



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION



SCHOOL OF LIBERAL ARTS

Perspective

NEWSLETTER

April – June 2026





K.R. MANGALAM UNIVERSITY

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MESSAGE FROM THE CHANCELLOR



PROF. (DR.) DINESH SINGH

Chancellor
K.R. Mangalam University



Dear Readers,

It gives me great pleasure to present this edition of the School Newsletter, which reflects the vibrant academic culture, innovative spirit, and remarkable achievements of the K.R. Mangalam University community.

At KRMU, we believe that education is about inspiring minds, nurturing values, and empowering learners to create meaningful impact. The accomplishments showcased in these pages are a testament to the dedication of our students, faculty, and staff in their pursuit of excellence.

I congratulate everyone who has contributed to this publication and wish our University community continued success as we strive to innovate, lead, and serve society with knowledge, integrity, and purpose.



MESSAGE FROM THE VICE CHANCELLOR



PROF. (DR.) ANIL KUMAR SAINI

Vice Chancellor
K.R. Mangalam University



Dear Readers,

Every edition of our school newsletter is a reflection of the vibrant academic life that defines K.R. Mangalam University. It is always encouraging to witness the remarkable efforts of our students and faculty as they explore new ideas, celebrate achievements, and contribute to a culture of learning and innovation.

At KRMU, we are committed to creating an environment where talent is nurtured, curiosity is encouraged, and every learner is empowered to reach their full potential. Through academic excellence, research, industry engagement, and community initiatives, our schools continue to prepare students with the knowledge, skills, and values needed to succeed in an evolving global landscape.

I extend my sincere appreciation to everyone whose dedication has made these accomplishments possible. I also commend the editorial team for bringing together the stories that showcase the spirit and aspirations of our university community.

May this newsletter inspire us to continue learning, collaborating, and setting new benchmarks of excellence in the years ahead.



MESSAGE FROM THE DEAN ACADEMIC AFFAIRS



PROF. (DR.) VARUNA TYAGI

Dean Academics
K.R. Mangalam University



Dear Readers,

This newsletter offers a wonderful glimpse into the many learning experiences, achievements, and initiatives that make our academic community vibrant and dynamic. It is heartening to see our students and faculty continually pushing boundaries, embracing new opportunities, and contributing to a culture of excellence.

Academic excellence is built through curiosity, discipline, collaboration, and the willingness to learn beyond the classroom. At K.R. Mangalam University, we strive to create an enriching academic ecosystem where innovative teaching practices, experiential learning, research, and interdisciplinary engagement help students grow into confident and capable professionals.

As you read through these pages, I hope you find inspiration in the stories of perseverance, creativity, and achievement that represent the collective efforts of our schools. My sincere appreciation goes to the faculty, students, and staff whose dedication has made these accomplishments possible, and to the editorial team for showcasing them with such care.

I wish our entire KRMU community continued success as we learn, grow, and achieve together.



MESSAGE FROM THE DEAN RESEARCH



PROF. (DR.) SEEMA RAJ

Dean Research
K.R. Mangalam University



Dear Readers,

Research is the foundation of discovery, innovation, and meaningful progress. As I read through this edition of our newsletter, I am delighted to see the growing culture of inquiry and intellectual exploration flourishing across our schools. The accomplishments featured here reflect the curiosity, perseverance, and collaborative spirit of our students, scholars, and faculty members.

At K.R. Mangalam University, we are committed to fostering a research ecosystem that encourages asking meaningful questions, exploring interdisciplinary solutions, and creating knowledge that addresses real-world challenges. From publications and funded projects to innovation, entrepreneurship, and community-focused initiatives, our academic community continues to demonstrate that research is most impactful when it creates value for society.

I congratulate everyone whose dedication has contributed to these achievements and appreciate the editorial team for documenting these inspiring milestones. May this newsletter encourage all our learners and researchers to continue exploring new ideas, embracing collaboration, and contributing to a future driven by knowledge and innovation.



MESSAGE FROM THE DEAN STUDENTS' WELFARE



DR. SHWETA A. BANSAL

Dean Students Welfare
K.R. Mangalam University



Dear Readers,

A vibrant campus is built not only on academic excellence but also on the holistic growth and well-being of its students. It gives me immense pleasure to present this edition of our newsletter, which showcases the enthusiasm, creativity, leadership, and achievements of our students across academics, sports, cultural activities, community engagement, and beyond.

At K.R. Mangalam University, we are committed to creating an inclusive and nurturing environment where every student is encouraged to discover their potential, embrace new opportunities, and grow into responsible, compassionate, and confident individuals. The accomplishments featured in these pages reflect the dedication of our students, faculty mentors, and the entire University community.

I congratulate everyone who has contributed to these inspiring achievements and appreciate the editorial team for bringing together these memorable moments. May this newsletter continue to motivate our students to dream bigger, lead with integrity, and contribute meaningfully to society.



MESSAGE FROM THE DEAN'S DESK



PROF. SHRAVAN KUMAR

Editor-in-Chief, Perspective &
Dean, School of Liberal Arts K.R.
Mangalam University



Dear Learners,

It is a pleasure to present this edition of the School of Liberal Arts Newsletter, showcasing the creativity, achievements, and vibrant academic life of our School. These pages reflect the diverse experiences, research, cultural engagements, and meaningful initiatives that define our learning community.

At the School of Liberal Arts, we believe education extends beyond the classroom through critical inquiry, interdisciplinary learning, research, and community engagement. The accomplishments featured in this edition highlight the dedication of our students and faculty in pursuing academic excellence, innovation, and social impact.

I congratulate everyone whose contributions have enriched this publication and thank all those who continue to strengthen our School as a centre of learning and intellectual growth. May this newsletter inspire us to pursue knowledge with curiosity, compassion, and purpose.

With best wishes!



MESSAGE FROM EDITOR, IQAC COORDINATOR



DR. SHIKHA DUTT SHARMA

Editor, IQAC Coordinator
K.R. Mangalam University



Dear Readers,

This edition of the School of Liberal Arts Newsletter reflects the vibrant academic, research, cultural, and outreach activities that define our commitment to quality and excellence. The achievements featured here showcase the collective efforts of our students, faculty, and staff in fostering innovation, collaboration, and continuous improvement.

The Internal Quality Assurance Cell (IQAC) remains dedicated to strengthening academic quality through best practices, stakeholder participation, and continuous institutional enhancement. Every accomplishment highlighted in this publication reinforces our shared pursuit of excellence and meaningful learning.

I sincerely appreciate the contributions of our students, faculty members, staff, and the editorial team for making this edition possible. May this newsletter continue to inspire innovation, academic excellence, and a strong culture of quality across our community.

Warm regards



EDITORIAL MESSAGE



DR. KALYANI SETH

Assistant Professor,
School of Liberal Arts
K.R. Mangalam University



DR. KARTIKA SAHARAN

Assistant Professor,
School of Liberal Arts
K.R. Mangalam University



DR. JYOTSHNA TYAGI

Assistant Professor,
School of Liberal Arts
K.R. Mangalam University



Dear Readers,

"Every accomplishment begins as an effort, every effort becomes an experience, and every experience becomes a story worth telling."

Welcome to this edition of the School of Liberal Arts Newsletter. These pages reflect the vibrant academic, research, cultural, and community life of our School, celebrating the achievements and experiences of our students, faculty, and research scholars.

From academic excellence and research to cultural initiatives and outreach activities, each story highlights our shared commitment to learning, creativity, and holistic development. We sincerely thank everyone who contributed to this edition and hope it inspires pride, collaboration, and a deeper sense of belonging within our community.

Happy Reading!



ABOUT K.R. MANGALAM UNIVERSITY

Established in 2013 under the Haryana Private Universities Act by the esteemed, K.R. Mangalam Group, K.R. Mangalam University (KRMU) has swiftly emerged as a leading private university in India. Known for its commitment to fostering academic excellence and holistic development, KRMU offers a dynamic learning environment that integrates traditional education with innovative practices. The university provides a diverse array of undergraduate, postgraduate, and doctoral programmes across various disciplines, including engineering, management, law, and the arts.

KRMU's state-of-the-art campus, located in Gurugram, Haryana, boasts modern facilities, advanced laboratories, and extensive research opportunities, ensuring that students receive a world-class education. The university is dedicated to nurturing future leaders by emphasising a curriculum that blends theoretical knowledge with

practical experience. With a faculty composed of seasoned academicians and industry experts, KRMU ensures that its students are equipped with the skills and knowledge required to excel in a globalised world. The university's commitment to excellence extends beyond academics to include a vibrant campus life with numerous extracurricular activities, clubs, and societies. KRMU's focus on holistic development aims to shape well-rounded individuals who are not only academically proficient but also socially responsible and globally aware. As a testament to its quality, KRMU has garnered various accolades and partnerships with leading global institutions, further enhancing its reputation as a premier destination for higher education in India. With a vision to become a center of academic and professional excellence, K.R. Mangalam University continues to innovate and expand, preparing its students to meet the challenges of the future with confidence and competence.

VISION

K.R. Mangalam University aspires to become an internationally recognized institution of higher learning through excellence in inter-disciplinary education, research, and innovation, preparing socially responsible life-long learners contributing to nation building.

MISSION IS TO

- Foster employability and entrepreneurship through futuristic curriculum and progressive pedagogy with cutting-edge technology.
- Instil notion of lifelong learning through stimulating research, outcomes-based education, and innovative thinking.
- Integrate global needs and expectations through collaborative programmes with premier universities, research centres, industries, and professional bodies.
- Enhance leadership qualities among the youth having understanding of ethical values and environmental realities.

CORE VALUES

- 1. Excellence:** We are committed to achieving the highest standards in education, research, and service, continually striving for excellence in all our endeavors.
- 2. Integrity:** We uphold the principles of honesty, transparency, and ethical conduct in all our interactions and practices, cultivating a culture of trust and respect.
- 3. Innovation:** We encourage creativity and innovation in teaching, learning, and research, continuously exploring new ways to solve problems and advance knowledge.

