



# K.R. MANGALAM UNIVERSITY

## THE COMPLETE WORLD OF EDUCATION

Report on  
School of Management and Commerce (SOMC)

Student Induction Programme, 2022

### Extension and Village outreach activity in Hindu Vidya Niketan, Nuh Village (In collaboration with NSS)

**Target Group:** High and Senior secondary students of the Hindu Vidya Niketan School and students of SOMC ( Internal=17, External=65 )

**Resource Person/Judge:** Dr. Ruchika, Ms Shreya, Ms Kiran, Dr Khera

**Date and Time:** Friday, September 2, 2022

**Venue:** Hindu Vidya Niketan (HVNNMS), Nuh Village, Haryana

#### Introduction

School of Management and Commerce (SOMC) organised Student Induction Programme under which a village extension activity was conducted in collaboration with NSS. With the objective of creating awareness about stress and its coping mechanism, High school to Senior Secondary students of Hindu Vidya Niketan along with students of SOMC were gathered in assembly area. Students were explained about the importance of living a stress free life by balancing the aspects of life.

#### Objectives

1. To introduce students about becoming aware and how to handle stress.
2. To raise awareness among students to become self-motivated and be kind and empathetic towards their surroundings
3. To help students learn stress reduction techniques via Mindfulness- relaxation activity.

#### Content

Hindu Vidya Niketan, Nuh School was established in 1995. It is a Co-ed school affiliated to Central Board of Secondary Education (CBSE). Teenagers and early stage adults of class 10<sup>th</sup> to 12<sup>th</sup> were the target audience. As due to increasing pressure to outperform in their academics while also facing peer-pressure from family, friends and others, the students are becoming too stressed and developing various sort of mental and physical ailments. Dr Ruchika who is in to social service from past 16 years with Mindfulness organisation, addressed the students about handling and managing the stress, she asked students about what they think about stress and problems they face due to it. She quoted an example of Swami

Registered  
K.R. Mangalam University  
Sohna Road, Gurugram (Haryana)

cooperation along with undue pressure and stress. Swami Vivekananda set an example globally that representing culture requires bravery and knowledge not formal attire. After which Dr. Ruchika conducted a Heartfulness- Relaxation exercise, a kind of meditation to become aware about own selves and be mindful for present situation. Students were asked about the experience post activity and they told to feel better and lighter.

After which Ms. Shreya and Ms. Kiran with the help of Dr.Khera explained about the stress-management questionnaire to students, they were asked about several questions based on situations, activities and remedies they perform during feeling of stress. Student volunteers took active participation in facilitating and volunteering the event.

#### **Attendees**

High school to Senior Secondary students of Hindu Vidya Niketan., Students of SOMC.

#### **Outcome**

The school students participated with full zeal, and took active interest in filling up the questionnaire. School students also left feedback notes about how they felt after performing Mindfulness- Relaxation exercise. SOMC students also experienced the act of kindness and being empathetic and helping towards one self and others.

#### **Conclusion**

To get the balance of mental and physical wellbeing we must understand we can't do everything at once. The agenda was to create awareness among school students to live a better and stress free life and become aware about controllable and uncontrollable situations.

  
Registrar  
K.R. Mangalam University  
Sohna Road, Gurugram (Haryana)

Ruchika Yadav





Photo-1 Students, faculties and Dean of SOMC

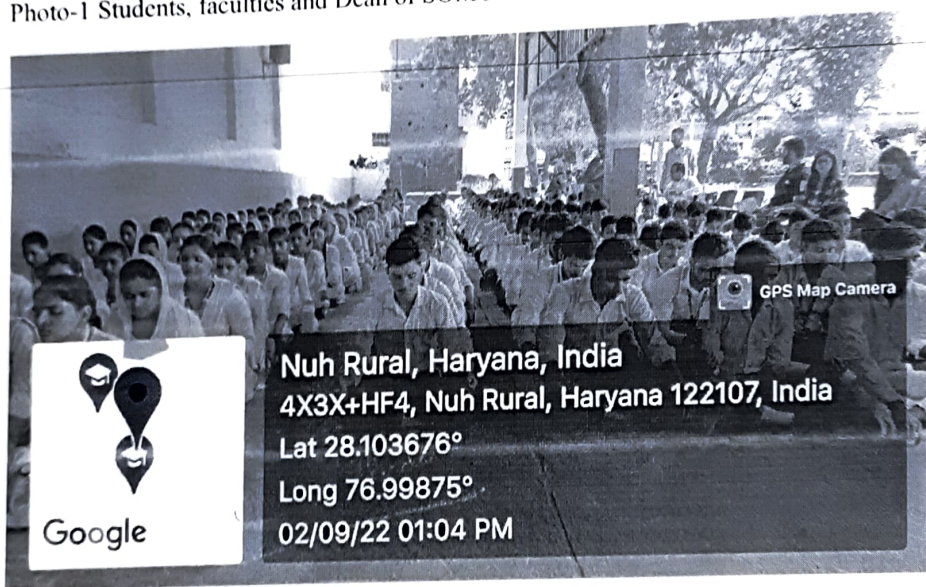


Photo-2 Students performing Mindfulness-Relaxation

*Ruchika Yadav*

Registrar  
 K.R. Mangalam University  
 Sohna Road, Gurugram (Haryana)



