

2021-22



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

Gurgaon, Delhi-NCR

## SCHOOL OF HUMANITIES

Department of Psychology

Organizes a ten days webinar series

on

# "MENTAL HEALTH & WELL BEING AROUND THE WORLD DURING COVID-19"

**Date:** 7<sup>th</sup> July -16<sup>th</sup> July

## SPEAKERS



**Dr. Rakesh Tripathi**

Professor Junior Grade  
cum Clinical Psychologist,  
Department of Geriatric  
Mental Health, King  
George's Medical  
University, Lucknow



**Ms. PRATEEKSHA PATHAK**

Research Scholar, Cardiff  
University, United  
Kingdom



**Ms. Sweta Saneja**

Psychologist, Educator  
at an Early Learning  
Centre, Perth, Australia



**Dr. Anita Moral**

Assistant Professor,  
Department of  
Psychology, Meerut  
College, Meerut, UP



**Dr. Ramya Diwedi**

Associate Professor,  
Department  
of Psychology, IILM  
University, Gurgaon



**Ms. SMITA TIWARI**

Counseling Psychologist  
Bangkok, Thailand



**Dr. Shikha Shrivastava**

Associate professor,  
Department of  
Psychology, Galgotias  
University, Greater  
Noida



**Dr. Sabita Iohani**

Clinical cum Counselling  
Psychologist Bareilly, UP



**Ms. Anita Chaudhary**

Clinical Psychologist  
Researcher, NIMS  
University,  
Jaipur, Rajasthan



**Ms. Nooria Sultani**

Researcher  
Virginia, United States

## Who Can Participate?

XI, XII and Undergraduate Students

## Important Notes:

Webinar joining link will be sent to the participants via email

**E- Certificate will be Provided to all the Participants**

For any query contact: Dr. Rupali Chandola +91- 9306113963  
or drop mail at [rupali.chandola@krmangalam.edu.in](mailto:rupali.chandola@krmangalam.edu.in)

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**ACADEMIC SESSION 2020-21**

**NOTICE**

**Ten Days webinar series on “Mental Health & Well Being around the World during COVID-19”.**

**SOHS/NOTICE/2020-21**

**Date: 01/07/2021**

The Department of Psychology, School of Humanities, K.R. Mangalam University organizing a Ten - day webinar series on the theme “**Mental health and well-being around the world during Covid-19**” from 7th July – 16th July 2021. Amidst the unprecedented challenges posed by the Covid-19 pandemic, understanding and addressing mental health concerns have become more crucial than ever. This webinar series will feature esteemed speakers from diverse backgrounds sharing their expertise and insights.

**Venue:** Online.

**Timing:** 11:00 am onwards

**Faculty In-Charge:**

Dr. Rupali Chandola

*Rupali Chandola*

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



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**ACADEMIC SESSION 2020-21**

**Report**

**“Mental Health & Well Being around the World during COVID-19”**

**Date: 19/07/2021**

The Department of Psychology at the School of Humanities, K.R. Mangalam University, embarked on a journey of knowledge dissemination through a Ten-day webinar series themed "Mental Health and Well-being around the World during COVID-19." This illuminating event, held from 7th July to 16th July 2021, brought together esteemed experts from India and abroad. These experts delved into various crucial topics pertaining to psychology, mental hygiene, and mental health in the context of the ongoing COVID-19 pandemic.

**Objectives:**

The primary goal of this webinar series was to shed light on the multifaceted aspects of mental health amidst the challenging backdrop of the COVID-19 crisis. The speakers aimed to educate participants on the psychological ramifications faced by individuals directly impacted by the virus, including conditions such as Post-Traumatic Stress Disorder (PTSD), Major Depressive Disorder, Anxiety disorder, and obsessive-compulsive disorder (OCD). Furthermore, they explored the specific vulnerabilities of OCD patients during the pandemic, delving into both pharmacological and psychological approaches to managing OCD in the COVID-19 era.

**Key Discussions:**

**Impact on Mental Health:**

The discussions during the webinar series provided valuable insights into the heightened risks faced by individuals in direct contact with COVID-19. Speakers elaborated on the increased susceptibility to PTSD, Major Depressive Disorder, Anxiety disorder, and OCD among these populations. Participants gained a deeper understanding of the psychological toll of the pandemic and the importance of addressing mental health needs.

  
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**Focus on OCD Patients:**

Of particular significance was the attention given to OCD patients and the unique challenges they encounter during these uncertain times. The speakers elucidated the effects of the pandemic on OCD patients, highlighting the reasons behind their heightened risk. Strategies for managing OCD in the context of COVID-19, both through medication and therapeutic interventions, were thoroughly discussed.

**Preserving Mental Hygiene:**

In addition to the clinical aspects, the webinar series also emphasized practical steps individuals can take to preserve their mental hygiene and well-being during a pandemic. Valuable tips were shared, including the importance of self-compassion, maintaining a structured routine, engaging in enjoyable activities, regular exercise, and practicing relaxation techniques. These insights provided attendees with actionable strategies to navigate the challenges of the pandemic with resilience and strength.

**Faculty In-Charge:**

The success of this enlightening webinar series can be attributed to the leadership and guidance of Dr. Rupali Chandola, the esteemed faculty in-charge. Dr. Chandola's expertise and dedication to the field of psychology were evident throughout the sessions, ensuring a rich and enlightening experience for all participants.

In conclusion, the Ten-day webinar series on "Mental Health & Well Being around the World during COVID-19" served as a beacon of knowledge and support during these unprecedented times. Through the contributions of renowned experts and the guidance of Dr. Rupali Chandola, participants gained invaluable insights into the complexities of mental health in the wake of the pandemic. As we continue to navigate these uncertain times, the lessons learned from this series will undoubtedly serve as a source of resilience and empowerment for individuals and communities worldwide.

**Faculty In-Charge:**

Dr. Rupali Chandola

*Rupali Chandola*

*Jmf*  
Registrar  
K.R. Mangalam University  
Sohna Road, Gurugram, Haryana, India



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**ACADEMIC SESSION 2021-22**

**NOTICE**

**FACEBOOK LIVE SESSION ON INCULCATING POSITIVE THINKING**

SOHS/NOTICE/2021-22/0017

Date: 24/08/ 2021

Department of Psychology, school of humanities, at K. R. Mangalam University organizing a Facebook live webinar on the topic "Inculcating Positive Thinking" on 4th September 2021 at 11:00 am. We are thrilled to bring you this unique opportunity to explore the transformative power of positive thinking. In a world that often presents us with challenges and uncertainties, equipping ourselves with the skills to maintain a positive mindset are essential for personal growth and well-being. During the webinar, you can expect to gain valuable insights into the science behind positive thinking and learn practical techniques to incorporate it into your daily life.

During this webinar, we will explore various aspects of positive thinking, including:

1. Understanding the benefits of positive thinking on mental health.
2. Practical strategies to foster a positive outlook in daily life, and Overcoming obstacles and negativity.
3. Building resilience and coping skills.

**Venue:** Online.

**Timing:** 11:00 am onwards

**Faculty In-Charge:**

Dr. Suruchi Singh

Dr. Nandini Biswas

*Suruchi Singh*  
*Nandini Biswas*

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



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Facebook Live Session

# Inculcating POSITIVE THINKING

**Pointers for Discussion:**

- The power of positive thinking
- What bringing negativity in
- How to choose thoughts wisely
- Ways to enhance positive thinking style

4 September 2021 at 11:00 AM



**Dr. Suruchi Singh**  
Assistant Professor  
Department of Psychology  
K.R. Mangalam University Delhi-NCR



**Dr. Gagandeep Kaur**  
Child & Clinical Psychologist  
President's Double Gold Institute  
Unique Psychological Corporation, New Delhi



**Dr. Nandini Biswas**  
Assistant Professor  
Department of Psychology  
K.R. Mangalam University Delhi-NCR

**Note**

- No registration fees
- E - certificate will be provided to all the registered Students
- The event will be broadcasted live on Facebook

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**ACADEMIC SESSION 2021-22**

**Report**

**FACEBOOK LIVE SESSION ON "INCUICATING POSITIVE THINKING"**

**Date: 04/08/ 2021**

The Department of Psychology at K. R. Mangalam University organized an enlightening and interactive Facebook Live webinar on the topic "Inculcating Positive Thinking" on the 4th of September 2021, commencing at 11:00 am. This virtual event drew enthusiastic participation from students representing a diverse array of schools and departments within the university. Notably, students studying Psychology, Economics, Engineering, and Law came together to actively engage in the discussion, thereby contributing to the webinar's success.

The webinar featured a distinguished speaker, Dr. Gagandeep Kaur, a prominent Child and Clinical Psychologist associated with Unique Psychological Corporation, New Delhi. Dr. Kaur's expertise and insights added significant value to the event. Additionally, the session was skillfully moderated by Dr. Suruchi Singh, an Assistant Professor in the Department of Psychology at K. R. Mangalam University, and Dr. Nandini Biswas, another esteemed Assistant Professor from the same department. Their adept moderation ensured that the discussions flowed smoothly and effectively.

The central theme of the webinar revolved around the concept of positive thinking, its intrinsic power, and its practical applications in daily life. Dr. Kaur emphasized that positive thinking does not entail ignoring reality or downplaying problems. Instead, it involves approaching both

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favorable and challenging aspects of life with the expectation that things will eventually take a positive turn. This perspective shift can be a transformative force in one's life.

Moreover, Dr. Kaur delved into the origins and causes of negative thinking. She elucidated how negative thinking often stems from various sources, including overthinking, self-disqualification, setting unrealistic expectations, an unhealthy lifestyle, and a lack of self-confidence. By recognizing these root causes, participants gained valuable insights into addressing and combating negative thought patterns.

Towards the conclusion of the webinar, Dr. Kaur shared practical strategies for cultivating positive thinking. These strategies included listening to one's internal dialogue, actively engaging in positive environments and interactions with optimistic individuals, volunteering for altruistic causes, and practicing self-love and self-compassion. These actionable steps offered attendees a roadmap to imbibe positivity into their lives and make lasting improvements to their mental well-being.

Remarkably, the webinar attracted a large audience, with more than 100 interested participants joining the event through the Zoom link. This widespread engagement reflected the relevance and significance of the topic and the quality of the content presented. The active participation and thought-provoking discussions held during the webinar demonstrated the effectiveness of such events in promoting positive thinking and enhancing psychological well-being among students and faculty alike.

In conclusion, the "Inculcating Positive Thinking" webinar organized by the Department of Psychology at K. R. Mangalam University proved to be an educational and inspirational event. Dr. Gagandeep Kaur's expertise, combined with the dedicated moderation by Dr. Suruchi Singh



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and Dr. Nandini Biswas, contributed to a successful and engaging webinar. The insights and strategies shared during the event are poised to positively impact the lives of the participants, fostering a culture of optimism and resilience within the university community.

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**Facebook Live Session**  
**Inculcating**  
**POSITIVE THINKING**

**Pointers for Discussion:**

- The power of positive thinking
- What bringing negativity in
- How to choose thoughts wisely
- Ways to enhance positive thinking style

**4<sup>th</sup> September 2021 at 11:00 AM**

**Dr. Suruchi Singh**  
Assistant Professor  
Department of Psychology  
K.R. Mangalam University Delhi-NCR

**Dr. Gagandeep Kaur**  
D.Phil. & Clinical Psychologist  
President Group, Gait Malasia  
Clinical Psychological Corporation, New Delhi

**Dr. Nandini Biswas**  
Assistant Professor  
Department of Psychology  
K.R. Mangalam University Delhi-NCR

**Note:**

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- The event will be broadcasted live on Facebook

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**Faculty In-Charge:**

Dr. Suruchi Singh

*Suruchi Singh*

Dr. Nandini Biswas

*Nandini Biswas*

*Jmp*

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K.R. Mangalam University  
Sector 14 Road, Gurugram, (Haryana)



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Facebook Live Session

**Inculcating**

**POSITIVE THINKING**

Pointers for Discussion:

- The power of positive thinking
- What bringing negativity in
- How to choose thoughts wisely
- Ways to enhance positive thinking style

4<sup>th</sup> September 2021 at 11:00 AM



**Dr. Suruchi Singh**  
Assistant Professor  
Department of Psychology  
K.R. Mangalam University Delhi-NCR



**Dr. Gagandeep Kaur**  
Chief & Senior Psychologist  
Psychiatric Division (Self Help)  
Ulhas Psychological Corporation, New Delhi



**Dr. Nandini Bhasw**  
Assistant Professor  
Department of Psychology  
K.R. Mangalam University Delhi-NCR

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## SOHS Conducted Facebook Live Session on 'Inculcating Positive Thinking'

Department of Psychology, K. R. Mangalam University organized a Facebook live webinar on the topic "Inculcating Positive Thinking" on 4th September 2021 at 11:00 am. The webinar was attended by students from various schools and departments at the university. Students studying Psychology, Economics, Engineering and Law, all participated in the webinar enthusiastically and helped to make it very interactive and more interesting.

The speaker for the webinar was Dr. Gagandeep Kaur (Child and Clinical Psychologist at Unique Psychological Corporation, New Delhi) and the session was moderated by Dr. Suruchi Singh (Assistant Professor, Department of Psychology, K. R. Mangalam University) and Dr. Nandini Biswas (Assistant Professor,

Department of Psychology, K.R. Mangalam University). The Speaker discussed the concept of positive thinking and its power and how positive thinking doesn't mean you ignore reality or make light of problems. It simply means you approach the good and the bad in life with the expectation that things will go well. The speaker also discussed about the origin and causes of negative thinking and how negative thinking can be brought about by over-thinking, disqualifying yourself, setting unrealistic expectations, unhealthy lifestyle, lack of self-confidence etc. Towards the end, the speaker shared certain ways that can help to inculcate positive thinking like listening to your internal dialogue, interacting within positive environments and with positive people, volunteering and practicing self-love.

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Facebook Live Session  
**Inculcating**  
**POSITIVE THINKING**

**Pointers for Discussion:**

- The power of positive thinking
- What bringing negativity in
- How to choose thoughts wisely
- Ways to enhance positive thinking style

**4<sup>th</sup> September 2021 at 11:00 AM**

  
**Dr. Suruchi Singh**  
Assistant Professor  
Department of Psychology  
K.R. Mangalam University Delhi-NCR

  
**Dr. Gagandeep Kaur**  
Child & Clinical Psychologist  
International Diploma Gold Medalist  
Unique Psychological Corporation, New Delhi

  
**Dr. Nandini Biswas**  
Assistant Professor  
Department of Psychology  
K.R. Mangalam University Delhi-NCR

**Note**

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*MB*

*JSD*  
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## Inculcating Positive Thinking

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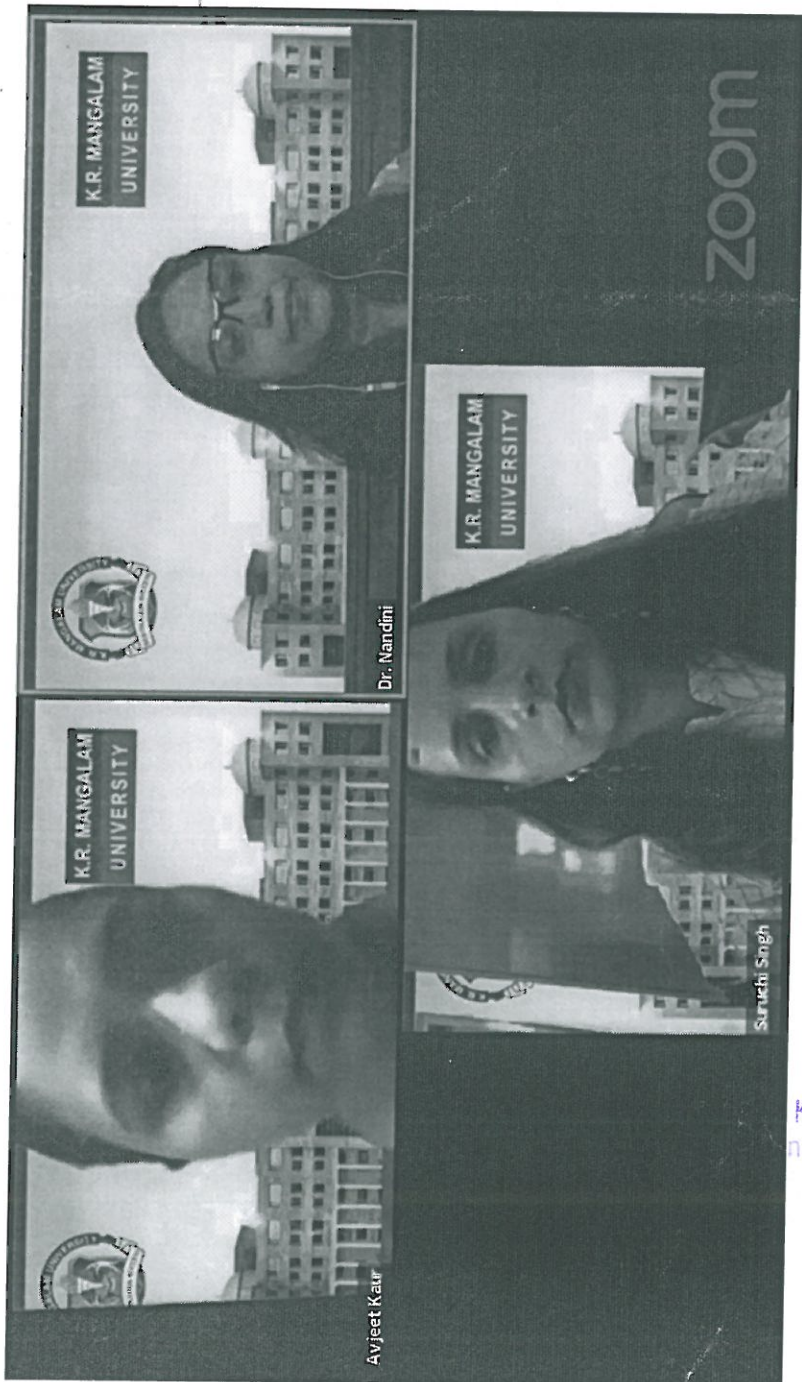
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## Inculcating Positive Thinking