- 4. Inclusivity:** We embrace diversity and promote an inclusive environment where everyone is valued and empowered to contribute to their fullest potential.
- 5. Lifelong Learning:** We promote the continuous pursuit of knowledge and skills, encouraging our students, faculty, and staff to remain curious and adaptable in an ever-changing world.
- 6. Social Responsibility:** We are dedicated to making a positive impact on society through education, research, and community engagement, aiming to address global challenges and promote sustainable development.

ACCREDITATIONS, RECOGNITIONS & APPROVALS



National Assessment and Accreditation Council (NAAC).

K.R. Mangalam University has been accredited with an "A" Grade in its First Cycle by the National Assessment and Accreditation Council (NAAC).



University Grants Commission, (UGC)

K.R. MANGALAM UNIVERSITY HAS BEEN RECOGNISED BY UNIVERSITY GRANTS COMMISSION, NEW DELHI UNDER SECTION 2(F) OF UGC ACT, 1956 WHEREIN THE UNIVERSITY IS EMPOWERED TO AWARD DEGREES, AS SPECIFIED UNDER SECTION 22 OF THE UGC ACT, 1956.



Established by the State Government

K.R. Mangalam University has been established as State Private University by the State Legislature of Haryana under the Haryana Private Universities Act 2006 (Amended 08 of 2013).



Bar Council of India (BCI)

The Bar Council of India (BCI) has approved the Law courses of K.R. Mangalam University viz LL.B. (Hons.), B.A. LL.B. (Hons.), B.Com. LL.B. (Hons.), BBA LL.B. (Hons.), LL.B. (Hons.) and LL.M. Degree Courses.



Council of Architecture (COA)

The Council of Architecture has approved K.R. Mangalam University for imparting 5 year full time B.Arch Degree Course.



Pharmacy Council of India (PCI)

The Pharmacy Council of India has approved K.R. Mangalam University for imparting Diploma in Pharmacy, B.Pharm. and M. Pharm. (Pharmaceutics and Pharmacology) courses.



National Council for Teacher Education (NCTE)

The National Council for Teacher Education (NCTE) has recognised K.R. Mangalam University for imparting Teacher Education Courses viz. B.Ed. and B.El.Ed.

ACCREDITATIONS, RECOGNITIONS & APPROVALS



Ministry of Micro, Small and Medium Enterprises

K.R. Mangalam University has collaborations with the Ministry of Micro, Small and Medium Enterprises (MSME) to promote entrepreneurship, innovation and skill development through training programs and workshops.



Handicrafts and Carpet Sector Skill Council (HCSSC)

K.R. Mangalam University has signed an MoU with the Handicrafts and Carpet Sector Skill Council (HCSSC) to integrate vocational and general education. This partnership will offer skill development training and industry exposure in the handicrafts and carpet sectors.



National Stock Exchange of India Limited, Mumbai

K.R. Mangalam University partnered with NSE to offer NCFM certification courses, covering 41 modules from Basic to Advanced levels, boosting students' employability.



Ministry of Electronics & Information Technology (MeitY), Government

KEIC Foundation signed an MoU with STPI under MeitY to strengthen India's entrepreneurial ecosystem, promote innovation and create opportunities for start-ups, driving sustainable growth.



The Institute of Company Secretaries of India (ICSI)

K.R. Mangalam University has signed an MoU with ICSI under the ICSI Academic Collaboration Initiative to promote joint research, workshops and professional development opportunities for students and academics.



Council for Teachers Professional Development India (CTPD India)

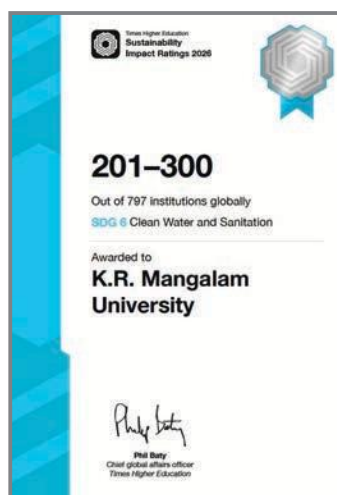
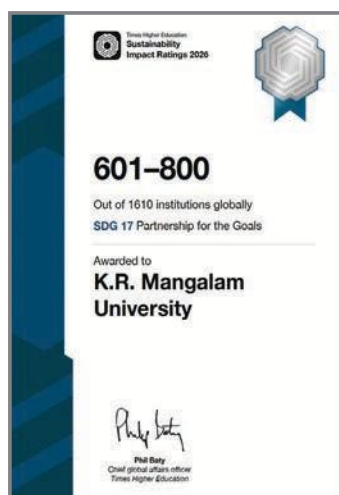
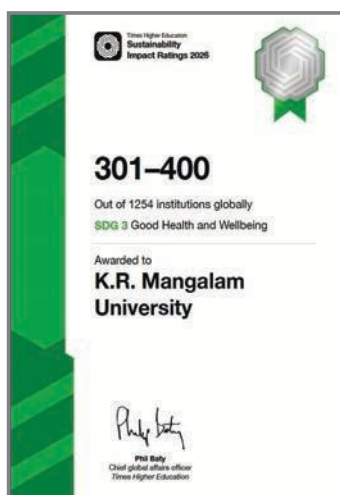
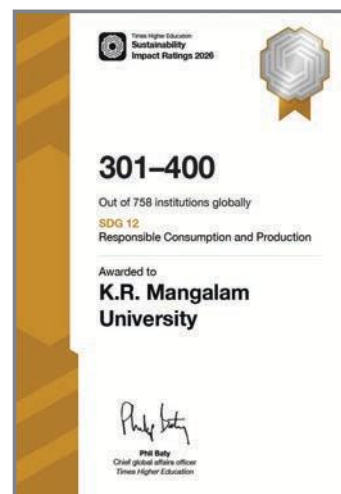
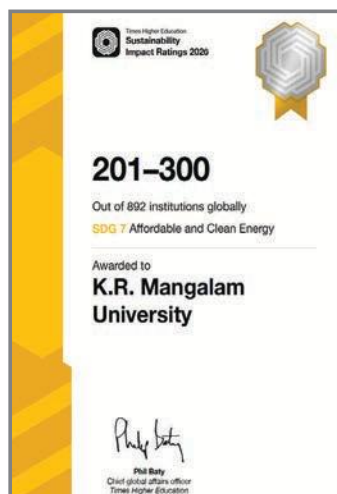
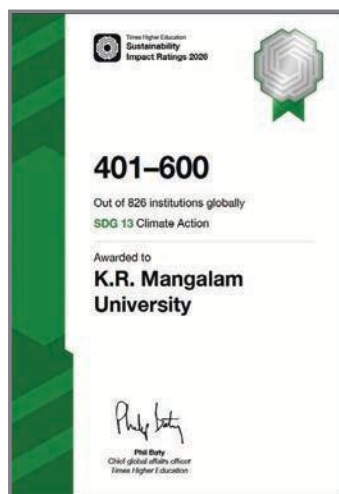
K.R. Mangalam University signed an MoU with CTPD India to enhance academic collaboration, research and teacher training, focusing on competency building, skill development and professionalism in education.



DSIR Recognition (Scientific & Industrial Research Organization - SIRO)

K.R. Mangalam University has been registered by the Department of Scientific and Industrial Research (DSIR), Ministry of Science & Technology, Government of India, as a Scientific and Industrial Research Organization (SIRO), recognizing its commitment to excellence in research and innovation. The registration is valid until 31 March 2029 and enables the University to avail applicable benefits under Government of India notifications for research institutions.

RANKING



MEMBERSHIPS OF INDUSTRY & PROFESSIONAL ASSOCIATIONS



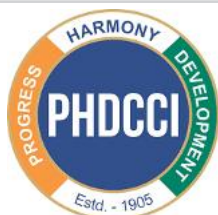
Association of Commonwealth Universities (ACU)



Association of Indian Universities (AIU)



Federation of Indian Chambers of Commerce & Industry (FICCI)



PHD Chamber of Commerce & Industry (PHDCCI)



The Associated Chambers of Commerce & Industry of India (ASSOCHAM)



Confederation of Indian Industry (CII)



All India Management Association (AIMA)

SCHOOL VISION AND MISSION

VISION

To attain international recognition as a high-quality multidisciplinary learning that nurtures ethical, reflective and socially engaged individuals capable of addressing complex global challenges.

MISSION

- To foster a learner-centric and multidisciplinary environment that integrates humanities, social sciences and creative disciplines to develop well-rounded individuals.
- To instil innovative pedagogies and diverse course pathways that promote intellectual curiosity, civic engagement and lifelong learning.
- To advance ethical reasoning, cultural awareness and a global perspective through a dynamic and inclusive curriculum.
- To cultivate experiential and applied learning that empowers students to engage with real-world challenges through innovation, collaboration and sustained academic growth.
- To provide opportunities for holistic development through research engagement, creative practices, internships and community-based learning for impactful societal contribution.

