, ethics hold a very high place.

Investor Awareness Programme Organized at HMV



The Internal Quality Assurance Awareness Cell of Hans Raj Mahila Maha Vidyalaya organized an “Investor Awareness Programme” for the faculty members. Co-founder and Director, Barai Investments Pvt. Ltd. Mr. Birendra Barai was the resource, Person. Senior Most Faculty Dr. Navroop Kaur and IQAC Coordinator Dr. Ashmeen Kaur welcomed him with a planter. Mr. Birendra addressed the audience and told them about the difference between savings and investment. He told about various investment plans and said that

everyone should start saving early and should save in right asset class. He told about various investment opportunities. Mr. Barai suggested the participants to invest in SIP, Mutual funds etc. to get good return. Vote of thanks was presented by Dr. Seema Khanna. Faculty members had good interactions with him. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of IQAC and said that through this lecture the faculty members had an insight on investment plans.

HMV Organized Lecture on UGC Guidelines for Promotion under CAS

The Internal Quality Assurance Awareness Cell of Hans Raj Mahila Maha Vidyalaya organized a lecture on “UGC



Guidelines for Promotion under Career Advancement Scheme” (CAS) for the faculty members. The resource person was Dr. Shallu Batra, Associate Professor in Economics. IQAC Coordinator Dr. Ashmeen Kaur welcomed her with a planter. Dr. Shallu Batra provided a

comprehensive overview of the CAS, its eligibility criteria and steps involved in applying for promotions. Dr. Batra elaborated on the purpose of the CAS, emphasizing its role in recognizing and rewarding the contributions of faculty members throughout their careers. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of IQAC and said that such lectures provide detailed information which is very useful for getting promotion. Vote of thanks was presented by Dr. Ashmeen Kaur.

Workshop on “Wipro Earthian Awards” organized at HMV



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, a workshop on “Wipro Earthian Awards” in collaboration with PSCST was organized at Hans Raj Mahila Maha Vidyalaya. The coordinator of the workshop was Dr. Anjana Bhatia, Dean Innovation and the incharges were Dr. Seema Marwaha, Dean Academics & School Coordinator and Mrs. Arvinder Kaur, School Co–coordinator. The Workshop started with lighting of the lamp. The chief guests of the occasion were Director Punjab State Council of Science and Technology Dr. K.S. Bath, Sh. Ashish Shah and Dr. Mandakini from Wipro. They were given warm welcome with planter and painting. Dr. Sareen appreciated the dedication and enthusiasm of all the members. Dr. K.S. Bath felt elated on coming to HMV and gave brief information about Wipro Earthian Awards. He said that many teachers are getting benefitted by this project. Mr. Ashish Shah gave detailed information about the foundation. He said that our main objective is to make people capable to face the challenges regarding environment. Dr. Mandakini also provided brief information. The Stage was conducted by Dr. Anjana Bhatia.

HMV Organized a Workshop on ‘English Pronunciation’



The Internal Quality Assurance Cell (IQAC) of Hans Raj Mahila Maha Vidyalaya organized a lecture on ‘English Pronunciation’ under Faculty Lecture Series. The PG Department of English organized this lecture. The resource person of the workshop was Mr. Neeraj Aggarwal, Assistant Professor in English in the PG Department of English. Dr. Mamta, Head English Department and IQAC Coordinator Dr. Ashmeen Kaur welcomed him with a green planter. Mr. Aggarwal provided an overview of all the four fields of language, i.e. spelling, vocabulary, pronunciation, and grammar of British, American, and Indian English. He

emphasized the need of correct pronunciation of every letter of English alphabet at the early stage of every learner. He also had an interactive session with the participants. This dedicated question and answer session allowed participants to clarify their doubts. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of IQAC and PG Department of English and said that all the varieties of English pronunciation are important in the noble profession of teaching. The stage was conducted by Mrs. Protima Mander.

HMV Organized Workshop on Resin Art



A workshop on Resin Art was organized under the aegis of IQAC. The resource persons were Dr. Rakhi Mehta, Head Design Department and Resin Artist Ms. Reeva Sharma. Resin art is a creative process that utilizes epoxy or other types of resin to create durable, glossy artworks, often with unique textures and effects. The resin is mixed with pigments, dyes, or additives to achieve desired colors and patterns, then poured or manipulated to form desired shapes or designs. Various art works, textures and styles were demonstrated during the workshop. Complete details

of Resin art were discussed during the workshop. The workshop was end up with beautiful artworks and fruitful outcomes. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the department for organizing such a creative workshop and said that the faculty should be aware about all the latest art techniques. This is the main purpose behind conducting such a workshop. All the faculty members from different faculties enjoyed the workshop.

Cervical Cancer Awareness Programme organized in HMV Hostel



An awareness Programme on Cervical Cancer was organized in Hostel of Hans Raj Mahila Maha Vidyalaya in association with Indian Medical Association (IMA) for the Resident Scholars. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed IMA President Dr. M.S. Bhutani and Secretary Dr. Pooja Kapoor. Principal Dr. Sareen said that it is necessary to aware young girls about cervical cancer because they are the future of our nation. They can spread awareness among others and timely action can be taken. Dr. Pooja Kapoor also encouraged resident scholars for clearing all the doubts regarding health issues. Senior Gynecologist Dr. Satpal Kaur provided information about cancer and told that vaccination to prevent this should be done in time. Dr. Shobha Sharma and Senior Doctors of Shriman Hospital gave information about giving First Aid in Emergency situation. Chest specialist Doctor gave information about lungs related diseases. Coordinator Resident Scholars Dr. Meenu Talwar presented vote of thanks.

A Week-long Student Exchange Programme initiated at HMV



Hans Raj Mahila Maha Vidyalaya, Jalandhar is known for its innovative and pioneering initiatives, organized a week-long Student Exchange Programme (as a part of the MOU signed between the two institutions) from 21st to 27th March 2025 under the visionary guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The programme witnessed the enthusiastic participation of 21 students from Nehru Arts and Science College, Coimbatore, Tamil Nadu, accompanied by their mentors, Dr. Smitha C.R., HOD of Malayalam Department and Director of the Centre for Indian Knowledge System, and Ms. R. Malthi, Associate Professor and Head of the English Department, as well as Director of the Centre for Culture, Heritage, and Human Excellence. Principal Dr. Ajay Sareen offered a green welcome to the visiting team by presenting planters, reflecting HMV's commitment to sustainability. In her address, Dr. Sareen highlighted HMV's remarkable contributions to academics, sports, and cultural excellence, emphasizing the institution's focus on holistic development. The visiting students were enthralled by the vibrant Commerce event, which showcased HMV's vision and mission in action. The week-long event was a testament to HMV's unwavering commitment to nurturing global perspectives while preserving Indian values.

2nd, 3rd and 4th Day of Student Exchange Programme at HMV



Hans Raj Mahila Maha Vidyalaya has organized a week-long Student Exchange Programme with Nehru Arts and Science College, Coimbatore, Tamil Nadu under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen and Coordinated by Dr. Ramnita Saini Sharda. The second and third days of the ongoing Student Exchange Programme were filled with vibrant activities, educational excursions, and hands-on learning experiences, leaving the visiting delegates enriched and inspired. On Day 3, the delegates embarked on an insightful visit to

Jung-E-Azadi Memorial at Kartarpur, accompanied by Ms. Protima and Dr. Shailendra. The visit offered a profound glimpse into Punjab's monumental contribution to India's freedom struggle. The delegates explored the legacy of Sikh rulers, the battles fought, and the sacrifices made by countless martyrs. The experience instilled a deep sense of respect for the region's rich history. Day 4 brought an exciting blend of campus exploration and creative engagement. The evening unfolded with a refreshing session of sports, fostering camaraderie and teamwork among participants. The excitement continued as the day concluded with an enthralling Night Sky Watch, arranged by Mr. Sushil Kumar. Using powerful telescopes, the delegates were mesmerized by the celestial wonders, observing planets and stars in stunning detail. The awe-inspiring experience sparked curiosity and a newfound appreciation for astronomy. On this occasion, Dr. Rakhi Mehta, Mrs. Binoo Gupta, Dr. Gagandeep, Mr. Ashish Chadha, Mr. Jagjit Bhatia, Dr. Urvashi Misra, Mrs. Mukti Arora, Mr. Harpreet Singh, Dr. Navneet and Mrs. Ramandeep Kaur were also present.

5th and 6th day visit of 'Cultural Exchange Programme' at HMV



On the seven-day cultural exchange program organized by Hans Raj Mahila Maha Vidyalaya under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, the fifth and sixth day of Nehru College of Science and Arts, Tamil Nadu were encouraging and informative. The programme was inaugurated by lighting the lamp and recitation of the DAV Song. Principal Dr. Sareen felicitated Mrs R. Malti Associate Professor and Head of English Department, Director Centre for Cultural Heritage and Human Excellence and Dr. Samintha C.R. Head of Malayalam Department, Director Centre for Indian Knowledge System by presenting them green planters. The entire program was organized in a well-organized manner under the program coordinator Dr. Ramanita Saini Sharda. On this occasion, the students of HMV introduced Punjabi culture by presenting folk songs, folk dances like Gidda, Bhangra etc. Principal Prof. Dr. (Mrs.) Ajay Sareen in her speech welcomed the guests and said that the purpose for which we had organized this culture exchange program has reached its peak and is moving towards the fulfillment of its objective. Dr. Malti, a teacher from Tamil Nadu, expressed her gratitude for the warmth and cordiality provided by the college from time to time and said that they shall always remember the love and respect given to the faculty by the students here. Dr. Ramnita Saini Sharda said that this cultural exchange programme will definitely be unforgettable for all. The stage was conducted by Mrs Loveleen Kaur. On this occasion, D. Navroop Kaur, Senior Faculty and Dean Youth Welfare, Dr. Aashmeen, Coordinator IQAC, Dr. Sangeeta Arora, Head, Computer Department were also present.

Career Advancements and Placements

HMV Enhancing Skills with Community College Courses



In order to equip the students with knowledge and skills and reduce the gap between higher education and employability, Hans Raj Mahila Maha Vidyalaya, Jalandhar is offering one year skill-based Diploma courses under the initiative of Community College scheme of UGC approved by Ministry of Human Resource Development. HMV is running Community College since 2014 very successfully. The courses run under this scheme are Diploma in Journalism and Media, Diploma in Nanny and Elderly Health Care, Diploma in Organic Farming, Diploma in Tourism and Hospitality, Diploma in Communication Skills, Diploma in Applied Music and Dance, Diploma in Cooking and Catering Management and Advance Diploma in Fashion Designing. These programs are designed to create employment for women by empowering them with the skills needed for industry. Principal Prof. Dr. Mrs. Ajay Sareen apprised that curriculum for these courses has been designed according to job roles in association with industry partners and approved by Guru Nanak Dev University. These

skill-based courses are running under Skill India Mission. She informed that candidate of any age group with qualification of SSC II pass can join Diploma under community college at nominal fee structure of Rs. 1000/- per month. Students can also avail the opportunity to upgrade qualification by joining B.VOC. Second year after completion of diploma course. Students of previous batches shared their views and expressed that training was provided to them from experts of national repute as guest faculty and adjunct faculty.

HMV Shaping Career with Skill-Oriented Courses



Being a top-notch institute offering Skill courses under Kaushal Kendra, Hans Raj Mahila Maha Vidyalaya has envisioned that the future belongs to skilled workforce. **Three M.Voc Programmes** – Web Technology and Multimedia, Cosmetology and Wellness, Mental Health Counselling, Eight **B.Voc Programmes** – Banking and Financial Services, Web Technology and Multimedia, Cosmetology and Wellness, Fashion Technology, Journalism and Media, Mental Health Counselling, E-Commerce and Digital Marketing, Yoga and Fitness are running successfully. Principal Prof. Dr. (Mrs.) Ajay Sareen apprised that aspirants of any age group with 10+2 qualification can opt for any of B. Voc Courses. She further emphasized College has signed MOU with more than 100 Industry partners and 9

Sector Skill Councils. There is a provision of horizontal and vertical mobility in these courses with multiple entry and exit. After completion of one year-Diploma, Two Years-Advance Diploma and Three years Degree is awarded, Credits are properly stored in Academic Bank as per NEP-2020. Principal Dr. Ajay Sareen averred that hundred percent placement assistance is provided to the young learners at the verge of completion of their courses. Students of previous batches have already been placed very well.

