



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

Reflections

January 2024

ABOUT THE UNIVERSITY

K.R. Mangalam University located at Sohna Road, Gurugram is the fastest growing and most promising upcoming University in India. The green and pollution free environment, world class infrastructure, advanced and comfortable learning environment, health and fitness activities, charming hangouts and safe campus are some of the special features of KRMU. The well qualified and experienced faculty members from prestigious institutions, eminent academic leaders and the highly professional management give the best to the students to groom them to be academically excellent, professionally skilfull and socially responsible individuals. The University gives a perfect balance between curricular and co-curricular activities providing highly creative and innovative platform for the students to enrich their personality. Various activities like industry visit, internships, guest lectures, workshops, social services, and medical camps are some of the regular activities of the campus. Celebrations, festivals, various cultural programmes add flavour to the campus life. Students get a lot of opportunities for inter and intra university competitions, and also to organize and participate in national and international conferences, seminars, and workshops. K.R. Mangalam University offers degree programmes comparable to the best in the world. It offers innovative courses in: B.A. Honours (English, Economics, Historical Studies, Psychology, Political Science, Chinese) with specialization in Digital Humanities, B.A. Honours (Digital Humanities), B.Sc. Honours (Innovation, IT and Entrepreneurship), B.Tech. in Digital Humanities, and B.Tech. in Innovation, IT and Entrepreneurship. KRMU aims to transform lives through knowledge, collaboration and partnership, creates niche of innovation, entrepreneurship and creativity, nurtures and rewards skills and talents, and undertakes world class research of high impact on society.



Vision

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

Mission

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



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EDITOR'S DESK



With immense pleasure and pride, we bring forth the seventh edition of Reflections 2024. With every passing year K. R. Mangalam University has stepped higher in their endeavors and Reflections has been successful to provide the platform to highlight the literary and artistic talents of the KRMU community especially to the budding students. As an editor I am overwhelmed by the enthusiasm of the students. This year we have found some exceptional talents among the students; they are very good in technology or artwork. Some of them have written books, others have made some paintings or sketches. We have tried to provide space to as many as we could. It has always been the philosophy of KRMU to bring out the all-round development in a student beyond the confines of curriculum and pedagogy. We have also received some poetry from guests, those who are not from the K. R. Mangalam University. Our editorial board has tried to provide space to them as well, as we wish to take this magazine to outside campus for the authors and readers both.

We recognize the valuable support and key inputs from Sri Deepak Mishra, Prof. Renu Verma, Ms. Rohini Kumari to name a few. However, we recognize and cherish the creativity and support of the students, faculties, and all the administrators to bring forth this magazine. For them, whose work is not the part of this edition, we will try to provide space in the next edition. We wish all the best to them and their creativity.

Rajiv Ranjan
Assistant Professor
Chinese Language & Literature
School of Humanities, KRMU

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MESSAGE FROM THE HONOURABLE CHANCELLOR



Prof. Dinesh Singh
Chancellor

As we find ourselves on the cusp of another academic year, I am filled with a profound sense of gratitude and anticipation. Our university, with its rich history and vibrant community, stands as a beacon of knowledge and innovation in our society.

The pages of Reflections, our annual magazine, serve as a canvas upon which we paint the diverse hues of our academic journey. It is a testament to the collective efforts of our students, faculty, staff, and alumni who tirelessly strive for excellence in their respective endeavors.

This year, as we reflect on the challenges and triumphs that have shaped us, let us also look forward with hope and determination. Our commitment to fostering intellectual curiosity, nurturing talent, and advancing knowledge remains unwavering.

Within these pages, you will find stories of resilience, creativity, and discovery. From groundbreaking research to artistic expression, each contribution embodies the spirit of our university community.

As we navigate the ever-changing landscape of higher education, let us remember that our strength lies in our unity. Together, we can overcome any obstacle and continue to push the boundaries of what is possible.

I extend my heartfelt thanks to all who have contributed to this year's edition of Reflections. Your dedication and passion are truly inspiring, and I am honored to lead such an exceptional institution.

May this magazine serve as a source of inspiration and pride for years to come.

Warm regards,



MESSAGE FROM THE DESK OF VICE CHANCELLOR



Dr. Rakesh Kumar Sinha
Vice-Chancellor

It is great to know that University is bringing out, 'Reflections' regularly which is, literally, reflections of diverse activities being carried out in the University. On one hand it provides platform to students to show their latent talent of creativity and on the other to our faculties also to showcase their thoughts. It is heartening to know that the magazine nurtures the raw thoughts and imagination of the nascent brains of our students. It certainly helps them to identify their hobby and passion.

University, during the past decade of its existence, carved out a niche in the arena of Higher Education through innovative pedagogy, collaborations with National and International Academic Institutions, National R&D Laboratories such as Council of Scientific and Industrial Research, Defense R&D Organization etc. It is on the path of collaboration spree with Industries. There are various initiatives taken by the University which distinguishes itself from other private universities. The most significant one is its commitments towards societal benefits.

I am happy to announce that we have been granted a project from Department of Science & Technology, Government of India in the tune of Rs. 1.5 crore. Successful execution of the project will bring out marked change in livelihood of SC communities, particularly, women in some adjoining villages.

In short span of two months I interacted with many faculties and some students and found proudly say that the University is full of talents. It only needs nurturing. Some students have shown keen interest in venturing into 'Start-up'. University is there to hand hold you.

I call upon to all Faculty Members to engage yourself in Research, Development and Innovation activities which will not only sharpen your knowledgebase but helps you in imparting quality education to the students.

I wish to congratulate each and every member of the KRMU family for bringing up it to this level and I am pretty sure that with combined energy of you all we can take the University to a newer height.

All the best.

MESSAGE FROM THE REGISTRAR



Dr. Udayprakash Raghunath Singh
Registrar

I am delighted to write these words for the annual magazine “Reflections” of K. R. Mangalam University. It provides a platform for students and staff to share their views, ideas, and experiences. Reflections offers immense scope for hidden talents and qualities. It reflects the expression of aesthetic side of students beautifully.

Reflections is a repository of the heart and soul of the University. I am sure that this current issue will as always be an expression of the dreams, hope and imaginations that have found in the eyes of students and staff. I extend my heartfelt congratulation to the editorial board of Reflections for putting in their best in bringing out this issue of our university.

With all best wishes for fulfilment of dreams...



OUR LEADERS



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Chairperson -
Motilal Nehru Chair



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Anil Chamoli
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Dean SOHMCT and
Dean Students Welfare



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Assistant Director-
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Dr. Anshika Prakash
Director- KEIC







Om Prakash
Administrative Officer

OUR BOARD OF ADVISORS

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1.	Mr. Pranav Roach President Hughes Network Systems India Limited	
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3.	Mr. Sunil Sethi Chairman, Fashion Design Council of India	
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18.	Prof. Sunita Singh Sen Gupta Professor (Ph.D.) Faculty of Management Studies, University of Delhi.	
19.	Dr. Pooja Sharma Senior Scientist, Medanta Institute of Education and Research Medanta- The Medicity Gurugram (Haryana)	

RESEARCH & INNOVATIONS



Center of Excellence in Robotics & Automation

E yantra Robotics Lab in Collaboration with IIT Bombay



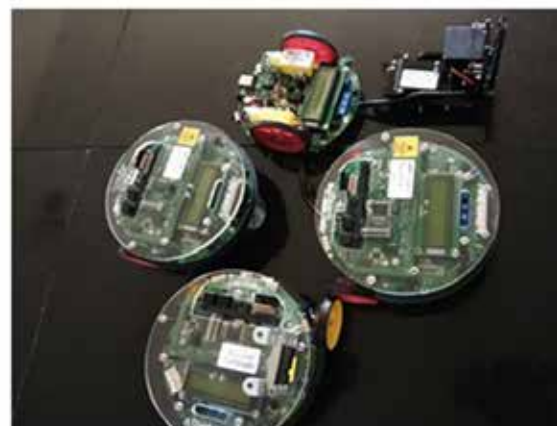
Drones Developed

- Autonomous Drone
- Krishi Bots
- Surveillance Drones
- LIDAR BASE
- Photogrammetric Drones

- SECURITY ALARM
- FAKE NEWS DETECTOR
- SWA-LOCKER
- NO PARKING ALERT
- SENSOR BASED SMART LIGHTING BOARD
- LANGUAGE TRANSLATOR HEADPHONES
- 3D MECHANICAL EYE



KR Mangalam University was awarded "Class A" Award by IIT Bombay for completion of TBT.



INTERNATIONAL EXPOSURE @ KRMU



IMPLEMENTATION STATUS OF NEP 2020

Institutional Distinctiveness through Integration of:

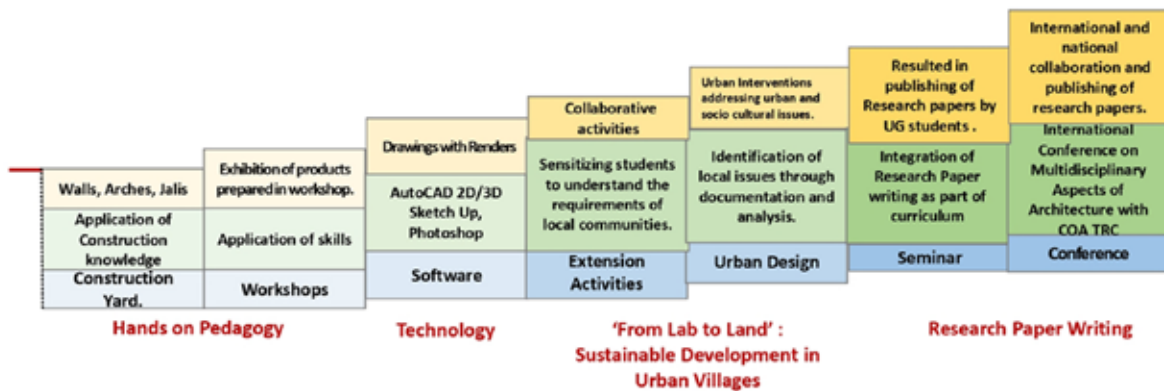
HANDS ON PEDAGOGY IN CONSTRUCTION YARD, WORKSHOPS AND BY EXPLORING TECHNIQUES.

'FROM LAB TO LAND': REAL LIFE PROJECT ON SUSTAINABLE DEVELOPMENT OF URBAN VILLAGES IN THE VICINITY OF THE CAMPUS.

COLLABORATION AND TEAM WORK.

APPLICATION OF LATEST TECHNOLOGY IN PRESENTATION AND DESIGN

RESEARCH THROUGH RESEARCH PAPER WRITING



UNNAT BHARAT

K.R. Mangalam University had signed MOU with Office of the Deputy Commissioner, Gurugram district to adopt five (05) villages nearby University campus for development of Smart Village, Urban Development, Jal Jeevan Mission, Swachh Bharat Abhiyan, Elementary Education Development, Architectural, Technological, Legal and Social Development in these villages.



