



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION



SCHOOL OF LIBERAL ARTS

Perspective

NEWSLETTER JANUARY – MARCH 2026





K.R. MANGALAM UNIVERSITY

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EDITORIAL

I am pleased to extend my greetings on the release of the latest edition of the Liberal Arts newsletter. This issue captures the dynamic academic environment, creative pursuits, and intellectual engagement that continue to define the School of Liberal Arts, while reinforcing our shared commitment to quality and excellence.

At the Internal Quality Assurance Cell (IQAC), our focus remains on strengthening academic processes through continuous improvement in teaching-learning practices, research initiatives, and meaningful community engagement. The contributions featured in this edition—spanning faculty achievements, student-led initiatives, and outreach activities—reflect a sustained effort towards fostering an inclusive, innovative, and academically enriching ecosystem.

I appreciate the dedication of the editorial team, contributors, and the leadership of the School in bringing out this publication. I encourage all readers to remain engaged, reflect critically, and continue to contribute towards a culture of excellence with integrity and responsibility.

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Aditya, B.A. (Hons.), Semester II, Psychology

MESSAGE FROM THE LEADERSHIP

Dear Students,

Education is not merely the acquisition of knowledge, but the development of perspective, discipline, and the ability to apply learning meaningfully. At this stage of your academic journey, you are not only building intellectual capabilities but also shaping your values, attitudes, and approach to life.

As you engage with your courses, I encourage you to go beyond the classroom—question ideas, participate actively, and cultivate a spirit of inquiry. Academic excellence is strengthened by curiosity, consistency, and a willingness to explore interdisciplinary connections. At the same time, it is important to develop essential life skills such as critical thinking, effective communication, and ethical decision-making.

There may be challenges along the way, but each challenge is an opportunity to refine your abilities and strengthen your resolve. Stay focused on your goals while remaining adaptable to change. Seek guidance when needed, collaborate with your peers, and make the most of the academic environment available to you.

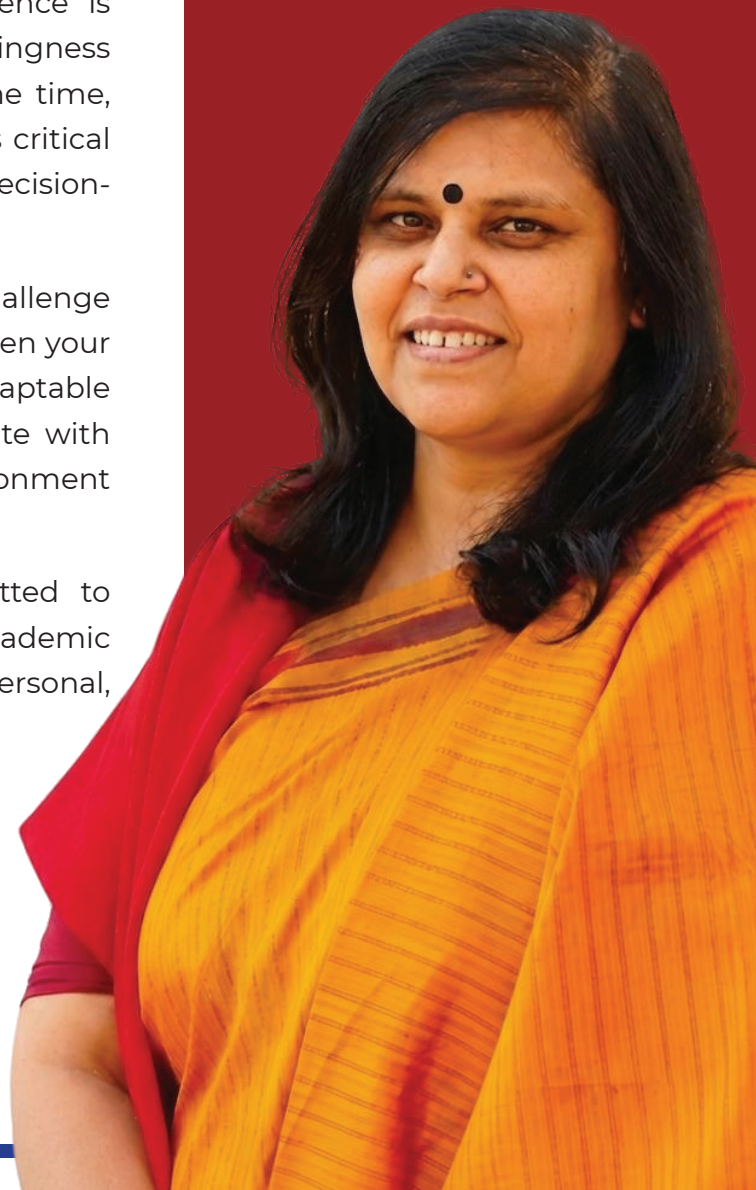
At K.R. Mangalam University, we remain committed to providing you with a supportive and enriching academic ecosystem. Your growth, both intellectual and personal, remains at the heart of all our efforts.

I wish you continued success in your academic pursuits and beyond.

Best!

**PROF. (DR.)
VARUNA TYAGI**

Dean Academics
K.R. Mangalam University



MESSAGE FROM THE DEAN

Dear Learners

Welcome to a journey where every question has the power to open a new door, every conversation can spark a new perspective, and every experience can become a pathway to discovery.

At the School of Liberal Arts, learning is not confined to classrooms, textbooks, or examinations—it is an ongoing exploration of ideas, cultures, communities, and the world around us. Your academic journey here is an invitation to think deeply, question courageously, and engage meaningfully with the complexities of contemporary society.

In an era defined by rapid transformation, the ability to connect ideas, embrace diverse viewpoints, and approach challenges with empathy and critical thinking has become more important than ever. Our learning environment is built on dialogue, curiosity, creativity, and interdisciplinary exploration, reflecting the vision of the National Education Policy that encourages holistic and transformative education.

Through classroom interactions, research engagements, creative pursuits, field experiences, and collaborative initiatives, we aim to nurture not only skilled professionals but thoughtful individuals who understand the world with sensitivity and purpose.

As you continue this journey, I encourage you to step beyond the familiar, challenge assumptions, explore new possibilities, and actively participate in the vibrant intellectual community around you. Some of the most meaningful learning moments emerge through conversations, collaborations, and reflections that inspire us to see the world differently.

SOLA is committed to walking alongside you as you grow into individuals who are intellectually curious, socially conscious, ethically grounded, and prepared to contribute meaningfully to society. Embrace every opportunity, celebrate every discovery, and continue moving forward with confidence, compassion, and purpose.

Your journey of learning has just begun—may it be filled with curiosity, courage, and endless possibilities.