Photo-3 Group photo with students post activity

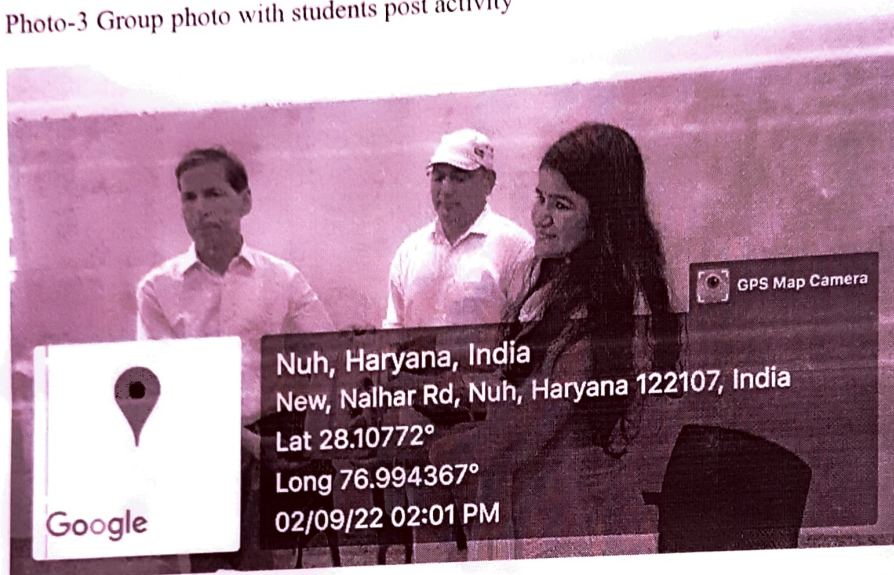


Photo-4 Principal of School receiving Mindfulness Journal

*Ruchika Yadav*

Registrar  
K.R. Mangalam University  
Sohna Road, Gurugram (Haryana)





Photo 5 Staff members with faculties and members

*Ruchika Yadav*

  
Registrar  
K.R. Mangalam University  
Sohna Road, Gurugram (Haryana)

# ATTENDANCE SHEET

## K.R Mangalam University

### SCHOOL OF MANAGEMENT AND COMMERCE

Event name:

Extension & village Outreach activity ~~in~~

Dr. Rudhika Yadav, M.S.

Sh oey

Date- Sep 2, 2022			
Venue- Hindu Vidya Niketan, Nuh			
Sr No.	Participant name	Class	Signature
1	Anup	X B	<del>9/28/17</del> Anup
2	Arjun Sharma	X B	Arjun
3	Hanika sharma	X B	Hanika
4	Rehan Khan	X B	Rehan
5	Affan	X B	Affan
6	Mohd. Khan	X B	Mohd. Khan
7	Adul	9th B	Adul
8	Mohd- Wati	9th A	Mohd- Wati
9	Mohd. sahan	9th B	Mohd. sahan
10	Sartaz	9th A	Sartaz
11	Grifan	1x A	Grifan
12	Naved	9th A	Naved
13	Sinuya	N B	Sinuya
14	Fukshal	X A	Fukshal
15	Nurkoo	X B	Nurkoo
16	Sinuya	X B	Sinuya
17	Kayal	1x B	Kayal

Registrar  
K.R. Mangalam University  
Sohna Road, Gurugram (Haryana)

14	Purshar	XI		Purshar
15	Mahi	XII		Mahi
16	Bhumi	XII		Bhumi
17	Dinga	XII		Dinga
18	Pagal	XII		Pagal
19	Kanika	XII		Kanika
20	Mustan	XII		Mustan
21	Priya	XII		Priya
22	Tabassum	XII		Tabassum
23	Seemra	XII		Seemra
24	Afiya Khan	XII		Afiya Khan
25				
26	Shubham	XII		Shubham
27	Sanya	XII		Sanya
28	Babla	XII		Babla
29	Rama	XII		Rama
30	Sapna	XII		Sapna
31	Babla	XII		Babla
32	Afana	XII		Afana
33	Mustan Hasan	XII		Mustan Hasan
34	Sanya	XII		Sanya
35	Kanika	XII		Kanika
36	Mustan Hasan	XII		Mustan Hasan
37	Sapna	XII		Sapna
38	Shubham	XII		Shubham

Registrar  
K.R. Mangalam University  
Sohna Road, Gurugram (Haryana)

1	Sreyani Das	9th	Sreyansh
2	Radhika Sharma	9th	Pashler
3	Gulshana	10th	Gulshan
21	Nirmal Sini	10th	(Nirmal)
4	Muskan	11th	Muskan
5	Muskan Khan	11th	Muskan
6	Arooz	11th	(Arooz)
25	Muskan	11th	Muskan
6	Sadita	11th	Sadita
7	Afafiya	11th	Afafiya
8	Soyeb Akhla	IX	Soyeb
27	Munwar	K	Munwar
9	Harkesh Javat	IX	Harkesh
10	Shivam	11th	Shivam
11			
53			
34	Alaya	K	Alaya
35	Tarika	11th	Tarika
36	Saima	IX	Saima
37	Bharmika	K	Bharmika
38	Fasha	K	Fasha
39	Wedam	K	Wedam
40	Diva	IXB	Diva
41	Taslim	9th	Taslim
42	Adan	10th	(A)
43	Saniya	10th	Saniya

Registrar  
K.R. Mangalam University  
Gurgaon, Gurugram (Haryana)

*Fachika*