Life Skill Educationa & Functional Literacy, Social Harmony Programs under UBA Scheme

INTERNATIONAL MOUs

- ◆ German Varsity
- ◆ University of Ferrara (DA_Unife), Italy
- ◆ Universidad Catolica De Temuco, Chile
- ◆ Namangan Engineering-Construction Institute, Uzbekistan
- ◆ Bialystok University of Technology, Bialystok
- ◆ Saint Petersburg State University of Aerospace Instrumentation, Russia
- ◆ Dubna State University, Dubna, Moscow
- ◆ Rossiya Segodnya International Information Agency,
- ◆ Founder of the Sputnik News Agency
- ◆ Open University Worldwide Limited
- ◆ Middlesex University, London
- ◆ The Confucius Institute Headquarters, China
- ◆ University of Houston (Department of Mathematics)
- ◆ University of Houston (Department of Physics)
- ◆ Hubei University, China
- ◆ Jiangxi Administration Institute, China
- ◆ Jinggangshan University, China
- ◆ Middlesex University, London
- ◆ Tiens Group, China
- ◆ Cardiff Metropolitan University, UK
- ◆ Roehampton University, London
- ◆ University of Plymouth
- ◆ University of Business And International Studies, Geneva,

NATIONAL MOUs

- ◆ **Piloo Mody College of Architecture (PMCA)**
- ◆ **Imarticus Learning Private Limited**
- ◆ **Social Development And Research Foundation (SDRF)**
- ◆ **Deep Red Coffee**
- ◆ **HAWK Eye Forensic**
- ◆ **Babu Banarasi Das University, Lucknow**
- ◆ **Niranakari Baba Gurbachan Singh Memorial College**
- ◆ **University of Science & Technology, Meghalaya**
- ◆ **Phoenix Drone Flying LLP**
- ◆ **Country INN Suites by Radisson**
- ◆ **AECC India Private Limited**
- ◆ **University of Delhi**
- ◆ **Handicrafts And Carpet Sector Skill Council (HCSSC), Delhi**
- ◆ **Strategic Educational Professionals Private Limited**
- ◆ **Cengage Learning India Private Limited**
- ◆ **Grant Thornton Bharat LLP**
- ◆ **The Climate Project Foundation**
- ◆ **National Mission for Clean Ganga (Ministry of Jal Shakti)**
- ◆ **SRM Institute of Science & Technology**
- ◆ **Network Bullstudy Private Limited**
- ◆ **SVM INC**
- ◆ **Trinity Mobile App Lab**
- ◆ **ISBM University, Chhattisgarh**
- ◆ **Panipat Institute of Engineering and Technology**
- ◆ **Appwars Technologies Pvt. Ltd.**
- ◆ **Counsel India**

- ◆ **Allsoft Solutions And Services Private Limited**
- ◆ **GCEC Global Foundation**
- ◆ **Phoenix Drone Flying LLP**
- ◆ **C K Birla Hospital**
- ◆ **No Code Technologies LLP**
- ◆ **Indian Institute of Information Technology**
- ◆ **Giggle Galaxy Private Limited**
- ◆ **The Physio Experts**
- ◆ **Sarvodaya Hospital**
- ◆ **Avalytix Consulting Services LLP**
- ◆ **Posh Domo**
- ◆ **Al-Ameen College of Pharmacy**
- ◆ **K N Modi Institute of Pharmaceutical Education & Research**
- ◆ **Fairmont Hotel**

ESSAYS & THOUGHTS, SHORT STORIES

DEMOGRAPHIC DIVIDEND

Can India Grab the opportunity?



Professor Renu Verma

Department of Economics,
School of Humanities
K.R. Mangalam University,

Being the hottest Global market in both listed and unlisted Worlds, India is literally on a roll!!!!. If I'm Betting On 1 Country In Asia It's India; If I'm Betting On 2 Countries Then It's India Twice!" - John Chambers-Chairman Emeritus Cisco Systems.

The above statement is a testimony about the impressive growth story of India and its huge growth potential. Currently India one of the fastest growing economies of the world. Recently India has also gained the distinction of being the most populous country in the world in 2023 as per the Reports of United Nations. There are many drivers behind the impressive growth story of the country. Demographic dividend is one of such drivers which has the potential to transform India in the coming future. A large working-age population makes India attractive, not just from the labour market perspective but because the country could act as a large market for goods and services.

The term demographic dividend has been coined by David Bloom who attributed a large portion of the economic growth of East Asia in 1965 to 1990 to the region's working-age population, which led to an increase in productivity. Since then the concept

of demographic dividend and its contribution in the process of economic growth of an economy as one of the drivers of growth, has grabbed the attention of social scientists, intellectuals as well as the policy makers. This article discusses few important facts about the demographic dividend in Indian context, opportunities available and challenges faced by the country which may restrict the ability of the nation to take the advantage of this golden opportunity presented in form of demographic dividend.

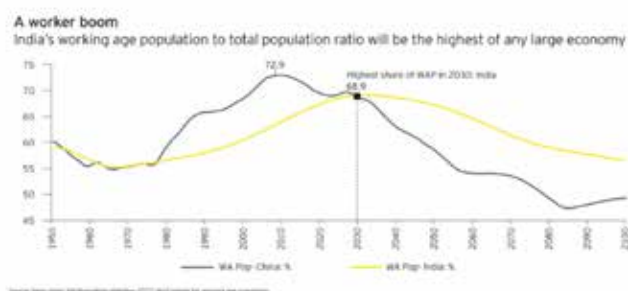
What is Demographic Dividend?

According to United Nations Population Fund (UNFPA), demographic dividend means, "the economic growth potential that can result from shifts in a population's age structure, mainly when the share of the working-age population (15 to 64) is larger than the non-working age share of the population (14 and younger, and 65 and older)".

Few Interesting Facts About the Demographic Dividend in India

As already mentioned that India has become the world's most populous country, surpassing China but the most interesting part of the report is - the working population of India, which includes the 15-64 age group, comprises 68% of the total population. Before discussing further on this topic it will be appropriate to know about following facts:

1. India is home to more than 600 million people aged between 18 and 35, with 65% under the age of 35.
2. India's demographic dividend is expected to persist at least until 2055-56 and will peak around 2041, when the share of the working-age population 20-59 years is expected to hit 59%.



1. By the year 2030, India's dependency ratio is projected to reach its lowest point in its history at 31.2%.
2. Approximately 26% of the population is below 14 years and 67% is between the age of 15 to 64 years and 7% above the age of 65. In contrast, the population over 65 years in US is 17% and Europe is over 21%.
3. With a relatively young population (median age of 28.4 years), India not only gets a competitive advantage in terms of workforce but also an opportunity to unleash the consumption power of a young population.
4. India's young dependency ratio —the number of children below 15 years of age relative to total population — is expected to overtake the old dependency ratio (ratio of population aged above 65 years relative to total population) by 2056.
5. India would remain the largest provider of human resources in the world. About 24.3% of the incremental global workforce over the next decade will come from India.
6. This is significant considering the rapidly ageing population in the developed world, creating potential challenges to labour supply in various sectors of the global economy.

Demographic dividend - An Opportunity for India

How India can take the advantage of its demographic dividend, is a million-dollar question. There is a long chain of debate going on and experts have varied view on this. Some experts view it as a big opportunity

as the young population not only reinforces India's competitive advantage in the services and manufacturing sectors, but also unleashes the consumption power of a young population towards discretionary expenditure. History has proven that in western world how large population has fuelled the Industrial Revolution and the incredible economic growth. We all have witnessed that despite of being the most populous country in the world for decades how China has harnessed its population to become a manufacturing and export hub globally. Now situation is very different as Western Europe as well as Japan and increasingly China, are increasingly skewing older and facing tighter labour markets and greater pressures on public-sector entitlement programs such as pensions and health care system. Now it is the time for India to enjoy the benefits of being the youngest nation in the world.

There are many dimensions of demographic dividend which may pave the path of success of the country by taking the benefit of its demographic dividend. One important dimension can be understood through labour force participation rate for female. Nearly 49% of the total enrolment in higher education comprises female students resulting in larger proportion of women's participation in the workforce in the years to come. Also, one differential factor in favour of the country is that India has the largest pool of English speaking graduates and many of them have background of Science and Technology. India is the global leader in Science and Technology and annual increase to this pool is estimated at 2.14 million graduates. There is no need to reiterate how India has leveraged its demographic advantage in IT export and BPO service sector. Not only this, many other sector of the economy such as construction, public services, labour intensive manufacturing, trade, transport etc have a great potential to absorb the unskilled and semiskilled workforce resulting in high growth rate for the economy in coming future . Demographic Dividend also acts as a pull factor for

FDI inflows in the country and it has been proven by many studies done in this fields. On the one hand it provides the cheaper labour to corporates thereby increasing their competitiveness globally and on the other hand it presents a golden opportunity for them in form of a huge market for their good and services as the major chunk of population falls in the working group having continuously increasing purchasing power. Some estimates on India's consumption story worth mentioning. It has been estimated that Private Final Consumption Expenditure (PFCE) has grown at a CAGR of 11.3% (in nominal terms) over the last 10 years as against a nominal GDP growth rate of 10.6%. The ratio of PFCE to GDP has increased from 55% to 60%. We cannot deny the role of credit driven consumption, for example from 2016-17 to 2021-22, outstanding personal loans of scheduled commercial banks more than doubled from INR 16.2 trillion to INR 33.85trillion (US\$ 423b). Moreover, in recent years, government's initiatives to promote financial inclusion, digitised payment system and fintech have been the game changers and enabled the financial institutions by providing an avenue for better credit assessment of people. No doubt that all these developments will further fuel the consumption story of the country. Indian Youth has also contributed significantly by making India a hub for start-up's ecosystem. India ranks globally 3rd in Start-Up ecosystem and also in terms of number of Unicorns. As per the latest data, there are currently 105 unicorns, out of which 44 were born in 2021 and 19 in 2022 as per the sources from government department.

What Are the Major Challenges?

No doubt that demographic dividend for India is one of the greatest opportunities to boost the economic growth, but the path is not that easy rather it is full of challenges. One major challenge which may restrict our capability to grab this opportunity is the lack of skilled labour. We may feel proud to have the huge quantity or number of young population but

cannot ignore its qualitative dimensions. According to the Skill Financing Report 2023, there has been dissatisfaction among employers due to lack of employability skills in the Indian youth. Around 78% of young people in the country lack practical skills. Furthermore, India ranks 60th globally in terms of overall skills proficiency, the report added. Till 2015, just 4.7% of the Indian workforce had undergone skills training as compared to 80% in Japan, 52% in USA, 90% in South Korea and 68% in the UK, the State of the World Population Report highlighted. Being in such situation India may miss the opportunity and the opportunity in form of demographic.