Core Values

- Respect
- Positivity
- Innovation
- Commitment
- Excellence



IN THE SPOTLIGHT: FEATURED ARTICLES

BETWEEN PATRIOTISM AND UNIVERSALISM: REVISITING NATIONALISM THROUGH TAGORE'S ESSAYS



Dr. Aditi Priya
Assistant Professor, SOLA

'Nationalism' has become a play word in the hands of politicians today. Even media has started taking keen interest in this word. Many debates are held on the same topic without knowing the actual meaning of the word. Let us begin with the most fundamental question, what comes in your mind when you hear the word "nation"? Some people consider it is a synonym of country, for some it is the geographical boundary, again for some it is the flag, and for others it is the national anthem. Similar is the case with "nationalism", for some it is the love for nation and for others it

refers to as, 'abiding by the rules of nation'. It exhibits that at least everyone is acquainted with the word 'nation' and 'nationalism' but let us once again get introduced to them in a more literal term, keeping aside any socio-political biasness. According to Anthony D. Smith, "the world is divided into territorial states, it is similarly divided into nations; that is, named population possessing a historical similarity, shared myths and historical memories, public culture, a single economy and common rights and duties for all members, which are legitimized by the principle of nationalism." (Bandopadhyay, xv)

The roots of nationalism may be traced in Europe, as justified in the statement of Benedict Anderson, who says,

"Nationalism was a widely recognized 'modern' phenomenon inspired by Enlightenment and Romanticism, incubated in an economic environment enriched by industrial capitalism and as the product of particular historical processes in Europe in the eighteenth and the nineteenth centuries which led to the transformation of the absolutist dynastic empire into democratic nation-state." (Bandopadhyay, xvi)

When the European came to India and other Afro-Asian countries, they considered the natives of the place as savages. English, considering themselves as the superior white race took it as their duty to civilize these savages or the so called inferior or the black race, as some kind of divine responsibility. Some of the European with a liberal bent of mind like John Stuart Mill was of the view that once the people of the colonized land have made a sufficient progress in civilization, they would get their self-government, but neither the English were showing any interest in this direction, nor the Indians could wait so long. Therefore, Indian nationalism was born from the anti-colonial resistance movements. As in the case of India, Japan too saw the need to build the self-confidence of a humiliated and defeated country.

Let us take Rabindranath Tagore's view on nationalism to get some concrete idea of this abstract term. Rabindranath Tagore was a man of versatile genius. He was a great poet, novelist, essayist, songwriter and lately he is also being recognized as a painter. The grandeur of his personality may also be realized by the fact that Mahatma Gandhi gave him the title 'Gurudev' and western personalities like W. B. Yeats and Ezra Pound called him 'the great mystic of the East'. He was also the first Asian Nobel laureate winning it in 1913 and the only song-writer whose songs have been adopted as the national anthem of two countries; India and Bangladesh. Now, that we know the emergence of "nationalism", let us see what Tagore had to say about the same. The main reason for considering his opinion is because his attitude towards politics, culture, nationalism, internationalism, tradition, modernity and cross-culture education played a major role in shaping modern India as well as its literature.

'Nation' for Tagore is an abstract entity. In his essay 'Nationalism in the West' he says; "A nation, in the sense of the political and economic union of some people, is that aspect which a whole population assumes when organized for a mechanical purpose." (Tagore, 4) at another place he calls it as an 'organized power'. Humanism has always been of a higher concern to Tagore. In another essay 'Nationalism in India' he writes, "Only those people have survived and achieved civilization who have the spirit of co-operation strong in them." (Nalini & Garfield, 22) He was strictly against the compromise of humanism over nationalism. This idea of Tagore is also suggested in one of his novel 'Ghare Baire', where through the character of the protagonist, Nikhil, Tagore gives his own view. Nikhil says; "I am willing to serve my country but my worship I reserve for right which is far greater than my country. To worship my country as a God is to bring curse upon it." (Dutta and Robinson, xx) Further for the western countries he says that they in order to keep alive the idea of nation,

have mortgaged their soul to power. He explains it by giving the analogy of scientific experiment for nationalism; he writes that "it is a scientific product made in the political laboratory of the nation, through the dissolution of personal humanity." (Tagore, 4-5)

For Japan Tagore said that it has become a country of admiration for all the Asian countries as it has demonstrated the ability of an Asian nation to compete with the West in industrial development and economic progress. He has many a times used the metaphor of 'machine of power' for a nation and pointed out the material aspect of nationalism. Therefore, he critiques the emergence of Japan as an imperial state. In his letter to Rash Bihari Bose, an Indian staying in Japan, Tagore writes,

"I did once admire and look up to Japan and did once fondly hope that in Japan Asia had at last discovered its challenge to the west, that Japan's new strength would be consecrated in safeguarding the culture of east against the alien interest,. But Japan has not taken long to betray that rising hope...." (Dutta and Robinson, 486)

Tagore saw Japanese militarism as illustrating the ways how nationalism can mislead a nation of achievement and promise.

Many a time Tagore has been accused of being British supporter, but it was probably his fascination and admiration for the western intellectual circle that made him inclined towards them and not their ruling policies. He very strongly critiques them by saying that "The Europe in his pride of past and colonization has given rise to baser passion of greed and cruel hatred" he further goes on saying "Europe has lost faith in humanity and has become distrustful and sickly." (Nalini & Garfield, 26) Seeing the development that Japan made by imitating science and knowledge from the west was making him fear that Japan too may turn

into a mere reproduction of the west, stating therefore in his essay 'Nationalism in Japan', the real truth is that science is not man's nature, it is mere knowledge and training. By knowing the law of the material universe, you do not change your deeper humanity. You can borrow knowledge from other but not borrow the temperament.

The case in India is entirely different from the western countries or as well as Japan. In the British Empire in India, there were numerous language and castes and two major religious group the Hindu and the Muslims besides a host of other minor religions. Tagore describes India as a civilization – a meeting ground for various kind of humanity – rather than simply a country or a territorial unit. In another seminal essay 'History of India', written in 1902, he argues that India had been subjected to a series of foreign invasions by Greek, Scythians, Parthians, Shakas, Hunas, Arabs, Persians, Afghans and Mughals that eventually embraced this land and in course of time were themselves 'Indianized'. All these invasions took place as human race, different in religion or custom, but when the Europeans landed, India for the first time felt they have to deal not with a human race but with a nation. In context of India Tagore found the concept of nationalism ill-suited, he feels that India has never had a real sense of nationalism for which he even quotes, "Nationalism is a great menace. It is the particular thing which for years has been at the bottom of India's troubles." (Nalini & Garfield, 26-27) The initial concept of India as a nation was limited to its geographical boundary and inside this boundary there was probably nothing like a nation.

Now as we are discussing Tagore and Indian nationalism, we cannot ignore Gandhi and his idea of nationalism, as it is the only point that makes a difference between them. During the time of India's struggle for freedom Tagore and Gandhi were the two greatest thinking minds that India had. Jawahar Lal Nehru after

learning the death of Tagore wrote in his dairy, "Gandhi and Tagore. Two types entirely different from each other, yet both of them typical of Indian... I felt that among the world's men today Gandhi and Tagore were the greatest of human beings." (Sen 91) Gandhi attached the idea of patriotism to the idea of nationalism. Though it was with the arrival of Gandhi that India gained its momentum in nationalist movements Tagore was in favor of reasoning and less in the traditional view that made him withdraw his hands from Gandhi's Swadeshi movement. Though Tagore bitterly criticized the western idea of nationalism yet found some aspect of western civilization helpful in the development and evolution of medieval India to a modern India like the railway, printing press, telegram, telephone and many more. Moreover, the British government laid huge taxes on the swadeshi product due to which poor peasant could not afford them; therefore, Tagore rejected the idea of complete discard of western products as suggested by Gandhi's Swadeshi movement. He once wrote to Abala Bose, wife of scientist J.C. Bose that, "Patriotism cannot be our final spiritual shelter; my refuge is in humanity. I will not buy glass for the price of diamond. I will never allow patriotism triumph over humanity as long as I live." (Dutta and Robinson, xix) His attitude towards nationalism is supporting its emphasis on self-respect and rejecting its patriotism. He believes that the foundation of the glory of any nation is in future, rather than in the past and is of the view that past at times becomes hindrance for nation's better future. Therefore, condemned romantic over attachment to the past, and the use of past as the tool of nationalism seems to Tagore as a 'sacrificial goat tethered to a post.'

The insights provided by Rabindranath Tagore about how deeply critical he was of the concept of the modern nation-state and its capacity to reduce people to the status of means. While recognizing the significance of nationalist

movements and their roles as forces that challenged colonial rule, Rabindranath Tagore was also suspicious of nationalism once it became aggressive, mechanical, and exclusive.

Through his insights about the problems related to Western imperialism, Japanese militarism, and the problems that existed within Indian society, he showed how the nation cannot be the key to true progress.

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IN SPOTLIGHT: FEATURED ARTICLES

SELF – COMPASSION IN A WORLD THAT DEMANDS PERFECTION



Khyati
M.A. Applied Psychology, Sem II
School of Liberal Arts

We live in a world where success is often celebrated and mistakes are quickly noticed. As students, we are expected to perform well in academics, build our skills, and prepare for the future. At the same time, social media constantly shows us images of people who seem successful, confident, and happy. In the middle of all these expectations, it is easy to feel that we must be perfect all the time.

However, perfection is something that no one can truly achieve. Everyone makes mistakes, faces setbacks, and experiences failure at some point in life. Yet, when these things happen to us, we often become our own biggest critics. A poor grade, a missed opportunity, or even a small mistake can make us question our abilities and worth.

This is where self-compassion becomes important.

Self-compassion simply means being kind to ourselves during difficult times. It means treating ourselves with the

same understanding and support that we would give to a friend. If a friend failed an exam, we would probably encourage them and remind them that one result does not define their future. But when we face a similar situation, we often respond with self-criticism and disappointment.

From a psychological perspective, self-compassion is not about making excuses or avoiding responsibility. Instead, it is about accepting that mistakes are a natural part of learning and growth. When we stop judging ourselves harshly, we create space to learn from our experiences and move forward with confidence.

Many people believe that being hard on themselves will help them succeed. In reality, constant self-criticism often leads to stress, anxiety, and self-doubt. Self-compassion, on the other hand, helps us stay emotionally strong during challenging times. It allows us to acknowledge our struggles without letting them define who we are.

For students, self-compassion is especially important. Academic life comes with pressure, competition, and uncertainty. There will be moments when things do not go as planned. During such times, it is important to remember that our value is not determined by a single grade, achievement, or failure.

In a society that constantly demands perfection, practicing self-compassion can be a powerful act of self-care. It reminds us that we do not have to be perfect to be worthy of respect, growth, and happiness. Sometimes, the most important thing we can do is to be a little kinder to ourselves.

After all, success is not about never making mistakes. It is about learning, growing, and continuing to move forward with compassion and understanding.

“Be careful how you speak to yourself, because you are listening.”

