



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

Report on

Dated: 6th June to 8th June' 2022

**Workshop on Financial Literacy Programme and Women Welfare
Schemes & Experiential Session on Stress Management and mental well being**

(In collaboration with NSS)

Date and Time: Monday, 6 June, 2022, 11.00 am

Venue: Spark Minda Foundation, Bhondsi Village

Event Type: Extension Activity

Mode of activity: Offline

Target Group: Students of Government Senior Secondary School

Number of participants: Internal 6, External 41

Event Coordinators: Dr. Ruchika Yadav (Associate Professor

Organized by: School of Management and Commerce
(SOMC), KRMU

Introduction

School of Management & Commerce at K.R. Mangalam University, Gurugram in collaboration with NSS organized a session on Stress Management and mental Well-Being along with Financial Literacy and Women Welfare Schemes, Activities for improving Communication Skills & Workshop on Socio-Economic Security at Aakarshan Kaushal Vikas Kendra-A CSR Initiative at Spark Minda Foundation, Bhondsi Village.

Objectives

These workshops are part of extension activities to be conducted in neighbourhood villages. The purpose behind organising these workshops is

- To make rural men & women to live a balanced life with correct thinking, the right understanding & honest approach towards life.
- To attain a perfect balanced & stress-free life, Heartfulness Relaxation, Meditation, Cleansing & Inner Connect sessions were conducted by Dr Ruchika Yadav, Heartfulness Trainer & Associate Professor- SOMC, for three consecutive days, where the participants got the inner experience of self- transformation.


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Content:

They could differentiate between the state of mind & heart before and after the experiential sessions. During the relaxation, participants felt peace & calmness where they stated that relaxation reduces tension in all parts of their body & now, they believe they can stay comparatively more balanced even in stressful situations.

While meditating they felt their mind is becoming centered which was shifting to deeper levels of feelings. During the cleansing process they realised the feeling of lightness, joy, and a carefree attitude where the impurities, complexities & emotional burdens are removed with deliberate efforts while applying will power.

Through the inner connect session, the participants learnt that purpose of life is hidden in serving others selflessly & to achieve those prayerful intentions play a major role, where inner humble connection with self is required to listen to the heart's voice & weaving the destiny. To make them understand about the financial literacy & different welfare schemes Dr. Rashmi Singel, Associate Professor, SOMC shared the importance of financial savings and how financial awareness will lead to economic and social empowerment. Participants were informed about various government schemes like Pradhan Mantri Jan Dhan Yojna, Pradhan Mantri Jeevan Jyoti Bima Yojna, Pradhan Mantri Suraksha Bima Yojna, Atal Pension Yojna and PM Jan Arogya Yojna. They were encouraged to open saving bank account with local bank and get the benefit under these schemes.

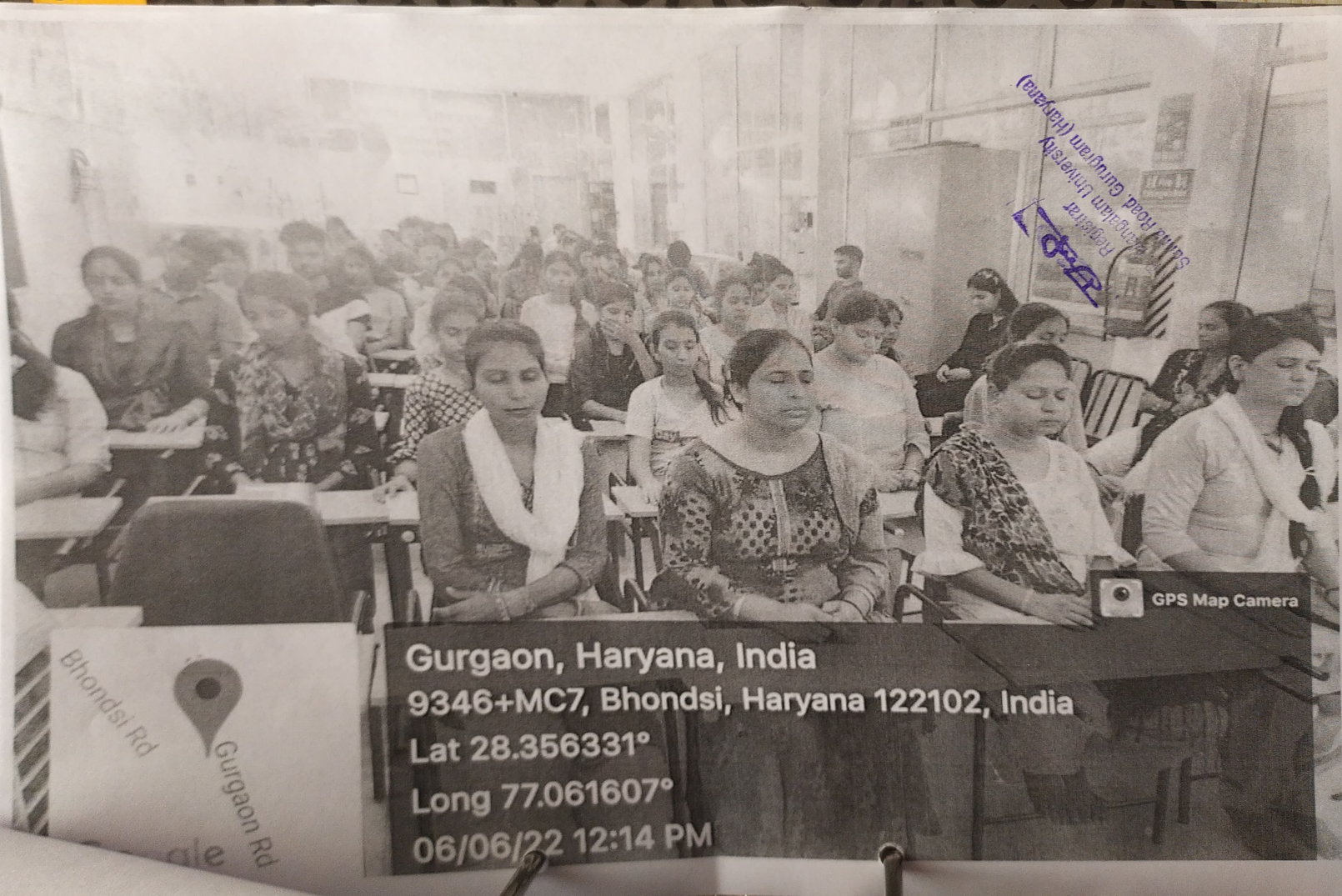
Coach Dr Gurbir S. Khera, Associate Professor, SOMC worked on communication skills of CSR project learners by first highlighting relationship foundation as bed-rock for communication building in that target audience after keeping in mind their background & the present skills. They truly responded with lots of interest. Language used was simple Hindi, he explained the principles of financial independence with mind-set change & the required shift towards money & the various Govt. schemes & how to do the banking in the right way & how they can be easily empowered & socio-economically lifted -given their hard nature & rural background. In future, too - these extension activities can bring a marked change in the life of young & bright vocational learners at NGOs & CSR's Projects.