According to S&P Global Market Intelligence, due to lower skill level in Indian manufacturing each employee added just \$8,076 of value on average in 2021 which is very less as compared to many developing countries as shown below. This skills shortage is a key risk for manufacturers wanting to move up the value chain, jeopardizing India's bid to be a manufacturing hub. Securing talent has been difficult for 79.0% of industrials and materials employers, according to the Manpower Group Employment Outlook Survey for the second quarter of 2023.

Per Employee Value added



Many western countries and China have successfully engaged the vast army of labour in their revolutionary industrial development but India skipped this mass industrial revolution stage. Its

growth has been fuelled by a booming services sector that specializes in information technology. The absence of a vibrant manufacturing sector makes it really very challenging to absorb millions of young people entering in the work force each year. Moreover, many experts have labelled India's growth as jobless growth.

Another challenge in this regard is rapidly changing technology and advent of AI posing a threat to the workforce available. The impact of AI on unemployment rates and the economy is a topic of debate. While AI is creating new job opportunities, it is also leading to job displacement, particularly in industries that rely heavily on routine and repetitive tasks. According to a report by the World Economic Forum, by 2025, AI will have displaced 75 million jobs globally, but will have created 133 million new jobs. This means that there will be a net gain of 58 million jobs globally, but there will still be significant job displacement in certain industries. In such situation the country may have a big challenge to train and educate the labour to equip them with the skills needed to adapt to new job roles. 'India's Graduate Skill Index: 2023' a report, published by online talent assessment company, revealed that finding candidates with high employability in non-technical skills is easier than finding candidates with high job-readiness for technical skills. According to the Global Business Coalition for Education (GBC-Education), United Nations Children's Fund (UNICEF) and the Education Commission, more than 50% of Indian youth is not on track to have the education and skills necessary for employment by 2030. It is necessary to keep these statistics in mind when we talk about measures to improve talent acquisition across different sectors of Industry. Technological advancement needs to grow hand in hand with upgraded skills. This is possible by providing quality education, creating awareness about college and university new educational programmes across the globe, mentorship programs, career counselling,

and developing competitive skills through training and internships. This approach can surely make the youth aware, talented, confident, and ready to compete with their global peers.

Most of the start-ups have been set by young people indicating a scope for leveraging demographic dividends but their sustainability is a big question mark. Research shows that failure rate for new start-ups is around 90%. Almost 90% of start-ups survive the first year. However, 70% of them failed within the next five years. Besides, India's future economic growth will also rest heavily on whether governments can boost low labour participation among the nation's 691.7 million females.

The Way Ahead

By now it is clear that realisation of the benefits of potential demographic dividend is not automatic and presents many challenges. Without proper policies and their proper implementation, the increase in the working-age population may lead to rising unemployment, fuelling economic and social risks. Government of India is well aware of the fact and launched many programs and enacted many policies to grab the opportunity such as establishment of Ministry of Skill Development and Entrepreneurship (MSDE), Skill India Mission, "Make in India, Make for the World", Atmanirbhar Bharat, Start-up India, Mission Shakti, Pradhan Mantri Kaushal Vikas Yojana (PMKVY) are few to name. Government efforts to improve education will also likely provide more skilled workers for manufacturing and other industries. The National Education Policy, announced in 2020, created a comprehensive framework to transform the education system by 2030. The nation's ambitions to become a global manufacturing hub are closely linked to its ability to upskill workers. Progress is already underway, as nearly 10 million youth benefit from the Skill India program annually. Though government is working very proactively but still a lot is left to achieve. It is high time as the window of opportunity is shrinking,

and unless India moves quickly, its demographic dividend could easily turn into an unemployment nightmare, the one on the biggest assets may turn into a huge liability. Therefore a collective and proactive efforts from all the stakeholders to translate the opportunity to make India one of the growing economies of the world through the demographic dividend is the need of the hour . Forward-looking policy incorporating population dynamics, education and skills, healthcare, gender sensitivity, and providing rights and choices to the younger generation hold the key for achieving the desired goals.

“Strength of the Soul: Embracing Spirituality in Modern Life”

“With Spirituality, Comes Morality,

Morality is doing what is right regardless of what you are told,

Spiritual people are not Godless, they just happen to honor the God residing in everyone,

Divinity is in YOU, as it is in ME”



Ms. Rohini Kumari

Assistant Professor,
(Economics)

School of Humanities

K.R. Mangalam University,

Spirituality may denote almost any kind of meaningful activity or blissful experience. The term ‘SPIRIT’ means “animating or vital principle in the man and animals”. The term ‘SPIRITUAL’ matters “concerning the spirit.” There is no single widely agreed definition of spirituality. Modern spirituality is centered on the “deepest values and meaning by which people live.” It embraces the idea of an ultimate or an alleged immaterial reality. It envisions an

inner path enabling a person to discover the essence of his or her being, It emphasis on humanistic ideas on moral character and qualities such as- LOVE, COMPASSION, PATIENCE, TOLERANCE, FORGIVENESS, CONTENTMENT, RESPONSIBILITY, HARMONY and a CONCERN for others. It effectively amounts to saying “everything and anything that is good and virtuous is necessarily spiritual.”

Being spiritual is an expanded state of awareness where you go beyond the skin encapsulated ego and experience your universality. It’s true and real living with all one’s soul with all the goodness and righteousness. Though, it does not mean being extremely religious, spirituality extends beyond the bizarre boundaries making you feel connected with the god. It is a peace of mind, bliss and harmony between one’s mind and body. Essentially it is also about having faith in supreme power through prayers, submerging in positive thoughts and doing good selflessly. Being spiritual is living a value based life and actually a science of managing one’s mind.

Everyone comprehends spirituality in their own way but it does not mean cutting the ties with the world or being extremely ritualistic. It is a soothing balm for the human psyche. It need not be restricted within boundaries of any preferences or religion, rather is a way of expressing HUMANITY. It is a tool for faith, strength, hope and answer to many of our unsolved question and often going beyond human explanations. There are times in everyone’s life when only faith has sustained through those hard times. Most would agree that being spiritual add strength at such times.

Prayers, meditation and jobs well executed are offering to what is greater than oneself adding to our bliss immense benediction and enhance dimensions of wisdom. Whatever religious practices and faith that one may follow, spirituality is an awakening within us and thus when we listen to our inner self and conscience, it is God keeping you on right path.

WAYNE DYER emphatically said that spiritual being keeps their thoughts focused on LOVE and HARMONY. Is there anything else better than this in the world?

As SWAMI VIVEKANAND rightly said:

**“YOU HAVE TO GROW FROM INSIDE OUT,
NONE CAN TEACH YOU,
NONE CAN MAKE YOU SPIRITUAL,
THERE IS NO OTHER TEACHER BUT,
YOUR OWN SOUL.”**

The Significance of Digital Detox in Our Modern Lives



Dr Manju Rani

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“Period of time during which a person refrains from using their electronic devices, such as smartphones, regarded as an opportunity to reduce stress or focus on social interaction in the physical world” is the definition of digital detoxification (Oxford Dictionaries, 2019). In the fast-paced digital era, where screens dominate our waking hours, the need for a digital detox has become more critical than ever. We, at K.R. Mangalam University, understand the profound impact of this phenomenon on our mental and physical well-being. In this article, we delve into the importance of digital detox and why incorporating it into our routines are essential for a balanced and healthy lifestyle.

Understanding Digital Overload

The Constant Connection

Living in the age of information has its perks, but it also brings about challenges. The constant

connectivity through smartphones, tablets, and laptops has led to a state of perpetual engagement. The incessant notifications, emails, and social media updates create a continuous stream of stimuli that can overwhelm our senses.

Impact on Mental Health

Research indicates a strong correlation between excessive screen time and mental health issues. Anxiety, stress, and sleep disorders have become prevalent among individuals who find it challenging to disconnect from the digital world. Our reliance on technology, while convenient, has raised concerns about the long-term consequences on our psychological well-being.

The Benefits of Digital Detox

Improved Mental Clarity

Implementing a digital detox allows the mind to declutter and reset. Taking breaks from screens promotes mental clarity, enhances focus, and reduces the cognitive fatigue associated with prolonged device use. We advocate for designated time-offs to rejuvenate the mind and nurture a sense of mental well-being.

Enhanced Productivity

Contrary to the misconception that constant connectivity boosts productivity, studies show that regular breaks from screens can significantly enhance overall work performance. Our recommendation is to integrate short breaks and, if possible, longer periods of digital detox to optimize productivity levels.

Practical Tips for a Digital Detox

Establishing Boundaries

Setting boundaries is crucial in achieving a successful digital detox. Designate specific times of the day to be tech-free, whether it's during meals, before bedtime, or during recreational activities. Creating these boundaries fosters a healthier relationship

with technology and promotes a more balanced lifestyle.

Engaging in Offline Activities

Encourage activities that do not involve screens. Whether it's reading a physical book, going for a nature walk, or engaging in a hobby, dedicating time to offline pursuits provides a refreshing break from the digital realm.

Overcoming Challenges

Social Pressure and FOMO

One of the hurdles in adopting a digital detox is the fear of missing out (FOMO) and societal pressure to stay connected. We acknowledge these challenges and emphasize the importance of communicating your intentions to peers and colleagues. Educating others about the benefits of a digital detox can foster a supportive environment.

Utilizing Technology Mindfully

While advocating for a digital detox, we recognize the practicality of technology in our daily lives. The key is to use it mindfully. Implementing features like screen time trackers and setting app usage limits can assist in maintaining a healthy balance between the digital and physical worlds.

Conclusion

In conclusion, the importance of a digital detox cannot be overstated in our modern lives. At K.R. Mangalam University, we believe that prioritizing mental and physical well-being is paramount. By understanding the impact of digital overload and adopting practical strategies for a digital detox, individuals can achieve a healthier and more balanced lifestyle.

SHORT STORY -

A DAY IN ELYSIUM:



Shruti Pathak

B.A. (H) English

Semester- IV

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'The New Kid' – this theme was often utilized for movies and stories targeted towards teenagers. The story starts from the arrival of a new girl/boy in a small town, and follows the journey of this new hero.

The concept was well received, people flocked towards these stories, ready to cringe, laugh and sympathize with the main character. I personally hate this concept, being new in a place where people already belonged wasn't fun or adventurous, it was mortifying as if I was a minuscule bacteria under a mad scientist's microscope. It felt as if everyone's eyes were on me, ready to shun me for even a minor sneeze. Anyways what we fear or hate, a day will come when we have to accept that very reality and so had mine arrived.