SCHOOL EVENT CHRONICLES

CAPACITY DEVELOPMENT PROGRAMME ON LIFE SKILLS

SESSION VIII: YOGA FOR MIND, BODY, AND LIFE SKILLS

10 APRIL 2026

The School of Liberal Arts, K.R. Mangalam University, organized a Capacity Development Programme session on “Yoga for Mind, Body, and Life Skills”. Conducted as part of the ongoing Life Skills Programme, the session aimed to promote holistic well-being among students by integrating yoga, mindfulness, emotional balance, and healthy lifestyle practices. The

programme was organized under the guidance of Prof. Shravan Kumar, Dean, School of Liberal Arts, and coordinated by Dr. Kaveri Khound and Dr. Kalyani Seth. The session was facilitated by Mr. Jitendra, Yoga Instructor, who conducted an engaging and interactive practical workshop for students of SOLA.



Students involving in mindfulness and Pranayam Yoga asanas

The programme focused on developing awareness regarding the importance of physical fitness, emotional regulation, stress management, mindfulness, and self-discipline as essential life skills for students in both academic and personal contexts. The session aligned with the broader vision of promoting holistic development and also reflected the objectives of SDG 3: Good Health and Well-being and SDG 4: Quality Education.

The event commenced with an introductory address by Dr. Kaveri Khound, who highlighted the growing need for mental and physical wellness in today's demanding environment and emphasized yoga as an effective tool for improving concentration, resilience, and emotional balance. Dr. Kalyani Seth further discussed the significance of incorporating yoga and mindfulness into daily life to promote self-awareness, emotional well-being, and disciplined living.



Students engaging in Yog Asanas as instructed by the trainer



Students along with Yoga Trainer Mr. Jitendra

The practical session conducted by Mr. Jitendra introduced students to the foundational principles of yoga and its role in maintaining harmony between mind and body. Through guided demonstrations, students actively practiced various yoga asanas, stretching exercises, Surya Namaskar, relaxation techniques, pranayama, and mindfulness activities. The trainer explained how regular yoga practice contributes to flexibility, stress reduction, emotional stability, improved focus, and overall wellness. Students were also guided through meditation and breathing exercises aimed at enhancing self-control, inner calmness, and mental clarity.

Interactive discussions during the session encouraged students to reflect on issues such as academic stress, emotional challenges, healthy routines, and lifestyle balance. The trainer further explained the importance of consistency, discipline, and positive thinking in developing healthy habits and sustaining psychological well-being. Students enthusiastically participated in all activities and actively engaged during the question-and-answer session on topics related to meditation, stress management, physical fitness, and integrating yoga into everyday life.

The session proved to be highly enriching and beneficial for the participants, helping them develop a deeper understanding of yoga as a holistic life skill that supports emotional resilience, mindfulness, and healthy living. The programme successfully encouraged students to adopt healthier routines and recognize the importance of balancing mental, emotional, and physical well-being for long-term personal growth and academic success.

ARTHYUKTI: YOUNG THINKER'S CONCLAVE 2.0

20 APRIL 2026

The School of Liberal Arts in collaboration with the Economics Society of K.R. Mangalam University successfully organized ArthYukti: Young Thinker's Conclave 2.0 on 20th April 2026, bringing together dynamic young minds from across the NCR region for a day of innovation, entrepreneurship, strategic thinking, and intellectual engagement. The inter-university

conclave witnessed enthusiastic participation from more than 100 students representing over 12 universities and colleges, including IILM University, JK Business School, Amity University, GD Goenka University, Manav Rachna University, and Maharaja Surajmal Institute of Technology, among others.



The conclave commenced with a ceremonial Lamp Lighting Ceremony followed by a Welcome Address by Prof. Shravan Kumar, Dean SOLA. The event was further enriched by the Words of Wisdom delivered by the Dean of Academics and the inspiring address by Hon'ble Vice-Chancellor Prof. Mehraj Uddin Mir, who encouraged students to become socially responsible innovators and future leaders.



A major highlight of the event was the insightful Expert Talk by Prof. Sanjay Kapoor, Professor of Practice — Entrepreneurship, on the theme “From Idea to Impact: The Incubation Journey.” The session provided students with valuable exposure to the practical dimensions of entrepreneurship, including incubation processes, market validation, innovation strategies, and entrepreneurial resilience.

The conclave featured two flagship competitions conducted simultaneously. BizManthan – Business Pitch Competition witnessed participation from 18 teams presenting innovative business ideas across themes such as Artificial Intelligence, Digital Innovation, Sustainable Development, and Social Entrepreneurship before an expert jury panel. The competition carried a prize pool of ₹15,000 and encouraged students to transform creative ideas into impactful ventures. Alongside this, Vimarsh Neeti – Debate Competition engaged more than 20 teams in intellectually stimulating debates on contemporary socio-economic issues including the Gig Economy, Digital Inequality, and Mental Health Awareness.

The event concluded with an Award Ceremony, certificate distribution, and group photographs celebrating the enthusiasm and achievements of the participants. ArthYukti: Young Thinker's Conclave 2.0 emerged as a vibrant platform for interdisciplinary dialogue, critical thinking, and student innovation, reflecting the commitment of the School of Liberal Arts towards fostering leadership, creativity, and experiential learning among young scholars and future changemakers.

EXPERT TALK ON COGNITIVE BEHAVIOUR THERAPY (CBT)

21 APRIL 2026

The School of Liberal Arts, K.R. Mangalam University, organized a Guest Lecture on “Cognitive Behaviour Therapy (CBT)” on 21st April 2026 for students of B.A. and M.A. Applied Psychology programmes. Coordinated by Dr. Mansi Yadav, the session witnessed the participation of 43 students and served as an enriching platform for academic and professional learning in the field of psychology.



Group photo with Ms. Manisha Verma, Guest Speaker, along with faculty members and students after the Guest Lecture



Ms. Manisha Verma delivering the Guest Lecture on Cognitive Behaviour Therapy

The lecture was delivered by Ms. Manisha Verma, Faculty of Inclusive Education, Army Welfare Education Society, who shared valuable insights into the principles, techniques, and practical applications of Cognitive Behaviour Therapy. The session introduced students to the foundational concepts of CBT, emphasizing the relationship between thoughts, emotions, and behaviours, and explaining how maladaptive thought patterns contribute to psychological distress.



Prof. (Dr.) Shravan Kumar, Dean, SOLA, presenting a memento to Ms Manisha Verma



Ms. Manisha Verma interacting with students during the session

Students were familiarized with evidence-based CBT techniques such as cognitive restructuring, behavioural activation, thought records, and exposure-based interventions. The lecture also highlighted the clinical applications of CBT in addressing conditions such as anxiety, depression, OCD, phobias, and trauma-related disorders. Drawing from her professional experience, the resource person further discussed the role of CBT in inclusive educational settings and its relevance in supporting students with emotional and behavioural challenges.

The interactive nature of the session encouraged active student participation, with engaging discussions and thoughtful queries related to therapeutic practice, mental

health interventions, and culturally sensitive applications of CBT in the Indian context. The lecture successfully bridged the gap between theoretical knowledge and practical application, thereby enhancing students' understanding of psychotherapeutic approaches and strengthening their professional readiness.

The event reflected the commitment of School of Liberal Arts towards promoting experiential and practice-oriented learning through expert-led academic interactions. The session proved to be intellectually stimulating and highly beneficial for students aspiring to build careers in psychology, counselling, and mental health practice.

CAPACITY DEVELOPMENT PROGRAMME ON LIFE SKILLS SESSION IX: GROWTH STRATEGY AND EXIT STRATEGY FOR ENTREPRENEURS

24 APRIL 2026

The School of Liberal Arts, K.R. Mangalam University, organized an interactive session on “Growth Strategy and Exit Strategy for Entrepreneurs” on 24th April 2026 as part of the ongoing Capacity Development Programme on Life Skills. The session aimed to promote financial literacy, strategic thinking, and entrepreneurial awareness among students while emphasizing the importance of economic decision-making and financial planning as essential life skills. The programme was organized under the guidance of Prof. Shravan Kumar, Dean, School of Liberal Arts, and coordinated by Dr. Kaveri Khound and Dr. Kalyani Seth. The session was conducted by Dr. Vaidik Chakraborty, Assistant Professor, School of Liberal Arts, and witnessed the participation of 39 students.



Dr. Vaidik Chakraborty giving an Introduction of the Session

Aligned with SDG 1: No Poverty, SDG 4: Quality Education, and SDG 8: Decent Work and Economic Growth, the session focused on enhancing students' understanding of financing mechanisms, business growth planning, investment strategies, and entrepreneurial decision-making. The programme highlighted how financial literacy and strategic planning contribute significantly to economic empowerment, career development, and long-term financial security.



The session commenced with a welcome address by Dr. Kaveri Khound, who emphasized the growing importance of financial awareness and economic independence in today's rapidly evolving professional environment. She encouraged students to develop financial literacy as an important life skill that supports informed decision-making and sustainable career growth. Dr. Vaidik Chakraborty then introduced the fundamentals of financing institutions, investment strategies, and entrepreneurial planning, explaining their relevance not only for business ventures but also for personal financial management and career advancement.

Through an engaging and interactive presentation, Dr. Chakraborty familiarized students with various financing sources including commercial banks, venture capital firms, angel investors, microfinance institutions, and government funding schemes. Drawing upon real-world examples and case studies, he explained how strategic financing and growth planning can help individuals and entrepreneurs build sustainable ventures and manage financial challenges effectively. The session also explored practical aspects of educational loans, startup funding, investment planning, portfolio diversification, and financial risk assessment.



A major highlight of the programme was the discussion on growth strategies and business exit planning. Students were introduced to concepts such as market expansion, scaling strategies, investment evaluation, diversification, and long-term financial planning. Interactive activities and group exercises enabled participants to analyze financing scenarios, develop mini business growth plans, and understand the role of strategic thinking in achieving financial resilience and professional success.

The session further encouraged students to critically engage with practical dimensions of

entrepreneurship and personal finance through case study discussions and analytical exercises. Participants actively interacted with the resource person on topics related to investment planning, risk management, startup growth, and balancing financial goals with career aspirations.