Pre-Placement Talk Organized at HMV

The Placement Cell of Hans Raj Mahila Maha Vidyalaya, Jalandhar organised a pre-placement talk for the final year student of UG and PG under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Mr. Jagjit Bhatia, the Placement Officer welcomed the resource persons Mr. Lalit Ahluwalia Director Operations, Davesar Consultants, Mr. Sukhvir Grewal and Mr. Kanwarpreet Singh Sr. Managers. The seminar commenced with Mr. Lalit Ahluwalia giving the brief introduction of Davesar Consultants. Mr. Ahluwalia continued the



talk apprising the students of different ways to approach placement. The only crucial motive is to cover up the gap between the academics and job requirements. Mr. Jagjit Bhatia, incharge of Placement Cell, informed the students more about the company and also motivated the students to fill the google form. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Placement Office for this initiative. She said that it is our aim to provide placement to all the students. At the end of the talk, Mr. Jagjit Bhatia gave vote of thanks to all the resource persons, teachers, supporting staff and the audience.

Campus Placement Drive Organized at HMV



The Placement Cell of Hans Raj Mahila Maha Vidyalaya organized a Campus Pre-Placement Talk followed by Placement Drive by Bharti Consultants for the final year students of UG classes under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Ms. Shweta Kunwar (Coordinator & Line Manager), Ms. Priya Kumari (Coordinator & Line Manager), Ms. Pooja Miglani (HR Coordinator & Coordinator), Ms. Simranpreet Gill (HR Manger & Coordinator), Ms. Amisha Sidhu (HR & Admin Manager) were the resource persons of the event. The motto of the company is 'Right People at Right Places'. During the campus drive, final year students of various

streams participated. More than 35 students appeared for the Placement Drive. 20 Students were selected by the team. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the selected students. On this occasion, Mrs. Shefali Kashyap, Mrs. Navneeta, Mr. Parminder Singh and Mr. Ashish Chadha were also present.

Students of HMV Cleared CA Foundation Exam-Jan 2025



Students of Hans Raj Mahila Maha Vidyalaya contended the institution by clearing CA Foundation Exam January 2025. Principal Prof. Dr. (Mrs.) Ajay Sareen said that students of B. Com cleared CA exam and brought laurels to the institution. Km. Gursimar Kaur (265/400), Km. Karamjeet Kaur (246/400), Km. Jasmine (245/400), Km. Tamanna (237/400), Km. Saloni (234/400), Km. Amandeep Kaur (204/400), Km. Shreya (244/400) Km. Heena (219/400) and Km. Palak (207/400) cleared CA Foundation held in January 2025 in first attempt. Out of these three students had done coaching of CA Foundation Classes in the campus of HMV. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students and PG department of Commerce for this remarkable achievement and told that HMV is providing CA Foundation Coaching under HMV Competitive Examination Hub. On this occasion, Head of Department Mrs. Meenu Kohli; Mrs. Binoo Gupta, Incharge, HMV Competitive Examination Hub; Dr. Seema Khanna, Incharge, CA Foundation coaching classes; faculty CA Rashmi Kathpal were also the part of momentous occasion.

Campus Placement Drive Organized at HMV



The Placement Cell of Hans Raj Mahila Maha Vidyalaya organized a Campus Placement Drive by Akal Academy under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Mr. Sukhjinder Singh, Head of HR dept. Patiala, Ms. Pallavi Kapoor, Head English Dept. A.A. Bilga, Ms. Jasmeen Kaur, PGT Science A.A. Bilga, Mr. Amandeep Singh, PGT Maths A.A. Raipur Pir Bakshvala, Mrs. Inderanjan Kaur Facilitator and Mrs. Harpreet Mehta, Facilitator came for the interview. In-charge Placement Cell Mr. Jagjeet Bhatia, Coordinator of the event Mrs. Sangeeta Bhandari and Asstt. Coordinator Mr. Sumit Sharma welcomed the team and provided cooperation in conducting the recruitment. During the campus drive, final year students of PG in various streams participated. More than 20 students appeared for the Placement drive. Interview consisting of written test for PGT Biology, Economics, Chemistry, Physics, Accounts and English was held. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the selected students.

Punjabi Typing Course Concluded at HMV



Skill Courses Hub and Post Graduate Punjabi Department of Hans Raj Mahila Maha Vidyalaya, Jalandhar, organized a Short-Term Course in Punjabi Typing under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen and Head of Punjabi Department Dr. Navroop Kaur. The incharge of the course was Ms. Simranjeet Kaur, Asstt. Prof. in Punjabi. The duration of the course was 30 hours. The students participated in this course with full enthusiasm. A special syllabus was designed for this course and the students were given training about computer typing. Students were also told about the various career opportunities in Govt. Sector. They were given training of typing in Punjabi using English Keyboard. The students learnt about Grammatical Signs, Essay Writing and Letter Typing etc. The students were awarded with E-certificates after the completion of the course. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Skill Course Hub incharge Mrs. Binoo Gupta, Dr. Navroop Kaur and Ms. Simranjeet Kaur for successful completion of the course.

Placement Drive Organized at HMV



The Placement Cell of Hans Raj Mahila Maha Vidyalaya organized an in-campus Placement Drive for the final year students and Summer Internship Drive for second year students by Pisoft Informatics, Mohali under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The resource persons of the event, Mr. Harish Chawla Vice-president and MD of Pisoft and Mr. Nitin Sharma Business Development Manager Pisoft, were formally welcomed by Mr. Jagjit Bhatia with green planters. At the outset of the intership drive, Mr. Sumit Sharma

addressed the students, providing valuable insight into CV drafting. Subsequently, Mr. Harish Chawla took the stage and shared information about Pisoft Informatics and its work in emerging technologies such as AI, cloud computing, machine learning, etc. In the session, the students were asked to participate in an online quiz. Qualification in this quiz would proceed the students to the next stage of the internship selection process. The principal of the college Dr. (Mrs.) Ajay Sareen appreciated the efforts of the Placement Cell that provides an excellent opportunity to the students and congratulated the faculty and the students. On this occasion, Mr. Jagjit Bhatia, Incharge Placement Cell, Mr. Parminder Singh and Mr. Sumit Sharma were also present.

HMV Introduced M.Sc. (Zoology) from the Session 2025-26



Hans Raj Mahila Maha Vidyalaya, Jalandhar is introducing M.Sc. Zoology from the session 2025-26. Principal Prof. Dr. (Mrs.) Ajay Sareen said that the eligibility for M.Sc. Zoology is Graduation with Zoology/Life Sciences/Biology/Biotechnology. Head of Zoology Department Dr. Seema Marwaha said that career opportunities after M.Sc. Zoology are Research Scientist, Teaching, Zoological Survey and Wildlife Biologist, Fisheries officer, Ecologist, Environmental Consultant etc. HMV has best of Zoology Labs, Animal Museum, Library, Smart Classroom, Hostel, Wi-Fi enabled Campus. Dr. Sareen said that the interested candidates can contact College Admission Desk for further enquiries.

HMV Hostel Celebrated Dhiyan Di Lohri



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen Dhiyan Di Lohri was celebrated in Hostel of Hans Raj Mahila Maha Vidyalaya. Principal Dr. Sareen congratulated all the members of Hostel. She shared her views on the importance of Lohri Festival and said that this festival is deep rooted in our Folk Tales and Family Traditions. Our girls are not below boys in any field. That is why Dhiyan Di Lohri is being celebrated every year in HMV Hostel with full enthusiasm. She said that pious Agni of Lohri fill our life with jubilant moments and positivity. She congratulated Coordinator Resident Scholars Dr. Meenu Talwar and her team for wonderful programme. Dr. Meenu Talwar thanked Principal Dr. Sareen, who always motivates for celebrating all festivals. In the end, moongfali, Rewari and sweets were distributed among all the teaching, non-teaching staff members and students. On this occasion, Supdt. General Mrs. Seema K. Joshi and all the wardens were also present.

HMV Organized Night Sky Watch



Chandrayaan Vipnet club of PG department of Physics, Hans Raj Mahila Maha Vidyalaya, Jalandhar organized Night Sky Watch on 25th January, 2025 for the students to view the captivating display of planetary alignment. Dr. Saloni Sharma (H.O.D. Physics Dept.) apprised the students about the significant celestial event known as the Planet Parade occurring on 25th January, 2025, featuring the alignment of six major planets: Venus, Mars, Jupiter, Saturn, Uranus, and Neptune. High power telescope was set-up in the college lawn by Mr. Sushil Kumar to view this rare event. Respected Madam Principal along with faculty members of the college and students viewed the magnificent Jupiter along with its four moons, Saturn with its beautiful rings, the red planet-Mars and the

evening star-Venus with the telescope. Students explored planets patiently and everybody was seemed to be fascinated to see this magnificent spectacle. On this event, faculty, Dr. Simmi Garg, Ms. Harpreet, Dr. Gagandeep and Dr. Veena Arora were also present.

Spring of Knowledge: Basant Panchami Festival Celebrated at HMV



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, Music Vocal Department in collaboration with Student Council celebrated Basant Panchami festival. Dr. Navroop, Dean Youth Welfare, Dr. Prem Sagar, Head Music Department and Dr. Urvashi Mishra, Dean Student Council welcomed the Chief Guests Sh. S.S. Ajmal, Retired Chief Engineer Punjab State Electricity Board, Dr. Manjeet Singh, Former Program Executive All India Radio, S. Sukhdeep Singh, Director Anhad Studio, Sh. Gurdip, Flutist and Sh. Jagmohan, Tabla Artist. Saraswati Vandana was recited by the students of music department. To celebrate this auspicious day, Sh. Praduman recited a melodious Bhajan, Raag Hansdhwani and Shabad in Raag Basant recited by Dr. Prem Sagar, Raag Shudh Sarang played on Flute by Sh. Gurdip, Geet Lo phir Basant aayi was sung by Miss. Gunjan and Instrumental Departmental Students performed Lok Geet Guldasta. Principal Prof. Dr. (Mrs.) Ajay Sareen extended warmest greetings on Basant Panchami and said this vibrant festival, dedicated to the goddess Saraswati, marks the arrival of spring and symbolizes knowledge, wisdom, and enlightenment.

Cancer Awareness Campaign at HMV



Zoology Department under DBT Star Scheme organized an Awareness Campaign on 'World Cancer Day, under the able guidance of Principal Dr. (Mrs.) Ajay Sareen to educate students and faculty members about cancer prevention, early detection, and the importance of spreading awareness. The event featured poster-making, slogan writing competitions, and an online quiz. Additionally, to symbolize solidarity with cancer fighters and survivors, badges with different coloured ribbons representing various types of cancer were distributed among the students and faculty members. Participants showcased their creativity and knowledge, emphasizing the importance of early diagnosis, lifestyle changes, and cancer awareness through visually appealing posters and impactful slogans. Principal Dr. (Mrs.) Ajay Sareen appreciated the initiative and encouraged the students to actively participate in such awareness programs. Dr. Seema Marwaha, Dean Academics and Head of Zoology Department congratulated the students for their efforts in contributing to global cancer awareness, reinforcing the World Cancer Day-2025 theme "United by Unique".

HMV Organized Eye Checkup Camp



The Red Cross Society and Red Ribbon Club of Hans Raj Mahila Maha Vidyalaya organized an Eye Checkup Camp in collaboration with Arora Eye Hospital and Ratina Centre, Resight Vision Foundation and District Administration under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Dr. Sapna Thakur and Sh. Naresh Kumar Sethi from Arora Eye Hospital were present there as Chief Guest. As per the tradition of HMV, they were welcomed with green planters. Principal Dr. Sareen appreciated the efforts of Advisor Red Cross Society Mrs. Deepshikha, Incharge Mrs. Pawan Kumari and Incharge Red Ribbon Club Dr. Deepali. She said that health checkups should be done regularly so that people remain conscious towards their health. Eye Check was done for students and faculty. Resource Persons also displayed vision charts in the campus and encouraged the students and faculty for self-eye checkup. On this occasion, Medical Officer of the college Dr. Jasbir Kaur was also present.

Cast of "Hoshiar Singh" Visited HMV



Satinder Sartaj and Simmi Chahal, the leading stars of 'Hoshiar Singh' film enthralled the audience at Hans Raj Mahila Maha Vidyalaya with their visit to the institution for the promotion of their latest film. The renowned singer Sartaj also song his timeless melodies. Simmi Chahal, the heroine of the film invited Principal Prof. Dr. (Mrs.) Ajay Sareen and the staff and students to watch "Hoshiar Singh". Dean Youth Welfare

Dr. Navroop appreciated Sartaj for his contribution to Punjabi music and film industry. The students enjoyed the performances and assured their support for the upcoming film "Hoshiar Singh". Actors Parkash Gadhu and Seema Kaushal also accompanied the team. The team managers and media advisors were also there. As per tradition of HMV, Dean Youth Welfare Dr. Navroop presented the team with Phulkari. The stage was conducted by Mrs. Kuljit Kaur. All the members of teaching and non-teaching staff were present.

Fiesta – The Trade Fair-2025 Celebrated at HMV



Speckled with the colours of a variety of stalls and the vibrant garbs of the students, the much-awaited Annual Fiesta – The Trade Fair 2025 was organized at Hans Raj Mahila Maha Vidyalaya, Jalandhar under the inspiring guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The chief guest of the inauguration of the event was Sh. Vivek Modi, IAS SDM, Adampur. Principal Prof. Dr. (Mrs.) Ajay Sareen cordially welcomed him along with Justice (Retd.)