I walked along the dreary path, people of all kinds roamed around me- the young, the mid-age, the old, etc. Some looked numb, others happy, excited even for this new opportunity. I felt it was better to observe others instead of evaluating my own feelings, which wouldn't have favorable outcomes (trust me I tried). Upon reaching our destination I looked up towards the looming iron-like gate, it was something you would see in historic movies or fantasies, but I knew it was real, oh so real!

This was my home now, where I and people like me would prosper, they said and I held onto that hope. There were two guards at the entrance, and what guards for sure, for they were as opposite as an

angel were to a devil, as day was to night. The bulky fellow was large and looked like a grumpy rumbling cloud just before rain, the other lanky fella was so cheery as if he had the key to the entire happiness in life.

We were ushered inside the gates, each handed a golden rose for they said it was their insignia—a symbol we get for reaching this place. I would have found that weird but really so was my situation now, thus I didn't judge and moved forward clutching my shiny rose, which I noted in mild shock seemed to be emitting warmth.

Inside was a beautiful garden, something so contrasting with this dark and gloomy place but it looked like it fit. They said that the Lord built this garden to please his wife, for she loved all things nature and life. All around me were bizarre but glorious flowers, trees with fruits I had no recollection of, flowers with abnormal patterns and colors, it was almost unreal. But it wasn't, I knew it wasn't. For everything was different but now my reality. I sat on a lone bench under the shade of a tall boorish tree, the leaves were discolored as if wilted.

Perhaps the only dull sight in this rainbow of a garden. I must have sat down for a few minutes, when one of the guards joined me, and just my luck it was the gloomy bulky one. He didn't peak for which I was glad, just sat there looking at the flowers. Slowly he turned towards me, in his eyes I saw an emotion so powerful it almost knocked me over—pity and love.

I wondered what he saw, a twelve-year-old boy in tattered clothes, blue from cold and skinny almost skin and bones due to hunger. He then forwarded an apple towards me patiently waiting for my reaction. As I sat there beside the solemn but kind guard, I felt hope and contentment and knew that I was safe now, for there was no cold or hunger in the afterlife. The Gardens of Elysium were full of peace and serenity, assured by Lord Hades and his wife Persephone...

IMAGINATION

सांस्कृतिक विरासत



साकेत बिहारी
सहायक प्रवक्ता
के आर मंगलम
विश्वविद्यालय गुरुग्राम,
हरियाणा

हिन्दी के एक प्राध्यापक की कक्षा में
पुरातन सभ्यता की व्याख्यान से
नए दौर का छात्र उब गया!

शिक्षक ने कहा-
सूरज को देखो
जब-जब पश्चिम की ओर गया
डूब गया !!

चलो अपनी विरासत को
फिर से संजोये हम
जो था अपना, लाए वापस
सभ्यता के फिर से कुछ बीज बोये हम !!

सूरज की दूरी बतलाना
महज एक संयोग नहीं
पाठ शून्य से लेकर गुरुत्वाकर्षण तक
सिर्फ एक प्रयोग नहीं !!

दशमलव भी दी हमने
ग्रहों-नक्षत्रों की गति बताई
व्याकरण, चिकित्सा से लेकर
अन्तर्मन की जोत जगाई !!

महाकाव्य का सागर
संगीत का सप्त सुर दिया
युद्ध-कौशल का ज्ञान भी
नटराज सा नृत्य दिया !!

वीर-शिवाजी की धरती ये
ये धरती है महाराणा का

मदांनी की गाथा गाये
सरकटे गोरा-बादल का !!

मत भूलों चैहान की गाथा- मो. गोरी
जयचन्द्र की गद्दारी को
पद्मिनी की जौहर गाथा
महाराणा प्रताप की वफादारी को !!

बंग-भंग सा बिगुल बजा जब
बंकिम ने चित्कार किया
वन्दे-मातरम् रचकर
मानवता का श्रृंगार किया !!

याद करो बिस्मिल की गौरव गाथा
जिसने 'सरफरोश' का गान दिया
श्यामल गुप्ता की वाणी को
जिसने झण्डे का सम्मान किया!!

भूल न जाओ तुम
माखनलाल की वाणी को
जिसने रच डाली अमर कथा
फूलों की चाह रवाणी को !!

योग और तप की है भूमि ये
वेदों और पुराणों की
शौर्य गाथ की भूमि ये
वीरों के बलिदानों की !!

बुद्ध ने दी शान्ति की वाणी
महावरी ने प्रेम का सन्देश दिया
नानक ने गुरुवाणी दी
कृष्ण ने गीता उपदेश दिया !!

आर्यभट्ट ब्रह्मगुप्त की ये धरती
जिसने विशुद्ध विज्ञान दिया
कणाद की है भूमि ये
भाष्यकराचार्य सा प्रज्ञान दिया !!

नालन्दा, तक्षशिला सी पावन
केन्द्र यहाँ थी शिक्षा की

ज्ञान की अलख जगाती
गुरु-शिष्य परम्परा व दीक्षा की !!

याद करो कबीर की वाणी
तुलसी-सूर व मीरा को
प्रसाद, निराला की है ये धरती
दिनकर, पन्त व वर्मा को !!

प्रेमचन्द सा सरल, शरत सा चपल
रेणु की सादगी, दुष्यन्त सी आग-विरल
मीर, गालीब, दाग की ये धरती
ये धरती है साहिर-गुजजार की !!

आओ मिलकर फिर से
भारत को वापस लोय हम
सम्बल करें, सशक्त करें
धुमिल हो चुकी जो, वो पहचान दिलाये हम !!

गंगा को फिर पावन कर दें
यमुना की भी धार
सरस्वती को पुनर्जीवित कर
संगम की मझधार !!

फिर से जोड़े उत्तर पथ को
उत्तर-पश्चिम की तट तक
दक्षिण पथ की नई दिशा को
मध्य व दक्षिण तट तक !!

पग-पग साक्षी बने
राम-सेतु के दोनों तट पर
मन्दार के मन्थन सा चिन्तन
नीलकण्ठ सा तप-जप कर !!

ये दिव्य जगत है
अटल सत्य है
देवों की भूमि है ये
नमन करो, करो अभिनन्दन

धन्य धरा,
धन्य जन-जन वन्दन !!

WHISPERS OF THE NIGHT



Saurabh K. Tiwari

Guest Author

Translation Associate

Amazon India

हर रोज एक गीत लिखा जाना चाहिए।
गुजरे वक्त को एक साज देना चाहिए।
कोई रोकने वाला मिले मुश्किल है
मगर जाने वाले को याद किया जाना चाहिए।
जब साँझ की आखिरी पहर में उसकी आवाज सुनाई दे।
कुछ देर रुक कर फिर कोई गीत गुन गुनाना चाहिए।
लोग तुम्हें पागल समझेंगे।
मगर मोहब्बत सच्ची हो तो आँसू बहाना चाहिए।

फिर कोई रात ऐसी सजाई जाये।
बात यादों की फिर चाँद को सुनाई जाये।
कहकशागर फिर से रस्ते में सुनाये कोई।
ऐसे में क्यों न फिर कोई रस्ता नया सा बनाया जाये।
भुइयां बैठकर आँहें भरना नाकाम कोशिश हो मगर।
आसमां में क्यों न फिर से कोई आशियाँ बनाया जाये।
दो-चार कदम साथ चलने से मोहब्बत महफूज़ नहीं रहती।
मोहब्बत महफूज़ रखने की क्यों न फिर से कोई नई तरकीब बताई जाये।
उदासीगर आदत है तो है।
बेवजह मुस्कराने की वजह क्यों बताई जाये।
फिर कोई रात ऐसी सजाई जाये।
बात यादों की फिर चाँद को सुनाई जाये।



Vaibhav

B.tech,

(AIML)

K.R. Mangalam University

In the quiet hush of the moonlit night,
Whispers dance on shadows, soft and light.
Stars above, storytellers in the sky,
Revealing tales of dreams as time drifts by.

A symphony of crickets, a lullaby so sweet,
Nature's nighttime chorus, a tranquil feat.
Moonbeams weave through branches tall,
Nature's own enchanting, cosmic ball.

Feel the stillness, let the world unwind,
In the whispers of the night, solace you'll find.
Embrace the magic that darkness may bring,
A celestial ballet, where dreams take wing.

TEACHER'S DAY



Vanshika

BBA(H) Research

Semester-II

K.R. Mangalam University

Teachers always try to make us better,
They are like our spelling checker,
They give us a lot of education,
They are the best in our nation,
They always try to make us reach our destination,
They also try to remove our hesitation,
Teachers motivates us, they are our motivators.
Teachers always save us they are our curators.
Teachers helps us and makes better our future,
We should respect to our teacher.



Shruti Pathak

B.A. (H) English.

Semester- IV

K.R. Mangalam University

Depression

Depression to me was a lonely cloud
I kept my hope down and my head bowed.
I was lost and felt so alone, Crying with no good
friends to phone.
Note how I am speaking in the past and not the
present tense,
As my mind remembers those awful events.
As I'm standing here, now standing up strong,
I did find a way to carry on,
In my darkest hour I found light
And strength to keep up the fight.
I thought my story was over, it's just begun!
I was never alone, not the only one
Who suffered this disease- sickness of mind
Somehow our lives are all intertwined...

Social Media

Facebook, Twitter and Skype

All different websites where we talk and type.

Most don't understand the feelings of hurt,
when you're called a 'slut' because of a short skirt.

Cyber bullying, common and sad,

How are you to know about the life of that lad?

When will it click that they are trying to fit in.

To be like everyone else, is that a sin?

That boy over there is all alone,

Does it help that you are bullying him over the
phone?

Take a minute to think about what you've done,

There might be a day, when it will come- You will be
bullied in at least one way.

And this time you'll regret it and you'll pay....

Saving Hope

When darkness falls, it's hard to recall

The efforts of hard work overall.

The demons of the past awake,

Nightmares then start from dawn to break.

Like a siren's call the past revolves,

Around our present and future overall.....

In such a state if light streams down,

Against the darkness and nightmare town.

Then hold onto it like you're saving hope,

It might just be your last rope..

Let this light surround your being,

Cause this will finally begin your healing.....

The Storm

(Amphan Cyclone 2020)

The storm arrives with a siren's call,

To awaken everyone once and for all.

Bringing 'bangs' and 'gongs' of thunder loud,

The Storm arrives with an image proud...

The storm arrives with a mighty roar,
Shaking the trees and all of nature's core.
Bringing with itself complaints and sufferings of the
land,
Inflicted by humans due to their schemes grand.

The storm arrives not only in the atmosphere
It swirls and echoes in the man's biosphere.
Bringing fear, anxiety and terror,
The storm arrives to show us our error.

The storm arrives in the minds and hearts,
Of the men who quiver and show their marks.
Bringing with itself thoughts of self-doubt
It changes our outlook and forces to speak out loud.