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Outcome: Through this workshop the learners enable themselves to lead a balanced lifestyle, with humble & submissive hearts full of love, brotherhood & harmony for one and all. They have learnt the importance of communicating well, economic securities, financial planning and savings for intelligent financial decisions & to avail the benefits under various govt. welfare schemes. The participants are able to:

- Accept the problems more openly & calmly
- Develop feelings of love & togetherness
- Understand the concept of non-verbal communication
- Plan savings
- Open bank account with local bank
- Avail various Govt. entitlements and benefits under various socio-economic welfare schemes


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6 June 2022

School of Management and Commerce

Event Name: financial literacy programme

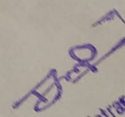
Faculty Coordinators: Dr. Ruchika & Dr. Rashmi, some

S. no	Name	Class	Signature	Phone No.	Feedback (5-1)
1	Sahil	XII	Sahil	983694812	5
2	Sachin	12th C	Sachin	8638882754	5
3	Prakash Dharma	12th D	Prakash	9871 85711	5
4	Abhay Jha	12th C	Abhay	958219513	4
5	Aakash	12th C	Aakash	9136366268	4
6	Harisham Rakesh	12th C	Harisham	972934552	3
7	Surmit	12th C	Surmit	7011 80724	4
8	Ashishhek	10th B	Ashishhek	9350732292	4
9	Dushyant	10th B	Dushyant	9711 92451	4
10	Mohit	10th B	Mohit	9871328130	5
11	Surmit	10th B	Surmit	8447814263	5
12	Mahesh	11th B	Mahesh	9911 781810	5
13	Dhanshu	11th B	Dhanshu	9711 662339	5
14	Mohit	11th C	Mohit	9655064844	4
15	Mohit	11th C	Mohit	8856540596	4
16	Tarun	11th B	Tarun	95 82294183	4
17	Surmit	11th C	Surmit	9711 57854	5
18	Mohit	11th C	Mohit	9315 219107	5
19	Mohit	11th C	Mohit	7011 233287	4
20	Ajith	11th C	Ajith	787 775509	4
21	Pravesh Sharma	11th B	Pravesh	958277108	5
22	Saurabh	11th D	Saurabh	7827 0844	5
23	Arjun	11th B	Arjun	9501424033	4
24	Rohan	11th	Rohan	9871 535251	4
25	Varun Sharma	11th A	Varun	98 18090834	4
26	Pravesh Sharma	11th A	Pravesh	8770956098	5

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Ruchika
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27	Peshish Pandey	Qth A	Shanku	954039781	5
28	Shantika	Qth A	Shanku		5
29	Chandan	Qth A	Chandan		5
30	Nagesh	Qth A	Cham	9810510196	5
31	Jatin	Qth A	Neel	743367603	5
32	Nishu	Qth A	Neel	905612692	5
33	Chintu	Qth A	Neel		5
34	Selish	Qth A	Neel		5
35	Prince	Qth A	Neel		5
36	Purshat	Qth A	Neel	989963182	4
37	Hohant	Qth A	Neel	920597117	4
38	Dhanraj	Qth A	Neel		4
39	Delshad	Qth A	Neel		4
40	Adi Sahul	Qth A	Neel		4
41	Samson	Qth A	Neel		4
42	Rohit	BBA	Neel		4
43	Omni	BBA	Neel		4
44	Seema	BBA	Neel		3
45	Yash	BBA	Neel		3
46	Vaibhav	BBA	Neel		4
47	Mohit	BBA	Neel		4


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