



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

SCHOOL OF PHYSIOTHERAPY AND REHABILITATION SCIENCES



NEWSLETTER
JANUARY – MARCH 2026



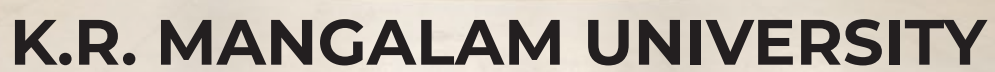


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FROM EDITOR'S DESK

We are delighted to provide this special edition of the newsletter, which is a tribute to the School of Physiotherapy and Rehabilitation Sciences' incredible journey. As this edition's editor and event coordinator, I'm honoured to highlight the accomplishments, inventions, and significant projects carried out by our faculty and students. Our shared dedication to developing the area of physiotherapy and rehabilitation sciences while promoting a culture of quality and teamwork is reflected in this newsletter. I want to express my sincere gratitude to everyone who helped make this edition a true celebration of our accomplishments.

Enjoy Reading

DR. MANSI DEWAN (P.T.)

Assistant Professor, SPRS
K.R. Mangalam University



MESSAGE FROM THE LEADERSHIP

It gives me great pleasure to address the readers of this quarterly newsletter from the School of Physiotherapy and Rehabilitation Sciences. This publication stands as a reflection of the academic rigor, clinical excellence, and continuous innovation that define our institution.

As Controller of Examination, I recognize that assessment is not merely a measure of performance, but a powerful tool to enhance learning, critical thinking, and professional competence. Our examination processes are designed to be transparent, fair, and aligned with evolving educational standards, ensuring that our students are well-prepared to meet the dynamic demands of healthcare practice.

I commend the faculty and students for their dedication to academic excellence, research engagement, and community outreach initiatives. Such efforts contribute significantly to shaping competent, compassionate, and ethical physiotherapy professionals.

This newsletter captures noteworthy achievements, scholarly contributions, and institutional milestones, serving as a platform to celebrate progress and inspire continued growth.

I encourage all readers to actively engage with its content and take pride in the collective accomplishments of our academic community.

Wishing you all continued success in your academic and professional pursuits.

Warm Regards

**DR. ANSHUL
SALUJA**

Deputy Controller of Examinations
K.R. Mangalam University



FROM THE DEAN'S DESK

I am a firm believer that the training of a physiotherapist should reflect the principles of the profession- it should be holistic, hands-on and connected to the people. In this vein, we aim to ensure that the events and activities conducted at the School of Physiotherapy and Rehabilitation Sciences are integrated with our goals to train professionals and leaders of the future.

We integrate technology as well as social consciousness into the teaching learning process, focusing on holistic growth and learning experiences that encompass 'inside classroom' as well as 'outside classroom' learning. With the passion of the faculty and the enthusiasm of our students, we have taken strides in establishing academic rigour, skill-based education, clinical competence and personality building for all the students.

I look forward to continuing the efforts of bringing to the readers all our endeavours and welcome any feedback or suggestions.

Warm Regards

**DR. MAMTA
SHANKAR (PT)**

School Coordinator, SPRS.
K.R. Mangalam University



MESSAGE FROM IQAC COORDINATOR

I am delighted to speak to every reader of our quarterly newsletter. The academic vitality, clinical excellence, and forward-thinking perspective that characterise the School of Physiotherapy and Rehabilitation Sciences are once again reflected in this edition. Our on-going goal at IQAC is to promote a culture of excellence, responsibility, and creativity in all of our academic and clinical endeavours. The School has shown an admirable dedication to multidisciplinary collaboration, skill-oriented training, outcome-based education, and evidence-based practice during the last quarter. I value the commitment of our teachers, the zeal of our pupils, and the assistance of all parties involved in maintaining outstanding standards. Let's keep collaborating to improve physiotherapy education and rehabilitation services via innovation, inclusion, and excellence.

Warm Regards

**DR. SHIKHA
DUTT SHARMA**

Editor & IQAC Coordinator
K.R. Mangalam University



ABOUT SCHOOL: VISION & MISSION

VISION

To be a premier institution reputed nationally for excellence in physiotherapy and rehabilitation education.

MISSION

The mission of the School of Physiotherapy and Rehabilitation Sciences is:

- To impart practical and hands-on learning that is evidence based.
- To focus on novel areas of research in physiotherapy, rehabilitation and interdisciplinary domains.
- To create a learning experience integrating advanced methods, techniques and technology in the field of physiotherapy and rehabilitation.
- To inculcate holistic education and entrepreneurial skills among students.