N. K. Sud, Vice-President DAVCMC & Chairman Local Advisory Committee by presenting planters. Esteemed members of the Local Advisory Committee Sh. Kundan Lal Aggarwal & Sh. S.P. Sehdev were welcomed with green planters. The chief guest Sh. Vivek Modi, IAS gave his blessings to the students saying that such events are an integral part of education and enhance many skills of the students. The gratified host Dr. Ajay Sareen formally extended a warm welcome to the respected guests of the day and prayed to the Almighty to keep its blessed hand on the institution. The main attractions of the fair were skill & knowledge point, apparel spot, jewelry joint, handicraft haat, nail art stall, selfie corner, tambola, health care, beauty salons, immigration services, tarot card reading, etc. A Fashion Show was also organized on the occasion. Adding to the grandeur of the show was the presence of eminent singer Fatehveer Singh. He enthralled the audience by his songs. In the evening session, the chief guest Sh. Vaneet Dhir, Mayor, Municipal Corporation Jalandhar, Sh. Surendra Seth & Sh. Irwin Khanna, Member Local Advisory Committee graced the occasion. Dr. Sangeeta Arora, overall incharge & Dr. Veena Arora, Co-Incharge, Trade Fair Incharge Mrs. Meenu Kohli thanked the guests and staff members for the successful conduct of the event. The stage was conducted by Dr. Anjana Bhatia, Dr. Ramnita Saini Sharda, Mrs. Binoo Gupta and Mrs. Kuljit Kaur. On this occasion, all the members of teaching and non-teaching staff were present.

HMV Hosts Mega Award Ceremony ‘Rebooting Punjab – Nav Sirjana’



Under the esteemed guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, Hans Raj Mahila Maha Vidyalaya, in collaboration with Punjab Arts Council, Chandigarh, successfully hosted the grand award ceremony ‘Rebooting Punjab – Nav Sirjana.’ The event was dedicated to the legacy of Mahinder Singh Randhawa, Dr. Surjit Patar, and imparting the mother tongue. The prestigious occasion was graced by the presence of Deputy Commissioner, Jalandhar, Dr. Himanshu Aggarwal (IAS), as the Chief Guest. Justice (Retd.) Sh. N.K. Sud, Chairman, Local Advisory Committee and Smt. Bhupinder Kaur Patar were the esteemed Guests of Honour. Mr. Sawaranjeet Singh Savi,

Dr. Yograj Singh, Mr. Ashwini Chaitley and Mr. Amarjit Singh Grewal also formed a part of the honourable panel. In his presiding address, Dr. Himanshu Aggarwal detailed upon his love for the Punjabi Language calling it a sweet language, perfect for the execution of tasks. Principal Dr. Sareen expressed her gratitude to all dignitaries, guests, and participants for making the event a grand success. Mr. Swaranjeet Singh Savi, Chairman, Punjab Arts Council, delivered the welcome address, highlighting the cultural and artistic significance of the event. Mr. Amarjeet Singh Grewal elaborated on the concept of 'Punjab Nav Sirjana,' underscoring the need to rejuvenate and celebrate Punjab's artistic and literary heritage. Justice (Retd.) Sh. N.K. Sud presented his best wishes for promoting the mother tongue and asked the students to take interest in literature. The vote of thanks was presented by Dr. Yograj Angrish. Stage was hosted by Dr. Anjana Bhatia, Dr. Navroop and Mrs. Kuljit Kaur.

Farewell Party 'Jashan - e- Parwaaz' Organized at HMV



Farewell Party 'Jashan-e-Parwaaz 2025' was organized in the premises of HMV Collegiate Senior Secondary School for the outgoing students under the encouraging guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The event was a fiesta devoted to the years spent together with friends and teachers and to reminisce joyous moments. Function was started with lamp lighting followed by DAV Gaan. On this occasion, Principal Prof. Dr. (Mrs.) Ajay Sareen was welcomed by Dr. Seema Marwaha, School Coordinator and Dean Academics, Mrs. Arvinder Kaur Beri, School Co – Coordinator, Mrs. Renu Walia and Mrs. Anuradha Thakur (Co- Incharges of the event) by giving planters. In her address, Principal Dr. (Mrs.) Ajay Sareen showered her blessings and expressed her strong belief that girls of this pioneer Institute will be the ambassador of the values and ethics they have learnt from the Institute. The juniors enthralled the gathering and added colours to the vibrant occasion. In modelling, students were given different titles: Hargun kaur Miss Farewell, Ishita 1st Runner-up, Ashmeet Kaur 2nd Runner-up, Miss Artsy Queen - Prateeksha Miss Biz Girl- Lakshita Den, Miss Tech Fairy- Ritu. On this occasion, Mrs. Renu Walia while presenting the vote of thanks, thanked all the members wholeheartedly and said that these types of events give confidence and help in intellectual development of the students, which is very necessary in today's modern and competitive world. The stage was successfully conducted by Ms. Rashmi Sethi and the students km. Sakshi Vaid, Km Dilpreet kaur, km. Ridham and km. Further. On this occasion the teachers of college and school section were present.

Raunak-e-Aamad -2025 for Humanities and Skilled Courses Organized at HMV



Filling the atmosphere with verve and vibes and students flaunting best of their attires, Freshers' Party 'Raunak-e-Aamad-2025' was organized under the guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen for all the UG first year and PG first year students of Humanities and Skilled Courses in the premises of Hans Raj Mahila Maha Vidyalaya, Jalandhar. Mrs. Satinder, organizer of the event, welcomed Senior most faculty member and Dean Youth Welfare Dr. Navroop, Staff and students. Principal Prof. Dr. (Mrs.) Ajay Sareen gave best wishes to the new students. She stated that HMV aims to make its students globally competent, empowered and good humans by leading them towards excellence in academics as well as inculcating values and ethics in them. The event was marked with modeling, singing, traditional dance and Punjabi Bhangra. Ms. Rashmi Sethi, Mrs. Renu, Ms. Arvinder Kaur and Mrs. Anuradha acted the judges for the event. In the modeling contest of UG Classes, Ms Pahul Jabal was declared Ms. HMV while Ms. Sukhmanpreet and Ms Maan were given the title of first and second runner up in UG modeling respectively. Ms. Nikita Kaura was declared as the Ms. HMV in modeling competition from PG Classes, while Ms Simrandeep and Ms. Srishti Behl bagged the position of first and second runner up in PG modeling. Ms. Devanshi was given the title of Woman of Letters, Ms. Jasvir was declared Ms. Ethnic and Ms. Usha as Ms. Cheerful. The stage was conducted by students of Student Council under the guidance of Mrs. Loveleen Kaur, Mrs. Protima Mander and Dr. Mandeep Kaur. Dr. Baljinder Singh delivered a vote of thanks to all at the end of the event.

Raunak-e-Aamad -2025 for Commerce, Science and Computer Sci. Organized at HMV



A Fresher Party 'Raunak-e-Aamad - 2025' was organized for all the UG, PG and Diploma 1st year students of Commerce, Science and Computer Science at Hans Raj Mahila Maha Vidyalaya Jalandhar. The overall incharges

of the event were Dr. Ravinder Mohan Jindal, Dr. Jatinder Kumar & Dr. Jaspreet Kaur. The chief guest of the event Principal Prof. Dr. (Mrs.) Ajay Sareen was welcomed with green planter by Dr. Seema Marwaha, Dean Academics, Dr. Urvashi Mishra, Dean Student Council and the incharges of the event. Principal Dr. Ajay Sareen, in her address, welcomed and blessed the rookie students. She motivated the students to study hard as per the standards of HMV, an Institution with A++ grade. Students organized cultural events and made the environment enthusiastic and full of zest. Young girls participated in modeling, song singing, traditional dance, Punjabi Bhangra, guitars and catwalk during the modelling rounds. Dr. Meenu Talwar, Mrs. Upma Gupta, Ms. Sukriti Sharma and Ms. Vandana Sethi acted the role of judges for the eve. In the field of modeling contest of UG Classes, Ms Kamalpreet Kaur was declared Ms. HMV while Ms. Muskan and Konika were given the title of first and second runner up in UG modeling respectively. On the other hand, Ms. Jaspreet was declared as the Ms. HMV in modeling competition from PG Classes, while Lovepreet and Kriti bagged the position of first and second runner up in PG modeling respectively. Additionally, Ms. Sneha was given the title of Ms. Technophile, Ms. Arman was declared Ms. Magnet and Ms. Harshita as Ms. Inventor. Ms. Ritika was declared as Ms. Charming, Ms. Anamika as Ms. Glam, and Ms. Muskan as Ms. Elegant. Principal Dr. Ajay Sareen and the organizers congratulated and crowned the winners.

Rang De Prakriti: A Vibrant Celebration of Nature at HMV



Under the able guidance of Principal Prof. Dr. Ajay Sareen, the Eco Club and D.D. Pant Botanical Society of the PG Department of Botany at Hans Raj Mahila Maha Vidyalaya, Jalandhar, organized a vibrant Plant Diversity Fest at the Science Lawns. The event was held under the aegis of PSCST, the College Development Council, GNDU and the Ministry of Environment and Forest, Government of India. Principal Dr. Ajay Sareen lauded the Botany Department for fostering a love for nature and sustainability through such innovative initiatives. Dr. Anjana Bhatia, Head of the Department, highlighted how the event encouraged young minds to appreciate plant diversity and embrace eco-friendly practices. Dr. Ramandeep, Incharge of D.D. Pant Botanical Society, Dr. Shaveta, Ms. Harpreet, and Dr. Shuchi emphasized the importance of nature and plants in our daily lives. The event was graced by the presence of Chief Guest Dr. Neelima Jerath, Dr. Meena Sethi from Kapurthala, who served as the judge. Other dignitaries included Dr. Seema Marwaha, Dean Academics, Mrs. Deepshikha, Incharge Science, Dr. Jatinder, Dr. Harpreet Singh, Mrs. Purnima, Mr. Sumit, Mr. Rajinder and Mr. Pawan, who applauded the initiative and encouraged students to continue their efforts in environmental conservation.

HMV Celebrated Organic Holi



Environment Club and Zoology Department of Hans Raj Mahila Maha Vidyalaya, Jalandhar under DBT Star Scheme and under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen celebrated 'Organic Holi' to promote sustainable and safe festivities. The event aimed to encourage the use of natural colours while spreading awareness about the harmful effects of synthetic colours on health and the environment. Participants showcased their creativity by preparing organic colours using natural ingredients like turmeric, beetroot, spinach, and flowers. The competition emphasized the benefits of using eco-friendly colours that are safe for the skin and biodegradable. Prof. Dr. (Mrs.) Ajay Sareen commended the Zoology Department and the Environment Club for their thoughtful initiative, applauding the students for their dedication to promoting the use of eco-friendly, herbal, and skin-safe colors as an alternative to harmful chemical-based ones. Dr. Seema Marwaha, HOD and Dean Academics, encouraged students to raise awareness among their family and friends about the health and environmental risks associated with artificial colouring products. The winners were awarded with prizes and e-certificates were provided to all the participants.

Health Checkup Camp Organized at HMV



Zoology Department in collaboration with Synergy Pathology Lab., under DBT Star Scheme organized 'Health Checkup Camp' under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen aiming to promote health awareness and early detection of potential health issues. A team of Lab. Staff members from Synergy Pathology Lab. conducted various essential health tests including physical examination, blood group determination, blood pressure and hemoglobin (Hb) estimation, blood sugar level testing, and other basic diagnostic tests. Dr. Karishma Goyal, MD Pathology accompanied the team and provided expert counselling on healthy lifestyle choices, disease prevention, and general well-being. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of Zoology Department and wished good Health and Happiness to all. Dean Academics and Head of Zoology Department, Dr. Seema Marwaha extended gratitude to Dr. Deeksha Chaudhary, Director Synergy Pathology Lab. and the staff members for their invaluable support in making this event successful.

Anti-Drugs Awareness Rally Organized by HMV



Unnat Bharat Abhiyan Cell and Red Ribbon Club of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized anti-drugs awareness rally in Dhaliwal village under the able guidance of Principal, Prof. (Dr.) Mrs. Ajay Sareen. The event aimed to inform and raise awareness among people of village about the dangers of drug abuse, its effects on individuals and society, and the significance of maintaining a healthy lifestyle. Dr. Minakshi Duggal Mehta, Incharge Unnat Bharat Abhiyan and Dr. Deepali, Incharge, Red Ribbon Club addressed the villagers and explained the harmful effects of consuming drugs not only for a person but for the entire community. They urged the young individuals to stay away from such harmful substances. The students participated enthusiastically in the rally and spread the message through various posters and charts of 'Say No to Drugs, Say Yes to Life'. The initiative was widely praised by local residents. The event ended with a vote of thanks to Mr. Mandeep Singh, Sarpanch of the village and Dr. Anjana Bhatia, Member Unnat Bharat Abhiyan for their cooperation and support. Principal, Prof. (Dr.) Mrs. Ajay Sareen appreciated the efforts of team members and encouraged to organize more such events in future also.