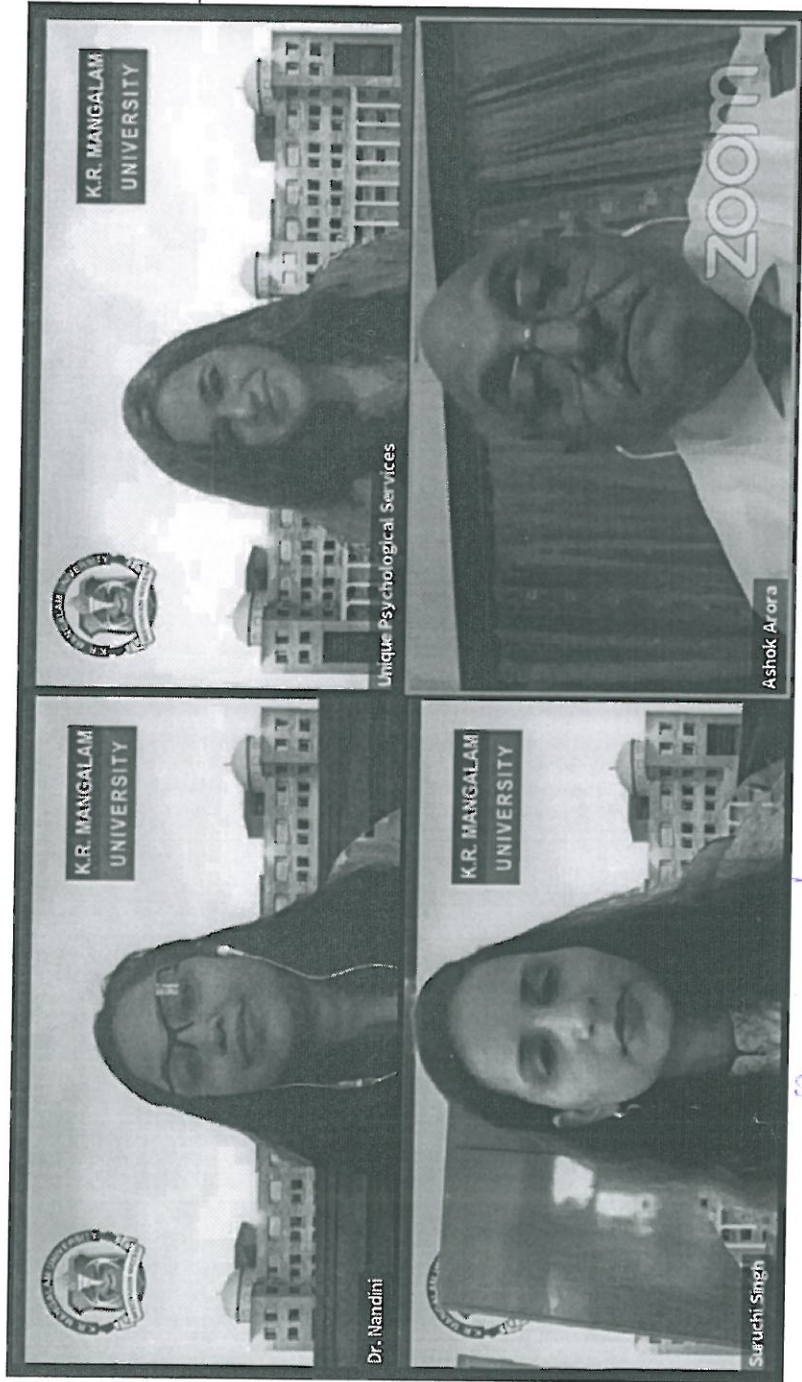
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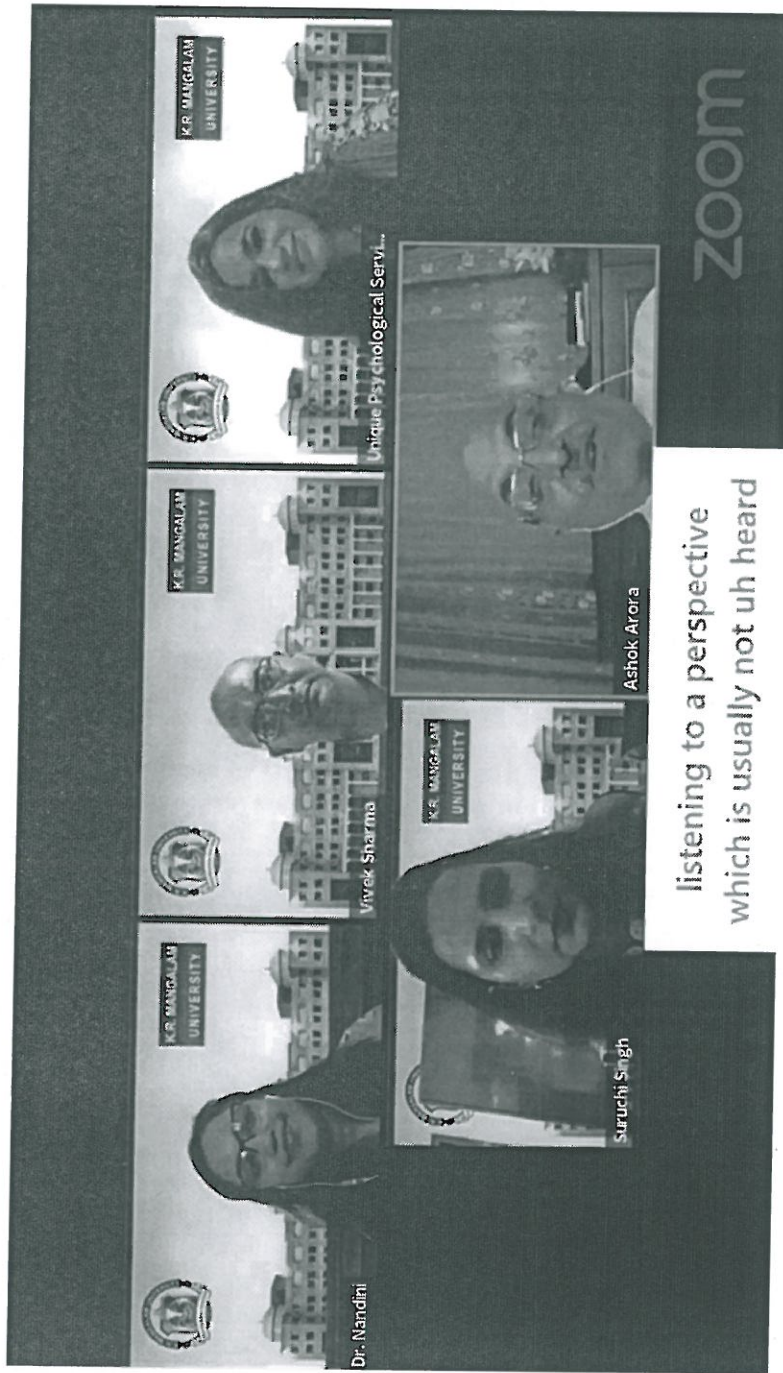
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## Inculcating Positive Thinking

K.R. Mangalam University

Recorded live



1:16:55 / 1:47:17



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**ACADEMIC SESSION 2021-22**

**NOTICE**

**Webinar on “Empowering Youth for Self-care and Mental Health through Spirituality”.**

SOHS/NOTICE/2021-22/0018

**Date: 15/08/2021**

Department of Psychology, K.R. Mangalam University organized a Facebook live webinar on the topic “Empowering Youth for Self – Care and Mental Health” on 25<sup>th</sup> September 2021 at 11:00 am.

**Venue:** Online.

**Timing:** 11:00 am onwards

**Faculty In-Charge:**

Dr. Nandini Biswas

*Nandini Biswas*

*Jmf*

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## WEBINAR

# EMPOWERING YOUTH FOR SELF-CARE AND MENTAL HEALTH

### Pointers for Discussion:

- Health Psychology and Health Care
- Counselling and Psychotherapy
- Industrial and Organizational Psychology
- Psychological Assessment
- Business Studies, Management and Spiritual Development

**Date: 25<sup>th</sup> September 2021**

**Time: 11:00 AM**

### Note

- No registration fees
- E - certificate will be provided to all the registered Students
- The event will be broadcasted live on Facebook



Invited Speaker

**Prof. Akbar Husain**

Department of Psychology  
Former Dean Faculty of Social Sciences  
Aligarh Muslim University, Aligarh

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ACADEMIC SESSION 2021-22

## Report

**Webinar on “Empowering Youth for Self-care and Mental Health through Spirituality”.**

**Date: 25/08/2021**

The Department of Psychology at K.R. Mangalam University organized an enlightening and interactive webinar on "Empowering Youth for Self-care and Mental Health" on 25th August 2021 at 11:00 am. Attended by a diverse group of students from various schools and departments within the university, including Psychology, Economics, Engineering, and Law, the webinar aimed to shed light on the vital aspects of self-care and mental health, particularly focusing on the role of spirituality.

The session was graced by the esteemed presence of Prof. Akbar Hussain, Former Dean of the Faculty of Social Sciences at Aligarh Muslim University, Aligarh, as the keynote speaker. Dr. Nandini Biswas, Assistant Professor in the Department of Psychology at K.R. Mangalam University, expertly moderated the session, ensuring a smooth flow of discussions.

### **Key Points Discussed:**

**Health Psychology and Holistic Well-being:** Prof. Hussain delved into the concept of Health Psychology, emphasizing how this specialty area intertwines biology, psychology, behavior, and social factors to influence an individual's overall health and well-being. He highlighted the importance of understanding these factors in promoting holistic wellness.

**Counseling and Psychotherapy:** The speaker emphasized the pivotal role of counseling and psychotherapy in treating mental illnesses and enhancing mood. These interventions, he noted, are instrumental in imparting crucial life skills and fostering resilience among individuals.

**Industrial and Organizational Psychology:** Prof. Hussain also shed light on the contribution of industrial and organizational psychologists in maintaining optimal mental hygiene within workplace environments. By resolving conflicts, improving communication channels, and designing mutually beneficial policies, these professionals ensure the well-being of both employers and employees.

**Empowerment Through Business and Spirituality:** In the latter part of the session, Prof. Hussain shared valuable insights on empowering youth through a combination of business acumen and spirituality.

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He outlined strategies such as developing technical and life skills, providing tangible and intangible support, setting clear goals, encouraging reflection on body, mind, and spirit, and nurturing passions and dreams.

**Participant Engagement:**

The webinar witnessed an enthusiastic participation of more than 100 students and faculty members who joined via the Zoom platform. The diverse audience, comprising students from various disciplines, contributed to the vibrancy of the session with their thoughtful questions and active engagement.

**Conclusion:**

In conclusion, the webinar on "Empowering Youth for Self-care and Mental Health through Spirituality" proved to be an enlightening and enriching experience for all participants. Prof. Akbar Hussain's profound insights, coupled with Dr. Nandini Biswas's adept moderation, made for a compelling session that highlighted the critical importance of holistic well-being, mental health awareness, and the role of spirituality in empowering today's youth.

**Faculty In-Charge:**

Dr. Nandini Biswas

*Nandini Biswas*

## Facebook Live Session conducted by SOHS

### Topic: Empowering Youth for Self-care and Mental Health through Spirituality

Department of Psychology, K.R. Mangalam University organized a Facebook live webinar on the topic "Empowering Youth for Self – Care and Mental Health" on 25th September 2021 at 11:00 am. The webinar was attended by students from various schools and departments at the university. Students studying Psychology, Economics, Engineering and Law, all participated in the webinar enthusiastically and helped to make it very interactive and more interesting.

The speaker for the session was Prof. Akbar Hussain (Former Dean Faculty of Social Sciences, Aligarh Muslim University, Aligarh) and the session was moderated by Dr. Nandini Biswas (Assistant Professor, Department of Psychology, K.R. Mangalam University). The Speaker discussed about the concept of Health Psychology and how it is a specialty area that focuses on how biology, psychology, behavior, and social factors influence health

and illness. He also focused on the importance of counselling and psychotherapy in treatment of mental illness and mood improvement, teaching important life skills and promoting factors of resilience. The speaker progressed by discussing about how industrial and organizational psychologists can also help to maintain a good mental hygiene of the staff at the workplace by resolving conflicts, opening communication channels, designing policies that benefit both employers and employees. Towards the end of the session the speaker shared certain tips on how the youth can be empowered in business and spirituality by helping them develop technical and life skills, providing them with tangible and intangible support, helping them set clear goals, allowing them to reflect on their body, mind and spirit and helping them to discover their passion and dreams.



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### WEBINAR

## EMPOWERING YOUTH FOR SELF-CARE AND MENTAL HEALTH

**Pointers for Discussion:**

- Health Psychology and Health Care
- Counselling and Psychotherapy
- Industrial and Organizational Psychology
- Psychological Assessment
- Business Studies, Management and Spiritual Development

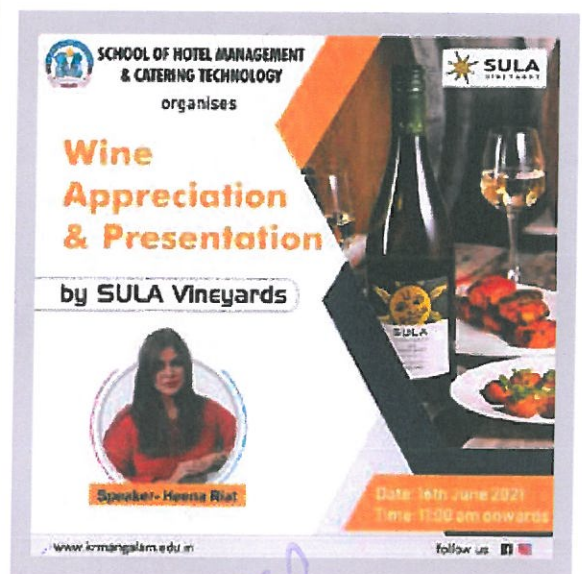
**Date: 25<sup>th</sup> September 2021**  
**Time: 11:00 AM**

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## Guest Lectures



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organises

## Wine Appreciation & Presentation

by **SULA Vineyards**

**Speaker - Heena Riat**

**Date: 16<sup>th</sup> June 2021**  
**Time: 11:00 am onwards**

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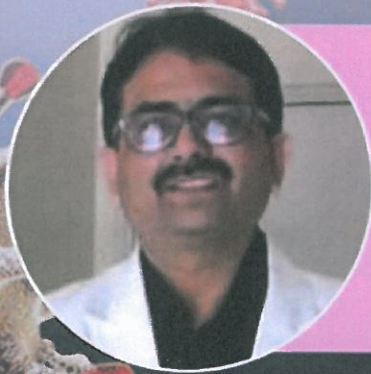


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# OMICRON AWARENESS



Invited Speaker:

**Dr. Umesh Upadhyay**  
**M.B.B.S, M.D**



Date: 8<sup>th</sup> February 2022 ⌚ 04 to 05 PM

**Coordinator: Silky Sethy**

**Co- Coordinator: Dr.Manish Pal**

University Gurugram Campus: ☎ 011-48884888 / 8800697010-15 📞 8800697012

🌐 [www.krmangalam.edu.in](http://www.krmangalam.edu.in) ✉ [welcome@krmangalam.edu.in](mailto:welcome@krmangalam.edu.in)

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



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

**Report on**  
**Guest Lecture on Omicron Awareness**  
**February 08, 2022**  
**Online**

**Speaker: Dr. Umesh Upadhyay, Consultant paediatrician and Neonatologist at Vismay  
Childcare Hospital**

**Introduction:** A Webinar session for all the students and teaching faculties was organised by SMAS, K.R. Mangalam University with Cadila Pharmaceuticals Limited on the topic Omicron Awareness on 08 February 2022 at 04:00 pm on virtual mode. There were 100 total participants including faculties and students at Zoom platform. Event started by a welcome deliverance by the session coordinator Ms. Silky Sethi (Associate Professor, SMAS). The Speaker of the session was Dr. Umesh Upadhyay Consultant paediatrician and Neonatologist at Vismay Childcare Hospital from year 2008 to till date, visiting consultant Paediatrician at Sanjivani Multispeciality Hospital and Ikra Hospital, Given lectures in CME on immunization to Fellow Paediatricians, General Physicians and Nursing Staff.