The programme concluded with a summary of key learning outcomes and a formal vote of thanks delivered by the faculty coordinators, Dr. Kaveri Khound and Dr. Kalyani Seth, who expressed their gratitude to the resource person and participants for their active involvement and meaningful engagement throughout the session.

The event proved highly beneficial in strengthening students' understanding of financial literacy, entrepreneurial planning, and strategic decision-making as essential life skills. The session successfully encouraged participants to recognize the practical relevance of financial management and business strategy in achieving economic independence, professional growth, and long-term personal development.

CAPACITY DEVELOPMENT PROGRAMME ON LIFE SKILLS

SESSION X: BEHAVIOURAL STRATEGIES FOR DECISION MAKING

28 APRIL 2026

The School of Liberal Arts, K.R. Mangalam University, organized an insightful session on "Behavioural Strategies for Decision Making" on 28th April 2026 as part of the ongoing Capacity Development Programme on Life Skills. The session aimed to enhance students' understanding of behavioural and psychological factors that influence decision-making in personal, academic, and professional contexts. The programme was conducted under the guidance of Prof. Shravan Kumar, Dean, School of Liberal Arts, and coordinated by Dr. Kaveri Khound and Dr. Kalyani Seth. The session was delivered by Prof. (Dr.) Renu Verma, Associate Dean, SOLA, and witnessed active participation from students of the School of Liberal Arts.

Aligned with SDG 3: Good Health and Well-being and SDG 4: Quality Education, the session focused on equipping students with practical behavioural insights and analytical skills to make informed, rational, and effective decisions

in various aspects of life. The programme emphasized the significance of self-awareness, critical thinking, and behavioural understanding in improving decision-making abilities and problem-solving skills.

The session commenced with an introductory address by the faculty coordinators, who



Prof. (Dr.) Renu Verma explaining about Behavioural Strategies

highlighted the growing relevance of behavioural psychology and behavioural economics in understanding human judgement and everyday decision-making. Students were introduced to the concept that individuals often deviate from rational choices due to cognitive limitations, emotional influences, and social pressures.

Through an engaging and interactive lecture, Prof. (Dr.) Renu Verma explained key behavioural concepts such as anchoring bias, framing effects, loss aversion, overconfidence bias, and heuristic-based thinking. Using relatable examples and real-life situations, she demonstrated how these behavioural tendencies influence personal choices, academic decisions, financial planning, and professional behaviour. The session enabled students to critically reflect upon their own thought processes and recognize patterns of irrational decision-making.

Interactive activities, situational exercises, and case-based discussions formed an important component of the programme. Students actively participated in analysing different decision-making scenarios and identifying behavioural biases affecting outcomes. These practical exercises helped participants connect theoretical concepts with real-world applications and strengthened their analytical and reflective thinking skills.

The session also included an engaging question-and-answer segment during which students shared their perspectives and discussed real-life challenges related to decision-making, emotional judgement, peer influence, and problem-solving. The interactive nature of the programme created a stimulating learning environment and encouraged meaningful academic dialogue between the resource person and participants.

The session concluded with a formal vote of thanks delivered by the faculty coordinators, expressing sincere gratitude to the resource person for her valuable insights and to the students for their enthusiastic participation throughout the programme.

Overall, the session proved highly beneficial in developing students' awareness regarding behavioural influences on decision-making and enhancing their ability to think critically and make more informed choices. The programme significantly contributed to students' personal growth, analytical understanding, and life skills development by encouraging self-reflection, rational thinking, and effective decision-making strategies for real-world situations.



Prof. (Dr.) Renu Verma conducting an interactive session



Prof. (Dr.) Renu Verma with the students

CAPACITY DEVELOPMENT PROGRAMME ON LIFE SKILLS

SESSION XI: MINDFULNESS PRACTICE

28 APRIL 2026

The School of Liberal Arts, K.R. Mangalam University, organized a Capacity Development Programme session on “Mindfulness Practice” on 28th April 2026 for students of the School of Liberal Arts. The session aimed to promote mental and emotional well-being by introducing students to the concept and practical applications of mindfulness in everyday life. Conducted in offline mode, the programme witnessed active student participation and provided an enriching experiential learning environment focused on self-awareness, emotional balance, and stress management.



Dr. Jyotshna Tyagi giving an Introduction of the session

The programme was organized under the guidance of Prof. Shravan Kumar, Dean, School of Liberal Arts, and coordinated by Dr. Kaveri Khound and Dr. Kalyani Seth. The session was conducted by Dr. Jyotshna Tyagi, Assistant Professor, SOLA (Psychology), who shared valuable insights into the significance of mindfulness and its role in improving concentration, emotional regulation, and overall psychological well-being.

The session focused on developing students' understanding of mindfulness as a practical life skill that supports stress management, present-moment awareness, self-reflection, and healthy coping strategies. Through interactive discussions, relatable examples, and experiential

activities, students were encouraged to explore the importance of mindful living in both academic and personal contexts.

A major highlight of the programme was the series of mindfulness-based practical activities conducted during the session. Students actively participated in guided breathing exercises, short meditation practices, attention-focused activities, and reflective exercises designed to improve concentration, relaxation, and emotional awareness. The resource person encouraged participants to observe their thoughts, emotions, and reactions in a non-judgmental manner, thereby promoting self-awareness and emotional balance.



The interactive nature of the programme enabled students to openly share their experiences and reflections after each activity. Discussions on stress, emotional challenges, academic pressure, and maintaining mental well-being made the session highly relatable and engaging for the participants. The practical exposure provided students with simple yet effective

mindfulness techniques that could be incorporated into their daily routines for improved focus, emotional stability, and healthy lifestyle habits.

The session proved highly beneficial in enhancing students' awareness regarding mental and emotional wellness. Participants developed a better understanding of mindfulness practices and their relevance in managing stress, improving concentration, and fostering positive mental health. The programme also encouraged greater self-reflection, emotional resilience, and healthy coping mechanisms among students.

The event concluded with a positive and reflective learning atmosphere, leaving students motivated to integrate mindfulness practices into their everyday lives. The programme successfully contributed to the holistic development and well-being of students and reinforced the commitment of the School of Liberal Arts towards promoting life skills, mental health awareness, and experiential learning initiatives within the university.



Dr. Jyotshna Tyagi conducting an interactive activity for the session

CAPACITY DEVELOPMENT PROGRAMME ON LIFE SKILLS

SESSION XII: REKHI CENTRE OF EXCELLENCE FOR THE SCIENCE OF HAPPINESS – MINDFULNESS AND RESILIENCE PERSONALITY

29 APRIL 2026

The School of Liberal Arts, K.R. Mangalam University, organized an insightful session on “Rekhi Centre of Excellence for the Science of Happiness – Mindfulness and Resilience Personality” on 29th April 2026 as part of the Capacity Development Programme on Life Skills. The session focused on promoting mindfulness, emotional resilience, psychological well-being, and positive personality development among students. The programme emphasized the growing importance of mental wellness, self-awareness, and resilience as essential life skills for managing academic, personal, and professional challenges in contemporary society.

The session was organized under the guidance of Prof. Shravan Kumar, Dean, School of Liberal Arts, and coordinated by Dr. Kaveri Khound, Dr. Kalyani Seth, and Dr. Jyotshna Tyagi. The session was conducted by Dr. Amrita Ratnani, who delivered an engaging and thought-provoking lecture on mindfulness practices, emotional resilience, and the science of happiness.

Aligned with SDG 3: Good Health and Well-being and SDG 4: Quality Education, the programme aimed to help students understand

the significance of mindfulness and resilience in achieving emotional balance, stress management, and holistic personal growth. The session encouraged students to develop self-awareness, positive thinking, emotional intelligence, and healthy coping mechanisms as integral components of well-being and personality development.

The programme commenced with a welcome address by Dr. Kaveri Khound, who highlighted the increasing relevance of mindfulness and emotional resilience in maintaining psychological well-being amidst the pressures of modern academic and social life. Dr. Kalyani Seth and Dr. Jyotshna Tyagi further introduced students to the concept of the Science of Happiness and discussed how mindfulness practices contribute to emotional regulation, stress reduction, and positive personality development.

Through an interactive and experiential approach, Dr. Amrita Ratnani explained how mindfulness enables individuals to remain present, emotionally aware, and psychologically balanced during stressful situations. Drawing



Students engaging in a meaningful conversation with Dr. Ratnani



Dr. Amrita Ratnani interacting with students



Focused group of students in the session

from psychological principles and real-life examples, she elaborated on the importance of resilience in overcoming setbacks, adapting to challenges, and maintaining emotional stability in difficult circumstances. The session highlighted how cultivating resilience empowers individuals to respond positively to stress, uncertainty, and interpersonal conflicts while promoting mental strength and optimism.

Students actively participated in guided mindfulness exercises, reflective activities, deep breathing practices, grounding techniques, and group discussions aimed at improving concentration, emotional awareness, and stress management skills. Practical activities encouraged participants to identify personal stressors, recognize emotional responses, and develop constructive coping strategies for managing academic and personal pressures effectively.

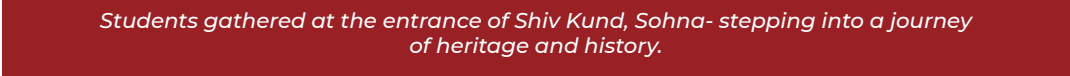
A significant aspect of the session was the emphasis on gratitude, self-compassion, positive thinking, and emotional intelligence as essential contributors to happiness and psychological resilience. The interactive discussions and relatable scenarios enabled students to understand the practical application of mindfulness practices in everyday life, relationships, academic performance, and future career development.

The programme also included an engaging question-and-answer session where students enthusiastically interacted with the speaker on topics related to emotional well-being, self-doubt, mindfulness practices, resilience-building, stress management, and maintaining positivity during challenging situations. The interactive nature of the session created a reflective and supportive learning environment that encouraged students to prioritize mental wellness and adopt mindful lifestyle practices.

