



# AUGUST- DECEMBER 2022



#### VICE CHANCELLOR'S MESSAGE



Prof. Chandra Shekhar Dubey Vice Chancellor K.R. Mangalam University

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reetings from K.R. Mangalam University. I'd like to congratulate K.R. Mangalam University's School of Journalism & Mass communication for publishing their latest edition of the newsletter "KRMU TIMES". The newsletter serves as a showcase for all of the university's top-notch research, events, and activities. I enjoy reading the newsletter's articles on different activities, successes, and articles on other topics. I'd want to congratulate and wish success to the editorial team.

Furthermore, it is a great joy to have you here. I would like to congratulate each and every "fresher," first for obtaining admission to this university. Your decision was not misstep because K.R. Mangalam University prioritises students above all else. Every employee cares about your achievement and how you experience campus life.

I extend my deepest appreciation to the entire faculty, staff and students contributors to this reimagined newsletter.

Thank you for your time!

#### FROM EDITOR-IN- CHIEF DESK



Prof. (Dr.) Neeraj Khattri Dean, SJMC K.R. Mangalam University

elcome to the July-Dec. 2022 edition of KRMU Times. This newsletter covers a mix of stories that illustrate the creative writing, diverse opinion and innovative ideas, content includes is an extraordinary effort of our dynamic students and professional faculty.

I am sure that the newsletter will become a must-read chronicle on happenings around us. I congratulate editorial team of faculty and students for their initiative and wish them success. Best wishes to the "KRMU TIMES" team. We are delighted to connect with you each edition to through our KRMU Times Newsletter and to share KRMU news, events, research and services with you.

I've no doubt that as "our story" unfolds throughout the runners of this newsletter that rudiments of invention, passion, creativity, collaboration, festivity, communal engagement, and academic pride will be on full display. And, I hope that you'll be amped, intrigued to support our charge to prepare our students to be leaders, and professionals in promoting and furnishing lifelong optimal health and heartiness.



# **GLIMPSES OF ORIENTATION DAY** 27TH AUGUST 2022

limpses of Orientation Day 2022 at K.R. Mangalam University today, August 27, 2022. From today on bright \_minds kickstarting their foundations to be future leaders. We welcome all the freshmen who will be joining us on a breathtaking journey!







#### GLIMPSES OF STUDENT INDUCTION PROGRAMME 2022 DEEKSHARAMBH (29TH AUGUST -2ND SEPTEMBER)

The transition from school to university is one of the most challenging events in a student's life. When a student enters an institution, They comes with diverse thoughts, backgrounds and preparations. An induction programme helps the students acclimatize to their new roles and environment. This Induction Programme is an initiative to make the new students adjust and feel comfortable in the new environment, inculcate in them the ethos and culture of the University, and help them bond with the faculty and other students. This 5-days programme covers a number of different aspects like socializing, associating, governing and experiencing. It includes the following

activities: 1. Physical Activity, 2. Mentoring, 3. Familiarization to School/Department, 4. Creative Arts and Culture, 5. Literary Activities, 6. Lectures by Eminent People, 7. Visits to Local Area, 8. Co-Curricular Activities



### GLIMPSES OF 5TH CONVOCATION 17th December 2022

ongratulations to all of the graduates on their accomplishments! It is truly special moment to be recognized for your hard work and dedication and to be able to celebrate with loved ones. Whether you are moving on to further education, starting a new career, or embarking on a new journey, today marks a significant milestone and the beginning of a new chapter in your life. So take a moment to soak in all that you have achieved, and do not forget to celebrate and have fun!