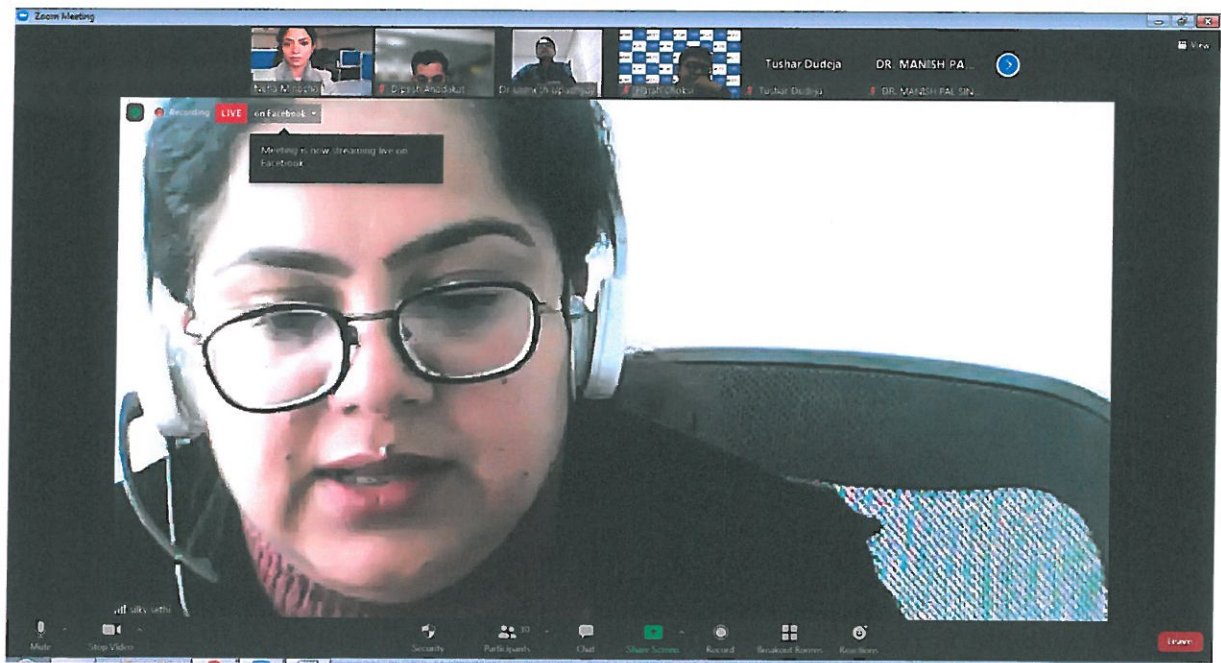
**Objective:** To make student aware about Omicron Virus.

**Content for the event:** Dr. Umesh Upadhyay discussed about different aspects of prevention and control of the Omicron variant. Alongside the awareness talk, posters on creating awareness among the public, need to behave in a responsible manner, importance of vaccines, guidelines to be followed and not to lower the guard against virus were also presented. An official notice on the necessary precautions to curb the spread of the new variant was also circulated.

**Outcomes:** Students came to know about the awareness with Omicron. The event was followed by the Q & A and well-coordinated by Ms. Silky Sethi. The queries of the participants were clarified very well at the end of the talk. The event was followed by the Q & A and well-coordinated by Ms. Silky Sethi (Associate Professor, SMAS). The webinar was successfully concluded by Ms. Silky Sethi who presented Vote of Thanks and final remarks. Also the feedback about the session was collected from all the participants to improve the sessions that will be conducted in the mere future.

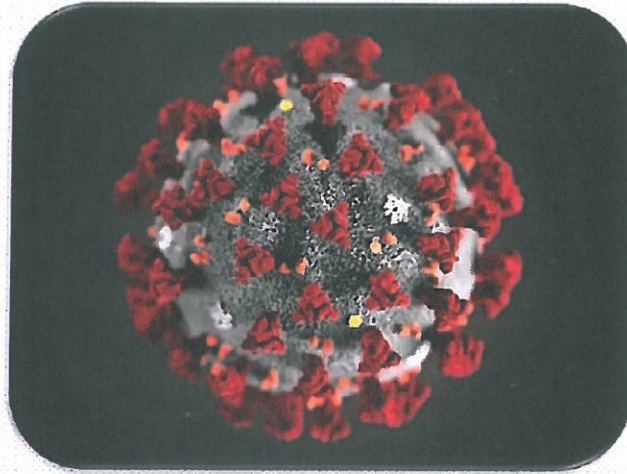
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**Photos:**



  
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# Omicron Awareness



Zoom Meeting

Recording LIVE

Harsh Choksi Harman dhilon Deepesh kumar

In the airborne transmission mode, where particles will typically have dimensions less than  $10\ \mu\text{m}$ , the phenomenon usually involves the evaporation of a substantial part of the droplet's water mass, which is reduced to what is called the droplet nucleus where there may be some viruses or bacteria, which can be inhaled by the infected susceptible host.

**Infected**

**Airborne Droplet nuclei**

**Droplet Droplets**

**Contact Contaminated surfaces**

**Susceptible Host**

Evaporation

Inhalation

Travel directly to mucosal surfaces

Deposition

Contact behavior

  
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Zoom Meeting

Participants: Neha Minocha, Gurpreet Singh, Subhendu Mandal, Parmeshar, jat. k...

## Current knowledge about Omicron

<p><b>Transmissibility:</b></p> <p>It is not yet clear whether Omicron is more transmissible, causes more or less severe disease compared to other variants, or impacts the effectiveness of current COVID-19 vaccines</p>	<p><b>Reinfection:</b></p> <p>Preliminary evidence suggests there may be an increased risk of reinfection with Omicron, however information is limited*</p>	<p><b>Detection:</b></p> <p>Diagnostic tests, including PCR and antigen detection tests, continue to detect infection with Omicron</p>	<p><b>Clinical management:</b></p> <p>Corticosteroids and IL-6 receptor blockers do not target the spike protein and are still effective for managing patients with severe COVID-19</p>
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Participants (60): NM Neha Minocha (Co-host), DA Dipesh Anandlat (Host), DU Dr Umesh Upadhyay (Co-host), HC Harsh Chohan (Co-host), S sikhjsethi (Co-host), GS Gurpreet Singh, II iPhone 12, Y yashu kamboj, AM Abhishek mahajan, AJ ajay 107, AY Ajit Yadav, A Alam, AS Aman smidhu, AP ARSHANT PANDEY, AG Arun Garg, C Christopher, DK Deepesh kumar

*Jmd*  
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Timestamp	Full Name	Institute name	Mobile Number
2-3-2022 14:41:24	Nidhi Bansal	K.R.Mangalam Univers	9953331810
2-3-2022 14:41:31	Manish Saini	Kr Manglam university	9810213480
2-3-2022 14:41:36	Shiwani Shrestha	K.R.Mangalam	7906822013
2-3-2022 14:42:02	Swati tiwari	Smās	7737538209
2-3-2022 14:42:38	Kusum yadav	Kr mangalaum universi	8295065604
2-3-2022 14:43:40	Astha Singh	KR Mangalam universit	9411449998
2-3-2022 14:43:56	Kusum yadav	Kr mangalum university	8295065604
2-3-2022 14:45:24	Palak Jain	K.R.Mangalam Univers	7339932304
2-3-2022 14:45:59	Upasana Mago	K. R. Mangalam Univer	9354329849
2-3-2022 14:46:14	Palak Jain	Kr Mangalam Universit	7339932304
2-3-2022 14:47:37	Shivam Sharma	K.R. Mangalam Univers	9991654894
2-3-2022 14:47:38	Sidhi shekhawat	Kr mangalam	7065753943
2-3-2022 14:48:01	Harditya Pachori	K.R. Mangalam Univer	08708074353
2-3-2022 14:48:21	Saloni	K R Manglam Universit	9306018521
2-3-2022 14:48:45	Rashid	KR Mangalam	8287037524
2-3-2022 14:48:55	Saloni goyal	Kr Mangalam university	9911701050
2-3-2022 14:48:58	Kuldeep	KR mangalam Universi	8059469337
2-3-2022 14:50:10	Tahir Hussain	Kr mangalam	7027009479
2-3-2022 14:50:19	Vivek	Kr mangalam Universit	8130680934
2-3-2022 14:50:37	Youshank Saini	Kr mangalam university	9910974192
2-3-2022 14:52:37	Annu tanwar	K.R MANGALUM	9518166262
2-3-2022 14:53:35	Sonam Shrivastava	K R Mangalam Univers	8376048643
2-3-2022 14:54:14	Prashant yadav	K R Mangalam Univers	6396193791
2-3-2022 14:54:23	Dilshad Khan	KR mangalam universit	8307743703
2-3-2022 14:54:26	Asif khan	B pharma	9873628859
2-3-2022 14:54:59	Aksh Malhotra	KR Mangalam	09871567448
2-3-2022 14:57:49	Sagar Saini	Krmu	9667941788
2-3-2022 14:58:33	Yashashvi singh	Kr mangalam Universit	9810957407
2-3-2022 14:59:11	Deepesh kumar deep	K.R.MANGALAM UNIV	9060587701
2-3-2022 15:00:35	Rishu Raj	K R Mangalam Univers	07070606211
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2-3-2022 15:01:30	Ritu	K. R. MANGALAM UNI	8527620504
2-3-2022 15:03:01	Danish Behl	KR MANGALAM UNIVI	08448835700
2-3-2022 15:05:18	Prashant Dubey	K.R MANGALAM UNIV	8950266349
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2-3-2022 15:08:27	Jahul	KR mangalam Universi	7428550984
2-3-2022 15:10:29	Johnsain	K R Mangalam universi	8813051217
2-3-2022 15:14:42	Shoaib Akhtar	K.R.Mangalam Univers	9031154891
2-3-2022 15:16:50	Himanshu Kumar	K.R mangalam universi	8936008155
2-3-2022 15:17:20	Devesh Raghav	K.R MANGALAM UNIV	9728072942
2-3-2022 15:22:06	Aadil Hussain	Smās	9813365545
2-3-2022 15:38:30	DEVAKI CHHONKER	Kr mangalam	9810709866
2-3-2022 15:42:10	Priyanshi	SMAS	8447929819
2-3-2022 15:56:06	Jarnal		8816874690
2-3-2022 16:00:12	Bhawna saini	K.r Mangalam universit	9540950285
2-3-2022 16:03:12	Dr. Shubhrajit Mantry	Sharadchandra Pawar	6296963202
2-3-2022 16:03:56	Dr. Manish Kumar	M M College of Pharmā	7017548594
2-3-2022 16:08:46	Sonu Kumar	K R Mangalam Univers	7015565959
2-3-2022 16:13:43	Maninder singh saini	K R. Mangalam Univer	9871503038
2-3-2022 16:27:32	Prabhat Singh	K.R. Mangalam Univer	+919793265454
2-3-2022 16:32:44	Mohd suheb	K.r mangalam universit	9991788205
2-3-2022 16:34:40	Muskan sharma	Kr mangalam Universit	9289188869
2-3-2022 16:34:51	SHUBHAM GUPTA	K R MANGALAM UNIV	9264267759
2-3-2022 16:35:31	Mohd Naeem	Mohd Naeem	8816073175
2-3-2022 16:35:46	Simran Kaur	KR Mangalam Universi	09717129632
2-3-2022 16:37:33	Piyush madaan	KR Mangalam Universi	8570021859
2-3-2022 16:39:48	Manju kamra	Hindu College of Pharn	8569930038

Attendance  
omicron  
Awareness

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Rajkot, Gujarat (India)

2-3-2022 16:41:06	Prof.(Dr.) Tania Gupta	KR Mangalam Universi	9818469283
2-3-2022 16:46:18	Sandeep kumar	K r manglam universty	7082045096
2-3-2022 16:48:28	Md Gulam	Kr Mangalam	9473291453
2-3-2022 16:50:54	Janul aabideen	Kr mangalam Universit	9817557209
2-3-2022 16:57:18	Abhishek vishwakarma	K.R mangalam Univers	08356855843
2-3-2022 17:03:10	Vandana	K.R Mangalam Univers	7011231001
2-3-2022 17:04:26	Aryan Srivastava	KR Mangalam universit	8595758028
2-3-2022 17:06:18	Pobon Limbu	K. R Mangalam univers	9957086643
2-3-2022 17:14:52	Sumit Kumar sonu	Kr manglam university	8210204262
2-3-2022 17:58:41	Akriti Kapur	K.R Mangalam Univers	9818897452
2-3-2022 18:02:27	Seema yadav	Seema yadav	9643678036
2-3-2022 18:21:52	anind bakshi	K.R mangalam universi	08950709516
2-3-2022 18:22:30	Bulbul singh	Kr manglam University	7719955820
2-3-2022 18:56:02	Shahid khan	KR MANGALAM UNIVI	8882766136
2-3-2022 19:04:31	Shivani bhardwaj	SMAS	7042853639
2-3-2022 19:07:26	Hritik	K.R MANGALAM UNIV	8448686349
2-3-2022 19:54:59	Sajid	K r mangalam universi	9654726406
2-3-2022 20:18:27	Sourabh Jangid	KR magalam	9571065106
2-3-2022 20:49:16	Osmin	KR MANGALAM	8168948440
2-3-2022 20:56:43	Devender Pathak	Rajiv Academy for Pha	9897661620
2-3-2022 21:00:29	Varsha	Rajiv academy for phar	+918439613171
2-3-2022 21:01:32	Ram kumar	Rajiv Academy for Pha	8077507929
2-3-2022 21:19:19	Sarita	Sarita	7618508660
2-3-2022 21:20:11	Sarita	Sarita	7618508660
2-3-2022 21:22:04	Sarita	Krmu	7618508660
2-3-2022 21:43:17	Raksha Sharma	Rajiv academy for phar	7895365537
2-4-2022 7:21:58	Hiteshi Sharma	KR mangalam universil	9711440005
2-4-2022 8:27:15	Nikhil Yadav	KR mangalam Universi	9289830552
2-4-2022 10:29:30	Monika Singh	Rajiv Academy for phar	9520703322
2-4-2022 12:05:30	Sabra banu	Sanskriti university	9690143886
2-4-2022 16:52:35	Sarita	Kr manglam	8744013381
2-4-2022 17:53:48	Dr. Kamal Kishore	Department of pharma	9412148058
2-5-2022 7:58:00	Subhendu mandal	K r mangalam Universil	9660827088
2-6-2022 14:04:07	SURESH YADAV	KR MANGALAM UNIVEI	8278071150
2-7-2022 10:11:49	Harvinder	Kr mangalam university	7015796350
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2-7-2022 10:19:11	Nitin Chopra	K.R.Mangalam Univers	7011939186
2-7-2022 11:13:10	Shweta kumari	Kr mangalam Universit	7079141494
2-7-2022 13:29:18	Ritu Rani	PDM University	8168770296
2-7-2022 13:44:29	Ajay	Agra public pharmacy c	+917668485799
2-7-2022 13:45:52	Nitin kumar	Agra public pharmacy c	7060186318
2-7-2022 13:49:25	Prashant yadav	Agra pharmacy college	6395659056
2-7-2022 13:55:45	Pragyadeep Shakya	Agra Public Pharmacy	7078930381
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2-7-2022 16:12:10	Dr. Shubhrajit Mantry	Sharadchandra Pawar	7384205300
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2-7-2022 18:41:43	Aniket Sharma	Agra public pharmacy c	9058443701
2-7-2022 18:51:33	Raksha Sharma	Rajiv academy for phar	7895365537
2-7-2022 19:57:26	Lokesh Kumar	Agra public institute of j	8477034255
2-7-2022 20:20:30	Nancy Guliya	PDM university	9306505067
2-7-2022 20:32:49	HARSHIT	KR manglam university	9971035834
2-7-2022 20:33:18	DHRUV MALIK	K.R. MANGALAM UNIV	7082551547

2-7-2022 21:31:46	MOHAMMAD ARIF PA KR MANGALAM UNIVI	9849441077
2-7-2022 21:32:22	Prof. Dr. Mahendra Sin Laureate institute of ph.09805676721	
2-7-2022 21:33:07	Rashid KR mangalam	8287037524
2-7-2022 21:33:38	Maninder singh saini K.R. Mangalam Univer	9871503038
2-7-2022 21:33:40	Tanishka agarwal Agra public pharmacy I +917417522592	
2-7-2022 21:34:50	Priya K.R.Mangalam Univer	+919354362360
2-7-2022 21:38:57	Megha Mittal K. R. Mangalam Univer	9654208798
2-7-2022 21:43:22	Prashant yadav K R Mangalam Univer	6396193791
2-7-2022 21:45:16	Kavita Kaushik KR Mangalam Universi	9314212001
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2-7-2022 21:51:59	Yashashvi singh Kr mangalam Universit	9810967407
2-7-2022 21:52:01	Shivam Sharma K.R. Mangalam Univer	9991654894
2-7-2022 21:52:09	Rohit kumar K.R Mangalam Univer	9319246756
2-7-2022 21:52:27	Devaki Chhonker Krmu	9810709866
2-7-2022 21:52:28	SURESH YADAV KR MANGLUM UNIVEI	8278071150
2-7-2022 21:52:37	Aisha naz Kr mangalam Universit	9315894586
2-7-2022 21:53:32	Keerat kaur Kr manglam University	9650673054
2-7-2022 21:53:37	Ishika Jain K. R. Mangalam Univer	9354501275
2-7-2022 21:54:21	Rishu Raj K R Mangalam Univer	07070606211
2-7-2022 21:56:33	Ravi kumar tiwari Kr mangalam university	9507871070
2-7-2022 21:57:06	Harsh Dhatwalia Kr Managalam Univer	8968896258
2-7-2022 21:57:23	Vikash Kumar Jha KR Mangalam Universi	7050204184
2-7-2022 21:58:22	Annu tanwar K r mangalam	9518166262
2-7-2022 22:00:38	Rishabh Shukla K.R Mangalam Univer	8447706266
2-7-2022 22:01:31	Aksh Malhotra KR Mangalam	09871567448
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2-7-2022 22:03:19	Harsh Raj K R Mangalam Univer	6206044262
2-7-2022 22:03:57	Rohit Rawat Kr mangalam Universit	09138357906
2-7-2022 22:04:04	Dharna Kamra K.R Mangalam Univer	9416427511
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2-7-2022 22:05:58	Shiwani Shrestha K.R.Mangalam	7906822013
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2-7-2022 22:08:06	Abhijeet kumar Kr mangalam university	79037772818
2-7-2022 22:08:19	Sahil bansal K. R. Mangalam Univer	8826317592
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2-7-2022 22:22:17	AASTHA SINGH KR Mangalam universit	09411449998
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2-8-2022 8:01:16	Sumit Kumar Kr manglam university	8210204263
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2-8-2022 8:07:08	Gyanendra B pharmacy	9315847351
2-8-2022 8:32:51	DR.MAHALAKSHMY.R.DRUGSCONTROL DE	9497004156
2-8-2022 8:42:11	Khushboo Kr mangalam university	09813552601
2-8-2022 9:04:12	Dr. REENA GUPTA Institute of pharmaceut	+989808025637

