



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

School of Management and Commerce

Report on

Workshop on Socio-economic security of Villagers & Experiential Session on stress management and mental being

(In collaboration with NSS)

Day and Date: Wednesday, 8th June, 2022.

Venue: Spark Minda Foundation, Bhondsi (H.R)

Event Type: Workshop

Mode of Activity: Offline

Target Group: Students and Faculty members of Spark Minda Foundation

Coordinators: Dr. Ruchika Yadav, Associate Professor, SOMC, Dr. Gurbir S. Khera, Associate Professor, SOMC

Organized by: School of Management and Commerce

Number of Participants (Attach Attendance as Annexure): 28

Introduction

School of Management & Commerce at K.R Mangalam University, Gurugram in collaboration with NSS organized a session on Socio-economic security of Villagers & Experiential Session on stress management and mental being activities for improving Communication Skills & Workshop on Socio-Economic Security **in collaboration with NSS**, 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

Content:

Hearfulness relaxation, meditation, cleansing and inner connect sessions were conducted by Dr. Ruchika Yadav, Heartfulness Trainer and Associate Professor-SOMC, where the participants got the inner experience of self- transformation.

During the cleansing process they realised the feelings of lightness, joy and a carefree attitude where the impurities, complexities and emotional burdens are removed with a deliberate efforts while applying the power.


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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.

Coach Dr Gurbir S. Khera, Associate Professor, SOMC, explained the principles of financial independence with mindset 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 changed in the life of young & bright vocational learners at NGOs & CSR's Projects.

Attendees

Students of SOMC (School of Management & Commerce) of first years joined this extension activity. Also 2 PhD Scholars who are currently pursuing their course work joined the session.

Objectives: 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.

Outcomes of this workshop:

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

Ruchika Yadav

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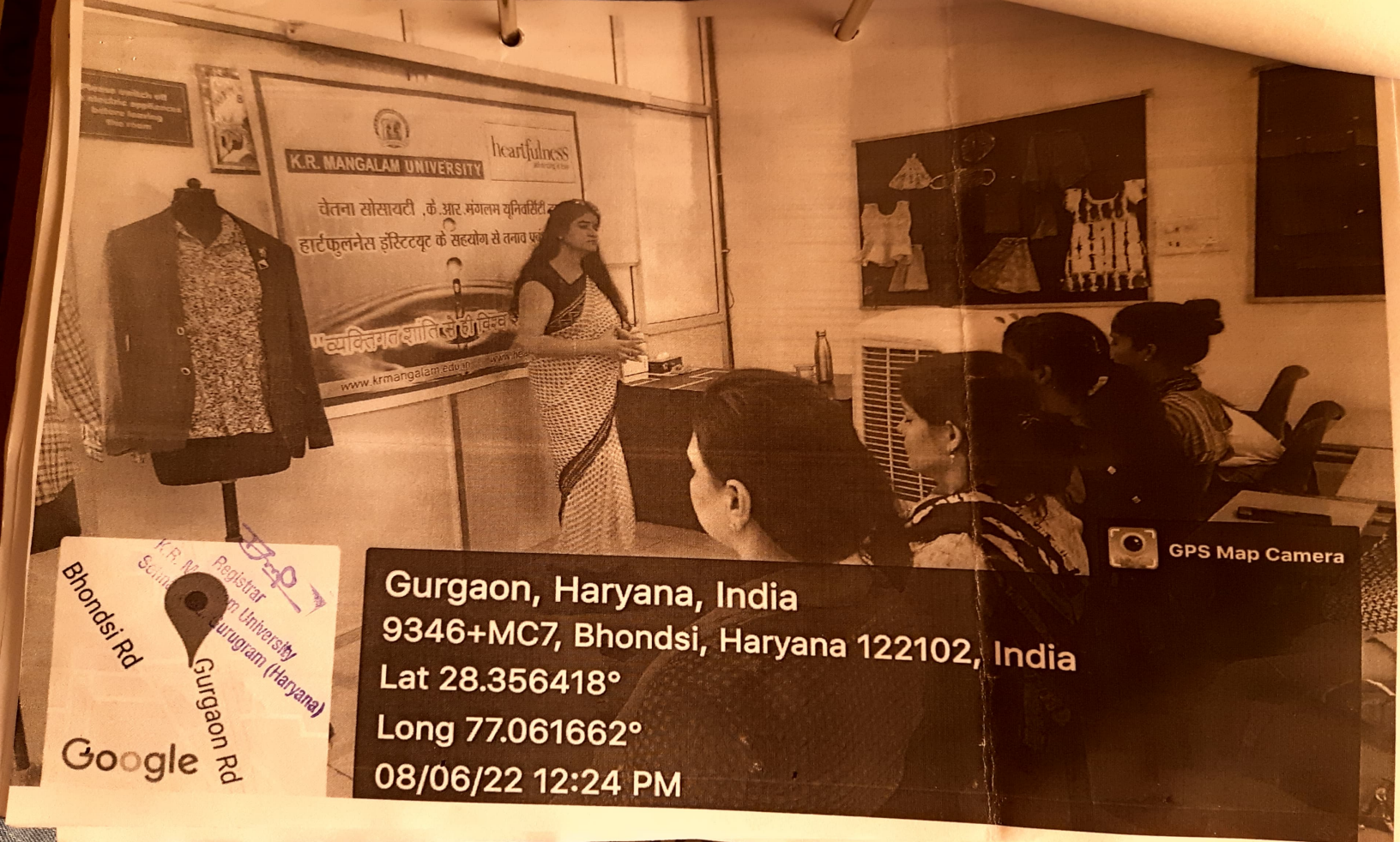
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heartfulness
a way of life

