

हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय
महात्मा हंसराज मार्ग,
मलकागंज, दिल्ली - 110007
दूरभाष : 011-27667458, 27667747
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वेबसाइट : www.hansrajcollege.ac.in



HANSRAJ COLLEGE

UNIVERSITY OF DELHI
Mahatma Hansraj Marg
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2024-2025

Name of the Event: PRAVAH'25

Organised by: UDAAN: The Motivational Society

Date of the Event: 12th November 2025

Duration/Event Timing: 1:40p.m- 4:00 p.m.

Venue of the Event: Library Auditorium, Hansraj College

Name of Coordinator: Arpit Yadav (President)

Name of Convener: Dr. Vikash Singh

Description:

An enlightening speaker session, PRAVAH'25 and a grand launch ceremony of the biannual magazine, ADHVAN, was held in the library auditorium of Hansraj College. This event was organised with the objective of inspiring students to pursue their dreams relentlessly and to overcome all the obstacles under the guidance of renowned speakers. The session was based on the theme: Endless Horizons: The Relentless Pursuit of Growth. The event was graced by distinguished guests, including IAS Sonal Goel, Ravi Kapoor (Ex- IRS Officer, Chief Mentor & TEDx speaker) and IPS Arsh Verma. The session commenced with a warm welcome and lamp-lighting ceremony graced by the presence of the distinct guest speakers along with our esteemed Principal Professor Dr. Rama. It was followed by the felicitation of our esteemed guest speakers.

The first speaker of the event, IPS Arsh Verma, was invited to share his knowledge and experience with the students. He addressed the audience with wisdom, practical advice and a valuable success mantra, particularly for young minds preparing for future challenges. He emphasized five key points to the teenagers: say no to smoking, take care of your physical health, choose your company wisely, set your targets, and crystallise your goals. IPS Arsh Verma engaged with the students and made the session highly interactive.

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The next speaker, IAS Sonal Goel, took the stage and began with a motivational quote from Amitabh Bachchan, instantly capturing the attention of the audience. She stressed the importance of having a well-defined roadmap for success, urging students to assess their strengths, weaknesses, opportunities and threats. Miss Sonal Goel introduced a powerful framework for success: VGPA – Vision, Goal, Plan, and Action. She emphasized the importance of having a clear vision of where one wants to be in the next 10-15 years. A strong goal provides direction, but to achieve it, one must craft a strategic plan and, most importantly, take action to bring it to life. She also stressed the significance of learning from the experiences of great leaders by reading autobiographies of eminent personalities.

The session reached a truly mesmerizing moment with the launch of Adhvan, the biannual magazine of UDAAN. The occasion was made even more special with the presence of all the eminent guest speakers along with our esteemed Principal, Dr. Rama, who officially unveiled the magazine, marking a proud milestone for our society.

Following this, former IRS officer Ravi Kapoor took the podium and continued to fuel the spirit of motivation. He shared a deeply personal insight into his journey, illustrating how life is full of challenges. Once passionate about bodybuilding, he found himself unfulfilled and sought something more meaningful. That's when he turned to UPSC, believing that if anything could truly test his limits, it was this path. He embraced the rigors of preparation, discovered a passion for learning, and eventually succeeded in becoming an IRS officer. Yet, even after achieving this milestone, a sense of restlessness remained—an urge to push further, to take bigger risks, and to chase something even greater. This made him take the most difficult decision of his life and he resigned from his post as IRS officer. His journey served as a powerful reminder that growth should never have an endpoint, and that embracing challenges is the key to a fulfilling life.

The session concluded with a group photograph, capturing the essence of an unforgettable day. As the audience left the auditorium, they carried with them not just memories but a renewed sense of motivation, ambition, and the courage to dream beyond limits.

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Five Geo-tagged Pictures:



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Attach Attendance Sheet:

Name	Course	Contact No.
Virendra Kumar	Ba economics	7599483716
ROHIT KUMAR	BSC Hons Mathematics	7568007064
Shreya Jain	Eco hon	8789339621
Shivangi Gupta	BA program	6268375155
Tushar	Hindi Hons	9625208865
Harshit Upadhayay	B.sc chemistry hons	9667525789
Shivam Mishra	BA programme	9478458800
Piyush Thapa	Bsc hons electronics	9456921389
Ankit Kumar meena	B.a program Hindi+physical	7404446040
Rishu	B.A. (H) Sanskrit	9984528752
Varun varshney	Bcom hons	7082076909