  
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2-8-2022 9:04:48	Dr. JITENDRA GUPTA	Institute of pharmaceut	08979136611
2-8-2022 9:23:07	Shweta Vashist	K. R Mangalam Univer	8766269979
2-8-2022 9:29:29	Ajit yadav	Kr mangalam university	09643310734
2-8-2022 9:40:55	Siddhant Kashyap	Kr mangalam university	+919971074255
2-8-2022 9:47:52	Rashmi wadhwa	Dehat Vikas College of	07988575833
2-8-2022 10:08:15	Deepesh kumar deep	K.R.Mangalam Univer	9060587701
2-8-2022 10:12:34	Ninu Ebrahim	Chemists college of ph	7510788626
2-8-2022 10:40:54	Dr Manisha Bhatia	MMDU	09034653863
2-8-2022 11:10:08	Varsha Snehi	Rajiv academy for phar	08439613171
2-8-2022 11:11:17	RANJEET KUMAR	A AND E COLLEGE OI	+919664407467
2-8-2022 11:16:33	Devender Pathak	Rajiv v Academy for Ph	9897661620
2-8-2022 11:22:49	TUSHAR DUDEJA	KR MANGALAM UNIVI	9968871655
2-8-2022 11:30:20	Kumar Ashuranjan Bha	KR Manglam University	07562931889
2-8-2022 12:03:58	Monika singh	Rajiv academy for phar	9520703322
2-8-2022 12:24:35	Swatantrata Rathore	Agra public institute of j	8171193022
2-8-2022 13:09:09	SILKY SETHY	Kr mangalam	08373988629
2-8-2022 13:30:36	Navdeep Singh	UIPSR (BFUHS)	9501388239
2-8-2022 13:30:51	Yashu	UIPSR	7888403781
2-8-2022 13:32:17	Abhishek mahajan	Uipsr	8288892479
2-8-2022 14:03:31	Japneet Singh	Uipsr	9115911581
2-8-2022 14:14:34	Jasbeer Singh	University Institute of P	7814785240
2-8-2022 14:33:18	Christopher	Kr manglam University	9548680320
2-8-2022 14:36:34	Shivani	Kr mangalam Universit	8383917798
2-8-2022 14:51:08	Rahul Tarafdar	KR Mangalam Universi	9599797985
2-8-2022 15:13:00	Dhruv Malik	K.R. MANGALAM UNIV	7082551547
2-8-2022 15:32:23	Richa kumari	Kr mangalam	6299484904
2-8-2022 15:33:35	Md.rahi raza	Kr.mangalam Universit	9119190372
2-8-2022 15:38:51	Suruchi shreya	Kr mangalam Universit	8409902571
2-8-2022 15:44:01	ANMOL	AGRA	+918445695594
2-8-2022 15:50:02	Sanjeev Kumar	KR Mangalam Universi	8588929636
2-8-2022 15:51:28	Rajji shrivastav	K. R managalam univer	8375008369
2-8-2022 15:56:48	Tanisha Goswami	K.r. Mangalam Univer	9810685748
2-8-2022 16:00:40	Mohd suheb	K.r.mangalam universit	9991788205
2-8-2022 16:10:06	Tisha	KR Mangalam Universi	8295386967
2-8-2022 16:13:08	Mukul kumar	AGRA PUBLIC INSTIT	9719555815
2-8-2022 16:13:36	Gaurav Rajput	Agra public pharmacy c	7037636426
2-8-2022 16:14:56	Ishika Garg	KR Mangalam Universi	9050868738
2-8-2022 16:22:40	Sonu kumar Yadav	K R M University	8588877773
2-8-2022 16:24:54	Jaideep Kaur	UIPSR, BFUHS	09780503771
2-8-2022 16:25:00	Aksh Malhotra	KR Mangalam	09871567448
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2-8-2022 16:46:02	Anjali Garg	K.R.Mangalam Univer	08950802099
2-8-2022 16:55:30	Manisha Bhatia	MMDU	09034653863
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2-8-2022 19:20:14	Pobon Limbu	K.R mangalama univer	9957086643
2-9-2022 8:18:05	Yogesh Kumar	KR Mangalam Universi	7838073910
2-9-2022 9:27:46	Osmin	KR Mangalam	8168948440
2-10-2022 13:38:00	Priyanka	PDM University	8396897994
2-13-2022 15:09:59	Aryan Srivastava	K R MANGALAM UNIV	08595758028

Coordinator:



Ms. Neha Minocha  
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**SCHOOL OF MEDICAL & ALLIED SCIENCES**

ACADEMIC SESSION 2021-22

Ref. No: KRMU/SMAS/Notice/2021-22/0041

02 March, 2022

## **NOTICE**

Dear Students and Faculty Members,

We are delighted to inform you that the School of Medical and Allied Sciences is hosting the **"Theraband Workshop - A Student-led Activity" on the 10th of March, 2022.**

This workshop aims to provide a platform for students to actively engage in hands-on learning and practical applications related to Theraband exercises. Led by our enthusiastic students, this event promises to be an insightful and interactive session for all participants. For inquiries or further details, please contact [Ms Mamta Shanker, Assistant Professor at [mamta.shankar@krmangalam.edu.in](mailto:mamta.shankar@krmangalam.edu.in)]

Let's come together and make "Fitness Pro Challenge 2" a resounding success!

### **Key Highlights:**

Interactive demonstrations

Hands-on practice with Therabands

Insightful discussions on the benefits of Theraband exercises

Q&A session with the student organizers

We encourage all students and faculty members to attend this enriching workshop, fostering a collaborative and knowledge-sharing environment within our academic community.

### **Details:**

Venue: C Block Sport Complex, K R Mangalam University

Date: 10th of March, 2022.

Time: 12 am onwards

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Sohna Road, Gurugram, (Haryana)

Event Coordinator  
SMAS



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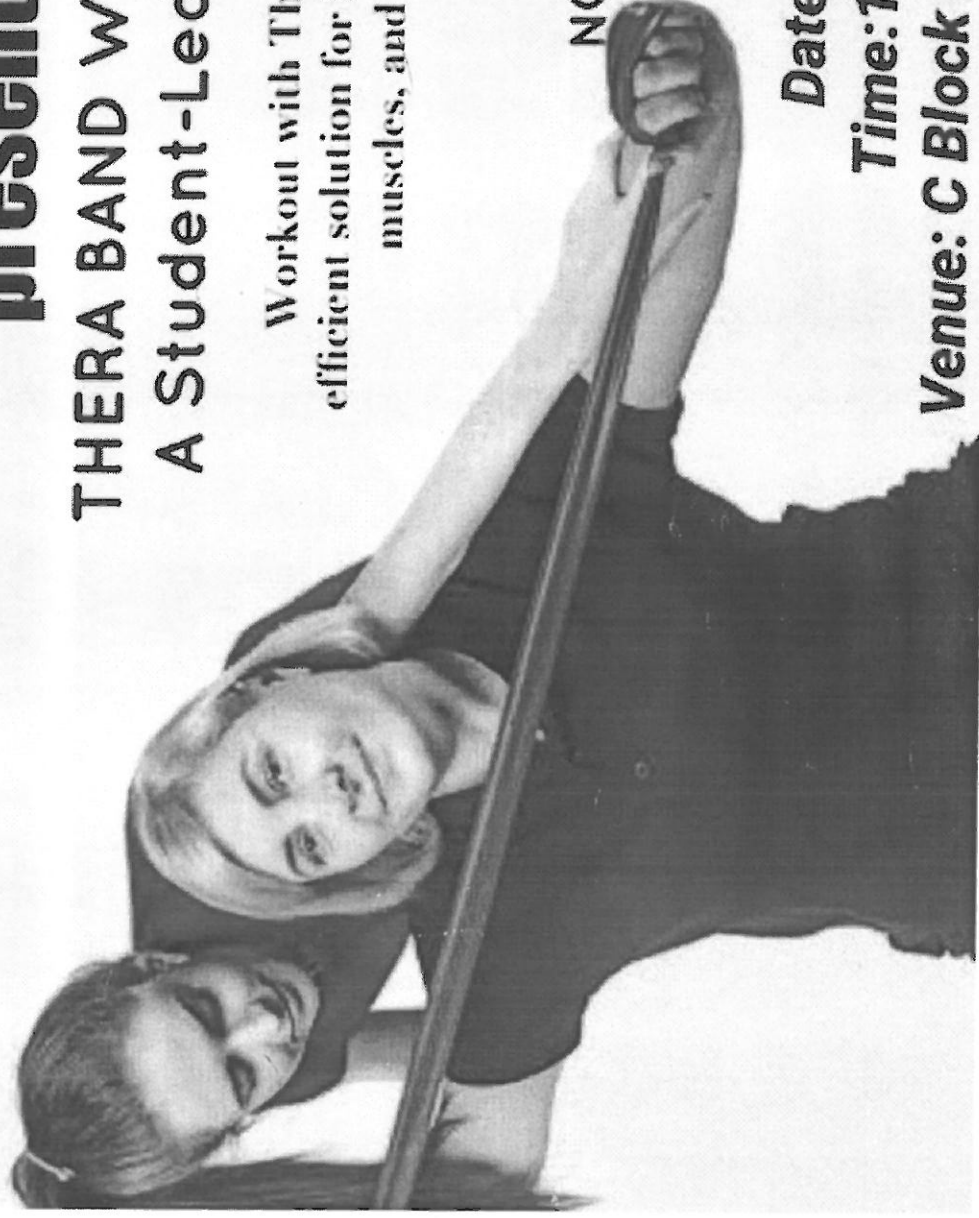
# **Department of Physiotherapy, SMAS in collaboration with Pinnacle Solutions**

**presents**

**THERA BAND WORKSHOP  
A Student-Led Activity**

Workout with Therabands- easy, quick and efficient solution for back pain, neck stiffness, tight muscles, and many more problems.

No time for exercise?  
Can't go to the gym?  
**NO WORRIES, WE'VE GOT  
THE SOLUTION!**



**Date:10.03.2022**

**Time:12:00-01:00 pm**

**Venue: C Block Basement, Sports Room**



Report on

## **Theraband Workshop**

**A Student-led Activity in collaboration with Pinnacle Solutions**

**Target Group:** Students and Faculty of KRMU

**Coordinators:** Ms. Mamta Shankar (Faculty), Ms. Riya Sharma (student) at Department of Physiotherapy, SMAS.

**Date and Time:** Thursday, 10<sup>th</sup> March 2022, 12:00- 1:00 p.m.

**Venue:** Sports Room, C Block Basement.

**Mode (Online/ Offline):** Offline

### **Introduction**

While the pandemic has created havoc with the health of many, it has also led to increased awareness of physical wellbeing and fitness. Our increasingly sedentary, gadget-controlled lifestyles have resulted in an exponential increase in posture related issues like neck and back pain, tightness of muscles and reduced activity levels.

With an objective to improve awareness of resistance band training and to showcase an easy, effective and practical method of keeping fit, the Department of Physiotherapy, SMAS organized 'Theraband Workshop- a student led activity', in collaboration with Pinnacle Solutions.

Resistance bands are a safe, simple and effective way of adding resistance to movements. The bands are colour coded for differential resistance values. Pinnacle Solutions provides exercise equipment including resistance bands, tubes and various other modalities.

The activity aimed to incorporate experiential learning for the students of Bachelor of Physiotherapy programme. The students learn about exercise therapy as a part of the curriculum, and preparation for this workshop enhanced their understanding of exercise prescription and techniques.

### **Objectives**

- For the students of BPT

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- Experiential learning activity to enhance understanding of exercise techniques
- Personality development and public speaking
- Presentation skills and interaction with patients
- Interaction with vendors of exercise therapy equipment
- For the participants and audience
  - Introduction to a safe, effective and simple exercise modality
  - Hands-on training with resistance bands
  - Access to healthcare solutions

### Content

The event started with a welcome address by Prof. (Dr.) Arun Garg, (Dean, School of Medical and Allied Sciences) followed by felicitation of Mr. Bhagat, representative from Pinnacle Solutions. Students and faculty members from different departments participated in the workshop enthusiastically and were able to perform the exercises being demonstrated by Riya Sharma, Twinkle and Harsh Raj of BPT Sem IV. Aanchal Sharma of BPT Sem VI explained the different postures and exercises during the demonstration.

Students and faculty members were able to view the different rehabilitation products that were being showcased by Pinnacle Solutions at the venue. Ms. Mamta Shankar, Ms. Divya Aggarwal, Mr. Badri Vishal and Mr. Gurpreet Singh, Assistant Professors, Department of Physiotherapy assisted the students in the demonstration and helped the participants to perform the exercises using bands and tubes of different resistance values.

The enthusiastic participation by faculty members as well as students made the workshop lively, fun and informative. Exercises for upper limb, lower limb and spine were performed, with several participants coming forward to volunteer. The one-hour session was concluded with a very positive feedback from all the participants. The event was fruitful in creating awareness about the importance of fitness and the students of BPT gained confidence for public speaking and interaction with a live group of subjects.

### Attendees

Students and faculty members of KRMU attended the workshop.

Participants and Volunteers: Students of BPT Sem IV and Sem VI (eight students)

Attendees: 30 students and 16 faculty members attended the workshop.

### Activity Outcome

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*[Signature]*

As this was a student-led activity, the BPT students prepared the presentation, sequence of exercises and the benefits as well as contraindications for each exercise performed. An experiential exposure to exercise prescription allowed the students to understand and implement the programme. They also gained confidence through practice, rehearsals and the final workshop. Receiving enthusiastic participation and positive feedback from the participants boosted their confidence.

The feedback from the faculty members indicated that many of them were suffering from the negative effects of prolonged sitting and poor posture on joints and muscles. Exercising during the workshop was enjoyable and they also realized the importance of regular exercise. The faculty members of the Physiotherapy Department explained the importance of exercise and encouraged the faculty as well as students to utilize the services of the Physiotherapy OPD within the campus.

Students as well as faculty were able to view and get a demonstration of the products displayed by Pinnacle Solutions.

### **Conclusion**

This was a highly interactive and informative session for the students and faculty of KRMU, especially those seeking remedies for large periods of inactivity during the pandemic.

### **Further Scope**

Students of BPT, under the guidance of the faculty, can organize events related to health and fitness for the benefit of everyone at K. R. Mangalam University. Some of the ideas put forward by students include- back pain workshop, ergonomics workshop, women's health camp, diabetes awareness camp, etc.

  
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Photo 1: BPT students Riya and Twinkle demonstrate the correct technique for Theraband exercises for the upper limb



Photo 2: Faculty members from SMAS and SOMC performing exercises under supervision



Photo 3: Product display by Pinnacle Solutions

  
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Photo 4 (geotagged) : Prof. Arun Garg felicitating Mr. Bhagat from Pinnacle Solutions, accompanied by faculty members and student volunteers from Department of Physiotherapy

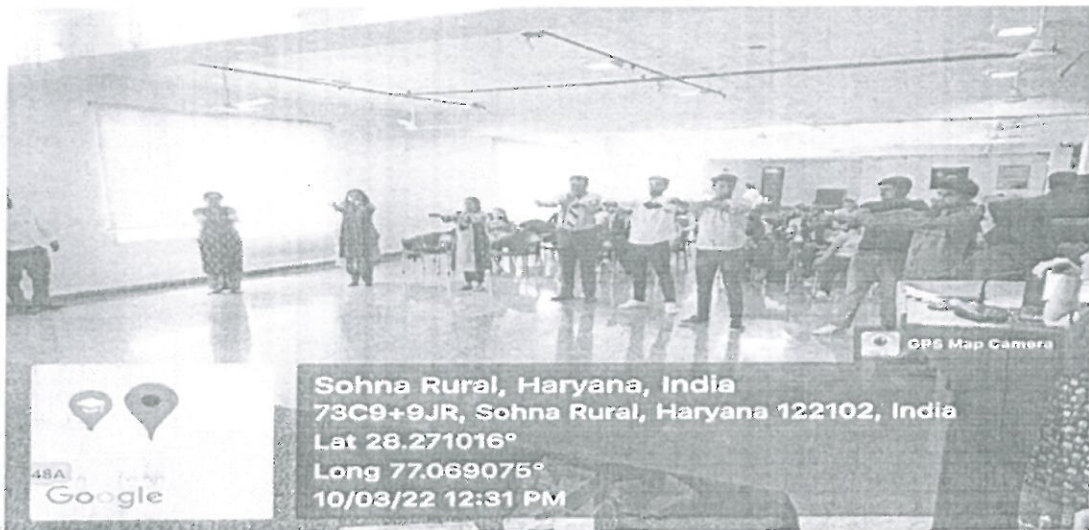
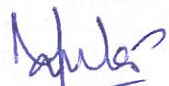



Photo 5 (geotagged) : Faculty (including Dean, SMAS) and students using resistance bands for exercise

  
 Coordinator:  
 Ms. Mamta Shankar  
 Assistant Professor, SMAS

  
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 K. R. Mahajan University  
 Sohna, Haryana (Haryana)