चेतना सोसायटी, के.आर. मंगलम यूनिवर्सिटी
हार्टफुलनेस इंस्टिट्यूट के सहयोग से तनाव प्रबंधन

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Dr. P.

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Indraprastha University
New Delhi, Gurugram (Haryana)

ATTENDANCE SHEET

SCHOOL OF MANAGEMENT AND COMMERCE

organizes

Socio-economic Security

Date- 8 June		Venue- SPARK MINDA FOUNDATION Bhondsi	
Sr No.	Participant name	Class	Signature P
1	Shreha Kaurain	Xth	Shreha
2	Tanisha Singh	Xth	Tanisha
3	Pooja Kumari	Xth	Pooja
4	Aakansha Pati	Xth	Aakansha
5	Anushka Singh	Xth	Anushka
6	Deepthi Priya	10th	Deepthi
7	Annu	10th	Annu
8	Khushi Sharma	10th	Khushi
9	Deepanshi	10th	Deepanshi
10	Mehak	10th	Mehak
11	Ankita Gupta	9th	Ankita
12	Lavanya	9th	Lavanya
13	Karmya	9th	Karmya
14	Riya Sharma	9th	Riya
15	Aanya Sharma	10th	Aanya
16	Ananya	9th	Ananya
17	Anu	10th	Anu
18	Jiya Kumari	9th	Jiya

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19	Deetalee	10th	grew
20	Sanskrit	10th	Sansk
21	Muskan	9th	Musk
22	Piyusha	9th	Piyush
23	Ankita	10th	Ankita
24	REENA CHAUDHARY	FACULTY	Reena
25	RASHMI MISHRA	FACULTY	Rd
26	SEJAL SIMHA	FACULTY	Sejal Simha
27	Riyabagar	BBA	Riya
28	Anon Akter	BBA	Anon
29	Aphan Nakti	BBA	Ani
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8th June

School of Management and Commerce

Event Name: Socio-economic Security

5- Excellent
1- Poor

Faculty Coordinators:

S. no	Name	Class	Signature	Phone No.	Feedback (5-1)
1	Shruti	11th	Shruti	9235171001	5
2	Tanisha	10th	Tanisha	9810452711	5
3	Pooja Kumari	11th	Pooja	7235101773	4
4	Akashdeep	10th	Akash		4
5	Anushka Singh	10th	Anushka		3
6	Deekhi	10th	Deekhi	9958103501	3
7	Pooja	10th	Pooja	9800870023	4
8	Anu	10th	Anu	7631120003	4
9	Khushti	10th	Khushti	9542107176	4
10	Deeksha	10th	Deeksha	7613429511	2
11	Mahak	9th	Mahak	9862313701	1
12	Ankita	9th	Ankita	9682131001	5
13	Lavanya	9th	Lavanya	723001351	4
14	Riya Sharma	9th	Riya		4
15	Aarushi	10th	Aarushi	995001005	5
16	Anu	9th	Anu	9060516330	5
17	Jiya	10th	Jiya	8053108725	5
18	Deekha	9th	Deekha		5
19	Deekhi	10th	Deekhi		5
20	Sanskrit	10th	Sanskrit		5
21	Nurshan	9th	Nurshan		5
22	Pooja	9th	Pooja		5
23	Riya	10th	Riya		5
24	REENACHAU	FACULTY	REENACHAU	995273677	5
25	ROSHMI MISHRA	FACULTY	ROSHMI	7042180319	5
26	SEKHSINHA	FACULTY	SEKHSINHA	7127131001	4

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