MEMORANDUM OF UNDERSTANDING (MOU)

Between



EDUCATION FOR LIFE (Recognized by UGC and a member of AIU)

K.R. MANGALAM UNIVERSITY Sohna Road, Gurugram, Haryana-122103

and



UNIQUE PSYCHOLOGICAL SERVICES (UPS)
New Delhi- 110065

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MEMORANDUM OF UNDERSTANDING

The Memorandum of Understanding is executed on 15th day of November, 2022

BETWEEN

K.R. Mangalam University, Sohna Road, Gurgaon - 122103 (Delhi NCR Region), a University established under the Haryana Private Universities Act 2006 (Amended 08 of 2013) and under section 2(f) of UGC Act, 1956 wherein empowered to award degrees, as specified under section 22 of the UGC Act, 1956, through its Registrar presently Gp. Capt. Praveen Mahajan duly authorized to enter into and sign an MoU on behalf of K.R. Mangalam University (hereinafter referred to as KRMU) PARTY OF THE FIRST PART.

AND

Unique Psychological Services (UPS) C101, Bharat Nagar, New Friends Colony, New Delhi -110065, India through its, Director, presently Ms. Gagandeep Kaur duly authorized to enter into and sign an MOU on behalf of Unique Psychological Services (hereinafter referred to as KRMU) PARTY OF THE SECOND PART.

Preamble:

K.R. Mangalam University, Gurugram, Haryana and the Unique Psychological Services, New Delhi, here in after called the 'Partners', found it mutually for the academic benefit to have a formal understanding between the two Partners in taking up collaborative research, training, upgradation of knowledge and placement activities based on mutual cooperation and understanding. In the above programmes the K.R. Mangalam University will be concern only to enhancement of the academic knowledge of its students through the training & placement activities.

Both the partners have thus arrived at an understanding as indicated below:

The Partners of this Memorandum of Understanding are the K.R. Mangalam University represented by the Gp. Capt. Praveen Mahajan, Registrar or his nominee on one side and Unique Psychological Services, New Delhi represented by Ms. Gagandeep Kaur, Director on the other side.

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Details of Understanding:

The Partners, after due consideration of various aspects have arrived at the following understanding in respect of the research, training, and placement.

The K.R. Mangalam University will provide students and academic staff for the successful completion of the activities, while on the other Unique Psychological Services would provide its staff for training, and would organize placement programme. The Partners will evolve a mechanism for exchange of experiences and expertise for mutual benefit of both the organizations.

Date of Effect:

The Memorandum of Understanding (MoU) shall remain in force for a period of five years from the date, it is signed. This MoU may be terminated by either party subject to the delivery of three months advance notice. The MoU may further be extended or amended by mutual consent through an exchange of correspondences between the two Partners.

For K.R. Mangalam University

For Unique Psychological Services

Gp. Capt, P. Malajan

Registrar

Registrar

K.R. Mangalam University Mangalam University Selma Road, Gurugram Selma Road, Gurugram Harvana - 122103

Haryana - 122103

Dated: 15.11.2022

Ms. Gagandeep Kaur

Director

Unique Psychological Services

New Delhi - 110065

Dated: 15.11.2022

Registrar K.R. Mangalam University Sohna Road, Gurugram, (Haryana)

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1. WITNESS:

Dr. Kamini Chauhan Tanwar, Professor K.R. Mangalam University Sohna Road, Gurugram Haryana-122103

Dr. Suruchi Singh, Assistant Professor K.R. Mangalam University Sohna Road, Gurugram Haryana-122103

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Varsha Murateedharan Rychologist Unique Psychological Services New Delhi, 110025



School Of Humanities

Organizes

Soft Skills Enhancement Workshop

on

TEAM WORK & INTERPERSONAL RELATIONSHIPS

In collaboration with

UNIQUE PSYCHOLOGICAL SERVICES

Venue: Online Platform

Date: 24 Nov 2022

Meeting Link: https://teams.live.com/meet/9574596883879

Key Note Speaker:
Dr. Kanu Priya (Assistant Professor)
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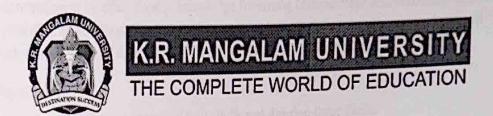
Covenor:

Kamini Chauhan Tanwar Dean Dept. Psychology

Organizing Committee:

Dr. Shivani Tomar, Assistant Professor(Psychology) | School of Humanities
Dr. Shika Dutt Sharma, Assistant Professor (English)
Ms. Afreen Fatima, Assistant Professor(Psychology)

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Report on

Soft Skills Enhancement Workshop on

"Team Work & Interpersonal Relationships"

Target Group: Students of SOHS

Key Note Speaker: Dr. Kanu Priya, Assistant Professor, FMeH, Manav Rachna International

Institute of Technology.

Organizing Team: Dr. Shivani Tomar, Assistant Professor (Psychology), Dr. Shikha Dutt Sharma, Assistant Professor (English), Ms. Afreen Fatima, Assistant Professor (Psychology), Dept. of

Psychology, School of Humanities, K.R.Mangalam University.

Date and Time: 24/Nov/2022, 12:00 PM onwards.

Venue: Online Platform - MS Teams.

Introduction

In today's time and age Soft Skills are extremely important for Communication, Leadership and Creativity. Communication aspect of soft skills includes verbal communication, presentation skills, listening, public speaking, humor, interviewing, and writing. Leadership aspect of soft skills includes team building, strategic planning, supervising, decision making, delegation, and monitoring, giving feedback. Creativity aspect of soft skills includes problem solving, innovation, design sense, artistic sense, critical thinking and trouble shooting.

The topic of Team Work includes Micheal Jordans saying, "Talent wins games, but team work win championships" The word TEAM breaks down into "together, everyone, achieves, more". The phases of Team development are of utmost importance. The topic of Interpersonal relationships involves understanding what these skills mean like the behaviors and tactics a person uses to interact with others effectively.

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To help students master strategies that can help enhance soft skills, Team efficiency and develop an understanding to be able to apply knowledge for strong Interpersonal Relationships, the School of Humanities, K.R. Mangalam University, organized a soft skills enhancement workshop on "Team Work & Interpersonal Relationship" for students from various departments of SOHS.

Objectives

- To know the importance of Soft Skills and develop these Skills.
- To know what are the advantages and disadvantages of Soft Skills.
- To be able to form efficient Teams.
- To understand Phases of Team Development.
- To know the required skills for strong Interpersonal Relationships.

Content

The speaker Dr. Shikha Dutt explained each aspect of soft skills to the students and how soft skills focus on a cluster of personal qualities, habits, attitudes and social graces that make someone compatible to work with. She talked about how students can refine their soft skills for making a good impact or impression on others. The pros and cons of soft skills were discussed.

Dr. Shikha spoke about how the students can learn soft skills by either taking a course, seeking mentors or through simply volunteering. Dr. Kanu Priya focused on the enhancement of interpersonal skills and discussed about the phases of Team Development Forming, storming, norming, performing and adjourning. Moreover, she elaborated on various tips on the valuable interpersonal skills for career. She also provided us with the 5 C's of teamwork include cooperation, compromise, confidence, communication, commitment. The book "The Power of a Positive Team" by Jon Gordon which focuses on powers of optimism. The book contains guide on how to create teams that care for, commit to and communicate with each other.

Top Interpersonal skills like Responsibility, Dependability, Motivation, Flexibility, Patience, Empathy, Active Listening were mentioned also the types of Interpersonal conflicts were discussed. For improvement on interpersonal skills the book "Reconcilable Differences" by Andrew Christensen, Brian D. Doss and Neil S. Jacobson was recommended to the students. The session was followed by a question answer session between the speaker and the students, where the speaker patiently and enthusiastically answered the questions and doubts the students had.

Attendees

20 students from various departments of SOHS participated in the workshop.