# Event Organized to Showcase India's Ethnic Diversity

### India & Cultural diversity

The faculty of Basic and Applied Sciences organised an awareness event on 'Playing with Cultural Diversity in India' on October 19, 2022, at Garhi Wazidpur Government High School, Sohna. The main objective of the event was to explore the cultural background of India and give people an idea of who they are, how society exists, and how their ancestors lived. Culture does not happen in a single day, but is something that has been practised for a long time. This type of event has a



different name and a different format in each state. The event was coordinated by Abhay Parwal under the direction of Dr. Neeraj Kumari and Dr. Meena Yadav. The students showed cultural diversity in the form of games. Briefing on the play, Abhay said that people from different states like students where they were asked questions related to Indian culture. All the students participated enthusiastically and had a great time. Staff and students at the public school praised the students' efforts.

# Awareness of the Code of Conduct and Ethics During the Orientation

**August, 2022.** On August 16, 2022, the School of Basic and Applied Sciences organised an orientation event for B.Sc. II and III-year students. The coordinator was Ms. Neeraj Kumari, Assistant Professor, SBAS. The program's resource person, Dr. Meena Bhandari, dean of the School of Basic and Applied Sciences, officially inaugurated the programme. Both teachers and students participated in the programme. The main goals of this programme were to educate the students about the rules of behaviour and discipline that must be upheld on the campus, to get them ready for their future careers, and to teach them how to strive towards the same by honing their abilities.

Dr. Meena Bhandari gave the students information on the rules and guidelines that should be followed while on campus.

Maintain a high level of professionalism both inside and outside the university;

Respect the rights of others.

By institute requirements, regularly attend lectures, labs, practicals, assessment components, exams, and all other kinds of teaching activities.

Students should always keep their student ID cards with

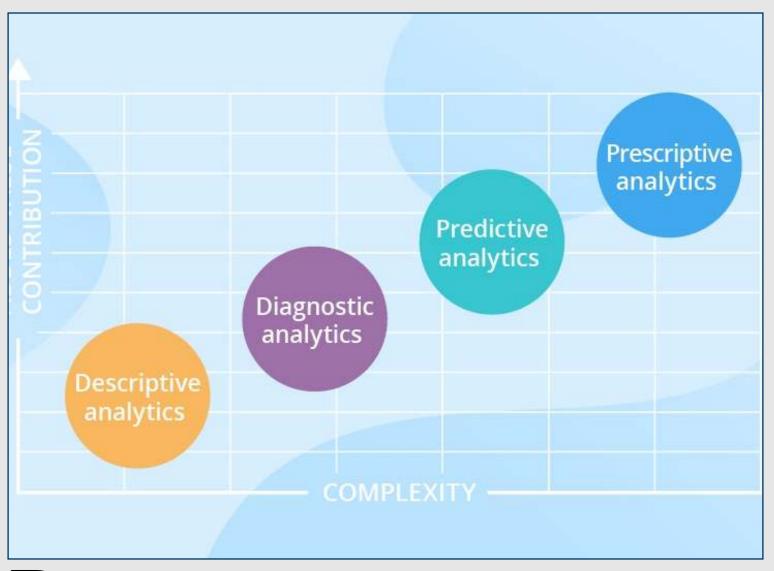


them.

Furthermore, she also discussed violations of the conduct code and grounds for disciplinary action, the use or distribution of alcohol or any type of hallucinogenic drug, the provision of fictitious documents for admission or the award of scholarships, and even the value of an ID card and two new upcoming VAAC courses.



A comprehensive guide to understand financial fragility through Complexity and Data Science methods



ecember, 2022. 13th December 2022, An online guest lecture on "Complexity and Data Science method to Research fragility in Financial Market" was organized by the School of Basic and Applied Sciences. The stock market is a well-known example of a complex system in which interacting agents cause stock returns to evolve together and where market behaviour as a whole demonstrates emergent features. As a result, the webinar's primary goal was to inform participants about the financial market's complexity.

Dr. Neeraj Kumari and Dr. Pawan Kumar, the event coordinators, welcomed everyone to the webinar and provided a brief introduction to the webinar and resource person Dr. Sunil Kumar, Department of Physics, Ramjas College began their presentation by discussing complex systems that are connected to nature, society, and infrastructure. As society is separated into various segments including the financial market, interpersonal relationships, and teamwork. The birth of human civilization is the financial market. He said that the financial market is a highly complicated, man-made structure made up of investors. Before it is translated into valuable information, stock market data is useless. Several systems, including data science, statistical mechanics, non-linear dynamics, and complex network theory, can be used to extract hidden information.