Farewell Party "Launching stars into the Sky" 2025 for Humanities, Science and Skill Students Organized in HMV



The Farewell Party “Launching Stars into the Sky”-2025 for Humanities, Science and Skill students was organized in the premises of Hans Raj Mahila Maha Vidyalaya, Jalandhar. Principal Prof. Dr. (Mrs.) Ajay Sareen was the Chief guest for the occasion. Mr. Sumit Sharma, Mr. Neeraj Aggarwal and Dr. Sahilender Kumar were the incharges for the event. In her inspiring message, Principal Dr. Sareen, described the students as "stars ready to launch into the sky by HMV", symbolizing their readiness to shine brightly in the world with the values, knowledge, and experiences nurtured during their time at the college. From undergraduate classes, Ms. Kanupriya Sharma was selected as the Ms. Fresher of HMV 2025 While Kriti Atwal and Shushila Kumari got the title of First and Second runner up respectively. In Addition to this, Ms. Himanshi, Lakshita, and Akriti were given the title of Ms. Innovator, Ms. Creative and Women of Letters respectively. From PG Classes, Mandeep Kaur was chosen as the Ms. Farewell of HMV 2025, while Ms. Ekta and Ms. Jaspreet Kaur were given the title of First and Second runner up of Ms. Farewell respectively. Moreover, Manpreet Kaur and Ms. Komal were given the title of Ms. Charming, and Ms. Glem respectively. The stage for the event was conducted by Mrs. Protima Mander, Mrs. Loveleen Kaur and by the students of the student council. The event was concluded with a formal vote of thanks delivered by Mr. Shalinder Kumar.

Farewell Party “Launching stars into the Sky” 2025 for Computer Science and Commerce Students Organized at HMV



Hans Raj Mahila Maha Vidyalaya, Jalandhar organized a nostalgic Farewell Party ‘Launching Stars into the Sky’ 2025, for the final year students of Computer Science and Commerce. The occasion was conducted successfully under the direction and leadership of dexterous Principal Prof. Dr. (Mrs.) Ajay Sareen. The overall incharges of the event were Mr. Gurmeet Singh, Mr. Pradeep Mehta and Mrs. Shefali Kashyap. The chief guests of the occasion were Dean Youth Welfare Dr. Navroop and Dean Academics Dr. Seema Marwaha. In her message, Principal Dr. Sareen blessed all the students present over there and wished for their successful career ahead. Among the students of Undergraduate classes, Ms. Nitika was given the title of Ms. Farewell, while Ms. Kamalpreet Kaur and Ms. Gurleen Kaur were awarded with first and second runner up respectively. In addition, Ms. Jiya was awarded with the title of Ms. Technophile, while Ms. Janhvi was awarded with Ms. Magnate. Among the students of Postgraduate classes, Ms. Diksha was entitled with Ms. Farewell, while Ashveen Kaur and Palak became successful for attaining the position of first and second runner up respectively. In addition, Ms. Prabjot Kaur was given the title of Ms. Tech Fairy, while Ms. Jasjit Kaur was awarded the title of Ms. Biz Girl.

Punarmilan (Alumnae Meet) – 2025 at HMV



HMV Alumnae Welfare Association (Regd.) of Hans Raj Mahila Maha Vidyalaya organized Alumnae Meet 'Punarmilan 2025' in its campus to reconnect with alumnae and celebrate their achievements under the phenomenal leadership of Principal Prof. Dr. (Mrs) Ajay Sareen. Mrs. Kiranpreet Kaur Dhani, President of HMV Alumnae Welfare & Mrs. Sarojini Gautam Sharda were welcomed with a green planter by Mrs. Binoo Gupta, Mrs. Savita Mahendru and Dr Kajal Puri. The Chief Guest Dr. Seema

Marwaha, Dean Academics was welcomed by the Advisor, President and Vice President of HMV Alumnae Welfare. The retired teachers and proud of HMV – Dr. Bharti Gaur, Mrs. Susan, Dr. Meenakshi Sayal, Dr. Rama Chaudhary, Dr. Kulwinderjit Kaur were heartily welcomed with green planters. The Advisor of the association, Mrs. Binoo Gupta presented formal welcome to all the proud alumnae in their own vibrant institution. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the daughters of the college to their own Alma Matar and along with them HMV is creating its history of entering into its 99th years. Dr. Rashmi Khurana, Patron HMV Alumnae Welfare Association appreciated the laborious efforts of HMV to recollect alumnae in their own institution and offer them an opportunity to cherish those loving memories of college. Further, Participants were honored with different titles - HMV GOLDEN ALUMNAE Mrs. Gurwinder Kaur, HMV GRACEFUL ALUMNAE Mrs. Sarojini, HMV CONFIDENT ALUMNAE Dr kulwinder Kaur, HMV COLORFUL ALUMNAE Dr Rama Chaudhary. The titles HMV Alumnae Graceful was given to Ms. Sukriti Sharma, HMV Alumnae Charming Ms Amrita, HMV Alumnae Elegant Ms Prabhsimran, HMV Alumnae Rainbow Mrs Deepika Dua, & Alumnae 2025 title was given to Ms. Gulshan Wadhwa. Ms. Meenakshi was honored with the punctuality Award. Treasurer and incharge of the event Mrs. Kajal Puri presented vote of thanks and expressed her gratitude towards the DAV Managing Committee, Principal Prof. Dr. (Mrs.) Ajay Sareen and all the team members.

Diamond Night-2025 Organized at HMV



Hans Raj Mahila Maha Vidyalaya organized Diamond Night-2025 “Launching Stars in the Sky” for resident scholars under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Principal Dr. Ajay Sareen welcomed with green planter by Hostel Coordinator Dr. Meenu Talwar. The programme was started with lighting of the lamp and DAV Gaan was recited. The resident scholars presented the cultural heritage of their respective states which included Haryanvi Dance, Dance from Uttrakhand, Bihar, Himachal and various other forms. The students of final year performed modeling on stage. BPES student Ms. Mehak Minhas was given the title of Ms. Farewell, Ms. Arpan from M.A. Pol. Sci was given the title of 1st runner up and Ms. Sushma from B.A. was adjudged as second runner up. Ms. Charming title was given to Ms. Kanima from B.A. Principal Dr. Ajay Sareen encouraged the students for achieving greater heights in life. She motivated them to always respect their parents and teachers. Hostel Coordinator Dr. Meenu delivered a vote of thanks at the end.

Co-curricular Activities

HMV Organized an Informative Visit to Machinex – 2025



The Multimedia Club of the PG Department of Multimedia organized an insightful visit to Machinex – 2025, providing an exceptional learning opportunity for students of B. Design (Multimedia), B. Vocational, and M. Vocational (Web Tech. & Multimedia). The visit allowed students to explore the latest advancements in 3D printing and related technologies, offering them a glimpse into the future of digital fabrication. During the visit, students participated in a hands-on session, where they witnessed the intricacies of impression and laser printing on various materials like pens, book covers, and metals. Principal, Prof. Dr. (Mrs.) Ajay Sareen expressed her appreciation for the department's continuous efforts to bridge the gap between academic learning and industry practices. Mr. Ashish Chadha, Head of the department, accompanied the students to the exhibition, ensuring they got the most out of the experience.

HMV Organized a Trip to Manali



Hans Raj Mahila Maha Vidyalaya, organized a 4 days trip to Manali under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. On this tour, Incharge Tour & Excursion Committee Dr. Veena Arora, Mrs. Mukti Arora, Dr. Baljinder Singh and Ms. Sonali Beri also accompanied the students. 92 Students enjoyed the serene beauty of mountains, snowfall and various other activities. During the excursion, the students visited Solang Valley, Hidimba Temple and Buddhist Monastery. They also did shop from Mall Road Market. They also enjoyed a lot during DJ Night. The students made memories during this visit. Principal Prof. Dr. (Mrs.) Ajay Sareen said that the memories of this visit will remain in their hearts forever.

Commerce Elite Organized Successfully at HMV



Commerce Club of PG Department of Commerce and Management of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized "COMMERCE ELITE-2025" an Inter - class competition under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Principal Prof. Dr. (Mrs.) Ajay Sareen graced the occasion as the chief guest along

with special guests Dr. Malthi and Dr. Smitha from NASC Coimbatore, Tamil Nadu. Other dignitaries included Dr. Navroop (Senior Faculty and Dean Youth Welfare), Mrs. Kuljit Kaur (Dean Holistics), Dr. Ramnita Saini Sharda, Dr. Rama Sharma (Judge), Mrs. Upma Gupta (Judge), Ms. Sukriti Sharma (Judge). Green Planters were presented to them as the symbol of Prosperity and happiness by Principal Prof. Dr. (Mrs.) Ajay Sareen, Mrs. Meenu Kohli (HOD) and Mrs. Binoo Gupta (Incharge, Commerce Club and Co-Ordinator of the event). Mrs. Meenu Kohli (HOD) addressed that we focused on holistic development of students through workshops, seminars, curricular and co-curricular activities. Mrs. Binoo Gupta (Coordinator, Commerce Elite 2025) formally welcomed the guests and the participants; and told that Commerce Elite is organized to mould the character, shape the career, perfect the behavior and excel in educating the younger generations of today for tomorrow. Various teams showcased their talent in storytelling, choreography and ad mad show. The Storytelling Competition was judged by Mrs. Meenu Kohli, Dr. Seema Khanna and Mrs. Preeti; Manya Taneja (B.com Sem 2 K1) won First Prize, Harsamriti (B.com Sem 6 K1) won Second Prize, consolation prize won by Gautmi (B.com Sem 6 K1) and Ashu (B.com Sem 2 K1). Mrs. Meenu Kundra and Dr. Jaspreet Kaur judged the PowerPoint Presentations; Khushi Sandhu (B.com Sem 2 K1) won First Prize, Tanisha Sachdeva (B. Com Sem 4 K1) won Second Prize, consolation prize won by Sukhmanpreet Kaur (B.com Sem 2 K1). The AD Selfie Competition was judged by Dr. Kajal Puri, Mrs. Savita Mahendru and Mrs. Kanika Sharma; Sakshi Vaid (B.com Sem 6 K2) won First Prize, Ashu (B.com Sem 2 K1) won Second Prize. The AD Mad show was judged by Dr. Rama Sharma, Mrs. Shefali Kashyap, Mrs. Upma Gupta and Ms. Sukriti; Team Day TM students of (BBA Sem 2) won First Prize, Team Chingari perfume (B.com Sem 4 K1) won Second Prize and third prize won by Team Kitchen Queen Masala (B.com Sem 4 K2). The judges of Poster Making were Dr. Minakshi Duggal Mehta and Ms. Sukriti; Sonakshi (+2 commerce) won first prize and Palak (+1 commerce) won second prize. On this occasion Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated all for the successful organization of such a grand event flawlessly and gave blessings with best wishes to organize such kind of events in future for the holistic development of students.

Inter-Class Declamation Competition organized at HMV



The Budding Brontes Society of Post Graduate English Department of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized an Inter-Class Declamation Competition under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Students from various streams and classes enthusiastically participated in this competition. The topics covered in the competition were Women's Leadership & Political Participation, Ethics of Artificial

Intelligence, and Strong Convictions Precede Great Actions. Around 30 students participated in this competition. The students displayed their creative abilities. The judges were Mrs. Ritu Bajaj, Mrs. Lovleen Kaur and Ms. Muskan. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the department for organizing the event. The participants were evaluated on their voice modulation, pronunciation & ability to engage the audience. Jahnvi (BA-4) got first position, Simranjit (BA sem-2) got second position & Srishti Sharma (B. Com Sem 4) got third position. Manpreet Kaur (BCA Sem -2) & S. Lokeswari (B.A. Sem-2) got the consolation prizes. E-certificates were awarded to the winners. The in-charge of The Budding Brontes Society, Mr. Parminder Singh congratulated the winners. On this occasion, Mr. Neeraj Aggarwal and Mrs. Jyoti Sharma were also present.

Inter College Competition 'HMV Utsav' Organized at HMV



An Inter-College Competition 'HMV Utsav' Organized at Hans Raj Mahila Maha Vidyalaya, Jalandhar under the able guidance of Principal Prof. (Dr.) Mrs. Ajay Sareen. Principal Dr. Ajay Sareen commended the diligent efforts of the organizing committee, led by the convener of the event Dr. Harpreet Singh, and co-convener Dr. Kajal Puri & Dr. Saloni Sharma under the directions of the patron Dr.