EVENTS AT SPRS

BUILDING A CULTURE OF QUALITY: IQAC INITIATIVE FOR ACADEMIC EXCELLENCE

On 3rd February 2026, the School of Physiotherapy and Rehabilitation Sciences, in collaboration with IQAC, conducted an offline Orientation Session titled “Building a Culture of Quality: IQAC Initiative for Academic Excellence” at the Multipurpose Hall for BPT 1st Year students. The session was delivered by Prof. (Dr.) Tania Gupta, Director, IQAC, and coordinated by Dr. Shazia Mattu and Dr. Yukti Gogia, with 43 participants in attendance.

The session aimed to introduce students to the concept of quality in higher education and the role of IQAC in ensuring continuous academic improvement. It emphasized the importance of institutional benchmarks, academic discipline, transparency, and student engagement in fostering excellence. The program aligns with

SDG 4: Quality Education, promoting inclusive and high-quality learning.

The methodology included an introductory address, expert talk, interactive discussion, and feedback interaction. Students were sensitized to their role in maintaining academic standards and contributing to institutional growth.

As outcomes, students developed a clear understanding of quality assurance processes, IQAC functions, and their responsibilities in upholding academic standards. The session fostered a quality-oriented mindset and encouraged active participation in institutional initiatives, laying a strong foundation for continuous improvement and academic excellence.



Pic1: Orientation Session on Building a Culture of Quality: IQAC Initiative for Academic Excellence



Pic 2: Felicitation of Dr. Tania Gupta by Dr. Mamta Shankar (PT), and faculty coordinators of the event.

FIELD VISIT TO A HYDROTHERAPY SET UP

On 18th February 2026, the School of Physiotherapy and Rehabilitation Sciences organized an offline field visit to a hydrotherapy setup at The Physios, Sector-11, Gurugram, for BPT Second Year students. Coordinated by Dr. Mansi Dewan and Dr. Hemant Dagar, the visit was attended by 20 students and aligned with SDG 3: Good Health and Well-being.

The visit aimed to provide practical exposure to aquatic therapy, a specialized rehabilitation approach using water properties such as buoyancy, hydrostatic pressure, viscosity, and turbulence. The session began with an introduction by Dr. Varun Ahuja, who explained hydrotherapy principles, pool design, temperature regulation, and safety protocols. Students observed clinical applications in orthopaedic, neurological, and sports rehabilitation.

A hands-on session in the hydrotherapy pool allowed students to perform range-of-motion exercises, balance training, strengthening, and gait re-education techniques. This helped them understand how water facilitates movement while reducing joint stress. Emphasis was also placed on patient assessment, treatment planning, and contraindications.

The visit enhanced students' clinical reasoning, observation skills, and awareness of safety protocols. It increased their confidence and broadened their understanding of advanced rehabilitation methods. Future scope includes structured clinical postings, workshops, and research initiatives to promote evidence-based aquatic therapy practices.



Pic 3: Students experiencing various phenomena under water



Pic 4: Dr. Varun Ahuja (PT) demonstrating floating

GUEST SESSION: REDUCING THE RISK OF SECOND ANTERIOR CRUCIATE LIGAMENT (ACL) INJURY IN TEAM SPORTS PLAYERS

On 5th March 2026, the School of Physiotherapy and Rehabilitation Sciences (SPRS), in collaboration with K.R. Mangalam University International Relations, organized an offline guest session at the Multipurpose Hall on “Reducing the Risk of Second Anterior Cruciate Ligament (ACL) Injury in Team Sports Players.” The session was delivered by Dr. Chris Byrne, Senior Lecturer in Physiotherapy and Programme Director at the University of Exeter, UK. Coordinated by Dr. Kangana Juneja Kansal, the event witnessed participation from 79 BPT students.

The session focused on evidence-based strategies to prevent recurrent ACL injuries in athletes. Dr. Byrne discussed key aspects including mechanisms of second ACL injury, risk factors, return-to-play criteria, neuromuscular training, and rehabilitation approaches supported by current research. Emphasis was placed on clinical reasoning, structured rehabilitation, and scientifically designed injury prevention programs.

The interactive session encouraged student participation through discussions and Q&A, enhancing critical thinking and understanding

of sports physiotherapy practices. It provided valuable international academic exposure and strengthened students’ knowledge of safe sports participation and injury management.