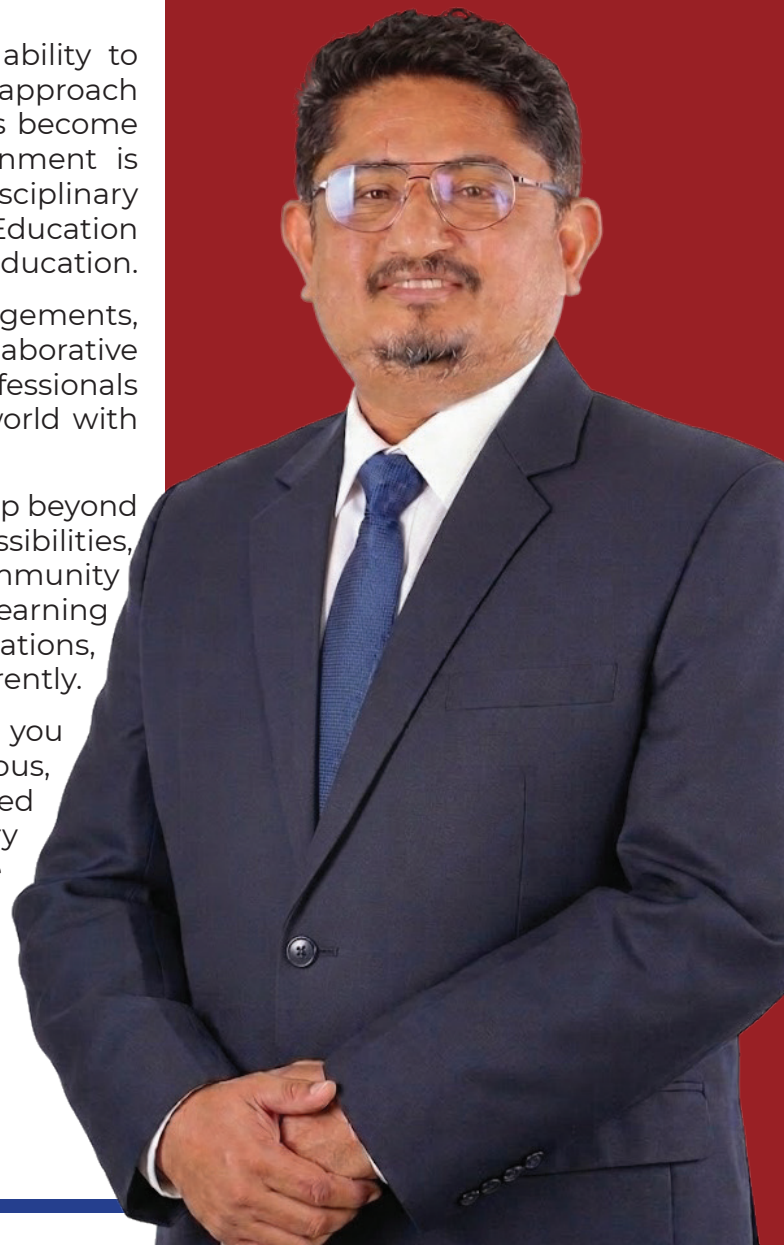
Best!

PROF. SHRAVAN KUMAR

Editor-in-Chief, *Perspective &*

Dean, School of Liberal Arts

K.R. Mangalam University



FROM THE DESK OF IQAC COORDINATOR

Dear Readers,

I am pleased to extend my greetings on the release of the latest edition of the School of Liberal Arts newsletter. This issue captures the dynamic academic environment, creative pursuits, and intellectual engagement that continue to define the School of Liberal Arts, while reinforcing our shared commitment to quality and excellence.

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Warm Regards!

**DR. SHIKHA DUTT
SHARMA**

**IQAC Coordinator, KRMU &
Editor, *Perspective*
K.R. Mangalam University**



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 SPOTLIGHT: FEATURED ARTICLES

MONEY MATTERS: A STUDENT'S GUIDE TO FINANCIAL LITERACY



Dr. Vagish Mishra
Assistant Professor, Economics

casual evening at Connaught Place rarely feels like a financial decision. It feels like a break. The financial part usually becomes clear later, often when your UPI app starts looking at you with concern.

University life is often the first real experience of financial independence. There is no one to question your choices, which sounds ideal until your account balance starts doing it instead. Interestingly, it is not the big expenses that create problems. It is the smaller, frequent ones. A ₹150 snack, a ₹200 cab, a ₹300 meal. Each one feels harmless. Together, they quietly become a pattern.

Many students assume that money management is something to worry about later, preferably after the first job. The difficulty with that approach is that financial habits are already forming. Someone who gets used to saving even ₹500 a month during college usually finds it easier to manage larger amounts later. The habit matters more than the amount.

By the time you graduate, you might know your subject well. But do you understand your money? For most university students, money has a personality. It shows up confidently at the start of the month, behaves generously for a few days, and then slowly begins to vanish. By the third week, it becomes extremely quiet. By the fourth, it is almost philosophical. You start asking questions like, "Where did it all go?" and "Was that ₹300 coffee really necessary?"

Somewhere between classes, deadlines, and "just a quick plan," money quietly turns into food deliveries, cab rides, and café bills that felt completely justified at the time. If you are studying in Delhi NCR, this probably sounds familiar. A spontaneous plan at Cyber Hub or a

Managing money does not require complicated systems. It starts with noticing where it goes. A budget sounds serious, but in practice it is just awareness. Track your spending for a month and you may discover that what you thought were occasional treats are actually quite regular. It is a slightly uncomfortable exercise, but also a useful one.

Credit adds another layer to this experience. With credit cards and buy-now-pay-later options, spending can feel easier than it actually is. Paying later always sounds manageable, until later arrives with interest and penalties. Institutions like the Reserve Bank of India regularly emphasise responsible borrowing, but the lesson tends to become real only after the first missed payment. A simple check helps: if you hesitate to pay for something now, it is worth reconsidering.

Saving is often treated as something that will happen if money is left at the end of the month. In reality, that "leftover" amount is usually

quite optimistic. A more reliable approach is to set aside a fixed amount at the beginning. Even a small sum creates a sense of control. It also prevents situations where an unexpected expense feels like a crisis rather than an inconvenience.

Investing tends to sound like something meant for people who read financial news every morning. It is actually far simpler. Students can start small, through regular investments, and allow time to do the work. Growth is gradual, but it is steady. The advantage of starting early is that time quietly amplifies whatever you invest.

Most financial mistakes students make are not dramatic. They are routine. Spending without tracking, using credit casually, ignoring savings, or trusting quick-profit ideas. None of these feel serious in the moment, which is exactly why they continue.

There is no need to become extremely strict about money during college. The aim is not to avoid every outing or calculate every expense down to the last rupee. It is to be aware. To know when spending is reasonable and when it is simply habitual. To recognise the difference between a choice and a pattern.

Money management rarely feels urgent during university. There is always something more immediate to deal with. Still, the habits built during these years stay. A little awareness now can save a great deal of confusion later.