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**THERABAND ACTIVITY**

DATE: 10 March 2022

VENUE: Sports Room, C Block Basement

ORGANISED BY: Department of Physiotherapy, SMAS

**ATTENDANCE RECORD**

Sr. No	Roll no.	Student Name	Programme Name	Semester	Remarks/	Signature of Student
1	2104310031	Kansal Khatana	D-Pharm	1st year	- Good	<i>Kansal</i>
2	2108791111	Bhavana Khari	BA (Hons) psy.	2nd sem	Good	<i>Bhavana</i>
3	2104310046	Pharuse Raj	D-Pharm	1st year	- Good	<i>Pharuse Raj</i>
4	2104310048	Sudhi	D-Pharm	1st year	- Good	<i>Sudhi</i>
5	2104310043	Aditya	D-Pharm	1st year	Good	<i>Aditya</i>

*[Signature]*  
Organiser's Signature  
Name and Designation

*[Signature]*  
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**ATTENDANCE RECORD**

Sr. No	Roll no.	Student Name	Programme Name	Semester	Remarks/	Signature of Student
1	21041 30003	Nazab Farhan	BPT	2nd	V-Good	
2	21041 30026	Anshika	BPT	2nd	V-Good	
3	21041 30013	Ravi	BPT	2nd	V-Good	
4	21041 30025	Mili	BPT	2nd	V-Good	
5	21041 30004	Janvi	BPT	2nd	V-Good	
6	210413 0008	Elshika	BPT	2nd	V-Good	
7	210413 0022	Drishiti	BPT	2nd	V-Good	
8	2104130 028	Yash Solanki	BPT	2nd	V-Good	

Organiser's Signature  
Name and Designation

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**THERABAND ACTIVITY**

DATE: 10 March 2022

VENUE: Sports Room, C Block Basement

ORGANISED BY: Department of Physiotherapy, SMAS

**ATTENDANCE RECORD**

Sr. No	Roll no.	Student Name	Programme Name	Semester	Remarks/	Signature of Student
1.	210413001	Arihant Pandey	BPT	1 <sup>st</sup> year	Very good	Arihant
2.	210413003	Rajiv Shrivastava	BPT	1 <sup>st</sup> year	very good	Rajiv Shrivastava
3.	210413006	Guljeet Kaur	BPT	1 <sup>st</sup> year	Very good	Guljeet
4.	210413003	Riya Rawat	BPT	1 <sup>st</sup> year	Very good	Riya
5.	210413001	Shambhavi	BPT	1 <sup>st</sup> year	Good	Shambhavi
6.	210413009	Amitkumar	BPT	1 <sup>st</sup> year	Educating	Amitkumar
7.	210413002 24	Rince	BPT	1 <sup>st</sup> year	Good	Rince Vasmish
8.	210413007	Rishabh Singh	BPT	2 <sup>nd</sup> year	Good	Rishabh
9.	21041300 14	M. Dahi Raza	B.P.T	1 <sup>st</sup> sem	Excellent	M. Dahi Raza

Organiser's Signature  
Name and Designation

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**THERABAND ACTIVITY**

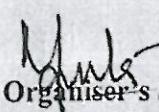
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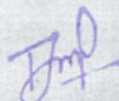
VENUE: Sports Room, C Block Basement

ORGANISED BY: Department of Physiotherapy, SMAS

**ATTENDANCE RECORD**

Sr. No	Roll no.	Student Name	Programme Name	Semester	Remarks/	Signature of Student
1.	1904130001	Harshit	BPT	6th	Excellent	Harshit
2.	1904130002	Dhruv	BPT	6th	Vv. Good	Dhruv
3.	1904130003	Aanchal	BPT	6th	Awesome	Aanchal
4.	1904130004	Dharna	BPT	6th	Excellent	Dharna
5.	1904130005	Sowrav	BPT	6th	Vv. Good	Sowrav

  
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Name and Designation

  
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**THERABAND ACTIVITY**

DATE: 10 March 2022

VENUE: Sports Room, C Block Basement

ORGANISED BY: Department of Physiotherapy, SMAS

**ATTENDANCE RECORD**

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1.	2104130025	Mili Mandal	B.P.T	I <sup>st</sup> year	excellent	Mili
2.	2104130011	Bharti	B.P.T	I <sup>st</sup> year	excellent	Bharti
3.	2104130001	Mitali	B.P.T	I <sup>st</sup> Year	excellent	Mitali
4.	2104130009	Meenal Sharma	B.P.T	I <sup>st</sup> Year	excellent	Meenal
5.	2104130010	Richa Kumari	B.P.T	I <sup>st</sup> year	excellent	Richa
6.	2104130018	Manisha	B.P.T	I <sup>st</sup> year	excellent	Manisha
7.	2104130039	Neetu	B.P.T	I <sup>st</sup> year	excellent	Neetu
8.	2104130016	Sureshi	B.P.T	I <sup>st</sup> year	good	Sureshi
9.	2104130028	Yarnika	B.P.T	I <sup>st</sup> year	Fine	Yarnika

*[Signature]*  
Organiser's Signature  
Name and Designation

*[Signature]*

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



**THERABAND ACTIVITY**

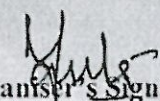
DATE: 10 March 2022


VENUE: Sports Room, C Block Basement

ORGANISED BY: Department of Physiotherapy, SMAS

**ATTENDANCE RECORD**

Sr. No	Roll no.	Student Name	Programme Name	Semester	Remarks/	Signature of Student
1	2004130007	Riya	BPT	4th	Excellent	Riya
2	2004130008	Twinkle	BPT	4th	Excellent	Twinkle
3	2004130006	Harsh	BPT	4th	Excellent	Harsh

  
Organiser's Signature  
Name and Designation

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



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

**SCHOOL OF HUMANITIES**  
ACADEMIC SESSION 2021-22

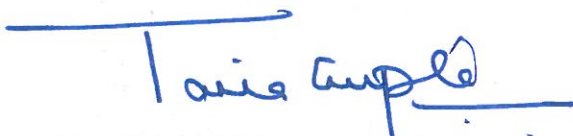
SOHS/Notice/2021-22/ 33


25 May 2022

**NOTICE**

**STUDENT SEMINAR ON ENVIRONMENTAL HUMANITIES**

1. Department of English, School of Humanities is organizing a Student Seminar on "**Environmental Humanities**" on **30 May 2022** from **12:00- 1:00 P.M**
2. All students of SOHS are encouraged to make paper presentations on the topic.
3. Details of the seminar are given in the enclosed poster.
4. Please contact, Dr. Swati Chauhan, Assistant Professor, Department of English, School of Humanities for further details.

  
Prof. (Dr.) Tania Gupta  
Dean

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



**K.R. MANGALAM UNIVERSITY**

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Gurugram, Delhi-NCR

## **School of Humanities**

*is organising student seminar*

**ON**

# **Environmental Humanities**

**FOR ALL THE STUDENTS OF SOHS**

**Date: Monday, 30th May**

**Time: 12:00-1:00 PM**

**Venue: A Block Room No-211**

Interested students can do registration using the registration link (Google form) Students will be given certificates for the participation.

**THE DISCUSSION WILL  
BE FOCUSED AROUND**

- SUSTAINABLE DEVELOPMENT
- ENVIRONMENT AND HEALTH
- ENVIRONMENT AND LITERATURE
- ANIMALS AND AGRICULTURE

**Convener**

Professor Tania Gupta

**Co-ordinator**

Dr. Swati Chauhan

**Student co-ordinator**

Divya Bharti Ishayadav

University Gurugram Campus: ☎ 011-48884888 / 8800697010-15 📞 8800697012

🌐 [www.krmangalam.edu.in](http://www.krmangalam.edu.in) ✉ [welcome@krmangalam.edu.in](mailto:welcome@krmangalam.edu.in)

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





**K.R. MANGALAM UNIVERSITY**  
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Report on  
Student Seminar  
ON

**ENVIRONMENTAL HUMANITIES**

**Target Group: Students of SOHS**

**Coordinator:** Dr. Swati Chauhan(Faculty) at SOHS

**Student coordinators:** Divya Bharti and Isha Yadav

**Date and Time:** 30th May 2022, 11:00 am.

**Venue:** Room No. A 211, A Block, KRMU.

**Introduction**

With the objective of understanding the importance of Environmental Humanities, a seminar was organized by the department of English, School of Humanities under the guidance of Prof. Dr. Tania Gupta(Dean SOHS &SOED), Dr. Swati Chauhan (Assistant professor English).

**Objectives**

- To discuss the importance of sustainable development.
- To educate individuals to live in a sustainable society and build a strong relationship with nature.
- To the study of human imagination, perception, behaviors, and the relationship of humans to their surrounding environments—both social and natural.

*Swati*  
30/5/22

*Tania Gupta*  
(Dean) 30/05/22

*Jmp*

## Content

- The environmental humanities comprise a large, growing, and diverse body of inquiry spanning a multitude of academic disciplines. Along with the social sciences, these humanities disciplines have long been devoted to the study of human affairs, leaving the natural sciences to study things such as ecology, ice sheets, and climate. Broadly, where humanities disciplines differ from social science ones is as follows: unlike, say, economics, which treats social phenomena as possessing universal qualities regardless of location, the humanities focus on the many ways different people make the world meaningful in various registers (e.g., through their ethical beliefs).
- The humanities thus acknowledge the relativity of belief, the intersubjective nature of human existence, the situatedness of life, the complex ways people apprehend the world, and the many disagreements that arise about moral, aesthetic, and existential issues.
- The environmental crisis has become an important field of research, particularly in terms of climate change. However, despite innumerable scientific findings, the environmental crisis continues, and politicians, the economy, and society are reacting hesitantly and inadequately. It is therefore high time to pay more attention to environmental research, including in the humanities and social sciences.

## Attendees

Students of SOHS of all years joined the seminar. Diya Kumar, Isha Sharma, Divya Bharti participated with full of zest.

## Activity Outcome

Students participated with full of zest in the event. One prize was awarded on the basis of four parameters (speaking skills, Listening skills, content and the delivery) to Diya Kumar. Students Understand key concepts from economic, political, and social analysis as they pertain to the design and evaluation of environmental policies and institutions.

*Sneha*  
30/5/22

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

*Tania Gupta*  
(Dean SOHS)  
30/5/22  
2

### Conclusion

This was a highly informative seminar for the students of SOHS as students understand the vibrant field of environmental humanities. The environmental humanities is an interdisciplinary field of inquiry that brings the insights and approaches of the humanities—centered on questions of meaning, value, and ethics—to bear on some of the most pressing challenges of our time.

### Further Scope

Organizing Seminars and workshops provide a chance to interact with experts from a specific field. By discussing the relevant topics of the particular subject, students tend to learn the latest information and new skills related to the concerned subject.

Photo 1: Divya Bharti of B.A (English Hons) presenting her paper on Sustainable development.



Photo 2: Isha Yadav student of (B.A HONS.English) presenting her paper on Environment and literature.

*Prab*  
30/5/22

*[Signature]*  
Registrar

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

*Tania Gupta*  
(Dean SOHS) 30/5/22

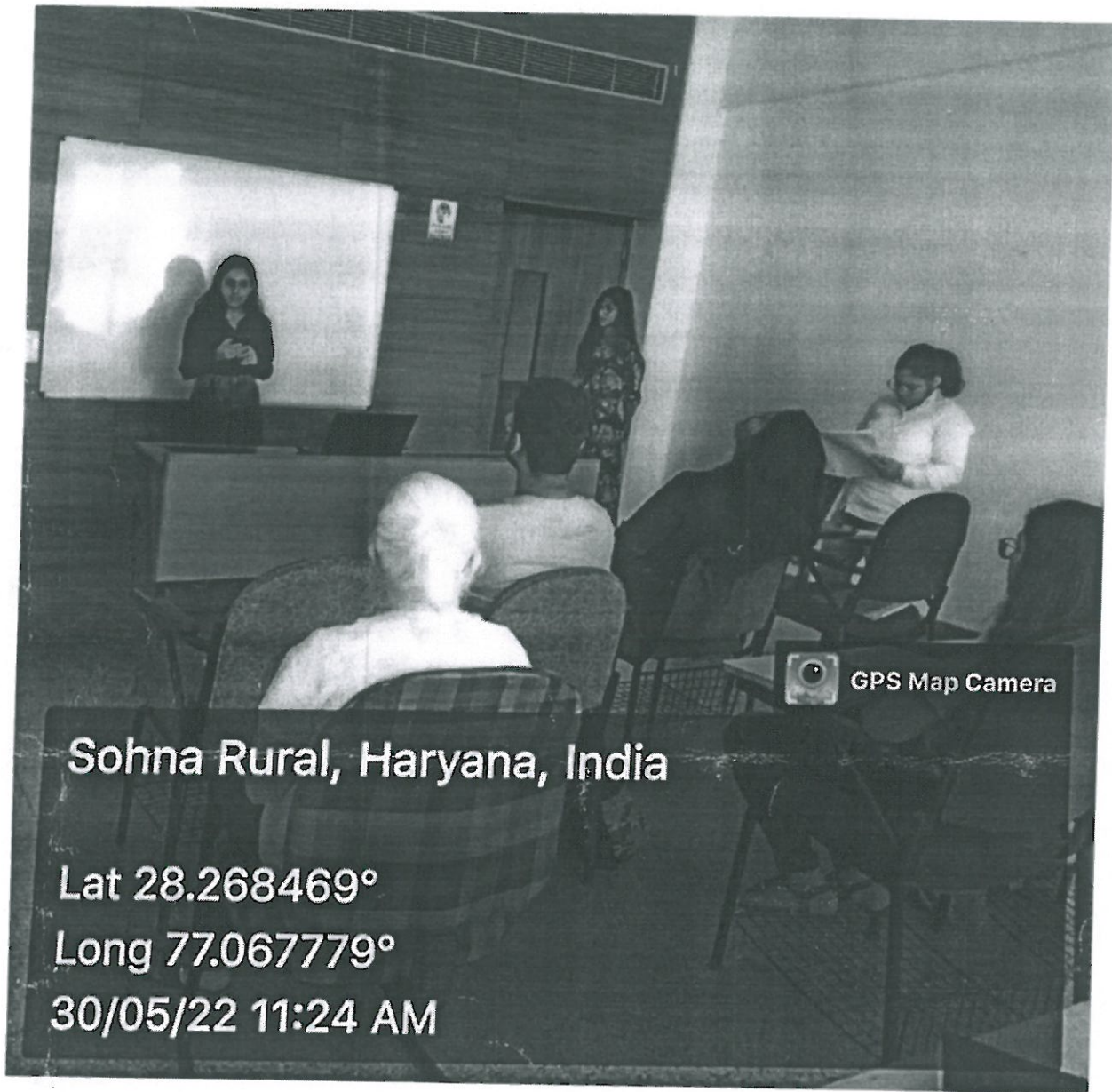
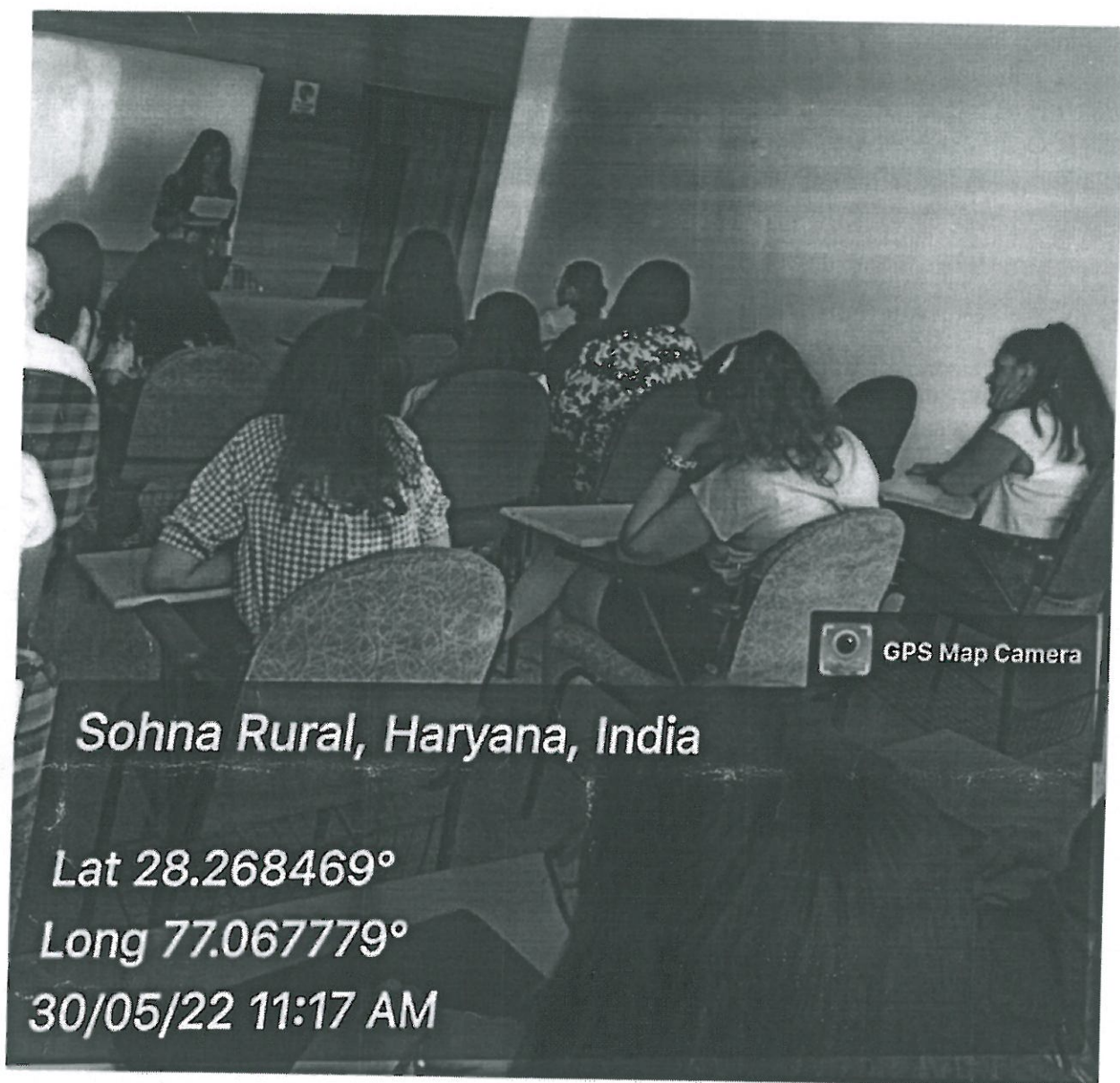


Photo.3: Diya student of (B.A HONS. English) presenting her paper on Sustainable development and waste to wealth.

