



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION





Report

“Soulful Wisdom: Trust, Empathy, and Unconditional Regard through the 'Feet in Another Shoe’”

Date: 21/01/2025

Time: 1.30 PM.

Venue: Yoga Room, Recreation Centre, C Block

Event Type: Skill-Based activity

Mode of Activity: Offline

Target Audience: Pan-University Students

Faculty Coordinators: - Dr Manju Rani (Assistant Professor, SOHS)

Organized by: CHETNA SOCIETY

Number of Participants: 45

Event Report

Event Title: *Soulful Wisdom: Trust, Empathy, and Unconditional Regard through the 'Feet in Another Shoe' Activity*

Date: January 21, 2025

Time: 1:30 PM

Venue: Yoga Room, Recreation Centre, C Block

Event Type: Skill-Based Activity

Mode of Activity: Offline

Target Audience: Pan-University Students

Organized by: Chetna Society

Faculty Coordinator: Dr. Manju Rani (Assistant Professor, SOHS)

Number of Participants: 45





Introduction

On January 21, 2025, the Chetna Society hosted a skill-building activity titled *"Soulful Wisdom: Trust, Empathy, and Unconditional Regard through the 'Feet in Another Shoe' Activity"*. Held in the serene Yoga Room of the Recreation Centre, this interactive session aimed to foster interpersonal trust, cultivate empathy, promote positive regard, and strengthen communication and analytical skills among students from across the university.

Objective

The activity was designed to provide participants with experiential learning opportunities, encouraging them to step into another person's shoes—both metaphorically and literally. Through carefully crafted exercises, participants explored the concepts of trust, empathy, and unconditional positive regard, building a deeper understanding of others' perspectives.

Session Highlights

1. Foster Interpersonal Trust:

- Participants engaged in trust-building exercises that emphasized reliance on others and building confidence in group dynamics.

3. Cultivate Empathy:

Activities focused on role-playing and perspective-taking, allowing participants to experience emotions and challenges faced by others.

4. Promote Positive Regard:

Discussions highlighted the importance of unconditional acceptance and respect for diverse viewpoints.

5. Enhance Communication and Analytical Skills:

Interactive exercises and guided reflections enabled participants to articulate their thoughts effectively and analyze interpersonal scenarios critically.

6. Facilitate Experiential Learning:





By immersing participants in hands-on activities, the session bridged theoretical concepts with real-life applications.

7. Strengthen Community Bonds:

Collaborative activities fostered a sense of unity and mutual respect among participants, reinforcing a supportive campus community.

Participation and Engagement

The event witnessed active participation from 45 students representing diverse disciplines. Each participant contributed to the discussions, role-play activities, and group exercises with enthusiasm and openness. The interactive nature of the session ensured high levels of engagement and learning.

Outcomes

- Participants developed a heightened awareness of trust, empathy, and positive regard in interpersonal relationships.
- The activities encouraged meaningful reflections on personal biases and communication styles.
- Enhanced collaborative skills and strengthened bonds among participants from different backgrounds.

Conclusion

The "*Soulful Wisdom*" activity successfully achieved its objectives, leaving participants with a renewed sense of trust, empathy, and community. The Chetna Society, under the guidance of Dr. Manju Rani, created a safe and enriching environment for experiential learning.

The feedback from participants was overwhelmingly positive, with many expressing appreciation for the opportunity to engage in such a transformative and reflective experience.

Glimpse:





Dr. Manju Rani explaining the objective of this activity





Students participating in activity





Active engagement of students





Picture with banner





REPORT ON EYE CHECK-UP CAMP ORGANISED BY HEALTH SOCIETY

1. Event details:

Date: - 01/04/2025

Venue: - Medical Room, C-BLOCK, K.R.M.U

Timings: - 01:00 PM Onwards

Mode of Activity: - Offline

Target Group: - Students of K.R.M.U

Resource Person: - Viaan Eye and Retina Centre, Gurugram

Faculty Coordinators:-Mr. Prashant Sharma (**Co-convener**), Dr. Farheen and Dr. Madhurima Mukherjee (**Member, Health Society**)

Student Coordinators:-

Pragati (B.PT 1st year SPRS), Varshika (B.PT 1st year SPRS), Mansi (B.PT 1st year SPRS), Deepika (B.PT 1st year SPRS)

Organized by:-Health Society, K.R. Mangalam University

Number of participants: - 60 Students & 5 Faculty

2. Introduction of event:

The **Health Society of K.R. Mangalam University** organized a **free Eye Check-up Camp** on **1st April 2025** in collaboration with **Viaan Eye and Retina Centre**, a reputed eye care institution. The camp was conducted in the **Medical Room, C-Block**, starting from **1:00 PM onwards**. The initiative aimed to promote eye health and create awareness about common vision-related issues among students, faculty, and staff.

3. Objectives:

The primary objectives of the Eye Check-up Camp were:

- To provide free eye screening services to the university community.
- To raise awareness about the importance of regular eye check-ups.
- To detect common eye problems such as myopia, hypermetropia, astigmatism, and dry eyes.
- To encourage individuals to take preventive measures for maintaining good eye health.

4. Methodology:





The camp was organized and executed through the following steps:

- **Collaboration:** The Health Society partnered with Viaan Eye and Retina Center to bring a qualified team of ophthalmologists and technicians to campus.
- **Setup:** The medical room in C-Block was equipped with necessary instruments such as vision charts, auto refractors, slit lamps, and other diagnostic tools.
- **Registration:** A registration desk was set up to manage the flow of participants and maintain records.
- **Screening Process:** Each participant underwent a basic eye examination, including vision testing, refraction assessment, and consultation by an eye specialist.
- **Counselling:** Participants diagnosed with any eye issues were counseled and provided with appropriate advice or referrals for further treatment if necessary.

