



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

School of Management and Commerce

Report on

**Extension Programme on Sustainable Well Being of Schedule Cast
Communities in collaboration with NSS**

Date: Tuesday, 22nd November, 2022.

Venue: Govt. Model Senior Secondary School, Nagina, Nuh (H.R)

Event Type: Extension activity

Mode of Activity: Offline

Target Group: IX, X and XI and XII class Students

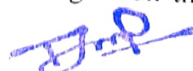
Coordinators: Dr. Ruchika Yadav, Associate Professor, SOMC, Dr. Monika Yadav, Assistant Professor, Ms. Shreya Sharma, Assistant Professor, SOMC

Organized by: School of Management and Commerce

Number of Participants (Attach Attendance as Annexure): Internal=3, External=45

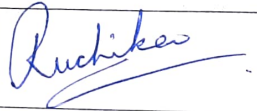

Introduction:

An extension and village outreach programme was conducted by School of Management and Commerce at K.R Mangalam University in collaboration with NSS on the scope for improvement in the livelihood of the individuals belonging to Scheduled caste communities, that is the reserved categories on 22nd November, 2022 at Govt. Model Sr. Secondary School. The participants were exposed to a vast multitude of relevant information about stress management and mediation as a daily practice. As the information imparting rounds came to a close, a meditation session on Heartfulness was conducted to create an environment of tranquillity and ease the minds of the attendees through interactions 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 conducted by Dr.


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

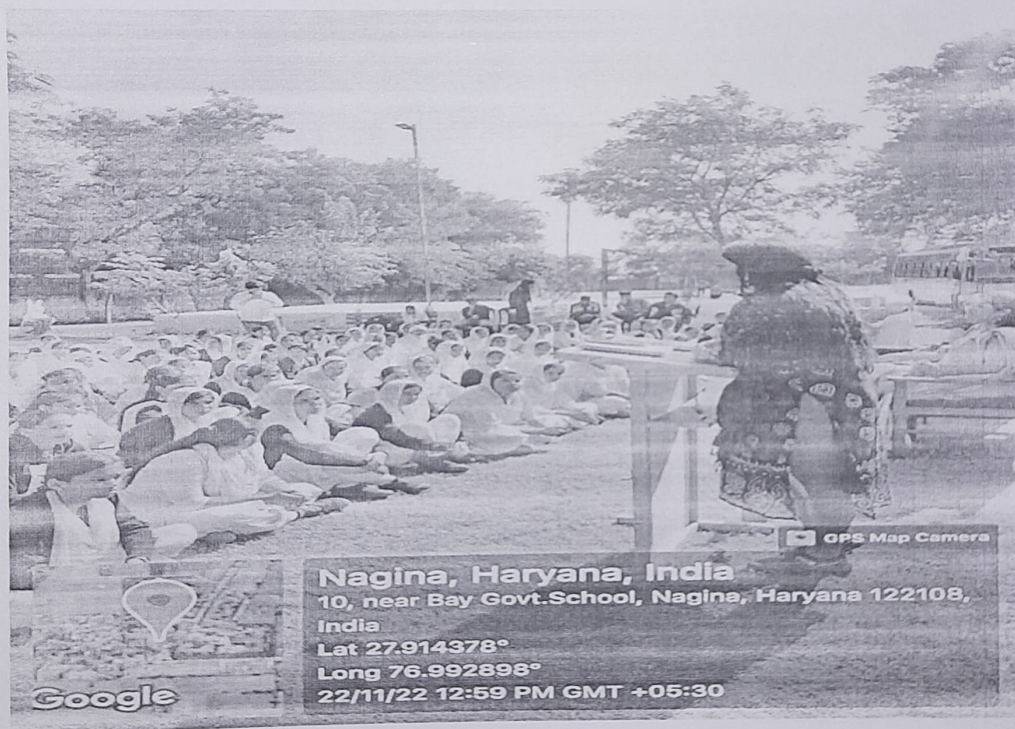
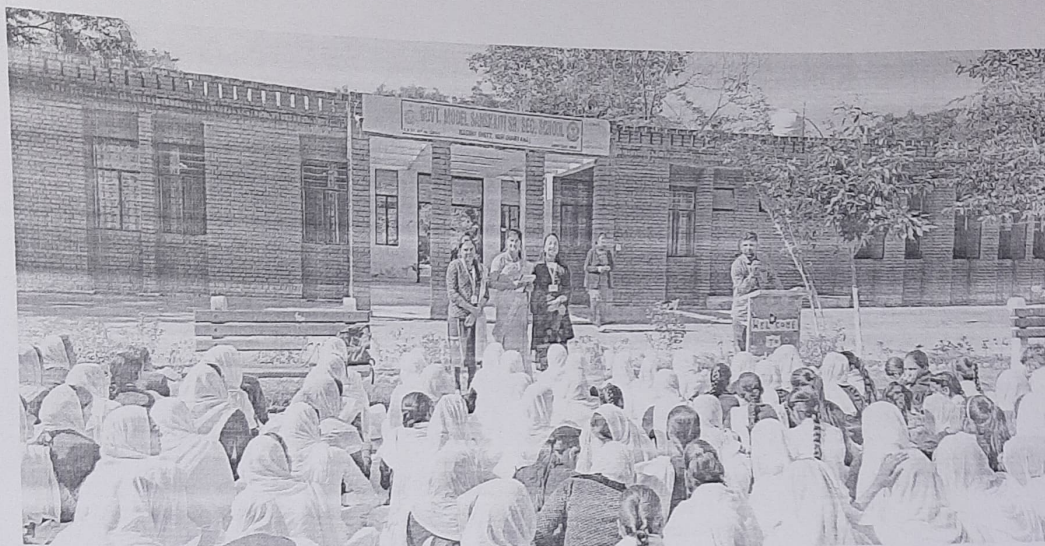
Ruchika Yadav where she raised an important question regarding the validity of the stress in the lives of the school students which received an unexpected 100% affirmative response from attendants.