And perhaps the simplest way to look at it is this: money may continue to disappear every month, but with a bit of attention, it does not have to remain a mystery.

THE FEAR OF GETTING IT WRONG



MS. VIBHUTI BATRA

B.A. (HONS. WITH RESEARCH) PSYCHOLOGY

In a world that constantly demands perfection, one fear quietly controls many of our decisions, the fear of making mistakes. It shows up when we try something new, when we step outside our comfort zone, or even when we simply consider doing things differently. A voice in our head whispers: What if it goes wrong? What will people think? What if I fail?

This fear is not just about failure; it is about judgment, rejection, and the belief that mistakes define our worth. We begin to think that everything we do must be perfect. But in chasing perfection, we forget a simple truth, nothing and no one is perfect.

Ironically, in trying so hard to avoid mistakes, we forget something even more important: the value of making them.

Mistakes are often seen as something negative, something to regret or hide. We replay them in our minds, criticize ourselves, and ask, Why did I do that? But rarely do we pause and ask a

more meaningful question: What did this teach me? Every mistake carries a lesson, sometimes about our choices, sometimes about our limits, and sometimes about our strength. They show us where we stand and where we can go.

In today's world, especially as we move forward in academics, careers, and relationships, this fear becomes even stronger. We start living not for ourselves, but for the opinions of others. The fear of "what people will think" becomes bigger than our desire to grow.

But the truth is, this is our life. And mistakes are not interruptions in our journey; they are a part of it. In fact, we often learn far more from our mistakes than from our successes. Success may boost our confidence, but mistakes build our understanding. Another important thing we forget is that the idea of a "mistake" is not always absolute. What may seem wrong to one person might not be wrong for another. Our judgments are shaped by our experiences, beliefs, and perspectives. So, something you consider a mistake might actually be a step forward in someone else's eyes. This makes it even more important not to be too harsh on ourselves.

From a psychological perspective, making mistakes is deeply human. Our brain is not designed to be perfect, it is designed to learn. It constantly processes information, makes decisions, and sometimes gets things wrong. That is not a flaw; it is part of how growth happens. Trial and error is not just a method, it is the foundation of learning itself.

Most mistakes we fear are unintentional. They are not made with the purpose of causing harm, but are simply the result of trying, exploring, and evolving. And the reassuring part is- most things can be fixed, healed, or improved. With a shift in perspective, even the worst mistakes can become turning points.

What we truly need is not a life without mistakes, but a mindset that understands them. Instead of fearing them, we need to accept them. Instead of judging them, we need to learn from them.

Because in the end, mistakes do not define us- they shape us. And perhaps, the real mistake is not making one... but being too afraid to make any at all. This fear becomes even more real in university life, where every decision feels like it could define the future. Choosing a subject, applying for internships, deciding a career path, these choices often feel so heavy that we hesitate, afraid of getting them wrong. We start believing that one wrong decision can ruin everything, that there is no coming back from it.

Take a simple example: a student chooses a particular course or career path because it seems right at the time, but later realizes it does not feel right anymore. That moment feels like failure, like a mistake that cannot be undone. But in reality, that "wrong" choice brings clarity. It teaches what does not work, which makes it easier to move toward what actually does. One decision does not close all doors, there is always another path, another opportunity, another way forward if we are willing to look for it.

In campus life and early careers, uncertainty is constant, and so are mistakes. But instead of seeing them as final, we can start seeing them as part of the process. Because growth does not come from always being right, it comes from trying, adjusting, and moving forward even after getting it wrong.

SCHOOL EVENT CHRONICLES

CAPACITY DEVELOPMENT PROGRAMME ON LIFE SKILLS: SESSION 1 FINANCIAL LITERACY TOWARDS SOCIAL INCLUSION 30 JANUARY 2026

The School of Liberal Arts (SOLA), K.R. Mangalam University, successfully organized a Capacity Development Programme on Life Skills on 23 January 2026. Conducted in an offline mode, the session focused on the theme “Financial Literacy towards Social Inclusion” and aimed to equip students with essential practical life skills required for personal growth, responsible

decision-making, and long-term financial well-being. The programme aligned strongly with United Nations Sustainable Development Goal 4 (Quality Education) and SDG 1 (No Poverty) by promoting awareness regarding financial empowerment and informed financial practices.



Dr. Vagish Mishra giving an introduction of the session



Dr. Vagish Mishra delivering the talk on monthly budget preparation



Group photo with Dr. Vagish Mishra, along with coordinators, faculty and students after the special session

The session was conducted by Dr. Vagish Mishra, Assistant Professor, SOLA, under the convenorship of Prof. Shravan Kumar, Dean, School of Liberal Arts. The programme was coordinated by Dr. Vaidik Chakraborty and Dr. Kaveri Khound, Assistant Professors, SOLA. The event commenced with a welcome address highlighting the growing importance of life skills and financial literacy in today's rapidly evolving social and economic environment. Participants were introduced to the multidimensional nature of life skills and their role in supporting personal effectiveness, professional preparedness, and social inclusion.

A major highlight of the programme was the comprehensive and interactive session delivered by Dr. Mishra on the fundamentals of financial literacy. The discussion covered important concepts such as budgeting, saving, investing, debt management, taxation, banking services, emergency funds, and financial planning. Through practical examples, real-world case studies, and interactive simulations, students gained valuable exposure to financial decision-making processes and responsible money management practices. The session also emphasized the importance of financial discipline, long-term planning, and the role of informed financial behaviour in achieving stability and independence.

The programme adopted an experiential and participatory learning approach through group discussions, budget-planning exercises, financial problem-solving activities, and interactive question-and-answer sessions. Students actively engaged in discussions related to student loans, investment strategies, financial risks, and career planning, making the session highly relatable and application-oriented. These activities encouraged critical thinking, collaborative learning, and reflective understanding of real-life financial challenges faced by young adults.

The session was highly appreciated by participants for its practical relevance, engaging methodology, and enriching content. Students demonstrated enhanced awareness regarding financial planning and expressed greater confidence in making informed financial decisions. The programme successfully strengthened essential life skills while fostering responsibility, independence, and economic awareness among participants. Such initiatives continue to support the holistic development of students and reinforce the School of Liberal Arts' commitment to experiential, socially relevant, and future-oriented education.

CAPACITY DEVELOPMENT PROGRAMME ON LIFE SKILLS: SESSION 2 SELF-EFFICACY: BELIEF IN ONE'S ABILITY TO SUCCEED 6 FEBRUARY 2026

Session 2 of the Capacity Development Programme on Life Skills was successfully conducted by Dr. Kalyani Seth, Assistant Professor, School of Liberal Arts (SOLA), K R Mangalam University. The session focused on the theme “Self-Efficacy: Belief in One’s Ability to Succeed” and aimed to enhance participants’ understanding of self-belief as an essential psychological resource for personal, academic, and professional growth.