Seema Marwaha, Dean Academics and the advisor Dr. Sangeeta Arora, Dean Curriculum. A panel of esteemed judges presided over the competitions which were included Dr. Ramnita Saini Sharda, Mrs. Ritu Bajaj, Dr. Sangeeta Arora, Mrs. Binoo Gupta, Dr. Navroop Kaur and Dr. Shailendra Kumar. In Debate Competition, Ms. Muskan Kalia and Ms. Harmanpreet Kaur of PCM SD College for Woman, Jalandhar won first prize, Ms. Dilpreet and Ms. Pahul of HMV Jalandhar won second prize, Ms. Kaashika and Ms. Sirsa of LKC Jalandhar won third prize. In Poster Presentation, Ms. Manmeet Kaur of PCM SD College Jalandhar won first prize, Ms. Vanshika of Apeejay Institute of Management & Technology Jalandhar won second prize, and Mr. Manmeet Singh of Doaba College Jalandhar won third prize. In Idea Pitching Competition, Ms. Himanshi and Ms. Urvi Chauhan of PCM SD College Jalandhar won first prize, Mr. Sukhant and Mr. Shubham of GNA University Phagwara won second prize, Mr. Chetan and Mr. Krishna Sharma of GNDU College Ladowali Road Jalandhar won third prize. In On-the-Spot Writing, Ms. Naaz of Hindu Kanya College Kapurthala won first prize, Ms. Rohini of HMV won second prize, and Mr. Sahil of DAV Institute of Physiotherapy & Rehabilitation Jalandhar won third prize. The Overall Trophy was lifted by PCM SD College Jalandhar. Dr. Saloni Sharma expressed the vote of thanks. During Valedictory function, the stage was gracefully conducted by Dr. Anjana Bhatia.

Foundation Fortnight Celebrations “AANANDOTSAV@HMV”



Hans Raj Mahila Maha Vidyalaya commenced its grand Foundation Fortnight Celebrations during the morning assembly, under the heartfelt theme Aanandotsav@HMV – Joy of Giving. This initiative was held in collaboration with the National Edu. Trust of India as part of their Joy of ‘Happiness Week.’ Led by the enthusiastic Student Council, the celebrations were focused on spreading the spirit of sharing, caring, and compassion, reflecting the core ethos of HMV. On this momentous occasion, Principal Prof. Dr. Ajay Sareen remarked: “Foundation Fortnight is not just a

tribute to our glorious legacy, but a celebration of the values we continue to uphold. The inaugural event was graced by Dr. Navroop, Senior Most Faculty Member; Dr. Anjana Bhatia, Dean Innovation and Research; IQAC Coordinator Dr. Ashmeen; Dr. Urvashi; Dr. Seema Marwaha; Dr. Veena Arora; Dr. Saloni, along with all faculty incharges, who inspired and motivated the students through their presence and support. Principal Dr. Ajay Sareen congratulated DAVCMC President Padamshree Dr. Punam Suri, Director Higher Education Sh. Shiv Raman Gaur, LAC Chairman Justice (Retd.) N.K. Sud, teaching and non-teaching staff members on this occasion of Foundation Day Fortnight Celebrations.

HMV Organized Educational Trip to Punjab Agricultural University, Ludhiana



Department of Zoology under DBT Star Scheme organized education trip of students to College of Fisheries and Centre for One Health at GADVASU, Punjab Agricultural University, Ludhiana, under the inspiring guidance of Principal, Prof. (Dr.) Mrs. Ajay Sareen. The visit aimed to provide students with practical exposure to fisheries science, aquaculture practices, and interdisciplinary approaches to human, animal, and environmental health. The head of the Zoology Department, Dr. Seema Marwaha, encouraged the students to participate enthusiastically in the visit and gave them instructions on how to write a project report about it. The visit

commenced with an introductory session by Dr. S.N. Datta, Associate Professor, about the College of Fisheries, highlighting its contributions to aquaculture, fish breeding, and aquatic resource management. Dr. Simranpreet Kaur, Associate Professor, explained the transmission of zoonotic diseases and preventive measures along with the importance of safe handling and processing of animal-derived food products. Around 45 students accompanied by Dr. Sakshi Verma and Mr. Ravi Kumar assistant professors, Zoology Department and Mr. Sachin, Supporting staff member actively interacted with experts and gained insights into ongoing research and development in the field of fisheries sciences and the significance of the One Health approach.

HMV Organized Educational Trip to IIT Ropar



One day educational trip was organized by the PG Department of Mathematics for the students of B. A/B.Sc. and M.Sc. (Mathematics) to visit the IIT, Ropar under DBT star scheme of colleges. The contingent of 52 students was led by two faculty members Dr. Gagandeep and Dr. Deepali. It was a trip where students got the opportunity to learn in an educative and conducive environment. Firstly, they visited the Central Library at IIT, Ropar. Students visited journal section which was containing different and latest journals and magazines. Students also got the opportunity to interact Associate Prof. Dr. Jitendra Kumar, Head of Mathematics department and collected information

according to their relevant field of interest from sir. They also visited Mathematics department. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the department for the successful visit and said that the studies done outside the classroom are a life time experience and it has become a necessity of present time.

Awareness Regarding HIV AIDS and Female Hygiene by HMV

Unnat Bharat Abhiyan Cell and Red Ribbon Club of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized awareness programme regarding HIV AIDS and maintaining female hygiene in Dhaliwal village under the able guidance of Principal, Prof. (Dr.) Mrs. Ajay Sareen. Dr. Deepali, incharge, Red Ribbon Club along with the volunteer, Jagjot Kaur of B. Com Sem IV explained to the villagers that HIV is not a communicable disease and made them aware about the causes and precautions to avoid this problem. They also highlighted misconceptions about the spread of HIV AIDS. Dr. Minakshi Duggal Mehta, incharge, Unnat Bharat Abhiyan Cell highlighted the importance of hygiene and stressed on the use of pads instead of old and used clothes to avoid infection. The team members distributed pads to the females of the village. The event ended with a vote of thanks to Mr. Mandeep Singh, Sarpanch of the village and Dr. Anjana Bhatia, Member Unnat Bharat Abhiyan Cell for their cooperation and support. Principal, Prof. (Dr.) Mrs. Ajay Sareen appreciated the efforts of team members and encouraged to organize more such events in future also.



HMV Organized an Educational Visit to IISER, Mohali



PG Department of Bio-informatics, Biotechnology, Physics and Chemistry of Hans Raj Mahila Maha Vidyalaya organized an educational visit to IISER, Mohali, under the able guidance of Principal Dr. (Mrs.) Ajay Sareen. This visit has been planned to impact practical exposure of various scientific instruments and strategies to the science students under the aegis of the DBT Star College Scheme of the Department of Biotechnology, Ministry of Science & Technology. Dr. Harpreet Singh Head PG Department of Bioinformatics, Ms. Hemlata Assistant Professor in Chemistry and Ms. Tanuja, Assistant Professor in Physics accompanied a group of 44 students to IISER Mohali. The visit aimed to familiarize students with the research facilities at IISER, Mohali and to inspire students through interaction with faculty and researchers to know about various research projects being carried out at IISER. The visit increased the awareness in students about various scientific discipline and their applications. The entire group extended heartfelt thanks to the Director Prof. Anil Kumar Tripathi, Dean Internationals and Outreach Prof. Amit Kulshrestha for giving them this unique opportunity and their hospitality. Special thanks were also extended to Ms. Bharati from the outreach team, IISER Mohali for her guidance in planning and conduction of this educational visit.

Nature Camp and Scientific Discovery: An Experiential Study Tour by HMV Under EEP



Under the Environment Education Programme (EEP) initiated by the Ministry of Environment, Forest and Climate Change (MoEFCC), Government of India, with the support of Punjab State Council for Science and Technology and Dean, CDC, GNDU, a two-day educational field study trip was organized by Hans Raj Mahila Maha Vidyalaya, Jalandhar. Students from M.Sc. (Botany), B.Sc. (Medical), and B.Sc. (Biotechnology) participated enthusiastically in the nature camp held at

MacLeod Ganj and Palampur. On the first day, students explored the Bodh Temple and Chamunda Devi Temple and undertook a nature trek to the Bhagsu Nath Waterfall. During this biodiversity trail, they collected and studied various rare plant specimens, including Bryophytes, Pteridophytes, and Ferns. They successfully identified significant Himalayan flora such as Cedrus deodara, Pinus Roxburghe, and Rhododendron arboreum. At CSIR–Institute of Himalayan Bioresource Technology (IHBT), Palampur, they observed a vibrant display of tulip varieties and attended live demonstrations on Heeng (asafoetida) cultivation, plant tissue culture, aquaponics, hydroponics, and the Zebrafish research facility. The trip was organized under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, who emphasized that such experiential learning trips offer a blend of education, nature study, and lifelong memories. She congratulated the faculty and appreciated their efforts in organizing this fruitful nature camp. Dr. Anjana Bhatia, Head of the Department of Botany, expressed her gratitude to Principal Dr. Sareen for her consistent encouragement and support.

A Visit to Synergy Pathology Lab Organized under DBT Star Scheme by HMTV



A visit to a Synergy Pathology Laboratory, Jalandhar was organized by Zoology Department under DBT Star Scheme and the inspiring guidance of Principal, Prof. (Dr.) Mrs. Ajay Sareen for the students of B.Sc. Med. The aim of the visit was to provide students with practical exposure to diagnostic procedures and laboratory techniques. Dr. Seema Marwaha, Head of the Zoology Department, motivated students to actively engage in the lab visit and provided guidance on preparing a project report based on their observations. During the visit,

students observed various sections of the lab, including hematology, microbiology, biochemistry, and histopathology. Dr. Deeksha Choudhary (M.D. Pathology), Director of Synergy Lab, elaborated on essential lab safety protocols, techniques for sample collection, handling, and storage, as well as the necessary precautions for processing samples. Advanced diagnostic equipment, including automated analyzers and microscopes, were used to examine blood smears and detect infections. In the microbiology section, students learned about culture techniques for bacterial identification and antibiotic sensitivity testing. Dr. Sakshi Verma expressed heartfelt appreciation to Dr. Deeksha Choudhary and her team for their valuable time and contributions by presenting a planter as a token of gratitude.

HMV Organized Fashionista-The Glam Show 2025





Fashionista Club, PG Department of Fashion Designing of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized Fashionista-The Glam Show 2025 successfully under the leadership of proficient Principal Prof. Dr. (Mrs.) Ajay Sareen. The Chief Guest of the event Ms. Harmilan Kaur Bains, Gold Medalist Athlete and the Guest of Honor Dr. Jasleen, CEO, Orthonova Hospital were accorded a warm welcome by Principal Dr. (Mrs.) Ajay Sareen. The event witnessed the gracious presence of Justice (Retd.) Sh. N.K. Sud, Vice President DAVCMC and Chairman of Local Committee along with his wife Mrs. Arunima Sud, First Lady of the city Mrs. Shweta Dhir, Dr. Pooja Kapoor from Kapoor Hospital, Mrs. Sonia Aggarwal & CEO Evergreen Publications Mrs. Ronita. The other esteemed guests of the event who made their presence in this majestic show were Sh. Ajay Goswami, Secretary DAVCMC and members of LAC Sh. Ashok Paruthi, Sh. S. P. Sehdev, Dr. Sushma Chawla, Sh. Kundan Lal Aggarwal, Dr. Sudhir Sharma, Dr. Pawan Gupta along with Mrs. Sunita Sud and Mrs. Nargis Sud. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed all the guests, sponsors, Media partners, Radio partners, local committee, Designers, show stopper and thanked them to come at HMV. Principal Sareen said that the prime endeavor of this Glam Show is to motivate young female buds and encourage women empowerment so that they could face any sort of challenge in their life with boldness and mettle. Justice (Retd.) Sh. N.K. Sud, in his speech, blessed one and all who were present over there and congratulated the principal of the college, and the whole staff for organizing such a peculiar event. In addition to it, he said, fashion designing is such sort of subject with the help of which students can be independent in their life. This Fashionista was organized in ten rounds in which students and teachers engaged all by wearing different colorful attires and presenting them on the ramp. Principal Dr. Ajay Sareen presented a token of love towards the chief guests and sponsors of the event. The stage was successfully conducted by Dr. Anjana Bhatia.

Summer School in Sciences started at HMV



DBT sponsored Summer School in Sciences from 6th to 11th June, 2025 started at Hans Raj Mahila Maha Vidyalaya, Jalandhar under the visionary leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen. On the 1st day of summer school during inaugural Principal Dr. Ajay Sareen encouraged the students to become part of such initiatives. She stressed the need of developing skills among the students so that they can find solutions to the problems which we are facing today especially climate change, waste management etc. Mrs. Deepshikha faculty head Sciences and Dr. Saloni Sharma convener of the

summer school welcomed the Principal Dr. Ajay Sareen with green planter. Mrs. Deepshikha also welcomed the students who got themselves registered for this summer school during vacations. Dr. Anjana Bhatia, Head PG Department of Botany and coordinator of the programme told students about various schemes launched by the Govt. of India to encourage participation of women in science. On the first day of summer school, the students tried their hands on training in Botany Department. First, they visited Botanical Garden and learn about the flora. They were giving hands on training on instruments like autoclave, laminar air flow. They performed soil analysis and also made synthetic seeds under the guidance of Dr. Shaveta Chauhan and Dr. Ramandeep incharge of summer school activities in Botany. Vote of thanks given by Dr. Seema Marwaha, Course Coordinator and Dean Academics.

