

Hostel Committee Session 2024-25

Lala Makhan Lal Arya Girls Hostel of the college ensures a safe, comfortable, and conducive living environment for students, fostering their overall well-being. The Hostel Committee continuously monitors and improves facilities to enhance student satisfaction and academic success under the able guidance of the Principal, Mrs Meenu Sharma.

Activities

- The session commenced with Hawan on August 02, 2024 in the hostel to foster an environment of ethics, discipline, and positive living among the students. Evening assembly and Hawan are regular practices in the hostel, bringing students together for prayer, reflection, and a sense of shared harmony. Hawan were also performed on September 09, 2024, October 21, 2024, and May 10, 2025.
- Teachers' Day was celebrated in the hostel on September 05, 2024 with Ms Meenu Sharma, Principal, Dr Manju Singh, Dr Anuradha Nagia, Dr Deepti Sharma, & Ms Jyoti Sharma.
- The Hostel Committee in collaboration with Arya Yuvati Parishad and Youth Red Cross of the college organised a workshop on Art of Living on September 06, 2024. Faculty and Life Coach, Art of Living-Ms Shuchika Batra was the Resource Person. 179 students participated in the event.
- A trip to Vrindavan and Mathura was organised for the hostelers from September 20-22, 2024.
- Fresher Party was held on October 01, 2024. Ms Dimpal was selected as Miss Fresher, 1st Runner-up was Ms Diksha, 2nd Runner-up was Ms Bhavya, and Miss Elegant was Ms Aayushi. Principal Madam Ms Meenu Sharma blessed the students.
- The Hostel Committee, along with the Department of Political Science, Youth Red Cross and Legal Literacy Cell, in collaboration with the Anti-Corruption Foundation of India (ACFI), organized a Vigilance Awareness Campaign on November 13, 2024 under the theme "*Corruption-Free India*" as part of the Central Vigilance Commission's initiative to promote integrity and accountability. Principal Madam Ms. Meenu Sharma encouraged students to become catalysts for positive change. An interactive session and lectures were delivered by Mr. Narender Arora, National Supremo of ACFI and Chief Guest, who urged collective efforts for a corruption-free nation, Ms. Nisha Gupta who highlighted the power of collective action against corruption and Mr. Surender Mohan Gaba who emphasized the role of youth in building a transparent society. A Declamation Contest was also organized where students expressed their views on corruption-free India. Tanya Sharma secured the first position, Nisha second, and Shikha Sharma third. The jury members-Ms. Nisha Gupta, Mr. Surender Mohan Gaba, and Mr. Satish Malhotra were respected members of ACFI. A pledge ceremony was conducted to reaffirm commitment to honesty and integrity. The whole event was efficiently organized by Mr. Ajit Rahi. The event inspired students to stand against corruption and promote ethical conduct. A total of 94 students participated in the campaign.
- Hostel Committee along with the Department of Political Science and Youth Red Cross celebrated Communal Harmony Week and Constitution Day on November 26, 2024 by adopting a pledge. Teachers and students took an oath to uphold the Constitution and

promote communal harmony by fostering unity and mutual respect. On this occasion, Principal Madam, Mrs. Meenu Sharma explained the importance of the Constitution to the students. She emphasized the need to follow the Constitution and to be aware of one's duties and rights and actively promote communal harmony. 37 students participated.

