

2021-22



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

School of Education
Academic Session 2021-22

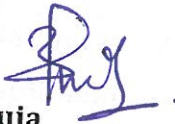
SOED/Notice/2022-23/31


5 November 2022

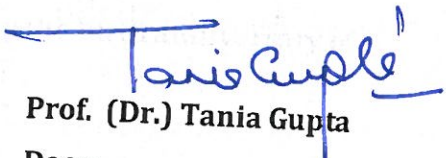
NOTICE

Elocution on National Day of Education 2022 (Celebrating the birth anniversary of Maulana Abdul Kalam Azad)

1. School of Education is organizing an Elocution on the occasion of **National Day of Education 2022** on 11 November 2022 in Room No. 201, A Block at 2:00 PM onwards.
2. The theme for the elocution is "**Changing Course, Transforming Education**"
3. All the student-teachers are invited to contribute by participating in the activity.


Dr. Anshul Saluja
Assistant Professor
School of Education
Event Co-ordinator


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


Prof. (Dr.) Tania Gupta
Dean
School of Education

DEAN
School of Education (SOED)
K.R. Mangalam University
Sohna road, Gurugram Haryana 122103



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

School of Education

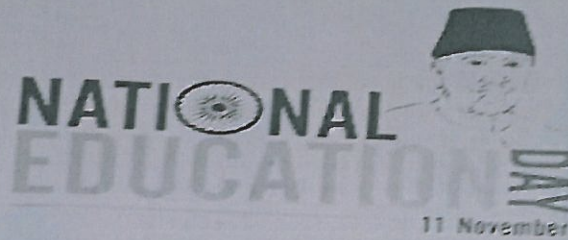
Organizes

ELOCUTION ON

"CHANGING COURSE, TRANSFORMING EDUCATION"

Celebrating NATIONAL EDUCATION DAY

11 NOVEMBER 2022



Time: 2:00 PM onwards

Venue: Room No. 201, 2nd Floor, A Block

Faculty Coordinators

Dr. Anshul Saluja

Assistant Professor

School of Education

Student Coordinator

Ms. Alpana James

Student-Teacher (B.El.Ed. 2021-23)

Dr. Anshul Saluja
11/11/2022

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

Tania Anjali
11/11/2022
(Dear SOED)



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

Report on

ELOCUTION ON
"CHANGING COURSE, TRANSFORMING EDUCATION"
NATIONAL EDUCATION DAY
11 NOVEMBER 2022

Date: Friday, 11 November 2022

Venue: Offline

Target Group: Student-teachers and faculty of School of Education

Resource Persons: Nil

Coordinators: Dr. Anshul Saluja, Assistant Professor, School of Education

Student Coordinators: Ms. Alpana James, Student-Teacher, School of Education

Organized by: School of Education

Number of Participants: 17

Every year on November 11, India commemorates National Education Day, which honours Maulana Abul Kalam Azad, India's first education minister after independence. This year's National Education Day theme is "Changing Course, Transforming Education." This theme emphasises the need to reform the education system and make it more modern.

Azad, the first Indian education minister, has always emphasised the education of rural poor and girls and focused upon free and compulsory education for all children up to the age of 14, adult literacy, universal primary education, and diversification of secondary education and vocational training. Since then, education has evolved at a rapid pace, and technology has helped take education to the remotest parts of the country. Quality

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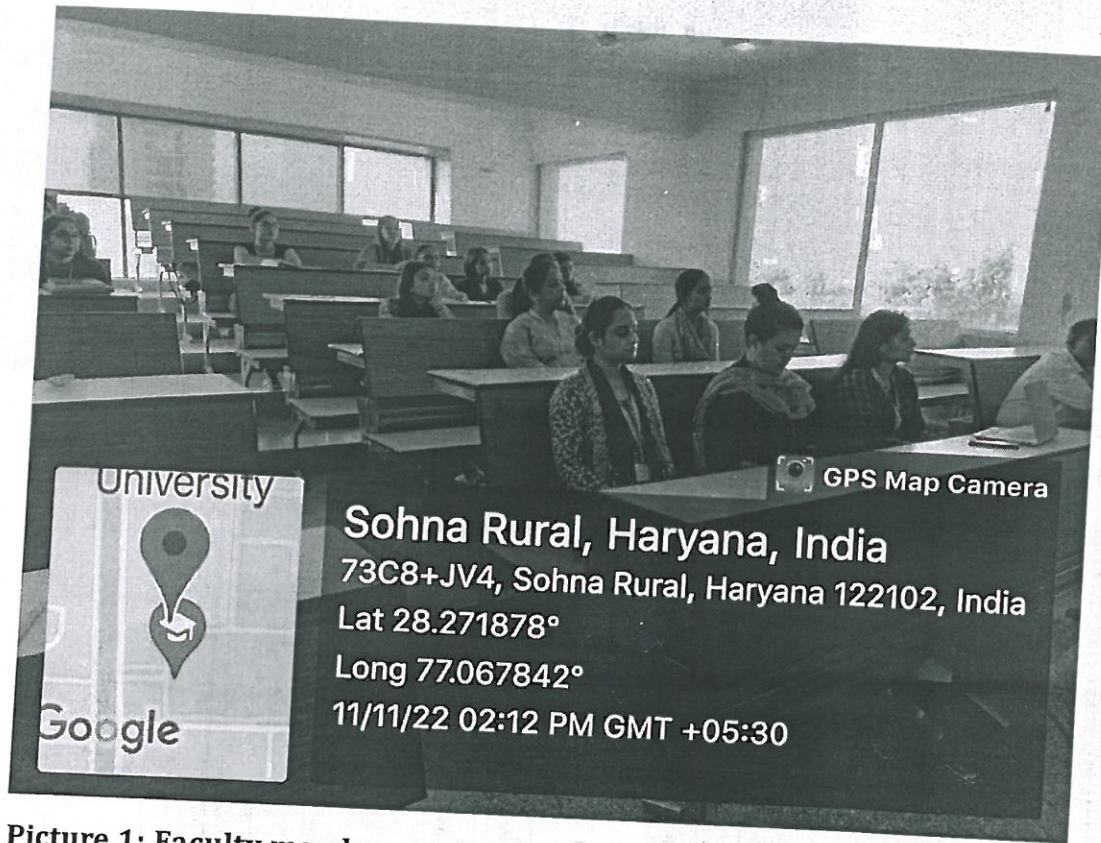
firm conviction that for the youth, if education, along with skill development, has become an essential part of the overall development of youth, then livelihood. Their aim is to break the shackles of the established society to reveal against whatever breeds inequality, injustice, and development of youth.

To inspire the student-teachers and to make them aware of the innovation and learning in their field as teachers and the education system as a whole, the School of Education organized an Elocution on "Changing Course, Transforming Education" on 11 November 2022 at 2:00 PM in Room No. A201. The student-teachers were given the theme "changing course, transforming education" to present their views. A total of 17 student-teachers and 6 faculty members of SOED joined this session (Picture 1). The session started with welcoming the faculty and student-teachers by Ms. Alpana James, student-teacher. She further gave a brief on the relevance of National Education Day and the transformation in the education system due to the sudden emergence of the pandemic. She focussed on how the COVID-19 pandemic has disrupted education worldwide in unprecedented ways. To deal with this, a new social contract is needed where all involved stakeholders of the education system ought to share a similar vision of the public purposes of education. Concerted and coordinated efforts, participation, and partnerships, including the private sector, are key to deliver on the Sustainable Development Agenda (Picture 2). Ms. Nirdeshika, Ms. Neeru, Ms. Megha and Ms. Riya, student-teachers from B.Ed. and B.El.Ed. also presented their views on the current issues in education and what strategies may be adopted to deal with those issues (Picture 3). The faculty members Ms. Kanchan Khatreja and Dr. Anshul Saluja also expressed their views on the theme by focussing that the teachers need to identify their roles as knowledge producers and agents of change and they are the key figures who can bring transformation in an educational and social context. The session was concluded by Dr. P. C. Jena, School Coordinator, who said that the crisis due to the pandemic has highlighted the irreplaceable role that schools and teachers play in transforming the classroom, the teaching-learning process and the entire education system and how a teacher should be always ready to adapt to the changing scenario. The students also made rangoli (Picture 4) to depict the importance of education in our lives..

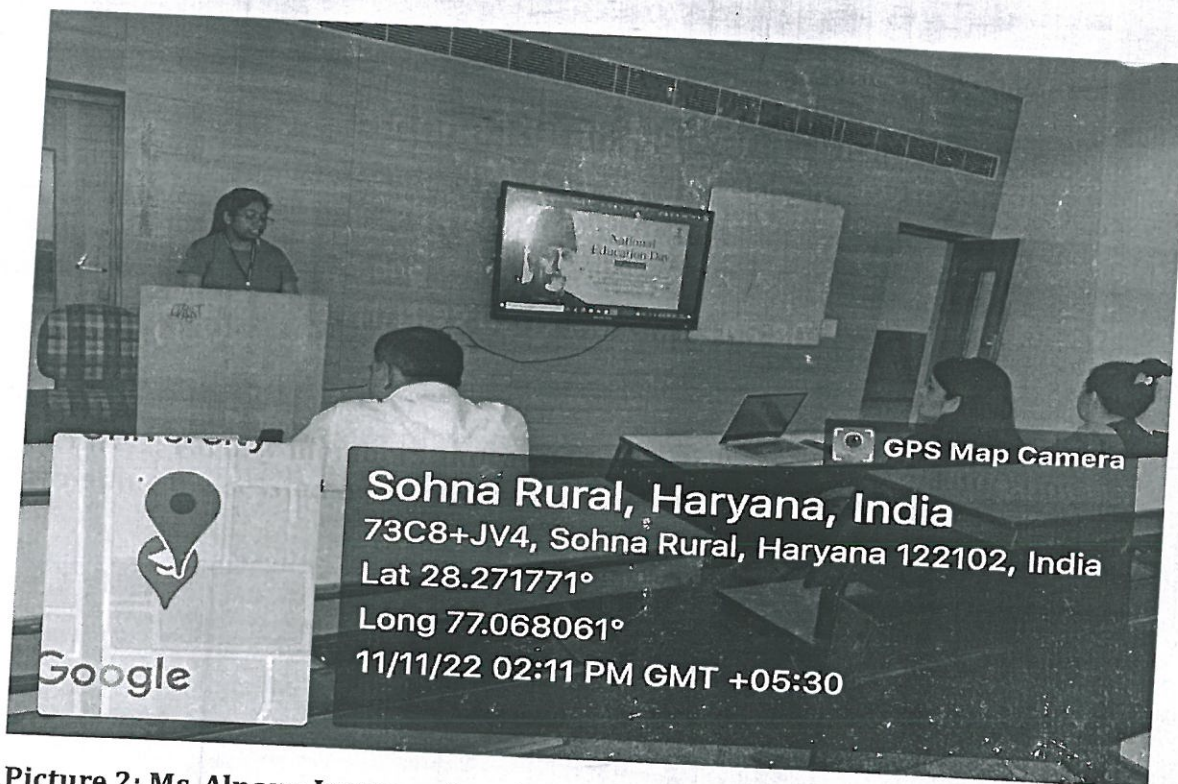
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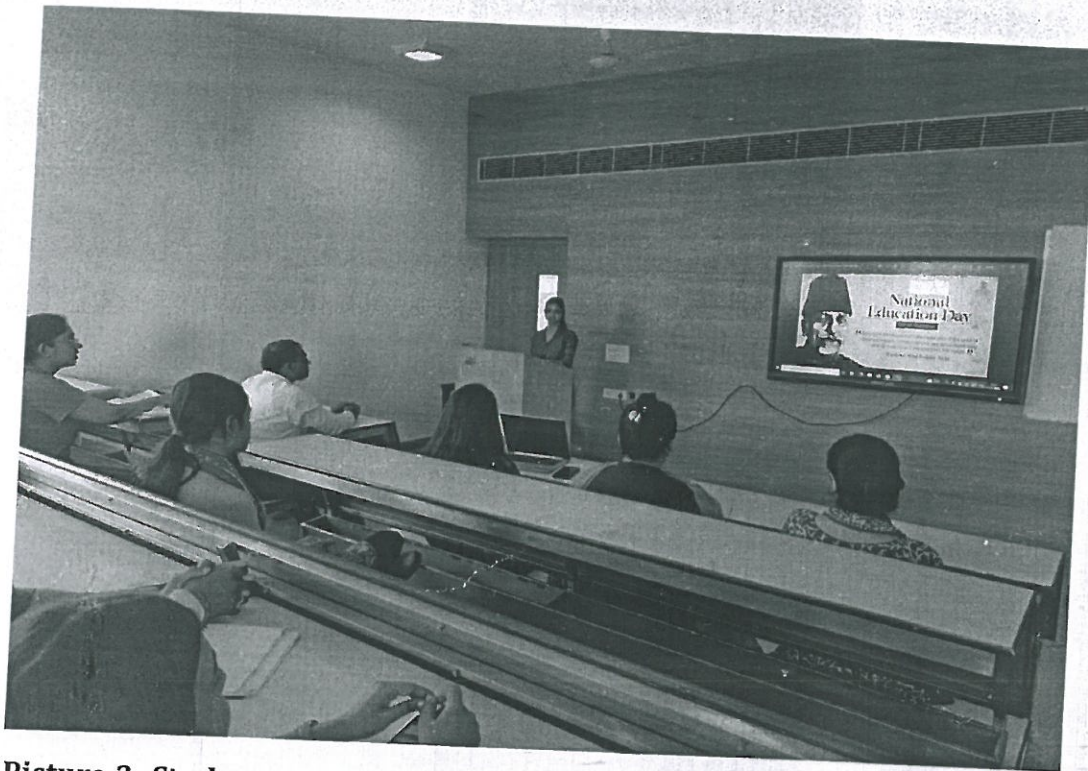
Picture 1: Faculty members and students-teachers of School of Education attending the session on National Education Day



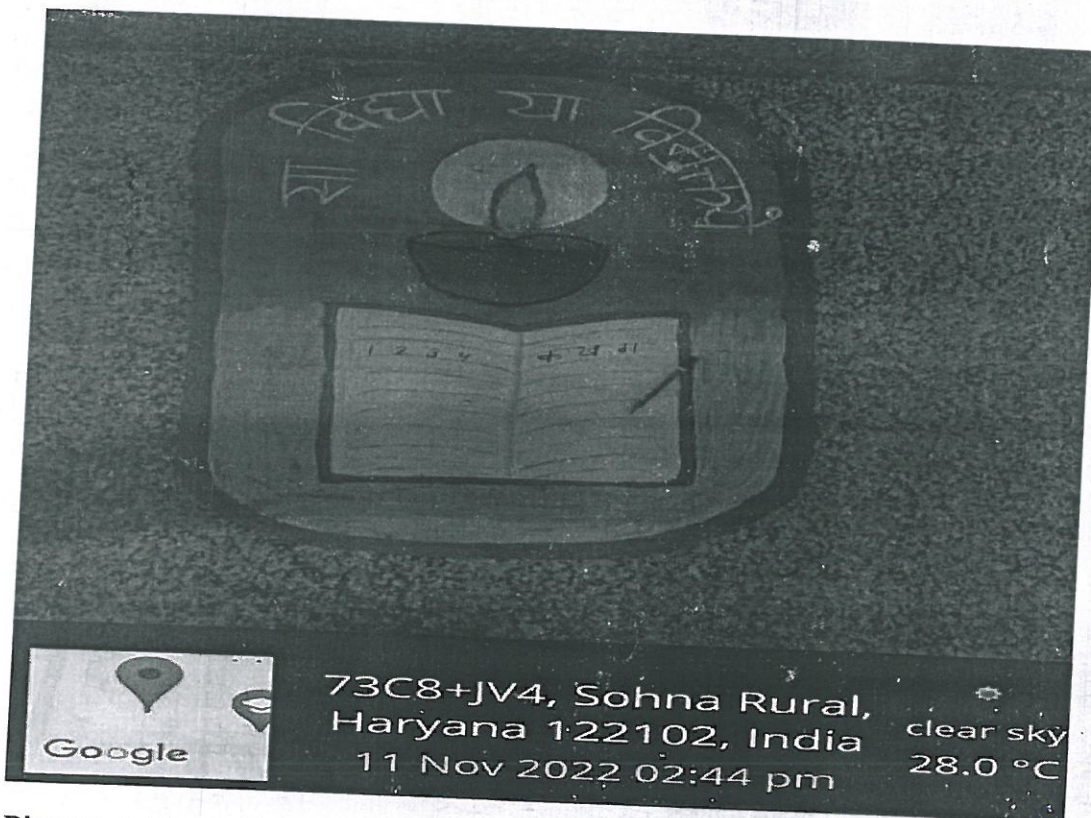
Picture 2: Ms. Alpana James welcoming the faculty members and student-teachers

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 Sohna road, Gurugram Haryana 122103

Alpana James
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 Sohna Road, Gurugram, (Haryana)



Picture 3: Student-teachers presenting their views



Picture 4: Rangoli made by student-teachers

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

NAME OF ACTIVITY: National Educational
 DATE: 11. November 2022
 VENUE: A 201
 ORGANISED BY: School of Education

Elocution on
 Changing course, I
 educational

ATTENDANCE RECORD

S. No	Roll no.	Student Name	Programme and Semester	Signature of Student
1	22112700 06	Armeena Khatun	B.ED (Sem-1)	Armeena
2	22112700 07	Nirdehika Panchal	B. Ed (Sem-1)	Nirdehika
3	22112700 11	ALPNA GAMES	B. Ed (Sem-1)	Alpna Games
4	22112700 15	Karuna Dagan	B. Ed (Sem-1)	Karuna
5	22112700 20	Pritya Bhatnagar	B. Ed. (Sem-1)	Pritya Bhatnagar
6	22112700 23	Ashish	B. Ed (Sem-1)	Ashish
7	22112700 24	Shuchi Yadav	B. ed (sem-1)	Shuchi
8	22112600 04	Megha	B. EL. Ed. I	Megha
9	22112600 06	Riya	B. EL. Ed. I	Riya
10	22112600 10	Lavanya	B. EL. Ed. I	Lavanya
11	22112600 13	Kritika	B. EL. Ed. I	Kritika
12	0012	Chitra	B. EL. Ed. I	Chitra
13	0017	Swati	B. EL. Ed. I	Swati
14	0014	Aarushi	B. EL. Ed. I	Aarushi
15	20112600 09	Neeraj	B. EL. Ed. I	Neeraj

Event Incharge: Pradip
 11/11/2022
 Name and Designation

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



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

SCHOOL OF EDUCATION

ACADEMIC SESSION 2021-2022


SOED/Notice/2021-22/31

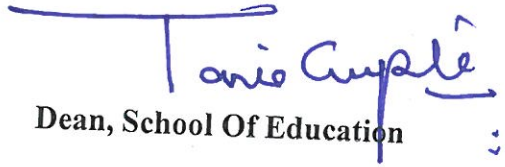
16 May, 2022

NOTICE

INTERACTIVE SESSION ON PERSUASIVE PRESENTATION SKILLS

1. School of Education in association with Career Development Center is organizing "interactive session on Persuasive Presentation Skills" on 18 May, 2022 conducted by Mr. Neeraj Kumar
2. The details of the events are enclosed in the flyer.
3. It is mandatory for all Students teachers of pre final and final year of B.Ed. and B.El.Ed are mandatory to register and participate in the training session.


Faculty In-charge
Ms. Manju Kundu


Dean, School Of Education
Dr. Tania Gupta


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



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

Gurugram, Delhi-NCR

COMMUNICATION AND
SOFT SKILLS ENHANCEMENT

SCHOOL OF HUMANITIES AND
CAREER DEVELOPMENT CENTRE

organize

TRAINING SESSION

**PERSUASIVE
PRESENTATION SKILLS**

Date: Wednesday, 18 May 2022

Time: 11:55 a.m-12:45 p.m

Venue: Bosch Lab



RESOURCE PERSON:

Mr. Neeraj Singh
Director, Training

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

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Sohna Road, Gurugram, (Haryana)



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

COMMUNICATION AND SOFT SKILLS ENHANCEMENT

Report on

INTERACTIVE SESSION ON PERSUASIVE PRESENTATION SKILLS

Target Group: Pre-Final and Final Students of B.Ed. and B.El.Ed Programme, K.R Mangalam University, Gurugram, Haryana

Nature of Event: Interactive Session for communication and soft skills enhancement on the topic "Persuasive Presentation Skills" was organized by School of Education and Career Development Centre, K.R Mangalam University, Gurugram, Haryana.