Dr. Sunil addressed the several stages employed for stock market data filtration. Also, he talked about several financial market theories. He also emphasized the network-centric measures applied to the examination of financial market data and how significant stock market occurrences including Black Monday, the tsunami, and the Fukushima Lost Decade, among others. Participants enjoyed the pleasant session where they learned about the financial market's intricate architecture. Participants inquired about their questions in the final round.

#### Exploring the Benefits of a Training Programme for Teaching and Non-Teaching Staff

The School of Basic and Applied Sciences held a session on "Handling of Instruments for Teaching and Non-Teaching Staff" on December 1, 2022. The workshop's primary goal was to give participants hands-on experience with a variety of cutting-edge analytical tools, including the UV-Visible spectrophotometer, dissolution apparatus, pH metre, IR moisturiser, ultrasonicator, HPLC, antibiotic zone reader, etc. All of the participants were warmly welcomed before the training began. Dr. Neeraj Kumari and Dr. Chandra Mohan served as workshop coordinators.

The resource person Mr. Sunil Kumar, Associate Professor, School of Medical and Allied Sciences, K.R. Mangalam University, commenced the session by introducing the fundamentals of analytical tools. He briefly discussed the tools and their significance for academics, non-teaching employees, and researchers.

He gave a brief overview of each instrument's principle, operation, and potential uses and eventually demonstrated them. He explained that infrared moisture analyzers are used to

determine moisture in samples, UV-Visible spectrophotometers are used to identify different types of molecules, and dissolution equipment is used to give invitro drug release data for quality control and drug development. He also provided details about how the

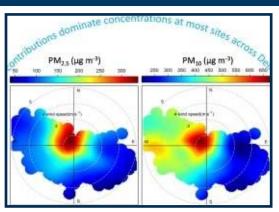


solutions are made and standardized. The workshop's attendees expressed appreciation for the organizers' efforts. The participants found the event to be highly beneficial and fascinating, and urged that more workshops of this nature be held in the future.

# Analyzing NO<sub>x</sub>, SO<sub>x</sub>, CO, CO<sub>2</sub>, PM<sub>2.5</sub>, PM<sub>10</sub> in Rural and Urban Areas, assesses the reason behind Air pollution

ctober, 2022. Five students Jeetika, Amrit, Ronak, Chandan, and Muskan of the program Mathematics(H), School of Basics and Applied Science conducted a Field Project on the topic of "Analyzing NO<sub>x</sub>, SO<sub>x</sub>, CO, CO<sub>2</sub>, PM<sub>2.5</sub>, PM<sub>10</sub> in Rural and Urban Areas ". The Project was completed under the supervision of Dr. Yogendra kr. Rajoira, and Dr. Rahul Boadh.

The study investigated the impact of these gases on the ambient air quality in the cities of Nuh, Sohna, and Gurugram during the Diwali holiday. It found that there was much more air pollution on Diwali days than on other days for all four years. Nuh is a city in Haryana, India with a



population of 2,766. The cities of NUH, Sohna, and Gurugram have been studied to evaluate air pollutants during Diwali and non-Diwali days.

CPCB observation data has been used to validate air pollutants, with Wind Speed (WS) and Wind Direction (WD) acting as primary drivers. RSPM and SPM are gaseous pollutants used as a measure of air quality, with RSPM being the main factor in determining health risks. The AQI scale is divided

into five classes, with 0-25 clean air, 26-50 light air pollution, 51-7576-100 heavy air pollution, and >100 severe air pollution. Wind direction and speed are major factors in air pollution.