The entire activity was duly performed by the coordinators and volunteers with utmost zeal and dedication. As the event concluded, a feedback form and questionnaire were passed among the attendants to validate their overall experience which received a satisfactory and positive response since the audience seemed emotionally as well as mentally enlightened and had understood the information that was imparted by the speaker as well as the faculty members present there.

Category	Name	Signature
Report prepared and verified by Event Coordinator	Dr. Ruchika Yadav and Dr. Monika Yadav	
Report verified by Dean	Dr. Rajat Gera	
Report verified by IQAC	Dr. Shikha Dutt Sharma	

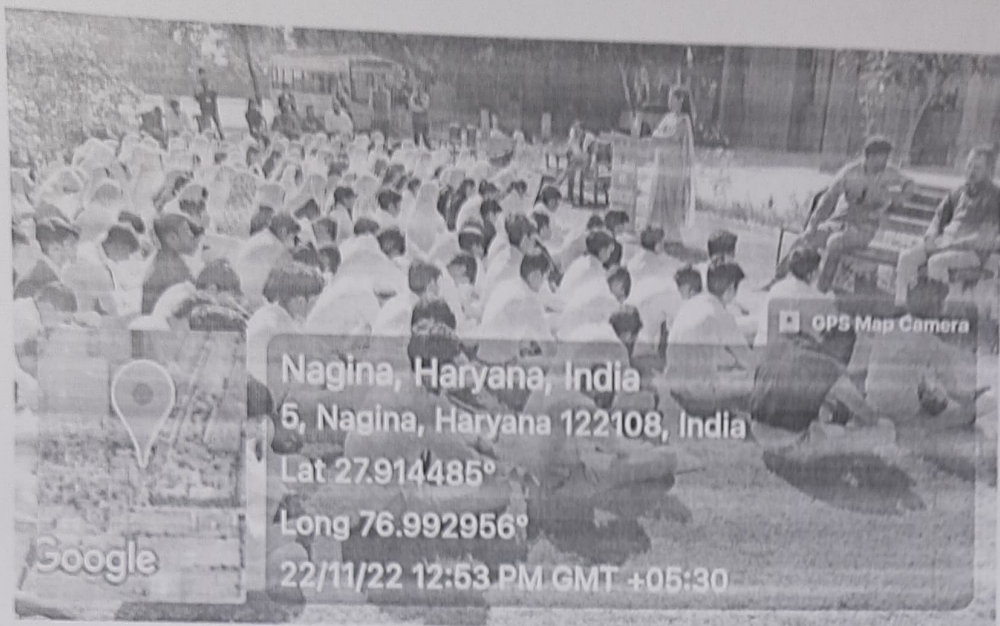

Registrar
K.R. Mangalam University
Sonma Road, Gurugram (Haryana)

for



[Handwritten signature]

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




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

ATTENDANCE SHEET

SCHOOL OF MANAGEMENT AND COMMERCE

organizes

Sustainable Mental Well-Being of Scheduled
Caste communities (Students)

feedback
On a Scale
5 - Excellent
4 - Very Good
3 - Average
2 - Poor
1 - very Poor

Date- 22.11.22				Venue- Govt Model Sr Secondary School, Nagina
Sr No.	Participant name	Class	Signature	Feedback
1	Shanti	11th	Shanti	5
2	Priya	11th	Priya	5
3	Meenakshi	10th	Meenakshi	4
4	Chandrasekhar	6th	Chandrasekhar	4
5	Kale	10th	Kale	4
6	Manisha	10th	Manisha	4
7	Rajni	10th	Rajni	5
8	Sangita	10th	Sangita	5
9	Savita	10th	Savita	5
10	Meera	12th	Meera	5
11	Anjali	12th	Anjali	5
12	Seema	12th	Seema	4
13	Radha	12th	Radha	4
14	Durga	12th	Durga	3
15	Bhakti	12th	Bhakti	5
16	Shabana	12th	Shabana	5
17	Amrita	12th	Amrita	5
18	Samreen	12th	Samreen	5

Registrar
Sri Aurobindo University
Gurgaon (Haryana)

feedback

19	Carinya	10th	Carin	5
20	Sajya	10th	Sajya	5
21	Parveen	10th	Parv	4
22	Aajna	12th	Aana	4
23	Aarish	12th	Aarish	4
24	Mahi	12th	AD	4
25	Versha	12th	versha	4
26	Zeenat	12th	Zeenat	4
27	Rakha	12th	Rakha	5
28	Zuba	11th	Zube	5
29	Fatima	11th	Fat	5
30	Aaliya	11th	Aaliya	5
31	p Aadar	11th	Aadar	5
32	Aalia	9th	Aalie	5
33	Hana	9th	Hana	5
34	Hanaya	9th	Hanaya	4
35	Keshish	9th	Keshish	4
36	Anyali	9th	Anyali	4
37	Seema	9th	Seema	4
38	Paghi	9th	Paghi	4
39	Manisha	9th	Manisha	4
40	Zuby	9th	Zuby	5
41	Neera	9th	Neera	5
42	Haniya	9th	Haniya	5
43	Zeenat	9th	Zeenat	5
44	Sanjita	10th	Sanjita	3

feedback

45	Ayesha	12th	Ayesha
46	Tracy	12th	Tracy
47	Adar	12th	Adar
48	Aarifah	12th	Aarifah
49			
50			
51			
52			
53			
54			
55			
56			
57			
58			
59			
60			
61			
62			
63			
64			
65			
66			
67			
68			
69			
70			

5

4

4

4

Registrar
Mangalam University
Sector 10, Gurugram (Haryana)