Resource Person: Mr. Neeraj Singh, Director Training, K.R Mangalam University, Gurugram, Haryana

Coordinator: Ms. Manju Kundu, Assistant Professor, SOED, K.R Mangalam University, Gurugram, Haryana

Date and Time: Wednesday, 18th May, 2022, 12:00 p.m - 1:00 p.m

Venue: Bosch Lab, Ground Floor, A-Block, K.R Mangalam University, Gurugram, Haryana

Introduction

Presentation skills can be defined as a set of abilities that enable an individual to interact with the audience; transmit the messages with clarity; engage the audience in the presentation and interpret and understand the mindsets of the listeners. Presentation skills help create innovative ideas when students come up with creative and interesting slides to illustrate their talk. The use of presentation aids makes for a much more interesting talk, and the creation of such aids can help develop students' confidence. Thus, presentation skills are needed for successful communication as they enable a person to engage with everyone in a more efficient and competent manner.

Objectives

The session will enable the student-teachers:

- To plan a presentation keeping the audience in mind.
- To develop clear objectives for the presentation.

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- To use 'attention grabbers' to enhance their opening.
- To create effective visual aids.
- To practice several different methods and tools for presenting.
- To use positive presentation style behaviours.

Content

An effective presentation makes the best use of the relationship between the presenter and the audience. It takes full consideration of the audience's needs in order to capture their interest, develop their understanding, inspire their confidence and achieve the presenter's objectives.

Mr. Neeraj Singh , Director Training commenced the session on ' Persuasive Presentation Skills' by highlighting the importance of verbal and non-verbal communication. During the session, he enlisted the key points to be kept in mind while preparing to deliver an effective presentation.

The gist of the session by Mr. Neeraj Singh focused on the following points to be kept in mind while making a presentation:

- Plan carefully.
- Do your research.
- Know your audience.
- Time your presentation.
- Speak comfortably and clearly.
- Check the spelling and grammar.
- Do not read the presentation. Practice the presentation so you can speak from bullet points.
- Give a brief overview at the start. Then present the information.

Attendees

B.Ed. and B.El.Ed. student-teachers of SOED in the pre-final and final year attended and participated actively during the session.

Outcome

The student-teachers learnt:

- The importance of effective presentation as a communication skill.
- The various do's and don'ts of an effective presentation.
- The use of multimedia can make presentations expressive and appealing.
- To practice several different methods and tools for presenting.



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Photo 2: Interactions session between the Resource Person and the participants.

Tania Gupta

18/05/2022

**Prof. (Dr.) Tania Gupta
Dean
School of Education**

Jmp

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

Table: Template for Record of Attendance

NAME OF ACTIVITY: <u>Persuasive Presentation Skills</u>						
DATE: <u>18/05/2022</u>						
VENUE: <u>Booth Lab - Ground Floor</u>						
ORGANISED BY: <u>School of Education & CPC</u>						
ATTENDANCE RECORD						
Sr. No	Roll no.	Student Name	Programme Name	Semester	Certificate issued	Signature of Student
1.	1811260011	Shraddha	B. Ed. Ed.	<u>VIII</u>		<u>[Signature]</u>
2.	1811260001	Anjali	B. Ed. Ed.	<u>VIII</u>		<u>[Signature]</u>
3.	1811260007	Kanika	B. Ed. Ed.	<u>VIII</u>		<u>[Signature]</u>
4.	1811260014	Shiya	B. Ed. Ed.	<u>VIII</u>		<u>[Signature]</u>
5.	2003180004	Isha	B.A Eng (4)	<u>IV</u>		<u>[Signature]</u>
6.	2012870001	Prateek	B.A. Eng	<u>IV</u>		<u>[Signature]</u>
7.	2011270001	Madhvi	B. ed	<u>IV</u>		<u>[Signature]</u>
8.	2011270012	Sonam	B. ed	<u>IV</u>		<u>[Signature]</u>
9.	1811260006	Kajal	B. Ed. Ed.	<u>VIII</u>		<u>[Signature]</u>
10.	1811260010	Nisha	B. Ed. Ed.	<u>VIII</u>		<u>[Signature]</u>
11.	1811260012	Simran	B. Ed. Ed.	<u>VIII</u>		<u>[Signature]</u>
12.	1811260003	Deepanshi	B. Ed. Ed.	<u>VIII</u>		<u>[Signature]</u>
13.	1811260008	Kautili	B. Ed. Ed.	<u>VIII</u>		<u>[Signature]</u>

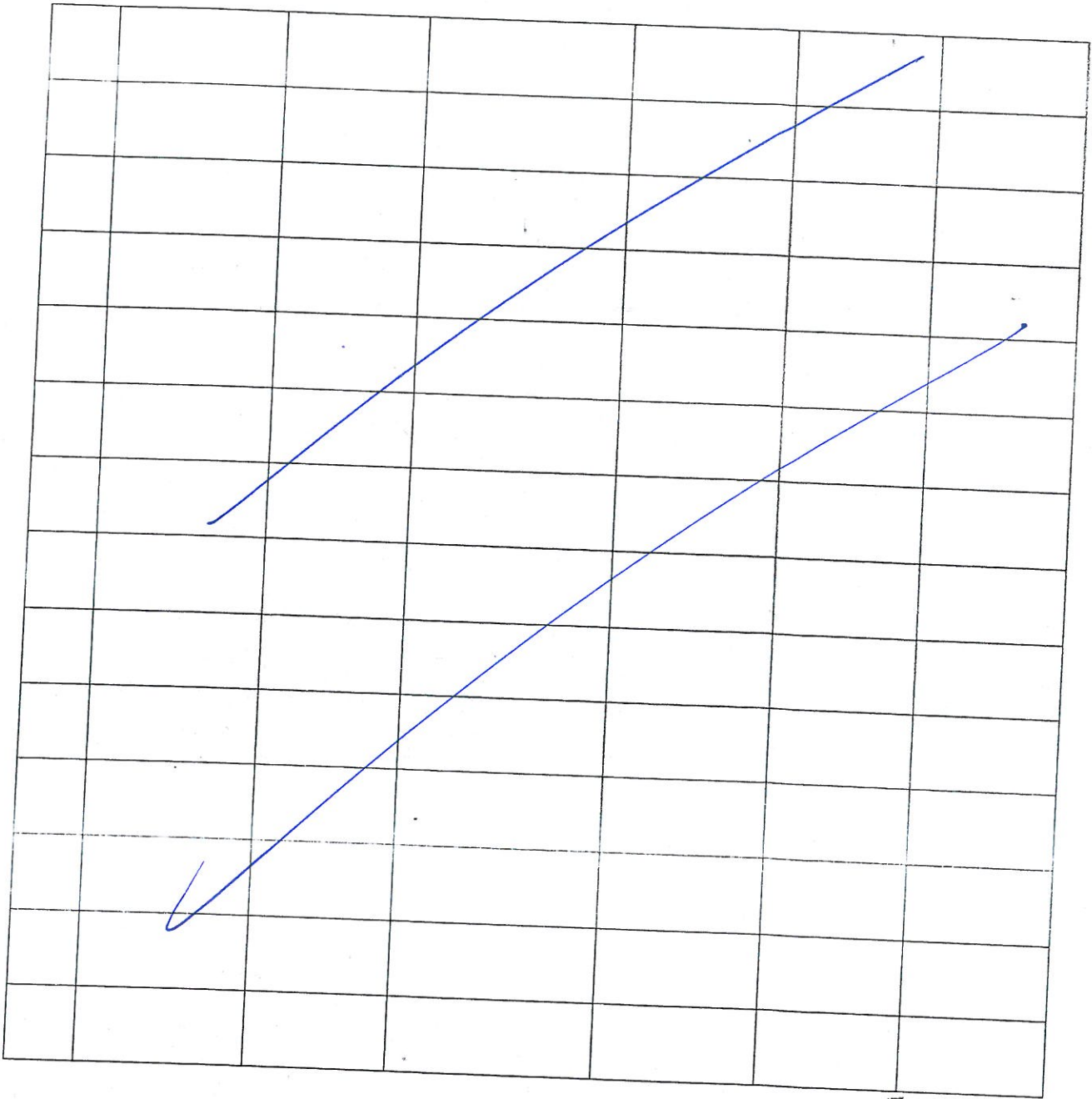
[Signature]

Registrar

K.R. Mangalam University
School Road, Gurgaon, (Haryana)

Manu Kandy

Tania Gupta
(Dean) 18/5/22



Organiser's Signature

Name and Designation

Manjiv Kunder
Assistant Prof.

Manjiv Kunder

Dr. Tani Gupta

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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/ 31(a)

05 May 2022

NOTICE

INTERACTIVE SESSION ON PERSUASIVE PRESENTATION SKILLS

1. School of Humanities in association with Career Development Centre, K.R Mangalam University is organizing an Interactive Session on the topic "**Persuasive Presentation Skills**" on **18 May 2022** conducted by Mr. Neeraj Singh, Director Training.
2. The details of the session are enclosed in the poster.
3. It is mandatory for all students to attend the session.
4. Please contact Dr. Nandini Biswas, Placement Coordinator & Assistant Professor, Department of Psychology, SOHS for further details.

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Sohna Road, Gurugram, (Haryana)

Prof. (Dr.) Tania Gupta
Dean



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Gurugram, Delhi-NCR

COMMUNICATION AND
SOFT SKILLS ENHANCEMENT

SCHOOL OF HUMANITIES AND
CAREER DEVELOPMENT CENTRE

organize

TRAINING SESSION

**PERSUASIVE
PRESENTATION SKILLS**

Date: Wednesday, 18 May 2022

Time: 11:55 a.m-12:45 p.m

Venue: Bosch Lab



RESOURCE PERSON:

Mr. Neeraj Singh
Director, Training

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

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K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

Report on

TRAINING SESSION ON PERSUASIVE PRESENTATION SKILLS

Target Group: Students of SOHS from the sixth semester

Resource Person: Mr. Neeraj Singh, Deputy Director, Career Development Centre, K.R.Mangalam University.

Coordinator: Dr. Nandini Biswas, Assistant Professor, Dept. of Psychology, School of Humanities, K.R.Mangalam University.

Date and Time: Wednesday, 18th May, 2022; 11:45 am – 12:45 pm

Venue: Bosch Lab, A Block, KRMU.

Introduction

In today's fast-paced, data-deluged world, we have only seconds to capture an audience's attention. Also, with audience members representing diverse cultures, learning modalities and personality types, presenters must act as no less than performers at times. The good news is that there are time honored techniques, which anyone can utilize to improve his or her public speaking.

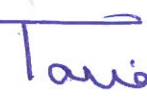
To help students catapult their presentation to the next level, the School of Humanities in association with the Career Development Centre, K.R.Mangalam University, organized a capacity development workshop on "Persuasive Presentation Skills" for its students from various departments of SOHS.

Objectives

- To apply the 4 P's of Persuasive Presentations – Plan, Prepare, Practise and Present
- To organise the information to be presented in a logical format, which is concise and audience focused
- To present information in an illustrative, engaging and in a three-dimensional way
- To manage body language to look confident, approachable and passionate
- To know how to use the voice to entertain and project energy
- To prepare (or get someone else to prepare) relevant visuals, which are easy to see and understand
- To use bridging techniques to manage difficult questions and objections
- To be conclusive with a clear call for action

NBiswas
18/05/22
(Event in-charge)


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Sohna Road, Gurudram, (Har yana)


18/5/22
(Dean SOHS)

Content

The speaker, Mr. Neeraj Singh, spoke on the importance to project self confidence while presenting to an audience. Thereafter, he spoke on the ways to manage nervousness through preparation and practice. He highlighted on the importance of visual components of body language, posture, gestures and facial expressions. He deliberated on the use of presentation aids such as PowerPoint. He also spoke on bridging techniques to confidently manage questions, address objections and maintain credibility with conviction. Finally, a role play was conducted to practically demonstrate persuasive presentation techniques and feedback given to the students.

Attendees

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

Activity Outcome

This workshop helped students develop the skills to present their ideas clearly. They learnt how to put together a presentation and connect emotionally and intellectually with audiences.

Conclusion

The session was full of insightful information and was very interactive. The students enjoyed the experience thoroughly and also gained insight into new employability skills.

Further Scope

Events like this which help students to improve their soft skills can be organized in the future in order to effect sustained talent development on campus.

NBiswas
18/05/22
(Event In-charge)


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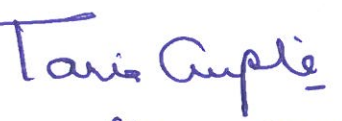
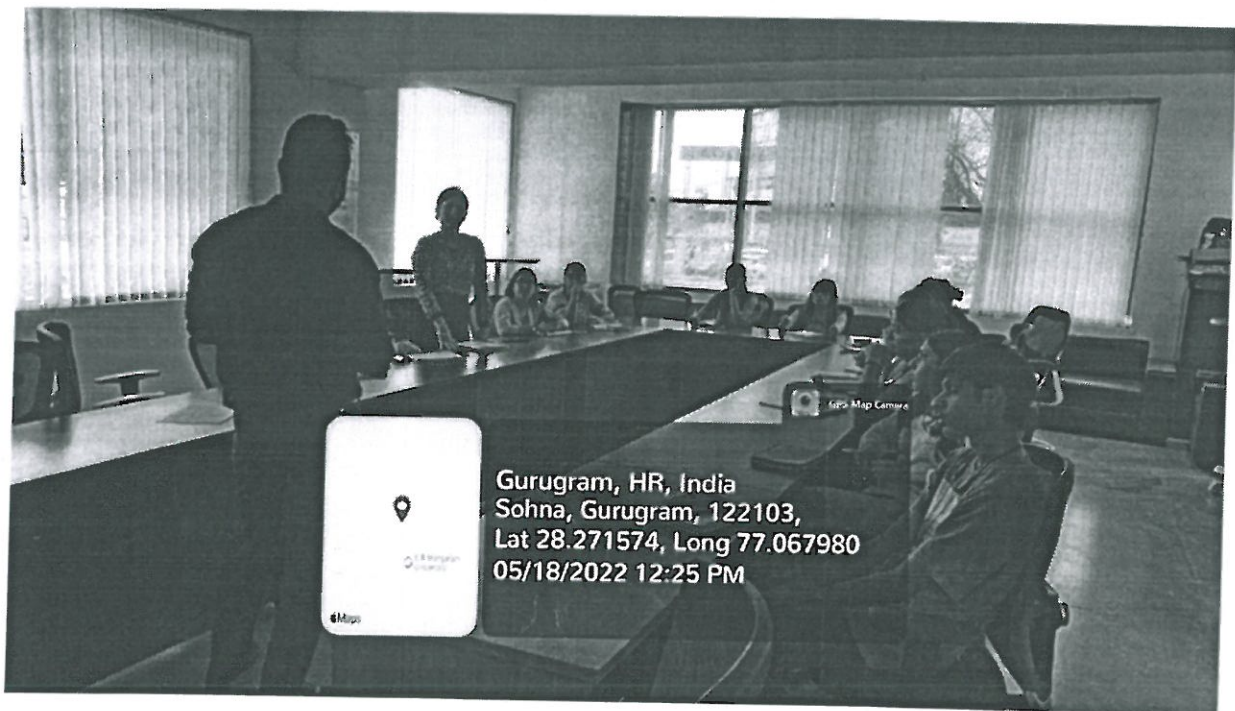
 - 18/5/22
(Dean SOHS) 2

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



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



NBiswas
18/05/22
(Event in-charge)

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

Tania Aupte
(DearSons) 18/5/22

K. R. MANGALAM UNIVERSITY

SOHNA ROAD, GURUGRAM, HARYANA 122103

(SCHOOL OF HUMANITIES) ATTENDANCE SHEET






Date: 18/05/22
Topic of Training: Interactive Session on Persuasive Presentation Skills

Sl	Name	Roll No.	Department	Semester	Signature
01	Stuti Sharma	2008790012	Psychology	IV th	Stuti.
2	Kamal	2008790009	B.A(H) Psy	IV th	De
3	Ritu	2008790008	B.A(H) Psy	IV th	SPKUM
4	Akshita Kapur	2008790005	B.A(H) Psy	V th	AKSHITA
5	Ritu Arora	2008790015	B.A(H) Psy	IV th	R
6	Shreya Tojra	2008790002	B.A(H) Psy	IV th	S
7	Khushi Jain	2008790007	B.A(H) Psy + BA	V th	Khushi
8	Swarni Sahoo	2008790003	B.A(H) Psy	IV th	Swarni
9	Himani	2008790016	B.A(H) Psy	V th	Himani
10	Preerna Bhatt	1912710002	B.A(H) Clinical	6 th	Preerna Bhatt

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

Tanis Arora
(Dean, SOHS)

Sl	Name	Roll No.	Department	Semester	Signature
11	Ashwini Koptani	1922170003	BA(H)HINDI	6 th	
12	Yashika Kumari	19221700034	BA(H)HINDI	6 th	
13	Aashvi Ahlawat	2012170003	BA(H)HINDI	4 th	
14	Monica Kapadia	1908180022	BA(H)ENGLISH	6 th	
15	Parnal Bainsla	1908180012	BA(H)ENGLISH	6 th	

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K.P. Mangalam University
(Hararyana)
Sohna Road, Gurugram

Tarika Singh
(Dean SOHS)



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SCHOOL OF HUMANITIES
ACADEMIC SESSION 2021-22

SOHS/Notice/2021-22/ 30

02 May 2022

NOTICE

INTERACTIVE SESSION ON OVERCOMING THE FEAR OF FACING INTERVIEWS

1. School of Humanities in association with Career Development Centre, K.R. Mangalam University is organizing an Interactive Session on the topic **"Overcoming the Fear of Facing Interviews"** on **04 May 2022** conducted by Mr. Rajesh Kumar, Deputy Director, CDC.
2. The details of the session are enclosed in the poster.
3. It is mandatory for all students to attend the session.
4. Please contact Dr. Nandini Biswas, Placement Coordinator & Assistant Professor, Department of Psychology, SOHS for further details.

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

Prof. (Dr.) Tania Gupta
Dean



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THE COMPLETE WORLD OF EDUCATION

Gurugram, Delhi-NCR

SOFT SKILLS TRAINING AND CAPACITY DEVELOPMENT

SCHOOL OF HUMANITIES
AND
CAREER DEVELOPMENT CENTRE

organizes

INTERACTIVE SESSION

OVERCOMING THE FEAR OF FACING INTERVIEWS

Date : 04 May, 2022

Time : 12:00 - 1:00 pm

Venue : Room NO. A213



Resource Person

RAJESH KUMAR

Deputy Director-CDC

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

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K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

Report on

CAPACITY DEVELOPMENT WORKSHOP ON OVERCOMING THE FEAR OF FACING INTERVIEWS

Target Group: Students of SOHS from the sixth semester

Resource Person: Mr. Rajesh Kumar, Deputy Director, Career Development Centre, K.R.Mangalam University.

Coordinator: Dr. Nandini Biswas, Assistant Professor, Dept. of Psychology, School of Humanities, K.R.Mangalam University.

Date and Time: Wednesday, 4th May, 2022

Venue: Room No. A 208, A Block, KRMU.

Introduction

It is not uncommon for students to feel nervous during interviews. Anxiety before and during an interview can be incredibly difficult to control for students and has the power to totally derail their performance. It is therefore critically important to teach students to control interview nerves so that they can shine through from start to finish.

To help students master strategies that can help alleviate anxiety before an interview, the School of Humanities in association with the Career Development Centre, K.R.Mangalam University, organized a capacity development workshop on "Overcoming the fear of facing interviews" for its sixth-semester students from various departments of SOHS.