## Natak Dekho

# Nukkad Natak for Creating Awareness on "Female Foeticide"

uring the 2022-23 academic session, the Faculty of **Basic and Applied Sciences** hosted a variety of knowledge-enhancing events, including lectures and essay contests, workshops, debate contests, and model exhibitions, to impart ideas and encourage theoretical learning and practise to achieve the abovementioned goals. SBAS organised an outreach activity, Nukkad Natak, on September 9, 2022, on the theme of 'female foeticide' in Berka village. Foeticide is the act of killing an unborn

baby. Legally, it refers to the intentional killing of an unborn child as a result of a human criminal act. Humans determine the sex of the baby and choose the inhuman act of abandoning the female child. Women are being murdered in India for a variety of reasons: economically, socially, ceremonially, and technically. A direct effect of female foeticide is an imbalance in the sex ratio. This declining gender ratio will have serious implications for social structures and development processes. This imbalance will severely affect future Indian society, especially the status of women, leading to an increase in sexual violence such as prostitution and human trafficking and reduced mobility for women, according to recent reports in local media. Accordingly, young men in Punjab and Haryana are having trouble finding brides. Certain names like Indira



In Pics, Students Present Nukkad Natak at Berka village

Gandhi, Mother Teresa, and Kalpana Chawla have one thing in common: they are all women. Killing girls for prenatal testing is a social sin that destroys the roots of Indian society.

The event was held at Anganwadi, in Berka village. Fourteen participants played various characters to spread the important message of stopping female pregnancies and to inform the public of crimes, punishments, and measures taken by governments to stop them. Thinking of a few people, social influence, illiteracy, and other orthodox beliefs are the main causes of this crime. Village women gathered together with Anganwadi workers and children for this event. The women felt that their daughter and their immediate family's primary concern was to amass money, valuables, and goods for their marriage, something a wealthy family could easily afford. This indicates that the poor do not want to have girls and will attempt to terminate

a female foetus if discovered during the pregnancy.

K. R. Mangalam University encourages social outreach along with active participation to ensure that children learn in every possible way, not just in the classroom. While we hope to bring out the best in society by engaging our students in these events, female foeticide is a catastrophe in Indian society. It is practised by all strata of Indian society: all religions, educated and uneducated, rich and poor, rural and urban. Without society as a whole recognising and valuing girls, it will be difficult to eradicate this problem. The importance of these sessions is to raise public awareness and save the girl child. Activities such as the nukkad-natak not only change the perception and behaviour of future generations, but they also allow motivated young people to influence their families and communities.



### **Extension Activities**

## A Visit To Rural School And Improve The Communication Skills Of Students

chool of Journalism and Mass Communication has organized a visit to a rural school to improve the communication skills of students on 09<sup>th</sup> December 2022 in Berka village, Sohna. Under this program, students 0 f government secondary school



adopted by KR Mangalam University for general development as part of social responsibility. The university organizes social, cultural, and developmentrelated programs in these villages. Through the efforts of the

were informed about the value of communication, different ways to welcome others, and how to read body language. Additionally, SJMC students used banners and posters to spread awareness throughout the school. Five villages have been

younger generation, this initiative is giving rural society a new direction. This also meets the social responsibility of educational institutions.

## School of Journalism and Mass Communication Organizes **PR** Campaign Design Contest With Greymatters

Communication and benefits of the contest. Greymatters organized A PR campaign In the contest, all the students designed 2nd position and Powel from BA design contest on 15 December 2022. a public relations campaign based on (JMC) sem 5 secured 3rd position. The objective of the contest was to the Ayushman Bharat Health Account The event was beneficial for the escalate students skills and (ABHA). All the students expressed students as it was an experiential communication strategy for the their ideas through slogans and articles, learning for them, which will help professional practices of Public and they were all given the opportunity them as PR professionals. relations, and to provide them a hands- to make their campaigns innovative and Organizing this kind of activities and on exposure which can be helpful for one-of-a-kind. Approximately 34 exercises make the students aware of them in conducting PR campaigns for students participated in the event, and the planning strategies and help plan different organizations and groups from they did so with enthusiasm. professional perspective.