This storm of development and change,
Arrives within the minds of people 'strange'.
It leaves behind new theories and plan,
This storm arrives to purify and relieve the land....

I Knew a Boy

I knew a boy who liked to draw
He drew pictures no one saw...
He was most artistic late at night,
In the bathroom, out of sight.
He kept a secret no one knew,
He didn't tell a soul and his gallery grew...
His drawings were different- no paper, no pens

But he needs a bandage now and then...
We stood by the river, under the stars
He rolled up his sleeves and showed me his scars,
He felt embarrassed and looked down at his shoe..
Then I rolled up my sleeves and whispered,
"I draw too"

SELF HARM

Self harm isn't a label
You can't slap it on someone's chest
And say, "All you are is emo, even at your best!"

You can't group us all together
You can't say we're all the same
Because something different went wrong, along the
path of life
For each of us and that's a shame.
But life goes on, I know that, and so do most of us,
we do.
I know there's a space, a place for me and one day,
one for you.....

A BOY



Keshav

BA (H) Psychology

Sem 4 (SOHS)

K.R. Mangalam University

A boy always wondering,
The vastness of space.
A boy always wandering,
Through the streets of a place.

A boy who gets lost,
In his own thoughts.
A boy stuck for lifetime,
With the past clots.

A boy who understands enough,
But maybe a little too much.
A boy who is busy,
While his life rush.

A boy too eager,
To reach his goal.
But maybe,
It puts him into a toll.

A boy trying to detangle,
The complexities of the world.
A boy jotting his life,
Making it unfurled.

CANVAS OF UNIVERSITY MEMORIES



Sahil Saini

BA (H) Economics

Semester VI

K.R. Mangalam University

In a place where paths converge and blend,
From different corners, journeys extend.
New friends unite in the first semester's gleam,
Excitement sparks, like a vivid dream.

Together they laugh, skipping class at times,
Sharing moments, weaving playful rhymes.
Freshers, events, adventures galore,
Bonds forming strong, like never before.

Some stay close, in friendships and love,
Others drift away, like a soaring dove.
Memories built in every step they take,
In photos and videos, moments awake.

As college days fade, life takes its flight,
Friends scatter, some out of sight.
But memories linger, in snapshots so clear,
Tales of laughter, moments held dear.

Though paths may diverge, and time may fly,
These memories stay, never say goodbye.
University life, a cherished part,

SOCIETY AND THOUGHTS

THE FUTURE IS IN OUR HANDS



Vidhi Yadav

BA.hons (political science)

Sem II

K.R. Mangalam University

We stand here today on the precipice of the future. It's not a distant reality anymore. It begins here. It begins today.

We began high school as children, but we're leaving here as adults. We've completed a basic education that will serve as the platform we use to launch ourselves into our futures. Some of us will go on to college, others will go straight into the work force, but each of us will travel our own. path.

No matter where we go or what we do, there are challenges ahead of us. What I'm asking from each of you, and from myself, is to meet those challenges straight on with your head held high and your heart wide open. It's not enough to simply try to get by in life. That doesn't move the world. forward. You must try to excel in everything you do; strive for excellence in every task, large or small.

Although it may not be easy to see, every accomplishment you achieve is added to the world's accomplishments. Your individual successes benefit society as a whole because when you succeed, you lighten the burden on your fellow man. When you succeed, you are in a position to give rather than take.

Imagine if every individual lived up to his or her own potential. Think about how amazing that would be, and how much better off the world would be. Now imagine if just half of those. individuals lived up to

their potential. The world would still be an awesome place. If even 1/4 of those individuals worked to make their lives successful, they could still make some amazing contributions to society.

Well, we may not have the power to inspire the entire world to strive for success, but we do have the power to try to achieve it for ourselves. My challenge to each of you, and to myself, is to do all that you can do to reach your full potential. If each of the (Insert number) students in this graduating class is able to do that, just imagine the effect that would have. The future is truly in our hands, so let's make the most of it.

Thank you.

NO REASON TO HOLD THEM BACK

Archi Yadav

Courts across India seem to have overtaken the rest of society when it comes to progressive views about same-sex relationships. Wonder the meaning of "freedom"? The term can be interpreted broadly to refer to a situation where a person is free to act however they please or to the legal rights they are entitled to. We are surrounded by many people who have access to all of their legal rights but are constrained to live within the norms of mainstream society.

Adhila Nassrin and Fathima Noora are two individuals involved. In spite of opposition from the couple's family, the Kerala High Court permitted them to cohabitate in May. The ruling from the court on May 31 Unexpectedly, a writ petition that safeguards against wrongful and unrelenting imprisonment arrived the day before Pride month started.

*“The police and other government machinery are often used by disapproving families to keep couples apart.” “In such a case, the courts have stepped in where the government has failed to,” said senior advocate **Saurabh Kirpal**. The **print** says, “This has given courage to a large number of queer couples to live their lives freely and openly.”*

In this case, Adhila filed a ***habeas corpus*** petition, asking the court to issue an order directing the police to turn over her partner, who had been forcibly removed from her home by the latter’s parents. The lesbian couple made the decision to fight for their rights in court when their family and society vehemently opposed their relationship and attempted to forcibly separate them, and they were successful in obtaining the freedom they desired. Adhila uploaded a video on Facebook after her partner’s family separated them, and the said video went viral. During the previous hearing, the court directed the authorities to bring Fathima before the court. Following this, the authorities brought Fathima into the courtroom, where she requested permission to stay with Adhila. In a landmark ruling, the **Kerala High Court** allowed the lesbian couple to reunite on May 31, 2022. The court made this decision in response to a ***habeas corpus*** petition Adhila filed, asking for instructions to the police to turn over her partner, who had been forcibly removed from her home by the latter’s parents.

So, the main question that arose through this case was: “While the Constitution guarantees the freedom to live with those we love, society won’t allow individuals to lead such a life.” Nothing is in violation of the Indian Constitution. We can’t find satisfaction unless we live for ourselves. The biggest question one faces will be whether they can attain that. For that, they alone should find an answer. That awareness gave us the courage to move forward with our lives, opposing society and our families.

“Did they have faith in the police and the state when they decided to live together?” they were asked. At the point where Fathima made her statement, yes, they had faith in the police and the government. That’s why they decided to move forward. But they didn’t get any support from the police. Police officers frequently treated their wards as if they were a joke and treated the situation too casually. When it came to filing a complaint, they took a fatherly approach. But they haven’t lost our faith in the political system. The police approach was to stand with the families and discourage them from lodging a case against them. That’s why the issue, which could have been resolved in the police station itself, finally reached the court. It was the police officials themselves who suggested the filing of a ***habeas corpus*** petition before the court. That’s how they approached the lawyer and filed the petition.

“How do you define freedom in your relationship, and how do you arrive at decisions?” Freedom is not something to be guaranteed. There needs to be space to enjoy what is naturally available. Individually, both of them have it.

HOPEFUL OF CHANGING TIMES

The Supreme Court of India descriminalized gay sex in 2018 after a decades-long legal battle fought by activists and LGBTQ+ groups. Even after winning the case, the community still endures prejudice and a lack of full acceptance. One such example is the idea of same-sex marriage, which continues to have no legal sanction in the country. About nine petitions requesting recognition of same-sex marriage are currently pending before the high courts in Delhi and Kerala.

SOCIETY AND THOUGHTS



Abhishek Rishi

B.Com LL.B (H)

Sem - X

1905150005

Labor were replaced by machine operator in early 1900s, machine operator were replaced by computer operators and now Artificial Intelligence operator are replacing computer operators. World is evolving with a great efficiency and things are getting easier for human being. These all comfort's credit goes to science and technology. In early 1900s it would had been hard to even imagine that people can fly in the air, we could get information of a person sitting 1000 miles away from us within a second, car with no driver and many more such thing.

Today we are so advance that we can't even imagine at what stage we will be after 15-20 years later. Science and technologies are rapidly growing and human are benefited in the area of medical, research, luxuries and so on. There are some instances which are unique creation of science and technology Artificial Intelligence (AI) which has the capacity to do more work than human as AI is capable of making sense of right and wrong, driverless car where human is not required machine will drive that car, there are various machines in the medical which are capable of identifying the actual disease and many more.

I can say that science and technology is a boon for human life and we are lucky to use these technology and wish to see more changes in future in a positive direction.

SUCCESS

My success is just delayed and not denied,
With this thought I never quit and always strive.
For the right time is known, only to divine,
I know that everything will soon be best,
and perfectly fine.

Great victories need immense sweat and blood to be put in,

And so I never let myself collapse and give in.

Never matters who says and thinks what, how you'll shine? If you work hard with patience,

Success is thine.

Coz it comes to those who dissolve themselves to quench their thirst,

Rather than people who in tears, get burst.

At times you might be alone like the luminous star in the sky,

Yet keep your rays accessible for each passer-by.

Be welcoming for all critiques from whom you certainly will learn,

Get cut and polished like the diamond that glows like none.

LIFE AFTER DEATH



AYUSH BAL

B.COM(H)

Sem - II

K.R. Mangalam University

Life is long yet short for some
But death is eternal, as it is yet to come
Where do you want to go it's your choice,
Either it's abyss of cold ocean or above the skies

Why people think hell is a bitter cold place,
You are just paying for your sins,
that you had done throughout your way

Why people think heaven is a tranquil place
You can't have reunion with your loved ones
Even you haven't done any bad thing in your way,

Sorrow and agony are only mere emotions
That people feel when they are about to die,
Because when death approaches you
You can only find death is your only rejoice

नारी



Aish Saroj

B.Tech CSE

core (sec-4)Sem - I

K.R. Mangalam University

ईश्वर कि नहीं तू केवल एक रचना है
ये बात तुझे खुद समझना है
गौर करना बात पर मेरी
ये तुझे कोई कहेगा नहीं
गिर के तुझे खुद उठना है
तुझे कोई उठाएगा नहीं

छोड़ जाने दे मत पकड़ इन फटे पुराने पन्नों को तू स्वयं
एक किताब लिख दे तुझमे इतनी क्षमता है
ये बात तुझे खुद समझना है
ये बात तुझे खुद समझना है

क्यों समझती है तू खुद को कमज़ोर
तूने ही तो थामी है हम सबकी डोर
अपने अरमानों पर भी गौर कर
अपने सपनों को भी सच कर
मत सोचण्णतू बनी है किसी के लिए
की मत सोच तू बनी है किसी के लिए
तूने ही तो सबको बनाना है
अपने बुझते दिए को तूने ही जलाना है
तू नहीं तो चलना है

इस बात का ध्यान तुझे खुद करना है
तुझे खुद करना है

तूने इतिहास से रचा तुझे इतिहास है रचना
की तूने इतिहास है रचा तुझे इतिहास से रचना
इस बात को तुझे नहीं है भूलना

अरेण्ण आज के युग की तो वो नारी है
जो आसमानों को छूने वाली है
मत परवाह कर इस दुनिया की
इसका तो काम है तुझे गिराना
मगर गिर के तुझे खुद उठना है

ममता की मूर्त है तू
भाई संग बहन का प्रेम है तू
पिता की लाठी है तू
पति संग उसकी सफलता है तू
घर का सार है तू
संसार का आधार है तू
अंत है तू
आरंभ है तू
इस संसार का प्रारंभ है तू

इतना सब कुछ तो तू करती है
फिर क्यों किसी से डरती है
क्यों किसी से डरती है
क्यों किसी से छुपती है

अरे जो अंगारो पर चलकर आसमान को चिर दे
तारों को बटोर कर उनसे अपना नाम लिख दे तो वो आजकी नारी है
तो वो आज की नारी है

ऐसा ही है समाज



Rishita Jain

BA (H) English

School of Humanities

2308213018

पर क्या है ये समाज?