Objectives


- To know the required skills to appear in an effective interview
- To be able to plan and prepare for an interview
- To be able to give the right first impression to interviewers
- To understand what to avoid saying during the interview
- To know how to choose the right job for oneself

Content

The speaker discussed about how to crack job interviews effortlessly without any fear. Moreover, he elaborated on various tips in overcoming the fear of interview such as reviewing the job description, organizing the documents (resume, certificates, pictures etc.), making

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Dean SOHS 4/5/22

relative arrangements and avoid creating any panic situation. He also provided us with some interview etiquette like body language, confidence, grooming etc. The session was followed by a question answer session between the speaker and the students, where the speaker patiently and enthusiastically answered the questions and doubts the students had.

Attendees

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

Activity Outcome

This workshop helped students develop the skills to plan and prepare for an interview. They also learnt how to avoid making common mistakes on an interview.

Conclusion

The session was full of insightful information and was very interactive. The students enjoyed the experience thoroughly and also gained insight into new employability skills.

Further Scope

Events like this which help students to improve their soft skills can be organized in the future in order to effect sustained talent development on campus.



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NBiskas K.R. Mangalam University
04/05/2022 Dehna Road, Gurugram, (Haryana)
(Event In-charge) (Dean SOHS) 4/5/22

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

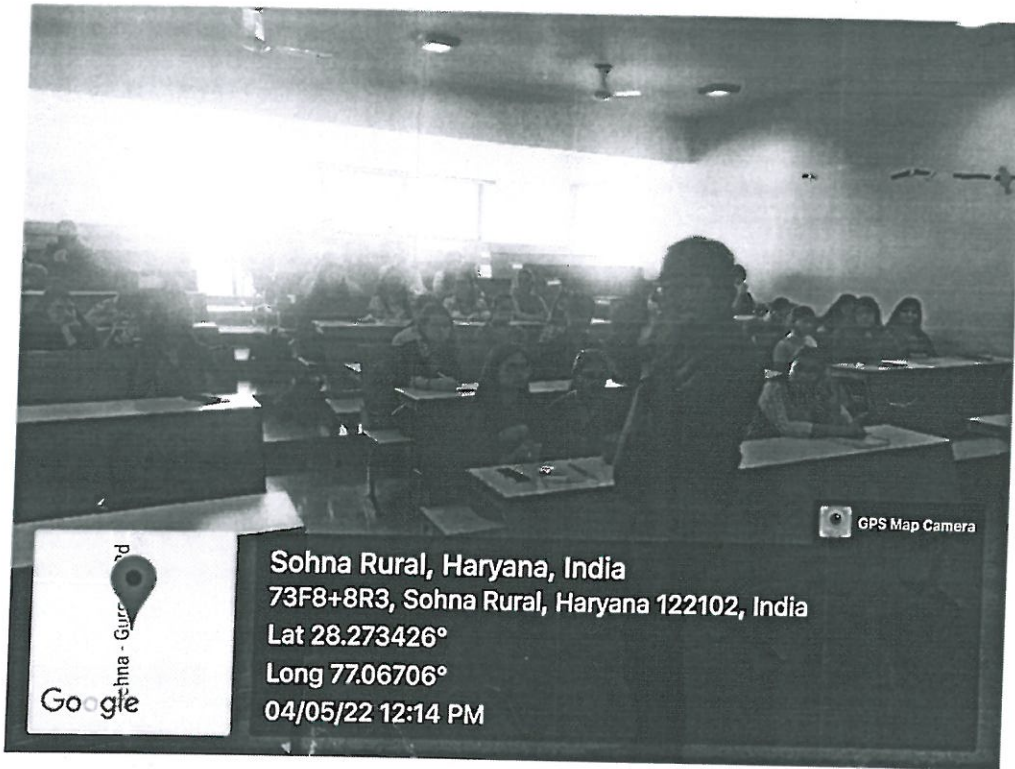
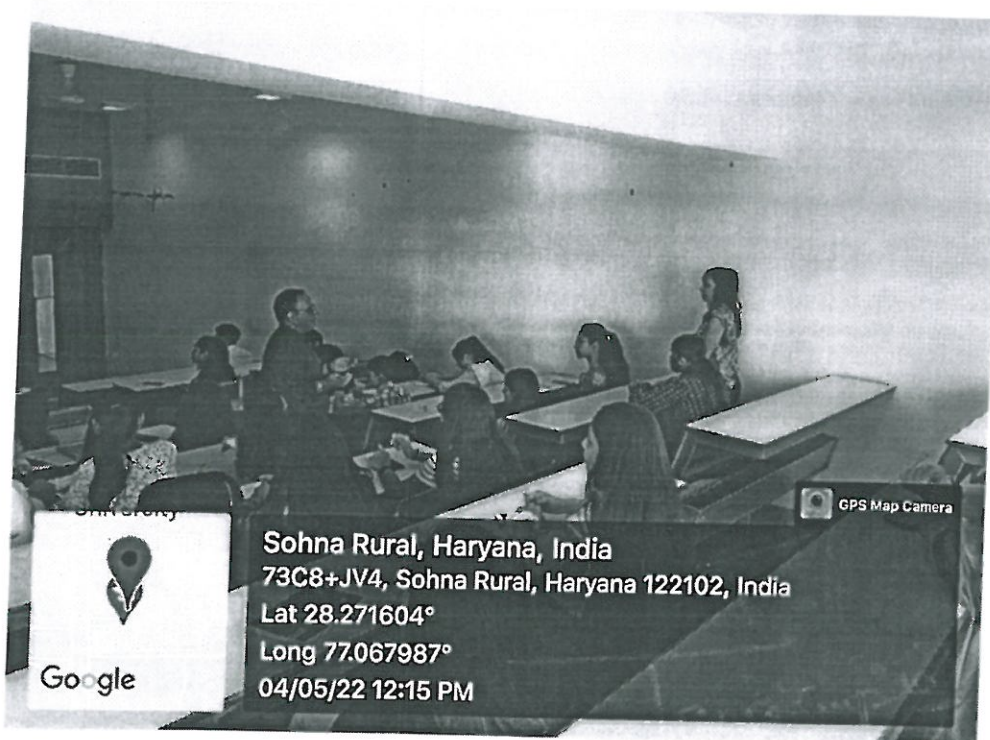


Photo 2: The resource person addressing the students during the workshop

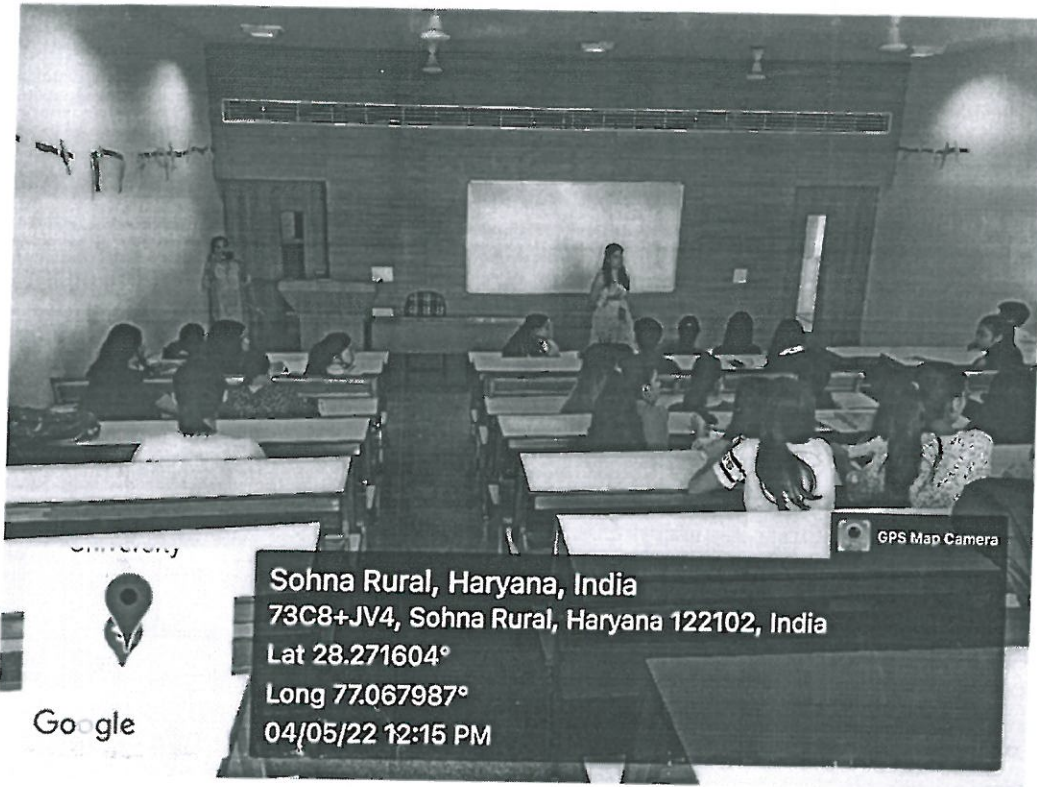


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Tania Gupta
(Dean SOHS) | 4/5/22

Photo 3: Students attending the workshop on overcoming fear of facing interviews



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04/05/22

(Event In-charge)

[Signature]
Registrar

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

[Signature] 4/5/22
Dean SoHR

ATTENDANCE SHEET
CAPACITY DEVELOPMENT SESSION ON "OVERCOMING THE FEAR OF FACING INETRVIIEWS"

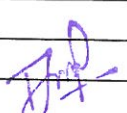
Date: 04.05.2022

Time: 12:00 pm – 1:00 pm

Venue: Room A208, A Block, KRMU Campus

Sl	Name	Program	Semester	Signature
1.	Mansi Thakran	B.A. (H) Psychology	IV	Mansi
2.	Akrihi Kapur	B.A. (H) Psychology	IV	Akapur
(3)	Ritu Anand	BA (H) Psychology	IV	Ru
4.	Himani	B.A (H) Psychology	IV	Himani
5	Shreya Tayne	B.A (H) Psychology	IV	Shreya
6	Chandni NIS	BA (H) Psychology	IV	chandni
7	Ishani Sahoo	B.A (H) Psychology	IV	Ishani
8)	SHRI TI SHARMA	BA (H) Psychology	IV	Shriti
9)	Kamal Prasad	BA (H) Psychology	III	Kamal
10)	Haresh Khattana	BA Program	II	Haresh
11)	Anushka Bateja	BA (H) Psychology	II	Anushka
12)	Jasleen Kaur	BA (H) Psycho.	II	Jasleen
13)	sanya sood	BA (H) Psychology	II	Sanya
14)	Pruthi	BA (H) Psychology	II	Pruthi
15)	Kanika Khattana	B.A. (H)	VIII	Kanika
15)	Garima Nandan	BA (H) Psychology	IInd Sem	Garima
16)	Sayushi	BA (H) Psychology	IInd Sem	Sayushi
17)	Madina	BA (H) Psychology	IInd Sem	Madina
18)	Khushi Jain	B.A (H) Psychology + B.H	IVth SEM	Khushi
19)	Khushi Dahiya	B.A (H) Psychology	IVth sem.	Khushi
20)	Bharti	B.A (H) Psychology	IVth sem	Bharti

NBiswas
04/05/22
(Event In-charge)


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

Tanus Ajeet
(Deans office)



K.R. MANGALAM UNIVERSITY

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SCHOOL OF EDUCATION

ACADEMIC SESSION 2021-2022

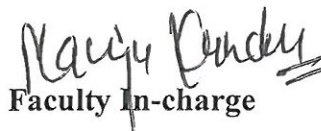
SOED/Notice/2021-22/24

2 May, 2022

NOTICE

INTERACTIVE SESSION ON OVERCOMING THE FEAR OF FACING INTERVIEWS

1. School of Education in association with Career Development Center is organizing "interactive session on overcoming the fear of facing interviews" on 4 May, 2022 conducted by Mr. Rajesh Kumar
2. The details of the events are enclosed in the flyer.
3. It is mandatory for all Students teachers of pre final and final year of B.Ed. and B.El.Ed are mandatory to register and participate in the training session.


Faculty In-charge

Ms. Manju Kundu



Registrar

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


Dean, School Of Education

Dr. Tania Gupta



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 Gurugram, Delhi-NCR

SOFT SKILLS TRAINING AND
 CAPACITY DEVELOPMENT

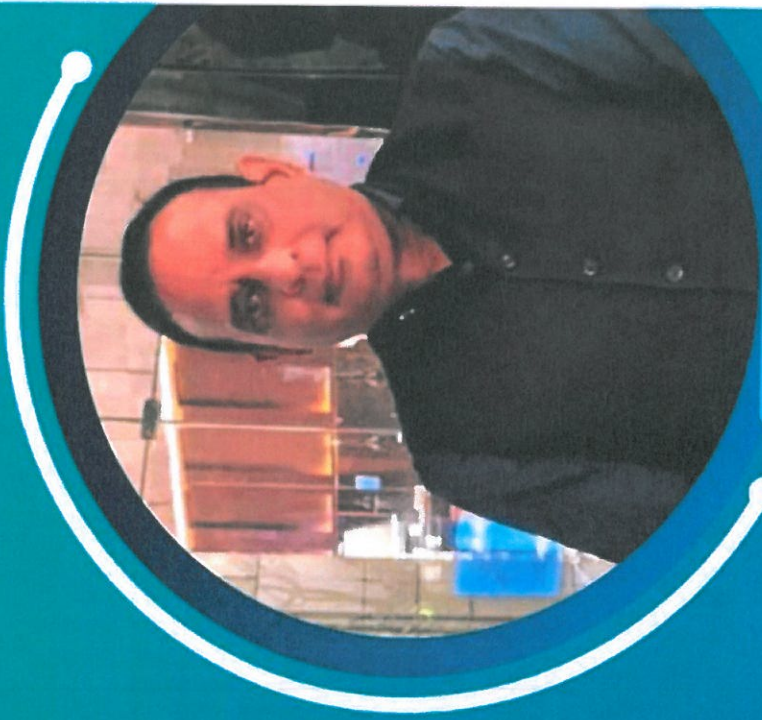
SCHOOL OF EDUCATION
 AND
 CAREER DEVELOPMENT CENTRE

organizes

INTERACTIVE SESSION

OVERCOMING THE FEAR OF FACING INTERVIEWS

Date : 04 May, 2022
 Time : 12:00 - 1:00 pm
 Venue : Room NO. A213



Resource Person

RAJESH KUMAR
 Deputy Director-CDC

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

University Gurugram Campus: ☎ 011-48884888 / 8800697010-15 📞 8800697012
 🌐 www.krmangalam.edu.in ✉ welcome@krmangalam.edu.in



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SOFT SKILLS TRAINING AND CAPACITY DEVELOPMENT

Report on

OVERCOMING THE FEAR OF FACING INTERVIEWS

Target Group: Pre-Final and Final Students of B.Ed. and B.El.Ed Programme, K.R Mangalam University, Gurugram, Haryana

Nature of Event: Soft Skills Training and Capacity Development session organized by School of Education and Career Development Centre, K.R Mangalam University, Gurugram, Haryana

Resource Person: Mr. Rajesh Kumar, Deputy Director-CDC, K.R Mangalam University, Gurugram, Haryana

Coordinator: Ms. Manju Kundu, Assistant Professor, SOED, K.R Mangalam University, Gurugram, Haryana

Date and Time: Wednesday, 4th May, 2022, 12:00 p.m -

Venue: Room No-213, Second Floor, A-Block, K.R.Mangalam University.

Introduction

Interviews provide us with an opportunity to build a personal rapport while having a professional conversation. Depending on the type of industry, interviews are conducted for a variety of purposes including Job, Performance Assessments and Prepare Informational Articles. Cracking an interview and getting selected for the job position is considered to be a challenging task. Having the right skillset for the respective job designation is a major concern. Considering this, the School of Education and Career Development Centre, K.R Mangalam University, Gurugram, Haryana organized a Soft Skills Training and Capacity Development session for student-teachers of B.Ed. and B.El.Ed. to empower them and prepare them well in their job interviews.

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Objectives

- To train the student-teachers on overcoming the fear of facing interviews.
- To prepare the student-teachers on the interview procedure.
- To enable the student-teachers to identify their skills and flaws through a SWOT.

Content

Throughout the session, Mr. Rajesh highlighted a variety of crucial topics that a fresher attending a job interview should be aware of. He emphasized the significance of knowing one's own skills and flaws. He provided the students with presentation tips for interviews and insight into how to handle difficult assignments along the way. He also emphasized the value of pupils making the regular preparations needed for both conceptual and general knowledge. He discussed many elements of the interview procedure and typical interview questions. He provided in-depth explanations of the errors that candidates make during interviews and how to avoid them. He provided instructions on how to respond to specific inquiries, such as,

- Why should we hire you?
- Where do you see yourself 5 years from now?
- What are your strengths and weaknesses?
- When can you join if selected?
- How much salary do you expect?
- What do you know about our school?
- What are the skill sets that you possess?

Attendees


Students of SOED (B.Ed. and B.El.Ed) of pre-final and final year joined and attended the Soft Skills Training and Capacity Development session.

Outcome

The outcome of the session was indeed fruitful as student-teachers felt motivated and confident to appear in interviews. They learnt how techniques for preparing for the interview which through practice will help them overcome the fear of facing the interview.

Conclusion

The soft skills and capacity development programme was well-received by all the student-


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teachers who were present and were of the opinion that it was an interactive and beneficial session for one and all.

Further Scope

This session will help students to understand the importance of self-confidence and preparation for interviews. This training session would develop the capacity among students to face the interview process with greater grit and determination and help them in their career progression.

Manju Kundu

**Manju Kundu
Placement In-charge
School of Education**

Tania Gupta
4/5/22

**Prof. (Dr.) Tania Gupta
Dean
School of Education**

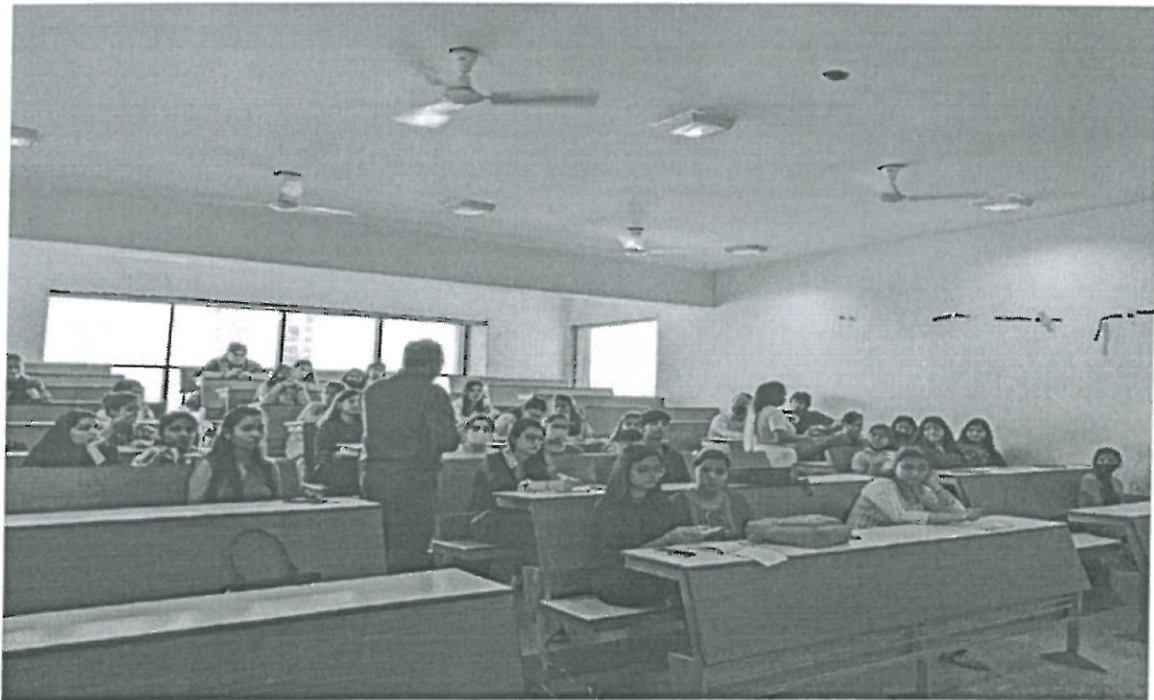


Photo 1: Mr. Rajesh Kumar, Deputy Director-CDC interacting with the students.