address by Prof. Dr.Neeraj khattri through planning and managing projects. Dean SJMC. In his address he strategic communication. The students explained about PR strategy, media learnt a lot from it.

ecember, 2022. School Of relations, and the importance of Sakshi shukla, BA (JMC) sem 1 Journalism And Mass campaign design and the objective and bagged 1st position where Mahima bhardwaj MA (JMC) sem 1 bagged

their career ahead. They also learn The students were assigned task of development communication, The event started with the welcome observing, conducting PR campaign reporting and working on research





Students of School of Basic and Applied Sciences and Spark minda foundation receive industrial exposure at 3R Zerowaste Pvt. Ltd. IMT

eptember, 2022. School of Basic and Applied Sciences organized a session on "Segregation of waste and recycling of plastics for green economy" in collaboration with on  $30^{\text{th}}$ Spark Minda Foundation, Bhondasi, where students from both September 2022 organizations visited to an industry 3R Zero waste Pvt Ltd, IMT, Manesar. During the visit, students took the experience of segregation of plastic and electronic waste and its recycling. The objective of this visit was to provide exposure to students about practical working environment and to offer a good opportunity to gain full awareness about practices used for the segregation and recycling of waste.

A large portion of the collected waste is often dumped indiscriminately, clogging the drains and sewerage systems which become breeding grounds

for rodents and insects, which are vectors of deadly diseases. During the visit, three sessions were held for the students. In the first session, a brief was given by Mr Sudhir, Manager of 3R Zerowaste about the different type of waste and its impact on the environment. He emphasized on the importance of collection of waste and transport the waste at a right place. He told about the difference between a scrap dealer and a licenced industry.





Both of them collect the waste but scrap dealer does not know about its segregation and recycling. He also informed the students that a million metric tons of waste generate globally on daily basis where only 16% waste recycled.

In second session, Mr Krishna, one of the experts of segregation of waste showed the process of segregation of electronic waste where he took a UPS unit of computer and segregated its part. He also helped the students to

make them understand about the segregation. Students took a round to industry where workers were doing same. In third session, students visited to another branch of the industry where recycling of plastic waste was done. The experts tried to explain about a process

i.e. injection moulding through which plastic can be recycled in any shape and any color. They helped the students to perform that process practically.

In the last of the session, a questionary was shared with students in which some questions were asked about the waste segregation and its recycling. All the students solved most of the queries. In the last, Dr Neeraj and Dr Mina appreciated the experts for their valuable time and support.

#### Film competition

School of Journalism & Mass Communication and Mediaverse host three days Film competition "Filmography" in association with Emazing Media

November, 2022: A three day Filmography event was organized by the School of Journalism and Mass Communication, and Metaverse, KR Mangalam University Gurgaon in association with Emazing Media on  $23^{rd}$  –  $25^{th}$  November 2022 at the T.V Studio C-Block of the university. The event was organized to maintain and promote the essence of film and filmmaking amongst the students. Films have the power to make people sit up and take notice, learn about a new culture, experience a different perspective, or open the eyes of people to a world that they know nothing about. The Filmography saw Feature Films, Short Films, Documentary, Animation and Ad

Films as entries. The event received over 15 entries and witnessed good number of visitors as well. The competition was judged by Mr. Bishambhar Bose, Mr. Thomas Monteiro and Prof. Dr. Neeraj Khattri. The Winners of the Filmography event are Sudipa Roy (SGT, University) for First Position, Vaibhav Gupta (KRMU) for Second



Position and Divyanshu Gupta (KRMU) for Third Position. It was highly appreciated by the Judges for the efforts of the participants, faculties and coordinators, and received suggestions on continuing such events to enhance and porteray the skills of students. The event was beneficial for the students as this event gave students a platform.

