

MOU
Kasturba Institute
Psychology

MEMORANDUM OF UNDERSTANDING (MOU)

Between



K.R. MANGALAM UNIVERSITY
EDUCATION FOR LIFE
(Recognized by UGC and a member of AIU)

K.R. MANGALAM UNIVERSITY

Sohna Road, Gurugram (Haryana)-122103

And



**KASTURBA INSTITUTE OF
PSYCHOLOGY & BEHAVIOURAL
MEDICINE**

Sahdeo Hospital Building, NH-33

Omega-I, Greater NOIDA, UP- 201310

Registrar

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

MEMORANDUM OF UNDERSTANDING

The Memorandum of Understanding is executed on 14 July 2022

BETWEEN

K.R. Mangalam University, Sohna Road, Gurgaon - 122103 (Delhi NCR Region), a University established under the Haryana Private Universities Act 2006 (Amended 08 of 2013) and under section 2(f) of UGC Act, 1956 wherein empowered to award degrees, as specified under section 22 of the UGC Act, 1956, through its Registrar, duly authorized to enter into and sign an MOU on behalf of K.R. Mangalam University (hereinafter referred to as KRMU) PARTY OF THE FIRST PART.

AND

Kasturba Institute of Psychology & Behavioural Medicine (hereinafter referred to as "KIPBM") having its location at Sahdeo Hospital Building, NH-33, Sector Omega-I, Greater NOIDA, UP- 201310 through its Dr. Pratibha A. Singh, Director duly authorized in this regard to sign an MOU on behalf of Kasturba Institute of Psychology & Behavioural Medicine PARTY OF THE SECOND PART.

The Expressions "KRMU" and KIPBM" shall mean and include their respective successions, legal representations and assignees.

KRMU and KIPBM are collaborating for Academic Exchange & Cooperation in Education, Research and Training in the areas of Psychology, Behavioural Medicine, Inclusive Education and Counseling.

Both parties herein agree as follows:

1. KRMU and KIPBM will collaborate for knowledge development programmes, training & certification in short-term courses, research work, field projects and student internships.
2. KRMU and KIPBM will conduct academic programs, research and outreach programmes in the areas of Psychology, Behavioural Medicine, Inclusive Education, Disability Studies and Counseling.

Signature: _____

Registrar

K.R. Mangalam University
Sohna Road, Gurgaon
Haryana - 122103

Registrar

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

Signature: _____

Pratibha A. Singh
14.07.22

Director
Kasturba Institute of Psychology
& Behavioral Medicine (KIPBM)
Greater Noida - 201308

3. KRMU and KIPBM will organize seminars, symposiums, and other types of professional development activities for faculty and students.
4. KRMU and KIPBM will exchange academic materials and publications.
5. There will be no financial liability on part of either party.
6. The scope and duration of the collaboration may be amended and/or extended through the joint agreement further with the consent and approval of both parties.
7. This MoU will come into force upon affixing of signatures of the representatives of the partner institutions and will remain in effect for three (3) years.
8. This MoU may be renewed upon its expiry, with the agreement of both the partner institutions. If either partner institution wishes to terminate the MoU at the end of three years, it must notify the other institution not less than six months prior to the expiry of the MoU.
9. This MoU or its renewal and the actions taken under it may be reviewed at any time. Modifications may be made by mutual agreement and any amendment or extension to the agreement may be formalized by the exchange of letters between the two parties.

Executed by the authorized representatives of Party 1 and Party 2:

For K.R. Mangalam University

Praveen Mahajan
Gp. Capt. Praveen Mahajan

Registrar

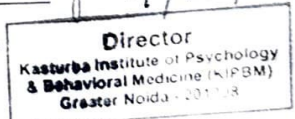
Dated: 14 July, 2022

For Kasturba Institute of Psychology
& Behavioural Medicine

Pratibha A. Singh 14.07.22

Dr. Pratibha A. Singh

Director



Dated: 14 July, 2022

1. WITNESS

Tania Gupta
14/07/22

2. WITNESS

Anita Sharma
14.07.22

[Signature]

Registrar

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



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

LIFE SKILL ENHANCEMENT

School Of Humanities

Department of Psychology
Organizes

WORKSHOP ON EMOTIONAL INTELLIGENCE

Venue: Room No. A213, A Block, KRMU Campus

Certificate of Participation will be awarded to the registered participants only after submission of the Feedback Form.