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Sohna Road, Gurugram, (Haryana)**



Photo 2: Mr. Rajesh Kumar, Deputy Director-CDC answered queries raised by students during the session.

Margy Chandy

JMD

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

Taric Gupta
4/5/22
(Dean SOED)



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73C8+JV4, Sohna Rural, Haryana 122102, India
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Long 77.067979°
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Jmf

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

School of Education
List of Student (B.Ed.) 4 th Sem.

S.No	Students Name	Programme	Sem	Sign
1	MADHVI JAIN	B.Ed.	IV	
2	MD PERWEZALAM	B.Ed.	IV	
3	HITESH SHARMA	B.Ed.	IV	
4	RIMA KUMARI	B.Ed.	IV	Rima Kumari
5	KOMAL SINGH	B.Ed.	IV	Komal Singh
6	SHIVANI THAKRAN	B.Ed.	IV	Shivani Thakran
7	SUDHA YADAV	B.Ed.	IV	Sudha Yadav
8	DIVJOT BARMİ	B.Ed.	IV	Divjot
9	SONAM KUMARI	B.Ed.	IV	Sonam

May 4/5/2022

Jmt

Registrar

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

Tania Gupta
(Dean SoED)

School of Education				
List of Student (B.Ed.)				
S.No.	Name	Programme	Semester	Signature
1	AMRITA KAUR	B.Ed.	II	
2	ISHITA BAJAJ	B.Ed.	II	
3	SIMRAN KAUR	B.Ed.	II	
4	MEGHA KADIYAN	B.Ed.	II	
5	NANDINI VERMA	B.Ed.	II	
6	MUSKAAN GARG	B.Ed.	II	
7	SUCHI KUMARI	B.Ed.	II	
8	JAYA KWATRA	B.Ed.	II	
9	SHAILZA GAUTAM	B.Ed.	II	
10	MEHAK MAAN	B.Ed.	II	
11	KHUSHBOO KUMARI	B.Ed.	II	
12	SAPNA BHADANA	B.Ed.	II	
13	NICKY GULLIEN	B.Ed.	II	
14	MUSKAN DAGAR	B.Ed.	II	
15	DEZI KUMARI	B.Ed.	II	
16	PRIYA KASHYAP	B.Ed.	II	
17	NISHITA	B.Ed.	II	Absent
18	BEHIRONA	B.Ed.	II	

Margy Kundy
4/8/2022

J.M.

Registrar

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

Tanisimple Ahlu
(Dean SoED)

School of Education

List of Student (B.El.Ed.)

S.No.				
1	ANJALI SINGH	B.El.Ed.	VIII	Anjali
2	CHAHAT	B.El.Ed.	VIII	Chahat
3	DEEPANSHI ARORA	B.El.Ed.	VIII	Deepanshi Arora
4	ISHA	B.El.Ed.	VIII	Isa X
5	ISHANI CHHIBBER	B.El.Ed.	VIII	
6	KAJAL THAKRAN	B.El.Ed.	VIII	Kajal Thakran
7	KANIKA MISHRA	B.El.Ed.	VIII	Kanika
8	KRITI	B.El.Ed.	VIII	Kriti
9	LAKSHI	B.El.Ed.	VIII	
10	NISHA NAUTIYAL	B.El.Ed.	VIII	Nisha
11	SHRADDHA SHREE JAIN	B.El.Ed.	VIII	Shraddha
12	SIMRAN GAURI	B.El.Ed.	VIII	Simran
13	TANYA SHARMA	B.El.Ed.	VIII	
14	SHIYA YADAV	B.El.Ed.	VIII	Absent

Mamya Kundu
4/5/2022

Tania Gupta
4/5/22
(Dear SOED)

JMD

Registrar

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

School of Education				
List of Student (B.Ed.)				
S.No	Students Name	Programme	Sem	Sign
1	MANVI	B.El.Ed.	VI	→
2	SANYA SHARMA	B.El.Ed.	VI	→
3	KANISHKA SHARMA	B.El.Ed.	VI	→
4	KIRTI SOLANKI	B.El.Ed.	VI	→
5	REETU	B.El.Ed.	VI	→
6	TISHA GOEL	B.El.Ed.	VI	→
7	AKSHINA	B.El.Ed.	VI	<i>Akshina</i>
8	MEHAKPREET	B.El.Ed.	VI	→
9	UPASANA MAGO	B.El.Ed.	VI	<i>Upasana</i>
10	DEEPANSHI VASISHT	B.El.Ed.	VI	<i>Deepanshi</i>
11	PRABHDEEP KAUR	B.El.Ed.	VI	→
12	MUSKAN	B.El.Ed.	VI	<i>Muskan</i>
13	DISHA	B.El.Ed.	VI	→
14	JAPLEEN	B.El.Ed.	VI	→
15	GURUKSHA	B.El.Ed.	VI	<i>Guruksha</i>

Manya Danda
04/8/2022

Tania Gupta
Hshu
(Dean SoED)

Jmp
Registrar
K.P. Mangalam University
Sector Road, Gurugram, (Haryana)



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SCHOOL OF EDUCATION
ACADEMIC SESSION 2021-22

SOED/Notice/2021-22/28/36

05 May 2022

NOTICE

CAPACITY BUILDING AND LIFE SKILLS ENHANCEMENT:
"WORKSHOP ON COPING WITH STRESS AND EMOTIONS"

1. School of Education is organizing a **Life Skills Enhancement Workshop** on the theme "**Coping with Stress and Emotions**" on **11 May 2022** from **11:00 A.M to 1:00 P.M** in **Room No A213, A Block, K.R. Mangalam University.**
2. All student-teachers of SOED must register and participate actively in this workshop which will be extremely beneficial to developing life skills for enhancing success in personal and professional life.
3. Only those participants who submit the feedback form will be issued a certificate of participation.
4. Please contact the undersigned for further details.

Handwritten signature of Prof. (Dr.) Tania Gupta in black ink.

Prof. (Dr.) Tania Gupta

Dean

Handwritten signature of the Registrar in blue ink.

Registrar

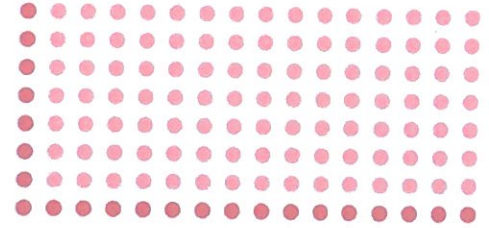
K.R. Mangalam University
Sohna Road, Gurugram, (Haryana)

DEAN

School of Education (SOED)
K.R. Mangalam University
Sohna road, Gurugram Haryana 122103



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**CAPACITY BUILDING AND
LIFE SKILLS ENHANCEMENT**
**SCHOOL OF EDUCATION
organizes**

WORKSHOP

COPING WITH STRESS AND EMOTIONS

Date: 11 May 2022

Time: 11:00 A.M-1:00 P.M

Venue: Room No. A213,
A Block, KRMU Campus

Certificate of Participation will be awarded
to the registered participants only after
submission of the Feedback Form.



INVITED EXPERT

Dr. Pratibha Anand Singh

Consultant Clinical Psychologist (RCI- CRR NO. - A10596)
Director, Kasturba Institute of Psychology and Behavioural Medicine
Greater NOIDA, Uttar Pradesh

Convenor : Prof. (Dr.) Tania Gupta,
Dean School of Education

Registration form link: <https://tinyurl.com/52kux2nf>

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

🌐 www.krmangalam.edu.in ✉ welcome@krmangalam.edu.in

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K.R. MANGALAM UNIVERSITY

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Report on

CAPACITY BUILDING AND LIFE SKILLS ENHANCEMENT WORKSHOP ON COPING WITH STRESS AND EMOTIONS

Target Group: Students and faculty-members of SOED

Resource Person: Dr. Pratibha Anand Singh, Consultant Clinical Psychologist and Director, Kasturba Institute of Psychologist and Behavioural Medicine; Greater Noida, Uttar Pradesh.

Coordinator: Prof. Tania Gupta, Dean, School of Education, K.R. Mangalam University, Gurugram, Haryana

Date and Time: Wednesday 11th May, 2022; 11:00 a m – 1:00 pm.

Venue: Room No. A 213, A Block, K.R. Mangalam University, Gurugram, Haryana

Introduction

Emotional intelligence helps one build stronger relationships, succeed at school and work, and achieve career and personal goals. In today's competitive and constantly changing world, having technical skills is just not enough. Emotional intelligence is a game changing crucial soft skill that gives one a winning edge. The good news is that emotional intelligence can be learned and developed. However, this needs guided awareness and practice.

To develop an emotionally intelligent community, the School of Humanities at K.R. Mangalam University organized a workshop on the topic. This workshop was designed to equip students and faculty members in self-awareness, self-management, social awareness and relationship management and eventually coping with stress and emotions.

Objectives

- To gain an insight into emotional intelligence, what it is and how one can use it
- To develop self-awareness
- To explore ways to advance personal emotional intelligence
- To recognise emotions in others and how to respond to those emotions
- To understand the consequences of behaviour and weigh actions before making decisions
- To empower the participants to cope with stress and emotions.

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Sohna road, Gurugram Haryana 122103

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Sohna Road, Gurugram, (Haryana)

Content

Dr. Pratibha Anand Singh discussed about emotions in detail and spoke elaborately on the role of emotional intelligence in Intra-personal and Inter-personal relationships. Moreover, she explained ways to manage emotions, such as the ability to practice empathy, develop self awareness and explore ways to advance personal and emotional intelligence. Attendees took part in the session enthusiastically and helped to make the session quite interactive and interesting.

The workshop was followed by a Question & Answer session between the speaker and the audience where the speaker patiently and enthusiastically answered the questions and doubts the attendees had.

Attendees

The session was attended by 46 students and 08 faculty members from School of Education.

Activity Outcome

- Better understanding of emotions and triggers to such emotions
- Deeper understanding to manage disruptive emotions
- Enhanced ability to display empathy skills
- Sharper understanding into the emotions of others and stronger ability to manage personal and professional relationships
- Better stress management skills
- Better problem solving and decision-making abilities.

Conclusion

In conclusion it may be said that the session was full of insightful information and was very interactive. The students were able to gain a deeper understanding of emotions and they enjoyed the experience thoroughly.

Further Scope

Events like this which help students to improve their soft skills can be organized in the future in order to effect sustained talent development on campus.

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K.R. Mangalam University
Sohna road, Gurugram Haryana 122403



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

GLIMPSES OF THE WORKSHOP

Photo 1: The speaker addressing the students and faculty members of SOED during the workshop

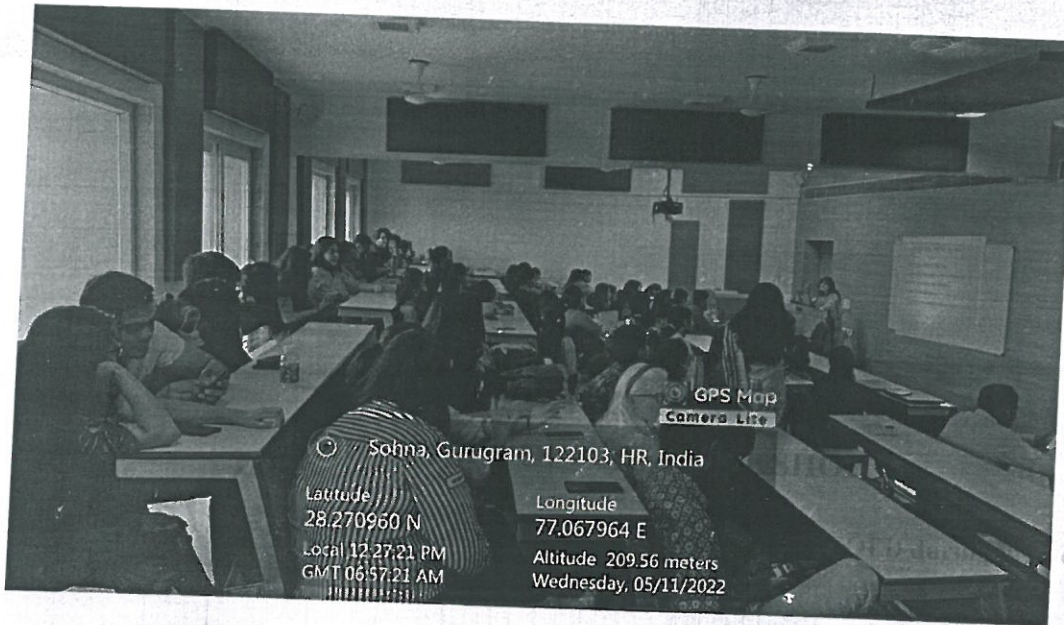
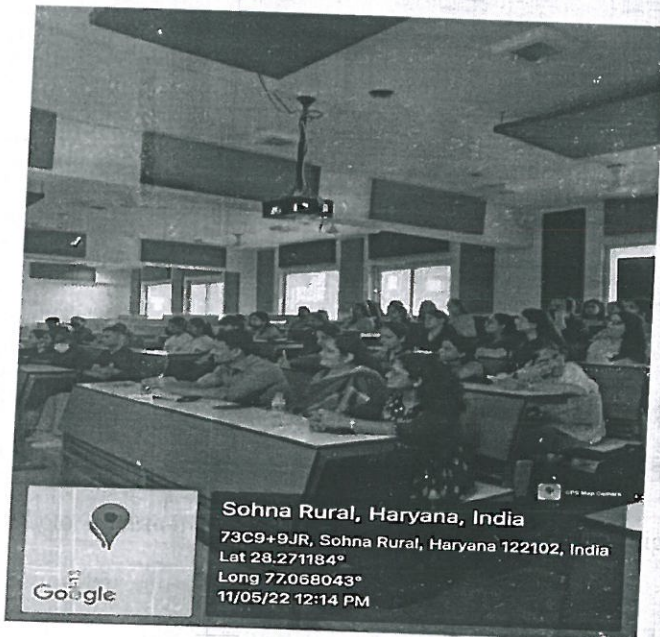



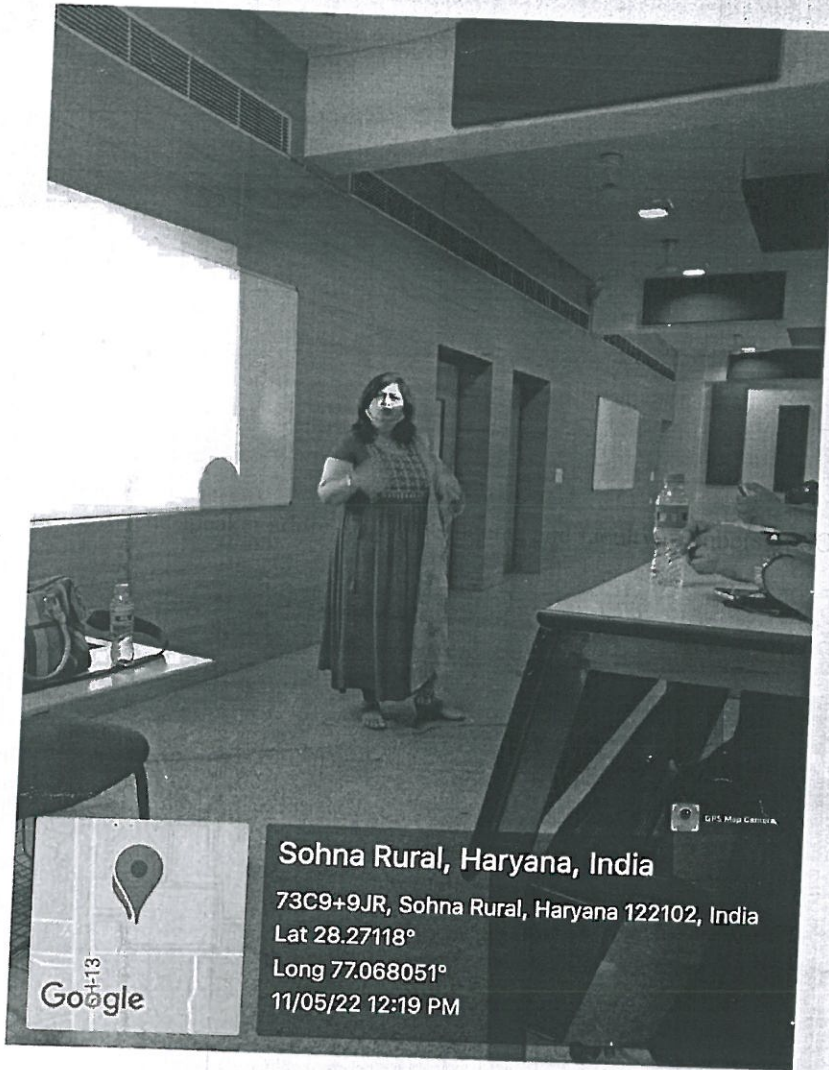
Photo 2: Participants at the workshop on Emotional Intelligence




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Sohna Road, Gurugram, (Haryana)

DEAN
School of Education (SOE),
K.R. Mangalam University
Sohna road, Gurugram Haryana 122103

Photo 3: The speaker addressing the students and faculty members of SOHS during the workshop



Tania Gupta

11. 05. 2022

Prof. (Dr.) Tania Gupta
Dean, School of Education

J.P.

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

SOED

ATTENDANCE SHEET

WORKSHOP ON

COPING WITH STRESS AND EMOTION

11 May 2022

	Name of Student	Programme	Semester	Signature
1	VRIDHI SHARMA	B.El.Ed.	II	Absent
2	DEEPSHIKHA	B.El.Ed.	II	Deepsika
3	AKANSHA DAHIYA	B.El.Ed.	II	Akansha
4	MUSKAN SHARMA	B.El.Ed.	II	Absent
5	VAISHALI SHARMA	B.El.Ed.	II	Vaishali
6	AYUSHI SONI	B.El.Ed.	II	Ayushi
7	SARITA	B.El.Ed.	II	Absent
8	ISHIKA CHANDOLA	B.El.Ed.	II	Absent
9	ANNU SEHRAWAT	B.El.Ed.	II	Annu
10	KHUSHI KAPOOR	B.El.Ed.	II	Absent
11	BUSHRA MASOOD	B.El.Ed.	II	Absent
12	SIMRAN KUMARI	B.El.Ed.	II	Simran
13	VANI MEHRA	B.El.Ed.	II	Vani
14	ASHI	B.El.Ed.	II	Ashi
15	KASHISH SHARMA	B.El.Ed.	II	Absent
16	KASHISH	B.El.Ed.	II	Absent
17	MEGHA	B.El.Ed.	IV	Megha
18	ADITI	B.El.Ed.	IV	Aditi

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B.El.Ed.