The session concluded with a summary highlighting the importance of mindfulness and resilience in achieving emotional balance, happiness, and holistic development. A formal vote of thanks was delivered by the faculty coordinators, expressing sincere gratitude to the resource person and participants for their enthusiastic involvement and meaningful engagement throughout the programme.

Overall, the session proved highly enriching and beneficial for students by strengthening their understanding of mindfulness and resilience as valuable life skills. The programme successfully encouraged participants to adopt positive mental health practices, enhance emotional awareness, and recognize mindfulness as an effective tool for lifelong well-being, personal growth, and psychological resilience.

The School of Liberal Arts organized the Sohna Heritage Walk: "Where History Breathes in the Aravallis" on 10th April 2026 as part of its commitment to promoting experiential and interdisciplinary learning beyond the classroom. Coordinated by Dr. Kartika Saharan and Dr. Biatrisha Mukhopadhyay, the academic field visit witnessed the enthusiastic participation of 27 students along with faculty members.



The heritage walk offered students an immersive opportunity to explore the rich historical, cultural, and ecological significance of the Sohna region. The visit began at the historic Shiv Mandir, where students observed traditional temple architecture, ritual practices, and the continuing relevance of religious spaces in preserving cultural identity and local heritage. Faculty members engaged students in discussions on the historical evolution of such sacred sites and their role in shaping community life over generations.



Students gathered by Damdama Lake- immersed in nature, reflecting on heritage and landscape.

The walk further extended to Damdama Lake, one of the prominent natural lakes in Haryana, located amidst the scenic Aravalli hills. Here, students explored the ecological and geographical dimensions of the region while reflecting on environmental sustainability, biodiversity, and the relationship between human settlements and natural resources. The serene landscape encouraged observation, discussion, and critical reflection on the importance of conserving natural ecosystems.

Aligned with the vision of NEP 2020, the initiative successfully integrated elements of history, culture, religion, and environmental studies, thereby fostering multidisciplinary and inquiry-based learning. The heritage walk not only enhanced students' understanding of local heritage and ecological awareness but also encouraged critical thinking, field-based learning, and sensitivity towards cultural and environmental conservation.

COMMUNITY ENGAGEMENT: OUTREACH AND IMPACT

UNDERSTANDING ADOLESCENT CONCERNS THROUGH CAREER COUNSELLING AND GENDER SENSITIZATION PROGRAMS AT GOVERNMENT SCHOOL, LAKHUWAS

10 APRIL 2026

The Psychology Department, School of Liberal Arts, organized an outreach and counselling intervention programme titled “Understanding Adolescent Concerns through Career Counselling and Gender Sensitization Programs” at Government School, Lakhuwas on 10th April 2026. The programme was conducted by the faculty team comprising Mr. Amit Kumar, Ms. Ashu, Dr. Shalini Singh, and Dr. Pooja Singh as part of the department’s ongoing extension and community engagement initiative.

The visit marked the fourth phase of continued outreach efforts at the school and focused on addressing the emotional, academic, and social concerns of adolescent students. Through sustained interaction and counselling support, the initiative aimed to build trust and rapport with students while promoting emotional wellbeing, informed career decision-making, and gender sensitivity.



The programme included interactive rapport-building activities, group discussions, and informal sharing sessions with students from Classes IX to XII. A pre-assessment questionnaire was conducted to understand students' awareness regarding career aspirations, academic pathways, self-awareness, and gender-related perceptions. Based on these insights, faculty members conducted career counselling sessions that guided students on educational opportunities, career planning, vocational choices, and decision-making strategies while also addressing concerns related to academic pressure, family expectations, and career confusion.

The gender sensitization component focused on promoting equality, empathy, respectful peer relationships, and awareness regarding stereotypes and bullying. Interactive discussions and activity-based learning methods encouraged students to reflect critically on

issues related to gender roles and social attitudes.

The programme benefitted approximately 50–100 students and contributed positively to their emotional and social development. Students demonstrated increased awareness regarding career opportunities, improved confidence in decision-making, and greater sensitivity towards gender equality and respectful communication.

Aligned with the principles of community outreach and holistic education, the initiative reflected the commitment of the School of Liberal Arts towards integrating psychological knowledge with social responsibility and student wellbeing. The event also aligned with the United Nations Sustainable Development Goals related to Good Health and Well-being, Quality Education, and Gender Equality, thereby reinforcing the university's vision of meaningful community engagement and inclusive development.



CELEBRATING SUCCESS: STUDENT ACHIEVEMENT

The School of Liberal Arts proudly congratulates Ms. Rashmi Rawat, student of B.A. (Hons.) Economics, for her outstanding achievement at Prithvi Pulse 1.0, organised by the Department of Student Welfare in association with the Environment Club, K.R. Mangalam University, on the occasion of World Earth Day 2026.



She was honoured with the titles of Ms. Eco World and Ms. Charismatic during the Nature on the Ramp: Eco-Fashion Walk, an event that celebrated sustainability, creativity, and environmental consciousness. Her achievement reflects both confidence and creative expression aligned with the spirit of responsible living. The School applauds her accomplishment and extends its best wishes for her future endeavours.

We are proud to share that Prakhar Gupta, a second-year student of the B.A. (Hons.) Economics has been selected as an Intern with the Young Leaders Forum (YLF) at FICCI.



In this role, Prakhar is gaining valuable exposure to leadership platforms, stakeholder engagement, research, and the planning of large-scale conferences and events.

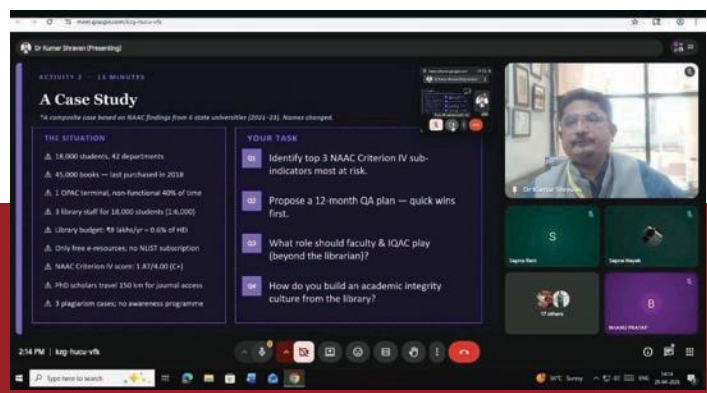
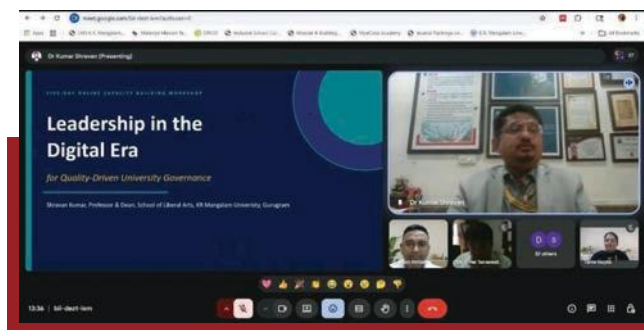
Reflecting on his experience, he describes the opportunity as both fast-paced and rewarding, offering him a unique perspective on how community-building and leadership initiatives operate in real time.

Congratulations, Prakhar, on this achievement. We wish you continued success as you embark on this exciting professional journey.



FACULTY ACHIEVEMENTS

The Internal Quality Assurance Cell (IQAC), K.R. Mangalam University, in collaboration with the Association of Indian Universities (AIU), successfully organized a series of capacity-building initiatives aimed at strengthening quality assurance and institutional excellence in higher education. As part of these initiatives, a five-day workshop on "Leadership in the Digital Era for Quality-Driven University Governance" was held on 07 April 2026, followed by a Capacity Building Programme on "Quality Assurance in Library Services" on 29 April 2026. Both sessions were conducted by Prof. Shravan Kumar, Dean, School of Liberal Arts, who emphasized that achieving excellence in higher education requires visionary leadership, evidence-based governance, and the strategic integration of digital transformation and academic support systems. He highlighted the importance of data-driven decision-making, robust library services, and institutional commitment in enhancing quality benchmarks and accreditation outcomes such as NAAC and NIRF.



The programmes provided an enriching platform for academicians, administrators, and educators to explore innovative practices in quality assurance, digital governance, and library management. Through engaging discussions, participants gained valuable insights into leveraging technology, information literacy, digital resources, and quality-focused governance to strengthen teaching, learning, research, and institutional effectiveness.

The sessions reinforced the significance of continuous quality improvement, future-ready leadership, and collaborative learning in fostering academic excellence, further reaffirming K.R. Mangalam University's unwavering commitment to innovation, quality enhancement, and excellence in higher education.

The School of Liberal Arts proudly celebrates a significant achievement by its faculty members Dr. Kartika Saharan, Prof. (Dr.) Renu Verma, Dr. Aditi and Dr. Biatrishia Mukhopadhyay, who have been granted a Design Registration (Design No. 471406-001) by the Office of the Controller General of Patents, Designs and Trademarks, Government of India, for the innovative design titled Smart Heritage Preservation Tags Device.



The registered design represents an innovative contribution towards the preservation, authentication, and management of cultural heritage assets through smart tagging mechanisms. By integrating heritage studies with technological innovation, the design seeks to enhance the documentation and safeguarding of historical and cultural resources. This accomplishment reflects the faculty members' dedication to research, creativity, and intellectual property generation, while further strengthening the School of Liberal Arts' commitment to fostering innovation and interdisciplinary scholarship.

On 03 April 2026, Dr. Shikha Dutt Sharma served as a Speaker in the Technical Session of the Five-Day Online Faculty Development Programme organized by K.R. Mangalam University in collaboration with the Association of Indian Universities (AIU) and IQAC. She delivered an

expert session on "Documentation for NAAC, Quality Audits and Institutional Review," sharing valuable insights on accreditation processes, academic documentation, institutional review mechanisms, and quality assurance practices in higher education. The session provided practical guidance to participants on strengthening institutional preparedness for quality audits and accreditation exercises.