Aligned with SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education), the session contributed to improved awareness of injury prevention and professional competence. Future initiatives may include workshops, research collaborations, and specialized training in sports rehabilitation.



Pic 5: Dr Chris Byrne introducing the topic



Pic 6: Students interaction with the speaker

SESSION AND PODCAST ON STARTUP LEGAL AND ETHICAL STEPS

On 6th March 2026, the School of Physiotherapy and Rehabilitation Sciences organized an offline expert session and podcast on “Startup Legal and Ethical Steps” at Bloom Coworking Space, KEIC, B-Block for BPT 2nd-year students. The session was conducted by Ms. Pooja Kaul, Founder and Director of Organiko, under the guidance of event in-charges Dr. Shweta Kumar (PT) and Dr. Deepak Kumar (PT). A total of 38 students participated in the program.

The initiative aimed to create awareness among students regarding the legal, ethical, and professional responsibilities involved in healthcare startups. With increasing opportunities in healthcare entrepreneurship, the session highlighted the importance of regulatory compliance, patient safety, accountability, and ethical decision-making while building innovative ventures.

The program included an introductory session on healthcare entrepreneurship, followed by an expert talk sharing practical insights into startup regulations, challenges, and real-world experiences. An interactive podcast format enabled deeper discussions on practical scenarios, while question-answer sessions encouraged student participation and reflection.

Students developed a better understanding of startup legalities, ethical frameworks, and compliance requirements. The session also strengthened their awareness of patient-centered innovation and responsible entrepreneurship. Participants showed active engagement and interest in exploring startup culture within healthcare.

The institution plans to organize more such sessions, integrate entrepreneurship ethics into academics, encourage student-led innovations, and collaborate with industry experts to promote a strong culture of ethical entrepreneurship and innovation.



Pic 7: Dr. Mamta Shankar (PT) interviewing Director of Organiko



Pic 8: Faculty members with Ms. Pooja

FIELD VISIT TO KAUSHIK NEURO REHABILITATION CENTRE

On 11th March 2026, the School of Physiotherapy and Rehabilitation Sciences (SPRS) organized a field visit for BPT IV Year students to Kaushik Neuro Rehabilitation Centre, Faridabad. A total of 19 students participated under the guidance of Prof. Dr. Sumit Kalra (PT) and Dr. Hemant Dagar (PT), Demonstrator. The visit was conducted as part of the clinical learning program to provide practical exposure to neuro-rehabilitation practices and advanced treatment technologies.

The session began with an orientation about the centre and its specialized rehabilitation services for patients with neurological disorders such as stroke, spinal cord injury, traumatic brain injury, Parkinson's disease, and neuromuscular conditions. Students observed the clinical use of modern rehabilitation equipment including Gait Trainer, Robotic Gait Trainer, EMG Biofeedback System, and Balance Trainer. Therapists

demonstrated how these technologies help improve gait pattern, balance, coordination, and neuromuscular activation.

The visit successfully bridged the gap between theoretical learning and practical clinical application. Students gained enhanced understanding of neuro-rehabilitation technologies, improved clinical observation skills, and better insight into patient management. Exposure to robotic-assisted therapy also strengthened their clinical reasoning, confidence, and professional readiness in neurological physiotherapy.

Such visits support Sustainable Development Goal 3 by promoting health and well-being through quality rehabilitation services. In future, similar programs can be expanded into clinical postings, workshops, hands-on training, research activities, and evidence-based neurological physiotherapy practice.



Pic 9: Students observing EMG Biofeedback Training



Pic 10: Demonstration of balance training

BRIDGING GENERATIONS: ALUMNI INTERACTION 3.0

On 27th March 2026, the School of Physiotherapy and Rehabilitation Sciences, K.R. Mangalam University, organized its third Alumni Interaction program, "Bridging the Generations 3.0," at B-301, K.R. Mangalam University, Sohna Road, Gurugram. The event was conducted offline for SPRS students, with 32 participants attending under the coordination of Dr. Ankita Samuel (PT) and Dr. Shweta Kumar (PT).

The session featured proud alumna Dr. Riya Rawat (PT), currently working as a Physiotherapist at Spine Care Clinic, Dwarka. The event aimed to reconnect alumni with the institution while providing students with practical guidance and professional insights. It also aligned with SDG 4 by promoting quality education, mentorship, and lifelong learning opportunities.