21	MOKSHITA	B.El.Ed.	IV	Mokshita
22	MANSI	B.El.Ed.	IV	Absent
23	DEVIKA	B.El.Ed.	IV	Devika
24	JEEVANSHI	B.El.Ed.	IV	Jeevanshi
25	NEERU	B.El.Ed.	IV	Neeray
26	NEHA	B.El.Ed.	IV	Absent
27	AMISHA	B.El.Ed.	IV	Amisha
28	ARISHA	B.El.Ed.	IV	Arisha
29	AARUSHI	B.El.Ed.	IV	Aarushi
30	VARNIKA	B.El.Ed.	IV	Varnika
31	ANJALI	B.El.Ed.	IV	Anjali
32	MANVI	B.El.Ed.	VI	Absent
33	SANYA SHARMA	B.El.Ed.	VI	Absent
34	KANISHKA SHARMA	B.El.Ed.	VI	Kanishka
35	KIRTI SOLANKI	B.El.Ed.	VI	Kirti
36	REETU	B.El.Ed.	VI	Absent
37	TISHA GOEL	B.El.Ed.	VI	Absent
38	AKSHINA	B.El.Ed.	VI	Absent
39	MEHAKPREET	B.El.Ed.	VI	Mehakpreet
40	UPASANA MAGO	B.El.Ed.	VI	Absent
	DEEPANSHI VASISHT	B.El.Ed.	VI	Deepanshi

44	DISHA	B.El.Ed.	VI	Disha
45	JAPLEEN	B.El.Ed.	VI	Absent
46	GURUKSHA	B.El.Ed.	VI	Guruksha
47	ANJALI SINGH	B.El.Ed.	VIII	Anjali
48	CHAHAT	B.El.Ed.	VIII	Absent
49	DEEPANSHI ARORA	B.El.Ed.	VIII	Deepanshi Arora
50	ISHA	B.El.Ed.	VIII	Absent
51	ISHANI CHHIBBER	B.El.Ed.	VIII	Absent
52	KAJAL THAKRAN	B.El.Ed.	VIII	Kajal
53	KANIKA MISHRA	B.El.Ed.	VIII	Kanika
54	KRITI	B.El.Ed.	VIII	Absent
55	LAKSHI	B.El.Ed.	VIII	Lakshi
56	NISHA NAUTIYAL	B.El.Ed.	VIII	Nisha
57	SHRADDHA SHREE JAIN	B.El.Ed.	VIII	Shraddha
58	SIMRAN GAURI	B.El.Ed.	VIII	Simran
59	TANYA SHARMA	B.El.Ed.	VIII	Absent
60	SHIYA YADAV	B.El.Ed.	VIII	Shiya
61	AMRITA KAUR	B.Ed.	II	Absent
62	ISHITA BAJAJ	B.Ed.	II	Absent
63	SIMRAN KAUR	B.Ed.	II	Simran
	MECHA KADIVAN			

Registrar

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

67	SUCHI KUMARI	B.Ed.	II	Absent
68	JAYA KWATRA	B.Ed.	II	<u>Okwatra</u>
69	SHAILZA GAUTAM	B.Ed.	II	Absent
70	MEHAK MAAN	B.Ed.	II	Absent
71	KHUSHBOO KUMARI	B.Ed.	II	<u>Khushboo</u>
72	SAPNA BHADANA	B.Ed.	II	Absent
73	NICKY GULLIEN	B.Ed.	II	Absent
74	MUSKAN DAGAR	B.Ed.	II	Absent
75	DEZI KUMARI	B.Ed.	II	<u>Dezi</u>
76	PRIYA KASHYAP	B.Ed.	II	<u>Priya Kashyap</u>
77	NISHITA	B.Ed.	II	Absent
78	MADHVI JAIN	B.Ed.	IV	Absent
79	MD PERWEZALAM	B.Ed.	IV	Absent
80	HITESH SHARMA	B.Ed.	IV	<u>Hitesh</u>
81	RIMA KUMARI	B.Ed.	IV	Absent
83	KOMAL SINGH	B.Ed.	IV	Absent
83	SHIVANI THAKRAN	B.Ed.	IV	Absent
84	SUDHA YADAV	B.Ed.	IV	<u>Sudha</u>
85	DIVJOT BARMII	B.Ed.	IV	<u>Divjot</u>
86	SONAM KUMARI	B.Ed.	IV	Absent

Registrar

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



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

SCHOOL OF HUMANITIES

ACADEMIC SESSION 2022-23

NOTICE

Workshop on Emotional Intelligence

SOHS/NOTICE/2022-23/147

Date: 06/05/2022.

The Department of Psychology, School of Humanities KRMU is organising a “One Day, Workshop on Emotional Intelligence”. The primary goal is to understand emotions and triggers, manage stress, and enhance the ability to practice empathy.

Date: 11/05/2022

Venue: Room No. A213, A Block, KRMU Campus

Event Type: Workshop

Faculty Coordinator: Dr. Nandini Biswas (Assistant Professor - Psychology, KRMU)

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

Prof. Tania Gupta
Dean, SOHS



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LIFE SKILL ENHANCEMENT

School Of Humanities

Department of Psychology
Organizes

WORKSHOP ON EMOTIONAL INTELLIGENCE

Venue: Room No. A213, A Block, KRMU Campus

Certificate of Participation will be awarded to the registered participants only after submission of the Feedback Form.

Date: 11 May 2022

Time: 11:00 A.M - 1:00 P.M

Key Highlights of the Workshop

- Understanding Emotions and its triggers
- Managing Emotions
- Managing Stress
- Enhancing the ability to practice Empathy
- Emotional Intelligence for Enhanced Problem-Solving & Decision- Making
- Role of Emotional Intelligence in Intra - personal and Inter-personal relationships



Dr. Pratibha Anand Singh
Consultant Clinical Psychologist
(RCI- CRR NO.- A10596)
Director, Kasturba Institute of
Psychology and Behavioural Medicine
Greater NOIDA, Uttar Pradesh

Registration Link:

<https://forms.gle/2ALVc2eevzandL1>

Convenor

Prof. (Dr.) Tania Gupta
Offg Dean
School of Humanities

Workshop Coordinator

Dr. Nandini Biswas
Assistant Professor (Psychology)
School of Humanities

www.krmangalam.edu.in



Dr. Pratibha Anand Singh

Consultant Clinical Psychologist (RCI- CRR
NO.- A10596)

Director, Kasturba Institute of Psychology
and Behavioural Medicine, Greater NOIDA,
Uttar Pradesh

Dr. Pratibha A. Singh is the Director
and Consultant Clinical Psychologist at
Kasturba Institute of Psychology & Be-
havioural Medicine (KIPBM), Greater
Noida. She is an RCI registered Clinical
Psychologist □RCI- CRR NO.- A10596)
who had been practicing in Delhi and
NCR region for the last about 16 years.

Dr. Pratibha has done her M.Phil in Clin-
ical Psychology from Institute of Human
Behaviour and Allied Sciences (IHBAS),
Delhi and holds Ph.D. in Psychology.
She has qualified UGC NET exam and
was also awarded a Doctoral fellowship
from NCERT, Delhi for her doctoral
work. She has worked at faculty posi-
tions in Psychology departments at var-

ious Government and Private Univer-
sities of repute. She has also worked in
many reputed Hospital and Clinical set-
tings around Delhi and NCR region.

Dr. Pratibha is a lifetime Profession-
al member of the Indian Association
of Clinical Psychologists (IACP). Her
area of research and interest are retrain-
ing and intervention for slow learners,
Learning Disabilities, neuropsycholog-
ical assessments, cognitive remediation
and interventions for anxiety disorders,
adjustment issues and depression among
adolescents and adults. She has various
research presentations and publications
to her credit.

Registration form link:

<https://forms.gle/czXLVc2eenvezmL7>

Certificate of Participation will be
awarded to the registered participants
only after submission of the Feedback
Form.

Convenor

Prof. (Dr.) Tania Gupta
Offg Dean
School of Humanities

Workshop Coordinator

Dr. Nandini Biswas
Assistant Professor (Psychology)
School of Humanities

Registrar
K.R. Mangalam University
Gurgaon, Haryana



K.R. MANGALAM UNIVERSITY
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LIFE SKILL ENHANCEMENT SCHOOL OF HUMANITIES

Department of Psychology

organizes

WORKSHOP ON EMOTIONAL INTELLIGENCE

on

Date : Wednesday, 11 May 2022

Time : 11:00 A.M-1:00 P.M

Venue : Room No. A213, A Block,
KRMU Campus



Invite: Workshop on Emotional Intelligence

Nandini Biswas <nandini.biswas@krmangalam.edu.in>

Tue 5/10/2022 6:05 PM

To: Vice Chancellor K. R. Mangalam <vc@krmangalam.edu.in>; Pro Vice Chancellor, K R Mangalam University <provc@krmangalam.edu.in>; Abhishek Gupta <abhishek@krmangalam.edu.in>; Rohit G <rohitg@krmangalam.com>; KRMU DEANS <krmudeans@krmangalam.edu.in>; Faculty-KRMU <faculty-krmu@krmangalam.edu.in>

Cc: DEAN SOHS <dean.sohs@krmangalam.edu.in>; Dr. Suruchi Singh <suruchi.singh@krmangalam.edu.in>; Dr. Rupali Chandola <rupali.chandola@krmangalam.edu.in>; Manvi Arora <manvi.arora@krmangalam.edu.in>

📎 2 attachments (1 MB)

Brochure_Workshop on Emotional Intelligence.pdf; Poster_Workshop on EI.jpg;

Respected Sir/ Madam,

Greetings of the day !

The Department of Psychology, School of Humanities is pleased to invite you to a Workshop on Emotional Intelligence.

Details of the event are as follows:

Date : Wednesday, 11th May 2022**Venue:** Room No. 213, A-Block, K. R. Mangalam University**Timing:** 11:00 AM to 1:00 PM**Invited Speaker:** Dr. Pratibha Anand Singh, Consultant Clinical Psychologist and Director, Kasturba Institute of Psychology and Behavioural Medicine

We look forward to your graceful presence at the workshop.

The brochure and poster of the workshop are enclosed for your kind perusal.


Thanking you,

Yours sincerely,

Dr. Nandini Biswas

Event In-charge

Disclaimer: Please do not print this email unless it is absolutely necessary. The information contained in this electronic message and any attachments to this message are intended for the exclusive use of the addressee(s) and may contain proprietary, confidential or privileged information. If you are not the intended recipient, you should not disseminate, distribute or copy this e-mail. Please notify the sender immediately and destroy all copies of this message and any attachments. The content and the items accessible from the email are the sole responsibility of their creators and do not represent positions, policies, or opinions of the organization. Forward the mail to tech@krmangalam.edu.in or visit www.krmangalam.edu.in'



Registrar

K.R. Mangalam University



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: SOHS (Dept. of Psychology)

Student Coordinator: —

Club/Society Coordinator: —

Date: 11.05.2022

Event Name: Workshop on Emotional Intelligence

Audience Count: 60

Mode of Conduction: Offline

Place of Conduction: A213, A Block, KRMLU Campus

Event Timings: 10:00 am - 1:00 pm

Requirements: Water bottles, projector, microphones,

N Biswas 10.05.22
Signature
(Coordinator)
Dr. Nandini Biswas

[Signature]
Signature
(A.O.)
10/05/22

Tania Gupta 10/5/22
Signature
(Dean Student Welfare)
Dean SOHS

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

[Signature]
Signature
(Registrar)



K.R. MANGALAM UNIVERSITY

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Report on

LIFE SKILL ENHANCEMENT WORKSHOP ON EMOTIONAL INTELLIGENCE

Target Group: Students and faculty members of SOHS

Resource Person: Dr. Pratibha Anand Singh, Consultant Clinical Psychologist and Director, Kasturba Institute of Psychologist and Behavioral Medicine; Greater Noida, Uttar Pradesh.

Coordinator: Dr. Nandini Biswas, Assistant Professor, Dept. of Psychology, School of Humanities, K.R. Mangalam University.

Date and Time: Wednesday 11th May, 2022; 11:00 a.m. – 1:00 p.m.

Venue: Room No. A 213, A Block, KRMU.

Introduction

Emotional intelligence helps one build stronger relationships, succeed at school and work, and achieve career and personal goals. In today's competitive and constantly changing world, having technical skills is just not enough. Emotional intelligence is a game changing crucial soft skill that gives one a winning edge. The good news is that emotional intelligence can be learned and developed. However, this needs guided awareness and practice.

To develop an emotionally intelligent community, the School of Humanities at K.R. Mangalam University organized a workshop on the topic. This workshop was designed to equip students and faculty members in self-awareness, self-management, social awareness and relationship management.

Objectives

- To gain an insight into emotional intelligence, what it is and how one can use it
- To develop self-awareness
- To explore ways to advance personal emotional intelligence
- To recognise emotions in others and how to respond to those emotions
- To understand the consequences of behavior and weigh actions before making decisions

Content

Dr. Pratibha Anand Singh discussed about emotions in detail and spoke elaborately on the role of emotional intelligence in Intra-personal and Inter-personal relationships. Moreover, she explained ways to manage emotions, such as the ability to practice empathy, develop self awareness and explore ways to advance personal and emotional intelligence. Attendees took part in the session enthusiastically and helped to make the session quite interactive and interesting.

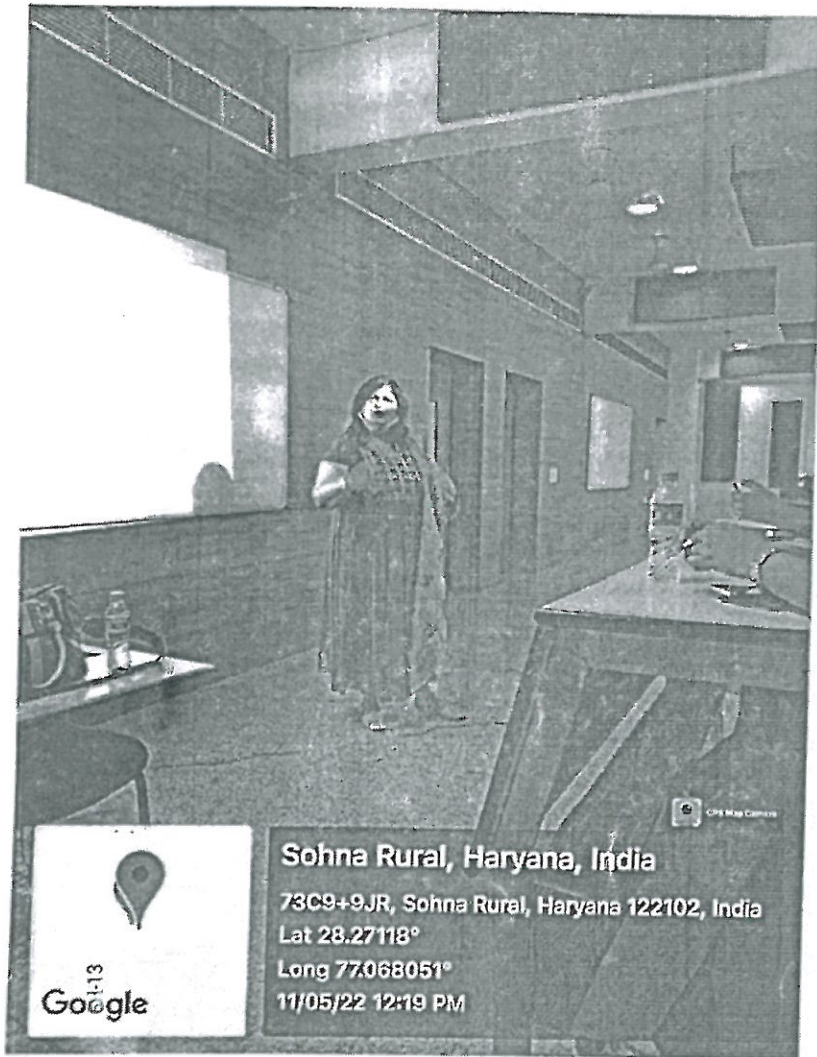
NBiswas
11/05/22
(Event in charge)

Tania Anand
School of Humanities (SOHS)
K.R. Mangalam University
Sohna road, Gurugram
Haryana 122103

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

11/05/22

Photo 3: The speaker addressing the students and faculty members of SOHS during the workshop



NBisraas
11/05/22
(Event In-charge)

Tania Anjali
(Dean SOHS) 11/5/22

DEAN
School of Humanities (SOHS)
K.R. Mangalam University
Sohna road, Gurugram
Haryana 122103



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

Photo 1: The speaker addressing the students and faculty members of SOHS during the workshop



Photo 2: Participants at the workshop on Emotional Intelligence



Jyoti

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

NBiswas
11/05/22
(Event- In charge)

Tarini Gupta
DEAN
School of Humanities (SOHS)
K.R. Mangalam University
Sohna road, Gurugram
Haryana 122103
11/5/22

The workshop was followed by a Question & Answer session between the speaker and the audience where the speaker patiently and enthusiastically answered the questions and doubts the attendees had.

Attendees

The session was attended by students and faculty members from various departments of the School of Humanities.

In total 36 students from various departments of SOHS and 10 faculty members attended the workshop.

Activity Outcome

- Better understanding of emotions and triggers to such emotions
- Deeper understanding to manage disruptive emotions
- Enhanced ability to display empathy skills
- Sharper understanding into the emotions of others and stronger ability to manage personal and professional relationships
- Better stress management skills
- Better problem solving and decision making abilities

Conclusion

In conclusion it may be said that the session was full of insightful information and was very interactive. The students were able to gain a deeper understanding of emotions and they enjoyed the experience thoroughly.

Further Scope

Events like this which help students to improve their soft skills can be organized in the future in order to effect sustained talent development on campus.

NBiswas
11/05/22
(Event in-charge)

Tania Gupta
DEAN
(Dean SOHS)
K.R. Mangalam University
Sohna road, Gurugram
Haryana 122103

11/05/22

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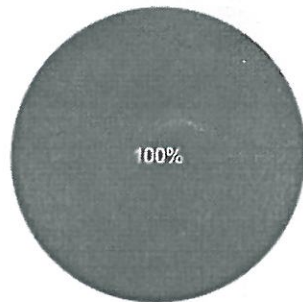
18

K.R. MANGALAM UNIVERSITY
SCHOOL OF HUMANITIES

FEEDBACK – WORKSHOP ON EMOTIONAL INTELLIGENCE

The objectives of the workshop were met.

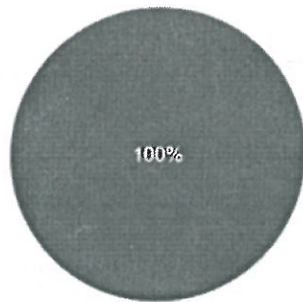
16 responses



- Yes
- No

This workshop will help me to understand my own emotions as well as emotions of others.

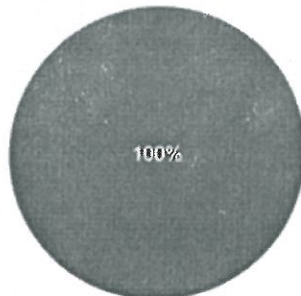
16 responses



- Yes
- No

This workshop will help me to understand my own emotions as well as emotions of others.

16 responses



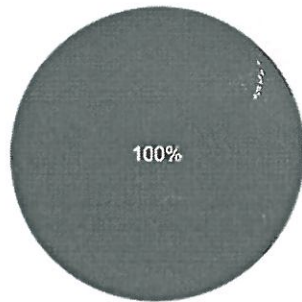
- Yes
- No


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

Tania Anshu
(Dean Studies)

This workshop will help me manage stress in life.

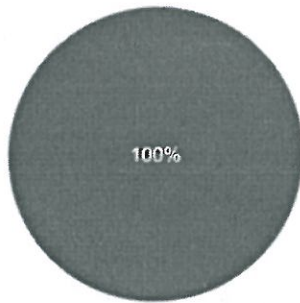
16 responses



- Yes
- No

I think I can use the learnings from this workshop to improve my interpersonal relationships.

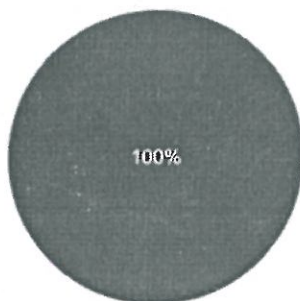
16 responses



- Yes
- No

The resource person had good knowledge in the subject matter

16 responses



- Yes
- No

Any other observation that you might wish to share with us

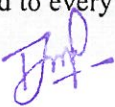
The session was very delightful

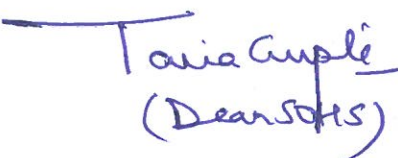
The session was interactive in comparison to other sessions

The session was fun and helpful

This workshop will help me to understand the problems in my life and how to deal with it

The real life examples that actually were related to every day life helped more to understand the EI and the objective of workshop.


Registrar
K.R. Mangalam University
Sahya Road, Bangalore


Tania Anple
(Dean SOHS)

The workshop was good and I understand the concept of emotional intelligence I get initiative to improve habit in myself and try to get proper solution

It was fun and a helpful session

No

The session was very interactive and interesting.



