



# K.R. MANGALAM UNIVERSITY

## THE COMPLETE WORLD OF EDUCATION

Report on  
School of Management and Commerce (SOMC)

**Improving Mental Health in Scheduled Caste Community in Nearby Village, Nuh  
Haryana**

(In collaboration with NSS)

**Target Group:** Students of Government Model Sr. Secondary School, Nuh, Haryana  
**Resource Person/Judge:** Ms. Shreya Sharma and Dr. Monika Yadav (Asst. Professors  
SOMC)

**Coordinator:** Dr. Ruchika Yadav (Associate Professor, SOMC)

**Date and Time:** Monday, 21 Nov, 2022,

**Venue:** Government Model Sr. Secondary School, Nuh, Haryana

**No. of Participants:** External = 97, Internal=6

An extension activity was duly conducted by KR Mangalam University by School of Management and Commerce in collaboration with NSS. A meditation session on Heartfulness was conducted to create an environment of tranquillity and ease the minds of the attendees through interaction between the coordinators and participants where they shared their personal experiences regarding the management of stress they have faced in their day-to-day lives.

The audience received vivid insights on the topic by Dr. Ruchika Yadav where she raised an important question regarding the management of stress. The session was overall quite interactive since there was necessary discipline maintained throughout.

An additional stress management session was also conducted in order to foster a serene environment and to ease the mind of all attendees through relevant discussion and management techniques to handle loneliness and anxiety, breathing exercises and meditation practices.

As the activities came to a close, there was a satisfactory response since the audience seemed emotionally as well as mentally enlightened and had understood the information that was imparted by the speakers as well as the faculty members present there.

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**Image 1-** Faculty and Volunteers ready with banner for extension activity in Nuh Village.



**Image 2-** Dr. Ruchika along with other faculty Members carrying out session on livelihood and Meditation



**Image 3-** Dr. Ruchika introduced heartfulness meditation technique to school students.

*Ruchika Yadav*  
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 Sohna Road, Gurugram (Haryana)



21/11/22

K.R. Mangalam University

SOMC

Event Name: Improving Mental Health in Scheduled Caste

Date: 21/11/22

Faculty Coordinators Dr. Ruchika, Dr. Monica

| S.NO. | Student Name    | CLASS                    | PHONE NO.         | SIGNATURE | Feedback and Remarks (Rate on the scale of 1-5, 1 is least and 5 is best) |
|-------|-----------------|--------------------------|-------------------|-----------|---|
| 1     | Sweety          | 11 <sup>th</sup> Arts    | 8684887432        | Sweety    | 5   |
| 2     | Gunatika        | 11 <sup>th</sup> Arts    | 9991629974        | Gunatika  | 5   |
| 3     | Tanvika         | 11 <sup>th</sup> Arts    | 9350908828        | Tanvika   | 5   |
| 4     | Ruchika         | 11 <sup>th</sup> Arts    | 9813967985        | Ruchika   | 5   |
| 5     | Ruchika         | 11 <sup>th</sup> Arts    | 7082115970        | Ruchika   | 5   |
| 6     | Janveen         | 9 <sup>th</sup> - C      | 8930225555        | Janveen   | 5   |
| 7     | Nasir Khan      | 9 <sup>th</sup> C        | 9991238584        | Nasir     | 5   |
| 8     | Rubeen Ashraf   | 9 <sup>th</sup> C        | 7015998678        | Rubeen    | 5   |
| 9     | Zainab          | 9 <sup>th</sup> C        | 9812594784        | Zainab    | 5   |
| 10    | Rachina         | 9 <sup>th</sup> C        | 9059300687        | Rachina   | 5   |
| 11    | Ganiya          | 9 <sup>th</sup> C        | 9817734993        | Ganiya    | 5   |
| 12    | Nisnat          | 9 <sup>th</sup> C        | 9540407626        | Nisnat    | 5   |
| 13    | Saniya          | 9 <sup>th</sup> C        | 9812854929        | Saniya    | 5   |
| 14    | Manisha         | 9 <sup>th</sup> C        | 9913168106        | Manisha   | 5   |
| 15    | Azerka Siddiqui | 11 <sup>th</sup> Medical | 9813284690        | Azerka    | 5   |
| 16    | Mansi           | 11 <sup>th</sup> Medical | 991610 9050557560 | Mansi     | 5   |
| 17    | SARA ALI        | 11 <sup>th</sup> Med.    | 9813682786        | SARA      | 5   |
| 18    | ANIA AHMED      | 11 <sup>th</sup> Med.    | 9813545186        | ANIA      | 5   |
| 19    | SANIYA HUSSAIN  | 11 <sup>th</sup> Med.    | 9991046786        | SANIYA    | 5   |
| 20    | Muskan          | 11 <sup>th</sup> Med.    | 8053715317        | Muskan    | 5   |
| 21    | Gurleen         | 11 <sup>th</sup> C       | 9912854929        | Gurleen   | 5   |
| 22    | Sadika          | 11 <sup>th</sup> C       | 9912854929        | Sadika    | 5   |
| 23    | Fahat           | 12 <sup>th</sup> Arts    | 9913301790        | Fahat     | 5   |
| 24    | Jasrannam       | 12 <sup>th</sup> Arts    | 9991054242        | Jasrannam | 5   |
|       | Shaista         | 12 <sup>th</sup> Arts    | 99127470818       | Shaista   | 5   |