11 May 2022
11:00 A.M - 1:00 P.M

Key Highlights of the Workshop

- Understanding Emotions and its triggers
- Managing Emotions
- Managing Stress
- Enhancing the ability to practice Empathy
- Emotional Intelligence for Enhanced Problem-Solving & Decision-Making
- Role of Emotional Intelligence in Intra-personal and Inter-personal relationships



Dr. Pratibha Anand Singh
Consultant Clinical Psychologist
(RCI- CRR NO.- A10596)
Director, Kasturba Institute of
Psychology and Behavioural Medicine
Greater NOIDA, Uttar Pradesh



Registration Link:

<https://forms.gle/czXLVc2eemvezmrL7>

Convenor

Prof. (Dr.) Tania Gupta
Offg Dean
School of Humanities

Registrar

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

Workshop Coordinator

Dr. Nandini Biswas
Assistant Professor (Psychology)
School of Humanities

www.krmangalam.edu.in

K.R.MANGALAM UNIVERSITY

SCHOOL OF HUMANITIES

CIRCULAR

WORKSHOP ON EMOTIONAL INTELLIGENCE

SOHS/Notice/2021-22/31

05 May 2022

Respected Sir/ Madam,

Greetings of the day !

The Department of Psychology, School of Humanities is pleased to invite you to a Workshop on Emotional Intelligence.

Details of the event are as follows:

Date : Wednesday, 11th May 2022

Venue: Room No. 213, A-Block, K. R. Mangalam University

Timing: 11:00 AM to 1:00 PM

Invited Speaker: Dr. Pratibha Anand Singh, Consultant Clinical Psychologist and Director,
Kasturba Institute of Psychology and Behavioural Medicine

We look forward to your graceful presence at the workshop.

The brochure and poster of the workshop are enclosed for your kind perusal.

Thanking you,
Yours sincerely,

N Biswas
Dr. Nandini Biswas
Event In-Charge
Assistant Professor - Psychology
School of Humanities

Tania Gupta
Prof. (Dr.) Tania Gupta
Convenor
Offg. Dean
School of Humanities

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



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

Report on

LIFE SKILL ENHANCEMENT WORKSHOP ON EMOTIONAL INTELLIGENCE

Target Group: Students and faculty members of SOHS

Resource Person: Dr. Pratibha Anand Singh, Consultant Clinical Psychologist and Director, Kasturba Institute of Psychological and Behavioral Medicine; Greater Noida, Uttar Pradesh.

Coordinator: Dr. Nandini Biswas, Assistant Professor, Dept. of Psychology, School of Humanities, K.R.Mangalam University.

Date and Time: Wednesday 11th May, 2022; 11:00 a.m. – 1:00 p.m.

Venue: Room No. A 213, A Block, KRMU.

Introduction

Emotional intelligence helps one build stronger relationships, succeed at school and work, and achieve career and personal goals. In today's competitive and constantly changing world, having technical skills is just not enough. Emotional intelligence is a game changing crucial soft skill that gives one a winning edge. The good news is that emotional intelligence can be learned and developed. However, this needs guided awareness and practice.

To develop an emotionally intelligent community, the School of Humanities at K.R.Mangalam University organized a workshop on the topic. This workshop was designed to equip students and faculty members in self-awareness, self-management, social awareness and relationship management.

Objectives

- To gain an insight into emotional intelligence, what it is and how one can use it
- To develop self-awareness
- To explore ways to advance personal emotional intelligence
- To recognise emotions in others and how to respond to those emotions
- To understand the consequences of behavior and weigh actions before making decisions

Content

Dr. Pratibha Anand Singh discussed about emotions in detail and spoke elaborately on the role of emotional intelligence in Intra-personal and Inter-personal relationships. Moreover, she explained ways to manage emotions, such as the ability to practice empathy, develop self awareness and explore ways to advance personal and emotional intelligence. Attendees took part in the session enthusiastically and helped to make the session quite interactive and interesting.