Subsequently, on 09 April 2026, Dr. Sharma was invited as a Speaker for Session II on "Leadership Benchmarks and Best Practices in HEIs" during the Five-Day Online Capacity Building Workshop on "Leadership in the Digital Era for Quality-Driven University Governance," organized by K.R. Mangalam University in collaboration with AIU

and IQAC. During the session, she shared valuable perspectives on leadership excellence, quality-driven governance, institutional effectiveness, and best practices in higher education administration. The workshop witnessed active participation from academic leaders and faculty members from across the country.



On 20 April 2026, Dr. Sharma served as a Judge for "Vimarsh Neeti: Debate Competition" during ArthYukti: Young Thinkers' Conclave 2.0, organized by K.R. Mangalam University. The competition provided a platform for students from reputed institutions, including Amity University, JK Business School, and GD Goenka University, to engage in intellectual discussions on contemporary issues such as the gig economy, digital transformation, social media influence, and mental health awareness. Her contribution helped encourage critical thinking, analytical reasoning, and effective communication among the participants.



In her capacity as IQAC Coordinator, Dr. Sharma also contributed to the Orientation Session on “Academic Quality Enhancement: Student-Centric Learning” organized for the students of the School of Management and Commerce on 23 April 2026. During the session, she highlighted the significance of outcome-based education, continuous quality improvement, feedback mechanisms, and active student participation in fostering academic excellence and institutional growth.



Further, on 29–30 April 2026, Dr. Sharma served as the Master of Ceremony for the Two-Day International Conference on “Pharma and Allied Sciences in the Age of AI: Innovations and IPR Strategies (PASAI–2026)”, organized by the School of Medical and Allied Sciences, K.R. Mangalam University. Her excellent communication, coordination, and stage-management skills contributed significantly to the successful conduct of the conference, which brought together academicians, researchers, industry experts, and students from India and abroad.

Continuing her contributions in the month of May, Dr. Sharma served as a Resource Person on 01 May 2026 for a session titled “Libraries as Knowledge Hubs – Best Practices” during the Five-Day

Online Capacity Building and Training Programme on “Strengthening Knowledge Domains, Library Resources and Academic Integrity” organized by K.R. Mangalam University. The session focused on the evolving role of libraries as dynamic knowledge centres in Higher Education Institutions (HEIs). She discussed best practices in resource curation, digital accessibility, effective utilization of library resources, and the promotion of academic integrity, while emphasizing the role of libraries in fostering research excellence, quality learning, and ethical academic practices.



As an expert resource person, Dr. Vaidik Chakraborty, Assistant Professor, School of Liberal Arts, K.R. Mangalam University, conducted an insightful session on “Randomized Control Trials” on 6 June 2026 in the workshop, “Endogeneity and Causal Inference”, as organized by HERizon Research and Consultancy from 6–8 June 2026.



The session focused on the fundamentals and applications of Randomized Control Trials (RCTs) in research methodology. Dr. Chakraborty elaborated on the importance of RCTs in establishing causal relationships, reducing bias, and ensuring statistical rigor in research studies. Participants gained valuable insights into the design, implementation, and practical relevance of RCTs across various disciplines.

The session was highly interactive and witnessed enthusiastic participation from faculty members and research scholars. The engaging discussion and practical examples shared during the session significantly enriched the participants' understanding of advanced research methodologies.

K.R. Mangalam University, Sohna, Haryana proudly congratulates Dr. Deepak Kumar, Assistant Professor of Economics, on being conferred with the prestigious Dr. A.P.J. Abdul Kalam National Academician Award by the Welred Foundation, a non-profit organization,

in recognition of his excellent contribution in the field of education.

The award was presented as an acknowledgment of his dedication, academic excellence, and significant contribution towards teaching and higher education. This achievement reflects the university's commitment to promoting academic excellence, research, and quality education.

Dr. Deepak Kumar has consistently demonstrated sincerity and professionalism in his academic responsibilities and has contributed positively towards the intellectual growth and development of students. His recognition at the national level brings pride and honor to the institution. The university extends its heartfelt congratulations to Dr. Deepak Kumar and wishes him continued success in his future academic and professional endeavours.



Further, Welred Foundation, through its official letter of appreciation dated 30 May 2026, highly acknowledged the outstanding academic contribution and professional excellence of Dr. Deepak Kumar, Assistant Professor of Economics at K.R. Mangalam University, Sohna, Haryana. The organization appreciated his remarkable performance and recognized his achievements as an Excellent Assistant Professor.

The letter further highlighted that his hard work, perseverance, dedication, and continuous commitment towards excellence in education have genuinely paid off. Welred Foundation also appreciated his role as an inspiration for students and academicians and stated that he has set a high standard of achievement for others through his sincere efforts and contribution to the field of higher education.

The university congratulates Dr. Deepak Kumar on receiving this appreciation and recognition and wishes him continued success and many more achievements in his academic and professional journey.



FACULTY RESEARCH OUTPUT

JOURNAL PUBLICATIONS

S. No.	Author(s)	Title	Journal	Publisher	ISSN	Date of Publication	Indexed In
1	Dr. Priya Sharma	Gandhian Rational/Spiritual Discourse: Revisiting the Debate on Secular and Immanent Frame	National Identities	Taylor & Francis	1469-9907 / 1460-8944	04 May 2026	Scopus
2	Dr. Shravan Kumar	Role of Industry 4.0 Technologies in Advancing Mental Health and Holistic Wellbeing through a Systematic Literature Review	Discover Public Health	Springer Nature	3005-0774	07 May 2026	Scopus

BOOKS / BOOK CHAPTERS

S. No.	Author(s)	Chapter / BookTitle	Book Name	Publisher	ISBN/ISSN	Date of Publication	Indexed In
1	Dr. Kartika Saharan	Reimagining Classrooms: The Impact of Generative AI on Curriculum Design	Innovative Approaches in Multidisciplinary Research and Development	San International Scientific Publications	978-93-7183-004-1	31 May 2026	-
2	Dr. Kartika Saharan	Mapping Memory: Public History and the Politics of Monuments	Innovative Approaches in Multidisciplinary Research and Development	San International Scientific Publications	978-93-7183-004-1	31 May 2026	-

3	Dr. Kalyani Seth, Ms. Laavanya Gupta	The Impact of Office Physical Space, Work Setting, and Seating Arrangement on Employees' Self-Esteem, Motivation and Sense of Belongingness and Purpose	IACBT: Cognitive Behavioural Interventions on Employee Wellbeing	Walnut Publishers	ISBN13: 9789359115207 ISBN10: 9359115207	7 May 2026	WOS
4	Dr. Padmani Koul, Dr. Swati Chauhan	Business English and Professional Writing	Business English and Professional Writing	Jhanvika Publisher	978-81-69077-47-7	24 April 2026	—

IN FOCUS: HIGHER EDUCATION

Student Name	Programme	Batch	Higher Education
Vatsalya Nalla	B.A. (Hons.) Political Science	2022–25	M.A. in Women's and Gender Studies, Dr. B.R. Ambedkar University Delhi
Ms Deepanshi Attree	B.A. (Hons.) Economics	2022–25	Economics (MSc), University of Bristol
Muskan Oberoi	B.A. (Hons.) Economics	2022–25	M.A. Economics, GGISPU
Mehak Taneja	B.A. (Hons.) Economics	2022–25	M.A. Economics, GGISPU
Monika	B.A. (Hons.) Economics	2022–25	M.A. Economics, GGISPU
Parth Sharma	B.A. (Hons.) Economics	2022–25	Economics (MSc), University of Bristol
Anushka Thapliyal	B.A. (Hons.) Political Science	2022–25	M.A. Political Science, South Asian University
Unnati Dabas	B.A. (Hons.) Psychology	2022–25	MSc in Organisational Psychology and Business, University of Leeds
Keshav Bhalla	B.A. (Hons.) Psychology	2022–25	M.A. Psychology, University of Delhi

Reety Thangjam	B.A. (Hons.) Psychology	2022–25	M.A. Sports Psychology, National Sports University
Vansh Vats	B.A. (Hons.) Psychology	2022–25	M.A. Counselling Psychology, Amity University Haryana
Parshita Rawat	B.A. (Hons.) Psychology	2022–25	M.A. Psychology, Vasant Kanya Mahavidyala, Banaras Hindu University
Ayush Singh	B.A. (Hons.) Psychology	2022–25	M.A. Clinical Psychology, Amity University Lucknow
Drishti Dey	B.A. (Hons.) Psychology	2022–25	M.A. Psychology, DY Patil University Mumbai
Anushka Roy	B.A. (Hons.) Psychology	2022–25	M.A. Psychology, NFSU
Drishti	B.A. (Hons.) Psychology	2022–25	M.A. Psychology, IILM Gurgaon
Anushka Ghosh	B.A. (Hons.) Psychology	2022–25	M.A. Psychology, University of Delhi
Sharisha	B.A. (Hons.) Psychology	2022–25	M.A. Psychology, Christ University NCR
Manasvi Arora	B.A. (Hons.) English	2022–25	B.Ed., BRM College of Education
Saaransh	B.A. (Hons.) English	2022–25	M.A. English, Gurugram University
Harshita	B.A. (Hons.) English	2022–25	M.A. English, IGNOU
Manisha Yadav	B.A. (Hons.) English	2022–25	M.A. English, University of Delhi
Mehdiah Abbas	B.A. (Hons.) English	2022–25	B.Ed., Rao Mohar Singh College of Education
Vanshika	B.A. (Hons.) English	2022–25	M.A. English, Kurukshetra University
Honey Lohia	B.A. (Hons.) English	2022–25	M.A. Guidance and Counselling, IILM Gurgaon
Divya Kumari	B.A. (Hons.) English	2022–25	M.A. English, EFLU
Rehan Fazal	B.A. (Hons.) Political Science	2022–25	LLB (H), K.R. Mangalam University
Prince	B.A. (Hons.) Political Science	2022–25	LLB (H), K.R. Mangalam University
Bhumi	B.A. (Hons.) Political Science	2022–25	MBA – Digital Marketing, K.R. Mangalam University
Priyanshi Sisodia	B.A. (Hons.) Political Science	2022–25	MBA – Digital Marketing, K.R. Mangalam University
Bhawna	B.A. (Hons.) Political Science	2022–25	M.A. Journalism and Mass Communication, K.R. Mangalam University
Aniket	B.A. Programme	2022–25	M.A. Political Science, Gurugram University
Sonali Singh	B.A. Programme	2022–25	M.A. History, IGNOU
Rao Rishi Raj	B.A. Programme	2022–25	M.A. Political Science, Gurugram University
Devesh	B.A. Programme	2022–25	Interior Designing, YMCA New Delhi
Abhishek Yadav	B.A. Programme	2022–25	M.A. Political Science, Amity University Manesar
Dhruhi Goyal	B.A. (Hons.) Economics	2022–25	MBA, Symbiosis Dubai