The session introduced participants to the concept of self-efficacy as a significant psychological construct that influences an individual’s ability to organize and execute actions required to achieve desired outcomes. Emphasis was placed on understanding the role of self-efficacy in shaping motivation, perseverance, confidence, resilience, and decision-making abilities, particularly in challenging situations. The discussion highlighted how positive self-beliefs can contribute to improved academic performance, adaptive coping, and long-term goal achievement.



Through interactive discussions, reflective activities, and practical examples, participants were encouraged to examine their own patterns of thinking, strengths, and approaches toward challenges. The session created a supportive and engaging learning environment where students actively reflected upon factors that influence confidence and explored strategies for strengthening self-belief. Practical techniques for developing a growth-oriented mindset, managing self-doubt, and building resilience were also discussed in detail.

A key highlight of the session was the active participation and thoughtful engagement demonstrated by the students throughout the programme. The interactive nature of the session enabled participants to connect theoretical concepts with their personal experiences, making the learning process both meaningful and relatable. The session successfully reinforced the importance of self-efficacy in fostering emotional strength, adaptability, and overall well-being.



The programme was well-received by participants and contributed significantly to enhancing awareness regarding the psychological foundations of confidence and success. Such sessions under the Capacity Development Programme continue to promote experiential learning and holistic development, while equipping students with essential life skills required for personal and professional effectiveness.

EXPERT TALK ON HOW CONNECTED ARE YOU TO YOUR TRUE SELF? BEYOND MONKEY MIND'S IDENTITY 9 FEBRUARY 2026

The Rekhi Centre for Excellence for the Science of Happiness, in collaboration with the School of Liberal Arts (SOLA), K.R. Mangalam University, organized an insightful Expert Talk on “How Connected are You to Your True Self? Beyond Monkey Mind's Identity” on 9th February 2026.

The session was delivered by Dr. Satinder Singh Rekhi, Founder of the Rekhi Centre for Excellence for the Science of Happiness, and witnessed enthusiastic participation from 117 students and faculty members.



Dr. Satinder Singh Rekhi addressing students



Dr. Satinder Singh Rekhi interacting with the students and making the expert talk session engaging



Dr. Satinder Singh Rekhi leading the session



Enthusiastic student footfall for the expert talk session led by Dr. Satinder Singh Rekhi

The talk focused on self-awareness, emotional well-being, and understanding the difference between the “true self” and the conditioned “monkey mind.” Through storytelling, reflective activities, humour, videos, and interactive discussions, Dr. Rekhi encouraged participants to explore mindfulness, gratitude, emotional regulation, and authentic living as pathways to happiness and psychological well-being.

The session highlighted the importance of positive psychology and the science of happiness in everyday life, inspiring students

to reflect on their thoughts, emotions, and personal growth. Participants appreciated the engaging and experiential nature of the programme, which created a meaningful space for introspection, dialogue, and learning. Aligned with SDG 3: Good Health and Well-being, the event successfully promoted mental health awareness, resilience, and holistic development, leaving attendees motivated to cultivate greater self-understanding and emotional balance in their lives.

ROOTS & ROUTES: CAREERS AND CONVERSATIONS WITH SOLA ALUMNI

13 FEBRUARY 2026

The School of Liberal Arts (SOLA), K.R. Mangalam University, organized an engaging alumni interaction session titled “Roots & Routes: Careers and Conversations with SOLA Alumni” to foster meaningful dialogue between alumni and current students. Coordinated by Dr. Saleem Ahmad, Dr. Srishti Srivastava, and Dr. Deepak Kumar, the session witnessed the participation of 29 students from various programmes.

Designed as an interactive platform for mentorship and knowledge exchange, the session aimed to provide students with valuable insights into career pathways, higher education opportunities, and the skills required for academic and professional success. The

initiative also focused on strengthening alumni-institution relationships while promoting informed career decision-making among students.

The session featured distinguished alumni, including Ms. Anushka Thapliyal (M.A. International Relations, South Asian University), Ms. Mehak Taneja, and Ms. Monika (M.A. Economics, GGSIP University). The speakers shared their academic journeys, preparation strategies for competitive examinations such as CUET-PG, and experiences of transitioning from undergraduate to postgraduate studies. They emphasized the importance of conceptual clarity, consistent preparation, and strategic planning for academic advancement.



Alumni and faculty during the session



Felicitation of the alumni guest with a university memento



Alumni sharing insights on CUET-PG preparation and career opportunities



Alumni speaker interacting with students during the presentation



Group photo of alumni, faculty, and coordinators during the event

Discussions also highlighted diverse career opportunities in the social sciences, including higher education, research, policy analysis, and professional roles in various sectors. The interactive format encouraged students to actively engage through questions and discussions, making the session insightful and experience-driven.

The event significantly contributed to enhancing students' understanding of career trajectories and academic progression. It fostered confidence, encouraged informed decision-making, and strengthened the culture of alumni engagement within the institution. Aligned with broader educational goals of quality education and career readiness, the session successfully demonstrated the value of mentorship and experiential learning in shaping students' futures.

CAPACITY DEVELOPMENT PROGRAMME ON LIFE SKILLS: SESSION 3 UNDERSTANDING LOCUS OF CONTROL 13 FEBRUARY 2026

As part of the Capacity Development Programme on Life Skills, Session 3 was successfully conducted on the theme “Locus of Control” by Dr. Jyotshna Tyagi. The session aimed to enhance students’ understanding of how individual beliefs regarding control and responsibility influence behavior, motivation, decision-making, and overall personal development. Conducted over a duration of one and a half hours, the programme provided participants with a meaningful and engaging learning experience.

The session introduced students to the psychological concept of locus of control and explored the distinction between internal and external orientations of control. Emphasis was placed on understanding how perceptions of control can shape responses to challenges, goal achievement, confidence, accountability, and resilience. Through practical examples and relatable discussions, participants were encouraged to reflect on the ways in which their beliefs and attitudes influence everyday actions and life outcomes.



A major highlight of the session was its highly interactive and experiential approach. Dr. Tyagi incorporated a variety of thoughtfully designed activities and engaging games that encouraged active student participation and collaborative learning. These interactive exercises enabled participants to connect theoretical concepts with real-life situations, fostering deeper self-awareness and critical reflection. The activities also created a positive and encouraging environment that promoted open discussion, personal insight, and active engagement throughout the session.



The session significantly contributed to students' understanding of personal responsibility, adaptive thinking, and self-growth. Participants appreciated the engaging methodology and practical relevance of the discussion, which made the learning process both enjoyable and impactful. The programme successfully reinforced the importance of cultivating a balanced and empowered mindset in order to navigate academic, personal, and professional challenges effectively.

The session was widely appreciated for its interactive format, insightful content, and reflective learning opportunities. Such initiatives under the Capacity Development Programme continue to support the holistic development of students by integrating psychological understanding with experiential learning and life skill enhancement.