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Vikas Garg	Bcom (hons)	9234564719
Lakhan Bansal	Bsc Zoology Hons	9212493919
Oumkarnath Jha	B.A. (H) SANSKRIT	8930450342
Hemant Mishra	Philosophy Honours	9997044990
Durgesh Kumar	B.A (H) Economics	9311878266
Anuj Mishra	B.A(Honours)Hindi	7404322019
Karan Singh	Bsc hons chemistry	9621663808
Tilak Pandey	Bsc prog Physical Science	9572028778
Rahul	B.A Prog. (Eco + Commerce)	7404260131
Mamata gautam	B.com(hon.)	82358 81990
Raj keshri	BA PROGRAME (PHILOSOPHY + PHYSICAL EDUCATION)	9899000424
Varsha Tripathi	Ba programme	8006917302
Ajeet Kumar Pandey	Chemistry honours	9817996743
Satyam yadav	Hindi honours	8595375556
Ketan narwariya	B. A program	8840038300
Moytri Baul Ador	BA(H)ENGLISH	8076928391
JAGRITI SAROJ	Bsc(hons) Anthropolgy	8178097383
Ashi Verma	Bsc. Botany Hons	7877678566
Sanskriti	B.A (Philosophy + Physical Education)	6201289792
Sanjay Kumar meena	Life science	8376826412
Tejvir	Ba programme	8901916303

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Ritesh Dhaka	B.Sc.(H) Chemistry	9818941948
Princi	BA. Prog	8875358415
Rainy Vats	English Hons.	9811726860
Ami Yadav	BBE	8130833383
Stuti Gupta	Bsc (Hons) Computer Science	7307889813
Harshit Pandey	BA philosophy (hons)	9896733856
Aryaman Rajput	B.com hons	9635002603
Sahil Kumar	B.Sc physical science	9582226844
Ayush Srivastava	B.Sc.(Hons) Chemistry	8763551451
Sahil Yadav	B com hons	7845203470
Tarun Kumar	BSc(Prog) Physical Science with Chemistry	9149399936
Sachin Kanwar	BA Program Philosophy+Physical education	8287114765
Keshav	Bsc(Hons) Chemistry	8826156112
Ritu kumari	B.A program	9910472588
Pragati bansal	B.sc life sciences	9958872655
Raushan Kumar	BA Program (Economics + History)	7206988936
Vinita	BA Economics Honours	7988990157
Babu saheb	BA programm	8081941526
Satyam jha	Ba program	7297851483
Kashish arora	Physical science with chemistry	6396971452
Sagar	B.com Honours	9953458533
Nishika Kamboj	Bcom (Hons)	8795353266
Harshit Soni	B.A. (Hons) Economics	9956574389
Ravindra	B.com(H)	9023984252

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Gupta		
Kunti Sao	B. Sc. Mathematics (hons)	9654422380
Anand Soni	B. SC. (program) Physical science	6378288799
Saloni	b.com Prog ncweb	9650986958
DONTU VIVEKANAND	Ba programme his and eco	9368983644
Vedant Agrawal	Ba eco + commerce	9034413419
Brijmohan	BA(hons.) sanskrit	7053101011
Sneha Kaur	Bsc Chemistry honours	9508657771
Sandeep Suthar	B.Sc. Chemistry Honours	9717370493
Ranjan Kumar	Bsc (Prog.) Physical science with Computer Science	7827240784
Pankaj	Sanskrit+philosophy	9129737947
Suryansh Singh Kaunteya	Bcom(hons)	7056836397
Lakshay Bhardwaj	B.com	8527348939
Suvom Barik	Bsc. Life science	8307751140
Muskan Arya	BSC hons Botany	8273216904
Vanshaj Chaturvedi	BSc Hons Geology	6202130918
Kumar Rajvansh	B.Sc(H)Geology	8726772821
Kashish Singh	Ba program	6201972018
Manohar Choudhary	Bsc Anthropology	8103066848
Astha Jaiswal	B.Sc. (hons) Botany	7970021812
Poonam	Bsc chem hons	9871837805
Vansh jain	Bsc life science	9695775808