Summer School Concludes with Scientific Excellence and Young Innovator Awards



The DBT-sponsored Summer School in Sciences, held from 5th to 12th June 2025, culminated in a Valedictory Function at Hans Raj Mahila Maha Vidyalaya, Jalandhar, under the visionary leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen. Principal Dr. Ajay Sareen congratulated the participants and expressed heartfelt gratitude to the Department of Biotechnology (DBT), Government of India, for initiating such visionary programs under the STAR SCHEME which are proving instrumental in fostering scientific curiosity, particularly among young women. Dr. Anjana Bhatia, Head of the PG Department of Botany and Coordinator of the programme, acknowledged the continuous support of the DBT STAR SCHEME and extended special gratitude to Dr. Garima Gupta, whose encouragement and guidance have been pivotal in the successful implementation of this initiative. As part of the DBT STAR SCHEME Summer School, students were immersed in a rich interdisciplinary scientific experience that provided hands-on exposure to multiple branches of science. The students were given a Science Project Challenge on the final day of the camp. Their projects were judged by Dr. Vandana and Dr. Sakshi, who evaluated them based on innovation, scientific approach, and presentation. Mrs. Deepshikha, Faculty Head of Sciences and overall, in-charge of the programme, led the initiative with tireless enthusiasm and effective coordination. Dr. Saloni Sharma, Convener of the Summer School, welcomed Principal Dr. Ajay Sareen during the inaugural session with a green planter and also greeted the registered students with warmth and encouragement. Dr. Seema Marwaha, Course Coordinator and Dean Academics, proposed a formal vote of thanks at the conclusion of the programme, acknowledging the contribution of the faculty, judges, and support staff in making the event a grand success.

HMV Participated in State Level International YOGA Day



Under the esteemed guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen the students of Hans Raj Mahila Maha Vidyalaya Jalandhar enthusiastically participated in the State level International Yoga Day Celebration, “CM Di Yogshala” held at PAP Ground, Jalandhar on 19th June, 2025. The event witnessed an energetic and spirited participation from the students who showcased their commitment to health and wellness by actively engaging in the yoga sessions. Their presence reflected a collective zeal to promote physical and mental well-being through the ancient practice of yoga. On this occasion Dr. Jyoti Gogia, Mr. Pardeep Mehta, Mr. Neeraj Aggarwal, ms. Harmanu, Mrs. Ramandeep, Ms. Pragati, Ms. Anju, Ms. Simran, Mrs. Jasbir Kaur, Ms. Kajal along with NCC volunteers, student council, hostellers, Collegiate Students and Players participated. The nodel Officer was Dr. Anjana Bhatia. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of HMV students, teachers and staff. She said that everyone should adopt yoga in daily life.

“Concert of Peace” Organized at HMV



A soulful musical evening titled “Concert of Peace” was organized in the college’s auditorium of Hans Raj Mahila Maha Vidyalaya on 16th June 2025 which was sponsored by IMOF THE SAREE and Green Fashion, Art and Design Museum. The event aimed to spread the message of harmony and unity through the universal language of music. The concert featured mesmerizing performances by scientist and flutist Mr. N.N Hhemanand Narayana ji, Tabla maestro Ustad Rafiuddin Sabri Ji, Mridangam artist Shri S. Chandrasekaran Ji and renowned sarang vadaK Ustad Kamal Sabri ji. Their spellbinding performances left the audience truly enchanted. The audience included faculty members, students, and special invitees from various institutions such as Pt. Kale Ram ji from Sangeet Vidya Mandir, Mr. Harmandeep Singh and Khushi Verma from Nritya Taal Swar Academy, Dr. Sandeep Verma from Army Public school, Mr. Aajay Thakur with his students and many more all of whom appreciated the initiative wholeheartedly. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated Music Department for organizing this event. She said that in future also such events will be organized.

Value Added Services

Commencement of New Year and New Session with the Blessings of Almighty



At Hans Raj Mahila Maha Vidyalaya, a Havan Yajna was organized on the occasion of beginning of new year cum semester with enthusiasm. On this occasion, Justice (Retd.) Sh. N.K. Sud, Chairman, Local Advisory Committee and Mrs. Arunima Sud were the Chief Guests. Principal Prof. Dr. (Mrs.) Ajay Sareen accorded him a warm welcome. On this occasion, Chief Guest Justice (Retd.) Sh.N.K. Sud presented Principal Prof. Dr. (Mrs.) Ajay Sareen the award for Best Principal accorded by National EduTrust of India. Dr. Anjana Bhatia also received the award of honour for Best Nodal Officer. The College Planner 2025 and HMV News Vol. 54 were also released on the occasion. Principal Prof. Dr. (Mrs.) Ajay Sareen gave best wishes for new year and gave her blessings for physical and mental health of everyone. Principal Prof. Dr. Sareen congratulated Incharge Publication Mrs. Ritu Bajaj, Coordinator of Planner Committee Mr. Sushil Kumar and members HMV News Dr. Ramnita Saini Sharda and Mr. Neeraj Aggarwal. On this occasion, all the members of teaching and non-teaching staff were present.

Havan Yajna performed at HMV Collegiate School on the commencement of Academic Session 2025-26 of SSC 2



The inaugural Havan for the new academic session 2025-26 for SSC 2 of Collegiate School was performed at Hans Raj Mahila Maha Vidyalaya. Everyone joined hands in chanting the holy mantras and invoking the blessings of the Almighty for the new session. Principal Prof. Dr. (Mrs.) Ajay Sareen inspired the young students to develop sustainably with diligence, self- control, and knowledge. She told the students to leave no stone unturned and be the epitome of success so that every other girl feels inspired. She blessed them to spread the fragrance of goodness just like the divine fragrance of Havan and make the name of parents, teachers and nation proud. Dr. Seema Marwaha, Dean Academics and School Coordinator congratulated the students on the commencement of new session and held firmly that success is definitely be achieved through focused attitude combined with persistent hard work and the blessings of Almighty and parents. Mrs. Arvinder kaur, School Co- Coordinator said that devotion, passion and love are the core values to be nurtured in young mind and heart. She advised students to meditate and keep the mind away from negative thoughts and worries. On this event, Sh. Pankaj Jyoti, Accounts Superintendent and Mrs Seema Joshi, General Office Superintendent wished students immense success for SSC 2 class. 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.

HMV is Visited by Padma Shri Agus Indra Udayana



Hans Raj Mahila Maha Vidyalaya, Jalandhar had the immense honour of welcoming Padma Shri Agus Indra Udayana, a distinguished personality and a global citizen from Gandhi Puri Ashram, Bali, Indonesia with whom

HMV had signed an MoU. The other honourable guests of the event were Ms. Cinta Savitri, Mr. Yuda Ramadika, Mr. Arya Wijaka & Dr. Aman Sood, a Yoga Instructor, also a Guinness Book of World Records holder from Bulgaria. The guests were warmly welcomed by Dr. Ramnita Saini Sharda and Ms. Protima in traditional Indian style, with a silk show and the ceremonial lighting of the lamp, symbolizing knowledge and enlightenment. The event began with a vibrant performance of the traditional Balinese Le-gong dance through which Ms. Cinta Savitri shared a glimpse of Indonesian culture with the students, setting a graceful and engaging tone for the session. Principal Prof. (Dr.) Mrs. Ajay Sareen honoured the guest and Mrs. Vaani Vij with green planters. Padma Shri Agus Indra Udayana was also presented Upanishads. Padma Shri Agus Indra Udayana ji, a distinguished social activist from Indonesia, addressed the students with an inspiring speech rooted in Gandhian values. A life-long advocate of non-violence, truth, self-reliance, and peace, Mr. Udayana has dedicated his life to promoting cross-cultural harmony and community service. Through his cheerful words, he encouraged students to embody the principles of Mahatma Gandhi in their daily lives and contribute meaningfully to society. Following this, Dr. Aman Sood delivered an insightful speech, emphasizing the importance of inner peace, yoga and meditation on the occasion of World Health Day. The event also recognized the efforts of NSS volunteers, who were awarded certificates by the esteemed guests as a token of appreciation. Principal Prof. (Dr.) Mrs. Ajay Sareen thanked Shri Agus Indra Udayana and their team for signing the MoU with HMV and promised to attend a round table conference at their Ashram in Bali very soon. She also proposed to sign an MoU with Dr. Aman Sood from Bulgaria. Ms. Cinta Savitri performed Kathak performance symbolizing mutual respect and encouraged the students to preserve their cultural heritage. The stage was conducted by Ms. Protima and vote of thanks was given by Dr. Ramnita Saini Sharda. On this occasion, Dr. Navroop Kaur, Dr. Veena Arora, Dr. Jyoti Gogia and Ms. Harmanu were also present. The memories of this event were captured by a group photograph at Prerna Punj.

Havan Yajna performed at HMV Collegiate School on the commencement of Academic Session 2025-26



To mark the auspicious beginning of the SSC 1 academic session 2025-26 of HMV Collegiate, the inaugural Havan Yajna ceremony was held at Hans Raj Mahila Maha Vidyalaya. Everyone joined hands in chanting the holy mantras and invoking the blessings of the Almighty for the successful and harmonious new session. Principal Prof. Dr. (Mrs.) Ajay Sareen welcomed the students of SSC 1 and prayed for the blessings of the Almighty. With her powerful words, she inspired the young students to develop sustainably with diligence, self- control,

and knowledge. She told the students to leave no stone unturned and be the epitome of success so that every other girl feels inspired. She blessed them 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 that success is definitely be achieved through focused attitude combined with persistent hard work and the blessings of Almighty and parents. She emphasized the importance of spiritual values alongside academic pursuits. She encouraged students to embrace discipline, dedication, and respect for tradition as they embark on this important phase of their education. The school coordinator and Dean Academic 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, Co- Coordinator of HMV Collegiate shared a heartfelt message. In her address, she welcomed the students warmly and encouraged them to approach the new session with curiosity, commitment, and a willingness to grow. 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. The stage was conducted by Ms. Sukriti Sharma. The ceremony concluded with the distribution of prasad and a collective prayer for peace, wisdom, and prosperity and it was followed up by an orientation programme in which new entrants were acquainted with every nook and corner of the collegiate school and were told their time table.

HMV Celebrated National Youth Day



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen Hans Raj Mahila Maha Vidyalaya, in collaboration with National Edu. Trust of India celebrated National Youth Day with zeal and enthusiasm. To celebrate this day, Students' Council organized various competitions which include Poster Making, Slogan Writing, Essay Writing and Speech Competition on the theme Youth Power for Nation Building. Sh. Sunil Phogat, IAS, Assistant Commissioner, Jalandhar was the Chief Guest of this event. Principal Prof. Dr. (Mrs.) Ajay Sareen, Dr. Anjana Bhatia, Nodal Officer and Dr. Urvashi Mishra, Dean Student Council welcomed the guest with green planter. An interactive session was organized with Sh. Sunil Phogat, Assistant Commissioner in which students interacted with him and he shared his experience of civil services with them. On this occasion, Principal Dr. Sareen congratulated everyone on the success of an event. She said on National Youth Day, we honour the vision and teachings of Swami Vivekanand, who believed in the strength and potential of youth. She also thanked Sh. Sunil Phogat, IAS for giving his valuable time and shared his journey among students. On the occasion, the posters of 30-day Fitness Challenge and Integrating Indian Knowledge System (IKS) into Higher Education through the Vrindavan Experience under the aegis of National Edu Trust of India, were also released. To celebrate this day, Yoga session was also organized and students did various yoga asanas to keep themselves healthy. Mr. Samarth Sharma, CEO of National Edu Trust of India, extended heartfelt gratitude to the Principal, Nodal Officer, Student Council Team and the entire organizing committee for their relentless dedication and teamwork in making the event a grand success. The stage was successfully conducted by Dr. Anjana Bhatia.