Activity Outcome

This workshop helped students develop their soft skills. They learned Team Developine it

Interpersonal Skills.

Conclusion

The session was full of insightful information and was very interactive. The students enjoyed the experience and gained insight into the soft skill enhancement.

Further Scope

Events like this which help students to improve their soft skills can be organized in the future focusing more on the practical approach.

Photo 1: The resource person addressing the students during the workshop

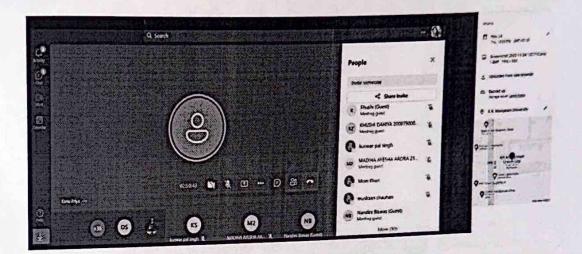




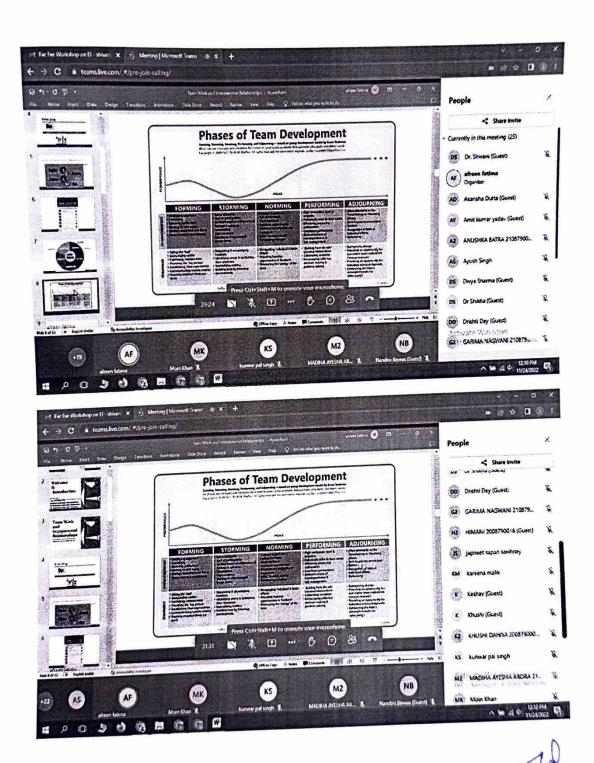


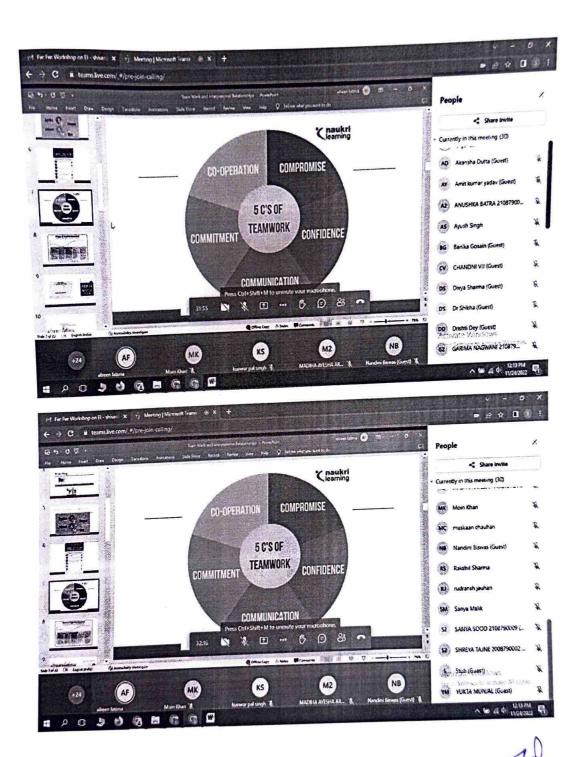
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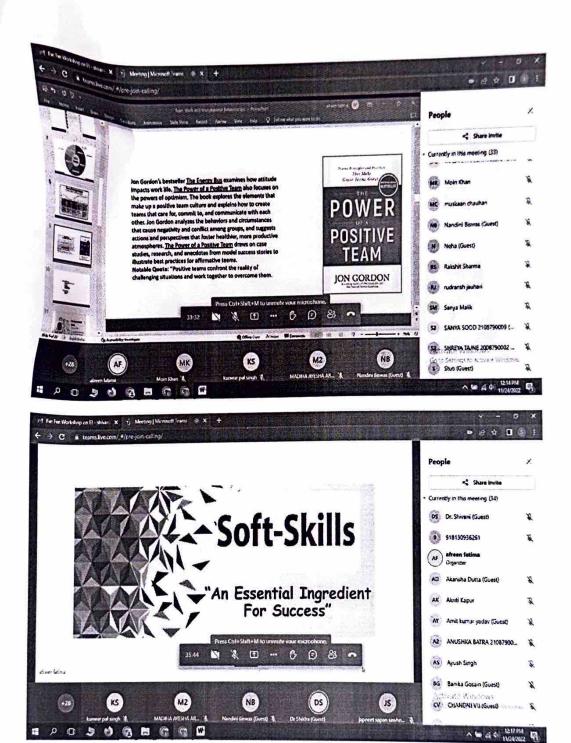
Photo 2: The resource person addressing the students during the workshop