Registrar

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Sohna Road, Gurugram, (Haryana)



(Dean SOHS)



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SCHOOL OF HUMANITIES, DR. APJ ABDUL KALAM SCIENCE CLUB AND
CHETNA SOCIETY

Academic Session 2021-22

SOHS/SBAS/Notice/2021-22/09

21st March 2022

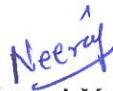
NOTICE

A WORKSHOP ON "STRESS MANAGEMENT"

1. School of Humanities in collaboration with Dr. APJ Abdul Kalam Science Club is going to organizing a workshop on "Stress Management" on 21st March 2022.
2. The details of workshop are enclosed in the flyer.
3. It is mandatory for all the students to attend the workshop.

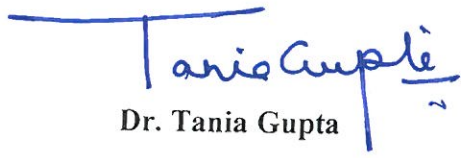

Dr. Saruchi and Dr. Neeraj Kumari

Event-In-Charge





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


Dr. Tania Gupta

(Dean, SOHS)



K.R. MANGALAM UNIVERSITY
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Ref. No.: KRMU/Admin./AI/2021-22/2924

Dated: 20.04.2022

To,

Prof. (Dr.) N.K. Chadha
Chief Psychometrician &
Director on Advisory Board of Wellness Mandala
Former Professor & Head
Department of Psychology
University of Delhi, Delhi

Subject: Letter of appreciation.

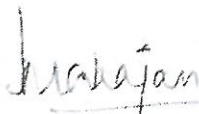
Dear Sir,


On behalf of K R Mangalam University, Gurugram, We are extremely grateful and thankful to you for your gracious presence as a speaker in "Workshop on Stress Management" which was held on 21st March 2022. The lecture was so informative and though provoking. Your words of encouragement and guidance were well received by the audience. Your humor and willingness to engage with our students was much appreciated.

It was really a splendid presentation which connect faculty members and students to their real life experiences. All the participants appreciated and got benefitted from your view on the subject.

We further hope that you will extend your cooperation and support to us for promotion of professional education in future as well.

With Warm Regards,


Registrar


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



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THE COMPLETE WORLD OF EDUCATION

School of Humanities

in association with SBAS, Chetna Society
and Dr. APJ Abdul Kalam Science Society

— organises —

WORKSHOP ON STRESS MANAGEMENT

Date: 21st March 2022, Time: 10:30 A.M - 1:00 P.M

Venue: Moot Court, A Block, KRMU Campus

Resource Person

Prof. (Dr.) N.K. Chadha

Chief Psychometrician &
Director on Advisory Board
of Wellness Mandala



Registrar

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

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

🌐 www.krmangalam.edu.in ✉ welcome@krmangalam.edu.in



K.R. MANGALAM UNIVERSITY

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REPORT

School of Humanities in association with School of Basic and Applied Sciences, Dr. APJ

Abdul Kalam Science Club and Chetna Society

Event Name: Workshop on Stress Management

Target Audience: Students and faculties of KRMU

Date: 21st March 2022

Venue: Moot Court, A-Block

Resource Person: Prof. (Dr.) N. K. Chadha, Chief Psychometrician & Director of Advisory Board of Wellness Mandala

Organizers: Dr. Suruchi, Assistant Professor, School of Humanities and Dr. Neeraj Kumari, Assistant Professor, School of Basic and Applied Sciences.

Introduction:

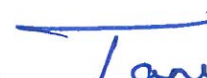
School of Humanities at K.R. Mangalam University offers a comprehensive range of undergraduate, postgraduate and doctoral courses in Humanities. With innovative pedagogy and a dynamic curriculum, we offer highly advanced courses in humanitarian subjects to perpetuate our school's vision and mission.

School of Basic and Applied Sciences took an initiative to establish Dr. APJ Abdul Kalam Science Club in 2016 with an aim to provide a common platform for the students of different programs. As the students have the tendency to make things, break things and handle things on their own but the conventional system of education does not allow them to do so. Therefore, self-expression, independent research, constructive activities, etc., are some of the opportunities provided by the science clubs which is only possible by organizing Seminars, Workshops, Exhibition and Quiz competition. In science club, there are no restrictions on students and they can draft their own ideas with full freedom.


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


Neeraj




Tania Gupta
21/02/2022
(Dear SOHS)

disease, depression, memory impairment, and physical illness. It is important to recognize when we are in DISTRESS.

Prof. Chadha not only helps the students to understand the concept of stress but also discussed about various psychological, emotional, environmental and physical effects emerging out of them. Through various case studies discussed by the speaker, the workshop became more educative and entertaining. He gave some tips also to manage the stress such as:

- Don't feel guilty about those things that have not been accomplished today.
- Always try to make telephonically call around 4:30pm to 5:30pm as peoples tend to keep these conversations brief.
- Make out to do list that identify everything that must be done during the day and many more.

The workshop was quite informative, educative and interactive. There were discussions at the end of the session in which the doubts and queries of participants were resolved. The session came to an end with a vote of thanks proposed by **Dr. Tania Gupta, Dean, School of Education and Dean of student welfare** and token of gratitude was also presented to the resource person by **honourable Vice Chancellor Sir, Professor Chandra Shekhar Dubey**.


The seminar concluded with a big smile on the faces of students and faculties with a promise to deal with stress in a positive way.

Activity outcome: Participants learnt about to manage or cope with stress by understanding the basic principles of stress management, recognize stress triggers and how to manage them. They also learn to use coping tips for managing stress both on and off the job.

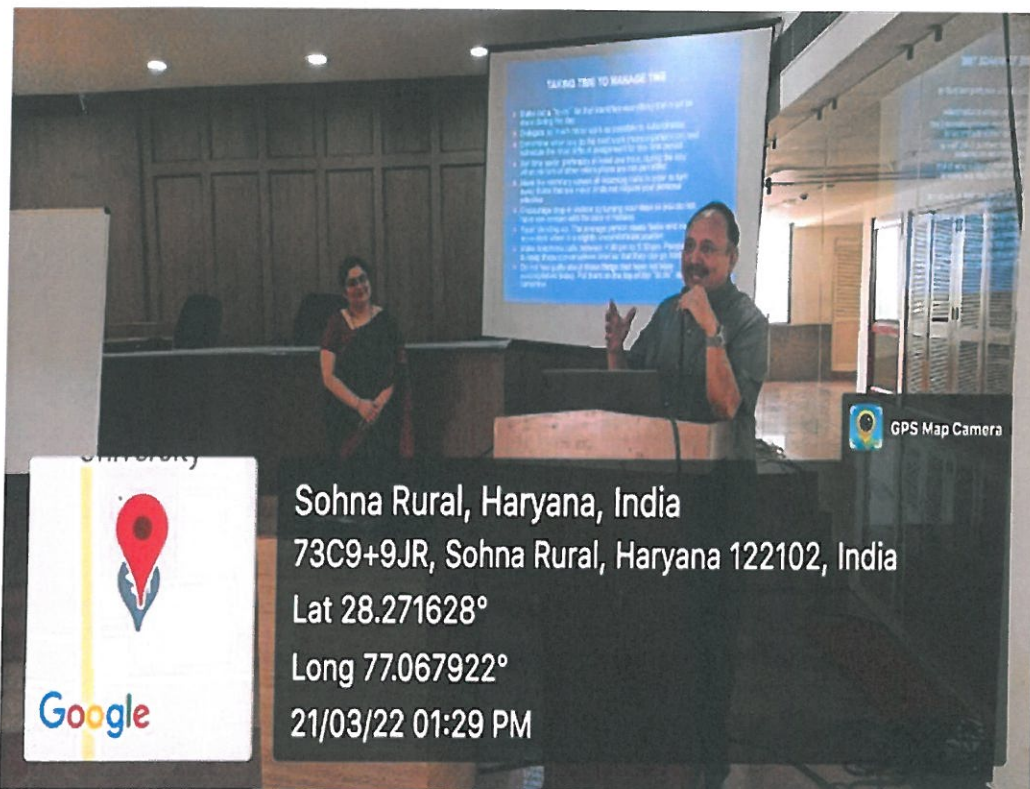
Conclusion: Stress can manifest itself physically and psychologically. Therefore, the more you know about yourself, your habit, your strength and your weakness, easier it is to take the control when possible or cope and mange when it is not possible.

Future scope: As life is full of tension or stress therefore, workshop on stress management give the tool, tips and strategies needed to cope with the stressful lives. In future, such types of workshops can be conducted.


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Sohna Road, Gurugram, (Haryana)

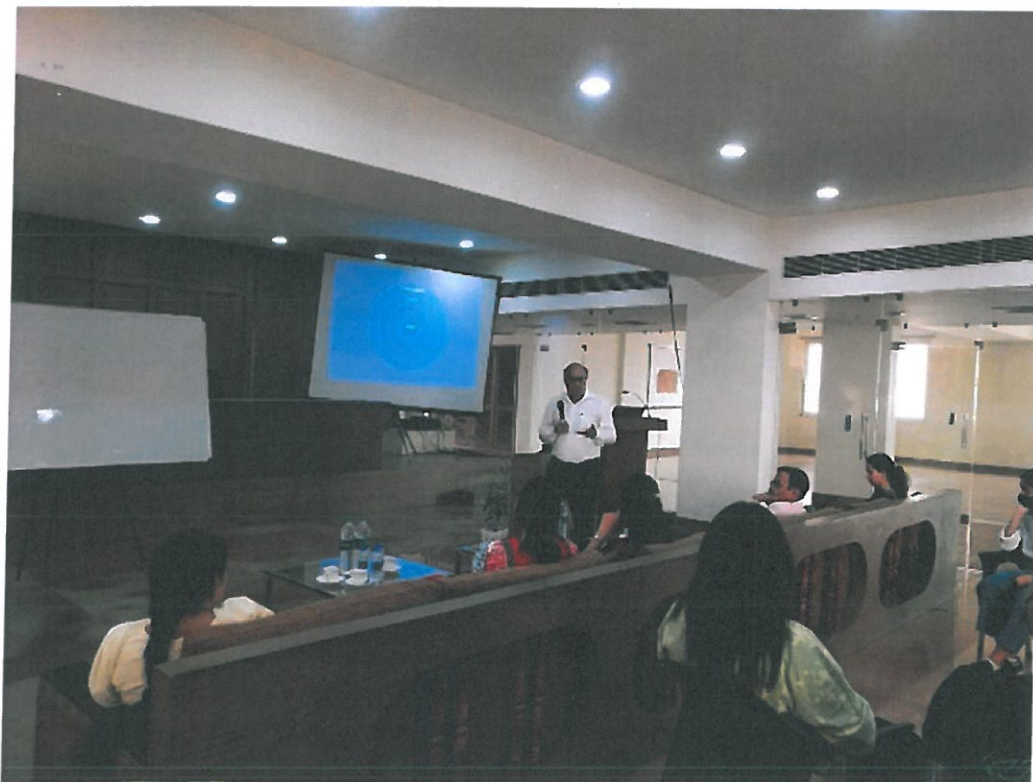

Tania Gupta
(Dean SOHS) 21/03/22

Glimpses of the workshop



Sohna Rural, Haryana, India
 73C9+9JR, Sohna Rural, Haryana 122102, India
 Lat 28.271628°
 Long 77.067922°
 21/03/22 01:29 PM

Prof. C. S. Dubey addressing the participants



Discussion about the stress management by Prof. (Dr.) N. K. Chaddha

[Handwritten Signature]
 Registrar
 K.R. Mangalam University
 Sohna Road, Gurugram, (Haryana)

Tarini Anjali
 21/03/22
 (Dear SoHS)




Discussion about the stress management by Dr. Ruchika Yadav



Group Photograph with dignitaries


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


 21/3/22
 Dem. SOHS

ATTENDANCE SHEET FOR WORKSHOP on "STRESS MANAGEMENT" - 21-03-2022

No.	Name of the student	Program	Roll Number	Signature
1	Manisha Yadav	B. Com (H)	2102070038	<i>[Signature]</i>
2	Srishti Goyal	B. Com (P)	2102210003	<i>[Signature]</i>
3	Chitrea Goyal	B. Com (H)	2102070036	<i>[Signature]</i>
4	Nishi Mittal	B. Com (H)	2102070034	<i>[Signature]</i>
5	Akanksha	B. Com (H)	2102070030	<i>[Signature]</i>
6	Sanjana	B. Com (H)	2102070008	<i>[Signature]</i>
7	Megha	B. Com (H)	2102070014	<i>[Signature]</i>
8	Stuti	B.A.H. Psych.	2008790012	<i>[Signature]</i>
9	Rishabh	B. Com (H)	2102070022	<i>[Signature]</i>
10	Rishabh Garg	"	2102070009	<i>[Signature]</i>
11	Jaymann	"	2102070040	<i>[Signature]</i>
12	Mustafa Khan	B. Com (P)	2102210012	<i>[Signature]</i>
13	Saurabh	B. Com (P)	2102210008	<i>[Signature]</i>
14	Shivky	" (H)	2102070015	<i>[Signature]</i>
15	Tanya	" (H)	2102070034	<i>[Signature]</i>
16	Akshat	" (H)	2102070035	<i>[Signature]</i>
17	Amar	" (H)	2102070001	<i>[Signature]</i>
18	Raj	" (P)	2102210010	<i>[Signature]</i>
19	Manisha	" (H)	2102070038	<i>[Signature]</i>
20	Aryam	" (H)	21020700	<i>[Signature]</i>
21	Shreya	"	2102070039	<i>[Signature]</i>
22	Shreya	"	2102070031	<i>[Signature]</i>
23	Santoshi Sunil	B. Com LLB (H)	1905150002	<i>[Signature]</i>
24	Dipky Yadav	B. Com LLB (H)	1905150007	<i>[Signature]</i>
25	Maryjeet	BBA LLB (H)	1905140003	<i>[Signature]</i>
26	Abhishek Rishi	B. Com LLB (H)	1905150005	<i>[Signature]</i>
27	Jaspre Singh	BBA LLB (H)	1905140001	<i>[Signature]</i>
28	Sudha Yadav	B. Ed	2011270010	<i>[Signature]</i>
29	Himani Yadav	M.Sc. Physics	2002590001	<i>[Signature]</i>
30	Anjali Dagar	B.Sc. Physics	2003090003	<i>[Signature]</i>
31	Rima Kumari	B. Ed	2011270005	<i>[Signature]</i>
32	Sorani Kumari	B. Ed	201127012	<i>[Signature]</i>
33	Dinjet Banmi	B. Ed	2011270011	<i>[Signature]</i>
34	Madhvi Jain	B. Ed	2011270001	<i>[Signature]</i>
35	Talrang Balaul	B.Sc. (CS) H	2101770004	<i>[Signature]</i>

[Signature]
21/03/22

[Signature]

Registrar

K.R. Mangalam University
Sonia Head, Gurgaon, (Haryana)

[Signature]

Dean SOHS | 21/03/22

ATTENDANCE SHEET FOR WORKSHOP on "STRESS MANAGEMENT" - 21-03-2022

Sr. No.	Name of the student	Program	Roll Number	Signature
1.	Mansi Thakran	Psychology-11(2)	2008790014	Nansi
2.	Akshiti Kapoor	Psychology 11(2)	2008790005	Akshiti
3.	Humani	" (2)	2008790016	H
4.	Ritu Arand	"	2008790015	R
5.	Shravya Jain	"	2008790002	S
6.	Bhanti Gaurathi	"	2008790006	Bh
7.	Richu	"	2008790008	
8.	Dhriti Sharma	"	2008790010	
9.	Khushi Jain	" (DH)	2008790007	Khushi
10.	Stuti Sharma	"		
11.	Kamal	"	2008790005	Kamal
12.	Sanya Sood	Psychology-11(1)	2108790009	Sanya
13.	Bhaina	"	2108790010	Bhaina
14.	Pruthi	"	2108790016	Pruthi
15.	Anushka Batera	"	2108790003	Anushka
16.	Jasleen Kaur	"	2108790018	Jasleen
17.	Akshiti	"	2108790014	Akshiti
18.	Saumya	"	2108790011	Saumya
19.	Paninika	"	2108790006	Paninika
20.	Simran	"	2108790005	Simran
21.	Mehak	"	2108790012	Mehak
22.	Tanya Sharma	" "	2108790015	Tanya
23.	Madina	" "	2108790022	Madina
24.	Ayushi	" "	2108790004	Ayushi
25.	Richu	"	2008790008	Richu
26.	Kamal	"	2008790009	Kamal
27.	B Vanya Sethi	" "	2108790024	Vanya
28.	Stuti Sharma	"	2008790012	Stuti

[Signature]
21/03/22

[Signature]

Tani Anshu
(Deen SoHS)
21/03/22

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

ENDANCE SHEET FOR WORKSHOP on "STRESS MANAGEMENT" - 21-03-2022

o.	Name of the student	Program	Roll Number	Signature
	KANISHKA GUPTA	B.Sc. (h) Physics	1903090001	
	SHAURYA KUMAR	B.Sc. (h) Physics	1903090002	Shaurya Kr.
	Anjali Dagan	B.Sc. Physics	2003090003	Anjali
	Himani	M.Sc. Physics	2003590001	Himani
	Neha	B.Sc. Chemistry	2003100001	Neha
	Jeetika	B.Sc. Maths	2003110001	Jeetika
	Simran	Ba. Psychology (H)	2108790005	
	Akshita	"	2108790014	
	Poojika	"	2108790006	
	Mehak	"	2108790012	
	Anjali Chauhan	B.Sc. Chem VI	1903100001	Anjali
	Hunny	B.Sc. Chem VI	1903100005	Hunny
	Nishu	B.Sc. Chem VI	1903100007	Nishu
	Chhavi	B.Sc. Chem VI	1903100009	Chhavi
	Manisha	B.Sc. Chem VI	1903100004	Manisha

21/03/22

Tania Gupta
(Dean SOs) 21/03/22

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

All From: DEAN SOHS X

New message Delete Archive Junk Move to Categorize Snooze

DEAN SOHS dean.sohs@krmangalam.edu.in

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INVITATION FOR WORKSHOP ON STRESS MANAGEMENT ORGANIZED BY K.R MANGALAM UNIVERSITY

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DEAN SOHS INVITATION FOR WORKSHOP ON... 3/20/2022 Prof. (Dr.) N.K. Chadha Chief Psycho...

DEAN SOHS Proposal for workshop on stres... 3/17/2022 Dear Ma'am, Thank you for the appr...

DEAN SOHS ORAL DEFENSE VIVA OF MS. TAN... 1/17/2022 Dear All, We are pleased to inform y...

DEAN SOHS Serocft Mapping 10/29/2021 Dear Dr. Shalini, Thanks you for the ...

DEAN SOHS OFFICE ORDER REGARDING THE... 10/19/2021 Dear Sir, Noted and acknowledged ...

DEAN SOHS Sun 3/20/2022 2:45 PM To: Nkc_du@yahoo.co.uk; nkcd11@gmail.com Cc: Vice Chancellor K. R. Mangalam; Dr. Suruchi Singh; DEAN SBAS; Neeraj

Prof. (Dr.) N.K. Chadha Chief Psychometrician & Director on Advisory Board of Wellness Mandala Former Professor & Head Department of Psychology University of Delhi, Delhi

Respected Sir,

Greetings and reverence!

On behalf of K.R Mangalam University, I take the honour to invite you as our esteemed resource person for the "Workshop on Stress Management" scheduled after seeking your consent, on Monday, 21 March 2022.

The workshop is being organized by School of Humanities (SOHS) in association with School of Basic and Applied Sciences (SBAS), Chetna Society and Dr. APJ Abdul Science Society of K.R Mangalam University, Gurugram with an objective of capacity building and training the participants on Managing Stress as a core Life Skill.

As a pre-session to the scheduled workshop, Chetna Society will conduct Heartfulness Meditation Session from 10:30 a.m-11:00 a.m for the participants. Subsequently, from 11:00 a.m-1:00 p.m, it will be an enriching experience for the participants to attend the workshop on Stress Management being conducted by your good self.

We look forward to welcome you at our campus and learning from your vast experience and expertise.