15th National Voters' Day Celebrated at HMV



Hans Raj Mahila Maha Vidyalaya, Jalandhar organized National Voters' Day in collaboration with the Office of Deputy Commissioner-cum-District Election Officer, Jalandhar under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The chief guest of the event was Deputy Commissioner Jalandhar Sh. Himanshu Aggarwal, IAS. The other guests of the event were Mr. Darbara Singh, PCS-ACA, Dr. Sumandeep Kaur PCS-ACA (Joint Commissioner, MCJ), Mr. Joshi Election Tehsildar, Mr. Surjit Lal and Mr. Ashok Sahota. All the guests were welcomed and felicitated with planters, paintings and planners. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated all on the National Voters Day. She also urged all the citizens of India to be aware of our national duties. On this occasion, the folk song 'Voter Jugni' was presented. It was followed by a speech on the importance of casting a vote by SVEEP Nodal Officer Dr. Ashok Sahota. A Nukkad Naatak 'Vote Pao, Desh Bachao' was presented by the students of HMV. The chief guest of the occasion Sh. Himanshu Aggarwal encouraged the voters to cast their vote for the bright future of their country. It was followed by voters' pledge. At the end of the event, Sh. Sukhdev Singh Election Tehsildar thanked the audience for participating in the event. The coordinators of the event were Dr. Anjana Bhatia, Mrs. Alka Sharma and Dr. Jiwan Devi.

HMV Celebrated National Girl Child Day



Under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen, the Student Council of Hans Raj Mahila Maha Vidyalaya celebrated 'National Girl Child Day' with zeal and enthusiasm. The event was graced by the Chief Guest, Principal Prof. Dr. (Mrs.) Ajay Sareen who was welcomed by Dr. Urvashi Mishra, Dean Student Council, Mrs. Savita Mahindru, Co- Dean along with other members of council with green planter. This day aimed to

raise awareness about the importance of educating and empowering girls, and the event was designed to promote gender equality and inspire young minds. On the occasion, a variety of games and fun activities were organized like card making, passing the parcel, musical chair, musical statue, balloon relay race, lemon-spoon race, balance-over-head race, over and under balloon race, open mic, dance, etc. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated everyone on National Girl Child Day and emphasized the importance of nurturing young girls by providing them with equal opportunities for education and growth. On this occasion, Dr. Navroop, Dean Youth Welfare, Dr. Seema Marwaha, Dean Academics, Dr. Ashmeen Kaur, IQAC Coordinator, Dr. Anjana Bhatia, Dean Innovation and Institutional Council, Mrs. Jyotika Minhas and Dr. Kajal Puri were also present.

HMV Celebrates World Wetlands Day



The D.D. Pant Botanical Society, under the aegis of the Eco Club of Hans Raj Mahila Maha Vidyalaya, Jalandhar, in collaboration with the Punjab State Council for Science and Technology (PSCST), celebrated 'World Wetlands Day' with an educational film screening on Ramsar Sites in India. The event, organized under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen

and with special motivation from Dr. Seema Marwaha, Dean Academics was led by Dr. Anjana Bhatia, Head, PG Department of Botany. It aimed to highlight the ecological significance of wetlands and the need for their conservation under the framework of Mission Life (Lifestyle for Environment). Dr. Ramandeep, Incharge of the D.D. Pant Botanical Society, along with faculty members Dr. Shaveta, Ms. Harpreet and Dr. Shuchi engaged students in discussions on the role of wetlands in climate regulation, groundwater recharge and biodiversity conservation. Principal Dr. Ajay Sareen appreciated the efforts of the D.D. Pant Botanical Society and Eco Club, reaffirming HMV's commitment to environmental sustainability and wetland conservation in alignment with Mission Life's vision of fostering pro-environmental behaviors.

HMV Collegiate School Celebrated National Mathematics Day



HMV Collegiate Sr. Sec. School celebrated 'National Mathematics Day-2025' under the able guidance of Principal Madam Dr (Mrs.) Ajay Sareen. The event was catalyzed and supported by Punjab State Council for Science & Technology (PSCST), National Council for Science & Technology Communication (NCSTC) Department of Science & technology (DST), Govt. of India. To honor the birthday of great mathematician, Srinivasa Ramanujan a workshop on mathematics as well as lively competitions – Mathematics Jewelry Competition and Mathematical

Rangoli Competition were organized. Principal Dr. Ajay Sareen extended her heartiest welcome to all the dignitaries and students present there. She said that the main objective behind the celebration was to raise awareness among students about the importance of Mathematics. The resource person Ms. Rumani Ahuja, a mathematician teacher at Government Senior Secondary Smart School, PAU explained the different features of mathematics in very interesting way. In Mathematical Rangoli Ranchita and Navriti secured the first position, Bhawna, Harshita & Dhvani jointly got the second position, & Samreen and Harshita jointly attained the third position. In Mathematical Jewelry, Muskan Virk got the first position, and the second position was attained by Ashmeet Kaur. Ms. Sukriti Sharma.

HMV Celebrated National Mathematics Day



The PG Department of Mathematics of Hans Raj Mahila Maha Vidyalaya celebrated National Mathematics Day and organized One day Workshop-cum-Extension Lecture on “Calculus and Analysis Laboratory using SCILAB and MATLAB and it's Applications” on 1st Feb, 2025 under PSCST, Chandigarh with 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. Dilbag Singh, UGC Assistant Professor, Department of

Mathematics, Panjab University, Chandigarh. Prof. Dilbag gave the lecture on the topic “Calculus and Analysis Laboratory using SCILAB and MATLAB”. SCILAB and MATLAB both are high performance software packages for computing and he provided a hands-on practical information on these softwares. Dr. Dilbag has explained about the different career opportunities in mathematics in different countries and have also elaborated the benefits of career in mathematics in future because of high use of Mathematics in upcoming technology like AI. Dr. Dilbag Singh also acted as judge for this competition. In this competition, Ms Ishika and Ms. Neha of B.Sc Non-Med Sem VI and Ruhani of B.Sc Eco Sem II got third prize, Kavya and Anu of B.Sc Non-Med Sem IV got second prize, Bhavya of B.Sc Sem II got first prize. Students of B.Sc Sem II, IV, VI and M.Sc(Mathematics) participated in this workshop with full enthusiasm. Dr. Deepali presented vote of thanks for the event.

HMV Celebrated World Radio Day

The PG Department of Video Production of Vidyalaya organized an occasion of World Radio of Principal Prof. Dr. with excitement of the students from all the this event. Head of Sharma briefed about students were provided could voice their ideas



Mass Communication & Hans Raj Mahila Maha open Mic Event on the Day as per the directions (Mrs.) Ajay Sareen. Filled showcasing themselves streams participated in Department Dr. Rama the event and said that a platform where they and inner thoughts in the

form of their art. Open Mic also provided vibrant entertainment to the students. She also told the students about the theme of World Radio Day for the year 2025 i.e. Radio and Climate Changing. Principal Dr. Sareen said that the opportunity to explore their unique talents and discover the concealed abilities of their classmates. The students also learnt to appreciate others art. Around 30 students participated in open mic event and they were appreciated and awarded with e-certificate.

HMV Collegiate School Celebrated Achievers' Day 2024-25



In order to celebrate the phenomenal accomplishments of students, the ceremony, Achievers' Day 2024-25 was celebrated at HMV Collegiate Sr. Sec. School with exuberance under the influential guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The event commenced with an invocation to the Almighty by kindling the lamp of knowledge and wisdom. Principal Prof. Dr. (Mrs.) Ajay Sareen, School Co-Ordinator and Dean Academics Dr. Seema Marwaha and School Co- coordinator Mrs. Arvinder Kaur accorded green welcome to the worthy Chief Guest of the occasion, Mr. Rajesh Khokhar, Assistant Commissioner, Municipal Corporation, Jalandhar. On this occasion, Principal Dr. Ajay Sareen lauded the achievers for their remarkable achievements and motivated them to put their heart and soul in whatever they do and also have belief in themselves and their hard work. Hon'ble Chief Guest, Mr. Rajesh Khokhar in his address advised students to explore their hidden potential. He told them about the responsibilities they are going to shoulder in coming future and inspired them to fulfill their duties and responsibilities wholeheartedly. Prof. Dr. (Mrs.) Ajay Sareen, along with the dignitaries felicitated the prize winners with Trophies, medals and Certificates. Around 170 students were awarded for their prodigious achievement in scholastic and Co-scholastic activities.

National Science Day Celebrated at HMV



Hans Raj Mahila Maha Vidyalaya came alive with vibrant energy as National Science Day celebrations kicked off with an array of dynamic activities, insightful discussions, and hands-on learning experiences. Organized by the C.V. Raman Science Society, under the DBT Star Scheme, the event was catalyzed and supported by the Punjab State Council for Science & Technology (PSCST), NCSTC, DST, Govt. of India. Themed "Empowering Indian Youth for Global Leadership in Science & Innovation for Viksit Bharat", the celebrations aimed at igniting curiosity and fostering scientific excellence

among students. The event featured inspiring guest lectures by Prof. G.S. Randhawa, a retired IIT Roorkee professor and passionate environmentalist, and Ms. Lipika Kochar from Kheti Virasat Mission. Prof. Randhawa captivated the audience with personal anecdotes, including his memorable interaction with Dr. A.P.J. Abdul Kalam, urging students to embrace perseverance and lifelong learning. Ms. Kochar passionately spoke about sustainable agriculture, organic farming, and Vedic health practices, encouraging students to reconnect with nature. Department of Physics also demonstrated a virtual tour of BARC Mumbai and TIFR to provide an exclusive glimpse into cutting-edge scientific research, sparking inspiration among budding scientists. Principal Prof. (Dr.) Ajay Sareen lauded the faculty for their unwavering commitment to nurturing scientific temperament and encouraged students to channel their curiosity into meaningful research and innovations.

HMV Celebrated International Women's Day



Under the inspiring leadership of Principal Prof. Dr. (Mrs.) Ajay Sareen, Hans Raj Mahila Maha Vidyalaya, Jalandhar, celebrated International Women's Day with great enthusiasm. The event, organized under the aegis of NSS and the Women Empowerment Cell, featured an expert lecture by Ms. Renu Seth, District President, Mahila Congress (Rural), Jalandhar, and Ms. Gahima Aggarwal, a dedicated social worker. The session provided a platform for insightful discussions on women's empowerment, societal contributions and challenges faced by women. The event was guided by Dr. Veena Arora, Ms. Harmanu, Dr. Jyoti Gogia, Dr. Anjana Bhatia and Mrs. Protima, who actively contributed to making the session impactful. Marking the occasion with an environmental commitment, a plantation drive was also organized, symbolizing growth, strength, and sustainability—values synonymous with empowered women.

Pie Day Celebrated at HMV

The PG Department of Mathematics of Hans Raj Mahila Maha Vidyalaya Jalandhar celebrated international Pie-day. On this occasion, Mathematics Department organized (under DBT Star scheme) a Mathematical Poster Presentation, Quiz Competition and Mathematical Rangoli under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen who always motivated to hold such events. The resource person of the event Prof. Dr. Ashish Arora, department of Mathematics, I.K.G. Punjab Technical University, Kapurthala was formally welcomed by green



planter. His talk was on 'Indian contribution to world of Mathematics and its scope'. Dr. Gagandeep, Head of Mathematics department introduced about the event and encouraged the students to pursue for research using software like Mathematica and MATLAB which are highly used software for numerical computations. The students gave power point presentation by using various software and their applications in variety of fields. Dr. Gagandeep was over-all incharge of the day. Dr. Gagandeep welcomed Principal Dr. Ajay Sareen with a green planter. Principal Prof. (Dr.) Mrs. Ajay Sareen congratulated the winners and faculty members of the department.

99th Foundation Day Celebrated at HMV



99th Foundation Day of Hans Raj Mahila Maha Vidyalaya Jalandhar was celebrated under the able guidance of Principal Dr. (Mrs.) Ajay Sareen. Justice (Retd.) N.K. Sud, Vice President DAVCMC and Chairman DAV Local Advisory Committee, Sh. Y. K. Sud, Dr. Sushma Chawla, Sh. Surendra Seth, Sh. Ashok Paruthi and Dr. Sudhir Sharma graced as the guests of the occasion. Principal Dr. Sareen, in her speech, talked about the journey of HMV from Lahore to Jalandhar. While addressing, Dr. Sareen focused upon the achievements of HMV and said that HMV scored A++ in NAAC accreditation which is the highest score among other colleges. In his address, Justice (Retd.) N.K. Sud recalled the efforts to educate women by Mahatama Hans Raj Ji and paid his tribute to such a great soul. On this occasion, members of Teaching, Non-Teaching and Supporting Staff were awarded for rendering 25 years of their service to the institution. On this gala day, the publications Samvad, Artist, Sports and Wellness, Commerce Insight, Tech Watch and Science Gravity were released by the Departments of Humanities, Department of Design, Department of Physical Education, Commerce, Department of Computer. Sh. Y. K. Sud sponsored sweets and expressed gratitude to all. Dr. Anjana Bhatia and Dr. Urvashi Mishra were the coordinators for making the entire programme successful.

