



**K.R. MANGALAM UNIVERSITY**  
THE COMPLETE WORLD OF EDUCATION

## **School of Management and Commerce**

### **Report on**

### **Extension Programme on Collecting Research data on Effect of Non- Medical Interventions on Mental Wellness in Rural Areas- Bhondsi Village, Haryana in collaboration with NSS**

**Day and Date:** Friday, 11th November, 2022.

**Venue:** Govt. Senior Secondary School, Bhondsi (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):** 35

#### **Introduction:**

An event on “ **Effect of non- medical interventions on mental wellness in rural areas in collaboration with NSS**” was conducted by the School of Management and Commerce, at Govt. Secondary School, Bhondsi.

#### **Objectives:**

The primary objective behind this session was to raise awareness about stress management and how to deal with it effectively.

#### **Content:**

The audience that were students from standard X to XII received an informative discussion through sharing of personal experiences and vivid insights on the topic by Dr. Ruchika Yadav where she received an important question regarding the validity of stress in the lives of school students which received an unexpected affirmative response from the attendants. The session followed knowledge about stories of life lesson and what it means to make a choice to the decisions of the heart and that of the brain. The audience maintained the required discipline and was very participative when posed with relevant questions.

The importance of heartfulness practice and mindfulness in our daily lives was expressed through breathing exercise and meditation to create a calm and peaceful environment which would ease the soul of the participants.

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**Attendes:**

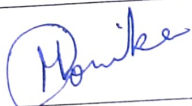
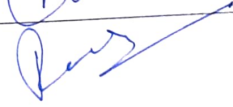
Students of K.R Mangalam University and Government Senior Secondary School along with their teachers and few members of Heartfulness members.

**Outcome:**

The students were keen to learn about imbibing the feeling of peace and taking care of own selves as well as helping others. They interestingly took part in activities and filling questionnaire.

**Conclusion:**

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.

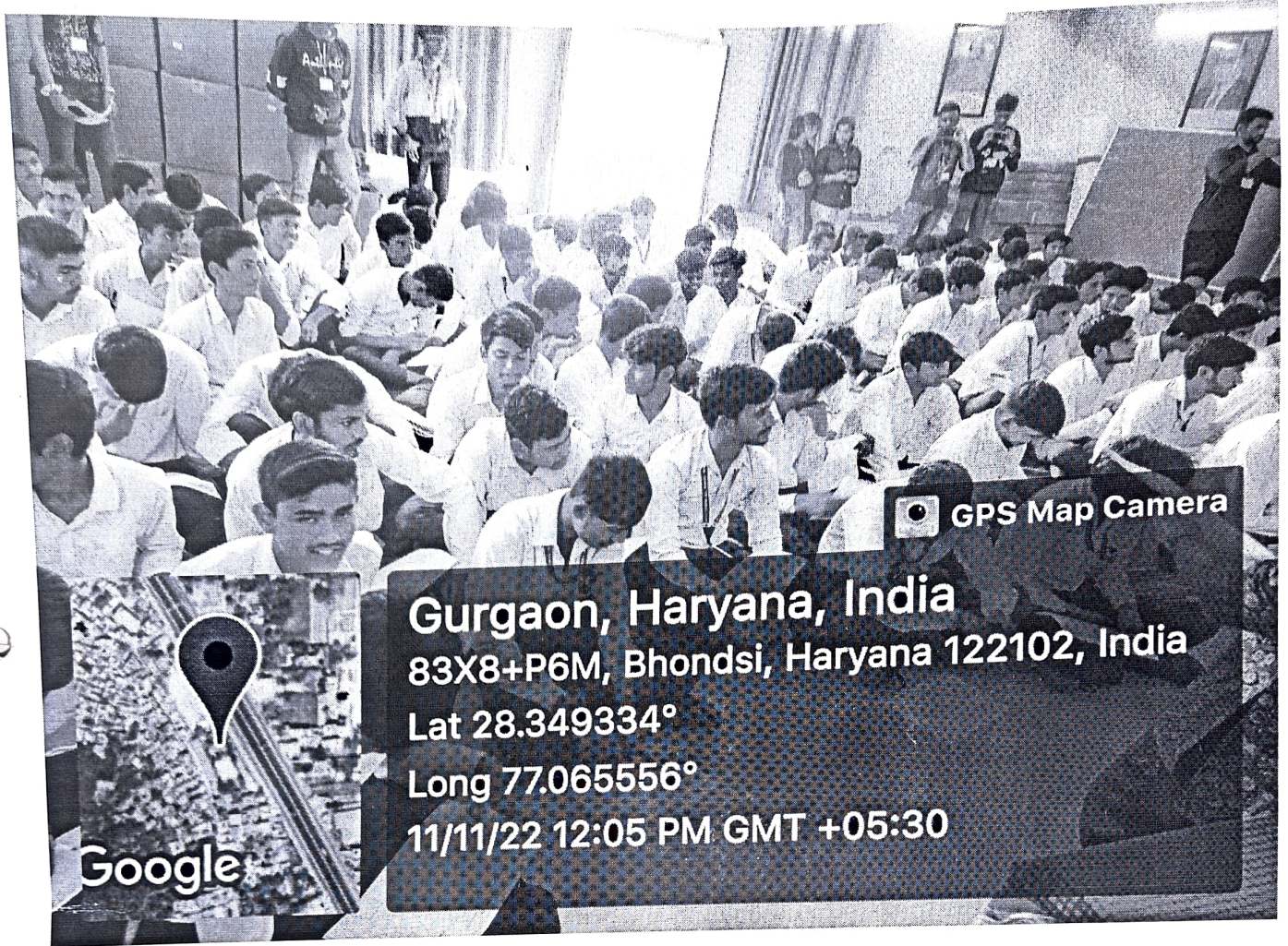
Category	Name	Signature
Report prepared and verified by Event Coordinator	Dr. Ruchika Yadav and Dr. Monika Yadav	
Report verified by Dean	Dr. Rajat Gera	
Report verified by IQAC	Dr. Shikha Dutt Sharma	for Shikha