Warm regards,

Prof. (Dr.) Tania Gupta Offg Dean School of Humanities K.R. Mangalam University Gurugram, Haryana (Ph: 9818469283)

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

Reply Reply all Forward



Reference: KRMU/Event/2021-22/___/___

Date: 21/3/2022

Event Approval Form

Society/Club/Department Name: SONS, Psychology Department
 School: SONS
 Student Coordinator: _____
 Club/Society Coordinator: _____
 Date of Event: 21/3/2022
 Event Name: Workshop on Stress Management
 Audience Count: 50
 Mode of Conduction: Offline
 Place of Conduction: Moot Court
 Event Timings: 11:00 AM - 1:00 PM
 Material Requirements: Projector, Laptop, chairs for guest, speaker and audience.

Any Other Requirements: Transport

IT

Refreshment
Tea for 4 ppl
Cunch for 2 ppl

(Note: Please fill separate requisition for Transport and IT)

[Signature]

Name and Signature
(Event Coordinator)

Tania Gupta

Name and Signature
(Dean of School/DSW)

[Signature] 21/3/22

Signature
(Administrative Officer)

(Note: Dean Students Welfare in case of cultural activity only)

Mahajan
21/3/22

Signature
(Registrar)

All From: DEAN SOHS

DEAN SOHS
dean.sohs@krmangalam.edu.in

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Proposal for workshop on stress management on 21st march, 2022

4

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Dear Sir/Ma'am, 1. School of Human...

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Dear Dr. Shalini, Thanks you for the ...

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OFFICE ORDER REGARDING THE... 10/19/2021
Dear Sir, Noted and acknowledged ...

Manvi Arora
Thu 3/17/2022 3:51 PM
To: DEAN SOHS, Dr. Suruchi Singh, Neeraj Kumari, Ms. Ruchika Yadav, Kanu pr

From: Rohit G <rohitg@krmangalam.com>
Sent: Thursday, March 17, 2022 3:27 PM
To: Manvi Arora <manvi.arora@krmangalam.edu.in>
Cc: Abhishek Gupta <abhishek@krmangalam.com>
Subject: Re: Proposal for workshop on stress management on 21st march, 2022

Ok.

On 17-Mar-2022, at 2:41 PM, Manvi Arora <manvi.arora@krmangalam.edu.in> wrote:

Dear Sir

Kindly approve budget of Rs.5,400/- a sper the trailing email.

regards

Manvi Arora

From: DEAN SOHS <dean.sohs@krmangalam.edu.in>
Sent: Thursday, March 17, 2022 12:40 PM
To: Manvi Arora <manvi.arora@krmangalam.edu.in>
Cc: Dr. Suruchi Singh <suruchi.singh@krmangalam.edu.in>; Neeraj Kumari <neeraj.kumari@krmangalam.edu.in>; Ms. Ruchika Yadav <ruchika.yadav@krmangalam.edu.in>; Kanu priya <kanupriya@krmangalam.edu.in>; DEAN SBAS <dean.sbas@krmangalam.edu.in>; DEAN SOMC <dean.somc@krmangalam.edu.in>
Subject: Fw: Proposal for workshop on stress management on 21st march, 2022

Dear Ma'am,

1. Please find enclosed in the trailing e-mail proposal for Workshop on Stress Management proposed to be held on **21 March 2022 from 1030-1300 hrs.** It was initially planned on 11 April 2022 but had to be preponed because of the unavailability of the Expert Prof. N K Chandha. It will be attended only by 30 participants as desired by the Expert for better impact and learning. We propose to invite 10 students each from SOHS, APJ Abdul Kalam Club and Chetna Society. The attendance list of the participants will be circulated to Faculty KRMU by the event organizers.
2. Kindly approve the proposed budget of Rs, 5400/- (details given in the proposal). Besides this may I request if we can issue from the Store a Memento and Souvenir (KRMU Mug) to be given to the speaker.
3. Submitted for kind approval of the budget and event conduction by the competent authorities.

Regards,
Prof. (Dr.) Tania Gupta
Offg Dean
School of Humanities
KR Mangalam University
Gurugram, Haryana

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



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

Ref No.: KRMU/SOAS/Notice/2021-22

Date: 15.03.2022

SCHOOL OF AGRICULTURAL SCIENCES
Notice

Student's Capacity Development Programme

All the students are hereby informed that School of Agricultural Sciences and Career Development Centre is organizing a Student's Capacity Development Programme from 21/03/2022 to 16/05/2022 and the schedule of the sessions is as follows:

Date	Time	Venue	Name of the Session
21/03/2022	12:00 PM	BOSCH LAB	Introduction and Ice Breaking
4/04/2022	12:00 PM	BOSCH LAB	How to Self Introduce
11/04/2022	12:00 PM	BOSCH LAB	Introduction video preparation
2/05/2022	12:00 PM	BOSCH LAB	Inputs on Public Speaking
09/05/2022	12:00 PM	BOSCH LAB	Video presentation and discussion
16/05/2022	12:00 PM	BOSCH LAB	Group Discussion

The students of SOAS should attend the sessions as per the schedule

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 (SOAS)

AND
CAREER DEVELOPMENT CENTRE
organizes

TRAINING SESSION

on

INTRODUCTION AND ICE BREAKING



RESOURCE PERSON:

Mr. Neeraj Singh
Director, Training

Date: 21.03.2022

Time: 12:00 PM

Venue: Bosch Lab,
Ground Floor, A block

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

🌐 www.krmangalam.edu.in ✉ welcome@krmangalam.edu.in

Registrar

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



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

SCHOOL OF AGRICULTURAL SCIENCES

Report on

Students' Capacity Development Programme

Topic: Introduction & Ice-Breaking Session

Date: 21/3/2022

Venue: BOSCH LAB

Resource Person: Mr. Neeraj Singh, Director of Training, CDC, K. R. Mangalam University

Number of Attendees: 24

Introduction

The Students' Capacity Development Programme, focused on Language and communication Skill Development, commenced on March 21, 2022. The aim of this program was to enhance the linguistic and communicative abilities of the participating students. This report outlines the activities conducted during the introductory and ice-breaking session, which set the tone for the entire program.

Ice Breaking Session

The program began with an engaging ice-breaking session that aimed to create a friendly and welcoming atmosphere for all participants. Mr. Neeraj Singh, the esteemed Director of Training at CDC, K. R. Mangalam University, initiated the session. Mr. Singh emphasized the importance of effective communication skills in today's competitive world and the role these skills play in personal and professional success. He encouraged students to actively participate, share their experiences, and interact with their peers throughout the program.

The ice-breaking session included the following activities:

1. Introduction Rounds: Each participant introduced themselves, sharing their name, program of study, and a fun fact about themselves. This helped participants become familiar with one another.
2. Group Discussions: Students were divided into small groups and given topics related to effective communication. They discussed these topics, shared their perspectives, and presented their group's findings to the entire cohort.

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3. Question & Answer Session: Participants had the opportunity to ask questions and seek clarification regarding the program's objectives and expectations.

4. Team-Building Exercises: Fun team-building exercises were conducted to promote collaboration and camaraderie among the participants.

Conclusion:

The introductory and ice-breaking session of the Students' Capacity Development Programme served as an excellent starting point for the journey of language and communication skill development. Mr. Neeraj Singh's insights and the interactive activities helped create a positive and open learning environment.

As the program progresses, participants are expected to build on the foundation laid during this session and further enhance their language and communication skills.



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

NAME OF ACTIVITY: 'Introduction & Ice Breaking'

DATE: 21-03-22

VENUE: Bosch Lab, Ground floor, A Block

ORGANISED BY: SOAS and Training cell, KRMU

ATTENDANCE RECORD

Sr. No.	Roll no.	Student name	Programme name	Semester	Certificate issued	Signature of student
1.	2113822004	Swisha Dhar	BSc(H) Agriculture	VI th		<u>Swisha</u>
2.	1913820002	Priyanka Raghav	BSc(H) Agriculture	VI th		<u>Priyanka</u>
3.	1913820005	Tyfaal	BSc(H) Agriculture	VI th		<u>Tyfaal</u>
4.	1913820003	Turned	BSc(H) Agriculture	VI th		<u>Turned</u>
5.	1913820004	Saglain	BSc(H) Agriculture	VI th		<u>Saglain</u>
6.	2113820006	Jyoti	B.Sc(H) Agriculture IInd	II nd		<u>Jyoti</u>
7.	2113820007	Khushi	B.Sc(H) Agriculture	II nd		<u>Khushi</u>
8.	2113820008	Sonal	B.Sc(H) Agriculture	II nd		<u>Sonal</u>
9.	2113820014	Yogesh	B.Sc(H) Agriculture	II nd		<u>Yogesh</u>
10.	2113820011	Parth	BSc(H) Agriculture	II nd		<u>Parth</u>
11.	2113820015	Anushka	BSc(H) Agriculture	II nd		<u>Anushka</u>
12.	2113820017	Sakshi	BSc(H) Agriculture	II nd		<u>Sakshi</u>
13.	2113820009	Goutam	BSc(H) Agriculture	II nd		<u>Goutam</u>
14.	2113820022	Rihan	BSc(H) Agriculture	II nd		<u>Rihan</u>
15.	2113820016	Gaurav	BSc(H) Agriculture	II nd		<u>Gaurav</u>
16.	2113820012	Bijender	BSc(H) Agriculture	II nd		<u>Bijender</u>
17.	2113820024	Rakesh	BSc(H) Agriculture	II nd		<u>Rakesh</u>
18.	2113820001	Yash	B.Sc(H) Agri.	II nd		<u>Yash</u>
19.	2113820010	Dishant	B.Sc(H) Agriculture	II nd		<u>Dishant</u>
20.	2019820012	Parul Raj	B.Sc.(Hons) Ag.	II th		<u>Parul</u>



Registrar

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Sohna Road, Gurugram, (Haryana)



21	2013820004	Harish Yadav	BSc(Hons) agriculture	IV th		<u>Harish Yadav</u>
22	2013820009	Aamir Khan	BSc(Hons) Agr.	IV th		<u>A Khan</u>
23	2013820003	Pooja Saxha	BSc(H) Agriculture	IV th		<u>P</u>
24	201382006	Ashish	BSc(H) Ag.	IV th		<u>A</u>

Neeraj Chauhan

[Signature]

Organiser's Signature S.P. Singh

Name and Designation Mr. S.P. Singh
Assistant Professor
SOAS

[Signature]

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

SCHOOL OF AGRICULTURAL
SCIENCES (SOAS)
and
CAREER DEVELOPMENT CENTRE

Organizes

Training Session

on

How to Self- Introduce

Date: 4 April, 2022

Time: 12:00 PM

Venue: Bosch Lab,
Ground Floor, A Block



RESOURCE PERSON:
Mr. Neeraj Singh
Director, Training

[Signature]

Registrar
K.R. Mahajan University
Gurgaon Road, Gurgaon



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

SCHOOL OF AGRICULTURAL SCIENCES

Report On Training Sessions for KRMU Students How to Self-Introduce

Topic: How to Self-Introduce

Date: 04/04/2022

Venue: BOSCH LAB

Resource Person: Mr. Neeraj Singh, Director of Training, CDC, K. R. Mangalam University

Number of Attendees: 11

Introduction

A student self-introduction is an opportunity for you to talk about yourself, your personality, highlight your strengths, well as hobbies, skills, and experience, clearly and confidently. Self-introduction gives you the chance to help people see who you are as well as understand your goals and ambitions. **A few benefits of a good student self-introduction include:**

- **You allow a good first impression.** A powerful self-introduction gives you a say in people's first impression on you. If you are able to describe yourself and your personality clearly, people will create a good impression, which can open many doors in the academic, professional, or social scene.
- **You highlight your best qualities.** A bold student self-introduction will allow you to highlight your best qualities. You will tell people about your strengths and your values. You will be able to talk about hobbies and interests, which will create the impression that you know yourself and what you want, and are willing to work for it.
- **You convey self-confidence.** Self-confidence is important in any sphere of life. A good self-introduction will help you convey this confidence to others. By highlighting all the important aspects of your personality, including how you overcame any failures or downfalls, you will convey that you are confident enough to tackle any obstacles, in any setting or situation.
- **You pique curiosity.** This goes without saying. A bold and powerful self-introduction will pique curiosity. From your personality to your ambitions, people will want to know more about what you can offer. At the end of the day, confident individuals who can express themselves clearly will often pique people's interest.

The program began with a welcome note. Mr. Neeraj Singh, the esteemed Director of Training at CDC, K. R. Mangalam University, initiated the session. Mr. Singh shared few tips on how to prepare a good self-introduction as a student:

Always Greet and Smile Before Starting

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

A simple greeting and a warm smile will show good manners, a positive attitude, and respect.

- **Begin With Demographic Information**

Yes, you should begin with your name, age, origin, education, and/or employment status. These will set the stage for what follows and will allow the audience to better understand your background and relate it to your hobbies, interests, and ambitions.

- **Talk About Skills and Experience**

Talking about your skills is important because you want to let the audience know how and what you learned from your previous education and experience.

- **Include Hobbies and Interests**

Talking about hobbies will give the audience an insight into your way of thinking and reasoning.

- **Discuss Achievements**

Your achievements could be anything, from grades, awards, competitive results, honors, contributions to the community, perfect attendance, etc.

- **Mention Strengths and Weaknesses**

- **Show Your Unique Qualities**

Make sure to highlight how these unique qualities have helped you succeed up until now and why you think they are important.

- **Make Connections**

Whatever you decide to mention in your student self-introduction, make sure to make a connection to the university/program.

- **Provide Insights into Your Likes**

There are many things you can mention that will allow the audience to better understand you and your likes/dislikes

- **Conclude**

After completing your introduction, thank the audience for taking the time to listen to you.

Conclusion

The session served as a good guide for students to prepare an engaging, impressive, clear and concise introduction. The activity helped students to become confident and organized while introducing them in classroom and beyond classroom.



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

NAME OF ACTIVITY: 'How to Self-Introduce'

DATE: 04-04-22

VENUE: Bosch Lab, Ground floor, A Block

ORGANISED BY: SOAS and Training cell, KRMU

ATTENDANCE RECORD

Sr. No.	Roll no.	Student name	Programme name	Semester	Certificate issued	Signature of student
1	2113822004	Suwisha Dhar	BSc(H) Agriculture	VI th		<u>Suwisha</u>
2	1913820002	Priyanka Raghav	BSc(H) Agriculture	VI th		<u>Priyanka</u>
3	1913820005	Tufail	BSc(H) Agriculture	VI th		<u>Tufail</u>
4	1913820003	Junned	BSc(H) Agriculture	VI th		<u>Junned</u>
5	2113820022	Rihan Khan	BSc(H) Ag.	II		<u>Rihan</u>
6	201382009	Aamir Khan	BSc (H) Agriculture	IV		<u>Aamir</u>
7	2113820014	Gaurav	BSc (H) Ag.	II		<u>Gaurav</u>
8	2113820014	Yogesh	BSc (H) Ag.	II		<u>Yogesh</u>
9	2113820011	Parth	BSc (H) Ag.	II		<u>Parth</u>
10	201382003	Pranay	BSc (H) Ag.	IV		<u>Pranay</u>
11	211382001	Yash	BSc (H) Ag	II		<u>Yash</u>

Neeraj Chaudhary

Organiser's Signature

Name and Designation

Mr. S. P. Singh
Assistant Professor
SOAS

Registrar

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

SCHOOL OF AGRICULTURAL
SCIENCES (SOAS)

organize

TRAINING SESSION on INTRODUCTION VIDEO PREPARATION



RESOURCE PERSON:

Mr. Neeraj Singh
Director, Training

Date: 11 April 2022

Registrar

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

Venue: Bosch Lab,

Ground Floor. A block



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THE COMPLETE WORLD OF EDUCATION

SCHOOL OF AGRICULTURAL SCIENCES

Report On

Introduction Video Preparation

Topic: Introduction Video Preparation

Date: 11/04/2022

Venue: BOSCH LAB

Resource Person: Mr. Neeraj Singh, Director of Training, CDC, K. R. Mangalam University

Number of Attendees: 9

Semester: 4th

Introduction:

The lecture provided a comprehensive guide for students aiming to enhance their skills in creating impactful video presentations. The session covered essential aspects, from planning to delivery, with a focus on engaging the audience effectively. Mr. Singh shared few key points for making effective video presentations.

Key Points:

1. Planning is Key:

- Emphasized the importance of thorough planning before starting the video presentation.
- Encouraged students to identify key points, structure content logically, and create a script or outline.

2. Know Your Audience:

- Highlighted the significance of understanding the audience's needs and tailoring content accordingly.
- Advised on adjusting tone, language, and level of detail based on the audience.

3. Engaging Introductions:

- Stressed the importance of starting with a strong and attention-grabbing introduction.
- Provided suggestions such as using anecdotes, thought-provoking questions, or compelling statistics.

4. Visual Appeal:

- Advocated for the effective use of visuals, slides, images, and graphics to enhance the presentation.
- Encouraged simplicity and avoiding clutter in visual elements.

5. Master Your Tools:

- Advised students to become familiar with presentation software features.

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- Encouraged practice with transitioning between slides and utilizing additional tools.
- 6. Perfecting Your Delivery:**
- Provided tips on clear and confident speaking.
 - Encouraged varying tone for engagement and maintaining eye contact with the camera.
- 7. Lighting and Background:**
- Emphasized the importance of good lighting and a clean, uncluttered background.
 - Advised against distracting elements that could divert attention.
- 8. Audio Matters:**
- Stressed the significance of investing in a decent microphone for clear audio.
 - Recommended testing equipment beforehand to avoid technical issues.
- 9. Practice, Practice, Practice:**
- Encouraged students to practice multiple times before the final recording.
 - Emphasized the benefits of increased comfort with the material and reduced chances of stumbling.
- 10. Editing Magic:**
- Advised on the post-recording editing process to enhance the video.
 - Highlighted the importance of trimming unnecessary parts and refining visuals.
- 11. Feedback is Your Friend:**
- Encouraged to seek feedback from peers, friends, or mentors.
 - Emphasized using feedback constructively to improve presentation skills.

Conclusion:

The lecture provided a well-rounded guide for students on creating compelling video presentations. By addressing planning, audience awareness, delivery techniques, technical aspects, and the importance of feedback, students were equipped with practical insights to excel in this essential skill. The overall message was to embrace the learning process and enjoy the journey of mastering video presentations.



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K.P. Mangalam University

Sector 10, Gurugram, (Haryana)

NAME OF ACTIVITY: 'Introduction video preparation'

DATE: 11-04-22

VENUE: Bosch Lab, Ground floor, A Block

ORGANISED BY: SOAS and Training cell, KRMU

ATTENDANCE RECORD

Sr. No.	Roll no.	Student name	Programme name	Semester	Certificate issued	Signature of student
1.	2113822004	Suvisha Dhar	BSc(H) Agriculture	VII th		<u>Suvisha</u>
2.	1913820002	Priyanka Raghav	BSc(H) Agriculture	VI th		<u>Priyanka</u>
3.	1913820005	Tufail	BSc(H) Agriculture	VI th		<u>Tufail</u>
4.	1913820003	Juned	BSc(H) Agriculture	VI th		<u>Juned.</u>
5.	2013820012	Parul Raj	B.Sc (H) Agri	IV th		<u>Parul</u>
6.	2013820009	Aamir Khan	B.Sc(H) Agri	IV th		<u>Aamir</u>
7.	201382005	Poonam	BSc(H) Ag.	IV		<u>Poonam</u>
8.	201382001	Sheetal	B.Sc (H) Ag.	IV		<u>Sheetal</u>
9.	2013820010	Kasuma	BSc (H) Ag.	IV		<u>Kasuma</u>

Neeraj Chaudhary

Organiser's Signature

Name and Designation

S.P. Singh
Mr. S.P. Singh
Assistant Professor
SOAS.

J.M.