NBiswas
11.05.2022
(Event In-charge)

[Signature]

Registrar

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

[Signature]
11/5/22 (Dean SOHS)

The workshop was followed by a Question & Answer session between the speaker and the audience where the speaker patiently and enthusiastically answered the questions and doubts the attendees had.

Attendees

The session was attended by students and faculty members from various departments of the School of Humanities.

In total 36 students from various departments of SOHS and 10 faculty members attended the workshop.

Activity Outcome

- Better understanding of emotions and triggers to such emotions
- Deeper understanding to manage disruptive emotions
- Enhanced ability to display empathy skills
- Sharper understanding into the emotions of others and stronger ability to manage personal and professional relationships
- Better stress management skills
- Better problem solving and decision making abilities

Conclusion

In conclusion it may be said that the session was full of insightful information and was very interactive. The students were able to gain a deeper understanding of emotions and they enjoyed the experience thoroughly.

Further Scope

Events like this which help students to improve their soft skills can be organized in the future in order to effect sustained talent development on campus.



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

NBiswas
11/05/22
(Event in-charge)

Tania Gupta
(Dean SOHS) 11/05/22

Photo 1: The speaker addressing the students and faculty members of SOHS during the workshop

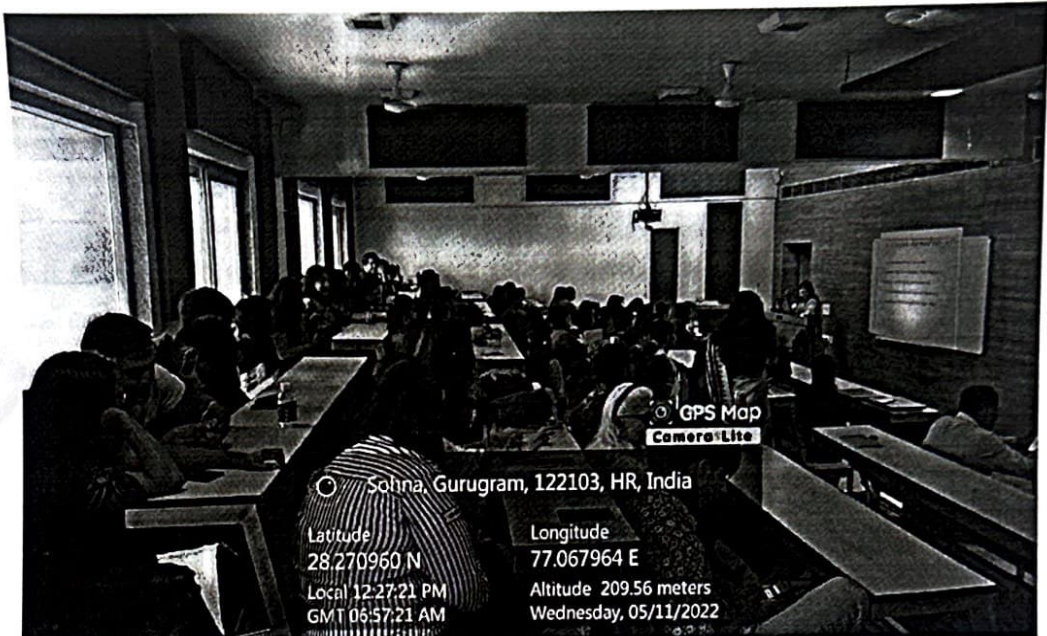
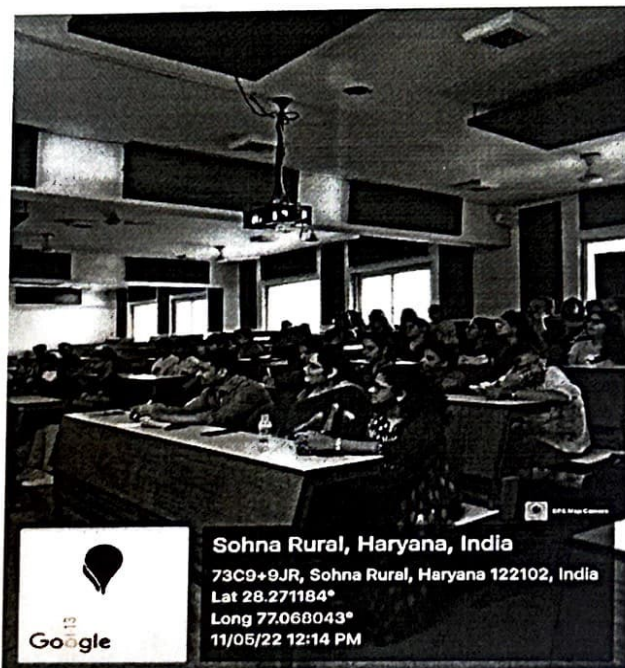