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Report prepared by	2011 22 1 Dima
Reported by	Ms Afreen Fatima 30.11.22
Report verified by Event Coordinator	Dr. Shivani Tomar 1.12.22
Report seen by Dean	Dr. Kamini Chauhan Tanwar 2.12.22
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School Of Humanities

Organizes

Life Skills Enhancement Workshop

HEALTH, HYGIENE AND FITNESS FOR WELL BEING

In collaboration with

UNIQUE PSYCHOLOGICAL SERVICES

Venue: Online Platform

Date: 25 Nov 2022

Meeting Link: https://teams.live.com/meet/9574596883879

Key Note Speaker:

Dr. Gagandeep Kaur, Clinical Psychologist
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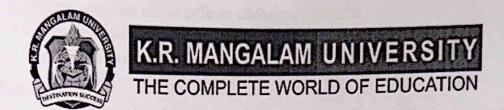
Covenor:

Dr.Kamini Chauhan Tanwar Dean Dept. Psychology

Organizing Committee:

Dr. Shivani Tomar, Assistant Professor(Psychology)|School of Humanities
Dr. Shika Dutt Sharma, Assistant Professor (English)
Ms. Afreen Fatima, Assistant Professor(Psychology)

University Gurugram Campus: **C** 011-48884888 / 8800697010-15 ● 8800697012 ● www.krmangalam.edu.in ■ welcome@krmangalam.edu.in



Report on

Life Skills Enhancement Workshop on

"Health, Hygiene and Fitness for Well Being"

Target Group: Students of SOHS

Resource Person: Dr. Gagandeep Kaur, Clinical Psychologist, Director of Unique Psychological Services.

Coordinator: Dr. Shivani Tomar, Assistant Professor (Psychology), Dr. Shikha Dutt Sharma, Assistant Professor (English), Ms. Afreen Fatima, Assistant Professor (Psychology), Dept. of Psychology, School of Humanities, K.R.Mangalam University.

Date and Time: 25/Nov/2022, 12:00 PM onwards.

Venue: Online Platform - MS Teams

Introduction

To function effectively in today's world and age the students need to learn and should be well versed with Life skills. Some important definition of life skills like the one given by world health organization (WHO) is "Abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life" another by UNICEF is "Behavioral changes or behavioral development approach designed to address a balance of three areas: knowledge attitude and Skills".

Jill Siegal Chalsty said teaching life skills can change the world. It is important to formulate a plan for setting goals.

To help student's master strategies that can help from life skills the School of Humanities, K.R. Mangalam University, organized a life skills enhancement workshop on "Health, Hygiene and Fitness for Well Being" for students from various departments of SOHS.