*Sweel*  
30/5/22

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

*Tania Gupta*  
(Dean SoHS) 30/5/22



Sivak  
30/5/22

Tania Anjali  
30/5/22  
(Dear Sohns)

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



**K.R. MANGALAM UNIVERSITY**  
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Name	Program & Semester	Sign
Prateek Singh	B.A(H) English	<i>Prateek</i>
Manisha Tanwar	B.A(H) English	<i>Manisha</i>
Jahnvi	B.A(H) English	<i>Jahnvi</i>
Divya	B.A(H) English	<i>Divya</i>
Lakshay	B.A(H) English	<i>Lakshay</i>
Srishti	B.A(H) English	<i>Srishti</i>
Gaurav	B.A(H) English	<i>R. Bainsla</i>
Renal Bainsla	B.A(H) English	<i>R. Bainsla</i>
Vaishnavi sharma	B.A(H) English	<i>V. Sharma</i>
Siddharth Sharma	B.A(H) English	<i>S. Sharma</i>
Naman	B.A(H) English	<i>Siddharth</i>
Neetu yadav	B.A(H) English	<i>N. Yadav</i>
Naman	B.A(H) English	<i>Neetu</i>
Milind	B.A(H) English	<i>Milind</i>
Fatima	B.A(H) English	<i>Fatima</i>
Isha	B.A(H) English	<i>Isha</i>

*Suwal*  
*30/5/22*

*Tanis Gupta*  
*30/05/22*  
*(Dean SOHS)*

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



# K. R. Mangalam University

Gurugram - 122 103, Haryana (State), India

(Estd. Under the Govt. of Haryana private Universities Act No. 2006, and is empowered to award degrees under section 2f of the UGC Act, 1956)

www.krmangalam.edu.in

## Event Approval Form

Society / Club / Department Name: Department of Economics

Student Coordinator: Divya Bharti, Isha Yadav

Club/Society Coordinator: Dr. Swati Chauhan

Date: 30.4.22

Event Name: Student Seminar

Audience Count: 15

Mode of Conduction: Offline

Place of Conduction: A-211

Event Timings: 12-1:00 Pm

Requirements: -

Swati

Signature  
(Coordinator)

Tania Gupta

Signature  
(Dean Student Welfare)

[Signature]  
30/4/22

Signature  
(A.O.)

Mahjan

Signature  
(Registrar)

[Signature]

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

On the 30th of May 2022, the School of Humanities presented a seminar for students on the topic "Environmental Humanities," with subtopics of Sustainable Development, Environment and Health, Environment and Literature, and Animals and Agriculture. Dr. Swati Chauhan served as the seminar's coordinator in Room 215. The agenda of this seminar was discussed in depth by the presenter Diya Kumar of K.R. Mangalam University's B.A. English (H) programme. The session went off without a hitch, and everyone in attendance had a great time and came away with more knowledge. A questionnaire was handed to the students at the end of the seminar to assess their personal learning and understanding. I appreciate the teachers' efforts in putting on such a fantastic event.

Prateek Singh 

B.A English Honours with Digital Humanities


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



School of Humanities held a seminar for students on topic " Environmental Humanities" along with Sustainable development ; environment and health ; environment and literature ; and animals and agriculture as sub topics on 30<sup>th</sup> May 2022. The seminar was conducted in room 215 with Dr. Swati Chauhan as coordinator. The agenda of this seminar was discussed in an insightful manner by the presenter Diya Kumar of B.A. English (H) of K.R. Mangalam University. The seminar took place with utmost zeal and everyone present there had a great time and left the room with added knowledge. At the end of the seminar, a questionnaire was distributed among the students to test there own learning and knowledge. I thank the teachers for organizing such an amazing event as it is always fun to expand one's horizon of knowledge.

Isha Yadav

B.A. English (hons.)





**K.R. MANGALAM UNIVERSITY**

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Gurugram, Delhi-NCR



School of Medical  
& Allied Sciences

Invited Lecture

**ON**

**NEW DESIGNER  
DRUGS**

Date & Time

Monday 30 May 2022, 2 pm to 3 pm

Sessional Moderators

Prof. Dr Jayabalan

**Prof Murali Dhanasekaran**

Professor, Department of Pharmacology,  
Harrison School of Pharmacy,  
Auburn University, Auburn, AL

Convenor

Prof. Dr Arun Garg

University Gurugram Campus: ☎ 011-48884888 / 8800697010-15 ☎ 8800697010

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Sohna Road, Gurugram, Haryana



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

Report on  
New Designer Drugs  
Guest lecture on New Designer Drugs

**Date:** Monday, May 30, 2022.

**Speaker:** Prof. Murali Dhanasekaran (Professor, Department of Pharmacology, Harrison School of Pharmacy, Auburn University, Auburn, AL)

**Moderator:** Prof. G. Jayabalan, IPGA

**Convener:** Dr. Arun Garg, Dean SMAS

**Coordinators:** Dr. Mamta Shankar, Asstt. Prof. SMAS  
Ms. Neha Minocha, Asstt. Prof. SMAS


**Venue:** B- Block, Room B-304, SMAS

**Introduction:** The Department of SMAS conducted a guest lecture on New Designer Drugs on the 30<sup>th</sup> May 2022 for the students and faculty members. Around 100 students and faculty members of the Department attended the lecture. Event started by a welcome deliverance by the session coordinator Dr. Mamta. The Speaker of the session was Prof. Murali Dhanasekaran (Professor, Department of Pharmacology, Harrison School of Pharmacy, Auburn University, Auburn, AL).

**Objective:** To make student aware about New Designer Drugs

**Content for the event:** Speaker of the session spoke on the topic - New Designer Drugs. Prof. Murali Dhanasekaran discussed about different types of studies such as *in-vitro*, *in vivo*, *in-silico* studies of formulation. He informed the audience that designer drugs are called party pills and are piperazine derivative. He also discussed about structural modifications, synthetic analogue, abuse and addiction.

**Outcomes:** Students came to know about the drug abuse, structural modifications, patents and designer drugs. The event was followed by the Q & A and well-coordinated by Ms. Neha

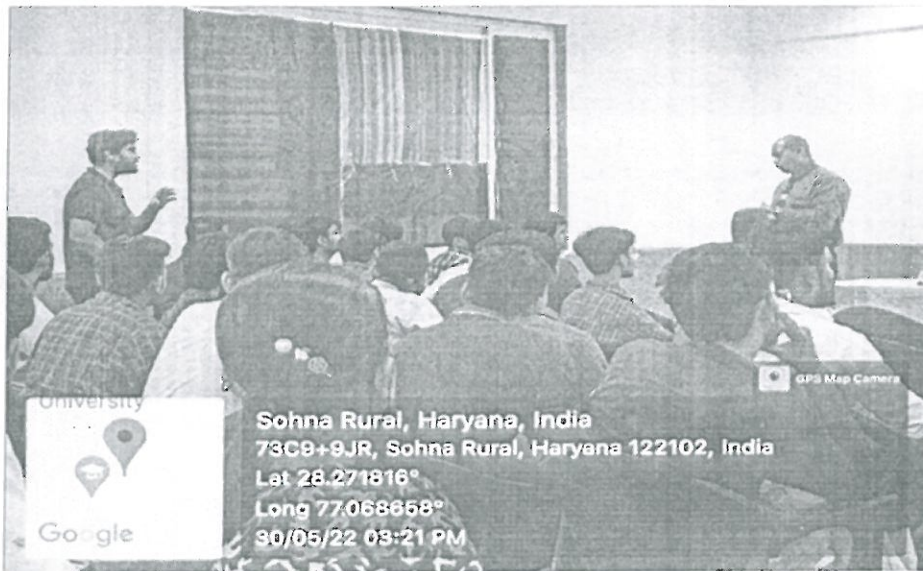
  
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K.R. Mangalam University  
Sohna Road, Gurgaon

Minocha. The session was successfully concluded by Dr. Arun Garg who presented Vote of Thanks and final remarks. The session was very interactive and ended with many students requesting for more such sessions.

**Geotagged & Non-Geotagged Photos:**



**Photo 1: Dr. Arun Garg addressing the audience**



**Photo 2: Dr. Murali addressing the Q & A round**

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

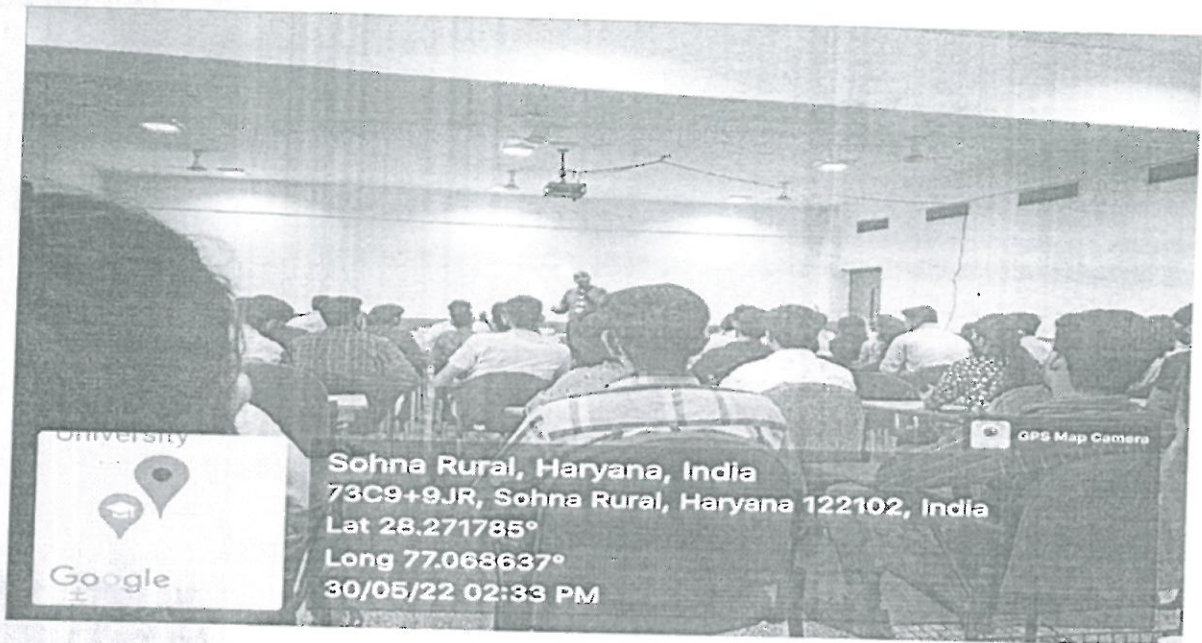


Photo 5: Dr. Murali while giving lecture on New Designer Drugs



Photo 6: Gathering at B-304 room for guest lecture

Coordinator:

Ms. Neha Minocha  
Assistant Professor, SMAS

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Sohna Road, Gurugram, (Haryana)



Photo 3: Targeted audience



Photo 4: Dr. Murali while giving lecture on New Designer Drugs

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

Attendance for Guest Lecture on New Designer Drugs

30-05-2022

Roll no.	Name	Signature	Roll no.	Name	Signature
2004120002	Tarun Kumar	Tarun	1904120007	Rahul	Rahul
2004120003	Narender Singh	Narendra	1904120009	Md. Jilani	Jilani
2004120004	Kavita Kaushik	Kavita	1904120010	Tannu Goyal	Tannu
2004120007	Akash	Akash	1904120011	Shivani	Shivani
2004120008	Gyandera Rout	Gyandera	1904120012	Nitin	Nitin
2004120012	Muskan	Muskan	1904120013	Kuldeep	Kuldeep
2004120013	Nayanshree	Nayanshree	1904120014	Ravi	Ravi
2004120014	Bhupesh	Bhupesh	1904120015	Banatpreet	Banatpreet
2004120015	Abhay Kumar	Abhay	1904120016	Dhruv	Dhruv
2004120017	Keshav Kumar	Keshav	1904120018	Kuldeep	Kuldeep
2004120022	Sanjay	Sanjay	1904120020	Devesh	Devesh
2004120023	Vaibhav Gandhi	Vaibhav	1904120021	Sadik	Sadik
2004120024	Abhinav	Abhinav	1904120022	Ruchika	Ruchika
2004120025	Sagar	Sagar	1904120023	Deepak	Deepak
2004120026	Simran	Simran	1904120024	Mamta	Mamta
2004120028	Priyanshu	Priyanshu	1904120025	Palak	Palak
2004120029	Ishmeet	Ishmeet	1904120031	Aayushi	Aayushi
2004120030	Raghav	Raghav			
2004120043	Khushi Thakran	Khushi			
2004120045	Sanchit Rao	Sanchit			
2004120050	Deepak Khatana	Deepak			
2004120055	Mukul Lohia	Mukul			
2004120056	Rahul Tarafdar	Rahul			
2004120057	Chanchal	Chanchal			
2004120058	Rishabh Shulka	Rishabh			
2004120059	Purushottam	Purushotta			
2004120062	Raghav Sharma	Raghav			
2004120064	Ashwani Kr Gupta	Ashwani			
2004120065	Khushi Nagpal	Khushi			
2004120066	Kunal Kumar	Kunal			
2004120067	Karishma	Karishma			
2004120069	Sumit	Sumit			
2004120071	Gaurav	Gaurav			
2004120072	Dev	Dev			
2004120073	Kirti Harjai	Kirti			
2004120074	Aman Sindhu	Aman			
2004120075	Tanish	Tanish			
2004120076	Kartik Tanwar	Kartik			
2004120048	Sualiheen Khan	Sualiheen			
1904120002	Nishant	Nishant			
1904120003	Tarun	Tarun			
1904120004	Saurabh	Saurabh			
1904120005	Bhavya	Bhavya			
1904120006	Aniket	Aniket			

Attendance for Guest Lecture on New Designer Drugs

30-05-2022

Roll no.	Name	Signature	Roll no.	Name	Signature
2004120002	Tarun Kumar	Tarun	1904120007	Rahul	Rahul
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2004120008	Gyandera Rout	Gyandera	1904120012	Nitin	Nitin
2004120012	Muskan	Muskan	1904120013	Kuldeep	Kuldeep
2004120013	Nayanshree	Nayanshree	1904120014	Ravi	Ravi
2004120014	Bhupesh	Bhupesh	1904120015	Banatpreet	Banatpreet
2004120015	Abhay Kumar	Abhay	1904120016	Dhruv	Dhruv
2004120017	Keshav Kumar	Keshav	1904120018	Kuldeep	Kuldeep
2004120022	Sanjay	Sanjay	1904120020	Devesh	Devesh
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2004120025	Sagar	Sagar	1904120023	Deepak	Deepak
2004120026	Simran	Simran	1904120024	Mamta	Mamta
2004120028	Priyanshu	Priyanshu	1904120025	Palak	Palak
2004120029	Ishmeet	Ishmeet	1904120031	Aayushi	Aayushi
2004120030	Raghav	Raghav			
2004120043	Khushi Thakran	Khushi			
2004120045	Sanchit Rao	Sanchit			
2004120050	Deepak Khatana	Deepak			
2004120055	Mukul Lohia	Mukul			
2004120056	Rahul Tarafdar	Rahul			
2004120057	Chanchal	Chanchal			
2004120058	Rishabh Shulka	Rishabh			
2004120059	Purushottam	Purushottam			
2004120062	Raghav Sharma	Raghav			
2004120064	Ashwani Kr Gupta	Ashwani			
2004120065	Khushi Nagpal	Khushi			
2004120066	Kunal Kumar	Kunal			
2004120067	Karishma	Karishma			
2004120069	Sumit	Sumit			
2004120071	Gaurav	Gaurav			
2004120072	Dev	Dev			
2004120073	Kirti Harjai	Kirti			
2004120074	Aman Sindhu	Aman			
2004120075	Tanish	Tanish			
2004120076	Kartik Tanwar	Kartik			
2004120048	Sualiheen Khan	Sualiheen			
1904120002	Nishant	Nishant			
1904120003	Tarun	Tarun			
1904120004	Saurabh	Saurabh			
1904120005	Bhavya	Bhavya			
1904120006	Aniket	Aniket			

Coordinator:

*(Handwritten initials)*

Ms. Neha Minocha

Assistant Professor, SMAS

*(Handwritten signature)*

Registrar

K.P. University

Soan

30-05-2022





**K.R. MANGALAM UNIVERSITY**  
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**NOTICE**

**SCHOOL OF AGRICULTURAL SCIENCES**

KRMU/SOAS/Notice/2021-22/ 0025

Date- 25/05/2022

**Two-Day Camp on "Yoga for a Healthy Body and Mind"**

We are delighted to announce a 2-Day Camp on "Yoga for a Healthy Body and Mind" in collaboration with Chetna Society, scheduled to be held at the School of Agricultural Sciences on June 01, 2022 and June 02, 2022. This camp aims to promote holistic well-being by embracing the ancient wisdom of yoga and integrating it into our modern lifestyles. All the students are encouraged to participate in this. For any queries, contact the undersigned.