Photo 2: Participants at the workshop on Emotional Intelligence

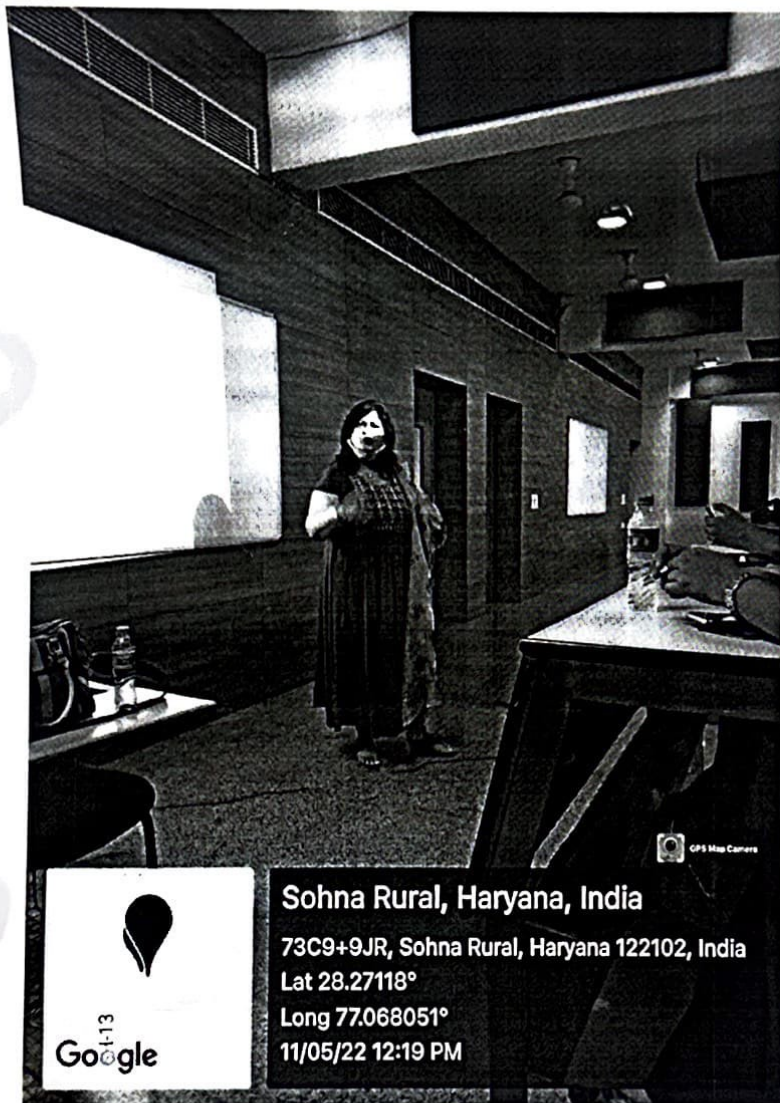


[Signature]
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Sohna Road, Gurugram, (Haryana)

NBiswas
11/05/22
(Event- In charge)

Tanis Gupta
(Dean SOHS) 11/5/22

Photo 3: The speaker addressing the students and faculty members of SOHS during the workshop



[Signature]

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Tania Gupta
(Dean SOHS) 11/5/22

NBiswas
11/05/22
(Event In-charge)