CAPACITY DEVELOPMENT PROGRAMME ON LIFE SKILLS: SESSION 4 CORE PRINCIPLES OF INDIAN CONSTITUTION 20 FEBRUARY 2026

The School of Liberal Arts (SOLA), K R Mangalam University, successfully conducted Session 4 of the Capacity Development Programme on Life Skills on the theme "Core Principles of the Indian Constitution." The session aimed to strengthen students' understanding of constitutional values and promote awareness regarding the significance of democratic principles in everyday civic life.

The session was delivered by Dr. Priya Sharma, Assistant Professor, who provided participants

with an engaging and insightful exploration of the foundational ideals that shape India's democratic framework. The discussion focused on the core constitutional values of justice, liberty, equality, and fraternity, while also addressing important principles such as secularism, parliamentary governance, the rule of law, and the balance between rights and duties. Through her thoughtful presentation, Dr. Sharma highlighted the relevance of constitutional literacy in fostering responsible citizenship and social awareness.



A key highlight of the session was the speaker's ability to simplify complex constitutional concepts and present them in a relatable and accessible manner for students. The session incorporated interactive discussions and reflective engagement, encouraging participants to critically think about their role as informed citizens within a democratic society. Students actively participated throughout the programme, demonstrating curiosity and thoughtful reflection on issues related to civic responsibility, constitutional ethics, and social participation.

The session created an intellectually stimulating learning environment and successfully connected theoretical understanding with contemporary societal realities. Participants gained valuable insights into the importance of constitutional awareness not only within academic discourse but also in shaping ethical decision-making and responsible social conduct. The emphasis on civic learning and democratic values contributed meaningfully to the broader objectives of the Capacity Development Programme on Life Skills.



The programme was highly appreciated for its relevance, engaging delivery, and practical significance. The School of Liberal Arts expressed gratitude to Dr. Sharma for her valuable contribution and to the enthusiastic participants whose active involvement

made the session impactful and thought-provoking. Such initiatives continue to enrich students' holistic development and encourage meaningful engagement with critical social and constitutional issues.

CAPACITY DEVELOPMENT PROGRAMME ON LIFE SKILLS: SESSION 5 BUSINESS PLAN AND ASSESSMENT 27 FEBRUARY 2026

The fifth session of the Capacity Development Programme on Life Skills at K.R. Mangalam University was successfully conducted on 20 February 2026. The session focused on the theme “Basics of Entrepreneurship” and aimed to introduce students to the foundational concepts, processes, and mindset associated with entrepreneurial development and innovation.

The session was delivered by Dr. Vaidik Chakraborty, who provided participants with a comprehensive understanding of the key dimensions of entrepreneurship. The discussion covered important aspects such as idea generation, opportunity identification, feasibility analysis, innovation, funding mechanisms, business growth, risk-taking, and exit strategies. Through structured explanations and practical examples, the session highlighted the relevance of entrepreneurial thinking in today's dynamic professional and economic landscape.



A key strength of the session was the speaker's ability to simplify complex entrepreneurial concepts and present them in a relatable and accessible manner. Real-world applications and contemporary examples enabled students to better understand the practical implications of entrepreneurship and its role in problem-solving, leadership, and value creation. The session encouraged participants to think creatively, identify opportunities, and develop a proactive and future-oriented mindset.

The programme was highly interactive and engaging, with special emphasis placed on student participation and individual learning needs. Dr. Chakraborty maintained continuous interaction with the participants, ensuring conceptual clarity and encouraging thoughtful discussion throughout the session. His

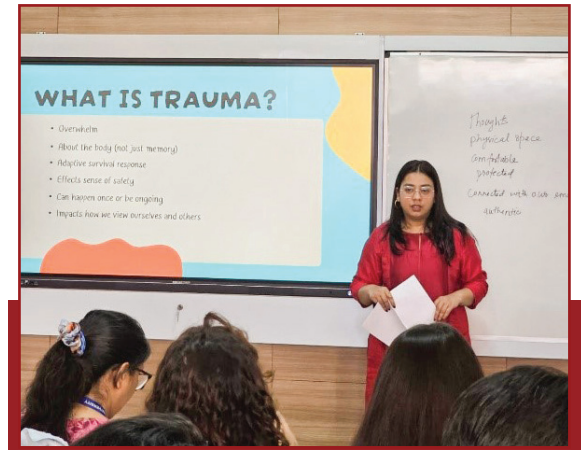
approachable and engaging facilitation style created a positive learning environment where students felt encouraged to ask questions, share ideas, and actively participate in the discussion.

The session significantly contributed to strengthening students' understanding of entrepreneurial principles while fostering initiative, creativity, confidence, and innovation-oriented thinking. Participants appreciated the practical relevance and enriching nature of the session, which successfully combined theoretical learning with experiential understanding. The programme was widely regarded as an insightful and inspiring learning experience, further supporting the objectives of the Capacity Development Programme in promoting holistic student development and future readiness.

CAPACITY DEVELOPMENT PROGRAMME ON LIFE SKILLS: SESSION 6 EMOTION REGULATION STRATEGIES 6 MARCH 2026

The School of Liberal Arts (SOLA) successfully conducted Session 6 of the Capacity Development Programme on Life Skills under the module on Emotional Regulation Strategies. The session focused on the theme "Trauma-Informed Principles in Therapy" and aimed to provide students with deeper insight into sensitive, ethical, and client-centered approaches in mental health practice. The programme was designed to strengthen students' understanding of contemporary therapeutic frameworks while enhancing their practical and reflective learning experiences.

The session was facilitated by Ms. Laavanya Gupta, Associate Psychologist at Ascend PsyCare, who specializes in Cognitive Behavioural Therapy (CBT), Trauma-Informed Care, and Queer Affirmative Counselling. Drawing upon her diverse academic and professional training from institutions such as University of Essex, Tata Institute of Social Sciences, Indian Association for CBT, and Jawaharlal Nehru University, she offered participants a socially responsive and critically reflective perspective on therapeutic practice. She also highlighted her professional associations with Naz Foundation and I'M Powered – Centre for Well-Being, enriching the discussion with practical insights from the field.



The session was highly interactive and encouraged active student participation through reflective discussions and practical examples. Participants were introduced to the core principles of trauma-informed care, including the importance of creating safe therapeutic spaces, fostering trust, promoting empowerment, and practicing empathy and sensitivity in counselling settings. The discussion emphasized the significance of understanding trauma not merely as an isolated experience but as a factor that shapes emotional responses, interpersonal relationships, and mental health outcomes.



A key highlight of the session was its ability to bridge theoretical understanding with practical application. Through case-based discussions and experiential engagement, students gained valuable exposure to real-world therapeutic considerations and ethical mental health practices. The session encouraged participants to critically reflect upon the role of counsellors and psychologists in providing inclusive, compassionate, and trauma-sensitive care across diverse populations.