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Dr. Ruchika  
Dr. Monica  
Dr. Ruchika

# K.R. Mangalam University

SOMC

Event Name :

Date :

Faculty Coordinators

| S.NO. | Student Name | CLASS                 | PHONE NO.  | SIGNATURE    | Feedback and Remarks (Rate on the scale of 1, 5, 1 is least and 5 is best) |
|-------|--------------|-----------------------|------------|--------------|--|
| 1     | Shayin Ahmed | X <sup>th</sup> B     | 9050535648 | Shayin       | 4  |
| 2     | Jitesh       | X <sup>th</sup> B     | 9813018629 | Jitesh       | 3  |
| 3     | Mohd- Bilal  | X <sup>th</sup> B     | 9813132793 | Bilal        | 3  |
| 4     | Amit Kumar   | X <sup>th</sup> B     | 9306135330 | Amit         | 5  |
| 5     | Fashan Khan  | X <sup>th</sup> B     | 9991080561 | Fashan       | 3  |
| 6     | Fariyad Khan | X <sup>th</sup> B     | 9991818471 | Fariyad      | 2  |
| 7     | Munaf        | X <sup>th</sup> B     | 9991566321 | Munaf        | 4  |
| 8     | Muray        | X <sup>th</sup> B     | 9050186286 | Muray        | 3  |
| 9     | Gourind      | X <sup>th</sup> B     | 8367963024 | Gourind      | 3  |
| 10    | Love         | X <sup>th</sup> Non-M | 8168127009 | Love         | 5  |
| 11    | Sanjul       | X <sup>th</sup> A     | 7015684541 | Sanjul       | 5  |
| 12    | Mohd Vazir   | X <sup>th</sup> C     | 9307045400 | Mohd Vazir   | 4  |
| 13    | AMMAR        | X <sup>th</sup> C     | 9350811086 | AMMAR        | 3  |
| 14    | Amit Tanwar  | X <sup>th</sup> A     | 9416138737 | Amit         | 2  |
| 15    | Deepak       | X <sup>th</sup>       | 825914516  | Deepak       | 5  |
| 16    | Mohd Mustafa | X <sup>th</sup>       | 9246675564 | Mohd Mustafa | 5  |
| 17    | Rajyan       | X <sup>th</sup>       | 8901168303 | Rajyan       | 3  |
| 18    | Usama        | X <sup>th</sup>       | 9813377354 | Usama        | 2  |
| 19    | Deepak       | X <sup>th</sup>       | 9518381208 | Deepak       | 4  |
| 20    | Keshav       | X <sup>th</sup>       | 9416533550 | Keshav       | 4  |
| 21    | Paranjal     | X <sup>th</sup> Non-M | 9992382348 | Paranjal     | 3  |
| 22    | Anish        | X <sup>th</sup> Non-M | 7027168517 | Anish        | 2  |
| 23    | Salman       | X <sup>th</sup> mod   | 8398869578 | Salman       | 2  |
| 24    | Mazim Ichen  | X <sup>th</sup> A     | 9091819166 | Mazim Ichen  | 5  |