K. R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

SCHOOL OF HUMANITIES
Workshop on Emotional Intelligence
ATTENDANCE SHEET

Date: 11.05.2022

Time: 10:00 am - 1:00 pm

Sl	Name	Enrolment No.	School	Semester/Year	Signature
1)	Garima Naurani	2108790019	School of Humanities	2nd Sem	Garima
2)	Aayushi	2108790004	School of Humanities	2nd Sem	Aayushi
3)	Sanya	210870009	School of Humanities	2nd Sem	Sanya
4)	Melak	2108790012	School of Humanities	2nd Sem	Melak
5)	Simran	2108790005	School of Humanities	2nd Sem	Simran
6)	Akshiti	2108790014	School of Humanities	2nd Sem	Akshiti
7)	Durpanshi Vastht	1911260010	SOED	VI	Durpanshi Vastht
8)	Milind Mali:2	2108180011	SOHS	II	Milind
9)	Naman Gupta	2108180005	SOHS	II	N Gupta
10)	Hitanshi	2108180009	SOHS	II	Hitanshi

Prof-

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

Tania Gupta
(Dean SOHS) 11/5/22



K. R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

SCHOOL OF HUMANITIES Workshop on Emotional Intelligence ATTENDANCE SHEET

Date: 11.05.2022

Time: 10:00 am – 1:00 pm

Sl	Name	Enrolment No.	School	Semester/Year	Signature
11	Fatima Durrani	2108180004	SOHS	II	<i>Fatima</i>
12	Kamal Prasad	2008790009	SOHS	IV	<i>Kamal</i>
13	Chandni Vij	2008790013	SOHS	IV	<i>Chandni</i>
14	Akshiti Kapur	2008790005	SOHS	IV	<i>Akshiti</i>
15	Himani	2008790016	SOHS	IV	<i>Himani</i>
16	Ritu	2008790015	SOHS	IV	<i>Ritu</i>
17	Shreya	2008790002	SOHS	IV	<i>Shreya</i>
18	Kartik Lohia	2008250010	SOHS	IV	<i>Kartik</i>
19	Parveen Bhadana	2008250002	SOHS	IV	<i>Parveen</i>
20	Yash Thakran	2008250008	SOHS	IV	<i>Yash</i>

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K.R. Mangalam University
Gurgaon Road Gurugram, (Harvana)

Tania Gupta
(Dean SOHS) 11/5/22



K. R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

SCHOOL OF HUMANITIES

Workshop on Emotional Intelligence

ATTENDANCE SHEET

Time: 10:00 am – 1:00 pm

Date: 11.05.2022

Sl	Name	Enrolment No.	School	Semester/Year	Signature
21	Kushi Dahiya	2008790004	SOHS	IV	Kushi Dahiya
22	Bharti	2008790006	SOHS	IV	Bharti
23	Don	1908790003	SOHS	V th	Don
24	Manisha	1908180004	SOHS	VI	Manisha
25	Jaishika	1908180011	SOHS	VI	Jaishika
26	Diya Kumar	2008180001	SOHS	IV th	Diya Kumar
27	Renal Bainsla	1908180012	SOHS	VI	Renal
28	Monica Kapsia	1908180022	SOHS	VI	Monica
29	Shanawaj Khan	1908180024	SOHS	VI	Shanawaj Khan
30	Sanvi Kukreja	1908180020	SOHS	VI	Sanvi

Prof-

Tania Gupta
(Dean SOHS) 11/5/22

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K. R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

SCHOOL OF HUMANITIES
Workshop on Emotional Intelligence
ATTENDANCE SHEET

Date: 11.05.2022

Time: 10:00 am – 1:00 pm

Sl	Name	Enrolment No.	School	Semester/Year	Signature
31.	HARSHIKA AMBAYATA	2008250011	SOHS	IV	HARSHIKA
32.	PARVEEN BHADANA	2008250002	SOHS	IV	PARVEEN
33.	SRIASHTI MAHJAN	11908180016	SOHS	VI	SRIASHTI
34.	PRATEEK SINGH	2012870001	SOHS	IV	PRATEEK
35.	REYNI RANJAN	Chiner	SOHS	family number	REYNI
36.	DR. NANDINI BHOWAL	—	SOHS	- DO -	NB
37.	SHRUTIKA KALKEHNI	—	SOHS	family	SHRUTIKA
38.	KANISHA JOSHI	—	SOHS	family	KANISHA
39.	SANMUKHI LINGZ	—	SOHS	family	SANMUKHI
40.	DR. SURESH	—	SOHS	family	DR. SURESH

Prof -

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

Tania Gupta 11/5/22
(Dean SOHS)