Registrar

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

SCHOOL OF AGRICULTURAL
SCIENCES (SOAS)

AND

CAREER DEVELOPMENT CENTRE
organizes

TRAINING SESSION
INPUTS ON PUBLIC SPEAKING

Date: 02.05.2022

Time: 12:00 PM

Venue: Bosch Lab,
Ground Floor, A block

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Sohna Road, Gurugram, (Haryana)



RESOURCE PERSON
Mr. Neeraj Singh
Director, Training



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

SCHOOL OF AGRICULTURAL SCIENCES

Report On
Inputs on Public Speaking

Topic: Inputs on Public Speaking

Date: 02/05/2022

Venue: BOSCH LAB

Resource Person: Mr. Neeraj Singh, Director of Training, CDC, K. R. Mangalam University

Number of Attendees: 8

Semester: 4th

Introduction:

The lecture on "Inputs on Public Speaking" offered valuable insights for students into the art and science of effective public speaking. The session aimed at enhancing the speaking skills of the students. Mr. Singh shared key aspects of preparation, delivery, and engagement.

Key Points:

1. **Understanding the Audience:**
 - Emphasized the significance of knowing the audience's demographics, interests, and expectations.
 - Advised tailoring content and delivery style to resonate with the audience.
2. **Purpose and Message:**
 - Stressed the importance of clarifying the purpose of the speech and defining a clear, concise message.
 - Encouraged students to focus on key takeaways and avoid information overload.
3. **Structured Speech:**
 - Advocated for a well-organized structure with a clear introduction, body, and conclusion.
 - Provided tips on creating a compelling narrative to maintain audience interest.
4. **Effective Use of Voice:**
 - Discussed the nuances of voice modulation, pitch, and pace.
 - Encouraged speakers to use their voice as a powerful tool for emphasis and engagement.
5. **Body Language and Gestures:**
 - Highlighted the impact of body language on audience perception.
 - Provided guidance on using gestures and movements to enhance communication.
6. **Visual Aids:**

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SCHOOL OF AGRICULTURAL SCIENCES
CAREER DEVELOPMENT CENTRE

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TRAINING SESSION ON VIDEO PRESENTATION AND DISCUSSION

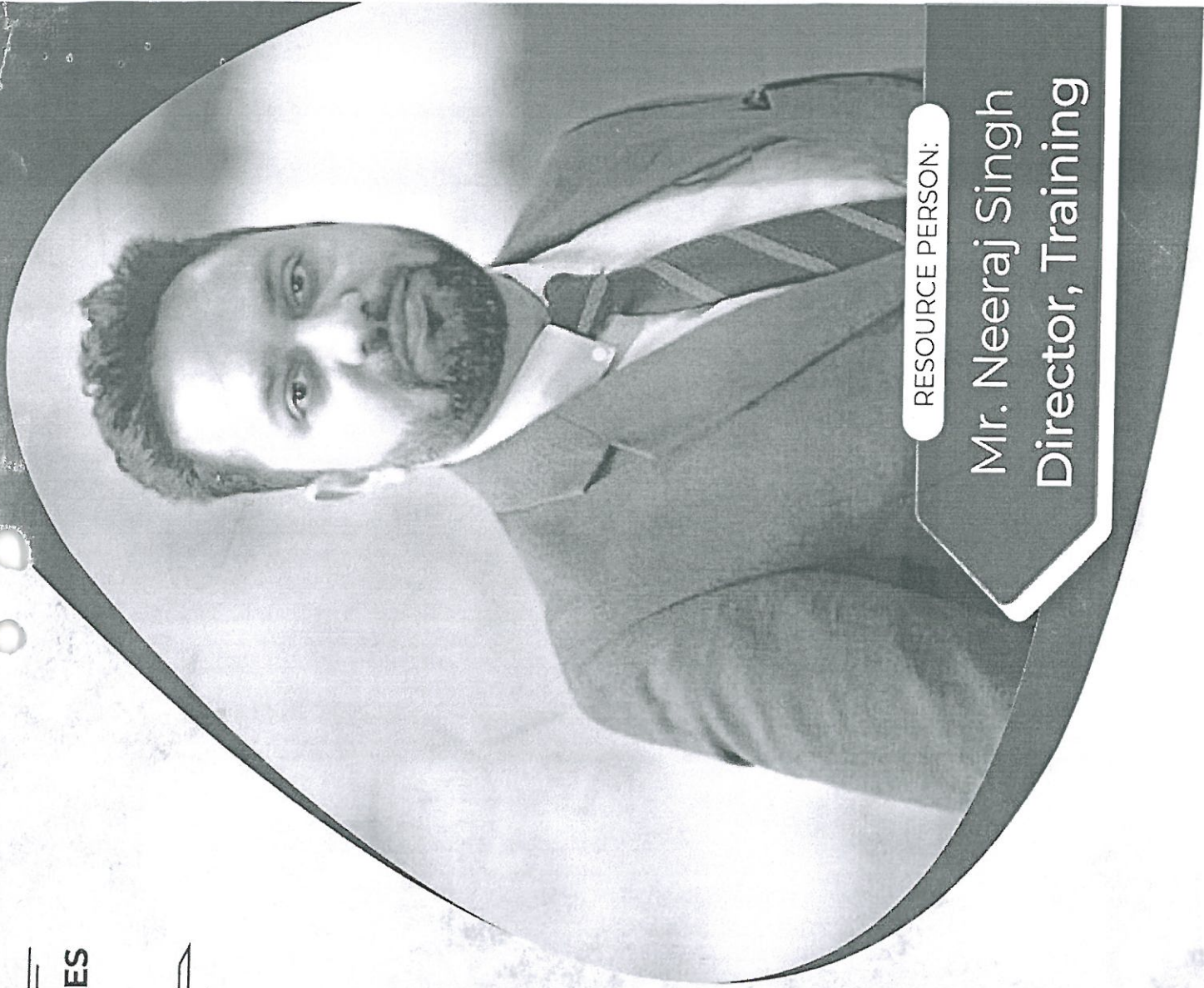
Date: 09.05.2022

Time: 12:00 PM

Venue: Bosch Lab,
Ground Floor, A Block

RESOURCE PERSON:

Mr. Neeraj Singh
Director, Training





K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

School of Agricultural Sciences

Report on Video Presentation and Discussion

Date: May 9, 2022

Venue: Bosch Lab, Ground Floor, A Block, K.R. Mangalam University (Gurugram)

Event Type: Student Development Program

Mode of Activity: Offline

Target Group: Students of SOAS

Resource Person: Mr. Neeraj Singh, Deputy Director Training, CDC, K. R. Mangalam University

Organized by: School of Agricultural Sciences

Number of Participants: 07

Introduction:

On the 9th of May 2022, a significant event on Video Presentation and Discussion, within the Students' Capacity Development Programme was conducted at Bosch Lab, Ground Floor, A Block, K.R. Mangalam University, Gurugram which focused on language and communication skill development. The session featured a video presentation and subsequent discussion, and was led by Mr. Neeraj Singh, Director of Training at the Career Development Centre (CDC), K. R. Mangalam University.

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Video Presentation and Discussion:

Objective:

The objective of this session was to further enhance the language and communication skills of the participants by utilizing a video presentation and interactive discussion format.

Key Highlights:

Video Presentation: The event commenced with a thoughtfully selected video presentation on effective communication. The video covered various aspects of language, verbal and non-verbal communication, and the importance of clarity and empathy in conversations.

Interactive Discussion: Following the video presentation, Mr. Neeraj Singh facilitated an engaging and participatory discussion with the seven participants. This discussion was designed to encourage the participants to reflect on the content of the video and share their thoughts, questions, and personal experiences related to communication challenges and successes.

Role-Playing Exercises: To reinforce the concepts discussed, participants engaged in role-playing exercises that allowed them to apply the principles of effective communication in various scenarios. This practical component of the session was highly interactive and provided an opportunity for participants to practice their newly acquired skills.

Feedback and Q&A: Mr. Neeraj Singh provided constructive feedback to the participants based on their role-playing exercises. Additionally, participants had the opportunity to ask questions and seek clarification on any communication-related topics.

Personalized Action Plans: Towards the end of the session, each participant worked with Mr. Singh to create personalized action plans for further improving their language and



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School of Agricultural Sciences

Report on
Group Discussion

Date: May 16, 2022

Venue: Bosch Lab, Ground Floor, A Block, K.R. Mangalam University, Gurugram

Event Type: Student Development Program

Mode of Activity: Offline

Target Group: Students of SOAS

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

Organized by: School of Agricultural Sciences

Number of Participants: 07

Introduction:

On the 16th of May 2022, the Students' Capacity Development Programme continued with a group discussion session focusing on language and communication skill development. This session, led by Dr. Ruchika Yadav, an Associate Professor at the School of Media and Communication (SOMC), aimed to enhance the participants' communication abilities through active group discussions.

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Group Discussion:

Objective:

The primary objective of this session was to improve language and communication skills by engaging participants in group discussions, a powerful method to refine their speaking, listening, and critical thinking abilities.

Key Highlights:

Topic Selection: Dr. Ruchika Yadav selected thought-provoking and relevant topics for the group discussions, ensuring they encouraged critical thinking, active participation, and constructive dialogues.

Moderated Discussions: Participants were divided into groups, and Dr. Yadav moderated each discussion. She encouraged participants to express their opinions, actively listen to their peers, and constructively debate the chosen topics.

Feedback and Analysis: Following each discussion, Dr. Yadav provided feedback to the participants. This feedback included constructive critiques on communication style, speaking clarity, and overall engagement during the discussions.

Role of Active Listening: Dr. Yadav emphasized the significance of active listening in effective communication. She guided participants on techniques to improve their listening skills, which are vital in group discussions and real-world communication.

Peer Learning: The group discussion format allowed participants to learn from their peers' diverse perspectives and communication styles. It promoted an environment of mutual learning and growth.

Practical Experience: The group discussions provided practical experience, allowing

participants to apply communication principles learned in previous sessions. This hands-on experience was invaluable for skill development.

Conclusion:

The group discussion session on 16th May 2022, within the Students' Capacity Development Programme, was a successful and enriching experience for the seven participants. It facilitated the application of language and communication principles in a real-world setting.

Dr. Ruchika Yadav's guidance and moderation played a pivotal role in ensuring that the discussions were productive and insightful. Participants left the session with improved communication skills, a better understanding of the art of listening, and a deeper appreciation for the value of constructive dialogue.

This session is a reflection of K. R. Mangalam University's dedication to fostering well-rounded students equipped with essential life skills. It also highlights the commitment to holistic education that goes beyond academics.

We look forward to more such sessions that empower our students with the skills and knowledge necessary for success in both their academic and professional lives.



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Pictures from the event:

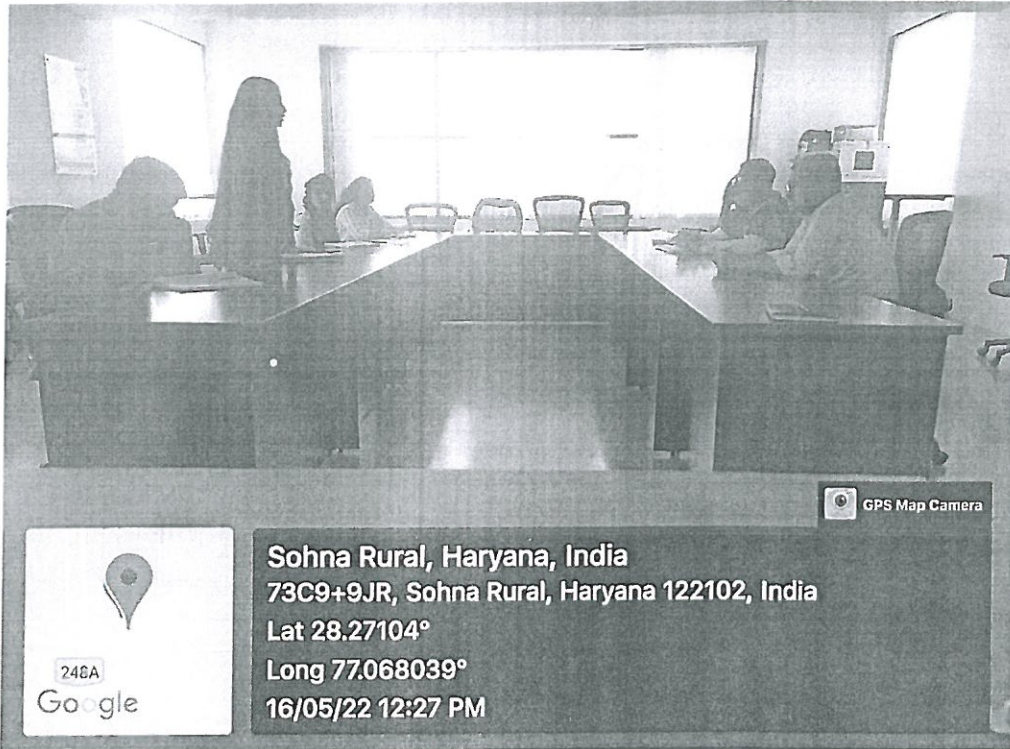


Photo 1: Students learning various techniques on group discussion

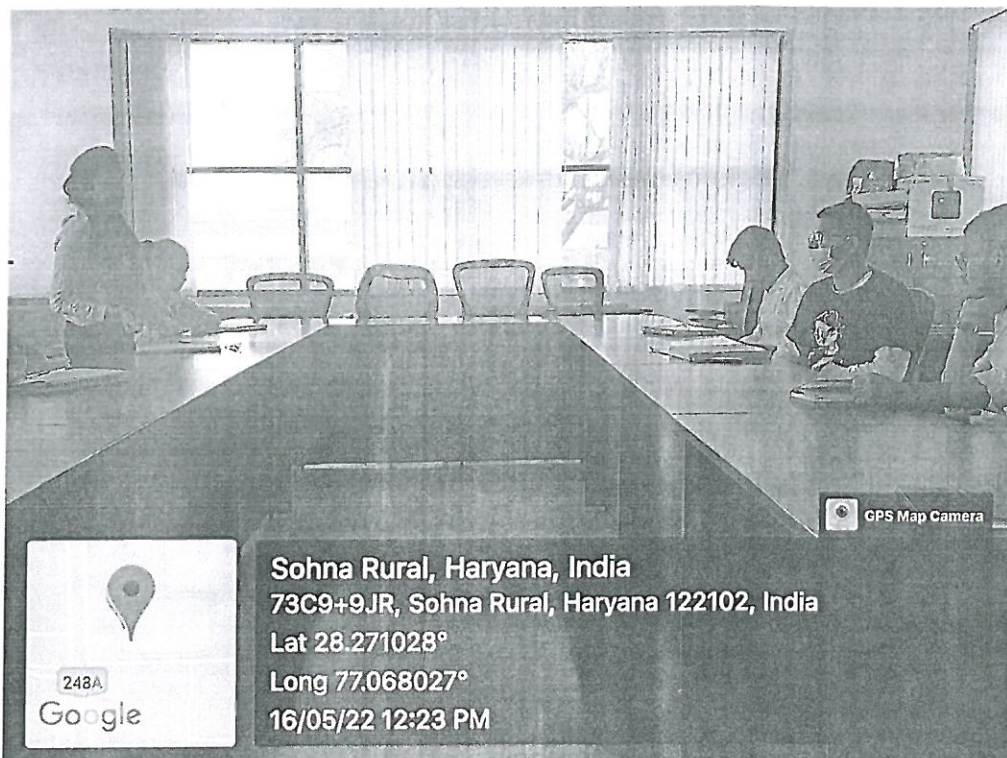
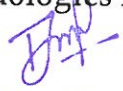


Photo 2: Students asking their doubts on methodologies in group discussion


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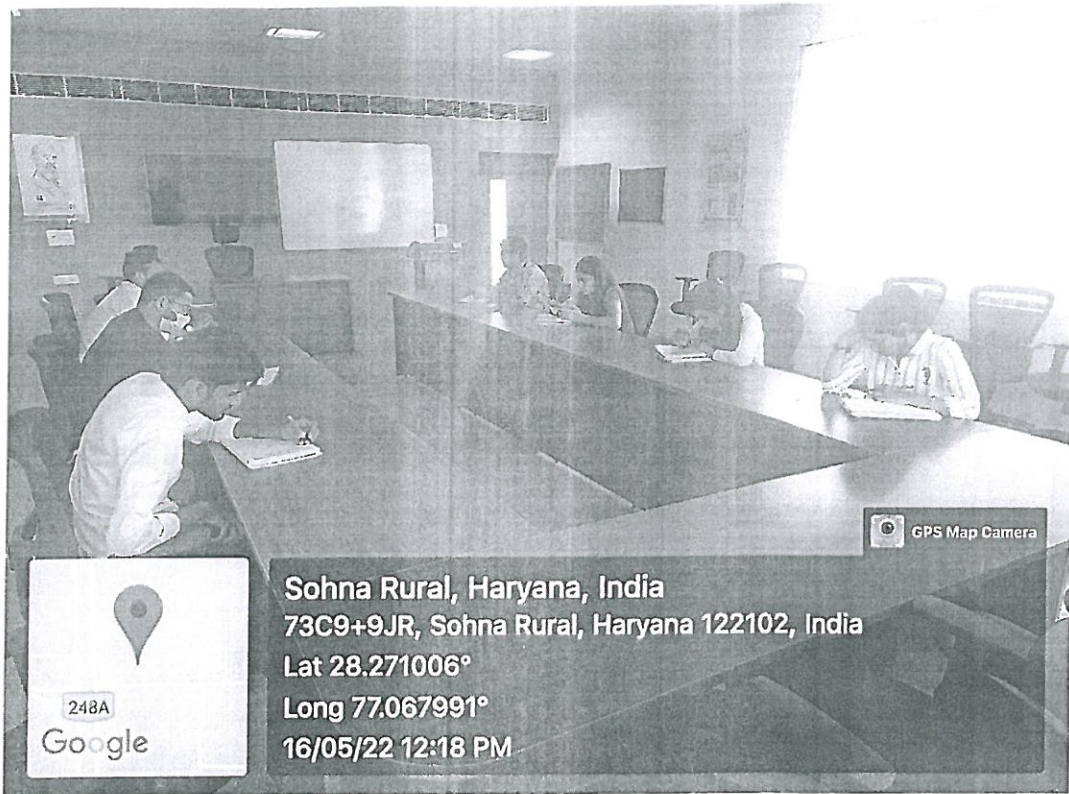


Photo 3: Students writing their view points on various strategies involving group discussion

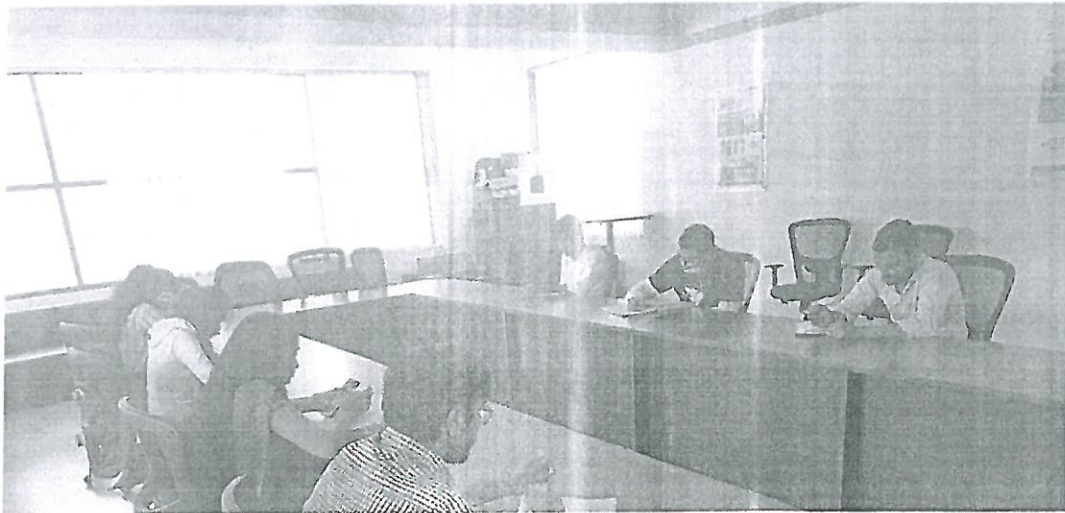


Photo 4: Students writing what they learnt during this session

J.P.

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V. Pandey