### SJMC and Mediaverse organised an event on International Literacy Day

On 8<sup>th</sup> September 2022, School of Journalism and Mass communication in collaboration with Mediaverse, organised a visit to Government Girls Senior Secondary School, Ghamroj, Gurugram, Haryana on the occasion of International Media Literacy Day. The purpose of the event was to aware the students about Media Literacy and the event was coordinated by Dr. Sarina, Assistant Professor and Mr. Ritwik Ghosh, Assistant Professor.

The students of SJMC interacted with

Mrs. Firdoz Khan, the Principal of the school, teachers and students of class from  $6^{th}$  to  $12^{th}$ . The students from various semesters gave information about media literacy to the school girls. The information about the verification of news, sources of news, rumours in media and media literacy were



told by the students. In the event, interviews of school students and teachers were conducted about the media literacy and questionnaire on media literacy were also filled by the students of SJMC. The event was ended with the interactive session with students of the school. The event was a great opportunity to spread awareness about the media. Students of SJMC were assigned various duties for the event. They learnt how to interact with girls students, how to

present themselves before the school's girls students. They also learnt how to interview the girls and teachers of the school. Through photography and videography, they leant how to capture and frame the scene.



World Television Day

### School of Journalism and Mass Communication and Mediaverse celebrates World Television Day'



ovember, 2022. School of journalism and Mass Communication and Mediaverse organized News writing and PTC competition in association with Emazing Media on the occasion of World Television Day, i.e. 21<sup>st</sup> November 2022. The students of School of Journalism and Mass Communication participated in the competition by submitting their News reports and Piece to Cameras (PTC). The competition was judges by Ms. Mansi Sehdev on 2<sup>nd</sup> December 2022. The objective of the event was to encourage students to exercise practical activities for their exposure, and to celebrate World Television Day in a creative manner.

Sakshi Shukla bagged 1<sup>st</sup> prize in news writing competition whereas Sakshi Singh and Anjali Sinha secured second and third prize respectively. In the Piece to Camera competition, Samika bagged the first prize followed by Nishant Anjali secured second and third prize respectively.

The students participated in the competition with great zeal and zest. They also learnt the nuances of shooting PTCs' and newswriting during this process. The event escalated students' interest in the field activities of media.

The event was coordinated by Ms. Aditi Agrawal, Assistant Professor, SJMC.

# Drawing Contest to Explore Opportunities for Rural Development

The school of basic and applied sciences organised an event on Friday, November 25, 2022, in Room No. B 009, Bblock, KRMU. The smart village refers to the concept of quality improvement developed in rural areas and the lives of the villagers. It is an initiative to explore the challenges and opportunities of rural development. We believe that the concept of "smart village" is a good way to help half of the world's population (most of whom are poor) who do not live in cities. And ensure that they are no longer disadvantaged by the lack of infrastructure and services because they are remote by utilising sustainable energy sources like solar and small hydro, electronic distribution of products and services, digital connectivity, waste management for drainage and public sanitation, access to roads and transportation, opportunities for microbusiness, and the inclusion of a basic level of digital literacy and skills.

Students will learn about the importance of village development through this drawing competition on creative concepts for smart communities. It is a project that investigates the difficulties and possibilities that serve as impetuses for the growth of the rural regions nearby. It will aid in raising awareness in underdeveloped communities, inspire kids to be resourceful and recognise the current issues affecting their adjacent villages, and inspire them to find solutions in the future. The completion of the drawings inspired the participants to come up with fresh suggestions for improving village life. Participant sketches included novel concepts including managing water waste, installing solar panels and wind turbines, as well as developing awareness campaigns and sanitization training.