- A two-day 'Free Nadi Parikshan Camp' was organised by Hostel Committee along with Youth Red Cross Society and Red Ribbon Club, and under the aegis of IQAC, in collaboration with KBIR Wellness Pvt Ltd, Karnal, in the college premises on November 27-28, 2024. Director, Mr. Naveen Balhara emphasized mindful living and healthy eating as essential tools for a relaxed, proactive, and disease-free life. Dr. Isha and Dr. Kajal from KBIR Wellness conducted pulse diagnosis for faculty and students, offering personalized health suggestions based on their assessments. Additionally, Mr. Sumit, Manager, presented an informative session on Ayurvedic products displayed during the camp. The initiative was well-received by students and staff, promoting awareness about Ayurveda's role in achieving holistic well-being. A total of 230 people (155 students, 67 faculty members of teaching and non-teaching staff and 08 people from outside the college) participated and got their nadi checked during the two-day camp.
- Youth Red Cross and Hostel Committee organised Pratkuti Parkikshan camp on December 17, 2024. The event was held under the aegis of the Ayush Department, Karnal, as part of the "Desh Ka Prakriti Parikshan" initiative. For the health check-up, Dr. Ram Avtar Singh, Dr. Bhavna, Dr. Ekta Mittal, Dr. Harsh, Ankit, Vipin, and other members from the Ayush Department examined the health of the students. Principal Madam Ms Meenu Sharma highly appreciated the initiative undertaken by the Government of India and encouraged students to adopt a healthy lifestyle. She expressed her gratitude to the members of the Ayush Department for their efforts and acknowledged the positive impact of the program. 25 students participated.
- Hostel Committee, Youth Red Cross & Red Ribbon Club of the college collaborated in the initiative by Amritdhara My Hospital in organizing a Walkathon on World Cancer Day, February 04, 2025 to raise awareness about cancer prevention, early detection, and the importance of a healthy lifestyle. Ms. Meenu Malhotra, Unit Head, Amritdhara My Hospital and her entire team's dedicated efforts made the event successful. T-shirts and caps were also distributed. The Walk started from NDRI main gate to Amritdhara My Hospital, ITI Chowk, Karnal. Dr Vaishali Sharma, Commissioner, Nagar Nigam, Karnal was the Chief Guest. Motivational speeches by various people also done in the hospital premises after the Walkathon. Many organisations collaborated with Amritdhara Hospital making the event successful. 45 students and three faculty members Dr Deepti Sharma, Ms Sushma and Ms Jyoti joined the venture and were awarded certificate of participation also.
- A one-day workshop on "Vipassana Meditation and Yoga: De-stressing and Detoxification" was successfully organized on April 23, 2025 at Kumari Vidyavati Anand D.A.V. College for Women, Karnal by the Youth Red Cross, Yoga Club, and Hostel Committee under the aegis of IQAC, in collaboration with Bharat Vikas Parishad, Madhav Shakha, Karnal. Principal Mrs. Sujata Gupta, Vice President (Mahila Sahbhagita), BVP, renowned paediatrician and senior Vipassana meditation teacher, Dr. Subhash Sethi from New Delhi, and experienced Vipassana instructor Mrs. Renu Aneja from Karnal, along with other dedicated teachers of Vipassana meditation Mr Verma and Mrs Verma sensitized students and staff to the transformative power of silence,

mindfulness, and inner discipline, emphasising on wellness of body and mind. Prominent BVP members including Dr Sucheta Gupta, Mrs. Sadhna Singla, Mrs. Nutan Narang, Mrs. Saroj Bala, the faculty members of the college and 78 students were present.

- International Yoga Day was celebrated on June 21, 2025 by Sports Club, NCC, NSS, Youth Red Cross, Red Ribbon Society and Hostel Committee.



Inaugural Hawan in the Hostel, August 02, 2024



Hawan (September 09, 2024)



Hawan (October 21, 2024)



Teacher's Day celebration in hostel on September 05, 2024



Workshop on Art of Living on September 06, 2024



Trip to Vrindavan and Mathura from September 20-22, 2024



Hostel Fresher Party on October 01, 2024



Vigilance Awareness Campaign on November 13, 2024



Pledge on Communal Harmony Week and Constitution Day (November 26, 2024)



'Free Nadi Parikshan Camp' was organised on November 27-28, 2024



Pratukti Parkikshan Camp on December 17, 2024



Walkathon on World Cancer Day, February 04, 2025



Workshop on “Vipassana Meditation and Yoga: De-stressing and Detoxification,” April 23, 2025



International Yoga Day celebration on June 21, 2025