5. Content:

The camp involved a comprehensive eye examination process for each participant, including:

- Checking visual acuity using Snellen charts.
- Refraction testing to assess the need for corrective lenses.
- General eye health evaluation to detect signs of infection, strain, or retinal issues.
- Providing basic eye care tips, such as screen time management, proper lighting, and the importance of hydration for eye health.
- Distributing informational pamphlets about common eye diseases and preventive care.

6. Outcomes:

The Eye Check-up Camp proved to be highly beneficial for the university community. A large number of students, faculty, and staff availed themselves of the opportunity to get their eyes tested. Several cases of refractive errors were identified, and the individuals were advised on the use of corrective lenses. A few participants were referred for further specialized care based on preliminary diagnoses. The event helped spread awareness about the importance of regular eye examinations and encouraged healthy eye care habits. Feedback from the participants was overwhelmingly positive, with many appreciating the initiative and requesting similar health camps in the future.





Image 1: Student Volunteers & Faculty coordinators are with Viaan Eye and Retina Center, Gurugram in medical room, C-Block, K.R.M.U



Image 2: Eye check camp was organized in Medical room & Doctors Checked students eyesight with the help of Instruments.





Image 3: Doctor help the student to checking their vision point & provided the Prescription for the same.



Image 4: Doctor provided the one to one session for the student if they have any query related to the eye.





Image 5: Students Enthraustically participated in the health camp and doctor helps to find out any problem related to the eye and also check their vision with the help of lenses.





Report

Expert Talk on “World Obesity Day”

Event details:

Date: - 04/03/2025

Venue: - B414, B-BLOCK, K.R.M.U

Timings: - 01:00 PM Onwards

Mode of Activity: - Offline

Target Group: - Students of K.R.M.U

Resource Person: - Ms. Deepanshi Bhatnagar, Nutritionist, Biocity Healthcare, Delhi

Faculty Coordinators:-Mr. Prashant Sharma (**Co-convener**), Dr. Farheen and Dr. Madhurima Mukherjee (**Member, Health Society**)

Student Coordinators: -

Samiya Zafar (SMAS), Bhavi (SOHS), Tanisha (SOHS), Astha (SOHS)

Organized by:-Health Society, K.R. Mangalam University

Number of participants: - 38 Students & 3 Faculty

Introduction of event:

On the occasion of *World Obesity Day*, the Health Society of K.R. Mangalam University organized an **Expert Talk** on 4th March 2025. The event aimed to raise awareness about obesity, its health implications, and preventive measures among students and faculty. The session was led by **Ms. Deepanshi Bhatnagar**, a renowned Nutritionist from **Biocity Healthcare, Delhi**, who shared her expertise on nutrition, lifestyle management, and obesity prevention.

7. Objectives:

The key objectives of the expert talk were:

- To raise awareness about the growing global concern of obesity.
- To educate students on the causes, risks, and health impacts associated with obesity.
- To promote healthy dietary habits and lifestyle choices.





- To encourage proactive steps toward maintaining a balanced weight and preventing obesity-related diseases.

8. Methodology:

The event was conducted in an interactive seminar format in Room B414. The methodology included:

- **Expert Presentation:** Ms. Deepanshi Bhatnagar delivered a comprehensive presentation covering the science of obesity, dietary patterns, and physical activity.
- **Interactive Session:** Participants were encouraged to ask questions and share their experiences, creating an engaging learning environment.
- **Multimedia Use:** Visual aids and real-life case studies were used to enhance understanding.
- **Feedback Collection:** Attendees were requested to provide feedback on the session for future improvements.

9. **Outcomes:** The expert talk was insightful and well-received by both students and faculty members. It significantly increased awareness and understanding of obesity and its associated health consequences. Participants gained valuable, practical tips on how to maintain a healthy diet and incorporate physical activity into their daily routines. The session also encouraged students to adopt a more disciplined and health-conscious lifestyle. Overall, the event received positive feedback, with many attendees expressing a strong interest in participating in similar health-related sessions in the future.





Image 1: Students & Faculty Coordinator Attend the Expert Talk Organized by Health Society on the occasion of “World Obesity Day”



Image 2: Expert Talk given by Ms. Deepanshi Bhatnagar, Nutritionist, Biocity Healthcare, Delhi





Image 3: Student are actively participated in expert talk & one to one query session was done.



Image 4: In end of the session expert asking the question related to her talk.





Report

“Prakriti Vairagya – Embracing Media Silence for Mental Clarity through Digital Detox”

Date: 18th February 2025

Time: 2:30 PM.

Venue: B317, B Block, K.R. Mangalam University

Event Type: Skill-Based activity

Mode of Activity: Offline

Target Audience: Pan-University Students

Faculty Coordinators: - Dr Manju Rani, (Convenor, Chetna Society)

Organized by: CHETNA SOCIETY

Number of Participants: 42

On **18th February 2025**, the **Chetna Society** at **K.R. Mangalam University** organized an insightful session titled *Prakriti Vairagya: Embracing Media Silence for Mental Clarity through Digital Detox*. The event, convened by **Dr. Manju Rani, Convenor, Chetna Society**, was held at **B317, B Block**, and welcomed students and staff from across the university. This offline session aimed to promote **mindful living and digital minimalism**, encouraging participants to reflect on their **media consumption habits** and explore ways to achieve a healthier balance with technology.

Objectives of the Event

The primary objective of the session was to create awareness about the **psychological impact of excessive media usage** and the necessity of a **digital detox** for mental clarity. It aimed to encourage participants to practice **mindful media consumption** and adopt **intentional digital habits** for overall well-being. Additionally, the event sought to introduce **meditation and mindfulness techniques** to help individuals reduce digital distractions, improve concentration, and achieve emotional balance.