### Visual exhibition

"Visual art is a new way of expressions" reflects in an event organized by School of Journalism and Mass Communication and Mediaverse in association with Emazing Media

**ovember-2022.** A three day Visual exhibition was organized by the School of Journalism and Mass Communication, and Metaverse, K R Mangalam University Gurgaon in association with Emazing Media on  $23^{rd} - 25^{th}$  November 2022 at the Reception Area of the university. The event was organized with the objective to promote, escalate and showcase visual creativity of the students. The event saw over 40 entries and witnessed around 200 visitors. Visuals and visual arts are a very strong language of communication and expression. The event was to promote creativity, aesthetics, and storytelling amongst students. The exhibition saw photographs, digital art, NFTs and paintings as entries. The competition was judged by Prof. Ar Hemani Singh and Prof. Dr. Neeraj Khattri. It was highly appreciated by the Chairman of K R Mangalam University, Jury members and all the visitors. The student coordinators were Niharika Yadav Anjali Sinha and Sakshi Singh. The event was beneficial for the students as it was an experiential learning for them, which will help them as professionals. Organizing this kind of activities and exercises make the students help plan their career ahead and become professional.





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An Enlightening Discussion on 'Air Quality Index' By the School of Basic and Applied Sciences

ctober, 2022. The school of basic and applied sciences organized an event on Tuesday, 04<sup>th</sup> October 2022, Room no. B 014, B-block, KRMU. The Air Quality Impact Assessment (AQIA) is an essential approach for identifying to how a good deal quantity of current or capacity reasserts of emissions at receptor websites make a contribution to floor degree pollutant concentrations. Modeling and tracking techniques for air excellent are the principle AQIA efforts. The reason of this lecture is to offer publicity to the scholars associated with air excellent evaluation and latest traits on this field. Prof. (Dr.) Sunil Kumar, the aid man or woman commenced his lecture with notice of worldwide problems associated with Air

Pollution. After that he delivered the scholars concerning Air Quality Index and its scale. The Air Quality Monitoring Systems and Air Quality Prediction Models have been defined through Prof. Sunil. Sir additionally talked at the problems and potentialities on this vicinity. He concluded his communicate with highlights of development withinside the vicinity of air pollutants monitors, air pollutants modelling, and the function of smartphones. Students now have expertise of the ideal technique or idea underlying the Air Quality Index, which they formerly best knew because it seemed in blic reports. This seminar allows the scholars to execute any tasks or mission associated with this field.



# Career Corner

# Alumni Interaction held by School of Architecture and Design for the Career counseling

ugust, 2022. On Tuesday, 30th August 2022, in Room no. 208, C-block, K R Mangalam University a hybrid session on Career Counseling was organized for the students of School of Architecture & Design. The main objective of the session was introducing students to career opportunities after graduation., exploration of further studies as well as job opportunities, understanding best use of resources during student life to maximize learning, Understanding the diverse ways in which learning at university can lead to employability and a better future for the students and providing a better connect between students and alumni. Ar. Zuren Kikon graduated from SOAD as the gold medalist of B. Arch. Programme for batch 2015-2020. He is presently doing Master of landscape Architecture (MLA) at Stuart Weitzman School of Design at University of Pennsylvania, USA where he has received a scholarship of USD 25000. Zuren connected online from USA and explained his educational journey and path to the new students. He explained the students about career opportunities in the field of architecture and design and how to achieve them. Students were given an

overview of the complete realm of post university life, from academics to social activities.

In The next part of the session Ms Avani Malhotra addressed the students of SOAD. Avani graduated with BA Fashion Design degree from SOAD in 2019 and presently works as Retail Head and designer at the retail store Sureena Chaudhri. Ms Avani Malhotra talked about her work experience and told students about time management, punctuality in class, submission of assignments etc. and also explained about the career options in Fashion Design and about maximizing their potential through their education. Career Counselling sessions should be organized regularly with alumni so that students get to understand their education as well as the career opportunities and further prospects. This interaction can generate meaningful results and help promote networking for future career growth as well as counselling. These sessions may be conducted in online mode to allow alumni to connect from different parts of the world and even save time for commute.