STAR ALUMNI



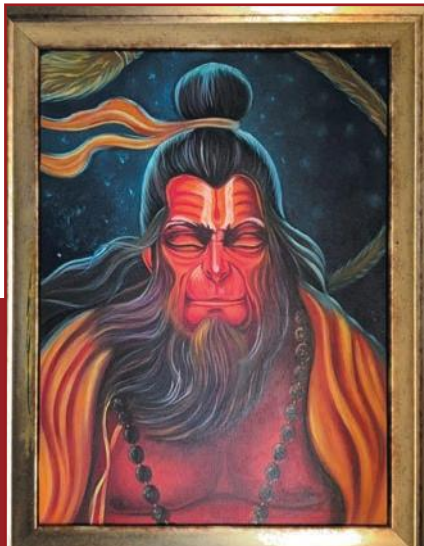
Ms. Monika
B.A. (Hons.) Economics
Batch: 2022-2025

"I completed my Bachelor of Arts (Hons.) in Economics from K.R. Mangalam University, Gurugram, after taking admission in 2022, and graduated in 2025 with a CGPA of 9.04.

My journey at K.R. Mangalam University has been truly enriching and transformative. The university provided me with not only academic excellence but also continuous guidance, encouragement, and opportunities for overall growth. Along with maintaining consistent academic performance throughout my undergraduate studies, I was honored to receive the Dean's Honours Certificate three times, which motivated me to strive for excellence even further.

I am sincerely grateful to the faculty members and the university for their constant support and inspiring learning environment, which played a significant role in shaping my academic and personal growth."

CREATIVE CORNER



Art by: Harsha Yadav
M.A. Applied psychology, Sem-4
Roll number: 2408225024



Art by: Sahira
B.A. psychology (Hons.) Roll
no:250879001



Art by: Ms. Nasya
B.A. (Hons.) Psychology
Semester-IV



Art by: Ms. Priyanka Manna
B.A. (Hons.) Psychology
Semester-II

DOORIYON SE PARE

Kisi ko samajhne ke liye har waqt saath rehna zaruri nahi hota...

Kisi se baat karne ke liye har baar call ka intezaar karna bhi zaruri nahi hota...

Kabhi kabhi kisi ka hona hi kaafi hota hai, har lamha saath rehna zaruri nahi hota...

Door rehkar bhi kisi ko jana aur pehchana ja sakta hai... Ye kehkar ki "tum mere paas nahi ho" koi kisi se door nahi ho jata...

Jise jaanna hota hai, wo har haal mein jaan hi leta hai... Aur jo jaanna nahi chahta, wo sab kuch hote hue bhi kuch nahi samajh pata...

Sach to ye hai ki kisi ko samajhne mein waqt lagta hai...

Par jo sach mein samajhna chahta hai, wo waqt nahi dekhta... Wo bas aapke baare mein sab jaana chahta hai...

Mujhe pata hai ki kisi ko apne baare mein sab kuch batana mumkin nahi hota... Par koi hota hai jo aapko aapse bhi zyada samajhna chahta hai...

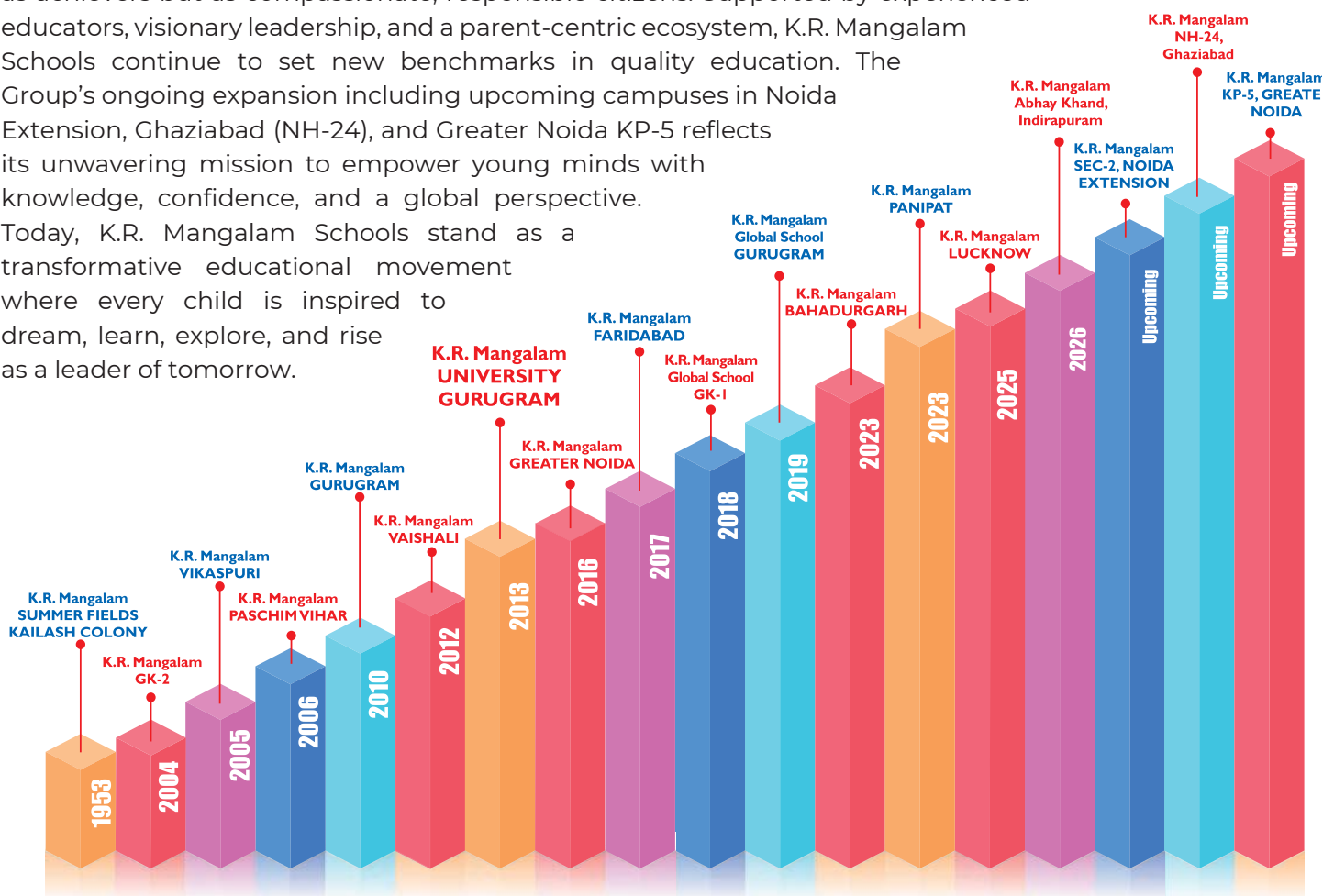
By: Ms. Jaspreet Kaur
B.A. (Hons.) Psychology

MOMENTS IN TIME: THE PHOTO DIARY



FROM LEGACY TO LEADERSHIP : THE GROWTH OF K.R. MANGALAM GROUP

K.R. Mangalam Group stand today as one of India's most trusted, dynamic, and future-ready school networks, built on a legacy that spans over seven decades of educational excellence. Since the establishment of Summer Fields School in 1953, the Group has continuously expanded its footprint across Delhi, NCR, Uttar Pradesh, and Haryana emerging as a symbol of academic leadership, holistic development, and global vision. Each K.R. Mangalam school blends tradition with innovation, offering world-class infrastructure, progressive pedagogies, and an inclusive environment that nurtures curiosity, creativity, and character. From the vibrant corridors of K.R. Mangalam World School, GK-II (est. 2004) to the thriving campuses of Vikaspuri (2005), Paschim Vihar (2006), Gurugram (2010), Vaishali (2012), Greater Noida (2016), Faridabad (2017), Bahadurgarh (2023), Panipat (2024), and Lucknow (2025), every institution under the KRM banner exemplifies a commitment to academic rigor, co-curricular richness, and values-driven education. The introduction of globally benchmarked K.R. Mangalam Global Schools in Gurgaon and GK-I further strengthens the Group's reputation as a pioneer in international curricula and modern learning environments. Across all campuses, students experience a transformative education that integrates technology, experiential learning, life skills, interdisciplinary exploration, and global exposure. With strong foundations in sports, performing arts, STEAM, entrepreneurship, and community engagement, KRM Schools prepare learners to excel in a rapidly evolving world. The schools' emphasis on inclusive classrooms, socio-emotional well-being, leadership development, and moral values ensures that students grow not only as achievers but as compassionate, responsible citizens. Supported by experienced educators, visionary leadership, and a parent-centric ecosystem, K.R. Mangalam Schools continue to set new benchmarks in quality education. The Group's ongoing expansion including upcoming campuses in Noida Extension, Ghaziabad (NH-24), and Greater Noida KP-5 reflects its unwavering mission to empower young minds with knowledge, confidence, and a global perspective. Today, K.R. Mangalam Schools stand as a transformative educational movement where every child is inspired to dream, learn, explore, and rise as a leader of tomorrow.





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