  
**Dean**

**SOAS**

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



**K.R. MANGALAM UNIVERSITY**

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Gurugram, Delhi-NCR

**School of Agricultural Sciences  
With Chetna society**

organizes

**TWO-DAY CAMP-**

**YOGA FOR A HEALTHY BODY AND MIND**

**Date - 1 June 2022 & 2 June 2022**

**Timing - 3:00 PM to 4:00PM**

**Venue - C-305**

**By:**

Dr. Ruchika Yadav  
Associate Professor  
School of Management & Commerce

**Convener**

Chetna Society  
Heartfulness Meditation Club

University Gurugram Campus: ☎ 011-48884888 / 8800697010-15 📞 8800697012  
🌐 [www.krmangalam.edu.in](http://www.krmangalam.edu.in) ✉ [welcome@krmangalam.edu.in](mailto:welcome@krmangalam.edu.in)

  
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Sohna Road, Gurugram, (Haryana)



Report on

Activity

**"Two-day camp- Yoga for a Healthy Body and Mind"**

**Target Group:** Students and Faculty of KRMU

**Resource Person:** Dr. Ruchika Yadav, Associate Professor, School of Management & Commerce, Convener-Chetna Society, Heartfulness Meditation Club

**Coordinator:** Dr. Khushboo Singh (Assistant Professor, SOAS).

**Date and Time:** Wednesday to Thursday, 01 June 2022 to 2 June 2022, 3:00pm.

**Venue: Room No.:** C305, C Block, KRMU.

**Introduction**

With the objective of introducing students to the importance of Yoga and meditation, a two-day Yoga session was organized with KRMU's very well-known Associate Professor Dr. Ruchika Yadav, School of Management & Commerce, Convener-Chetna Society, Heartfulness Meditation Club. At present, Dr. Ruchika Yadav has organized various yoga sessions within the University and outside the campus especially in rural areas for stress management.

She graced the occasion and shared her long years of experience with the School of Agricultural Science (SOAS) students as well as faculties. Moreover, she started the session by addressing the issues of modern society, how even those who have immense amounts of money do not have any peace, or calmness in their minds and the importance of living a stress-free balanced life.

**Objectives**

- To acquaint students with the secrets of living a happy life with a blend of higher human values, universal brotherhood, and a life to be led with contentment, social harmony, and peace.
- To acquaint students that life should not be limited to ourselves.
- To acquaint students that yoga and meditation can facilitate better decision-making skills, control over emotions, removing or improving personality deformities.

## **Content**

Dr. Ruchika Yadav started the program with a discussion on the causes of stress and numerous ways to get rid of it, and the importance of living a stress-free balanced life. Dr. Ruchika highlighted the importance of yoga in youth. Youth is the best time to start practicing because, at this stage, we need to present at the moment as much as possible as these years will decide our future. We want to develop into the best version of ourselves, remove the veil of ego and accept the purity of our soul's underneath. If we can control and regulate our brains, our lives can become much better. If we can regulate our brains at this age, we can regulate ourselves as a person too. Making it a habit will surely change our lives, and through us, we can change the lives of others with the aim of making the world a better place to exist in.

Dr. Ruchika started the session with a few breathing exercises, to get ready for meditation. Meditation focused on transmitting energy from mother earth to ourselves. All faculties and students felt more pure, peaceful, calm, and full of positive energy and presence in the moment, thoughts were not rushing anywhere, and mind and body were relaxed after the end of the session. Lastly, SOAS faculties and students also interacted with Dr. Ruchika and shared their experience, the session was very wonderful and relaxing.

## **Attendees**

Dean Dr. S.S. Sharma with all faculties of school of Agricultural Sciences and students of SOAS from all batches (2019-2023, 2020-2024, and 2021-2025) joined the Yoga session for both the days.

## **Activity Outcome**

Students felt more pure, peaceful, calm, and full of positive energy and presence in the moment, thoughts were not rushing anywhere, mind and body were relaxed after the end of the session. They were also acquainted with the Values of life skills.

Dr. Ruchika Yadav made students and teachers feel comfortable through guided relaxation & meditation. Indeed, it was a fruitful session wherein students were able to relax their minds.

## **Conclusion**

This was an interesting session for all the students of SOAS and also for Faculties.



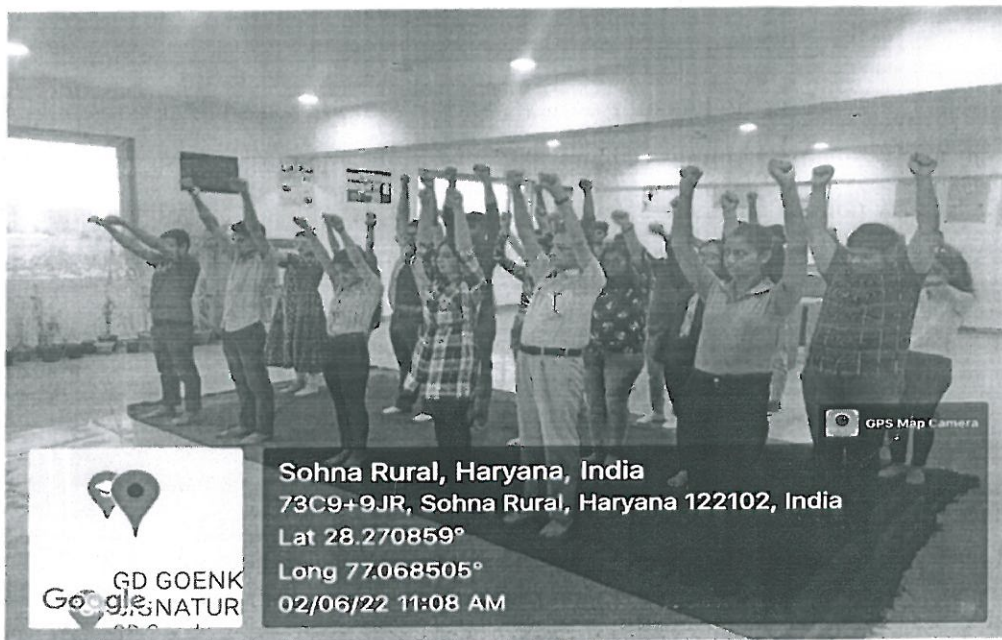
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Sohna Road, Gurgaon, (Haryana)

### Further Scope

This initiative opened the possibilities of future partnership and organizing many more events that will directly enhance the present as well as for newly admitted students about the values of life skills and practical approach to living a stress-free life. The session was successfully concluded with a resolution to organize such events in the future.

### Glimpses

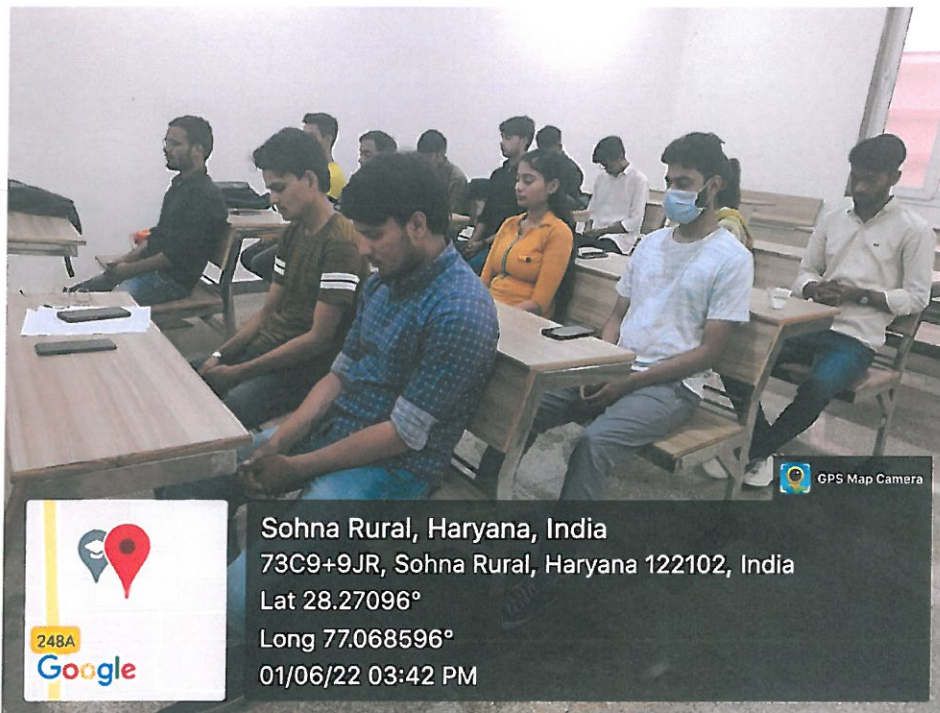
Some of the glimpses of the events are as follows:



*[Handwritten signature]*



**Picture 3: Students and faculties practicing meditation**



**Picture 4: Students practicing meditation**

*Jmf*  
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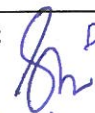


**Picture 1: Students meditating**



**Picture 2: Students practicing meditation**


Attendance Format

Title of the event Two-day camp - Yoga for a Healthy Body and Mind					
Date 02 June 2022			Venue C305		
School of Agricultural Sciences with Chetna Society.					
Sr. No.	Roll Number	Student Name	Program Name	Program Code	Signature
1.	1913820004	Saglain	B.Sc(H) Ag(VI)	82	Sag.
2.	2113820020	Mayank	B.Sc(H) Ag(II)	82	Mo
3.	1913820005	Mohd. Tufail	B.Sc(H) Agr(VI)	82	Tufail
4.	2113820011	Parth	B.Sc(H) Agri	82	Parth
5.	2113820021	Waseem	"	82	Waseem
6.	2113820015	Anushka	"		Anushka
7.	213820017	Sakshi	"	82	Sakshi
8.)	2113820014	Yogesh	"	82	Yogesh
9.)	2113820009	Gautam	"	82	Gautam
10.)	2113820002	Kadish	"	82	Kadish
11.	2113820022	Rihan	"	"	Rihan
12	2013820009	Amir Khan	"	B.Sc 82	Amir
13	2113820016	Gaurav	"	82	Gaurav
14.	2113820006	Jyoti	"	82	Jyoti
15.	2113820007	Khushi	"	"	Khushi
16.	2113820008	Sonal	"	"	Sonal
Verified by: DR. S.S. Sharma Signature:  Date: 2/6/22					



Attendance Format

Title of the event Two-day camp Yoga for a healthy Body and Mind					
Date 02 June 2022			Venue C305		
School of Agricultural Sciences with Chetna Society					
Sr. No.	Roll Number	Student Name	Program Name	Program Code	Signature
1.	2113820023	Aishna	BSC(H), Agri.	82	<u>Aishna</u>
2.	1913820002	Priyanka	"	"	<u>Priyanka</u>
3	1913820006	Swishna	"	"	<u>Swishna</u>
4	2113820001	Yash Sharma	"	"	<u>Yash</u>
5	2013820002	Abhishek	"	"	<u>Abhishek</u>
6	2013820003	Pranay	"	"	<u>Pranay</u>
7.	1913820005	Mohd. Taarif	"	"	<u>Mohd. Taarif</u>
8.	2013820006	Ashish	"	"	<u>Ashish</u>
9.	2113820013	Jahanti	"	"	<u>Jahanti</u>
10.	2013820001	Sheetal	"	"	<u>Sheetal</u>
11.	2013820010	Karina Khan	"	"	<u>Karina</u>
12.	2013820006	Jyoti	"	"	<u>Jyoti</u>
13	2113820007	Khushi	"	"	<u>Khushi</u>
14.	2113820009	Sonal.	"	"	<u>Sonal.</u>
15.	2013820003	Radi	"	"	<u>Radi</u>
Verified by: DR. S. S. Sharma					
Signature: <u>DR. S. S. Sharma</u>					
Date: 2/6/22					

  
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**NOTICE**

**SCHOOL OF AGRICULTURAL SCIENCES**

KRMU/SOAS/Notice/2021-22/ 0017

Date- 17/06/2022

**Celebration of International Yoga Day**

We are thrilled to invite all students and faculty members to join us in the celebration of International Yoga Day at the School of Agricultural Sciences on June 21, 2022. International Yoga Day is a globally recognized event that emphasizes the importance of yoga for promoting physical, mental, and spiritual well-being. All the students are encouraged to participate in this. For any queries, contact the undersigned.

Dean

SOAS

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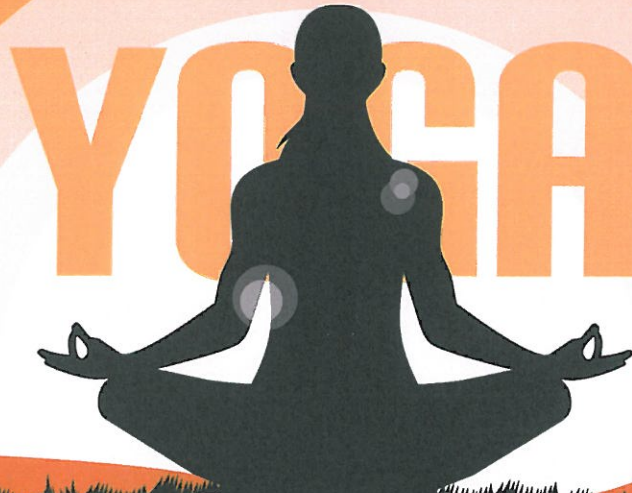


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*Gurugram, Delhi NCR*

**School Of Agricultural Science  
Organizes**

*Celebration of International Yoga Day*



**21 June, 2022**  
**2 PM**

Resource Person: Dr. Khushboo Singh

Co-ordinators: Dr. Khushboo Singh, Dr. Varsha Pandey, Dr. Sahil Mehta, Dr. S. P. Singh

Venue: K. R. Mangalam University, Gurugram

University Gurugram Campus:



011-48884888 / 8800697010-15



8800697012



[www.krmangalam.edu.in](http://www.krmangalam.edu.in)



[welcome@krmangalam.edu.in](mailto:welcome@krmangalam.edu.in)

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Sohna Road, Gurugram, Haryana



**K.R. MANGALAM UNIVERSITY**

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Report on

**Celebration of International Yoga Day**

**Target Group:** Students of School of Agricultural Sciences

**Resource Person:** Dr. Khushboo Singh

**Coordinators:** Dr. Khushboo Singh, Dr. Varsha Pandey, Dr. Sahil Mehta, Dr. S. P. Singh

**Date and Time:** 21.06.2022 at 2 PM

**Venue:** KRMU campus

**Introduction**

Yoga is an old discipline of Hindu philosophy from India. It is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation. It helps to improve health and happiness. *Yoga* is the Sanskrit word for *union*. Yoga is also commonly understood as a therapy or exercise system for health and fitness. While physical and mental health is natural consequences of yoga, the goal of yoga is more far-reaching. "Yoga is about harmonizing oneself with the universe. It is the technology of aligning individual geometry with the cosmic, to achieve the highest level of perception and harmony."

**Objectives**

- To introduce the students with the importance of yoga and meditation.
- To acquaint students with the secrets of living a happy life with a blend of higher human values, universal brotherhood, and a life to be led with contentment, social harmony, and peace.

**Content**

Students and faculty of SOAS celebrated International Yoga day on 21 June 2022 to stress on the importance of physical activity and living a stress-free balanced life. The session was started with the introduction to brief history of yoga and few breathing exercises (Photo 1 and Photo 2). Then, students and faculty performed yoga exercises for a healthy body and. Different asanas were performed by the students mind (Photo 3 and Photo 4). After the session, students felt more active, pure, peaceful, calm, and full of positive energy (Photo 5).

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### **Attendees**

Students and faculty of SOAS.

### **Activity Outcome**

Students learnt about the importance of yoga and how it can help in leading a healthy and peaceful life. Students felt more pure, peaceful, calm, and full of positive energy and presence in the moment, thoughts were not rushing anywhere, mind and body were relaxed after the end of the session.