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Ujjwal Pandey	B.Sc. Physics (Hons.)	8810427218
Imran Khan	Bsc Hons Botany	9350952287
Kumar Adarsh	B.A.(H) Sanskrit	7976224860
Saumya kaithal	Ba program (Economics + Commerce)	7988062907
PRIYANSHI	PRIYANSHU	9660480459
Bharti Dabas	BA Programme [Hindi+ Physical Education]	9336837733
Aditya chaturvedi	BA program	7011645560
Samrat Choudhary	English Hons	9310151392
Nikhil Kumar	B.Com(Hons.)	9315789358
Abhishek Kumar	B.a program	9621177494
Shalini Mishra	Ba programme	9310838429
Shivam Kumar Singh	B. SC (H) Botany	8570992240
Sachin Rajwanshi	Ba program (philosophy+PE)	8318157903
Sundram Mishra	BSC Hons chemistry	798516270
Shubham	B.com(Hons)	9310357116
Kumar vishesh	Bsc(h) zoology	8091743503
Nandini	Bsc (hons) geology	9034527918
Abhinandan Kumar	English Honors	8178916855
Mehak Jain	Bcom hons	9079232480
Raushan Kumar	Bsc analytical chemistry	9313039484
Sneha verma	BA economics hons	8816005789
Amity Priya	Bcom Hons	8396980744
Prakash Kumar Shah	Bcom Hons	8800972964

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Anushree Tiwari	Bsc Life Science	9315818188
Chirag	BA Prog.	8882032637
VASUDEV GODARA	BSC PHYSICS HONOURS	8295795114
Priya Mittal	Bsc. Maths hons	7427092927
Pushpanjali Kumari	Bsc(hons)Geology	8957578155
Saksham Manchanda	B.A Program (Philosophy + Physical Education)	8602996938
Harsh Sharma	BA(H) English	7062674202
Aman Bisht	B com hons	8929353706
Anurag Sengupta	BA Program (Commerce + Economics)	9396372066
Prasoun	Ba Hindi honours	7606854412
Ishika	Bsc chemistry hons	9911775991
Varun Aggarwal	Bsc Zoology Hons	9953516447
Ishan Shukla	Ba program Sanskrit + Philosophy	9741375649
Gautam	Ba program (Commerce+Economics)	9536606892
Jatin Gupta	B.A Program (Philosophy + Physical Education)	8010061600
Fiza Naithani	BSc Hons Chemistry	7249999555
Ipsa Tripathi	Bsc hons zoology	9968412851
Ritu Chaudhary	Bsc	8920448398
Puneet Gupta	Bsc Hons zoology	7011540969
Ayushman Dubey	B.A (Hons.) History	9026587375
Nancy	B.com hons	9334294094
DK Meena	B.A Honours	8826181775

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Faraz	B.Com.(Hons)	8000238406
Khushboo Kumari	B.Sc. (Prog.) Physical Science with Computer Science	9219370398
Anuja	Bsc prog (Physical science with cs)	9350168395
Satvik Tiwari	Ba commerce + economics programme	9810740108
Mayank Kumar	Bcom (hons)	7081841970
MOHD IDREES	BA HONS. HISTORY	9797074412
Vansh Bajaj	BA history Hons	7739730769
Shivam bisht	Bsc (H) electronics	8604113220
Akhil Anand	B.A Hindi Hons	8708085010
Anjaneya Shukla	Electronic Hons	9871505457
Amrish Patel	B.Sc.(Hons.) Physics	8532801546
ARUN RAWAT	B.A.Hindi Honours	9990555484
Alisha Kumawat	English hons	8287902094
Vinamra sharma	BA eng hons	8252112868
Roshni yadav	Bcom honours	8287710976
Neha minj	Bsc honours zoology	7858001927
Harendra Singh Gurjar	B A Prog(Eco + His)	8115826951
Sakshi Mishra	Bsc physical science with chemistry	7307201522
Priya Yadav	BA English Hon	8595115524
Nisha Kushwaha	Bsc life science	9110043362
Anushka Dhar	Bsc(hons) maths	8527097725
Aarohi Agnihotri	B.A. (Hons) English	9939434610

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Ishika Goyal	Bcom	7717661518
Vanshaj Sharma	B.Sc. (H) Physics	8102624857
Deb Das	Bcom hons	9927451146
Amish Singh	Bsc hons botany	9113311717
Vikas	Hindi honours	7987679543
Priyanka kumari	Bsc(H)Botany	8957369728
Om	Sanskrit	9560843308
Chetan Bhatt	Bcom Hons	7014282072
Mahesh Kumar Godara	B A Hons Hindi	8168212141
Arnav Singh	B.com(Hons)	9279603594
Pranjal Singh Uike	Ba Program	9891833981
Kabir tanwar	Ba programme	7015925793