  
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2/27/22, 2:38 PM

Mail - Ms. Ruchika Yadav - Outlook



  
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K. J. Somaiya Institute of Management Studies & Research  
V. K. Rajwade, Gurugram (Haryana)





*[Handwritten Signature]*

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11. Nov. 2022

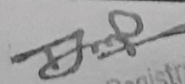
## ATTENDANCE SHEET

SCHOOL OF MANAGEMENT AND COMMERCE

organizes

Collecting Research data on effect of Non-Medical intervention on mental wellness in Rural areas

Date- 11. Nov 2022		Venue- Govt Sr Sec. School, Bhondoli	
Sr No.	Participant name	Class	Signature
1	Surjeet	10th B	Surjeet
2	Bharat	10th B	Bharat
3	Vikram	10th B	Vikram
4	Bharat	10th B	Bharat
5	KUNAL	10th B	Kunal
6	Mihir	10th B	Mihir
7	HARSH	10th B	Harsh
8	Rohan	10th B	Rohan
9	Sudhir	10th B	Sudhir
10	Ganesh	10th B	Ganesh
11	Vikash	10th B	Vikash
12	Aashish	10th B	Aashish
13	Sundar	12th C	Sunder
14	Pooja	12th B	Pooja
15	Naveen	12th D	Naveen
16	Sanya Kant	12th D	Sanya
17	Priyam	11th B	Priyam
18	Deepu Tanwar	11th C	Deepu



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19	Priyanka	11th B	Priyanka
20	Deekshakshi	11th B	Deekshakshi
21	Demesh	12th	Demesh
22	Mohit	12th	Mohit
23	Deva	12th	Deva
24	Arun	12th	Arun
25	Chandan	12th	Chandan
26	Ram	12th	Ram
27	Aman	12th	Aman
28	Sunam	12th	Sunam
29	Pallavi	<del>BBA</del>	Pallavi
30	Aman	BBA	Aman
31	Riya Dagar	BBA	Riya
32	Lavanya	BBA	Lavanya
33	Aaditya	BBA	Aaditya
34	Yash	BBA	Yash
35	Shagun	BBA	Shagun
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11. NOV. 22

School of Management and Commerce

Event Name: Collecting Research Data on effect of non-medical intervention on mental wellness in Rural areas

Faculty Coordinators: Dr. Poojika Yadav, Dr. Monika Yadav

S. no	Name	Class	Signature	Phone No.	Feedback (5-1)
1	Sachin Chaudhary	10th B	Sachin	9899823136	5
2	Suryeet	10th B	Suryeet	9258411821	4
3	Vikram	10th B	Vikram	8287086552	4
4	Ghanat	10th B	Ghanat	7216742526	1
5	Kunal	10th B	Kunal	8447855277	1
6	Nikhil	10th B	Nikhil	8810538228	3
7	Harshit	10th B	Harshit	9716143998	4
8	Dev	10th B	Dev	9716213443	4
9	Rohan	10th B	Rohan	9553627018	5
10	Sudhan	10th B	Sudhan	996438352	5
11	Chaudhary	10th B	Chaudhary	94894270	5
12	Vishnesh	10th	Vishnesh	9555852052	4
13	Poojish Kumar	12th C	Poojish	9319369504	4
14	Sundhar	12th D	Sundhar	987124518	5+
15	Prince	12th D	Prince	7290927291	5+
16	Naveen	12th D	Naveen	8447552710	5+
17	Surya Kant	12th D	Surya	9817870915	4
18	Priyam	11th B	Priyam	8805506615	4
19	Deepu Tarkar	11th C	Deepu	9319537181	5
20	Prayank	11th C	Prayank	859540193	5
21	Deepanshu	11th B	Deepu	9818383595	5
22	Peresh	12th C	Peresh	9447168018	5+
23	Mohit	12th C	Mohit	982767285	5+
24	Dena	12th D	Dena	855589511	5+
25	Arun	12th D	Arun	55582791	5+
26	Chadan	12th	Chadan		

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Subia Road, Gurugram (Haryana)