तुम अपनी तरह सजाना

थाली में हो खाना तो माथे से लगाना

अगर हो सर पे छठ तो सबका साथ निभाना

बदन पे कपड़ों से खुशियों को बुलाना

और अगर हो ज़रूरत से ज्यादा तो बांट के घर आना।

ऐसा ही है समाज

ऐसे ही हैं हम

में से तुम

तुम से वो

हमसे सब

सब में हु

हमसे सब

परिचय नया नया है देते

चेहरे खोये खोये रहते हैं

दिल बेचैनी से है मरते

लोग जवानी में है रोते

हम ही ना शके है पुतले

हम ही प्रेम के पंख लगाएंगे

काश, काश का सहारा लिए रोज़ सपने सजाए

हम बच्चे पढ़े पढ़ाये, माँ बाप ने है पंख लगाये

पर हमारी उड़ान से घबराये

पर फिर भी हम यहाँ हैं खड़े

अपना पिछला सब भुलाये

अपना नाम आगे बढ़ाये

अपनी नई पहचान बनायें

अपनी जेब से बढ़कर करे

फिर भी कम क्यों लगे?

क्योंकि हम देखम देख में रहे

हयूम, हममें होना है खड़े

茉莉花 (Jasmine Flower)



Alishaswami

B.A. (Hons) Chinese

2208770008

K.R. Mangalam University

茉莉花 (Jasmine flower)

“ jasmine flower “ is a very famous chinese folk song .

好一朵美丽茉莉花

(what a beautiful jasmine flower)

粉房美丽满枝丫

(fragrant and beautiful, stem full of buds)

又香又白人人夸

(Fragrant and white , everyone praises)

让我来将你摘下

(let me pick you up)

送给别人家

(give to someone else's home)

茉莉花呀茉莉花

Jasmine flower, oh , Jasmine flower

好一朵美丽的茉莉花

(What a beautiful jasmine flower)

粉房美丽满枝丫

(Fragrant and beautiful, stem full of buds)

又香又白人人夸

(Fragrant and white, everyone praises)

让我来将你摘下

(let me pick you up)

送给别人家

(give to someone else's home)

茉莉花呀茉莉花

(Jasmine flower, oh, jasmine flower)

Impressions (Paintings & Sketches)



RUCHI DUGAR
B.A. CHINESE (RESEARCH) SEMESTER-II



NISHITA
BFA 1ST SEMESTER, SOAD





ARTWORK OF SWATI SINHA

Swati Sinha is a student of Design specializing in Game Design and Animation under the School of Architecture and Design in K. R. Mangalam University in Haryana. She is also an Air NCC flight cadet with a B Certificate. She has won 1st prize in the Talent Hunt held on to Youth Day 2024 in her campus hostel.



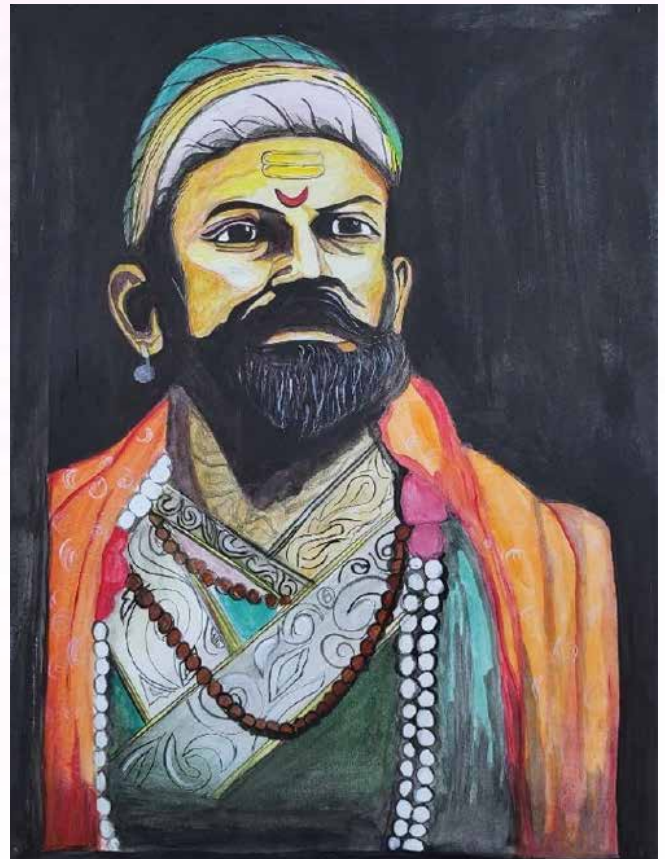
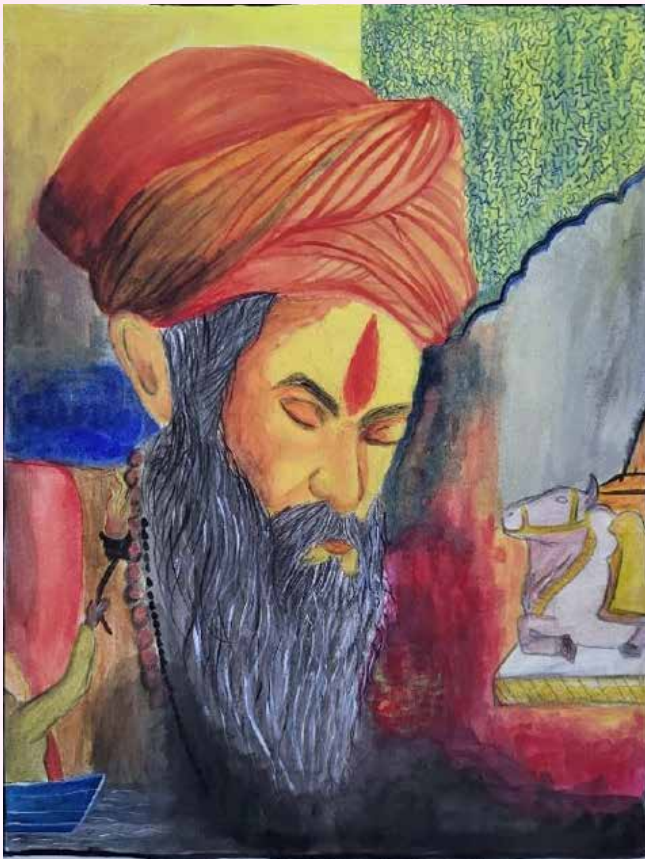
Without formal training following the passion in Drawing and Painting Art, she started from small time art commissions through online platforms and continued with detailed artworks in various styles like portraits, landscapes, poster color paintings, acrylic paintings, charcoal/graphite paintings, Mandala Art, etc.

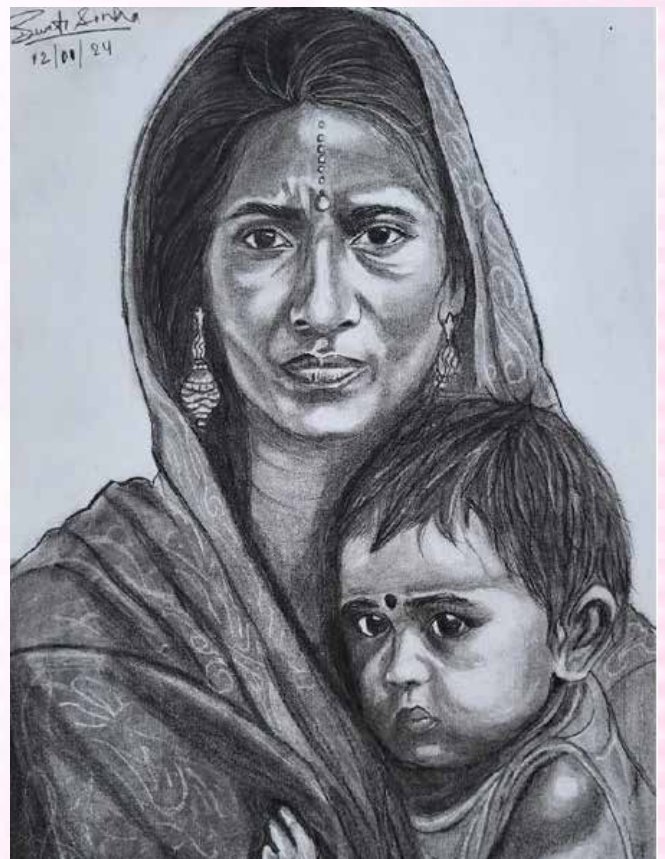
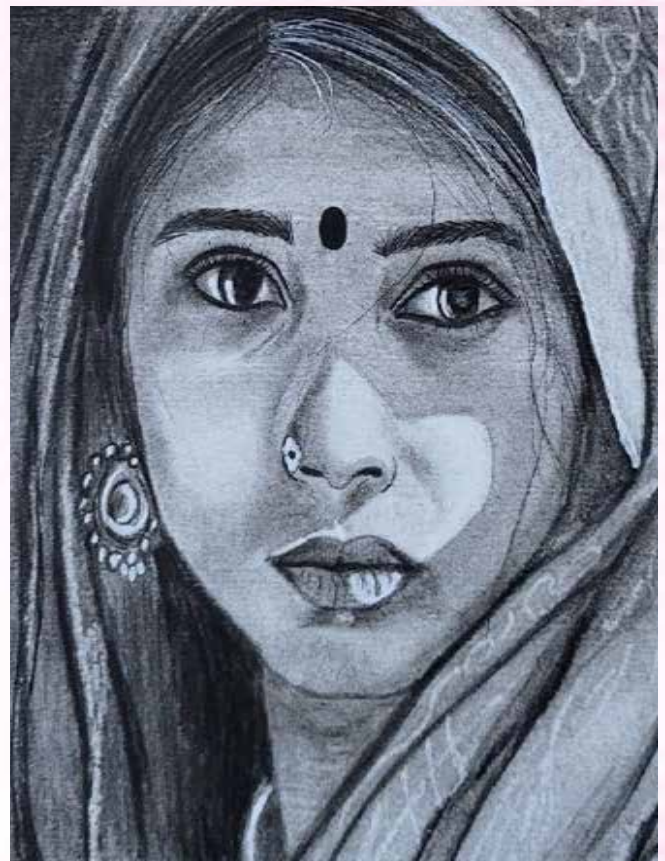
Her recent works have gained recognition and her detailed works in pencil and pen drawings, charcoal paintings and oil pastel paintings etc. were featured in K. R. Mangalam University Exhibition.