Objectives

Registrar

K.R. Mangalam University Sohna Road, Gurugram, (Haryana) Shar

- To know the required skills to function well in life.
- To understand the various different attributes of life skills.
- To be able to formulate a plan for setting life skills.
- To know how to set goals.

Content

The speaker Dr. Gagandeep Kaur discussed about the components of Life Skills and discussed in detail the various attributes that are :- 1. Critical Thinking, 2. Self Confidence, 3. Self-Awareness, 4. Self Esteem, 5. Decision Making, 6. Interpersonal Relationships, 7. Reflective Communication, 8. Peer resistance, 9. Knowing Rights and Duties, 10. Problem Solving.

Moreover, she elaborated on various tips on setting different goals: - 1. Stepping Stone Goals, 2. Small Range Goals, 3. Medium Range Goals, 4. Long Term Goals.

She also provided us with some book suggestions like "The School of life" which is an essential guide to living wisely and well, no matter what challenges the world throws at you - from Alain de Botton. This is a book about everything you were never taught at school. It's about how to understand your emotions, find and sustain love, succeed in your career, fail well and overcome shame and guilt. It also about letting go of the myth of a perfect life in order to achieve genuine emotional maturity. Written in a hugely accessible, warm and humane style, The School of Life is the ultimate guide to the emotionally fulfilled lives we all long and deserve. She also recommended "The Holy Geeta" to live a fulfilled and meaningful life.

The session was followed by a question answer session between the speaker and the students, where the speaker patiently and enthusiastically answered the questions and doubts the students had.

Attendees

20 students from various departments of SOHS participated in the workshop.

Activity Outcome

This workshop helped students develop the skills to plan and prepare for a successful life. They also learnt how to formulate a plan for setting various different types of goals.

Conclusion

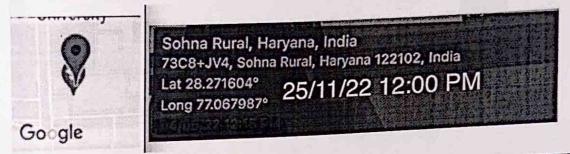
The session was full of insightful information and was very interactive. The students enjoyed the learning experience thoroughly and also gained insight into health, hygiene and fitness for wellbeing.

> K.R. Mangalam University Sana Road, Gurugram, (Haryana)

Further Scope

Events like this which help students to improve their life skills can be organized in the future.

Photo 1: The resource person addressing the students during the workshop.



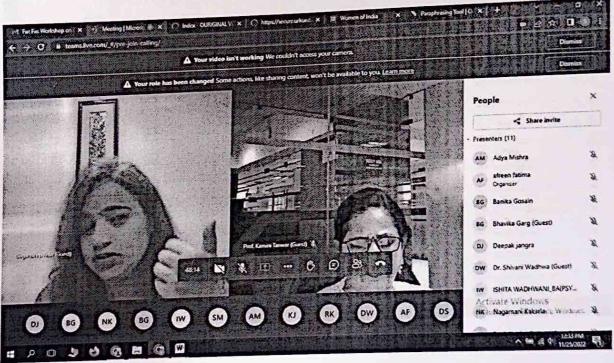


Photo 2: The resource person addressing the students during the workshop. Dean of the school of humanities giving vote of thanks to the key note speaker.