Event Highlights

The session began with a **powerful theatrical performance** that vividly portrayed the **consequences of excessive screen time, social media addiction, and information overload**. The thought-provoking enactment deeply resonated with the audience, prompting them to introspect on their **digital dependency** and its impact on their mental and emotional well-being.





Following the performance, a **guided meditation session** was conducted, offering participants an opportunity to experience **mental stillness and self-awareness**. This session helped attendees disconnect from digital distractions and focus on their **inner peace**, reducing stress and enhancing clarity of thought. The atmosphere was filled with a sense of tranquility as participants embraced the moment of silence, away from the constant noise of the digital world.

During the session, **Dr. Manju Rani** emphasized the **importance of digital detox for mental clarity** and discussed the **adverse effects of excessive screen exposure on cognitive functions, productivity, and emotional health**. She encouraged participants to incorporate **mindful digital habits** into their daily routines, such as **limiting screen time, practicing media fasting, and engaging in offline activities** that nurture creativity and well-being.

Outcomes of the Event

The session received an **overwhelmingly positive response**, reflecting the growing need for **digital mindfulness initiatives** in academic settings. Participants gained a **better understanding of how digital overuse affects their mental health** and were motivated to adopt a **healthier relationship with technology**. Many attendees shared that they felt **rejuvenated and inspired** to implement **regular digital detox practices** in their routines. The event also initiated meaningful conversations around **mindful media consumption**, empowering students and staff to take conscious steps toward **reducing digital stress and enhancing personal well-being**.

Conclusion

Prakriti Vairagya: Embracing Media Silence for Mental Clarity through Digital Detox was a **transformative experience** for the participants, reminding them of the importance of **mindful engagement with technology**. The session successfully fulfilled its objective of promoting **self-awareness, digital discipline, and mental clarity** among students and staff. The **Chetna Society** looks forward to organizing more such **thought-provoking events** that foster **mindfulness, emotional well-being, and balanced living** in the digital age.

Glimpse:



Photo1: Students participating in activity via play





Photo2: participant experiencing meditation session





Photo3: Group Photo



Photo 4: Picture with banner





Report on Awareness Session on Safe Period Practices

1. Event details:

Date: - 18/02/2025

Venue: - Near OPD, K.R.M.U & Village Daulha, Gurugram.

Timings: - 01:00 PM Onwards

Mode of Activity: - Offline

Target Group: - Students, Teaching staff & Non-Teaching Staff of K.R.M.U & Women villagers

Faculty Coordinators:-Mr. Prashant Sharma (**Co-convener**), Dr. Farheen and Dr. Madhurima Mukherjee (**Member, Health Society**)

Resource Person: - Ms. Aprajita Basu Roy from P&G

Student Coordinators: -

Samiya Zafar (SMAS), Bhavi (SOHS), Tanisha (SOHS), Astha (SOHS)

Organized by:-Health Society, K.R. Mangalam University

Number of participants: - 250 Students, 50 faculty & 20 non-teaching staff & 30 villagers

2. Introduction of event:

On Tuesday, February 18, 2025, the Health Society of K.R. Mangalam University, in collaboration with Procter & Gamble (P&G), organized an **Awareness Session on Safe Period Practices** to promote menstrual hygiene and break taboos related to menstruation. The initiative was carried out in two parts: the first part involved the **distribution of sanitary napkins and men's grooming kits near the OPD Physiotherapy unit** at K.R. Mangalam University; the second part featured an **awareness session conducted in Village Daulha**, led by resource person **Madam Aprajita Roy**, followed by the distribution of sanitary napkins to women and girls from the village.

3. Objectives:

The primary objectives of the session were to educate women and adolescent girls about proper menstrual hygiene, address misconceptions and taboos associated with





menstruation, promote the use of sanitary products, and create a supportive environment for discussions on women's health. Additionally, by distributing grooming kits to male participants, the program aimed to foster awareness about personal hygiene among men and include them in broader health and hygiene conversations.

4. Methodology:

The event was conducted in a structured and community-focused manner. The first phase was organized on the university campus, where sanitary napkins and grooming kits were distributed to students and staff members near the OPD Physiotherapy department. This was followed by a field visit to **Village Daulha**, where the main awareness session was held. Resource person **Madam Aprajita Roy**, an expert in health education, led the session in an interactive format to ensure maximum community engagement. The team also carried sanitary napkins to distribute among the local women after the session.

5. Guest Details:

The session was conducted by **Ms. Aprajita Basu Roy**, a passionate advocate for women's health. The event was supported by **Procter & Gamble (P&G)**, whose CSR initiatives are centred on advancing public health and empowering women through education and community outreach.

6. Content:

The program began with the **distribution of hygiene kits at K.R. Mangalam University**, aiming to create immediate access to sanitary products and grooming essentials. Later in the day, the university team travelled to **Village Daulha**, where **Madam Aprajita Roy conducted a comprehensive session** on menstrual hygiene management. She discussed topics such as the biological aspects of menstruation, proper use and disposal of sanitary products, the importance of maintaining hygiene during periods, and common myths surrounding menstruation. The session was highly interactive, allowing women and girls to express their thoughts and clarify doubts in a respectful and stigma-free environment. The program concluded with the **distribution of sanitary napkins among village women**, ensuring that the information provided was supported with essential resources.

7. **Outcomes:** The event was successful in achieving its goals, with active participation from both university members and villagers. The initial distribution on campus set a positive tone for the day and encouraged openness around menstrual and personal





hygiene. The awareness session in Village Daulha was well-received, with many women expressing that it was the first time they had access to such important and practical information. The interactive nature of the session helped in breaking silence and social barriers around menstruation. The inclusion of male hygiene kits further helped normalize conversations about cleanliness and health for all genders. Positive feedback from the community encouraged the organizers to plan similar initiatives in other nearby villages, highlighting the importance of continuous health education at the grassroots level.