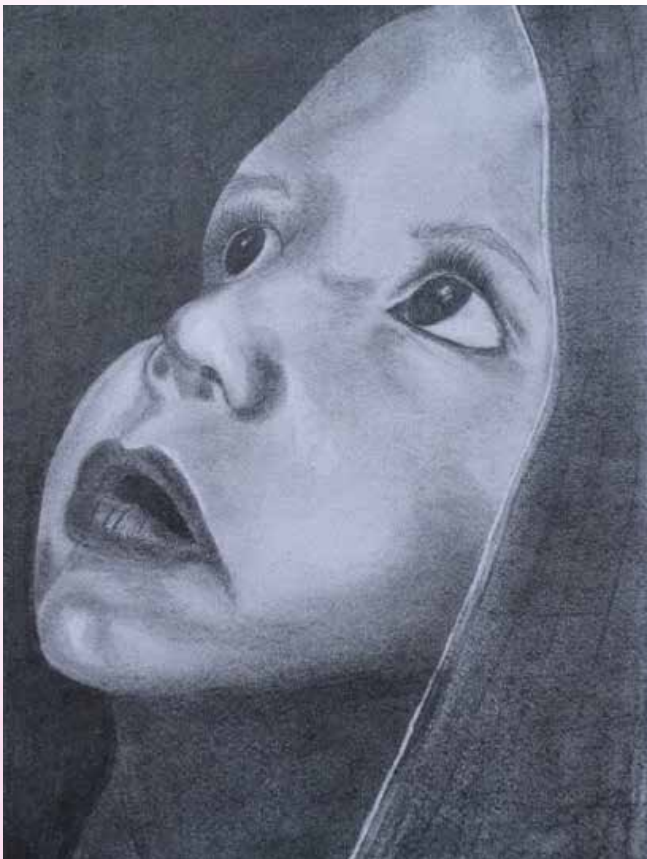












ASHANK PRATAP SINGH

Ashank Pratap Singh, B.Des in Game Design and Animation, SOAD, KRMU He has won 3rd prize in the Talent Hunt hosted by the university. His excellence in Drawing, Digital art pencil drawings, oil pastel paintings and logo designs gained recognition and featured. He has worked on detailed artworks in various styles like Oil pastels, acrylic paintings, Mandala Art, etc.





Shayari by
Ashank Pratap Singh

Tere pyaar me do pal kezindagi bahut hai.
Ek pal ki hasi aur ek pal ki Khushi bahut hai.
Ye duniyamujhejaaneyanajaane,
Teri aankheinmujhepehchaane, yhi bahut hai.

Aap khud nhijaanti ki aapkitnipyaaari ho.
Jaan ho humari, par jaan se bhipyaari ho.
Dooribanhi hone se koi faraknhihota.
Aap kal bhihumarithi, aajbhihumari ho.

Meine apnishamo me hissasirftumkodiya.
Har lamhasirf tera hi intezaarkiya.
Ek dilhai, vobhisirftujhkoqurbaankardiya.
Ishqterealaawa, kisi ko nakiya.

Meine apnesapnomai, uskasaathdekhatha.
Mere haathomai, uskahaathdekhatha.
Jab tootameraarmaan, tab maalumhua.
Meine kisi aur kehisse ka khwaabdekhatha.



DIVYA SAINI
B.A.(H) CHINESE, SEMESTER-IV
SCHOOL OF HUMANITIES



DIGITAL ART



MAANAV ADITYA SINHA
B. TECH, CSE
AI & ML, SEM-4



LAURELS

**AYUSH SINGH,
B.A.(H) PSYCHOLOGY,
SCHOOL OF HUMANITIES,
KRMU**

Under the Pen name-Tzar Quetzalcoatl, has published The Glory of Rainbow, Expression of Words, Per'sonnes, Eloquence, Alfazon ki Tarange, Chitt: A Touch to Indian Psychology and Philosophy &Vrikshayurveda: It's Relevance for Environmental Psychology in India. He is a prolific and versatile author.



VOX POPULI



Aditi Prasad

BA Chinese (H)

4th Semester

K.R. Mangalam University

HARMONY ACROSS BORDERS: AN INTERACTIVE VOYAGE WITH CHINESE SCHOLARS

In a recent interactive sessions at our college, we, the students of Chinese Department, had the exceptional opportunity to learn from the Chinese scholars about the Chinese language through an interactive online sessions. These sessions were organised by the Chinese University named JingGangShan University which collaborated with our esteemed University. We are grateful for the encouragement and support from KR Mangalam University in fostering these enriching exchanges.

In future, we believe these kind of opportunities and exposure will help us to excel in our career.

We express our sincere gratitude to both the Chinese scholars and KR Mangalam University for their collaborative effort in facilitating these valuable sessions. These interactive sessions not only deepened the connections between us and our Chinese counterparts but also broadened our academic and personal perspectives. This cross-cultural initiative stands as a testament to the unifying power of shared knowledge, breaking down barriers and nurturing a sense of global unity within our college community.

EVERGREEN TREND



Rishita Jain

BA (H) English

School of Humanities

2308213018

Hand raises to be a creator? Give a hand to a book

Youth, kids, citizens today everyone is a creator or follower. The trend is about everything from eating to sleep and head to toe everyone has two hands, but both are busy with carrying screens.

While reading should be on a to do list but now, it's on a bucket list. Read, to find trends from old money to an entrepreneur. You will learn know-how and gain knowledge about the world demanding trends and collaborating ideas.

Do you know, the world's richest people and successful ideals read a lot, even newspapers and articles. For instance, Bill gates' read books for approx. 16 hours in his day. Everyone should read to keep themselves updated in this fast and trendy world. So, from now on even when you pose with a book for the picture also read from it atleast for 15 minutes. Press the bell icon to remind your followers that reading is the evergreen trend.

LAW, POLITICS & SOCIETY



Anushka Rawat

B.A. psychology (H)

III Semester

K.R. Mangalam University

LAW, POLITICS & SOCIETY IS THE STUDY OF THE RELATIONSHIP BETWEEN LAW, POLITICS, AND SOCIETY

At UMass Amherst, we are interdisciplinary. In addition to gaining knowledge of the key debates in the field from a political science perspective, our faculty incorporate a wide range of approaches into their research and teaching, including those from anthropology, computational social science, criminology, economics, gender studies, history, law, linguistics, sociology, and technology.

We are both domestic and global in scope. Faculty study core questions at the local, state, national, and international levels. This includes addressing questions central to the role of courts in American democracy, how formal and informal legal systems operate throughout the world, and the role that law plays on the international stage.

And we are methodologically pluralistic, with faculty whose work embraces qualitative and quantitative approaches, including case studies, content analysis, ethnography, experimental survey methods, field research, interpretive research, network analysis, quantitative modeling, and textual analysis. Several of us are faculty affiliates with the Computational Social Science Institute.

SUBFIELD STRENGTHS: Public Law faculty have national and international reputations in a range of topics central to understanding the relationship between law, politics, and society.

Judicial Selection

Dispute Resolution and Judicial Decision Making

Comparative and International Law and Society

Legal Policymaking and Implementation

Cross-Field Streams: In addition to the strengths in the Public Law subfields discussed above, our research and teaching centers around several cross-cutting themes that connect these subfields both to one another and to faculty in other fields and in the Five Colleges System, where students can attend workshops and take additional courses.

Conflict, Violence, and Security: This is the study of conflict and conflict processes, violence (and efforts to counter it, including non-violent approaches to conflict), and security, broadly defined to include human security initiatives as well as the security-seeking practices of political actors from the local to the global. Co-organized by scholars from Public Law and International Relations, this workshop also brings together faculty and graduate students in Comparative Politics and Political Theory.

Law and Social Movements: This is the study of how legal and political actors attempt to influence legal outcomes through both formal and informal mechanisms, including lawmaking, litigation, mobilization, and changing how we interpret the law. These interests connect Public Law faculty to scholars in American Politics, Comparative Politics, International Relations, and Political Theory.

Politics of International Law: This is the study of law and law-like processes at the global level. It can include formal public international law (such as international treaties) and also the study of soft law, customary law, and the politics of international legal regimes. These interests connect Public Law faculty interested in refugee law, immigration law, international criminal law, international dispute resolution, and national security law to International Relations faculty interested in law, norms and political behavior.

Politics of Migration: This is the study of how law and politics shape policies relating to migration and citizenship and how individuals experience these policies. Public Law faculty examine this topic in both domestic and foreign settings. These interests connect Public Law faculty to faculty in American Politics, Comparative Politics and International Relations.

Features: UMass is very proud to be the home of numerous institutions that allow graduate students to connect with scholars from across campus and the world. These include:

Legal Studies Program, the nation's oldest undergraduate law and society program. Graduate students have the opportunity to serve as teaching assistants and teach their own courses in Legal Studies.

The Law and Society Association, the world's premier scholarly organization devoted to the social scientific, interpretive, and historical analyses of law across multiple social contexts.

Five College Legal Studies Seminar, which brings together faculty and students from across the Five Colleges and the world in a series of monthly talks. Past presenters have included Jennifer Carlson (University of Arizona), Matthew C. Ingram (University at Albany), Hannah Lerner (Tel Aviv University), and Keramet Reiter (University of California, Irvine), in addition to faculty from Amherst College, Hampshire College, Mount Holyoke College, Smith College, and UMass. Paul Collins is the Chair of this seminar series, which is sponsored by the Five College Consortium.

The National Center for Technology and Dispute Resolution, an international organization focused on the use of information technology to better understand and manage conflict resolution. Leah Wing is the Co-Director of the NCTDR.

Graduate Coursework: Doctoral students in Law, Politics and Society traditionally take a Proseminar

in Law and Courts and other graduate-level coursework, such as courses in Comparative Judicial Politics, Constitutional Law, Law and American Democracy, Law in Society, and Transitional Justice. Ph.D. students in Public Law must also pass a comprehensive exam with mastery in three areas of Public Law:

1. Judicial Process and Politics
2. Jurisprudence and Judicial Behavior
3. Constitutional Law

Glimpses of MoUs of K. R. Mangalam University



The Memorandum of Understanding (MoU) between School of Humanities, KR Mangalam University and Digi Acai Pvt. Limited was signed on 22nd December 2023.