The session was widely appreciated by students for its relevance, depth, and engaging delivery. It significantly contributed to enhancing participants' awareness of trauma-informed therapeutic approaches and reinforced the importance of integrating empathy, social sensitivity, and evidence-based practices into professional mental health work. Such initiatives under the Capacity Development Programme continue to strengthen experiential learning and support the holistic academic and professional development of students at SOLA.

ENTREPRENEURSHIP TRAINING WORKSHOP IN COLLABORATION WITH KEIC

8 – 19 MARCH 2026

The School of Liberal Arts, K.R. Mangalam University, in collaboration with KEIC, successfully organized a two-day Entrepreneurship Training Workshop aimed at fostering entrepreneurial awareness and developing business acumen among students. Coordinated by Dr. Vagish Mishra and Dr. Vaidik Chakraborty, the workshop witnessed enthusiastic participation.

Designed as a blend of academic instruction and industry exposure, the workshop provided a comprehensive understanding of

entrepreneurship, business planning, and the integration of emerging technologies such as Artificial Intelligence in contemporary business practices. The initiative emphasized experiential learning through interactive sessions, discussions, and real-world insights.

Day 1 featured an engaging training session conducted by Dr. Vaidik Chakraborty, who introduced students to the fundamentals of entrepreneurship, including essential skills such as creativity, risk management, adaptability,

financial literacy, and leadership. The session also focused on the development of effective business plans, covering key aspects such as market research, marketing strategies, and financial planning. Interactive discussions enabled students to critically engage with entrepreneurial concepts and practical challenges.

Day 2 transitioned into a podcast-style session with industry expert Mr. Avinash Pandit, Co-founder of Zenith School of AI.

The discussion provided valuable insights into the entrepreneurial journey, startup ecosystem dynamics, and the growing role of technology and AI in business innovation. Key themes included market validation, scaling strategies, customer-centric approaches, and the importance of mentorship, networking, and adaptability in modern entrepreneurship. The interactive format encouraged students to actively engage with real-world business perspectives.



Dr. Vagish Mishra, Assistant Professor, SOLA, delivering welcome address



Dr. Vaidik Chakraborty & Dr. Vagish Mishra, with the students of SOLA present at the session



Dr. Vaidik Chakraborty (Resource Person) & Dr. Vagish Mishra (Faculty Coordinator), with the students of SOLA present at the session



Mr. Avinash Pandit (Resource Person), sharing his expertise and unique insights



As part of the workshop, students were assigned a Business Development Report to apply their learning in a practical context, focusing on business planning, market analysis, and the integration of innovative technologies. Certificates of completion were awarded to participants who fulfilled attendance and submission criteria, recognizing their active engagement and commitment.



Mr. Avinash Pandit (Resource Person), with student coordinators, faculty coordinators and the KEIC organizing team present at the session

Aligned with the vision of the National Education Policy 2020, the workshop successfully promoted experiential, multidisciplinary, and skill-based learning. It enriched students' entrepreneurial mindset, strengthened their problem-solving abilities, and provided a balanced integration of theoretical knowledge and industry expertise, preparing them for future ventures and professional growth.

PODCAST ON INTERNATIONAL DAY OF HAPPINESS: SCIENCE OF HAPPINESS 20 MARCH 2026

The Rekhi Centre for Excellence for the Science of Happiness, in collaboration with the School of Liberal Arts (SOLA), K.R. Mangalam University, successfully organized a special podcast session on the occasion of the International Day of Happiness on 20 March 2026 at the Mass Communication Studio, C-Block. Conducted in an offline recording format for online release, the podcast centered around the theme “Science of Happiness” and aimed to promote awareness regarding mental health, emotional well-being, resilience, and mindful living among youth.



Ms. Shivanie Kapoor with Prof. (Dr.) Shravan Kumar (Dean, SOLA) and Dr. Srishti Srivastava (KRMU Host & Assistant Professor, SOLA)



Photo 2: Ms. Shivanie Kapoor – Children and Adolescent Behavioral Counselor & Special Guest Expert for the Podcast.



Ms. Shivanie Kapoor with Prof. (Dr.) Shravan Kumar (Dean, SOLA) and Dr. Srishti Srivastava (KRMU Host & Assistant Professor, SOLA)

The session featured distinguished speakers Ms. Shivanie Kapoor, Children and Adolescent Behavioral Counselor, and Prof. (Dr.) Shravan Kumar, Dean, SOLA. The discussion was hosted by Dr. Srishti Srivastava, Assistant Professor, SOLA, and coordinated under the guidance of Dr. Nudrat Jahan along with Dr. Kalyani Seth and Dr. Amrita Ratnani. Student coordinators Avleen Kaur, Angel Thakur, and Gauri Batta actively contributed to the smooth organization and execution of the event.

The podcast explored contemporary perspectives on happiness, particularly in the context of modern youth navigating increasingly digital lifestyles. The speakers engaged in a thoughtful and insightful conversation on topics such as digital well-being, emotional resilience, kindness, stress management, and the psychological impact of social media and constant connectivity. Emphasis was placed on cultivating mindful digital habits, maintaining emotional balance, and fostering supportive interpersonal relationships as essential components of holistic well-being.

A key highlight of the session was its interactive and conversational format, which made psychological concepts accessible, relatable, and engaging for the audience. The speakers effectively connected theoretical understanding

with practical, real-life experiences, encouraging listeners to reflect on their own habits, emotional responses, and coping strategies. Practical approaches such as gratitude practices, self-reflection, empathy, and resilience-building were discussed as important tools for sustaining happiness and mental well-being in everyday life.

The podcast also aligned strongly with United Nations Sustainable Development Goal 3 (Good Health and Well-being) by addressing critical aspects of mental health awareness, emotional wellness, psychological resilience, and counseling-based insights. The initiative reinforced the importance of integrating the science of happiness into academic spaces and everyday life to support healthier and more balanced communities.

The session received highly positive feedback for its relevance, depth, and engaging approach. Participants appreciated the meaningful dialogue and practical insights shared by the speakers, which contributed significantly to enhancing awareness regarding mental health and well-being. The event successfully created a reflective and intellectually enriching platform, further strengthening the university's commitment to promoting holistic development and emotional wellness among students and faculty.

CAPACITY DEVELOPMENT PROGRAMME ON LIFE SKILLS: SESSION 7 MANDALA: ART THERAPY 20 MARCH 2026

Session 7 of the Capacity Development Programme on Life Skills was successfully conducted on 20 March 2026. The session focused on Mandala Art Therapy and was facilitated by Dr. Priya Sharma as the Resource Person. The session aimed to introduce participants to the therapeutic and reflective dimensions of mandala art as a tool for emotional expression, self-exploration, and psychological well-being.





Drawing upon her expertise and practical experience, Dr. Sharma provided participants with a comprehensive understanding of the conceptual foundations of Mandala Art Therapy. She explained how mandalas can serve as a medium for mindfulness, emotional regulation, stress reduction, and self-awareness. The session effectively integrated psychological concepts with creative expression, making the learning process both insightful and engaging for the participants.