Image 1: Sanitary Napkins & Grooming Kits Distribution By P&G Near OPD Physiotherapy, K.R.M.U





Image 2: Resource Person Taking the awareness session in the village daulha, Gurugram.



Image 3: Distribution of Sanitary Napkins by P&G in village Daulha.





Image 4: Students are actively participated in the session.





Report on Expert Session: "Trust Trek: The Blindfold Adventure."

Date: 21st May 2024

Time: 11:50 AM

Venue: A Block, Room 209, K.R.M.U

Event Type: Expert Session

Mode of Activity: Offline

Target Audience: Pan-University Students

Resource Person: Mr. Sumit Bhatia, Deputy Commissioner IRS (C&IT)

Faculty Coordinators: - Dr. Manju Rani (Asst. Prof. SOHS)

Organized by: CHETNA SOCIETY

Number of Participants: 40

On 21st May 2024, the Chetna Society of K.R. Mangalam University organized an insightful expert session titled "Embracing Tranquility: A Technology Detox Retreat." The session was conducted by Mr. Sumit Bhatia, Deputy Commissioner IRS (C&IT) and Director General of GST Intelligence, Gurgaon Zonal Unit. The event commenced at 11:50 AM in Room 209, A Block of the university campus.

Mr. Sumit Bhatia holds a prestigious position within the Indian Revenue Service (IRS) and currently serves as the Director General of GST Intelligence in the Gurgaon Zonal Unit. With extensive experience in technology and intelligence, Mr. Bhatia brings a unique perspective on the impacts of technology on daily life and the importance of digital wellness.

Objectives:

- To inform participants about the negative effects of excessive technology use on psychological well-being.
- To encourage participants to take regular breaks from digital devices to improve mental health and overall well-being.
- To provide valuable knowledge and practical tips from an expert in the field, Mr. Sumit Bhatia.





- To emphasize the importance of mindfulness and self-awareness in daily life.

Highlights

1. Introduction to Technology Detox

- Mr. Bhatia began by discussing the pervasive nature of technology in contemporary society. He highlighted how constant connectivity and digital engagement can lead to stress, anxiety, and reduced productivity.
- He defined a technology detox as a deliberate period during which individuals minimize their use of digital devices to rejuvenate their minds and bodies.

2. Impact of Technology on Mental Health

- The speaker provided compelling statistics and research findings on the adverse effects of excessive screen time, including disrupted sleep patterns, decreased concentration, and heightened stress levels.
- Mr. Bhatia shared personal anecdotes and examples from his professional experience to illustrate the real-world impact of digital overload.

3. Benefits of a Technology Detox

- Improved Focus and Productivity: By reducing distractions, individuals can enhance their focus and complete tasks more efficiently.
- Enhanced Relationships: Disconnecting from devices allows for more meaningful interactions with family and friends.
- Better Physical Health: Less screen time can reduce the risk of eye strain, headaches, and poor posture.
- Greater Mindfulness: A technology detox encourages individuals to be more present and engaged in their surroundings.

4. Practical Tips for a Successful Detox

- Setting Boundaries: Establish specific times of day to disconnect from digital devices, such as during meals or before bedtime.
- Creating Tech-Free Zones: Designate certain areas of the home or workplace as technology-free spaces to encourage relaxation and social interaction.
- Engaging in Alternative Activities: Pursue hobbies, exercise, read books, or spend time outdoors to divert attention away from screens.





- **Mindfulness Practices:** Incorporate mindfulness techniques, such as meditation and deep breathing exercises, to reduce stress and promote mental clarity.

5. Interactive Q&A Session

- Attendees were allowed to ask questions and share their experiences with technology use. Mr. Bhatia provided thoughtful responses and personalized advice on managing digital consumption.

Session Overview

The session "Embracing Tranquillity: A Technology Detox Retreat" focused on the growing need to balance technology use with mindfulness and well-being. Mr. Bhatia emphasized the significance of taking regular breaks from digital devices to enhance mental health, productivity, and overall quality of life.

Conclusion

The session concluded with Mr. Bhatia encouraging all participants to take proactive steps towards embracing tranquillity through regular technology detox practices. He emphasized that by striking a balance between digital engagement and mindfulness, individuals can lead healthier, more fulfilling lives.

Acknowledgments

The Chetna Society of K.R. Mangalam University received a commendation for organizing the event, which provided valuable insights and practical strategies for managing technology use in today's digital age. The attendees expressed their gratitude to Mr. Sumit Bhatia for his enlightening presentation and actionable advice. The session was well-attended by students, faculty, and staff members, reflecting a high level of interest and engagement.





Dr Manju Rani welcoming guest Mr. Sumit Bhatia



Mr Bhatia giving insight to the students.





Interactive session



Appreciation letter distribution





K.R. MANGALAM UNIVERSITY
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Report

"Krishna's Cosmic Canvas: Explore and Create the Art of Mandala and Rangoli"

Date: 10 September, 2024

Time: 2.30 pm

Venue: C Block, C410, K.R.M.U

Event Type: Skill-Based activity

Mode of Activity: Offline

Target Audience: Pan-University Students

Faculty Coordinators: - Dr. Kriti Arya, Ms. Tanu Gupta, Chetna Society Members

Student Coordinator: Mr. Ayush Singh, Ms. Chitra Agarwalla, Ms. Ganga Singh & Mr. Ankit Mahla

Organised by: CHETNA SOCIETY

Number of Participants: 51

On 10th September 2024, Chetna Society organized a skill-based event titled "Krishna's Cosmic Canvas: Explore and Create the Art of Mandala and Rangoli". The event was conducted by faculty members Dr. Kriti Arya (Assistant Professor, SOMC) and Ms. Tanu Gupta (Assistant Professor, SOET) at 1:30 pm at Room 106, Block A. A team of dedicated student coordinators, including Mr. Ayush Singh, Ms. Chitra Agarwalla, Ms. Ganga Singh, and Mr. Ankit Mahla, played a crucial role in managing the event's logistics and ensuring smooth execution.