HMV Observes 'World Environment Day' with Plantation Drive and Green Pledge



Hans Raj Mahila Maha Vidyalaya, Jalandhar, marked the “World Environment Day” with an impactful celebration organized by the Eco Club in collaboration with the District Administration, Punjab State Council for Science & Technology (PSCST), Punjab Biodiversity Board, Forest Department, and the National Edu Trust of India. Principal Dr. Ajay Sareen extended a warm welcome to the dignitaries and emphasized the institution's ongoing commitment to environmental stewardship through various green initiatives. Mrs. Amninder Kaur, ADC (G), graced the event as the Chief Guest, while Sh. Jarnail Singh Bath, Sh. Hargun from the Forest Department, Sh. Surjit Lal, Secretary, District Red Cross and Sh. Ashok Sahota were present as esteemed guests. A symbolic Tree Plantation Drive was conducted, followed by the administration of a Green Pledge to inspire eco-conscious action among attendees.

International Yoga Day Celebrated at HMV



International ‘Yoga Day’ was celebrated in the premises of Hans Raj Mahila Maha Vidyalaya Jalandhar with great enthusiasm in collaboration with Ministry of Ayush, National Service Scheme and 2PB Girls Battalion, NCC Jalandhar. It was an initiative of Student Council and Sports Department of the institution. The theme of Yoga Day 2025 was “Yoga for One Earth, One Health.” The Yoga Day celebration was presided over by Principal Prof. Dr. (Mrs.) Ajay Sareen. Under the guidance of Yoga Instructor Ms. Sonal Ralhan, various yoga asanas were practiced. Principal Dr. Ajay Sareen, representatives from 2PB Girls Battalion, NCC, NSS and Sports students also performed yoga asanas along with teaching, non-teaching and supporting staff of HMV. Principal Dr. Sareen motivated the students and asked them to make yoga an integral part of their lives. Commanding Officer Col. M.S. Sachdev, 2PB(G) BN also motivated the participants to live a healthy life.

Faculty Achievements

Mrs.Meenu Kohli

Department of Commerce & Management

- (i) Presented a paper titled "Use of social media as a collaborative learning tool among college students" in ICSSR sponsored One-Day Seminar on "Digital Transformation in Education: Integrating Technology for Enhanced Learning" organized by GNA University on March 22, 2025.
- (ii) Presented a paper titled "ReNew Power : Pioneering sustainability in India's renewable energy sector" in National Seminar titled "Innovative Pathways for a Sustainable Future: Bridging Environment, Entrepreneurship and sustainability" organized by National EduTrust of India in collaboration with HMV, Jalandhar on 13 February, 2025.

Dr. Saloni Sharma

- Presented a paper titled "Nano Materials for Energy Conservation and Energy Saving Devices" in National Seminar titled "Innovative Pathways for a Sustainable Future: Bridging Environment, Entrepreneurship, and Sustainability" held on 13/2/25 by National Edu Trust of India in collaboration with Hans Raj Mahila Maha Vidyalaya, Jalandhar

Dr Rakhi Mehta

- Paper Presented on Topic "Traditional Indian Textile Designs in Contemporary World." in 8th International Conference on Interdisciplinary Research Innovations in Science & Humanities (IC-IRISH-24) on 23rd August 2024 organised by Nehru Arts & Science College at Assumption University of Thailand
- Paper Presented on Topic- Skill Development, Training, Startups & Entrepreneurship with special reference to Recycling & Upcycling, on 28th February 2025 organised by Hans Raj Mahila Maha Vidyalaya, Jalaandhar ,ICSSR North Western Regional Centre Sponsored National Seminar on Viksit Bharat @2047: Achieving Sustainable Development Goals
- Paper presented in National seminar on topic Entrepreneurship & Sustainability with special reference to Recycling in National EduTrust of India in Collaboration with Hans Raj Mahila Maha Vidyalaya, Jalandhar on 13 February 2025
- Paper presented on topic Modern adaptations of Traditional Art & Craft with special Reference to Nakodar Durries in National Seminar on Contemporary Practices in Traditional Art & Craft of North Western India sponsored by ICSSR North Western Regional Centre, Panjab University, Chandigarh held on 21st & 22nd February 2025 at BBK DAV College For Women, Amritsar.

Dr. Rama Sharma

- Published a chapter in edited book titled "Jammu-Kashmir ka Hindi Sahitya evam Sanskriti" with ISBN no. 978-93-48639-92-9 published by Saptrishi Publication, Chandigarh. Title of the chapter is "Jammu Kashmir Main Hindi ke Prachhar-Prassarmein patrikaon ki bhoomika" (edition 2025).
- The acknowledgement of Contribution received from Centre for Media Studies and Punjab State Council for Science & Technology under the Environment Education Programme on "Empowering Women in Media: Future Journalists for a Greener Punjab" workshop held in HMV on April 4-5, 2025.
- Received Appreciation Certificate in Two days national seminar organized by Punjab Kala Parishad and PG department of Punjabi, HMV, Jalandhar on "Rebooting Punjab Nav Sirjana" on 18-19 February, 2025.
- Received Certificate of Appreciation on Voters Day at HMV on 25th January, 2025.
- Paper presentation at ICSSR sponsored National Seminar by Economics Department of Hans Raj Mahila Maha Vidyalaya, on the topic "Social Media and Sustainable Development" on 28/02/2025.
- Presented Paper Online titled "Libraries V/s E-resources- Generations Apart" in Two days National Seminar on "Indian Knowledge System through Libraries: Manuscripts to AI era" held from 22 and 23 April, 2025 at IKG PTU, Kapurthala.

- Presented the paper titled “The role of Media in Portrayal of Women in Panchayati Raj Institutions” in a ICSSR sponsored National Seminar on “Emerging trends of women participation in Panchayati Raj Institutions in India and Role of Media” organized by Kanya Maha Vidyalaya on 28th February, 2025.
- Successfully completed MOOC course on Photojournalism from 15 July to 31 oct, 2024. Its result was declared on January, 2025.

Dr. Shaveta Chauhan

- Presented paper titled “Environmental Economics and Ecotax” in National Seminar on “Viksit Bharat@2047: Achieving Sustainable Development Goals” Organized by PG Dept.of Economics, HMV, Jalandhar on 28.2.25
- Book Chapter published: Chauhan, S. (2025) Biodiversity Databases and Tools. In: Ranganathan, S., Cannataro, M., Khan, A. M. (ed.) Encyclopedia of Bioinformatics and Computational Biology, 2nd Edition, vol. 4, pp. 73–90. US: Elsevier.
- Participated in 2 days virtual workshop “Biotechnology Insights: Techniques for Research and Innovation” organized by IIIM-Technology Business Incubator, CSIR-IIIM Jammu from 7.4.25 to 8.4.25

Dr. Shailender Kumar

- International Seminar on Impact of cultural Heritage on Contemporary Indian Art Practices organised by Kurukshetra University, Kurukshetra on 21st March 2025
- National seminar on Visual and Performing Art organised by Mahila Maha Vidyalaya, B.H.U, Varanasi on dated 29th Jan.-2025
- International Seminar on Vedon main Vigyan organised by G.K.P. PG College Muzaffarnagar U.P. on dated 5th and 6th Feb.-2024
- National Webinar on is Air Pollution is responsible for lung cancer organised by SGBT Khalsa College Delhi on 2nd March-2024
- Participation in National Voters Day -
- Participated in 15th National Voters Day organised by D.C. office Jalandhar on dated 25/01/2025

Dr. Minakshi Duggal Mehta

- Presented a paper titled ‘Green Marketing’s Influence on Making Informed Buying Decisions: A Systematic Literature Review’ in the National Seminar on “Innovative Pathways for a Sustainable Future: Bridging Environment, Entrepreneurship and Sustainability’ organized by Hans Raj Mahila Maha Vidyalaya, Jalandhar in Collaboration with National EduTrust of India (13.2.2025)
- Presented a paper titled ‘ Social Entrepreneurship: Fostering Green Practices for a Sustainable Future’ in ICSSR North Western Regional Centre Sponsored National Seminar on “Viksit Bharat @2047: Achieving Sustainable Development Goals’ organized by Hans Raj Mahila Maha Vidyalaya, Jalandhar (28.2.2025)
- Presented a paper titled ‘Green Marketing in India: A Conceptual Study of Strategies and Practices’ in One Day National Seminar on “Appraisal of Sustainable Development Goals on North Western India: Navigating Opportunities and Challenges for Greener Future” organized by Guru Nanak Dev University College, Jalandhar.
- Participated in Masterclass Series under IP Utsav organized by the All India Council for Technical Education (AICTE) and Ministry of Education’s Innovation Cell (MIC) (21.4.2025-26.4.2025)

Mrs. Pawan Kumari

- A Chapter Published in book ‘Bhartiye Saint sahitye vividh Aayam’ with ISBN No. 978-93-95596-94-7 with Title Bhagat kavi Narsi mehtakajivan or kavye parichye’ under Publisher ‘pryimpublishing house jalgav,pune in april 2025
- Presenting a paper with Title ‘gyan parmpra aurmanvadhikar’ Two Day National conference organized by Guru Nanak dev university ,Amritsar,Hindi Deptt on 21-22 april 2025.

Mrs. Mukti Arora

- Participated in seven days NEP 2020 Orientation and Sensitization programme of UGC organised by UGC-MMTC Shri Mata Vaishno Devi University, Katra, Jammu in 2024-25

- Article publications in Punjabi jagran
- Effect of hormones on skin and hair in Aug 2024
- Make up look in festivals in September 2024
- Problems of skin and hair in winters and their treatment in November 2024
- Benefits of detoxification on skin and hair in February 2025
- Has been deputed as Member of Inspection by GNDU, on April 2,2025

Mrs. Navneeta

- Arranged Guest Faculty Lectures for the subject of Fashion Industry marketing and management, Export Import Management and Quality Assurance for the B Voc in Fashion Technology Students.
- Acted as a Judge for Fashion Show held at SantBaba Bhag Singh University on 25 Feb 2025.
- On 21 March 2025, Participated in IP awareness and training Program by Ministry of Commerce and Industry and Internal Trade Office of the Controller General of Patents, Designs And Trademark.
- ICSSR SPONSORED NATIONAL SEMINAR ON VIKSIT BHARAT@2047 achieving sustainable development goals, 28 Feb 2025
- ICSSR sponsored National seminar on sustainable growth and equity: roadmap for development of entrepreneurship in Punjab. 29 March 2025.
- Chapter in book “NEP 2020: Revolution and Recharging Higher Education” on the topic of “Learning Curricular and pedagogical Reforms” for Rayat Bahra Institute of Management, Hoshiarpur. ISBN: 9788158724410
- Presented paper on Impact of Fashion on Medical health and wellbeing at Khalsa College for women Amritsar during National seminar on “Fashion on the crossroads: embracing the intersection of Sustainability, technology and Socio-Cultural Identity, March 13, 2025
- Organized 45 Days Training/ Internship (1stJune onwards)to the students of B Voc Fashion Technology and MSc Fashion Designing and Merchandising at below mentioned industries –
- MSM Reach Out WorldWide, Jalandhar, Garg Acrylics, Ludhiana, Kohli Sports, Jalandhar
- MEMBER OF TEAM “INDIA TODAY” – Worked on data development on India Today form for Fashion Technology and Fashion.
- MEMBER OF TEAM “THE WEEK” - Worked on data development on The Week form for fashion technology and Fashion.

Dr. Deepti Dhir

- Research Paper published in ugc valid international peer reviewed research journal ‘Shodh Samalochan’ on the topic “Satish Kumar Narnaund ke kavya sangrah ‘Anurag Panth’ ka anushilan” July – September 2024 , ISSN No-2348-5639 , impact Factor 5.843 , Page No.175-177.
- Participated in International webinar organised by Mahatma Phule, arts, science and commerce College, Panvel on the Topic “21 sadi me hindi sahitya me vividh vimarsh” 10 January 2025
- Participated in five days International online workshop organised by Motilal Nehru Maha Vidyalaya, on the Topic “ Sahitya ka rachnakarm” from 30 September 24 to 4 October 2024 .

Dr. Mandeep Kaur

- Shahadat Te Shastar : Itihasik Pripekh Research Paper Publiashed in book Bhai Veer Singh Jeevan, Sahit Ate Virasat (ed) Dr. Harjodh singh, Published by EourpeePunjabi Sath UK 2023. ISBN-978-93-85648-53-3
- Participated and Presented Research Paper On the Topicshahadat Te Shastar: Itihasaik Pripekh in Tin Roza Bhai Veer Singh Vishav Conference (15,16,17 February 2024) in Guru Nanak sikh adhyain Vibhag Punjab University Chandigarh.
- Participated and Presented Research Paper On the Topic Sri Guru Teg Bahadar Ji Shastar Shaastar te Shahadat in Tin Roza Vishav Conference (10,11,12 May 2025) in Javaddi Taqsal Ludhiana.

- Participated in the online refresher course in languages, comparative literature and cultural studies (Indian, English, foreign and religious studies etc.) from 25/06/2024 to 08/07/2024.



HMV

Celebrating



YEARS OF EXCELLENCE

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