The program began with a warm welcome by

faculty members, who emphasized the value of alumni engagement in inspiring students and strengthening professional networks. Dr. Riya shared her experiences from her internship at Manipal Hospital, highlighting the importance of practical exposure, adaptability, and clinical learning. She also guided students on interview preparation, internship opportunities, and selecting suitable hospitals for training. Students actively participated in discussions regarding career planning and professional growth.

The interaction proved highly beneficial, giving students a clearer understanding of internships, career pathways, and placement preparation. It boosted their confidence and motivated them to plan future goals strategically. Such alumni initiatives can further strengthen mentorship, industry connections, and career readiness among physiotherapy students.



Pic 11: Dr. Riya Rawat (PT) addressing the students



Pic 12: Students with alumni and the faculty

FIELD VISIT TO A HOSPITAL SET UP (INDIAN SPINAL INJURIES CENTRE, VASANT KUNJ, NEW DELHI)

On 24th March 2026, the School of Physiotherapy and Rehabilitation Sciences organized an offline field visit to the Indian Spinal Injuries Centre for BPT First Year students. Coordinated by Dr. Shazia Mattu and Dr. Deepak Kumar, the visit was attended by 34 students and aimed to provide experiential learning in a real clinical setting, particularly focusing on spinal cord injury management and rehabilitation.

The visit enabled students to observe hospital functioning, patient assessment, and physiotherapy interventions. They gained exposure to multidisciplinary rehabilitation approaches, assistive devices, and advanced rehabilitation technologies. Interactive sessions with healthcare professionals enhanced their understanding of professional roles and responsibilities in physiotherapy practice.

Aligned with SDG 3 (Good Health and Well-being), the visit promoted awareness of quality healthcare services, the importance of rehabilitation in improving quality of life, and the need for inclusive healthcare practices for individuals with spinal cord injuries.

The outcomes included improved understanding of neurological rehabilitation, enhanced clinical observation skills, and better awareness of interdisciplinary teamwork. Students also developed professional communication skills and showed increased interest in neurological physiotherapy.

Future plans include organizing more hospital visits, integrating clinical observation into assessments, promoting case-based learning, strengthening hospital collaborations, and introducing simulation-based training.



Pic 13: Student Practicing Rehabilitation techniques using Virtual Reality Technology



Pic 14: Students learning about back range of motion measurement

COLLABORATIONS



School of Physiotherapy and Rehabilitation Sciences, K. R. Mangalam University, in collaboration with Fit Fettle -Enriching lifestyle successfully organized two hands-on workshops on Muscle Energy Technique (MET) and Pelvic Floor Assessment on 27th March 2026 at K. R. Mangalam University. The workshops were conducted for physiotherapy professionals and BPT students with the aim of enhancing practical clinical skills.

The Hands-on Workshop on Muscle Energy Technique (MET) was conducted by Dr. Sumit Kalra, who demonstrated various MET techniques including post-isometric relaxation, reciprocal inhibition techniques, and joint and soft tissue applications. The session focused on clinical reasoning and practical application of MET in physiotherapy practice.

The Hands-on Workshop on Pelvic Floor Assessment was conducted by Dr. Kangana Juneja Kansal, where participants learned pelvic floor anatomy, palpation techniques, pelvic floor muscle testing, use of perineometer, and stimulation techniques. The workshop provided practical exposure and improved participants' confidence in pelvic floor assessment.

A total of 38 students participated combined in both workshops. Both sessions were highly interactive, informative, and practice-oriented, allowing participants to gain hands-on experience under expert guidance. Students actively participated, asked questions, and practiced techniques during the session.

Overall, the workshops were conducted successfully, and participants found the sessions very useful for improving their clinical skills and practical knowledge.



Pic 15: Prof. Sumit Kalra (PT) demonstrating MET for hamstrings.



Pic 16: Students along with Dr. Kangana Juneja (PT) during pelvic floor rehab workshop

RESEARCH AND INNOVATION

We are pleased to share that Professor Sumit Kalra published a journal article titled- "Cryotherapy's Influence on Knee Proprioception and Lower Extremity Function in College level Cricket Athletes", on 13-03-2026, in International Journal of Drug Delivery Technology which is a peer reviewed Scopus Q3 Journal.