The primary aim of the event was to provide a platform for participants to engage with the intricate and meditative art forms of Mandala and Rangoli. Both of these traditional Indian art forms are rich in cultural significance and offer a means of artistic expression that enhances focus, mindfulness, and creativity. Participants were encouraged to bring their own colors, allowing them to be fully immersed in the creative process. The session highlighted the artistic potential of students while also serving as a meditative activity to reduce stress and foster collaboration.



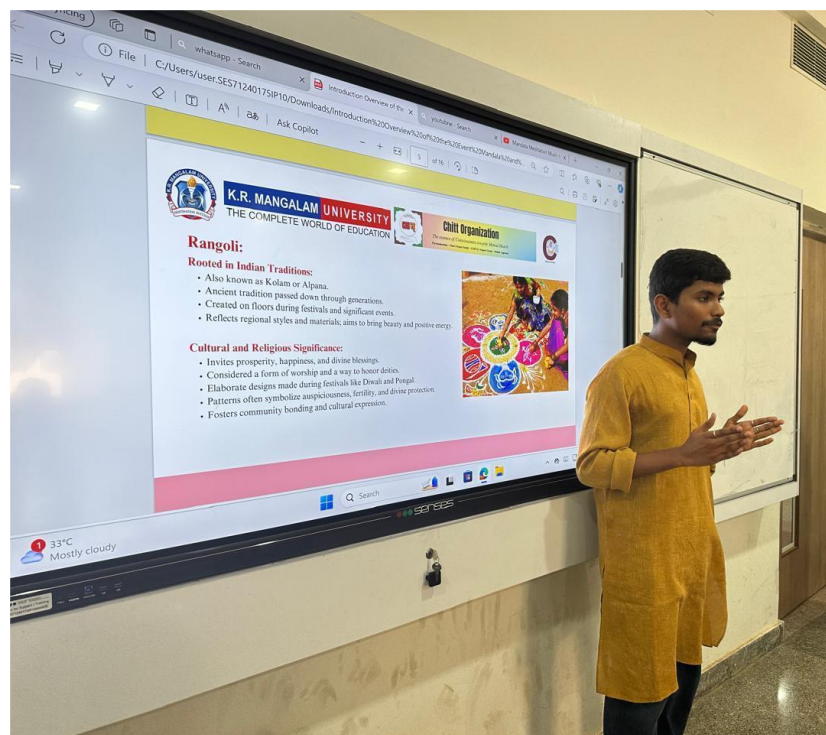


Students were provided beautiful different patterns of Mandala. Throughout the event, students were guided on how to create their own Mandalas and Rangoli patterns using different colors, with faculty coordinators offering insights into the cultural and artistic importance of these forms. The atmosphere was vibrant as participants experimented with different color schemes and patterns, and the collaborative spirit was evident as students exchanged ideas and worked together on designs.

To streamline participation, a QR code was provided for online registration, making it easier for students to sign up for the event. This event was part of a broader effort by the university to blend cultural heritage with practical skill development, encouraging students to explore artistic avenues that contribute to their overall personal and academic growth.

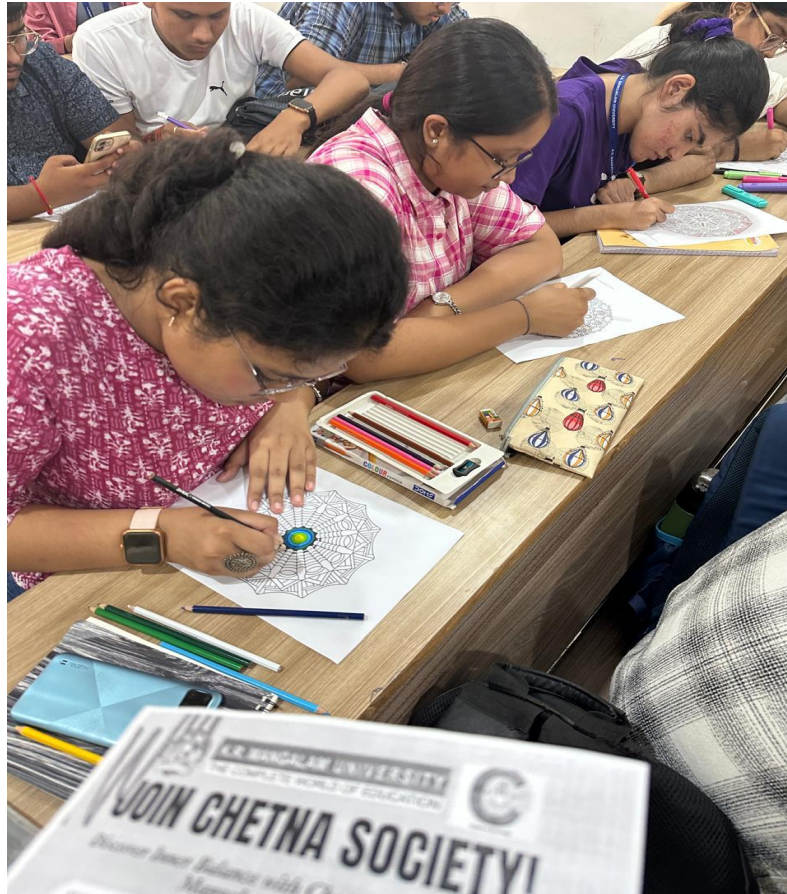
In conclusion, this event was a successful and engaging event, with a positive response from students. It not only allowed them to develop their artistic skills but also provided a refreshing break from their academic routines, fostering creativity, mindfulness, and collaboration in a culturally rich environment.