# School of Basic and Applied Science conducts career guidance session for the JAM, NET, UPSC, and SSC aspirants

September, 2022. On September 12, 2022, the school of basic and applied science held an interactive session on "Career Guidance for Competitive Exams" in online mode to provide students with better education and career choices. The career orientation was scientifically structured to allow students to choose well-founded subjects. The main purpose of this event was to increase student motivation to achieve the set educational goals in order to provide optimal support and comprehensive instruction to students with special educational needs. The session was led by Dr. Nidhi Gaur, SBAS Assistant Professor, who welcomed all students from various programs.

Dr. Nidhi Gaur, stated that careers are a broad field aimed at helping people and supporting their mental health and wellbeing. She continued the program by welcoming the guest speaker of the event Dr. Alok. Students received information and tips through PowerPoint presentations on current careers in various streams. Dr. Alok explained students about their various online resources where students can get information about her exams such as NET, JAM, GATE, BARC, TIFR, CUCET, PhD. He highlighted career opportunities after his UG/PG degree in various fields such as scientist, industry, PhD, education and private sector. Students can apply for higher studies such as PhD/M. Not only in India but also abroad after completing technical/master degree. For studies in abroad, you have to pass various exams such as LOR/GRE/TOEFL/IELTS. He also shared about the different opportunities to become a scientist, teacher, and industry expert. There are various technologies such as solar, electromotive force, biophysics, quantum computing, and content creation that students can continue their career after internship. They also gave a brief presentation of the UPSC/SSC exam. Finally, there were questions about the important topics of IIT-JAM, syllabus coverage, appropriate timing for MSc abroad, JRE/TOEFL test pattern, and final exam maximum score. The program was created by Dr. Neera J Kumari, who concluded with an acceptance speech.

### Health is Wealth

# Physical Activity Held for the Overall Well-Being of the Students

The football game activity was coordinated by Ar. Mansha Samreen on the football field from 1:30 pm to 3:00 pm, with more than 30 participants. The students were given four drills to perform at their level best: a warm-up session, Tic-Tac-Toe drills, a zig-zag competition, a drill, and a tug of war. The main objective of this activity was to inculcate the importance of fitness in students' lives and to acquaint students with motivation to score excellence in each task. During the football activity, a large crowd of energetic first-year students was present.

Students learned techniques for gaining good health and improving coordination. Students learned about teamwork and cooperation. Such sports are also good physical exercise, which is linked to stress reduction, physical fitness, and overall good health. The student will also develop leadership skills, discipline, time management skills, and forge and promote friendships through sports activities. The event also aided in securing participation in future intra- and inter-university competitions.



### Students Hit the Dance floor with Zumba session and boosted their physical and mental health

September, 2022. School of Architect and Design, K.R. Mangalam University organized a Zumba session under the guidance of Mr. Sarabjeet in C-005 at K.R.Mangalam University. The behind organizing this program was to inspire and motivate participants, and to



help each person feel better about their physical, social and mental health. Mr. Sarabjeet started the program by explaining the importance and its positive effect of Zumba. He explained that Zumba is aerobic workout that mixes in dance moves and also a great stress buster.

The goal of this program is to increase the participants spirit, burst stress and make them physically active. He further added that Zumba is powerful exercise which helps to burn 600 – 1,000 calories in just one hour. It also helps to maintain good cardiovascular respiratory system and very effective at reducing fatigue and enhance overall cognitive functions. Furthermore, he enlightened the participants about different kinds of Zumba classes, such as Aqua Zumba workouts, Zumba Toning etc. that incorporate weights for additional calorie burning and strength training. Learning a completely new dance form can be very overwhelming and exhilarating.

Everyone thoroughly enjoyed learning this new dance form and jovially grooving to their favorite beats definitely made every instructor's effort worth it. All in all, it was a great exercise for the students and helped them develop the confidence to perform in public.



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# Note From the Editorial Board

This is a team effort and We thankful to all the schools & departments of K.R. Mangalam University for their cooperation and contributing towards content. we also extend our gratitude to the management and administration for their support.

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