Cryotherapy's Influence on Knee Proprioception and Lower Extremity Function in College Level Cricket Athletes

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ABSTRACT

Background: Cryotherapy is a mainstay in sports medicine for injury management and recovery; however, its immediate physiological impact on neuromuscular control remains a subject of debate. In cricket, where knee stability and lower limb power are vital for bowling and fielding, understanding the trade-off between cooling and physical performance is essential.

Objective: This study investigated the acute effects of localized cryotherapy on knee proprioception and lower limb functional performance among collegiate cricket players.

Methodology: A quasi-experimental study was conducted involving 40 male college-level cricketers (Aged 18-25). Participants underwent a 20-minute cold pack application to the dominant knee. Proprioception was evaluated using the Joint Position Sense (JPS) test via active repositioning error measured in degrees. Lower limb function was assessed using the Single Hop Test for distance and the Star Excursion Balance Test (SEBT). Data were collected at baseline and immediately following cryotherapy.

Results: Preliminary findings indicated a significant increase in joint repositioning error ($S_p < 0.055$) following cryotherapy, suggesting a transient deficit in knee proprioception. Furthermore, a marginal but statistically significant reduction in hop distance and dynamic balance scores was observed immediately post-cooling. These deficits suggest that reduced tissue temperature may slow nerve conduction velocity and mechanoreceptor sensitivity.

Conclusion: Localized cryotherapy temporarily impairs knee proprioception and functional stability in cricketers. While effective for pain relief, clinicians and coaches should exercise caution when returning athletes to high-intensity play immediately following cryotherapy to mitigate the potential risk of re-injury.

Keywords: Cryotherapy, Proprioception, Cricket, Lower Limb Function, Joint Position Sense, Sports Recovery

How to cite this article: Goel AK, Rathore KS, Kalra S, Saharan A. Cryotherapy's Influence on Knee Proprioception and Lower Extremity Function in College Level Cricket Athletes. Int J Drug Deliv Technol. 2026;16(2&3): 661-665. DOI: 10.25258/ijdd.16.24.84

Source of support: Nil

Conflict of interest: None

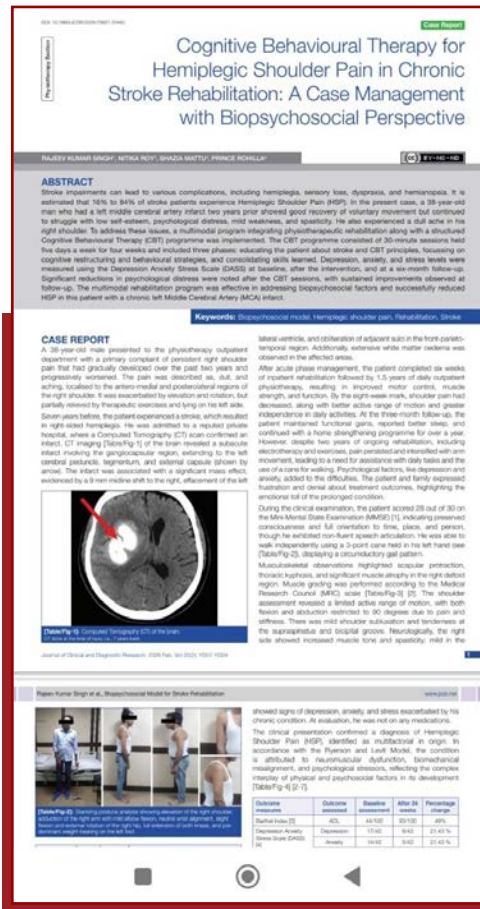
1. INTRODUCTION

The Physiological Demands of Cricket: Cricket is a physically demanding sport that has evolved significantly with the advent of shorter formats like T20, necessitating higher levels of athleticism, explosive power, and sustained endurance. Unlike many field sports, cricket involves asymmetrical loading and repetitive high-impact movements [1,2]. Fast bowlers, for instance, subject their "front-foot" knee to forces exceeding five to nine times their body weight during the delivery stride. Similarly, batsmen and fielders frequently engage in rapid decelerations, lateral cutting maneuvers, and pivoting. These actions place immense stress on the knee joint—the primary hinge of the lower extremity—making it a frequent site for both acute ligamentous injuries and chronic overuse syndromes [3].