Glimpse:

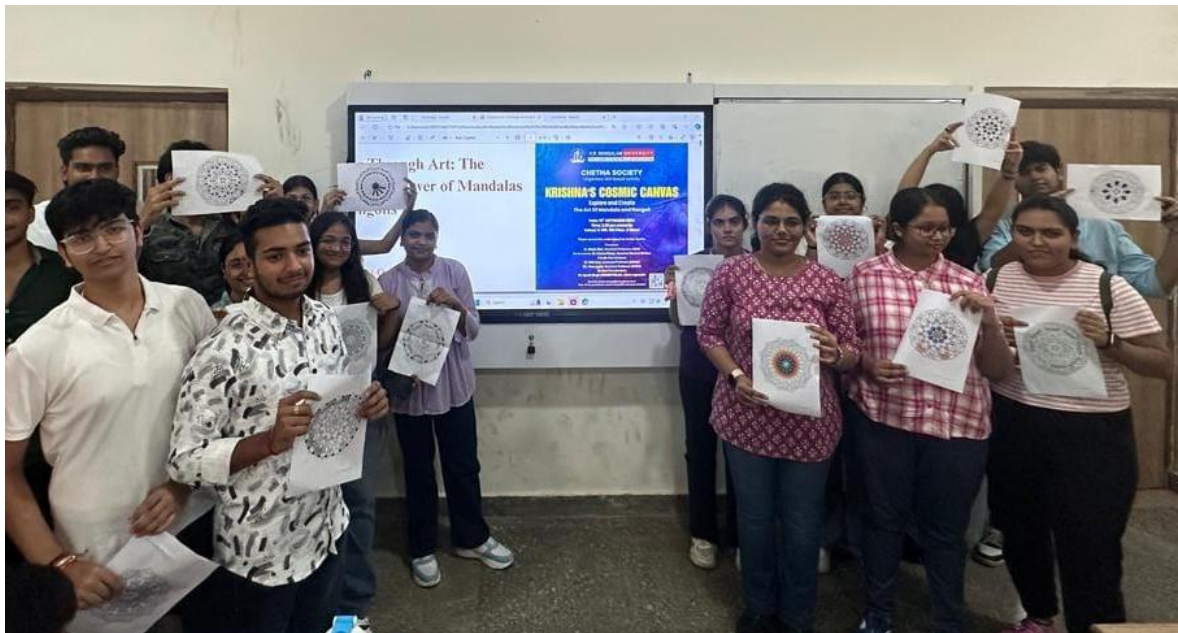


Presentation on importance of the activity





During Activity



Students with their Mandala creations





Group Photograph





Report

“Dreams on Display : Create Your Own Vision Board”

Date: 03 September, 2024

Time: 1.30 PM.

Venue: A Block, A106, K.R.M.U

Event Type: Skill-Based activity

Mode of Activity: Offline

Target Audience: Pan-University Students

Faculty Coordinators: - Mr Prashant Panwar (Assistant Professor, SOLS), Ms. Ahana Saha (Assistant Professor, SOHS)

Organized by: CHETNA SOCIETY

Number of Participants: 38

Chetna society successfully organized an inspiring and impactful event titled “Dreams on Display: Create Your Vision Board” on, 03 September, 2024. The event was skilfully led by Faculty Coordinators Mr Prashant Panwar (SOLS) and Ms. Ahana Saha (SOHS), with valuable support from student coordinators Ayush, Chitra, Ganga, and Ankit. This engaging workshop was designed to empower participants to explore their deepest aspirations, cultivate a positive mindset, and develop actionable strategies to turn their dreams into reality.

The event comprised a series of interactive sessions where participants were guided through the processes of goal reflection and vision board creation. These activities prompted participants to thoughtfully consider their personal and professional aspirations, fostering a mindset centered on growth and achievement. Using a range of materials, participants created personalized vision boards—visual representations of their dreams and objectives—that would serve as daily motivators.

Throughout the workshop, participants were deeply engaged in the creative process, making meaningful connections between their goals and the visual elements they chose. The activities underscored the importance of clarity in goal-setting and the powerful role of





visualization in realizing success. Additionally, the event highlighted the value of positive thinking, encouraging participants to pursue their goals with optimism and confidence.

Student coordinators were instrumental in ensuring the event's success. Their meticulous planning and commitment made sure all materials were well-organized and accessible, while they offered essential support to participants throughout the vision board creation process. Their efforts were crucial in fostering a warm and motivating environment, enabling attendees to engage fully and deeply in the experience.

Feedback from participants was highly positive, with many sharing that the workshop provided them with fresh perspectives on their goals and the strategies required to achieve them. Several attendees mentioned that the exercise helped them clarify their thoughts, prioritize their ambitions, and embrace a more proactive approach to overcoming obstacles. The event also initiated valuable discussions on how these techniques could be applied in both personal and professional spheres, deepening the overall impact of the learning experience.

In conclusion, "Dreams on Display: Create Your Vision Board" was far more than a simple creative activity; it was a profound experience that underscored the impact of visualization, effective goal-setting, and positive thinking. The event's success demonstrates the vital role such initiatives play in promoting personal growth and cultivating a strong, supportive community within the institution.