A major highlight of the session was the experiential learning component, where participants actively engaged in creating mandalas and reflecting upon their experiences. Through this interactive activity, students gained hands-on exposure to the therapeutic process and developed a deeper appreciation for the role of creative

arts in promoting mental and emotional well-being. The session encouraged introspection, relaxation, and meaningful personal expression in a supportive learning environment.

The session was highly appreciated by the participants for its practical relevance, interactive methodology, and enriching content. Dr. Sharma's engaging facilitation style

and valuable insights significantly enhanced the overall learning experience and aligned well with the broader objectives of the Capacity Development Programme on Life Skills. The programme team expressed gratitude for her meaningful contribution and looks forward to organizing many more such impactful and holistic learning sessions in the future.

BEYOND THE CLASSROOM: FIELD EXPERIENCES

ACADEMIC VISIT TO THE WORLD BOOK FAIR

16 JANUARY 2026

On Friday, 16th January 2026, the School of Liberal Arts, K.R. Mangalam University, organized an academic visit titled "Beyond the Classroom: Academic Visit to the World Book Fair" at Bharat Mandapam, New Delhi. This initiative was designed as a full-day experiential learning activity for 25 students from the English Department, under the guidance of Dr. Aditi Priya and Dr. Apoorva Hooda.

The visit aimed to extend classroom learning into a real-world literary environment by exposing students to the diverse ecosystem of publishing, authorship, translation, and readership. It provided an opportunity to understand the practical dimensions of literary production, including editorial processes, marketing strategies, and distribution systems, while

encouraging engagement with contemporary literary trends and global cultural narratives.

During the visit, students explored a wide range of national and international publishing stalls and interacted with publishers, authors, and representatives of literary organizations. They observed how books across various genres

and disciplines were curated and presented to readers. Special emphasis was placed on regional literature, translated works, academic publications, and children's literature, enabling students to appreciate the diversity and inclusivity of literary expression.



Group picture in the campus before heading for the book fair.





Students exploring various books



Students exploring different genre of books

CELEBRATING SUCCESS: STUDENT ACHIEVEMENTS

Divyansh Negi, a student of Political Science (Hons.), 6th Semester, demonstrated exceptional leadership and performance across multiple prestigious events during February to April 2026.

He represented K.R. Mangalam University as team captain at Ojas 3.0, organized by UPES Dehradun (March 20–22, 2026). Under

his leadership, the team secured First Position and was awarded a cash prize of ₹40,000, reflecting outstanding teamwork and strategic coordination. He further led the team at ELLAN, organized by APEEJAY STYA University (April 9, 2026), where the team once again achieved First Position, highlighting his consistency and effective leadership.



In addition, Divyansh captained his team in the inter-college football tournament “KRMU Play On” (February 25–27, 2026), securing Second Position. His performance across these events showcases strong dedication, teamwork, and the ability to lead teams to success, bringing pride and recognition to the institution.

FACULTY ACHIEVEMENTS

Dr. Shikha Dutt Sharma served as the Master of Ceremony for the 7th Convocation Ceremony of K.R. Mangalam University, marking her second consecutive year in this prestigious role. The convocation celebrated the graduation of students across diverse disciplines and reflected the University's academic excellence. She conducted the proceedings with professionalism, grace, and efficiency, ensuring the smooth execution of the ceremony while upholding its dignity and significance.



A poster for an orientation programme. At the top, it features logos for IQAC, K.R. Mangalam University, and the Government of India. The text reads: 'School of Legal Studies In collaboration with IQAC Organises An Orientation Programme on Student Engagement in Quality Assurance: Strengthening Academic Excellence and Institutional Growth'. It specifies the date as 23rd March, 2026, and the venue as A312, A Block, K. R. Mangalam University, starting at 9:30 AM onwards. The convenor is Prof. (Dr.) Kaveri Sharma, Dean, SOLS. The faculty coordinators are Dr. Aarti and Dr. Sombir Singh, both Assistant Professors, SOLS. The student coordinator is Ishna, Bhawanji LL.B(Hons.), 4th semester. A photo of Dr. Shikha Dutt Sharma is included, with her name and role as Guest speaker and IQAC Coordinator at K. R. Mangalam University.

She also participated as Guest Speaker in the Orientation Programme on “Student Engagement in Quality Assurance: Strengthening Academic Excellence and Institutional Growth,” organised by the School of Legal Studies in collaboration with the IQAC, K.R. Mangalam University. Her address highlighted the importance of quality assurance in higher education, emphasizing students as key stakeholders in institutional development, along with discussions on outcome-based education, research orientation, and NAAC quality benchmarks.

She contributed as Session Chair for Session 4, “Encountering Digital World and Artificial Intelligence: New Directions for the Future,” during the International Conference “Probing Humanities, Positioning Human-[i]-ties: New Paradigms and Shifts in the 21st Century,” organised by Vivekananda Institute of Professional Studies–TC on 26–27 February 2026, facilitating meaningful academic discourse on emerging interdisciplinary perspectives.



She further served as a distinguished judge for Street Play, Stage Play, and Mono Acting at Kalautsav 2K26, K.R. Mangalam University, where she witnessed outstanding performances and felicitated winners from institutions such as Khalsa College, Gargi College (University of Delhi), IGNOU, and others.

Additionally, she participated as Guest of Honour and Jury Member for the Academic Showcase – Fashion Design Collection under the 2nd International Multidisciplinary Conference DESIGN 2030, organised by the School of Architecture and Design, K.R. Mangalam University, held at M3M Broadway, appreciating the creativity, innovation, and conceptual depth demonstrated by participants and commending the organisers for a well-curated platform promoting academic and design excellence.

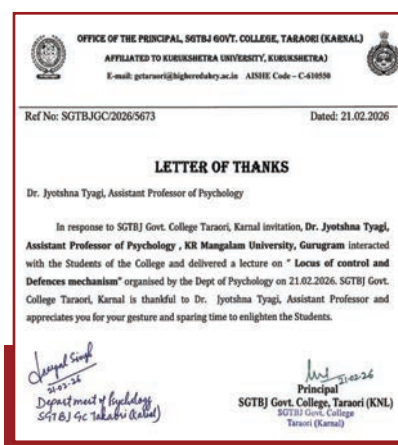


Dr. Kartika Saharan was invited as a speaker at the 2nd International Conference for Schools on Behavioural Sciences: An Indian Knowledge Systems Approach, organized by WE AVEC U Foundation in collaboration with the Centre for Human Sciences, Rishihood University.





The conference was held on January 17-18, 2026. During the conference, she delivered a lecture titled “Mental Well-being in Times Her contribution was recognized for its distinguished academic value and insightful engagement at an international platform. The presentation also contributed to meaningful interdisciplinary dialogue among scholars, educators, and practitioners, reflecting a strong commitment to integrating traditional knowledge with modern psychological perspectives.