School of Education, K.R Mangalam University signed a MoU with Sociwind Foundation on 27 September 2023



MoU signing between K.R Mangalam University and Save Aravali Trust.



MoU Signing between K.R Mangalam University and KIIT College of Education, Gurugram.



Memorandum of Understanding (MoU) was signed between K. R. Mangalam University, Gurgaon with Virtual Cyber Labs (CeroHub Pvt. Ltd.) on 14th September 2023

Special Lecture Series by SOLS & LEGAL AID CELL



Special Lecture: I

**Resource Person: Hon'ble Justice Mr. Ajit Prakash Shah,
Former Chief Justice (High court of Delhi)**



Special Lecture-II in Victim Justice

Resource Person: Hon'ble Justice A.M. Magrey and Professor Dr. G. S Bajpai



Special Lecture III on Special Lecture Series on “CRIMINAL JUSTICE SYSTEM

Resource Person: Prof. Mehraj Uddin Mir;

Chair Professor, Motilal Nehru, K.R.Mangalam University



Special Lecture-Iv

Resource Person: Hon'ble Justice U.U. Lalit



Special Lecture-V

Social Aspects of Professional Ethics for Budding Lawyers
Resource Person: Hon'ble Justice Manju Goel

FACULTY DEVELOPMENT PROGRAMS & PENAL DISCUSSION

ODD SEMESTER 2023-24

Faculty Development Programme on “Inter-Disciplinary Qualitative Research”
organized from 18-25 September 2023






K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

Gurugram, Delhi-NCR

SCHOOL OF EDUCATION
Organizes
ONE WEEK ONLINE FACULTY DEVELOPMENT PROGRAMME
on
Inter- Disciplinary Qualitative Research
18-25 SEPTEMBER 2023

DISTINGUISHED SPEAKERS

<p>Date 18 September 2023</p> <p>Inaugural Session Time: 12:00 P.M. to 1:00 P.M.</p> <p>Theme: Qualitative Research: Principles & Paradigms</p> <p>Prof. (Dr.) Amit Kouts Head and Dean Faculty of Education, Gurukul Kangri, Dev. Univ., Amritsar, Punjab</p>	<p>Date 18 September 2023</p> <p>Session I Time: 1:00 P.M. to 3:00 P.M.</p> <p>Theme: Case Study: Learning from Singular Situation</p> <p>Dr. Suman Dalal Head of Department, B.P.S. Institute of Teacher Training and Research, B.P.S. Model Vidyapeeth, Sonapat, Haryana</p>	<p>Date 19 September 2023</p> <p>Session II Time: 1:00 P.M. to 3:00 P.M.</p> <p>Theme: Ethnography: A Cultural Journey in Research</p> <p>Dr. Harpreet Kaur Jose Assistant Professor, Department of Educational Studies, Jamia Millia Islamia, New Delhi</p>
<p>Date 20 September 2023</p> <p>Session III Time: 1:00 P.M. to 3:00 P.M.</p> <p>Theme: Narratives: Translating Studies into Research</p> <p>Dr. Shalini Yadava Assistant Professor, University School of Education, Gurukul Kangri, Dev. Univ., Amritsar, Punjab</p>	<p>Date 21 September 2023</p> <p>Session IV Time: 1:00 P.M. to 3:00 P.M.</p> <p>Theme: Content Analysis: Deciphering Messages and Meanings</p> <p>Prof. (Dr.) Gunjan Aggarwal Dean School of Education, B.P.S. Model Vidyapeeth, Sonapat, Haryana</p>	<p>Date 22 September 2023</p> <p>Session V Time: 1:00 P.M. to 3:00 P.M.</p> <p>Theme: Methodological Research: A Journey through Time</p> <p>Prof. Ashish Ranjan Department of Education, University of Delhi, Delhi</p>
<p>Date 23 September 2023</p> <p>Session VI Time: 1:00 P.M. to 3:00 P.M.</p> <p>Theme: Phenomenology: Exploring the Essence of Human Experiences</p> <p>Prof. S. P. Malhotra President, National Council of Educational Research and Training (NCERT)</p>	<p>Date 24 September 2023</p> <p>Session VII Time: 1:00 P.M. to 3:00 P.M.</p> <p>Theme: Grounded Theory: From Data to Theory</p> <p>Prof. (Dr.) Shujendra Nath Pandey Prof. of Edu. Dept. of Research Regional Institute of Edu. (RIE), Bhubaneswar, Odisha</p>	<p>Date 25 September 2023</p> <p>Valedictory Session Time: 2:00 P.M. to 3:00 P.M.</p> <p>Theme: Reflexive Considerations in Interdisciplinary Qualitative Research</p> <p>Prof. (Dr.) Nishant Bhasu School of Education, Central University of Rajasthan, Jaipur, India</p>

PATRON
Prof. (Dr.) Chandra Shekhar Dubey
Vice-Chancellor, K.R. Mangalam University

CONVENER
Prof. (Dr.) Tania Gupta, Dean
School of Education (SOED)
K.R. Mangalam University

CO-CONVENER
Dr. P.C. Jena, Professor
School of Education (SOED)
K.R. Mangalam University

FACULTY CO-ORDINATORS
Dr. Shikha & Mr. Saket Bihari
Assistant Professor,
School of Education, (SOED)
K.R. Mangalam University

University Gurugram Campus: ☎ 011-4884888 / 8800697010-16 📞 8800697012

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Faculty Development Programme on “Methodical Minds : Building Expertise In Research Methodologies” organized from 8 – 13 January 2024



School of Humanities

K.R. Mangalam University, Gurugram, Haryana

in collaboration with

**Sadanlal Sanwaldas Khanna Mahila Mahavidyalaya
University of Allahabad**

Organizes

**METHODICAL MINDS: BUILDING EXPERTISE IN
RESEARCH METHODOLOGIES**



6-DAYS ONLINE FACULTY DEVELOPMENT PROGRAMME

8th January 2024 - 13th January 2024

**Panel Discussion on “Reproductive Rights Of Women In India”
organized on 8 October 2023**



CENTRE OF HUMAN RIGHTS
SCHOOL OF LEGAL STUDIES
Organises

PANEL DISCUSSION
ON
REPRODUCTIVE RIGHTS OF WOMEN IN INDIA

**Moot Court Hall**

**6th of October, 2023**

**11:30 AM to 12:45 PM**

Expert Panelist



Dr. Virendra Yadav
(CMO, Gurgaon)



Prof. (Dr.) Mehraj Uddin Mir,
(Chair Motilal Nehru Chair)



Dr. Anuj Garg,
DyCS in O/o Civil Surgeon, Gurugram



Dr. Puneet Arora
(IVF Specialist)



Manik Mohan Sharma
Advocate (High Court of Chandigarh)



Ms. Ritu Sindhwani,
National Director: Mahila wing (WHO)

**Faculty Development Programme on “Case Based Teaching”
organized from 15 – 20 January 2024**

**K.R. MANGALAM UNIVERSITY**
THE COMPLETE WORLD OF EDUCATION

SCHOOL OF MANAGEMENT & COMMERCE
organises

FACULTY DEVELOPMENT PROGRAMME
on
CASE BASED TEACHING

15th to 20th January 2024



Prof. Punam Sahgal
Former Prof. IIM Lucknow
19th January



Prof. Ashok Panjwani
Former Prof. MDI Gurgaon
18th January



Prof. M Akbar
Former Prof. IIM Lucknow
15th January



Prof. Sajjan Singhvi
Former Prof. IIMT Ghaziabad
17th January



Prof. S C Bansal
Former Prof. IIM Lucknow
20th January



Prof. Soma Dey
Prof. FMS, Delhi
16th January

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Faculty Development Programme [Hybrid] on “Statistical Tool & SPSS” organized from 12 – 18 January 2024



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

SCHOOL OF JOURNALISM AND MASS COMMUNICATION
organises

Faculty Development Program (Hybrid) **Statistical Tools & SPSS**

Date & Day	Time	Venue	Name of Resource person	Topic
12th January 2024 (Friday)	2:00 pm to 4:00 pm	Conference Hall, A block	Prof Dr. Ankush Mittal, Vice Chancellor, KR Mangalam University	Research using Orange data mining tool
13th January 2024 (Saturday)	2:00 pm to 4:00 pm	Online (Google Meet link: https://meet.google.com/svy-cjyt-kps)	Dr. Tasha Singh Parihar, Professor, Gargodia University	Basics of Research Statistics and SPSS
14th January 2024 (Sunday)	2:00 pm to 4:00 pm	Online (Google Meet link: https://meet.google.com/svy-cjyt-kps)	Prof. (Dr.) Neeraj Khattri, Dean, SJMC, KR Mangalam University	Research Techniques
15th January 2024 (Monday)	2:00 pm to 4:00 pm	C- 409	Mr. Ashwani Kumar, Assistant Professor	Advance Excel for data analysis
16th January 2024 (Tuesday)	2:00 pm to 4:00 pm	C- 409	Dr. Ritwik Ghosh, Assistant Professor	AI tools in Media Research
17th January 2024 (Wednesday)	2:00 pm to 4:00 pm	Conference Hall, A block	Prof Dr. Ankush Mittal, Vice Chancellor, KR Mangalam University	Research using Orange data mining tool (part II)
18th January 2024 (Thursday)	2:00 pm to 4:00 pm	Conference Hall, A block	Dr. Ritwik Ghosh, Assistant Professor	AI tools in Media Research (Part II)

Convenor
Prof. (Dr.) Neeraj Khattri
, Dean, SJMC, KR Mangalam University

Co-Convenor
Ms. Aditi Agarwal
Ms. Ritika Choudhary



Scan the QR
code to Register

HIGHLIGHTS OF OUTREACH & EXTENSION ACTIVITIES OF ODD SEMESTER 2023-24



Site Visit For Mivan Technology
Organized by: School of Architecture and Design (SOAD)
Date: Wednesday, December 6, 2023.



Commercial Centre Site Visit and Case Study to DLF Cyber Hub
Organized by: School of Architecture and Design
Date: Monday, 11th September 2022



**Site Visit For Architectural Design-Iv
Organized by: School of Architecture & Design
Date: Monday, 04th September 2023.**



**Industrial visit by SOHMCT students at Four Points By Sheraton, New Delhi to
celebrate "International Housekeeping Week".**



School of Humanities in collaboration with NSS, KRMU organized extension activity on major health problems related to women in Govt. Senior Secondary School, Ghanghola on October 25, 2023.



School of Humanities of K.R. Mangalam University in collaboration with NSS organized "A donation drive at old age" Date: Wednesday, 29th November'



School of Management & Commerce

**"Life Skills for Villagers: Awareness program on adverse effects of using drugs"
with the Red Cross Society**

Date and Time: 30th October 2023, 10:00 AM onwards