Glimpes:



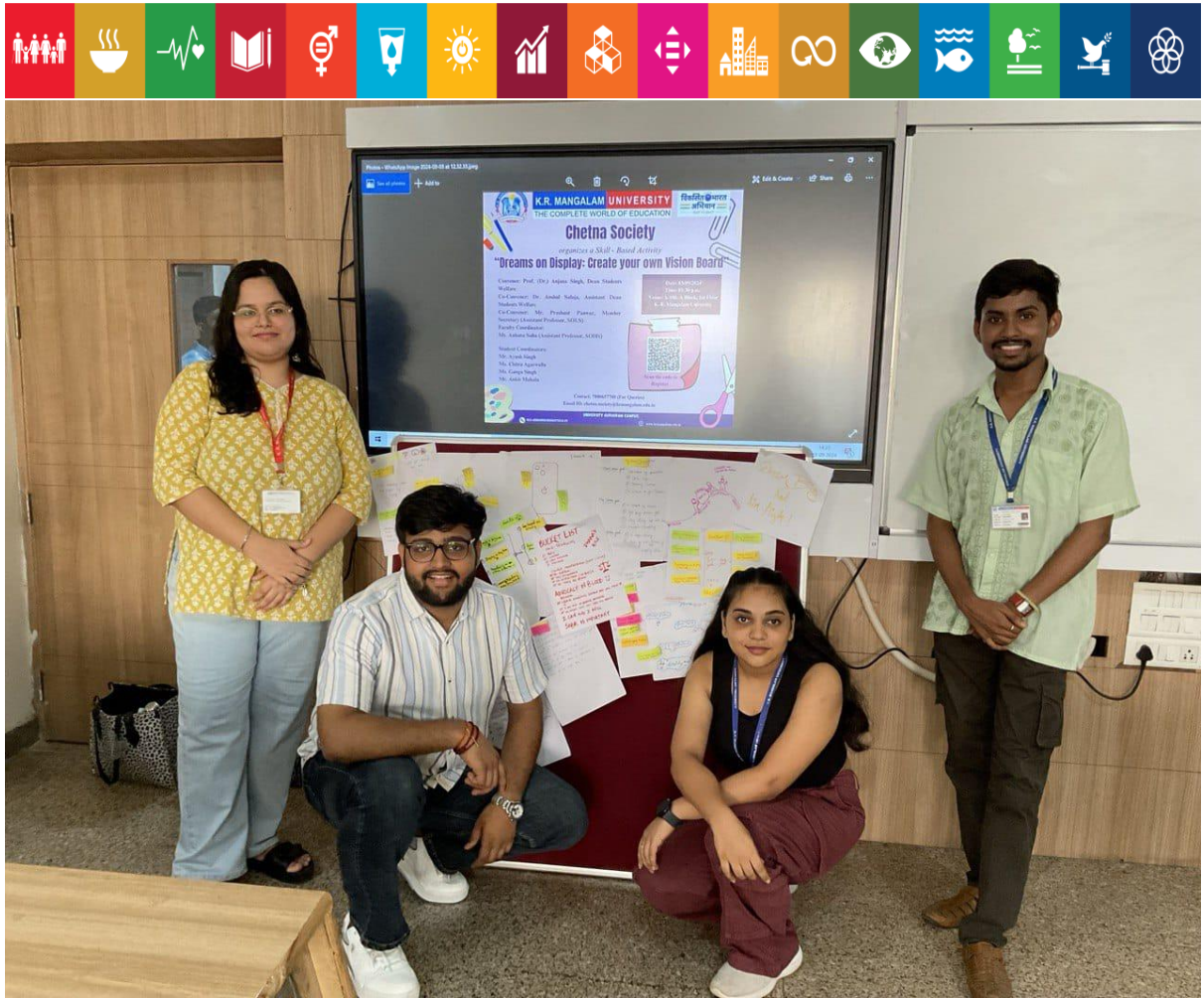


Students participating in activity



Active engagement of students





Picture with banner





Report

EXPERT SESSION ON “BUILDING EMOTIONAL INTELLIGENCE (EI) AND THE ART AND SCIENCE OF EMOTIONAL BRILLIANCE”

Date: 15 September 2024

Time: 1.30 PM Onwards

Venue: Room No. A213, K.R.M.U

Event Type: Expert Session

Mode of Activity: Offline

Target Audience: Pan-University Students

Faculty Coordinator: Mr. Anurag Sharma (Member, MUN Club and Assistant Professor, SOLS), Mr. Prashant Panwar (Co-Convenor Chetna Society and Assistant Professor, SOLS)

Student Coordinator: Mr. Arnav Singh, Mr. Ayush P Singh, Ms. Chitra Agarwalla, Ms. Ganga Singh, Mr. Ankit Mahalla

Organised by: CHETNA SOCIETY and MUN CLUB

Number of Participants: 170 Students

On 15th September 2024, room no. A213 buzzed with excitement as students and faculty gathered for an expert session on “Building Emotional Intelligence (EI) and The Art and Science of Emotional Brilliance” organized by MUN Club in collaboration with the Chetna Society of KR Mangalam University. This insightful event aimed at to enhance student’s understanding of Emotional Intelligence (EI) by exploring its core components and practical applications and develop the skills to manage emotions effectively, improve interpersonal relationships, and foster emotional resilience in personal and professional settings.

In this event, the esteemed guest Ms Sonal Goel, an IAS secretary from Tripura Government had conducted a workshop on the brilliance and importance of emotional intelligence and its regulation. Throughout the event, Ms. Sonal was interactive with the students and was sharing her experience. In this the session students got to know about the concept of EI and ways to regulate it. Ms Goel had stressed upon the importance of journaling and control over self. This session helped the students to learn about EI and how to regulate their emotions, they also learnt about its importance and how many companies determine one’s employment by gauging their emotional intelligence. The students were extremely keen to know her experiences and





were extremely interactive in the workshop.

The event concluded with a warm vote of thanks delivered by Mr. Anurag Sharma, Member, MUN Club, who expressed his warm gratitude towards the participants and the esteemed guest Ms. Sonal Goel for addressing in this event.

The event concluded on a positive note, with participants expressing their interest in future wellness-centred activities.