Dr. Jyotshna Tyagi, Assistant Professor of Psychology at K.R. Mangalam University, Gurugram, was invited by the Department of Psychology, S.G.T.B.J. Government College, Karnal, to deliver a guest lecture on “Locus of Control and Defence Mechanism” on 21st February 2026.

During the session, Dr. Tyagi interacted with the students and elaborated on the concepts of locus of control and defence mechanisms in a clear and engaging manner. She explained how individuals perceive control over life events and how defence mechanisms function as psychological strategies to cope with anxiety and internal conflicts. The lecture was informative and enriched the students' understanding of key psychological principles.

The session was highly interactive, allowing students to clarify their doubts and actively participate in discussions. It proved to be an enriching academic experience for all attendees.

The college expressed its sincere gratitude to Dr. Jyotshna Tyagi for her valuable time, insightful lecture, and contribution towards enhancing the knowledge of the students.

FACULTY RESEARCH OUTPUT

S. No.	Author	Title	Journal/ Book Name	Publisher	DoP	Scopus/WoS
1	Khound, K.	Navigating Law and Leadership in India's Visual Arts Industry: Governance, Intellectual Property and Institutional Strategy	ShodhKosh: Journal of Visual and Performing Arts	ShodhKosh Publications	2026	Scopus Indexed
2	Khound, K.	Empowerment of Beneficiaries under Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) in Haryana: A Factor Analysis Approach	Economic Sciences	Economic Sciences Journal	2026	ABDC Indexed
3	M. A. Khan	Echoes of Emergency: Japan's Revival of Civil Protection Paradigms for Modern Threats	East Asia	Springer	2026	WoS Indexed
4	D. Aditi	Reimagining History: The Role of Digital Humanities in Modern Historical Research and Education in India	Journal Global Values	Journal Global Values Publications	2026	

5	D. Aditi, S. Aggarwal & J. Chauhan	The Invisible War: Economic Institutions and the Structural Transformation of Global Power During the Post-War Era (1945–1991)	Indian Journal of Social Studies and Humanities	IJSSH Publications	2026	
6	L. Wenwei et al.	Cultivating Scientific Culture in Indian Academic Institutions Through Strategic Human Resource Management: Innovation, Knowledge Sharing, and Research Productivity in the Digital Higher Education Ecosystem	Scientific Culture	Scientific Culture Publications	2026	Scopus Indexed
7	C. Paya et al.	Digital Ethics and Human Agency: Evaluating AI's Impact on Cultural Decision-Making Systems	Scientific Culture	Scientific Culture Publications	2026	Scopus Indexed

COLLABORATIONS

COLLABORATION WITH THE REKHI FOUNDATION

9 FEBRUARY 2026

The School of Liberal Arts, K.R. Mangalam University, successfully organized an enriching and intellectually stimulating Expert Talk in collaboration with the Rekhi Foundation for Happiness. As part of its commitment to promoting holistic education and well-being, K.R. Mangalam University had signed a collaboration with the Rekhi Foundation to advance the science of happiness and foster emotional and psychological growth among students and faculty.

The session was conducted by Dr. Rekhi Singh, Founder of the Rekhi Foundation for Happiness, whose expertise and insightful approach created a highly engaging learning environment. The talk provided a deep and reflective exploration of key psychological and philosophical concepts, including the distinction between the true self and the false self, the influence of ego in everyday functioning, and practical ways to cultivate and sustain long-term happiness.

Through thought-provoking discussions and real-life illustrations, Dr. Rekhi Singh emphasized the importance of self-awareness, inner balance, and continuous personal growth as essential pathways to realizing one's true potential. The session encouraged participants to reflect on their own experiences and develop a more mindful and purpose-driven approach to life.

The event was graced by esteemed dignitaries and faculty members, whose presence added academic value and depth to the discourse. It witnessed active participation from students and faculty, making it an interactive and meaningful learning experience.

The programme was smoothly coordinated by the organizing team, ensuring the successful execution of the event. The session concluded on a highly positive and inspiring note, reaffirming the university's dedication to experiential learning, emotional well-being, and the overall development of its academic community.



Hon'ble Vice Chancellor, Sh. Rohit Gupta & Faculty of SOLA with Dr. Rekhi Singh of The Rekhi Foundation during the MoU signing at K.R. Mangalam University



Dr. Rekhi Singh being felicitated by Shri Rohit Gupta, Director, KRMU

MEMORANDUM OF UNDERSTANDING (MOU) WITH THE MOTIVATION 20 MARCH 2026

The School of Liberal Arts, K.R. Mangalam University, formally signed a Memorandum of Understanding (MoU) with The Motivation, marking a significant step towards academic collaboration. The partnership reflected a shared commitment to promoting mental health awareness, psychological well-being, and experiential learning among students.

The collaboration aimed to bridge the gap between theoretical knowledge and practical application by facilitating activities such as expert talks, workshops, podcast engagements, internships, and skill-based training in the field

of counselling and behavioural sciences. It also laid the foundation for collaborative research, community outreach programmes, and initiatives focused on the science of happiness and holistic development.

This initiative brought together academic expertise and professional practice, creating a platform for nurturing future mental health professionals through both knowledge enhancement and practical exposure.

The MoU signing marked the beginning of a meaningful collaboration, with a focus on learning, growth, and impactful engagement.



Dr. (Prof.) Sharvan Kumar, Faculty of the School of Liberal Arts, with Ms. Shivanie Kapoor during the MoU signing ceremony at K.R. Mangalam University

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
Drshti	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
Mehdiyah 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



Aniket Bisht
2022-25 B. A. Programme
Currently pursuing M. A. Political Science from
Gurugram University

"I, Aniket Bisht (2022–25), B.A. Programme graduate and currently pursuing M.A. Political Science from Gurugram University, feel truly honored to be recognized as a Star Alumni of K R Mangalam University. My journey at the university has been full of valuable learning experiences and personal growth. The constant support from faculty, the positive environment, and the opportunities I received really helped me build confidence and move ahead in my academic journey. I am sincerely grateful to the university for shaping my path and helping me work towards my future goals."

CREATIVE CORNER

THE HIDDEN FLAME

I am a Puzzle of everyone I know
You Gave me pieces that helped me grow.
So if You admire the person You see,
You are loving a part of yourself in me
When the World finds beauty in my name
They are only honouring your hidden flame

-Ms. Harsimran

B.A. (Hons.) Psychology
Semester-IV

GOD

If every heart was allowed to speak the love it
hides away
The Gods we Built would simply fade into the
light of the day
for religion is the vessel where our silenced
Passions go
If we love each other fully,
There would have no heavens to Know

-Ms. Harsimran

B.A. (Hons.) Psychology
Semester-IV

MOMENTS IN TIME: THE PHOTO DIARY









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