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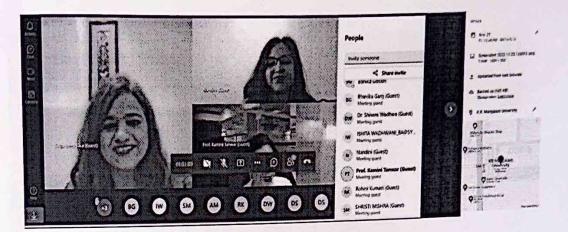
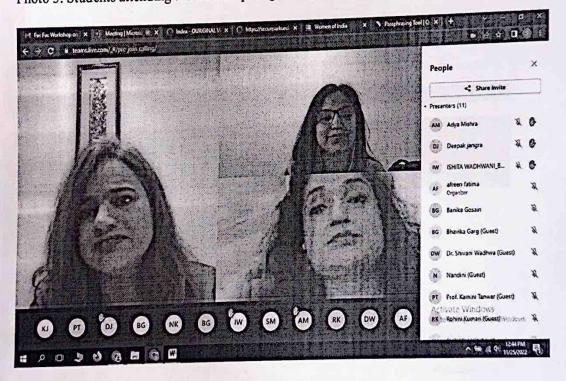
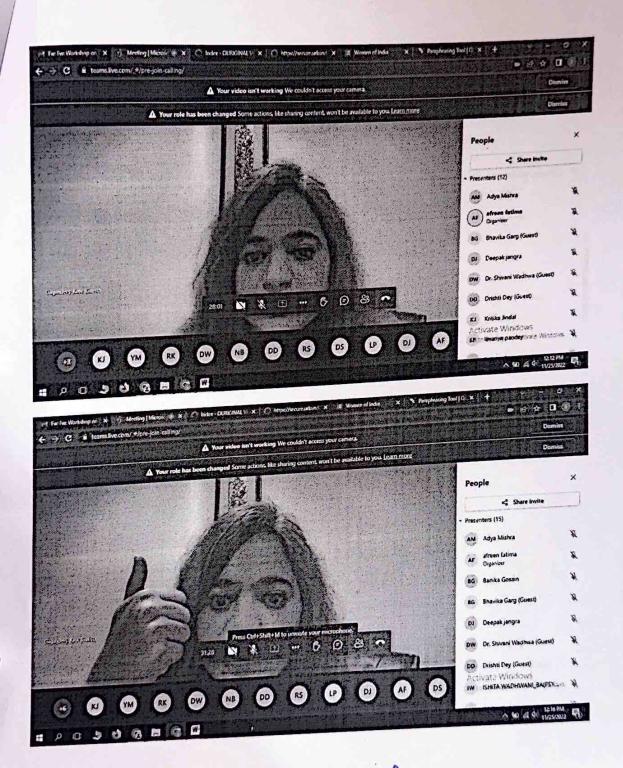


Photo 3: Students attending the workshop. Organizing Team giving their valuable input.



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K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

SCHOOL OF HUMANITIES IN COLLABORATION WITH



OUNIQUE PSYCHOLOGICAL SERVICES
ORGANIZES A WORKSHOP
ON

ETHICAL COMMUNICATION AND WORKPLACE ETIQUETTE

DATE: 30/NOVEMBER/2022

VENUE: 216A

Speaker

Mr. Rajesh Kumar

Director - CDC,

K.R. Manglam University

Event Coordinator Dr. Swati Chauhan



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

Report

ON

Workshop On Ethical Communication and Workplace Etiquette.

In Association with Unique Psychological Services



Date: Wednesday, 30th, November, 2022.

Venue: Room No. A 216, A Block, K.R. Mangalam University.

Event Type: Workshop Mode of Activity: Offline

Target Group: Faculties of KRMU

Resource Person (if any): Mr.Rajesh Kumar

Coordinators: Dr.Suruchi Singh, Dr.Swati Chauhan

Organized by: School of Humanities

Number of Participants (Attach Attendance as Annexure):

School of Humanities of K.R. Mangalam University organized a workshop on Ethical Communication and Workplace Etiquette on 30th November 2022. The workshop was meant to highlight the importance of Ethical communication and workplace etiquette. Workplace communication often involves the delicate intersection of authority, power dynamics, and collaborative teamwork. Ethical communication is communicating in a way that's honest, open, clear, and respectful. These four pillars are essential for upholding strong communication ethics within your business. When even one pillar is left out, your foundation of ethics begins to weaken and crumble. The objectives of the event were:

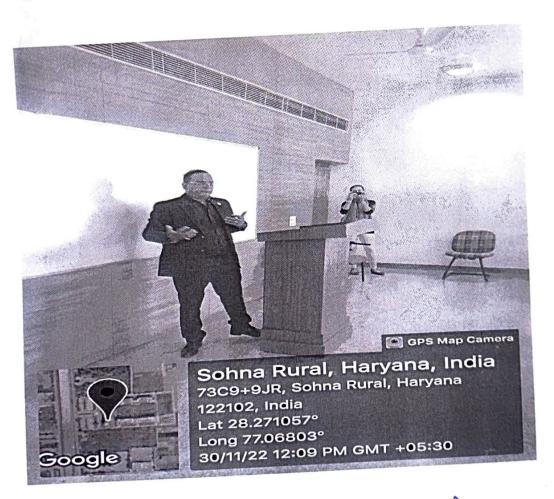
- 1. Setting ethical goals helps keep the company acting in an ethical manner.
- 2. Ethics include avoiding negative publicity and keeping you on the right side of the law.
- 3 Communicating ethically sets the stage to build strong relationships in a business situation
- 4. Business etiquette is important because it creates a professional, mutually respectful atmosphere and improves communication

Mr.Rajesh Kumar spoke about the Ethical communication and workplace etiquette. Workplace

Swale 20/11/22 John 20/11/22

K.R. Mangalam University Sabna Road, Gurugram, (Haryana) communication often involves the delicate intersection of authority, power dynamics, and collaborative teamwork. He cited examples from across the world and shared his own experience .The workshop was highly interactive and faculties learnt a lot about the importance of Ethical communication and workplace etiquette.

Photo 1: Ms.Rajesh Kumar delivering a lecture on Workshop on Ethical Communication and Workplace Etiquette.



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Photo-2- Faculties of SOHS attending a lecture on key elements of Workshop on Ethical Communication and Workplace Etiquette.



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Certificates (if any): NA

Report prepared by: Dr.Swati Chauhan and Dr.Suruchi Singh. Report verified by Event Coordinator:Dr.Suruchi Singh and Dr.Swati Chauhan.	Dr.Suruchi Singh (30.11.22) Dr.Swati Chauhan(30.11.22) Dr.Suruchi Singh (30.11.22) Dr.Swati Chauhan (30.11.22) Dr.Swati Chauhan (30.11.22)
Report Seen by Dean	Dr.Kamini Chauhan Tanwar(30.11.22)

K R MANGALAM UNIVERSITY, GURUGRAM

Workplace Ctique ne of Activity: Workshop Communication and 30/11/22 ate: A-816 Jenue: Organized by: (School/Department) or Swuch Singly Dr. Swati Chauhan ATTENDANCE RECORD S. No. Roll No. Student Name Programme & Semester Signature of Student Rotu 2002790015 BA(H) Richaloge 2 2008790016 Himani BALH) Psycholog 3 2008790017 4 2208190028 Somy?. Somya Tiwani BA (H) Franomia 2208190010 Mehak Janeja BA(H) Economics Han. 2208190011 YASH MISHIRA & YASH-BA (H). Econ omica 7 2208190020 Aastha Jha ages . BA(H) Economica 8 2208190024 Supanshi Attree BA(H) Economics Oupanghi 2208190022 HIYA PARGIAIEN BA(H) ECONOMICS Englargary 2201730022 Mobasshir HussainB. tech Ailm1. 2201730017 Ashigh Rated Btech wind 12 \$20219001g BA(H) Economics Yashika Tuteia wellike 13 2208190027 Moksha Pabrija BA(H) Elenomics Mokehon 14 2208550005 MA Psychology Tanu Tany 15 2208550007 MA PC 16 2208550007 MA Pol 17 2208 550003 Skaustra MA Pel Deuto 18 220855000 9 Moin Khou MA Res 012/1 19 220855 0004 Charles Muskage Chautan MA Plky 20 2008180001 Diya Kumar B.A.(H) (Frelia) (D)umar 21 22 23 20 27 28 29 30 31 32 33 34 35 Registrar



Workshop On Ethical Communication and Workplace Etiquette.

ATTENDANCE SHEET

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Rohit kumas	20/11/2)	John
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