Glimpses:



Mr. Arnav and Mr. Aayush addressing Ms. Sonal Goel and the students





Ms. Sonal Goel addressing the students



Students and the Faculty members listening to Ms. Sonal Goel





Ms. Sonal Goel with the students





Report

“Harmonizing Frequencies: A Journey into Therapeutic Movement”

Date: 17 September 2024

Time: 1.30 pm

Venue: A Block, Moot Court, K.R.M.U

Event Type: Meditation with music skill-Based activity

Mode of Activity: Offline

Target Audience: Pan-University Students

Faculty Coordinators: - Dr. Kriti Arya (Asst. Prof. SOMC), Ms. Tanu Gupta (Asst. Prof. SOET)

Student Coordinator: Mr. Ayush Singh, Ms. Chitra Agarwalla, Ms. Ganga Singh & Mr. Ankit Mahla

Organised by: CHETNA SOCIETY

Number of Participants: 53

On 17th September 2024, the Moot Court in A Block buzzed with excitement as students and faculty gathered for “Harmonizing Frequencies: A Journey into Therapeutic Movement”. This insightful event aimed at exploring the transformative power of movement as a form of therapy for physical and mental well-being.

The event was convened by Dr. Manju Rani, Assistant Professor, School of Health Sciences (SOHS). Mr. Prashant Panwar, Assistant Professor, School of Legal Studies co-convened the event.

The event was further supported by Ms. Tanu Gupta, Assistant Professor, School of Engineering and Technology (SOET), and Dr. Kriti Arya, Assistant Professor, School of Management and Commerce (SOMC). Their dedication ensured the smooth execution of the event, coordinating effectively with both faculty and students to create an enriching experience.





A group of enthusiastic students led the logistical arrangements. Mr. Ayush Singh, Ms. Ganga Singh, Mr. Ankit Mahla and student coordinators from School of management & commerce (SOMC) and School of Engineering Technology (SOET), efficiently handled the coordination and managed all aspects of the event's organization. With their deep commitment to mental health and wellness, they set the tone for the session, emphasizing the importance of integrating therapeutic practices into everyday life.

The event was designed in a such a manner where students participated in two interactive activities to foster creativity and expression. In the first activity, students were encouraged to express themselves through gestures and movements based on the rhythm and mood of the music being played. This allowed them to connect with the music on a deeper level and showcase their individuality. In the second activity, students were paired up, with one partner dancing to the music and the other mimicking their movements, creating a synchronized and collaborative performance. This exercise not only promoted teamwork but also highlighted the importance of observation and coordination in a fun and dynamic way. The event successfully brought out students' creative energy and collaborative spirit, making it a memorable experience.

The event successfully fostered a deeper understanding of therapeutic movement, benefiting the participants with practical knowledge and techniques. It provided a platform for participants to engage, reflect, and learn about the benefits of incorporating movement therapy into their daily routines for improved mental and physical health.

The event concluded on a positive note, with participants expressing their interest in future wellness-centred activities.





Glimpse:



Introduction of the activity





During Activity



Group Photograph





Summary of Events by Year

2024

1. **Event:** Expert Session: "Trust Trek: The Blindfold Adventure." (Note: The content describes a session titled "Embracing Tranquility: A Technology Detox Retreat")
 - **Date:** 21st May 2024
 - **Resource Person:** Mr. Sumit Bhatia, Deputy Commissioner IRS (C&IT)
 - **Key Topic:** The negative effects of excessive technology use and the benefits of a digital detox.
2. **Event:** "Krishna's Cosmic Canvas: Explore and Create the Art of Mandala and Rangoli"
 - **Date:** 10th September 2024
 - **Type:** Skill-Based Activity
 - **Key Topic:** Teaching the traditional and meditative art forms of Mandala and Rangoli.
3. **Event:** "Dreams on Display: Create Your Own Vision Board"
 - **Date:** 3rd September 2024
 - **Type:** Skill-Based Activity
 - **Key Topic:** Goal setting and visualization through the creation of personal vision boards.
4. **Event:** Expert Session on "Building Emotional Intelligence (EI) and the Art and Science of Emotional Brilliance"
 - **Date:** 15th September 2024
 - **Resource Person:** Ms. Sonal Goel, IAS Secretary, Tripura Government
 - **Key Topic:** Understanding, building, and regulating emotional intelligence.
5. **Event:** "Harmonizing Frequencies: A Journey into Therapeutic Movement"
 - **Date:** 17th September 2024
 - **Type:** Meditation with music skill-based activity
 - **Key Topic:** Using movement and music as therapy for physical and mental well-being.

2025





1. **Event:** "Soulful Wisdom: Trust, Empathy, and Unconditional Regard through the 'Feet in Another Shoe'"
 - **Date:** 21st January 2025
 - **Type:** Skill-Based Activity
 - **Key Topic:** Fostering interpersonal trust, empathy, and positive regard through experiential learning.
2. **Event:** Eye Check-up Camp
 - **Date:** 1st April 2025
 - **Organized by:** Health Society
 - **Partner:** Viaan Eye and Retina Centre, Gurugram
 - **Key Activity:** Free eye screenings and consultations for students and faculty.
3. **Event:** Expert Talk on "World Obesity Day"
 - **Date:** 4th March 2025
 - **Resource Person:** Ms. Deepanshi Bhatnagar, Nutritionist
 - **Key Topic:** Raising awareness about the causes, risks, and prevention of obesity.
4. **Event:** "Prakriti Vairagya – Embracing Media Silence for Mental Clarity through Digital Detox"
 - **Date:** 18th February 2025
 - **Type:** Skill-Based Activity
 - **Key Topic:** The psychological impact of media usage and the practice of digital detox for mental clarity.
5. **Event:** Awareness Session on Safe Period Practices
 - **Date:** 18th February 2025
 - **Organized by:** Health Society
 - **Partner:** Procter & Gamble (P&G)
 - **Key Activity:** Distribution of sanitary napkins and an educational session on menstrual hygiene for university members and women in Village Daulha