Cryotherapy in Sports Medicine: Cryotherapy, or the therapeutic application of cold, is perhaps the most widely used modality in sports medicine. From the "RICE" (Rest, Ice, Compression, Elevation) protocol to whole-body cryotherapy chambers, the primary goal is usually to manage pain (analgesia) and limit post-traumatic inflammation. By inducing vasoconstriction and reducing metabolic demand in localized tissues, cryotherapy effectively limits secondary hypoxic injury following trauma [4]. However, in a competitive collegiate environment, cryotherapy is often used not just for injury but for rapid recovery between innings or matches. This practice raises a critical question: if an athlete applies ice to a "niggling" knee pain and then returns to the field, is their neuromuscular control compromised? The cooling effect that numbs pain also affects the underlying neural

*Author for Correspondence: Amit Kumar Goel

Pic 17: Journal Publication



Pic 18: Journal Publication

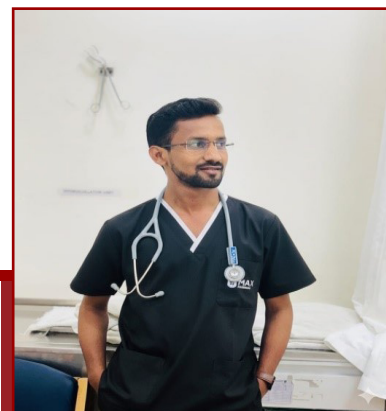
PLACEMENTS



Janvi, BPT-2021

We are pleased to share that Janvi, BPT Batch 2021 has been placed as Junior Physiotherapist at Global physiotherapy Clinic, Sec 52, Gurugram.

Md. Rahi Raza, Batch 2021 has been placed as Junior Physiotherapist at ARS Holistic Wellness and Physiotherapy Sector 43, Gurugram.



Md. Rahi Raza, BPT 2021



Mitali Singh, BPT-2021

Mitali Singh, Batch 2021 has been placed as Junior Physiotherapist at M3M Rehab Clinic at 65th Avenue, Gurugram.

STUDENTS' ACHIEVEMENTS

We are pleased to share that Aatman Upadhyay (BPT, 4th Semester) participated in Ojas 3.0, organized by UPES Dehradun, held from 20th to 22nd March 2026. He was a part of the university football team and actively contributed to the team's performance throughout the event.



We are delighted to share that the team secured the First Position, bringing great pride to the institution. This remarkable achievement was further recognized with a cash prize of ₹40,000. His participation reflects dedication, teamwork, and sportsmanship.

It was a proud moment when students of BPT First year participated in group dance competition at MMDU-PHYSICON held at Ambala from 23rd-24th January, 2026 and won third position.



Pic 19: Aatman Upadhyay during the championship



Pic 20: Students during group dance at the conference

FACULTY ACHIEVEMENTS

We are pleased share that Dr. Barnali Bhattacharjee (PT), Associate Professor, SPRS KRMU was awarded Academic Excellence Award and Dr. Pious Divya (PT), Assistant Professor, SPRS, KRMU was awarded Young Achiever's Award at MMDU-Physiocon held at Ambala from 23rd-24th January, 2026.



Pic 21: Dr. Barnali receiving the award



Pic 22: Dr. Pious receiving the award

Dr. Barnali Bhattacharjee (PT), Associate Professor has been recognised for her academic excellence in recognition of her outstanding contribution, dedication and leadership in the field of physiotherapy by PHYSIOTIMES.



STUDENTS' CORNER



Ritika Kinra BPT Second Year

Visiting the hydrotherapy setup was an enriching and insightful experience. Observing the use of water-based rehabilitation techniques helped me understand how buoyancy, resistance, and hydrostatic pressure aid in pain relief and functional recovery. The well-maintained facility and guided demonstrations enhanced my practical knowledge beyond classroom learning. Interacting with patients and therapists provided valuable exposure to real-time clinical applications. This visit strengthened my understanding of aquatic therapy and its role in physiotherapy practice. Overall, it was a highly informative session that broadened my perspective on alternative rehabilitation approaches and will greatly benefit my future clinical practice.

ALUMNI MESSAGE



Md. Rahi Raza, BPT 2021

My journey at K.R. Mangalam University as a BPT student has been truly transformative. The supportive faculty, hands-on clinical exposure, and well-structured curriculum helped me build both confidence and competence. Beyond academics, the university environment encouraged personal growth, teamwork, and professional ethics. The clinical postings and practical training prepared me to handle real-world challenges effectively. I cherish the friendships, mentorship, and experiences that shaped my career path. KRMU has given me a strong foundation in physiotherapy, and I carry forward its values with pride as I step into the professional world, ready to make a meaningful difference in patients' lives.



Chemistry

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