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|-------|---------------|--------------|------------|-------------|---|
|       | Robin         | 9th          | 9813335405 | Robin       | 5   |
|       | Rajraj        | 9th          | 8053821174 | Rajraj      | 4   |
|       | Rohit BAGRI   | 9th          | 9671995570 | Rohit       | 3   |
|       | SAKIB         | 9th          | 9813318425 | Sakib       | 2   |
|       | Pawan         | 9th          | 8053023868 | Pawan       | 5   |
|       | Prince        | 9th          | 9812143604 | Prince      | 4   |
|       | Tanveer Azam  | 9th          | 9671488825 | Tanveer     | 3   |
|       | Kasif Akhbar  | 9th          | 9813119883 | Kasif       | 2   |
|       | Vikay         | 9th          | 9306881688 | Vikay       | 1   |
|       | Areeb Asad    | 9th          | 9813105156 | Areeb       | 4   |
|       | Sohit Khan    | 9th          | 9813318652 | Sohit       | 3   |
|       | AZEEM Khan    | 9th          | 9813212734 | AZEEM Khan  | 2   |
|       | Mohd. Fayzal  | 9th          | 9812681393 | Mohd        | 3   |
|       | Alied Khan    | 9th          | 9813371798 | Alied       | 4   |
|       | Arbaz Khan    | 9th          | 9812121454 | Arbaz Khan  | 5   |
|       | Fardes        | 11th Arts    | 9350742854 | Fardes      | 4   |
|       | Yusra Hussain | 11th Med     | 8683019017 | Yusra       | 3   |
|       | Ayan KHAN     | 11th Med     | 9050668070 | Abraham     | 2   |
|       | Dilshad KHAN  | 11th Medical | 9991914186 | Hamza       | 4   |
|       | Sunil Tanwar  | 11th Arts    | 9053516535 | Sunil       | 5   |
|       | MR. Rehan     | 12th Med     | 9813260497 | Rehan       | 3   |
|       | Fardeeh Khan  | 12th med     | 9306078853 | Fardeeh     | 2   |
|       | Mohd Zishan   | 12th Med     | 9813314519 | Mohd Zishan | 1   |
|       | Suhani Jala   | 12th Arts    | 9050024226 | Suhani      | 4   |

*Dr. P*

*Dr. P*

*Shrey*

*Dr. P*

*Dr. P*

*Dr. P*



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|-------|----------------|--------------------|------------|------------------|--|
| 1     | Rahima         | 9 <sup>th</sup> C  | 9467868602 | <i>Rahima</i>    | 5  |
| 2     | Sadiya         | 9 <sup>th</sup> C  | 7708012804 | <i>Sadiya</i>    | 5  |
| 3     | Babina         | 9 <sup>th</sup> C  | 983148080  | <i>Babina</i>    | 5  |
| 4     | Anjum          | 9 <sup>th</sup> C  | 9050864321 | <i>Anjum</i>     | 5  |
| 5     | Sumaiya        | 9 <sup>th</sup> C  | 9416362964 | <i>Sumaiya</i>   | 5  |
| 6     | Fatima         | 9 <sup>th</sup> C  | 9819999504 | <i>Fatima</i>    | 5  |
| 7     | Faheen Saleem  | 9 <sup>th</sup> C  | 9991238544 | <i>Faheen</i>    | 5  |
| 8     | Aliya Rahis    | 9 <sup>th</sup> C  | 9416612426 | <i>Aliya</i>     | 5  |
| 9     | Anika          | 9 <sup>th</sup> C  | 9671768318 | <i>Anika</i>     | 5  |
| 10    | SHAHTIN        | 9 <sup>th</sup> C  | 9813537482 | <i>SHAHTIN</i>   | 5  |
| 11    | Asima          | 9 <sup>th</sup> C  | 9991315477 | <i>Asima</i>     | 5  |
| 12    | Aniysha        | 9 <sup>th</sup> C  | 9671142652 | <i>Aniysha</i>   | 5  |
| 13    | Raza           | 9 <sup>th</sup> B  | 9991894987 | <i>Raza</i>      | 5  |
| 14    | Najveen        | 9 <sup>th</sup> B  | 9588551386 | <i>Najveen</i>   | 5  |
| 15    | Nazia          | 9 <sup>th</sup> B  | 9813584393 | <i>Nazia</i>     | 5  |
| 16    | Faisha Hussain | 10 <sup>th</sup> B | 9812856223 | <i>Faisha</i>    | 5  |
| 17    | Samskosh Khan  | 10 <sup>th</sup> B | 7027125352 | <i>Samskosh</i>  | 5  |
| 18    | Mekaf Faween   | X <sup>th</sup> B  | 7027385101 | <i>Mekaf</i>     | 5  |
| 19    | Shreshtha      | X <sup>th</sup> C  | 7206316304 | <i>Shreshtha</i> | 5  |
| 20    | Narsky         | X <sup>th</sup> C  | 9050075501 | <i>Narsky</i>    | 5  |
| 21    | Muskan         | X <sup>th</sup> C  | 8980166717 | <i>Muskan</i>    | 5  |
| 22    | Chhaya         | X <sup>th</sup> C  | 8168176073 | <i>Chhaya</i>    | 5  |
| 23    | Monika         | X <sup>th</sup> C  | 9813174132 | <i>Monika</i>    | 5  |
| 24    | Sana Faiz      | X <sup>th</sup> C  | 9992038502 | <i>Sana</i>      | 5  |

*Shrey*  
*Kushal Yadav*

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