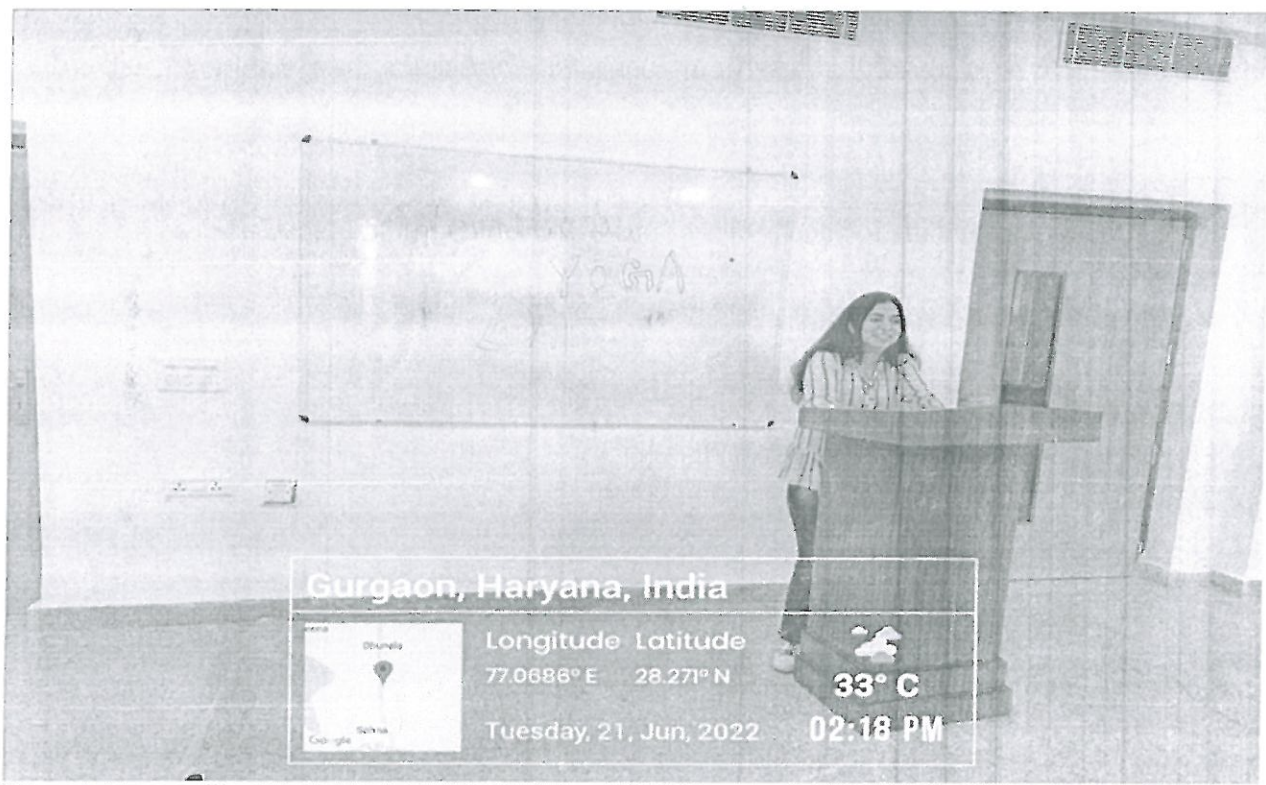
### **Conclusion**

The session proved beneficial for enhancing overall performance of students and faculty as it relaxed their body and mind.

### **Further Scope**

By learning about the importance of performing yoga on a daily basis, it can help students in leading a stress free and balanced life.

### **Glimpses of the celebration**



**Photo 1: Student of SOAS starting the celebration of International Yoga Day**

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Picture 2: Students practicing Yoga



Picture 3: Students practicing meditation

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Sohna Haryana



Name of Activity: Celebration of International Yoga Day

Date: 21-6-22

Venue: KRMU campus.

Organized by: Dr. Khushboo Singh  
Dr. Vaisha Pandey  
Dr. Sahil Mehta  
Mr. S.P. Singh

ATTENDANCE RECORD

Sr. No	Roll No.	Student Name	Programme & Semester	Signature of Student
01	2013820005	Poonam	B.Sc.(H) Agri (4 <sup>th</sup> )	Poonam
02	2013820003	Proney	B.Sc.(H) Agri (4 <sup>th</sup> )	Proney
03	2013820004	Sheetal	B.Sc.(H) Agri (4 <sup>th</sup> )	Sheetal
04	2013820004	Harish Vadav	B.Sc.(H) Agri (4 <sup>th</sup> )	Harish Vadav
05	2013820002	Abhishek	B.Sc.(H) Agri (4 <sup>th</sup> )	Abhishek
06	2113820022	RIHAN KHAN	B.Sc.(H) Agri (4 <sup>th</sup> )	Rihan
07	2113820009	Goutam Sharma	B.Sc.(H) Agri (4 <sup>th</sup> )	Goutam
08	2113820011	Parth	"	Parth
09	2113820023	Afsa	"	Afsa
10	2113820002	Ashraj	"	Ashraj
11	2113820017	Sakshi	"	Sakshi
12	2113820015	Ameshka	"	Ameshka
13	2013820039	Amir	"	Amir
14	1913822186	Tufail	"	Tufail

Signature of Incharge/Dean (with date)

(Khushboo Singh) (Vaisha Pandey)  
21.6.22  
21.06.22

J.P.

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Sohna Road, Gurgaon, Haryana



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**NOTICE**

**SCHOOL OF AGRICULTURAL SCIENCES**

KRMU/SOAS/Notice/2021-22/0015

Date- 24/06/2022

**NOTICE**

**Workshop on "Fruits Processing - An Entrepreneurial Initiative"**

We are excited to announce a workshop on "Fruits Processing - An Entrepreneurial Initiative" scheduled to take place at the School of Agricultural Sciences on June 29, 2022 at 1:30 PM onwards in kitchen, SOHMCT. This workshop aims to provide valuable insights into the techniques and opportunities in the field of fruit processing, emphasizing its significance in the entrepreneurial landscape. All the students are encouraged to participate in this. For any queries, contact the undersigned.

Dean

SOAS

  
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Sethi Road, Mangalam, Gurgaon, Haryana





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Gurugram, Delhi-NCR

**School of Agricultural Sciences**

**ORGANIZES**

**Workshop on Fruits Processing**

**AN  
ENTREPRENEURIAL  
INITIATIVE**



**Mr. Kanchan Aich**  
Assistant Professor  
Hotel Management &  
Catering Technology,  
KRMU

**Date: 29th June, 2022, Time: 01:30 PM**

**Coordinator**  
**Dr Khushboo Singh**  
**Assistant Professor, SOAS**

University Gurugram Campus: ☎ 011-48884888 / 8800697010-15 📞 8800697012

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*[Signature]*  
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K.R. Mangalam University  
Sohna Road, Gurugram, NCR



Workshop on

**Fruits Processing - An Entrepreneurial Initiative**

**Target Group:** Students of School of Agricultural Sciences

**Resource Person:** **Mr. Kanchan Aich, Assistant Professor, Hotel Management & Catering Technology, KRMU**

**Coordinators:** Dr. Khushboo Singh, Assistant Professor SOAS

**Date and Time:** 29.06.2022 at 1:30 pm

**Venue:** Kitchen, SOHMCT, KRMU campus

**Introduction**

Fruits can go through numerous types of processing, including canning, drying, and juicing. Fruits preservation is good entrepreneurship. During the off-season, there is heavy demand for mangoes and during the main season mango produce of the farmers goes to waste. To bring this heavy production of mango in a proper line, it's processing in the form of mango jam becomes necessary.

**Objectives**

- To train students with the procedure of Mango jam
- To train students regarding Preparation of Apple Syrup.

**Content**

Students of SOAS brought fresh ripened sweet mangoes and red apples to the kitchen area of SOHMCT, washed them properly (**Photo 1**), peeled the sweet mangoes and red apples, then chopped them into small pieces (**Photo 2**). The mango slices were blended in the mixer grinder and then heated at low flame for 15-20 minutes and the required amount of sugar is also added to this and heated it until their color changed. Then the required amount of gelatin is added to this for proper thickening like a jam and then it is cooled to normal temperature for bottling (**Photo 3**). During the process of apple syrup preparation, chopped apples were sauteed in a few drops of oil, and then it was mashed through an apple sieve masher and the concentrated liquid was

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obtained. Then thickening agent was added to the liquid to make it more viscous. and bottled in sterilized glass bottles (**Photo 4**).

### **Attendees**

Students of SOAS attended this workshop.

### **Activity Outcome**

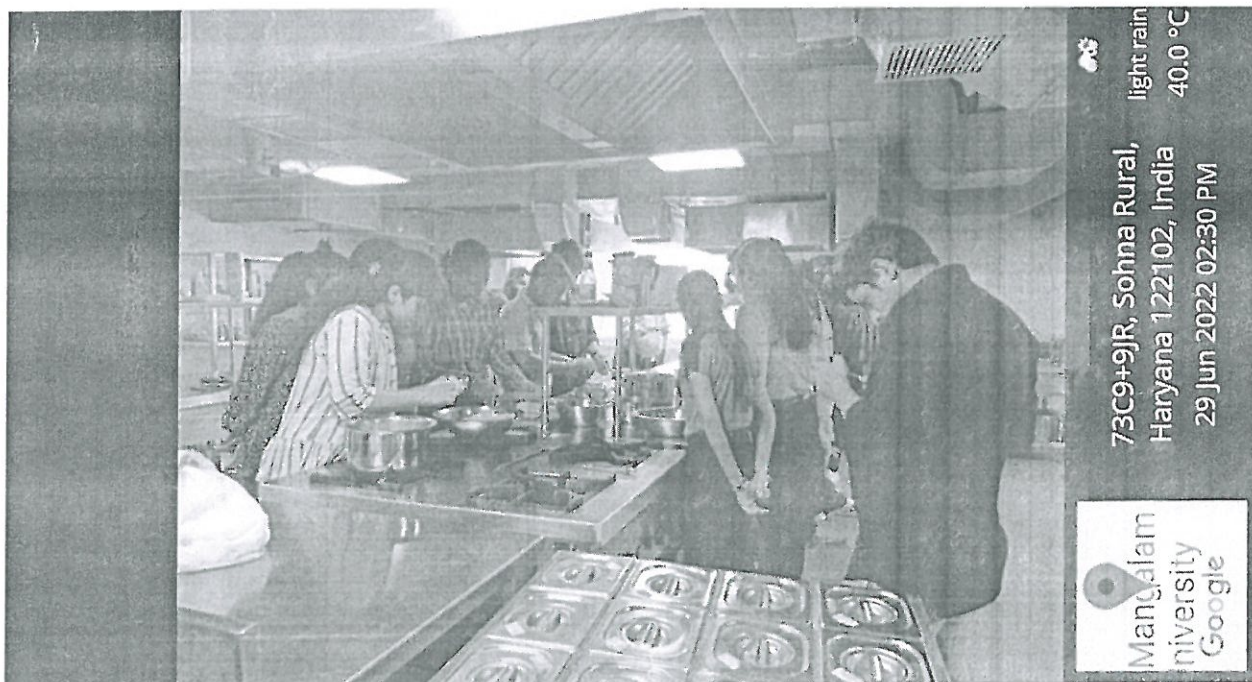
Students learned about the preparation of Mango jam & apple syrup from ripened sweet mango and fresh apples, respectively.

### **Conclusion**

Processing fruits is especially important to produce products for direct consumption and as food ingredients. During processing, the main objectives are to preserve the color, flavor, texture, and nutrition while prolonging the shelf life of perishable fruits.

### **Further Scope**

By learning about this procedure, students can start their entrepreneurship in the field of fruits processing.



**Photo 1: Washing and peeling off ripe mangoes used for making jam.**

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Photo 2: Chopping of ripe mangoes and apples used for making jam and syrup.

  
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light rain  
40.0 °C  
73C9+9JR, Sohna Rural,  
Haryana 122102, India  
29 Jun 2022 02:31 PM  
Google

Picture1 Washing and peeling of ripe mangoes



light rain  
40.0 °C  
73C9+9JR, Sohna Rural,  
Haryana 122102, India  
29 Jun 2022 02:30 PM  
Mangalam  
niversity  
Google

Picture2 Washing and peeling of ripe mangoes

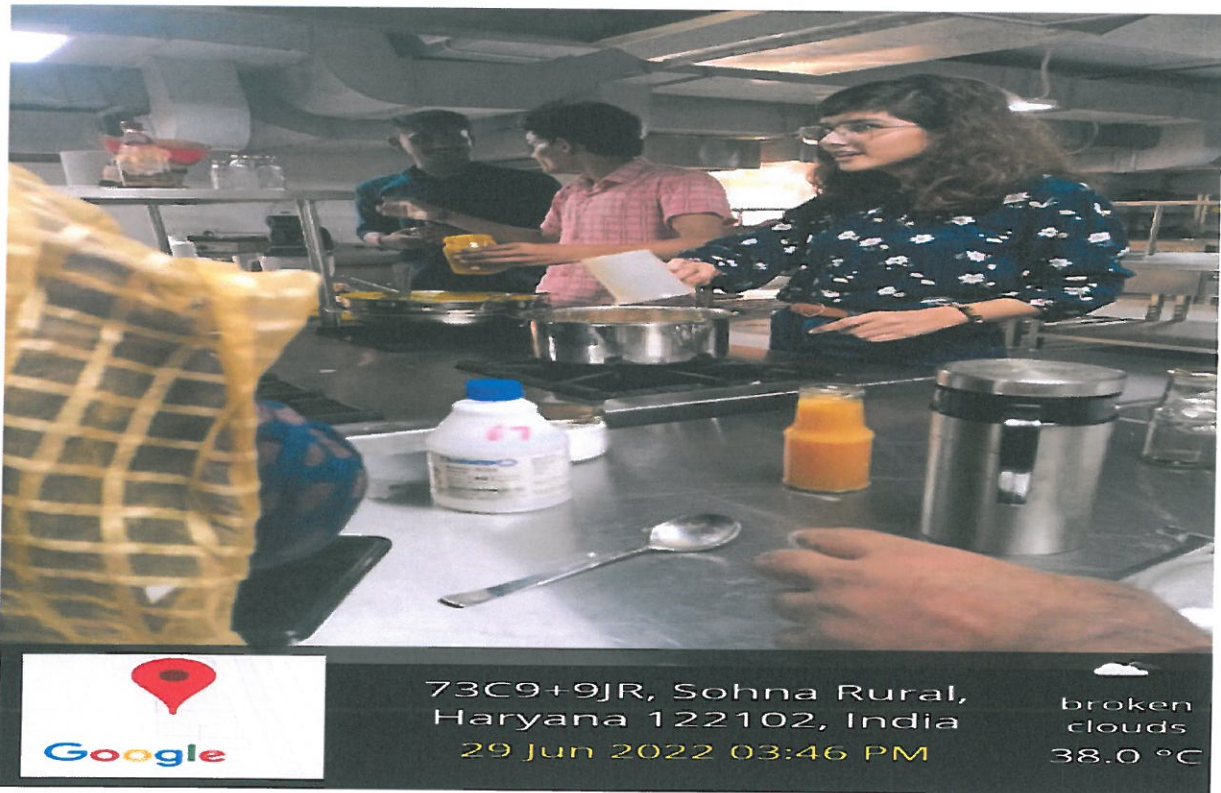
*J.P.*  
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light rain  
40.0 °C

73C9+9JR, Sohna Rural,  
Haryana 122102, India  
29 Jun 2022 02:35 PM

Picture3 Chopping of ripe mangoes



73C9+9JR, Sohna Rural,  
Haryana 122102, India  
29 Jun 2022 03:46 PM

broken clouds  
38.0 °C

Picture4 Bottling of jam

*Jmd*  
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Name of Activity: Fruit Processing an enterprenurial initiative  
 Date: 29.6.2022  
 Venue: Kitchen SOHMET KRDU  
 Organized by: Khusboo Singh

**ATTENDANCE RECORD**

Sr. No	Roll No.	Student Name	Programme & Semester	Signature of Student
①	2113820009	Gurubam Sharma	M.Sc(H) Agriculture	
②	2113820020	Mayara	B.Sc(H)/IV	
③	211382017	Suresh	B.Sc(LD)	<del></del>
④	211382011	Pavithra	B.Sc(H)	<del></del>
⑤	211382016	Amelha	"	<del></del>
⑥	211382019	Shruti	"	<del></del>
7.	2013820005	Poo Nam	B.Sc.(H) Agri - 4th	
8	2013820006	Ashish	B.Sc(Agri) 4th	
9.	2013820001	Sheetal	B.Sc(H) Agri 4th	
⑩	2113820006	Jyoti	B.Sc(H) Agri 2 <sup>nd</sup> Sem	
11	2113820007	Sonal	"	
12	2113820007	Khushti	"	
13.	1913820005	Mohd Yufail	"	
Signature of Incharge/Dean (with date)  29/6/22				

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 Sohna Road, Gurgaon

Attendance Format

Title of the event <u>Workshop on Fourth Pro ability - An entrepreneurship</u> <u>initiation</u>					
Date <u>29/06/22</u>			Venue <u>Kitchen, SOHMAU</u>		
School of <u>Agricultural Sciences</u>					
Sr. No.	Roll Number	Student Name	Program Name	Program Code	Signature
1	2113820017	Sakshi Singh	B.SC(H) Agri(2nd)		<u>Sakshi</u>
2	2113820014	Yogesh	"		<u>Yogesh</u>
3	2113820020	MAYANK	"		<u>Mayank</u>
4	2113820011	Pavithra	"		<u>Pavithra</u>
5	2113820015	Anushka	"		<u>Anushka</u>
6	2113820006	JYOTI	"		<u>Jyoti</u>
7	2113820026	Waseem	"		<u>Waseem</u>
8	2113820022	Rihan	"		<u>Rihan</u>
9	2113820003	Kadira	"		<u>Kadira</u>
10	2113820023	Afsha	"		<u>Afsha</u>
11	2113820009	Gautam	"		<u>Gautam</u>
12	2013820008	Sheetal	"		<u>Sheetal</u>
13	2013820004	Poonam	"		<u>Poonam</u>
14	191320004	Suganya Anshu Asali	"		<u>Suganya</u>
15	1913820005	Tufail	"		<u>Tufail</u>
16	1913820003	Sunnd	"		<u>Sunnd</u>
17	1913820002	Priyanka			<u>Priyanka</u>
Verified by: Signature: <u>K. K. Sarda</u> Date: <u>29/6/22</u>					

  
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Attendance

Title of the event *Workshop on Fruit processing - An entrepreneurship initiative*

Date *29/06/22* Venue *Kircher, SOHMET*

School of Office *Agricultural Science* / Club/Societies/IQAC/Registrar

Sr. No.	Roll Number	Student Name	Program Name	Program Code	Signature
18.	<del>2103822014</del> <del>Suvishy</del>	Suvishy	B.Sc(H) Agri		<i>[Signature]</i>

Verified by: *Kheekhor Singh*  
 Signature: *[Signature]*  
 Date: *29/6/22*

  
 Registrar  
 K.P. Mahapatra  
 Sohna Road, ...